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Conference on

# Health and Active Transportation

**DECEMBER 11–12, 2019**

**NAS Keck Center, Washington, DC**

*Convened by*  
Transportation Research Board

*Co-sponsored by*  
Joint Subcommittee on Health and Transportation (ADD50-1)  
Standing Committee on Pedestrians (ANF10)  
Standing Committee on Bicycle Transportation (ANF20)

*Supported by*  
Centers for Disease Control and Prevention (CDC)  
National Institutes of Health (NIH) Office of Disease Prevention and  
the National Cancer Institute (NCI)  
Volpe National Transportation Systems Center

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**Melissa Kraemer Badtke**, East Central Wisconsin Regional Planning Commission

**Leslie Meehan**, Tennessee Department of Health

**Mehri Mohebbi**, Planning Communities, LLC

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**Daniel Rodriguez**, University of California, Berkeley

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**The Transportation Research Board** The Transportation Research Board is one of seven major programs of the National Academies of Sciences, Engineering, and Medicine. The mission of the Transportation Research Board is to provide leadership in transportation improvements and innovation through trusted, timely, impartial, and evidence-based information exchange, research, and advice regarding all modes of transportation. The Board's varied activities annually engage about 8,000 engineers, scientists, and other transportation researchers and practitioners from the public and private sectors and academia, all of whom contribute their expertise in the public interest. The program is supported by state transportation departments, federal agencies including the component administrations of the U.S. Department of Transportation, and other organizations and individuals interested in the development of transportation.

**[www.TRB.org](http://www.TRB.org)**

## WELCOME LETTER

Welcome to Washington, D.C., and the Conference on Health and Active Transportation (CHAT). This conference was organized to build from and extend the work begun at the 2015 Conference on Moving Active Transportation to Higher Ground. So much has happened in both health and transportation sectors since that first meeting as active transportation plays an increasingly important role in health, smart growth, and development requiring an interdisciplinary focus. We would like to thank the Transportation Research Board (TRB), The Centers for Disease Control and Prevention, The National Cancer Institute, the Volpe Institute, and the TRB Subcommittee on Health and Transportation for partnering to bring about this meeting.

The purpose of the conference is to convene leaders from the transportation and health disciplines. Using active transportation as the canvas, together they will chart a course for the future around three theme areas: *Reflecting on Innovative Practices, Building Strategic Institutional Relationships, and Identifying Research Needs and Opportunities*. Plenary sessions will capture the essence of each theme while individual breakout sessions are designed to give participants an opportunity to engage and drill down into the details. Supporting the development of each theme and helping advance the discussion will be a poster session with over 35 presenters. Our goal is to make this an interactive conference where attendees, whether researchers, practitioners, or policymakers, can actively participate in discussions around each of the conference themes.

Following this two-day conference, an E-Circular will be produced summarizing all presentations and discussions. The report will not only document the activities of the conference but provide the basis for a framework and steps to move forward as we navigate our journey into the intersection of health and active transportation.

We thank you for being here and look forward to your participation in this important event.

**Ed Christopher**  
Transportation Planning Consultant  
CHAT Co-Chair



**Janet R. Wojcik**  
Winthrop University and  
American College of Sports Medicine  
CHAT Co-Chair

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## SCHEDULE AT A GLANCE

WEDNESDAY, DECEMBER 11		
TIME	EVENT	ROOM
7:00 AM	Registration Opens	Keck 100 Foyer
7:00 AM	Coffee and Continental Breakfast	Keck 100 Foyer
8:30 AM	<b>Opening Plenary—Welcome Remarks</b> The Prelude: An Active Transportation Health Journey	Keck 100
10:00 AM	30-minute Break	Keck 100 Foyer
10:30 AM	<b>Concurrent Breakout Sessions: Exploring the Landscape</b> Reflecting on Innovative Practices Building Strategic Institutional Relationships Active Travel Behavior Research <i>Part 1—Lightning Talks and Discussion</i> <i>Part 2—Open Mic Panel Discussion</i>	Keck 105 Keck 101 Keck 100
12:00 PM	Lunch	Keck 100 Foyer
1:00 PM	<b>Plenary Session: Reflecting on Innovative Practice</b>	Keck 100
2:30 PM	30-minute Break	Keck 100 Foyer
3:00 PM	<b>Plenary Session: Building Strategic Institutional Relationships</b>	Keck 100
4:30 PM	<b>Session: Posters Roadmap and Gazetteer</b> <i>Navigating the Poster Session</i>	Keck 100
5:00 PM	<b>Poster Session and Networking Reception</b>	Keck Atrium
6:30 pm	Adjourn for the day	

