

Nutrition

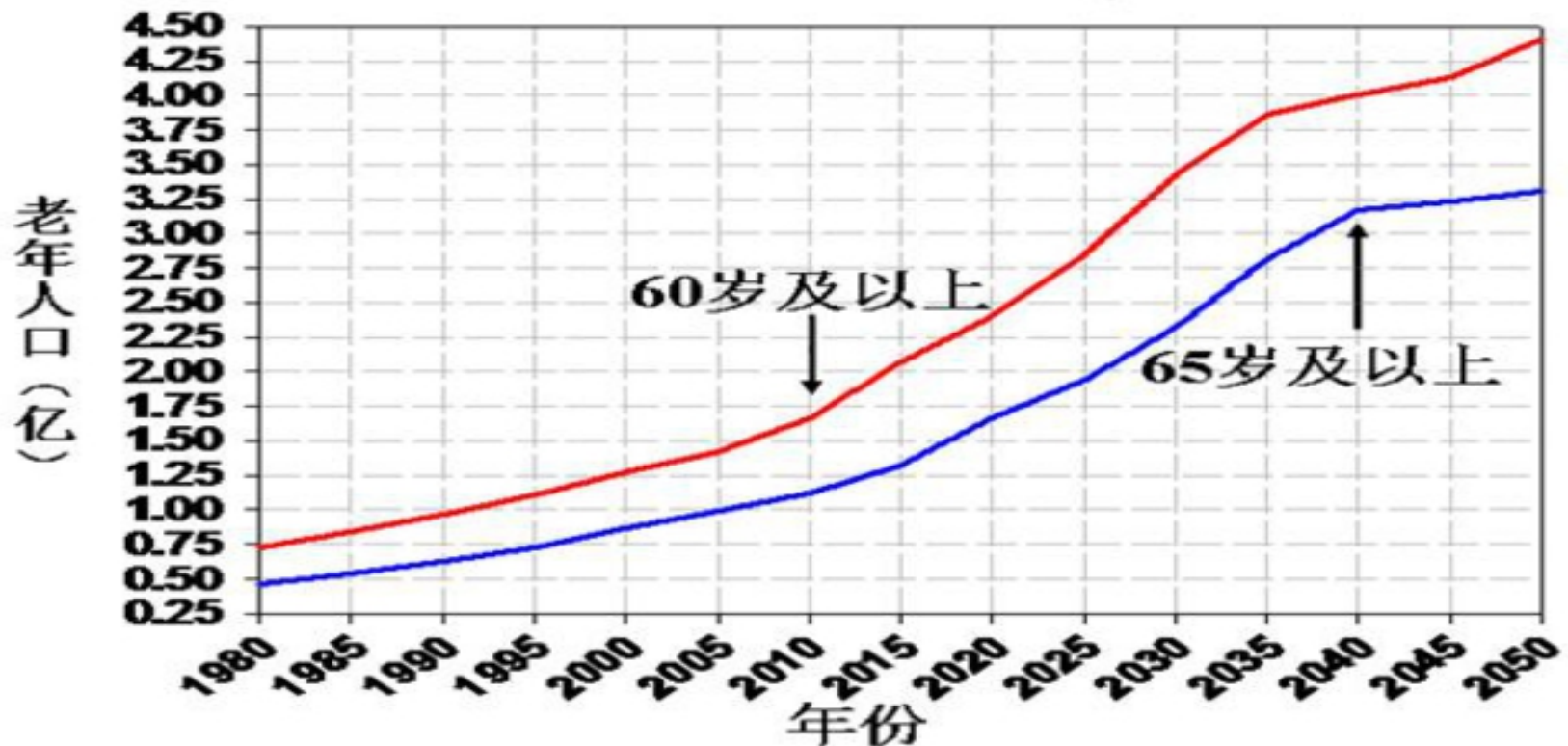
Role for the successful ageing in China

Zhang Jian PhD

National Institute for Nutrition and Health, China CDC

Demographic shift in China

Large elderly population number with fast increment

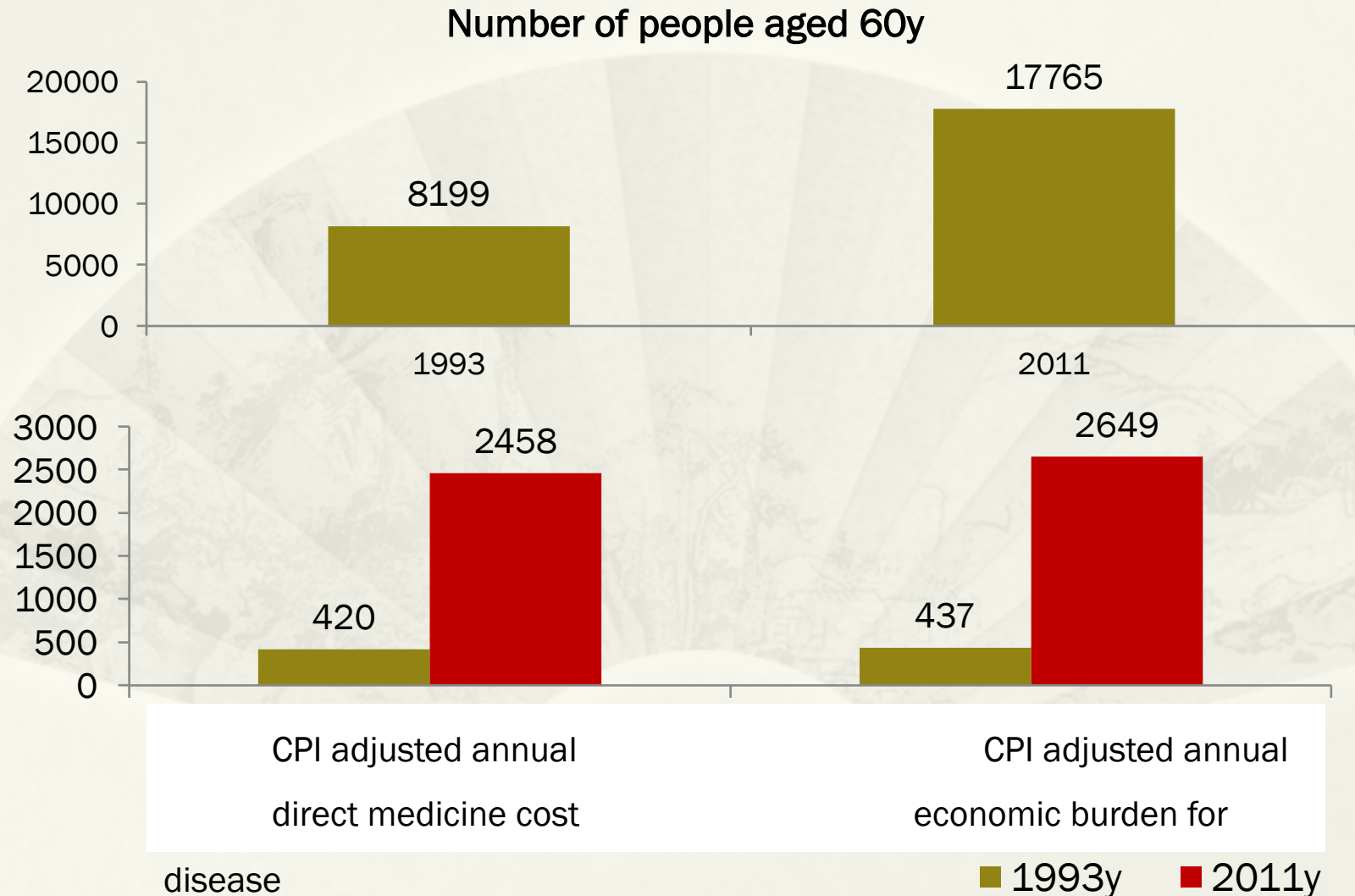


In the end of 2015, the number of 60y and over was 222.0 m, the percentage of total population was 16.5%;
the number of 65y and over was 143.0 m, the percentage of total population was 10.5%;
the number of 80y and over was 25.0 m

Challenges of “silver tide”

Aging populations pose serious challenges for social development and stability, and one highlighted aspect is the health and long-term care systems. Due to one-child family policy, one of the major reasons for rapid aging, the challenge is particularly acute in China.

The medical and health care burden caused by aging



Actions in China

China has launched a series of policy initiatives to improve its health care and social security systems for elderly people and hope to attract all kinds of forces to deal with the ageing challenges.

year	Officially released documents(n)	Departments
2017	3	The state council, MCA, et al.
2016	17	The state council, MCA, NDRC, MOC, MOH, et al.
2015	6	The state council, MCA, et al.
2014	13	The state council, MCA, et al.
2013	4	The state council, MCA, et al.
2012	1	The state council
2011	2	The state council

MCA: Ministry of Civil Affairs; NDRC: National Development and Reform Commission; MOC: Ministry of Commercial; MOH: Ministry of Health

Status and Effect of Nutrition



Burden of malnutrition for elderly people

The economical cost of malnutrition was 84.14 billion RMB per year ;

Ten percent of medical treatment cost can be attributed to malnutrition

Disease	Cost (billions)
Circulation system disease	26.59 (31.6%)
Tumor	22.47(26.7%)
Endocrine metabolic disease	8.00
Respiratory system disease	7.08
Digestive system disease	5.84
Muscle, skeletal, connective organ disease	5.53

(100 millions)

7
6
5
4
3
2
1
0

5.75

Undernutrition:81%,

Overnutrition:19%.

