



Nutrition Aging And The Elderly

**Institute of Medicine, Food and
Nutrition Board**



Nutrition Aging And The Elderly:

Nutrition, Aging, and the Elderly D.E. Danford,H.N. Munro,2013-11-11 The proportion of the population over 65 years of age is increasing steadily in most industrialized countries In the United States the proportion of elderly people has risen from four percent in 1900 to 11 % in 1978 and is projected to be 14% by the year 2000 The occurrence of debilitating chronic diseases in the elderly increases with each additional year These diseases along with the natural loss of tissue function that occurs throughout adult life impose a heavy burden on the health care system Nutri tion plays an important etiologic role in many of these degenerative changes Conse quently the aging segment of the population presents a challenge to the nutrition scientist who should be able to recommend optimal intakes of nutrients to minimize the functional losses associated with aging and to optimize the health of those already elderly This sixth volume in the series Human Nutrition A Comprehensive Treatise provides a conspectus of the various interactions of nutrition with the aging process and a comprehensive survey of current knowledge of the amounts of individual nutrients needed by the elderly The volume begins with a general survey of the multifaceted relationship of nutrition to aging followed by four chapters on how nutrition can affect age related changes in selected body functions The next six chapters cover the avail able evidence regarding the needs of the elderly for dietary energy protein calcium trace elements vitamins and fiber

Nutrition for the Older Adult Melissa Bernstein,Ann Schmidt Luggen,2009-08-17 Nutrition for the Older Adult is a clear comprehensive text that introduces students to nutrition and health promotion for older adults Covering such important topics as the physiological changes of aging weight and nutrition problems in older adults nutritional assessment and support for the elderly and diet and cultural diversity as well as exercise prescriptions for older adults this text is an essential resource for students in the fields of nutrition nursing and gerontology Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

Nutritional Intervention in the Aging Process H.J. Armbrrecht,J.M. Prendergast,R.M. Coe,2012-12-06 There has been much popular and scientific interest in the fields of nu trition and aging in recent years As the importance of proper nutrition in children and young adults becomes more fully understood it is natural to wonder if proper nutrition could playa similar role in later life Recent research has indicated that nutrition can potentially intervene in the ag ing process in at least two ways First studies in animals and humans have shown that nutrition can be used to improve functional status which in turn is related to perceived quality of life Second nutritional manipu lation has been used to extend maximal life span in laboratory animals How these interesting findings apply to the human situation remains to be explored The purpose of this book is twofold The first is to present recent ad vances in our basic knowledge of how nutrition and aging interact with each other The second is to discuss some applications of this knowledge to the care of the elderly patient The interaction between aging and nutrition is complex because each may act on the other in either a synergistic or antagonistic fashion Aging may alter the nutritional status of the elderly by affecting the way nu trients are absorbed and utilized by the body Aging may also

influence food intake and therefore nutritional status by decreasing the palatability of food. The environment of the elderly may change so they are less likely to eat well balanced meals. **Diet Related to Killer Diseases, VII** United States.

Congress. Senate. Select Committee on Nutrition and Human Needs, 1977. *Nutrition and Healthy Aging in the Community*. Institute of Medicine, Food and Nutrition Board, 2012-05-15. The U.S. population of older adults is predicted to grow rapidly as baby boomers, those born between 1946 and 1964, begin to reach 65 years of age. Simultaneously, advancements in medical care and improved awareness of healthy lifestyles have led to longer life expectancies. The Census Bureau projects that the population of Americans 65 years of age and older will rise from approximately 40 million in 2010 to 55 million in 2020, a 36 percent increase. Furthermore, older adults are choosing to live independently in the community setting rather than residing in an institutional environment. Furthermore, the types of services needed by this population are shifting due to changes in their health issues. Older adults have historically been viewed as underweight and frail; however, over the past decade, there has been an increase in the number of obese older persons. Obesity in older adults is not only associated with medical comorbidities such as diabetes, it is also a major risk factor for functional decline and homebound status. The baby boomers have a greater prevalence of obesity than any of their historic counterparts, and projections forecast an aging population with even greater chronic disease burden and disability. In light of the increasing numbers of older adults choosing to live independently rather than in nursing homes, and the important role nutrition can play in healthy aging, the Institute of Medicine (IOM) convened a public workshop to illuminate issues related to community-based delivery of nutrition services for older adults and to identify nutrition interventions and model programs. *Nutrition and Healthy Aging in the Community* summarizes the presentations and discussions prepared from the workshop transcript and slides. This report examines nutrition-related issues of concern experienced by older adults in the community, including nutrition screening, food insecurity, sarcopenic obesity, dietary patterns for older adults, and economic issues. This report explores transitional care as individuals move from acute, subacute, or chronic care settings to the community and provides models of transitional care in the community. This report also provides examples of successful intervention models in the community setting and covers the discussion of research gaps in knowledge about nutrition interventions and services for older adults in the community.

Nutrition in Aging Eleanor D. Schlenker, 1993. Discusses demographic and biologic aspects of aging, nutrition, and the life span; body composition; energy and physical activity; nutrient digestion and absorption; nutrient requirements and metabolism; vitamins and minerals in the aged; nutrition and chronic disorders in the aging adult; drugs and nutritional considerations in the aged; nutritional status of older adults; food selection patterns among the aged, etc. Designed to provide the nutrition professional with the knowledge necessary to make appropriate decisions regarding the specific food and nutrition needs of older people and provide helpful advice to the client and caregiver regarding food selections. *The Relationship Between Nutrition, Aging, and Health*. United States. Congress. Senate. Special Committee on Aging, 1986.

Nutrition and Functional Foods for Healthy Aging Ronald Ross Watson, 2017-02-01 Nutrition and Functional Foods for Healthy Aging aims to equip anyone studying geriatric nutrition or working with aging adults with the latest scientific reviews of critical topics. The major objective of this book is to review in detail the health problems of the aged and how normal food, lifestyle, or nutritional and dietary supplements can help treat them. Nutrient requirements for optimum health and function of aging physiological systems are often quite distinct from those required for young people. The special nutrition problems of the aged are intensively researched and tested, especially as the elderly become a larger percentage of the population. Many chronic diseases and cancers are found with higher frequency in the aged, and it is also widely known that many elderly people use foods and nutrients well above the recommended daily allowance, which can be detrimental to optimal health. Explains the evidence supporting nutritional interventions relevant to age-related diseases. Reviews the macro and micro nutrient requirements of aging adults and their variables. Describes how alcohol, drugs, and caffeine can impact deficiencies, also exploring functional food and dietary supplements that can be used for prevention and treatment.

Nutrition for the Older Adult Melissa Bernstein, Ann Luggen, 2010 Nutrition for the Older Adult is a clear, comprehensive text that introduces students to nutrition and health promotion for older adults. Covering such important topics as the physiological changes of aging, weight and nutrition problems in older adults, nutritional assessment and support for the elderly, and diet and cultural diversity, as well as exercise prescriptions for older adults, this text is an essential resource for students in the fields of nutrition, nursing, and gerontology.

Geriatric Nutrition Ronni Chernoff, 2006 This book offers a comprehensive review of nutritional assessment, intervention programs for the elderly, and health promotion activities.

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