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Activity Day for the Older People on Nutrition in Attendo Siltalanpuisto

Project thesis

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ABSTRACT

George Nganga, Kebin Zhang, Zehua Li: Activity Day for the Older People on Nutrition in Attendo Siltalanpuisto

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Nutrition plays a central role in supporting the health, functional ability, and quality of life of aging individuals. A balanced diet equips the body with the ability to manage various illnesses, such as cancer, diabetes, Parkinson's disease, autoimmune conditions, stroke, heart disease, and many other non-communicable diseases. Proper nutrition aids the recovery process, improves mood, and reduces healthcare costs. It also supports the aging process by facilitating the management of functional abilities. However, nutrition alone will not yield significant benefits; without exercise, the positive effects of eating well are limited. Therefore, combining proper nutrition with physical activity allows older individuals to achieve maximum benefits.

The purpose of this project thesis was to design and implement a nutrition-focused activity day for older adults at Attendo Siltalanpuisto. The objective was to raise awareness among older individuals about the importance of nutrition and exercise in maintaining overall health. The project encompasses the planning phase, activity day implementation, theoretical background, and methodology. Information for the project was gathered from various sources, including PubMed, CINAHL, EBSCO, and Google Scholar, all of which provided relevant data on nutrition and exercise for older adults. The materials developed included a guidance folder on nutrition with pictures and illustrations, as well as exercise demonstration materials featuring visual aids. A questionnaire was also included to gather feedback and facilitate evaluation.

The outcome of this project provided updated insights into nutrition and exercise for older adults, benefiting both the participants and the project team. For the team, it offered valuable experience in project implementation through teaching and demonstrations. Interaction with the facility allowed the group to better understand the practical aspects of the situation, as opposed to theoretical teaching in a classroom setting.

The waterfall project management methodology was applied in this thesis. The success of the project was made possible by adopting a step-by-step approach, which enabled continuous assessment and evaluation at each phase.

Keywords

Malnutrition, Balanced diet, Exercise activity, Aging people.

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1 INTRODUCTION

Nutrition plays a crucial role in health and development across all stages of life. Enhanced nutrition is associated with better health outcomes for infants, children, mothers, and older adults, contributing to stronger immune systems, safer pregnancies and childbirth, reduced risk of non-communicable diseases such as diabetes and cardiovascular disorders, and extended longevity (WHO, 2024). However, nutrition-related chronic diseases have become a global issue, affecting individuals of all ages, not solely older adults or those nearing the end of life. These diseases have widespread impacts, especially during critical developmental phases in younger populations. Despite the clear link between nutrition and the prevention and management of chronic diseases, personalized nutrition remains underutilized within many healthcare systems. Conventional healthcare systems predominantly treat acute conditions, often targeting single agent causes with pharmacological interventions. However, chronic diseases now represent the leading causes of death and disability worldwide, overshadowing acute conditions in many regions. Addressing chronic illnesses necessitates a comprehensive approach that accounts for individual variations and complex contributing factors. Personalized nutrition seeks to optimize health by tailoring dietary recommendations to an individual's genetic makeup and nutrient requirements, ultimately improving health outcomes and quality of life (Bush et al., 2020).

Nutritional needs evolve throughout life, particularly for older adults, whose metabolic and functional capacities often decline due to aging, health conditions, and lifestyle factors. Over recent decades, the critical role of nutrition in the health of older adults has been increasingly recognized in the context of various morbid conditions, such as cancer, heart disease, and dementia. Nutritional status is a key determinant of health in aging populations, making proper nutritional assessment essential for preventing, managing, and even

reversing certain chronic and acute conditions. Aging brings physiological changes that can significantly impact nutritional status. For example, loss of bone density increases the risk of osteoporosis, while sarcopenia, or the loss of lean muscle mass, leads to increased body fat and reduced total body water content. Such changes often occur even in healthy older adults, underscoring that metabolic shifts are inherent to the aging process and contribute to broader health challenges (Bush et al., 2020).

In this context, organizing a nutrition and physical activity day for older adults at Attendo Siltalanpuisto aims to emphasize the importance of balancing nutrition and exercise for overall health. By selecting a time when participants are rested and energized, the event encourages engagement through interactive demonstrations, underscoring the complementary roles of diet and exercise in aging. However, motivating older adults to engage in physical activity can be challenging, as many do not view it as essential compared to medication. Additionally, misconceptions about frailty or age-related limitations can discourage older individuals from reaping the substantial benefits of exercise.

