

**September 2012
Nutrition InfoGram**

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**An Electronic Newsletter from the Nutrition and Health Promotion Team
(NHPT) of the California Department of Aging (CDA)**

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Food Safety and Nutrition

Did you know that September is National Food Safety Education Month!

2012 Food and Health Survey

The International Food Information Council (IFIC) Foundation conducts an annual food and health survey. The 2012 Food and Health Survey provides a look at consumer attitudes toward Food Safety, Nutrition and Health.

To find more information about the 2012 Food and Health Survey visit:

<http://www.foodinsight.org/foodandhealth2012.aspx>

Nutrition Education

Food Safety Mythbuster Campaign

Check out www.fightbac.org website for information on their newest food safety campaign kicking off National Food Safety Education Month. As part of the celebration, the Partnership for Food Safety Education offers a home food safety mythbusting campaign focused at “debunking” common household food safety myths. These free downloadable consumer food safety education materials include a mythbusting educator’s kit, power point presentations, press release information and more!

Food Safe Families Campaign

The Food Safe Families Campaign provides free food safety education materials that include: bookmarks, handouts, brochures, public service announcements, etc. to help teach about the four safe food handling behaviors—Clean, Separate, Cook, and Chill. The materials provide information in memorable and relatable ways to help bring perspective to the issue and risk of food poisoning. These tools are ideal for families and caregivers and include practical tips to keep their families’ safer.

To learn more about the Food Safe Families Campaign check:

<http://foodsafety.adcouncil.org/>

Sodium Focus: Interesting Facts about Sodium

Adapted from: <http://www.chemicool.com/elements/sodium.html>



- Sodium and its close periodic table neighbor potassium are solids at room temperature. Their alloys however are not. NaK alloys containing 10 to 60

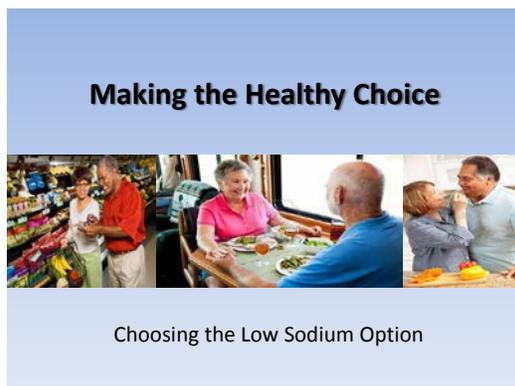
percent of sodium by weight are liquids at room temperature. The commercially available 78% K, 22% Na alloy stays liquid at temperatures as low as -12.6 degrees C (9.3 degrees F).

- Humans and other animals need sodium to maintain the correct fluid balance in their cells. An immediate effect of low sodium can be seen in heat cramping, when athletes' muscles seize up after exertion. Heat cramping is caused by the loss of sodium ions when salt is removed from the body in sweat.
- Sodium is produced in heavy stars, mainly when atoms of neon gain a proton. (The neon atoms were themselves produced by carbon atoms coming together in nuclear fusion reactions.)
- If all the sodium chloride (table salt) in the oceans could be extracted and dried, it would cover the entire surface of the USA to a depth of almost a mile and a half (about 2.3 km). The same salt could cover all the land on Earth to a depth of almost 500 feet (150 m).

Making the Healthy Choice

By: Debbie Krezni, RD Area 1 Agency on Aging and Hannah Cory, Dietetic Intern, University of Michigan School of Public Health

Area 1 Agency on Aging's' Debbie Krezni and Hannah Cory developed this power point presentation to educate their congregate meals participants about choosing low sodium. The presentation includes topics such as: Testing your sodium knowledge; What is sodium; What sodium can do for our bodies; Sodium guidelines; Benefits of sodium; Sodium and potassium: counterbalancing some of sodium's harmful effects; and tips on reducing sodium in the diet.



[Click here for the Power Point presentation](#)

Nutrition and Healthy Eating
Sodium: How to tame your salt habit now
By Mayo Clinic staff

Find out how much sodium you really need, what high-sodium foods to avoid, and ways to prepare and serve foods without adding salt or sodium.

