PLAN4Health
Miami Valley

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

2023 Miami Valley Planning and Zoning Workshop
December 1, 2023

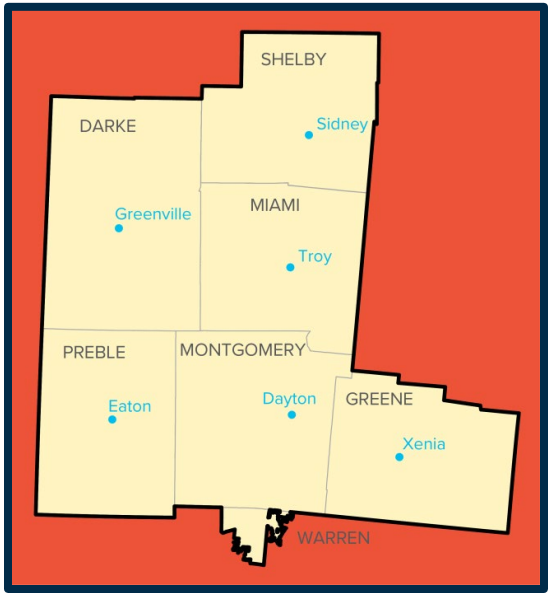
MIAMI VALLEY
Regional Planning Commission

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



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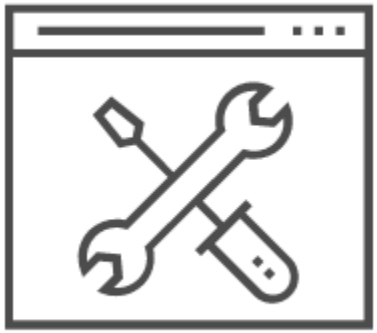
Big Ideas

Best Practices Identification

Cross Jurisdictional Issues



Technical Capacity & Expertise

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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.

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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.

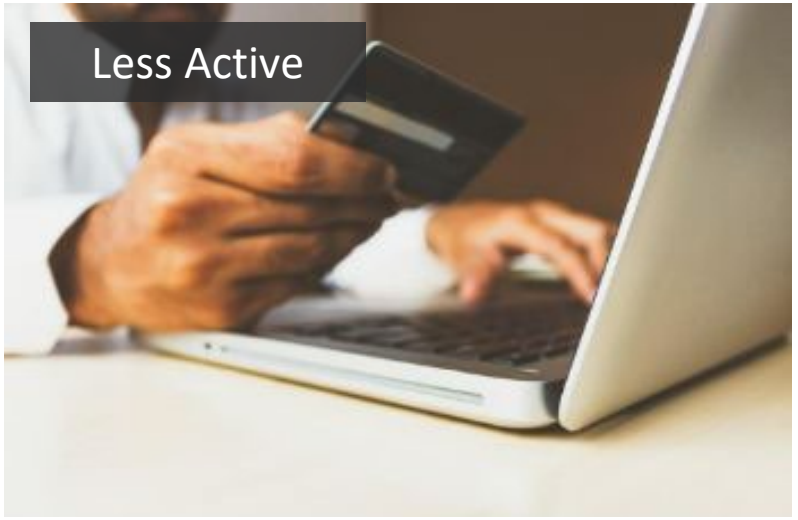
Active living is a way of life that integrates physical activity into everyday routines, such as walking to the store or biking to school or work.

