

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

NOVEMBER 4, 2015

MEMBERS PRESENT

Ron Bowman (via phone)
Charles Chester
James Dorf
Lillian Greene-Chamberlain (via phone)
Deborah Grinnage-Pulley
M. Arnita Hannon Christmon
Rhonda Hearn-Stewart
Larry Hughes
Surina Ann Jordan (via phone)
Lee Meizlesh
Douglas Miller (via phone)
Geoffre Nordberg
Tom Russell
Michael Shaw (via phone)

MEMBERS ABSENT

Monique Anderson
Yusef Battle
Catherine Eliot
JoAnne Knapp
John Lawrence Michie
April Pinder
Paul Rabil
Beatrice Rice
Suzanne Stringer

STAFF PRESENT

Meghan Ames

GUESTS PRESENT

Tammy Ann Shelley
David Addy, The OK Uniform Company

DHMH

Kristi Pier
Erin Penniston

WELCOME AND INTRODUCTIONS

The meeting was called to order at 4:36 PM.

MINUTE APPROVAL

The May 2015 meeting minutes were reviewed. James Dorf motioned and Larry Hughes seconded the approval of the meeting minutes. There were no opposition.

OLD BUSINESS

- Administrative Updates
 - Council Membership
 - Four members who had appointments expiring June 30, 2015 were reappointed for another 4-year term. Those individuals are Monique Anderson, Lillian Greene-Chamberlain, John Michie, and Suzanne Stringer.
 - Three new members have been appointed to the Council. Those individuals are Deborah Grinnage-Pulley, Tom Russell, and Geoffre Nordberg.
 - Sean Settle resigned in September 2015.
 - 2016 Meetings
 - The Council will be holding four in-person Council meetings in 2016.
 - Meetings will take place the first Wednesday from 4:30-6:00PM in the months of February (2/3/16), May (5/4/16), August (8/3/16), and November (11/2/16)

- Members will still be expected to attend 50% (2 per year) of the meetings with 50% of those (1 per year) being in-person.
 - Committees are encouraged to meet at least four times per year, in between Council meetings, at times and locations that are feasible for committee members.
- Fitness Council gear
 - David Addy, from The OK Uniform Company, will design teamwear options for the Council to include a cap, jacket, polo, and sweatshirt.
 - The order form will be distributed to members by December 1, and members are expected to place their orders no later than the February meeting.
 - A minimum of 6 items (excluding hats) must be ordered.
- Local council/coalition collaboration
 - The Healthy Anne Arundel Obesity Prevention Subcommittee has launched a *Make Health Happen* website and application. Events must meet 2 of the following criteria to be considered
 - 30 minutes of physical activity, 30 minutes of involvement with nature, nutrition education, family involvement, and behavioral health.
 - Suzanne Stringer is recommending that we host a speaking engagement that meets these criteria
 - Senior Expo, October 2016
 - James has already been in touch with the organizers and will bring them to the February meeting
- National council/coalition collaboration
 - Suzanne Stringer is meeting with Diane Hart from the National Association for Health and Fitness to explore avenues for collaborating with other state fitness councils.
 - Suzanne Stringer participated in a conference call with the National Coalition for Promoting Physical Activity.
 - This group has developed a CEO pledge that the Fitness Council can consider promoting.
 - There was also a discussion of H.R. 1499, Physical Activities Recommendations for Americans Act of 2015, which requires HHS to publish an updated Physical Activity Guidelines for Americans report at least every 10 years

NEW BUSINESS

- Special Events—Ron Bowman, Chairperson
 - Bay Bridge Run is November 8, 2015
 - At this time, no wheelchair participants have registered and no Council members are needed to assist with the event; Debbie Grinnage-Pulley agreed to be on call in the event that there is a last-minute registrant who needs assistance
 - Charles plans to run and has a promotional code for anyone else who would like to run
 - There is an event this Friday, 11/6/15 from 5-6:30 in Annapolis for race sponsors; Charles plans to attend and can send event details to anyone else who would like to join
 - Bmore Healthy Expo is March 19, 2016
 - James and Ron will take the lead in investigating and coordinating Council representation at this event
- Education and Awareness—Suzanne Stringer, Chairperson
 - Subcommittees updates include.
 - **Walk Maryland Day**

