



NASHVILLE AREA

Metropolitan Planning Organization

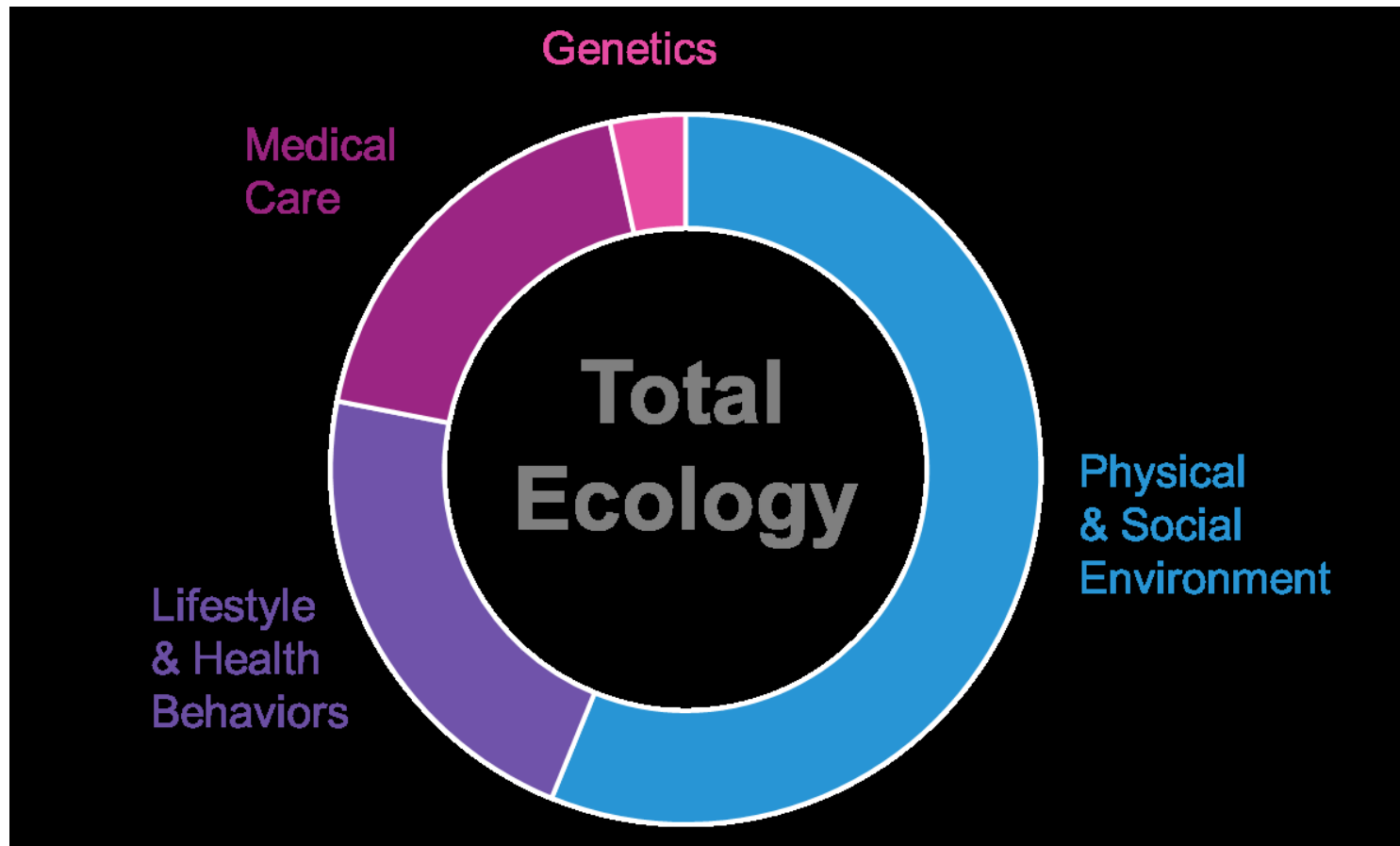
Building Bridges: Physical Activity, Active Transportation and Health

Leslie Meehan, AICP, MPA
TRB Executive Committee
TRB Annual Meeting
January 13, 2016

