

SENIOR & SENS

A GUIDE DEDICATED TO THE ELDERLY AND THEIR HELPERS « OLD AGE AND SMALL APPETITE »

Aging and becoming undernourished is not inevitable! In a guide co-written by the CHU of Dijon and the CSGA, you will find information and practical advice on how to spot older people with poor appetite and help them to meet their nutritional needs.

Aging is often accompanied by a decrease in appetite. This decrease in appetite shows up by light meals, with few dishes or small portion. The person does not finish his plate, skips meals, complains about not being hungry, does not want to eat anymore. Studies carried out as part of the RENESSENS project have shown that in France, 7 out of 10 dependent older people do not eat enough to cover their energy and/or protein needs. Such a decrease in appetite can have serious consequences on the health and quality of life of the elderly. A poor appetite is one of the main causes of undernutrition.

The guide *Old Age and Small Appetite* was co-written by Virginie Van Wymelbeke (CHU, Dijon) and Claire Sulmont-Rossé (CSGA, INRAE) with the help of Dr Bruno Lesourd (CHU de Clermont-Ferrand) and Isabelle Maître (ESA d'Angers). This handbook is based on all the results obtained from the RENESSENS ANR-funded project. It aims at providing the older people, their family and their professional carers with information and practical advice on how to spot older people with poor appetite and help them to meet their nutritional needs.

This guide, written in French, can be downloaded free of charge:

<https://www2.dijon.inrae.fr/senior-et-sens/guide.php>

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