



Healthy Aging Division Newsletter

2009 - 2010 Officers

Chair

Shanthy Bowman
USDA-Ag Research Service
shanthy.bowman@ars.usda.gov

Chair-Elect

Karla Shelnett
University of Florida
kpagan@ufl.edu

Past Chair

Jacquelyn McClelland
NC State University
jackie_mcclelland@ncsu.edu

Secretary

Robin Orr
University of Illinois
raorr@illinois.edu

Treasurer

Mary Meck Higgins
Kansas State University
mhiggins@ksu.edu

Nominations Chair

Ardith Brunt
North Dakota State Univ.
ardith.brunt@ndsu.edu

Membership Chair

Jung Sun Lee
University of Georgia
leejs@fcs.uga.edu

ACPP Point Person

Seung-Yeon Lee
University of Cincinnati
seung-yeon.lee@uc.edu

Newsletter Editor

Kelly A. Morrison
phillyrd@verizon.net

Volume IV Issue I

Winter 2010

The Division Hosts a SNE Webinar

The Healthy Aging Division hosted our first webinar on November 9, 2009. Jean L. Lloyd, MS, National Nutritionist, U.S. Department of Health and Human Services, Administration on Aging was the speaker and the topic of her presentation was **Older Americans: Food Security, Nutrition, Health & Functionality**. Dr. Robin Orr of the University of Illinois and the Secretary for the Healthy Aging Division served as the moderator. During this webinar, Ms. Lloyd expanded on her presentation given during the Healthy Aging Division - sponsored session at the 2009 SNE Annual Conference. She included new statistics and information that became available after the conference. An overview of the webinar is below:

Given the unprecedented increase in the aging population, the demand for nutrition, health care, and social services by older persons will increase. The ability to access and choose adequate, safe, and healthy food is essential if older adults are to remain independent at home in the community. Despite the strength of the nation's nutrition assistance programs, hunger and food insecurity are persistent problems in older adults in the U.S. There has been a substantial increase in the cost of food and energy in recent years that along with current changes in the U.S. economic conditions impact how households will allocate money toward food expenditures. This is critical for older adult households that are on fixed incomes. Any increases in the cost of living effectively reduce the income of retired older adults. This is particularly true for food insecure older Americans who often experience multiple barriers to obtaining adequate amounts of the foods they need for health. The Older Americans Act is up for reauthorization in the near future, and discussions on older adult issues are very timely and critical.

Ms. Lloyd's presentation also addressed the relationships between income, nutrition, food insecurity, and functionality of older adults. Several available programs for older adults and possible solutions were addressed. These included participation in federally funded food and nutrition assistance programs such as the Supplemental Nutrition Assistance Program, the Older Americans Nutrition Program, nutrition education and counseling, as well as community supportive services such as transportation, the National Family Caregivers Support Program, and the Low Income Home Energy Assistance Program.

We had 119 people attend which included 42 non-SNE members and the evaluations were very positive. One member commented that the webinar gives her a good reason to renew her membership. Thanks to all who worked to make this happen!

Second Webinar Planned!

The Healthy Aging Division has organized another webinar which will take place on March 4, 2010. Dr. Joseph Sharkey from the School of Rural Public Health, Texas A&M University Health Science Center, will be the speaker. His presentation will focus on the Nutritional Challenges Faced by Seniors Living in Rural Areas. Dr. Linda Bobroff from the University of Florida will serve as the moderator. Look for announcements from SNE soon to sign up for this enlightening webinar!

Healthy Aging Division 2010 Annual Conference Session Proposal

The Healthy Aging Division's proposal for a session at the SNE Annual Conference is expected to be accepted. The proposed session title is *Whole Grains, Leafy Greens, Biomarkers, and Eating Behavior: A multistate collaboration on healthy aging success story*.

Session Description: As the U.S. population shifts to an older demographic and the life expectancy at the older age has increased, the nutrition-related concerns of older adults need to be properly assessed. This can be accomplished through various approaches, including formative studies to identify gaps in knowledge, collecting survey data, and investigating biomarkers of chronic disease risk. This session highlights some key findings resulting from a 5-year collaboration among several institutions participating in a USDA-sponsored multi-state project focusing on nutrition and aging. The project's overall goal is to encourage greater consumption of fruits, vegetables, and whole grains through nutrition education and to investigate relationships between dietary intake of these foods and risks of chronic diseases.

