

# *Nutrition Education for Older Adults*



Jarrin Ching, Fong Chun Kwok, Wai Chu Leung, Chrislin Yee  
FSHN 452  
Spring 2013

**Hawaii's elderly population will increase significantly by 2030.**



**Seniors are generally lacking in  
their nutrition knowledge.**



**Proper nutrition education can help seniors maintain their health and independence.**



# Our Journey with the Senior Companion Group



# November 15, 2012: Our first meeting with the seniors



# A needs assessment survey was conducted to learn more about our target group.

**SENIOR COMPANION  
GROUP SURVEY**

Aloha all:

The following is a short, ten-question survey regarding some general topics including lifestyle practices, background information, and social life. Please go through and answer each of the following questions to the best of your ability, and feel free to provide any additional comments in the space provided at the bottom of the page. Mahalo for your participation! Happy Holidays!

Age \_\_\_\_\_  
Sex \_\_\_\_\_

- 1) Do you have a caregiver? Do you live alone?
- 2) Do you have any "limitations" to fulfilling activities of daily living (i.e. wheelchair, walker, bathing/restroom assistance)?
- 3) Are you still employed? Retired? Any special hobbies?
- 4) How much exercise do you get per week? (If any) What kind of exercise?
- 5) Are you involved in any social groups, clubs, or associations?
- 6) Who prepares the meals for your home? Who does the grocery shopping?
- 7) How many meals do you eat per day? Size of typical meal?
- 8) Are you taking any vitamin or mineral supplements?
- 9) Do you currently suffer from any chronic illnesses? (i.e. Diabetes, Hypertension, Heart Disease)
- 10) Are you a part of the Supplemental Nutrition Assistance Program (SNAP)? If not, have you heard of this program before?

Additional Comments:

**The survey showed that the seniors needed a manual on how to live and eat healthy.**



The “Good Grinding for Wise Dining” curriculum for older adults promotes healthy eating attitudes and behaviors.

Nutrition  
Service for  
Older Adults

GOOD  
GRINDING  
FOR WISE DINING





Cooperative Extension Service

Department of Family & Consumer Sciences  
Department of Human Nutrition, Food & Animal Sciences  
College of Tropical Agriculture and Human Resources  
University of Hawaii at Manoa

# March 15, 2013: Second meeting with seniors



# A pre-test survey was conducted to show how much the seniors knew about nutrition.



**Before You Get Started...**  
Please circle an appropriate answer or write in the answer with the provided space for each question. Thank you!

**1. The safest method for thawing raw chicken is:**  
A. Leaving it on the counter overnight      C. Under running water for 1 hour  
B. In the microwave      D. In the refrigerator

**2. On a food label, which nutrients should be eaten in a moderate amounts?**  
a. Cholesterol, Total Fat and Sodium      b. Calcium, Vitamins and Total fat  
c. Total Fat, Iron and Potassium      d. Protein, Total fat and Vitamins

**3. How much of each food group (Protein, Grains, Vegetables, Fruits) should be on your plate?**  
A.  $\frac{1}{2}$  Protein      B.  $\frac{1}{4}$  Protein      C.  $\frac{1}{4}$  Protein  
 $\frac{1}{4}$  Grains       $\frac{1}{2}$  Grains       $\frac{1}{4}$  Grains  
 $\frac{1}{4}$  Vegetables       $\frac{1}{4}$  Vegetables       $\frac{1}{4}$  Vegetables  
 $\frac{1}{4}$  Fruits       $\frac{1}{4}$  Fruits       $\frac{1}{4}$  Fruits

**4. How many servings of fruits and vegetables do you consume daily?**  
Fruits \_\_\_\_\_ Vegetables \_\_\_\_\_

**5. How many times do you eat out in a week? (Ex: Restaurants, fast food, potlucks, etc.)**  
a. 1-2      b. 3-4      c. 5 or more



