



Kettering Active Living Workshop

May 6, 2026

Agenda

1. Welcome and Walking Tour (15 min)

Destination David Road

2. Warm Up Activities (15 min)

Active Living Look and Feel

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)

My Active Living Considerations

Orientation/Housekeeping

- Meeting Materials

Agenda, reference materials, slides, etc.

- Restrooms

- Informal Setting

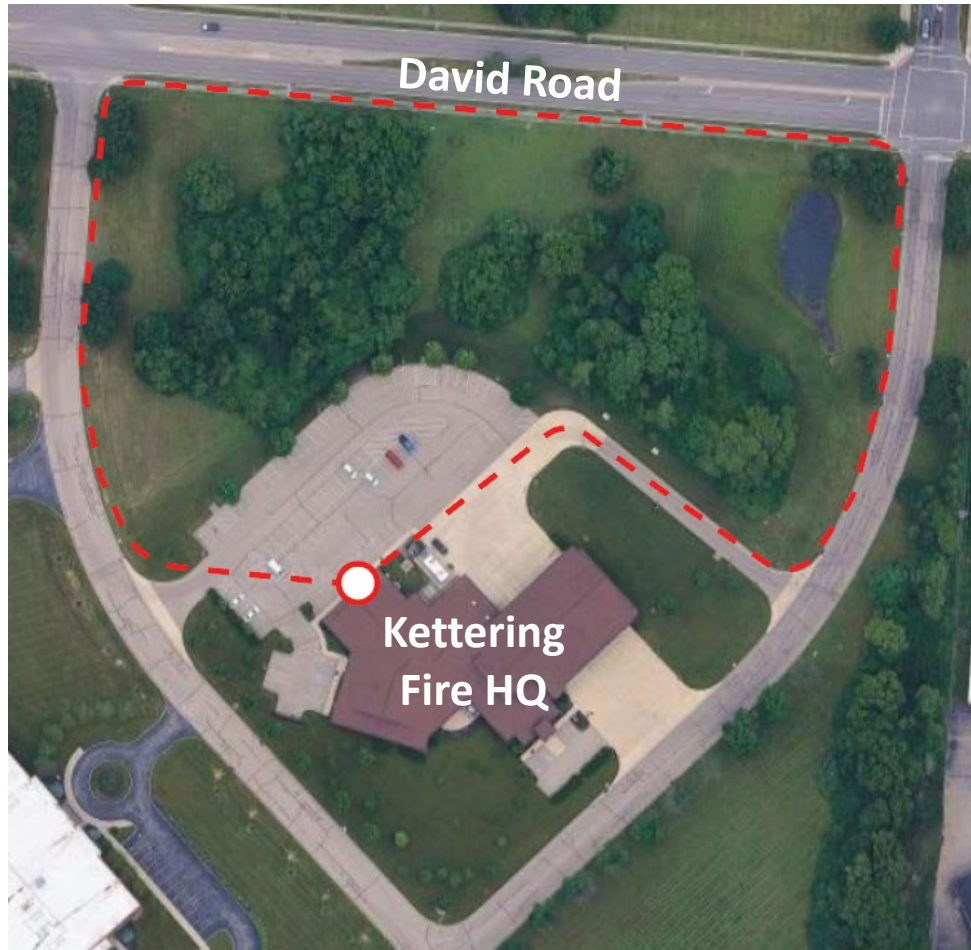
Ask questions and share your ideas



Active Living in Kettering



Walking Tour



- Walk is ~ 0.40 miles
- 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 – 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
	
	
	



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

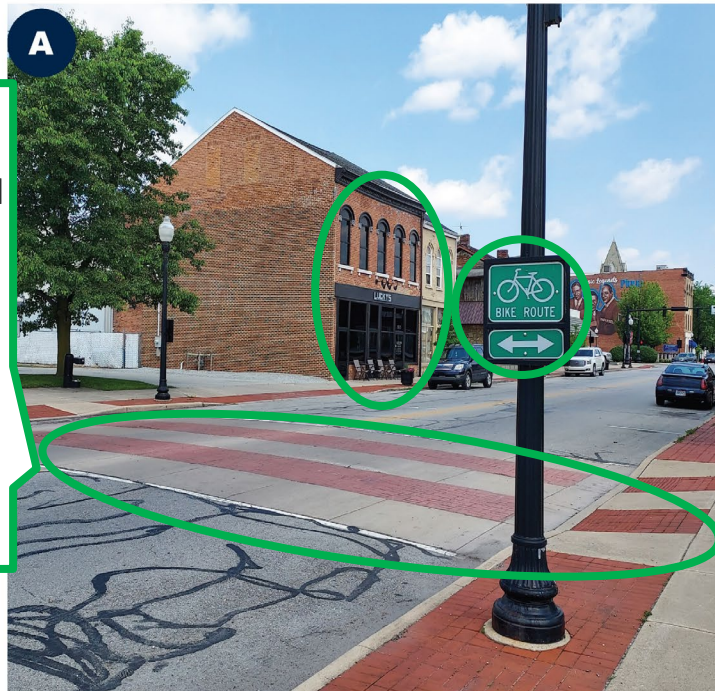
Would you be comfortable with a child or older adult in this area

What about the area makes you feel these ways

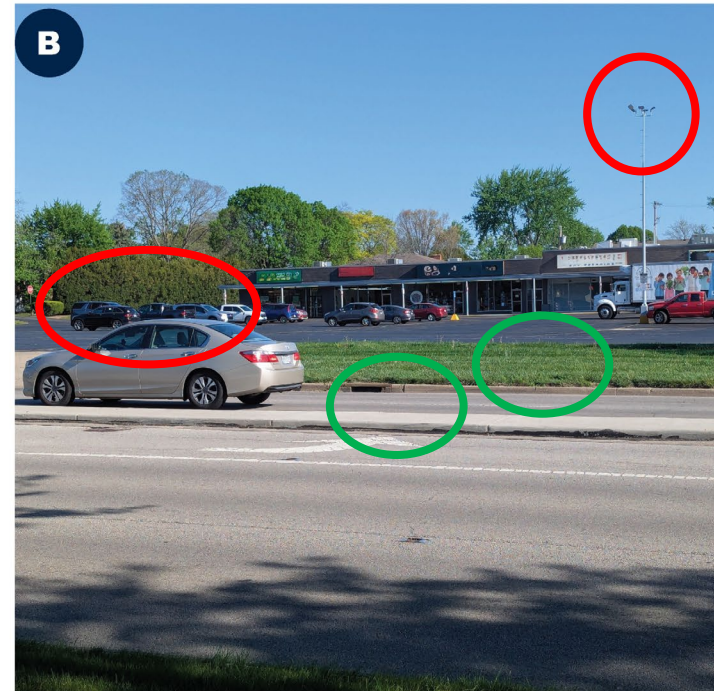
Warm Up Activity – Spot the Difference

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.



