

State Advisory Council on Physical Fitness

2013 ANNUAL REPORT



**Martin O'Malley
Governor**

**Anthony G. Brown
Lieutenant Governor**

**Charles Chester
Chairperson**

**James Dorf
Vice Chairperson**



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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:

- Encouraged local governments in efforts to enhance physical activity opportunities by the creation of local county fitness Coalitions through informational meetings with County leaders.
- Disseminated information among Maryland citizens to promote regular physical activity through participating in community events such as Prince George's County Fitness is a Family Affair.
- Assisted the Maryland State Department of Education in developing quality school health and physical education programs through participation on the Health and Physical Education Advisory Council and submitting comments to the State Board of Education as part of a public comment for the COMAR Review of Physical Education.

Four public meetings were held (see pages 7-17 for complete meeting summaries) or visit <http://phpa.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://phpa.dhmh.maryland.gov/cdp/SitePages/cpf.aspx> Meeting notices are submitted to the Maryland Register several weeks prior to each meeting.

The Council hopes to explore new opportunities for recognizing those active in promoting physical activity in Maryland and 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

Jason Bosley-Smith

Ron Bowman

Charles Chester, Esq, Chairperson

James Dorf, Vice Chairperson

Catherine Eliot

Lillian Greene-Chamberlain, PhD

Rhonda Hearn, MD

Larry Hughes

Surina Ann Jordan, PhD

Michael Mason

Lee Meizlesh

John Michie, DC

Douglas Miller, DC

Paul Rabil

Beatrice Rice

Monte Sanders

Michael Shaw

Andy Vineberg

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

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

MAY 30, 2013

MEMBERS PRESENT

Ron Bowman (via phone)
Charles Chester
James Dorf
Lillian Greene-Chamberlain
Rhonda Hearn-Stokes
Larry Hughes (via phone)
Surina Ann Jordan
Michael Shaw (via phone)

MEMBERS ABSENT

Yusef Battle
Jason Bosley-Smith
Lee Meizlesh (Excused)
Douglas Miller
Jeanne Ruff
Monte Sanders (Excused)
Andy Vineberg

STAFF

Erin Penniston

DHMH

Donald Shell

WELCOME AND INTRODUCTIONS

At 6:15 PM, members of the Advisory Council on Physical Fitness, Advisory Council on Heart Disease and Stroke and Arthritis Council convened for a presentation by Dr. Don Shell on DHMH's State Innovation Models (SIM) Award: Community Integrated Medical Home. At 7:00, the Advisory Council on Physical Fitness convened independently.

DHMH UPDATES

- SB79 "Department of Health and Mental Hygiene – Advisory Councils – Renaming and Termination" did not pass during the 2013 legislative session. This departmental bill would have consolidated three State advisory councils – on Physical Fitness, on Arthritis and Related Diseases, and on Heart Disease and Stroke – into a newly created State Advisory Council on Chronic Disease. Therefore, the Fitness Council will continue to meet. Attendance and active participation is encouraged among all members.
- An overview of the Community Transformation Grant (CTG) was presented to Council members. CTG supports statewide and community-level efforts to increase physical activity opportunities in worksites, schools, and child care settings. As part of CTG implementation, 12 counties are engaging businesses to implement worksite wellness initiatives that provide employees an opportunity to engage in daily physical activity; 15 counties are leveraging local health department and local school system partnerships to ensure comprehensive physical activity practices in schools; and 11 local health departments are engaged in planning efforts and training child care providers in implementing the Let's Move Child Care goals to improve nutrition, physical activity and screen time practices.
- As a follow-up to the SIM presentation, members discussed promoting and supporting walking as a leading physical activity strategy for SIM.

