
TOOL K
MIAMI VALLEY STORY PROJECT
TOOL A
REGIONAL GEOGRAPHIC INFORMATION SYSTEM
TOOL J
NATURAL RESOURCES PRESERVATION AND ENHANCEMENT
TOOL B
ECONOMIC DEVELOPMENT DATABASE DATA SUPPORT
MIAMI VALLEY
Regional Planning Commission
TOOL I
SUSTAINABLE DEVELOPMENT AND REDEVELOPMENT
TOOL C
RETURN ON INVESTMENT / IMPACT ANALYSIS TOOL
GOING PLACES
IMPLEMENTATION TOOLS
PROGRESS UPDATES
TOOL H
REGIONAL COLLABORATION TRAINING PROGRAM
TOOL D
REGIONAL ASSETS AND ECONOMIC ANALYSES
TOOL G
LOCAL JURISDICTION COORDINATION ON SPECIFIC ISSUES
TOOL E
PROJECT FUNDING COMPETITIVENESS ANALYSIS
TOOL F
REGIONAL TRANSPORTATION AND DEVELOPMENT FORUM



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TOOLS ELEVEN IMPLEMENTATION TOOLS

PRIORITY #1
Better Information for Stronger Decision Making

TOOL A: Shared Regional Geographic Information System (GIS)

PRIORITY #2
Strengthen Regional Collaboration

TOOL F: Forum for Regional Transportation and Development

TOOL G: Targeted Subgroups to Address Specific Issues of Local Jurisdiction Coordination

PRIORITY #3
Build the Region's Capacity for Solution

TOOL I: Innovative Solutions for Sustainable Development and Redevelopment

DISCLAIMER

This is a fictional story. The names, characters, businesses, events, and incidents are the products of the author's imagination. Any resemblance to actual persons or actual events are coincidental.

Episode 5: Advancing Health in the City of Healthyville





Remember Brian Kim?

