

**Iowa Department of
Public Health**

**Iowa Nutrition Network
2018 Partnership Updates**



INN SOCIAL MARKETING



INN School Grant



Pick a better snack™



SEPTEMBER Game Card

Pick a better snack™

Park Slide Cucumber Ride (a bike) Zucchini Cantaloupe	Apple Play (a game) Stretch Yogurt Walk
Salad Greens Hula Family Ate Meal Together Play Watermelon	Summer Squash Play Frozen Vegetables Canned Fruit Catch
Frozen Fruit Homemade Mitten Jump Walk Zucchini	

PLAY YOUR WAY. ONE HOUR A DAY.

www.idph.state.tx.us/pickabettersnack

MDPH **Midwest Health**

Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by picking an "it" through the eyes of a fruit, vegetable and physical activities that have fun & "bring" to complete when you make a line of 4 diagonally, horizontally, or vertically. Turn the card over for more fun!

Zucchini

Zucchini has a mild flavor that makes it a great fit for a variety of dishes.

You won't have to look very hard to find this summer squash. It's usually plentiful in farmers' markets and gardens between July and September and is available in grocery stores year-round.

How to Pick 'Em
Choose zucchini that are firm, bright green and free of wrinkles. Small to medium zucchini are best for cooking.

Zucchini Pizza Bites

- Preheat oven to 350 degrees.
- Wash two or three medium zucchini and trim ends. Slice into 1 1/2 rounds. Place on a baking sheet.
- Spread a thin layer of marinara or tomato-based pizza sauce over each slice.
- Top with a sprinkle of shredded mozzarella cheese and your favorite toppings.
- Bake for about 12 minutes or until zucchini is tender and cheese has melted.

Shred it!
Large zucchini can be shredded and added to oatmeal and enjoy being extra healthy by cooking or to baked goods like zucchini bread.

Storage Tip
Keep zucchini plastic-free in the vegetable drawer of the refrigerator for up to five days.

Pick a better snack™

This recipe was adapted by USDA Department of Agriculture. © 2014. For more information on food safety, visit www.fda.gov or www.usda.gov.

MDPH **Midwest Health**

Iowa Department of Education Nutrition Programs



SPEND SMART. EAT SMART.

RECIPES

DESSERTS



APPETIZERS



SALADS



FREEZES WELL



MAIN DISHES



SIDE DISHES



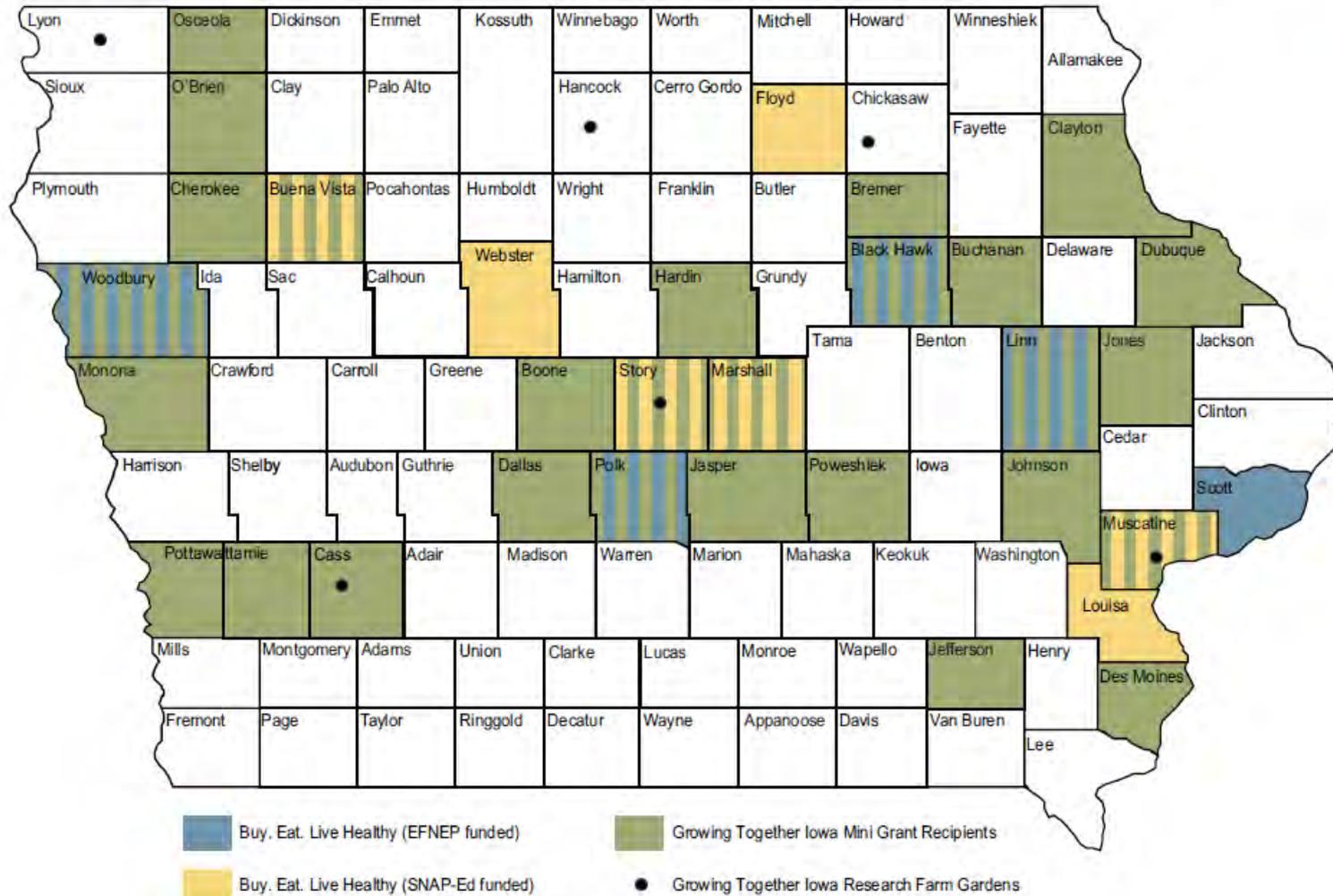
IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.

