

The Link to Nutrition Program and Healthy Aging Information

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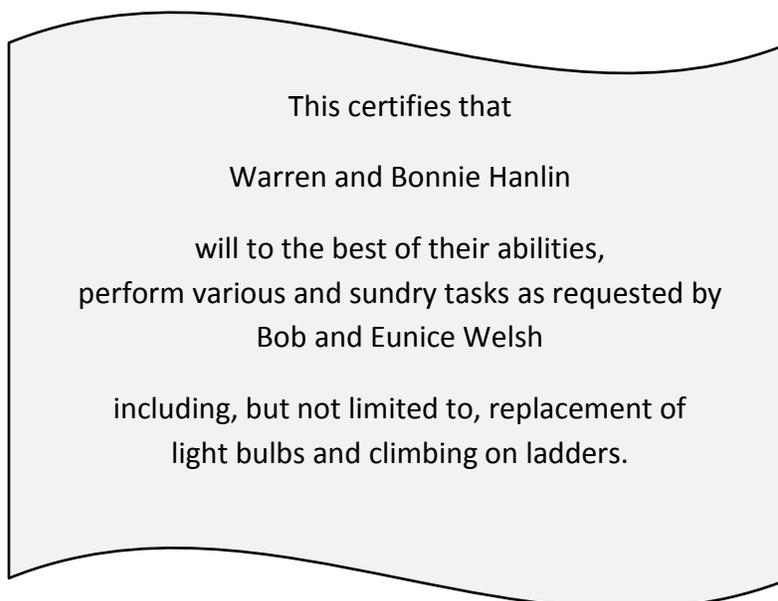


A Gift of Home Safety

A gift of home safety is a project being promoted by the Johnson County Fall Prevention Coalition. [November 2013 - JCLC Newsletter.pdf](#). Download [A Gift of Home Safety brochure](#) for practical gift ideas for older family members and friends.

The following is a personal example of such a gift experience shared by Bob Welch.

A few years ago my step-son asked me what I wanted for my birthday. I said I did not need or want anything. He said I am going to give you something so it might as well be something you can use. I thought for a while and said, give me three light bulbs and the promise to install them. This year he and his wife (who customized a computer certificate) gave me a CONTRACT - Annual Extension. It reads:



What a wonderful gift! I have not been on a ladder for three years.

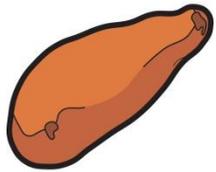
I hope all of you will ask for and give a Gift of Home Safety not only at this season but on birthdays, Mother's Day or Father's Day. It sure beats a shirt and tie.

Iowa high nutrition risk meal consumers improved response to “I don’t always have enough money to buy the food I need” (SFY 2013)

% improvement by program:

- **25% Congregate meals**
- **18% Home delivered meals**

62% of Iowa high nutrition risk congregate meal participants improved their nutrition risk scores.



Supports for Healthy Eating in Older Adults

The nutritional status of older adults relates to their quality of life, ability to live independently and risk for developing costly chronic illnesses. Nutritional well-being can be affected by many social and environmental factors, including access to healthy and affordable foods, congregate meal sites and nutritious selections at restaurants. An older adult’s access to a balanced diet is critical for prevention of disease and promotion of nutritional wellness so that quality of life and independence can be maintained throughout the aging process and excessive health care costs can be reduced.

The community environment has four areas that have the greatest influence on healthful eating among older adults. They are accessibility, affordability, social support and living accommodations. Accessibility includes access to food, information resources, transportation and stores or other places to purchase or obtain healthful foods, while affordability is the cost of these foods. Social support can include family or other social networks that provide social interaction. These social supports can be a source of information and knowledge. Examples may include people and programs at meal sites, adult children, grandchildren and caregivers or home health aides. Also it is not uncommon for churches to provide transportation to worship services, and this transportation could be used during the week to provide access to grocery stores. In a collaborative way, senior housing, health care organizations, faith based organizations and restaurants can be included in community initiatives to support health eating for older adults. Accessibility and social supports have been identified to have the greatest importance toward meeting the goal of promoting health eating in older adults.