Building Bridges



Understanding Health

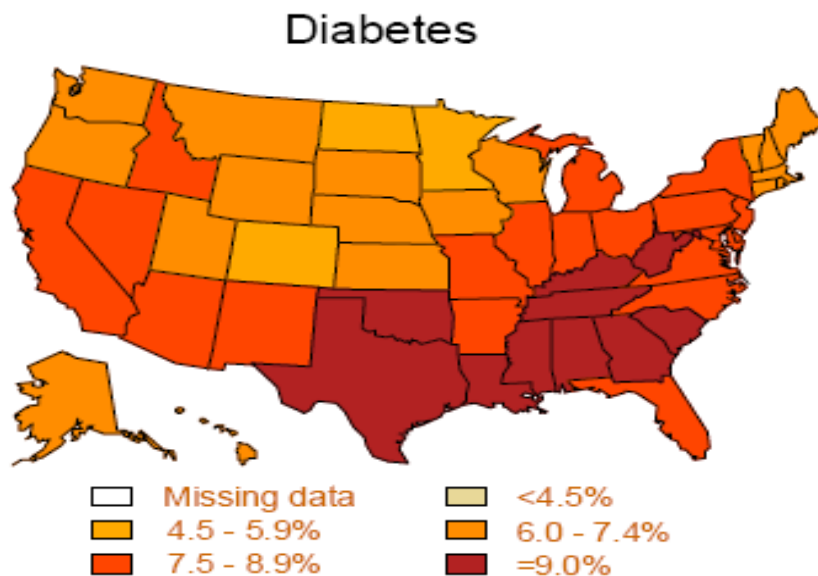


Chronic Diseases

➔ Leading cause of death in the United States

➤ Half of all adults have at least one chronic condition

➤ Includes heart disease, cancers, diabetes; obesity



➤ More than half of adults not getting regular physical activity

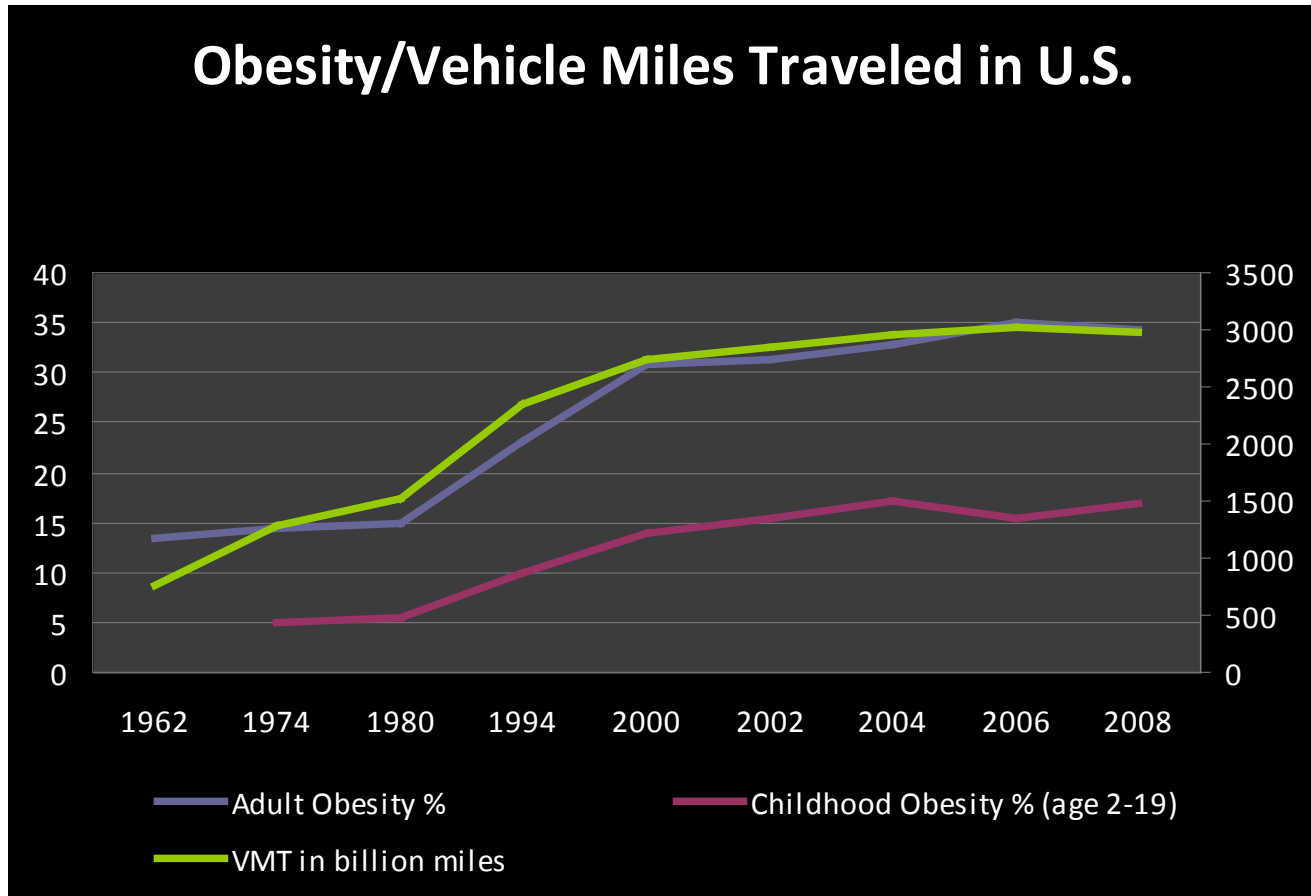
➤ \$245 billion – Diabetes

➤ \$147 billion - Obesity

➤ \$94.7 billion - Transportation

