

Subject Description Form

Subject Code	FSN5024
Subject Title	Nutrition and Health for Older Adults
Credit Value	3
Level	5
Pre-requisite	FSN5021 Food preparation and Menu Planning FSN5022 Nutritional Assessment
Objectives	The aim of this subject is for students to acquire basic understanding of the change in nutritional requirement for older adults and specific nutrition concerns of various age-related health conditions and the primary and secondary prevention of the diet-related non-communicable diseases.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ul style="list-style-type: none"> a) Understand nutrition principles and their application for disease prevention and management in older adults; b) Understand medical and health terminology associated with nutrition related diseases and conditions; c) Collect and assess data related to the health and nutritional status of individuals; d) Apply the nutrition principles in the disease prevention and management, as well as clinical nutrition research.
Subject Synopsis/ Indicative Syllabus	<p><u>Energy and nutrient requirements for older adults</u></p> <p>Estimation of energy, fluid, macro- and micro-nutrients, as well as age-related change in body composition, and the role nutrients and non-nutrient components of foods/feeds and drinks can have on diet and health.</p> <p><u>Obesity and weight management</u></p> <p>Etiology and epidemiology of obesity and its health consequences; strategies of weight management including lifestyle modification including diet and physical activity, relapse prophylaxis, common myths and popular fad diets, brief introduction on pharmacological and non-pharmacological treatments of obesity</p> <p><u>Nutrition and metabolic syndrome & cardiovascular health</u></p> <p>Etiology and epidemiology of diabetes, hypertension and dyslipidaemia and their impact on cardiovascular health; nutrition components affecting the blood pressure, glucose and lipids, and the key principles of the dietary management of metabolic syndromes</p> <p><u>Nutrition and frailty in older adults</u></p> <p>Etiology and epidemiology of osteoporosis, sarcopenia and other functional and brain declines and their impact on health and quality of life, the possible nutrition intervention to prevent and delay progression of such frailty.</p> <p><u>Malnutrition and nutrition support</u></p>

	<p>Etiology and epidemiology of malnutrition in both community and clinical settings, nutrition screening for early identification of malnourished patients, strategies to prevent malnourishment and revert the malnutrition in both community and clinical settings.</p> <p><u>Nutrition and cancers</u> Etiology and epidemiology of cancers, evaluation of the carcinogenicity of dietary substances and cancer prevention, and the possible nutrition interventions to prevent weight loss and increase survival for cancer patients.</p> <p><u>Nutrition and common gastrointestinal discomforts in older adults</u> Etiology and epidemiology of common gastrointestinal discomforts, such as constipation, gas bloating, and the possible nutrition interventions to prevent and manage these conditions.</p> <p><u>Nutrition and mental health</u> The relationship between nutrition and mental health, nutrients and dietary approaches to prevent mild cognitive impairment and diseases such as dementia, Alzheimer's and Parkinson's disease.</p> <p><u>Nutrition and longevity</u> Theories of ageing, longevity and Blue zones, and diet and lifestyle recommendations for healthy ageing</p> <p><u>Overview of Nutritional product development and regulations</u> Introduction to nutritional products, functional food and dietary supplements and overview of the regulatory guidelines or legislation of nutritional products across selected countries (e.g. labelling requirement, sales of these products, validity of health claims).</p> <p><u>Design menu and recipes for older adults with different nutritional needs</u> Special concerns on the recipe developments and menu design for older adults with different health conditions, the use of special dietary products to achieve nutritional needs for older adults, common drug-nutrient interactions.</p>
Teaching/Learning Methodology	<p>Lectures are designed to provide students with general outlines of the subject and the essential practical knowledge.</p> <p>Apart from lectures, tutorials are designed to demonstrate students on formulating dietary advice and designing recipes and menus to fit the nutritional needs of various health conditions.</p> <p>Guest speakers who are clinicians, public health/community nutritionists, or dietitians are invited to give seminars on the practical skills on nutrition service and management in different settings.</p>

Assessment Methods in Alignment with Intended Learning Outcomes	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)			
			a	b	c	d
	1. Test	20%	✓	✓		
	2. Assignments	30%	✓	✓	✓	✓
	3. Final examination	50%	✓	✓	✓	✓
	Total	100%				
Test: It is used to assess the students’ understanding of nutrition principles and their application to age-related disease prevention and management.						
	Assignments: The students are required to do individual assignments on formulation of dietary advice and designing practical and appropriate menu or recipes for individuals with different nutritional needs or health conditions as well as on the case studies of assessing data related to the health and nutritional status of individuals. They are used to assess the learning outcomes a, b, c and d. Examination: It is used to assess the understanding of the role of nutrition in the prevention and management of common diseases/health conditions and the practical skills to manage such diseases/health conditions in both community and clinical settings. It is used to assess the learning outcomes a, b, c and d.					
Student Study Effort Expected	Class contact:					
	▪ Lectures			32 hours		
	▪ Tutorials			4 hours		
	▪ Seminar			3 hours		
	Other student study effort:					
	▪ Assignment writing			30 hours		
	▪ Self-study			50 hours		
	Total student study effort			119 hours		
Reading List and References	Bloch, A. S. (2007). Issues and choices in clinical nutrition practice. Philadelphia: Lippincott Williams & Wilkins. Coulston, A.M., (2017). Nutrition in the prevention and treatment of disease (4th ed.). London: Academic Press. Elia, M., Ljungqvist, O., Stratton, R. J., Lanham-New, S. A., & Davies, D. S. (2013). Clinical Nutrition (2nd ed.). John Wiley & Sons.					

	<p>Mahan, L.K. & Raymond, J.L., (2017). Krause's Food and Nutrition Therapy (14th ed.). Louis, Missouri: Elsevier.</p> <p>Moore, M.M. (2009). Pocket guide to nutritional assessment and care (6th ed.). St. Louis, Missouri: Mosby Elsevier.</p> <p>Munoz, N. & Bernstein, M. (2019). Nutrition assessment: clinical and research applications. Burlington, MA: Jones & Barlett Learning.</p> <p>Stanner S, Thompson R, Buttriss J, eds. (2009). Healthy Ageing: The Role of Nutrition and Lifestyle, British Nutrition Foundation, Wiley-Blackwell, Oxford UK.</p>
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