

FITNESS COMMITTEE
February 25, 2022
1:00 – 2:00 PM
MINUTES

The Fitness Committee held a meeting via conference call on February 25, 2022, beginning at 1:00 p.m.

Committee Members Present

Jennifer Eastman
Dr. Mychelle Farmer
Dr. Aruna Nathan
Cameron Pollock
Jason Semanoff

Committee Members Not Present

Namisa Kramer

Maryland Department of Health Staff Present

Jessica Rose-Malm

Dr. Nathan called the meeting to order at 1:10 p.m.

1. Roll Call/Approval of Minutes

Jessica took roll call. Cameron moved to approve minutes from December and January, Dr. Nathan seconded the motion, and minutes from December and January were approved.

2. Updates on one-pager

- Dr. Nathan will work on updating the adult one-pager over the next 1-2 weeks and will send it out to the Committee for review.
- Anticipated completion is March for submission to the MDH communications office. The presentation to MDPCP would follow approval of the one-pager.

3. Action Plan updates

- Worked through the 2019 action plan and made changes to strategies, activities and timelines.
- Added a strategy to reflect ongoing work to update physical activity content on CCDPC website, including physical activity resources/opportunities by county.
- Discussed identifying 2-3 communities to follow more closely and track reach/impact of the one-pager. Dr. Farmer and Dr. Nathan will explore further.

4. Website updates

- CCDPC anticipates April/May timeline for revising website content.

5. Next Steps

- Dr. Nathan will send draft of one-pager to Committee for review by March 14, 2022.

6. Adjournment

- The meeting was adjourned at 2:00pm.

Next Meeting: TBD