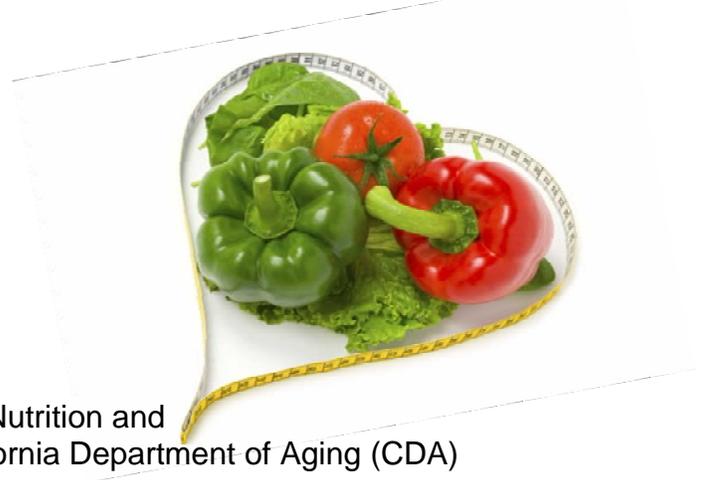


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A bimonthly Electronic Newsletter from the Nutrition and Health Promotion Team (NHPT) of the California Department of Aging (CDA)



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Resources of Interest: Volunteerism



Survey Summary of Volunteerism in California’s Elderly Nutrition Program

Purpose of the Survey:

In March 2010, the California Department of Aging (CDA) conducted a survey on the Area Agencies on Aging (AAA) to determine how volunteers are used in their Elderly Nutrition Programs (ENP) and the local legal requirements that govern the use of volunteers in ENPs.

Survey Results:

Using Volunteers in the Elderly Nutrition Program (ENP)

Results of this survey are shown as % (n), n = 26
Narrative responses were summarized below.

1. Number of direct or contracted ENPs that are county entities:

- 46.2% (12) are direct or contracted county entities
- 53.8% (14) are neither
- 61.5% (8) direct ENPs are county entities
- 69.2% (9) contracted ENPs are county entities
- 15.4% (4) are both

2. Use of volunteers in home delivered meal (HDM) program:

- 88.5% (23) use volunteers in their HDM program
- 11.5% (3) do not use volunteers in their HDM program

3. Use of volunteers in congregate meal program:

- 100% (26) use volunteers in their congregate meal program

4. Restricted use of volunteers due to legal reasons:

- 19.2% (5) are restricted from the use of volunteers due to legal reasons
- 80.8% (21) do not have restrictions in the use of volunteers
- Reasons for restricted use of volunteers include:
 - County Counsel has decided against the use of volunteer drivers for Meal on Wheels (MOW).
 - PSA is determining feasibility of using volunteers for HDM. Background checks (Federal Bureau of Investigation (FBI) & Department of Justice (DOJ) with Record of Arrests and Prosecutions (RAP) background check), Department of Motor Vehicles (DMV) check, proof of insurance, and sign off by County Counsel and Risk Management are needed to ensure adequate coverage for self-insured county.
 - Volunteers cannot afford the \$10 yearly driving report.
 - The cost of MOW service and delivery are included in the contract with a commercial caterer. No volunteers are required.
 - Providers feel volunteers are unreliable.
 - The number of volunteers that actually replace paid positions or that are critical to day to day functions is minimal.

5. Methods evaluated by legal counsel to reduce liability issues regarding volunteers:

- 33.3% (8) negotiated with legal counsel to evaluate methods to reduce liability issues regarding the use of volunteers
- 70.8% (17) did not negotiate with legal counsel
- Methods to reduce liability include:
 - Congregate contracted sites use and manage their volunteers based on internal policies.
 - Issues are reviewed with the volunteers as is required in the insurance policy.
 - The Nonprofits Insurance Group sends out information regarding liability issues.
 - Nutrition contractors consult with their legal counsel and develop systems to screen and train volunteers. At minimum, all nutrition providers have some volunteer training & orientation.
 - The county provides liability coverage.
 - Volunteers must provide a valid driver's license and a yearly driving record.
 - Volunteers are trained to try to reduce injuries
 - County department can, if needed, offer help with volunteer registration, applications and background checks etc. through an agreement with the local United Way Volunteer Center.
 - The PSA consults with the County Counsel and their contracted providers consult with their City Attorney.
 - Providers work with their Risk Management Department to review the insurance requirements of volunteers.