BUY EAT LIVE
HEALTHY

IOWA STATE UNIVERSITY

Extension and Outreach

Nutrition Education and Healthy Food Access Programming 2018



ISUE Job Posting and Programs

Job posting: <https://www.iastatejobs.com/postings/31721>

What about Me? My Wellness

- <https://www.extension.iastate.edu/humansciences/wellbeing>

Stay Independent

- <https://www.extension.iastate.edu/humansciences/stay-independent>

Is it Whole Grain?

- <https://www.extension.iastate.edu/humansciences/whole-grain>

WIN, Wellness and Independence through Nutrition

- <https://www.extension.iastate.edu/humansciences/food-assistance-outreach>

IOWA 
wic

STATE STAFF UPDATES



WIC CONTRACTOR MEETING



**CHILDREN'S HEALTHY WEIGHT
COLLABORATIVE IMPROVEMENT AND
INNOVATION NETWORK (COIIN)**



COIIN- PROBLEM TO BE ADDRESSED

In Iowa, breastfeeding initiation rates are relatively high; however, duration rates drop drastically.

Despite overall improvement in breastfeeding initiation rates, a persistent racial gap in breastfeeding behavior remains. African American mothers initiate and continue breastfeeding at far lower rates when compared to other racial and ethnic groups

2013 Iowa PRAMS Data Ever Breastfed by race

Maternal Race

Non-Hispanic White / 88.0%

Other

Hispanic - 84.9%

Non-Hispanic Black -69.4%

2013 Iowa PRAMS Data Breastfeeding at 12 weeks of age Ever

Maternal Race

Non-Hispanic White/ 53.8%

Other

Hispanic - 49%

Non-Hispanic Black -37.1%



MIS SYSTEM UPDATES



FOCUS

File Edit Printouts View Card Activities Help

Family: 7094383 Tara Tester 31 - 5 Southridge

Clinic Services

- Search
- New Family
- Family/Intake
 - Certification Guide
 - Family**
 - Identity
 - Contact/Address
 - Income
 - Voter Registration
 - Application
 - Participant Category
 - Comments/Alerts
- Assessment
 - Visit Summary
 - Pregnancy
 - BF PC Documentation
 - Anthropometrics
 - Blood
 - Nutrition Interview
 - Risk
- Certification/Termination
 - Certification
- Education and Care
 - Referrals - Participant
 - Referrals - Family
 - Nutrition Education
 - Care Plan - Participant
 - Care Plan - Family
 - BF Equipment
- Foods
 - Food Package
 - Issuance Summary
 - Returned Formula
 - Card Operations
 - Food Benefits
 - Audit Trail
 - FMNP
- Activity

Family

P/G: Tara Tester Category: Pregnant EDD: 8/8/2018 Edit Date of Birth: 09/03/1988 (29 y) WIC Status: Terminated Cert. End: 09/2018 Last FB: Nov 17 *FB Issuance 3 Months v
Participant: Tyler Tester Category: Child (Male) Edit Date of Birth: 02/28/2015 (2 y 11 m) WIC Status: Active - VOC Cert. End: 04/2018 Last FB: Mar 18 *FB Issuance 3 Months v
Additional P/G: Tommy Tester Edit

Family Data

[New Member / Proxy](#) Investigator

*Mother's Ed Level 2 years of college *Printouts Language English BF PC

Needs Interpreter Preferred Spoken Language

Economic Unit Tara Tester EU Nbr: 8137071 Current PAN: 58902693-00001370 Status: Active

