



## Senior Citizens Lose Weight Less Highly

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### Abstract

Aging is associated with changes in body composition, including a gradual decrease in lean mass and an increase in fat mass. These changes can lead to a decrease in metabolic rate and make it more challenging for seniors to lose weight. In addition, age-related factors, such as changes in hormone levels, appetite regulation, and physical activity levels, can also impact weight loss outcomes. Understanding the factors that contribute to weight loss resistance in seniors is crucial for developing effective weight loss interventions that address their unique needs and challenges.

**Keywords:** Senior citizens; Weight loss resistance; Body composition; Metabolic rate; Hormone levels; Appetite regulation

### Introduction

As people age, their bodies undergo various physiological changes that can impact their ability to lose weight. Aging is associated with a decrease in lean mass and an increase in fat mass, leading to a decrease in metabolic rate. Additionally, age-related factors such as changes in hormone levels, appetite regulation, and physical activity levels can also impact weight loss outcomes. As a result, seniors may find it more challenging to lose weight compared to younger individuals.

Despite these challenges, weight loss is important for seniors as it can help improve health outcomes and quality of life. However, it is crucial to develop weight loss interventions that are tailored to the unique needs and challenges of seniors. This may involve addressing factors such as metabolic rate, hormone levels, appetite regulation, and physical activity levels.

In conclusion, understanding the factors that contribute to weight loss resistance in seniors is essential for developing effective weight loss interventions. By addressing these factors, researchers and clinicians can help seniors achieve and maintain a healthy weight, improving their overall health and well-being.

### Factors affecting weight loss in seniors

**Body composition changes:** As people age, they tend to experience a decrease in lean body mass and an increase in fat mass. This change in body composition can lead to a decrease in metabolic rate, making it more challenging for seniors to lose weight.

**Hormonal changes:** Age-related changes in hormone levels, such as a decrease in growth hormone and testosterone and an increase in cortisol, can impact metabolism and appetite regulation, making it more difficult for seniors to lose weight.

**Appetite regulation:** Seniors may experience changes in appetite regulation, such as decreased hunger and increased satiety, which can impact their ability to maintain a caloric deficit necessary for weight loss.

**Metabolic rate:** The metabolic rate tends to decrease with age, which can impact the number of calories burned at rest and during physical activity, making it more challenging for seniors to create a caloric deficit necessary for weight loss.

**Physical activity levels:** Seniors may have lower physical activity levels due to age-related changes in muscle mass, joint health, and mobility, which can impact their ability to burn calories and lose weight.

**Health conditions:** Seniors may have chronic health [1-5] conditions that impact their ability to lose weight, such as diabetes, cardiovascular disease, and arthritis, which may require special dietary considerations and physical activity modifications.

**Medications:** Some medications commonly used by seniors, such as antidepressants, antipsychotics, and corticosteroids, can impact weight loss efforts by affecting appetite, metabolism, and energy expenditure.

**Psychological Factors:** Seniors may face unique psychological challenges related to weight loss, such as depression, loneliness, and social isolation, which can impact motivation, adherence to dietary and exercise plans, and overall well-being.

**Nutritional status:** Seniors may have specific nutritional needs, such as increased protein intake to preserve muscle mass and adequate intake of vitamins and minerals, which may require special dietary considerations and supplementation.

**Social support:** Seniors may benefit from social support, such as support groups, family support, and community resources, which can provide encouragement, motivation, and accountability for weight loss efforts.

In conclusion, understanding the factors that impact weight loss in seniors is crucial for developing effective weight loss interventions tailored to their unique needs and challenges. By addressing these factors, researchers and clinicians can help seniors achieve and maintain a healthy weight, improving their overall health and well-being.

### Case Study 1: Mrs. Anderson, 73 years old

Mrs. Anderson was 73 years old and had been struggling with her weight for several years. She had tried various diets and exercise programs but had been unable to achieve significant weight loss. She was frustrated and feeling discouraged about her ability to lose weight and improve her health.

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After discussing her concerns with her primary care physician, Mrs. Anderson was referred to a registered dietitian who specialized in working with seniors. The dietitian conducted a comprehensive assessment of Mrs. Anderson's dietary intake, physical activity levels, and health status. It was found that Mrs. Anderson was consuming a diet high in processed foods and refined carbohydrates, which contributed to her weight gain.

The dietitian worked with Mrs. Anderson to develop a personalized nutrition plan that focused on whole, nutrient-dense foods such as fruits, vegetables, lean proteins, and whole grains. Mrs. Anderson was also encouraged to reduce her intake of sugary beverages and snacks. In addition, the dietitian recommended a gradual increase in physical activity, starting with low-impact activities such as walking and swimming.

Over the course of several months, Mrs. Anderson made significant progress with her weight loss goals. She lost 15 pounds and was feeling more energetic and motivated. Mrs. Anderson's success was attributed to her commitment to making sustainable lifestyle changes and the support she received from her healthcare team.

### Case Study 2: Mr. Johnson, 68 years old

Mr. Johnson was 68 years old and had been diagnosed with diabetes several years ago. He had struggled with weight gain since his diagnosis and was finding it difficult to manage his blood sugar levels. Mr. Johnson's primary care physician referred him to a diabetes educator who specialized in working with seniors.

The diabetes educator conducted a thorough assessment of Mr. Johnson's dietary habits, physical activity levels, and blood sugar control. It was found that Mr. Johnson was not following a consistent meal plan and was consuming large portions of high-carbohydrate foods, which contributed to his weight gain and unstable blood sugar levels.

The diabetes educator worked with Mr. Johnson to develop a

personalized meal plan that focused on balancing carbohydrates, proteins, and fats to help stabilize his blood sugar levels. Mr. Johnson was also encouraged to engage in regular physical activity, such as walking and cycling, to help manage his weight and improve his overall health.

Over time, Mr. Johnson was able to achieve significant weight loss and improve his blood sugar control. He lost 20 pounds and was able to reduce his diabetes medication dosage. Mr. Johnson's success was attributed to his commitment to following a personalized meal plan and engaging in regular physical activity.

### Conclusion

These case studies demonstrate that weight loss is possible for seniors with the right approach. By focusing on personalized nutrition plans, regular physical activity, and the support of healthcare professionals, seniors can achieve their weight loss goals and improve their overall health and well-being.

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