



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

December 4, 2024 | 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 November 6, 2024, Meeting Minutes (Action)*
4. **General Discussion:** Evaluating Participants for 'Food as Medicine' Services; using the Thrive tool to screen patients in a medical setting for unmet social needs such as food and nutrition insecurity; Examining the Boston Medical Center's Three Tier Model - Medically-Tailored Meals, Preventive Food Pantry and Mobile Grocery Store Intervention
5. **Next Meeting:** January 8, 2025, at 1:00 PM
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

November 6, 2024 | 1:00 PM

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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Shirley King, Chair and Recording Secretary Ethel Larkins Susan Mallett, Ex-Officio Jackie Simon Kristine Stensberg	Bradlyn Mulvey	
Staff			
Delilah Bisase, RD, Public Health Nutrition Manager (off-site today)			
Item	Outcome		
1. Call to Order	Shirley King, Chair, 1:06 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (three): (four present)		
2. Statement (Just Cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable	No action taken		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: Susan Mallett introduced a flyer that announces the state-wide program 'Market Match'. She learned about a similar program in Tennessee. In California, Market Match is a nutrition incentive program that gives money to shoppers enrolled in CAL Fresh for fruits and vegetables to spend at Farmers' Markets. Market Match is distributed over 50 community-based organizations and Farmers' Market operators in 270 sites across the state. If a shopper spends \$10 of CALFresh benefits, an additional \$10 is available to spend at the market for fruits and vegetables. Funding is derived from a mix of public and private partners. Many of the Farmers' Markets in San Diego participate. The website marketmatch.org gives more details. The Committee noted that this information needs to be included in the AIS Monthly newsletter.</p> <p>b. Approval of October 2, 2024) Meeting Minutes (Action) [M/S – (Ethel Larkins/Jackie Simon) Unanimous approval]</p>		

4. General Discussion	<p>The members watched a 35-minute YouTube video presentation from the July, 2024 Aspen Ideas Festival that featured a panel discussion focused on 'Food as Medicine' based upon the Aspen Institute 2024 Strategy Report to Integrate Food is Medicine into U.S. healthcare system. The three panelists were Pam Schwartz, Kaiser Permanente Community Health Director, Jerome Adams, MD, Purdue University, Director of Health Equity and former U.S. Surgeon General and Tom Adams, CEO of Pairwise, a firm in the research and development of food plant bioengineering. Pam Schwartz described the evolution of Kaiser's understanding of the impact of the social determinants of health on its patients of which food and nutrition insecurity represents about 50% of its Medicaid population and 25% of its general population. Kaiser has dedicated \$50 million to a Food as Medicine Center of Excellence. Jerome Adams recommended changing the focus away from food as medicine but rather to food as health. He discouraged the medicalization of food and emphasized that 80% of the factors that influence health comes from the community in which one lives. He acknowledged that there needs to be a change in how the costs of food are funded, and that those at greatest risk need to have the most resources. Tom Adams, a food scientist declared that few eat the daily required fruits and vegetables. His company is addressing how to make produce much more available and appealing. They use genetic engineering (CRISPR) techniques to make varieties of fruits easier to consume such a removing the pits in stone fruit and making a variety of mustard greens that is less bitter. The committee agreed to look further at the framework from National Institutes of Health (NIH) that describes programs and interventions designed to improve health through diet and mitigating food insecurity. This report jumpstarted the Aspen Food and Society's research.</p>
5. Next Meeting	December 4, 2024
6. Adjournment	Meeting adjourned at 2:06 PM

Respectfully submitted by Shirley King