



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

October 2, 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

Click here to [Join Zoom Meeting](#)

AGENDA

*Attachment

1. **Call to Order:** Shirley King, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
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 September 4, 2024, Meeting Minutes (Action)*
4. **General Discussion:** Food as Medicine - Initiatives to Increase Utilization by CalAIM Providers such as the County of Alameda (Recipe4Health Research Grant) and Health Care Providers such as Kaiser Permanente's Food Is Medicine Center of Excellence
5. **Next Meeting:** November 6, 2024
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.

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Nutrition Subcommittee

September 4, 2024 | 1 PM

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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Shirley King, Recording Secretary Ethel Larkins (remote) Bradlyn Mulvey Jackie Simon Kristine Stensberg	Susan Mallett	
	Staff		
	Delilah Bisase, RD, Public Health Nutrition Manager		
Item	Outcome		
1. Call to Order	Shirley King for Susan Mallett, Chair, 1:10 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (four present)		
2. Statement (Just Cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council member, if applicable	Action taken to grant request by Ethel Larkins to participate remotely. Unanimous approval.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Bradlyn Mulvey announced that she will be absent at the October meeting. b. Approval of July 10, 2024, Meeting Minutes (Action) [M/S Bradlyn Mulvey/Shirley King: four unanimous vote]		
4. General Discussion	<p>The planned site visit to the Vista Senior Center was postponed for this month because of operational issues at the Center. Shirley King suggested convening the members at the regular meeting room and reading Part III Food as Medicine: Interventions, Programs, Policies and Practices from the 2022 report by The Hunter College New York City Food Policy Center. Medically tailored meals (MTM) are being introduced more widely by several San Diego non-profits such as Mama's Kitchen in response to evidence-based research about improving health outcomes and reducing healthcare costs through meals tailored for health conditions. Bradlyn raised two issues about the current studies 1) the study length was short - 12 weeks and 2) the study participants did not include the 'hidden middle'. She noted that those just above the income limits have just as many struggles with preparing meals that support their health conditions. Kristine reported that there are for profit companies such as Mom's Meals that have become large providers of MTMs. Meals are shipped to recipients. Also, Kristine clarified that the meals that are prescribed by health care providers must be authorized. The process can be cumbersome. Delilah offered to research the County's Therapeutic Diet Policy that is being practiced within Health and Human Services through the Reach grant. Delilah will reach out to the team working under that grant. She suggested inviting one of the team to present to the Nutrition Subcommittee. Shirley recommended that the subcommittee continue to explore the growth of these services and the relationship to tackling food insecurity in the older population.</p>		

5. Next Meeting	October 2, 2024, 1PM
6. Adjournment	Meeting adjourned at 1:45 PM

Respectfully submitted by Shirley King