Nutrition specifically designed for the elderly

Emmanuel Pradon
Global Marketing, Nestlé HealthCare Nutrition

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Older Population
At Significant Risk of Malnutrition

Typical medical conditions, where:

- Nutritional status is likely to deteriorate
- Nutritional intervention can help improve patient outcome
Malnutrition Impairs Outcome: A Risk of Accelerated Decline

Malnutrition and disease – A downward spiral towards dependence

- Medical event: Fracture, infection, illness
- Increased nutrient needs, decreased appetite and intake
- Prolonged recovery, increased complications
- Loss of IADLs/ADLs, increased dependency
- Institutionalisation
- Immobility, muscle weakness, risk of falls and fractures
- Declining nutritional status and weight loss
- Up to 40% of hospitalised patients are malnourished upon admission
- 1 in 3 people aged 65+ falls at least once each year
- 15-25% of Hip fracture patients require nursing home care
- Up to 3 times longer length of hospital stay and higher risk of infection
- 50% of patients with Hip fracture have permanent functional disabilities

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Resource® SeniorActiv
Nutritional Benefits

A new nutritional solution specifically designed for the older adult

To help patients:
• Regain strength
• Remain independent
Resource® SeniorActiv contains nutrients commonly deficient in the diet of older adults and helps to:

- **Improve nutritional status**
- **Regain strength and energy** after an illness or surgery
- **Maintain functional abilities**, by supporting physical strength and cognitive health

Resource® SeniorActiv is specifically rich in nutrients that have been shown to reduce falls and fractures in the older population.
Resource® SeniorActiv: A Unique Formula Designed for the Older Population

Contains Acti-3, a combination of 3 key ingredients to support strength:

- High levels of **Protein** (40g per 2 servings) to help minimise muscle breakdown and support muscle synthesis
- High levels of **Vitamin D** (1000 IU per 2 servings) and **Calcium** (960mg per 2 servings) to support muscle strength and optimise bone health
Resource® SeniorActiv: A Unique Formula Designed for the Older Population

Resource® SeniorActiv also contains:

- A proprietary prebiotic fibre blend of FOS & Inulin → To support regularity and the immune system
- EPA/DHA (omega-3 fatty acids) and high levels of Vitamin B12 and Folate → To support cognitive health
- High levels of antioxidants Zinc and Selenium → To address the oxidative stress

Resource® SeniorActiv is nutritionally complete and high in calories (1.5 kcal/ml) to help stop weight loss and promote weight gain.
Taste and Compliance with Oral Supplements: A Persisting Issue

• Compliance with Oral supplements is limited in both hospitals and the community:\n  → Only 43% of patients consume more than 80% of the prescribed amount

• Key factors influencing compliance:\n  → Flavor
  → Taste
  → Texture
  → Personal preferences and lifestyle

1. Lad H et al., Elderly patients compliance and elderly patients and health professional’s views and attitudes towards prescribed sip-feed supplements, J Nutr Health Aging 2005; 9(5):310-4
Taste and Compliance with Oral Supplements: A Persisting Issue

Resource® SeniorActiv:

Great tasting flavour combinations to optimise taste and compliance
Regain strength
Remain independent

Nutrition specifically designed for the elderly:
- High in protein
- High in vitamin D and calcium
- High in B vitamins and antioxidants

Resource® SeniorActiv is designed to meet the specific nutrient needs of the elderly and help regain strength after an illness.

Resource® SeniorActiv is rich in nutrients that have been shown to improve muscle strength, reduce falls and fractures and support cognitive health.