

Regional Planning and Health: How MPOs Are Using Regional Transportation to Advance Health



Hillsborough MPO
Metropolitan Planning
for Transportation

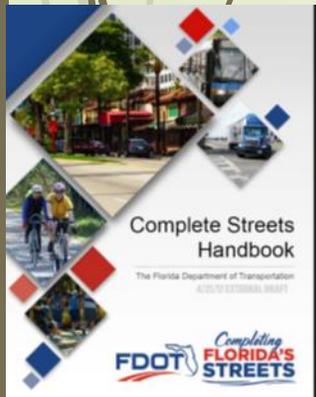
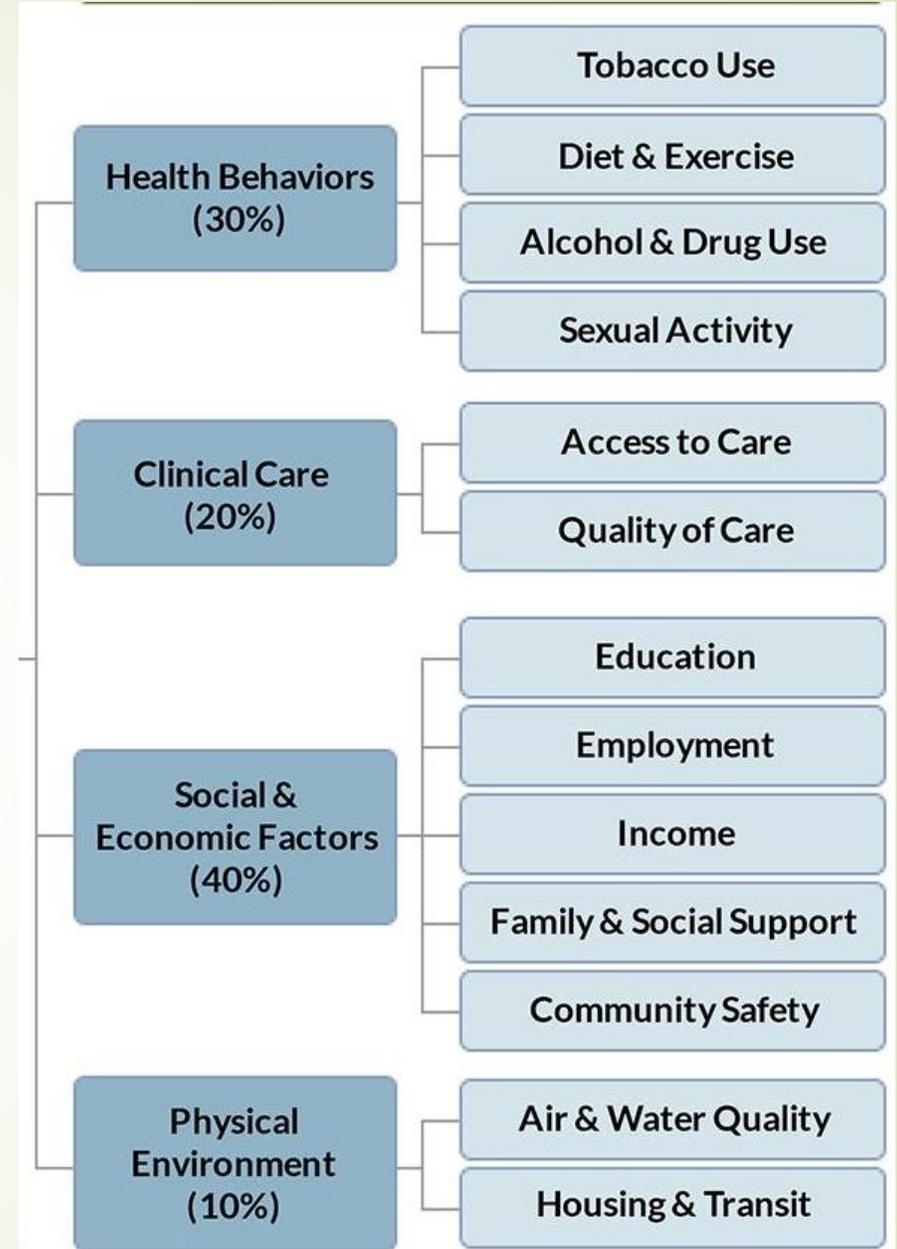
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What is a MPO?

- A Policy Board created and designated to carry out transportation planning in a metropolitan area
- Designated through agreement between the Governor and local government
- Represent at a minimum 75 percent of the affected population
- 27 (67 counties) in Florida- sometimes called a "TPO"
- Long Range Plans and Transportation Improvement Plans
- **Community Involvement, Coordination, Cooperation**
- **MODES- Automobile, Transit, Freight, Walk/Bike**
- **Committees-**

What Shapes Our Health?



