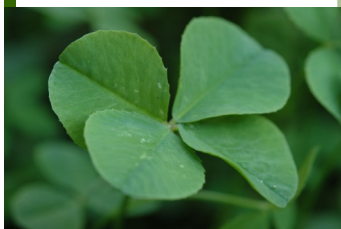


March 2022  
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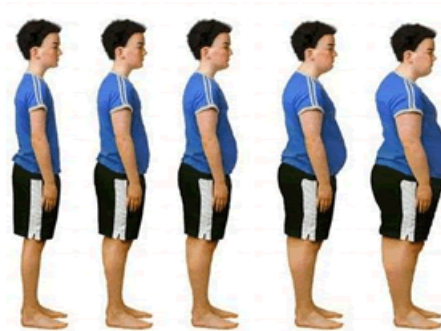
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# Food and Fitness

## Healthy Weight for Older Adults

Weight is a conversation that most people dread talking about. When going to doctors' appointments, getting a new accurate weight is a very common practice. Let's face it, as aging occurs the more doctors' appointments are added to the planner with different doctors' offices. Essential means there can be many opportunities for discussions about a person's weight. The key to this article is to determine what is considered to be a healthy weight using two different methods.



A healthy weight is defined as the appropriate body weight in relation to height. The problem is that most really don't understand what that means. Many people might have a good idea about what their accurate weight is, but might not understand what weight status they fall into.

Research has developed a few different calculations that are used to determine weight status and what is considered a healthy weight. There are two different calculations that are commonly used to determine these. The calculations are to determine the Body Mass Index (BMI) and the Ideal Body Weight. Both of these calculations are very different from each other and can be a good place to start.

(Continues on Page 2)

### Healthy Weight for Older Adults



(Continued from Page 1)

The Ideal Body Weight calculation uses your gender and height to calculate a range of weight that is ideal. Unlike the BMI, it takes into account gender, which is related to the muscle mass difference in men versus women. Ideal body weight does not tell you where your current weight status is, but gives you the range of what is considered a healthy weight. After the calculation is done, it allows for a ten percent variance both above and below that calculated amount in order to give a range of weight. For those over the age of 65, note that there are no official ideal body weight recommendations.

The BMI is the leading calculation used to indicate overall health. In order to calculate one's BMI, an accurate weight and height is needed. BMI outlines underweight, normal weight, overweight, and three classes of obesity (see page 3 for weight status). BMIs that are high at any age come with risk factors such as heart disease, high blood pressure, diabetes, and stroke. Also, a low BMI for older adults can be considered unhealthy. According to the *American Journal of Clinical Nutrition*, research has concluded that for adult participants that are over the age of 65, there is a higher risk of death when the BMI was below 23 or above 33.

In the world we live in, overweight and obesity is an issue that is increasing. Interestingly enough, studies have indicated that the elderly can benefit from have a little extra weight but not too much. The elderly that fall into the overweight category could have increased longevity if they do not have health conditions like diabetes. Some suggest that the BMI calculation for those over the age of 70 might not be as useful.

However, we cannot forget about the underweight group either, especially in the older adult population. Based off the BMI weight status, being underweight comes with great concern. Nutritional deficiencies can cause many medical problems. Underweight status lowers the ability to recover from illness and infections. Underweight status can be worse than an overweight status in the elderly.

As an older adult, most have a pretty good indication of their history with weight, so watch out for unintentional weight loss or weight gain no matter what weight status. Report any significant changes in weight to your doctor as there can be other underlying issues.

## How to Calculate BMI and Ideal Body Weight

### How to calculate BMI for adults 20 years or older:

For an example calculation, a person that is 5ft 10in and weights 172 pounds.

Calculation:  $BMI = [703 \times \text{weight (lbs)}] / [\text{height (inches)}]^2$

$$[703 \times 172] / [70]^2$$

$$120,916 / 4,900$$

$$BMI = 24.68$$

After the BMI value is calculated, a weight status can be obtained.

