



Miami Township Active Living Workshop

September 10, 2025

Agenda

1. Welcome and Walking Tour (25 min)

Destination Springboro Pike

2. Warm Up Activity (10 min)

Spot the Difference

3. Active Living Briefing (25 min)

Active Living Presentation

4. Small Group Activity & Discussion (45 min)

Local Active Living Evaluation and Exploration

5. Wrap Up Activity (15 min)

Vision and Goals Exploration



Orientation/Housekeeping

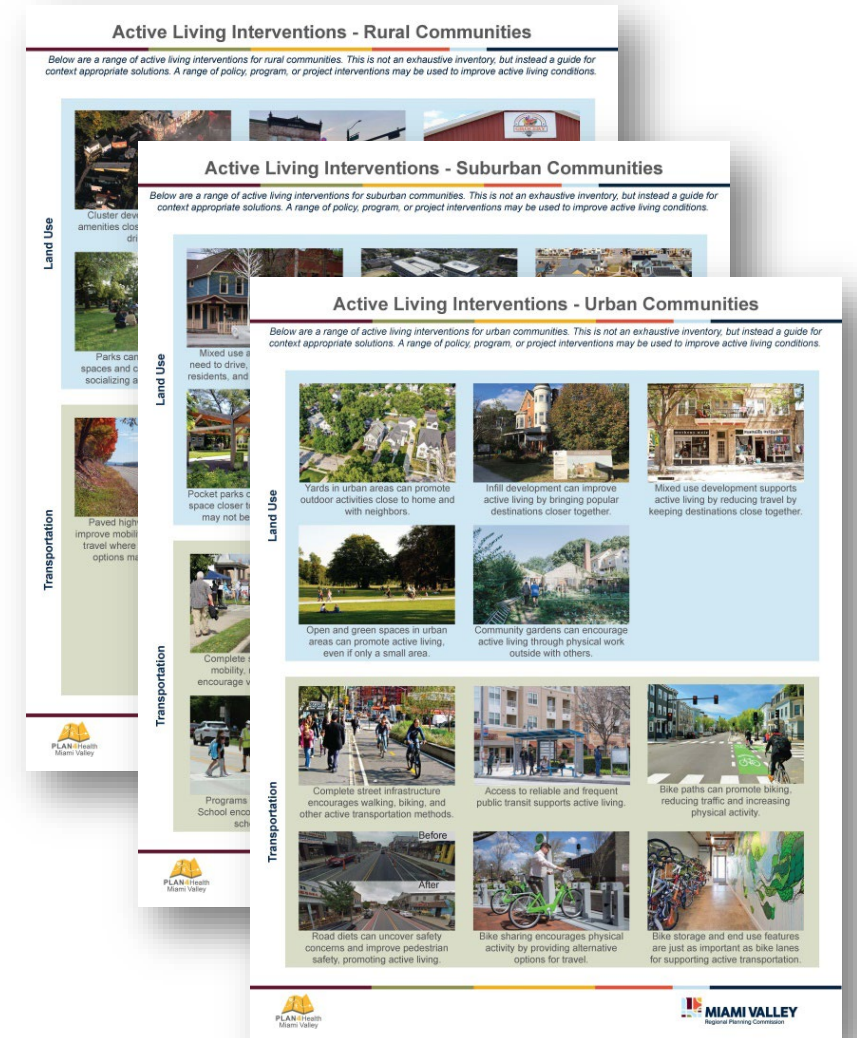
- Meeting Materials

Agenda, reference materials, slides, etc.

