



April 2010 Newsletter



New Report: 2010 Alzheimer's Disease Facts and Figures

This report details the escalation of Alzheimer's, which currently impacts over 5 million Americans. *Facts and Figures* conveys the burden of Alzheimer's and dementia on individuals, families, local and state government and the nation's healthcare system.

[Access the report and additional information](#)

New Position Paper from the American Dietetic Association

Given the federal cost-containment policy to rebalance long-term care away from nursing homes to home and community-based services, it is the position of the American Dietetic Association, the American Society for Nutrition, and the Society for Nutrition Education that all older adults should have access to food and nutrition programs that ensure the availability of safe, adequate food to promote optimal nutritional status.

[Read this article from JADA](#)

Earthquake's Burdens Weigh Heavily on Haiti's Elderly

LÉOGÂNE, Haiti — Junie Sufrad, 110 years old, stopped suddenly as she described what life was like in the Haitian countryside before electricity, paved roads and cars. "I don't know if it makes me lucky or unlucky to still be here," she said after a long pause, adding that although she was missing no limbs, the January earthquake had made her an amputee. "It's like part of me is gone."

[More from The New York Times](#)

[Donate to the American Red Cross](#)

Hydrolyzed Vegetable Protein Product Recalls

The U.S. Food and Drug Administration is actively investigating findings of *Salmonella* Tennessee in hydrolyzed vegetable protein (HVP) manufactured by Basic Food Flavors, Inc., in Las Vegas, NV. HVP is a flavor enhancer used in a wide variety of processed food products, such as soups, sauces, chilis, stews, hot dogs, gravies, seasoned snack foods, dips, and dressings. It is often blended with other spices to make seasonings that are used in or on foods.

[Read more](#)



Patients with Advanced Dementia More Likely to Receive Feeding Tube at Larger, for-Profit Hospitals

Despite being of questionable benefit for patients with advanced dementia, new research finds that hospitals with certain characteristics, such as those that are larger or for-profit, are more likely to have a higher rate of feeding tube placement, according to a study in the February 10 issue of *JAMA*.

[Review](#)



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New Nursing Home Philosophy Relieves Guilt for Children of Aging Parents

... "We had to find a (care center) real quick, because we wanted to get Mom up here," Danielson, 52, says. "So my sister and I took a day looking at places, and we were so depressed." Then they discovered the philosophy of person-centered care (also sometimes referred to as person-directed care).

[Read the story from the Des Moines Register](#)



10 Nutrition Myths, Debunked

Some nutrition myths bounce around on crazy e-mail chain letters and pop up on goofy evening news reports. Others fuel the sale of rip-off diet books. Some are so accepted they seem hardwired into our brains. Take deep-fried foods, for example. They're universally bad for you, right? Well, no...

[Read the article from Cooking Light](#)

[Video from NBC's Today Show](#)

Professional Development Tools

Find information and resources that provide background and support for nutrition education efforts with older adults, including Dietary Reference Intakes (DRIs), statistics, reports and guidelines, brochures & online tools.

[Visit SNAP-Ed Connection](#)

Videos from the American Dietetic Association

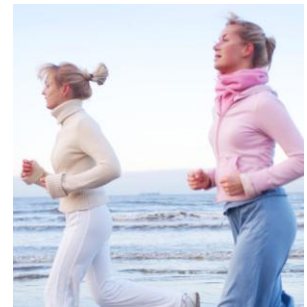
In celebration of National Nutrition Month, ADA released 3 short instructional videos in English and Spanish. Topics include cutting back on salt, canned and frozen produce and home food safety.

[Access the free videos](#)

If You Bite it, Write it!

Joy Bauer, RD, inducts yet another new member to the Joy Fit Club who has lost weight from 275 to 161#. One of the most important steps for this dieter was to keep a record of everything she ate, and exercise, exercise, exercise.

[View this clip from the Today Show on NBC](#)



Mississippi Slims Down, Starting At The Top

Mississippi is the most obese state in the nation. That's not something top-ranking state officials like to boast about, so they've decided to take matters into their own hands. A group of state lawmakers has begun an effort to shed hundreds of pounds. It's hoped their weight loss will spur others on.

[Listen to this story](#)