

# September 2010 Nutrition InfoGram

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**A bi-monthly Electronic Newsletter from the Nutrition and Health Promotion Team (NHPT) of the California Department of Aging (CDA)**

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### Resources of Interest:

### In-service Training

**Internet Based First Aid, CPR & AED Training: Heartsaver® First Aid Online With CPR & AED** by the American Heart Association

The Heartsaver® First Aid Online with CPR & AED Part 1 Course provides training that enables employees to take appropriate action at the workplace. It is an essential element of an effective safety program. It offers a flexible, time-saving option for workplaces that need to provide safety training.

The complete course is delivered in three parts. Part 1 delivers the cognitive learning through Web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. Upon successful completion of all three parts students receive a course completion card which is valid for two years.

More information available at:

<http://www.onlineaha.org/index.cfm?fuseaction=info.workplace>

## **Going Green**

### **Eco-Products**

Eco-Products, based in Boulder, Colorado, is an online company that offers environmentally friendly single use foodservice disposable products. Cold cups and lids, hot cups and lids, food containers, cutlery, soup cups, plates, bowls, and custom products are all made from renewable resources or recycled content.

#### **“Eco-Products Introduces Recycled Beverage Cups”**

A clear cold beverage cup manufactured from 50% recycled PET bottles was introduced by Eco-Products, a leading manufacturer of single-use food service products that are made from recycled and renewable resources. New Belgium Brewery, a company based in Colorado, will be the first customer to use these clear recycled beverage cups.

Director of media relations at New Belgium Brewery, Bryan Simpson, said that the introduction of recycled beverage cups will enable the company to reduce the use of virgin plastic cups to half. The company will utilize these recycled cups where the collection facility is not available. Simpson said the company’s continuous effort to reduce its environmental impact and carbon foot print is further strengthened.

Bob King, CEO of Eco-Products, said the company’s customers require various options to achieve its sustainable goals for food service. King commented that to offer its customers a complete range of products manufactured from recycled material as well as renewable resources, the introduction of this new recycled cup is a step forward.

The recycled cold content cups from Eco-Products are suitable for the food service provider who is seeking green options that is affordable as well as tolerant to heat. The products of Eco-Products that are made from recycled material and renewable resources are supplied to sporting stadiums restaurants, corporate cafes, hotels, events, and national parks throughout the country.

For more information:

<http://www.ecoproducts.com/va-cms/eco-products-expands-spectrum-of-green-packaging-options-with-50-recycled-pet-cup.html>

<http://www.azocleantech.com/Details.asp?newsID=8552>

<http://www.getgreenstuffnow.com/>

## **Direct Mail Show & Tell – A Blog for Fund Raising**

“Direct Mail Show & Tell” is a fund raising blog, by Paul D. Fulham, CFRE, and the president of Zachry Associates. This Blog is all about ideas to make your fund raising efforts more effective, especially direct mail. This Blog offers some good ideas that can be implemented immediately.

Link to the Blog: <http://www.zachryinc.com/fundraising/>

## **Volunteer Recruitment**



### **“Resolve to Volunteer in 2010”**

Across California and the nation, a volunteer movement is thriving. An unprecedented number of people are committing themselves to making a difference and meeting the critical needs and challenges of their communities, and in 2010, we want to make this the “Year to Volunteer!” If you want to resolve to make a difference in 2010 in your community, remember that a positive impact can be made in one hour, one day, one weekend or one month. Every contribution is valuable and even the smallest steps can lead to big changes.

Need some tips on how to get started? Check out these volunteer tips:

- Identify a challenge in your community and find a way to make a difference. Live in a neighborhood that lacks greenery? Consider transforming an empty lot into a community garden.
- Tap in to your entrepreneurial spirit. Have a knack for knitting? Gather a group to knit scarves for the homeless.
- Use and improve your skills for social good. Creative and artistic? Help a nonprofit design a new brochure to promote their cause.

- Your time is as good as gold! Every volunteer hour provides an estimated value of \$20.25 for the organization you are helping.
- Visit [CaliforniaVolunteers.org](http://CaliforniaVolunteers.org) often for access to more than 50,000 volunteer opportunities.

