

# *Fresh Conversations* Annual Training Day 1

**Welcome!**



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CONVERSATIONS

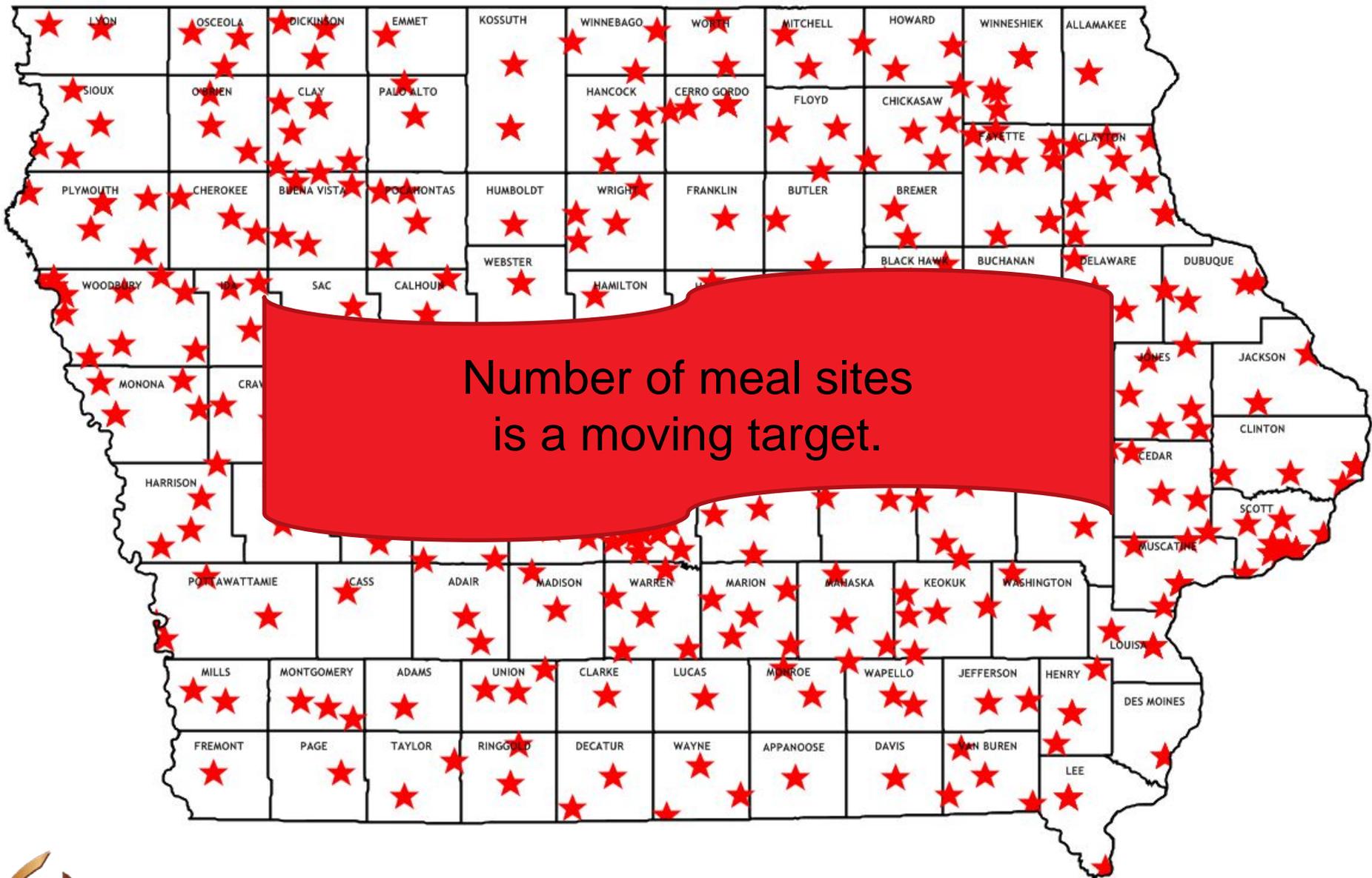
# SNAP Nutrition Education

## SNAP-Ed

- Supplemental Nutrition Assistance Program or SNAP Nutrition Education (USDA FNS)
- Iowa Food Assistance, Department of Human Services (receives SNAP-Ed grant)
- Iowa Nutrition Network housed at the Iowa Department of Public Health (DHS contract)
- Iowa Department on Aging (partner)
- Area Agencies on Aging (IDPH subcontract)

# Fresh Conversations Team





Number of meal sites  
is a moving target.