2 THEORETICAL BACKGROUND

2.1 Malnutrition

Malnutrition refers to deficiencies or excesses in nutrient intake, an imbalance of essential nutrients, or impaired nutrient utilization. The double burden of malnutrition includes both undernutrition and overweight/obesity, as well as diet-related noncommunicable diseases. Undernutrition manifests in four broad forms: wasting, stunting, underweight, and micronutrient deficiencies. Malnutrition is generally more prevalent among the older people, but it presents differently in developed and developing countries (Chwang, 2012).

Malnutrition is a common case among old people. These significantly impact health, social, and aged-related care complications. This population of old people is susceptible to malnutrition due to age-related physiological changes, limited access to nutritious food, and the presence of multiple health conditions. In clinical settings the regular screening of malnutrition conditions among older people is emphasized, followed by comprehensive nutritional assessment and personalized nutritional interventions for those who test positive. After interventions, personalized guidance and counselling are outlined for the follow-up process. This intervention may include oral nutrition supplements, fortified foods and when necessary enteral or parenteral nutrition. Despite these guidelines, their implementation in clinical settings remain suboptimal, often resulting in inadequate care and poor health outcomes for older people (Dent et al., 2023).

2.2 Balanced diet

A healthy diet maintains or improves overall health. It provides the body with essential nutrients, including fluids, macronutrients like protein, micronutrients such as vitamins, adequate fibre, and sufficient food energy (Lean, 2015). For the body to function as it is required, a balanced diet must be followed, this ensures the body gets all nutrients required for health. A balanced diet is required to supply the nutrients needed for the body to function effectively. Without proper nutrition, the body is made more prone to illness and other health problems, such as infections, fatigue, and reduced performance. Essential nutrients are provided by food to maintain health and prevent sickness (Richi et al., 2015).

Eating well and balanced food can help your body and mind stay healthy and extend your quality of life. But are barriers to older people in getting enough nutrients and calories. Aging can affect appetite due to physiological changes that come with aging that result in reduced calories needed in the body, which can lead to decreased food intake and altered body composition, even in healthy older people. This can be compounded by diminished smell and taste,

and changes in hormone level that affect how quickly you feel full. Other conditions that affect old people include depression, lack of independence and social isolation can make food less appealing, further contributing to a less-than-ideal intake. Chronic diseases, for example cancer, Parkinson stroke, diabetes and dementia diseases can affect how old people consume the food due to lack of appetite. Other factors that affect consumption of food include medication that is ongoing that can interact with nutrients intake resulting in malnutrition. Other side effects of drugs can affect the food intake, like, nausea, vomiting and sensory changes effect overall food consumption. Oral and dental can also effects chewing or swallowing of food, decreasing intake of calories and nutrients that lead to weight loss and energy (Katherine, 2019).

2.3 Exercise Activity

Exercise Activity refers to any physical activity that is planned, structured, and repetitive with the objective of improving or maintaining physical fitness, health, or wellness. Physical activity guidelines for older people suggest that old people should do physical activities everyday if possible. This has many health benefits and makes other chronic diseases less likely to occur or put them less active. For old people exercise should be done according to individual centered exercise where everyone is doing according to his physical fitness or according to his illness concerns. The movement should be regular so that the benefit of movement can be seen. The light activity for old people should focus on a way that they target flexibility, strength, balancing and increase the heart rate. This so called the light movement for old people are activities that are not vigorous, but they improve or reduce sedentary lifestyle, moving around the house, cleaning surfaces, coking coffee or tea, making bed and vacuuming the mat flour will not only bring good mood when house is clean, but it will also enhance some movement exercise. There are numerous benefits for physical activities for old people, they reduce chronic disease intensity or prevent them from developing. Exercise not only prevent cancers, heart strokes and diabetes, it also brings good mood and sleep quality (NHS, 2024).

