

Active Living Workshop Summary

The Active Living workshop was held on March 2, 2023 at the Montgomery County Business Solutions Center. This event, the second in a series of PLAN4Health – Miami Valley workshops, brought planners and public health professionals together to discuss the impacts that planning has on health. MVRPC staff presented findings from the PLAN4Health – Miami Valley Built Environment Assessment and discussed the topic of active living. Workshop participants used online polling and small groups to discuss ideas on how to remove barriers to active living, and identified strategies to advance active living in communities throughout the Miami Valley. Below are the outcomes of the workshop.

I. Warm up Activity (Online Polling)

Polling question: What comes to mind when you hear the phrase “active living”?



Polling question: What barriers prevent people from being active?

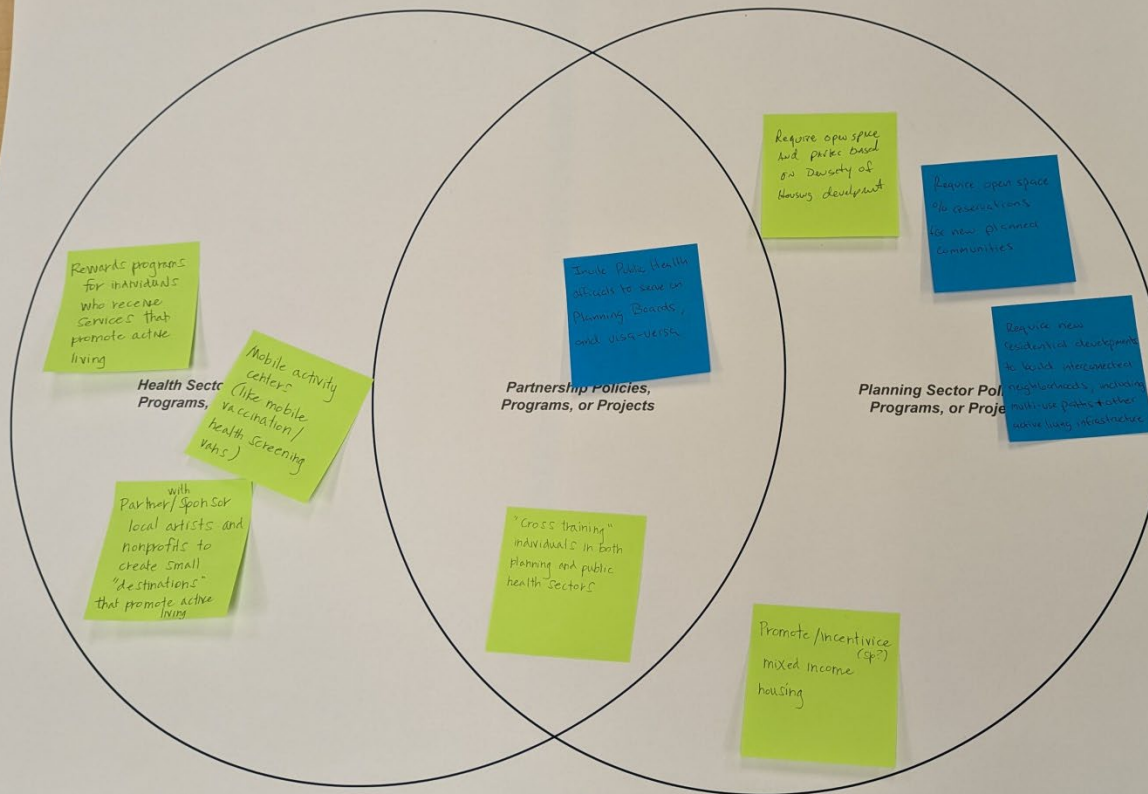


Blue post-it notes were authored by planners and green post-it notes were authored by public health professionals. A summary of the ideas generated during the small group discussion can be found at the end of this document. Once ideas were written on the post-it notes, participants placed their post-it notes on the Venn diagram worksheet to indicate whether they are for Health Sector, Planning Sector, or Partnership opportunities.

Active Living Workshop - Small Group Discussion Worksheet

Use your post-it notes to recommend any strategies or ideas that could remove barriers and/or improve active living. These can be existing activities or things that can be done in the future. Please feel free to move the ideas between health, planning, and partnership opportunities.

