

Franklin County Physical Activity Plan



2010-2014



Franklin County Physical Inactivity Epidemic

- 49% of adults are not getting the recommended amounts of physical activity¹
 - Columbus ranked last among 15 other metro areas in the U.S. for the percentage of obese residents²
- During the 2007-2008 school year, 32% of Columbus City Schools kindergarten students in had a body mass index (BMI) greater than the 85th percentile³
- In 2007, the Columbus metro area had 61 million passenger miles on public transportation, ranking 14th among 16 metro areas².

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.

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*

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



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



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



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



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



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

Jen Morel, MPH, CHES
Creating Healthy Communities Program
Columbus Public Health
jemorel@columbus.gov
645-6055