



PLAN4Health Miami Valley

Active Living Workshop

March 2, 2023



Agenda

- I. Welcome and Warm Up Activity (10 min)
- II. PLAN4Health – Miami Valley Built Environment Assessment Briefing (20 min)
- III. Small Group Activity and Discussion: Strategies and Tools to Remove Barriers and Improve Active Living (45 min)
- IV. Wrap Up (15 min)



Orientation/Housekeeping

- Individual Worksheet



*Use this sheet to
formulate ideas for
interactive polling
questions and the small
group discussion*

- Restrooms

Through the lobby

- Informal Setting

*Ask questions and share
your ideas*

Active Living Workshop - Individual Worksheet
<p>While you wait for the workshop to start, use this space to jot down your ideas to the following question: What comes to mind when you hear the phrase "active living"?</p>
<p>While you wait for the workshop to start, use this space to jot down your ideas to the following question: What barriers prevent people from being active?</p>
<p>During the small group discussion, we'll ask you to work together on the following: Recommend any strategies or ideas that could remove barriers and/or improve active living.</p>
<p>During the small group discussion, we'll ask you to think about the following: What tools or resources would be helpful to advance active living in your community?</p>
<div><p>March 2, 2023</p></div>

Test Question – Type the Name of the Agency/Organization You Work For

GDAHA

City of Troy

Centerville-Washington Park District

Dayton Children's Hospital

City of Miamisburg, OH

Greene county public health

Beavercreek Township

CareSource Life Services

City of Troy, Ohio

Test Question – Type the Name of the Agency/Organization You Work For

Public Health - Dayton & Montgomery County

Greene County Public Health

Wright State University

Miami Co Public Health

Five Rivers MetroParks

Fidelity HealthCare

Montgomery County Educational Service Center

City of Troy

Premier Community Health

Test Question – Type the Name of the Agency/Organization You Work For

Premier Community Health

Public Health Dayton & Montgomery
County

Public Health Dayton & Montgomery
County

Five Rivers MetroParks

Greene County Public Health

Greene County Public Health

Greene County Public Health

Five Rivers MetroParks

Public health

Test Question – Type the Name of the Agency/Organization You Work For

Walking

Biking

Active commuting

Walkable areas; access to playgrounds,
Parks, hiking, swimming, travel

Someone who stays active by doing
activities in and around their community as
part of their everyday life.

No time

What comes to mind when you hear the phrase "active living"?

Exercise

Walkability

Exercise

Exercise

Connectivity

Activity and Engagement

Gym

Ability to move around in your community

Walking vs driving

What comes to mind when you hear the phrase "active living"?

Engaging in non-sedentary activities.

Physical activity

Daily exercise & play

Premier Community Health

access

Exercise

Rails to Trails

Walking/biking instead

Parks

What comes to mind when you hear the phrase "active living"?

Walking/cycling to destinations

Parks

Physical activity...Walking, running, biking, sports, hiking, playgrounds, aerobics

Being outside and using non-motorized transportation for everyday tasks

Health

Healthy living

Outdoor activities

Movement

Ability to choose a mode of travel other than by car.

What comes to mind when you hear the phrase "active living"?

Outdoor exercise regime

Including regular physical activity into your lifestyle.

Leisure activities involving some level of physical intensity

Connection to outdoor experiences that engage residents with nature based activities.

Healthy work/life balance. Being involved with community, work & recreational activities

Walking

Being physically active and meeting the requirements

Access to safe places to walk or bike or other physical activity

Being a part of your community by working and volunteering

What comes to mind when you hear the phrase "active living"?

Biking

Services and recreational activities in walkable distance

Being able to get to what you need without a car (school, food, social activities, etc)

Happens

Walking outside

Active transportation

Empowerment

Movement! Play!

Walkable communities

What comes to mind when you hear the phrase "active living"?

Lack of free time due to holding multiple jobs, childcare, etc.

Resources, transportation, lack of access

Unsafe conditions

Lighting

Crosswalks

Lack of accessibility

To busybw social media

Policy zoning; in suburban areas to include parks, playgrounds; incentives to unplug



Active living isn't just about getting to the gym or going for a run.

Active living is a way of life that integrates physical activity into everyday routines, such as walking to the store or biking to school or work.

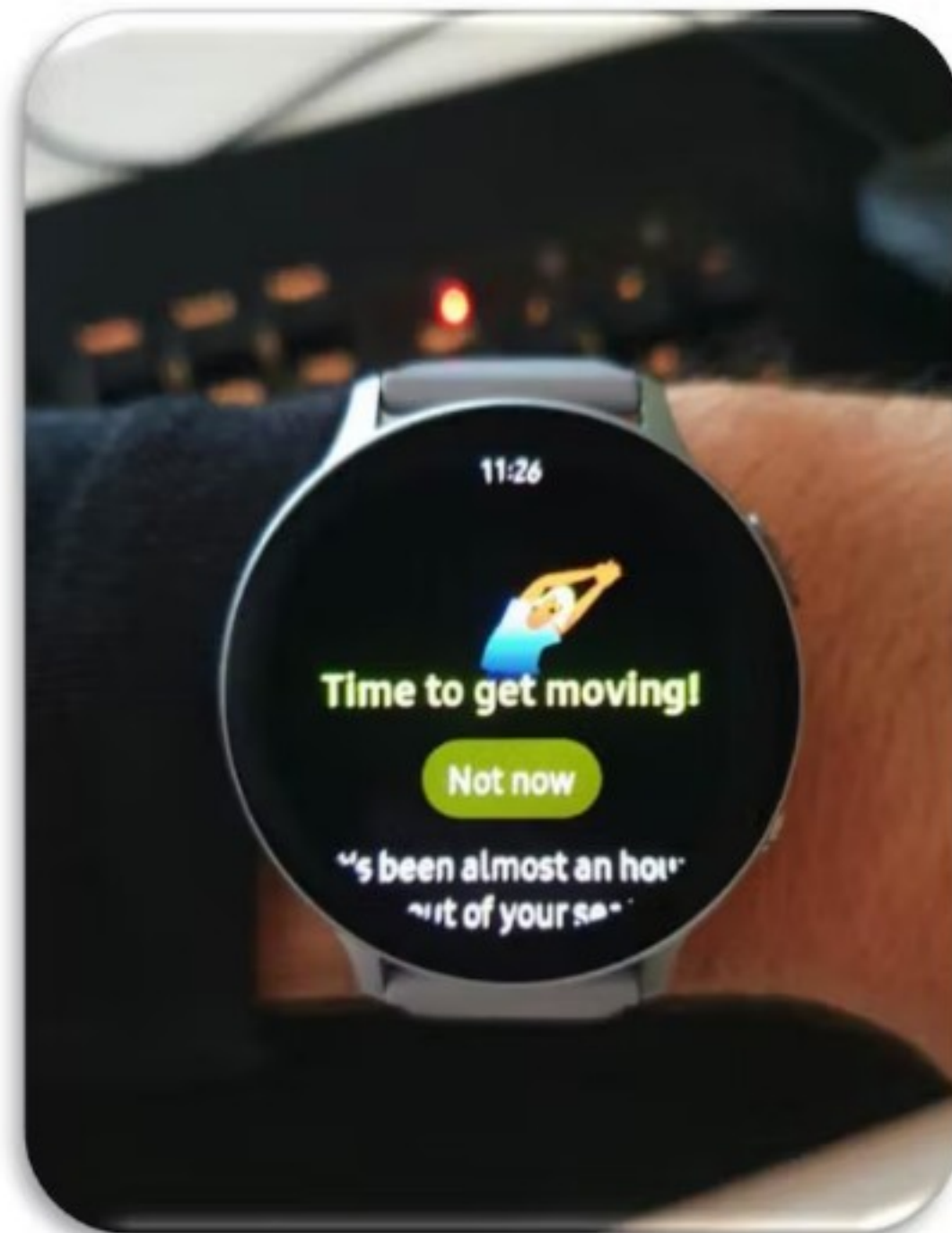


DISCLAIMER

This is a fictional story. The names, characters, businesses, events, and incidents are the products of the author's imagination. Any resemblance to actual persons or actual events are coincidental.



