

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

Location: **Zoom**

Wednesday, February 8, 2023

Minutes

Facilitated by: Raina Goldstein Bunnag

Present: Nasim Youssefi, Raina Goldstein Bunnag, Bria Miller, Sydney Johnson (DCoPH DINE Intern), Katie Belusa, Tricia Smar, Amber Taylor, Esko Brummel, Alex Hurdle, Kia Campbell, Marcus Hughes, Jeff Forde, John Tallmadge, Sheri Starks, Eric Hodges, Ileana Vink, Angel Romero, Brittany McCoy, Kamaria Mason

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
Review Minutes, Icebreaker (10 Min)	<p>What is your favorite activity in your current job? How often do you get to do it?</p> <p>The meeting minutes were approved.</p>	
Announcements, Updates, Ideas (10 min)	<p>The downtown YMCA location is slated to close at the end of December 2023.</p> <p>Duke Public Policy School and Population Health Science students are researching federal and state policies and how effective we have been with utilizing funds. Esko will send information to the co-chairs.</p> <p>US Department of Agriculture released updated dietary guidelines and new standards. Big changes proposed include restrictions on added sugar and updates to strategically lowering sodium amounts. These changes are open for public comment. Raina will share the links. There are a lot more adjustments to align with culturally appropriate foods.</p> <p>Linden Thayer is the Assistant Director for Food System Planning at Durham Public Schools (DPS). They are incorporating more student and family feedback to make meals more culturally appropriate. Based on student feedback, they will make changes. PANFA is working to make a plan for family focus groups.</p> <p>Bike Durham was awarded an ARPA grant for walking safety and bike safety for Safe Routes to School They are leveraging that work with DPS. They will have a focus on walking and biking to school when more students and families live within a half mile from school.</p>	<p>Esko will contact grocery stores to see if we can distribute SNAP Emergency Allotment changes information at grocery stores. Another idea is to put information in Friday folders that go home with elementary school students. Participants could email it to principals to print and shar and ask DPS web developer to post on DPS website.</p>

	<p>SNAP Emergency Allotment that started with COVID will end in North Carolina in March. An additional average of \$95 was available to families. This maximum amount will be ending at the end of the month. Nasim opened it up for discussion on what people are hearing from the community, what information we have seen shared, and if we want to do something about/around this.</p> <ul style="list-style-type: none"> • This page explains some of the changes - https://www.fns.usda.gov/snap/changes-2023-benefit-amounts. • Here is a timeline of SNAP changes throughout the pandemic - https://www.fns.usda.gov/snap/2023-benefit-changes. • Angel received an email from Durham County Department of Social Services. They have a flyer in English and Spanish. They are starting to inform people about the changes and refer clients to End Hunger Durham. Part of the concern is that food stamps are decreasing but the price of food is increasing.. 	
<p>Small group work and report back (40 min)</p>	<p>Refer to PANFA Community Health Improvement Plan (CHIP) for committee and workgroup goals</p> <p>Physical Activity workgroup</p> <ul style="list-style-type: none"> • March 1 Amber will host a webinar on Healthy Mile Trails (HMT). The group tried to establish a HMT at Merrick Moore but it didn't meet the requirements due to the lack of all concrete sidewalks. The group is interested in doing something a little different like a "healthy mile space" or "healthy mile path". This can be promoted as a green space to have outdoor physical activity. • If we want to add more of the prescriptions for physical activity, we could share the HMT webinar with physicians so they have HMTs as a resource. • The group is still interested in having HMT signage in English and Spanish <p>Food Access</p> <ul style="list-style-type: none"> • They discussed Double Bucks, World Hunger Day, and the Senior Shuttle. There isn't much ridership with this program. One issue may be that people don't want to shop at Walmart. Connecting with Aging Well Durham may be helpful. • The next topic is improving food pantry environments. <p>School Nutrition</p> <ul style="list-style-type: none"> • Durham Public Schools nutrition is gearing up for summer meals and did recipe development last year. They are thinking through more menu development and recipes to test over the summer. 	

Next Meetings	PANFA Committee– Wed. March 8 – 9am – Zoom Partnership for a Healthy Durham Quarterly Meeting – Wed. April 19 – 12pm – Zoom	