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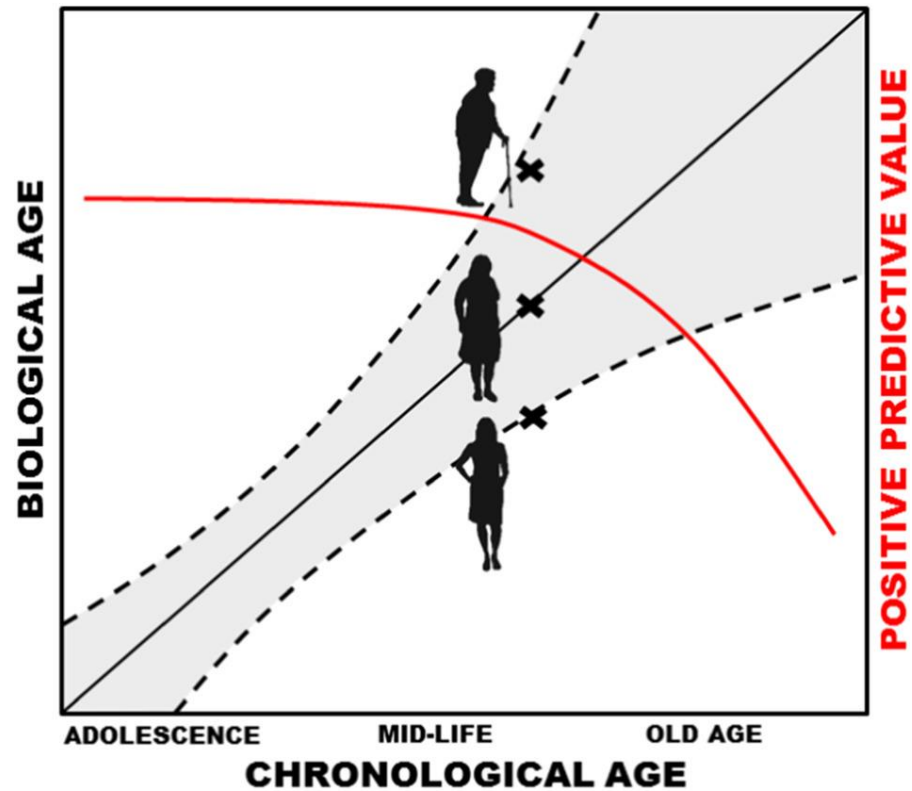


Promoting Healthy Aging through Nutrition

*Advancing the Field with Existing Cohorts-
Opportunities & Obstacles*

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Tufts University USDA HNRCA
July, 2023

Older adults are a heterogeneous group.



How to define older adulthood?

≥ 60 years

*Dietary
Guidelines for
Americans, Older
Americans Act*

≥ 65 years

*Medicare,
Social Security*

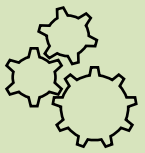
> 70 years

*Dietary
Reference
Intakes*

Setting a Research Agenda



What are the research questions?