COUNCIL UPDATES

- Charles Chester and James Dorf are interested in serving as chairperson and vice-chairperson, respectively. An electronic vote will occur following the meeting.
- The Council currently has 10 vacancies. Council materials will be updated and disseminated to assist recruitment efforts. Members are encouraged to use their network of contacts to refer interested applicants to the Council staff. Members recommended contacting the following organizations for new member recruitment: Maryland Association of Health, Physical Education, Recreation and Dance (MAHPERD), YMCA, M-NCPPC, Universities, Special Olympics, Play Works, USOC, non-profit and faith-based organizations. Sectors to recruit include Parks and Recreation and Education.
- Council sub-committee structure and potential activities include:
 - Awareness and Education
 - Disseminate of community physical activity events
 - Utilize speakers bureau to promote physical activity recommendations
 - Support county level Fitness Councils (e.g. Wicomico Executive Fitness Council)
 - Cultivate partnerships with similar organizations
 - Legislation
 - Monitor physical activity related legislation
 - Walking
 - Collaboration with existing initiatives such as Arthritis Foundation's Walk with Ease Program, Health Freedom Walk, Worcester County's Just Walk Program.
- Discussed the following Council Priorities:
 - Short-term: Recruit new members to reach 25 member capacity
 - Mid-term: County engagement, Strengthen partnerships with similar organizations
 - Long-term: Increase physical activity, Decrease obesity and chronic disease

ANNOUNCEMENTS

- Health Freedom, Inc. will host Celebration Walks in Baltimore City on June 1st and Montgomery County on June 8th. Additional information is available at:
<http://www.healthfreedomwalk.com/>

NEXT MEETING

To Be Determined

ADJOURNMENT

The meeting was moved to adjourn at 8:10 PM.

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
JULY 25, 2013

MEMBERS PRESENT

Yusef Battle
Ron Bowman (via phone)
Charles Chester
James Dorf
Lillian Greene-Chamberlain (via phone)
Rhonda Hearn (via phone)
Larry Hughes (via phone)
Lee Meizlesh
Andy Vineberg

MEMBERS ABSENT

Jason Bosley-Smith
Surina Ann Jordan (Excused)
Douglas Miller
Monte Sanders (Excused)
Michael Shaw

STAFF

Erin Penniston

DHMH

Donald Shell

GUESTS

Peter Paris
Sparrow Rogers

WELCOME AND INTRODUCTIONS

The meeting was called to order at 4:45. Peter Paris and Sparrow Rogers were guests and provided an introductory presentation on the 2014 10K Across the Bay

MINUTE APPROVAL

James Dorf motioned and Lillian Greene-Chamberlain seconded the approval of the May 30, 2013 meeting minutes.

Presentation—10K Across the Bay

- Peter Paris and Sparrow Rogers presented an introductory overview on the 2014 10K Across the Bay event. This event is scheduled for Sunday, November 9, 2014 from 8-11:00 AM, and the rain date is November 16, 2014. A contract has been obtained to hold the event for 3 years. A pre-registration event held earlier this month sold-out 2500 registrations. A site visit with the logistics team is scheduled for this weekend, and Peter and Sparrow will share additional details about participation numbers, divisions, and prizes. Ron Bowman will serve as the Council liaison for this event. Additional information is available at:
<https://www.facebook.com/10kAcrossTheBay>

OLD BUSINESS

- Council membership and recruitment updates
 - Re-appointment paperwork has been submitted for 7 members with expired appointments. 11 member vacancies exist. As of 7/31, 5 new member applications have been received. If approved, 6 vacancies will remain. The Council needs geographical representation from Western Maryland and the Eastern Shore.
- May 30, 2013 Meeting Follow-up

- Fitness Council staff has been engaged in follow-up activities from the May meeting with the support of a summer intern.
- Connecting to Local Fitness Councils—Key informant interviews with local fitness councils in Wicomico and Kent counties have occurred. As part of DHMH’s State Health Improvement Process (SHIP), physical activity related initiatives have been identified in local health improvement coalition plans. Key informant interviews with local health improvement coalition members are planned to gain additional information. Larry Hughes said he would provide previous Council information regarding local fitness councils to assist with contacting these groups. Additionally, Council members volunteered to contact County Executives/Related Committees in their respective jurisdictions to determine if local Fitness Council exists. (Ron Bowman—Anne Arundel County; James Dorf—Baltimore County; Lee Meizlesh—Howard County; Yusef Battle—Montgomery County; Rhonda Hearn—Prince George’s County)
- Statewide walking initiative—County specific resources and identification of historical trails has occurred in support of a statewide walking initiative. Council is supportive of collaboration and networking among counties in support of walking as the official state exercise.

