



MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together

WSU Community Health Assessment Class

August 31, 2026

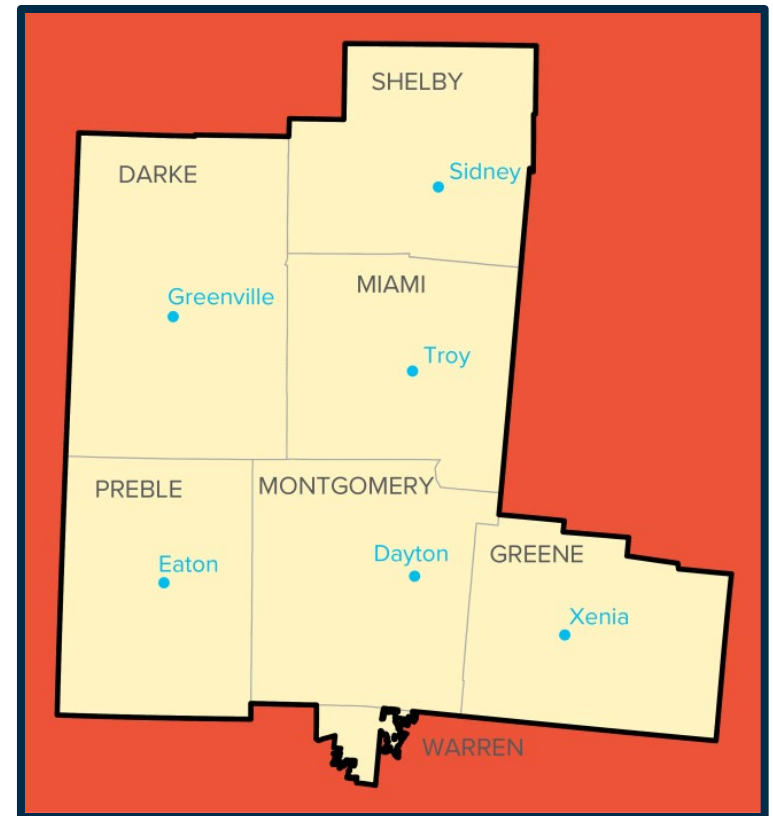


MIAMI VALLEY

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.



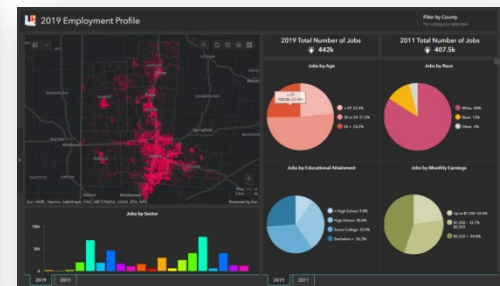


MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together

Conducts transportation, land use, and environmental planning and provides planning and GIS services to local communities in the Dayton metropolitan region.





MIAMI VALLEY

Regional Planning Commission

Shaping Our Region's Future Together



Big Ideas



**Best Practices
Identification**



**Cross
Jurisdictional
Issues**



**Technical
Capacity &
Expertise**

Planning 101

- Means by which communities manage and modify their physical space
- Shapes a community's economic, social, and environmental conditions
- Planning may cover:

Land Use

Transportation

Housing

Urban Design

Infrastructure &
Public Facilities

Natural
Resources,
Recreation &
Open Space

Planning and Health



Source: County Health Rankings model – University of Wisconsin Population Health Institute (2016)

Intersection of Planning & Health

- Planning shapes the environments in which people live, work, and play
- These environments can impact health in a variety of ways

**Community
Design**

Safety

**Housing
Quality**

**Transportation
Options**

**Exposure to
Noxious Land
Uses**

**Access to
Amenities**



Population Health



Access to Care



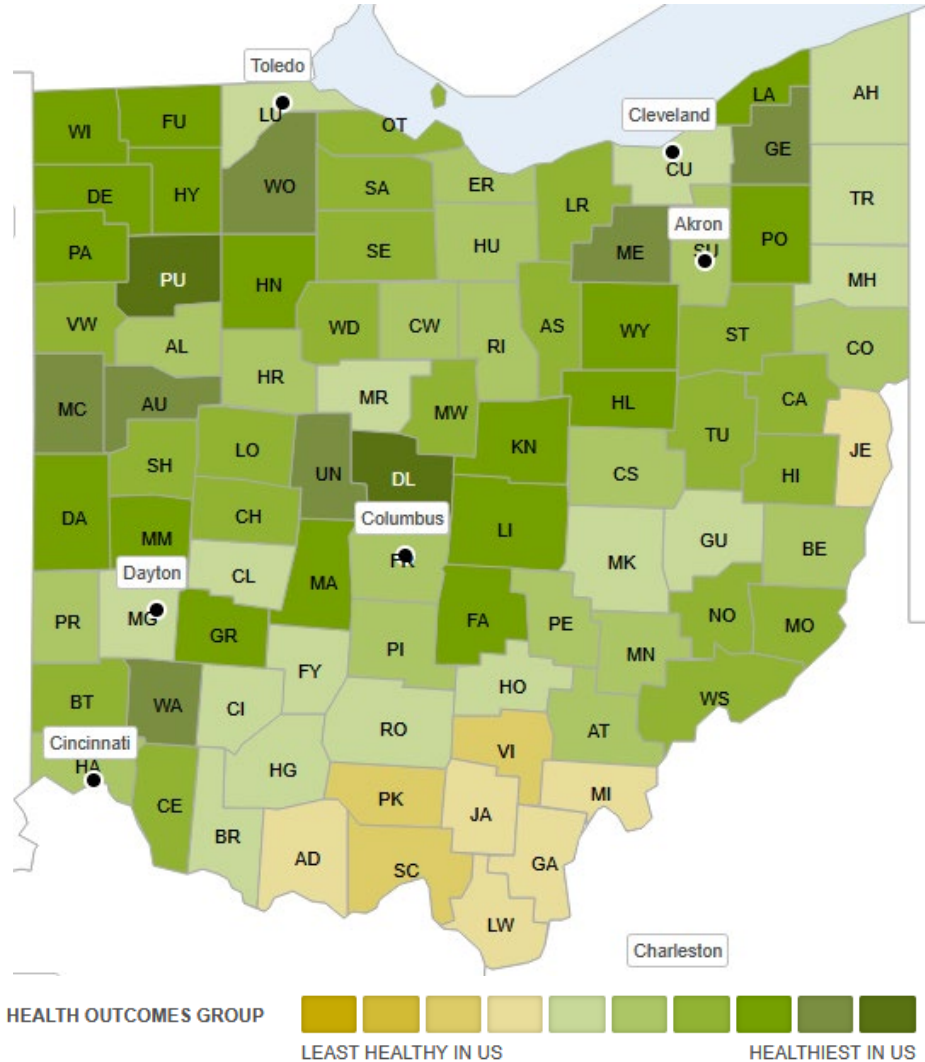
Social & Economic Environment



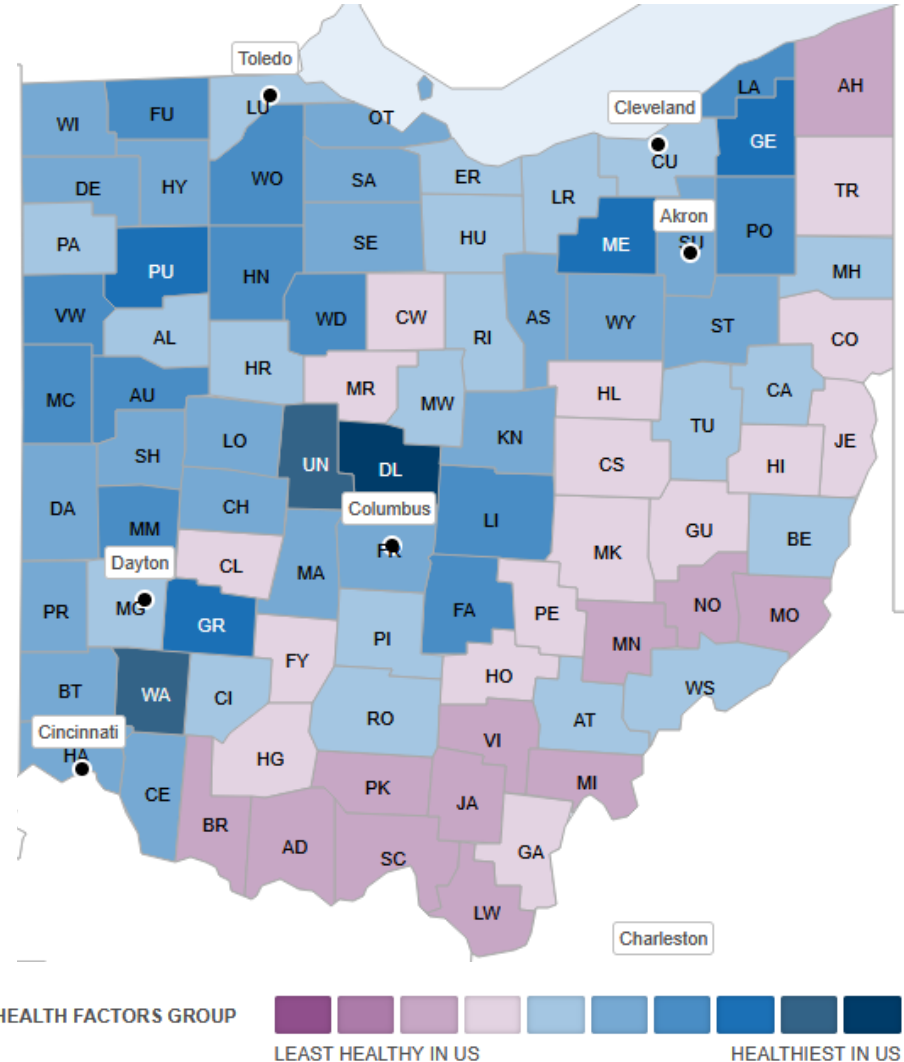
Physical Environment

Source: 2026 Health value Dashboard, Health Policy Institute of Ohio

Overall Health Outcomes



Overall Health Factors



Source: 2024 County Health Rankings, University of Wisconsin Population Health Institute - <https://www.countyhealthrankings.org/health-data/ohio?year=2024>

Benefits of Planning for Health



Physical

- Reduced BMI and chronic disease
- Increased physical activity
- Increased access to healthy foods
- Increased healthcare access



Environmental

- Reduced exposure to pollutants



Mental

- Contact with nature
- Healthy housing



Communal

- Social cohesion
- Diverse neighborhoods

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

Place-Based Approach



**Improved Health Outcomes
throughout the Miami Valley**



People-Based Approach

Understanding Where We Are

- Health Environment Assessment (complete)
- Built Environment Assessment (complete)
- Active Living Interventions Best Practices (complete)
- Food Systems Overview (complete)
- Community Health Mapping (complete)

Identifying Barriers & Opportunities

- Local Plan Health Assessment (complete)
- Healthy Communities Needs Assessment (complete)

Seeking Solutions & Building Capacity

- Healthy Communities Planning Toolkit (complete)
- Healthy Communities Roundtables (on-going, 13 completed to date)



The PLAN4Health – Miami Valley Initiative



Planning for Healthy Communities





A healthy community does not happen by accident.

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





The American Planning Association (APA) defines healthy communities as "places 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."