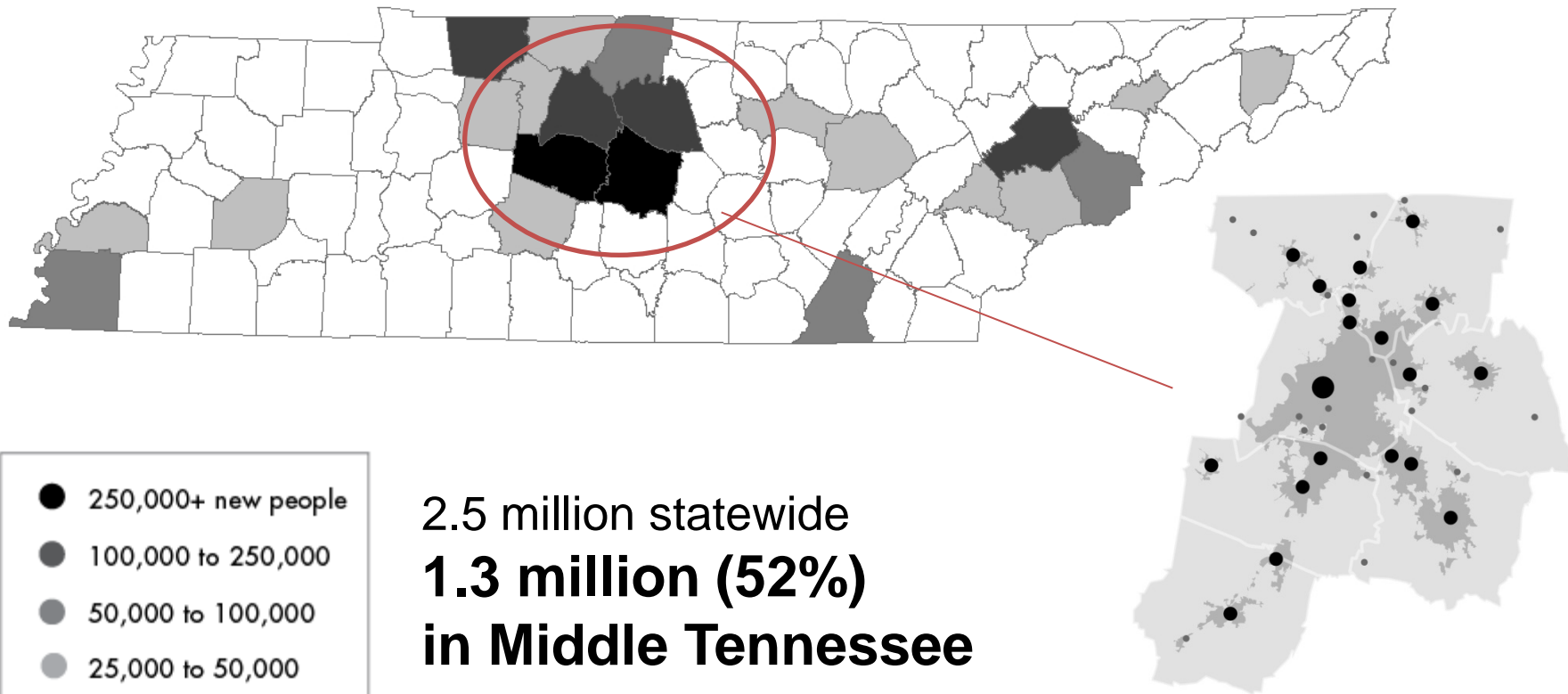


Transportation and Obesity



Sources: Centers for Disease Control – National Health and Nutrition Examination Survey/
U.S. DOT – Federal Highway Administration, Annual Vehicle Distance Traveled in Miles and Related Data

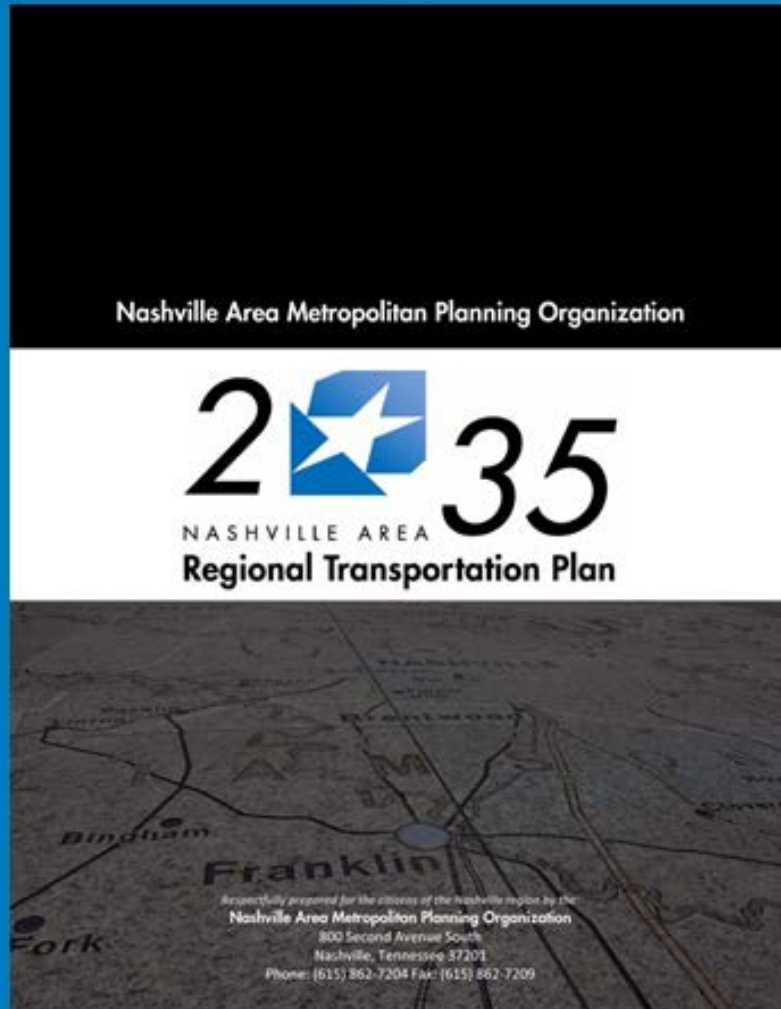
Nashville Area MPO



- 250,000+ new people
- 100,000 to 250,000
- 50,000 to 100,000
- 25,000 to 50,000
- < 25,000 new people



