

Mayor Karl Dean, Chairman



NASHVILLE AREA

Metropolitan Planning Organization

Incorporating Health in Regional Transportation Planning

Leslie A. Meehan, AICP

Designing Healthy Environments Across Communities and Generations

New Partners for Smart Growth Conference

February 7, 2013

What We Accomplished

➔ Policy

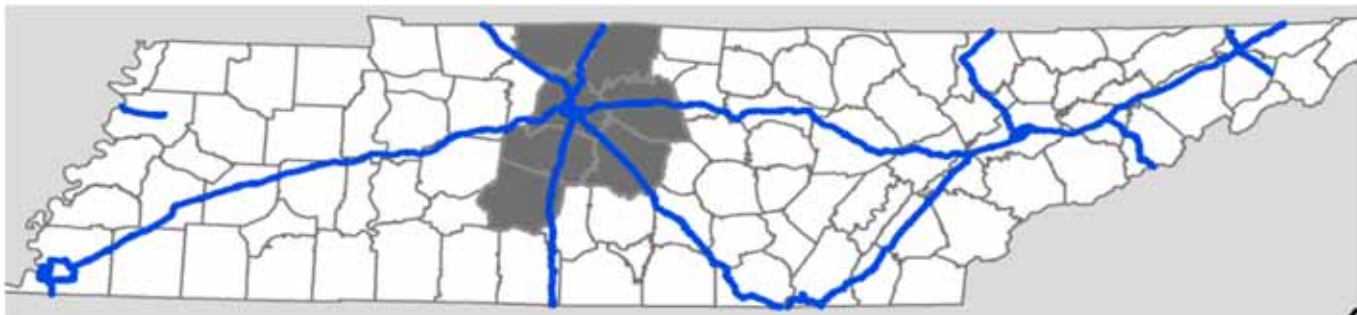
➤ Scoring Criteria for Inclusion of Health in Evaluation of Transportation Projects

➔ Funding

➤ Restructured Existing Funding Sources so More Money is Spent on Active Transportation

➔ Data

➤ Regional Data Collection Effort to Provide Baseline Evidence for Policy Benchmarking



