



March 2004

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### Message from the Assistant Secretary: Celebrating National Nutrition Month

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One of my top priorities for AoA is to help older adults remain healthy and active as they age. As part of this commitment we have forged a number of partnerships, including collaborating with the Food and Drug Administration on a variety of projects. This month we are partnering with FDA to share valuable nutrition information as we celebrate National Nutrition Month<sup>®</sup>. The American Dietetic Association began sponsoring National Nutrition Month<sup>®</sup> in 1980 as a way to promote sensible eating choices. The American Dietetic Association developed this year's theme, "Eat Smart, Stay Healthy" as a way to suggest that Americans be smart about the foods they eat, know what they are eating, and make wise food choices. FDA has developed a number of consumer brochures that may help older Americans be smart about the foods they eat:

Growing Older Eating Better  
Eating for a Healthy Heart  
Keep Your Food Safe

These brochures may be viewed at <http://www.fda.gov/opacom/catalog/alpha.html>.  
For more information about national nutrition month go to: [www.eatright.org](http://www.eatright.org).

Josefina G. Carbonell

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### 2004 Minority Women's Health Summit

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You are invited to submit an abstract for the "Women of Color Taking Action for a Healthier Life: Progress, Partnership and Possibilities" Summit to be held August 12 – 15, 2004 at the JW Marriott Hotel in Washington, D.C. The Summit will be the second national women of color summit convened by the U.S. Department of Health and Human Services. This Summit is expected to draw more than 500 participants with diverse backgrounds representing policy makers, public health, health care, academia, research institutions, employers, faith, and community advocacy organizations. The summit conveners wish to develop a diverse and substantive program. Presentations from a wide range of individuals and organizations can help focus and stimulate activities that will be needed to advance the women of color health agenda. Abstracts must be postmarked or received by Thursday, April 1, 2004 at 5:00 p.m. EST. For more information visit the conference Web site at [www.4woman.gov/mwhs](http://www.4woman.gov/mwhs)

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### **Join Us at the Upcoming ASA-NCOA Joint Conference**

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AoA invites you to join us at the 2004 American Society on Aging and the National Council on the Aging Joint Conference April 14-17, 2004, at the Hilton San Francisco in San Francisco. The Assistant Secretary will discuss crucial national and community-based strategies for developing a comprehensive and coordinated system of health and social support for older adults during the *Promoting a More Balanced System of Long Term Care* Symposia on Friday, April 16 from 2:00 – 4:00 pm. Also, join us at sessions where AoA leadership and staff will participate in the conference as presenters on these topics:

#### Symposia

- Public/Private Partnerships to Support Evidence-Based Prevention Programs

#### Workshops

- Mobilizing Communities: Nutrition and Physical Activity Programs for Older Americans
- Improving Access to Services Through Single Point of Entry
- Aging Network Leadership in Long-Term Care Systems Change
- Implementing Evidence-Based Approaches to Integrate Health Promotion and Social Supports
- Supporting Family Caregivers from Diverse Populations: Tools for Outreach and Service
- Conversations with AoA

For more information about the conference and a host of pre-conference events visit: <http://www.agingconference.org/jc04/info.cfm>.

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### **More Articles:**

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- **FDA Publishes Trans Fat Food Labeling Information**
- **Special Program at ASA/NCOA Joint Conference on Diversity and Dementia**
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- **GrandDriver Rolls into a Town Near You**
- **2004 Directory of Accessible Building Products Released At International Builders' Show**

## **AoA News**

### **New and Improved Eldercare Locator Web site**

The Eldercare Locator Web site has been redesigned to expand access to resources for older people and their caregivers. The Eldercare Locator site includes a new database that increases the number of search topics and will now allow users to search for services by zip code, county, or city. In addition to the new database, the Eldercare Locator resources area has been greatly enhanced to provide more aging information including a glossary, fact sheets, and more useful links. The Eldercare Locator is a public service of AoA. We thank State and Area Agencies on Aging for their assistance in providing information for the new Eldercare Locator database. For more information visit: [www.eldercare.gov](http://www.eldercare.gov).

