



PLAN4Health Miami Valley

Greene County Active Living Workshop

August 31, 2023



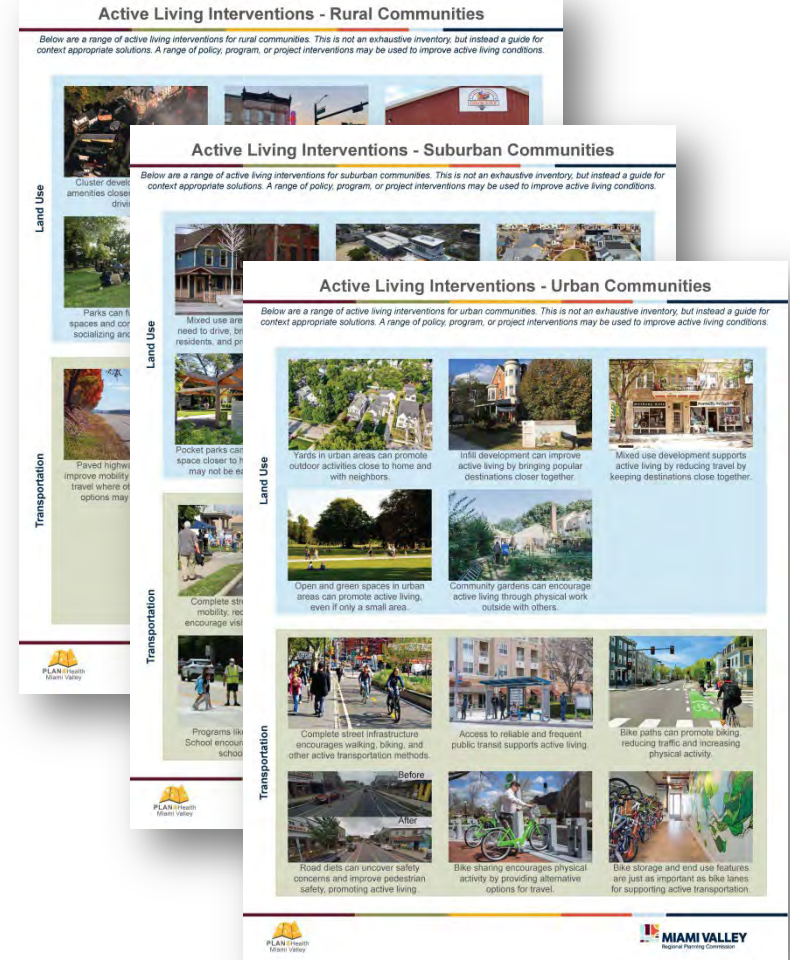
Agenda

1. Welcome and Warm Up (10 min)
 - *Active Living Showcase*
2. Active Living Briefing (20 min)
 - *Active Living Assessment Presentation*
3. Small Group Activity & Discussion (45 min)
 - *Active Living Evaluation and Exploration*
4. Wrap Up (15 min)
 - *Active Living Priority Location Identification*



Orientation/Housekeeping

- Meeting Materials
Agenda, active living interventions showcase, slides, etc.
- Restrooms
- Informal Setting
Ask questions and share your ideas





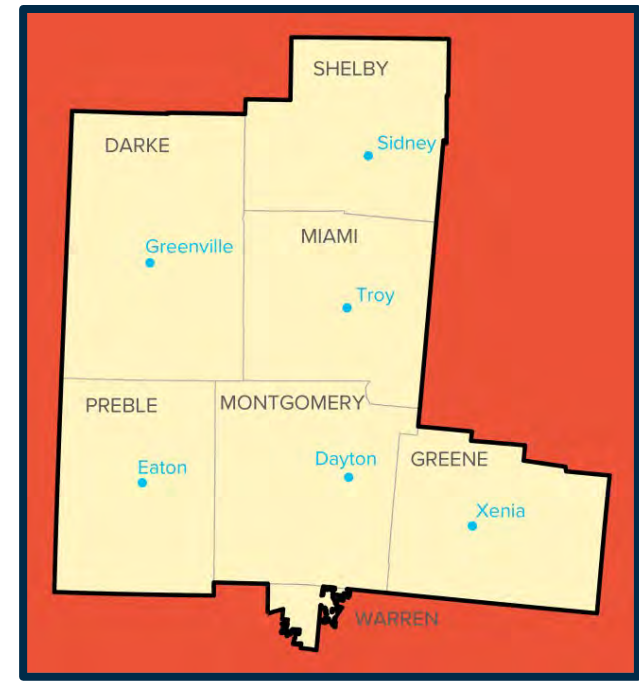
MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together

A forum and resource where the Board of Directors identifies priorities and develops public policy and collaborative strategies to improve quality of life throughout the Miami Valley Region.

Conducts transportation, land use, and environmental planning and provides planning and GIS services to local communities in the Dayton metropolitan region.





PLAN4Health
Miami Valley

**A healthy community does not
happen by accident.**

**It requires a comprehensive
approach covering all aspects of
social, physical, and economic
environments.**



Planning Improves Health When We...



Source: County Health Rankings
model – University of Wisconsin
Population Health Institute
(2016)



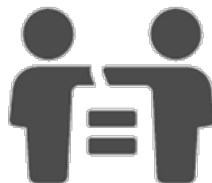
Design to increase
physical activity



Design for children



Design for mental health



Design for Environmental
Justice



Convene and engage
partners to improve
environments that
are known to be key
determinants of
health

Promote and
advocate “Health in
All Plans and
Policies”

Advance planning
efforts aimed at
creating conditions
for healthy people
and communities



PLAN4Health
Miami Valley





Establishing a Baseline

Health Environment Assessment (HEA)

Examine current environments to identify where the region stands on key determinants of health and what the trends are



Built Environment Assessment (BEA)

Evaluates the man-made physical environment conditions for their level of supporting active living





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 Activity into Daily Routines

