



Carlisle Active Living Workshop

May 20, 2026

Agenda

1. Welcome and Walking Tour (15 min)

Destination Jamaica / Central

2. Warm Up Activity (15 min)

Spot the Difference

3. Active Living Briefing (30 min)

Active Living Presentation

4. Mapping Exercise (45 min)

Local Active Living Evaluation and Exploration

5. Wrap Up Activity (15 min)

Active Living Look and Feel Review

Orientation/Housekeeping

- Meeting Materials

Agenda, reference materials, slides, etc.

- Restrooms

- Informal Setting

Ask questions and share your ideas



Why did we host an Active Living Workshop with the Miami Valley Regional Planning Commission?

- The goal of healthy people and healthy communities is important to me as the Community Development Director
- It was a great opportunity to work with planning experts to help shape our community
- To get a third party's views of our community
- To participate in a program where I thought I could learn and grow as a city planner



Walking Tour



- Very short walk
- Observe conditions for bicyclist & pedestrians by asking:
 - *Can I walk/bike here?*
 - *Does it feel safe to walk/bike?*
 - *Are there destinations?*
 - *Is there infrastructure for non-motorized users?*
 - *Is it in good condition?*

Walking Tour

Comments & Observations

Warm Up Activity – Spot the Difference

- Using the **Spot the Difference** worksheet at your table, work as a group to review and make notes of the two different environments.
- Imagine you are a pedestrian in the area, think about...

How comfortable the environment is

How safe the area feels

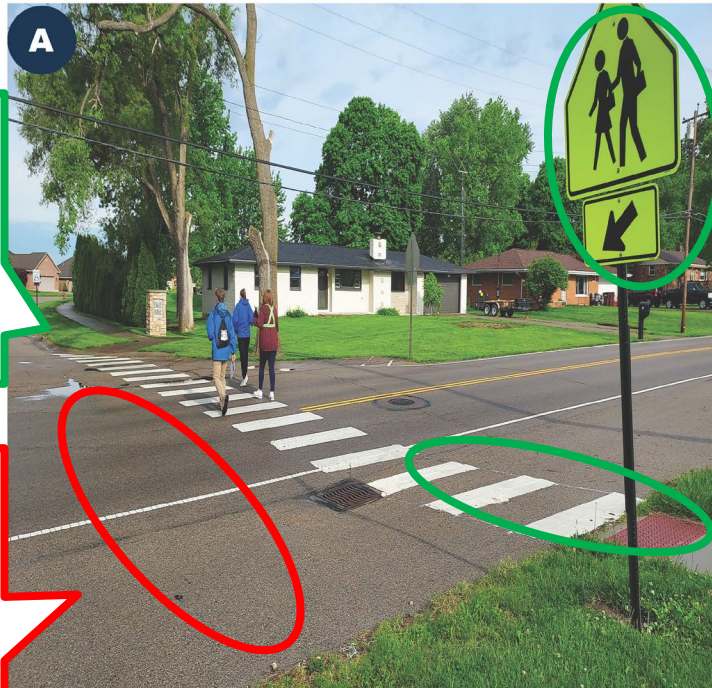
Would you be comfortable with a child or older adult in this area

What about the area makes you feel these ways

Warm Up Activity – Spot the Difference

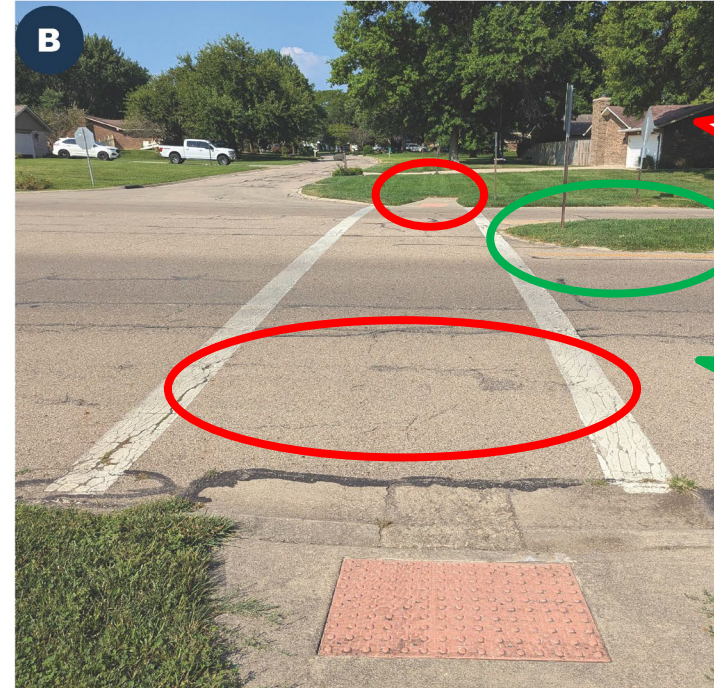
Spot the Difference

Imagine you are a pedestrian in the places below. Working in small groups, mark up the photos making note of what makes the two environments different. What makes them feel like a good place to be a pedestrian? What makes them feel like a difficult place to be a pedestrian? Do you prefer one environment over another? Tell us why.



- Bright signage alerts drivers of pedestrians crossing
- Markings are in good condition

- Road appears to be wider than necessary with no calming, which may encourage faster driving



- Sidewalk ends abruptly
- Markings exist, but are faded

- Grassy median offers pedestrian refuge and may calm traffic

Notes

A healthy community does not
happen by accident.

It requires a comprehensive
approach covering all aspects of
social, physical, and economic
environments.



PLAN4Health – Miami Valley



PLAN4Health – Miami Valley

Understanding Where We Are

- Health Environment Assessment (complete)
- Built Environment Assessment (complete)
- Active Living Interventions Best Practices (complete)
- Food Systems Overview (complete)
- Community Health Mapping (complete)

Identifying Barriers & Opportunities

- Local Plan Health Assessment (complete)
- Healthy Communities Needs Assessment (complete)

Seeking Solutions & Building Capacity

- Healthy Communities Planning Toolkit (in progress)
- Healthy Communities Roundtables (on-going, 12 events to date)





Active Living





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.



