

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

Location: Zoom

Wednesday, April 10th, 2024

[Zoom-9am](#)

Facilitated by: Krista Kicsak

Present: Krista Kicsak, Savannah Carrico, Kelly Warnock, Ileana Vink, Ryan Kane, Kristen Brookshire, Ki Hickman, Angel Romero, Shannon Jackson, Megan Marquis, Raina Goldstein Bunnag, Kat Combs, Scott Brummel, Jacquelyn Beam Blackwell, Tricia Smar, John Tallmadge/Bike Durham, Sicily Johnson, Bailey Igoe (Threshold Clubhouse), Marlene McAuley, Gabrielle Rivero

Project/Topic/Goal	Major discussion points	Action steps
<p>Welcome (5 minutes)</p>	<p>Welcome! No icebreaker this morning to save time. If anyone has ideas of how PANFA can support the World Hunger Day event, please place them in the chat.</p> <p>One suggestion: Have a Partnership for a Healthy Durham table to present programs, not just for PANFA.</p>	
<p>Overview of Community Health Improvement Plan (CHIPs) Process (25 minutes)</p> <p><i>Krista Kicsak, PANFA Specialist</i></p> <p><i>Savannah Carrico, Durham County Department of Public Health Epidemiologist</i></p>	<p>Krista reintroduced the Partnership for a Healthy Durham values and mission, structure, and racial equity principles. She shared a list of committees and co-chairs. She then went over what the CHIPs are and what process will look like, as well as a timeline. CHIPs are long-term systemic efforts to address the top five health priorities based on the Community Health Assessment (CHA) data and determine the Partnership’s work over 2025-2027. Committees will use Results Based Accountability (RBA) principles, align with Healthy North Carolina 2030, and be guided through the racial equity principles. Each committee will aim for two to three strategies to prioritize efforts.</p> <p>Savannah Carrico presented data relevant to PANFA’s work from the recent CHA, as well as the Youth Risk Behavioral Survey (YRBS). The Partnership, Durham County Department of Public Health, and Duke Health conducted the county-wide CHA survey, as well as the Comunidad Latina CHA survey. Specific data can be found at the Partnership’s webpage: https://healthydurham.org/health-data.</p> <p>Questions and comments from the committee:</p> <p><i>“I’m curious where we got the questions about healthy eating/what keeps people from eating healthy- are those from other health departments/statewide? I feel like they’re questions that could be interpreted in quite a few ways.”</i></p>	

Answer: These are repeat questions from the previous CHA to be comparable, and we know that they aren't perfect. We are open to feedback for these questions.

Please reach out to Savannah at scarrico@dconc.gov if you have any questions.

Group Work on Jamboard (20 minutes)

- What worked previously?
- What didn't work?
- What gaps are there in our work?

Three breakout rooms were created for members to join one of their choosing. Using a Jamboard [PANFA-CHIPs - Google Jamboard](#) and the 2022-2024 Community Health Improvement Plans (CHIPs): [PANFA-2022-2024-CHIPs.pdf \(healthydurham.org\)](#), members identified the following for *each strategy*:

1. What worked
2. What did NOT work
3. Gaps analysis
 - a. What gaps exist(ed) that prevented us from fulfilling the strategy?

Highlights are below.

Participate in food procurement process with DPS (Durham Public Schools) School Nutrition Services (SNS)

- **Worked**
 - The Duke Endowment (TDE) grant can provide money to buy items
 - SNS have been open to feedback from PANFA
 - The group was able to identify items that were needed for procurement
- **Gaps**
 - It would be helpful to have a targeted list of what is most useful for us to help with
 - More rapid communication and feedback channels with DPS and non-DPS teams, as email is not effective

Bring together groups/individuals invested in SNS in an effort to collaborate to best support SNS and avoid duplication of efforts. Identify school nutrition barriers and perceptions by seeking community input.

