

**NUTRITION AND AGING**  
FDNS 4560/6560 Spring Semester, 2007  
MWF 11:15am-12:05pm 206 Dawson Hall  
Department of Foods and Nutrition, The University of Georgia

**Instructor:**

Dr. Jung Sun Lee, Ph.D., RD  
Office: 273 Dawson Hall  
Phone: (706) 542-6783  
e-mail: [leejs@fcs.uga.edu](mailto:leejs@fcs.uga.edu)

Office Hours: by appointment

**Course Description:**

This course provides a comprehensive overview of nutrition topics in older adults for students with nutrition major or minor. The course is designed to help students gain knowledge about age related physiological and psychosocial changes, diseases, and environmental factors affecting the nutritional needs of older adults, and learn strategies and tools to provide good quality of nutrition care to older adults at different level of health and functional status. Some of the topics to be covered includes foods and nutrients in the health and well-being of older adults; effects of aging, disease, and medications on the need and metabolism of nutrients; effects of sociodemographic, economic, cultural, and environmental factors on nutritional status and service need of older adults; continuum of nutrition services and Medical Nutrition Therapy (MNT) for older adults; nutritional assessment, support, services; mechanisms of nutrition service delivery; legal and ethical aspects of end-of-life care; future directions in research.

The course consists of lectures, seminars, group discussions, student presentations, and observations of nutrition intervention and services provided at different continuum of nutrition care for older adults. Faculty with expertise in specific areas in aging and gerontology, and health professionals involved in aging services will be invited to give guest lectures.

**Course Objectives:**

By the end of the course, students will be able to:

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, hospitalized, and assisted-living or nursing home residents.
2. Understand the role of aging process, disease process, and medications on the need and metabolism of macro and micronutrients.
3. Understand the role of sociodemographic, economic, cultural, and environmental factors on nutritional status and service need of older adults.
4. Learn nutritional assessment, support, and service procedures for older adults.
5. Understand primary, secondary, and tertiary prevention strategies to promote nutritional health and functionality, and to reduce chronic disease risk and symptoms in older adults.
6. Develop oral presentation skills related to nutrition and aging
7. Develop and evaluate nutrition intervention targeted to promote nutritional status, overall well-being, and quality of life of older adults.

**Prerequisites:**

Students coming into this course are expected to have background understanding on nutrition and physiology.

Prerequisites include:

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

### Reading

There is one recommended text for this course: Chernoff, R. (2006) Geriatric Nutrition: The Health Professional's Handbook. Third Edition, Jones and Bartlett Publishers, Inc., Sudbury, MA (592 pgs) (ISBN 0-7637-3181-1).

Other readings and journal articles can be obtained from PubMed (<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi>) and/or UGA Ejournal (www.libs.uga.edu/ejournals).

### Course Requirements and Evaluation:

Students are expected to attend every class period, keep up with the readings, and contribute to class discussion. Evaluation of this course will be based upon the class participation, individual class presentation(s), group project and presentation, and final take home exam.

#### Group project:

The purpose of this project is for you to design and develop nutrition intervention for older adults as a group. The class will be divided into groups of 2 or 3 by next week, and each group will determine the topic and target population for the project. The nutrition intervention could be nutrition education, MNT, or any other kind of nutrition program focusing on specific nutrients, food groups, eating behaviors, or chronic disease conditions significant in older adults. The target audience could be any subgroup of older population, caregivers, health care providers, and paraprofessionals who are relevant to your topic of interest.

The group project consists of three short written assignments and a longer project-type paper.

- a. Three short written assignments (3-5 pages in length):

First assignment is to provide the group's view, definition, and conceptual framework for nutrition intervention targeted to older adults in general.

Second assignment is to explain what and why the group chose the specific topic and target group for your project. This assignment should provide your justification backed by literature review of subject topic, any demographic and vital statistics related to the topic and target population, and potential use and implication of the outcome of your project in research and practice, etc.

Third assignment is to provide general outline and plan for developing the group's nutrition intervention. This assignment should include practical strategies and tools that will guide to develop the content, to determine the delivery method, and to devise evaluation strategy.

