



PLAN4Health
Miami Valley

Let's Get Physical! An Active Living Evaluation and Exploration Workshop

2023 Miami Valley Planning and Zoning Workshop
December 1, 2023





MIAMI VALLEY

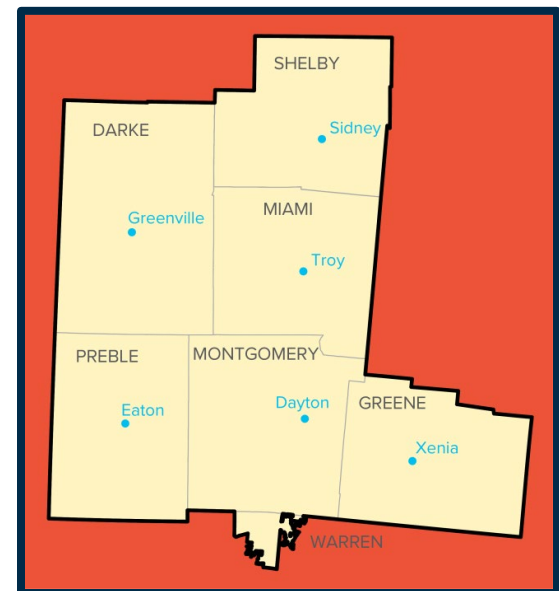
Regional Planning Commission

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

Major Areas of Concentration

- Transportation Planning
- Land Use Planning
- Environmental Planning
- Geographic Information System





MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together



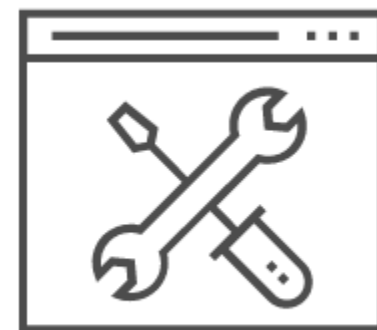
Big Ideas



**Best Practices
Identification**



**Cross
Jurisdictional
Issues**



**Technical
Capacity &
Expertise**

Agenda

Increase awareness about the connection between our built environments, physical activity, and health