Personal Activities

Chores

More Active



Less Active

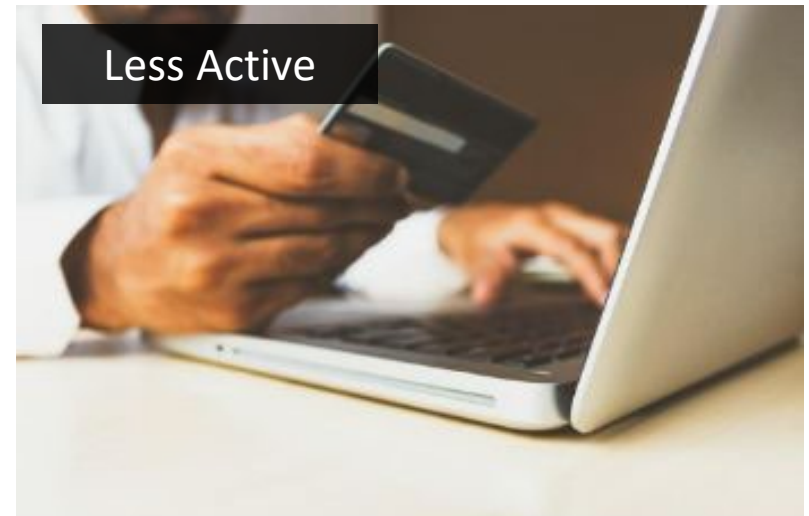


Shopping

More Active



Less Active

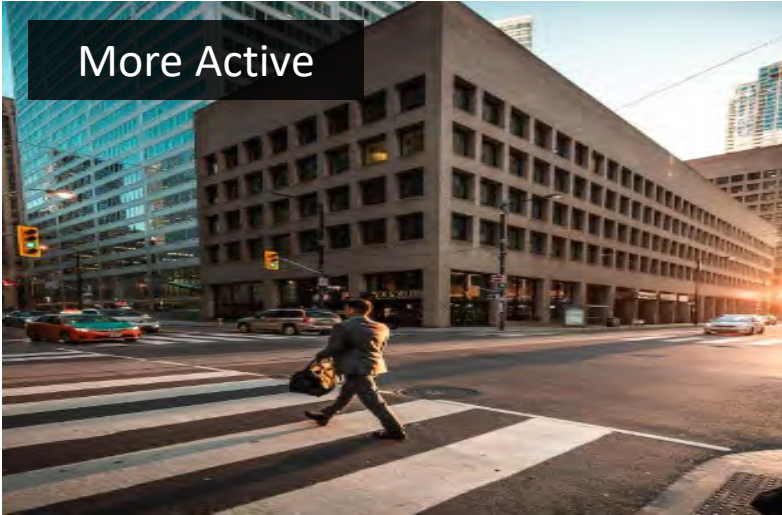


Incorporating Activity into Daily Routines

Environmental Conditions

Work

More Active

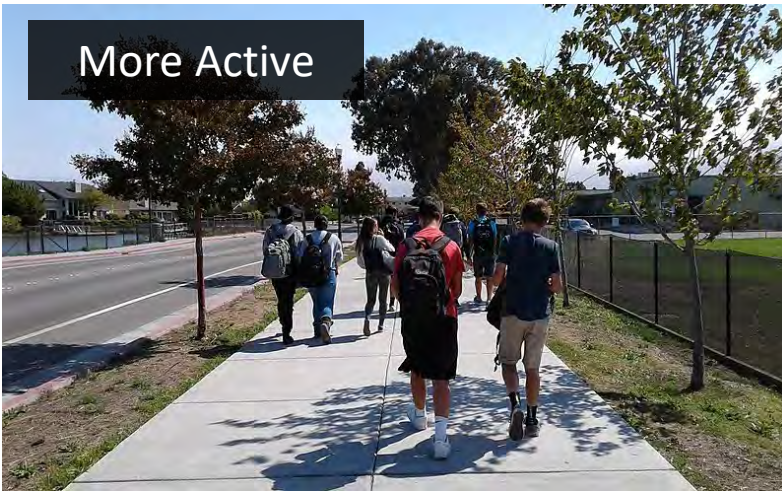


Less Active



School

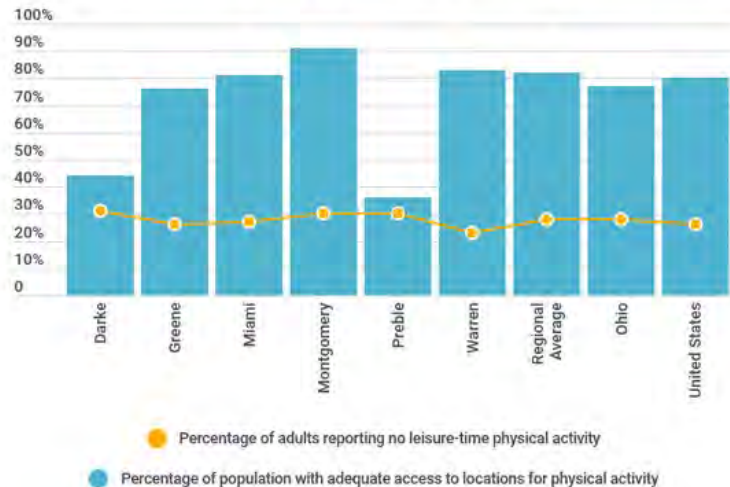
More Active



Less Active



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

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published 2022



[CLICK HERE TO VIEW BUILT ENVIRONMENT ASSESSMENT](#)

