



Healthy Aging Update

Iowa Department of Elder Affairs

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Welcome

This issue of Healthy Aging Update highlights the celebration of Older Americans Month, new information on the impact of salt on the health of Americans and provides a focus on folacin and good food sources of this nutrient such as beans. A list of various nutrition and health promotion activities is provided to be of assistance to programs serving older adults.

Older Americans Month 2009: Living Today for a Better Tomorrow

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today for a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.



By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Congregate and home delivered meals are planned to provide the nutrients older adults need for health. The Older Americans Month activities provide the opportunity to promote the health benefits of the nutrition program and other health promotion activities provided.



Iowa Administrative Code

321—7.19(3) Congregate nutrition services.

In providing nutrition services or in making awards, the AAA shall provide for hot or other appropriate meals at least once a day, five or more days a week. In a county where there is a site providing meals five or more days a week, additional sites may be established which provide meals one or more days a week. Efforts shall be made and documented to the department annually to increase the number of serving days to a minimum of three days each week.

Iowa provides fewer meals per participant than the national average. In 2006, the US annual average was 149 meals per home delivered meal participant whereas Iowa provided 89 meals per home delivered meal participant. The low number of meals served most likely reflects home delivered meals only being available on a limited basis from numerous rural meal sites that are open one to three days per week.

The SFY 2008 INAPIS data identified 56 percent of rural home delivered meal clients are at high nutrition risk. High nutrition risk can lead to weakness, decreased ability to perform ADLs and IADLs, increased dependency and potential need for institutionalization. To intervene in this downward spiral, consider ways to assess the needs of the individual and provide the number of meals based on need (IAC 7.12(4)). Increasing the number of days a meal site is open and the number of days meals can be delivered to home delivered meal participants have the potential of improving their nutritional status and ability to remain in their own home.

Offering a Menu with Choices

This year Siouxland Aging Services will offer a choice of entrees 4-5 times per week. For the last four years, Siouxland Aging Services has offered a choice of entrées two or three days a week at congregate meal sites. This idea started when we found that attendance at the meal sites dropped on certain menu days. A survey was sent to the participants. Many participants indicated they could not eat



certain entrée items or just simply did not like the entrée choice for that day. Because Siouxland has very small kitchen with limited equipment and staff, we started offering a menu with choices only on a few days a week to determine whether having a choice increased participation. The second entrée had to be something that was easy to prepare, yet different enough to fit most preferences and diets. Participants indicate on the reservation/ sign- up sheet which entrée they would like for the next meal. If they do not indicate a choice, they get the first entrée on the menu. Not only has this increased participation, it has also increased customer satisfaction. *Article submitted by Lynn Haugen, Nutrition Director, Siouxland Aging Services.*

March for Mayors

March 18 was celebrated as March for Mayors by the Meals on Wheels Association of America (MOWAA). The purpose of this event is to increase awareness of the home deliver meal program. Many AAAs and the Department of Elder Affairs encouraged mayors to participate. Four major radio stations ran the MOWAA radio spot 314 times from the last week in February through March 22. This year, 58 Iowa mayors are identified as participating. To see the list click on this link,

<http://www.mowaa.org/Document.Doc?id=108>



Mayor Pro-Tem Barney Barnhill of Davenport meets home delivered meal recipient.



Princeton Mayor Keith Youngers helps Roberta Spiess of GenAge Café, get ready to make home deliveries.



Congregate Meal Programs Celebrating 35 Years

Many of Iowa congregated meal programs have been helping seniors for a long time. On February 11, 2009 the Creston Senior Center celebrated their 35th anniversary. More than 100 people enjoyed a congregated meal and celebrated the event. Participants included Breta Kinkade and Leonard Feld who have been coming to the meal site and volunteering from the very beginning. They continue to be



very active in the operation of the nutrition program. Leonard delivers home delivered meals and Breta serves on the Area XIV Area Agency on Aging Board of Directors.

Annually, congregate meals are provided at 458 sites in Iowa to 51,000 individuals aged 60 and older. Meals are also delivered to the homes of an additional 15,000 Iowans across the state.

Garden Time

The First Lady, Michelle Obama has started a garden at the White House. Secretary Vilsack has also announced the development of the People's Garden on the grounds of the USDA in Washington, DC and the goal of creating a community garden at the USDA facilities worldwide. With all the interest in gardening, this spring is a good time to consider the development of garden (or container garden) at congregate meal sites.

