

**State Advisory Council on Physical Fitness**

**2011 ANNUAL REPORT**



**Martin O'Malley**  
**Governor**

**Anthony G. Brown**  
**Lieutenant Governor**

**Charles Chester**  
**Vice Chairperson**



*Table of Contents*

<b>Section</b>	<b>Page</b>
Accomplishments	3
Future Directions	4
Fitness Council Membership	5
Fitness Council Mission and Goals	6
2009 Physical Activity Excellence Award Winners	7
2011 Meeting Summaries	9

## **Accomplishments**

The Maryland State Advisory Council on Physical Fitness began as the State Commission on Physical Fitness in 1963 and it is the oldest Physical Fitness Council in the United States. The Council on Physical Fitness serves in an advisory capacity to the Department of Health & Mental Hygiene (the Department). Governor-appointed members are listed on page 5. Duties of the Fitness Council are provided on page 6.

The Fitness Council accomplished the following during the past two years:

- Hosted the 2009 Annual Physical Activity Excellence Awards Ceremony.
- Utilized the Speakers Bureau to discuss the benefits of daily physical activity to Marylanders throughout the state.
- Participated in the Department's Women's Health Week: Wellness Walk.

Two public meetings were held (see pages 10-15 for complete meeting summaries) or visit <http://fha.dhmh.maryland.gov/cdp/SitePages/cpf.aspx>.

## **Future Directions of the Fitness Council**

The Council will continue to hold public meetings. The meeting date, location and agenda are posted on <http://fha.maryland.gov/cdp/cpf.cfm> Meeting notices are submitted to the Department of Legislative Services several weeks prior to each meeting.

The Council hopes to explore new opportunities for recognizing those active in promoting physical activity in Maryland continue to promote and encourage physical activity across the lifespan to all Maryland residents. Furthermore, the Council will be involved in efforts to promote walking, the official state exercise, throughout the state.



## **State Advisory Council on Physical Fitness Membership**

Yusef Battle

Craig H. Bennett, MD

Jennifer A. Bistrack

Jason Bosley Smith

Charles Chester, Esq, *Vice Chairperson*

James Dorf

Carlos Felipe Garcia

Lillian Green Chamberlain, PhD

Larry Hughes

Surina Ann Jordan, PhD

Linda Kephart

Brenda Loube

Lee Meizlesh

Douglas Miller, MD

Jeanne Ruff

Monte Sanders

Michael Shaw

Richard Towle

Andy Vineberg

Youfa Wang, MD, PhD

## **Mission**

The mission of the Maryland State Advisory Council on Physical Fitness is to educate, advise, and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity.\*

**Physical activity** is any bodily movement produced by skeletal muscles that results in an expenditure of energy.

**Physical fitness** is a measure of a person's ability to perform physical activities that require endurance, strength, or flexibility and is determined by a combination of regular activity and genetically inherited ability.

**Exercise** is physical activity that is planned or structured. It involves repetitive bodily movement done to improve or maintain one or more of the following components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

## **Goals**

The Council on Physical Fitness acts in an advisory capacity to the Department of Health and Mental Hygiene. The Council works collaboratively with a broad range of agencies and organizations to accomplish the following goals:

- collect and assemble physical activity-related information
- disseminate information among Maryland citizens to promote regular physical activity
- maintain liaisons with state and local agencies (e.g., education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens

## **2009 Physical Activity Excellence Award Winners**

The council's Physical Activity Excellence award was created in 2005 as a way to showcase best practices with programs and projects in Maryland that promote physical activity. The dedication, vision, and service of these individuals and organizations have helped increase physical activity among Maryland citizens.

Recipients of the 2009 awards were honored on March 15, 2010 at the Johnny Unitas Stadium Fieldhouse at Towson University by Frances Phillips, Deputy Director of the Department of Health and Mental Hygiene. Winners were selected in the youth, adult, and older adult categories. Winners of the 2009 Physical Activity Excellence Awards Include:

### **Youth Group: Child First Authority, Inc.**

Child First Authority (CFA), a private, non-profit organization, is an after-school program that seeks to improve the quality of life in low socioeconomic status communities in Baltimore city. CFA identified the need to provide students enrolled in their after school centers a high-quality physical activity program. To address this need, CFA implemented an evidence-based program that provides a coordinated package of curriculum, training, and equipment, which has been proven effective in increasing student moderate to vigorous activity. Additionally, CFA staff receive specialized training and ongoing technical assistance to ensure that they are able to continue to promote physical activity in the after school environment. As a result of this initiative, CFA has provided Baltimore city children a safe venue and support from qualified instructors to meet the national recommendation of 60 minutes of daily physical activity for children.

