

FDNS 4560/6560 NUTRITION AND AGING (3 CREDITS)
Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

TIME: To be announced. Not taught on a regular basis.

INSTRUCTOR: Dr. Mary Ann Johnson, Rm. 373 Dawson Hall, 706-542-2292
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DESCRIPTION:

Foods and nutrients in the health and well-being of the elderly; effects of aging on macro and micronutrient needs; influence of disease, medications, economics, and culture; nutritional assessment, support, and services; health promotion and disease prevention; future directions in research.

PREREQUISITES: This course requires a background in nutrition and physiology:

FDNS 3100 Macronutrients and Energy Balance
OR FDNS 4050/6050 Optimal Nutrition for the Life Span

AND

CBIO 2210/L Anatomy and Physiology II OR VPHY 3100 Elements of Physiology

COURSE OBJECTIVES:

1. Identify the needs for nutrition assessment and intervention across the continuum of care for various subgroups of older adults: healthy community dwelling, frail homebound, assisted living, and nursing home.
2. Understand the role of the aging process on the metabolism of macro and micronutrients.
3. Recognize the influence of disease processes and medications on nutritional status in the aged.
4. Understand the role of sociodemographic factors such as social isolation, poverty, economic uncertainty, food insecurity, and culture on nutritional status of elderly people.
5. Learn nutritional assessment and support services procedures for older adults.
6. Become skilled in the role of health promotion in disease prevention for the elderly.
7. Know the relationships among appropriate nutrition services, positive health outcomes, and reduced health care costs for older adults.
8. Develop nutrition education programs targeted to specific subgroups of the elderly.
9. Develop oral presentation skills related to nutrition and aging.
10. Identify areas of nutrition research that will increase the quality of life for older adults.

TEXT BOOKS:

Chernoff, R. (1999) Geriatric Nutrition: The Health Professional's Handbook. Second Edition, Aspen Publishers, Inc., Gaithersburg, MD (518 pgs) (ISBN 0-8342-1082-7).

Institute of Medicine (2000) The role of Nutrition in Maintaining Health in the Nation's Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population. Committee on Nutrition Services for Medicare Beneficiaries, Food and Nutrition board, National Academy Press, Washington, DC. (ISBN 0-309-06846-0).

EXAMS:

Cover class presentations and discussions; textbooks; reserve readings; and internet readings. Exams for graduate students include additional questions. The final exam is comprehensive.

PROJECTS:

Design and execute a nutrition education project for the target audience of your choice (e.g., healthy community dwelling, frail homebound, assisted living, or nursing home). Projects will be presented in class.

Suggested resources include: Home Health Nutrition: Patient Education Manual, 1999.

CLASS PRESENTATIONS:

Graduate students will make two class presentations (50 minutes each) and undergraduate students will make one presentation (20 minutes) on one of the class topics.

GRADING AND POINTS:

3 Exams (@ 50 pts)	150 pts
Project (@ 50 pts)	50 pts
Class presentations (undergraduates 1, graduates 2)	50 pts
TOTAL	250 pts

TENTATIVE SCHEDULE

WEEK	TOPIC	READINGS	
		Chernoff, 1999	IOM, 2000
1	Demographics of aging	1	
	Macronutrient metabolism and requirements	2	
2	Vitamin metabolism and requirements	3	
3	Mineral metabolism requirements	4	
	Trace metal metabolism requirements	5	
4	Oral health	6	
	Smell, taste and somatosensation	7	
	Exam I		
5	The aging gut	8	
	Aging and cardiovascular system	9	5
6	Diabetes and the older adult		6
7	Aging and the renal system	10	7
	Aging and hematopoiesis	11	
8	Skeletal aging	12	8
	Endocrine aspects of aging	13	
9	Pharmacology and nutrition interactions	14	
	Geriatric exercise prescription	15	
10	Exam II		
	Nutritional assessment of the elderly	16	2, 3, 4
11	Nutritional support for the elderly	17	
12, 13	Continuum of services for older Americans	18	9, 10, 11, 12
14	Health promotion and disease prevention	19	
	Providers of nutrition services		13
15	Nutrition education for older adults with limited resources: presentations		
	Exam III (final)		

ADDITIONAL REFERENCES AND RESOURCES:

American Dietetic Association (2000) Position of the American Dietetic Association: Nutrition, aging, and the continuum of care. Journal of the American Dietetic Association 100: 580-595, 2000.

Aspen Reference Group (1999) Home Health Nutrition: Patient Education Manual. Aspen Reference Group, Weavers, S., Managing Editor and Marcus, J., Editor. Aspen Publishers, Inc., Gaithersburg, MD. (ISBN: 0-8342-0871-7).

Bartlett, S., Marian, M., Taren, D. Muramoto, M.L. (1998) Geriatric Nutrition Handbook. Chapman & Hall Nutrition Handbook 5, Chapman & Hall, New York, NY. (ISBN 0-412-13641-4, \$18.00).

~~Putnam, New York (ISBN 0-87477-954-5, \$24.95).~~

Masoro, E. J. (1999) Challenges of Biological Aging. Springer Publishing Company, New York (ISBN 0-8261-1277-3, \$35.95).

Niedert, K.C. (1998) Nutrition Care of the Older Adult. A Handbook for Dietetics Professionals Working Throughout the Continuum of Care. The American Dietetics Association, consultant Dietitians in Health Care Facilities Dietetic Practice Group (ISBN 0-88091-167-0).

ONLINE RESOURCES:

Administration on Aging: <http://www.aoa.gov>

National Aging Information Center: <http://www.aoa.dhhs.gov/naic/>

Statistics on Aging: <http://www.agingstats.gov>

National Policy and Resource Center of Nutrition and Aging: <http://www.fiu.edu/~nutreldr>

Gerontological Nutritionists: <http://www.www.trc.ucdavis.edu/gerinutr/>

Meals on Wheels Association of America: <http://www.projectmeal.org>

National Association of Nutrition and Aging Services Programs: <http://nanasp.org>