

**COUNCIL OF THE DISTRICT OF COLUMBIA
COMMITTEE OF THE WHOLE
DRAFT COMMITTEE REPORT**

1350 Pennsylvania Avenue, NW, Washington, DC 20004

TO: All Councilmembers

FROM: Chairman Phil Mendelson
Committee of the Whole

DATE: September 17, 2019

SUBJECT: Report on PR 23-399, “Mayor’s Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019”

The Committee of the Whole, to which PR 23-399, “Mayor’s Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019” was referred, reports favorably thereon, and recommends approval by the Council.

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I. BACKGROUND AND NEED

On June 24, 2019, PR 23-399, the “Mayor’s Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019” was introduced by Chairman Mendelson. The purpose of PR 23-399 is to appoint Ms. Mary Lord as a Council appointee to the Mayor’s Council on Physical Fitness, Health, and Nutrition (Mayor’s Council) for a three-year term.

Ms. Lord is a Ward 2 resident of the District of Columbia. Ms. Lord received her Bachelor of Arts in East Asian Studies from Harvard College and took courses at the U.S. Department of Agriculture Graduate School. Currently, Ms. Lord works at the American Society for Engineering Education where she serves as Deputy Editor and writes for *Prism*, the Society’s flagship publication. In addition, previously on the District of Columbia State Board of Education. She

served as an At-Large representative from 2013 to 2016, a Ward 2 representative from 2009 to 2012, and a District 1 (Wards 1 and 2) representative from 2007 to 2008. During her time on the State Board of Education Ms. Lord voted to approve the District's first-ever learning standards for physical fitness and health to ensure every child received a well-rounded education.¹ Ms. Lord is also a member of the Education Writers Association and the National Association of State Boards of Education.

The Mayor's Council was established as an advisory body in 2011 with the goal of promoting physical fitness and good nutrition in order to improve the health and wellness of District residents.² The legislation was necessary to address the high obesity rates in the District which translated into higher rates of chronic diseases and posed a significant financial strain on the health care infrastructure.³ According to the Department of Health in 2007, 15 percent of deaths in the District were linked to excess weight, poor nutrition, and physical inactivity, and more District residents die each year due to obesity-related chronic disease than from AIDS, cancer, and homicide combined.⁴

The Department of Health still considers obesity to be a local epidemic. More than half of the adults living in the District are obese, and 72 percent of residents living in Wards 7 and 8 are considered obese.⁵ The Mayor's Council is essential to address these issues. Even though the District has the second lowest adult obesity rate in the country, the obesity rate has increased approximately 10 percent in the past 20 years.⁶ Further, the District's obesity rate for children aged 10 to 17 years old is the 18th highest in the nation.⁷ The Mayor's Council provides advice on ways the District can lower the obesity rate especially with regards to the obesity rate of youth residing in the District.

The Mayor's Council consists of 25-members, five of whom are appointed by the Council and 14 of whom are appointed by the Mayor.⁸ Appointed members of the Mayor's Council serve 3-year terms and shall have experience related to physical fitness, health, or nutrition.⁹ The Mayor of the District of Columbia, the Chancellor of the District of Columbia Public Schools, the Chair of the Public Charter School Board, and the Directors of the Department of Parks and Recreation, the Department of Aging, and the Department of Health or their designees also serves as members

¹ See Mary C. Lord, Nominee, Written Responses to the Committee of the Whole's Pre-Roundtable Questionnaire, Page 2, July 1, 2019. (Attached to Report).

² See Mayor's Council on Physical Fitness, Health and Nutrition Establishment Act of 2011, effective December 2, 2011 (D.C. Law 19-58; D.C. Official Code § 7-121 *et seq.*).

³ See Bill 19-34, Mayor's Council on Physical Fitness, Health, and Nutrition Establishment Act of 2011, Report of the Committee on Health, 2 (July 7, 2011).

⁴ *Id.*

⁵ Obesity, DC Health, <https://dchealth.dc.gov/service/obesity-overview> (last visited August 20, 2019).

⁶ The State of Obesity in Washington, DC, The Robert Wood Johnson Foundation, <https://www.stateofobesity.org/states/dc/> (last visited August 20, 2019).

⁷ *Id.*

⁸ See D.C. Official Code § 7-121(b).