- **Worked:**
 - Interim meetings were attended and useful
- **Gaps**
 - integration and collaboration with other listening session opportunities

- Translating community/student input to next steps

Explore potential of increasing number of schools participating in Community Eligibility Provision (CEP)

- **Worked:** DPS approved SNS to apply for district-wide CEP

Raise awareness around food access and local efforts to address food insecurity in our community using social media, local content in various modes and regular agency website updates

- **Worked:** multiple partners
- **Gaps:** Only one event; could have reached more people if more events, even small pop ups

Increase Double Bucks funding, sustainability, and program usage (SNAP, EBT)

- **Gaps**
 - Language so that community of color know that this exists and is available to them. How can you raise awareness?
 - We need this! <https://www.dailytable.org/> part of their business model is that busy families don't always have time to cook. They have nutritious cheap prepared meals

Support Senior Shuttle, increase usage and expand to new housing sites

- **Gaps:** we have this in our building and I think this was a "selling point" but I think this is interesting

Continue to create or enhance access to places for physical activity, like Healthy Mile Trails, parks and recreational/exercise facilities. Target environmental improvements that facilitate walking, active transport

- **Worked**
 - coordination among Durham County Health, DPS, City of Durham Transportation, and Bike Durham on identifying crosswalks near DPS school for safety improvements
 - Healthy Mile Trails worked out very well
 - City of Durham made commitments to repair existing sidewalks (over 10 years!) and build new sidewalks
- **Did Not Work**

- HMT clean ups had a tough time getting traction-perhaps scheduling them quarterly at various sites
- how are HMTS “marketed”? or do people who were already out exercising just happen upon them?
- low participation of the Hispanic community
- some communities that don’t have parks or trails have difficulty accessing these facilities because of high car traffic crossings
- City of Durham time to deliver new sidewalks is only two miles per year, which will take 170 years to build full city-wide network

- **Gaps**

- We need more sidewalks or safe routes in neighborhoods, not just in main thoroughfares
- HMT competition? Was it successful in past years?
- When it comes to targeting environmental improvements, PANFA does not include reps from agencies responsible for infrastructure (other than DPR)
- per Trees Durham, East Durham and other areas of town are tree deserts as well as food deserts-areas without shade are less attractive and comfortable to exercise
- there are no current walking groups for the Hispanic community-consider forming one led by someone bilingual the Health Department or Duke
- measurements to see which communities we have reached and how effective our strategies have been
- leverage people power in this group to seek grant funds for infrastructure improvements (i.e. Safe Routes to Schools grants for sidewalks)

Offer more opportunities for walking buddies, group exercise classes, or other programs that facilitate social support for exercising

- **Worked** Bike Durham began providing adult/teen bike riding classes
- **Did Not Work**
 - Unsure that this happened through PANFA but maybe shift toward promoting existing classes and/or encouraging cross-collab amongst them
 - advertising these initiatives to increase engagement within the community
- **Gaps**

- transportation to safe places to be active
- community safety in some areas (parks, trails), promote existing physical activity programs (DCSL, YMCA, etc.) and encourage cross-collab/promotion
- we need one more walking/exercise groups for the Hispanic/Latin community-preferably led by a bilingual professional
- Bike Durham needs a partner to better promote adult/teen bike riding safety classes

Implement community-wide campaigns to promote physical activity and increase awareness of places for physical activity, including medically supervised activities. Have a regularly updated fitness information page for low-income folks. Biking activities to reach community and parents will be held in DPS elementary school campuses.

- **Worked**

- Biking initiatives at DPS schools to teach kids to ride bikes and increase engagement with bikes among different schools
- City, County and DPS funded Bike Durham to provide bike riding safety classes to elementary school students-this is now occurring at 13 elementary schools
- Bike riding celebration events following classes at elementary schools are well attended by families

- **Did Not Work**

- Did not make much progress on identifying parent groups who wanted to lead ongoing walking or biking to school activities (only at EK Powe)
- I'm not aware that we ever implemented a community-wide communications campaign promoting physical activity
- did we create a regularly updated fitness info page? I don't recall one, so this could go into next year's CHIP
- previous campaigns only focused on certain parts of town and neighborhoods

- **Gaps**

- getting the information to low income committees in Durham
- providing support for parents who want to be able to bike with their children at the schools where bike safety lessons are taught
- campaigns that reach all parts of the county and all neighborhoods

PANFA questions on the CHA surveys

What types of physical activity do you usually do?

Where do you usually exercise or do physical activity?

What are the reasons you don't exercise during a normal week?

Whether you currently walk or not, would any of the following make you want to walk more?

Where do you get most of the food you eat at home?

How do you usually get there?

About how long does it take you to get there? One way.