GYM

1.5 Miles

15 Min

WELLNE

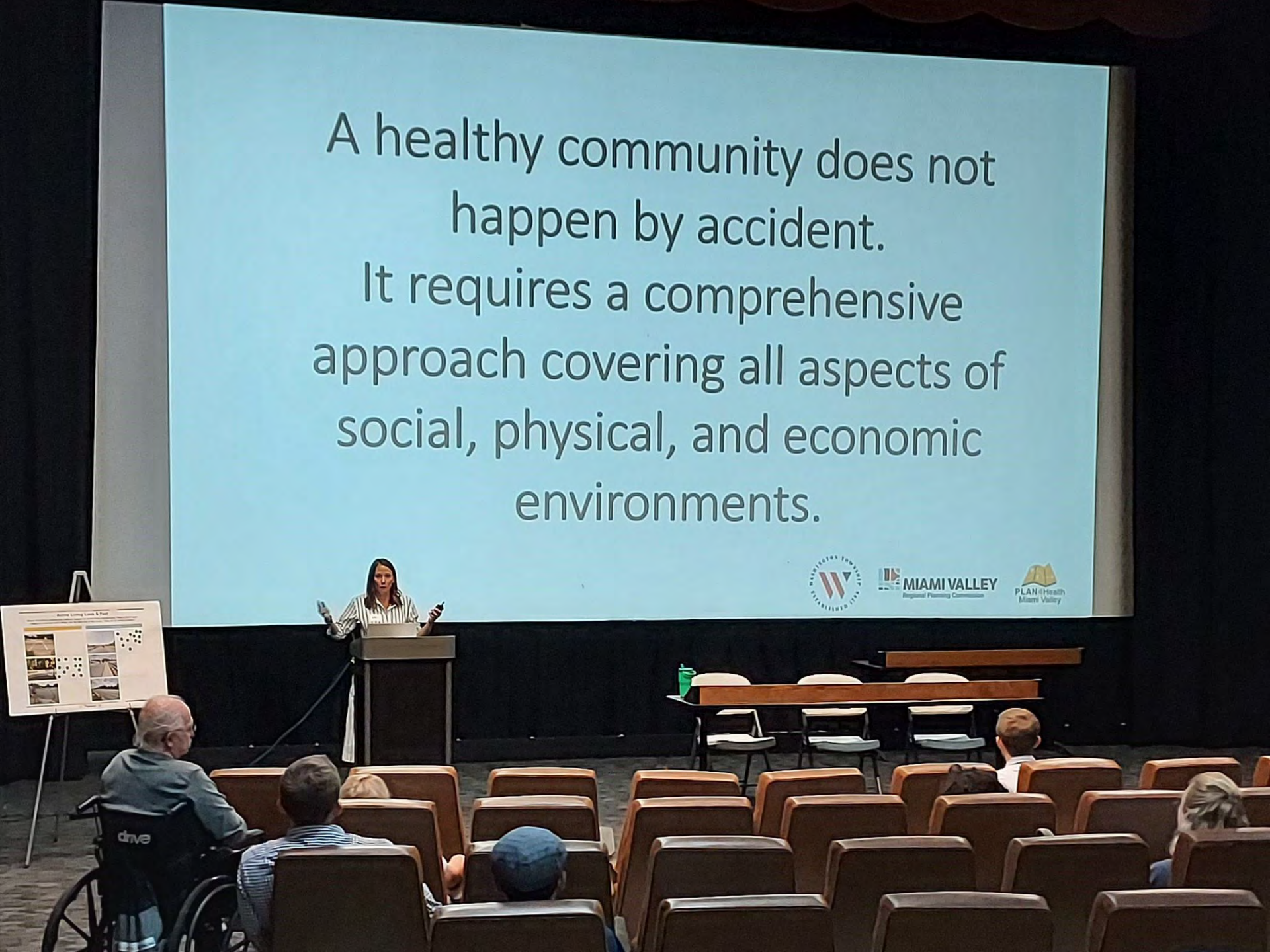
HEALTH

EXERCISE

NUTRITION






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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ChatGPT

What is a healthy community?

A **healthy community** is one where people, the environment, and social systems all support one another so that individuals and groups can thrive. It goes beyond the absence of illness—it's about overall well-being, safety, and opportunity.

Here are some key characteristics of a healthy community:

1. Physical Health & Environment

- Clean air, water, and safe housing
- Access to nutritious food and opportunities for physical activity
- Safe streets, transportation, and public spaces

2. Social Well-Being

- Strong social connections and a sense of belonging
- Supportive networks for children, families, and the elderly

What's the benefits of a healthy community?

Great question! A **healthy community** brings benefits that touch every part of life—individual, social, and economic. Here are some of the main ones:

1. Better Health & Well-Being

- Lower rates of disease, obesity, and mental health issues
- Longer life expectancy and improved quality of life
- More opportunities to stay active and eat well

2. Stronger Social Connections

- People feel safer, supported, and more connected
- Reduced loneliness and isolation
- Stronger sense of belonging and community pride

3. Economic Benefits

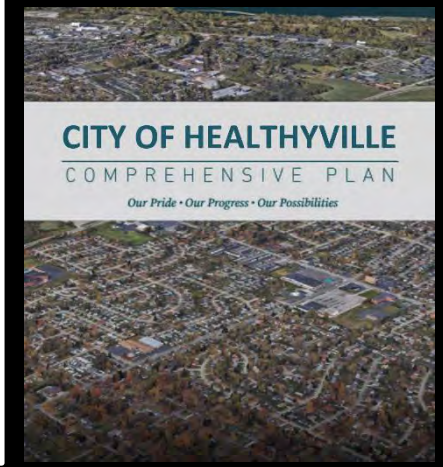
Ask anything

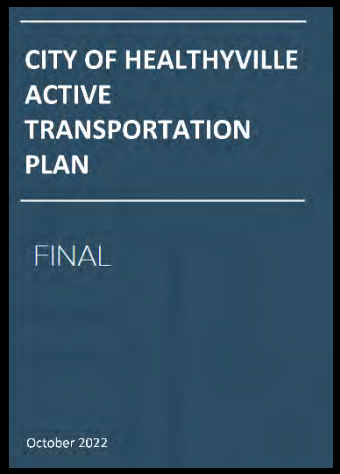






Source: *County Health Rankings model – University of Wisconsin Population Health Institute (2016)*