Meet Brian Kim from the City of Healthyville





Travel



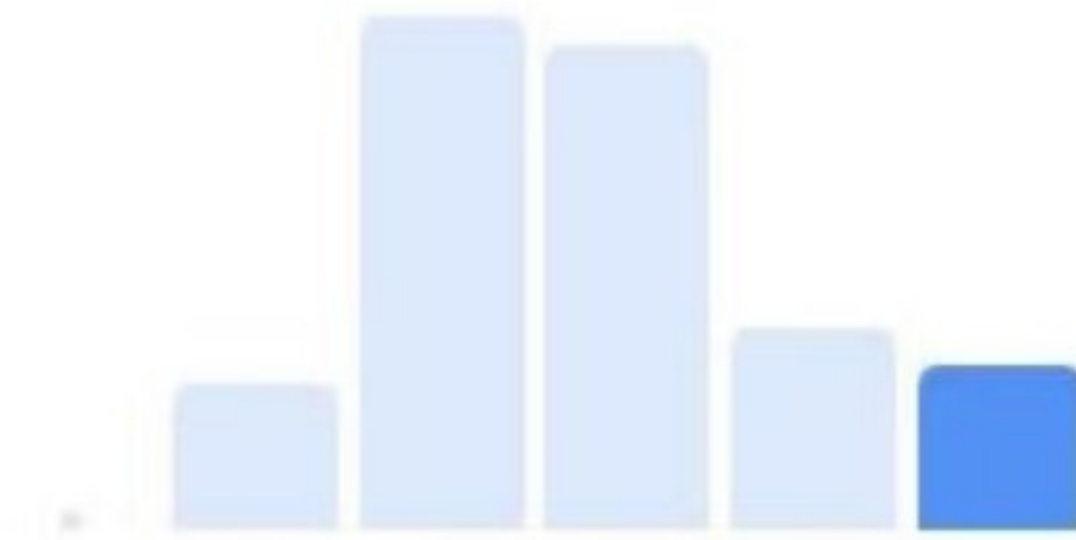
Walking

7 mi

3 hr 59 min

May

Oct



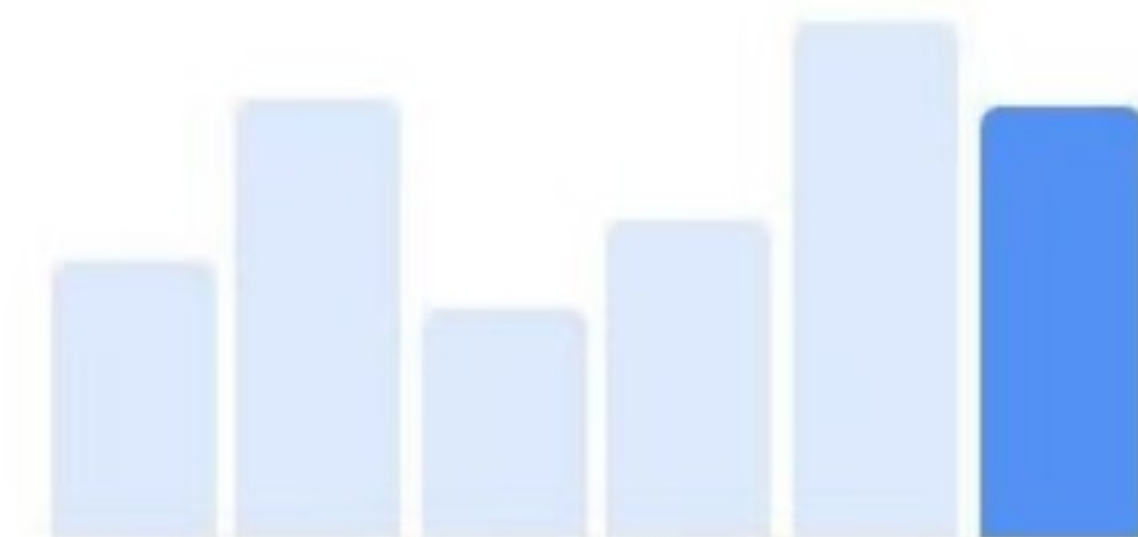
Driving

1,112 mi

65 hr 38 min

May

Oct



Incorporating Activity into Daily Routines

Work

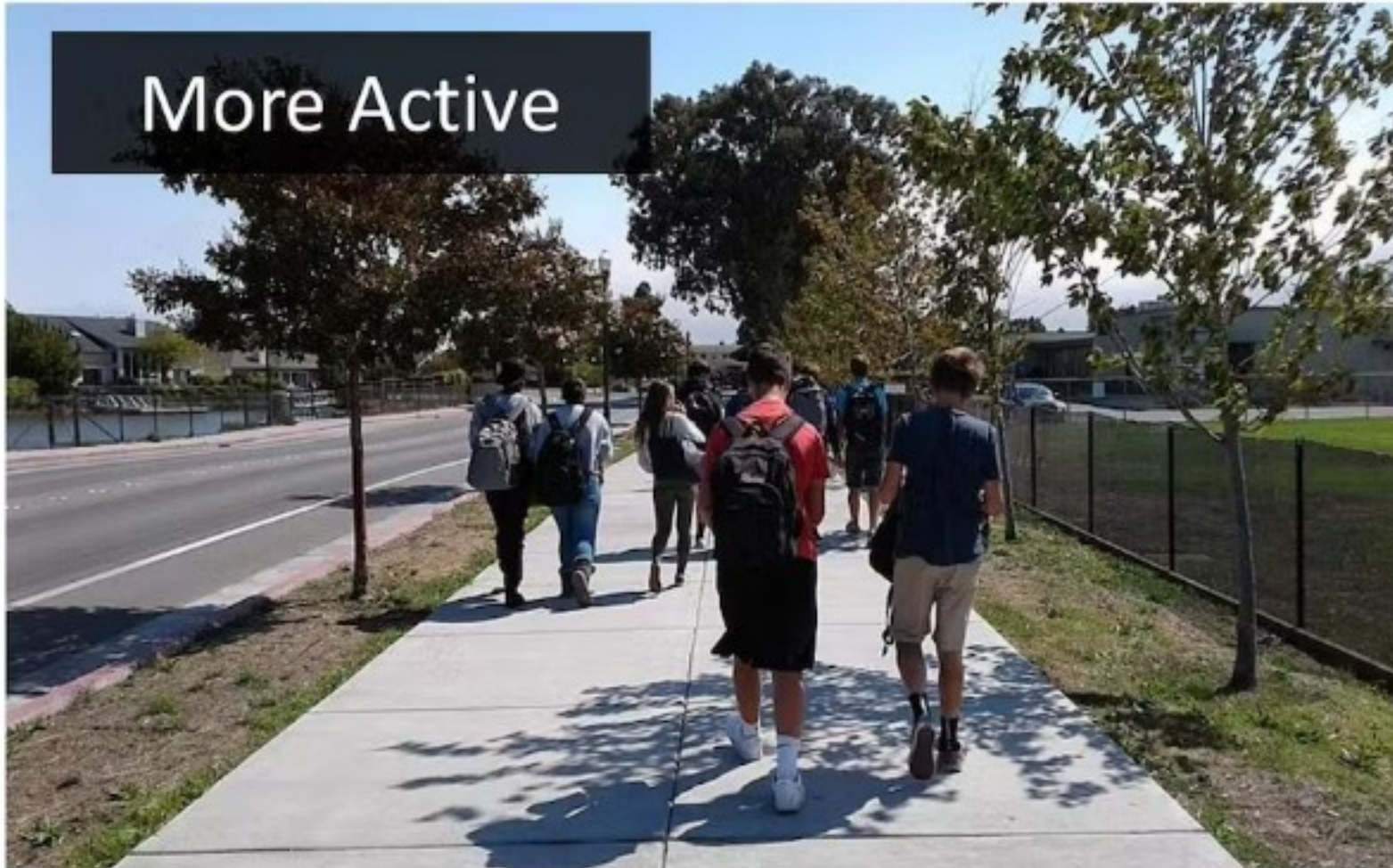
More Active



Less Active



More Active



Less Active



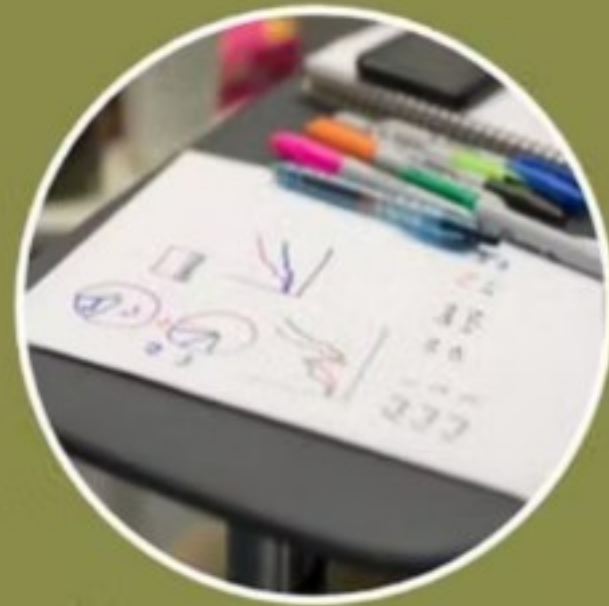
School



Outcome and Output

- Not to develop a Regional Health Plan nor does it intend to duplicate planning efforts undertaken by local public health departments.
- Not a Health Equity initiative. However, this topic will be included as appropriate during each project/program.
- Anticipated outcomes and outputs include data, maps, infographics, information sharing applications, forums for knowledge and information sharing, networking opportunities, and best practices.





