



# Public Health and Transportation Webinar Series

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Part 1: Collaborating Together for  
Community Health



- Launched in 2013
- Funded through the U.S. DOT, Federal Transit Administration
- Goal of the Center: Promoting customer-centered mobility strategies to advance good health, economic vitality, self-sufficiency, and community integration.
- Operated through a partnership of :





## Promoting Customer-Centered Mobility Strategies

that advance good health, economic vitality, self-sufficiency, and community

# The Transportation - Public Health Link

- Improves Quality of Life
- Provides Mobility, Accessibility, Equity, and Sustainability
- Impacts Safety and Health



# How Transportation Touches Health

ITE Supports National Public Health Week, April 3–9, 2017

## Clean Air

Air pollution has been linked with heart disease and respiratory illnesses, including asthma. Alternative transportation modes and the programs that incentivize their use both lead to improved air quality. The Club Ride Commuter Program 2016 Year-end Report showed that participants reduced carbon monoxide deposits by 72 tons and greenhouse gases by 3,046 tons.<sup>1</sup>

## Bike Infrastructure for All Ages

Building safe and protected bike routes designed for people of all ages and abilities encourages more people to get active, from families with children to senior citizens.<sup>2</sup>



## Well-maintained Built Infrastructure

From well-lit streets to clear, clear sidewalks, a well-maintained built infrastructure promotes safety and well-being for people living in a community.<sup>3</sup>

## Safety Measures for All

The World Health Organization estimates there were 1.25 million road traffic deaths globally in 2013. Vision Zero strategies such as speed management and street redesign focus on reducing and ultimately eliminating all motor vehicle-related deaths and serious injuries. Pedestrian crossings, signs, and signals protect people's lives when they are most vulnerable. Safe Routes to School programs help children safely walk to school while promoting daily exercise.

## Grocery Store Zoning and Access

Creating zoning proposals that free small supermarkets from having to supply parking spaces encourages more fresh food stores to open in dense urban areas. This puts healthier food options within reach of those without vehicles, especially in low income areas.<sup>4</sup>

## Transit

Walking to transit helps people meet daily recommended physical activity goals, while transit itself contributes to better air quality. A well-connected, multimodal transportation network increases people's ability to access destinations that can influence their health, such as jobs, fresh food, health care services, and parks.<sup>5</sup>

## Walkable, Connected Neighborhoods

Green, vibrant, walkable public spaces improve social ties within a community, which is key for both mental and physical health. Livable communities also allow residents to age in place without needing to travel far for basic services.<sup>6</sup>

## References

1. Regional Transportation Commission of Southern Nevada Club Ride Commuter Program, <http://bit.ly/2H1Qz7ha>
2. "Better Health through Active Transportation," *ITE Journal*, July 2014 and "Build It and They Will Come: Convenience Routes Encourage More People to Cycle," *ITE Journal*, September 2016.
3. "When Healthy Food is out of Reach," D.C. Hunger Solutions, [www.dchanges.org/pdf/grocerygap.pdf](http://www.dchanges.org/pdf/grocerygap.pdf).
4. Centers for Disease Control and Prevention, "Transportation and Health Tool," [www.cdc.gov/healthypplaces/healthtopics/transportation/tool](http://www.cdc.gov/healthypplaces/healthtopics/transportation/tool).
5. "How Neighborhoods Affect the Health and Well-Being of Older Americans," National Institute on Aging, February 2017, [www.prlb.org/pdf/17/TRAN%20ISS.pdf](http://www.prlb.org/pdf/17/TRAN%20ISS.pdf).
6. U.S. Department of Transportation, "Built Environment Strategies to Deter Crime," [www.transportation.gov/mission/health/built-environment-strategies-to-deter-crime](http://www.transportation.gov/mission/health/built-environment-strategies-to-deter-crime).

# Why Transportation and Public Health?

## PATIENT CARE ACCESS NEWS

### How Medicaid Agencies Tackle the Social Determinants of Health

State Medicaid programs show interest in addressing social determinants of health, but challenges lay ahead.

### Reducing Diesel Emissions Could Improve City Mortality

NEWS Oct 07, 2019 | Original story from Cornell University.

### Why Utah leaders are recommending active transportation as an alternative to driving

By Kim Bojorquez, KSL | Posted - Sep 27th, 2019 @ 7:22am



SALT LAKE CITY — Utah's transportation sector is better when the public health sector is involved, according to Heather Borski, director of the Utah Department of Health's disease control and prevention division.

