



# Healthy Aging Update

Iowa Department of Elder Affairs

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## Welcome

This issue of Healthy Aging Update has highlights from the INAPIS SFY 2008 Activity Report and November 6 Iowa Nutrition Summit. It also has food and meal costs with a comparison of fruits and vegetable costs and IAFRS FY08 average unit cost comparison. You will also find information on Iowa's new Food Code that became effective on 7/1/08. A list of resources to help support nutrition and health promotion activities is provided.

## Vitamin D Has a Role in Functional Status

Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. In the United States, an older adult is treated in an emergency department for a fall every 18 seconds and every 35 minutes someone in this population dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. There are proven strategies that can reduce falls and help older adults live better and longer.

Over the last few years more evidence has become available about the role of vitamin D and functional status. A review of these studies found that Vitamin D supplementation reduces the risk of falls among ambulatory or institutionalized older individuals with stable health by more than 20%.

The following are facts about vitamin D and calcium from a presentation by Karen Rafferty, RD at the American Dietetic Association Annual Conference, October 2008:

- Vitamin D increases the absorption of calcium by 68%.
- Calcium requirement for individuals aged 51+ is 1200 mg/d of which usually 25-35% is absorbed. The unabsorbed calcium is beneficial in reducing cancer risk.
- 15% of bone loss occurs with menopause and 30% loss 20 years post-menopause with poor calcium intake.
- 300,000 hip fractures occur yearly. There is a 20% mortality rate within 1 year.

- 40% of hip fractures contribute to nursing home placement.
- 90% of hip fractures are preceded with a fall.
- Fall risk is reduced 49% when vitamin D is added in adequate amounts.
- Sunshine does not provide adequate vitamin D in winter months in latitudes above the bottom of Kansas. This is because of the angle of the sun rays passing through the ozone layer prevents the light carrying vitamin D from reaching us.
- 1/3 of individuals 65 years and older fall every year. This is a leading cause of health care costs. It is number one injury related to death and is above combined numbers of car accident, gun shots, etc.
- Bones should not break as a result of falling from standing height. If the bones do break, this indicates fragile bones.

**Additional resources on falls can be accessed from CDC at <http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>**



Iowa Administrative Code 321—7.12(231)

Nutrition Education

**7.12(1) Purposes of the program.** The purposes of the nutrition services program are to:

c. Provide activities of interest to elders on each day the congregate meal site is open including a monthly *nutrition education* program under the supervision of a licensed dietitian if the *nutrition education* provides medically oriented information.

**7.12(4)** The AAA shall ensure that nutrition funds are used to:

c. Provide nutrition screening and counseling as appropriate and *nutrition education* services to address assessed needs.

**7.21(3) Requirements for providers.** The AAA or contractor shall:

e. Provide monthly *nutrition education* for home-delivered meal recipients, to include safe food handling of the delivered meals every six months;

**7.24 Evaluation of sites.** The AAA shall conduct on-site evaluations on an annual basis. The reports of these evaluations shall be kept on file for three years and shall include any areas that need additional monitoring or corrective actions.

**7.24(1)** At a minimum, the evaluation shall include the site's compliance with:

d. Services provided in addition to meals, such as *nutrition education* and counseling as appropriate, social opportunities and other activities.

## Nutrition Education defined by AoA in SPR Manual

Nutrition Education (1 session per participant) -- A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to participants, caregivers, or participants and caregivers in a group or individual setting overseen by a dietician or individual of comparable expertise.

### Examples for reporting nutrition education in INAPIS:

1. A nutrition education program is provided on how the Food Assistance Program can help purchase the fruits and vegetables needed for good health. The instructor gives a one-half hour session for 30 participants. This could be counted as one nutrition education session for each registered congregate meal participant or reported aggregately as 30 nutrition education sessions but not reported both aggregately and for each congregate meal participant.
2. Information on MyPyramid is placed on the back of the menu. Menus are distributed to 15 congregate meal site participants. The meal site manager discusses how to use MyPyramid for identifying the recommended number of daily servings for each food group. This could be counted as one nutrition education session for each registered congregate meal participant or reported aggregately as 15 nutrition education sessions but not reported both aggregately and for each congregate meal participant.
3. Information on MyPyramid is placed on the back of the menu and the menus are distributed to all home delivered meal participants. This is not counted as a nutrition education session as no nutrition education session was provided.