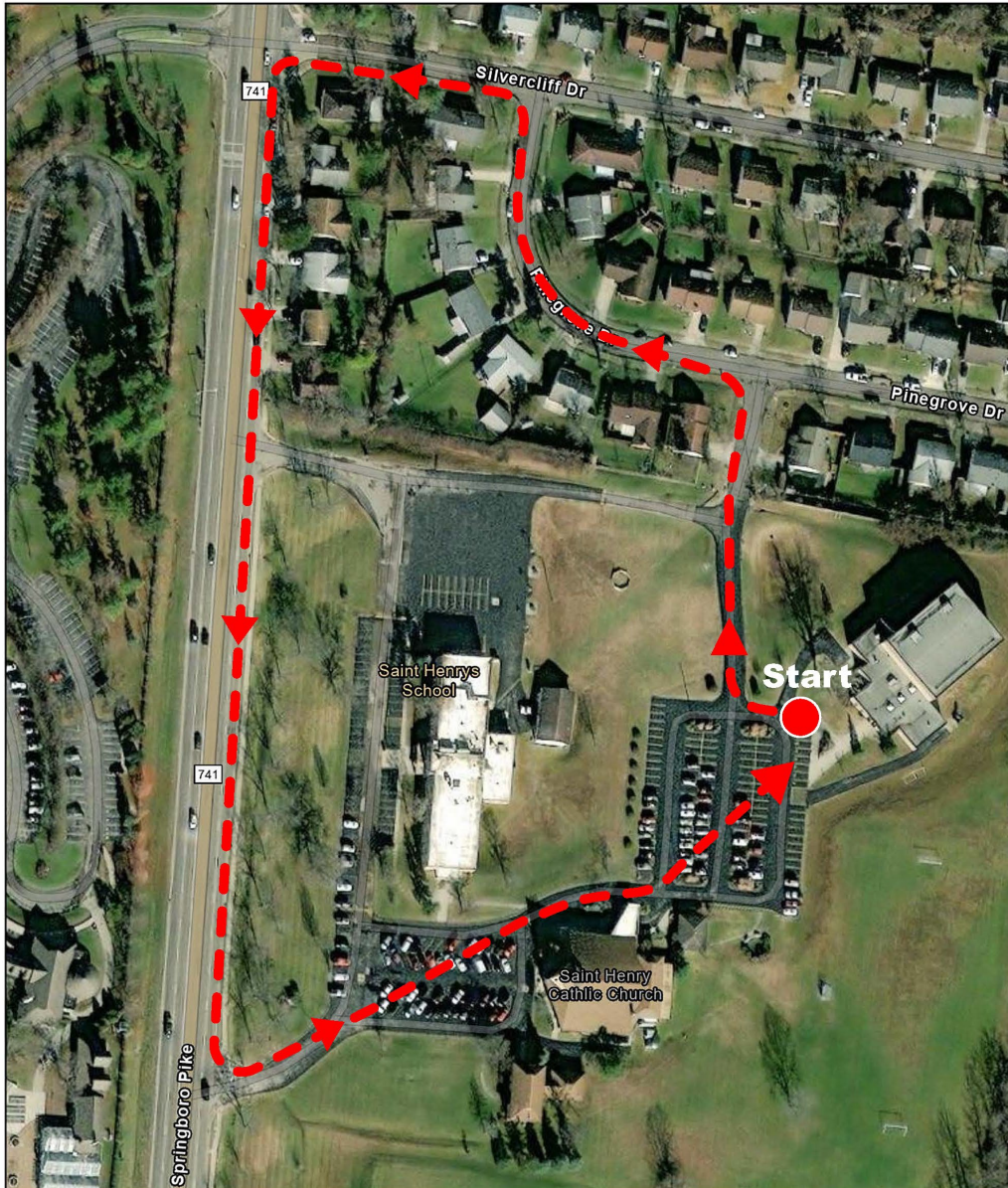
- Restrooms

- Informal Setting

Ask questions and share your ideas



Walking Tour



- Walk is ~ 0.6 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 – 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

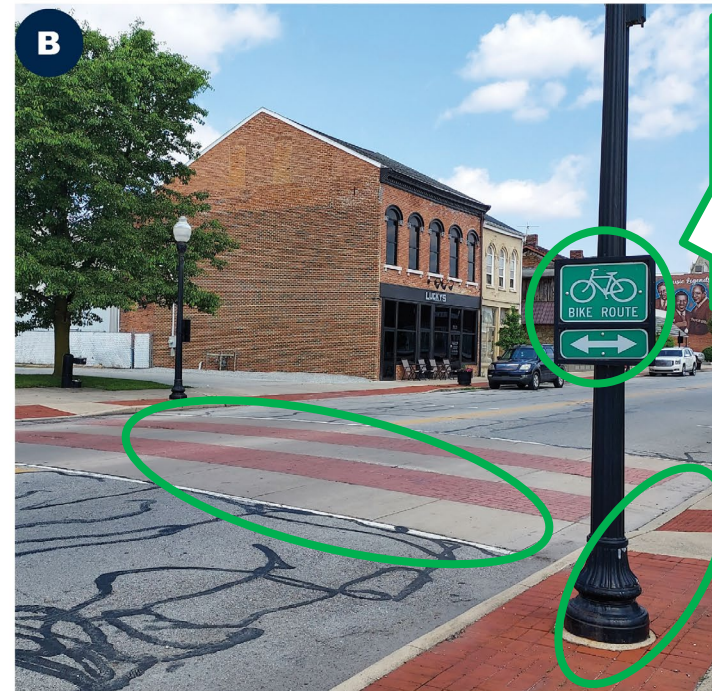
Spot the Difference

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.

- Auto oriented land use
- Limited visual cues to calm traffic in higher speed environment



- Sidewalks in good condition with amenities



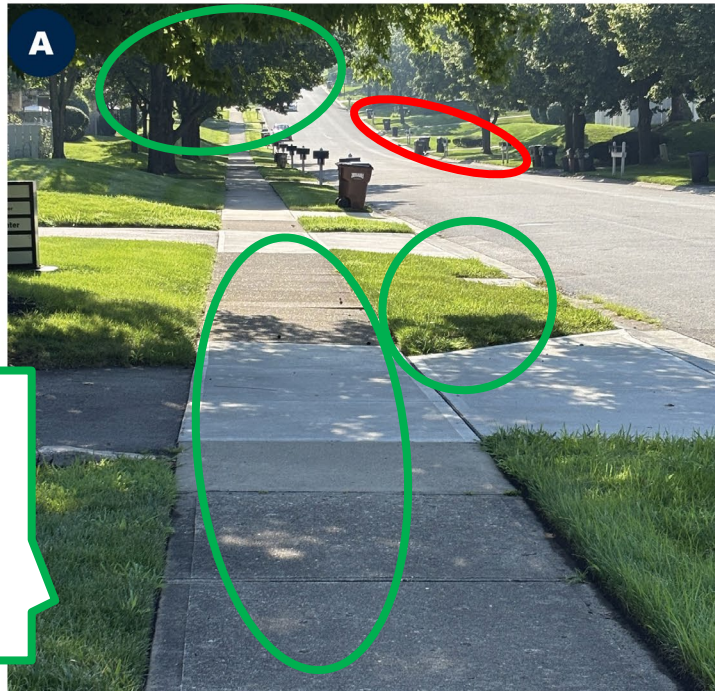
- Lighting
- Trees
- Pedestrian amenity
- Lower speed environment

Notes

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.



- Trees
- Wide buffer
- Sidewalk in good condition



- Sidewalks abruptly ends
- Shoulder ends
- No buffer between cars and bike/ped

Notes

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.