### **AoA Web Site A-Z**

AoA has updated its Web site to include an A-Z page which contains an alphabetical listing of all the most popular pages on the AoA web site. Look for the A-Z topics button at the bottom of the AoA Home page at [www.aoa.gov](http://www.aoa.gov).

### **Senior Health and Fitness Day**

On Wednesday, May 26, 2004, an estimated 150,000 older adults will participate in local fitness activities throughout the country as part of the 11<sup>th</sup> annual National Senior Health & Fitness Day. Organized as a public, private good health partnership by the Mature Market Resource Center, Senior Health & Fitness Day will offer fitness activities for older adults at more than 1,000 different locations including hospitals, park and recreation departments, senior centers, health clubs, retirement communities, area agencies on aging, houses of worship, health departments and other community locations. AoA will participate this year regionally at various locations and nationally. The event is always held the last Wednesday in May as part of Older Americans Month Activities. The names of participating organizations will be mentioned at an HHS event being held in Washington, DC on May 26 in celebration of Health and Fitness Day. Interested organizations must register to host a National Senior Health & Fitness Day event. Go to the Senior Day Web site: [www.fitnessday.com](http://www.fitnessday.com).

### **A Profile of Older Americans: 2003**

The 2003 edition of A Profile of Older Americans is now available on the AoA web site. This web based publication includes statistics on older Americans in key subject areas such as population (including the latest population estimates and future growth projections), income and poverty, marital status, living arrangements, health, and much more. It includes both narrative and statistical charts. The many findings include:

- The older population (65+) numbered 35.6 million (12.3 percent of the population) in 2002, an increase of 3.3 million or 10.2% since 1992.
- Persons reaching age 65 have an average life expectancy of an additional 18.1 years (19.4 years for females and 16.4 years for males).
- Older women outnumber older men at 20.8 million older women to 14.8 million older men.

For more information go to:

<http://www.aoa.gov/prof/Statistics/profile/2003/profiles2003.asp>.

### **Policy and Program Updates**

#### **Food Stamp Participation Grant Opportunities**

The U.S. Department of Agriculture's Food and Nutrition Service has announced two FY 2004 grant pools to improve participation in the Food Stamp Program. They include \$5 million total for Food Stamp Participation Grants and \$1 million total for Food Stamp Program Outreach Grants. The Participation Grant competition is designed to support projects that develop and implement simple food stamp application and eligibility determination systems or measures to improve access to food stamp benefits by eligible applicants. Completed applications are due by 5:00 pm May 7, 2004.

The \$1 million Outreach Grant competition will provide up to \$125,000 for projects that study the effectiveness of strategies to inform and educate eligible low-income people not currently participating in the program about its nutrition benefits, eligibility rules, and how to apply so they can make an informed decision whether to

participate in the program. Completed applications are due by 5:00 pm May 14, 2004. For Participation Grants information visit:

[http://www.fns.usda.gov/fsp/government/2004\\_grants/default.htm](http://www.fns.usda.gov/fsp/government/2004_grants/default.htm).

For Outreach Grants information visit:

[http://www.fns.usda.gov/fsp/outreach/2004\\_grants/default.htm](http://www.fns.usda.gov/fsp/outreach/2004_grants/default.htm).

### **News From FDA: Ways to Combat Counterfeit Drugs**

On Feb. 18, 2004, FDA issued a final report that identifies ways to combat the growing public health problem of counterfeit prescription drugs in the United States. Counterfeit drugs are not only illegal but are also inherently unsafe. The report is the outcome of an initiative launched in July 2003, when a task force was formed to identify steps FDA, other government agencies and the private sector could take to minimize the risks to the public from counterfeit drugs. The task force consulted with security experts, federal and state law enforcement officials, technology developers, manufacturers, wholesalers, retailers, consumer groups, and the general public. The report describes specific steps that can be taken now and in the future to protect consumers from counterfeit drugs and to secure the U.S. drug distribution system. For more information go to:

<http://www.fda.gov/oc/initiatives/counterfeit/>.

Note: *News From FDA* will be a contributed article featured monthly in the AoA e-news.

