



Transportation Policy: An Opportunity to Reverse Obesity

Shireen Malekafzali
PolicyLink

Active Living Research
February 11, 2010

- Impacts of transportation on health
- Challenges with existing policy
- Opportunities for new policy
- Federal transportation reauthorization
- Role of research/data in policy
- Recommendations
- Critical time for change

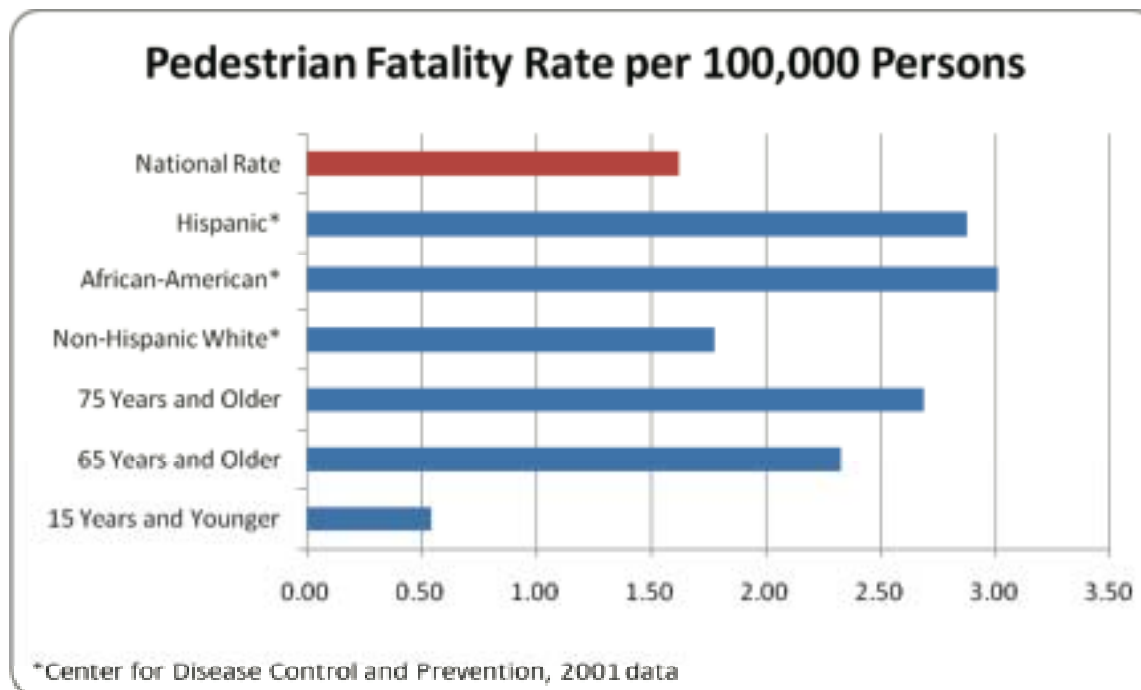
Impacts on Health: Air Quality

- Pollutants from autos
- 8,800 premature deaths a year in CA
- Air pollution is a known trigger for asthma attacks.

