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Community Nutrition Service for Older Adults

Name

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Community Nutrition Service for Older Adults

Question 1

Despite people in the community working to ensure they maintain their physical and emotional health through getting nutritious foods and physical exercise. The elderly population also needs to be considered because they are faced with several reasons that make it hard for them to achieve the required suitable nutrition. Hamirudin et al. (2016), argued that for many elderly individuals it is not a matter of eating a lot of food but it is about getting the best nutrition to keep their declining body healthy. However, most of them may have the best nutrition on their table but due to emotional reasons, they are unable to eat. Some of the emotional reasons include loss of appetite. The majority of seniors lose appetite due to their medical situations and prescriptions of certain medicines. Another emotional reason is a mental problem that affects most of the elderly population that includes social isolation, dementia and depression hence affecting their desires to eat. Besides, several physical reasons may hinder the elderly from getting adequate nutrition which may include depreciation in physical strength making it hard for them to shop or cook. The senior population may also experience a challenge in chewing food thus contributing to the spiteful cycle of malnutrition.

Question 2

Different individuals require a different diet based on their age. However, the elderly face critical challenges especially when they are living independently. To maintain their body and health, the elderly population needs to ensure they get the right foods that have a balanced diet. To make the elderly population living independently to take nutritional diet, it will be important to first explain to them the importance of taking a balanced diet. Good nutrition is essential

regardless of individuals' age, as it provides them with proper energy to control their weight and prevent diseases (Hamirudin et al., 2016). Also, since most of the time the elderly gets tired of eating alone, they can invite their friends and family members to cook together or have the meals at the nearby community centre. This will make them interact with people, eating nutritious foods as well as having some fun. Additionally, when they have a challenge in smelling or tasting foods, the elderly may try adding texture and color to make their food interesting. Nevertheless, suppose the disease is making it a challenge to take food, they will need to see their provider for help.

Question 3

Seniors Farmers' Market Nutrition Program (SFMNP) was introduced in offering access to fruits, herbs, honey as well as vegetables locally grown to the low-income elderly population. The program has focused on the intensification of the local consumption of agricultural commodities through the farmers market, community-supported agricultural programs (CSA) roadside stands (Office of Aging Services, n.d). Moreover, assistance in progression of new together with supplementary markets for farmers, CSA and roadside stand. According to the Office of Aging Services (n.d), individuals can qualify for the program if they are over sixty years old at the same time have a household income no greater than 185 percent according to federal poverty income guidelines (Food and Nutrition Service, n.d). Also, the senior must be a resident of the local area that is involved in the program, do not stay in the same household and not a direct member of the farmer growing the produce.

Question 4

The elderly or family of the elderly may obtain the service through completing the application every year in their local area agency on aging to know if they qualify to involve in the program (Office of Aging Services, n.d). Although there is no cost involved, participation in the program is restricted and thus applications are accepted on a first-come-first-served basis.

References

Food and Nutrition Service. (n.d). Senior Farmers' Market Nutrition Program.

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

Hamirudin, A. H., Charlton, K., & Walton, K. (2016). Outcomes related to nutrition screening in community living older adults: a systematic literature review. *Archives of Gerontology and Geriatrics*, 62, 9-25. <https://doi.org/10.1016/j.archger.2015.09.007>

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