Incorporating Activities into Daily Routines

Personal Activities

Chores

More Active



Less Active



Shopping

More Active



Less Active



Incorporating Activities into Daily Routines

Environmental Conditions

Work

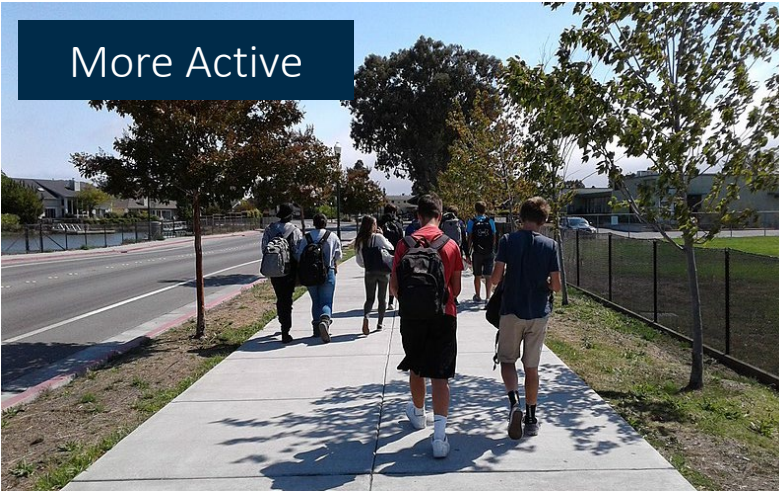
More Active



Less Active



More Active

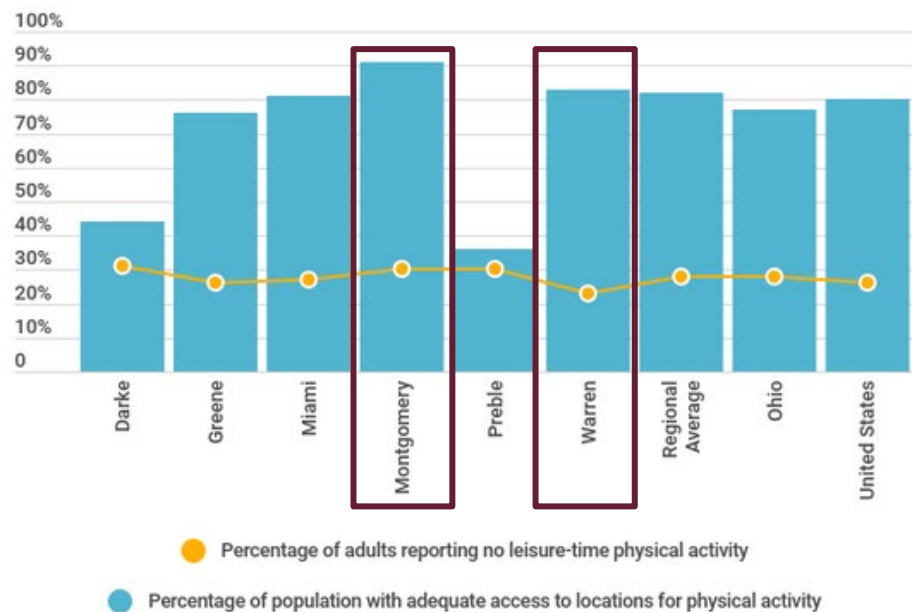


Less Active



Physical Inactivity & Health Outcomes

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 Living - Health

Reduce
Chronic
Diseases

Improve
Mental Health

Support
Healthy Aging

Active Living - Community

Increase Social
Connections

Enhance
Safety

Promote
Equity

Active Living – Economic Development

Increased Property
Values

Boosted Local
Businesses

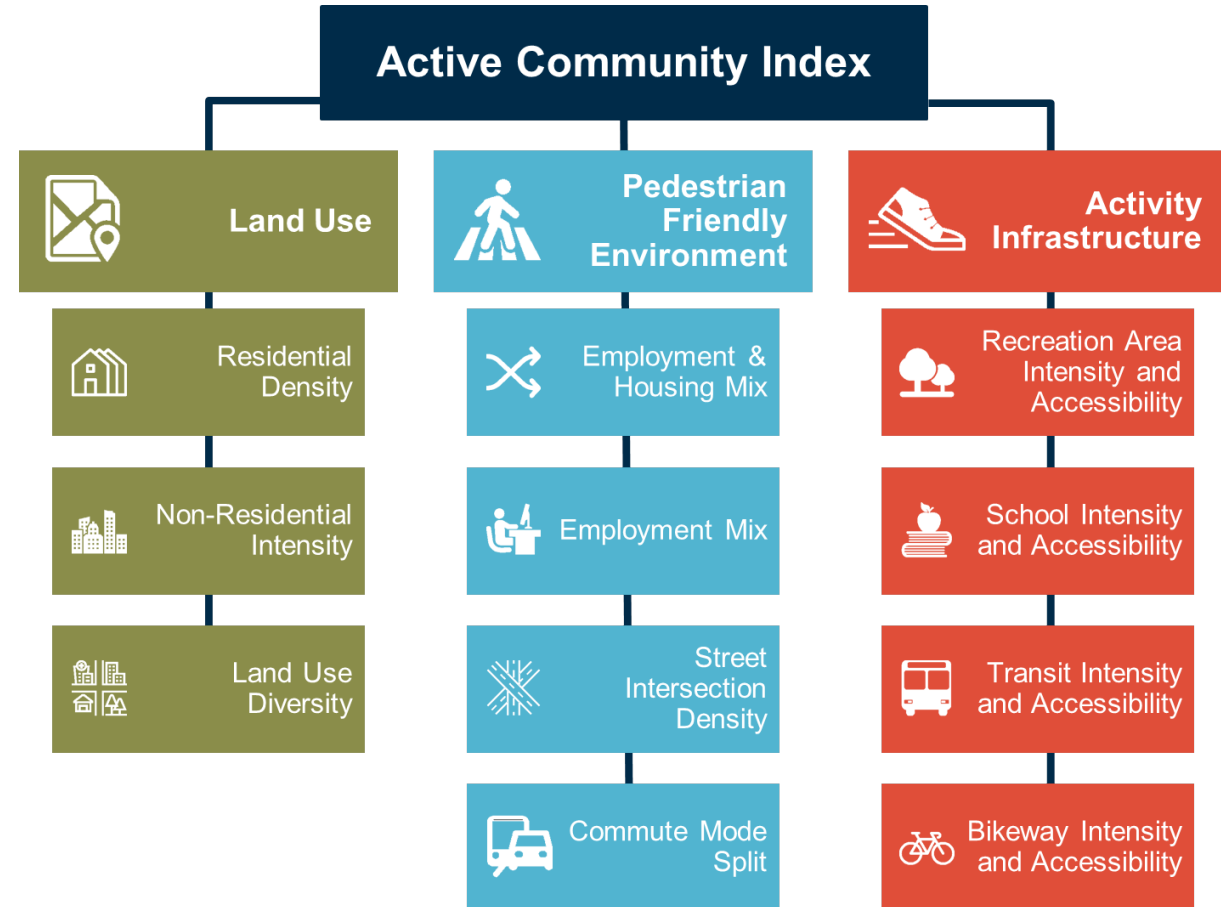
Reduced
Healthcare Costs

Attracting and
Retaining Residents
and Businesses

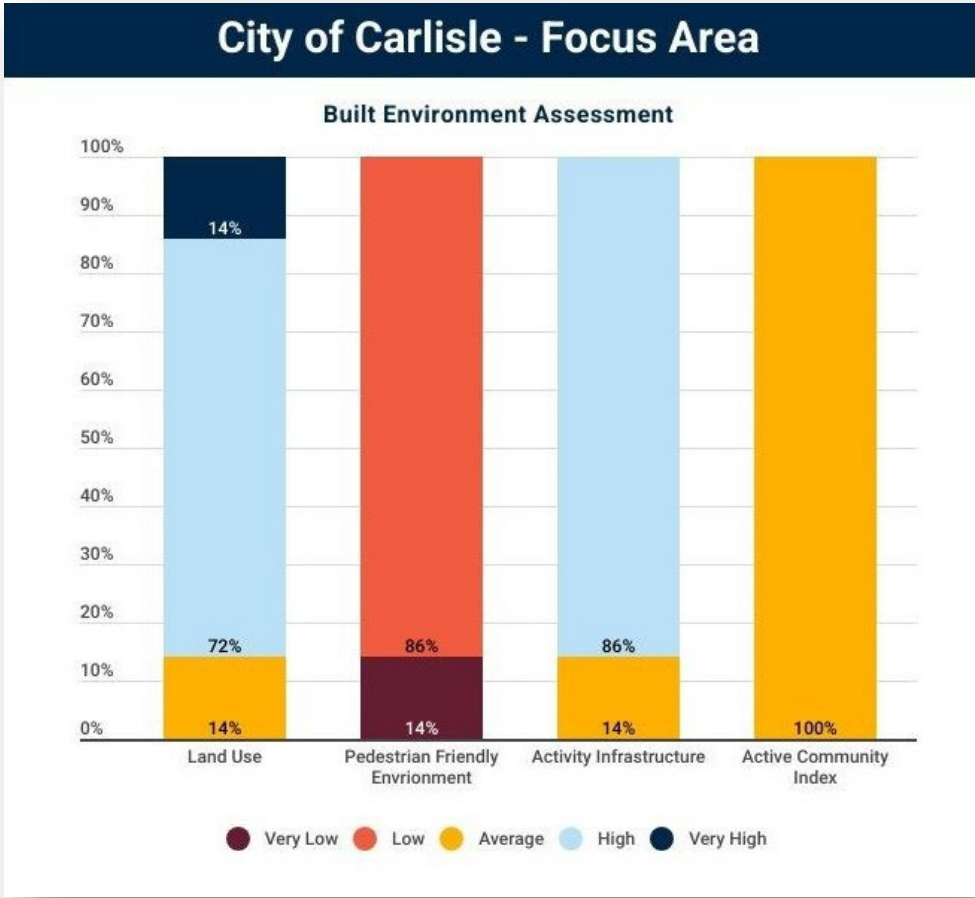
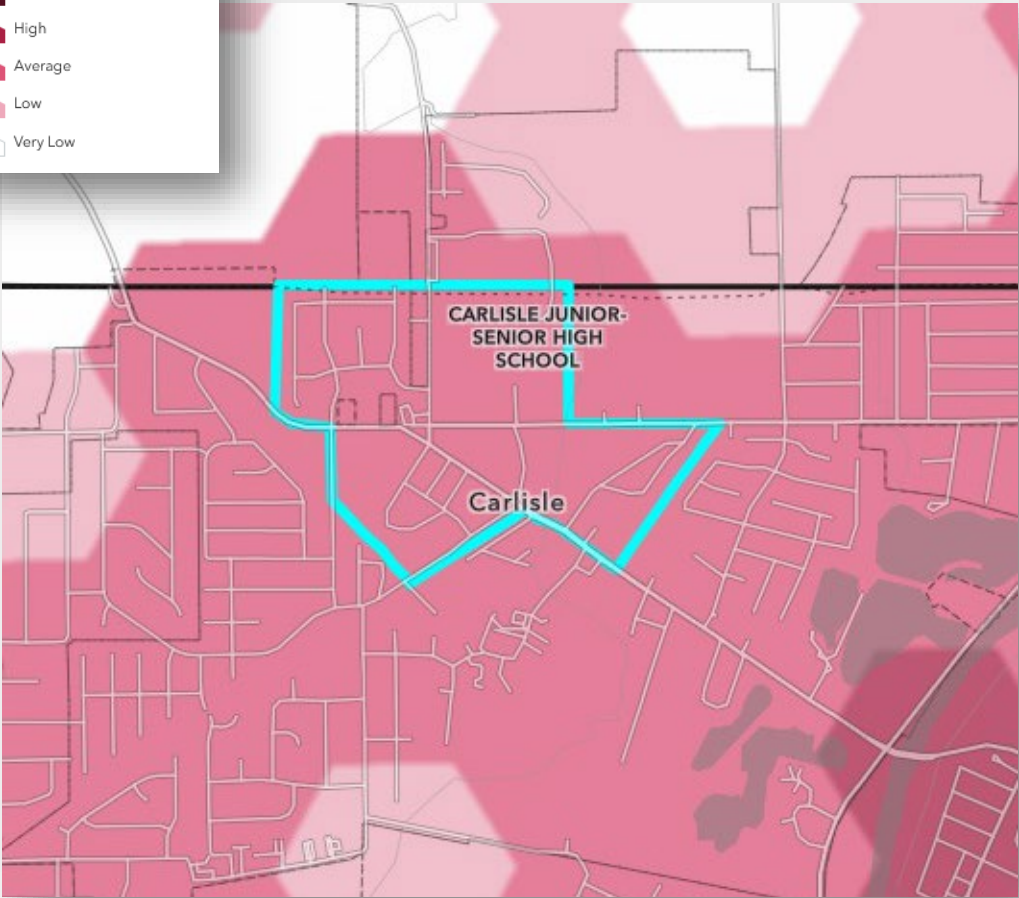
Built Environment Assessment



