

Partnership for a Healthy Durham, Obesity and Chronic Illness Committee
Location: 414 East Main Street, 2nd floor conference rooms
Minutes: Wednesday, November 8, 2017

Meeting Outcomes

- Outcome 1: As a committee, communicate/ brainstorm ideas and suggestions for future meeting activities and speakers
- Outcome 2: Work within workgroups to review action plan progress and discuss next steps of action for final year of the current action plans

Facilitated by: Jannah Bierens

Present: Jeff Howell, Jannah Bierens, Cindy Sink, Amanda Snyderman, Don Bradley, Annette Smith, Keyanna Terry, Nasim Youssefi, Kelly Warnock, Candice Alick, Betsy Crites, Tiana Jones, Wilma Liverpool, Jen McDuffie, Kim Fisher, Chelsea Hawkins, Marissa Mortiboy		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
Welcome/Introductions Review minutes	A correction needs to be made on the first page to Cooking Matters at the Store.	Marissa will make the correction and send the revised minutes to Jannah and Chelsea.
Jannah and Chelsea Future meetings	<p>Jannah and Chelsea wanted feedback from committee members on topics or activities they would like to see at future Obesity and Chronic Illness meetings.</p> <p>Committee members were asked to fill out half sheets of papers for ideas that would be impactful to the group speaker or topic wise. Ideas suggested were:</p> <p>Policy/Decision making</p> <ul style="list-style-type: none"> • Policy change case studies- videos around food/chronic illness/etc. issues • Soda tax outcomes in other cities and states • Barbara from DINE and Jim Keaton from DPS nutrition talk about what gets in the way of improving school nutrition and what viable actions we could take to make a larger impact and for example, if it's state politics that has a big impact than someone who can help us with that. Organizing to pressure food providers to improve quality at cost • Durham Public Schools nutrition program, challenges and viable action areas to improve 	Set up meeting with Chelsea and Jannah in next week to discuss committee and changes/speakers.

- Local policy makers, City Council or County Commissioner member to discuss funding sources, challenges, how decisions are made, government agency power structure, etc.- Don Moffitt
- GIS mapping- obesity prevalence related to location of fast food restaurants, parks, construction/demolition permits as far as investing in low-income communities, etc. in Durham
- Policy change around food insecurity, Steve Schewel
- City vs. county (and vs. state vs. federal, if needed) – who is in charge of what, who pays for what and who is a good contact person for our topics of interest (we could fill in a few items and either myself or someone I know in government could find out)
- Would some of our initiatives be transferable to private spaces? Would private companies be interested? Things that I think of are walking trails (e.g., BCBS has one), mobile markets (e.g., Duke has one), community gardens (e.g., First Presbyterian has one), wellness programs (a bunch of companies in RTP have them – what about local businesses, churches, etc.)?

Resources

- Adult cooking classes- Cooperative Extension and SEEDS
- Duke resources around obesity and food issues
- Katie Murray, Interfaith Food Shuttle- Seed to Supper adult gardening as well as in-school and after school youth gardening programs of Eastway. Katie would be an excellent speaker on the positive health effects of gardening and cooking on youth and adults in low-resource communities.
- Resources available to community members- NC Ag. Ext. Agent, food programs, free health clinics, etc.

Presentations

- Ted Talks
- End Hunger Durham- what’s new
- Healthy Durham 20/20
- Kelly Brownell at Duke University or appointee, around obesity and stigma
- Ebony Bouleware (Duke), population health &/or Leslie Cutos- what’s going on at Duke that can integrate with this group

- Someone in charge of Open Durham (data) coming to speak to find out what health data is available already and can we push for additional health data we are interested in to be collected/made available
- Public school reps on engaging youth in and out of school
- Local investors and development groups
- Chefs on providing classes to comm. Members
- More on food insecurity
- What are agencies doing to tackle hunger in the older adult population
- Health benes of being outdoors- how to apply- fitness- mental health
- Prescription for Parks/Play
- SPR All Play Initiative- in Spring
- Sugar Sweetened Beverage workgroup update (after April)

Equity

- Center for Environmental Farm Systems- racial equity in food system
- Racial health disparities and what we can do- Latino population
- Invite speakers who “know” the root causes of bad health and do not point fingers and blame those who suffer
- As the gap between the haves and have-nots in our city grows ever wider, how do we get everyone in our group on the same page as to the best way to approach the people in poverty and the people of color in our city? How do we best encourage them to give us the feedback we need and partner with us to make sure we provide services/programs they need and want?
- Individuals dealing with physical challenges and a more holistic approach to health, looking at the environment and not the individual

