Building a Portfolio of Transportation & Health Projects for Long-Range Community Planning

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Safe Routes to School National Conference
November 13, 2019
## Agency Alignments

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<tr>
<th>MPO Goals</th>
<th>DOH Goals</th>
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<td>Protecting</td>
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<tr>
<td>Delivering innovative solutions</td>
<td>Promoting</td>
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<td>Promoting mobility</td>
<td>Improving</td>
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<tr>
<td>for all of Hillsborough County</td>
<td>the health of all people</td>
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- Cooperative
- Engaged in long-term community planning
# Building a Portfolio of Projects

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Equity/Not Equity?

1. Offering a program to anyone and everyone
2. Offering a program anywhere and everywhere
3. Offering a program where the need is greatest
4. Attempting to close the “gap” in opportunity
5. Directing people to services
6. Identifying variables that might create barriers to service access
7. Creating maps of variables by zip code or census tract
What is Health?

• Snooze-fest
• A private issue
• Emotionally charged
• Subjective AND objective measures
• Messy
• Not a common value
What is Transportation?

- Mobility as the great liberator
- Symbols of American freedom and success
- Access
- A tool
Commute duration and mode share are associated with stress and life satisfaction.

Transportation = Quality of Life = Health

What is Public Health?

• Indigent health care
• Vaccinations
RWJ Foundation

50%
34% of adults believe that other people’s behaviors and community conditions will impact a person’s health and well-being.
2018 WIC Transportation Survey

Have you cancelled an appointment due to transportation problems?
• Of 1,172 people in the clinic 21% said YES
• Of 44 people over the phone 36% said YES

Is transportation a barrier for you?
• Overall, only 20% said YES
Quotes from Real Life

“Some people are simply afraid or fearful (to get physical activity outside) because their life revolves around the news”
Quotes from Real Life

“If an individual can’t walk after dinner, that individual needs to avoid big meals at night”
Quotes from Real Life

“Some doctors make house calls, medical care online is growing as well as alternative medicine availability.”
Quotes from Real Life

“People can exercise at home.”
“People can simply ask a friend or neighbor for a ride.”
“Food deserts are a real problem in a consumer culture but that doesn’t mean they cannot start a garden and grow their own produce. Things become more difficult, but there are still choices.”
Public Perception

Obesity reduction and physical activity

• People who live near sidewalks are 47% more likely to get 30 minutes of PA per day (Active Living Research)

• People using public transit get 30% more steps than others (Active Living Research)

• Use of public transit is associated with low BMI (Patterson)

• Switching from auto to public transit lowers BMI (Patterson)

Public Perception

Health care

Health care access

- A synthesis of 61 studies showed transportation barriers are important barriers to healthcare access, especially for those with lower incomes & the under/uninsured (i.e. communities of concern and health inequities)

Municipal Officials and Policy

Involvement with walking and biking policies is associated with greater perceived importance of:

• economic development, and
• traffic congestion.

Core Principle

Health cannot be exchanged for other societal benefits.
Shared Language and Values

• Fairness
• Prevention
• Ingenuity


Better designs result from increased cross-sector engagement.
Partnership: Years 1-2
Walkability Assessments

• Walkable neighborhood considered “one in which all people can safely and easily move about on foot and in which locations, goods, and services can be accessed by walking” (Health by Design)

• Goals
  • Raise awareness about benefits of walking, and walking conditions
  • Assess community perceptions and conditions
  • Identify areas of need for community-driven change
University Area Walkability Assessment

Walkability Checklist

Take a walk and use this checklist to rate your neighborhood’s walkability.

LOCATION:
Zip Code of Walk: Date:
Start Address: End Address:
Time of Day Walk Was Taken: AM/PM

1. Did you have room to walk?
   - YES
   - NO

2. Was it easy to cross streets?
   - YES
   - NO

3. Did drivers follow all walk and traffic laws?
   - YES
   - NO

RATING: None of the above
Location of problem:

RATING: 3/5
Location of problem:

RATING: 5/5
Location of problem:

RATING: 5/5
Location of problem:

RATING: 3/5
Location of problem:

RATING: 1/5
Location of problem:

RATING: 1/5
Location of problem:

RATING: 3/5
Location of problem:

RATING: 5/5
Location of problem:

RATING: 5/5
Location of problem:

RATING: 3/5
Location of problem:

RATING: 1/5
Location of problem:

What does ‘walkability’ mean to you?

List one thing that would most improve your neighborhood’s walkability:

Please consider completing this checklist by 7/16 to the University Area Community Center (ask the UACCC staff to pick up).

Make it Happen!

