

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

Location: Zoom

Wednesday, July 10th, 2024

[Zoom-9am](#)

Facilitated by: Krista Kicsak, Jess Bousquette

Present: John Tallmadge (Bike Durham), Krista Kicsak (DCoDPH), Scott Brummel (Duke), Jennifer Regan (DCoDCP), Hannah Salvaggio (City of Durham Transportation), Midori Brooks (Community Member), Kia Campbell (DCoDPH), Kelly Warnock (DCoDPH), Nasim Youssefi (DCoDPH), Jess Bousquette (DCoDPH), Shannon Jackson (Duke Trauma Center-Pediatric Injury Prevention and Safe Kids Durham Coordinator), Angel Romero (Duke) Bria Miller (DCoDPH), Jacquelyn Beam Blackwell (End Hunger Durham), David Miller (DCHC MPO Transportation Planner), Tania Dautlick (Keep Durham Beautiful), Kelsey White (UNC Durham Hub Coordinator), Araba Oduro (UNC intern), Kat Combs (YMCA), Migdalia De’Leon (Aging Well Durham), Elshona Hudson (Alliance Health Community Impact Specialist)

Project/Topic/Goal	Major discussion points	Action steps
<p>Welcome and review of process (10 minutes)</p>	<p>Introduction in the chat. If you are new to joining, please enter your email so you can receive reminders, updates and announcements.</p> <p>Krista Kicsak (Physical Activity, Nutrition, Food Access Specialist) welcomed everyone to the meeting. She shared a letter that Bria Miller (Partnership for a Healthy Durham Coordinator) received from an eighth-grade student at Durham Academy, which detailed the importance of nutrition and exercise and wanting to work with the Partnership and County on improving these. Krista and Bria will be contacting the student and identifying next steps to working with them and, hopefully, more youth.</p> <p>Krista also shared a presentation with an overview of the Community Health Improvement Plan (CHIP) process and what the group would be working on during the meeting, as well as ground rules.</p> <p>Highlights:</p> <ul style="list-style-type: none"> • The CHIPs process follows the Community Health Assessment (CHA), which is a survey done every three years throughout Durham County • The process began in April • The group has already looked at the previous CHIPs (2022-2024) and discussed things that worked and did not work, looked at data relevant to PANFA in Durham County, created a results-statement (goal statement), and identified population-level indicators (how success can be measured) for each subgroup (physical activity, school nutrition, food access) • The group will be working on objectives and strategies during today’s meeting • Objectives: these are more specific examples of the results statement. Each committee can only have two to three of these, which means one per subgroup of PANFA • Strategies: these are actionable items, things like programs, projects, initiatives, 	

	<p>events, etc. Each committee can have an unlimited number of strategies, within reason</p> <ul style="list-style-type: none"> • One strategy or objective must address closing the gap in health equity • One strategy or objective must overlap work with another Partnership committee (Mental Health, Access to Care, Health and Housing, Communications, Systemic Equity Action Team (SEAT)) 	
<p>Community Health Improvement Plans (CHIPs) (45 mins.)</p> <p><i>Jess Bousquette, Adverse Childhood Experiences (ACES) Coordinator, Facilitator</i></p>	<p>1. Review results statement and indicators</p> <p>Jess shared the results statement and indicators the group decided on over the last few months.</p> <p>Results statement:</p> <p>“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.”</p> <p>Population-level indicators:</p> <ul style="list-style-type: none"> • Food insecurity, • Fruit and vegetable consumption (specifically with youth) • Physical inactivity <p>2. Review 2023 Community Health Assessment (CHA) recommendations</p> <p>Within each chapter of the CHA were recommended strategies, so a document with these was shared with the group.</p> <p>Listening session data is available in different bar graphs, split up between questions and if from Spanish or English-speaking sessions. This data is available both on the Jamboard and through the data-summary sheet shared during last month’s meeting.</p> <p>This information should be used when brainstorming objectives and strategies.</p>	
	<p>1. Drafting objectives in small groups ONE objective per small group</p> <p>2. Drafting strategies in small groups</p> <p>Members were able to join one of three breakout groups for 20 minutes: physical activity, nutrition, food access. Each group used the Jamboard to write out one objective and write down potential strategies to reach the objective.</p>	

Draft Objectives

1. Connectivity of food insecurity community in Durham; connectivity within communities around food access
2. Increase fruit and vegetable consumption through increasing knowledge of nutrition through various strategies
3. Increase the percentage of Durham County residents, across all demographics, who meet physical activity guidelines

Possible Strategies

Food Access:

- Update information in a centralized location
- Work with NCCARE360, Health and Housing to understand where the drops in resources are
- Continue food recovery work

School Nutrition:

- Evaluate what nutrition-focused groups are already doing to provide knowledge around nutrition
- Share tips on how to eat nutrient dense foods affordably
- Focus on exploring culturally appropriate/affirming fruits and vegetables
- Forums to share what all groups involved in this work are doing around nutrition-related challenges and sharing them so we can learn and improve
- Brown-bags and opportunities to have organizations workshop nutrition challenges
- Supporting congregate meals and cooking classes
- Congregate meals and cooking demos as knowledge-sharing opportunities
- Need to figure out how we measure change in fruit and vegetable consumption

Physical Activity:

- Promote engagement with City of Durham's Vision Zero team, a commitment to end traffic deaths
- Improve the environment so that people of all ages and ethnicities have safe places to be physically activity and feel safe
- Physical activity challenges and incentives
- Daily mile in schools
- Walking group or walking program
 - Options that are targeted towards a specific population, location, age, or availability group
- Walk with a Doc
- Work with the Communications committee to make sure our information is reaching the broader community and not just those who are part of this committee
- Healthy Mile Trail expansion

- Storywalks
- Kids in Parks / Track Trails

Group Wrap-Up and Announcements
(5 minutes)

It's okay that everything is not finalized yet. Krista and Bria will need to submit the CHIPs to the State at the end of August. There will be two in-person sessions for all Partnership committees to attend, if available, to continue working on these. These dates are:

- Tuesday, July 16th from 10am-12pm at Foster Street Coffee (530 Foster St Ste 2)
- Tuesday, July 30th from 10am-12pm at Bean Traders (105 W NC Highway 54 Ste 249)

August's meeting can also be used to come to more consensus and make sure that at least one strategy or objective works with another committee and is aimed at closing the gap in health equity. If unable to attend these in-person meetings or the August PANFA call, please provide feedback through email and/or [Jamboard](#).

Announcements:

- Durham Eats is hosting a Community Cookout on Saturday, July 20th from 11am-2pm at Holton Career & Resource Center (401 N Driver Street) in collaboration with the City of Durham and Durham Parks and Recreation.
<https://drive.google.com/file/d/1VXlvpcH0ryJ6JJaxfsThF9MKcb2sCKOE/view>
- The Access to Care Committee meets for July tomorrow, July 11th from 8:30am-9:30am on [Zoom](#).
- ECHO is hosting a Teen Farmer's Market from 10am-2pm. on July 18th, July 25th, August 1, and August 8 at 1920 Chapel Hill Road. There will be free lunch, a coffee and smoothie bar, cooking demos, a DJ, and free items.

Next meetings:

Physical Activity Workgroup Wednesday, July 24th from 9am-10am

<https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09>

Overall PANFA August meeting: Wednesday, August 14th from 9am-10am

<https://us02web.zoom.us/j/85953302971?pwd=T3didzRVM3dWbjBFMVBCYVZYbGFiUT09>