0.045

Cost of nutrition
deficiency treatment

Cost of over
nutrition treatment

(100 millions)

500
400
300
200
100
0

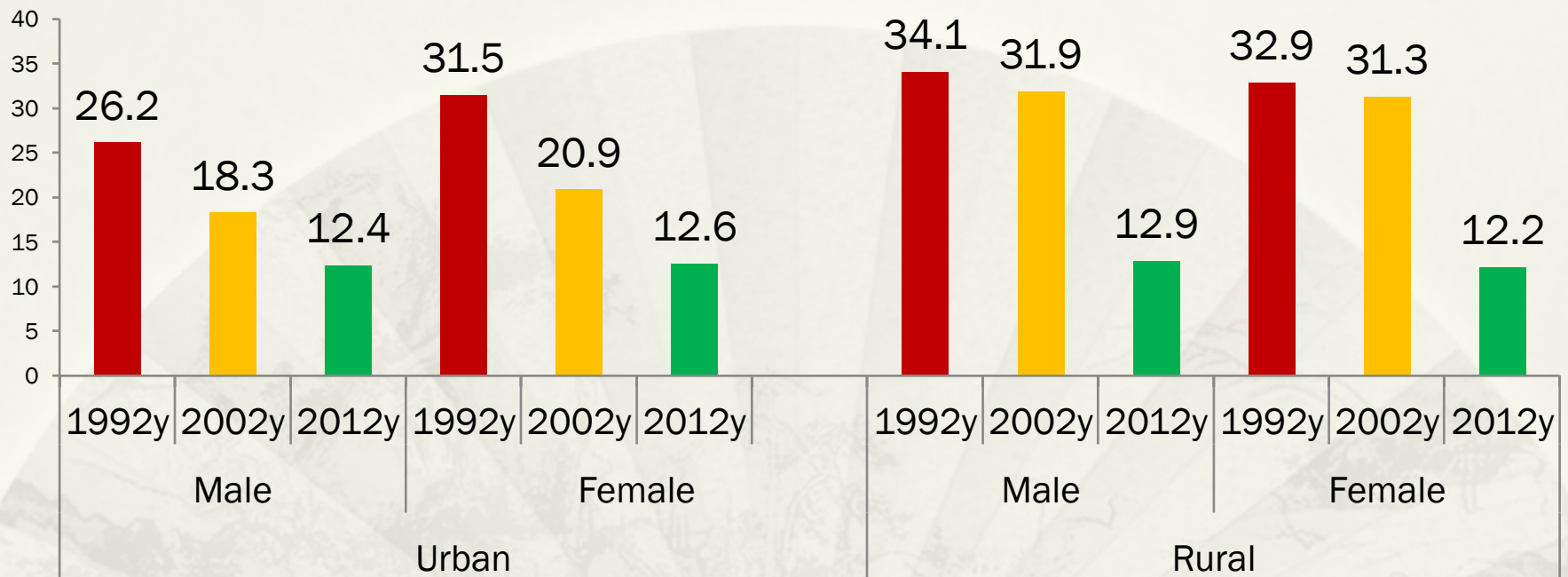
472.69

160.81

Cost of disease relates to nutrition
deficiency treatment