**6. Meal planning before grocery shopping will save you time and money.**  
True      False

**7. It is best to:**  
A. Try "all kinds" of foods      B. Only try some foods      C. Eat the same foods daily

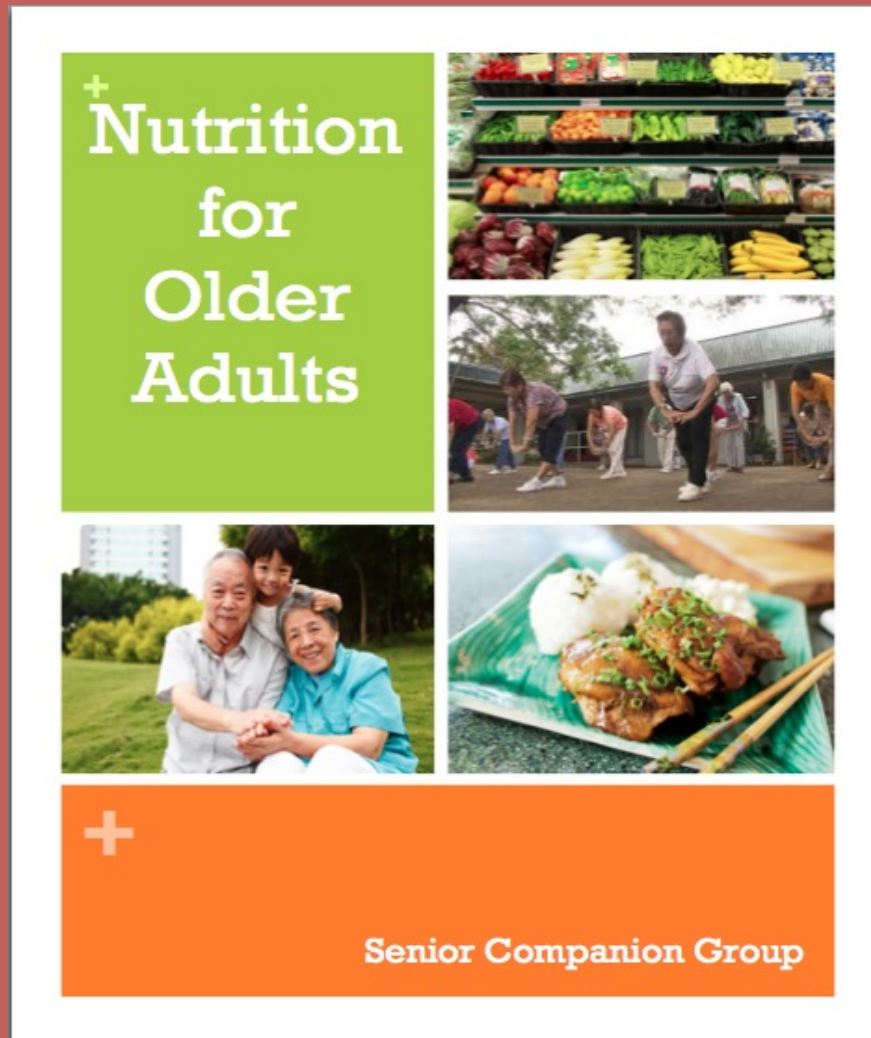
**8. How many snacks do you eat in one day? What kinds of snacks do you normally eat?**  
Snacks amount: 0      1      2      3      Types of Snacks:  
                         4      5      6

**9. How many servings of each should you eat in one day?**  
Meals? a. 1-2 Large meals      b. 3-4 Medium meals      c. 5-6 Small meals  
Fruits and Vegetables? a. 1-2      b. 3-4      c. 5-6  
Whole grains? a. 1-2      b. 3-4      c. 5-6

**10. Do you feel it is important to live and eat healthy? Do you think you are living and eating healthy now? Please explain.**  
\_\_\_\_\_  
\_\_\_\_\_



We created a “Nutrition Education Folder” for the seniors to take home.



# April 15, 2013: Our final meeting with the seniors.



# A post-test was conducted to see how much the seniors learned from their take-home packets.

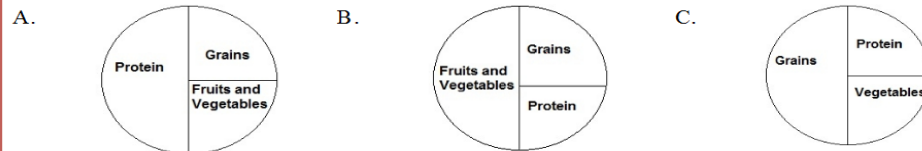
1. The safest method for thawing raw chicken is:

- A. In the microwave
- B. In the refrigerator
- C. Leaving it on the counter overnight
- D. Under running water for 1 hour

2. On a food label, which nutrients should be eaten in a moderate amounts?

- A. Total Fat, Iron and Potassium
- B. Protein, Total fat and Vitamins
- C. Cholesterol, Total Fat and Sodium
- D. Calcium, Vitamins and Total fat

3. How much of each food group (Protein, Grains, Vegetables, Fruits) should be on your plate?



4. Meal planning before grocery shopping will save you time and money.

- True False

5. It is best to:

- A. Eat the same foods daily B. Only try some foods C. Try "all kinds" of foods

6. How many servings of fruit and vegetable do you consume daily?

Please circle a number for fruits and vegetables individually.

Servings of Fruit: 0 1 2 3 4 5+ Servings of Vegetable: 0 1 2 3 4 5+

7. How many servings of each should you eat in one day?

- |                        |        |        |        |
|------------------------|--------|--------|--------|
| Protein?               | A. 1-2 | B. 3-4 | C. 5-6 |
| Fruits and Vegetables? | A. 1-2 | B. 3-4 | C. 5-6 |
| Whole grains?          | A. 1-2 | B. 3-4 | C. 5-6 |

8. Did you find the information packet to be useful? Please explain.

- Yes No

9. Did you share the information from the packet with anyone else? Please explain.

- Yes No

10. What other information would you have liked to see included about food and diet?

**We put together a somen salad creation  
for the seniors in our farewell visit.**



# Come and get it!



Mmmm...good!



# Our somen salad creation!



**Mahalo to the Senior  
Companion Group for working  
with us in our project. Also,  
mahalo to Naomi and the  
Nutrition for Education and  
Wellness staff for all of your  
help and support.**



**Thank you for watching!**