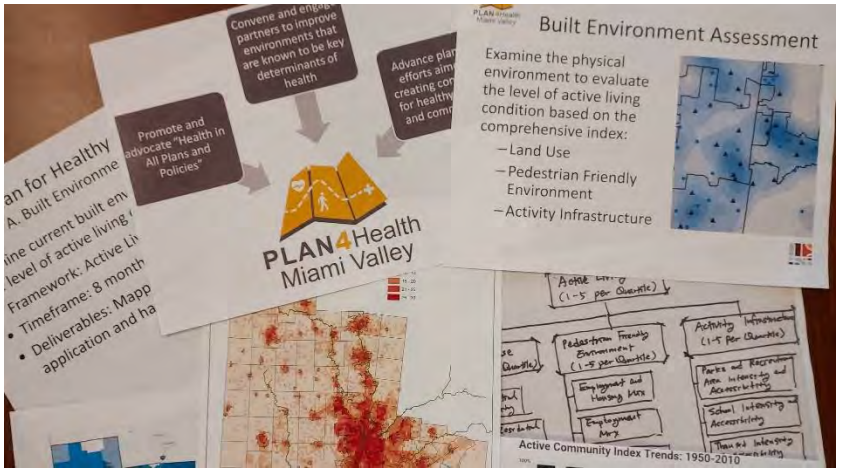






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HEALTHYVILLE

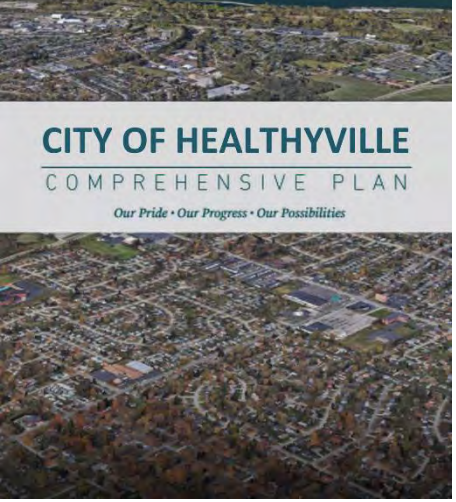
















A healthy community does not happen by accident.