- b. One longer project-type paper (10-15 pages in length):

Building upon the three short assignments, the groups are required to write a longer project-type paper. The group should 1) outline the group's view, definition, and conceptual framework for your nutrition intervention, and discuss their appropriateness/usefulness of addressing the group's topic and target population; 2) describe the magnitude and nature of the topic in your target population; 3) describe what and how you developed the nutrition intervention; and 4) describe what and how you would evaluate your nutrition intervention. Any developed nutrition intervention materials based on this project should be attached to the paper.

All written assignments should be typed, double spaced, and handed in two copies on the beginning of the class on the due date. Please use 12 point type. References should be cited in the text and listed in a bibliography with full citations.

The project will be presented in last two classes. The oral presentation should be no more than 20 minutes with 10 minutes allowed for discussion. It must be clearly organized and well presented. Presentations should include appropriate visual aides.

Evaluation criteria and more specific instructions for the written assignments and oral presentation will be followed after the groups have been formed.

Class Presentation(s):

Undergraduate and graduate students will make one and two class presentations, respectively. Each class presentation will be on one of the class topics. Please consult the instructor to choose the topic(s) and the content of presentation(s).

Final Exam:

Final exam is “take home” and will be distributed on the last day of classes. This is designed to integrate the course topics to understand nutrition issues in older adults. Each student should work independently. Type your exam and hand in two paper copies on the due date.

Grading:

Final grades are based on an accumulation of points from class participation, class presentation, completion of group project and presentation, and final take home exam:

	<u>Undergraduate</u>	<u>Graduate</u>
Class participation	50 points	50 points
Individual class presentation(s) at 100 points each	100 points	200 points
Group project		
1 <sup>st</sup> written assignment	50 points	50 points
2 <sup>nd</sup> written assignment	50 points	50 points
3 <sup>rd</sup> written assignment	50 points	50 points
Final project paper	150 points	150 points
Presentation	50 points	50 points
Final exam	100 points	100 points
Total	600 points	700 points

The grading scale is listed below.

Letter Grade	<u>% of points accumulated</u>
A	>= 93.0%
A-	90.0-92.9%
B+	87.0-89.9%
B	83.0-86.9%
B-	80.0-82.9%
C+	77.0-79.9%
C	73.0-76.9%
C-	70.0-72.9%
D	60.0-69.9%
F	< 60%

Academic Honesty and Plagiarism:

We will adhere to the UGA policies on academic honesty for any incidents of cheating, plagiarism, or academic dishonesty. All academic work must meet the standards contained in “A culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. The link to more detailed information about academic honesty can be found at: <http://www.uga.edu/ovpi/honesty/ah.pdf>. If you are caught cheating on an exam or an assignment, you will receive 0 points for that exam or assignment.

**General Readings:**

Bales, C.W., & Ritchie, C.S. (2004) Handbook of Clinical Nutrition and Aging. Nutrition and Health. Human Press Inc., Totowa, N.J. (ISBN 1-58829-391-7)

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).

Niedert, K. C., & Dorner B (2004). Nutrition care of the older adults, 2nd ed. American Dietetic Association: a handbook for dietetics professionals working throughout the continuum of care. Diana Faulhaber Publisher.

Beers, M. H., Jones, T. V., Berkwits, M., Kaplan, J. L., & Porter, R. (2005) The Merck Manual of Health and Aging. Ballantine Books, New York, NY (ISBN 0-345-048274-3)

Kuczmarski, M. F., & Weddle, D. O. (2005). Position paper of the American Dietetic Association: nutrition across the spectrum of aging. *J Am Diet Assoc*, 105(4), 616-633.

Niedert, K. C. (2005). Position of the American Dietetic Association: Liberalization of the diet prescription improves quality of life for older adults in long-term care. *J Am Diet Assoc*, 105(12), 1955-1965.

