



# PLAN4Health Miami Valley

Montgomery County Active Living Workshop

November 2, 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*





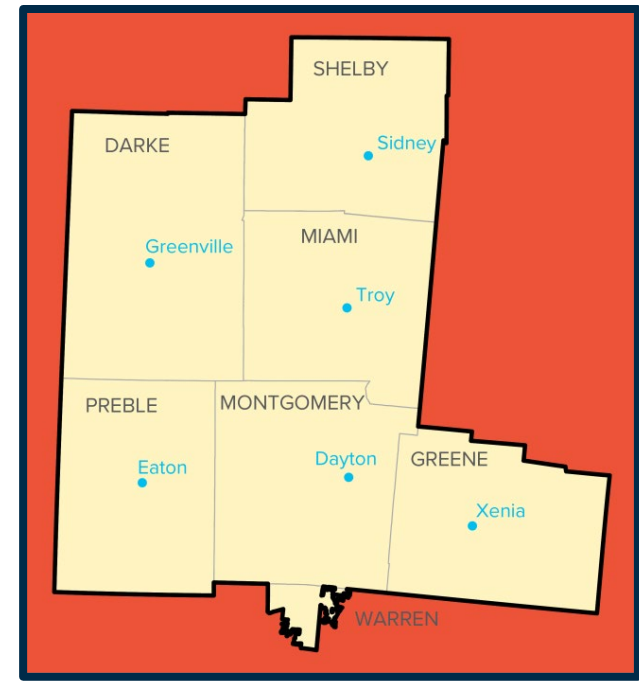
# MIAMI VALLEY

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



**PLAN**4Health  
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

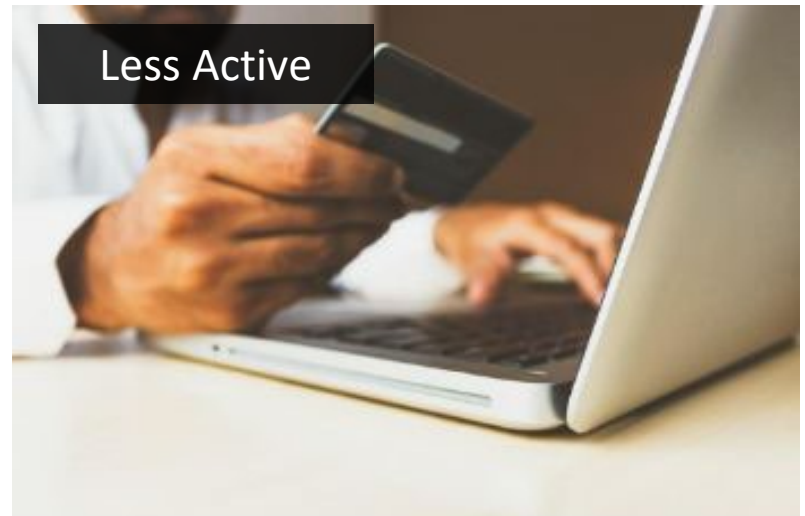


Shopping

More Active



Less Active