# INN/Fresh Conversations Webpage

## Fresh Conversations Sites

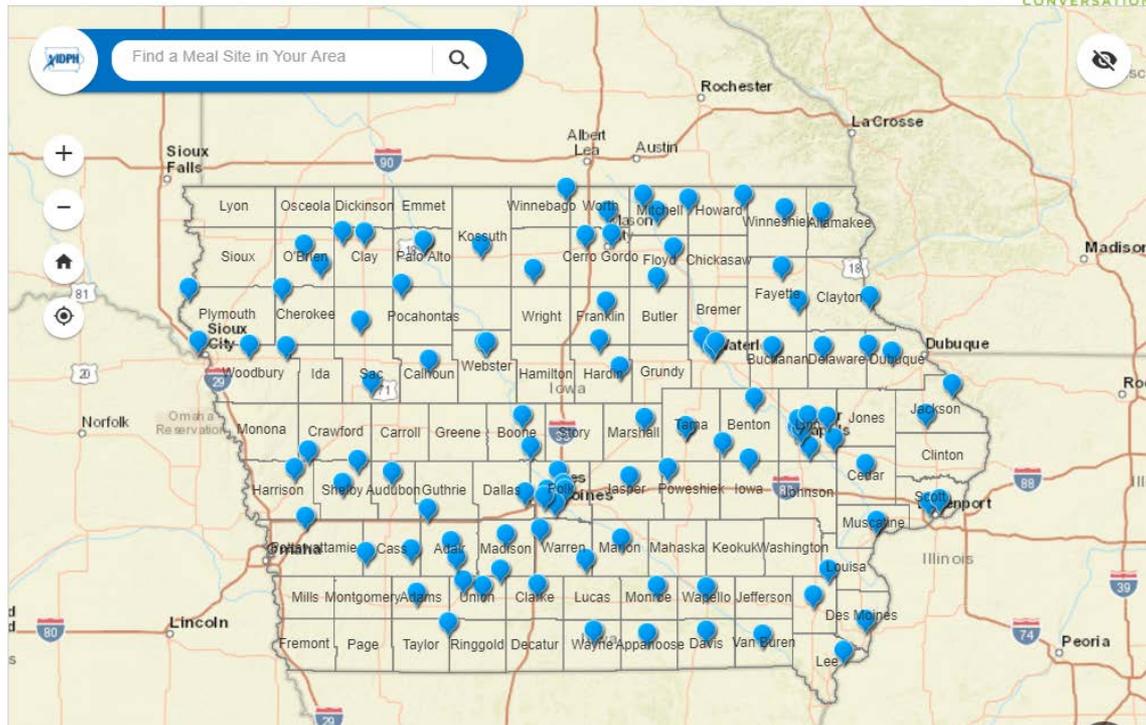
Where can I find a *Fresh Conversations* group? Monthly meetings are held at over 100 senior meal sites throughout Iowa—and more locations are offering the program each year.

Click on the map below to open an interactive map. You can zoom in and out to find the sites nearby your location.

You can also type in your address or zip code to find the most convenient site to contact.



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- ors & Facilitators
- s

## Fresh Conversations



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is a nutrition education program designed to support healthy aging and independence. Each month, Iowans aged 60 and older gather in communities across Iowa to discuss current nutrition and health topics, taste cost healthy recipes, and discover new ways to stay active and independent.

### Who can participate?

Iowans aged 60 and older who are interested in having fun and transforming their personal health. *Fresh Conversations* is in cooperation with Iowa's congregate meal program.

