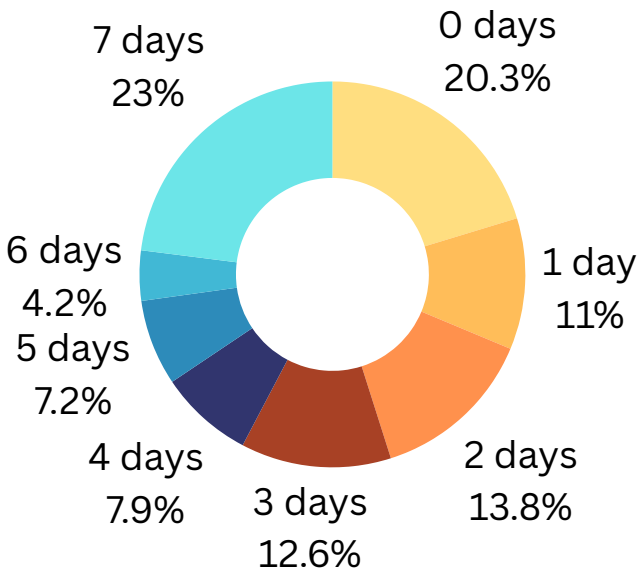


Durham County Health Priorities 2024

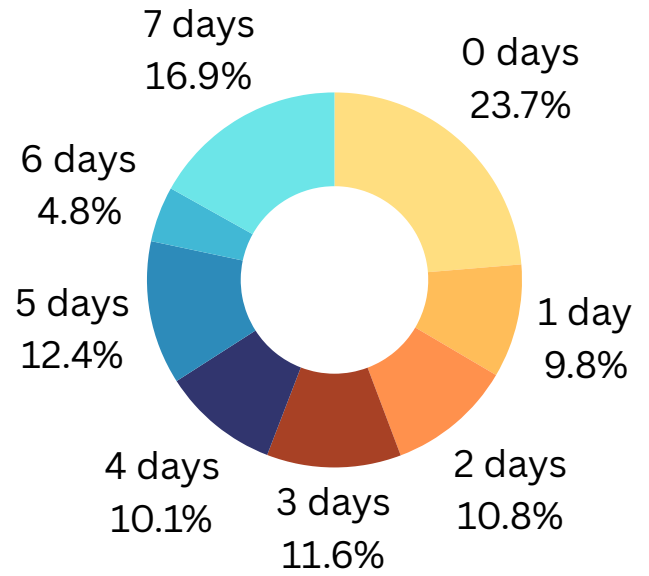
#5 Physical Activity, Nutrition, Food Access

Physical Activity, Nutrition, and Food Access (PANFA) was ranked the fifth most important health priority in 2018 and again in 2024 by Durham County residents.

High schoolers reporting how many days they ate breakfast out of the past 7 days.¹



High schoolers reporting how many days they exercised for 60+ minutes out of the past 7 days.¹



“The same way that fast food companies advertise all of the time, healthy food options need to advertise and appear more attractive to young people.”²

Food access is a big issue for many Durham County residents. People feel very passionately that food access should be equitable.

“There are a lot of parks in Durham. Didn't appreciate until I got a dog. They're all pretty nice and clean.”²

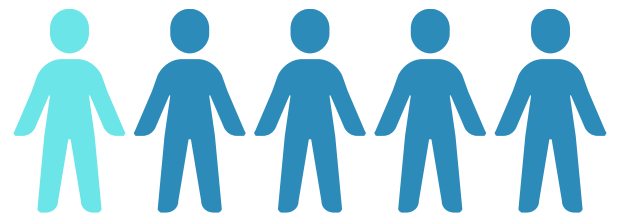
Durham's Parks and Recreation department offers a variety of parks to book for social events, take children to play, and go for long walks. Many programs such as youth sports, cultural art festivals, adult programs, and dog-friendly events are ongoing throughout the year!³

“More avenues to get the word out about [food access] programs that do exist...but finding them is the challenge.”²

Nutrition and food access information is available at the Durham County Public Health Nutrition [website](#). This includes SNAP benefits and educational materials for families.

Food insecurity⁴

14% of Durham County residents are food insecure.