PANFA questions on the CHA surveys

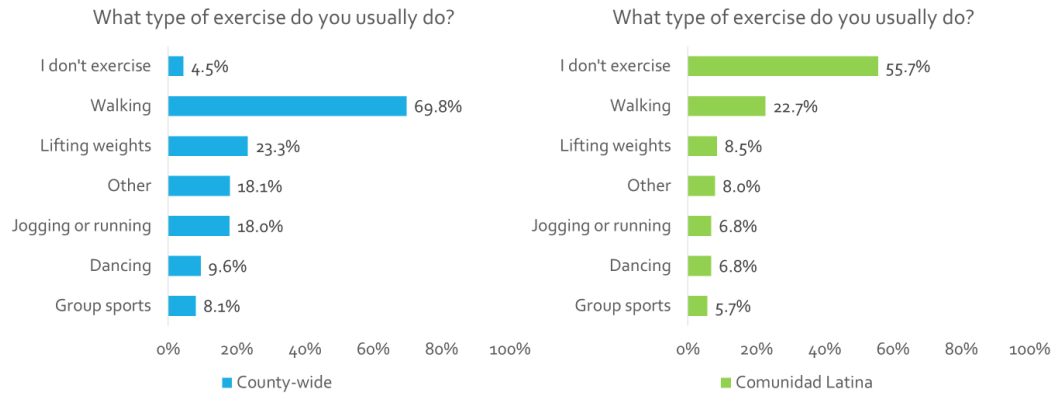
What are the reasons you don't eat healthy all the time?

During the past 12 months, did you ever cut the size of your meals or skip meals because you worried you wouldn't have enough money to buy more?

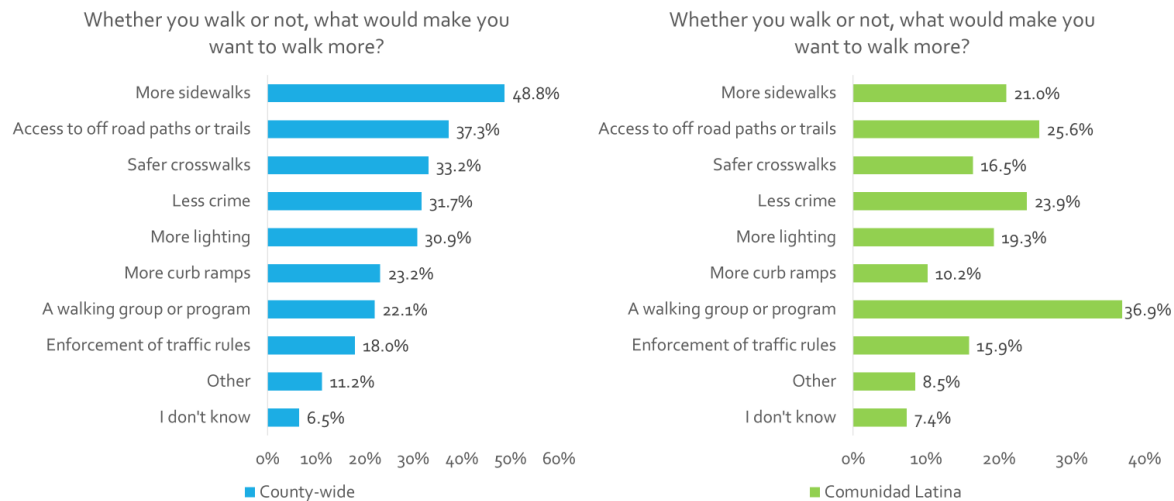
During the past 12 months, how often did you worry you wouldn't have enough money to buy more food?

During the past 7 days, how many times did you drink a can, bottle, or glass of a sugary beverage. Diet drinks do not count.

