

# Living Well: Simple Healthy and Nutritious Practices for Today's Senior

## Presenters

**Rose Clifford, RD, LD, MBA - Nutritionist- Iona Senior Services**

**Melissa Pember, RD,LD- Nutritionist- Barney Neighborhood House**

**Tiffanie Yates, MS, RD, LD- Public Health Nutritionist- Office on Aging**

# Sarcopenia

Presented by: Rose Clifford RD, LD, MBA

Iona Senior Services

May 25<sup>th</sup>, 2012

- ▣ The age-related decline in muscle mass, strength, and function
- ▣ Report of the European Working Group on Sarcopenia in Older People



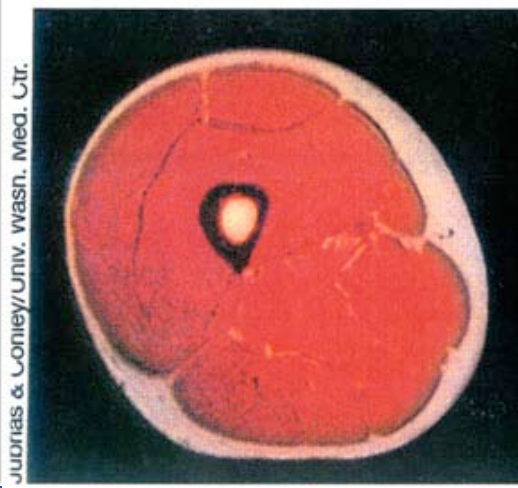
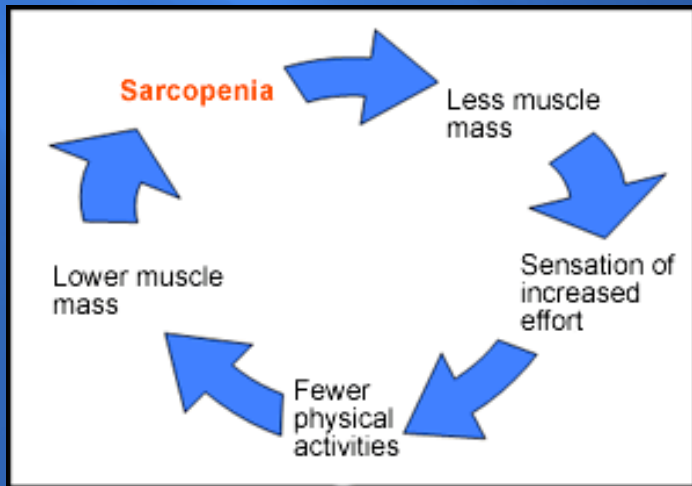
# Sarcopenia

Sar-co-PEE-Nee-ah

Low Protein + Low Exercise = Sarcopenia

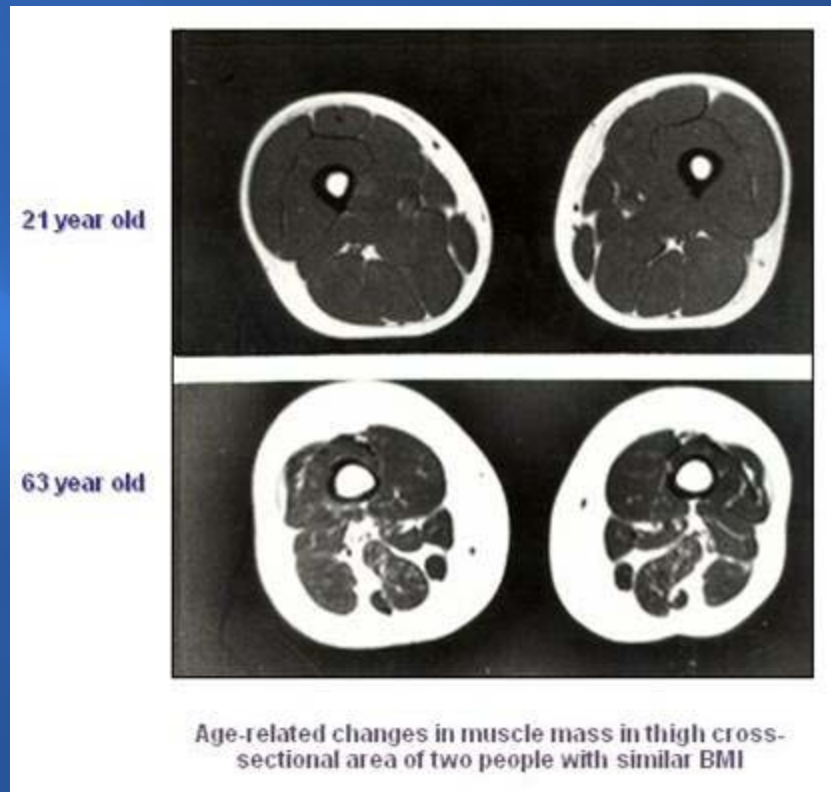
# Muscle Mass

- ▣ After 30 years of age: 3-8% decline per decade
- ▣ After 50 years of age: 10-20% decline per decade