University Area CDC • 14013 North 22nd Street, Tampa, FL 33613 • (813) 558-3222 • Visit us online at www.uaccd.org

Let’s get started! 🚶‍♂️

Get others involved! Encourage all of your neighbors to participate, so that your entire neighborhood can be included! Ask friends, family and co-workers to join in too!

What’s it for me?
A walkable neighborhood— one in which all people can safely and easily move about on foot and in which locations, goods, and services can be accessed by walking—has many benefits. Walkability also includes other activities such as biking, sliding, and jogging. Residents in walkable neighborhoods tend to be more active, businesses benefit from local customers, property values increase faster, and there is an enhanced sense of connection and safety due to greater interaction among neighbors.

What does the information go?
Results from the Checklist and Questionnaire will be utilized by the University Area CDC, the FL Dept. of Health-Hillsborough and the Hillsborough Metropolitan Planning Organization, for use in grants, infrastructure needs, and future community planning.

Because you live in the neighborhood, your opinion is extremely valuable. This is a great opportunity to share your findings about the walkability of your neighborhood and community.

Getting started!
There are two components to this assessment tool! A Walkability Checklist and a Walkability Questionnaire.

For the Walkability Checklist, pick a road to walk (such as the road to your child’s school or a friend’s house) and note how you see the way the way. It may even be helpful to bring the Walkability Checklist with you!

For the Walkability Questionnaire, answer the questions based on your views and needs of walking in the neighborhood. Where do you go? What is your destination? Get the word to get to it? What would be helpful?

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University Area Walkability Assessment
University Area
Walkability Results

• Top needs:
  • Sidewalks started and stopped (48%), were broken or cracked (45%) or there were no sidewalks (23%)
  • Drivers were speeding (54%), didn’t stop for people crossing (53%) and were not paying attention (46%)
  • Crossing streets made difficult by a lack of striped sidewalks (34%), no crossing signals (32%), signals too long or short (30%) and no curb ramps (24%)

• Walks described as mostly pleasant, but participants identified:
  • No shade or rest places (37%), poor lighting (37%), lack of landscaping (32%), and lots of litter (31%)
New Measures

• 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.
Health Impact Assessment (HIA)

A process to evaluate intended and unintended health affects of a proposed project, policy, plan, program

• Outlines steps on how to promote positive effects and mitigate negative effects
• Carried out before decisions are made
• Ensures health inequities are considered
George Road Complete Streets HIA

- **Decision Under Consideration**: Whether or not to execute the MPO’s George Road Complete Streets Implementation Plan.
- **Data Used**: existing data from focus groups, community input, secondary data from FL CHARTS, US Census and other sources, extensive literature review, stakeholder input.
George Road Complete Streets HIA 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 for bicycle visibility
- Install pedestrian crossings and crosswalk markings
- Install lighting
- ADA compliant curbs
Partnership: Years 2-3

Moving the Needle Toward Healthier, More Equitable Communities

Health Atlas
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
Action & Capacity
Opportunity
Hillsborough County Health Atlas County Health Atlas

• A public tool to help communities evaluate the interconnectivity of:
  • Health
  • Environment
  • Transportation
  • Food Environment
  • Emergency Preparedness
Sample Indicators

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

Many of Tampa’s food deserts face high rates of:

• Diabetes
• Obesity
• Asthma
• No leisure time activity
• Poor physical and mental health
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
Safe Routes to Parks

Assessment of road conditions and walkability showed:

• Lack of sidewalks in neighborhoods surrounding the park
• Difficulty safely crossing major roads to get to the park
• Poor lighting coming in to the park

Recommendations:

• Provide access via transit and bicycle lands along major roads
• Add mid-block pedestrian crossings and on-demand crossings at specific locations
• Fill in sidewalk gaps and streetlighting gaps that provide access to the park
Partnership: Years 3-4

Public Health Institute, 2013.

Policy/Not Policy?

1. A program offers incentives to stores that sell fruits and vegetables
2. City council adopts a resolution to provide funding for stores selling a minimum amount of fruits and vegetables
3. A business puts up signs encouraging employees to walk more
4. A business makes a policy to allow 20 minutes per day for employees to walk
HiAP Matrix and Resolution

RESOLUTION establishing a Health in All Policies approach to Transportation Planning

WHEREAS, the Hillsborough County Metropolitan Planning Organization (MPO) is the designated and coordinated body responsible for the transportation planning and programming process for Hillsborough County; and

WHEREAS, the MPO desires to promote, maintain and enhance the vitality of unincorporated Hillsborough County, Plant City, Tampa and Temple Terrace; and