To find out more information, post volunteer opportunities, or to find a volunteer opportunity, visit: <http://californiavolunteers.org/index.php>

## **National Council on Aging**

### **“Nonprofits + Older Volunteers = Great Return”**

Baby boomers who are reaching retirement are ready to volunteer their various talents to nonprofits with a big potential payoff. In three years of work with 60+ nonprofits, they've learned what it takes to turn the Baby Boom into a resource boom. For every \$1,000 on average invested, in skilled older volunteers, nonprofits enjoyed a return of \$8,000!

To read more findings on their new report and how to achieve the best results please visit <http://www.ncoa.org/press-room/press-release/new-study-shows-older.html>

## **Toolkit for Serving Diverse Communities**

The Administration on Aging is offering a new toolkit to help members of the aging network make a cultural shift in service provision to learn, grow, and fully appreciate the diverse community of older adults they serve.

To download the toolkit visit <http://www.ncoa.org/news-ncoa-publications/aging-news/toolkit-for-serving-diverse.html>.

## **Dairy Council of California**

### **“Healthier Eating and Physical Activity: Tips for Older Adults”**

The Dairy Council has a new older adult focused nutrition education brochure that provides guidelines on healthy eating and physical activity. For more information, free nutrition education materials and other healthy tips on meal planning and exercise please view [www.dairycouncilofca.org/PDFs/OlderAdultTipsheet\\_web.pdf](http://www.dairycouncilofca.org/PDFs/OlderAdultTipsheet_web.pdf) or visit <http://www.dairycouncilofca.org>.

## National Center for Chronic Disease Prevention (CDC) and Health Promotion

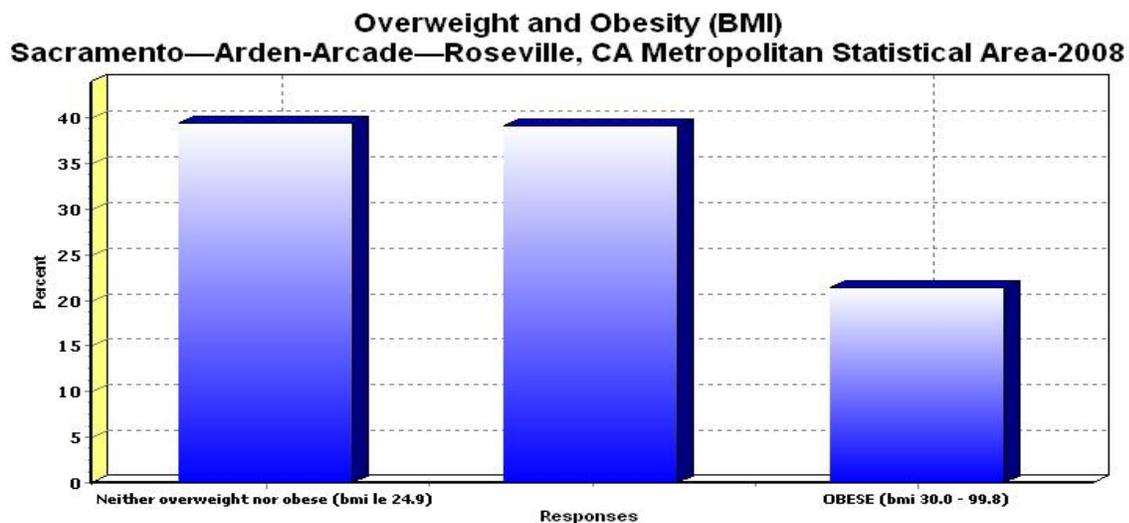
### Identifying Health Risks Data Based on Local Area

CDC's National Center for Chronic Disease Prevention and Health Promotion engages in surveillance activities in order to:

- Collect data to better understand the extent of health risks and behaviors as well as the burden of chronic diseases.
- Monitor the progress of efforts in prevention.
- Help public health professionals and policymakers make more timely and effective decisions.

To view data based on your local area please visit <http://apps.nccd.cdc.gov/brfss-smart/SeIMMSAPrevData.asp>. Just click on your desired location, year and category and there you are!

For example here is a statistical graph found on the CDC website for Overweight and Obesity based on body mass index (BMI) for Sacramento-Arden-Roseville area.



Graph developed by the National Center for Chronic Disease Prevention and Health Promotion.

### Fall Prevention Center of Excellence

#### Fall Prevention Awareness Week

Celebrate Fall Prevention Awareness Week September 19 -25, 2010. Ideas for fall prevention awareness activities can be found on the Fall Prevention Center of Excellence website at: <http://www.stopfalls.org/FPweek/coalitions.shtml> .

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