Welcome to Day - Spring 2020

How to think about public libraries in active living

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Let’s Move in Libraries


ORANGE COUNTY LIBRARY SYSTEM

Healthy Living
At the Library

PROGRAMS FOR ALL AGES

LetsMoveInLibraries.org

Department of Library and Information Science

UNC Greensboro
There are more PUBLIC LIBRARIES IN THE U.S. than McDonald’s restaurants or Starbucks.

- 16,766 libraries
- 14,000+ McDonald’s restaurants
- 13,279 Starbucks locations

Local funds constitute 86% of all public library revenues.

And they’re all unique.
In U.S., Library Visits Outpaced Trips to Movies in 2019
Of nine leisure activities, visiting a library is the one Americans did most frequently in the past year, followed by attending movies and live sportin... news.gallup.com
More voters today say it’s important for the library to be a community hub.

- Activities, entertainment not found elsewhere: 48% (2018) vs. 38% (2008)
- Be a place for people to gather and socialize: 45% (2018) vs. 36% (2008)
- Support civic discourse and community building: 47% (2018)

Public libraries strengthen local economies.
- 84% of libraries offer technology training to patrons in computer software use.
- 77% provide online health resources.
- 60% offer programs to help Americans identify health insurance resources and get better informed on health topics.
- 73% provide programs that assist individuals to apply for jobs, create résumés, and prepare for interviews.
- 97% help people complete online government forms.

Public libraries create healthier communities.
- 59% of libraries provide programs on finding health insurance.
- 58% provide programs to help people find and evaluate health information.
- 23% offer fitness classes.

Public library access equals opportunity.
- 100% of public libraries offer access to the internet.
- 98% offer free Wi-Fi.
- 90% help patrons with basic internet skills.
- 97% help people complete online government forms.
- 90% offer access to ebooks.


Data for this list was retrieved from the 2014 Digital Inclusion Survey. For more information about sources and citations, contact the ALA Library and Research Center at alalibrary@ala.org. Learn more at the Libraries Transform web page.
### Most common partners

<table>
<thead>
<tr>
<th>Partner</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Businesses</td>
<td>85.5</td>
</tr>
<tr>
<td>Parks/Nature centers</td>
<td>40.2</td>
</tr>
<tr>
<td>Museum(s)</td>
<td>35.3</td>
</tr>
<tr>
<td>Public/private schools</td>
<td>24.9</td>
</tr>
<tr>
<td>College/University</td>
<td>10.4</td>
</tr>
<tr>
<td>Other</td>
<td>22.0</td>
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</tbody>
</table>
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Orange County POV

Bike Repair Workshop at the library

LEARN. GROW. CONNECT.

LetsMoveInLibraries.org
Physical Literacy and Early Literacy
Libraries are for **ALL** ages
We’re still ALL ABOUT BOOKS

Nature Walk Book Club
But also so much more...
We bring people together
Are you excited to go to your library?!?
Coming up next...

**Ageless Grace:**

**Timeless Fitness for the Body and Brain**

**Saturday, Feb. 15  2:00 P.M. SOUTHWEST BRANCH**

Experience simple, playful exercise based on the science of neuroplasticity! Learn tools that work on all five functions of the brain as well as primary physical skills needed to maintain or restore health as you grow older. Program is done sitting in chair in order to work the entire core of the body in a way that cannot be done standing. Led by certified Ageless Grace educators.

Registration required. For ages 18+

**LEARN. GROW. CONNECT.**

TO REGISTER | OCLS.INFO | 407.835.7323

Those needing special accommodations due to a disability may arrange for assistance by contacting the location at least 7 days prior to the event.
Next steps

• Incorporate public libraries into physical activity plans
• Find out what your local library is doing
• Talk to them about joining your work
• Add public libraries to active living research
• **Join us** in this work!

Atlanta Mayor Keisha Lance Bottoms (center) at Summer at the Library kickoff, May 2019

See you at the library!

Let’s Move in Libraries


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