Speakers:

-Mark A. Kantor, PhD, Dept. of Nutrition & Food Science, University of Maryland
-Catherine Violette, PhD, RD, LD, University of New Hampshire Cooperative Extension

Older Americans Act Reauthorization Forums - Save the Date(s)

In advance of the 2011 reauthorization of the Older Americans Act, the Administration on Aging (AoA) plans to convene a series of Reauthorization Listening Forums to get input from the aging network, stakeholders, policymakers and the public on key issues that will impact our growing aging population. See the dates and locations below.

February 18 - Dallas (Regions IV, VI, VII and Title VI representatives)

February 25 - Washington, DC Metro Area (Regions I, II, and V)

March 3 - San Francisco (Regions VIII, IX, X and Title VI representatives)

March 16 - additional forum will be held at the NCOA/ASA Annual Conference (Chicago)

For additional information visit: http://www.aoa.gov/AoARoot/Press_Room/

2010 Dietary Guidelines Update

The 2010 Dietary Guidelines Advisory Committee (DGAC) held its fourth public meeting on November 4-5, 2009. The committee deliberated on more than fifty research questions and covered several topic areas such as nutrient adequacy; eating patterns, nutrients and food groups of concern; energy balance and energy density of foods; physical activity; relationship between food groups and health conditions; macronutrients and health; food safety; sodium and blood pressure; water; and alcoholic beverages. Many of the discussion areas addressed the high prevalence of obesity among children and adults. The archived discussions are available at: <http://www.dietaryguidelines.gov> under Fourth Meeting. Summary reports of the public comments received by the committee are sorted by key topic areas and available at this website. The fifth meeting is scheduled in February 2010.

Shanthy Bowman
Chair, Healthy Aging Division, SNE
USDA Co-Executive Secretary to the 2010 DGAC
Agricultural Research Service, Beltsville, MD

Recent Member Publications

Houston, D.K., Nicklas, B.J., Zizza, C.A. 2009. **Weighty Concerns: The Growing Prevalence of Obesity among Older Adults.** *JADA*, 109 (11):1886-1895.

Abstract: The prevalence of obesity among older adults has increased during the past 20 years and will affect both medical and social services. Along with an increased risk of cardiovascular disease, diabetes, and several cancers, obesity is associated with increased risk of physical and cognitive disability. However, relatively little attention has been given to the issue of weight management among community-dwelling older adults. Intentional weight loss in obese older adults has not been widely advocated by health care providers due to the uncertainty of whether the benefits outweigh the risks. Limited data in older adults show that intentional weight loss is effective in improving diabetes, cardiovascular risk factors, and physical function. This review describes the changes in body composition associated with aging, the consequences of obesity in older adults, and the effect of intentional weight loss on chronic disease risk factors and physical function. Recommendations for weight loss in obese older adults that minimize the likelihood of adverse effects on muscle mass, bone density, or other aspects of nutritional status are reviewed. Specific recommendations for macronutrient intake, in particular protein, and selected micronutrients, vitamin D and B-12, as well as dietary fiber, and fluid intake as part of a hypocaloric diet and recommendations for physical activity are described. As part of the health professionals team, dietetics practitioners need to be able to guide and manage weight loss treatment options on an individual basis by evaluating the potential benefits against the potential risks in obese older adults.

Zizza, C.A., Ellison, K.J., Wernette, C.M. 2009 **Total Water Intakes of Community-Living Middle-Old and Oldest-Old Adults.** *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 64A(4):481-486; doi:10.1093/gerona/gln045.

Abstract: BACKGROUND: Literature reporting total daily water intake of community-dwelling older adults is limited. We evaluated differences in total water intake, water sources, water from meal and snack beverages, timing of beverage consumption, and beverage selection for three older age groups (young-old, 65-74 years; middle-old, 75-84 years; and oldest-old, ≥ 85 years). METHODS: Data for 2,054 older adults from the 1999-2002 National Health and Nutrition Examination Survey were used for this study. Multivariate analyses controlling for age, sex, race-ethnicity, education, and marital status were conducted to determine differences in water intake variables across the age groups. RESULTS: Total water intakes found for the middle-old and oldest-old age groups were significantly lower than those found for the young-old age group. The relative contributions of beverages to total water intake were 40.8%, 38.3%, and 36.4% for the young-old, middle-old, and oldest-old, respectively. The water intakes from beverages consumed at snack occasions were significantly lower for the middle-old and oldest-old groups than those for the young-old group. All groups consumed the greatest amount of water in the morning. Coffee was the predominant source of water from beverages for all groups. CONCLUSIONS: This study fills a gap in the literature by providing an analysis of the daily water intake of middle-old and oldest-old adults. We found that the total water intake for the middle-old and oldest-old was significantly lower than that for the young-old. Future research needs to investigate the clinical outcomes associated with declining water intakes of community-dwelling older adults.

