

FITNESS COMMITTEE

June 27, 2022

1:00 - 2:00 PM

MINUTES

The Fitness Committee held a meeting via conference call on June 27, 2022, beginning at 1:00 PM.

Committee Members Present

Jennifer Eastman
Namisa Kramer
Jared Meacham
Aruna Nathan, MD
Cameron Pollock
Jason Semanoff

Committee Members Not Present

Mychelle Farmer, MD

Maryland Department of Health Staff Present

Amanda Klein
Jessica Rose-Malm

Dr. Nathan called the meeting to order at 1:05 p.m.

1. Roll Call/Approval of Minutes

Jessica took roll call. Dr. Nathan moved to approve the May meeting minutes and Cameron seconded the motion. The May minutes were approved.

2. CCDPC Physical Activity Webpage Update

The updated CCDPC webpage is scheduled to go live by the end of June and the one-pager will be updated to reflect the new web address and QR code. Jessica reviewed the revised Physical Activity page content with the Committee, including the county-level resource page, and will send a draft of the content to Committee members. CCDPC staff will be able to update the page regularly and incorporate new information and resources.

3. Plan for One-Pager Distribution

Committee members reviewed the dissemination plan table and discussed using time at the end of the meeting to enter individual contacts and brainstorm organizations to reach out to. Dr. Nathan will draft a template email Committee members can use to share the one-pager. Committee members were encouraged to ask their contacts to review the county-level resource page and suggest additional county/local physical activity resources. Dr. Nathan will update the Health and Wellness Council during the July 20th meeting and encourage Council members to share additional outlets for dissemination of the one-pager.

4. Next Steps

- MDH Communications is reviewing the Fitness Committee's social media messages. Jessica Kiel will post messages on Basecamp once they are approved.
- Committee members were reminded of the Health and Wellness Council meeting tomorrow (6/28 at 9:00 a.m.) to review and vote on FDA tobacco comments.

5. Closing

The meeting was adjourned at 1:38 p.m.

Next Meeting: TBD