Growing Issues to Address

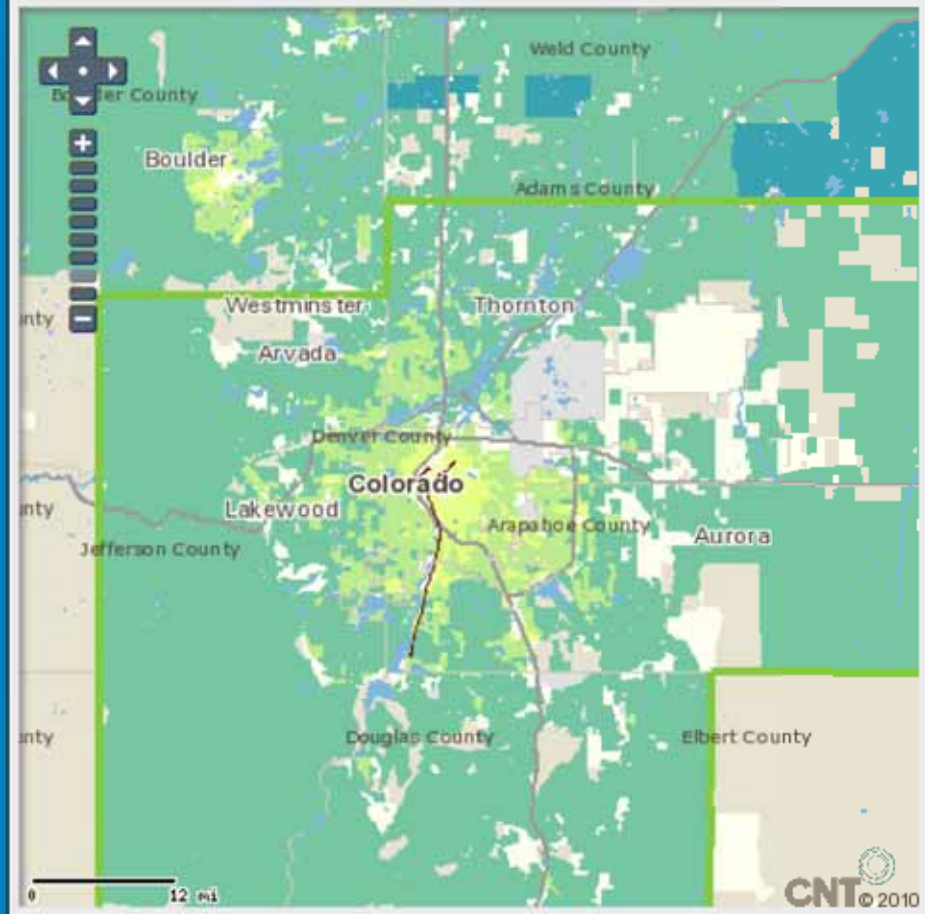
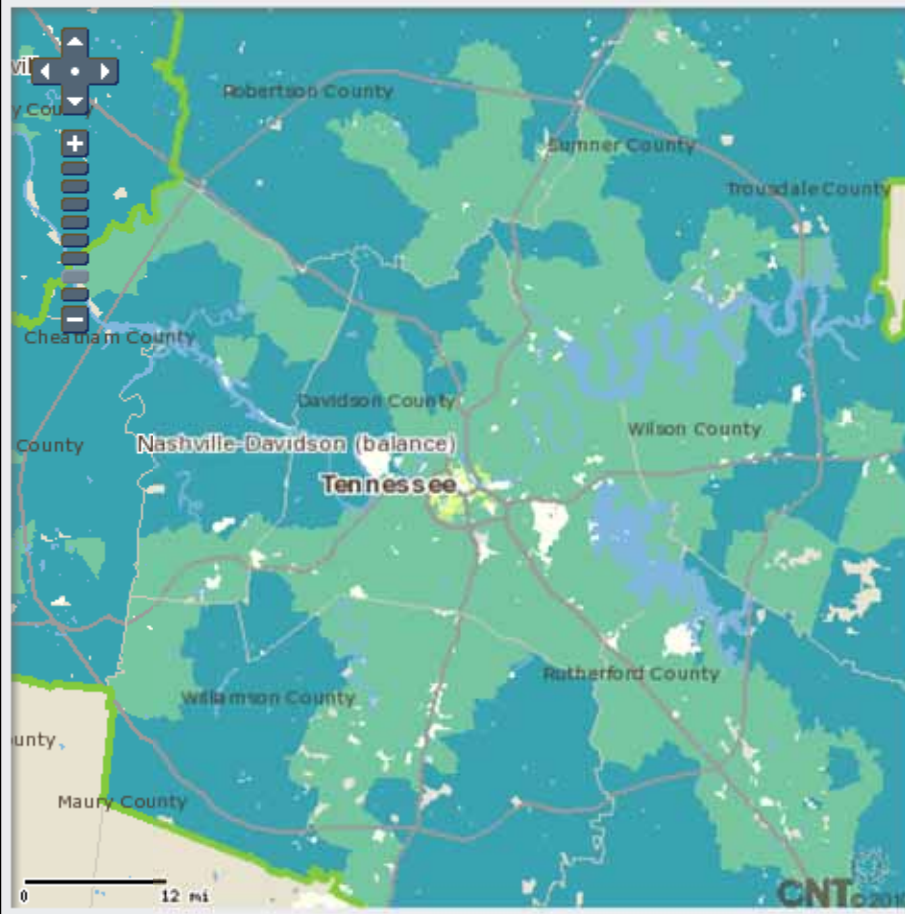
- ➔ Housing Choices
- ➔ Availability of Jobs
- ➔ Increasing Costs
- ➔ Longer Travel Times & Trip Lengths
- ➔ Quality of Life
- ➔ Worsening Personal Health / Increasing Costs
- ➔ Education
- ➔ Affordable and Healthy Foods

