



# Active Ottumwa by the Numbers

The University of Iowa College of Public Health

## Community Participants



475 unique participants

318 women  
55 men

Ages  
15-89

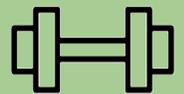
15 active  
PALs

- Active Ottumwa (AO) serves a variety of people by offering a wide range of physical activity (PA) programming.
- We have had over 400 community members join at least one AO activity.



In the last 12 months, we have seen an increase in the number of people walking at the local parks and recreation areas!

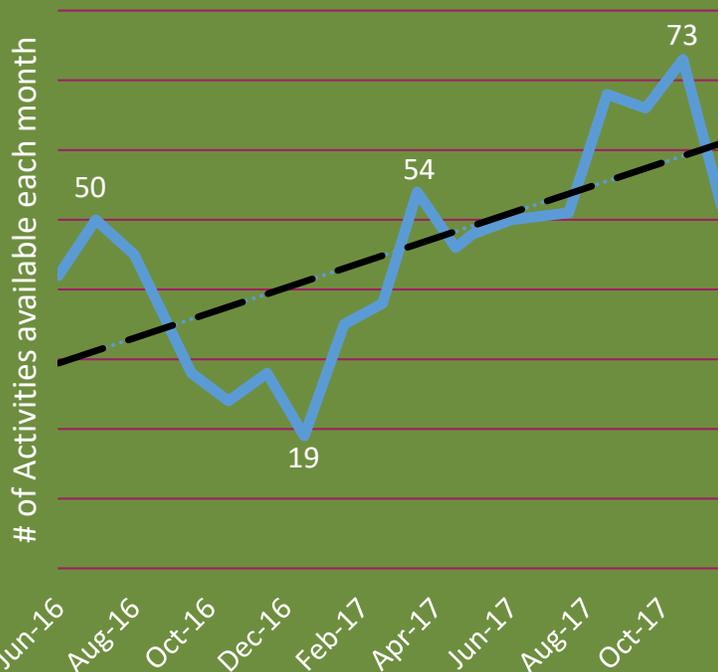
## Physical Activity Opportunities



17 types of classes

21 PA locations

817 total PAs offered



Less than 1 mile from town center  
Ottumwa has:

- |                          |                               |
|--------------------------|-------------------------------|
| Walking trails           | Playing fields/courts         |
| Biking paths             | Public swimming pool          |
| Public parks             | Work it Out Fitness           |
| Skate park               | River with water sport access |
| Recreational center      |                               |
| Private fitness facility |                               |
| Playground               |                               |

- AO has offered many physical activity opportunities throughout the Ottumwa area.
- Physical Activity Leaders (PALs) have led **over 800** activity groups! Community members can pick the activities, times, and locations that work for them!

# Connecting with the Community



Latino Fest 2017



Oktoberfest 2017

- Community members can find updates on our Facebook page about PAL-led activities, information about community events we are attending, and pictures of the team and community enjoying these activities!
- Visit [www.activeottumwa.org](http://www.activeottumwa.org) to find our monthly calendar of events or check out and “like” our Active Ottumwa Facebook page!

Total of 1,136 Facebook page likes compared to 639 page likes a year ago! That's a 78% increase!

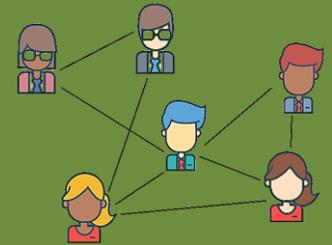


## 2018 Plans



Maintain current PAL programming

- Recruit exceptional PALs who believe in our wellness mission
- Train these PALs and other community members on skills they can use to engage their social networks in physical activity
- Advocate for environmental change within the Ottumwa community to influence physical activity



Continue to develop and expand our programming

- AO has created a plan to reduce the health disparities experienced by the Latino community
- We intend to work with local churches to make sure access to physical activity opportunities is easy for the Latino community
- We are looking to recruit PALs right from the congregation