### Real Iowans Real Story



"I have three daughters that are nurses who keep me informed of nutrition trends," says Marilyn Sullivan, a participant at the Osage congregate meal site. "I like



Mike started coming to the meal site in Albia a while ago. "I can't say enough things about Fresh Conversations." He enjoys the camaraderie and

## Fresh Conversations Webpage for Public and Contractors

Fresh Conversations

Closed Group

Discussion

Members

Events

Videos

Photos

Files

Manage Group

Search this group

Shortcuts

Fresh Conversations

OLDER



Amanda Arthur  
July 27 at 1:09pm

For the Fayette County fair tonight-thanks for the spraying the board black idea! It really makes the info stand out!



## [Fresh Conversations Facebook Page](#)

**More postings. Thank you!**

Difficult to capture photos and facilitate at the same time? Are the ideas and postings helpful? Coordinators should send Doris membership requests or let her know if someone is going to ask to join.

# Sharing the Good News!

## Hip Hip Hooray! Milestones

OBITUARIES E-EDITION CLASSIFIEDS HOMES CARS     **SUBSCRIBE**  BURLINGTON 82°  

	Welcome to the new thehawkeye.com	Scaramucci out as White House...		Los Angeles reaches deal with...	
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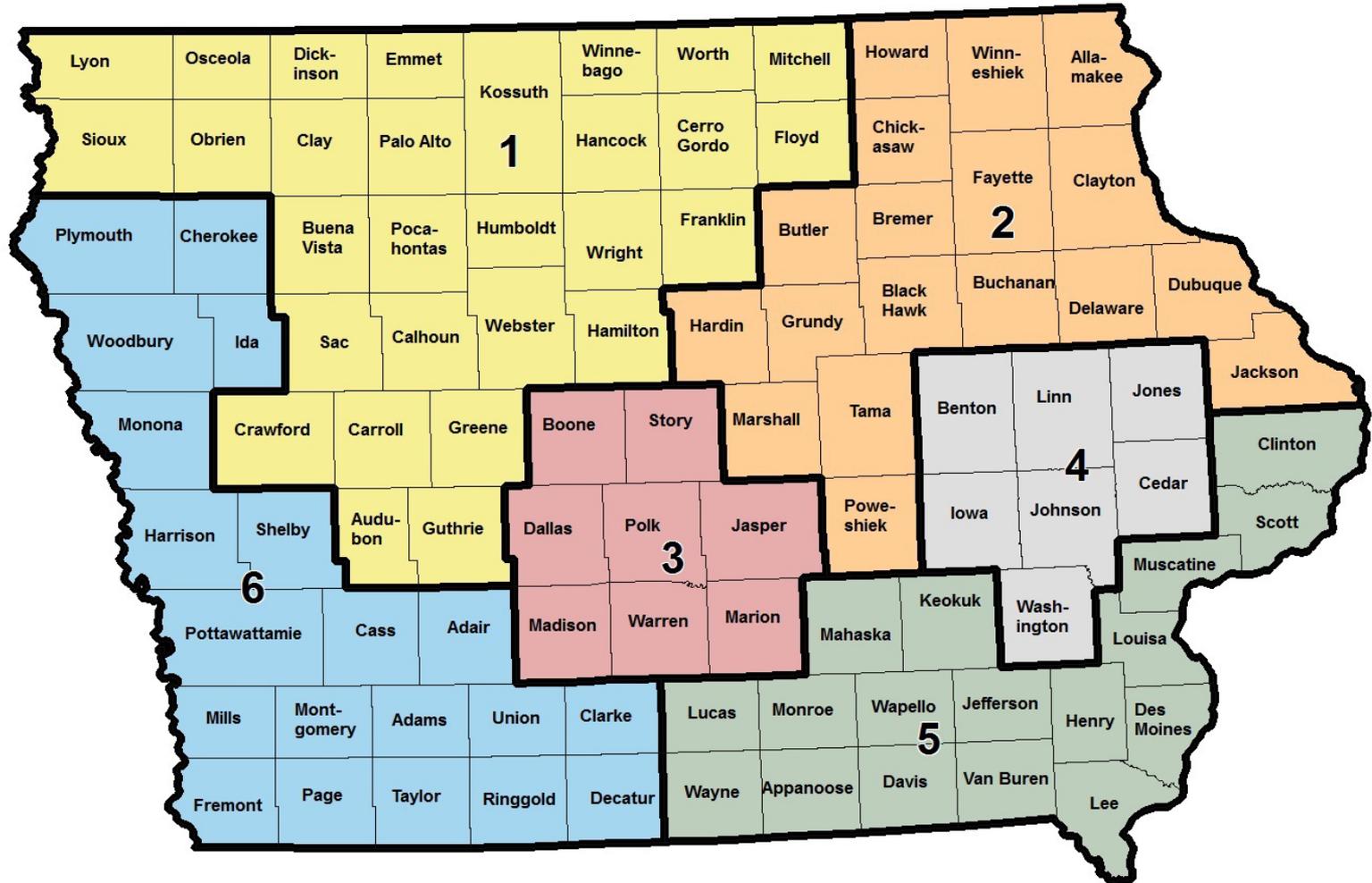
# *Fresh Conversations* Annual Training Day 2