Transportation Costs, % Income ▼ Change

Transportation Costs, % Income		
Criteria	Households	Percent of Households
No Data Available	0	0%
Less than 15%		0%
15 to 18%	8,352	1.7%
18 to 20%	10,927	2.2%
20 to 28%	389,765	79.7%
28% and Greater	79,885	16.3%
Map Total	488,929	100%

Transportation Costs, % Income ▼ Change

Transportation Costs, % Income		
Criteria	Households	Percent of Households
No Data Available	373	0%
Less than 15%	26,917	2.9%
15 to 18%	157,387	16.8%
18 to 20%	358,988	38.2%
20 to 28%	394,162	42%
28% and Greater	912	0.1%
Map Total	938,739	100%

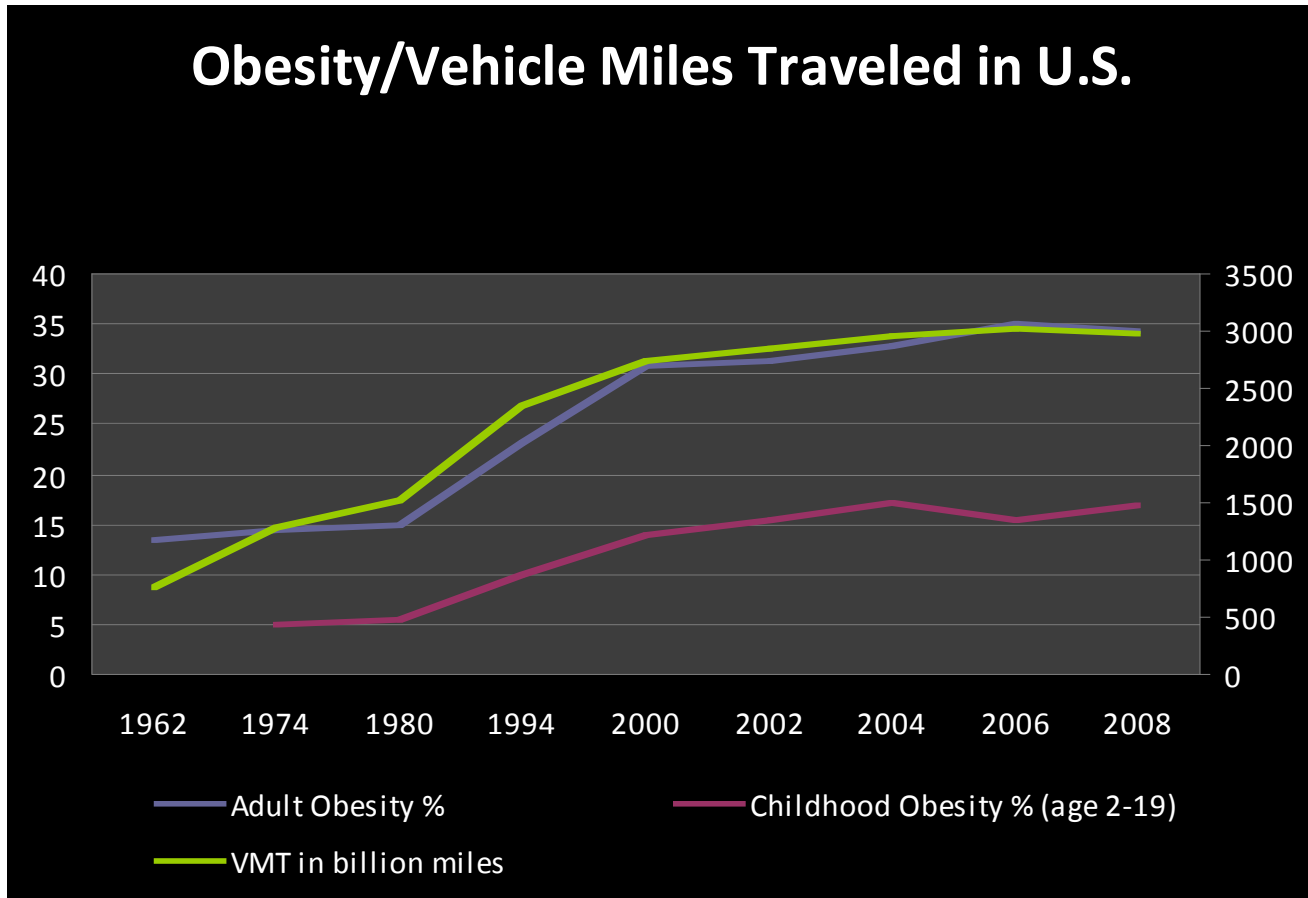


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Making the Case for Health

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Transportation and Obesity



Sources: Centers for Disease Control – National Health and Nutrition Examination Survey/
U.S. DOT – Federal Highway Administration, Annual Vehicle Distance Traveled in Miles and Related Data

Middle TN Public Opinions

1st choice: improve and expand mass transit options



2nd choice: make communities more walkable & bike-friendly



3rd choice: build new or widen existing roadways

Nashville Area Metropolitan Planning Organization

2035
NASHVILLE AREA
Regional Transportation Plan



Respectfully prepared for the citizens of the Nashville region by the:
Nashville Area Metropolitan Planning Organization
800 Second Avenue South
Nashville, Tennessee 37201
Phone: (615) 862-7204 Fax: (615) 862-7209

