

## **FITNESS COMMITTEE**

**March 21, 2022**

**1:00 – 2:00 PM**

### **MINUTES**

The Fitness Committee held a meeting via conference call on March 21, 2022, beginning at 1:00 p.m.

#### **Committee Members Present    Committee Members Not Present**

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

#### **Maryland Department of Health Staff Present**

Jessica Rose-Malm

Jessica called the meeting to order at 1:08 p.m.

#### **1. Roll Call/Approval of Minutes**

Jessica took roll call. Dr. Farmer moved to approve minutes from February, Jennifer seconded the motion, and minutes from February were approved.

#### **2. Updates on one-pager**

- Committee members reviewed the draft one-pager and recommended including only the link to the CCDPC website. Jessica and Dr. Nathan will revise the one-pager draft, send to Committee members for final review by 3/22, and send to Kristi for review by 3/24.
- Dr. Nathan and Dr. Farmer discussed targeting 4 counties around the state to promote distribution of the one-pager. The Committee will continue to strategize how to promote and distribute the one-pager so distribution can begin as soon as the one-pager is approved.

#### **3. Select and revise May social media messages**

- Committee members selected and revised four social media messages to submit to Kristi/Jessica Kiel for approval. Dr. Farmer identified several popular hashtags to include in posts, in addition to #MDHWC and #mdfit150
- Namisa shared that April 4-10 is National Public Health week. Jessica will reach out to Kristi and Jessica Kiel to suggest coordinated HWC social media posts to share out that week.

#### **4. Updates on CCDPC website**

- Jessica shared that CCDPC web design contractor is completing redesign work by the end of March. CCDPC staff, with support from the Fitness Committee, will begin revising website content in April. CCDPC has not released a timeline for when the redesigned website will go live.

#### **5. Next Steps**

- Committee members will review the one-pager by 3/23 and Jessica will send it to Kristi for review.
- Committee members will review social media messages by 3/23 and Jessica will send them to Kristi/Jessica Kiel for review/approval.

#### **6. Adjournment**

- The meeting was adjourned at 2:00pm.

**Next Meeting: TBD**