Congregate nutrition sites have been shown to reduce food insecurity and nutrition risk not only through the provision of a daily meal but also through the improved food and nutrient intake that results from the aspect of social support that is an integral part of the congregate meal program. Congregate meal sites promote improved nutrition, but focus groups have shown that lack of awareness, transportation issues, and limited hours impede older adults from utilizing these services. Older adults have unique needs that must be accommodated to maintain independence. Overall, congregate nutrition sites play a major role in facilitating improved nutrition among older adults.

Source: The above includes highlights of the article [Identification of Environmental Supports for Healthy Eating in Older Adults](#) by Amanda K. Sylvie, Qianzhi Jiang and Nancy Cohen. *The Spectrum* newsletter of the Healthy Aging dietetic practice group of the Academy of Nutrition and Dietetics. Fall 2013. Research was conducted by the University of Massachusetts, Amherst, MA supported through funding from USDA/NIFA NE 1039 Regional Research Project.



Community Transformation Grant

The Iowa Department of Public Health continues working on the Community Transformation Grant (CTG) to improve the health of Iowans. Their projects are focused in 25 counties but can include statewide application. For more information about the project visit the CTG website at <http://www.idph.state.ia.us/CTG/>. The website has a link to identify the 25 counties and newsletters describing community projects. Check out if there is a CTG county in your service area. Hopefully the AAA is involved, if not see if there is a way to get involved. The following graphic is one developed for newsletters, billboards, etc. to provide messaging on hidden calories that contribute to obesity, diabetes and heart disease. It is available for your use.

YOU JUST ATE 16 PACKS OF SUGAR.

Are you pouring on the pounds?

All those extra calories can bring on obesity, diabetes, and heart disease.

(20oz. Bottle)

IOWA COMMUNITY TRANSFORMATION

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LET'S GET HEALTHY

Community Needs Assessment: Opportunity for a seat at the table.

The NCOA Center for Healthy Aging presented a webinar ([Access webinar materials](#)) on how aging and disability network agencies might begin relationships with hospitals, physician groups and other health care

organizations. Evidence-based health promotion programs are often the key to open doors with these groups.

There are also ongoing community assessments that provide an opportunity for the aging network to advocate for the needs of the aging and disability community and get more support for the services needed.

- 1) The Iowa Department of Public Health and local Boards of Health complete a community health needs assessment every five years. The assessment and health improvement plans are developed with input from community stakeholders. These plans can be accessed at <http://www.idph.state.ia.us/chnahip/>.
- 2) Hospitals have a fairly new requirement by the IRS to complete community health needs assessments (CHNA). [Learn more about CHNA](#) <http://www.hilltopinstitute.org/publications/HospitalCommunityBenefitsAfterTheACA-PresentFutureIssueBrief8-October2013.pdf>



Access to Healthy Food: Not always available to older adults.

In 2011, the US Census showed that 30.3% of census tracts did not have at least one healthier food retailer

within that area. This represents approximately 27% the US population. Persons in rural areas were approximately 4 times more likely to lack access to a healthier food retailer than persons in urban areas. Overall, areas where seniors comprised >13.6% of the population were 1.3 times as likely not to have a healthier food retailer than areas with a lower proportion of seniors, a pattern that was similar across the US.

Cost Management

The management process includes planning, organizing, leading and controlling. Under the umbrella of the controlling process, within management, is financial control. Budgets are one tool used by the organization to organize their financial plan and goals. Cost control is an essential component of the budget process. The following have an impact on the budget and the ability to benchmark the budget with previous years or with other organizations:

Menus: Type of menu such as restaurant style or cycle menu.

Cost Methods: The method for calculating the costs and what all is included in the cost will affect the ability to benchmark. Is there a standardized system for calculating costs so each operation is doing it the same way?

The OAA Nutrition Program provides nutritious meals in rural areas where older lowans may lack access to a healthier food retailer.