Understanding
Where We Are



Identifying Barriers &
Opportunities



Seeking Solutions &
Building Capacity

PLAN4Health – Miami Valley: A Planning for Health Initiative

- **Health Environment Assessment (complete)**
- **Built Environment Assessment (complete)**
- Food System Assessment
- Community Health Mapping

- Plan Audit and Needs Assessment

- Healthy Communities Planning Toolkit
- **Healthy Communities Roundtables (on-going)**



Built Environment Assessment

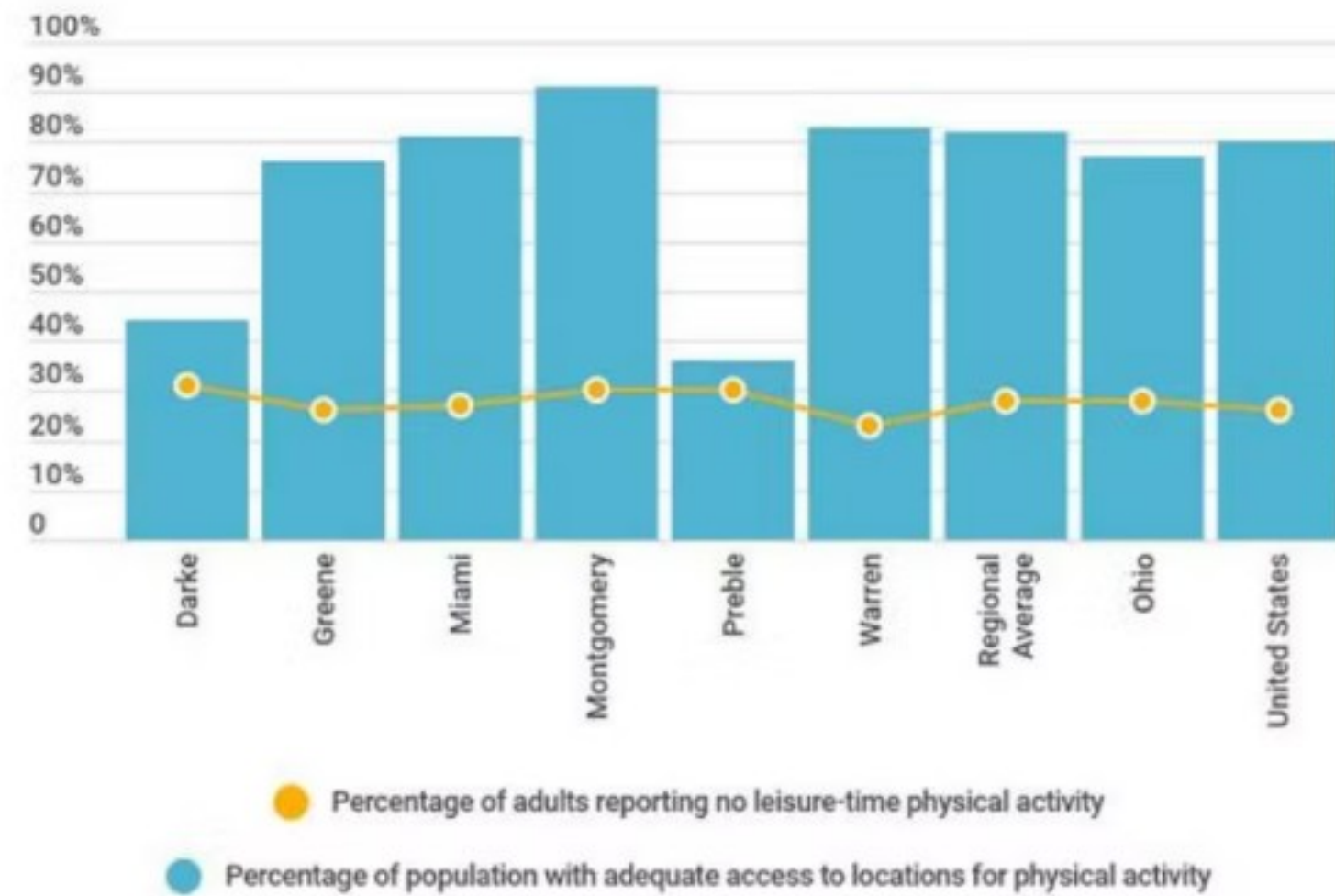
PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published 2022



[CLICK HERE TO VIEW BUILT ENVIRONMENT ASSESSMENT](#)

Physical Inactivity



Source: University of Wisconsin Population Health Institute, 2022 County Health Rankings & Roadmaps

Health Outcomes - Regional Prevalence of:



Coronary Heart Disease: 6%

Ohio Rate: 8%
US Rate: 5%



Adult Obesity : 36%

Ohio Rate: 35%
US Rate: 32%



Diabetes: 11%

Ohio Rate: 12%
US Rate: 10%



High Blood Pressure: 31%

Ohio Rate: 35%
US Rate: 30%



Adults Reporting Poor Mental Health 14+ Days a Month: 17%

Ohio Rate: 16%
US Rate: 14%

Sources: Centers for Disease Control and Prevention, PLACES Data 2021 release

Ohio Behavior Risk Factor Surveillance System 2019 Annual Report

University of Wisconsin Population Health Institute, 2022 County Health Rankings & Roadmaps

