

IDEA Collective: May 2025

Older Americans Month

Celebrating Older Americans Month in Dietetics and Nutrition

Older Americans Month was established in 1963 to celebrate and recognize the contributions of current and past older Americans, to spotlight aging trends and programming, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "**Flip the Script on Aging**," focuses on combating ageism to transform how society perceives, talks about, and approaches aging by challenging stereotypes and highlighting the benefits of healthy aging. **Ageism** refers to ***how we think*** (stereotypes), ***feel*** (prejudice), and ***act*** (discrimination) toward others or ourselves based on age.

What can we do to combat ageism?

- Celebrate the contributions of people of all ages in the workplace and community.
- Avoid ageist statements when talking about growing older (see resources below).
- Promote fact-based messages about older adults' abilities and value to communities.
- Engage in ageism awareness education and learning.

Resources:

- The [National Center to Reframe Aging](#) provides engaging and usable resources to help organizations and individuals combat ageism through proven communication strategies and tools, and spreading awareness.
 - [Quick Start Guide](#)
 - [Older Americans Month Resource Guide](#)
 - [Frame of Mind Video Series](#)
- The [World Health Organization](#) has a global campaign to combat ageism that focuses on changing the aging narrative to create an age-inclusive world.
 - [Quick Guide to Avoid Ageism in Communication](#)
 - [Campaign webpage #aworld4allages](#)
- [Academy of Nutrition and Dietetics position paper on food and nutrition programs for community-residing older adults](#)

- The [Administration for Community Living \(ACL\)](#)* is the federal agency dedicated to supporting the aging and disability populations to live in their communities independently and carries out the Older Americans Act. The ACL website has information on programs and policies supporting aging and disability populations, research and evaluation reports on these programs, and more!
**HHS reported the “[reorganization](#)” of ACL and programs will be “[split across](#)” other HHS agencies.*

Author(s): Savannah Schultz, MS, RDN, LD, adapted from the [Administration for Community Living](#).

Last Updated: 5 May 2025