

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

Location: **Zoom**

**Wednesday, January 11, 2022**

Facilitated by: Raina Goldstein Bunnag

**Present:** Nasim Youssefi, Bria Miller, Raina Goldstein Bunnag, Kia Campbell, Belen Rogers, Alex Hurdle, Annemarie Pittman (Durham Senior Center), Mallory Green (Nutrition Dietetic Intern DCoPH), Mary Oxendine, Linden Thayer, Anger Romero, Jacquelyn Blackwell, John Tallmadge, Brittany McCoy, Sheri Starks, Yvonne Reza

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<b>Review Minutes, Icebreaker</b> (10 Min)	<p>What’s your favorite form of physical activity in the winter?</p> <p>The meeting minutes were approved.</p>	
<b>Announcements, Updates, Ideas</b> (10 min)	<p>Mary Oxendine-. Cooperative Extension is hosting a free virtual cooking class in English and Spanish on January 26, 2023 from 6:00-8:00pm. Learn to make a one-pot vegetarian friendly meal and dessert. Pick up your free meal kit on January 25-26th at 721 Foster St. Durham, NC 27701. Register for the class at:  <a href="https://ncsu.zoom.us/meeting/register/tJJoceuhrz0tGdyALvWeEaej0ydmNK84XNE6">https://ncsu.zoom.us/meeting/register/tJJoceuhrz0tGdyALvWeEaej0ydmNK84XNE6</a>                      Link to register for that:  <a href="https://us02web.zoom.us/meeting/register/tZUsdeyhpgjsHdy7mzDHbyDAuLL1cGSh2qiK">https://us02web.zoom.us/meeting/register/tZUsdeyhpgjsHdy7mzDHbyDAuLL1cGSh2qiK</a></p> <p>The Durham Food Network is hosting a series of food justice trainings beginning January 20<sup>th</sup> titled Structural Racism and Health Implications.                      Friday, January 20th                      11:00am-1:00pm                      Zoom: <a href="https://tinyurl.com/mt4j6ktw">https://tinyurl.com/mt4j6ktw</a></p> <p>White Narratives in Food Security                      Wednesday, January 25th                      10:00am-12:00pm                      Zoom: <a href="https://tinyurl.com/f3byfpkx">https://tinyurl.com/f3byfpkx</a></p> <p>Food Justice for Food Security                      Wednesday, February 1st                      10:00am-11:00am</p>	.

	<p>Zoom: <a href="https://tinyurl.com/mr3h7z5z">https://tinyurl.com/mr3h7z5z</a></p> <p>Community Rooted Solutions  Wednesday, February 8th  10:00am-1:00pm  Zoom: <a href="https://tinyurl.com/yacxk5zf">https://tinyurl.com/yacxk5zf</a></p> <p>PANFA is hosting the Community Rooted Training by Communities in Partnership  January 18 2:00-5:00pm.</p> <p>Next Wednesday at 9am, Canva training presented by the Communications committee.</p> <p>The Quarterly Partnership meeting is Wednesday, January 18 12-1:00.</p> <p>March 15-16 is the Forging our Food Conference  <a href="https://communityfoodstrategies.org/2022/11/18/community-food-gathering/">https://communityfoodstrategies.org/2022/11/18/community-food-gathering/</a>.</p>	
<p><b>Small group work and report back</b>  (40 min)</p>	<p>Refer to <a href="#">PANFA Community Health Improvement Plan</a> (CHIP) for committee and workgroup goals</p> <p><b>Physical Activity</b></p> <p>#9 Expand the use of exercise prescriptions: by pediatricians and health care providers:</p> <ul style="list-style-type: none"> <li>• Dr. Sarah Armstrong -- exercise prescription – Edison Johnson – <a href="#">Bull City Fit</a> -- addressing childhood obesity <ul style="list-style-type: none"> <li>○ How can we support and expand education and awareness to other providers engaged in this work?</li> </ul> </li> <li>• Track Trails – Bethesda – scan the QR Code as you walk -- <a href="https://www.kidsinparks.com/sandy-creek-park">https://www.kidsinparks.com/sandy-creek-park</a></li> </ul> <p># 8 Community Wide Campaigns</p> <p>North Carolina Department of Transportation– Request for proposals is open for Safe Routes to School grant – Durham Public Schools (DPS) is lead writer for the grant. Bike Durham (John Tallmadge) is working with DPS, Willa Allen, and Alexis on the scope.</p> <ul style="list-style-type: none"> <li>• This year would be a planning year</li> <li>• Aligns with DPS expected redistricting, a base zone for more schools and families being within walking and biking distance for their schools</li> <li>• New assessments for school proximity of walking trails, HMT’s</li> </ul>	<p>Kat will connect with Laura Ferguson on who is best to support ongoing conversations with Bike Durham and the YMCA. Jeff and John will connect regarding Durham Parks and Recs plans.</p> <p>World Hunger Day</p> <ul style="list-style-type: none"> <li>- Once the planning team meets, this workgroup will have a better idea of how PANFA can support this effort. Ideas include a banner to draw people to the table or making an announcement over the microphone.</li> </ul>

