



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

January 8, 2025 | 1:00 PM

5560 Overland Ave, 3rd Floor
John Gaffaney Conference Room
San Diego, CA 92123

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

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AGENDA

*Attachment

1. **Call to Order:** Shirley King, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Statement (Just Cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.** (Possible Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of December 4, 2024, Meeting Minutes (Action)*
4. **General Discussion:** Evaluating Nutritional Screening Tools that assess nutritional and food insecurity for adaptation and use in a clinical health care setting to identify the older adult who is at risk. Examples supplied by Delilah Bisase on December 4, 2024: Determine Your Nutritional Health - American Academy of Family Physicians and Mini-Nutritional Assessment
4. **Next Meeting:** February 5, 2025, at 1:00 PM
5. **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.

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Nutrition Subcommittee

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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Shirley King, Chair Bradlyn Mulvey Ethel Larkins	Jackie Simon Kristine Stensberg Susan Mallett, Ex-Officio	
	Staff		
	Delilah Bisase, RD, Public Health Nutrition Manager		
Item	Outcome		
1. Call to Order	Shirley King Chair, 1:14 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (three): (three present for a quorum)		
2. Statement (Just Cause) and/or Consideration of a Request to Participate Remotely (emergency circumstance) by a Council Member, if applicable	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: None b. Approval of November 4, 2024, Meeting Minutes (Action) M/S –Bradlyn Mulvey/ Ethel Larkins: unanimous vote		
4. General Discussion	<p>The committee members read the article ‘Evaluating a Social Risk Screening and Referral Program in an Urban Safety-Net Emergency Department’ published June 2022 in the Journal of the American College of Emergency Physicians. The committee was evaluating the interview questionnaire used to screen the social risks including nutrition/food insecurity with individuals seeking care at the Boston University Medical Center. The committee was interested to learn how individuals are screened for the Boston Medical Center’s Three Tier Model of Food Intervention. The committee agreed that the questionnaire was limited in regard to pinpointing food insecurity in the immediate term and was not specifically tailored to the older adult patient. The administration of the questionnaire in an emergency department setting was constrained by the time available for staff to administer. Ethel Larkins pointed out that asking these kinds of questions in a face-to-face manner may not elicit the honest answers. Delilah Bisase introduced a mini nutritional assessment form used in clinical settings and another developed by the Nutrition Screening Initiative. A variation of this tool is used to evaluate the individuals who are entering the congregant dining program in San Diego County. Delilah agreed to forward these questionnaires to the members. The committee agreed that the questions in these questionnaires focus more closely on the essential factors of nutritional risk in the older adult. Bradlyn asserted that a questionnaire of this type should be a necessary part of the health care visit with the providers, particularly those that are assigned within CALAIM (Kaiser, Molina, Blue Cross and Health Net) to deliver in lieu services such as medically tailored meals. Shirley added that the questions about nutritional risk could be added to the e-check-in questions that patients complete before their health care visits, Scripps Health. Looking at the prospect of health care providers adding ‘food as medicine’ interventions to their practice protocols, a social risk assessment is essential - one that underscores the needs of the older adult. Shirley agreed that she would contact by email the principal researcher involved with this study to ask about further work around the nutrition insecurity of older adults. Next meeting the committee will examine the Boston Medical Center’s Three Tier Model.</p>		

5. Next Meeting	January 8, 2025
6. Adjournment	Meeting adjourned at 2:00 PM

Respectfully submitted by Shirley King