



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

February 4, 2021 | 10:00 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of January 7, 2021 Meeting Minutes (Action)*
3. **Guest Speaker:** None
4. **Subcommittee White Paper- The Power of Walking Discussion** (Action)*
5. **Next Meeting:** March 4, 2021
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 7, 2021 | 10:00 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Rosemarie Bahmani Susan Mallett Lorelei Taylor Khalisa Bolling (community member) Eugenia Welch (community member)		
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:02 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (3 required for quorum): quorum present		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) Smith noted the Master Plan for Aging report was released and is available on the internet. b. Approval of August 31, 2020 Meeting Minutes (Action) waived as that meeting agenda was not publicly posted		
3. Position Paper: Power of Walking	a. Discussion of the draft document prepared by Khalisa Bolling. To enhance the introduction on the benefits of walking, Bolling suggested a reference to the 2016 Surgeon General report on Healthy Aging which was a national call for action. Others ask for references to the state's Master Plan for Aging recommendations as well as the County's Age Well initiative.		
	Mallett suggested more detail be provided about the UCSD walking intervention program and Bolling noted there are now program results that can be added. The group discussed adding references to other senior walking programs as well as the County's Feeling Fit Program.		
	Smith and Welch emphasized the importance of consideration for the disabled and people with dementia who can benefit from outdoor physical activity.		
	Group discussed recommendations, i.e. "what is our ask?", ideas ranged from publicizing and/or supplementing existing programs to requesting funds for a new program.		
	Bolling agreed to add the suggestions and provide an outline of key points for the next meeting on February 4 th .		
4. Next Meeting	February 4, 2021 10:00 AM Virtual		
6. Adjournment	Meeting adjourned 11:02 AM		

Respectfully submitted by Susan Mallett

Position Paper - Power of Walking

In San Diego County, seniors over the age of 65 will make up an estimated 21% of the population by 2030.¹ Identifying ways to help older adults maintain good health and quality of life is a critical step for our county. Older adults are the least active and most sedentary population group in the US. The physical activity guidelines for adults include 150 minutes of moderate to vigorous aerobic activity per week and muscle strengthening exercises two days a week² According to the Centers for Disease Control and Prevention (CDC), 16.3% of adults ages 65 to 75 and 9.9% of adults ages 75 and older met the Physical Activity Guidelines for Americans in 2018.³ Yet, research has shown that an increase in physical activity, even in the most frail, can have immediate and profound effects on cardiovascular health. Physical Activity has also been shown to improve mental health, emotional, psychological, social well-being and cognitive function.

Walking is one of the easiest, accessible and effective forms of physical activity for seniors. It is a great way to be active for all ages and 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. **Increasing walking and walkable communities is a health promoting strategy that has been highlighted at the County, State, and National Level.**

- The county's *Age Well plan* sets goals for walking as an alternative form of transportation. The plan also aims to improve social participation of older adults, through implementing and expanding recreational programming that is safe, dementia-friendly, and inclusive of diverse racial and ethnic groups.¹⁰
- The statewide *California Master Plan for Aging*, outlines Health and Wellbeing as one of its main goals. It envisions a future where, "Californians will live in communities with policies and programs that promote wellbeing throughout our lifespans".⁴
- Nationally, the Surgeon General *has a Call to Action to Promote Walking and Walkable Communities, Step It Up*, which recognizes the importance of physical activity for people of all ages and abilities. It calls on Americans to be more physically active through walking and calls on the nation to better support walking and walkability.
- The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent, prioritizing evidence based health promotion and disease prevention programs.⁵

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. The study enrolled a total of 476 older adults (average age 72) attending 12 senior/community centers located across San Diego County. Participants

in the intervention group, wore pedometers, set individual walking goals, received coaching from a peer health coach, attended group walks twice per week, participated in weekly group discussions and took part in a community project focused on advocating for more walkable communities.

This walking program was able to achieve and sustain a statistically significant increase in minutes of moderate to vigorous physical activity (MVPA) 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.⁶ In addition to the health benefits, nearly half of the participants did not previously participate in the senior center activities prior to the introduction of this program. These results support the importance of programs like these to help older adults meet the physical activity guidelines, gain meaningful health improvements and connect with other seniors and community resources. While the Peer Empowerment Program 4 Physical Activity illustrates the impact of an in-depth program that provides individual, social and environmental support for walking, there are also additional resources available to start basic walking programs like the National Institute of Aging's walking club older adult toolkit.⁷

Although group activities are currently not recommended during the COVID-19 virus outbreak, staying physically active is strongly recommended. Confinement and prolonged periods of inactivity carry various health risks and increase levels of stress, depression, and anxiety.⁸ Walking can be done in accordance with state and national guidelines, while maintaining distance from others. Elements of programs like Peer Empowerment 4 Physical Activity can be modified to be responsive to the current limitations due to COVID-19. Older adults can set individual walking goals and walk on their own or with members of their own household. Circulate SD, created a *Pedestrian Rules and Social Distancing Guide*, to provide information on how to safely walk while adhering to the guidelines.¹¹ Participants can receive the support of their peers and health coaches through phone or virtual platforms which are being utilized by many seniors during this time. For those that need technology support, there are volunteer organizations (examples.....) available in the community to help assist with issues that may arise.

Based on the points outlined in this paper, the Aging and Independence Services (AIS) Healthy Aging Committee would like to propose that resources be allocated to implement a county wide multi-level walking program, including the hiring of a dedicated staff to coordinate this effort. We believe it would be a great complement to the existing Feeling Fit and Chronic Disease Prevention programs currently being offered to help improve the health and wellbeing of older adults living in San Diego County since it provides seniors with evidence-based strategies to improve their health and well-being on their own or in groups. There are many partnerships already in place at centers across the county to offer the existing programs that we think could aid in the success of this new program. There are also community partnerships that we think could be leveraged to ensure the programs success, including: UCSD's Center for Community Health, the LiveWell Resident Leadership Academies to recruit peer leaders, and the many hospital and nursing associations that may be willing to help measure participant's health outcomes.

References:

- 1) <https://www.livewellsd.org/content/livewell/home/Topics/aging/age-well-san-diego/about-age-well.html>
- 2) https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- 3) America's Health Rankings analysis of CDC, Behavioral Risk Factor Surveillance System, United Health Foundation, AmericasHealthRankings.org, Accessed 2021
- 4) <https://chhs-data-prod.s3.us-west-2.amazonaws.com/uploads/2020/09/25150128/Goal-3-Full-Recommendations-accessible-1.pdf>
- 5) <https://www.ncoa.org/public-policy-action/older-americans-act/>
- 6) Placeholder for PEP4PA reference
- 7) <https://www.nia.nih.gov/health/starting-and-sustaining-walking-club-older-adults-toolkit>
- 8) <https://journals.sagepub.com/doi/abs/10.1177/0733464818760237>
- 9) *J Sport Health Sci.* 2020 Jul; 9(4): 325–327.
Published online 2020 May 16. doi: [10.1016/j.jshs.2020.05.003](https://doi.org/10.1016/j.jshs.2020.05.003)
- 10) https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/AgeWells_D_ActionPlan.pdf
- 11) <https://d3n8a8pro7vhmx.cloudfront.net/>