



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

January 3, 2024 | 1:00 PM

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:** Susan Mallett, 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 Dec. 11, 2023 Meeting Minutes (Action)*
4. **Discussion:** Topics for future meetings to include Senior Nutrition Program visits
5. **Next Meeting: February 7, 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

Nutrition and Healthy Aging - Joint Meeting

December 11, 2023 | 2:00 P.M.

Call in: (699) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair, Nutrition Wanda Smith, Chair, Healthy Aging Shirley King, Secretary Ethel Larkins Bradlyn Mulvey Jaqueline Simon Kristine Stensberg	Silvia Martinez Pualani Vasquez	Dr. Faydra Whyte
Staff			
Item	Outcome		
1. Call to Order	(Susan Mallett and Wanda Smith), Chair, (2:06 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (Healthy Aging): Quorum four, four in attendance; (Nutrition): Quorum four, six 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 November 13, 2023 Meeting Minutes (Healthy Aging) M/S – Jaqueline Simon/Bradlyn Mulvey - four approved; passed unanimously; October 4, 2023 (Nutrition) M/S Shirley King/Ethel Larkins - six approved; passed unanimously.		
4. Guest Speaker	Dr. Faydra Whyte, DMD, MPH, Chief Dental Officer, Medical Care Services, County of San Diego Health and Human Services Agency was invited by Susan Mallett to discuss her new role and the status of dental health in the California senior population. She has been in her position for six months and the prior ten years were spent at San Ysidro Health Center. Dr. Whyte’s clinical specialty is Pediatric Dentistry, and she continues to see patients at the San Ysidro Health Center. She had started her position by asking the questions ‘where and what are the problems through the lifespan with oral health care delivery in San Diego County’. She found that answers to those questions are hampered by the lack of data about oral health mostly due to the practice and use of procedural codes rather than diagnostic codes		

	<p>for dental treatment. Also, California has not surveyed older adults for their oral health since 2017.</p> <p>For seniors, in particular, poor oral health impacts social interactions, communication, nutrition, self-esteem and overall systemic health. Patients without teeth suffer socially but may be able to eat with less pain. However, those with some teeth can have difficulty speaking, gum pain and a more limited diet. A U. of Penn study showed that significant health care dollars are saved, and hospital admissions are reduced when patients with Type 2 Diabetes, cerebral vascular disease, cardiovascular disease and rheumatoid arthritis have dental coverage and have reduced gum disease. Dr, Whyte presented data that showed half of older adults living in nursing homes are living with untreated tooth decay. There is a relationship between one or more active dental caries and stroke. Older individuals with dementia may need special hospital care for their dental disease, but there are no dedicated hospital services in San Diego. These patients would have to travel to Los Angeles. Thirty-four percent (34%) of seniors over age 65 living in California Nursing homes have no teeth and 35.9% pf patients have no dentures. Sixty-five per cent (65%) of older adults residing in community -dwelling facilities need treatment for tooth decay and/or periodontal (gum) disease. Dr. Whyte reported that the Board of Supervisors added to their 2024 Legislative Program the Dental Procedure Billing Code. This proposes the creation of an additional billing code for Medi-Cal reimbursement for dental procedures in order to increase more equitable access to needed care and to address oral health disparities. Less than 20% of those ages 65 and older receive regular dental care. One startling fact Dr. Whyte reported is the rise of oral cancer in young woman related to the incidence of the human papillomavirus (HPV). The prevention of HPV is vaccination during adolescence.</p> <p>Regarding the issue of medical insurance, Dr. Whyte presented County of San Diego data showing that about 70,000 in 2021 are enrolled in Medi-Cal, which entitles the recipient to dental benefits. The shortcoming for delivery of this insured dental care is the shortage of dentists accepting Medi-Cal Dental (Denti-Cal), and that few dentists are located in the more outlying areas beyond the coast. Medicare does not cover routine dental care, but only for conditions that are considered medically necessary. In 2024 this will be expanded for the elimination of oral infection in coincidence with treatment for head and neck cancer. To activate this coverage the patient must have the doctor and dentist in communication for the necessary documentation. Dr. Whyte pointed out that many seniors may opt for Medicare Advantage, which has a dental coverage with an average benefit of \$1,300, but the better choice for qualifying seniors would be to select Medicare MediCal-Dental with more comprehensive coverage.</p> <p>Care Coordination services are available through the Telephone Service Center (800) 322-6384, which gives Medi-Cal members the opportunity to call and gain access to dental services with locating a General Dentist, a Specialist, or a Clinic, accessing appointment, language assistance and transportation assistance. Information can be accessed through Smile California. Dr. Whyte stated that this support is not widely marketed or known. Dr. Whyte is chairing the San Diego County Oral Health Coalition (quarterly meetings) with Mary Beth Moran and is recruiting workgroup members. They are focused on service to adults with special needs.</p>
5. Next Meeting	Nutrition: January 3, 2024, at 1:00 P.M. Healthy Aging: January 8, 2024, 2:00 P.M.
6. Adjournment	Meeting adjourned 3:26 P.M.

Respectfully submitted by Shirley King.