

## Websites for Nutritional Information and Resources

[www.eatright.org/Public](http://www.eatright.org/Public)

With nearly 65,000 members, the American Dietetic Association is the nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being.

[www.nphw.org](http://www.nphw.org)

National Public Health Week – April  
Sponsored by APHA

In 1995, former President William Jefferson Clinton [proclaimed](#) the first full week of April as National Public Health Week. Each year since then the public health community has focused on issues that are important to improving the public's health. In their 10th year, NPHW is being celebrated in every state in the nation. This year, the focus of NPHW is healthy aging and the tagline is "Empowering Americans to Live Stronger, Longer". APHA and its partners will highlight the week through promoting the three P's in adding more healthy years to life: **Prevent, Protect and Plan.**

<http://www.agingresearch.org/>

The private, not-for-profit Alliance for Aging Research is the nation's leading citizen advocacy organization for improving the health and independence of Americans as they age. The Alliance was founded in 1986 to promote medical and behavioral research into the aging process. Since then, and as the explosion of the Senior Boom approaches, the Alliance has become the voice for Baby Boomer health by developing, implementing and advocating programs in research, professional and consumer health education and public policy.

<http://www.aoa.gov/youcan/youcan.asp>

*You Can!* - *Steps to Healthier Aging* is part of the U.S. Department of Health and Human Services' *Steps to a Healthier US* initiative, which encourages Americans of every age to make healthier choices. The *You Can!* campaign is designed to increase the number of older adults who are active and healthy by using a partnership approach to mobilize communities. Together, we will create public awareness and make programs available to help older Americans improve their nutrition and increase their physical activity.

<http://nutrition.tufts.edu/consumer/pyramid.html>

The ever-increasing population of older adults now have their own Food Pyramid to use. Thanks to the work of Tufts Nutrition faculty Robert Russell, Alice Lichtenstein and Helen Rasmussen, along with the assistance of artist Rebecca Bardol, the *Modified Food Pyramid for Older Adults* is now available to the public. To learn more, consult the following documents or read [Reinventing the Food Pyramid for Older Adults](#).

<http://www.infoaging.org/l-nutr-2-what.html>

*Nutrition* is defined as the science or study of the appropriate diet to promote health. Nutrition also refers to the intake of food and other essentials for promoting growth and replacing or repairing worn or damaged tissue.

*Malnutrition* refers to an inappropriate or improper intake of food and other essentials. Malnutrition can mean either under-nutrition or over-nutrition. Studies have shown that up to 16% of older adults living in the community are undernourished, as are up to 60% of those who are hospitalized for acute illness or living in long-term care facilities. At the other end of the spectrum, about 60% of older men are overweight (25% qualify as obese), as are 50% of older women, 17% of them obese.

<http://www.infoaging.org/l-nutr-home.html>

Launched by AFAR in 2000 and supported by a generous educational grant from Pfizer Inc., Infoaging.org is dedicated to providing the knowledge we all need to live healthier, longer lives. The site delivers the latest research-based information on a wide range of age-related diseases, conditions, issues, features, and news.

Infoaging.org is one of the only SITE on the web offering the latest information about groundbreaking new aging research tailored for a non-medical audience. Planning even more extensive content, links, and regular updates, Infoaging.org's goal is to become one of the leading consumer resources for aging and research-related information.