



Celebrating Active Ottumwa

The University of Iowa College of Public Health

Active Ottumwa (AO) has successfully engaged the Ottumwa community in being more physically active. This work was only possible through the help of our Community Advisory Board (CAB), Ottumwa partners, and our dedicated Physical Activity Leaders (PALs).

Community Engagement

Since October 2014, AO staff and PALs have attended **140+** events throughout the community!



We have created lasting partnerships with **80+** organizations in Ottumwa. Their support has been essential to our success!

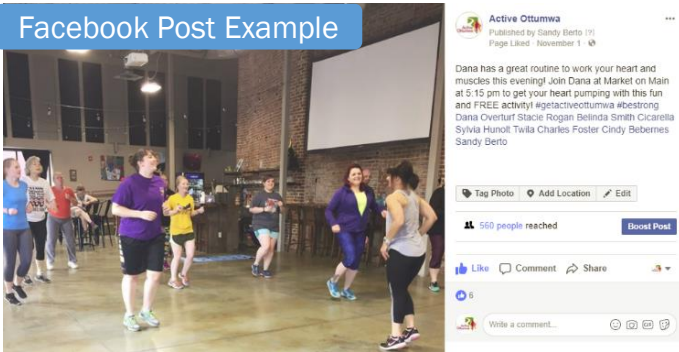


Facebook Support



The AO team posted on Facebook almost daily to update the community on Active Ottumwa happenings. Our Facebook page has been key in keeping Ottumwa residents engaged. Our page has almost **1,800** followers.

Facebook Post Example



PALs and Community Participants (June 2016 – June 2019)

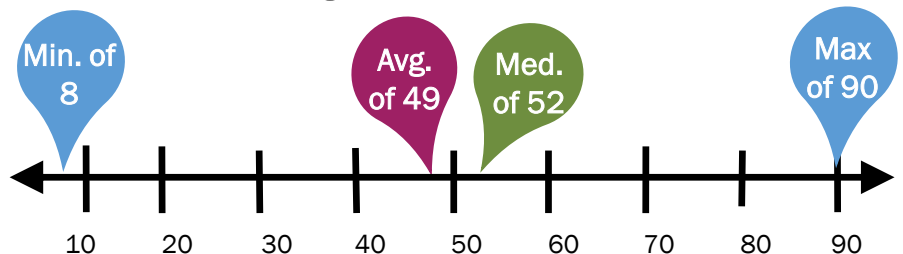
63 trained volunteer PALs

51 of these trained individuals led at least one class.