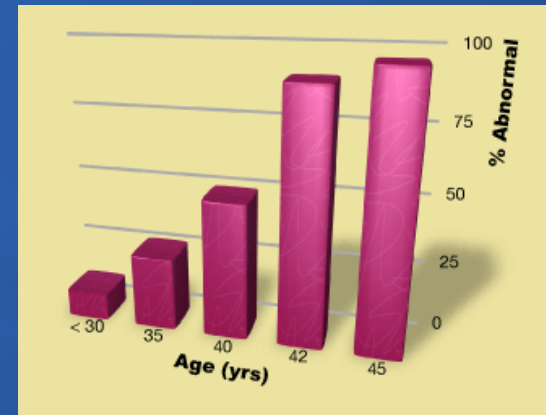
# Muscle Strength

- After 50 years of age: 15% decline per decade
- After 70 years of age: 30 % decline per decade



# Prevalence of Sarcopenia

- ▣ 45% of men over 60
- ▣ 59% of women over 60
- ▣ The prevalence of sarcopenia increases significantly with age, and continues to increase in older people.
- ▣ A conservative estimate is that sarcopenia affects >50 million people today and will affect >200 million people in the next 40 years.

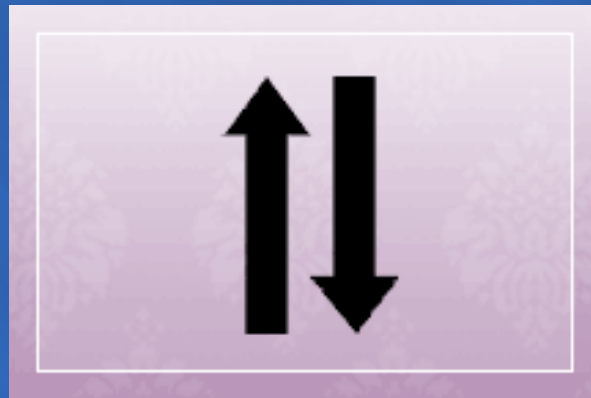


# Consequences of Sarcopenia

- A 3-4 fold increase in the risk of physical disability
- Less able to perform heavy housework; climb stairs; walk  $\frac{1}{2}$  a mile; lift 10 pounds or stand for greater than 15 minutes.
- Increased risk of falls and fractures
- Increased mortality and institutionalization
- Financial implications

# Management of Sarcopenia

- ▣ Considerable evidence suggests that sarcopenia is a **reversible** cause of frailty and disability in older adults. **Intervention is effective, especially in the early stages of sarcopenia.**





# Management of Sarcopenia: Physical Activity

- ▣ Combination of resistance and aerobic exercise for 20-30 minutes, 3 times per week (Society for Sarcopenia, Cachexia, and Wasting Disease, 2010)
- ▣ Combination of resistance and aerobic exercise for 30-45 minutes, 3-5 times per week (Visvanathan and Chapman, 2010)



# Management of Sarcopenia: Physical Activity

Physical exercise should be recommended for all older adults with sarcopenia; **HOWEVER:**

- ❑ Exercise programs must be relevant, effective, safe, and realistic for the frail older adult populations they are targeted for
- ❑ Organizing exercise programs for older adults can be challenging
- ❑ Some medical practitioners are reluctant to prescribe high-intensity exercise for older adults
- ❑ Participation in consistent exercise programs require motivation
- ❑ Research is on-going into non-exercise interventions (medications)



