

Greene County Active Living Workshop Summary

The Greene County Active Living workshop was held on August 31, 2023 at the Greene County Public Health Offices. This event, the third in a series of PLAN4Health – Miami Valley workshops, brought planners, public health professionals, and other interested parties together to evaluate active living conditions in rural, suburban, and urban settings and to explore a range of interventions. MVRPC staff presented on the topic of active living and guided participants through an interactive environmental scan aimed at evaluating areas for active living deficiencies and identification of policy, program, or project level solutions. Below is a summary of the workshop.

I. Welcome and Warm up Activity – Active Living Showcase

Participants were invited to review a series of posters on the topic of Active Living. To view larger versions of the posters, please visit the PLAN4Health – Miami Valley Information Hub at: <https://plan4health-miamivalley-mvrpc.hub.arcgis.com/>



What is 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.

What Does Incorporating Activity into Day-to-Day Life Look Like?

WORK	LESS	COFFEE RUN	LESS	LEISURE TIME	LESS
CHORES	LESS	SHOPPING	LESS	LUNCH RUN	LESS
YARD WORK	LESS	ERRANDS	LESS	SCHOOL	LESS

Our Development Choices are Essential to Advancing Active Living

Active Living Strategies May Include: <ul style="list-style-type: none"> •Policies •Programs •Projects 	Active Living Strategies May Work In: <ul style="list-style-type: none"> •Urban Areas •Suburban Areas •Rural Areas 	Active Living Strategies May be Deployed In: <ul style="list-style-type: none"> •Developing Areas •Redeveloping Areas •Established/Stable Areas 	Active Living Strategies May Relate To: <ul style="list-style-type: none"> •Programming/Events •Design •Transportation
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What is Active Living?

Rural Areas

Rural areas are characterized by low density, open, natural, and agricultural spaces, and sparse transportation networks.

Below are a range of potential active living interventions for rural communities. This is not an exhaustive inventory, but instead a guide for potential opportunities. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use <ul style="list-style-type: none"> Cluster development creates space for activity and encourages walking. Reimagining village centers provides better planning and creates nodes of activity. Regulatory policy that allows certain commercial development creates attractive destinations. Parks function as community spaces for socializing, physical activity and support mental well-being. 	Transportation <ul style="list-style-type: none"> Parade route provides safe space for walking, biking and other types of recreation. Parade roadway structures active travel where other transportation options may be unavailable. Areas with multiple nearby routes and options for active travel allow for a more active lifestyle. Local connections to regional trail networks provide additional time and alternative transportation options.
Design <ul style="list-style-type: none"> Centrally located parks in active living areas provide a space for recreation and socialization. Green spaces in communities provide a space for recreation and socialization. Reimagined public spaces provide a space for recreation and socialization. Reimagined public spaces provide a space for recreation and socialization. 	Programming and Events <ul style="list-style-type: none"> Farmer markets encourage community connections, social interaction, and support physical activity. Partnerships with local organizations provide information and support for active living. Events encourage community connections, social interaction, and support physical activity. Events encourage community connections, social interaction, and support physical activity.

Rural Active Living

Suburban Areas

Suburban areas are characterized by low to medium density development with separated land uses and tend to feature auto-oriented transportation networks and development patterns.

Below are a range of potential active living interventions for suburban communities. This is not an exhaustive inventory, but instead a guide for potential opportunities. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use <ul style="list-style-type: none"> Mixed use and walkable development encourages walking, biking, and other active transportation. Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity. 	Transportation <ul style="list-style-type: none"> Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity.
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Suburban Active Living

Urban Areas

Urban areas are characterized by medium to high density housing, mixed residential and commercial areas, and well connected transportation.

Below are a range of potential active living interventions for urban communities. This is not an exhaustive inventory, but instead a guide for potential opportunities. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use <ul style="list-style-type: none"> Mixed use and walkable development encourages walking, biking, and other active transportation. Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity. 	Transportation <ul style="list-style-type: none"> Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity. Reimagining village centers provides better planning and creates nodes of activity.
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Urban Active Living