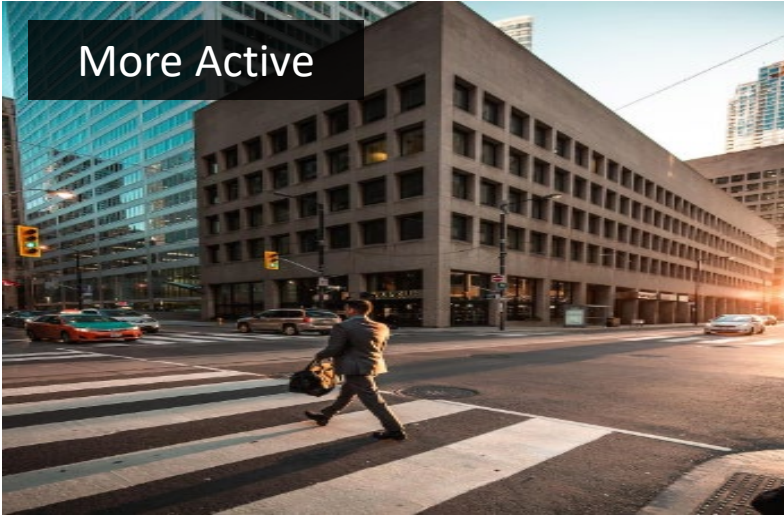


# Incorporating Activity into Daily Routines

## Environmental Conditions

Work

More Active

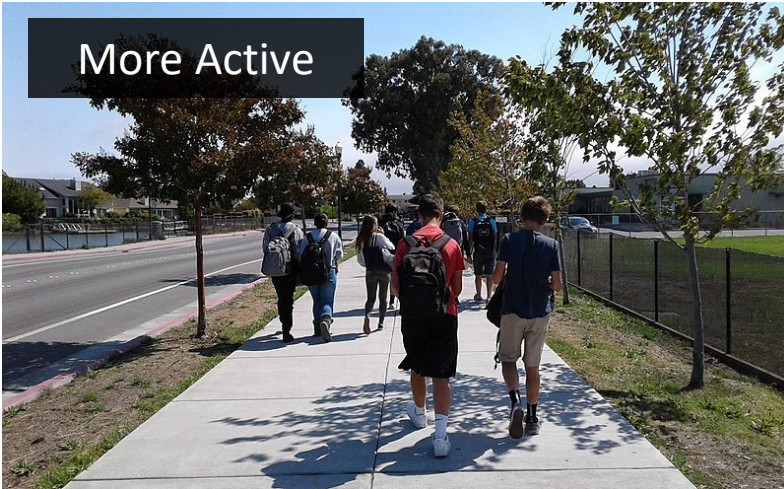


Less Active



School

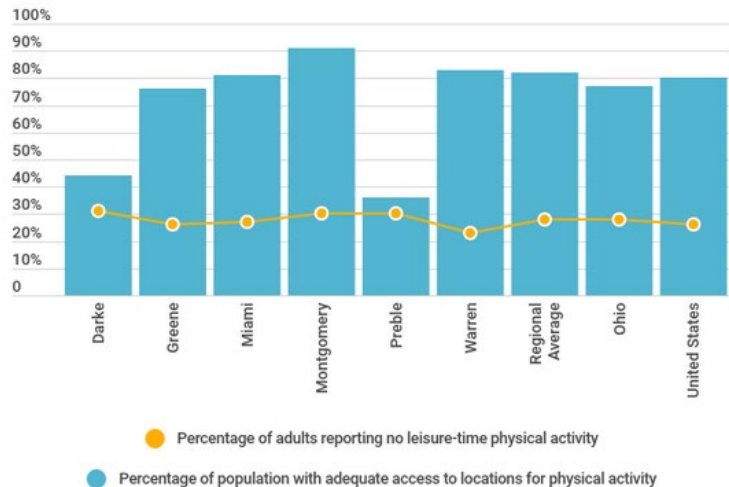
More Active



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

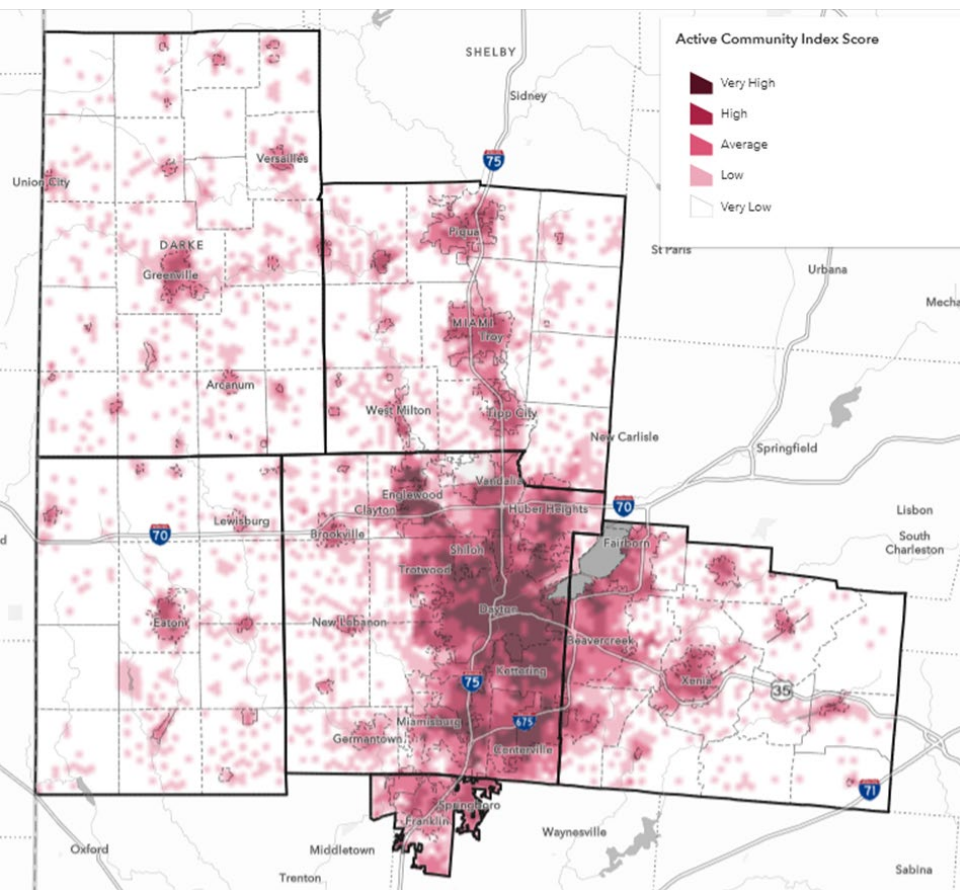


Transit Intensity  
and Accessibility

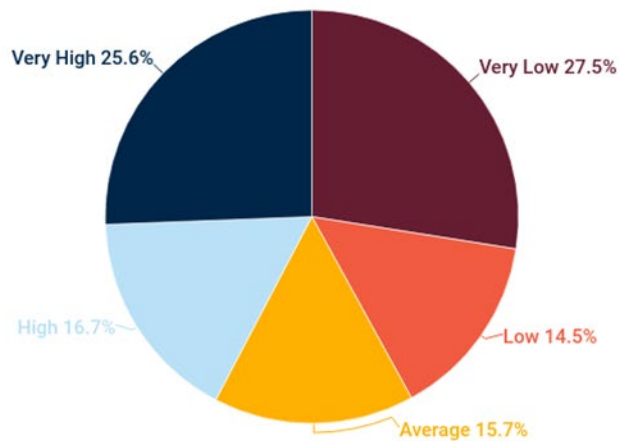