Rosen, C. J., Glowacki, J., Bilezikian, J. P. (1999). *The Aging Skeleton*. Academic Press, San Diego, CA (ISBN 0-120-98655-8)

TENTATIVE COURSE SCHEDULE (as of 1/17/07)

DATE	TOPIC	SPEAKERS	Note
<b>Trends in Nutrition and Health of Older Adults</b>			
1/8 (M)	Course overview & demographics of aging	Dr. Lee	
1/10 (W)	Continuum of nutrition care	Dr. Lee	
1/12 (F)	Nutritional status of older adults	Dr. Lee	
<b>Age Related Changes Affecting Nutrition in Older Adults: Aging vs. Pathology</b>			
1/15 (M)	<b>Holiday</b>		
1/17 (W)	Weight and body composition	Dr. Lee	
1/19 (F)	Skeletal aging	Dr. Lewis	
1/22 (M)	Hearing loss	Dr. Park	
1/24 (W)	Aging gut, Anorexia of aging	Dr. Lee	
1/26 (F)	Physical function	Sara F.	
1/29 (M)	Cognitive function	Dr. Lee	
1/31 (W)	Frailty	Dr. Lee	
2/2 (F)	Barriers to good nutrition in older adults	Dr. Lee	
<b>Nutrient needs and Assessment</b>			
2/5 (M)	Energy, Carbohydrate, Fat, & Fluid	Rachel D.	Short assignment 1 due
2/7 (W)	Vitamins	Dr. Johnson	
2/9 (F)	Minerals/Trace minerals	Dr. Johnson	
2/12 (M)	Protein	Joanna M.	
2/14 (W)	Nutritional assessment/screening	Dr. Lee	
2/16 (F)	Need assessment/geriatric assessment	Ms. Fran Perrault-Strong ACCA Deputy Director	
<b>Nutrition Services in the Community</b>			
2/19 (M)	Public nutrition policy for older adults	Dr. Lee	Short assignment 2 due
2/21 (W)	Federally funded programs-Food assistance, ENP	Sara F.	
2/23 (F)	<b>Observe Elderly Nutrition Program Service</b>		
2/26 (M)	Issues in nutritional health promotion in older adults	Dr. Lee	
2/28 (W)	Developing nutrition education materials for older adults	Ms. Crawley Public Service Associate, Cooperative Extension Service, UGA	
3/2 (F)	Health promotion, aging services, and OAA from the perspective of federal provider	Ms. Reddy Chief Nutritionist & Wellness Program Director GA DHR-DAS	
3/5 (M)	Health promotion of older adults in GA	Dr. Johnson	
3/7 (W)	Program evaluation	Dr. Lee	
3/9 (F)	<b>Observe nutrition education at senior center</b>		
3/12-16	<b>Spring break</b>		
3/19 (M)	Health promotion from the perspective of local provider	Ms. Seller Wellness Coordinator, Northeast Georgia PSA	Short assignment 3 due
3/21 (W)	Homebound elders	Ben A.	
3/23 (F)	<b>Observe Home Delivered Meals Program Service</b>		
3/26 (M)	Exercise	Andrea B.	

<b>Medial Nutrition Therapy for older adults</b>			
3/28 (W)	Medication	Dr. Fincham Albert W. Jowdy Professor of Pharmacy Care, Clinical and Administrative Pharmacy, UGA	
3/30 (F)	Dysphagia, Gastrointestinal disorders, Nutrition support	Dr. Lee	
4/2 (M)	Cardiovascular diseases	Mindy B.	
4/4 (W)	Cancer	Rachel D.	
4/6 (F)	Medicare and Medicaid reimbursement for nutrition services	Dr. Fischer	
4/9 (M)	DM	Mindy B.	
4/11 (W)	Renal	Joanna M.	
4/13 (F)	<b>Visit Adult Day Care Center</b>		
<b>Nutrition in Long-term Care</b>			
4/16 (M)	Long-term care-assisted living	Dr. Lee	
4/18 (W)	<b>Attend Dr. Jensen's seminar</b>	Dr. Jensen Director, Vanderbilt Center for Human Nutrition, Professor of Medicine Vanderbilt University	
4/20 (F)	<b>Visit Assisted Living facility</b>		
4/23 (M)	End of life issue	Dr. Glass Assistant Director and Graduate Coordinator, Institute of Gerontology, UGA	
4/25 (W)	Group project presentation		
4/26 (F)	Group project presentation,		Group project final paper due
4/30 (M)	Last class, working on project		
5/7 (M)			Final Exam Due

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary. Changes will be posted on WebCT.

