

**steps
to healthy
aging**

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**National Policy & Resource Center
on Nutrition & Aging**

VISION
To promote active healthy aging
through good nutrition

MISSION
To increase food & nutrition services
in home & community-based social, health &
long term care systems serving older adults

Supported in part by the Administration on Aging
US Dept of Health & Human Services



**steps
to healthy
aging**

EATING BETTER
&
MOVING MORE

HealthierUS

- President Bush's very simple formula:
Every little bit of effort counts!!
- 4 keys to a Healthier America:
 - *Be Physically Active Every Day*
 - *Eat a Nutritious Diet*
 - *Get Preventive Screenings*
 - *Make Healthy Choices*

www.whitehouse.gov/infocus/fitness/toc.html

**Dietary Guidelines
for Americans: 2000**

- Weight loss of only 5-10% of body weight may improve many problems associated with overweight, such as high blood pressure & diabetes.
- ↑ physical activity; ↓ fat intake; Maintain or achieve healthy body weight.

www.health.gov/dietaryguidelines/

The Sedentary Life

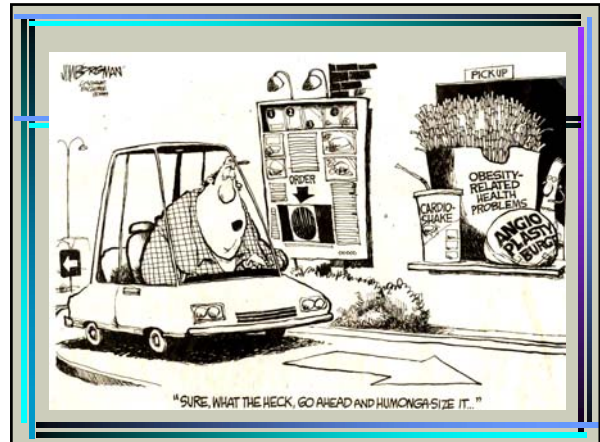
- Major cause of death in the US
- Sedentary Death Syndrome (SeDS):
1 of top 3 causes of all-cause mortality in US
- 15% of 1.6 million chronic health conditions were due to sedentary lifestyle alone

source: Presidents Council on Physical Fitness & Sports. Series 3, No. 16

American Lifestyle

Tendency to become fat fostered by

- Less physical activity for daily living
 - Elevators, escalators, remote controls, cars
- Competition with sedentary activities
 - TV, video & computer games, internet
- Abundant, inexpensive, tasty, high-calorie food everywhere
 - 170,000 fast food restaurants
 - 3 million soda vending machines
 - Supermarkets, schools, video stores, soccer fields, gas stations, etc.



NATIONAL BLUEPRINT: Increasing Physical Activity Among Adults Age 50 & Older

SPONSORS (March 2001)

- AARP
- American College of Sports Medicine
- American Geriatrics Society
- Centers for Disease Control & Prevention
- National Institute on Aging
- Robert Wood Johnson Foundation

http://www.rwjf.org/publications/publicationsPdfs/Age50_Blueprint_singlepages.pdf

NATIONAL BLUEPRINT: Increasing Physical Activity Among Adults Age 50 & Older

- Aligned with USDHHS Objectives: *Healthy People 2010*
- Noted that no national organization systemically addresses physical activity & older Americans
- Based effective strategies on collaborations, coalitions, partnerships

NATIONAL BLUEPRINT: Increasing Physical Activity Among Adults Age 50 & Older

VISION:

- "We envision a society in which all people age 50 & older enjoy health & quality of life which is enhanced through regular physical activity.
- We will inspire an approach to aging that encourages physical activity in all aspects of people's lives."

NATIONAL BLUEPRINT: Increasing Physical Activity Among Adults Age 50 & Older

- Barriers to discussing physical activity w/ patients
 - Lack of time, reimbursement, resources, protocols, etc.
- Physical activity counseling leads to increases in physical activity through
 - Training
 - Development of materials & programs
 - Coordination between health care & community programs, such as Senior Centers

CDC MMWR: Prevalence of Health-Care Providers Asking Older Adults about their Physical Activity Levels: US 1998

NHIS Data 1998

- Only 52% reported being asked about physical activity during routine check-ups.
- Those asked about physical activity were 1.7x more likely to engage in recommended levels of physical activity than those not asked.

www.cdc.gov/mmwr/preview/mmsrhtml/mm5119a2.htm

AARP: Beyond 50: A Report to the Nation on Trends in Health Security. May 2002

- "Fewer people age 50 & older smoke, more are using preventive services & are trying to exercise.
- At the same time, however, a much larger portion ... is obese than in previous years, and only some ... are eating a healthy diet as recommended."

www.aarp.org/beyond50

AARP: Beyond 50: A Report to the Nation on Trends in Health Security. May 2002

- "The epidemic of obesity—which nearly doubled between 1992 & 1999—could cancel out many of the gains achieved in other areas of prevention & treatment of diseases associated with aging.
- Possibly as a result of rising obesity rates, diabetes has been increasing among older men & women, particularly 50-64 year olds."

