



# Healthy Aging Update

## Iowa Department on Aging

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### Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides an update on the Iowa Healthy Links Program that provides three evidenced-based health promotion programs. Many resources with links to access health promotion and other types of resources are provided at the end to the newsletter.



**Iowa Healthy Links**



The Iowa Healthy Links Program continues to grow and link individuals to healthier lifestyles and communities. Three separate programs are being offered to help older adults be healthier.

 **Chronic Disease Self Management (CDSMP)** will soon have a name change to “Better Choices, Better Health”. The Chronic Disease Self Management program addresses how to manage the symptoms of chronic diseases, such as, arthritis, heart disease, stroke, asthma, lung disease, diabetes, and osteoporosis. The evidence based program, started by Stanford University, is held for 2.5 hours once a week for six weeks at community based locations. Soon this program will also be available on-line.

The sessions are taught by trained leaders; many of whom have chronic conditions themselves. This creates an environment of mutual support, which builds participants' confidence in their ability to manage their health and lead active lives.

To help the Iowa program grow, more leaders are being trained. A master learner training was held March 29-April 3 in Des Moines for both CDSMP and the Spanish version called Tomando de su Salu. Soon Spanish CDSMP workshops will be available. Other trainings for peer leaders are being held around the state. Iowa has 45 master trainers with 28 in the current training and 77 peer leaders.

CDSMP is a very popular program and is being offered all over the United States. It was featured in the April Midwest Regional AARP Bulletin e-newsletter and also in AARP national newsletter.

 **EnhanceFitness** is an evidence based exercise program for older adults that covers strength training, aerobics, stretching, and balancing exercises. Classes meet for one hour, three times a week over an eight week period. The program was designed to be safe and beneficial for seniors with a wide range of physical abilities and studies have shown significant improvement in areas such as participants' physical and social functioning, as well as declines in the areas of pain, fatigue, and depression.

**Regular physical activity can reduce the risk for developing depression, diabetes, heart disease, stroke and certain kinds of cancer. It also plays a major role in preventing obesity, disability conditions such as osteoporosis and arthritis, high blood pressure, and many other chronic disease conditions and risk factors.**

 **Matter of Balance** is an evidence based fall/ injury prevention program that was started at Boston University and is designed to benefit older adults who are concerned with falls. The program targets older adults who have sustained falls in the past, have limited physical activities due to concerns about falling, and are interested in learning more about flexibility, strength and balance, and how to prevent falls. Classes are held twice a week for four weeks and are taught by trained leaders.

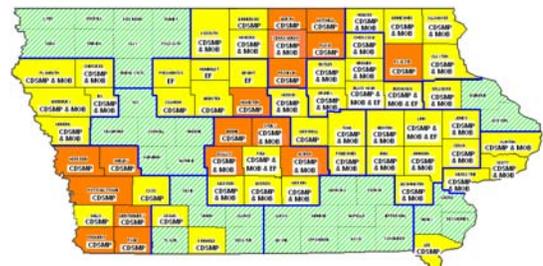
**Facts about Falls: For the age group of 65+, unintentional falls rank #1 for leading causes of injury, death and the most common cause of nonfatal injuries and hospital admission for trauma. More than a third of adults ages 65 and older fall each year.**

**Of those who fall, 20% to 30% suffer moderate to severe injuries that reduce mobility and independence, and increase the risk of premature death.**

**CDC has educational materials: *Check for Safety: A Home Fall Prevention Checklist for Older Adults* and *What You Can Do to Prevent Falls*. Materials can be found online in English, Spanish, and Chinese at <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html> (scroll down the page for materials)**

For more information about these programs and where they are available visit <http://iowahealthylinks.org/>.

Iowa's Evidence Based Programs by AAA and County  
AoA Supplemental/NCOA/IDPH Mini-Initiatives/The  
Wellmark Foundation Grant Coverage  
Version 4.5 11.18.09



Wellmark Targeted Counties/Area Agencies on Aging (AAA) in ORANGE  
CDSMP=Chronic Disease Self Management (61) MOB=Matter of Balance (39)  
EF=EnhanceFitness (7) On-line CDSMP pilot has statewide potential

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## Iowa Administrative Code- Citation for Health Promotion

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### 17—7.11(231) Disease prevention and health promotion under Title III-D of the Act.