*Referred To WIC By Other *Description food pantry

System	Messages	Family Alerts
Error Code	Description	

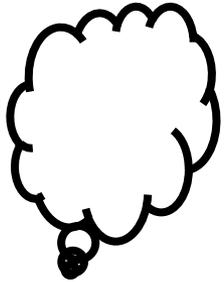


VENDOR TEAM RECEIVES QI AWARD





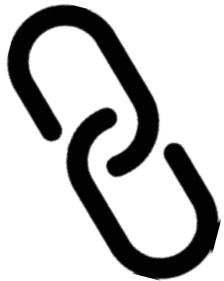
IOWA 
**SENIOR
HUNGER**
PARTNERSHIP



increase partner
communication



support **data-**
driven decision
making

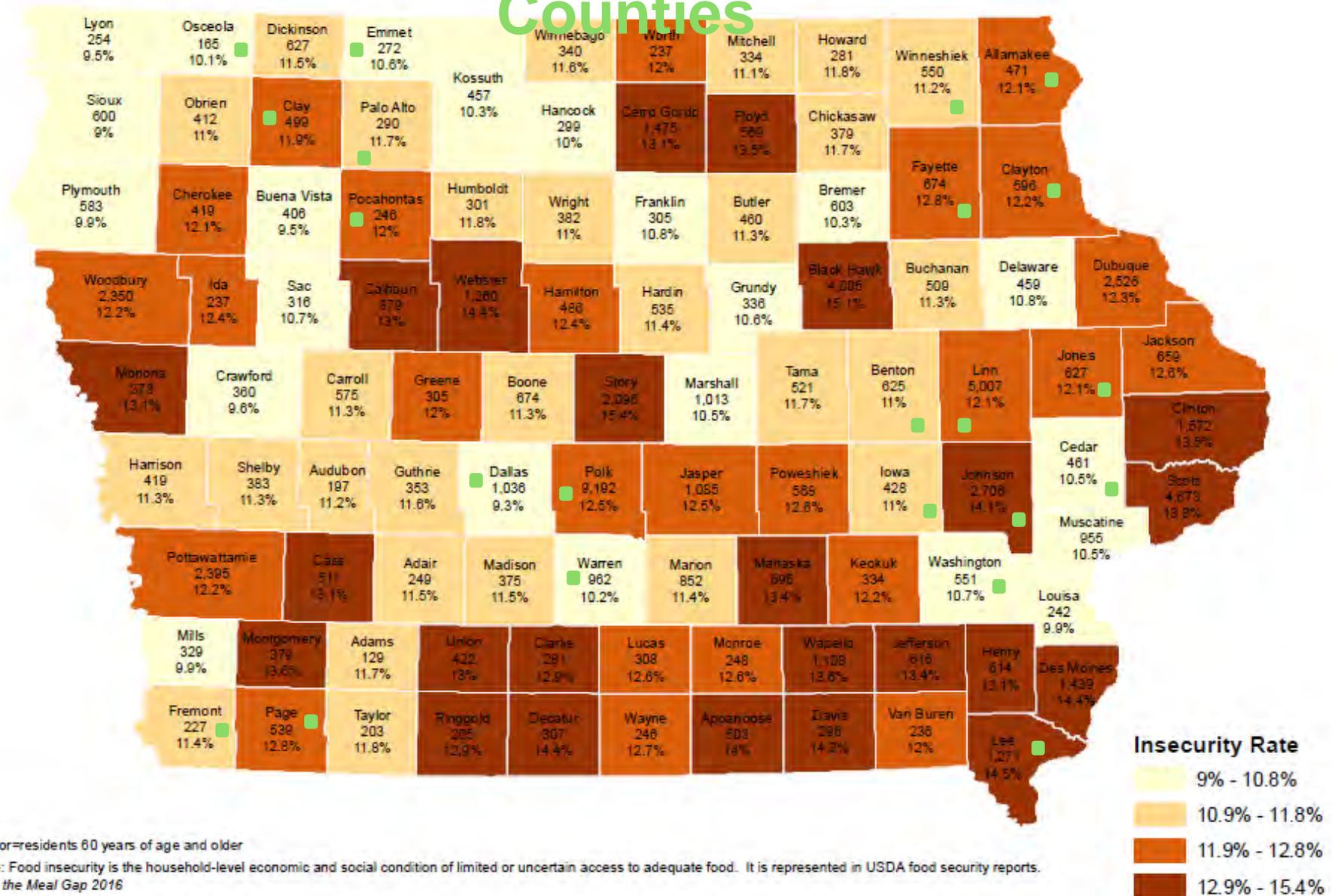


improve capacity
of community
groups



motivate lowans
to **take action**

2018 Senior Produce Box Distribution Counties



* Senior= residents 60 years of age and older

Note: Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food. It is represented in USDA food security reports.

