

U.S. Best Practices on Transportation Planning for Healthy Communities

Polis Workshop on Promoting Active Travel Through Sustainable Transport
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Volpe Center/Office of the
Secretary/USDOT



Overview

1. Introduction: highlights of research for FHWA on Transportation Planning and Healthy Communities
 - ❑ Metropolitan area and statewide white papers
 - ❑ Evaluation methods for Nonmotorized Pilot Program: health focus
2. Opportunities and Challenges going forward

Bringing health considerations into transportation planning and decisions



Health In Transportation - Planning - FHWA - Windows Internet Explorer

http://www.fhwa.dot.gov/planning/health_in_transportation/

U.S. Department of Transportation
Federal Highway Administration

Office of Planning, Environment, & Realty (HEP)
Planning - Environment - Real Estate

Health in Transportation

Resources

- Health in Transportation Working Group
- Frequently Asked Questions
- Training Opportunities
- Related Links

Contacts

For more information, please contact:

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- Ed Christopher, Resource Center
- Faith Hall, FTA

FHWA → Planning

Health in Transportation

Welcome to the Federal Highway Administration's (FHWA) Health and Transportation webpage. This webpage is designed to be a comprehensive resource on the linkages between transportation and health.

Linking health and transportation brings together transportation professionals and health practitioners in a collaborative process to improve transportation decisions. Working together, we are committed to developing transportation options that promote and improve access to healthy and active lifestyles.



In October 2012, US DOT Secretary LaHood spoke with the Robert Wood Johnson Foundation about the agency's involvement in the National Prevention Council, and support for improving safety and increasing transportation choices. Read the interview here:

http://www.rwjf.org/en/blogs/new-public-health/2012/10/secretary_of_transpo.html

USDOT is committed to promoting better consideration of health outcomes in transportation. Our work is focused on the following objectives:

- Promote safety,
- Improve air quality,
- Respect the natural environment through Context Sensitive Solutions,
- Improve social equity by improving access to jobs, health care and other community services,
- Create additional opportunities for the positive effects of walking, biking, public transportation, and ride- and vehicle-sharing,
- Conduct research on transportation's role in improving quality of life.

USDOT looks forward to collaborating with our stakeholders to build transportation options that support safe, accessible, and healthy communities.

Acquisition Management

Civil Rights

Federal Lands Highway

Infrastructure

Innovative Program Delivery

Operations Infrastructure

Planning, Environment, and Realty

Policy

Research, Development & Technology

Safety

Browse by Topics

Publications | Glossary | Awards | Contacts

Recent Updates

- [Transportation and Health Tool \(9/24/13\)](#)
- [Moving Healthy: Linking FHWA Programs and Health \(6/7/13\)](#)

Slide 4 of 30 "Title and Content"

11:03 AM 10/28/2013

3. Update on Research on Transportation Planning and Healthy Communities

- ❑ Best practice white papers
 - ❑ Metropolitan Area Transportation Planning (MPOs)
 - ❑ Statewide Transportation Planning (DOTs)
- ❑ Evaluation of Nonmotorized Pilot Program
 - ❑ Health focus



Who, What, Why?

- ❑ Sponsor: Federal Highway Administration Office of Planning
- ❑ White Papers
 - “Metropolitan Area Transportation Planning for Healthy Communities”
http://www.planning.dot.gov/documents/Volpe_FHWA_MPOHealth_12122012.pdf
 - “Statewide Transportation Planning for Healthy Communities”
(anticipated March 2014)
- ❑ Purpose
 - Identify best practices, challenges, and opportunities for integrating health into transportation planning

A resource for transportation planners and public health partners



Context for white papers

- ❑ Who and why?
- ❑ What do we mean by health?
- ❑ What do we mean by transportation planning?
- ❑ Where were the case studies?
- ❑ What did we learn?
- ❑ What did we conclude and what questions remain?



Who, What, Why?

