



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

November 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 = 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 October 11, 2022 Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Review and finalize draft of position paper on senior nutrition (Action)*
 - b. Discuss future speakers and contract nutrition program site visits
5. **Next Meeting:** December 6, 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

October 11, 2022 |n1:00 PM

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Kristine Stensberg, Bradlyn Mulvey, Jaqueline Simon, Jamal Suryan	Ethel Larkins	Chequita Falls
Staff			
Charli Brand, AIS Nutrition Program Manager			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, (called to order 1:02 PM) 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 - Mulvey/King] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: None b. Approval of September 6, 2022 Meeting Minutes: Corrected spelling of Bradlyn Mulvey (Action) [M/S Mulvey / Mallett:Unanimous vote]		

4. General Discussion	<p>a. Review and finalize draft of position paper on senior nutrition. Susan shared the draft of position paper that included the edits by Charli Brand. Susan reported that the presentation at the Oct. 10th Advisory Council by AIS's Kristen Smith emphasized the increasing role of education, which coincidentally is the direction of the Nutrition position paper.</p> <p>Bradlyn asked if the paper should include an abstract as an introduction. Charli consulted a scholarly paper that used an abstract statement to assert the position statement. Shirley suggested the Nutrition position paper's recommendations be moved to the beginning with bullet phases listing the recommendations. Charli offered a new title and after the members' discussion, the approved title was "Improving Nutrition Access and Education for Older Adults".</p> <p>The members discussed the first sentence and agreed that it should be clear and emphatic such as "It is the position of the Nutrition Subcommittee that AIS emphasize the importance of good nutrition for all older adults and especially those at risk for or living with chronic health conditions". Charli recommended that the remaining body of the paper flow in sequence with the bulleted points to justify each recommendation.</p> <p>The four bulleted points agreed upon by the members were as follows 1) maintain older adults' physical and cognitive health through a nutrient-dense diet to reduce disease and promote health; 2) reduce social isolation that limits access to accurate nutritional information and promote socialization and maintain social connections; 3) increase nutrition educational opportunities through the AIS website, informational flyers, fact sheets, media releases etc and 4) provide information of additional nutrition assistance programs for older adults such as the Commodity For Program, Seniors' Famers' Markets vouchers etc. Susan offered to reformat the paper, and Charli agreed to review and forward her version to the committee members. The finished paper with a cover letter will be forwarded to the Advisory Council's Executive Committee for November's Council meeting agenda.</p> <p>Charli asked if committee members would like to have a site visit. The members were enthusiastic. Charli will plan a visit to a site between January and March, 2023.</p>
5. Next Meeting	a. Tuesday, November 1, 2022 at 1:00 PM
6. Adjournment	Meeting adjourned at 1:49 PM

Respectfully submitted by Shirley King

Improving Access to Nutrition Resources and Education for Older Adults

It is the position of the AIS Advisory Council's Nutrition Subcommittee that AIS emphasize the importance of good nutrition for all older adults and especially those at risk for or living with chronic health conditions. As the Area Agency on Aging in San Diego County, AIS is a respected leader on older adult issues and as such, has the resources and community connections to support a public health awareness outreach that increases access to nutrition resources and education. This type of public health awareness outreach is consistent with the AIS mission for advocacy and information and would accomplish the following objectives:

- Maintain older adults' physical and cognitive function through a nutrient-dense diet that promotes health and prevents or manages disease.
- Reduce social isolation through an expanded AIS website promotion of venues that provide opportunities for socialization and nutrition education outreach like the Older Californian Nutrition Program providers.
- Provide accurate nutrition information pertaining to healthy aging through the AIS website, informational flyers, fact sheets, handouts and pamphlets, department newsletter articles and media releases.
- Provide information of other nutrition assistance programs for older adults, outside of AIS, such the Commodity Supplemental Food Program (CSFP) administered through the San Diego Food Bank, Seniors' Farmers Market voucher program and community food distribution resources.

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 determinant 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. According to the analysis of internal data, Older Californian Nutrition Program (OCNP) providers help inform vulnerable, food insecure older adults about food assistance resources available outside of AIS which presents an opportunity and level of outreach that is currently untapped.

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. Expanding programs that offer medically tailored meals designed to meet the nutrient needs of those with advanced illness is a priority of the White House National Strategy on Hunger, Nutrition and Health. The Federal Government provides the Dietary Guidelines for Americans (DGA) as a resource to help individuals consume a balanced, nutrient-rich 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 OCNP administered through AIS.

The OCNP has three main objectives; reduce hunger, food insecurity, and malnutrition; promote socialization; and promote the health and wellbeing of older adults. OCNP meals are intended to supplement an older adult's nutrient intake by providing a balanced meal up to seven days per week that meets 1/3 of the DRIs for nutrients. One program even provides two meals per day, meeting 2/3 of the DRIs for nutrients. Congregate dining sites offer opportunities for older adults to socialize, reducing isolation, and increasing feelings of well-being and connection. The nutrition education component of the program is meant to help provide older adults with accurate and appropriate nutrition information, from credible sources, needed to make healthy meal choices. Each site provides a minimum of four nutrition education presentations annually based on nutrition related topics participants want to learn about, such as how to decode nutrition

labels; explore strategies to increase consumption of fruits, vegetables, and whole grains while reducing added sugars, saturated fats, and sodium; increase physical activity; and healthy eating to prevent or manage chronic diseases like diabetes, heart disease, kidney disease, cancer, and Alzheimer's. AIS can further enhance and support the OCNP providers by updating and expanding the OCNP website to include providers menus and nutrition education presentations schedules so participants countywide can best utilize the program to fit their individual needs for nourishment, connection, and education, thus improving their health and well-being.

The Nutrition Subcommittee has gained a well-rounded understanding of the importance of the nutritional requirements of older adults through guest speakers from community agencies like 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 calorie requirement decreases as we age, however our nutrient needs either remain the same or increase. Therefore, the calories we do consume must be nutrient-dense to support the aging process. 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; vitamin D plays an important role in calcium absorption and immune function; 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; fiber promotes regularity, can help lower cholesterol, and control blood sugar spikes. Eating a balanced diet following the DGAs healthy eating patterns helps to ensure that older adults consume all these nutrients and more each day to promote health and prevents disease. Additionally, the County's Chronic Disease and Health Equity Unit provides important services to those living with some of the chronic diseases mentioned above. The unit is a provider of CalFresh Healthy Living services and nutrition education for qualified low-income residents. As the Nutrition Subcommittee of the Advisory Council, we have had the privilege of learning this important information directly from nutrition experts. It is our vision that nutrition information that supports healthy aging is disseminated to all older adults in our region via AIS's platform by expanding the AIS website, distributing printed materials, and media releases.

Conclusions:

As "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 living in their homes and communities. The department's Call Center serves as a gateway to information and assistance about AIS's programs, 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 OCNP and CalFresh Healthy Living provide periodic nutrition education through presentations and printed materials, participation in these programs is limited by location, program capacities or eligibility requirements. Therefore, to improve access to nutrition resources and education for more older adults in San Diego County the Nutrition Subcommittee recommends a broader public health awareness outreach.