

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

JANUARY 15, 2014

MEMBERS PRESENT

Yusef Battle (via phone)
Charles Chester
James Dorf
Lillian Greene-Chamberlain
Surina Ann Jordan
Mike Mason (via phone)
Douglas Miller (via phone)
Paul Rabil (via phone)
Beatrice Rice
Andy Vineberg

MEMBERS ABSENT

Ron Bowman
Catherine Eliot
Rhonda Hearn
Larry Hughes
Lee Meizlesh
John Michie
Monte Sanders
Michael Shaw

STAFF PRESENT

Erin Penniston

WELCOME AND INTRODUCTIONS

The meeting was called to order at 4:45PM.

OLD BUSINESS

- Administrative Updates
 - 1 member recently resigned and 7 vacancies remain. 3 new applicants have been received.
 - The Council needs geographical representation from Western Maryland and the Eastern Shore. Members are encouraged to continue to outreach to organizations for new member recruitment.
- 2014 Proposed Meeting Dates
 - The Council will continue to meet the first Wednesday of every other month. At the May meeting, the Council will decide if a summer meeting is needed.
- Council collaboration with local health improvement coalitions,
 - Council staff has compiled a spreadsheet identifying local fitness council, local health improvement coalitions, and bicycle advocacy groups

NEW BUSINESS

- Committee updates
 - Awareness and Education—Chairperson, Andy Vineberg
 - The Committee held a conference call on December 19, 2013. Since this time, the Council powerpoint has been updated, website resources have been identified, organizations to request educational materials from have been identified and materials are being collected.
 - Through the Baltimore County Health Improvement Coalition, the Council has been invited to give presentations to youth and families at Baltimore County library branches during summer 2014. A number of members expressed interest in being involved and the Committee chairperson will coordinate with the library contact to arrange logistics.
 - Members interested in participating in the Speakers Bureau should email Andy the following information: 1.) Name; 2.) County/city of residence; 3.) Phone number; 4.) Email; 5.) Topics regarding fitness you specialize in.
 - The next Committee conference call will be held February 13 from 4-5:00.
 - Legislation—Chairperson, Charles Chester
 - Members reviewed and approved the letter drafted in response to the COMAR Physical Education regulations public comment period through January 31, 2014.

- Special Events—Chairperson, Ron Bowman
 - 10K Across the Bay is scheduled for November 9, 2014. At this point, the race is 75% filled and another 5,000 spots will open soon that are expected to go quickly. Approximately 60% of those registered are from Maryland; and approximately 50% of entrants are expecting to complete the 10k course in over an hour - walking pace.
 - Committee is working on a plan for the Council to have a presence at the event. Council members are asked to provide suggestions about partnership opportunities, ways to get banners along the course, comfort spots signage, bus signage, and other areas listed in the package.
 - Additional information and registration available at: <http://www.bridgerace.com/>
- Physical Activity Excellence Awards—Chairperson, Beatrice Rice
 - Members expressed interest in working on this Committee throughout 2014.

UPDATES/ANNOUNCEMENTS

- **2014 Maryland Million Hearts Symposium-February 19, 2014 at BWI Marriott**
 - This free event is open to Maryland stakeholders interesting in supporting Hypertension Identification, Control, and Improvement and learning about best practice strategies in child care/schools, healthcare, worksites, and community settings. Registration is available at: <http://www.eventbrite.com/e/2014-maryland-million-hearts-symposium-tickets-9892938044>
- **Surgeon General's Call to Action on Walking- anticipated release in May 2014**
 - The first US Surgeon General's Call to Action on Walking is anticipated to be released by May 2014. The Call to Action has the potential for significant public health impact in terms of increasing walking and walkability in the United States. In addition, it will likely build upon recent attention to the health benefits of walking and that walking is one way for people to be more physically active.
- **Presidential Youth Fitness Program Physical Educator Resource Guide**
 - Quality physical education programs are key to helping youth develop an understanding of physical activity and fitness in order to adopt healthy, active behaviors for a lifetime. The Presidential Youth Fitness Program (PYFP), in coordination with its program partners, has released a new document which provides a comprehensive program overview. The Presidential Youth Fitness Program Physical Educator Resource Guide is provided free-of-charge to offer schools, regardless of budget, the information they need to implement the PYFP and help their students reach their fullest potential. The guide includes information for homeschools and non-schools providing physical education. Report available at: <http://www.pyfp.org/doc/teacher-guide.pdf>

NEXT MEETING

March 5, 2014, 4:30-6:00 PM at DHMH

ADJOURNMENT

The meeting was moved to adjourn at 6:00 PM.