

## Partnership for a Healthy Durham

Obesity and Chronic Illness Committee

September 14, 2016

Minutes

Facilitated by: Jannah Bierens

<b>Present:</b> Colleen Fear, Kelly Warnock, Jannah Bierens, Denver Bailey, Jeff Forde, Nasim Youssefi, Barbara Rumer, Casey Horvitz, Natalie Rich, Janelle Averill, Sabina Bastias, Perry Whitted, Sam Fam, Keyanna Terry, Aubrey Delaney, Julian Xie, Stani Nykki Sims		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<b>Introductions, welcome newcomers</b>		
<b>Review minutes</b>	There were no changes.	
<b>Neal Curran, Bull City Cool Food Hub</b>	<p>Bull City Cool Food Hub is a community development project of Reinvestment Partners. It is co-located with multiple community partners such as Farmer Foodshare, Relay Foods and Tilthy Rich. Seal the Seasons has space in the freezer. Backpack buddies is next door. The Food Hub serves as an aggregation spot for a Duke student food delivery service. The organization works on building middle level capacity and expects to grow.</p> <p>Bull City Food Hub started off as a frozen food processing site but found that the need was for the things that are happening here (cold storage). They rent the space to other groups. It's a simple but novel idea (no one else is doing this here).</p> <p>It is possible for groups like community gardens to store harvest here for a few days before donation. The Food Hub will try to create space for that.</p>	
<b>Announcements</b> <ul style="list-style-type: none"> <li>• <b>FULL Obesity Conference</b></li> </ul>	<ul style="list-style-type: none"> <li>• The FULL Obesity Conference—Lyon Park this Saturday, 10-4, registration required—online at FULL Facebook</li> </ul>	

	<p>page (<a href="https://www.eventbrite.com/e/full-rethinking-obesity-conference-tickets-26880846335?aff=efbnreg">https://www.eventbrite.com/e/full-rethinking-obesity-conference-tickets-26880846335?aff=efbnreg</a>)</p> <ul style="list-style-type: none"> <li>• Herald Sun monthly partnership column—let Kelly or Jannah know if you have a topic.</li> <li>• Durham Farm and Food Network will have a candidate forum in October—might want to showcase (and on October 16 is National World Food day).</li> <li>• Jannah and Kelly are presenting to PAC meetings and to their coordinating council to bring OCI and related issues to their attention.</li> <li>• Community Health Survey needs volunteers to help with survey. Online sign-up is at <a href="https://www.surveymonkey.com/r/DCoCHASurvey">https://www.surveymonkey.com/r/DCoCHASurvey</a>.</li> <li>• Community Food Survey is also in the planning stages. See Kelly if interested.</li> </ul>	
<p><b>Discussion: Organization of workgroups</b></p>	<p>There are three small workgroups within OCI (physical activity in neighborhoods (Healthy Mile Trails), access to healthy foods and communications to improve knowledge of what is already here and how to access that or for groups to work together. The committee wants to get better organized with:</p> <ul style="list-style-type: none"> <li>• Specific description of each small group</li> <li>• Streamlined focused objectives for each groups</li> <li>• Having a sign-in sheet for small group members</li> <li>• Having group “champion” to lead and for follow-up</li> <li>• Ability to meet longer in some OCI meetings</li> <li>• Ability to meet outside of OCI meetings or to follow up on plans through individual assignments or non-traditional meetings (phone, e-mail...)</li> <li>•</li> </ul> <p><b>Access to Healthy Foods</b></p> <p>Past:</p> <ul style="list-style-type: none"> <li>• Healthy Aisles</li> <li>• Corner stores</li> </ul>	<p>Co-chairs will come up with initial small group descriptions, then groups can fill in details.</p>

- Grocers on Wheels—many lessons learned (SNAP issues, food delivery issues, organization). Before trying to do something like this again, would like to do focus groups.

