

Increase Engagement & Visual Appeal



IOWA DEPARTMENT ON AGING

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A multivitamin is NOT a substitute for healthy food or a healthy lifestyle, but it can provide a nutritional back-up for a less-than-ideal diet.

There are special multivitamins for older adults. Are these necessary?

Older adults have a few different vitamin and mineral needs than younger people. For example, older adults do not absorb vitamin B12 from food as well, and their skin does not absorb vitamin D as efficiently. We also need more calcium.

While it is true that certain vitamin and mineral needs change as we age, a specially designed multivitamin for older adults with approximately 100% of any vitamin or mineral is the safest unless you have medical problems and the doctor has recommended something different.

Multivitamin References

- "How to Choose a Multivitamin." WebMD Ask the Nutritionist. Retrieved September 1, 2016. <http://www.webmd.com/dietary-supplements/ask-the-nutritionist/11/choose-a-multivitamin/page-1>
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- Schell, David. "Vitamin Supplements: The Best Multivitamins." NutritionAction.com. Retrieved September 1, 2016. <http://www.nutritionaction.com/ask-the-nutritionist/ask-the-best-multivitamin/>
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What to Look for in a Multivitamin

- **Read the label.** No standard or regulatory definition is available for a multivitamin supplement—such as what nutrients it must contain and at what levels. Health professionals recommend that broad-spectrum multivitamins contain the following vitamins and minerals: vitamins A, C, D, E, and K, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, calcium, iron, magnesium, zinc, copper, selenium, chromium, and potassium. Don't rely on a multivitamin for calcium.
- **Check the percentages.** In general, choose a supplement that provides 100% of the Daily Value (DV) for most of the vitamins and minerals in that supplement. Some nutrients, like calcium and magnesium, are rarely included at 100% because the pill would be too large to swallow.
- **Choose a multivitamin designed for your age and sex.** Adult males and postmenopausal women need less than the DV for iron unless recommended by a physician. People over age 50 may need more B12 than younger people.
- **Don't overdo it.** Avoid multivitamins that exceed 100% of daily recommended values, because supplements are in addition to the nutrients in food, and some, in large doses, can build up and become toxic.
- **If you have questions, consult a healthcare practitioner you trust.**



According to national surveys, more than half of U.S. adults take dietary supplements. Multivitamins are the most commonly used supplement. By the age 71 years or older, 48% of women and 43% of men reported taking a daily multivitamin.

True or False?



Brown eggs are healthier than white eggs.

True or False?



Green olives are just un-ripened black olives.

True or False?



Crème fraîche was originally created as a cure for baldness.

True or False?



Pierogi originates from Japan.

True or False?



Hawaiian pizza was created in Canada.

True or False?



Potatoes are 80% water.

True or False?



Kale has more calcium than whole milk.





What's your favorite way to eat Zucchini?

Homework

- Ask everyone to try one new food, bring package next month
- Bring a buddy
- Goals on Pledge Board



Why do people come to Fresh Conversations?