- Marked crosswalk
- Signal for pedestrians

- Busy area
- Large crossing distance
- Higher speeds likely



- No crosswalks
- Lack of signage
- Lower speed, but wide lanes

- Sidewalks in good condition

Notes

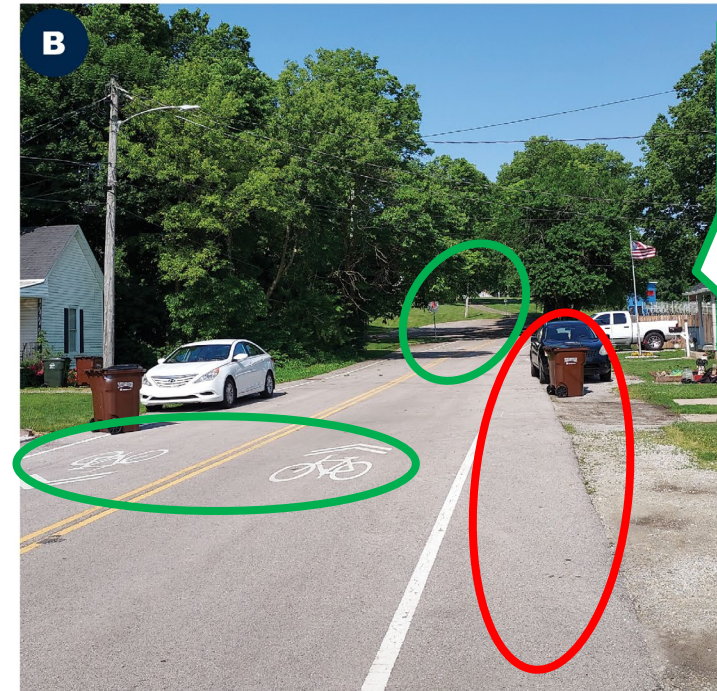
Warm Up Activity – Spot the Difference

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.



- No sidewalks/ dedicated bike/pedestrian entrance to the park
- Road context unfavorable to bike/ped



- Marked shared-use bike lane
- Pedestrian access to park
- Walkway available, but with limited buffer and obstacles present

Notes

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.



- Crosswalk marking present
- Crosswalks is signaled
- Trees
- Narrower lanes can help slow traffic



- Sidewalks abruptly ends
- No safe pedestrian access to school on a high speed road
- Lack of tree coverage or lighting

Notes

Miami Township – Why Active Living?

The residents of Miami Township deserve access to infrastructure which allows them to incorporate healthy choices and activities into their existing daily routines. The Township Community Development Department, in partnership with Miami Valley Regional Planning, is committed to providing more opportunities for our residents to make it easier to build healthy routines.

In 2024, the Township adopted our Parks and Trails Plan. One of the primary goals of the plan is to bring more residents within a “10-minute walk” to a public park. To do so, the Township is analyzing potential pedestrian improvements in key sectors of the Township.

This workshop will help Miami Township identify potential strategies and solutions for improving our residents’ ability to incorporate the philosophies of Active Living and live healthier, happier, lives.



Active Living - Health

- **Reduce Chronic Diseases:** Regular physical activity can lower the risk of chronic conditions like heart disease, type 2 diabetes, obesity, and certain cancers. By creating safe and accessible places to walk, bike, and play, Miami Township can help its residents prevent and manage these health issues.
- **Improve Mental Health:** Physical activity is a proven way to reduce stress, anxiety, and depression. Having inviting outdoor spaces and recreational facilities provides a mental escape and can improve residents' overall mood and emotional well-being.
- **Support Healthy Aging:** Initiatives like well-maintained sidewalks, trails, and public transit options allow older residents to stay mobile and independent. This reduces the risk of falls and helps maintain cognitive function, enabling them to "age in place" within the community.



Active Living - Community

- **Increase Social Connections:** Parks, community gardens, and public trails are natural gathering places that encourage residents to interact with their neighbors. This fosters a stronger sense of community and belonging.
- **Enhance Safety:** Well-lit, well-maintained sidewalks and trails improve pedestrian and cyclist safety. This creates a safer, more welcoming environment for everyone.
- **Promote Equity:** By focusing on creating accessible infrastructure for all, Active Living initiatives ensure that everyone, regardless of age, income, or ability, has opportunities to be active and engaged in the community. This can bridge social divides and create a more inclusive environment.



Active Living – Economic Development

- **Increased Property Values:** Homes located near parks, greenways, and multi-use trails often sell for a premium. This can increase the township's property tax revenue, creating a sustainable funding source for community services.
- **Boosted Local Businesses:** Walkable and bikeable town centers attract more foot traffic, which can increase sales for local businesses, including restaurants, shops, and cafes.
- **Reduced Healthcare Costs:** A healthier, more active population can lead to lower long-term healthcare costs for the community as a whole.
- **Attracting and Retaining Residents and Businesses:** Communities with a high quality of life, including ample recreational opportunities and pedestrian-friendly infrastructure, are more desirable places to live and work. This can attract new families and businesses, fostering economic growth.