- Destinations
- On street parking and hardscape treatment provide buffer
- On street parking serves as visual cue to slow down
- Ped oriented development



- Auto oriented development – too much parking
- Lighting for parking lot, not for peds on sidewalk
- Lacks ped amenity

- Sidewalk present with large buffer
- Raised median provides ped refuge

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, 9 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

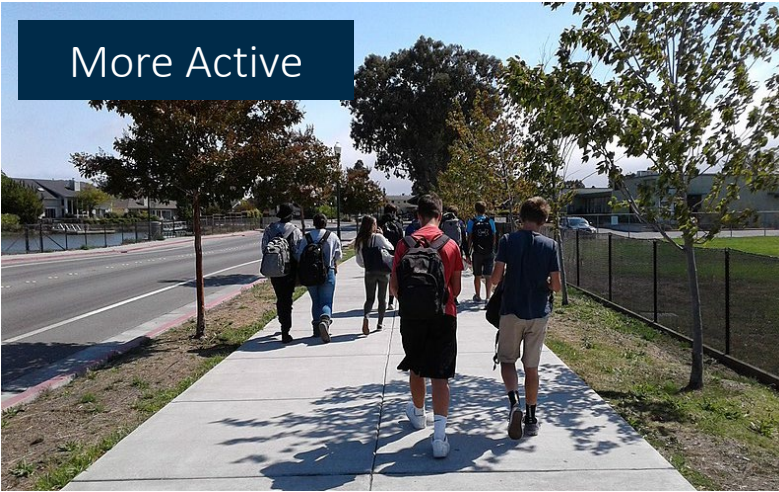
More Active



Less Active



More Active

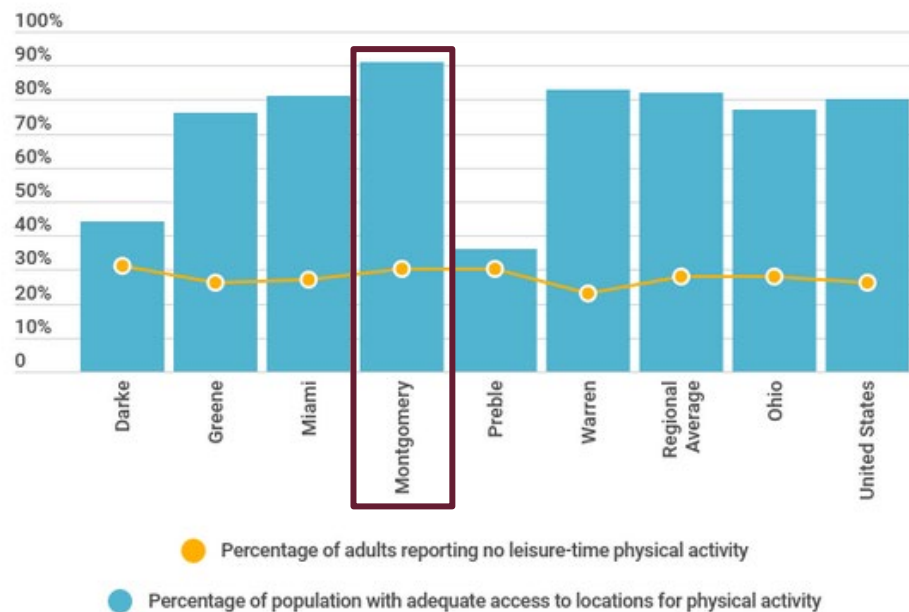


Less Active



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

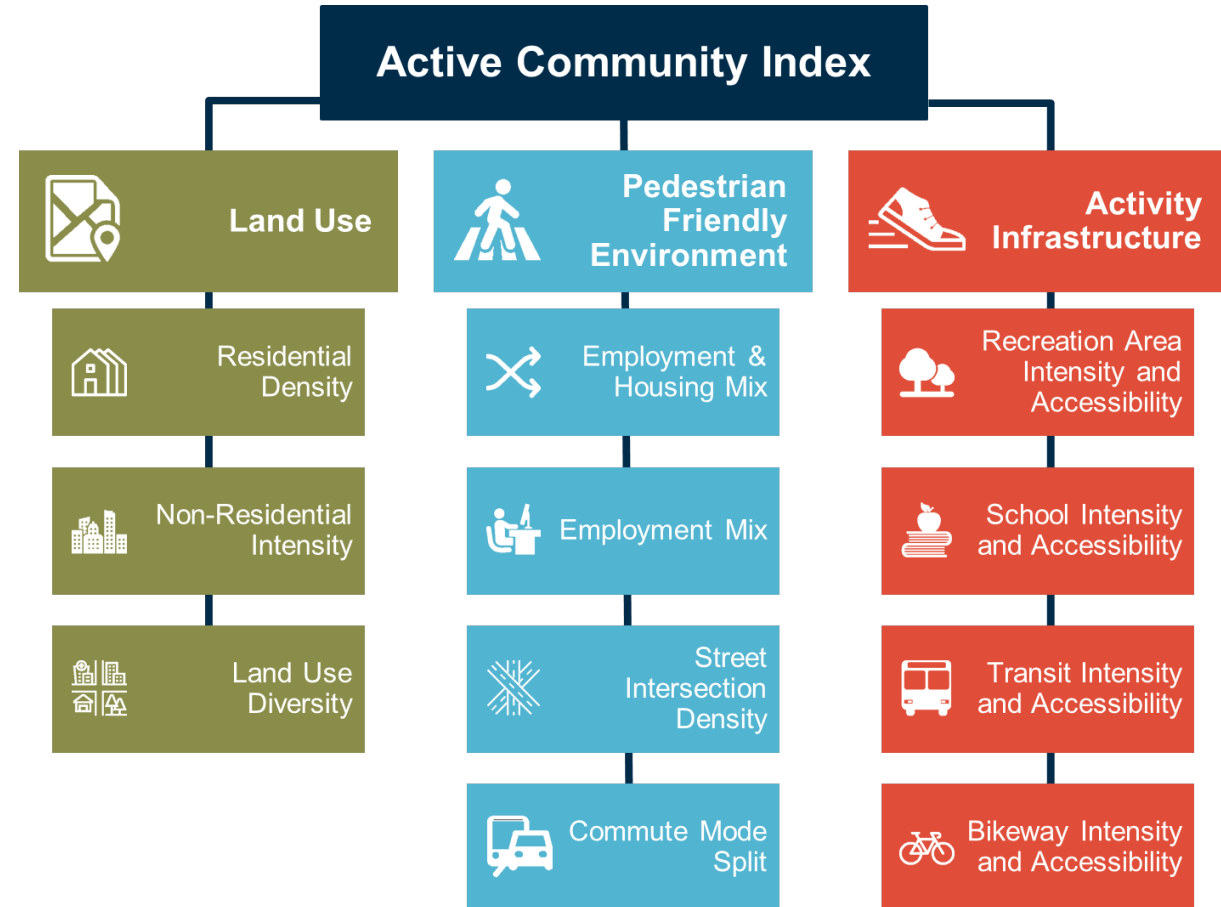
Reduced
Healthcare Costs

Attracting and
Retaining Residents
and Businesses

Built Environment Assessment

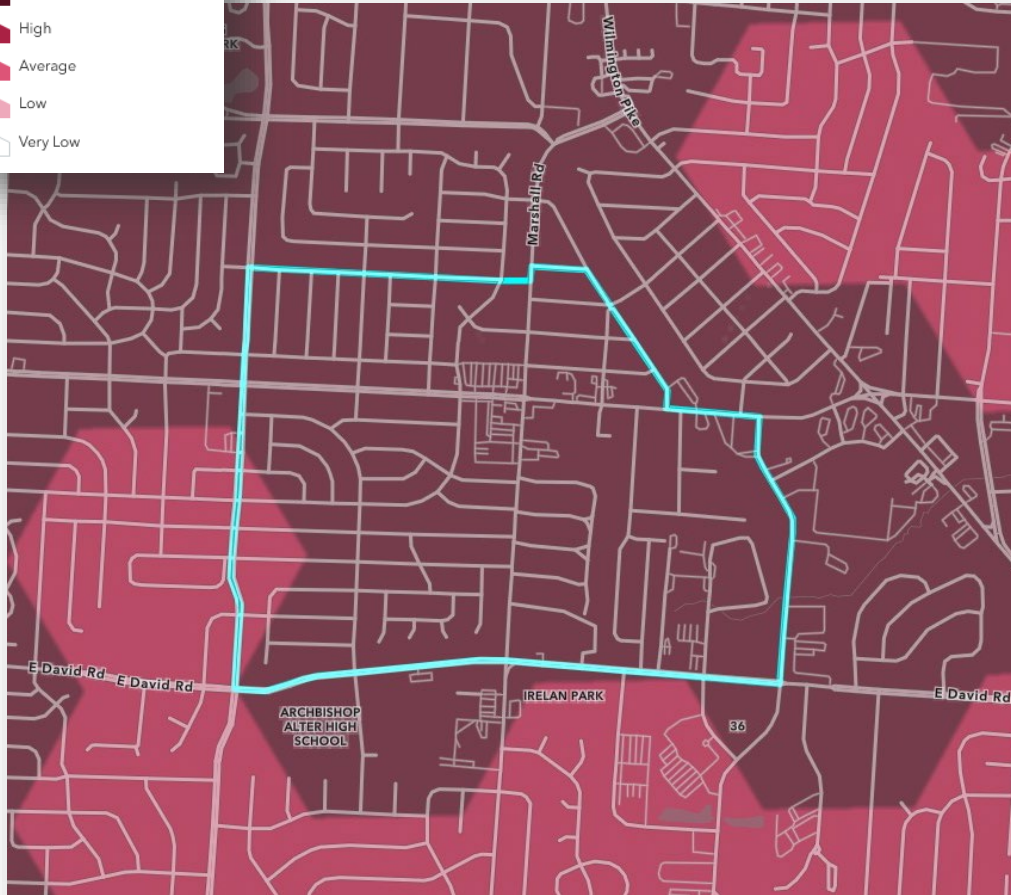


<https://arcg.is/1uvrXD>



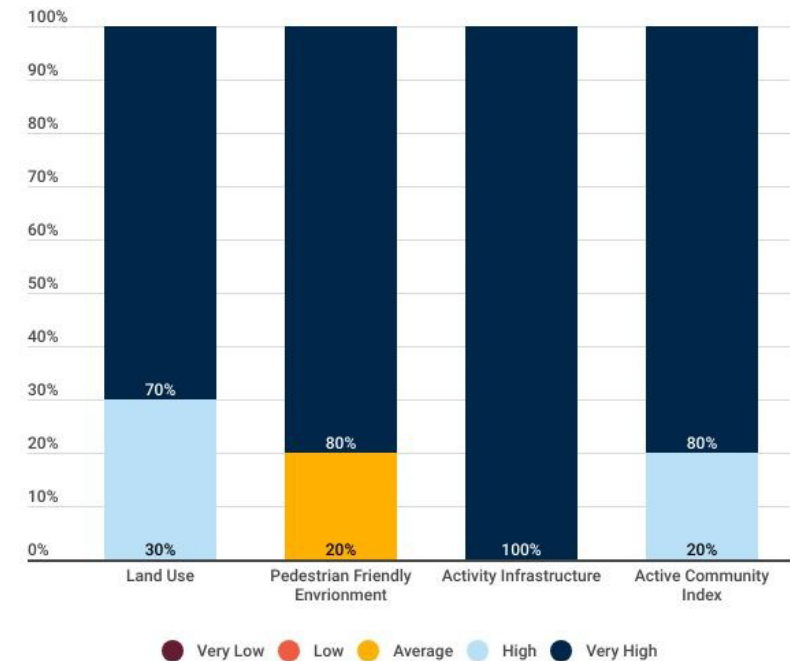
Focus Area Data – Active Community Index

