



Miami County Public Health HEAL Grant Active Living Workshop

August 14, 2025

Agenda

1. Welcome and Warm Up Activity (15 min)

Spot the Difference

2. Active Living Briefing (20 min)

Project and Active Living Presentation

3. Small Group Activity & Discussion (45 min)

Local Active Living Evaluation and Exploration

4. Wrap Up Activity (10 min)

Vision and Goals Exploration

Orientation/Housekeeping

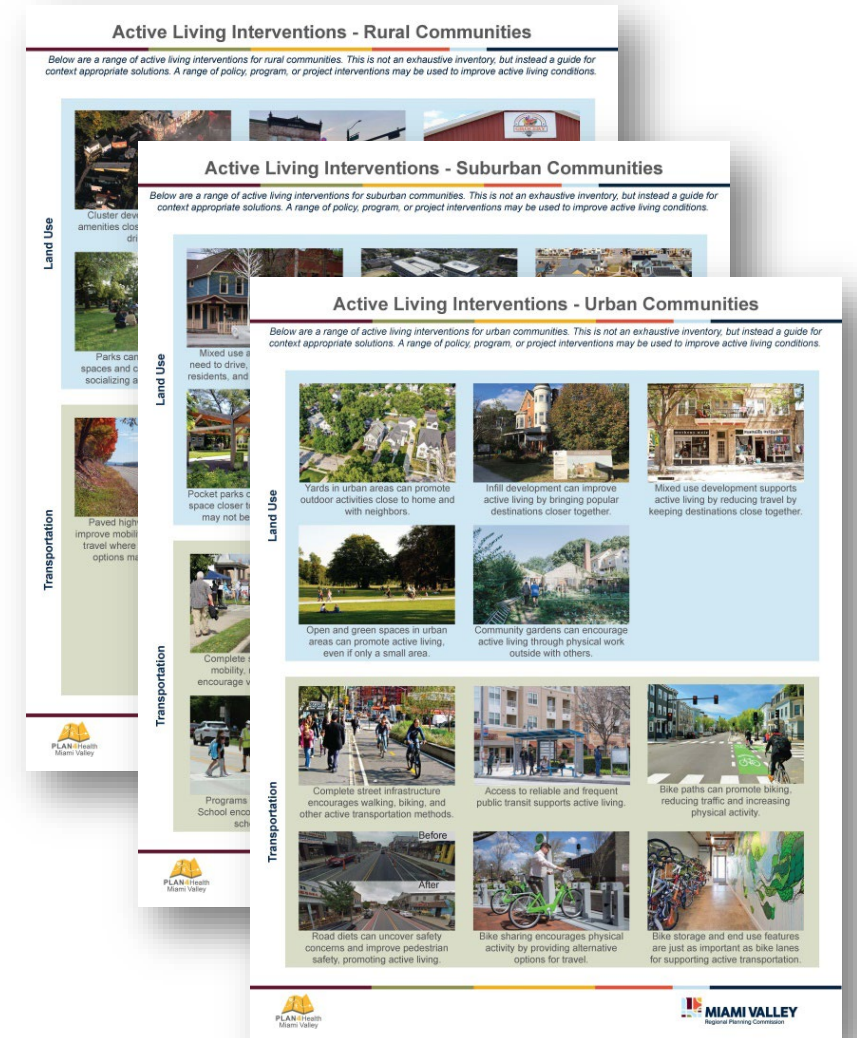
- Meeting Materials

Agenda, reference materials, slides, etc.

- Restrooms

- Informal Setting

Ask questions and share your ideas



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

Healthy Eating & Active Living (HEAL) Program Overview

- Vicky Knisley-Henry, Ph.D.

*Health Educator, Miami County Public Health
HEAL Grant Manager / 8 Years of Service*

- HEAL: Healthy Eating, Active Living
- Current Phase: Year 3 of Implementation
- Years 1-2 Focus: Healthy Eating
*Support for local farmers markets
Expansion of WIC Produce Perks Program*

Year 3 Focus: Active Transportation

What is Active Transportation?