Small Reductions in Salt Intake Can Make a Difference

Most Americans consume more than double the amount of their daily recommended level of sodium. A new study by the Centers for Disease Control and Prevention shows that more than two out of three adults are in population groups that should consume no more than 1,500 milligrams (mg) per day of sodium. During 2005-2006 the estimated average intake of sodium was 3,436 mg per day.

A diet high in sodium increases the risk of having higher blood pressure, a major cause for heart disease and stroke. These diseases are the first and third leading causes of death in the United States.

Researchers have found that for every gram of salt that Americans reduce in their daily diets, 250,000 fewer new heart disease cases and more than 200,000 fewer deaths could occur over a decade. They found using a projection model that more than 800,000 life-years could be saved for each gram of salt lowered. The researchers found that a three g/day reduction in salt intake (about 1,200 mg of sodium) would result in six percent fewer cases of new heart disease, eight percent fewer heart attacks, and three percent fewer deaths. Even larger health benefits are projected for older adults and African Americans, who are more likely to have high blood pressure and whose blood pressure may be more sensitive to salt. Among African Americans, new heart disease cases would be reduced by 10 percent, heart attacks by 13 percent, and deaths by 6 percent.

People who adopt a heart healthy eating pattern that includes a diet low in sodium and rich in potassium and calcium can improve their blood pressure.

Most of the sodium we eat comes from packaged, processed and restaurant foods. CDC along with the Food and Drug Administration, will be working with major food manufacturers and chain restaurants to reduce sodium levels in the food supply.

What We Know About Falls and What You Can Do to Help

Chances are you know someone who has fallen or who is afraid of falling. Each year up to 30% of community dwelling adults fall and about half of these falls occur around the home. Falls are not usually caused by just one issue but rather a combination of things and a large portion of falls are preventable.

Many older adults acknowledge having a fear of falling which actually can become a risk factor for falling. The fear of falling can lead to a decrease satisfaction with life, increased frailty, depression, decreased mobility, and decreased social activity.

The Polk County Health Department in partnership with Aging Resources has recently begun offering A Matter of Balance: Managing Concerns about Falls workshops. Fifteen volunteer coaches have been trained and classes are now being organized.

This program is designed to be offered in virtually any setting including rehabilitation facilities, community rooms, apartment complexes, assisted livings, nursing facilities, and wellness centers.

Link to Des Moines Register article:

<http://www.desmoinesregister.com/article/20090318/LIFE02/903180374/1039/LIFE>

For more information on bringing this program to an area near you contact: Tammy Keiter, Polk County Health Department at 515-286-3767 or Margaret DeSio, Aging Resources at 515-255-6142 ext. 318

Folacin

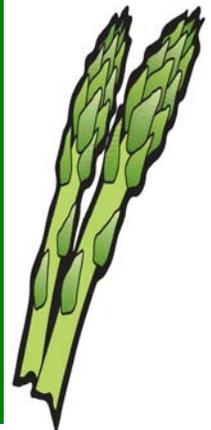
Folacin is important for cognitive function. Studies have shown daily folic acid significantly improves cognitive performance in older adults — specifically as it relates to memory and information processing. Folate also lowers the risk of heart disease and certain cancers. This nutrient contributes to overall health and vitality.

Several terms may be used to describe the various forms of the B vitamin known as folate (FOE-late).

- The term "**folic acid**" (FOE-lick) is often used for the synthetic or man-made form of the vitamin that is found in supplements and fortified foods, such as enriched grains.
- The term "**food folate**" is used for foods that contain the natural form of the vitamin, such as orange juice, dried beans, and dark green leafy vegetables.

The general term "**folate**" is often used to describe both forms of the vitamin.

The Recommend Dietary Allowance for folacin is 400 micrograms daily.



Signs of folate deficiency are often subtle. Digestive disorders such as diarrhea, loss of appetite, and weight loss can occur, as can weakness, sore tongue, headaches, heart palpitations, irritability, forgetfulness, and behavioral disorders.

People who abuse alcohol, have mal-absorption disorders and take certain medications are at a higher risk for developing folate deficiency.

