*Advisory Council for Aging & Independence Services*
**HEALTHY AGING SUBCOMMITTEE**
May 6, 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 April 1, 2021 Meeting Minutes (Action)*

3. **Guest Speakers**: Khalisa Bolling, Presentation of Power of Walking Position Paper*

4. **Special Guests:** Aging and Independence Services - Health and Community Engagement Team: Jennifer Sovay, Acting Deputy Director; Kristen Smith, Chief - Agency Operations; Roberto Ramirez, Health Promotion Manager

5. **Next Meeting**:  June 3, 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.

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**Advisory Council for Aging & Independence Services**
**HEALTHY AGING SUBCOMMITTEE**
April 1, 2021 | 10:00 AM

Call in: (669) 900-9128
Meeting ID: 941 8291 9528
Passcode: 196936

**MINUTES**

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| | **Members** | **Absent Members** | **Community Members/Guests** |
|---|---|---|---|
| Attendance: | Wanda Smith<br>Lorelei Taylor<br>LaRue Fields<br>Paul Ling | Eugenia Welch<br>Susan Mallett | Khalisa Bolling |
| | **Staff** | | |
| | | | |

| **Item** | **Outcome** |
|---|---|
| 1. Call to Order | **Wanda Smith, Chair, 10:00 AM**<br>a. Welcome & Guest/Member Introductions<br>b. Confirmation of quorum: (3 required for quorum): Quorum present |
| 2. Standard Business | a. Public Comments/Announcements: Members or non-members: (list announcements)<br>Smith announced Senior Rally Day<br>Fields asked County mental health services representative speak at a future meeting<br>b. Approval of March 4, 2021 Meeting Minutes (Action) **(M/S L. Fields/P. Ling) (passed 4 ayes)** |
| 3. Guest Speakers | a. None |
| 4. Subcommittee White Paper-Power of Walking | b. **Position Paper: Power of Walking** presentation by Khalisa Bolling.<br>Committee discussion on strengthening mental health (Bold) that focus in the white paper. Committee can emphasis mental health and Alzheimer's as future areas. Committee voted to adopt the White Paper Power of Walking and send it to the Full Advisory Council for a vote. (Action) (**M/S L. Fields/L. Taylor) L. Fields yes; L. Taylor yes; P. Ling abstain; W. Smith yes.** |
| | Discussion: Chair Review of Short term/Long Term Goals of the Committee to occur this summer and Chair read the Statement of Emphasis.  Paul posed issue of healthy aging and housing issues |
| 5. Next Meeting | May 6, 2021 10:00 AM Virtual |
| Adjournment | Meeting adjourned 10:46 AM |

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Respectfully submitted by Wanda Smith

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# 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 week[2] 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. Research has shown that walking may help prevent health problems which leads to greater physical and cognitive independence. **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.[4]

- 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".[5]

- 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.[6]

- The Older Americans Act (OAA) funds critical services that keep older adults healthy and independent, prioritizing evidence based health promotion and disease prevention programs.[7]

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.  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.[8] 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. [9]

Although group activities are currently not recommended during the COVID-19 virus outbreak, staying physically activity is strongly recommended. Confinement and prolonged periods of inactivity carry various health risks and increase levels of stress, depression, and anxiety.[10]  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 available in the community to help assist with issues that may arise.

Based on the points outlined in this paper, the Aging and Indepence Services (AIS) Healthy Aging Committee would like to propose that resources be allocated to implement a county wide multi-level walking program.  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. It could serve as a self-sustaining program that 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 AIS programs that we think could aid in the success of lauching this new walking program. There are also community partnerships that could be leverged to ensure the programs success, including: UCSD's Center for Community Health, the LiveWell Resident Leadership Academies to recruit peer leaders, and the many nursing associations that may be willing to measure participant's health outcomes.

References:

1) California Department of Finance. Demographic Research Unit. Report P-2B: Population Projections by Individual Year of Age, California Counties, 2010-2060 (Baseline 2019 Population Projections; Vintage 2019 Release). Sacramento: California. January 2020.


2) National Center for Chronic Disease Prevention and Health Promotion. *How much physical activity do older adults need?* Page last reviwed Feb. 11, 2021, 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 February 19, 2021.

4) County of San Diego. *Age Well San Diego Action Plan* May 2018. Accessed February 19, 2021, https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/AgeWellSD_ActionPlan.pdf


5) California Department of Aging. *California Master Plan for Aging: Goal 3- Health and Well Being.* Accessed February 19, 2021, https://chhs-data-prod.s3.us-west-2.amazonaws.com/uploads/2020/09/25150128/Goal-3-Full-Recommendations-accessible-1.pdf


6) U.S. Department of Health and Human Services. Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities. Washington, DC: U.S. Dept of Health and Human Services, Office of the Surgeon General; 2015.

7) National Council on Aging. *Older Americans Act.* Accessed February 19, 2021, https://www.ncoa.org/public-policy-action/older-americans-act/

8) This work was supported by National Institutes of Health, National Heart, Lung and Blood Institute (NHLBI) (Grant # R01HL125405 ). The work of the lead analyst, Katie Crist, was supported by the NHLBI under the award number 5T32 HL079891


9) National Institutes on Aging. *Starting and Sustaining a Walking Club for Older Adults Toolkit*. Accessed February 19, 2021, https://www.nia.nih.gov/health/starting-and-sustaining-walking-club-older-adults-toolkit


10) J Sport Health Sci. 2020 Jul; 9(4): 325–327. Published online 2020 May 16. doi: 10.1016/j.jshs.2020.05.003

11) Circulate SD. *Pedestrian Rules and Social Distancing Guide.* Accessed February 19, 2021, https://www.circulatesd.org/planning_resources