■ Storytelling

Increasing Engagement Techniques

■ Dealing with Disruptive/negative people

■ Nametags

■ Calling on participants

■ Homework

■ Flipchart

■ Pledge Board

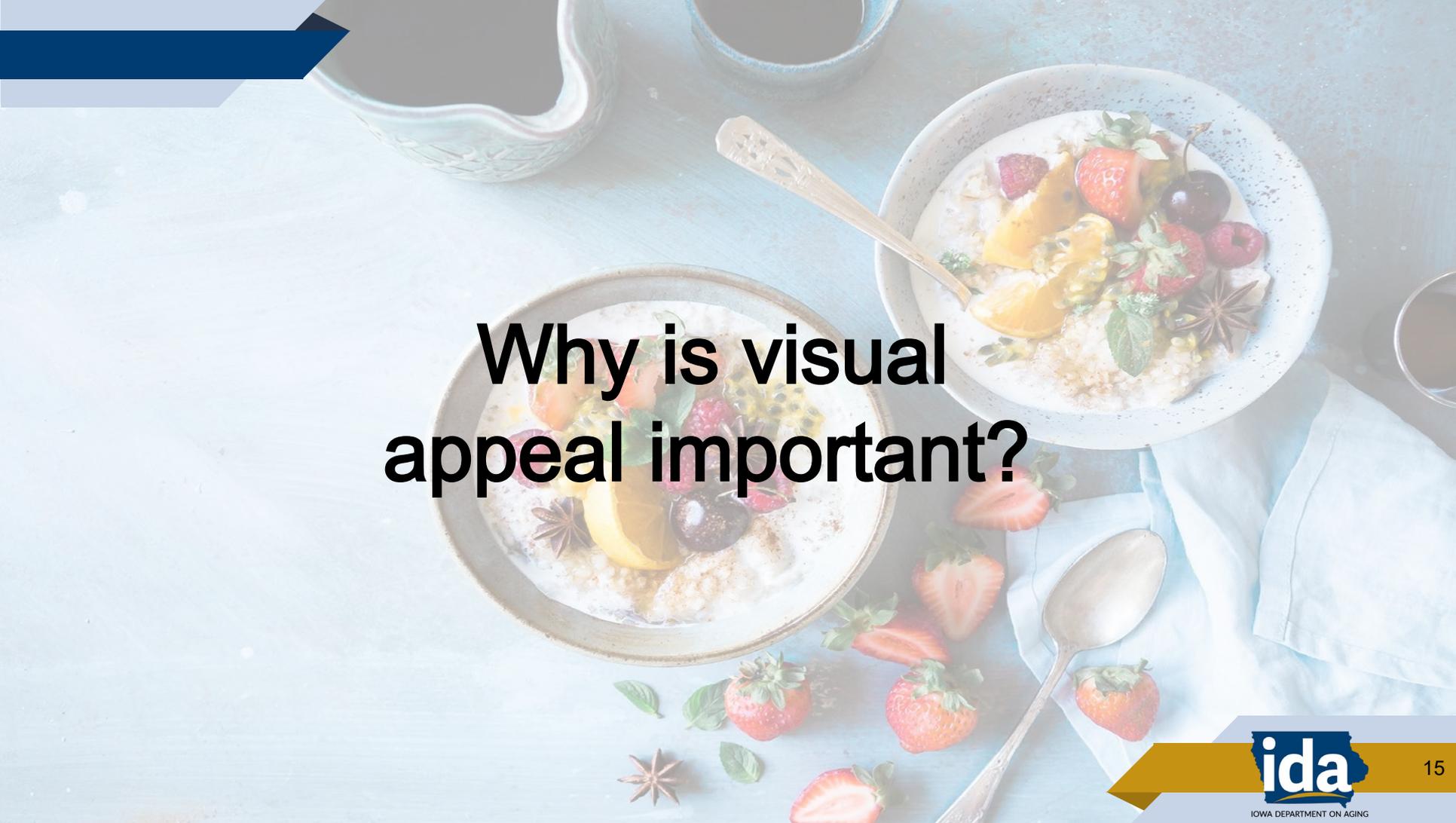
■ Bring a Buddy

■ Sticky Notes

■ True/False Voting game

Dealing with a Difficult Audience

- **The Expert** – Challenges your authority and argues with others. *Solution: Acknowledge comments without getting defensive. Ask the group for other opinions.*
- **The Rambler** – This is a storyteller that drones on. *Solution: Cut in, summarize, and ask the group for other opinions.*
- **The Dominator** – Wants to control and monopolize the group conversation. *Solution: Don't let them take over, use humor and maybe call on other group members.*
- **Side Conversations** – People engaging in conversation during your presentation. *Solution: Call on them to get involved with your presentation. Alternatively, walk towards them and continue the presentation near where they are seated.*
- **Negative** – Very resistant and negative about you, the subject matter, and doesn't want to be there. *Solution: Begin to acknowledge his or her concerns. Ask the group to problem solve or offer to discuss the concerns later.*
- **Complainer/Whiner** – Finds fault with everything. Likes to whine but has no solutions; finds fault with everything. He or she is not necessarily negative about the subject matter, but likes to complain. *Solution: Ask the group for solutions. Stay positive, focused, and move on.*
- **Hecklers** – Shouts comments/harasses with intention to disturb. *Solution: Try to ignore them; without a response they may give up. Don't show hostility or use any put-downs.*

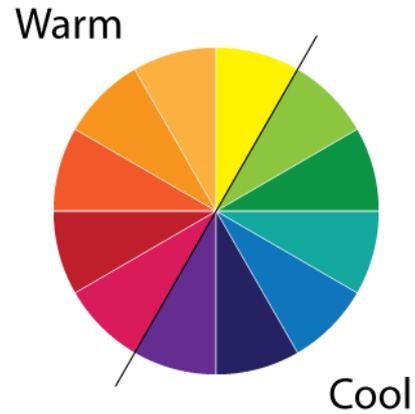


**Why is visual
appeal important?**

Basics of Plating

- Color and Contrast
- Height
- Using texture
- Odds Rule
- Cleanliness counts

Color and Contrast



Food Plating -Height



Food Appeal vs. Garnishes



Sample Delivery Method



Sample Display Possibilities

- Full plate display
- Having raw ingredients on display



**What's practical to expect
of your facilitators?**



THANKS!

Any questions?

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