Active Community Index Score

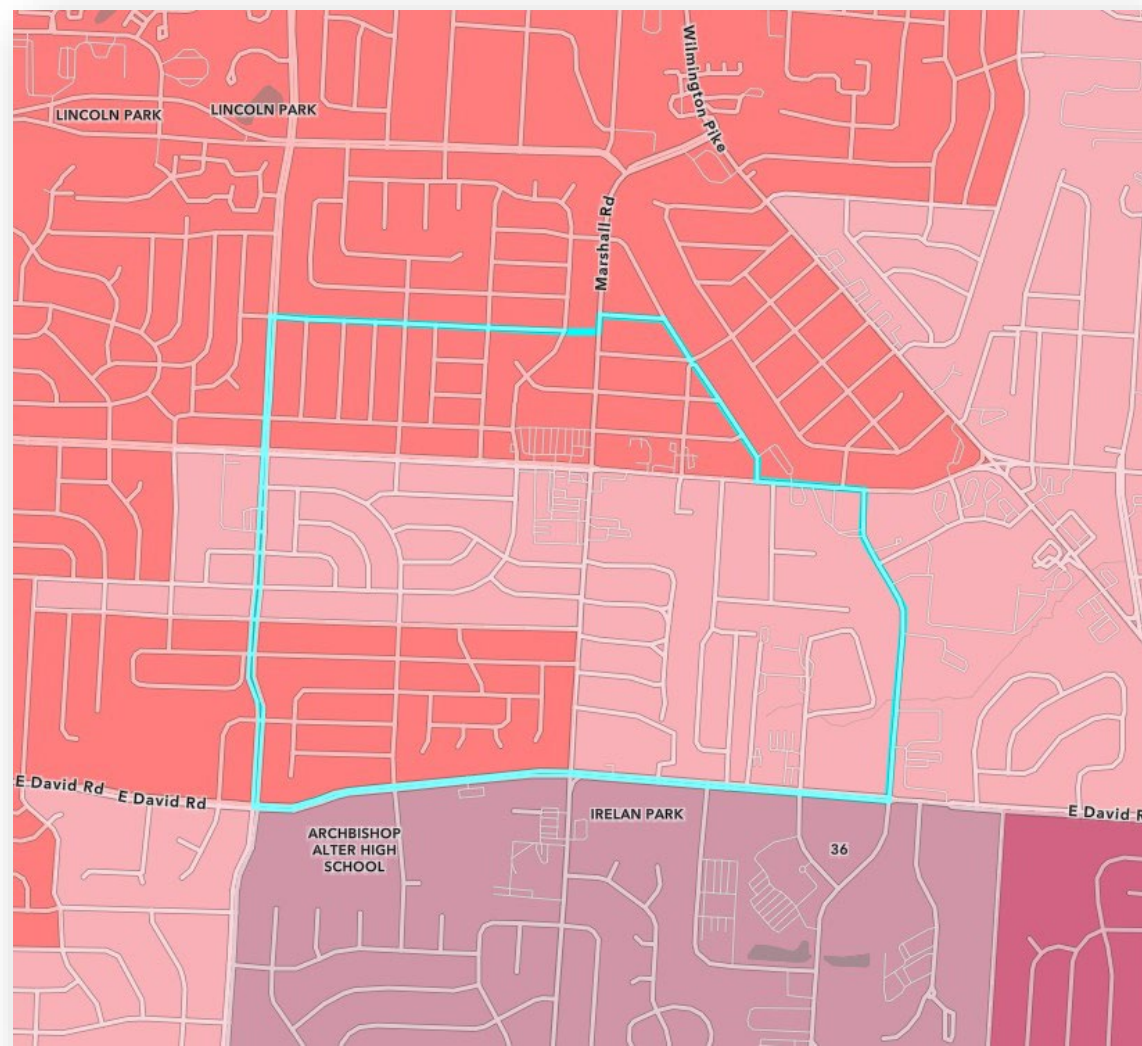


City of Kettering - Focus Area

Built Environment Assessment (Developed Area)



Focus Area Data – ACI and Population Density

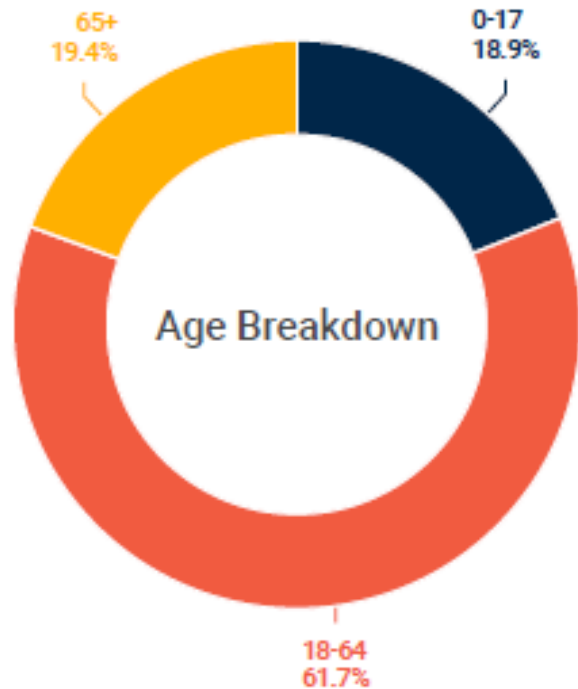


Map Legend		Population Density		
		Low	Medium	High
Active Community Index	High			
	Medium		★	★★
	Low		★★	★★★

