

# Franklin County Physical Activity Plan



2010-2014



## Franklin County Physical Inactivity Epidemic

- 49% of adults are not getting the recommended amounts of physical activity<sup>1</sup>
  - Columbus ranked last among 15 other metro areas in the U.S. for the percentage of obese residents<sup>2</sup>
- During the 2007-2008 school year, 32% of Columbus City Schools kindergarten students in had a body mass index (BMI) greater than the 85th percentile<sup>3</sup>
- In 2007, the Columbus metro area had 61 million passenger miles on public transportation, ranking 14th among 16 metro areas<sup>2</sup>.

Sources:

1. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007.
2. Community Research Partners. The Columbus Partnership: Benchmarking Central Ohio, 2009.
3. Columbus City School BMI data, 2008.

Recommended amount of PA: at least 30 minutes per day on 5 or more days of the week (adults); 1 hour a day (children)- “an hour a day to play”

We need to think of physical activity in new terms. It is not just about going to the gym. It is kids playing outside and it is building physical activity into everyday life. For example, the average transit rider gets 19 minutes of physical activity per day and almost 30 percent meet their 30 minutes per day.

Passenger miles on public transportation is an indicator of how much public transportation (COTA) is used and as you can see, we are not using this resource.

## Why Does Franklin County Need A Physical Activity Plan?

- Create a inventory of physical activity initiatives
- Establish a guide for communities and organizations to promote physical activity
- Build relationships and networks between communities and organizations working on similar issues to promote physical activity
- Identify gaps in implementation and future priorities to promote physical activity
- **Build momentum locally** to help reach goals outlined in *Ohio's Physical Activity Plan*

The FCPA Plan was created using the framework of the Ohio Physical Activity Plan. Both plans focus on creating programs, policies and environmental changes within the community, schools, worksites, and transportation professionals to encourage Ohio and Franklin County Residents to increase their physical activity levels.

**Examples of how neighboring communities are encouraging residents to be active (presenters should pick and choose which examples they would like to use. Be sure to add one from your community!)**

Westerville Bike and Walking Program - 23 miles of connected bike paths

Grove City working toward complete streets policy

Columbus Recreation and Parks Department offers 46 recreational facilities, approximately 300 parks and 7 trail systems

City of Dublin received 9 Ohio Parks and Recreation Association Awards of Excellence for their programming in 2009 and recently launched their Healthy Dublin Initiative

Hilliard is making great strides to improve walkability and bikeability for it's residents by renovating existing roadways and build new roads that accommodate all users.

City of Columbus neighborhoods such as Driving Park have very successful walking clubs.

## Creating the Franklin County Physical Activity Plan (FCPA Plan)

- Over 60 organizations and 100 individuals worked to create goals and propose strategies to accomplish the goals for
  - Community
  - Schools
  - Worksite
  - Transportation Professionals
- Because each community, school and worksite is different, goals are broad enough to be flexible, but specific enough so that everyone that uses the plan can choose at least one strategy that is feasible to implement within their community, school, or worksite



### Background about plan's creation:

300 community leaders invited to the meeting, including Stakeholders from all 42 Franklin County jurisdictions

Non-profits working to promote physical activity

Worksites

Faith-based community

Mayors

Superintendents/ School Board Presidents

Recreation and Parks Departments

City planners, Transportation Engineers were also invited

One subcommittee created to develop each section of the plan

Each subcommittee chaired by CPH staff and a community partner

## Franklin County Physical Activity Plan Community Goals

- Promote physical activity:
  - Policies or planning projects
  - Increasing access to, opportunities for, and improvements to infrastructure for all populations
  - Consistent communications effort
  - Increase residents' perceived safety of being active in their neighborhood

*Strategies are divided into projects, policy, planning and funding categories*



Our communities, where we live, work and play, should encourage us to be physically active.

The community section works to create an environment with plenty of opportunities for healthy behavior.

An example of a project would be to create a 1 mile walking path within a community

An example of a policy would be to work with schools to create a shared use agreement for community members to use the school athletic facilities during non-peak hours

An example of a planning project would be to incorporate natural play spaces into land use and community design

## Franklin County Physical Activity Plan School Goals

- Implement a district wellness policy that aligns with the Coordinated School Health Model
  - Best practice model to promote school wellness
- Increase students' opportunity for and access to physical activity
- Increase students' opportunity for an access to physical education
- Increase opportunities for physical activity in before and after school programs



The schools subcommittee felt it was important not to put the horse before the cart. In order for schools to encourage physical activity, they had to first support the idea of implementing wellness-related programs/initiatives within the school environment. The first bullet on the slide and the first goal in the plan align with healthy school environments

The subcommittee also felt it was important to distinguish between physical activity and physical education. Physical Activity is considered to include gym class or recess- times during the day when children are being active. Physical Education is teaching students the skills they need and giving them the knowledge base to be active for a lifetime

Finally there is a goal in the school section that relates to before and after school programs sharing ideas and resources to incorporate physical activity into new and current programming.

## Franklin County Physical Activity Plan Worksite Goals

- Establish an electronic system to allow worksites to share their physical activity programs and policies with other worksites that promote staff wellness
- Increasing access to and opportunities for employees to be active during the workday



There are already groups of worksite wellness coordinators in Franklin County that get together to discuss wellness programming. This group was instrumental in developing the worksite section of the FCPA Plan. They would like to create an electronic database so that they can share physical activity programming and initiatives with each others, so the first goal captures that idea. This will allow wellness coordinators to learn from another worksite's experiences, save time and deliver a program that aligns with best practices. Additionally the worksites also created a list of strategies that could be implemented to increase opportunities for employees to be active during and after the workday.

## Franklin County Physical Activity Plan Transportation Goals

- Allocate funding for and create a transportation system that provides options for safe, active transportation
- Policies to promote a mixed-land use and pedestrian, bicycle, and public transit friendly design in new developments
- Educate Franklin County residents about sharing the road



Similar to the community section, the transportation section focuses on creating an environment with plenty of opportunities for healthy behavior-except this section focuses on how we get from place to place.

Transportation is now multi-modal meaning that not only do people travel by cars but by walking, biking and transit. Walking, biking and transit incorporate physical activity into our everyday life. We do want 30 minutes of physical activity a day but it can be broken into 10 minutes increments which is perfect for walking or biking to work, the bus stop or to your child's school.

MORPC is now leading the way with the adoption of their Complete Streets Policy. The FCPA Plan would like to see all communities in central Ohio adopt a Complete Streets Policy.

An example of a planning project is to establish a thoroughfare plan that address multi-modal transportation for streets that work for pedestrians and cyclists as well as cars.

An example of a project is connecting major activity centers such as schools, libraries and grocery stores with multi-use paths.

As we encourage residents to be active, it is important for them to feel safe and informed. An example of education is a Share the Road campaign for pedestrians, cyclists and cars and information kiosks at trail heads so people can plan their distance and destination.

## Next Steps

- Increase community and partner support for physical activity plan!

- Ask each community to pass a resolution to use the FCPA Plan as a guide to create a more active community.
- Complete the FCPA Plan Partner Endorsement form

- FCPA Plan partners will continue to meet in 2010 to ensure the plan is being implemented by partners and new partners are engaged



- Columbus Public Health will assess and FCPA Plan progress quarterly and report findings to partners.

## FCPA Plan Contact Information

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