NEW BUSINESS

- Members discussed the Council’s Committee Structure. Each Council member must participate in at least one Committee:
 - Awareness and Education—Chairperson, Andy Vineberg
 - Purpose: To disseminate information that encourages and supports regular physical activity among Maryland residents.
 - Sub-Committees: Speakers Bureau and Celebrity
 - Activities: Update Council’s educational materials, Attend community events,
 - Legislation—Chairperson, Charles Chester
 - Purpose: To identify and take action regarding physical activity related legislation.
 - Activities: Identify and track relevant Federal, state, and local legislation
 - Special Events—Chairperson, Ron Bowman
 - Purpose: To maintain liaisons with statewide partners in support of physical activity related events.
 - Activities: Support and promote events including the 2014 10K Across the Bay
 - Physical Activity Excellence Awards—Chairperson needed
 - Purpose: To recognize exemplary efforts to promote physical activity among Maryland youths, adults and older adults.
 - Activities: Identify statewide physical activity best practices

ANNOUNCEMENTS

The following webinars may be of interest to Council members and partners.

- **U.S. National Physical Activity Plan: Guidelines for Americans To Be Physically Active Where They Live, Work, and Play**

Tuesday, August 6, 2013, 3:30–4:30 PM EDT

Join national experts Russell Pate, Ph.D., with the National Physical Activity Plan Alliance and William Kraus, M.D., with Duke University Medical Center to discuss the U.S. National Physical Activity Plan. They will provide an overview of the report and identify specific

strategies for increasing physical activity in areas where Americans live, work, and play.
Webinar registration available at:

<http://events.r20.constantcontact.com/register/event?llr=7a80lmcab&oeidk=a07e7gz7h5ua8fbd282&source=govdelivery>

- **Zoning for the Public's Health: Using Mixed-Use Zoning to Increase Walkability and Reduce Crime**

Thursday, August 15, 2013, 1:00-2:00 PM

Neighborhood design can play a significant role in public health. Recent research explores mixed-use zoning and the laws that impact this type of zoning, and how well-planned zoning could help reduce crime and increase neighborhood walkability-- two outcomes integrally tied to improved public health. In this webinar, presenters will share the latest public health law research that supports these findings, describe a new method for evaluating zoning laws, examine case studies from the East and West Coasts, and highlight some of the challenges involved in such policy work. Registration available at: http://www.aslme.org/webinar-zoning-for-the-publics-health-using-mixed-use-zoning-to-increase-walkability-and-reduce-crim?utm_source=PHI+Newsletter&utm_campaign=e80e9f017d-ALR+MUZ+webinar+%28non-D4H+host%29&utm_medium=email&utm_term=0_14767b3be6-e80e9f017d-23357433

- **Get Your School Ready for Recess!**

Tuesday, September 17th, 1:00 - 2:00 PM

Sponsored by Active Living Research, Public Health Institute, and Ready for Recess

Registration available at:

https://publichealthinstitute.webex.com/mw03071/mywebex/default.do?nomenu=true&siteurl=publichealthinstitute&service=6&rnd=0.4730336519258562&main_url=https%3A%2F%2Fpublichealthinstitute.webex.com%2Fec06061%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26confViewID%3D1035664461%26%26%26%26siteurl%3Dpublichealthinstitute