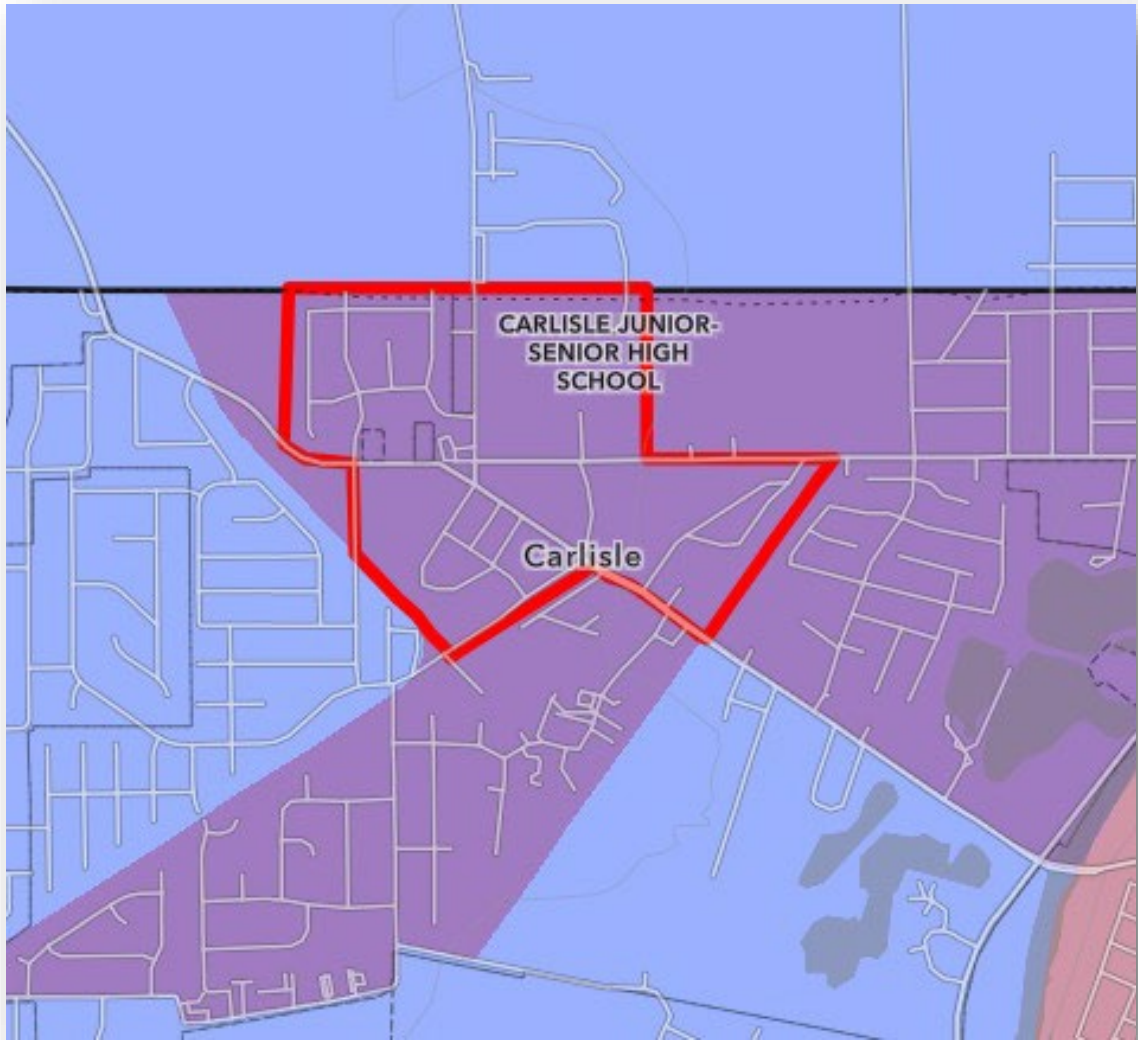
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Focus Area Data – Active Community Index



Focus Area Data – ACI and Population Density

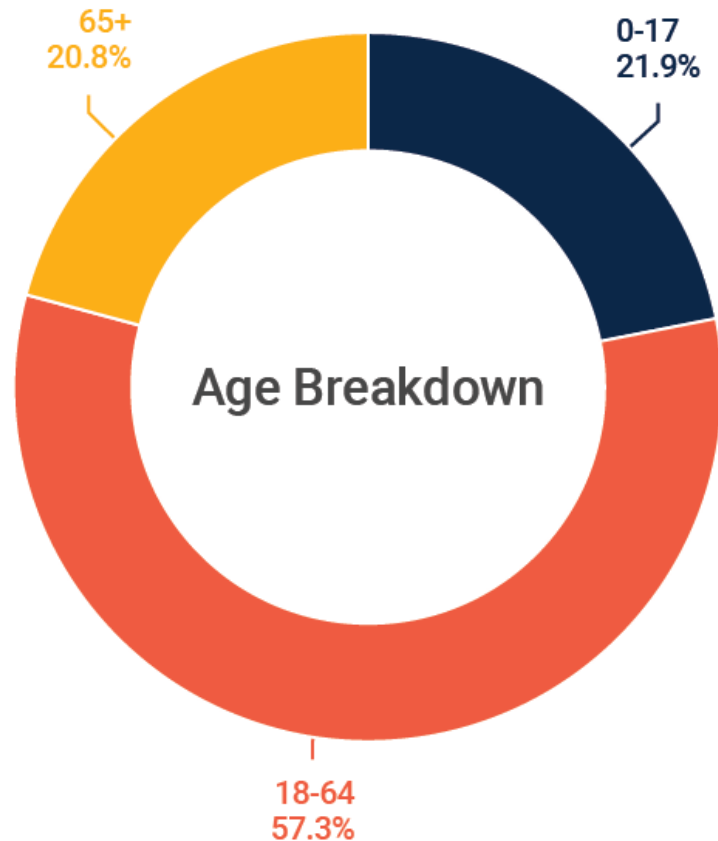


Map Legend		Population Density		
		Low	Medium	High
Active Community Index	High			
	Medium		★	★★
	Low		★★	★★★

