

NUTRITION TO SUPPORT WELL-BEING AND INDEPENDENT LIVING




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1

OBJECTIVES

-  Describe how quality nutrition supports well-being and independent living for older adults
-  Explore dietary needs of the aging population and tools available to assist in making healthy diet and nutrition choices
-  Share innovative nutrition programming to promote well-being and independent living for older adults in North Dakota



2

QUALITY NUTRITION TO PROMOTE WELL-BEING AND INDEPENDENT LIVING



- Impact of Food Insecurity in Older Adults
- Malnutrition
- Chronic Disease & Health Consequences
- Nutrition & Resilience



3


FOOD INSECURITY IN OLDER ADULTS

- Older adults are experiencing an increase in food insecurity per the Food Research & Action Center
- North Dakota is ranked 19th in the nation for food insecurity
- Food insecurity
 - Leads to reduced quality or quantity of foods consumed due to limited resources
 - Is associated with lower self-reported physical and mental health
 - Contributes to poor diet quality
 - Significantly increases the risk of malnutrition
 - Is associated with chronic health conditions in seniors





4

FOOD INSECURITY AND HEALTH AMONG ADULTS AGE 50-80

	Among Food Insecure	Among Food Secure
 <p>14% of older adults experienced food insecurity* in 2019</p>	45% fair or poor physical health	14%
	24% fair or poor mental health	5%
	43% fair or poor diet	20%


*Food insecurity is defined as difficulty in acquiring or accessing food due to a lack of money in the past year.




5

FOOD INSECURITY AND HEALTH

Poor health can be both a cause and a consequence of food insecurity for seniors.




Disability and disease contribute to employment instability and income challenges.




Inadequate nutrition can increase the negative effects of disabilities and chronic health conditions.

Food-insecure seniors are more likely to have chronic health conditions.


FOOD-INSECURE SENIORS ARE:




233%
DEPRESSION




90%
ASTHMA




57%
CHRONIC CONGESTIVE HEART FAILURE



32%
STRENGTH LIMITATIONS IN ACTIVITY



19%
CHRONIC HIGH BLOOD PRESSURE



6

MANY FACTORS CONTRIBUTE TO MALNUTRITION

References
 1. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789.
 2. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789.
 3. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789.
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7

IMPACT OF MALNUTRITION IN OLDER ADULTS

AN OLDER ADULT CRISIS

- UP TO 1 OUT OF 2 OLDER ADULTS** are at risk for malnutrition¹
- \$51.3 BILLION** Estimated annual cost of disease-associated malnutrition in older adults in the US²
- MALNUTRITION LEADS TO** more complications, falls, and 30-day readmissions^{3,4}
- MALNUTRITION IS HIGHEST IN OLDER ADULTS⁵**

Age Group	Rate
Age 65+	3,754
Age 65-69	1,487
Age 70-74	437
Age 75-79	107

OLDER ADULT MALNUTRITION CARE

- SCREEN all patients
- ASSESS nutritional status
- DIAGNOSE malnutrition
- INTERVENE with appropriate nutrition

FOCUSING ON MALNUTRITION IN HEALTHCARE HELPS:

- Decrease healthcare costs⁶
- Improve patient outcomes⁶
- Reduce readmissions⁶
- Support healthy aging⁶
- Improve quality of healthcare⁶

Support policies across the healthcare system that defeat older adult malnutrition. Learn more at www.DefeatMalnutrition.Today

References: 1. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789. 2. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789. 3. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789. 4. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789. 5. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789. 6. Jones SA, Brown AL, Pritchard D, et al. J Am Geriatr Soc. 2012;60(11):1781-1789.