Incorporating Activity into Daily Routines

Personal Activities

Chores

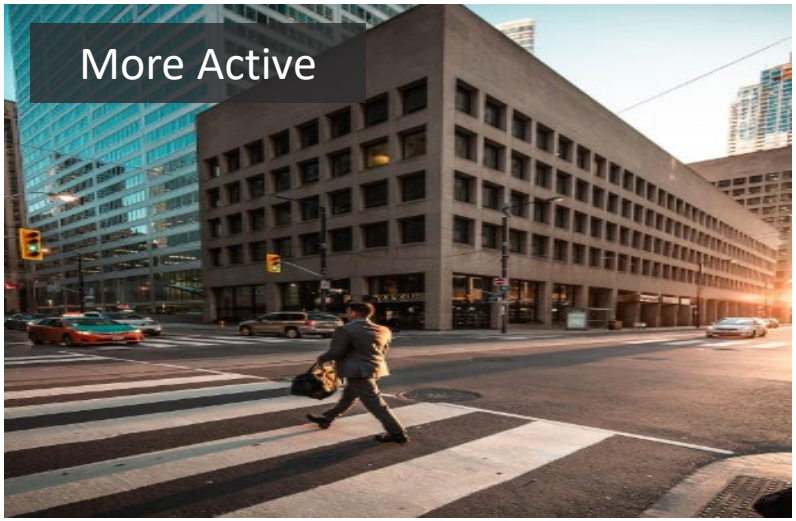
Shopping



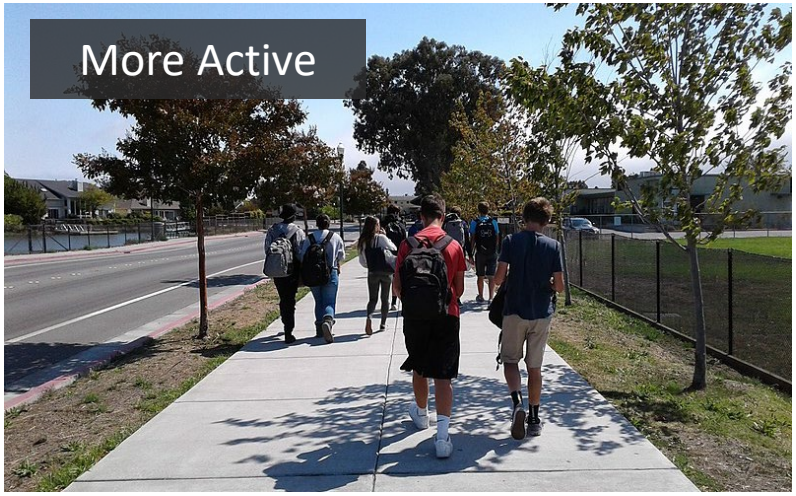
Incorporating Activity into Daily Routines

Environmental Conditions

Work



School



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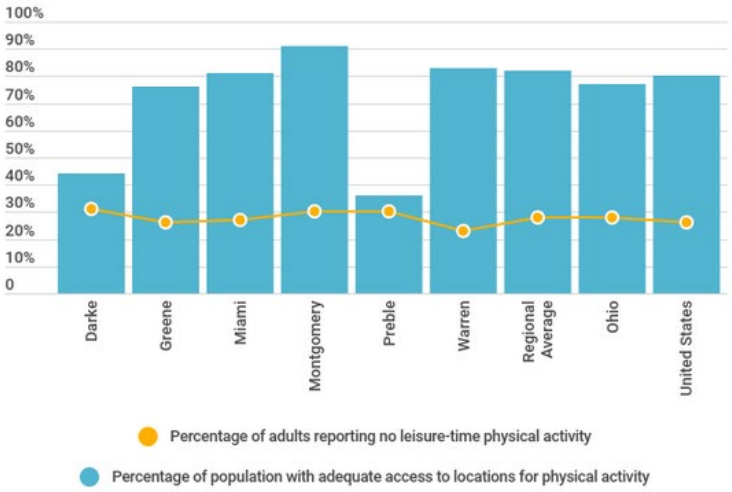
Physical Inactivity



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

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CLICK HERE TO VIEW BUILT ENVIRONMENT ASSESSMENT

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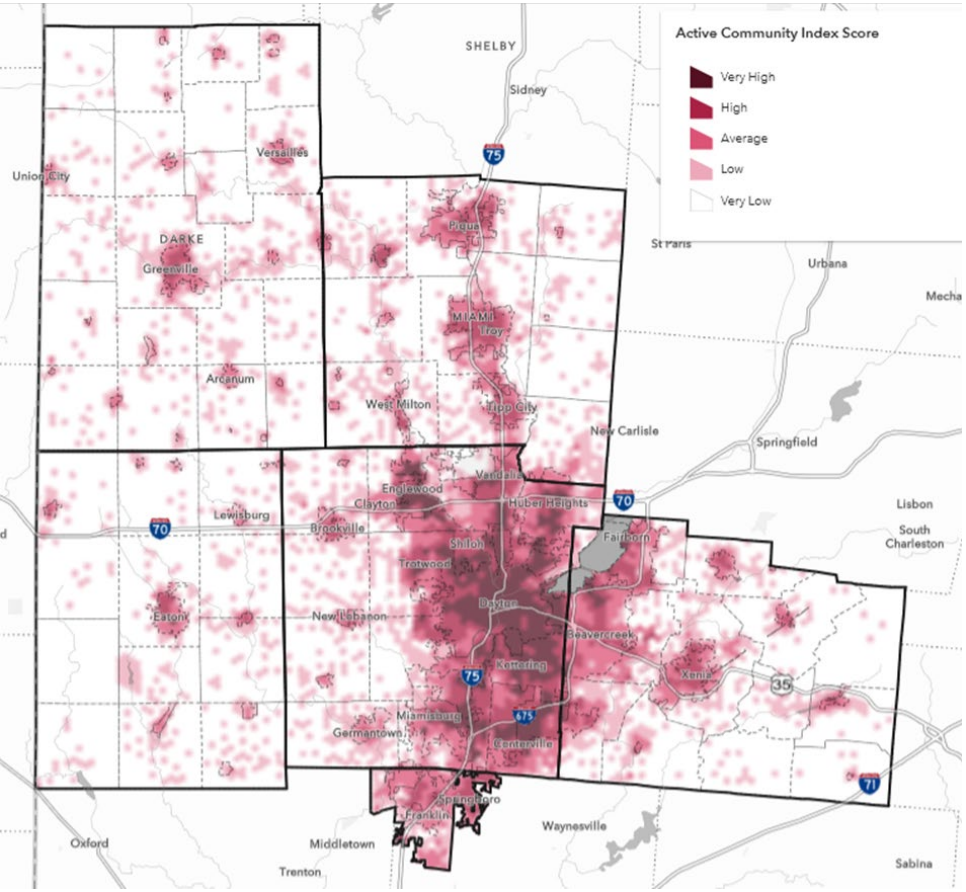
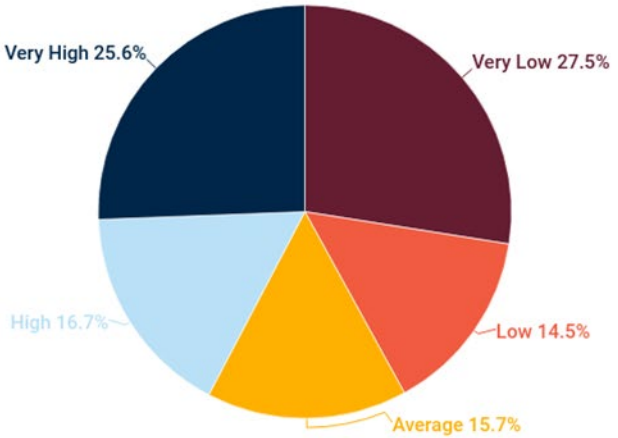
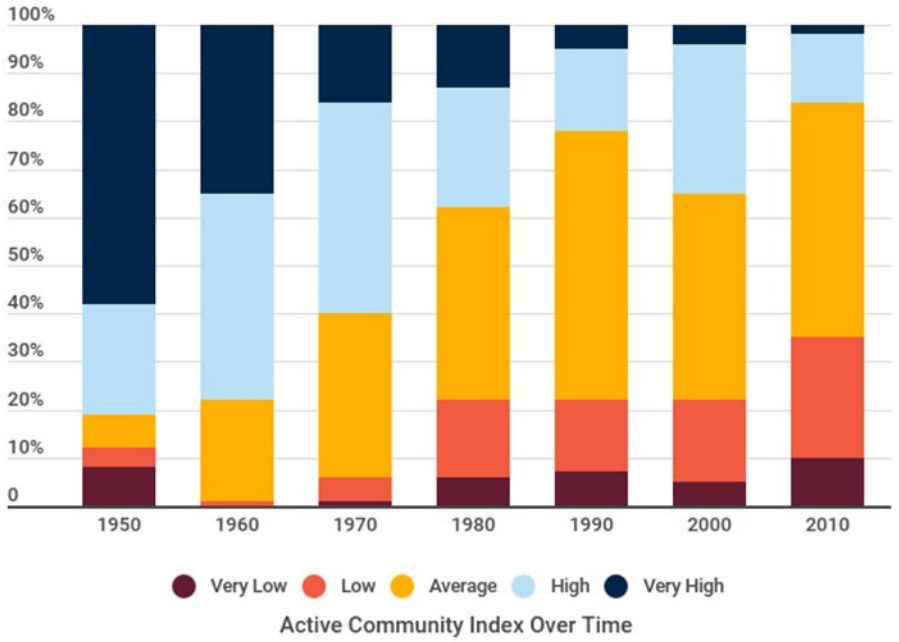
Active Community Index Composite Map