Medications that interfere with folate utilization include:

- anti-convulsant medications (such as dilantin, phenytoin and primidone)
- metformin (sometimes prescribed to control blood sugar in type 2 diabetes)
- sulfasalazine (used to control inflammation associated with Crohn's disease and ulcerative colitis)
- triamterene (a diuretic)
- methotrexate (used for cancer and other diseases such as rheumatoid arthritis)
- barbiturates (used as sedatives)

Food Sources of Folate (1/2 cup servings) -

High

Fortified cereal	100-400 ug
Lentils	179 ug
Pinto beans	147 ug
Chickpeas	141 ug
Okra	134 ug
Spinach	132 ug
Asparagus	122 ug
Black beans	128 ug

Kidney beans	115 ug
Northern beans	90 ug
Brussels sprouts, frz, cooked	78 ug

Good

White rice, long-grain	77 ug
Broccoli, frozen, cooked	52 ug
Mustard greens, cooked	52 ug
Green peas, frozen, cooked	47 ug
Orange 1 med	39 ug

3+3 Bean Salad

This recipe from the Bean Council is a good source of folate, fiber, potassium and protein.

Mix the following ingredients and cover with dressing.

- 12 ounces cut green beans, cooked, drained
- 1 can (15 ounces) Dark Red Kidney beans, rinsed, drained
- 1 can (15 ounces) Garbanzo beans/Chickpeas, rinsed, drained
- 1 can (15 ounces) Great Northern beans, rinsed, drained
- 1 can (15 ounces) Pinto beans, rinsed, drained
- 1 can (15 ounces) Black beans, rinsed, drained
- 1/4 cup sliced green onions and tops
- Ginger Dressing (recipe follows)
- 1/2 teaspoon pepper



Ginger Dressing

1/2 cup canola oil
3/4 cup pineapple or apricot preserves
1/3 cup cider vinegar or rice wine vinegar
1/4 cup sugar
2 teaspoons minced gingerroot or 1 to 2 teaspoons ground ginger

NOTE: Although B.E.A.N. recipes usually call for a specific variety, any canned or dry-packaged bean variety can be easily substituted for another. Starting with dry-packaged beans and need soaking information? [Click here.](#)

Nutrient Information for 1/2 cup serving of 3+3 Bean Salad

Calories	188	Potassium	305 mg
Protein	6 g	Vitamin C	3.5 mg
Carbohydrate	28 g	Calcium	46 mg
Fat	5 g	Thiamin	0.1 mg
Fiber	5.8 g	Folate (total)	64 ug
Sodium	298 mg		

Nutrition Education Material

(Source http://www.eatright.org/ada/files/Bush_Beans_Web.pdf)

Beans: A Very Powerful Vegetable

Beans are a vegetable that provide a unique combination of protein, fiber, vitamins and minerals. On top of that, research has shown that diets including beans may reduce the risk of heart disease and certain cancers. So it's no wonder the latest government dietary guidelines say Americans need to eat more beans. Read on to learn more about the benefits of beans and how you can easily incorporate beans into your diet.

Recent Praise for Beans

Beans have long been known as a healthy food. But recently, beans have received increased attention from both the federal government and research scientists as a food that can play a significant role in a healthy diet.

- The 2005 Dietary Guidelines for Americans developed by the United States Department of Agriculture recommends that Americans eat three cups of beans a week. This represents a three-fold increase over the current average consumption of one cup a week.
- MyPyramid, the USDA's recommended eating plan for Americans, lists beans in *two* food groups—in the Vegetable Group because they're a plant-based food that provide vitamins and minerals, and in the Meat and Beans Group because they're a good source of protein.
- In addition, researchers have found that diets including beans may reduce the risk of heart disease and certain cancers. So, for people who have a family history of these diseases, beans are an especially smart choice.

What Makes Beans So Healthy?

Beans truly are a super food. They contain a bundle of nutrients that play a role in helping your body stay healthy and fight disease. Each tiny bean contains a powerful combination of protein, fiber, vitamins and minerals. Consider these facts:

- Beans are a good source of the protein your body needs. Plus, unlike many other protein sources, beans are low in fat, saturated fat free and cholesterol free. This makes beans a great choice for vegetarians, as well as for people trying to cut back on their intake of higher-fat meat products.
- Beans are an excellent source of fiber. One serving of beans provides 20% or more of your daily fiber needs. Fiber has many benefits, such as helping you feel full after a meal, helping maintain blood sugar levels and helping maintain regularity.
- Beans are a good source of vitamins and minerals such as folate, potassium, iron and magnesium. Research in both adults and children has shown that people who eat beans get more of these key nutrients in their diets than people who do not eat beans.