Active Community Index



Land Use



Residential
Density



Non-Residential
Intensity



Land Use
Diversity



Pedestrian Friendly Environment



Employment &
Housing Mix



Employment Mix



Street
Intersection
Density



Commute Mode
Split



Activity Infrastructure



Recreation Area
Intensity and
Accessibility



School Intensity
and Accessibility

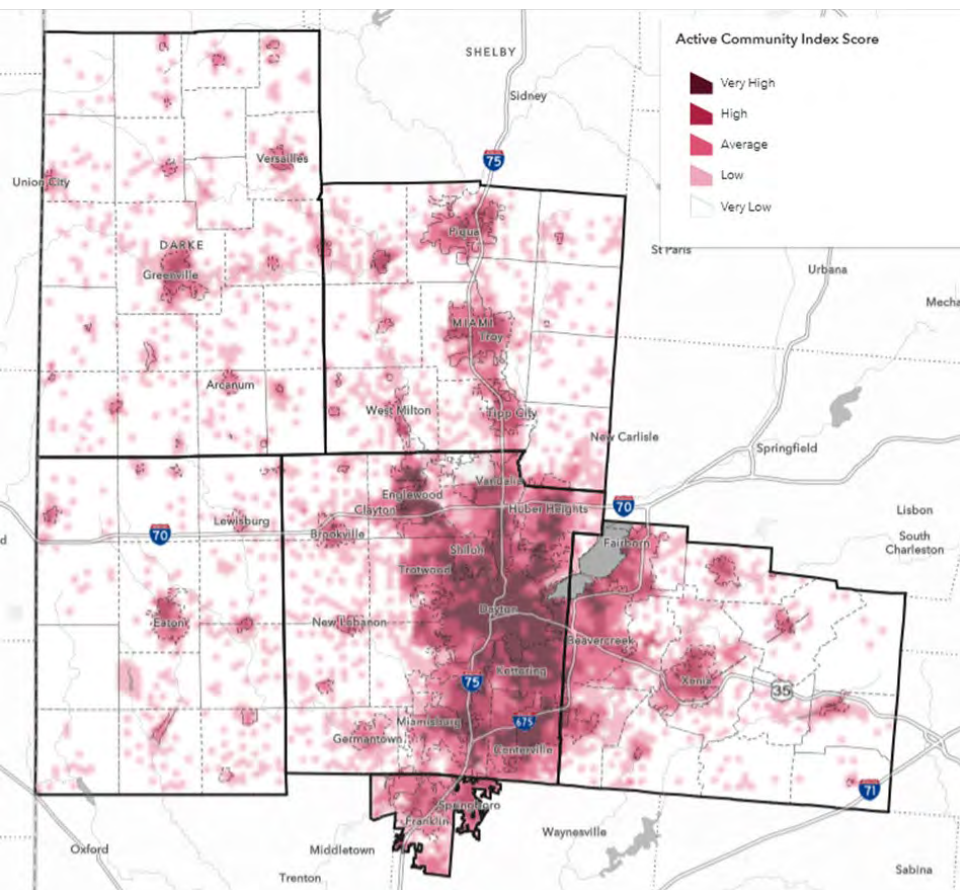


Transit Intensity
and Accessibility

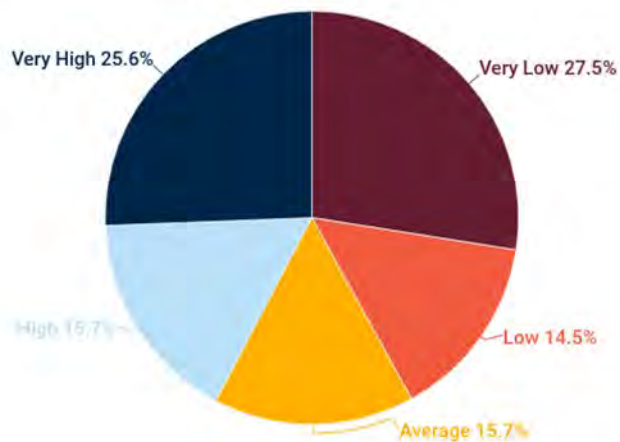


Bikeway Intensity
and Accessibility

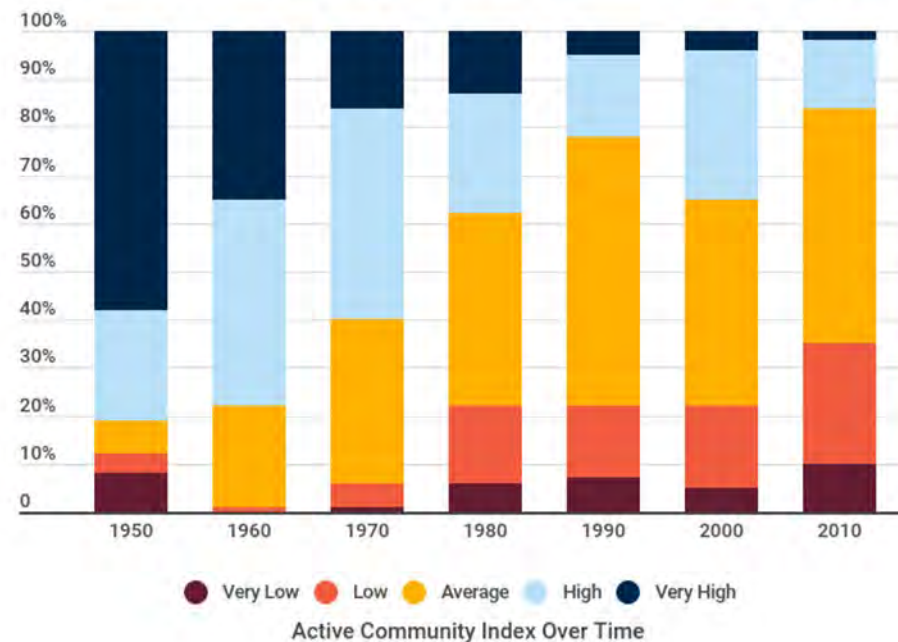
Active Community Index Composite Map



Active Community Index for the Total Population



Active Community Index Trends: 1950-2010

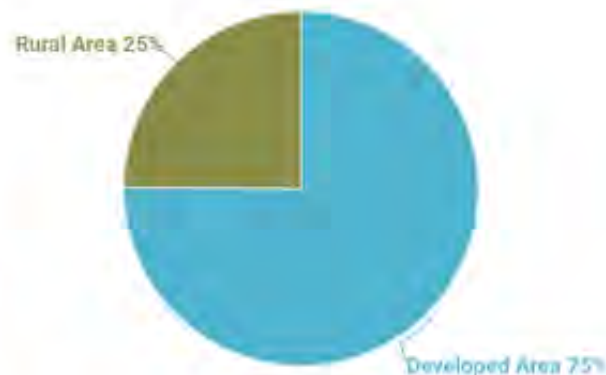


Greene County

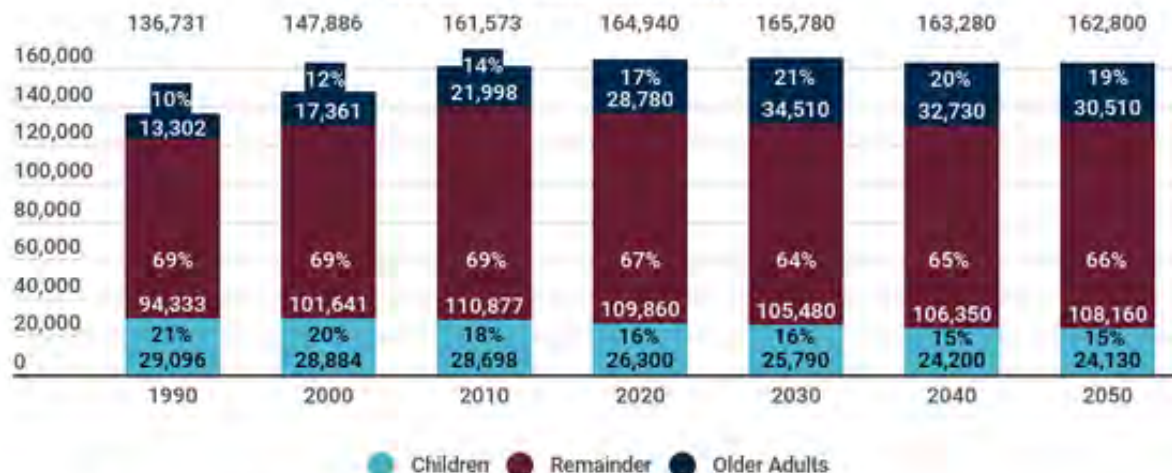
Total Population (2020)¹: 167,966



Population by Area



Population Trends and Projections²



Sources

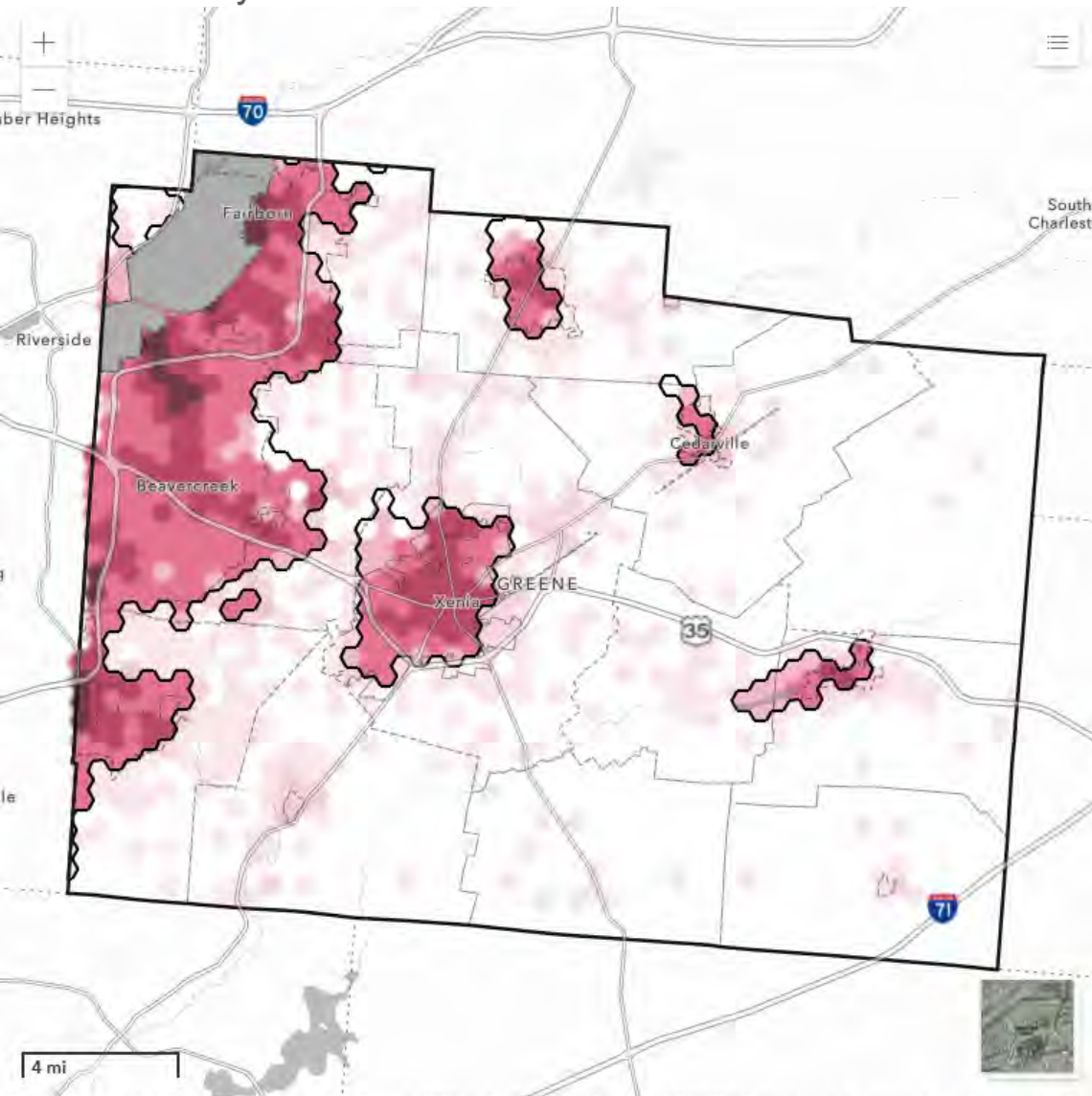
1: U.S. Census Bureau, 2020 Decennial Census

2: 1990 - 2010 Data: U.S. Census Bureau, Decennial Censuses; 2020 - 2050 Data: Ohio Department of Development



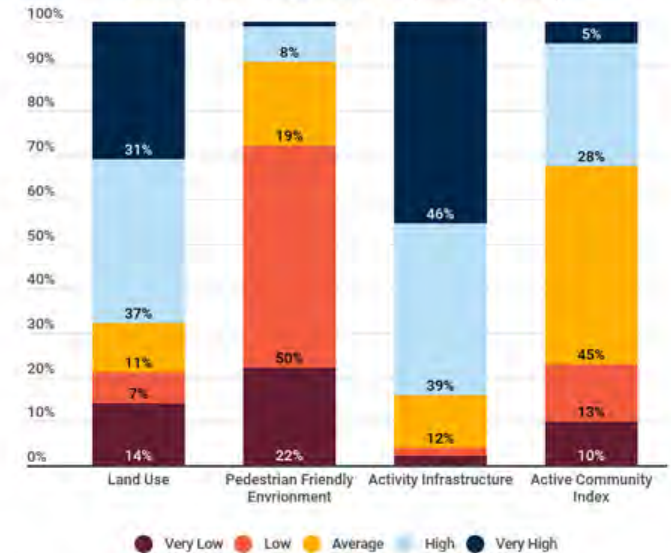


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Greene County

Built Environment Assessment (Developed Area)



The Built Environment Assessment was conducted for developed areas only where the primary landscape consists of man-made environments. It corresponds to the urban area defined by the 2010 U.S. Census.

An area with a higher score indicates an environment with better active living conditions.