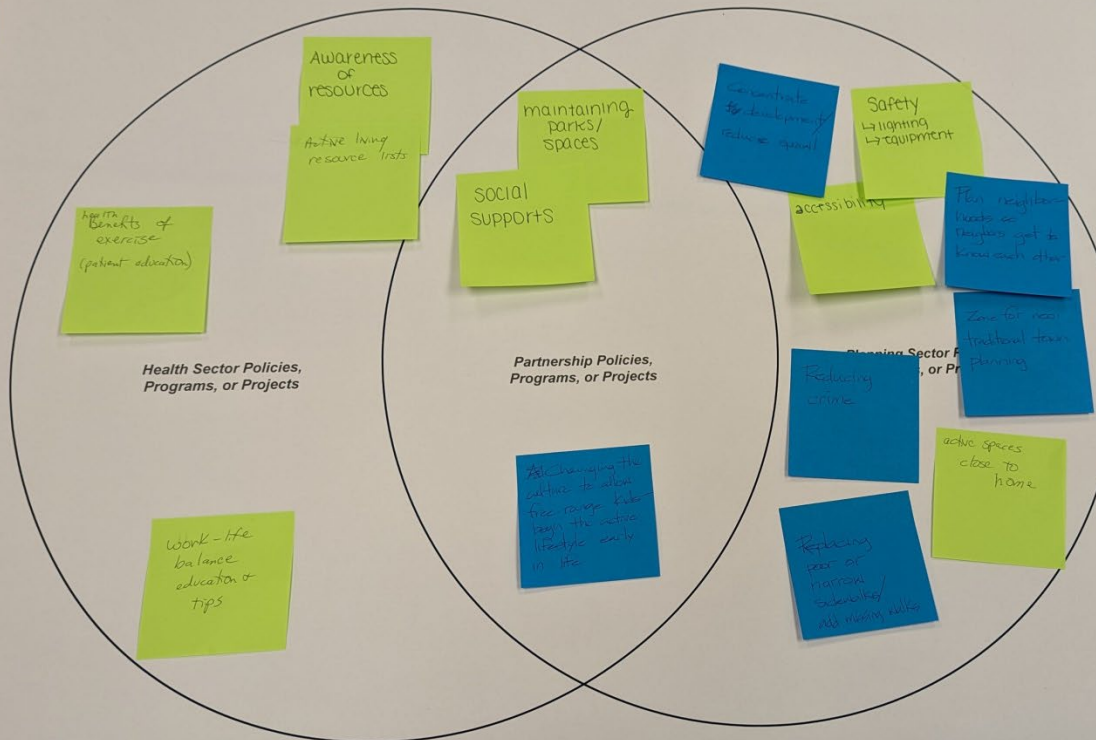
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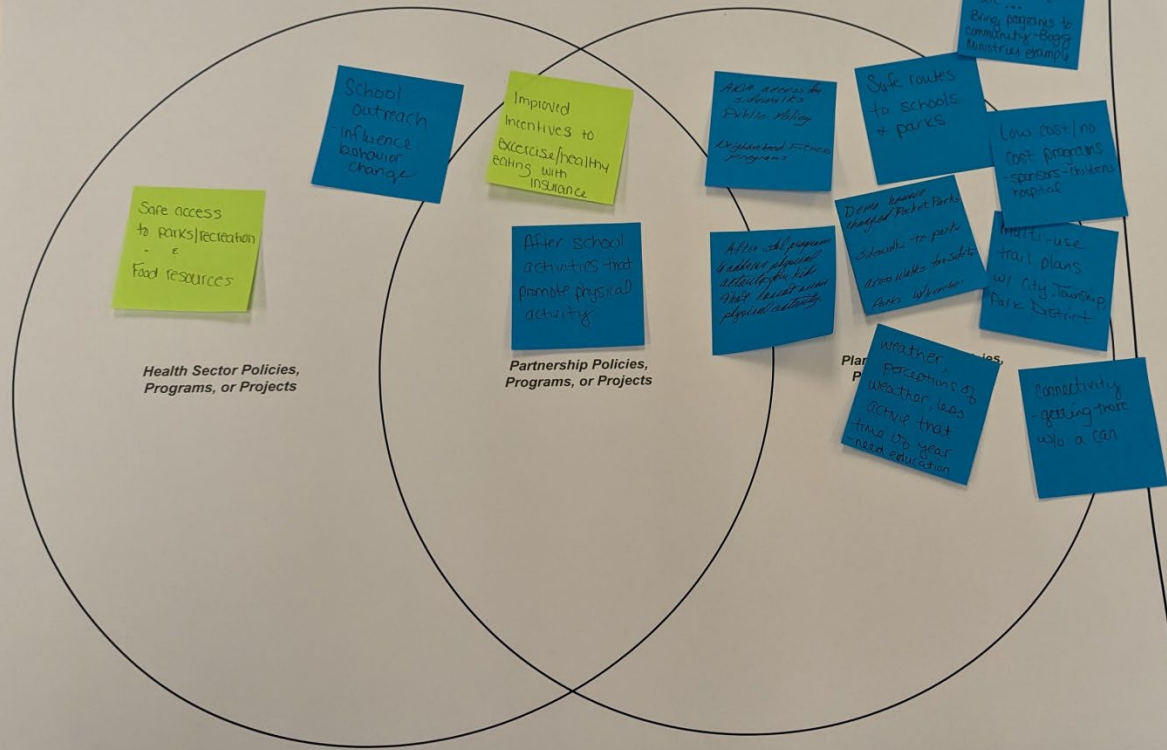


