**Nutrition**

**Vitamin D** is Important for Preventing Falls

Vitamin D is a nutrient needed to maintain strong bones (along with Calcium) and to help muscles to move. People who get too little vitamin D may develop soft, thin, brittle bones and muscle weakness, which can contribute to falls and fractures. Research shows that Vitamin D helps to reduce falls in older adults, especially those at risk for falling.

- Our diets usually do not supply enough Vitamin D for our needs
- Aging decreases the ability to make Vitamin D from the sun

**Are you getting enough Vitamin D?**

- Talk with your healthcare provider about Vitamin D testing (it’s a simple blood test).
- If Vitamin D is recommended, be sure you know what type to take and the amount.
- The American Geriatrics Society Recommendation for Vitamin D supplements is at least 800 IU per day for older persons but your doctor may recommend more.
- Talk with your pharmacist about interaction of Vitamin D with medicines you are currently taking.

**Calcium is Important for Healthy Bones**

Calcium is a key nutrient for healthy bones, strength and structure. 99% of the body's calcium is stored in the bones. When there is not enough calcium in the diet, other organs and muscles take it from the bones. Over time, a deficiency of calcium can result in bone loss and contribute to osteoporosis. Getting the recommended amounts of calcium and vitamin D can help to increase bone strength at any age.

- The recommended FDA for women over age 50 is 1200 milligrams (mg) of calcium.
- For men up to age 70, it is 1000 mg
- For men over age 70, it is 1200 mg
- Dairy products such as yogurt, milk, and hard cheeses are good sources of calcium.
- Check in with your doctor to see if you are deficient in calcium and need to take a supplement.

**Myth vs Reality**

**Myth:** Nutrition needs do not change with age.

**Reality:** Nutrition status of older adults has been shown to be a determining factor in the risk of falling, severity of injuries incurred and recovery time after a fall-related injury.

**Resources**

**Meal Sites:**
Call ADVOCAP at 725-2791 or (800) 922-7760 to sign up for the following meal sites:
- **Oshkosh:** Court Tower Apts., Marian Manor, Mainview, Senior Center, Heritage Court
- **Menasha:** Senior Center
- **Neenah:** Hearthside Apts.
- **Omro:** Community Center, Fox View Manor
- **Pickett:** Community Center
- **Winneconne:** Riverside Apts.

**Cooking For One:**
www.choosemyplate.gov
www.cdc.gov/healthyweight/healthy_eating/meals.html

**Home Delivered Meals:**
ADVOCAP/Winnebago County Nutrition Program:
725-2791 or (800) 922-7760
Oshkosh Family Inc., Meals on Wheels
(Homebound Oshkosh only): 651-3316
Valley VNA Meals on Wheels (Homebound in Neenah and Menasha only) 727-5555
Contact Aging and Disabilities Resource Center for food pantries, SHARE Programs and other meal resources:
(877) 886-2372  www.co.winnebago.wi.us/adrc