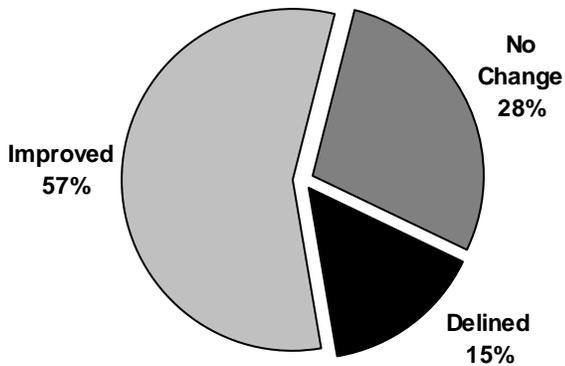
## Iowa NAPIS SFY 2008 Nutrition Program Highlights

50,584 clients received congregate meals (down 8% from previous year)

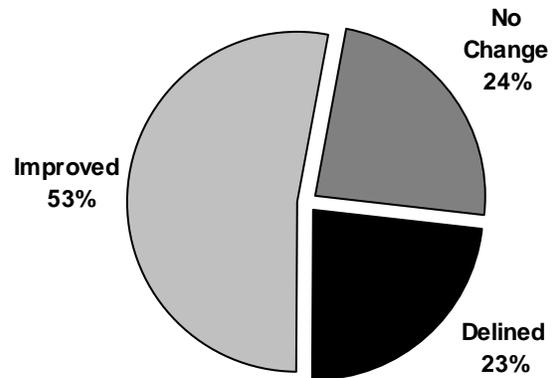
14,498 clients received home delivered meals (number served remained stable)

Meal participants answer ten nutrition screening questions. From this data, the nutrition risk scores improve over time as clients have been on the nutrition program. This is illustrated in the charts below:

HNR Congregate Meal Clients with Multiple Screenings  
Nutrition Outcome Scores



HNR Home Delivered Meal Clients with Multiple Screenings  
Nutrition Score Outcomes



## Iowa Nutrition Summit

Approximately 40 AAA Executive and Nutrition Directors along with representatives of I4A and DEA attended the November 6, 2008 Iowa Nutrition Summit. Jean Lloyd from the Administration on Aging set the stage for the Summit by providing background information about the nutrition program. Deb Burnight lead the strategic planning session in identifying emerging trends, ebbing trends and visions for the future. The following four workgroups were developed to accomplish the identified priorities. The workgroups include:

1. Nutrition requirements to provide more flexibility in menu planning.
2. Alternative delivery methods such as providing meal site at grocery store or providing restaurant vouchers.
3. Elder focus groups to identify what is wanted in a nutrition program.
4. Collaborative cost savings such as menu planning and group purchasing.



John McCalley welcomes Iowa AAAs to Nutrition Summit

## How Much Do Fruits and Vegetables Cost?

Dietary guidelines recommend that a person who needs 2,000 calories per day consumes 2 cups of fruit and 2.5 cups of vegetables daily (2 cups of green leafy vegetables equals 1 cup of vegetables). According to the Bureau of Labor Statistics, in June 2008, a pound of apples cost \$1.36 while a pound of carrots cost \$0.87. ERS used conversion factors published by USDA's Food and Nutrition Service to estimate prices per cup. These conversions also account for the portion of the foods that is likely wasted, such as the core of a head of lettuce or the peel of a banana. The per cup cost of apples and carrots was found to be about 37 cents and 34 cents, respectively. A person needing 2,000 calories per day could meet the dietary recommendations for fruit and vegetables for under \$2.50 per day selecting among these five produce items:

	Price per pound <sup>1</sup>	Price per cup
Apples, red delicious	\$1.36	\$0.37
Bananas	\$0.63	\$0.36
Lettuce, iceberg	\$0.86	\$0.16
Tomatoes, field grown	\$1.81	\$0.70
Carrots, short trimmed and topped	\$0.87	\$0.34

<sup>1</sup>Source: USDA, Economic Research Service using Bureau of Labor Statistics U.S. city average price data, June 2008. Prices are national averages and may not reflect prices charged in particular communities.