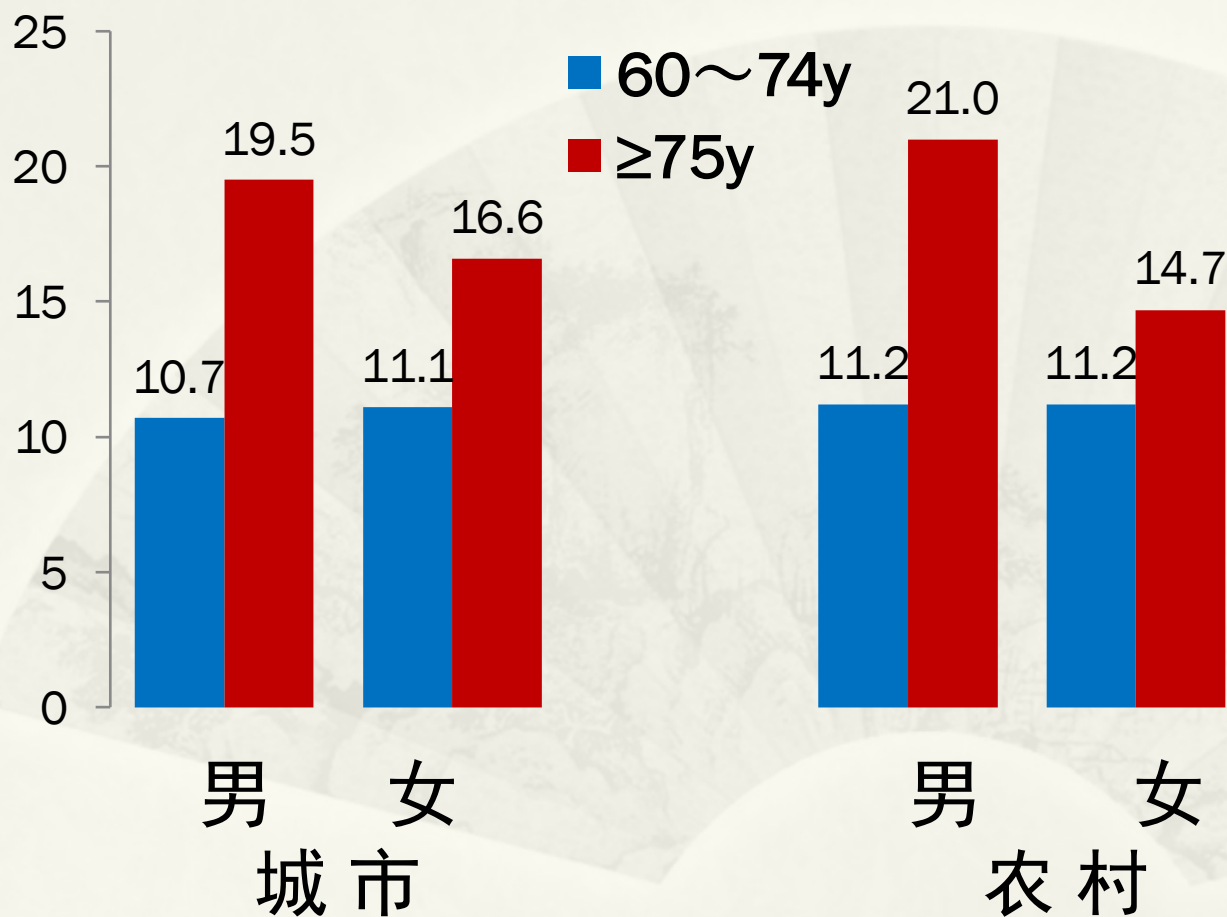
Cost of over nutrition
caused diseases

Anemia in Elderly population



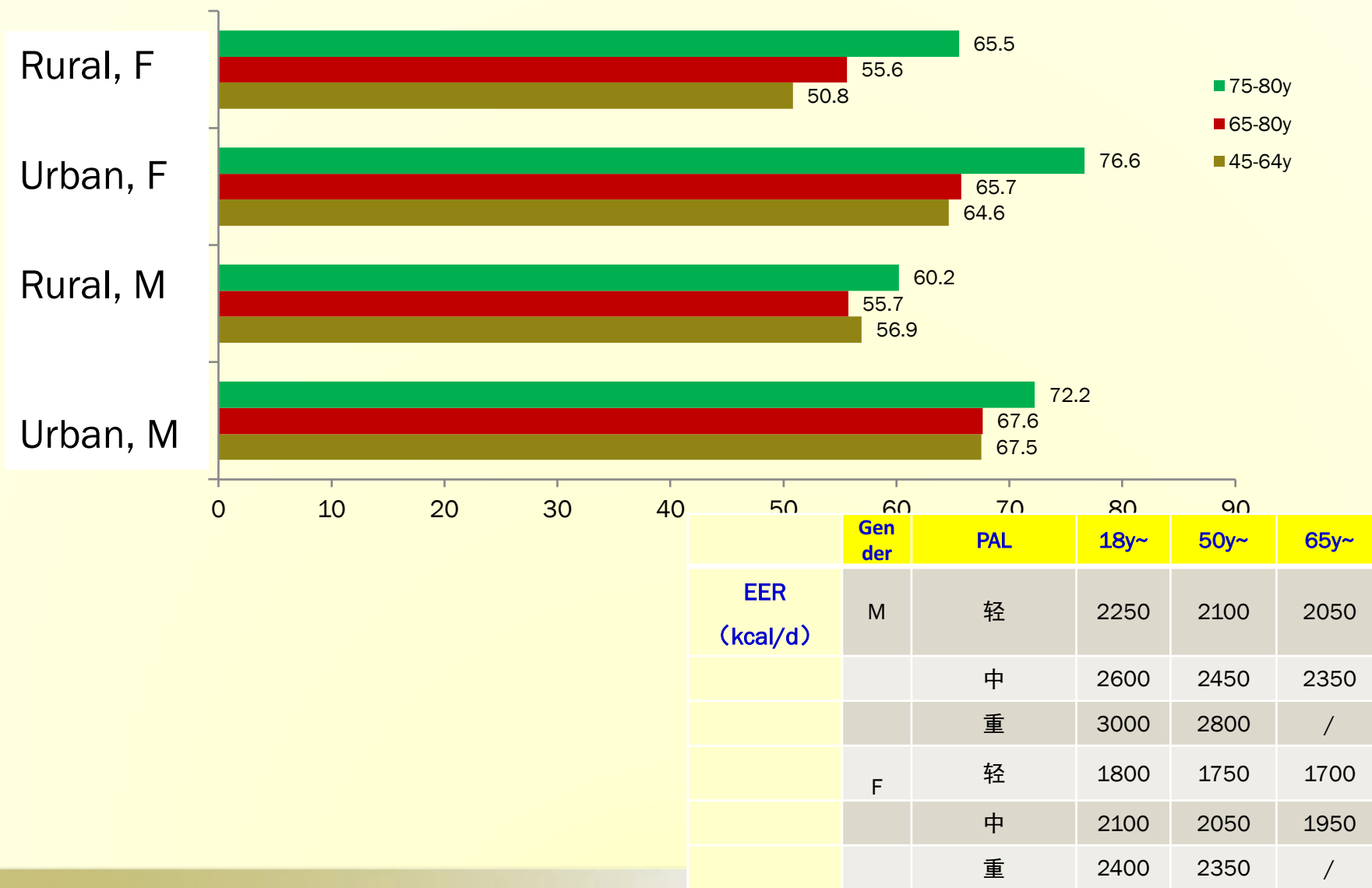
Remarkable improvement has been achieved for Chinese elderly people in the past twenty years!

