

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**

**MEETING SUMMARY**

**SEPTEMBER 3, 2014**

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**MEMBERS PRESENT**

Yusef Battle (via phone)  
Ron Bowman (via phone)  
Charles Chester  
James Dorf  
Lillian Greene-Chamberlain (via phone)  
Rhonda Hearn  
Larry Hughes  
Surina Ann Jordan  
Mike Mason (via phone)  
Lee Meizlesh  
Steve Miller  
Brian Rudick (via phone)  
Monte Sanders (via phone)  
Sean Settle (via phone)  
Suzanne Stringer  
Andy Vineberg (via phone)

**MEMBERS ABSENT**

Catherine Eliot  
JoAnn Knapp  
John Michie  
Douglas Miller (Excused)  
Paul Rabil (Excused)  
Beatrice Rice (Excused)  
Michael Shaw

**STAFF PRESENT**

Erin Penniston

**DHMH STAFF**

Kristi Pier, Director, DHMH Center for Chronic Disease Prevention and Control

**GUESTS PRESENT**

Deborah Grinnage-Pulley, MSDE Physical Education Specialist

**WELCOME AND INTRODUCTIONS**

The meeting was called to order at 4:40 PM.

**MINUTE APPROVAL**

The May 2014 meeting minutes were reviewed. James Dorf motioned and Surina Ann Jordan seconded the approval of the meeting minutes.

**OLD BUSINESS**

- Administrative Updates
  - 5 current members received re-appointments to the Council. 2 new member applications have been submitted to the Governor's appointment office.
  - 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
  - Healthy Anne Arundel Coalition
    - Suzanne Stringer has been participating in the Healthy Anne Arundel Coalition's Obesity Prevention Subcommittee, which is implementing a "Make Health Happen" initiative. As part of this initiative, Suzanne will be helping with the "Healthy Choices Healthy Teens" 6 week, 12 hour program that will be held at the "Pip" Moyer Recreation Center at Truxtun Park in Annapolis. This program will provide participants a variety of skill building

opportunities to support daily physical activity (e.g. high intensity interval training, boot camp, barbell basics) and healthier eating (e.g. planning healthy meals, performance nutrition, grocery store tour). The program is being promoted through local physician's offices.

- Baltimore County Advisory Council on Physical Fitness
  - The Baltimore County Council established the Baltimore County Advisory Council on Fitness Council in Spring 2014 through Bill 15-14 of the 2014 Session. Baltimore County Council members Tom Quirk and David Marks sponsored the bill. Doug Miller worked with Councilman Quirk to support the establishment of Baltimore County's Fitness Council and will serve as the Chairperson of the council for the initial two years. The Council is in the process of appointing council members representing the districts within Baltimore County. A copy of the approved bill is available at:  
<http://www.baltimorecountymd.gov/countycouncil/legislation/Bills%202014>
- Council member bios
  - The Council staff person has received the majority of member bios to post on the Council website.

## **NEW BUSINESS**

- Center for Chronic Disease Prevention and Control Updates
  - Ms. Kristi Pier became the Director of the Center for Chronic Disease Prevention and Control (CCDPC) in April 2014. Kristi provided a brief overview of CCDPC recent and upcoming initiatives:
    - The Maryland Diabetes Symposium was held on June 26, 2014 and attended by 242 healthcare professionals to raise diabetes awareness, share statewide resources, and discuss the evidence for diabetes prevention and self-management programs.
    - A statewide Diabetes Self-Management and Education Campaign that included radio spots and transit ads was implemented in June and included over 2,100 radio spots with more than 3,000,000 impressions.
    - CCDPC staff updates:
      - Behavior Risk Factor Surveillance System (BRFSS) coordinator -Georgette Lavetsky started on 7/22/14.
      - CCDPC Medical Director-Dr. Vanessa Walker Harris ended her state service on 7/31/14. This position is in recruitment.
      - Two graduate interns recently started with CCDPC.
    - CCDPC is planning a Chronic Disease Prevention Conference for Fall 2015. The Council could be involved with the conference content by organizing a physical activity focused session or members submitting abstracts. Additional information will be shared with the Council as soon as it is available.

- Council Action planning
  - Development of a 2-3 year Council action plan would support alignment with DHMH initiatives and help identify strategies for achieving the Council’s mission.
  - Council members shared their ideas about action planning.
    - The Council should raise awareness and be a resource for helping to make Maryland the Fittest State in the nation.
    - The Council should find a way to become aware of community events and leverage resources of other organizations engaged in similar efforts. The Council could develop a state calendar, database, or annual manual of resources/events.
    - The Council should determine how to have a presence at community events and develop an outline for involvement in these events.
    - The action plan could include 10 key activities of the Council. Tracking progress on these activities would show Council accomplishments and serve as a reference for future Council efforts and members.
    - The action plan should take a business model by including short, medium, and long term goals and identify partners for each associated goal.
    - Members should come to the November meeting with concrete and specific ideas and goals for the short, medium and long range planning and strategic outlook discussed at the September meeting as a general parameter.
  - Additional information will be forthcoming on the Council action planning.
- Committee updates
  - Awareness and Education—Andy Vineberg, Chairperson
    - 4 Council members participated in the “Bodies in Motion” presentations at the Baltimore County Public Library branches in Catonsville and Cockeysville on June 12 and 24, respectively. There was minimal attendance at these events, and the Council discussed ideas for obtaining additional participation at future public events.
    - Rhonda Hearn will represent the Council at Prince George's County District 8 Health Fair—Fitness is a Family Affair—scheduled for Saturday, September 27, 2014 from 10:00 AM-3:00 PM at the Southern Regional Technology and Recreation Complex (7007 Bock Road, Fort Washington, MD 20744). This event will feature over 70 vendors offering free medical, dental and vision screenings; family friendly physical fitness activities; giveaways and door prizes.
    - A short-term committee goal is the development of a blueprint for a Maryland Fitness Day. Andy has been reviewing initiatives from other state fitness councils to identify potential examples.
    - The next Committee conference call is scheduled for Wednesday, October 1, 2014 from 3:00-4:00 PM. Erin will disseminate the call-in information to committee members.
  - Legislation—Charles Chester, Chairperson
    - COMAR Physical Education
      - The Council’s letter for the COMAR Physical Education regulations was submitted during the public comment period. The American Cancer Society Cancer Action Network, Inc. coordinated organizations and individuals to speak at the MSDE Board of Education meeting on April 22. Charles spoke at this meeting as well as the