□ Audience

- Metropolitan planning organizations
- State Departments of Transportation
- Other “Partners”
 - Traditional: transportation
 - Non-traditional: State and local health organizations, among others
- Federal staff



Statewide and Metro Planning Framework

- ❑ Focus on the planning process
 - Flexibility for state, regional, and local goals, strategies, priorities
 - Emerging emphasis on performance
 - Specific national goals and measures
- ❑ Implemented by all states and urban areas over 50,000



Statewide and Metro Planning Framework

- ❑ Focus on:
 - A “3-C” Planning Process
 - Continuing, Cooperative, Comprehensive
 - Strategic planning
 - Performance of multimodal system
 - Intermodal planning
 - Products of the process
- ❑ Long Range Plan (SLRTP or MTP)
 - Strategic thinking – 20+ year horizon
 - “Vision” and scenarios for region
 - Critical choices and trade-offs
- ❑ 4 year investment program (TIP or STIP)
 - Links Long Range Plan strategies to decisions
 - Focus on implementation
- ❑ Emerging emphasis on performance-based planning
 - Performance management
 - Monitoring

Statewide and Metro Planning Framework

- ❑ Transition to performance and outcome-based program (MAP-21, 2012)
- ❑ National performance goals
 - Safety
 - Infrastructure Condition
 - Congestion Reduction
 - System Reliability
 - Freight Movement and Economic Vitality
 - Environmental Sustainability