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8

IMPACT OF MALNUTRITION IN OLDER ADULTS

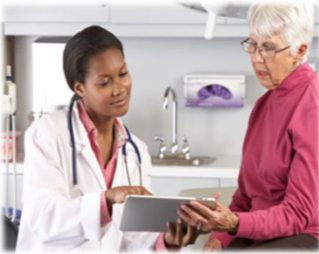

- Diminished physical health
- Loss of body weight
- Increased risk of health conditions and disease leading to use of medications
- Loss of independence
- Increased hospitalizations
- Increased healthcare costs
- Contributes to depression and mood disorders
- Malnutrition related death

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9

PREVALENCE OF CHRONIC DISEASE IN OLDER ADULTS



- 80% of older adults have at least one chronic health condition
- 50% of older adults have two or more chronic conditions
- Incident of chronic diseases can be linked to falls
 - Falls are the leading cause of death and injury over the age of 65

10

PHYSICAL AND MENTAL HEALTH CONSEQUENCES ASSOCIATED WITH FOOD INSECURITY AMONG OLDER ADULTS


Diabetes	Heart disease
Functional Limitations	Osteoporosis
Obesity	Peripheral arterial disease
Fair to poor self-rated health	Gum disease
Hypertension	Asthma
Heart disease	Malnutrition
Cognitive Decline	Mental Distress

11






NUTRITION AND RESILIENCE


Resilience	Higher Resilience
<ul style="list-style-type: none"> • The ability to cope with unexpected changes and challenges in your life • The higher the resilience, the lower the vulnerability and risk of illness • Empowers growth and improvement in life • Involves behaviors, thoughts and actions that can be learned and developed at any age • Takes time and intentionality 	<ul style="list-style-type: none"> • Prevents the onset of disease • Provides good health • Supports and speeds healing • Provides productive life and a sense of well-being despite chronic illness • Improves cognitive function • Impacts mental health



12

NUTRITION AND RESILIENCE

-  Controlling the Controllables: Nutrition related choices and behaviors
-  A diet high in a variety of nutrients can both protect health and provide more physical energy to deal with challenges
-  Research shows food choices and patterns can influence moods and state of mind
-  The Western dietary pattern is associated with an increased risk of depression and anxiety
-  Focus on a healthy eating pattern



13

THE DIET-RESILIENCE CONNECTION

Dietary Diversity positively correlates with increased resilience in older adults

Dietary Diversity is the number of different food groups consumed within a given time period

- Key element of high quality, nutrient dense diets
- Consumption of vegetables, fruits, and nuts contributes the most to dietary diversity

Dietary Diversity in Action

- Meals served under Older Americans Act (OAA) nutrition program and other supplemental nutrition programs (SNPs)
- Encouraged through nutrition education and nutrition counseling

Greater diet diversity is crucial in maintaining and improving cognitive function in older populations

Dietary Intake and Resilience: Is There a Connection Across the Lifespan? - Nutritional Psychology (nutritional-psychology.org)



14

QUALITY NUTRITION SUPPORTS WELL-BEING BY

- Lessening the impact of food insecurity
- Slowing the progression of chronic disease
- Managing or reducing chronic disease symptoms
- Reducing malnutrition risk
- Helping maintain physical function
- Supporting healthy aging
- Ensuring a healthy immune system
- Supporting mental health and resilience





15

QUALITY NUTRITION SUPPORTS INDEPENDENCE BY


- Increasing employment and financial stability
- Reducing hospitalization and hospital readmissions
- Contributing to decreased nursing home admissions
- Improving recovery from illness or injury
- Helping maintain physical function
- Reducing medication dependence for chronic disease management
- Improving mental health and resilience




16


TOOLS FOR HEALTHY DIET AND NUTRITION CHOICES

Dietary Guidelines for Americans 2020-2025 (DGAs)




DietaryGuidelines.gov

Dietary Reference Intakes (DRIs)




[DIETARY REFERENCE INTAKES](http://DIETARYREFERENCEINTAKES)

MyPlate Plan



MyPlate.gov



17

THE DIETARY GUIDELINES FOR AMERICANS

The Guidelines

Make every bite count with the Dietary Guidelines for Americans. Here's how:


- 1 Follow a healthy dietary pattern at every meal.
- 2 Customize and personalize your diet to meet your needs, preferences, and cultural traditions.
- 3 Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- 4 Limit foods and beverages added sugars, saturated fat, and sodium, and limit alcoholic beverages.






