



February 2011 E-zine

New! Dietary Guidelines for Americans 2010



USDA and HHS released the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity. Because more than one-third of children and more than two-thirds of adults in the US are overweight or obese, these guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

[Read more about it](#)

[Watch the webcast of the announcement 1/31/11](#)

New Diabetes Fact Sheet



Diabetes affects 8.3% of the U.S. population: 25.8 million people, including 7.0 million people who are undiagnosed. Among U.S. residents aged 65 years and older, 26.9%, had diabetes in 2010. In 2005–2008, based on fasting glucose or hemoglobin A1c levels, 35% of U.S. adults aged 20 years or older had prediabetes (50% of adults aged 65 years or older).

[View the fact sheet for more information](#)

Osteoporosis Screening

The U.S. Preventive Services Task Force (USPSTF) is an independent panel of private-sector experts in prevention and evidence-based medicine that conducts rigorous, impartial assessments of the scientific evidence and makes recommendations on the effectiveness of a broad range of clinical preventive services. The USPSTF: (1) Recommends screening for osteoporosis in women aged 65 years or older and in younger women whose fracture risk is equal to or greater than that of a 65-year-old white woman who has no additional risk factors, (2) Concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for osteoporosis in men.

[Learn more about osteoporosis screening](#)



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Free Dementia Alzheimer's and Dementia Staff Education Tool Kit

The National Council of Certified Dementia Practitioners is offering a free tool kit for staff education. The tool kit includes many free PowerPoint in-services, each designed for a 30 minute program, including pre-tests, post tests, hand-outs, evaluations and certificates.



[Access the tool kit](#)

Updated Heart Disease Prevention Guidelines for Women

The updated guidelines for women focus on what works best in the “real world” vs. clinical research settings, consider personal and socioeconomic factors that can keep women from following medical advice and treatment, incorporate illnesses that increase heart disease risk in women (i.e. lupus, rheumatoid arthritis, pregnancy complications), and help women and their doctors understand risks and take practical steps for the most effective prevention of heart disease and stroke.



[Access the press release, podcast, video and guidelines](#)

Eatright with Color for NNM and RD Day 3/9/11

National Nutrition Month® 2011



National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

[Learn more about National Nutrition Month](#)
[Additional information from ADA](#)

CDC: Deadly Superbug “C-Diff” Spreading

“You feel like you’re not going to get better and you feel like you’re dying,” she said. According to the Centers for Disease Control, C-Diff kills thousands of people every year and that number is growing. “It’s between three and six-fold more common than it was just ten years ago,” explained Dr. Rocco Riccardi of Lahey Clinic. Antibiotics are the standard treatment, but that doesn’t always work... the CDC blame a new strain of the bacteria for the increased cases of the bug.

[Read this important informaton from CDC](#)