Bikeway Intensity  
and Accessibility

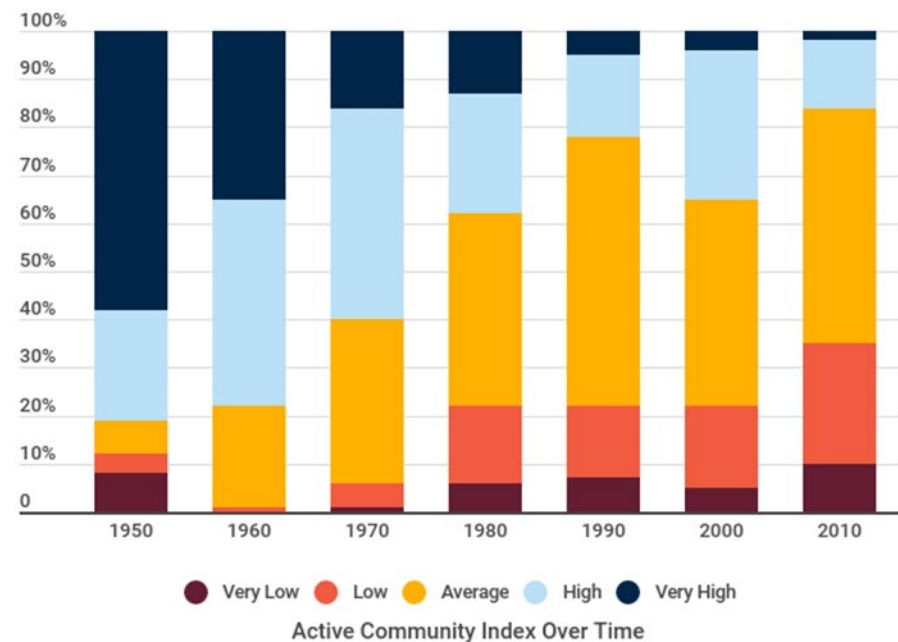
## Active Community Index Composite Map



## Active Community Index for the Total Population

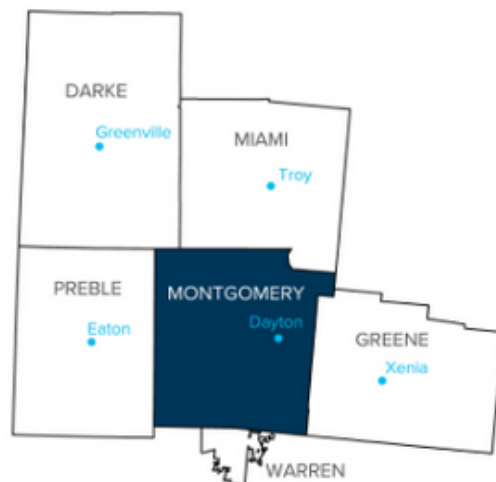


## Active Community Index Trends: 1950-2010

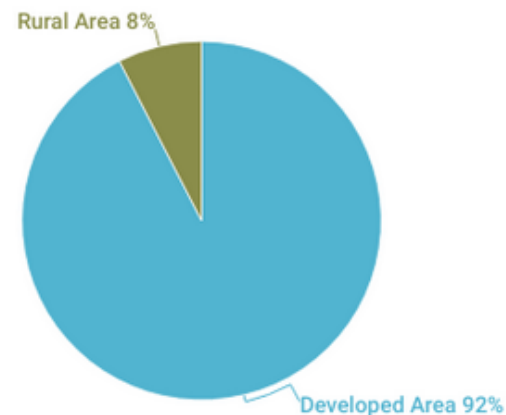


# Montgomery County

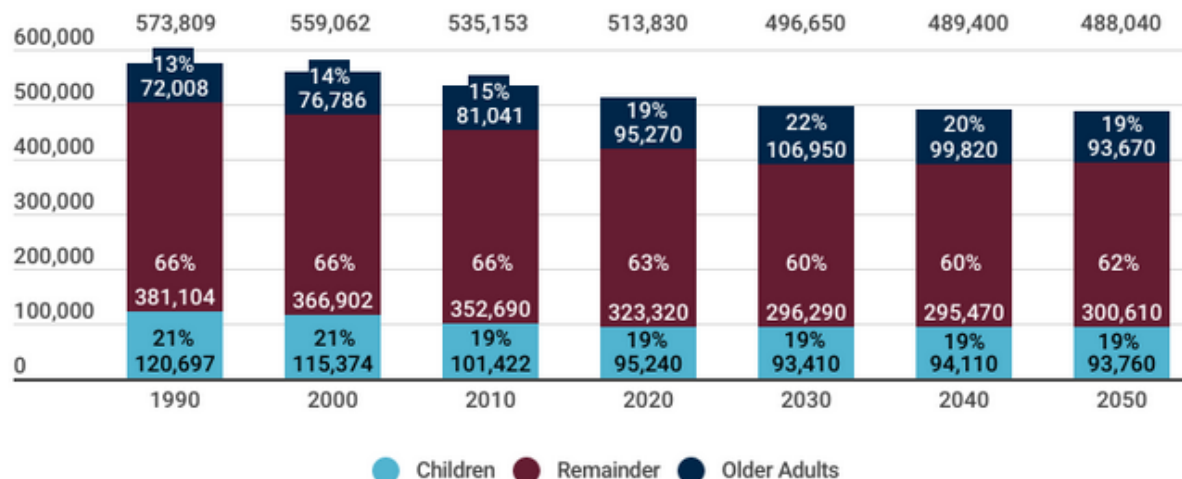
Total Population (2020)<sup>1</sup>: 537,309



