

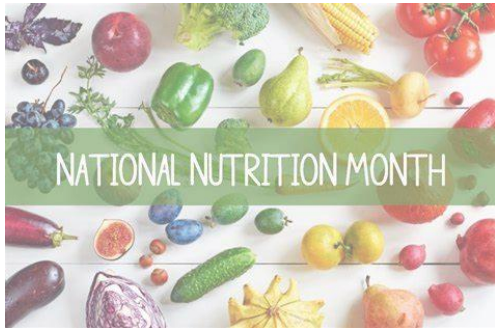
Partnership for a Healthy Durham

Physical Activity, Nutrition and Food Access Committee (PANFA)

[Location: Zoom](#)

Wednesday, March 13th, 2023

9am




Facilitated by: Scott Brummel, Krista Kicsak, Kat Combs

Present: Kat Combs, Scott Brummel, Krista Kicsak, Ileana Vink, Don Bradley, Kelly Warnock, Megan Marquis, Angel Romero, Tania Dautlick, Alex Hurdle, Shannon Jackson, Nasim Youssefi, Valarie Worthy (River Church), Catrina Lloyd, John Tallmadge, Macklyn Mosley, Christina Gholar (River Church), Bria Miller, Jacquelyn Beam Blackwell, Marcus Hughes

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p>Welcome, Icebreaker, Announcements <i>Scott Brummel, Kat Combs</i> (10 minutes)</p>	<p>Icebreaker: What is your favorite outdoor activity?</p> <p>Healthy Mile Trail (HMT) Cleanup: Friday, March 22nd 11am-2pm at Northgate Park HMT. 300 W Club Blvd. More information to come.</p> <p>Aging Well Durham is seeking out community members and organizations interested in improving transportation, and outdoor spaces and buildings for adults with disabilities and older adults to participate in our livability working groups to update Durham’s Master Aging Plan. If interested, email Shelisa Howard Martinez</p> <p>Keep Durham Beautiful (KDB) is hosting Creek Week from March 16-23. Check out this page to get involved and for more information. KDB is also hosting a Durham Community Garden network meetup this Sunday, March 16th. Contact Tania Dautlick for more information.</p>	

	<p>The Duke 2024 Community Health Summit is on March 28th from 9am-4pm at the Durham Convention Center (301 West Morgan Street). Register at this link.</p> <p>There is a webinar on Community Eligibility Provision (CEP) 101 on Tuesday, March 19th at 1pm. CEP is the program that provides school-aged children with free school meals. https://strength.zoom.us/webinar/register/WN_Ih3h6IPrS1uNxpWnFnIU7g</p> <p>Virtual nutrition classes are provided by The Carolina Hunger Initiative on Tuesdays from March 19th to April 16th via Zoom, 6:30-7:30pm. Find out more at this link</p> <p>Root Causes is hosting their 1st Annual Research Symposium and the 2nd Annual Gala on Thursday, April 11 at the Trent Semens Center, 6th Floor. At 5:30pm is the research symposium and the gala starts at 7pm. Get your tickets here.</p> <p>There is a Rural Health Summit, focused on Building a Vibrant Future, on March 20-21 at the Raleigh Marriott Crabtree Valley. More information here.</p> <p>If you are interested in helping with Community Listening Sessions, please register at this link. Volunteers are needed as facilitators, note takers, and/or greeters. Contact Catrina Lloyd with any questions.</p>	
<p>Project Updates Group (5 minutes)</p>	<p>MEANS Database (Matching Excess and Needs for Stability)</p> <ul style="list-style-type: none"> ● 16 organizations signed up to receive donations (woot woot!) ● Working on transportation needs & needs of recipient groups 	

	<ul style="list-style-type: none"> ● School Nutrition Services (Linden Thayer) has started working on a policy for food recovery within DPS <p>StoryWalk</p> <ul style="list-style-type: none"> ● The Physical Activity group has come up with four ideal locations for an additional StoryWalk (R.N Harris, Southern Boundaries Park, Al Beuhler Trail, maybe American Tobacco Trail near Solite Park) ● Have a book recommendation? Add here 	
<p>Presentation: National Nutrition Month <i>Durham's Innovative Nutrition Education (DINE) Team</i> (30 minutes)</p> 	<p>Ileana Vink (DINE) explained that National Nutrition Month is an annual campaign by the Academy of Nutrition and Dietetics, aiming to educate people about healthy eating and physical activity habits. This year's theme is "Beyond the Table," which emphasizes the various places where food is consumed, including on-the-go, at schools, restaurants, and events. Ileana also mentioned that the Academy has created a toolkit available to the public. Each week of the campaign has a different theme such as staying nourished on a budget, eating a variety of foods from all food groups, seeing a registered dietician, and eating with the environment in mind. Ileana also introduced DINE, a team of registered dietitians based at Durham Public Health, who focus on nutrition education and environmental changes in schools and community settings.</p> <p>Ileana discussed a project focused on developing guidelines for working with children and how these principles could be applicable to adults. She emphasized the importance of considering the larger context surrounding nutrition and food access, as well as the role of trauma and cultural influences on nutrition and food habits. She also highlighted the ongoing efforts at various levels, such as the Durham Community Health assessment (CHA) and statewide health education curriculum. Ileana concluded by expressing the team's desire to collaborate with others who are grappling with these same issues and to share their research and best practices.</p>	