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

Focus Area Data – Demographic Considerations

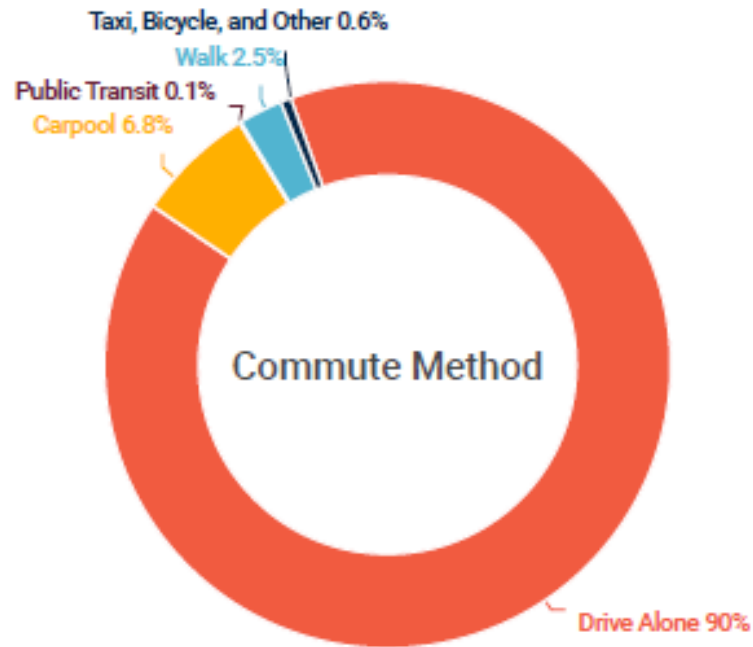
Age and Ability



13.4% of the population
in the area have a
disability

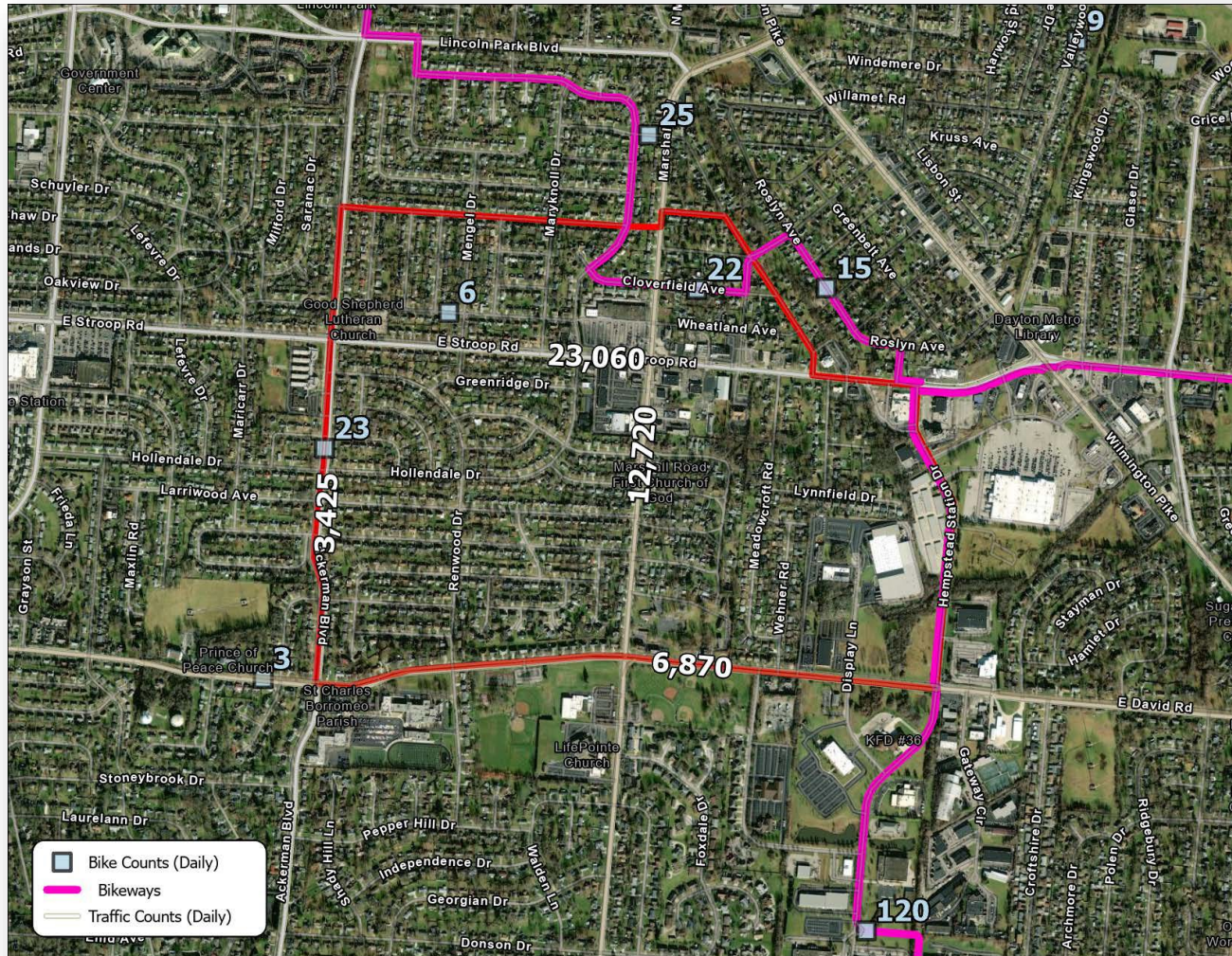
Focus Area Data – Demographic Considerations

Transportation



3.8% of households within the area do not have access to any personal vehicles

Focus Area Data – Transportation System



Automobile traffic is relatively high in many corridors in this area – but it doesn't necessarily feel like an unsafe place to be a bicyclist or pedestrian.

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...



Active Living Requires Intentionally

Spark Kettering's Vision

The Spark Kettering Strategic Plan, adopted in 2023, outlines six key goal areas and sets a clear vision: ***“The City of Kettering is a nationally recognized community where people feel safe and welcomed with accessible resources for a healthy, active lifestyle.”*** This vision establishes the values that matter most to residents and provides a strong foundation for long-term planning.



Kettering's character is one of its greatest strengths. Without intentional placemaking, new development could dilute the cultural character that defines Kettering and sets it apart. Public art, inviting gathering spaces, and cohesive aesthetics design elements helps reinforce community pride and ensure that new growth complements, rather than overwhelms, the city's sense of place.



Kettering's long-term appeal depends on providing housing that remains affordable, adaptable, and aligned with residents' needs at every stage of life. As regional growth pressures intensify, the city risks becoming less accessible to young professionals, families, and seniors. With intentional planning, Kettering can guide density to expand housing choices while preserving community character, strengthening walkability, and maintaining an inclusive, stable housing market.



Aging commercial areas and underutilized sites present both an opportunity and a risk. Without thoughtful reinvestment, these properties may decline further, affecting nearby neighborhoods and diminishing Kettering's sense of place. Strategic revitalization can transform these locations into vibrant, mixed-use destinations that attract private investment and reinforce the city's long-term economic health.



Kettering's aging infrastructure and environmental pressures demand forward-looking strategies. Integrating sustainable design into infrastructure investments, such as green infrastructure, renewable energy, and native landscaping can lower long-term maintenance costs and strengthen the community's environmental health.



The quality of life in Kettering is shaped by how easily residents can move through the community. As traffic and development pressures rise across the region, failing to invest in cycling and pedestrian networks could increase congestion and reduce accessibility. Strengthening trails, crossings, and walkable corridors supports a healthier, more connected, and resilient community.



Kettering's parks and natural areas contribute significantly to its livability, yet they face growing strain as development intensifies. Without deliberate protection and enhancement of green spaces, the community risks losing environmental resilience and aesthetic value. Expanding parks, restoring natural landscapes, and integrating sustainable infrastructure ensures the city remains healthy and attractive well into the future.



The community's appearance shapes its reputation and residents' quality of life. Without consistent maintenance and strong code enforcement, small issues like trash, neglected properties, or visual blight can escalate and undermine revitalization efforts. Proactive stewardship ensures that investments are protected and that every neighborhood benefits equitably.



