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Question 27 (10 marks)

Name a specific group in Australia whose health you have investigated.

Group: The Elderly

- (a) Identify a significant health concern for this group and explain why it is a concern. 2

Osteoporosis is a significant health concern due to the decrease of bone density and therefore weakening of their bone strength as they age and calcium stops being absorbed effectively into their bones. This leads to easy bone breakages.

- (b) Explain the changes to dietary intake that would address the nutritional needs of this group. 4

As elderly people have slower body functions their digestion system ~~is~~ struggles to process hard or high in fat, sugar and salt foods. A change in their diet should be for foods high in dietary fibre, for example 'fibre enriched bread' to improve their digestronal tract to prevent colon cancer and constipation. They should consume foods that are soft and easily chewable, for example mashed potatoe, as ~~the~~ many have false teeth or weakened teeth due to developing osteoporosis with age. Food intake should be highly nutritional and healthy, eg. salads and lean chicken to maintain the individuals health and high in energy as at this stage elderly people find daily functioning harder, eg. pasta products.

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Question 27 (continued)

- (c) Propose and justify a strategy to promote optimum health through good nutrition for this group.

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A strategy to promote optimum health could be the creation of an 'Elderly Eating Range' including highly nutritional, chewable, digestible and energetic food products that contains information on how to maintain optimum health. This information can be in pamphlets with the meals describing why these foods will maintain good nutrition for elderly people and incorporate a menu planner that has a vast variety of menu options to suit their needs. This strategy is good as it allows elderly meals to be predetermined on nutritional value and is easily promoted through signage, product placement, television and in retirement homes etc.

End of Question 27