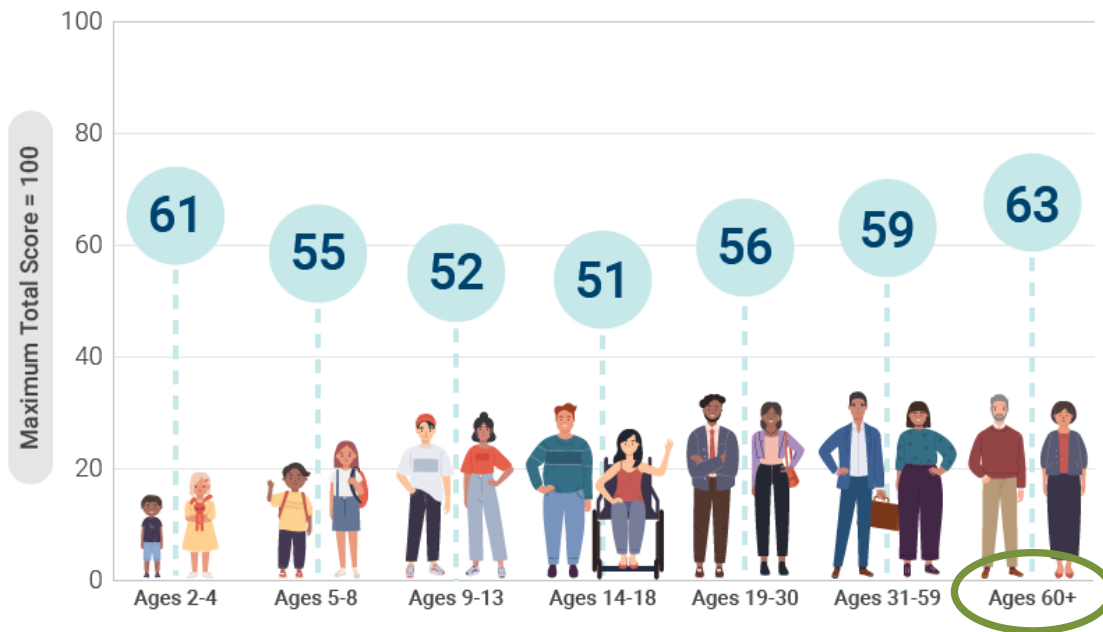


What resources can be leveraged?



Make modest investments using existing resources.

Adherence to the Dietary Guidelines for Americans across Life-stages.



How does diet change throughout older adulthood?

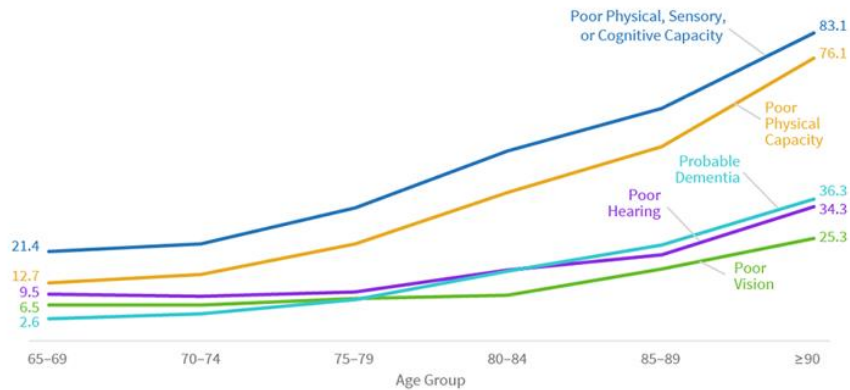
NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

Are 60-year-olds & 100-year-olds the same?

The likelihood of having a disability increases with age.

Age-Specific Estimates of Poor Physical, Sensory, and Cognitive Capacity, Adults Ages 65 and Older (%), 2015



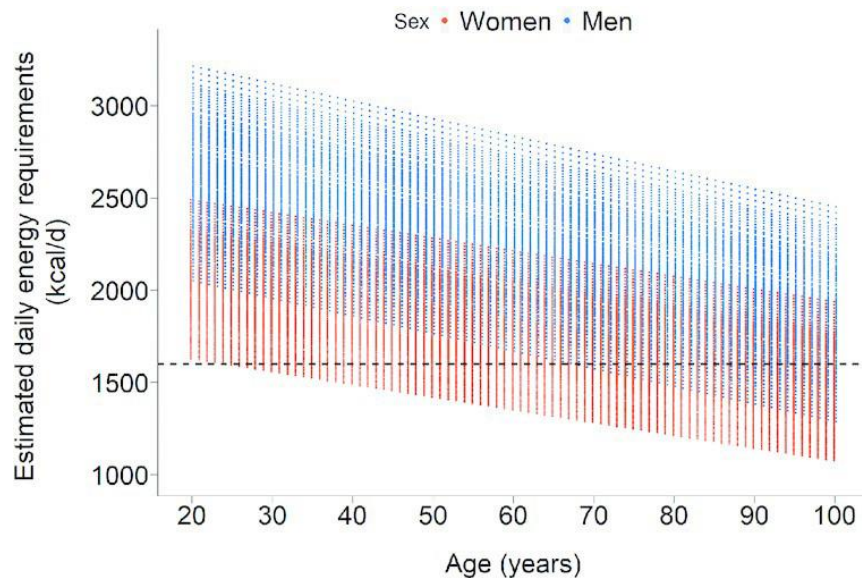
Source: National Health and Aging Trends Study.

How are dietary patterns throughout older adulthood associated with chronic disease risk?

<https://www.prb.org/resources/eight-demographic-trends-transforming-americas-older-population/>

Are 60-year-olds & 100-year-olds the same?

Energy requirements decrease with age.



Are the dietary requirements of 60-year-olds & 100 year-olds the same?