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…

Land Use

Transportation

Design

Programming & Events

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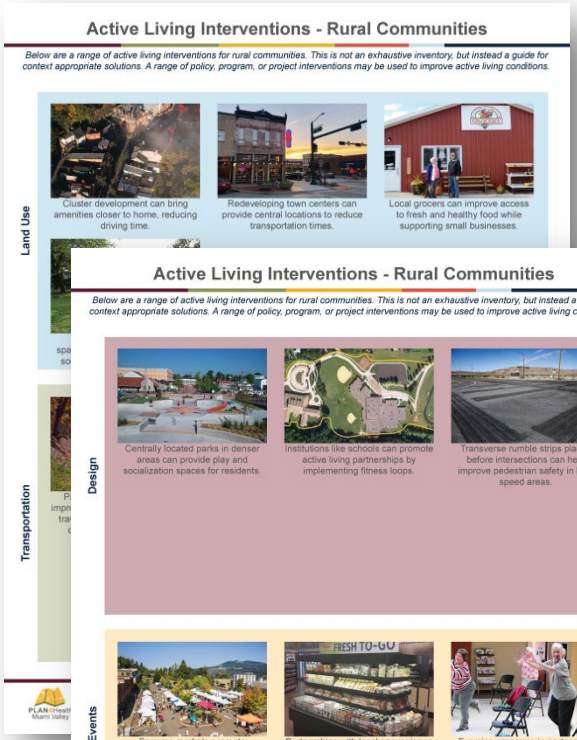
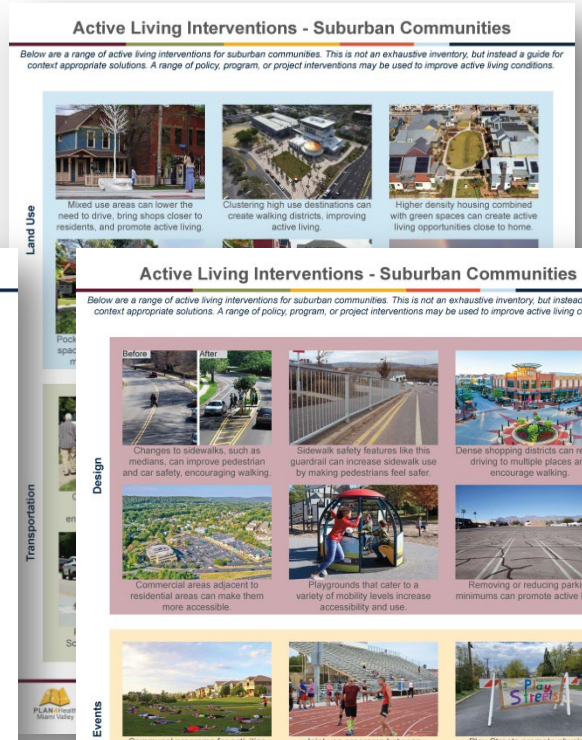
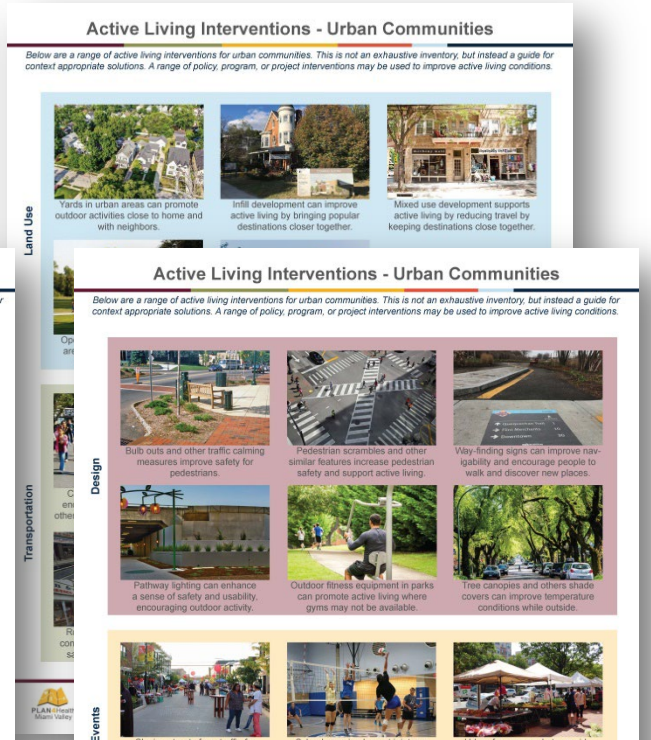
Active Living Interventions







