



Healthy Aging Update

Iowa Department on Aging

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Welcome

This issue of Healthy Aging Update highlights the very important role the nutrition program has in supporting the health and well-being of older adults. The *Nutrition Program: An Investment in Your Health* article can be used in newsletters to potential and current meal participants.



The Nutrition Program: An Investment in Your Health

Healthful habits can help us enjoy daily activities, stay mobile, and be independent. Anytime is a good time to start healthy habits, no matter how old we are. So if you are a little older... you can still be healthier. For most of us, we get busy and don't think much about what we eat. Our nutritional health is not something we often think about. This is probably because if you don't get your vitamin C today, there is no a major consequence tomorrow.

Taking care of our body is similar to providing preventive maintenance to your vehicle. If you provide routine maintenance, it will run more efficiently and longer. The car will run just fine even if you don't change the oil but at some point in time big problems will crop up. The same is true with your body. Not getting the recommended amount of vitamin C or other nutrients won't have any immediate effect on your health but over time the weakest organs or tissues will start to suffer. For many individuals, this starts with having more colds or infections, or changes in the blood vessels where vessels become less flexible and high blood pressure starts. The vessels also narrow which progresses into heart disease. Eating a healthy diet and getting physical activity is the preventive maintenance your body needs. No matter what age you are it is never too late to make improvements in your health by eating better and moving more.

Do you eat enough fruits and vegetables each day to protect your health?

The *Dietary Guidelines for Americans* provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity. Congregate and home delivered meals are required to provide the nutrient recommendations of the Dietary Guidelines and 1/3 of the Daily Reference Intakes (amount of nutrients needed for good health). These meals are well-balanced and are appropriate for most individuals including those needing special diets.

Invest in your health.....add some fruits and vegetables to your diet by having a congregate meal.

Congregate and home delivered meals are lower in salt, fat and cholesterol; they have a good source of dietary fiber and generally work for controlling carbohydrates to help people who have diabetes.

According to the Iowa Simplified Diet Manual, a No Added Salt Diet is 4,000 mg sodium for the day or 1,333 mg sodium per meal. The nutrition program meals are most often less than 1000 mg sodium per meal. A diet for diabetes is a Consistent Carbohydrate Diet that provides 50-60 percent of total calories from carbohydrate. Many of the regular meals provide a range of 45-62 percent of calories from carbohydrate. The Cholesterol-Fat Restricted Diet is to be 25-35 percent of calories coming from fat. The nutrition program meals usually provide 21-30 percent of calories coming from fat. So the bottom line is that congregate and home delivered meals are good for all of us and in most cases a special diet is not needed.

Dietary Guidelines for Americans

Key Recommendations

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Nutrient	Iowa Simplified Diet Manual recommendation per meal	Congregate and Home Delivered Meals provide per meal
Sodium	1,333 mg	≤1000 mg
Carbohydrate	50-60% of calories	41-53% of calories
Cholesterol-fat	25-35% of calories	20-33% of calories

Congregate and home delivered meals do have some flexibility to include a few favorite foods that tend to be on the high sodium side. Each month, up to two menus can be higher in sodium. You will notice these meals identified on the menu with a salt shaker.



Nutrition Questions and Answers

1. Who is a registered dietitian (RD)?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. RDs draw on their educational background and experience to develop a personalized nutrition plan for individuals. They are able to separate facts from fads and translate nutritional science into information you can use. A registered dietitian can put you on the path to eating healthfully and reducing your risk of chronic disease.

2. What is nutrition counseling?

This is an individual session with a RD. The RD works collaboratively with the client to create a realistic plan that has a good probability of positively influencing the problem. The selection of nutrition interventions is driven by the preferences of the client and their nutritional needs.