2.4 Aging people

In biological level aging results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This led to gradual decrease in physical and mental capacity and a growing risk of disease and ultimately death. Aging people, or older adults, generally refer to individuals who are advancing in age, typically starting from around age 60 and older. This phase of life is often characterized by physiological, psychological, and social changes. As people age, they may experience shifts in physical abilities, cognitive function, social roles, and health (Noto, 2023).

In accordance with world health organisation, biological level aging results from accumulation of a wide variety of impacts from molecular and cellular damage over time. This results to gradual decrease in physical activities and mental capacity, a growing risk of disease and leading to death. These changes are neither linear neither are consistent and there are only loosely associated with a person age in years. There is big diversity seen in older ages but random. Apart from biological factors that bring these changes, ageing is associated with other factors for example retirement, relocation to more appropriate housing and death of a close friend or a partner. There are some conditions associated with ageing like hearing loss eye's view become unclear, refractive errors back and neck pain, some chronic diseases become more eminent like osteoarthritis, obstructive pulmonary disease, diabetes, depression, and dementia. All these are old age-related issues called geriatric syndrome. As a result of this diseases or conditions other results start becoming eminent like frailty, urinary incontinence, falls, delirium and pressure ulcers. Most of this variation in aging people are due to genetic issues and others are due to people physically and social environments and community as well. The environmental people live play a role in aging differences such include ethnicity, sex or even social economic factors. The environment people live as children play role in aging combine with their personal characteristic have long term effects on how they age. Physical and social environment can affect health and aging directly, therefore maintaining health behaviour though-out life particularly eating balanced diet avoiding smoking doing physical activities regularly all this

reduces chances of non-communicable diseases thereby aging to maximum without much reliability and happy life and graceful aging. (WHO, 2022)

3 PURPOSE AND OBJECTIVE OF THE THESIS

The purpose of this project was to enhance the overall well-being and quality of life of the older people residents at Attendo Siltalanpuisto nursing home by promoting awareness and understanding of nutrition-related topics through engaging activities and educational sessions.

The objective was to increased awareness among older adults and nurses about the importance of nutrition in maintaining health and vitality during aging. Provide educational sessions to inform adults about their specific nutritional requirements as they age, including dietary recommendations and potential dietary supplements.

4 PROJECT PLANNING AND IMPLEMENTATION

4.1 Target group

The target group is older people aged 65 and over living in Attendo Siltalanpuisto. This nursing home has 30 accommodation rooms, the older people's rooms are about 20 square metres in size, there is a special physiotherapist, and the kitchen considers the nutrition of the older people by providing delicious home-cooked meals (Attendo, 2023). Considering the health conditions prevalent in this age group, such as suffering from common illnesses like diabetes, high blood pressure, cardiovascular disease, or osteoporosis, and designate a nutritional health program accordingly to help them have a better life.

Due to the different personalities and health conditions of everyone, considering the level of participation in the activities and encourage those inactive older people to participate in the activities.

4.2 Methodology

Waterfall methodology is a well-established project management workflow like waterfall. Each process phase must be completed downward through five stages requirement, design, implementation, verification and maintenance. The waterfall method does not allow flexibility. Must finish one phase before beginning the next phase, in other words must solve one section problem before progressing (Shamsulhuda & Shubhangi, 2022).

The activity day for the older people on nutrition select this method due to fact that the project is not that complex, group objectives, expertise in the group and stakeholder involved. This waterfall method follows the phase from idea-tion that's requirements designing, implementation, verification or evaluation reporting and maintainability. The project scope stays relatively static. That means a timeline can be determined in the beginning of the project. By completing design early changes to system stays minimal meaning the cost to fix any changes stays minimal. It is structured approach project that means everyone understands it properly what need to be done and when (Aiden et al., 2019).

4.3 The stages of the project

The Waterfall methodology is a traditional project management approach used for software development and other types of projects (Andrei et al., 2019). It follows a linear and sequential process where progress moves in one direction, much like a waterfall, through a series of distinct phases. This project had five phases, which were the requirements, design, implementation, testing and maintenance phase.