⁹ *Id.*

of the Mayor’s Council.¹⁰ The Mayor is responsible for designating one of the members to serve as the Chairperson.

Table 1: Membership of the Mayor’s Council on Physical Fitness, Health, and Nutrition

Resolution #	Position	Appointee	Term Expiring:
<i>PR 23-396</i>	<i>Proposed Council Appointee</i>	<i>Neal L. Downing</i>	<i>Three Years</i>
<i>PR 23-397</i>	<i>Proposed Council Appointee</i>	<i>Andriya Cracco</i>	<i>Three Years</i>
<i>PR 23-398</i>	<i>Proposed Council Appointee</i>	<i>Katrina Owens</i>	<i>Three Years</i>
<i>PR 23-399</i>	<i>Proposed Council Appointee</i>	<i>Mary C. Lord</i>	<i>Three Years</i>
<i>PR 23-400</i>	<i>Proposed Council Appointee</i>	<i>Rosalyn Overstreet Gonzalez</i>	<i>Three Years</i>
	Mayor of the District of Columbia or Designee	Vacant	n/a
	Director of the Department of Parks and Recreation or Designee	Jason Millison	n/a
	Chancellor of the District of Columbia Public Schools or Designee	Miriam Kenyon	n/a
	Chair of the Public Charter School of Board or Designee	Robert Turner	n/a
	Director of the Department of Aging or Designee	Jackie Geralnick	n/a
	Director of the Department of Health or Designee	Amelia Peterson-Kosecki	n/a
	Mayoral Appointee	Emile Simons	September 30, 2020
	Mayoral Appointee	Shari Curtis	September 30, 2021
	Mayoral Appointee	Lillie Monroe-Lord	September 30, 2021
	Mayoral Appointee	Mary Tierney	September 30, 2021
	Mayoral Appointee	Jennifer Leo	September 30, 2021
	Mayoral Appointee	Courtney Puidk	September 30, 2021
	Mayoral Appointee	Laela Shallal	September 30, 2021
	Mayoral Appointee	Carrie Stoltzfus	September 30, 2021
	Mayoral Appointee	Corey Redden	September 30, 2021
	Mayoral Appointee	Sarah Roache	September 30, 2021
	Mayoral Appointee	Greg Raleigh	September 30, 2021
	Mayoral Appointee	Danette Thomas	September 30, 2021
	Mayoral Appointee	Michelle Light	September 30, 2021
	Mayoral Appointee	Vacant	

Ms. Lord would like to serve on the Mayor’s Council in order to allow her to build on the work she did as a member of the State Board of Education and to continue her support of the District government’s efforts to improve physical fitness, health, and athletic opportunities for all District residents.¹¹ She hopes to be able to help the Mayor’s Council develop strategies to raise the awareness of the benefits of physical fitness and the dangers of obesity.¹² As a member of the Mayor’s Council she will push District government agencies to coordinate their efforts to broaden participation in physical activities, sports, and nutrition-education programs.¹³

¹⁰ *Id.*

¹¹ *Supra* note 1 at 3.

¹² *Id.*

¹³ *Id.*

The Committee supports Ms. Lord’s goal to emphasize District resident participation in fitness, health, and nutrition programs.¹⁴ Furthermore, the Committee agrees with Ms. Lord’s recommendation that the Mayor’s Council should also take into account food insecurity, trauma, and gun violence issues when thinking of recommendations to address District residents well-being.¹⁵ Ms. Lord also meets the statutory requirements to serve as a member of the Mayor’s Council pursuant to D.C. Official Code § 7-121(b)(2)(ii)), as she has experience related to physical fitness and health. Based on the foregoing reasons, the Committee recommends adoption of PR 23-399.

II. LEGISLATIVE CHRONOLOGY

June 24, 2019	PR 23-399, the “Mayor’s Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019” is introduced by Chairman Mendelson.
June 26, 2019	Notice of a Public Roundtable on PR 23-399 is filed with the Office of the Secretary.
June 28, 2019	Notice of Intent to Act on PR 23-399 is published in the <i>District of Columbia Register</i> .
July 2, 2019	The Committee of the Whole holds a public roundtable on PR 23-399.
July 9, 2019	PR 23-399 is “read” at a Committee of the Whole meeting and the referral to the Committee of the Whole is official.
September 17, 2019	The Committee of the Whole marks-up PR 23-399.

