

Facilitator's Guide



FRESH
CONVERSATIONS



September 2019

How Much is Too Much?

Background for Facilitators

Facilitators are not expected to print or distribute background information to participants unless recommended by their program coordinator.

Alcohol and Binge Drinking

[CDC Fact Sheet on Alcohol](#)

[CDC Fact Sheet on Binge Drinking](#)

[County Health Rankings Data: Iowa Excessive Drinking](#)

[Binge Drinking Among Older Adults Video: CBS Medical News Report](#)

[Help for Today, Hope for Tomorrow - Your Life Iowa](#)

Dietary Guidelines for Americans and Alcohol

[CDC Fact Sheet on Moderate Drinking](#)

[DGA: Key Elements for Healthy Eating Patterns \(including alcohol\)](#)

Core Strength

[Core Exercises for Seniors](#)

Falls Prevention

[National Council on Aging Falls Prevention](#)

[Falls Prevention for Iowa](#)

[Jeopardy Game for Falls Prevention](#)

Behavior Goals

Participants will:

1. Consider their usual alcohol intake and compare to recommendations for low-risk drinking.
2. Identify one potential fall risk they want to address in the next month.
3. Practice one exercise that contributes to core strength.

Meeting Preparation

1. Review newsletter content. Send questions or concerns to your coordinator
2. Select a tasting from the list of options in this guide and make it at least once before the meeting.
3. Find examples of containers that hold one serving of alcohol (mug, wine glass, etc.).
4. Explore local resources for falls prevention (handouts, classes, speakers, screenings, etc.)

! The suggested wording for the presentation is in regular font and the *facilitator directions are in bold, dark red italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

Props

- **Optional:** Q and A index cards from Falls Prevention Jeopardy Game
- **Optional:** Local resources on falls prevention

Conversation

Follow up to last month's meeting (August 2019)

Ask if members of your group were more diligent about handwashing. Can they share an example?

OR

If someone shared information about food resources (211, Lifelong Links, Food Assistance Hotline) with a neighbor, friend or family member, can they describe their feelings about the experience? Emphasize the importance of confidentiality; do not share details that identify a specific person.

Introduction

Are you surprised we're talking about alcohol today? Maybe you find it surprising that alcohol is included in the Dietary Guidelines for Americans. If you think about it, it makes sense. Alcohol is made from food sources, provides calories and is often served with food.

But it can be a sensitive topic. So let's agree to be especially respectful and sensitive to each other, today.

Excessive drinking is serious health issue in Iowa and across the country—and binge drinking seems to be on the rise. You may have heard that a recent study found that binge drinking among older people is on the rise. Many of the morning news shows covered it. Anyone catch it? ***Allow time for responses.***

And in Iowa, the number of alcohol-related deaths among older adults from has doubled in the past 10 years! Yes, you heard correctly. So, let's start with the basics. How much is too much alcohol? ***See Data on Alcohol for more information.***

Nutrition Discussion

Demonstrate samples of one serving of alcohol or one "drink." Mix drops of food coloring with water if you want to imitate the colors in beer or wine. You can make it into a game by asking teams to pick the correct portion from a variety of sizes/portions.

This is the low-risk drinking guideline from the Dietary Guidelines for Americans: If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are other guidelines, as well. You can find them and other interesting facts about alcohol in the first page.

Reference beverages that are considered one alcoholic drink-equivalent:

- 12 fluid ounces of regular beer (5% alcohol),
- 5 fluid ounces of wine (12% alcohol), or
- 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol).

What's the proof number mean on a bottle of liquor? The proof number on the label is double the percentage of alcohol contained in the liquid. So, an 80 proof bottle of gin would be 40 percent alcohol.

Ask for reactions. Do the recommended portions reflect what they are served or see served at restaurants or social events?

The reporters who talked about the study highlighted that fact that we (older adults) don't tolerate alcohol as well as we did when we were younger. In fact, this statement from the report really shocked me. Let's see what you think about it. ***Read the following statement and discuss.***

"The study noted that for the metabolism of a person who is 65 years or older, drinking two or three beers at that age has the same effect as seven or eight beers on someone at age 20."

In a few minutes, we'll talk about falls prevention. Given that alcohol can have a greater impact as we age, would you agree that it's important to pay close attention to alcohol intake?