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

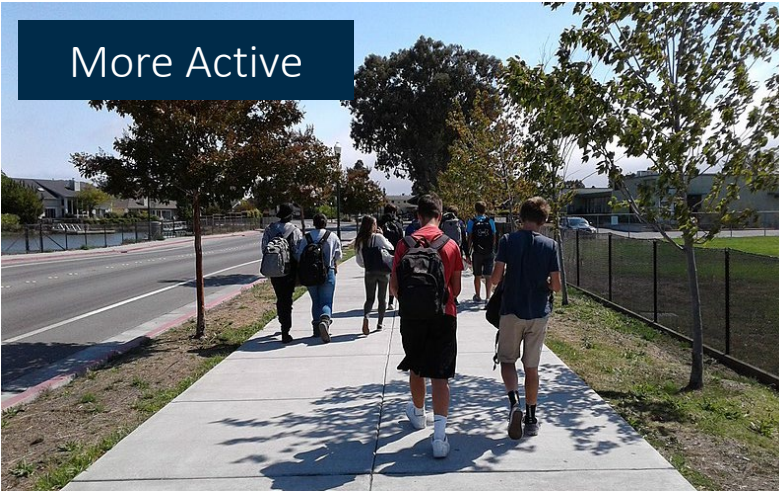


Less Active



School

More Active

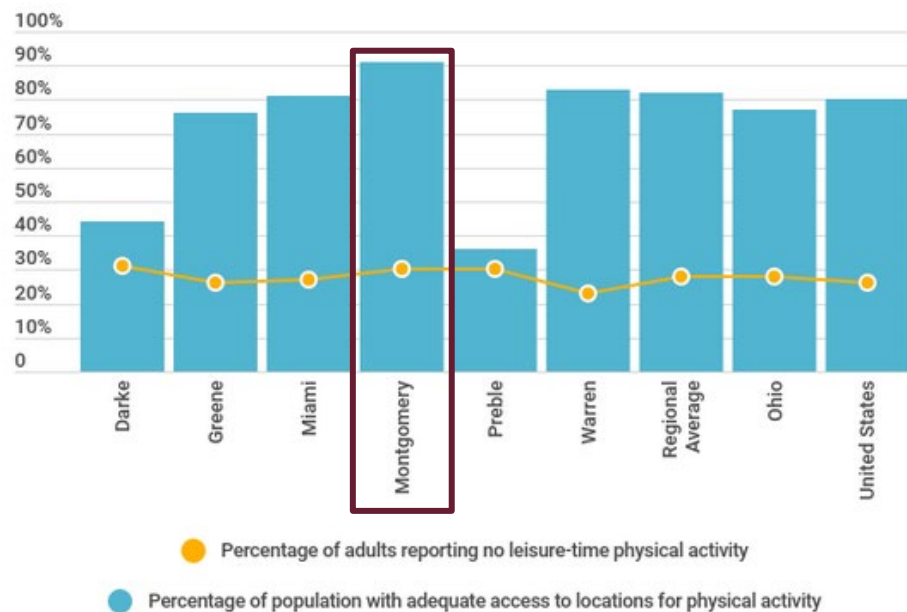


Less Active



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%

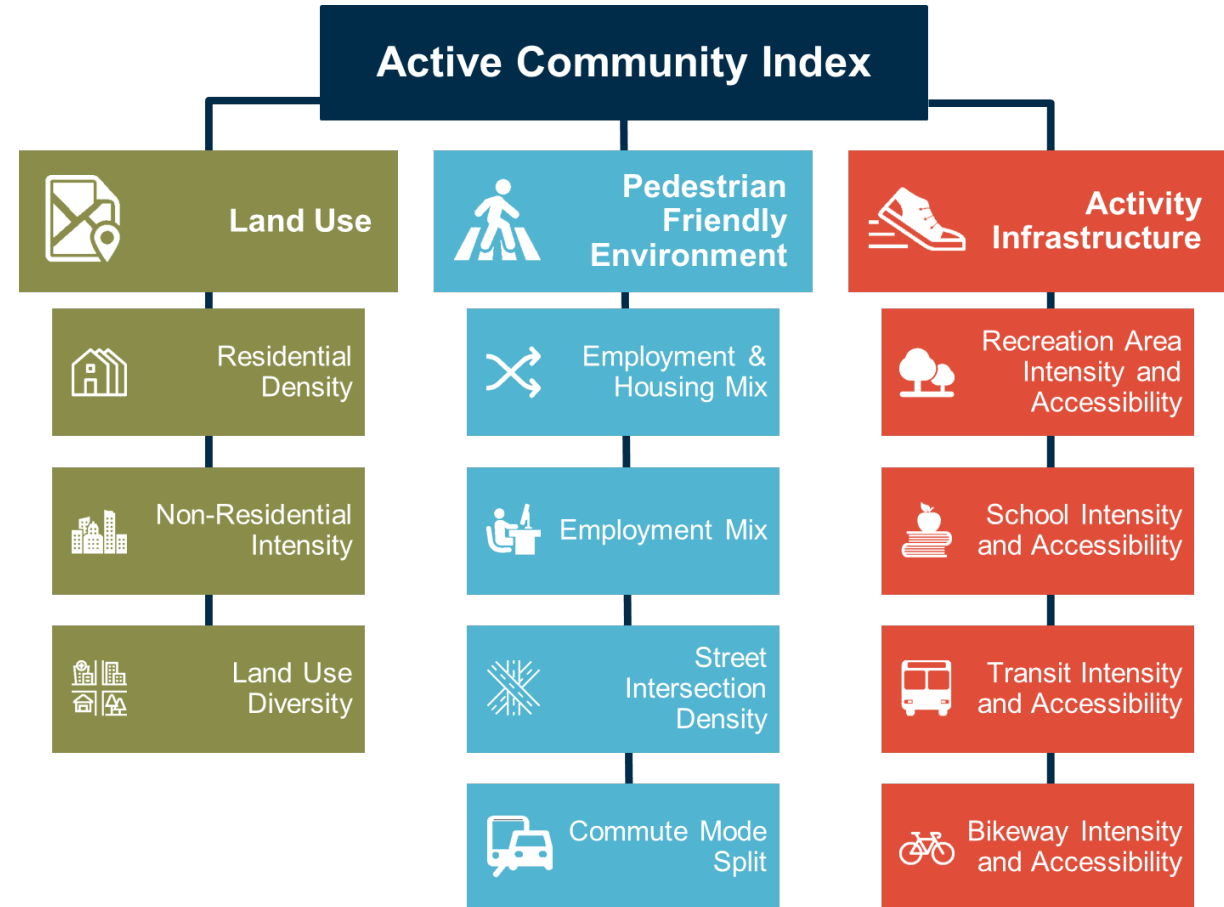
Sources: Centers for Disease Control and Prevention, PLACES Data 2021 release
Ohio Behavior Risk Factor Surveillance System 2019 Annual Report
University of Wisconsin Population Health Institute, 2022 County Health Rankings & Roadmaps