III. POSITION OF THE EXECUTIVE

Ms. Lord is the Council’s appointee to the Mayor’s Council. The Executive provided no comment on Ms. Lord’s appointment.

IV. COMMENTS OF ADVISORY NEIGHBORHOOD COMMISSIONS

The Committee received no testimony or comments from any Advisory Neighborhood Commission on PR 23-399.

¹⁴ Mary C. Lord, Nominee, Testimony before the DC Council Committee of the Whole, 2, July 2, 2019 (Attached to the Report).

¹⁵ *Id.*

V. SUMMARY OF TESTIMONY

The Committee of the Whole held a public roundtable on PR 23-399 (and 4 other nominations to the Mayor's Council and one unrelated PR) on Tuesday, July 2, 2019. The testimony summarized below is from that roundtable. A copy of Ms. Lord's testimony is attached to this report.

Mary C. Lord, Appointee, testified and answered questions from Chairman Mendelson regarding her background and experience as it pertains to her interest in serving on the Mayor's Council on Physical Fitness, Health, and Nutrition.

VI. IMPACT ON EXISTING LAW

Members of the Mayor's Council on Physical Fitness, Health, and Nutrition appointed by the Council are appointed pursuant to section 2 of the Mayor's Council on Physical Fitness, Health, and Nutrition Establishment Act of 2011, effective December 2, 2011 (D.C. Law 19-58; D.C. Official Code § 7-121), which established the Mayor's Council.

VII. FISCAL IMPACT

PR 23-399 will have no fiscal impact on the District of Columbia budget or financial plan. Pursuant to D.C. Official Code § 7-121(b)(3)(B)(iii), members of the Mayor's Council appointed by the Council and the Mayor are not entitled to compensation.

VIII. SECTION-BY-SECTION ANALYSIS

<u>Section 1</u>	States the short title of PR 23-399.
<u>Section 2</u>	Appoints Mary C. Lord as a member of the Mayor's Council on Physical Fitness, Health, and Nutrition to serve for a term ending three years after the effective date of this resolution.
<u>Section 3</u>	Requires that a copy of the resolution, upon adoption, be transmitted to the appointee, the chairperson of the Mayor's Council, and to the Mayor.
<u>Section 4</u>	Provides that PR 23-399 shall take effect immediately upon the first date of publication in the District of Columbia Register.

IX. COMMITTEE ACTION

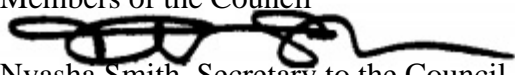
X. ATTACHMENTS

1. PR 23-399 as introduced.
2. Nominee's response to Committee questions.
3. Written testimony.
4. Legal sufficiency determination.
5. Committee Print for PR 23-399.

COUNCIL OF THE DISTRICT OF COLUMBIA
1350 Pennsylvania Avenue, N.W.
Washington D.C. 20004

Memorandum

To : Members of the Council

From : 
Nyasha Smith, Secretary to the Council

Date : June 25, 2019

Subject : Referral of Proposed Legislation

Notice is given that the attached proposed legislation was introduced in the Office of the Secretary on Monday, June 24, 2019. Copies are available in Room 10, the Legislative Services Division.

TITLE: "Mayor's Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019", PR23-0399

INTRODUCED BY: Chairman Mendelson

The Chairman is referring this legislation to the Committee of the Whole.

Attachment

cc: General Counsel
Budget Director
Legislative Services


Chairman Phil Mendelson

1
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7 A PROPOSED RESOLUTION

8
9
10 IN THE COUNCIL OF THE DISTRICT OF COLUMBIA
11
12

13
14 To appoint Ms. Mary C. Lord to the Mayor's Council on Physical Fitness, Health, and
15 Nutrition.

16
17 RESOLVED BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this
18 resolution may be cited as the "Mayor's Council on Physical Fitness, Health, and Nutrition Mary
19 C. Lord Appointment Resolution of 2019".