Learn how to evaluate communities for active living assets and deficiencies

Explore best practices to improve conditions for active living



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

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





PLAN4Health Miami Valley

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



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

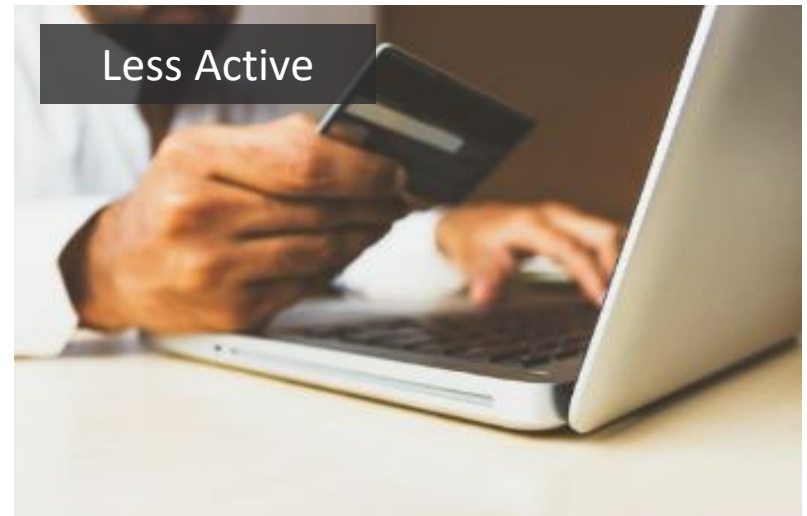


Shopping

More Active



Less Active

