

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

Location: Zoom

Wednesday, March 12th, 2025

Zoom-9am

Facilitated by: Kia Campbell, Scott Brummel

Present: Bria Miller, Kia Campbell, Ileana Vink, Meghan Brown, Raina Goldstein Bunnag, Jasmine St Denny, K'la Brannon, Krista Kicsak, Angel Romero, Jovanna Rozario, Sicily, Anna Marie Pittman, Scott Brummel, Ashonti Harris, Nicola Young, Kat Combs, Alex Hurdle, Shannon Jackson, Jasmine Burroughs, Nasim Youssefi, Tania Dautlick, Tricia Smar, Jacqueline Beam Blackwell, Nicola Young, Ashonti Harris, Bre, Willa Robinson

Project/Topic/Goal	Major discussion points	Purpose
Introductions 9am <i>Co-chairs</i>	What do you like most about spring?	
Announcements 9:05am	<ul style="list-style-type: none">• March Madness Wellness Challenge Share widely! Both teams and individuals can sign up, start date is next Tuesday, 3/18 https://healthydurham.org/blog/march-3-2025 This is a three-week wellness challenge focused on hydration, sleep, mindfulness, and physical activity. Fifty people are currently signed up!• StoryWalk installation: Friday, March 21st 9am-1pm at Solite Park. Email Krista Kicsak to volunteer• Food Security Network Policy Discussion-there will be additional meetings to continue these conversations on the fourth Wednesday of each month at 10:30. The next one is March 26th. https://ncsu.zoom.us/meeting/register/FXjAeoKkRdOHmpch6GFx2A• World Hunger Day June 8th. Help determine this year's theme! The link closes today, 3/12. https://docs.google.com/forms/d/e/1FAIpQLSeD7iLFgnieplrvPOUHojMmTiAgmEQ8JrhPeK-JGVeU5E2Vrw/viewform• Crown Distinguished Lecture: Maggie Kane on March 25th	

Tuesday, March 25th 5:30pm-6:45pm lecture at Sanford, Fleishman Commons RSVP https://duke.qualtrics.com/jfe/form/SV_86299T37qfUZ4BU She will give a lecture on rethinking how to feed those in need.

- SEAT Creating Space meeting: TODAY! 3pm
- In-person pantry meeting
Thursday 3/14 6pm Cooperative Extension
- Playground stencils: if interested in helping, please fill out [availability form here](#) Monday, 3/24 at Whitted is one of the dates.
- **Robert Wood Johnson Foundation 2025 Call for Proposals: Community-Led Systems Research to Address Systemic Racism:**
<https://systemsforaction.org/funding-opportunities>
- Today at 12, webinar with Systems for Action, "Equity-Centered Public Health Practices" Register here: https://ucdenver.zoom.us/webinar/register/WN_BOCli8oTEisHVh66xCH0A#/registration
- Durham creek week is a week of activities to celebrate and protect our local waterways. March 15-22. <https://www.Durhamcreekweek.org>
- PANFA and the Food Security Network are going to participate in the Food Research Action Center (FRAC)'s SNAP Challenge (taking place next week March 18-20) webinar later today about it; [Register for Webinar](#) - and Krista and Raina will send more info on how those interested can participate together.
- Keep Durham Beautiful is hosting a tree giveaway for Durham residents on 3/22. Registration is on the KDB website. [Tree Giveaway Spring 2025 — Keep Durham Beautiful](#)
- NC American Trauma Society Injury Prevention Grant is open to applications through late March: <https://www.ncats.org/grants>

