

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**

**MEETING SUMMARY**

**NOVEMBER 5, 2014**

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**MEMBERS PRESENT**

Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Lillian Greene-Chamberlain  
Surina Ann Jordan (via phone)  
JoAnn Knapp  
Mike Mason  
John Michie (via phone)  
Steve Miller  
April Pinder  
Beatrice Rice (via phone)  
Sean Settle  
Michael Shaw (via phone)  
Suzanne Stringer  
Andy Vineberg (via phone)

**MEMBERS ABSENT**

Yusef Battle  
Catherine Eliot  
Rhonda Hearn (Excused)  
Larry Hughes (Excused)  
Lee Meizlesh (Excused)  
Douglas Miller  
Paul Rabil  
Monte Sanders

**STAFF PRESENT**

Erin Penniston

**GUESTS PRESENT**

Deborah Grinnage-Pulley, MSDE Physical Education Specialist  
Diana Vitielliss

**WELCOME AND INTRODUCTIONS**

The meeting was called to order at 4:34 PM.

**MINUTE APPROVAL**

The September 2014 meeting minutes were reviewed. James Dorf motioned and Suzanne Stringer seconded the approval of the meeting minutes.

**OLD BUSINESS**

- Administrative Updates
  - 2 new members have recently been appointed and one member has recently resigned. The Council has 1 vacant position.
  - Council members are reminded that their attendance is required at 50% of meetings to remain compliant with the Governor's appointment. Of the 50% meeting attendance, 25% must be in-person attendance.
  
- Council collaboration with local health improvement coalitions
  - Wicomico Executive Fitness Council
    - In 2013, the Council launched a county-wide initiative to promote wellness, nutrition and physical activity called Live Healthy Wicomico. (<http://www.livehealthywicomico.org/>) Most recently, this coalition is serving as the obesity committee for the Health Department's Local Health Improvement Coalition. The committee's first step has been to create an Action Plan. The Council is also working on creating a PSA about the Council and encouraging county residents to live healthy and become involved.

## **NEW BUSINESS**

- Chesapeake Bayhawks inquiry & collaboration opportunities
  - The Chesapeake Bayhawks contacted Erin to learn more about the Council, and a conference call with the Coach/President and Ticket Sales representative was held on 9/29.
  - The Bayhawks presented the opportunity for the Council to participate in their tailgates, which occur 2 hours before games and are a very family-friendly atmosphere with participation from multiple vendors and organizations. Involvement with their youth clinics was another idea. Representatives will follow-up with Erin to discuss additional collaboration opportunities.
  - This inquiry led to the Council's discussion about partnerships with Maryland professional sports organizations. Council members shared with ideas of Fitness Nights and minor league baseball affiliates were also mentioned as these organizations are often
  
- Committee updates
  - Special Events—Ron Bowman, Chairperson
    - The Across the Bay 10K is scheduled for Sunday, November 9, and the wheelchair division has 10 participants. Ron has reserved a cargo van to assist with equipment transportation, and the race organizers have assigned four buses for participant transport. Council members have volunteered to assist with this division and attend the Race Expo at Navy Stadium.
    - The Across the Bay 10K will be the largest “cup-free” race in the United States reducing nearly 40,000 paper cups. Racers will carry their own containers throughout the race. Rather than the typical trays of paper cups filled with water, hydration stations will be set up at Mile 2 and Mile 5, and racers can fill their containers using high-speed HydraPour® valves attached to water coolers.
    - 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, and the Council’s new partnership with Annapolis Green may help support environmental considerations at future state and community physical activity-related events.



**Annapolis Green HydraPouch featuring Council’s logo**

- Education and Awareness—Andy Vineberg, Chairperson
  - A committee conference call was held on October 1, 2014. During this call, the Committee identified four subcommittees to support committee activities.
  - Speakers Bureau—Rhonda Hearn attended the Prince George's County District 8 Health Fair-Fitness is a Family Affair on 9/27 and spoke to about 100 people. Suzanne Stringer is developing an interactive presentation that could be used with multiple audiences.
  - Maryland Fitness Day—Steve Miller has identified opportunities/events typically held during the month of May and is exploring potential partnership with the University of Maryland Extension's WalkMaryland (<https://extension.umd.edu/walkmd>) to support a Maryland Fitness Day in May 2015. The committee needs to determine if it should encourage a one-day statewide event or multiple community events throughout the month of May.
  - Communications—Michael Shaw is now 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 will be held on Friday, December 5 at 3:30.
- Legislation—Charles Chester, Chairperson
  - Charles will attend the Fall 2014 MSDE Health and Physical Education Advisory Council meeting scheduled for November 19.
- Physical Activity Excellence Awards—Beatrice Rice, Chairperson
  - The Committee has been exploring existing national and state awards that align with the Council's mission as well as the Council's Physical Activity Excellence Awards, which were last issued in 2009.
  - A Committee conference call will be held on Thursday, December 11 at 11:00.
- Discussion on Council's short and long term goals
  - It was recommended that the Council utilize its existing mission, goals, and activities as a guiding framework for verifying/revising goals, developing objectives and timelines, and determining responsibility.
  - Education & Awareness Committee activities include:
    - Educate the citizens of Maryland about the value of regular exercise in maintaining and improving physical fitness and overall health.
    - Collect and assemble physical activity-related information.
    - Disseminate information among Maryland citizens to promote regular physical activity
    - Disseminate information on physical fitness and health by various means.
    - Assist the Maryland State Department of Education in developing quality school health and physical education programs.
    - Publicize the benefits of physical activity to further the State of Maryland's goals to promote healthy people in healthy communities.
    - Maintain liaisons with state and local agencies (e.g. education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens.
    - Enlist the support of individual citizens, civic groups, professional sports, volunteer organizations, public agencies and others to improve the physical fitness of all citizens.

