

Obstacles older adults nutritional food health and social care essay

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As concluded by a reappraisal of the literature, the subject of hunger and older grownups is drastically understudied. However, hunger is an issue impacting the older grownup Afro-american population peculiarly in hapless, developing metropoliss such as Chester, Pennsylvania. The intent of this survey is to look into the barriers to nutrient security among the aged life in this country and farther heighten the current research ; the focal point will be on deficiency of mobility, socioeconomic position, and deficiency of cognition on proper nutrition and where to entree equal nutrient. The information will be gathered by a subjective question/answer study entitled HouseholdFoodInsecurity Access Scale (HFIAS) . This study will be distributed to Afro-american grownups 65 and older life in the Chester, PA country. The informations acquired from this survey will ease the execution of future plans in order to give older grownups in the Chester, PA country equal entree to nutritionary nutrient.

The troubles of turning old frequently make one think of an addition in furrows, trouble with mobility, financeproblems, worsening wellness, and loss of sight. However, a common happening non thought of when discoursing the predicaments of an older individual is hunger stabs ; the aged often experience a deficiency of equal nutrition, trouble affording repasts, jobs with mobility impacting trips to a food market shop, and a figure of other factors impacting their entree to nutritionary nutrient. The combination of these factors make it highly hard for aged grownups, particularly those populating in ignored metropoliss like Chester, Pennsylvania, to achieve equal nutrient and nutrition in order to pull off a healthy life style. To do affairs more hard, the aged are frequently excessively proud to inquire for

aid when it comes to any of the battles they face as a member of the older population, doing an inauspicious consequence on their wellness, wellbeing, and quality of life.

The Current State of the Problem

The continuity of hungriness in a development, hardworking state like the U. S. is `` the most profound contradiction of our age " (Cohen & A ; Reeves, 2005) . About 800 million in the underdeveloped universe, about 20 per centum of the entire population, are inveterate malnourished (Cohen & A ; Reeves, 2005) . Research has besides shown that at least 2 billion people suffer from vitamin and mineral lacks (Cohen & A ; Reeves, 2005) . The aged are a population enormously at hazard for this terrorization world.

As the baby-boomer population is coming of age, there is a important rise in the Numberss of aged people in society (Metz, 2000) . Research shows that people 65 and older represent 37 million people in the U. S. , about 12 per centum of the population at big. With such a representative per centum of Americans in this class, the troubles impacting their quality of life are of important importance. Quality of life in old age can frequently be affected by mobility, finance problems, unequal nutrition, sick wellness, and other troubles, although the relationship is non clear (Metz, 2000) .

Literature Review

Discussions of the older population normally focuses on the disablements that diminish older grownups ' capableness to `` obtain nutrient and and/or

prepare repasts " (Roe, 1990) . In a survey of hungriness and the aged, Schlenker (1984) `` concluded that deficiency of entree to cooking installations may explicate their reported hungriness " (Roe, 1990) . Poverty has besides been identified as a finding factor of diet insufficiencies in the aged (Roe, 1990) . Posner (1979) `` emphasized that those aged with really low incomes non merely hold less money to pass on nutrient, but they besides may hold more disablements that diminish nutrient entree than less destitute elderly, who have better wellness attention " (Roe, 1990) . These factors have all been identified as critical determiners of hungriness and unequal entree to nutrient, yet no old surveies have determined which factors have a conjoining consequence, a more terrible impact, and how to repair these issues. The day of the months of these surveies, all before 1990 besides necessitate the demand for a more recent survey ; `` Governments and international and national bureaus implementing nutrient and nutrition plans need information on the population 's nutrient insecurity to inform determination devising, proctor alteration and measure impact " (FANTA, 2008) .

The construct of mobility can hold an impact on many other countries of life, such as it does on adequate entree to nutrition. A research survey to achieve more information in this country is necessitated peculiarly because by look intoing the loss of mobility with increasing age and the impact this has on accessing equal nutrition could heighten the quality of life for an older individual (Metz, 2000) . Adequate nutrition and wellbeing are of import facets of remaining healthy, yet can go progressively hard with old age ; by

researching the barriers forestalling good wellness and nutrition in old age, such as mobility, societal workers and research workers will break measure the demands of the aged population and how to supply good services.