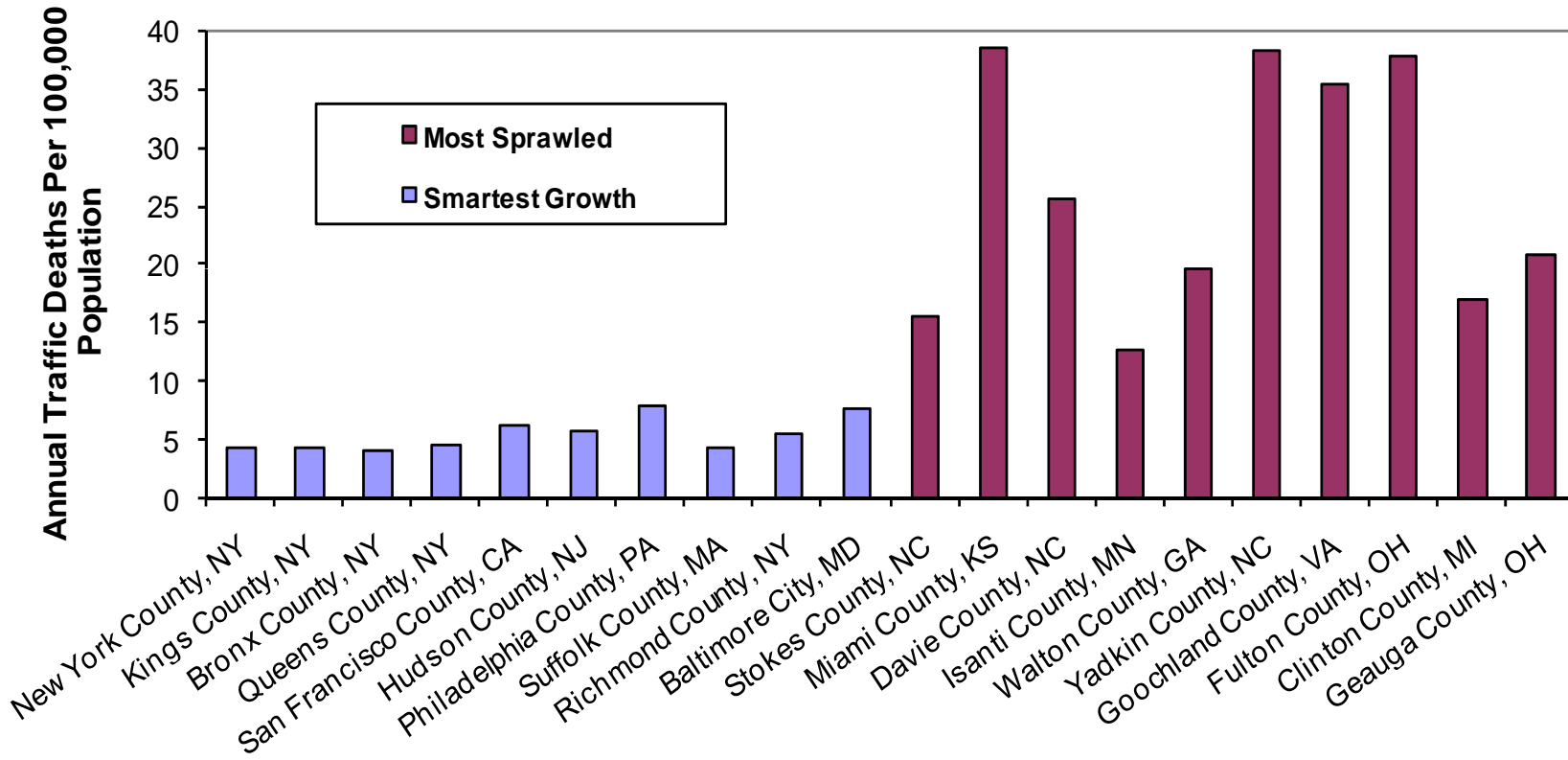


Impacts on Health: Traffic Safety

- Leading cause of death for people ages 5 to 34
- People of color are disproportionately impacted



Smart growth promotes safety



Source: Reid Ewing et al (2003); as reported by Todd Litman, Victoria Transportation Institute 2009