Our development choices influence health outcomes in our communities



Understanding Where We Are – Assessing Our Communities



Initiative Priorities



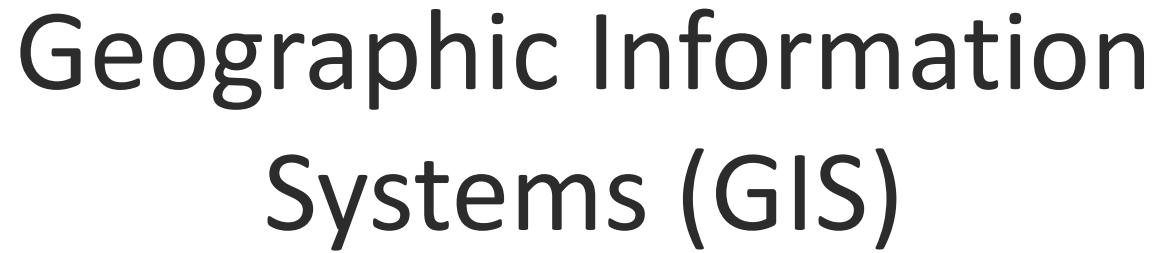
Tell the story through mapping



Examine components individually
and as composite



Use results as a baseline and to
inform future projects and
improvements



The image displays three maps of the Dayton, Ohio area, each illustrating a different data visualization technique.

Map 1 (Left): Housing Unit Density by Jurisdiction
 This map shows the density of housing units across different jurisdictions. The legend indicates five density ranges, represented by shades of purple and brown:
 - 786 - 1,736 (darkest purple)
 - 559 - 786 (medium purple)
 - 50 - 559 (light purple)
 - 20 - 50 (tan)
 - 0 - 20 (lightest tan)
 Jurisdictions labeled include Oxford, Middletown, Piqua, Miami, Greene, and Dayton.

Map 2 (Middle): Population Change (PopChg9010)
 This map displays population change over a 10-year period (1990-2000) using a 3D bar chart overlay. The legend indicates three categories:
 - > 660 (red)
 - + 40 (yellow)
 - < -580 (blue)
 The map shows a high concentration of red bars in the central urban area, indicating significant population growth, and blue bars in surrounding areas, indicating population loss.

Map 3 (Right): Urban Corridors
 This map highlights various urban corridors and parks. The corridors are color-coded:
 - Cultural Corridor (light blue)
 - Technology Corridor (orange)
 - Education Corridor (purple)
 - Community Corridor (yellow)
 Labeled parks include Wegerzyn Gardens, Northridge, Triangle Park, Island Park, Watters Park, Kettering Park, and Dayton's Forest MetroPark. Other labeled areas include Fairview, North Riverdale, Avondale, Walnut Hills, Ohmer Park, and Lebanon.



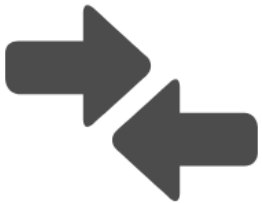
Importance of Geographic Information Systems (GIS)



Tells the story through mapping



Supports examination of data at a sub-county level



Allows for visual data comparison



Enables easy data sharing



Data Gathering

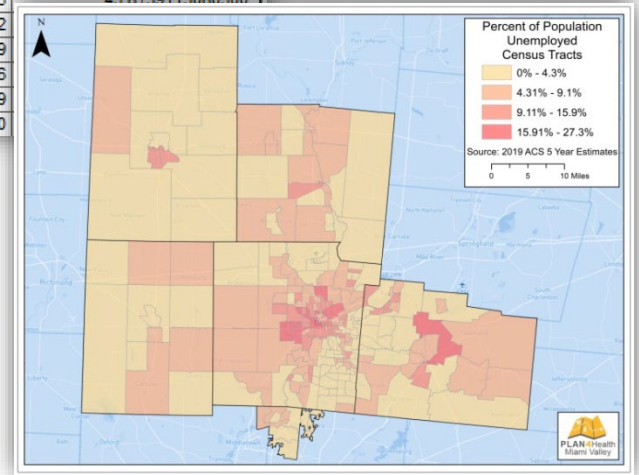
- Data collected from a number of authoritative sources
- Emphasis placed on reliable, recent, and sub-county level data availability
- General demographic data was included to provide context and enhance analysis in later project stages



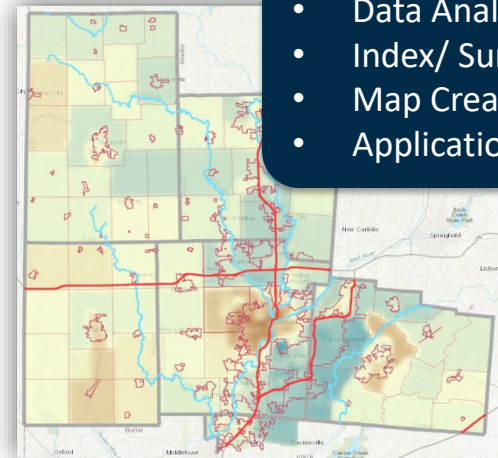
UnempRate	BelPovPerc	GEOID10
27.3	35.9	39113000200
24.7	56.9	39113165100
24.6	23.3	39113001700
22.7	43.5	39113004600
22.5	45.8	39113000500
22		
21.9		
21.6		
20.9		
20		



ArcGIS Pro



- Data Analysis
- Index/ Surface
- Map Creation
- Application Development

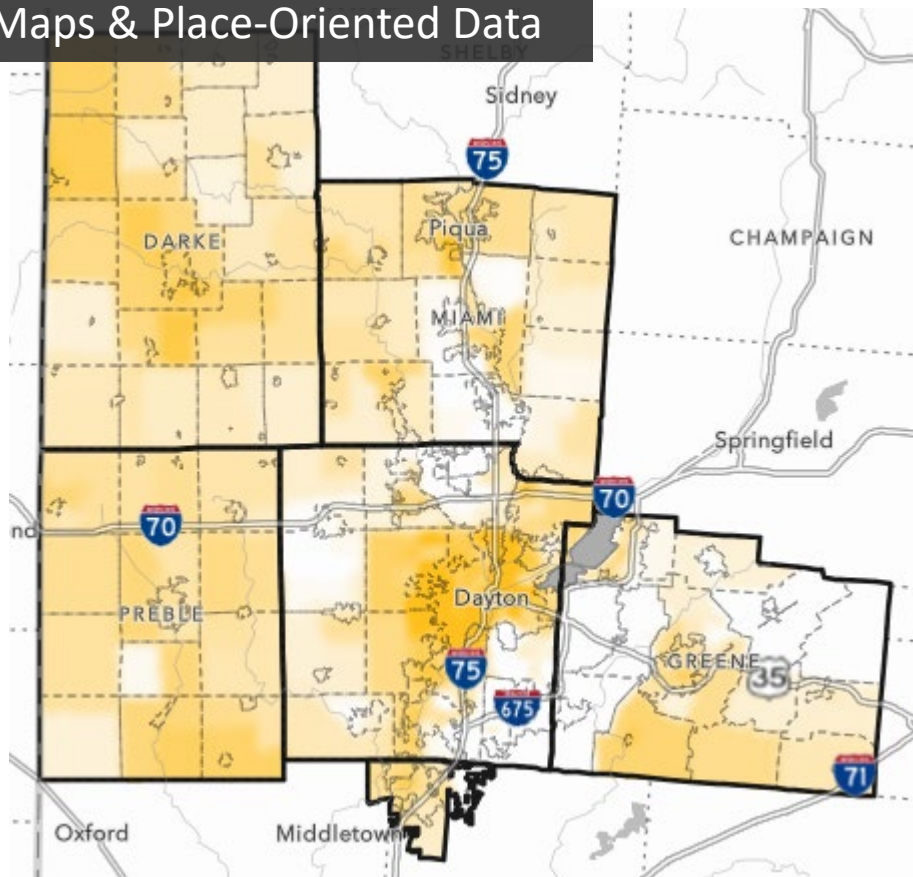




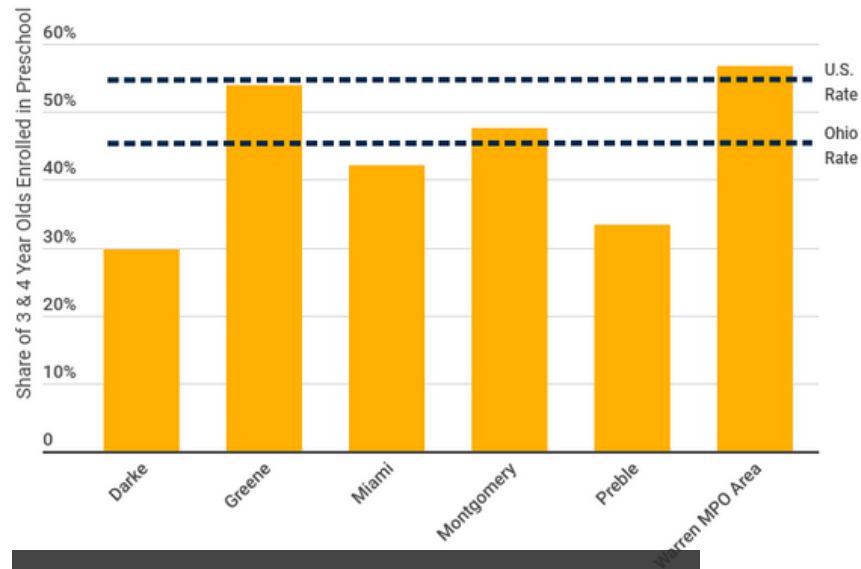
PLAN4Health
Miami Valley

Telling the Story

Maps & Place-Oriented Data



Charts, Graphs, Benchmarking



Context/Narrative

Regionally, about **47%** of 3 and 4 year olds are enrolled in a preschool program. This is higher than Ohio's rate of **45%** but lower than the national rate of **54%**. Rural counties have the lower rates of enrollment.