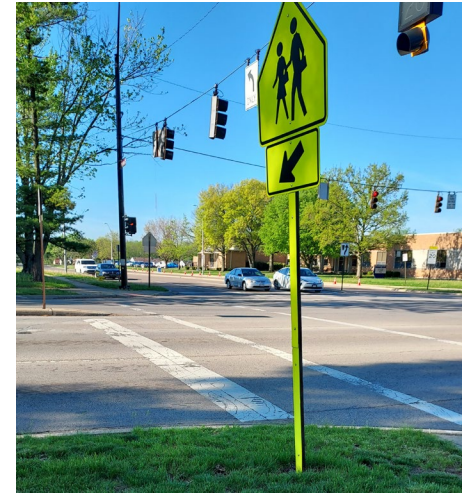
Kettering's economic vitality depends on remaining competitive in a fast-changing market. As regional growth accelerates, failing to support emerging industries could limit job opportunities and weaken the local tax base. By nurturing sectors such as IT, healthcare, advanced manufacturing, and sustainability, alongside small businesses, Kettering can ensure diversified growth and long-term opportunity.

Interventions - Transportation

Bike Paths/Trails Near Destinations



Prioritizing Bike & Pedestrian Safety



Reliable Public Transportation



Safe Routes Programs



Safe Routes to
School



Safe Routes to
Park



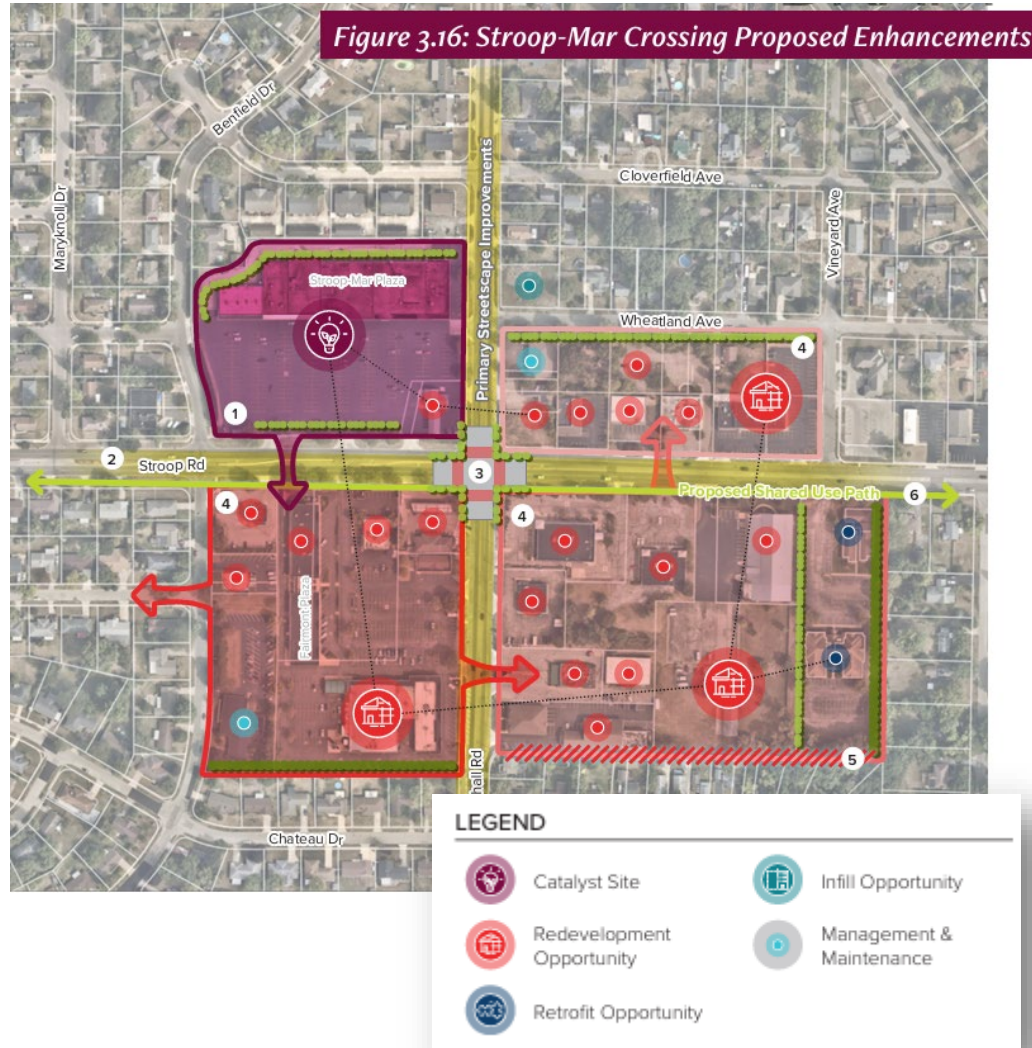
Safe Routes to
Libraries



Safe Routes to
Healthy Foods

Interventions – Land Use

Land Use Diversity



Infill Development/ Redevelopment

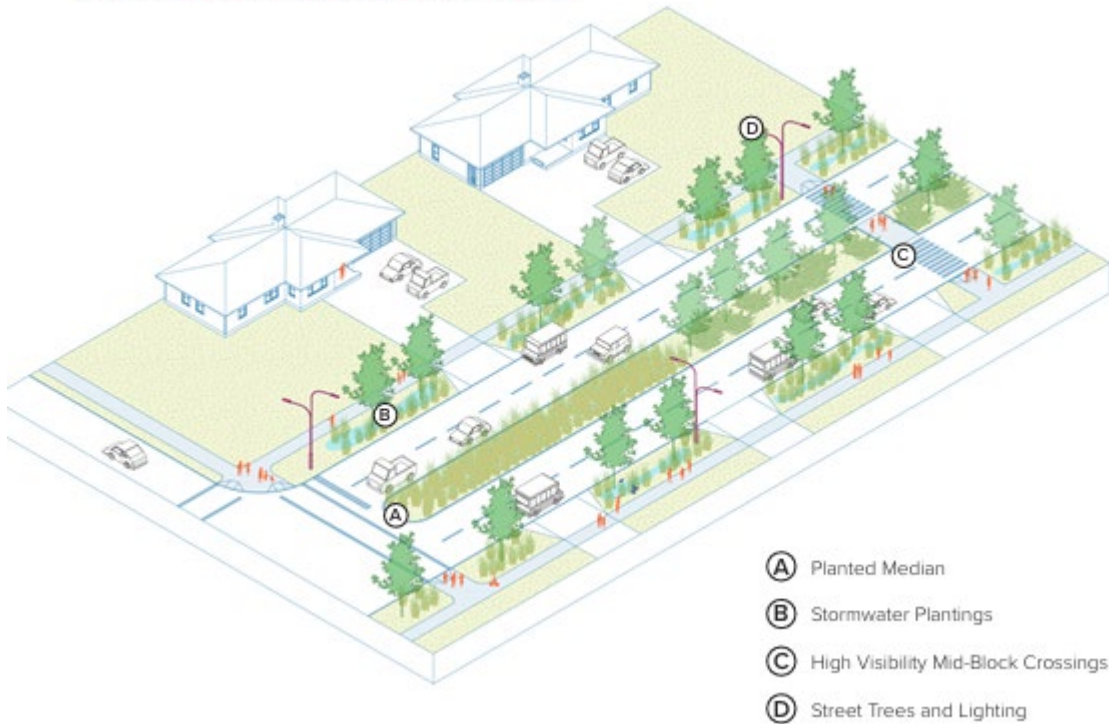
Attractive Destinations



Interventions – Design

Plans for Traffic Calming,
Streetscape, and other
Enhancements

Figure 3.31: Aspirational Neighborhood/Civic Commons



Streetscape Plantings | Stormwater Management



Interventions – Programming & Events

Event Spaces



Activity Oriented Experiences