Map the Meal Gap 2016



**Food
Banks**

**Grocery
Stores**

**Local
Growers**

**Farmer'
s
Markets**





**Meal
Sites**

**Senior
Centers**

**Home
Delivered
Meals**

**Senior
Housing**



BEETS HELP ME STAY IN CHECK.

Beets, Blueberries, Broccoli, Bananas. When seniors eat healthy meals and snacks, they're more likely to stay stronger, healthier and more independent. If you need assistance accessing healthy meals, we can help you find a food pantry, meal delivery service or meal site near you.

Eat healthy. Stay Independent.

CALL 2-1-1 FOR HELP FINDING HEALTHY FOOD.



RUTABAGAS HELP ME ROOT FOR MY GRANDSON.

Rutabagas, Dried Fruit, Raspberries. When seniors eat healthy meals and snacks, they're more likely to stay stronger, healthier and more independent. If you need assistance accessing healthy meals, we can help you find a food pantry, meal delivery service or meal site near you.

Eat healthy. Stay Independent.

CALL 2-1-1 FOR HELP FINDING HEALTHY FOOD.

CAN YOU TELL WHICH ONE IS MALNOURISHED?

Amazingly, 1 out of every 2 seniors is at risk of being malnourished — even if they don't look it. It's a real concern, because malnourishment leads to health problems, hospitalization and not being able to live alone. If you're a senior who needs assistance accessing healthy meals, we can help you find a food pantry, meal delivery service or meal site near you.

CALL 2-1-1 FOR HELP FINDING HEALTHY FOOD.



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CALL 2-1-1 FOR HELP FINDING HEALTHY FOOD.





- Pay Dental
- Pay Health Insurance
- Pay Rent
- Pay Utilities
- Pay Water
- Pay Phone

If any money is left, long groceries



Meal Planning

Breakfast: Cereal

Lunch: Toast

Dinner: Crackers and canned tuna

As a senior, it can be hard paying for living expenses while still having enough money for healthy food. That's why we're here. We can help you find a food pantry, meal delivery service or meal site near you. There's enough food to go around for everyone.

CALL 211 FOR HELP FINDING HEALTHY FOOD.

Do you sometimes skip meals to pay bills? Do you ever worry about having enough food to last you through the month? If you're a senior who needs assistance accessing healthy meals, we can help you find a food pantry, meal delivery service or meal site near you. Don't worry — there's enough food to go around for everyone.

CALL 211 FOR HELP FINDING HEALTHY FOOD.

How to Get Involved



Serve on a work team



Assist
with local
efforts

Share
your
ideas



Contact:

Jennifer Colyer, RDN, LD

Iowa Department of Public Health

Phone: 515-725-0306

Email: jennifer.colyer@idph.iowa.gov

Iowa Department of Public Health Program Partners

- Chronic Disease Self Management
- Pre-Diabetes
- Falls Prevention
- Oral Health
- CDC 1305 Partnership
 - Healthy Iowa: Latino Healthy Corner Stores Initiative**
 - 5-2-1-0**



Shop Healthy Iowa: A Latino Healthy Corner Store Initiative



HOW DO IOWA KIDS STAY HEALTHY?



THROUGH THE IDEA OF 5210!
It's a fun way to make being healthy easy.

Healthy Choices Count!

HEALTHY CHOICES COUNT!

Live 5-2-1-0

Parents. Teachers. Health care providers. Business leaders. When it comes to kids, there's one thing everyone wants - for them to be healthy! That's why Iowa has created Healthy Choices Count. It's a health-focused movement for kids that's under the nationally recognized program, 5-2-1-0.

This proven, [scientific method](#) helps keep kids healthy by focusing on the importance of good habits. And it all starts by encouraging them to eat and play the right way. It's how they can live 5-2-1-0.

FOUR LITTLE NUMBERS, ONE AWESOME WAY TO STAY HEALTHY!



Put it all together and Iowa kids now have an easy (not to mention proven) way to remember how to have fun while practicing healthy habits.

GET INVOLVED

So, now that you know what 5-2-1-0 stands for, it's time to get involved! Whether you're a parent, teacher, childcare provider or business leader, you can help Iowa kids learn the importance of staying healthy. How?

- [Partner](#) with us if you're a school, daycare or after-school program.
- Encourage healthy habits with your kids if you're a parent.
- Become a [sponsor](#) to help us bring about change.
- Share on social media how you are implementing 5-2-1-0 Healthy Choices Count and use #healthychoicescount

10 STRATEGIES OF SUCCESS

When you partner with Healthy Choices Count, you can use our 10 Strategies of Success to

Our Sponsors



Become a sponsor today!

Join Us

Resources

View Here

Sign up to our blog!

Get the latest news.

Sign Up



Supporting the Feeding America food banks and their affiliates serving Iowa in their work to ensure that sufficient food is accessible to all.

DONATE

Make a Change

This institution is an equal opportunity provider.