	<p>\$2,500 for a project in the next year related to injury prevention</p> <ul style="list-style-type: none"> Fayetteville Street Elementary school pantry needs support looking for a more permanent/consistent food distribution. Email me if you have any resources to share mebrown@dconc.gov. Event: African American Legacy in Gardening and Horticulture Symposium https://gardens.duke.edu/event/african-american-legacy-in-gardening-and-horticulture-symposium/ Believers United for Progress is having their annual community health cook out this Friday at WD Hill 6-8pm. Contact Brother Kasib: call 919-381-8519 or email humanity1@bufp.org 4/26/25 Durham County Department of Public Health will host an event for members of the faith community to address substance use disorders. The event is free. 	
<p>Workgroups Time 9:20am <i>All</i></p>	<p>Physical Activity The group discussed the strategy about Transportation Signage</p> <ul style="list-style-type: none"> This strategy hasn't been worked on yet. It states that <i>PANFA will 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 five new signs each year.</i> The committee discussed adding signage encouraging safe walking and biking. For example, walkers should walk on the side of the road opposite the flow of traffic. Family responsibility zones with the schools may be a good place to start. There's also a Safe Routes to Schools project and there's some funding for it. Kristin Brookshire is out right now and we may need to identify a different contact. Kristen Brookshire's colleague: Michelle Pendergrass, DPS Safe Routes 	<p>Scott will contact the Neighborhood Improvement Services Team. Can talk to them about the pinned locations in need of sidewalks.</p> <p>Tricia will reach out to Michelle Pendergrass.</p> <p>Lauren Grove, Vision Zero Coordinator. Krista will contact her.</p>

to School Planner at
michelle_pendergrass@dpsnc.net

- Participatory budgeting map- the City already has a plan for where sidewalks are wanted and where they will be installed. This group can look there to see where to focus efforts. There are ones not in the bond without plans to address that should be focused on. They have done pinning on maps online and in-person. Participatory Budgeting map:
<https://www.pbdurham.org/ideaspace>
- In areas where there is ongoing construction, consider trying to place signage there.
- While advocating for sidewalks, encourage walkers and runners to properly/more safely walk or run along the road
- Also encourage folks to use sidewalks in areas where they are available.
- https://www.nj.com/hunterdon-county-democrat/2014/10/hunterdon_pedestrian_safety_aw.html is an example of potential signage
- There are signs you can post, things to put on the pavement, and brochures available here:
<https://drive.google.com/file/d/1Jawoy1ZOLj4AX09VtSQfN3mEEZdbpSbR/view?usp=sharing>
- Tricia Smar could potentially apply for a \$25,000 grant for this project.
- It is important to make sure the signs are bilingual

Open Streets

- Sunday, October 5th
- Closing down a one-mile corridor in downtown Durham encouraging people to get physical activity.

Food Security and Accessibility Tour

- The plan is becoming more concrete around the tour.
- The next planning session is next Tuesday at 3:30 on Zoom .

	<ul style="list-style-type: none"> It will bus folks through the food supply chain starting at a UCAN (a farm), then going to CANDOR (an accessibility, autism, equity organization) that hosts food distribution and a community fridge, then to Farmer Food Share, Interfaith Food Shuttle, Reinvestment Partners, and ReCity. There will be a poverty simulation at ReCity following the tour. <p>March Madness Challenge</p> <ul style="list-style-type: none"> Six teams signed up for the challenge. The group would like to get more people registered. <p>Nutrition and Food Access Identify barriers and challenges to serving culturally appropriate foods and food pantries</p> <ul style="list-style-type: none"> Barriers include funding, language barriers, defining culturally appropriate foods, and the storage of the food <ul style="list-style-type: none"> 'Culturally appropriate' will have different meanings at different pantries Does the food pantry model of service allow for customizing what people want? Do they have the staffing, funding, and space to accommodate that? Need to ask pantry operators what they perceive to be barriers Some pantries have intake forms that ask questions related to preferred foods, allergies, etc., which may be helpful Consider surveying families that use the pantries to ask what kinds of foods they want/eat Consider having some community gardens that specifically grow food for pantries. Could they grow a row of food that is needed? 	<p>Meghan Brown collected a list of questions to ask from this discussion and will work on getting it translated into other languages spoken in Durham</p>
--	---	--

Helpful Information

Community Health Improvement Plans (CHIPs) for 2025-2027: <https://healthydurham.org/wp-content/uploads/PANFA-CHIPs.pdf>

Food Access and Nutrition Workgroup Strategies Excel:

<https://docs.google.com/spreadsheets/d/13wW2IWNIXgkXdXZQdun4K3XliFXsa12/edit?rtpof=true&gid=949112378#gid=949112378>