



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

November 6, 2024 | 1:00 PM

5560 Overland Ave, 3<sup>rd</sup> 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 October 2, 2024, Meeting Minutes (Action)\*
4. **General Discussion:** Video on Food as Medicine and Food Insecurity Interventions as Health Care Benefits through Insurance Reform: A Panel Discussion at the July 2024 Aspen Ideas Festival featuring Kaiser Permanente's Community Health Director. Duration: 35 minutes on YouTube.  
<https://www.youtube.com/live/IJ5DvmS-PeM?si=NSOdTEZKmWYG31u4>
5. **Next Meeting:** December 4, 2024, 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**

October 2, 2024 | 1:00 PM

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

**MINUTES - DRAFT**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Shirley King, Chair Ethel Larkins Jackie Simon	Susan Mallett, Ex Officio Bradlyn Mulvey Kristine Stensberg	
	<b>Staff</b>		
	Delilah Bisase, RD Public Health Nutrition Manager		
Item	<b>Outcome</b>		
1. Call to Order	<p><b>Shirley King, Chair, 1:10 PM</b></p> <p>a. Welcome &amp; Guest/Member Introductions</p> <p>b. Confirmation of quorum (three): (three present)</p>		
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: No announcements</p> <p>b. Approval of September 4, 2024 Meeting Minutes (Action) [M/S –(Jackie Simon / Ethel Larkins): Unanimous vote]</p>		
4. General Discussion	<p>a. Food as Medicine - current initiatives to increase utilization by CalAIM providers. The members discussed the approaches undertaken by the County of Alameda with its Recipe4Health's '3 ingredient model' 1) Food Farmacy; 2) Group and individual coaching and 3) Food as Medicine Training for health centers and staff on how to effectively treat, prevent and reverse chronic disease in 15-minute visits. Patients are enrolled for 12 to 16 weeks, and the grant period is from the Years 2022 to 2025. The committee inquired what agencies or health groups in San Diego are pursuing pilot projects or grants to investigate the food as medicine methods to manage chronic diseases and solve food insecurity. Delilah Bisase recommended that the committee investigate the County of San Diego's initiatives that are exploring the feasibility of utilizing local food sourcing providers for the medically supportive food provided by CalAIM with the purpose of increasing contracts with health care providers to expand use of the CalAIM benefit. Also, she recommended looking at other community partners that have grant-funded programs that provide San Diegans with fruits and vegetables at no cost. The entities are UCSD Center for Community Health, Family Health Centers of San Diego, La Maestra Community Health Center and Sharp Grossmont Hospital Nutrition Services.</p> <p>b. The committee talked about how hospitalized seniors can be helped upon discharge with prepared diagnosed-based meals suitable to their immediate dietary needs for recuperation. The eleven hospitals with Geriatric ER Units may be another point of intervention with prescribed meals.</p> <p>c. The committee reviewed the upcoming report process to the County Board of Supervisors in December by the participants with the Food Justice Community Action Plan. The three of the five themes relevant to seniors are: Better access and food options from government programs, charitable organizations and school meals; Investment in food education, including nutrition education; and Supporting food as medicine.</p>		

	d. The committee agreed to continue this discussion by gathering more input from community agencies involved in the produce prescription initiatives and food as medicine.
5. Next Meeting	November 6, 2024
6. Adjournment	Meeting adjourned 2:05 PM

Respectfully submitted by Shirley King