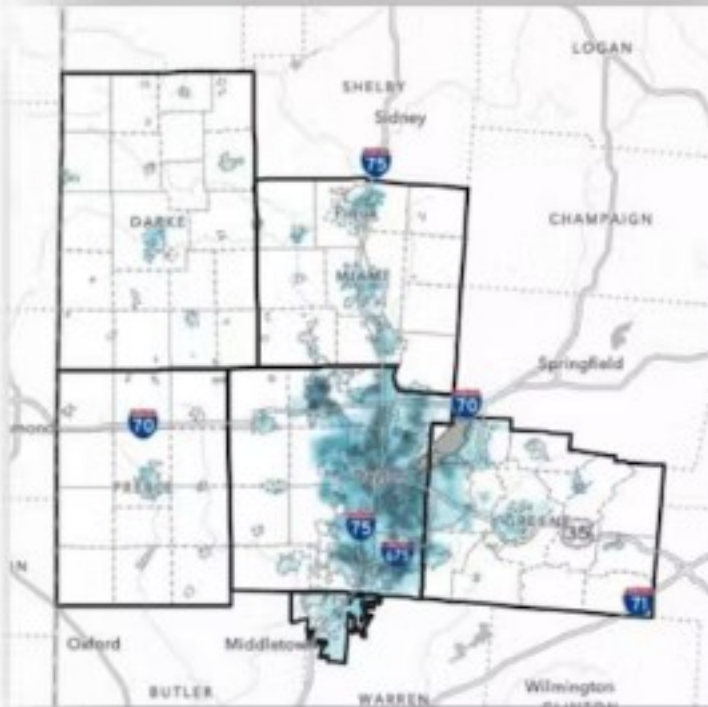


Active Community Index Composite Map

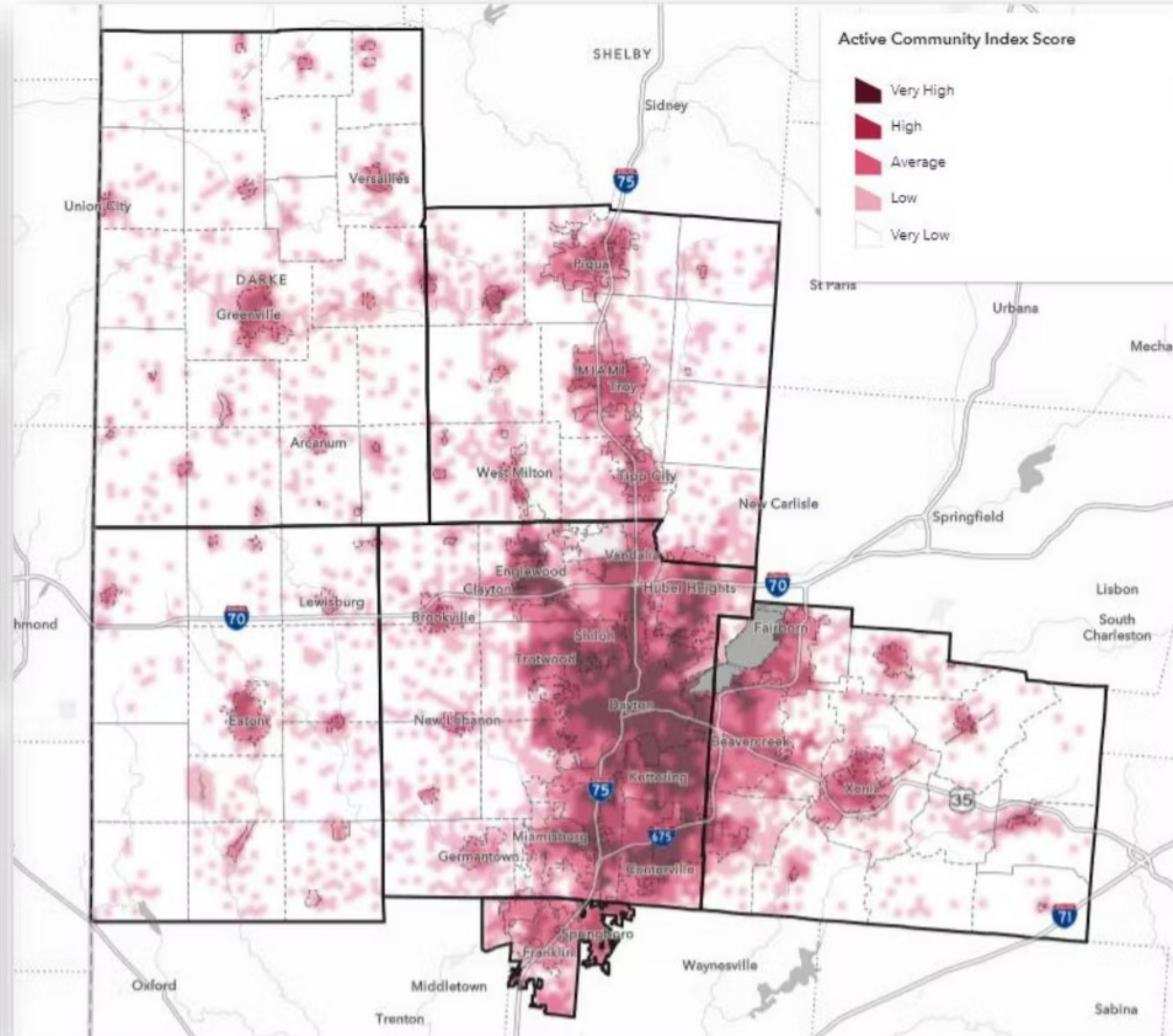
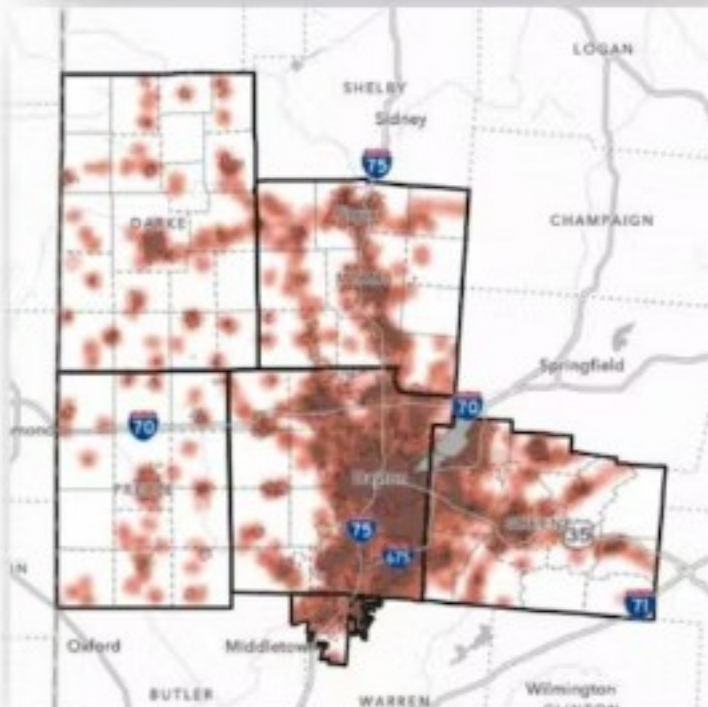
Land Use Density
and Diversity