The guidelines are as follows:

1. Don't label any food as good or bad. All foods can be a part of a healthy, happy life.
2. Encourage students to taste new foods, but never force them.
3. Focus on eating a variety of foods from the five food groups on MyPlate.
4. Teach that being healthy is about what we do and how we feel, not about the size and shape of our body.
5. Acknowledge that all people have different access to food and exercise.
6. Respect different taste preferences. Use the phrase "Don't Yuck My Yum" to explain this concept to students.
7. Support and promote school meals. Many students rely on these nutritious meals as an important part of their diet.
8. Do not use food or exercise as rewards or punishment.
9. The school community consists of people from different communities and cultures. Value and celebrate their perspectives and gifts.

Ileana emphasized the importance of adopting an asset-based perspective towards food, suggesting that all foods can be part of a healthy diet. She highlighted research indicating that labeling food as 'good' or 'bad' can discourage children from consuming certain foods. Instead, she proposed improving access to a wide variety of foods, including more nutritious options, and encouraging students to taste new foods without enforcing it. She underscored the significance of exposure to different foods in influencing children's eating habits and the need to provide positive experiences with food to foster future exploration and consumption.

Ileana emphasized the importance of consuming a variety of foods from the five food groups as recommended by the USDA's

My Plate. She stressed that the principle of My Plate encourages moderation and variety, rather than focusing on individual nutrients. Ileana underscored that the goal of nutrition education is to teach healthy habits, not for weight loss purposes. She highlighted that weight-inclusive approach aims to avoid weight bullying and to foster positive self-regard, which motivates people to take good care of their bodies. She acknowledged that people have different access to food and exercise, and this should be taken into account when planning nutrition education.

Ileana discussed the organization's guiding principles, emphasizing the importance of respecting individual preferences, supporting and promoting school meals, refraining from using food or exercise as a reward or punishment, and celebrating diversity within their community. She highlighted the challenges faced by people in Durham in accessing healthy food and physical activity and stressed the need for improved access. Ileana also stressed the importance of not shaming any type of food and respecting diverse cultural foods. Towards the end, she mentioned their efforts to transform policy systems and environments to improve access to nutritious food and physical activity.

John Tallmadge (Bike Durham) asked about the concept of 'healthy' and 'unhealthy' foods and how to teach the benefits of certain foods with using terms 'good', 'bad', 'healthy', 'unhealthy', etc.

Ileana shared her work with young children, emphasizing the importance of exposure to a variety of foods, including those they may not have access to at home. She also highlighted the focus on sensory aspects of food and the cultivation of taste preferences for nutrient-dense foods. With older students, the emphasis was on moderation, variety, and understanding the energy values of different foods. Kelly added that in middle schools, the focus was on teaching students about the role of different nutrients, such as

	<p>vitamin C, and connecting to what is salient to them, such as in maintaining healthy hair and skin, and how to incorporate these into their meals.</p> <p>Valarie Worthy (River Church) asked how to make sure community groups are integrating these topics and guidelines into their work, such as during Sunday School. Her team is working on community gardens and using them to enhance teaching in the African American community, a proposal that Ileana and her team supported. The team discussed the potential benefits of community gardens, such as mental and physical health benefits and access to nutritious food.</p> <p>Contact Ileana at ivink@connc.gov if you have any questions or are curious how to incorporate these values, or similar values, into your own work.</p> <p>DINE For Life information and resources are all available to the community; access their website here.</p>	
<p>Community Health Improvement Plans (CHIPs) (10 minutes) <i>Krista Kicsak</i></p>	<p>Community Health Improvement Plans (CHIPs) are developed every three years in Durham County, aligning with data captured through the Community Health Assessment (CHA). The latest CHA was just published earlier this month and will be released for public comment next week through the second week of April. Data from the CHA helps determine the top five health priorities for the Partnership for a Healthy Durham to focus on throughout each of the committees.</p> <p>Catrina Lloyd, Partnership Contractor, and the rest of the Partnership for a Healthy Durham team will be hosting Community Listening Sessions in April-May to gain more insight into the top five health priorities identified through the CHA. The committees need more qualitative information on people’s lived experiences and key obstacles to address these health priorities.</p>	

	<p>There will be 14 overall, six of which will be dedicated to the priorities and three will be in English, three in Spanish.</p> <p>Krista opened it up to the group to develop two to three questions, specific to PANFA’s work, that will help guide these conversations.</p> <p>Questions developed include:</p> <ul style="list-style-type: none"> • Do you feel like you get enough physical activity? And, if not, what are the main obstacles for this? <ul style="list-style-type: none"> ○ It may also be helpful to get information on if community members are aware of resources, such as HMT, Durham Parks and Recreation, etc. • Where do you get information about food and what is “good” for you? 	
<p>Next Meetings</p>	<p>Physical Activity workgroup meeting: Wednesday, March 27th 9-9:45 https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09</p> <p>PANFA meeting: Wednesday, April 10th 9-10am https://us02web.zoom.us/j/85953302971?pwd=T3didzRVM3dWbjBFMVBCYVZYbGFiUT09</p>	