

## Montgomery County Active Living Workshop Summary

The Montgomery County Active Living workshop was held on November 2, 2023 at the Montgomery County Business Solutions Center. This event, the fifth 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?

<b>WORK</b>	<b>LESS</b>	<b>COFFEE RUN</b>	<b>LESS</b>	<b>LEISURE TIME</b>	<b>LESS</b>
<b>CHORES</b>	<b>LESS</b>	<b>SHOPPING</b>	<b>LESS</b>	<b>LUNCH RUN</b>	<b>LESS</b>
<b>YARD WORK</b>	<b>LESS</b>	<b>ERRANDS</b>	<b>LESS</b>	<b>SCHOOL</b>	<b>LESS</b>

**Our Development Choices are Essential to Advancing Active Living**

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

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

## 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.

<b>Land Use</b> <ul style="list-style-type: none"> <li>Mixed use and walkable development encourages walking, biking, and other active living.</li> <li>Clustering high-density development encourages walking, biking, and other active living.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> </ul>	<b>Transportation</b> <ul style="list-style-type: none"> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> </ul>
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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.

<b>Land Use</b> <ul style="list-style-type: none"> <li>Mixed use and walkable development encourages walking, biking, and other active living.</li> <li>Clustering high-density development encourages walking, biking, and other active living.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> </ul>	<b>Transportation</b> <ul style="list-style-type: none"> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> <li>Reimagining village centers provides more gathering and creates nodes of activity.</li> </ul>
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## Urban Active Living

## Active Living Showcase Posters

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

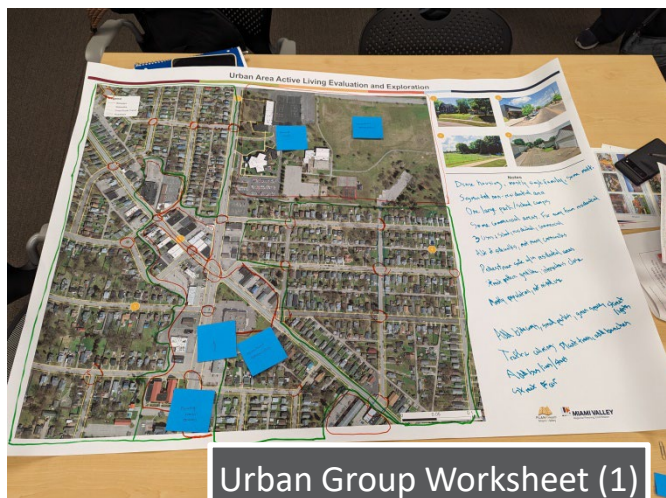
MVRPC staff provided an overview of active living, conditions in Montgomery County, and why it's important to create environments that support active living. [Click here to view the presentation.](#)

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

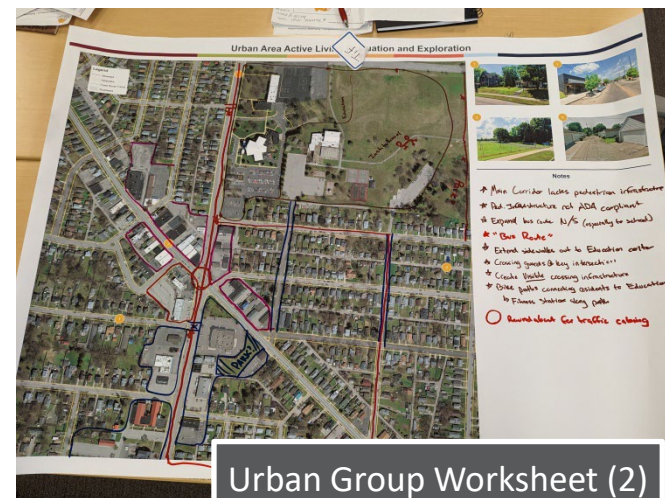
Working in small groups, participants were provided with a large worksheet featuring either a prototypical rural, suburban, or urban environment. Using elements of the Active Community Index, which focuses on land use, pedestrian friendly environment, and activity infrastructure, participants were guided 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.](#)

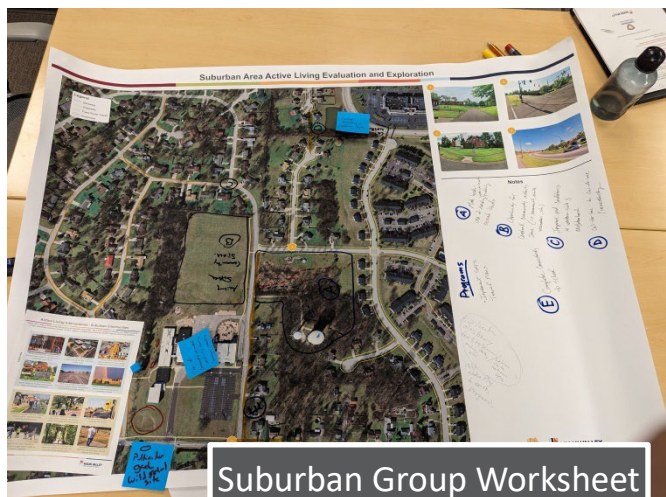




Urban Group Worksheet (1)



Urban Group Worksheet (2)



Suburban Group Worksheet



Rural 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 Montgomery 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 completing connections or extending existing assets in the county. For example, multiple suggestions were made about expanding the existing trail network and providing additional transit routes. There were also recommendations to redevelop the town and village centers of those communities that are outside of the Dayton and first ring suburban area. There were several recommendations oriented towards improving the built environment from a safety perspective. Compared to other counties in the Region, Montgomery County has a substantial portion of its population living in areas with good active living conditions; however, as noted by several participants, these areas do not always feel safe. Therefore improving code enforcement, installing lighting, and proactively addressing safety concerns could go a long way to increase utilization of these existing assets. Additionally, working to increase the number of destinations (ie grocery stores, retail, and recreational amenities) is key to improving active living throughout the urban core of the county. Lastly, there was a comment that communities need to be intentional about designing spaces for people of all abilities whether really young, older, or for people with disabilities.