3. Investing in my health sounds good, but I don't really want to change the way I eat.

Scheduling an appointment with a RD for nutrition counseling may be just the thing for you. An RD is a skilled negotiator who can identify what you like to eat and work with you to identify modifications that sound good to you and will improve your nutritional intake. The RD will work with you on an individual basis to identify your goals and help you find ways to achieve the goals. Nutrition counseling can address a variety of issues including:

- Difficulty in obtaining a well-balance diet
- Chewing and swallowing problems
- Loss of appetite
- Weight gain or loss
- High blood pressure, congestive heart failure and fluid retention
- Bowel irregularity (constipation or diarrhea)
- Fragile skin or poor healing wounds
- Diabetes
- Lactose intolerance
- Osteoporosis
- High cholesterol
- Food allergies
- Need help with therapeutic diet

4. I have gradually been losing weight over the past couple of years. Should I be concerned about this?

If you have been losing weight without trying, this is a big concern for older adults. As older adults lose weight often they lose muscle rather than fat which makes them weaker. Weight loss begins a downward spiral that leads to loss of ability to live independently. Often participating in congregate and home delivered meals is just what is needed to help maintain a healthy weight. If weight loss continues, then ask about nutrition counseling.

5. How do I know if I need nutrition counseling?

a. If you have any of the issues mentioned in question three above, then it would be appropriate for you to visit with the meal site manager or the AAA Nutrition Director about scheduling an appointment with a registered dietitian.

b. If you have a high nutrition risk score on nutrition program registration form (NAPIS form). Each meal participant is asked to complete a registration form when they start the program and then again annually. On the form there are 10 nutrition questions. Each item has a point value. These are totaled to give your nutrition risk score. Scores of six or higher indicate a potential for nutrition problems. So individuals with a high nutrition risk score might benefit from nutrition counseling.

6. I am 82 years old. Am I too old to learn anything from nutrition education offered through the nutrition program?

Research shows that it is never too late. Nutrition education for older adults has been shown to increase knowledge and help make dietary changes that can improve quality of life. Many of the meal sites offer a nutrition education program called the Chef Charles Club—check it out.



Food Assistance Outreach



The Iowa Departments of Human Services and Public Health partnered in the Food Assistance Outreach/Nutrition Education campaign this summer. Signs like this appeared at bus stops and on buses in Des Moines, Sioux City and Waterloo and at food pantries. Pictures of older adults were included as a way to include them in the marketing efforts. Also posters and placemats designed for older adults were provided for congregate meal sites. Meal sites also received

recipe cards to help promote the use of green and orange vegetables. Some sites may need to talk about the recipes and draw attention to them to get the recipe cards distributed.

The Iowa Department of Human Service (DHS) has a new Online Application for State of Iowa Services (OASIS). OASIS is for people applying for benefits administered by DHS including food assistance (food stamps).

The application is available at OASIS.IOWA.GOV. There are two sections:

1. A simple pre-screening assessment tool that provides an “indication of eligibility.”
2. The online application for any or all of the four programs.

Food Deserts

Between 1976 and 2000 Iowa experienced more than a 50 percent loss in grocery stores, dropping from 1920 to 911. The uneven distribution of grocery stores results in areas of the food concentration and scarcity. This leads to the creation of food deserts, places with few or no retail food stores, and increases the distance a person must travel to obtain food. (Source: Health For All Iowans: Iowa Export, UNI)

Another definition of a food desert is a county with low access to a large food retailer and individuals must drive 10 miles to the nearest supermarket. Having access to healthy and affordable food is essential to support health and maintain functionality for older adults. The decline in rural Iowa grocery stores makes the nutritious meals provided by the area agencies on aging increasingly important to health and well-being of older Iowans.

Food Security

Food Security is defined as *access by all members of a household to food sufficient for a healthy life, including at a minimum, the ready availability of nutritionally adequate and safe foods and the assured ability to acquire acceptable food in socially acceptable ways*. Food insecurity is increasing for older adults who live alone and households with older adults and households with incomes less than 185 percent of poverty (Economic Research Service, USDA).