Readings and Resources

DATE	TOPIC	Chernoff	Other readings and resources
<b>Trends in Nutrition and Health of Older Adults</b>			
1/8 (M)	Course overview & demographics of aging	Chap 1	US Census Bureau, 65+ in the United States: 2005; <a href="http://www.census.gov/prod/2006pubs/p23-209.pdf">http://www.census.gov/prod/2006pubs/p23-209.pdf</a> An Aging World: <a href="http://www.census.gov/prod/2001pubs/p95-01-1.pdf">http://www.census.gov/prod/2001pubs/p95-01-1.pdf</a> A Profile of Older Americans: <a href="http://www.aoa.gov/prof/statistics/profile/profiles.asp">www.aoa.gov/prof/statistics/profile/profiles.asp</a> Online statistical Data on the Aging: <a href="http://www.aoa.gov/prof/statistics/online_stat_data/online_stat_data.asp">www.aoa.gov/prof/statistics/online_stat_data/online_stat_data.asp</a> Statistics on Aging: <a href="http://www.agingstats.gov">http://www.agingstats.gov</a> Teaching/Training Modules on Trends in Health and Aging: <a href="http://www.asaging.org/nchs/">http://www.asaging.org/nchs/</a>  Public Health and Older Georgians: <a href="http://www.geron.uga.edu/pdfs/PublicHealth_Aging.pdf">http://www.geron.uga.edu/pdfs/PublicHealth_Aging.pdf</a> GA DHR Online Analytical Statistical Information System: <a href="http://oasis.state.ga.us/">http://oasis.state.ga.us/</a>
1/10 (W)	Continuum of nutrition care	Chap 20	pp 497-502
1/12 (F)	Nutritional status of older adults		Briefel, R. R., & Johnson, C. L. (2004). Secular trends in dietary intake in the United States. <i>Annu Rev Nutr</i> , 24, 401-431. Roberts, S. B., Hajduk, C. L., Howarth, N. C., Russell, R., & McCrory, M. A. (2005). Dietary variety predicts low body mass index and inadequate macronutrient and micronutrient intakes in community-dwelling older adults. <i>J Gerontol A Biol Sci Med Sci</i> , 60(5), 613-621. Ledikwe, J. H., Smiciklas-Wright, H., Mitchell, D. C., Miller, C. K., & Jensen, G. L. (2004). Dietary patterns of rural older adults are associated with weight and nutritional status. <i>J Am Geriatr Soc</i> , 52(4), 589-595. Thomas, D. R., Zdrowski, C. D., Wilson, M. M., Conright, K. C., Lewis, C., Tariq, S., et al. (2002). Malnutrition in subacute care. <i>Am J Clin Nutr</i> , 75(2), 308-313. Cowan, D. T., Roberts, J. D., Fitzpatrick, J. M., While, A. E., & Baldwin, J. (2004). Nutritional status of older people in long term care settings: current status and future directions. <i>Int J Nurs Stud</i> , 41(3), 225-237. Johnson, M. A., Davey, A., Hausman, D. B., Park, S., Poon, L. (2006). Dietary differences between centenarians residing in communities and in skilled nursing facilities: the Georgia Centenarian Study. <i>Age</i> . 28:333-41.
<b>Age-related Changes Affecting Nutrition in Older Adults: Aging vs. Pathology</b>			
1/15 (M)	<b>Holiday</b>		
1/17 (W)	Weight and body composition		Hughes, V. A., Frontera, W., E., Roubenoff, R., Evans, W., J., & Singh, M., A. (2002). Longitudinal changes in body composition in older men and women: role of body weight change and physical activity." <i>Am J Clin Nutr</i> 76:473-81.

