

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

**Location: Zoom**

**Wednesday, May 8th, 2024**

[Zoom-9am](#)

Facilitated by: Krista Kicsak, Jess Bousquette

Attendees: Scott Brummel, Krista Kicsak, Bria Miller, Jess Bousquette, Belen Rogers, Meytal Barak, Midori Brooks, Angel Romero, Elshona Hudson, Kia Campbell, Megan Marquis, Tricia Smar, Nasim Youssefi, Alex Hurdle, Macklyn Mosley, Ileana Vink, Ki Hickman, Valarie Worthy,

Project/Topic/Goal	Major discussion points	Action steps
<p><b>Welcome</b> (10 minutes)</p>	<p>Co-chair nominations! Link through SurveyMonkey: <a href="https://www.surveymonkey.com/r/MJLSTK6">https://www.surveymonkey.com/r/MJLSTK6</a>                      You can nominate yourself, one person, multiple people, etc.                      Next month, we will hold elections.</p> <p>Krista introduced Midori Brooks, a community member who will be working with PANFA through June 30<sup>th</sup>. Midori is extremely connected within her community and works with Community in Partnership in East Durham. Arssante Malone, another community member, will join next month and during the physical activity workgroup meetings.</p>	<p>Krista will send out co-chair nomination link for those that could not attend the meeting</p> <p>Krista will reach out to those who were nominated to gauge interest.</p>
<p><b>Community Health Improvement Plans (CHIPs)</b>  <i>Jess Bousquette, Adverse Childhood Experiences (ACES) Coordinator, Facilitator</i></p>	<p>Jess Bousquette shared some ground rules for the meeting and asked if anyone wanted to add anything. They are:</p> <ul style="list-style-type: none"> <li>• Share the space. If you find you have been speaking often, allow two people to share before offering another idea</li> <li>• Be curious and respectful</li> <li>• Stay focused on the goal</li> <li>• Acknowledge different kinds of expertise</li> <li>• Be brief and meaningful</li> <li>• Be generative and use “Yes...and” thinking, instead of “Yes..but”</li> <li>• Challenge cherished beliefs</li> <li>• Articulate hidden assumptions</li> </ul> <p>Some helpful terms for the meeting:  <b>CHIPs:</b> Community Health Improvement Plans. This is a long-term, systemic effort to address public health problems based on results from the Community Health Assessment (CHA)</p>	

**Results Statement:** the condition of wellbeing we want for our children, families, and the community. This has three parts: the population of focus, geographical area, and condition of well-being  
**Population indicators:** something that can measure the condition of well-being we hope to achieve

Jess shared PANFA's previous results statement and population indicators.

- 1) **Results statement:** "All people in Durham County have equitable access to affordable, healthy, and culturally appropriate food, and a safe place to exercise"
- 2) **Population indicators:** Access to exercise opportunities, access to healthy foods, decrease consumption of sugar-sweetened beverages

*\*\*Decrease consumption of sugar-sweetened beverages was dropped from the last CHIPs and instead the group focused on supporting school nutrition services\*\**

The group was polled if they wanted to change anything about the results statement. There was a mix of those wanting to keep it the same and those wanting to change it, so participants were randomized into small breakout groups to discuss what they would like in the results statement. The group put their thoughts on a Jamboard

(<https://jamboard.google.com/d/1ulrDwS0hnr9nbTVfXWd73kdGkBmweNZTx7IB4x7SAyl/viewer?f=14> , **frame 15**) Highlights are as follows:

- Moving away from "All people in Durham County" to focusing on those with lower incomes, historically marginalized groups
  - Look for a different word than marginalized
- "All people have the means to incorporate diet and physical activity into a healthy life if they want to"
- Supporting existing community resources and prevent them shutting down
- Add more than just "a safe place to exercise" for physical activity, some may have a safe place, but not the means or motivation or need ideas of what to do for exercise
- Safe and accessible

	<ul style="list-style-type: none"> <li>• Don't pigeonhole healthy activity into just exercise AND help people with physically intensive jobs do so safely</li> <li>• Using 'physical activity' in place of exercise <ul style="list-style-type: none"> <li>○ Keep in mind there are different ability levels; this should impact the wording</li> </ul> </li> </ul> <p>The group reconvened in the main room and discussed these suggestions. After this discussion, a drafted results statement is as follows:</p> <p><b>"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 movement."</b> This needs to be more concise, shortened.</p> <p>Suggestions for edits: Use "oppressed" instead of "marginalized", and use "to be active" in place of "for physical movement"</p> <p>The group moved on to discussing population indicators, and three breakout groups were created for participants to choose where they wanted to go. The same Jamboard was used, from <b>frames 16-19</b>.</p> <p>Instead of using "Access to Healthy Foods", suggestions were:</p> <ul style="list-style-type: none"> <li>• <b>Limited access to healthy foods</b></li> <li>• <b>Food insecurity</b></li> </ul> <p>Instead of using "Access to Exercise Opportunities"</p> <ul style="list-style-type: none"> <li>• <b>Physical inactivity</b></li> </ul> <p>Instead of "Decrease consumption of sugar-sweetened beverages"</p> <ul style="list-style-type: none"> <li>• <b>Fruit consumption</b></li> <li>• <b>Vegetable consumption</b></li> </ul>	
<p><b>Group Wrap-Up</b></p>	<p>The group did not settle on anything, but the <b>results statement and indicators do need to be chosen before June's meeting</b>. Krista will be sending emails and working out ways to come to conclusive decisions. Please let her know if you have any suggestions or requests by emailing <a href="mailto:kkicsak@dconc.gov">kkicsak@dconc.gov</a></p> <p>Next steps: Once we have these indicators chosen, we will look at the current data and trends in these in Durham County, identify partners we need to get at the table and create an action plan to</p>	