- Walk Maryland Day was a huge success! There were approximately 80 participants at the DHMH event, including a large group that Debbie Grinnage-Pulley brought from MSDE
- 115 Maryland schools registered for Walk to School Day (40% more than in 2014)
- There was a 20-fold increase in the amount of new registrants at the WalkMD! website, with a total of 87 new registrants in the month preceding Walk Maryland Day
- The next annual Walk Maryland Day will be 10/5/16
- **Speakers Bureau**
 - Suzanne Stringer met with Bath Mays from health Services at AACC and is working on how to present the power point along with a workout and hope to be ready by the end of January.
 - Suzanne Stringer is also meeting with Anne Arundel County Recs and Parks and with a representative at AACPS to investigate additional speaking engagements.
- **Communications**
 - Following are topics that should be promoted on the Council facebook page, Council website, and among other social media outlets of individual Council members:
 - The PHIT Act, utilizing the *Pass the PHIT Act Social Media Campaign Action Plan & Toolkit*
 - Michael Shaw has the goal of increasing the current number of Fitness Council Facebook fans from 1,206 to 3,206 by February 2016
 - In addition to daily and weekly posts to draw new people in to the page, Michael Shaw is going to run a few small Promo campaigns for the page targeted to the Maryland base.
 - Michael also wanted to explore with the Council the possibility of creating blogs and revamping the Council website.
- **Celebrity Involvement**
 - Yusef Battle has started the process of conducting a celebrity interview of NBA Hall of Famer Adrian Dantley; he plans to complete the article and pictorial within 4-6 weeks.
- Legislation—Charles Chester, Chairperson
 - PHIT Act
 - Has been introduced in the Senate and has bipartisan support
 - It is not too late to continue to write letters to Senators asking for support
 - The Sports & Fitness Industry Association (SFIA) developed a toolkit, *Pass the PHIT Act Social Media Campaign Action Plan & Toolkit*, of media materials that can be used to communicate about the PHIT Act
 - Every Child Achieves Act
 - Defines Health and PE to be core subjects and calls for reauthorization of PEP.
 - Our Council signed on in support of this via a letter drafted by SHAPE
 - This type of support is a good way for our Council to be more visible.
 - Physical Activities Recommendations for Americans Act of 2015
 - Suzanne plans to begin working on a draft letter to the 8 members on the House
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- Physical Activity Excellence Awards—April Pinder and Arnita Hanon Christmon, Co-chairpersons
 - The Awards application is finalized and can be found on the Council website:
 - http://phpa.dhmh.maryland.gov/cdp/SitePages/cpf_awards.aspx
 - Applications will be collected until early February
 - Recommendations will be presented by the committee to the Council at the May meeting and recipients will be notified shortly thereafter
 - A recognition event will take place in June 2016; pending sufficient nomination submissions, the committee will pursue asking leadership for participation in the recognition event
 - Council members are needed to help promote the Awards

UPDATES/ANNOUNCEMENTS

- PCFSN Community Leadership and Lifetime Achievement Awards nominations due Feb. 1
 - <http://www.fitness.gov/participate-in-programs/council-awards/pcfsn-community-leadership-award/>
- Consider signing the American Heart Association petition to tell lawmakers to save PE
 - https://www.change.org/p/tell-lawmakers-to-save-physical-education?source_location=update_footer&algorithm=recommended_share&grid_position=17
- Safe Routes to School is requesting [Walk to School Day success stories](#)

NEXT MEETING

2016 meeting dates: February 3, May 4, August 3, November 2

ADJOURNMENT

The meeting was moved to adjourn at 6:04 PM.