

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

Location: Zoom

Wednesday, August 9th, 2023

Zoom-9am

Facilitated by: Scott Brummel, Krista Kicsak, Kat Combs

Present: Don Bradley (Duke Margolis Center) Scott Brummel, Bria Miller, Krista Kicsak, Margie Peeler (Farm Church) Dawn Keyser (KDB), Angel Romero, Nasim Youssefi (DINE), Raina Goldstein Bunnag (DINE), Hannah Reynolds (City of Durham Transportation Department), Ileana Vink (DINE), Christian Dixon (Durham Parks and Rec), Kia Campbell (DINE), Eric Hodges (UNC), Amber Taylor (Durham Co. Public Health), Gabby Rivero (Express & Release Therapeutic Dance), Macy Marcucci (Duke intern), Rachel Kitch (Duke Resident), Arthur Lockhart (City of Durham/WB Hill Recreation Center), Alex Hurdle (Durham Parks and Rec), Jeff Forde (Durham Parks and Rec), Kamaria Mason (DINE),

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p>Review Minutes, Introduction to Meeting, Announcements (15 Min)</p>	<p>Icebreaker: Use the Padlet to place your name and a GIF for how you are feeling. The meeting minutes from July were approved.</p> <p>Most of the today’s meeting will be spent in small working groups, where members can choose to join and discuss physical activity, school nutrition, or food access.</p> <p>Announcements:</p> <ul style="list-style-type: none"> The Food Security Network is meeting today at 10am, following this meeting. Access the link here https://ncsu.zoom.us/j/98898687368?pwd=U25hcWxOcFU0VEVXUWZJU2xLTnNwUT09 The Partnership Access to Care Committee meeting is tomorrow, August 10th at 8:30. Join Zoom meeting here https://us02web.zoom.us/j/89377696683?pwd=UkZteEVTVM94QnVJcXFEB1Urn0Z2Zz09 The YMCA has received funding for Healthy Weight and Your Child for the next three years. These families (funding of about 84) will have access to the YMCA for a full year membership as well as the program itself starting in 2024 through 2027. 15 weeks, 2 times per week meetings on physical activity and curriculum (i.e. screen time, healthy eating). 	<p>Link to Mailchimp survey for communications. https://us11.list-manage.com/survey?u=5f9d196e30f83325b64bd86f2&id=aa0eca2458</p>

<p>Small group breakouts to review CHIPs progress and new directions. (30 min)</p> <p>**Brainstorm other time(s) to meet in specific workgroups</p>	<p><u>Physical Activity</u></p> <p>The group discussed notes from the previous meeting in July, as well as any updates regarding specific strategies from the Community Health Improvement Plans (CHIPs) written as a group.</p> <p><u>CHIP Strategy #6:</u></p> <p>a. Continue to create or enhance access to places for physical activity.</p> <p>Updates:</p> <ul style="list-style-type: none"> • A Healthy Mile Trail (HMT) cleanup is being planned for the second week of September. Amber Taylor (Durham County Department of Public Health) is working on more details with Susanne Schmal and will send those out at a later date. • Durham Parks and Recreation (DPR) is working on getting HMT maps updated. There is a new Geographic Information System (GIS) mapping employee they are working with, but they are working to get them up to speed and should hopefully be able to provide updated maps soon. • There have been some instances of graffiti on HMT and signage along the Northgate HMT. Jeff Forde and DPR are aware of these are continuing cleanup efforts along that route. • The Partnership still has some funding available from this past fiscal year and the group is planning on funding a few benches along multiple HMTs or parks and trails. The group is trying to work alongside Trees Durham to include some shade and make sure these benches are placed in shaded areas, if possible. • Keep Durham Beautiful has a great bi-weekly newsletter highlighting litter cleanup and even physical activity intersections. You can find the newsletter here. <p><u>CHIP Strategy #7:</u></p> <p>a. Offer more opportunities for walking buddies, group exercise classes, or other programs that facilitate social support for exercising.</p> <p><u>CHIP Strategy #8:</u></p> <p>a. Implement community-wide campaigns to promote PA and increase awareness of where to participate.</p> <p>Updates:</p> <ul style="list-style-type: none"> • Community Cafes are still being planned, but the contract with racial equity consultants is still being finalized. Once this goes through, planning can 	<p>The physical activity working group will plan to meet two weeks after normal PANFA meeting Wednesdays, 9-10am.</p>
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	<p>continue to find out from community members what types of physical activity opportunities and campaigns would be most beneficial.</p> <ul style="list-style-type: none"> • Krista Kicsak (PANFA specialist, Durham County Department of Public Health) is currently working on a regularly updated physical activity resource with low-cost and free resources for the community. She will get this uploaded to the PANFA drive and distribute to interested members to gather feedback and edits. • The group is interested in improving community members' knowledge of pedestrian safety, especially on roads without sidewalks. Angel Romero (Duke Health) shared a great visual resource that can be shared through neighborhood newsletters. There are signs of what way to walk on various trails throughout Durham, however, none, or very few of these are offered in languages other than English. The group will discuss in later meetings how to move forward with direct education efforts for community members. <p>Members who chose the Physical Activity breakout room in Zoom decided to meet biweekly as a smaller working group in a virtual setting. The first meeting for Physical Activity will be Wednesday, August 23rd, from 9am-10am. A zoom link and calendar invite will come soon and will be planned through December 2023. If this time does not work, we will plan something different. Walking meetings at HMTs were also discussed as an option when the CHIP Strategy is related to HMT, parks, and/or trails.</p> <p><u>School Nutrition</u> CHIP Strategy #12</p> <ol style="list-style-type: none"> a. Explore potential of increasing number of schools participating in Community Eligibility Provision (CEP) <p>Updates:</p> <ul style="list-style-type: none"> • The group in this breakout room discussed Community Eligibility Provision (CEP) awareness concerns and issues. CEP advocates for big decisions relating to the Healthy and Hunger Free Kids Act to break down requirements for free and reduced lunch, as well as other resources in public schools. • Durham Public Schools (DPS), a strong member of the Partnership, is addressing expanding their services considering Title 1 funding. • The Food Research & Action Center (FRAC) has prepared a lot of background information on this policy topic, which can be found here. 	<p>Krista will reach out to Bike Durham, BikeWalk Durham/Bicycle and Pedestrian Advisory Commission (BPAC), Durham Open Space and Trails Commission (DOST) to gauge best practices for education events.</p> <p>Future work should align with City of Durham on signage for pedestrian safety.</p>
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CHIP Strategy #11

