

Aging Matters

REGION I

Northwestern Area Agency on Aging

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USDA and HHS Announce New Step Toward Added Transparency in Development of 2020-2025 Dietary Guidelines

WASHINGTON, Feb. 26, 2018 – The U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) today announced a new step in the Dietary Guidelines for Americans (DGA) development process.

For the first time, the departments will seek public comments on the proposed priority topics and supporting scientific questions that will guide the development of the upcoming 2020-2025 edition of the DGA. The public may submit comments through the Federal Register; the comment period will be open from Feb. 28, 2018 to March 30, 2018. The topics, supporting scientific questions, and link to submit public comments will be available at DietaryGuidelines.gov.

The Dietary Guidelines for Americans serves as the cornerstone of federal nutrition programs and policies. This new public comment stage at the beginning of the DGA development process helps maintain the integrity of the process and ensure transparency in communicating the topics that meet the priorities of federal nutrition programs. This new approach allows for

more public participation over this multi-year development process. It also improves customer service by being more responsive to stakeholder recommendations and feedback.

“The American taxpayer is an essential customer – indeed, a shareholder,” said Brandon Lipps, Acting Deputy Under Secretary for the Food, Nutrition, and Consumer Services at USDA, the administrative lead for the 2020-2025 DGA. “We’re proud to be taking this important step forward towards greater transparency, and ensuring that the American public’s voice is heard throughout this process.”

USDA and HHS are proposing a life stage approach for this edition of the DGA, focusing on priority scientific questions from birth through older adulthood. The 2014 Farm Bill mandated that, starting with the 2020-2025 edition, the DGA provides guidance for women who are pregnant, as well as infants and toddlers from birth to 24 months. In addition to a focus on life stages, the topics and supporting questions for public comment reflect a continued focus on patterns of what we eat and drink as a whole, on average and over time, not on individual foods or food groups.

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Michele Pultz, Editor

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New Issue Briefing Available on The Opioid Public Health Emergency and Older Adults



Administration for Community Living

ACL has authored a new issue briefing entitled “The Opioid Public Health Emergency

and Older Adults.” Opioid misuse and addiction have become a large, nation-wide issue. Opioid use disorder can affect people of all ages; racial, ethnic, sexual and gender minorities; income classes; and geographic areas. Older adults are among the groups affected by this problem because they often use prescription opioids to cope with painful chronic conditions, such as arthritis, or procedures, such as surgery.

As a result of chronic pain, older adults may use prescription opioids for a long time, which presents a risk for developing an opioid use disorder. In addition, as people age, medications affect them more strongly and are slower to leave their systems so the side effects of opioids can be severe.

Among the risks that older adults who use opioids face are death, hospitalization, and use of emergency depart-

ments. The National Aging Network has opportunities to educate older adults about opioids and connect them with helpful resources when they seek to reduce or eliminate use of the medications and obtain treatment if they have developed an opioid use disorder. Education resources are available from the Centers for Disease Control and Prevention (CDC) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

Among the treatment resources are federal programs, like Medicare, which covers various treatments for substance use disorders. Medicaid treatment coverage is available too, with the extent of it varying by state and jurisdiction. Veterans may also have access to treatments for the disorders and to non-opioid treatments for pain through the Veterans Health Administration.

Many states have taken action to address the opioid public health crisis, often with grants from the CDC and SAMHSA, and in partnership with the Aging Network. As of 2015, 13 states had educational programs targeted to older adults. To read the issue briefing, go to <https://www.acl.gov/aging-and-disability-in-america/issue-briefings>



advocacy | action | answers on aging

n4a Launches New Resource Center Focused on Promoting Social Engagement

n4a is pleased to announce the launch of engAGED – The National Resource Center for Engaging Older Adults. The resource center, funded by the U.S. Administration for Community Living, will collect and disseminate information about innovative engagement practices, resources, and tools that the Aging Network can use in their communities. n4a’s partners in this effort are Generations United, the National Center for Creative Aging (NCCA), Older Adults Technology Services (OATS), and the National Resource Center for OSHER Lifelong Learning Institutes.