High School Education

Share of adults aged 25 or older that have completed high school



Preschool Enrollment

Share of 3 and 4 year olds enrolled in a preschool program



Higher Education

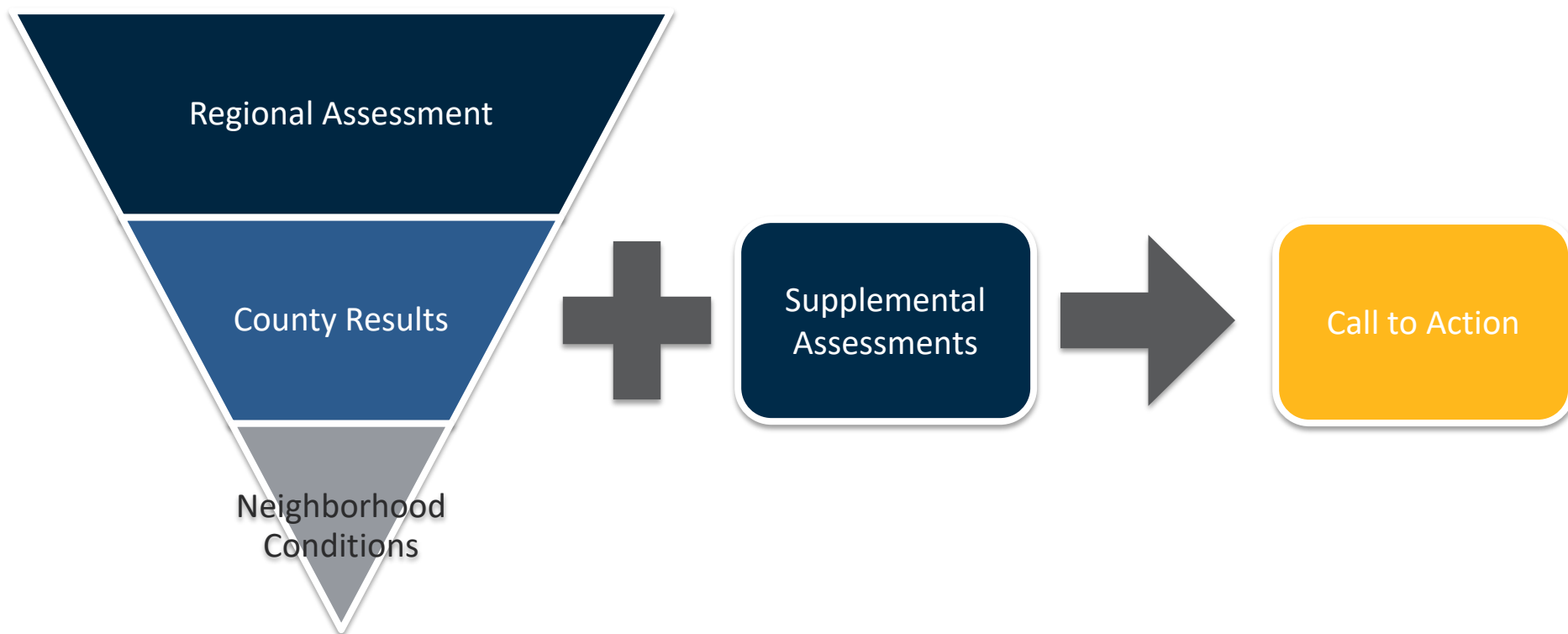
Share of adults 25 or older that have an associates degree or higher



Elementary School Quality

Performance of 4th grade students on state exams per school district

Broad to Narrow Approach



**We make our choices based on
the options provided to us.**

**By planning for health, we aim
to make the healthy choice the
easy choice.**



Establishing a Baseline

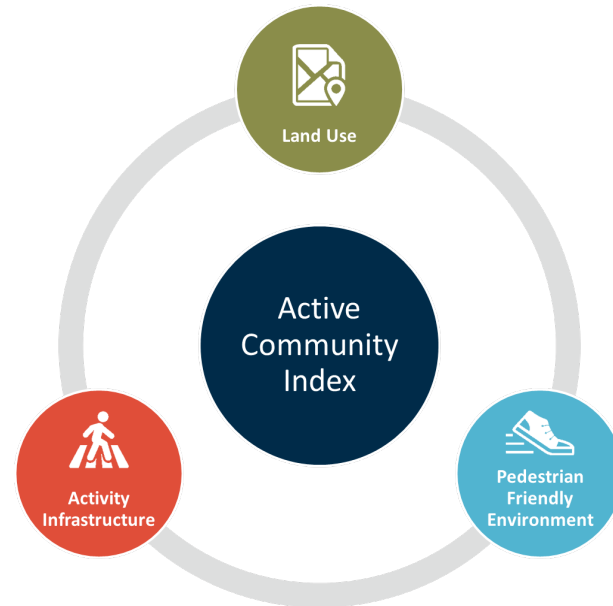
Health Environment Assessment (HEA)

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



HEA vs. BEA

Focus Areas



Systems



Man Made Environments

HEA vs. BEA

Data Orientation

Linguistic Isolation

Current Conditions

Share of households where no member aged 14 or older speaks English fluently



Map L

Linguistic Isolation

Trends

Change in households where no member aged 14 or older speaks English fluently between 2000 and 2019

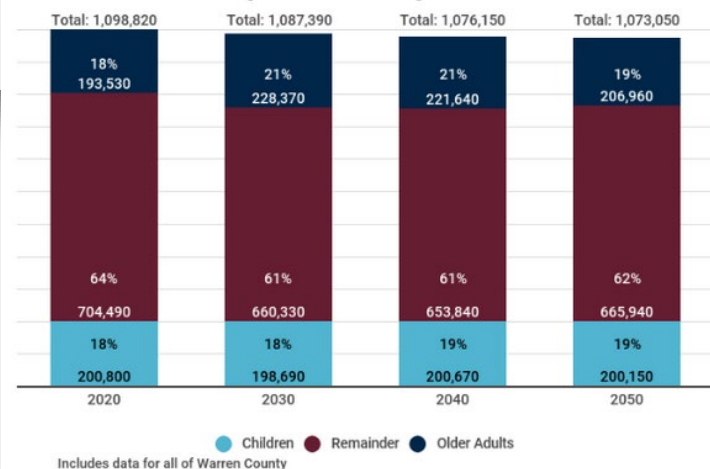


Map Legend

Pedestrian Friendliness



Population Projections

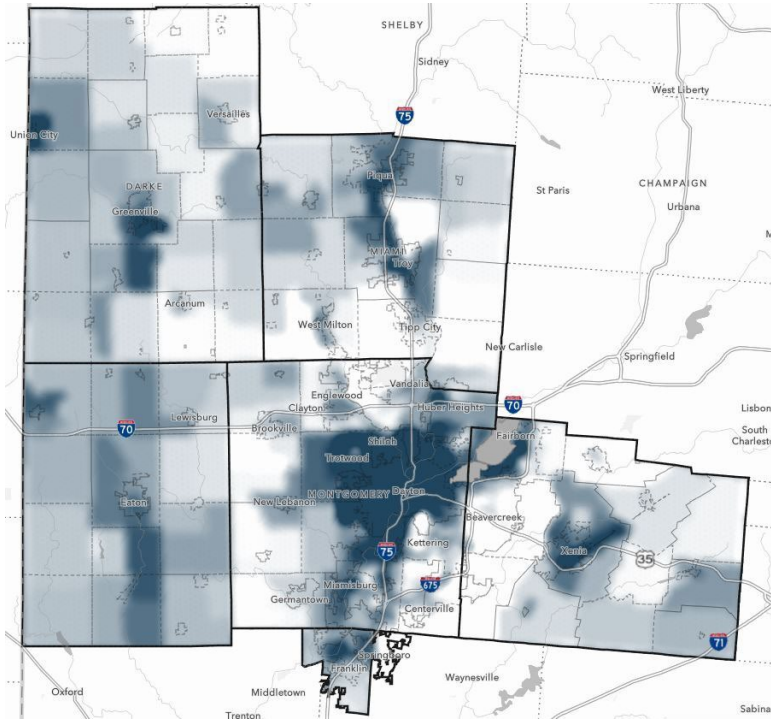


Snapshots and Trends

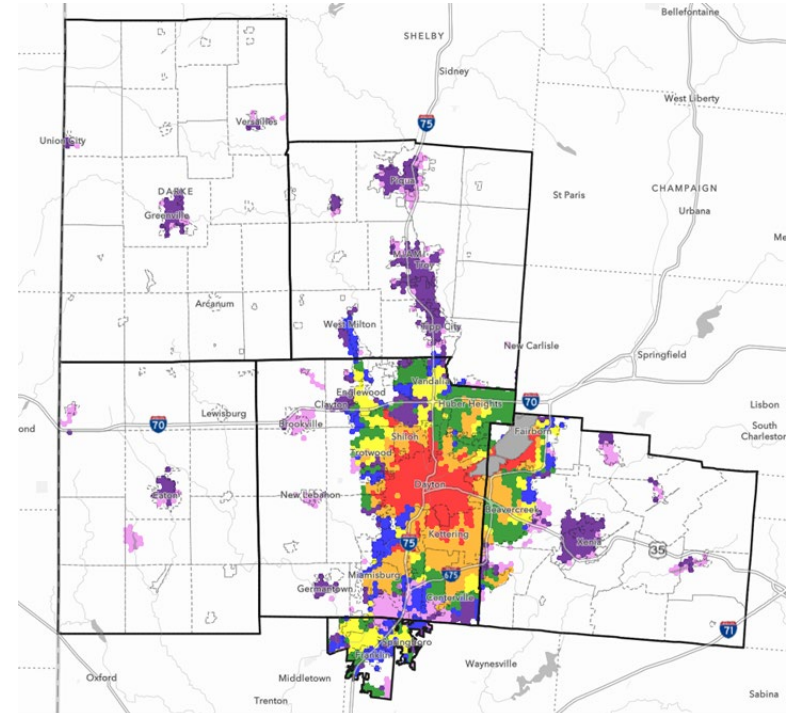
Existing Conditions
and Eye to the Future

