



City of Columbus

Office of City Clerk
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Legislation Text

File #: 0116X-2010, Version: 1

In support of the 2010-2014 Franklin County Physical Activity Plan

WHEREAS, physical activity is one of the most important steps that people of all ages can take to improve their health; and

WHEREAS, currently only fifty one percent of Franklin County adults are getting the recommended amount of physical activity; and

WHEREAS, at the beginning of the 2008-2009 school year, forty three percent of kindergarten students had a body mass index (BMI) at or above the eighty fifth percentile; and

WHEREAS, there is convincing evidence that physical activity is associated with reduction in obesity and chronic disease rates; and

WHEREAS, there is a significant need to reduce obesity among Columbus residents and increase active transportation; and

WHEREAS, a multi-pronged effort is needed to increase physical activity among Columbus residents; and

WHEREAS, programs, systems changes, environmental changes, and policies are needed to make it easier for Columbus residents to incorporate physical activity as part of their daily lives; and

WHEREAS, the Franklin County Physical Activity Plan is a comprehensive approach to increasing opportunities and access to physical activity among Franklin County residents by providing concrete strategies that communities, schools, worksite and transportation professionals can implement to promote physical activity among residents; and

WHEREAS, several city departments have participated in the creation of the Franklin County Physical Activity Plan, including Public Health, Recreation and Parks, Public Service, Development and Human Resources; now, therefore

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF COLUMBUS:

Section 1. That we do hereby encourage all communities, schools, worksites, and transportation professionals to endorse the Franklin County Physical Activity Plan as a means to support Columbus residents to be active.

Section 2. That we do hereby encourage all communities, schools, worksites, and transportation professionals to utilize the Franklin County Physical Activity Plan as a guide to promote physical activity and improve the health of Franklin County residents.

Section 3. That we do hereby encourage all Columbus residents to take just one new step towards increasing their physical activity levels.