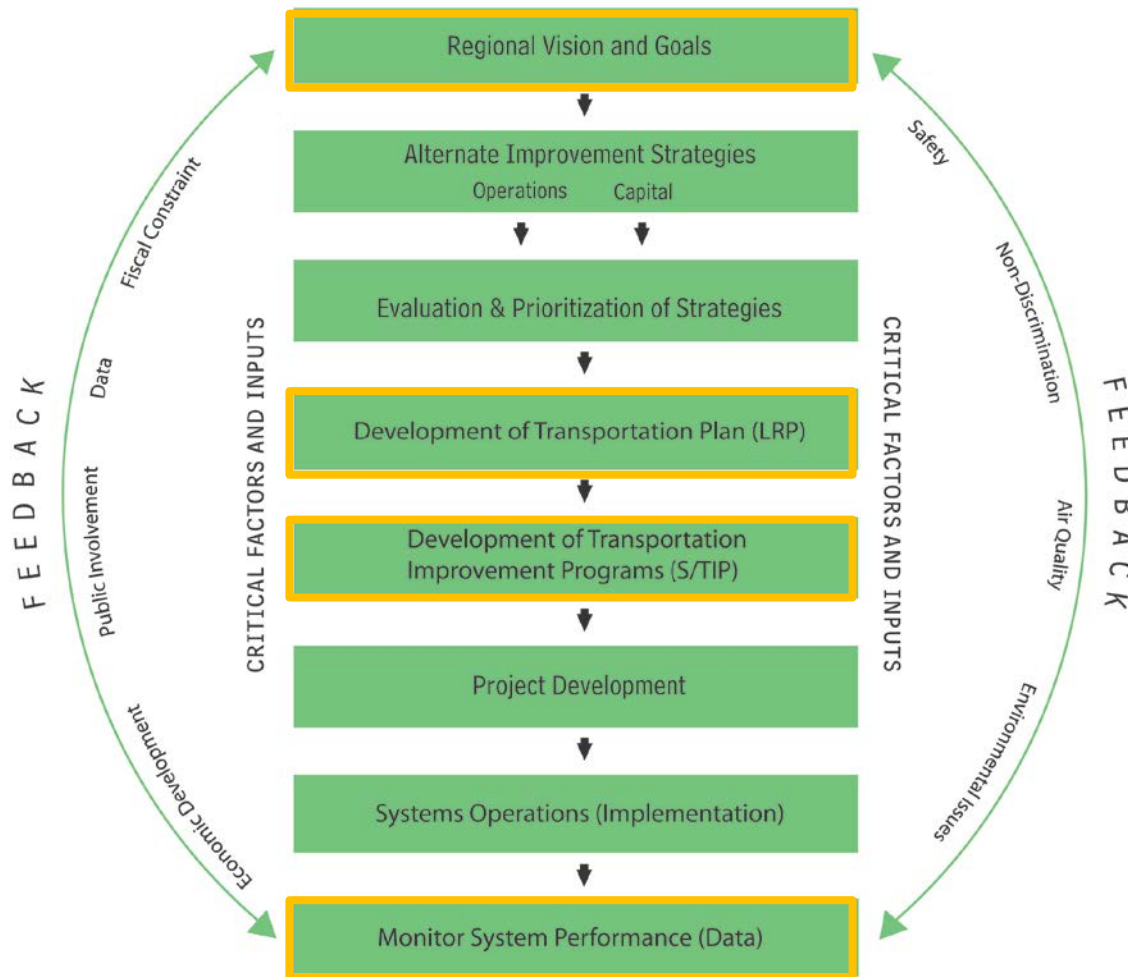


What do we mean by transportation planning?

Metropolitan Area	Statewide
Metropolitan Planning Organization (MPO)	State Department of Transportation (DOT)
Metropolitan Transportation Plan (MTP)	Statewide Long Range Transportation Plan (SLRTP)
Transportation Improvement Program (TIP)	Statewide Transportation Improvement Program (STIP)



What do we mean by transportation planning?

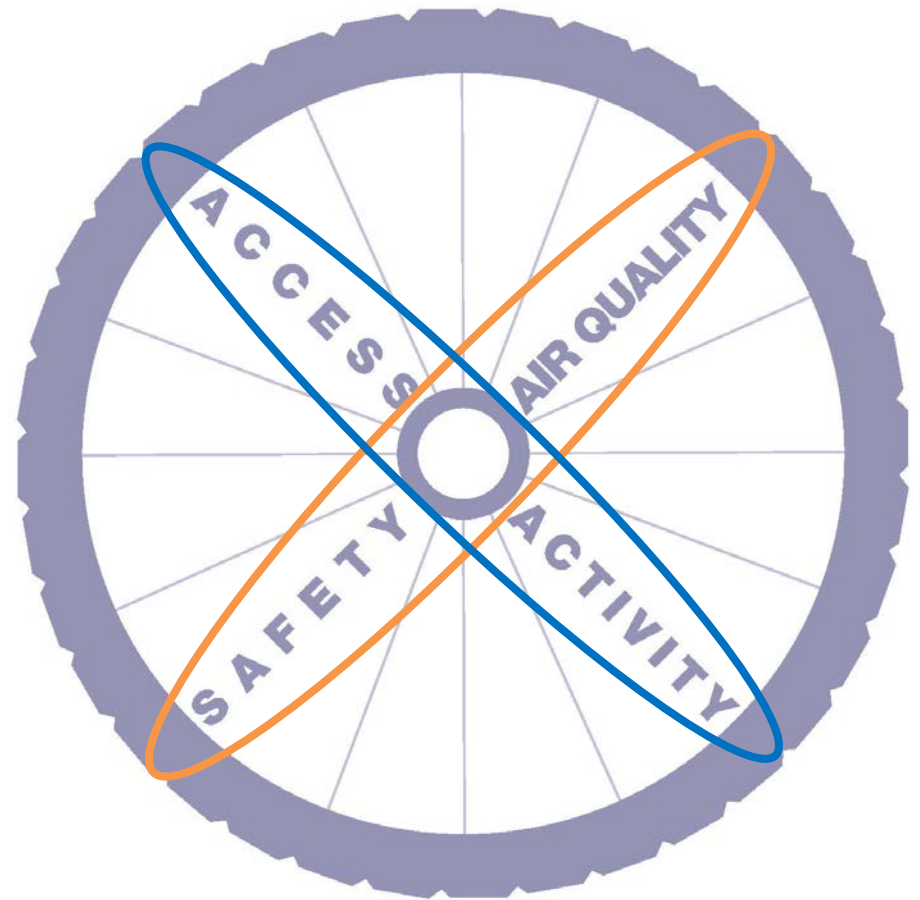


Source: FHWA/FTA Transportation Planning Process: Key Issues



What do we mean by consideration of health?