20 Sec. 2. The Council of the District of Columbia appoints:

21 Mary C. Lord
22 Newport Place, N.W.
23 Washington, DC 20037
24 (Ward 2)
25

26 as a member of the Mayor's Council on Physical Fitness, Health, and Nutrition, established by
27 section 2 of the Mayor's Council on Physical Fitness, Health, and Nutrition Establishment Act of
28 2011, effective December 2, 2011 (D.C. Law 19-58; D.C. Official Code § 7-121), to serve for a
29 term ending three years after the effective date of this resolution.

30 Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution,
31 upon its adoption, to the appointee, the chairperson of the Council, and to the Office of the
32 Mayor.

33 Sec. 4. This resolution shall take effect immediately upon the first date of publication in
34 the District of Columbia Register.

Mary C. Lord

Newport Place NW, Washington DC 20037-3002

Current Position and Contact Information

American Society for Engineering Education

Deputy Editor, *Prism* Magazine

Producer, Engineering Go For It (eGFI) blog & e-newsletter for teachers

1818 N Street NW, Suite 600

Washington, DC 20036

(202) 331-3543 direct

m.lord@asee.org

Work Experience and Policy Leadership:

American Society for Engineering Education

Jan. 2011 – present.

- Deputy Editor and writer for *Prism*, the Society's flagship publication.
- Producer of Engineering, Go For It (eGFI) Teachers' [blog](#) and [e-newsletter](#) with nearly 25,000 subscribers; writer and editor, eGFI magazine; other K-12 outreach initiatives. Editorial support and reporting on research presented at ASEE's [Annual Conference](#).

District of Columbia State Board of Education

Sept. 2007 – Dec. 2016

Elected in a special election, I served as the representative for Wards 1 and 2, followed by full four-year terms as the Ward 2 representative and then as the At-Large member, elected citywide. An advocate for STEM, arts, and career-technical education, I led the effort with D.C. science teachers to adopt the Next Generation Science Standards in 2013. Those standards include authentic engineering and design thanks to my helping to involve ASEE as a critical stakeholder during the writing process. Students in the District and 19 states now learn by *doing* science and engineering. I also approved the District of Columbia's first-ever learning standards for health, physical education, world languages, early childhood education, and the visual and performing arts, ensuring every child receives a well-rounded education and recruiting schools in the effort to combat our city's soaring rates of childhood obesity and HIV/AIDS. I also successfully fought to save the citywide (state) Intel Science & Engineering Fair in 2010 after it fell through the administrative cracks during a central school office restructuring and win the District of Columbia \$75 million in federal Race to the Top money.

National Association of State Boards of Education

Oct. 2010 – 2016

Served a two-year as the Northeastern region's representative to NASBE's board, then was elected to a three-year term on executive leadership team, including serving as the 2015 national president, presiding over an advocacy effort that saw NASBE's nonpartisan recommendations for fixing the federal No Child Left Behind education law incorporated into the Every Student Succeeds Act that President Obama signed that December. In addition, I served on several groundbreaking NASBE study groups, exploring such topics as career-technical education and deeper learning.

Freelance education writer and editor**2003 - 2011**

Articles appeared in such nationally recognized publications as the *Boston Globe*, *Essence* magazine, *USA Today's* editorial page, and the *Washington Post*, where I served as a summer relief editor in the Outlook section.

U.S. News & World Report**1986 - 2002**

As the Tokyo-based North Asia bureau chief, I covered China's emerging economy and democracy movements in South Korea and Taiwan before returning home in October 1987 to become assistant managing editor for the business section. I returned to reporting in 1991, covering subjects from medicine to workplace trends and foreign affairs, ultimately specializing in K-12 education and contributing to the annual college and graduate school guides.

ZaSSHI Magazine**1984 – 1986**

Brought to Tokyo by the publication arm of *haute couture* fashion designer Hanae Mori International to create an English-language magazine about Japan, I worked with a multicultural team of designers and writers to create ZaSSHI (ざ誌) – “the” magazine.

Newsweek**1976 - 1983**

Hired as a summer intern, I returned the following year as a general assignment reporter in the Washington bureau, advancing to become an environmental and nuclear energy correspondent after the Three Mile Island disaster. I ended up covering national security and the Pentagon, where I wrote about the Iran hostage crisis—including a never-published scoop that six Americans had escaped and were being hidden by friendly embassies—and the integration of women into the military.