# Management of Sarcopenia: Nutrition & Diet

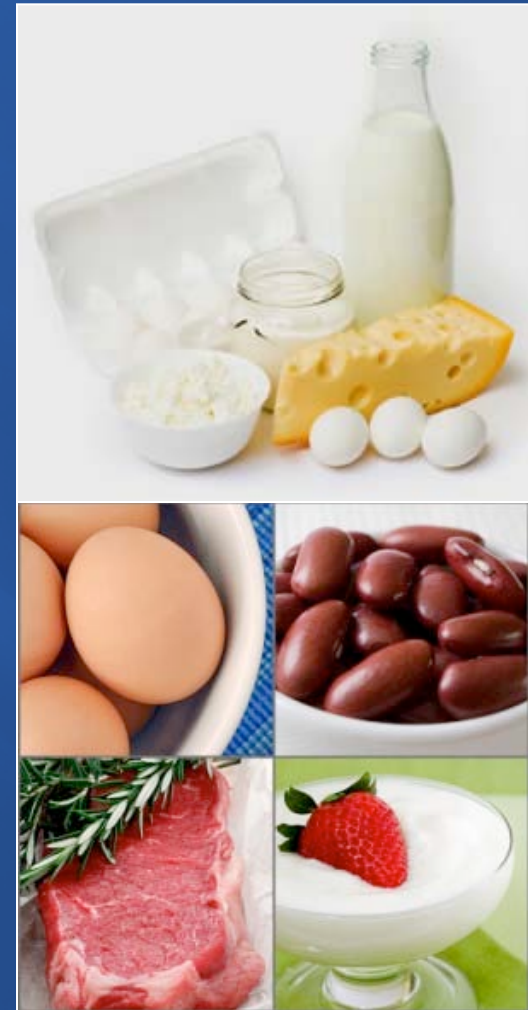
## Protein

- ❑ Inadequate protein intake along with natural metabolic changes in body muscle/lean body tissue metabolism contribute to sarcopenia.
- ❑ Older adults need more protein. 90 grams per day, spread throughout the day. In one study, eating 30 grams of protein per meal resulted in the amino acid uptake/muscle protein synthesis similar to that seen in younger people. **Eat protein at each meal and snack.**
- ❑ Older adults who eat the least amount of protein have a 2-fold higher risk of frailty

# Management of Sarcopenia: Nutrition & Diet

## Protein

- Essential Amino Acids (EAAs) stimulate muscle synthesis
  - 7 grams of EAA stimulates muscle protein synthesis in the young but not in older adults
  - 15 grams of EAA stimulate muscle protein synthesis in older adults
  - Leucine is the most potent EAA stimulator of muscle protein synthesis
- Ensure Muscle Health contains HMB (beta-hydroxy-beta-methylbutyrate, an amino-acid metabolite), and 13 grams of protein to help rebuild muscle and strength naturally lost over time

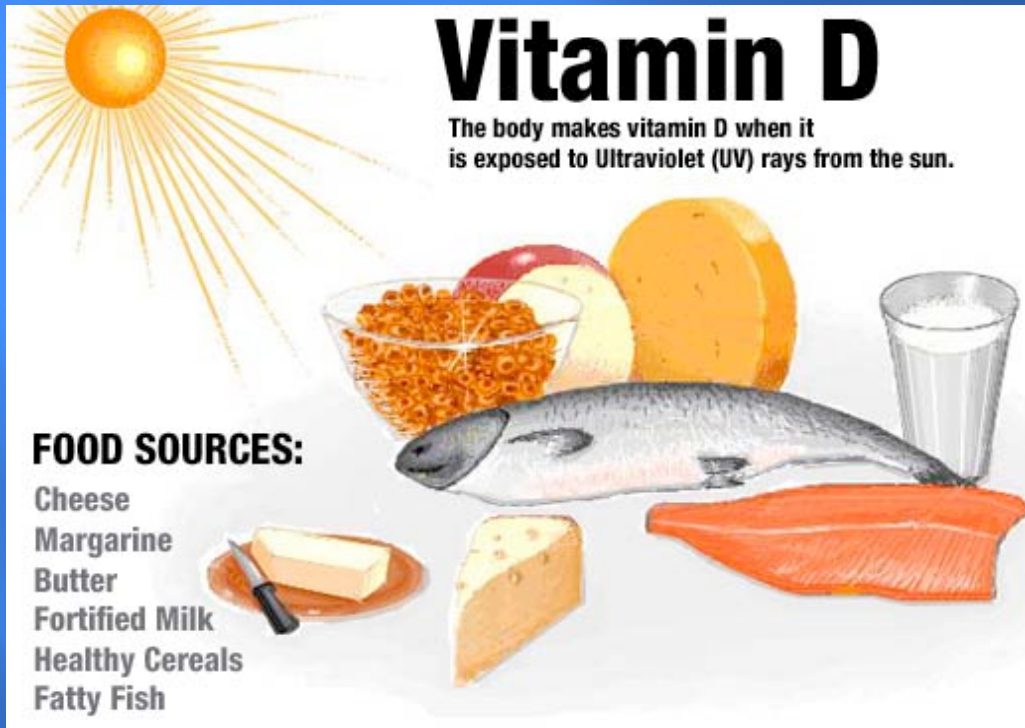


# Management of Sarcopenia: Nutrition & Diet

- Eat enough calories so that you use the protein you eat to build muscle, and not for energy needs. Many older adults don't have much of an appetite.



# Nutrition & Diet



- ❑ Take a vitamin D3 supplement every day, 1000 – 2000 IU per day (check with your doctor)
- ❑ Vitamin D deficiency is the most prevalent nutritional deficiency for older adults regardless of race or ethnicity
- ❑ Depleted levels of vitamin D are associated with reduced muscle strength and increase falls
- ❑ Supplementing vitamin D in individuals with low levels increases muscle strength

# Age Well. Live Well. EAT WELL!

High Protein + High Exercise =  
A good quality of life!