- ❑ Holistic and comprehensive
- ❑ “Traditional” and “emerging”
- ❑ Explicit
- ❑ Forward-looking

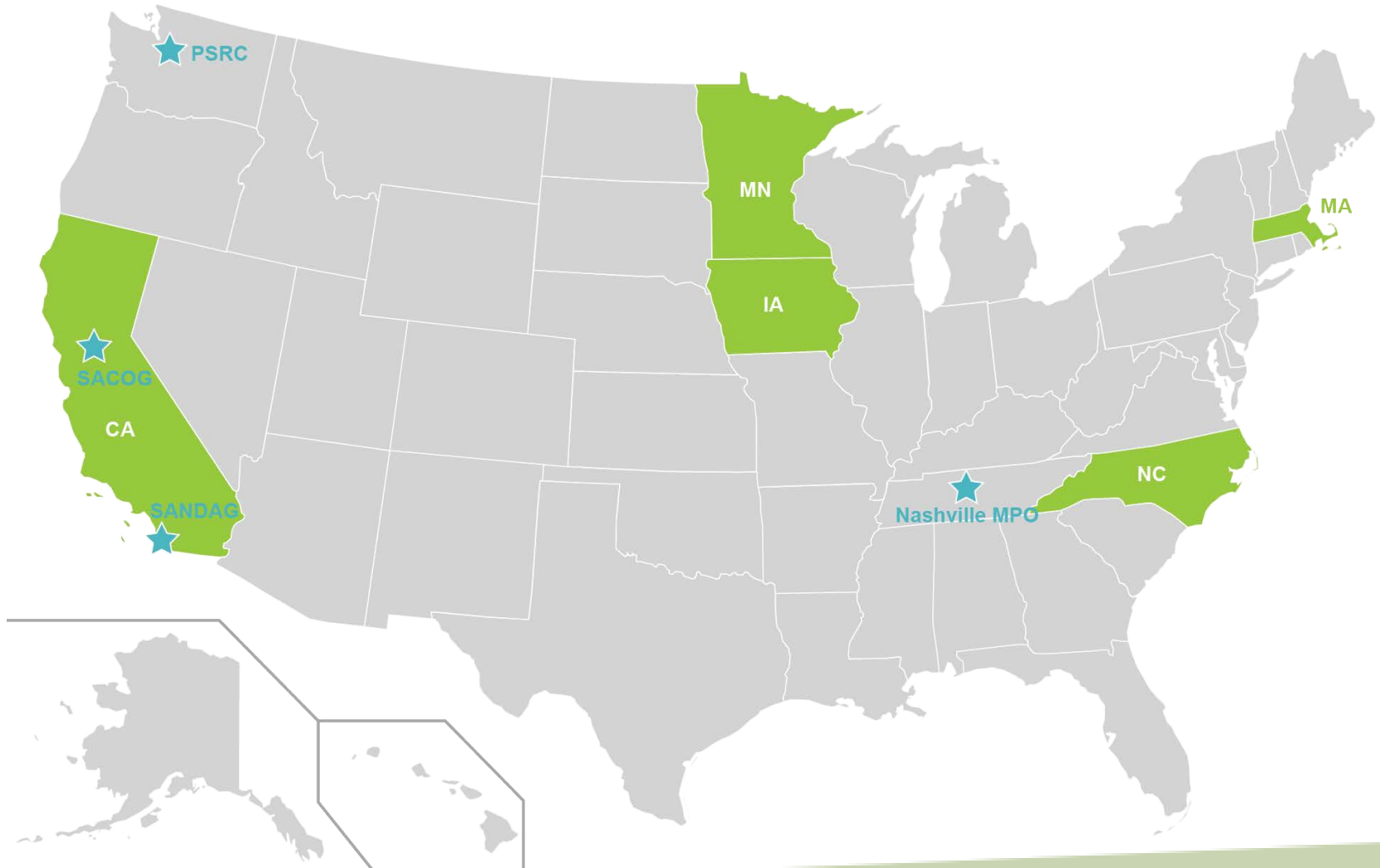


What do we mean by considering health in transportation planning?

- ❑ Comprehensive
- ❑ Explicit
- ❑ Forward-looking



Where were the case studies?



Where were the case studies?