## NEWS

### Evansville's TED Trolley transporting to grocery

### Program Allows All Sacramento K-12 Students To Ride Public Transportation For Free

By Shirin Rajaei September 30, 2019 at 11:15 pm Filed Under: public transport

### Why Public Health is About Far More than Diet and Exercise

EHS | EHS News



HEALTH **IMPACT** IN 5 YEARS

# Public Transportation: a Health Intervention

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**Wendy Heaps, MPH**  
**Population Health and Healthcare Office**  
**Office of the Associate Director for Policy and Strategy**  
**Centers for Disease Control and Prevention**

October 10, 2019

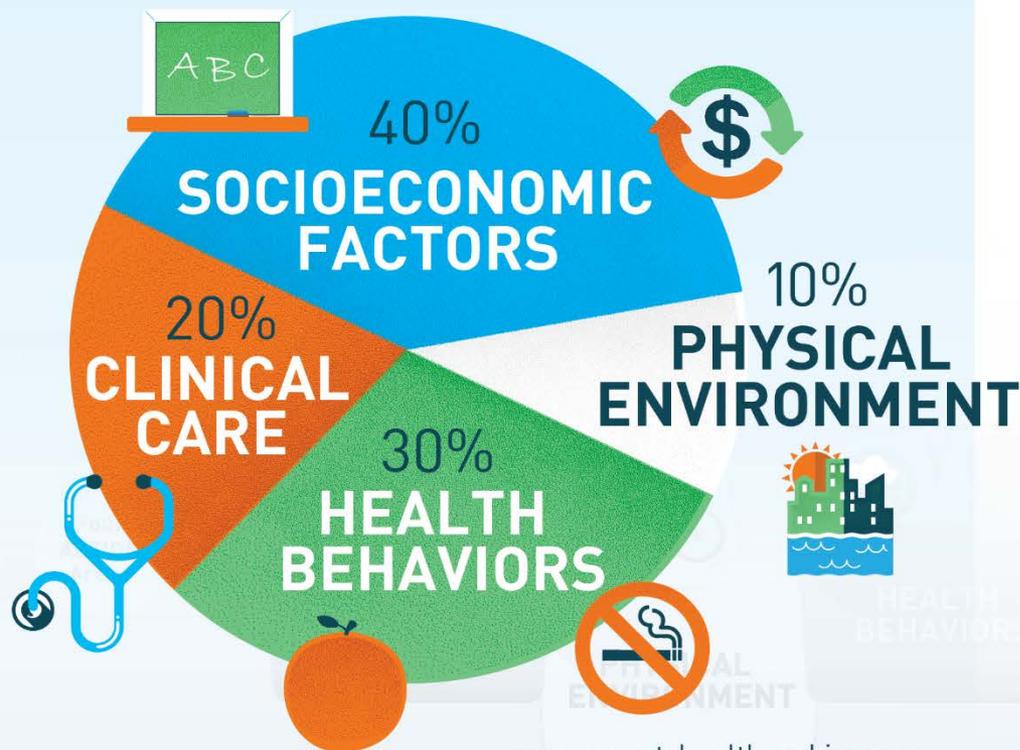


# INVEST IN YOUR COMMUNITY

4 Considerations to Improve Health & Well-Being *for All*

WHAT

Know What Affects Health



[www.countyhealthrankings.org](http://www.countyhealthrankings.org)

WHAT

Know What Affects Health

HOW

Use a Balanced Portfolio

- Action in one area may produce positive outcomes in another.
- Start by using interventions that work across all four action areas.
- Over time, increase investment in socioeconomic factors for the greatest impact on health and well-being for all.