In the requirements phase, all the requirements for the project are collected and documented. The needs of the project are analysed, and extensive documentation is prepared that outlines all the features. This includes specifying what the software must accomplish and how it should perform (Andrei et al., 2019). In the information gathering phase, the group members collected and read a lot of previous literature and journals on this aspect of nutrition for older people and compiled a literature review. Browsing through these papers gave me a general idea of the current problems that exist in nutrition for the older people. Nutritional issues for older people have not yet been fully researched, and some nutritional assessment tools for older people still need more empirical data. Many researchers and scholars now recognize the importance of food and nutrition education for older people (Jyväkorpä et al., 2016). Older people have a need for customized diets because of individual dietary habits and varying degrees of other illnesses (Gille et al., 2016). Overall, research on the negative aspects of nutrition for older adults continues to evolve and improve, and resources and services are providing better health support and quality of life for older adults. However, continued attention and improvements are still needed to meet the diverse health needs of older persons.

In the design phase, after the requirements have been understood, the system architecture and design are created. This phase involves creating diagrams, models, and other documentation that detail how the system will be constructed (Andrei et al., 2019). The design of the day's activities was informed by a survey of the target group, ensuring alignment with the physical and psychological states of older adults. Activities included easy-to-understand bingo games and simple quizzes aimed at promoting the comprehension of nutritional knowledge and reinforcing memory retention. Additionally, simple chair exercises were incorporated to encourage physical activity, while dance activities related to nutritious food were included to combine recreation with learning.

During the implementation phase, the actual coding and development of the system are carried out. The designs are transformed into a functional software

system by the development team (Andrei et al., 2019). On the day of implementation, the sequence of activities was dynamically adjusted to consider the actual state of the participating seniors on that day, ensuring that the music and dance phases encouraged their participation.

In the testing phase, after implementation has been completed, testing is conducted to detect and resolve any defects or issues within the software (Andrei et al., 2019). Various types of testing were conducted, including unit testing, integration testing, system testing, and user acceptance testing. Based on the assessment results, questions, conclusions, and recommendations were presented to effectively evaluate the nutritional impact of senior activity days and provide a foundation for informed decision-making to enhance future programs. Following the event, the interactive day was evaluated, and adjustments were made to the design to improve its practicality and adaptability. These modifications aimed to make the program more open-ended in terms of the time and location of participation as well as the number of participants. In the future, the materials developed from the day can serve as a foundation for creating a more seamless and replicable event.

In the maintenance phase, once testing has been successfully completed, the software enters the maintenance stage. During this phase, updates, bug fixes, and enhancements are made as needed to ensure the software continues to function effectively (Andrei et al., 2019). Client questionnaires and feedback from nurses and other caregivers are collected after each activity to identify problems, fix it, and maintain it in a timely manner.

Table. 1 Timetable

Waterfall model Stages	Task	Date
Requirements	Literature search in databases based on keywords for literature review	1.5.2024-1.9.2024
Design	Assign tasks for preparation, design implementation plan, authorization with SAMK, initial communication with nursing homes.	2.9.2024-20.10.2024
Implementation	Nutrition day with some of the nurses, consisting of nutrition knowledge and exercise.	25.10.2024
Testing	Collect feedback from nurses who participated in the activity day for improvement. Develop a complete program for the day's activities.	1.11.2024
Maintenance	An activity day program is given to the nursing home so that they can continue to supplement their activities in the future. For example, quiz question updates.	1.11.2024-9.11.2024

5 EVALUATION

5.1 Nutrition Day Report

The nutritional day was conducted on 25th October local in Attendo Siltalanpuisto. The plan was revisited prior to the activity day to ensure smooth implementation. Duties were assigned to individuals based on their abilities and interests. Permission was obtained from the relevant department, and all legal requirements were fulfilled before the event. On the activity day, three major activities were conducted: music and dancing, nutrition teaching, and exercise

sessions. The setting and music band were organized promptly upon the group's arrival. Assistance was provided by the on-site nurses to gather residents and rearrange chairs and tables, creating adequate space for the activities. The residents, delighted by the preparations, calmly gathered around to participate. The event began with an introduction, during which attendees were welcomed and briefed on the day's activities. The project plan served as a guide, and each stage was executed step by step. The program flowed seamlessly from the introductory song to the nutrition teaching session, followed by exercise activities, and concluded with a musical performance chosen by the participants. The activity day was deemed successful, as participants enjoyed the event, which combined fun and cultural diversity, making it a memorable program. The purpose of the evaluation is to analyze the effectiveness of the nutrition day for older adults, highlight its successes, identify areas for improvement, and provide valuable insights for organizing similar activities in the future.

