Key Concept

Aging is a total life process with biologic, nutritional, social, economic, psychological, and spiritual aspects.

Population Facts

By 2030 the U.S. population will grow to 363.5 million, up 29.2% from the year 2000.

Life expectancy is 78 years by 2010
  - 74 years for men
  - 81 years for women

Life expectancy varies by group and income

Women outlive men by an average of 6 years

Impact on Health

Disease prevention and health promotion

Weight management

Diabetes management

Shaping influences on adult growth and development

Influences on Growth of Adults
• Physical growth
  — Reached in late teen years
  — Levels off in early adult years

• Psychosocial
  — Young adults (20 to 44 years)
  — Middle adults (45 to 64 years)
  — Older adults (65 years and older)

• Adult Growth and Development

• Adult Growth and Development, cont’d

• Socioeconomic status
  — Social and economic shifts
  — Economic insecurity
  — Food assistance
  — Basic needs

• Adult Growth and Development, cont’d

• Nutrition
  — Can vary
    — Daily Recommended Intakes
      • 50- to 70-year-olds
      • ≥71 years age group

• Chapter 12

Lesson 12.2
Key Concept

Aging is a total life process with biologic, nutritional, social, economic, psychological, and spiritual aspects.

Aging Process and Nutrition Needs

Middle and older adulthood

- Gradual loss of functioning cells
- Reduced cell metabolism
- Body organ systems gradually lose some capacity to carry out functions and maintain reserves
- Inactivity
- Hormonal changes
  - Decline in insulin production and/or insulin sensitivity
  - Decrease in melatonin
  - Menopause

Aging Process and Nutrition Needs, cont’d

Effects on food patterns

- Diminished secretion of digestive juices and motility of gastrointestinal muscles causes decreased absorption and use of nutrients
- Decreased taste, smell, and vision affect appetite

Aging Process and Nutrition Needs, cont’d

Senescence: the process or condition of growing old

Individualized

People age at different rates and in different ways
• Aging Process and Nutrition Needs, cont’d

• BMR declines an average of 1% to 2% per decade
  — A more rapid decline at age 40 years for men and 50 years for women
  — Gradual loss of functioning body cells and reduced physical activity

• Kilocalories = energy
  — Carbohydrate
  — Fat
  — Protein

• Aging Process and Nutrition Needs, cont’d

• Vitamins and minerals
  — Osteoporosis risk
  — Anemia

• Osteoporosis

• Osteoporosis, cont’d

• Nutrient Supplementation

• Common in the older person

• Often recommended for those in a debilitated state or malabsorption

• Vitamin B12 supplementation

• Chapter 12  Lesson 12.3

• Key Concept
Gradual aging throughout the adult years is an individual process based on genetic heritage and life experience.

Aging is a total life process, with biologic, nutritional, social, economic, psychological, and spiritual aspects.

Clinical Needs

Health promotion and disease prevention

- Reduction of risk for chronic disease
- Nutritional status
  - Assessment
  - Poor food habits
  - Oral problems
  - General gastrointestinal problems

Clinical Needs, cont’d

Undernourishment risks:

- Low appetite
- Loneliness
- Lack of money
- Dental problems, tooth loss
- Gastrointestinal problems, decreased secretions, decreased taste
- Dehydration, reduced thirst sensation

Assisted Feeding

Make no negative remarks about food being served.
• Identify the food being served.
• Allow at least three bites of each item before serving the next food.
• Allow time to chew and swallow.
• Give liquids throughout meal.

Benefits of Physical Activity for Senior Adults
• Maintain independence
• Reduce blood pressure
• Improve stamina, muscle strength for those with chronic conditions
• Reduce anxiety, depression symptoms
• Healthy bones, muscles, joints
• Control joint swelling and pain of arthritis

Chronic Diseases of Aging
• Heart disease
• Cancer
• Arthritis
• Diabetes
• Alzheimer’s disease
• Renal disease

CDC Recommendations to Prevent Chronic Disease
• Stop smoking
• Limit alcohol intake
• Be physically active
• Maintain healthy weight
• Diet low in fat and cholesterol

• Medications That May Affect Nutritional Status
• Blood pressure medications
• Antacids
• Anticoagulants
• Laxatives
• Diuretics
• Decongestants

• Community Resources
• Government programs for older Americans

• Older Americans Act
  — Congregate meals
  — Home-delivered meals
  — Research centers

• Community Resources, cont’d
  — Older Americans Act
    • Extension services
Meeting nutrition needs of adults, especially older adults can be a challenge and is influenced by:

- Current and past social, economic, and psychological factors
- Biological process of aging
- Life expectancy
• Much of the illness in older adults results from malnutrition

• Summary, cont´d

• Health promotion and disease prevention are key elements in early adult life to remain healthy and function later in life.

• For older adults, food habits must be carefully analyzed.

• Individual supportive guidance and patience are necessary.

• Many types of assisted living arrangements available today.