

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**

**MEETING SUMMARY**

**JANUARY 7, 2015**

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**MEMBERS PRESENT**

Monique Anderson  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Catherine Eliot (via phone)  
Lillian Greene-Chamberlain  
Arnita Hannon Christmon (via phone)  
Rhonda Hearn  
Surina Ann Jordan (via phone)  
JoAnn Knapp  
Mike Mason (via phone)  
Steve Miller  
April Pinder  
Monte Sanders (via phone)  
Sean Settle  
Michael Shaw (via phone)  
Andy Vineberg (via phone)

**MEMBERS ABSENT**

Yusef Battle  
Larry Hughes (Excused)  
Lee Meizlesh (Excused)  
John Michie  
Douglas Miller  
Paul Rabil  
Beatrice Rice  
Suzanne Stringer (Excused)

**STAFF PRESENT**

Erin Penniston

**GUESTS PRESENT**

Deborah Grinnage-Pulley, MSDE Physical Education Specialist

**DHMH**

Kristi Pier

**WELCOME AND INTRODUCTIONS**

The meeting was called to order at 4:38 PM.

**MINUTE APPROVAL**

The November 2014 meeting minutes were reviewed. James Dorf motioned and Charles Chester seconded the approval of the meeting minutes.

**OLD BUSINESS**

- Administrative Updates
  - New appointments—2 new members were appointed following the November meeting and one member has recently resigned. The Council has 1 vacant position.
  - Attendance requirements—Members must attend 3 of 5 meetings scheduled for 2015 to maintain the 50% attendance requirement. At least 2 of the meetings must be attended in person.
  - Member committee assignments—All members are expected to participate on a committee. Refer to the Committee assignment hand-out for current designations.
  
- Across the Bay 10K Update
  - 12 participants signed up for the wheelchair division. Following the event, Ron contacted all participants and learned they had gone directly to the Start and started the race with the Athletes Serving Athletes group, also scheduled to start with the first wave. They all finished and were appreciative of Council's assistance. Many thanks to the 4 council members who volunteered at this event—Ron

Bowman, Catherine Eliot, Steve Miller, and April Pinder, and Charles Chester and Mike Mason who staffed the Council's booth at the Race Expo.

- The Council's ongoing dialogue with Maryland Sports facilitated a partnership with Annapolis Green and their "Run Responsibility" initiative for the Across the Bay 10K. The Council's logo has been included on race HydraPouches with an informational insert about the Council placed inside the HydraPouches, and the Council's new partnership with Annapolis Green may help support environmental considerations at future state and community physical activity-related events. The Across the Bay 10K was the largest "cup-free" race in the United States reducing nearly 40,000 paper cups.
- The Council discussed continued involvement with this event in 2015. Members identified multiple benefits including the formation of new partnerships and increased awareness of the Council. Members will incorporate lessons learned from the 2014 event and promote the event to additional organizations such as the Wounded Warrior Project and Disabled Sports USA to support increased participation in the wheelchair division.
- Chesapeake Bayhawks inquiry & collaboration opportunities
  - Following the November meeting, Erin provided the Chesapeake Bayhawks contact an update on the Council's idea for a Council-Bayhawks Family Fitness Night as part of a May game. The Bayhawks contact asked for additional details about this event.
  - The Council discussed identifying a committee to facilitate this partnership or a steering group to develop a plan and then engage related Committee and Council members to support activities. Following the meeting, Ron and Charles will discuss the Special Events Committee involvement in this collaboration.

## **NEW BUSINESS**

- Committee updates
  - Special Events—Ron Bowman, Chairperson
    - See Old Business for additional details about the Across the Bay 10K. Members are interested in continuing involvement with this event in 2015.
    - Ron and Charles will discuss the Special Events Committee involvement with the Bayhawks collaboration.
    - A committee conference call in conjunction with the Education & Awareness committee is scheduled for February 5 at 3:00.
  - Education and Awareness—Andy Vineberg, Chairperson
    - A committee conference call was held on December 5, 2014. During this call, members provided updates for the following 4 sub-committees:
    - Speakers Bureau—Suzanne Stringer is developing an interactive presentation that could be used with multiple audiences.
    - Maryland Fitness Day—Steve Miller has developed a proposal for a statewide *Walk Maryland Day* modeled upon the 2008 Walk at Work Day event. The statewide walking day would be held in October to align with the 2015 Walk to School Day scheduled for October 7. Steve will continue to conduct partner outreach and work with Committee members to move forward with proposal activities and identify a key location to support state leadership participation in the event. A letter to the new DHMH Secretary has also been drafted to request the full support and involvement of the DHMH.