Employee and/or volunteer meals: This can be a costly expense. Volunteers for the nutrition program of any age are considered eligible to receive their meal on a contribution basis and the meals reported in IAPRS. Staff meals for individuals under the age of 60 do not qualify for OAA funding or reporting in IAPRS.

Food Production and Distribution Methods: Varying food systems impact the ability to compare between programs.

Tips on controlling costs:

- Maximize cost control by using a purchasing contract.
- Monitor and check yields prior to purchasing.
- Secure storage area to prevent theft.
- Rotate inventory to avoid deteriorated or outdated food items.
- Check deliveries using trained employees and establish procedures.
- Do not allow vendors to determine substitutions without pre-established guidelines.
- Avoid last minute, unplanned purchases.
- Take advantages of rebates, discounts and ensure receipts.
- Base menu on preferences, budget, equipment storage available and labor skills.
- Utilize a choice menu to minimize food waste.
- Use daily production schedules based on meals needed.
- Always use standardized recipes quantified to meal count and ensure staff follow recipes.
- Use correct portion tools and follow portions specified on the menu for all meals.
- Monitor plate waste and customer feedback and adjust menus accordingly.
- Minimize leftovers.

Fundamentals of Purchasing

- Develop specifications for each food item.
- Share the developed specification with the buyer. This increases efficiency in obtaining a price quote.
- Compare food quality and yield in relation to price. Frequent studies of net yield in serving portions and cost per serving enables base buying decisions on cost per serving rather than unit purchase price.
- Utilize bid requests or quotation sheets to request price quotations.
- Limit purchasing to only the types, quality, and quantities required for the planned menu or production forecast.
- Purchase only from vendors known to maintain approved levels of sanitation and quality control in compliance with regulations and recommended food handling and storage practices.

- Purchase food by weight, size, or count per container. Minimum weights accepted for purchase must be stated in specifications.
- Never neglect inspecting all purchases upon delivery. Do not hesitate to reject a food if it does not meet required expectations.
- Maintain written purchase and receiving records for all food and supplies ordered and received.

In the current environment, knowledgeable and savvy food service managers are necessary to maintain tight cost controls, trim the excesses, and control the food service budget while serving a quality meal. (Source: Cost Management by Carol S. Casey in *Connections* newsletter of Dietetics in Health Care Communities, Vol. 36, Issue 3, Winter 2012).

Consider Partnering with the Summer Food Service Program for Children

Summer is an exciting time for children to enjoy moments with friends, a week at camp, a family vacation, or time at the pool. But for many children, summer can also mean hunger. Just as learning does not end when school lets out, neither does a child's need for good nutrition.

The Summer Food Service Program (SFSP) provides nutritious meals and snacks to children during the summer months. There are many summer serving sites across the state; however the program is still vastly under-utilized with only 8% of needy children participating.

As an Area Agency on Aging, you are uniquely positioned to promote intergenerational feeding as is encouraged in the OAA. What can you do? Consider sponsoring a program or, if there are feeding sites already in your community, promote participation and get involved with the program! You might even consider preparing meals for a sponsor who does not have that capacity.

For more information or to get involved, contact Stephanie Dross at stephanie.dross@iowa.gov or 515-281-4760.





Iowa Administrative Code 17.12(231) Nutrition Services

7.12(3) Inspection of congregate nutrition sites. All congregate nutrition sites shall be inspected by the department of inspections and appeals and shall have a current food service establishment (restaurant) license posted in the congregate nutrition site.

7.12(7) The AAA shall develop procedures to: *a.* Ensure that food service personnel, both paid and volunteer, conform to hygienic food handling techniques and to standards given in the current edition of “Center for Food Safety and Applied Nutrition—Food Code” published by the U.S. Food and Drug Administration; *b.* Provide for ongoing training on safety, hygienic food handling and sanitation for both volunteer and paid food service personnel;

The Department of Inspections and Appeals has adopted the 2009 Food Code effective January 1, 2014. The IAC chapters with the changes can be accessed at

- Chapter 30

<http://www.legis.iowa.gov/DOCS/ACO/IAC/LINC/ARC.1190C.pdf>

- Chapter 31

<http://www.legis.iowa.gov/DOCS/ACO/IAC/LINC/ARC.1191C.pdf>

- The FDA 2009 Food Code can be accessed at

<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/UCM2019396.htm>

To help ensure food service personnel, both paid and volunteer, conform to the Food Code, use active managerial control as identified in the 2009 Food Code Annex 4 and 5 along with Annex 7 form B1 for food service worker verification.

