



PLAN4Health Miami Valley

Miami County Active Living Workshop

October 12, 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





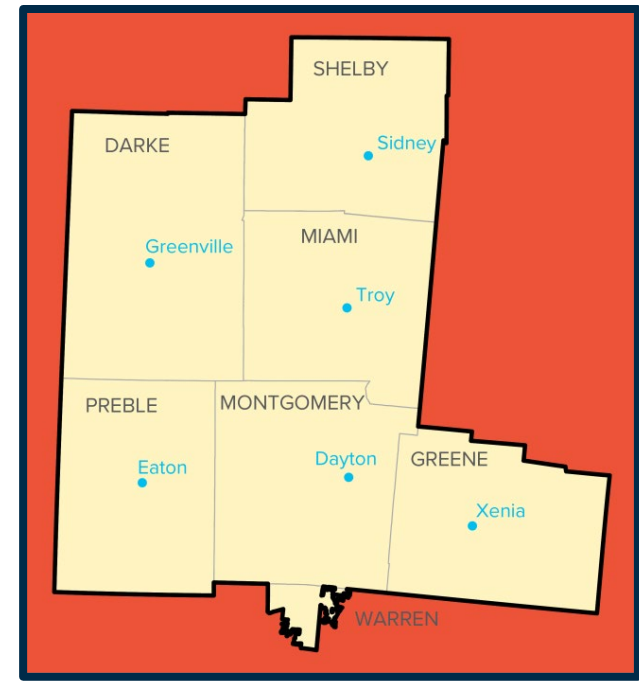
MIAMI VALLEY

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

<https://plan4health-miamivalley-mvrpc.hub.arcgis.com/>

**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

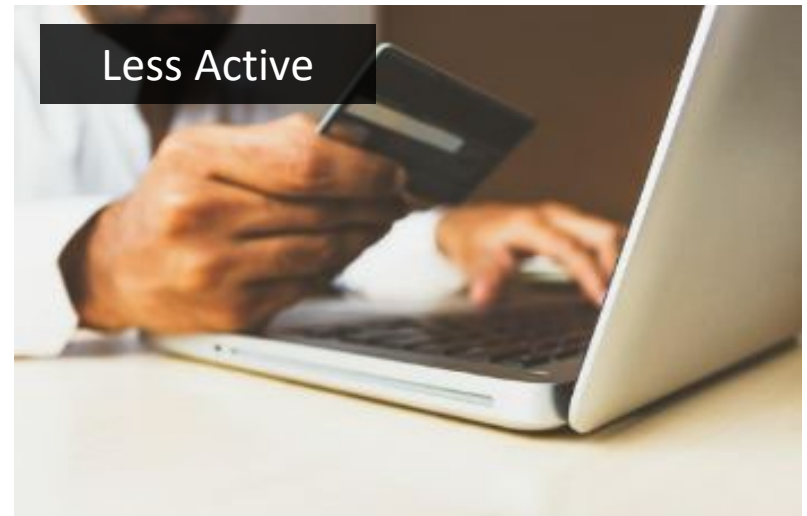


Shopping

More Active



Less Active

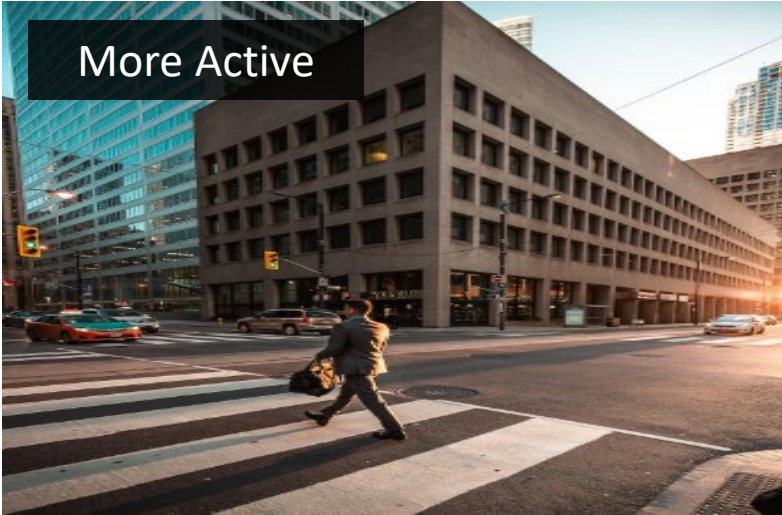


Incorporating Activity into Daily Routines

