

Partnership for a Healthy Durham
Obesity and Chronic Illness Committee
April 12th, 2017
Minutes

OCI: This committee’s intent is to provide a community-based approach to address the growing problem of overweight and obesity, factors that contribute to the development and complications associated with many chronic illnesses.

Meeting Outcomes

- Outcome 1: Learn more in detail about the Neighborhood Matching Grants for Health opportunity
- Outcome 2: Prepare for upcoming co-chair elections
- Outcome 3: Continue work on projects/programming that improves the state of obesity and chronic illness in Durham County

Facilitated by: Jannah Bierens

Present:		
Project/Topic/Goal	Major discussion points	Action steps/ responsible persons
Members arriving Welcome and Introductions		
Review minutes	No changes to the minutes.	
Laura Biediger from NIS, City of Durham Neighborhood Matching Grants for Health	<p>First year of neighborhood matching grants (theme: what’s bringing people together, could be safety, health, etc.). Twelve neighborhoods will be funded this year (\$27k funded); deadlines 7/31 and 1/31. \$2500 grant amount for each funded neighborhood—neighborhood must apply, not a non-profit (unless that non-profit is focused on serving a specific geographic area). The neighborhood can be self-defined. It doesn’t need to have elected officers or dues; neighborhoods can collaborate and reapply.</p> <p>Churches in a neighborhood can’t apply directly but can partner with a neighborhood.</p> <p>Emphasis is on serving low-income: if average home value is below the median, (general) application gets extra 20 points.</p>	Laura will put high-scoring applications of funded neighborhoods as example applications on website and will also email to Jannah.

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	<p>The 4/30 deadline for \$1500 and end of October deadline for \$1500 health-focused grants too (additional money from Duke for these smaller health-focused projects)—feedback given within a month. Funding for 3 months and match must be made during that time, but project can continue after funding period. Match can be made in cash, volunteer hours (from residents) (\$23.07/hr volunteer), in-kind services or donations.</p> <p>Examples of funded projects: community gardens, murals, historical photo displays, playground renovations, trail signs, Healthy Mile Trails (HMTs) – flexible, supplies for a co-op, one-time programming.</p> <p>Application and accompanying Word doc with FAQs on NIS website, along with interest form if neighborhoods aren't yet ready to apply. Funds can be received by neighborhood association, individual on behalf of neighborhood, or non-profit (if they're one of the partners). Must check in with planning department before implementation of project.</p> <p>There is a separate pot of informal money for Bull City Open Streets—not necessarily for this purpose.</p> <p>Promoting through Partners Against Crime (PAC) listservs, Homeowners Association (HOA) listservs, neighborhood newsletters, Partnership emails, etc.</p>	
<p>Announcements</p>	<p>Cook Smart, Eat Smart – four weeks on Thursdays 5:30-8:30 pm sessions, benefits of cooking, cooking skills and cook recipes; promotes cooking at home with fast easy recipes; at Extension Office; one-time \$40 fee that pays for all ingredients; will start 5/4</p> <p>Extension just renovated a meeting space and turned it into a cooking lab; ribbon cutting on 4/25; lab can be used by outside groups but Extension has priority</p> <p>Bike to School Day on 5/10; Durham has several schools participating; walking is also encouraged; walkbiketoschool.org</p> <p>End Hunger Durham is working on Food and More project in food pantries; next step is resource tables for food and health; 2 pilots at participating pantries</p>	<p>Barbara interested in collaborating with Cook Smart, Eat Smart on behalf of DINE team.</p> <p>Jennifer Delcourt will email Jannah Bike to School Day flyer to spread the word and answer questions.</p>

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	<p>coming up; resources include helping people determine if eligible for SNAP (eventually want capacity to enroll people on site if eligible); will also have a training for volunteers who want to participate (end of May)</p> <p>Reuse rodeo on 4/22 at Scrap Exchange; sponsored by Keep Durham Beautiful</p> <p>Chronic pain management trainings on 5/18, 5/19; see Jannah for more information .</p>	
Co-chair nominations	<p>Barbara Rumer wanted to be removed from the nomination ballot</p>	
Workgroups report back Adjourn	<p>Communication: Very excited about Food and More, volunteer training in April (Jannah will attend); resources table will share information about programs and potentially sign people up for those programs; possibly put health info or recipes into packed food bags</p> <p>PA: Evals of HMTs; Old North Durham neighborhoods, 6 homes surveyed; wrapping up in the next month or two and then moving on to the other HMTs; Denver surveyed houses and found that people recognized yellow man from trail but didn't know what it meant and might need more signage; Jennifer Delcourt has Facebook account for Active Schools Region 5,</p> <p>Nutrition: Discussed the Aetna Cultivating Healthy Communities grant; DINE is working to hire a consultant for corner stores (including Express Mart); Nasim did environmental scan at Express Mart and learned that we might need to offer strategies for how to sell produce more effectively and how to sustain these changes; Healthy Checkout Aisle is no longer active at Los Primos—only have one aisle open at a time so it wasn't always available; also discussed, what are the community needs? Do they even want a healthy aisle? Etc.</p>	