Incorporating health in transportation decisions

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The environment around us matters

Photo obtained from: [www.pedbikeimages.org/Nicole_Schneider](http://www.pedbikeimages.org/Nicole_Schneider)

Photo obtained from: [www.pedbikeimages.org/Kristen_Langford](http://www.pedbikeimages.org/Kristen_Langford)
Infrastructure and health inequities

• Low-income communities and communities of color:
  • Have inadequate infrastructure promoting active transportation
  • Higher risk of injury or death due to motor vehicle crashes
  • Higher risk of chronic disease

Working together to create healthy communities

Transportation and Health Tool

Transportation and Health Tool

What is the Transportation and Health Tool?

The Transportation and Health Tool (THT) was developed by the U.S. Department of Transportation and the Centers for Disease Control and Prevention to provide easy access to data that practitioners can use to examine the health impacts of transportation systems.

Photo credit: www.pedbikeimages.org / Laura Sandt

https://www.transportation.gov/transportation-health-tool
Goals for the Transportation and Health Tool

• Raise awareness about the links between transportation and health in both sectors

• Encourage health-supportive federal, state, and regional transportation policy and project decisions

• Support more effective and efficient collaboration between the transportation and public health sectors
Indicators

Transportation
1. Commute Mode Share
2. Person Miles Traveled by Mode
3. VMT per Capita
4. Public Transportation Trips per Capita
5. Proximity to Major Roadways
6. Land Use Mix
7. Housing and Transportation Affordability

Health
8. Physical Activity from Transportation
9. Alcohol-Impaired Fatalities
10. Road Traffic Fatalities by Mode
11. Road Traffic Fatalities Exposure Rate

Policy
12. Complete Streets Policies
13. Seat Belt Use
14. Use of Federal Funds for Bicycle and Pedestrian Efforts

Graphic courtesy of Planning Communities
THT Strategies

- 25 strategies
- Related to THT indicators
- Evidence-based policies, strategies, and interventions

The following strategies are included:

- Built environment strategies to deter crime
- Child Passenger Safety laws, child safety seat distribution programs, education and enhanced enforcement
- Clean freight
- Complete Streets
- Distracted driving
- Encourage and promote safe bicycling and walking
- Expand bicycle and pedestrian infrastructure
- Expand public transportation
- Graduated driver licensing systems
- Health impact assessment (HIA)
- Health performance metrics
- High-occupancy vehicle lanes
- Impaired driving laws
- Improve roadway safety
- Improve vehicles and fuels
- Integrate health and transportation planning
- In-vehicle monitoring and feedback
- Multimodal access to public transportation
- Promote connectivity
- Ride sharing programs
- Rural public transportation systems
- Safe Routes to School programs
- Seat belt laws
- Strengthen helmet laws
- Traffic calming to slow vehicle speeds
Transportation & Health Tool Case Studies