Sources: U.S. Census Bureau; Miami Valley Regional Planning Commission

Greene County

- [Total Population](#)
- [Older Adult Population](#)
- [Young Population](#)
- [Disabled Population](#)

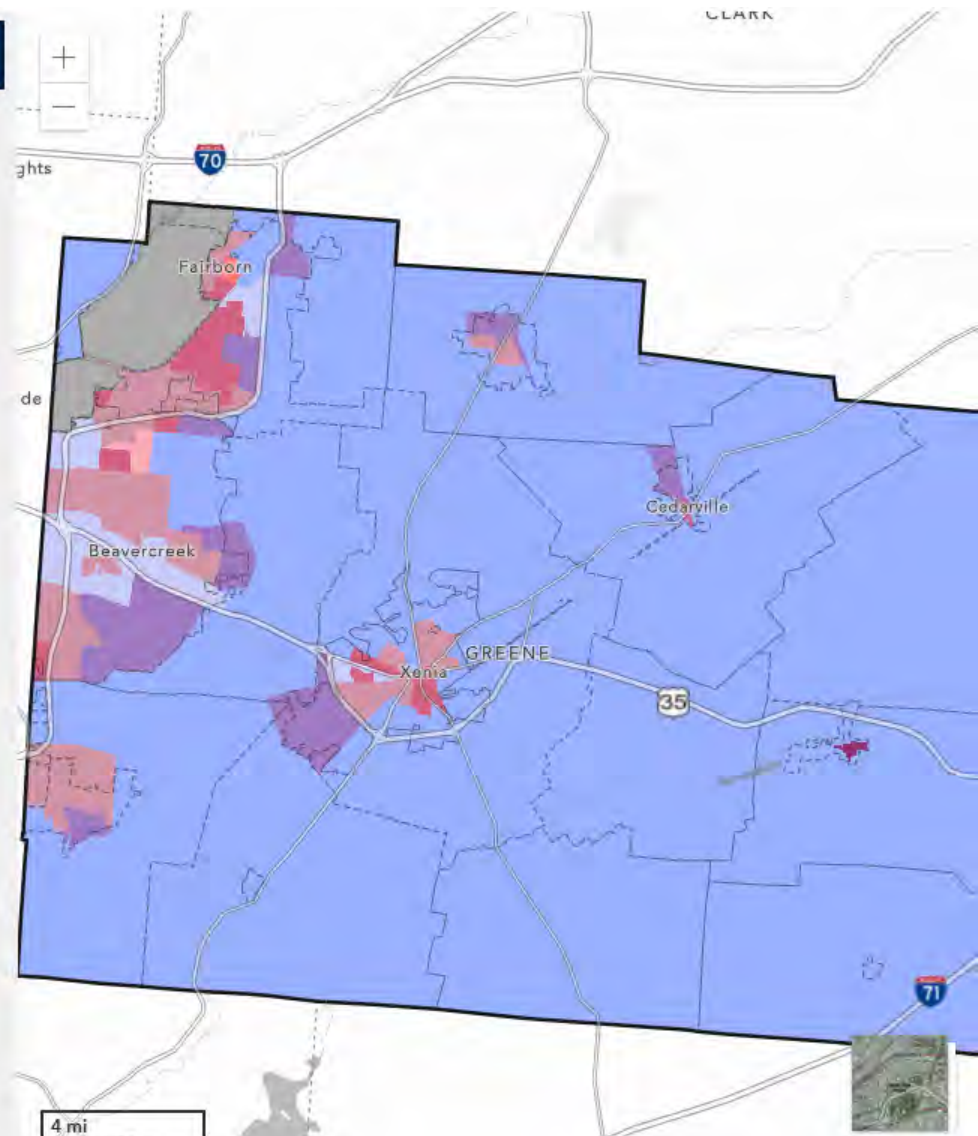
The map compares the level of Active Community Index to the level of concentration of a specific population group using a color-coded matrices shown below. Areas with high concentration of population but low in the Active Community Index are the areas that need attention for Built Environment Improvements.

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

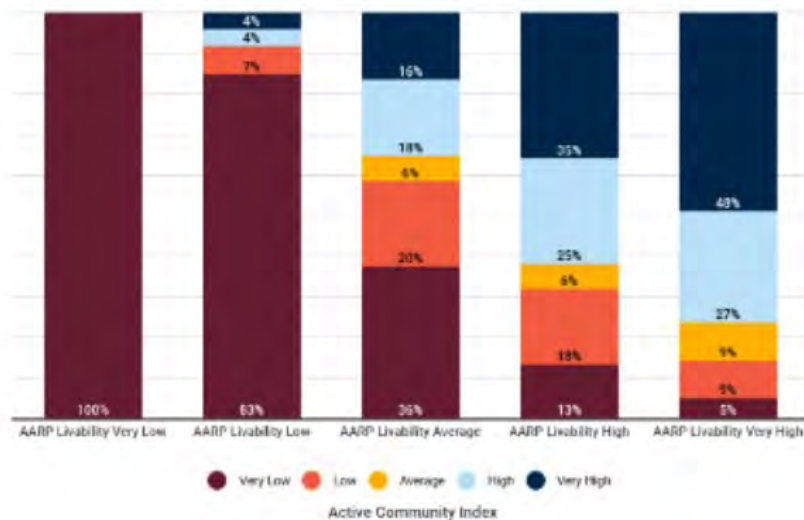
★ - ★★★: Level of Built Environment improvement needed

View the comparison of Active Community Index for different populations by selecting other population groups from the options above.

Sources: U.S. Census Bureau; Miami Valley Regional Planning Commission

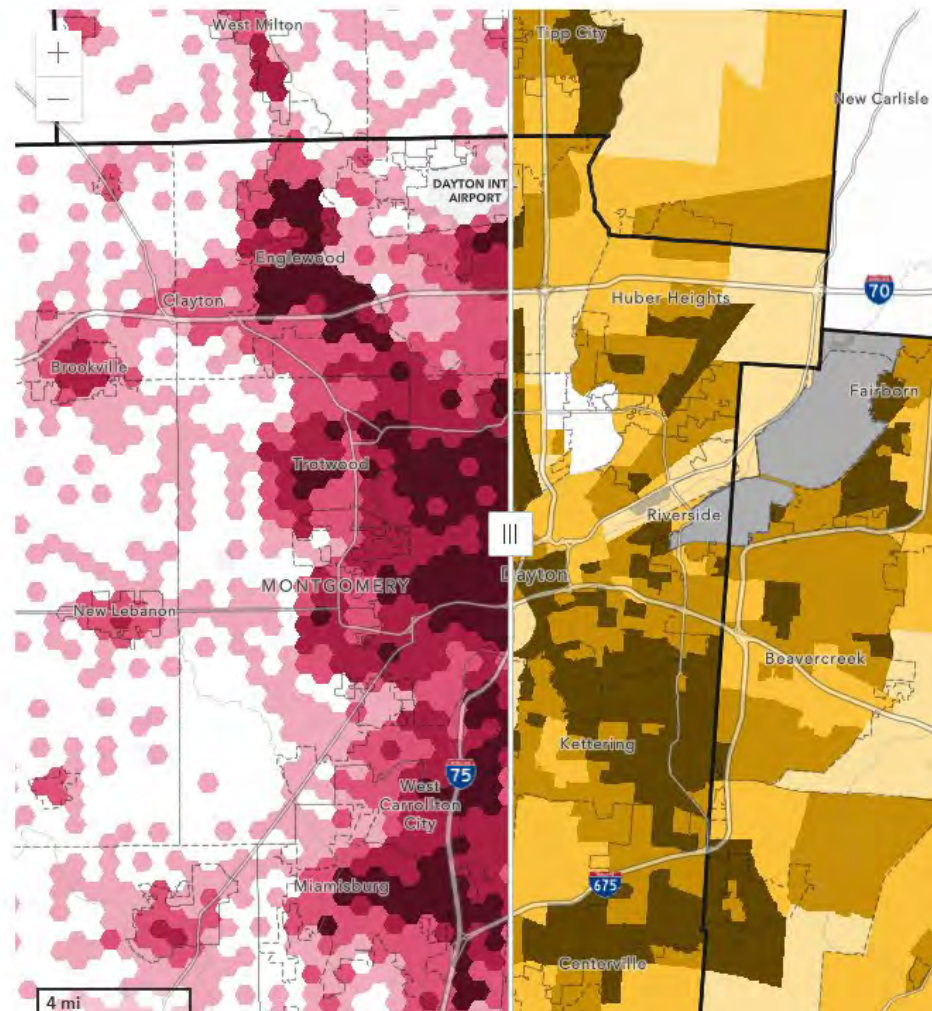


Livability and Active Communities



Improving built environment conditions to support active living is essential, especially when planning for the future. These environments have the capacity to improve quality of life for the Region's future residents, further sustaining livable communities.