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

Focus Area Data – Demographic Considerations

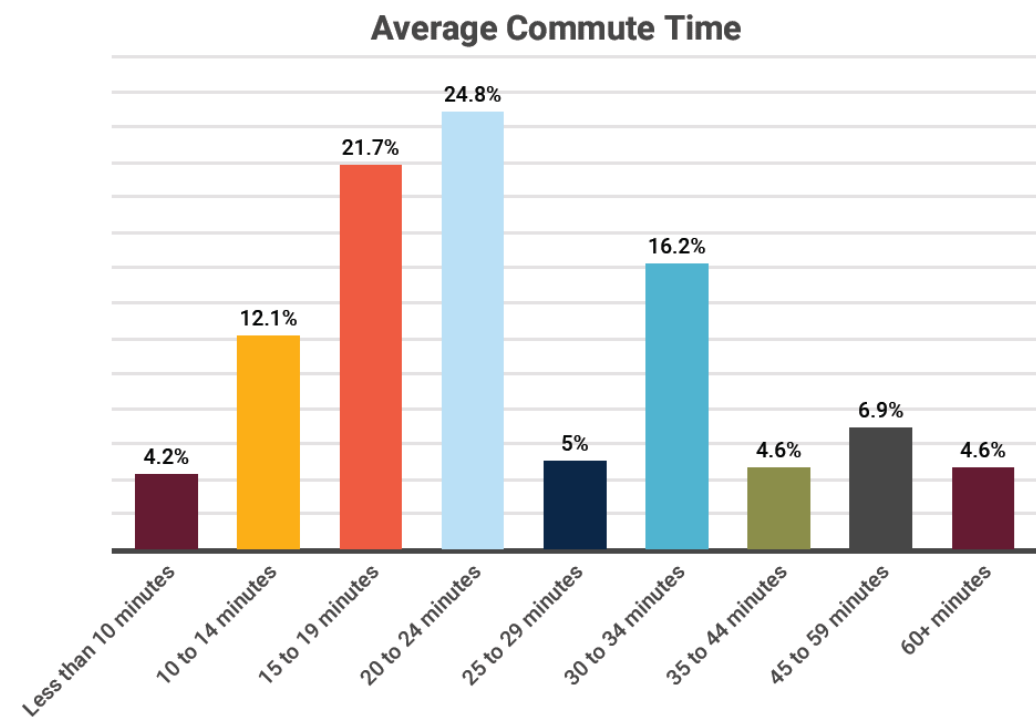
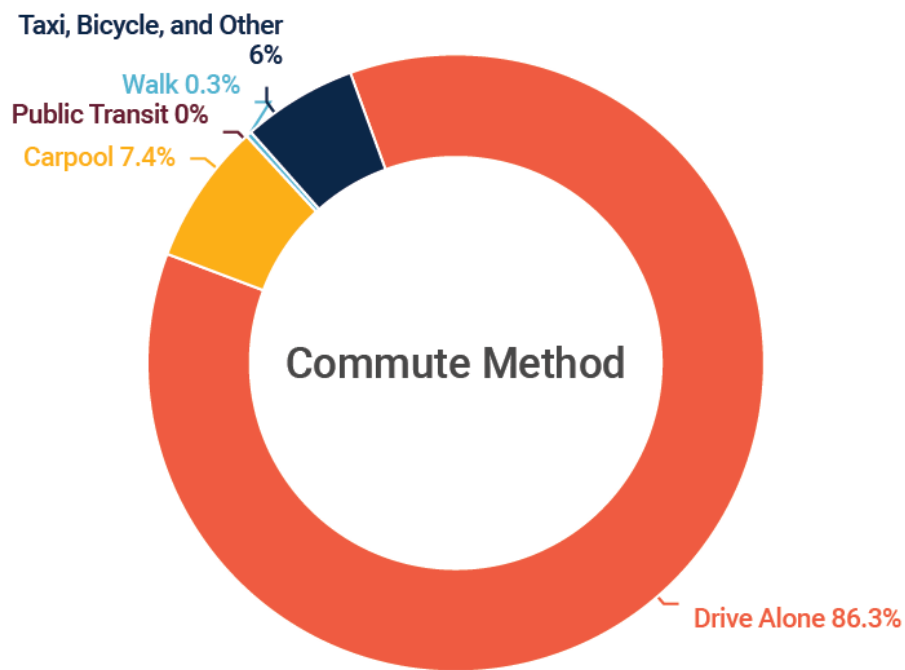
Age and Ability



15.7% of the population
in the area have a
disability

Focus Area Data – Demographic Considerations

Transportation



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Planning for Active Living Communities





Our development choices are essential to advance active living



Active Living Interventions May Include...



Active Living Measures May Relate To...



Your Comprehensive Plan Principles



2. Ensure a Safe & Healthy Community: The well-being of Carlisle's residents is a fundamental objective of the Comprehensive Plan. Providing a place that is safe and healthy involves more than police and fire services. Safe and connected neighborhood environments form the building blocks of Carlisle. The development pattern encourages people to know their neighbors and focuses on community life. The street system allows vehicles to operate safely, while supporting trails, sidewalks, bike lanes, and other integrated systems. City infrastructure systems provide clean water and protect the water supply. The City is prepared to respond to emergencies and other conditions that threaten the safety and health of the community.

3. Support Parks & Provide Recreational Resources: Carlisle is committed to improving and investing in its parks and developing an interconnected trail system. The City devotes appropriate resources to the on-going maintenance of Carlisle's robust parks and trail systems. Parks are to be designed, coordinated, and maintained to offer a variety of active and passive recreational opportunities for people of all ages. These noteworthy community assets connect residents to nature, encourage an active and healthy lifestyle, and promote community interaction.

4. Plan for an Effective Transportation System: Carlisle is committed to a diverse and effective multi-modal transportation system that ensures the accessibility and connectivity of community amenities and services. As the City evolves and transportation technology changes, Carlisle ensures that the transportation system adapts to new technology. While the City will accommodate the demand for safe, well-maintained roadways, it also recognizes that creative transportation with other aspects of solutions are necessary. Transportation solutions should balance safety, efficiency, aesthetics, stormwater management, and quality developments. The City believes alternative forms of transportation such as transit, biking, and walking are essential to the quality of life in Carlisle. As such, the City will continue its commitment to pedestrian accessibility and actively participate in efforts to connect to the Great Miami River Trail and expand regional transit systems that serve Carlisle.



Your Comprehensive Plan Principles



By 2050, the Residents in Carlisle Neighborhoods can...



