

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

Location: **Zoom**

Wednesday, April 12, 2023– 9am

Facilitated by: Nasim Youssefi

Present: Nasim Youssefi, Bria Miller, Raina Goldstein Bunnag, Eric Hodges, Belen Rogers, Ileana Vink, Michelle Graf (UNC), Taylor Nelson, Kevin Ogbonna, Kat Combs, Angel Romero, Tania Dautlick (Keep Durham Beautiful), Lelah Cox (UNCG), Alex Hurdle, John Tallmadge, Esko Brummel, Kia Campbell, Taylor Richardson (UNC), Mel Downey-Piper, Jacqueline Beam Blackwell, Jeff Forde, Sheri S		
Project/Topic	Major discussion points	Action steps and responsible persons
Review Minutes, Icebreaker (10 Min)	The minutes were approved.	
Announcements, Updates (10 min)	<p>The next Partnership for a Healthy Durham's Access to Care Committee meeting will be tomorrow, April 13, 8:30-9:30am via Zoom. The guest speaker will be Alexander DeAbreu, Centers for Medicare & Medicaid Services (CMS) who will give a presentation about Medicaid Unwinding. When the continuous enrollment provision ends, millions of people could lose coverage that could reverse recent gains in coverage. As part of the Consolidated Appropriations Act, 2023, signed into law on December 29, 2022, Congress set an end of March 31, 2023, for the continuous enrollment provision, and phases down the enhanced federal Medicaid matching funds through December 2023.</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/89377696683?pwd=UkZteEVTVm94QnVJcXFEB1UrN0Z2Zz09</p> <p>PANFA has been invited to chair a table at the World Hunger Day event Sunday, June 4. Please let the co-chairs or Bria know if you are interested in helping or tabling.</p>	
Presentation: Responsive Feeding during	Eric is an associate professor at UNC and a family nurse practitioner. His focus has been on preventing childhood obesity by practicing responsive feeding. Overall, around 8% of children ages two to five are considered obese. There are disparities in obesity rates between races and	

<p>Infancy- Eric Hodges (25 min)</p>	<p>ethnicities. Obesity rates are lowest in Non-Hispanic Asian children followed by non-Hispanic white children. The highest rates are in Non-Hispanic Black and Hispanic children.</p> <p>The prevalence of obesity doubles between the first and second year of life in several groups according to research conducted between 2003 and 2017. Sixty-five percent of overweight three years old children are still overweight at four years old.</p> <p>Infant feeding and caregiving infant nutrition looks at the type, frequency, duration, amount, and method of feeding. Caregivers have a lot of influence on the learning of feeding.</p> <p>The socio-environmental context for feeding involves the caregiver and infant. The caregiver needs awareness of feeding cues, accurate interpretation, and a developmentally appropriate response. The infant provides clarity of hunger and satiety cues. Discordant feeding responsiveness leads to increased feeding frequency or amount and impairs self-regulation, then can accelerated weight gain, overweight, or obesity. North Carolina is ranked 29 out of 50 for childhood obesity.</p> <p>Hunger signs include getting excited when food is presented, rooting, makes sucking noises and motions or sucks on lips, hands, fingers, toys, move head towards spoon. Fullness signs can include sucking slowly or stops sucking, turns head away, falls asleep, pushes food away, seals lips together, looks around and does not pay close attention during a feeding. Barriers to responsive feeding are the lack of time, resources, and paid family leave. Chaos in the home can also be a barrier.</p> <p>Infant sign language training was very well received and implemented by families. It may take eight or more times before the child accepts new food. Ways to make it less burdensome include integrating into family meals, talking about small portion sizes, and avoiding parent blaming.</p>	
<p>Q&A/Discussion (15 min)</p>	<p>Eric would like to explore how to get this information to parents. Many of these materials are in Spanish language.</p> <p>April is Black Maternal Health Week. Breastfeed Durham is doing a lot of work this week surrounding this topic https://breastfeeddurham.org/.</p>	<p>Eric will share his slides with PANFA co-chairs to</p>

	<p>The PUMP Act passed last year, creating spaces, time, and access for those who breast feed or pump during the day.</p> <p>Question: Has there been any evidence of people changing their behavior as a result of this information? Answer: Those who engaged with infant sign language had positive responses. They saw infants signing back to their parents.</p> <p>Think about integrating the infant into family meals. Portion sizes are also important. Meet people where they are. We want to avoid parent blaming when it comes to feeding. The parents are the experts of their infants.</p> <p>The notion that infants can eat the foods other family members eat is not widely shared. The food can be mashed up and consumed by the infant.</p>	<p>distribute to the committee.</p>
<p>Next Meetings</p>	<p>Partnership for a Healthy Durham Quarterly Meeting is TODAY, Wed. April 12th - 12-1:30pm – Zoom</p> <p>PANFA Committee– Wed. May 10th, 2023</p>	