Population by Area



Population Trends and Projections<sup>2</sup>

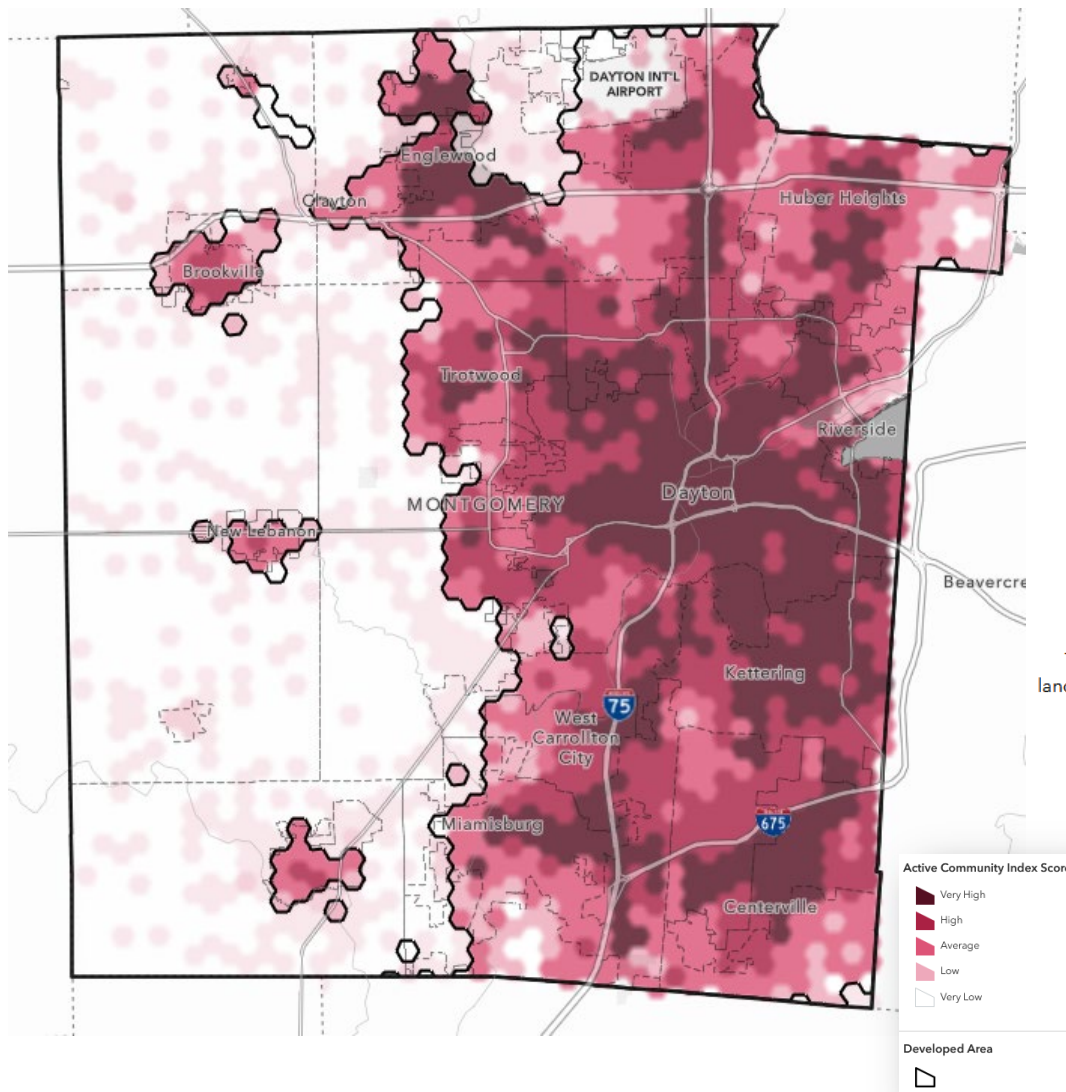


Sources

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

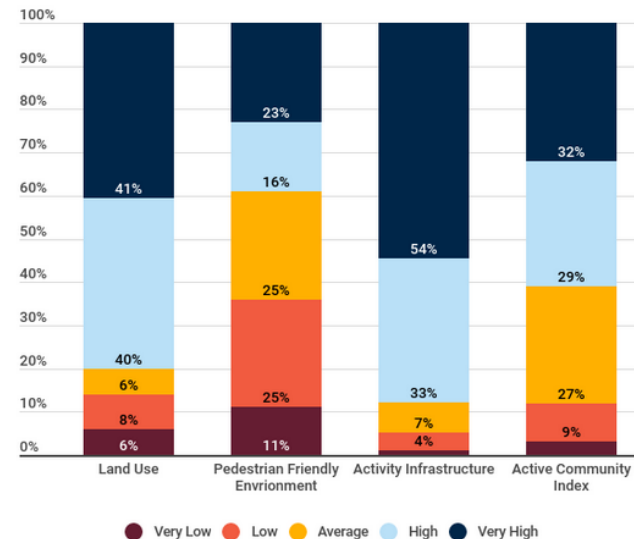
2: 1990 - 2010 Data: U.S. Census Bureau, Decennial Censuses; 2020 - 2050 Data: Ohio Department of Development





## Montgomery 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

## Montgomery County

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

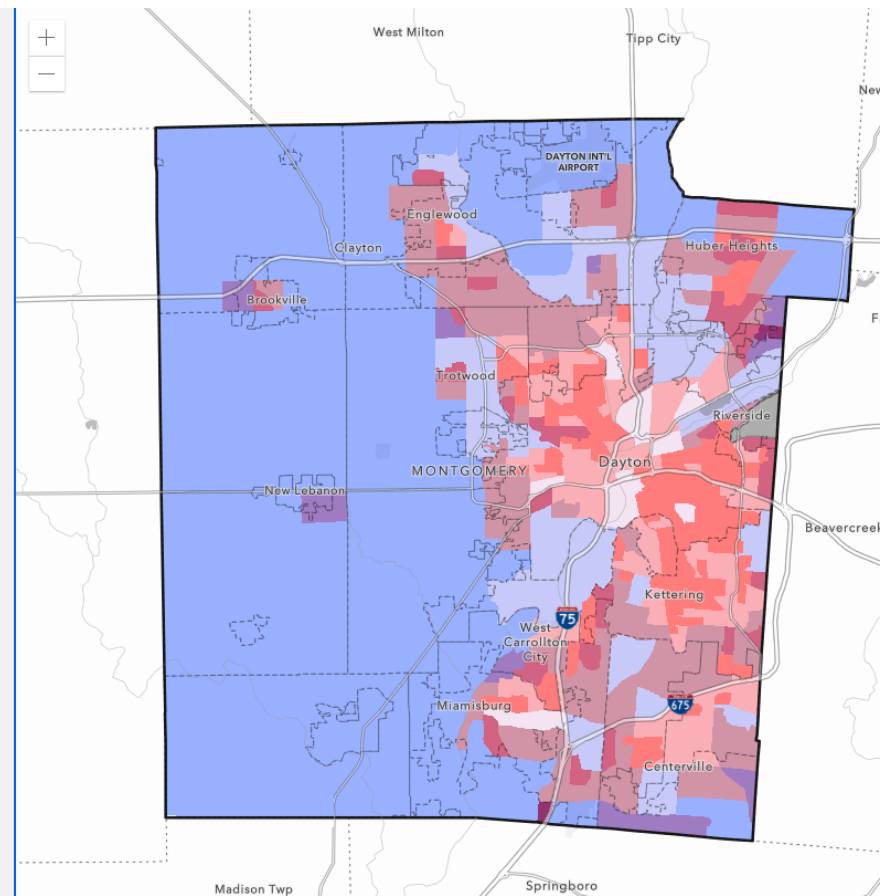
The map compares the level of Active Community Index to the level of concentration of a specific population group using a color-coded matrices shown below. Areas with high concentration of population but low in the Active Community Index are the areas that need attention for Built Environment Improvements.

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

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

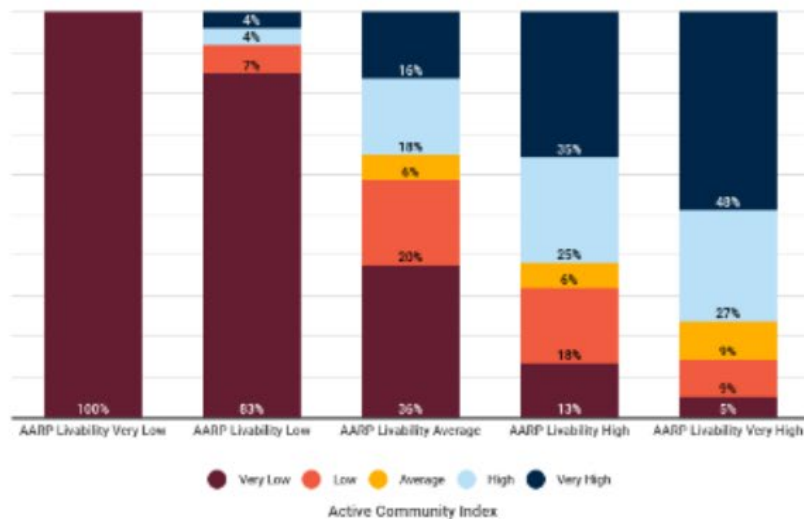
View the comparison of Active Community Index for different populations by selecting other population groups from the options above.