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# Share Our Stories!



# BRFSS Data

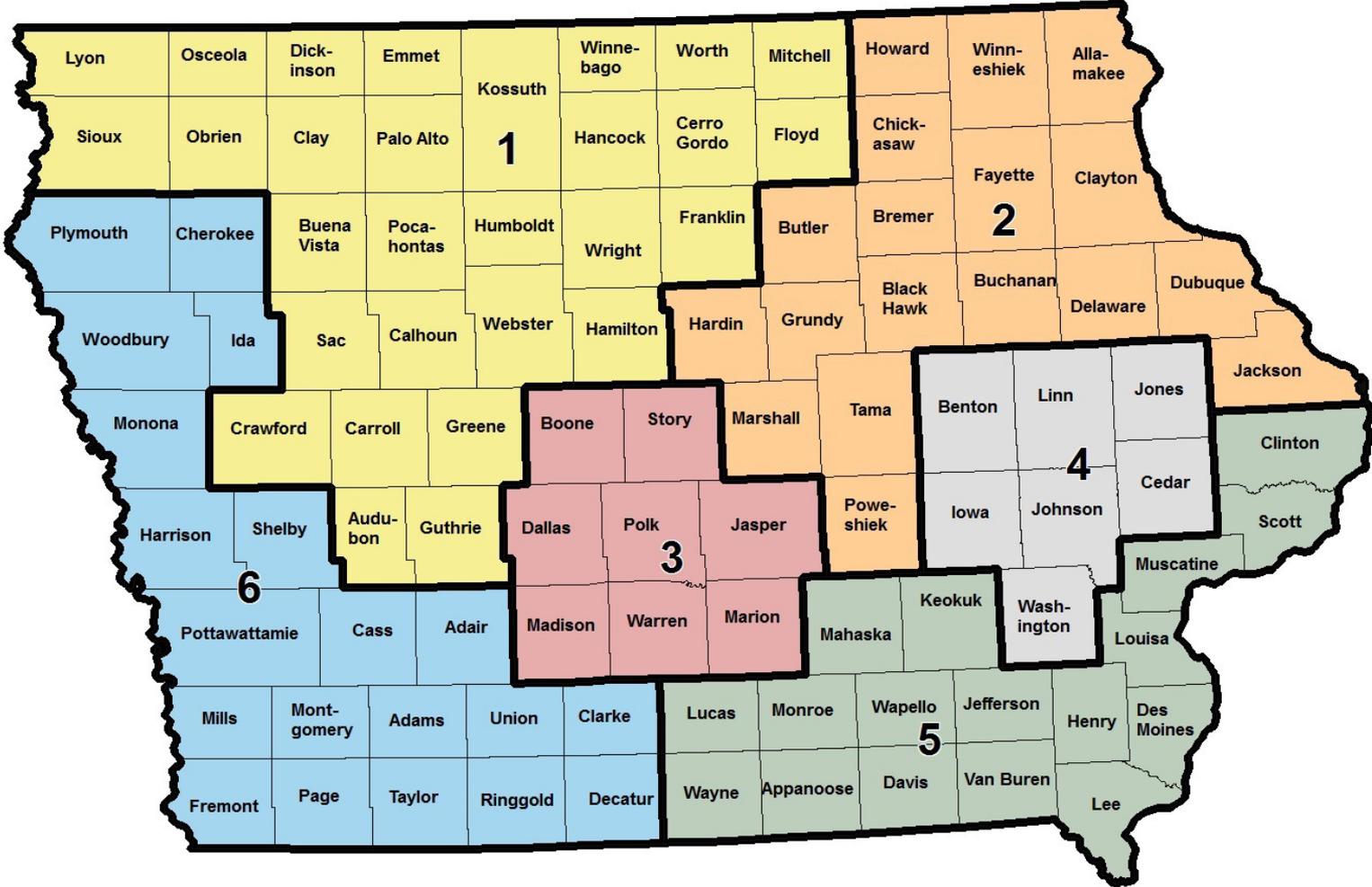
## *Public Health Data for Older Iowans*

