

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

Location: Zoom

Wednesday, January 8th, 2025

[Zoom-9am](#)

Facilitated by: Krista Kicsak, Kia Campbell, Scott Brummel

Present: Bria Miller, Krista Kicsak, Scott Brummel, Kia Campbell, Kelly Warnock, Kim Barrier, Chef Sicily, Don Bradley, Jeff Forde, Alex Hurdle, Marcus Hughes, Arthur Lockhart, Bohdan, Nicola Young, Jeremy Berggen, Tricia Smar, Willa Robinson Allen, Javonna Rozario, Kat Combs, Angel Romero, Idia Enogiuru, Jeremy Lamb, Marcus Hughes

Project/Topic/Goal	Major discussion points	Action steps
<p>Welcome & Icebreaker <i>Scott Brummel & Kia Campbell, Co-Chairs</i></p>	<p>If you had a 2024 resolution, did you stick with it?</p>	
<p>Duke Health Opportunity <i>Scott Brummel, Co-Chair, Duke</i></p>	<p>Scott Brummel shared that the usual Duke Health Summit, which has been focused on food in recent years, can be turned into a way to work with the different Partnership committees. He let the committee know that if anyone has any ideas about how PANFA can be involved or if they want to be part of planning, they can reach out to him Scott.Brummel@duke.edu.</p>	<p>Chef Sicily, Jeremy Berggen, Don Bradley, and Kim Barrier are all interested.</p>
<p>Breakout Groups</p>	<p>Committee members had the choice to work on strategies for Food Access and Nutrition or Physical Activity and went into breakout groups for their respective choice.</p> <p>Link to the Community Health Improvement Plans (CHIPs): https://healthydurham.org/wp-content/uploads/PANFA-CHIPs.pdf</p> <p>Food Access and Nutrition</p> <ul style="list-style-type: none"> The group continued working through the Zoom Whiteboard to plan out who would work on the different strategies <p>Nutrition-related strategies:</p> <ul style="list-style-type: none"> Strategy 1 “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” Raina Bunnag will work on this Strategy 2 “Develop a needs assessment for non-traditional students, like charter schools, to understand and assess fruit and vegetable consumption of students” 	

	<p>Kim Barrier, Kia Campbell, and Chef Sicily will work on this</p> <ul style="list-style-type: none"> • Strategy 3 “Create at least 1 opportunity a year for organizations to work together to address nutrition challenges in the community” Scott Brummel, Raina Bunnag, and Chef Sicily will work on this • Strategy 4 “Create electronic and print materials that share tips on how to eat nutrient-dense foods affordably with local food distribution organizations and partners. Share at least monthly” Kim Barrier, Chef Sicily, Jackson Lamb (Bull City Fit), and Ileana Vink will work on this • Strategy 5 “Assist in the search and application of at least 1 grant/year to share with DPS Good Food” Raina Bunnag and Scott Brummel will work on this • Strategy 6 “Compile a toolkit for pantries and distribution sites to use on how to cook seasonal produce and communicate demonstrations through email and social media” Nasim Youssefi and Chef Sicily will work on this • Strategy 7 “Provide translation of materials, such as flyers and meeting agendas and minutes, in at least one other language, starting with Spanish” Scott Brummel can work on this and Nasim Youssefi can review the Spanish translations <p>Food Access-related strategies:</p> <ul style="list-style-type: none"> • Strategy 1 “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” Raina Bunnag, Jeremy Berggen, and Chef Sicily will work on this • Strategy 2 “Explore opportunities to increase food access and culturally relevant foods in emergency food distribution sites through grocery partners and research what is working in this area in other parts of the country” Raina Bunnag, Scott Brummel, Chef Sicily, and Kelly Crane will work on this 	<p>Krista is meeting with Angel Romero and Edeia Lynch, co-chairs of Access to Care, to talk about Walk with a Doc in the next few weeks.</p> <p>Krista is looking into the use policy at Durham Public Schools (DPS) to see if there is a way for community members to use school facilities (i.e. track, soccer fields) outside of school hours</p> <p>Angel Romero will ask about a walking group with Iglesia Manuel</p>
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- Strategy 3 “Search and assist in at least 1 grant application each calendar year for all pantries and food distribution sites as a whole”
Raina Bunnag, Scott Brummel, and Chef Sicily will work on this
- Strategy 4 “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”
Raina Bunnag, Chef Sicily, and Kia Campbell will work on this
- Strategy 5 “Expand awareness and reach of cooking and gardening workshops held in the community through social media, email, and outreach”
Nasim Youssefi will be working on this as part of her position but would love to work with others to research organizations that are already doing this, besides the DINE program; Kim Barrier can help on the gardening side and Chef Sicily on the cooking side
- Strategy 6 “Increase the number of food donations recovered and overall pounds of food recovered through the food recovery program”
Scott Brummel will work on this

Physical Activity

Walk with a Doc

- At Duke, this could be difficult to get doctors to participate in due to their busy schedules.

Physical Activity Campaigns

- The group needs to brainstorm what a campaign will look like
- Will this track steps, miles, or something other than walking?
- Willa Robinson Allen suggested planning something that’s based on the area of Durham that people live, as some people have better access to sidewalks and safe spaces for physical activity
 - Some schools have tracks and fields, but they don’t always let the public use them

Walking Groups

- Krista put together a list of walking and running groups and shared with those who want to work on this strategy, including:
 - Men’s Health Council group

	<ul style="list-style-type: none"> ○ We Run Durham ○ Let's Get Social Raleigh ○ Women of the Triangle Walking Club ○ Men on the Move ○ Black Girls Run ○ Black Men Run ○ NC Road Runners Clubs ● There's a need for a group or multiple groups that are Spanish speaking- Angel Romero doesn't know of any existing groups like this <ul style="list-style-type: none"> ○ Suggestions: <ul style="list-style-type: none"> ▪ Connecting with El Centro Hispano and asking if they have a walking group ▪ Talking with an active congregation, such as Iglesia Manuel ▪ Talking with these groups about how we can help them ▪ Focus on lifting up walking groups and/or encouraging development of them for specific populations and maybe just having a list of run clubs since run clubs already have good visibility ▪ Share Healthy Mile Trails (HMT) and StoryWalks with these groups to encourage usage and establish relationships <p>Transportation</p> <ul style="list-style-type: none"> ● There was concern raised about the shortage of bus routes and how people can utilize more walking and biking for transportation ● Question-are there resources to see which schools have a lack of safe walking to and from schools? <ul style="list-style-type: none"> ○ Kristen Brookshire, Transportation Planner with DPS, has this information about which schools need them ● Hannah Reynolds, City Transportation, has information on community bike routes Durham Neighborhood Bike Routes Durham, NC 	
<p>Wrap-Up and Next Meetings</p>	<p>Food Access and Nutrition interim meeting January 22nd from 1:30pm-2:30pm https://us02web.zoom.us/j/83153076438?pwd=KqapY4zqKl38tgK5JEBglgco1rS5ED.1</p> <p>Physical Activity workgroup meeting January 22nd 9am-9:30am https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09</p>	