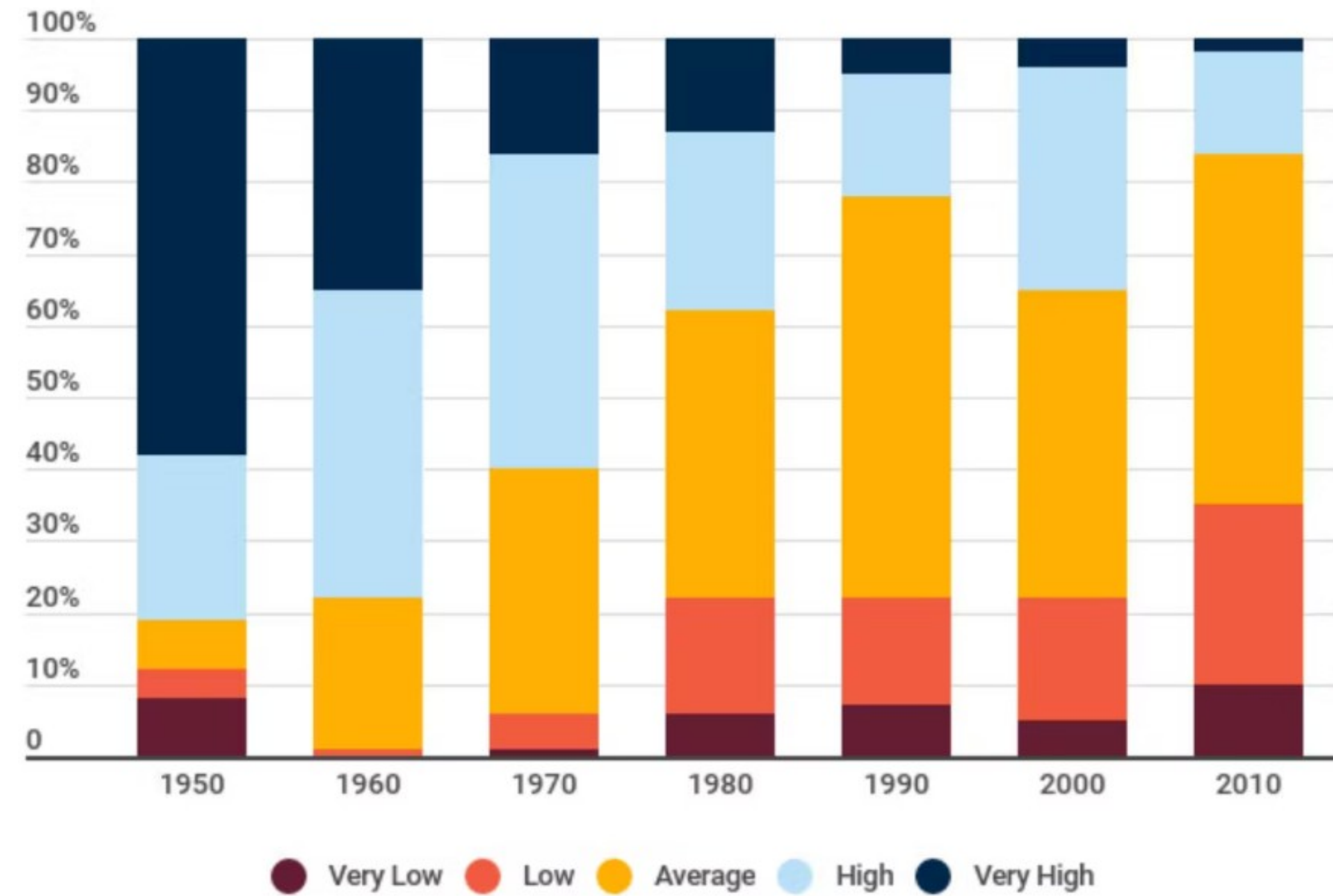
Pedestrian Friendly
Environment



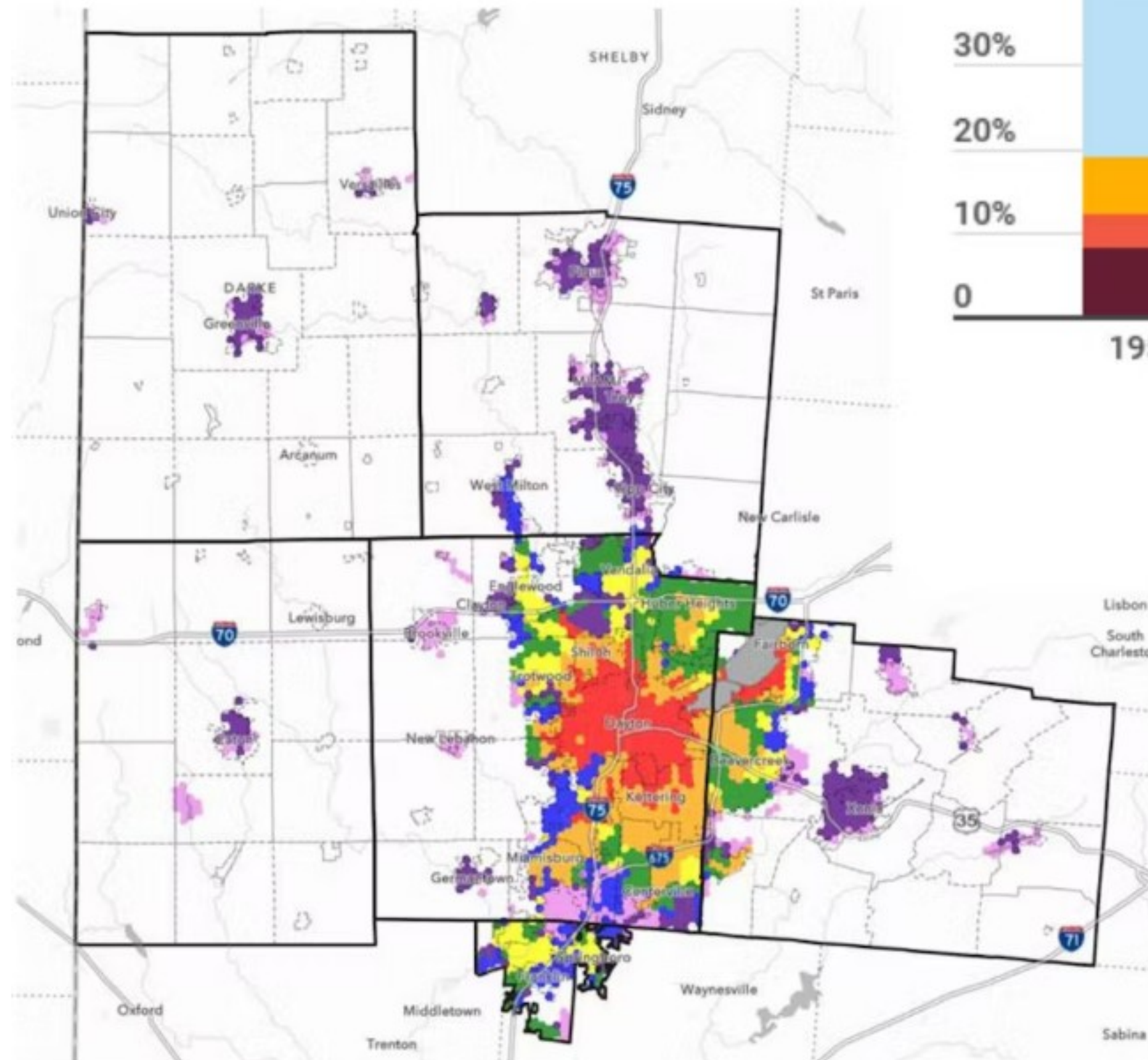
Activity
Infrastructure



Active Community Index Trends: 1950-2010



Active Community Index Over Time

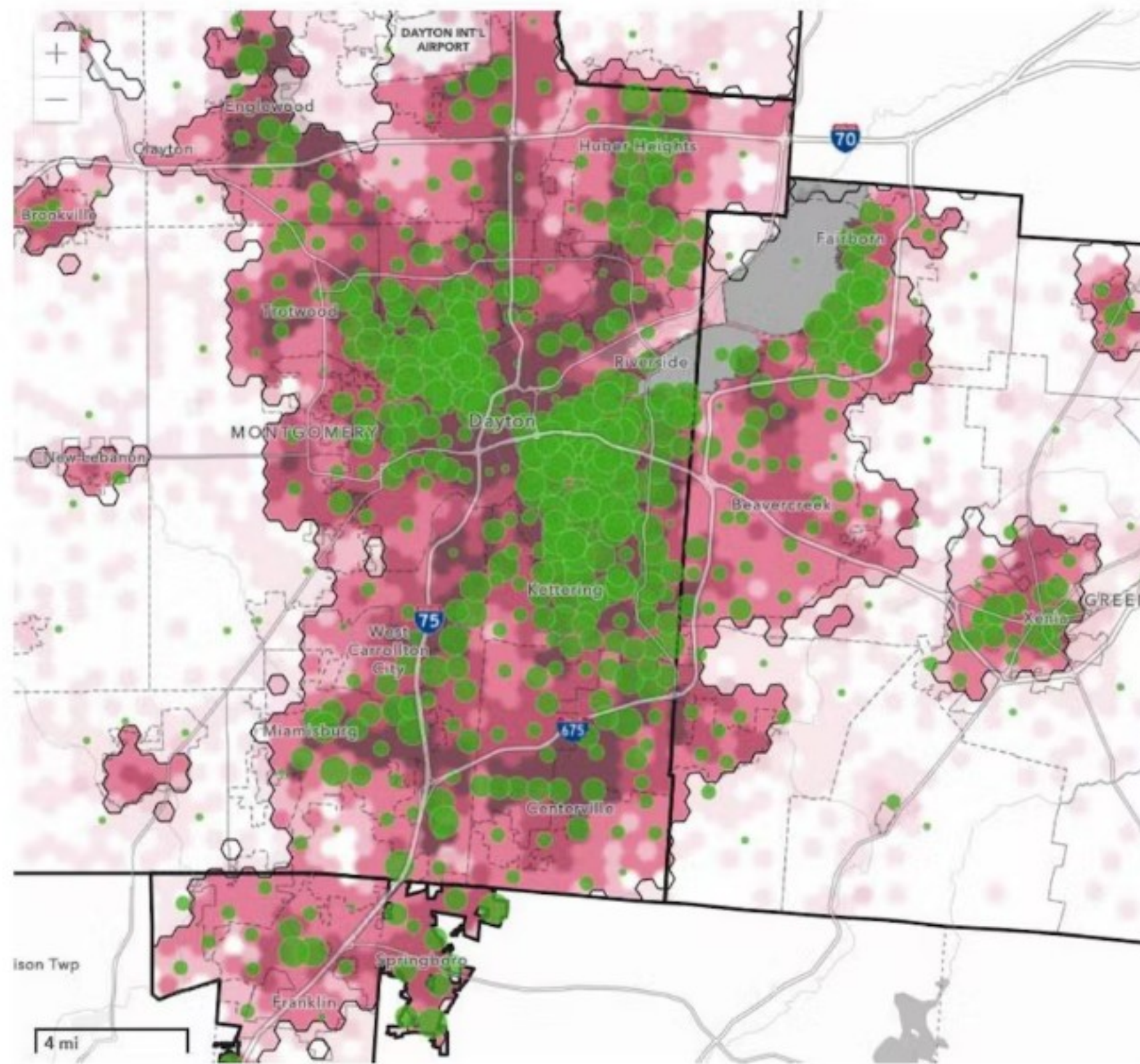


Development Trends:

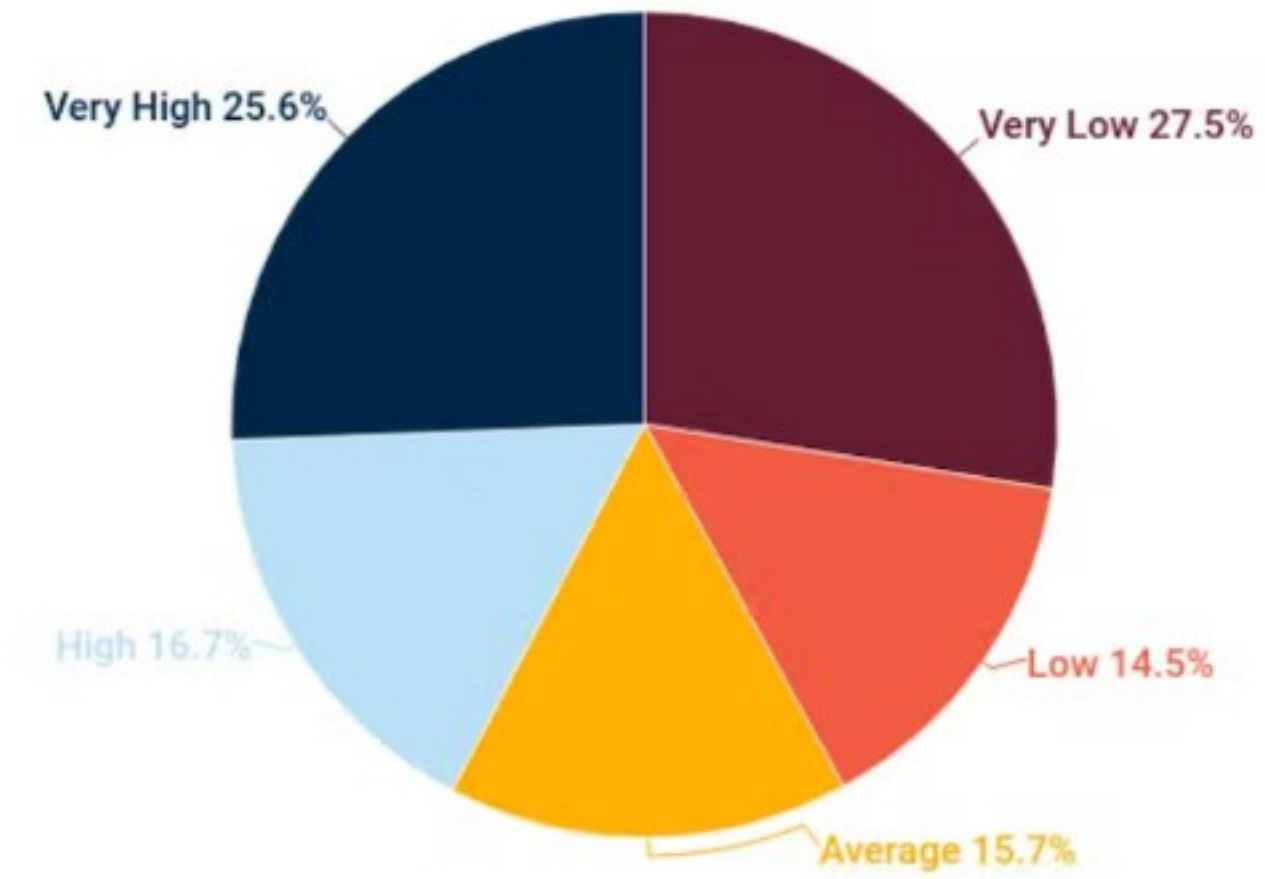
- 1950 Developed Area
- 1960 Developed Area
- 1970 Developed Area
- 1980 Developed Area
- 1990 Developed Area
- 2000 Developed Area
- 2010 Developed Area