Robert Wood Johnson Foundation/UWI Population Health Institute

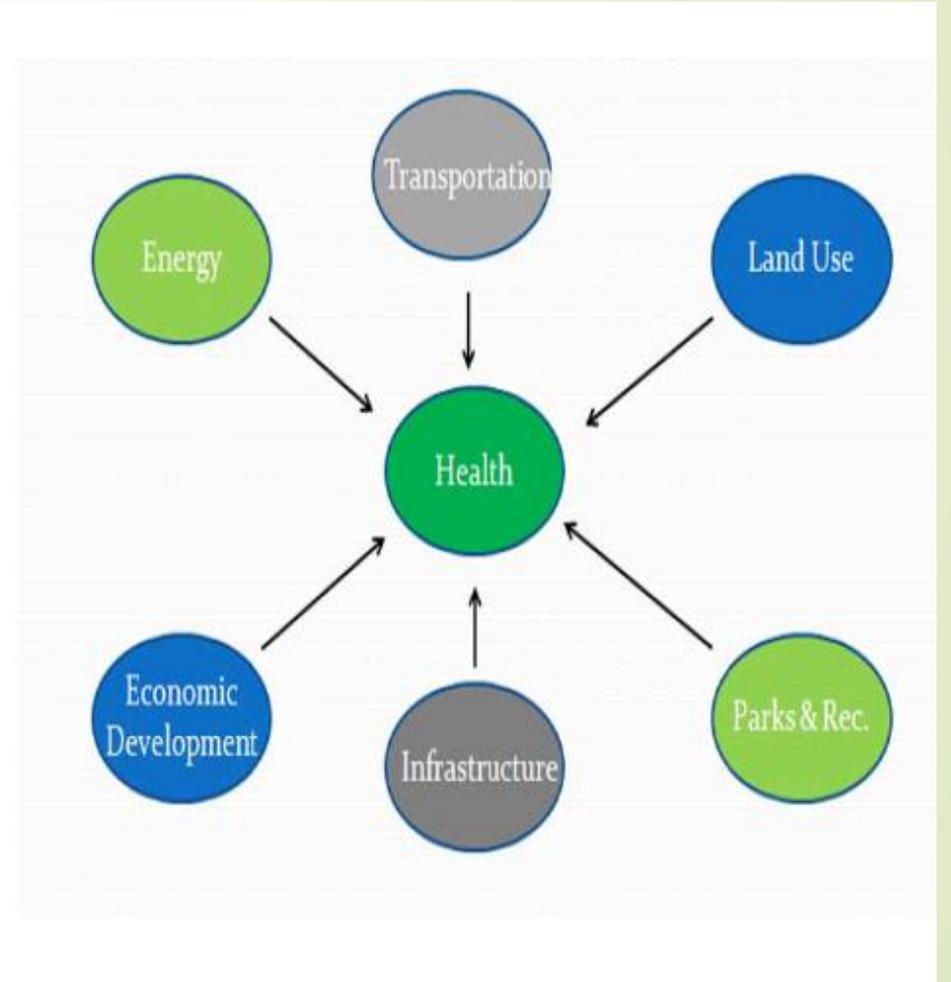
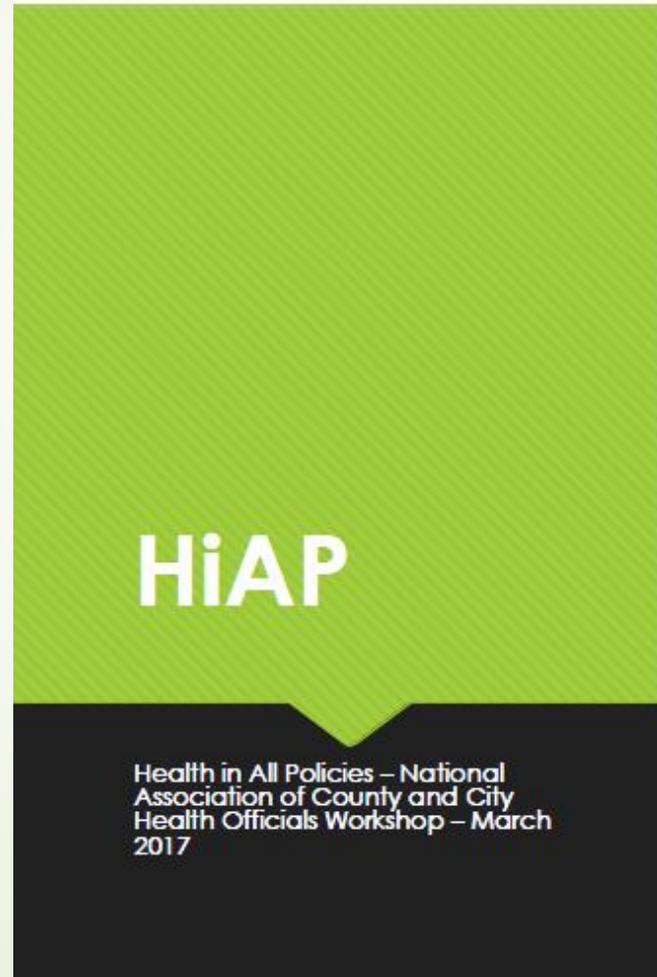
TRANSPORTATION AFFECTS HEALTH