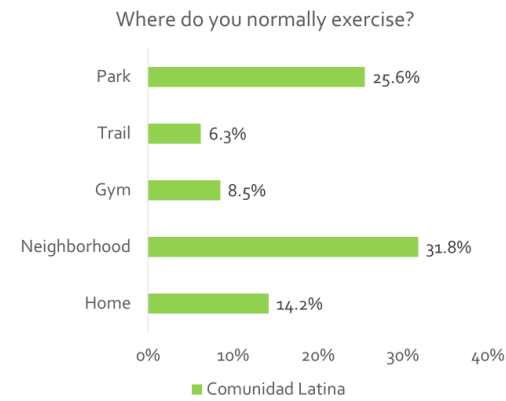
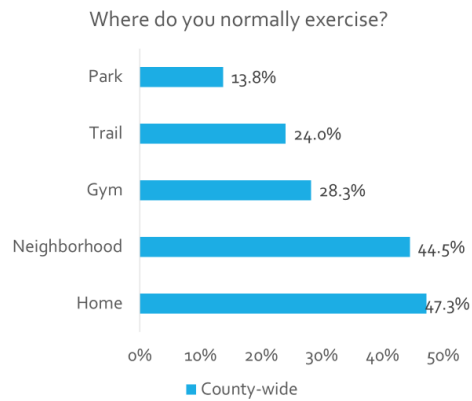
Physical Activity: Exercise



Physical Activity: Walking



Physical Activity: Where do you exercise?



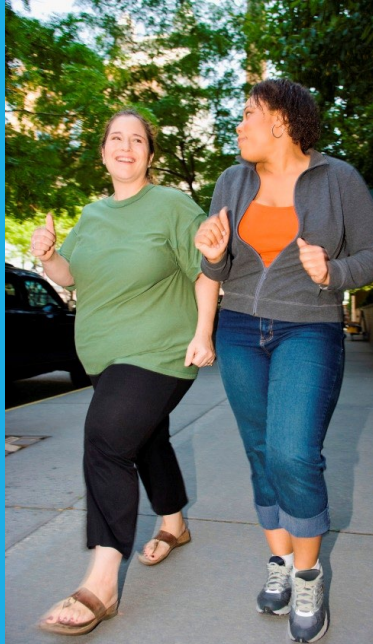
What are the reasons you don't exercise?

County-wide

1. I have a disability
2. I'm intimidated by something new
3. I don't like to exercise

Comunidad Latina

1. My job includes physical labor
2. I don't have time
3. I don't like to exercise



Physical Activity: Walking

County-wide

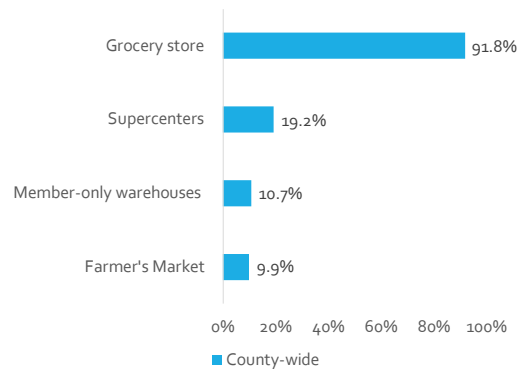
- More sidewalks
- Access to off road paths or trails
- Safer crosswalks

Comunidad Latina

- A walking group or program
- Access to off road paths or trails
- Less crime

Nutrition: Shopping for food

Where do you shop for the food you eat at home?



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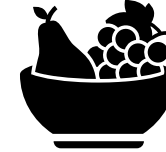
Nutrition: Shopping for food



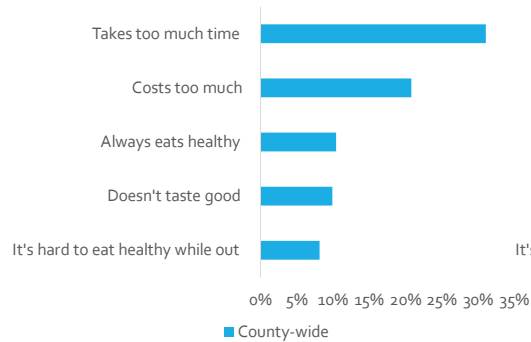
91% of 2022 County-wide survey participants and 89% of 2023 Comunidad Latina survey participants reported getting groceries via car

69% of 2022 County-wide survey participants and 47% of 2023 Comunidad Latina survey participants reported living within 10 minutes of where they usually shop for the food they eat at home.

Nutrition: Healthy eating



Why don't you eat healthy all the time?



Why don't you eat healthy all the time?





Why don't you eat healthy all the time?