Also, consider the “Food Safety on the Go” program in the Resource Section of this newsletter for home delivered meal volunteer and staff training.

On January 6, 2014, the Iowa Department of Inspections and Appeals will move to a new licensing and inspections data system. Some of the biggest changes are: public access with greater search features; online licensing and renewal; establishments will be able to renew online for multiple establishments/licenses and consolidate process; updating will be immediate; better reporting and access trends and tracking system.



The Iowa Get Screened Program

Colorectal cancer is the second most common type of cancer and the second leading cause of all cancer deaths in Iowa. According to the State Health Registry of Iowa, an estimated 1,640 Iowans will be diagnosed and an estimated 650 will lose their lives from the disease in 2013. The good news is that colorectal cancer is one of the few cancers that can be prevented through screening. That is why the Iowa Department of Public Health is pleased to inform you about the Iowa Get Screened (IGS): Colorectal Cancer program, which offers colorectal cancer screenings to eligible Iowans and provides education and awareness to all Iowans. The screenings include the Fecal Immunochemical Tests and/or colonoscopies for individuals who are at or below 250% of the federal poverty level, uninsured or underinsured, and who are Iowa residents 50-64 years of age. Currently, eleven screening locations across the state provide these services.

For more information and to view a map of the screening locations, please visit: www.idph.state.ia.us/IGS/About.aspx or contact Victoria Brenton, IGS Reporting and Coordinating Manager, at (515) 725-2163 or Victoria.Brenton@idph.iowa.gov. If you would like to receive free educational materials, please click [here](#) to see a complete list or contact Victoria. She is also available to speak at any of your meetings.



No Symptoms Required.

Every Iowan Age 50* and Older Needs
Colorectal Cancer Screening.

* People who are at increased risk of colorectal cancer because of family history or medical conditions should begin colorectal cancer screening before age 50. Ask your health care provider for more information.

1-800-237-1225





Menu Planning Tips for Folacin:

The 2010 Dietary Guidelines for Americans identifies the dark green vegetable group to include: dark green leafy vegetables such as spinach, romaine lettuce, collard, turnip and mustard greens and broccoli. Green peas are similar to starchy vegetables. Green beans are grouped with other vegetables like onions, lettuce, celery, and cabbage.

Dark green leafy vegetables are good sources for folate. Also lentils, pinto beans, black beans, asparagus, orange juice and fortified cereal are good sources. High temperatures and overcooking can destroy folacin. Folacin is needed daily as it is a water soluble vitamin and is not stored in the body. Folacin is involved in heart health, building red blood cells, production of DNA for cell and tissue growth and function, maintaining hearing and preventing mild depression. Deficiency of folacin may be seen with a sore tongue, diarrhea, mental confusion, problems with nerve function and hair loss.

The Iowa Menu Approval Sheet allows for weekly averages for folacin and several other nutrients. For these nutrients, the weekly average needs to be provided rather than the average for the whole menu cycle.



Thermometer Calibration Sample Standard Operation Procedure

Policy: Thermometers will be calibrated routinely to ensure accuracy of temperatures taken and the safety of food served to meal participants.

Procedures: Food service workers will calibrate thermometers on a weekly basis using the following steps:

Ice-Point Method

Note: the ice-point method of calibrating thermometers is used, unless a thermometer cannot read 32°F.

