Nutrition specifically designed for the elderly

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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
- Up to 40% of hospitalised patients are malnourished upon admission

- Increased nutrient needs, decreased appetite and intake
- Up to 3 times longer length of hospital stay and higher risk of infection

- Declining nutritional status and weight loss
- 1 in 3 people aged 65+ falls at least once each year

- Immobility, muscle weakness, risk of falls and fractures
- 15-25% of Hip fracture patients require nursing home care

- Prolonged recovery, increased complications
- Loss of IADLs/ADLs, increased dependency

- Institutionalisation
- 50% of patients with Hip fracture have permanent functional disabilities
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

Vitamin D supplementation of 700 – 1000 IU/d is clinically proven to reduce falls and fractures\(^{10,11}\)

- **Falls:** -19% reduction
- **Non-vertebral fractures:** Institutionalised: 13%, Community dwelling: 29%, -20% reduction
- **Hip fractures:** -18% reduction

*Statistically significant
Resource® SeniorActiv: A Unique Formula Designed for the Older Population

Resource® SeniorActiv also contains:

- A proprietary prebiotic fibre blend of FOS & Inulin

- EPA/DHA (omega-3 fatty acids) and high levels of Vitamin B12 and Folate

- High levels of antioxidants Zinc and Selenium

Resource® SeniorActiv is nutritionally complete and high in calories (1.5 kcal/ml) to help stop weight loss and promote weight gain.
• Compliance with Oral supplements is limited in both hospitals and the community¹:
  → Only 43% of patients consume more than 80% of the prescribed amount

• Key factors influencing compliance¹:
  → 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
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.