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



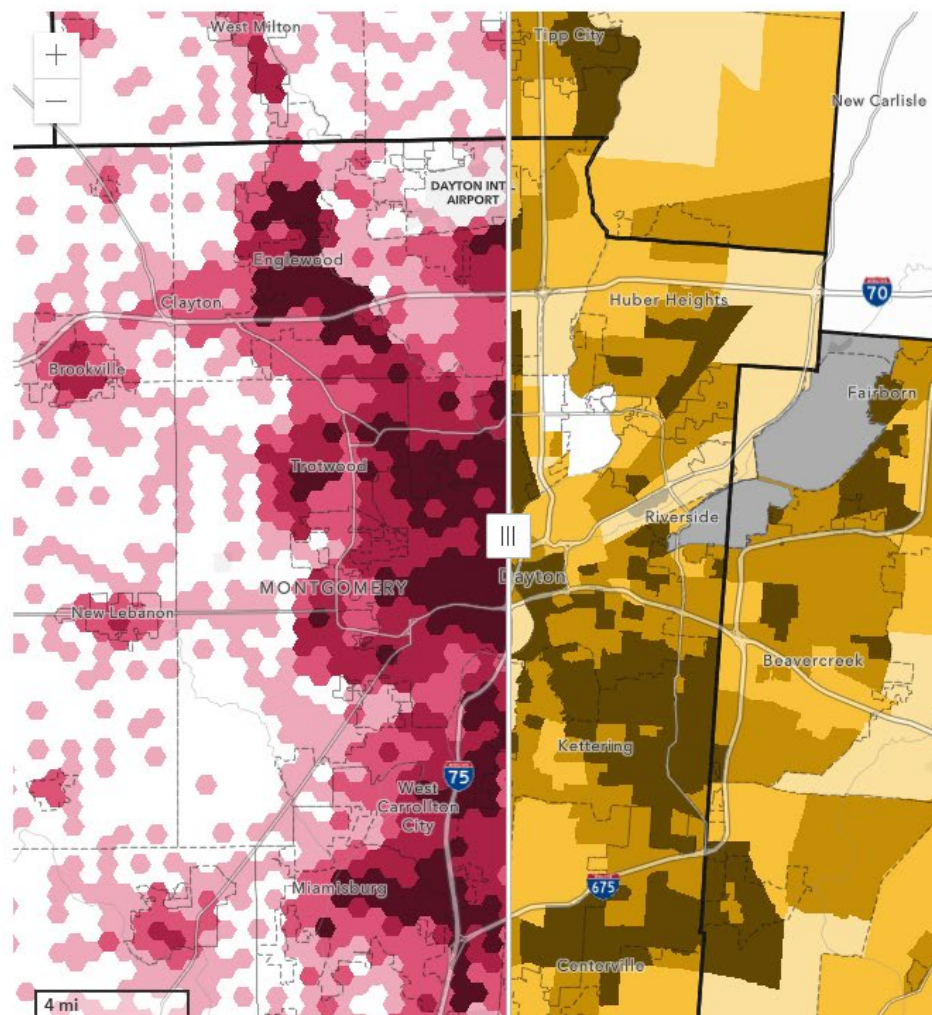


## Livability and Active Communities



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

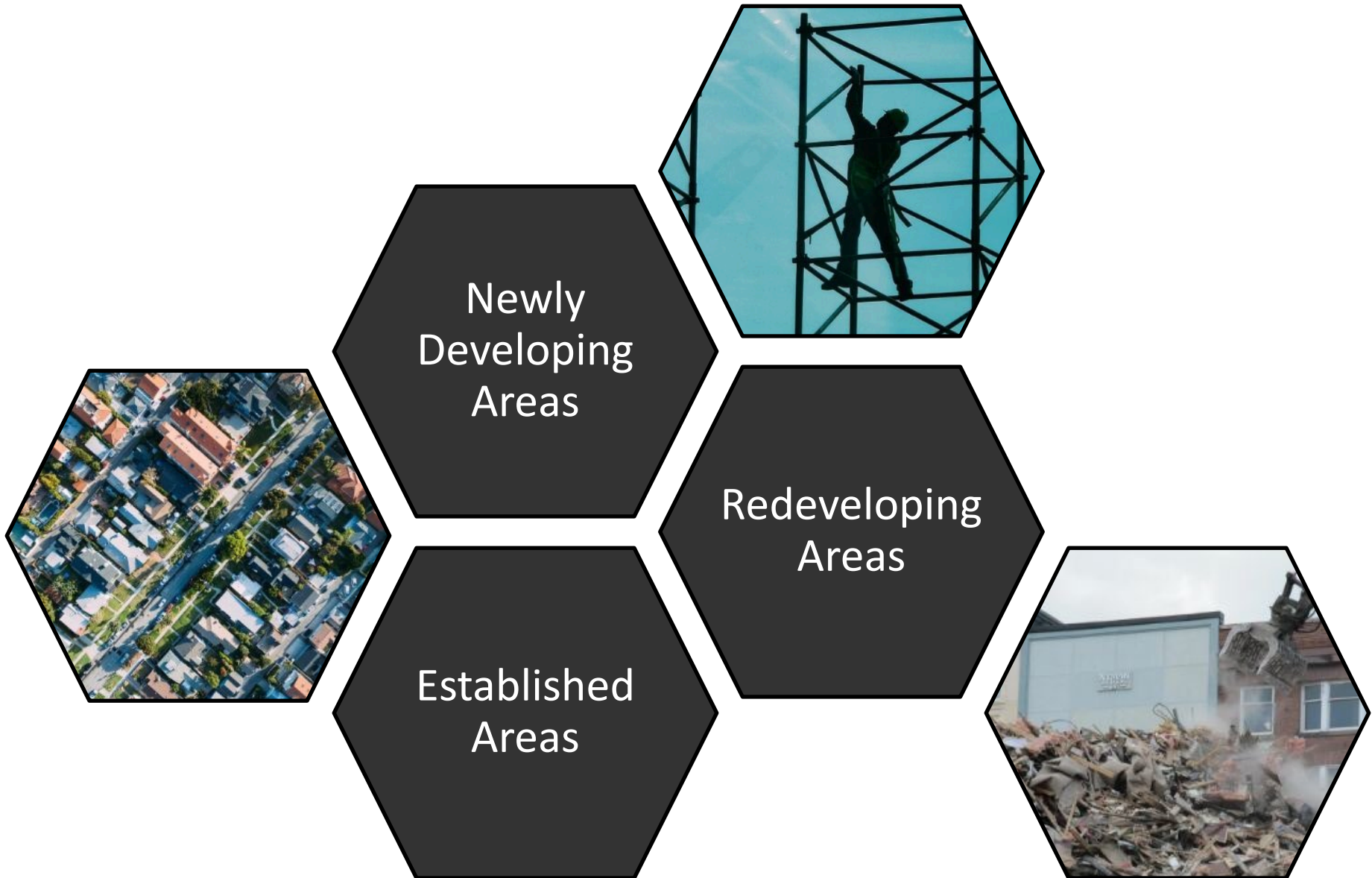


Rural Areas





# 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.



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.

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Institutions like schools can promote active living partnerships by implementing fitness loops.



Transverse rumble strips placed before intersections can help improve pedestrian safety in high speed areas.



Farmers markets promote sustainability and encourage healthy eating.



Partnerships with local convenience stores, in the form of nutrition coalitions, can improve food accessibility and health.



Exercise programs in partnership with community centers, churches, and other places can promote health and wellness.



Physical education in schools can be used to improve active living while at and away from school.

## Active Living Interventions - Suburban Communities

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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.

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Sidewalk safety features like this guardrail can increase sidewalk use by making pedestrians feel safer.