DietaryGuidelines.gov

18



THE DIETARY GUIDELINES FOR AMERICANS

- Developed to help all Americans
- Recommend to follow a healthy dietary pattern at every life stage
- Based on scientific evidence on health-promoting diets including those who are healthy, those at risk for diet-related diseases and those living with these diseases



19



FOLLOW A HEALTHY DIETARY PATTERN AT EVERY LIFE STAGE

At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.



20



CUSTOMIZE AND ENJOY NUTRIENT-DENSE FOOD AND BEVERAGE CHOICES TO REFLECT PERSONAL PREFERENCES, CULTURAL TRADITIONS, AND BUDGETARY CONSIDERATIONS




21

FOCUS ON MEETING FOOD GROUP NEEDS WITH NUTRIENT-DENSE FOODS AND BEVERAGES, AND STAY WITHIN CALORIE LIMITS


Nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.

A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits




22

CORE ELEMENTS THAT MAKE UP A HEALTHY EATING PATTERN



- **Vegetables of all types**—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- **Fruits** -especially whole fruit
- **Grains**- at least half of which are whole grain
- **Dairy**-including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- **Protein foods**- including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- **Oils**- including vegetable oils and oils in food, such as seafood and nuts



23

LIMIT FOODS AND BEVERAGES HIGHER IN ADDED SUGARS, SATURATED FAT, AND SODIUM, AND LIMIT ALCOHOLIC BEVERAGES


A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited




24


KEY RECOMMENDATIONS TO MEET THE GUIDELINES

- Limit added sugars to less than 10% of calories per day
- Limit saturated fat to less than 10% of calories per day
- Limit sodium intake to less than 2300mg per day
- Limit alcoholic beverages (if consumed) to 2 drinks or less a day for men and 1 drink or less a day for women



25


ITS ABOUT THE PATTERN OF EATING



The combination of foods and beverages that make up an individual's whole diet over time is priority

Healthy choices here and there do not make up an overall healthy eating pattern

Research shows that the ongoing pattern of an individual's eating habits has the greatest impact on their health



26

MAKING CHOICES RICH IN NUTRIENTS SHOULD BE THE FIRST CHOICE

Most of the calories a person eats each day (~85%) are needed for foods rich in nutrients that help the person meet food group recommendations

Only a small amount of calories (~15%) are left over for added sugars, saturated fat, and if consumed alcohol

There is little room for extra calories from added sugars, saturated fats, and if consumed alcohol




27

3 KEY DIETARY PRINCIPLES TO HELP ACHIEVE THE DIETARY GUIDELINES


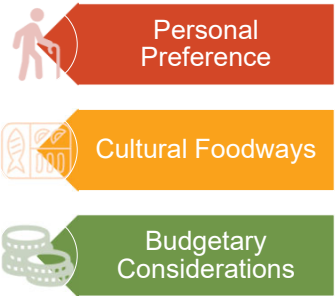
- Meet nutritional needs primarily from foods and beverages
- Choose a variety of options from each food group
- Pay attention to portion size



28

ADAPT & INDIVIDUALIZE



- Personal Preference
- Cultural Foodways
- Budgetary Considerations



29

SPECIAL CONSIDERATIONS



- Consuming enough protein is important to prevent the loss of lean muscle mass that occurs naturally with age.
- The ability to absorb vitamin B₁₂ can decrease with age and use of certain medications can decrease absorption.
- Drinking plenty of water and other nutrient-dense beverages (e.g., 100% fruit or vegetable juice and low-fat or fat-free milk) will help older adults stay hydrated.
- The effects of alcohol may be experienced more quickly. Older adults can choose not to drink or drink in moderation (i.e., 2 drinks or less in a day for men and 1 drink or less in a day for women).