Institute of Medicine

- *Dietary Reference Intakes (DRIs) for Macronutrients*
 - *Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*
 - New Eating & Exercise Targets to Reduce Chronic Disease Risk
 - Released September 2002

www.nap.edu

Institute of Medicine

EXERCISE TARGET

- To maintain cardiovascular health at a maximal level, regardless of weight, spend a total of at least 1 hour each day in moderately intense physical activity
- Double the daily goal set by 1996 *Surgeon General's Report*

Institute of Medicine

1-HR-A-DAY EXERCISE GOAL

- Average amount of daily energy expended by individuals who maintain a healthy weight
- Energy expenditure: cumulative, includes
 - Low-intensity activities of daily life
 - Stair climbing, housecleaning, etc.
 - Moderate intensity activities
 - Walking at 4 miles per hour
 - High-intensity activities
 - Swimming, cycling, etc.

Institute of Medicine

1-HR-A-DAY EXERCISE GOAL

- Based on intensity
 - Moderate = 1 hr / day
 - High = 20-30 min 4-7 times / wk

IOM. *DRI's on Macronutrients*. Ch 12: Physical Activity. 2002

Institute of Medicine

- > 60% of Americans are not physically active
- 25% are not active at all
- Maintaining an active lifestyle provides an important means for individuals to balance food energy intake w/ total energy expenditure

IOM. *DRI's on Macronutrients*. Ch 12: Physical Activity. 2002

American Academy of Sports Medicine

"In the past, exercise generally has been considered inappropriate for frail or very aged older individuals. The past decade has seen an accumulation of data that **DISPELS** the **MYTHS** of futility & and provides reassurance of the safety of exercise."

Position Stand: Exercise & Physical Activity for Older Adults. 1998

ACSM: Exercise & Physical Activity for Older Adults

- Benefits of regular exercise
 - ↑ Health status
 - ↑ Quality of life & life expectancy
 - Maintains/improves cardiac function
 - Improves bone health; ↓ risk osteoporosis
 - ↑ Postural stability; ↓ risk of falling
 - Preserves cognitive function; alleviates depression symptoms
 - Protective effect on total body mineral content

www.acsm-msse.org

American Dietetic Association: *Fitness from 50 Forward*

- Manual to help nutritionists establish exercise programs for men & women over 50 years old
- Program is safe & effective
- Resistance exercise is safe & appropriate for older adults
- Research shows that older adults have remarkable ability to increase strength, fitness & health when they adhere to a regular fitness program

www.eatright.org

EATING BETTER & MOVING MORE GUIDEBOOK

for Older Americans
Act Nutrition Programs



Steps to Healthy Aging GUIDEBOOK

- Health benefits
 - **EATING BETTER & MOVING MORE**
- Setting up your program
 - Designed for congregate dining & sr centers
- Session plans for ~12 weeks
 - Ready-to use
- **Tips & Tasks** sheets to take home
 - For reinforcement & measuring progress

EATING BETTER GUIDEBOOK Section

- Matches nutrition education with today's food issues for
 - Older Americans
 - Aging Network
- Encourages better food choices & motivates by daily practice
- Charts progress & celebrates successes



EATING BETTER GUIDEBOOK Section

- Features
 - More fruits & vegetables
 - More calcium-rich foods
 - Less portion distortion
 - More fiber
- Uses simple food check-offs



MOVING MORE GUIDEBOOK Section

- Helps older adults recognize that **Moving More** at any age improves physical, emotional, psychological & social well-being.
- Helps older adults increase physical activity
- Aims to add steps throughout the day to achieve a step goal
- Modeled after **Colorado on the Move™**
 - Statewide lifestyle initiative to improve health and prevent obesity through physical activity
 - Coloradoonthemove.com

MOVING MORE GUIDEBOOK Section

- Uses step counters: how-tos
- Increases step goals realistically
- Includes walking tips
- Encourages fluids
- Records steps daily to track progress



About the Step Counters



- Easy to use
- One button reset
- Large display
- Accuracy tested
- Safety leash
- Alligator clip
- Order online: www.fiu.edu/~nutreldr
- Value ≈ \$26
- Sold at cost: \$14 + S/H

Wearing your Step Counter



- Wear it directly above your knee.
- Make sure it's close & flat to your body.

- Attach safety leash to belt loop or button hole; use alligator clip to secure counter.
- It must be vertical with cover closed for accurate counts.
- At end of each day, write down the displayed number — your total steps for the day.
- To start a new day, press yellow reset button to set counter to zero.
- Start wearing your counter at anytime during the day. Wearing it for even part of a day motivates you to walk more.

Steps to Healthy Aging PILOTS

- Miami pilots in congregate dining centers
 - *Moving More* model using step counters to assess feasibility w/ older adults
 - *Guidebook* model to improve nutrition & increase walking

Steps to Healthy Aging WHY COLLECT DATA?

- Share successes & challenges
- Quality & performance improvement
- Document local program effectiveness & timeliness
- Justify increased funding for more services
- Identify problems of older adults

Steps to Healthy Aging RESEARCH: WHAT IS NEEDED?

- Easy-to-use methods and measures
- Effect of nutrition & physical activity on
 - Functional status
 - Physical fitness, muscle strength, flexibility, balance
 - Body mass
 - Risk for obesity, heart disease, diabetes
 - Quality of life
- Partnerships with local universities



Online at
www.fiu.edu/~nutreldr

National Policy & Resource
Center on Nutrition & Aging
at
Florida International University

www.fiu.edu/~nutreldr

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