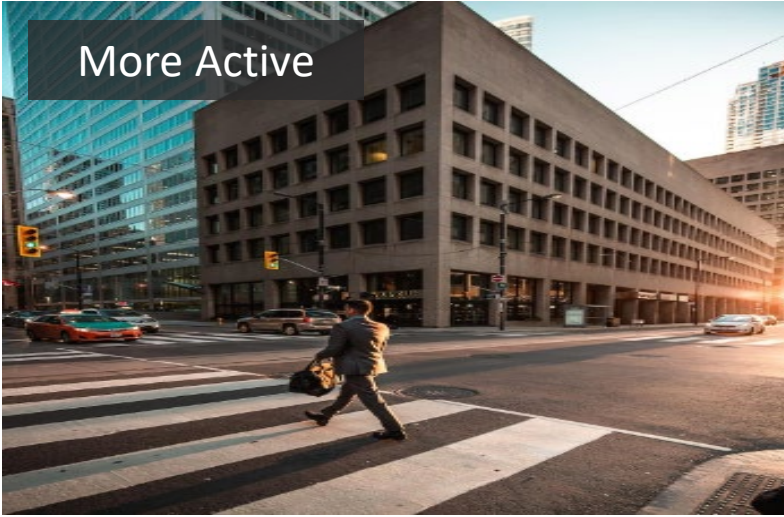


Incorporating Activity into Daily Routines

Environmental Conditions

Work

More Active

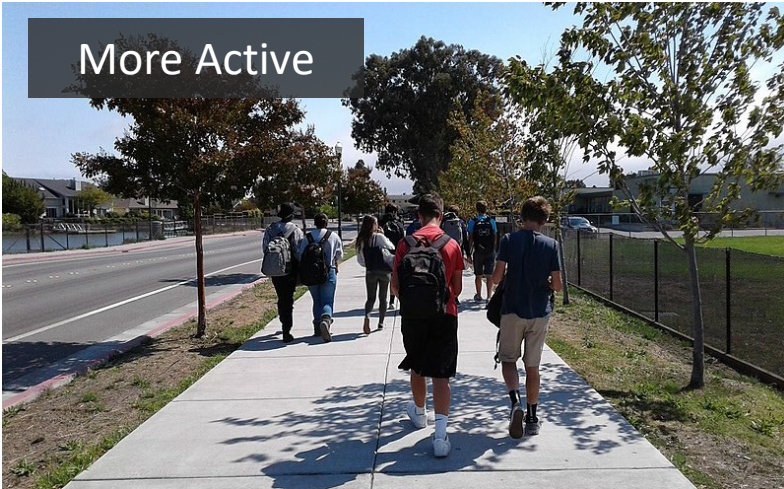


Less Active



School

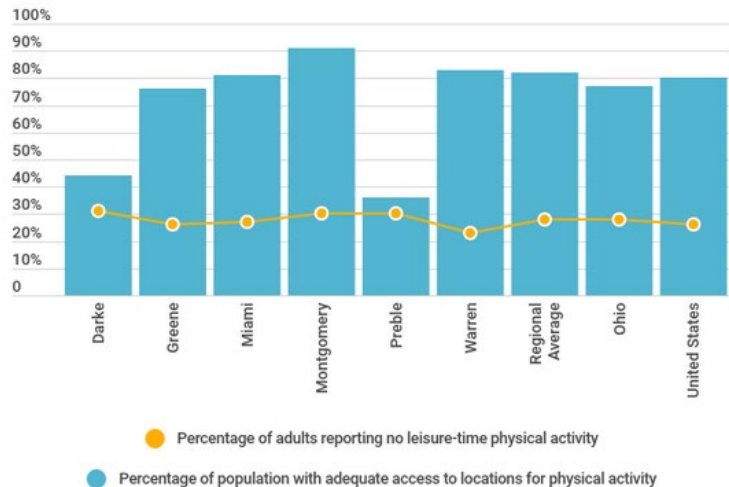
More Active



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

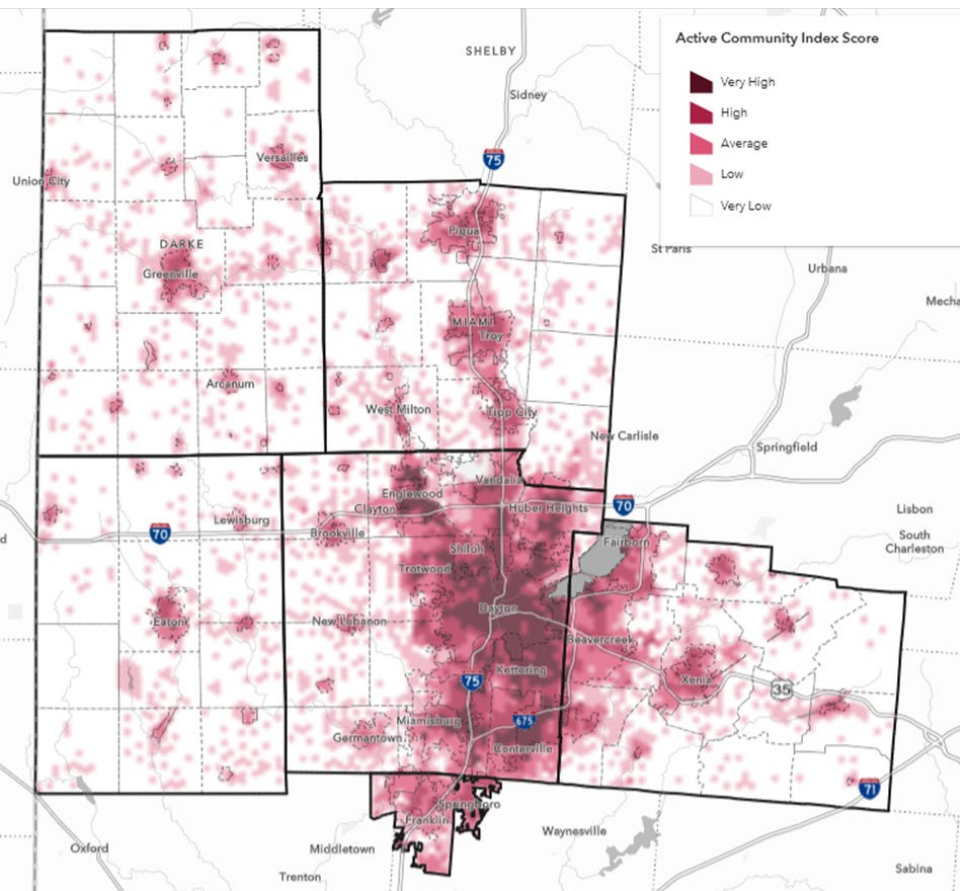
PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published 2022

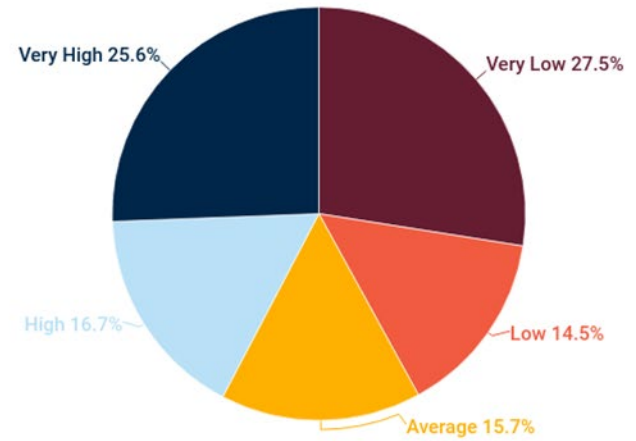


[CLICK HERE TO VIEW BUILT ENVIRONMENT ASSESSMENT](#)