Active Living Interventions Showcase Handouts

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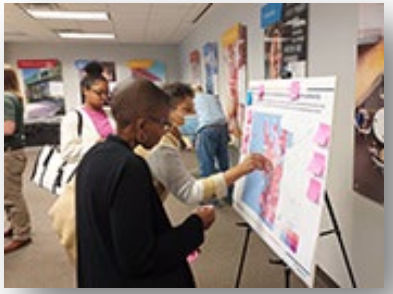
Active Living Workshops

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

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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.

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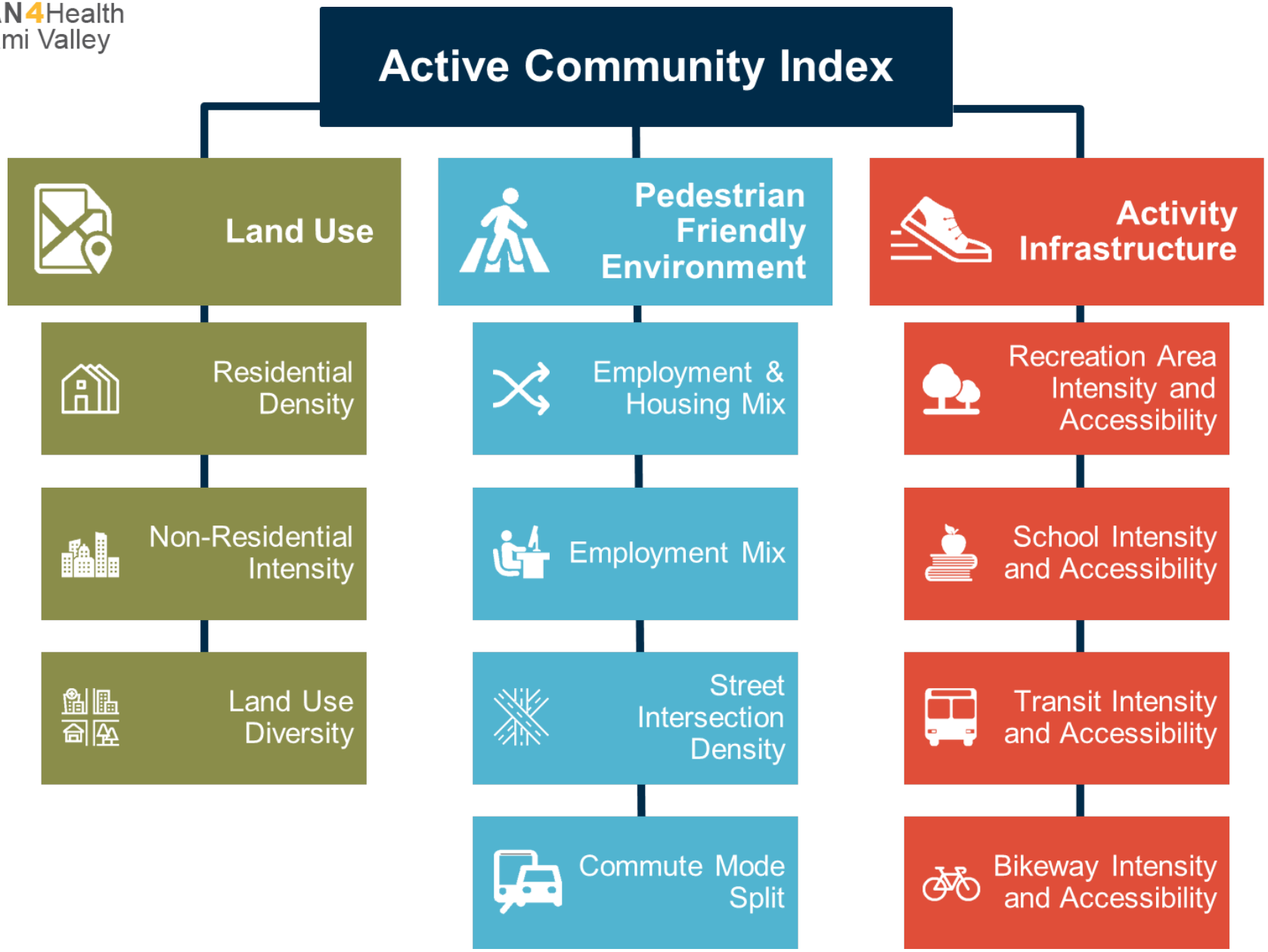
Active Community Index



