Mayor’s Council on Physical Fitness, Health and Nutrition
Meeting Notes

May 16, 2018
3:30pm – 5:00pm
899 North Capitol Street NE
Washington, DC 20002
Room 306

1. Call to Order – 3:46pm
2. Introductions/Roll-Call
   a. Introductions of all members
   b. Members discussed interests in physical fitness, health, and nutrition
3. Introduction of Chair Alan Karnofsky
4. Approval of Agenda
   a. No Quorum
   b. No changes
5. Public Comment
   a. We can engage Food Policy Council
   b. Corey Redden has groups he can engage
   c. DC MAND – Courtney recommendation
   d. DC hunger solutions
Office of Mayor Muriel Bowser  
John A. Wilson Building | 1350 Pennsylvania Avenue NW, Suite 300 | Washington, DC 20004

e. Engage DPR to find other lists

f. Fitness centers/instructors
   
   i. Idea Fitness (most personal instructors have an Idea Fitness account)
      
   ii. Soul Cycle

6. Mayor’s Council Best Practices

a. Members concerns
   
   i. –Strategic Plan with goals
      
   ii. –Key deliverable is a report to the Mayor – want to get this out
      
   iii. – What is expected of the Council?
      
   iv. – attach work to programs DC Health has
      
   v. – under Obama admin; Let’s Move Cities – came to present
      
   vi. – being able to attach ourselves to something that is moving
      
   vii. – due to lack of clarity in legislation, we can create our scope

b. Call in number
   
   i. – quarterly meetings
      
   ii. – sites to meet:
      
      1. We do not have to meet at DC Health
      
      2. Call in is helpful as back up
      
      3. Strongly encourage people to come in person
iii. Meeting time is pleasantly inconvenient for everyone

iv. Good with 3:30; or starting later

v. Meeting at Bus Boys and Poet?

1. Alan will ask Office of the General Counsel (OGC)

7. Revisit Council Scope

a. Advise the mayor on matters related to physical fitness, obesity, and nutrition

b. Develop objectives to raise awareness of:

   i. –risks of obesity

   ii. –benefits of physical activity and fitness

   iii. –benefits of healthy eating

c. Publish an annual report on the state of physical fitness, obesity, and nutrition

   i. –Alan goes through the above

   ii. –We will have an annual report done by November 16

d. I would like Council to have three core groups with a lead for each group to help draft the annual report

   i. –Members liked

   ii. Diabetes is a large factor – we should have a section entitled “Obesity and Other Related Illnesses”

   iii. –State of Physical Fitness

1. Physical Fitness
2. Obesity and Related Illnesses
   a. DC Health lead or public member

3. Nutrition
   a. DC Health lead or public member
   b. Courtney will lead

iv. Our recommendations for improvement
   1. Physical Fitness
   2. Obesity
   3. Nutrition

   e. Alan talked about DC as the fittest city in the nation – we are number 3 now
   f. We want to create a narrative around this to provide recommendations to the Mayor

8. DC Health – Vision and Overview – Amelia Peterson-Kosecki
   a. Wanting to make DC healthier
   b. We are challenging ourselves in a different way
   c. DC Health is trying to see ourselves as the chief strategists in the District
   d. Where a person lives says a lot about how healthy a person is
   e. DC Health – we have to be at the table for when policies are changing
   f. Example, when we break ground – DC Health needs to be involved

   ★ ★ ★
We have to engage the partners in every effort

9. Obesity Data Overview – Amelia Peterson-Kosecki
   a. 36% of adults across the country are identified as being obese – BMI greater than 30
   b. Prevalence in Wards 7 and 8
      i. Ward 7 – 36.2%
      ii. Ward 8 – 38.
      iii. How do we as a Council close that gap?
   c. Correlation between being economically disadvantaged
   d. Ward 7 is a food desert
   e. 2 large grocery stores in Ward 7 and 8
   f. Nutrition group – where are the food deserts; access and affordability
      i. This is where we can engage the Food Policy Council
      ii. Engaged DMPED to come to Ward 7 and Ward 8
      iii. Government opening up a grocery store?

10. Review Meeting Schedule
   a. 08/08; 10/10; 02/13/19; 05/08/19
   b. 3:30 – 5:00pm

11. Next Steps
   a. Alan will send out notes from today and the proposed sub groups with members
12. Adjourn –
   a. Courtney – motion
   b. Diana – 2nd

Sub groups –
- Alan will call non attending members
- Sub groups will work on Google Docs
- Report could be an asset map – what are the resources you have in your community?
- Food Policy – Food Deserts