The entire article from which this chart was obtained may be accessed at <http://www.ers.usda.gov/AmberWaves/November08/Features/AffordHealthyDiet.htm>

Food-industry economists forecast food costs will rise seven to nine percent in 2009. ([Reuters](#), November 6, 2008)

## IAFRS FY08 Average Unit Cost Comparison

- Home delivered meals ranged \$5.40 - \$13.60
- Congregate meals ranged \$4.94 - \$12.37

Meal expenditures are calculated for each AAA using expenses reported divided by units of service provided. This may reflect variations in how AAAs calculate expenditures. The opportunity exists to explore causes for variations and identify ways to reduce variations related to reporting methods. With uniform reporting methods, the meal expenditures could be used to demonstrate the need for additional funding.

## Standardized recipes can help contain costs

The Iowa Administrative Code requires the use of standardized recipes [IAC 7.15(4) Standardized, tested quantity recipes, adjusted to yield the number of servings needed, shall be used to achieve the consistent and desirable nutrient quality and quantity of meals].

### **What's included in a standard recipe?**

- Name of recipe
- Number of servings
- Portion size
- Cost per serving
- Ingredients: weights and measures
- Preparation method
- Equipment needed

### **Ensures product quality**

- Provides consistent quality food items with tested and evaluated recipes
- If customers know you always serve good food, this may help increase participation
- Ensures food prepared reflects what is planned for in nutrient analysis

### **Known portion size and recipe yield**

- Identifies number of portions each recipe makes
- Clearly defines serving size or scoop
- Eliminates excess leftovers or shortages

### **Improves Cost Control**

- Better management of purchasing and storage; standardized recipes specify exact amount of ingredients

This web site has a video "Measuring Success with Standardized Recipes" designed for school lunch programs. The content is applicable to OAA Nutrition Programs. The web site provides good information on standardized recipes.

<http://www.olemiss.edu/depts/nfsmi/Information/measuring-success.html>

## Major Changes in Iowa's New Food Code—Effective 7/1/08

*The state of Iowa has adopted a new Food Code based on the Federal Drug Administration 2005 Model Food Code. Iowa's new Food Code will take effect on July 1, 2008. The following document has been prepared to inform you of the major changes affecting Iowa's restaurant and foodservice industry. For further clarification or if you have questions, call the Iowa Restaurant Association. Download a complete copy of the 2005 Food Code at <http://dia.iowa.gov/page9.html>.*

### **Demonstration of Knowledge (Code section 2-102.11, numbers 9 & 17)**

New Demonstration of Knowledge requirements for the person in charge of retail food establishments

- (9) Describe foods identified as major food allergens and the symptoms that a major food allergen could cause in a sensitive individual who has an allergic reaction.
- (17) Explain how the person-in-charge, food employees, and conditional employees comply with reporting responsibilities and exclusion or restriction of food employees.

### **The Big 5 Diseases (Code section 2-201.11)**

Norovirus has been added as one of the Big 5 Diseases that require an employee be excluded from the food establishment, and management must report to the regulatory authority. The complete list is as follows:

- Salmonella Typhi
- Shigella spp.
- Shiga toxin-producing E. Coli
- Hepatitis A
- Norovirus

### **Sick Employees (Code sections 2-201.12 & .13)**

There are numerous changes in these sections related to the exclusions and restrictions of ill employees.

### **Whole Muscle, Intact Beef (Code section 3-201.11, E)**

If offering medium-rare to medium steaks (or steaks intended for consumption in an undercooked form), they must be whole muscle, intact beef. If you are serving pinned or tenderized steaks, you must post a Consumer Advisory.

### **Bare-hand Contact With Ready-To-Eat Foods (Code section 3-301.11, B)**

Bare-hand contact with ready-to-eat foods is no longer allowed, unless approval is obtained from the Iowa Department of Inspections and Appeals to allow exceptions to this requirement. Use of deli tissues, tongs, spatulas or gloves shall be used in place of bare hands.

### **Date Marking (Code section 3-501.17)**

Less stringent date marking requirements on the following foods: cultured dairy products (i.e., yogurt, sour cream), shelf stable dry fermented sausages which are not labeled “keep refrigerated”, and deli salads **prepared and packaged** in a licensed inspected food processing plant, while in the original container.