How to Maximize Efforts



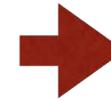
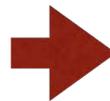
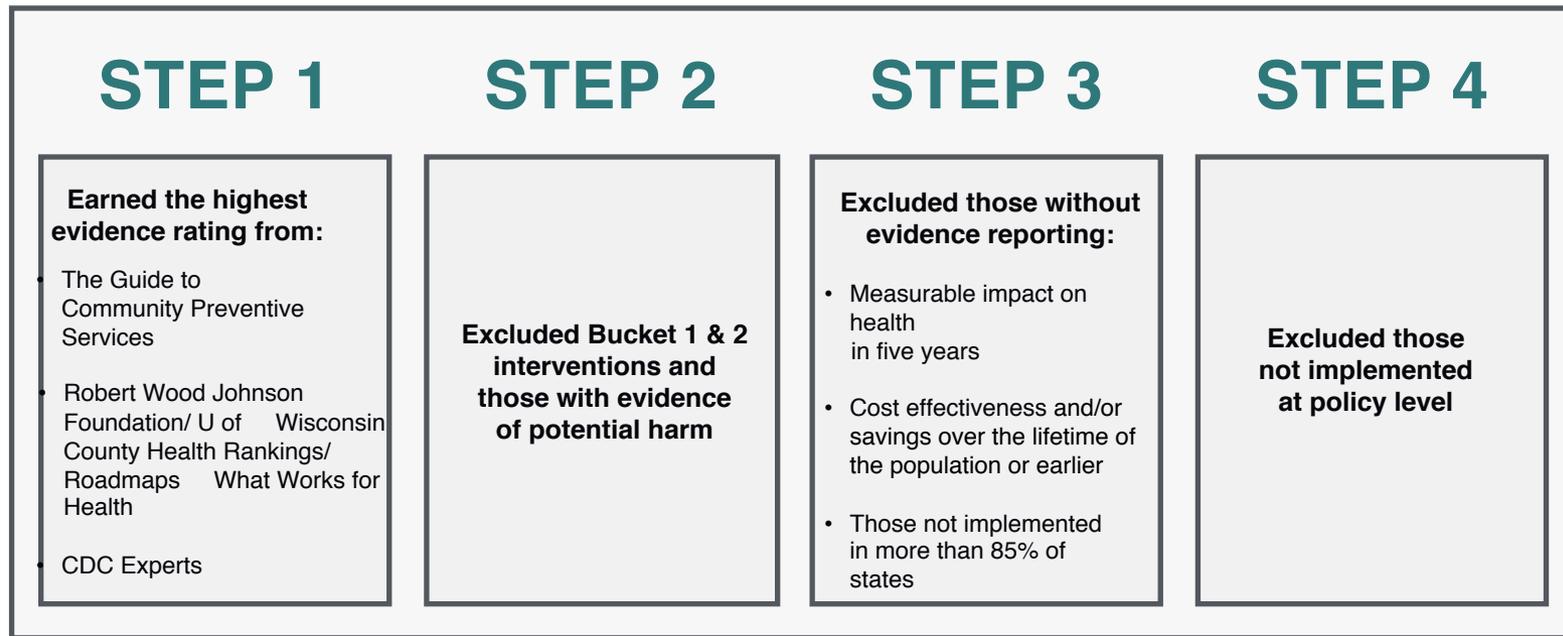
VISIT [www.cdc.gov/CHInav](http://www.cdc.gov/CHInav) FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



Robert Wood Johnson Foundation

MARCH 2015

# How was the **HI-5** List Developed



**Result:** 14 interventions that earned the highest evidence ratings, show positive health impact within 5 years, and report cost effectiveness/saving over the lifetime of the population or earlier.

- School-Based Programs to Increase Physical Activity
- School-Based Violence Prevention
- Safe Routes to School
- Motorcycle Injury Prevention
- Tobacco Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-Component Worksite Obesity Prevention

Counseling and Education

Clinical Interventions

Long Lasting Protective Interventions



## Changing the Context

Making the healthy choice the easy choice

- Early Childhood Education
- Clean Diesel Bus Fleets
- Public Transportation System
- Home Improvement Loans and Grants
- Earned Income Tax Credits
- Water Fluoridation



## Social Determinants of Health

# HI-5



## HEALTH **IMPACT** IN 5 YEARS

[www.cdc.gov/hi5](http://www.cdc.gov/hi5)



# Inadequate Physical Activity and Obesity Costs Lives And Dollars

Inactivity contributes to

**1 in 10**

premature deaths.



Inadequate levels of physical activity are associated with

**\$117 billion**

in annual  
healthcare costs



Six in ten adults in the US have a chronic disease and **four in ten adults** have two or more.



