



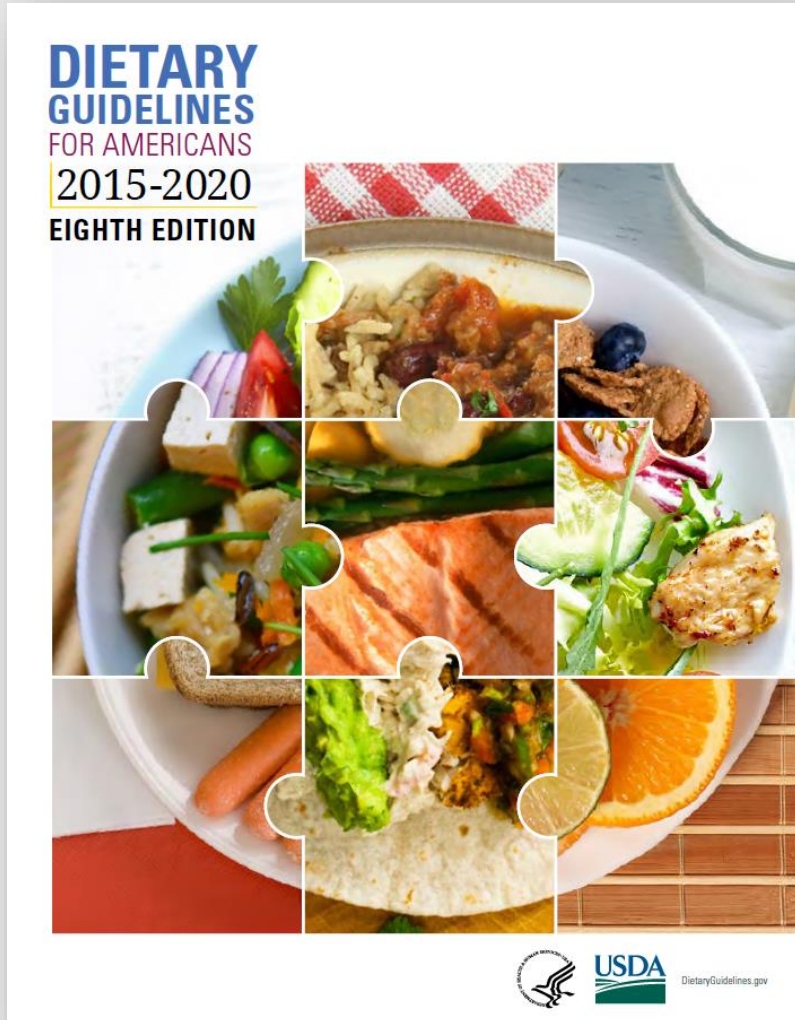
# NUTRITION FOR VULNERABLE POPULATIONS

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# DIETARY GUIDELINES FOR AMERICANS (DGA)



Issued every 5 years by the United States Department of Agriculture (USDA) and Health & Human Services (HHS)

- Look at what we eat and drink as a nation and make recommendations
- Help establish dietary patterns that help prevent disease

USDA & HHS are proposing a life stage approach for this edition of DGA, this will include:

- Infants/toddlers from birth to 24 months *for the first time*
- Guidance for women who are pregnant *for the first time*

For each life stage, the following will be described:



Dietary intake patterns, including intakes of food groups, beverages, and individual nutrients