WHEREAS, policy, planning and programming decisions made by non-health agencies significantly impact social and environmental factors and health, and can have a disproportionate impact on vulnerable populations; and

WHEREAS, Health in All Policies is a cross-sector collaborative approach that incorporates health into the decision making process of government agencies; and

WHEREAS, an individual’s upbringing and conditions in the environment where they live, work, learn and play have a greater impact on an individual’s health and quality of life than their genetic code; and

WHEREAS, making community conditions more equitable, including making safety and accessibility to resources and public transportation, improves health equity; and

WHEREAS, communities of color, lower income individuals, older adults, persons with disabilities, children at risk and individuals and communities who are persecuted, stigmatized and public transportation-dependent experience higher rates of health disparities, unnecessary disparities in health status and outcomes resulting from social and environmental factors and historic policy decisions; and

WHEREAS, the Hillsborough County Metropolitan Planning Organization seeks to provide transportation system wide choices for all users including motorized, bicyclists, pedestrians, and transit users, and to make unincorporated Hillsborough County, Plant City, Tampa and Temple Terrace more livable, healthy, and economically vital.

NOW, THEREFORE BE IT RESOLVED by the Hillsborough Metropolitan Planning Organization that:

1. The Hillsborough County MPO will continue to work with the Florida Department of Health in Hillsborough County to implement health in All Policies strategies taking into account the health impacts of MPO decisions that reduce but are not limited to chronic and acute health outcomes, mental and physical wellbeing, health behaviors such as physical activity, measures of social cohesion and community connectedness, access to healthcare, employment and educational opportunities, and physical and built environment.

2. The MPO will consider the health outcomes impact in the project prioritization process based on the Transportation and health indicators matrix (attached)

Transportation and Health Indicators Matrix

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<th>Metropolitan Planning Organization (MPO)</th>
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<td>Access to Care</td>
<td>Birth Outcomes - Infant Mortality</td>
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<td>Obesity, Diabetes, Heart Disease, Stroke, Asthma, and Environmental Health Impact</td>
<td>Consideration of Health Impacts</td>
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*Access to Care: Birth Outcomes - Infant Mortality; HE = Health Equity; LL = Longevity; I = Infant Death

DRAFT 2017
Select HiAP Resolution Indicators

• Reduction in fatal crashes and bike/pedestrian crashes
• Pedestrian friendly intersections for communities of concern
• Transit route service miles within ¼ miles of high elderly populations
• Percent of EJ communities living within ¼ mile of a trail/side path
• Transit and sidewalk coverage within a designated USDA food deserts

Aligned to DOH priorities: Access to Care, Behavioral Health, Chronic Disease, Health Equity, Long Healthy Life, Infant Death
Future Directions - Gardens

• New Gardens
• Pop-ups
• Connected Gardens
• Healthy Streets
• New Partners
Future Directions - Equity

• Low income, elderly, women most affected by restricted travel modes
• Often compelled into active transportation as a necessity
• Opportunities for targeted interventions for these populations


## Future Directions

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<th>Portfolio Projects</th>
<th>Transactional or Transformational</th>
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Future Directions – Comp Plan

Comprehensive Plan Review using the *Healthy Comprehensive Plan Assessment Tool*;
Changelab Solutions
The Long Range Transportation Plan

- Continue focusing on equity & non-discrimination
- Screen all major projects for health indicator impacts
- Physical health considerations are included
- Can we expand to mental, social and economic considerations?

Future Directions – Community Health Improvement Plan

Diabetes, Obesity/nutrition, and Access to care are priorities.

How can we incorporate policy, social determinants and effects of the environment?
Future Directions – HiAP Maturity Model

Responsive
1. Recognition of problems & potential policy solutions
2. Preparing to include HiAP

Proactive
3. Investing in multiple problem areas
4. Integrating HiAP as part of policy

Embedded
5. Systematic improvements

Future Directions - HiAP

• Additional agency partners
• Engagement with community based organizations
• Community-led HiAP
• County-level interagency equity initiatives with indicators, policy reviews, systems change
Future Directions – 10 Contributions

Low Resource Opportunities

• Collaboration with public offices and agencies
• Service on advisory boards
• Review & feedback on plans, policies, projects

Future Directions – 10 Contributions

Moderate Resource Opportunities

• Outreach to communities
• Education to... policy makers, community, businesses
• Participation in planning & policy development
• Participation in project development & design processes

Future Directions – 10 Contributions

Most Resource Opportunities

• Participation in data & assessment activities
• Funding dedicated staff
• Providing funding support for projects & grants

Contact Information

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