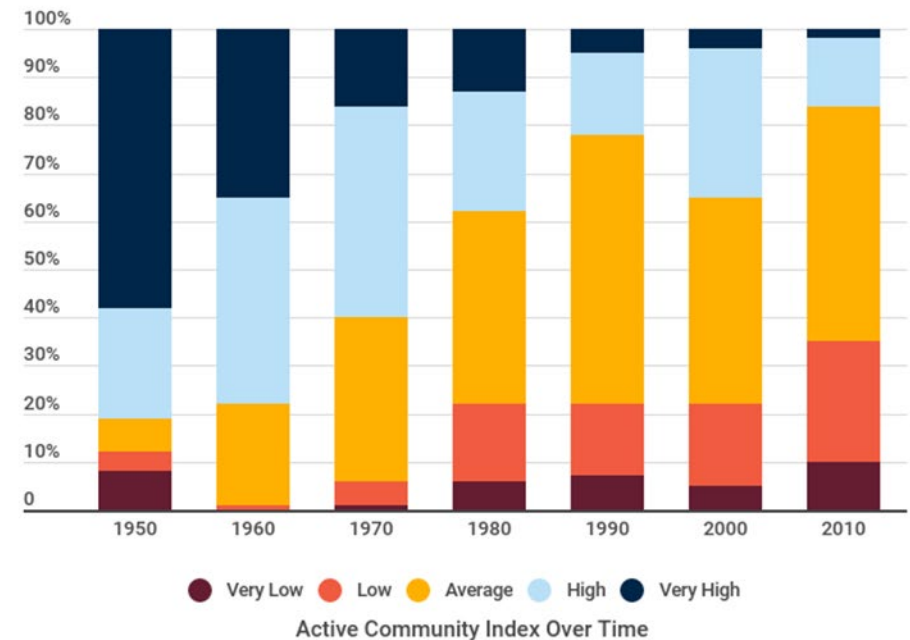
Active Community Index Composite Map



Active Community Index for the Total Population



Active Community Index Trends: 1950-2010





Planning for Active Living Communities



Our development choices are essential to advance active living



Active Living Interventions May Include...

Policies



Projects




Programs



Active Living Strategies Can Be Deployed In...



Urban Areas




Suburban Areas



Rural Areas

Active Living Measures Can Be Implemented In...



Newly
Developing
Areas



Redeveloping
Areas

Established
Areas



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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Centrally located parks in dense areas can provide play and socialization spaces for residents.



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

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.



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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Changes to sidewalks, such as medians, can improve pedestrian and car safety, encouraging walking.



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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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.

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Bulb outs and other traffic calming measures improve safety for pedestrians.



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

Active Living Workshops

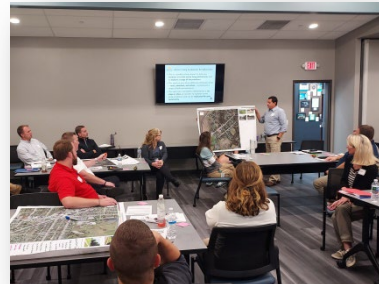
Regional Active Living Workshop (March 2023)



Greene County Workshop (August 2023)



Miami County Workshop (October 2023)



Montgomery County Workshop (November 2023)



Miami Valley P&Z Session (December 2023)

Condensed adaptation of county workshops

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 can be **replicated for your community** to improve neighborhood conditions for active living.



