

NFS 242**NUTRITION FOR THE AGING****TERM I**

1999-2000

Credits: 3 Semester Hours**Instructor:** Marlene R. Glanz M.S., R.D.

Voice Mail: (248) 386-7294 X 190

24 Hour Access

Class: Tuesdays 4-7 P.M.

Room # 1502

Course Description:

This course is designed to allow for students to learn about the biological process of aging and changes in the nutritional requirements which concomitantly occur with aging. The student will incorporate culturally relevant assessment techniques in preparation of assignments relating to nutrition for the aging population.

Emphasis will be placed on nutrition support as it is related to diseases, which are associated with aging, (atherosclerosis, cancer, diabetes, and osteoporosis). Factors such as psychological, cultural, physical and economic changes and their relation to the nutritional needs of the elderly will be addressed.

Required Text: Schlenker, Eleanor, D., Nutrition in Aging, 3rd Edition, McGraw-Hill Companies, 1998.

Objectives:

- Describe the physiological process of aging
- Identify the principle nutritional needs of the elderly
- Determine appropriate methods to estimate caloric requirements
- Understand how the RDA's for older individuals were developed and why they are controversial.
- Appreciate the role of vitamins and minerals in health maintenance.
- Describe how nutritional requirements change with the onset of certain age related diseases.
- Recognize how commonly used medications interact with food and what should be done to counteract these effects.
- Respect the importance of an appreciation of the cultural diversity which exists in the aging population, and its relation to their nutritional status.

Assignments:

- #1—Weekly Assignment
- #2 —Audio/ Video Review
- #3—Elderly Diet History
- #4—Calculation of Energy Requirements
- #5— Vitamin and Mineral Presentation
- #6— Review of Vitamin Supplements
- #7—Educational presentation on an aspect of nutrition related to the Elderly
- Mid-term and Final Exam

Submitted assignments must be prepared in a professional manner with correct spelling and punctuation. Failure to follow the above guidelines will result in a grade reduction.

Grade:

Course grade will be computed according to the following:

The total number of points earned for exams will constitute 60% of the final grade with the remaining points earned through class participation, class attendance, and class assignments. Maximum points for each area are outlined under the description of each item. The percentage will then be translated into a letter grade according to the following scale.

<u>Grading Scale:</u>	94-100%	A	77-79%	C+
	90-93%	A-	70-76%	C
	87-89%	B+	60-69%	D
	84-86%	B	Below 60%	F
	80-83%	B-		

Mid-Term and Final Exams

Exams will test knowledge gained through lectures, discussions, textbook readings, literature reviews, assignments, and audio videos. (200 points)

Attendance

Attendance and participation in class is expected. If individual circumstances warrant an excused absence, contact the instructor before class. There will be no opportunity for a make up on exams, nor will there be tutoring on material covered during a student's absence from class. Assignments are due on dates outlined. **Late assignments will not be accepted.** Class attendance and participation is worth—(50 points).

ASSIGNMENTS

#1 Weekly Assignment – Each week an assignment of reading chapters or pages is outlined for students to review prior to class. The student will prepare 5 quiz or exam type questions on (4X6 cards) which are taken from the assigned reading material for the week. Two cards for each question should be prepared, one will contain the question on one side of the card and the complete answer on the opposite side, the other card will contain only the question on one side.

The chapter title covered should be printed along the 4 inch edge of the question side of each card. The question only cards will be distributed to fellow classmates for completion and submission the following week.

The student preparing the cards should place their name and date on the question side of the card with the answer. The student completing the question card should place their name on the answer side of the card. (50 points)

#2 Audio/Video Review – Each audio or video observed in class will be reviewed by the student in the form of a one page written report including:

- the title of material,
- date observed,
- basic overview of material covered.

The student should also include recommendations for use of this or that. The assignment is due the week following the viewing. (50 points)

#3 Elderly Diet History – The student will interview a older relative, friend, or associate, about their diet for a typical day.

1. This diet history will include:

- foods consumed,
- cultural foods consumed,
- meal practices,
- meal times,
- methods of food preparation specific to the individual's culture or family.

2. The student will utilize the format outlined in Diet History form for Older Adults as distributed in class. The student will analyze this diet history in comparison to the Food Pyramid, which outlines daily servings suggested. Food Pyramids specific to a variety of cultures are available in the department.

3. The student will prepare a 2 page written report documenting this assignment including suggestions for changes, which the student would propose to person in order to improve their diet. (50 points)

#4 Calculation of Energy Requirements – The student will calculate the requirements of several elderly clients, male and female as assigned in class. Each calculation will include the steps outlined in the Harris-Benedict equation. Each step will be clearly written out and calculated for review. (25 points)

#5 Vitamin and Mineral Presentation

The student will be assigned a vitamin and mineral to research and present in class. This presentation will consist of an outline of the important factors of the vitamin and mineral and their relation to aging. Assignment to include preparation of a written handout for distribution to classmates of 1-2 pages per vitamin and mineral. Specific vitamins and minerals will be assigned in class.

(50 points)

#6 Review of Vitamin Supplement -

The student will compare a total of four multi-vitamin supplements.

Three multi-vitamin supplements which are specifically marketed for the elderly, will be compared to a common multivitamin appropriate for adults.

The levels of vitamins and minerals in each supplement will be compared to the RDA for older people and to a common multivitamin.

Report to include a description of how they compare including price comparisons, and if these supplements would be appropriate for suggested use by an older person.

Report should include charts of comparisons for nutrients found in supplements/ and comparison to standard common multivitamin.

Report should consist of at least 5-6 pages.

(50 points)

Educational Presentation on an Aspect of Nutrition Related to the Elderly

The student will prepare an educational material for an aspect of nutrition related to the elderly. If this aspect of nutrition is more common in any particular cultural group than others this information will be outlined and discussed. The written portion will consist of educational material designed to incorporate cultural considerations and to be distributed to the elderly or elderly caregivers. The student will present their written materials for distribution to fellow students and a 10-15 minute educational seminar to fellow classmates for review.

(75 points)

Extra Credit—Possible 10 points

Obtain a current article from the media, relative to nutrition and aging, review and report in class. Review to include a one-page type written outline of article major points of interest. Report presentation arranged with instructor prior to presentation. This must be completed prior to November 23, 1999.

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<u>DATE</u>	<u>TOPIC</u>	<u>ASSIGNMENT</u>
Sept. 7	Orientation	Curiosity
Sept. 14	Who are the Aging? How do we Age? Nutritional Assessment	Chapter 1 Chapter 2 Chapter 11
Sept. 21	Nutrient Requirements and Metabolism	Chapter 3
Sept. 28	Nutrient Digestion and Absorption	Chapter 4 <u>#3 Due</u>
Oct. 5	Body Composition, Energy, and Physical Activity	Chapter 5
Oct. 12	Vitamins/Minerals	Chapter 6 & 7
	<u>#4 Due</u>	
	Chapter 6&7	Oct. 19
	<u>#5 Due</u>	
	Review	Oct. 26
	Chapter 8	Nov. 2
	Chapter 9	Nov. 9
	<u>#6 Due</u>	
	Chapter 10	Nov. 16
	Chapter 12	Nov. 23
	Chapter 13	
	Chapter 14	Nov. 30
		Dec. 7
		<u>Assignment #7 Due</u>
	Review	Dec. 14
		Final Exam