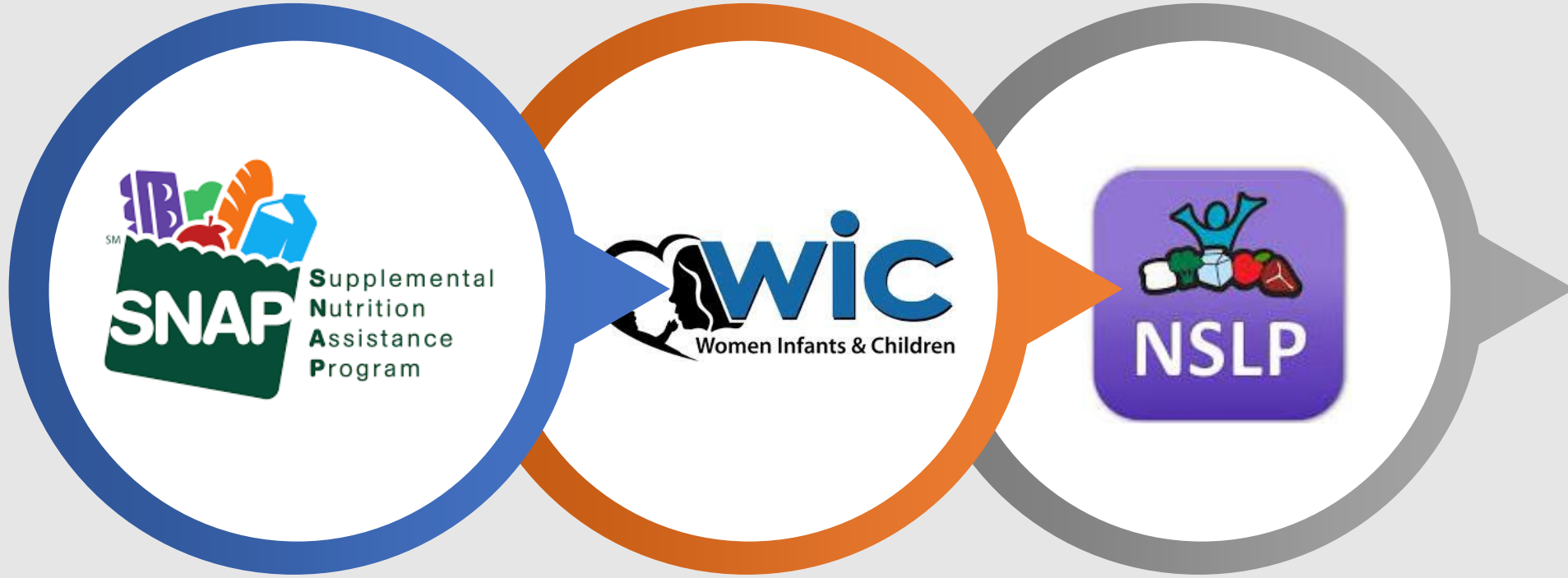


Nutrients of public health concern



Prevalence of nutrition-related chronic health conditions

**Nutrition  
Guidelines  
set the  
direction for  
federal  
nutrition  
programs &  
policies,  
including:**



Supplemental Nutrition  
Assistance Program  
(previously known as  
food stamps)

Special Supplemental  
Nutrition Program for  
Women, Infants, and  
Children

National School  
Lunch Program





# WHAT MAKES INFANTS A VULNERABLE POPULATION?



## GROWTH

Infants are in a critical time of growth and development. Neurocognitive development and meeting developmental milestones are particularly important for this population.



## IMMUNE FUNCTION

Infant immune systems are not fully developed, making it tougher for them to fight off an illness.



## DEPENDENT

Infants are reliant on someone else to meet their needs.

# INFANT NUTRITION GUIDANCE

**BREASTFEEDING IS  
RECOMMENDED**



**What if a mother can't breastfeed or isn't able to provide care?**

- Infant formula is a safe & recommended alternative for breastmilk and provides infants with the nutrients needed to support healthy growth & development.

