



The population of adults 65 and older has grown about 34% from 2010-2020

Vermont has the 4th highest population of adults 65 and older

64% of Vermont's population lives rurally

About 15% of community dwelling older adults are malnourished

About 66% of community dwelling older adults are at risk of malnutrition

Exploring the Relationship between Falls Risk and Nutrition Status in Community-Dwelling Older Adults

Now recruiting people who are **over the age of 60**
and **live year round in Vermont.**

What is it?

This study is an investigation of fall risk and nutrition status in older adults living in Vermont.

You are eligible if you...

- ...are age 60 or older
- ...plan to be living in Vermont for the next year

What's required?

- Complete questionnaires: one over the next couple of weeks and again in 6 months (max 30 minutes to complete, 15-20 minute average)

What are the benefits?

- Contribute to our understanding of the relationship between fall risk and nutrition status in older Vermonters
- Eligibility for random drawing for \$25 gift card (10 winners)

For questions or more information, contact us:

- By phone: **802-635-1331**
- By email: emily.tarleton@northernvermont.edu
- Or by visiting the study website:
<https://www.northernvermont.edu/falls-risk-and-nutrition>



72% Live Rurally
55% are at Nutrition Risk
11% Reported Food Insecurity



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Malnutrition in Rural Older Vermonters



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Different Towns

