

# Cuyahoga Regional HIV Prevention and Care Planning Council

Ashtabula, Cuyahoga, Geauga, Lake, Lorain and Medina Counties

Naimah O'Neal, Faith Ross – Co-Chairs



## Community Liaison Committee (CLC) Minutes

Wednesday, October 2, 2024

12:00 pm to 1:30 pm

Start: 12:03 pm

End: 1:32 pm

Facilitator: N. O'Neal

### Welcome and Introductions

#### Moment of Silence

*Please note: PC members who have a conflict of interest must inform the committee at the beginning of each meeting. A Conflict of Interest, as it pertains to the Ryan White Planning Council Bylaws, is defined as "an interest (actual or perceived) by a Planning Council member in an action that may result in personal, organizational, or professional gain for the member or his/her spouse, domestic partner, parent, child, or sibling."*

### Approval of Agenda: October 2, 2024

#### Addendum:

Motion: K. Dennis      Seconded: S. Washington

Vote: In Favor: All      Opposed: 0      Abstained: 0

### Approval of the Minutes: September 4, 2024

#### Addendum:

Motion: F. Ross      Seconded: T. Mahdi

Vote: In Favor: 6      Opposed: 0      Abstained: 2- S. Washington, M. Deighan

### Old/New Business

#### Stronger Hearts: Unlocking the Power of Nutrition – Aaron Fletcher, MS, RD, LD, CNSC, Clinical

#### Dietitian Advanced Practice, John T. Carey Special Immunology Unit, University Hospitals of Cleveland

This interactive presentation by Dr. Aaron Fletcher, "Stronger Hearts: Unlocking the Power of Nutrition", will provide an overview of the importance in living heart healthy lives.

### Heart Healthy Eating

- What is heart healthy eating to you?
- Have you tried Heart Healthy Eating?
- How drastic were the changes you made?

### What is Heart Healthy Eating to You?



As many often regard salads and green beans as things that are not as fun to eat, we will look into some of the factors involved in healthy versus unhealthy eating.

### What is Heart Unhealthy Eating?

Typically, foods that are known to be bad for your heart are things like pop and candy, mostly because of the high amounts of sugar in them. The key to maintaining a well-balanced, heart healthy diet is by eating more of the "right", or healthy things, and eliminating or eating less "bad", or unhealthy things.

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## What the Science Says:

### The Mediterranean Diet is Heart Healthy.

It emphasizes vegetables, fruits, whole grains, beans and legumes, and includes: low/fat-free dairy products, fish, poultry, non-tropical oils (e.g. olive oil) and nuts.

**\*\*Processed red meat (hot dogs, cold cuts, bacon, etc.), soda, sweet tea, Gatorade, Powerade, or any beverage with added sugar, fast food, and potato chips are not healthy.**

### Why are some foods and beverages healthy as where others are not?

From a cardiovascular perspective, things higher in fiber and minerals, contain less sugar, added sugar, fat, and sodium are most heart healthy. For the first interactive piece, we will look at separating healthy foods from unhealthy foods, based on the nutrition facts found on labels, as they provide most of the answers needed in making healthy food choices.

### Separating Healthy from Unhealthy - Added Sugar

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For this example, using the calculation (6x41) to get grams of sugar per item, Mountain Dew is the best choice in this sequence, whereas Pepsi is the least healthy, because its two-liter bottle serving size contains significantly more sugar and calories than both Mountain Dew and Gatorade combined.

### Separating Healthy from Unhealthy - Sugar

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For the sequence, none of these drinks (Dasani, Gold Peak, bubly) contain any sugar or calories, thus making them better for your heart and healthier, overall.

**\*Question: N. O'Neal** - How does Splenda or Equal change the content of drinks?

**\*Response: Dr. Fletcher** – Those are considered non-nutritive sweeteners, meaning they don't contribute any calories and the caloric value remains okay. However, for beverages like Diet Pepsi, Diet Coke, sugar-free, or zero drinks, they imply they have zero sugar in them, but as that is often not the case it's best to confirm by checking the nutrition facts.

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## Daily Added Sugar Limit

In looking at the recommendations from the American Heart Association for daily added sugar limits, if a person were to drink one can of Pepsi every day for a year, they would end up consuming 55,000 calories and 15,000 grams of added sugar, which equates to 33 pounds of sugar and well over the daily intake.



**Question: T. Mahdi** - How does honey compare?

**\*Response: Dr. Fletcher** - Honey actually contains more grams of sugar than regular sugar, but it also contains carbohydrates. So, using honey and agave is okay, just know it contains carbohydrates if that tends to be a factor in your diet.