- trails connecting locations
- social activities for the community
- exercise groups
 - connection to people
- family-friendly
- exercise stations at parks
- Multi-use trails linked to population centers & trail heads
- Offering education classes local public spaces
- Joining gardens

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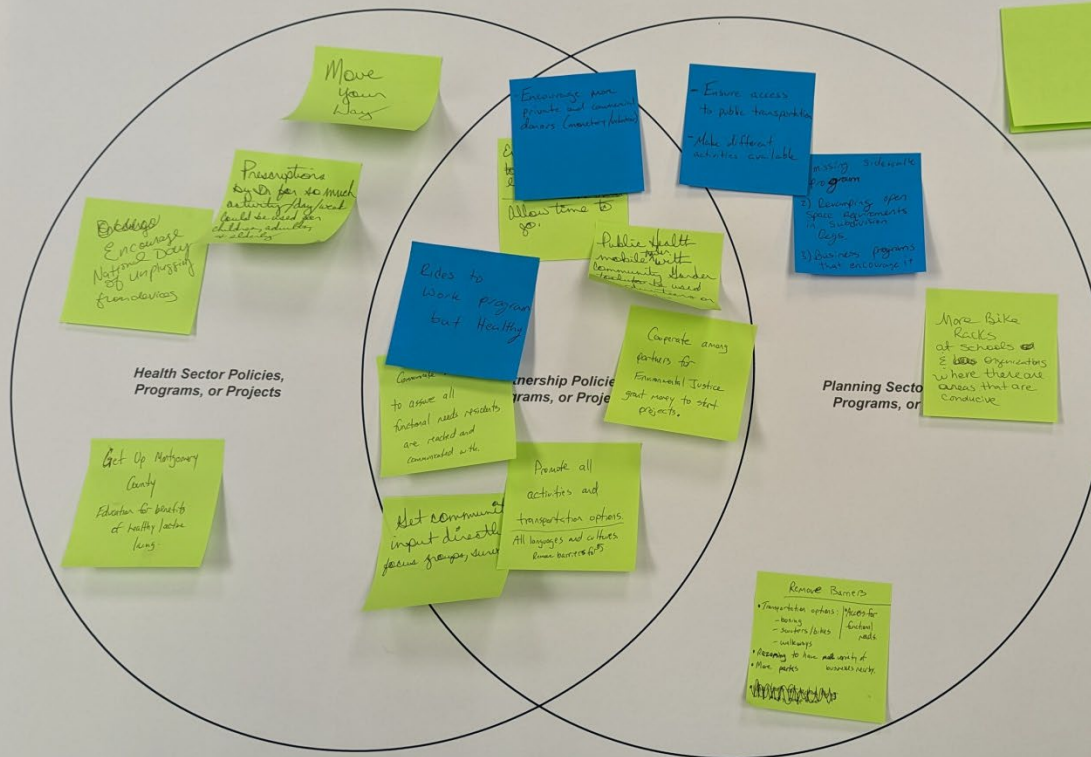
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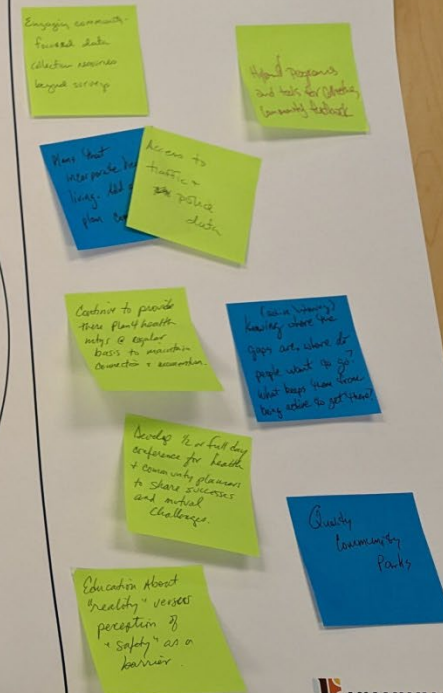
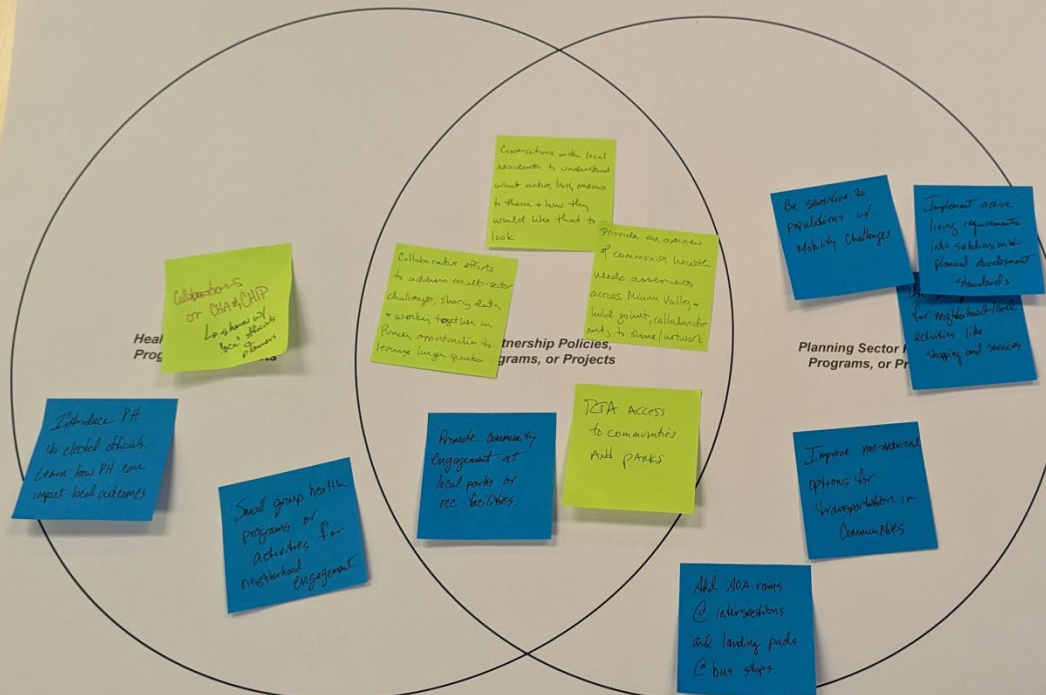