Policy: Public Opinion



#1

A Bold, New Vision
for Mass Transit

#2

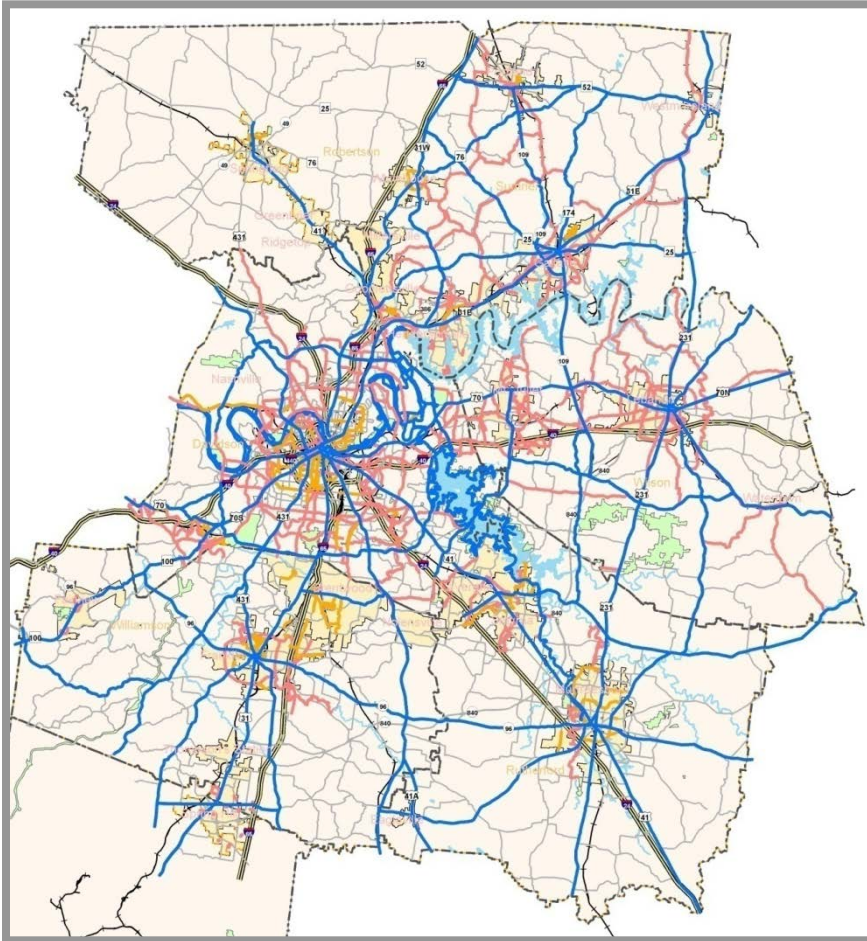
Support for
Active Transportation
& Walkable Communities

#3

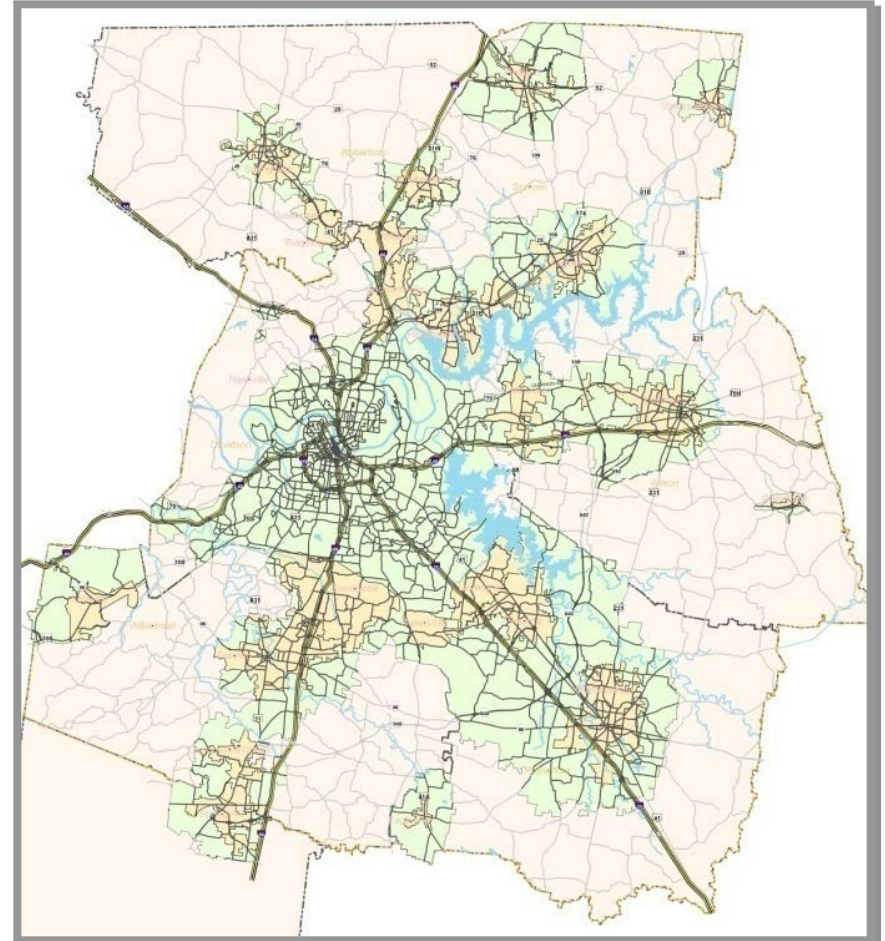
Preservation &
Enhancement of
Strategic Roadways