- Movement without motor vehicles

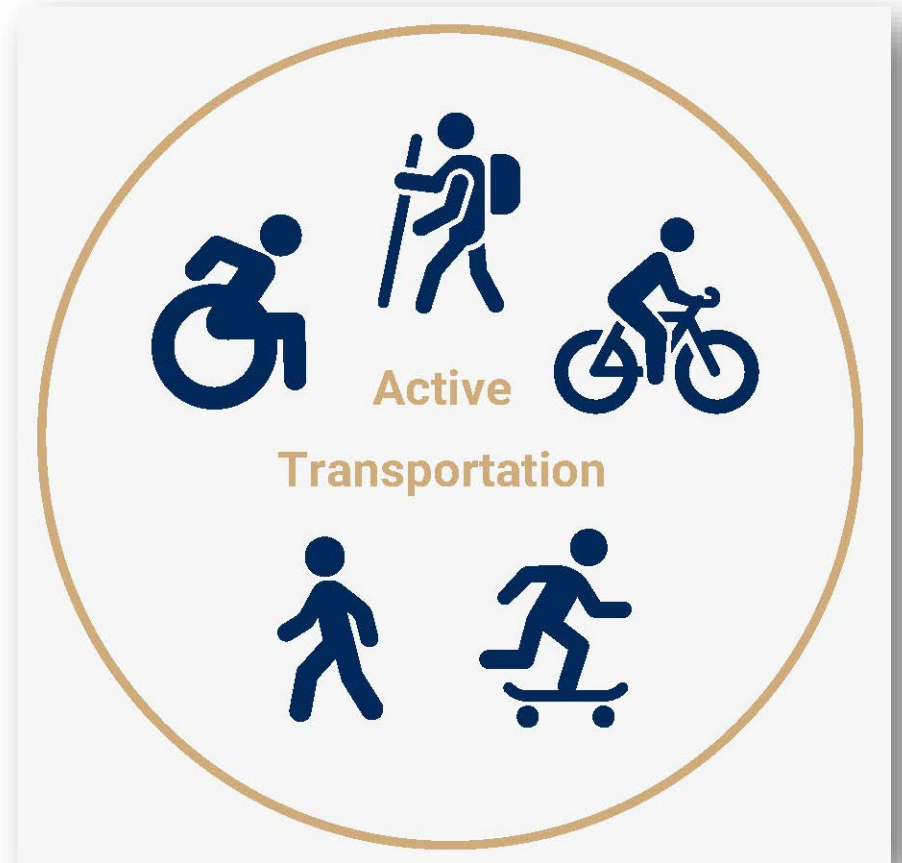
- Includes:

Walking

Biking

Mobility devices

Scooters, skateboards, rollerblades



Planning for Active Transportation

Purpose:

- To ensure safe and equitable access for non-motorized transportation users.

Planning Process:

- Community input and engagement
- Building stakeholder support
- Laying the foundation for interventions and infrastructure improvements

A healthy community does not happen by accident.
It requires a comprehensive approach covering all aspects of social, physical, and economic environments.