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





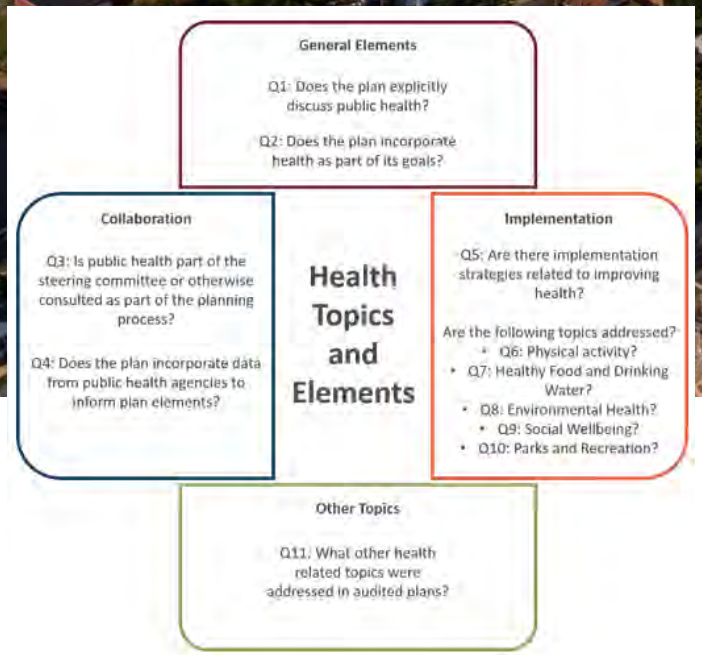




Local Plan Health Assessment

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published November 18, 2024



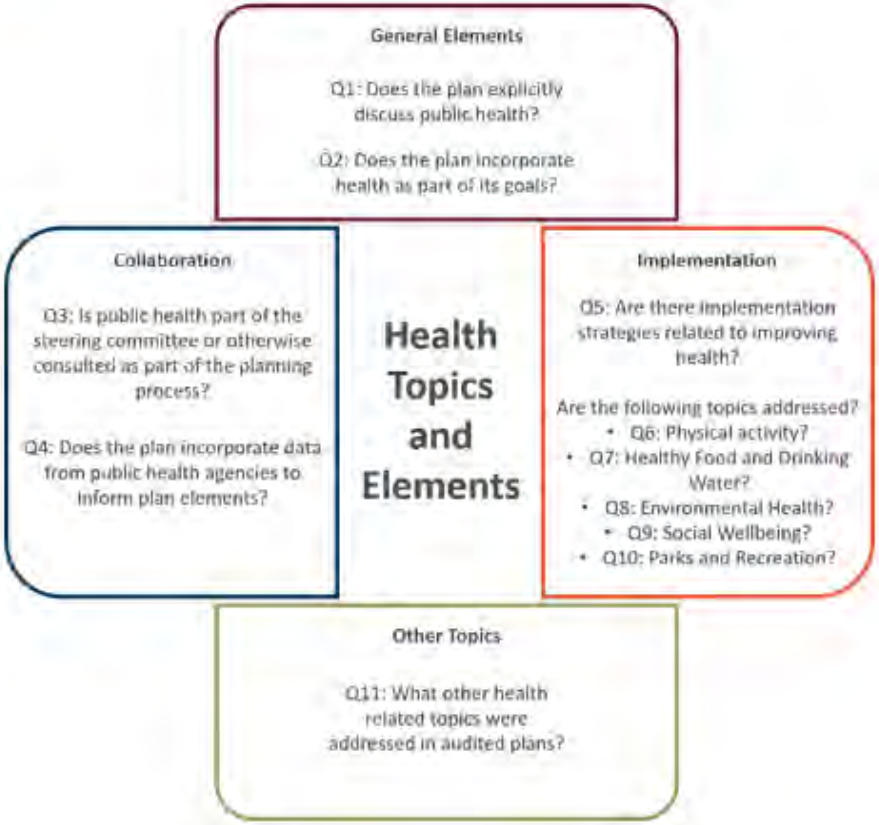
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Local Plan Health Assessment

The Local Plan Health Assessment reviewed a total of forty-four (44) planning and policy documents from across the Miami Valley. Qualitative and quantitative analysis was performed to see if, and to what degree, health is incorporated into these documents.

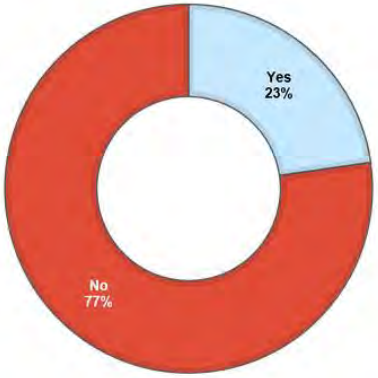
Here are some important facts and figures about the Local Plan Health Assessment:

- Investigates health within plan and policy documents in the Miami Valley.
- Examines four (4) major categories broadly related to planning and health, divided into smaller health topics.
- Analyzes eleven (11) different health topics and visualizes the data findings.
- Summarizes the high level findings, followed by detailed findings for each topic.

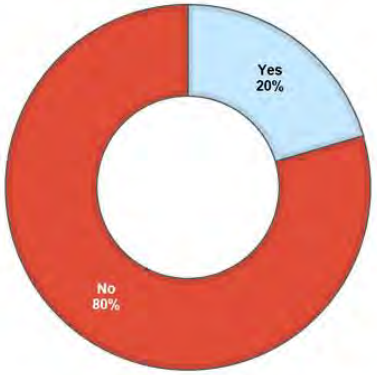


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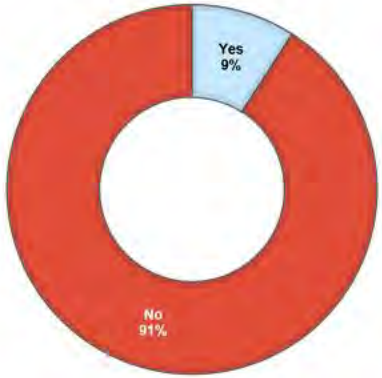
Q1: DOES THE PLAN EXPLICITLY DISCUSS PUBLIC HEALTH?



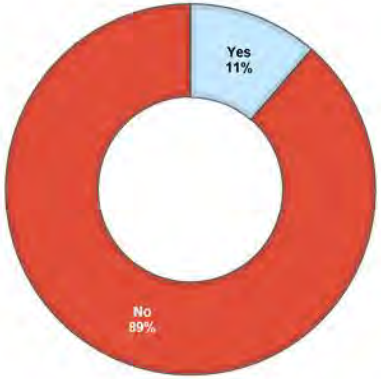
Q2: DOES THE PLAN INCORPORATE HEALTH AS PART OF ITS GOALS?