#1

A Bold, New Vision
for Mass Transit

#2

Support for
Active Transportation
& Walkable Communities

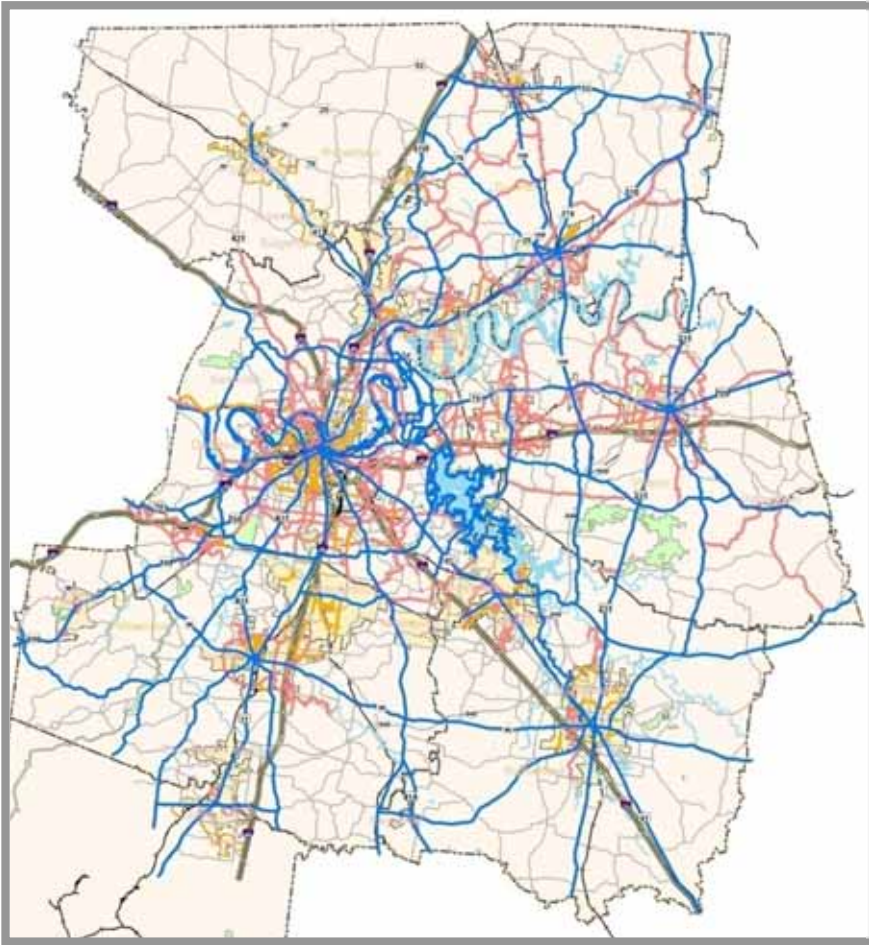
#3

Preservation &
Enhancement of
Strategic Roadways

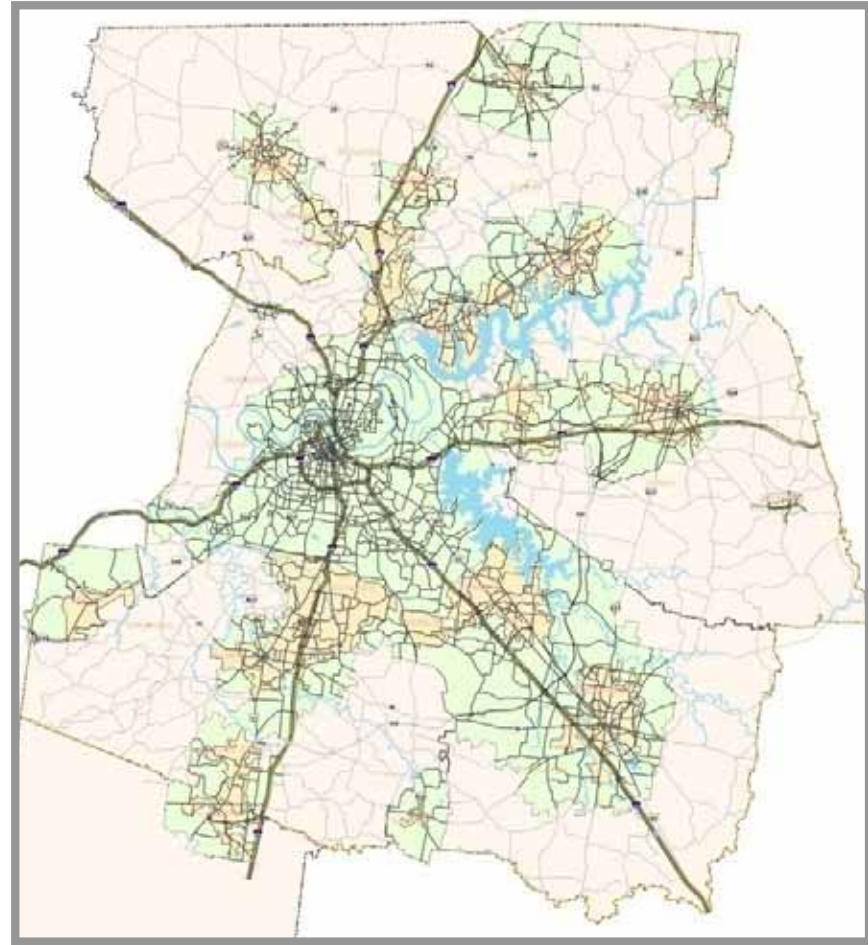
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What We Accomplished: A Regional Vision

