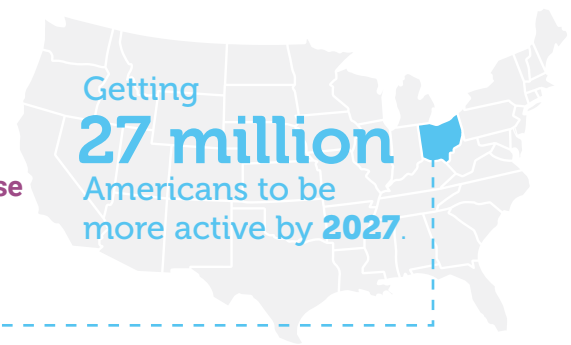


Getting Moving in Ohio and Across the Country

The Ohio Department of Health (ODH) supports the U.S. Centers for Disease Control and Prevention (CDC) Active People Healthy Nation initiative.



THE GOAL?



Reaching 30 Minutes a Day

Physical activity helps people stay healthy and feel better. Being active improves mood, sharpens mental focus, reduces stress, and improves sleep.

Adults need at least 150 minutes of moderate intensity aerobic activity and at least two days of muscle strengthening activities each week – that's about 30 minutes a day.

The good news is this activity can be nearly anything that gets people moving, even things that don't feel like exercise, such as grocery shopping or gardening.

It all begins with one step and getting a little more active each day. With physical activity, people live longer, healthier lives.

Increasing Physical Activity

The Active People Healthy Nation initiative recommends eight, evidence-based strategies to increase physical activity:



The Ohio 2020-2022 State Health Improvement Plan (SHIP) highlights the importance of increasing physical activity to improve Ohioan's overall health and wellbeing. The Creating Healthy Communities (CHC) program, which funds 23 counties across Ohio to facilitate healthy eating and active living projects in their communities, is working to improve rates of physical activity in Ohio.



Connecting Health and Transportation

The CHC program connects health and transportation by focusing on multiple strategies to create activity-friendly routes to everyday destinations. Unfortunately, many of the places where Ohioans live, work, and play are not always safe or easy to reach on foot or by bike or bus, making it harder to be active and safe.

Local CHC programs work with residents and local organizations in Ohio communities to improve health. They partner with transportation and other agencies to make active living a part of Ohioans' everyday lives. Strategies could include writing a Complete Streets policy, planning new bicycle infrastructure, examining local land use policies, and much more.

By changing policies and the built environment, CHC is creating transportation networks that are accessible to everyone by adding or improving crosswalks, sidewalks or trails. This makes it easier to walk and bike to school, work, or a park.



“Health equity is achieved when all people in a community have access to affordable, inclusive, and quality infrastructure and services that, despite historical and contemporary injustices, allows them to reach their full health potential.”

ODH State Health Improvement Plan 2020-2022

For more information,
please visit:

odh.ohio.gov/chc

www.cdc.gov/physicalactivity/activepeoplehealthynation

Ohio | Department
of Health



Contact your local CHC Program