Transportation and Health Tool: Demonstrating Health Impacts of Transportation Decisions

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The findings and conclusions of this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Outline

- Transportation and health
- DHHS and DOT initiatives
- National Prevention Strategy
- Transportation and Health Tool
  - Project origination
  - Goals and outcomes
  - Cross-sector collaboration
  - How to use the tool

www.pedbikeimages.org / Carl Sundstrom
Transportation and Health Connection: 5 Primary Pathways

- Physical activity
- Safety
- Equity
- Air pollution
- Access
Health Impact Pyramid

1. Socio-economic factors
2. Changing the context to make individuals’ default decisions healthy
3. Long-lasting protective interventions
4. Clinical interventions
5. Counseling

Increasing Population Impact
Increasing Individual Effort Needed

Frieden, AJPH, 2010
DHHS Initiatives

STEP IT UP!
THE SURGEON GENERAL’S CALL TO ACTION
TO PROMOTE WALKING
AND WALKABLE COMMUNITIES

http://www.surgeongeneral.gov
http://www.healthypeople.gov/
http://www.cdc.gov/transportation/recommendation.htm
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DOT Initiatives

United States Department of Transportation Policy Statement on Bicycle and Pedestrian Accommodation Regulations and Recommendations

Signed on March 11, 2010 and announced March 15, 2010

https://www.transportation.gov/safer-people-safer-streets
DOT Initiatives

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Safer People, Safer Streets: Pedestrian and Bicycle Safety Initiative

Related Links
- FHWA Safety Office: Pedestrian and Bike Safety
- FTA Bicycles and Transit
- NHTSA Everyone is A Pedestrian
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National Prevention Council

- Created in 2010 as part of Affordable Care Act
- Chaired by U.S. Surgeon General
- Comprised of 20 federal departments and agencies
  - Secretary Burwell, DHHS
  - Secretary Foxx, DOT

- Released first National Prevention Strategy in 2011
  - Identifies most effective and achievable means for improving health and well-being
  - Integrates recommendations and actions across multiple settings
National Prevention Strategy Framework

- **Goal:** move toward a prevention-oriented society

- **4 Strategic Directions**
  - Healthy and safe community environments
  - Elimination of health disparities

- **7 Targeted Priorities**
  - Active living
  - Injury and violence free living
  - Mental and emotional well-being
DHHS and DOT Collaboration

- CDC and DOT initiated collaboration in 2012 to develop and implement a Transportation and Health Tool
DHHS and DOT Collaboration

CDC and DOT initiated collaboration in 2012 to develop and implement a Transportation and Health Tool

Project Goals

1. Increase awareness about the links between transportation and health
2. Foster collaboration between transportation and public health sectors
3. Provide data to inform health-supportive transportation policies and project decisions at the federal, state, and local level
Transportation and Health Tool Design Considerations

- Target audience: transportation decision makers; public health practitioners
- Easy-to-use, online tool
- Region- and state-specific data
- Assessment of performance (indicators)
- Recommended strategies
- Evidence base for integrating health and transportation
Theory of Change

**CDC and DOT’s Transportation and Health Tool**

An educational benchmarking resource providing:

1. Most recent information on regional and state:
   - Demographics
   - Transportation and Health Policies
   - Transportation and Health Indicators

2. Information on the connection between transportation and health for the indicators, including strength of evidence, as well as a basic assessment of how the region is doing with regard to inclusion of health in transportation policy and decision-making.

3. Policy-specific recommendations

**Primary Audience:** Regional/State Transportation Decision-makers (e.g. MPOs)

- Increased awareness and knowledge
  - The linkage between transportation and health,
  - How transportation decisions can impact health and increase equity,
  - Regional/state status with regard to indicators, and
  - Evidence-based policy recommendations.

**Secondary Audience:** Public Health Professionals

- Cross-sector collaboration and partnership
  - Increased number and depth of collaborations between transportation decision-makers and public health professionals,
  - Increase in perceived value of collaboration efforts, and
  - Increased agreement on transportation and health-related goals

**Improved transportation and health metrics**

- Decreased drive-alone commutes
- Decreased VMT per capita
- Decreased exposure to major roadways and vehicle emissions
- Increased housing and transportation affordability
- Increased walkability
- Decreased DUI/DWI fatalities
- Increased seat belt use
- Increased federal funds for bicycle and pedestrian efforts
- Increased implementation of complete streets policies, plans, and projects
- Decreased traffic fatalities and injuries
- Decreased road traffic fatalities exposure rate

**Improved Access to Health-Promoting Destinations**

**Improved Air Quality**

**Fewer Chronic Diseases**

**Improved Health Equity**

**Increased Physical Activity**

**Improved Safety**
Transportation and Health Tool Outcomes

**Short-term Outcomes**
Transportation & public health professionals will have:
- Increased knowledge and awareness
- Increased cross-sector collaboration

**Intermediate Outcomes**
- Informed transportation planning and decision making related to health in transportation
- Increased implementation of transportation policies and programs that benefit health

**Long-term Outcomes**
- Improved transportation and health metrics
Transportation and Health Tool
Public Health Impacts

- Physical activity
- Safety
- Equity
- Access

Air pollution
Chronic disease, injury, and premature deaths
Transportation and Health Tool
Cross-Sector Collaboration

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Transportation and Health Tool Implementation

- **Goal:** Stimulate dialogue between public health and transportation sectors at local and state levels

- **Steps:**
  - View indicator data
  - Meet with partners
  - Discuss indicator scores
  - Identify indicators you hope to improve
  - Review strategies
  - Create action items for short-term and long-term goals