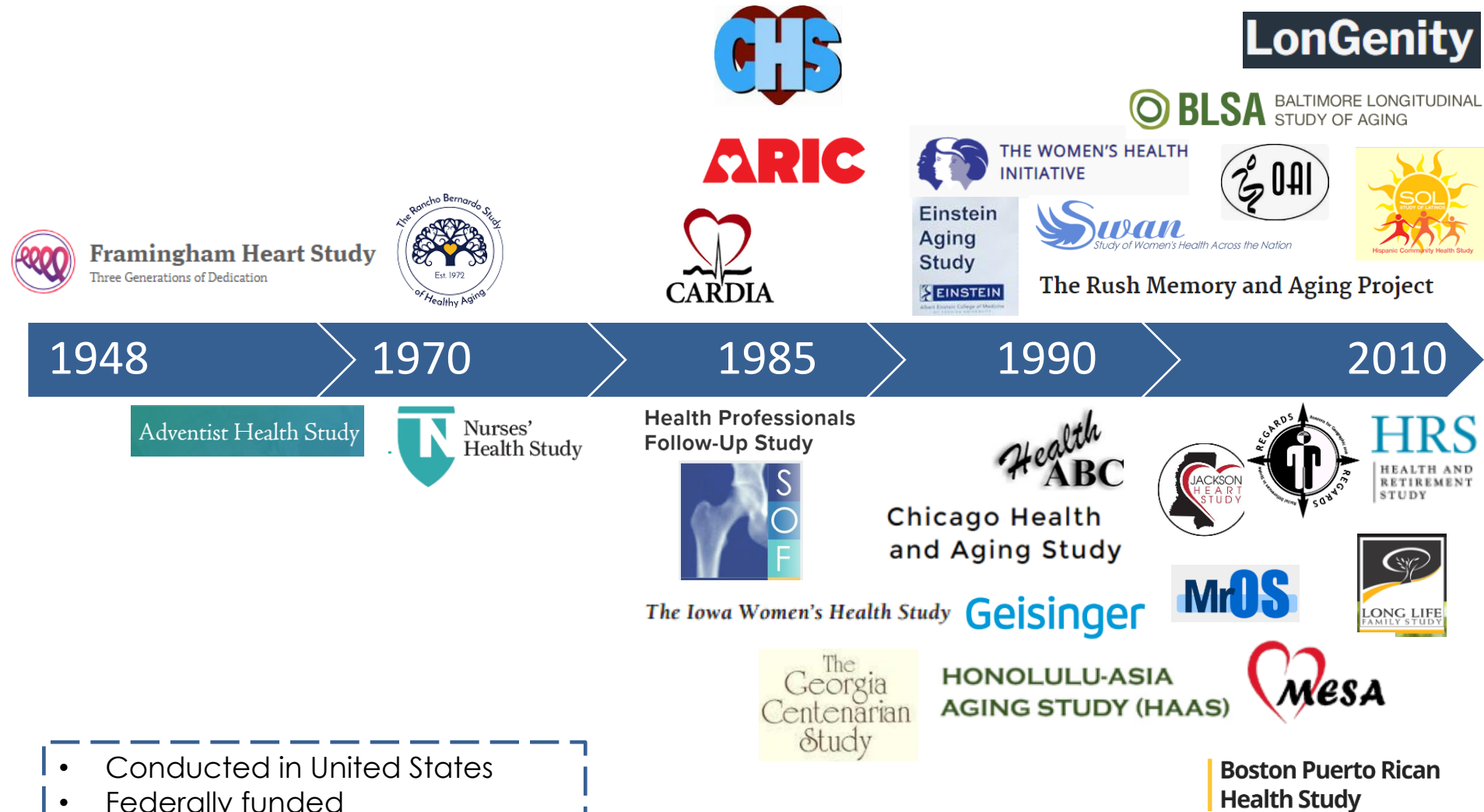
**How does diet
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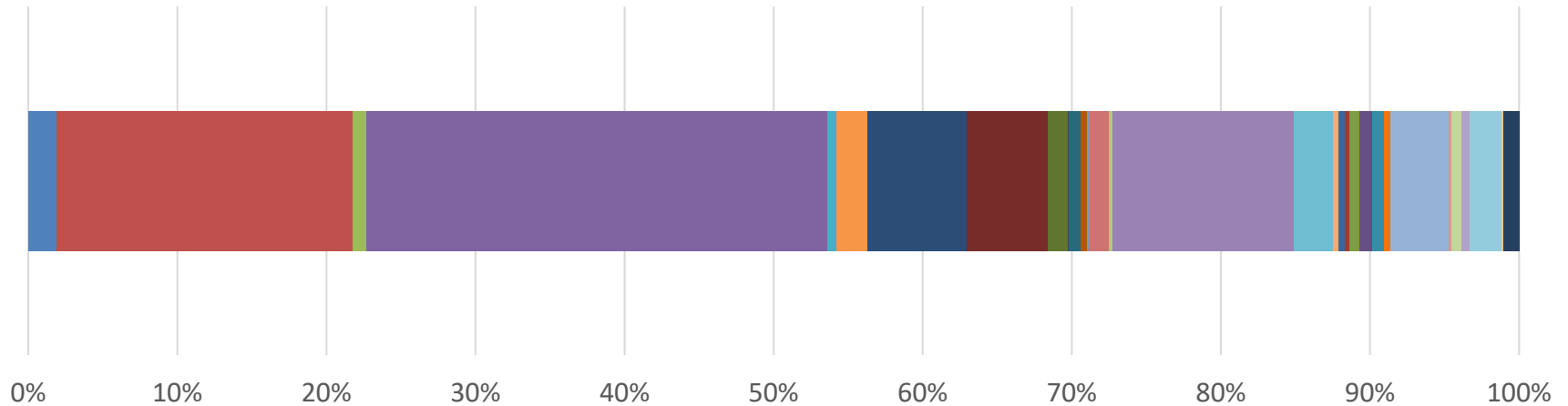
**What resources are available to
begin to address these questions?**

