



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE
FEBRUARY 12, 2024 | 2:00 P.M.

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation
Call in: (669) 900-9128
Meeting ID: 824 8650 7295
Passcode: 162815
[Join Zoom Meeting](#)

AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable. (Possible Action)**
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of January 8, 2024 Meeting Minutes (Action)*
4. **Presentation:** Robert Ramirez, Health Promotion Manager, Aging & Independence Services
5. **Next Meeting:** March 11, 2024
6. **Adjournment**

This meeting is public, and the location is ADA accessible. If you are planning to attend and need special accommodations, please call (858) 495-5885 at least three days in advance of the meeting.

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee
 January 8, 2024 | 2:00 P.M.
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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Susan Mallett, Secretary Silvia Martinez Bradlyn Mulvey Jaqueline Simon	Pualani Vasquez	Wendy Jimenez, RD,CDCES, Sharp Grossmont Hospital
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, (2:12 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): four in attendance		
2. Statement (just cause) and/or Consideration of a Request to participate Remotely (emergency circumstances) by a Council Member, if applicable.	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: None. b. Approval of December 11, 2023, Meeting Minutes (Healthy Aging/Nutrition Joint Meeting) (Action) M/S – Jacqueline Simon/Bradlyn Mulvey – four approved, one abstained.		
4. Guest Speaker: Wendy Jimenez, RDN, CDCES-Diabetes Educator, Sharp Grossmont Hospital	Wendy Jimenez is a Registered Dietitian Nutritionist with the Sharp Grossmont Hospital’s Diabetes Outpatient Clinic. She provided a slide presentation entitled How Diabetes Affects Healthy Aging. Diabetes is a chronic medical condition where one’s blood sugar levels are consistently high. A healthy blood sugar range is less than 100 (fasting) and less than 140 (non-fasting) Pre-diabetes ranges are 100-125 (fasting) and 140-199 (non-fasting). A third of adults fall into the pre-diabetes category. Consistent higher levels result in Type 2 Diabetes, 95% of those diagnosed have Type 2. 26% of adults aged 65 and older have Type 2 diabetes and 20% of new cases are diagnosed between the ages of 65-79 have the highest of complications, such as amputations, heart attacks, visual impairments, and kidney disease. Type 1, insulin dependent, represents only 5-10% of cases that are typically diagnosed in puberty. There is also gestational diabetes during pregnancy		

	<p>that ends after a baby is born, however both mother and child may be more likely to develop diabetes later.</p> <p>Wendy pointed out that low blood sugar is more dangerous than high blood sugar and is more prevalent in older adults. Often, they live alone, forget to eat and neglect taking medications and may not be testing their blood sugar levels regularly due to the cost of testing equipment. She said the cost of testing supplies varies and only the cost of insulin has been capped by Medicare. She added that Walmart is a good source of affordable testing supplies.</p> <p>Some known risk factors for diabetes are age and gender, (higher for females), family history of diabetes, race/ethnicity (higher for African American and Native Americans) and history of diabetes during pregnancy. The good news is several risk factors can be changed such as weight, exercise, sleep, stress, high blood pressure and cholesterol, and smoking/vaping. Wendy noted that as far as weight, a reduction of 5-7% helps rather than concentrating on a specific BMI, body mass index number.</p> <p>She shared a slide of the Plate Method for a healthy diet that divides the portions into 50% non-starchy vegetables, 25% lean protein and 25% carbohydrates.</p> <p>Lifestyle choices for diet should be on nutrition dense foods, fewer calories and more calcium and vitamin D. Avoid drastic weight loss, have protein with every meal and snack which is linked to bone health. Instead of meat a good source of protein are eggs, nuts and seeds, and cheese. Avoid high sugar flavored yogurts and choose natural Greek yogurt to add fresh fruit as you like. It's important to read labels for sugar content as so many processed foods and cereals including oatmeal contain sugar.</p> <p>Physical activity and exercise are important in preventing and controlling diabetes. It's recommended to get 150 minutes of exercise a week, 30 minutes a day with two days' rest typically. Regular periods of standing and walking throughout the day are important, that's why smart watches remind us to stand periodically. Exercise helps relieve stress as well and can provide better mental clarity.</p> <p>In conclusion, Wendy said we are never too old to enjoy the benefits of improved nutrition and fitness. As we age, our food and activity choices become even more important to our health. At the Diabetes Outpatient Clinic at Sharp Grossmont, nutrition education and help with medication and testing supplies is available.</p>
5. Next Meeting	February 12, 2024, 2:00 P.M.
6. Adjournment	Meeting adjourned 3:10 P.M.

Respectfully submitted by Susan Mallett.