# PHYSICAL ACTIVITY AND SENIOR HEALTH

Presented by: Melissa Pember RD, LD

Barney Neighborhood House Senior Program

May 25<sup>th</sup>, 2012



# Is Exercise Safe for Seniors?

- ▣ YES!
- ▣ Exercise is recommended for all seniors.
- ▣ Modifications can be made to accommodate ability level.
- ▣ Exercise reduces risk of premature death.
- ▣ The health benefits of exercise outweigh the risk of injury.



# What are the Health Benefits of Exercise?

- ▣ Prevents Weight Gain
  - Lowers risk of:
    - Stroke
  - Promotes Longevity
- ▣ Aids in Weight Loss (with reduced calorie diet)
  - High Blood Pressure
  - High Cholesterol
  - Improves Heart Health
- ▣ Prevention of Falls
  - Type 2 Diabetes
  - Improves Muscle Strength
- ▣ Reduced Depression
  - Metabolic Syndrome
  - Colon Cancer
  - Increased Bone Density
- ▣ Weight Maintenance after Weight Loss
  - Breast Cancer
  - Endometrial Cancer
  - Improves Sleep Quality

# Are There Any Unique Benefits for Seniors?

- ▣ **Better Cognitive Function**
- ▣ **Better Ability to Accomplish Activities of Daily Living**
- ▣ *Lower Risk of Hip Fracture*



# What Types of Exercise Are Recommended for Seniors?

## Aerobic Exercise

walking

jogging

running

bicycling

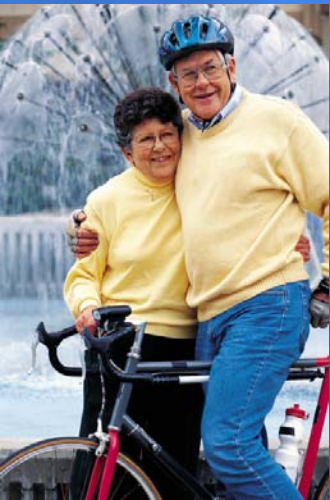
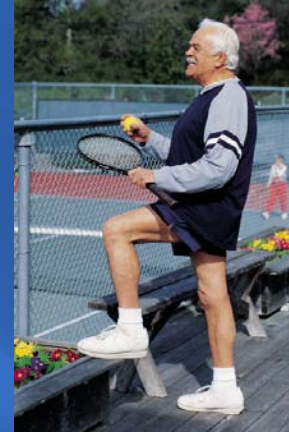
stationary biking

swimming

water aerobics

dancing

gardening, etc.



# What Types of Exercise Are Recommended for Seniors?

## Muscle Strengthening Exercise

lifting weights

using elastic bands during chair exercise

push-ups

carrying groceries

gardening, etc.



# What Types of Exercise Are Recommended for Seniors?

## Bone Strengthening Exercise

walking

jogging

running

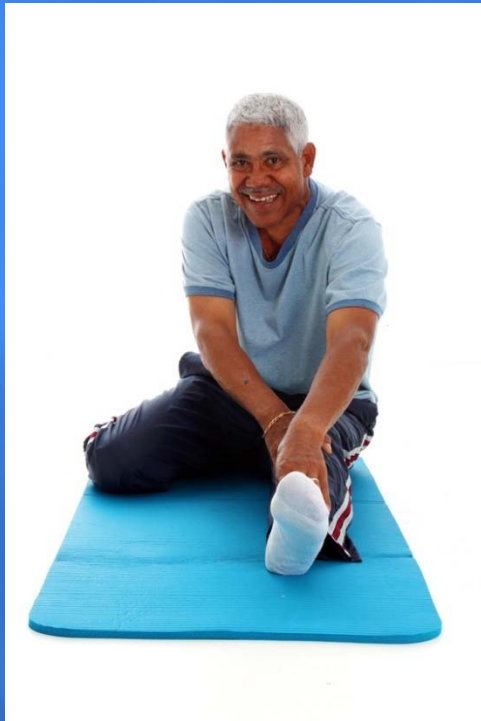
weight lifting

jumping jacks.



# What Types of Exercise Are

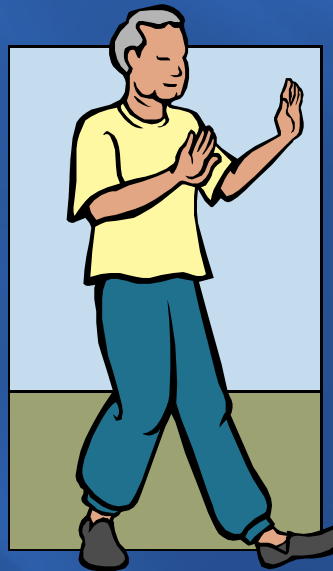
## Stretching:



simple stretches



tai chi



yoga

# What Level of Physical Activity is Appropriate for Seniors?

Older adults should be as physically active as their health and abilities allow.



