

Institute for Active Living

An Active City is a Healthy City

Dr. Teresa Long
Health Commissioner



175 Years
of Excellence



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- **Why is This Important ?**
 - Ohio has the **third highest death rate** due to diabetes in the nation.
 - Columbus' diabetes **mortality rate is twice** the national average.
 - African-Americans, American Indians, and Hispanics are **two times** more likely to have diabetes than whites.
 - Increasing sedentary living.
 - Many people at-risk do not have access to fresh fruits and vegetables.
 - **33 %** of Franklin County **third graders are obese or overweight.**
 - **49 %** of Franklin County adults are **obese or overweight.**
 - Decreased life expectancy; 1/3 develop diabetes.

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- **Where we are today –**
 - o No coordinated effort to address childhood obesity.
 - o No coordinated effort to shape policy and build an active – healthier city.
 - o No coordinated effort to shape local food policy and consumption.

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- **Where we are going – Vision**
 - Central Ohioans will reach their optimal well-being by attaining recommended levels of physical activity, and by achieving healthy nutrition by strengthening family involvement and building neighborhood capacity.

Mission

- Build an active, vibrant city and prevent the early onset of chronic diseases.

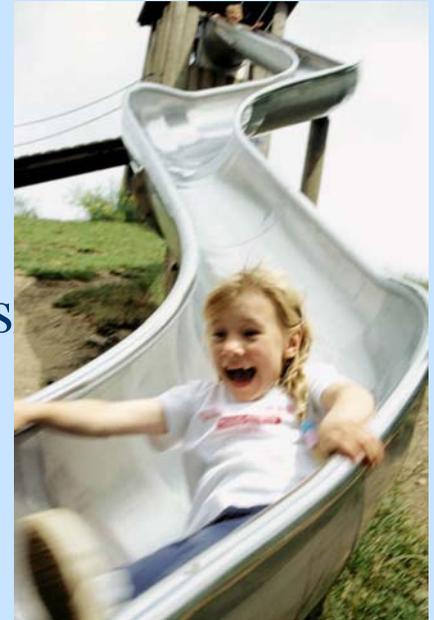


Cherie Tanner, director of the A.J. Enrichment Center, leads preschool students in exercises as part of the Healthy Children, Healthy Weights program

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- What can we do?
 - o Policy
 - o Food
 - Farmers markets/Community Gardens
 - Grocery Stores, “EZ”
 - o Neighborhood Development/Design
 - green space, connectivity, zoning
 - o Walk/Bike/Play
 - active recess to athletics



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- **Where we are going** – The Institute will:
 - Clarify and establish vision, mission & goals
 - Communicate priorities, timelines, strategies
 - Support the creation of the Foundation for Active Living (F.A.L.- at the Columbus Foundation)
 - Promote the institute's goals
 - Create a policy advisory team
 - Build a network of community partners and key stakeholders
 - Support the efforts of the *Tour De Columbus* (8/23/08) – to advance the F.A.L. and initially support Farmers' Markets

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- **Key partnerships will include:**
 - Health/Hospital systems
 - NFP organizations (health, wellness, recreation)
 - Foundations
 - Insurance companies
 - Food industry
 - Fitness industry
 - Educational institutions (all levels)
 - Government agencies
 - Policy making institutions
 - Media outlets

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- **Where we are going –**
The Institute will:
 - Link current initiatives in city departments, including:
 - Sidewalks
 - Bike trails
 - Rec centers
 - Athletic leagues
 - Farmer's Markets
 - Built environment initiatives
 - Healthy Children, Healthy Weights
 - Heart Health Network



2007 CPH Farmers Market

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- **Funding sources**
 - o City (Executive Director, misc.)
 - o F.A.L.
 - o Grants (federal, state, foundation)

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- **Ties with other City departments –**
 - Mayor’s Office – Coordination with MBC/staff to assure efforts include “The Institute’s” message, link to Green and 2012
 - Public Service – Policy/action on sidewalks, walkways, roadways, and connectivity (active transportation)



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- **Ties with other City departments –**
 - Public Safety – Neighborhood safety initiatives so residents can be active & safe where they live
 - Development – Zoning, neighborhood plans
 - Recreation and Parks – Family rec centers, walking paths, fitness programming, green space
 - Utilities – Lighting, sidewalks
 - Education – Active recess, PE, nutrition and vending policies
 - Human Resources – Health/ Active Living incentives
 - Finance – Healthy vending, bike racks/paths @ facilities

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- **Ties to other partners**

Examples:

- City Schools/West Side pilot
- Children's Hunger Alliance
- YMCA – *Activate Columbus*
- CODA – *Near East Healthy Lifestyles Center*
- 10 TV – *Commit to be Fit or Fit Kidz Club*
- NCH – *An Ounce of Prevention*
- MORPC – *Greenways Bikeways*
- United Way – *obesity collaborative*



*2007 Annual Walk to School Day;
Dr. Long with Weinland Park
student Jeffery Jones*

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- **Challenges –**
 - o Human behavior is one of the most difficult things to impact
 - o Changing Culture – Must be done over time
 - o Columbus geography & weather
 - o Competitive industries

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- **There is Momentum** – We are building a city where our residents and visitors can be active....and healthier
 - o Scioto Mile
 - o Sidewalks/complete streets
 - o Bike trails and bike racks
 - o Public transportation
 - o Green neighborhoods/projects
 - o Neighborhood walking maps
 - o CPH farmers markets
 - o 2012 recommendations



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What will we do to create a more active & vibrant Columbus?