EDUCATION:

Harvard College, A.B. cum laude, East Asian Studies 1975 ('76)

U.S. Department of Agriculture Graduate School 2008

Courses in html and podcasting

AWARDS:**APEX Grand Award for Publication Excellence**

- 2018 – *Prism*, March 2017, entire issue, including “Brain Gain” cover story
- 2017 – *Prism*, January 2016, entire issue
- 2016 – *Engineering*, *Go For It* magazine. 6th edition (sample)
- 2014 – *Engineering*, *Go For It* teachers' e-newsletter (January)

APEX Award of Excellence

- 2017 – Education & Training feature writing, “Made to Measure” *Prism*, Feb. 2016

Association of Educational Publishers' Distinguished Achievement Awards

- "Deeper Partnership" *Prism* cover story on the new face of K-12 engineering outreach January 2012
- "Preparing Future Engineers Around the World" Writing *Prism*, Feb. 2011 cover story on K-12 STEM education.
- "We Shall Prevail," *Prism*, April 2008 cover story on Virginia Tech, Grand Award,
- Finalist: "Coming to America," *Prism*, Sept. 2005, Feature Writing
- "Down But Not Out," *Prism*, Nov. 2005 News Story, Grand Award

Association Trends All Media Contest

- 2019 Silver Award, *Prism* special ASEE 125th commemorative edition, October 2018

Communicator Awards

- 2019 Gold Award for Excellence in feature writing. "Young Pacesetters" cover story, *Prism*, Summer 2018.
- 2018 Award of Distinction for feature writing. "Down to Earth" profile of NSF Director France Córdova, *Prism* cover story, Feb. 2017.
- 2016 Gold Award for Excellence in feature writing, "Bot Diggity," *Prism* teaching toolbox, January 2015
- 2015 Award of Distinction in feature writing. "20 Under 40," *Prism* cover story, September 2014.
- 2012 Gold Award for Excellence in feature writing, "Educating Future Engineers Around the World," *Prism* cover story, Feb. 2011

National Magazine Award

- Winner: *Newsweek* cover story on Can This Family Be Saved (about the changing demographics of U.S. homes and the impact of federal policy on families).
- Finalist: *Newsweek* cover story on Women in the Military.
- Finalist: *U.S. News & World* report cover story I proposed and lobbied for on the Civil War. It was the magazine's first-ever nomination.

LANGUAGES:

Japanese, though much rustier than when I lived in Tokyo and appeared on Japanese television shows, including as a reporter on NHK's *"Hello, World!"* Some conversational and reading ability in French. Studied Chinese in college and have a smattering of Spanish from a summer with Proyecto Amistad in Peru.

PERSONAL:

Married with two children, one a teacher in Salt Lake City, Utah, the other a graduate student in data analytics.



COUNCIL OF THE DISTRICT OF COLUMBIA
1350 PENNSYLVANIA AVENUE, N.W.
WASHINGTON, D.C. 20004

Phil Mendelson
Chairman

Office: (202) 724-8032
Fax: (202) 724-8085

June 27, 2019

Mary C. Lord
2125 Newport Place, N.W.
Washington, DC 20037

Dear Ms. Lord:

Congratulations on being nominated for appointment to the Mayor's Council on Physical Fitness, Health, and Nutrition ("Mayor's Council"). As you know, the appointment is subject to confirmation by the Council. The Committee of the Whole has scheduled a public roundtable on your nomination for **Tuesday, July 2, 2019 at 11:00 a.m. in Hearing Room 412**. Enclosed is a copy of the roundtable notice. It is standard for the Council to submit questions to nominees. I request your response to the following questions no later than 9:30 a.m. Monday, July 1, 2019.

1. Please provide a copy of the Financial Disclosure Statement you filed with the Office of Campaign Finance or the Board of Ethics and Government Accountability. If you have not filed a Financial Disclosure Statement, please provide answers to questions 2-8 in lieu of that statement.
2. Please provide the name of each business entity transacting any business with the District Government in which you have a beneficial interest valued in excess of \$5,000, including publicly traded stock.
3. Please provide the name of each business entity transacting any business (including consulting) with the District Government from which you or your immediate family have received (or are receiving) income for services rendered in excess of \$1,000 during the past two years.
4. Please provide the name of each business entity transacting business with the District Government in which you or any member of your immediate family serves as an officer, director, partner, or agent. Also list the position(s) held, a brief description of the entity, and any other pertinent details.
5. Please provide the name of any lender and the amount of liability for each outstanding liability borrowed by you or any member of your immediate family in excess of \$5,000. Do not include loans from a federal or state insured or regulated financial institution, or from any business enterprise regularly engaged in the business of providing revolving credit or installment accounts.
6. Please list the location of all real property located in the District of Columbia in which you have an interest with a fair market value in excess of \$5,000.
7. Please list all professional and occupational licenses held by you.
8. Please list any professional organizations of which you are currently a member.

