

Nutrition in the Elderly

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REGISTERED NUTRITIONIST

The Main Problems in Elderly

- Undernutrition
- Overnutrition
 - Overweight
 - Obesity
- Health Conditions
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Arthritis
 - Others e.g. stomach and intestinal problems



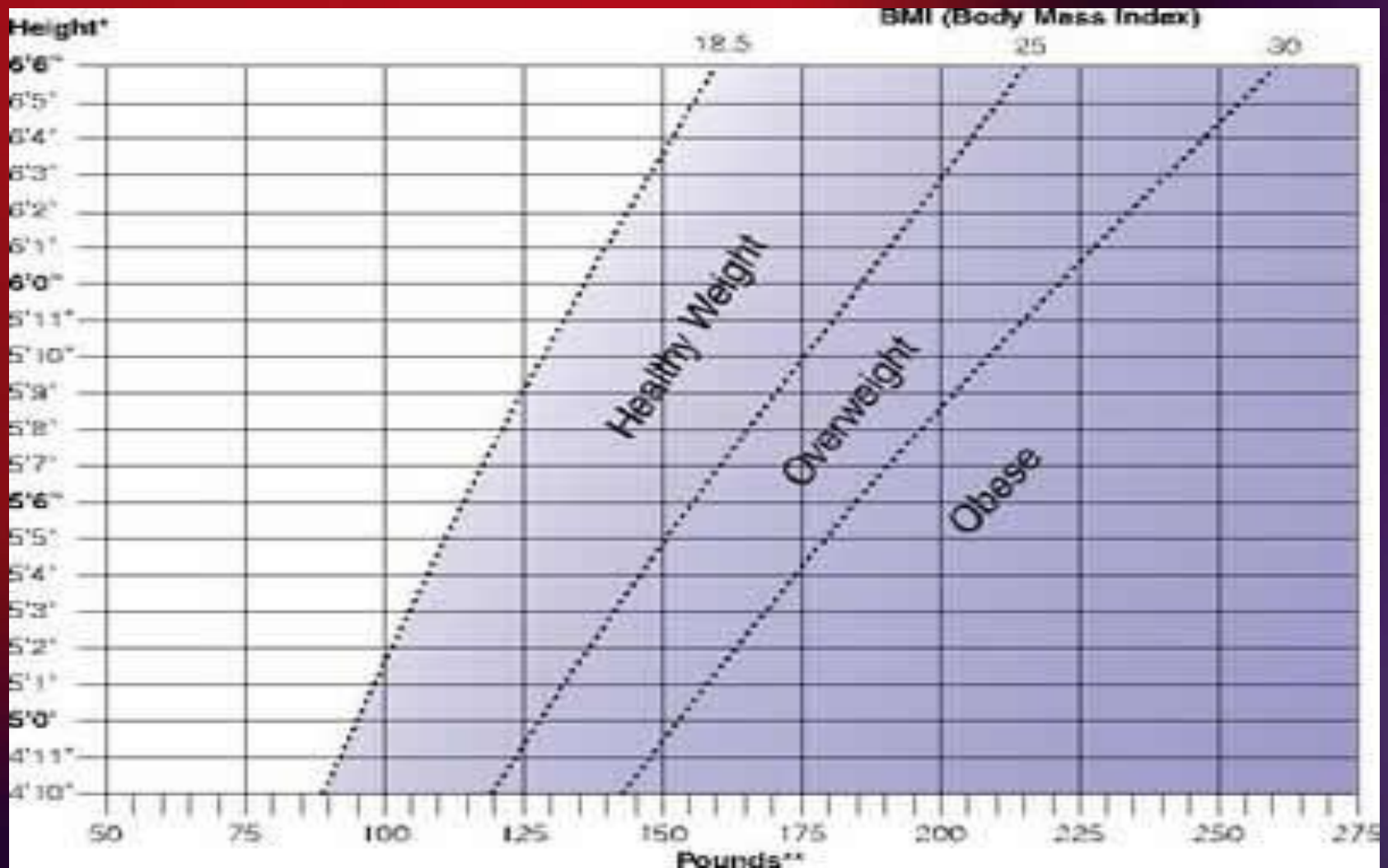
Weight Classification

Body Mass Index (BMI): $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

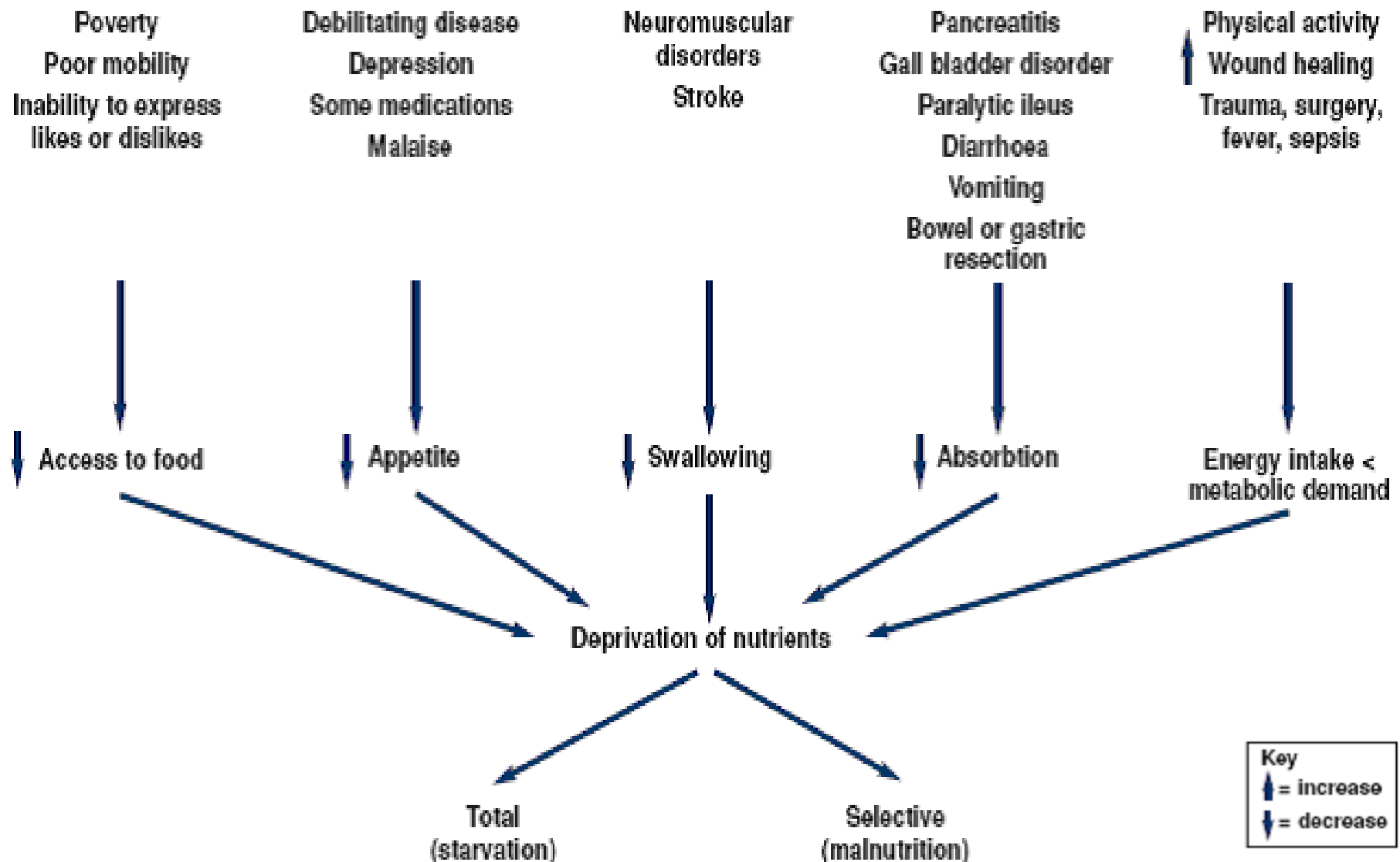
Ratio: < 20 – Underweight
20-25 – Normal weight range
25-30 – Overweight
30-35 – Obese I
>35 – Obese II



Weight Classification



Reasons for Undernutrition



The Obesity Epidemic



- Western Europe: 10-25%
- U.S.: 20-30%
- Eastern Europe, Mediterranean, U.S. Afro-American Women: 40%
- Higher Rates: American Indians, Hispanic Americans, Pacific Islanders
- Highest in the World: Melanesians, Micronesians, Polynesians (Island of Nauru: 70% of women and 65% of men)
- “Key to the problem lies in evermore widespread sedentary lifestyle and a diet overrich in calories and fats.”

