

Chapter 17

1. What age group is the fastest growing group in the U.S.?
2. What healthy habits contribute to longevity?
3. What is the most important predictor of mobility of a person in later years?
4. What is sarcopenia?
5. What is dysphagia?
6. What are the symptoms of atrophic gastritis?
7. What vitamin deficiency is related to atrophic gastritis?
8. Among the elderly, malnutrition is most common in those living in what environment?
9. What is the minimum number of glasses of water recommended for older adults?
10. Why are the elderly at risk for Vitamin D deficiency?
11. Why are the elderly at risk for B12 deficiency?
12. Why might the elderly be at risk for iron deficiency?
13. What nutrients may help prevent cataracts?
14. What are the characteristics of the 2 types of arthritis?
15. What is found in the brain of people with Alzheimer's disease?
16. What percentage of U.S. adults is affected by Alzheimer's by age 65?
17. What are some of the options available for the elderly provided by the Older American Act Nutrition Program?