- **Safety.** Motor vehicle crashes are one of the leading causes of death in the United States. By providing transportation options and improving roadway facilities, transportation agencies can reduce the incidence of motor vehicle crashes.
- **Active transportation.** Transportation agencies and their partners can help people lead more active lifestyles by giving them options for getting to places they need to go without driving. They can also reduce the distance between destinations people travel to satisfy daily needs.
- **Air quality.** Air pollution has been linked with heart disease and respiratory illnesses, including asthma. Improving transportation system efficiency and supporting cleaner vehicles and fuels can improve air quality.
- **Connectivity to destinations.** Providing a well-connected, multi-modal transportation network increases people's ability to access destinations that can influence their health and well-being. For example, an effective transportation network can provide access to jobs, health care services, and parks.
- **Equity.** Ensuring that our aging parents and grandparents, children, persons with disabilities, low income families have access to make choices allowing them long and healthy lives



WHAT IS HEALTH IN ALL POLICIES?

A COLLABORATIVE way to connect and integrate health considerations in policies or system practices



HOW IS HEALTH CONSIDERED?



Hillsborough MPO
Metropolitan Planning
for Transportation

Complete
Streets

Vision Zero

Health Atlas

Long Range
Transportation
Plan Update



Access to
education, jobs,
services and
healthy food

INGREDIENTS OF OUR HIAP



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- Active Transportation
- Aging
- Disability
- Physical Activity
- Access to jobs, school, health care, healthy food and recreation



How can Planning Projects Improve Health?

- Injury and mortality rates of drivers, pedestrians, and bicyclists
- Physical activity rates through bike transit and walking to public transit
 - Obesity, chronic disease prevention and maintenance
- Air quality and greenhouse gas emissions
 - Reduce asthma exacerbations
- Access to goods, services and resources such as health care, healthy food, job opportunities, education

APHA Policy Statement, *Improving Health Through Transportation and Land-Use Policies*



We measure what we value...

- Annual Average Daily Traffic (AADT)
- Number of Lane Miles
- Average Travel Speed/Time
- Average Delay
- Volume-to-Capacity Ratio
- Level of Service (LOS)