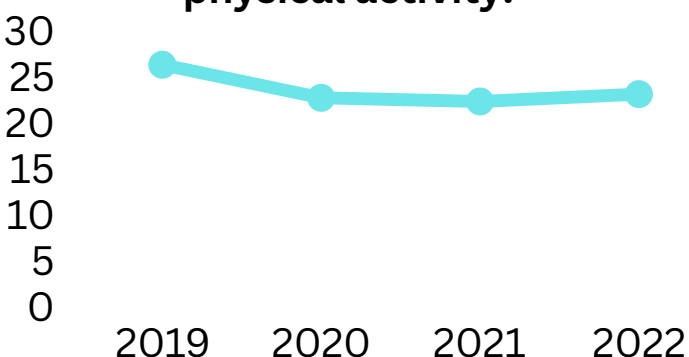


60% of children receive free/reduced lunches in the Durham service area.

22% of children under 18 are food insecure in the Durham service area.

Physical Activity⁵

Adults that spend no leisure-time physical activity.



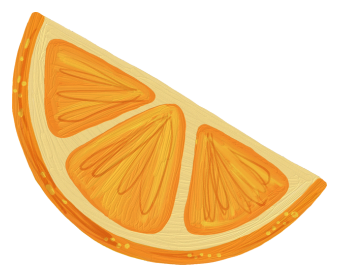
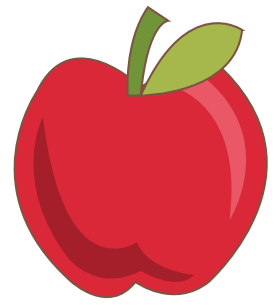
Adults in North Carolina that spend no leisure-time physical activity decreased significantly from 2019 to 2020 but is beginning to rise again in 2022. This indicates that physical inactivity rates are increasing to what they were pre-pandemic.

Durham County Health Priorities 2024

Physical Activity, Nutrition, Food Access

Community Insights:^{6,7}

- More affordable options for groceries.
- More grocery stores, food banks, and supermarkets.
- Improve services for people to get free food.
- Provide resources and motivation to eat healthy.
- More community resources to prevent food waste.
- Invest more money in nutrition for kids.
- More recreation opportunities for physical activity and youth.
- More sidewalks and safer walking paths.
- Educate people about healthy foods.
- More support for the Hispanic and Latino community to get accessible food at a low cost.



Since 2018

- The Partnership for a Healthy Durham's Physical Activity, Nutrition, and Food Access committee was awarded \$750,000 from The Duke Endowment to be used for projects, interpretation, health and racial equity training, and an additional staff member dedicated to this health priority.⁸
- In 2020, the COVID-19 Food Security Task Force was created to help distribute personal protective equipment and obtain emergency food contracts.⁸
- Durham County's 2022-2024 Community Health Improvement Plan included the goals of giving all Durham County residents equitable access to affordable, healthy, and culturally appropriate food, and a safe place to exercise.



The Partnership for a Healthy Durham established the Physical Activity, Nutrition, and Food Access (PANFA) committee. This committee's intent is to provide a community-based approach to address the growing problem of overweight and obesity factors that contribute to the development and complications associated with many chronic illnesses. PANFA meetings are held virtually and are open to the public. Visit the Partnership [calendar](#) for more information.

Resources:

1. Partnership for a Healthy Durham. 2021 Youth Risk Behavior Survey results. Available here: <https://healthydurham.org/health-data>
2. Partnership for a Healthy Durham. 2023 Physical Activity, Nutrition, and Food Access listening sessions.
3. Durham County Parks and Recreation. Available here: <https://www.dprplaymore.org/>
4. Food Bank of Central and Eastern North Carolina. 2021-2022 Durham Branch Profile. Available here: <https://foodbankcenc.org/wp-content/uploads/2022/10/2022-2023-Durham-Branch-Profile.pdf>
5. Centers for Disease Control and Prevention. 2023. Physical Activity, and Obesity: Data, Trends, and Maps. Available here: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>
6. Partnership for a Healthy Durham. 2022 County-wide Community Health Assessment Survey data report. Available here: <https://healthydurham.org/health-data>
7. Partnership for a Healthy Durham. 2023 Community Health Assessment Comunidad Latina survey data report. Available here: <https://healthydurham.org/health-data>
8. Partnership for a Healthy Durham. 2021 State of the County Health Report. Available here: <https://healthydurham.org/health-data>
9. Partnership for a Healthy Durham. 2022-2024 Community Health Improvement Plan: Obesity, Diabetes, and Food Access. Available here: <https://healthydurham.org/cms/wp-content/uploads/2022/10/PANFA-2022-2024-CHIPs.pdf>