



# BASICS Banter

MAY 2012

## BASICS in Transition

I am reminded of my favorite movie, *The Sound of Music*, as I think about the past and future of our work together. At times during the last decade I have felt like Maria –lost, confused, a bit apprehensive – but more often I have felt compassion, joy and pride as I traveled the state visiting your projects. Perhaps I should have celebrated those feelings more visibly with singing, dancing, climbing trees!

I recall many conversations where similar feelings were expressed by you. It was exciting and encouraging to see the positive results of our collaborative efforts. Some of you may not feel the same way about us right now, unfortunately. We recently made difficult decisions about program delivery that impacted BASICS contractors negatively and positively. I hope you believe me when I say that those decisions were based on new program guidance and the need to expand program participation, not on your performance or the value of your services.

To those of you who were unable or chose not to apply for funding in 2013, we extend our most sincere gratitude for your support, professional service, and dedication to families and individuals who struggle daily with poverty. We have been honored to have you as partners. I should end this message with something like, “I am sure the hills will continue to ring with your future successes,” but you may roll your eyes and think I don’t know that Iowa has very few hills (I was a Buckeye, after all). You may also think I’m being disingenuous. But I really do believe your work will have positive, lasting effects in the lives of the children and adults you touched.

The future program structures for our school-based nutrition education program and for Chef Charles will look a little different but we hope that many of you will continue to work with us. Please continue your partnership with us by staying connected to the Iowa Nutrition Network. You can do this by participating in educational webinars and our email distribution list, attending partnership meetings, and using our on-line resources. As Bruce likes to say, “We are here to help!” – so please stay in touch.

Doris Montgomery, MS, RD  
Iowa Nutrition Network, State Coordinator

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## How will BASICS Look in 2013?

### **Youth**

Our school-based nutrition education program is now called The Iowa Nutrition Network School Grant Program. Applications are currently being reviewed. We anticipate a variety of contractors such as school districts, county Extension offices, county public health offices, and CAP agencies –similar to previous years. The Wave 2 research study that ends this spring will help us improve program impacts, and select marketing strategies that more-effectively reach parents and caregivers. Thank you to Council Bluffs, Des Moines and Waterloo for serving as our intervention communities!

### **Older adults**

*Chef Charles* contractors from 2012 will be invited to apply for funding in 2013. The available funding and budget process will be announced in the next few weeks. ISU Extension and the Iowa Department on Aging are working with IDPH to conduct a pilot research project this spring at four meal sites in Des Moines. Thank you to Christa Hanson for being our research study educator! We also plan to conduct formative research this summer that will shed more light on health and nutrition issues that are important to older adults participating in the Congregate Meal Program. The results of these efforts, combined with survey results, interviews and focus groups conducted in previous years, will lay the foundation for a new and improved *Chef Charles Program* that will be kicked off in FY 2014. This will coincide with the target date for establishing six new service areas for Iowa's Area Agencies on Aging.

### **In-Home and Nest Programs**

The INN will no longer fund direct-delivery, nutrition education programs for low-income, at-risk moms/caregivers. This important audience will be served by ISU Extension that plans to use two primary models for delivery: 1) Family Nutrition Program (similar to EFNEP), and 2) a partnership model with family support programs, such as HOPES.

If you have any questions, please do not hesitate to contact me. I have a new phone number: 515.661.7913 or email [doris.montgomery@idph.iowa.gov](mailto:doris.montgomery@idph.iowa.gov).

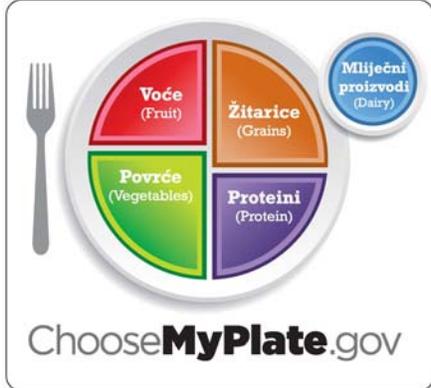
By Doris Montgomery, MS, RD  
Iowa Nutrition Network, State Coordinator

## MyPlate in Bosnian

Do you teach students who speak Bosnian at home? You may want to [visit this website](#).

The University of Missouri's Extension program has created a MyPlate resource translated into Bosnian.

It is free to download from MU Extension's website!



Choose **MyPlate**.gov

**Neka vaš tanjir bude zdrav tanjir!**

**Uravnotežite kalorije**

- Uživajte u hrani, ali jedite manje.
- Izbjegavajte prevelike porcije.

**Jedite više sjedećih proizvoda**

- Neka vam pola tanjira sadrži voće i povrće
- Barem pola litrica koje jedete neka budu cjelovite
- Izaberite nemasno ili 1% mlijeko
- Budite aktivni na svoj način
- Balansirajte zdravu ishranu sa fizičkom aktivnošću.

