



Xenia Active Living Workshop

April 14, 2026

Agenda

1. Welcome and Walking Tour (15 min)

Destination Progress Drive

2. Warm Up Activity (15 min)

Spot the Difference

3. Active Living Briefing (30 min)

Active Living Presentation

4. Mapping Exercise (45 min)

Local Active Living Evaluation and Exploration

5. Wrap Up Activity (15 min)

Active Living Look and Feel Review

Orientation/Housekeeping

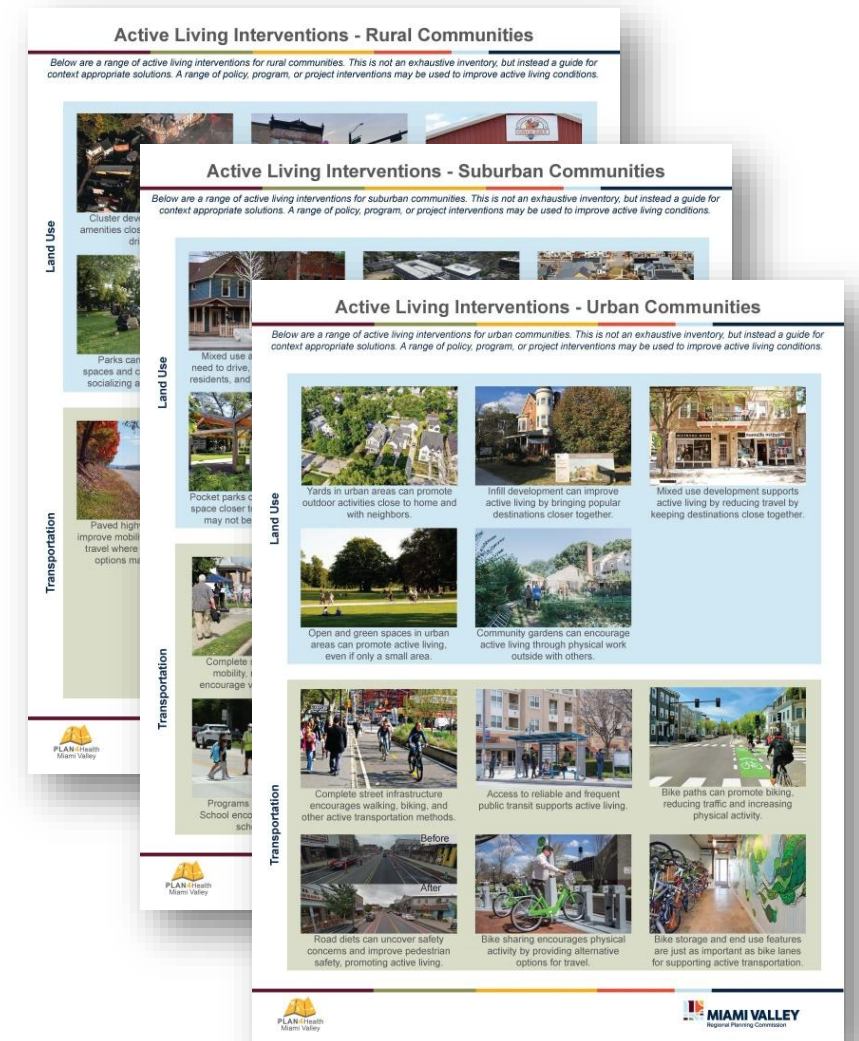
- Meeting Materials

Agenda, reference materials, slides, etc.

- Restrooms

- Informal Setting

Ask questions and share your ideas



Active Living in Xenia

- Hub of 5 regional bike trails
- Downtown safety improvements
- neXtPlan Mobility Plan



