

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

Location: Zoom

Wednesday, February 12th, 2025

Zoom-9am

Facilitated by: Krista Kicsak, Kia Campbell, Scott Brummel

Attendees: Krista Kicsak, Samad Rangoonwala, Ileana Vink, Jackson Lamb, Sicily Johnson, Avis Carr, Jasmine St Denny, Samad Rangoonwala, Meghan Brown, Angel Romero, Izzy KDB, Megan Jordan, Benny Gunen, Belen Rogers, Kat Combs, Ileana Vink, John Tallmadge, Shannon Jackson, Javonna Rozario, Mike Peterson, Kelly Warnock, Kia Campbell, Bria Miller, Jacquelyn Beam Blackwell, Jeremy Berggren, Nasim Youssefi, Elshona Hudson, Tricia Smar, Peyton Evans, Jasmine Burroughs, Emma Vinella-Brusher, Kim Barrier, Nakiya Smith, Susannah Savage, Nicola Young, Charlene, Jacqueline Lowry

Project/Topic/Goal	Major discussion points	Action Items and Responsible Person(s)
Welcome & Overview of Agenda (5 minutes) <i>Scott Brummel & Kia Campbell, Co-Chairs</i>	Participants entered into the chat ways they are staying positive, which included animal voiceover videos, snuggling with babies and pets, watching favorite shows, and more.	
Announcements (10 minutes) <i>Whole Group</i>	<p>Share any updates from your organization or community events!</p> <ul style="list-style-type: none">• A tentative date for installing the StoryWalk is March 21st• Playground Stencils: If you're interested in helping out with placing these around schools, parks and community centers, please fill out this scheduling link https://forms.gle/JAD4QtyUVZtkZnyb9• A few members from PANFA, Durham County Food Security Network and other community organizations are planning a Farm Tour to highlight the assets in Durham related to food security. If interested in getting more information or helping in this, email Scott Brummel• PANFA members, along with Durham Congregations in Action (DCIA) are planning a Grants 101 Workshop to offer the community. If you would like to help with the planning, or would even like to be involved in the event by sharing your expertise, please reach out to Scott Brummel, Krista Kicsak, Raina Bunnag or Breana van Velzen.• Systemic Equity Action Team (SEAT) updates:	<p>Nakiya Smith and Sicily Johnson would like to be looped into the grants workshop planning and/or helping facilitate</p> <p>Charlene Harris, Emma Vinella-Brusher, Jackson Lamb, and Jasmine Burroughs would like more information about the farm tour</p> <p>Mike Peterson (BCBS NC) noted</p>

	<ul style="list-style-type: none"> ○ The Partnership’s leadership team has OK’ed moving forward with racial and health equity work. SEAT has drafted a statement related to current events: <i>“Policies cannot stop us from loving our community. We are still here for everyone.”</i> ○ They are holding space for Partnership members to come together and have a space to talk with one another about what is going on in current events and policy changes, as well as talk about assets in Durham and how work can continue to move forward. More information will come out about it but please save the date and time: March 12th, 3-4:30pm <ul style="list-style-type: none"> ● Sisters’ Day of Wellness has been rescheduled to February 22nd at 10am ● Durham’s Food Pantry operator’s meetings are now held on the third Thursdays at a new time, 6pm ● Feed My Sheep is looking for a volunteer executive director. For more information, please reach out to info@endhungerdurham.org ● Bike Durham has Adult & Teen Bike Riding classes starting later this month: https://bikedurham.org/bike-education-classes They also have Transit Travel Training twice each month. Next class is Monday the 17th: https://bikedurham.org/transit-travel-training. For organizing a transit travel training class for your clients/customers/employees/neighbors, please email us at transit-training@bikedurham.org ● Triangle West highlighted they are working with the city and county on the Bike + Walk Plan Update (anticipated completion August/September 2025), and the Durham-to-Roxboro Rail Trail Feasibility study that is evaluating the concept and impacts of a rail trail from downtown Durham to the Person County line (anticipated completion October 2025) ● FREE Stop the Bleed workshops from Duke Trauma Center at Durham County Libraries through June. Click here to see dates and sign up: https://bit.ly/STB2025 	<p>that his team has offered free grant-writing workshops to community and nonprofit leaders in other parts of the state and would be happy to see if they could help provide resources if the need/interest is there</p>
<p>Communications Reminder (5 minutes) <i>Angel Romero, co-chair of Communications Committee</i></p>	<p>Angel shared various external sources to share information with, including Working with Spanish Speakers in the Triangle (WEST) and InterNeighborhood Council (INC). PANFA should consider these listservs when looking to disseminate information on resources, interventions, etc.</p>	