INAPIS SFY 2008 Client Profile

- 56% lived alone
- 67% lived in rural areas
- 62% met SLP low-income guidelines

Those experiencing food insecurity:

- Have lower intakes of calories, vitamins and minerals
- Are more likely to be in poor or fair health
- Have higher rates of chronic conditions: higher body mass index (BMI), diabetes and depression
- Are more likely to be socially isolated, hospitalized and have ADL limitations
- It is estimated that being food insecure is like being functionally 14 years older

Factors contributing to food insecurity in older adults:

- Low income
- Disability, physical limitations, problems with IADLS and ADLs
- Limited or no transportation

- Limited access to healthy, nutrient rich foods (i.e. food deserts)
- Limited caregiver knowledge or assistance
- Food and nutrition assistance programs may not provide enough assistance

Federally Funded Food and Nutrition Assistance Programs Targeted to Older Adults

US DHHS

- Older Americans Act
- Indian Health Service
 - Clinical nutrition services
- Medicaid 1915 b & c Waiver Program
 - 30 states include meals
- Medicare
 - Medical Nutrition Therapy
 - Preventive services

USDA

- Supplemental Nutrition Assistance Program (SNAP), previously Food Stamp Program
- SNAP Nutrition Education Program (includes Chef Charles Program)
- Food Distribution Program on Indian Reservations
- Commodity Supplemental Food Program
- The Emergency Food Assistance Program
- Child & Adult Care Food Program
- Senior Farmers Market Nutrition Program



Iowa Administrative Code

321—7.12(5) Food assistance program. The AAA and nutrition services providers shall assist participants in taking advantage of benefits available to them under the food assistance program by providing current information to participants in both the congregate and home-delivered meals programs. Nutrition services providers shall be certified to accept food assistance as contributions for meals.

321—7.19(231) Congregate nutrition services. In providing nutrition services or in making awards for congregate nutrition services, the AAA shall:

3. 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;

4. Coordinate with other community providers to arrange meals for elders on holidays that occur on regularly scheduled serving days and also to the general public in weather- and disaster-related emergencies, where feasible.

Consider ways of reducing hunger and improving the food security of the older adults you serve.

The purposes of the Older American Nutrition Program are to:

- Reduce hunger and food insecurity
- Promote socialization
- Promote health and well-being

NUTRITION



FACT SHEET

Preventing Constipation By Promoting Healthy Habits

Today's fast-paced lifestyles often promote unhealthy habits which can contribute to constipation. Keeping a closer eye on your diet, exercise routine, and bathroom habits can help prevent problems. Often, something as simple as drinking a few more cups of water or adding more walking to your daily routine can bring your digestive system back to normal.

Constipation Is A Common Occurrence

Almost everyone experiences a bout of constipation at some point in their lives. Constipation affects 2% of the U.S. population, more frequently occurring in women and the elderly. For most individuals, constipation is an occasional, temporary condition and not a serious health concern. Maintaining a healthy life-style will often relieve and prevent constipation.

What Is Constipation?

Constipation means that a person has two or fewer bowel movements in a week. The typical length of time between bowel movements can vary greatly from person to person. While some people have three bowel movements a day, others may only have three in a week; both are normal. If this frequency decreases significantly, if there is pain or if the stools passed are very hard, an individual may be considered constipated.

What Causes Constipation?

There are many reasons people become constipated. Common causes include:

- A diet low in fiber and not drinking enough liquids
- Lack of physical activity
- Prescription Medications: Among them are: pain medications, antacids, blood pressure

medications, iron supplements, diuretics (water pills), anti-Parkinson drugs, antispasmodics, antidepressants and anticonvulsants. If you're experiencing constipation, and currently taking any medications, ask your doctor or pharmacist whether any of them may be associated with constipation.

- Certain Medical Conditions: Although less common, constipation is sometimes caused by medical conditions such as hypothyroidism or neurological disorders like Parkinson's disease or multiple sclerosis. Consult with your physician concerning constipation that may be related to any medical condition.
- Changes in your regular routine: Changes in routine, such as traveling, can disrupt your usual diet and activity schedules resulting in constipation.

Healthy Habits to Help Prevent Constipation

- Eat a variety of foods high in fiber such as whole grains, bran, beans, fruits and vegetables. Try to include at least 3 ounces of whole grains, 2 cups of fruit and 2 ½ cups of vegetables every day.

The contents of this fact sheet have been reviewed by the American Dietetic Association's Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor's products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.