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

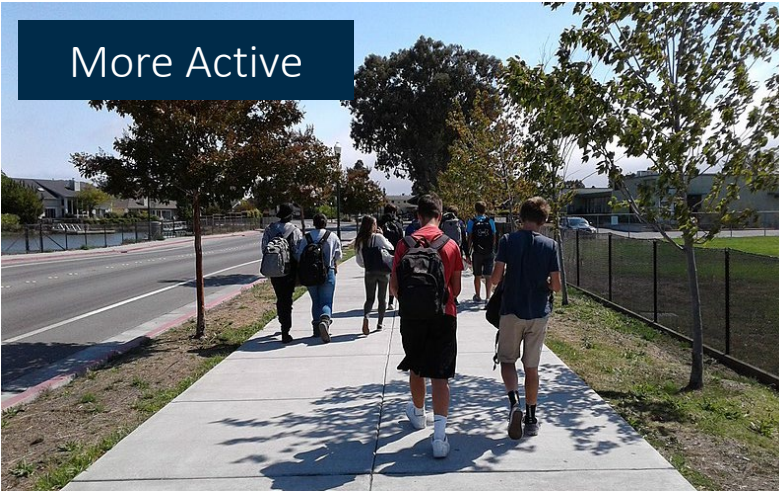


Less Active



School

More Active

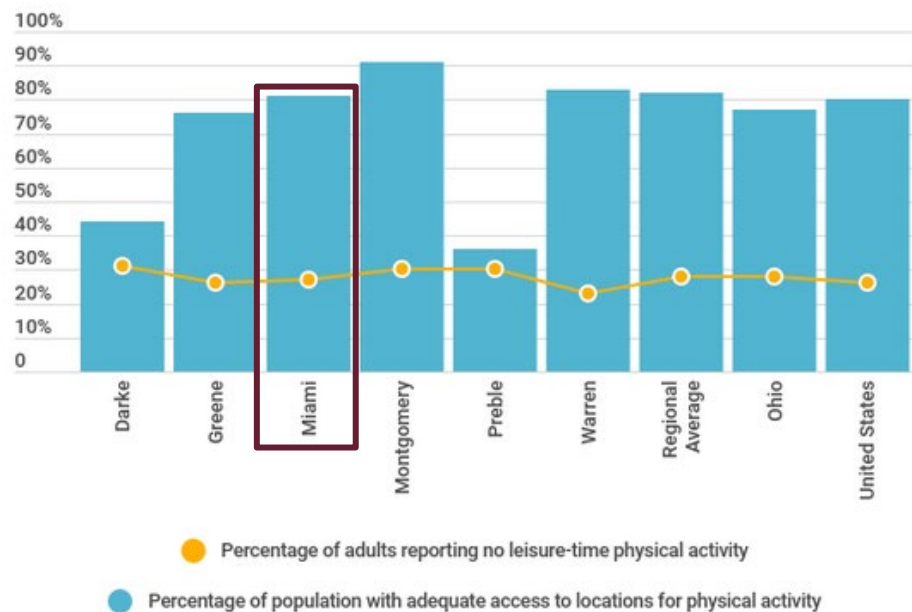


