

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS MEETING SUMMARY

September 11, 2006

MEMBERS PRESENT

Lillian Greene-Chamberlain
Brenda Loube
Donna Lynn
Sharon Meadows
Lee Meizlesh
Pamela Peeke
Carl Runk
Teresa Seifert
Joe Shafran

MEMBERS ABSENT

Charles Chester
Michael Davenport
James Dorf
Larry Hughes
Kate Rumbaugh
Gregory Taylor

STAFF PRESENT

Teresa Moore
Ann Walsh

GUESTS

Mike Mason, Maryland State Department of Education

WELCOME AND INTRODUCTIONS

Chairperson *Brenda Loube* convened the meeting at 4:45 P.M. in the Maryland Department of Health and Mental Hygiene Secretary's Conference Room by welcoming the group. Ann Walsh was introduced as the new staff person to the council.

FITNESS COUNCIL GOALS AND MISSION

Brenda Loube led a discussion regarding the goals and objectives of the council for the current fiscal year. The floor was opened to suggestions which include:

1. Updating the website to include more resources and links.
2. Support and reinforce other groups in the state involved in physical fitness.
3. Develop a presentation for the 3 age groups (younger, adult, and senior) with materials and resources.
4. Develop programs or interventions.
5. Utilize press releases and other forms of marketing and publicity to advertise who the council is and what we are already doing.
6. Develop fact sheets.
7. Advocate for a policy that encourages worksites to adopt a 15-30 minute daily walk break.
8. Research and develop additional programs or projects similar to the award.
9. Host a conference on worksite wellness.
10. Research current worksite wellness policies and support their efforts.
11. Maryland Fitness Council booth for fairs and events.
12. Advocate and market the recommendations that were created last year.
13. Endorse non-profit fitness events.

NUTRITION AND PHYSICAL ACTIVITY PLAN UPDATE

DHMH Physical Activity Coordinator Ann Walsh shared the current status of the *Maryland Nutrition and Physical Activity Plan*. The plan was released on May 3rd and the group is currently working on developing an implementation plan in 4 settings (community, healthcare, school, and worksite) to address the intermediate goals and objectives. The plan is available on the DHMH website (<http://fha.state.md.us/fha/cphs/npa/>).

2006 FITNESS COUNCIL LEADERSHIP AWARDS

The 2006 Fitness Council Award application is available online (http://www.fha.state.md.us/cphs/fitness/cpf_awards.cfm). Nominations are due by October 20, 2006 and awards will be announced in December. Council members were encouraged to recruit two candidates for the award and help with the process.

ORIENTATION MANUAL FOR COUNCIL MEMBERS

Brenda Loube provided information on the creation of an Orientation Manual for all council members based on existing manuals in other states. If anyone is interested in volunteering to help with the manual, please contact Brenda. The manual will include information such as the organizations history, mission, vision, bylaws, policies and procedures, strategic work plan, annual goals, job responsibilities, projects, resources and minutes. The orientation manual will be used as part of the New Council members' training.

FITNESS COUNCIL PSA

Other states have developed Fitness Council PSA's. Brenda is in the process of securing one that is applicable to the state of Maryland. The appropriate avenues for release are currently being explored.

FITNESS COUNCIL MEMBERSHIP UPDATE

The council is appropriated 25 positions, of which 17 are filled. 8 applications have been submitted and are awaiting approval.

OTHER BUSINESS

Guest Mike Mason presented information on tracking physical education classes in the school system.

NEXT MEETING

The next meeting is Monday November 6, 2006 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 6:15 PM.