6. Use of volunteer programs such as Senior Corps or Retired Senior Volunteer Program (RSVP) that offer supplemental insurance liability coverage:

- 57.7% (15) use programs that offer supplemental liability coverage
- 42.3% (11) do not use such programs

7. Types of activities volunteers do:

- Meal preparation: 57.7% (15)
- Meal service: 100% (26)
- Cleaning after meal service: 96.2% (25)
- HDM drivers: 76.9% (20)
- Conduct participant intake: 53.8% (14)
- Conduct quarterly HDM participant in-home reassessment of need: 42.3% (11)
- Conduct quarterly HDM participant telephone reassessment of need 42.3% (11)
- Other: 30.8% (8)
 - Interns conduct reassessments

- RSVP volunteers conduct focused depression screening for HDM clients and coordinate with Behavioral Health Services for a follow-up
- Collect donations
- Count money
- Conduct HDM participant intake follow-ups
- Video librarian
- Mail service
- Receptionist
- Serve as board members
- Data entry
- Set up dining room decorations
- Train others
- Host bake sales
- Fundraise
- Serve coffee
- Make changes at meals

8. Legal conditions AAA's or providers require of/for volunteers in ENP:

- No requirement: 13.0% (3)
- Auto Insurance: 78.3% (18)
- Background check: 47.8% (11)
- Valid driver's license: 82.6% (19)
- DMV report-providing information on any traffic offenses and that the license is valid: 43.5% (10)
- Sign a release of liability: 60.9% (14)
- Other: 43.5% (10)
 - Training including security
 - Background checks are required for HDM drivers
 - All volunteers sign a confidentiality statement
 - Valid identification is required if no driver's license is available
 - Volunteers complete an information form
 - Auto insurance is required only if the volunteer is driving their own vehicle, not a county owned vehicle
 - Valid food handlers card
 - Fingerprinting
 - References
 - Work check

9. If auto insurance is a condition, is additional coverage required?

- 10.0% (2) require additional coverage for auto insurance
- 90.0% (18) do not require additional coverage
- Additional types of coverage include:
 - The PSA is exploring the feasibility of having the county listed as "also insured" for liability purposes while delivering only
 - County's Umbrella Liability

Older Americans 2010: Key Indicators of Well-being

The Federal Interagency Forum on Aging Related Statistics (Forum) just released a report that describes the overall status of the U.S. population age 65 and over. This report uses data from over a dozen national data sources to construct broad indicators of well-being for the older population and to monitor changes in these indicators over time. By following these data trends, more accessible information will be available to target efforts to improve the lives of older Americans. To view the report please visit http://www.aoa.gov/agingstatsdotnet/Main_Site/Data/2010_Documents/Docs/OA_2010.pdf

Volunteer Training:

Safe Food Handling

Cooking for Groups: A Volunteer's Guide to Food Safety

The information provided in this publication was developed as a guide for consumers who are preparing food for large groups. For additional information, and to ensure that all state regulations or recommendations for food preparation and service are followed, please contact your local or state health department. Resources are available in English and Spanish.

To view the full article, visit

http://www.fsis.usda.gov/Fact_Sheets/Cooking_For_Groups_Index/index.asp

Nutrition Education and Health Promotion Disease Prevention Resources:

American Cancer Society (ACS)

Informational Guide to Colon Cancer

Did You Know? More than 9 out of 10 people diagnosed with colorectal cancer are older than 50. The ACS has several free nutrition and health promotion disease prevention materials available. To find out more visit their website at <http://www.cancer.org/cancer/index> or to request materials call 1-800-227-2345.

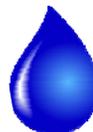
RD 411

RD411.com offers FREE access to downloadable, peer-reviewed materials that can empower nutrition professionals to do their jobs more efficiently. The website provides a large variety of printer friendly nutrition education resources. For more information visit their website at: <http://www.rd411.com/index.php>.

Here is a nutrition education example found at RD411.com:

Preventing Dehydration in Older Adults

What is dehydration?



