



Nutrition & Oral Health for Older Adults

Last reviewed February 2021

Nutrition

Optimizing Nutrition in Older People

<https://www.sciencedirect.com/science/article/pii/S0378512218301786>

This review presents nutritional problems and potential solutions for older adults to enhance appetite and optimize dietary intake. (OPEN ACCESS)

An Investigation of Community-Dwelling Older Adults' Opinions About Their Nutritional Needs and Risk of Malnutrition: A Scoping Review

<https://www.sciencedirect.com/science/article/abs/pii/S0261561420306993?via%3Dihub>

This review aimed to summarize findings from studies on community-dwelling older adults' opinions and perceptions towards their nutritional needs and risk of malnutrition. The review discusses nutritional guidelines and considerations for older adults. (PAID ACCESS)

Cost-Effectiveness of Food, Supplement and Environmental Interventions to Address Malnutrition in Residential Aged Care: A Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/29315355/>

This systematic review sought to compare the cost-effectiveness of implementing nutrition interventions targeting malnutrition in aged care homes compared to usual care. (OPEN ACCESS)

Malnutrition in Older Adults: Correlations with Social, Diet-Related, and Neuropsychological Factors

<https://www.sciencedirect.com/science/article/abs/pii/S0899900719302230?via%3Dihub>

The aim of this study was to evaluate the nutritional status of community-dwelling older adults, and explore the associations of malnutrition risk with physiological, socioeconomic, and neuropsychological characteristics. (PAID ACCESS)

Is Telehealth Effective in Managing Malnutrition in Community-Dwelling Older Adults? A Systematic Review and Meta-Analysis

<https://www.sciencedirect.com/science/article/abs/pii/S0378512218300501>

This systematic review and meta-analysis sought to determine the efficacy of telehealth methods in delivering malnutrition-related interventions to community-dwelling older adults. (PAID ACCESS)

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Dietary Patterns and Quality of Life in Older Adults: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6115962/>

This systematic review assessed correlations between different dietary patterns and self-reported quality of life and self-rated health status. (OPEN ACCESS)

Nutrition for Sub-Populations

Nutritional Interventions to Prevent and Treat Frailty

<https://pubmed.ncbi.nlm.nih.gov/30829853/>

This review explores the links between nutrition and frailty from multiple perspectives. Interventions to reverse frailty and sarcopenia with nutrition are discussed. (PAID ACCESS)

The Challenge of Managing Undernutrition in Older People with Frailty

<https://www.mdpi.com/2072-6643/11/4/808/htm>

This paper highlights practical approaches that clinicians can take to manage malnutrition in older people with frailty in both community and acute settings. These approaches include environmental changes, food fortification and supplementation. (OPEN ACCESS)

Assessment and Treatment of the Anorexia of Aging: A Systematic Review

<https://www.mdpi.com/2072-6643/11/1/144>

This systematic review describes interventions for 'anorexia of aging' and their effectiveness, and identifies methods of appetite assessment. (OPEN ACCESS)

New Insights into the Anorexia of Ageing: From Prevention to Treatment

<https://pubmed.ncbi.nlm.nih.gov/30394894/>

This review examines evidence for the prevention and treatment of 'anorexia of aging' which is associated with frailty, functional decline and mortality. (PAID ACCESS)

Benefit-to-Risk Balance of Weight Loss Interventions in Older Adults with Obesity

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6986769/>

This review presents an overview of geriatric-specific consequences of obesity by highlighting the risks and benefits of intentional weight loss. (OPEN ACCESS)

The Role of Nutrition in Geriatric Rehabilitation

<https://pubmed.ncbi.nlm.nih.gov/29059073/>

This review highlights the importance of nutrition in older adults undergoing a rehabilitation program. (PAID ACCESS)

Nutrition in the Very Old

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872687/>

This review presents the latest findings that assess diet and nutritional status in European older adults aged 85 and over. (OPEN ACCESS)

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Oral Health

Oral Health Status and Need for Oral Care in an Aging Population: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888624/>

This systematic review examines oral health status and the need for oral care in people with dementia, compared to people without dementia. It also discusses the relationship between periodontal disease and cognitive impairment. **(OPEN ACCESS)**

Oral Health and Its Associated Factors Among Older Institutionalized Residents—A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6861909/>

This systematic review examines the relationship between poor oral health, oral-health related quality of life (OHRQoL) and associated social determinants of health among older adults who live in LTC, residential and nursing homes. **(OPEN ACCESS)**

Barriers and Facilitators for Provision of Oral Health Care in Dependent Older People: A Systematic Review

<https://link.springer.com/article/10.1007%2Fs00784-019-02812-4>

This systematic review aimed to assess barriers and facilitators perceived by healthcare professionals towards providing oral healthcare. The findings provide evidence to develop implementation strategies for high-quality oral healthcare. **(PAID ACCESS)**

The Association of Oral Health Status and Socioeconomic Determinants with Oral Health-Related Quality of Life among the Elderly: A Systematic Review and Meta-Analysis

<https://onlinelibrary.wiley.com/doi/abs/10.1111/idh.12489>

This systematic review and meta-analysis aimed to determine the relationship between poor oral health related quality of life (OHRQoL) and oral health determinants. These determinants include marital status, denture wearing, depression, low education level and periodontal diseases. **(PAID ACCESS)**

Caries Disease Among an Elderly Population – A 10-Year Longitudinal Study

<https://onlinelibrary.wiley.com/doi/abs/10.1111/idh.12490>

This longitudinal study examined the prevalence of dental caries and socioeconomic and sociobehavioural risk factors for dental caries in an elderly population between 2008-2018. **(OPEN ACCESS)**

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Promoting Oral Health and Quality of Life of Older People – The Need for Public Health Action

http://www.quintpub.com/userhome/ohpd/ohpd_16_2_petersen_p113.pdf

This study examined the oral health status of older adults living in Providence Health Care long-term care facilities in British Columbia over 10 years. (OPEN ACCESS)

Changes in Oral Health and Treatment Needs for Elderly Residents of Long-Term Care Facilities Over 10 Years

https://jcda.ca/sites/default/files/j7_0.pdf

This report reviews the global burden of oral disease among older adults. This includes the inter-relationships between poor oral health conditions, general health and quality of life. Connections are made to the WHO World Report on Ageing and Health. (OPEN ACCESS)

An Expert Opinion from the European College of Gerodontology and the European Geriatric Medicine Society: European Geriatric Medicine Society: European Policy Recommendations on Oral Health in Older Adults

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jgs.15191>

This expert opinion paper provides health policy recommendations for older adults. It includes three major recommendations for action. (OPEN ACCESS)