9. Please list all boards and commissions connected with the District government on which you are or have been a member, and include the term of service for each.
10. Please list any other boards (e.g. Boards of Directors of a non-profit) on which you are a member.
11. Do you have any outstanding liability for taxes, fees, or other payments to the District, federal, or other state or local governments, either contested or uncontested? If so, please provide documentation of attempts to pay the amount owed or to resolve the disputed claim.
12. Do you or any member of your immediate family have any interest, financial or otherwise, that may directly or indirectly pose a conflict of interest for you in performance of your duties as a member of the Mayor's Council?
13. Please describe any local political activity (i.e. the District of Columbia local elections or campaigns) that you have engaged in over the past five years, including any campaign contributions to a local candidate or political action committee.
14. Are you registered with any local, state, or federal government to lobby? If so, list the jurisdiction(s) in which you are registered.
15. Why have you agreed to serve, and how do you plan to help the Mayor's Council fulfill its role and mission during your time on the Mayor's Council?
16. Please discuss any past and present experiences not already mentioned that you believe are relevant to support your appointment as a member of the Mayor's Council.

At the July 2nd roundtable, you will be asked to make an opening statement indicating your interest in serving as a member of the Mayor's Council. The testimony of persons interested in supporting your nomination is helpful but not necessary. Interested parties may call the Committee office to register to testify (724-8196) or, alternatively, may submit written comments to the Committee regarding your nomination via letter mail or e-mail (COW@dccouncil.us).

If you have any questions please do not hesitate to call me or Peter Johnson on my staff at (202) 724-8083.

Sincerely,



Phil Mendelson
Chairman

enc.
PM/pj

Questionnaire for Mary C. Lord's appointment to Mayor's Council on Physical Fitness, Health, and Nutrition

1. Please provide the name of each business entity transacting any business with the District Government in which you have a beneficial interest valued in excess of \$5,000, including publicly traded stock.

NONE

2. Please provide the name of each business entity transacting any business (including consulting) with the District Government from which you or your immediate family have received (or are receiving) income for services rendered in excess of \$1,000 during the past two years.

NONE

3. Please provide the name of each business entity transacting business with the District Government in which you or any member of your immediate family serves as an officer, director, partner, or agent. Also list the position(s) held, a brief description of the entity, and any other pertinent details.

NONE

4. Please provide the name of any lender and the amount of liability for each outstanding liability borrowed by you or any member of your immediate family in excess of \$5,000. Do not include loans from a federal or state insured or regulated financial institution, or from any business enterprise regularly engaged in the business of providing revolving credit or installment accounts.

NONE

5. Please list the location of all real property located in the District of Columbia in which you have an interest with a fair market value in excess of \$5,000.

- 2125 Newport Place NW, Washington, D.C. 20037 – home
- 1514 17th Street NW, #410, Washington, D.C. 20036 – coop apartment

6. Please list all professional and occupational licenses held by you.

NONE

7. Please list any professional organizations of which you are currently a member.

- Education Writers Association
- National Association of State Boards of Education (former chair, lifetime member).

8. Please list all boards and commissions connected with the District government on which you are or have been a member, and include the term of service for each.

D.C. State Board of Education: September 2007-December 2016

- District 1 (Wards 1 &2) Representative, September 2007-December 2008
- Ward 2 Representative, January 2009-December 2012
- At-Large Representative, January 2013-December 2016

9. Please list any other boards (e.g. Boards of Directors of a non-profit) on which you are a member.

NONE

10. Do you have any outstanding liability for taxes, fees, or other payments to the District, federal, or other state or local governments, either contested or uncontested? If so, please provide documentation of attempts to pay the amount owed or to resolve the disputed claim.