Dense shopping districts can reduce driving to multiple places and encourage walking.



Commercial areas adjacent to residential areas can make them more accessible.



Playgrounds that cater to a variety of mobility levels increase accessibility and use.



Removing or reducing parking minimums can promote active living.



Communal programs for activities like group yoga promote active living for neighborhoods.



Joint use programs between schools and the public can create active living opportunities.



Play Streets promote physical activity, play, and socialization for children in a safe environment.



Activity loops and paths in plazas create multi-use spaces for shopping and fitness.



Community sponsored wellness events can provide education about how to live actively every day.

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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.

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Pedestrian scrambles and other similar features increase pedestrian safety and support active living.



Way-finding signs can improve navigability and encourage people to walk and discover new places.



Pathway lighting can enhance a sense of safety and usability, encouraging outdoor activity.



Outdoor fitness equipment in parks can promote active living where gyms may not be available.



Tree canopies and others shade covers can improve temperature conditions while outside.



Closing streets from traffic for dining, play and socializing can promote active living.



Schools can implement joint use policies for programs like open gym to increase communal active living.



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Programs like weekly walking events during lunch hours promote active living.



Adult recreational leagues bring neighbors together while participating in active living.

# 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

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# 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 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.

### Active Living Interventions

With consideration for land use, transportation, design, and programming/events identify policies, programs, and projects that may be needed to improve physical activity and promote safe active living environments. Use your handouts as a cheat sheet and come up with your own ideas. Mark up your map and write down your ideas!

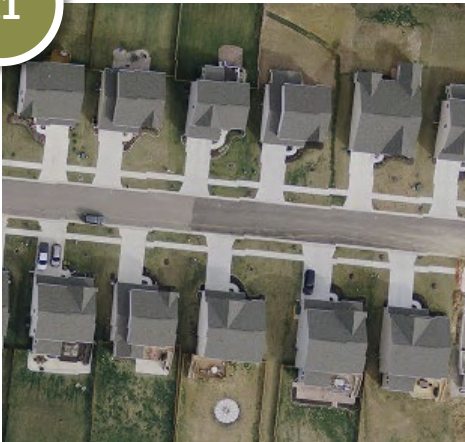
Active Living Interventions	Policies	Programs	Projects
Land Use			
Transportation			
Design			
Programming/Events			

# Active Living Evaluation & Exploration

## Land Use Scan

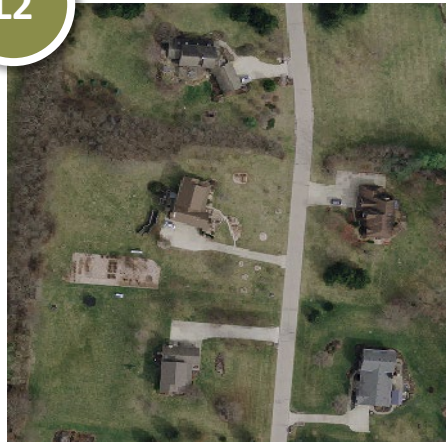
- Identify residential areas
  - Note how dense the housing is.
  - Note the type of housing you observe: single family, multi-family, or both.

L1



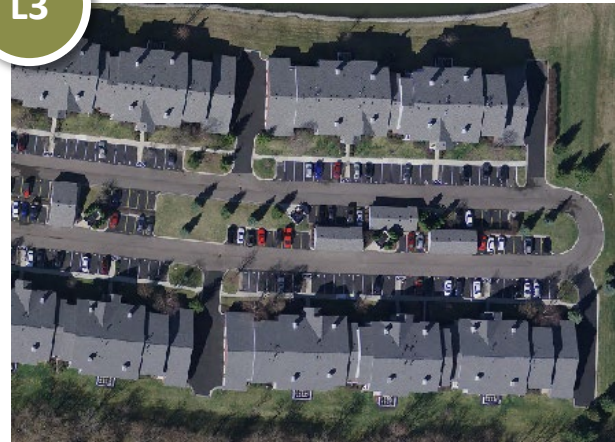
*Denser Housing Development*

L2



*Sparser Housing Development*

L3



*Multifamily Housing Development*



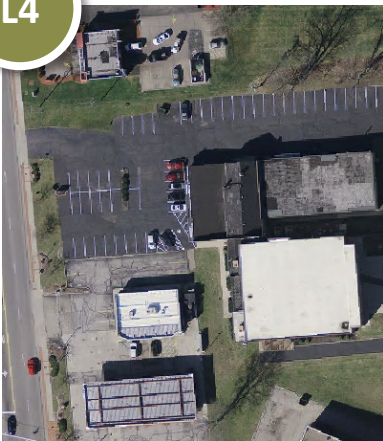


# Active Living Evaluation & Exploration

## Land Use Scan

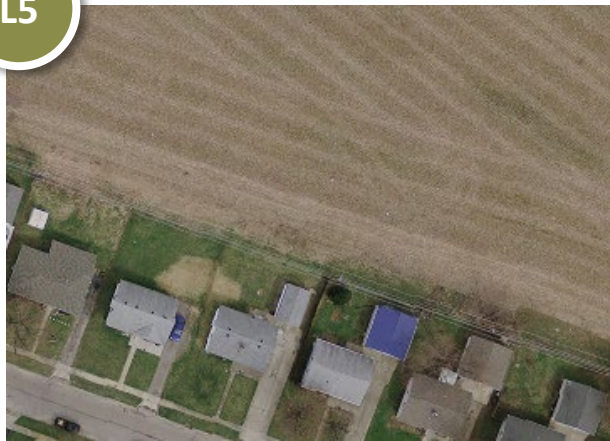
- Circle non-residential areas
  - Note how prevalent non-residential areas are.
  - Note the kind of areas you observe: commercial, industrial, agricultural, etc.
  - Note how they are oriented to the residential areas.

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



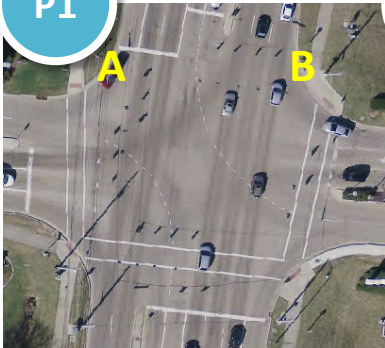
*Diverse Land Use – Commercial, Open Space, Agriculture, and Multifamily Residential are Present*

# Active Living Evaluation & Exploration

## Pedestrian Friendly Environment Scan

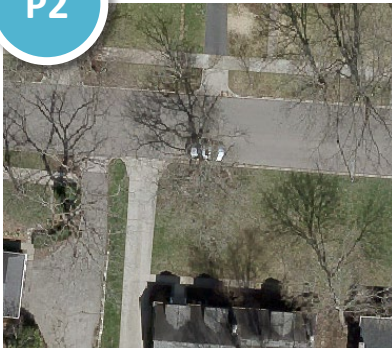
- Look at the pedestrian environment
  - Note if sidewalks are present. Fill in any gaps.
  - Note how the parking lots are oriented. Identify if this is a pedestrian or vehicle oriented environment.
  - Note if you think this is a place where pedestrians would feel welcome.

