



Caring for the Nutritional Needs of Older Adults

The Obesity Challenge: Aging, Obesity and Long Term Care

Description:

An astonishing 66% of Americans are overweight or obese, and most states boast an obesity rate of a whopping 20% or more. The growth rate of our waistlines is staggering: an unbelievable increase of 74% from 1991 to 2001 alone according to CDC. During the same time frame, diabetes increased 61%. And we are not alone. Obesity is indeed a global trend with obesity rates increasing approximately 10% to 40% in most European countries from 1995-2005. Obese individuals have the highest risk for developing conditions that often reduce mobility and quality of life, not to mention increasing demands on the health care system. These alarming trends present a multitude of challenges for health care providers. The implications for long term care are staggering.

As savvy consumers become more focused on weight and its relationship to good health, health care providers need the tools and knowledge to meet the needs of highly informed consumers who require further education and service. Join us for this thought provoking session as we discuss the trends, challenges, and resources we'll need to meet the evolving needs of this growing population.

Objectives

Participants will

1. learn about obesity trends in America and how these trends may affect health care services
2. review available evidence based research related to the obese adult's nutritional needs
3. discover how to utilize available resources to assist in providing information and education for unique long term care needs of this population

Audience: Registered Dietitians, Dietetic Technicians, Dietary Managers, Food Service Directors, Administrators, Nurses

Audio-Visual Needs: Data projector, lapel microphone, side table for display

Teaching Method: Lecture, discussion, participation, Power Point slides/handouts

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