### **HHS Announces New Measures to Reduce Hospital Medication Errors**

HHS Secretary Tommy G. Thompson announced on February 25 that the FDA is issuing a final rule requiring bar codes on the labels of thousands of human drugs and biological products. The measure will help protect patients from preventable medication errors and reduce the cost of health care and represents a major step forward in the department's efforts to harness information technology to promote higher quality care. For more information visit:

<http://www.hhs.gov/news/press/2004pres/20040225.html>.

### **Inappropriate Drug Use**

A study published on February 9 in the *Archives of Internal Medicine* examines prescribing inappropriate medication for older patients. Medications considered "inappropriate" were prescribed at approximately eight percent of outpatient visits by elderly patients. For more information go

to: [http://www.eurekalert.org/pub\\_releases/2004-02/jaaj-sei020504.php](http://www.eurekalert.org/pub_releases/2004-02/jaaj-sei020504.php).

### **Search for America's Oldest Worker**

Experience Works, the country's largest provider of mature-worker training and employment, has launched its annual search for "America's Oldest Worker." The honoree of the 2004 title will be announced during Experience Works Prime Time Awards week in Washington, DC, October 5 - 9, 2004. America's Oldest Worker, is part of Experience Works' national effort to raise awareness about the contributions made by older individuals and to break down barriers associated with the hiring of older workers. To be considered as America's Oldest Worker, applicants must work a

minimum of 20 hours a week in paid employment. Applicants or the person nominating them must complete an application and submit it prior to the deadline of April 30th. Workers may enter themselves or be nominated by an employer, family, or friends. To receive a nomination form by mail, send a post card or note to Prime Time Awards, Experience Works, 2200 Clarendon Blvd. Suite 1000, Arlington, VA 22201, or call toll free, 1-866-397-9757. To access a nomination form or for more Information visit: <http://www.experienceworks.org/primetime/nomination.html>.

### **National Women's Health Week**

Many organizations throughout the nation will celebrate the fifth annual National Women's Health Week during May 9-15, 2004. The signature event of the week, National Women's Check-Up Day, will be held on May 10. Led by the DHHS Office of Women's Health, this celebration complements and supports local, state, and national efforts to help all women take advantage of important preventive healthcare services. It also furthers the president's long-range initiative to expand healthcare services for people without health insurance through promoting the use of local health centers. For more information, visit: <http://www.4woman.gov/whw/2004/>.

### **New AHA Guidelines for Preventing Heart Disease in Women**

On February 4, The American Heart Association announced new guidelines for preventing heart disease and stroke in women based on a woman's individual cardiovascular health. The guidelines are published in *Circulation: Journal of the American Heart Association*. According to the new recommendations, the aggressiveness of treatment should be linked to whether a woman has low, intermediate or high risk of having a heart attack in the next 10 years. Lifestyle interventions such as smoking cessation, regular physical activity, heart-healthy diet and weight maintenance were given a strong priority for all women, not only because of their potential to reduce existing cardiovascular disease, but also because heart-healthy lifestyles may prevent major risk factors from developing. For more information visit <http://www.americanheart.org/presenter.jhtml?identifier=3018804>.

### **DHHS to Celebrate "Family Road Safety" on World Health Day**

On April 7 DHHS will celebrate World Health Day with the theme, "Family Road Safety." This year's theme includes a focus on pedestrian safety, occupant protection, impaired driving, and helmet use. DHHS is planning a number of domestic and international activities for World Health Day, and is encouraging local communities also to get involved. World Health Day marks the establishment of the World Health Organization, and is held every April 7<sup>th</sup>. A new theme is selected each year to highlight public health issues of worldwide concern. The Center for Disease Control and Prevention's Injury Center's World Health Day 2004 Web site includes materials that comprise the Information Kit, *Family Road Safety: Protect the Ones You Love*. For information about the CDC materials go to [www.cdc.gov/ncipc/whd2004](http://www.cdc.gov/ncipc/whd2004). Additional For information about the event and how local communities can participate visit: <http://www.who.int/world-health-day/2004/en/>

### **Of Interest**

## **Institute of Medicine Releases Water and Electrolyte DRI Report**

The Institute of Medicine's Food and Nutrition Board recently released the Dietary Reference Intakes Report on fluid and electrolytes. This report provides the scientific evidence related appropriate consumption of sodium, potassium, chloride, water, and sulfate. Close attention in the report is given to the relationship of these nutrients and high blood pressure and other diseases as well as the amount of fluid necessary to maintain hydration. For more information go to:

<http://www4.nationalacademies.org/news.nsf/isbn/0309091691?OpenDocument>.

