



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*  
**HEALTHY AGING SUBCOMMITTEE**

January 7, 2021 | 10:00 AM

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

[Click to join meeting](#)

*Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting and provide the last four digits of their phone number and the agenda item they wish to speak to.*

**AGENDA**

\*Attachment

1. **Call to Order:** Wanda Smith, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum
2. **Standard Business:**
  - a. Public Comment/Announcements: Members or non-members
  - b. Approval of August 31, 2020 Meeting Minutes\* (Action)
3. **Position Paper: Power of Walking\***
4. **Next Meeting:** February 4, 2021
5. **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**

August 31, 2020 | 10:00 AM

Call in: 1-669-900-6833

Meeting ID: 923-4667-3868

Passcode: NA

Click to join meeting: <https://uhealth.zoom.us/j/ad5ogfgRnr>

**MINUTES**

Members		Absent Members	Guests
Attendance:	Wanda Smith Lorelei Taylor Rosemarie Bahmami	Susan Mallett Khalisa Bolling	Eugenia Welch
<b>Staff</b>			
Item	Outcome		
1. Call to Order	<b>Wanda Smith, Chair, 10:00</b> a. Welcome & Guest/Member Introductions: Guest: Eugenia Welch b. Confirmation of quorum: 3 required for quorum: quorum present		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) b. Announcement- Alzheimer's San Diego Virtual Walk by Eugenia Welch c. Approval of July Meeting Minutes (Action) <b>Lorelei Taylor made the motion / Rosemarie Bahmami seconding: Aye 3 Nay:0 Abstain:0</b>		
3.	a. Subcommittee goal discussion: Taylor gave goal overview of how to fashion a position paper. Welch suggested including dementia patient caregivers. Taylor suggested including changes during Covid 19. Bahmani mentioned Caregiver support groups across the county to be included		
4.	a. Chair suggested how and who should publicize the programs. Members discussion of improvements to 211 and call center by attendees.		
5.	a. Smith: Long term goal: a walking program should include dementia patents and people with disabilities.		
6.	a. Committee members will prepare bullet points for a position paper as stated above.		
7. Next Meeting	September 30, 2020, 10:00 AM Virtual		
6. Adjournment	Meeting adjourned 11:07		

Respectfully submitted by Rosemarie Bahmani

# Position Paper: Power of Walking

Older adults are the least active and most sedentary population group in the US. Yet, research has shown that an increase in physical activity (PA), even in the most frail, can have immediate and profound effects on cardiovascular health. National data show that less than 3% of older adults meet PA guidelines and population PA levels have remained low despite intervention efforts.

Walking is one of the easiest, accessible and effective forms of exercise for seniors. It is a great way to be active for all abilities. It helps meet the physical activity guidelines and contributes to overall quality of life. Mounting evidence suggests that walking may help to maintain physical and cognitive independence in old age by preventing a variety of health problems.

Researchers at the University of California San Diego tested a peer led multi-level walking intervention (Peer Empowerment Program 4 Physical Activity) in a randomized control trial, enrolling a total of 475 older adults (average age 72) attending 12 senior centers located across San Diego County. This program was able to achieve and sustain an increase in minutes of moderate to vigorous physical activity (MVPA) and quality of life in a diverse cohort of older adults across 2 years of follow up. The intervention group also increased perceived quality of life over the course of the intervention. These results are significant and support the importance of programs like these to help older adults meet the physical activity guidelines and gain meaningful health improvements.