Nutrition Resources 8-1-17

Go For Life Exercise, activities, setting goals https://go4life.nia.nih.gov/mygo4life

Benefits of Exercise https://go4life.nia.nih.gov/tip-sheets/real-life-benefits-exercise-and-physical-activity

Choose Healthy Meals as You Get Older, Portion Size, Weight, DASH Diet, fluids… NIA
https://www.nia.nih.gov/health/healthy-eating

How Much Physical Activity do Older Adults Need? CDC
https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm

National Nutrition Resource Center: Malnutrition, hunger, use of RDN, webinars, documents, etc
http://nutritionandaging.org/

Evaluation of the Effect of the Older American Act Title IIIC Nutrition Services Program on Participations' food Security, Socialization, and Diet Quality. https://www.acl.gov/sites/default/files/programs/2017-07/AoA_outcomesevaluation_final.pdf

Loneliness: A growing Health Threat for Older Adults Source: AARP Foundation, 2016
http://www.huffingtonpost.com/entry/the-growing-health-threat-for-older-adults-you-should-be-aware-of_us_58599dc5e4b0d9a59456456e

- A 2012 study showed that people who felt lonely — whether or not they lived with others or suffered from depression — were at heightened risk of death. It also showed that 43 percent of people over 60 felt lonely.
- "If someone reports feeling lonely, they are more likely to lose their independence and they are at greater risk of dying solely from being lonely," said Dr. Carla Perissinotto, a geriatrician and researcher at the University of California, San Francisco who authored the study
- Health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day
- "Social isolation is a potent killer," said James Lubben, a professor at Boston College School of Social Work. "We need to start taking it much more seriously."

Risk Factors for Isolation **Source:** AARP Foundation 2016

- Lack of accessible and affordable transportation
- Health issues such as untreated hearing loss, dementia, lack of mobility and frailty, which interfere with social connectedness
- Life transitions, such as retirement, becoming a caregiver or losing a spouse or friends
- Ageism and being limited by a lack of opportunities to contribute to one's community
- Poverty and discrimination because of social status, race, gender identity or sexual orientation

- Living in a rural area where interactions with others are more difficult

Loneliness: A Growing Health Threat for Older Adults Source: https://www.forbes.com/sites/nextavenue/2016/12/25/loneliness-a-growing-health-threat-for-older-adults/#5b4f495407ec

- Loneliness17% of American adults 65 and older are isolated
- Research shows a 26% increased risk of death due to subjective feeling of loneliness
- 6 million adults 65 and older have a disability that prevents them from leaving their homes without help
- 51% of people 75 and older live alone
- Risk factor for having a person prematurely go into a nursing facility

Easing Old People's Loneliness Can Help Keep Them Healthy: Source: http://www.npr.org/sections/health-shots/2017/01/01/506724900/easing-old-peoples-loneliness-can-help-keep-them-healthy

- Maintaining connections, that touchy-feely thing, is actually really important," Perissinotto said. "It's hard to measure, it's hard to quantify, but there is something real. Even though we don't have the exact research, we have tons of stories where we know it's [had] an effect in people's lives."

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