### **Adult Individual: Ginger Andrews & Ron Bowman**

Ginger Andrews is a personal training director at two Maryland fitness centers. She maintains various fitness certifications and credentials. As a personal trainer, Ms. Andrews helps her clients overcome physical limitations and improve the quality of their lives through physical activity. She works with Marylanders of all ages and fitness abilities to guide and motivate them to be more physically active. As a co-worker, she encourages other trainers to continually expand their professional health and fitness knowledge. In her personal time, she has spearheaded numerous fundraising activities for statewide charities to benefit breast cancer, Crohn's and colitis and diabetes foundations by coordinating teams to participate in physical activity events such as, bike and running races.

Ron Bowman owns and operates Blue Point Race Management, Timing, and Coaching. He started this training program to coach adult runners and help them gain health benefits associated with running and fitness. Through the years, he has reached thousands of Maryland residents. Mr. Bowman often volunteers at event registration booths, serves in the role of race director, and coordinates teams for running events throughout the state. His actions demonstrate his commitment to bring new people into the sport of running and ultimately help them meet and exceed the daily recommendations for physical activity. Mr. Bowman's dedication and ability to facilitate a sense of friendship among those involved with his training programs often motivates and inspires them to "pay it forward" by encouraging others to become more physically active.

**Adult Group: Back on my Feet Baltimore**

Back on My Feet Baltimore (BOMF) was established in 2009 and is a non-profit organization that promotes the self-sufficiency of the homeless population by engaging them in running. BOMF is a strategically structured program that uses running as a vehicle to teach critical work and life skills -- including discipline, respect, leadership, team work and goal-setting -- to individuals living in homeless shelters. Teams started running with 20 men and women living in two shelters at the Maryland Center for Veterans Education and Training (McVets) and Helping Up Mission. Prior to involvement with this program, most members of these teams lived sedentary lifestyles. However, through their participation in BOMF, members are motivated to live healthy lifestyles and report a commitment to including exercise as part of their daily lives. Members continue to train together and have completed a variety of running races.

**Older Adult Individual: Charles Minear**

Charles Minear is a recreation specialist with the Montgomery County Department of Recreation. He has worked for the Department of Recreation for a number of years and is currently involved with the Senior Adult Program Team. Through programs such as, the Silver Sneaker Exercise Program, Active Adults Fitness Clinics, and Walk for the Health of It older adults have increased knowledge and opportunities to meet the recommended amount of daily physical activity. Through his dedication, innovation, and commitment to promoting physical activity among older adults, Mr. Minear is improving the health and fitness of seniors ages 55 and older living in Montgomery County.

**Older Adult Group: Towson University/Baltimore County Department of Aging Senior Fitness Project**

The Senior Fitness Project is a collaborative effort of the Baltimore County Department of Aging and Towson University's College of Health Professions. This project increases the availability of physical activity opportunities for adults ages 60 and older through senior-friendly fitness centers, which are staffed by degreed exercise specialists. Upon enrollment at the centers, all participants receive a thorough orientation to the fitness center, an individualized exercise prescription, and a senior fitness test to measure their current fitness level. The fitness test is performed at routine intervals to allow participants to track progress and set future goals. Established in 2005, this project provides a safe environment for older adults to engage in daily physical activity.



**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS  
MEETING SUMMARY  
JANUARY 24, 2011**

\*\*\*\*\*

**MEMBERS PRESENT**

**PRESENT**

Yusef Battle  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Lillian Greene-Chamberlain (via phone)  
Rhonda Hearn-Stokes  
Surina Ann Jordan (via phone)  
Linda Kephart  
Brenda Loube (via phone)  
Monte Sanders (via phone)  
Michael Shaw (via phone)  
Richard Towle  
Andy Vineberg

**MEMBERS ABSENT**

Craig Bennett  
Jason Bosley-Smith (Excused)  
Carlos Garcia  
Larry Hughes (Excused)  
Lee Meizlesh (Excused)  
Douglas Miller  
Jeanne Ruff (Excused)  
Youfa Wang (Excused)

**STAFF**

Erin Penniston

**DHMH**

Audrey Regan  
Steve Trageser

**GUESTS**

Lynne Brick  
Connie Stewart

**WELCOME AND INTRODUCTIONS**

Staff person Erin Penniston convened the meeting at 4:35 PM.

**MINUTE APPROVAL**

Charles Chester motioned and James Dorf seconded the approval of the November meeting minutes.

**NEW BUSINESS**

- DHMH updates include:
  - Joshua M. Sharfstein, MD has been named the Secretary of Health.  
<http://www.dhmh.state.md.us/dhmh/secwelcome.html>
- 2011 legislative and budget updates include:
  - HB 1—Education—Youth Athletes—Concussions. This bill would require county boards of education and the Maryland Public Secondary Schools Athletic Association jointly to establish guidelines and develop forms to educate individuals regarding concussions and head injury; requiring specified individuals to sign information sheets; requiring the removal of youth athletes from play under specified circumstances; prohibiting the return to play under specified circumstances; requiring youth sports programs to provide statements of compliance; etc.