5.2 Questionnaire Analysis

To understand the performance, group formulated a questionnaire to evaluate performance. Refer to Appendix 2. The group task the local people to help in translating from English to finish which was successfully done. The idea helps a lot, as many residents of Siltalanpusto Attendo do not understand English. The question was simple and straight forward based with knowledge that can be understood by 70 to 100 years aged people. The question was divided into three sections music and dancing section, nutrition section and exercise section.

A questionnaire is a good and quick way to collect feedback. Surveys with questionnaires play a vital role in decision and policy making in society. Questionnaires refer to a specific tool, also known as an instrument, for gathering information (Slattery et al., 2011). Therefore, a questionnaire was selected as the method for obtaining feedback from the target population of the project activities, as it is both simple and efficient.

Feedback from participants was collected after the event to assess the effectiveness and impact of the Nutrition Day for Older People. The feedback not only reflected the participants' understanding and satisfaction with the content of the program but also provided valuable suggestions to better meet the needs of older people in the future. A total of 10 older People participated in the program, and their specific feedback is provided below:

Improved nutritional knowledge, in the feedback, a percentage of participants indicated that they had gained a better understanding of nutrition, particularly regarding balanced diets and healthy eating habits. Many participants mentioned that the discussions on the importance of proteins, vitamins, and minerals helped them realize the impact of a proper diet on health. Some participants even indicated that they planned to adjust their dietary habits after the program, such as increasing their intake of fruits and vegetables while reducing the consumption of foods high in sugar and fat. This demonstrates that the program has achieved remarkable results in educating the participants.

Physical activity participation, regarding participation in physical activity, percent of participants engaged in dance and seated exercises. Many participants provided feedback that these activities not only made them feel happy but also helped improve their physical flexibility and coordination. Some participants commented that they felt physically active during the dance activities and expressed a desire to participate in similar exercises on a regular basis. Additionally, the seated exercises were particularly suitable for older adults with mobility issues, enabling them to stay active in a comfortable environment. This setup enhances the accessibility of the program and allows more older individuals to benefit from it.

Social Interaction, most participants reported that the event provided them with an enjoyable opportunity to socialize and strengthen their bonds with one another. Many mentioned making new friends at the event and sharing tips on diet and health. This social interaction not only enhanced their sense of well-being but also laid the foundation for future relationships. The older population

often faces loneliness, and through activities like this, they can build a social network and reduce isolation.

Overall satisfaction, participants expressed high satisfaction with the event. Most acknowledged that the organization and content were well-structured and informative. They also expressed a desire for more similar events in the future, particularly focusing on nutritional knowledge and physical activity, to further promote their health and socialization.

5.3 Challenges and recommendations for improvement

Despite the overall success of the event, some areas for improvement were identified in the feedback to further enhance the quality and effectiveness of the event.

Communication of information, some participants mentioned that the content of the nutrition talks could be made more concise and easier to understand for better comprehension by all. To cater to participants of different age groups, educational backgrounds, and health levels, nutrition talks could be presented in a more visual manner. For example, multimedia tools could be used to demonstrate nutrition knowledge and healthy lifestyles through video clips or animations, which can convey the message more vividly and enhance comprehension. Consideration should also be given to sending relevant information in advance so that participants can gain a preliminary understanding of the topics to be discussed before the program begins, enabling them to participate more actively in the discussions during the program.

Frequency of activities, participants generally wished that the frequency of activities could be increased so that more older people could benefit. Frequent activity schedules not only help participants to consolidate what they have learnt, but also create a good social atmosphere. It is recommended to set a regular time for the program on a monthly or quarterly basis to ensure that older people can form a regular habit of participation. At the same time, themes

that are more in line with older people's interests can be developed to meet demand and attract more participants.

Interactive sessions, feedback mentioned that adding interactive sessions would help encourage participants to share their experiences and enhance engagement. Consideration could be given to setting up group discussions, role-playing or sharing sessions in the activity so that participants could share their dietary habits and health tips in a relaxed atmosphere. This will not only increase the fun of the activity, but also enable participants to gain more information and inspiration from interacting with each other. In addition, adding some games or teamwork activities can also increase participants' motivation and further enhance their participation experience.