Socioeconomic factors may besides foretell hungriness and subsequent ailment wellness (Biros, Hoffman, & A ; Resch, 2008) . Surveies have shown and estimated household income to be a factor forestalling persons from accessing equal nutrition (Olson, 1999) . It is to no surprise that those with a lower income experience hungriness at a higher degree ; this is due to the fact they can non afford proper nutritionary nutrient and settle for fast nutrient eating houses or frozen processed nutrient. The aged population is no different. As stated above, this has an highly negative consequence on their wellness, every bit good as their emotional and mental wellbeing. The emphasis that can ensue due to the concerns and concerns an person of hapless socioeconomic position faces are a hapless influence on their mental, emotional, and physical wellbeing (Biros, Hoffman, & A ; Resch, 2008) . A combination of these factors, every bit good as the deficiency of equal nutrition, can hold a long permanent negative impact on the wellness of an aged individual. Although money is a major cause of nutrient insecurity, seniors sometimes `` have adequate money for nutrient but are non able to entree nutrient because of transit or functional restrictions, or are non able to decently utilize nutrient because of functional damages and wellness jobs " (Wolfe, Frongillo & A ; Valois, 2010) .

Although frequently hungriness in the U. S. is linked to poverty as a status reflecting unequal resources, it can besides be linked to miss of cognition

about said resources. In a survey by Carlson, Andrews, and Bickel (1999) , an estimated 11. 9 % of U. S. families (35 million people) were nutrient insecure. Among these, 4. 1 % of families (with 6. 9 million grownups) `` showed a repeating form of hungriness due to unequal resources for one or more of their grownup a^| sometime during the period " (Carlson, Andrews, & A ; Bickel, 1999) . Many older grownups remain uninformed about the utile beginnings that can assist them discontinue their hungriness, and are hence uneducated about ways to achieve equal alimentary nutrient.

Other effects of hapless nutritional position include wellness, `` in the broadest sense of [the word] including societal and mental wellbeing every bit good as physical wellness and overall quality of life " (Olson, 1999, p. 521) . Hunger is associated with chronic hapless wellness and may coerce the aged to do picks that acutely impact their physical wellness and wellbeing (Biros, Hoffman, & A ; Resch, 2008) . It is of import in societal work research to acknowledge how nutrient insecurity can impact wellness and overall quality of life either straight or indirectly through nutritional position particularly in old age. The wellness effects of nutrient insecurity among the aged population comprise a potentially rich country for future, socially relevant research in the Fieldss of nutritional scientific disciplines and geriatrics. The scaring hazard of hungriness can be associated with `` compromised psychosocial operation " and other referring emotional provinces (Olson, 1999) ; these are factors of immense concern for persons stand foring at least 12 per centum of our state 's population. This survey will

find the prevalence of hunger, the barriers forestalling this sensed hunger, and its sensed wellness effects among the aged.

As concluded by a reappraisal of the literature, and antecedently stated, the relationship between hunger and older grownups is comparatively understudied. However, as illustrated, hunger is an issue impacting the older grownup population. Similarly, the aforesaid factors are issues blighting the lives of older grownups that can do it even more hard to stay healthy and eat alimentary nutrients. It is necessary to look into more on this subject by planing a survey to farther heighten the current research in this country in order to assist the older, hungry population. The intent of this survey is to place what obstructions, if any, are forestalling older Afro-american grownups in the Chester, PA country from accomplishing equal nutritional nutrient. This peculiar survey will concentrate on deficiency of mobility, socioeconomic position, and the absence of cognition on nutritional beginnings of nutrient. The research inquiries will be: Are there barriers forestalling older African American grownups from accessing equal nutrition? Make these barriers include small to no mobility, finance problems, and deficiency of cognition? What can we as research workers to make arrest and prevent this job for the hereafter? With the informations collected from the study, plans will be implemented to ease the distribution of nutritional nutrient within the country in an attempt to discontinue the bing job of hunger in the older grownup population. In a similar attempt, participants will have a press release on where to travel to acquire nutrient,

consciousness on proper nutrition, and how to manage their funds in order to properly supply for their households appetites.