			<p>Goodpaster, B. H., Park, S. W., Harris, T. B., Kritchevsky, S. B., Nevitt, M., Schwartz, A. V., et al. (2006). The loss of skeletal muscle strength, mass, and quality in older adults: the health, aging and body composition study. <i>J Gerontol A Biol Sci Med Sci</i>, 61(10), 1059-1064.</p> <p>Roubenoff, R. and Hughes, V. A. (2000). Sarcopenia: current concepts. <i>J Gerontol A Biol Sci Med Sci</i> 55:M716-24.</p> <p>Newman, A. B., Lee, J. S., Visser, M., Goodpaster, B. H., Kritchevsky, S. B., Tylavsky, F. A., et al. (2005). Weight change and the conservation of lean mass in old age: the Health, Aging and Body Composition Study. <i>Am J Clin Nutr</i>, 82(4), 872-878</p>
1/19 (F)	Skeletal aging	Chap 14	Rosen, C. J., Glowacki, J., Bilezikian, J. P. (1999). <i>The Aging Skeleton</i> . Academic Press, San Diego, CA
1/22 (M)	Hearing loss		
1/24 (W)	Aging gut, Anorexia of aging	Chap 10	<p>Hays, N. P. and Roberts, S. B. 2006. The anorexia of aging in humans. <i>Physiol Behav</i> 88:257-66.</p> <p>Roberts, S. B. and I. Rosenberg. 2006. "Nutrition and aging: changes in the regulation of energy metabolism with aging." <i>Physiol Rev</i> 86:651-67.</p>
1/26 (F)	Physical function		<p>WHO, International Classification of Function, Disability, and Health: <a href="http://www3.who.int/icf/icftemplate.cfm?myurl=training.html&amp;mytitle=Training%20Materials">http://www3.who.int/icf/icftemplate.cfm?myurl=training.html&amp;mytitle=Training%20Materials</a></p> <p>Verbrugge, L. M. and A. M. Jette. (1994)0. The disablement process. <i>Soc Sci Med</i> 38:1-14.</p> <p>Guralnik, J. M., &amp; Ferrucci, L. (2003). Assessing the building blocks of function: utilizing measures of functional limitation. <i>Am J Prev Med</i>, 25(3 Suppl 2), 112-121.</p>
1/29 (M)	Cognitive function		<p>Bennett, D. A., Wilson, R. S., Schneider, J. A., Evans, D. A., Beckett, L. A., Aggarwal, N. T., et al. (2002). Natural history of mild cognitive impairment in older persons. <i>Neurology</i>, 59(2), 198-205.</p> <p>Morris, M. C., Evans, D. A., Tangney, C. C., Bienias, J. L., Schneider, J. A., Wilson, R. S., et al. (2006). Dietary copper and high saturated and trans fat intakes associated with cognitive decline. <i>Arch Neurol</i>, 63(8), 1085-1088.</p> <p>Kang, J. H., Ascherio, A., &amp; Grodstein, F. (2005). Fruit and vegetable consumption and cognitive decline in aging women. <i>Ann Neurol</i>, 57(5), 713-720.</p> <p>Del Parigi, A., Panza, F., Capurso, C., &amp; Solfrizzi, V. (2006). Nutritional factors, cognitive decline, and dementia. <i>Brain Res Bull</i>, 69(1), 1-19.</p>
1/31 (W)	Frailty		<p>Fried, L. P., Tangen, C. M., Walston, J., Newman, A. B., Hirsch, C., Gottdiener, J., Seeman, T., Tracy, R., Kop, W. J., Burke, B., &amp; McBurnie, M. A. (2001). Frailty in older adults: evidence for a phenotype. <i>J Gerontol A Biol Sci Med Sci</i> 56:M146-56.</p> <p>Walston, J., Hadley, E. C., Ferrucci, L., Guralnik, J. M., Newman, A. B., Studenski, S. A., Ershler, W. B., Harris T., &amp; Fried, L. P. (2006). Research agenda for frailty in older adults: toward a better understanding of physiology and etiology: summary from the American Geriatrics Society/National Institute on Aging Research Conference on Frailty in Older Adults. <i>J Am Geriatr Soc</i> 54:991-1001.</p> <p>Bartali, B., Frongillo, E. A., Bandinelli, S., Lauretani, F., Semba, R. D., Fried, L. P., &amp; Ferrucci. L.</p>