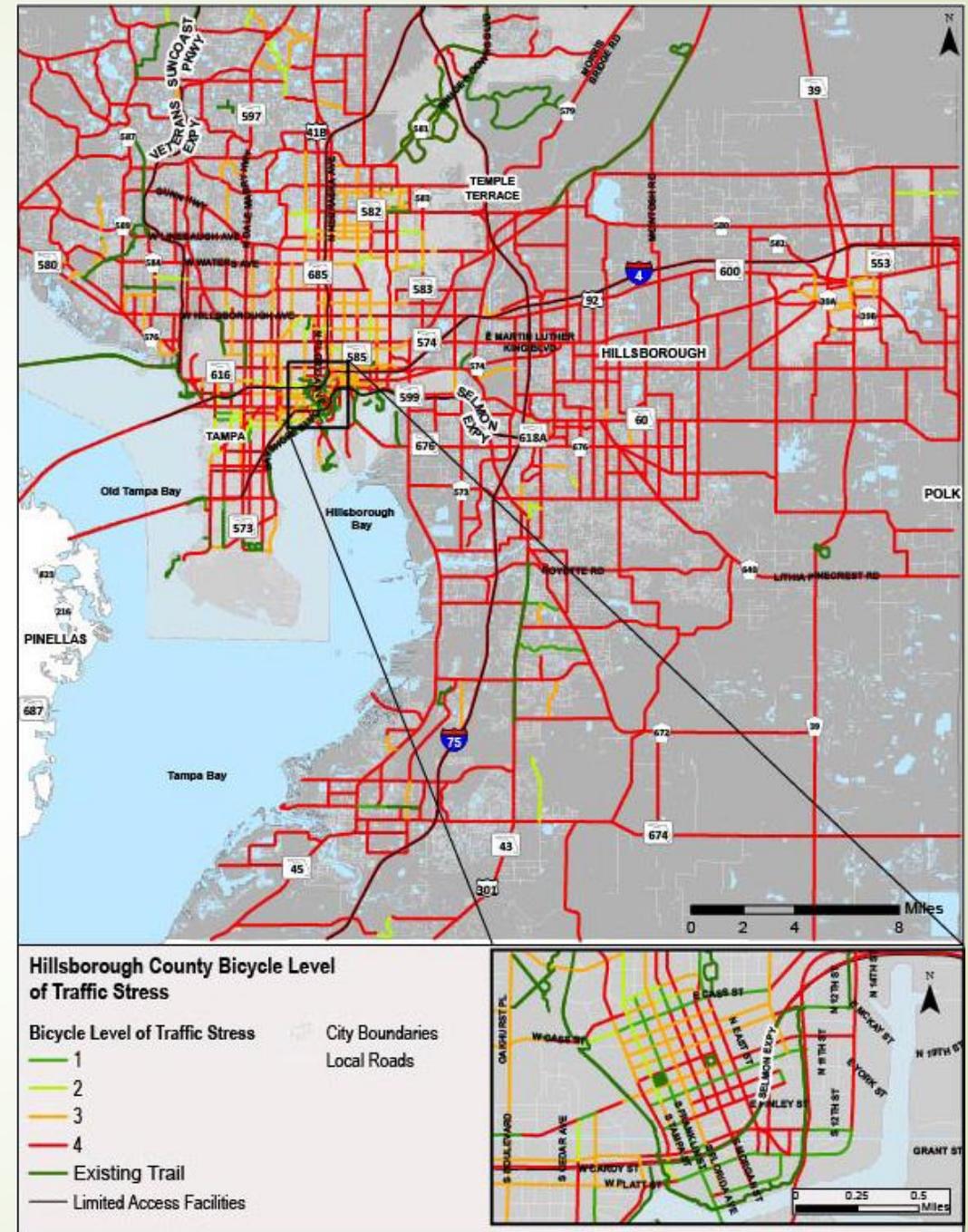
George Road Complete Street Study Recommendations:

- Provide paved shoulders with bike lane markings
- Narrow traffic lanes to provide space for bike lanes
- Resurface and install Shared Lane Markings (Sharrows)
- Eliminate irregularities in pavement
- Sidewalk gap fill-in
- Optimize signal timing
- Traffic signal cycle loop for bicycle detection
- Add wayfinding signs
- Add traffic calming measures such as speed pillows, mini traffic circles and trees
- Adjust speed humps to make them more visible to bicyclists
- Install pedestrian crossings and crosswalk markings
- Install lighting
- ADA compliant curbs



New Measurements

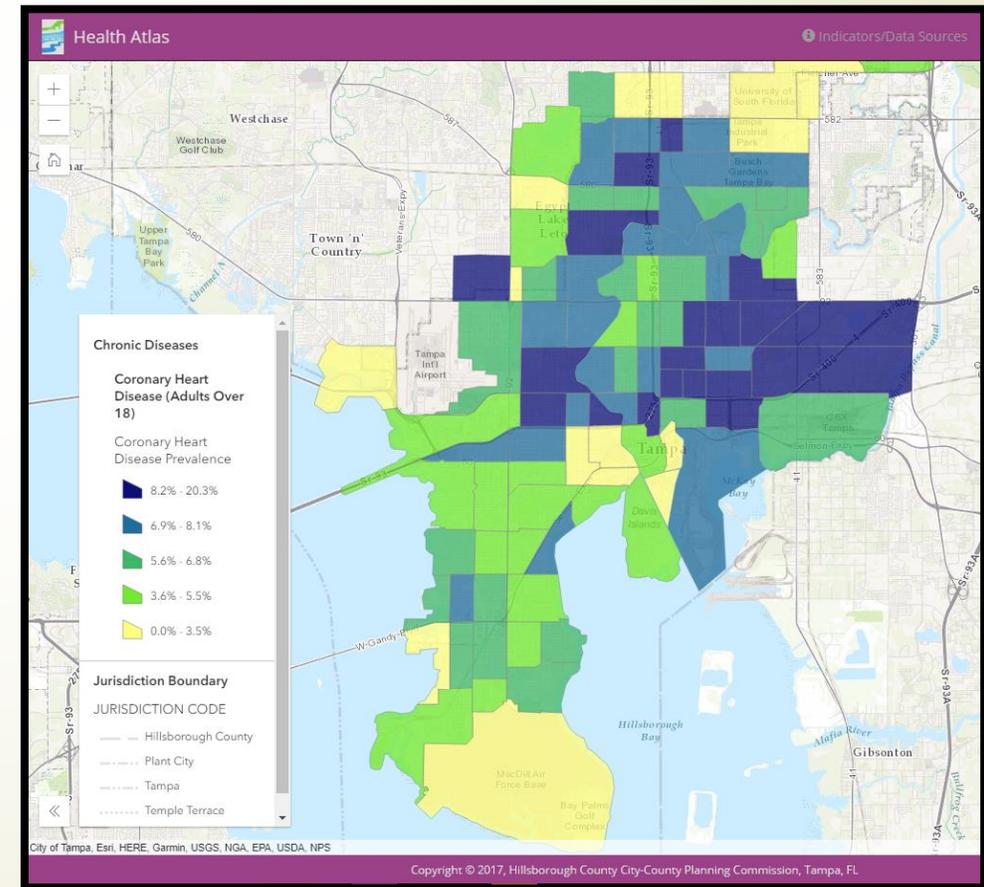
- ▶ The typical measures of automobile traffic do not account for bicycle and pedestrian level of service. Transit LOS and quality of service and access also poorly measured
- ▶ Example of changing practice – Level of Traffic Stress (LTS) currently being measured for bicycles and pedestrians at both intersections and segments.