- Legislation Committee activities include:
  - Advise the State legislature, local government and other agencies on the status, problems, and progress of physical activity programs in Maryland.
  - Encourage local governments in efforts to enhance physical activity opportunities by the creation of local county fitness Coalitions.
  - Coordinate and strengthen State services and programs relating to physical activity, recreation and sports by making recommendations on the subject of physical fitness and sports to appropriate state officials.
- Special Events Committee activities include:
  - Sponsor physical activity workshops, displays, clinics, and conferences for physical educators, health professionals, recreation personnel, civic and business leaders and others.
  - Supplement and complement activities of the President's Council on Physical Fitness and Sports and Maryland County Fitness Coalitions.
  - Coordinate and supports fitness and sport activities for Maryland senior citizens.
- Awards Committee activities include:
  - Recognize outstanding developments, contributions, and achievements in physical activity in cooperation with the Secretary of Health and the Governor.
- Partnering with the medical community to support physical activity promotion (e.g. Walk with a Doc, Exercise is Medicine) and assisting local jurisdictions to establish county-level fitness Councils were also mentioned as goals for 2015.

## **UPDATES/ANNOUNCEMENTS**

### **Physical Activity hand-outs available**

- Erin has variety of brochure hand-outs available for speakers bureau and other Council public. Members should contact Erin to request materials in advance of events.

### **CDC Physical Education Profiles, 2012**

<http://www.cdc.gov/healthyyouth/physicalactivity/profiles.htm>

- This report summarizes the current state of the physical activity and the physical education policies and practices of secondary schools (e.g., middle schools, high schools) across 26 jurisdictions (18 states, 6 large urban school districts, 1 territory, and 1 tribe). The complete results of the 2012 PE Profiles provide stakeholders an opportunity to review the policies and practices of these schools and identify where these schools are following best practices and where improvement is needed.

### **Ash Hayes Scholarship to help individuals become ACE Certified Personal Trainers**

<http://www.acefitness.org/ash-hayes/>

- The scholarships are available for those currently working or aspiring to work with youth in a physical activity or health setting. Questions concerning the program should be directed to: [scholarship@ACEfitness.org](mailto:scholarship@ACEfitness.org)

### **Today Show's "Shine a Light" series**

- Monte Sanders was involved in the Shine a Light Health Expo in Baltimore City on 9/20 as part of the "Shine a Light Series." A Weekend Today Show segment featuring this event is available at: <http://www.today.com/health/shining-light-weekend-todays-baltimore-health-expo-2D80163205>

### **President's Council on Fitness, Sports & Nutrition is Now Accepting Award Nominations**

- **Community Leadership Awards**-The President's Council Community Leadership Award is given annually to no more than 50 individuals or organizations that provide or enhance opportunities to engage in sports, physical activity, fitness, or nutrition-related programs within a community. Nominations will be accepted through February 1, 2015 at: <http://wcdapps.hhs.gov/Fitness/Fitness/CommunityLeadershipAward>
- **Lifetime Achievement Awards**-The President's Council Lifetime Achievement Award is given annually to up to five individuals whose careers have greatly contributed to the advancement or promotion of physical activity, fitness, sports, or nutrition nationwide. Factors considered in the selection process include: span and scope of career; estimated number of lives individual has touched through his or her work; legacy of the individual's work; additional awards or honors received; and references. Nominations will be accepted through February 1, 2015 at <http://wcdapps.hhs.gov/Fitness/Fitness/LifetimeAchievementAward>

Nominations are reviewed and winners selected by President's Council members. Winners will be notified by April 1 by the President's Council. All individuals who submitted a nomination will be notified of the award decision by May 1. All award winners will be announced in May 2015, during National Physical Fitness and Sports Month. Questions or requests for further information should be directed to Hannah Torkelson at [Hannah.torkelson@hhs.gov](mailto:Hannah.torkelson@hhs.gov)

### **NEXT MEETING**

The 2015 meeting schedule is: January 7, March 4, May 6, September 2, and November 4.

### **ADJOURNMENT**

The meeting was moved to adjourn at 6:05 PM.