County-wide

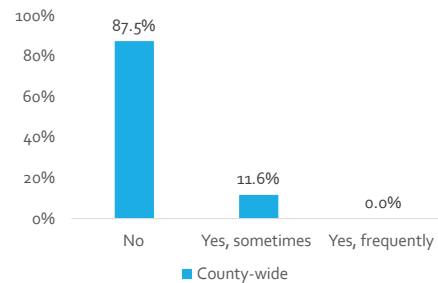
- Takes too much time
- Costs too much
- I always eat healthy

Comunidad Latina

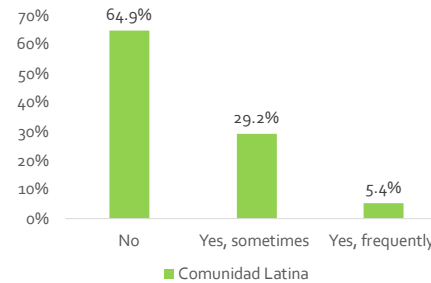
- Costs too much
- Doesn't taste good
- Takes too much time

Nutrition: Food Access

In the past 12 months, how often did you cut meals or skip meals because you worried you wouldn't have enough money to buy more?

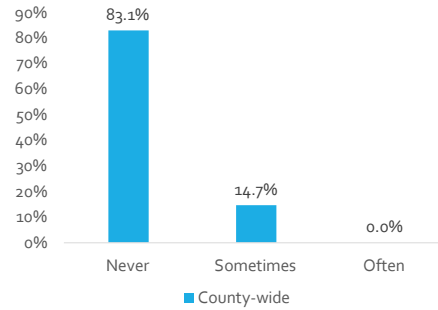


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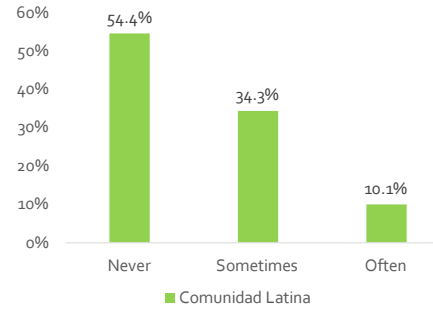


Nutrition: Food Access

In the past 12 months, how often did you worry your food would run out before you could buy more?

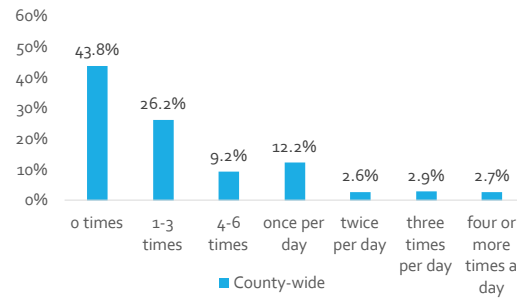


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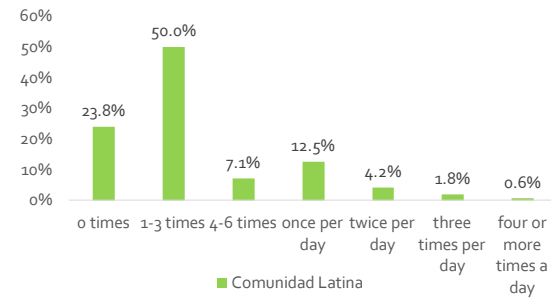


Nutrition: Sugary drinks

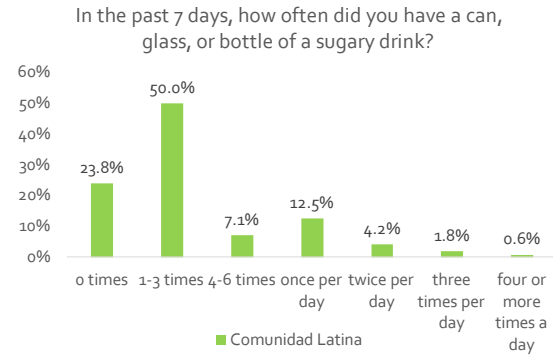
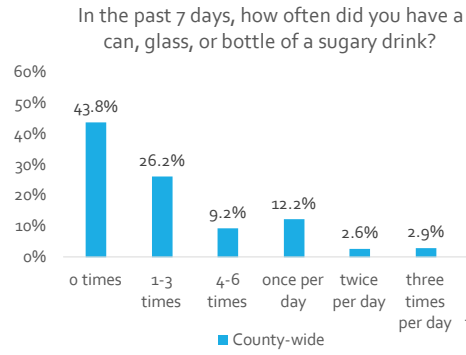
In the past 7 days, how often did you have a can, glass, or bottle of a sugary drink?