Dehydration is a lack of fluid in the body. It may be caused by poor fluid intake or from losing too many fluids through normal body processes. Fluid is critical to most body functions. It is important for carrying oxygen and energy to the body and carrying away waste products.

With adequate hydration, the body has the right amount of fluids and electrolytes for proper functioning. When a person is dehydrated, the body becomes started for oxygen and other nutrients and waste products can't be removed. Lack of fluid can be dangerous and even fatal. The human body cannot store fluid so it must be replaced every day.

Is dehydration more common in older adults?

Yes. Studies show that one in three older adults may not be getting enough fluid. There are several reasons that older adults tend to become dehydrated. As a rule, older adults have less body water than younger adults (50% of their weight is water, versus 60% for younger adults). Also, their kidney function may be less efficient. Older adults have a decreased thirst sensation so may not recognize when they are thirsty. And finally, with aging come changes in physical condition (ability to walk, reach for a nearby glass, or feed oneself) such that having access to fluids may be difficult. A decline in cognitive skills (confusion, poor memory, etc) can also cause a decrease in fluid intake.

What other things affect hydration status?

Dehydration can result because of the environment. For example, in a humid environment we perspire more, resulting in fluid loss. Sometimes medications, especially diuretics, can result in fluid loss. Laxatives can also result in extra fluid loss. Patients with a fever also need more fluids.

What are the signs and symptoms of dehydration?

There are many ways to identify dehydration. Weight loss, increased heart rate, low blood pressure, decreased skin turgor, dry mouth and tongue, decreased urination, constipation or fecal impaction, nausea, anorexia, sunken eyeballs, and decreased functional ability are all symptoms of dehydration. In some cases problems such as weakness, trembling, lethargy, or confusion can result from dehydration.

How much fluid does a person need every day?

Contrary to popular opinion, 8, 8 oz glasses of water are not needed by everyone. Fluid needs are based on a person's body size and medical history. A registered dietitian can help you figure out how much you need. Milk, juice, coffee, tea, and water all count as sources of fluids. In general, unless you are drinking very large volumes of liquids, it is better to drink too much than too little.

Is there fluid in foods?

Yes. If a person is eating well they can be getting the equivalent of 2-3 eight-ounce glasses of water from the fluids found in the foods they eat. Fruits and vegetables have a high water content, as do soups, gelatin, and pudding. Dry foods like snack foods, cookies, and cheeses have low water content. If a person is not eating well, they may need additional fluids to make up for the fluids lost in their foods.

What can be done to prevent dehydration in an older adult?

There are many ways to help prevent dehydration in older adults. They include:

- Provide favorite fluids during and between meals
- Serve cold beverages cold and hot beverages hot
- Encourage fluid intake at meals and snacks
- Keep fluids nearby and offer them frequently if assistance is needed
- Remind older adults to drink
- Watch for signs and symptoms of dehydration
- Watch for a poor intake of food or fluid
- Provide liquids with medicines

References:

Chernoff, R. Carbohydrate, Fat, and Fluid Requirements in Older Adults. In Chernoff, R (ed). *Geriatric Nutrition* (3rd ed). Sudberry, MD: Jones and Bartlett Publishers, 2006.

Kobriger, AM. *Hydration: Maintenance: Dehydration, Laboratory Values, and Clinical Alterations*. Chilton, WI: Kobriger Presents, Inc., 2005.

USDA Center for Nutrition Policy and Promotion. *Nutrition Insights: More Than One in Three Older Adults May Not Drink Enough Water*. September, 2002.

Available at

<http://www.cnpp.usda.gov/Publications/NutritionInsights/Insight27.pdf>.

Food Reflections

**National Institute of Health
"12 Reasons for Visiting a Farmer's Market"**



by Alice Henneman, MS, RD

Whether you've never visited a farmers' market, are a frequent visitor or just enjoy the fresh taste of local foods, this month's Food Reflection's offers a little something for everyone:

To begin ... here are 12 great reasons to visit a farmers' market.