P1



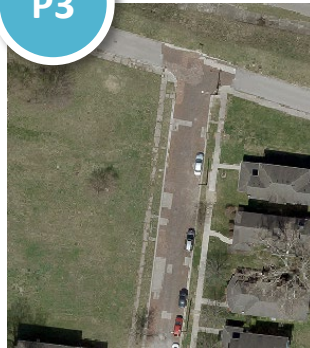
*Pedestrian Facilities Present, but Not Ideal. Must Cross 3 Streets to Get From A to B.*

P2

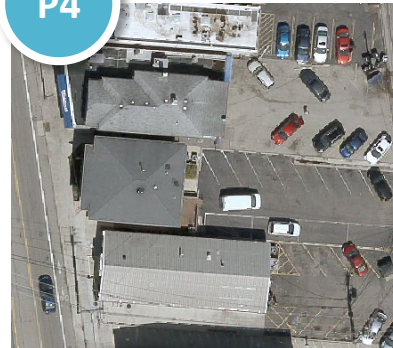


*Sidewalk Gaps and Low Quality Sidewalks*

P3

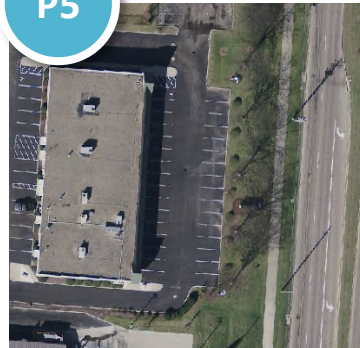


P4



*Building Oriented to Street/Sidewalk*

P5



*Building Oriented to Parking Lot*

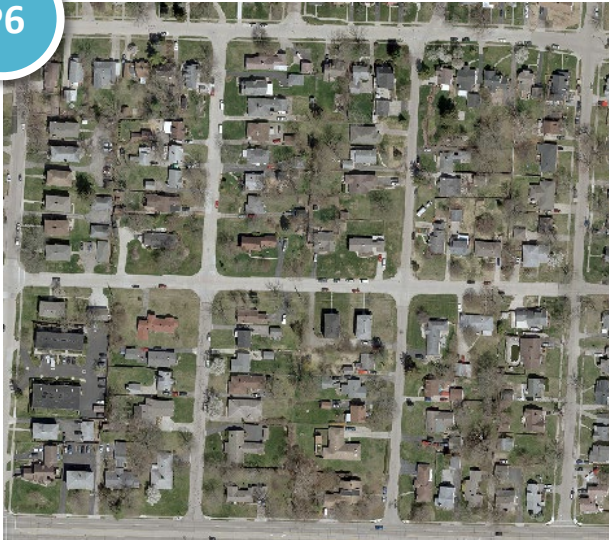


# Active Living Evaluation & Exploration

## 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?

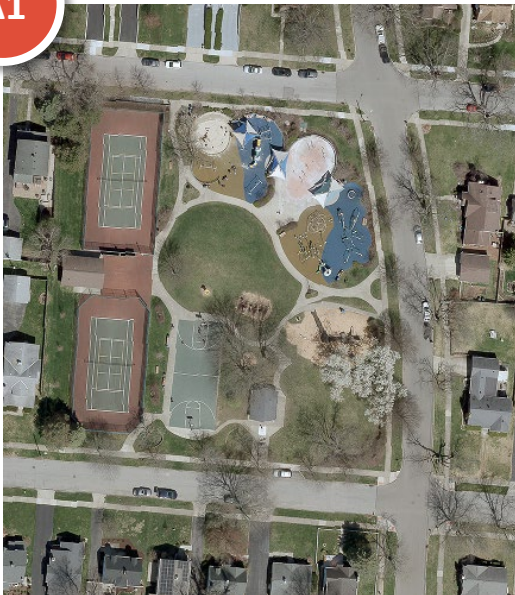


# Active Living Evaluation & Exploration

## Activity Infrastructure Scan

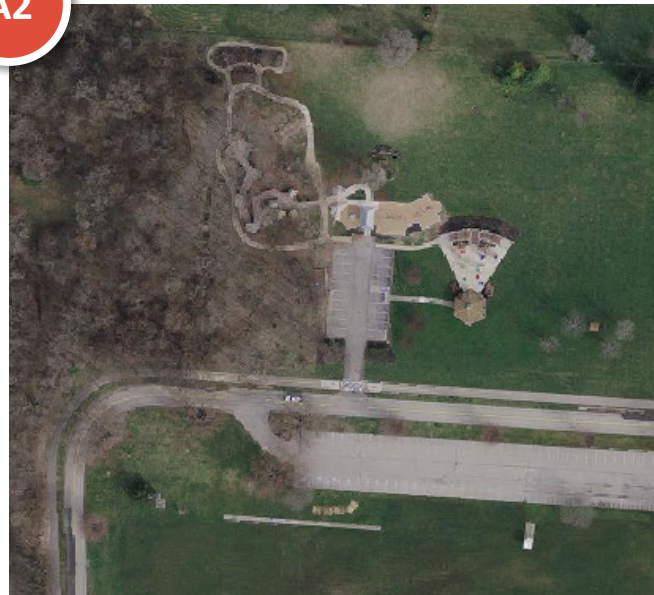
- Circle recreational areas
  - Note how they are oriented to residential areas.
  - Note if walking/biking to these locations is reasonable.