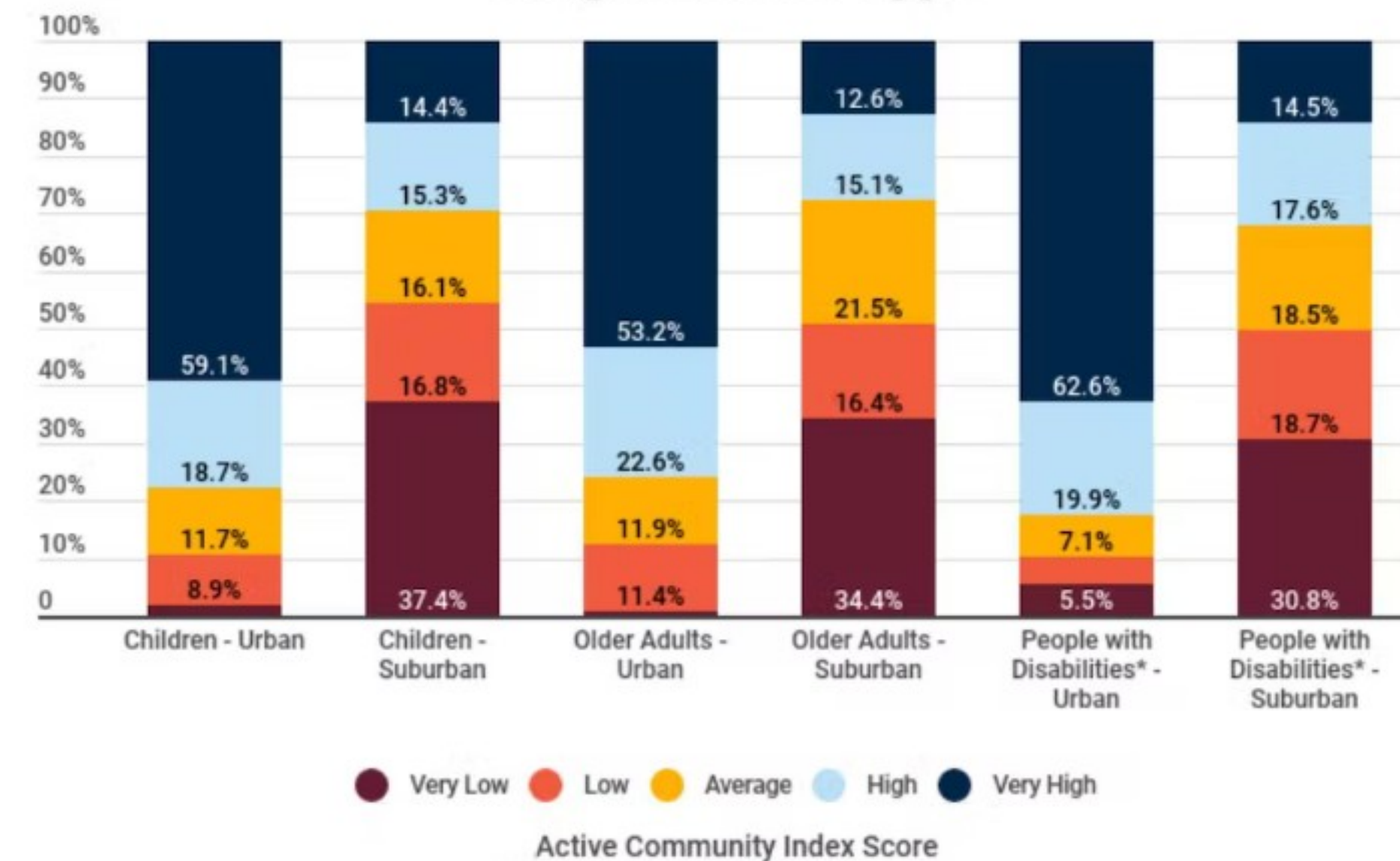
Population Density & ACI



Active Community Index for the Total Population

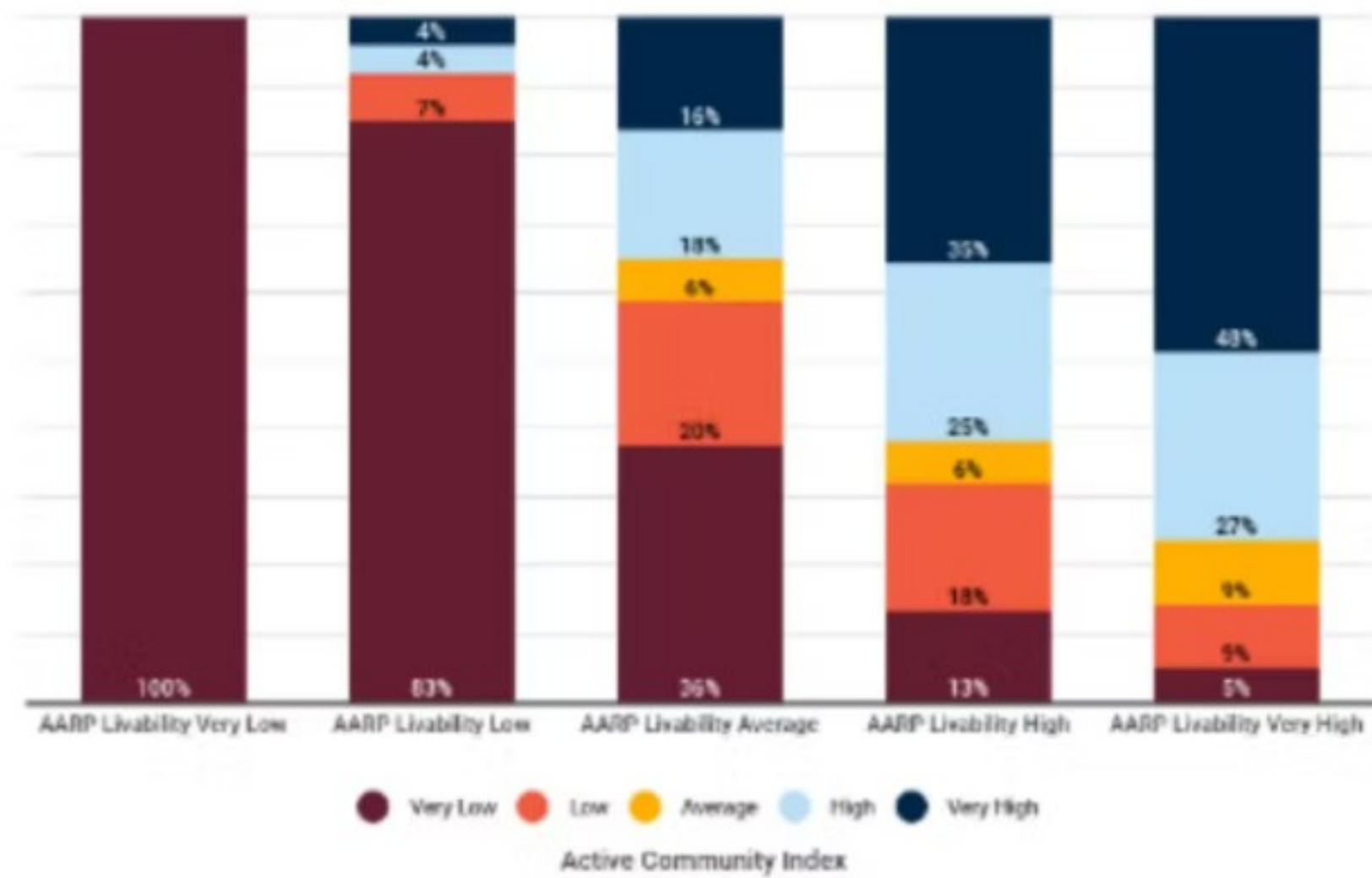


Active Community Index for the Population of Interest by Neighborhood Type



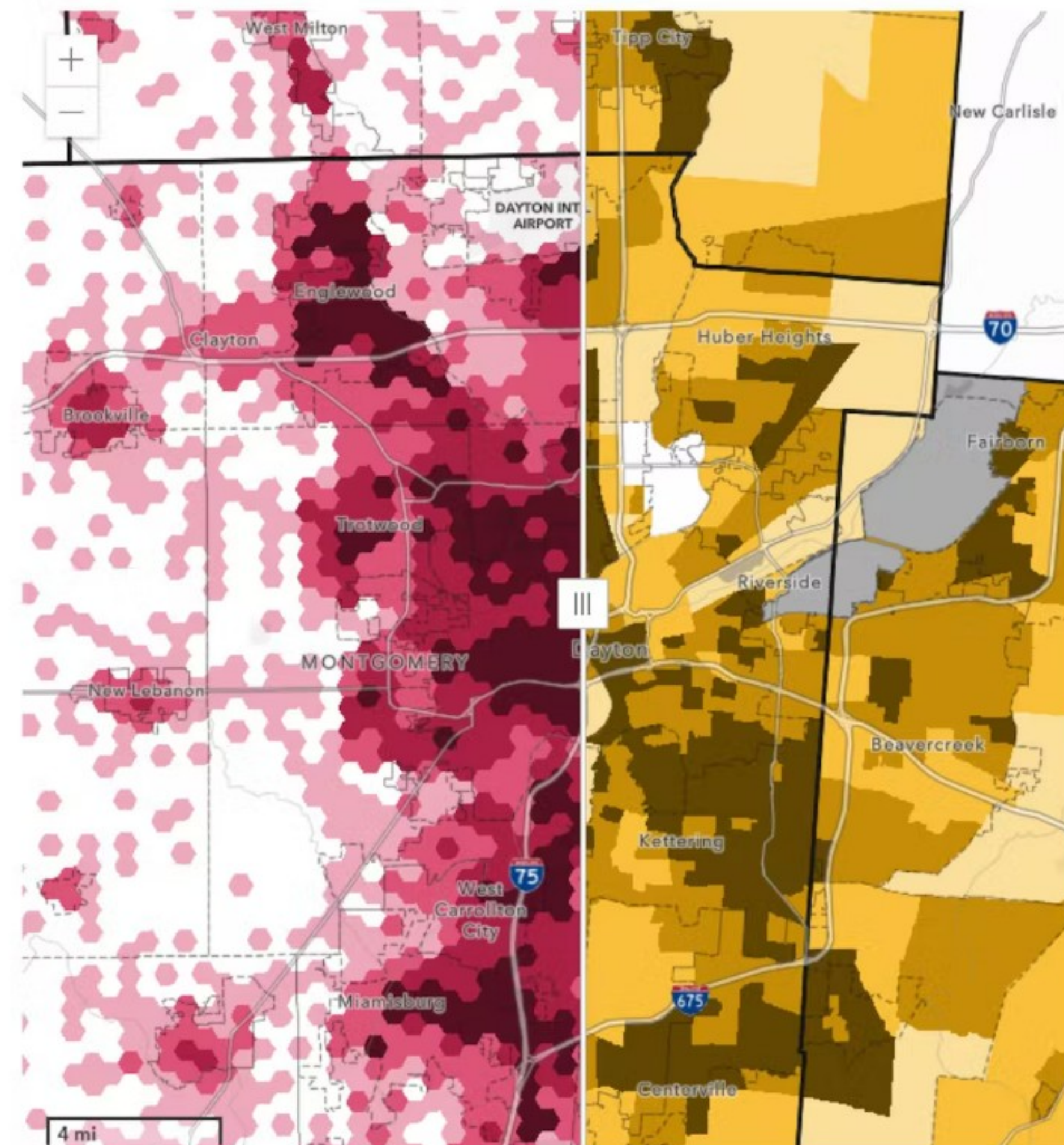
*Based on tract level distribution

Livability and Active Communities




Improving built environment conditions to support active living is essential, especially when planning for the future. These environments have the capacity to improve quality of life for the Region's future residents, further sustaining livable communities.

Livability & Active Communities




Map Legend		Population Density		
		Low	Medium	High
Active Community Index	High			
	Medium		★	★★
	Low		★★	★★★

★ - ★★ - ★★★: Level of Built Environment improvement needed



Built Environment Assessment









Built Environment Assessment

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County Data Viewer

Miami Valley Regional Planning Commission | Published October 25, 2022

Select a county below to explore more information about its built environment

Darke

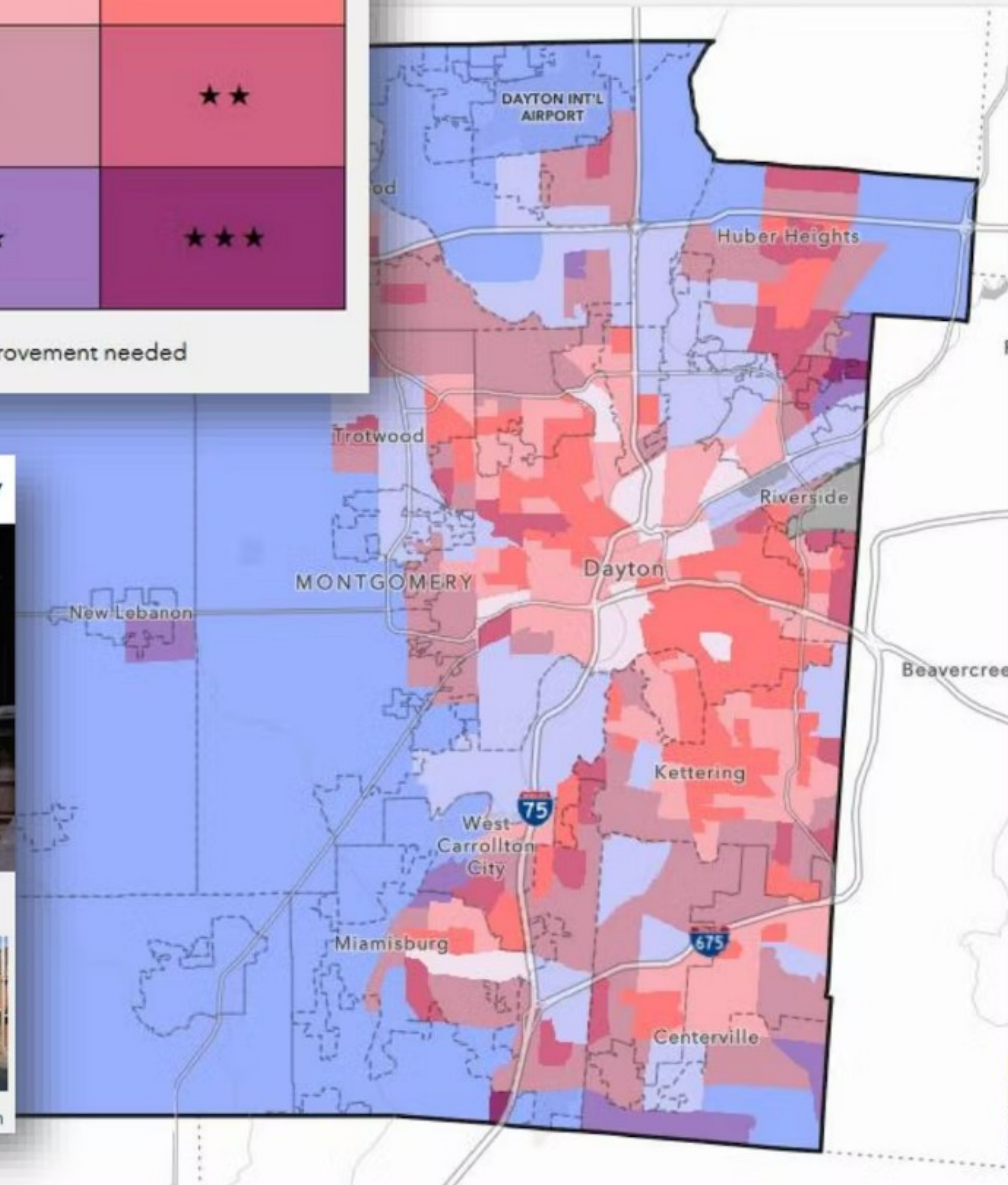
Greene

Miami

Montgomery

Preble

Northern Warren





**Place-
Based
Approach**

Improved Health Outcomes in the Miami Valley

**People-
Based
Approach**



What barriers prevent people from being active?

Unsafe conditions

Economy

Transportation

Safety

Safety

Built environment

Access to safe routes

Health

Lack of connectivity

What barriers prevent people from being active?

Transportation

Family Matters

Built Environment

Safety

Monetary - can't afford the time for active leisure

Lighting

Knowledge, access

Time

Lack of free time due to work/family obligations.

What barriers prevent people from being active?

Lack of sidewalks

Money

Lack of time

Cost of programs

Proximity to food/services/etc

Life responsibility

Access

Lack of connectedness both physically and socially.

Knowledge of what is available

What barriers prevent people from being active?

Time

Transportation

Unsafe streets—built environment

Low Opportunities

Remote working

Time

Poor Community Development

Lack of knowledge/awareness

Minimal proximity to recreational opportunities.

What barriers prevent people from being active?

Lack of free time due to multiple jobs, childcare, etc.

Motivation

People with disabilities may not be able to access services

Jobs

Availability

Lack of options appealing to my cultural and socioeconomic needs

Physical disabilities

Criminal element in the neighborhood

Accessibility to Resources

What barriers prevent people from being active?

No transportation options, money, functional needs, lack of stores/services/parks closeby

Access to viable transportation options.

Lack of work pilicies supporting healthy lifestyle activities while at .

Transportation concerns

Pre-existing health conditions

Individual physical limitations

Lack of motivation

Perceived safety

Community not safe

What barriers prevent people from being active?