HEART DISEASE



CANCER



CHRONIC LUNG DISEASE



STROKE



ALZHEIMER'S DISEASE



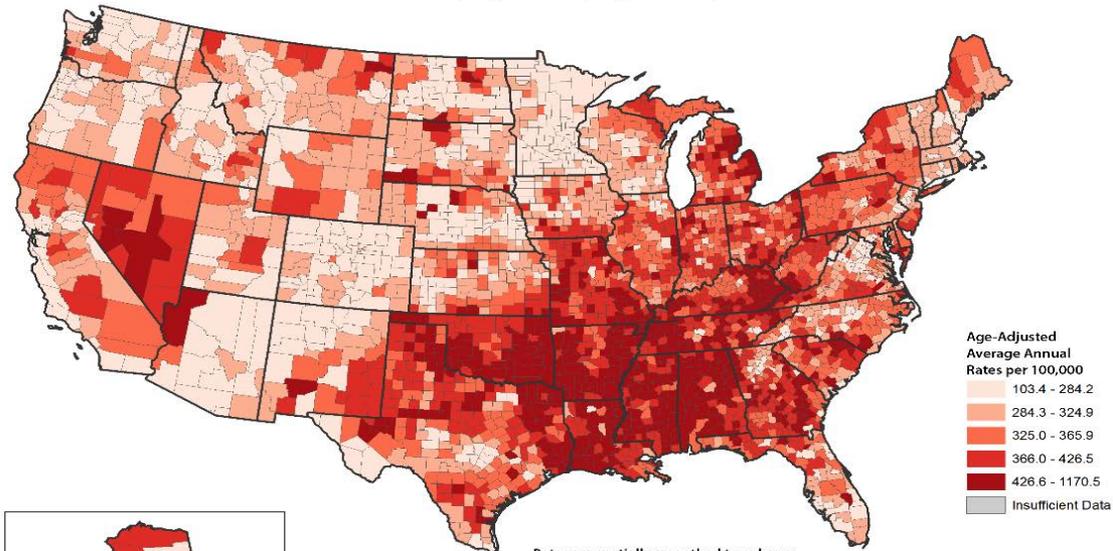
DIABETES



CHRONIC KIDNEY DISEASE



**Heart Disease Death Rates, 2014-2016  
Adults, Ages 35+, by County**



Rates are spatially smoothed to enhance the stability of rates in counties with small populations.

Data Source:  
National Vital Statistics System  
National Center for Health Statistics  
[www.cdc.gov/dhds/maps](http://www.cdc.gov/dhds/maps)



# Public Transportation System Introduction or Expansion



## Description

- Includes a variety of transit options such as buses, light rail, and subways
- Increases both access to and use of public transit and to reduce traffic

## Health Impact

- Reductions in health risk factors such as motor vehicle crashes, air pollution, and physical inactivity
- Increases in 8 to 33 minutes of walking per day

## Economic Impact

- Typical American public transit service improved to high quality urban rail or bus rapid transit service would result in annual health benefits of \$354.86 per person