HEA vs. BEA

Geographic Context



Region Wide



Developed Area

Health Environment Assessment

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published March 3, 2022



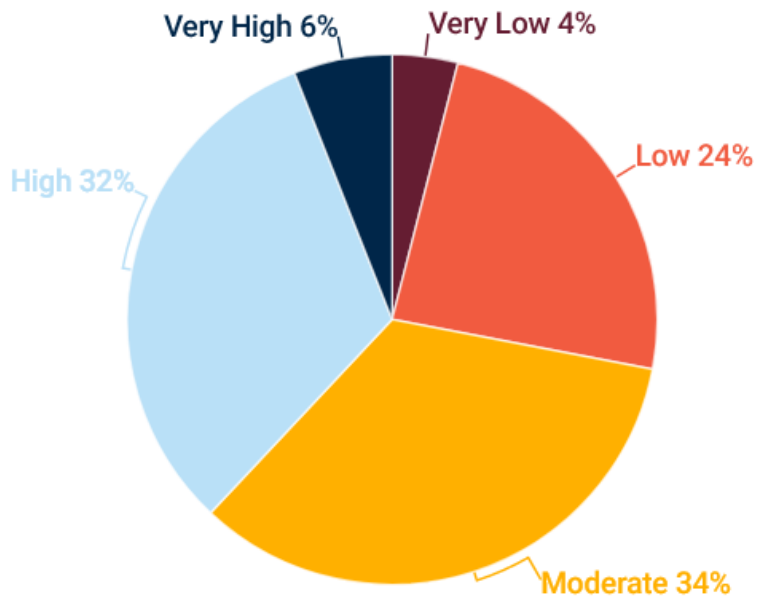
<https://tinyurl.com/yetn7zy7>



Health Environment Assessment

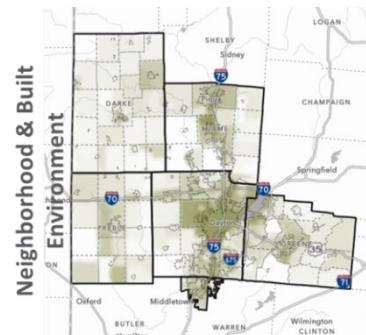
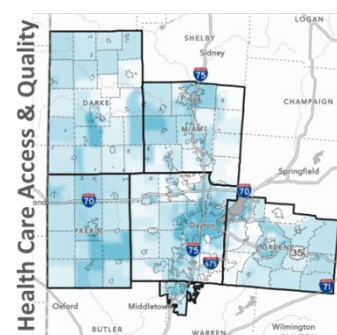
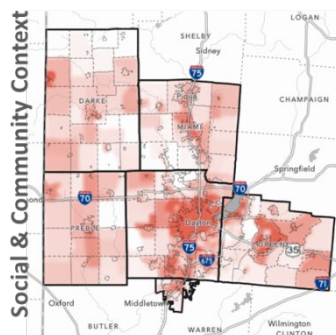
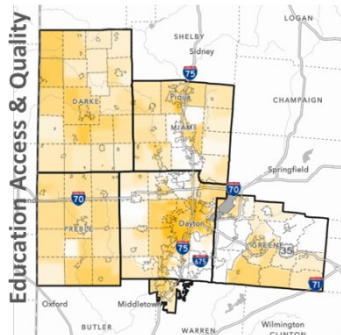
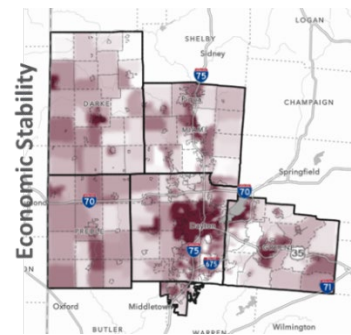
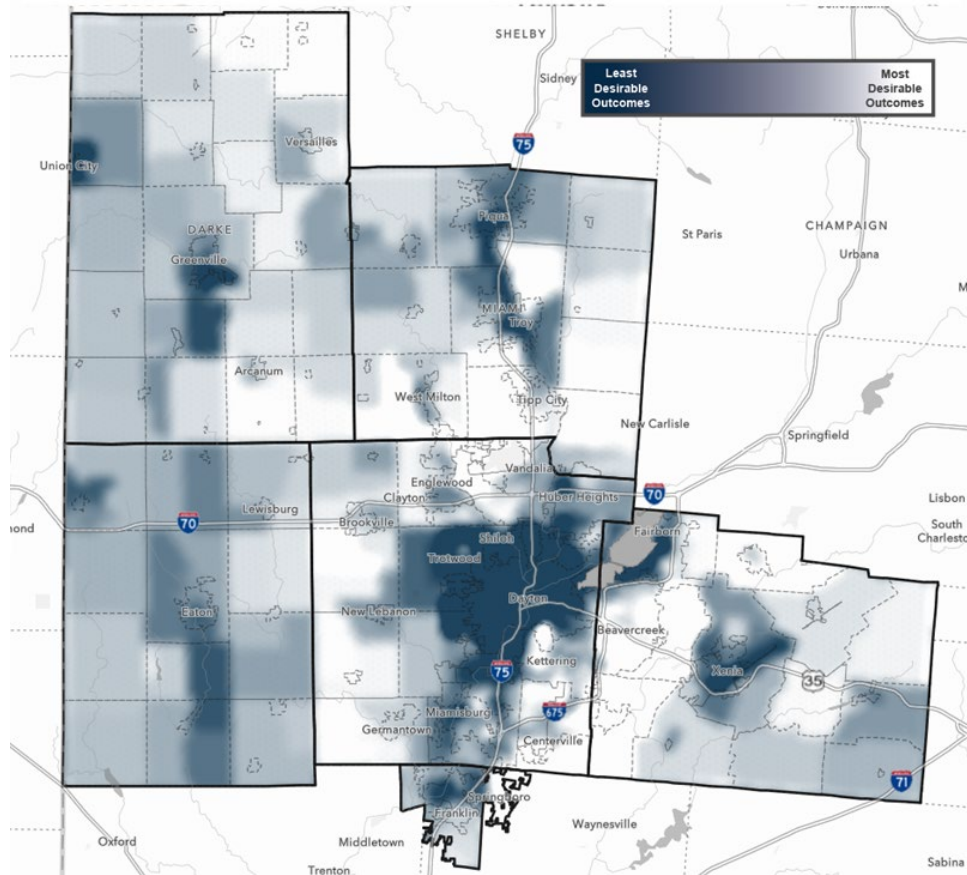
Social determinants of health (SDOH) is defined as the “conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.”

Economic Stability	Education Access and Quality	Social and Community Context	Health Care Access and Quality	Neighborhood and Built Environment
Income	High School Education	Linguistic Isolation	Health Insurance	Access to Healthy Foods
Poverty	Preschool Enrollment	Single Parent Households	Access to Primary Care	Vacant Housing
Unemployment	Higher Education	Civic Participation	Accessibility to Health Care	Crime
Housing Burden	Elementary School Quality	Social Cohesion	Life Expectancy	Housing Quality
Housing Instability		Concentrated Poverty		Harmful Condition Exposure



SDOH Index Outcomes by Total Population

Social Determinants of Health - Composite Map



Built Environment Assessment

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published 2022



<https://arcg.is/1uvrXD>

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



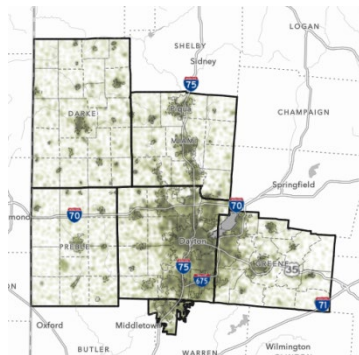
Transit Intensity
and Accessibility



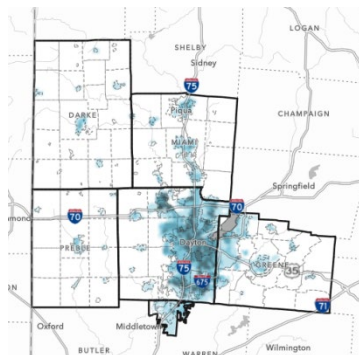
Bikeway Intensity
and Accessibility



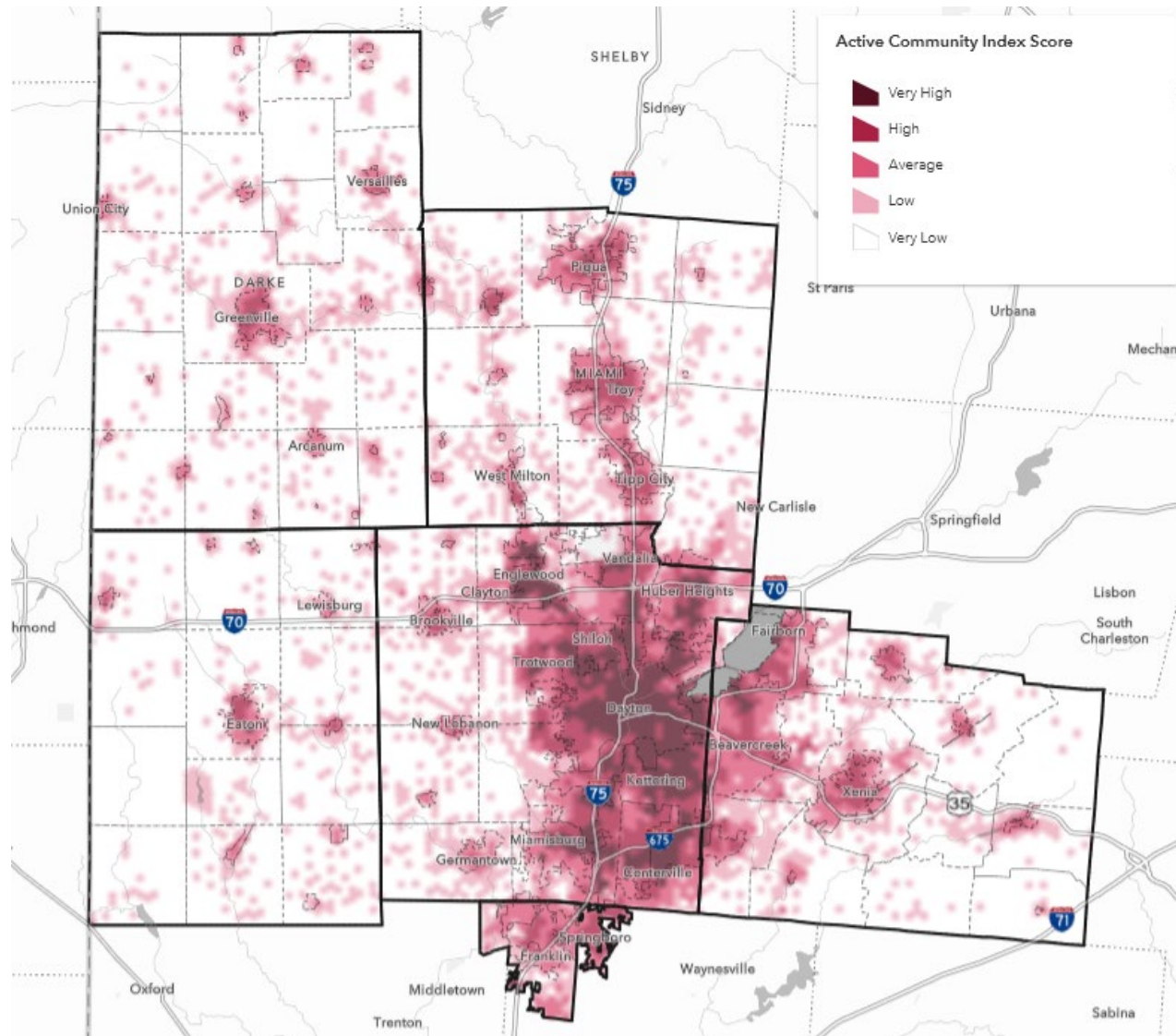
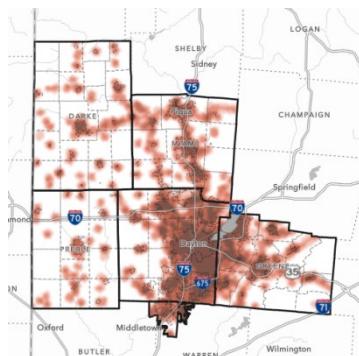
Land Use Density and Diversity

