

Partnership for a Healthy Durham – Physical Activity, Nutrition and Food Access Committee (PANFA)

Location: Zoom

Wednesday, October 18th, 2023

Zoom-9am

Facilitated by: Scott Brummel, Krista Kicsak, Kat Combs

Present: Scott Brummel (Root Causes), Krista Kicsak (DCoDPH), Kat Combs (YMCA of the Triangle), Kelly Warnock (DINE), Ellie Morris (NC Child Care Health & Safety Resource Center), Bria Miller (DCoDPH), Kayla Holland (Center for Black Health and Equity), Hannah Rhodes (KDB AmeriCorps), Belen Rogers (Food Bank CENC), Sarah Jacobson (AHA), Alex Hurdle (DPR), Gabby Paterson (Express Release Dance), Amber Taylor (DCoDPH), Catrina Lloyd (PHD), Angel Romero (Duke Community Health), Kim Barrier (DINE), Jasmine Westbrook (EatWell Exchange), Sally Wilson (Project Access), Tricia Smar (Duke), Macklyn Mosley (Community Engagement Services Districts 4&5), Nasim Youssefi (DINE)

| Project/Topic/Goal | Major discussion points | Action steps and responsible persons |
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| <p>Introduction, Review Minutes, Announcements (15 mins)</p> | <p>Icebreaker: What would you like more of in your morning routine? https://padlet.com/eskobrummel/what-do-you-want-more-of-in-your-morning-routine-3myj3x3yhveh1hvi</p> <p>We had multiple new members, as well as members who have not been able to join in awhile. The group reintroduced themselves and met the new members.</p> <p>Announcements</p> <ul style="list-style-type: none"> ● Bike Durham’s Move-A-Bull City Bike Ride, Walk, & Celebration will be Sat., Nov. 4 at Golden Belt from 2:00 - 5:30pm. Details and registration at bikedurham.org/mabc-23 <ul style="list-style-type: none"> ○ Bike Durham is also hiring for a part-time bike riding safety educator - https://bikedurham.org/jobs <p>Keep Durham Beautiful (KDB)</p> <ul style="list-style-type: none"> ● Big Sweep still going on! This is an awesome opportunity to cleanup areas around Durham. https://keepdurhambeautiful.org/events ● Pumpkin Drop: there will be a few sites and times to drop off your old pumpkins in November to make sure they are disposed of properly! | |

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| | <ul style="list-style-type: none"> ○ https://keepdurhambeautiful.org/events/2023/durham-pumpkin-drop <p>Healthy Mile Trails (HMT)</p> <ul style="list-style-type: none"> ● Next cleanup is at Holton HMT Friday, November 3rd. More information to come soon. <p>Men's Health Council Walk</p> <ul style="list-style-type: none"> ● Come join the Durham County Department of Public Health Men's Health Council for an hour to socialize, walk in a beautiful park, and learn. Walk with others to promote better thinking and memory. <ul style="list-style-type: none"> ○ October 21 from 9am - 10am Location: Duke Park, 106 W. Knox St. 27701 For additional information contact Joyce Page (jpage@dconc.gov or 919-560-7109). <p>State of Diabetes Event</p> <ul style="list-style-type: none"> ● Highlights: Health screenings, Vaccinations, Presentations, Community organizations, Small groups, Cooking demos, Exercise and mindfulness, En Español tambien ● FREE Admission <ul style="list-style-type: none"> ○ Nov. 18, 2023 ○ Durham Tech: 1637 E Lawson Street, Durham, NC 27703 | |
| <p>Small Breakout Groups (30 mins)</p> <p>Choose between Food Access (Scott Brummel) Nutrition (Krista Kicsak) Physical Activity (Kat Combs)</p> | <p>Physical Activity</p> <p>The group discussed the following:</p> <ul style="list-style-type: none"> ● Safe Routes to School (SRTS) and how they can best advocate for this <ul style="list-style-type: none"> ○ This will need to be an ongoing conversation. ● City Council has an infrastructure bond and is holding a meeting about it (and other topics) this Thursday, 10/19. This will be an open discussion and work session, starting at 1:00 pm, broadcasted live on YouTube TV. <ul style="list-style-type: none"> ○ (incl link to register to speak if you're interested): https://cityordinances.durhamnc.gov/OnBaseAg | <p>Amber Taylor to send an updated flier about HMT cleanup on 11/3/2023.</p> |

[endaOnline/Meetings/ViewMeeting?id=609&doctype=1](https://www.wendy.com/endaOnline/Meetings/ViewMeeting?id=609&doctype=1)

- Discussed the difference between city and state owned roads and ways to reduce the hazards in crossing large streets (i.e. Roxboro road).
- Education for traffic engineers, specifically favoring pedestrian traffic over favoring commuter traffic
https://www.watchformenc.org/wp-content/uploads/2018/12/Watch_For_Me_NC_Rack_Cards_Tips.pdf
- Parks Bond referendum is on the agenda. Durham has not had this on the ballot since 2011.
- The group needs transparency in delivery of the projects, such as an accountability dashboard.
 - The group currently has a Google document where members/Partners can add updates and edit-do we need a different type of document? More discussion to happen at the PA workgroup next Wednesday.
- Healthy Mile Trails – updating ones in the Fall. Updating Holton in early November 3rd. Amber will send an updated flier