Implications of Obesity

- Insulin Resistance
- Diabetes Type II
- Hypertension
- Dyslipidemia
- Coronary Heart Disease
- Gout
- Osteoarthritis
- Gall Bladder Disease & Stones
- Cancers of Bowel, Breast, GU Tract
- Skin Diseases (especially fungal diseases)
- Sleep Apnea with chronic hypoxia



Breast Cancer Risk with Obesity

Pre-menopause

Risk

- Thin 1
- Overweight 2x
- Obese 3x

Post-menopause

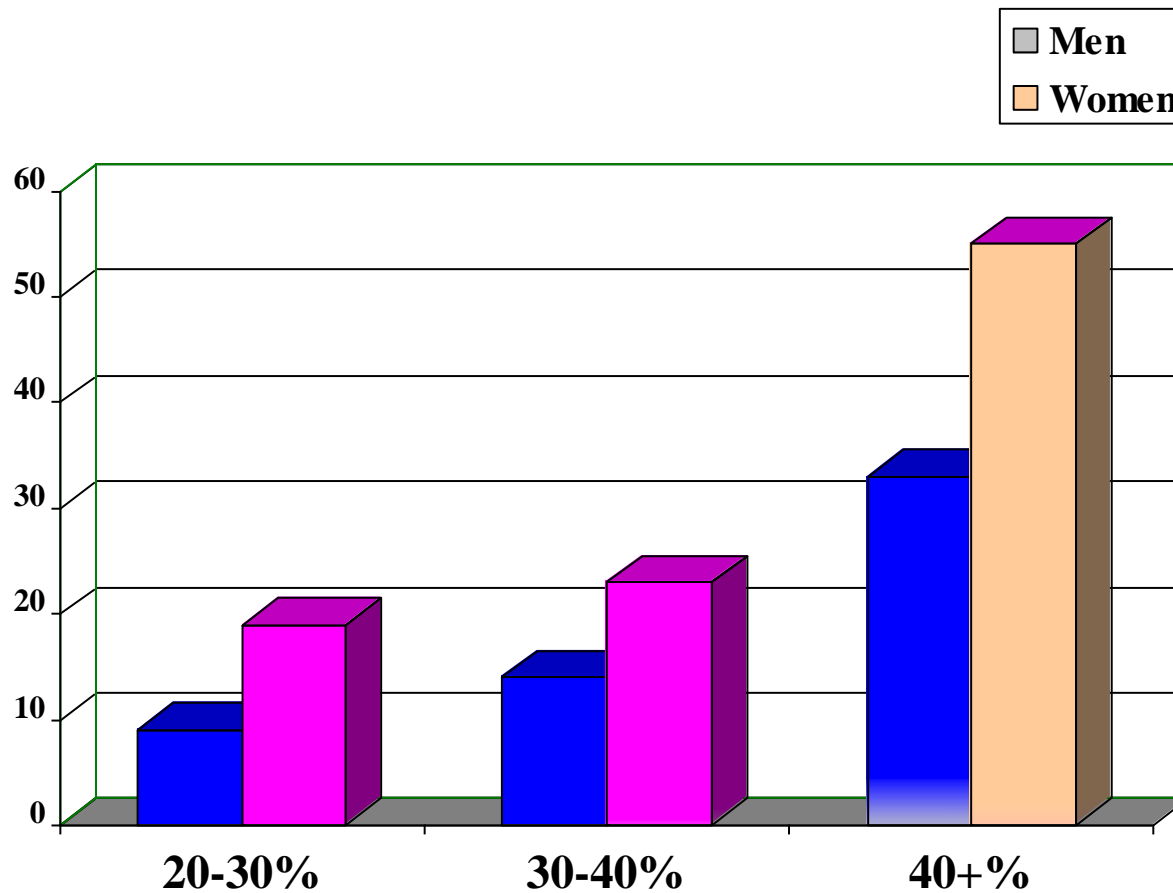
Risk

- 1
- 5x
- 12x



Risk of Death with Obesity

% of
increased
risk of
death



Above average body weight

Social & Psychological Implications of Obesity

- Low self-esteem
- Increase in depression
- Tendency toward social isolation
- Decreased attractiveness for the opposite sex



The Mini Nutritional Assessment

- The MNA assesses:
 - appetite
 - weight loss
 - mobility status
 - psychological stress
 - dementia/depression status
 - degree of independent living
 - number of drugs taken per day
 - pressure sore status



The Mini Nutritional Assessment

- The MNA assesses:
 - number of full meals eaten per day
 - number of protein servings taken per day
 - fruit and vegetables eaten daily
 - number of cups of fluid taken per day
 - degree of help needed for feeding
 - self-assessment of nutritional status
 - self-assessment of health status
 - mid-arm and calf circumference



Our Aim For The Elderly

- Maximum independence
- Healthy lifestyle