Environmental Conditions

Work

More Active

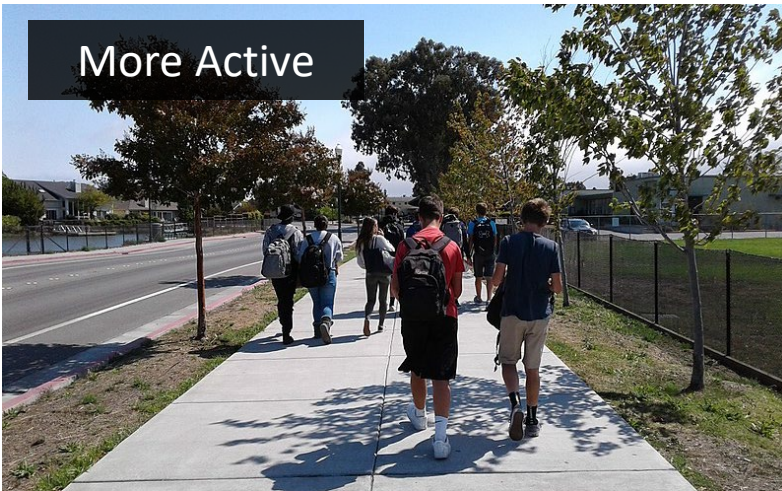


Less Active



School

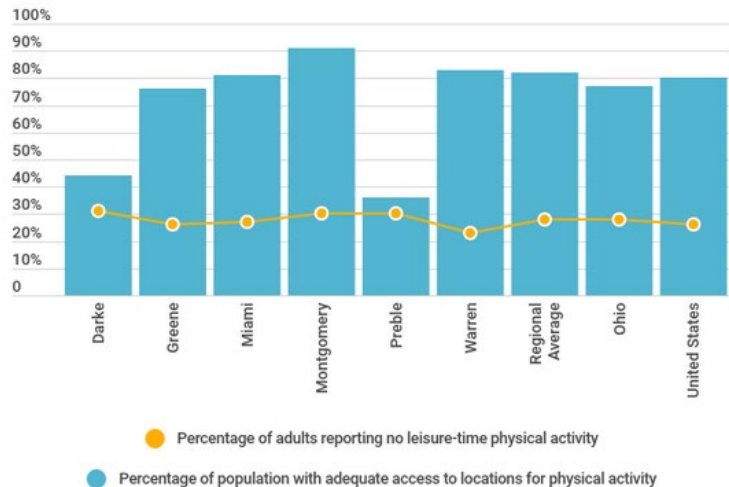
More Active



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

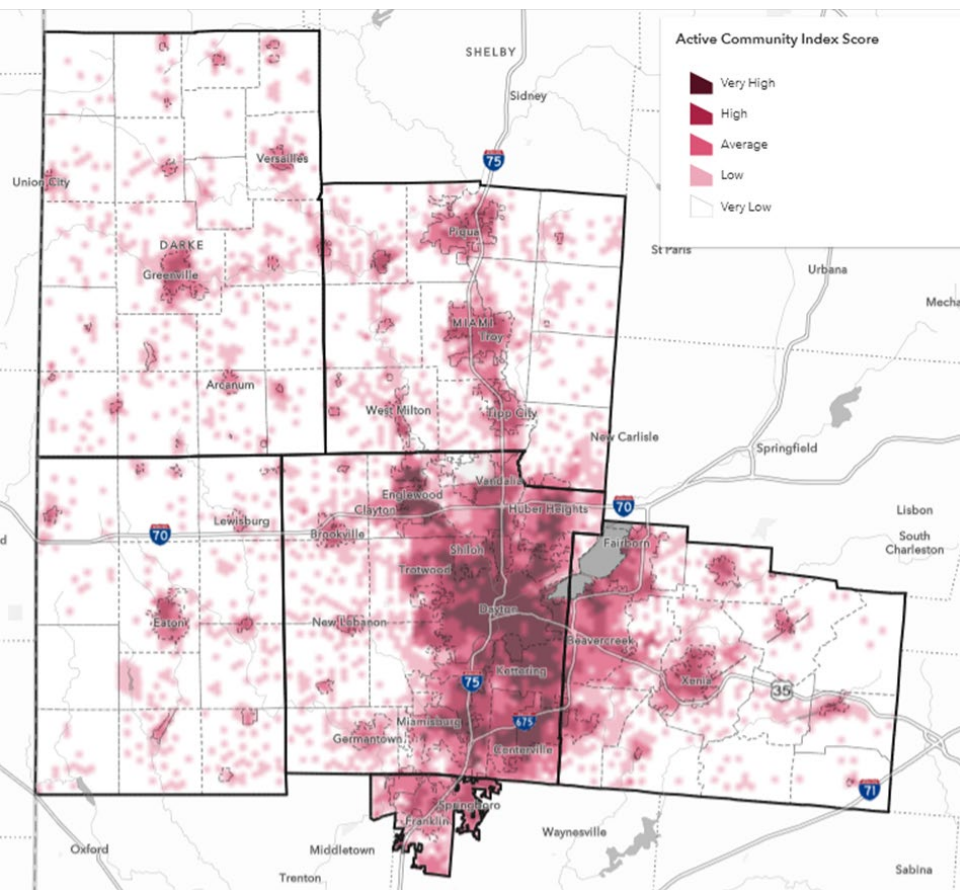


Transit Intensity
and Accessibility

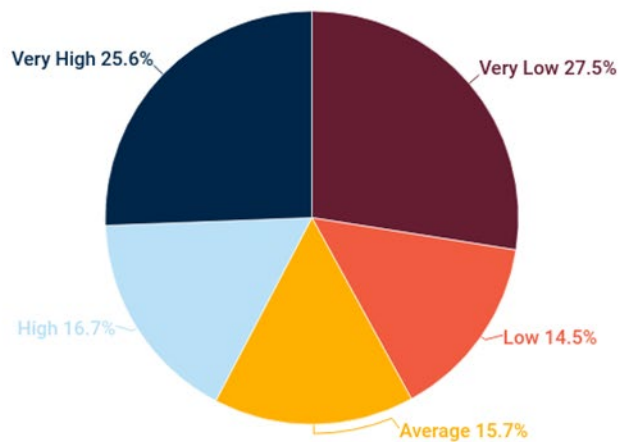


Bikeway Intensity
and Accessibility

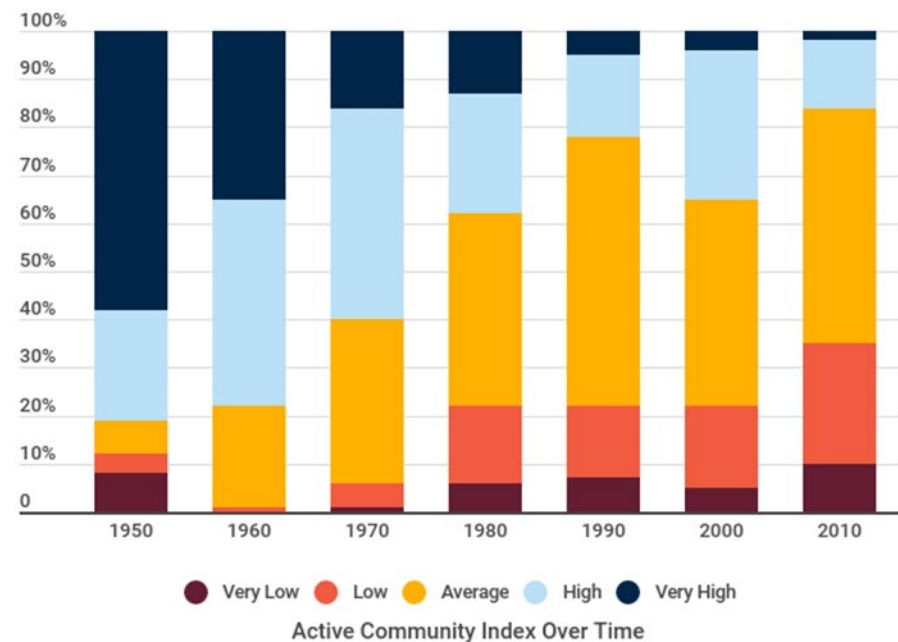
Active Community Index Composite Map



Active Community Index for the Total Population

