



City Of Columbus  
Mayor Michael B. Coleman

## Office of the Mayor

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Creating Healthy Communities Network  
c/o Columbus Public Health  
240 Parsons Avenue  
Columbus, Ohio 43215

Dear Creating Healthy Communities Network:

As an avid cyclist and a strong advocate for active living policies, I am writing to support the newly created Franklin County Physical Activity Plan. This plan, led by Columbus Public Health, represents another significant step towards getting our residents moving.

Strong evidence exists that connects physical inactivity with diabetes, obesity and other chronic diseases. Unfortunately, fewer than half of Columbus residents are active as recommended by the U.S. Centers for Disease Control and Prevention. Approximately forty three percent of our kindergarteners have a BMI at or above the eighty fifth percentile. If our children aren't healthy, they can't learn and become productive adults.

As Mayor, I strongly encourage all City of Columbus departments to see operations and policies through a health lens. It takes all of us working together to enhance systems, policies and environment changes to support active lifestyles. It also takes an army of advocates, including our city, suburban and township partners to make these changes.

The Franklin County Physical Activity Plan is an important part of a comprehensive effort to tackle the obesity epidemic and also compliments the newly launched Get Active Columbus website. Additionally, the plan aligns with other city initiatives to promote physical activity such as the annual Bike Columbus Festival and community gardening initiatives.

I strongly endorse the principles of the Franklin County Physical Activity Plan and encourage all communities, schools, worksites, and transportation professionals to utilize it as a guide to promote physical activity and improve the health of central Ohio residents. Furthermore, I hereby encourage all Columbus residents to take just one new step towards increasing their physical activity levels.

Sincerely,

Michael B. Coleman  
Mayor

MBC/jem