



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

### NUTRITION SUBCOMMITTEE

January 4, 2022 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

[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:** Susan Mallett, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)** (Action)
3. **Standard Business:**
  - a. Public Comment/Announcements: Members or non-members
  - b. Approval of November 30, 2021 Meeting Minutes (Action)\*
4. **Guest Speaker:** Charli Brand, AIS Nutritionist
5. **General Discussion:**
  - a. Future speakers
  - b. Senior Nutrition Position Paper
6. **Next Meeting:** February 1, 2022 at 1:00 pm
7. **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 SUBCOMMITTEE**

November 30, 2021 | 1:00 pm

Call in: 1 (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett Jackie Simon LaRue Fields Shirley King John Osborne	Paul Monarrez Rosemarie Bahmani	
<b>Staff</b>			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, (1:03 pm)</b> 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): <b>(M/S Mallett/Fields) 5 ayes</b>		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of November 2 Meeting Minutes* (Action) <b>[M/S-Fields/Simon] 4 ayes, 1 abstain</b> *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