DIET-2430: LIFE CYCLE NUTRITION - NUTRITION THROUGH ADULTHOOD

Cuyahoga Community College

Viewing: DIET-2430 : Life Cycle Nutrition - Nutrition through Adulthood

Board of Trustees:
2018-03-22

Academic Term:
2018-08-27

Subject Code
DIET - Dietetic Technology

Course Number:
2430

Title:
Life Cycle Nutrition - Nutrition through Adulthood

Catalog Description:
Explore the adulthood nutrition life cycle. Includes assessments, health concerns, including cardiovascular disease and diabetes, obesity, alternative and complementary care, community nutrition programs and support for low income persons. Introduction to geriatric nutrition and nutritional requirements for the elderly.

Credit Hour(s):
1

Lecture Hour(s):
1

Requisites

Prerequisite and Corequisite
DIET-1200 Basic Nutrition.

Outcomes

Course Outcome(s):
General understanding of the scientific basis of nutrition and dietetics with exposure to research literature and application to technical practice.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):
1. Describe fundamentals of nutrition across the life span. (Adult/elderly)
2. Summarize the physical changes related to the aging process and list nutrition implications for each.

Course Outcome(s):
Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence based price decisions related to the dietetics technician level of practice.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):
1. Describe the nutritional requirements for the elderly.

2. Calculate BMI (Body Mass index) and access weight as a function of nutritional status .
3. Describe process of performing body composition assessments.
4. Discuss the process and guidelines of USDA nutrition programs for the elderly, including the Supplemental Nutrition And Assistance Program (SNAP), Congregate and home delivery meals programs.

Course Outcome(s):

Identify health care delivery systems and policies that impact nutrition and dietetic technician practice.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Compare and contrast the various feeding programs available for the elderly.
2. Describe the processes involved in delivering quality food and nutrition services.

Course Outcome(s):

Promote health improvement, food safety, wellness and disease prevention for the general population.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Evaluate the impact of alternative and complementary treatments on nutritional status.

Course Outcome(s):

Translate nutrition requirements for the elderly into nutritionally adequate menus.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Identify nutrition concerns of various medical conditions and translate into nutritionally adequate menus focusing on cardiovascular, diabetes, obesity.
2. Modify recipes and menus for acceptability and affordability that accommodates the cultural diversity and health status of various populations, groups and individuals.

Methods of Evaluation:

1. Quizzes
2. Examinations
3. Case studies
4. Written reports

Course Content Outline:

1. Adulthood
    a. Assessing nutritional status of adults
        i. Body mass index
        ii. Body composition
        iii. Waist-hip ratio
    b. Physical changes of adulthood
    c. Health promotion
    d. Adequate diet
2. Health concerns of adulthood
    a. Cardiovascular disease management
    b. Diabetes: Medical Nutrition Therapy and Education
    c. Obesity

3. Alternative and complementary care
    a. Herbal therapies
    b. Alternative therapies
4. Low-income adults
    a. Supplemental Nutrition Assistance Program (SNAP).
    b. Food Insecurity
5. Introduction to geriatric nutrition
    a. Life span versus life expectancy
    b. The elderly population in the U.S.
    c. Theories of aging
    d. Nutrition concerns with aging
        i. Decreased appetite, sense of taste and smell
        ii. Poor dentition
        iii. Decrease sensation for thirst
        iv. Constipation
        v. Decrease in organ function
        vi. Bone health and aging
    e. Medications and its affect on nutrition
6. Community nutrition programs for the elderly
    a. Congregate feeding programs
    b. Home delivered meals
    c. Food insecurity and access to food
    d. Supplemental Nutrition Assistance Programs(SNAP)
7. Nutritional requirements for the elderly

    a. DRI (dietary reference intake) for 51-70 years old group
1. b.   DRI for >70 years old group
    c. Modified MyPyramid for older adults: Tufts Food Guide Pyramid for Older Adults
    d. The Nutrition Screening Initiative
e.   The DETERMINE checklist
f. Choose My Plate. gov
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Resources

Edelstein, Sari. *Life Cycle Nutrition- An Evidence based Approach.* 2nd. Jones and Bartlett Leaning, 2015.

ADA. *Nutrition Care Manual: Online.* {ts '2016-12-30 00:00:00'}.

Resources Other

1. Supplemental Nutrition Assistance Program (SNAP): U.S. Department of Agriculture .
2. https://www.nutrition.gov/subject/food-assistance-programs/nutrition-programs-seniors (https://www.nutrition.gov/subject/food-assistance-programs/nutrition-programs-seniors/)

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