A Regional Vision for Non-Motorized Modes

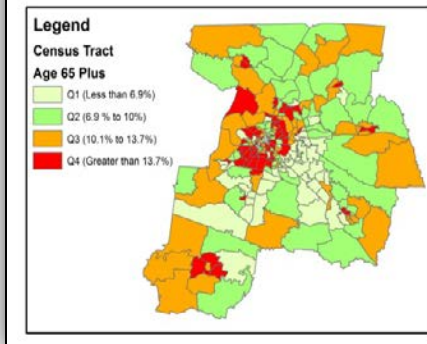
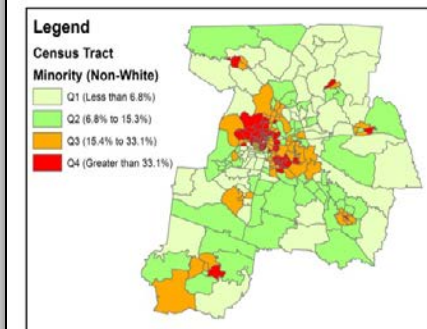
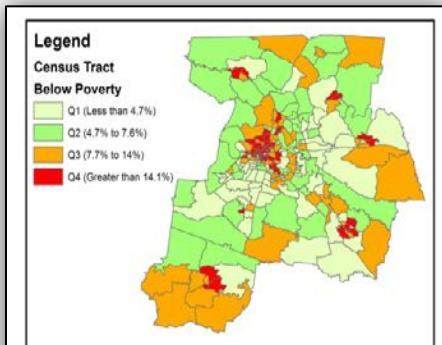
Bikeways



Sidewalks



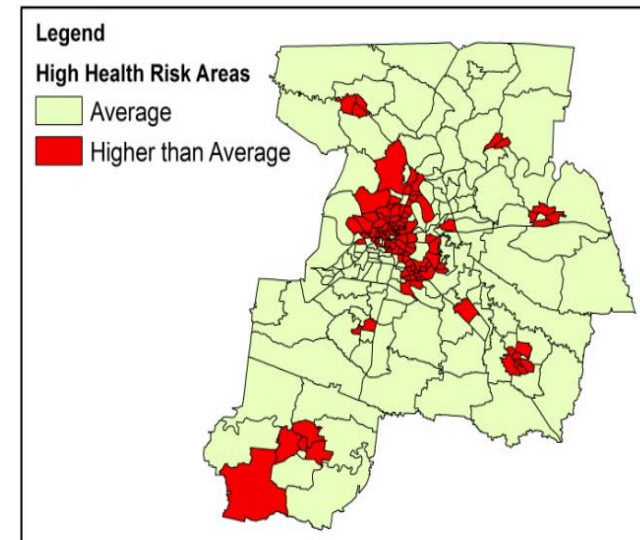
Health Priority Areas



There is a strong link between the lack of physical activity and health (e.g. heart disease, obesity, and other chronic conditions).

Research has also shown certain population groups have a higher disparity. These groups include:

- Low Income
- Minority
- Older Adults (over 65)



Prioritization: Project Scoring Criteria

- ➔ 2040 Roadway Projects Scoring Criteria – 100 points
 - Quality Growth and Sustainable Development – 15pts
 - Multi-Modal Options – 15pts
 - Health & Environment – **15pts**
 - Safety & Security – **20pts**
 - Congestion Management – **15pts**
 - System Preservation & Enhancement – 10pts
 - State & Local Support/ Investment – 5pts
 - Freight & Goods Movement – 5pts

Funding: Urban STP Investment Strategy

- ➔ 70% - Roadway projects that improve health
- ➔ 15% - Active Transportation Program
 - Sidewalks, bicycle lanes, greenways, transit stops; education, enforcement and encouragement
- ➔ 10% Mass Transit Program
 - Combined with FTA funds to help implement regional vision for mass transit
- ➔ 5% Regional ITS and Systems Operations Program
 - Using technology to manage traffic

Projects: Complete Streets

Active Transportation Projects

2030 RTP: 2%

2035 RTP: 67%

2040 RTP: 77%

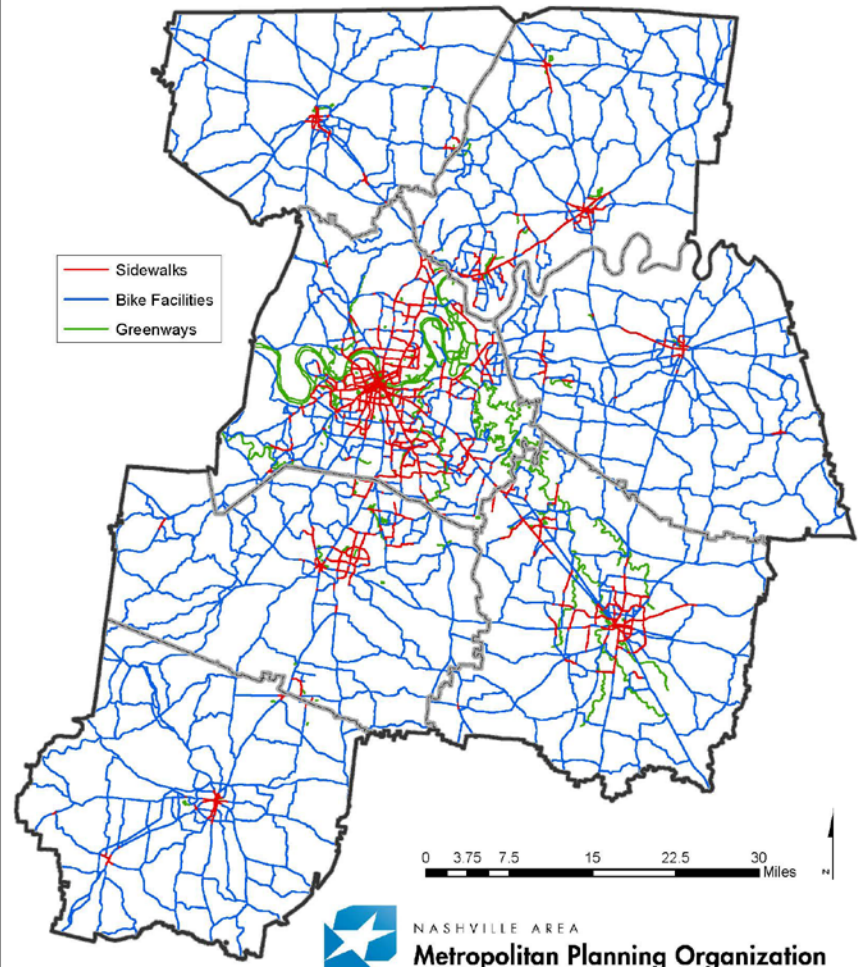
2009 to 2014 Miles of:

Sidewalks: 57% increase

Bikeways: 19% increase

Greenways: 36% increase

Bicycle and Pedestrian Routes



Data Collection: Middle Tennessee Transportation and Health Study

Transportation, Physical Activity and Health Data Collection and Analysis

Middle Tennessee Transportation and Health Study



Welcome About the Study Invited to Join? Report Travel FAQs Materials Contact Us

Step 1

Invited to join? Complete a Household Questionnaire.

[Start Here](#)

Step 2

Record your travel on your assigned day using your travel log.

[Learn More...](#)

Step 3

After your travel date, please report your travel information.

[Report Travel](#)

Step 4

If selected, complete the additional Health Survey.

[Take Health Survey](#)

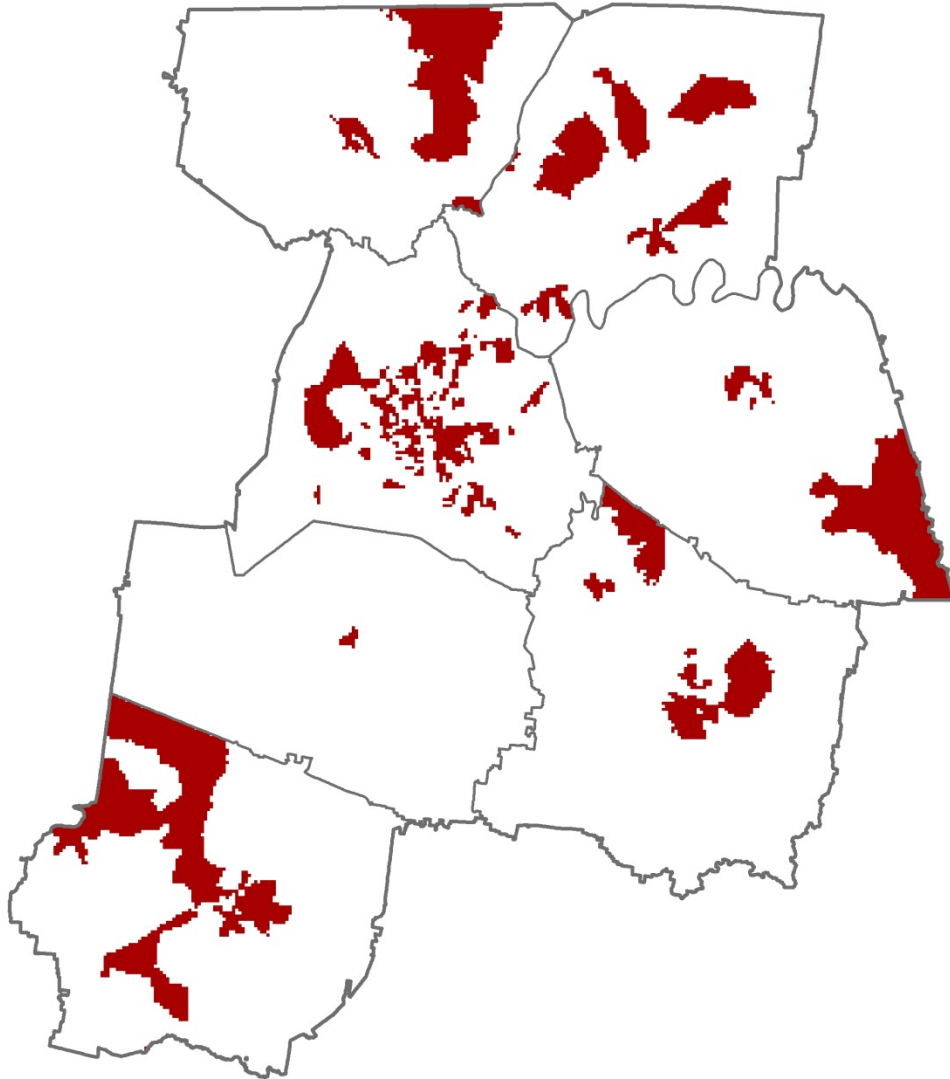
Welcome! The Middle Tennessee Transportation and Health Study is sponsored by the Nashville Metropolitan Planning Organization, the Clarksville Urbanized Area Metropolitan Planning Organization, and the Tennessee Department of Transportation. If you have received a participation letter, please [Start Here](#) to begin the survey.



Every day, thousands of people move through the middle Tennessee region—in cars, on buses, by foot, on bikes. To plan for the projects of *tomorrow*, we need to understand how you travel *today*. Your participation in this important survey will help improve the future of transportation for all of us.