32 Federally-funded prospective cohorts



- Conducted in United States
- Federally funded
- ≥ 1 Dietary Assessment
- Longitudinal follow-up
- ≥ 1 publication since Jan. 1, 2006

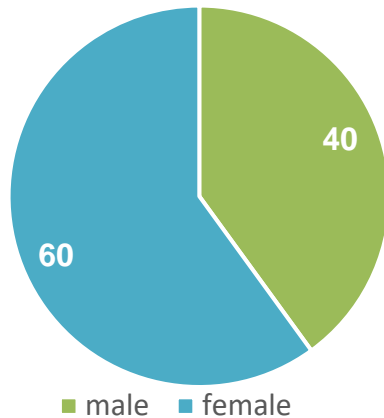
>750,000 participants



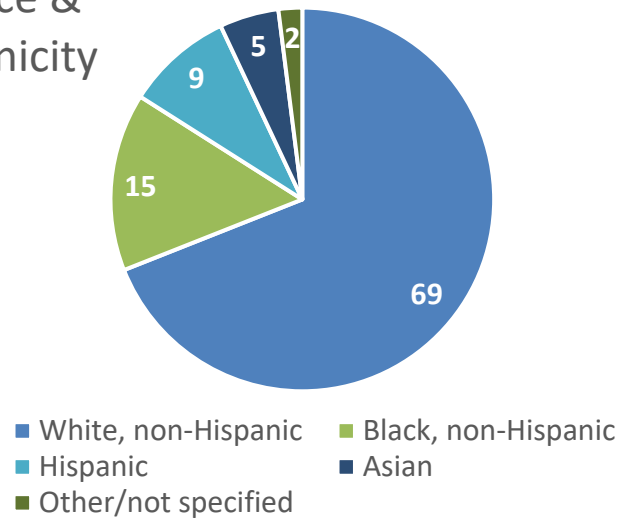
- Framingham Heart Studies
- Adventist Health Studies
- Rancho Bernardo
- Nurses Health Studies
- CARDIA
- ARIC
- HPFS
- Iowa Womens Health Study
- SOF
- Georgia Centenarian
- CHS
- Honolulu Asia Aging Study
- Univ Alabama Aging Study
- CHAP
- Health ABC
- WHI
- GRAS
- SWAN
- MrOS
- Rush MAP
- Jackson Heart
- MESA
- OAI
- BLSA
- REGARDS
- Boston Puerto Rican
- HRS
- HCHS/SOL
- LonGenity
- Long Life Family

