



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

March 1, 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 February 1, 2022 Meeting Minutes (Action)*
4. **Guest Speaker:** Jennifer Sinnott, Serving Seniors Health and Social Services Team
5. **General Discussion:**
 - a. Senior Nutrition Position Paper
6. **Next Meeting:** April 5, 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.

Nutrition Subcommittee

February 1, 2022 | 1:00 pm

Call in: (699) 900-9128

Meeting ID:931 0213 2512

Passcode: 383698

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary LaRue Fields John Osborne	Jackie Simon	Bradlyn Mulvey, AIS Advisory Council Cheryl Rock, PhD
	Staff		
	Charli Brand, RDN, AIS Nutritionist		
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, (1:00 pm) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): 4 present		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	a. Approval of teleconference meeting (Action): [M/S-Mallett/King] unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of January 4, 2022 Meeting Minutes* Action [M/S-Fields/Mallett] unanimous vote		
4. Guest Speaker Cheryl Rock, PhD, RD, Professor in the UCSD Department of Family Medicine and Public Health, Division of Preventative Medicine	<p>Dr. Rock spoke about the physiological and metabolic changes that the older adult experiences in aging and the critical need for micronutrients. The older adult is likely to encounter chronic medical conditions that require nutritional adaptations. The most salient body change is the decline with energy requirements. The older adult becomes less active leading to a loss of body and muscle mass. Calorie requirements are reduced by 2/3's for men and women. Calories need to be nutrient-dense, no wasted calories on empty foods.</p> <p>Increased protein requirements are essential for skeletal muscle synthesis- 50 grams of protein per day. Charli Brand added that the congregant meals are targeted at the typical sedentary 70-year-old with about 15 grams of protein per meal and 500 calories per meal. Dr. Rock said that a cup of soy milk has 6 grams of protein that is fortified with calcium. As a milk substitute, it offers more nutrition than the plant-based milks.</p> <p>Dr. Rock described a Spanish study that linked improved cognitive function for those over age 55 years with a diet that had omega fats such as olive oil and walnuts. Another body change with age that interferes with a critical micronutrient- B12- is atrophic</p>		

	<p>gastritis- less acidity. B12 needs to be digested with fortified foods such as cereal products. Dr. Rock stated that cognitive decline has been associated with low levels of B12 and folate. Natural folate can be found in leafy greens. Subclinical levels of these micronutrients and alcohol use are linked to cognitive impairments as well.</p> <p>For other nutrients, calcium has protective value for women against colorectal cancer, but for men's prostate health, calcium needs are kept within a recommended range. Iron requirements decrease with age especially for women. The key factor for the older adult is nutrient density.</p>
5. General Discussion	<p>a. Follow-up on Farmers Markets and SFMNP Voucher Program: Charli Brand confirmed that a WIC certified market it is up to each vendor whether vouchers are accepted. A posted sign should be used by the vendor to alert customers. The market managers are supposed to monitor this process. Charli has no further updates about the voucher renewal for this year. Susan reported a Board letter will be going to BOS for the RFP for the renewal of nutrition program contracts which expire in June 2023.</p> <p>b. Susan asked for position paper concepts. Shirley offered that Board of Supervisor Lawson Remer is interested in the development of the care economy-the caregiving workforce. Shirley suggested that professional education for these workers include nutrition guidelines and the importance of micronutrients in the at-home diet. Shirley also mentioned that significant numbers of older adults living alone with dementia may require dietary attention that can support brain health. Charli affirmed that the focus on micronutrients is very important.</p> <p>c. Charli offered to ask a former professor at SDSU, who focuses on nutrition, to join us as a future speaker.</p>
6. Next Meeting	a. March 1, 2022 at 1:00 pm
7. Adjournment	2:00 pm

Respectfully submitted by Shirley King