



Partnership for a Healthy Durham

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

Location: Zoom - [Meeting Link](#)

Wednesday, January 12, 2022 – 9am

Minutes

Meeting Outcomes

Outcome 1: Refresher on our accomplishments related to physical activity over the last three years

Outcome 2: Rank PA strategies/ interventions as a large group (for a 3-year period)

Outcome 3: Continue solidifying strategies in small groups

Facilitated by: Raina Goldstein Bunnag

Present: Mel Downey-Piper, Raina Goldstein Bunnag, Bria Miller, Jacopo Montobibo, Jennifer McDuffie, Alexis Steptoe, Liliana Marin, Kelly Warnock, Tricia Smar, Mikey Christiana (Interfaith Food Shuttle), Don Bradley, Kat Combs (YMCA of the Triangle), Ileana Vink (DCo PH), Jacquelyn Blackwell, Kia Campbell, Nasim Youssefi, Christa Gibson, Kamaria Mason, Willa Allen, John, Raman Nohria, Sheri Starks, Annette Smith (23)		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
Review Minutes, Announcements, Icebreaker (5 Min)	<p>The minutes were approved.</p> <p>What is the weirdest gift you go this year?</p> <p>Jen McDuffie- looking to expand the number of teams teaching bicycling in the public schools. If you know anyone who would be a good fit, please contact Jen or Jacopo.</p> <p>Mikey- Teaching Seed to Supper, a free gardening class starts in April.</p> <p>Bria Miller-This committee will now have a full-time person dedicated to this work with funding from The Duke Endowment.</p> <p>Don Bradley- looking for someone related to school meals to work with a team of Duke students investigating healthy food purchasing. Email don.bradley@duke.edu</p>	



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<p>Committee Accomplishments related to physical activity -Mel (10 min)</p>	<p>Mel talked through the accomplishments of this committee over the last three years.</p> <ul style="list-style-type: none"> • Created Healthy Mile Trail at Hillside, Northgate Park, Downtown and Whippoorwill • Wrote three grants- N Miami Blvd, The Duke Endowment, Safe Routes to Parks (there were conversations with community members for this. Had buy-in from Miami Blvd. but didn't get to speak with other groups) • Developed action steps on how to improve usage of Healthy Mile Trails (HMT) and updated manual • Created Healthy Mile Trail signage • Conducted intercept surveys on Healthy Mile Trail at Holton • Held focus group with Healthy Mile Trail at Ridgefield • Brought partners interested in Healthy Mile Trails together for a forum in Jan 2020 	
<p>Community Health Impact Plans – Physical Activity ranking- Christa Gibson (20 min)</p>	<p>Christa shared the Menti survey so that participants can rank the strategies to reflect which you would most like to include in the CHIP (1) to least like to include in the CHIP (5). Voting (menti.com)</p> <p>Participants were able to discuss the options and offer amendments. They clicked the link and ranked each of the interventions.</p> <ul style="list-style-type: none"> #1 target environmental improvements that facilitate walking #2 continue to create or enhance access to places for physical activity #3 promote and market low-cost activity programs #4 offer more opportunities for walking buddies, group exercise classes #5 Implement community-wide campaigns to promote physical activity and increase awareness #6 expand the use of exercise prescriptions 	
<p>Small group work (25 min)</p>	<p>Choose a group: physical activity, food access, school meals Participants chose which breakout room to enter and worked in small groups.</p> <p>Food Access:</p>	



	<ul style="list-style-type: none"> • reviewed strategies- double bucks promotion and expansion with a policy aspect and contact commissioners- would like to expand to supermarkets and other grocery stores • Discussed sugar tax strategy. There was a group working on this but they dissolved. This group would like to focus on healthy vending instead. County vending machines already are implementing this. • Connect with Mary Oxendine to make sure our work aligns. <p>Physical Activity: also viewed the evidence-based strategies</p> <ul style="list-style-type: none"> • Discussed who they can engage when trying to do safe routes to schools and parks • Work with school systems when implementing routes • Walk audits with state Department of Transportation- walkability in communities. And want to be sure to focus on the communities with greater needs (equity). • Also, a new Kaboom Park is coming to Durham- led by City of Durham Parks and Recs. <p>Durham Public Schools Food Nutrition</p> <ul style="list-style-type: none"> • Work to increase participation in school meals • Support school nutrition to be successful • Will update action items to include COVID and shortages- the group will meet again separately. 	
<p>Next Meetings</p>	<p>Partnership for a Healthy Durham Quarterly Meeting – Wed. January 19, 2022 – 12pm, Zoom</p> <p>PANFA Committee– Wed. Feb 9, 2022 – 9am, Zoom</p>	

Healthy Mile Trails

- Lincoln/ Historic Stokesdale: 2012 (eval 2012), 2018?
- McDougald Terrace: 2014, 2018?



- Holton: 2013, 2015
- Old North Durham: 2016 (eval 2017); repaint and amend trail Dec 2020
- Ridgefield: 2017 (eval 2019)
- Hillside Park: 2019
- Northgate Park: Oct. 2021
- Whippoorwill Park: Oct 2021