Rail-Volution
Los Angeles, CA
October 15, 2012

Transit: The New Rx for Health
Integrating Health into Regional Planning
The Public Health Context

3 Behaviors: Tobacco Use, Poor Diet, No Exercise

4 Diseases: Heart Disease, Type 2 Diabetes, Lung Disease, Cancer

50 Percent of Deaths
Regional Planning Context

Regional Comprehensive Plan:
A strategy for regional development based on smart growth addressing

- Urban Form
- Transportation
- Housing
- Environment
- Economic Prosperity
- Public Facilities
- Borders
- Social Equity
Healthy Works / CPPW

$16.1 million for **obesity prevention**

Focused on **policy, systems and environmental change**

Funded 15 Interventions addressing:

- Physical activity through **built environment strategies**
- Healthy nutrition through the **availability of fresh produce**
- Nutrition and physical activity in **schools**
Built Environment Strategies

- Physical activity
- Access to daily goods and services
- Air quality
- Injury prevention and safety

. . . Healthy Communities!
SANDAG’s Healthy Works Projects

- Stakeholder Engagement
- Pass-Through Grant Programs and Incentives
- Regional Policies and Programs
- Tools and Technical Assistance
Healthy Places Initiatives

Health Community Mapping and Modeling

Regional Planning Policies and Metrics

Healthy Communities Campaign

Safe Routes to Schools

Active Commuters Transportation

Regional Bikeway Signage and Promotion
Regional Policies

- Regional Health and Wellness Policy Framework and Performance Measures
  - Proposed policies for consideration in the next Regional Plan
  - Proposed metrics for monitoring and evaluation
Tools and Technical Assistance

Healthy Communities Atlas

Demographics
- Population Density
- Low-Income Areas
- Minority Areas
- Low Mobility Areas
- Low Community Engagement

Physical Activity and Active Transportation
- Walkability
- Transit Accessibility
- Park Access
- Non-Motorized Trail Access
- Daycare, Library, Elementary School and Health Care Access
- Crime and Physical Disorder
- Violent Crimes

- Vacant and Underutilized Parcels
- Arterial Density
- Traffic Volume Density
- Complete Neighborhoods

Injury Prevention
- Pedestrian and Cyclist Traffic Crashes
- Youth Traffic Safety

Food and Nutrition
- Access to Healthy Food
- Fast Food Residential Density

Air Quality
1. TRANSIT ACCESSIBILITY

Percentage of households within walking distance (0.6 miles / 1 km) of a rail stop or major bus stop, by Census block group.

9. PARKS AND OPEN SPACE ACCESS

Percentage of households within walking distance (0.6 miles / 1 km) of a park entrance / trailhead, by Census block group.

Prepared by Urban Design 4 Health, Inc.
Transportation Modeling Enhancements

Activity Based Model Health Module (ITHM)

- More accurately account for active transportation trips
- Analysis of health for proposed policies / projects
- Monitoring and evaluation of health-related targets
Tools and Technical Assistance

Health Benefit and Impact Assessment

I-805 Bus Rapid Transit / 47th Street Trolley Station Area Planning

- Provide transit service in an underserved community
- Provide safe routes to transit

Training Workshops

- Build capacity in the region to conduct health analysis
- Promote consideration of health co-benefits in proposed policies, projects and programs
2050 Transit Network

- 4 new light rail lines
- Bus Rapid Transit
- Streetcars
- Expanded and more frequent local bus service
Active Transportation Program

- $3.8 billion program
- Active Transportation Early Action Program
- Regional Complete Streets Policy
- 515 mile regional bike network (288 new miles)
Next Steps

Community Transformation Grant

- Community-level efforts to reduce chronic diseases
- Improve public health, reduce health disparities, and control health care spending
- $15 million to HHSA for five years
- $2.5 million to SANDAG for five years

Regional Plan Update

- Combined Regional Comprehensive Plan and RTP/SCS
- Integrate public health policies, goals and metrics
Community Transformation Grant

- Health and Wellness Policies for Regional Plans
- SRTS Strategic Plan Implementation
- Regional Complete Streets Policy and Implementation
- Health Benefits and Impacts Analysis Program
- Stakeholder Engagement
For more information:
www.HealthyWorks.org
www.sandag.org/healthyworks

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Stakeholder Engagement

Public Health Stakeholder Group (PHSG)
- City / County Planning, Redevelopment & Public Works
- County Health
- Health Care Providers
- Professional Organizations (APA, ASLA & AIA)
- Community-Based Organizations
- Advocacy Groups (Active Transportation, Seniors, Food Security, Sustainability, Equity & Health)

Safe Routes to School (SRTS) Coalition
- City / County Planning & Traffic Engineering
- State and County Health
- School Administration
- Parent Groups
- Community-Based Organizations
- Advocacy Groups
Phased Transportation Expenditures
($ in year of expenditure)

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<th>Year Interval</th>
<th>Managed Lanes/Highway</th>
<th>Transit</th>
<th>Active Transportation, Local Streets, Smart Growth, and TDM/TSM</th>
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