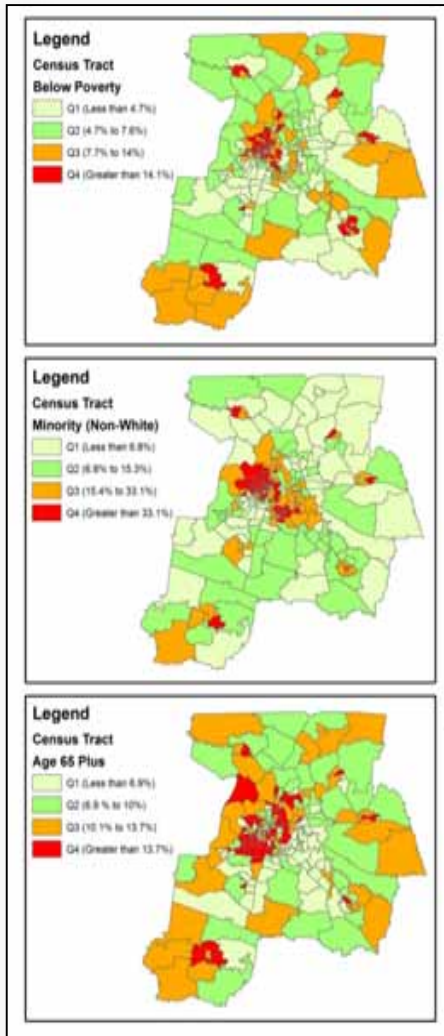
Bikeways



Sidewalks



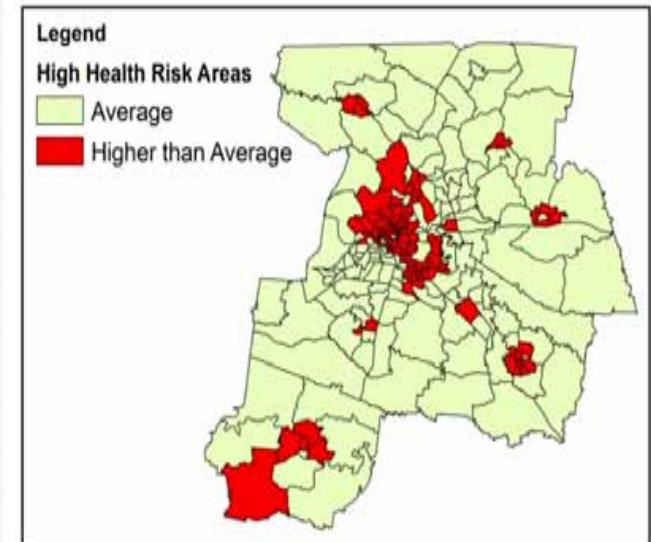
What We Learned – Health Analysis



There is a strong link between the lack of physical activity and health (e.g. heart disease, obesity, and other chronic conditions).

Research has also shown certain population groups have a higher disparity. These groups include:

- Low Income
- Minority
- Older Adults (over 65)