# INFANT NUTRITION GUIDANCE



## BREASTFEEDING

- Recommended exclusively for the first 4-6 months
- Expect to breastfeed every 2-3 hours initially



## INFANT FORMULA

- Most babies take 4 ounces and feed 4-5 times per day
- Total formula intake should be 16-24 ounces in 24 hours



## FEEDING

- Wait until 4-6 months to start solids, when baby is developmentally ready
- Continue to breastfeed and/or formula feed up through at least the 1<sup>st</sup> year



# WHAT MAKES OLDER ADULTS A VULNERABLE POPULATION?

01

## Physiological Changes of Aging

- Taste sensation
- Decline in olfactory function
- Difficulty chewing
- Changes in digestion & absorption
- Polypharmacy & metabolism of medication
- Reduction in muscle mass, bone density, and immune function

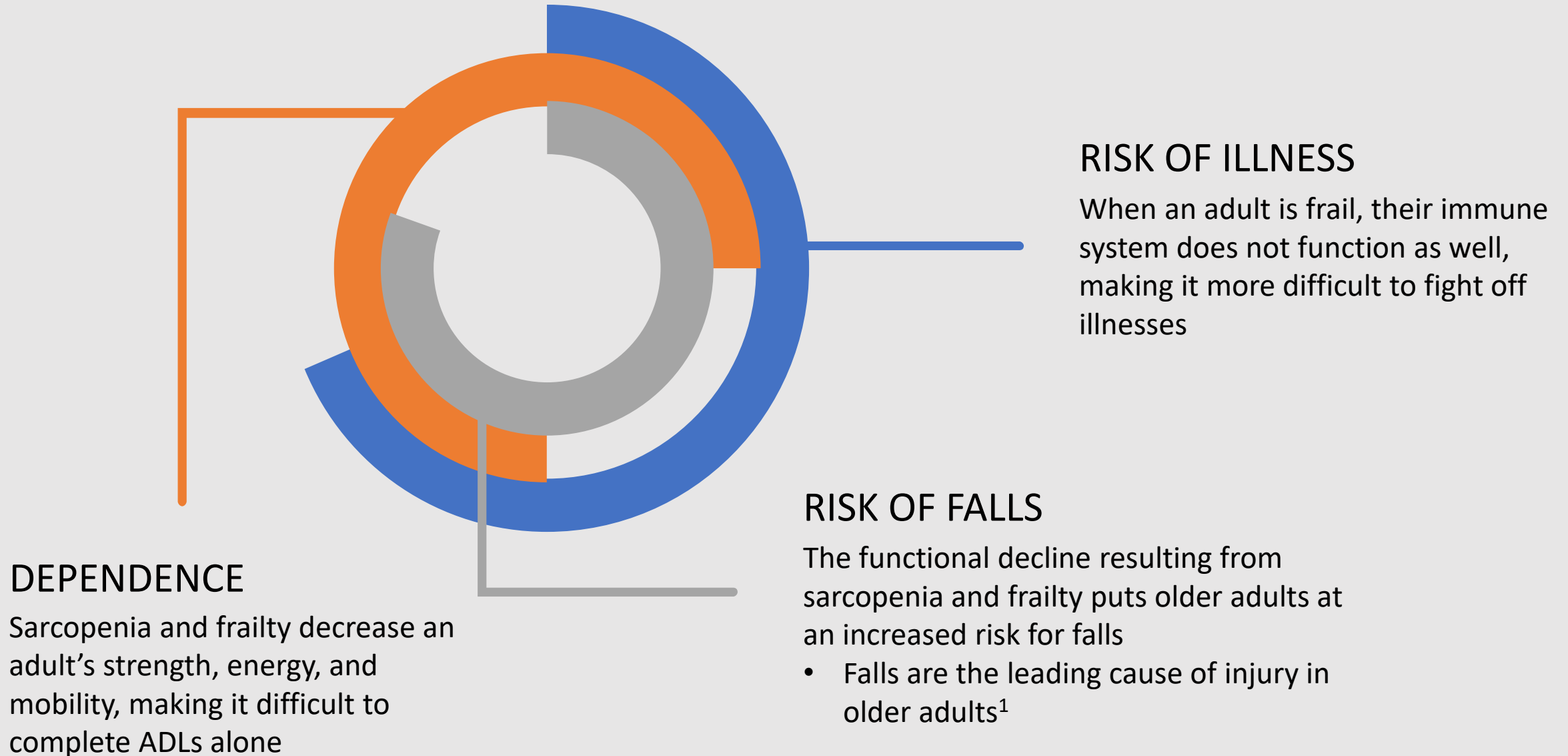
02

## Comorbidities

- Cardiovascular disease
- Overweight/obesity
- Type 2 diabetes
- Cancer
- Sarcopenia
- Neurocognitive diseases

