


# Nutrition and eating behaviour in later life

A photograph of a man and a woman walking away from the camera on a gravel path through a forest. The woman is on the left, wearing a black jacket and dark pants. The man is on the right, wearing a green plaid shirt and blue jeans. The background is filled with trees and green foliage, suggesting a park or wooded area.

**Make as many meals and snacks as sociable as you can**

**Protect your bones with enough calcium and vitamin D**

**Choose foods that are higher in fibre and nutrient-rich**

**Mind your best weight**

**Eat good quality protein to protect your muscle strength**

**Keep moving**

**Make as many meals and snacks as sociable as you can**



# Make as many mealtimes as sociable as you can

Eating is a biological and social necessity

Shared mealtimes have consistently been associated with:

- Greater motivation to cook
- Increased food enjoyment
- Improved nutritional intakes
- Reduced risk of adverse outcomes

Role in social isolation (and loneliness):

- Increase risk of death from CVD by 34%
- Increase risk of death from cancer by 24%
- Shared meals ↓ risks and ↑ diet quality



Psychosocial factors influencing the eating behaviours of older adults: A systematic review

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 **Journal of Epidemiology**



Short Communication

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**Association of Eating Alone With Depression Among Older Adults Living Alone: Role of Poor Social Networks**

Ryota Sakurai<sup>1</sup>, Hisashi Kawai<sup>2</sup>, Hiroyuki Suzuki<sup>1</sup>, Hunkyung Kim<sup>3</sup>, Yutaka Watanabe<sup>3,4</sup>, Hirohiko Hirano<sup>3</sup>, Kazushige Ihara<sup>5</sup>, Shuichi Obuchi<sup>2</sup>, and Yoshinori Fujiwara<sup>1</sup>



Original Study

Social Isolation and Loneliness as Risk Factors for Grip Strength Decline Among Older Women and Men in China



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**A systematic review and meta-analysis of 90 cohort studies of social isolation, loneliness and mortality**

Fan Wang, Yu Gao, Zhen Han, Yue Yu, Zhiping Long, Xianchen Jiang, Yi Wu, Bing Pei, Yukun Cao, Jingyu Ye,

Maoqing Wang  & Yashuang Zhao 

*Nature Human Behaviour* 7, 1307–1319 (2023) | [Cite this article](#)

# Make as many mealtimes as sociable as you can

Can be more of a challenge as we age

Doesn't need to be all the time to see benefit

- Regular interactive element to meals
- Even *photos* of loved ones improve intake

Try to avoid watching TV during meals

Environment is key to our food behaviour

- Who is around us when cooking/eating
- Sets us up for healthier behaviours



**Choose foods that are higher  
in fibre and nutrient-rich**



## Combined association of dietary fibre and cognitive function with all-cause and cause-specific mortality in older adults

Huan Rui Zhang, Wen Tian, Guoxian Qi and Yu Jiao Sun

## Nutritional challenges for older adults in Europe: current status and future directions

Laura Kehoe<sup>1\*</sup>, Janette Walton<sup>1,2</sup> and Albert Flynn<sup>1</sup>

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## Nutrition policy: developing scientific recommendations for food-based dietary guidelines for older adults living independently in Ireland

Oonagh C. Lyons<sup>1,2</sup>, Mary A. T. Flynn<sup>1,2\*</sup>, Clare A. Corish<sup>3</sup>, Eileen R. Gibney<sup>4</sup>, Maeve A. Kerr<sup>2</sup>, Malachi J. McKenna<sup>5</sup>, Helene McNulty<sup>2</sup>, Emeir M. McSorley<sup>2</sup>, Anne P. Nugent<sup>6</sup>, Claire O'Brien<sup>7</sup>, Mary Ward<sup>2</sup>, Katherine M. Younger<sup>8</sup> and Ita Saul<sup>9</sup>

> Clin Nutr. 2019 Dec;38(6):2477-2498. doi: 10.1016/j.clnu.2018.12.007. Epub 2018 Dec 11.

