



## **Institute for Active Living** City of Columbus

### **Mission & Vision**

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

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

### **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.

When Mayor Coleman held the citizen summit earlier this year....1800 of our residents told us they loved the home town values yet....wanted to live in and become an active, vibrant city.

### **Why this is important**

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





### The Institute will work to address the following issues

- 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
  - Rec centers
  - Athletic leagues
  - Farmer's Markets
  - Built environment initiatives
  - Healthy Children, Healthy Weights
  - Heart Health Network
- o Support/Link with partners in their related initiatives
- o New initiatives

### There is Momentum

There is momentum and a huge opportunity to change our way of being, our culture, to change lives because the stakes are very high.

To not try vigorously to do it, would be costly.

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 Farmers markets/community gardens
- o 2012 recommendations

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City of Columbus  
Mayor Michael B. Coleman