# Clean Diesel Bus Fleets

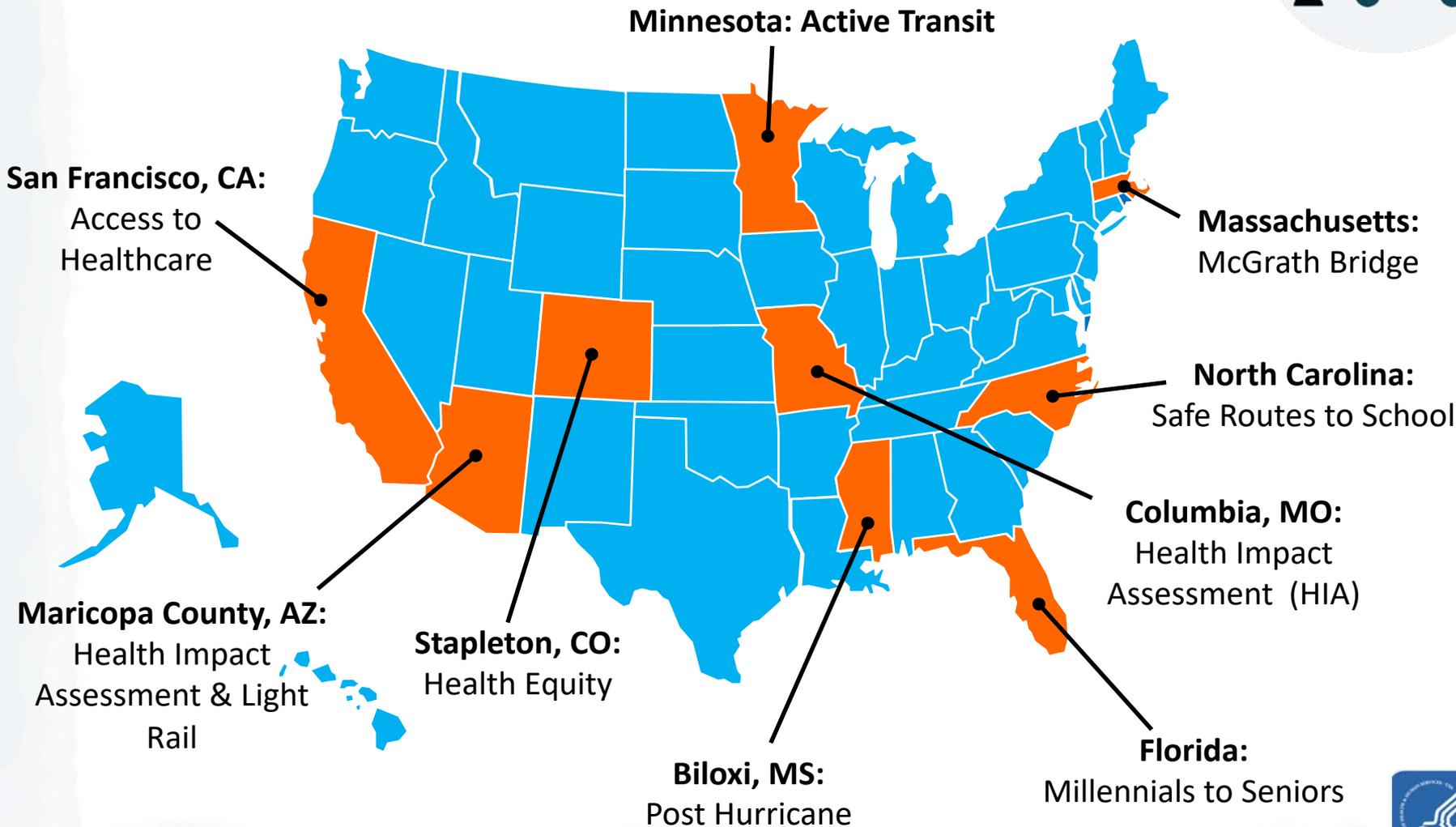


Breathing easier



<https://www.cdc.gov/asthma/default.htm>

# Transportation Stories from Public Health Innovators



# Access=Frequency=Ridership



# Acknowledgements

- **Kenneth Rose, CDC**  
Senior Advisor, Physical Activity and Health Branch, Division of Nutrition, Physical Activity, and Obesity.
- **Christopher Kochtitzky, CDC**  
Senior Advisor, Physical Activity and Health Branch, Division of Nutrition, Physical Activity, and Obesity.
- **Elizabeth Skillen, CDC**  
Health Impact in 5 Years (HI-5) Lead  
Population Health and Healthcare Office, Office of the Associate Director of Policy and Strategy.
- **Danielle Nelson, FTA**  
Office of Program Management, Rural and Targeted Programs  
Coordinating Council on Access and Mobility Lead.



# Thank you!

<https://www.cdc.gov/policy/index.html>

[www.cdc.gov/hi5](http://www.cdc.gov/hi5)

**Email: [Wheaps@cdc.gov](mailto:Wheaps@cdc.gov)**

For more information, contact CDC  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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# Oregon Health and Transportation Partnership

Lillian Shirley, BSN, MPH, MPA  
Director of Public Health  
Oregon Health Authority



**PUBLIC HEALTH DIVISION**

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# History Of the Partnership

## Oregon Department of Transportation and Health Authority *Memorandum of Understanding*

- Goals
  - Improve Traffic Safety
  - Increase Active Transportation Options
  - Improve Air Quality and Reduce Exposure to Air Pollution
  - Improve Equitable Access
  - Improve Preparedness to Emergencies



# Partnership Goals and Activities

- **Coordinate Policy and Planning**
  - Convening of Partnership Decision-Making Bodies
  - Transportation System Plan Guidelines
  - Plan Statewide Planning Database
  - State Health Assessment (SHA) and State Health Improvement Plan (SHIP)
  - Safe Routes to School



# Partnership Goals and Activities

- **Foster Alignment of Health and Transportation Goals at State and Local Levels**
  - Advisory Committee Participate
  - Convening Public Health and Transportation Practitioners
  - Public Health Active Transportation Accountability Measures



# Partnership Goals and Activities

- **Collaborate on Research and Data Analysis**
  - Oregon Household Activity Survey
  - Oregon Avenue Protected Bicycle Lane Case Study
  - Linking Crash with Emergency Medical Service Data
  - Non-Emergency Medical Transportation Trip Optimization Pilot Project
  - Bicycle Travel Activity Study



# Moving Forward

- Building the Relationship Between Transportation, Public Health and Social Equity
- Statewide Policy Development
- Climate Change Adaptation Framework
- Continuing Current Efforts