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

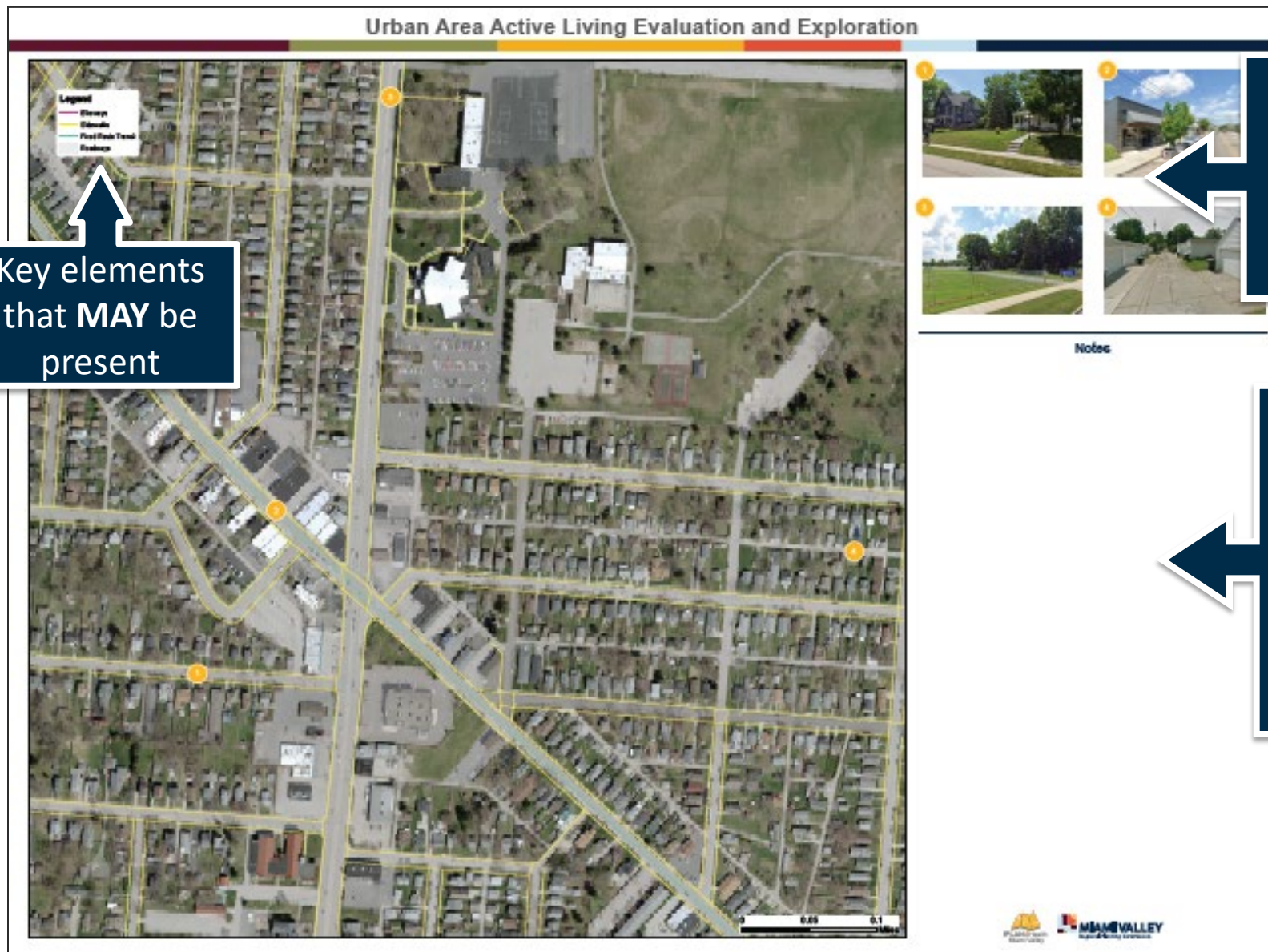


Transit Intensity
and Accessibility



Bikeway Intensity
and Accessibility

Active Living Evaluation & Exploration



Key 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			

Where Do We Need Active Living Improvements?

Built Environment Assessment

PLAN4Health - Miami Valley Initiative

County Data Viewer

Miami Valley Regional Planning Commission | Published October 25, 2022

Select a county below to explore more information about its built environment



Darke



Greene



Miami



Montgomery



Preble



Northern Warren

Features County Specific:

- Population Forecasts
- Active Community Index and Domains
- Active Community Index by Population Groups

Montgomery County

• [Total Population](#)

