

2023 Updates

The GSA Toolkit for the Management of Obesity in Older Adults

July 2023 Updates

Noted that care teams may find it useful to reflect on their current practices using the [Start, Stop, Continue, Improve Action Plan](#). See pg. 4.

Added resources from the Centers for Disease Control and Prevention and Health.gov regarding physical activity for older adults and from the LSU Pennington Biomedical Research Center about diet. See pgs. 61 and 62.

Highlighted the GSA Momentum Discussion Podcast episodes, *Combating Bias to Promote Comprehensive Obesity Care for Older Adults* and *Kickstarting Body Size Conversations in Older Adults with Obesity*. See pgs. 15 and 18, respectively.

March 2023 Updates

Showcased a GSA Momentum Discussion webinar, *The GSA Toolkit for the Management of Older Adults*, featuring the expert peer review panelists for the Toolkit, who discuss the unique needs of older adults with overweight and obesity and provide valuable insights into using the Toolkit in clinical practice. See page 6.

Showcased a GSA Momentum Discussion Podcast episode, *Culturally Congruent Care for Hispanic Older Adults with Obesity*, highlighting unique cultural beliefs and practices that are prevalent among individuals from the Hispanic community and offering valuable insights into how providers may provide culturally congruent care while using the GSA KAER Framework. See page 20.

Showcased a GSA Momentum Discussion Podcast episode, *Nutritional Needs of Older Adults with Obesity*, exploring dietary needs of older adults and discussing the importance of assessing for and addressing sarcopenia. See page 44.