Encouraging Shared Use Spaces



Program Considerations in Plans

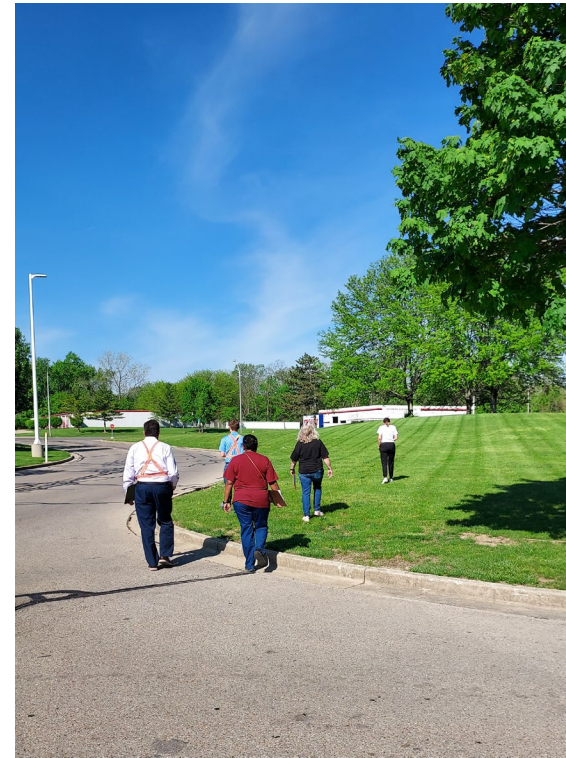


Community Well-Being

Community Well-Being is essential for Kettering's success. This section emphasizes the importance of creating spaces and programs that encourage social interaction, civic pride, and a sense of belonging. Setting actions that align with the community's values and prioritizing these initiatives will foster growth, community cohesion, improve livability, and strengthen the city's identity as it evolves.

Enhance and Advance

Enhance Existing
Facilities



Advance
Improvements in
Locations without
Assets or Amenities





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 Kettering - Focus Area Demographics

This data covers Montgomery County Census Tracts 206.01, 207, 215.02, and 216.01 (encompassing the focus area)

pop

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)

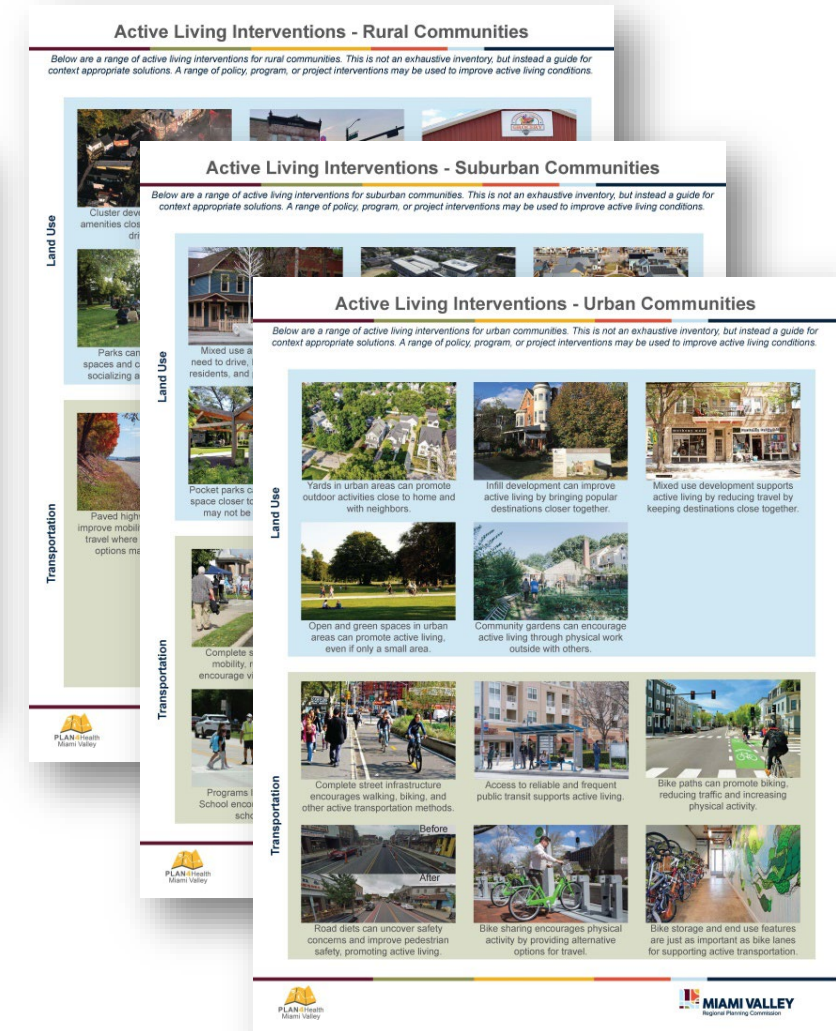
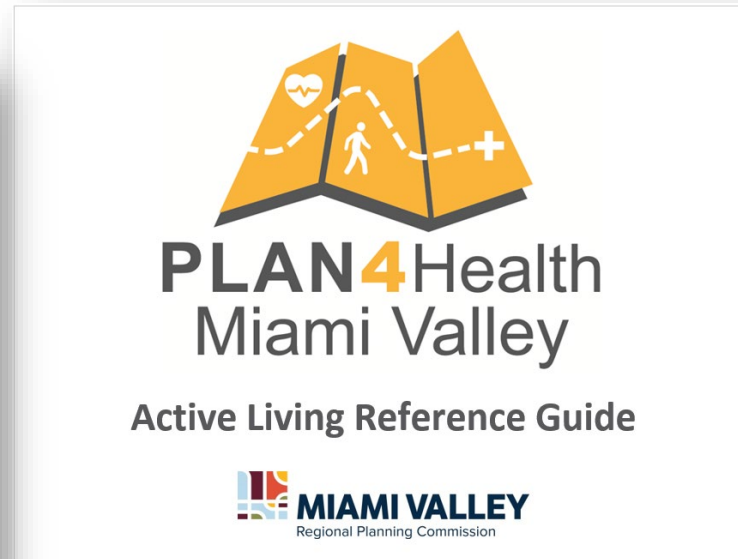
- ☐ Look for the presence of multimodal (walking, biking, transit) transportation options
- ☐ Highlight bicycle and pedestrian facilities
- ☐ Highlight transit routes or bus stops/hubs