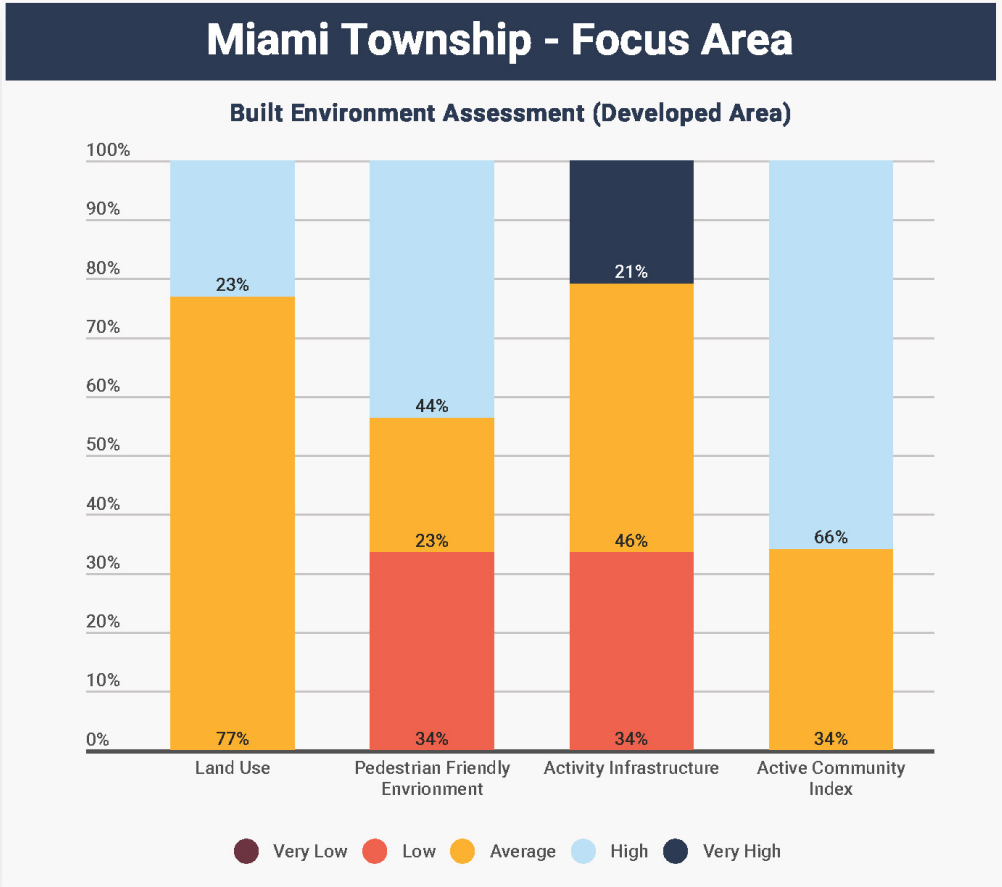
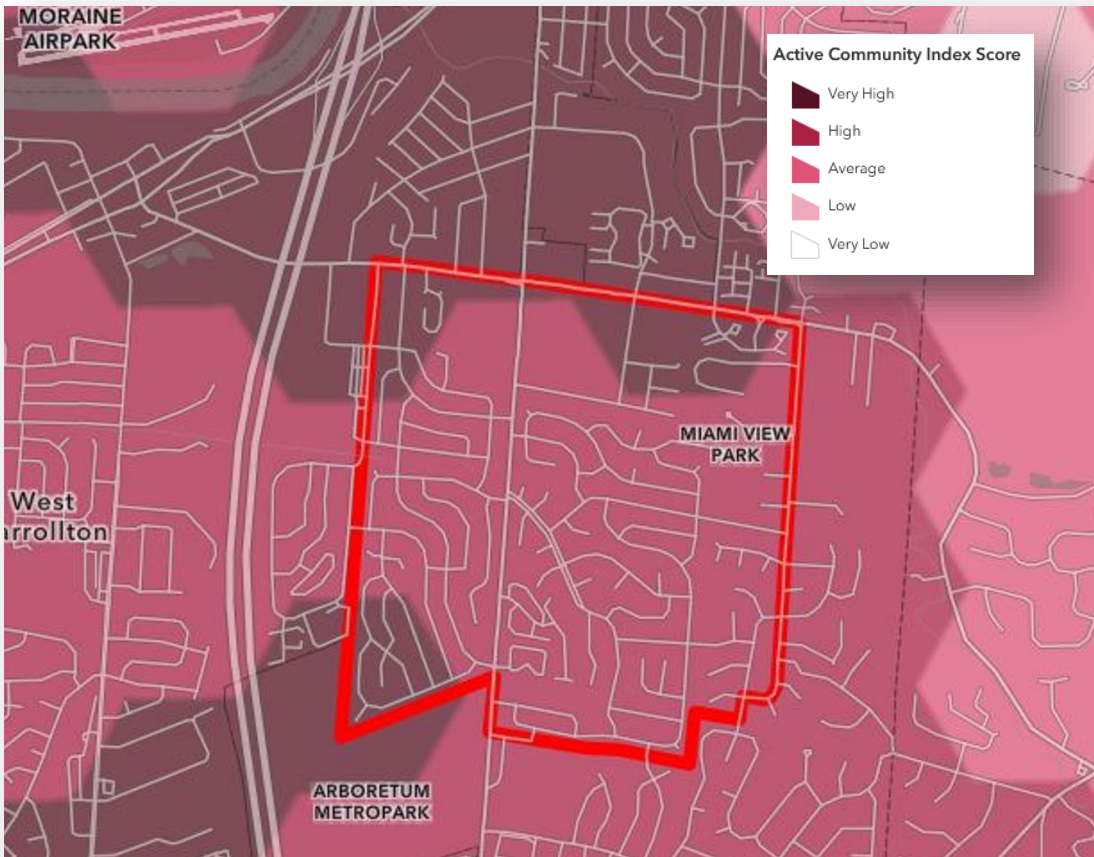
Built Environment Assessment



