

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

November 30, 2021 | 1:00 pm

Call in: 1 (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

MINUTES

| Members | | Absent Members | Guests |
|---|---|------------------------------------|---------------|
| Attendance: | Susan Mallett Jackie Simon LaRue Fields Shirley King John Osborne | Paul Monarrez Rosemarie Bahmani | |
| Staff | | | |
| | | | |
| Item | Outcome | | |
| 1. Call to Order | Susan Mallett, Chair, (1:03 pm) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (5 present) | | |
| 2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953 (e) | a. Approval of teleconference meeting (Action): (M/S Mallett/Fields) 5 ayes | | |
| 3. Standard Business | a. Public Comments/Announcements: Members or non-members: none b. Approval of November 2 Meeting Minutes* (Action) [M/S-Fields/Simon] 4 ayes, 1 abstain *With the addition of: Medicare does cover a visit to a nutritionist for those with diabetes, kidney disease or a kidney transplant. | | |
| 4. General Discussion State of Hunger event Hunger Free Communities Dashboard: District 2 | a. Discussed the Hunger Coalition’s State of Hunger virtual event attended by Shirley and Susan. Presentation suggested we change the narrative on hunger from food insecurity to economic disparities that leads to less purchasing power for nutritional food that leads to nutritional insecurity. Shirley remarked that the measure used in San Diego is the USDA “moderate cost” of \$3.25 per nutritious meal per person. Susan added there is lower unemployment rates for the lowest wage earners and 25% of these workers experience nutrition insecurity. Shirley said surveys of seniors typically ask only about having enough to eat, not whether the person can get nutritional food. All agreed this would be a good topic to discuss with our Nutritionist. During the State of Hunger panel presentation, Brent Wakefield of Meals on Wheels said they had a shortage of volunteers to deliver meals and have difficulty serving the rural area, mentioning the “hidden hungry” in such areas where they now have a wait list possibly only serving 2-3% of the need. Shirley mentioned the Hunger Coalition’s navigator training to utilize their website’s online tool to locate food assistance resources. She will be taking the training in December and will report back to the committee. b. Susan shared the slides provided for the District 2 nutrition insecurity dashboard, which was created by the Hunger Free San Diego Advisory Board that began in August 2021. District 2 was selected first as it contains a large geographic area with many isolated rural communities. The first five screens contain several statistics related to nutrition insecurity in District 2, the amount of food assistance used, and the meal gap for the area i.e., after buying food, receiving food assistance and the remaining need at the end of the month. This was a significant number of meals. For seniors in District 2, 24% reported nutrition insecurity- a percentage of those participating in nutrition programs. Question for Nutritionist would be how to better measure that statistic for all seniors in our County. | | |

| | |
|-----------------|--|
| | <p>The committee provided some feedback on the dashboard and Shirley agreed to share that with the Hunger Coalition per their request of event participants. Committee also interested to see the data for other County districts as the project continues and agreed this will be a good resource as we consider a topic for a position paper in 2022.</p> <p>In January, Charli Brand, AIS Nutritionist will answer questions about the Farmers Market voucher program raised at previous meeting. And she has been encouraged to attend committee meetings on an ongoing basis.</p> |
| 5. Next Meeting | January 4, 2022, 1:00 pm |
| 6. Adjournment | Meeting adjourned 2:00 pm |

Respectfully submitted by Susan Mallett