



Healthy Aging Update

Iowa Department of Elder Affairs

December 2, 2005

Volume 1, Issue 1

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Welcome

Welcome to the first edition of the Department of Elder Affairs Healthy Aging Update. This bimonthly electronic newsletter will provide information and resources on nutrition and health promotion and disease prevention.

The Healthy Aging Update is produced for informal and educational purposes only. The newsletter will be distributed electronically and posted on the Department's website at www.state.ia.us/elderaffairs. If you are interested in receiving or discontinuing the newsletter, contact, Erin Haafke by email at erin.haafke@iowa.gov.

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Dietary Guidelines for Americans



Nutrition is key to improving the health of all of us but especially for older adults. Unfortunately the seemingly simple thing of eating healthy foods in healthy portions and being physically active every day is sometimes difficult to do. To help us be healthier and eat better, the federal government has revised the Dietary Guidelines for Americans and the developed MyPyramid.

The first step in developing these resources was to identify, through extensive scientific analysis, what nutrients are needed for good health. The dietary recommended intakes (DRI) include recommended levels or adequate intakes levels for nutrients known as recommended dietary allowances and adequate intakes (RDA/AI).

The second step was to develop tools for communicating this research to all Americans. One tool is the Dietary Guidelines which summarize knowledge regarding individual nutrients and food components into recommendations for a pattern of eating that can be adopted by the public. Another tool is the MyPyramid which provides the visual communication of the Dietary Guidelines.

Nutrition Program Requirements

Federal nutrition programs use the Dietary Guidelines to ensure healthy meals are provided. The Older American Act Title III Nutrition Programs (OAA Part C Subpart 3 Sec. 339 (2)(A)(i) and (ii) require that meals comply with the Dietary Guidelines for Americans and provide a minimum of one third of the daily recommended allowances.

The Dietary Guidelines are for all of us. The 2005 version includes considerations for special population groups such as older adults. Key recommendations are grouped into nine inter-related focus areas.

- Adequate nutrients within calories needs
- Weight management
- Physical activity
- Food groups to encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety



"Today, the United States spends more on health care than any other nation in the world. More than 125 million Americans live with chronic health problems. Chronic diseases, which are largely preventable through attention to healthy lifestyles- good nutrition, physical activity, preventive screenings, and making healthy choices- and preventive care, are factors in 70 percent of deaths each year and account for 75 percent of our \$1.4 trillion in health care costs."

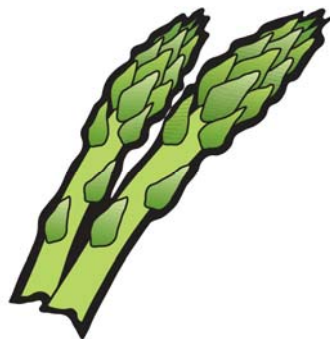
Richard H. Carmona, US Surgeon General

Additional information about the Dietary Guidelines can be accessed at www.health.gov/dietaryguidelines/

Hot off the Press—*A Healthier You* is an easy to read book for the public on how to use the dietary guidelines. The book also includes a chapter on older adults, healthy eating plans, shopping lists, tips on substitutions, food labels, recipes, etc. *A Healthier You* can be ordered from Barnesandnoble.com or from bookstore.gpo.gov.

Good nutrition may have a role in reducing risk for developing dementia and Alzheimer's Disease.

A recent study of 816 older adults looked at blood levels of homocysteine and folate. They found elevated blood levels of homocysteine and low blood levels of folate to be predictors of the development of dementia and Alzheimer's Disease (Am J Clin Nutr. 2005 Sep;82(3):636-43).



We are still learning the potential benefits of folate in relationship to health in areas such as dementia, depression and heart disease. High levels of homocysteine, a protein in the blood, may indicate heart disease because of its plaque building activity. Folic acid, a B vitamin, can lower elevated levels of homocysteine in blood by up to 34 percent, helping to protect against heart disease, depression and dementia.

More studies are needed in this area but as we wait for more results, folate is a nutrient we need for good health. Special effort should be made to make sure intake is adequate. Folate can be obtained from fortified cereals and grain products, beans, vegetables (spinach, broccoli, asparagus, avocado, and tomato juice) and fruit (orange juice, bananas, melons) and from multivitamins containing 100% of the Daily Value. The recommended amount for adults ages 51 to 70 years is 400 micrograms (mcg) daily. The following table gives examples of good sources of folate:

Breakfast	Folate mcg	Lunch	Folate mcg	Supper	Folate mcg
1 cup fortified cereal	100-400	½ cup navy beans in soup	125	½ cup spinach	139
1 cup orange juice	110	1 cup cantaloupe	33	1 slice fortified bread	40
1 banana	24	½ avocado	50	1 cup tomato juice	49

Food Safety

FDA Food Code

The U. S. Food and Drug Administration (FDA) publishes the *Food Code*, a model that assists local, state, tribal and federal regulators by providing them with a scientifically sound technical and legal basis for regulating the retail and food service segment of the industry (restaurants and grocery stores and institutions such as nursing homes). The 2005 *Food Code* is the first full-edition to be published since the 2001 edition.