30

PROTEIN: THE KEY TO HEALTHY AGING

- Protein becomes more important as we age
- Helps you to stay strong and active
- Protects against infection by supporting the immune system
- Helps maintain lean muscle mass
- Quicker recovery from injury and surgeries
- Prevents frailty which may lead to falls


31

HYDRATION: THE IMPORTANCE

Hydrated: Your body has enough fluids to function properly


Up to 40% of older adults may be chronically underhydrated

When the body is not properly hydrated the risk for UTI's, heart conditions, kidney problems increases




32

HYDRATION: TIPS



- General rule: 64 ounces/day
- Choose foods with high water content like cucumber, watermelon, lettuce, tomatoes
- Keep water with you
- Avoid or reduce alcohol intake. Alcohol is a diuretic which means it removes fluid from your blood stream
- Make drinking water part of your routine





33

DRI

DIETARY REFERENCE INTAKES

Developing	Developing nutrition labels
Establishing	Establishing dietary guidelines and food guides
Ensuring	Ensuring foods and supplements contain safe levels of nutrients
Creating	Creating patient and consumer counseling and educational programs
Assessing	Assessing nutrient intakes and monitoring the nutritional health of the population





34

NUTRIENT NEEDS OF OLDER ADULTS



- Menus and meals should include rich sources of:
 - Vitamin B6** (milk, eggs, bananas, chickpeas)
 - Vitamin B12** (beef, tuna, fortified cereals)
 - Vitamin E** (spinach, broccoli, mango, kiwi)
 - Folate** (dark, green leafy vegetables, beans, legumes, peas)
 - Magnesium** (avocados, almonds, cashews)
 - Zinc** (chicken, red meat, fortified breakfast cereals)




35

DRI'S SET TARGET AMOUNTS FOR SPECIFIC NUTRIENTS


Nutrient	Minimum Requirement per Meal
Calories (Kcal)	660
Protein (g)	30
Fat (% of total calories)	30-35% of calories, less is acceptable
Fiber (gm)	9
Calcium (mg)	330
Potassium (mg)	1567
Sodium (mg)	≤ 1100
Vitamin A (mcg)	300
Vitamin B6	0.6
Vitamin D (mcg)	3
Vitamin C (mcg)	30
Vitamin B12 (mcg)	0.8

- The nutritional goals represent the current minimum values for target nutrients to meet a minimum 1/3 of the DRIs for a meal.
- Nutritional goals are determined by age and gender.
- Nutritional requirements for OAA congregate and home delivered meals are based on meeting the DRIs.




36

MYPLATE CONSUMER MESSAGING




2020-2025 DGA call to action ("what")

Make every bite count with the Dietary Guidelines
Encourages people to choose foods, beverages, meals that are full of important nutrients




MyPlate call to action ("how")

Start Simple with MyPlate
Provides inspiration and simple ideas people can incorporate into their busy lives to help them improve their health and well-being over time



37



Start simple with MyPlate

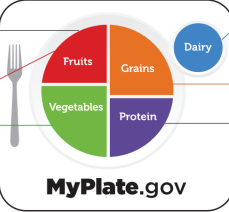
Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.




Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.


Vary your protein routine.

Activity Being active can help you prevent disease and manage your weight.



PHS-201 January 2022

USDA is an equal opportunity provider, employer, and lender.



38

KEY MYPLATE TOOLS AND RESOURCES

MyPlate.gov
The newly designed website will be more visual and streamlined with easy-to-find information.


MyPlate on Alexa
MyPlate is now available as an Alexa skill! Get MyPlate healthy eating tips for feeding babies and toddlers.

MyPlate Quiz
Consumers receive a snapshot of how they're doing on the MyPlate food groups and get personalized resources based on their quiz results.

Toolkits for Partners and Professionals
Targeted roadmaps to key assets for dietitians, food industry, public health, educators, and communication partners.


Start Simple with MyPlate app
Set simple daily food group goals, see progress, and earn badges to celebrate success! **NEW:** sync results from the MyPlate Quiz to set goals! Available in the App Store and Google Play.