Go for a walk



Cross the streets



Ride a bike



Enjoy public places



Socialize



Spend time outdoors



Be entertained



Go shopping



Buy healthy food

Interventions - Transportation

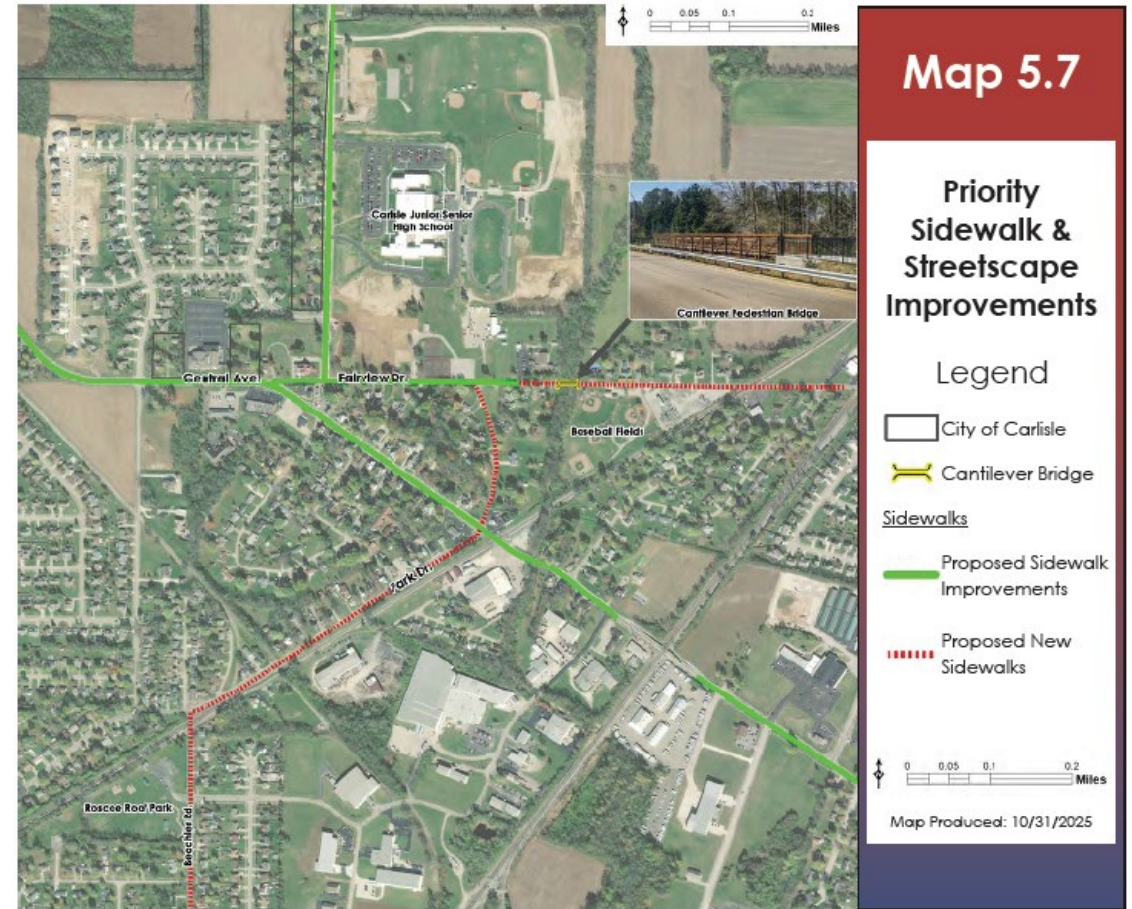
Pedestrian and Bicycle Safety



Calming Traffic

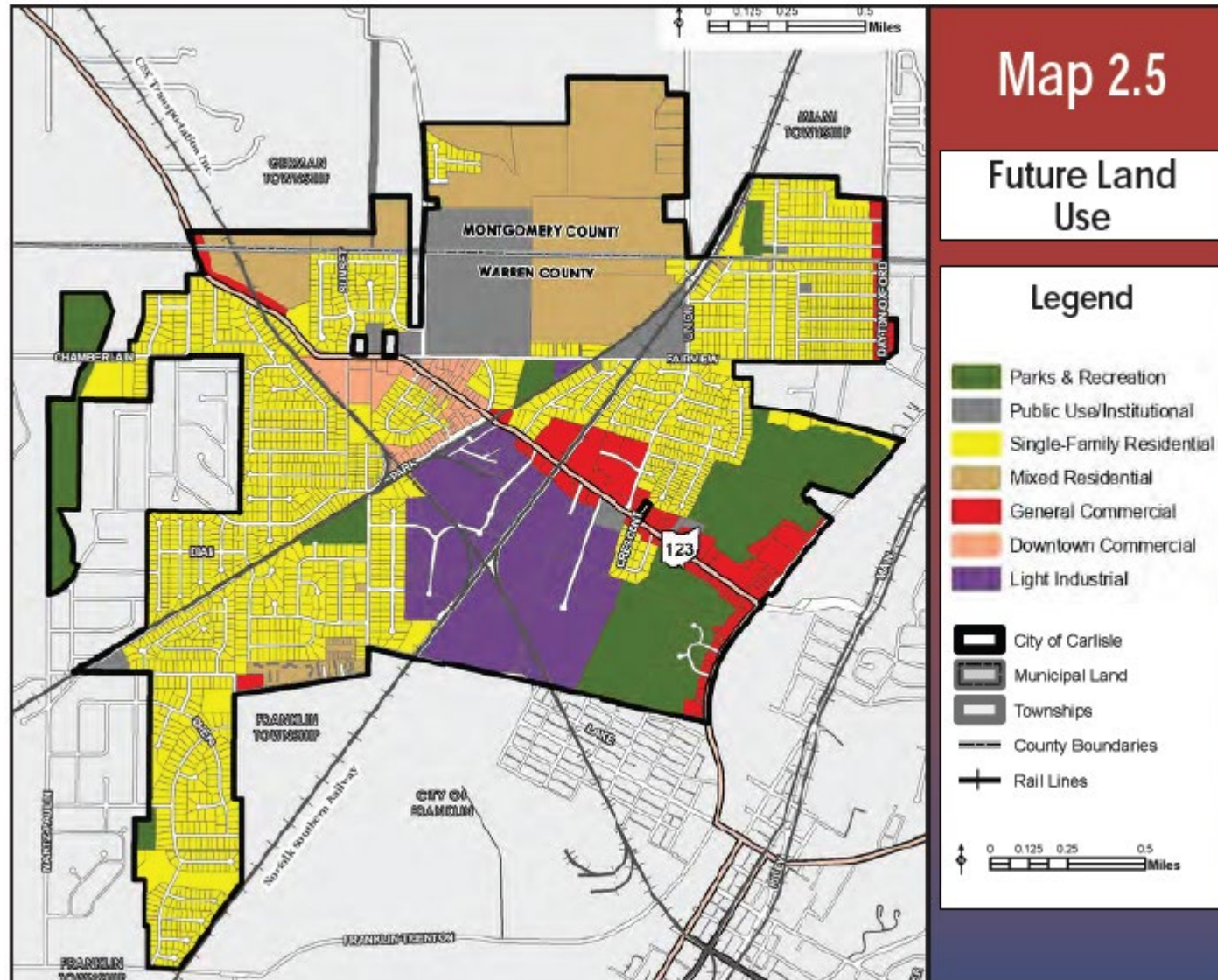


Filling Gaps and Connecting the Community



Interventions – Land Use

Land Use Diversity



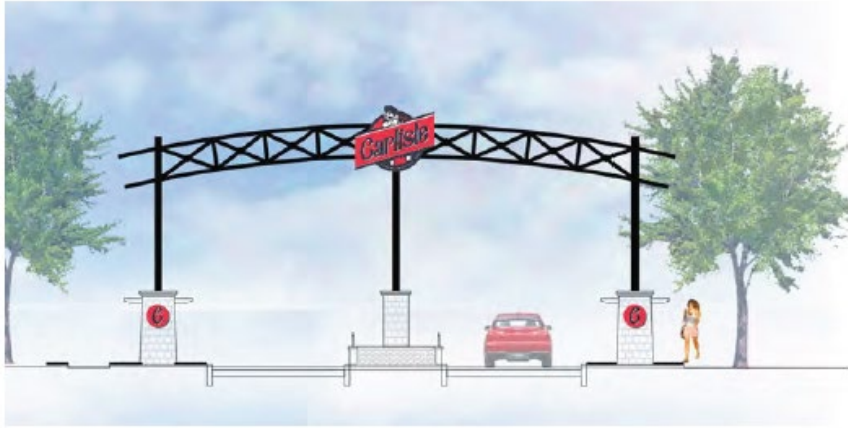
Contextual Developments



Land Use that Encourages Attractive Development



Interventions – Design



Primary Gateway

Design attractive locations that people want to visit, while implementing infrastructure that allows people to access it safely



