

GCPAH Meeting January 20, 2009
4:00 – 5:30 PM

Present

Paul Mertzic; Kathy Sherman; Travis Horne; Lilyan Wright; Travis Horne; Dan Kestlinger;
Dianne Rappa; Chris Morrill; Sharon Palisi
Guests Peter Ames; Jim Eddinger; Heather Fairchild

- I. Meeting called to order by Travis Horne
- II. November minutes reviewed and accepted as written.
- III. Introduction of candidates for the GCPAH
 - a. Introduction of Jim Eddinger representing Senior Games
 - b. Introduction of Heather Fairchild, Health and Safety Coordinator /Wellness Coordinator DHHS.
- IV. Finances Dianne reported that we have a Statement Account with \$946.27 available to us.
The account is housed in NHAHPERD.
- V. Current Legislative Bills: Peter Ames, Director of Advocacy with the American Cancer Society reported on health and physical activity bills for this legislative session. Bills are in draft form at this time. There does not appear to be any directly related to Physical Activity.
The Commission on Childhood Obesity Prevention (bill HB #1422) has created a 15 member commission. A report is to be presented on its findings and recommendations in 11/09.
Dianne Rappa is a member of the commission representing NHAHPERD and the Gov. Council. Even though the bill is titled 'Childhood', the commission is planning on addressing all age groups. Meetings are open to the public, dates and times of meetings are posted on the web site NH.gov, search HB #1422. The commission is in the data collection stage at this time. Diane will keep the Council updated on the progress of the Commission. Peter will keep his eyes open for any physical activity/nutrition topics and has agreed to monitor HB #1422 as well.
- VI. Committee Updates:
 - a. Outstanding Achievement Awards: Information about the awards is currently posted on the Council website as well as on the HEAL website.
The deadline for application is 4/24/089.
Travis will draft another press release and forward it to all council members. Each council member is requested to assume responsibility to promote the Awards to the groups they represent by mid February.
Any question please contact Travis
 - b. Website: www.nh.gov/GCPAH please check it out and provide any feedback to Kathy Sherman. We have and will be posting links to appropriate web sites who promote physical activity and health concepts such as NHAHPERD, HEAL etc. A sub committee to address further website development will be organized after the IWW.
 - c. Membership: Dan distributed handouts. Please provide any feedback to him.

- d. Programming: The sponsor sheet was distributed and edited by the group. Provide Travis with any further updates. Travis will redo the sponsorship letter based upon today's feedback and send to members via e-mail.
 - i. National Employee Health and Fitness Day 5K Walk (IGG)– Dr. Lynch has been invited and plans on joining us for the walk. We will start at the State House and proceed to Memorial Field. A bus will be at Memorial Field to bring back Outstanding Achievement Award recipients for the awards ceremony at the State House. T-shirts will be available to all walkers. The cost of the shirts is less than \$5.00, white shirts with one color printing. A \$2.00 donation from each walker to help offset some of the costs will be requested.
It is hoped to have enough sponsorships to cover our costs. Council wants to promote satellite walks due to fiscal constraints on some of the schools and worksite employees may not be able to take that much time off. Promote the walk as an intergenerational and employee walk.
 - ii. Website information - Registration forms are on the website, but we need to advertise the event on the first page of the website for easier access to documents.
 - iii. Logistics – Travis to revise and send to council members for review
Brochures will be distributed at the next meeting.
 - iv. To Do List - Council members to let Travis know if they can help out with any of these items.

VI. New Business

- a. Other NH programs the council is interested in promoting in the future – ideas to Travis

Minutes respectfully submitted

Paul A. Mertzic, RN, MS