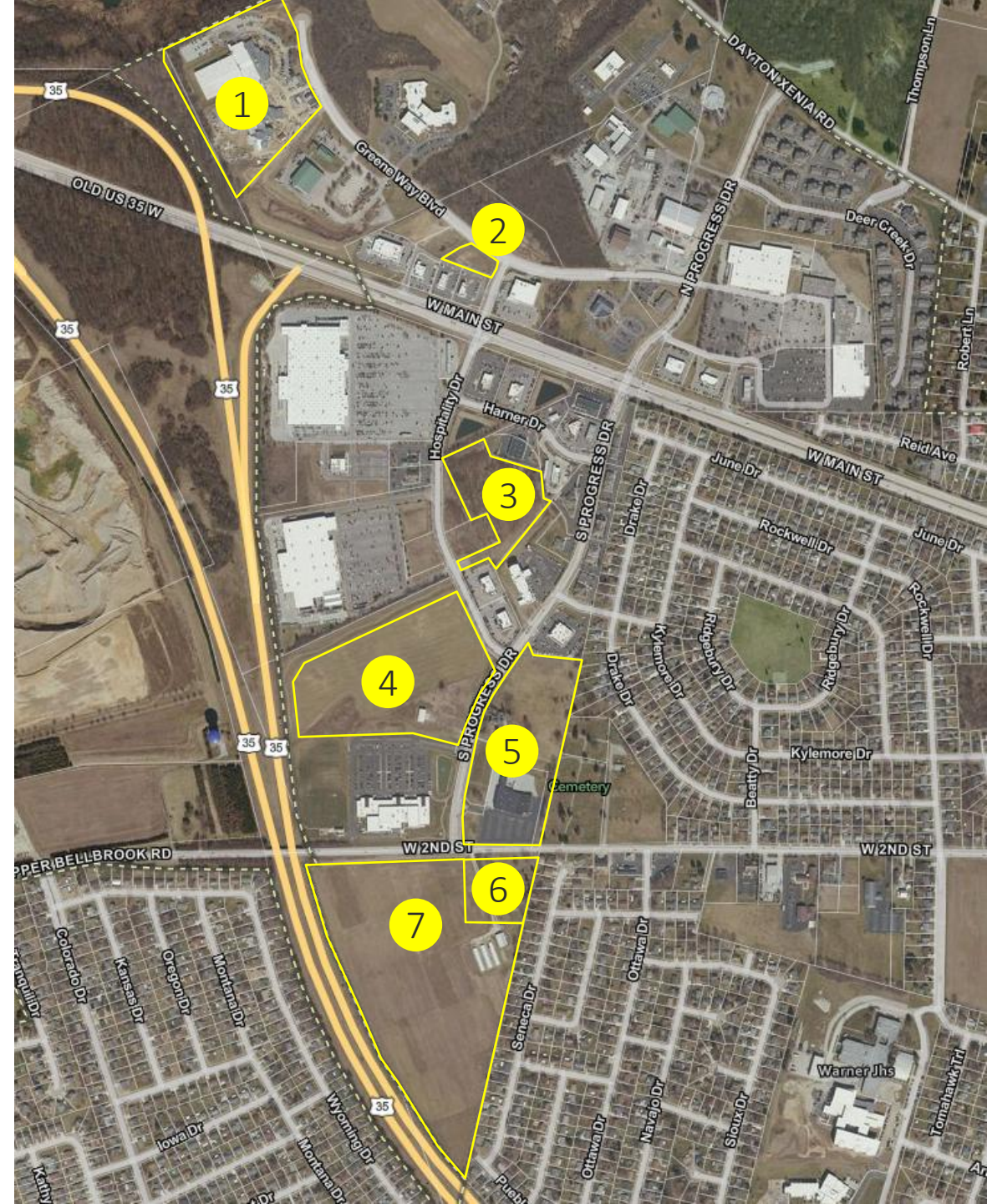
Progress/Hospitality Corridors

- Major retail, hospitality and institutional anchors
- Proximity to residential areas
- Disconnected from trails, sidewalks
- Increasing traffic volumes
- Significant growth



Planned Developments

1. Greene County Jail/Sheriff, future courts
2. Dairy Queen
3. Self-storage complex
4. Kettering Health Outpatient
5. Commercial development
6. Lighthouse Baptist Church Expansion
7. 160 townhomes



Planned Improvements

In Design

1. Progress/REACH roundabout
2. Progress/W. 2nd roundabout
3. W. 2nd sidewalk



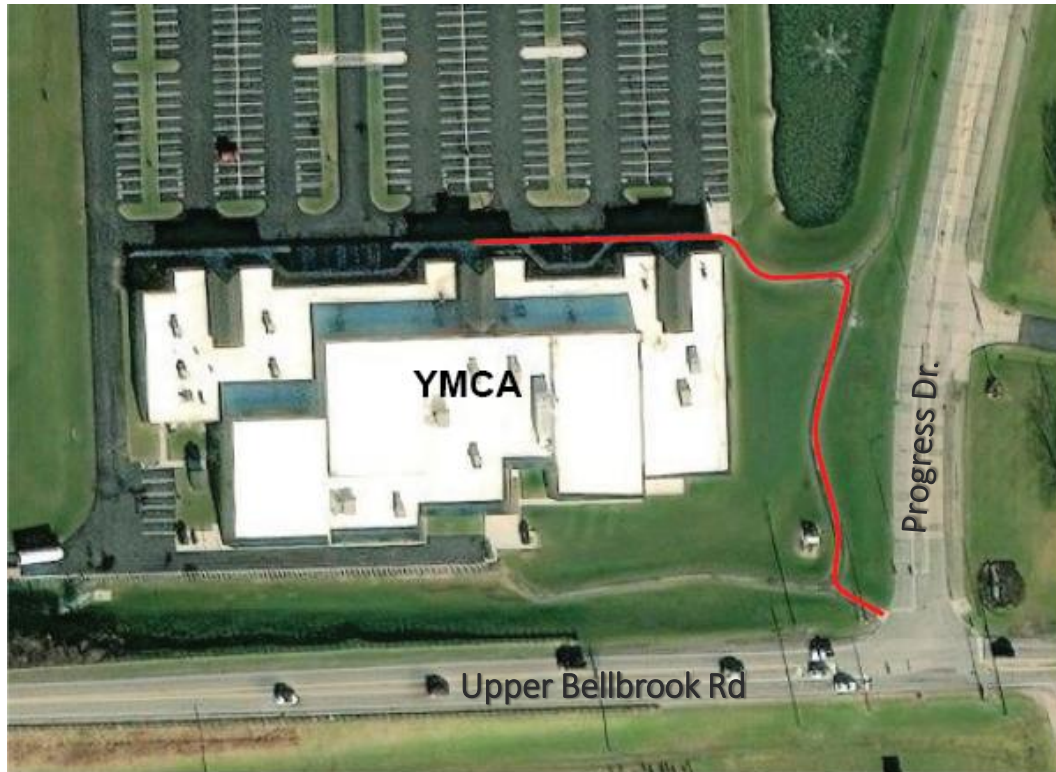
Planned Improvements

Conceptual (no funding)

4. Upper Bellbrook bike trail & connection to Little Miami Trail
5. Harner Drive:
Roundabout at Hospitality
Signal at Progress
6. Progress/Main turn lane expansions
7. N. Progress:
Turn restrictions at Kroger/Rural King entrance
Roundabouts at Greene Way and Dayton
8. Bike path/lanes on Dayton Ave –
connecting to Creekside Trail



Walking Tour



- Walk is ~ 0.25 miles
- Observe conditions for bicyclist & pedestrians by asking:
 - *Can I walk/bike here?*
 - *Does it feel safe to walk/bike?*
 - *Are there destinations?*
 - *Is there infrastructure for non-motorized users?*
 - *Is it in good condition?*

Walking Tour

Comments & Observations

Warm Up Activity – Spot the Difference

- Using the **Spot the Difference** worksheet at your table, work as a group to review and make notes of the two different environments.
- Imagine you are a pedestrian in the area, think about...

How comfortable the environment is

How safe the area feels

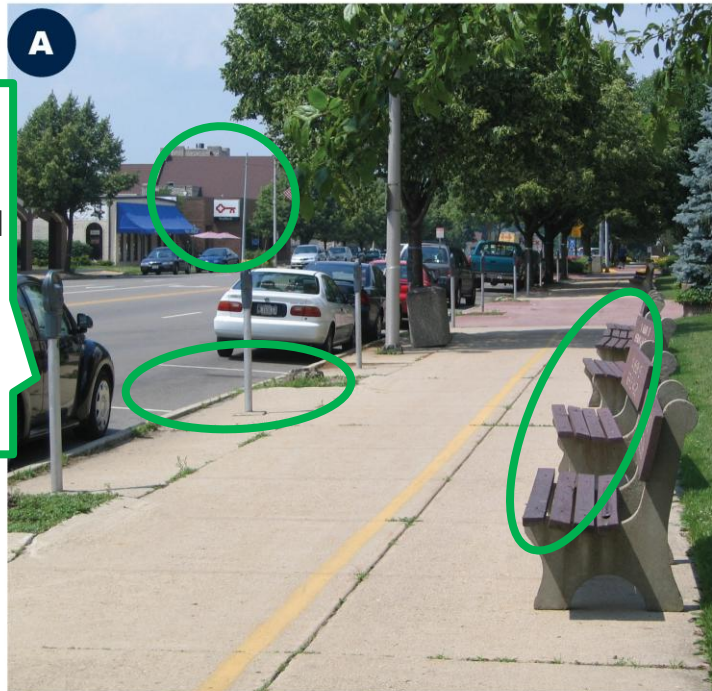
Would you be comfortable with a child or older adult in this area

What about the area makes you feel these ways

Warm Up Activity – Spot the Difference

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.



