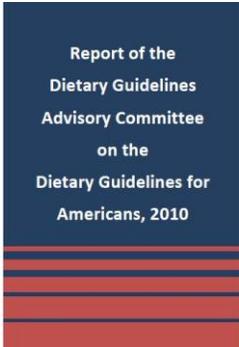




July 2010 Newsletter



New USDA Nutrition Guidelines

The latest set of national dietary guidelines acknowledges that many Americans are unhealthy and emphasizes efforts to battle the obesity epidemic. In addition to lower sodium and saturated and trans fat goals, the recommendations from the U.S. Department of Agriculture and the Department of Health and Human Services also call for policymakers and the food industry to become engaged in the fight.

[Story from ABC News](#)

[Access the Report of the 2010 Dietary Guidelines Advisory Committee](#)

Adult Starvation and Disease-Related Malnutrition

“The Committee proposes the following nomenclature for nutrition diagnosis in adults in the clinical practice setting. ‘Starvation-related malnutrition’, when there is chronic starvation without inflammation, ‘chronic disease-related malnutrition’, when inflammation is chronic and of mild to moderate degree, and ‘acute disease or injury-related malnutrition’, when inflammation is acute and of severe degree.”

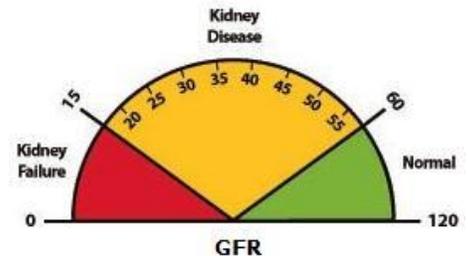
[From the Journal of Parenteral and Enteral Nutrition & SAGE Journals Online](#)

Expert Tools & Resources for Health Professionals

Tools and resources to help coordinate care and improve patient outcomes. From the National Kidney Disease Education Program.

[Access tool here](#)

[Click here for additional tools and information](#)



Sodium Intake Among Adults

Excessive dietary sodium consumption increases blood pressure, which increases the risk for stroke, coronary heart disease, heart failure, and renal disease. Based on predictive modeling of the health benefits of reduced salt intake on blood pressure, a population-wide reduction in sodium of 1,200 mg/day would reduce the annual number of new cases of coronary heart disease by 60,000---120,000 cases and stroke by 32,000---66,000 cases.

[Read the full report from CDC](#)

“Jan’s Story” of Losing a Love to Alzheimer’s

Host Scott Simon speaks with the CBS News correspondent, who tells the story of his wife's struggle with early-onset Alzheimer's in his new book, *Jan's Story*.

[View article and podcast from NPR](#)

Researchers Identify 10 Risk Factors for Stroke

Study shows high blood pressure and smoking are among the risk factors for stroke. Ten simple and modifiable risk factors for stroke...comprise 90% of a person's risk...The findings from the INTERSTROKE study are published in *The Lancet*. High blood pressure was the leading risk factor for all types of stroke.

[From Web MD Health News](#)



This Month's Top News Stories – July 2010

No Place Like Home: New R.I. Program Provides an Alternative to Placing Elderly in Nursing Homes

Francisco Rezendes spends a lot of time caring for his 86-year-old in-laws...Many relatives of frail elderly people do such work, day in and day out. But one aspect of the caregiver story is different for Rezendes, who is 62: he gets paid for his efforts through a government program.

[Read this story from Rhode Island News](#)



Culture Change Goes Mainstream

Bill Thomas, MD, would like to clear up a misconception about his position on nursing facilities: He doesn't want to eradicate them; he wants to eliminate the traditional, institutional model of care that was adopted by nursing facilities nearly 50 years ago. "I want to abolish the practice of institutionalizing frail, older people," he says. "The old model of the nursing homes needs to go away and be replaced with new models."

[View article](#)

[Additional articles #1 on culture change](#)

[Additional articles #2 on culture change](#)

In the Hospital? Lucky You!

Scheduled mealtimes and limited food choices are a part of the past at Legacy Emanuel Medical Center and The Children's Hospital at Legacy Emanuel. Patients now receive meals "on demand" from a new room service program that operates out of the recently expanded 18,000-square-foot kitchen on the hospital campus.

[From OregonLive.com](#)

Can You Be Fat And Fit? More Health Experts Say Yes

Health experts now think it's altogether possible to be overweight — but still fit. They say measuring only an individual's BMI, which is a measurement of body fat based on height and weight, can be misleading. Muscle weighs more than fat, for one thing. Extremely muscular individuals could actually have BMIs that classify them as overweight or even obese. Increasingly, health experts say a better measure of overall health includes not only BMI but a test of "fitness," too.

[Read the story or listen to the podcast from NPR News](#)

A Decade Of Alzheimer's Devastating Impact

In 1999, Tom DeBaggio was diagnosed with early onset Alzheimer's disease. He was 57. Soon after the diagnosis, he began talking with NPR about his illness. He wanted to document his decline, to break through what he called the "shame and silence" of Alzheimer's.

[Read/listen to the story & read an excerpt from "When It Get's Dark" and "Losing My Mind"](#)