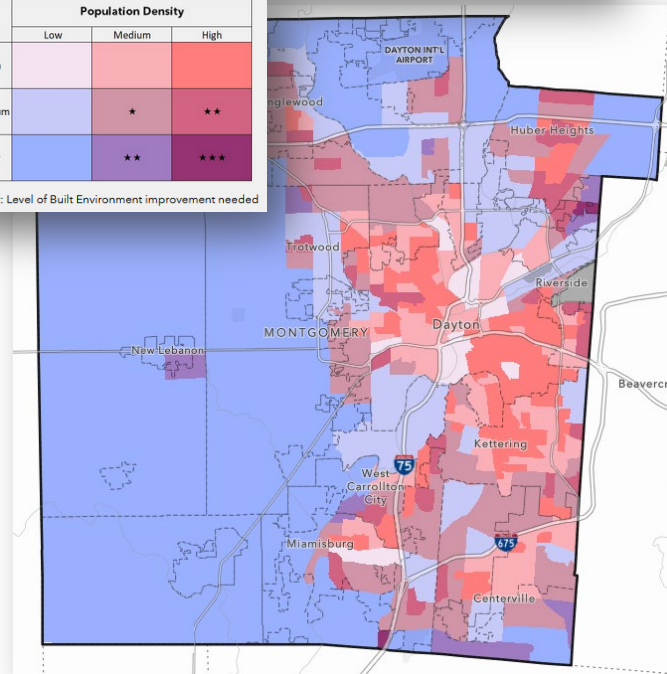
• [Older Adult Population](#)

• [Young Population](#)

• [Disabled Population](#)

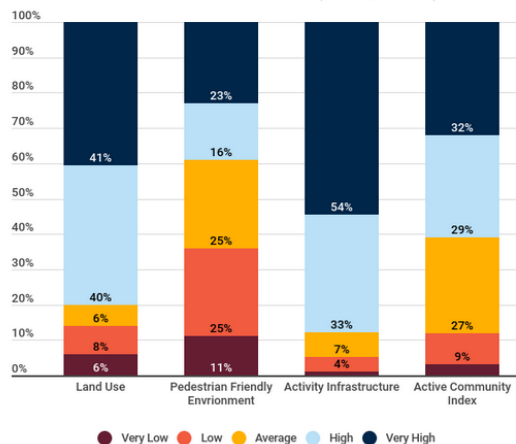
Map Legend	Active Community Index	Population Density		
		Low	Medium	High
	High			
	Medium		*	**
	Low		**	***

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



Montgomery County

Built Environment Assessment (Developed Area)



SCAN ME

Scan to see the
County Data Viewer

Is Your Community Ready to PLAN4Health?

We Can Help!





Background and Resources

Why Plan for Health?
Planning and health are intrinsically linked. Born out of the deplorable living conditions associated with the Industrial Revolution, the practice of planning originated with a public health focus. Today, health and safety are primary tenets of planning practice. Because planning is the means by which communities manage and modify their physical space, it shapes economic, social, and environmental conditions. Planning affects the environments in which people live, work, and play. These environments can impact health in a variety of ways. Through thoughtful planning the goal of a healthy community can be achieved.

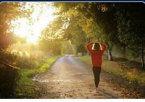








Place-Based Approach
Improved Health Outcomes throughout the Miami Valley
People Based Approach

Approaches to Achieving a Healthy Community


When it comes to improving health throughout the community, there are people-oriented solutions and place-based solutions. The people-oriented actions seem obvious - the food we eat, our physical activity level, or the medical care we receive - can influence our health outcomes. However, and equally as important, are place-oriented solutions. The way in which our communities are designed and the opportunities created in the places where we live, work, and play can all impact our health outcomes. Quality housing, safe transportation options, clean air and water, and access to economic opportunities are just a few examples of how place-based solutions can impact the community's health. The PLAN4Health - Miami Valley focuses on how we can use place-based actions to improve health outcomes throughout the Region.