THURSDAY, DECEMBER 12		
TIME	EVENT	ROOM
7:00 AM	Registration Opens	Keck 100 Foyer
7:00 AM	Coffee and Continental Breakfast	Keck 100 Foyer
8:30 AM	<b>Plenary Session: Research to Support Health Integration and Institutionalization in Transportation Agency Processes and Decisions</b>	Keck 100
10:00 AM	30-minute Break	Keck 100 Foyer
10:30 AM	<b>Concurrent Breakout Sessions: Addressing the Future</b> Moving Innovative Practices Forward Moving Institutional Relationships Forward Active Travel Infrastructure Research <i>Part 1—Lightning Talks and Discussion</i> <i>Part 2—Open Mic Panel Discussion</i>	Keck 105 Keck 101 Keck 100
12:00 PM	Lunch	Keck 100 Foyer
1:30 PM	<b>Closing Session: Making it Work in a Transportation Environment</b>	Keck 100
3:00 PM	<b>Session: Next Steps—Future Direction</b>	Keck 100
3:30 pm	Conference adjourns	

## CONFERENCE PROGRAM

### WEDNESDAY, DECEMBER 11, 2019

7:00 AM, Keck 100 Foyer

#### Registration Open

7:30 AM–8:30 AM, Keck 100 Foyer

#### Coffee and Continental Breakfast

8:30 AM–10:00 AM, Keck 100

### OPENING PLENARY

#### Welcome Remarks

*Moderator:* Janet Wojcik, Winthrop University

*Conference Committee Co-chairs*

Ed Christopher, Transportation Planning Consultant

Janet Wojcik, Winthrop University

#### The Prelude: An Active Transportation Health Journey

*Our journey into the future will begin with an assessment of where we are today, the issues facing us and some things to consider moving forward. This session is designed to set the stage and provide context for each of the theme areas. Although a lot of work and progress has been made in each area, there is more to be done. The speaker's perspectives will be central to framing the theme areas for the rest of the conference.*

*Speakers*

Jim Sallis, University of California, San Diego—**Opening Keynote**

Janet Fulton, Centers for Disease Control and Prevention—**Innovation Practices**

Andy Dannenberg, University of Washington, Seattle—**Institutional Relationships**

Norman W. Garrick, University of Connecticut—**Research Needs and Opportunities**

10:00 AM–10:30 AM, Keck 100 Foyer

#### 30-minute Break

10:30 AM–12:00 PM

### CONCURRENT BREAKOUT SESSIONS

#### Exploring the Landscape

*Armed with some context for the three conference themes, participants will now have an opportunity to bring their perspectives to the table while brainstorming ideas, discussing their questions and sharing experiences in one of three breakouts. The breakouts are structured to allow for maximum participation, discussion, and the interchange of ideas.*

#### Reflecting on Innovative Practices, Keck 105

*Moderator:* Mehri Mohebbi, Planning Communities, LLC

*Facilitator:* Phil Bors, Healthy Places by Design

#### Building Strategic Institutional Relationships, Keck 101

*Moderator:* Melissa Kraemer Badtke, East Central Wisconsin Regional Planning Commission

*Facilitator:* Mark Fenton, Transportation, Planning, and Public Health Consultant

**Active Travel Behavior Research, Keck 100****Part 1—Lightning Talks and Discussion**

*Facilitator:* David Berrigan, National Cancer Institute

*Speakers:*

Madeleine Steinmetz-Wood, McGill University  
Jennifer Roberts, University of Maryland  
Ralph Buehler, Virginia Polytechnic Institute  
Calvin Tribby, National Cancer Institute, NIH

**Part 2—Open Mic Panel Discussion**

*Facilitator:* Daniel Rodriguez, University of California-Berkeley

*Panelists:*

Jim Sallis, University of California, San Diego  
Ralph Buehler, Virginia Polytechnic Institute

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12:00 PM–1:00 PM, Keck 100 Foyer

