

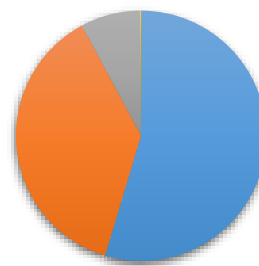


# Active Ottumwa – A City on the Move

Active Ottumwa is a partnership between the University of Iowa’s Prevention Research Center and the City of Ottumwa. Our main goal is to promote healthy lifestyles by creating more physical activity opportunities for adults in Ottumwa.



## Ottumwa Adults’ Average Activity Levels (in Minutes/Day)



- Sedentary 55%
- Light PA 37%
- Moderate PA 8%
- Vigorous PA (less than 1%)

Data retrieved from Actigraph reports collected by students of the College of Public Health at the University of Iowa (2015)

## How are we making Ottumwa more active?

- We build collaborations with local organizations and participate in area events that hold our same ideas about the importance of physical activity. By partnering with these events, we spread knowledge and support for the program throughout the city.
- We educate citizens and local organizations about the program and the importance of physical activity to create community support for an active lifestyle.
- We train volunteers from the Ottumwa community to be Physical Activity Leaders (PALs) that lead free activities in Ottumwa and to encourage physical activity throughout the community.

### Sample of a Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Walking Group</b> 5-5:30PM Quincy Place Mall  <b>Brisk Walking Group</b> 6-7PM Levee/ Beach Ottumwa	<b>Dog &amp; Jog Group</b> 4:30-5PM Ottumwa Cemetery  <b>Booty Band Camp</b> 5:30-6:30PM Market on Main	<b>Walking Group</b> 5:12–5:45PM Greater Ottumwa Park	<b>Zumba©</b> 5:30-6:30PM Market on Main	<b>Dog Walking Group</b> 5:30-6PM Market on Main	<b>Tai Chi Group</b> 12-1PM Active Ottumwa Office

Like us on Facebook and visit our website: [www.activeottumwa.org](http://www.activeottumwa.org) for the most up to date news on Active Ottumwa’s free physical activity offerings.

# How will we know Active Ottumwa works? – Evaluation!

Sample of Ottumwa Residents



Pre/post surveys, physical measurements (blood pressure, height/weight, etc.), activity tracking with accelerometers

SOPARC System for Observing Play and Active Recreation in Communities

Measures park and recreational facility usage based on age, gender, and activity level



RALA Rural Active Living Assessment



Assesses community policies, programs, and infrastructure that can affect friendliness of an environment related to active living

## How can you be involved in Active Ottumwa?

### Become a PAL (Physical Activity Leader)

We ask that you can make a 6 month commitment to the program and lead at least one free physical activity in the community weekly.

### Become an AOA (Active Ottumwa Ambassador)

We are recruiting important people in the Ottumwa community to help promote our program and mobilize their social connections within the community to be more active together.

To find out more email [active-ottumwa@uiowa.edu](mailto:active-ottumwa@uiowa.edu), call 641-684-6151, or visit our office at 205 E Main St. Ottumwa IA

**Our next community-wide survey will take place in the fall of 2017.**

## Local Partnerships

A big **THANK YOU** to our Community Advisory Board (CAB):

- United Way of Wapello County
- Wapello County Public Health Department
- YMCA of Ottumwa
- SIEDA
- Indian Hills Community College
- U.S. Bank
- River Hills Community Health Center
- Iowa State University Extension
- Ottumwa School District
- Ottumwa Parks and Rec Department