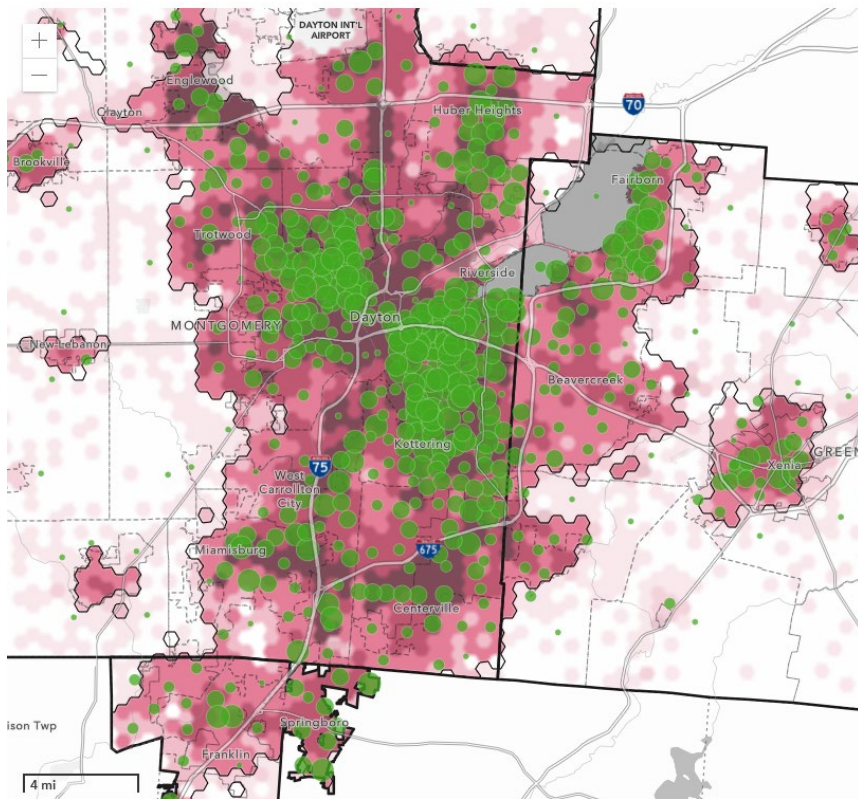


Pedestrian Friendly Environment

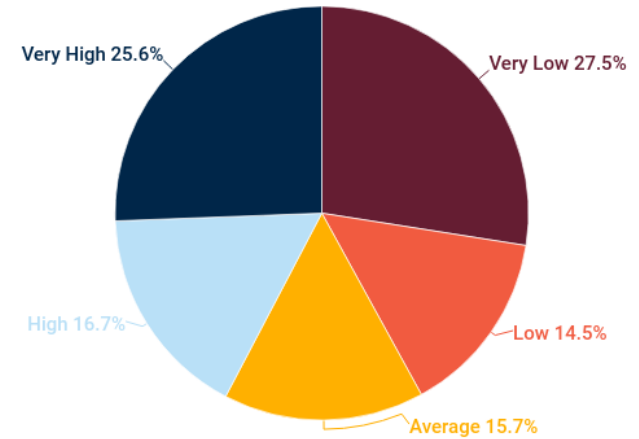


Activity
Infrastructure

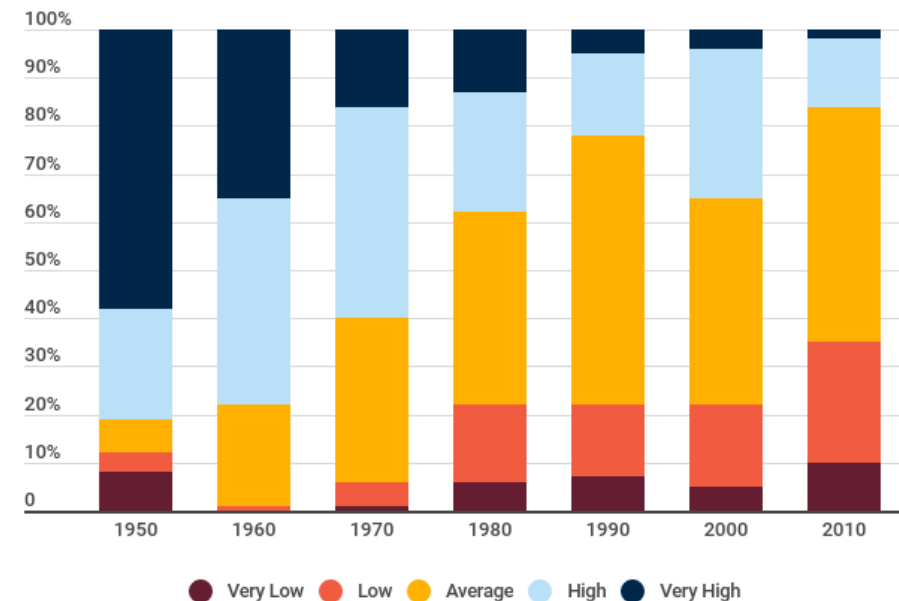




Active Community Index for the Total Population



Active Community Index Trends: 1950-2010



Very Low Low Average High Very High

Active Community Index Over Time

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

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

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



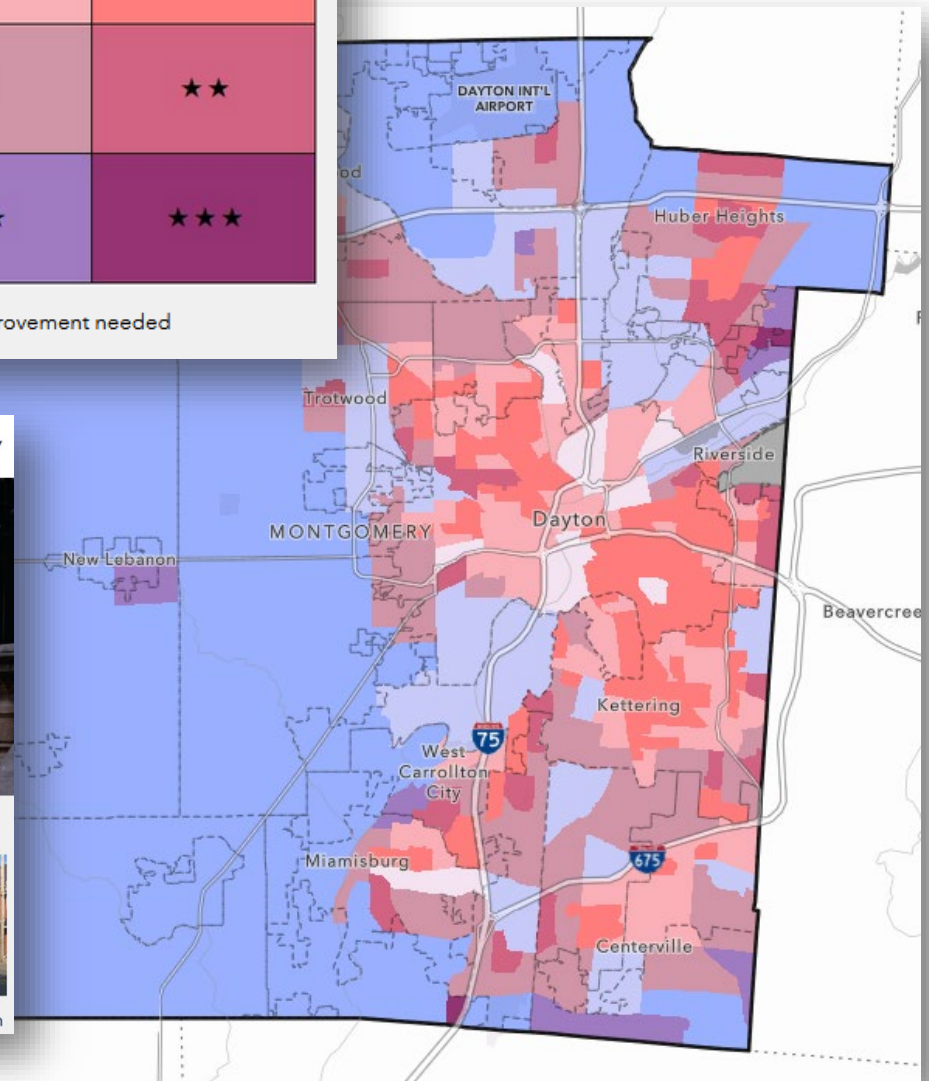
Montgomery



Preble



Northern Warren



Improving Health Outcomes

Physical Activity

Healthy Eating

Active Living



WELL

Active Community Index





Planning is fundamentally tied to our food system in terms of land use, transportation, environment, and economic development.



Food Systems Matter to Planners Because...

Food system activities
take up a significant
amount of land

Planners can play a role
to help reduce the rising
incidence of hunger and
obesity

The food system
represents an important
part of the local
economy

Food takes a lot of fossil
fuel energy to produce,
process, transport, and
dispose of

Farmland in
metropolitan areas is
being lost impacting
local food production

Pollution of water,
caused by chemical
fertilizers and pesticides,
adversely affects
drinking water supplies

Access to healthy foods
in low-income areas is a
problem for which urban
agriculture can offer a
solution

