

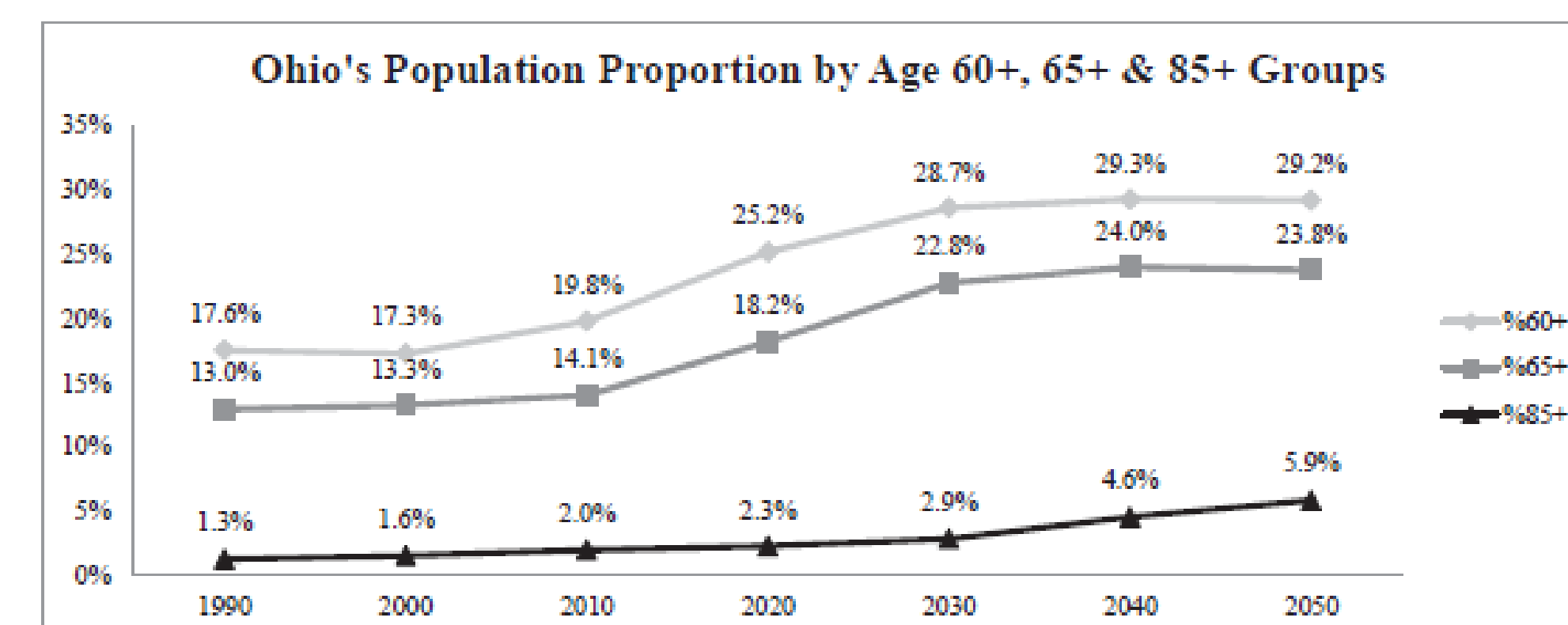
Aging Smart with Good Nutrition

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INTRODUCTION

➤ Ohio is aging faster than it is growing.

- By the year 2030 the overall population of Ohio will increase by around 2% while the population of Ohioans 60+ will increase by 47% and the population of Ohioans 85+ will increase by 46%.¹
- Ohio currently has 2.5 million people over the age of 60.¹
- By 2035, over 28 percent of Ohio's population will be over 60.¹



Data Sources:
 U.S. Census Data 1990, 2000 and 2010.
 N. P. Rindley, S. Mahalingam & T. Yamashita. (2017). Projections of Ohio's Population 2010-2050. Scripps Gerontology Center, Miami University, Oxford, OH
 Website: www.ohio-population.org

➤ Older adults desire to remain independent.