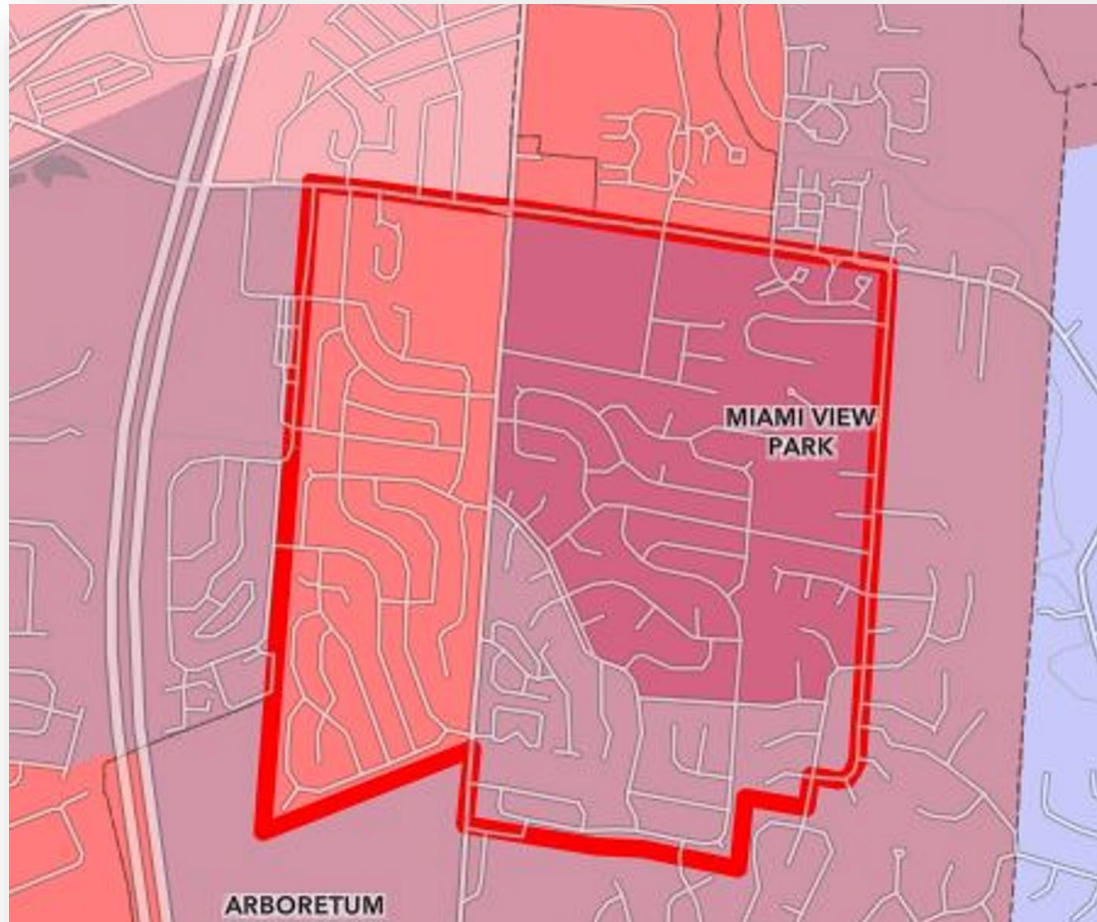
<https://arcg.is/1uvrXD>



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 Township - Focus Area Demographics

This data covers Montgomery County Census Tracts 501.05 and 501.01 (encompassing the focus 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

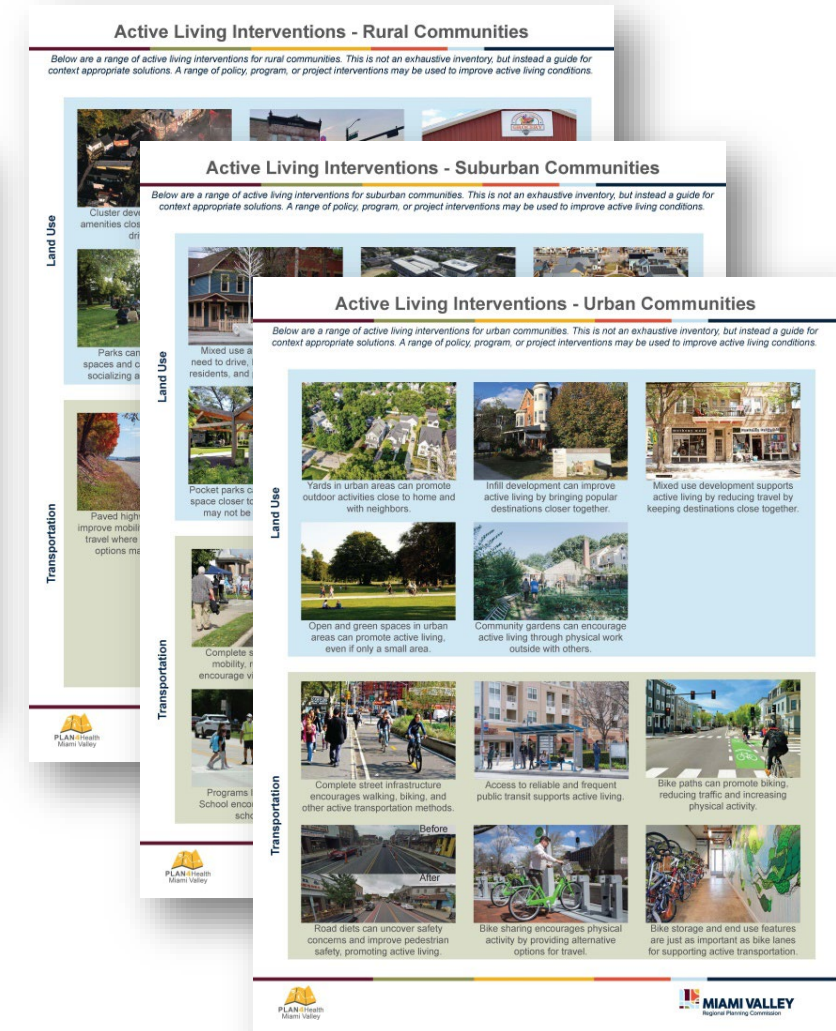
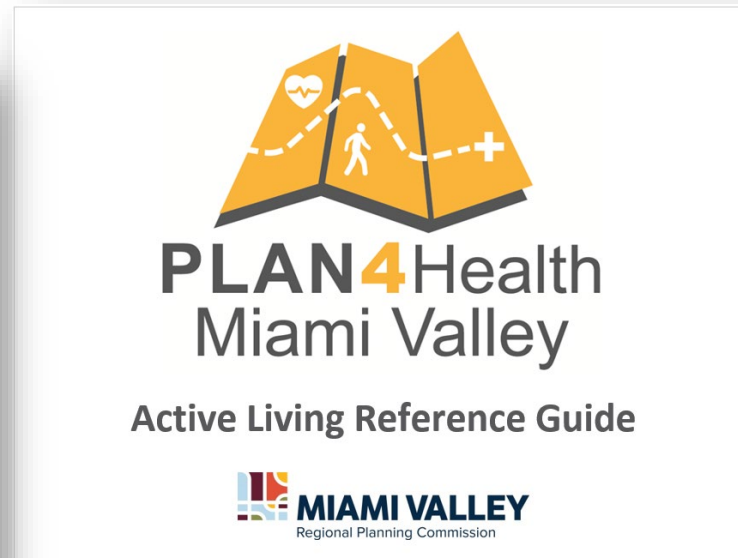
Multimodal Transportation Options (Walking, Biking, Transit)