Search

Go

[Home](#)

[About Us](#)

[About Hunger](#)

[Take Action](#)

[News & Events](#)

[Programs](#)

[Get Help](#)



The Iowa Food Bank Association (IFBA) is a collaboration of the eight Feeding America food banks that serve all Iowa's 99 counties.

Iowa Food Bank Association



Policy and Advocacy



SNAP Outreach



AmeriCorps VISTA



Iowa Hunger Coalition Facebook Page

Iowa Food Bank Association

IOWA
HUNGER COALITION

DAY AT THE CAPITOL
Thursday March 8, 2018
2 – 4:30 pm
State Capitol Rotunda

Iowa Hunger Coalition
@IowaHungerCoalition

Home
About
Events

Like Following + Create Fundraiser ...

Sign Up Send Message



[Home](#) > [Programs & Services](#) > [Health, Prevention & Wellness](#) > [Nutrition](#)

Nutrition

The Iowa Department on Aging administers the OAA Nutrition Programs and Services in accordance with Title IIIC (Section 330) of the [Older Americans Act](#) to:

- Reduce hunger and food insecurity among older individuals;
- Promote socialization of older individuals;
- Promote the health and well-being of older individuals; and
- Delay adverse health conditions for older individuals.

The program fulfills its purpose by providing healthy meals, nutrition education and nutrition counseling to Iowans aged 60 and older, with preference given to:

- Low-income older individuals;
- Minority older individuals;
- Older individuals in rural communities;
- Older individuals with limited English proficiency; and
- Older individuals at risk of institutional care.

The Department also provides technical assistance and resources to the aging network regarding nutrition news, policy and guidelines.

Components of the Iowa Nutrition Programs and Services

Programs & Services

Supportive Services

- LifeLong Links
- Case Management
- Veteran-Directed HCBS

Health, Prevention & Wellness

- Nutrition
- Falls Prevention
- Mental Health
- Oral Health

Family Caregiver Support

- Respite Care

Senior Employment

Elder Justice & Adult Protective Services

- Legal Assistance
- Elder Abuse Prevention & Awareness
- Office of Substitute Decision Maker

Older American Act Nutrition Program



Program Update by Carlene Russell 3-1-18 IDA DEPARTMENT ON AGING



Iowa OAA Program

35,752

Total number of individuals serviced statewide through one or more Aging and/or Caregiver registered service

