Health in all (Transportation) Policies

Elizabeth Whitton, AICP
AMPO Annual Conference
ewhitton@metroplanorlando.org
Our Region

- 2 million residents
- 68 million tourists
- 300,000 residents since 2010
- 550,000 daily visitors
How can the region’s transportation system support economic, physical, social, and mental well-being?
Getting Started

Executive Support

Strategic Business Plan

Health Impact Assessment
CHANGES

Framework for reimagining staff positions

Evaluation of Committee Structure

Refocused community outreach and engagement
Themes

Quality of Life

Physical Activity
Access to Healthy, Affordable Food
Environment
Access to Care
Safety
Transportation STRATEGIES

- Complete Streets
- Safe Routes to School
- Regulations to Allow Food Hubs, TOD, & Mixed Use
- Greenways and Trails
- Crime Prevention Through Environmental Design

*Source: CDC’s A Practitioner’s Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease*
$595 million in health-related projects

17 miles of Rail + 15 miles trails + Much more
Cross-Sector Partnerships

- Community Health Needs Assessment
- Community Health Improvement Plan
- Long Range Transportation Plan
- Prioritized Project List
- Transportation Improvement Program
Transportation is a commonly identified barrier in public health. Several studies have found transportation to be a barrier to prenatal care, preventative medical visits, cancer care, and chronic disease management, and access to healthy food establishments. Working together as a community to improve transportation options will provide a positive outcome to the health community residents especially those in a more rural, low income community.

**GOAL 3: Identify and leverage existing community resources that can equitably improve, access to healthy foods, transportation and connectivity.**

**Objective 3.1:** Ensure access to multi-modal options by providing equitable transportation alternatives to and within rural and urban areas across diverse income communities by December 2019.

**Performance Indicator:** Increase multi-modal options by 25%

<table>
<thead>
<tr>
<th>Activities</th>
<th>Baseline</th>
<th>Target Date</th>
<th>Lead Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1.1: Community outreach and community engagement</td>
<td>Baseline data is currently not available. The scheduled activities will provide the baseline information</td>
<td>March 2017</td>
<td>DOH- Orange Metro Plan Orlando</td>
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<tr>
<td>3.1.2: Establish baseline data by surveying communities</td>
<td>Baseline data is currently not available. The scheduled activities will provide the baseline information</td>
<td>August 2017</td>
<td>East Central Florida Regional Planning Council</td>
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<tr>
<td>3.1.3: Prioritize communities/streets for multi-modal improvements</td>
<td>Baseline data is currently not available. The scheduled activities will provide the baseline information</td>
<td>October 2017</td>
<td>LYNX Metro Plan Orlando Built Environment-CHIP Collaborative</td>
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<td>3.1.4: Champion support for at least one activity within 25% of the community</td>
<td>Baseline data is currently not available. The scheduled activities will provide the baseline information</td>
<td>December 2017</td>
<td>Built Environment-CHIP Collaborative</td>
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<tr>
<td>3.1.5: Conduct two Complete Streets studies in regionally significant corridors</td>
<td>Baseline data is currently not available. The scheduled activities will provide the baseline information</td>
<td>December 2018</td>
<td>Metro Plan Orlando</td>
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**Alignment:** DOH-Orange Strategic Plan (CE 2.1, CE 4.2, CE 4.3); State Health Improvement Plan (TBD); Healthy People 2020 (EH-2)

**Policy Changes:** Working with transportation sectors to create equitable and healthy transportation polices.
Corrine Drive Complete Streets Study

How do we incorporate health data into transportation planning?
35% of residences are within a 10-minute walk of Audubon Park Garden District shopping.
How healthy are residents in the Corrine Dr. area?
(Data Source: CDC’s Behavioral Risk Factor Surveillance System Survey 2014)

- 22% are obese
- 10% report poor mental well-being
- 17% report no leisure-time physical activity
- 21% self-report that they binge drink regularly

Most Positive Health Finding: Good Air Quality

The Corrine Dr. area received a “Good” air quality rating from the Florida Department of Health-Orange County – especially good news for little lungs of children who attend school here.
Physical Activity in Corrine Dr. Area

- Running/jogging for exercise, 23.08%
- Using the trails, 23.32%
- Visiting a park, 39.92%
- Riding a bicycle for exercise, 47.53%
- Walking for exercise, 44.79%
- No physical activity in the Corrine area, 27.72%
- Participating in fitness classes, 14.22%
- Playing individual or team sports, 5.41%
- Other physical activity, 10.59%

A pedestrian/biker-friendly area that makes visiting destinations on the street a pleasure rather than an ordeal to be endured.

A place I can walk or bike to and around without fear of injury or death. A place where I can walk from shop to shop, eat a bite, grab a drink and take a rest on a shaded park bench outside, my kids playing on a playground or kicking a ball on a grassy area.
1. We can identify priorities and spot improvements

2. We are ready for health behaviors research

Lessons Learned

1) Find and Use Your Influencers
2) Simplify Your Committees
3) Build Partnerships
4) Show Up

“We build healthier by building trails.”

– Bob Dallari
MetroPlan Orlando Board Chairman
Orlando Sentinel April 16, 2017
Thank You!

MetroPlanOrlando.org  |  (407) 481-5672
250 S. Orange Ave., Suite 200, Orlando, FL 32801