

# How Older Adults Want to Receive Nutrition Information

## 2023 Survey Findings

### About the survey

Registered Dietitians in Alberta Health Services (AHS) surveyed adults aged 65+ to determine how they want to learn about nutrition.

### Respondents

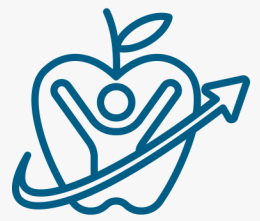
We heard from 350 older adults living in urban and rural communities across Alberta.

### Topics older adults want to learn about

Older adults have a wide range of nutrition interests. Most respondents listed multiple topics they want to learn about.

#### Nutrition for health concerns

Nutrition information to manage health conditions such as diabetes, heart disease, and other chronic diseases



#### Nutrition basics

Nutrition to support healthy aging, how to eat more fruits and vegetables, portion sizes, and reading nutrition information labels

#### Special diets

Information on diets that restrict specific foods, vegetarian diets, plant-based proteins, individualized meal plans



#### Food preparation

Suggestions for quick and easy recipes, looking for something new to eat, how to eat healthy on a budget

#### Nutrients of concern

Learn to eat less (or more) of individual nutrients like salt, sugar, fat, or protein



#### Weight loss

How to lose weight or avoid weight gain

### Common sentiments

#### Personalized services are valued

“As an older person I prefer to receive my information from a live person whom I can interact with, ask questions, etc. Either on line or in person. My preference is in person but because I live in a rural area I realize this might not always be possible.”

#### Advertisement and access is important

“The biggest obstacle I face is finding out about these sessions. ... How are they advertised to older people so that they know about it?????”

#### Nutrition needs to be realistic

“Be practical and think about your audience. Give us information that helps us understand nutrition. Doctors tell us all the time to eat less, eat less salt, sugar, etc. but no one knows what that means...”

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### How older adults want to access nutrition information

Where	What	Details
Online 70%	AHS website Google™ search Community association website	Desire a credible, easy-to-navigate website about nutrition for older adults
Handouts 56%	Pick-up from counter / display Get from healthcare provider	Large print Practical and specific Easy to read
Online videos 47%	Videos around 5 minutes long	
Discussion with healthcare provider 46%	Dietitian appointment Physician appointment	Highly value individualized and customized services
Group classes 44%	In-person Online	Desire customization and the ability to ask questions
Speaker at a community event 42%	Local club / association Community event	
Newsletter information 42%	Delivered by mail Delivered by email	Local seniors' centres have their own newsletters.
Places regularly visited 31%	Seniors' centres Libraries Grocery stores Meal delivery kits	
Traditional media 29%	Print newspaper Local TV news	
Books 23%	Nutrition books	
Social media 20%	Facebook™	Seniors' centre Facebook™ pages may be a good place to advertise webpages and dietitian services.

### Next steps



**Share results** with older adults, dietitians, and decision makers in AHS.



Develop a **dedicated webpage** for older adult nutrition on the AHS, Nutrition Services webpage.