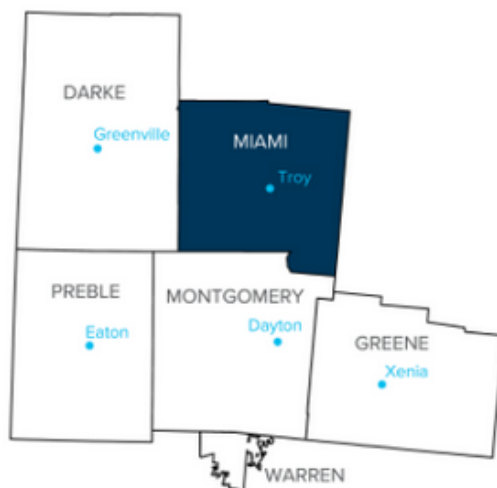


Active Community Index Trends: 1950-2010

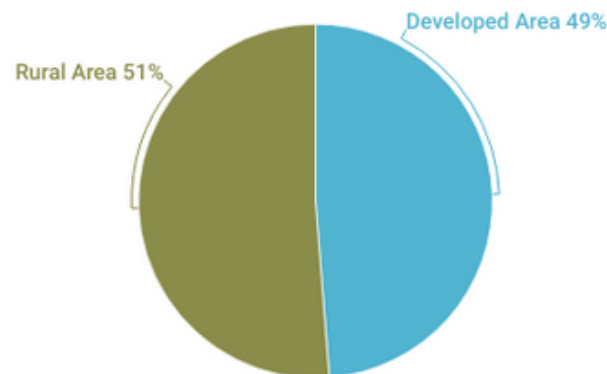


Miami County

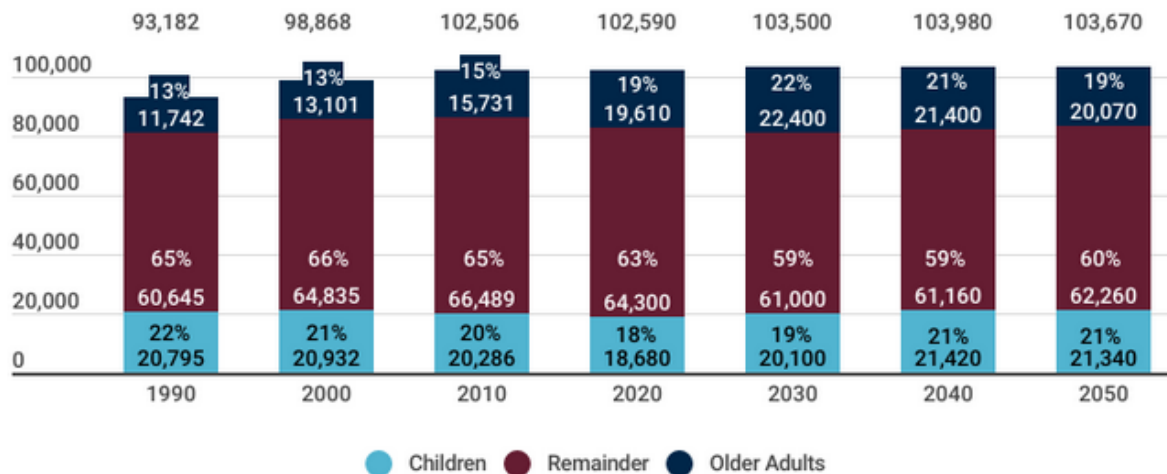
Total Population (2020)¹: 108,774



Population by Area



Population Trends and Projections²

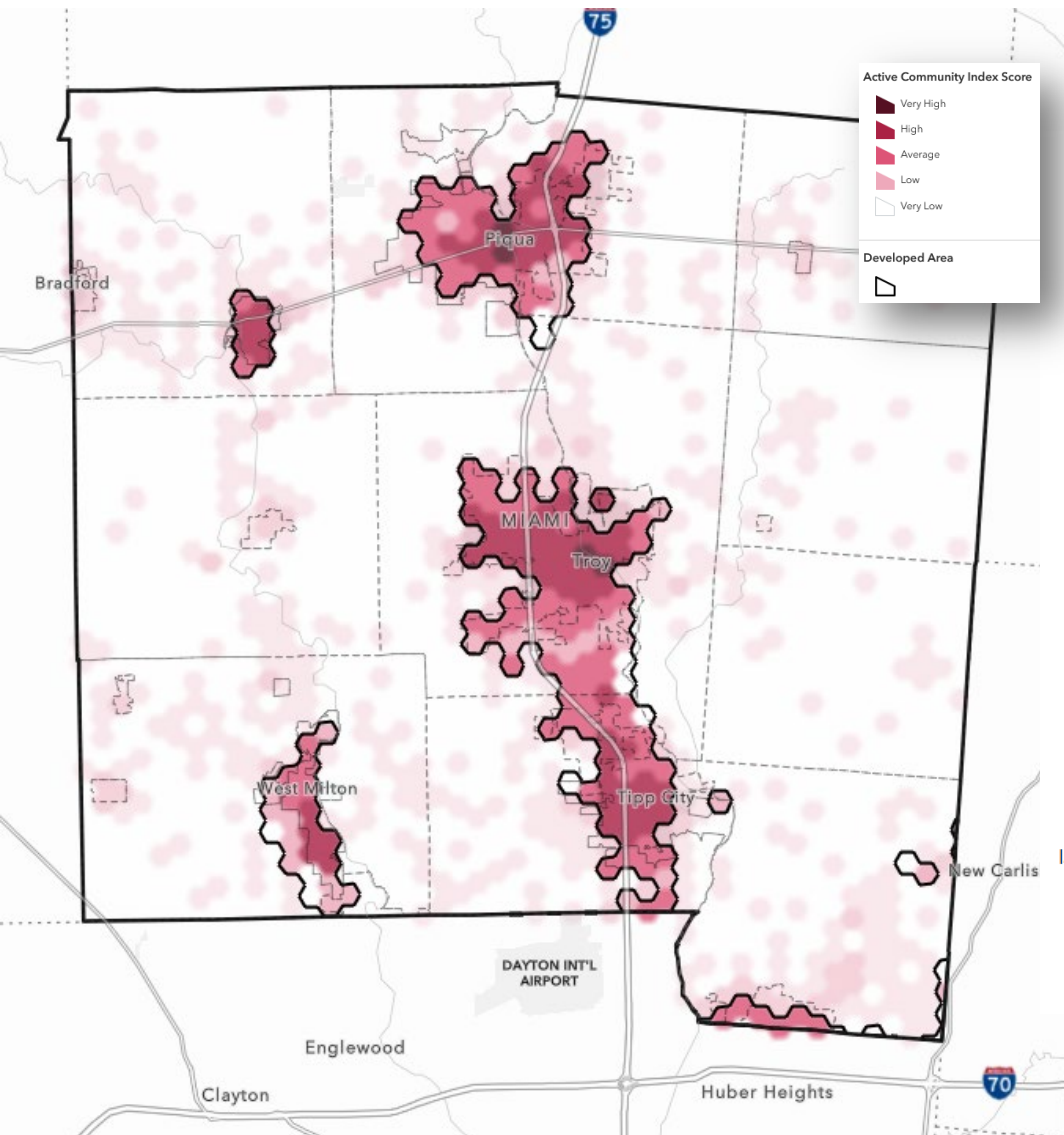


Sources

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

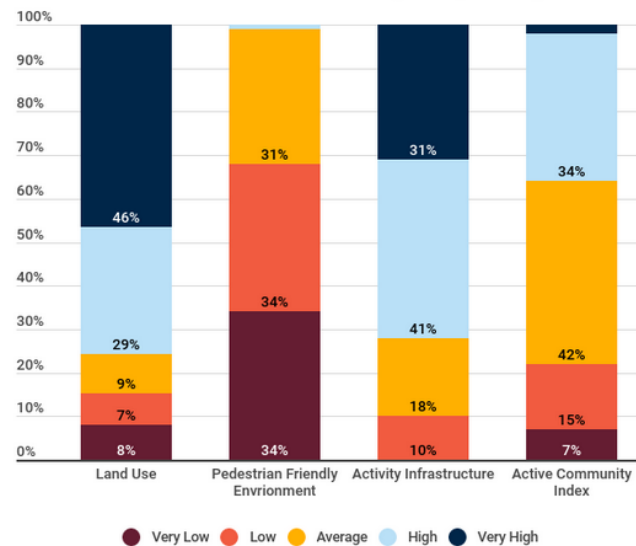
2: 1990 - 2010 Data: U.S. Census Bureau, Decennial Censuses; 2020 - 2050 Data: Ohio Department of Development