**Jedite manje sjedećih proizvoda**

- Uporedite količinu natrija u juhama, hijebu i zamrznutim proizvodima  
-- izaberite hranu sa nižim natrijem.
- Pijte vodu umjesto pića sa dodatkom šećera.

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### Mark Your Calendar!

Everyone across the country who uses Jammin' Minutes will be invited to participate in setting a record for the most people doing a Jammin' Minute at one time. The nation-wide jam will begin at **noon central time on 9/20/2012**.

Invite parents and community members to join in the jam to increase your numbers!

For more information visit the [Jam School Program Website](#).



## May is Beef Month by Nancy Degner

Iowans can enjoy lean beef in a heart-healthy diet according to new research published in the *American Journal of Clinical Nutrition* (January, 2012.).

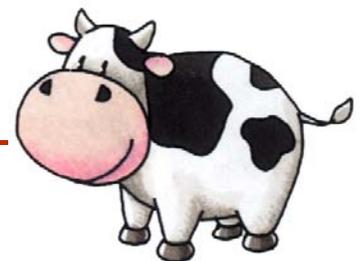
The [Beef in an Optimal Lean Diet \(BOLD\) study](#), conducted by researchers at The Pennsylvania State University, found consuming lean beef daily as part of a heart-healthy diet lowered LDL "bad" cholesterol by 10 percent, which was just as effective as the Dietary Approaches to Stop Hypertension (DASH diet).

To get details, visit [www.BeefNutrition.org](http://www.BeefNutrition.org) to find:

- a copy of the research study
- a simple summary of the BOLD study
- sample menus and
- a PowerPoint presentation: New Insights About Beef and Heart Health.

Also available on the website is a [My Plate](#) fact sheet, which may be ordered from the Iowa Beef Industry Council in a 100-sheet tear pad. These materials are provided by Iowa cattle farmers through the Beef Checkoff program.

Contact [nancy@iabeef.org](mailto:nancy@iabeef.org).



# Food Corps



Some Des Moines Schools are getting their green thumb on this year thanks to teacher and community-led initiatives as well as increased awareness and resource sharing. Food Corps has organized this gardening movement in Des Moines and we can all learn from their project which involves 13 schools across the district. Each garden will be unique, but in the end they all encourage students to develop healthy relationships with food.

Des Moines' Food Corps service members will collect success stories as well as lessons learned throughout this project and we'll share them with our readers in the future.

## Protecting Older Adults' Independence by Carlene Russell

Currently 93% of older adults live in their own homes and 4% live in nursing facilities. Low income older adults can obtain a waiver to receive assistance in their home rather than in a nursing home under the Medicaid Elderly Waiver (EW). EW services include a variety of services including home delivered meals (based on the Dietary Guidelines for Americans). In 2010 the Iowa EW data showed that on average for all the in-home services an individual received with EW funding was \$713. Whereas nursing home cost in the Des Moines area were approximately \$158 per day or \$4,740 per month.

The benefits to older adults for receiving good nutrition are numerous. A study from South Carolina showed that individuals who consumed more congregate or home delivered meals per week had fewer hospital admissions and emergency department visits than those eating fewer meals. They reported, the average cost of a year's worth of home delivered meals was **\$1,107** (FY 2004, FY 2005) compared to the **\$25,000-\$37,000** average cost of a year's stay in a nursing home (FY 2005).<sup>1</sup>

The Aging and Disability Resource Center (ADRC) is supported by Iowa Department on Aging, the Administration on Aging (AoA), and the Centers for Medicare and Medicaid (CMS). The project is designed to help older adults and their families learn more about community resources so they can make informed choices about the services available to them. One of the services is the nutrition program (congregate and home delivered meals). The Iowa Aging and Disability Resource Center hosts the LifeLong Links Web site, which provides information about long-term planning and facilitates access to resources. All Iowans, especially older adults, caregivers, persons with disabilities and parents of children with disabilities, now have easier access to local, state, and national resources through one comprehensive Web portal, [www.LifeLongLinks.org](http://www.LifeLongLinks.org). In Linn County and Johnson County there are actual ADRC offices working with local aging and disability service providers to help connect individuals and their families with the services they need to remain living independently in the community.

1. Presentation by Bruce Bondo, MPA, Deputy Director for Policy and Planning and Jeanette Brodie, MPH, Program Information Manager, South Carolina Lieutenant Governor's Office on Aging, at the Administration on Aging Performance Outcome Measures Project Training Conference. Washington, DC. Dec 7, 2006.

# Accessing Materials Online

Please remember that INN nutrition education resources are available online. These materials are available to all, not just agencies who contract with INN to deliver nutrition education. [Click here](#) to see a list of all of the materials available online. Some of the most commonly downloaded materials are:

- Family Newsletters
- Bingo Cards
- Pick a better snack™ & Act posters
- Fruit and Veggie Fact Sheets



Contact Christine with questions about items in this issue of the Banter or if you have stories to share in the next edition. To re-view past issues visit the [online archive](#).

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Remember BASICS Educators now have a page on Facebook! Search for "BASICS Educators Iowa" and join the conversation!