Hillsborough County Health Atlas

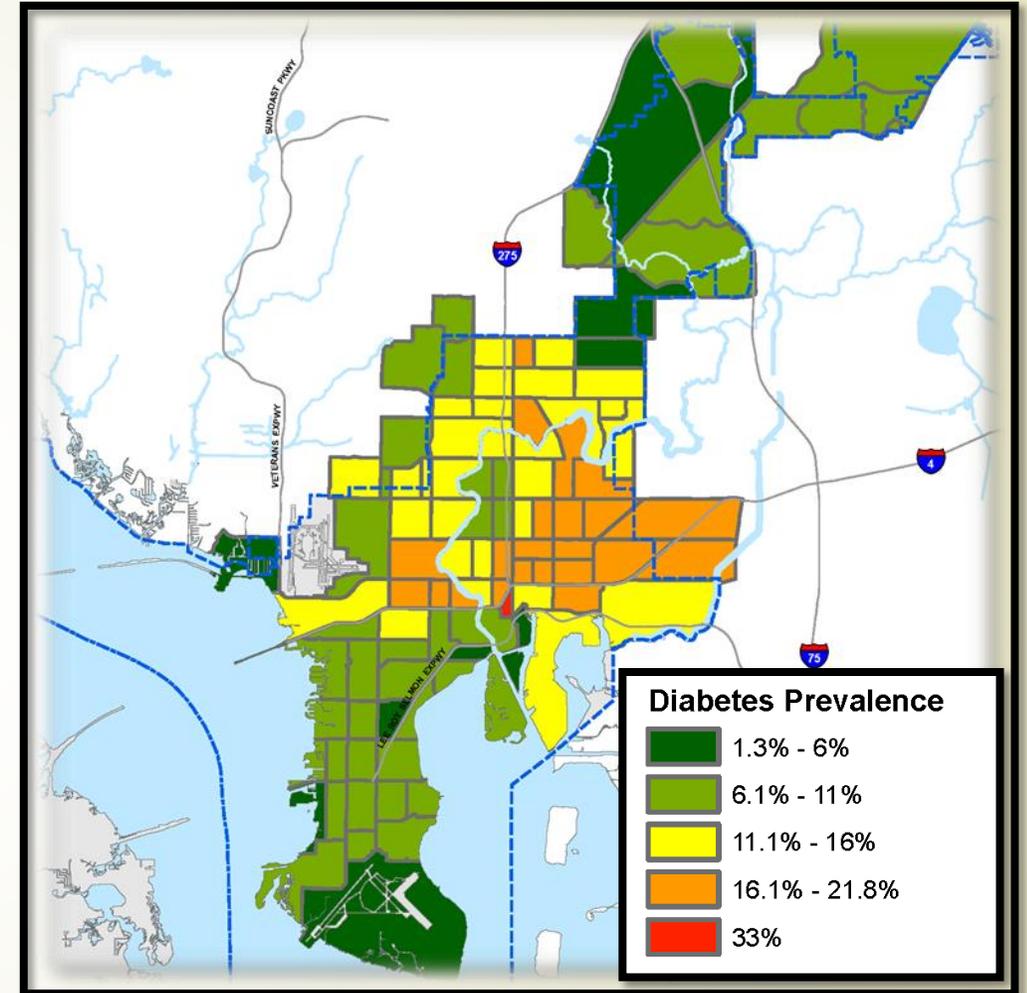
➤ A public tool to help communities evaluate the interconnectivity of:

- Health
- Environment
- Transportation
- Food Environment
- Emergency Preparedness