Possible future projects:

- Inventory what has been done and consider what, if anything to do with each thing and lessons learned. Use action plan to find what has been done. Duke Food Policy Center (not opened yet) and Center for Population Health want to inventory food interventions.
- Expand to retail groceries—conversation with Coop grocery ongoing (Kelly knows about this), but they may want to move in different directions.
- FINI grant (Neal’s group working on this with others)
- Reaching out to retail grocers to do Double Bucks—Food Lion, also Save-A Lot, Kroger, HT, Whole Foods, Compare Foods
- Looking for people in this group who have contacts at any of these places.
- Support mobile markets and stores that sell produce in underserved neighborhoods
- Matching middle school students with a corner store near their school to have the students do advocacy promoting healthy options at that corner store.

**Physical Activity**

Objectives:

- 1) Usage promotion among existing community partners/organizations/projects and community members
- 2) Community assessment for promotion of trails as well as effectiveness of trails
- 3) Creation of new trails if found to be effective in meeting the need

Longer term goals:

- Assess current trails and create ways to feedback on need for maintenance
- Assess effectiveness of trails in meeting needs of community after promoting the space for use

- Identify new areas for trail creation
- Minor: compiling list of physical activity opportunities for distribution to health centers/providers
- Denver Bailey and Jen Isher-Witt are working on the evaluation plan for the Healthy Mile Trails. A survey instrument has been created and is ready to be vetted within the group. Denver is currently recruiting OCI and community members to help finalize the survey and plan for implementation. Denver to reach out to Jeff Forde to get feedback on survey questions and introduction section.
- Perry has identified a potential new healthy mile site in Walltown. Perry to reach out to Parks & Rec, churches, and schools near the HMT to gauge interest in trail and engage community in planning process. Denver to determine the number of kids near the potential Walltown HMT.
- There is a door-to-door campaign going on in the Holton community on a quarterly basis, which the committee could use as a way to advertise the HMT and collect information pertinent to the HMT.
- Play Street events can also be used to advertise HMTs, and get parents involved in physical activity. Sam to find out if “Walk with a Doc” could use the HMT locations.
- Group to reach out to PACs to find out if community members would be interested in walking with police officers on HMTs. The PAC’s email listserv and newsletter could be used to spread the word about coordinated HMT walks.
- Durham Neighborhood Compass is a tool that may help group to compile data and evaluate future sites for Healthy Mile Trail: <http://compass.durhamnc.gov>. This is a quantitative indicators project with qualitative values, integrating data from local government, the Census Bureau and others.

**Communications**

- Started out as an “education group” to focus on smoking cessation around the time that the smoking rule was passed.

	<ul style="list-style-type: none"> <li>• Over time the group morphed into trying to figure out how to utilize the classes/ programs/ resources we have in place, and getting them known to those in the community who really need them! Durham is so rich in resources but somehow all that we are doing does not reach those these resources are intended for.</li> <li>• Getting new organizations to the table should be an ongoing goal.</li> <li>• Betsy suggested using pantries as a platform to provide information about health resources in Durham when recipients come to get food.</li> <li>• Erica suggested having a one-pager of ALL organization's programming/ classes/ webinars/ initiatives/ etc. to post at the first of each month to websites, social media, etc.</li> <li>• Jannah would really like to see (and in a perfect world) the Health Department have an improved and more user friendly website for the public to access. On it, could be a calendar of health events going on around Durham where people could get details and register for events, etc. in one place.</li> </ul>	
<p><b>Virginia Mitchell, CAARE/ Access to Care</b></p>	<ul style="list-style-type: none"> <li>• Food pantry open to public M &amp; F afternoons; specialized audiences on other afternoons</li> <li>• Diabetes support group on Wednesdays needs more participants</li> <li>• Culinary arts program (MWF 5-8:30; get Serve Safe certification;</li> <li>• LGBT nutrition class, and workout program, then mindfulness</li> <li>• Permaculture garden</li> </ul>	
<p><b>***Next OCI meeting: Wednesday, October 12, 2016 from 8:30-10:00 at the Health and Human Services Building</b></p>		