Anemia problem is still serious in older people

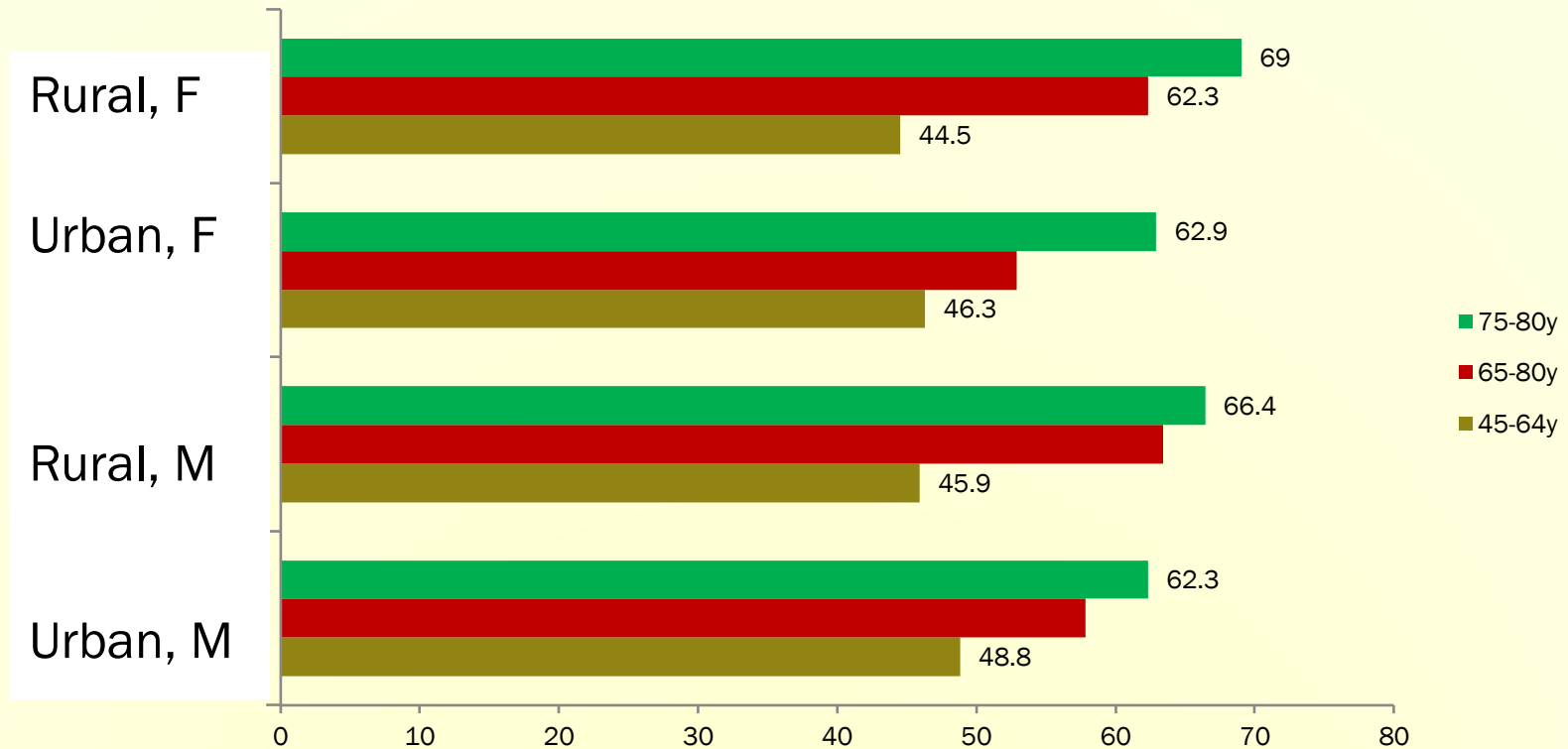


For those aged 75y and over, the rate of anemia is 17.7%; especially for male, urban 19.5%, rural 21.0%.

Percentage of energy intake lower than EER(%)