# **Transportation and Public Health Partnerships: *Building Healthy and Resilient Communities***

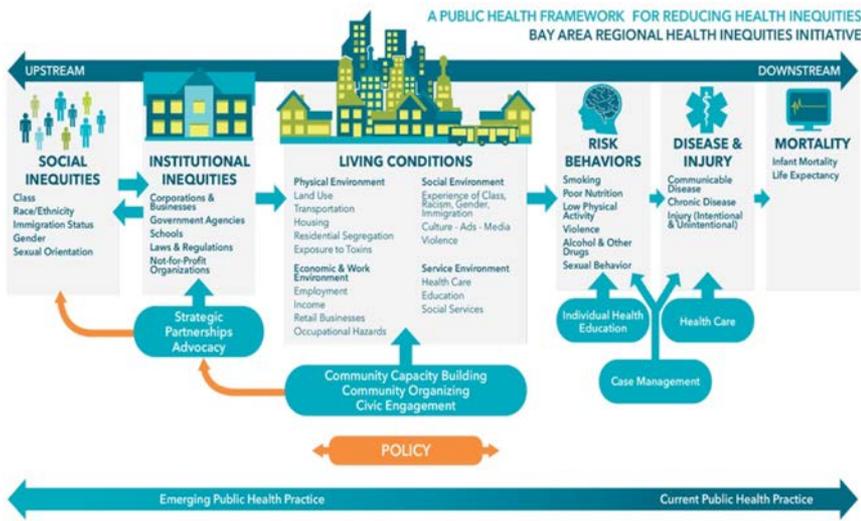
***Mary Ann Cooney ASTHO***

October 2, 2019



# POPULATION HEALTH?

## And what makes it different from PUBLIC HEALTH?



**Public health:** Programs/interventions siloed by disease type.

**POPULATION health:** Place-based, community-wide interventions.

**Public health:** Measure success by overall health improvements.

**POPULATION health:** Success MUST include reduced disparities.

**Public health:** Priorities may be determined by funding streams.

**POPULATION health:** Priorities set by the community.

**Advancing HEALTH EQUITY and Optimal Health For All**

**Three Pillar Approach to Population Health**



**DATA ANALYTICS AND PUBLIC HEALTH INFORMATICS**



**HEALTH EQUITY AND SOCIAL DETERMINANTS OF HEALTH**



**CLINICAL TO COMMUNITY CONNECTIONS**

***Do I have the right tools and systems to capture data that is meaningful?***

Identifying disparities through reporting, data collection, and information systems. Drive decision making through useful, high quality data.

***What is the broader context?***

Addressing the root cause of the issue. Making sure public health and their partners have "real world" solutions and that no one is left behind.

***How are clinical services paid for and delivered?***

Bringing clinical services to a community in a way that is accessible.

**LEADERSHIP, CAPACITY BUILDING, POLICY**

# ASTHO PRESIDENT'S CHALLENGE: BUILDING HEALTHY AND RESILIENT COMMUNITIES

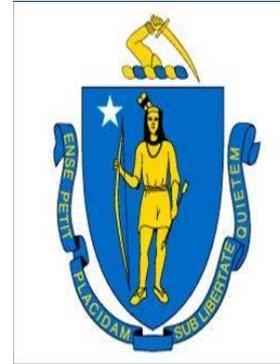


# ASTHO's Pulse Check on Transportation Priorities



## Alabama

“improved traffic safety culture and an efficient, interconnected transportation system that supports economic development, preserves the quality of the environment, and enhances quality of life.”



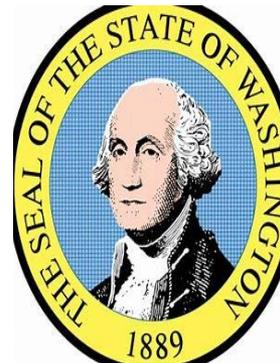
## Massachusetts

“connecting residents, especially low-income residents and seniors, to medical care, substance use treatment, groceries, jobs, education and other drivers of good health outcomes”



## Minnesota

“Transit and Health systems...Indicators associated with supportive systems could include (and are not limited to): Access to transportation: transit, street connectivity, walking and bicycling for transportation...”



## Washington

“Goal: Create communities that promote positive social connections and support health-promoting behaviors. “

# MEANINGFUL COMMUNITY ENGAGEMENT

## IAP2'S PUBLIC PARTICIPATION SPECTRUM



The IAP2 Federation has developed the Spectrum to help groups define the public's role in any public participation process. The IAP2 Spectrum is quickly becoming an international standard.

