



Institute for Active Living *City of Columbus*

Mission & Vision

The Institute for Active Living helps Columbus residents build a more active and healthier community. The institute works to lower the incidence of chronic diseases by implementing strategies to make Columbus a more active, vibrant place to live.

The Institute also includes The Foundation for Active Living, a fund at the Columbus Foundation by the City of Columbus to accept corporate and private donations to support the work of the Institute.

In 2009, the Foundation has supported:

- o A larger community garden in Linden where young people work in the garden and more food is produced.
- o Approximately 83 kids will go to summer camp at the YMCA's Hilltop and Eldon ward locations.
- o A soccer club on the near east side, Kicks for Kids, will be able to buy equipment and continue to flourish.

The Concept

Health is more than health care. The personal and collective choices we make are shaped by the choices/options we have... and we can give our residents/visitors the opportunity to make healthier choices, active choices.

The Institute will increase access to fresh food/nutrition and physical activity including:

- o Walk/Bike/Play
 - Active recess to athletics
- o Food/Farmers markets/Community Gardens/ Grocery Stores, local foods
- o Neighborhood Development/Design
 - Green space, connectivity, zoning
- o Policy; city of Columbus, other governmental agencies
- o Link/expand current initiatives in city departments, including:
 - Sidewalks
 - Bike trails
 - Recreation centers
 - Camps/Athletic leagues
 - Farmer's Markets





- Built environment initiatives
- Healthy Children, Healthy Weights
- Heart Health Network
- Support/Link with community partners in their related initiatives
- New initiatives

There is Momentum

There is momentum and a huge opportunity to change our way of being, our culture, and change lives because the stakes are very high. It would be costly to not try vigorously to do so.

We are building a city where our residents and visitors can be active...and healthier.

- Scioto Mile
- Sidewalks/Complete Streets
- Bike trails and bike racks
- Public Transportation
- Green neighborhoods/projects
- Neighborhood walking maps
- Farmers markets/community gardens
- 2012 recommendations

Why this is important:

- 33% of Franklin County third graders are obese or overweight or at risk of overweight.
- 59% of Franklin County adults are obese or overweight.
- Ohio has the sixth highest death rate in the nation due to diabetes.
- In Franklin County between 2004 and 2006, an average of 272 people died each year of diabetes.
- Nationally the prevalence of Diabetes is higher among African-American, American Indian, and Hispanic adults than Caucasian adults.
- Many people at-risk for diabetes and obesity do not have access to fresh fruits and vegetables or have opportunities to be active.

Barb Seckler, Director, Institute for Active Living
240 Parsons Avenue, Columbus, Ohio 43215
614-645-4798
BJSeckler@columbus.



City of Columbus
Mayor Michael B. Coleman