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Nutrition: Sugary drinks



What are Durhamites saying?

"Better police enforcement of speed limits - or speed bumps. My children and I bike to school and even though the speed limit on Duke Homestead is 25 there are people who fly down the street at closer to 50. It's terrifying."

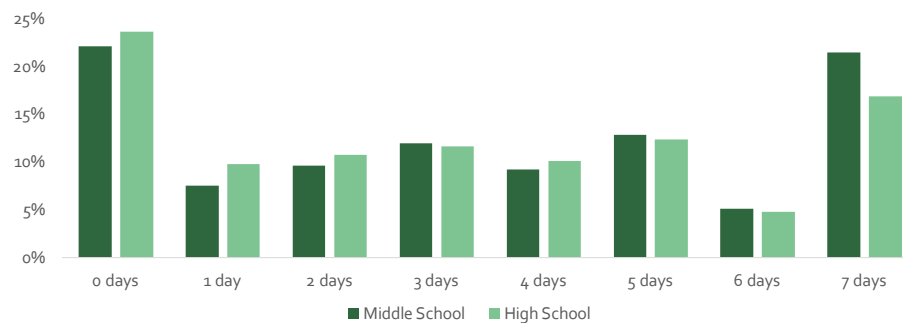
11.2% of CHA survey participants reported Parks made their neighborhood a good place to live.

Cost of food was the 4th most common issue impacting quality of life for both the 2022 County-wide CHA and 2023 Comunidad Latina CHA survey participants.

"A lot of access comes down to how much you know about food and cooking and how to actually incorporate those things. Many people who come from certain ways of life where they don't learn those skills, need education on all of those types of foods and preparations and where to actually get them."

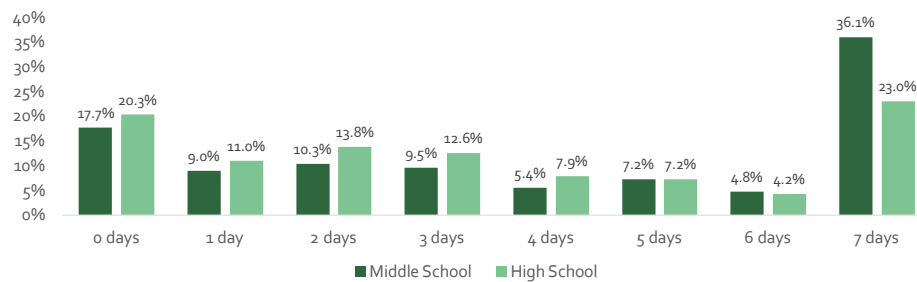
2021 Youth Risk Behavior Survey data

How many days were you physically active for a total of 60 minutes per day in the past 7 days?



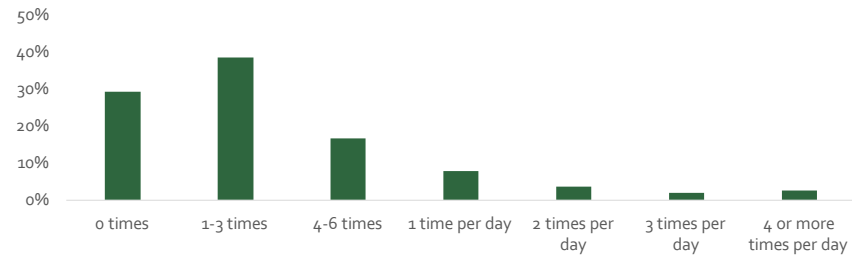
2021 Youth Risk Behavior Survey data

How many days in the past 7 days did you eat breakfast?



2021 Youth Risk Behavior Survey data

In the past 7 days, how often did you have a sugar sweetened beverage? High School, 2021 Youth Risk Behavior Survey



Key takeaways

- Comunidad Latina participants were more likely to report that they do not usually exercise compared to County-wide participants.
 - Could be explained by the high number of Comunidad Latina participants that report not exercising because their job includes physical labor.
- Comunidad Latina participants were more likely to shop at super centers or member-only stores than grocery stores compared to County-wide participants who primarily shopped at grocery stores.
- Food access is a much bigger issue for the Comunidad Latina participants.