



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

### NUTRITION SUBCOMMITTEE

July 5, 2022 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

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## AGENDA

\*Attachment

1. **Call to Order:** Susan Mallett, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
2. **Authorization 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 June 7, 2022 Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Review Draft of Position Paper\*
6. **Next Meeting:** September 6, 2022 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**

June 7, 2022 | 1:00 PM

Virtual Meeting

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**MINUTES**

		<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Bradlyn Mulvey Jackie Simon	Shirley King	Ethel Larkin Mina Kerr Jamat Suryan	
		<b>Staff</b>		
		Charlie Brand AIS Nutritionist		
<b>Item</b>	<b>Outcome</b>			
1. Call to Order	<b>Susan Mallett, Chair, Called to order at 1:03 PM</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (three present)			
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action):[M/S - Mallett/Mulvey] Unanimous vote			
3. Standard Business	a. Public Comments/Announcements: Members or non-members – Charli shared an update on the Farmers Market voucher program, AIS will be receiving 1500 voucher booklets with a \$40 value by the end of June. These will be distributed to community partners in mid-July and participants have until at least the end of October to use the vouchers. b. Approval of May 3, 2022, Minutes: (Action) [M/S – Mulvey/Simon] Unanimous vote			

<p>4. General Discussion</p> <p>Review draft proposals for position paper</p> <p>Review and update Nutrition Subcommittee goals</p>	<p>a. Group reviewed the committee’s goal document 2019-2022. Susan explained the committee didn’t have this document last year when it was time to review and update the goals. We used the Council’s document and focused on the goals relating to nutrition. Jana found it and sent to us now. Several of the timeline dates are back in 2019.</p> <p>Last year, the committee chose to research nutrition programs through the lens of pre, during and post COVID to result in a possible position paper. However, that specific topic has not been the focus of the committee which has also added new members this year. All agreed to remove the reference to COVID from the first goal and to combine the goals stated in N2 N3 as suggested recommendations in the position paper in goal N1.</p> <p>The new goal N2, monitoring and advise on AIS programs was enhanced to include guest speakers and our AIS nutritionist. Charli noted she can report on the congregate meals and home-delivered meals and suggested we seek a CalFresh speaker to accomplish goal N2c, SNAP-Ed (CalFresh).</p> <p>The group added “reduce isolation” to the technology goal and Charli added there are discussions about increasing technology access for low-income seniors who participate in the nutrition program. Finally, a good discussion started by Bradlyn lead to an unanticipated goal related to the projected increase in the older adult population and its impact on senior services.</p> <p>b. Group discussion around the four proposed topics for a position paper. Bradlyn noted it would be good to combine some of the ideas rather than picking just one to focus upon. After review, the consensus was that proposal I related to IHSS program clients was too specific and Charli has learned the IHSS intake process does discuss nutrition and whether the client is aware of CalFresh, many already know about the program. She didn’t know if they are also proactive in assisting clients to enroll. Charli agreed to find out.</p> <p>Proposal II re; Medicare patient providers would be a federal issue not within AIS programs and services. The discussion focused on Proposal IV with the addition of Dental providers as an advocate for senior nutrition and could be added to the health promotion opportunities mentioned in Proposal IV. Susan will put together an outline for the July meeting and group believes a completed position paper is doable for October. Charli said the recommendations would need to be monitorable and trackable. She added she is available to assist as well.</p>
<p>7. Next Meeting</p>	<p>July 5, 2022, 1:00 PM</p>
<p>6. Adjournment</p>	<p>Meeting adjourned 2:02 PM</p>

Respectfully submitted by Susan Mallett

## **DRAFT**

### The Importance of Nutrition for Older Adults

In San Diego County, persons 65 years and older represent 14.5% of the total population according to the most recent U.S. Census Bureau data. In 2019, over 30% of those older adults had an annual income below the income required to meet basic expenses such as housing, food, increasing health care needs and transportation without public or private assistance reported a County of San Diego, HHSA Cost of Living report. The San Diego Hunger Coalition uses income as the strongest of the social determinants of an individual's ability to obtain three nutritious meals per day. Their most recent report noted, as of March 2021, 30% or 146,000 seniors in San Diego County faced nutrition insecurity.

The Coalition's focus shifted from food insecurity to nutrition insecurity as it relates to health and wellness, for example the Food is Medicine approach shows nutritious food plays a key role in the prevention, management, treatment and in some cases, the reversal of illness. The Federal Government provides the Dietary Guidelines for Americans (DGA) to achieve a balanced, nutrient-dense diet across our lifespan. Additionally, the Federal guidelines, Dietary Reference Intakes (DRI) based on the current science of nutrition for health are used in federally funded senior nutrition programs such as those contracted through Aging and Independence Services (AIS).