Less Active



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%

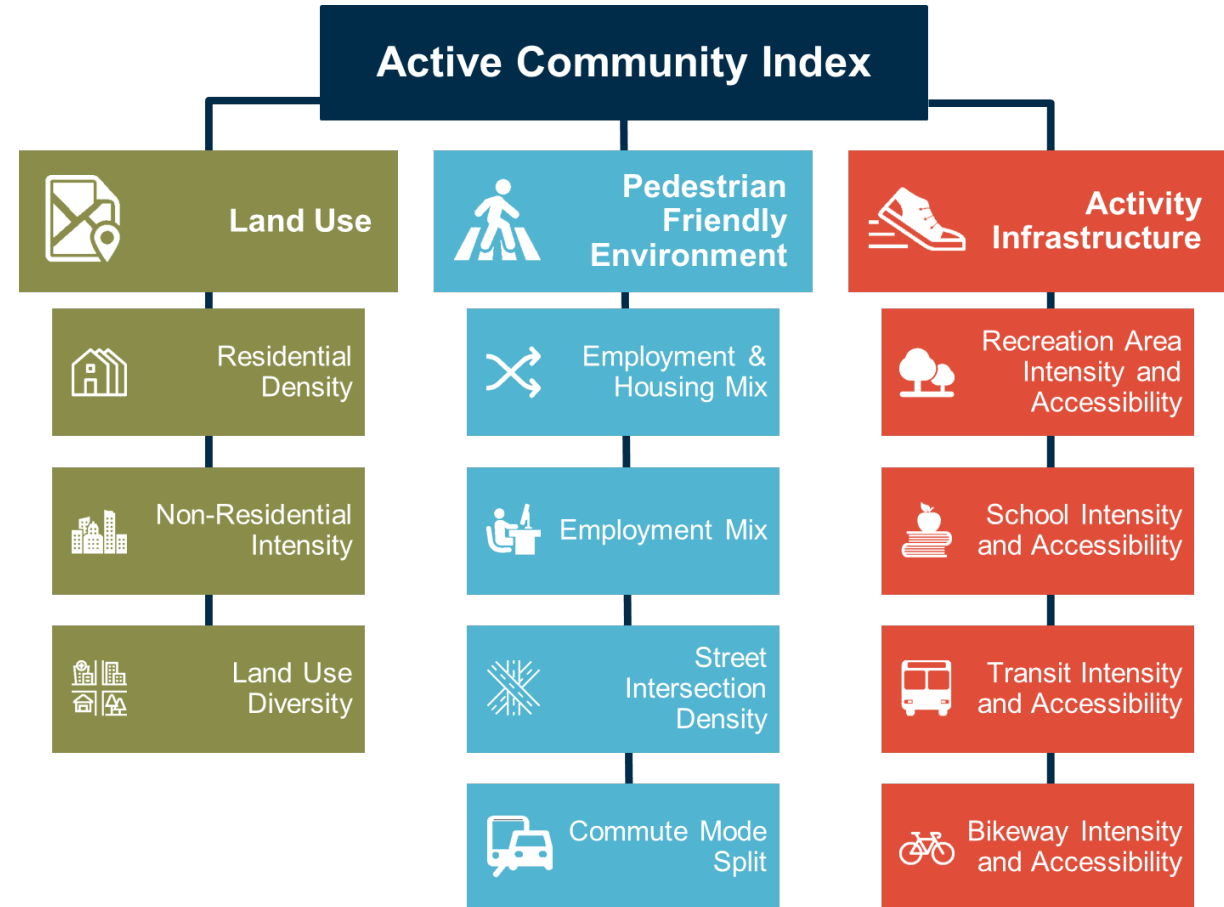
Ohio Rate: 16%
US Rate: 14%