The nutrition day for older people was highly effective, with participants gaining valuable insights into nutrition, physical activity, and social interaction. By further enhancing information delivery, increasing the frequency of activities, and enriching interactive sessions, future events will better cater to the needs of older adults, helping to improve their health awareness and quality of life while fostering a lasting social and support network.

5.4 Ethical Considerations

After the agreement between SAMK and Attendo was signed, a site visit was conducted to complete the implementation of the activity. The program was carried out in strict adherence to ethical principles, ensuring that informed consent was obtained and participants' privacy was protected. No personal health information was collected or disclosed during the event, and explicit consent was secured prior to any photography. Privacy was effectively safeguarded by avoiding the recording of identifiable information, and the confidentiality of personal health status was respected throughout the process.

Approval from an ethical review board or committee is required before the survey can be initiated to ensure compliance with ethical guidelines established

by Finnish regulations and international standards (Association, 2013). In legal considerations, compliance with Finnish laws and regulations related to research, healthcare, and data protection was ensured by adhering to the guidelines provided by the Finnish National Board on Research Integrity (TENK, 2023).

5.5 Discussion

The purpose of this project was to enhance the overall well-being and quality of life of older people residents at Attendo Siltalanpuisto by promoting awareness and understanding of nutrition-related topics. The goal was to increase awareness among older people residents and caregivers about the importance of nutrition in maintaining health and vitality during aging, while to inform them of specific nutritional requirements and dietary recommendations. This section reflects on the key findings, challenges, and implications of the project, addressing how the objectives were met and the broader impact on older people care. This project demonstrates the potential for education-based interventions in improving the nutritional awareness and overall health of elderly individuals in care settings. The findings emphasize the importance of not only providing knowledge but also integrating practical, hands-on experiences to help residents translate what they've learned into everyday practices.

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APPENDIX 1: DESIGN FOR ACTIVITY DAY

Design for Activity Day	
Project Name	Nutritional activity day for the older people
Project Description	A day of activities at Attendo Siltalanpuisto designed to promote a focus on nutrition for healthy living. The composition of the personnel consisted of seniors, nurses, assistant nurses, Physiotherapist, volunteers.
Objective	Raise awareness among older people about the importance of nutrition and exercise in maintaining good health.
Planned Step	<ol style="list-style-type: none"> 1. Inquire about suitable times for the activities and confirm whether they can be conducted at the selected location. 2. Consult with Attendo to determine how many residents can participate, whether we can get assistance from the nurses, and identify the contact person for any support needed. 3. Seek supervision and guidance from our supervising teachers. 4. Prepare the activities among group members in advance. 5. Assess the resources required for our activities. 6. Tasks will be distributed according to each member's individual strengths and talents.
Activities Process	<p>1. Set up and Introduction: Arrange the chairs and activity spaces to ensure everything is set up properly. Next, gather all the residents, welcome them, and introduce the group activities and schedule for the day (11:30 — 12:00). Responsible person: George Nganga</p> <p>2. Chair Exercises: At the start of the activities, we will conduct a chair exercise session to help residents engage in simple physical exercises, promoting their physical activity and flexibility (12:00 — 12:10). Responsible person: Zehua Li.</p> <p>3. Nutrition Education: Present pictures to educate residents about nutrition (12:20 — 12:35). Following this, conduct a nutrition-themed bingo game to enhance engagement and enjoyment (12:35 — 12:55). Responsible person: Kebin Zhang.</p> <p>4. Dancing to Music: Organize a dance session to music, encouraging residents to move along with the tunes to enhance their enjoyment and vitality (13:00 — 13:20). Responsible person: Zehua Li.</p> <p>5. Satisfaction Survey: Distribute and collect satisfaction surveys from residents and nurses to gather feedback and suggestions about the activities (13:20 — 13:40). Responsible person: George Nganga.</p>
Evaluation	Compile a comprehensive report based on the collected data and feedback to enhance the thesis. This report should include an overview of the activities conducted, an analysis of the satisfaction surveys, and key findings on the effectiveness of the event. It should also highlight any areas for improvement and provide recommendations for future activities. This detailed report will not only support the development of the thesis but also offer valuable insights for refining and improving similar events in the future.

