



WAKE UP AND SMELL THE MUSCLES

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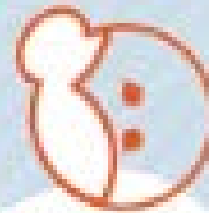
Objectives:

- List ways that sarcopenia may impact quality of life
- Identify nutrition-related strategies for maintaining physical strength
- Describe the role of physical activity and protein in promoting independent living
- Assist older adults with food and activity choices that preserve and improve functional capacity

ACTIVE ADULTS

**Today's adults think,
feel and behave**

5 – 10 years younger
than their actual age, and are
looking to remain strong and
healthy as they age.²





PREVALENCE OF SARCOPENIA

1 out of 3 adults age 50
and older suffer from
sarcopenia

MUSCLE LOSS IN ADULTS

Muscle loss begins around age 40 and

accelerates around age 70.³⁻⁶ The natural loss

of muscle in adults

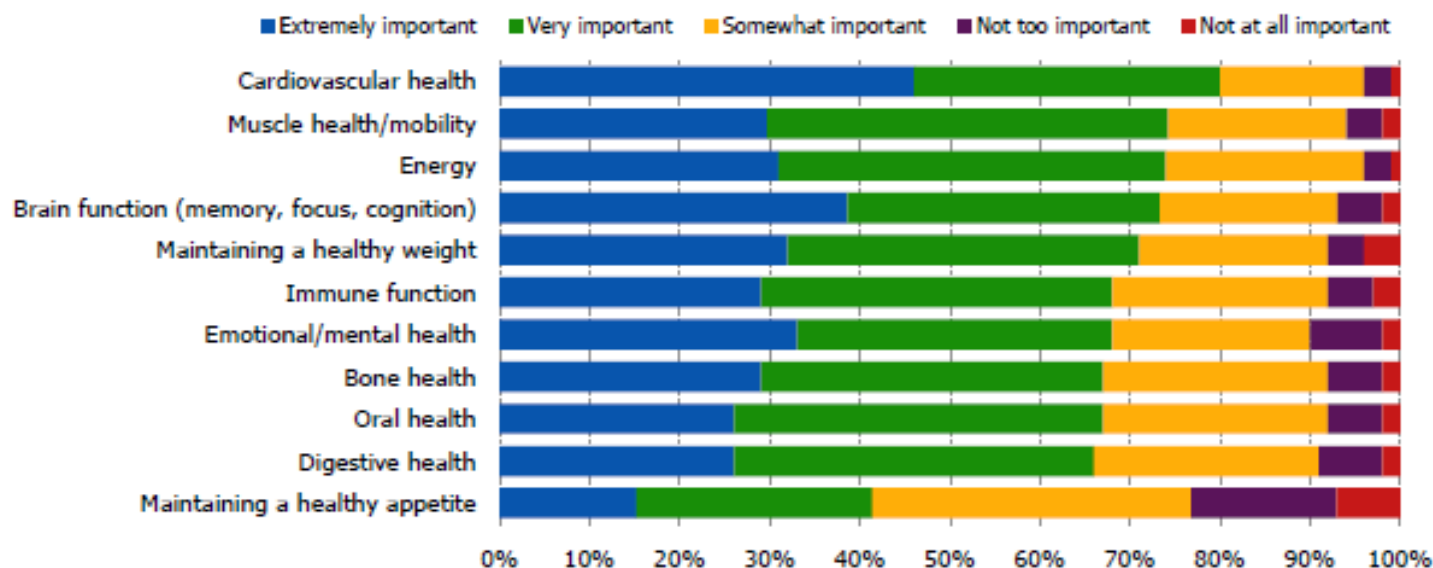
increases
their risk for sarcopenia.