This article covers topics on: Sodium: Essential in small amounts; How much do you need?; Main dietary sources; Be a savvy shopper; Cut back gradually; More tips to cut back; and Reading food labels.

Mayo Clinic: <http://www.mayoclinic.com/health/sodium/NU00284>

Additional programs and resources for education on sodium:

- **CDC community programs:**
http://www.cdc.gov/dhdsp/programs/sodium_reduction.htm
- **The Secrets of Sodium: Sponsored by Alameda County Nutrition Services**
 - Power point presentation:
 - The Secrets of Sodium and the New Dietary Guidelines:
http://www.healthylivingforlife.org/web-assets/pdfs/rev_7-11/Microsoft%20PowerPoint%20-%20Secrets%20of%20Sodium%20Background%20Presentation%202011.5.3.pdf
 - Pre-test:
 - The Secrets of Sodium: Ice Breaker
http://www.healthylivingforlife.org/web-assets/pdfs/rev_7-11/1%20Sodium_IceBreaker%20Apr2011.pdf
 - Low sodium foods chart:
http://www.healthylivingforlife.org/web-assets/pdfs/rev_7-11/5%20LOW%20SODIUM%20FOODS%20Apr2011.pdf

Continuing Education- Webinars

Live Long and Prosper: Optimal Nutrition for Today's Aging Realities

Presented by: ConAgra Foods: Nutri-Bites Webinar Series

Date: September 12, 2012

Presenter: Nancy Wellman, PhD, RD

This webinar will review the beneficial effects of nutrition in health promotion, risk reduction, and disease management of older Americans. The program will:

- Outline federal and community food and nutrition programs available for older adults
- Describe access issues and opportunities to promote healthful aging and optimal nutrition status
- Identify strategies food and nutrition professionals can apply to integrate food and nutrition programs and services into home and community settings
- Help older adults meet their nutrition needs following hospital discharge by adding nutrition into discharge planning and transition care

Listen to the pre-recorded webinar at:

<http://www.rippeinfoservices.com/conagra-foods-science-institute/webinars/live-long-webinar.htm>

Home Food Safety Mythbusters

Presented by: Partnership for Food Safety Education

Date: September 14, 2012

Food safety myths are born of tradition and misapplication of science. In some cases, these myths have remained as a part of family or community cultures. In some cases, they have made their way across the internet, reaching millions of people. In 2009, the Partnership for Food Safety Education began debunking common food safety misconceptions. In this presentation, leaders in the food safety field will debunk four myths.

Check out the pre-recorded webinar and PowerPoint slides at:

<http://fightbac.org/campaigns/mythbusters>

Nutrition and Healthy Aging in the Community: Workshop Overview

On October 5-6, 2011, the Institute of Medicine (IOM) convened a public workshop to highlight, “issues related to community-based delivery of nutrition services for older adults and to identify nutrition interventions and model programs which promote (1) successful transitions for acute, subacute, and chronic care to home and (2) health and independent living in the community”.

IOM compiled a report summarizing the presentations and discussions from the workshop.

To learn more about the workshop, view the summary on Nutrition and Healthy Aging in the Community at: http://www.nap.edu/catalog.php?record_id=13344

Evidence-based Programs

Aging Texas Well (ATW) Clearinghouse for evidence-based practices, a public resource database of national and state level evidence-based information and research. The ATW Clearinghouse provides research syntheses and direct links to evidence-based practices and resources that inform the development of evidence-based practices in Texas or elsewhere in the nation. The information contained in the ATW Clearinghouse is used to support evidence-based practices as well as emerging practices. Topics are organized around the [16 ATW life areas](#). The interventions and programs adopted and promoted by the National Council on Aging (NCOA) are included in the ATW Clearinghouse. The clearinghouse guideline for evidence-based practices is taken from NCOA and includes practices that are based on evidence generated by scientific studies published in peer-reviewed journals.

Read more:

<http://www.dads.state.tx.us/services/agingtexaswell/initiatives/ebased/index.cfm>

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