- Amenities
- Destinations
- On street parking and meters provide buffer
- On street parking serves as visual cue to slow down



- No crosswalks
- No buffer between road and path
- No visual cues to slow down

- Wide path in good condition

Notes

Warm Up Activity – Spot the Difference

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.

- Lighting
- Trees
- Pedestrian amenity
- Lower speed environment



- Sidewalks in good condition

- Auto oriented land use
- Limited visual cues to calm traffic
- Limited connectivity for bike/ped

Notes

Warm Up Activity – Spot the Difference

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.



- Trees
- Lighting
- Path in good condition
- Signage
- Amenities



- Good buffer between cars and path
- Trees

- Path showing wear and tear, litter
- Lack of safe crossing

Notes

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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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 (in progress)
- Healthy Communities Roundtables (on-going, 9 events to date)



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 Activities into Daily Routines

Personal Activities

Chores

More Active



Less Active



Shopping

More Active



Less Active



Incorporating Activities into Daily Routines

Environmental Conditions

Work

More Active

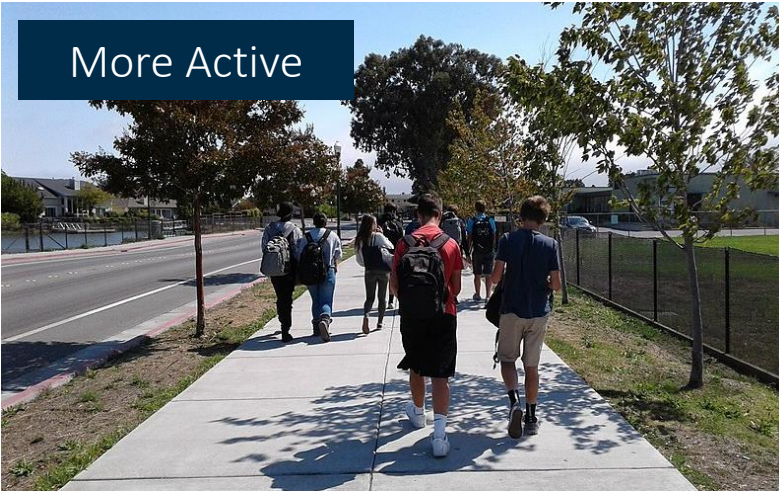


Less Active



School

More Active

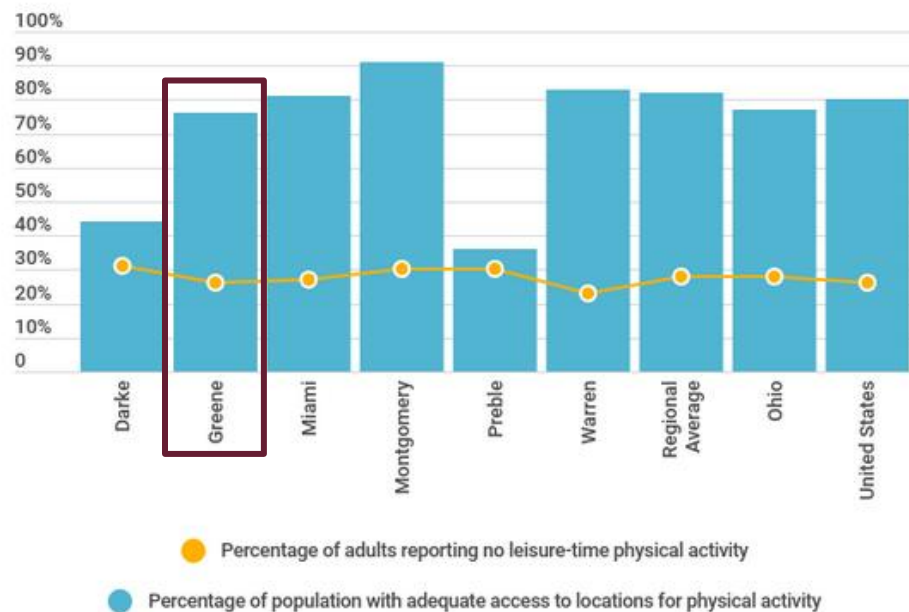


Less Active



Physical Inactivity & 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 - Health