Impacts on Health: Access

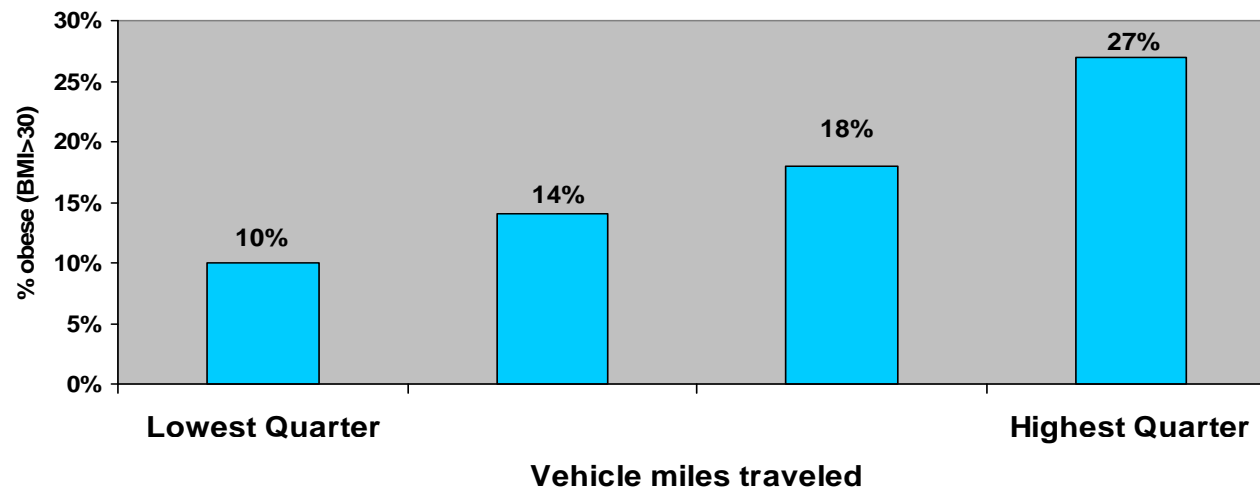
- Transportation is access.
- In an auto-centric society, many are left out.
 - People of color have limited access to cars:
 - Poverty compounds the problem.
 - Elderly and disabled populations drive less



Impacts on Health: Physical Activity

- Driving can increase the risk of obesity by 6%
- Walking reduces obesity
- Public transit riders are more physically active

Driving is a risk factor for obesity



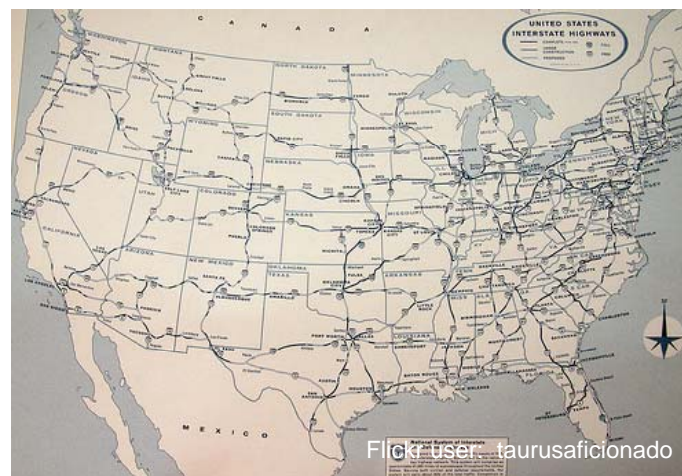
Source: Lopez-Zetina, Health and Place, 2006 7

Big Ideas in Transportation Come in a Generation



Flickr user: thomas.merton

1900s: We forged our nation's economic growth with powerful locomotives and a vast system of rails.



Flickr user: taurusaficionado

1950s: Eisenhower's vision for an interstate highway system set stage for suburban development, connected our communities, and funded a national network of roads.

- Health impacts overlooked
- Focus on highways vs. transit & bike/ped
- Lack of linkage between housing, jobs, and transportation planning
- Few incentives for innovation or conservation
- Limited accountability to any outcomes
- Limited engagement in transportation policy making

Transportation: A Huge Health & Equity Opportunity

- Transportation investment drives land use
- Walkable, bikeable, compact transit oriented neighborhoods
- Mixed-income, mixed-use communities
- Connect people
- Access for transit-dependent
- Affordable transportation options
- Safe active transportation
- Better health outcomes
- Better environmental quality