Miami 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

Miami County

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

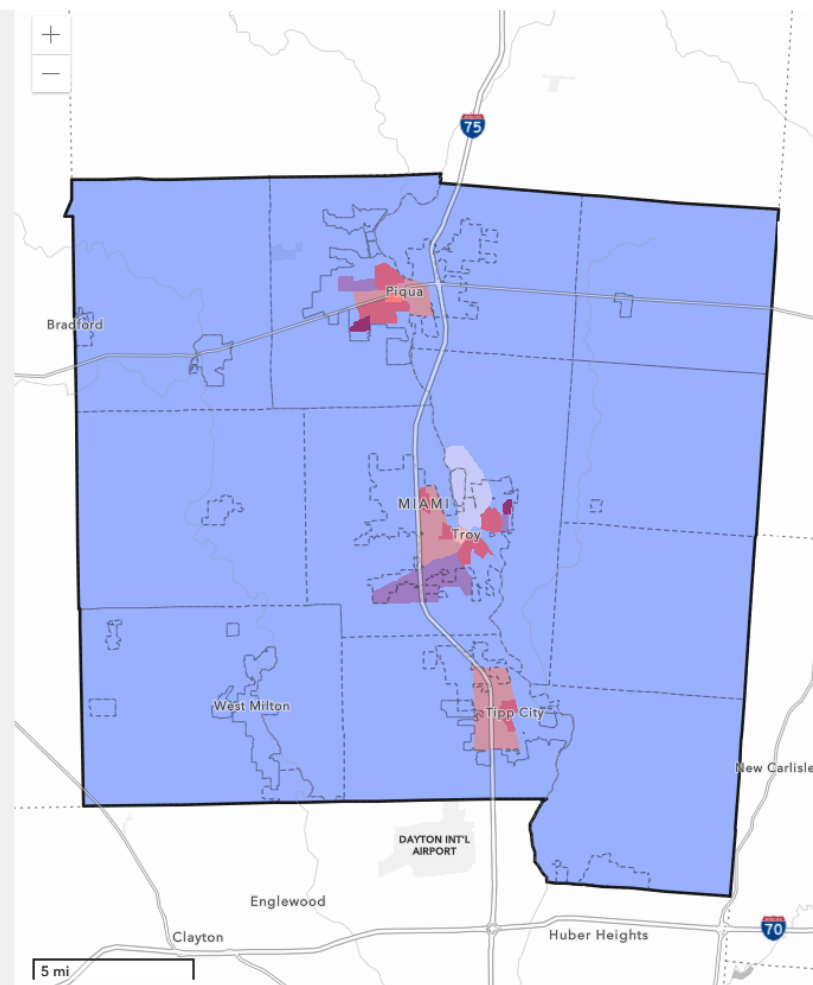
The map compares the level of Active Community Index to the level of concentration of a specific population group using a color-coded matrices shown below. Areas with high concentration of population but low in the Active Community Index are the areas that need attention for Built Environment Improvements.

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

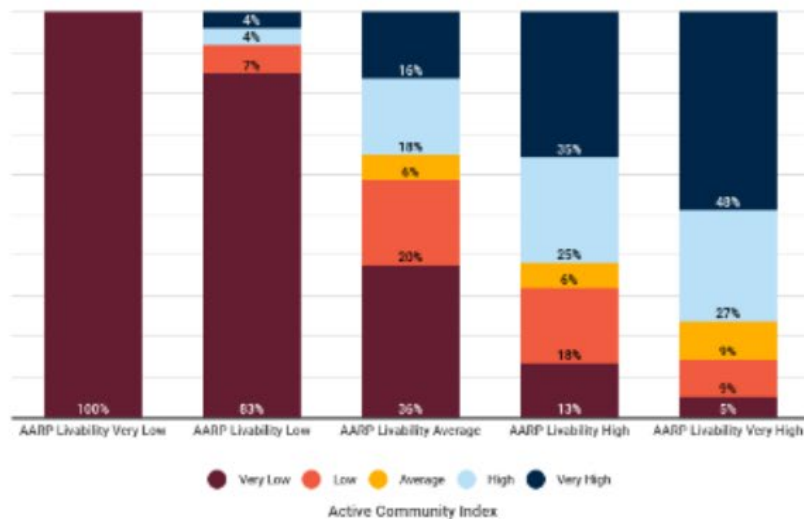
★ - ★★ - ★★★: Level of Built Environment improvement needed