### How to calculate Ideal Body Weight:

Example calculation, a female who is 5ft 2in.

$$IBW = 100\text{lbs for the first 5ft} + (5\text{lbs} \times \text{every additional inch})$$

$$IBW = 100\text{lbs} + (5\text{lbs} \times 2\text{in})$$

$$IBW = 100\text{lbs} + 10\text{lbs}$$

$$IBW = 110\text{lbs (plus or minus 10\%)}$$

Example calculation, a male who is 6ft tall.

$$IBW = 106\text{lbs for the first 5ft} + (6\text{lbs} \times \text{every additional inch})$$

$$IBW = 106\text{lbs} + (6\text{lbs} \times 12\text{in})$$

$$IBW = 106\text{lbs} + 72\text{lbs}$$

$$IBW = 178\text{lbs (plus or minus 10\%)}$$

### BMI Formula

thecalculatorsite.com

#### METRIC

$$BMI = \text{weight (kg)} / [\text{height (m)}]^2$$

#### IMPERIAL

$$BMI = 703 \times \text{weight (lbs)} / [\text{height (in)}]^2$$



#### WHO CLASSIFICATION OF WEIGHT STATUS

WEIGHT STATUS	BODY MASS INDEX (BMI), kg/m <sup>2</sup>
Underweight	<18.5
Normal range	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	≥ 40

**FEMALE: 100 lb for the first 5 feet  
+ 5 lb for each additional inch.**

**MALE: 106 lb for the first 5 feet  
+ 6 lb for each additional inch.**



## BMI and Ideal Body Weight Worksheet

### BMI Calculation

Weight in pounds \_\_\_\_\_ Height in inches \_\_\_\_\_

Calculation:  $BMI = [703 \times \text{weight (pounds)}] / [\text{height (inches)}]^2$

$BMI = [703 \times \text{_____pound}] / [\text{_____inches}]^2$

$BMI = \text{_____} / \text{_____}$

$BMI = \text{_____}$  weight status

After the BMI value is calculated, a weight status can be seen on previous page.

### Ideal Body Weight Calculation:

#### Female Calculation

IBW = 100lbs for the first 5ft + (5lbs X every additional inch)

IBW = 100lbs + (5lbs x \_\_\_\_\_in)

IBW = 100lbs + \_\_\_\_\_lbs

IBW = \_\_\_\_\_lbs (plus or minus 10%)

#### Male Calculation

IBW = 106lbs for the first 5ft + (6lbs X every additional inch)

IBW = 106lbs + (6lbs x \_\_\_\_\_in)

IBW = 106lbs + \_\_\_\_\_lbs

IBW = \_\_\_\_\_lbs (plus or minus 10%)



## Fruit—Huckleberry

Huckleberries are fruit that are remarkably similar to a blueberry and often people confuse the two. Even though they look the almost the exact same, the difference mostly can be found on the inside of the berries.

Huckleberries grow on a small shrub in the wild. Huckleberries can be found throughout eastern North America, the Andes, and other mountains in South America. The growing season normally lasts from June to August. Huckleberries are not grown commercially like a blueberry. In order to get them, you may have to have a local source or find them on your own, if you can.

The berries' thick skin can range from a bright red to a dark purple color. The inside of a huckleberry ranges from a deep blue to a reddish purple, where as a blueberry is either white or a light green. The seeds of huckleberries are another way to identify the differences. The seeds of blueberries are soft while the ten seeds found in a huckleberry are hard, crunchy seeds.

As for eating huckleberries, they have a similar flavor as a blueberry and may be a little tart. They have been used to make jams, pies, ice creams, syrups, teas, and more. They are noted to be an excellent source of dietary fiber, vitamin C, vitamin K, and iron.



### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Huckleberries, raw (Alaska Native)

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

94%	2%	4%
Carbs	Fats	Protein

### NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

**The good:** This food is low in Sodium. It is also a good source of Vitamin C.





## Huckleberries, raw (Alaska Native)

Serving size:

### NUTRITION INFORMATION

Amounts per 1 ounce (28g)

#### Calorie Information

Amounts Per Selected Serving		%DV
Calories	10.4 (43.5 kJ)	1%
From Carbohydrate	9.7 (40.6 kJ)	
From Fat	0.3 (1.3 kJ)	
From Protein	0.4 (1.7 kJ)	
From Alcohol	~ (0.0 kJ)	

#### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.1 g	0%

[More details ▼](#)

#### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	22.1 IU	0%
Vitamin C	0.8 mg	1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	0%
Niacin	0.1 mg	0%
Vitamin B6	~	~
Folate	~	~
Vitamin B12	~	~
Pantothenic Acid	~	~
Choline	~	~
Betaine	~	~

[More details ▼](#)

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	2.4 g	1%
Dietary Fiber	~	~
Starch	~	~
Sugars	~	~

[More details ▼](#)

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	~	~
Monounsaturated Fat	~	~
Polyunsaturated Fat	~	~
Total trans fatty acids	~	~
Total trans-monoenoic fatty acids	~	~
Total trans-polyenoic fatty acids	~	~
Total Omega-3 fatty acids	~	~
Total Omega-6 fatty acids	~	~

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

#### Minerals

Amounts Per Selected Serving		%DV
Calcium	4.2 mg	0%
Iron	0.1 mg	0%
Magnesium	~	~
Phosphorus	~	~
Potassium	~	~
Sodium	2.8 mg	0%
Zinc	~	~
Copper	~	~
Manganese	~	~
Selenium	~	~
Fluoride	~	~

## Recipe—Huckleberry Muffins

### Ingredients

- ♦ 1 3/4 cup flour
- ♦ 3/4 cup milk
- ♦ 1/2 cup butter
- ♦ 1 egg
- ♦ 1 cup sugar
- ♦ 2 1/2 teaspoons baking powder
- ♦ 1/2 teaspoon salt
- ♦ 1 1/2 cup huckleberries
- ♦ 1 teaspoon vanilla
- ♦ 1 tablespoon flour



### Directions

1. Preheat oven to 400 degrees. Insert muffin papers into muffin pan.
2. Cream together butter and sugar in a large bowl until smooth.
3. Mix in the egg, milk and vanilla until blended.
4. Combine 1 3/4 cups flour, salt and baking powder. Stir into batter until barely moistened.
5. Use the remaining 1 tablespoon of flour to toss the huckleberries in.
6. Fold huckleberries into batter.
7. Spoon batter into muffin cups.
8. Bake for 15 minutes or until the tops are slightly golden brown.

## Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!



**DIRECTIONS:**  
Find and circle the  
different pasta  
names in the grid.  
Look for them in all  
directions including  
backwards and  
diagonally.

ANGEL HAIR  
BOW TIE  
BUCATINI  
DITALINI  
EGG NOODLES  
FARFALLE  
FETTUCCINE  
FUSILLI  
GEMELLI  
GNOCCHI  
LASAGNA  
LINGUINE  
MACARONI  
MANICOTTI



# TYPES OF PASTA

## Word Search

F	A	R	F	A	L	L	E	R	I	A	H	L	E	G	N	A	A	G	V	T
Q	R	A	D	I	A	T	O	R	I	I	W	R	J	L	P	H	D	I	L	L
U	O	M	A	O	M	O	N	N	N	G	I	N	I	T	O	R	T	V	Z	I
J	R	E	A	L	P	K	Q	I	I	N	D	C	W	H	W	J	C	B	F	N
F	Z	V	H	C	Q	D	L	Q	H	O	Y	G	W	B	P	K	R	I	S	G
D	O	R	U	R	A	L	U	E	S	C	V	I	E	I	I	K	T	F	E	U
D	R	A	E	L	E	R	P	D	B	C	N	G	N	T	F	I	U	E	H	I
P	I	V	P	T	Y	A	O	D	C	H	C	I	T	E	Z	S	I	P	G	N
N	G	I	R	Y	O	N	A	N	B	I	L	O	G	G	I	L	V	J	N	E
E	A	O	O	D	D	G	Y	O	I	A	C	G	N	L	L	F	D	I	P	X
E	T	L	F	S	E	A	C	K	T	I	N	S	L	E	F	N	E	L	E	B
J	O	I	H	I	G	S	Z	I	N	O	M	I	M	V	H	R	A	R	L	H
K	N	B	K	H	E	A	D	A	O	H	V	E	R	M	I	C	E	L	L	I
E	I	T	W	O	B	L	M	D	J	X	G	U	Q	W	G	P	Y	V	E	U
J	D	Q	O	Z	F	W	L	F	T	O	D	P	E	O	U	X	L	R	T	Y
J	L	W	P	P	M	E	W	V	S	L	L	I	Q	E	Z	E	K	O	O	O
X	P	B	C	A	S	V	W	L	L	E	T	T	E	I	H	C	C	E	R	O
K	P	U	E	J	B	O	Y	V	L	T	A	G	L	I	A	T	E	L	L	E
X	E	N	I	C	C	U	T	T	E	F	L	L	Y	G	I	P	E	N	N	E
S	P	A	G	H	E	T	T	I	H	J	T	S	F	V	C	N	B	Y	U	G
B	G	H	D	I	T	B	N	L	S	X	F	B	U	C	A	T	I	N	I	U