INCREASING IMPACT ON THE DECISION 

	<b>INFORM</b>	<b>CONSULT</b>	<b>INVOLVE</b>	<b>COLLABORATE</b>	<b>EMPOWER</b>
<b>PUBLIC PARTICIPATION GOAL</b>	To provide the public with balanced and objective information to assist them in understanding the problem, alternatives, opportunities and/or solutions.	To obtain public feedback on analysis, alternatives and/or decisions.	To work directly with the public throughout the process to ensure that public concerns and aspirations are consistently understood and considered.	To partner with the public in each aspect of the decision including the development of alternatives and the identification of the preferred solution.	To place final decision making in the hands of the public.
<b>PROMISE TO THE PUBLIC</b>	We will keep you informed.	We will keep you informed, listen to and acknowledge concerns and aspirations, and provide feedback on how public input influenced the decision.	We will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed and provide feedback on how public input influenced the decision.	We will look to you for advice and innovation in formulating solutions and incorporate your advice and recommendations into the decisions to the maximum extent possible.	We will implement what you decide.

# Health Opportunity Index: Virginia

Census Tract View LHD LHDMap %ofCTs %ofPop Population Bubble Community Rank Economic Rank Wellness Rank Consumer Rank

**Profile**

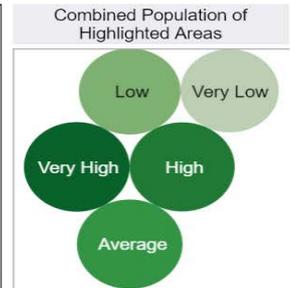
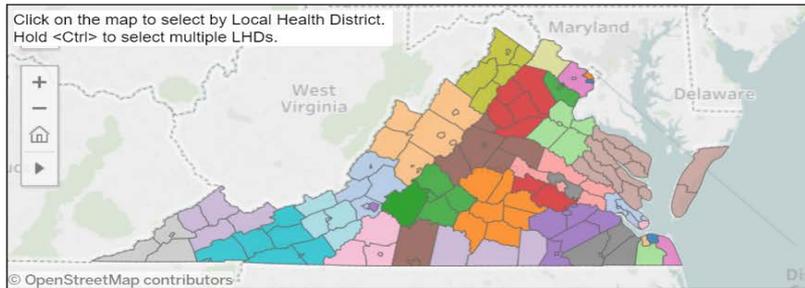
- Health Opportunity Index
- Community Environmental Profile
- Consumer Opportunity Profile
- Economic Opportunity Profile
- Wellness Disparity Profile

**Opportunity Level**

- Very Low
- Low
- Average
- High
- Very High



Population Experience LHDMap %ofCTs %ofPop Population Bubble Community Rank Economic Rank Wellness Rank Consumer Rank

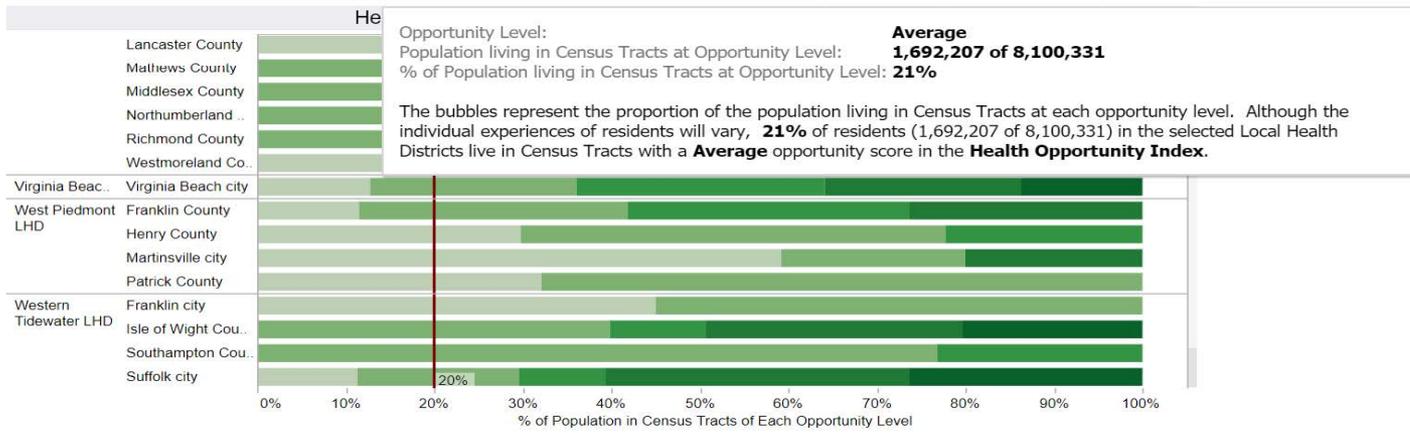


**Profile**

- Health Opportunity Index
- Community Environmental Profile
- Consumer Opportunity Profile
- Economic Opportunity Profile
- Wellness Disparity Profile