### **Fresh Cut Tomatoes (Code section 3-501.16)**

Fresh cut tomatoes (sliced, diced, etc.) are now considered a Time Temperature Control For Safety (TCS) Food (Potentially Hazardous Food-PHF) and are to be refrigerated at 41°F or below after being cut.

### **Hot Holding Temperature For TCS Foods (Code section 3-501.16, number 1)**

Hot holding temperature for Time Temperature Control For Safety Food (Potentially Hazardous Food) has been reduced to 135°F.

### **Consumer Advisory (Code section 3-603.11)**

Consumer Advisory now has a second component: A Disclosure statement identifying the food(s) that are undercooked must be identified on the menu, label statement, table tents, etc., in addition to the Reminder statement that is already required.

- **Disclosure** is satisfied when:
  - (1) Items are described, such as:
    - (a) Oysters on the half-shell (raw oysters),
    - (b) Raw-egg Caesar salad, and
    - (c) Hamburgers (can be cooked to order); or
  - (2) Items are asterisked to a footnote that states that the items:
    - (a) Are served raw or undercooked, or
    - (b) Contain (or may contain) raw or undercooked ingredients.
- **Reminder** is satisfied when the items requiring disclosure are asterisked to a footnote that states:
  - (1) Regarding the safety of these items, written information is available upon request;<sup>1</sup>
  - (2) Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness; or
  - (3) Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

### **Automatic Dispensing of Detergents and Sanitizers (Code section 4-204.117)**

An alarm or visual means to verify that *detergents* and sanitizers are being delivered shall be included on all newly installed mechanical dish machines.

### **Thermometer (Code section 4-302.12)**

A thermometer with a suitable small diameter probe that is designated to measure the temperature of thin masses is now required and readily accessible to accurately measure the temperature in thin foods, such as meat patties and fish fillets.

### **Hot Water Temperature (Code section 5-202.12)**

Hot water temperature at hand washing sinks *only* has been reduced to 100°F.

### **Sign/Poster (Code section 6-501.115)**

A sign/poster that notifies food employees to wash their hands is required at all hand washing sinks used by food employees, and shall be clearly visible.

## **Food Thermometers**

The 2005 Food Code requires all food establishments have a small diameter probe that is designed to measure the temperature of thin masses such as hamburger patties, chicken breasts, eggs, etc. This does not mean all thermometers in the establishment must be of this design, but if they cook these foods from raw, they are required to have one thermometer with a small diameter tip. The thermometers they already have can still be used to check the temperature of thicker, dense foods, such as monitoring foods that are delivered or in a buffet.

The small diameter probe should be tip sensitive, and the probe thickness should be 1.5 mm. Most companies that sell thermometers have this type of thermometer available.

## **RESOURCES**

### **Nutrition Program Management**

The Nutrition Service Providers Guide provides technical assistance for implementing the *Dietary Guidelines for Americans* (DGAs) in the Older Americans Act (OAA) nutrition programs. Menu planning, food purchasing, food production, and food service are addressed. This guide and Health Fact Sheets can be downloaded from: [http://nutritionandaging.fiu.edu/DRI\\_and\\_DGs/dg\\_resources.asp](http://nutritionandaging.fiu.edu/DRI_and_DGs/dg_resources.asp);



### **Health Promotion**

MyPyramid for Older Adults distributed at the Iowa Nutrition Summit were provided by the Food Stamp Nutrition Education program which also sponsors the Chef Charles program. Additional packets can be purchased from the University of Florida on-line book store at <http://ifasbooks.com>. Look for item SP 429 under Home and Community Posters.



### **Fall Prevention**

Many seniors experience fear of falling and restrict their activities. *A Matter of Balance: Managing Concerns about Falls* emphasizes practical strategies to reduce this fear and increase activity levels. More information about this evidenced based program is available at [http://www.mmc.org/mh\\_body.cfm?id=432](http://www.mmc.org/mh_body.cfm?id=432)



## Food Safety

Check out [www.foodsafety.gov](http://www.foodsafety.gov) , click on Consumer Advice to the left of the forks in the place setting. There is a wealth of information there on storage and food handling, just peruse the website, and other associated links.