APPENDIX 2: QUESTIONNAIRE

Tyytyväisyyskysely tuolijumpasta, ravitsemusinfoista ja tanssimusiikista ikäihmisille. Vastaajan tiedot: muistisairas asukas, ikä 70-100 vuotta .

Kuinka usein osallistutte kyseiseen ohjattuun toimintaan (tuolijumppa / ravitsemusinfot, tanssimusiikki)?

- Päivittäin
- Viikoittain
- Kuukausittain
- Harvemmin, kuin kerran kuukaudessa

Osa 1: Tuolijumppa

1. Kuinka tyytyväinen olette olleet tuolijumppatoteutuksiin?

- Erittäin tyytyväinen
- Tyytyväinen
- En tyytyväinen enkä tyytymätön
- Tyytymätön
- Erittäin tyytymätön

2. Onko tuolijumppa mielestänne sopivaa kuntotasollenne?

- Kyllä
- Eivät
- Osittain

3. Millainen olo teillä on tuolijumpan jälkeen? (Valitkaa kaikki soveltuvat)

- Virkistynyt
- Rentoutunut
- Väsynyt, mutta hyvä olo
- Liian uupunut
- Ei muutosta

4. Ovatko liikkeet mielestänne helppo ymmärtää?

- Kyllä
- Ei
- Osittain

5. Onko tuolijumppatoteutuksen kesto mielestänne:

- Liian pitkä
- Liian lyhyt
- Sopiva

6. Mistä pidätte eniten tuolijumppassa?

7. Mitä parannuksia ehdottaisitte?

Osa 2: Ravitsemuskoulutukset

1. Kuinka tyytyväinen olette olleet ravitsemuskoulutuksiin?

- Erittäin tyytyväinen
- Tyytyväinen
- En tyytyväinen enkä tyytymätön
- Tyytymätön
- Erittäin tyytymätön

2. Ovatko koulutuksissa annetut tiedot olleet mielestänne sopivia ruokavaliotarpeisiinne?

- Kyllä
- Ei
- Osittain

3. Kuinka helppoa esitettyjen tietojen ymmärtäminen on ollut?

- Erittäin helppoa
- Helppoa
- Ei helppoa eikä vaikeaa
- Vaikeaa
- Erittäin vaikeaa

4. Oletteko tehneet muutoksia ruokailutottumuksiinne oppimanne tiedon perusteella?

- Kyllä
- En
- Olen harkinnut asiaa

5. Mitkä aiheet ovat olleet mielestänne hyödyllisimpiä? (Valitkaa kaikki soveltuvat)

- Terveellinen ruokailu taloudellisesti
- Sydäntä vahvistavat ruoat
- Painonhallinta
- Diabeteksen hallinta
- Muu, mikä?: _____

6. Mistä muista aiheista haluaisitte oppia?

Osa 3: Tanssimusiikkitoteutukset**1. Kuinka tyytyväinen olette olleet tanssimusiikkitoteutuksiin?**

- Erittäin tyytyväinen
- Tyytyväinen
- En tyytyväinen enkä tyytymätön
- Tyytymätön
- Erittäin tyytymätön

2. Minkä arvosanan antaisitte toteutusten aikana soitetun musiikin monipuolisuudelle?

- Erinomainen
- Hyvä
- Kohtalainen
- Heikko

3. Onko musiikin tempo ollut sopiva teille?

- Kyllä
- Ei
- Toisinaan kyllä, toisinaan ei

4. Ovatko toteutukset olleet mielestänne miellyttäviä ja mukaansatempaavia?

- Kyllä
- Ei

5. Minkälaisia tunteita musiikki teissä herättää? (Valitkaa kaikki soveltuvat)

- Onnellinen
- Energinen
- Nostalginen
- Rentoutunut
- Muu, mikä?: _____

6. Mitä kappaleita tai musiikkityylejä haluaisitte kuulla useammin?**Yleinen palaute****1. Minkä arvosanan antaisitte ohjelman laadusta?**

- Erinomainen
- Hyvä
- Kohtalainen
- Heikko

2. Mitä parannuksia ehdottaisitte?**3. Suositteletteko tätä ohjelmaa muille?**

- Kyllä
- En
- Ehkä