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

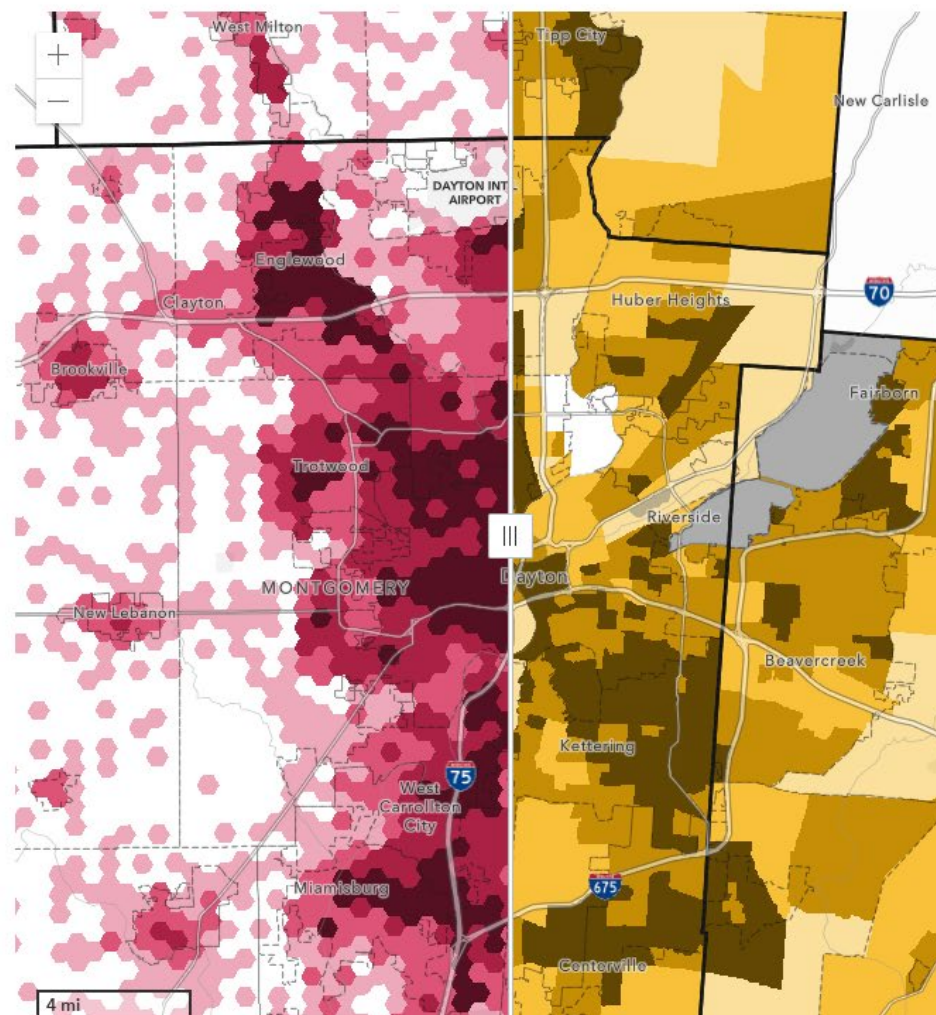


Livability and Active Communities



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

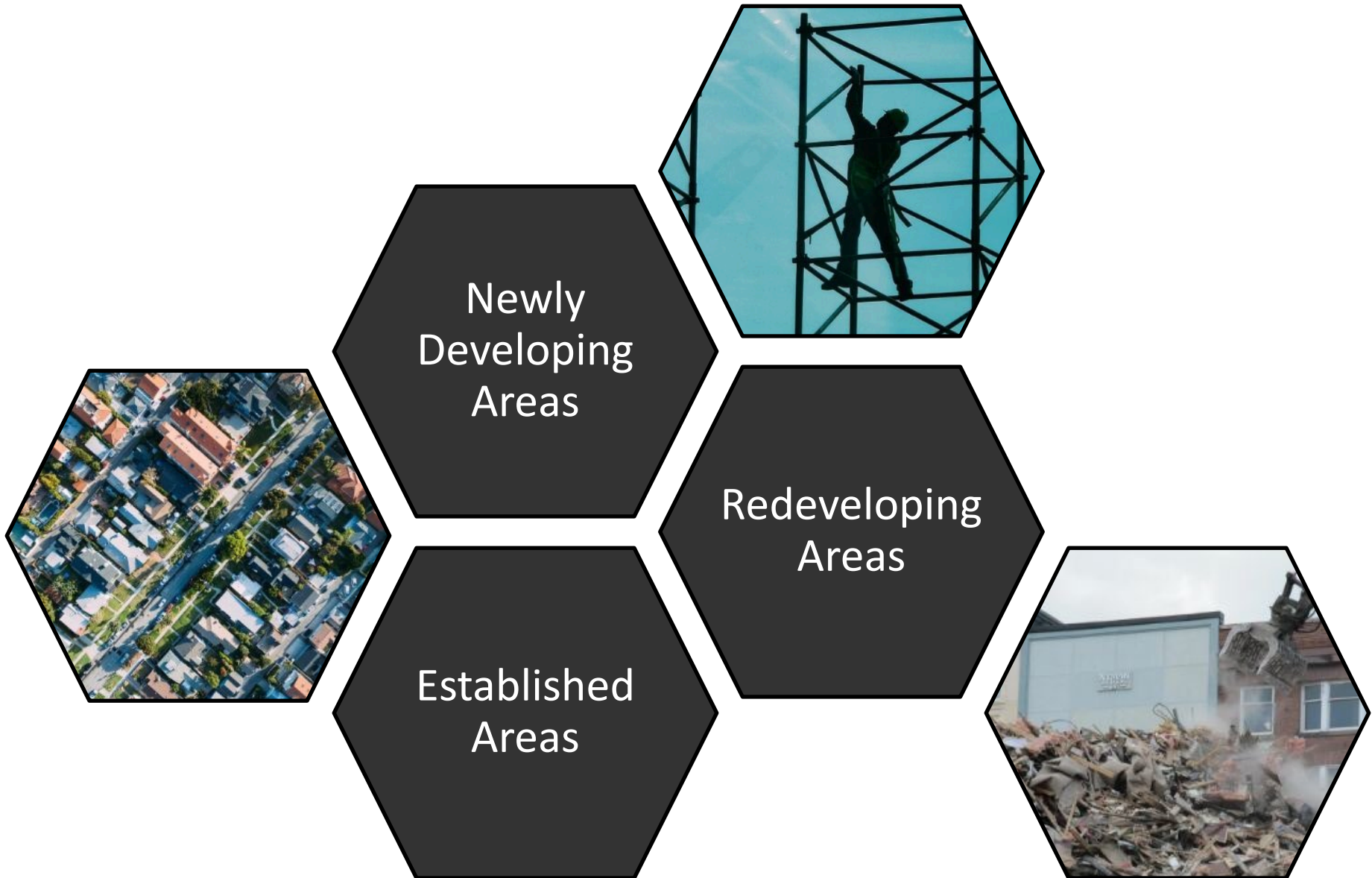


Suburban Areas



Rural Areas

Active Living Measures Can Be Implemented In...



Active Living Measures May Relate To...



Active Living Interventions






Active Living Interventions - Rural Communities

Below are a range of active living interventions for rural communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions may be used to improve active living conditions.

Land Use			
	Cluster development can bring amenities closer to home, reducing driving time.	Redeveloping town centers can provide central locations to reduce transportation times.	Local grocers can improve access to fresh and healthy food while supporting small businesses.
Transportation			
	Parks can function as third spaces and communal spaces for socializing and physical activity.	Paved highway shoulders can improve mobility and promote active travel where other transportation options may be unavailable.	Paved trails can provide safe paths for walking, biking, and other types of exercise.
			
	Areas with multiple nearby stores can be improved with sidewalks, even if only a block or two long.		

Active Living Interventions - Suburban Communities

Below are a range of active living interventions for suburban communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions may be used to improve active living conditions.

Land Use			
	Mixed use areas can lower the need to drive, bring shops closer to residents, and promote active living.	Clustering high use destinations can create walking districts, improving active living.	Higher density housing combined with green spaces can create active living opportunities close to home.
Transportation			
	Pocket parks can bring outdoor play spaces closer to homes where parks may not be easily accessible.	Infill development can fill in unused spaces with things like parks, gardens, and new homes.	Neighborhood schools can reduce the need for buses and cars due to close locations to homes.
			
	Complete streets can improve mobility, reduce traffic, and encourage visiting and exploring.	Sidewalks should lead to destinations such as homes, schools, recreational areas, and other active transportation methods.	Road signs improve safety for bicyclists and drivers.
			
	Programs like Safe Routes to School encourage kids to walk to school together.	Unused rail lines can be converted to hiking and biking trails to promote active living outside.	

Active Living Interventions - Urban Communities

Below are a range of active living interventions for urban communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions may be used to improve active living conditions.

Land Use			
	Yards in urban areas can promote outdoor activities close to home and with neighbors.	Infill development can improve active living by bringing popular destinations closer together.	Mixed use development supports active living by reducing travel by keeping destinations close together.
Transportation			
	Open and green spaces in urban areas can promote active living, even if only a small area.	Community gardens can encourage active living through physical work outside with others.	
			
	Complete street infrastructure encourages walking, biking, and other active transportation methods.	Access to reliable and frequent public transit supports active living.	Bike paths can promote biking, reducing traffic and increasing physical activity.
			
	Road diets can uncover safety concerns and improve pedestrian safety, promoting active living.	Bike sharing encourages physical activity by providing alternative options for travel.	Bike storage and end use features are just as important as bike lanes for supporting active transportation.

