

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

Location: Zoom

Wednesday, July 12, 2023– 9am

Facilitated by: Scott Brummel, Krista Kicsak, Bria Miller

Present:		
Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p>Review Minutes, Padlet Exercise (10 Min)</p>	<p>Attendees: Krista Kicsak, Bria Miller, Scott Brummel, Jack Leschisin, Elaijah Lapay, Amber Taylor, Ileana Vink, Michelle Graf, Gwen, Linden Thayer, Kevin Ogbonna, Alex Hurdle, Angel Romero, Susannah Savage (Durham Partnership for Children), Nasim Youssefi, Allison Borek, Jessica Davidson, Keep Durham Beautiful, Katie Belusa, Belen Rogers, Alex Hurdle, John Tallmadge, Tania Dautlick/Keep Durham Beautiful;</p> <p>Going over agenda/Scott sharing screen; Scott wants to help support the committee-let him know how he can help!</p> <p>Today’s agenda will mostly be to discuss what we’ve done so far and break into 3 subgroups to work together over the CHIPS</p> <p>Padlet as icebreaker- https://padlet.com/kristakicsak/panfa-meeting-7-12-2023-r6zooc36m9n28p8u Members shared information about their summer & what they would like to see from the PANFA group & Partnership as a whole over the next year. We have a lot of gardeners in the group, as well as world travelers!</p>	<p>PANFA Meeting 7.12.2023 (padlet.com)</p> <p>#6 should be under school meals-Taken care of by Krista</p> <p>Padlet-will be looking into how we can utilize this for the different working groups moving forward (Krista/Bria/Scott)</p> <p>**All members-if you have any suggestions/comments/concerns for working within the different working groups or for meetings as a whole, please email Krista at kkicsak@dconc.gov</p>
<p>Durham CHIPS Review (15 min)</p>	<p>Partnership committees revise action plans every three years based on the results of the Community Health Assessment. The Access to Care, Communications, Mental Health and Obesity, Diabetes and Food Access committees completed final drafts of their action plans.</p>	

	<p>Link to 2022-2024 PANFA CHIP: https://healthydurham.org/cms/wp-content/uploads/2022/10/PANFA-2022-2024-CHIPs.pdf</p> <p>CHIPs broken down among the 3 subgroups of PA, nutrition, food access: Physical Improvements; Program Development; Awareness; Support, program expansion, etc.</p>	
<p>Small group breakouts to review CHIPs progress and new directions (15 min)</p>	<p>Draft PANFA CHIPs with Progress document: LINK</p> <p>Group updates overall: Co-chairs are interested in doing some in-person meetings within various organizations in the community. It would be nice to do this quarterly or more frequently.</p> <p>PHYSICAL ACTIVITY</p> <p>Most of the discussion focused on CHIP strategies #6 and #7 (can be found here)</p> <p>Updates/progress: Alex Hurdle & Amber Taylor gave updates on HMT- locations at Hillside, Northgate, Ridgefield, Holton, McDougald, Old North Durham; Lincoln; Unity; Whippoorwill; Duke Park. There is currently no interactive map available for these and aerial maps of the parks are still in the works. HMTs are listed in DPR resources, such as their Play More Guide. Community cleanups are currently being coordinated. Shakeya at DCoPH, maternal child health educator, has some funds and is curious about implementing some type of permanent play structure on the HMT/parks (hopscotch, etc). There is one already at Holton HMT. Park audits are in the works, with some being completed over the past few weeks (Jeff Forde/Amber Taylor). Walk audits-the city has been working on sidewalk repair and figuring out where to increase/build sidewalks around Durham, especially in historically Black neighborhoods/areas. Bike Durham has been successful recently for traffic calming in certain Durham areas. Really helpful City Transportation Dept. contacts are Pete Nicholas & Leslie Tracey. There is funding for flexible posts to protect sidewalks around schools, which will be continued over the next school year. These posts are also a good idea to look into for protecting trail crossings at parks, HMT, etc. DPR has a comprehensive plan that we should make sure we are aligning with (talk in more depth with Jeff Forde). As a group, we should make sure we are also aligning well with the Regional Transportation Group's county-wide bike/pedestrian plan.</p>	<p>If you have any suggestions on where to hold in-person meetings or what community/organization meetings we should do these at, please email Krista at kkicsak@dconc.gov</p> <p>Updates to Partnership webpage- Bria/Krista</p> <p>Alex Hurdle/Amber Taylor-sending HMT map information to Krista at kkicsak@dconc.gov</p>

Group suggested looking into doing pop-up exercise classes throughout the community, whether at parks, libraries, HMTs, etc. The city also has instructors and there are volunteers available to reach out to for providing these popups, as well. The YMCA is available and interested in exploring this as well!

Other suggestions included holding quarterly fit kid classes, potentially at libraries, churches, etc. Keep Durham Beautiful has grants from Duke Health in order to purchase litter cleanup kits & develop a curriculum for kids, which was suggested to be combined with efforts for PA/exercise. While keeping our community clean, you can also be active! W.D Hill and Lyon Park currently have cleanup kits available-what if we had kits available for checkout at county libraries? Can we get churches involved?

