



## ABSTRACT

## The importance of nutritional care in an aging society

Naomi Nakayama

*Associate professor Hyogo Medical University, School of Medicine, Department of General Medicine and Community Healthcare Science*

### ***Nutri Symposium 2024: Nutrition advancement in healthcare from conception to well-aged perfection: Unveiling nutrition's impact - Speaker***

Received: 4 October 2024  
Accepted: 7 October 2024  
Published: 18 October 2024

Link to DOI  
[10.25220/WNJ.V08.S1.0014](https://doi.org/10.25220/WNJ.V08.S1.0014)

**Citation:** Nakayama N. The importance of nutritional care in an aging society. World Nutrition Journal. 2024 October 18, 8(S1): 15.



**Copyright:** © 2024 by the authors. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Japan has been facing serious aged society ahead of the world as seniors' population has exceeded 27%. In this background, there are concepts of conventional life expectancy and healthy life expectancy. The period during which one can live independently without relying on nursing care is called healthy life expectancy and there is about ten years gap exists between these two life expectancies. With advances in medical technology, Japan has one of the highest average life expectancies in the world. With social security costs currently soaring, the key issue is how to extend healthy life expectancy, rather than average life expectancy. To this end, it is important to provide nutritional care that is appropriate for age and stage of life. Furthermore, understanding that palliative care rather than excessive medical treatment is important during the final stages of care is also important in order to maintain a high quality of life until the end. This lecture will focus on the differences in nutritional care between middle-aged and elderly people, and will discuss preventive measures against infectious diseases such as aspiration pneumoniae, which have a significant impact on the decline of ADL and life expectancy in the elderly, with a focus on nutritional management.

**Keywords:** malnutrition, sarcopenia, aged society, aspiration pneumoniae

**Website**  
<http://www.worldnutrijournal.org/>

#### **Corresponding author:**

Naomi Nakayama  
Associate professor Hyogo Medical University, School of Medicine, Department of General Medicine and Community Healthcare Science  
Email : [kennaonatsuno@yahoo.co.jp](mailto:kennaonatsuno@yahoo.co.jp)