- Transportation not as mobility in an of itself –but as access.
- A holistic approach to transportation policy that recognizes its impacts on multiple outcomes –such as health, environmental quality and economic viability– and plans accordingly.
- Vision: Healthy Communities of Opportunity

- At the federal level the Surface Transportation Act is the single largest opportunity to shape land use patterns, and influence how our communities are designed
- Purpose of the Act: to provide direction and funding for US transportation maintenance and development

The Surface Transportation Act

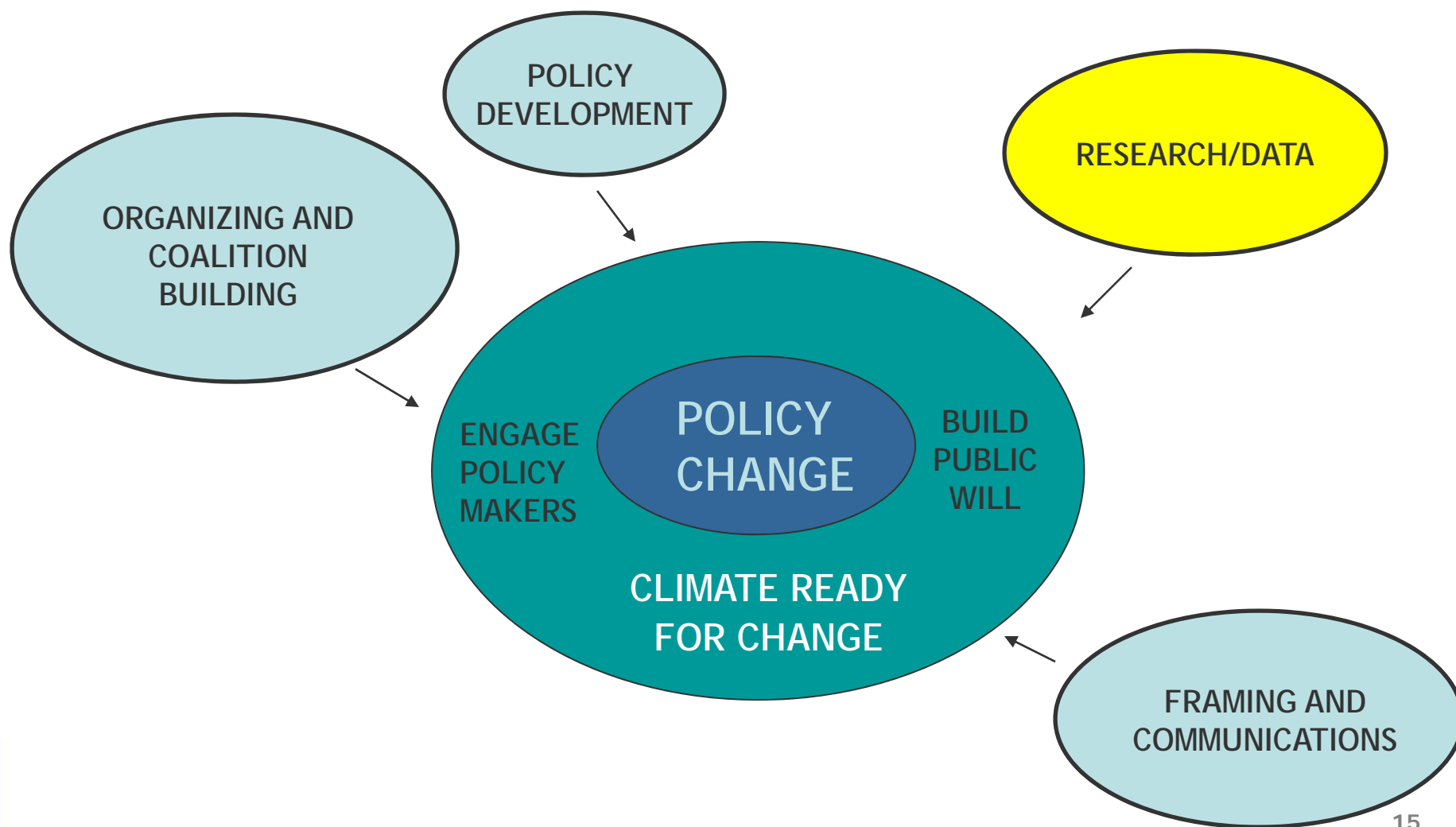
- Current Bill: SAFETEA-LU signed into law in 2005
 - Over \$244 billion for 5 years
 - 6th largest federal expenditure
 - An unwieldy bill with little accountability
 - SAFETEA-LU expired September 30, 2009
- New Bill
 - \$500 billion investment
 - In extension until February 2010
 - Extensions likely to continue and debate will go into 2011