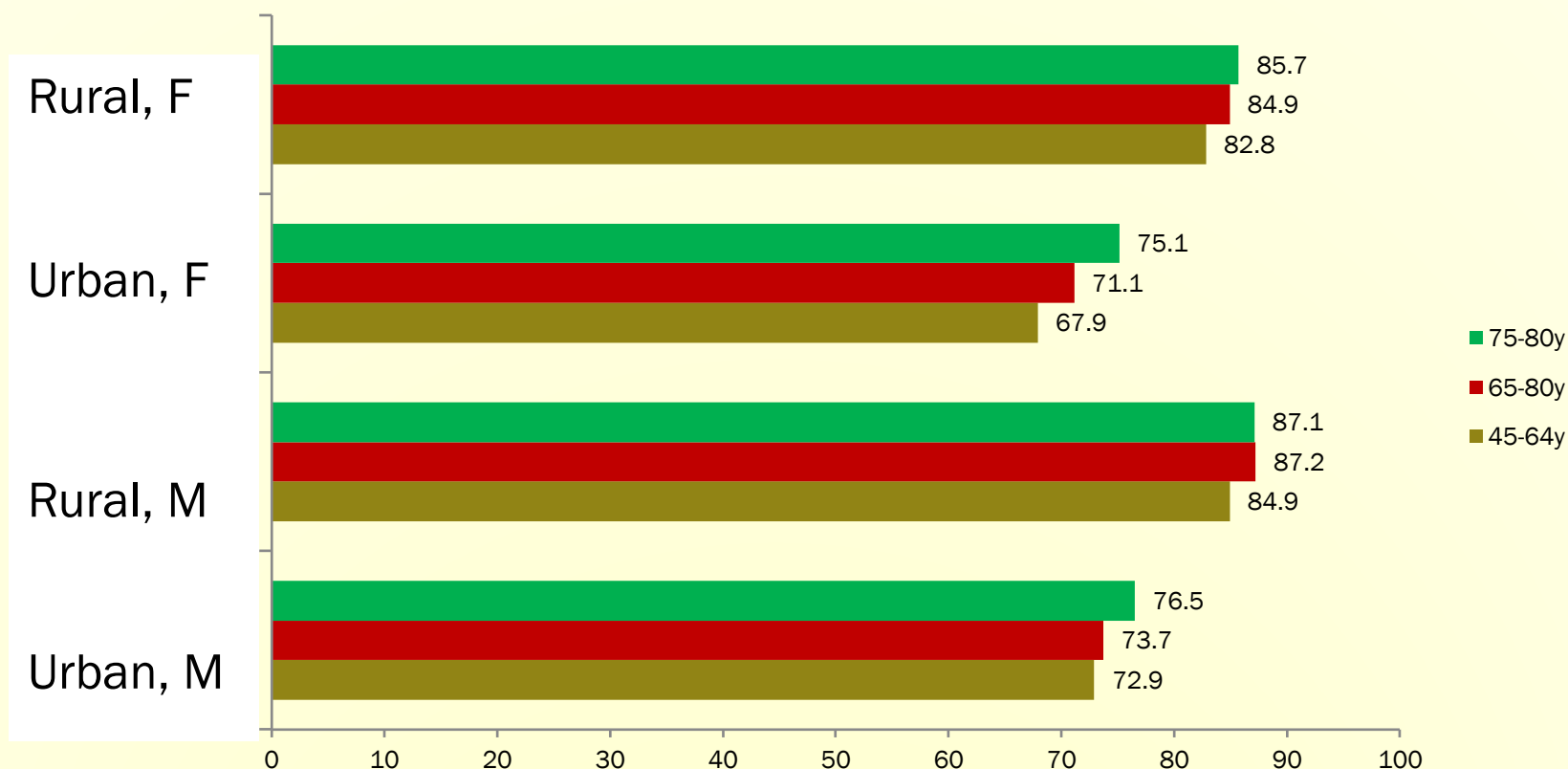


Percentage of protein intake lower than EAR (%)



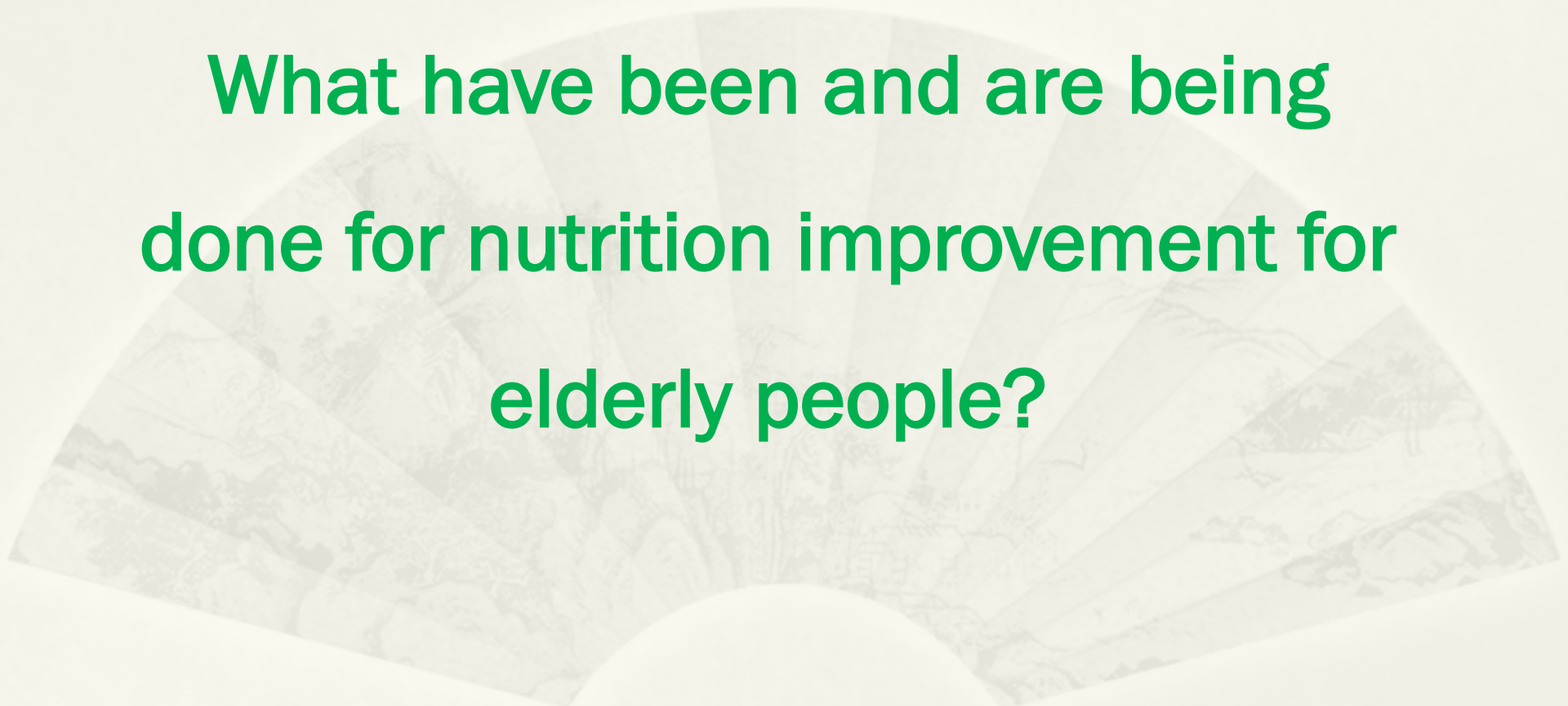
Protein (g/d)	Gender	EAR		
		18y~	50y~	65y~
	M	60	60	60
	F	50	50	50

