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### **Approaches for an Active Living Community in Pathanamthitta Town**

Planning for active communities is very essential to better the mental and physical health of the community by shaping the environment where people live, work and play. Globally about 23% of the adults and 81% of the adolescents (aged 11-17 years) do not meet WHO recommendation on physical activity. Reduced physical activity causes several non-communicable lifestyle diseases and these are the reasons for about 33% of the mortality around the globe and 43% mortality in Kerala. While checking the reasons for this inactivity rate/ sedentary lifestyle in Kerala, it is seen that higher educational qualification and the job character, the high rate of emigration and financial dependency rates are the major reasons. Pathanamthitta has been selected for primary studies as it is the most vulnerable district.

From various case studies, parameters of active living have been developed and from global and national standards, indicators and sub indicators for those parameters have been developed and major domains of active living have also been listed.

Analyzed the area selected according to the parameters and indicators developed, with the data from reconnaissance survey and socio-economic survey 2019, TCPO Pathanamthitta. Connectivity, accessibility, high percentage of vulnerable population and lack of proper physical and social infrastructure which supports active living and lifestyle of the people are seem to be the major challenges the city is facing towards an active community. The proposals have been made to achieve the major domains of active living listed from case studies, with the help of major parameters developed. The study thus suggests necessary interventions at city level and at neighbourhood level to promote physical activity that can strengthen the community as well their health.

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