

# When is it the right time to review our nutrition?

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# *Housing*



# *Housing*



# *Transport*



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*Transport*



*Travel*



*Travel*



# *Sports Activities*



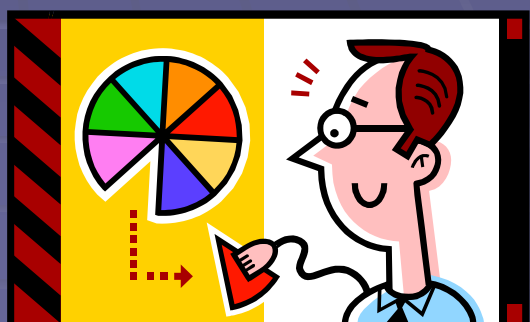
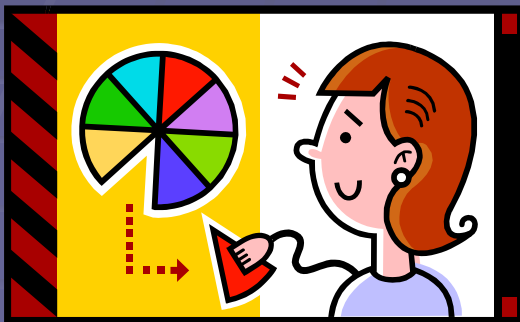
# *Animal Companions*



# *Animal Companions*



# Investments and Insurance



# Health



Is there any relationship  
between our ability to  
function and our nutritional  
status?

YES

## Nutritional Status and Hip Fractures - Christchurch

- Study of older people with Hip Fractures – 1999
- Princess Margaret Hospital, 42% of those admitted with hip fractures were undernourished
- H Hanger, "The prevalence of Malnutrition in elderly hip fracture patients", *NZ Medical Journal* Vol 112, pp.88-90. (1999)

Is there a relationship  
between our Nutritional  
Status and our Quality of  
Life?

YES

# Auckland Hospital

Auckland, 1999,

Older People Health Wards,

26% undernourished (BMI < 10th percentile)

M Hooper, Under nutrition in Sick Hospitalised Elderly,  
Older Peoples Health Wards, Auckland Hospital 1999

# Middlemore Hospital

- Audit in AT&R Wards 2001
- 24% of patients had malnutrition
- 43% were at risk of malnutrition

▪ S van Lill, *Nutrition Audit AT&R Unit*, Middlemore Hospital,(2001)

## Counties Manukau MDHB Community 2007

- Meals on Wheels Recipients

62 % Do not monitor their weight

32 % Had lost weight unintentionally



**As we age what  
barriers may affect  
our nutritional status?**

# Oral Health Changes

- Teeth
- Dentures
- Dry mouth
- Swallowing



## Activity Levels - change

- Increased exercise – training for endurance sports
- Masters Games
- Walking
- Using an aid to support mobility



## Developing Strength

### Protein and Resistance exercise

- Protein snack within 30 minutes after resistance exercise



## Medical problems – change nutrition needs

- Respiratory Disease
- Chronic Pain
- Swallowing problems
- Cardiovascular disease
- Diabetes



# Medications

- Polypharmacy – more than 3 medications
- Side effects -Change in taste, smell, appetite, nausea



What may happen if we  
do not review prescribed  
diets?

Diets for treating Diabetes  
and Heart Disease

# Therapeutic Malnutrition

Weight loss or deficiencies that occur as a result of a prescribed diet not being reviewed regularly

Need for regular review of any  
prescribed diets

**“Low fat, low salt diets  
were invented by  
Cardiologists to kill older  
people”**

Prof John Morley, Nutrition and Ageing Conference Adelaide 2007

# Fluid intake (The Water Myth)

- Aim for 6-8 cups of fluid a day ( **not 6-8 cups of water** )



**When is it time to review  
our nutrition?**

## When is the right time to review our nutrition?

- Unintended weight loss
- New medical problems
- Increase in medications
- Oral health problems
- Change in activity levels
- Loss of a loved one
- Prolonged pain
- Change in living circumstances affecting access to food

## Who can you review your diet with?

- General Practitioner
- Practice Nurse
- Dietitian - Private Practice
- Nutritionist – Private Practice
- Support Group Field Officer (Stroke)
- Diabetes Health Educator
- Dietitian – DHB – with Referral from GP

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