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

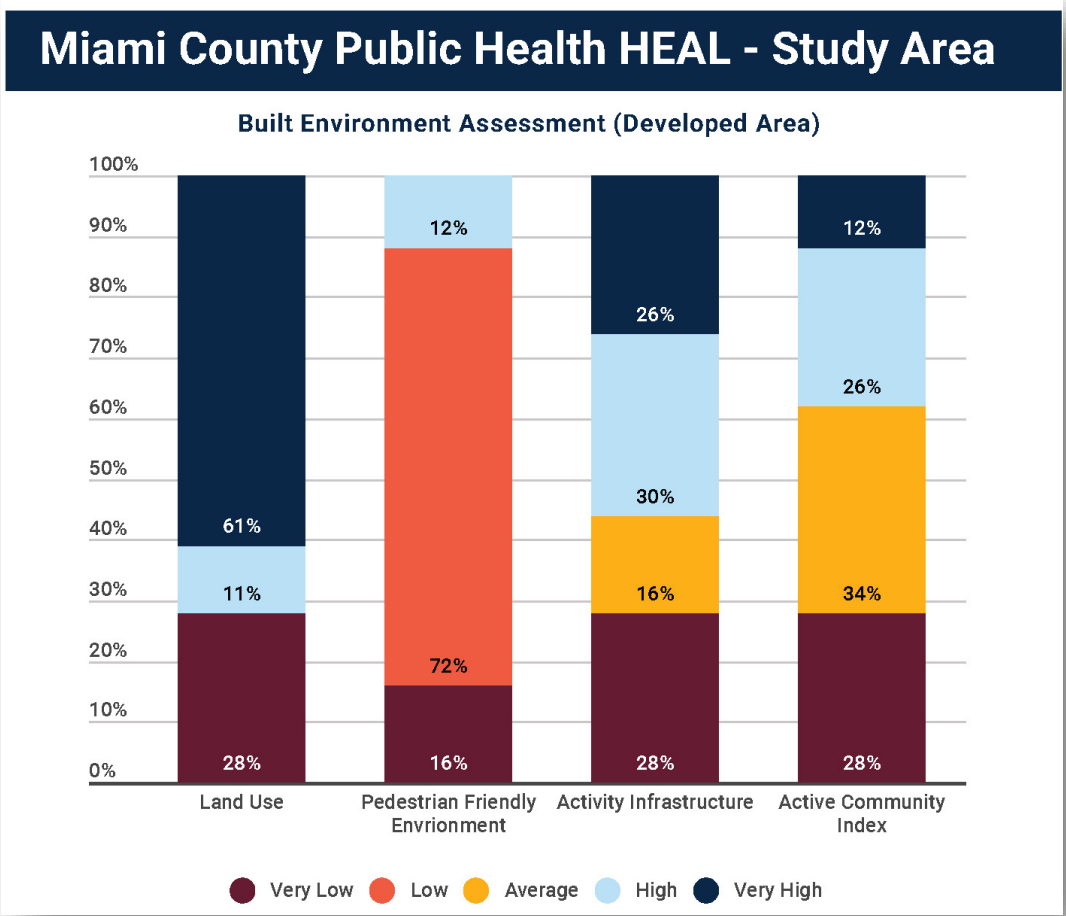
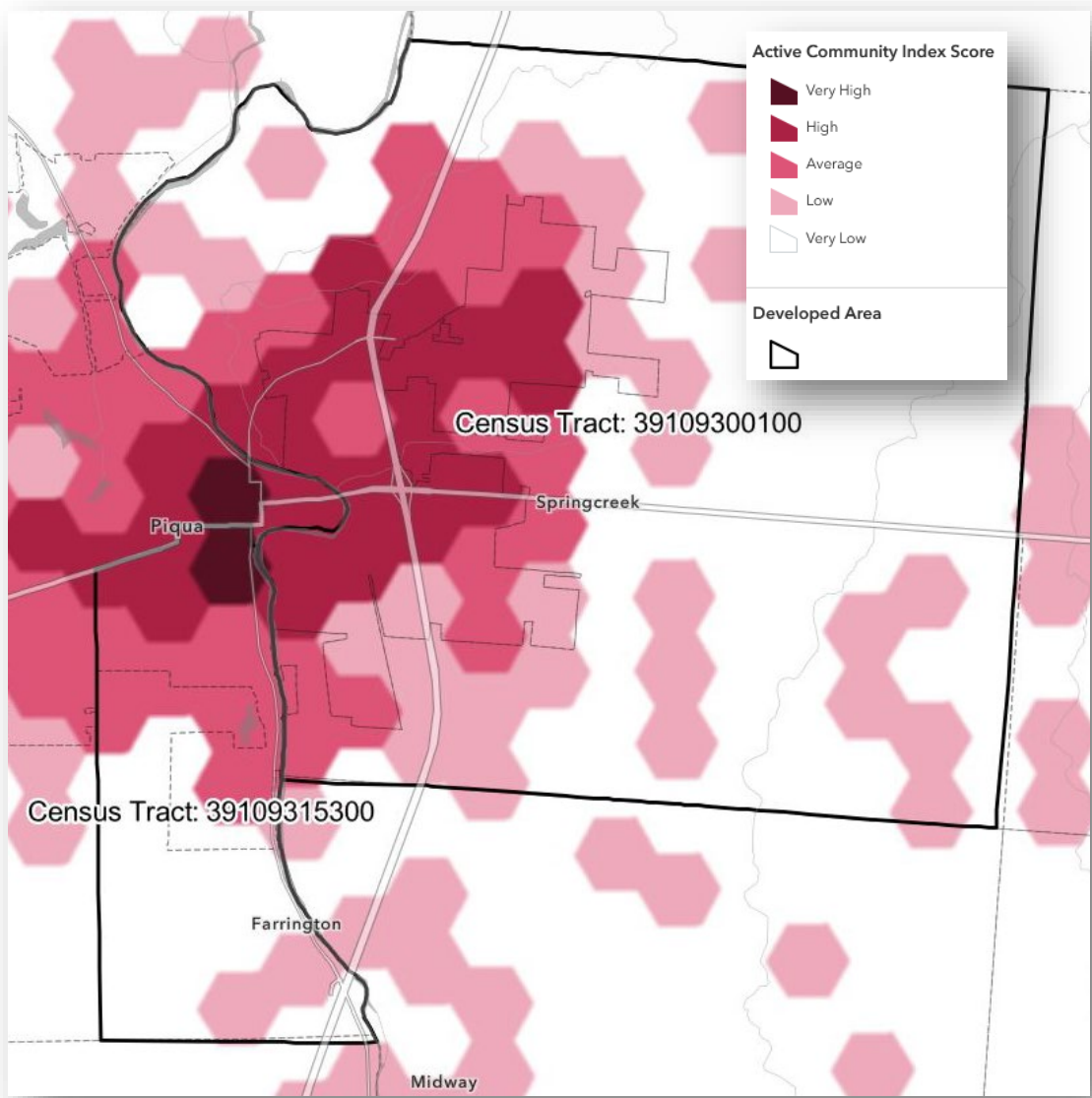
Built Environment Assessment



