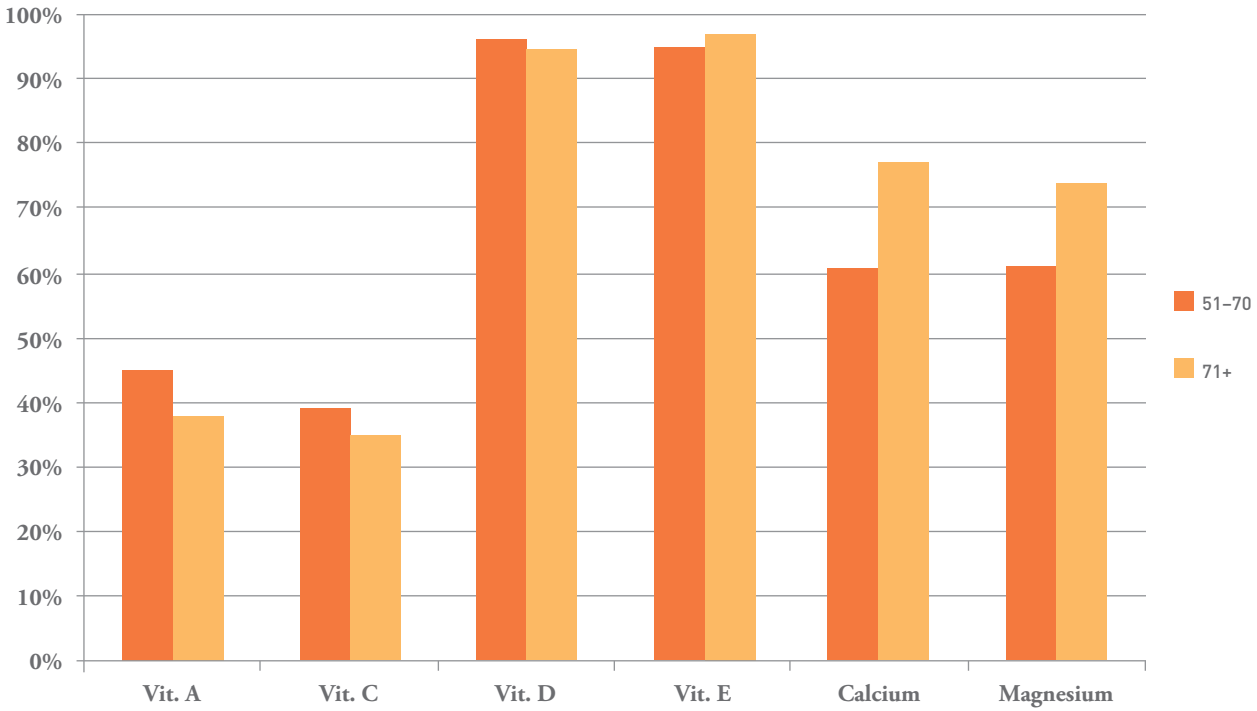
Older Americans & Nutrient Shortfalls

PHARMAVITE

NUTRIENT SHORTFALLS AMONG OLDER AMERICANS AGE 51–70 & 71+ (PERCENT WITH INADEQUATE INTAKE)

Source: NHANES 2001–2008[1]



The National Health and Nutrition Examination Survey (NHANES) is a survey conducted by the Centers for Disease Control and Prevention (CDC). NHANES is designed to assess the health and nutritional status of adults and children in the United States. The survey is unique in that it combines interviews and physical examinations. The statistics reported in this fact sheet are based on the EAR, which is helpful for assessing individual nutrient needs.

America is in the midst of a nutrition crisis that has yet to be fully addressed.

- A large percentage of older Americans have inadequate intakes of vitamins A, C, D, and E, calcium and magnesium.[1]
- Of particular note, practically all older Americans are not meeting the recommended intake for vitamins D and E. These nutrients have important roles in bone and heart health (serum vitamin D[2–5]) and in providing antioxidant support (vitamin E).

Current dietary and lifestyle choices have led to a growing gap between the amount of nutrients people should consume and the actual nutrients they are consuming.

- Older Americans have a greater risk of bone fractures making the shortfalls of important bone-building nutrients, vitamin D, magnesium and calcium, of greater concern.[6]

Nutrient shortfalls left unaddressed have the potential to lead to chronic diseases such as osteoporosis[7], and certain cancers[8], which will increase healthcare costs.

- Older Americans tend to consume less calories and food due to a decreased appetite.[9] This poses a challenge to correcting nutrient shortfalls through a food-only approach.

For more information visit:

Dietary Guidelines for Americans | *www.dietaryguidelines.gov*

Nutrition.gov | *www.nutrition.gov*

National Institutes of Health MedlinePlus | *www.nlm.nih.gov/medlineplus/nutrition.html*

National Osteoporosis Foundation | *www.nof.org*

Centers for Disease Control and Prevention | *www.cdc.gov*

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