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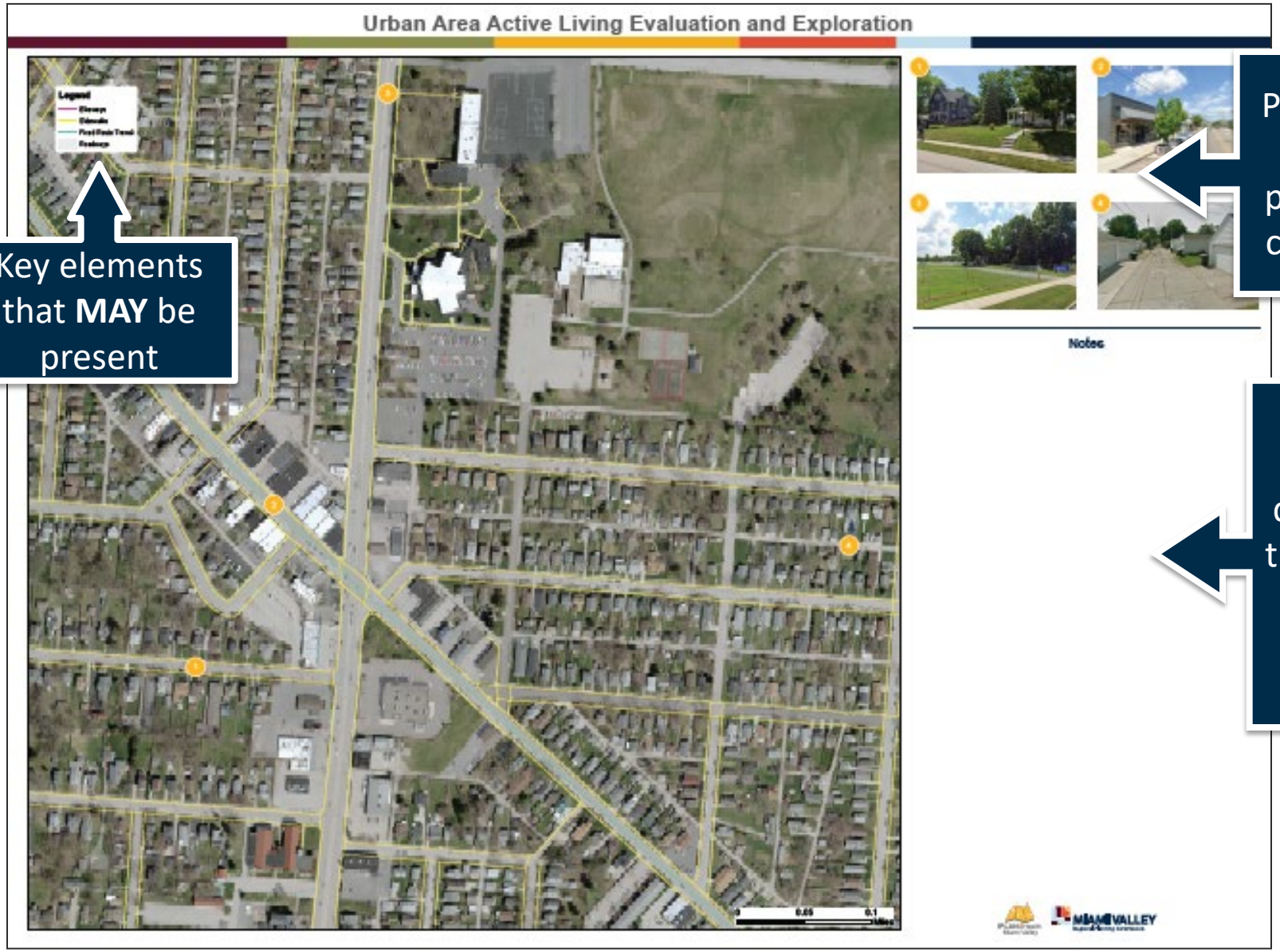
Active Living Evaluation & Exploration