ORECCHIETTE  
ORZO  
PENNE  
RADIATORI  
RAVIOLI  
RIGATONI  
ROTELLE  
ROTINI  
SHELLS  
SPAGHETTI  
TAGLIATELLE

TORTELLINI  
VERMICELLI  
ZITI







# March 2022

## March Observances

- Irish American Heritage Month
- Music in Our Schools Month
- National Celery Month
- National Craft Month
- National Frozen Food Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Peanut Butter Lover's Day	2 Ash Wednesday	3 Caregiver Appreciation Day	4 Employee Appreciation Day	5 Multiple Personality Day
6 National Frozen Food Day	7 National Cereal Day	8 National Proof-reading Day	9 Get Over It Day	10 Popcorn Lover's Day	11 Johnny Appleseed Day	12 Genealogy Day
13 Ear Muff Day	14 National Pi Day	15 Tea for Two Tuesday	16 Freedom of Information	17 Saint Patrick's Day	18 Awkward Moments Day	19 National Quilting Day
20 Spring Equinox	21 World Poetry Day	22 National Goof Off Day	23 National Chip and Dip Day	24 National Cheesesteak Day	25 Waffle Day	26 National Spinach Day
27 National "Joe" Day	28 Something on a Stick day	29 Smome and Mirrors Day	30 National Doctor's Day	31 World Backup Day		

**Kathrine J. Clark, MS, RD, LD**

**Nutrition Consultant**

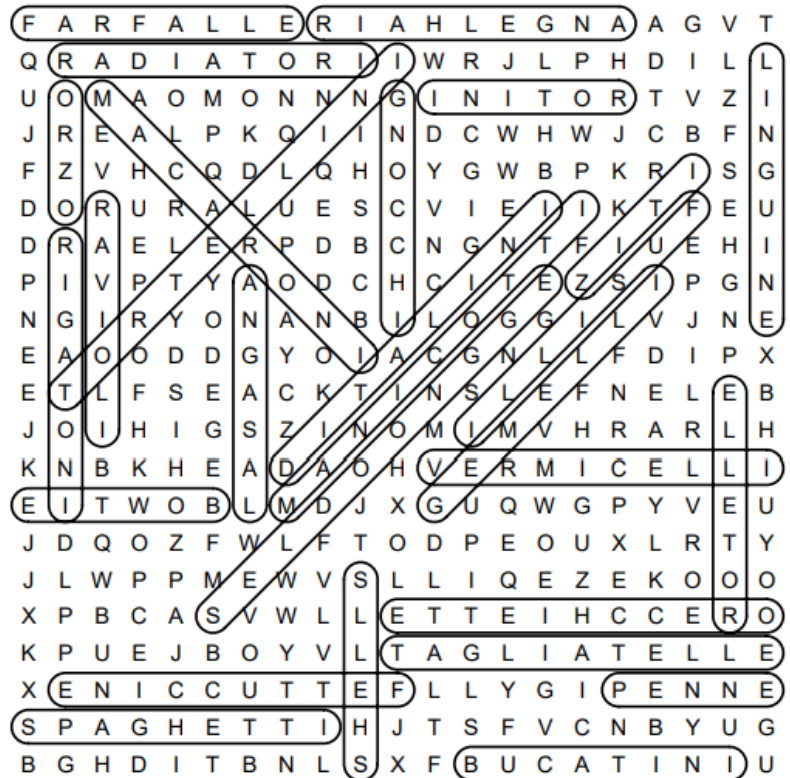
**1 John Marshall Drive**

**Huntington, WV 25575**

**Kathrine.Clark@marshall.edu**



## Brain Exercise Answers



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the  
West Virginia Bureau of Senior Services.