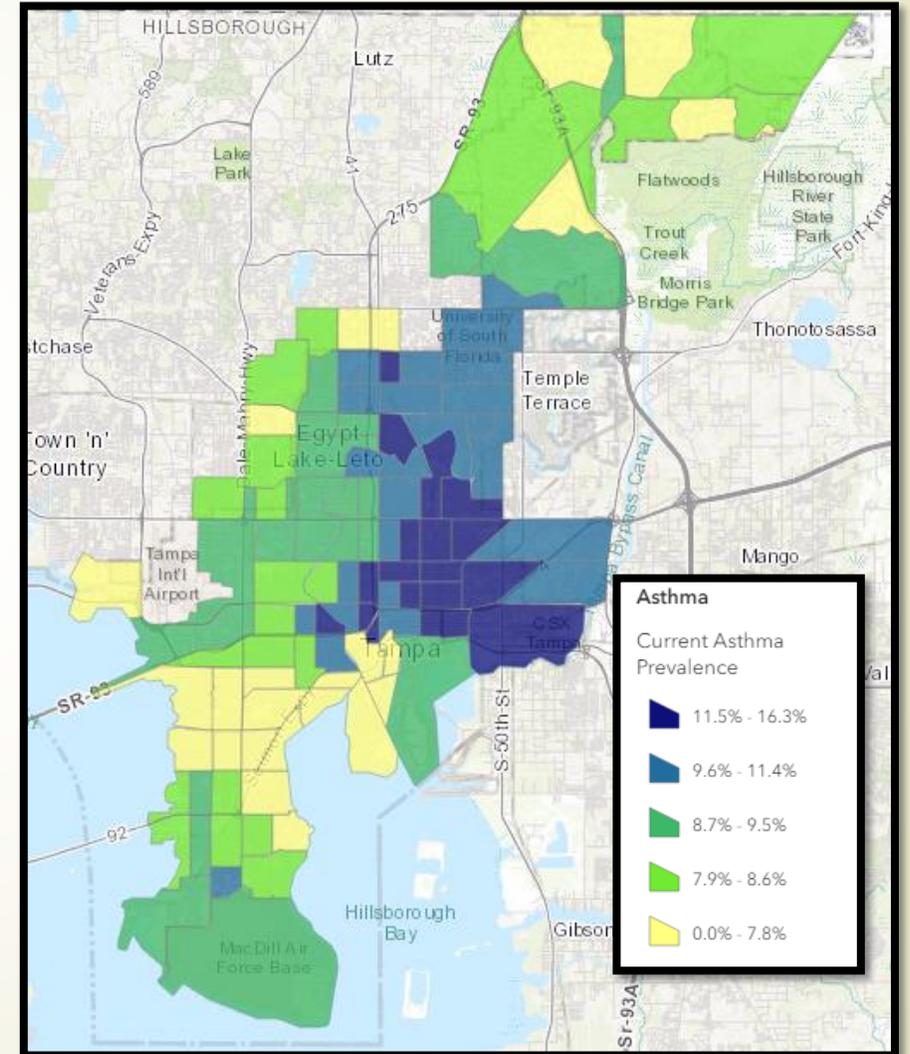
Health Inequity

- Many of Tampa's food deserts face high rates of:
 - Diabetes
 - Obesity
 - Asthma
 - No leisure time activity
 - Poor physical and mental health