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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

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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

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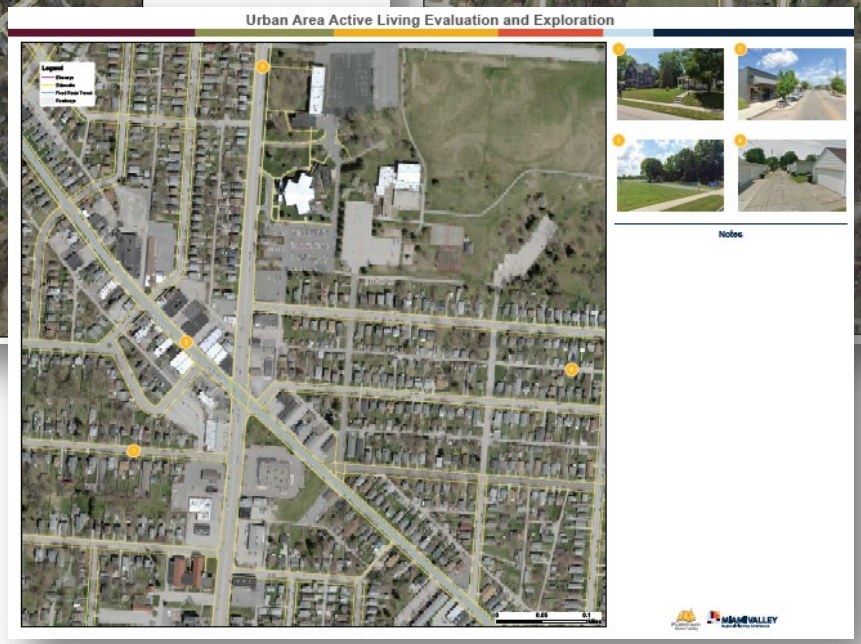
Active Living Evaluation & Exploration



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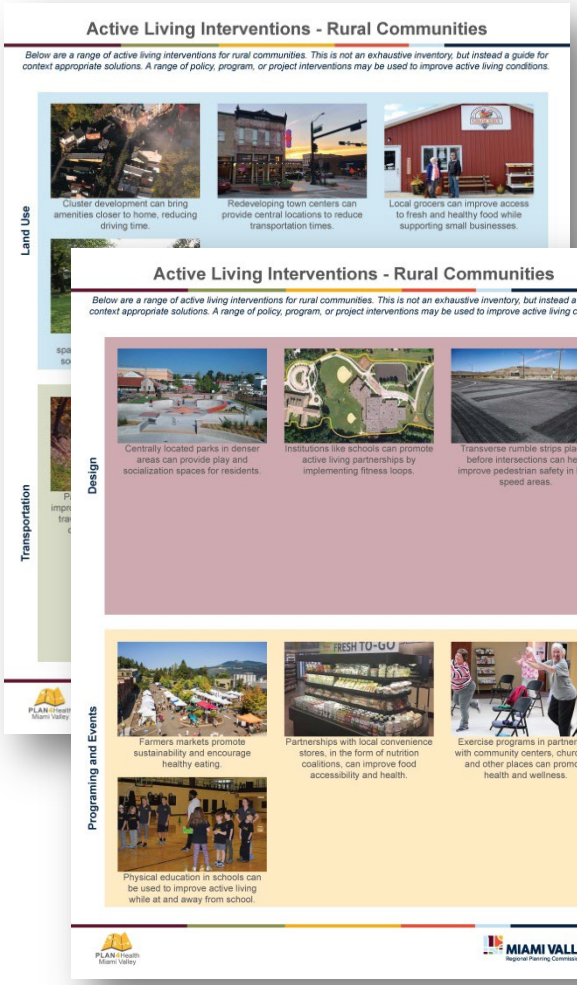
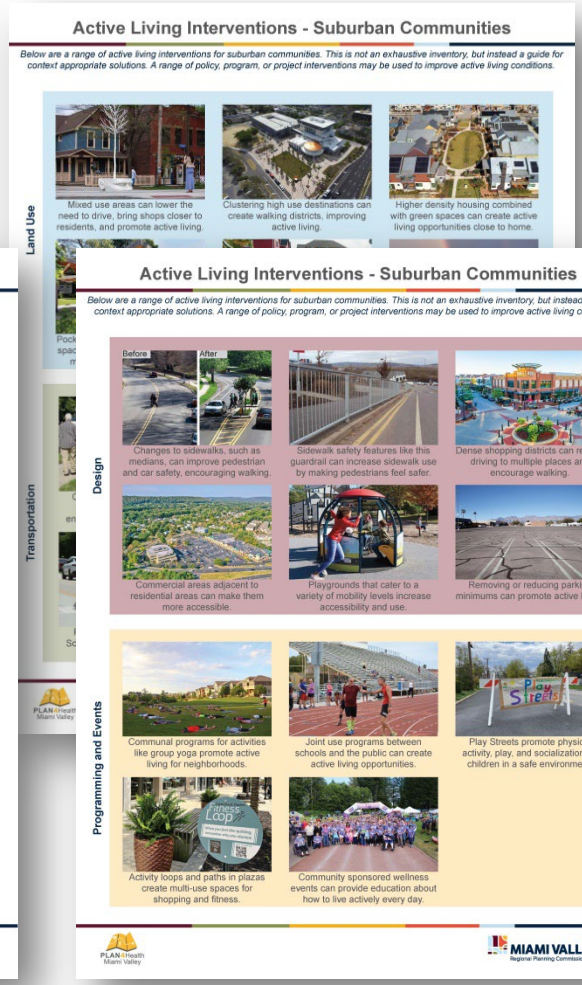
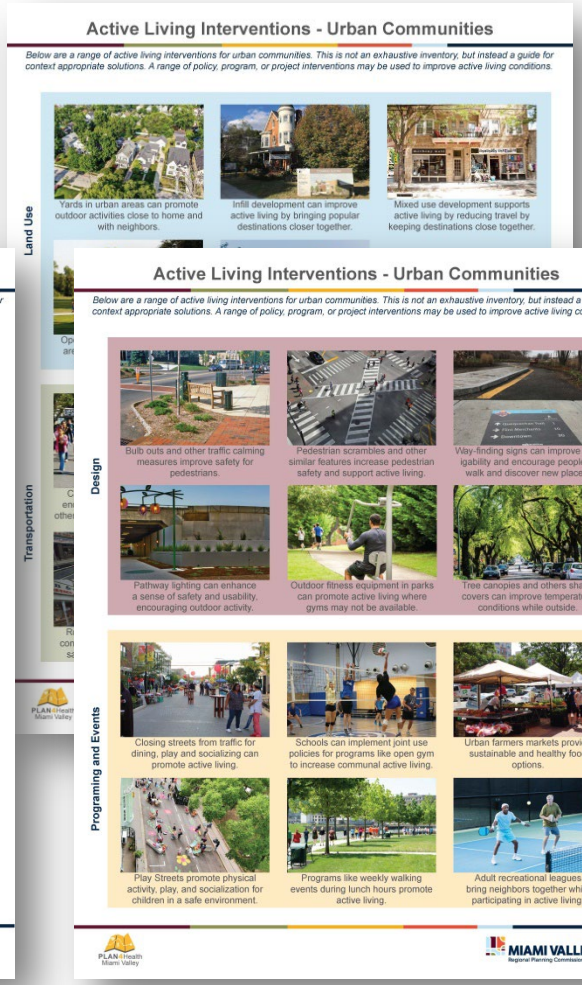
Active Living Evaluation & Exploration