**Lunch**

1:00 PM–2:30 PM, Keck 100

**PLENARY SESSION****Reflecting on Innovative Practices**

*A variety of innovative practices are developing “in the field” every day. This session will feature “Lightning Talk” presentations from 10 regions nationwide. Presenters comprise a range of disciplines across health and transportation, government and non-government, and academic and non-academic experiences. Each presentation will offer broad perspectives on the subtopics the conference. Going beyond a “show and tell of what was done”, presenters will focus on how to “tweak” their innovation given what they have learned from its implementation.*

*Moderator:* Amy Plovnick, Volpe National Transportation Systems Center

*Speakers:*

Gretchen Armijo, Norris Design  
Aaron Hipp, North Carolina State University  
Sagar Shah, American Planning Association  
Nicole Payne, National Association of City Transportation Officials  
Brian Kiel, WSP Inc.  
John Clymer, National Forum for Heart Disease and Stroke Prevention  
Megan Wier, San Francisco Department of Public Health  
Jana Lynott, AARP Public Policy Institute  
Kate Glantz, Lyft  
Jordana Maisel, IDeA Center/University at Buffalo

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2:30 PM–3:00 PM, Keck 100 Foyer

**30-minute Break**

3:00 PM–4:30 PM, Keck 100

## PLENARY SESSION

### Building Strategic Institutional Relationships

*Over the years, a variety of discussions have focused on different types of organizational relationships that have been formed around the intersection of health and transportation. Agencies have formed pacts, institutions established memoranda of understanding (MOUs), and more conversations are taking place across these disciplines. It is also essential to explore how these relationships have worked-out over time, what impacts they have had, and why they are not the norm—or are they? In this session we will hear the perspectives of transportation and health officials who have been at the forefront of these defining relationships. This session will begin with a paired presentation consisting of two collaborators from different sectors to address what they did and how they did it.*

*Moderator:* Melissa Kraemer Badtke, East Central Wisconsin Regional Planning Commission

*Speakers:*

University

Keshia Pollack, Johns Hopkins Bloomberg School of Public Health  
Jennifer Dill, Portland State University

Association

Jeff Lindley, Institute of Transportation Engineers

State Department of Transportation

Amber Dallman, Minnesota Department of Transportation

Foundation

Craig Martinez, California Endowment

County Health Department

Anna Ricklin, Fairfax County Health Department

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4:30 PM–4:45 PM, Keck 100

## SESSION: Posters Roadmap and Gazetteer

### Navigating the Poster Session

*Before embarking on a journey through the conference posters and providing a brief diversion for the poster presenters to get set-up, a roadmap and gazetteer describing the posters will be presented. This will help attendees efficiently navigate their way based on their own interests.*

*Moderator:* Janet Wojcik, Winthrop University

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5:00 PM–6:30 PM, Keck Atrium

### Poster Session and Networking Reception

*The reception will feature refreshments along with the posters.*

#### Quantifying the Health, Transportation, & Economic Equity Impacts of Completing the East Coast Greenway in the Delaware River Watershed

Daniel Paschall, East Coast Greenway Alliance

#### Network Screening Approach for Cyclist Safety in Quebec City

David Beitel, McGill University



### **Build It, But They Might Not Come. Breaking Down Barriers to Active Transportation**

Torsha Bhattacharya, Rails-to-Trails Conservancy

### **Why do Hispanic American Use the BRT Services More Than Others?—Underlying Factors Behind Ethnicity**

Jiahe Bian, Texas A&M University

### **Health, Safety, and Economic Benefits of Implementing Road Diets**

Kara Peach, VHB

### **Adoption of a Complete Streets Policy in North Las Vegas: Using Evidence-Based Practices to Improve Health and Safety**

Nicole Bungum, Southern Nevada Health District

### **Walkable Neighborhoods and Obesity Over Time: Findings from the National REGARDS Study**

Natalie Colabianchi, University of Michigan

### **Promoting Partnerships to Support Community-Informed Active Transportation Safety and Mobility**

Tony Dang, California Walks

### **Evidence to Inform a Cycling and Walking Investment Strategy**

Angie Cradock, Harvard TH Chan School of Public Health

### **Correlates of Active Commuting, Transport Physical Activity, and Light Rail Use in a University Setting**

Katie Crist, UC San Diego

### **Classification and Regression Tree (CART) Analysis to Determine Best Performing Walkability Metrics for Studies Of Physical Activity and Public Health**