- The Maryland Out of School Time (MOST) Network is exploring a snack tax bill that would generate revenue via a “combating obesity fund” to support out of school time programs.
- The Maryland Healthy Schools Coalition is exploring a PE/PA minutes bill similar to previously introduced legislation that would require public schools to provide students (most likely elementary school age) a certain minimum level of a program of physical activity each week (e.g. 90 minutes/week of physical education and 60 minutes/week of physical activity).
- The recently released state budget bonded funding for stateside and local side Program Open Space.
- Review and discussion of members’ prioritization of the MAPPs Physical Activity strategies. The top 4 prioritized strategies included: Require daily quality PE in schools; Promote increased physical activity; Require daily physical activity in afterschool/childcare settings; Access to safe, attractive accessible places for activity. Additional discussion about potential initiatives for each of the 4 strategies included:
- **Require daily quality PE in schools**
  - Members discussed that the Council’s role could be to provide recommendations regarding physical education in schools but decisions regarding time for specific content areas are made locally.
  - Use the speakers bureau to reach school administrators and PTA groups.
  - Use the speakers bureau to present on the benefits of physical education/physical activity to local boards of education prior to county budget hearings.
  - Promote schools application to President’s Council on Fitness, Sports, & Nutrition (PCFSN) Demonstration Center Program (<http://www.presidentschallenge.org/celebrate/demonstration-centers/index.shtml>) and/or USDA’s HealthierUS School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>).
- **Promote increased physical activity**
  - Identify and promote physical activity recommendations (e.g. update Council’s physical activity guidelines to be consistent with 2008 Physical Activity Guidelines for Americans.)
  - Identify and compile physical activity best practices in Maryland.
  - Give presentations through the speakers bureau.
- **Access to safe, attractive accessible places for activity**
  - Identify what agencies/organizations provide physical activity opportunities.
  - Offer Letters of Support for organizations’ applications to support physical activity programs.
  - Utilize local jurisdiction Land Preservation, Parks, and Recreation Plan (LPPRP) and comprehensive plans.
  - Work within Maryland Department of Planning’s Priority Funding Areas (PFAs) and Department of Natural Resources’ Program Open Space to enhance school and community access to physical activity.
- **Require daily physical activity in afterschool/childcare settings**
  - Work to ensure that physical activity is included in the daily schedules of afterschool and childcare programs
  - Promote joint-use agreements

**NEXT MEETING**

Date and Location TBD.

**ADJOURNMENT**

The meeting was moved to adjourn at 6:30 PM.

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**  
**DRAFT MEETING SUMMARY**  
**SEPTEMBER 19, 2011**

\*\*\*\*\*

**MEMBERS PRESENT**

**PRESENT**

Yusef Battle  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Carlos Garcia (via phone)  
Lillian Greene-Chamberlain  
Rhonda Hearn-Stokes (via phone)  
Larry Hughes  
Surina Ann Jordan  
Lee Meizlesh  
Douglas Miller (via phone)  
Monte Sanders (via phone)  
Andy Vineberg (via phone)

**MEMBERS ABSENT**

Craig Bennett  
Michael Shaw (Excused)  
Jason Bosley-Smith (Excused)  
Jeanne Ruff (Excused)

**STAFF**

Erin Penniston

**DHMH**

Audrey Regan

**WELCOME AND INTRODUCTIONS**

Staff person Erin Penniston convened the meeting at 4:45 PM.

**MINUTE APPROVAL**

James Dorf motioned and Lee Meizlesh seconded the approval of the January meeting minutes.

**UPDATES**

• **Calls with Council members**

- In lieu of a Spring meeting, Erin and Audrey facilitated individual member calls to discuss members' expertise and ideas regarding:
  - Promoting School Policies that support Physical Activity
  - Promoting Walking
  - Promoting Physical Activity Access in Planning & Community Development
- Top interest areas included walking promotion and using the speakers bureau as a vehicle to communicate school related physical activity opportunities.
- Next steps include identifying strategies that Council members can implement to move forward on these initiatives and align with other statewide Chronic Disease Prevention efforts.