Americans over 50 See Many Topics as Important

Nearly half find cardiovascular health to be extremely important; Mobility, energy, and brain function are also topics of significance

Health Topic Importance

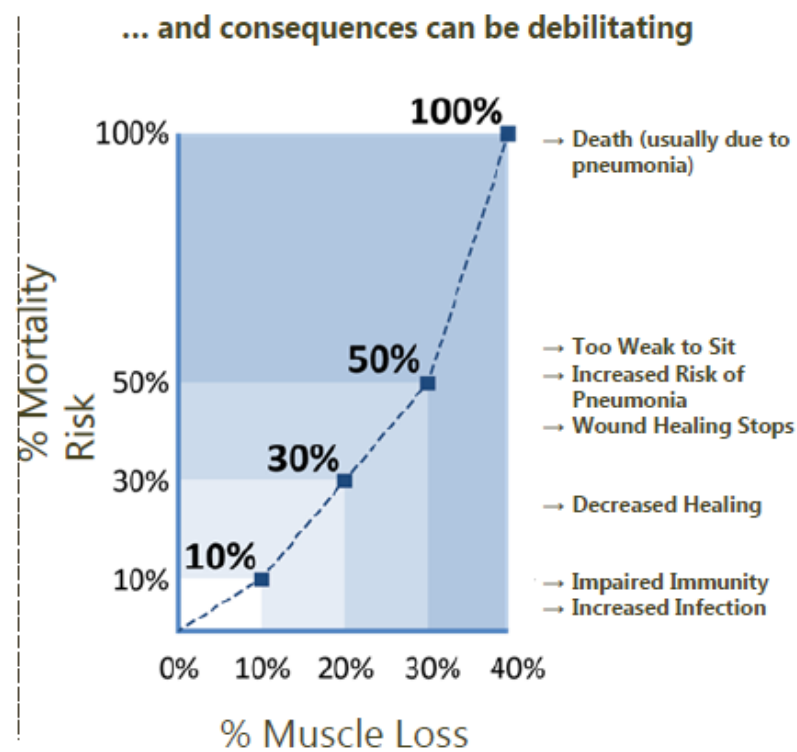
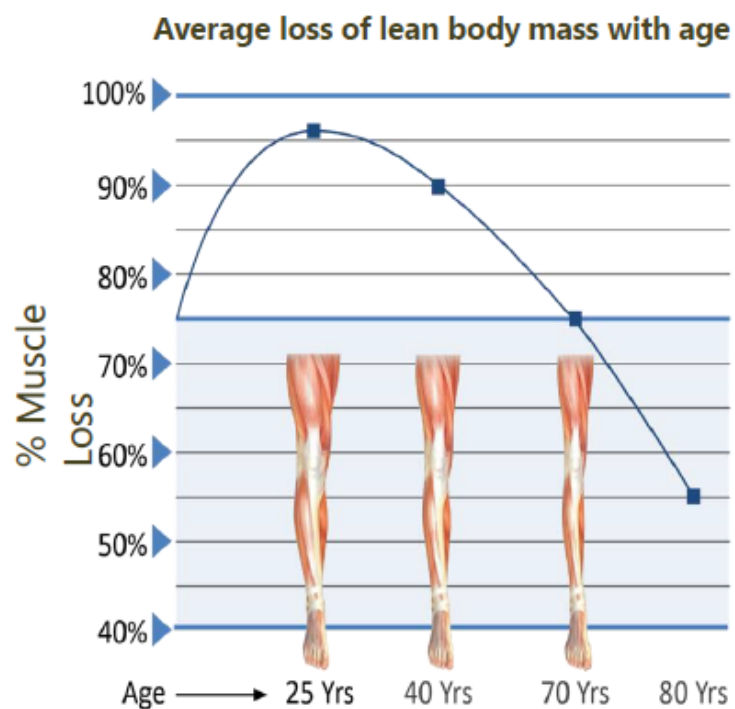


While those in better health see nearly all of these topics as more important than their counterparts in poorer health, the same is not true across BMI.