			(2006). Low nutrient intake is an essential component of frailty in older persons. <i>J Gerontol A Biol Sci Med Sci</i> 61:589-93.
2/2 (F)	Barriers to good nutrition in older adults		van den Bree, M. B., Eaves, L. J., & Dwyer, J. T. (1999). Genetic and environmental influences on eating patterns of twins aged $\geq 50$ y. <i>Am J Clin Nutr</i> 70:456-65. Sahyoun, N. R., Zhang, X. L., & Serdula, M. K. (2005). Barriers to the consumption of fruits and vegetables among older adults. <i>J Nutr Elder</i> , 24(4), 5-21. Lee, J. S. & Frongillo, E. A. (2001) Factors associated with food insecurity among US elderly: importance of functional impairments. <i>J. Gerontology: Social Sciences</i> 56B:S94-S99.
<b>Nutrient Needs and Assessment</b>			
2/5 (M)	Energy, Carbohydrate, Fat, & Fluid	Chap 3	
2/7 (W)	Vitamins	Chap 4	
2/9 (F)	Minerals/Trace minerals	Chap 5,6	
2/12 (M)	Protein	Chap 2	
2/14 (W)	Nutritional assessment/screening	Chap 18	Salva, A., B. Corman, S. Andrieu, J. Salas, and B. Vellas. (2004). Minimum data set for nutritional intervention studies in elderly people. <i>J Gerontol A Biol Sci Med Sci</i> 59:724-9. Sacks, G. S., Dearman, K., Replogle, W. H., Cora, V. L., Meeks, M., & Canada, T. (2000). Use of subjective global assessment to identify nutrition-associated complications and death in geriatric long-term care facility residents. <i>J Am Coll Nutr</i> , 19(5), 570-577. Green, S. M., & Watson, R. (2006). Nutritional screening and assessment tools for older adults: literature review. <i>J Adv Nurs</i> , 54(4), 477-490. MNA Mini Nutritional Assessment: <a href="http://www.mna-elderly.com/">http://www.mna-elderly.com/</a> Nutritional Screening Initiative-determine your nutritional health: <a href="http://www.eatright.org/ada/files/Checklist.pdf">http://www.eatright.org/ada/files/Checklist.pdf</a>
2/16 (F)	Need assessment/geriatric assessment		American Geriatrics Society. Comprehensive geriatric assessment position paper: <a href="http://www.americangeriatrics.org/products/positionpapers/cgaPF.shtml">http://www.americangeriatrics.org/products/positionpapers/cgaPF.shtml</a> Lee, J. S., Frongillo, E. A., Jr., & Olson, C. M. (2006). Conceptualizing and assessing nutrition needs: perspectives of local program providers. <i>J Nutr Elder</i> , 25(1), 61-82.
<b>Nutrition Services in the Community</b>			
2/19 (M)	Public nutrition policy for older adults	Chap 20	USDA National Agricultural Library, Legislation and Policy: <a href="http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=2&amp;tax_subject=270&amp;topic_id=1334">http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=2&amp;tax_subject=270&amp;topic_id=1334</a>
2/21 (W)	Federally funded programs-Food assistance, ENP	Chap 20	USDA FNS, Nutrition Assistance Programs: <a href="http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1&amp;tax_subject=276">http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&amp;tax_level=1&amp;tax_subject=276</a> USDA ERS. Food Assistance Landscape, March 2006. [ <a href="http://www.ers.usda.gov/publications/eib6-2/eib6-2.pdf">http://www.ers.usda.gov/publications/eib6-2/eib6-2.pdf</a> ] USDA ERS. Effects of food assistance programs on nutrition and health [ <a href="http://www.ers.usda.gov/publications/fanrr19-4/fanrr19-4.pdf">http://www.ers.usda.gov/publications/fanrr19-4/fanrr19-4.pdf</a> ] AoA, Elderly Nutrition Program: <a href="http://www.aoa.gov/press/fact/alpha/fact_elderly_nutrition.asp">http://www.aoa.gov/press/fact/alpha/fact_elderly_nutrition.asp</a>

