

**WELLSPAN HEALTH ~ YORK HOSPITAL**

**DEPARTMENT OF Internal Medicine Family Medicine**

**Optimizing Nutritional Status in Elderly  
Central Region, April 29, 2021 07:45 AM to 08:45 AM**

**Lindsay Yohn, RD**

**Disclosure of Commercial Interest:**

The following disclosures have been made by the speaker(s):

Lindsay Yohn, RD: Nothing to disclose - 04/05/2021

The following disclosures have been made by planners and content reviewers:

Delp, Andrew (Activity Director/Committee) : Nothing to disclose

McKeague, Mark (Activity Director/Committee) : Nothing to disclose

**Objectives:**

At the conclusion of this presentation, participants should be able to:

- 1 Discuss the physiologic, sociologic, pathologic, and psychologic changes contributing to poor nutritional status in the elderly population.
- 2 Describe various nutrition tools, nutrients, and considerations required to improve healthy aging and decrease malnourishment.

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