1. Fill a large glass (at least 6 inches in diameter) with crushed ice. Add cold, clean tap water until the glass is full. Stir the mixture well so that it will be at 32°F.
2. Put the end of the clean thermometer or probe stem into the ice water so that the sensing area is completely submerged, but the stem does not touch the bottom or sides of the glass. Wait 30 seconds. The thermometer stem or probe stem must remain in the ice water.
3. Hold the adjusting nut on a dial thermometer, located under the indicator head of the thermometer, secure with a small wrench or pliers, and rotate the head of the thermometer until it reads 32°F (0°C).
4. Press the reset button on a digital thermometer to adjust the readout.
5. Record calibration, including date and initials, on the Thermometer Calibration Record.

Source: Iowa State University Assisted Living HACCP Project

Nutrition Education: What Contributes to a High Sodium Intake?

The following can be used for nutrition education. Check link in Resources.

THE SALTY SIX

DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



COLD CUTS & CURED MEATS

One 2-oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower-sodium varieties.

5



SANDWICHES

A sandwich or burger from a fast-food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6

*Source: 2010 Dietary Guidelines and Recommendations, MyPlate and MyPlate Healthy Eating Research (MHPHER), Plus Signs, Food Companies' Claiming the Most to Reduce Consumption—United States, 2007–2008, February 15, 2011. ©2010, 2011 AHA

Resources

Health Promotion

- **Sodium Reduction and High Blood Pressure**
http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit_UCM_303241_Article.jsp
- **Quiz: Test Your Salt Smarts.** Who eats more salt—women or men? If you exercise, does that mean you can eat a saltier diet? This sodium quiz from WebMD allows you to test your sodium knowledge
- **Are you eating right?** GB Score is an overall rating of your diet quality. A higher score means a healthier diet and a lower score, a less healthy one. According to recent studies conducted by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, the following are common problems with dietary intake in the U.S.: high sodium, high saturated fat, high Tran’s fatty acids, low fiber, low calcium, low potassium, low iron, low folate, and low vitamin B12. Are you getting the right nutrition from your diet? [Find out your diet quality score.](#)
- **What’s on Your Plate? Smart Food Choices for Healthy Aging.** The National Institute on Aging released an updated, easy-to-navigate online resource on older adult nutrition. ["What’s on Your Plate? Smart Food Choices for Healthy Aging"](#) explores healthy lifestyles, plans for healthy eating, food safety, nutrients to know, shopping tips, and common questions.

Fall Prevention

- **2013 Falls Prevention Awareness Day Report is Now Online.** The 6th Annual Falls Prevention Awareness Day (September 22, 2013) was the biggest yet, with 47 states and the District of Columbia participating. A [Compendium of State and National Activities](#) has been posted on the National Council on Aging website. The report includes data from participating states, as well as photos, YouTube links, highlights, challenges, and opportunities that may be useful in planning falls prevention activities.
- **Fall Prevention for Older Adults with a Physical Disability:** This fact sheet covers the physical and emotional consequences of falling, risks for falls in various environments, prevention strategies, and resources for support and further information.
- **Iowa State University Researchers Use Video Games to Get Older Adults Moving** (October 10, 2013) Press release in Newswise online: <http://www.newswise.com/articles/view/608749/?sc=lwhp> Living (Well Through) Intergenerational Fitness & Exercise (LIFE) Website at Iowa State University Extension and Outreach: <http://www.extension.iastate.edu/life> .
- **Walk-audit In Your Community:** The October-November 2013 edition of the Community Transformation Grant bimonthly briefing can be found at <http://www.idph.state.ia.us/CTG/>. This edition features

Information on safe and healthy environments, including tips on conducting a walk-audit to make your community safer for walking.