Reduce
Chronic
Diseases

Improve
Mental Health

Support
Healthy Aging

Active Living - Community

Increase Social
Connections

Enhance
Safety

Promote
Equity

Active Living – Economic Development

Increased Property
Values

Boosted Local
Businesses

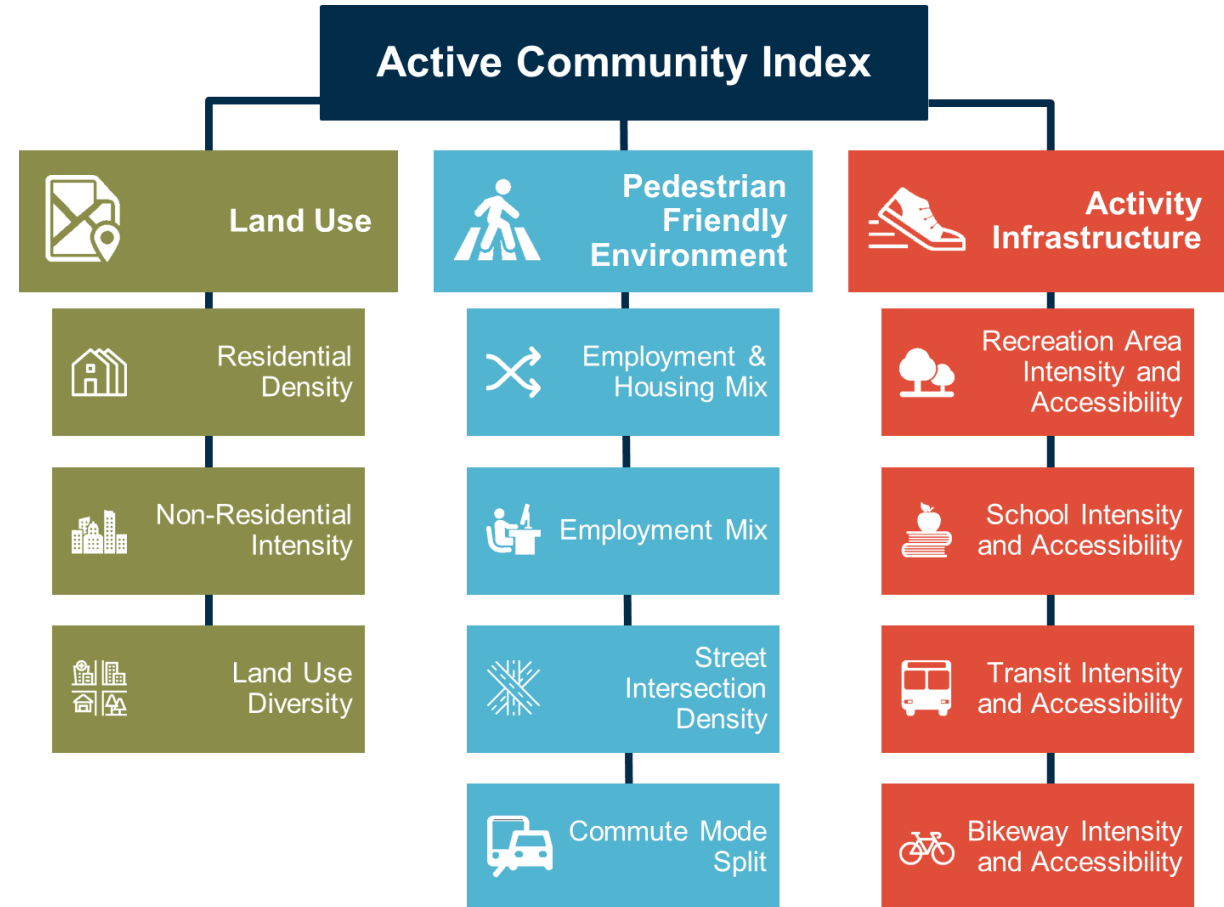
Reduced
Healthcare Costs

Attracting and
Retaining Residents
and Businesses

Built Environment Assessment

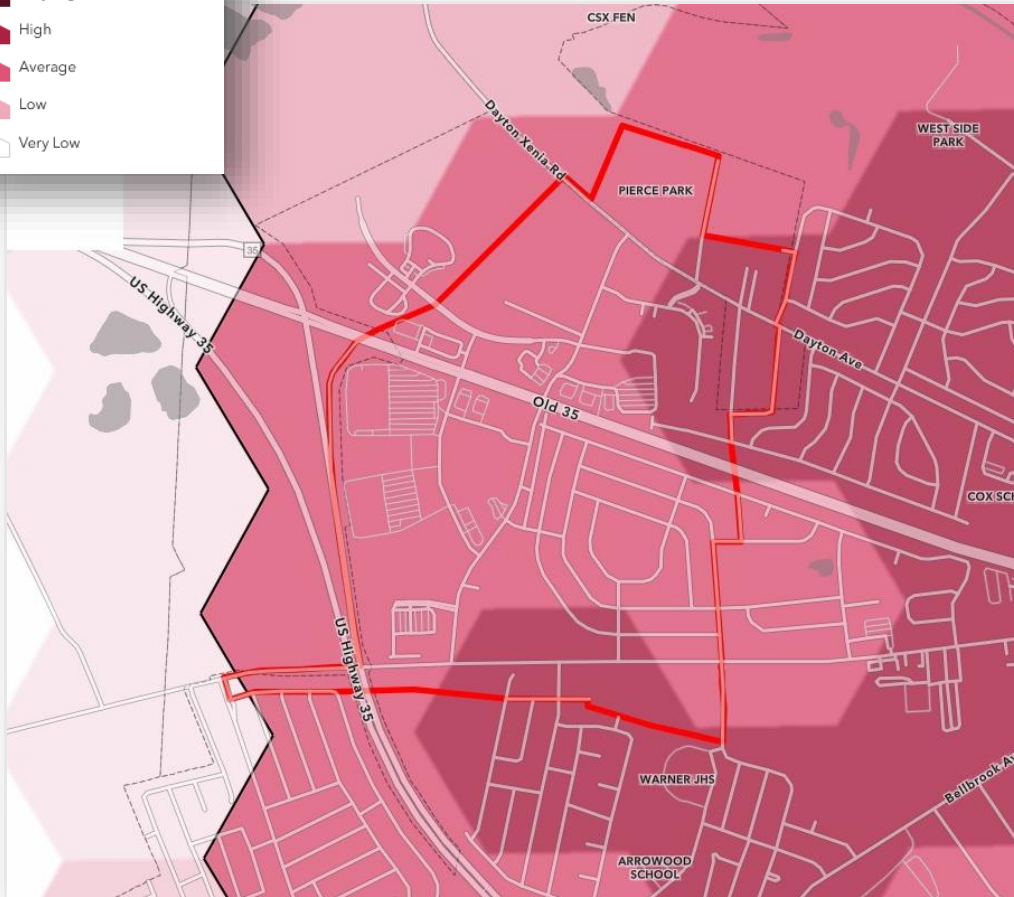


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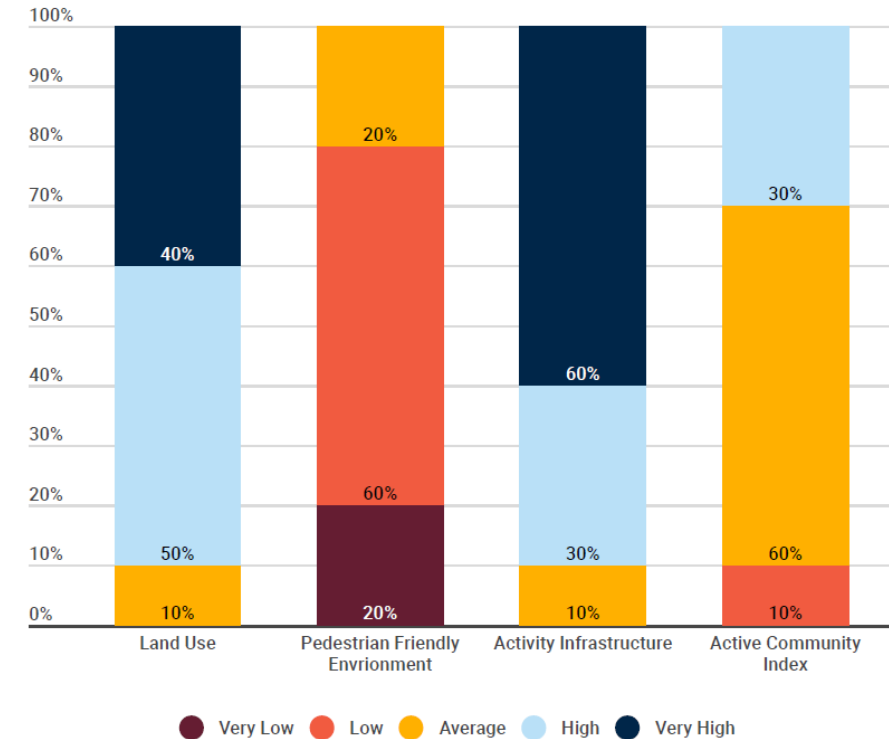
Focus Area Data – Active Community Index

