

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

Location: Zoom

Wednesday, August 14th, 2024

[Zoom-9am](#)

Facilitated by: Kia Campbell, Scott Brummel, Krista Kicsak

Present: Kia Campbell, Krista Kicsak, Don Bradley, Kelly Warnock, Ileana Vink, Midori Brooks, Angel Romero, Raina Goldstein Bunnag, Bria Miller, Chef Sicily, Elshona Hudson, Jacquelyn Beam Blackwell, Ivania Gutierrez, John Tallmadge, Nasim Youssefi, Belen Rogers, Erin Wallin, Kat Combs, Savannah Carrico, Tamara Davis, Nakiya Smith, Ellie Morris, Scott Brummel, Breana van Velzen

Project/Topic/Goal	Major discussion points	Action steps and responsible persons
<p>Check in, Announcements (9am-9:10am)</p>	<p>Announcements:</p> <ul style="list-style-type: none"> • Community Food Strategies is hosting regional gatherings to allow networking, relationship building and learning among food system partners in North Carolina. The Triangle and North East regions are holding their gathering on September in Pitt County. More information https://communityfoodstrategies.org/2024/08/13/the-2024-regional-community-food-gatherings/ • DINE (Durham’s Innovative Nutrition Education) has positions opening up. Check out the County’s job page for more information. • Connecting Communities is hosting an event on August 19th at 6pm, called Movement and Inclusion, at Recity (112 Broadway Street Durham) https://online.fliphtml5.com/zyodj/udvh/#p=4 • Durham Eats is hosting a cook-in at Lyon Park recreation center. Email Scott Brummel for more information. Anyone who wants to table for this event can just email doreenopin@gmail.com • Angel Romero (Duke) shared that the line for Duke Spanish speaking patients who need to schedule appointments is live. 	
<p>Community Health Improvement Plans (CHIPs): Strategy Clarification</p>	<p>Participants were placed into one of three breakout rooms to finalize strategies for the following objectives:</p> <ol style="list-style-type: none"> 1) Increase fruit and vegetable consumption in youth 	

Breakout Rooms
(9:10am-9:45am)

- 2) Increase the percentage of Durham County residents, across all demographics, who meet CDC's physical activity guidelines
- 3) Increase the number of connections between food distributor partners and community members

The groups used the [Jamboard](#) to finalize the strategies that were brainstormed over the last couple of months. Listed on the left were details that were needed, and the groups placed their suggestions or edits in the box on the right of each Jamboard frame. Final strategies can be found below.

Objective 1 (Increase fruit and vegetable consumption in youth) strategies

- 1. Increase the number of fruits and vegetables served at at least 3 food distribution sites or pantries over 3 years. Start this discussion with at least 1 congregate meal site in 3 years.
- 2. Develop a needs assessment for non-traditional students, like charter schools, to understand and assess fruit and vegetable consumption of students. Create an assessment in year 1, implement assessment in year 2, evaluate in year 3.
- 3. Assist in the search and application of at least 1 grant/year to share with DPS Good Food
- 4. Compile a toolkit for pantries and distribution sites to use on how to cook seasonal produce and communicate demonstrations through email and social media.
- 5. Create at least 1 opportunity a year for organizations to work together to address nutrition challenges in the community
- 6. Provide translation of materials, such as flyers and meeting agendas and minutes, in at least one other language, starting with Spanish
- 7. Create electronic and print materials that share tips on how to eat nutrient-dense foods affordably with local food distribution organizations and partners. Share at least monthly.

Objective 2 (Increase the percentage of Durham County residents, across all demographics, who meet CDC's physical activity guidelines) strategies

1. Increase the visibility and participation in community walking groups throughout Durham
2. Work with transportation departments and neighborhood associations to identify places to add signage with safety messages and information on the importance of physical activity. Aim to place 5 new signs each year.
3. Work with community groups and organizations to hold at least 1 campaign each year incentivizing physical activity
4. Promote engagement with the City of Durham's Vision Zero team through social media, emails, and newsletters.
5. Work with County and City organizations to host at least 1 Open Streets event each year.
6. Work with organizations to enhance the built environment for kids to be active. Aim for at least 2 organizations each year.
7. Work with the School Health Advisory Council and DPS staff to identify practices to increase physical activity during school time

Objective 3 (Strengthen and increase the connections between food resources, organizations and community members) strategies

1. Engage with community members, organizations, and neighborhoods to identify how to improve food security by attending outside meetings or hosting additional listening sessions. Aim to work with at least 1 new group each year.
2. Expand and improve the system of communicating food resources we have in the community, specifically focusing on End Hunger Durham's food pantry list, leveraging the 211 platform, and the Durham Food Resource Map.
3. Explore opportunities to increase food access and culturally relevant foods through grocery partners and research what is working in this area in other parts of the country.
4. Expand awareness and reach of cooking and gardening workshops held in the community through social media, email, and outreach.
5. Search and assist in at least 1 grant application each calendar year for all pantries and food distribution sites as a whole.

	6. Increase the number of food donations recovered and overall pounds of food recovered through the food recovery program	
Large Group Recap 9:45am-10am	The groups were able to make it through most of the strategies. If you have any further feedback, please email Krista at kkicsak@dconc.gov . Krista and Bria Miller will be submitting the CHIPs to Dr. Rod Jenkins, the director of Durham County Department of Public Health, late next week and then to the state at the end of the month. Thank you to everyone for helping!	
Next Meeting	Physical Activity (PA) Workgroup: Wednesday, August 28th from 9-9:30am https://us02web.zoom.us/j/85613682116?pwd=UHR6ZmlEazdCQ2o0dnMyY0FtZkVIQT09 PANFA: Wednesday, September 11th 9am https://us02web.zoom.us/j/85953302971?pwd=T3didzRVM3dWbjBFMVB CYVZYbGFjUT09	