An opportunity that arises only
once a decade

- Prioritize investments in public transportation
- Prioritize pedestrian and bicycling infrastructure
- Encourage equitable transit-oriented development by incentivizing integrated land use and transportation planning
- Create incentives and accountability measures
- Prioritize investment in high need areas

= Better Health Outcomes

Research/Data is Key



- Transportation historically has been data poor –no understanding of how investments impact people
- Research legitimates new voices
- Media loves new data
- Opportunity to influence public will
- Policy makers pay attention to data and helps them make their case

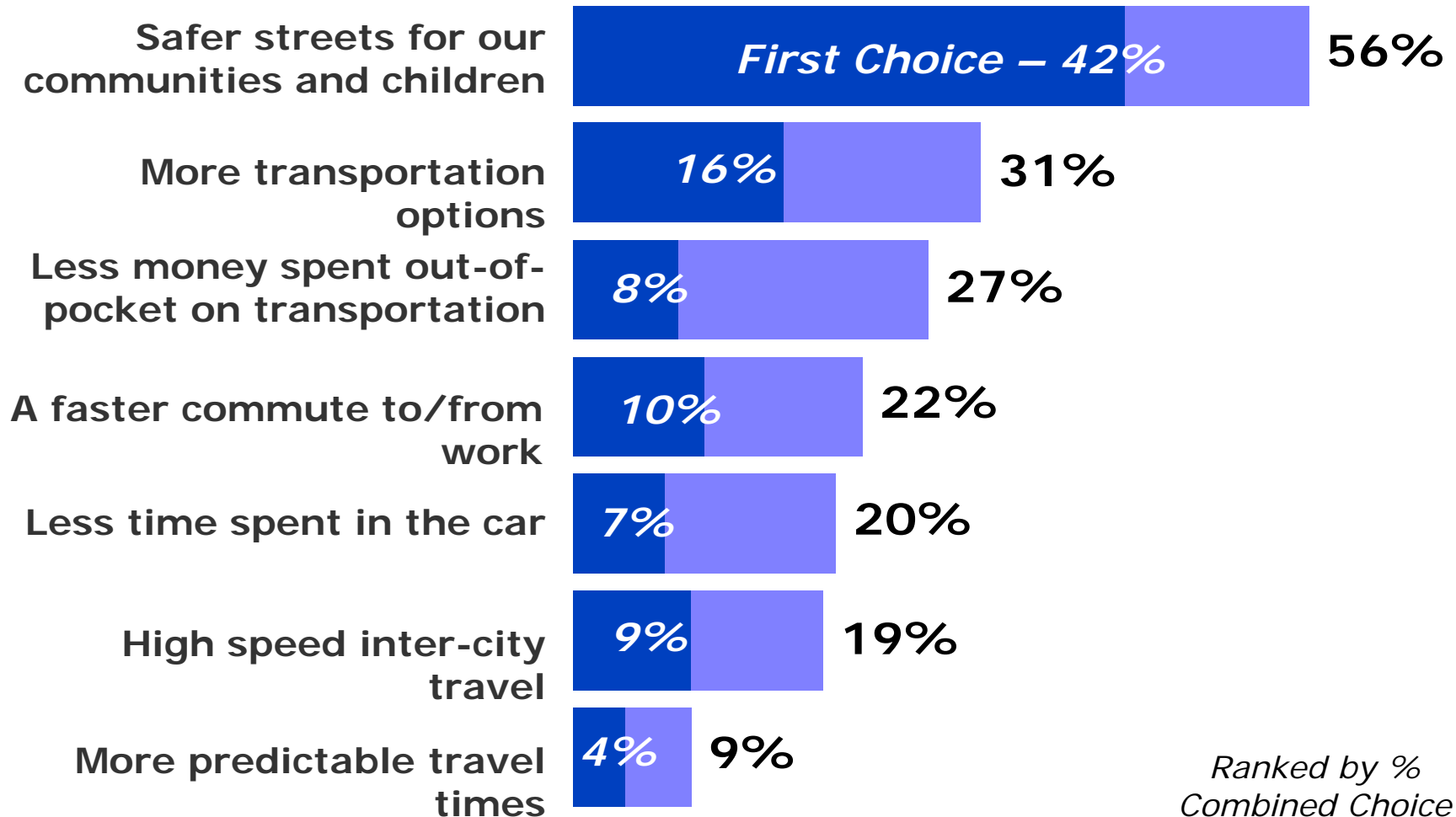
Research Tied to Policy Change

- Powerful combination: Research + Policy
- Health impact assessments
- Work with advocacy organization
- Dangerous by Design --→ Complete Streets; Safe Routes to School

Building Movement: The Reauthorization Opportunity

- An issue for health & equity in every city, region, and state
- A policy which leads to multiple goals
- Diverse groups interested in coming together to work towards common solutions
- Energy, climate, obesity epidemic and the economy demand a better solution

Recent Poll