Non-institutionalized Iowans Aged 60+: **630,414**

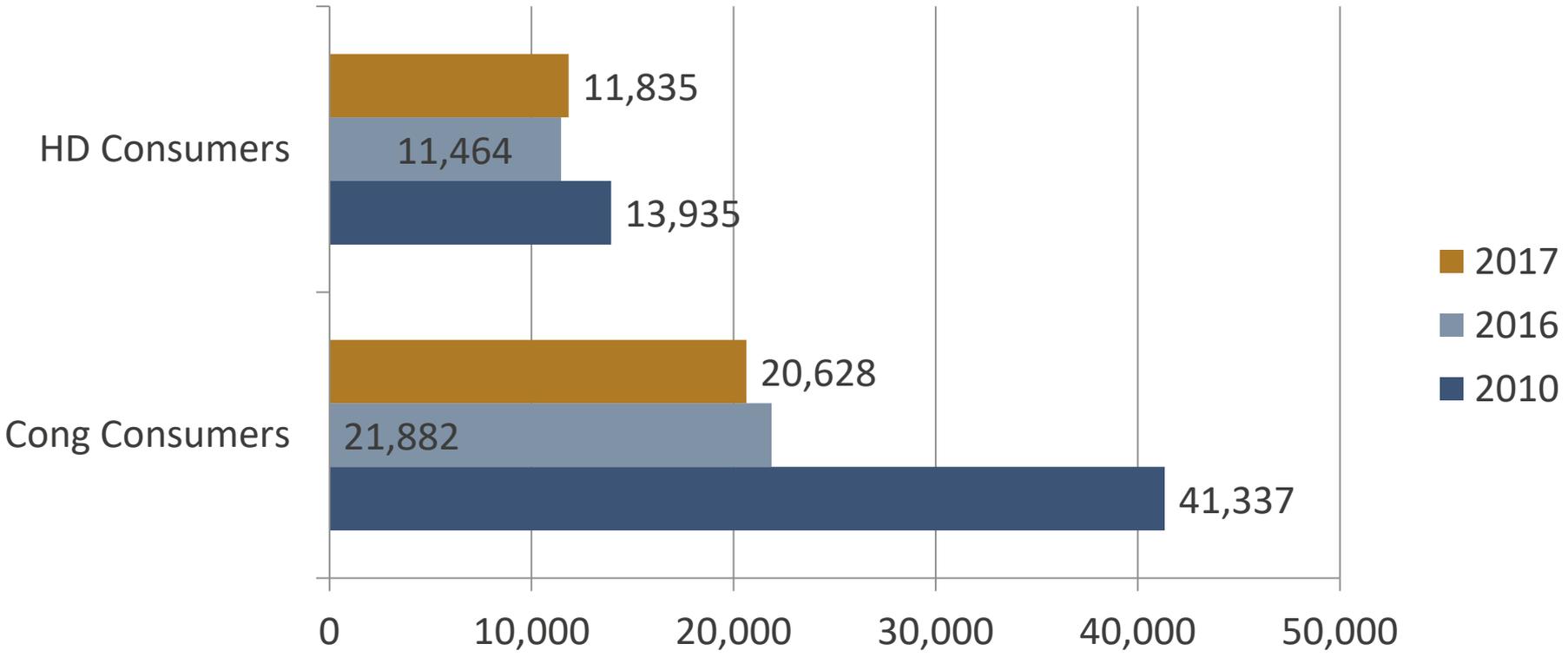
OAA Services

- Case management
- **Congregate meals**
- Health promotion
- **Home delivered meals**
- Information/Assistance
- Legal Assistance
- **Nutrition counseling**
- **Nutrition education**
- Adult Day Care/
Adult Day Health
- Advocacy
- Assessment/Inter
vention
- Assisted
Transportation
- Chore
- Counseling
- **EB Health Activities**
- Homemaker
- Legal education
- Material aid
- Medication mgt.
- Mental health outreach



Purpose of OAA Nutrition Program

- Purpose:
 - ▷ Reduce hunger and food insecurity among older individuals;
 - ▷ Promote socialization of older individuals;
 - ▷ Promote the health and well-being of older individuals; and
 - ▷ Delay adverse health conditions for older individuals.





Food Security

Over the past 30 days, how often were these statements true:

Q1: I have **worried** whether my food would run out before I got money to buy more.

Of consumers 10,944 who responded to the question, 2,381 (22%) responded Often or Sometimes.

•Of those who responded often or sometimes,

- 1,348 received more than 1 service.
- 659 did not receive a congregate or home delivered meal (GA or CG).
- 56 received Case Management.

Q2: The food that I bought **just didn't last** and I didn't have money to get more.

Of 10,866 consumers who responded to the question, 2,134 (20%) responded Often or Sometimes.

•Of those who responded often or sometimes,

- 1,196 received more than 1 service.
- 578 did not receive a congregate or home delivered meal (GA or CG).
- 50 received Case Management.



Performance Measures

High nutrition risk consumers receiving **nutrition education**

Percentage of congregate meal consumers who may be **socially isolated** eating at least 4 meals at meal site monthly.

Percentage of home delivered meal consumers who may be **socially isolated** receiving at least 8 meals a month.

Increase in numbers of consumers receiving **nutrition counseling**



THANKS!

Any questions?

Contact me at

(515-725-3330) or carlene.russell@iowa.gov



> Public

Newsletter

Sites

Facts

Volunteers

> Coordinators & Facilitators

Data Maps

Contacts

Fresh Conversations Sites

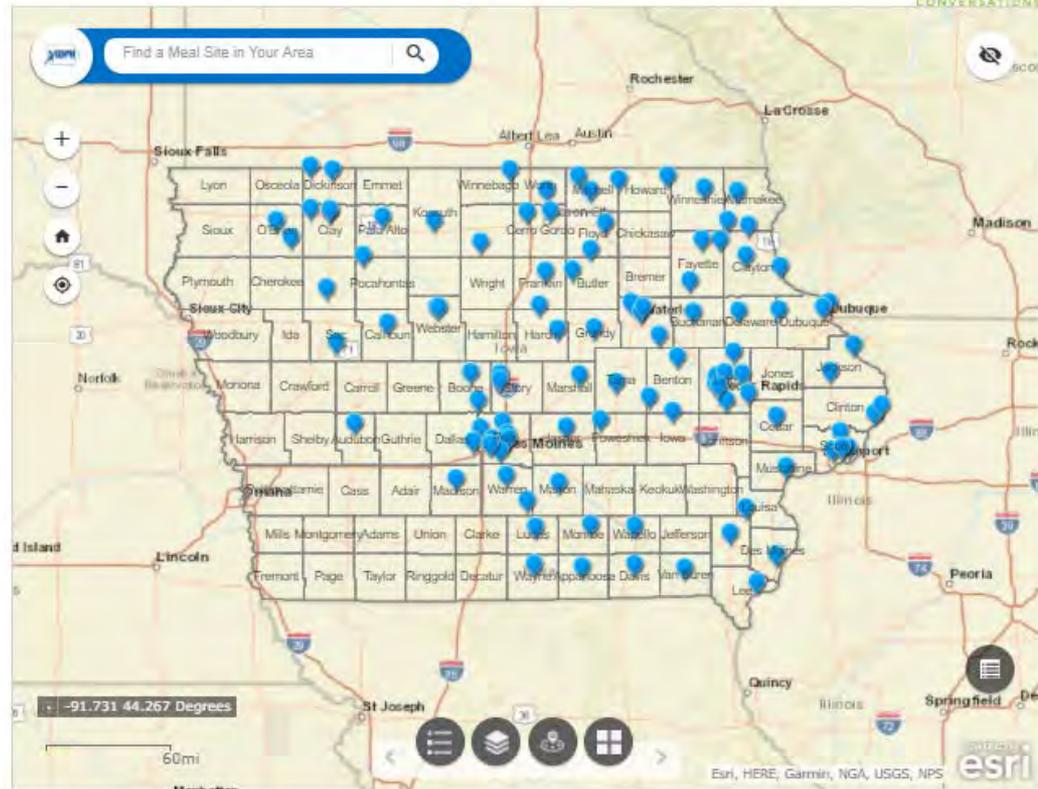
Where can I find a *Fresh Conversations* group? Monthly meetings are held at over 100 senior meal sites throughout Iowa—and more locations are offering the program each year.