AAA shall use Title III-D funds to provide disease prevention and health promotion services and information at multipurpose senior centers, at congregate meal sites, through home-delivered meals programs or at other appropriate sites. [ARC [8489B](#), IAB 1/27/2010, effective 1/7/2010]

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Title III-D funds can be used to support programs like the CDSMP, EnhanceFitness and Matter of Balance.

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### Profile of Older Americans

The 2009 issue of [Profile of Older Americans](#), released by AoA, contains the latest key statistics on older adults. The report includes both narrative and statistical charts.

Highlights include:

- The 65+ population will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and to 55 million in 2020 (a 36% increase for that decade).
- The 85+ population will increase from 4.2 million in 2000 to 5.7 million in 2010 (a 36% increase) and to 6.6 million in 2020 (a 15% increase for that decade).
- The number of Americans aged 45-64 who will reach 65 over the next two decades increased by 31% during this decade.
- In 2008, 19.6% of persons 65+ were minorities (8.3% African-Americans., 6.8% persons of Hispanic origin [who may be of any race], 3.4% Asian or Pacific Islander, and less than 1% American Indian or Native Alaskan. In addition, 0.6% of persons 65+ identified themselves as being of two or more races.)
- Minority populations are projected to increase from 5.7 million in 2000 (16.3% of the elder population) to 8 million in 2010 (20.1% of elders) and 12.9 million in 2020 (23.6%).
- About 3.7 million elders (9.7%) were below the poverty level in 2008 which is not statistically different from the poverty rate in 2007.
- Social Security constituted 90% or more of the income received by 35% of all beneficiaries.
- About 471,000 grandparents aged 65+ have the primary responsibility for their grandchildren who lived with them.

### The County Health Rankings (submitted by Angie Tagtow)

The County Health Rankings identify the healthiest and least healthy counties within every state in the nation. When you compare the 50 healthiest counties (one from every state), with the 50 least healthy counties, some striking trends emerge:

- Population size: Healthier counties are urban/suburban, whereas the least healthy counties are mostly rural. About half (48%) of the 50 healthiest counties are urban or suburban counties, whereas most (84%) of the 50 least healthy counties are rural.
- Premature death rates: The least healthy counties have significantly higher rates of premature death—2.5 times higher than the healthiest counties.
- Self-reported health: People living in the least healthy counties reporting being in significantly poorer health—2.1 times higher rates of people who report being in fair or poor health, compared with the healthiest counties.
- Smoking rates: People living in the least healthy counties are much more likely to smoke—over 26%, compared to only 16% in the healthiest counties.
- Preventable hospitalizations: People living in the least healthy counties are 60% more likely to be admitted to the hospital for preventable conditions—a sign of poor outpatient and primary care.
- Access to healthy foods: The 50 least healthy counties have fewer places where people can find healthy food—only 33% of zip codes have at least one grocery store, compared to almost half (47%) of zip codes in the healthiest counties.  
<http://www.countyhealthrankings.org/iowa/overall-rankings>

### **Chef Charles Nutrition Education Program** *submitted by Catherine Pratscher-Woods*

The Chef Charles/BASICs Grant Program provides health and nutrition education to Generations AAA-GenAge Café participants. In an effort to get seniors to eat more nutritionally, new recipes filled with fruits and vegetables are taste-tested each month with Café goers reporting back with a **thumbs up** or **thumbs down** rating. The winning selections are added to the menu cycle which has energized and “spiced” up congregate menus that had grown repetitive and boring. Participants like to give their opinion of the taste selection and appreciate a “say” as to what is on the menu.



Generations AAA is spicing up their in-house staff newsletter that is distributed twice each month. Staff requested that Chef Charles recipes be included in the newsletter. So Generations are hoping to make both the seniors and the staff eat a little healthier.

They sampled the Hamburger Soup with Black eye peas and Kale from the February Chef Charles newsletter (<http://www.idph.state.ia.us/ChefCharles/Archive.aspx>) and it was a big hit. The consensus was to put it on the menu.

The EASY Veggie Salad is another example of a recipe that was sampled and because it was well liked, it was incorporated into the regular menu. The salad tastes very good and also looks good.