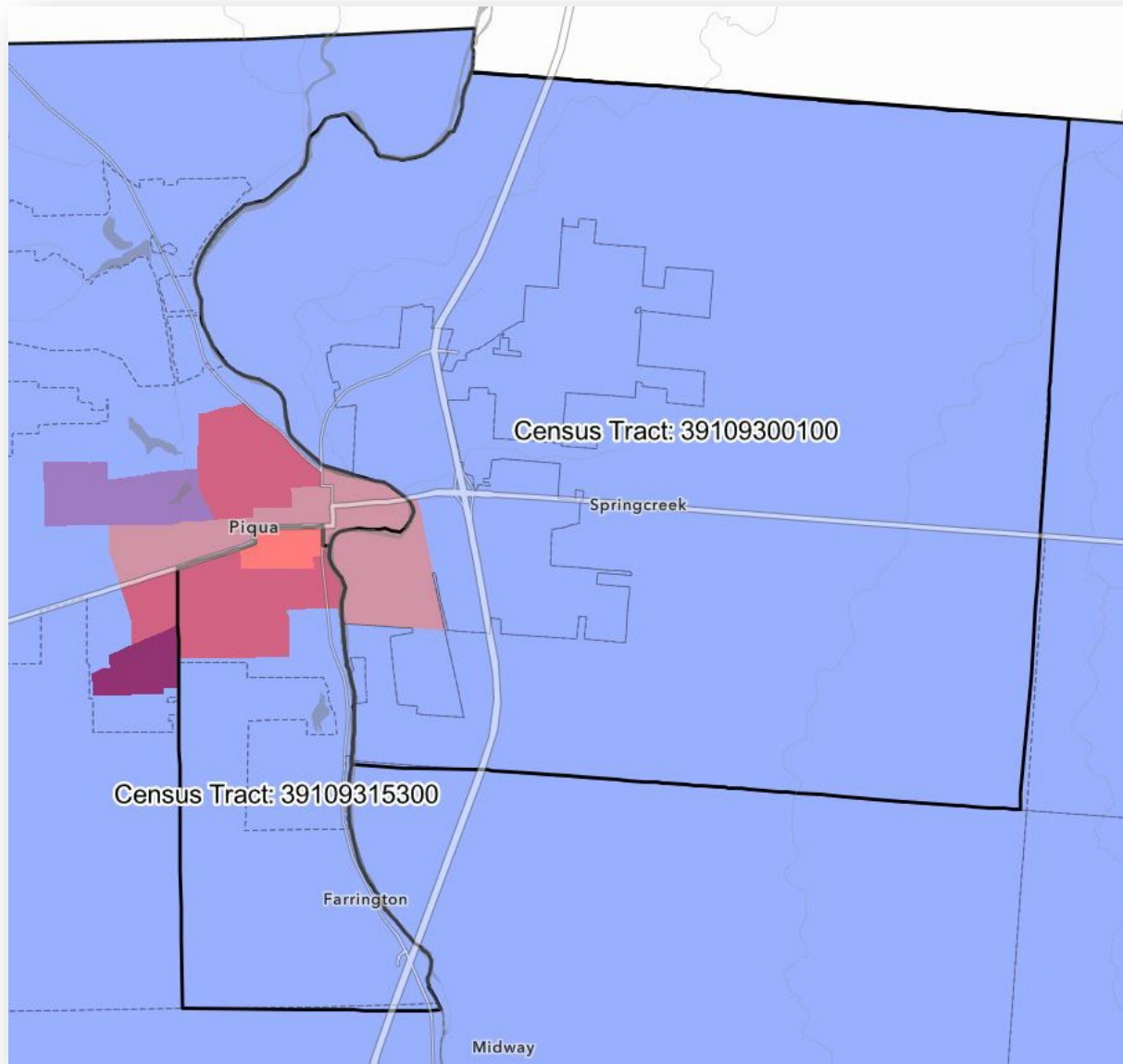
<https://arcg.is/1uvrXD>



Study Area Data – Active Community Index



Study 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

Planning for Active Living Communities





Our development choices are essential to advance active living



Active Living Interventions May Include...



Active Living Strategies Can Be Deployed In...



Active Living Measures Can Be Implemented In...



Active Living Measures May Relate To...





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

Miami County Public Health HEAL Grant - Study Area Demographics

This data covers Census Tracts 39109300100 and 39109315300 (the study area)

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)

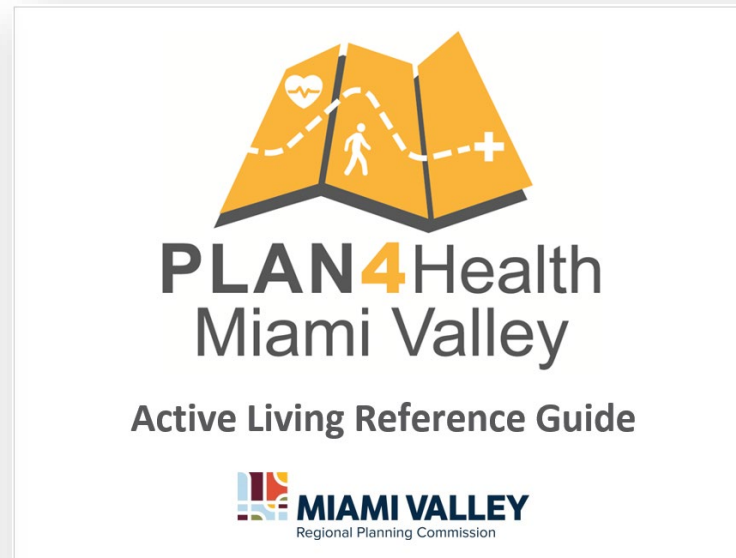
- ☐ Look for the presence of multimodal (walking, biking, transit) transportation options
- ☐ Highlight bicycle and pedestrian facilities
- ☐ Highlight transit routes or bus stops/hubs

Sources: U.S. Census Bureau, 2010

Over →

PLAN4Health Miami Valley

MIAMI VALLEY Regional Planning Commission



Local Active Living Evaluation & Exploration

Key
elements
that **MAY**
be
present

Mote Park Area Active Living Evaluation and Exploration

Legend

- Bikeways
- Sidewalks
- Fixed Route Transit
- Roadways



1 2 3 4 5

Notes

0 0.05 0.1 Miles

Miami County Public Health logo, MIAMI VALLEY Regional Planning Commission logo, PLAN4Health Miami Valley logo

Pictures to
provide
context

Write and
draw on
the map!
Make
notes
here.

Local Active Living Evaluation & Exploration

Evaluate an area for active living by reviewing aerial photo and context pictures

