

**DISTRICT OF COLUMBIA**  
**Mayor's Council on Physical Fitness, Health and Nutrition**

**May 17, 2017**

**Draft Meeting Minutes**

**MCPFHN Member Attendees:**

Peterson-Kosecki, Amelia; Hipkins, Audrey; Stoltzfus, Carrie; Redden, Corey; Puidk, Courtney; Bruce, Diana; Burley, Gerard; Jackson, Gregory; Leo, Jennifer; Shallal, Laela; Lillie Monroe-Lord; Tierney, Mary; Everts, Michael; Jones, Michele; Davis-Moss, Regina; Curtis, Shari; Alter, Tal

**Absent:**

Everts, Michael; Redden, Corey; Shanklin, Sharia

**Public Attendees:**

Beckwith, Sara;

**I. Meeting called to order at 3:04 pm**

**II. Introductory Remarks**

**III. Roll Call and Introductions**

- **Amelia – help facilitate administrative tasks**
- **Greg – chair of the council. Works for DPR as community relations officer. Talked about what draws him to physical fitness.**
- **Carrie – Program director of Food and Friends. Loves DC, interested in health disparities.**
- **Shari – Health communications consultant, managing Affordable Care Act for Prince Georges County. Interested in population health, health disparities, social determinants of health, policy.**
- **Gerard – personal trainer, small group fitness instructor, Coach G Fitness. Hosting Sweat DC. Interested in spreading his love of fitness to folks who don't always have the opportunity.**
- **Michele – analyst at Board of Governors' of the Federal Reserve System. Interested in health and nutrition. Ward 7 resident. Concerned about access to health options, state of nutrition. Interested in empowering girls to be active.**

- **Tal – Director of Nationals Youth Baseball Academy. Interested in community and mental health. Baseball is a vehicle to accomplish community and youth outcomes.**
- **Diana – Oversees school health programs with DCPS. Background in reproductive health. Ward 6 resident, parent of 2 kids who are physically active. Very invested in the District, and all we can do to increase availability of lifelong fitness and wellness.**
- **Lillie – Director of Center for Nutrition, Diet and Health. University of the District of Columbia. Oversees several programs including SNAP-Ed and EFNEP.**
- **Audrey – Retired. Passionate about swimming. Interested in expanding a curriculum for students in the city that want to go into physical fitness. Interested in expanding access for seniors, especially East of the River.**
- **Courtney – Registered dietitian, avid cyclist, Pilates teacher. Very into fitness. Passionate about giving back to her community. Interested in nutrition policy.**
- **Mary – Pediatrician. Interested in getting young people into exercise, healthy lifestyles, preventing smoking. Retired, but continues to work on Medicaid and health insurance. Loves to swim, horses.**
- **Laela – works for Busboys and Poets, interested in inspiring social change, wellness revolution. Sponsor soccer teams for staff, certified as Healthy Restaurant, by USDA.**
- **Jennifer – consultant with technology and start-ups. Previously managed a youth development program in tennis. Personally interested in health and fitness, teaches yoga.**
- **Regina – Associate director at American Public Health Association.**

#### **IV. Adoption of the Agenda**

Members discussed the number required for a quorum. There are 18 member of the MCPFHN. It is established that there must be at least ten members present to conduct business. There are twelve members present.

Tal Alter moved to approve agenda. Gerard Burley seconded. All were in favor of approving the agenda. Agenda approved as written.

#### **V. Commission Overview Including Review of the MCPFHN Establishment Document**

Commission members reviewed the establishment and the powers and duties of the MCPFHN. The discussion included the history of the commission and past activities.

It is noted that:

All meetings are open to the public.

There are two key MCPFHN deliverables including the annual and financial reports.

The commission is able to hold fundraisers to raise funds for the Commission's work.

## **VI. Relevant District of Columbia Health and Wellness Goals (DOH, DPR, Other)**

Representatives from both the Departments of Health and Parks and Recreation presented relevant health and wellness goals and priorities. Documents reviewed included:

DC Healthy People 2020 Framework - <https://doh.dc.gov/node/1163689> (pages 57-58)

DC Community Health Needs Assessment - <https://doh.dc.gov/node/872532> (pages 37 – 40, 46)

Sustainability DC Plan - <http://www.sustainabledc.org/>

DPR outreach materials

Physical Activity Guidelines for Americans

## **VII. Open Discussion**

Ensuring our presence as a Council is strong and clear

Create small website to highlight members

Will there be an extension of terms? 8 terms will expire in September 2017, those terms will be renewed, as desired.

Next meeting: July 12th at 3:30 pm – 5:00 pm at DPR, 1250 U St. NW

Frame out objectives

Other commissions – will priorities of other Councils influence our priorities?

Healthy Youth and Schools Commission – focuses on school-age youth

Food Policy Council – not focused on physical activity at this time

Is it possible target geographic areas (e.g. East of the River)

In past, had trouble creating our own activities. May be easier to advise on currently scheduled activities.

Support and advise on DOH and DPR activities

More important for us to lend our expertise, identify gaps

Be more policy driven, using current District level data

If resources aren't in DOH or DPR, can advise on how to secure resources

Use our power to leverage private fitness companies and studios, without a connection to the community. We can merge that gap. They often want to be connected to the

### **VIII. Opportunity for Public Comment**

No comments

### **IX. Future Meeting Schedule**

Future meetings will be held on the second Wednesdays of every other month. Meeting times will be from 3:30 to 5:00 alternating between the Department of Health and the Department of Parks and Recreation locations.

July 12, 2017

September 13, 2017

November 8, 2017

### **X. Items to Continue for Next Meeting**

### **XI. Adjournment at 4:55**