

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
March 6, 2006

MEMBERS PRESENT

Charles Chester
James Dorf
Lillian Greene-Chamberlain
Linda Kephart
Brenda Loube
Donna Lynn
Sharon Meadows
Lee Meizlesh
Pamela Peeke
Kate Rumbaugh
Teresa Seifert
Joe Shafran

MEMBERS ABSENT

Michael Davenport
Jonathan Ferber
Larry Hughes
Joyce Riggs
Carl Runk
Gregory Taylor

STAFF PRESENT

Naomi Goldberger
Kara Longo
Teresa Moore

GUEST

Mike Mason

WELCOME AND INTRODUCTIONS

Chairperson *Brenda Loube* convened the meeting at 4:40 P.M. in the Maryland Department of Planning conference room by welcoming the group and asking everyone to introduce themselves. Meeting attendees included a physical education resource teacher from Baltimore County Public Schools and staff from the DHMH Center for Preventive Health Services and the Office of Health Promotion.

NUTRITION AND PHYSICAL ACTIVITY STATE PLAN UPDATE

DHMH Physical Activity Coordinator, Kara Longo described the current status of the *Maryland Nutrition and Physical Activity Plan*. The State Plan is nearly complete and DHMH upper management is currently reviewing the final document. The State Plan is tentatively scheduled for dissemination in the late spring of 2006. The executive summary of the State Plan will be shared with the Fitness Council once it is released.

NATIONAL EMPLOYEE HEALTH AND FITNESS DAY, BE ACTIVE FOR LIFE™

Brenda Loube informed the Fitness Council about the upcoming Be Active for Life™ National Employee Health and Fitness Day sponsored by the National Association for Health and Fitness on Wednesday, May 17, 2006. Members were encouraged to promote this event in their own organization. The Fitness Council members were also asked to think about how the Council could promote this event in the future. One suggestion was to host an event in Annapolis.

The National Association for Health and Fitness will be holding its annual conference on April 24-25, 2006 in Buffalo, NY. Brenda Loube will be presenting at the conference. The title of her presentation is "Building a Business Case for Worksite Wellness." During the annual conference, Brenda Loube will be promoting the Fitness Council's Physical Activity Excellence Awards. She would like to see the Physical Activity Excellence Awards become a recognition program on a national level. The Fitness Council is a member of the National Association for Health and Fitness and for more information about this association visit www.physicalfitness.org.

RESOURCES FOR THE WEB SITE

Brenda Loube suggested that the Fitness Council consider adding new resources to the Council's Web site. The Web site could serve as a clearinghouse for physical activity information. This idea was opened up to the group for discussion. Some of the suggested Web sites to include were Senior Olympics, Special Olympics, American Cancer Society, American Heart Association, the Maryland Legislative Information Web site (<http://mlis.state.md.us>) and hospital Web sites within Maryland that have special programs related to physical activity. Kara Longo will research the possibility of including this type of information on the Web site and report back to the Council.

OTHER BUSINESS

Charles Chester, Council Vice Chairperson and board member of the Healthy Schools Coalition, informed the Fitness Council about SB 611. This bill focuses on increasing the requirements of physical education for students K-5. The SB 611 would require schools to offer 150 minutes of physical education a week by the 2010-2011 school year. There is currently no companion bill in the House. An Education, Health and Environmental Committee hearing for SB 611 will be taking place on Thursday, 03-09-06. Members were reminded that they are able to support any bill as an individual citizen.

Brenda Loube informed the members that the President's Council on Physical Fitness and Sports (PCPFS) is celebrating its 50th anniversary. As part of this celebration, PCPFS is asking organizations to partner with them to promote physical activity, fitness and /or sports participation. Kara Longo will be completing the necessary paperwork to have the Fitness Council become an official anniversary partner.

Kara Longo, informed the Council about the upcoming National Public Health Week sponsored by the American Public Health Association. This is the 11th year for the event and this year it will be taking place April 3-9, 2006. The theme for the weeklong event is *Designing Healthy Communities: Raising Healthy Kids*. The members were encouraged to promote the event within their own organizations. For further information visit www.apha.org/NPHW/solutions/.

NEXT MEETING

Monday, May 1, 2006; 4:30-6:30 P.M.; Maryland Department of Planning Conference Room (#1105).

ADJOURNMENT

The meeting was adjourned at 5:54 P.M.