

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

MARCH 5, 2014

MEMBERS PRESENT

Yusef Battle (via phone)
Ron Bowman (via phone)
Charles Chester
James Dorf (via phone)
Catherine Eliot
Lillian Greene-Chamberlain (via phone)
Rhonda Hearn (via phone)
Larry Hughes (via phone)
Surina Ann Jordan (via phone)
Mike Mason (via phone)
John Michie (via phone)
Andy Vineberg (via phone)

MEMBERS ABSENT

Lee Meizlesh
Douglas Miller
Paul Rabil
Beatrice Rice
Monte Sanders
Michael Shaw

STAFF PRESENT

Erin Penniston

GUESTS

Steve Miller

WELCOME AND INTRODUCTIONS

The meeting was called to order at 4:35PM.

MINUTE APPROVAL

The November 2013 and January 2014 meeting minutes were reviewed. A correction to the Awards Committee chairperson for the January 2014 was requested. James Dorf motioned and Lillian Greene-Chamberlain seconded the approval of the meeting minutes.

OLD BUSINESS

- Administrative Updates
 - 7 vacancies remain. 3 new applicants are being reviewed by DHMH. 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.
 - 5 current members have appointments that will expire June 30, 2014. Erin will contact these members to determine if they are interested in pursuing re-appointment to the Council.
- Council collaboration with local health improvement coalitions
 - Yusef Battle provided an overview of a 2/20 meeting he attended with Montgomery County Executive Isiah Leggett, Charles (Chuck) L. Short, Special Assistant to the County Executive, and Gabe Albornoz, Director of Montgomery County Recreation Department. The Fitness Council, barriers to physical activity, and county physical activity initiatives were discussed during this meeting. Access to facilities for certain areas with the county was mentioned as a barrier to daily physical activity. Currently, Montgomery County does not have a local Fitness Council but four existing groups include a physical activity focus—Be Active Montgomery (United Way and Parks & Rec partnership), Healthy Montgomery (county hospital collaboration), Commission on Health, and the Obesity Prevention Strategy Workgroup. Yusef will be a member of the Be Active Montgomery advisory board. The new White Oak recreation facility has been offered to hold a future Fitness Council meeting.

- Doug Miller has been in discussion with Baltimore County Councilman Tom Quirk to draft legislation to form a fitness council in Baltimore County, and they are looking at a date in late April to present to the council for a vote.
- Council member bios
 - New members are requested to submit brief bios (1-2 paragraphs) to Erin to post on the website.
- Committee Assignments
 - All members are expected to participate on at least one committee, and members are able to participate on two committees if needed.

NEW BUSINESS

- Committee updates
 - Awareness and Education—Chairperson, Andy Vineberg
 - The Committee held a conference call on February 13, 2014. Since the January meeting, Committee members have identified resource information for the website, identified speakers bureau engagements, collected educational materials for public events, and developed an outline for a state Fitness Day.
 - Through the Baltimore County Health Improvement Coalition, the Council has been invited to present “Bodies in Motion” to youth and families at Baltimore County library branches during summer 2014. Presentations will occur at the Cockeysville branch on Tuesday, June 24 at 7:00 p.m and Catonsville branch on Thursday, June 12 at 7:00 p.m.
 - Speakers Bureau—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.
 - Website updates—Erin is working with DHMH staff to complete the website updates. Committee members have identified website resource links that will be posted to the Resource page.
 - The next Committee conference call will be held April and focus on speakers bureau presentations.
 - Legislation—Chairperson, Charles Chester
 - 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. is trying to coordinate organizations and individuals to speak at either the March 25 or April 22 MSDE Board of Education meeting to urge support for increasing time for physical education.
 - HB241— Vehicle Laws - Overtaking and Passing Bicycles, an EPAMD, or a Motor Scooter
 - This bill strengthens the existing 3 foot passing bill by requiring drivers to allow 3 feet to pass a bicyclist on every road and authorizing a driver of a vehicle to drive across the left-side of a roadway in a no-passing zone, if it is safe to do so, to give a bicyclist a minimum of 3 feet of passing distance. It was voted unfavorable in the House Environmental Matters Committee.
 - HB427— Education - Maryland Sudden Cardiac Arrest Prevention Act
 - The bill addresses sudden cardiac death in youth and mandates MSDE to develop policies and implement a program to provide awareness to coaches, school personnel,

students, and the parents or guardians of students in collaboration with DHMH and others. This bill has been heard but not acted upon. Charles will draft a LOS to submit to the Committee chairperson.

- 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 on 3/15 that are expected to go quickly. Council members should contact Ron if they are interested in being part of a Council team. 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. The race organizers continue to work on a wheelchair division.
 - 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/>
 - Ron is working to schedule a meeting with the Maryland Office of Sports to discuss partnership opportunities.
- Physical Activity Excellence Awards—Beatrice Rice
 - Beatrice and Erin will discuss committee activities.

UPDATES/ANNOUNCEMENTS

- 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.
- Upcoming webinar-Walking Shouldn't Be Hazardous to Your Health, Part 1: Keeping Pedestrians Safe in Urban and Suburban Settings-March 20, 2014, 2:00-3:30 PM
 - Registration at:
https://www1.gotomeeting.com/register/490069928?utm_source=2014+March+20+webinar+1st+notice&utm_campaign=Feb+25+2014+forum+notice+1&utm_medium=email
 - Pedestrian fatalities have been on the rise over the past couple of years. By attending this free webinar, you will find out more about how we can reverse this unsettling trend and make our urban and suburban communities safer for pedestrians. Walking is the mode of choice for some, and the only choice for many. It is imperative that pedestrian safety becomes a priority for and incorporated into all planning and design processes. This webinar will provide an overview of tools, campaigns and strategies you can use to work toward a positive impact on pedestrian safety and help reverse pedestrian fatalities and injuries. The featured speakers, Noah Budnick and Michael King, are experts in the field of pedestrian safety and the built environment. They will walk you through addressing pedestrian safety in both urban and suburban settings, tackling these issues through campaigns and design.
- 2014 Remaining Meeting Dates: May 7, September 3, November 5.

NEXT MEETING

May 7, 2014, 4:30-6:00 PM at DHMH

ADJOURNMENT

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