

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

MAY 7, 2014

MEMBERS PRESENT

Ron Bowman (via phone)
Charles Chester
James Dorf
Lillian Greene-Chamberlain
Rhonda Hearn (via phone)
Larry Hughes
Surina Ann Jordan
Mike Mason (via phone)
Douglas Miller (via phone)
Steve Miller
Beatrice Rice
Monte Sanders (via phone)
Sean Settle
Suzanne Stringer
Andy Vineberg (via phone)

MEMBERS ABSENT

Yusef Battle
Catherine Eliot
Lee Meizlesh (Excused)
John Michie
Paul Rabil
Michael Shaw

STAFF PRESENT

Erin Penniston

WELCOME AND INTRODUCTIONS

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

MINUTE APPROVAL

The March 2014 meeting minutes were reviewed. A correction to the Members Present to include Larry Hughes via phone was requested. James Dorf motioned and Surina Ann Jordan seconded the approval of the meeting minutes as amended.

OLD BUSINESS

- Administrative Updates
 - New members—5 new members were appointed in April. 2 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.
 - Attendance requirements—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. Members should contact the Council staff if they know of available meeting space that is free, accessible, and has a speaker phone to allow for conference call capabilities.
- Council collaboration with local health improvement coalitions
 - The Partnership for a Healthier Carroll County (PHCC)
 - PHCC (local health improvement coalition) launched Walk Carroll a long-term walking and exercise program designed to inspire anyone who lives, works, or plays in Carroll County to engage in regular physical activity. Multiple Partnership for a Healthier Carroll County stakeholders including the health department, hospital, parks and recreation, and University of Maryland Extension support Walk Carroll implementation. This Spring, a series of group walking events will be held at locations throughout the county. Walk Carroll promotes the University of Maryland Extension's Walk Maryland website to encourage residents to track

physical activity, and the Partnership's website will also include a new "Local Links" feature to highlight opportunities for physical activity and healthy eating in Carroll County.

Additional information about Walk Carroll is available at:

<http://www.healthycarroll.org/prevention-intervention/walk-carroll/>

- Fit & Healthy Coalition of St. Mary's Council

- In St. Mary's County, the Fit & Healthy Coalition developed the More to Explore St. Mary's Passport Program to support family physical activity, healthy eating, and reduced screen time. This program encourages families to engage in physical activity at Maryland state parks located in the county, various county parks, and local historical sites. Families receive a passport and mark a page in the passport after completion of physical activity at a designated location. A variety of community partners support this program including county agencies such as the health department and parks and recreation, local businesses, and MedStar St. Mary's Hospital. The local public libraries will market the More to Explore program during May-August 2014.

- Council member bios

- New members are requested to submit brief bios (~2 paragraphs) to Erin to post on the Council website.

- Committee Assignments

- All members are expected to participate on at least one committee, and members are able to participate on two committees if interested.

NEW BUSINESS

- Committee updates

- Awareness and Education—Andy Vineberg, Chairperson

- The Committee held a conference call on April 17, 2014.
- 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.
- The next Committee conference call will be held June.

- 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.

- HB427— Education - Maryland Sudden Cardiac Arrest Prevention Act

- Charles submitted a Letter of Support to the Committee chairperson.

- Howard County Local School Wellness Policy
 - Charles submitted a Letter of Support to the Howard County Board of Education chairperson in support of the inclusion of additional time for physical activity/education in the revised local wellness policy.
 - The Howard County Board of Education adopted the requested changes to its wellness policy (more PE minutes in elementary and secondary school) and an article about the new policy is available at: <http://www.wbal.com/article/106628/2/howard-county-public-schools-implements-new-wellness-and-nutrition-policies>
- Special Events—Ron Bowman, Chairperson
 - 10K Across the Bay is scheduled for November 9, 2014. Additional information and registration available at: <http://www.bridgerace.com/>. Ongoing discussions with the race organizers have been held since the March meeting, and discussions have focused on establishing a wheelchair division. The race organizers are willing to add this division if the Council takes on the coordination and logistical planning. Larry has been involved in the discussions to provide his expertise. A few of the logistics that need to be addressed include transportation and the number of participants.
 - The committee will schedule a meeting to further discuss logistics and coordination.
 - Ron met with the Maryland Office of Sports to discuss partnership opportunities. Charles requested to be present at the next meeting.
- Physical Activity Excellence Awards—Beatrice Rice, Chairperson
 - Beatrice and Erin held a conference call to discuss committee activities on 5/1.
 - Beatrice outlined a number of options the Council could implement to recognize exemplary efforts for physical activity promotion throughout the state. Options include: reinstating the Council's Physical Activity Excellence Awards, partnering with an existing state or national organization that conducts awards programs to support recognition efforts, aligning with a national event such as Olympic Day, and promoting the Presidential Active Lifestyle Award (PALA+).
 - The Committee will meet this summer, make a recommendation, and the Council can vote on it by the next meeting.
 - Engaging community and state partners to disseminate award information is an important step.

UPDATES/ANNOUNCEMENTS

- University of Maryland Extension launches WalkMD!
 - <https://extension.umd.edu/walkmd>
 - Walk MD! is a program designed to promote regular exercise for all age groups. A registered "walker," gains access to an online interactive map to track actual steps, as well as convert other types of physical activity such as biking or gardening, into miles "walked." As participants log miles, a personalized map automatically shows progress as they "travel" around the state of Maryland and pass milestone locations that they can explore virtually or actually visit to really get out and Walk MD!

- 2014 United States Report Card on Physical Activity for Children and Youth
https://www.informz.net/acsm/data/images/NationalReportCard_longform_final%20for%20web%282%29.pdf
 - The National Physical Activity Plan (NPAP) Alliance, in collaboration with the American College of Sports Medicine, released the first-ever United States Report Card on Physical Activity for Children and Youth. The primary goal of the Report Card "is to assess levels of physical activity and sedentary behaviors in American children, youth, facilitators and barriers for physical activity, and related health outcomes."
- Council member, Lillian Greene-Chamberlain will be presented with an honorary doctorate in Humane Letters from the American University of Paris at the Spring commencement ceremony on May 27, 2014. The Council will issue a Certificate of Achievement to Lillian.
- Council member, Surina Ann Jordan has released a new book entitled "The Seven Disciplines of Wellness: The Spiritual Connection to Good Health" and will be participating in an event at the Enoch Pratt Free Library Central Library, Poe Room (400 Cathedral Street, Baltimore, MD 21201) on May 28, 2014 at 6:30.
- 2014 Remaining Meeting Dates: September 3, November 5.

NEXT MEETING

September 3, 2014, 4:30-6:00 PM at DHMH

ADJOURNMENT

The meeting was moved to adjourn at 6:25 PM.