

Nutrition and Aging

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
	NUTRITION AND FOOD SCIENCE	4th	1 ^{er}	6	
LECTURER(S)			Postal address, telephone n°, e-mail address		
<ul style="list-style-type: none"> María Dolores Ruiz López Reyes Artacho Martín-Lagos 			Department of Nutrition and Food Science, 3rd floor, School of Pharmacy. Office numbers: 315 (958 243869: Dra. Ruiz López;958243865: Dra Reyes Artacho Martín-Lagos), Email: mdruiz@ugr.es ; rantacho@ugr.es)		
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)					
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					
<u>General abilities</u> <ul style="list-style-type: none"> - Those students can apply their knowledge to their work or vocation professionally. - Ability to gather and interpret relevant data to make judgments - Potential to communicate information, ideas, problems and solutions to a specialized and unskilled audience. - Troubleshooting - Ability to apply theoretical knowledge to practice• To develop hygienic-sanitary analysis, especially those 					



- Ability to organize and plan
- Ability to manage information
- Motivation for quality

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

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE 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

KEY LITERATURE:

Basic

- **Gil A.** Tratado de Nutrición (5 tomos). Ed. Panamericana. 2017, Madrid.
- **Mahan LK, Raymond JL.** Krause. Dietoterapia, 14ª Ed. Elsevier España. SLU. 2017, Barcelona.
- **Mataix J.** Nutrición y Alimentación Humana (2 tomos). Ed. Ergon, 2009, Madrid.
- **Olveira Fuster, G.** Manual de Nutrición Clínica y Dietética. Ed Dias de Santos. 2016. Madrid
- **Salas-Salvado, J.** Nutrición y Dietética Clínica. Ed. Elsevier Masson. 2014, Barcelona.



Specificies

- **Anchón y Tuñón M, Montero Bravo AN. Úbeda Martín N, Varela Moreiras G.** Alimentación institucional y de ocio en el siglo XXI: entorno geriátrico. Instituto Tomás Pascual. 2013, Madrid.
- **Caballero García JC, Benítez Rivero J.** Manual de atención al anciano desnutrido en el nivel primario de salud. Grupo de Trabajo de Atención Primaria, perteneciente a la Sociedad Española de Geriatria y Gerontología (SEGG). 2011, Madrid.
- **Gil Gregorio P, Ramos Cordero P, Cuesta Triana F, Mañas Martínez MC, Cuenllas Díaz A. Carmona Álvarez I.** Nutrición en el anciano. Guía de buena práctica clínica en geriatría. Sociedad Española de Geriatria y Gerontología (SEGG). 2013, Madrid.
- **Gómez Candela C, Reus Fernández JM.** Manual de recomendaciones nutricionales en pacientes geriátricos. Editores Médicos S.A. 2004, Madrid.
- **Junta de Andalucía.** Libro Blanco del envejecimiento activo., Consejería para la Igualdad y Bienestar Social. 2010, Sevilla.
- **Millan Calenti J.C.** Gerontología y Geriatria. Valoración e intervención. Ed. Panamericana. 2010, Madrid.
- **Muñoz M, Aranceta J, Guijarro JL.** Libro blanco de la alimentación de los mayores. Ed. Panamericana. 2004, Madrid
- **Planas M (coordinación).** Documentos de consenso valoración nutricional en el anciano. Recomendaciones prácticas de los expertos en geriatría y nutrición SENPE y SEGG- Ed. Galénitas-Nigra Trea, 2007, Barcelona.

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.aecosan.es> (Agencia Española de Consumo, Seguridad Alimentaria y Nutrición)
- <http://fen.org.es> (Fundación Española de Nutrición)
- <http://www.efad.org/everyone> (European Federation of the Associations of Dietitians)

