

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

Location: Zoom - [Meeting Link](#)
Wednesday, March 9, 2022 – 9am

Facilitated by: Raina Goldstein Bunnag

Present: Present: Raina Bunnag , Kia Campbell , Kamaria Mason, Kelly Warnock, Nasim Youssefi, Ileana Vink, Mary Oxendine, Tina Davis, Jeff Forde, Angel Romero, Roman Nohria, Katie Belusa, Liliana Marin, Sheri Starks, Tricia Smar, John Tallmadge, Vanessa Diaz, Colleen Toomey, Kat Combs		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
Review Minutes, Icebreaker (10 Min)		
Nutrition and Physical Activity Prescription Programs - Ileana Vink	<p>Ileana previously worked as a Registered Dietician at Duke.</p> <ul style="list-style-type: none"> - Physical Activity Rx program success based on Dr’s availability, which is typically limited. Only 23% of doctors can name what the Physical Activity goals are. Not a particularly successful strategy. - There are specific goals set for adults, but for kids it’s more individualized. Each child’s need is different (based on activity level, etc). - Start with baseline and learn children’s physical literacy. Kids with developmental issues and Black, Indigenous and people of color may not have resources. Body insecurity and cultural norms play a role too. - Role of Dr’s should be to connect with Physical Therapist, Occupational Therapist, social workers, etc. Some children may have other underlying conditions (Asthma, CF, etc.) and would need a full medical examination. - Weight stigma- we all have weight biases including Doctors. Kids being teased about their weight are less physically active. - American Academy of Pediatrics has guidelines for language that should be used. - Avoid shaming at medical facilities. Make the community more conducive to being physically active. - F&V Rx- a meta-analysis shows positive results with increase of fruits and vegetables: small decrease in BMI and A1c. Use Rx program to improve patient 	

	<p>retention and relationships with providers. Can also use it as a tool do identify additional resources needed.</p> <ul style="list-style-type: none"> - Children studies- promising results with growing taller and not increasing much in weight, which is ideal. Improvement in food security seen as well. - Online produce shopping program: 60% of families continued to use program after it was done. - We've had some similar interventions in Durham: Bull City Bucks. <p>Comments:</p> <ul style="list-style-type: none"> - Important to think about how things are worded and the biases that we may not think about (Raina). 	
<p>Announcements, Updates, Ideas (10 min)</p>	<ul style="list-style-type: none"> - Colleen (Durham Parks and Recs): Mask mandate has been lifted and programs are opening up again at Parks and Rec. Information on egg hunt activities is available on DPRplaymore.org. - Kelly (Durham County Public Health, DINE): Food resource map created by health department staff is an interactive map that includes food pantries, summer meal sites, farmers' markets, and grocery stores. The resource map is on https://www.endhungerdurham.org/. Please share it and let Kelly know where you shared it if you can - kwarnock@dconc.gov - Bike Durham is hiring a Deputy Director and Safety Trainer who speak Spanish. The job posting is available at https://bikedurham.org/jobs - Earth Day festival- looking for volunteers to manage traffic garden in a few months. Will send to list serve to recruit. There is a similar event at North Carolina Central University called the First Lady Walk. - Mary Oxendine (Durham County Food Security Coordinator)- World Hunger Day event on June 4th is being planned and we will share details soon. Pencil in the date. - Cooperate Extension is doing a community report on May 4th at Briggs Avenue community garden. - Angel-The Partnership Communications committee created a list of Durham communicators- individuals with large list of subscribers that share important community information. Announcements can be sent to Angel for WES (the list serve he manages): angel.romero@duke.edu 	

	<p>- Jeff: The next Men on the move will focus on colorectal cancer. Men on the Move Community Walk will be held on March 19th at Duke Park from 9am - 10am. This community walk is open to all. Please contact Jeff (Jeffrey.forde@durhamnc.gov) if you have any questions.</p>	
<p>Whole committee – Review and celebrate Community Health Improvement Plans (10 in)</p>	<p>The committee worked on Community Health Improvement Plans (CHIPs) for months and sent many “urgent emails” to many folks in our groups. Thank you all for collaborating and being so responsive! Most of it was worked on last meeting and we have now submitted it to the state. Waiting to hear if we get some feedback or if they will approve this version. We will be working on those action items for the next 3 years. The Duke Endowment grant will fund a position to help PANFA with this work.</p> <p>Raina waives pompons in celebration!! Thank you to everyone!!</p>	
<p>Small group work (25 min)</p>	<p>Choose a group: physical activity, food access, school nutrition</p> <p>Information shared in Food Access workgroup:</p> <p>Mary shared: NC Alliance for Health is asking folks how school meals have impacted their lives. This information will hopefully help extend school meal waivers. https://ncallianceforhealth.salsalabs.org/shareyourschoolmealsstory/index.html?eType=EmailBlastContent&eId=9f3034b1-6dec-4577-8792-14715926b46e</p> <p>Kat shares that the YMCA downtown will be demolished, and a new larger facility will be built.</p> <p>Angel shared that Duke is screening patients for social drivers of health and food insecurity is prevalent. They are using NCCARE 360 to refer to pantries and other organizations. They want to establish relationships with community-based organizations to help get them more funding to increase capacity for an Rx program for healthy food..</p> <p>Mary shares: The Food Security Task Force meeting is starting right after this meeting. The task force is trying to focus on community rooted work. They are currently focused on creating a new purpose statement, shifting to make it more of a collective ownership instead of just county led/focused.</p> <p>Check-in after workgroup time:</p>	

	<p>Food Access talked through CHIPS and shared organization updates.</p> <p>Final announcements/thoughts:</p> <ul style="list-style-type: none"> - Kat: Downtown YMCA building being demolished in the fall is expanding to a mixed-use space. This change will provide a lot more space for them in the long run. In the interim there won't be an indoor pool. They will funnel clients to 3 other YMCA locations or to other community partners' programming. They welcome any partnerships. For more info visit: https://www.ymcatriangle.org/durham-ymca-construction - Jeff: Need to touch up the Healthy Mile Trails to get ready for the spring. The downtown trail may be faded. Raina will connect Jeff with the right contact. 	
Next Meetings	<p>Next PANFA Committee meeting– Wed. April 13 – 9am, Zoom</p> <p>Partnership for a Healthy Durham Quarterly Meeting – Wed. April 20th – 12pm - Zoom</p>	