Livability & Active Communities



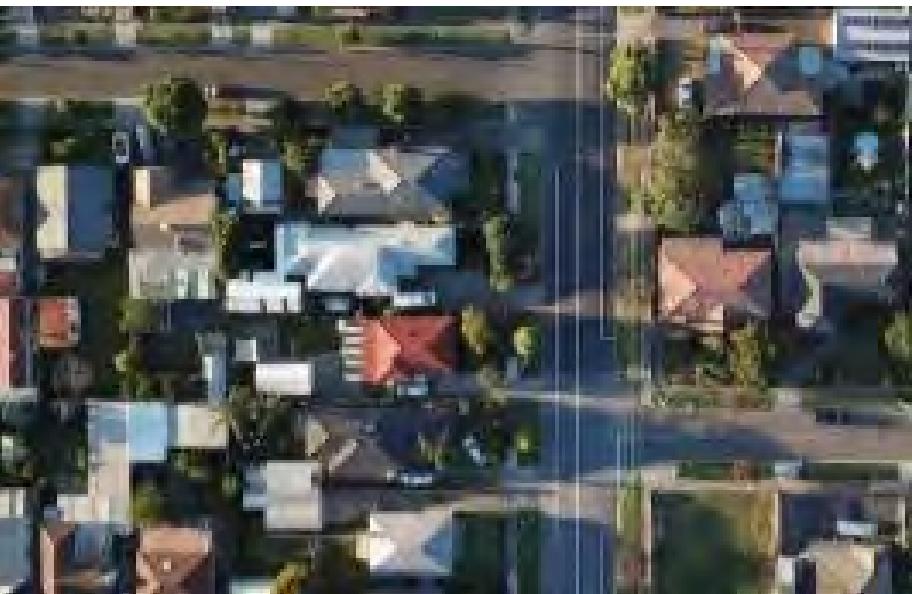


Planning for Active Living Communities





Our development choices are
essential to advance active living




Active Living Interventions May Include...



Active Living Strategies Can Be Deployed In...



Urban Areas

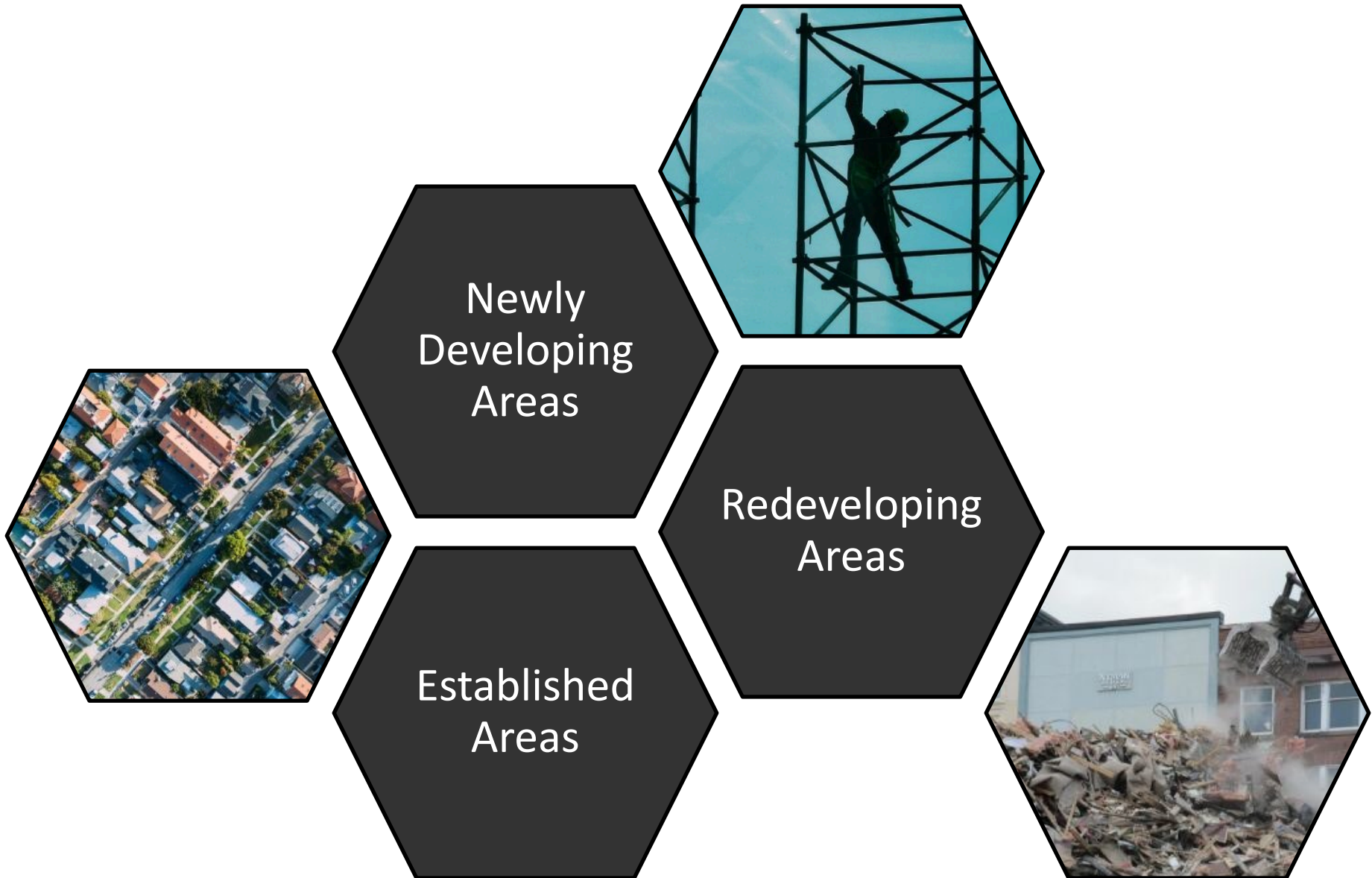


Suburban Areas



Rural Areas

Active Living Measures Can Be Implemented In...



Active Living Measures May Relate To...



We Support Active Living When We...

Increase awareness about the link between physical activity and chronic illness

Require pedestrian-oriented site layout and design

Provide safe environment for kids to walk to school

Support denser and mixed use development

Promote policies and programs that make physical activity safe and easy for everyone

Locate parks, schools, and other activity centers in or near residential areas

Collect data about physical activity to measure and monitor changes over time

Provide missing links in sidewalk networks

What other ideas?

Small Group Activity

Active Living Evaluation & Exploration


- This is a guided activity meant to help you evaluate areas for **active living deficiencies** and to explore a **range of interventions**.
- This exercise uses three different prototype areas – **rural, suburban, and urban** – to showcase a range of built environments.
- This exercise is intended to demonstrate a **set steps or ideas** to consider to evaluate active living conditions and can be **replicated for your community**.