A1



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

A2



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

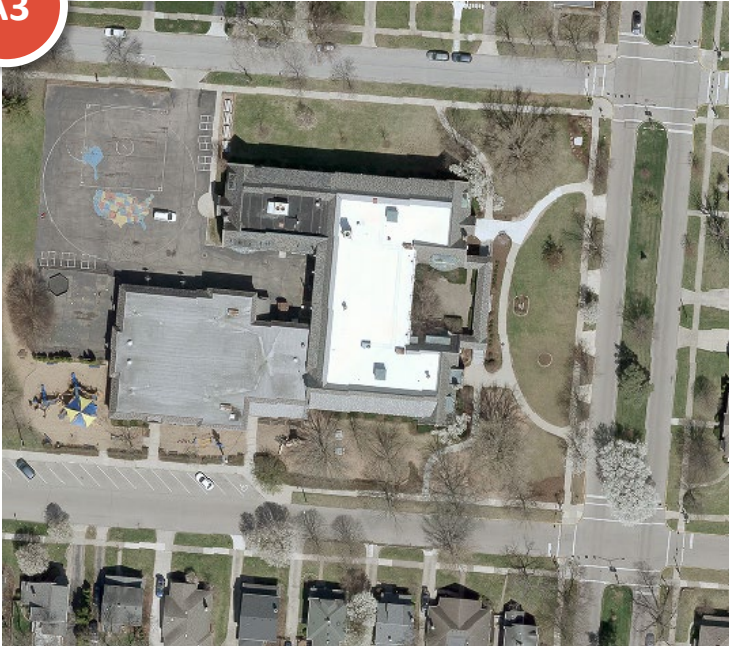


# Active Living Evaluation & Exploration

## 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*

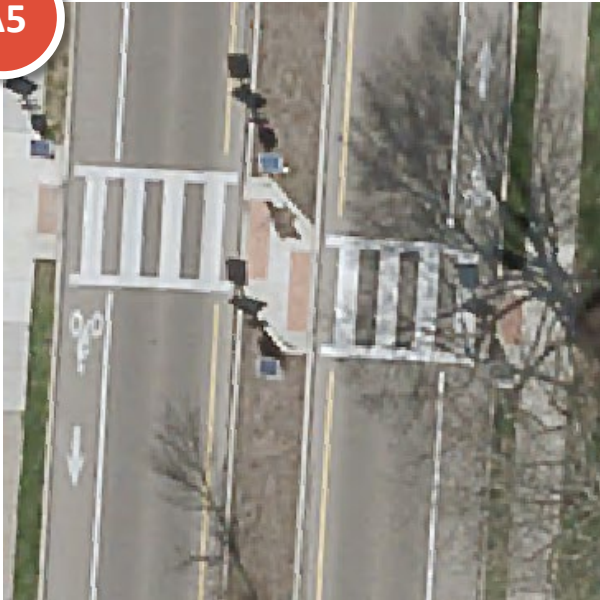


# Active Living Evaluation & Exploration

## Activity Infrastructure Scan

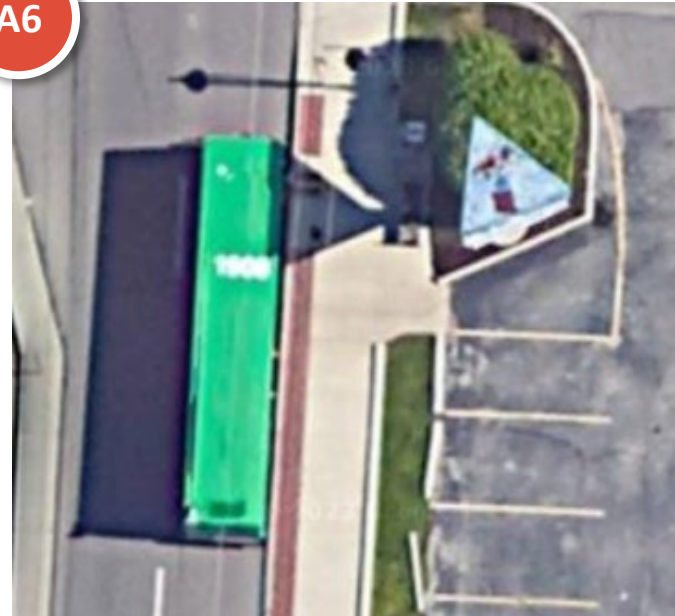
- Look for multimodal transportation options
  - Highlight bicycle and pedestrian facilities.
  - Highlight transit routes or facilities.

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!







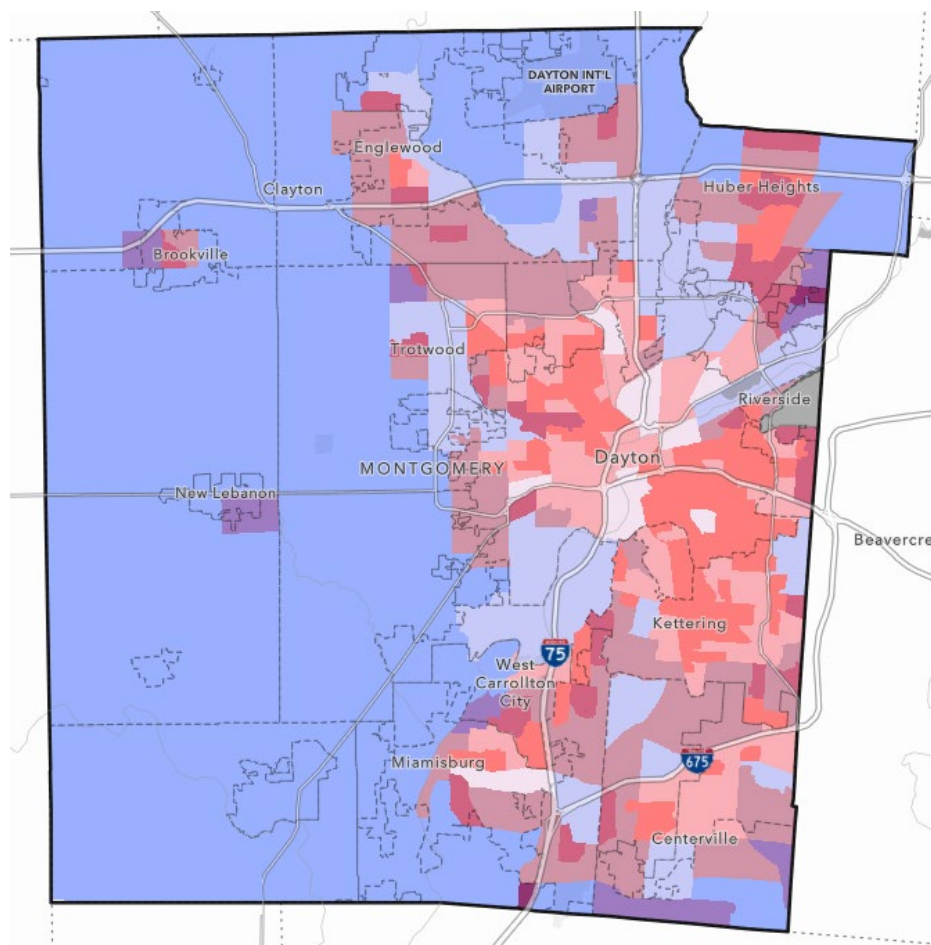
# Active Living Evaluation & Exploration

## ***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 Montgomery 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](http://www.mvrpc.org/regional-planning/plan4health-miami-valley)

1.5 AICP CM Credits Available (Event #9279161)

