



---

Greetings from the Communication & Advocacy Committee! Welcome to our current E-BITE. Please enjoy and continue to share your news with us at [usa.communications@iddsi.net](mailto:usa.communications@iddsi.net)

---

## United States IDDSI Reference Group Newsletter for Sept.-Oct. 2022

### IN THE NEWS....CHECK OUT NEW RESOURCES ON THE US IDDSI PAGE!

FAQs on bread, mixed consistencies and sauces, gravies & condiments are available for download!

READ MORE AT  
<https://iddsi.org/United-States>

ARTICLE REVIEW FROM THE  
RESEARCH COMMITTEE!  
Thank you to Nita M. Bentley,  
Development Leader – Product  
Development at Hormel Foods  
Corporate Services, LLC for  
this contribution.

Fernandes J-M, Araújo JF, Vieira JM, Pinheiro AC, Vicente AA. Tackling older adults' malnutrition through the development of tailored food products. Trends in Food Science & Technology.

<https://www.sciencedirect.com/science/article/pii/S0924224421004039>. Published June 17, 2021.

We are now 2 years into the United Nations Decade of Healthy Ageing (2020 – 2030) which the World Health Organization (WHO) has further defined and developed in the plan and website listed below.

[https://cdn.who.int/media/docs/default-source/decade-of-healthy-ageing/final-decade-proposal/decade-proposal-final-apr2020-en.pdf?sfvrsn=b4b75ebc\\_25&download=true](https://cdn.who.int/media/docs/default-source/decade-of-healthy-ageing/final-decade-proposal/decade-proposal-final-apr2020-en.pdf?sfvrsn=b4b75ebc_25&download=true)  
<https://www.who.int/initiatives/decade-of-healthy-ageing>

This year also designates the 30<sup>th</sup> anniversary of “September is Healthy Aging<sup>®</sup> Month” in the United States. Thus, it is only appropriate to highlight an article promoting solutions to improve nutrition for aging adults.

The article begins with an introduction to current and projected elderly population as well as physiological changes and the challenges of meeting nutritional needs for an aging population. It then dives into malnutrition concerns and the urgent need for solutions as people age. Malnutrition can be due to many different factors, including changes in functional status such as chewing and swallowing, poor absorption of nutrients, shifting of body composition with a metabolic rate decline and consequent decrease of appetite, chronic diseases, and social determinants of health such as lack of transportation. Different dietary interventions have been suggested to benefit patients at risk of or suffering from malnutrition. Personalized patient care is a novel approach that has been showing promising results in promoting healthy aging. The authors go on to discuss novel approaches and technologies aimed at improving nutrition in older adults by tailoring foods to specific needs. Functional foods, nutraceutical delivery systems, excipients, and

3D printed foods are highlighted. In addition, this section goes through desired food properties including organoleptic and rheological properties. The International Dysphagia Diet Standardization Initiative (IDDSI) is discussed in this section and highlighted as a “worldwide standard terminology for the different consistencies for both solid and liquid foods, which covers all cultures and ages”. Providing foods within the viscosity/consistency that is safe to swallow for each individual person is critical for adequate nutrition. When considering nutraceutical therapies to improve nutritional status and promote healthy aging, it is important to consider the pharmacokinetics of these tailored food products. The authors discuss food interactions, toxicology, and methods of assessing bioaccessibility and bioavailability in older adults as critical processes to ensure the safe use of functional foods.

In conclusion, the article has a call to action for further research into the biological changes that occur with age, utilizing new technologies to develop food products for disease prevention and healthy aging including research on how these foods are utilized in the elderly’s digestive system. Following the IDDSI framework to describe food textures and beverage thickness is critical to safely meet the nutritional needs and improve the health of the many adults who encounter swallowing difficulties as they age. With the ultimate goal of improving healthy life expectancy, the highlighted article clearly supports the WHO decade of healthy aging slogan of “**Good health adds life to years**”.

## **ANNOUNCING THE USIRG PEDIATRIC SUBCOMMITTEE AT ASHA 2022!**

**This outstanding trio will be presenting at ASHA in New Orleans 11/18/2022!!!**



Laura Brooks M.Ed. CCC-SLP BCS-S  
Children’s Healthcare of Atlanta

Anais Villaluna M.S. CCC-SLP BCS-S, CLC  
Texas Children’s Hospital



Rose Britt, RDN, CNSC  
Metro EHS Pediatric Therapy



We are excited and honored to be presenting on “IDDSI Implementation, Research, and Practice Patterns: Interdisciplinary Application for Pediatric Populations” at this year’s American Speech-Language-Hearing Association convention in New Orleans.

The convention dates are November 17-19, and we will be presenting Friday November 18th 11:00-12:00 Central. We will discuss special considerations for IDDSI implementation in the pediatric population from the perspective of speech language pathologists and registered dietitians. If you have a particular question or topic that you would like for us to address, please email us at [usa.pedcomm@iddsi.net](mailto:usa.pedcomm@iddsi.net)