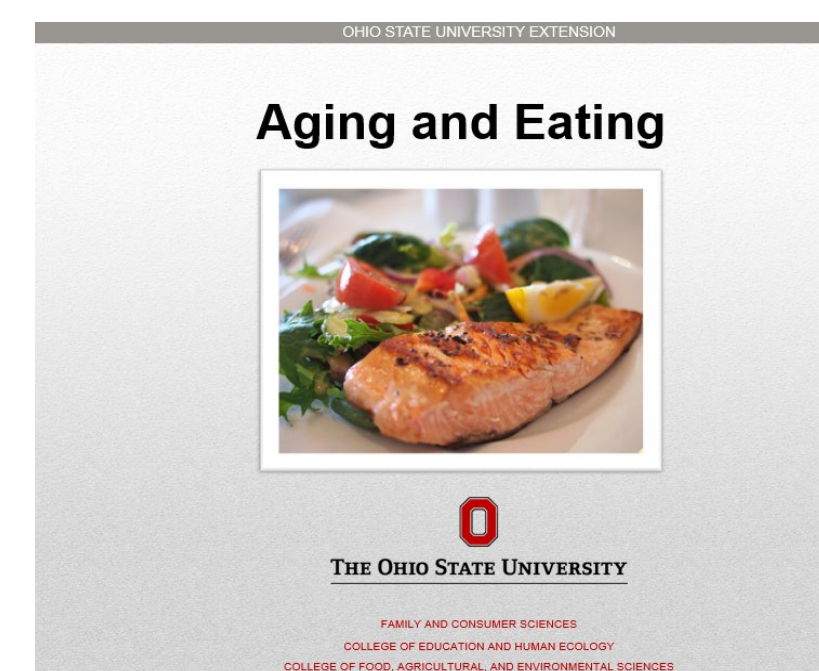
- Adequate nutrition helps individuals remain independent and maintain quality of life.
- The National Council on Aging notes that 92% of older adults have at least 1 chronic disease and 77% have 2 or more.²
 - Four chronic diseases—heart disease, cancer, stroke, and diabetes—cause almost two-thirds of all deaths each year.

➤ In 2019, the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior issued a position paper³ “underscoring the need for older adults to have access to evidence-based food and nutrition programs that ensure the availability of safe and adequate food to promote optimal nutrition, health, functionality, and quality of life.”

INTERVENTION

The OSU Extension *Aging Smart* curriculum consists of five modules that address considerations for healthy aging:

- Healthy eating
- Cooking for one or two
- Personal safety
- Preventing falls
- Universal design



In 2019, a Registered Dietitian revised the module on healthy eating. The module now includes information on:

- Factors that impact the eating habits of older adults
- Nutrition needs of older adults
- Strategies to meet the nutrition needs of older adults, including the following eating plans:
 - MyPlate for Older Adults
 - The Mediterranean diet
 - The DASH diet
 - The MIND diet

Nutrient Rich Eating Plans: The DASH Diet

Dietary
Approaches to
Stop
Hypertension



Nutrient Rich Eating Plans: The MIND Diet

Mediterranean-DASH
Intervention for
Neurodegenerative
Delay



RESULTS

In November 2019, the updated healthy eating module was piloted with a small group (n=6) of older adults. Among those who completed post-class evaluations (n=5) all indicated that the class provided the expected level of information on:

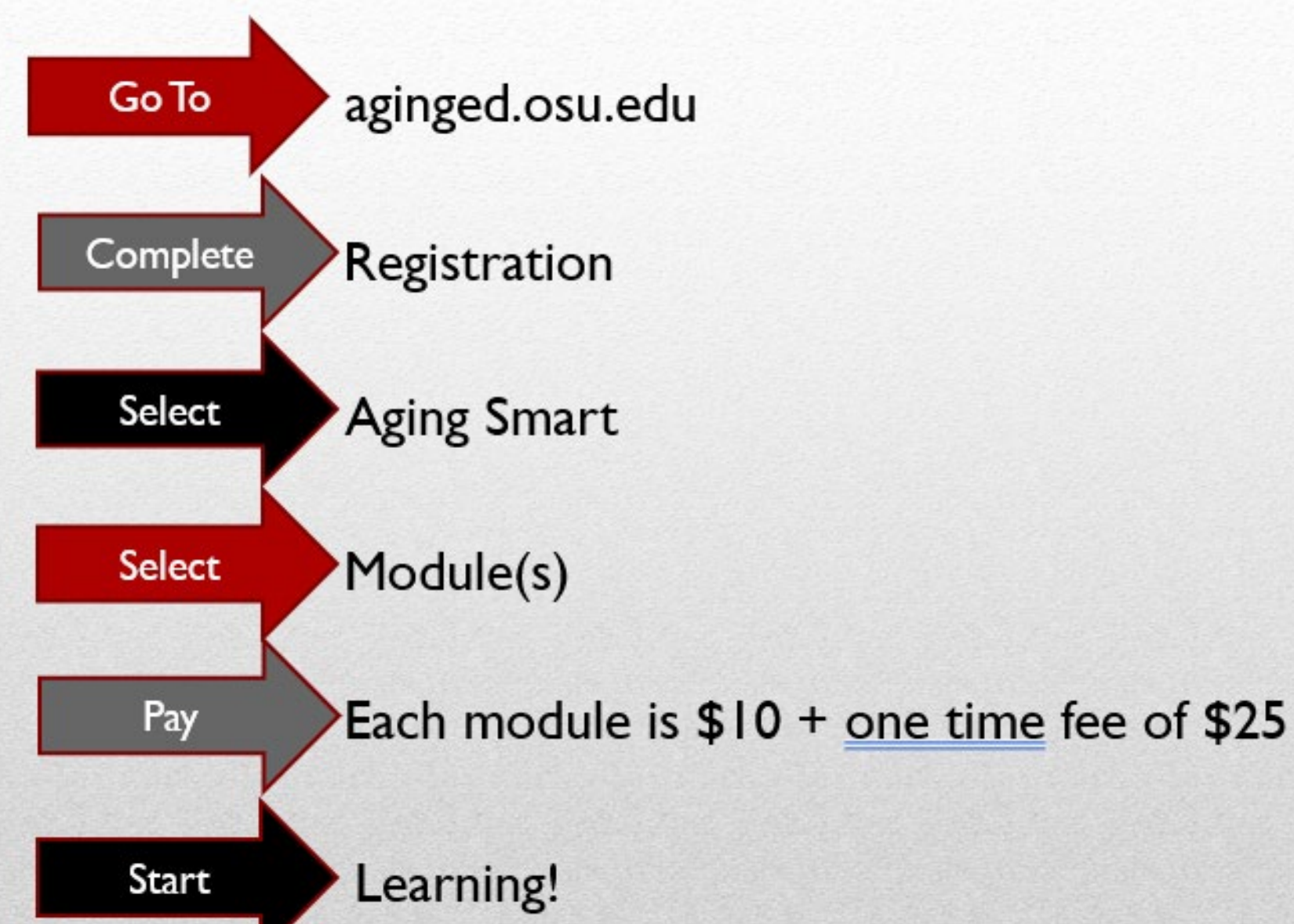
- understanding nutrition needs for older adults
- factors that impact the nutritional intake of older adults
- food patterns that provide needed nutrients for older adults

After attending this class, 80% indicated a likeliness to take steps to improve their nutritional intake.