Small Group Activity


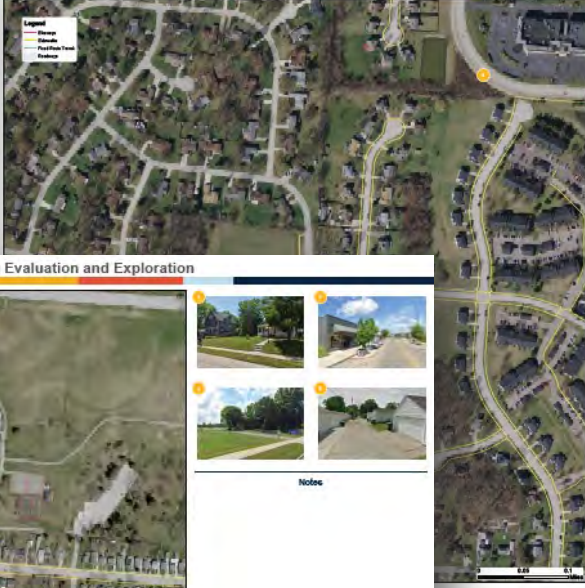
Active Living Evaluation & Exploration

Rural Area Active Living Evaluation and Exploration



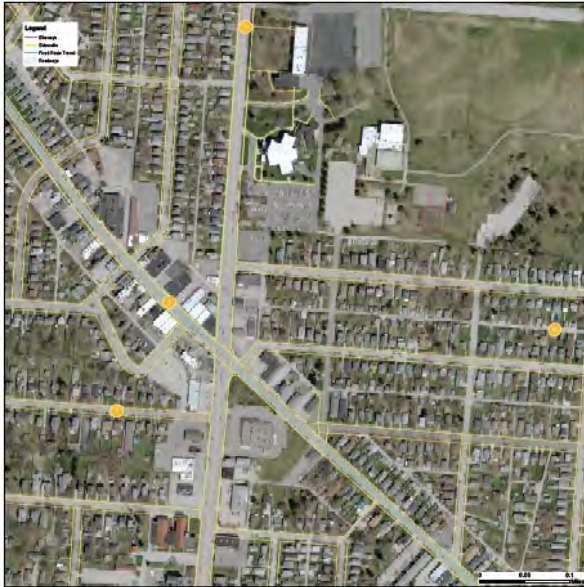
Notes

Suburban Area Active Living Evaluation and Exploration



Notes

Urban Area Active Living Evaluation and Exploration

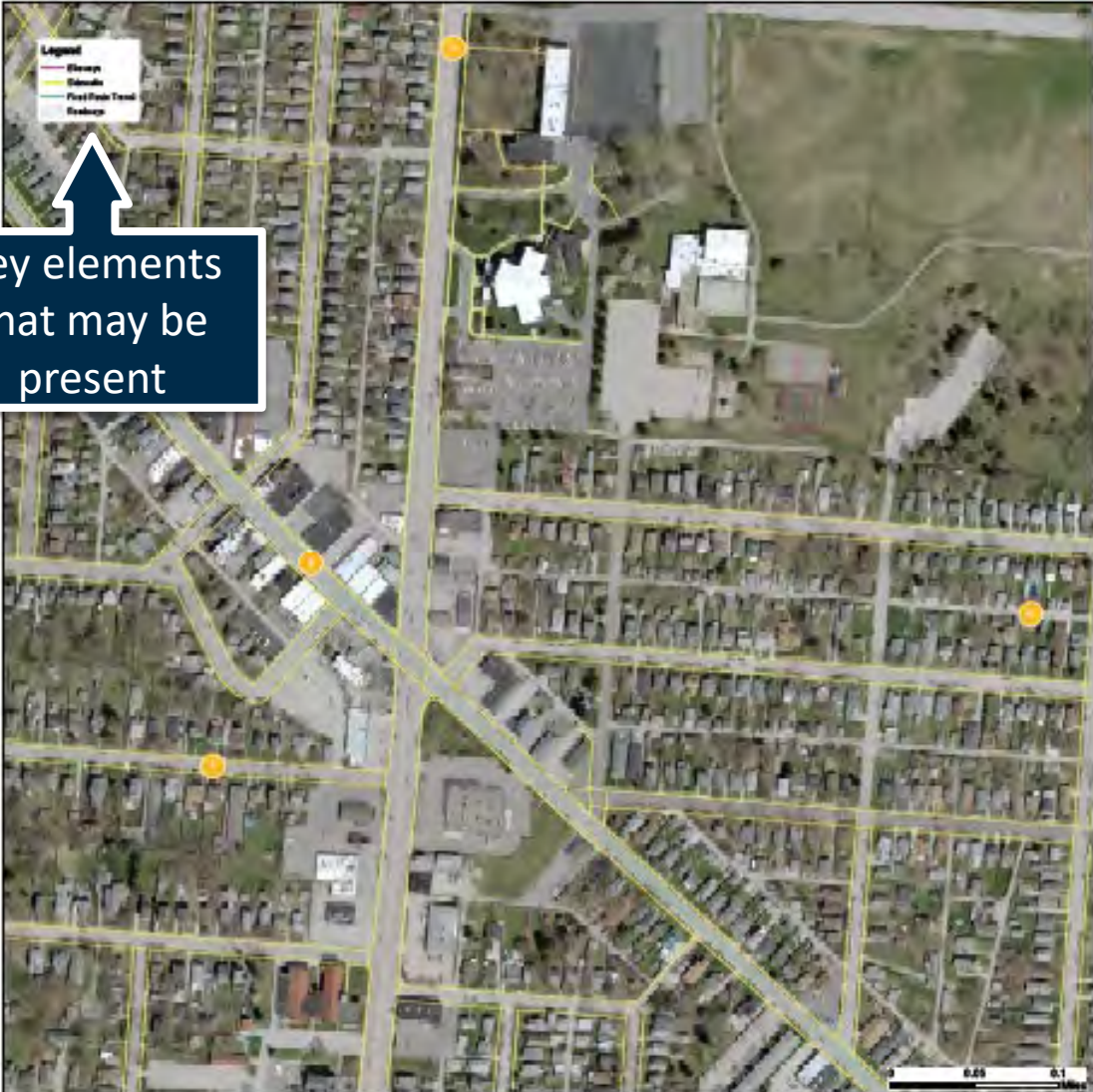


Notes



Active Living Evaluation & Exploration

Urban Area Active Living Evaluation and Exploration



Legend


- Steep
- Shaded
- Post-Post-Traffic
- Buildings

Key elements that may be present




Pictures to provide context

Notes

Write and draw on the map!
Make notes here.



0 0.05 0.1 Miles



Active Community Index



Land Use



Residential
Density



Non-Residential
Intensity



Land Use
Diversity



Pedestrian Friendly Environment



Employment &
Housing Mix



Employment Mix



Street
Intersection
Density



Commute Mode
Split



Activity Infrastructure



Recreation Area
Intensity and
Accessibility



School Intensity
and Accessibility



Transit Intensity
and Accessibility



Bikeway Intensity
and Accessibility

Active Living Evaluation & Exploration

Key Concepts to Look for

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

General Scan

- Review aerial photo – what do you notice?
- Review context pictures – what do you notice?
- Spend a few minutes discussing with your group what you see. Make notes!

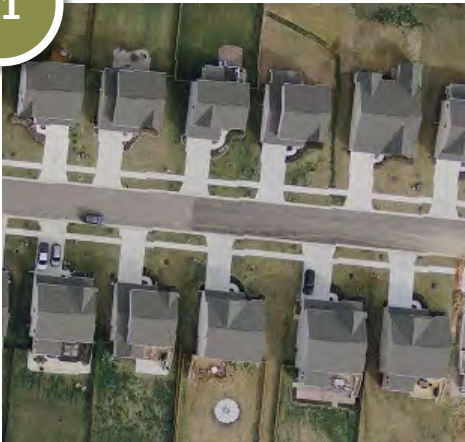


Active Living Evaluation & Exploration

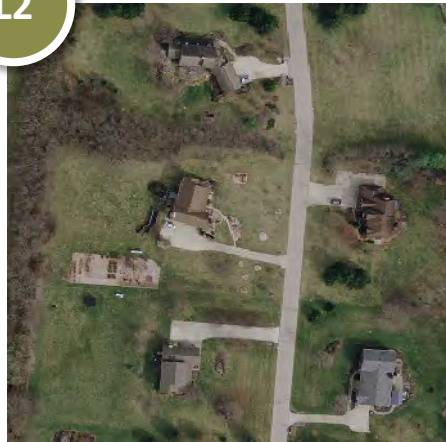
Land Use Scan

- Look for residential areas
 - How dense is the housing?
 - What kind of housing do you observe? Single family? Multi-family?

L1



L2



L3

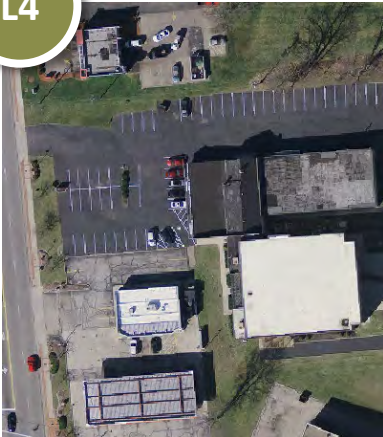


Active Living Evaluation & Exploration

Land Use Scan

- Look for non-residential areas
 - How prevalent are non-residential areas?
 - What kind of areas do you observe? Commercial, industrial, agricultural, etc.?
 - How are they oriented to residential areas?

L4



L5



L6



Active Living Evaluation & Exploration

Land Use Scan

- Look for land use diversity
 - Are many different land uses present? Or is the area more homogenous?

L7



L8



Active Living Evaluation & Exploration

Land Use Review

Key Concepts to Look for

- Presence vs. Absence
- Sufficient vs. Not Sufficient
- Density, Diversity, and Accessibility
- Spend a few minutes discussing with your group what you see. Make notes!

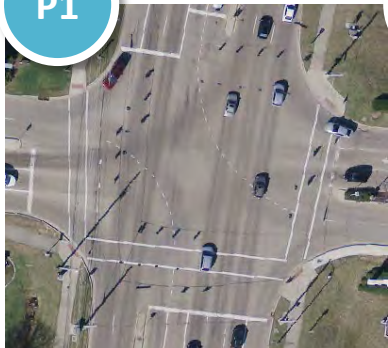


Active Living Evaluation & Exploration

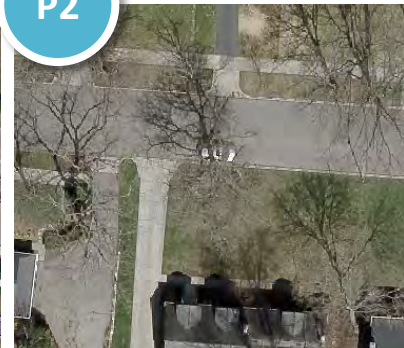
Pedestrian Friendly Environment Scan

- Look at the pedestrian environment
 - Are sidewalks present? Are there gaps?
 - How are parking lots oriented? Is the area a place for people or vehicles?
 - Does it look like a location where pedestrians could safely exist?