Preventing Constipation By Promoting Healthy Habits (continued)

- Drink plenty of liquids – at least 8 cups of fluids a day.
- Be active everyday. Regular physical activity helps prevent constipation. Vigorous exercise isn't necessary. A simple 20 to 30 minute daily walk can help.
- Take regular bathroom breaks. Repeatedly ignoring the urge or just delaying a stop at the bathroom can lead to constipation.

When Diet And Lifestyle Changes Don't Work

Sometimes constipation fails to respond to positive changes in diet and lifestyle. When this happens, a laxative may be the solution.

Seek the advice of your physician if you have frequent constipation, regularly take prescription medications or have chronic medical conditions.

ROASTED STUFFED PEPPERS WITH FRESH CORN & ZUCCHINI

Serves 6

- 6 large red bell peppers, halved lengthwise, seeded; buy with stems intact
- 2 teaspoons olive oil
- 1 medium red onion, finely chopped
- 2 garlic cloves, thinly sliced
- 2 jalapeño peppers, seeded and minced
- 1 ½ pounds small zucchini, trimmed and diced (about 4 zucchini)
- 2 cups fresh corn kernels (2 to 3 ears)
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh flat-leaf parsley
- Kosher salt and freshly ground black pepper
- 3 ounces low-fat Monterey jack cheese, grated (about ¾ cup)

1. Preheat the oven to 450°F. Lightly oil a baking sheet and a 9 x 13-inch baking dish.
2. Put the peppers, cut side down, on the baking sheet and bake for 8 to 10 minutes, until just tender. Remove the peppers from the oven and reduce the oven temperature to 375°F. Arrange the peppers, cut side up, in the baking dish.
3. In a large skillet, heat the olive oil over medium heat. Add the onion and cook, stirring occasionally, until softened, 3 to 5

minutes. Add the garlic and jalapeños and cook, stirring, for about 1 minute. Add the zucchini and corn, cover and cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Stir in the cilantro and parsley and season with salt and pepper to taste.

4. Spoon about ¾ cup of filling into each pepper half. Sprinkle each with cheese. (At this point, the peppers can be allowed to cool to room temperature, covered and refrigerated for up to 24 hours.)
5. Add about 2 tablespoons of water into the dish, cover with foil, and bake the peppers until heated through, about 20 minutes. Uncover and bake until the cheese is soft and melted, about 5 minutes longer. Serve at once.

Nutritional content per serving; 6 servings per recipe: Cals: 177; % of cals. from fat: 22; fat: 5g; Sat. fat: 2g; Carbs: 28g; Fiber: 7g; Sugars: 16g; Cholesterol: 10mg; Protein: 10g; Sodium: 332mg

The Diabetes Menu Cookbook: Delicious special-occasion recipes for family and friends by Barbara Scott-Goodman and Kalia Doner; John Wiley & Sons 2006

For a referral to a registered dietitian and for additional food and nutrition information visit
WWW.EATRIGHT.ORG

Nutrition Education Material

Source: http://www.eatright.org/ada/files/Purdue_Fact_Sheet.pdf

RESOURCES

Health Promotion

- **Fast Food Calculator.** Iowa State University Extension has developed an interactive menu calculator. It lets you compare menu items you might order from McDonald's, Burger King, Subway, Chick-Fil-A, Domino's, and Taco Bell. Visit http://www.extension.org/pages/Interactive_Fast_Food_Menu
- **Community Health Status Indicators** is an online tool. It highlights key health indicators for local communities and encourages dialogue about actions that can improve a community's health. <http://www.communityhealth.hhs.gov/homepage.aspx?j=1>.



Stretching the Food Dollar

- **Spend Smart. Eat Smart** developed by Iowa State University offers consumers information to help them build the skills and knowledge necessary to affordably make or buy healthy meals www.extension.iastate.edu/foodsavings.



