

# Healthy LIVING while aging!



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## Supporting Well-Being through Aging Services in Nevada

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I have an aspirational goal when developing and delivering aging services to support quality of life and well-being. I believe Nevada's older adults will live well, despite physical and cognitive changes, when they receive appropriate support that matches their needs, maximizes their abilities, and preserves their self-sufficiency.

I am aware of the high rate of chronic conditions such as heart disease, diabetes, high blood pressure and dementia. According to the National Council on Aging (2021), 80% of adults ages 65 and older are living with at least one chronic condition, while 68% are living with two or more. As a result, while making the most of public health strategies to reduce this occurrence, older adults also need access to services that improve the impact of these conditions on well-being. In short, we must commit not only to the goal of prevention but also to supporting people to live well, even as they live with chronic conditions.

The Sanford Center for Aging at the University of Nevada, Reno School of Medicine is a statewide community aging services center offering resources to enable people to live well, no matter their level of physical and cognitive function. We support well-being. As described by Eden Alternative International, well-being goes beyond the impact of chronic disease and shapes the human experience: identity, growth, autonomy, security, connectedness, meaning and joy. When these areas are well supported, the limits created by chronic illness can be less burdensome.

The Sanford Center for Aging offers many resources, receiving support from grants and generous donations, including from the Nevada Aging and Disabilities Services Division, the Nevada Division of Public and Behavioral Health, AmeriCorps Seniors, the Regional Transportation Commission, the Osher Foundation, the Community Foundation of Northern Nevada and many other supporters.

The programs and services we offer include:

- **Community Services**, including our transportation program, companionship program (Senior Outreach Services) and volunteer/civic engagement opportunities through the Retired and Senior Volunteer Program in the northern part of the state
- **Geriatric Assessment Services** providing health screenings and social behavior assessments in northern Nevada and medication therapy management statewide
- **Health and Wellness Programs**, including the *Diabetes Self-Management Program*, *Diabetes Prevention Program*, *Powerful Tools for Caregivers*, *Healthy Heart Ambassador Program* and fall prevention programs such as *Healthy Steps for Older Adults*, *Stepping On*, and *Fit and Strong!*
- The **Osher Lifelong Learning Institute (OLLI)** offers adult education and social engagement opportunities in the Reno/Sparks area
- **Professional Education and Workforce Development** through the Nevada Geriatric Education Center and the Gerontology Academic Program statewide
- **Program Evaluation Services** to document and demonstrate the impact of our programs and provide our partner agencies with needed evaluation support statewide.

Please visit [extension.unr.edu/Healthy-Aging](https://extension.unr.edu/Healthy-Aging) to enjoy our accessible online newsletter and discover additional Healthy Aging education and resources. Or, email [HealthyAging@unr.edu](mailto:HealthyAging@unr.edu).

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.



The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the **Nutrition Facts label** and you can find it on packaged foods and beverages. Read this page to learn how to use the Nutrition Facts label.

### Fun Food Facts About Nutrition Labels

The Nutrition Facts label on packaged foods and beverages is your daily tool for making informed food choices. Explore it today and discover the wealth of information it contains!

#### Saturated Fats

It is common for one package of food to contain more than one serving. If you eat two servings of a food or beverage, you get double the calories and nutrients listed on the label. Eating three servings means three times the calories, nutrients, and so on!

How many grams of saturated fat would you eat if you ate the entire can of tuna?

1. 3.0 g of saturated fats
2. 1.0 g of saturated fats
3. 1.5 g of saturated fats

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
3 servings per container		<b>Total Fat</b> 4g	<b>5%</b>	<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Serving size</b> <b>3 oz drained (85g)</b>		Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories per serving</b> <b>100</b>		Trans Fat 0g		Total Sugars 0g	
		<b>Cholesterol</b> 35mg	<b>12%</b>	Includes 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 270mg	<b>12%</b>	<b>Protein</b> 17g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.5mg 2% • Potassium 80mg 2%					

#### Which of these breakfast foods has the most dietary fiber?

1. Frosted Wheat Cereal
2. Plain Bagel

#### Dietary Fiber

As a general guide, 5% Daily Value (%DV) or less of dietary fiber per serving is considered low and 20% DV or more of dietary fiber per serving is considered high. Dietary fiber is a nutrient that needs to be consumed more. Diets higher in dietary fiber can increase the frequency of bowel movements and can reduce the risk of developing cardiovascular disease.

#### Nutrition Facts Label

What's in it for you?

Answers:  
1.5 g of saturated fats  
Frosted Wheat Cereal

Frosted Wheat Cereal

Nutrition Facts	
8 servings per container	
<b>Serving size 25 pieces (60g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 22g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 18mg	100%
Potassium 440mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Plain Bagel

Nutrition Facts	
6 servings per container	
<b>Serving size 1 bagel (95g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.