



Office of Mayor Muriel Bowser
John A. Wilson Building | 1350 Pennsylvania Avenue NW, Suite 300 | Washington, DC 20004

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





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- 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





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- 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





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- a. DPR Lead; in the meantime, need someone else
 - 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





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g. 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



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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

DRAFT