Resources:

University of Florida IFAS Extension ENAFS Publications & Educational Modules

The ENAFS (Elder Nutrition and Food Safety) program at the University of Florida has been providing nutrition and health educational materials, lesson plans, and training for Florida's Extension faculty since 2002. ENAFS primarily targets high-risk older adults who attend congregate nutrition sites. Below is a sample of simple fact sheets and leaflets that are available for free download from our publications database ("EDIS"), as well as the ENAFS Web site, and the Extension bookstore where the ENAFS modules (and many other Extension publications) can be purchased.

<http://edis.ifas.ufl.edu/pdf/files/FY/FY09200.pdf> Healthy Living: Clues of Quackery

<http://edis.ifas.ufl.edu/pdf/files/FY/FY88300.pdf> Healthy Living: Beating Barriers to Physical Activity

<http://edis.ifas.ufl.edu/pdf/files/FY/FY88600.pdf> Healthy Living: Taking Care from Head to Toe

<http://edis.ifas.ufl.edu/pdf/files/FY/FY73600.pdf> Fall Prevention: Lifestyle Factors & Fall Risk

<http://edis.ifas.ufl.edu/pdf/files/FY/FY82300.pdf> Healthy Eating: Create Your Plate

<http://edis.ifas.ufl.edu/pdf/files/FY/FY92700.pdf> Food Safety: High-Risk Foods crossword

<http://enafs.ifas.ufl.edu> ENAFS Web site

<http://ifasbooks.ifas.ufl.edu/c-10-health-nutrition-family-and-community.aspx> For-sale publications in the area of Health, Nutrition, Family and Community at the University of Florida IFAS Extension Bookstore

Provided by: Linda Bobroff, ENAFS Program Director and
Emily Minton, ENAFS Program Coordinator
Department of Family, Youth and Community Sciences
University of Florida, Gainesville FL 32611-0310



For more information, contact us at bobroff@ufl.edu or eminton@ufl.edu.

New Report:

National Association of State Units on Aging (NASUA)'s *State of Aging: 2009 State Units on Aging Policies and Practices*

This report addresses 10 key findings on states' perspectives on the evolution of the aging network as it works to redesign the long-term care delivery system. To access the report click [here](#).

In the News:

The National Institute of Food and Agriculture (NIFA) is the former Cooperative State Research, Education, and Extension Service (CSREES). A Nutrition and Health Planning and Guidance Committee has been formed. Their mission is to provide expert opinion to NIFA national program leaders to strategically position the Cooperative Extension System for the future. The five key areas of the committee are: evaluation indicators; curriculum oversight; nutrition and physical activity policies and programs; professional training; and communication and resource links. To read more go to: http://www.nifa.usda.gov/nea/food/in_focus/health_if_committee.html.

About The Healthy Aging Division (HAD):

This division provides a forum for SNE members to share knowledge and resources to support nutrition educators interested in or working with the older adult populations.

Division Activities & Resources:

Newsletter - published three times per year

SNE Annual Conference - since it's inception, the HAD has sponsored a session each year

SNE Webinars - the HAD hosted a webinar in November 2009 and has planned another for March 2010.

Networking - the HAD membership includes a diverse group of professionals involved in a wide range of activities and employment related to the health and well-being of older adults.



Division Goal:

To provide a forum for SNE members to network, stimulate research, and optimize nutrition-related quality of life for older adults through improved nutrition education and behavior and policy development.

This newsletter is published three times a year. Articles may be reprinted for educational purposes only. Please address any questions or comments to the editors: Kelly Morrison or Sung-Yeon Lee.

Joining the Healthy Aging Division

It's time to renew your SNE dues! Don't forget to choose the Healthy Aging Division as one of your areas of interest. If you choose HAD as your primary division, it is included in your SNE Membership. If you choose as an additional division the cost is only \$10 per year!

Announcement

The Healthy Aging Division would like to invite students who are members of SNE to join our Division. We are offering 10-12 free student memberships this year.

In return, we would like you to write a short piece (~ 20 sentences) about yourself, reasons for wanting to join the Healthy Aging Division, whether you have ever worked with or would like to work with older adults, or about any influential relationship that you have had with an older adult such as a grandparent, family friend, or professional mentor. Your piece will be published in our Division Newsletter. If you are interested in joining our Division, please contact [Shanthy Bowman](#), Chair.

A Big Welcome to our Division's Newest Member!

Norma Garcia, Brooklyn, NY

Do you have questions about your membership?

Are you interested in getting more involved in the Healthy Aging Division?

Please feel free to contact our Chair, [Shanthy Bowman](#).