Shop Simple with MyPlate tool
Find savings in your area and discover new ways to prepare budget-friendly foods.



39

OLDER ADULT NUTRITION PROGRAMS HAVE BEEN SHOWN TO





- Reduce**
Food insecurity among participants
- Increase**
Percentage of participants who meet the recommended daily allowances for energy intake
- Improve**
Intake of protein, fiber, vitamins, and minerals
- Improve**
Health related quality of life and well-being

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40

IMPACT ON MALNUTRITION

Food and Nutrition Security
Older adults who are malnourished:

CONGREGATE MEAL PARTICIPANTS	HOME-DELIVERED MEAL PARTICIPANTS
 9.0 <small>percentage points</small>	 15.5 <small>percentage points</small>

This project was supported in part by grant number 599962002-01-02 from the U.S. Administration for Community Aging, Department of Health and Human Services, Washington, D.C. 20205. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACl policy.



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41

IMPACT ON DIETARY BEHAVIORS

Dietary Behaviors
Home-Delivered Meals Participants meeting Recommended Daily Allowances (RDA) for:

CALORIES	PROTEIN
 7.1 <small>percentage points</small>	 5.9 <small>percentage points</small>

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42

SNAP Matters for Seniors

SNAP Has Many Economic and Health Benefits for Older Adults

- ↑ food security
- ↑ food purchasing power
- ↑ preventative health care use
- ↑ medication adherence
- ↓ poverty
- ↓ depression risk
- ↓ nursing home admissions and costs
- ↓ hospitalizations and hospital costs

SOURCE: Hunger is a Health Issue for Older Adults

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43

UPCOMING WEBINARS

April 18th, 10:30am CST - Good Nutrition for Stress Management
<https://bit.ly/NDStress>
 US: +1 929 205 6099
 Webinar ID: 966 325 0578
 Passcode: 693088

May 16th, 10:30am CST - Managing Celiac Disease and Gluten Intolerance
<https://bit.ly/NDCElic>
 US: +1 929 205 6099
 Webinar ID: 998 9911 7398
 Passcode: 657052

June 13th, 10:30am CST - Understanding Lactose Intolerance
<https://bit.ly/NDLactose>
 US: +1 929 205 6099
 Webinar ID: 963 5400 0391
 Passcode: 544324

July 11th, 10:30am CST - Nutritional Management of Renal Disease
<https://bit.ly/NDRenal>
 US: +1 929 205 6099
 Webinar ID: 957 3879 7467
 Passcode: 625978

All webinars will be recorded and available at <https://bit.ly/NDRecordings>

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44

Discover Wellness Together

Join Simply Nutritious Conversations Through Text Messaging

Receive text messages about health, activity and tasty recipes sent straight to your phone from the Simply Nutritious Conversations program.

Join our next conversation, **Enhancing Your Well-Being Through Balanced Nutrition and Healthy Lifestyle Choices** by signing up for the program's text messaging option today!

Why Join the Conversation?

- Receive information on nutrition topics that are important for older adult health.
- Receive tips for maintaining a healthy lifestyle.
- Get expert advice from a registered dietitian.

Sign Up Using an Option Below

- Scan the QR code with your phone's camera
- Go to bit.ly/ND_SignUp
- Text SIMPLY to (701) 291-4933

Continue the Conversation

North Dakota Health and Human Services Adult and Aging Services will provide monthly Simply Nutritious Conversations. These conversations are a handy way to learn from a dietitian at no cost to you.

A variety of general nutrition and wellness topics affecting many older adults will be covered during the conversation.

Every Simply Nutritious Conversation will include a planned topic, followed by an open discussion among the group.

For more information about Simply Nutritious Conversations email ndsp@northdakotasolutions.net or call 1 (888) 960-2180.

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45

Discover Wellness Together
Join our Simply Nutritious Conversations

Join the conversation about enhancing your well-being through balanced nutrition and healthy lifestyle choices, provided by the Adult and Aging Services Section of North Dakota Health and Human Services at no cost to you. The Simply Nutritious Conversations program is a friendly way to learn from registered dietitians and connect with other seniors. Join the conversation on your computer or mobile device on Zoom or by calling in on your phone!

