

NJD-HCF Commuiqué

Volume 12 Number 3

www.njnuttionexpert.com

December



Chairman's Corner By Elsie Nucum-Allen, MS RD

Aloha!! I have just returned from the 2006 ADA FNCE in Hawaii. Although I have been attending the ADA conference for the past 17 consecutive years, this year was exceptionally special as I was representing the NJD-HCF as your Chairman. Josie Velez, our Chairman-Elect will be sharing with you her experience and will provide you some information on some of the sessions she attended.

On October 16, the CD-HCF sponsored a seminar on "Update-Geriatric Care Issues." Suzanne C. Cryst, RD LD, presented the first topic on "Update! Winning the F314 Battle". She reviewed regulations, guidelines and evidenced based research. She defined aspects of quality of care and nutrition that are vital for success and identified strategies to win the F-314 battle. JoJo Dantone-De Barbieris, MS, LDN, RD, CDE, present Chairman of the CD-HCF and a diabetic, presented an update on "Diabetes Medications – Make Every Stab Count." I am proud to inform our NJD-HCF members that our Spring Seminar on "Update: Clinical Management of Diabetes" is as informative as what JoJo presented in Hawaii. The last topic, "Update! Surveys – Is Your Facility in the Know? – LTC Regulatory Survey Updates." The speaker reviewed the latest regulatory and legal requirements for LTC nutrition, integrated recent updates in State and Federal regulations into practices and presented quality initiatives in LTC.

Being in Hawaii, I wanted to learn about the Hawaiian culture. I attended the most interesting seminar on "Building Healthy Lifestyles through Hawaiian Foods, Culture, and Wisdom." The speakers, Claire K. Hughes, Dr. PH, RD and Sharon K. Odom, MPH, RD both Native Hawaiians, described the Traditional Native Hawaiian Diet (THD), its foods, culture and wisdom including information related to the establishment of native agriculture in Hawaii, the cultural belief system related to traditional foods and the traditional methods and practices related to fishing and farming of traditional foods. It made me aware that food is considered "sacred" in Hawaii. They also described community-based education programs based on Native Hawaiian traditional technique of farming, fishing, and food preparation. Dr. Hughes presented the history of the THD and its application over the past 15 years as a culturally relevant methodology to address overweight and obesity among Native Hawaiians.

I also attended a seminar on "The Traditional Hawaiian Diet: Paradise with Foods, Herbals and Supplements." The speaker provided the dietetic practitioners with evidenced-based responses for clients on three popular herbal and supplements used in Hawaii; "Noml," "Kava," and "Ginger." Summaries and reviews of literatures on the medicinal use of these supplements were presented.

I took the opportunity to attend two cooking demonstrations on "Healthy Diets" utilizing the products of Hawaii as ingredients. The sessions were interesting as well as entertaining.

It was a pleasure to see and meet some of the NJD-HCF attendees. It gave us an opportunity to meet socially and shared our wonderful experiences.

Our September 28 meeting on sanitation and CMS update was well attended. We were booked to the maximum capacity. I apologize to some late registrants who were denied due to lack of space.

Our winter meeting is scheduled for January 23, 2007. Anticipated topic will be on Cancer and Immunity. Please save the date.

On behalf of the NJD-HCF Executive Board, we wish you all a Happy Holiday.

Abstracts from the ADA Food and Nutrition Conference and Expo

Hawaii September 16 – 19, 2006

Submitted by: Josefina G. Velez, M.S., R.D., DHCFA

Nutrition and other Lifestyle Factors for Healthy Aging

Bradley J. Wilcox, M.D., M.Sc

The Islands of Okinawa, a lush archipelago southwest of the main island of Japan, are home to the largest and healthiest population of centenarians on earth. They suffer significantly fewer heart attacks and fewer incidences of breast cancer and prostate cancer and have lower rates of diabetes and less than half of ovarian and colon cancer than we do. Their secret? . . . according to Lia Huber author of "Nutrition Secrets of the Planet's Oldest People" is a nutrient dense diet and stress proof lifestyle. Dr. Wilcox explains that "Americans look for convenience in the foods they eat, while Okinawans look for meaning."

Scientifically, aging is a process that appears to be under no central control where a "healthy and fit" organism becomes a less healthy, less fit organism. Aging is NOT a disease. Aging results in decreased resistance to physiologic stressors; reduced functional ability on multiple levels; increased susceptibility to disease and disability.

There are philosophical views of aging:

- The Extreme Pessimist – Inevitable Aging – who believe that we can do little to postpone the negative effects of aging.
- The Extreme Optimist – Anti-Aging – who believe that we can eliminate aging through specific treatments or interventions.
- The Realist – Healthy Aging – who believe we can delay or eliminate much of the disease and disability associated with aging through lifestyle choices.