# Levels of Intensity

Scale: 0 – 10

0 = sitting / resting

10 = greatest effort possible

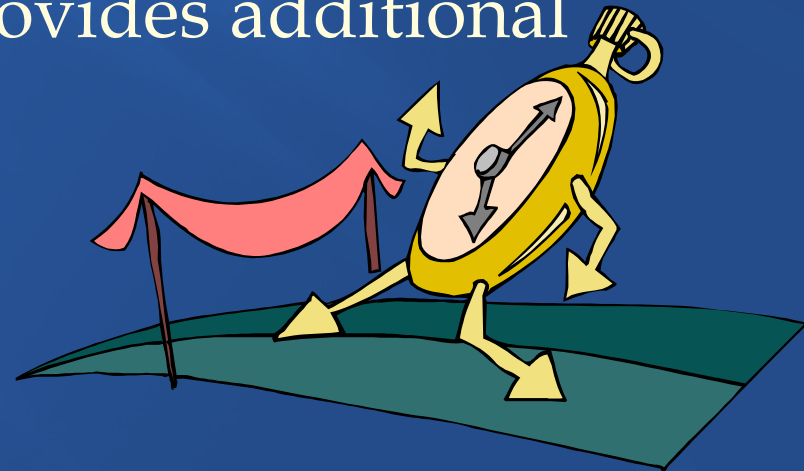


- ▣ Moderate: 5-6 with noticeable increases in breathing and heart rate.
- ▣ Vigorous: 7-8 with large increases in a person's breathing and heart rate

2 minutes of moderate-intensity activity ~ 1 minute of vigorous-intensity activity

# How Often is it Recommended to Exercise?

- ▣ *Some physical activity is better than none.*
- ▣ Most health benefits are seen with 150 minutes/week of moderate-intensity exercise.
- ▣ It is recommended to spread the time over at least 3 days per week and include muscle strengthening activities 2 days per week.
- ▣ Any additional exercise provides additional benefits.



# What Health Conditions May Affect Exercise Ability?

- ▣ Physical Disability
- ▣ Mental Disability
- ▣ Type 1 & Type 2 Diabetes
- ▣ Cancer Survivors
- ▣ Osteoarthritis, Osteoporosis



# QUESTIONS?

*Thank you!*



# Maximizing Dollars While Making Health Choices

Presented by: Tiffanie Yates MS, RD, LD

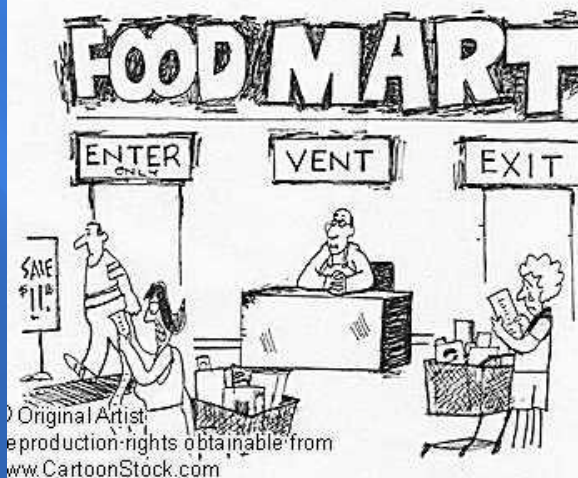
DC Office on Aging

May 25<sup>th</sup>, 2012

# Food Cost Today

## Annual change in inflation (percent)

	2011		2012			
	Nov	Dec	Jan	Feb	Mar	Apr
Food & beverages	4.2	4.0	3.9	4.3	5.1	4.3
Fabrics, clothing & footwear	0.9	2.1	2.5	2.7	2.7	2.9
Housing & related items	8.0	8.0	9.1	9.3	8.9	9.2
Home furniture	2.9	3.1	3.0	3.2	3.0	3.1
Medical care	-0.1	-0.1	0.0	0.0	0.0	0.0
Transport & telecoms	2.4	2.4	2.5	2.3	2.2	1.8
Education & entertainment	3.4	3.4	3.5	3.6	3.5	3.5
Other expenses & services	9.4	9.6	8.1	8.1	7.1	6.9
<b>Total</b>	<b>5.2</b>	<b>5.3</b>	<b>5.3</b>	<b>5.4</b>	<b>5.4</b>	<b>5.3</b>



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# My Motivation

*Even when you know which foods you should choose for your health, having access to them or being able to pay for those foods might be hard, especially on a fixed income.*