1. Find foods not available in a grocery store.
2. Take home a truly tasty tomato! Make a tomato, basil, and olive oil bruschetta or other recipe!
3. Enjoy really fresh sweet corn. Fresh from the field means fantastic flavor!
4. Purchase a pretty plant you know will grow in your state because it was locally grown in your state.
5. Meet with a master gardener. Extension master gardeners are available at some of the Farmers' Markets. They'll answer your garden questions and help make your garden grow!
6. Make memorable meals. The meal at right features toasted sunflower wheat bread with lettuce and smoked bacon cheese; kale sauteed in olive oil with green onions and garlic; purple (graffiti) cauliflower ... all from one Farmers' Market!
7. Have fun with your family and friends. Many Farmers' Markets feature special events, such as cooking demonstrations, music, festivals, and more.
8. Get really fresh food that didn't travel long distances to reach you. Freshly picked produce not only tastes better, but keeps longer, too! Look for the Buy Fresh Buy Local sign used many places to identify locally grown produce.
9. Buy a beautiful bouquet of locally grown flowers.
10. Get to know your farmer. Ask questions about how the food was grown, how to cook it, and more.
11. Support your local economy. If every household spent \$10 every week on locally-produced food, think how much could stay in your local economy each week.
12. Farmers' Markets are full of surprises -- you never know what you might see!

Sign-up for Free Food Reflections Newsletter and to view other education materials by visiting <http://lancaster.unl.edu/food/subscribe-FR.shtml>

Chocolate and Health “An Antioxidant Powerhouse”



Chocolate is packed with natural compounds called antioxidants that scientists have discovered can protect your body and promote good health. In fact, ounce for ounce, dark chocolate and cocoa have more antioxidants than do foods like blueberries, green tea and red wine. Surprised? Many people are. That's because they forget that chocolate is a plant-based food.

"The main ingredient in chocolate is cocoa beans - the seeds of the fruit of the cacao tree," said Debra Miller, Ph.D., Senior Nutrition Scientist with the Hershey Center for Health and Nutrition, who has studied chocolate's health benefits extensively. "Because of modern manufacturing and the common form of the 'chocolate bar', most people today don't associate chocolate with its natural beginnings, but chocolate is essentially food of the earth."

Scientists theorize that plants naturally produce antioxidants to help them survive harsh growing conditions and to protect them from environmental stress. These same compounds can aid the humans who eat the plants too.

The health benefits of high-antioxidant foods have taken the scientific world — and the media — by storm. Recent studies suggest that the antioxidants in foods may reduce the risk of many kinds of illness, from heart disease to cancer. Antioxidants like those found in dark chocolate and cocoa have also been linked to some of the hallmarks of good cardiovascular health such as enhanced blood flow, healthy cholesterol levels and, in some cases, reduced blood pressure.

Dark chocolate and cocoa contain high levels of cell-protecting antioxidant compounds. Two tablespoons of natural cocoa have more antioxidant capacity than four cups of green tea, 1 cup of blueberries and one and half glasses of red wine.

Studies show that as soon as 30 minutes after eating one 40 gram serving of dark chocolate blood levels of the two main antioxidants in chocolate, epicatechin and catechin, are heightened. They peak two hours after consumption and are cleared from the body after about six hours.

Antioxidants work by protecting your cells from damaging molecules called free radicals. Free radicals are basically unstable oxygen molecules that can trigger changes in the structure of normally healthy cells. This damage is thought to be an underlying cause of many chronic diseases. Antioxidants neutralize free radicals.

Free radicals are a natural by-product of life, but as we get older the natural antioxidants our body makes to fight them off begin to decline, experts say. The

best way to recharge your antioxidant power is to get them through your diet. Now you know why your Mom and your doctor always told you to eat your fruits and vegetables.

The kinds of antioxidants found in chocolate are called polyphenols, a large class of molecules found in fruits and vegetables like oranges, soybeans and berries. Dark chocolate and cocoa are particularly high in a sub-class of those compounds called flavanols, which are also found in red grapes and tea, hence the well-known benefits of red wine and green tea.

The reason dark chocolate and cocoa rank so high is that the antioxidants are very concentrated. Consider this: more than 10 percent of the weight of the dry raw cocoa beans consists of polyphenols alone.

Learn more fun facts about chocolate at <http://www.allchocolate.com/health>

National Institute of Health Older Adults General Nutrition Resource List

The third section of this publication consists of contact information for organizations with resources on nutrition for older adults. Many of the pamphlets listed in the first two sections are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are also provided for materials available online). The books may either be borrowed from your local library or purchased from your local book store. Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>

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