Not aware of options



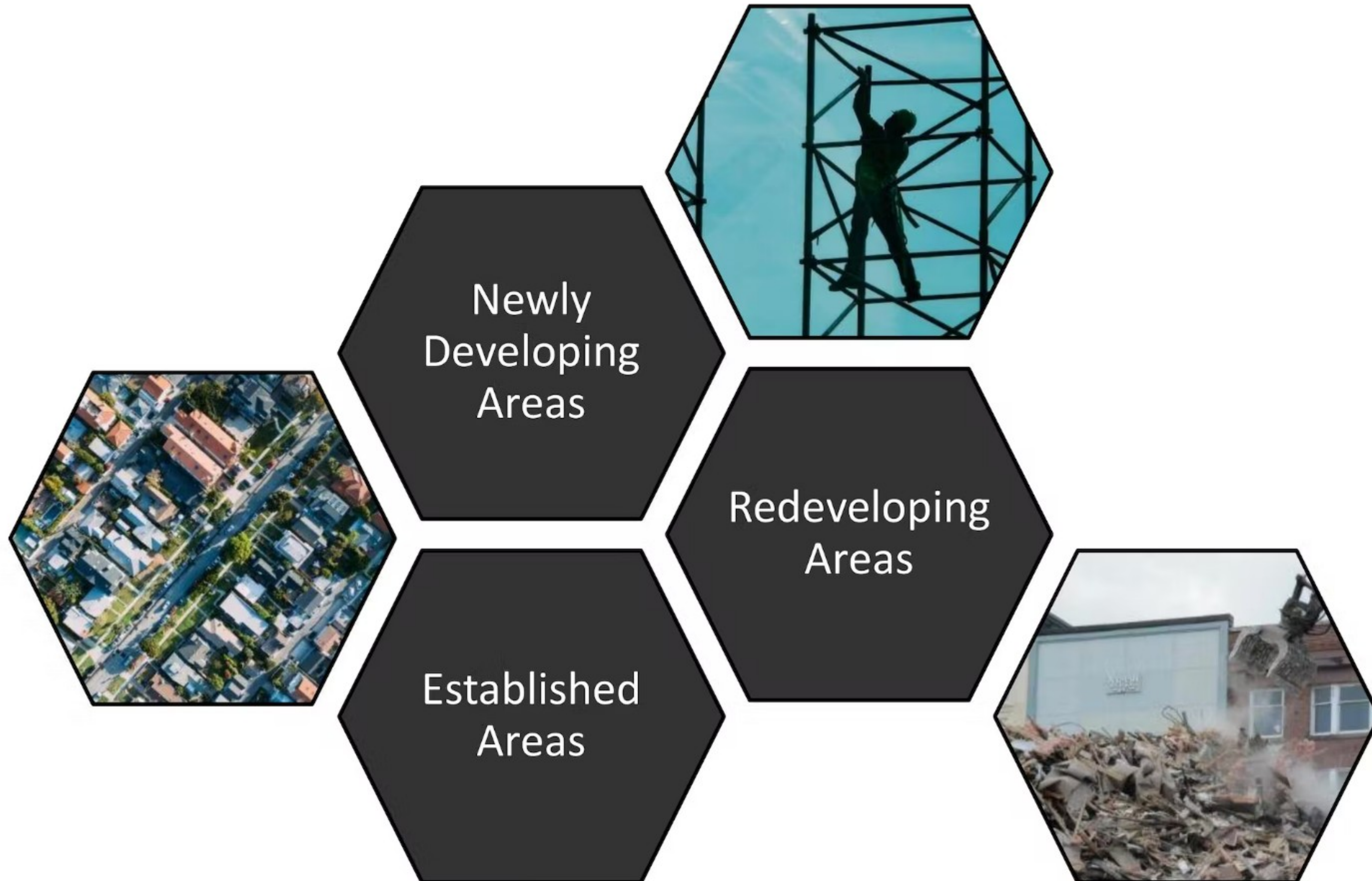
Planning for Active Living Communities



Our development choices are essential to advance active living



Active Living measures can be implemented in...



We support active living when we...

Increase awareness about the link between physical activity and chronic illness

Require pedestrian-oriented site layout and design

Provide safe environment for kids to walk to school

Support denser and mixed use development

Promote policies and programs that make physical activity safe and easy for everyone

Locate parks, schools, and other activity centers in or near residential areas

Collect data about physical activity to measure and monitor changes over time

Provide missing links in sidewalk networks

What other ideas?

Small Group Discussion

- Please try to sit with a mix of planners and public health professionals

Blue Dots: Planners / Green Dots: Public Health

- Get creative! There are no bad ideas here. You can suggest things that are currently being done or could be done in the future.

Blue Post-its: Planners / Green Post-its: Public Health

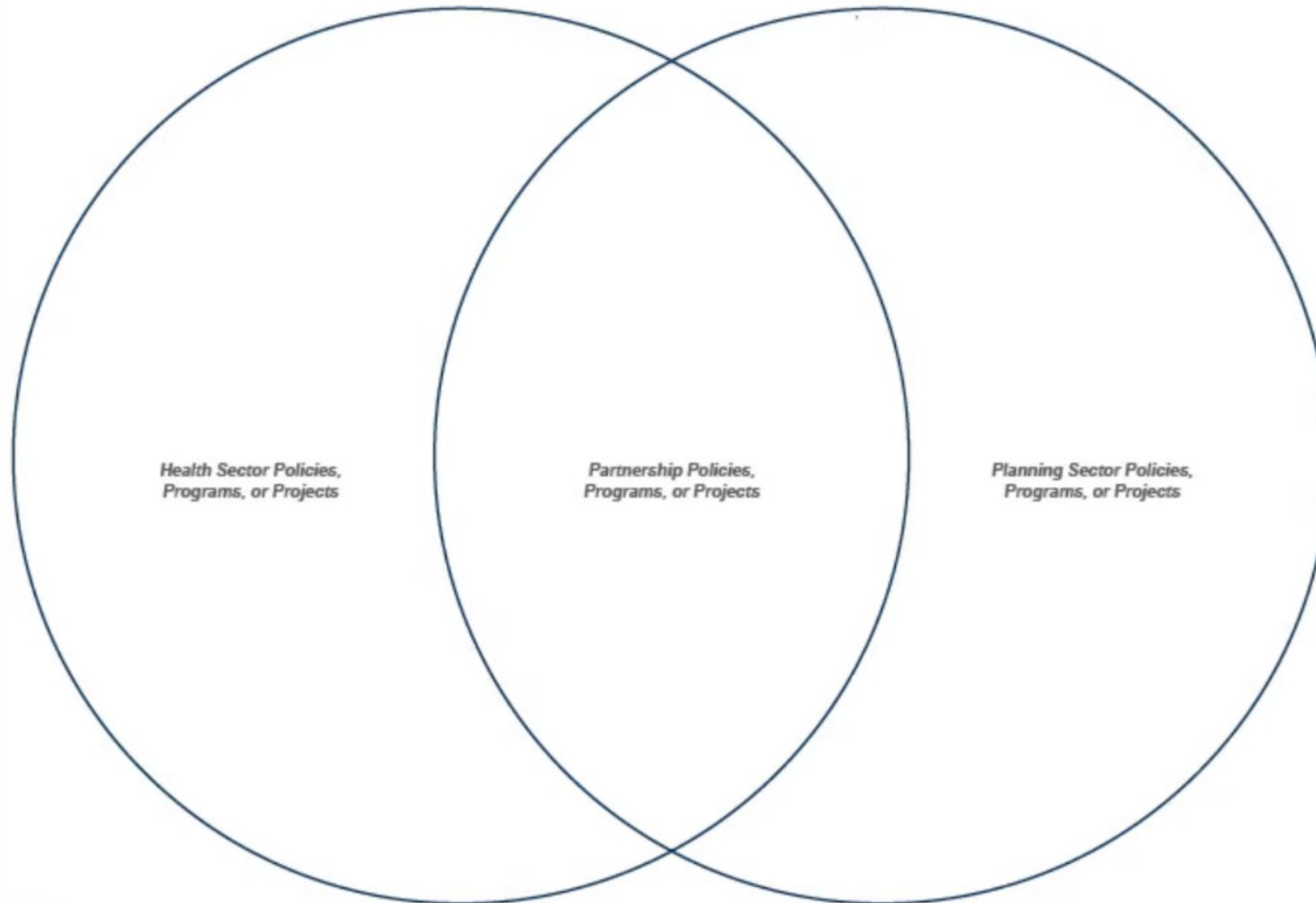
- Your ideas can be for the planning sector, public health sector, or partnership opportunities

The color of the post-it is tied to the author of the idea, not the sector that could carry it out



Active Living Workshop - Small Group Discussion Worksheet

Use your post-it notes to recommend any strategies or ideas that could remove barriers and/or improve active living.
 These can be existing activities or things that can be done in the future.
 Please feel free to move the ideas between health, planning, and partnership opportunities.



Use your post-it notes to identify any tools or resources that would be helpful to advance active living in your community/our region.

Small Group Discussion

Recommend any strategies or ideas that could remove barriers and/or improve active living.

What tools or resources would be helpful to advance active living in your community/our region?



Wrap Up

Small Group Reporting



Homework

What steps could you take in the near-term (1-2 years) to advance active living in your community?





PLAN4Health Miami Valley

www.mvrpc.org/regional-planning/plan4health-miami-valley

1.5 AICP CM Credits Available (Event #9264527)