Benefits emerge from
stronger community and
regional food systems

Regional Food System Overview

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published October 31, 2024

Regional Food System Overview



Assets



Security



Access

<https://tinyurl.com/rru5rh3f>



SCAN ME

Regional Food System Overview



Food Assets



Cultivation



Production



Distribution



Food Security



Income



Food Costs



Food Assistance



Food Access



Urban vs. Rural Area



Low Income Status

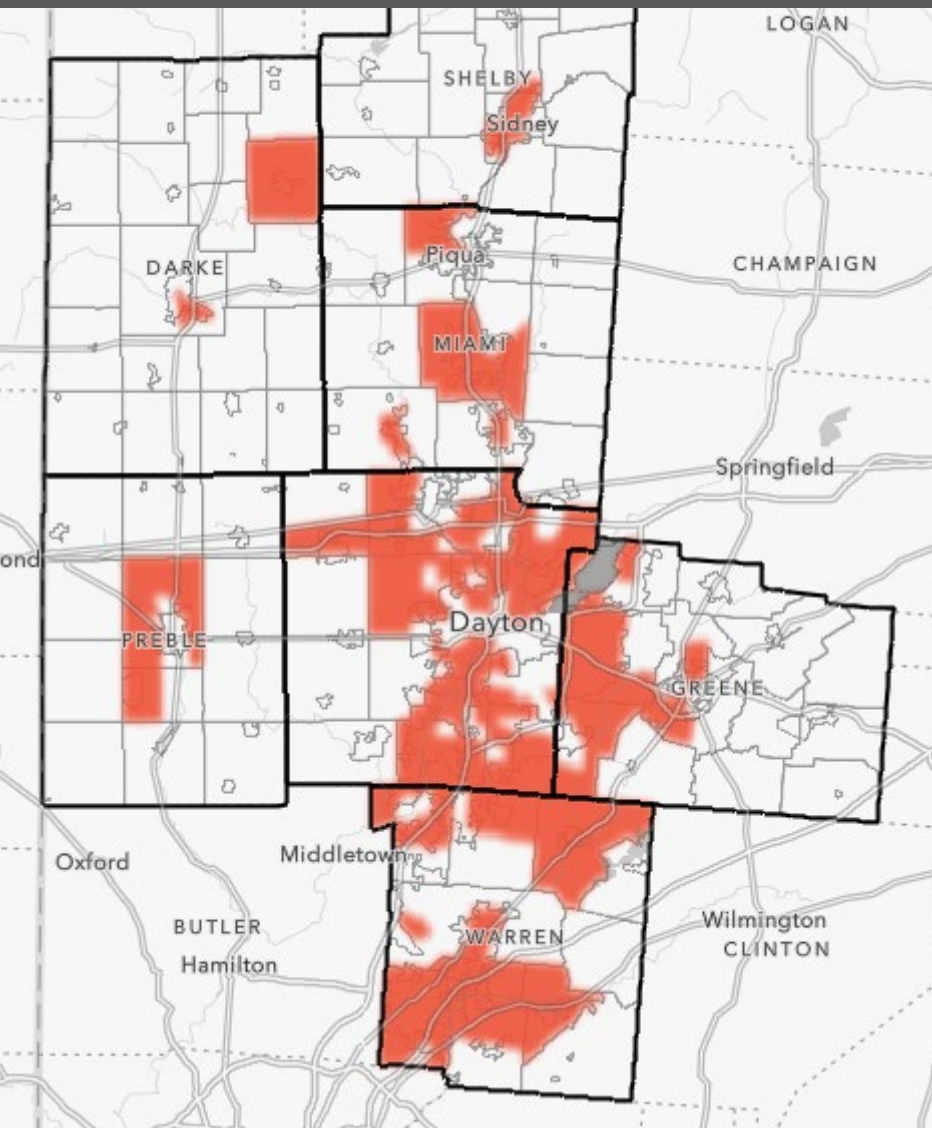


Vehicle Access

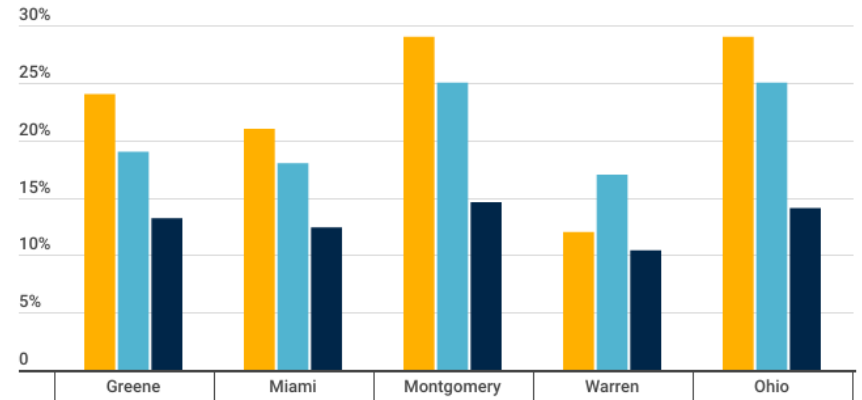


Distance from Food Stores

Areas with Low Access



Food Insecurity Among Selected Populations



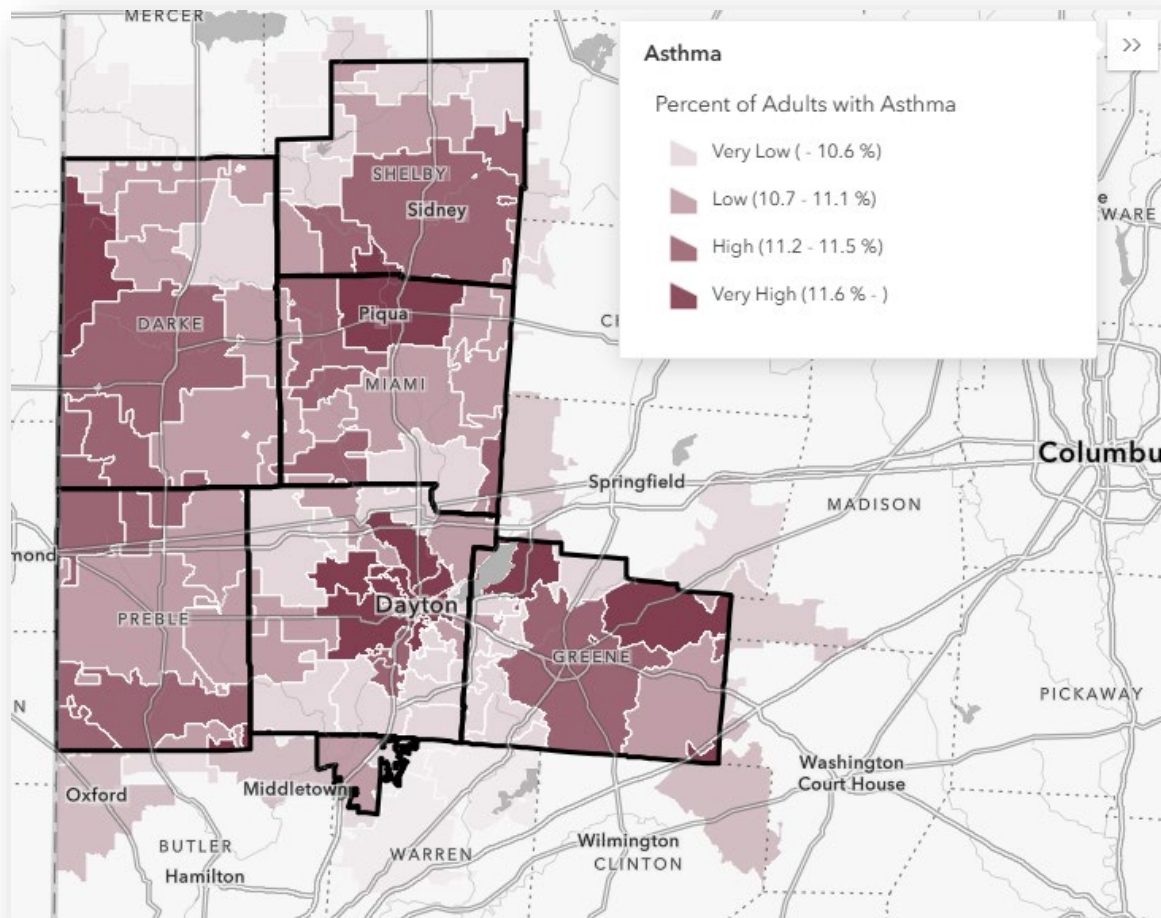
● Percent Food Insecure Black
 ● Percent Food Insecure Hispanic
 ● Percent Food Insecure Total Population

There was limited or no data available for Darke, Preble, and Shelby counties. Data for other races and ethnic groups was not available.