			<p>Millen, B. E., Ohls, J. C., Ponza, M., &amp; McCool, A. C. (2002). The elderly nutrition program: an effective national framework for preventive nutrition interventions. <i>J Am Diet Assoc</i>, 102(2), 234-240.</p> <p>USDA ERS report. Senior's views of Food Stamp Program and ways to improve participation. [http://www.ers.usda.gov/publications/efan02012/efan02012.pdf]</p> <p>USDA ERS report. The Food Stamp Program's Elderly Nutrition Pilot Demonstration-Final Evaluation Design [http://www.ers.usda.gov/publications/CCR5-2/CCR5-2.pdf]</p>
2/23 (F)	<b>Observe Elderly Nutrition Program service</b>		
2/26 (M)	Issues in nutritional health promotion in older adults	Chap 21	<p>The Aging States Project: <a href="http://www.chronicdisease.org/aging_states_project.pdf">http://www.chronicdisease.org/aging_states_project.pdf</a></p> <p>Chernoff, R. (2001). Nutrition and health promotion in older adults. <i>J Gerontol A Biol Sci Med Sci</i>, 56 Spec No 2, 47-53.</p> <p>Sahyoun, N. R. (2002). Nutrition education for the healthy elderly population: isn't it time? <i>J Nutr Educ Behav</i>, 34 Suppl 1, S42-47.</p> <p>Theory at a glance: <a href="http://www.cancer.gov/PDF/481f5d53-63df-41bc-bfaf-5aa48ee1da4d/TAAG3.pdf">http://www.cancer.gov/PDF/481f5d53-63df-41bc-bfaf-5aa48ee1da4d/TAAG3.pdf</a></p>
2/28 (W)	Developing nutrition education materials for older adults		<p>Sahyoun, N. R., Pratt, C. A., &amp; Anderson, A. (2004). Evaluation of nutrition education interventions for older adults: a proposed framework. <i>J Am Diet Assoc</i>, 104(1), 58-69.</p> <p>Higgins, M. M., &amp; Barkley, M. C. (2003). Concepts, theories and design components for nutrition education programs aimed at older adults. <i>J Nutr Elder</i>, 23(2), 57-75.</p> <p>Higgins, M. M., &amp; Barkley, M. C. (2003). Tailoring nutrition education intervention programs to meet needs and interests of older adults. <i>J Nutr Elder</i>, 23(1), 59-79.</p> <p>Higgins, M. M. (2004). A call for research: what works when teaching older adults to improve their nutrition practices? <i>J Am Diet Assoc</i>, 104(1), 69.</p>
3/2 (F)	Health promotion, aging services, and OAA from the perspective of federal provider		<p>Older Americans Act Amendments of 2006 [http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=109_cong_public_laws&amp;docid=f:publ365.109.pdf]</p> <p>GA State Plan on Aging: <a href="http://aging.dhr.georgia.gov/DHR-DAS/DHR-DAS_Publications/20047stateagingplan.pdf">http://aging.dhr.georgia.gov/DHR-DAS/DHR-DAS_Publications/20047stateagingplan.pdf</a></p>
3/5 (M)	Health promotion of older adults in GA		<p>Live Healthy Georgia-Seniors Taking Charge Community Intervention: <a href="http://www.livewellagewell.info/study/materials.htm">http://www.livewellagewell.info/study/materials.htm</a></p>
3/7 (W)	Program evaluation		<p>Live Well, Live Long-Health promotion and disease prevention for older adults. Program Evaluation: How to focus your evaluation using quantitative and qualitative methods: [http://www.asaging.org/cdc/issue_briefs/Issue_Brief_2.pdf]</p> <p>Program Development and Evaluation, University of Wisconsin Cooperative Extension: <a href="http://www.uwex.edu/ces/pdande/evaluation/index.html">http://www.uwex.edu/ces/pdande/evaluation/index.html</a></p>
3/9 (F)	<b>Observe nutrition education at senior center</b>		Class will start from 10:30am at the Clarke County Senior Center.
3/12-16	<b>Spring break</b>		