Tasting Activity

The apple harvest is here! There also may be leftover zucchini from backyard gardens. Consider using herbs you talked about in August.

Option 1: Hurry Up Baked Apples from the newsletter. If possible, use apples from a local farmer and share information about the farm. To reduce sugar in the recipe, swap Greek or plain yogurt for vanilla yogurt.

Option 2: Zucchini ribbons. With a vegetable peeler, cut zucchini into long, thin ribbons. Sauté with a little oil and diced garlic. Add small amounts of your favorite fresh herbs. Use them up before it gets cold outside! Note: you can warm zucchini ribbons in microwave but don't overcook! They warm up quickly.

Option 3: Zucchini boats. Cut zucchini in half (lengthwise) and place on baking pan skin-side down. Top each half with a mixture of parmesan cheese (about 1 tablespoon) and a pinch or two of dried herbs. Thyme, oregano and basil go well together. Drizzle a small amount of oil over zucchini. Bake at 400 degrees until cheese is lightly browned and zucchini is soft. Time needed depends on the size of zucchini.

Physical Activity

Review the core strength article on page 4 of the newsletter. Demonstrate and practice seated knee lifts.

Seated Knee Lifts

You will need a sturdy chair, like a kitchen table chair.

1. Start by sitting up in the chair toward the end of the seat.
2. Sit up tall. Imagine lengthening from the crown of the head down through your hips.
3. With control, engage your lower abdominals and lift one knee up 3 to 4 inches. Hold this position for 5 seconds.
4. Lower the leg. Repeat with the other leg.
5. Start with 6 to 8 on each leg. Work up to 10 to 12 reps.

No matter your level of fitness, knee lifts can help you build up inner core strength. As you gain strength, try it in a standing position for a challenge.

Knee lifts can be done anywhere but be sure to check with your doctor before starting a new exercise program.

Take Action

In Iowa, groups will be observing Falls Prevention Awareness Day on September 23, the first day of fall. Across the country, health professionals focus on preventing falls in September. So, *Fresh Conversations* is joining in! The September newsletter has important information about preventing falls (highlight one or two items from the newsletter or mention a local resource).

Option 1: Share one thing you have already done to prevent yourself from falling. We want to learn from each other and celebrate your small steps to success! ***While people share, pass a flashlight to remind folks to make sure their stairs and hallways are well-lit.***

Option 2: Select your favorite questions and answers from the Falls Prevention Jeopardy Game. Each person reads one question and the group guesses the answer. You will need to write the questions on index cards. Here is the link to the game. [Jeopardy Game for Falls Prevention](#)

Spread the good news! If you know someone who is almost eligible for Medicare, make sure they know they're entitled to a "Welcome to Medicare Preventive Visit." It includes a screening for fall risk and home safety.

Data on Alcohol Use

Deaths reported for Iowa include alcohol poisoning and other alcohol-induced causes. Increases have occurred across all age groups. Rate refers to deaths per 100,000.

Source: CDC

Resource: <https://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/older-adults>

Age Group	2008-2012		2013-2017	
	Deaths	Rate	Deaths	Rate
55-64	407	21.8	630	30.6
65-74	159	14.0	275	20.3
75-84	75	9.7	95	12.4
85+	15	--	31	7.9

Year ↓	→ Deaths ↑↓	↕ Population ↑↓	↕ Crude Rate Per 100,000 ↑↓
2008	110	794,894	13.8
2009	133	811,548	16.4
2010	136	825,638	16.5
2011	128	846,787	15.1
2012	149	863,937	17.2
2013	168	882,424	19.0
2014	217	898,490	24.2
2015	197	916,194	21.5
2016	211	930,213	22.7
2017	238	943,616	25.2
Total	1,687	8,713,741	19.4





FRESH

CONVERSATIONS



Contact:

Name: _____

Phone: _____

Iowa Nutrition Network
Iowa Department of Public Health
(515) 281-6047

What is the conversation about?

September Conversations

- Let's talk about alcohol
- Watch your step! Prevent falls
- Sample a baked apple recipe

When?

Where?

Living Your Dreams • Be Active, Be Strong

**JOIN US FOR
FUN, FELLOWSHIP & FOOD**

Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804