

## Partnership for a Healthy Durham, Obesity and Chronic Illness Committee

Location: 414 East Main Street, 2<sup>nd</sup> floor conference rooms

Wednesday, October 11, 2017

### MINUTES

#### Meeting Outcomes

- Outcome 1: Receive updates on monthly grocery store tours conducted at local stores and provide feedback on potential groups to recruit participants.
- Outcome 2: Receive information on Corner Store Project and recent visit from consultant and provide suggestions on how OCI could help with this initiative.
- Outcome 3: Work within workgroups to review action plan progress and discuss next steps of action for final year of the current action plans.

Facilitated by: Chelsea Hawkins

<b>Present:</b> Kiah Gaskin, Nia S. Mitchell, Don Bradley, Elizabeth Villetta, Betsy Crites, Jen Isherwood, Wilma Liverpool, Nasim Youssefi, Neal Curran, Amanda Snyderman, Candice Alick, Joyce Page, Barbara Rumer, Ivy Ferrell, Jen McDuffie, Kimberly Fisher		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<b>Welcome/Introductions</b>  <b>Review minutes</b>	<p>During introduction, briefly share what your organization offers as community resources for low/no cost.</p> <p>No changes were made to the minutes.</p>	
<b>Grocery Store Tours and Corner Store Project</b> <i>Chelsea Hawkins &amp; Nasim Youssefi</i> Durham County Department of Public Health	<p>InterFaith Food Shuttle (IFFS) sponsors the grocery store tours program. The Durham County Department of Public Health (DCoDPH) is the only satellite site in Durham.</p> <p>Cooking Matters at the Store is a free, guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars (but no restriction on income in Durham, free for all community members).</p> <p>The tour is interactive and covers:</p> <ul style="list-style-type: none"> <li>• fresh vs frozen vs canned produce (sodium, sugar)</li> <li>• unit prices</li> <li>• food labels</li> <li>• whole grains</li> </ul>	<p>The Obesity and Chronic Illness committee (OCI) can help with Cooking Matters and Corner Store Project by recruiting new corner stores, identifying potential new groups for future grocery tours and maintaining cleaning sessions at corner stores.</p>

Most tours take place at Food Lion locations in Durham and sometimes at Sav-A-Lot and Compare Foods.

The following stats are based on seven tours since March 2017: 3 English, 4 Spanish (38 participants):

- 84% women, nearly half of are 50-59 years old; next age group is 30-39
- Education level primarily comprised of high school/GED and 4 year college degree
- 58% Hispanic/Latino
- 48% Black/African American
- About 40% participant in SNAP or Medicaid; about 40% don't participate in any subsidized programs

Participant evaluation includes behavior change items.

Registering groups of people together from a particular agency is encouraged. An agency can sign up a group with a number of people without specific names (if concern about documentation status and identifying information).

IFFS offers training for people to lead grocery store tours, but IFFS must coordinate the tour (or a satellite site).

The goal of the Corner Store project is to improve access to food and encourage sales of healthier items.

DCoDPH partnered with Reinvestment Partners in September to hire consultant to work with 2 corner stores. The consultant and DCoDPH has cleaned stores and worked on façade, thrown away expired food and reorganized healthy snacks. The corner stores are in downtown area (Express Mart) and more rural area (Dearborn Minimart).

Presentation provided before and after pictures of reorganized shelves with healthy items more prominent and at eye level.

Possible incentives for corner store managers was discussed, including partnerships with other departments and groups, like local artists and Sanitation, to maintain changes.

<p>Announcements</p>	<p>Durham Farm &amp; Food Network Community Celebration is on 10/19 at ReCity: share info about current work and accomplishments.</p> <p>Bike and Pedestrian Advisory Committee (BPAC) is recruiting volunteers for Bike &amp; walk to school days in October.</p> <p>East Durham Children’s Initiative (EDCI) is hosting family wellness celebration on 10/21 at the Boys &amp; Girls club Salvation Army on Alston Ave.</p> <p>Men on the Move monthly event: first Saturday in Nov., Men’s Health Council and Men of Vision and will walk the McDougald Terrace Healthy Mile Trail; followed by health talk (always looking for future topics and speakers, too).</p> <p>Cooking Matters tours on 10/25, 6-8pm Fayetteville St. Food Lion (English); 11/6 6-8pm, N. Roxboro Food Lion (Spanish).</p> <p>The Sugar sweetened beverage workgroup meeting will be held on 10/12, (10am) at Reinvestment Partners.</p>	<p>Everyone will send Chelsea electronic flyers by Fri, 10/13 for her to distribute to the committee.</p>
<p>***Next OCI meeting: Wednesday, November 8, 2017; 414 E. Main St.***</p>		