



NASHVILLE AREA

Metropolitan Planning Organization

Health and Transportation: Policy, Funding, Data Collection

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New Partners for Smart Growth
February 15, 2014

What We Accomplished

➔ Policy

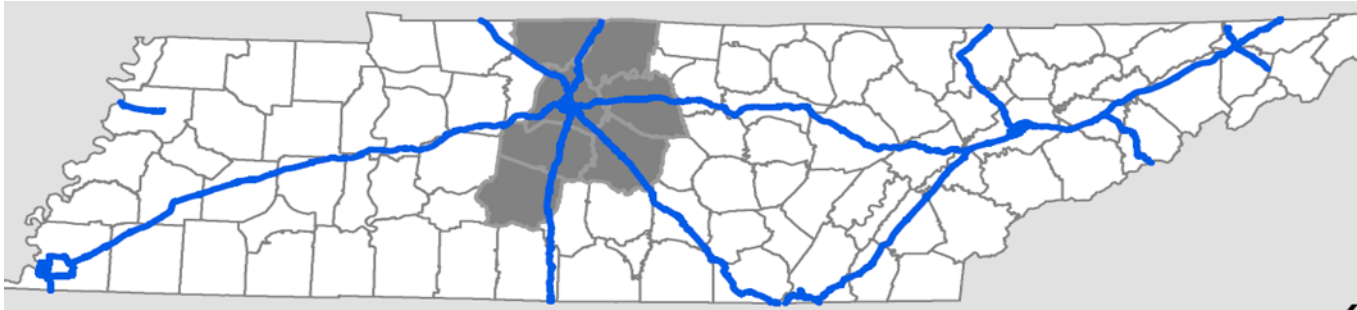
➤ Scoring Criteria for Inclusion of Health in Evaluation of Transportation Projects

➔ Funding

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

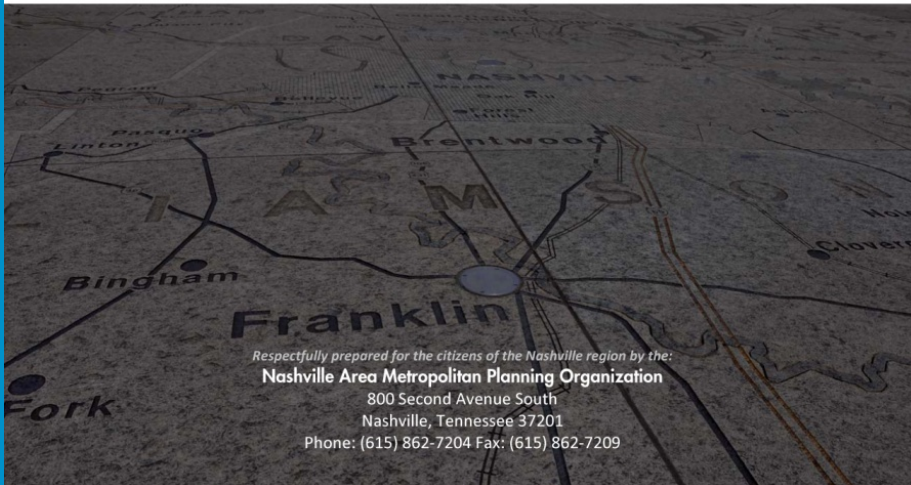
➔ Data

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



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
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#1

A Bold, New Vision
for Mass Transit

#2

Support for
Active Transportation
& Walkable Communities

#3

Preservation &
Enhancement of
Strategic Roadways

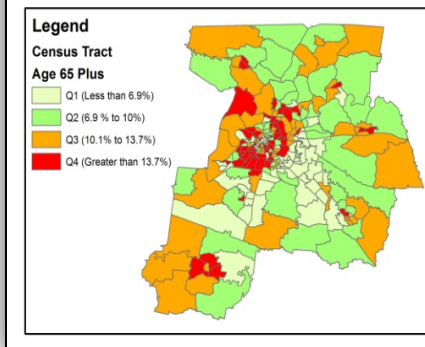
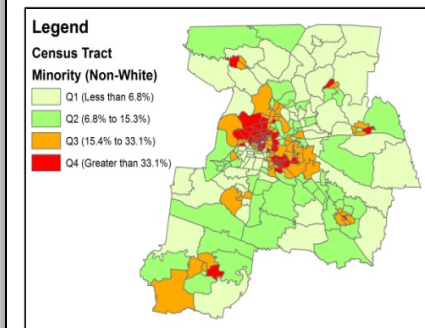
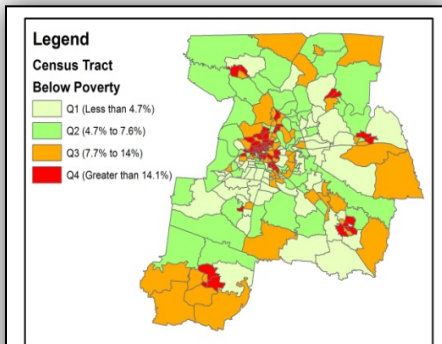
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MPO's Health Investment Strategy

