

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
JANUARY 9, 2006**

MEMBERS PRESENT

Charles Chester
Michael Davenport
Linda Kephart
Brenda Loube
Donna Lynn
Lee Meizlesh
Teresa Seifert
Joe Shafran

MEMBERS ABSENT

James Dorf
Jonathan Ferber
Lillian Green-Chamberlain
Larry Hughes
Sharon Meadows
Pamela Peeke
Joyce Riggs
Kate Rumbaugh
Carl Runk
Gregory Taylor

STAFF PRESENT

Pat Boehm
Mary Concannon
Naomi Goldberger
Kara Longo
Teresa Moore

GUEST

Daphne Hicks

WELCOME AND INTRODUCTIONS

Chairperson *Brenda Loube* convened the meeting at 4:43 P.M. in the Maryland Department of Planning conference room by welcoming the group and asking everyone to introduce themselves. Meeting attendees included a former Fitness Council member 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 (NPA) State Plan to prevent obesity and other chronic diseases and thanked members for providing their input. The State Plan is nearly complete and DHMH upper management is currently reviewing the document. An editor has been hired to assist with finishing the plan. The State Plan is tentatively scheduled to be complete and disseminated in late spring, or early summer of 2006.

2005 FITNESS COUNCIL ACCOMPLISHMENTS / ANNUAL REPORT

Mary Concannon reviewed what the Fitness Council accomplished since November 2004. Print copies of the 2005 Fitness Council Annual Report were provided to Council members that outline the accomplishments and future directions. Although it is required that certain DHMH advisory councils provide an annual legislative report to the Governor, it is not legislatively mandated for the Fitness Council. Annual reports have been written in the past for the Fitness Council, but the 2005 version is the first report available in an electronic format. It can be accessed through the Resources page of MarylandFitness.org (<http://www.marylandfitness.org/pdf/Fitness%20Council%20Annual%20Report%20FINAL.pdf>).

PHYSICAL ACTIVITY EXCELLENCE AWARDS

Brenda Loube congratulated members of the Council for their success in developing and launching the first annual Physical Activity Excellence Awards in 2005. Ideas were shared for doubling the fifteen applications that were received in 2005. Members were asked to promote the award through the 2006 flyer that is posted on the Resources page of MarylandFitness.org. Suggested groups for members to contact include chronic disease voluntary organizations (e.g. Maryland Chapters of the American Heart

Association; Diabetes Association; Cancer Society; Arthritis Foundation); YMCAs; Maryland Association for Health, Physical Education, Recreation and Dance (MAHPERD); American Association of Homes and Services for the Aging (AAHSA).

Several suggestions were made to improve the Physical Activity Excellence Award process (i.e., adding the word “All” to the flyer to make the selection procedure include all four criteria; conceptualizing a debriefing session if needed for applicants who do not win; providing a more detailed description of the award winners on the Awards page of MarylandFitness.org).

2006 FITNESS COUNCIL GOALS

Having the Physical Activity Excellence Award system replicated by other State / Governor Fitness Councils is a long-term goal of the Maryland Fitness Council. *Brenda Loube* has proposed to have the Physical Activity Excellence Award on the National Association for Health & Fitness annual meeting agenda. The President’s Council on Physical Fitness has also been informed of the Award. Publicizing the Excellence Award and developing a slide show to educate the Governor’s office staff are 2006 goals of the Fitness Council.

Tracking and supporting physical activity-related bills as concerned citizens will continue to be a priority for Fitness Council members during the legislative session. *Charles Chester* will inform Council members of the bill status that would increase the number of Physical Education hours taught in public schools.

OTHER BUSINESS

Naomi Goldberger described the renaming of PACE (People with Arthritis Can Exercise) to the Arthritis Foundation Exercise Program.

Charles Chester, Council Vice Chairperson and board member of the Healthy Schools Coalition, recommended that letters be written to Nancy Grasmick, Maryland State Superintendent of Schools at the Maryland State Department of Education (MSDE; 200 West Baltimore Street; Baltimore 21201) urging her to make the new Physical Education Coordinator position permanent and not contractual. This is a follow-up to the 2005 legislation that created the Physical Education Coordinator position at MSDE that was supported by many fitness professionals and individual members of the Council.

Mary Concannon reminded members that they are invited to participate in the Governor’s Health Fair on Thursday, January 12th in the Miller Senate Building from 9:30 a.m. – 3:00 p.m.

NEXT MEETING

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

ADJOURNMENT

The meeting was adjourned at 5:50 P.M.