Q10: How important are the following health topics to you currently? (n=1,005)

Lean Body Mass Loss

Loss of lean body mass, strength, and/or functionality (sarcopenia) can reduce body's ability to heal, fight infection/disease; increases risk of falls, fractures, death



Sources: Baier S, et al. *JPEN J Parenter Enteral Nutr.* 2009;33(1):71-82, Flakoll P, et al. *Nutrition.* 2004;20(5):445-451, Janssen I, et al. *J Appl Physiol.* 2000;89(1):81-88.

CONSEQUENCES OF SARCOPENIA

Sarcopenia can affect adults' ability to perform **daily activities**, such as: **walking, rising out of a chair, lifting objects, walking up stairs.**^{7,8}



THE AGING POPULATION

As life expectancy increases, the number of people experiencing muscle loss and sarcopenia is expected to increase. In 2010, approximately 1 out of every 5 persons was 50 years or older. **By 2050, approximately** *2 out of every 5 persons* will be age 50 years or older.⁹



Take Action to Maintain Muscle Health



Talk to your health care provider

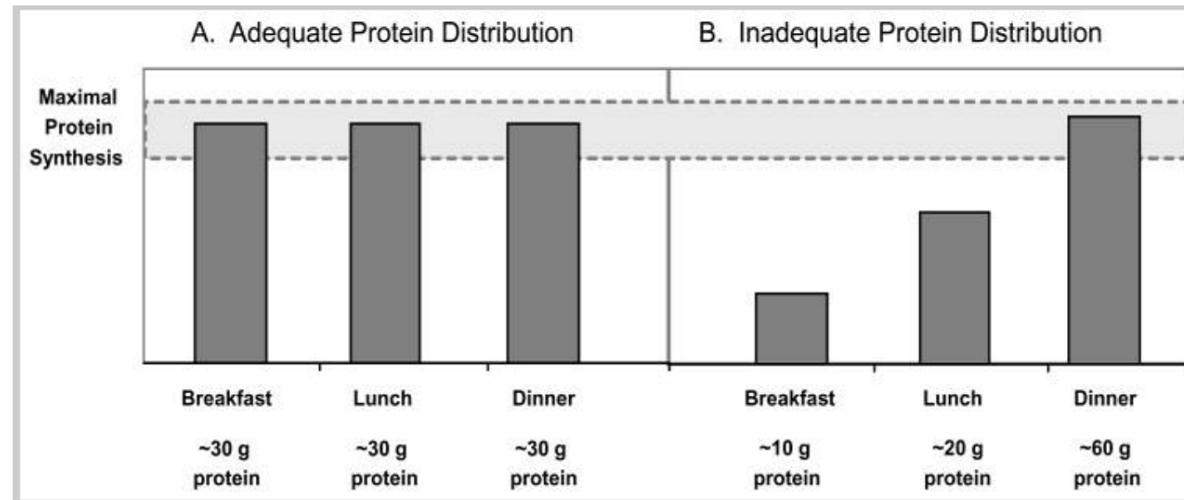


SARC-F SCREENING QUESTIONS

- Strength: difficulty lifting/carrying 10 pounds
 - Walking assistance: difficulty walking across the room
 - Rising from chair: difficulty transferring from a chair or bed
 - Stair climbing: difficulty climbing a flight of 10 stairs
 - Fall: # falls within the past year
- Woo J, Leung J, Morley J. *J Am Med Dir Assoc.* 2014;15:630-634.

Targeted Nutrition





Douglas Paddon-Jones and Blake B. Rasmussen, 2009

Exercise

Chair Stand Test (Number of Stands)							
Age	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Men	14-19	12-18	12-17	11-17	10-15	8-14	7-12
Women	12-17	11-16	10-15	10-15	9-14	8-13	4-11

Physical Activity Recommendations

Aerobic –moderate exercise for at least 30 minutes/day
5x/week

OR

Vigorously intense aerobic exercise for 20 minutes/day
3x/week

AND

Muscle Strengthening – 2 or more days/week working all the
major muscle groups

If you're at risk of falling perform balance exercises

Strategies in Your Practice Setting?

Get out there and
PUMP
them up!



Thank you!

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