

- Chapter 12
- Nutrition for Adults: The Early, Middle, and Later Years
- Chapter 12
- Lesson 12.1
- 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
- Population Facts
- 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**

- **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**
- **Key Concept**

Lesson 12.3

- 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

- Food stamps
 - Commodity Supplemental Food Program
 - Senior Farmers Market Nutrition Program
- Community Resources, cont'd
- Public health services
- Professional
 - National groups
 - Community groups
 - Volunteers
- Chronic Conditions According to Poverty Level
- Alternate Living Arrangements
- Congregate care
- Continuing care retirement
- Assisted living
- Nursing home
- Summary
- 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.**