• **Maryland's Chronic Disease Prevention Initiatives**

- Chronic disease prevention efforts are largely supported by Centers for Disease Control and Prevention (CDC) grants administered by the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Prior to July 1, 2011, approximately 80% of state supported, community based chronic disease prevention activities were funded by CDC's Preventive Health and Health Services

Block Grant. This program has since been eliminated, which impacts local health department capacity for chronic disease prevention activities. NCCDPHP released the Community Transformation Grant and the Coordinated Chronic Disease Program announcements in summer 2011. DHMH has been awarded the Coordinated Chronic Disease Program grant and is awaiting a response for the Community Transformation Grant. These funding announcements emphasize the Federal focus on “silo busting,” coordination among programs that address chronic disease risk factors, and consolidation of funding streams. Additional information about the Community Transformation Grant is available at:

<http://www.cdc.gov/communitytransformation/funds/index.htm>

- At the state level, DHMH has launched the State Health Improvement Process (SHIP) as the framework for accountability, local action, and public engagement to advance the health of Marylanders. SHIP includes 39 measures in 6 vision areas including increasing the proportion of adults who are at a healthy weight and reducing the proportion of children and adolescents who are overweight. Additional information is available at: <http://dhmh.maryland.gov/ship/index.html>
  - The Office of Chronic Disease Prevention has been moving towards a Comprehensive Chronic Disease Council in conjunction with the current Maryland Advisory Council on Heart Disease and Stroke. This Council will be the advisory committee for the Community Transformation Grant. Opportunities for including Fitness Council representation in the Chronic Disease Council were discussed. Members could contribute community based expertise and align physical activity initiatives with other statewide chronic disease prevention initiatives. A local jurisdiction that has been successful with coordination among various advisory councils was mentioned.
- **Physical Activity Excellence Awards**
    - Nominations were reviewed and scored by the committee, which decided to recognize 2 youth groups, 1 adult individual, and 2 adult groups. In place of an awards ceremony, it was suggested that Council members who live in close proximity to award winners could present the awards at a group meeting, event, etc. Erin will work on the certificates and then coordinate with members who may be available to distribute the awards.
  - **Council Chairperson**
    - Charles Chester is willing to serve as the Council chairperson. Since a quorum was not present at the time of discussion, this topic was tabled and will be addressed in follow up communication.

## **ANNOUNCEMENTS**

- **Health and Physical Education Advisory Committee**
  - Charles Chester provided updates about this Committee. The Maryland Association for Health, Physical Education, Recreation, and Dance (MAHPERD) recently released “A Report Card on The State of Physical Education, Health & Dance in Maryland Public Schools.” The report card provides an overall state grade for 11 areas based on information provided by district supervisors in 23 of the 24 local school systems. Maryland received As for wellness policies and professional development but received Fs for assessment and time. Specific jurisdictions were not

- assigned grades. The report card is available at:  
<http://www.mahperd.org/docs/ReportCard.pdf>. The next Committee meeting is October 20, 2011. Contact Charles prior to the meeting at [ChesterEsq@aol.com](mailto:ChesterEsq@aol.com) if you have topics for the advisory council to consider.
- 2011 Downtown Silver Spring Health & Fitness Expo—October 1, 2011
    - This event will be held from 11:00-4:00 on multiple levels of City Place Mall. Complimentary health screenings, natural food sampling, dance and fitness performances, fitness gurus, kids activities, over 60 health and wellness exhibits, a Fitness Makeover debut, and registration for A Healthier You Fit Kids Challenge are available. For additional information about this event contact Yusef Battle at [Yusef@FitSolution.org](mailto:Yusef@FitSolution.org)
  - Deliberations attending the U.N. High-Level Meeting on Noncommunicable Diseases were briefed by U.S. Surgeon General Regina Benjamin, US Champion athletes, and ministers of health from several Latin American nations to discuss strategies for promoting physical activity as a public health measure in various settings. Lillian Greene-Chamberlain shared this update.
  - September is National Childhood Obesity Awareness Month  
<http://healthierkidsbrighterfutures.org/home/>
    - Resources and a toolkit to promote childhood obesity awareness in your community are available at the website. Worldwide Day of Play is part of the month's activities.
  - Worldwide Day of Play—September 24, 2011  
<http://www.nick.com/thebighelp>
    - Nickelodeon's 8<sup>th</sup> annual Worldwide Day of Play will be celebrated at the Ellipse in Washington, D.C from 10-4:00. It is a daylong event dedicated to family fitness and healthy lifestyles. The President's Council on Fitness, Sports and Nutrition is partnering on this event and many other national organizations will also be participating.
    - Nickelodeon's television networks and websites will go off-air and offline from 12-3:00 p.m. (all times ET/PT) as a signal to kids and families nationwide to get up and get active.
  - University of Maryland Summit on Childhood Obesity—November 15-16, 2011  
<http://obesitysummit.umaryland.edu/>
    - Keynote speakers and breakout sessions will highlight evidence based and best practices for obesity prevention in early childhood, schools, communities, and workplaces.

### **NEXT MEETING**

Council members are invited to attend the next meeting of the Advisory Council on Heart Disease and Stroke on Wednesday, October 26, 2011 from 6:00-8:00 PM in Conference Room L-1 at DHMH (201 W. Preston Street, Baltimore, MD 21201). Additional details will be emailed.

### **ADJOURNMENT**

The meeting was moved to adjourn at 5:53 PM.