



August 2011 E-zine

CMS Division Adopts ADA's Therapeutic Diet Recommendations

The Center for Medicare & Medicaid Services recently released revisions that adopt ADA's recommended definitions and interpretations related to therapeutic diets, mechanically altered diets and nutritional supplements to its Resident Assessment Instrument Minimum Data Set (MDS) 3.0, which affect quality of care to residents in long-term care and is directly tied to reimbursement of services provided.

[Review the definition](#)

NIH Effort Seeks to Identify Measures of Nutritional Status

The National Institutes of Health has undertaken a new program to discover, develop and distribute measures of nutritional status. The Biomarkers of Nutrition for Development (BOND) Program brings together experts in the field of nutrition to provide advice to researchers, clinicians, program — and policymakers, on the role of food and nutrition in health promotion and disease prevention. The BOND program seeks to identify nutritional biomarkers — substances that indicate how much of a nutrient a person has eaten and how the body is using that nutrient.



[View the press release from NIH](#)



F as in Fat: How Obesity Threatens America's Future 2011

Adult obesity rates increased in 16 states in the past year and did not decline in any state, according to *F as in Fat: How Obesity Threatens America's Future 2011*, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). Twelve states now have obesity rates above 30 percent. Four years ago, only one state was above 30 percent. The obesity epidemic continues to be most dramatic in the South, which includes nine of the 10 states with the highest adult obesity rates.

[Review the report and listen to the audio conference](#)



Renal Diets With Flavor from Today's Dietitian

The Food Network's Aaron McCargo, Jr spices up meals for patients with serious kidney problems. Several conditions can cause the loss of kidney function. The most common is type 2 diabetes, but cardiovascular disease can also be a cause. Sometimes old age is the culprit. Other times, genetic factors, such as polycystic kidney disease, are to blame. Whatever the underlying reason may be, once kidney function deteriorates to the point where the kidneys can no longer remove enough toxins from a person's blood to keep him or her healthy—a condition known as end-stage renal disease (ESRD)—the person must start dialysis...

[View the article and recipes](#)

MDS 3.0 Training Materials Update

Appendix A and Section M have been updated: Pressure ulcer "worsening" is defined as a pressure ulcer that has progressed to a deeper level of tissue damage and is therefore staged at a higher number using a numerical scale of 1-4 (using the staging assessment determinations assigned to each stage; starting at the stage 1, and increasing in severity to stage 4) on an assessment as compared to the previous assessment. For the purposes of identifying the absence of a pressure ulcer, zero pressure ulcers is used when there is no skin breakdown or evidence of damage.



[From Skilled Nursing Facilities/Long-Term Care Open Door Forum](#)

New CMS Videos Available for Download on YouTube

Interdisciplinary Team Video: Addresses some of the common questions about the MDS 3.0 including interviews, particularly the Mood PHQ-9 interview, the importance of the interdisciplinary team and the resident-centered focus of the MDS 3.0; and Facility Leadership Video: Addresses some of the topics that facility management should consider when operationalizing the MDS 3.0 in their facilities.

[From Skilled Nursing Facilities/Long-Term Care Open Door Forum](#)

NCAL National Assisted Living Week September 11-17

Planning for National Assisted Living Week? This year's theme is "Forever Proud". Download the NCAL Planning Guide and Product Catalog for activity ideas, media kit information, and products to enhance your celebration. Have a wonderful event!



[Download the guide](#)

And while you're on the NCAL site, check out the Faces of Assisted Living! (I like "A walk on the beach"! What's your favorite?)

[View the photo album](#)