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COMMISSIONERS ADOPT FRANKLIN COUNTY PHYSICAL ACTIVITY PLAN

Last week, Franklin County Commissioners adopted a Franklin County Physical Activity Plan during their weekly Rezoning Hearing. The Physical Activity Plan, a joint project of the Franklin County Board of Health and Columbus Public Health, aims to improve overall community health through a series of specific, measurable goals and strategies that target increased physical activity.

The project started in February 2009 when community leaders recognized that numerous factors affect public health: the build environment, the transportation network, school programming and curriculum, and employment site policies and procedures.

A series of public input sessions were held to develop goals aimed at improving public health. Afterward, targeted work groups developed specific strategies to meet the goals. Over 90 community leaders representing communities throughout Franklin County developed the goals and strategies.

The plan outlines specific, achievable goals that major stakeholders can take in order to measurably increase physical activity and thus improve public health.

The adoption of the Franklin County Physical Activity Plan will direct the Franklin County Economic Development and Planning Department to incorporate the plan's recommendations into community plans and potential zoning regulation changes.

"This Physical Activity Plan is a comprehensive approach to incorporating healthy lifestyle options into our Franklin County communities. Residents need access to safe, accessible areas to exercise and this plan helps us achieve that goal," said Commissioner John O'Grady.

"When families are active, they feel better and are healthier too. It's important that everyone get active to the best of their ability. From infancy on, our bodies need exercise! Simply being able to walk safely is a fun family way to get started. I'm excited about this plan that's long overdue," said Commissioner Paula Brooks.

“Our residents, increasingly, are trying to make healthy lifestyle choices. This is a wonderful opportunity to help them by taking a close look at the way we design our communities. Making these changes to current or future community designs, streets, open spaces and looking at how it all connects to each other is a critical part of success. I hope that all of our communities will adopt these recommendations,” said Commissioner Marilyn Brown.