“A growing body of research suggests that when older adults remain active their quality of life, including health outcomes, improves. Many of n4a’s members see this every day in their work and recognize the benefits for older adults who stay engaged in their community,” said Sandy Markwood, n4a CEO. “We are thrilled to be working closely with our organizational partners to ensure that the Aging Network has the most up-to-date tools and strategies for engaging older adults in a variety of ways.”

With input from the Aging Network, N4a and its partners will also develop a national strategy for raising the awareness of and increasing access to innovative engagement approaches and programming that can be

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2018 West Virginia Governance & Leadership Forum

*Two Great Topics!
One Great Conference!*



2018 Governance & Leadership FORUM

STONEWALL RESORT & CONFERENCE CENTER

FRIDAY & SATURDAY

APRIL 27 & 28

For more information please visit
wvgovernanceforum.org or call 304-397-4071



Engage at every Age

#OAM18



Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical well-being, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age?



For more information please visit www.oam.acl.gov

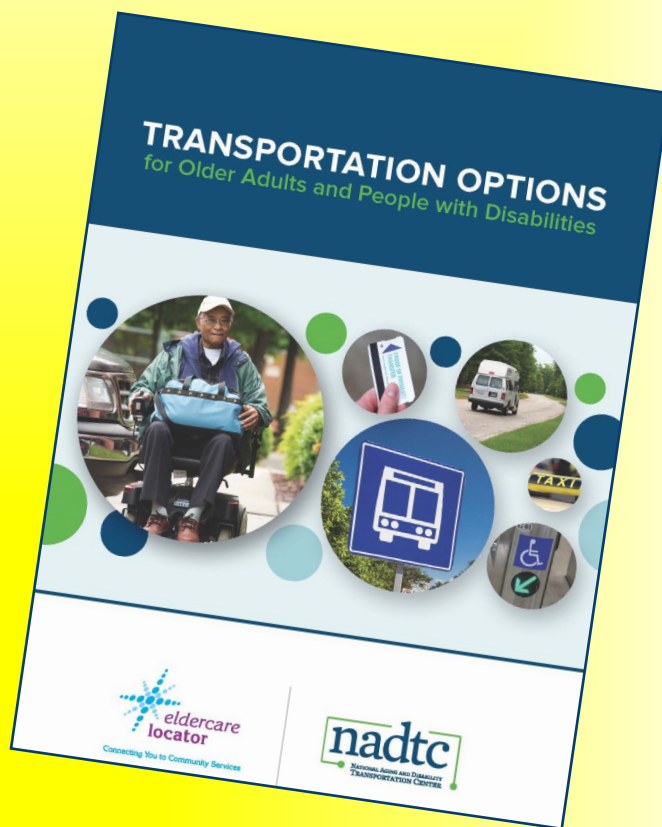
TRANSPORTATION OPTIONS

For Older Adults and People with Disabilities

Older adults and their caregivers alike often struggle to meet their transportation needs, whether it is because local transportation services are not accessible or affordable or are not available at all. Even where transportation options exist, it can be difficult for older adults to find reliable information and help to choose the best transportation options.

The National Aging and Disability Transportation Center (NADTC), a partnership of n4a and Easterseals supported with funding from the Federal Transit Administration, has as its mission to increase transportation access for older adults and people with disabilities in communities nationwide. NADTC provides technical assistance and information & referral; gathers and shares best practices; provides training and outreach; and administers community grants.

As the volume and complexity of aging transportation issues increase, **n4a and NADTC are excited to share two new transportation related resources** for aging professionals to use with consumers, caregivers, providers and other stakeholders:



Dementia, Caregiving and Transportation offers a wealth of information for caregivers of people with dementia, as well as transportation providers and drivers. The brochure includes instructions on putting together a travel kit and pull-out destination cards ready for personal use.

Transportation Options for Older Adults and People with Disabilities, a joint publication released with NADTC and the Eldercare Locator, which updates a previous publication on Mobility Options, highlights community transportation services and key issues consumers should consider in planning for their individual transportation needs. We hope you find these new resources useful. Please visit www.nadtc.org to download and print additional copies of both brochures.

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“We know that good nutrition together with physical activity can help decrease Americans’ risk of developing serious health conditions across the life span,” said Don Wright, MD, MPH, Deputy Assistant Secretary for Health at HHS. “The Dietary Guidelines for Americans help support healthy choices at home, school, work, and in the community. That’s why we are encouraging the public and stakeholders in nutrition to submit comments up front to help inform the next edition of the guidelines.”