The 2005 Food Code along with information on significant changes and a new question and answer section can be accessed at:

www.cfsan.fda.gov/~dms/foodcode.html



FDA Food Safety Manual

FDA announces the availability of a new manual designed to reduce the occurrence of food borne illness risk factors. "Managing Food Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments (Operator's Manual)" provides operators of retail and food service establishments with a step-by-step scheme for designing and voluntarily implementing food safety management systems based on HACCP principles. Hazard Analysis and Critical Control Point (HACCP) is a system of preventive controls. The document can be found by accessing the following website: www.cfsan.fda.gov/~dms/hret2toc.html.

Four Food Safety Tips

- o Wash hands often
- o Keep raw meat and ready-to-eat foods separate
- o Cook to proper temperature
- o Refrigerate promptly



ISU Food Safety Training Materials

Iowa State University has developed food safety materials as a part of a USDA grant. Materials include a videotape/DVD and instructor's guide entitled "A guide to food safety" addressing employee hygiene, time and temperature and cleaning and sanitizing (\$25). This was designed for assisted living facilities but is very applicable for all senior dining programs including congregate meal sites. Additional supporting materials include a DVD of standard operating procedures, employee brochure, suggestions for keeping food safe in apartments, and reproducible learning activities. The entire package is available for \$35. Materials can be ordered from Carol Knutson, Dept. of AESHM, 31 MacKay Hall, Iowa State University, Ames, IA 50011-1121.

Resources

General Nutrition

- Contact information for food companies can be found at <http://lancaster.unl.edu/food/ciq-contacts.htm>
- What's In The Foods You Eat *Search Tool*, an online search capability to nutritional information for 13,000 typical foods that Americans eat every day, has now been expanded to include a downloadable version so you can have the *Search Tool* right on your own laptop. Check it out at www.ars.usda.gov/foodsearch
- Food, beverage, candy, and restaurant advertising expenditures weigh in at \$11.26 billion in 2004, versus \$9.55 million to promote healthful eating www.consumersunion.org/pub/core_health_care/002657.html

My Pyramid

- "30 MyPyramid Steps to a Healthier You" <http://lancaster.unl.edu/food/resources.htm>
- Additional information about the Dietary Guidelines, including interactive tools to help you improve your nutritional intake, can be accessed at www.health.gov/dietaryguidelines/

Food Safety

- Information on food thermometers can be accessed at www.fsis.usda.gov/Frame/FrameRedirect.asp?main=http://www.fsis.usda.gov/oa/thermy/kitchen.htm and www.fcs.uga.edu/pubs/PDF/FDNS-E-128.pdf
- Home food safety website provides an interactive assessment for your kitchen at www.homefoodsafety.org/index.jsp

Disease Prevention

- "Intervention helps older patients with broken hip" (Reuters Health, Oct. 7, 2005) www.reutershealth.com/archive/2005/10/07/eline/links/20051007elin025.html

- "Midlife obesity may be associated with risk of dementia and Alzheimer's disease" (Eurekalert [American Association for the Advancement of Science], Oct. 10, 2005).
www.eurekalert.org/pub_releases/2005-10/jaaj-mom100605.php
- Free resource for diabetes prevention and management: Small Steps with Big Rewards. www.asaging.org/cdc/module7/home.cfm Created in collaboration with the Centers for Disease Control and Prevention and National Diabetes Education Program for professionals serving older adults. It contains information, tools and resources to meet the challenge of preventing and managing diabetes in older adults.

Arthritis Program

Two-day leader training is being offered in December 2005 in Waterloo (December 8-9) and Des Moines (December 12-13) by the Iowa Department of Public Health, in cooperation with the Arthritis Foundation Iowa Chapter. Training and materials may be provided at no charge and travel reimbursement may be available, supported by Cooperative Agreement U58/CCU722792-03 from the Centers for Disease Control and Prevention (CDC). For more information and an application, contact: Laurene Hendricks, Iowa Arthritis Program, Iowa Department of Public Health at 515.281.5675 or lhendric@idph.state.ia.us



Eat Better, Move More

Administration on Aging (AoA) is pleased to announce a new addition to its *You Can! Steps to Healthier Aging* campaign Web site: a page dedicated to the *Eat Better & Move More* program. AoA entered a cooperative agreement with National Resource Center on Nutrition, Physical Activity & Aging at Florida International University to develop the 12-week nutrition and exercise program specifically for older adults. The *Eat Better & Move More* Web page includes links to information about the program, the ten grant awardees who piloted the program, and the National Resource Center on Nutrition, Physical Activity & Aging at FIU. Users can also order the *Eat Better & Move More* materials and email the resource center from the Web page. To learn more, please visit: www.aoa.gov/youcan/EBMM/ebmm.asp.



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All the latest news about healthy aging from Medical Xpress. News tagged with healthy aging. Date. 6 hours 12 hours 1 day 3 days all. Healthy aging is a journey and a process. Read articles on treating bladder problems, slowing dementia and understanding health issues related to aging. Feb. 11, 2021 New research explores the connection between sleep disturbances and deficiencies among older adults and risk of dementia and death, finding that risk How Brain Cells Repair Their DNA Reveals 'Hot Spots' of Aging and Disease. Apr. Healthy Aging. 18 Secrets for a Longer Life. Healthy Aging Basics. Wellness tips designed to help you live happier and healthier as you age. Sign up for the Good Health newsletter. Healthy Aging. Subscribe. By clicking Subscribe, I agree to the WebMD Terms & Conditions & Privacy Policy and understand that I may opt out of WebMD subscriptions at any time.