## Potentially modifiable determinants of malnutrition in older adults: A systematic review

M O'Keeffe<sup>1</sup>, M Kelly<sup>1</sup>, E O'Herlihy<sup>2</sup>, P W O'Toole<sup>2</sup>, P M Kearney<sup>3</sup>, S Timmons<sup>4</sup>, E O'Shea<sup>4</sup>, C Stanton<sup>5</sup>, M Hickson<sup>6</sup>, Y Rolland<sup>7</sup>, C Sulmont Rossé<sup>8</sup>, S Issanchou<sup>8</sup>, I Maitre<sup>9</sup>, M Stelmach-Mardas<sup>10</sup>, G Nagel<sup>11</sup>, M Flechtner-Mors<sup>12</sup>, M Wolters<sup>13</sup>, A Hebestreit<sup>13</sup>, L C P G M De Groot<sup>14</sup>, O van de Rest<sup>14</sup>, R Teh<sup>15</sup>, M A Peyron<sup>16</sup>, D Dardevet<sup>16</sup>, I Papet<sup>16</sup>, K Schindler<sup>17</sup>, M Streicher<sup>18</sup>, G Torbahn<sup>18</sup>, E Kiesswetter<sup>18</sup>, M Visser<sup>19</sup>, D Volkert<sup>18</sup>, E M O'Connor<sup>20</sup>; MaNuEL consortium

## Choose foods that are higher in fibre and nutrient-rich

Bottom 2 shelves of the Food Pyramid

Up to 80% do not meet guidelines for fibre

- Healthy bowel function
- ↓ risk of constipation
- ↑ diet quality with ↑ range of foods

Soluble and insoluble fibre

- Fruits, vegetables, cereals, grains
- Support blood lipid profiles
- Protective in terms of CVD and cancer
- Improves 'transit time'
- Mediates blood glucose levels

# Choose foods that are higher in fibre and nutrient-rich

Supports a healthier microbiome

- Dietary diversity is key
- Prebiotics and probiotics help
- Affects disease risk, immunity, energy levels

Include fibre-containing foods across most meals

- Aim for different colours
- Some variety with in-season foods





**Eat good quality protein to  
protect your muscle strength**



# Eat good quality protein to protect your muscle strength

Key for muscle synthesis and maintaining muscle mass

1/3 older adults have protein intakes below what's needed for adequate muscle function

Helps prevent or delay sarcopenia and frailty

- More protein-dense diet needed
- Two servings of high-quality protein
- Legumes, meat, fish, poultry, eggs
- Spread across the day

## Amount Rather than Animal vs Plant Protein Intake Is Associated with Skeletal Muscle Mass in Community-Dwelling Middle-Aged and Older Chinese Adults: Results from the Guangzhou Nutrition and Health Study



Cui-yu Li, MPH\*; Ai-ping Fang, PhD\*; Wen-jun Ma, MPH; Shang-ling Wu, MM; Chun-lei Li, MM; Yu-ming Chen, PhD; Hui-lian Zhu, PhD

*Review*

## The Role of the Anabolic Properties of Plant- versus Animal-Based Protein Sources in Supporting Muscle Mass Maintenance: A Critical Review

Insaf Berrazaga<sup>1,2</sup>, Valérie Micard<sup>2</sup>, Marine Gueugneau<sup>1</sup> and Stéphane Walrand<sup>1,3,\*</sup>

Published in final edited form as:

*Proc Nutr Soc.* 2018 August ; 77(3): 257–264. doi:10.1017/S0029665117004037.

## Improving nutrition to support healthy ageing: what are the opportunities for intervention?

Sian M. Robinson<sup>1,2</sup>

Published in final edited form as:

*Curr Opin Clin Nutr Metab Care.* 2015 May ; 18(3): 248–253. doi:10.1097/MCO.0000000000000162.

## Protein Intake and Muscle Function in Older Adults

Rachel R. Deer<sup>1</sup> and Elena Volpi<sup>1,2,3</sup>

# Eat good quality protein to protect your muscle strength

## Frailty and sarcopenia


- Significantly associated with losses in function
- Affects up to a 1/3 of older adults

## To support adequate muscle mass

- Varied diet with sufficient protein
- Regular physical activity

## Key part of living independently



A photograph of two women laughing joyfully outdoors. The woman on the left has dark curly hair in a high ponytail and is wearing a bright pink long-sleeved shirt. The woman on the right has grey hair and is wearing a grey hoodie with pink accents. They are both smiling broadly and looking towards the right. The background is a soft-focus green, suggesting a park or wooded area. A light blue rectangular box is overlaid on the right side of the image, containing the text.