- Getting community input
- Prescriptions for active living
- Missing sidewalk program
- Open space in subdivisions
- Programs to promote active living
 - Move Your Way
 - Get up Montgomery County
- Incentives from employers for active living
 - Comp time, money in USA, etc.
- Reaching out to functional needs, those with language barriers.

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Small Group Activity and Discussion Summary

Analyzing the content of the small group activity and discussion worksheets revealed some insights.

- Education was often mentioned as an important aspect of improving active living, especially amongst public health professionals
- Amongst planners, zoning, development standards, and code enforcement changes were common ideas to enhance active living environments
- One of the more common partnership ideas for both planners and public health professionals to collaborate on was designing and implementing more accessible options for populations with mobility challenges
- Collaboration in general was a theme throughout much of the activity and discussion. Cross sector training, CHA / CHIP collaboration, sharing duties, collaborating on grants, combined outreach efforts, and more, were all listed as potential collaborative efforts
- Other ideas that were frequently listed included:
 - Safety / quality improvements (fixing old equipment, installing more streetlights, etc.)
 - Programs that encourage active living (after school programs, neighborhood programs, Get Up Montgomery County, etc.)
 - Encouraging alternative active commute methods
 - Incentivizing employers to reward and encourage employees' active living
 - Listening to public about what could be built / implemented to best encourage active living in their community

Ideas for active living tools and resources were also gathered in the small group activity. These tools and resources are avenues through which active living can be improved / implemented. Some of the ideas are listed below.

- Zoning, programs, incentives, community input, parks & trails, community activities, exercise groups & facilities, community engagement, data platforms & data sharing, policies, plan documents, and more.