**Geography**

- County/Independent City
- Local Health District





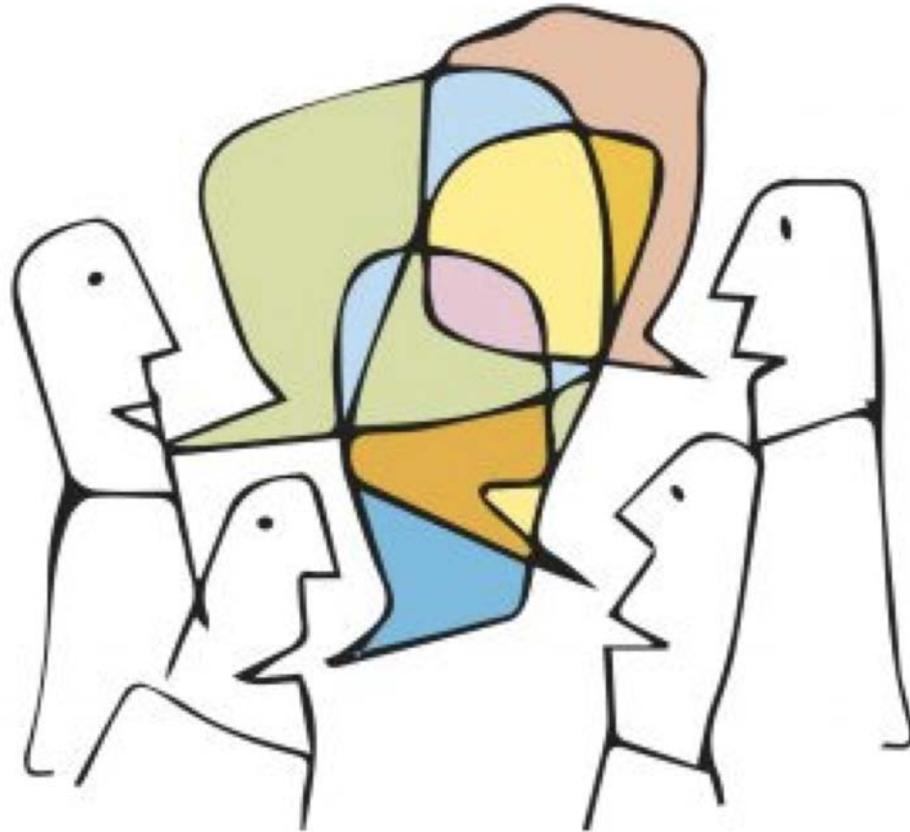
Contact Information:  
Mary Ann Cooney  
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When a flower  
doesn't bloom, you fix the  
environment in which  
it grows, not the flower.

—Alexander Den Heijer



# Questions?



# NCMM Resources

- 30 + "By Topic" Pages to provide resources on specific areas of interest including Health and Transportation: [nc4mm.org/by-topic](https://nc4mm.org/by-topic)
- Relevant Research including a recent publication on [Opportunities to Improve Community Mobility through Community Health Needs Assessments](#).
- Learn and connect with others. Email us to be connected with local peers or other communities doing similar work
- Receive direct detailed technical assistance

Contact us directly: [info@nc4mm.org](mailto:info@nc4mm.org)

# Health and Transportation Resources

## Partner Resources:

- CDC [Transportation Recommendations](#)
- CDC [HI-5 Interventions](#)
- ASTHO [Transportation Policy Guidelines](#)

## Other Resources:

- [CTAA's Health Care and Transportation Resource Center](#)
- [Guidebook for Communications between Transportation and Public Health Communities](#)

# Public Health and Transportation Webinar Series

## Part Two: On the Ground in Washington County, Minn.

Join us on Wednesday November 6<sup>th</sup> from 2:00 – 3:00pm ET

Part two of our public health and transportation webinar series will provide a deep dive into Washington County, Minnesota. Presenters will discuss how their community came together around health and transportation, and the outcomes of their cross-sector partnership. The presenters will also cover the role of their Community Health Needs Assessment and Community Health Improvement Plan in propelling this work forward, and offer tips for identifying relevant stakeholders, participating in transportation and health priority setting, and building and sustaining similar partnerships in your community.

### Speakers:

- Stephanie Souter, MS, AICP, Public Health Program Supervisor, Washington County, MN
- Rachelle Henkel, MSW, LGSW, Senior Services Social Worker, Fairview Home Care and Hospice
- Marna Canterbury, MS, RD, Director of Community Health, Lakeview Health Foundation
- Sheila Holbrook-White, Mobility Manager, Washington County, MN

[Register Here](#)



Twitter: @NC4MM  
[www.nc4mm.org](http://www.nc4mm.org)

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