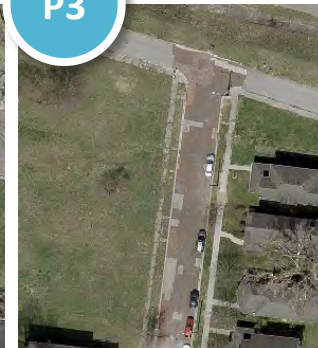
P1



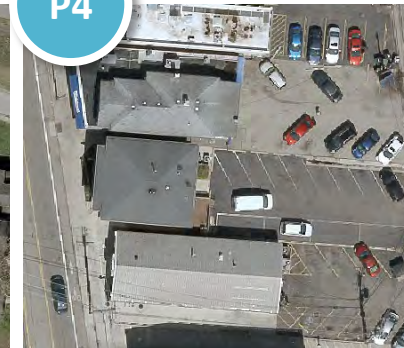
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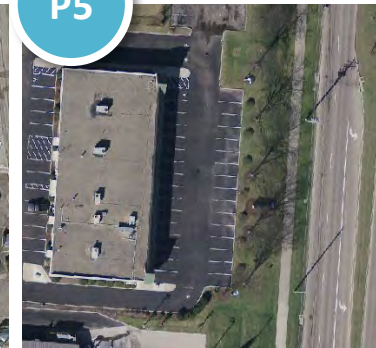
P3



P4



P5



Active Living Evaluation & Exploration

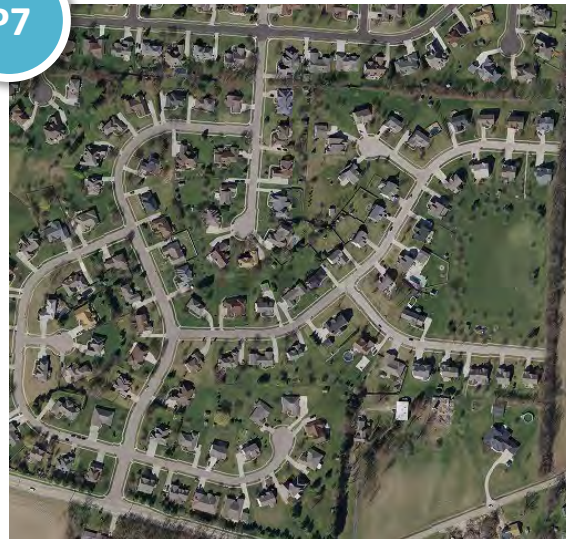
Pedestrian Friendly Environment Scan

- Look at the street pattern
 - Is it more grid-like or curvilinear?
 - How dense are the intersections? Are they close together or further apart?

P6



P7



Active Living Evaluation & Exploration

Pedestrian Friendly Environment Scan

Because these are example areas, we do not have information on the following items, but you will want to consider them when working in your community.

- What is the population and employment mix?
- What type of employment is present in the area?
- What is the commute mode split?



Active Living Evaluation & Exploration

Pedestrian Friendly Environment Review

Key Concepts to Look for

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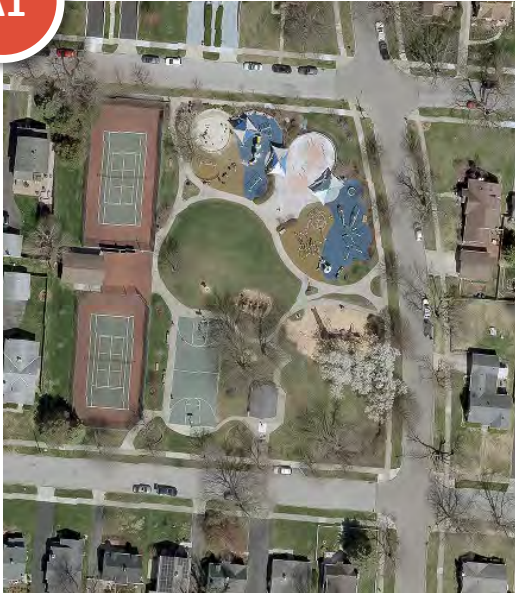


Active Living Evaluation & Exploration

Activity Infrastructure Scan

- Look for recreation areas
 - Where are they located in relation to residential areas? Could you walk or do you need to drive?

A1



A2



Active Living Evaluation & Exploration

Activity Infrastructure Scan

- Look for schools
 - Where are they located in relation to residential areas? Could you walk or do you need to drive?

A3



A4

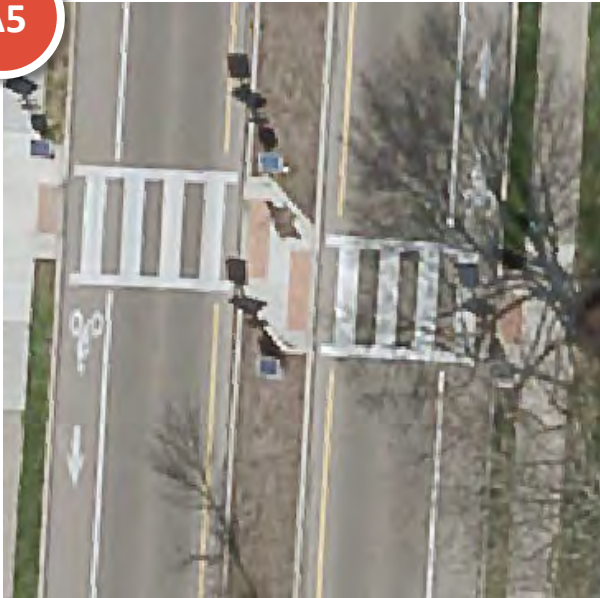


Active Living Evaluation & Exploration

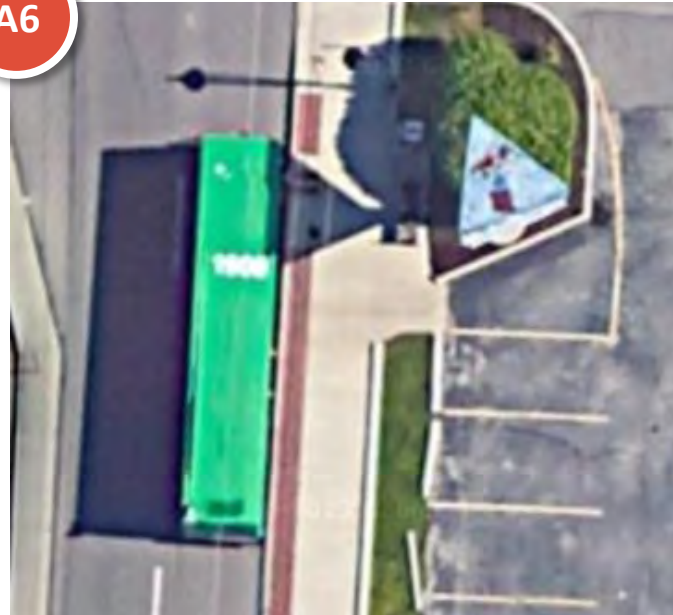
Activity Infrastructure Scan

- Look for multimodal transportation
 - Are there bicycle and pedestrian facilities?
 - Is there fixed route transit?

A5



A6



Active Living Evaluation & Exploration

Activity Infrastructure Review

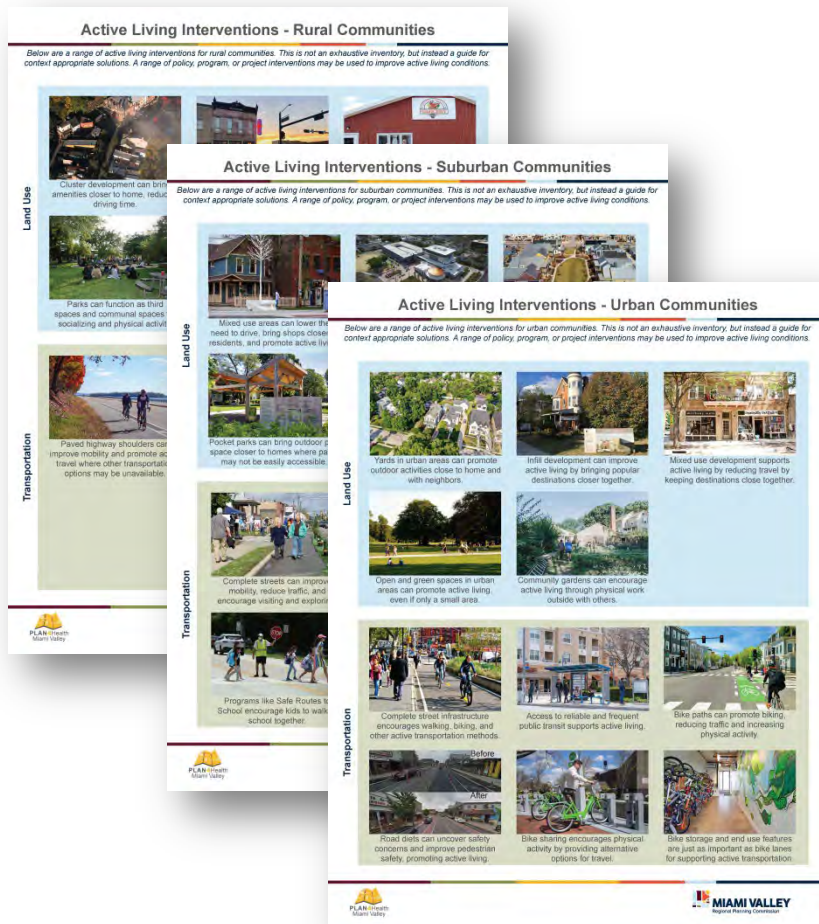
Key Concepts to Look for

- Presence vs. Absence
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- Spend a few minutes discussing with your group what you see. Make notes!



