Shared Use:
A Strategy to Increase Opportunity for Physical Activity

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What is the Problem?

• High percentage of overweight and obesity
• Inactive lifestyles
• Increased risk for chronic health conditions
What can we do?

Increase opportunities for physical activity by allowing access to open space and facilities within the community.

– In and Outside of Schools
– In and Outside of Community Organizations
– In Hospitals
– At Parks
– Faith Based Organizations
– Community Gardens
– OPEN THE GATES, WELCOME COMMUNITY, GET ACTIVE!
Barriers to Sharing Space

- Legal
- Maintenance
- Operations
- Security
- Scheduling challenges
- Liability
- Cost

- SHARED USE AGREEMENTS CAN ADDRESS THESE CONCERNS
Why have a Formal Agreement?

- A formal agreement sets the terms and conditions for shared use of public property or facilities.
What does this mean to the community?

• Increased access to use facilities, such as gyms, playgrounds, sports fields, and courts.

• A cost-effective way to promote physical activity.
Community Success Story

- **Mount Carmel Community Resource Center** utilizes a Shared Use Agreement to **offer** access to a wide variety of classes and services that promote wellness and encourage healthy habits.
Mount Carmel’s Goals for the Shared Space

- Engage the community
- Educate the community
- Prevent and manage chronic medical conditions
- Provide resources
Ongoing Activities at the Mount Carmel Resource Center Include:

- Cancer Services
  - Patient Navigation
  - Images for Women
  - Survivor Support (Yoga)
- Breast Feeding Support groups
- Child Birth Education Classes
- Diabetes Education and Support Groups
- Total Joint Replacement Class
- Live Your Whole Life for Employees
- Tai Chi for Seniors (Trauma Services – Fall Prevention)
- Community Meetings/Coalition
- Cooking Demos and Nutrition Classes (meeting yesterday)
- Moms 2 B Program with OSU
- Over 20 potential programs
How is Columbus Public Health using Shared Use to Increase Physical Activity?

- Providing technical assistance
- Communicating and educating
- Focused efforts
Lessons Learned

- Assess the Community
- Agreements are unique
- Shared use may be happening
- Have an open mind
Resources

• Center for Disease Control. Facts about Physical Activity


• Center for Disease Control and Prevention Facts about Physical Activity

• Center for Disease Control Facts about Physical Activity

• Collaborative Definition by Safe Routes to School National Partnership, ChangeLab Solutions, Prevention Institute and University of Berkeley Center for Cities and Schools