Field Trips

- Geer St. garden field trip
- Ellerbee Creek Trail field trip (February or March 2018)

Collaboration

- Brainstorm on how Healthy Durham 20/20 can help Durham around priority areas of housing, food security/nutrition and early childhood education

	<p>Committee Structure</p> <ul style="list-style-type: none"> • If there is a more major issue or focus area in this topic area that we'd want to put extra focused energy into that we could have all of our subcommittees work towards- maybe we could have a meeting where we 1. Discuss it as a large group, 2. Break into smaller committees to generate action ideas on this focus area, 3. Come back as a larger group to create a specific action plan with each subcommittee has its tasks. • Workgroups- more structure, time, purpose- collaborate or networking? • Each organization represented given 5 min. opportunity to present what they are doing and potential opportunities to collab • Fewer speakers, more workgroup meetings and report backs. Otherwise the “work” groups don't accomplish much. Some speakers are ok- maybe every quarter or when a good proposal comes along. • How do you devise “communication trees” that really work? When we have an idea or a project, what is the best “standard practice” to get the word out? How many different types /choices of standard practice do we need as our projects are not one size fits all. 	
<p>Announcements</p>	<p>End Hunger Durham, Durham Congregations in Action and End Poverty Durham are hosting a SNAP Policy forum on proposed changes and how families in North Carolina would be affected on Thursday, November 16, 6:30 pm at Westminster Presbyterian Church.</p> <p>Bull City Fit won a national award from the Parks Foundation. Bull City Fit will be expanding to W.D. Hill and will be working with Durham Parks and Rec staff.</p> <p>Durham Parks and Rec My Durham programming for teens will be located at four recreation centers- Edison Johnson, Campus Hills, W.D. Hill and Walltown. Free programming will be available weekdays 3-7 pm for teens 13-18, content and marketing developed by teens.</p> <p>The Senior Holiday party will be on December 12, 4:30-7:30 pm at the Sheraton Imperial Hotel and Convention Center. Invite mature adults.</p> <p>SEEDS is starting an after school program to teach kids on how to cook their own foods. Let Jeff know of community groups to connect to and kids who are interested. The paid high school program will start next school year.</p>	

	<p>The Partnership for a Healthy Durham is partnering with Healthy Durham 20/20 to hold community listening sessions on November 14, 16 and 18. Partnership members should attend. More information is available on the Partnership website at www.healthydurham.org.</p>	
<p>Workgroups</p>	<p>Physical Activity- A new Healthy Mile Trail at Ridgefield was established in October. The amount of community involvement has been great. The neighbors continue to use the trail and post on social media. The Northview neighborhood is interested in marking the trail that is heavily used at Northgate Park, potentially in March or April with a community kickoff. Morreene Rd. is another potential Healthy Mile Trail. Kim Fisher with EDCI would like to work with the workgroup to potentially establish trails at local schools called Healthy School Trails. This could be also be an initiative for #MyDurhamNC youth with Parks and Rec.</p> <p>Action Items- Annette will check on the trail around the retention pond in neighborhood near Morreene Rd. park and Tiana will map the Morreene Rd. trail. It would be over a mile and called could be Healthy Mile Trail Plus. Annette will send contact information for Northgate Gate park trail to Tiana and set up a meeting between Parks and Rec staff and Tiana. Over fall and winter- plan new Morreene Rd. and Northgate Healthy Mile Trails. Move forward with working with youth on trails. Tiana will take the lead on planning a Healthy Mile Trail Day and bring ideas to the next meeting. Bring in partners to help plan and implement. Jen McDuffie will contact schools in northern Durham about possibility of Healthy School Trails and work with Walking Classroom on trails at schools.</p> <p>Education- The workgroup is thinking about structure of the workgroup and may adjust action plan and workgroups next year. Post committee action plan bimonthly. Have topic meetings and break into groups to discuss and share with large groups. Have a programming arms in the community. Think about adjusting meeting time.</p> <p>Nutrition- Discussed how to improve the action plan to make more actionable and fixing the fish vs. fixing the lake. Look at pulling in the community and policy changes such as policies against planting gardens in housing communities. Figure where to go and how to get there. Jeff Forde may have connections in the housing communities and Men’s Council.</p>	
<p>***Next OCI meeting: Wednesday, December 13, 2017; 414 E. Main St.***</p>		