Prioritization: Health Priority Areas

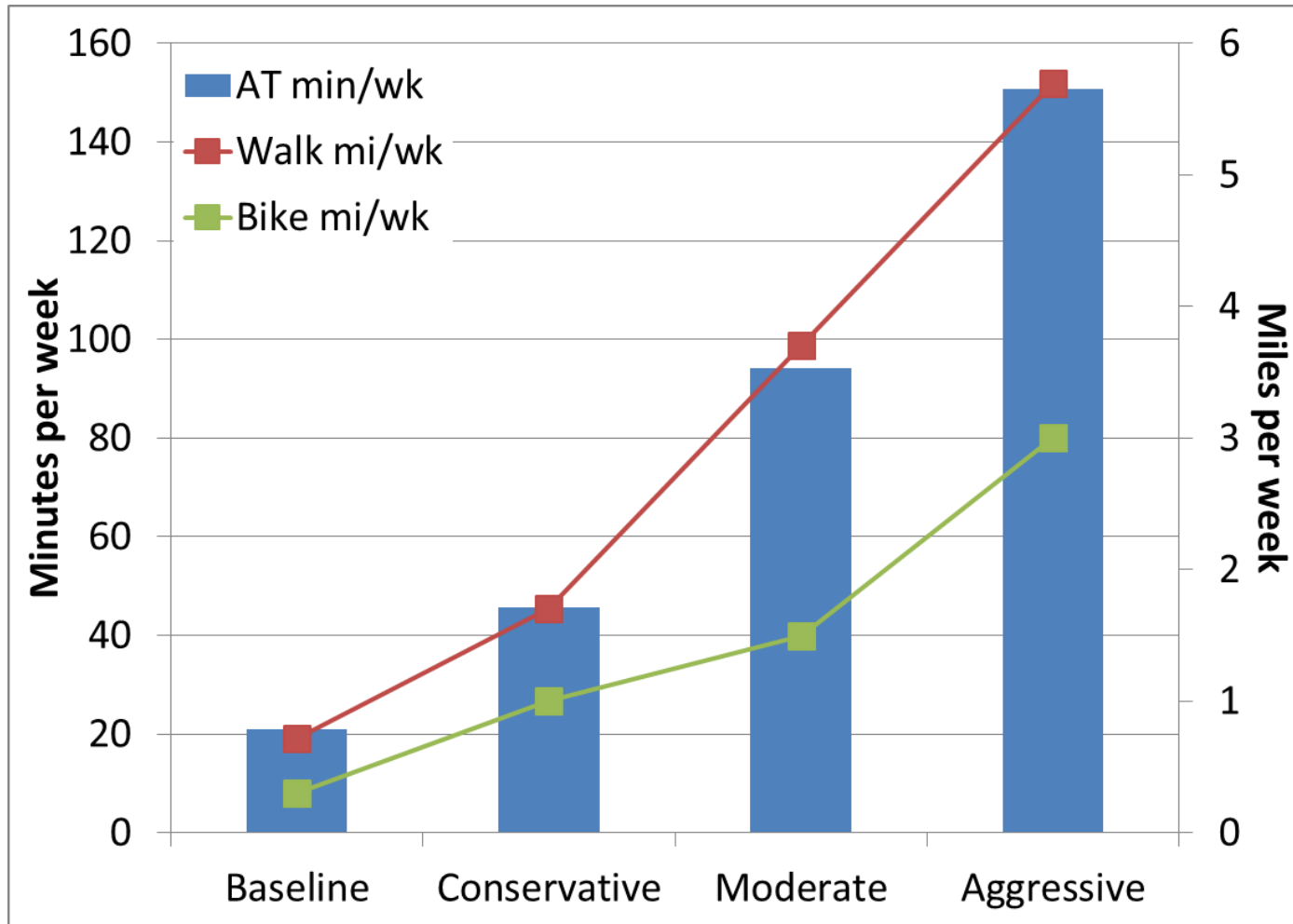


Health Priority Areas

3 out of 4:

- Poverty
- Unemployment
- Carless Household
- Aging (over age 65)

Integrated Transport and Health Impact (ITHIM) Model



Modeling : Health Impacts of Active Transportation

Moderate	Δ Disease Burden		Δ Premature Deaths / Year
Cardiovascular Diseases	-3.1%	↓	85.6
Diabetes	-3.0%	↓	9.3
Depression	-1.1%	↓	0.0
Dementia	-1.3%	↓	11.6
Breast Cancer	-1.2%	↓	2.2
Colon Cancer	-1.1%	↓	2.0
Road Traffic Crashes	0.0%	↔	0.0
Total	-1.0%	↓	112.3



Savings:

**\$116
Million**

per year in
healthcare
costs



Department of
Health

INNOVATE TO ACCELERATE

Accelerating Tennessee to be the Most Active State

Physical Activity

The **NEW** Prescription

- **Primary Prevention Initiatives**

- Utilizing 4,000 employees
- 1500+ initiatives

Examples:

- **Built Environment**
 - Parks
 - Greenways
 - Sidewalks
 - Bike lanes
 - Playgrounds
 - Walking Tracks
- Walking School Buses
- Run Clubs

Henry Horton State Park Healthy Park-Healthy Person

4358 Nashville Hwy Chapel Hill, TN 37034

www.hhsphealth.com

931-364-7724



Patient: _____

See back side for more information
on the healthy points program at
Henry Horton State Park