## Healthy Sugar Swaps

As many patients struggle with the total amounts of added sugar and soft drinks, that is by far, the primary issue related to the increasing risk of diabetes, cardiovascular disease, metabolic syndrome, and many other things. With that in mind, it is best to cut back on eating a lot of sugar and to work at staying close to the recommended daily intake amounts as possible. This could be simple as opting for regular black coffee or unsweetened tea.

<p><b>Soda/Soft Drinks</b></p> <p>Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.</p>	<p><b>Desserts and Sweets</b></p> <p>Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.</p>	<p><b>Dressings and Sauces</b></p> <p>Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.</p>
<p><b>Snack Mix and Granola</b></p> <p>Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!</p>	<p>American Heart Association.</p>	<p><b>Tea and Coffee</b></p> <p>Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.</p>

**\*Question: J. Mazo**- With soft drinks, is there an issue/suggestion for plain or sparkling water?

**\*Response: Dr. Fletcher** – The benefits of sparkling water, is that it contains natural flavors and carbonated water, and no added sugars, like fructose, corn syrup, dextrose, etc., which have all found to be controversial.

**\*Question: L. Lovett** - Is fruit in water okay?

**\*Response: Dr. Fletcher**- Yes, fruit in water is a good alternative.



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## Sodium - Which is considered a “reduced or low-sodium” option, Kosher, Table, or Sea salt?

According to Harvard Health, “About a third of healthy people and about 60% of people with high blood pressure are salt sensitive, meaning they have a strong response to dietary sodium. Their blood pressure rises by five (5) points or more if they switch from a low-salt to a high-salt diet.” – Harvard Health. Therefore, based on the 5/20 rule in which anything five percent or less is low, neither kosher, table, or sea salt have less sodium or are any better than the other, but are actually all the same. Considering that, limiting salt is a good practice overall, and particularly for those with blood pressure issues.

### 5/20 Rule

- **Use % Daily Value (%DV) as a tool.** The %DV is the percentage of the Daily Value for each nutrient in a serving of the food and shows how much of a nutrient contributes to a total daily diet.

Use %DV to determine if a serving of the food is high or low in sodium and to compare and choose foods to get less than 100% DV of sodium each day.

As a general guide: 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.

- **Pay attention to servings.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food. Check the serving size and the number of servings you eat or drink to determine how much sodium you are consuming.

### Separating Healthy from Unhealthy - Sodium

The AHA recommends no more than 2,300 mg/day. The ideal limit is no more than 1,500 mg/day for most adults, especially for those with high blood pressure. Cutting out just 1,000 mg/day can improve blood pressure and heart health. Using the 5/20 Rule, all of these values are based on a 2,000 calorie diet, in which five percent or less sodium is considered good and twenty percent or more is high, and not good. Also, one major factor in eating snacks like (Doritos Sweet Chili, Lays Sour Cream & Onion, Cheetos Flaming Hot) is that most people don’t just eat a few, but instead end up eating considerably more than they should, and above the recommended daily amount of 1,500 grams or less.



### Separating Healthy from Unhealthy – Sodium

Again, using the 5/20 Rule, Unsalted Peanuts, Skinny Popcorn, and Oikos yogurt, are good options for maintaining a healthy sodium intake. The peanuts have zero milligrams of sodium. The popcorn is well under the 5/20 Rule in that, if you eat four cups, you only get 75 milligrams of sodium, plus it contains fiber. With the yogurt, there is no added sugar, only 55 milligrams of sodium per container, and it has five grams of protein, making these all healthy options.





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**\*Question: N. O’Neal** - What happens when losing tremendous weight and being taken off salt by your provider, or being taken off high blood meds and told to eat salt, as this may reverse high blood pressure to where blood pressure can drop. How often should you check on this?

**\*Response: Dr. Fletcher** - That is the exception to this rule, as your provider is guiding you in a specific way based on your health needs. Usually these recommendations are because blood pressure is low, and they just want you to prioritize your sodium intake because it helps increase your blood volume.

## Salt (Sodium) Can Be Sneaky

Salt can be sneaky, as most of the salt in our diets comes from pre-packed and restaurant foods which can be risky for your health. It is good to stay mindful of the 5/20 Rule when choosing foods from the grocery store, and to always check the nutrition facts on the labels for the best less sodium options.

**Salt (sodium) can be sneaky**

Breakfast, lunch, dinner, and snacks can add up to nearly **4,000 mg of sodium for the day.**

Each day, the average American eats nearly 3,400 milligrams of sodium for the day. This is more than two times the amount recommended by the American Heart Association for ideal heart health. Too much sodium can be risky for your health. Guess what? Meals with lower sodium can be just as delicious and can keep your sodium in check.