Source: Feeding America, 2022 Data

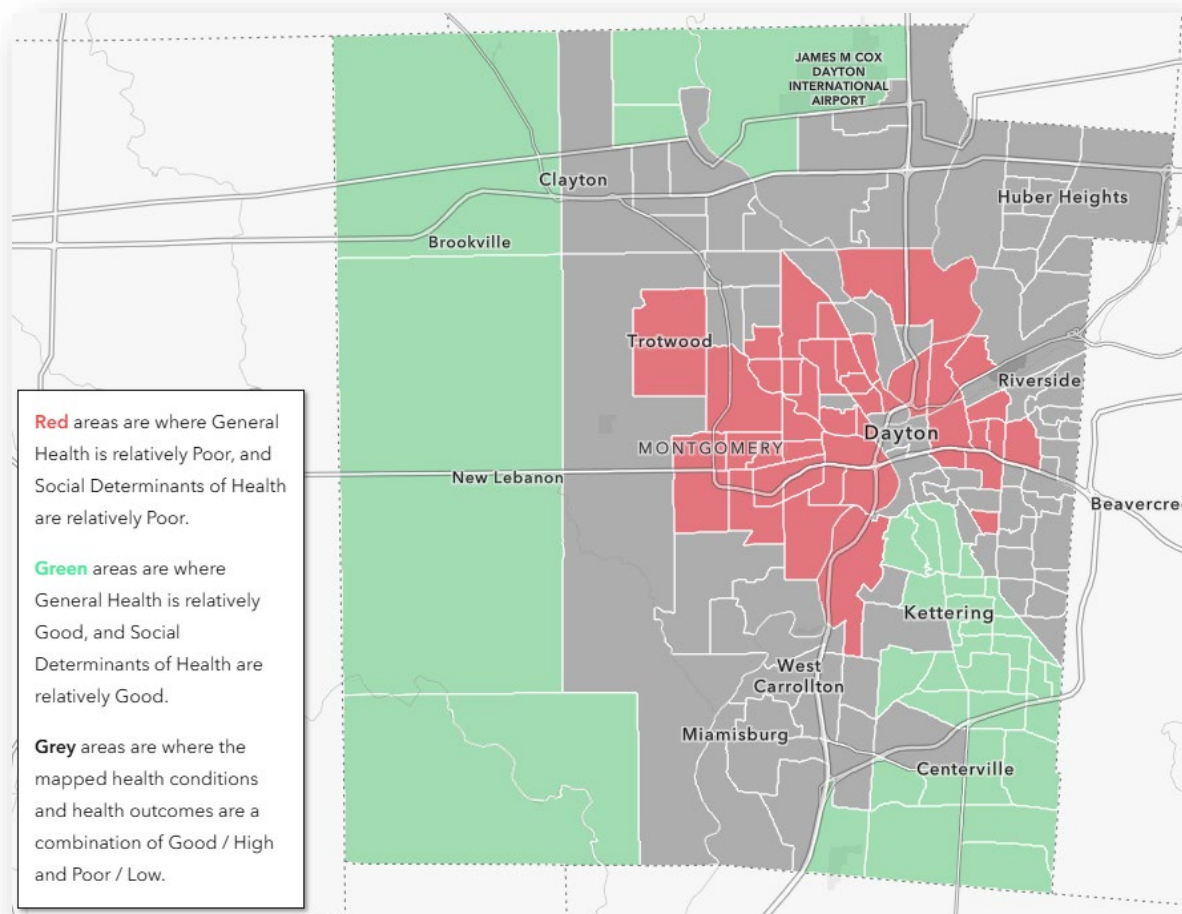


Community Health Mapping



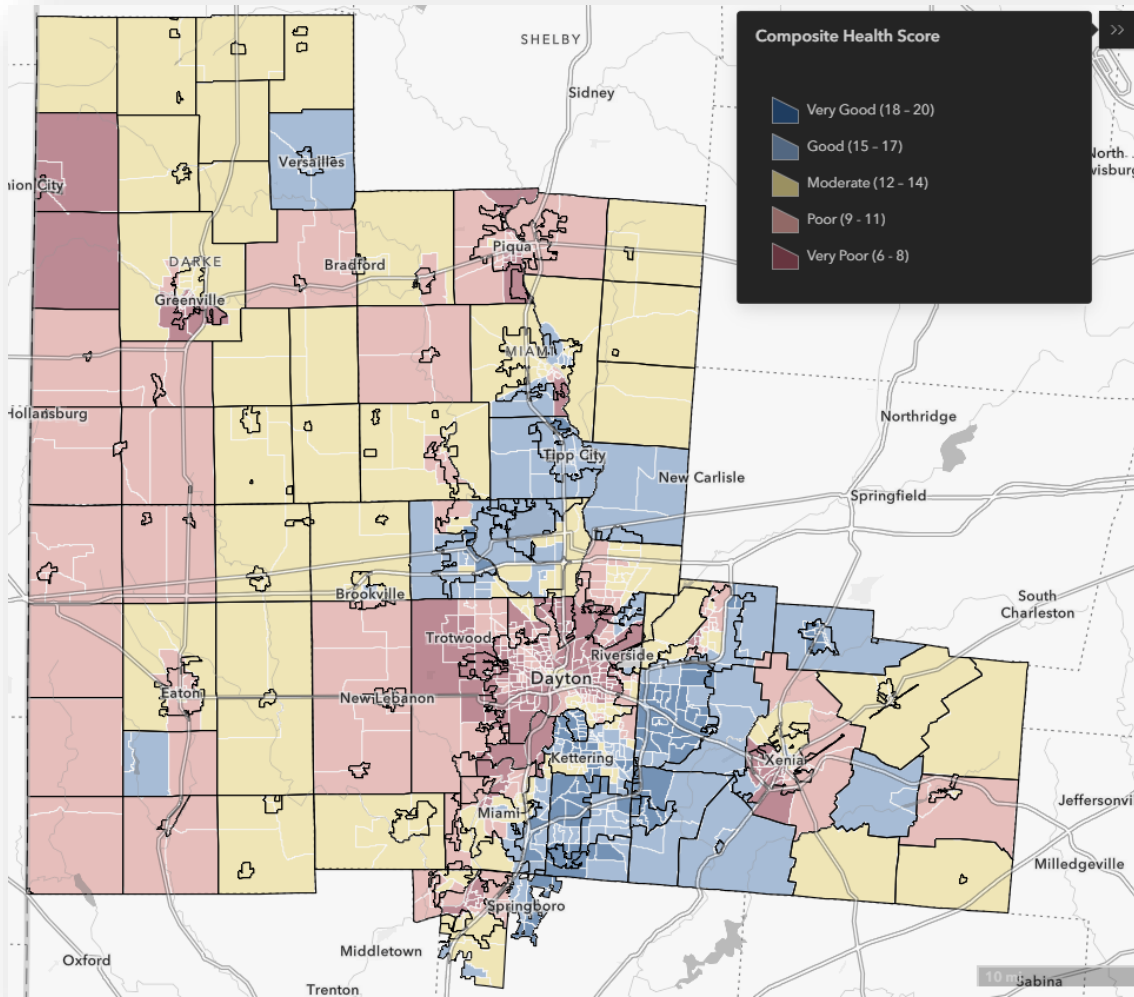
Health
Outcomes and
Factors Map
Gallery

Community Health Mapping



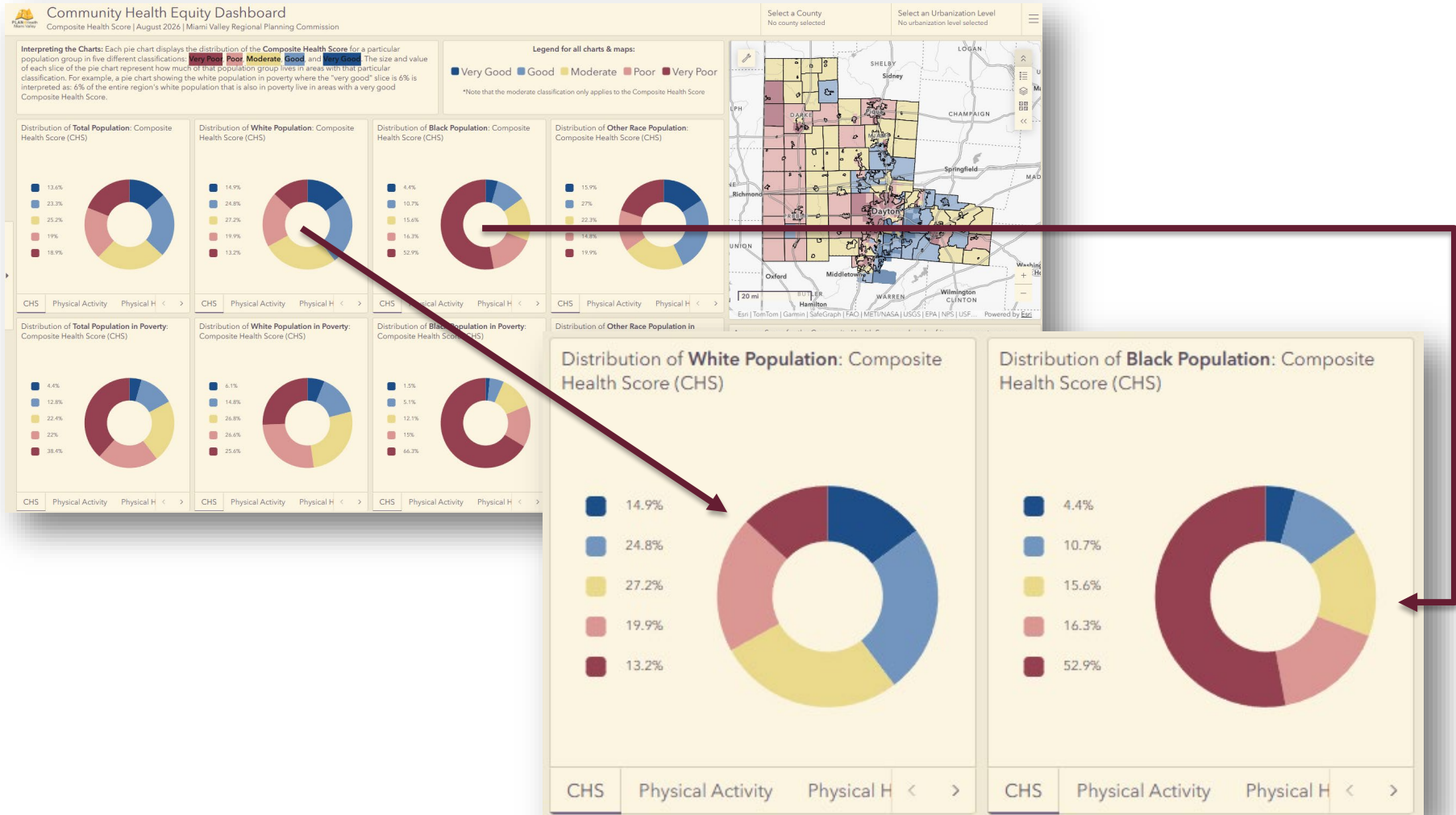
Health Relationships Map Gallery

Community Health Mapping



Composite Health Score

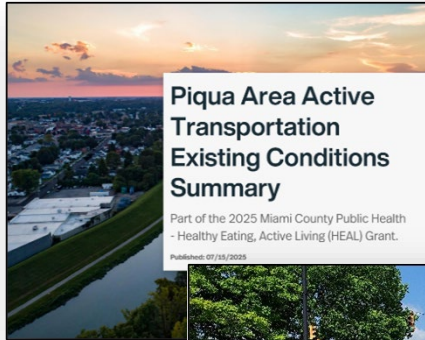
Community Health Mapping - Equity



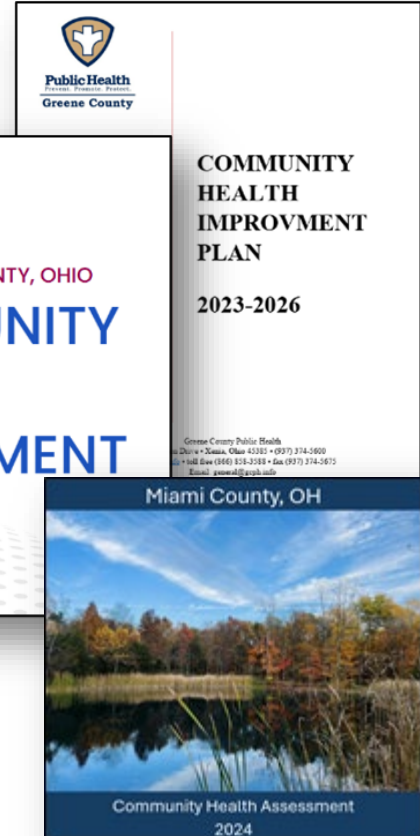
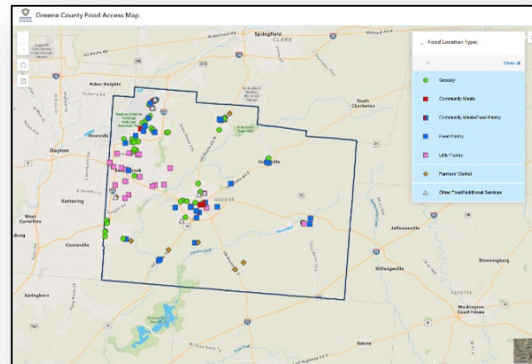
Collaborating with Public Health