- Communications—Michael Shaw is updating the Council’s Facebook page. Members are encouraged to email him updates for posting.
  - Celebrity involvement—Yusef Battle has developed ideas and begun outreach efforts to determine how the Council can engage local celebrities in promoting healthy lifestyles and encouraging residents to be physically active.
  - A committee conference call in conjunction with the Special Events committee is scheduled for February 5 at 3:00.
- Legislation—Charles Chester, Chairperson
    - Charles attended the Fall 2014 MSDE Health and Physical Education Advisory Council meeting on November 19. He will be testifying, in accordance with previous Council policy pertaining to overall fitness, in support of a Montgomery County Council bill to prohibit the use of e-cigarettes in public places and protect youth.
    - Council member, Suzanne Stringer expressed a desire to form local coalitions to increase physical education in the schools on a county level, which comports with our statutory mandate. In addition, she is writing to Delegate Morhaim about a proposal to obtain employer credits for workplace wellness programs.
    - The committee is not aware of any pre-filed legislation that addresses physical activity/physical education. The committee will convene as needed following the start of the 2015 legislative session.
  - Physical Activity Excellence Awards—Beatrice Rice, Chairperson
    - A Committee conference call was held on December 11. Committee members decided to move forward with the Council’s Physical Activity Excellence awards. Awards committee members will lead dissemination and administrative efforts. However, all Council members will be requested to assist with disseminating the application. Committee members will review application materials and present a recommendation list for the Council’s approval. The Council was supportive of this plan.

**UPDATES/ANNOUNCEMENTS**

**2015 Maryland Million Hearts Symposium-February 10, 2015**

- The Center for Chronic Disease Prevention and Control, at DHMH will be convening stakeholders at the 2015 Maryland Million Hearts Symposium on February 10, 2015 at Martin's West in Windsor Mill, MD. This day long event will highlight best practices and available resources for community clinical partnerships aimed at improving clinical delivery, quality of care, and reducing costs. Additionally, this year, we want to leverage early successes in hypertension control efforts to explore future opportunities in comprehensive cardiovascular risk reduction, comprehensive risk reduction messaging, and comprehensive risk reduction quality measurement. Registration available: [https://www.eventbrite.com/e/2015-maryland-million-hearts-symposium-tickets-15010604121?utm\\_campaign=new\\_event\\_email&utm\\_medium=email&utm\\_source=eb\\_email&utm\\_term=eventurl\\_text](https://www.eventbrite.com/e/2015-maryland-million-hearts-symposium-tickets-15010604121?utm_campaign=new_event_email&utm_medium=email&utm_source=eb_email&utm_term=eventurl_text)

**The President's Council on Fitness, Sports & Nutrition's Elevate Health Newsletter**

- This electronic newsletter is distributed quarterly through a listserv managed by the President's Challenge. Elevate Health is written for an educated lay audience (i.e. college graduates who are not assumed to be specialists in a particular field). Each issue deals with a topic with current relevance to

physical educators, sport coaches, registered dietitians/nutritionists, exercise, nutrition, sports medicine and public health practitioners, physicians, and students. The goal of the publication is to present a balanced, research-to-practice, evidence-based analysis of the topic. Subscription is available at: <https://www.presidentschallenge.org/informed/elevatehealth/index.shtml>

**The National Physical Activity Plan Congress-February 23-24, 2015 in Washington, D.C.**

- The Congress will be hosted at The Ronald Reagan Building and International Trade Center in Washington, D.C. February 23-24, 2015. The event website is: <http://npapcongress2015.org/wordpress1/>. VIP faculty will be added up to the day of the Congress. Additional information and registration at: [www.npapcongress2015.org](http://www.npapcongress2015.org)

**NEXT MEETING**

The remaining 2015 meeting dates are: March 4, May 6, September 2, and November 4.

**ADJOURNMENT**

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