### EASY Veggie Salad



1 can (16 ounce) kidney beans -- rinsed and drained  
1 can (14 1/2 ounce) cut green beans -- drained  
1 small cucumber -- halved and thinly sliced  
2 cups thinly sliced carrots  
1/2 cup chopped green bell pepper

1/4 cup sliced radishes  
1/2 cup cider or red wine vinegar  
1/3 cup sugar  
2 tablespoons vegetable oil  
1 teaspoon ground mustard  
1 teaspoon salt  
Dash pepper

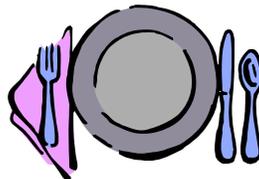
## March for Meals or Mayors for Meals

Many of you have participated in this special event to increase the awareness of the home delivered meal program and to obtain additional volunteers. This is a Meals on Wheels Association of American event inviting mayors to help deliver meals on March 24, 2010. Visit their website to see the Iowa locations that participated <http://www.mowaa.org/Page.aspx?pid=568>

Hawkeye Valley AAA shared pictures to illustrate their activities this year.



Mayor Maurice Welsch (Fairbank) and Mayor Rita Knutson (Rowley) at the Buchanan County Senior



Mayor Chad Deutsch (Evansdale) and wife Amy at the Waterloo Senior Center

## Food Prices Expected to Increase

Beef, pork, and dairy prices have increased since December. Economists are predicting food prices could be four to five percent higher before the end of the year. Higher meat prices are due to cattle and hog producers shrinking herds after years of losses. Milk production this year may be similar to 2009's, but USDA estimates wholesale milk prices up 21 to 26 percent this year and cheese prices up 16 to 20 percent. (Source: <http://www.reuters.com/article/idUSTRE62F3UC20100316?type=FoodandAgriculture10>)

## Preventing Food Poisoning for Older Adults

Since older adults are at particular risk for foodborne illness, good food safety habits are very important. Help protect yourself by following four simple food safety guidelines:

### Wash Hands Often

- Proper hand washing may eliminate nearly half of all potential cases of foodborne illness. It also significantly reduces the spread of the common cold and flu.
- Wash hands before, during and after meal preparation.
- Wash hands in warm, soapy water for at least 20 seconds.
- Use a clean, dry towel to dry your hands.

### Practice Good Refrigerator Safety Habits

- Make sure your refrigerator is set cooler than 40 degrees Fahrenheit. Use a refrigerator thermometer and check it regularly.
- Put perishable foods in the refrigerator as soon as you get home from the store.
- Refrigerate leftovers within two hours. When outdoor temperatures reach 90 degrees Fahrenheit or warmer, refrigerate leftovers within one hour.
- Store foods in small, shallow containers (2 inches deep or less).
- Discard opened packages of luncheon meats or spreads after three to five days.
- Eat foods by the "use-by" date on the package. If that date has passed, throw it away.
- Thaw frozen foods in the refrigerator, under cold running water or in the microwave right before cooking. Do not leave frozen foods on the counter or in the sink to thaw.

### Keep Raw Meats and Ready-to-Eat Foods Separate

- Prevent cross-contamination by keeping raw foods separate from ready-to-eat foods.
- Use two cutting boards: one strictly for raw meat, poultry and seafood; the other for ready-to-eat foods like breads and vegetables.
- Wash cutting boards thoroughly in hot, soapy water after each use or place in dishwasher.
- Discard old cutting boards that have cracks, crevices and knife scars.

### Cook to Proper Temperatures

- Proper cooking temperatures kill harmful bacteria present in food. Always use a meat thermometer to check the doneness of meat, poultry, seafood and dishes containing eggs. Use the following quick internal temperature guide:
  - Beef, veal, pork, lamb: 160 degrees Fahrenheit
  - Poultry: 165 degrees
  - Ground beef, veal, pork, lamb: 160 degrees
  - Ground poultry: 165 degrees
  - Casseroles, egg dishes: 160 degrees
  - Finfish: 145 degrees, opaque flesh, flakes with a fork
  - Shellfish: 145 degrees, opaque flesh throughout
- Reheat leftovers to at least 165 degrees. Older adults also should reheat all deli-style meats.
- Boil leftover soups, gravies and meat marinades for several minutes.
- Whether you're boiling, frying or scrambling eggs, make sure the yolks and whites are firm, not runny.