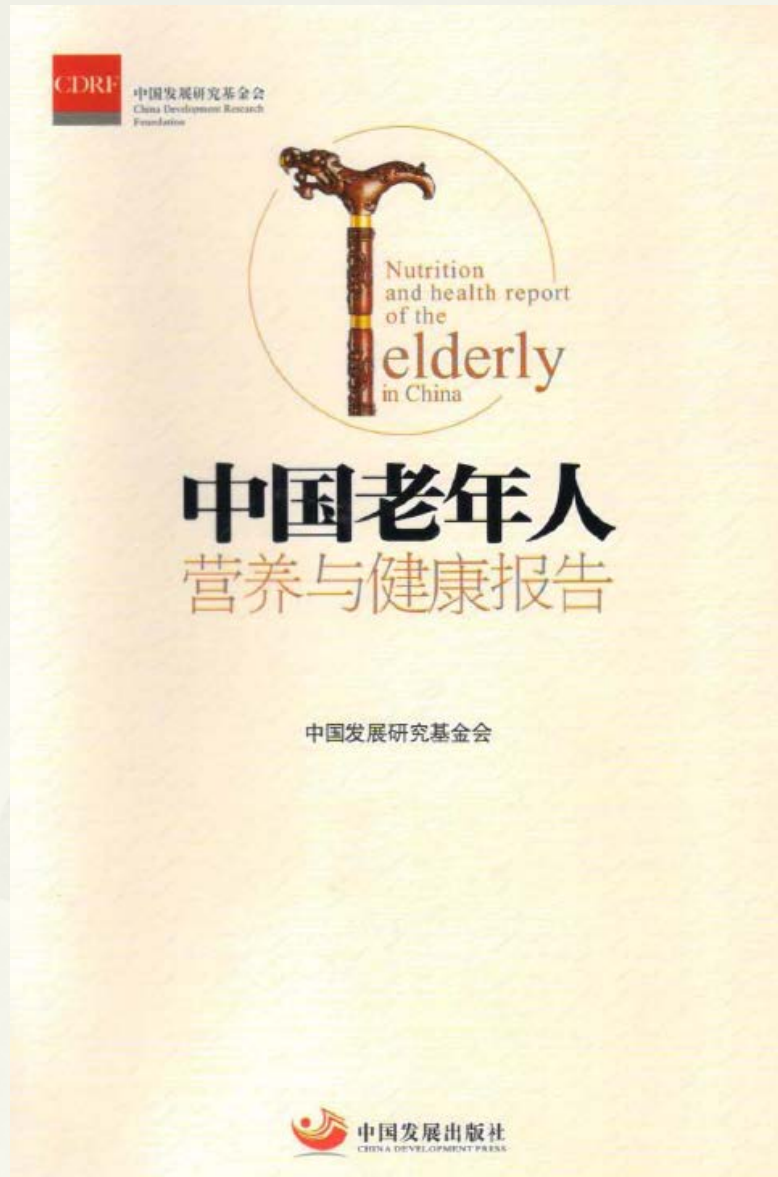
Percentage of Vitamin A intake lower than EAR (%)



VA (ugREA/d)	Gender	EAR		
		18y~	50y~	65y~
	M	560	560	560
	F	480	480	480

**What have been and are being
done for nutrition improvement for
elderly people?**





Provide more evidence to high policy makers

Present a formal report concentrated on nutrition and health status of elderly population.