**Americans' sodium intake comes from:**

- More than 70%** Processed and restaurant foods
- 14%** Naturally occurring
- 6%** Added while cooking
- 5%** Added while eating

## Healthy Sodium Swaps

Healthy sodium swaps basically involve removing a lot of the sodium found in processed foods such as bacon, honey buns, and deli meats, by swapping them out with foods like whole grains, eggs, and fruits and vegetables that are plant-based, have less sodium, and are healthier food choices, overall.

**BREAKFAST**

- Sausage and cheese omelet with hash browns and orange juice  
Total sodium: 697 mg
- VS
- Egg and veggie breakfast sandwich on a whole-grain English muffin  
Total sodium: 547 mg

**Breakfast tip:** Add color! Replace some meats, cheeses and side dishes with flavorful fruits and vegetables.

**LUNCH**

- Turkey sandwich on white bread with cheese and a side salad and a pickle  
Total sodium: 1,532 mg
- VS
- Turkey sandwich on whole-grain bread with lettuce and tomato slices with a side salad and cucumber slices  
Total sodium: 650 mg

**Lunch tips:** Use veggie to add flavor! Instead of salty condiments, sauces and oils. Check labels on salad dressings. Choose the option with less sodium. When dining out, ask for your meal to be prepared without extra salt.

**MORNING SNACK**

- Honey bun  
Total sodium: 280 mg
- VS
- Banana  
Total sodium: 1 mg

**Snack tip:** Satisfy your sweet tooth with a delicious piece of fruit.

**DINNER**

- Chicken with boxed macaroni and cheese and frozen veggies (salted)  
Total sodium: 1,207 mg
- VS
- Chicken with homemade veggie macaroni and cheese and fresh veggies (unsalted)  
Total sodium: 370 mg

**Dinner tips:** Prepare food at home to have more control over the sodium in food. Replace salt in recipes with herbs, spices, citrus or vinegar. Foods that look the same may contain different amounts of salt. Check labels. Choose the item with the lesser amount of sodium.

## Separating Healthy from Unhealthy – Saturated Fat and Healthier from Unhealthy – Saturated fat

As a note in separating healthy foods from those with large amounts of unhealthy saturated fat, regular butter contains 35% saturated fat (bad fat) in a single tablespoon. Coconut oil is also high in saturated fat, having twice as much fat as butter at 65%, and whole milk has 25% daily value of fat. Therefore, in looking at healthier options for saturated fat intake, organic olive oil, plant-based butter substitutes like “I can’t believe it’s not Butter!”, and the one percent milk over whole milk, are good choices. To add, the best oil for salads is extra virgin olive oil, as it’s not only very good for you but also contains useful mono-saturated fats, or the “right” fats.

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## The Facts on Fat



In summary, when looking for healthier options, we always want to look at fat and protein content, as that's what helps make us feel full. Also, while nuts tend to be hard to consume in large volumes because of their high fiber and protein content, we should try to avoid things like Pepsi and snack foods, as they are both void of nutrients and contain huge amounts of sugar. With sodium, it's best to choose refrigerated items first as they're less likely to be preserved, and with canned veggies and fruit, they can just be strained and eaten. For healthy fat swaps, cook with olive oil instead of butter or stick margarine. Choose grilled chicken breast, without the skin, over fried chicken, and have fruit salad instead of ice cream for dessert. Additionally, while you can still have foods and beverages that contain saturated fat, just try choosing smaller portions or have them less often. Bottom line, it's mostly all about unlocking the tools on healthy nutrition.

### Q&A's

**\*Question: N. O'Neal** - What are the better options?

**\*Response: B. Gayheart** – That may depend for PLWH on foodbanks or pantries, and how they can access these options.

**\*Comment: Dr. Fletcher** - UH and other med facilities have 'Food for Life' markets and pantries geared to providing healthy options. As they provide ten items to sift through and decide the best choices, eating in moderation may help overall intake.

**\*Question: B. Willis** - Do most PLWH have access to nutrition or is this for Ryan White clients?

**\*Comment: Dr. Fletcher** – UH has an extensive groups of dieticians for cancer, transplant, and other patients, but not sure of PLWH, in general, other than RW patients.

**\*Comment: J. Mazo** - Metro has a service department, not sure where, but may be good to ask.

**\*Question: L.J. Sylvia** - How do PLWH access services with RW at UH?

**\*Response: Dr. Fletcher**- Those patients are in the clinic and can ask questions with anyone at the desk.

**\*Question: K. Dennis** - Do you have to be a UH patient?

**\*Response: Dr. Fletcher** - Yes, have to be a UH patient for our services.

**\*Question: L.J. Sylvia** – How often should meeting with a dietician be done?

**\*Response: Dr. Fletcher** -At least one visit could help anyone improve diet and eating habits, as a dietician visit doesn't have to be a stressful thing. It's more about trying to find what works for each person.