Ronit Dalmat, University of Washington—Urban Form Lab

### **Creating a Seat for Public Health at the Transportation Planning Table**

Phyllis Davis, Kittelson & Associates

### **Using Synthetic Controls with Interactive Fixed Effects to Examine Changes in Vehicle Speed Related to New York City's Vision Zero Program**

David Ederer, Georgia Institute of Technology

### **Does Higher Neighborhood Walkability Reduce the Impact of Mobility Limitation on BMI?**

Yochai Eisenberg, University of Illinois at Chicago

### **A Tale of Two Regions: Linking the Transit Build Environment to Health Outcomes**

Nicole Geitebruegge, TransLink (South Coast British Columbia Transportation Authority)

### **Voices for Healthy Kids Framework for Equity-Focused Complete Streets Policies**

Claudia Goytia, American Heart Association

### **Where do healthy bicyclists grow? Traffic Gardens as safe spaces for cognitive and socio-emotional development**

Richard Holt, George Mason University

### **Opportunities to Improve Community Mobility through Community Health Needs Assessments**

Alex King, Community Transportation Association of America

**Walking to public transit helps achieve physical activity recommendations**

Vi Le, University of Washington

**Evaluating Modal Shift in Response to Electric Scooter Sharing Services in Oakland, California**

Melody Lin, Genentech

**A Decade of Benchmarking Biking and Walking**

Ken McLeod, The League of American Bicyclists

**Cycling Without Age: An Innovative Program to Improve the Quality of Life for Older Adults**

Paula McNiel, University of WI Oshkosh

**Healthy Mobility Model for Healthy Communities**

Curtis Ostrodka, VHB

**Beyond KABC0: Improving Our Understanding of Pedestrian and Bicyclist Injuries with Hospital Data**

Katherine Peticolas, Carolina Center for Health Informatics

**Health impacts of Bus Rapid Transit systems worldwide**

David Rojas-Rueda, Colorado State University

**Health impacts of bike sharing systems in Europe**

David Rojas-Rueda, Colorado State University

**Impact and Mitigation of Traffic Noise and Air Pollution in Somerville: A Health Lens Analysis (HLA)**

Sharon Ron, Metropolitan Area Planning Council

**Incorporating Public Health and Equity into Colorado's Statewide and Regional Transportation Planning**

Karen Roof, Safe and Healthy Communities

**Systems Approaches to Integrated Health and Injury Control: Guiding Principles and Practical Applications for Community Engagement**

Laura Sandt, UNC Highway Safety Research Center

**Measuring Temporal and Spatial Exposure of Urban Cyclists to Air Pollutants Using an Instrumented Bicycle**

Kaitlyn Schaffer, Georgia Institute of Technology

**Adapting Public Health Strategies and Interventions to Include People with Disabilities in Active Transportation Policies and Programs**

JoAnn Thierry, Centers for Disease Control and Prevention

**Colorado Downtown Streets**

Cate Townley, CDPHE CO Dept of Public Health and Environment

**Evaluating the Physical Activity Impacts of Riding Electric Kick Scooters**

Yi Wen, University of Tennessee

**Progress in public health and transportation: Changes in state- and regional-level prevalence of active commuting to work from 2005–2017**

Geoffrey Whitfield, Centers for Disease Control and Prevention

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6:30 PM

**Adjourn for the day**

**THURSDAY, DECEMBER 12**

7:00 AM, Keck 100 Foyer

**Registration Open**

7:00 AM, Keck 100 Foyer

**Coffee and Continental Breakfast**

8:30 AM–10:00 AM, Keck 100

**PLENARY SESSION****Research to Support Health Integration and Institutionalization in Transportation Agency Processes and Decisions***Moderator:* Daniel Rodriguez, University of California–Berkeley*Speakers*

Laura Sandt, University of North Carolina Highway Safety Research Center

Andy Dannenberg, Department of Urban Design and Planning, University of Washington–Seattle