- **60 Minutes or More a Day: Where Kids Live, Learn, and Play**

Tuesday, September 17, 2013, 3:30–4:30 PM EDT

Come back for a second webinar featuring Katrina (Butner) Piercy, Ph.D., R.D., from ODPHP to discuss the Physical Activity Guidelines for Americans Midcourse Report: Strategies To Increase Physical Activity Among Youth. Dr. Piercy will highlight key findings from the report and discuss strategies to increase youth physical activity in multiple settings, with a spotlight on schools. You will also hear from a panel of leaders from the school setting, who will share how they have been successful in integrating physical activity throughout the school day. Webinar registration available at:

<http://events.r20.constantcontact.com/register/event?oeidk=a07e7gym1wt97cb41e9&llr=7a80lmcab&source=govdelivery>

NEXT MEETING

Thursday, September 19, 2013 from 4:30-6:00 at DHMH.

ADJOURNMENT

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

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
SEPTEMBER 19, 2013

MEMBERS PRESENT

Yusef Battle (via phone)
Ron Bowman (via phone)
Charles Chester
James Dorf
Rhonda Hearn (via phone)
Larry Hughes
Surina Ann Jordan
Andy Vineberg (via phone)

MEMBERS ABSENT

Jason Bosley-Smith
Lillian Greene-Chamberlain (Excused)
Lee Meizlesh (Excused)
Douglas Miller
Monte Sanders
Michael Shaw (Excused)

STAFF

Erin Penniston

WELCOME AND INTRODUCTIONS

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

MINUTE APPROVAL

James Dorf motioned to approve the minutes.

OLD BUSINESS

- Local Fitness Council Updates
 - Council members reported the findings from their assessments of local fitness councils. During Summer 2013, DHMH Center for Chronic Disease Prevention and Control intern conducted Key Informant Interviews with Kent and Wicomico County Health Department staff regarding local Fitness Councils and reviewed State Health Improvement Process (SHIP) local health improvement plans to identify physical activity strategies included in these county/regional plans.
 - Anne Arundel—Ron Bowman has explored various channels but a county Fitness Council has not been identified; however, the City of Annapolis Parks and Recreation has a Council, and the Anne Arundel County Health Department has a Wellness Council. Ron is scheduled to meet with the County Executive October 2nd.
 - Baltimore County—James Dorf has not identified a Baltimore County Fitness Council. Parks and Recreation Department reported that some sections of the County have sports Councils to oversee sports in that area. “Baby Boomer and Senior Expo” sponsored by a number of state and private sponsors. Timonium event in late October 9th and 10th (Baltimore County Department of Aging, Gov. Office of Deaf and Hard of Hearing state/local government agencies).
 - Kent County— Kent On the Move is a local initiative committed to helping individuals and communities in Kent County make positive changes to improve health and quality of life. As a collaborative effort among local citizens, government, business and industry, health and education, we develop and promote programs and resources to decrease overweight and obesity, and increase physical activity and healthy eating. We strive to increase accessibility to healthy choices by improving the environment in which we live, work, play and learn, while empowering individuals with the knowledge to make healthy life choices for better nutrition and physical well-being. Additional information available at: <http://www.kentonthemove.org/index.php>