Active Living Evaluation & Exploration

Active Living Interventions



Interventions May Include:

- Policies
- Programs
- Projects

Interventions May Cover:

- Programming/Events
- Design
- Transportation
- Land Use

Active Living Evaluation & Exploration

Plans and regulations provide general guidelines, regulatory frameworks, and strategic goals for communities. These documents may be developed to promote and support safe active living environments. Examples include:

Land Use Plan

Transportation
Plan

Community Health
Improvement Plan

Zoning Codes

Subdivision
Regulations

Design Guidelines

Other Regulatory
Documents



Active Living Evaluation & Exploration

Active Living Interventions – Policies

- Community policies can address improving physical activity and promote safe active living environments. Examples include:

Complete
Streets Policy

Safe Routes to
School Policy

Support for
Mixed Use
Development

Support for
Infill
Development

Support for
Higher Density
Development

Support for
Transit, Biking,
and Walking

Support for
Recreational
Infrastructure



Policy Examples



Policy

Reduced Parking Minimums



Policy

Complete Streets



Policy

Support Mixed Use Development



Policy

Support Infill Development



Policy

Support Cluster Development



Policy

Support More Dense
Development



Policy

Locate Schools in Neighborhoods



Active Living Evaluation & Exploration

Active Living Interventions – Programs

- Community programs/events provide various active living opportunities and may promote/support active living environments. Examples include:

Play Streets

Joint Use
Programs

Farmers
Markets

Group Fitness
Classes

Community
Walks/Runs

Nature Walks

Alternative
Commute
Programs



Program Examples



Program

Bike Shares



Program

Safe Routes to School



Program

Group Exercise Activities



Program

Play Streets



Program

Fresh Food Partnerships



Program

Joint Use Agreements



Program

Walking Groups



Active Living Evaluation & Exploration

Active Living Interventions – Projects

- Land development or infrastructure projects can promote and support safe active living environments. Examples include:

Building Walking &
Biking
Infrastructure

Implementing
Traffic Calming
Measures

Creating New or
Improving Existing
Parks/Recreation
Facilities

Installing Lighting
and other Street
Amenities

Providing or
Enhancing Transit
Systems

Mixed Use, Infill,
or Denser
Developments



Project Examples



Project

Traffic Calming Devices



Project

End Use Facilities



Project

Bike/Pedestrian Lanes



Project

Wayfinding Signage



Project

Lighting



Project

Neighborhood Parks



Project

Neighborhood Serving Retail



Active Living Evaluation & Exploration

Active Living Interventions

With consideration for **land use, transportation, design, and programming/events**, what...

- **Policy** level approaches
- **Program** level approaches
- **Project** level approaches

...are needed to improve physical activity and promote safe active living environments?



Active Living Evaluation & Exploration

Share your Active Living Intervention Suggestions

- Brainstorm ideas for active living interventions
 - Consider gaps, accessibility, connectivity, deficiencies, etc.
- Remember that policies, programs, and projects may be needed
- Discuss what strategies would work the best in your prototype area
- Use your **active living interventions showcase** handouts as a cheat sheet, but we encourage you to come up with other suggestions!
- Mark up your map and write down the ideas!





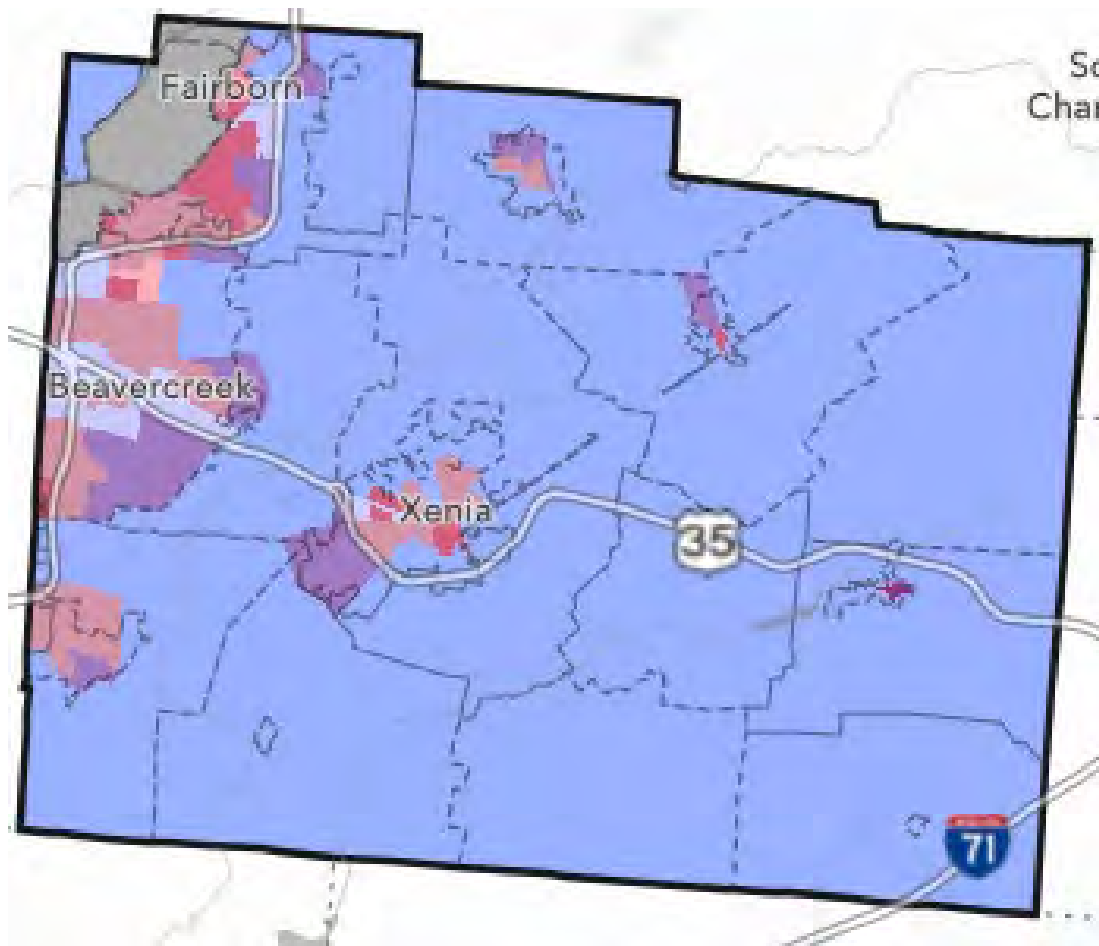
Active Living Evaluation & Exploration

Small Group Reporting



Wrap Up Activity

Priority Locations for Active Living Interventions Dotting Activity



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

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



Priority Locations for Active Living Interventions

Using the concepts reviewed today, think about places in Greene County that could benefit from active living interventions. Remember interventions may include *policies, programs, or projects*.

- Each participant will receive **2** numbered dots and numbered post-it notes
- Place your dots on the mounted map
- Write your suggestions for improvements on the corresponding post-it note



Resources

- American Planning Association (APA) *Healthy Planning: An Evaluation of Comprehensive and Sustainability Plans Addressing Public Health*
 - <https://www.planning.org/publications/document/9148251/>
- APA's Planning and Community Health Knowledge Center
 - <https://www.planning.org/nationalcenters/health/>
- MVRPC PLAN4Health – Miami Valley Information Hub
 - <https://plan4health-miamivalley-mvrpc.hub.arcgis.com/>





PLAN4Health Miami Valley

www.mvrpc.org/regional-planning/plan4health-miami-valley

1.5 AICP CM Credits Available (Event #9274618)