Food Safety

- **Norovirus and Salmonella** were the leading causes of foodborne disease outbreaks in 2006, according to a report released by the Centers for Disease Control and Prevention. Foodborne outbreaks of norovirus occur most often when infected food handlers do not wash their hands after using the toilet; foodborne outbreaks of salmonella occur most often when foods that have been contaminated with animal feces are eaten raw or insufficiently cooked. <http://www.cdc.gov/media/pressrel/2009/r090611.htm>
- **ISU Food Safety and HACCP Resources.** 24/7 training availability with online lessons, podcasts, videos and face-to-face classes at www.iowafoodsafety.org;
- **IAC Chapter 30 Food and Consumer Safety**

30.3(3) A valid license and the most recent inspection report, along with any current complaint or reinspections reports shall be posted no higher than eye level where the public can see them. Vending machines shall bear a tag to affirm the license. For the purpose of this subrule, only founded complaint reports shall be considered a complaint. Founded complaints shall be posted until either the mail-in recheck form has been submitted to the regulatory authority or a recheck inspection has been conducted to verify that the violations have been corrected.

30.3(4) Any change in business ownership or business location requires a new license. Nutrition sites for the elderly licensed under Iowa Code chapter 137F may change locations in the same city without obtaining a new license.

30.4(11) If an establishment is licensed as a retail food establishment or food service establishment and has had a person in charge for the entire previous 12-month period who holds an active certified food protection manager certificate from a program approved by the Conference on Food Protection, and the establishment has not been issued a critical violation during the previous 12-month period, the establishment's license fee for the current renewal period shall be reduced by \$50 but no more than the establishment's total license fee(s).

Volunteers

- **United We Serve** has been launched by President Obama to expand the size and impact of volunteer efforts in addressing tough challenges facing the nation. He urges Americans to visit [Serve.gov](http://www.serve.gov), a Web site managed by the Corporation for National and Community Service. There, visitors can find local volunteer opportunities; recruit volunteers by posting their organization's projects; or get ideas for creating their own projects with friends, families, and neighbors. Visit <http://www.serve.gov/>



Miscellaneous Resources

- **AGID Now Includes 2008 National Survey Results!** This survey of nearly 6,000 service recipients covers services for caregiver, meals, homemaker, transportation and care management. For example: 93% of home delivered meal recipients report the meals help them continue living in their own home. To find out more about the how Older Americans Act funded services have affected clients go to AGID at www.data.aoa.gov
- The Older Iowans: 2009 document provides interesting facts about older Iowans. It is available at <http://www.state.ia.us/elderaffairs/Documents/Statistics/OlderAmericansMonth2009.pdf>



Pick a better snack *On the Go* – With Nectarines!

Nectarines are like bald peaches, and they taste similar yet nectarines are a bit more tart. The smooth-skin characteristic that distinguishes nectarines is a minor genetic variation, like red hair among people; it is even possible that a peach tree may suddenly produce a branch that bears nectarines, and vice versa. The word “nectarine” means sweet, as nectar, which most likely is the origin of this fruit’s name. These sweet, aromatic delights are grown in California and originated in China more than 2,000 years ago.



Good quality nectarines have a yellow background color with no hint of green. They should be slightly soft not shriveled and free of bruises and blemishes. Unripe fruit should be stored on the countertop in a closed paper bag. Refrigerate ripe fruit.

Wash. Eat. (how easy is that?)

Take Nectarines With You!

- Make “nectarine whirl” by blending nectarine chunks with milk, orange juice, honey, almond extract and ice cubes for a fresh, fruity beverage.
- It’s Iowa State Fair time! Go for healthier snack options at the fair, and take along nectarine slices with granola for your car trip.
- Cut slices of peaches, plums and nectarines, stir into fruit yogurt and serve in a sundae dish or a waffle cone. Top it off with sprinkles, trail mix or diced dried cranberries to really make it summer-licious.

Quick Nibble:

Nectarines, peaches, and almonds are all part of the same family, yet they are each separate fruits. The inner almond-shaped seed of these fruits is edible but bitter, and since they contain cyanide, slightly toxic.

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 Nectarines” are on the IDPH web site and are available for use in newsletters or newspapers (http://www.idph.state.ia.us/pickabettersnack/social_marketing.asp).

Our 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/>.

Iowa Department on Aging

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