**Protect your bones with  
enough calcium and vitamin D**

## Evaluation of Clinical Practice Guidelines on Fall Prevention and Management for Older Adults: A Systematic Review

Manuel M Montero-Odasso<sup>1 2 3</sup>, Nellie Kamkar<sup>2</sup>, Frederico Pieruccini-Faria<sup>2 3</sup>, Abdelhady Osman<sup>3</sup>, Yanina Sarquis-Adamson<sup>2</sup>, Jacqueline Close<sup>4 5</sup>, David B Hogan<sup>6</sup>, Susan Winifred Hunter<sup>7 8</sup>, Rose Anne Kenny<sup>9</sup>, Lewis A Lipsitz<sup>10</sup>, Stephen R Lord<sup>11 12</sup>, Kenneth M Madden<sup>13 14</sup>, Mirko Petrovic<sup>15</sup>, Jesper Ryg<sup>16 17</sup>, Mark Speechley<sup>3 18</sup>, Munira Sultana<sup>2</sup>, Maw Pin Tan<sup>19 20</sup>, N van der Velde<sup>21</sup>, Joe Verghese<sup>22 23</sup>, Tahir Masud<sup>16</sup>  
Task Force on Global Guidelines for Falls in Older Adults

Review > Nutrients. 2019 Nov 21;11(12):2861. doi: 10.3390/nu11122861.

## Vitamin D Deficiency and Sarcopenia in Older Persons

Francesca Remelli<sup>1</sup>, Aurora Vitali<sup>1</sup>, Amedeo Zurlo<sup>1</sup>, Stefano Volpato<sup>1</sup>

## Role of vitamin D supplementation in the management of musculoskeletal diseases: update from an European Society of Clinical and Economical Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO) working group

Review Article | [Open access](#) | Published: 26 October 2022

Volume 34, pages 2603–2623, (2022) [Cite this article](#)

## Protect your bones with enough calcium and vitamin D

Calcium and vitamin D go hand-in-hand

Role in ↓ falls and fractures

All older persons need a **supplement of 15mcg vitamin D every day**

- Sun exposure not recommended
- Capacity to produce vitamin D decreases
- Less time outdoors
- Appetites decrease with age
- Well-rounded diet is not enough

# Protect your bones with enough calcium and vitamin D

To support sufficient vitamin D intake

- Natural sources incl. eggs and oily fish
- Fortified sources incl. milks, yogurts, and cereals
- Still need a supplement

To support sufficient calcium intake

- Milk, yogurt, and cheese
- Different benefits
- Average national intake is 2 servings a day
- Recommendation is 3-4 servings a day
- Aim to have some dairy or an alternative with most meals or as snacks most days