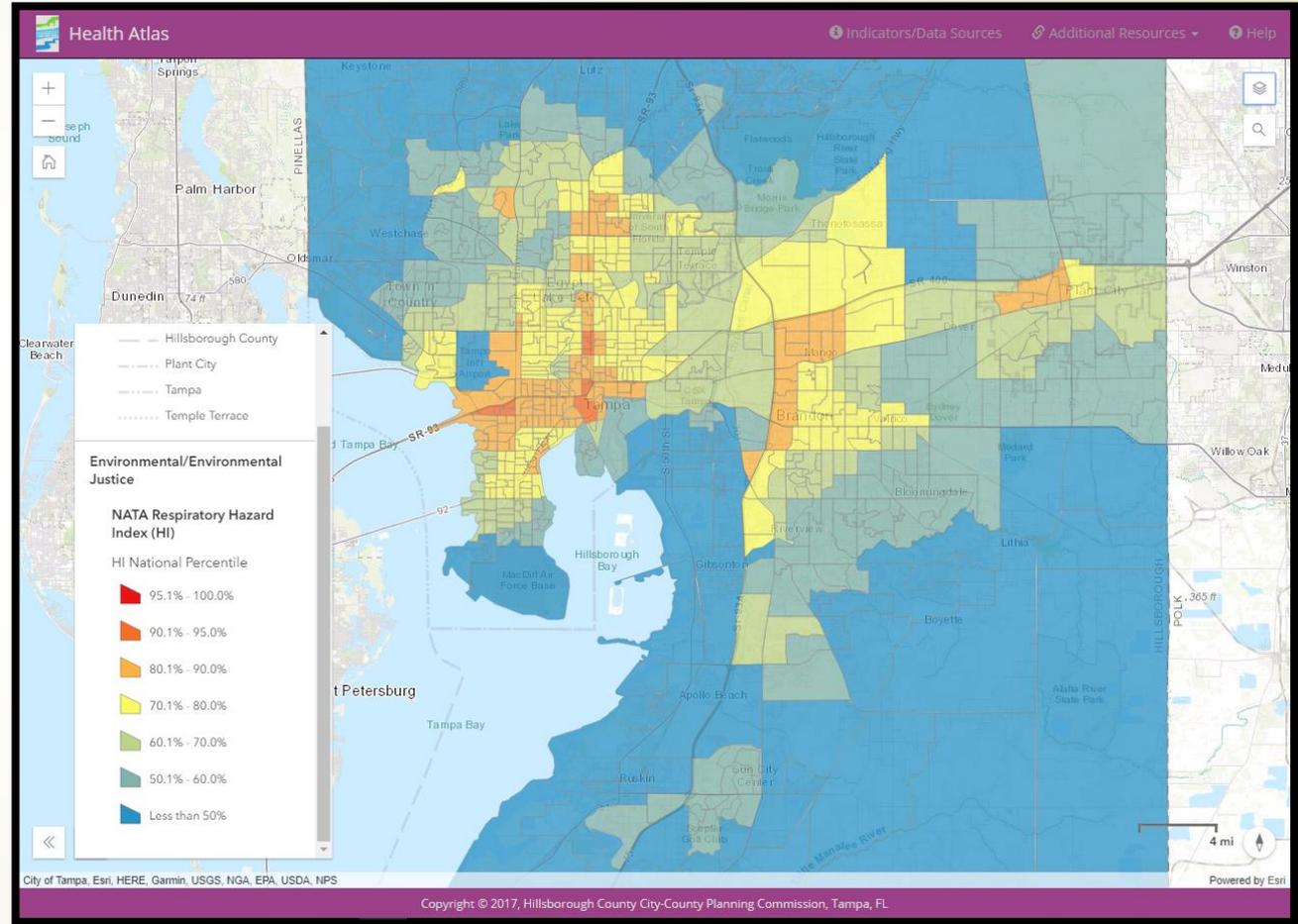
Indicators in the Beginning

- Diabetes
- Obesity
- Asthma
- Food Deserts
- Sidewalks/Trails



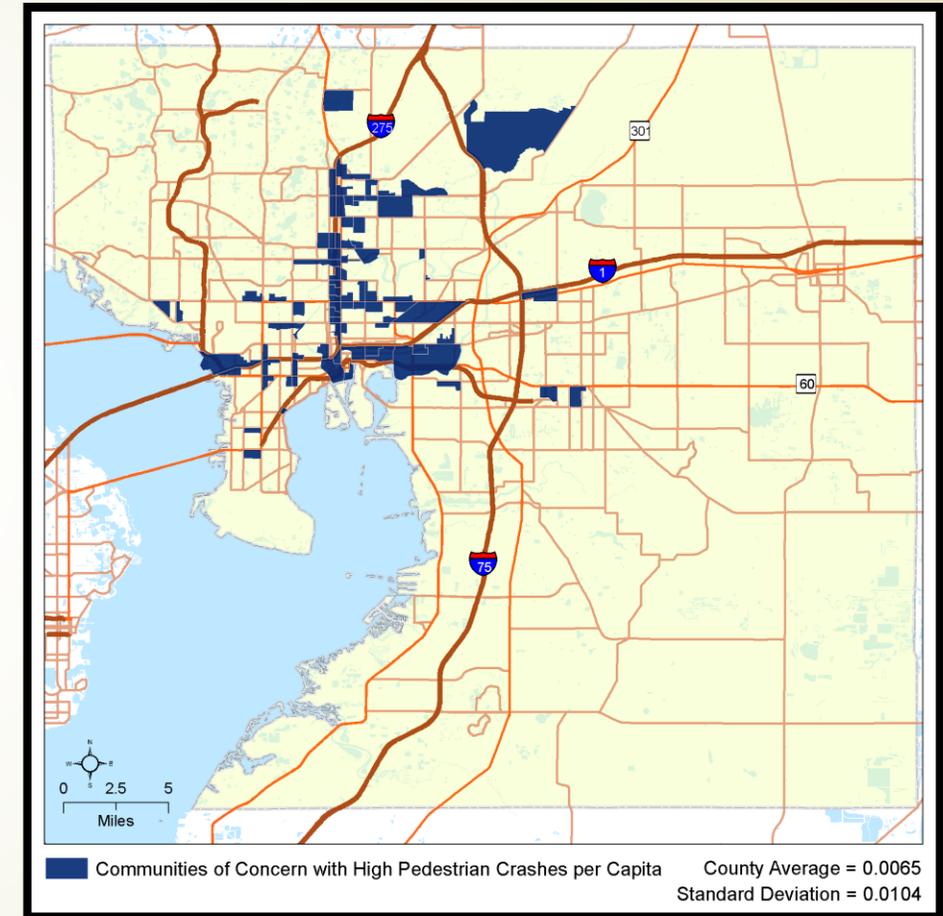
Environmental Inequity

- ▶ Many of Tampa's food deserts experience heightened:
 - ▶ Respiratory Hazard Index scores
 - ▶ Diesel Particulate Matter rates
 - ▶ Superfund Site Proximity
 - ▶ NATA Cancer Risk (lifetime per million) rates



Transportation Inequity

- ▶ Tampa's food deserts often face:
 - Low sidewalk coverage