HEAL Grant Active Transportation Planning

CHA & CHIP Assistance



Food Access Mapping



Community Assessment Mapping Activity





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

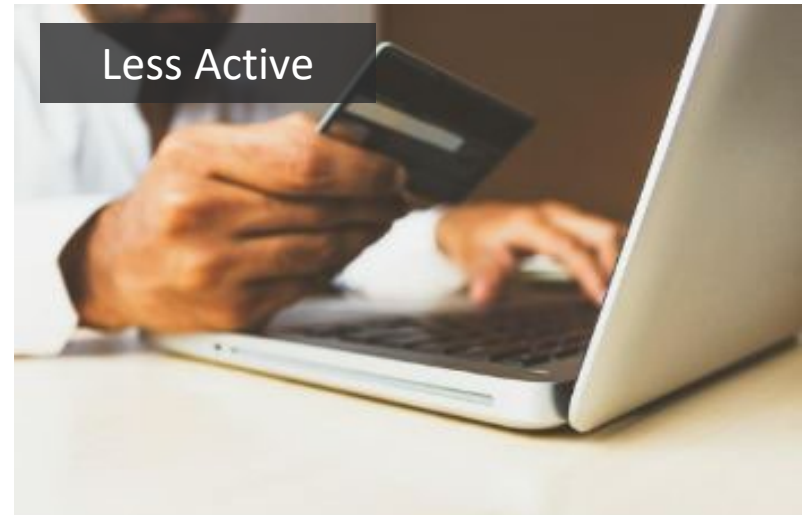


Shopping

More Active



Less Active

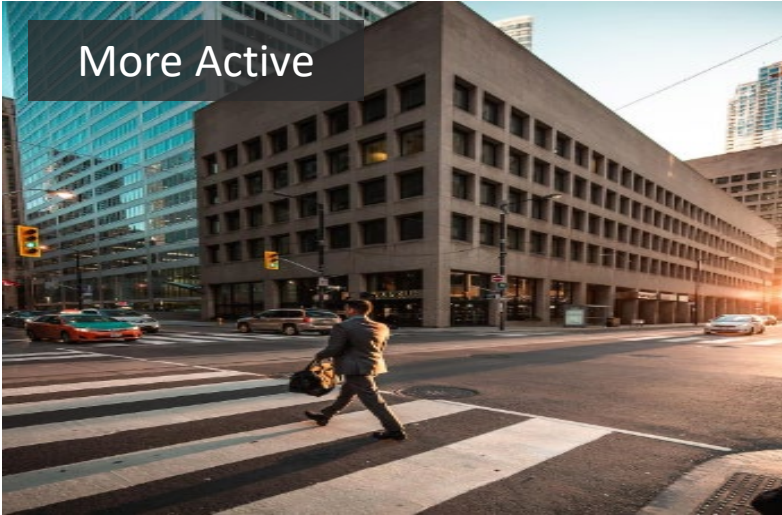


Incorporating Activity into Daily Routines

Environmental Conditions

Work

More Active

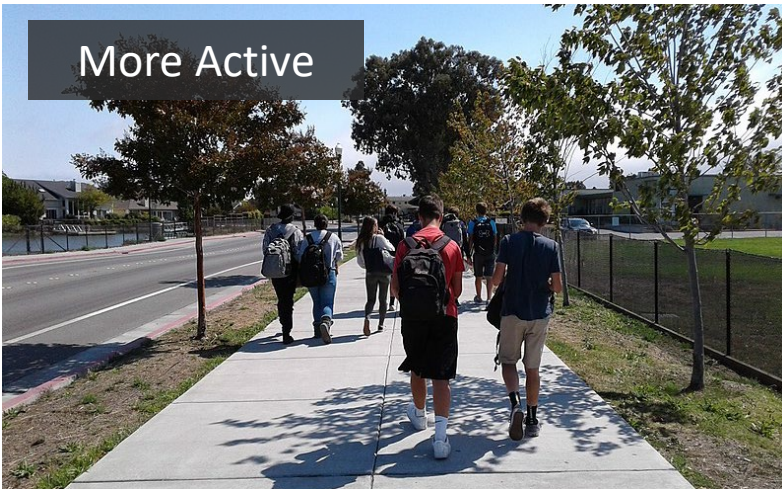


Less Active



School

More Active

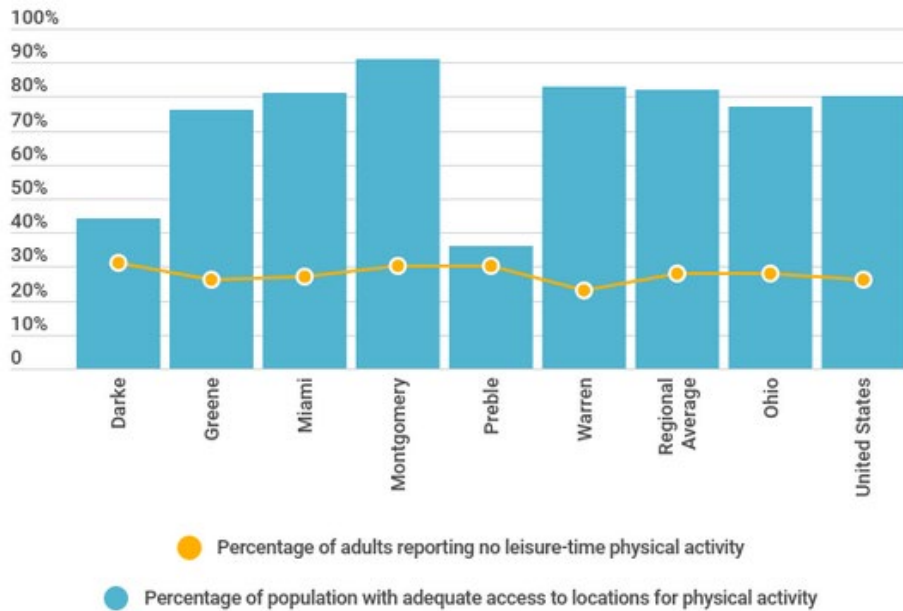


Less Active



Physical Activity – Health Outcomes

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

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 Intervention Best Practices

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.

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.



Centrally located parks in denser 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.

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.



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.



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.



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.

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.



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 stability, 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.



Urban farmers markets provide sustainable and healthy food options.



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



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 Best Practices for Rural, Suburban, and Urban Environments

Local Active Living Evaluation & Exploration

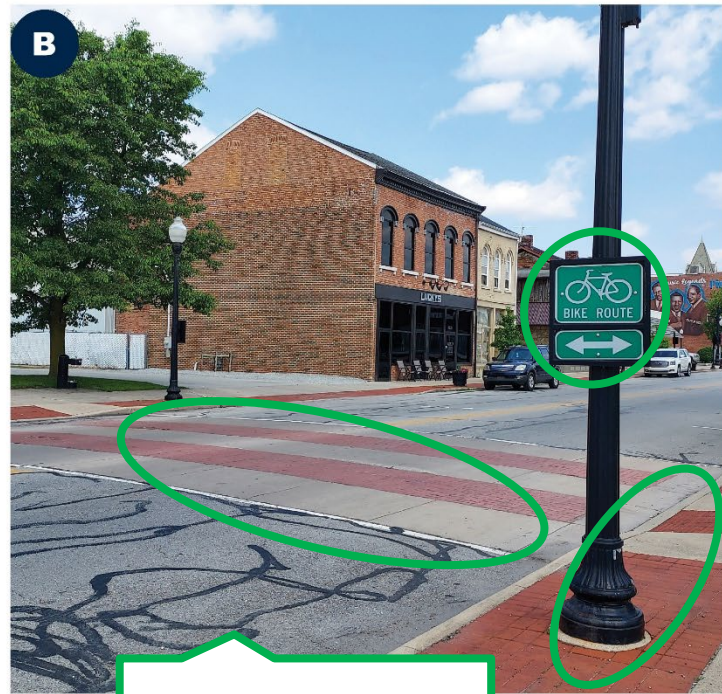
Spot the Difference

Imagine you are a pedestrian in the places below. Working in small groups, mark up the photos making note of what makes the two environments different. What makes them feel like a good place to be a pedestrian? What makes them feel like a difficult place to be a pedestrian? Do you prefer one environment over another? Tell us why.



- Auto oriented land use
- Limited visual cues to calm traffic in higher speed environment

- Sidewalks in good condition with amenities



- Lighting
- Trees
- Pedestrian amenity
- Lower speed environment

Local Active Living Evaluation & Exploration

Spot the Difference

Imagine you are a pedestrian in the places below. Working in small groups, mark up the photos making note of what makes the two environments different. What makes them feel like a good place to be a pedestrian? What makes them feel like a difficult place to be a pedestrian? Do you prefer one environment over another? Tell us why.



- Crosswalk marking present
- Crosswalks is signaled
- Trees
- Narrower lanes can help slow traffic

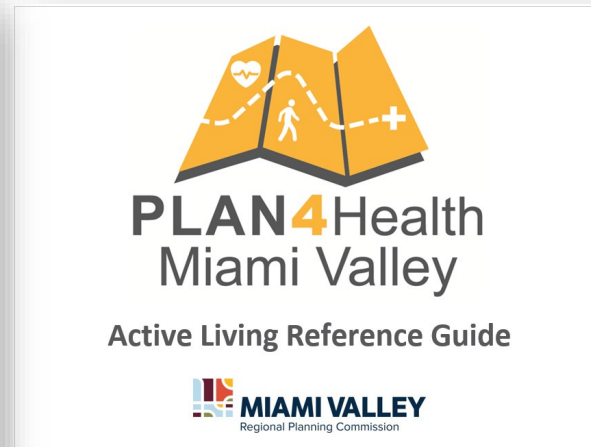
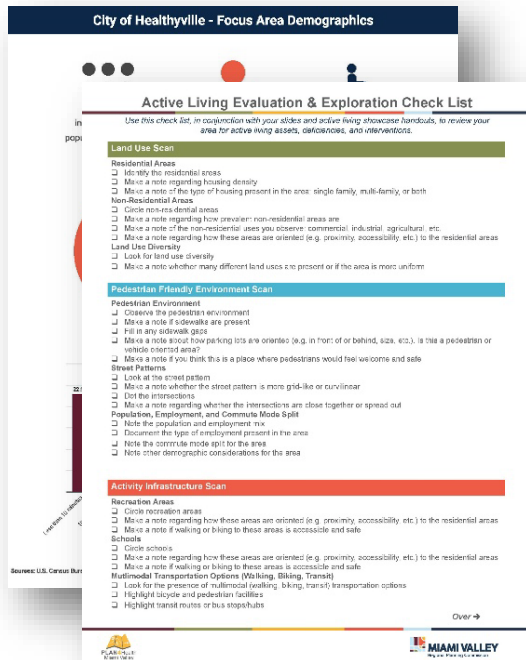


- Sidewalks abruptly ends
- No safe pedestrian access to school on a high speed road
- Lack of tree coverage or lighting

Local Active Living Evaluation & Exploration

- Working with your group, use the **Active Living Evaluation and Exploration Check List** to assess your study area location.
- Reference materials are supplied to provide additional information and context
- We are looking for active living **assets**, **deficiencies**, and **opportunities** in the study area
- Ask questions! Facilitators will be walking around to help

Local Active Living Evaluation & Exploration



Local Active Living Evaluation & Exploration

Key
elements
that **MAY**
be
present



Pictures
to
provide
context

Write and
draw on
the map!
Make
notes
here.

Local 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

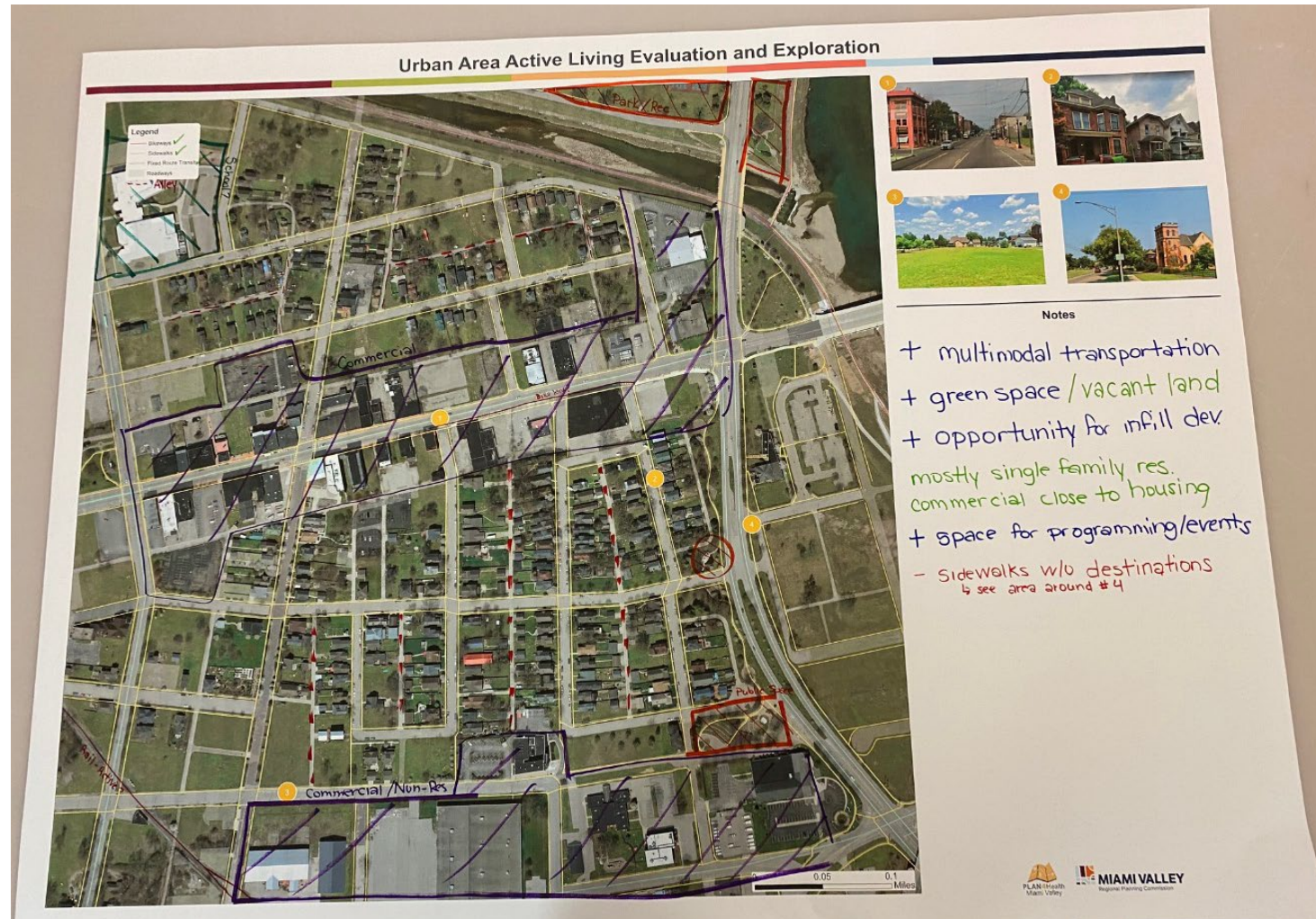
Local Active Living Evaluation & Exploration

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

Local Active Living Evaluation & Exploration



Local Active Living Evaluation & Exploration

Small Group Reporting

PLAN4Health – Miami Valley Initiative

Miami Valley Regional Planning Commission



MVRPC's **PLAN4Health – Miami Valley** Initiative aims to explore how planning can impact health outcomes across the Region.

Questions?

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Thank You!