Active Living Interventions Showcase Handouts



Active Living Interventions

Where Support for Active Living “Lives”

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 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 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 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

- 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.**



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



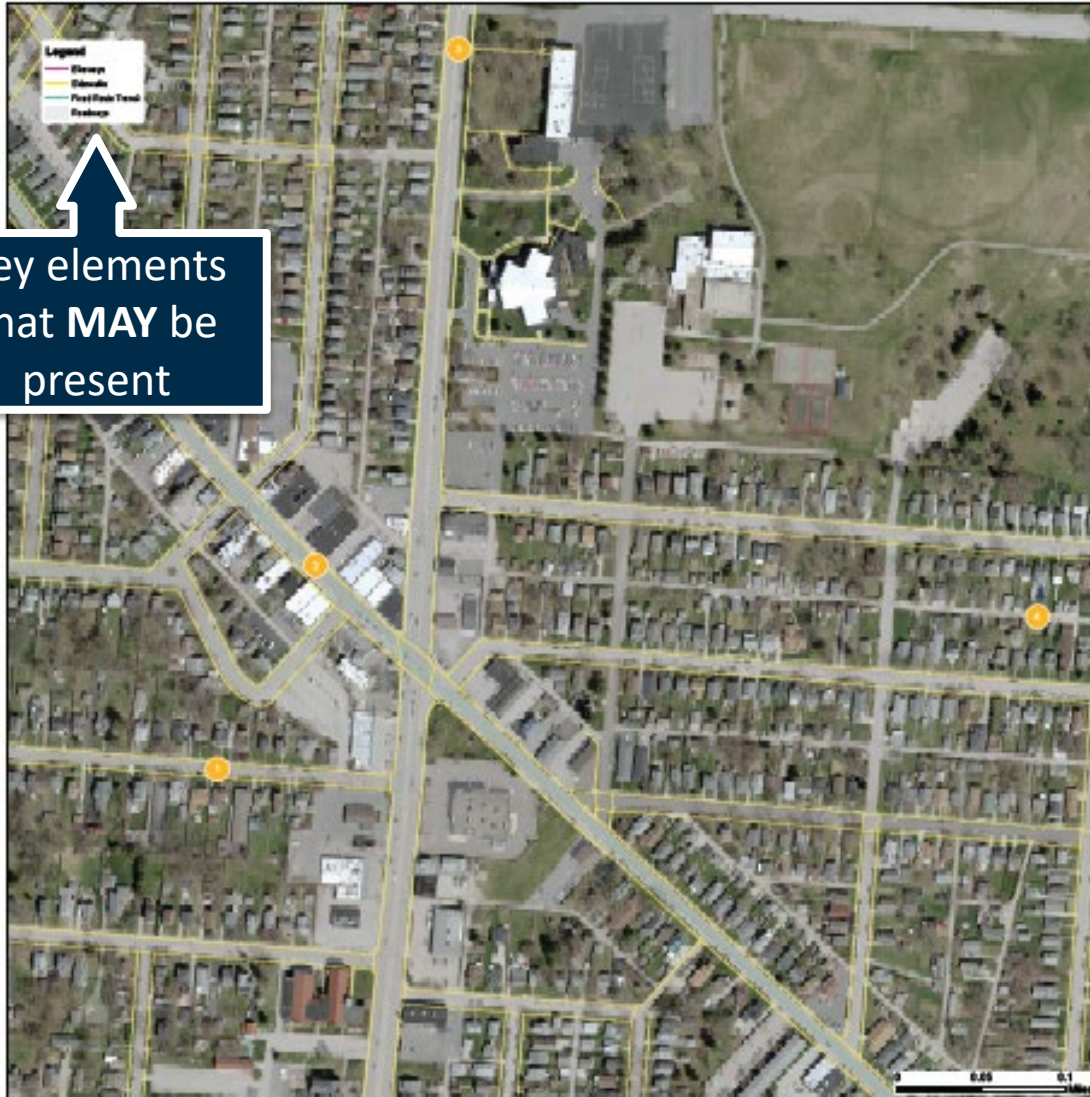
Transit Intensity
and Accessibility



Bikeway Intensity
and Accessibility

Active Living Evaluation & Exploration

Urban Area Active Living Evaluation and Exploration



Key elements
that **MAY** be
present



Pictures
to
provide
context

Notes

Write
and
draw on
the map!
Make
notes
here.

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



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



Urban Area Active Living Evaluation and Exploration



Notes

- + multimodal transportation
- + green space / vacant land
- + opportunity for infill dev.
- mostly single family res.
- commercial close to housing
- + space for programming/events
- Sidewalks w/o destinations
↳ see area around #4

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

Active Living Evaluation & Exploration Check List

Use this check list, in conjunction with your slides and active living showcase handouts, to review your prototype 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

Because these are example areas this information is not known, but should be considered when working in your community.

- ☐ Note the population and employment mix
- ☐ Document the type of employment present in the area
- ☐ Note the commute mode split 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 →

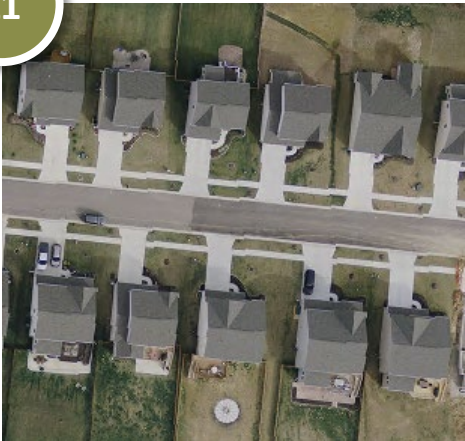


Active Living Evaluation & Exploration

Land Use Scan

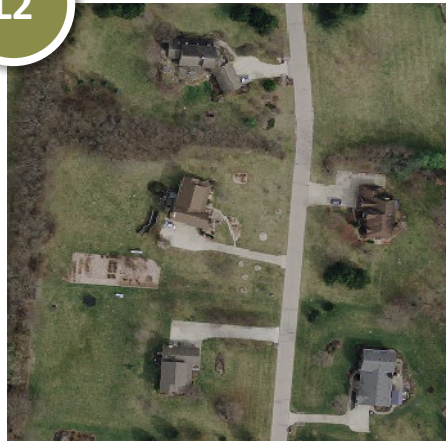
- Identify residential areas
 - Note how dense the housing is.
 - Note the type of housing you observe: single family, multi-family, or both.

L1



Denser Housing Development

L2



Sparser Housing Development

L3



Multifamily Housing Development

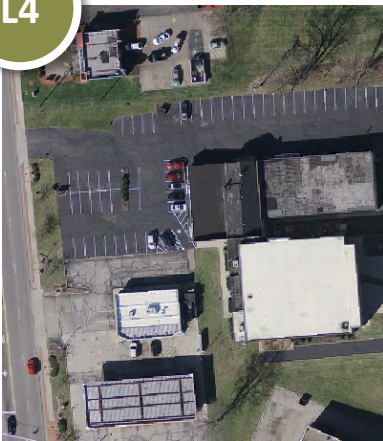


Active Living Evaluation & Exploration

Land Use Scan

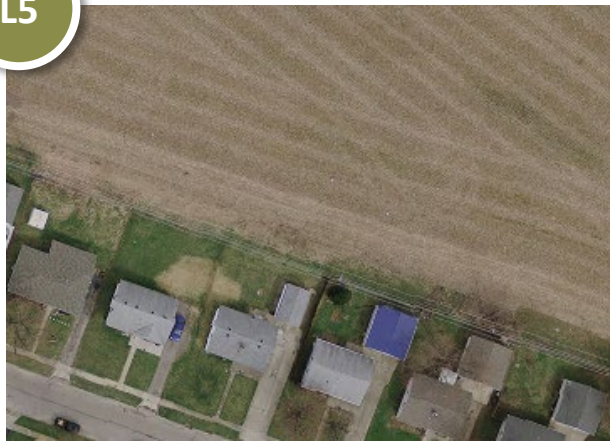
- Circle non-residential areas
 - Note how prevalent non-residential areas are.
 - Note the kind of areas you observe: commercial, industrial, agricultural, etc.
 - Note how they are oriented to the residential areas.