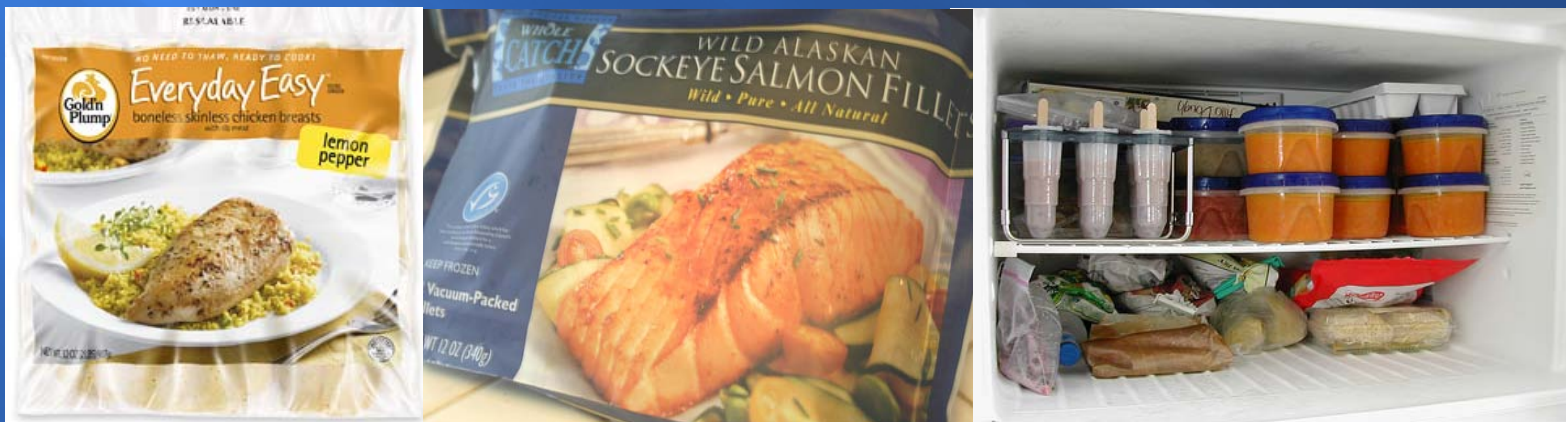
# Exploring Ways to Save without Compromising Quality

- ▣ Focus on Keeping Money in your Pocket
- ▣ Making Smart Choices
- ▣ Be creative in preparing meals
- ▣ Show that organic Foods are not out of Reach
- ▣ Help Guide Your time spent at the Grocery Store
- ▣ Review the Shelf Life of Foods



# Want to Save? Put your freezer to work

- The freezer can be a your best friend. Stock up on good deals like meats, poultry, breads, bagels and nuts (wrap securely before storing in the deep freeze).
- Instead of takeout—freeze batches of soup and chili for cheap go-to meals.



# Cook from "Semi- Scratch" and Save

If you buy prepared meals, canned soups and other ready-to-eat foods, add extra fresh or frozen "steamable" veggies to stretch the servings. In the process, you'll also add extra nutritional value for a low cost.



# Cut costs, Not corners, with Store Brands

You don't have to sacrifice quality to save money. From a wide variety of quality foods to a full selection of household products, Store Brands offer something to suit every taste and budget.

Today's store brands are affordable, high-quality alternatives to their pricier counterparts.





# Looking for bargain on protein? How about Peanut Butter or Greek Yogurt?

Good old peanut butter is a low-cost source of protein and vitamin E. Greek yogurt is thick and creamy and an excellent source of calcium and protein. For a protein boost, spread peanut butter on toast, or stir it into hot oatmeal. Greek yogurt can be blended into smoothies. With both you must be mindful of portions to control calories.



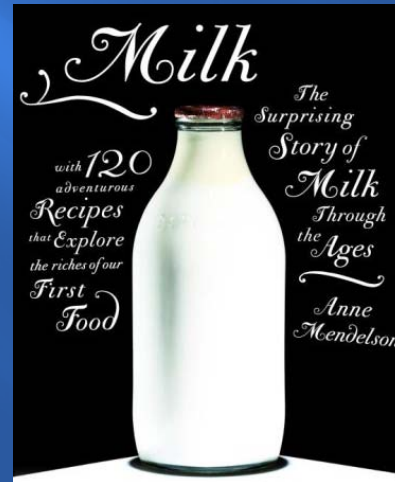
# Other Protein Bargains



High Protein  
Cereals



Eggs



Milk



High Protein  
Pasta

# Coupons are Your Best Friend

## USE COUPONS

COUPONS ARE THE NUMBER ONE METHOD TO SAVING MONEY. THERE ARE GREAT WEBSITES THAT TEACH YOU HOW TO GET THE MOST BANG FOR YOUR BUCK.