- Montgomery County—Lillian Greene-Chamberlain and Yusef Battle are planning a meeting with the County Executive. An official Fitness Council has not been identified. The county has an Obesity Prevention Strategy Group (focusing on healthy vending) and a Wellness Council that focuses on obesity prevention. Initial focus of the Wellness Council has been on County employees but council may focus on broader community. Montgomery County Recreation Department has a partnership with United Way for the Be Active campaign. Be Active community events will be opportunity for Council involvement.
- Prince George’s County—Rhonda Hearn contacted the County Executive’s office and other organizations and a local fitness council was not identified. Maryland-National Capital Park and Planning Commission (MNCPPC) holds many physical activity events. Calendar of events is posted on MNCPPC Website. Held a health fair in September and event for childhood obesity awareness month. County has an employee wellness program. She contacted County Executive and some other partners.
- Wicomico County—Wicomico Executive's Council on Physical Fitness & Healthy Living. The mission of the County Executive's Council on Physical Fitness & Healthy Living is to promote and encourage citizens of all ages throughout Wicomico County to adopt a personal goal of physical activity and responsible living habits to ensure a healthy quality of life. The Council will seek to publicize the many on-going efforts across the county designed to promote healthy living and to serve as an umbrella organization for important information and strategies available to achieve the goal. A particular emphasis will be placed on methods and opportunities to combat childhood obesity through the awareness campaigns designed to educate and inform about the real risks of heart disease and diabetes. Additional information available at:
http://www.wicomicocounty.org/departments/fitness_council/mission_statement.asp
- Members agreed that the state advisory council should support the initiatives of local councils. County codes may have language regarding local fitness councils. MACFP could disseminate letters regarding the existence of local councils.
- Members discussed the Council’s Committee Structure. Each Council member must participate in at least one Committee:
 - Awareness and Education—Chairperson, Andy Vineberg
 - Purpose: To disseminate information that encourages and supports regular physical activity among Maryland residents.
 - Sub-Committees: Speakers Bureau and Celebrity
 - Activities: Update Council’s educational materials, Attend community events
 - Members: Yusef Battle, Rhonda Hearn, Surina Ann Jordan
 - Legislation—Chairperson, Charles Chester
 - Purpose: To identify and take action regarding physical activity related legislation.
 - Activities: Identify and track relevant Federal, state, and local legislation
 - Members: James Dorf
 - Special Events—Chairperson, Ron Bowman
 - Purpose: To maintain liaisons with statewide partners in support of physical activity related events.
 - Activities: Support and promote events including the 2014 10K Across the Bay

- Members: Larry Hughes
 - Physical Activity Excellence Awards—Chairperson needed
 - Purpose: To recognize exemplary efforts to promote physical activity among Maryland youths, adults and older adults.
 - Activities: Identify statewide physical activity best practices
 - Members: TBD
 - 10K Across the Bay
 - Ron Bowman has been in contact with the organizers, and the Race Director will conduct another site visit next week to finalize the course logistics. 5000 registrants to date. The event organizers are exploring a wheelchair division and opportunities for including walking within this event. Ron will continue to discuss the inclusion of walking within the event and provide the Council updates.
- DHMH efforts to revise new member handbook and Council materials
 - The Council new member handbook has been updated in preparation for new member appointments.
 - Council brochure has been updated
 - It was suggested to list Committee functions as activities that Council implements on the back panel. Brochures could be placed at community locations. Additional Council hand-outs such as the Physical Activity Recommendations can be disseminated at Speakers Bureau and other community events.
- Council membership and recruitment updates
 - Re-appointment paperwork has been submitted for 9 members with expired appointments and 5 new members. 6 vacancies remain. 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.

NEW BUSINESS

- Draft from Awareness & Education Committee on Speakers Bureau
 - Andy has drafted a plan for the Speakers Bureau, and Council members are requested to review and provide input for the plan.
- President's Council on Fitness, Sports and Nutrition (PCFSN) Updates
 - On 9/10, President Obama appointed Lt. Gen. Mark Hertling (Retired) and Anthony Marc Robles to the PCFSN.
 - On 9/26 from 2-3:00, PCFSN will co-host a webinar "Understanding and Implementing Recommendations from the IOM Report Educating the Student Body: Taking Physical Activity and Physical Education to School" Registration available at:

https://nasevents.webex.com/mw03071/mywebex/default.do?nomenu=true&siteurl=nasevents&service=6&rnd=0.6499411288448187&main_url=https%3A%2F%2Fnasevents.webex.com%2Fec06061%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26confViewID%3D1004275660%26%26%26%26siteurl%3Dnasevents

UPDATES/ANNOUNCEMENTS

- Resource: Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities

This is a bike policy toolkit for key stakeholders, community groups, and others who are interested in making their community more bicycle-friendly. Aligned with the League of American Bicyclists' Bicycle Friendly Community program, this guide provides a roadmap for creating safe, convenient, and fun bicycling communities. Available at:

<http://changelabsolutions.org/bike-policies>

- Infographic: Let's Ride! 4 Requirements for a Bikeable Community

This infographic offers several approaches to meet the four main requirements for a bikeable community: bicycle access, making biking convenient, safety considerations, and increasing social acceptability. Available at: <http://changelabsolutions.org/publications/lets-ride>

- Infographic: Bicycling: An American Tradition

This infographic depicts the history of bicycling in the United States which has been in place for more than 100 years, showing how the recent bicycle renaissance is recognizing the health, environment and community benefits that bicycling has to offer. Available at:

<http://changelabsolutions.org/publications/bicycling-american-tradition>

NEXT MEETING

Tuesday, November 12, 2013, 4:30-6:00 PM at DHMH

ADJOURNMENT

The meeting was moved to adjourn at 5:55 PM.

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
NOVEMBER 12, 2013

MEMBERS PRESENT

Ron Bowman (via phone)
Charles Chester
James Dorf (via phone)
Catherine Eliot
Lillian Greene-Chamberlain
Rhonda Hearn
Larry Hughes
Surina Ann Jordan (via phone)
Mike Mason
Douglas Miller
Paul Rabil (via phone)
Beatrice Rice (via phone)
Andy Vineberg (via phone)

MEMBERS ABSENT

Yusef Battle
Jason Bosley-Smith
Lee Meizlesh
John Michie
Monte Sanders
Michael Shaw

STAFF

DHMH

Sara Barra
Erica Smith

WELCOME AND INTRODUCTIONS

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

OLD BUSINESS

- Administrative Updates
 - Council re-appointments have been obtained for 9 members and 5 new members. Catherine Eliot, Michael Mason, John Michie, Paul Rabil and Beatrice Rice have been appointed as new members. 6 vacancies remain. 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.
- Member Reports following September Meeting
 - Participation in community events
 - Rhonda Hearn participated in Prince George's County "Fitness is a Family Affair" event on September 28, 2013 and approximately 300 people visited the Fitness Council booth.
 - Additional hand-out and educational materials are needed for dissemination at future events. Contact Erin 30 days in advance to make requests for event materials.
 - Meeting with County Executives
 - Ron Bowman and Surina Ann Jordan met with Anne Arundel County Executive, Laura Neuman and Parks & Recreation Director, Rick Anthony on October 1, 2013. Anne Arundel county has 65 different groups associated

with health and wellness but no specific Fitness Council. County funds are not available to support a Fitness Council and partnership with other groups was encouraged to improve the health status of county residents.

NEW BUSINESS

- Committee updates
 - Awareness and Education—Chairperson, Andy Vineberg
 - Exploring events for Council participation.
 - Will explore updating Council recommendations posted on the website based on updated 2008 Physical Activity Guidelines for Americans and NASBE standards.
 - Legislation—Chairperson, Charles Chester
 - Charles Chester attended the Health and Physical Education Advisory Council Meeting held on May 7, 2013.
 - COMAR Physical Education regulations are currently open for public comment through January 31, 2014. The Council will draft comments and circulate for member review.
 - Special Events—Chairperson, Ron Bowman
 - 10K Across the Bay is scheduled for November 9, 2014. The event can accommodate 20,000 participants and 10,000 are registered to date. Registration remains open. Parameters for wheelchair division are almost complete. Council can promote event through network of contacts.
 - Physical Activity Excellence Awards—Chairperson needed
 - TBD

UPDATES/ANNOUNCEMENTS

- Building Successful Physical Activity Coalitions through Understanding the Needs of Coalition Members webinar November 18 at 1:00 PM Registration at: <https://cc.readytalk.com/cc/s/registrations/new?cid=djy94jzpz699>
- Paul Rabil Foundation Gala will be held December 12, 2013. Additional information is available at: <http://www.paulrabilfoundation.org/#holidayModule>

NEXT MEETING

January 15, 2014, 4:30-6:00 PM at DHMH

ADJOURNMENT

The meeting was moved to adjourn at 5:55 PM.