Demographics

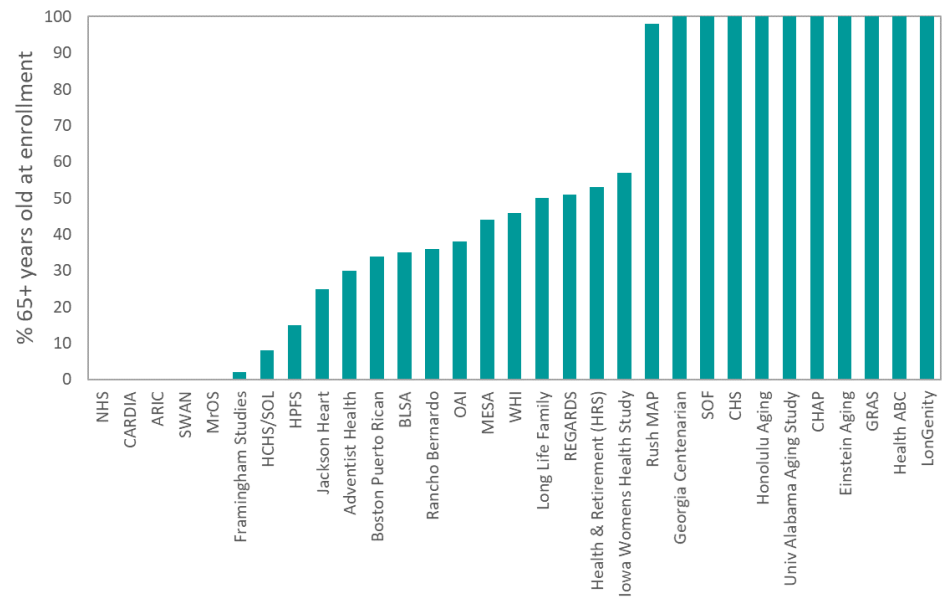
Sex



Race & Ethnicity

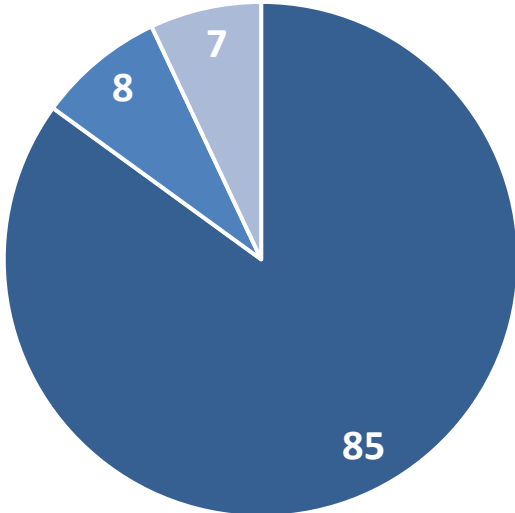


Age at enrollment



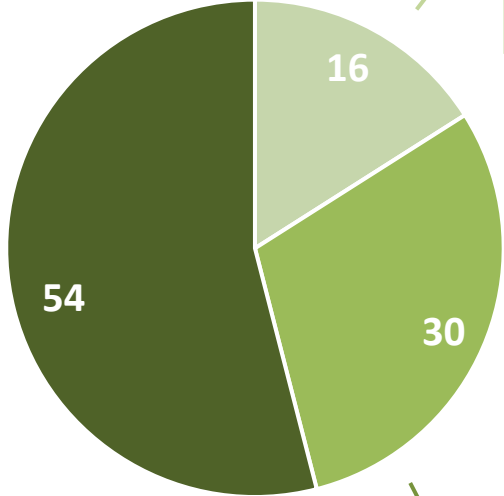
Dietary Assessment

Method



- FFQ
- 24H recall
- Other

Frequency



- 3+ follow-up
- 1-2 follow-up
- Single time-point

92 % White
4 % Black
2 % Hispanic

70 % White
14 % Black
10 % Hispanic



Opportunities

- Dietary intake data are available in > 750,000 individuals from ~32 prospective federally-funded US cohorts.
- Add dietary assessment to ongoing cohorts which currently lack it.

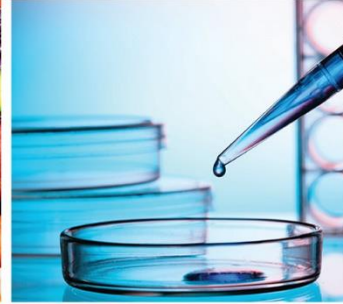


Obstacles

- Reliance on recall ability.
- Cultural adaption of FFQs.
- Currently, follow-up dietary assessments are available primarily on non-Hispanic whites.

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Thank you.