Food Access

The group discussed the following:

- MEANS Database
 - An online platform for organizations (i.e. bakeries, restaurants) to list leftover food and how much they have available and people or organizations can get alerts for that food to be taken to local food pantries and food banks.
 - PANFA has had multiple conversations with the leadership team from MEANS to discuss how to bring this to Durham.
 - The pilot program will start with DPS (Durham Public School) Nutrition services.
- Community conversations

- PANFA will be hosting these in different neighborhoods/areas in Durham so we can hear straight from community members on their concerns related to our work, as well as involve them in any planning processes.
- Be Heard Durham, a project of Community Improvement Services of the City of Durham, is planned to release later this month. This online dashboard will allow the public to see data from past conversations they have held, as well as what has come from them.
- Believers United provides hot meals and moves a lot of food in Durham, and we should reach out to involve them in our work.
- Ellie Morris, joining from NC Child Care Health & Safety Resource Center, is interested in child care programs as key to food access and how these families are often struggling.
- AHA (American Heart Association) hasn't been involved in food recovery work yet but Sarah Jacobson (member joining today) is interested in working with this, too.
 - It would be good to have conversations across the state, but we acknowledge that there are so many players. Maybe start with food policy councils (though only so many).

Next steps with the MEANS project:

- Meeting with Linden Thayer (DPS) to discuss next steps to start up an running with schools
- Food safety trainings necessary
 - Perhaps some connections from CENC via Belen Rogers (Food Bank of Central and Eastern North Carolina)
- What will the evaluation strategy look like?
- Hog feed as a possible diversion plan?
 - Soil and Water may have food scrap
- Would like to start connecting non-schools as a supplier

- Conventions? Buffet -style, Baseball stadium?
- Need to connect with recipients
 - Present to pantries at EHD (End Hunger Durham)
 - Durham Community Fridge: <https://indyweek.com/food-and-drink/durham-community-fridge/>
- Share funding ideas with MEANS: https://www.deq.nc.gov/2024-food-waste-reduction-grant-rfp-packet/download?attachment&mc_cid=032279fa55&mc_eid=96e2eae133
- Hannah Rhodes suggested looking into the following resource: [Penny Pilgram George Women's Leadership Initiative](#): waste-wise event guide, this is a possible way to get the word out about this project.

School Nutrition

Many of the usual players in this workgroup were unable to attend due to the reschedule, so Raina Bunnag (DINE) did a brief overview of what has been discussed in previous meetings.

- Kayla Holland (Center for Black Health & Equity) went over some really great WINS in the NC School Meals for All world:
 - There are recurring funds for CEP (community eligibility provisions)
 - USDA (US Department of Agriculture) reimburses meals/cost to CEP schools; those that qualify due to percentage of families falling under specific incomes.
 - They have reduced the cost of lunch/meal copays, meaning the state will pick up the tab for students in high need.
 - Schools are now prohibited from keeping students from graduation due to a school meal debt

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| | <ul style="list-style-type: none"> ● Raina shared that Linden Thayer’s position (new as of last year) and the new DPS nutrition staff position (Brady Mallard) shows DPS’ efforts towards improving school nutrition. <ul style="list-style-type: none"> ○ School nutrition is challenging so this is big! ● DPS and DINE are working to fight the stigma around eating school meals so that children take advantage of this great resource ● DPS’ Unbox group, the youth food policy council for middle and high school students is an opportunity for students to join, learn, and share what their vision is for DPS nutrition. The team received more applications than they were expecting! <ul style="list-style-type: none"> ○ Duke will be working with Unbox on the research side of things ○ Kamaria Mason (DINE) will be working with the curriculum for students ● Today is NC Crunch day! A day to celebrate locally sourced fruits and vegetables. ● The group went over some great efforts related to the CHIPS (Community Health Improvement Plans) specific to school nutrition. <ul style="list-style-type: none"> ○ We need to check in with Linden on the evaluation tool that was originally discussed for parents to fill out ○ School nutrition is working hard on getting CEP district-wide <ul style="list-style-type: none"> ■ As of now, there are 27 schools in DPS enrolled, which is more than half of all schools. GREAT WORK but still more to be done! | |
| <p>Large Group Wrap-Up (15 mins)</p> | | |
| <p>Next Meeting(s)</p> | <p>Wednesday, November 8th @ 9am on Zoom https://us02web.zoom.us/j/85953302971?pwd=T3didzRVM3dWbjBFMVBCYVZYbGFiUT09</p> | |

Physical Activity Workgroup Meeting: Wednesday, October
25th 9-9:30 am on ZoomJoin Zoom Meeting

<https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09>

Meeting ID: 856 1368 2116

Passcode: 804454