	Information can also be shared through the Partnership's website, as well as sharing Partnership stories on external organizations' sites	
Breakout Groups (35 minutes) <i>Whole Group</i> 15 minutes per strategy	<p>Participants had the opportunity to join one of two breakout groups to work on for the rest of the meeting. The workgroups will work on one to two strategies created in the Community Health Improvement Plans (CHIPs).</p> <ol style="list-style-type: none"> 1) Food Access and Nutrition 2) Physical Activity <p>Food Access</p> <p>There were a few new people at the meeting, so a bit of the time was used to catch them up to speed on the CHIPs process and more of the background surrounding the work.</p> <p><u>Compile a toolkit for pantries and distribution sites to use on how to cook seasonal produce and communicate demonstrations through email and social media</u></p> <ul style="list-style-type: none"> • This group has been using an Excel document to track work efforts and those working on each strategy: https://docs.google.com/spreadsheets/d/13wW2lWNlXgkXdXZQduN4K3XlIiFXsa12/edit?rtpof=true&gid=949112378#gid=949112378 • Toolkits related to lending libraries for pantries: Belen Rogers knows of one pantry in North Carolina, in Lee County, that had one but didn't see the impact they anticipated. She will try and connect Scott and Krista to this group. There is one in Indiana that seems to work well, called Mother Hubbard's Cupboard in Bloomington. • Jackson Lamb suggested it might be helpful for pantries to have materials to record demonstrations to share with those they serve <ul style="list-style-type: none"> ○ Bria Miller suggested utilizing videos that are already available, such as on TikTok, instead of reinventing the wheel ○ Durham's Innovative Nutrition Education (DINE) team has a lot of great videos that can be shared, as well ○ Jacquelyn Beam Blackwell suggested talking with the pantries about this. She is happy to bring a question to them • Kelly Warnock brought up a concern with sanitation of lending library resources 	

	<ul style="list-style-type: none">• Digital toolkit with content around food safety, recipes, and other helpful information. Questions to keep in mind with this include:<ul style="list-style-type: none">○ Who is the ideal audience?○ Do we need paper copies available?○ How do we make these available? <p>Physical Activity</p> <p><u>Work with community groups and organizations to hold at least 1 campaign each year incentivizing physical activity</u></p> <p>Krista and Javonna shared an idea about creating a wellness campaign, instead of just physical activity, to go along with the March Madness basketball tournament that begins in Mid-March. Brainstorming around this idea included allowing people to join as individuals or as teams, picking their favorite college team or from a list of the teams that make it into the tournament, having incentives (hooded long sleeve t-shirts and ‘Stanley’ cups), and assigning points for various wellness areas:</p> <ul style="list-style-type: none">• Sleep• Steps<ul style="list-style-type: none">○ Reminder to keep inclusivity in mind and to find an alternative to steps• Mindfulness• Water intake• **NOT having a weight goal associated with this is a priority <p>Ileana has a contact at Duke Cardiac rehab who was involved in a March Madness wellness challenge in a past year who she will connect with Krista to get some more ideas. Some other suggestions and points of discussion were:</p> <ul style="list-style-type: none">• How will people track this? Suggestions included Strava, using wearable devices, smartphone apps, making printed tracking sheets for those who don’t want to use tech, etc.• Points could also be awarded based on baseline activity/wellness levels and improvement• Incentives could also include things like seed packets <p><u>Increase the visibility and participation in community walking groups throughout Durham</u></p>	<p>Ileana will connect Krista with her contact at Duke Cardiac Rehab</p> <p>Krista will look into the Durham Center for Senior Life for walking information</p> <p>Krista will check into Duke Health and Fitness Center to double check on information</p>
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	<p>A few members of PANFA previously worked on an Excel sheet listing walking and running groups serving Durham, as well as location, clientele, times, etc.</p> <p>https://docs.google.com/spreadsheets/d/18QGTNZJ5DR4zXy0LIvFgCNsWt7zhMsdkAeA6PIZXbZ0/edit?gid=0#gid=0. This document is editable by all PANFA members and members are encouraged to add information they find.</p> <p>A suggestion is to look and see if there are any offerings by the Durham Center for Senior Life to target the senior population.</p> <p>The group then discussed how to increase visibility of the walking groups:</p> <ul style="list-style-type: none">• Tap into collaborating with the healthcare system by providing them a list they can then refer patients to• Share with the community about the Duke Health and Fitness Center’s walking track outside, which is available to the community• Approaching idea of Park Prescription with providers, where they can refer patients to using• Send out to Duke providers through MyChart message blasts• Blast a message to parents/guardians of Durham Public Schools (DPS) students<ul style="list-style-type: none">○ Reach out through DPS parents and teachers associations (PTAs)• Reach out to physical therapy offices to share the information• It will be important to check if these are still active and if they are open to more people joining<ul style="list-style-type: none">○ Another good question to ask is are kids welcome?• The group wants to create a postcard with a QR code of an updated list• Place flyers at bus stops (if there’s a shelter)• Make a suggestion to walking groups to stop or end at transit stops so transportation isn’t a barrier• Krista mentioned that she has been trying to work with organizations like DPS on multi-use or share agreements so community members can use their property for physical activity outside of business/school hours	
Wrap-Up (5 minutes)		

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/13wW2lWNlXgkXdXZQdun4K3XlIiFXsa12/edit?rtpof=true&gid=949112378#gid=949112378>