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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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Resources of Interest:

Presenting to 50-plus audiences: a practical guide

By Brigid McHugh Sanner

This communications expert outlines a straightforward approach to making effective presentations.

This resource provides professional techniques to make both formal and informal presentations. This resource can help improve your effectiveness as a speaker and presenter to older adults.

Read more at:

<http://www.activeforlife.info/newsroom/files/Presenting%20to%20adults.pdf>

Fall Prevention

Feet and Falling

Taking care of your feet could improve your chances of staying on them. For most of our adult lives, we can take it pretty much for granted that once we're upright and on our feet, we'll stay that way. But starting in about our mid-60s, remaining perpendicular is not such a sure thing. Each year, about one in every three older Americans takes a tumble and the chances of falling increase in our 80s and 90s. Fortunately, most of these falls result in only minor scrapes and bruises, if that. But they can be frightening, and even if there's little physical harm, people sometimes develop a strong fear of falling. Besides, a significant minority (between 5% and 10%) of falls among older people do result in a major physical injury — broken bones, serious cuts, bad bangs to the head. Some of those injuries (hip fractures especially) lead to disability or worse. Roughly 18,000 older Americans die each year from injuries sustained during a fall.

Read more on this subject and find three tips on exercises for your feet by going to:

http://www.health.harvard.edu/newsletters/Harvard_Health_Letter/2011/November/feet-and-falling?emc=lm&m=664137&l=4&v=2727083

Med Assets

Med Assets is the Meals on Wheels Association of America (MOWAA) purchasing program that can reduce program cost by combining many programs procurement and reducing cost based on the quantity purchased.

The following are some examples the cost saving programs available to a MOWAA member.

- Food Distribution
- Milk
- Telecommunication – AT&T and Sprint
- Office Supplies – OfficeMax, Staples and Office Depot
- Facilities Maintenance – HD Supply, Grainger and Sherwin Williams
- Equipment & Smallwares – Direct Supply, Supply America, SEARS, HD Supply & Hubert
- Facility Services – Cintas, Ecolab, Orkin
- Employee Life & Disability Benefits – InsurancePoint (GUARANTEED 10% savings)

Med Assets has customer employee programs that you can offer your employees through your Med Assets membership.

To learn more about Med Assets and employee programs visit:

<http://www.medassets.com/Pages/Default.aspx>

Title IIID- Disease Prevention Health Promotion

Mid-stream Fiscal Year (FY) 2011-12 Updates

On February 17, 2012, the California Department of Aging (CDA) received notification from the Administration on Aging (AoA) that 2012 Congressional appropriations now require Older Americans Act (OAA) Title IIID funding to only be used for programs and activities which have been demonstrated to be evidence-based. While the aging network has been moving toward evidence-based disease prevention and health promotion programs, programs must meet the minimum level criteria established by AoA starting in Fiscal Year (FY) 2011-12.

AoA published guidelines for evidence-based using a graduated or tiered set of criteria: minimal, intermediate, or highest-level. Please review the Disease Prevention and Health Promotion Services (OAA Title IIID) at:

http://www.aoa.gov/AoARoot/AoA_Programs/HPW/Title_IIID/index.aspx .

On March 29 and April 5, 2012, CDA provided webinars to inform Area Agencies on Aging (AAA) about Title IIID updates and how these regulatory changes will impact California's Title IIID program. Resources including CDA technical assistance documents, the webinar PowerPoint, webinar questions, and other information pertinent to the Title IIID program will be posted on the CDA website in the near future.

If you have any questions regarding Title IIID evidence-based programs please contact Beth Sloane, MPH, RD for assistance at beth.sloane@aging.ca.gov.

Webinar announcement:

CDA will be hosting a webinar on the evidence-based program Walk with Ease on April 19, 2012 at 10 am. An invite regarding this webinar will be sent to AAA in the near future. To learn more about Walk with Ease visit: <http://www.arthritis.org/walk-with-ease.php> .

Nutrition Education Resources:

Free Online SuperTracker tool to track healthy food and physical activity- United States Department of Agriculture (USDA)

Consumers can access this free, on-line tool anytime and can choose a variety of features to support their nutrition and physical activity goals. SuperTracker offers the ability to:

1. Personalize recommendations for physical activity and what and how much to eat.
2. Customize features such as goal setting, virtual coaching, weight tracking and journaling.
3. Measure progress with comprehensive reports ranging from a simple meal summary to in-depth analysis of food groups and nutrient intake over time.
4. Operationalize the 2008 Physical Activity Guidelines Support family and friends by adding their individual profiles.
5. Track foods and physical activity from an expanded database of foods and physical activities.

For more information: <https://www.choosemyplate.gov/SuperTracker/default.aspx>

USDA MyPlate Resources: Free material

The USDA MyPlate website has free resources materials

10 Tips Nutrition Education Series

This MyPlate Nutrition Education series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are easy tips perfect for posting on a senior's refrigerator.

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Choose MyPlate

This Nutrition Education handout provides seniors with easy to follow tips for balancing calories by choosing foods to eat more often and foods to cut back on.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>

Make Half Your Grains Whole

This Nutrition Education handout provides seniors with easy to follow tips for how to select whole grains when shopping, looking at ingredient lists and selecting for meals.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>

Just Released NEW CLINICAL TOOLS: Cholesterol: Your Plan for a Healthy Heart-Preventive Cardiovascular Nurses Association (PCNA)

PCNA has a free 14-page interactive booklet designed as a take-home teaching tool for healthcare providers to use when counseling patients with dyslipidemia.

Order Free Booklets Online at: <http://www.pcna.net/clinical/hcp/>

Free Exercise & Physical Activity Guide or Video- U.S. Department of Health and Human Services



Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging is now available in English and Spanish. The easy-to-read Guide is packed with health information, motivational tips, and exercises to help you get moving and stay active. Go4Life, an exercise and physical activity campaign from the National Institute on Aging at (NIH), is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of Go4Life.

Order a Free Exercise & Physical Activity Guide or Video

<http://go4life.niapublications.org/get-started>

Household Food Security in the United States in 2010- United States Department of Agriculture (USDA)



By Alisha Coleman-Jensen, Mark Nord, Margaret Andrews, and Steven Carlson

Economic Research Report No. (ERR-125) 37 pp, September 2011

This report presents statistics on households' food security, food expenditures, and use of food and nutrition assistance programs in 2010. This report updates the national statistics on food security, household food spending, and the use of Federal food and nutrition assistance by food-insecure households, using data collected in the December 2010 food security survey—the 16th annual survey in the Nation's food security monitoring system.

Food and nutrition assistance programs of the U.S. Department of Agriculture (USDA) increase food security by providing low-income households access to food, a healthful diet, and nutrition education. USDA monitors the extent and severity of food insecurity in U.S. households through an annual, nationally representative survey. Reliable monitoring of food security contributes to the effective operation of these programs as well as private food assistance programs and other government initiatives aimed at reducing food insecurity.

Access this information at: <http://www.ers.usda.gov/Publications/ERR125/>

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