Key Concepts to Look for

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

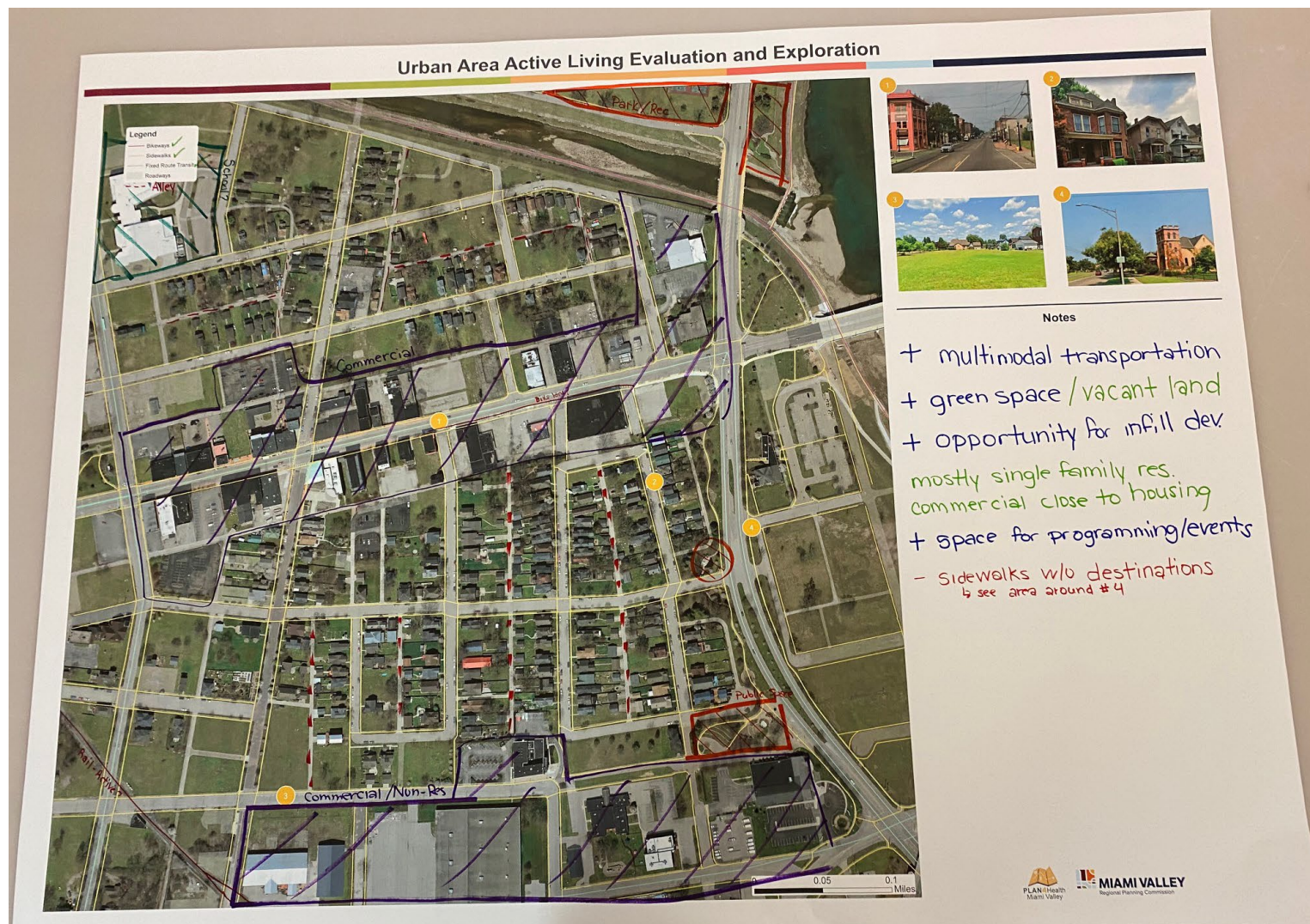
Local Active Living Evaluation & Exploration