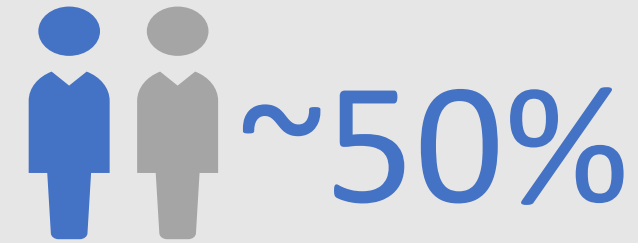


# SARCOPENIA & FRAILITY



# INTERVENTIONS FOR SARCOPENIA & FRAILITY

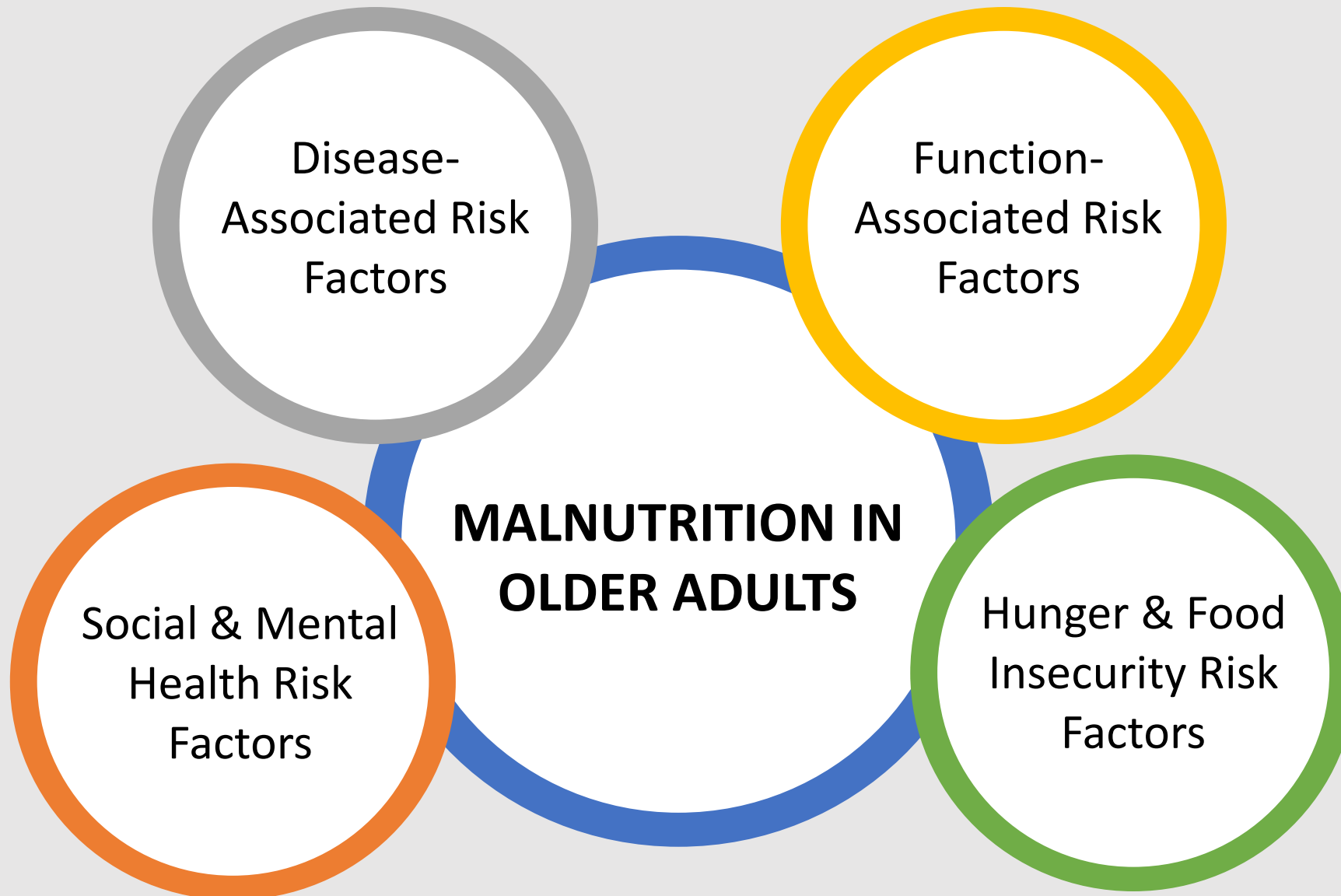
- Protein
  - The Recommended Dietary Allowance (RDA) for protein is 0.8 grams of protein per kg of body weight for all adults
  - To help maintain and regain lean body mass, studies show that older adults should consume 1.0-1.3 grams of protein per kg of body weight<sup>1</sup>
- Multimodal exercise
  - Remaining active can help older adults build muscle to increase strength and energy
  - The World Health Organization recommends older adults perform multimodal exercise, including progressive strength resistance training<sup>2</sup>



