

Miami County Active Living Workshop Summary

The Miami County Active Living workshop was held on October 12, 2023 at the Tri-County Board of Recovery and Mental Health Services. This event, the fourth 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 more gathering 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 routes provide safe paths for walking, biking and other types of recreation. Parade routes structure active travel where other transportation options may be unavailable. Local connections to regional trail networks provide additional time and alternative transportation options.
Design <ul style="list-style-type: none"> Centrally located parks in green spaces or corridors of activity encourage active living. Green spaces in corridors of activity encourage active living. Reimagined corridor strips provide more gathering and encourages active living in high speed areas. Local connections to regional trail networks provide additional time and alternative transportation options. 	Programming and Events <ul style="list-style-type: none"> Farmer markets encourage community gathering, social connections, and support physical activity. Partnerships with local organizations encourage active living, social connections, and support physical activity. Exercise programs in parks and recreation centers, churches, and community centers encourage active living. Community events encourage active living, social connections, 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 living. Clustering high-density development encourages walking, biking, and other active living. Reimagining village centers provides more gathering and creates nodes of activity. Reimagining village centers provides more gathering and creates nodes of activity. 	Transportation <ul style="list-style-type: none"> Reimagining village centers provides more gathering and creates nodes of activity. Reimagining village centers provides more gathering and creates nodes of activity. Reimagining village centers provides more gathering and creates nodes of activity. Reimagining village centers provides more gathering 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.

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Urban Active Living

Active Living Showcase Posters

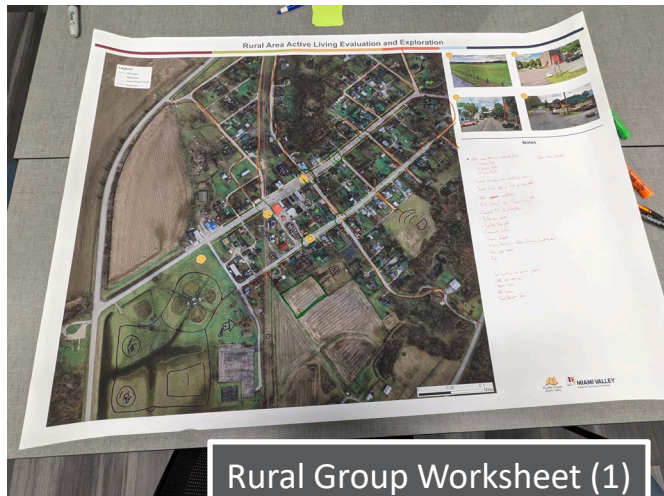
II. **Active Living Briefing – Active Living Assessment Presentation**

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

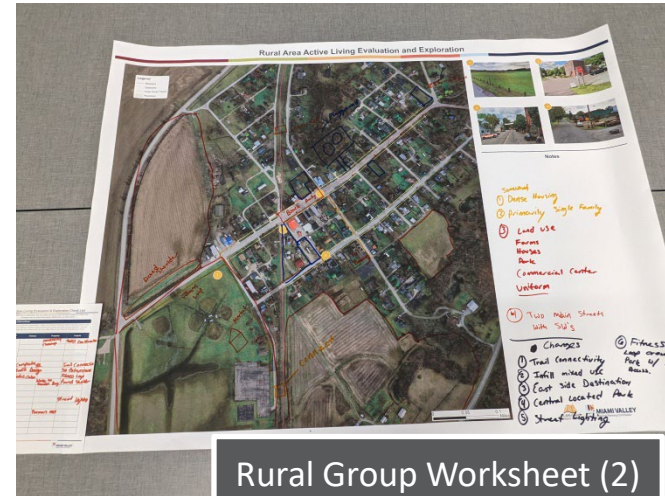
III. **Small Group Activity and Discussion – Active Living Evaluation and Exploration**

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 37 – 54 of the above linked presentation for the guided activity details.

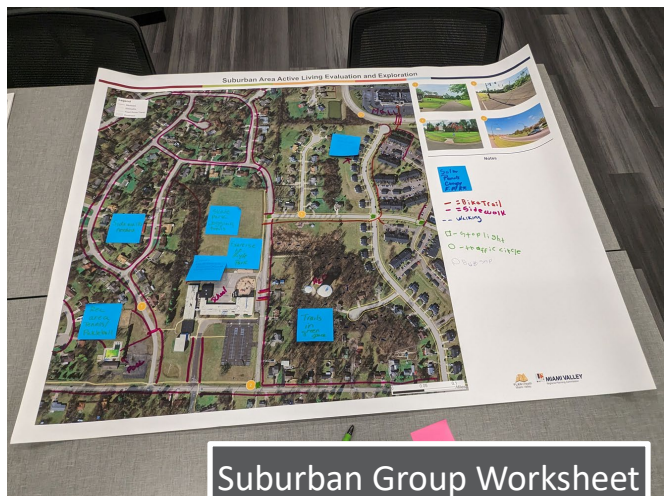
- [Click here to view the active living handouts.](#)
- [Click here to view the active living checklist.](#)