Provide nutrition improvement suggestions for policy makers

Promoting dietary guidance

- Release Chinese Dietary Guidelines in 2016 with special guidance for elderly people
- Introduce advanced concept and new technologies through media and training program

Special recommendation for elderly people

1. More meals and proper amount of fine and soft foods, prevent nutrition deficiency
2. Drinking enough water, active outdoor exercises
3. Delay muscle mass and function decay, maintain suitable body weight
4. Intake enough food, encourage having dinner together



Take part in NCDs prevention movement and primary public health service

Undertaking nutrition survey for elderly people, promoting establishment of monitoring system.

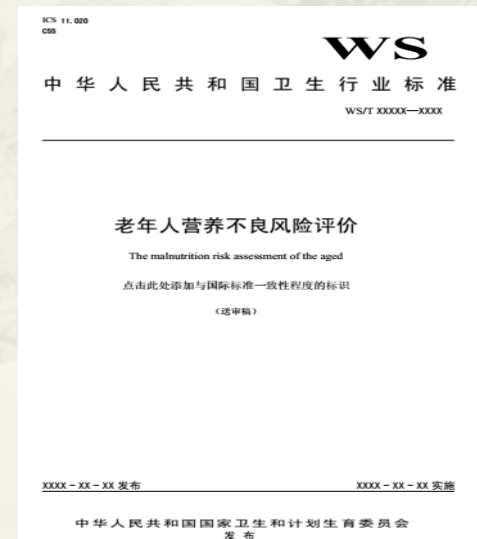


Participating medical & nursing combination

- * Developing rapid nutrition risk screening tool and try to put it into national primary health service system for elderly people.
- * Promoting the establishment of nutrition-meal supply system for old inhabitant in community.

老年人营养供餐规范建议

莫宝庆 孙建琴 黄承钰 张坚
(中国营养学会老年营养分会)



Promoting special foods development for elderly people



中华人民共和国国家标准

GB 29922—2013

食品安全国家标准
特殊医学用途配方食品通则

2013-12-26 发布

2014-07-01 实施

中华人民共和国
国家卫生和计划生育委员会 发布

Plan of Health China 2030

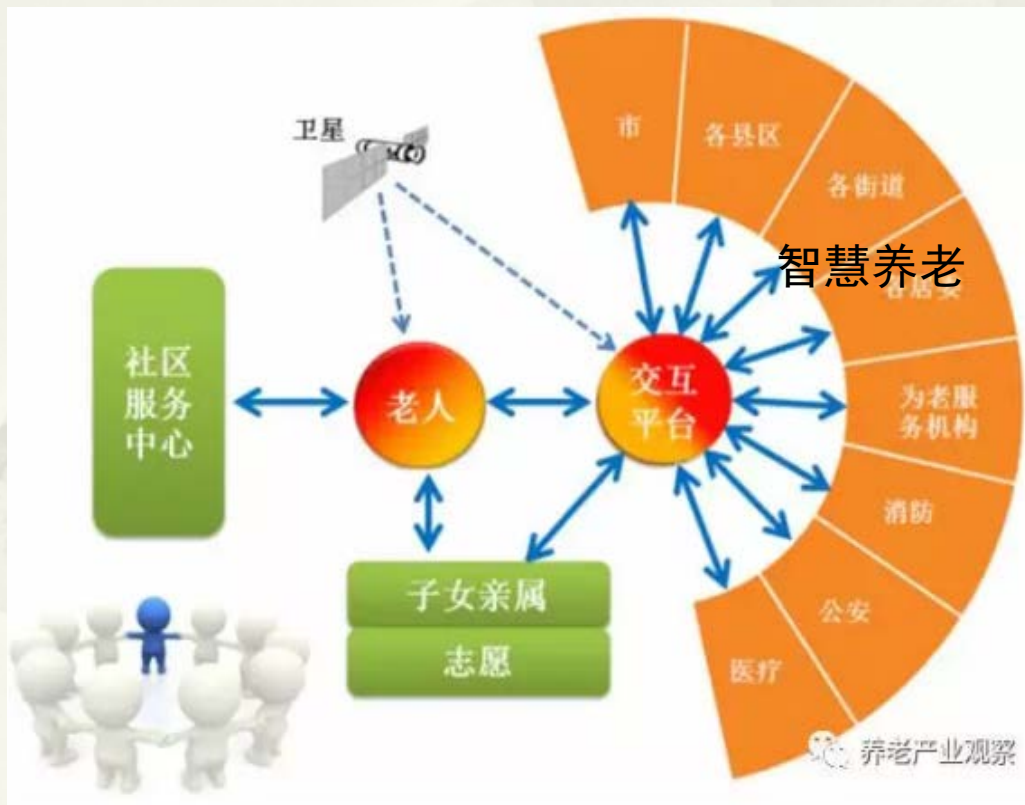
The goal is to provide health services to every citizen by 2030. (health priority)

Life expectancy is to reach 79 years old.

National Nutrition Plan

Proposed by MOH, the improvement of elderly nutrition is one of the major parts in this plan.

Successful Aging, Nutrition first



*Intelligence care
for old people*