Bicycle Lane



Interventions – Programming & Events

Creating / Sharing Event Spaces



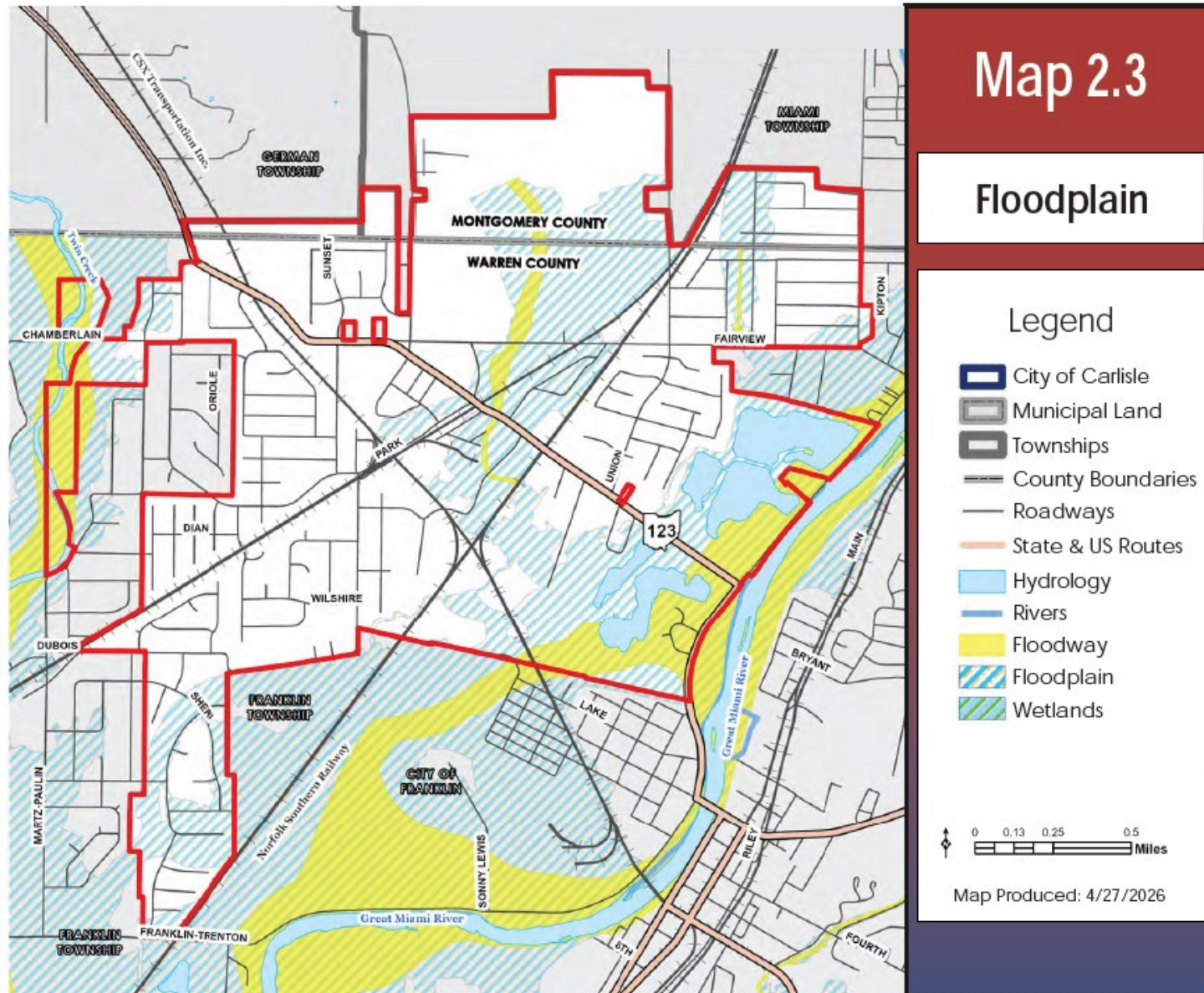
Activity Oriented Experiences



Program Considerations



Interventions – Floodplain Integration



Create and Connect

Create New
Destinations,
Enhance Existing
Destinations



Safely Connect New
and Existing
Destinations for
Pedestrians





Local Active Living Evaluation & Exploration

Local Active Living Evaluation & Exploration

- Working with your group, use the **Active Living Evaluation and Exploration Check List** to assess your study area location.
- Reference materials are supplied to provide additional information and context
- We are looking for active living **assets, deficiencies, and opportunities** in the study area
- Ask questions! Facilitators will be walking around to help

Local Active Living Evaluation & Exploration

City of Carlisle - Focus Area Demographics

This data covers Warren County Census Tract 301.02 (encompassing the focus area)

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Active Living Evaluation & Exploration Check List

Use this check list, in conjunction with your slides and active living showcase handouts, to review your area for active living assets, deficiencies, and interventions.

Land Use Scan

Residential Areas

- ☐ Identify the residential areas
- ☐ Make a note regarding housing density
- ☐ Make a note of the type of housing present in the area: single family, multi-family, or both

Non-Residential Areas

- ☐ Circle non-residential areas
- ☐ Make a note regarding how prevalent non-residential areas are
- ☐ Make a note of the non-residential uses you observe: commercial, industrial, agricultural, etc.
- ☐ Make a note regarding how these areas are oriented (e.g. proximity, accessibility, etc.) to the residential areas

Land Use Diversity

- ☐ Look for land use diversity
- ☐ Make a note whether many different land uses are present or if the area is more uniform

Pedestrian Friendly Environment Scan

Pedestrian Environment

- ☐ Observe the pedestrian environment
- ☐ Make a note if sidewalks are present
- ☐ Fill in any sidewalk gaps
- ☐ Make a note about how parking lots are oriented (e.g. in front of or behind, size, etc.). Is this a pedestrian or vehicle oriented area?
- ☐ Make a note if you think this is a place where pedestrians would feel welcome and safe

Street Patterns

- ☐ Look at the street pattern
- ☐ Make a note whether the street pattern is more grid-like or curvilinear
- ☐ Dot the intersections
- ☐ Make a note regarding whether the intersections are close together or spread out

Population, Employment, and Commute Mode Split

- ☐ Note the population and employment mix
- ☐ Document the type of employment present in the area
- ☐ Note the commute mode split for the area
- ☐ Note other demographic considerations for the area

Activity Infrastructure Scan

Recreation Areas

- ☐ Circle recreation areas
- ☐ Make a note regarding how these areas are oriented (e.g. proximity, accessibility, etc.) to the residential areas
- ☐ Make a note if walking or biking to these areas is accessible and safe