## **FDA Publishes Trans Fat Food Labeling Information**

FDA has recently published trans fat food labeling information for consumers by launching a web site for consumers on trans fat labeling. The site provides information on the final FDA trans fat labeling rule and addresses a number of related topics and questions. For more information visit:

<http://www.cfsan.fda.gov/~dms/transfat.html>.

## **Special Program at ASA/NCOA Joint Conference on Diversity and Dementia**

On April 17, the American Society on Aging and the National Council on the Aging will host a Special Program at its joint conference entitled, "Diversity and Dementia: What Do We Know? " This program will explore how differences can connect people and bring them closer together, rather than create gaps or divide them. For more information about the Special Program go to

<http://www.agingconference.org/jc04/getsp.cfm?spid=7688&confid=5687>.

## **April Hospice Foundation Teleconference on Alzheimer's Disease**

On April 28, Hospice Foundation of America will broadcast its eleventh annual National Bereavement Teleconference, "Living With Grief: Alzheimer's Disease." To locate a teleconference site in your area:

<http://www.hospicefoundation.org/teleconference/site.htm>.

To register your organization as a downlink site for the conference:

<https://www.hospicefoundation.org/teleconference/registration.htm>.

## **GrandDriver Rolls into a Town Near You**

Fresh off the heels of a successful pilot campaign in the D.C. Metro area, GrandDriver will be available in late March through the state motor vehicle agencies in all states nationwide. GrandDriver is an integrated public and community relations campaign designed to educate people about how the accompaniments of aging can impact one's driving skills. GrandDriver encourages drivers to make wise choices as they grow older and begin planning for their driving future. Building on the success of the D.C. pilot, GrandDriver seeks to continue its relationship with the U.S. Administration on Aging by reaching out and partnering with the state units on aging--a critical component to the program's effectiveness. For more information on implementing GrandDriver in your state, contact your state motor vehicle agency's public information officer or contact AAMVA's Jason King at 703.908.8287 or [jking@aamva.org](mailto:jking@aamva.org). To learn more about the GrandDriver Program, go to [www.granddriver.info](http://www.granddriver.info)

## **2004 Directory of Accessible Building Products Released At International Builders' Show**

The National Center for Seniors' Housing Research released the fourteenth edition of the Directory of Accessible Building Products at the International Builders' Show in Las Vegas to assist the home building industry in meeting the housing needs of older adults. Featuring over 250 product photos and illustrations, the Directory provides the industry with a one-stop resource for addressing enhanced accessibility in residences. The Directory contains useful information about specific products, with a focus on kitchens and bathrooms including appliances, fixtures, windows, and doors. It also contains information on climate control products, ramps, stair lifts, and elevators. This year, a new section of the Directory focuses on easy care products for exterior use. To order a copy of the Directory of Accessible Building Products call 800-638-8556 or visit <http://www.nahbrc.org/>. Printed copies of the Directory are free of charge, except for shipping fees.

**For the full issue of the March AoA e-news visit: (insert url here).**

#### **Disclaimer from the U.S. Administration on Aging**

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#### **AoA e-news information**

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[http://www.aoa.gov/press/enewsletter/archive/enewsletter\\_archive.asp](http://www.aoa.gov/press/enewsletter/archive/enewsletter_archive.asp)

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#### **About AoA**

AoA works with a nationwide network of organizations and service providers to make support services and resources available to older persons and their caregivers. For more information about AoA, please contact us by mail at U.S. Department of Health and Human Services, Administration on Aging, Washington, DC 20201; by phone at (202) 619-0724; by e-mail at [aoainfo@aoa.gov](mailto:aoainfo@aoa.gov); or visit us on the Web at [www.aoa.gov](http://www.aoa.gov).

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