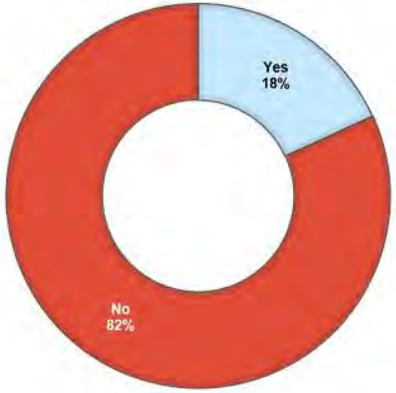
Q3: IS PUBLIC HEALTH PART OF THE STEERING COMMITTEE OR OTHERWISE CONSULTED AS PART OF THE PLANNING PROCESS?



Q4: DOES THE PLAN INCORPORATE DATA FROM PUBLIC HEALTH AGENCIES TO INFORM PLAN ELEMENTS?



Q5: ARE THERE IMPLEMENTATION STRATEGIES RELATED TO IMPROVING HEALTH?



Healthy Communities Needs Assessment

PLAN4Health - Miami Valley Initiative

Miami Valley Regional Planning Commission | Published March 14, 2025



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Community Conditions for Health

Community conditions for health are the environmental contexts which improve positive health outcomes.

A community that provides and promotes the following elements are considered to contribute to better positive health outcomes:

- Physical Activity;
- Healthy Food and Drinking Water;
- Healthy Living Environments;
- Social Well-Being;
- Quality Parks and Recreation Opportunities

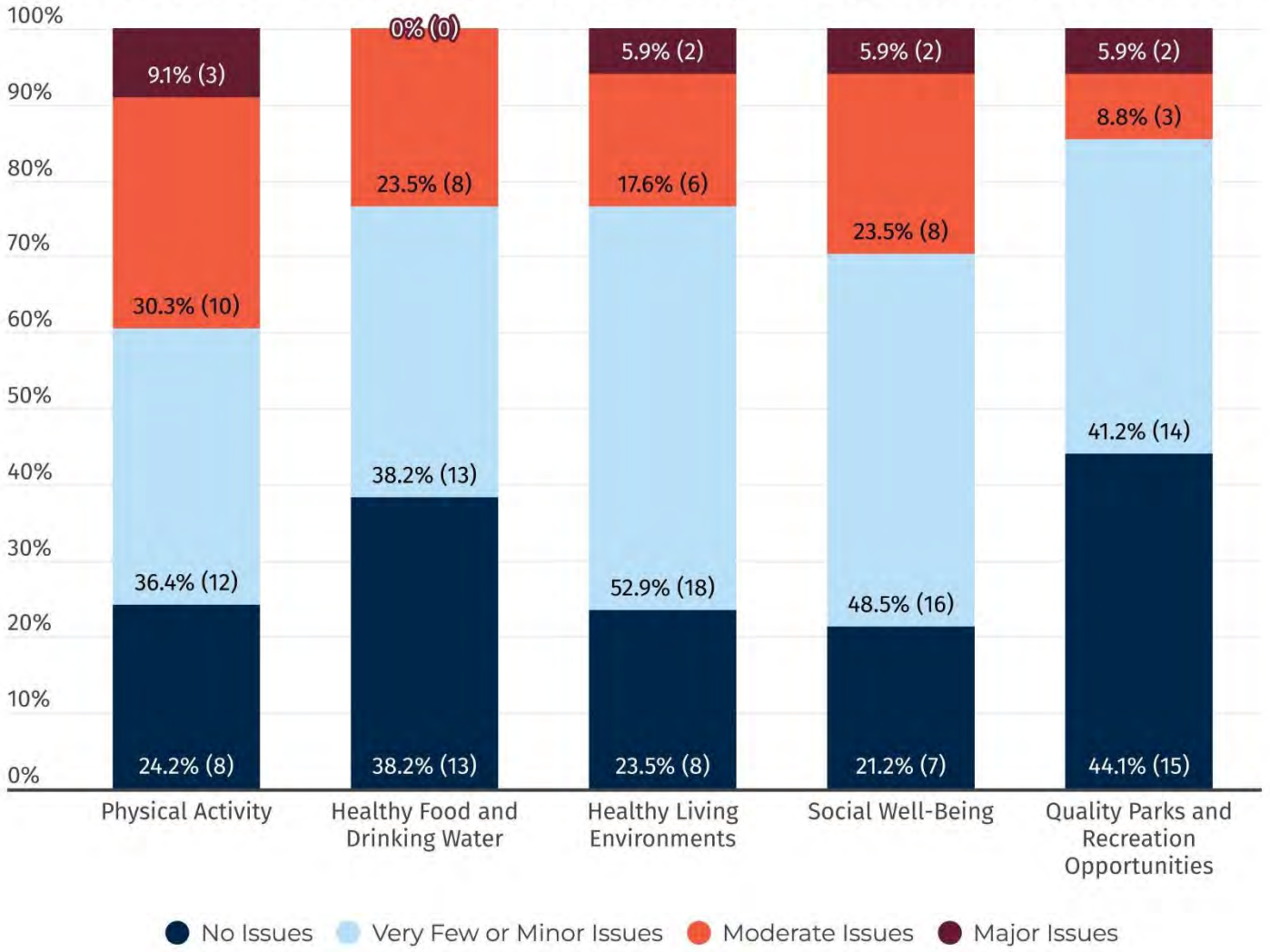
As part of the assessment, the survey asked communities:

- How would you evaluate environmental conditions in your community?
- What efforts are currently underway to provide better conditions?



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How Would You Evaluate Your Community's Environmental Conditions?



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Community Conditions for Health by Community Type

	Urban	Suburban	Rural
Physical Activity	—	—	👍
Healthy Food and Drinking Water	👎	👍	—
Healthy Living Environments	👎	—	👍
Social Well-Being	👎	—	👍
Quality Parks and Recreation Opportunities	—	—	👍

👍 No Issues

— Moderate / Few Issues

👎 Major Issues

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Active Living Policies and Strategies



Active Living Policies and Strategies

Community policies can promote positive health outcomes by providing built environments that better support and encourage active living. A variety of active living policies and strategies can be employed in urban, suburban, and rural areas, whether it is an established, or newly developed community.

These strategies can be grouped into four different topics:

- Land Use
- Transportation
- Community Design
- Programs and Events

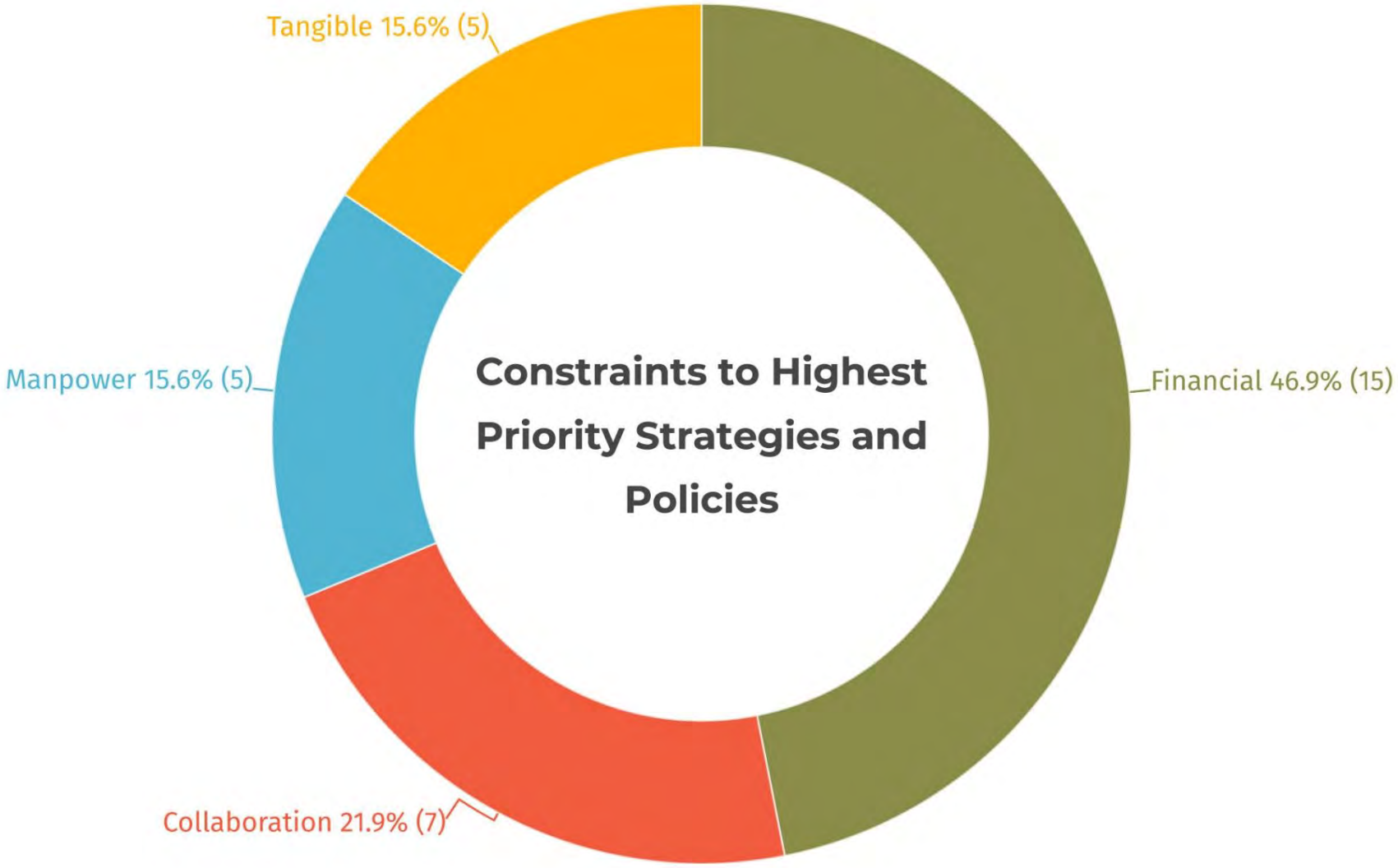
Several questions were asked on the topic of active living policies and strategies, including:

- Which active living intervention strategies would be of interest and priority in your community?
- What opportunities or constraints do you foresee to advancing your community's priorities?

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1. [Land Use] Redeveloping Downtown / Community Core
2. [Community Design] Prioritizing Pedestrian Oriented Design
3. [Programs and Events] Encourage Farmers' Markets and Community Gardens
4. [Transportation] Improved Bike Paths and Biking Infrastructure
5. [Community Design] Creating Attractive Places and Spaces

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Planning Capacity and Resources

Each community has a different capacity to advance planning for a healthy community. Much of this depends on manpower, available resources, etc.

To better understand current planning practices and future resources needed to increase planning capacity, the survey asked:

- What programs or projects would facilitate planning and public health collaboration?
- Which resources would be helpful to advance planning for health in your community?

Planning Capacity and Resources



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Programs and Projects for Future Collaboration



- Planners can assist with CHIPs and CHAs



- Mobile / pop-up healthcare opportunities



- Shared databases to measure and address health in the community

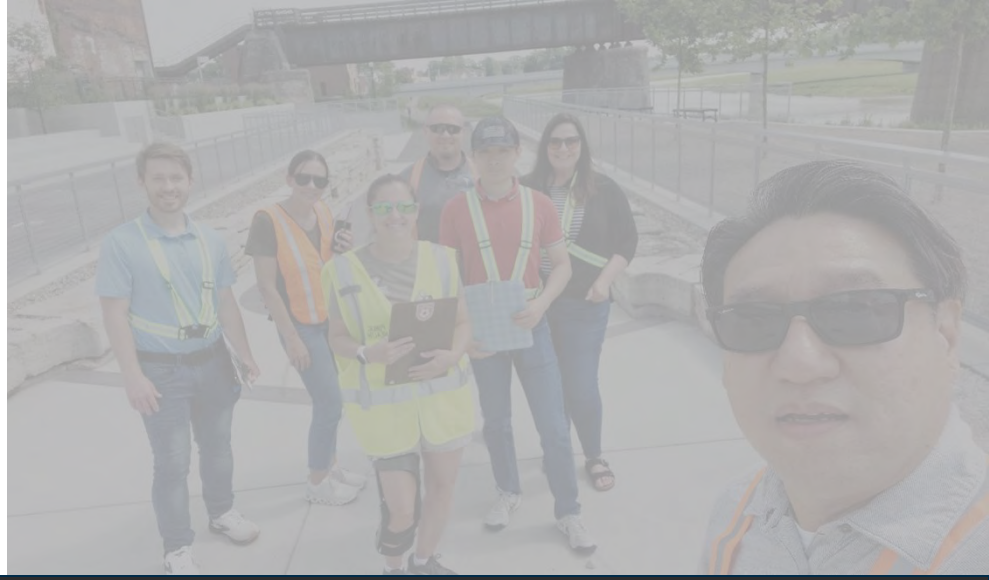


- Collaborate to ensure access to healthy foods



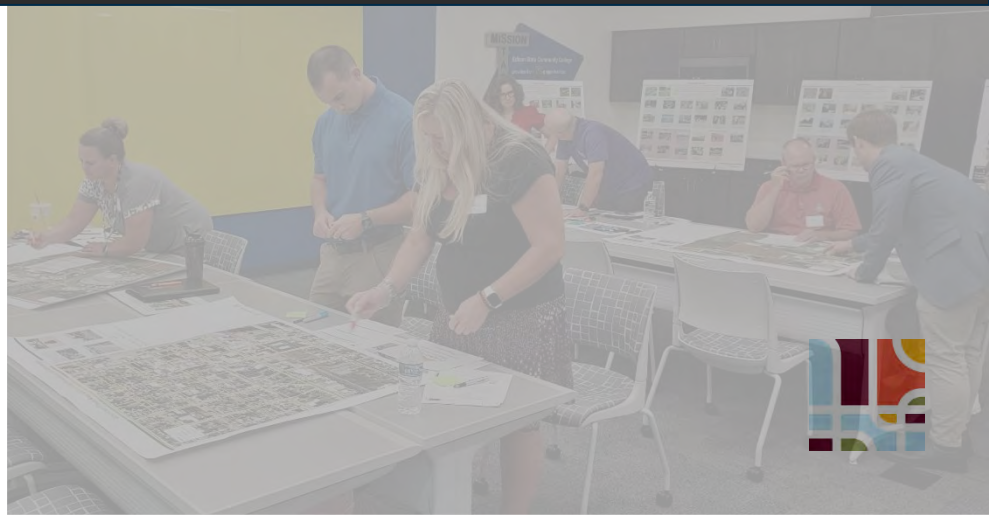
- Planning work, such as age friendly plans and active transportation plans





COLLABORATION AND PARTNERSHIP

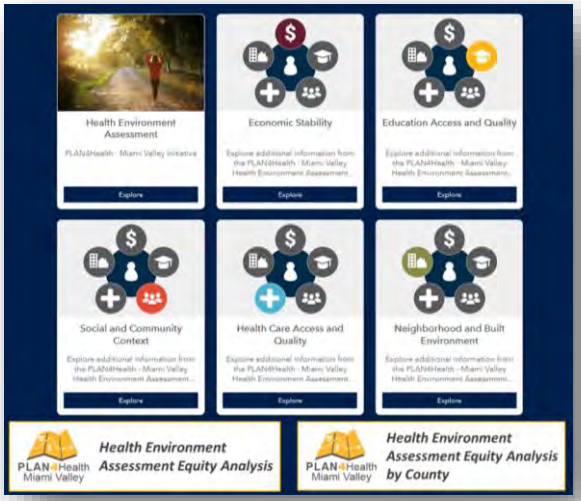




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Information Hub

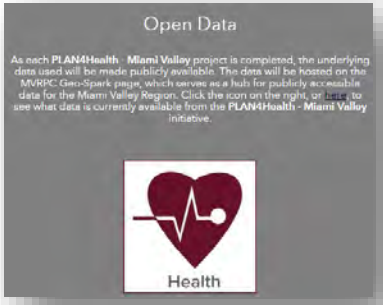






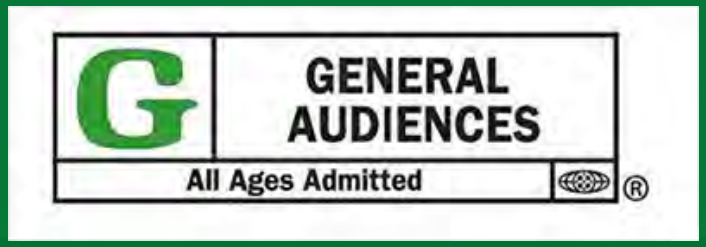








The following PREVIEW has been approved for appropriate audiences





Episode 6:
Let's Build a Healthy Community Together!


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