

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
January 8, 2007

MEMBERS PRESENT

Charles Chester
Lillian Greene-Chamberlain
Linda Kephart
Brenda Loube
Donna Lynn
Sharon Meadows
Lee Meizlesh
Joe Shafron

MEMBERS ABSENT

James Dorf
Larry Hughes
Serina Jordan
Pamela Peeke
Joyce Riggs
Kate Rumbaugh
Carl Runk
Teresa Seifert

STAFF PRESENT

Pat Boehm

GUESTS

WELCOME AND INTRODUCTIONS

Chairperson *Brenda Loube* convened the meeting at 4:30 P.M. in the Maryland Department of Health and Mental Hygiene Secretary's Conference Room by welcoming the group.

FITNESS COUNCIL MEMBER HANDBOOK

Brenda Loube and Pat Boehm led the following discussion regarding the proposed Membership Handbook:

- Maine's manual was used as a guide in the development
- This draft is the same as one presented a few meetings ago with one exception: the awards processes and forms have been added
- Ms. Loube asked all members to review and comment as there will eventually be a form in the front indicating that the council member has completely read the manual and thoroughly understands the contents and member responsibilities
- Goal: Ms. Loube will meet with the new governor (planned for March) and seek any changes that he may want (as well as to learn about his direction for the Council)
- During that meeting, Ms. Loube will also pursue how the Council can facilitate the appointment process
- Ms. Loube recommends that someone from the Council become a trainer and responsible for orienting all incumbent members

FITNESS COUNCIL LEADERSHIP AWARDS

The following discussion was held regarding the leadership awards:

- Ann Walsh's name needs to replace the former staff person on the forms
- Much discussion centered around the issues of timing of the whole process, the term "significant", and scope
- There was some question about feedback from non-winners (has been minimal and no issues to date)
- Some discussion of how the awards should be promoted was included
- Outcomes of discussion include:

- The term significant will come down to the percentage of potential participants for the applicant
- A nominated program should be replicable
- A scoring system similar to the existing one will continue, but there will be pre-screening before the final vote eliminating applications with a certain score or below
- Ms. Loube asked Ms. Kephart to Chair the Awards Committee and Ms. Meadows to Co-Chair
- Ms. Kephart will incorporate the suggested changes from the discussion and forward to Ms. Loube
- The whole process will begin in May and June with promotions, have applications due by the end of June, screening reviews done over the summer, and top three candidates from each category will be rated at the September meeting for final decision of award winners

OTHER BUSINESS

Ms. Loube advised those present that her plan is to involve the Council members in the future by assigning (or accepting volunteers) to chair committees to handle ad hoc or standing issues.

Ms. Loube asked Ms. Boehm from CDPD to talk about the Obesity Symposium the Council has been asked to partner in for June 6, 2007. The Council agrees that this is a way to become more visible and participate in an effort that is complimentary to their mission. Ms. Loube plans on participating but cannot make the first meeting. Charles Chester will attend in her place.

Ms. Loube asked for suggestions on promotional ideas that the Council can produce such as the poster done a number of years ago on office exercise. Ideas included a calendar with fitness advice, a brochure for doctors' offices, and an award to a doctor's office that exhibits exemplary service in promoting physical activity as a part of the medical regime.

Ms. Loube emphasized once again that in the future the Council would be working through committees chaired by members and that committee membership did not require that individuals have a seat on the Council, providing examples from other states.

Current committees consist of:

- Education
- Legislation
- Physical Activity Excellence Awards
- Endorsement

Other items discussed:

- Ms. Loube will be attending the National Association for Health and Fitness as a representative of Maryland and as a Board member. She will be talking at one session on the Maryland Awards Program, and may be speaking on TAP Health.
- Ms. Kephart asked about having a table for the MAFERD Convention. Because the fee is \$100, Ms. Boehm will have to seek authorization from DHMH and find if there is a budget that can support the request.

NEXT MEETING

The next meeting is Monday March 5 at 4:30 PM in the Secretary's Conference Room at the Maryland Department of Health and Mental Hygiene (201 W. Preston Street).

ADJOURNMENT

The meeting was adjourned at 6:10 PM.