Cathy Lillehoj



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# Share More Stories



**Lunch Break!**

**Please be back  
at \_\_\_\_\_**



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# Iowa State University Extension & Outreach

Sarah Francis



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# Iowa Department on Aging Update

Carlene Russell



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# SNAP-Ed Update

**Suzy Wilson**

**Doris Montgomery**



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Key risk factors for food insecurity include being a racial/ethnic minority, disability<sup>4</sup>, social isolation, and having a low income.<sup>2</sup> The latter three are particularly important for older adults. Epidemiological studies have associated food insecurity with a large and growing number of health conditions, including obesity<sup>5, 6</sup>, diabetes<sup>7</sup>, hypertension<sup>8-10</sup>, coronary heart disease<sup>8</sup>, congestive heart failure<sup>8</sup>, chronic kidney disease<sup>11, 12</sup>, depression and serious mental illness<sup>13, 14</sup>, and osteoporosis.<sup>15</sup> Furthermore, food insecurity may exacerbate these illnesses once they occur. For example, food insecurity is associated with worse blood sugar control among diabetes patients<sup>16, 17</sup>, and increased use of expensive healthcare services such as inpatient admissions and emergency department visits.<sup>18, 19</sup> Given all this, it is not surprising that food insecurity is estimated to result in \$77 billion dollars in excess healthcare expenditures annually.<sup>18</sup> Even more importantly, food insecurity has been associated with a 30% increased risk of mortality over long-term follow-up.<sup>20</sup>

**Dr. Seth Berkowitz, Mass General Hospital and Harvard Medical School  
testimony to Congress 2017**

# Fresh Conversations Team



# Iowa Senior Hunger Network Update

Jennifer Colyer



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# Coordinators Meeting

# Administrators Meeting



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IOWA DEPARTMENT OF PUBLIC HEALTH'S  
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September 2017  
Volume 4, Number 9

A Healthy Living Newsletter for Seniors



## Hot Topics

It's hard to keep up with current nutrition advice and new food products. No wonder! It's estimated that over 20,000 new food products show up on retail shelves every year. New names, new packaging, new marketing campaigns and new appeal. But are they really unique and if they are, are they good for you?

To help you catch up, *Fresh Conversations* will focus this issue on hot topics that have

## Greek Yogurt

Have you noticed a growing number of yogurt choices in your store's dairy case? On a single trip to the supermarket you could easily see more than a dozen brands--each one offering multiple varieties.

Yogurt is generally a healthy choice—watch the added sugars. It's rich in protein and calcium, contains potassium, and many yogurts are fortified in vitamin D. Many brands of yogurts contain live, active bacteria cultures—be sure to check out the label. These cultures, or probiotics, are considered

# This afternoon's plan

- Review September newsletter content
- Brainstorm Fidelity Guide Activity
- Parking Lot items from yesterday
- Incentives – wish list for FY18
- Testimonial Schedule
- Final report – watch for more details in September
- Civil Rights training (power point)

# Food Safety Policy

- AAA food service
- Local meal site
- Facilitator



# Keep Hot Foods Hot & Cold Foods Cold

# Action Steps Commitment



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# Physical Activity



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