Active Living Interventions Best Practices for Rural, Suburban, and Urban Environments

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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

Mutlimodal 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 →

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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			

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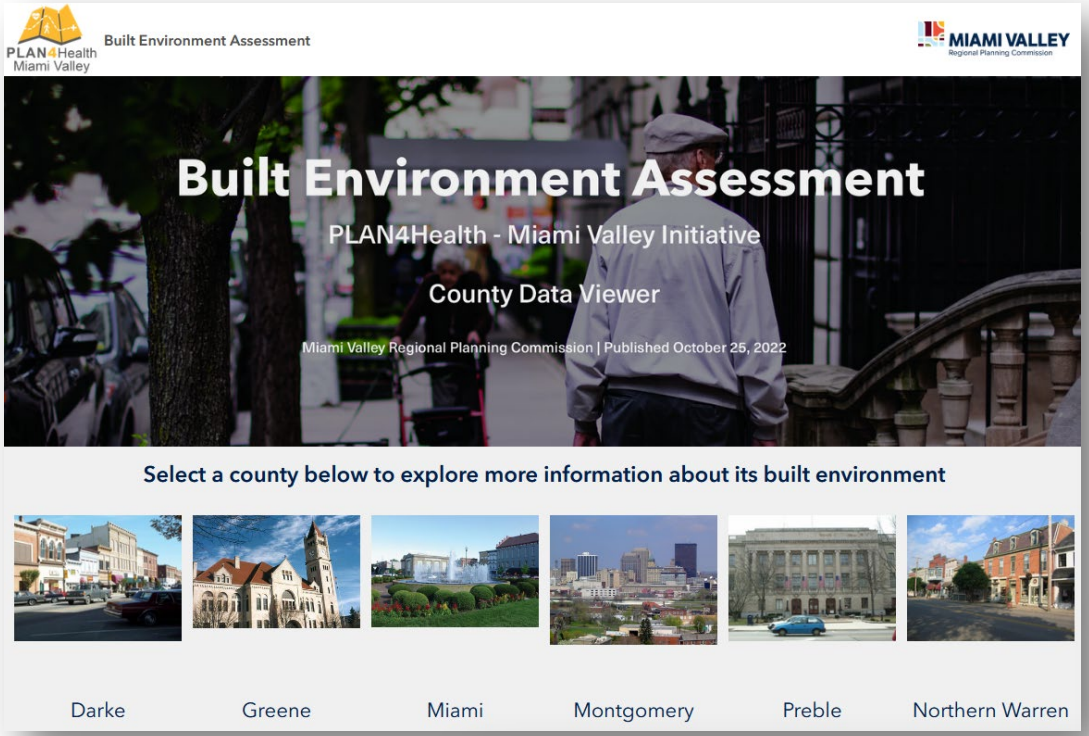
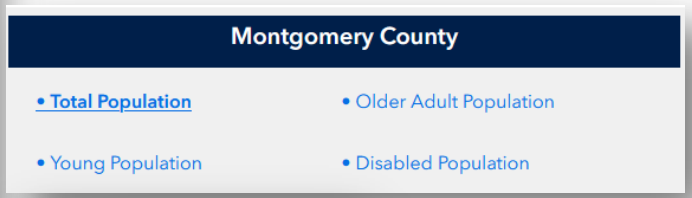
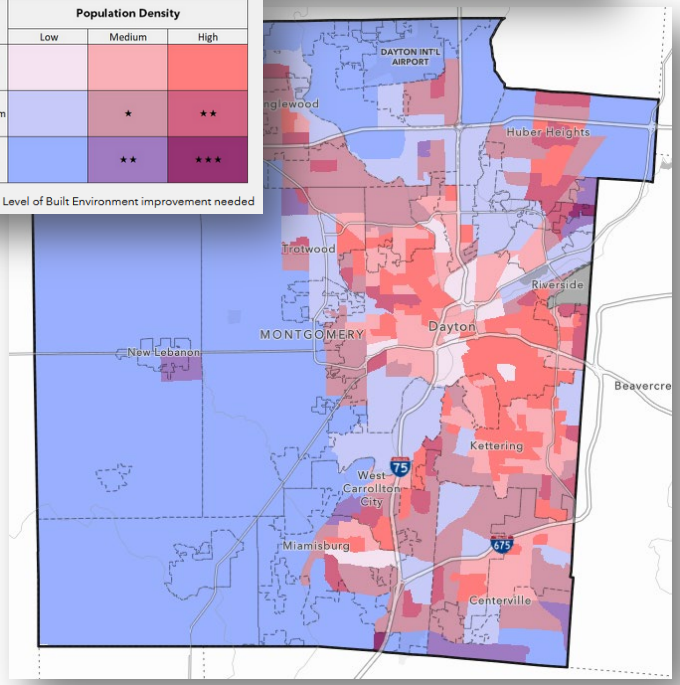
Where Do We Need Active Living Improvements?



