

# Stepping Up Your Nutrition Online Leader Training

*Stepping Up Your Nutrition* (SUYN) is a 2.5-hour brief intervention intended to identify malnutrition risk among older adults and introduce strategies to enhance their nutrition. While the intervention was originally developed to address and prevent risk for falling, the practical knowledge and recommendations (i.e., primarily focusing on protein and fluid intake) make it generally beneficial to older adults.



This interactive session that can be led in a small-group or one-on-one format. It can be led as a stand-alone activity or as a ‘session zero’ for other evidence-based programs (e.g., fall prevention, chronic disease self-management).

SUYN workshops focus on:

1. How nutrition affects falls risk
2. The importance of muscles for strength
3. Key nutrients for older adults--particularly protein and fluid
4. How to determine personal nutrition risk and handgrip strength scores
5. How to create an action plan to improve nutritional health

This online, asynchronous leader training introduces the curriculum and justifies its focal areas. It walks through scenarios and activities, which are used during SUYN-related interactions with older adults. ***At the conclusion of the online leader training, all participants will be certified to lead SUYN in their respective communities.***

After completing the online SUYN leader training, participants will be able to:

1. Educate and motivate community-dwelling older adults to prevent or lower their malnutrition risk
2. Identify malnutrition risk and refer at-risk older adults to community-based resources

The online training is appropriate to a variety of people and organizations across the aging services network:

- Community health workers
- Health educators and public health professionals
- Trained Evidence-based program leaders
- Non-profit organization service providers
- State and county government personnel
- Faith-based organizations and networks
- University students

## **For more information:**

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- **Visit:** <https://www.steppingupyournutrition.com/>

To learn more about the SUYN intervention, please read:

Smith, M. L., Bergeron, C. D., Lachenmayr, S., Eagle, L. A., & Simon, J. R. (2020). A brief intervention for malnutrition among older adults: Stepping Up Your Nutrition. *International Journal of Environmental Research and Public Health*, 17(10), 3590. doi:10.3390/ijerph17103590