Over →

Sources: U.S. Census Bureau

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

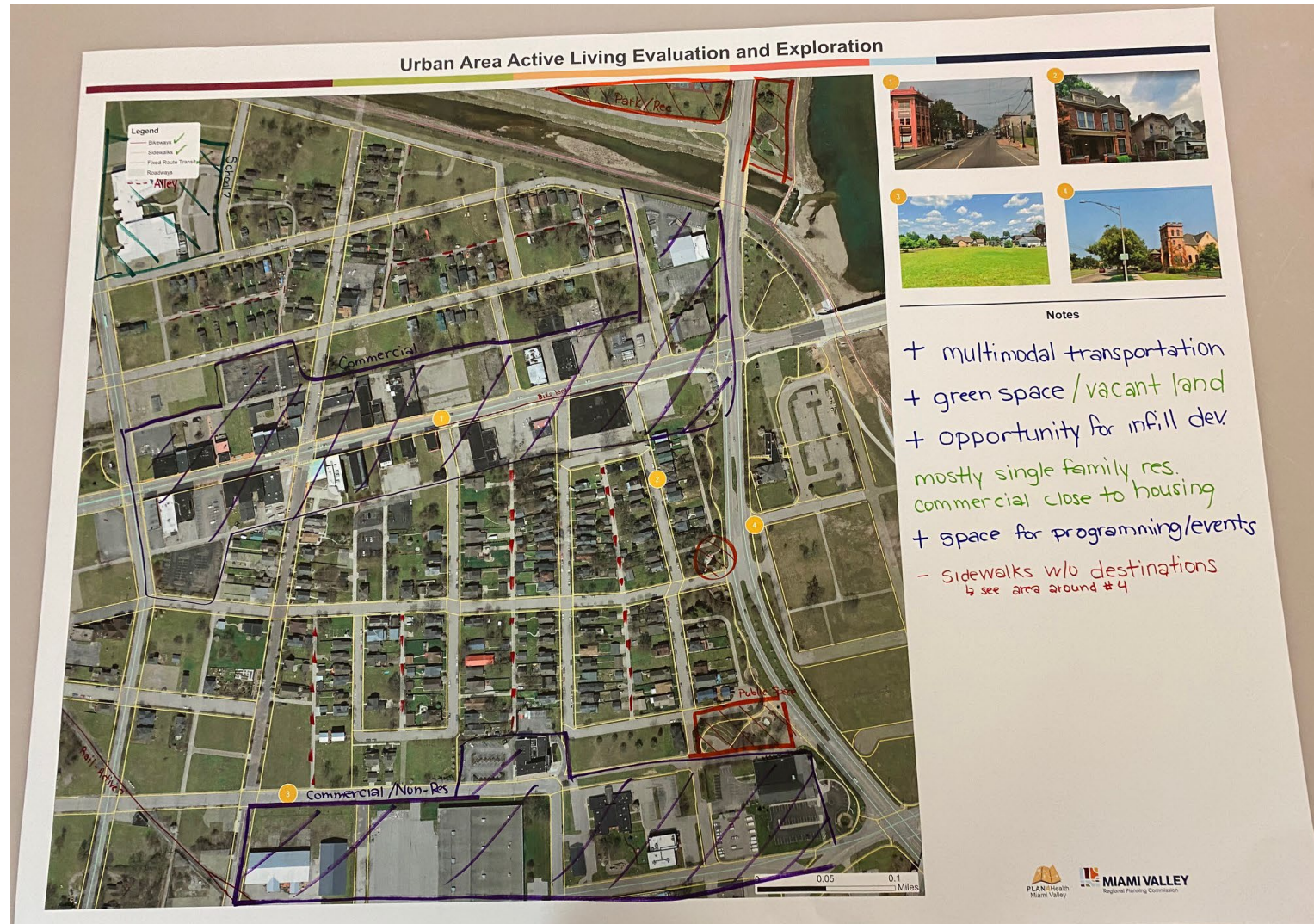
Local Active Living Evaluation & Exploration

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



My Active Living Considerations

My Active Living Considerations

Recognizing that Kettering is well positioned to support Active Living in terms of assets and amenities, tell us about the things that discourage you from living more actively.

As you leave, place a sticky dot on the item that most resonates with you. If your barrier is not on the board, use a post-it to tell us about it.

My Active Living Considerations

Use your sticky dots to indicate which of the following categories discourage you from living more actively. If there is another reason not listed below, please place your dot in the "other" category and describe it!

Not Enough Time	Lack of Connectivity
Lack of Energy	Lack of Nearby Destinations
Safety Concerns	I don't usually consider active living as an option
Infrastructure Conditions	Other (Please describe using a Post-It note)

CITY OF KETTERING MIAMI VALLEY REGIONAL PLANNING COMMISSION PLAN 4 HEALTH MIAMI VALLEY

Thank You!

Kettering Questions

Tom Robillard, AICP

City of Kettering

tom.robillard@ketteringoh.org

Active Living Questions

Elizabeth Whitaker, AICP

Miami Valley Regional Planning Commission

ewhitaker@mvrpc.org