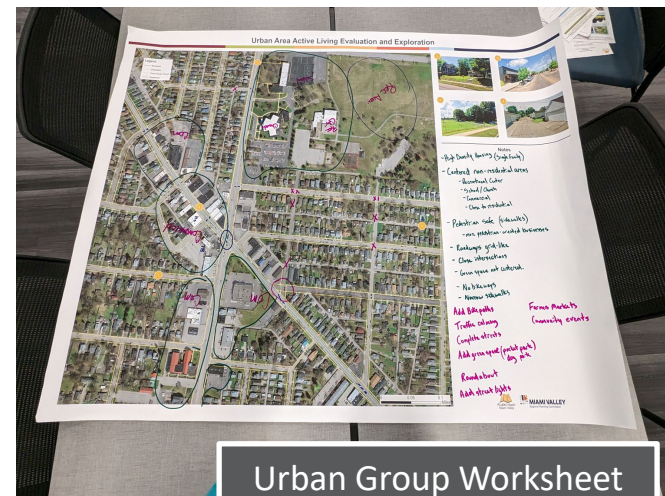
Rural Group Worksheet (1)



Rural Group Worksheet (2)



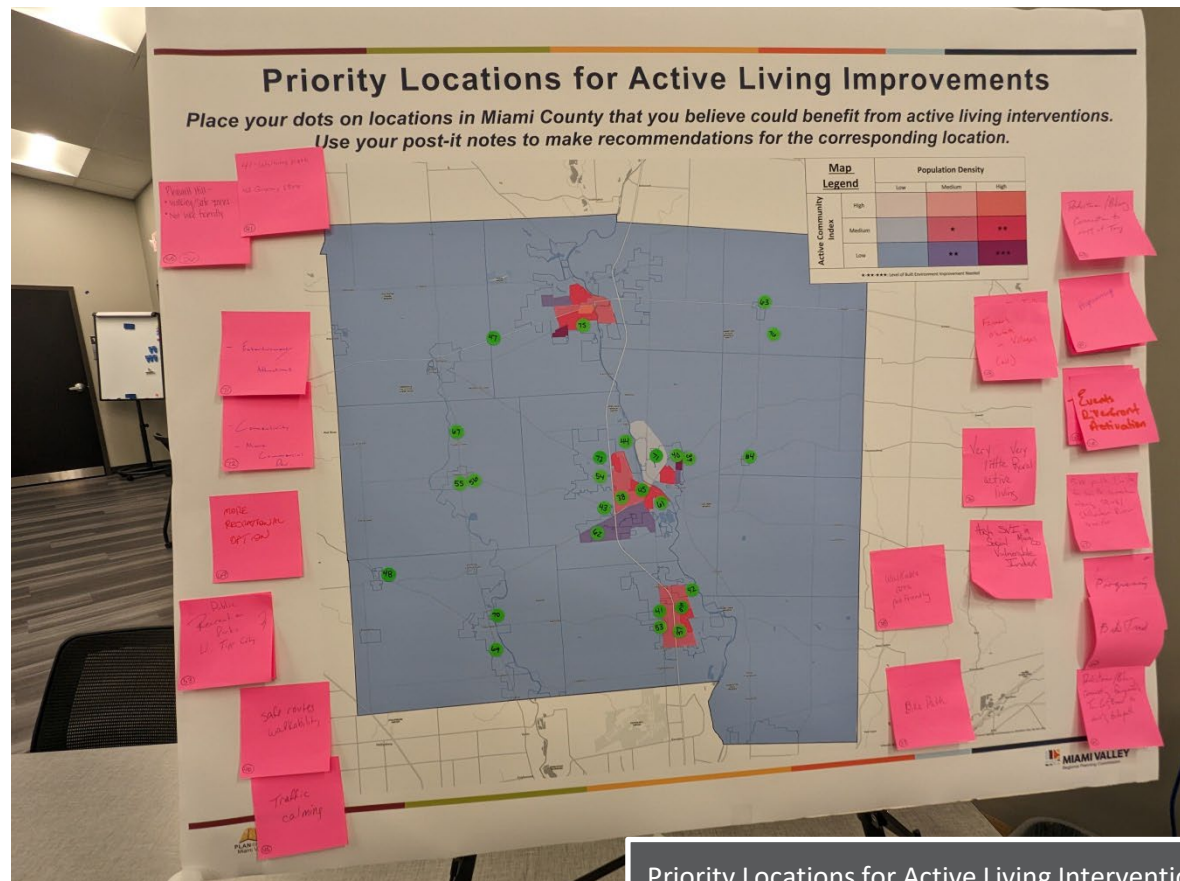
Suburban Group Worksheet



Urban Group Worksheet

Small Group Activity Worksheets

To conclude the workshop, participants were asked to think of specific places in Miami 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 largely focused on creating connections within the community by expanding the bike and pedestrian network. Specific recommendations included connecting Bradford, Covington, and Piqua; Pleasant Hill to Troy; and West Milton to Tipp City. There were a number of general recommendations to improve walkability throughout the counties towns and villages, which would further enhance the county's great town centers. There were also recommendations to increase programming including by activating spaces along the county's riverfronts to better utilize this important asset.