Executive Director of the Maryland Association for Health, Physical Education, Recreation, and Dance.

- Baltimore County Council establishment of the Baltimore Advisory Council on Physical Fitness
  - Doug Miller worked with Councilman Quirk to support the establishment of Baltimore County's Fitness Council.
  
- Special Events—Ron Bowman, Chairperson
  - Across the Bay 10K is scheduled for November 9, 2014. General registration is sold out; however, charity bibs, a Kids Fun Run on November 8<sup>th</sup>, and the wheelchair division remain open. Additional information and registration available at: <http://www.bridgerace.com/runners.php>.
  - The establishment of a wheelchair division has resulted from the Council's ongoing collaboration and discussions with race organizers. This inaugural event can support a maximum of 25 wheelchair registrants. Council members are requested to help advertise this Division. Additionally, approximately 4-6 Council members are needed as volunteers to assist participants with moving equipment on/off the vehicles. Contact Ron if you are interested in volunteering.
  
- Physical Activity Excellence Awards—Beatrice Rice, Chairperson
  - No Committee updates were reported during the meeting.

## **UPDATES/ANNOUNCEMENTS**

### **President's Council on Fitness, Sports & Nutrition Annual Meeting-9/16/14**

- The President's Council on Fitness, Sports & Nutrition will host its 2014 Council Member Meeting on Tuesday, September 16 from 8:30-1:15pm in the Great Hall at 200 Independence Avenue SW, Washington DC 20201. Members of the public who wish to attend the meeting are asked to pre-register by sending an email to [rsvp.fitness@hhs.gov](mailto:rsvp.fitness@hhs.gov) or by calling 240-276-9567. Registration for public attendance must be completed before close of business on September 10. A live video stream will be available online at [www.HHS.gov/live](http://www.HHS.gov/live)

### **I Can Do It, You Can Do It**

<http://www.fitness.gov/participate-in-programs/i-can-do-it-you-can-do-it/>

- The President's Council on Fitness, Sports & Nutrition recently announced the next phase of I Can Do It, You Can Do It! (ICDI). ICDI facilitates and encourages opportunities for all Americans, regardless of ability, to lead a healthy lifestyle that includes regular physical activity and good nutrition. ICDI previously focused on youth participation and was implemented nine sites across the U.S. Today, the program includes children AND adults with disabilities. The Council's goal is to expand and implement the program in at least 100 sites nationwide over the next five years.

### **2014 State Indicator Report on Physical Activity**

[http://www.cdc.gov/physicalactivity/downloads/pa\\_state\\_indicator\\_report\\_2014.pdf](http://www.cdc.gov/physicalactivity/downloads/pa_state_indicator_report_2014.pdf)

- The Centers for Disease Control and Prevention (CDC) released the 2014 State Indicator Report on Physical Activity to present data on physical activity behaviors and environmental supports that encourage increased physical activity in each state. The 2014 report shows that most states have some environmental and policy

supports in place that encourage physical activity. However, more work is needed to ensure that adults and youth have opportunities for safe and convenient physical activity in their schools and communities.

- Maryland Behavioral indicators include:
  - 26.2% of adults report no leisure time physical activity
  - 2.6% of adults report usually walking or biking to work
  - 18% of youth report no physical activity
- Maryland Policy and Environmental indicators include:
  - No policy guidance on walking or biking to/from school
  - Yes for adopting some form of Complete Streets policy

### **Designed to Move**

[http://www.designedtomove.org/en\\_US/?locale=en\\_US](http://www.designedtomove.org/en_US/?locale=en_US)

Full report at: [http://s3.nikecdn.com/dtm/live/en\\_US/DesignedToMove\\_FullReport.pdf](http://s3.nikecdn.com/dtm/live/en_US/DesignedToMove_FullReport.pdf)

- This report presents a physical activity agenda and framework for action, supported by a community of public, private and civil sector organizations dedicated to ending the growing epidemic of physical inactivity. Website and report provide strategies and international examples to integrate the two basic Designed To Move "asks" into organizational strategies:
  - Ask 1.) Create early positive experiences for children.
  - Ask 2.) Integrate physical activity into everyday life.

### **NEXT MEETING**

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

### **ADJOURNMENT**

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