Veterans Are In Good Hands When It Comes to Nutrition Programs at VA

March is the Academy of Nutrition and Dietetics National Nutrition Month® 2017 and the Aleda E. Lutz VA Medical Center, along with nine Community Based Outpatient Clinics (CBOCs), are geared up to provide Veterans and their families ways to put their “Best Fork Forward” with the tools and education they need to succeed at weight loss, improved health, and fitness.

National Nutrition Month® is a designated time for VA Registered Dietitian Nutritionists to reach out and let their service shine. It’s a time where we not only highlight some of the great things we are doing for our Veterans, but also a time where we offer some great learning opportunities for VA staff as well.

Here are a few things we’ve offered in honor of National Nutrition Month®:

- We are holding weekly lunch and learn sessions for staff and Veterans.
- We are sharing information in our weekly newsletters to staff.
- We are sharing information on electronic bulletin boards throughout our VA.
- There is a special Nutrition Display near our main lobby.
- VA Staff are demonstrating healthy cooking techniques through Healthy Teaching Kitchens.
- Our employee computer screens have a special Nutrition Month screensaver.
- We are sharing nutrition month information on our Facebook page.
- Veterans enrolled in MOVE! rural health programs, and also past participants of MOVE Intensive Outpatient Program, were sent a special secure message regarding National Nutrition Month to help boost their efforts.
- And much more…

Nutrition and Environmental Services at Aleda E. Lutz works beyond the month of March to provide a positive impact on lifestyle choices for our Veterans and employees. Here are a few things you may catch us doing throughout the rest of the year:

- We conduct special Diabetes Classes.
• We provide information and care through home telehealth (virtual/video) appointments.
• Information is shared through monthly national nutrition Blog posts.
• We assist Veterans by coordinating care for bariatric surgery candidates.
• We have one of the few facilities that operate a 12-day outpatient lodger program entitled MOVE Intensive Outpatient Program, and receive referrals from other VA Medical Centers.
• We operate a Greenhouse on our Saginaw campus which produces healthy fresh food items we are able to incorporate into patient meals.
• The department caters events within the main facility and CBOCs.
• We provide residents an American Heart Association approved “Heart Healthy Diet” and encourage residents to make healthy meal choices and provide a restaurant experience within the Community Living Center.
• We provide Nutrition seminars to the Reserves and National Guard in Bay City, Saginaw, Midland, Lapeer, and Alma, Michigan.
• Our staff help homeless Veterans through the Homeless Veterans Program so they can make healthier choices with limited resources.
• We engage with Veterans at the local YMCA by presenting information on healthy living topics.
• Our Registered Dietitian Nutritionists are often called upon to present at colleges and universities, as well as other community agencies to share nutrition information and best practices.

As you can see, we have a very robust program. We would like to thank our VA nutrition staff who work very hard to make a difference in the lives of the Veterans we are so privileged to serve each and every day.

Veterans enrolled in VA health care are encouraged to talk with a VA Registered Dietitian Nutritionist regarding any nutrition topic. They are always eager to share their knowledge about nutrition to help Veterans achieve optimal health outcomes.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 35,400 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found here.

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