



LIVE WELL  
SAN DIEGO

Advisory Council for Aging & Independence Services  
**NUTRITION SUBCOMMITTEE**

October 11, 2022 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128  
Meeting ID: 931 0213 2512  
Passcode: 383698

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*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 = 4)
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 September 6, 2022 Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Review and finalize draft of position paper on senior nutrition (Action)\*
5. **Next Meeting:** November 1, 2022
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

**NUTRITION SUBCOMMITTEE**

September 6, 2022 | 1:00 PM

Call in:(669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Chequita Falls Bradley Mulvaney Jackie Simon Kristine Stensberg	Ethel Larkins Jamal Suryan	
<b>Staff</b>			
Charli Brand, AIS Public Health Nutrition Manager			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, (called to order 1:03 PM)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (six present)		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action): [M/S - King/Mulvey] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members - None b. Approval of July 5, 2022 Minutes: (Action) [M/S: Mulvey/King. Unanimous vote		

<p>4. Guest Speaker: Charli Brand, AIS Nutritionist</p>	<p>Charli Brand prepared a slide presentation, which is attached. The topic was intended to illustrate the beneficial elements of the DASH, Mediterranean and MIND diets. In contrast to the highly processed, calorie-dense western/American diet, which increases the risk of metabolic syndrome, obesity, cardiovascular disease, cancer and Type 2 Diabetes, these diets focus on a pattern of eating that reduces the incidence of these diseases. Presently the prevalence of obesity in U.S. adults over the ages of 60 is 41.5%. 47% of U.S adults have hypertension (HBP) that can lead to heart attack, stroke, blindness, and dementia. Higher levels of sodium increase the blood volume that damages epithelial cells leading to HBP. The clinical levels measuring HBP have been recalibrated. Normal BP is &lt;120/&lt;80. Elevated is 120-129/&lt;80 and stage 2 hypertension are 140/&gt;90.</p> <p>The DASH (Dietary Approach to Stop Hypertension) is high in nutrients that have a lowering effect on blood pressure, limits sodium, added sugars, saturated and trans fats which contribute to improved metabolic health. However, this diet may have suboptimal compliance amongst adults. One reason may be length of time for gastric emptying and the subsequent feeling of hunger. Local nutrition programs do not follow the DASH diet strictly but utilize the standard American pattern for eating based on 1600 calories a day or 550 calories per meal as calculated for females age 70 and older. Despite the sedentariness of the older person, this calorie range is needed. The DASH diet does not incorporate snacks.</p> <p>The Mediterranean Diet is primarily plant-based, high in nutrients, high in monounsaturated fats, rich in fruit, vegetables, beans, nuts, whole grains, fish, olive oil and a small amount of red meat. This diet reduces the risk of cardiovascular disease, Type 2 Diabetes, cancer, obesity, and cognitive decline. This diet has been the most heavily researched diet program. A study of nurses adhering to this diet showed longer telomere length helping to preserve the life of cells. This diet, too, has better long-term adherence because it is slightly more liberal with fats and includes red wine in moderation. The component of additional importance with this diet's recommendations is regular aerobic and strengthening exercises and social connections.</p> <p>The MIND Diet, the Mediterranean/DASH intervention for neurodegenerative delay reduces the risk of Alzheimer's and cognitive decline. It is rich in whole grains, dark, leafy greens, berries, olive oil, beans, nuts includes poultry but limits red meat. The RUSH Memory and Aging Project (MAP) examining the use of the MIND diet with those ages 50 to 98 years old showed cognitive functioning to be seven years younger than their peers and reduced the risk of Alzheimer's by 35%. The differences between the DASH diet and MIND diet are MIND's two servings of dark, leafy greens each day and fruits, mostly berries, two to five times each week. There is no recommendation of alcohol consumption. MIND also emphasizes regular exercise - 150 minutes of moderate aerobic and strength exercises twice a week.</p> <p>The committee members discussed how seniors can be counseled about these beneficial diet approaches and the resources for making these diet components available and affordable.</p>
<p>5. General Discussion</p>	<p>a. Position Paper: Charli has reviewed the paper and added enhancements and clarifications. She will send her draft to all committee members.</p>
<p>6. Next Meeting</p>	<p><b>Tuesday, October 11 at 1:00 PM</b></p>
<p>7. Adjournment</p>	<p>Meeting adjourned 2:00 PM</p>

Respectfully submitted by Shirley King

## 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. Furthermore, the San Diego Hunger Coalition considers income as the strongest social determinants of health and is directly related to 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 San Diego Hunger Coalition's focus shifted from food insecurity to nutrition insecurity due to the profound impact food quality and proper nutrient intake has on 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 many chronic diseases. The Federal Government provides the Dietary Guidelines for Americans (DGA) as a resource to help individuals consume a balanced, nutrient-dense dietary pattern across the lifespan that promotes health and prevents disease. The DGAs, along with the Dietary Reference Intakes (DRI) serve as the policy basis for the federally funded Senior Nutrition Program administered through Aging and Independence Services (AIS).

The Senior Nutrition Program is intended to supplement an older adult's nutritional intake by providing a balanced meal five days per week that meets 1/3 of the DRIs for nutrients. One program even provides two meals per day including breakfast at two congregate meal sites. The AIS Public Health Nutrition Manager reported approximately 44% of senior nutrition program participants experienced food insecurity in FY 21-22. 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 that seniors who are food insecure experience poorer health outcomes, lower nutrient intake, and increased stress levels which all contribute to the development of chronic diseases like heart disease and diabetes. This illustrates the significant impact programs like the SNP can have on the health and wellbeing of food insecure older adults in our region.

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 Sciences. The regular participation in the committee by the AIS Public Health Nutrition Manager, has been instructive and valuable. We learned our energy needs decrease as we age and become less active, however our nutrient needs either remain the same or increase. Therefore, the calories we do consume must be nutrient-dense to support the healthy aging. According to the Older Californian's Nutrition Program Menu Planning Guidance, older adults should pay special attention to their intake of protein, calcium, vitamin D, fiber, and vitamin B12. Protein and calcium are essential to support skeletal muscle strength and bone density as we age, and vitamin D plays an important role in calcium absorption. Other nutrients like vitamin B12 and folate are essential for healthy red blood cell formation and support cognitive function; potassium plays an important role in blood pressure control and muscle and nerve

function; fiber promotes regularity and can help lower cholesterol, control blood sugar spikes, and increase feelings of satiety. Eating a balanced diet following the DGAs healthy eating patterns helps to ensure that older adults consume all of the nutrients needed each day to promote health and prevents disease. Our SNP does just this!

For older adults, the lack of access to or affordability of nutritious foods, poor eating habits, sedentary lifestyle or excessive alcohol consumption may lead to chronic diseases such as cancer, heart disease, 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 Program also provides periodic nutrition education presentations to program participants at congregated dining sites and handouts to come delivered meal clients on a variety of nutrition related topics.

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 the AIS website, 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>. Additionally, information about other food assistance program for seniors like the Commodity Supplemental Food Program (CSFP) administered through the San Diego Food Bank and could be included in outreach materials as well.