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CHASE 🗘

in leadership

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The mission of the Columbus Metropolitan Club is to connect people and ideas through community conversation.

THIS WEEK AT CMC

August 13

Chase Excellence in Leadership Series Presented in partnership with *Leadership Columbus*

An Interview with Jack Partridge excellence

President, Columbia Gas of Ohio

Interviewed by Gail Hogan, Host and Producer, Daytime Columbus, WCMH-TV

Series Underwritten by: JP Morgan Chase

FRIDAY AUGUST 15, 7:30 A.M.

CMC on Site The Seneca:

New Life for a Grand Building

Only \$10 for members, \$15 for guests



Upcoming Conversations

AUGUST 20 Previewing the Institute for Active Living

Up and Running!

Roberta Garber, Community Research

Andrea Cambern, 10TV Anchor Teresa Long, M.D., M.P.H., Columbus Health Commissioner

AUGUST 27 5:30 - 8:00 P.M.

CMC Summer Celebration...

the most fun you've ever had at an annual meeting

Hosted by Franklin Park Conservatory Presenting Sponsor Huntington Bank With support from American Dairy Association Mideast and RAMA Consulting

September 3

This program is for the birds!

The Grange Insurance **Audubon Center**

Heather Starck, Director of the Grange Insurance Audubon Center David Catlin, Director of Field Support for Centers, National Audubon Society



September 10 Battelle for Kids

A Discussion of **Teacher Quality**

What are the qualities possessed by great teachers? How can we use this information to strengthen our schools?

September 17

America's Changing Workplace

Featuring Sharon Allen, Chairman of the Board, Deloitte and Touche, LLP

SEPTEMBER 23 5 - 7 P.M.

CMCpm – Generational Leadership

The Titans of today, born of the boomer generation, are more apt to be old, white, and male and come from a solid "brick and mortar" business background... but the times, they are a-changin'. What will the leaders of tomorrow look like?



Make reservations online at www.columbusmetroclub.org

you need help registering see our "how-to" guide in "Need Help?" section on our website.

Wednesday, August 20, 2008

Can The New Institute for Active Living Reduce Columbus Waistlines?



According to the Columbus Partnership's 2007 Benchmarking Study, conducted by Community Research Partners, adult obesity rates in Columbus are alarming. More than one-fourth of the city's adults qualify as obese, a statistic which makes Central Ohio one of only four metro areas (out of 16 in the study) whose obesity rates were greater than 25%.

Adult obesity has been connected with increased incidence of heart disease, diabetes and cancer, and a number of studies have found that children with overweight parents are much more likely to become overweight themselves. This generational obesity creates a continuing cycle of health problems that, unless the causes are addressed, can lead to lowered life-expectancy in these parents and their children.

Unfortunately, despite continued public health warnings about the importance of maintaining a frequent exercise regimen, limiting fast-food consumption and avoiding weight gain, obesity is often tied to life choices.

Behavior modification has proven to be one of the most effective methods of reducing obesity rates. But, behavior modification requires that communities, businesses and health administrators band together to make it easier for individuals to consider these lifestyle changes.

At The Columbus Citizen Summit, held in January of this year, more than 1,800 of the city's residents communicated their concerns about making Columbus a more active, vibrant city, and the city has responded with The Institute for Active Living.

Previewing the Institute for Active Living

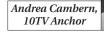
Featuring:



Roberta Garber, **Community** Research Partners

Teresa Long,

M.D., M.P.H..





Columbus Health Commissioner

> Barb Seckler, Executive Director, Institute for Active Living

Under the guidance of Columbus Public Health and newly named Institute director Barb Seckler, the Institute for Active Living will implement strategies city-wide that give citizens better access to physical activity, fresh food and nutrition for neighborhoods in need.

"The personal and collective choices the citizens of Columbus make today are shaped by the availability of options," explained Institute Director Barb Seckler. "The Institute for Active Living hopes to provide residents and visitors the opportunity to make healthier more active choices."

Get off the couch, grab an apple and join us for the unveiling of The Institute of Active Living and learn more about the future of active living and health in Columbus.



Enjoy the music of Slate Ridge

Presenting Sponsor Huntington With Support from American Dairy Association Mideast Hosted by Franklin Park Conservatory and RAMA Consulting

VISIT CMC ON-LINE

www.ColumbusMetroClub.org

Register for events, check out streaming video from past forums in our "Video Archive", and continue the discussion on our "Forum Discussion" page.



Added this week:

Dr. Gene Harris discusses plans for Columbus City Schools in our video archive.

Register in advance for a number of upcoming programs.

Members, update your profile to include your picture and network in our forum discussion section.

Register Now!

OCTOBER 1

Diversity in Central Ohio How our Businesses

Stack Up Featuring Foulis Peacock, founder DiversityInc Media, LLC

Sponsored by Huntington

OCTOBER 8 **Dr. Joycelyn Elders**

Former Surgeon General US

Presented in partnership with The Ohio State University College of Public Health, the Ohio Department of Health and



Joycelyn Elders

Call CMC at (614) 464-3220 for more information.

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· David Bott

Join Today!

Statehouse Review & Advisory Board Elfi Di Bella, Immediate Past-President Huntington Bank

Reading, Writing and Referendums Dr. Gene Harris offered a fantastic overview of Columbus City School

progress and her plans for continuing improvement.

Sponsored by DeVry 🗸

Digital: Ch 34.5 (on air) Time Warner Digital: Ch 96 Insight Digital: Ch 765

WOW Digital: Ch 150

Fridays @ 4 pm & Midnight

Sundays @ 4 pm & Midnight Mondays @ 11 am & 7pm

W@SUTV/DT

RECAP - AUGUST 6

University

tape our forums for rebroadcast on:

Photographs by Rick Buchanan, www.rickbuchan an photography.com

Each week, our friends at The Ohio Channel You can also watch our weekly forums on: Channel LOCAL NAME TO THE PROPERTY OF THE PROP

Local On Demand is Time Warner Cable's FREE local Video On Demand channel available to Time Warner digital cabel customers in Columbus and surrounding





Harris; Galen Graham of DeVry University

and CMC Vice President, Sandy Clary.

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