Getting 3 Cups a Week is Easy

If you want to include more beans in your diet, start by keeping a variety of beans on hand in your pantry. Then get creative and try using beans in new and different ways. If you are trying to limit your sodium intake, just drain and rinse canned beans before using them. This will reduce the sodium content by about 40%. Or, prepare dry bagged beans without adding any salt. Here are some simple, delicious ideas for using beans to boost the nutritional content of your meals:

- Top your salad with garbanzo beans or kidney beans.
- Add black beans to store-bought salsa to create a tasty black bean salsa.
- Stir a can of pinto beans into pasta sauce and serve over whole wheat pasta.
- Heat up some baked beans—a perfect vegetable alongside beef, pork, chicken or fish.
- Sauté black beans with your choice of vegetables, top with cheese, then wrap in a soft tortilla.
- Make your own refried beans. Just sauté some onion and garlic, add pinto beans, and mash with a fork or potato masher.

Serves 4

1 (16 oz.) can kidney beans, drained and rinsed

1/4 cup honey mustard salad dressing

4 cups chopped romaine (about 1 head)

1 cup chow mein noodles

2/3 cup mandarin oranges, drained

1 green onion, chopped

Toss all ingredients together in a large mixing bowl. Serve immediately.

Per Serving: 223 calories; 7 g fat; 1 g saturated fat;

0 mg cholesterol; 222 mg sodium; 35 g

carbohydrates; 7 g dietary fiber; 12 g sugars; 7 g protein; 368 mcg vitamin A; 25 mg

vitamin C; 100 mg calcium; 2 mg iron; 93 mcg folate; 375 mg potassium

Did You Know?

Many people are surprised to learn that beans are actually a vegetable. In a recent survey, only 43% of Americans correctly identified beans as a vegetable, while 96% knew broccoli was a vegetable! Like other vegetables, beans are a plant-based food that provide vitamins and minerals. But unlike other vegetables, beans are also a good source of protein. Plus, beans have more fiber per serving than any other vegetable.

Projections of 2009 Food Prices

Low to moderate food price inflation is projected for 2009, according to the USDA's Economic Research Service. The agency predicts a three to four percent increase of the Consumer Price Index (CPI) for all food items. The food CPI—the predominant tool in gauging current food prices in the U.S. economy—increased by 5.5 percent between 2007 and 2008, the highest jump since 1990. The lower commodity food and energy costs in the current state of the economy, however, may relieve the pressure on retail food prices.

The price of food purchased to be eaten at home will likely increase 2.5 to 3.5 percent, while the price of food eaten outside of the home might climb 3.5 to 4.5 percent. The in-home portion (6.4 percent) is nearly half of the previous annual increase when comparing inflation rates from 2007 to 2008, but the out-of-home food looks to be unchanged (4.4 percent).

The price of meat (beef, pork and poultry) is approximately five percent higher than last year and has decreased slightly since February. Egg and dairy prices are significantly lower than last year and they have also decreased in the past month. The 2008 surge in wheat costs has subsided somewhat; however, cereal and bakery products are still priced nearly nine percent higher than they were last year. Fresh produce price inflation varies greatly by variety and season.

For more details on U.S. food prices, please visit the USDA's Economic Research Service website at <http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/consumerpriceindex.htm>.

RESOURCES

Health Promotion



- **Falls-** Unintentional falls are the leading cause of nonfatal injuries treated in the hospital emergency departments. In 2006, this accounted for 1,840,117 injuries in people 65+ years. http://www.cdc.gov/ncipc/wisqars/nonfatal/quickpicks/quickpicks_2006/males.htm
- **Check for Safety:** A home Prevention Checklist for Older Adults. www.cdc.gov/injury
- **NCOA Center for Healthy Aging** provides resources on falls, healthy aging, evidenced-based programs including Chronic Disease Self Management and Matter of Balance programs at www.healthyagingprograms.org.
- **Free materials for seniors.** U.S. Agency for Healthcare Research and Quality (AHRQ), part of the Department of Health and Human Services as part of their patient safety initiative have pamphlets for seniors using Coumadin or have chronic illnesses such as arthritis, osteoarthritis and others. Orders can be placed by calling toll-free 1-800-358-9295 or emailing AHRQPubs@ahrq.hhs.gov.