A white printer is shown printing out several coupons. The background features the Safeway logo and the text 'CATALINA OFFERS yourbucks'. Below this, logos for partner retailers are displayed: VONS (Ingredients for life.), GENUARDIS (Ingredients for life.), Tom Thumb, PAVILIONS, CARRS, Dominick's, and Randall's (Ingredients for life.).

A large red '\$5 OFF!' coupon from Safeway. The Safeway logo is in the top right corner. A barcode is located at the bottom right, with the number '00017102107500020110' printed below it.



**1 BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE

Card Price

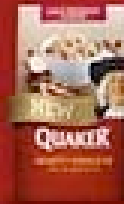
**Quaker Instant Oatmeal**  
10.1 to 15.1-oz.  
Selected varieties.  
SAVE up to \$3.99 on 2

**DOES**  
YOUR BREAKFAST  
**MAKE**  
YOU AMAZING?

Get an amazing breakfast with this \$2 OFF coupon for Quaker® Instant Oatmeal—then share this amazing deal with your friends and family on Facebook. Just click the buttons below. Hurry! Supplies are limited.

**\$2.00 OFF** SAVE ON ANY ONE BOX OF **QUAKER® INSTANT OATMEAL**

OR



QUAKER HEARTY MEDLEYS



QUAKER INSTANT OATMEAL



QUAKER MIX-UP CREATIONS

COST PER BOX : \$3.29  
MINUS COUPON: \$2.00

YOU PAY: \$1.29 FOR 2 BOXES

**.65 CENTS PER BOX!!!**

# This is Free Money

CVS/pharmacy

MR JEFFREY STRAIN

Here is your Extra Bucks reward for  
having purchased Hellmann's, Lipton,  
Skippy or Ragu:

**\$3.00 EXTRA BUCKS**

(Up to \$3.00 value)

Expires 08/31/2010



406340018

ExtraCare Card #: \*\*\*\*\*5660

CVS/pharmacy

MR JEFFREY STRAIN

Here is your Extra Bucks reward for  
having purchased Colgate Toothpaste:

**\$4.00 EXTRA BUCKS**

(Up to \$4.00 value)

Expires 08/31/2010



406590018

ExtraCare Card #: \*\*\*\*\*5660



# Start a Coupon Book/Club



# Check Your Local Store for Deals

PLANNING YOURWELLNESS PROMOTIONS COMMUNITY Search

# TRIPLE MANUFACTURERS' COUPONS

up to **99¢** face value

SAVE!  
SAVE!  
SAVE!

**MAY 16 - 22**

Limit 20 coupons per day per household. [Click here for coupon policy.](#)

## Meal Deal

Hungry for an affordable meal? Pick up the items below at your local Harris Teeter and enjoy a great meal and great savings!

This week's "Meal Deal":

**BUY ALL FOR \$6.99:**

- one (1) 7-9 oz. Oscar Mayer Deli Fresh Sliced Lunchmeat;
- one (1) 12-13 oz. Arnold Sandwich Thins;
- one (1) 12 oz. Kraft Cheese Singles; and
- one (1) 5.5-10 oz. Nabisco Wheat Thins or Triscuits

**Enjoy a great meal on us and save at least \$5.69!**

\*Must purchase all 4 items in a single transaction with your VIC card to receive this great deal. Limit one transaction per household. Offer good May 9, 2012 - May 15, 2012.



# Our Coupon Policy

We gladly accept the following types of coupons:\*



## Print-at-home Internet coupons

- Must be legible
- Must have "Manufacturer Coupon" printed on them
- Must have a valid remit address for the manufacturer
- Must have a valid expiration date
- Must have a scannable bar code
- Buy one, get one free (BOGO) coupons with a specified price
- Are acceptable in black and white or color
- May not be duplicated



## Checkout coupons ("Catalinas")

- Printed at our competitors' registers for dollar/cents off on a specific item
- Must have "Manufacturer Coupon" with specific item requirements printed on them
- Must have a valid remit address for the manufacturer
- Must have a valid expiration date
- Must have a scannable bar code
- Are acceptable in black and white
- May not be duplicated



## Manufacturers' coupons

- For dollar/cents off
- For free items (except those printed off the Internet)
- Buy one, get one free (BOGO) coupons
- Must have "Manufacturer Coupon" printed on them
- Must have a valid remit address for the manufacturer
- Must have a valid expiration date
- Must have a scannable bar code
- May not be duplicated



## Competitors' coupons

- A specific item for a specified price, for example, \$2.99
- Buy one, get one free (BOGO) coupons for items **with** a specified price
- Have a valid expiration date
- Are acceptable in black and white



## Soft drink container caps

We DO NOT accept the following coupons:



## Checkout coupons

- Dollars/cents off the entire basket purchase
- Percentage off the entire basket purchase



## Competitors' coupons

- Dollars/cents off at a specific retailer
- Percentage off
- Buy one, get one free (BOGO) coupons **without** a specified price
- Double- or triple-value coupons