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

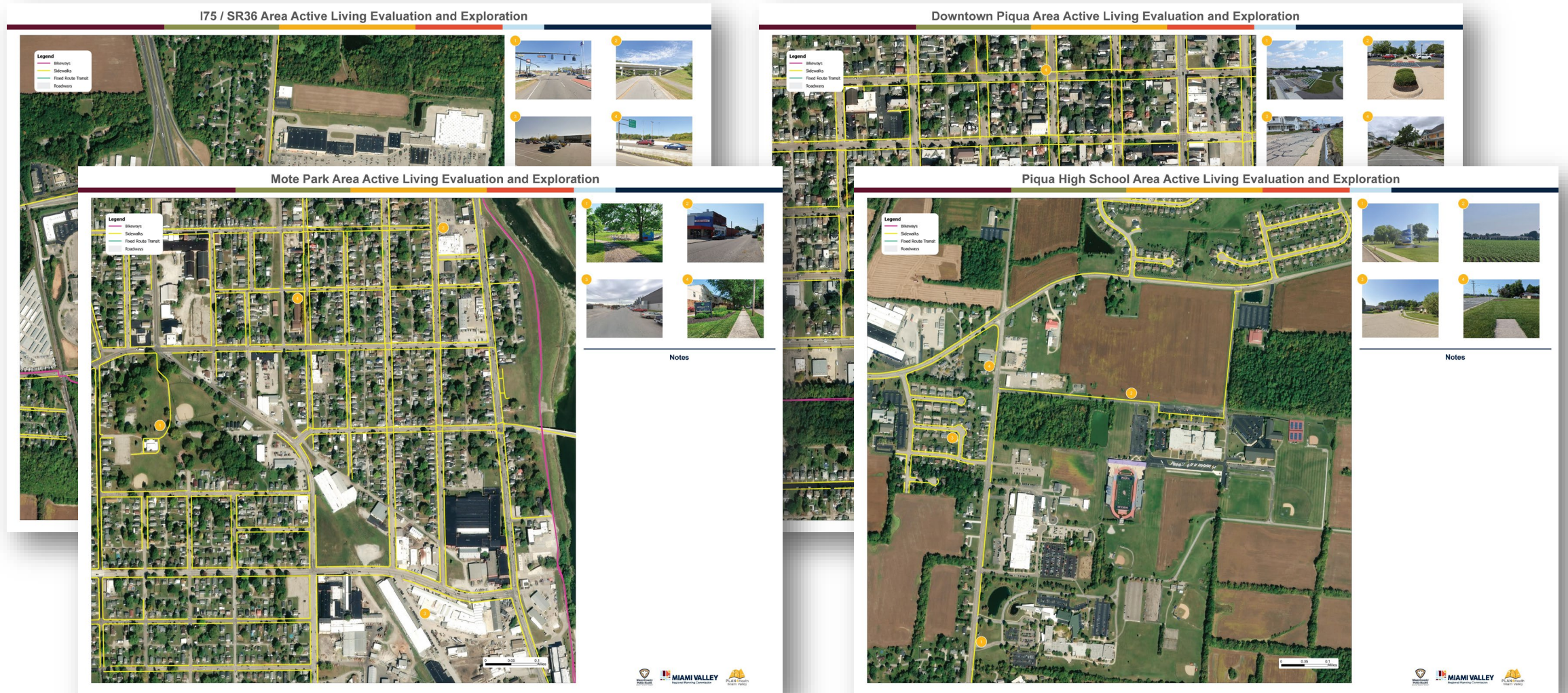
Key Concepts to Consider

- 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

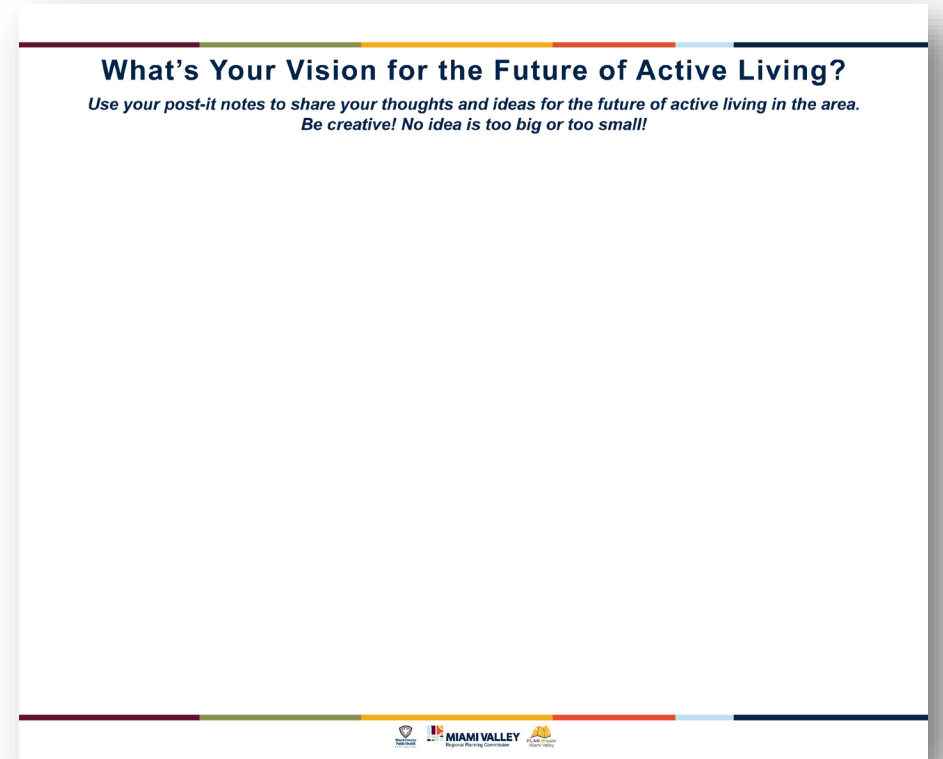
Small Group Reporting



Vision and Goals Exploration

Vision and Goals Exploration

- Using the post-it notes at your table jot down your ideas for active living in the area
- Be creative – no idea is too big or too small
- Place your post-it notes on the board
- If you see another idea you really like, use a sticky dot to flag it



Thank You!

HEAL Grant Project Questions

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Active Living Questions

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Project Website

<https://miami-county-public-health-heal-grant-mvrpc.hub.arcgis.com/>