 - High numbers of severe crashes
 - Low non-motorized access to fresh produce



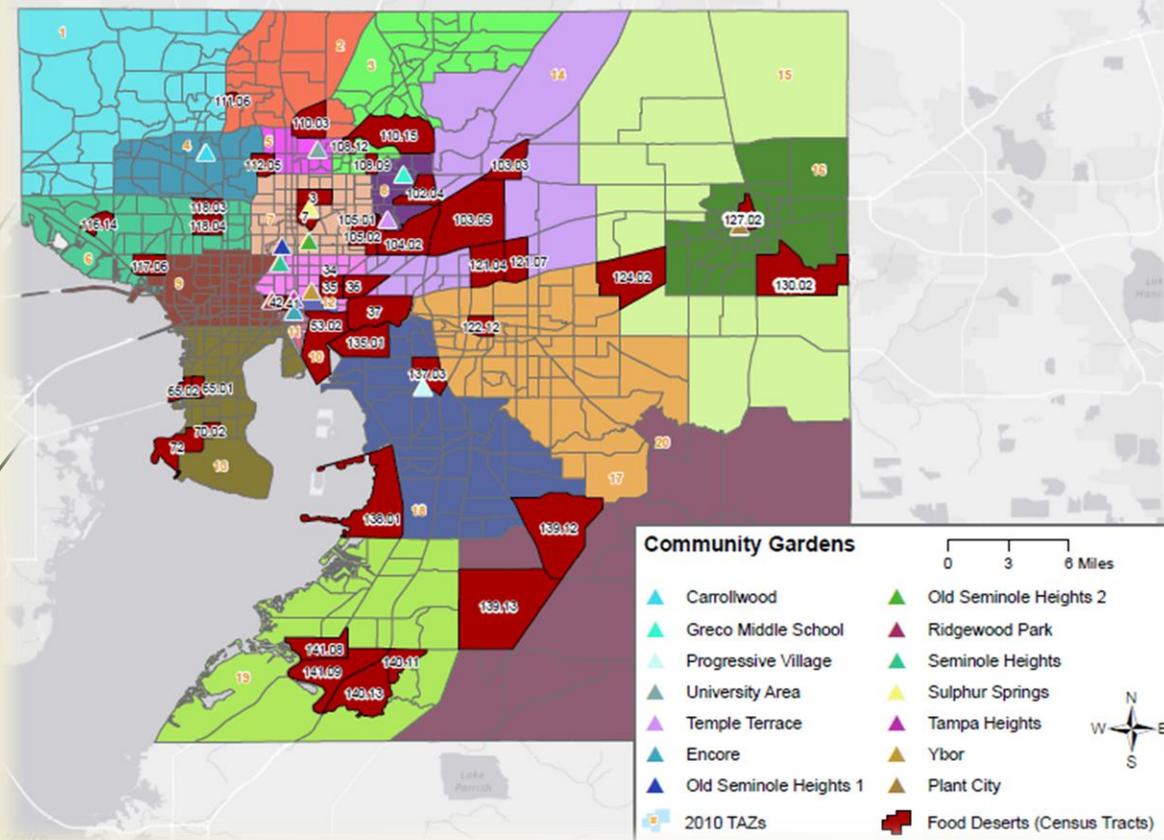
Garden Steps

- ▶ A **community partnership** to:
- Establish community gardens in areas identified as food deserts
- **Evaluate and improve transportation** conditions surrounding garden sites



WHAT WE MISS- HEATH AND FOOD ACCESS

Hillsborough County Food Desert Census Tracts and Community Gardens Map



ACTION & CAPACITY





OPPORTUNITY

WHAT'S NEXT

- NEW GARDENS
- NEW PARTNERS