Filed for extension of 2018 federal and D.C. taxes with estimated payments, so do not owe.

11. Do you or any member of your immediate family have any interest, financial or otherwise, that may directly or indirectly pose a conflict of interest for you in performance of your duties as a member of the Mayor's Council?

NO

12. Please describe any local political activity (i.e. the District of Columbia local elections or campaigns) that you have engaged in over the past five years, including any campaign contributions to a local candidate or political action committee.

I served three terms on the DC State Board of Education and ran for re-election in 2016. I have volunteered to circulate ballot petitions, canvass, or hand out literature at the polls for a number of candidates in the past five years, including Muriel Bowser, Phil Mendelson, David Grosso, Brandon Todd, Ruth Wattenberg, and Andrew Franklin, and have contributed to the principal campaign committees of the following candidates in the past five years: Muriel Bowser; David Catania; Emily Gasoi; David Grosso; Tierra Jolly; Patrick Kennedy; Phil Mendelson; Ruth Wattenberg; Robert White; Lateefah Williams. I also testified in a ballot-petition challenge before the Board of Elections in 2018 concerning forgeries of my signature on petitions turned in by At-large Council candidate Dionne Reeder.

13. Are you registered with any local, state, or federal government to lobby? If so, list the jurisdiction(s) in which you are registered.

NO

14. Why have you agreed to serve, and how do you plan to help the Mayor's Council fulfill its role and mission during your time on the Mayor's Council?

Almost everything we seek to accomplish in life – whether academically, athletically, socially, or on the job – depends on our physical well-being. Public policy plays a key role in ensuring all residents can enjoy “a healthy mind in a healthy body,” as the Romans put it, and reach their full potential.

I discovered this as a member of the fledgling DC State Board of Education in 2007. One of our first votes was to approve the District of Columbia's first-ever learning standards for physical fitness and health, recruiting schools in the effort to combat childhood obesity, teen pregnancy, and one of the nation's highest rates of HIV/AIDS. The standards, later updated to include mental health and violence, address nutrition, activity, personal safety, and a whole lot more besides sexual health. While subsequent assessments revealed knowledge gaps, they also showed big gains in such key areas as nutrition and safety.

Serving on the Mayor's Council will allow me to help support, build upon, and spotlight the city's sustained efforts to improve physical fitness, health, and athletic opportunities for all District of Columbia residents—preschoolers to seniors.

Along with developing objectives for raising awareness of the benefits of physical fitness and the dangers of obesity, I also see a vital role for the Mayor's Council in broadening participation in the wide array of physical activities, sports, and nutrition-education programs offered through a variety of government agencies and partners. Among them: the Department of Parks and Recreation, the D.C. State Athletic Association, local youth sports leagues, and the State Superintendent's school garden program—which has created a whole generation of kale fans.

I also agreed to serve because physical fitness, nutrition, and health have always been a part of my family's life. My school sent everybody outside for recess and we had to play a fall, winter, and spring sport. We hiked, biked, swam, and skated—activities I still enjoy today, along with such new pursuits as t'ai chi and Zumba. Having two soccer-playing kids taught me a lot about sprains, ligaments, and healthful eating. At one point, I even certified as a sideline referee so my son's travel team could compete.

To me, the Mayor's Council is uniquely poised to change the conversation about fitness, health, and nutrition. Rather than doctor's orders and guilt ("eat your spinach"), the emphasis can shift to the pleasurable aspects of group activities and home-grown greens. You don't have to be a health nut or Hollywood star to reap the benefits from small changes in diet and exercise.

In addition, I am committed to publishing an annual fitness report, as the enabling legislation specifies. We can't fix what we don't know about – or see how far we've come with milestones to mark the road.

15. Please discuss any past and present experiences not already mentioned that you believe are relevant to support your appointment as a member of the Mayor's Council.

I used to write about health and medicine for *U.S. News and World Report*, where I wrote the first national newsmagazine article on America's epidemic of childhood obesity, and currently write about engineering education. Thus I am quite comfortable translating medical and scientific studies into plain English for a diverse audience.

Remarks by Mary Lord, re: PR 23-399, Mayor's Council on Physical Fitness, Health, and Nutrition Mary C. Lord Appointment Resolution of 2019

July 2, 2019

Thank you, Chairman Mendelson and members of the Council, for the honor of serving on the Mayor's Council on Physical Fitness, Health, and Nutrition.

