

Topic Area: Vulnerable Groups and their Nutritional Needs

Abstract Title

Moderate nutritional risk among community-dwelling Canadian older men in the Manitoba Follow-up Study
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Abstract

Introduction: Community screening programs are critical in identifying older adults (individuals 65 years of age and older) at nutritional risk such that clients can be provided with the necessary care for the prevention of malnutrition and/or the improvement of health outcomes. The protocol for referring older adults to dietitians for further assessment and follow-up with nutritional risk scores ranging from low to high varies based on priority screening with emphasis on those that are identified as high risk. The Manitoba Follow-up Study (MFUS) is a longitudinal study examining cardiovascular health as of July 1, 1948 (n=3,983 male participants), and since 2007 also examines nutritional risk.

Objectives: To determine characteristics and nutrition risk items that predicts trajectory group classifications for earlier identification; and to identify nutrition risk items that show the largest decline over a four-year period among those in the moderate trajectory groups as previous research has shown that they are at an increased risk for health decline.

Methods: The MFUS Nutrition Survey (included Seniors in the Community Risk Evaluation for Eating and Nutrition - SCREEN II) was utilized to obtain data from 117 older adult men in the Moderate (M) trajectory group and 49 older adult men in the Moderate-Increase (MI) group participating between 2007 – 2011. Data was assessed using t-test and chi square tests with a p-value < 0.05.

Results: Descriptive characteristics were not found to impact trajectory group. Never/rarely using meal replacements/ commercial products was statistically significant (p=0.02) between the M and MI groups. Fruit and vegetable consumption per day saw the largest decline over four-years with a 91% decline in original responses from five or more servings in 2007 to less than four servings by 2011.

Conclusions: Individuals who screen as moderate nutritional risk are at an increased risk for nutritional decline over a four-year period.