

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

Location: Zoom

Wednesday, April 8, 2026

[Zoom-9am](#)

Facilitated by: Kia Campbell

Present: Bria Miller, Kia Campbell, Jasmine St Denny, Megan Marquis, Ileana Vink, Najla McClain, John Tallmadge, Shannon Jackson, Jacquelyn Blackwell, Ellie Morris, Don Bradley, Angel Romero, Scott Brummel, Edeia Lynch, Kelly Warnock, Midori Brooks, Jessica Davidson, Marcus Hurdle, Chelsea Hawkins, Emma Vinella-Brusher, Belen Rogers

Project/Topic/Goal	Major discussion points	Action steps and Responsible Person(s)
Welcome & Icebreaker <i>Kia Campbell</i>	What's your ultimate fantasy lunch — any cuisine, any place in the world?	
Review March Meeting Minutes	The meeting minutes were approved.	
Share Listening Session Questions	The finalized listening session questions related to physical activity, nutrition, and food access are as follows: <ol style="list-style-type: none"> 1. What would make you want to get outside and moving your body in your neighborhood? 2. Imagine a Durham where everyone has enough food that is good for their body. What would that look and feel like? 	
Presentation from Strategic Engagement for Action and Transformation team <i>Najla McClain and Kelly Warnock</i>	Update on Strategic Engagement for Action and Transformation (SEAT)/Physical Activity, Nutrition, and Food Access (PANFA)'s Food Security Exploration <p>SEAT is exploring strategies to address food security as part of its broader effort to examine root causes of community issues. As they consider their next steps, the committee chose to collaborate with other groups to identify gaps and underlying contributors to these challenges.</p>	NC Budget and Tax Center – Suggested as another relevant organization to include. <ul style="list-style-type: none"> • Communities In Partnership (CIP) – Midori (midori@cipoed.org) shared this as their organization affiliation. • Durham Benefits Access Group – Their SNAP/WIC/Medicaid workgroup is chaired by Love from Breastfeed Durham. • NourishRx – Noted as having a successful program in Wake County. • Families and Communities Rising – Head Start grantee, suggested by Ellie Morris.

Overview of Work Completed

- The first topic selected for analysis was food security.
- SEAT used a structured decision-making process and applied a “5 Whys” root-cause analysis to develop a comprehensive root cause statement.
- The team conducted compensated interviews with key stakeholders to gather additional insights.

Toolkit Development SEAT created a toolkit to guide future issue exploration. The steps include:

- Identify the problem
- Determine who is already doing related work
- Educate themselves on the topic
- Review available data
- Identify who is most impacted
- Reassess who is leading work in the area after gaining context
- Propose and plan interventions
- Evaluate progress

SEAT emphasized ensuring that every participant’s voice is included in each decision.

Problem Definition Process

- The team used the 5 Whys method to explore the question:
“Why do 14% of Durham residents worry they will run out of food before they can get more?”

- **Cristo Rey High School** – Suggested by Belen Rogers (Food Bank CENC).
- **Diaper Bank of NC** – Recommended by Ileana Vink; they support infant formula needs and conduct direct distributions in Durham Housing Authority neighborhoods, gathering strong data.

Questions and Input from Meeting Participants

- *Emma Vinella-Brusher, City of Durham Transportation*: Asked whether any input has been collected yet from participants of the Senior Food Shuttle.
- *Ileana Vink*: Suggested considering the Diaper Bank for partnership and data insights.
- *Ellie Morris*: Recommended including Families and Communities Rising (Head Start).
- *Belen Rogers*: Suggested exploring opportunities with Cristo Rey High School.

SEAT Participation Invitation

Individuals interested in getting involved with SEAT are encouraged to reach out:

- kwarnock@dconc.gov
- najla.mcclain@duke.edu

- They completed five rounds of “why,” with each member sharing their reasoning.
- The process was more extensive and thoughtful than initially expected.