Features County Specific:

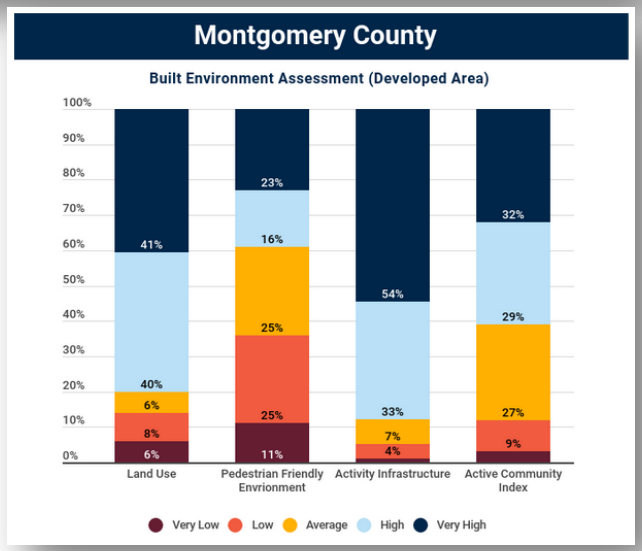
- Population Forecasts
- Active Community Index and Domains
- Active Community Index by Population Groups





SCAN ME

Scan to see the County Data Viewer



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Is Your Community Ready to PLAN4Health?

We Can Help!

Planning Assistance

Community Health Mapping

Local Area Evaluation

Community Workshops

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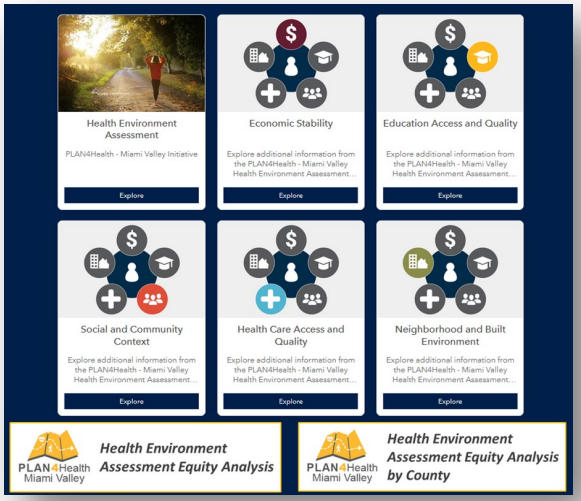
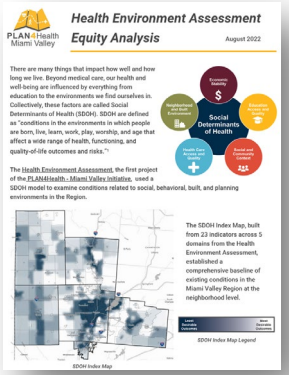
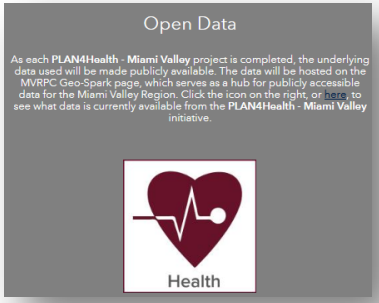
Information Hub







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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/

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