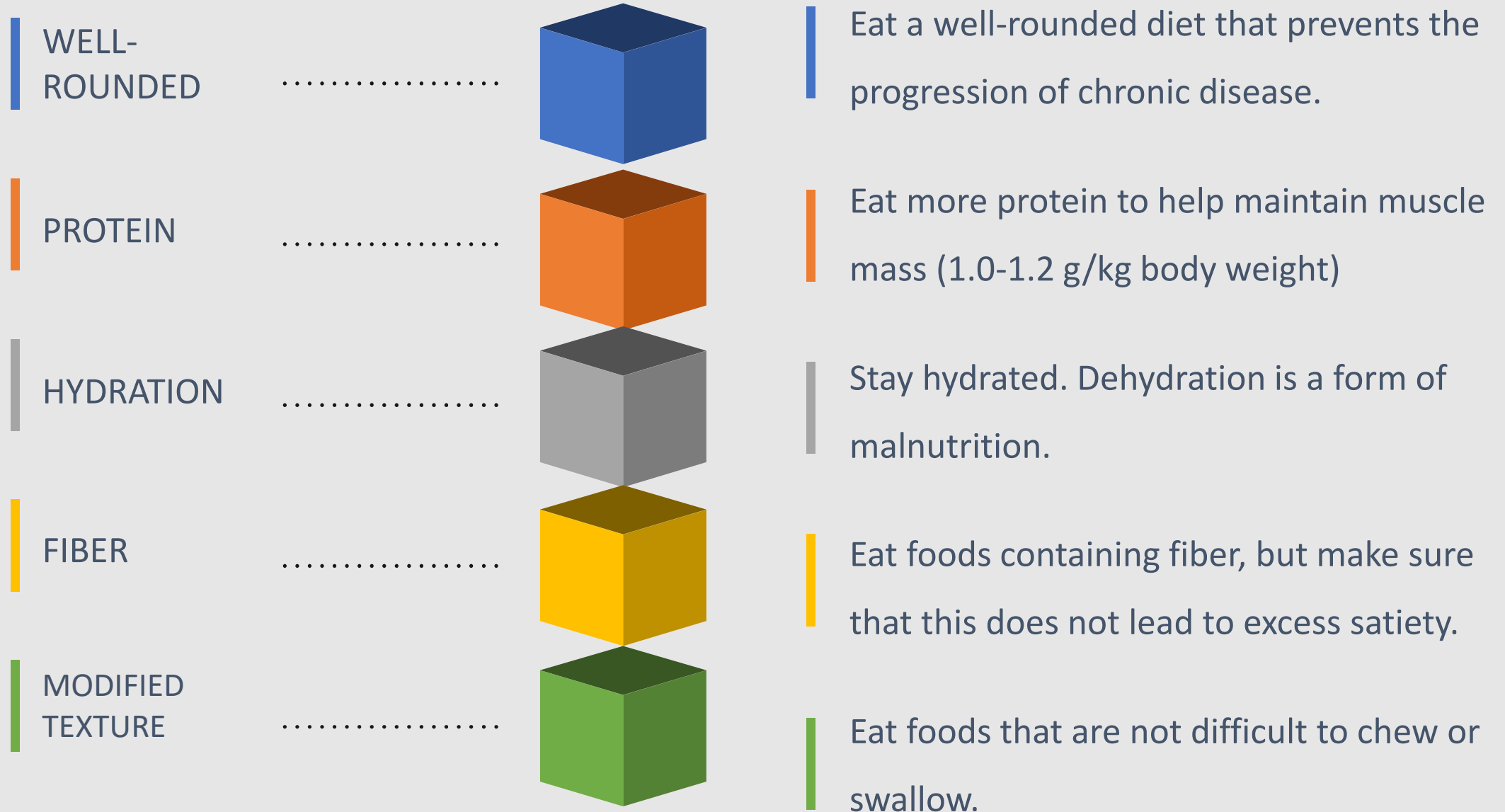
OF OLDER ADULTS ARE  
NOT MEETING THE RDA  
FOR PROTEIN (0.8  
g/kg/day)<sup>3</sup>

