



Call for evidence on role of nutrition in older adults and its impact on healthy ageing

The BDA Older People Specialist Group welcomes the opportunity to contribute to SACN's call for evidence on role of nutrition in older adults and its impact on healthy ageing. We welcome an acknowledgement that this life stage is not a homogenous group, having very diverse health and nutritional needs being nutritionally well or nutritionally vulnerable at times. This is significant in light of our growing aging population with much also to be done in raising the profile of their hydration needs as part of healthy ageing. We have suggested below a number of additional papers that the committee may wish to consider.

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Articles:

General

- Volker, Dorothee, et al. ESPEN guideline on clinical nutrition and hydration in geriatrics Clinical Nutrition (2018) 1e38. Available online at: [https://www.clinicalnutritionjournal.com/article/S0261-5614\(18\)30210-3/fulltext](https://www.clinicalnutritionjournal.com/article/S0261-5614(18)30210-3/fulltext)
- [Healthy Ageing: The Role of Nutrition and Lifestyle](#) - BNF (British Nutrition Foundation), Sara Stanner, Rachel Thompson, Judith L. Buttriss

Using BMI in older adults (65 and older)

- Krishnan Bhaskaran, Isabel dos-Santos-Silva, David A Leon, Ian J Douglas, Liam Smeeth, Association of BMI with overall and cause-specific mortality: a population-based cohort study of 3.6 million adults in the UK. Lancet. Volume 6, Issue 12, p944-953, December, 2018 [https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(18\)30288-2/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(18)30288-2/fulltext)
- Jane E Winter, Robert J MacInnis, Naiyana Wattanapenpaiboon, and Caryl A Nowson. (2014) BMI and all-cause mortality in older adults: a meta-analysis. Am J Clin Nutr. 2014 Apr;99(4):875-90. Available online: <https://www.ncbi.nlm.nih.gov/pubmed/24452240>
- T. Cederholm, I. Bosaeus, R. Barazzoni, J. Bauer, A. Van Gossum, S. Klek, M. Muscaritoli, I. Nyulasi, J. Ockengai, S.M. Schneiderj, M.A.E. de van der Schueren, P. Singer. ESPEN endorsed recommendation: Diagnostic criteria for malnutrition. An ESPEN Consensus Statement. Clinical Nutrition 34 (2015) 335e340
- M. Beck, L. Ovesen. At which body mass index and degree of weight loss should hospitalized elderly patients be considered at nutritional risk? Clinical Nutrition October 1998 Volume 17, Issue 5, Pages 195–198

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- Queensland Government, Australia - consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team (2017)
https://www.health.qld.gov.au/data/assets/pdf_file/0031/147937/hphe_usingbmi.pdf
- Leon Flicker, PhD, Kieran A. McCaul, Graeme J. Hankey, Konrad Jamrozik, Wendy J. Brown, Julie E. Byles, and Osvaldo P. Almeida. Body Mass Index and Survival in Men and Women Aged 70 to 75. *J Am Geriatr Soc.* 2010 Feb;58(2):234-41.
- Thinggaard M et al (2010) Is the relationship between BMI and mortality increasingly U-shaped with advancing age? A 10-year follow-up of persons aged 70-95 years. *Journals of Gerontology Series A: Biological Sciences & Medical Sciences*; May 2010; vol. 65A (no. 5); p. 526-531
- Hajek, André & König, Hans-Helmut (2017) The Curvilinear Effect of BMI on Functional Health - Evidence of the Long-Running German Ageing Survey. *Obesity facts*; 2017; vol. 10 (no. 3); p. 252-260 DOI 10.1159/000471486
- Zaninotto, P et al (2010) BMI and waist circumference as predictors of well-being in older adults: findings from the English Longitudinal Study of Ageing. *Obesity (Silver Spring, Md.)*; Oct 2010; vol. 18 (no. 10); p. 1981-1987
- Yan, L et al (2004) BMI and health-related quality of life in adults 65 years and older. *Obesity research*; Jan 2004; vol. 12 (no. 1); p. 69-76
- Tamakoshi, A et al (2010) BMI and all-cause mortality among Japanese older adults: findings from the Japan collaborative cohort study. *Obesity (Silver Spring, Md.)*; Feb 2010; vol. 18 (no. 2); p. 362-369

Sarcopenia in healthy ageing / prevention of frailty

- Cruz-Jentoft A et al (2018). Sarcopenia: revised European consensus on definition and diagnosis. Report of the European Working Group on Sarcopenia in Older People. *Age Ageing.* 2019 Jan 1;48(1):16-31.
- Deutz N *et al* (2014) ESPEN endorsed recommendation Protein intake and exercise for optimal muscle function with aging. *Clinical Nutrition.* 33, 929-936.
- Morley *et al* (2010) Nutritional Recommendations for the Management of Sarcopenia. *J Am Med Dir Assoc.* July, 11, 6, 391-396.
- Bauer J *et al* (2013) Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper From the PROT-AGE Study Group. *JAMDA.* 14, 542-559.
- Mustafa *et al* (2018) Dietary Protein and Preservation of Physical Functioning Among Middle-Aged and Older Adults in the Framingham Offspring. *Study. Am J Epidemiol.*
- Van Vliet *et al* (2015) The skeletal muscle anabolic response to plant versus animal-based protein consumption. *Journal of Nutrition* Sept,145, 9, 1981-1991 (Last accessed 29.11.18)
- Witard O *et al* (2016) Protein Considerations for Optimising Skeletal Muscle Mass in Healthy Young and Older Adults. *Nutrients.* 8, 4, 181.
- Xu Z *et al* (2015) The effectiveness of leucine on muscle protein synthesis, lean body mass and leg lean mass accretion in older people: a systematic review and meta-analysis. *British Journal of Nutrition.* 113, 01, 25-34.

- S.M. Robinson et al. Does nutrition play a role in the prevention and management of sarcopenia? Clin Nutr. 2018 Aug;37(4):1121-1132. doi: 10.1016/j.clnu.2017.08.016
- Camila L.P. Oliveira, Isabelle J. Dionne, and Carla M. Prado. Are Canadian protein and physical activity guidelines optimal for sarcopenia prevention in older adults? Appl. Physiol. Nutr. Metab. 43: 1215–1223 (2018) [dx.doi.org/10.1139/apnm-2018-0141](https://doi.org/10.1139/apnm-2018-0141)
- C. H. Murphy, H. M. Roche, 2018 Nutrition and physical activity countermeasures for sarcopenia British Nutrition Foundation Nutrition Bulletin, 43, 374–387 <https://onlinelibrary.wiley.com/doi/abs/10.1111/nbu.12351>

Hydration in healthy ageing

- Which frail older people are dehydrated? The UK DRIE study. Hooper L, Bunn DK, Downing A, Jimoh FO, Groves J, Free C, Cowap V, Potter JF, Hunter PR, Shepstone L. Journals of Gerontology: Medical Sciences A. Published online 9th Nov 2015. doi: 10.1093/gerona/glv205 Available at: <http://biomedgerontology.oxfordjournals.org/content/early/2015/11/09/gerona.glv205.abstract>

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