**Mind your best weight**

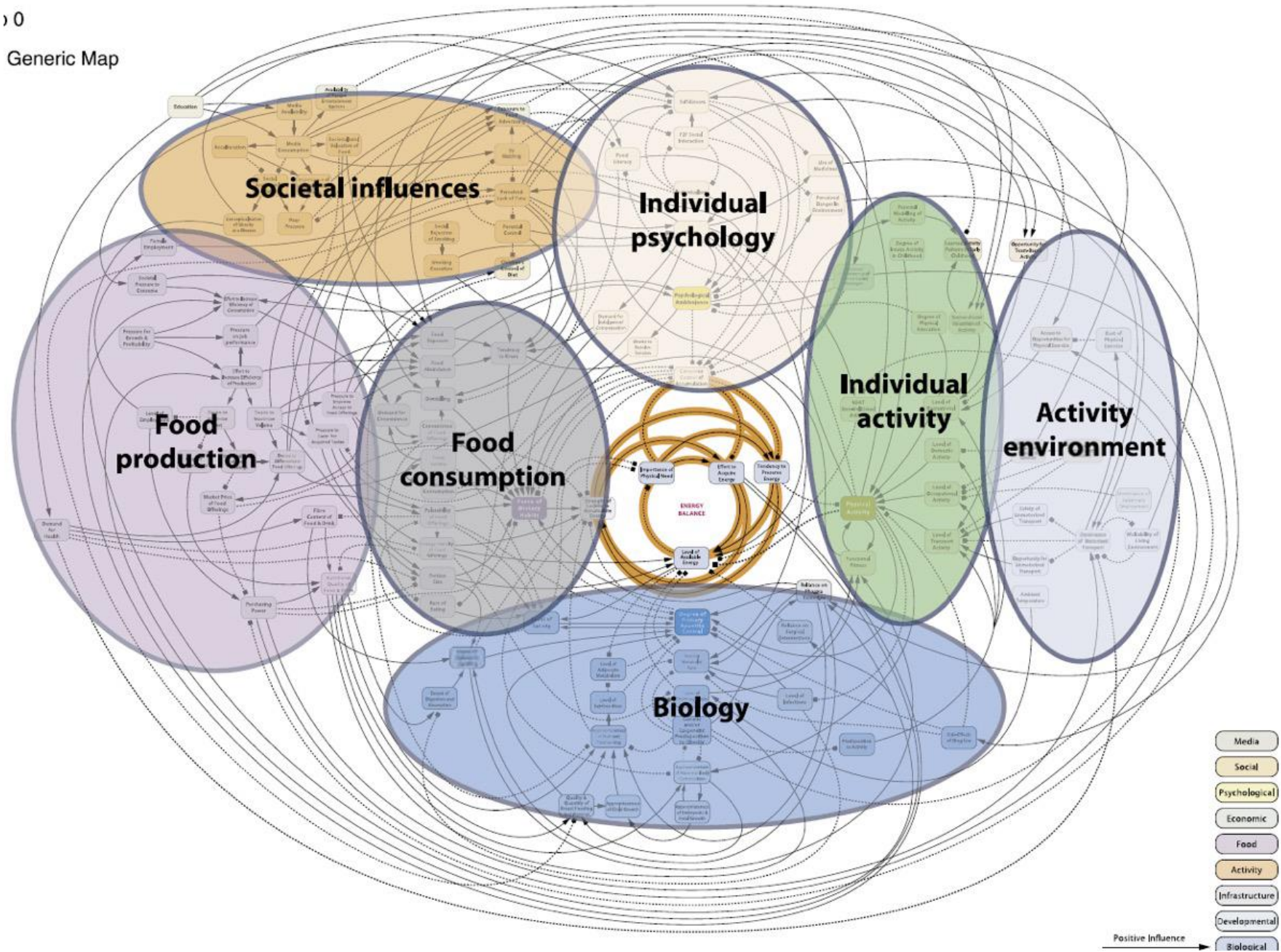


# Mind your best weight

The weight you can achieve while living the healthiest life you can truly enjoy

Often too simplistic about weight and weight status

Not all the same when it comes to our experience of weight





# Mind your best weight

Weight stigma refers to labelling, bias, stereotyping, discrimination, and/or prejudice against people living with overweight

A form of stigma that is seen as acceptable

- Experienced multiple times a day
- 75% from family and friends
- 70% from doctors
- 50% from nurses
- 35% from dietitians
- Has no positive effects or motivating fx



# Mind your best weight

Experiencing weight discrimination and stigma is associated with ↑ risk of dementia and poorer cognitive outcomes

Association held despite controlling for:

- Age, sex, race, ethnicity, education
- BMI, diabetes, hypertension, smoking, physical activity, genetic risk
- Depression and depressive symptoms

Psychological, physiological, and behavioural responses that harm health over time

> [Int J Obes \(Lond\)](#). 2019 May;43(5):1130-1134. doi: 10.1038/s41366-018-0211-1. Epub 2018 Sep 24.

## **Perceived weight discrimination and risk of incident dementia**

Angelina R Sutin <sup>1</sup>, Yannick Stephan <sup>2</sup>, Eric Robinson <sup>3</sup>, Michael Daly <sup>4 5</sup>, Antonio Terracciano <sup>6</sup>

> [J Gerontol B Psychol Sci Soc Sci](#). 2024 Jun 1;79(6):gbae059. doi: 10.1093/geronb/gbae059.

## **Perceived Discrimination and Incident Dementia Among Older Adults in the United States: The Buffering Role of Social Relationships**

Ning Hsieh <sup>1</sup>, Hui Liu <sup>2 1</sup>, Zhenmei Zhang <sup>1</sup>

# Mind your best weight

Consistent stigma (internal/external):

- Less likely to be sociable
- Avoid health services
- Maladaptive eating and coping strategies
- Higher cortisol levels
- Higher levels of inflammation
- Further increased risk of chronic disease

Important to work on:

- Self-talk around body weight
- Boundaries with other people
- Compassion for where we are at now
- Commitment to ongoing self-care
- Do what your resources allow on a given day



**Keep moving**





## Keep moving

Key to so many of the principles

Any movement is better than none

Combine principles, e.g., less likely to feel lonely when walking with another person compared to walking alone

Factors that affect our level of movement

- Environment
- Resources
- Concerns about health or fitness
- Fear of falls



## Keep moving

Question the mindset of slowing down

Consider the role of community in managing health

- How you contribute
- What you get back from it

What can we ask of our community to help us in managing our health?

Collective and life-long effort