10 BIG STEPS
TO PREVENT FALLS

BIG Steps 7 & 8:

Eat Well to Prevent Falls

Featured Speaker:

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Ohio Department of Aging

Presented by:

Ohio Department of Aging

Ohio Older Adult Falls Prevention Coalition

With contributions from:

Holmes County General Health District

Ohio Northern University

Ohio State University Wexner Medical Center

Select Home Care

Carmen Clutter, MS, RDN, LD

- Ohio Department of Aging
  - Population Health & Nutrition Manager
- Registered Dietitian Nutritionist (RDN)
- Licensed Dietitian (LD)

Nutrition and aging

Nutrition needs change as you age:

- Decreased energy needs
- Decreased ability to absorb nutrients
- Increased nutrient needs
- Affected by chronic conditions and certain medicines

Eat well as you age

Healthy eating has many benefits:

- Provides calories and nutrients that your body needs
- Maintains healthy body weight
- Lowers your risk of chronic disease
- **Helps prevent falls**

Important nutrients

- Protein
- Calcium
- Vitamin D
- B Vitamins
- Fiber

Keep a healthy body weight

- Your body *may* not need as many calories
- Excess calories can lead to weight gain
  - Overweight and obesity can increase risk of chronic conditions
- Being underweight can increase your risk of bone loss and weakness

Lower risk of chronic conditions

- Prevent disease
- Slow progression
  - Maintain chronic condition
- Reduce symptoms

Let’s eat healthy!

Eating well to prevent falls

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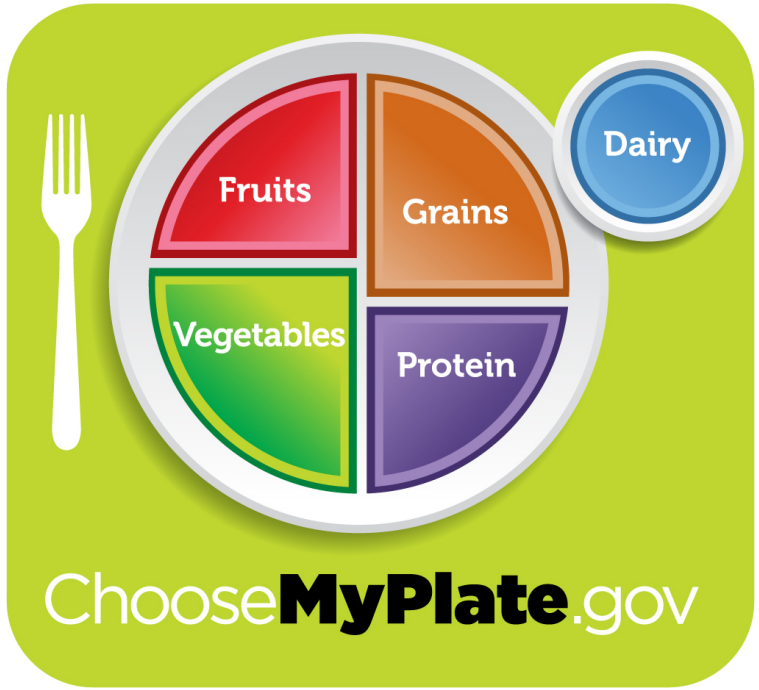
Focus on healthy eating

- Create a healthy plate
- Vary your food
- Control your portions
- Drink plenty of fluid



Quick tips to eat well

- Make meals and snacks colorful
- Eat small meals or snacks often
- Use herbs and spices
- Limit sugar-sweetened beverages
- Limit foods high in fat, sugar, and/or salt (sodium)

Make a plan to eat healthy

Plan out what you want to eat

- Cook ahead and refrigerate/freeze food
- Keep low-sodium canned vegetables in stock
- Choose frozen or low-sugar canned fruit for snacks
- Share a healthy meal with someone

Ask for help

- Talk with your health care provider about your nutrition needs
- Meet with a registered dietitian nutritionist (RDN)

Resources

- The Academy of Nutrition and Dietetics
- ChooseMyPlate
- National Institute on Aging
- National Council on Aging

Questions?

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References

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- National Council on Aging. *Healthy Eating Tips for Seniors.* https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/.
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- "Older Adults." *ChooseMyPlate*, USDA, www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults.
- The National Resource Center on Nutrition & Aging. *Featured Briefs*. https://nutritionandaging.org/practice-briefs/nutrient-briefs/.
- U.S. Department of Agriculture. *ChooseMyPlate.* https://www.choosemyplate.gov/

Join us tomorrow for

BIG Steps 9 & 10: Talk with Your Health Care Providers About Falls

Presented by:

Kristen Sobota and Kelly Kroustos

Ohio Northern University

THANK YOU!

Find more information to help prevent falls: www.steadyu.ohio.gov

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OHIO INJURY PREVENTION PARTNERSHIP

Older Adults Falls Prevention Coalition