Schools

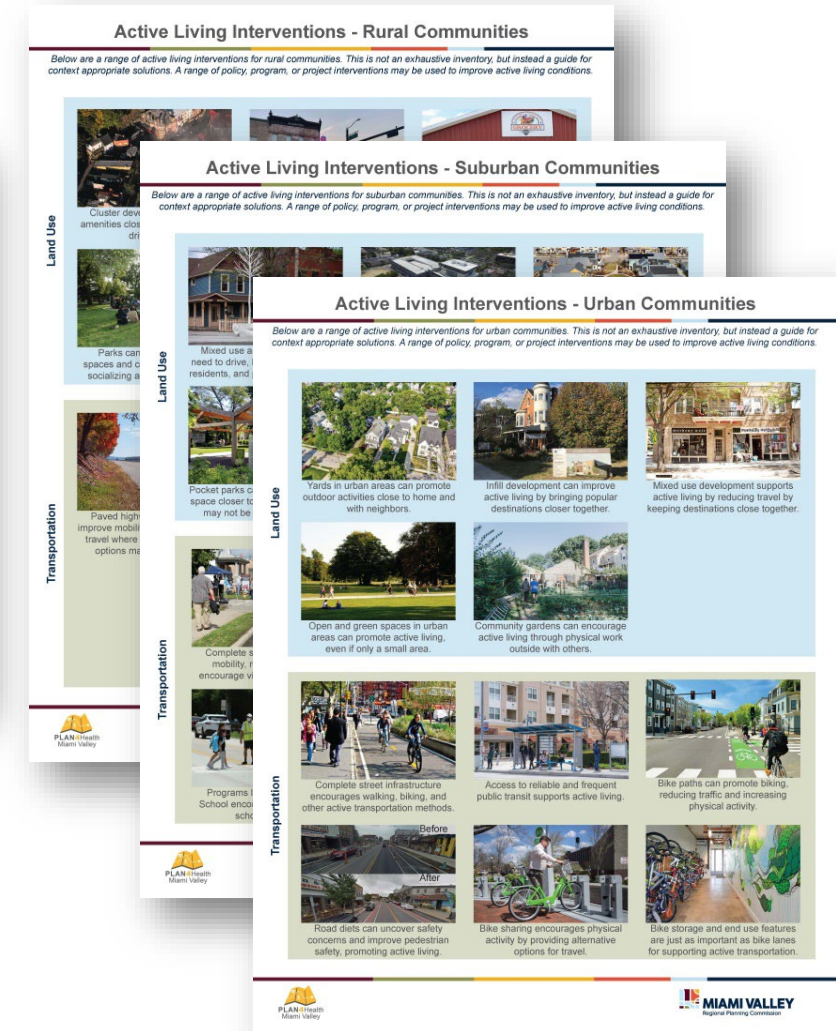
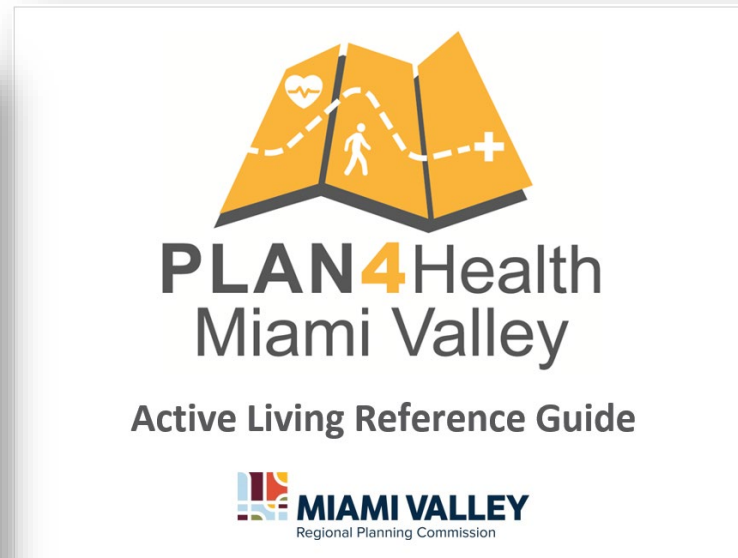
- ☐ Circle schools
- ☐ Make a note regarding how these areas are oriented (e.g. proximity, accessibility, etc.) to the residential areas
- ☐ Make a note if walking or biking to these areas is accessible and safe

Multimodal Transportation Options (Walking, Biking, Transit)

- ☐ Look for the presence of multimodal (walking, biking, transit) transportation options
- ☐ Highlight bicycle and pedestrian facilities
- ☐ Highlight transit routes or bus stops/hubs

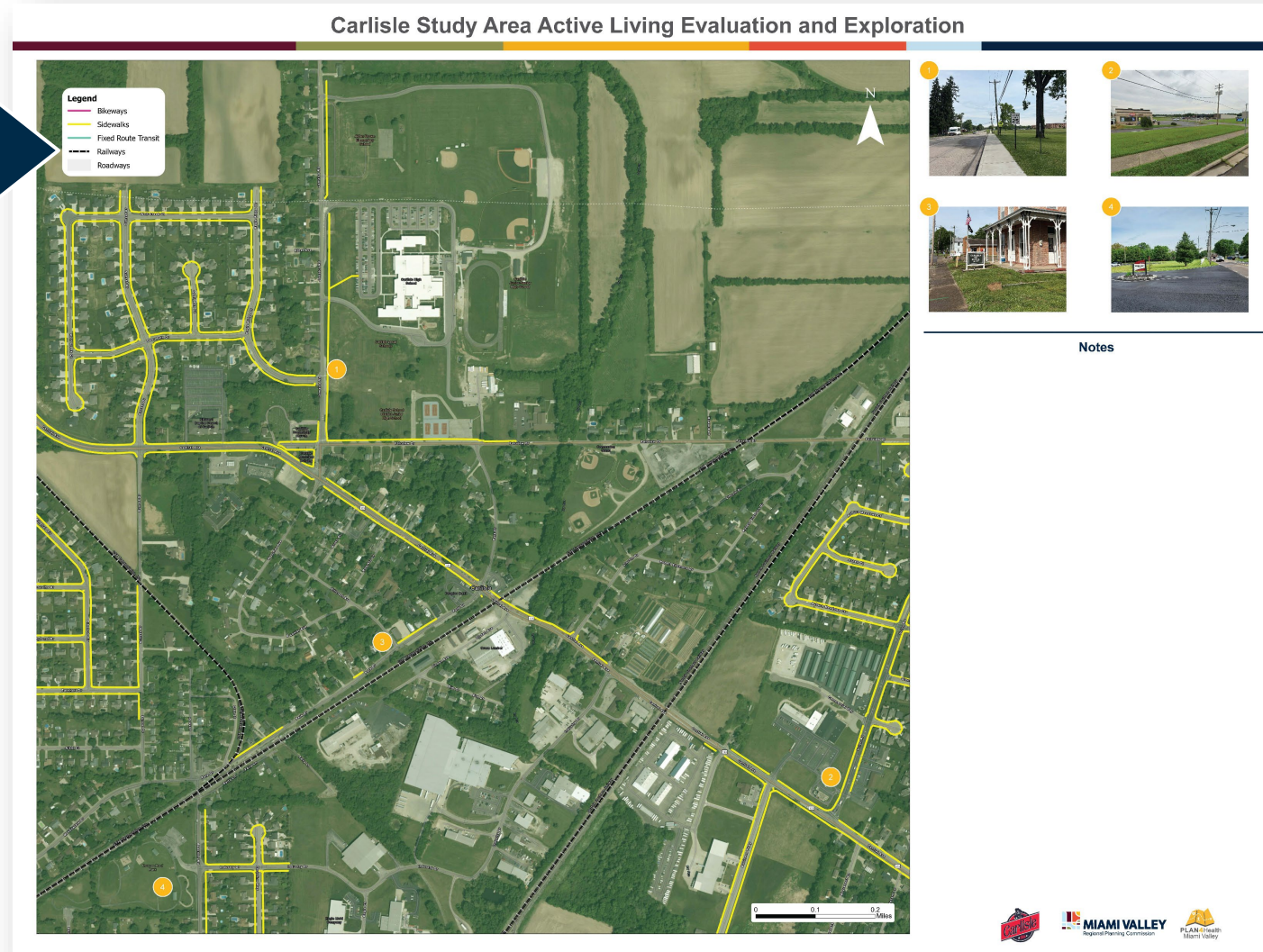
Over →

PLAN4Health Miami Valley
MIAMI VALLEY
Regional Planning Commission



Local Active Living Evaluation & Exploration

Key
elements
that **MAY**
be
present



Pictures to
provide
context

Write and
draw on
the map!
Make
notes
here.

Local Active Living Evaluation & Exploration

Evaluate an area for active living constraints and opportunities related to places, destinations, infrastructure, and amenities by reviewing aerial photo and context pictures.