Ranked by %
Combined Choice

Safety ranks top of everyone's list

Demographic Groups	Safer Streets	More Options	Spend Less Money	Faster Commute	Less Time In Car	High Speed Travel
Men	46%	32%	27%	22%	23%	22%
Women	65%	30%	26%	22%	18%	16%
Urban Residents	50%	34%	22%	24%	19%	24%
Suburbanites	56%	30%	26%	23%	22%	18%
Rural Residents	64%	28%	34%	14%	17%	14%
Car Commuters	53%	33%	28%	26%	21%	21%
Non-Car Commuters	56%	39%	22%	25%	10%	28%
Do NOT Commute	58%	28%	26%	17%	21%	16%

Coalition of over 400 diverse groups and interests all pushing for transportation reform in America



Join T4A at www.t4america.org

Contact ilana.preuss@t4america.org



Resources:

- The Transportation Prescription: Bold New Ideas for Transportation Reform in America
- Healthy, Equitable Transportation Policy: Recommendations and Research

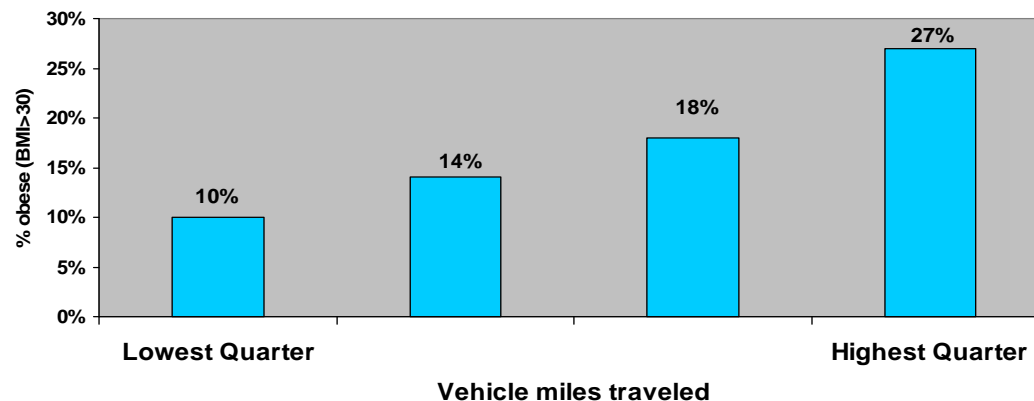
Shireen Malekafzali
shireen@policylink.org
www.PolicyLink.org

- Pollutants from autos
- 8,800 premature deaths a year in CA
- Majority of children live in areas that exceed air quality standards for ozone.
- Disproportionally impacts children of color.
- Air pollution is a known trigger for asthma attacks.
- Emerging evidence that pollution may be associated in the onset of asthma.

