

**Maryland Comprehensive Cancer Control Plan  
Nutritious Diet, Healthy Weight and Physical Activity Committee**

**April 22, 2010, 2-4 p.m.  
Maryland DHMH, Room 200**

**Co-Chair:** *Maria Prince, MD, Medical Director, Office of Chronic Disease Prevention, Maryland Department of Health and Mental Hygiene*

**Co-Chair:** *Surina Ann Jordan, PhD, President and Senior Advisor, Zima Health*

**MEETING SUMMARY**

<b><u>AGENDA ITEM</u></b>	<b><u>DISCUSSION SUMMARY</u></b>
<b>Review of Progress To Date</b>	<ul style="list-style-type: none"> <li>• The committee has 2 goals:               <ol style="list-style-type: none"> <li>1. Healthy Weight and Nutrition</li> <li>2. Physical Activity</li> </ol> </li> <li>• A central repository for documents has been created on Google groups</li> <li>• Subgroups (one for each goal) have calls weekly</li> <li>• Each subgroup has a loose chapter outline</li> <li>• Felicia Plummer (committee staff person) is leaving her position with the Cancer Plan. New staff person for the committee will be Sarah Conolly Hokenmaier.</li> <li>• To Do:               <ol style="list-style-type: none"> <li>1. Progress Report                   <ul style="list-style-type: none"> <li>• Committee co-chairs will work on Progress Report with committee staff person</li> </ul> </li> <li>2. Chapter Draft including Goals/Objectives/Strategies</li> </ol> </li> </ul>
<b>Sub-Committee Updates</b>	<p>Physical Activity</p> <ul style="list-style-type: none"> <li>• Have a rough outline done by Maria; will finalize prior to the committee call on 4/29/10</li> <li>• Limiting sedentary behavior – where does the evidence point re: marketing on TV/computer contribution to weight gain vs. the weight gain caused by the actual sedentary behavior; address media impact in the nutrition section and sedentary behavior impact in the PA section</li> </ul> <p>Nutrition</p> <ul style="list-style-type: none"> <li>• Working on a rough outline; Maria sent in comments to the Nutrition outline draft</li> <li>• Need to ensure that childhood obesity is highlighted</li> <li>• Would like to add information on breastfeeding, pesticides</li> </ul>

## Discussion of Tables/Graphs

- Tables/graphs from the previous Cancer Plan DPA chapter were reviewed to determine which to keep/update/remove:

### **Figure 6.1 – Proportion of cancer risk attributable to certain exposures**

- Remove from this chapter (use in Burden chapter?)
- Use bullets/shaded box to convey this information

### **Table 6.1 – Incidence rates for selected cancers**

- Remove (information will be included in Burden section)

### **Figure 6.2 – BMI Chart**

- Revise (use a more recent version)
- Include information for different ethnicities?
- Include information re: hip/waist ratio?
- Include information re: % body fat?

### **Figure 6.3 – Low Intake of Fruits and Vegetables, Physical Inactivity, Overweight/Obesity**

- Remove (confusing for readers)
- Provide information in text or bullets instead of graphically

### **Table 6.2 – Prevalence of Healthy Weight, Physical Activity, Adequate Consumption of Fruits/Vegetables**

- Keep – add more recent data using time points of 5 years or 10 years
- Sarah will draft new table

### **Figure 6.4 – Percent Change in Prevalence of Obesity in Adults**

- Can this be updated?
- Maria may have a similar graph that is more updated showing how Maryland stacks up to the rest of the country along with the rate of change
- Possibly add a Maryland map showing obesity by jurisdiction - Sarah will look for a draft of this

### **Figure 6.5 – Prevalence of overweight and obesity in Maryland**

- Condense to a bar graph showing overweight and obesity for 3 or data points (every 5 or 10 years)
- Sarah will draft graph

### **Figure 6.6 – Sources of Influence on Physical Activity**

- Model is confusing; replace with a different figure
- Kate will look into existing models and send to group

<p><b>Next Steps</b></p>	<ul style="list-style-type: none"> <li>• Each subcommittee finalize their outline and work together to create one cohesive outline</li> <li>• Jennifer/Carolyn will create cohesive outline and send to group prior to the committee call on 4/29/10</li> <li>• Suggestion by Jennifer Noll to add a new section: Common Misperceptions of Cancer and Diet (Myth busters); Brainstorm on this idea and discuss at next committee meeting</li> </ul>
<p><b>Future Calls &amp; Meetings</b></p>	<p><b>Full Committee Conference Calls:</b></p> <ul style="list-style-type: none"> <li>• 4/29/10, 3:30 – 4 p.m.</li> <li>• 5/6/10, 3:30 – 4 p.m.</li> <li>• 5/13/10, 3:30 – 4 p.m.</li> </ul> <p><b>Full Committee Meeting:</b></p> <ul style="list-style-type: none"> <li>• 5/20/10, 2 – 4 p.m., Room 100</li> </ul>