## Print-at-home Internet coupons that require no purchase

## \* Guidelines and limitations

- We only accept coupons for merchandise that we sell.
- Coupons must be presented at the time of purchase.
- Only one coupon per item.
- Item purchased must be identical to the coupon (size, quantity, brand, flavor, color, etc.).
- There is no limit on the number of coupons per transaction.
- Coupons must have an expiration date and be redeemed prior to expiration.
- If coupon value exceeds the price of the item, the excess may be given to the customer as cash or applied toward the basket purchase.
- SNAP items purchased in a SNAP transaction are ineligible for cash back.
- WIC items purchased in a WIC transaction are applied to the basket purchase and may not be eligible for cash back. Refer to state-specific WIC guidelines.
- Great Value, Marketside, Equate, Parents Choice, and World Table coupons have no cash value and are ineligible for cash back or application to the basket purchase.
- The system will prompt for supervisor verification for:
  - 40 coupons per transaction.
  - A coupon of \$20 or greater on one item.
  - \$50 or more in coupons in one transaction.

# Additional ways to maximize food dollars at the grocery store:

## You can enjoy a variety of fruits and veggies on a budget.

Stock up on canned and frozen fruits and vegetables on sale -- they're as nutritious as fresh and handy to round out meals and snacks. Pick plain frozen fruits and vegetables, water-packed canned fruits and sodium smart canned veggies.

Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.

## Save some serious green on salads.

Pick bunches of deep green romaine lettuce and spinach for nutrient-rich salads. Wash your own instead of buying pricier pre-washed, bagged types.



# Additional ways to maximize Dollars at the grocery store:

Talk to the butchers. Ask them, or the produce managers, for a smaller amount of prepackaged items.

Buy produce that keeps longer in the refrigerator.

Broccoli, Brussels sprouts, cabbage and carrots.

Buy small loaves of bread.

Then, wrap and freeze bread you won't use right away.



# Additional ways to maximize Dollars at the grocery store:

- ❑ Ask your local grocery stores if they have a senior discount.
- ❑ Be aware that convenience costs more. You can often save money if you are willing to do a little work..
- ❑ Try to buy in bulk, but only buy a size you can use before it goes bad.



# Additional ways to maximize Dollars at the grocery store:

- ❑ Think about the foods you throw away. For less waste, buy or cook only what you need.
- ❑ Resist temptations at the check-out. Those snack foods and candy are put there for impulse buying. Save money and empty calories!
- ❑ Choose less red meat, processed foods, baked goods, and snacks. You'll save money and make smart food choices too.





## Tips for Storing Leftovers:

- Leftovers generally remain safe for 3-5 days if they are stored properly.
- Chill leftovers as soon as possible.
- Cut up bulky pieces of meat and store them in shallow containers.
- Date containers of leftovers as soon as you store them so you don't have to guess how old they are.
- Work leftovers into your menu within a couple of days.
- Designate an area of the refrigerator and freezer for leftovers and check it routinely.
- Store leftovers in plastic containers that can be sealed tightly.

Food borne illness symptoms are very similar to flu symptoms. These include diarrhea, nausea, vomiting, and fever. These can occur as early as 2 hours after eating or as long as a few weeks after eating bad food. These illnesses are best avoided by keeping your food safe to eat.

# Shelf Life of Food

## What is Shelf Life?

Shelf life refers to the amount of time food can be safely stored. Shelf life includes safety as well as nutritional value. Shelf life can be affected by internal or environmental factors. Internal factors include the pH (acidity), moisture content, and preservatives in the food. Environmental factors include time, temperature, humidity, and exposure to light. Proper storage of foods can increase their shelf life.



## Food Safety

Bacteria multiplies very quickly between the temperatures of 40-140° F. Food should be in this range for no longer than two hours; one hour if the temperature is greater than 90° F. If food sits out longer than this, it should be thrown away. Don't taste test it to see if it is still good. Food that can make you sick can still taste good. Reheat foods to at least 165° F. Always wash your hands when handling food.

**If in doubt, throw it out.**

## Shelf Life of Foods

- **Cereals, crackers, snacks, boxed goods:** follow use by date
- **Canned foods:** 2 years for optimal quality
- **Uncooked pastas:** 2 years if stored airtight
- **Salad dressing, ketchup:** 10-12 months unopened, 3 months refrigerated if opened
- **Flour:** 12 months
- **Wheat flour:** 6 months
- **Sugar:** 20 years
- **Dairy products:** 1 week past sale the by date
- **Shortening:** 12-18 months

Dry-packaged and non-perishable items store best in cool, dry places. Canned foods store best between 50-70° F. Most fruits and vegetables should be ripened at room temperature and then refrigerated. Many items can be frozen in order to increase the shelf life.





**THANK YOU!**