MPOs	DOTs
<ul style="list-style-type: none">❑ Nashville MPO❑ Puget Sound Regional Council❑ Sacramento Area Council of Governments❑ San Diego Association of Governments	<ul style="list-style-type: none">❑ California (Caltrans)❑ Iowa (Iowa DOT)❑ Massachusetts (MassDOT)❑ Minnesota (MnDOT)❑ North Carolina (NCDOT)

❑ Criteria:

- Type and breadth of health-related activities
- Leadership and partnerships
- Institutionalization of health considerations into plans and programs
- Geographical diversity



MPO Case Studies - Framework

**transportation
planning process**

**regional goals
and vision**

**long-range
transportation
plan**

**project
selection**

**performance
monitoring**

MPO Case Studies - Framework



MPO Case Studies - Framework



MPO Case Studies - Framework



Motivations

MPOs	DOTs
National priorities and programs	
State government	
Local government, community interest	Other State agencies
Board	Executive level
Partnerships with public health agencies	
Research and analysis	
Staff	



Motivations

❑ State Initiatives

- Nashville: TN Obesity Taskforce and Plan
- Sacramento and San Diego: CA Sustainable Communities Strategy with GHG targets

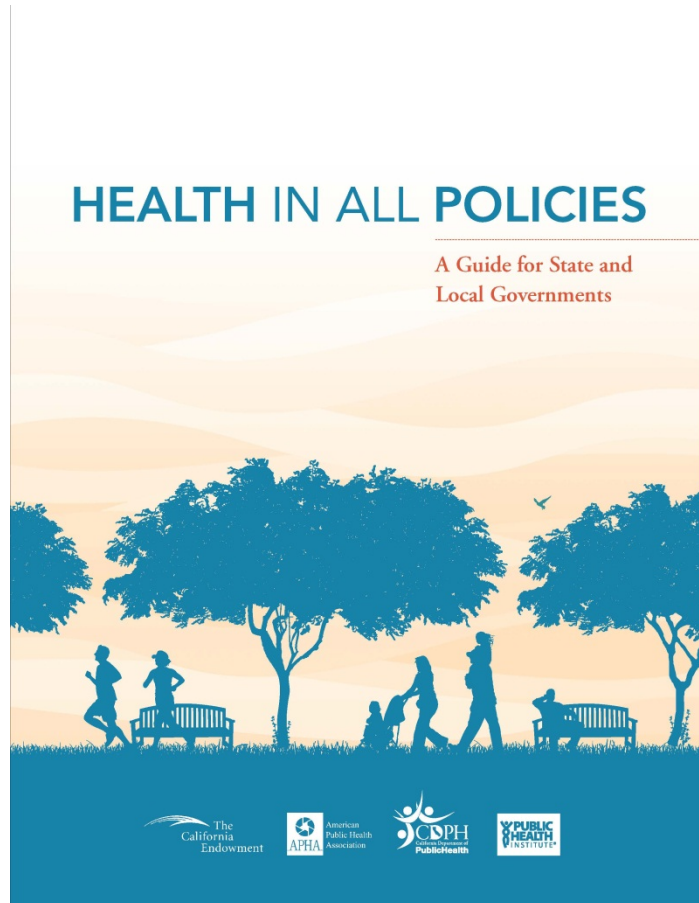
❑ Special grants

- CDC
 - Seattle, Nashville, San Diego: Communities Putting Prevention to Work Grant
 - San Diego: Community Transformation Grant
- Nashville, PSRC, SANDAG: CDC grant
- Sacramento: HUD Sustainable Communities Planning Grant
 - Involves health groups
 - Health performance measures for RTP

❑ Early partnerships

- Seattle, Nashville, San Diego: MPO and county health staff

Motivations



<http://www.phi.org/resources/?resource=hiapguide>



<http://www.healthyworks.org>



<http://www.eatwellplaymoretn.org/>



Early Actions

MPOs	DOTs
Partnerships	
Informal participation by public health partners	Relationship with State health department
Federal grant programs/projects	
Documentation of health-transportation connection	Research studies
Programs	
Research and analysis	Health or sustainability initiatives
	Application to specific areas – healthcare access, active transportation, smart growth, climate change, SRTS, Complete Streets