1. Nowson, O'Connell. *Nutrients*. 2015;7(8):6874-99.
2. ICOPE: Guidelines on community-level interventions to manage declines in intrinsic capacity. Geneva: World Health Organization; 2017.
3. Krok-Schoen JL, Price AA, Luo M, et al. *J Nutr Health Aging*. 2019.

# MALNUTRITION



# NUTRITION RECOMMENDATIONS FOR OLDER ADULTS



# WHAT CAN MDs DO?

## SCREEN 01

Make sure you are screening patients for malnutrition



## REFER 02

If a patient is malnourished or at risk for malnutrition, recommend Oral Nutrition Supplements and/or refer to a Registered Dietitian Nutritionist (RDN)

## INFORM 03

Inform patients of senior nutrition programs (if needed):

- OAA
- SNAP
- Senior Farmers Market Program
- Commodity Supplemental Food Program



# SUMMARY

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- New DGA are opportunity for recommendations to provide support & education
- Infants and older adults are two vulnerable populations
- Ask about food security for mothers and older adults and refer to nutrition programs as needed
- Make sure caregivers have adequate information to provide good nutrition for their care recipient
- Refer to a Registered Dietitian Nutritionist (RDN) if needed
- **INFANTS**
  - Breastfeeding is the optimal source of nutrition for the first 4-6 months, and should be continued with the introduction of solid foods
  - Infant formula is safe & recommended if mother cannot or chooses not to breastfeed or infant is cared for by caretaker
- **OLDER ADULTS**
  - Protein is essential in older adult nutrition
  - Nutrition and resistance exercise can combat sarcopenia & frailty in older adults
  - Validated malnutrition screening tools can be used with older adult patients

# RESOURCES

## OUNCE OF PREVENTION PROGRAM

<http://ohioaap.org/projects/ounce-of-prevention/healthcare-professionals/>  
*Spanish resources available*

## NATIONAL COUNCIL ON AGING

<https://www.ncoa.org/>  
*Spanish resources available*

## SNAP & WIC

- <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- <https://www.fns.usda.gov/wic/women-infants-and-children-wic>

## DEFEAT MALNUTRITION TODAY

<http://defeatmalnutrition.today/>

## FIND A RDN

<http://findanrd.eatright.org/>

## MYPLATE FOR OLDER ADULTS

<https://www.choosemyplate.gov/older-adults>

## ANHI

<https://www.ahi.org/>  
*Spanish resources available*

