

# PHYSICAL ACTIVITY, NUTRITION, FOOD ACCESS



Partnership for a  
Healthy Durham



## Overall Goal

*In Durham County, all people, particularly those who are historically marginalized or at or below median income level have equitable access to affordable, healthy, and culturally appropriate food, and safe and accessible environments for physical activity*



# Increase fruit and vegetable consumption in youth

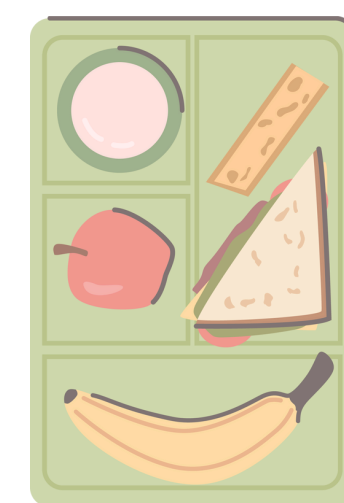
Increase the number of fruits and vegetables served in at least 3 food distribution sites or pantries over 3 years. Start this discussion with at least 1 congregate meal site in 3 years.



Develop a needs assessment for non-traditional students, like charter schools, to understand and assess fruit and vegetable consumption of students. Create an assessment in year 1, implement assessment in year 2, and evaluate in year 3



Assist in the search and application of at least 1 grant/year to share with DPS Good Food



Compile a toolkit for pantries and distribution sites to use on how to cook seasonal produce and communicate demonstrations through email and social media



Create at least 1 opportunity a year for organizations to work together to address nutrition challenges in the community



Provide translation of materials, such as flyers and meeting agendas and minutes, in at least one other language, starting with Spanish



# Increase percentage of Durham County residents, across all demographics, who meet CDC's physical activity guidelines

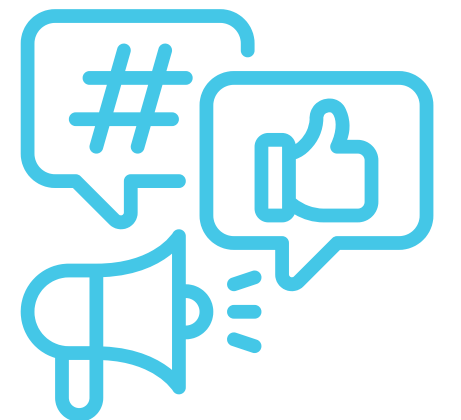
Increase the visibility and participation in community walking groups throughout Durham



Work with transportation departments and neighborhood associations to identify places to add signage with safety messages and information on the importance of physical activity. Aim to place 5 new signs each year



Work with community groups and organizations to hold at least 1 campaign each year incentivizing physical activity



Promote engagement with the City of Durham's Vision Zero team through social media, emails, and newsletters



Work with County and City organizations to host at least 1 Open Streets event each year



Work with organizations to enhance the built environment for kids to be active. Aim for at least 2 organizations each year



Work with the School Health Advisory Council and DPS staff to identify practices to increase physical activity during school time



# Strengthen and increase the connections between food resources, organizations and community members

Engage with community members, organizations, and neighborhoods to identify how to improve food security by attending outside meetings or hosting additional listening sessions. Aim to work with at least 1 new group each year



Expand and improve the system of communicating food resources we have in the community, specifically focusing on End Hunger Durham's food pantry list, leveraging the 211 platform, and the Durham Food Resource Map



Explore opportunities to increase food access and culturally relevant foods through grocery partners and research what is working in this area in other parts of the country



Expand awareness and reach of cooking and gardening workshops held in the community through social media, email, and outreach



Search and assist in at least 1 grant application each calendar year for all pantries and food distribution sites as a whole



Increase the number of food donations recovered and overall pounds of food recovered through the food recovery program