L4



*Parking Lots Help Identify
Commercial Areas*

L5



Residential & Agricultural Areas Converging

L6



Commercial Area Adjacent to Residential Area

Active Living Evaluation & Exploration

Land Use Scan

- Look for land use diversity
 - Note whether many different land uses are present or if the area is more uniform.

L7



Uniform Land Use – Only Residential Development Present

L8



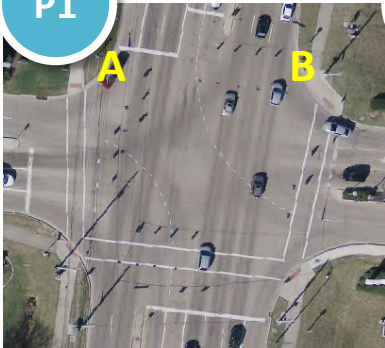
Diverse Land Use – Commercial, Open Space, Agriculture, and Multifamily Residential are Present

Active Living Evaluation & Exploration

Pedestrian Friendly Environment Scan

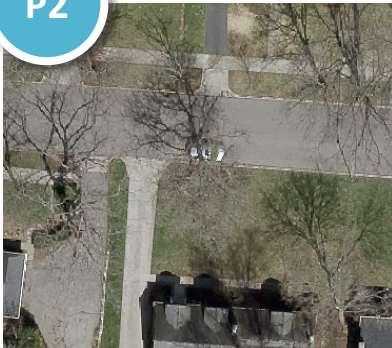
- Look at the pedestrian environment
 - Note if sidewalks are present. Fill in any gaps.
 - Note how the parking lots are oriented. Identify if this is a pedestrian or vehicle oriented environment.
 - Note if you think this is a place where pedestrians would feel welcome.

P1



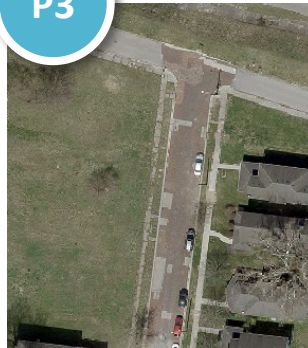
Pedestrian Facilities Present, but Not Ideal. Must Cross 3 Streets to Get From A to B.

P2

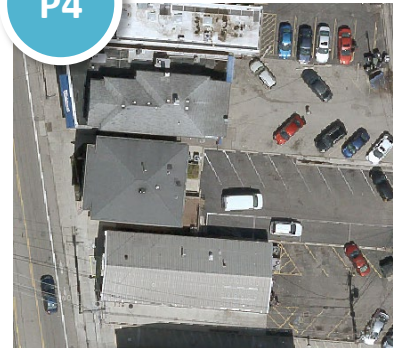


Sidewalk Gaps and Low Quality Sidewalks

P3

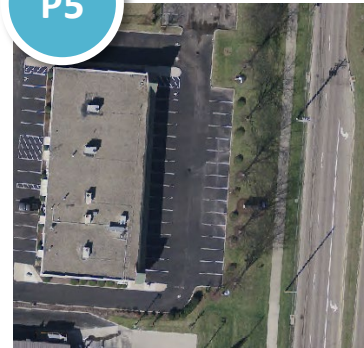


P4



Building Oriented to Street/Sidewalk

P5



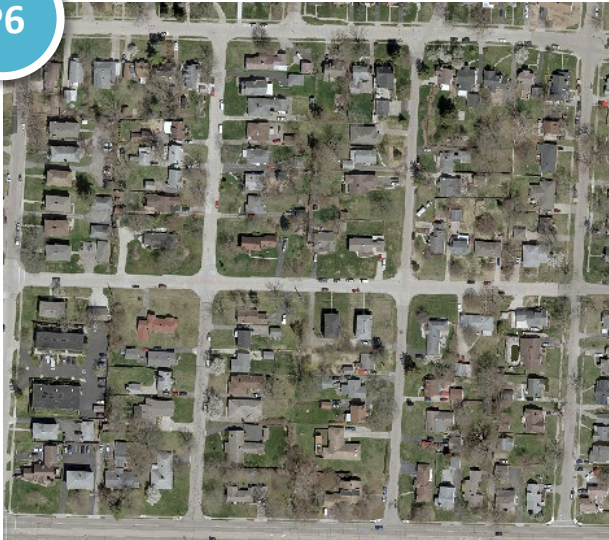
Building Oriented to Parking Lot

Active Living Evaluation & Exploration

Pedestrian Friendly Environment Scan

- Look at the street pattern
 - Note whether the street is more grid-like or curvilinear.
 - Dot the intersections. Note if they are close together or spread out.

P6



Grid Street Pattern, Close Intersection Density

P7



Curvilinear Street Pattern, Sparse Intersection Density

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?

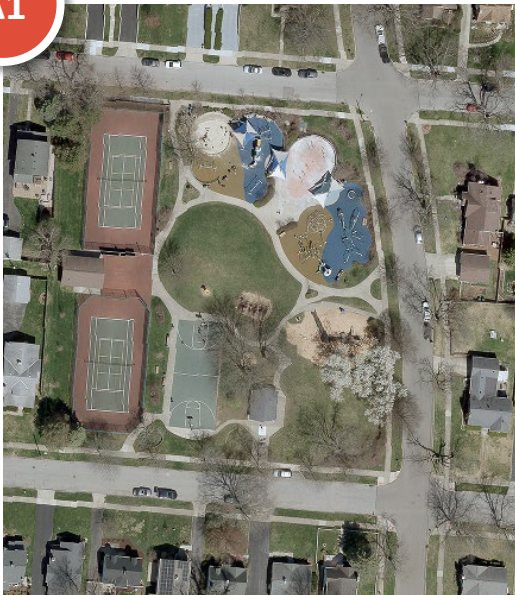


Active Living Evaluation & Exploration

Activity Infrastructure Scan

- Circle recreational areas
 - Note how they are oriented to residential areas.
 - Note if walking/biking to these locations is reasonable.

