

Nutrition Education Materials & Strategies for Elders



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ENAFS Education Materials

- Developed in response to needs assessment
- Variations in consumer materials
- Focus is on behavior modification
- Stages of Change Model
 - precontemplation
 - contemplation
 - preparation
 - action
 - maintenance



Flexibility of Lessons

Designed for varied education/motivation levels

- Basic discussions
- Keynote topic boxes
 - Fast Facts, Extra Extra
- Scientific research
 - References
 - For Further Study
- Optional activities



Activities

- Participatory
- Encourage exploration
- Challenge past experiences



Lesson 1: Unique Nutritional Needs of Elders

BEHAVIORAL OBJECTIVE

Participants will do at least one of the following:

- Consume at least one more fruit and/or vegetable a day
- Try at least one new high fiber
- Drink one more cup of water a day



Games

- Option 1 - “What’s in This Food for Me?”
 - Heavy cardboard type
 - National Dairy Council, (780) 803-2000
 - Rubber food models
 - Nasco, 1-800-558-9595
 - Plastic models
 - toy stores
- Option 2 - “Food Pyramid Bingo”



Unique Nutritional Needs of Elders: Background Information

- Introduction
- Overview
- Fluid Needs
- Calcium
- Vitamin D
- Zinc
- Folate
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin A
- Vitamin E
- Ethnic considerations
- Daily Food Guide Pyramid for Elders



☺ FLUIDS

Something else that's special is that water and other fluids, or liquids we drink, are the base of the new Pyramid.

Q: Why is drinking enough fluid so important?

A: Fluids help to regulate our body temperature and keep us from getting dehydrated.

They also help to keep us “regular.”



Q: How many servings do we need everyday to promote health?

[Hold up your OPEN hand.]

*A: Five! This means at least 2 fruit servings and 3 vegetable servings everyday. These five servings are the **RIGHT HAND OF HEALTH**.*

Five - - - like the fingers on you hand - - - to represent the 5 servings of fruits and vegetables we need to eat everyday.

Will that help you remember it?



There's your FIVE A DAY, the Colorful Way!

Try to choose one good source of vitamin C (like an orange, grapefruit, or mango), and a good vitamin A source (like carrots, sweet potatoes, or greens) everyday.



→ Encourage participation from all types of participants

- ◆ If the person is not able to come up with any information, mention two possible food groups and have them guess the correct one for their food.
- ◆ Blind participants may participate if the educator tells her/him what is the food item to be described.



For Further Study

- Calcium
- Constipation
- Disease Prevention
- Food Pyramid for Elders
- Nutrient Absorption
- Nutrient/Food Intake
- Nutrition-Lifestyle
- Other