Early Actions

❑ Vision and Scenario Plans

- Sacramento Blue Print: transportation, land use, air quality scenarios
 - Active transportation, access for disadvantage populations
- San Diego: “mobility choices to support a sustainable and healthy region”
- Seattle: recognizes links between healthy environment, economy, and public health

❑ Data, measures

- Nashville
 - Health survey: baseline on physical activity, disparity, food access
 - CDC collaboration to analyze built environment/transportation, health links
- San Diego
 - Healthy Communities Atlas: walkability, school/health/food access, bike/ped safety, low mobility areas
 - Health Impact Analysis and Training

❑ Health Partnerships

- Nashville: local health department, Safe Routes to School, CDC
- Seattle: 3 county public health agencies; technical committees

Early Actions

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.

www.middletnstudy.com

Vulnerability Index



<http://www.sacog.org/sustainable/>

Sustainability through healthy community design




<http://www.kingcounty.gov/transportation/HealthScape.aspx>

Structural Changes

MPOs	DOTs
Vision or MTP goals	Integration into plans/documents other than SLRTPs/TIPs
TIP project selection criteria	
Performance monitoring	
Staff capacity	Technical assistance to local governments
Health-related technical and advisory committees	
Formal membership by health partners	
Tools and analyses (e.g., HIAs)	



Structural Changes

- ❑ Long Range Transportation Plan
 - Nashville: Active Transportation of 1 of 3 goals
 - San Diego: RTP/Sustainable Communities Strategy
 - Integrates health policies, goals, and metrics
 - Health based project evaluation and metrics
 - Seattle: linking transportation to health thru air quality and physical activity
 - Sacramento: health throughout, active transportation, reduced emissions, equity
- ❑ Transportation Improvement Plan (TIP)
 - Nashville: Health criteria in project selection
 - STP funds: 15% active transportation, 70% of road projects have nonmotorized elements
 - Sacramento: screening criteria for active transportation mode share
- ❑ Evolving methodologies
 - San Diego and Nashville: Integrated Transportation Health Impact Model (ITHIM)

Structural Changes



Nashville MPO



<http://psrc.org/growth/vision2040>



Health Index Tool - Partnership of U.S. DOT/CDC

- ❑ The goals of the THT are to:
 - help transportation decision-makers understand many of the issues in play at the intersection with public health;
 - inform health-supportive state and regional transportation policies and project decisions; and
 - strengthen collaborations between transportation and public health sectors.
- ❑ What the THT is:
 - an easy-to-use online tool, pre-populated with region- and state-specific data;
 - an assessment of where your state or MPO is performing well, and where to incorporate health measures and decisions within the transportation decision- and policy-making process;
 - recommendations for policy improvements;
 - an evidence base for integrating health and transportation.



FHWA Nonmotorized Pilot Program

- ❑ \$28 m. to demonstrate role of walking and bicycling in 4 pilot communities
 - Columbia, Missouri; Marin County, Calif.; Minneapolis, MN; Sheboygan, Wisconsin
- ❑ Demonstrate: mode shift, health and environmental benefits
- ❑ Working group: FHWA, Pilots, CDC, Volpe, Rails to Trails Conservancy
- ❑ Report to Congress (2012)
- ❑ Extend data collection and analysis to 2014
 - March 2014 Report
 - Expanded focus on health and accessibility/equity
 - Using WHO HEAT model with CDC
 - Explore use of other models
 - Woodcock/ITHIM model
 - MTC Calculator





Cal Park Tunnel – Opening Day

Institutionalizing Data Collection

Pilot Evaluation

- Updated products; one pagers, etc.
- Congressional Report
 - Community wide modeling
 - Project specific Impacts
- Longitudinal tracking of outcomes

