

**Partnership for a Healthy Durham, Obesity and Chronic Illness Committee**  
**Location: 414 East Main Street, 2<sup>nd</sup> floor conference rooms**  
**Agenda: July 12, 2017**

**Meeting Outcomes**

- Outcome 1: Receive results and recommendations from the Healthy Mile Trail evaluation
- Outcome 2: Continue work within workgroups on projects/programming that relates to action plan objectives
- Outcome 3: Allow a space for networking and cross-collaboration opportunities between organizations

**Facilitated by: Jannah Bierens**

<b>Present:</b> Stani Sims, Nandini Kumar, Jen Isherwood, Raina Bunnag, Kayla Welch, Kia Campbell, Willa Allen, Nasim Youssefi, Adante Hart, Natalie Rich, Keyanna Terry, Colleen Fear, Gideon Adams, Sameer Sood, Wilma Liverpool, Neal Curran, Aubrey Delaney, Jeff Forde, Marissa Mortiboy		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p><b>Welcome newcomers and introductions while people are arriving</b></p> <p><b>Review minutes</b></p>	<p>There were no changes to the minutes.</p>	
<p><b>Healthy Mile Trail- Old North Durham survey results and recommendations</b>  <i>Jen Isherwood,</i>            Department of Public Health</p>	<p>The fourth Healthy Mile Trail was established in Spring 2016 near Cocoa Cinnamon and Central Park school. This past spring Duke students helped survey residents who live within a 1/4 mile of the trail. The students knocked on 150 doors and spoke with a little more than 50 residents.</p> <p>Those surveyed were nearly 60% white, approximately 15% African-American and 15% Hispanic or Latino. About 40% of those surveyed didn't know about the trail. Twenty-five percent of those survey knew about the trail and used it, which equaled 13 people. Of those who used the trail, 39% said it helped maintain or increase their activity levels. Most people who used the trail (69%) used it at least twice a week. Other positive outcomes included sense of community support for physical activity and feeling more engaged in the community.</p> <p>Those not using the trail said barriers included perceived safety, time, weather, trail proximity to home and knowledge.</p>	<p>Follow up with those who don't use the trail to find out reasons including health.</p> <p>Get the locations out to physicians nearby to share with patients.</p> <p>Marissa will talk with the city about traffic calming measures on Healthy Mile Trails.</p>

	<p>Best ways to advertise the trail as indicated by the survey include signs marking the trail, neighborhood listserv, community flyers, social media, canvassing, organized group events and advertisement in local businesses.</p> <p>Based on the data, Jen recommended advertising often in multiple outlets, designating a neighborhood trail leader, encouraging residents to form walking groups, planning monthly neighborhood walk events and translating the survey for Spanish-speaking residents.</p> <p>Limitations to the survey include language barriers, limited data collection periods and correlation not mean causality.</p> <p>Durham Parks and Recreation is examining using the North Durham Park parking lot at Geer Street to host outdoor classes or equipment. A Parks and Rec intern is cataloging all the paved trails and sidewalks in Durham and will include Healthy Mile Trails. It was suggested to offer walking trail days for those with mobility issues. Parks and Rec offers pool exercise classes for at Lyon Park and Walltown recreation centers for those with mobility issues.</p>	<p>Marissa will Ask Annette for help connecting to WD Hill for Healthy Mile Trail help.</p>
<p><b>Announcements</b></p>	<p>Durham Parks and Recreation is conducting a Snow Hill Park survey within a short two-week window. Please share the survey.</p> <p>Durham Parks and Recreation is conducting an assessment of the railway Beltline Trail that will go through central Durham and out to Avondale Rd. Parks and Rec would like as much feedback as possible when they hold public meetings. Annette will send Marissa the town hall meetings to send out to the committee.</p> <p>The Durham County Department of Public Health (DCoDPH) is getting ready to start a news set of The Fresh Start smoking cessation classes. DCoDPH would like to hold a chronic disease self-management class but needs space to use at no cost. Let Willa Allen know if you are hosting a disease self-management class.</p> <p>The Men on the Move monthly walk will be held at Sandy Creek Park starting at 9 am on Saturday, July 15.</p> <p>Reinvestment Partners is hosting the sugar sweetened beverage workgroup meeting, 10 am on Thursday, July 13 at their office.</p>	

<p><b>Workgroups</b></p>	<p><b>Physical Activity-</b> There needs to be physical activity options for those with mobility issues. What percentage of the population is living with chronic pain? Should we be more public on how to manage this?</p> <p>Parks and Rec may be able to help maintain the paved walking areas if they are marked as part of a walking loop. They will start installing fitness equipment at trailheads at select parks.</p> <p>The workgroup needs to develop ideas on how to work with businesses to support the Healthy Mile Trail.</p> <p><b>Education-</b> The food pantry information station organized by Betsy Crites with End Hunger Durham is going well. The group will continue to support Betsy and get the information to her so individuals can be linked to resources.</p> <p><b>Nutrition-</b> The workgroup focused on the consultant with the Healthy Corner Store work. They discussed the idea of corner stores that double as food pantries for fresh produce. The workgroup will figure out what this might look like and if there is community interest.</p>	<p>Marissa will talk to Cindy Haynes about resources for physical activity for people with chronic pain and sharing those with physicians so they can connect resources with patients.</p> <p>Annette will bring a list of parks with paved walking facilities at the September committee meeting.</p> <p>Justin will help create a Healthy Mile Trail one pager or brochure to be posted on the website and printed.</p> <p>Jeff will send Marissa the Healthy Mile Trail article that will appear in Parks and Rec to the Replay magazine.</p> <p>Marissa will get in touch with Justin. Marissa will get in touch with the city on posting signs on the trails.</p> <p>Nandini is going to link Jannah to clinics to educate providers about the availability of disease self-management classes, programs and events.</p>
<p>***Next OCI meeting: Wednesday, August 9, 2017, 414 E. Main St.***</p>		