The 2020-2025 DGA topics which USDA and HHS propose are based on four criteria:

- **Relevance** – the topic is within the scope of the DGA and its focus on food-based recommendations, not clinical guidelines for medical treatment;
- **Importance** – the topic has new, relevant data and represents an area of substantial public health concern, uncertainty, and/or knowledge gap;
- **Potential federal impact** – there is a probability that guidance on the topic would inform federal food and nutrition policies and programs; and

Avoiding duplication – the topic is not currently addressed through existing evidence-based federal guidance (other than the Dietary Guidelines).

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adapted and replicated locally. The recently launched engAGED web page already includes resources from all of the partners, including information about the arts, intergenerational activities, lifelong learning, staying connected through technology, and volunteerism. In addition, you will find a link on the web page to a [webinar](#) recording that introduced the resource center and the work of all the partners.

The resource center is building a database of innovative engagement program examples and resources. To be included, please email your examples or resources to Karen Homer (khomer@n4a.org). The resource center will also send out periodic updates about resources, events, and research. Please contact Karen to join the list and stay engaged with engAGED!

USDA and HHS will consider all public comments submitted in finalizing the list of topics and supporting questions to be examined in the development of the 2020-2025 DGA.

After finalizing the topics and supporting questions, USDA and HHS will post a public call for the Dietary Guidelines Advisory Committee nominations. The areas of expertise needed will be based on the final topics and supporting scientific questions, resulting in a coordinated and efficient scientific review.

For information and links, go to DietaryGuidelines.gov.

The *Dietary Guidelines for Americans* (DGA) serves as the cornerstone of federal nutrition programs and policies, providing food-based recommendations to help prevent diet-related chronic diseases and promote overall health. According to the National Nutrition Monitoring and Related Research Act of 1990, the DGA is mandated to reflect the preponderance of scientific evidence, and is published jointly by USDA and HHS every five years.

NEXT AVENUE ~ Care for Older Adults in Rural Settings

Over the next six months, a Next Avenue special report will highlight the disparities in health care available to older adults in rural communities compared to their urban counterparts. The report will feature stories on innovative solutions to health challenges, including using telemedicine to reach specialists, creating new transit programs that can support people with disabilities, and utilizing statewide prescription drug monitoring systems to address the opioid epidemic. www.nextavenue.org



Healthy Aging Summit

July 16-17, 2018 • Washington, DC

Register for This Summer's Healthy Aging Summit!

Registration is open for the 2018 Healthy Aging Summit, which will take place on July 16 and 17 in Washington, DC. You'll get the latest insight on preventing disease and maximizing health in older Americans. Now is the time to look at key factors that contribute to healthy aging and empower the next generation of older adults. Register today at www.eventscribe.com/2018/ACPM-HAC/. Register before by June 5 to save up to \$200 with the early bird rate!

The Summit will be co-hosted by the [Office of Disease Prevention and Health Promotion \(ODPHP\)](#), the [Office on Women's Health \(OWH\)](#), and the [American College of Preventive Medicine \(ACPM\)](#).

BELOMAR REGIONAL COUNCIL

105 Bridge Street Plaza

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June 6-8 at the Charleston Marriott ~ Charleston, SC

**Online
Registration
Now Open!**



You're invited to join us June 6-8, 2018 at this one-of-a-kind educational event sponsored by the National Association of Nutrition and Aging Services Programs (NANASP) and the National Council on Aging (NCOA) National Institute of Senior Centers (NISC). Plan now to join us for Building Momentum: The Future of Aging Well as we share nutrition, senior center and aging services expertise, research, and promising practices from providers all over the country!

Registration Fees: \$349 for NANASP & NCOA's NISC Members / \$445 for Non-Members

Full Registration fees include conference materials; admission to all education sessions; Opening Reception; and breakfast, lunch, and coffee breaks on Thursday and Friday. One-day registration rates are also available. Separate registration and fee are required to attend Pre-Conference Events, Senior Center Site Tour, and Leo Laks Reception.

Register today at www.nanasp.org

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