






**BOOSTING NUTRITION & CREATING COMMUNITY THROUGH EVENTS IN SENIOR LIVING**

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Objectives

-  Learn about factors impacting appetite and nutrition in residents.
-  Understand how meals and snacks can be used to promote nutrition, prevent weight loss, and create community among residents.
-  Gain inspiration on ways to build community through food in your Therapeutic Recreation programs.


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**Nutrition Risk for Seniors**

Appetite change	Chewing or swallowing problems
Medication side effects	Chronic disease
Isolation	Malnutrition

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**Malnutrition**

- 1 of 2 older adults is either malnourished or at risk
- Annual healthcare costs are over \$51 billion for disease associated malnutrition
- Malnutrition complicated hospitalizations are twice as long of stay and 3x more likely to result in death

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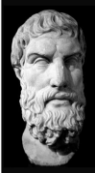
Isolation

- Living alone increased malnutrition risk by 1.8 times
- Elderly who eat with others consume more calories than those who eat alone (1)
- Those who eat socially feel happier and are more satisfied with life (2)
- Think about the best meals you have had- who was with you?

\*Basson-Moreno M, Ukuradi E, Terro L, Solis B. Social and Economic Factors and Malnutrition or the Risk of Malnutrition in the Elderly: A Systematic Review and Meta-Analysis of Observational Studies. *Nutrients*. 2020;12(3):737. doi:10.3390/n12030737

\*Quinlan BM. Breaking Bread: the Functions of Social Energy. *Adapt Human Behav Physiol*. 2017;3(3):198-211. doi:10.1002/ahb.2017.03.014

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We should look for someone to eat and drink with before looking for something to eat and drink...

(Epicurus)

iqquotes.com

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### Resident Centered Meals

- Resident input in menu planning
- Flexible or alternative menus
- Evaluate snacks and supplements
- Consider the dining environment



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### Nutrition Services + Therapeutic Rec Teaming Up

- Considerations
  - Modified and therapeutic diets
  - Cross trained employees
  - Incorporating cultural preferences
  - Budget
  - Time
  - Staffing



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### Sharing Ideas

- What food related activities to you offer?
- If budget were a non-issue, is there a program you'd like to initiate?
- What are the barriers to offering these types of programs?
- Please discuss in your group and we will share at the end so we can learn from each other.



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