Root Cause Statement The group developed the following draft statement:

“Fourteen percent of people surveyed in Durham worry about running out of food due to high living costs, insufficient income, changing priorities, and a lack of neighborhood resources. Durham relies on underfunded and often overworked groups to support those most in need. While many community organizations, local planners, developers, investors, and industry professionals are working to address poverty and hunger, data shows that limited access to nutritious foods and federal policies intended to facilitate equal treatment often fall short.”

Note: The group agreed to remove the reference to “shifting due to national priorities.”

Stakeholder Engagement SEAT created and administered a survey to key informants across multiple sectors, providing gift cards as compensation. Survey participants discussed the root cause statement as well as strengths and gaps in their communities. SEAT compiled a list of organizations working on these issues; this list is a living document, and the committee welcomes additions or edits from others.

<https://docs.google.com/spreadsheets/d/1VCBYxE1>

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<https://www.panfawalk.org/it3umTWYYu3MoCS0pDM0ul6dnXqTeEJ0HE/edit?pli=1&gid=0#gid=0>

PANFA will start sharing the root causes statement at the beginning of meetings and on their webpage.

Walk with an Expert
Edeia Lynch and Bria Miller

Edeia, Co-Chair of the Access to Care Committee, is interested in collaborating with PANFA on the Walk with a Doc initiative. The Steering Committee is considering expanding this concept to Walk with an Expert to broaden community engagement and education.

Examples and Models

- Alliance Medical Ministry in Wake County has successfully hosted similar walks outside their clinic. They may be a helpful contact for guidance and best practices.

Upcoming Invitation

- Access to Care is inviting PANFA to their next committee meeting on Thursday at 9:00 AM to explore potential collaboration.

Potential Expert Themes

- Walk with a Dietitian
- Walk with a Social Worker
- Walk with a Food Bank Operator
- Hospital Chaplains
- Clinic Chaplains
- Physical Therapists
- Root Causes Experts
- Master Gardeners
- Farmers
- Arborists
- Walks on Healthy Mile Trails
- For dietitians, the group may want to check with existing contacts to identify others who are already offering similar programs.

Related Community Examples

- A previous team hosted a walking group for Spanish speakers (open to all). They walked around Duke University’s East Campus and used the Walltown Community Center as an indoor backup location.
- Student Engagement Opportunities
- Both NCCU and Campbell University have student programs with learners regularly seeking community-based opportunities to share skills and gain experience.

Announcements

Root Causes & Akalaka Inclusive Dinner
 Root Causes is partnering with Akalaka to host an inclusive dinner for caregiving families on Thursday, April 16, from 5:00–7:30 PM at the Duke Integrative Medicine building.
 Event flyer: <https://duke.is/RootCausesInclusiveDinner>

Master Gardener Plant Sale
 The Master Gardener plant sale will be held this Saturday from 10:00 AM to 12:00 PM.
 Details: <https://durham.ces.ncsu.edu/news/master-gardener-plant-festival-and-plant-sale/>

Stamp Out Hunger Food Drive
 The Stamp Out Hunger event will take place on May 9. Community members can place non-perishable food items outside their homes, and the Postal Service will collect them.

Medication Take-Back & Shredding Event
 A free medication take-back and document shredding event will be held on Saturday, April 25, from 10:00 AM–2:00 PM at 406 Rigsbee Ave.

Food Security Grant Applications
 The deadline for Durham County food security grant applications is Friday, April 17.
 Application information:

<https://durham.ces.ncsu.edu/durham-county-food-security/durham-county-food-security-grants/>

Resource on Food Expiration Dates

A new educational resource is being developed to help community members understand which foods can be safely eaten past their printed expiration dates. These dates often relate more to texture and quality than to safety.

OTC Medicine Giveaway & Community Event

Alliance Health and NC MedAssist will host a free Over-the-Counter Medicine Giveaway on Friday, April 24, from 9:00 AM–2:00 PM at The River Church, 4425 Ben Franklin Blvd. This event is open to all North Carolina residents.