- a. Bring together groups/individuals invested in School Nutrition Services (SNS) to collaborate to best support SNS and avoid duplication of efforts.
- b. Identify school nutrition barriers and perceptions by seeking community input.

Updates:

- Linden Thayer with Durham Public Schools (DPS) and the DINE team at the health department are organizing standing meetings on Wednesday mornings at 8:30, which might be a great opportunity to get the right audience to continue moving these efforts forward.
 - Currently, Linden’s work is focused on Fresh Fruit and Vegetable spending that will be concluded by the end of August 2023 (this month).
- The Durham Innovative Nutrition Education (DINE) team is working along School Meals for All NC, helping to make school meals free for all children in North Carolina, not just breakfast.
 - Kayla Holland from the Center for Black Health & Equity has spoken to PANFA about this coalition before:
<https://schoolmealsforallnc.org/>.

Food Access

There were a few new faces to the meeting, and they were introduced to the group, priorities, and strategies. These new members learned all about the Double Bucks program at farmers markets, where they can get their SNAP benefits matched/doubled, as well as WIC users doubling their Farmer’s Market Nutrition Program (FMNP) vouchers.

There was discussion of meeting outside the normal PANFA meeting, especially for actionable items, but no concrete plans have been made at this time. The group wants to make sure they schedule this meeting during a time that the DINE nutrition team and Linden Thayer are available, or even just jump on calls they are already having.

There were no specific discussions of the CHIPs strategies in food access, but the group has a lot of great ideas, including work in the food waste cycle and seeing if there is a way to pull food back into the food system. Along these same lines, the group has been working with [MEANS Database](#), a system fighting bulk food waste in communities around the country.

Invite Miguel Rubiero from Iglesia Hispana Emanuel to meeting

	The group is intent on working together with Mary Oxendine (Food Security Network) and Kelly Warnock (Durham County Department of Public Health) moving forward and having more meaningful conversations. Krista Kicsak is meeting with Mary Oxendine in early September to figure out how she can best liaison between the two committees and will let the group know what she learns.	
Small group updates (15 min)		
Next Meetings	<p>Overall PANFA monthly meeting: Wednesday, September 13th at 9am https://us02web.zoom.us/j/85953302971?pwd=T3didzRVM3dWbjBFMVBCYVZYbGFiUT09</p> <p>Physical Activity workgroup: Wednesday, August 23rd at 9am https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09</p>	