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.



FRESH CONVERSATIONS



Fresh Conversations Monthly Newsletters

IOWA DEPARTMENT OF PUBLIC HEALTH'S
FRESH CONVERSATIONS
 A Healthy Living Newsletter for Seniors

March 2017
 Volume 4, Number 3

Cancer: Preventable, Not Inevitable

By 2030, an estimated 70 percent of all cancers will occur among adults 65 years and older. This is primarily because the number of older adults is growing rapidly in the U.S. and age is the most important risk factor for cancer overall. So, should we throw up our hands and just accept this trend?

No! While there is no guarantee that you won't get cancer, you can lower your cancer risk. We know tobacco contributes to cancer. A smoker is 25 times more likely to get lung cancer than a nonsmoker and accounts for about a third of all cancer deaths in the U.S. But, smoking is only one part of the prevention story.

Experts estimate that Americans could avoid up to a third of all cancers by eating healthier, eating less and moving more. A simple, delicious way to eat healthier is to add one more helping of vegetables. They're packed with nutrition, high in fiber and most are naturally low in calories.

Americans are generally ignoring the advice to fill half our plates with fruits and veggies. Fruit intake (minus juice) has been flat over the last couple of decades. We ate more veggies (minus potatoes) in the late 1980s, but now we're eating less. So, do your part; eat more veggies and push back against cancer!^{1,2}

The population of adults aged 65 years and older in the U.S. is expected to go from 40 million in 2010 to a projected 88.5 million by 2050.



IOWA DEPARTMENT OF PUBLIC HEALTH'S
FRESH CONVERSATIONS
 A Healthy Living Newsletter for Seniors

August 2017
 Volume 4, Number 8

Healthy Heart, Healthy Brain

The idea of getting Alzheimer's disease or another form of dementia as we age is frightening. Is there anything you can do to prevent developing dementia?

While it's too early to say whether specific eating habits decrease the risk of Alzheimer's or help maintain cognitive function, there is some good news. What's good for your heart is good for your brain.^{1,2}

Healthy heart—healthy brain. Our heart and brain depend on healthy blood vessels to keep them functioning at their best. Blood vessels operate like a transit system in our body, delivering oxygen and nutrients to our vital organs.

Unhealthy behaviors, such as eating too much saturated fat, can narrow blood vessels and limit the heart's ability to pump blood to the brain. Less blood means less oxygen and fewer nutrients, which is bad news for brain cells. Blockages are also more common in narrow blood vessels, increasing the risk for stroke and memory difficulties.

Take this simple message to heart: eat well and move more. Fill up on fruits and vegetables from the garden harvest and enjoy the remaining days of summer. It's never too late to make brain-healthy changes!

Dementia is an overall term for diseases and conditions depicted by a decline in memory. Dementia is caused by damage to nerve cells in the brain. Alzheimer's disease is the most common type of dementia.¹

Healthy behaviors for your heart and brain

- Limit salt and added sugar
- Eat more fruits and veggies, especially berries and green leafy vegetables
- Eat more fish, poultry, beans and nuts
- Replace solid fats, such as butter and stick margarine, with heart-healthy oils
- Increase physical activity—aim for 30 minutes of moderate intensity five or more days per week



IOWA DEPARTMENT OF PUBLIC HEALTH'S
FRESH CONVERSATIONS
 A Healthy Living Newsletter for Seniors

January 2018
 Volume 5, Number 1

Go With Your Gut Bacteria

Your colon (also known as your large intestine) is home to 100 trillion bacteria. They represent some 1,200 different species, which have evolved over millennia. In fact, **your gut has about four pounds of bacteria** that entered your system from food and the environment. This may sound like a bad thing. But, research shows that those bacteria are crucial to your health. Among other things, they:

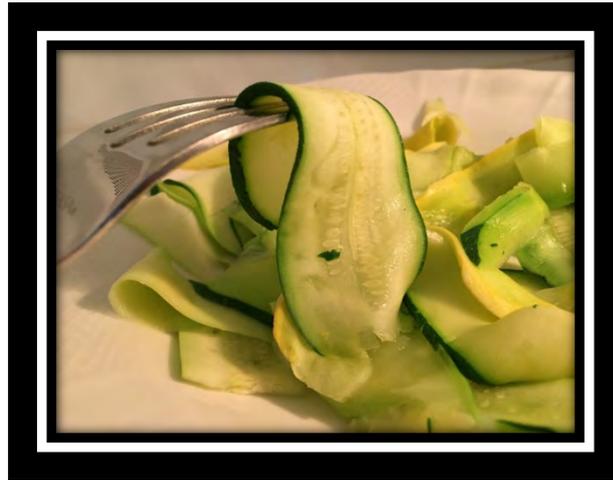
- **Digest fiber**, along with other parts of food that you couldn't digest otherwise
- **Produce and activate B vitamins and vitamin K**
- **Release beneficial chemicals in food**—including ones that may prevent cancer
- **Activate your immune system** (especially important during the cold and flu season)
- **Prevent "bad" bacteria** from taking over and making you sick

Research shows that gut bacteria is vital for healthy digestion and immune system.

Evidence shows that gut bacteria probably influence our risk for many health problems, including obesity, type 2 diabetes and certain autoimmune diseases. For example, lean people appear to have different gut bacteria than people who are obese, but scientists are only beginning to understand why. New research also shows that our personal bugs may affect mental health conditions, such as depression and anxiety.

So, while scientists are busy examining bacteria in poop samples, we can engage in a more enjoyable task: **Focus on feeding the good bacteria** in your gut so they can thrive and you can, too. The best food for intestinal bugs comes from plant-based fiber. The more kinds the better, so eat a wide range of fiber-rich vegetables, whole grains, beans, legumes, nuts and seeds. Diversify your diet, and get busy feeding those hardworking bugs!





**Nutrition
education
facilitators
come from
community
partners**



**RDN
Program
Coordinators
for Each
Area Agency
on Aging**

2018 HARKIN ON WELLNESS SYMPOSIUM

PREVENTIVE CARE & POLICY

MAR 21

Harkin on Wellness Symposium: Preventive Care & Policy

by The Harkin Institute for Public Policy & Citizen Engagement

Free

[REGISTER](#)

[↑](#) [🔖](#)

Wed, March 21, 2018
9:00 AM – 6:00 PM CDT
Olmsted Center on Drake Campus

Andrew Weil, founder and program director of the Arizona Center for Integrative Medicine at the University of Arizona, will deliver the keynote speech. Weil is also a member of The Harkin Institute’s Wellness and Nutrition Advisory Committee.

INN Spring Meeting

April 23

1:00 to 4:00

- Discuss nutrition and physical activity policy
- Examples and experts from national, state and local levels
- No registration
- Bring your own appropriate beverage or come early to the café





Healthiest State

— INITIATIVE —

Conference

eat well. move more. feel better.

May 17, 2018

<https://www.dietaryguidelines.gov/>

**We want to
hear from you!**

Please submit public
comments between

February 28 - March 30, 2018.

First see the topics and
questions

[Start here](#)



**We welcome public
comments on topics and
questions.**

The U.S. Departments of Agriculture and Health and Human Services are currently asking for public comments on the topics and scientific questions to inform our development of the 2020-2025 Dietary Guidelines for Americans.

The final topics and scientific questions will be examined by an external, scientific advisory committee once the committee is appointed.

This page will expand into a full site later this year. If you have trouble finding anything, please contact us at dietaryguidelines@cnpp.usda.gov.

Partner Communication & Meetings

School Grant Program

Pick A Better Snack

Play Your Way

Low-Fat Milk Materials

Fresh Conversations

SNAP/Food Assistance

Resources & Recipes

Iowa Nutrition Network

Who We Are



The Iowa Nutrition Network is a partnership of public agencies, private organizations, and communities dedicated to promoting healthy lifestyles among all Iowans, particularly among low-income individuals and families. We believe that good food choices and physical activity are essential to maintaining and improving health. Primary funding for the Iowa Nutrition Network comes from the USDA Supplemental Nutrition Assistance Program (formerly Food Stamps).

Mission

To enhance nutrition education among Iowans through innovative partnerships that promote a healthful diet and lifelong physical activity.

Iowa Food Assistance

Iowa Food Assistance can help you buy nutritious foods for a healthy diet. Visit the [Iowa Food Assistance](#) website for more information.

Program Summary

The current [report](#) showcases Iowa Nutrition Network initiatives supported by Supplemental Nutrition Assistance Program Education (SNAP-Ed).

Partner Meetings

Iowa Nutrition Network holds regular partnership meetings. You can find meeting notes below.

- [September 22, 2016 meeting notes](#)
- [INN Partnership Survey Results October 2016](#)
- [Growing Bolder Hunger Summit 2017](#)