Date: _____

Park Rx

Check the appropriate activity, time, and frequency

- | | | |
|------------------------------|----------------------------------|-----------------------------------|
| <input type="radio"/> Walk | <input type="radio"/> 10 Minutes | <input type="radio"/> 1 Day/Week |
| <input type="radio"/> Hike | <input type="radio"/> 20 Minutes | <input type="radio"/> 2 Days/Week |
| <input type="radio"/> Run | <input type="radio"/> 30 Minutes | <input type="radio"/> 3 Days/Week |
| <input type="radio"/> Bike | <input type="radio"/> 1 Hour | <input type="radio"/> 5 Days/Week |
| <input type="radio"/> Paddle | <input type="radio"/> 1+ Hours | <input type="radio"/> 6 Days/Week |
| <input type="radio"/> Other | | <input type="radio"/> 7 Days/Week |



Notes:

Unlimited Refills

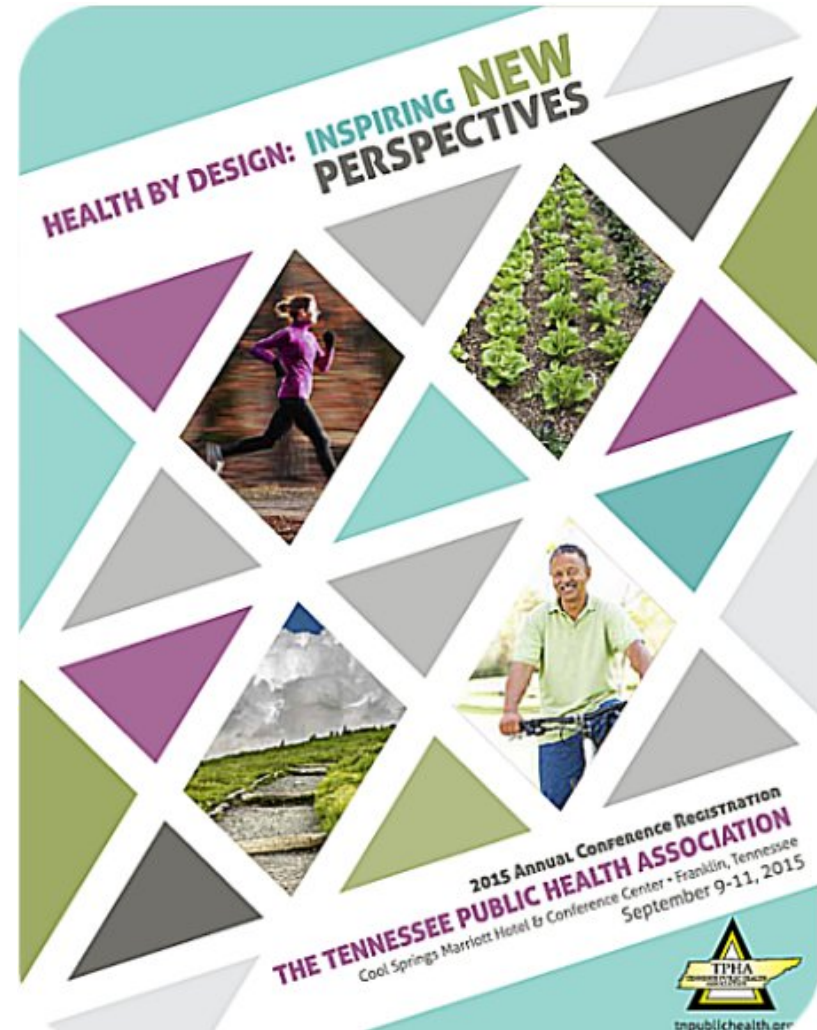
Signature of Prescriber

For more information visit www.hhsphealth.com

TN

Supporting the Built Environment

- **TN Livability Collaborative**
- **Active Transportation**
 - Funding
 - Staff
 - Training
- **National Partners**
 - National Gov. Association
 - National Academy of Medicine
 - Centers for Disease Control and Prevention
 - Robert Wood Johnson Foundation
 - National Physical Activity Plan Alliance
- **Monitor and evaluate impact**
 - Creating an Evaluation Framework



TRB Subcommittee on Transportation and Health

Health & Transportation
Subcommittee

TRB

- TRB Annual Meeting Workshops on Transportation/Health
- 2015 Moving Active Transportation to Higher Ground Conference (TRB/ACSM)
- Special edition of TR News on Transportation and Health
- TRB Arterials and Public Health Task Force
- CDC/DOT Transportation & Health Tool
- FHWA Framework for Health in Corridor Planning

The **TRB Health and Transportation Subcommittee** was formed in March 2011. It has four parent committees; Environmental Justice in Transportation (ADD50), Urban Data and Information Systems (ABJ30), Travel Behavior and Values (ADB10), and Transportation and Sustainability (ADD40). The Subcommittee bridges two TRB Sections; Planning & Environment, and Policy & Organization. Eloisa Raynault (Consultant, member of ADD50) and Ed Christopher (MKC Associates, Emeritus of ABJ30) are co-chairs. Visit <http://www.trbhealth.org>.

Support for Health and the Built Environment

- U.S. Dept. of Transportation
 - Health in Transportation Working Group
 - Volpe Center white papers on health/transportation
 - Transportation and Health Tool
- American Planning Association
 - Planning and Community Health Center
 - Plan4Health
- U.S. Green Building Council (RWJ)
 - Green Health Project
- American Institute of Architects
 - Design and Health initiatives
- Urban Land Institute (RWJ)
 - Building Healthy Places
- American Public Health Association
 - Transportation and Health initiative
- Centers for Disease Control
 - Healthy Community Design Initiative



Building Bridges



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