Learn More
[American Planning Association PlaceHealth Project](#)
[Ohio Department of Health Creating Healthy Communities](#)
[Centers for Disease Control and Prevention Health in All Policies](#)
[Health Policy Institute of Ohio 2021 Health Value Dashboard](#)
[2022 County Health Rankings](#)

 <p>Health Environment Assessment PLAN4Health - Miami Valley Initiative</p> <p>Explore</p>	 <p>Economic Stability Explore additional information from the PLAN4Health - Miami Valley Health Environment Assessment.</p> <p>Explore</p>	 <p>Education Access and Quality Explore additional information from the PLAN4Health - Miami Valley Health Environment Assessment.</p> <p>Explore</p>
 <p>Social and Community Context Explore additional information from the PLAN4Health - Miami Valley Health Environment Assessment.</p> <p>Explore</p>	 <p>Health Care Access and Quality Explore additional information from the PLAN4Health - Miami Valley Health Environment Assessment.</p> <p>Explore</p>	 <p>Neighborhood and Built Environment Explore additional information from the PLAN4Health - Miami Valley Health Environment Assessment.</p> <p>Explore</p>



Health Environment Assessment Equity Analysis



Health Environment Assessment Equity Analysis by County

PLAN4Health - Miami Valley Workshops

A series of workshops are planned as part of the PLAN4Health - Miami Valley Initiative. Past workshop materials and future workshop notices will be shared here.

Workshop 1: Social Determinants of Health

Held Tuesday, May 17, 2022

[Agenda](#) | [Presentation](#) | [Workshop Summary](#)



Workshop 2: Active Living

Held Thursday, March 2, 2023

[Agenda](#) | [Presentation](#) | [Workshop Summary](#)

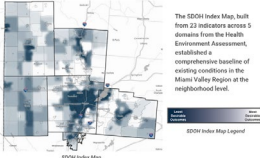


Health Environment Assessment Equity Analysis

August 2022

There are many things that impact how well and how long we live. Beyond medical care, our health and well-being are influenced by everything from education to the environments we live, work, and play in. Collectively, these factors are called Social Determinants of Health (SDOH). SDOH are defined as "conditions in the environments in which people are born, live, learn, work, play, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks."

The Health Environment Assessment, the first project of the PLAN4Health - Miami Valley Initiative, used a SDOH model to examine conditions related to social, behavioral, built, and planning environments in the Region.



The SDOH Index Map, built from 23 indicators across 5 domains from the Health Environment Assessment, established a comprehensive baseline of existing conditions in the Miami Valley Region at the neighborhood level.

SDOH Index Map Legend

Built Environment Assessment Equity Analysis

March 2023

The environments where we live, work, and play impact our health and well-being. Planning shapes our environment and planning for healthy communities is an effective way to achieve better health outcomes and promote quality of life.

Healthy communities are made up of more than just medical offices and hospitals. A healthy community is one "where all individuals have access to healthy built, social, economic, and natural environments that give them the opportunity to live to their fullest potential regardless of their race, ethnicity, gender, income, age, abilities, or other socially defined circumstances."


Creating communities where healthy choices are easy choices and the built environment is conducive to active living is a means by which planning can effectively impact the health and well-being of the Region's residents. 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 work or school.

The Built Environment Assessment, the second project from the PLAN4Health - Miami Valley Initiative, examined man-made physical environmental conditions for their ability to support active living. The Active Community Index (ACI) was developed for the purpose of establishing a comprehensive baseline of how amenable to active living the built environment is to active living. As such, the ACI incorporates three (3) domains that influence active living: Land Use; Pedestrian-Friendly Environment; and Active Infrastructure.



Open Data

As each PLAN4Health - Miami Valley project is completed, the underlying data used will be made publicly available. The data will be hosted on the MVRPC Geo-Spark page, which serves as a hub for publicly accessible data for the Miami Valley Region. Click the icon on the right, or [here](#), to see what data is currently available from the PLAN4Health - Miami Valley Initiative.



Health

Housing Mobility and Accessibility Assessment

Cross-Examination of Household Income and Housing Costs

Miami Valley Regional Planning Commission | Published March 24, 2023



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