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Food Safety:

What Do You Really Know About Food Safety?

New food safety information is available at the links below courtesy of Alice Henneman at Food Reflections.
Foodborne Illness Can Cause More than a Stomach Ache

<http://liferaydemo.unl.edu/web/safety/foodborne-stomachache>

Let's Play...FOOD: Keep or Toss?

<http://liferaydemo.unl.edu/web/safety/keep-or-toss>

Food Safety-What You Don't Know CAN Hurt You!

<http://liferaydemo.unl.edu/web/safety/whatyoudontknow>

To view the entire site, go to: <http://liferaydemo.unl.edu/web/food/home>

Food Safety Education Materials at Foodsafety.gov

Foodsafety.gov is a website dedicated to providing federal food safety information to the public. Brochures and podcasts focus specifically on food safety issues for older adults and are available for download on their website <http://www.foodsafety.gov/keep/groupofpeople/olderadults/> .

They also have a blog which provides practical information and tips from the experts to help families stay food safe. To access their blog, please visit <http://www.foodsafety.gov/blog/blog.html>

Food Safety Risks for Older Adults

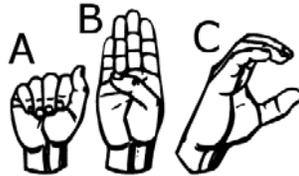


The American Dietetic Association's website www.eatright.org provides information regarding food safety risks specific to adults. The site also provides a list of foods that older adults should avoid. For more information please visit their website at <http://www.eatright.org/Public/content.aspx?id=5982>

USDA Provides Food Safety Videos for the Hearing Impaired or the Deaf

Sign Food Safety and Inspection Services (FSIS) video-casts in American Sign Language feature text-captioning and are designed to inform deaf and hard-of-hearing consumers about foodborne illness and raise the level of awareness of the dangers associated with improper handling and undercooking of food. To view any of the videos please visit their website at

http://www.fsis.usda.gov/news_&_events/SignFSIS/index.asp



Resources of Interest

Food and Nutrient Database for Dietary Studies (FNDDS) New Search Tool Available



The USDA's Food and Nutrient Database for Dietary Studies (FNDDS) has a new search tool (v.4.1) available on their website to refine searching for foods within their "What's In the Foods You Eat" program. The newest version of the search tool allows viewers to:

- Look up nutrient profiles for 13,000 foods commonly eaten in the U.S.
- Familiar portion sizes are included for each food.
- Portion sizes can be adjusted by the user.

To access the information please visit

<http://www.ars.usda.gov/Services/docs.htm?docid=17032>

Disaster Preparedness



San Francisco County has created a website to help people be prepared in the event of a major disaster. The site has interactive icons and is available in four languages including: Spanish, Chinese, Russian, and Vietnamese. There is also information regarding specific disasters such as tsunamis, fires, earthquakes, and contagious diseases. Visit their website at <http://www.72hours.org>

Tools for Effective Communication

Consumers are exposed to a plethora of health and nutrition information from various sources. As health professionals, our role is to help clarify these mixed messages to consumers and to tailor health messages according to their specific needs and circumstances. Food Insight has developed a series of communication tools designed to equip health professionals with the skills needed to understand their audience better and to promote healthful dietary practices using consumer-friendly language.



The series includes the following tools:

- Message Making 101: Creating Consumer-Friendly Messages
- Do Your homework: Learning Through Consumer Research
- A Case-In-Point: Real Life Communications Case Studies
- Consumer Messages and Tips: Ready...Tested...GO!
- Sharpen Your Skills: Publishing, Presenting, and Primetime
- Ready-Made Presentations for Your Use

Want to learn more? <http://www.foodinsight.org/For-Professionals/Tools-for-Effective-Comm.aspx>

Nutrition Education/Health Promotion Disease Prevention Resources

Abbott Nutrition

With more than a decade of experience as an accredited provider of nursing and dietitian credits in the U.S., Abbott Nutrition Health Institute is your go-to source for educational materials. Abbott nutrition has made 29 courses available on their website. Courses range from neonatal to therapeutic adult nutrition and most courses offer Continuing Education (CE) credits. Visit their website to find a course for you! <http://anhi.org/abbott-learning-center>



CDC.gov- Growing Stronger: Strength Training for Older Adults

Experts at Tufts University and the Center for Disease Control and Prevention developed a strength-training program for older adults known as “Growing Stronger”. This program helps make daily activity a regular part of life by building the essential strength that makes all movement easier and more enjoyable. Regular physical activity is not only fun and healthy, but scientific evidence strongly shows that it's safe for almost everyone. And the health benefits far outweigh the risk of injury and sudden heart attacks, two concerns that prevent many people from adding more physical activity to their lives. The program includes motivation tips, equipment needs, and exercises. To start your program check out their website at <http://www.cdc.gov/physicalactivity/growingstronger/>

Center for Disease Control- Healthy Aging Listserv

This Healthy Aging List Serve provides a compilation of excellent information and articles that include topics such as:

- National, state, and/or local meetings and conferences
- Information and technological resources such as quality web sites
- Training opportunities
- Best practices
- Announcements on funding opportunities
- Publications, articles, and research findings in older adult health

To subscribe please visit the link below:

<http://www.cdc.gov/aging/publications/listserv.htm>

National Council on Aging (NCOA)- Better Choices, Better Health

Nearly half of all adults live with one or more chronic health conditions, such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, and osteoporosis. But millions struggle to find ways to manage their condition. NCOA's Better Choices, Better Health™ program helps.

Better Choices, Better Health™ is the online version of the internationally recognized Chronic Disease Self Management Program (CDSMP), developed and tested at the Stanford University Patient Education Center. Register now for this free program by visiting <http://www.ncoa.org/improving-health/chronic-disease/better-choices-better-health.html>



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