

# Nutrition and Aging

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
	Nutrition and Aging	4º	1	6	
LECTURER(S)			Postal address, telephone nº, e-mail address		
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DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT					
Human Nutrition and Dietetics					
PREREQUISITES and/or RECOMMENDATIONS (if necessary)					
Having studied the subjects of: Food Science, Nutrition I, Nutrition II, and Principles of Dietetic.					
BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE VERIFICATION)					
Aging: concept, definition. Demographic aspects of aging. Theories on aging. Physiological psychological and socio-economic aspects of aging which affect nutritional status. Nutritional requirements: macro and micronutrients. Dietary guidelines for older population. Nutritional assessment in older people. Nutritional care for the elderly. Dietary planning. Community nutritional programs. Nutritional needs during prolonged illness. Nutritional care in institutionalized setting.					
GENERAL AND PARTICULAR ABILITIES					
<p><u>General abilities</u></p> <ul style="list-style-type: none"> <li>- Those students can apply their knowledge to their work or vocation professionally.</li> <li>- Ability to gather and interpret relevant data to make judgments</li> <li>- Potential to communicate information, ideas, problems and solutions to a specialized and unskilled audience.</li> <li>- Troubleshooting</li> <li>- Ability to apply theoretical knowledge to practice</li> <li>- Motivation for quality</li> </ul>					



- Ability to organize and plan
- Ability to manage information

Particular abilities

- Understanding the influence of feeding on active aging
- Knowing the specific characteristics (physiological, psychological and social) of population which determine their nutritional status
- Plan, perform and interpret the assessment of nutritional status in elderly population
- Knowing the legal and ethical limits of dietary practice

**OBJETIVES (EXPRESS IN TERMS OF EXPECTED RESULTS OF TEACHING PROGRAMME)**

- Properly handling of the tools to make an assessment of the nutritional status in an elderly subject.
- Knowing how to plan a diet based on the nutritional status of the older person

**DETAILED SUBJECT SYLLABUS**

1. Aging: concept and definition
2. Demographic aspects of aging
3. Theories on aging
4. Physiological aspects of aging that affect nutritional status
5. Psychological and socio-economic aspects of aging that affect nutritional status
6. influence of diet on aging
7. Nutritional requirements: macro and micronutrients
8. Dietary guidelines for older population
9. Nutritional education in elderly
10. Nutritional assessment in older people
11. Nutritional risk
12. Food in healthy older people
13. Malnutrition.
14. Nutritional care in institutionalized setting.
15. Epidemiological studies

READING

- **Caballero García J C, Benito Rivero J.** (2011). Manual de atención al anciano desnutrido en el nivel primario de salud. Ed. Ergon, Madrid
- **Gil A.** (2010). Tratado de Nutrición (4 tomos). Ed. Panamericana. Madrid.
- **Gómez Candela C, Reus Fernández JM.** (2004). Manual de recomendaciones



nutricionales en pacientes geriátricos. Editores Médicos S.A. Madrid.

- **Mahan LK, Escott-Stump S.** (2009). Krause, Nutrición y dietoterapia, 12ª Ed. Elsevier, SL Barcelona.
- **Mataix J.** (2009) Nutrición y Alimentación Humana (2 tomos). Ed. Ergon, Madrid.
- **Millan Calenti J.C.** (2010). Gerontología y Geriatria. Valoración e intervención. Ed. Panamericana. Madrid.
- **Muñoz M, Aranceta J y Guijarro JL.** (2005). Libro blanco de la alimentación de los mayores. Ed. Panamericana, Madrid.
- **Planas M (coordinación).** (2007) Documentos de consenso valoración nutricional en el anciano. Recomendaciones prácticas de los expertos en geriatría y nutrición SENPE y SEGG- *Edición: Galénitas-Nigra Trea.*
- **Raats M, de Groot L, van Staveren W** (2009). Food for the ageing population. CRC Press. Washington.
- **Rosenberg I H, Sastre A.** (2002). Nutrition and Aging. Nestlé Nutrition Workshop series. Clinical and performance Program vol. 6. Ed. Nestlé Ltd and S. Karger, Switzerland.
- **Rubio M.A.** (2002). Manual de alimentación y nutrición en el anciano. Ed. SCM, Madrid.
- **Salvador-Carulla L, Cano Sánchez A, Cabo Soler J.** (2004) Longevidad. Tratado integral sobre salud en la segunda mitad de la vida. Ed. Panamericana. Madrid
- **Timiras P.** (1997). Bases fisiológicas del envejecimiento y geriatría. Ed Masson, Barcelona.
- **Walkins C, Seel C, Russel** (2004). Handbook of clinical nutrition and aging. Humana Press. New Jersey

#### RECOMMENDED INTERNET LINKS

- <http://www.nutricioncomunitaria.org/> (Sociedad española de Nutrición Comunitaria)
- <http://www.senba.es/> (Sociedad de Nutrición Básica y adaptada)
- <http://www.sennutricion.org/> (Sociedad Española de Nutrición )
- <http://www.aesan.es> (Agencia Española de Seguridad Alimentaria y Nutrición )



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- <http://fen.org.es> (Fundación Española de Nutrición)
  - <http://www.efad.org/everyone> (European Federation of the Associations of Dietitians)

