**Mayor’s Council on Physical Fitness, Health and Nutrition**

**Draft Meeting Minutes**

**April 9, 2014**

**Conference Room #306**

**3:00PM**

*“Promoting* ***worksite wellness****,* ***recreation*** *and* ***fitness*** *programs for all ages and abilities.”*

**Present at the meeting:** Dr. Joxel Garcia , Ryan Springer, Sajeed Popat, Amelia Peterson-Kosecki, Alexandria Ash brook, Shari Curtis, Regina Davis, Audrey Hipkins, Dr. Djinge Lindsay, Dr. Lillie Monroe-Lord, Dr. Mary Tierney, Carla Williams, Janille Thompson, Jennifer Moore, Sherman M. Nelson Jr. Al-Mustafa Cook, and Dr. Regina Davis

**I. Welcome and Confirmation of Quorum**

Approval of Meeting Agenda

* Quorum not reached
* Agenda approved by a consensus

**II. Review of Meeting Objectives**

* Approval of March 5, 2014 Minutes
* Quorum not reached

**III. Old Items**

* 1. Requirements of the DC Boards and Commission
     1. Quorum Requirements
        1. **Original list of appointees has changed.**
        2. **What constitutes a quorum is in question.**
        3. **In a few weeks we will determine what a quorum is.**
     2. MCPFHN Deliverables
        1. **Annual report detailing MCPFHN program and financial activities**
        2. **Public annual meeting schedule in the DC Register**
        3. **Public meeting agenda posted 2 days prior the meeting**
        4. **and meeting minutes posted by the 3rd business day after meeting**
        5. **Minutes to be posted to the BEGA website until coordination to post it on the DOH website**
        6. **Fine of $250 if rules are not followed**
     3. Open Government
     4. Posting Required Documents
  2. Follow Up on MCPFHN Membership Questions
     1. Expiring Terms
        1. **Expire September 2015**
        2. **Can be reappointed through chairperson’s recommendation ( application, waiver swearing in ceremony)**
        3. **There are term limits, can be reappointed a year after the expiration of your term**
     2. Membership Review
        1. **Received two resumes requesting membership**
        2. **In order to become a member, one must submit the following: application, tax waiver, biography to Office of the Mayor**
     3. Expanding Membership
        1. **There are vacant seats on council - need the DPR person sworn in**
        2. **Open meetings as required by law-anyone can come, need to keep track of who is present**
  3. Review relevant DC health and wellness activities
     1. DC Government
     2. Community Based
        1. **Council members were provided a Sampling of DC Resources For Children & Youth On Fitness, Healthy Eating and Active Living handout**
  4. Discuss activities survey
     1. **Provided a draft to determine where the council priorities will lie**
     2. **Dr. Garcia is interested in doing an initiative that can focus on the lower income population participating in physical activity ( i.e. capital bike share)**
     3. **League of Cities presented to the council a year ago on the Let’s Move cicites program gaining attraction in other cities Dianna Bruce belives it can be a good framework for the council because cicites can develop their own plan modeled after a national framework-opportunity to do fun events and have increased access to rec centers, may be an opportunity to work with the First Lady and the White House.**
     4. **Idea-incentive cards for Capital City Bike Share, helmet safety is an issue**
     5. **Alex Ashbrook-Would like to focus on those that don’t have. Healthy school acts-physical activity component has not been a successful as the nutrition and healthy eating. Need to push more for physical activity-policy issue, need grassroots network to push physical activity in schools, need to collect good BMI data-not provided on the Universal Health Certificate**
     6. **Ideas-immediate impact on increasing physical activity access, attaching our cause to a health policy that changes may be implemented(legislation) implement long term change through data**
     7. **Access piece, long term data connection between performance and health for students**
     8. **Produce Plus/Freggie Bucks- 2 programs to provide increased access to healthier foods, healthy snacks, etc. 2nd year of Produce Plus, 3rd year of Freggie bucks and Healthy Store Corner Initiative-Educational Competent to all these programs**
     9. **Dr. Garcia is interested in banning High Fructose Corn Syrup**
     10. **Whatever imitative we focus on, make it DC Specific**
     11. **Successful Curriculum used in DPR camps- Organ Wise guys**
     12. **Interested in having activities In Spring**
     13. **Spokesperson from a local sports team**
         1. **Man, woman and senior**
         2. **Ex. Kevin Durant, Washington Mystics player**

**New Items –To Be Determined**

1. Set date and location for future meetings
   1. **2nd Wednesday of month**
   2. **3:30-5:00PM**
   3. **5/14, 6/11, 7/9, 8/13 9/10**
2. Discuss workgroups to address survey completion and data gathering

Survey Discussion

* **Survey group met for about 20 minutes to revise the activities survey**

1. Other
2. For the next meeting: Updated presentation on DC specific related data

**V. Adjournment**

**Approved By:**

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