Active Community Index Score

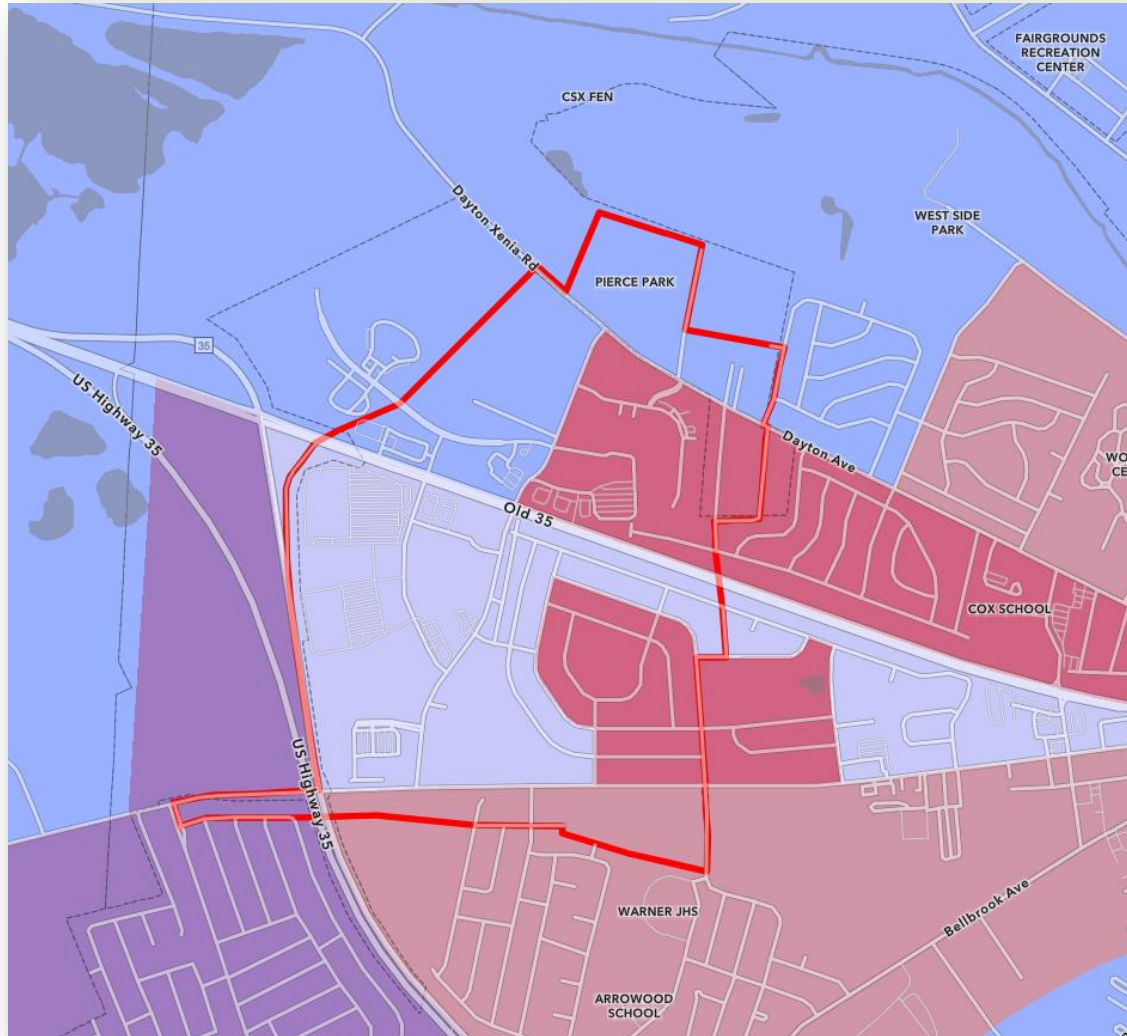


City of Xenia - Focus Area

Built Environment Assessment (Developed Area)



Focus Area Data – ACI and Population Density

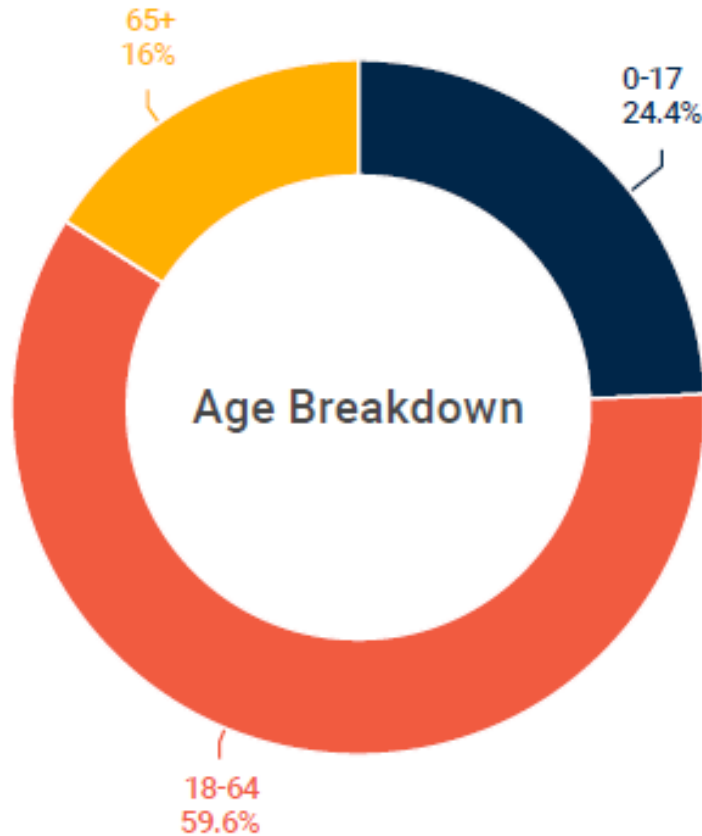


Map Legend		Population Density		
		Low	Medium	High
Active Community Index	High			
	Medium		★	★★
	Low		★★	★★★