AIS senior nutrition programs are intended to supplement a senior's nutritional requirements by providing a hot lunch, available Monday through Friday, with breakfast at select locations. The AIS nutritionist reports 44% of senior nutrition program participants report food insecurity. The National Council on Aging, April 2022 report on "Get the Facts on Food Insecurity and Older Adults" notes 5.2 million older Americans faced food insecurity in 2019, a number that worsened during the COVID-19 pandemic. The report adds seniors have unique nutritional needs that require appropriate levels of key nutrients to avoid malnutrition, vitamin deficiencies and conditions that contribute to chronic diseases such as diabetes, heart failure, high blood pressure, cognitive changes, obesity, and gum disease.

The AIS Advisory Council's Nutrition Subcommittee has gained a general understanding of the importance of the nutritional requirements of older adults through guest speakers, from community agencies serving seniors, medical and academic experts from both the UCSD Department of Family Medicine and Public Health and SDSU School of Exercise and Nutrition. The regular participation in the committee by AIS Nutritionist, Charli Brand, RDN has been instructive and valuable.

We learned our nutritional needs change as we age and become less active, our caloric requirements are reduced. The calories we do consume must be nutrient-dense while an increase in protein and calcium are essential for skeletal muscles and bone density. The importance of nutrients, vitamin B-12 and folates, found in leafy greens was stressed. Deficiencies in these nutrients may be linked to cognitive decline. Calcium was found to be protective for woman against colorectal cancer but for men's prostate health, calcium needs to be kept within a recommended range.

For women, bone density decreases with lower estrogen levels as we age. Peak bone mass for women is reached between ages 45-55 and later for men. Diets with a daily requirement of calcium is 1,000 to 1,200 mgs. and 800 IUs of Vitamin D are critical to maintain bone health. Dairy products, fatty fish, fortified cereal and fortified soy or rice milk offer the highest amounts of calcium. Higher consumption

of fruits and vegetables are also associated with bone density. Certain foods containing oxalates interfere with the absorption of calcium so should be eaten separately. 20% of Caucasian women over the age of 50 have osteoporosis. The obvious dangers of osteoporosis are falls and fractures. The occurrence of a fracture is higher for woman over age 65 at a rate of 50% while only 25% of men of similar age will have a fracture. Fractures become a health care burden with 43% of fractures resulting in hospitalization and 25% of those individuals die within a year after the fracture. Fall prevention measures and exercise are the most important strategies to avoid the dangerous consequences of osteoporosis.

For older adults, the lack of access to nutritional food or poor eating habits and excess use of alcohol may lead to chronic health conditions such as the four major chronic diseases, cancer, heart disease and stroke, type 2 diabetes, and lung disease, the leading cause of 50% of deaths in our region according to the County's Chronic Disease and Health Equity Unit. The unit is a provider of CalFresh Healthy Living services and nutrition education addressing the risk factors for chronic diseases for qualified low-income residents in San Diego County. The senior nutrition programs also provide periodic nutrition education materials to program participants at congregate dining sites and along with home delivered meals for home bound seniors in their programs.

The AIS mission statement is "The leader in advocacy, information, & safety to allow seniors and persons with disabilities to be healthy, safe and thriving." AIS provides programs and services to help older adults and persons with disabilities to stay safe, healthy, engaged, and as independent as possible. The department's Call Center serves as a gateway to information and assistance about AIS services and those of community partners serving older adults, those with disabilities, and caregivers who are often family members. A variety of health promotion programs including those for persons with chronic health conditions are provided by AIS staff and others provided by community partners are listed as well. Although the senior nutrition programs and CalFresh Healthy Living provide periodic nutrition education and important nutrition information materials, participation in these programs are limited by location, program capacities or eligibility requirements.

#### Recommendation:

The committee recommends AIS emphasize the importance of good nutrition for all older adults and especially those at risk for or living with chronic health conditions. Additionally, isolation is an issue faced by an increasing number of older adults and may limit their access to accurate information on nutrition. Maintaining older adults' physical and cognitive health through a nutrient-dense diet is consistent with the AIS mission for advocacy and information that allows for good health. AIS is a respected leader on older adult issues in San Diego County and as such has an opportunity and community connections to support a public awareness outreach. This nutrition information could be delivered through informational flyers, fact sheets, media releases, handouts and pamphlets and department newsletter articles. An example on the federal level is the Resource Caregiver Nutrition Education Toolkit, provided on the U.S. Administration for Community Living website, <https://acl.gov>