Roadway Funding:

- ➔ 70% - Roadway projects that improve health
- ➔ 15% - Sidewalks, bicycle lanes, greenways, transit stops, and education
- ➔ 10% - Transit
- ➔ 5% - Intelligent Transportation Systems

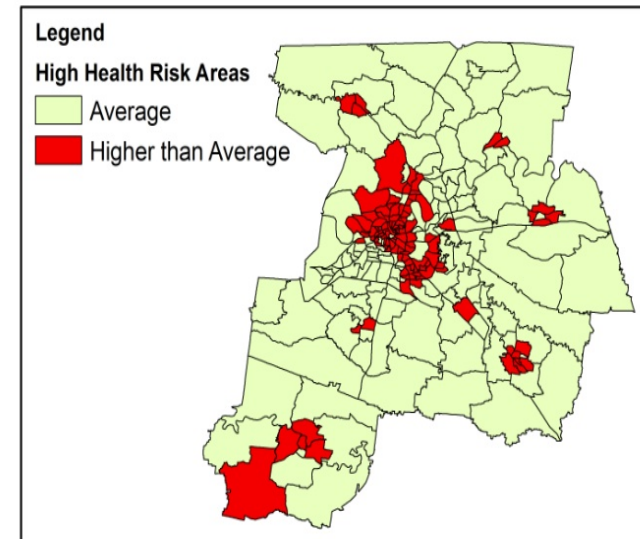
What We Learned – Health Analysis



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

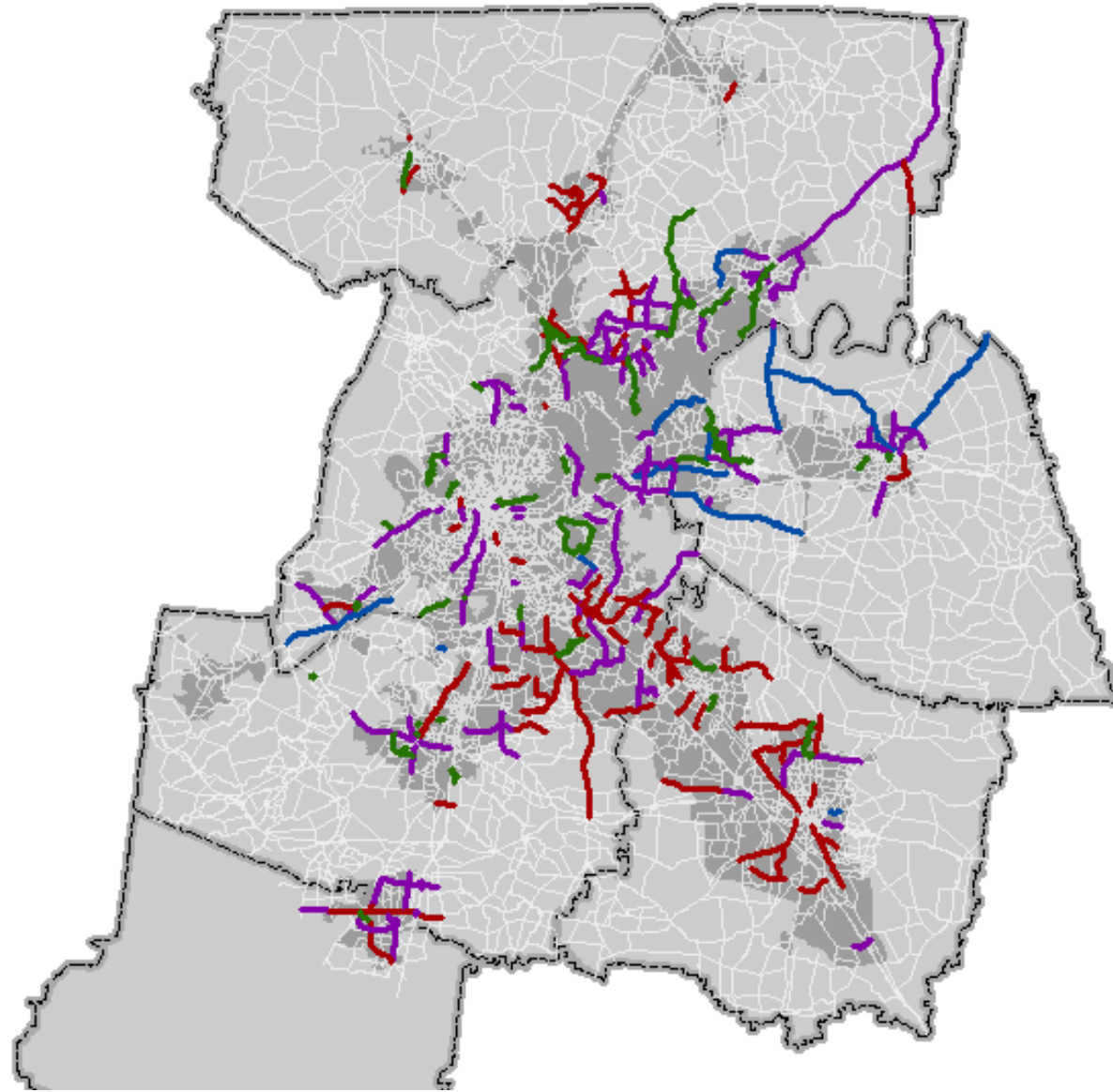
Research has also shown certain population groups have a higher disparity. These groups include:

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



More Complete Streets

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



Middle Tennessee 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.



www.middletnstudy.com

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Research Objectives

- ➔ Baseline Data & Initial Exploration of Links between Built Environment, Transport, & Health
 - Socio-economics, travel behaviors, area type, physical activity, eating behaviors, health outcomes
- ➔ Inform Policy and Funding of MPO 2040 Regional Plan
- ➔ Behavioral Data for Regional Travel Demand Modeling
 - Traditional 4-Step Model Update
 - Activity Based Modeling Transition

Health Questions – All Persons / All Households

Q1 During the last 7 days, how much time did you usually spend *sitting* on a **weekday**?
(Please report in hours; for example: 8.5 hours)

Q2 Which of the following statements best describes how physically active you are in a typical week.

1. I rarely or never do any physical activity.
2. I do some light or moderate physical activities.
3. I do some vigorous physical activities.

Q3 In general, how healthy is your overall diet?

1. excellent
2. very good
3. good
4. fair
5. poor

Q4 Would you say that, in general, your health is:

1. excellent
2. very good
3. good
4. fair
5. poor

Q5 About how much do you weigh without shoes?

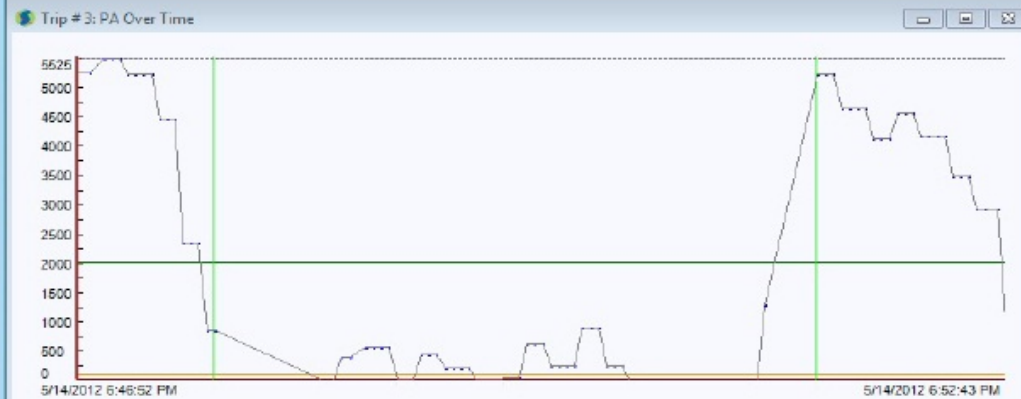
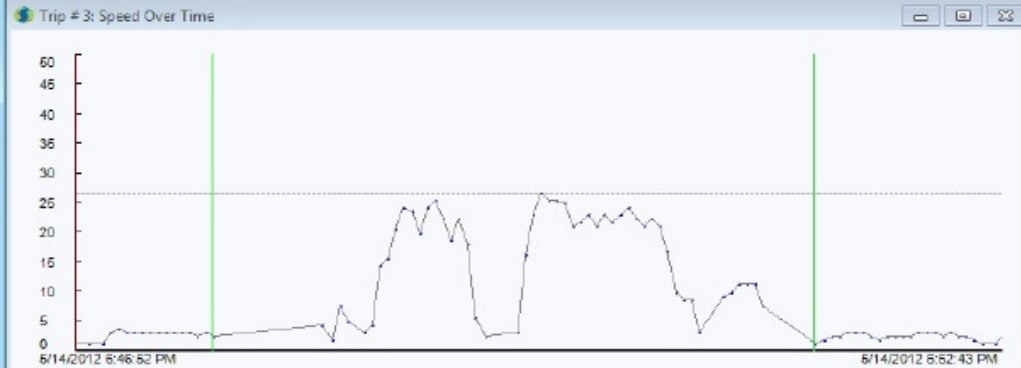
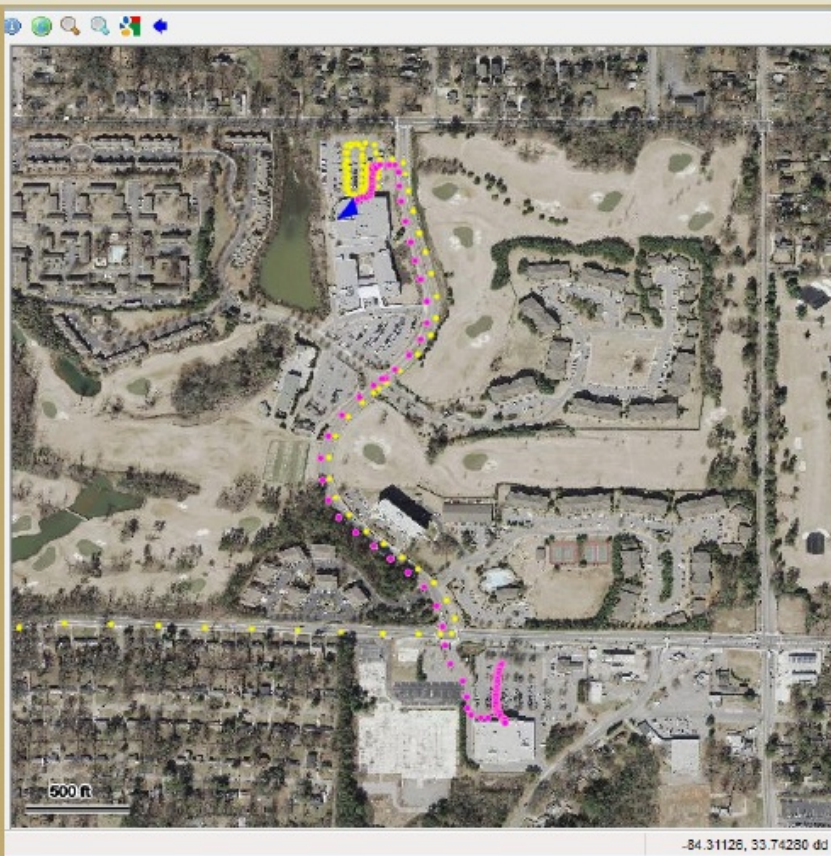
Q6 About how tall are you without shoes?

Health & Physical Activity Sub-Study

- 10% of all households participate in health study
 - One adult (18-75) to receive a GPS and accelerometer
 - All other adults (16-75) receive GPS
 - Wear for 4 days
- 60+ question health survey available once retrieval complete and equipment returned
 - survey based on BRFSS, IPAQ, & SF-12
- Incentive offered for completion of all elements



GPS and Physical Activity Data



Next Steps

- ➔ Analyze Basic Research Questions (examples)
 - Do transit users get more Physical Activity
 - Do cars drivers have higher obesity rates
- ➔ Integrated Transport and Health Impact Model
 - Transportation Investment Strategy – increase p.a.
 - Input physical activity, air quality and injury data
 - Health outcomes: cancer, injury, asthma, etc. rates

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Livability. Sustainability. Prosperity. Diversity.