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

Focus Area Data – Demographic Considerations

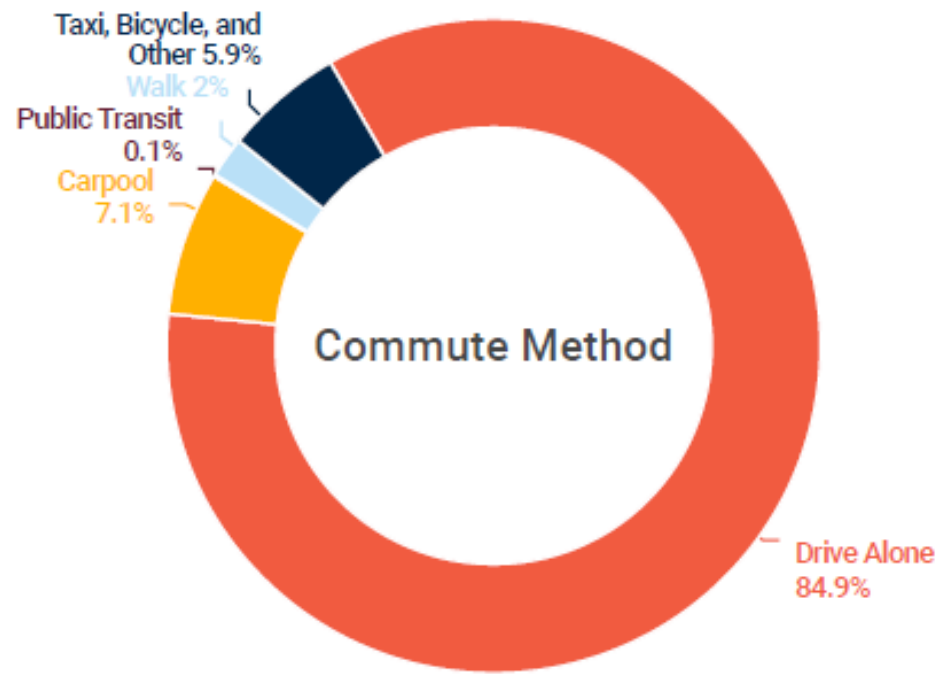
Age and Ability



**20.4% of the population
in the area have a
disability**

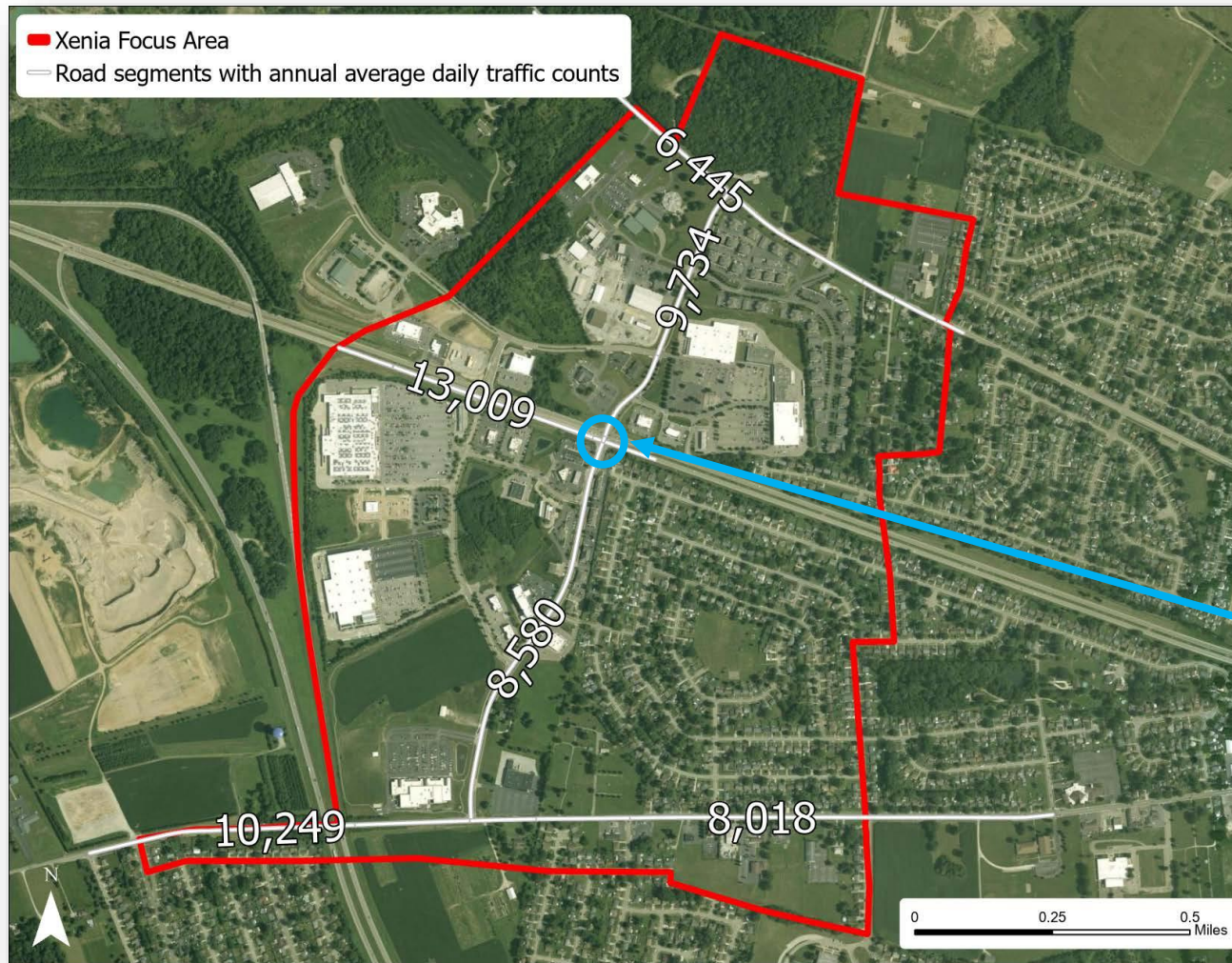
Focus Area Data – Demographic Considerations

Transportation



6.9% of households within the area do not have access to any personal vehicles

Focus Area Data – Transportation System



- Automobile traffic is relatively high in many corridors in this area, creating unsafe pedestrian conditions, especially for crossing
 - Traffic counts in this area often equal or exceed those of more urbanized areas, such as downtown Xenia and downtown Dayton
- The intersection of U.S. 35 and Progress Dr is one of the highest crash risk intersections in the Region, and is a major barrier to pedestrians

Planning for Active Living Communities





Our development choices are essential to advance active living



Active Living Interventions May Include...



Active Living Measures May Relate To...



