

## **Partnership for a Healthy Durham**

Obesity and Chronic Illness Committee

March 9, 2016

Minutes

**Facilitated by: Crystal Dixon**

<b>Present:</b> Crystal Dixon, Keyanna Terry, Chasity Newkirk, Marissa Mortiboy, Aubrey Delaney, Casey Horwirz, Jennifer McDuffie, Jessica Jones, Tyrone Hall, Jamie Steed, Kianna Redd, Perry Whitted, Christopher Smith, Wahab Hassan, Jannah Bierens, Barbara Rumer, Tara Ilsley Murillo, Kelly Warnock, Khali Gallman		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<b>Introductions, welcome newcomers</b>		
<b>Announcements</b>	<p>The 2015 State of the County Health (SOTCH) report has been completed and been submitted to the state. The report is an update on data and progress made since the 2014 Community Health Assessment. Copies of the report will be distributed at the March 18 Duke/Durham Health Summit. An electronic copy will be available online within the next two weeks.</p> <p>The Food Policy Council has broken into workgroups. There will be a food justice workgroup meeting next Wednesday, 6:15 p.m. at the Cooperative Extension office. That group has merged with End Hunger Durham. There will be a healthy food workgroup meeting next Thursday from 6-7 pm, location TBD. There are additional groups around the economy and farming. Find more information at <a href="https://durhamfarmandfoodnetwork.wordpress.com/">https://durhamfarmandfoodnetwork.wordpress.com/</a></p> <p>Veggie Van is no longer in operation.</p> <p>The Durham County Department of Public Health is holding a Diabetes Alert Day event from 10 am-2 pm at the Human Services building with speakers such as Jerry Smith and local physicians.</p>	

	<p>Lunch and incentives will be provided. Email Crystal Dixon at <a href="mailto:ctdixon@dconc.gov">ctdixon@dconc.gov</a> or Joyce Page at <a href="mailto:jpage@dconc.gov">jpage@dconc.gov</a> to register.</p> <p>The Durham Co-op is interested in starting a Double Bucks program. The health department will help partner on a USDA grant to do so.</p> <p>Elected officials are interested in improving Durham's infrastructure around health. A group is assembling now to examine strategies and form recommendations. Contact Perry Whitted for more details.</p> <p>Holton Career and Resource Center is offering free use of fitness classes and the gym through this month.</p>	
<b>Kiana Redd, Lincoln Community Health Center</b>	<p>The Lincoln Community Health Center started a health disparities team in September 2015. Lincoln offers one-on-one diabetes education with clients, monthly diabetes support groups and weekly information sessions in English and Spanish. Lincoln also holds Living Healthy with Diabetes and Living Healthy with Chronic Conditions classes for the community every other month. Lincoln offers incentives such as program manuals, gift cards and food for attendees. The purpose of the programs is to encourage participants to take control of their diabetes.</p> <p>Information about available classes and activities can be found at <a href="http://www.lincolnchc.org/">http://www.lincolnchc.org/</a>.</p> <p>Workshops are for Lincoln and non-Lincoln patients. All other services are only for Lincoln patients. Workshops are limited to 15-18 people. The services are offered through a three-year grant which started in August 2015. Classes are held during the daytime and evenings.</p>	
<b>Jessica Jones, Ceyonne Fitness</b>	<p>Ceyonne Fitness is a family business that has been around for 20 years, cultivating healthy lifestyles. They are currently operating classes at the Walltown Recreation Center. They are also working</p>	Committee members are invited to the Ceyonne fitness classes held at

	<p>with Duke Digital Health on fitness, obesity prevention and technology.</p> <p>Ceyonne Fitness has learned there is a lot of misinformation out there regarding weight loss, nutrition and physical activity. They try to help people find resources to eat better and find correct information. Their philosophy is preparation, moderation and consistency. Ceyonne Fitness is interested in building partnerships and finding out about community resources.</p> <p>Email Jessica at <a href="mailto:ceyonnefitness@gmail.com">ceyonnefitness@gmail.com</a> to let her know about physical activity and nutrition resources in Durham or to collaborate on an event. Members are welcome to attend weekly Ceyonne Fitness classes at Walltown. The cost is \$4.00 each class. The Fitness 101 class is \$10.75 for the series with a Play More card.</p>	<p>Walltown to speak and share information about resources.</p> <p>Invite UNC students to a future meeting to share what they've learned from interviewing community members regarding barriers and access to care.</p>
<b>Perry Whitted, Healthy Mile Trail</b>	<p>The committee has already approved placing a Healthy Mile Trail near the downtown area. April 9 will be the trail painting and cleaning day. April 16 will be the rain date. Trinity Lofts and the Old North Durham School are excited about the trail.</p> <p>A working group looked at potential trails near the health department, Duke Park, Walltown and East Durham Park. East Durham Park and Duke Park didn't have enough continuous sidewalks to form a one mile loop.</p> <p>It was proposed that the health department loop start at the health department and the Walltown loop start near the rec center.</p> <p>The committee agreed to move forward with the Walltown and health department trails. The work group will bring information back to the full committee.</p>	
<b>FHI 360: Partnership Evaluation Surveys</b>		

**\*\*\*Next OCI meeting: April 6, 2016 from 8:30-10:30 at the Health and Human Services Building.**