I'm excited about the important work ahead and pitching in to improve the well-being of residents in all eight wards, seniors and toddlers alike. As First Lady Michelle Obama noted when launching her "Let's Move" campaign nearly a decade ago, the physical and emotional health of an entire generation—and our economic health—is at stake.

There are many reasons this soccer mom and sports fan accepted the Council's call to service. But the clincher boils down to kale—and the eyewitness example it provided of how policy can transform attitudes and behavior.

Let me explain. Back before kale chips were all the rage, my two youngsters only ate that leafy "superfood" when it was hidden in homemade spaghetti sauce. So imagine my surprise when, during a visit to Burroughs Elementary in Ward 5 for Strawberries and Salad Greens Day, a 4th grader told me she loved kale—which grew in abundance in the school garden. "It's my favorite vegetable," she added.

That zest for kale—and the nutritional benefits it conveys—ties directly back to the 2019 Health Schools Act, which create the School Gardens Program and curriculum now in all D.C. Public Schools.

I helped lay the policy cornerstones for similarly impactful changes as a member of the fledgling DC State Board of Education. One of our first votes was to approve the District of Columbia's first-ever learning standards for physical fitness and health, recruiting schools in the effort to combat one of the nation's highest rates of childhood obesity and HIV/AIDS among teens. The standards, later updated to include mental health and violence, have increased students' knowledge in such key areas as nutrition, safety, and sexual health, assessments have shown.

Like school gardens, policy depends on many players to bear fruit. On the Mayor's Council, I look forward to supporting, building upon, and spotlighting the many sustained efforts to improve physical fitness, health, and athletic opportunities that successive Councils and mayoral administrations have put in place.

Beyond developing objectives for raising awareness of the benefits of physical fitness and the dangers of obesity, the Mayor's Council also can help broaden participation in the wide array of fitness and other programs that our city and partners currently offer. Among them: The Department of Parks and Recreation; the D.C. State Athletic Association, which gives student athletes in public, charter, and independent schools a chance to compete at their highest level; local youth sports leagues like DC Stoddert Soccer and Satchel Paige Little League; nonprofits such as Girls on the Run and DC Scores, which mixes literacy, poetry, and soccer. And of course, the school garden program, which is administered by the Office of the State Superintendent and has created a generation of kale fans.

Almost everything we seek to accomplish in life – whether academically, athletically, or professionally– depends on our physical well-being. Thus, I am committed to publishing an annual fitness report, as the enabling legislation specifies. Beyond traditional measures, I hope the Mayor's Council will take food insecurity, trauma, and gun violence into account. Perhaps most importantly, the Mayor's Council can help change the conversation about fitness, health, and nutrition. Instead of lofty prescriptions—"eat your greens"—let's emphasize participation and fun.

1 **DRAFT COMMITTEE PRINT**

2 Committee of the Whole

3 September 17, 2019

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7 **A PROPOSED RESOLUTION**

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9 23-399

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12 **IN THE COUNCIL OF THE DISTRICT OF COLUMBIA**
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16 To appoint Ms. Mary C. Lord to the Mayor’s Council on Physical Fitness, Health, and
17 Nutrition.

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19 **RESOLVED BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this**
20 resolution may be cited as the “Mayor’s Council on Physical Fitness, Health, and Nutrition Mary
21 C. Lord Appointment Resolution of 2019”.

22 Sec. 2. The Council of the District of Columbia appoints:

23 Mary C. Lord
24 Newport Place, N.W.
25 Washington, DC 20037
26 (Ward 2)
27

28 as a member of the Mayor’s Council on Physical Fitness, Health, and Nutrition, established by
29 section 2 of the Mayor’s Council on Physical Fitness, Health, and Nutrition Establishment Act of
30 2011, effective December 2, 2011 (D.C. Law 19-58; D.C. Official Code § 7-121), to serve for a
31 term ending three years after the effective date of this resolution.

32 Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution,
33 upon its adoption, to the appointee, the chairperson of the Mayor’s Council, and to the Office of
34 the Mayor.

35 Sec. 4. This resolution shall take effect immediately upon the first date of publication in
36 the District of Columbia Register.