A1



*Park Located In a Residential Neighborhood
–Walk or Bike to Access*

A2



*Park Located Away from Development and
Neighborhoods – Drive to Access*

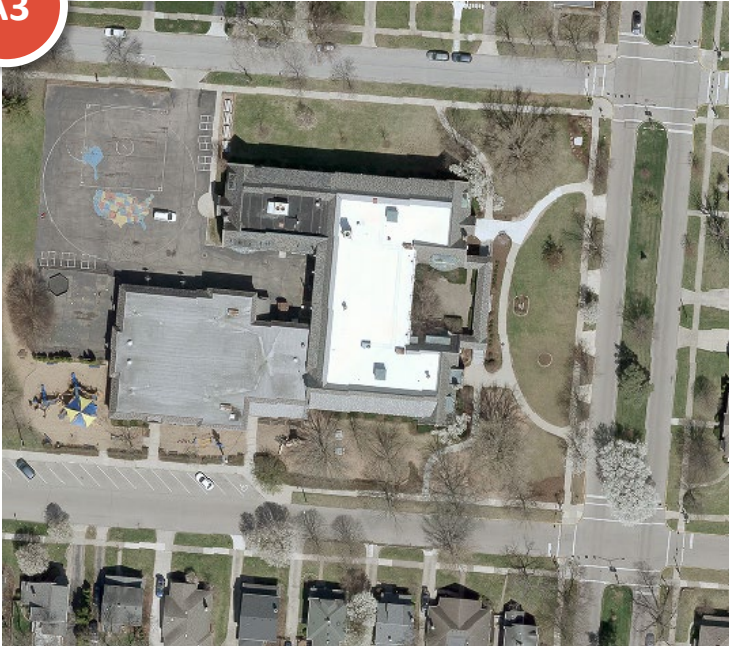


Active Living Evaluation & Exploration

Activity Infrastructure Scan

- Circle any schools
 - Note how they are oriented to residential areas.
 - Note if walking/biking to these locations is reasonable.

A3



School Located In a Residential Neighborhood –Walk or Bike to Access

A4



School Located Away from Development and Neighborhoods – Drive to Access

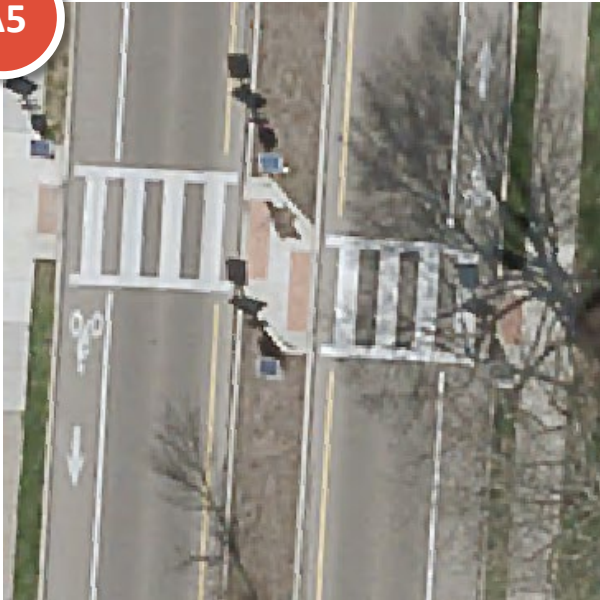


Active Living Evaluation & Exploration

Activity Infrastructure Scan

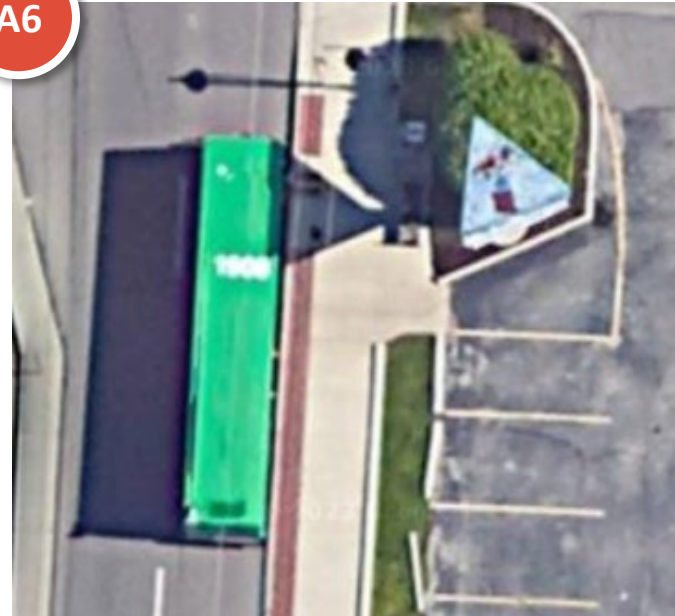
- Look for multimodal transportation options
 - Highlight bicycle and pedestrian facilities.
 - Highlight transit routes or facilities.

A5



Complete Street with Bike and Pedestrian Infrastructure

A6



Public Transportation Infrastructure and Amenities

Active Living Evaluation & Exploration

Active Living Interventions Summary

- With consideration for land use, transportation, design, and programming/events, what **policies, programs, and projects** may be needed and 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!





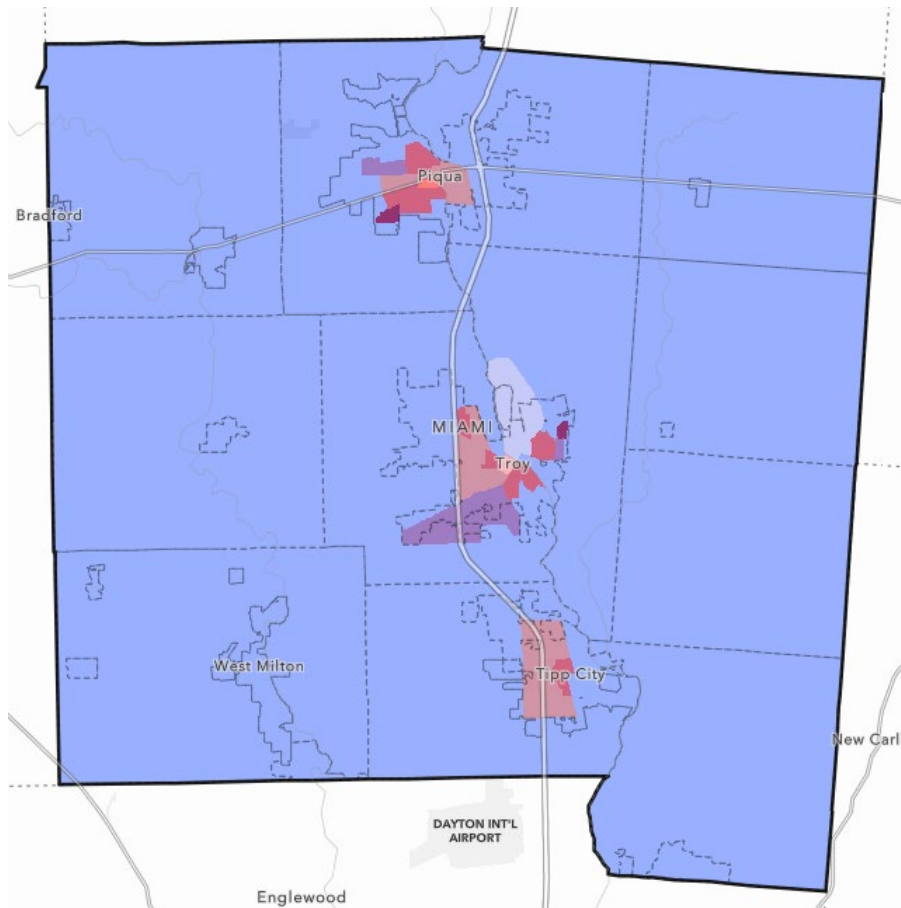
Active Living Evaluation & Exploration

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 Miami 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 #9277198)

