

THE LINK

A Digital Digest for Iowa's Aging Network



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News & Updates

Call 988 for the Suicide & Crisis Hotline

988—the new universal three-digit dialing code for suicide prevention and mental health crisis—goes into effect nationwide on Saturday, July 16, 2022. 988 replaces the current toll-free National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255). Importantly, the pre-existing 10-digit number will remain active and will connect callers to the new 988 Lifeline.

The 988 system is designed to complement the 911 system, and coordination between the two is vital in the development of a coordinated and comprehensive crisis response system. Crisis Counselors receive culturally sensitive trainings in crisis response. 988 is an important step in building equitable access to crisis services across Iowa.



Nutrition Services

Food Insecurity Rises Amongst Older Iowans

In May 2022, Feeding America released the long-awaited report: [The State of Senior Hunger in America in 2020](#). Iowa ranks 27th in the nation for food insecurity levels among older adults. Food insecurity among older Iowans increased from 5.2% in 2019 to 6.2% in 2020. Another outcome of the report is the increase in older adults living with Very Low Food Security (VLFS). VLFS means a person is food insecure to the extent that eating patterns were disrupted (they skipped meals) and food intake was reduced because the household could not afford enough food. VLFS among older adults has increased 222% since 2001. Older adults living with food insecurity are more likely to have chronic conditions, they are 262% more likely to experience depression, 78% more likely to experience asthma, 74% more likely to experience diabetes, 71% more likely to experience congestive heart failure, and 64% more likely to experience a heart attack.

2022 White House Conference on Aging

The last White House Conference on Food, Nutrition and Health was held in 1969, over 50 years ago. This September the Biden-Harris Administration will host the [2022 White House Conference on Hunger, Nutrition and Health](#). The goal of the conference

is to end hunger and increase healthy eating and physical activity by 2030 so that fewer Americans experience diet-related disease like diabetes, obesity and hypertension. This conference intends to involve both public and private sectors in coordinated strategy to drive change and close disparities surrounding hunger, nutrition and physical activity. The Iowa Department on Aging also works to narrow these disparities in promoting healthy aging, placing particular emphasis on populations demonstrating the greatest social or economic need.



Family Caregiver

Alzheimer's Prevention

Caregivers are often faced with many challenges throughout their journey while caring for a loved one. It is important to stay informed on ways to help your loved ones stay healthy longer.

The Iowa Department of Public Health is working to raise awareness about Alzheimer's Disease and Related Dementias (ADRD) in Iowa.

Research shows reading can lower one's risk of developing dementia. The ADRD program has [Alzheimer's prevention posters](#) available for Iowa libraries at no cost. If you are interested in hanging a poster in your library, please [fill out this form](#). Memory loss is not a normal part of aging. The ADRD Program, funded by the Centers for Disease Control and Prevention, puts focus on increasing early detection and risk reduction for Alzheimer's disease and dementias, building awareness and education around dementia-related caregiving, and increasing knowledge and engaging change with the workforce.

More information is available at <https://idph.iowa.gov/chronic-disease-prevention/alzheimers-and-related-dementias>. [Spanish posters are also available](#).



Disease Prevention/ Health Promotion

Increase Buying Power for Fresh Fruit & Vegetables

Did you know it is recommended for older adults to eat five servings of fruits and vegetables a day? Adequate intake of fruits and vegetables has shown to be beneficial for health outcomes and reduces healthcare costs related to illness and disease. How do we increase access to fruits and vegetables? Double Up Food Bucks! [Double Up Food Bucks](#) allows SNAP (Supplemental Nutrition Assistance Program) customers to match purchases of fresh produce made with their EBT card (up to \$10 per day) which can be spent on additional fruits and vegetables.



Falls Prevention

Preventing Falls Saves on Medical Costs

Every year, more than 1 in 4 adults age 65 and older will fall, resulting in 3 million admissions to the emergency department. Falls are the number one cause of injury and death from injury among older adults. However, falls can often be prevented. An evidence-based community falls prevention program can significantly reduce falls and health care costs. [Programs like A Matter of Balance, Tai Chi, Walk With Ease, Stepping On, and CAPABLE are offered throughout your local Area Agencies on Aging. Learn more about the cost of falls and how to prevent falls at National Council on Aging, the National Falls Prevention Resource Center.](#)



Upcoming Events

Guardianship and Conservatorship 101 Training

The Guardianship Association of Iowa Network (GAIN) is pleased to offer a unique training opportunity for guardians, conservators, family members, volunteers, service providers and others interested in learning more about guardianship and conservatorship and least restrictive alternatives. The "[Guardianship and Conservatorship 101](#)" training will take place on Friday, August 26, 2022 from 9 a.m. to 4 p.m. This training is being offered in-person in Des Moines as well as streamed virtually for those unable to attend in-person. Find a full schedule and link to register for this training at <https://iowaguardianship.org/events/#levent/2022/8/26/guardianship-101-training>.



Iowa Department on Aging

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The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.