- **Hearing Aids.** Some organizations may be able to help with costs or provide recycled hearing aid products. These include the Iowa Lions Hearing Aid Bank, Iowa Compass, local Lions, Kiwanis and Rotary Clubs and others. For a full list and more help, contact the Deaf Services Commission of Iowa at 515-281-3164, toll-free at 1-888-221-3724, by email at dhr.dsci@iowa.gov or visit their website at www.state.ia.us/dhr/ds/index.html.



Food Safety

- **Reason we need to take precautions for food borne-illness-** USDA confirmed that salmonella had been found in 7.9 percent of samples tested of broiler chickens, 19.3 percent of ground (minced) chicken and 15.3 percent of ground turkey during the third quarter (July-September) of 2008. Broiler testing found positive rates of 4.8 percent of samples in large plants, 15 percent in small plants and 40 percent in very small plants. USDA's Food Safety & Inspection Service last year began publishing regular reports of tests for salmonella at meat and poultry processing facilities. Source: ADA Pulse Newsletter



Physical Activity

- The *National Institute of Health Public Bulletin* offers new resources with information that can help keep older adults healthy. These include questions and answers about arthritis and rheumatic diseases and tips to help older adults become more physically active to prevent diabetes. The site includes a link to download the consumer-targeted brochure [Five Ways Older Adults Can Be More Physically Active](#).
- New resource on physical activity for older adults. <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>



Emergency Preparedness

- **Emergency Preparedness Concerns for Older Adults.** This podcast discusses the special concerns many older adults face during a disaster. To listen to this podcast, please visit: <http://www2a.cdc.gov/podcasts/player.asp?f=10778>



Stretching the Food Dollar

- **Iowa Share Program-** Help congregate meal participants access additional food via the Share Program by have the meal site become a host site. Learn more about the program at <http://www.shareiowa.com/>



Volunteers

- **Volunteers-** This article talks about tapping into resources of laid off workers. The skills of laid off workers could help with a variety of projects for the nutrition program. <http://online.wsj.com/article/SB123724924781149465.html>
- **Volunteer Centers of Iowa** connect people with opportunities to serve. Agencies looking for volunteers can register at www.volunteeriowa.org
- **VolunteerMatch.org** is considered the number one search for volunteers on Yahoo and Google. The service is free for posting volunteer opportunities and for people looking to volunteer. More information can be obtained at <http://www.volunteermatch.org/>.
- **Boomer Volunteer Engagement: Collaborate Today, Thrive Tomorrow** by Jill Firedman Fixler- Free worksheet templates for working with boomer volunteers can be obtained at <http://www.volunteermatch.org/nonprofits/boomerbook/>

Pick a **better** snack

On the Go – With Grape Tomatoes!

Grape tomatoes may be small, but they're creating a big stir in the world of produce. They are quickly becoming the tomato of choice, preferred for their bite-size, sweet taste and filling that doesn't "squirt."

Grape tomatoes are low in calories, fat and sodium, but high in taste, antioxidants and potassium. The grape tomato is a hybrid of roma, tear-drop and cherry tomatoes and its finger food size makes it an ideal replacement for higher-fat convenience foods like peanuts or candies. Everyone loves these tomatoes for their flavor and snackability. When choosing grape tomatoes, choose those with bright, shiny skin and firm flesh. Avoid tomatoes that are soft or blemished. Grape tomatoes so easy to prepare—just wash and enjoy!



Wash. Eat. (How easy is that?)

Take Grape Tomatoes With You!

- Slice tomatoes in half and coat with low-calorie Italian salad dressing.
- Wash and store in the refrigerator so a fast handful is always ready to go.
- Skewer grape tomatoes, chunks of cheese and green pepper for a colorful and tasty snack.

Quick Nibble:

Grape tomatoes are only one-half to one-third the size of a cherry tomato! In 2001, the grape tomato's national volume increased by 142 percent!

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 Grape Tomatoes” 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).

Our Mission

To provide advocacy, educational, and prevention services to help Iowans remain independent as they age.

IDEA provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department of Elder Affairs (IDEA), visit <http://www.state.ia.us/elderaffairs>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

Iowa Department of Elder Affairs

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