Bike Durham is holding a summer program @ Lakewood & Holt Elementaries; programs with DPS to incorporate more programming for middle & high school students; kindergarten programming with balance bikes, etc.

SCHOOL NUTRITION

Workgroup is working with DPS as they update their meal menus. Brainstorming: more cultural and local foods prioritized in these meals, taste tests and feedback from students, etc. Brittany McCoy is transitioning out as menu planner and dietician and the group is meeting next Monday (7/17) to figure out next steps. What resources can we provide to help with these initiatives? Group discussed updating the partnership website and information provided to be more productive & clearer. Discussion on incorporating food policy council with adolescents since they are older and can provide better feedback. With drop in SNAP and end of waivers, how should we best screen for food insecurity in schools? Group discussed comparing/contrasting different schools with external support and questioned how to identify those who might be falling through the cracks. DINE is a big partner with school nutrition services (Kia and Raina/DINE are key contacts). Other updates: Sue, the summer intern with DPS/nutrition, has been working with the hub farm daily work, and will be working with council development next. PANFA money is available to assist with focus groups. There is a composting pilot program at Lakewood schools. Linden Thayer, DPS, is working on a reusable utensils/trays pilot program but needs another \$150k in funding. The school is willing to support the services of this but cannot provide the materials-if anyone has any interest/suggestions, please reach out to Linden. DCoPH has provided resources, like food coolers & other supplies, for food distribution & utensils in the kitchen. Thoughts: Should we look into charter

There are more updates available for other strategies-need more time! Email to go out to brainstorm how we should continue this work most efficiently

	<p>schools or other schools besides DPS? Redistricting plan debut soon, pushing for CEP-district wide. for big changes, let's do it all at once.</p> <p>FOOD ACCESS</p> <p>There was 1 event in 2022 where more than 500 people participated (World Hunger Day). This was hosted again this past year and PANFA hosted a “Call to Action” table. End Hunger Durham has an updated list of pantries, as well as a pantry app. The food resources map is also available in a website version, found here. The group discussed the importance of making the wider community aware of these resources, possibly by focusing on health centers/primary care facilities, schools, and other places with regular contact with low-income individuals/communities. PANFA should work with the Partnership Communications committee to share information at least once a year-both through printed forms and social media. Can we increase awareness through healthcare settings and at the public school system? Some health systems are aware of these resources but maybe we should remind them/update what information they have. There is a need for different language usage; we know that the pantry list is available in Spanish but we might need more Spanish speaking people actually @ pantries; as well as culturally significant/appropriate foods. Suggestion: connect folks to Durham Neighbors. **There is a \$50 additional income through Ninth Street Bakery! Another great suggestion made was connecting to people through social media who already have/share cultural recipes. Regarding the county-wide food plan-Mary Oxendine is really doing the work and we should provide support. Double bucks funding has increased with funding for next 3 years; looking into ways that funding is used so we need to make sure community is aware of this. Locations in Durham: Currently at Durham Farmers’ Market, South Durham Farmers’ Market, and Black Farmers’ Market (in Durham).</p>	<p>Contact Linden Thayer with interest/suggestions: Linden Thayer for reusable tray program Linden Thayer, Assistant Director Food Systems Planning (DPS); linden_thayer@dpsnc.net 919-384-5917 (text or call)</p>
<p>Announcements and small group updates (15 min)</p>	<p>BuildWELL: Designing Buildings & Spaces to Improve Health conference September 18th-20th https://www.poehealth.org/events/annual-meeting-2023/</p> <p>Durham Congregations in Action has extended the deadline for their food security microgrant to July 21; They will send out award notices ASAP. For any questions, please email Breana at durhamnaction@gmail.com.</p> <p>The next Access to Care committee meeting is Thursday, July 13 8:30-9:30 am.</p>	<p>Stephen Mullaney - Merrick Moore Outdoor Education</p>

	<p>DSS offering assistance with child care costs. See HERE for information. Apply for the Child Care Subsidy to see if you qualify for child are assistance. Call (919) 560-8300 or email DSSChildCareWaitList@dconc.gov</p> <p>Museum of Life and Science has soe Durham free community days :</p> <ul style="list-style-type: none"> • Thursday, July 27 • Sunday, August 6 • Wednesday, August 16 • Friday, September 8 • Sunday, September 24over the next few months <p>Mental Health First Aid Training next Friday 7/21 at the Downtown Durham YMCA - it's free! https://www.ymcatriangle.org/events/mental-health-first-aid-training</p> <p>Feed My Sheep is having a community brunch this Saturday.7.15.23 This event will be a brunch for the community while we also distribute information regarding food security resources, voter registration, healthcare, education, and much more. The event will be held in the parking lot of Shepherd's House United Methodist Church at 107 N Driver St, Durham, NC 27703. Set up will begin at 11 am, and we plan to run the event from 12-2. Let us know If you have any questions or requests if you are a potential vendor.</p>	
<p>Next Meetings</p>	<p>Partnership for a Healthy Durham quarterly meeting – Wed. July 26 – 12-1pm, Zoom</p> <p>PANFA Committee– Wed. Aug 9, 2023 – 9-10am, Zoom</p>	<p>Survey for PANFA moving forward to go out with meeting minutes by 7.14</p>