Food Safety

- **Reporting of Foodborne Illness/ISU Research:** In a 2011 report, the Centers for Disease Control and Prevention (CDC) estimated 48 million foodborne illnesses were contracted annually in the U.S.; however, only 1,527 outbreaks were reported the previous two years. Public health officials are concerned with the under-reporting. A study was conducted to identify why consumers and healthcare professionals don't report foodborne illness. The entire study can be accessed at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3774464/>. Some of the findings were lack of knowledge that a stool culture is needed for diagnosis of food borne illness and uncomfortableness by the patient to do a stool culture.
- Foodborne Illness in Iowa:
 - Cyclospora:
 - >130 cases in Iowa
 - Iowa and Nebraska linked to bagged salad mix from Taylor Farms de Mexico
 - Texas outbreak (at least the majority of it) linked to cilantro from a different region of Mexico
 - Cryptosporidium – Summer 2013:
 - >500 cases
 - Source unknown
 - Salmonella:
 - Approximately 25 cases
 - Source unknown – this strain has been linked to poultry/eggs in previous outbreaks
 - Cryptosporidium – October 2013:
 - 11 cases in Johnson County linked to consumption of unpasteurized apple cider
 - Clinical, environmental and product samples obtained
 - Clinical and product samples positive for Cryptosporidium
 - Sample sent to CDC for typing
 - Shigella:
 - Increase in number of cases in Woodbury County – investigation ongoing
 - Source unknown – does involve person-to-person spread (typical for this organism)
 - Siouxland Health Department has performed outreach with childcare centers and elementary schools

- **“Food Safety on the Go” course for training home delivered meal program staff and volunteers.** Participant materials, pre-posttests, power point slides and trainer guides are available at the website: <http://www.nfsc.umd.edu/programs/foodsafety>.
- **Download and Share "Is My Food Safe?" App:** Downloaded the ["Is My Food Safe?" app](#) for a complete food storage guide, list of safe minimum internal cooking temperatures, a kitchen safety quiz and shopping and cooking information. [Download a flier](#) to share with clients and communities. This is available free from the Home Food Safety program, a collaboration between the Academy of Nutrition and Dietetics and ConAgra Foods.
- **Use of Leftovers:** Sources -Serve Safe Leftovers http://www.fightbac.org/?utm_source=Serve+Safe+Leftovers+&utm_campaign=11.26+Serve+Safe+Leftovers&utm_medium=email
Many people enjoy Thanksgiving or Christmas leftovers as much as the big meal itself. Enjoy your food. Handle leftovers safely!

Here's How:

- Leftovers should be eaten, frozen or discarded within 3 to 4 days. Download and print [food storage labels](#) to keep track.
- Refrigerate cooked leftovers promptly - within 2 hours. Use an appliance thermometer in your refrigerator to ensure it's at 40 °F or below.
- Divide leftovers into smaller portions and store in shallow containers in the refrigerator.
- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Reheat cooked leftovers to 165 °F as measured with a food thermometer. Sauces, soups and gravies should be reheated by bringing them to a boil.
- When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking.



Did You Know?

- The nursing home inspections reports are on-line. You can access them at https://dia-hfd.iowa.gov/DIA_HFD/Home.do. Go to report cards (listed on lower left bar) and enter name of facility. Look for most recent survey. Most of the survey reports will be on things other than food service. Food service may not be included in the report if there were no problems. You can scan the survey report looking for F Tag 371 which is related to food service and sanitation.
- Thanksgiving Dinner Food Facts: One topic covered in this short video is “Does the tryptophan or quantity of food make you sleepy after thanksgiving dinner?” <http://www.ift.org/Knowledge-Center/Learn-About-Food-Science/Food-Facts/Bird-is-the-Word.aspx>
- Facts about the Iowa Dairy Industry: Iowa ranks 12th in the nation for milk production, 7th for cheese production and 4th for ice cream production. This comes from 1,750 dairy farms. Every 10 cows create a full time job. More than 22,000 jobs are supported by the activities directly or indirectly by the Iowa dairy industry.

Nutrition Education

- ***Eat Smart, Live Strong Activity Kit*** for older adults promotes two key behaviors: increase fruit and vegetable consumption and participate in at least 30 minutes of physical activity most days of the week. The Activity Kit includes a Leader's Guide and four sessions designed to reinforce these behaviors. These materials could be used while waiting for the Fresh Conversations program to start. See the [Project Overview \(PDF|1.3MB\)](#) and link for kit materials.