

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

April 5, 2022 | 1:00 PM

Virtual Meeting

Call in (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

MINUTES

		Members	Absent Members	Guests
Attendance:		Susan Mallett, Chair Shirley King, Recording Secretary Jackie Simon	LaRue Fields	Bradlyn Mulvey Ethel Larkins Shirin Hooshmand, PhD, San Diego State University, School of Exercise and Nutritional Sciences
		Staff		
		Charlie Brand, AIS Public Health Nutrition Manager		
Item	Outcome			
1. Call to Order	Susan Mallett, Chair, Called to order at 1:00 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (2): (three present)			
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action):[M/S - Mallett/King] Unanimous vote			
3. Standard Business	a. Public Comments/Announcements: Members or non-members - none b. Approval of March 1, 2022 Minutes: (Action) [M/S - King/Mallett; Simon abstains because of absence].			

<p>4. Guest Speaker: Shirin Hooshmand, PhD San Diego State University School of Exercise and Nutritional Sciences</p>	<p>Charli Brand introduced Dr. Hooshmand who is a lecturer and researcher specializing in bone health and teaches Master's level classes in geriatrics and aging. Dr. Hooshmand described the disease osteoporosis, which is the microstructural changes in the bone occurring eventually in the aging population with the frequent onset for women with low estrogen levels. 20% of Caucasian women over age 50 years have osteoporosis. Risk factors include early menopause, small body structure, low calcium levels, smoking, and excessive alcohol use. Peak bone mass is reached between ages 45 and 55 for women and later in men. Osteoporosis leads to fractures from falls. One in two women will have a fracture after age 65; one in four men will have a fracture. Fractures become a health care burden with 43% of fractures resulting in hospitalizations. 25% die one year after a fracture. Fall prevention and exercise are the most important strategies to avoid the morbidity associated with osteoporosis. Diets with the sufficient amounts of calcium and Vitamin D and their sufficient absorption are necessary to maintain bone health. The daily requirement of calcium is 1,000 to 1,200 mgs. Dairy products, salmon, sardines, fortified cereal, and fortified soy milk and rice milk offer the highest amount of calcium to reach the needed daily amount. 800 IU's of Vitamin D are also critical and cannot be fully satisfied through sun exposure. Foods such as fatty fish and dairy products are good sources. Research has shown that the higher consumption of fruits and vegetables is associated to higher bone density. 66% of bone health is attributable to genes. There are some plant sources that contain oxalates that do not allow proper absorption of calcium such as almonds, spinach, soy, potatoes, beets, navy beans, raspberries and dates. Those foods should not be consumed at the same time with high calcium sources. Charli Brand reinforced that it is best to follow the 'Dietary Guidelines for Americans', which provide the most tested and reliable evidence for all people.</p>
<p>5. General Discussion</p>	<p>Charli Brand announced that the state has reissued the Senior Farmers Markets voucher booklets at a higher amount - 4 at \$10 each. It is not certain that the same volume will be fulfilled. Eligibility is based on self-attestation for those age 60 and over and 185% of the Federal Poverty Level.</p> <p>Susan Mallett described her virtual meeting with the San Diego Hunger Coalition, Amanda Schultz Brochu. The development of the hunger-free community dashboard initially started for District 2 has been slowed due to a staffing shortage but will have a new staff person in May. Susan was told about the California Food is Medicine Coalition of which Mama's Kitchen is a local partner. Charli who is an advisory board member will seek a speaker for this subcommittee. Susan also raised that the Hunger Coalition has noted that In-Home Supportive Services clients have a low enrollment in the CalFresh benefits. Charli agreed to find out how these clients are advised about the benefits.</p>
<p>7. Next Meeting</p>	<p>May 3, 2022 1:00 PM</p>
<p>6. Adjournment</p>	<p>Meeting adjourned 2:08 PM</p>

Respectfully submitted by Shirley King