The Demographics

Although much of the research and information stated therefore far reflects the older population at a wide degree, the African American older grownups populating in Chester, Pennsylvania are no different, and may in fact experience all of these negative factors at a much higher degree. People 65 and older represent 11.8 per centum of the population in Chester, PA and 15.6 per centum of the Pennsylvania population at big harmonizing to the 2008 US Census (US Census). Furthermore, the lives of these older grownups are made more hard as Chester, Pennsylvania is a instead developing and unfortunate, neglected community. The averagefamilyincome in this country is \$ 33,365, which is significantly less than the mean Pennsylvania household income of \$ 50,713 (City-Data, 2008). Residents with income below the poorness degree in 2008 was at an dismaying 27.2 per centum while the remainder of the province is at a much more stable per centum of 11 per centum (City-Data, 2008). The population in Chester, PA has 16.7 per centum of persons unemployed, a per centum much above province norm (City-Data, 2008). Similarly, the African American population per centum is significantly higher than province norm at 74.6 per centum (City-Data, 2008). In footings of nutrientenvironmentstatistics, the metropolis does non hold a food market shop within its metropolis bounds coercing occupants to go forth Chester to make their nutrient shopping. Furthermore, Chester is # 84 on the list of ``

Top 100 least-safe metropoliss in the U. S. " (City-Data, 2008) . The combination of these unwanted statistics paints a graphic image of the neglected community that is Chester, PA. As if older grownups do non hold adequate jobs impacting their entree to adequate nutrition, it is clear to see that the African American older grownup population in Chester, PA has significantly more factors blighting their wellness and nutrition.

In a survey by Wolfe, Frongillo, and Valois (2010) , Afro-american seniors are one population in peculiar that suffers from nutrient insecurity. Many urban elder African Americans rely on borrowing money from friends, `` purchasing nutrient on recognition from local grocers, trusting on aid from close friends or household who were non ever able to supply the aid needed or making without. " With the bulk of the Chester, PA population in this class, an outstanding 74. 6 per centum (City-Data, 2008) , the senior Afro-american grownups who suffer from hungriness in this country demand help achieving satiating, alimentary nutrient.

It is clip to acknowledge that adult females and kids are non the lone persons enduring from hungriness and malnutrition ; seniors are besides a group of greatest concern (Wellman, Weddle, Kranz, & A ; Brain, 1997) . The high degree of malnutrition among America 's older grownup is non merely unacceptable, but it is preventable (Wellman et. al. , 1997) . It is necessary to increase public consciousness of the issue of hungriness and older grownups through this research survey in order to help older individuals in accessing equal nutrition. On a similar note, the fact that many of the surveies aforementioned in this literature reappraisal are dated by more

than 5 old ages warrants a demand for this research survey. The intent of this survey is to look into the barriers to nutrient security among the aged life in this country and farther heighten the current research ; the focal point will be on deficiency of mobility, socioeconomic position, and deficiency of cognition on proper nutrition and where to entree equal nutrient.

RESEARCH QUESTION

What are the possible obstructions forestalling older grownups in the Chester country from having equal nutrient and nutrition?

METHODOLOGY

Sampling & A ; Recruitment Procedures

The population in this research survey includes Afro-american older grownups age 65 and older residing in Chester, PA, non in anursingplace or other healthcare installation. The names of the persons will be acquired from the Delaware County Office of Services for the Aging (COSA) . The sample will include both males and females in parts reflecting the current population 's per centums since the sample is critical to external cogency ; the findings can so be generalized to the larger mark population. The choice procedure will be done indiscriminately ; the topics in the survey will be chosen at random from the population. Every 3rd individual 's name on the list of older Afro-american grownups in Delaware County from COSA will be selected to finish the study. The participants will finish a consent missive that assures they understand their namelessness and confidentiality will be ensured.