- The proposal is due February 6<sup>th</sup>
- They would like a letter of support from PANFA

How could a campaign support funding for summer programming staff?

- Bike Safety
- Walking Safety

#### 2023 NC Year of the Trail

Durham Parks and Recreation (DPR) is encouraging residents to get outdoors in 2023 for Year of the Trail in North Carolina! [2023 NC Year of the Trail](#) is the largest statewide celebration of trails and outdoor recreation in North Carolina history. DPR maintains over 30 miles of multi-use trails and greenways. DPR's [multi-use trails](#) are free and accessible to the community and provide excellent opportunities for residents to recreate and exercise.

#### Goals for NC Year of the Trail:

- Inspire people of all ages, abilities, and backgrounds to try trails,
- Demonstrate the importance of trails to elected officials.
- Boost outdoor recreation tourism across the state through Year of the Trail events in all 100 counties.
- Promote safe and responsible use of trails, with the Outdoor NC Principles.
- Advance diversity and inclusion on trails.

#### NC Year of the Trail Events

Saturday, February 4 and March 4 there will be a Full Moon Fever Bike Ride. Experience the American Tobacco Trail at night at our Full Moon Fever Bike Ride with the Durham Community Trail Watch group! Visit [DPRPlayMore.org](http://DPRPlayMore.org) for details.

#### Food Access

#1 Raise awareness around food access and local efforts to address food insecurity in our community using social media, local content in various modes and regular agency website updates

- World Hunger Day (WHD) will be held Sunday June 4<sup>th</sup>, 2023. The planning committee has not met yet. Last year's planning team took on a lot of work but hope that this year they will have more of a role with the vision and less with the

- The event was meant for both resource connection and awareness. There was not a way to measure if people were connected to resources. Maybe after the event, each organization can ask participants how they found out about them and list WHD as an option. We had a survey asking if people were familiar with the organizations at WHD.

Mary will have a meeting with Nasim and Kelly to discuss further action steps for the Double Bucks program.

	<p>actual event planning. They will also hire an event planner. If folks are interested, the commitment is four and a half to five hours total.</p> <ul style="list-style-type: none"> <li>- The WHD event Last year was great. The Call-to-Action table that PANFA hosted was helpful. Perhaps we can make it more visible this year for more participation.</li> </ul> <p><b>#4 Support Senior Shuttle, increase usage and expand to new housing sites. Senior Shuttle is a free GoTriangle shuttle which provides direct service from senior congregate housing to Wal-Mart weekly</b></p> <ul style="list-style-type: none"> <li>- The ridership decreases in the winter; lowest at Scattered Sites (went from zero to two). Preiss Steele still has highest ridership. There aren't conversations about expanding yet There are currently 10 sites. We were looking to expand to JFK towers but no traction yet since ridership is low.</li> <li>- Some folks don't know about the shuttle service. End Hunger Durham is talking about the shuttle when they visit each site.</li> <li>- Currently the shuttle only goes to one Walmart. The question was raised if it could go to other sites, as some people don't want to shop there, or it might be far. Perhaps something in North Durham would be convenient to some folks. EHD is getting ready to think through some of this and will request our assistance as needed.</li> <li>- Golden Life Partnership meets every 2<sup>nd</sup> Monday at 10am. This topic is discussed at this meeting if we're ever able to participate.</li> </ul> <p><b>#3 Increase Double Bucks funding, sustainability, and program usage (SNAP and WIC).</b></p> <ul style="list-style-type: none"> <li>- Update: There might be an opportunity to seek funds for Double Bucks from Durham County Government. It may be a good time to request funding for the next three years.</li> </ul>	
<p><b>Next Meetings</b></p>	<p>Partnership for a Healthy Durham Quarterly Meeting – Wed. Jan. 18 – 12pm – Zoom  PANFA Committee– Wed. Feb. 8 – 9am – Zoom</p>	