

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

Location: Zoom

Wednesday, September 6th, 2023

Zoom-9am

Facilitated by: Scott Brummel, Krista Kicsak, Kat Combs

Present: Scott Brummel (Duke), Krista Kicsak (Health Department), Bria Miller (Health Department), Raina Bunnag (DINE), Abby Johnson (DINE Intern), Kristen Brookshire (Durham Public Schools), Kamaria Mason (DINE), Kat Combs (YMCA), Joana Krzmarzick (DINE), Amber Taylor (Health Department), Jacquelyn Beam Blackwell (End Hunger Durham), Hannah Reynolds (City of Durham Transportation), Waleem Hernandez (Duke Resident)

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p>Review Minutes, Introduction to Meeting, Announcements (20 Min)</p>	<p>Icebreaker: Padlet with your name and if you are team apple or team pumpkin.</p> <p>The group was reminded of the other committees within the Partnership and how our work may intertwine:</p> <ul style="list-style-type: none"> ● Access to Care ● Health and Housing ● Communications ● Mental Health <p>The group discussed centering equity as part of The Duke Endowment grant.</p> <ul style="list-style-type: none"> ● We want to make sure we are centering equity with all our work in PANFA. ● The Systemic Equity Action Team (SEAT) is a newly formed committee within the Partnership, previously known as the Racial Equity Taskforce. They will be a great group to invite to make sure we do this work as best we can. <p>The group discussed results from the MailChimp survey sent out in July:</p> <ul style="list-style-type: none"> ● 14 members filled out the survey. ● From the survey, we gathered the following: <ul style="list-style-type: none"> ○ It would help to set up separate workgroup times. 	<p>Krista to invite Najla McClain to the next meeting/recurring meetings.</p>

	<ul style="list-style-type: none"> ○ People would like to receive more updates on Community Health Improvement Plans (CHIPs) ○ The group suggested the best ways to stay informed as Google docs, Padlet, and Jam boards as potential options ○ There seems to be interest in potentially holding in-person meetings. <ul style="list-style-type: none"> ■ This is allowed by the health department, but member’s comfort and Covid-19 are things to consider. <p>Announcements:</p> <ul style="list-style-type: none"> ● There is a Healthy Mile Trail (HMT) Cleanup this Friday, 9/8 at 8:30. Meet @ 1301 Fayetteville Street, across from W.D Hill Rec Center. <ul style="list-style-type: none"> ○ If interested in volunteering, please register via this link: https://forms.office.com/g/hNNd2dmLQS ○ Contact Amber Taylor (ambertaylor@dconc.gov) with any questions ● Being Who We Say We Are – Negotiating Power and Building Relationships in Food Systems Research from Healthy Eating Research <ul style="list-style-type: none"> ○ This webinar will be held on Monday, September 11th from 1-2:30. Learn more and register via this link https://bit.ly/3QTTOKV ● Food Security Task Force meeting next Wednesday, 9/16, 10-11:30. Meeting link to come. 	
<p>Small group breakouts to review CHIPs progress and new directions (30 min)</p> <p>Group choices: <i>Nutrition and Food Access</i> <i>Physical Activity</i></p>	<p>Nutrition and Food Access</p> <ul style="list-style-type: none"> ● The Durham Public Schools (DPS) school nutrition team will begin checking in with PANFA and the DINE (Durham’s Innovative Nutrition Education Program) team, meeting on the fourth Tuesday of each month from 8:30-9 am. DINE has been checking in with Linden Thayer (DPS) for a little over a month and is excited to open this up to the PANFA school nutrition workgroup for even more great school meal support. 	

- The group discussed progress on bringing MEANS (Matching Excess And Needs for Stability) Database to Durham
 - MEANS is an online platform connecting those with excess food with nearby emergency food providers for those in need.
 - Kelly Warnock, Krista Kicsak, and Scott Brummel have met with the MEANS team to discuss the proper steps moving forward.
 - The group is also working with the local chapter of Food Rescue US, another nonprofit group with a similar mission to MEANS, in order to connect the two groups and their aligning work.
- Strategies ten through twelve of the Community Health Improvement Plans (CHIPs) found here, [PANFA CHIPs](#), deal with school meals. PANFA is still working on the contract for listening sessions, which would focus on these strategies.
- Those interested in CEP (Community Eligibility Provision), which determines free school meals, please read: The U.S. Department of Agriculture (USDA) released their final rule, [Community Eligibility Provision: Increasing Options for Schools](#).

Physical Activity

- Exercise is Medicine: Updates
 - Discussion with Dr. Sarah Armstrong (Duke Health, Bull City Fit) occurred this past week. From this, we will be shifting away from actual exercise prescriptions and look more towards making resources available at clinics.
 - Examples of this include Durham Parks and Recreation (DPR) parks and trails maps/brochures, posters with QR codes of resources throughout the community.
 - Pilot project will most likely be through the health department and internal clinics to work out any kinks.

	<ul style="list-style-type: none"> ● Updates to the free and low-cost physical activity resource guide: <ul style="list-style-type: none"> ○ Krista is waiting to hear back from a few organizations on permission to use their logo and information. ○ This resource will be housed on the Partnership’s webpage and an updated link will be available for posting in other places, such as the DPS Wellness Site. ○ Another suggestion would be to include resources related to biking, walking, scooting to get people more active. ● Sidewalks Discussion: <ul style="list-style-type: none"> ○ The group discussed the cost of sidewalks and started to brainstorm alternatives. ○ Kristen Brookshire and Hannah Reynolds are going to look into creating a presentation for the group so we all can have an idea of alternative actions/projects and any limits associated with this. ○ Stephen Mullaney and outdoor education at Merrick Moore and “Wild Miles” natural path. <ul style="list-style-type: none"> ■ Can this be done within the community? (More answers can come after presentation from Kristen/Hannah) 	
<p>Next Meetings</p>	<p>Wednesday, October 18th from 9-10 AM</p> <ul style="list-style-type: none"> ● Third Wednesday of the month ● Rescheduled due to mandatory health department meeting on the 11th <p>Physical Activity Working Group: Wednesday, September 27th from 9-9:30.</p> <p>https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09</p>	<p>If there are any suggestions for the workgroup meeting on 9/27, please email Krista (kkicsak@dconc.gov) by 9/25.</p>