

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

Location: Zoom

Wednesday, September 10th, 2025

[Zoom-9am](#)

Facilitated by: Krista Kicsak, Kia Campbell, Sicily Johnson

<p>Attendees</p>	<p>Krista Kicsak (DCoDPH), Sicily Johnson (Kind Kitchen Group), Kia Campbell(DCoDPH), Bria Miller (DCoDPH), Meghan Brown (DCoDPH), Raina Goldstein Bunnag (DCo Extension), Ileana Vink (DCoDPH), David Barlow (DCIA intern), Jasmine St Denny (DCoDPH), Matt Skinner (Bull City Fit/Duke), Carlee Nicoll (South Durham Farmers’ Market), Javonna Rozario (DCoDPH), Sharon Roane (Families and Community Rising), Athan Barkoukis (Farmer Foodshare), Kelly Warnock (DCoDPH), Shannon Jackson (Duke/Safe Kids), Nasim Youssefi (DCoDPH), John Tallmadge (Bike Durham), Alex Hurdle (DPR), Bre van Velzen (DCIA), Chelsea Hawkins (Aging Well Durham), Hannah Lane, Jessica Davidson (DCoDPH), Jacquelyn Beam Blackwell (End Hunger Durham)</p>	
<p>Project/Topic/Goal</p>	<p align="center">Major discussion points</p>	<p align="center">Action steps</p>
<p>Welcome & Icebreaker (5 minutes)</p>	<p>If you had unlimited kitchen ingredients but could only make one dish forever, what would it be?</p>	
<p>Partner Updates (5 minutes) <i>All</i></p>	<ul style="list-style-type: none"> • Aging Well Durham’s next virtual meeting will go over the Comprehensive Aging Plan on September 24th at 11am https://zoom.us/meeting/register/NtwY095pSsS4I56zSuof_w • The Durham County Food Security Network’s monthly meeting is 10:30am today • Safe Kids Durham County is looking for a community sponsor for a medication take back and shred event on October 25th. Usually, medication take back events get about 60 pounds of medications but, when paired with the shred events, they’ve gotten over 200 lbs. The cost for the shred piece is about \$1,500. • Safe Kids Durham County is hosting a car seat check on September 27th. Shannon Jackson is finalizing a flyer for this that will come out soon • Durham’s Innovative Nutrition Education (DINE) Updates: the County Commissioners have provided provisional funding for the rest of the fiscal year for the team to continue finding additional funding streams and/or jobs. If you have any thoughts on how to fund this program or any connections, please reach out to Kelly Warnock 	

	<ul style="list-style-type: none"> • The Durham Food Pantry Network’s fundraiser will be launching soon with an education campaign later this month. Please share with your networks when more information is available • Move-A-Bull City (MABC) Open Streets event is on Sunday, October 5th from 12pm-4pm. The roads will be closed down from Durham Freeway all the way past Foster St. We hope everyone will be able to attend! <ul style="list-style-type: none"> ○ If anyone is interested in providing information about PANFA, whether through tabling or handing out small papers, please let Kia, Sicity or Krista know • Bike Durham updates: AARP is sponsoring participants for some older adults to take Bike Durham’s adult bike classes. They are also having an event co-sponsored with Black Spokes Society, and their website will be updated soon with more info. John Tallmadge can provide any information at director@bikedurham.org. 	
<p>Plan Quarterly Meeting (20 minutes) <i>All</i></p>	<p>The group brainstormed how to build community at the in-person meeting in October, as well as what the agenda would cover. The group utilized the Zoom whiteboard and ideas included:</p> <p>How do we build community ownership of the committee?</p> <ul style="list-style-type: none"> • Increase visibility at community events for opportunities to invite community members to be part of PANFA • Networking/understanding how existing groups can develop sustainable partnerships • Adopt a Healthy Mile Trail program • Build relationship within that meeting and ask folks to take action together • Incorporate a physical activity or healthy food option at the meeting • Have a poll at the end of the meeting so those who weren’t comfortable speaking up in person are able to share feedback • Sharing and intro around what people do and opportunities for partnership • Take time to think about/discuss how CHIPs (Community Health Improvement Plans) strategies overlap with other organizations’ strategic plans/goals and personal/community goals of members as well • Networking session at the end-just 20 minutes to speak with folks • Have community members lead breakout groups with prompts/discussion starters based on previous feedback/polls • Have people from the community lead the group. I’m sure we’ve tried that but maybe offer more incentives such as a stipend <p>What should be on the agenda?</p>	<p>Sicity, Kia and Krista will work on finalizing an agenda to send out soon</p> <p>Krista will create a flyer with the date, time and location, as well as what people should expect</p>

- Make a space (via discussion or maybe a sticky note board) where we can list efforts in our Durham neighborhoods to increase food access
- Celebration of the committee's past successes and discussion of future opportunities
- Breakouts to better connect with attendees
- Food waste
- **Ending with clear next steps so people know how to stay engaged**
- **Tabling setup so we can share about what everyone is doing**
- It might be fun for people to bring pictures/a little elevator speech about what they do
- PANFA potluck series hosted by partners to have interim fun meetings
- **Healthy Mile Trails (neighborhood ownership/volunteer opportunities)**
- Explain how PANFA developed the CHIPS strategies for anyone new and as a reminder
- A balance of structured (presentations, announcements) vs unstructured time (discussion)
- Do people know what Parks & Rec offers and what their physical options are in Durham? Including where public green spaces are?
- **Assurance that it is a safe space to meet. So maybe still offering ways for people to call in and participate;**
- **Explain role of local government in Durham- made up of your neighbors here to serve, welcome to and wanting feedback**
- **As someone who struggles with brainstorming off the cuff, maybe**
- **giving people the agenda/ideas to talk about in advance so people can**
- **have some time to think independently and then bring their ideas**

(Bolded items are the ones that had multiple gold stars placed next to them when the group was asked to rate what things to talk about)

The group voted on date, time and location for the in-person meeting. The top responses were:

- When: Tuesday, October 14th
 - Starting at either 5pm or 5:30pm; ending at 6:30pm or 7pm
- Location: Main Library or at Lyon Park Recreation Center

Athan Barkoukis suggested having people pre-register to have an idea of who will be attending the meeting.

Wrap-Up and Next Steps
(5 minutes)

We hope to see you at the in-person meeting in October! There will NOT be a virtual meeting on the second Wednesday of the month.