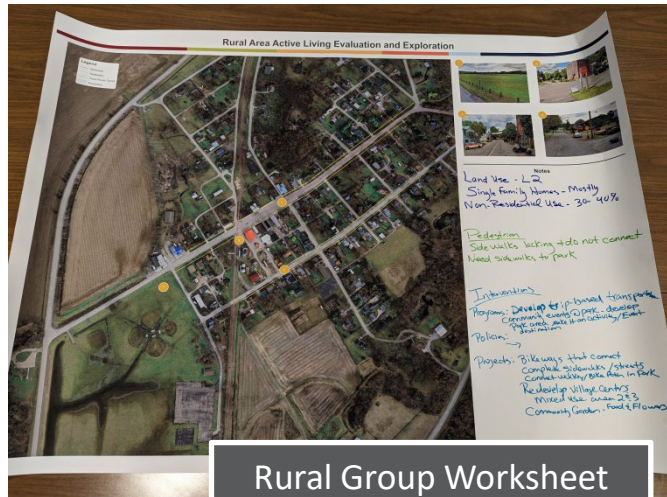
Active Living Showcase Posters

II. Active Living Briefing – Active Living Assessment Presentation

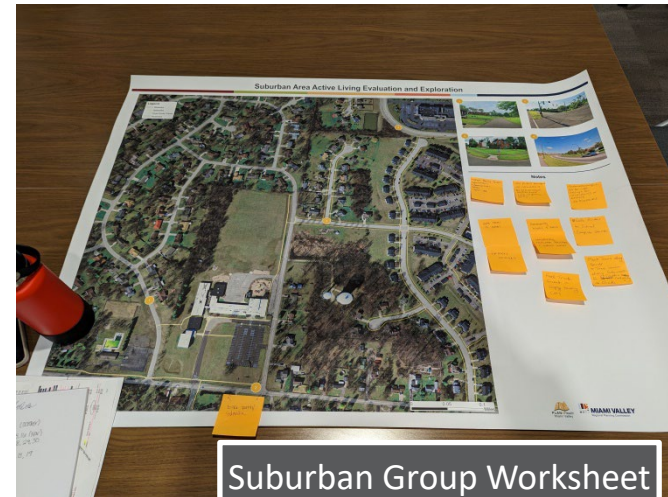
MVRPC staff provided an overview of active living, conditions in Greene County, and why it's important to create environments that support active living. [Click here to view the presentation.](#)

III. Small Group Activity and Discussion – Active Living Evaluation and Exploration

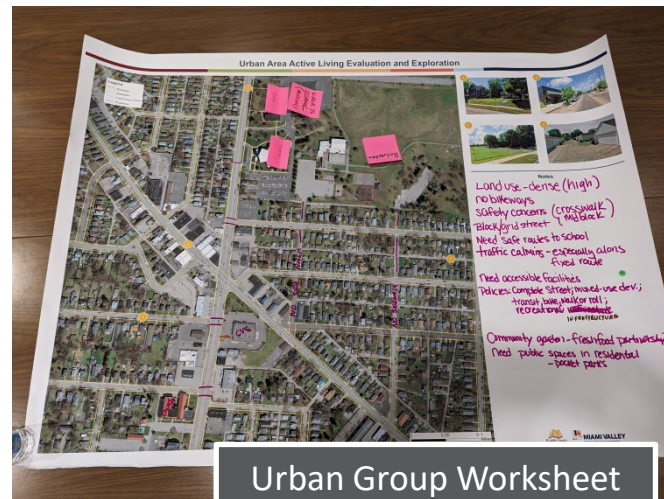
Working in small groups, participants were provided with a large worksheet featuring either a prototypical rural, suburban, or urban environment. Using elements of the Active Community Index, which focuses on land use, pedestrian friendly environment, and activity infrastructure, participants were guided through a process to scan their area for conditions that may encourage or discourage active living. Participants were asked to focus their evaluation on key concepts of presence vs. absence, sufficient vs. not sufficient, and density, diversity, and accessibility. Following the scan, participants were asked to identify solutions in the form of policies, programs, or projects that could advance or improve active living conditions for the prototypical area. Participants were provided with a set of handouts that included active living interventions for rural, suburban, and urban areas. See slides 30 – 56 of the above linked presentation for the guided activity details. [Click here to view the active living handouts.](#)



Rural Group Worksheet



Suburban Group Worksheet



Urban Group Worksheet

Small Group Activity Worksheets

IV. Wrap Up – Active Living Priority Location Identification

To conclude the workshop, participants were asked to think of specific places in Greene County that could benefit from active living interventions. In addition to identifying locations, participants were asked to share their ideas on the types of improvements that could be deployed in those areas.



Priority Locations for Active Living Interventions

Wrap Up Activity Results

Recommended interventions ranged from specific locational improvements like adding pedestrian crossing to larger policy level ideas like adopting and implementing a complete streets policy. There were a number of comments directed at improving walkability and expanding the bike network particularly in the more populated areas. From a land use standpoint there were recommendations for more mixed use development, better neighborhood serving retail near residential areas, and implementation of neighborhood parks. Lastly there were suggestions to leverage Greene County's robust park system by including more programming or events.