3/19 (M)	Health promotion from the perspective of local provider		Northeast Georgia Regional Development Center, Aging services: <a href="http://www.negrdc.org/departments/aging/services.asp">http://www.negrdc.org/departments/aging/services.asp</a>
3/21 (W)	Homebound elders		Sharkey, J. R., Branch, L. G., Zohoori, N., Giuliani, C., Busby-Whitehead, J., & Haines, P.S. (2002). Inadequate nutrient intakes among homebound elderly and their correlation with individual characteristics and health-related factors. <i>Am J Clin Nutr</i> 76:1435-45. Sharkey, J. R., Branch, L. G., Giuliani, C., Zohoori, M., & Haines, P. S. (2004). Nutrient intake and BMI as predictors of severity of ADL disability over 1 year in homebound elders. <i>J Nutr Health Aging</i> , 8(3), 131-139. PBS Frontline: Living Old: <a href="http://www.pbs.org/wgbh/pages/frontline/livingold/view/">http://www.pbs.org/wgbh/pages/frontline/livingold/view/</a>
3/23 (F)	<b>Observe Home Delivered Meals Program Service</b>		Observation will start from 10:15am.
3/26 (M)	Exercise	Chap 17	NIH Senior Health: <a href="http://nihseniorhealth.gov/exercise/toc.html">http://nihseniorhealth.gov/exercise/toc.html</a> CDC Growing stronger: <a href="http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm">http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm</a>
<b>Medial Nutrition Therapy</b>			
3/28 (W)	Medication	Chap 16	
3/30 (F)	Dysphagia, Gastrointestinal disorders, Nutritional support	Chap 9, 10, & 19	
4/2 (M)	Cardiovascuair disease	Chap 11	
4/4 (W)	Cancer		
4/6 (F)	Medicare and Medicaid reimbursement for nutrition services		Center for Medicare and Medicaid Services: <a href="http://www.cms.hhs.gov/">http://www.cms.hhs.gov/</a> Joint Commission on Accreditation of Healthcare Organization: <a href="http://www.jointcommission.org/ADA, Medical Nutrition Therapy:">http://www.jointcommission.org/</a> <a href="http://eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_382_ENU_HTML.htm">http://eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_382_ENU_HTML.htm</a>
4/9 (M)	DM		Bantle, J. P., Wylie-Rosett, J., Albright, A. L., Apovian, C. M., Clark, N. G., Franz, M. J., et al. (2006). Nutrition recommendations and interventions for diabetes--2006: a position statement of the American Diabetes Association. <i>Diabetes Care</i> , 29(9), 2140-2157. Skelly, A. H., Arcury, T. A., Snively, B. M., Bell, R. A., Smith, S. L., Wetmore, L. K., et al. (2005). Self-monitoring of blood glucose in a multiethnic population of rural older adults with diabetes. <i>Diabetes Educ</i> , 31(1), 84-90.
4/11 (W)	Renal	Chap 12	
4/13 (F)	<b>Visit Adult Day Care Center</b>		
<b>Nutrition in Long-term Care</b>			
4/16 (M)	Long-term care-assisted living		Thomas, D. R., W. Ashmen, J. E. Morley, and W. J. Evans. (2000). Nutritional management in long-term care: development of a clinical guideline. Council for Nutritional Strategies in Long-Term Care. <i>J Gerontol A Biol Sci Med Sci</i> 55:M725-34. Shultz, J. A., Crogan, N. L., & Evans, B. C. (2005). Organizational issues related to satisfaction with food and food service in the nursing home from the resident's perspective. <i>J Nutr Elder</i> , 24(4), 39-55.

			<p>Simmons, S. F., &amp; Patel, A. V. (2006). Nursing home staff delivery of oral liquid nutritional supplements to residents at risk for unintentional weight loss. <i>J Am Geriatr Soc</i>, 54(9), 1372-1376.</p> <p>Simmons, S. F., Lam, H. Y., Rao, G., &amp; Schnelle, J. F. (2003). Family members' preferences for nutrition interventions to improve nursing home residents' oral food and fluid intake. <i>J Am Geriatr Soc</i>, 51(1), 69-74.</p> <p>American Health Care Association: <a href="http://www.ahca.org/index.html">http://www.ahca.org/index.html</a> IOM, Improving the Quality of Long-term Care: <a href="http://www.nap.edu/books/0309064988/html">http://www.nap.edu/books/0309064988/html</a></p>
4/18 (W)	<b>Attend Dr. Jensen's seminar</b>		
4/20 (F)	<b>Visit Assisted Living facility</b>		Morningside of Athens. 1291 Cedar Shoals Dr. Athens, GA 3060
4/23 (M)	End of life issue		Living well at the end of life: <a href="http://www.medicaring.org/whitepaper/">http://www.medicaring.org/whitepaper/</a>
4/25 (W)	Group project presentation		
4/26 (F)	Group project presentation		
4/30 (M)	Last class, working on project		