## Keep Moving To Stay Healthy

Physical activity appears to be associated with a reduced risk or slower progression of several age-related conditions as well as improvements in overall health in older age. Researchers note that exercise has previously been linked to beneficial effects on arthritis, falls and fractures, heart disease, lung disease, cancer, diabetes, and obesity (Source: *Arch Intern Med.* 2010;170(2):124-12).

## RESOURCES



### Health Promotion

- **Diabetes Screening:** Medicare covers free screening tests for diabetes and pre-diabetes for at risk seniors. These benefits are under-utilized. For more information on Medicare coverage visit [www.screenfordiabetes.org](http://www.screenfordiabetes.org). For information on diabetes education visit [www.ndep.nih.gov/sbcr](http://www.ndep.nih.gov/sbcr).
- **My Medicare Matters:** Helps you and your clients make the most of Medicare. [www.MyMedicareMatters.org](http://www.MyMedicareMatters.org) provides a way to learn about and take advantage of services to stay healthy and how to get the most from their Medicare coverage. It is also available in Spanish at [www.MiMedicareImporta.org](http://www.MiMedicareImporta.org).
- **Alzheimer's disease risk factors:** We don't know exactly what causes Alzheimer's disease but there are factors that signal a greater risk, including high blood pressure, high cholesterol, lack of exercise and diabetes. Learn the risk factors by visiting [http://www.alz.org/alzheimers\\_disease\\_alzheimers\\_disease.asp](http://www.alz.org/alzheimers_disease_alzheimers_disease.asp).
- **MindAlert:** Spring Web Seminar Series: Bring Brain Fitness to Your Community is sponsored by American Society on Aging MetLife Foundation. Visit [www.asaging.org/webseminars](http://www.asaging.org/webseminars) for full details on how to access the free web seminars.
- **Healthcare 411:** News series from AHRQ. This is a source for reliable medical information based on the latest research. Log on and listen online at [www.healthcare411.ahrq.gov](http://www.healthcare411.ahrq.gov). Or subscribe and have information sent to your computer. Get your medical information-when you're ready to hear it- on demand with Healthcare 411.
- **Exercise & Physical Activity:** Your Everyday Guide from the National Institute on Aging can be used by individuals or a leader for group sessions. The guide is full of excellent pictures and descriptions of exercises geared for older adults of various skill levels. It also discusses healthy eating and provides record keeping forms. The guide can be downloaded or one copy ordered free of charge from <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>.
- **FDA Consumer Publications** are available in bulk free. Topics include arthritis, antibiotic resistance, diabetes, food safety for seniors, heart disease, high blood pressure, osteoporosis, sleep disorders, sunscreens, English:

[www.pueblo.gsa.gov/rc/f06owhcard.htm](http://www.pueblo.gsa.gov/rc/f06owhcard.htm) or Spanish:  
[www.pueblo.gsa.gov/rc/owhspanish.htm](http://www.pueblo.gsa.gov/rc/owhspanish.htm).

- **CDC Healthy Aging Programs: Critical Issue Briefs** on topics such as caregiving, emergency preparedness, oral health, shingles vaccination and smoking are available at [www.cdc.gov/aging/publications/briefs.htm](http://www.cdc.gov/aging/publications/briefs.htm).
- **Promoting Preventive Services for Adults 50-64:** Community and Clinical Partnerships Report. This is a searchable website by state regarding the number and types of preventive services being used. Visit [www.cdc.gov/aging](http://www.cdc.gov/aging).
- **NIH website for grown-ups:** The senior friendly health and wellness information can be accessed at [www.NIHSeniorHealth.gov](http://www.NIHSeniorHealth.gov).

## Food Safety



- **FDA Consumer Health:** Information like a video on “Start at the Store: Prevent Food borne Illness” is available at [www.fda.gov/consumer](http://www.fda.gov/consumer).
- **ISU Food Safety Training Lesson 4:** This lesson covers the temperature danger zone and includes an interesting FAT TOM rap song to make it interesting. <http://www.extension.iastate.edu/foodsafety/Lesson/L4/L4p1.html>.

## Assistance programs



- **ISU Resources:** This website has weekly tips on healthy eating on a budget, recipes, nutrition information, grocery list and prices for a Healthy Spring dinner at [SpendSmart.EatSmart](http://SpendSmart.EatSmart) .

### Iowa Department on Aging Mission

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

IDA 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 on Aging (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

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