705 unique participants

Returning an average of 11.5 times

Age of Participants

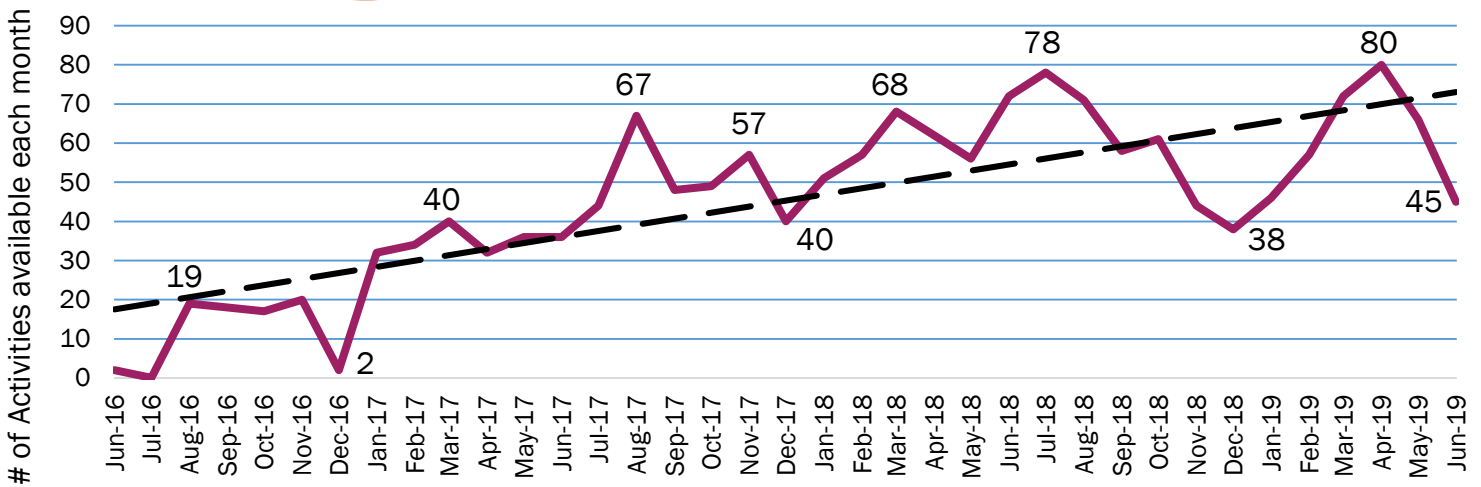
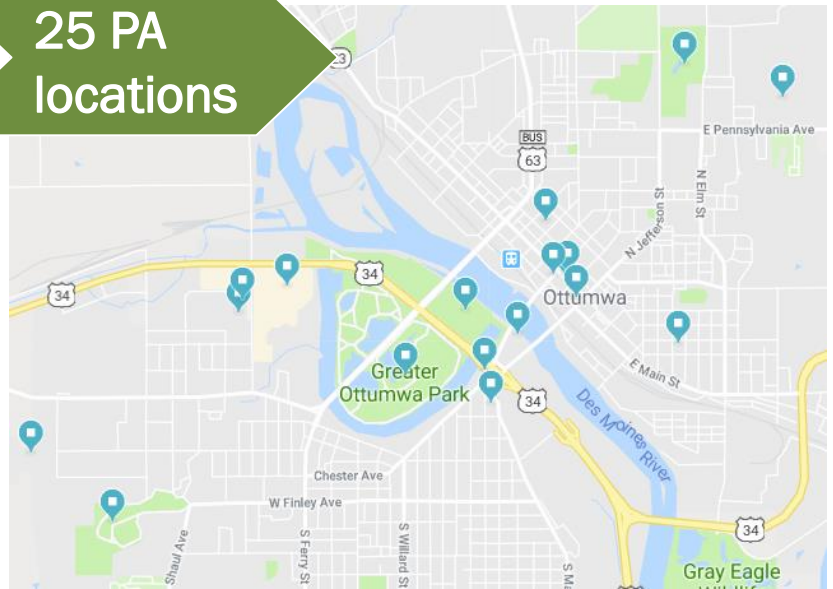
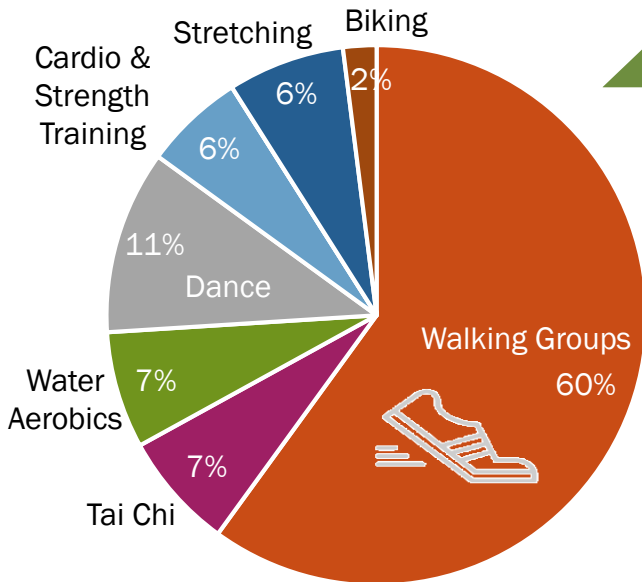


Physical Activity Opportunities (June 2016 – June 2019)

1685

total activities offered

25 PA locations



What's Next?

Hy-Vee transition

The Hy-Vees of Ottumwa will take over the day-to-day operations of Active Ottumwa.

The Active Ottumwa CAB will continue to support Active Ottumwa under Hy-Vee's leadership.

Active Iowa

We will reach out to other communities in Iowa to spread the model of Active Ottumwa.

Ottumwa will serve as an example for these communities to follow as we make Iowa a State on the Move.

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