Certain populations appear less disabled at older ages in Okinawa whose disability-adjusted life expectancy is 76 years while the U.S. is 70. There are two studies: Okinawa Centenarian Study (1976-present) and Hawaii Lifespan Study (1965 – present) showed that Life Expectancy in Okinawa is 81.2 years and in the USA is 76.8 years. In Okinawa, per 100,000 people, 18 die of CHD, 97 of cancer, and 35 of stroke, 335 of all causes while in the USA, 100 die of CHD, 132 die of cancer and 28 die of stroke and 520 of all causes. These studies also showed the delay of morbidity in Okinawan Centenarians; a high percentage of Centenarians function independently throughout their nineties and their low calorie intake turns on genes that leads to slower aging. Siblings of centenarians live longer which may be attributed to the genetic influence on lifespan. The centenarians showed no severe impairment of hearing and vision and very little incidence of cancer. Their diet consists of bitter melon, tofu, Nigona greens, Mojuku seaweed, fish, miso, beans, sprouts, vegetables, fruits and sweet potatoes.

Their Daily Dietary Intake (24 hour recall) – Nutritional Predictors of Healthy Aging – consists of:

High Vegetable Protein (>22.4g)	High Folic Acid (.205 ug)
High Carbohydrate (>270.6)	High Calcium (> 501 mg)
High Fiber (> 7.6 g)	High Vitamin C (>88.3 mg)
High Vitamin B6 (>1.48 mg)	High Potassium (>2484 mg)
High Magnesium (> 255 mg)	

Behavioral and Psychosocial Traits for Survival:

- Daily Exercise
- Married Status
- Social Support

HEALTHY AGING which may be defined as – engagement with life, avoiding disease, maintaining high cognitive and physical function – is ACHIEVABLE as proven by the centenarians in Okinawa.

Clarifications to RAI Users Manual

Dear Members:

Some clarifications, which are outlined in the RAI Users Manual: Sent to me by Joanne Maxwell, MA, RD.

Section K: Tube Feeding are not under Mechanically Altered Diet. If a special tube feeding formula is ordered to treat a condition, then it is also coded under Therapeutic Diet.

Sylvia Lacsina, RD, a NJD-HCF member sent me an email stating that she believes Medicare has a list of formulas and conditions specific to this code. We will try to get a copy and hopefully be able to give it to the members attending the January 23, 2007 meeting.

I hope this answers most of the questions you had at our September 28, 2006 meeting.

Elsie Nucum-Allen, MD, RD
Chairman

MARK YOUR CALENDAR!

MAY 4, 2007
NJDA ANNUAL MEETING

CRYSTAL PLAZA
LIVINGSTON, NJ

**Deadline for the March Newsletter will be
February 20, 2007**

**Please send all articles or announcements
to: Natalie Zetter, R.D.
181 Fern Road
East Brunswick, NJ 08816**

**Or email to: NataliePZ@aol.com
Phone: 732-257-0285
Fax: 908-687-4736**

NJDA UPDATE

Submitted by: Julieta Songco, MS, Ed, R.D.
Liaison Committee Chairman

The NJDA Board met on Saturday, November 18, 2006 in Trenton. The meeting was focused on the licensure bill. Pat Mattingly, the NJDA President will speak with Rob, our lobbyist from the Princeton Public Group to go ahead with the drafted nutritionist/dietitian bill under the current political environment in Trenton. But clarifying what board will we be under. At present, we do not have a bill number.

We are still taking information, cases, etc., about the cost savings you provide with your clients because of your nutritional intervention.

The board has listened to a 5-a-day presentation.

Another area discussed was the NJDA leadership. We know that we are all under time constraints. But NJDA is seeking enthusiastic, visionary and dedicated professionals to serve in the following positions: President-Elect, Secretary, Region Delegate, Co-Chairs and Nominating Committee members.

Please send your reply to juliet-songco@hotmail.com or call evenings between 9:30 – 10:30 pm.

Our association depends on our spirit to volunteer.

Thank you to all our members and readers.

Happy Holidays!!!
Juliet A. Songco



NEW JERSEY DIETITIANS IN HEALTH CARE FACILITIES

PRESENTS OUR

WINTER SEMINAR

***"THE CANCER BATTLE PLAN,
NUTRITION AND IMMUNITY***

This one day program is designed to provide an understanding of the different approaches in the prevention and treatment of cancer. You will find that cancer need not be a dread disease or death sentence, but another illness that can, and will be defeated.

This program will be beneficial to Medical Doctors, Nurses, Dietitians, Food Service Managers, Diet Technicians, and Dietary Staff.

**JANUARY 23, 2007
PRINCETON, NJ**