**\*Question: N. O'Neal** - Also with cheese, are there healthy alternatives?

**\*Response: Dr. Fletcher** – The easiest way to identify cheese that is in low fat is with part-skim, which would be less fat. Also, while some of white cheeses contain less fat, it's not always the case.

**\*Question: J. Mazo** – What's the difference in vegan vs. Mediterranean?

## **Cuyahoga Regional HIV Prevention and Care Planning Council**

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**Naimah O'Neal, Faith Ross – Co-Chairs**



**\*Response: Dr. Fletcher** - Vegan is harder to maintain, it is completely void of foods that contain animal products, which means you have to be mindful of your vitamin intake. A Mediterranean diet is easier, more sustainable and comprehensive, and it is good for you, health-wise.

**\*Question: F. Ross** - With aging PLWH, is there a good time to get serious about a heart healthy diet?

**\*Response: Dr. Fletcher** - When making diet modifications, best time is now.

**N. O'Neal** – Thank you Dr. Fletcher, we loved this presentation and hope do a similar webinar, expanding that topic. We will also make sure copies are available, and we would love to see others join and give us ideas on other presentations, not just about RW but also about our lives and health, in general.

### **Online Listening Session: Get the Word Out – N. O'Neal**

We had in-person session last Wednesday, with some new and different people in attendance, in which we addressed issues that we will look to take outside this committee, maybe in doing deeper dives.

**F. Ross** – It was eye-opening on how severe dental issues were for our community, and the whole aspect of how the Ryan White program works. It was also a comfortable setting and very productive.

**L.J. Sylvia** – The link to register for the online session on the 23<sup>rd</sup> of this month, will be added in the chat. Please share with others, and if you need help in connecting let us know. Also take flyers to events and places where PLWH gather.

**N. O'Neal** - Inviting people personally, like calling, also helps get the word out. We will also send the info out again to social workers.

### **World AIDS Day Plans – N. O'Neal**

We would like to consider doing something from our committee, and ask other committees to join us.

**\*Question: J. Mazo** - Separate or connect with another agency?

**\*Response: L.J. Sylvia** - In past, we've participated in other events to get word out about PC.

**\*Comment: B. Willis** - Any organization is welcome to have a free table at WAD. We've decided Dec 2<sup>nd</sup>, same time and place, and Jen at Metro will have sections of the quilt at several locations.

**\*Question: L.J. Sylvia**- What is county planning?

**\*Response: N. O'Neal** - What CLC does should be different from CCBH, one in doing work on the survey and also talking about PC and inviting people to our committee.

**\*Question: J. Mazo** - What do we have in place to do, or are we doing something different?

**\*Response: N. O'Neal** - We don't do anything different, other than make sure people have info on RW.

**\*Comment: B. Gayheart** – PC should have a separate table, and we need someone to man the table.

**L.J. Sylvia** - We need clarity and commitment on who will do this. We will make a decision on a table by next meeting and finalize what we will do, and for surveys, we will do a push in November.

**N. O'Neal** - We will talk further in November on WAD plans.

### **Standing Business**

#### **Agree on CLC Committee work activity (if any) to be reported at Executive and Full Planning Council**

#### **Meetings – N. O'Neal**

Today's presentation on nutrition, the online listening session, and WAD events updates will be given at Exec and Full PC meeting.

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**Announcements**

**N. O’Neal** - We are looking to find PLWH impacted by the Ohio Criminalization laws, and will forward additional info on this.

**J. Mazo** – Men’s We Think 4 A Change held their first men’s health retreat. There were eight adults in attendance and it went well.

**Adjournment**

**Motion:** F. Ross

**Seconded:** T. Mahdi

**Attendance**

	CLC Members	Jan	Feb	Mar	Apr	May	June PSRA	Aug	Sep	Oct	Nov
1	Naimah O'Neal, Co-chair	20	20	0	20	20	20	20	20	20	
2	Faith Ross, Co-chair	20	20	20	0	20	20	20	20	20	
3	Stephanice Washington	20	20	0	0	0	0	0	0	20	
4	LeAnder Lovett	0	0	20	20	20	0	20	20	20	
5	Bryan Jones	20	0	0	0	0	20	20	20	0	
6	Mike Deighan	20	0	20	20	0	20	20	0	20	
7	Talib Mahdi									20	
	<b>Total in Attendance</b>	<b>5</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>6</b>	

**PC Members:** K. Dennis, B. Gayheart, C. Taylor

**Attendees:** Dr. Aaron Fletcher, J. Mazo, E. Habit, B. Willis, Antonio (guest), T. Marbury

**Staff:** M. Baker, Z. Levar, L.J. Sylvia, T. Mallory