MPO's Urban STP Investment Strategy

➡ 70% to Location Specific Roadway Improvements

➤ **Quality Growth and Sustainable Development – 15%**

➤ **Multi-Modal Options – 15%**

➤ **Health & Environment – 10%**

➤ **Safety & Security – 10%**

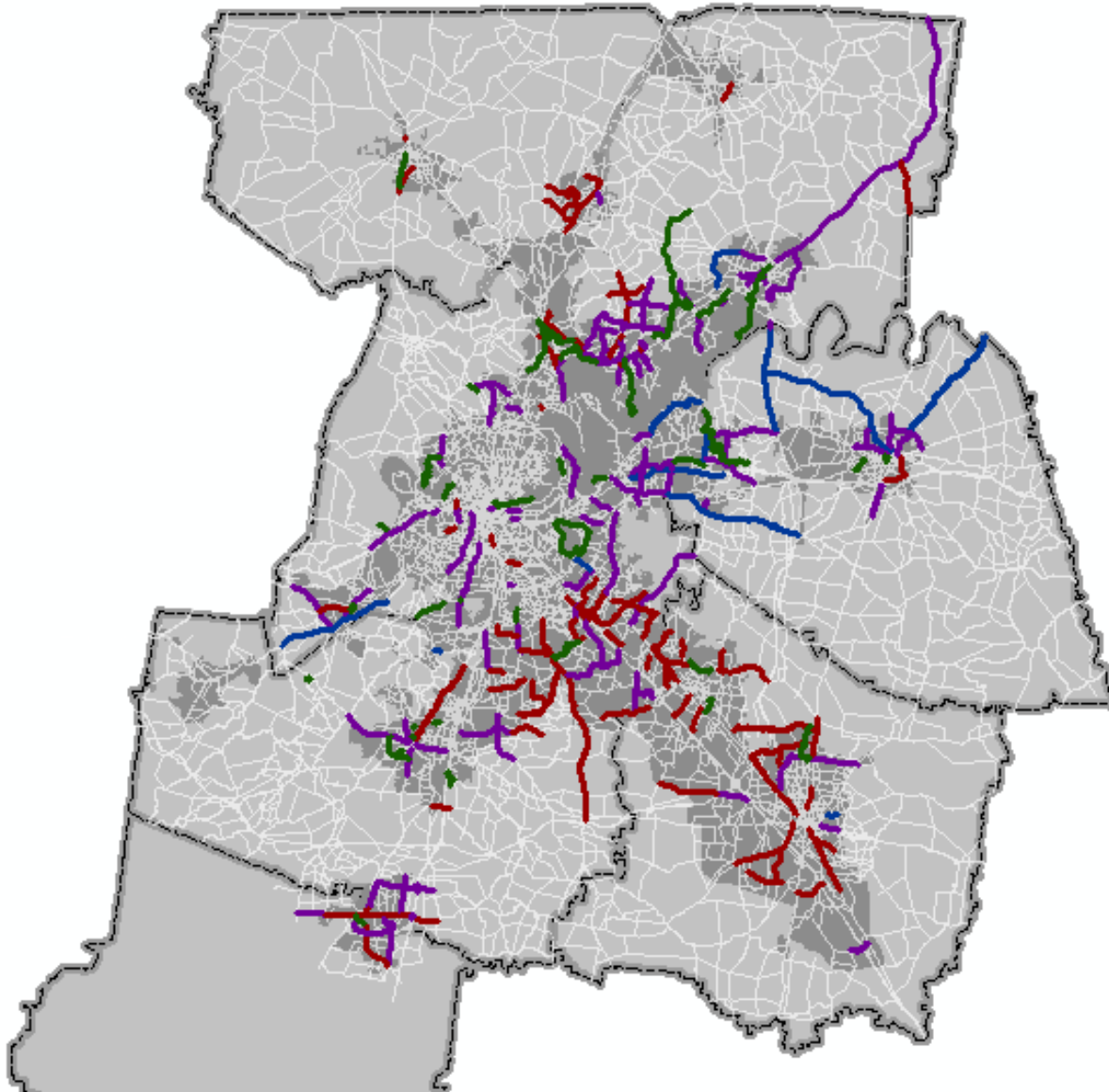
➤ **Congestion Management – 10%**

➤ **State & Local Support/ Investment – 15%**

➤ **System Preservation & Enhancement – 15%**

➤ **Freight & Goods Movement – 10%**

More Complete Streets



70% of adopted roadway projects include sidewalks, bicycle lanes, or shared-use lanes (up from 2%)

Transportation and Health Study

Transportation, Physical Activity and Health Data Collection and Analysis

Middle Tennessee Transportation and Health Study

Welcome | About the Study | Invited to Join? | Report Travel | FAQs | Materials | Contact Us

Step 1
Invited to join? Complete a Household Questionnaire.
[Start Here](#)

Step 2
Record your travel on your assigned day using your travel log.
[Learn More...](#)

Step 3
After your travel date, please report your travel information.
[Report Travel](#)

Step 4
If selected, complete the additional Health Survey.
[Take Health Survey](#)

Welcome! The Middle Tennessee Transportation and Health Study is sponsored by the **Nashville Metropolitan Planning Organization**, the **Clarksville Urbanized Area Metropolitan Planning Organization**, and the **Tennessee Department of Transportation**. If you have received a participation letter, please [Start Here](#) to begin the survey.



Every day, thousands of people move through the middle Tennessee region—in cars, on buses, by foot, on bikes. To plan for the projects of tomorrow, we need to understand how you travel today. Your participation in this important survey will help improve the future of transportation for all of us.



Leslie A. Meehan, AICP
Senior Transportation Planner
Nashville Area MPO

meehan@nashvillempo.org
615-862-7211



Livability. Sustainability. Prosperity. Diversity.

Food Access and Transportation