Megan Wier, San Francisco Department of Public Health

*Panelists:*

Brian Saelens, Seattle Children's Research Institute, University of Washington

Susan Handy, University of California, Davis

Andrew Rundle, Columbia University, Mailman School of Public Health

10:00 AM–10:30 AM, Keck 100 Foyer

**30-minute Break**

10:30 AM–12:00 PM

**CONCURRENT BREAKOUT SESSIONS****Addressing the Future**

*After reflecting on everything that has come before, the attendees will again have the opportunity to reconvene in discussion groups and articulate how they would move forward. What are their priorities? The ultimate goals or end game? The intervening opportunities? These are just a few of the questions that each breakout should come to closure on and advance to the Conference Proceedings. Building from yesterday's discussion, attendees will use this time to develop and prioritize the ideas and questions stemming from their focus area(s).*

**Moving Innovative Practices Forward, Keck 105***Moderator:* Chris Kochtitzky, U.S. Centers for Disease Control & Prevention*Facilitator:* Nisha Botchwey, Georgia Institute of Technology**Moving Institutional Relationships Forward, Keck 101***Moderator:* Cynthia Chen, University of Washington*Facilitator:* Ann Steedly, Planning Communities LLC**Active Travel Infrastructure Research, Keck 100****Part 1—Lightning Talks and Discussion***Facilitator:* Leslie Meehan, Tennessee Department of Health

*Speakers:*

Chanam Lee, Texas A&M University

Yochai Eisenberg, Department of Disability and Human Development, University of Illinois at Chicago

Theodore Mansfield, Resource Systems Group, Inc.

**Part 2—Open Mic Panel Discussion**

*Facilitator:* Leslie Meehan, Tennessee Department of Health

*Panelists:*

Victoria Martinez, Federal Highway Administration

Ana Ramirez Huerta, Texas Department of Transportation

Binbin Peng, University of Maryland

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12:00 PM–1:30 PM, Keck 100 Foyer

**Lunch**

1:30 PM–3:00 PM, Keck 100

**CLOSING SESSION:**

**Making it Work in a Transportation Environment**

*This session will begin with a wrap-up from each of the breakout theme groups. What are the issues? What is important? Were there any thoughts on how to move forward? Following this, and coming full circle, we will hear what wisdom, if any, a leading transportation professional has to offer us as we plot the course for the future. It will also be time for the attendees to get their last and final comments in before we embark on our next journey.*

*Moderator:* Ed Christopher, Transportation Planning Consultant

*Speakers:* **CONCURRENT SESSIONS WRAP-UPS**

**Breakout wrap up—Reflecting on Innovative Practices**

Phil Bors, Healthy Places by Design

Nisha Botchwey, Georgia Institute of Technology

**Breakout wrap up—Building Strategic Institutional Relationships**

Mark Fenton, Transportation, Planning, and Public Health Consultant

Ann Steedly, Planning Communities LLC

**Breakout wrap up—Identifying Research Needs and Opportunities**

David Berrigan, National Cancer Institute

Daniel Rodriguez, University of California–Berkeley

Leslie Meehan, Tennessee Department of Health

**CLOSING KEYNOTE**

Jennifer Toole, Toole Designs

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3:00 PM–3:30 PM, Keck 100

**SESSION**

**Next Steps—Future Direction**

*Providing closure to the conference, the logistical planning for the Conference Proceedings and its report will be reviewed.*

*Moderator:* Janet Wojcik, Winthrop University

*Speaker:* Bernardo Kleiner, Transportation Research Board

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3:30 PM

**Conference adjourns**



# KECK CENTER FLOOR PLAN



## NOTES

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**SAVE THE DATE: NATIONAL CONFERENCE ON TRANSPORTATION ASSET MANAGEMENT**  
JULY 11-14, 2020  
BOSTON, MA



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The 13th National Conference on Transportation Asset Management (TAM) provides an opportunity for all practitioners involved in their agency's asset management initiative to build core competencies and generate new ideas.

- Looking for both practical and innovative presentations.
- Selected abstracts will be featured in either poster or technical podium sessions.
- Presenters will be required to register and attend the conference to be included in the final program.

**Presentation tracks and crosscutting issues:**

- ◆ Track 1: Implementation
- ◆ Track 2: Data Governance/Tools
- ◆ Track 3: Managing Risk
- ◆ Track 4: Partners and Peers
- ◆ Track 5: Sustaining Asset Management in your Organization
- ◆ Crosscutting Issue 1: Transit
- ◆ Crosscutting Issue 2: Resilience



CONFERENCE ON HEALTH AND  
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