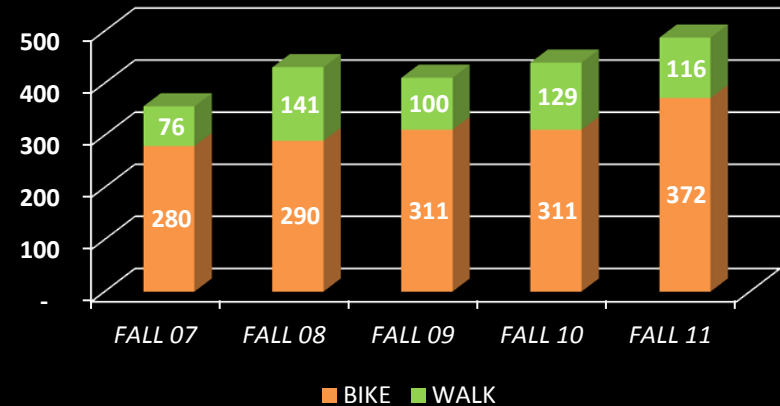
Local Measurement

- Annual Benchmarking
- Location based trends
- Project Outcomes
- Daily/annual volume estimations

Other Uses

- Support of local/national research efforts
- Educate local officials & Public
- Inform Planning Studies
- Provide data via web portal
- Prepare special reports for local analysis
- Institutionalize nonmotorized travel data

Weekday Counts Lake Street Bridge



MARSHALL AVENUE
Bicycling & Walking UP 37% 2007 - 2011
Bike Walk Twin Cities Fall C

2007 TO 2011
BICYCLING UP 33%

Count Location:
Lake Street Bridge
over the Mississippi

WALKING UP UP 53%

Map A

BIKE LANE

MAY USE FULL LANE

A few lessons learned

- ❑ From positive...to how positive?
 - Quantify to compete for funds,
 - **Performance measures** to demonstrate results
 - Consider monetizing
- ❑ Role of a plan
- ❑ Set ambitious goals
 - Energy, environment, **health**, affordability, livability
- ❑ From claiming to demonstrating
 - **Count, measure, evaluate, present**
 - **Understandable metrics**
 - **Comparable metrics: value of monetization**
- ❑ Time horizon – go long
- ❑ Regional and project scale
 - **Walk and bike as part of multimodal system**
- ❑ Importance of institutional side
 - Role of new partners
 - Sustaining new service
 - Mainstreaming in the planning process



Where are the opportunities?

- ❑ Incremental / evolving
 - ❑ Forward-thinking
 - ❑ Explicit
 - ❑ Comprehensive
 - ❑ Apply to all 4 aspects: Activity, Access, Safety, Air Quality
- ❑ Data, performance measures, and tools
 - ❑ MAP-21 encouragement of performance-based planning
 - ❑ Emerging tools (e.g., WHO HEAT, Woodcock/ITHIM, HIAs)



4. Opportunities for collaboration?

- ❑ Possible next steps for research
 - ❑ Phase 3: data and implementation
 - ❑ Best practices peer exchanges
- ❑ US DOT and CDC collaboration
 - ❑ Transportation and Health Index Tool: under development
- ❑ Nonmotorized Pilot Communities
 - ❑ April 2014 report: focus on health
 - ❑ Areas for longer term research
 - ❑ Health benefits focus
 - ❑ Expand applications of HEAT and Woodcock/ITHIM models



Contact Information

- ❑ FHWA-Volpe Transportation Planning and Healthy Communities Research
 - Fred Bowers, FHWA project manager: Frederick.Bowers@dot.gov
 - William M. Lyons, Volpe Center project manager: william.lyons@dot.gov
 - “Metropolitan Area Transportation Planning for Healthy Communities”
http://www.planning.dot.gov/healthy_communities_desc.asp
- ❑ Statewide Transportation and Healthy Communities,” report to be posted at:
http://www.fhwa.dot.gov/planning/health_in_transportation/resources/
- ❑ FHWA Webinar on white papers, with MPO case studies
<https://connectdot.connectsolutions.com/p7zv88li7jx/>
- ❑ FHWA Nonmotorized Transportation Pilot Program
 - Gabe Rousseau, FHWA Project Manager: Gabriel.Rousseau@dot.gov
 - William Lyons, Volpe Project Manager: William.Lyons@dot.gov
 - “2012 Report to Congress”
https://www.fhwa.dot.gov/environment/bicycle_pedestrian/ntpp/2012_report/
 - 2014 Report
 - https://www.fhwa.dot.gov/environment/bicycle_pedestrian/ntpp/