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

Over →

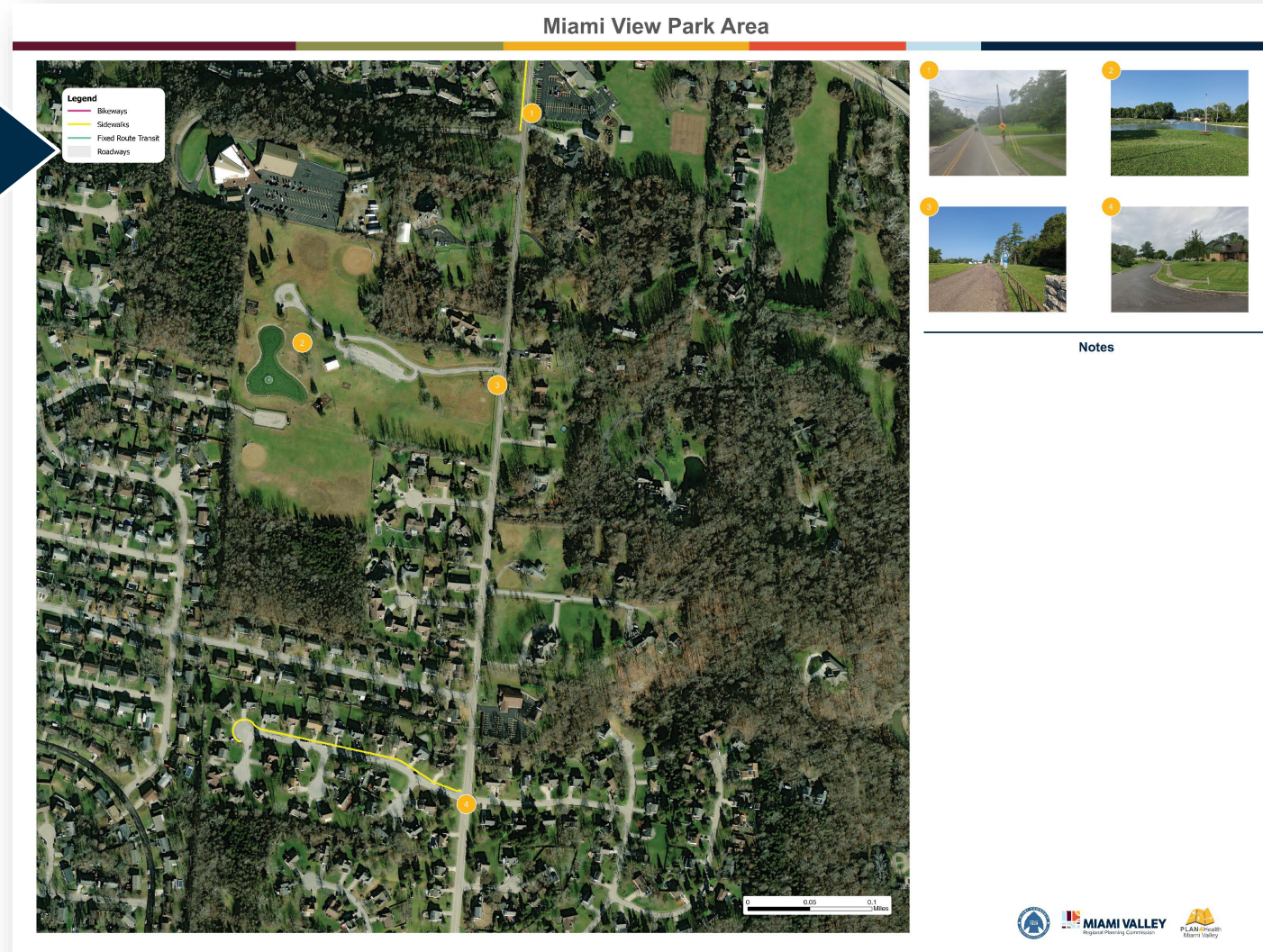
PLAN4Health Miami Valley

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 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