Study Design

This is an exploratory survey which will specify the obstructions forestalling older grownups in the Chester country from having equal nutrient and nutrition. The information will be obtained from a assorted method cross-sectional attack. The participants will first finish a self-report study, followed by a more prodding interview in order to derive more cognition on this subject. The study is the Household Food Insecurity Access Scale (HFIAS) for Measurement of Food Access is obtained from the United States Agency for International Development (USAID) .

Measurement/Instrumentation

For the intent of this survey, hungriness will be defined as holding " limited or unsure handiness of nutritionally equal and safe nutrients or limited or unsure ability to get acceptable nutrients in socially acceptable ways " (Anderson, 1990, p. 1598) . Lack of mobility will include troubles traveling because of hapless articulations, arthritis, and other age-related troubles, every bit good as deficiency of a auto, or any other agencies of transit to the food market shop. Low fiscal position will be defined as the inability to decently supply alimentary nutrient, along with other necessities, for oneself and others in the place.

The nutrient security study, Household Food Insecurity Access Scale (HFIAS) for Measurement of Food Access, will inquire each participant to self-report about their experiences and behaviours that indicate nutrient insecurity, " such as being unable, at times, to afford balanced repasts, cutting the size of

repasts because of excessively small money for nutrient, or being hungry because of excessively small money for nutrient " (Food and Nutrition Technical Assistance Project, FANTA, 2008) . The HFIAS `` is based on the 18-question U. S. Household Food Security Survey Module (US HFSSM) , which asks respondents to depict behaviours and attitudes that relate to the `` spheres " , of the nutrient insecurity experience " (FANTA, 2008) . These spheres include: `` 1) anxiousness and uncertainness about the family nutrient supple, 2) insufficient quality (includes assortment and penchants of the type of nutrient) , and 3) insufficient nutrient consumption and its physical effects " (FANTA, 2008) . The inquiries are designed to be added to a standard baseline and concluding rating study. The consequences from old surveies empirical analyses showed the bulk of the graduated tables to hold good internal cogency for their informations sets. Similarly, the `` external proof consequences were consistent with our analysis outlooks, but as a following measure we recommend that farther research be carried out to prove the external cogency of the index against extra indexes of nutrient insecurity and expected results of nutrient insecurity. The cogency was tested by proving the `` internal, cross-cultural and external cogency of the HFIAS utilizing empirical informations collected by authoritiess, international and national bureaus in a assortment of states and operational contexts " (FANTA, 2008) .

Data Collection Procedures

The study will be sent out, with anterior warning via a telephone call, to the person 's house and if non completed within 30 yearss, will be followed up

with another telephone call. The nutrient security position of the person will be assigned based on the figure of food-insecure conditions reported in each of the spheres included. A high mark of nutrient insecurity on this trial will justify an aid plan from the province or local authorities.

Other informations will be collected by detecting lodging conditions when with the participant for the in the flesh interview station study.

Restriction

There are a few possible failings and restrictions of this survey. First, the step of a self-report study is merely every bit accurate as the participant allows it to be ; self-report steps make it easy to be unfaithful when replying inquiries on one 's wonts and behaviours and this fact needs to be taken into consideration when analysing the consequences of this survey. In a similar manner, the aged is a population plagued with memory loss. The participants in this survey may non remember the information questioned precisely as it happened or describe the information right because of memory loss. The aged population besides experiences feelings of shame and embarrassment when describing they can non supply for themselves making the same consequence as the following two issues-inaccurate coverage.

Significance OF THE STUDY

As stated in the literature reappraisal, much of the bing research is really much so out-of-date. In an attempt to spread out upon the research and concentrate more on smaller populations whose hungriness is a concern, this

survey will concentrate chiefly on the Afro-american older grownup population of Chester, PA. The survey is important because, as stated before, "authorities and international and national bureaus implementing nutrient and nutrition plans need information on the population's nutrient insecurity to inform determination devising, proctor alteration and measure impact" (FANTA, 2008). The deductions of these findings will help the older African American grownups in this country in achieving equal nutrition which will increase their quality of life and healthy wellbeing. The consequences of these findings will better the wellbeing of the current societal work patterns in this country by getting downing groups, a societal service plan and other signifiers of societal work in general.

Mentions

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