

Title Recommit to an Ongoing Lifespan Approach and Address the Needs of a Growing Aging Population

Date: September 9, 2019

Rationale and Relevance

SNEB's Healthy Aging Division (HAD) proposes a resolution to ensure the organization as a whole focuses on issues that cover the entire lifespan. In particular, the Division would like to emphasize the importance of including topics of relevance to older adults and healthy aging. As the fastest growing yet often "hidden" demographic, SNEB has an opportunity to highlight issues relevant to older adults.[1]

The older adult population continues to swell and is expected to reach 23.5% in 2060 (up from 14.5% in 2014). [2] At the same time, the National Council on Aging (NCOA) notes that approximately 80% of older adults have at least one chronic disease, and 77% have at least two. Four chronic diseases—heart disease, cancer, stroke, and diabetes—cause almost two-thirds of all deaths each year. NCOA also notes that Chronic diseases account for 75% of the money our nation spends on health care, yet only 1% of health dollars are spent on public efforts to improve overall health.

Several resources address the importance of nutrition and physical activity among older adults, including fact sheets, infographics and other information. Examples of these resources can be found here: The National Institutes of Health, [3] the National Council on Aging [4] and Feeding America. [5]

Additionally, the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior recently issued a position paper underscoring the need for older adults to have access to evidence-based food and nutrition programs that ensure the availability of safe and adequate food to promote optimal nutrition, health, functionality, and quality of life. [6]

Be it resolved that the Society for Nutrition Education and Behavior recommits to addressing issues that cover the entire lifespan and reflect the growing demographic of older Americans.

The Healthy Aging Division recommends the following strategies for SNEB to more effectively cover the lifespan. These include:

Annual Conference

Encourage session submissions that address the needs of adults over the age of 50.

ACPP

Monitor nutrition-related policy supported by national organizations that focus on aging issues (Administration for Community Living, National Council on Aging, AARP and FRAC).

JNEB

HAD work with JNEB on an editorial related to healthy aging.

Aging Issues and Policies

Address critical healthy aging issues such as aging in place, independence, social isolation and food insecurity/malnutrition.

HAD provide quarterly updates to ACPP on relevant healthy aging issues for consideration in ACPP's weekly policy update newsletter.

ACPP Committee underscore the importance of a lifespan approach in monitoring public policy.

HAD and ACPP monitor and evaluate annual progress towards addressing the commitment as outlined in this resolution.

[1] *Current Gerontology and Geriatrics Research*. July 2016. <https://www.hindawi.com/journals/cggr/2016/4723250/abs/>
(<https://www.hindawi.com/journals/cggr/2016/4723250/abs/>)

[2] Colby SL, Ortman JM. Projections of the Size and Composition of the U.S. Population: 2014 to 2060, Current Population Reports, P25-1143, U.S. Census Bureau, Washington, DC, 2014.

[3] National Institutes of Health. Health Tips for Older Adults. <https://www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults> (<https://www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults>)

[4] National Council on Aging. <https://www.ncoa.org/healthy-aging/> (<https://www.ncoa.org/healthy-aging/>)

[5] Feeding America. <https://www.feedingamerica.org/hunger-in-america/senior-hunger-facts>
(<https://www.feedingamerica.org/hunger-in-america/senior-hunger-facts>)

[6] [Position of the Academy of Nutrition and Dietetics and the Society for Nutrition](#)

[Education and Behavior: Food and Nutrition Programs for Community-Residing Older Adults](#)

[https://www.scopus.com/scopus/inward/record.url?partnerID=10&rel=3.0.0&view=basic&eid=2-s2.0-](https://www.scopus.com/scopus/inward/record.url?partnerID=10&rel=3.0.0&view=basic&eid=2-s2.0-85065623291&md5=19c9e4ed9a5f471264c9a839bf1c0976)

[85065623291&md5=19c9e4ed9a5f471264c9a839bf1c0976](https://www.scopus.com/scopus/inward/record.url?partnerID=10&rel=3.0.0&view=basic&eid=2-s2.0-85065623291&md5=19c9e4ed9a5f471264c9a839bf1c0976) Saffel-Shrier, S., Johnson, M.A., Francis, S.L. Position of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior: Food and Nutrition Programs for Community-Residing Older Adults Journal of Nutrition Education and Behavior, Volume undefined, Issue undefined, 2019.