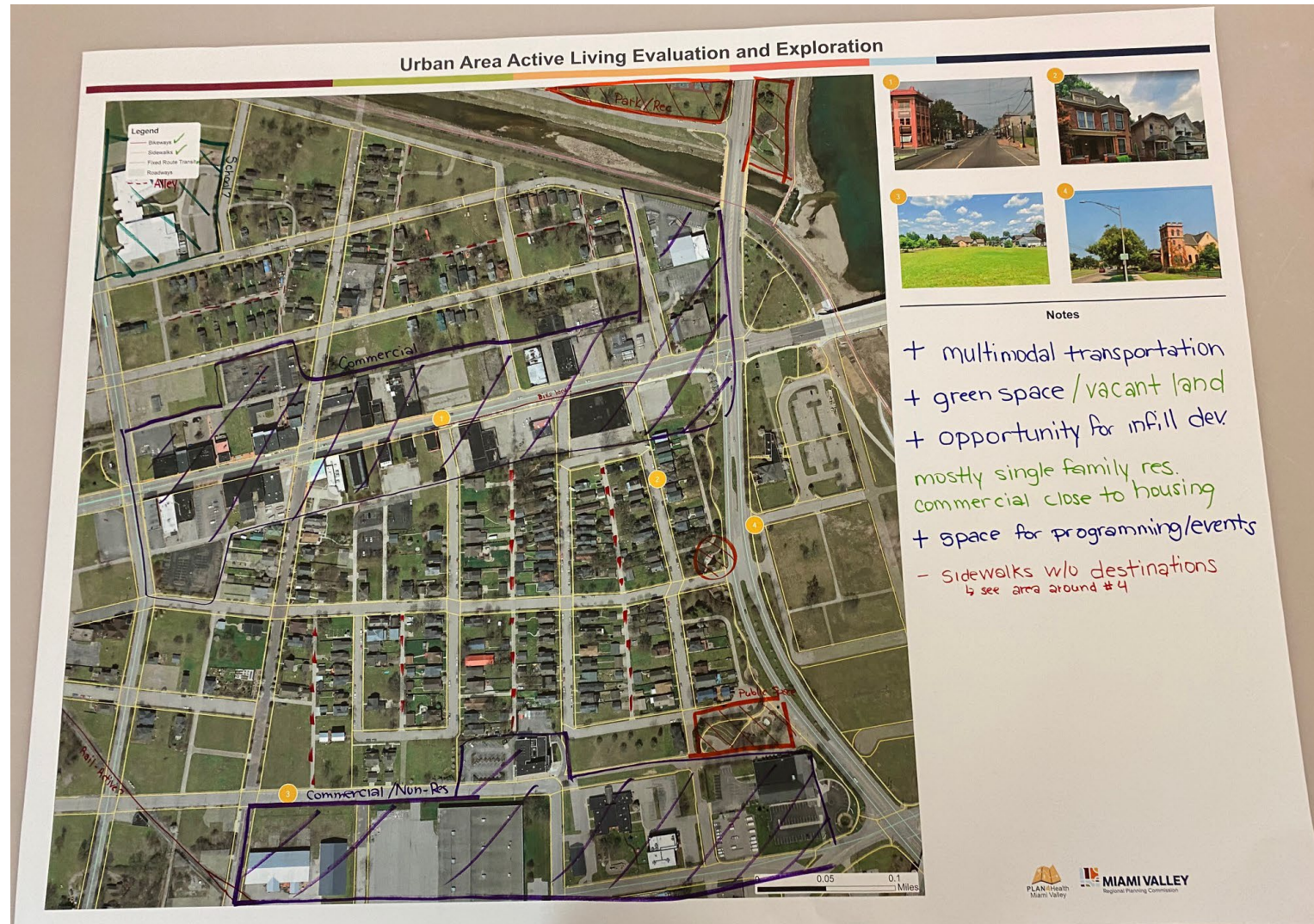
Explore active living intervention options that would work best in the area to improve physical activity and promote safe active living environments

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

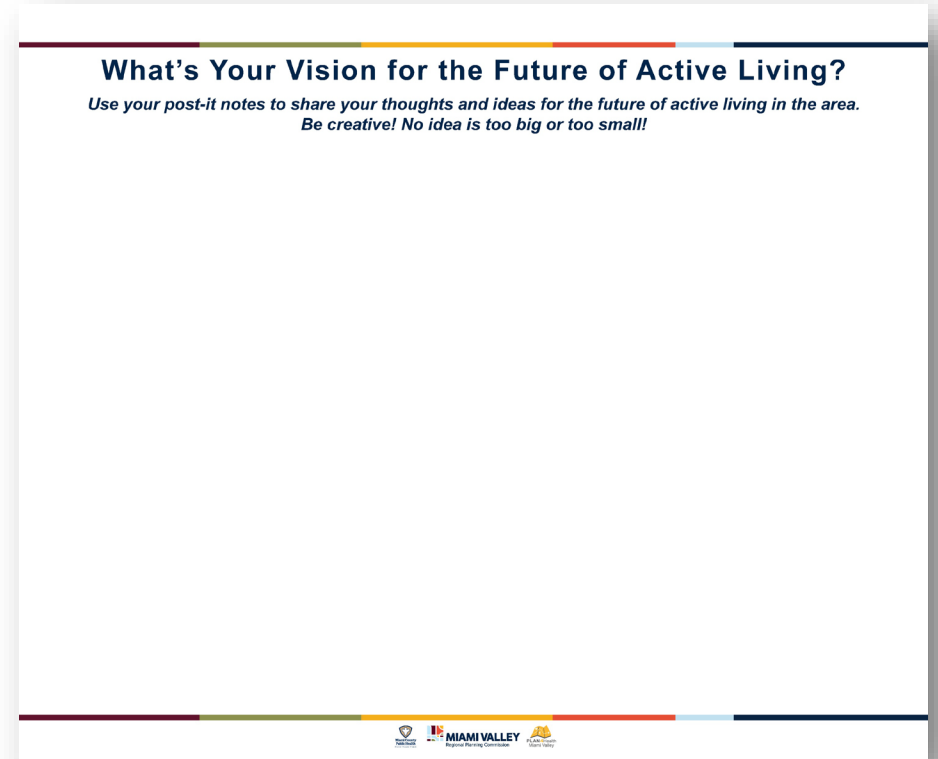




Vision and Goals Exploration

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!

Miami Township Questions

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Active Living Questions

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