Interventions - Transportation

Bike Paths/Trails Near Destinations



Reliable Public Transportation

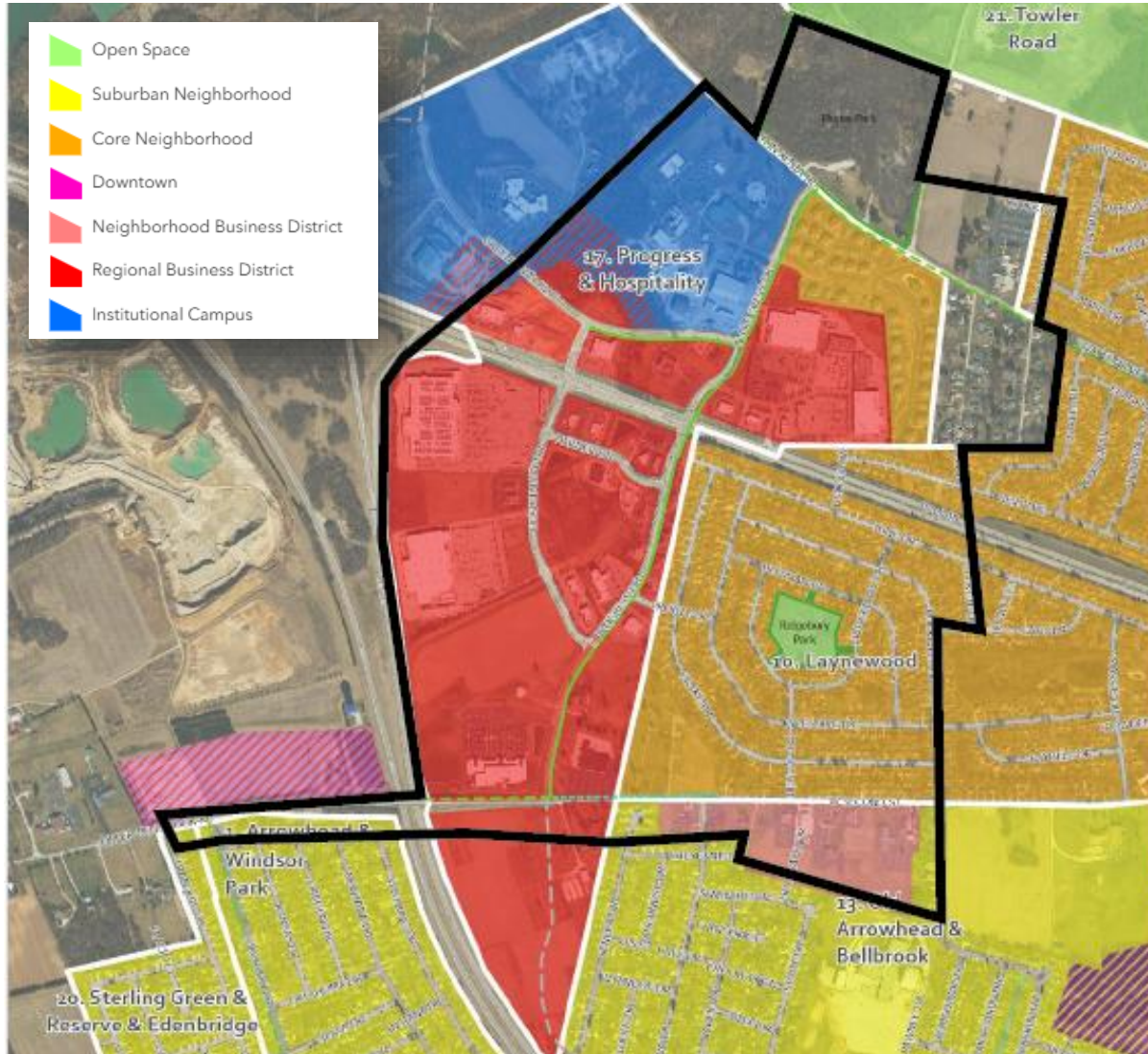


Prioritizing Bike & Pedestrian Safety



Interventions – Land Use

Land Use Diversity



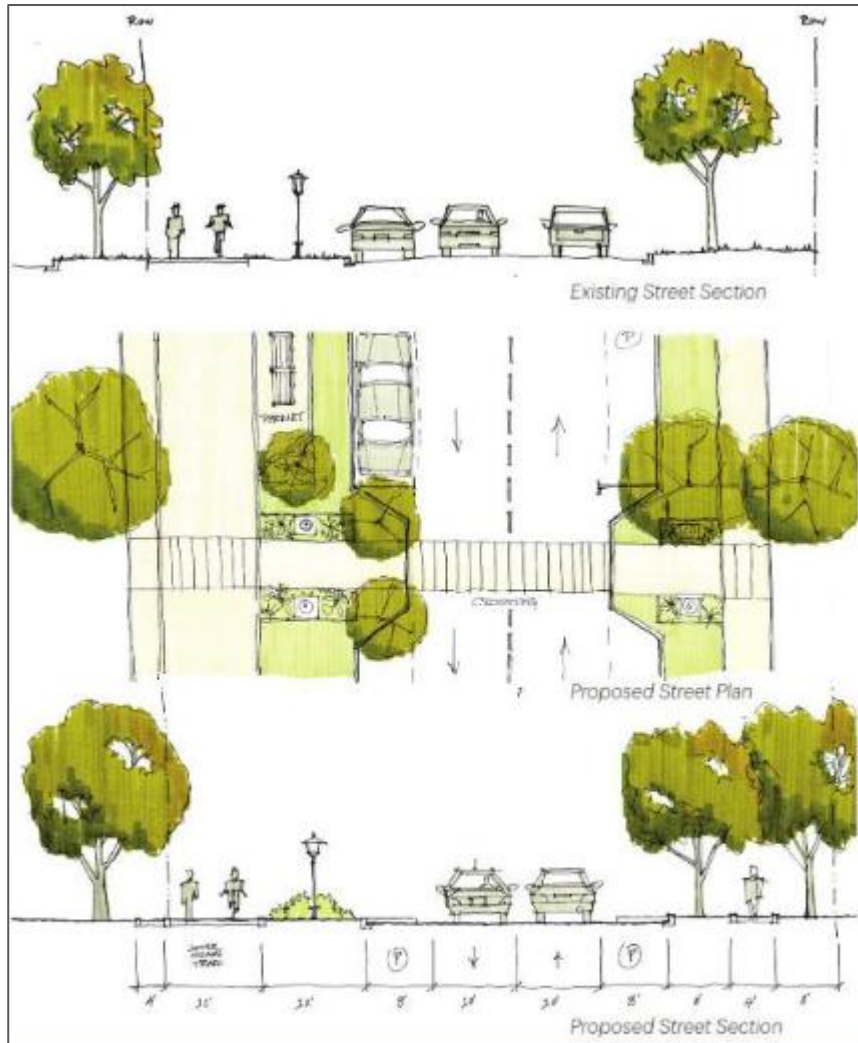
Infill Development



Attractive Destinations



Interventions – Design



Pedestrian-friendly street concept - Miami Avenue (Image credit: Opticos Design, J Griffin Design)