IMPLICATIONS

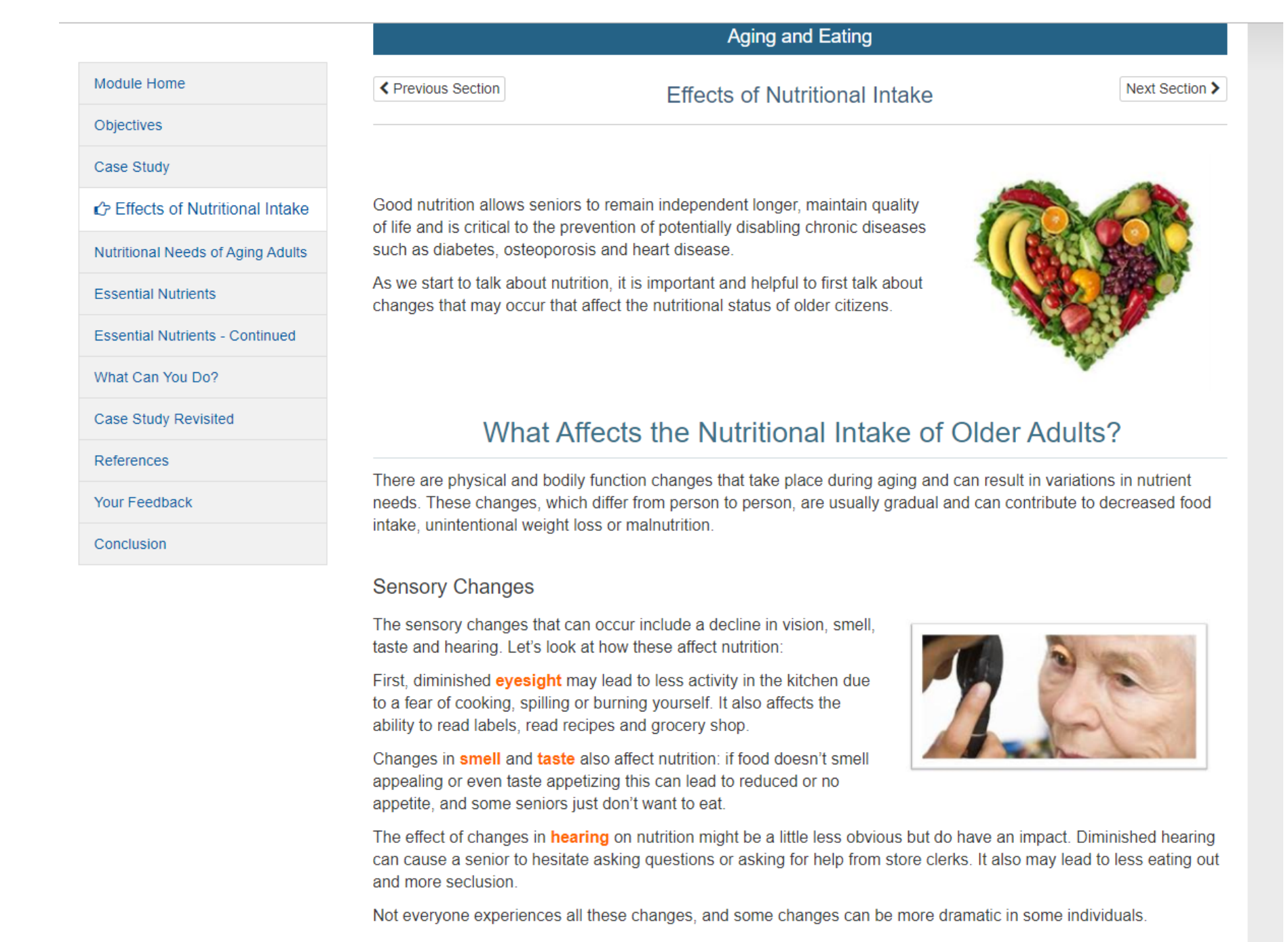
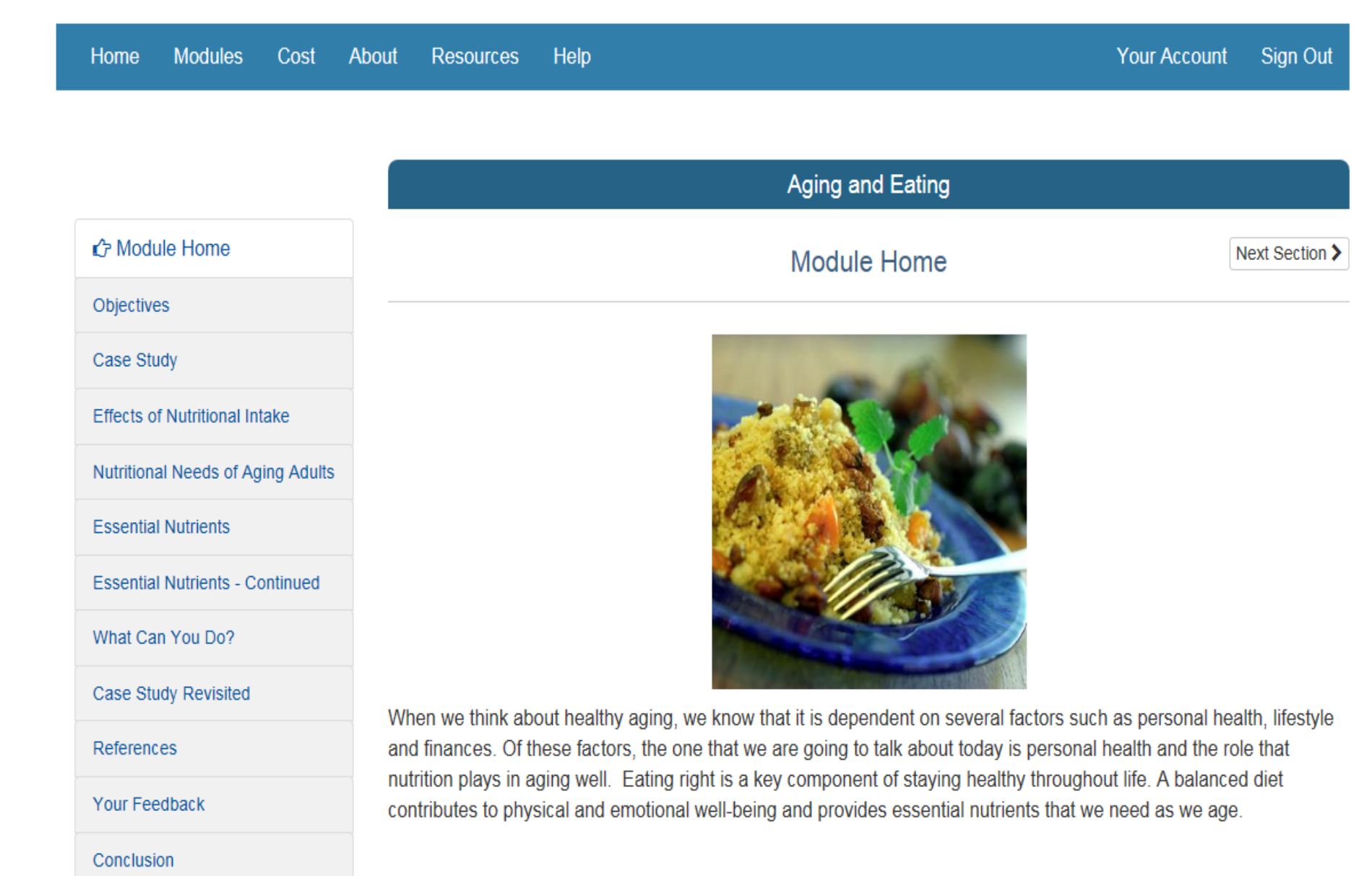
Currently, through a partnership with the OSU Office of Geriatrics and Interprofessional Aging Studies, the *Aging Smart* modules are available in an online format that older adults and their family members can conveniently access anywhere, anytime – after paying a minimal enrollment fee.

Aging Smart Online-Getting Started



In the future, the authors of the *Aging Smart* curriculum (Lobb & Tutt) would like to explore updating the online modules and moving them to an alternate platform where they could be accessed without an enrollment fee.

Screenshots from the Healthy Eating module of the *Aging Smart* curriculum that is currently available online.



SOURCES

1. Ohio Department of Aging (2015). Annual Report State Fiscal Year 2015. Well Beyond 60—The Road to Balance. Retrieved from: aging.ohio.gov/resources/publications/SFY_2015_Annual_Report.pdf.
2. National Council on Aging (2014). Healthy Aging. Retrieved from: www.ncoa.org/resources/fact-sheet-healthy-aging/
3. Saffel-Shrier, S., Johnson, M.A. & Francis, S. L. (2019). Position of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior: Food and Nutrition Programs for Community-Residing Older Adults. *Journal of the Academy of Nutrition and Dietetics*; 119(7);1188-1204.