Impacts on Health: Physical Activity

- 60% of adults do not meet recommended levels of physical activity.
- Driving can increase the risk of obesity by 6%
- Walking reduces obesity
- Public transit riders are more physically active
- Public transportation, walking and biking are the most practical ways to be physically active

Driving is a risk factor for obesity

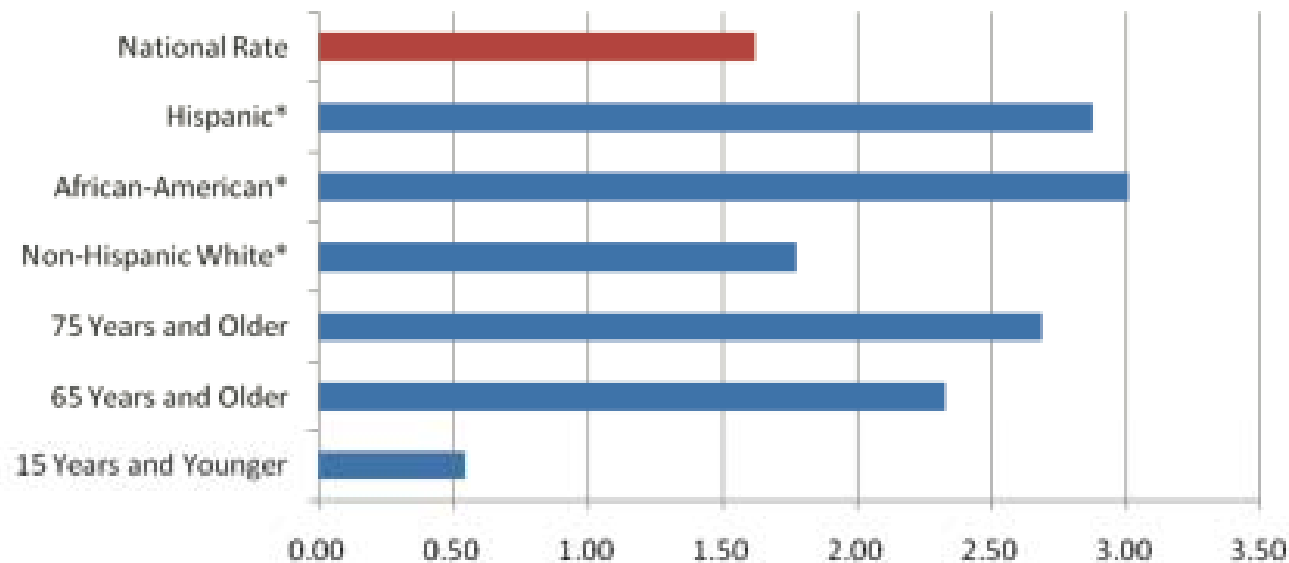


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24

Impacts on Health: Traffic Safety

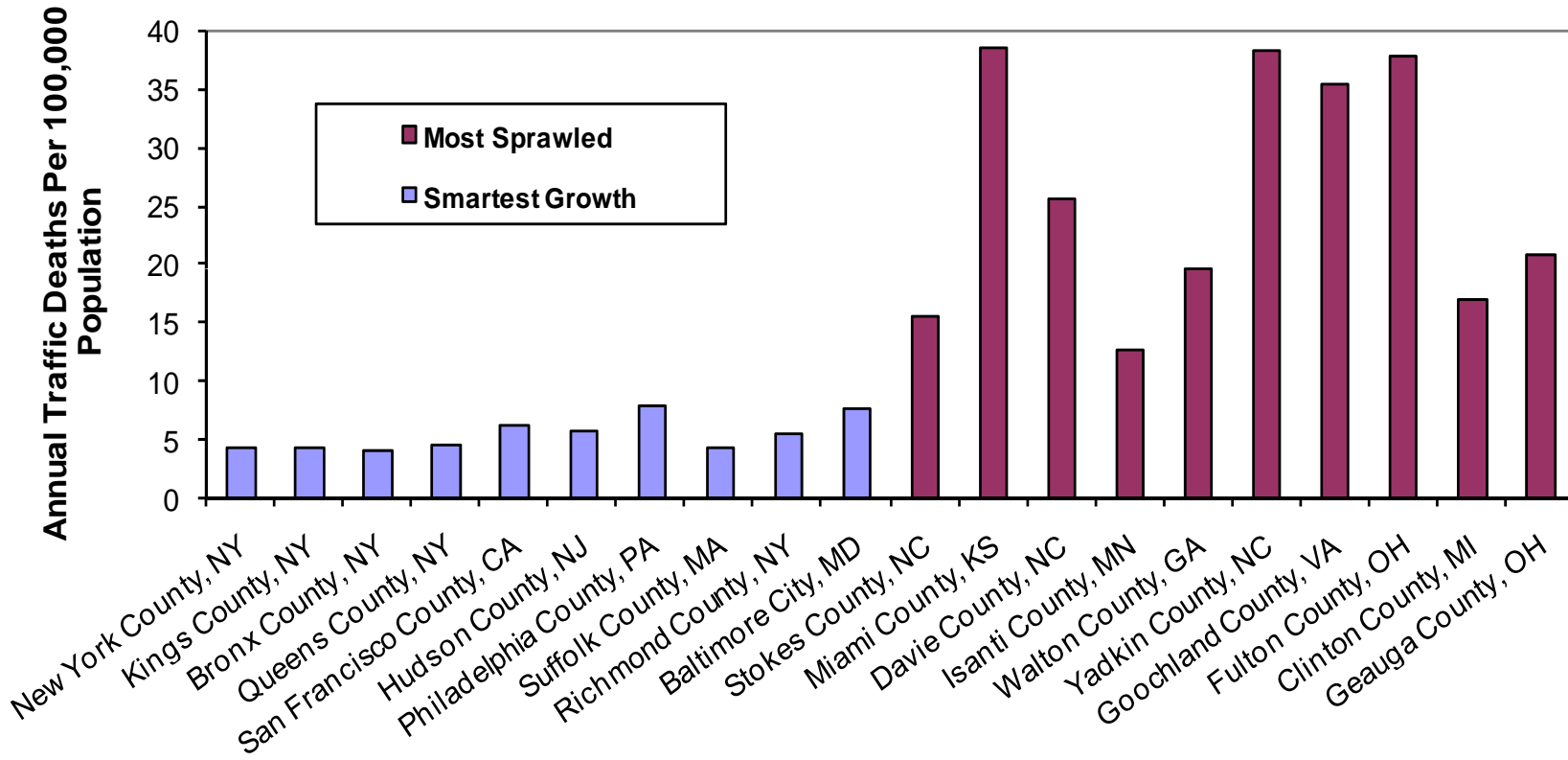
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Pedestrian Fatality Rate per 100,000 Persons



*Center for Disease Control and Prevention, 2001 data

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- Transportation is access.
- In an auto-centric society, many are left out.
- People of color have limited access to cars:
 - 19% of African Americans, 13.7% of Latinos, and 4.6% of whites lack access to automobiles.
- Poverty compounds the problem.

- Elderly and disabled populations drive less
 - More than 1 in 5 Americans age 65 and older do not drive.
- Transportation costs create a barrier for many
 - Low-income families spend approximately 37% of their income on transportation, while the average U.S. household spends about 18%