Plans for Traffic Calming, Lighting, and other Enhancements



Interventions – Programming & Events

Creating Event Spaces



Central Market Street Park Concept (Image credit: EDGE Landscape Architecture)



Market Street Promenade Concept (Image credit: EDGE Landscape Architecture)

Activity Oriented Experiences



Program Considerations in Plans



Enhance and Advance

Enhance Existing Facilities



Advance Improvements in Locations without Assets or Amenities





Local Active Living Evaluation & Exploration

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

City of Xenia - Focus Area Demographics

This data covers Greene County Census Tracts 2402 and 2403.03 (encompassing the focus area)

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popul

Active Living Evaluation & Exploration Check List

Use this check list, in conjunction with your slides and active living showcase handouts, to review your 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

- ☐ Note the population and employment mix
- ☐ Document the type of employment present in the area
- ☐ Note the commute mode split for the area
- ☐ Note other demographic considerations 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

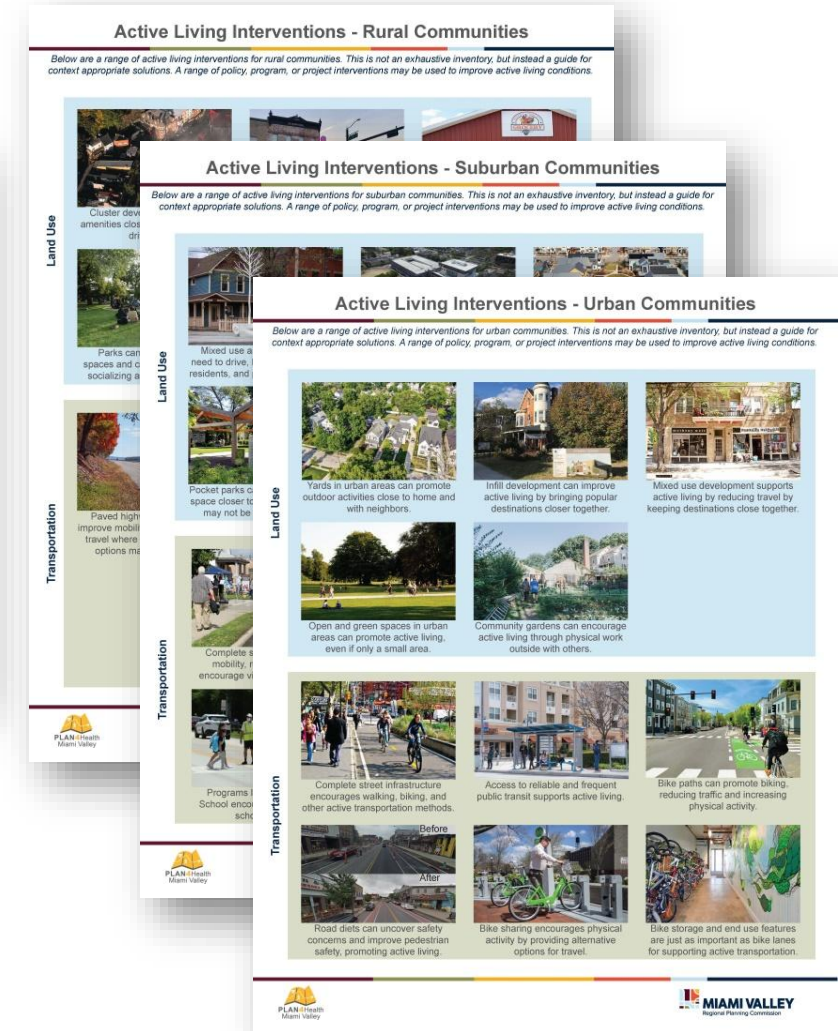
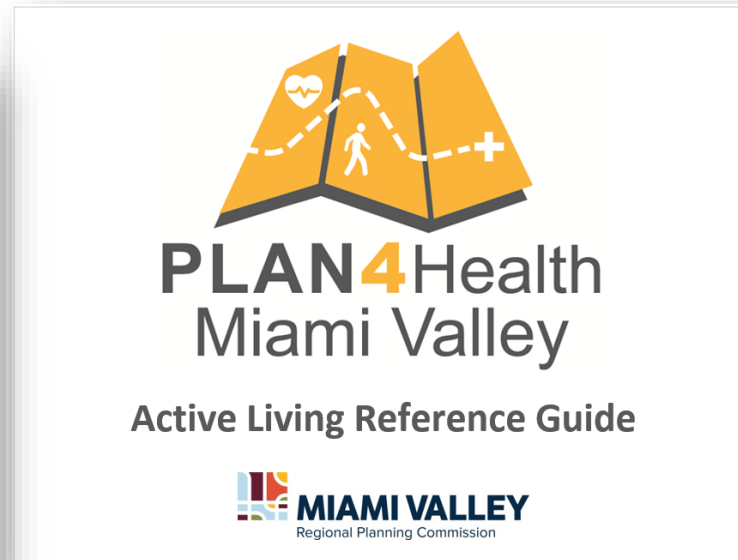
- ☐ Circle schools
- ☐ Make a note regarding how these areas are oriented (e.g. proximity, accessibility, etc.) to the residential areas
- ☐ Make a note if walking or biking to these areas is accessible and safe

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 →

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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 constraints and opportunities related to places, destinations, infrastructure, and amenities 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 for all ages and abilities.

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

The figure is an aerial photograph of an urban area, overlaid with a grid of yellow lines representing street boundaries. Handwritten purple lines and circles highlight specific areas of interest. A legend in the top left corner identifies symbols for Sidewalks (green line), Bikeable (blue line), Fixed Route Transit (red line), and Roadways (black line). The map includes labels for 'Park Res' (top right), 'Public Res' (bottom right), and 'Commercial / Non-Res' (bottom left). A scale bar at the bottom right indicates distances of 0.05 and 0.1 miles. Numbered yellow circles (1-4) are placed at various intersections and locations throughout the map.

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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Local Active Living Evaluation & Exploration



Local Active Living Evaluation & Exploration

Small Group Reporting



Active Living Look and Feel

Wrap Up Activity – Active Living Look & Feel

Review the images on the posters. For each category, place one of your sticky dots on the image that you most prefer.

Active Living Look & Feel

Below are pictures representing different designs for active living infrastructure. Place a dot in each category to indicate which design has the best look & feel to you. There are no wrong answers!

Crosswalks	Street Design
	
	
	



Active Living Look & Feel

Below are pictures representing different designs for active living infrastructure. Place a dot in each category to indicate which design has the best look & feel to you. There are no wrong answers!

Pedestrian Amenities	Retail Destinations
	
	
	



Thank You!

Xenia Questions

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Active Living Questions

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