Program Information
Simply Nutritious Conversations will explore a variety of general nutrition and wellness topics affecting many seniors.

Conversations will include a planned topic followed by an open discussion amongst the group.

April 23, 2024, at 2 p.m. CT:
The Sleep on Processed Foods
Dial | (646) 931-3800
Call ID: 928-9228-3283
Zoom: <https://84ky/NDFFoods>

May 21, 2024, at 2 p.m. CT:
Tips and Tricks for Grocery Shopping and Label Reading
Dial | (646) 931-3800
Call ID: 949-5707-2721
Zoom: <https://84ky/NDGrocery>

June 25, 2024, at 2 p.m. CT:
Eating Healthy While Dining Out
Dial | (646) 931-3800
Call ID: 919-2728-0463
Zoom: <https://84ky/NDOutingOut>

Why Join the Conversation?

- Learn about nutrition topics important for senior health
- Share experiences and tips for maintaining a healthy lifestyle
- Access free resources and expert advice from nutrition specialists
- Engage with other seniors to discuss how to live well!

To learn more about the Simply Nutritious Conversations, email ndsupport@dietarysolutions.net

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46

Discover Wellness Together
Join our Simply Nutritious Diabetic Conversations!

Join the conversation about enhancing your well-being through balanced nutrition and healthy lifestyle choices, provided by the Adult and Aging Services Section of North Dakota Health and Human Services at no cost to you. The Simply Nutritious Diabetic Conversations program is a friendly way to learn from registered dietitians and connect with other seniors. Join the conversation on your computer or mobile device on Zoom or by calling in on your phone!

Program Information
Simply Nutritious Diabetic Conversations focuses on nutrition and wellness topics for those living with diabetes or caring for a loved one with diabetes to help seniors thrive with this health condition.

Conversations will include a planned topic followed by an open discussion amongst the group.

April 25, 2024, at 2 p.m. CT:
Understanding the Glycemic Index
Dial | (646) 931-3800
Call ID: 930-8443-6790
Zoom: <https://84ky/NDGlycemic>

May 23, 2024, at 2 p.m. CT:
Managing your Diabetes while Traveling / Dining Out
Dial | (646) 931-3800
Call ID: 944-7392-1333
https://84ky/ND_Traveling

June 27, 2024, at 2 p.m. CT:
Coping for Food Insecurity
Dial | (646) 931-3800
Call ID: 920-3208-3382
<https://84ky/NDFoodInSec>

Why Join the Conversation?

- Learn about nutrition topics important for senior health
- Share experiences and tips for maintaining a healthy lifestyle
- Access free resources and expert advice from nutrition specialists
- Engage with other seniors to discuss how to live well!

To learn more about the Simply Nutritious Diabetic Conversations, email ndsupport@dietarysolutions.net

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47

NDNUTRITION.COM

The Older Adult Nutrition Program Hub

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48

CONCLUSION



Quality nutrition is key in supporting independent living for older adults

Multiple tools are available to assist consumers in making individualized healthy diet and nutrition choices that meet their preferences and needs

North Dakota Adult and Aging Services provides innovative nutrition programs to engage consumers and empower them to make nutrition choices that will promote their well-being and independence

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49


Q&A




50

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- [Dietary Intake and Resilience: Is There a Connection Across the Lifespan? - Nutritional Psychology \(nutritional-psychology.org\)](#)
- [Healthy ways to handle life's stressors \(apa.org\)](#)
- [That salad isn't just good for your nutrition—it may help stave off depression \(apa.org\)](#)
- [hunger-is-a-health-issue-for-older-adults-1.pdf \(frac.org\)](#)
- [DMT_Mainutrition_Info_Graphic_OnePage_Update_2.pdf \(defeatmalnutrition.today\)](#)



51