Key Concepts to Look for

- Presence vs. Absence
- Sufficient vs. Not Sufficient
- Density, Diversity, and Accessibility



Local Active Living Evaluation & Exploration

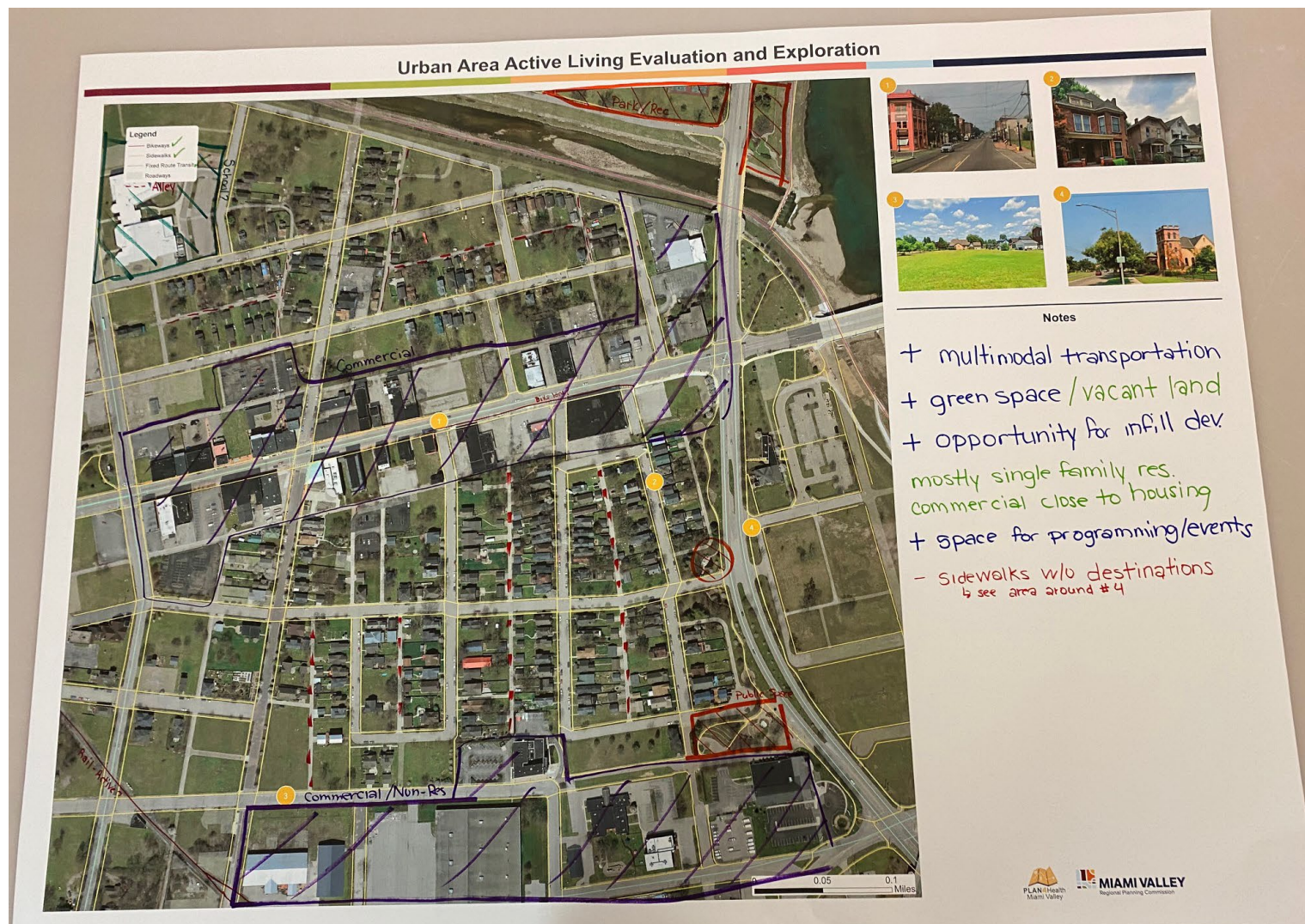
Explore active living intervention options that would work best in the area to improve physical activity and promote safe active living environments for all ages and abilities.

Key Concepts to Consider

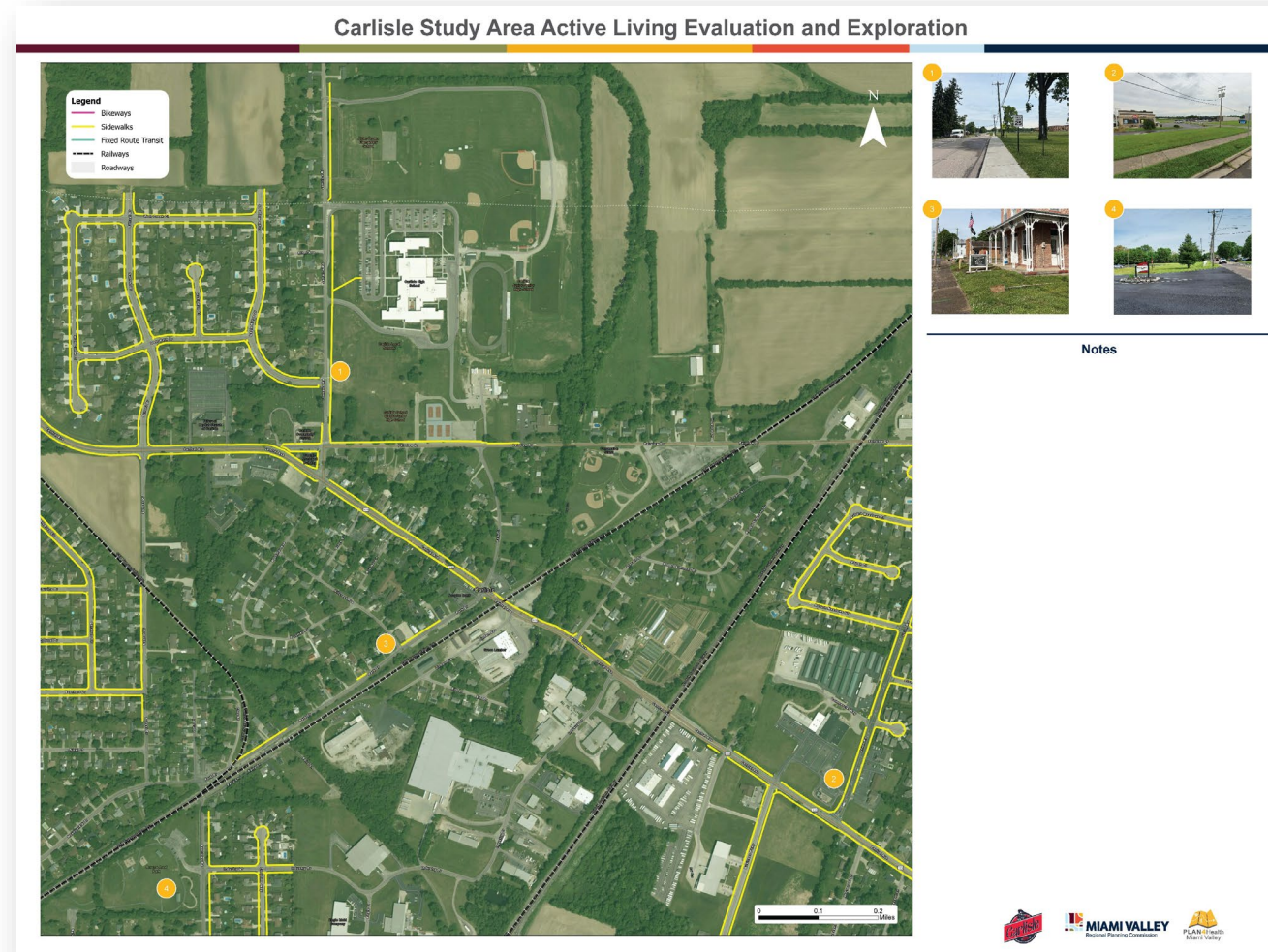
- Land use, transportation, design, and programming/events types of interventions
- Policies, programs, and projects
- Filling in gaps, enhancing accessibility and connectivity, and addressing deficiencies



Local Active Living Evaluation & Exploration



Local Active Living Evaluation & Exploration



Local Active Living Evaluation & Exploration

Small Group Reporting



Active Living Look and Feel

Wrap Up Activity – Active Living Look & Feel

Review the images on the posters. For each category, place one of your sticky dots on the image that you most prefer.

Active Living Look & Feel

Below are pictures representing different designs for active living infrastructure. Place a dot in each category to indicate which design has the best look & feel to you. There are no wrong answers!

Crosswalks	Street Design
	
	
	



Active Living Look & Feel

Below are pictures representing different designs for active living infrastructure. Place a dot in each category to indicate which design has the best look & feel to you. There are no wrong answers!

Pedestrian Amenities	Retail Destinations
	
	
	



Thank You!

Carlisle Questions

Alaina Geres

City of Carlisle

ageres@carlisleoh.gov

Active Living Questions

Milo Simpson

Miami Valley Regional Planning Commission

msimpson@mvrpc.org