## Miscellaneous Resources

“**Food Assistance Makes Iowa Stronger**,” brochure on the Food Assistance (formerly known as Food Stamps) with the current monthly allotment amounts and income limits. [http://www.dhs.state.ia.us/policyanalysis/PolicyManualPages/Manual\\_Documents/Letters/Circular/56Z-537-FHWS.pdf](http://www.dhs.state.ia.us/policyanalysis/PolicyManualPages/Manual_Documents/Letters/Circular/56Z-537-FHWS.pdf)

**Iowa Able Foundation** helps Iowans with disabilities, their families, and older Iowans access adaptive devices, equipment, and home modifications through its loan programs. Iowa Able’s goal is to help Iowans increase their independence at home, at work, and in the community. Brochures and magnets are available to agencies who want them. An Iowa Able representative can make presentations.

You can learn more about the Iowa Able Foundation or obtain a pre-application packet at: [www.lowAble.org](http://www.lowAble.org) or call 1-888-222-8943.

Pick a **better** snack

### ***On the Go* With *Tangerines!***

It’s National Stress-Free Family Holidays Month! Leave the holiday hustle and bustle behind to relax and spend quality time with your family. While you’re enjoying time with your family, why not snack on some tangerines? The colder months are high season for tangerines, so now is the perfect time to titillate your taste buds by trying out new varieties of the sweet citrus fruit. Did you know that tangerines are the same thing as a mandarin? They belong to the family of citrus fruits called zipper skins because their skin peels off so easily. Their skin makes a natural wrapper for the fruit, so tangerines are a perfect grab-and-go snack. When you are choosing tangerines, the flesh should be deep orange or almost red. The fruit should have a slightly puffy appearance, be heavy for its size and feel firm. The firmer and heavier fruits tend to be the most juicy and delicious!

**Wash. Peel. Eat. (How easy is that?)**

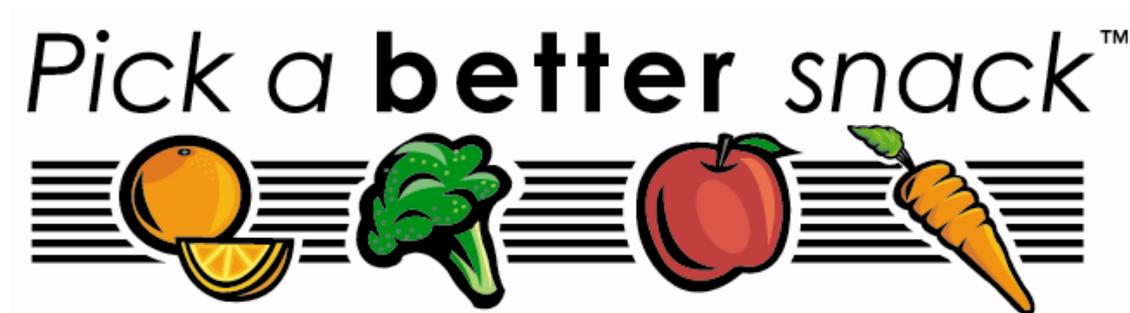


## Take Tangerines With You!

- Mix tangerine slices with your favorite low-fat yogurt for an easy, healthy treat! Add some chopped almonds for extra texture.
- Add tangerine segments for a new twist to your favorite tuna salad snack.
- If you'll be spending the day in the car traveling, why not pack some tangerine slices in a plastic container for a snack? Because they're not messy to eat, they're a perfect treat for road trips.

### Quick Nibble:

The word tangerine comes from the city of Tangiers in Morocco that was once famous for the tasty fruit.



Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network and the USDA's Food Stamp Program and Team Nutrition – equal opportunity providers and employers. For more information about the Iowa Nutrition Network or the Chef Charles nutrition education program, call the Iowa Department of Public Health at (800) 532-1579. Note that short articles like the "On the Go with Tangerines" are on the IDPH web site and are available for use in newsletters or newspapers ([http://www.idph.state.ia.us/pickabetersnack/social\\_marketing.asp](http://www.idph.state.ia.us/pickabetersnack/social_marketing.asp)).

### Our Mission:

To provide advocacy, educational, and prevention services to older Iowans so they can find Iowa a healthy, safe, productive, and enjoyable place to live and work.

### Iowa Department of Elder Affairs

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