

Healthy Community Design – A Holistic Approach to Transit Planning

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Sustainability & Multimodal Planning Workshop

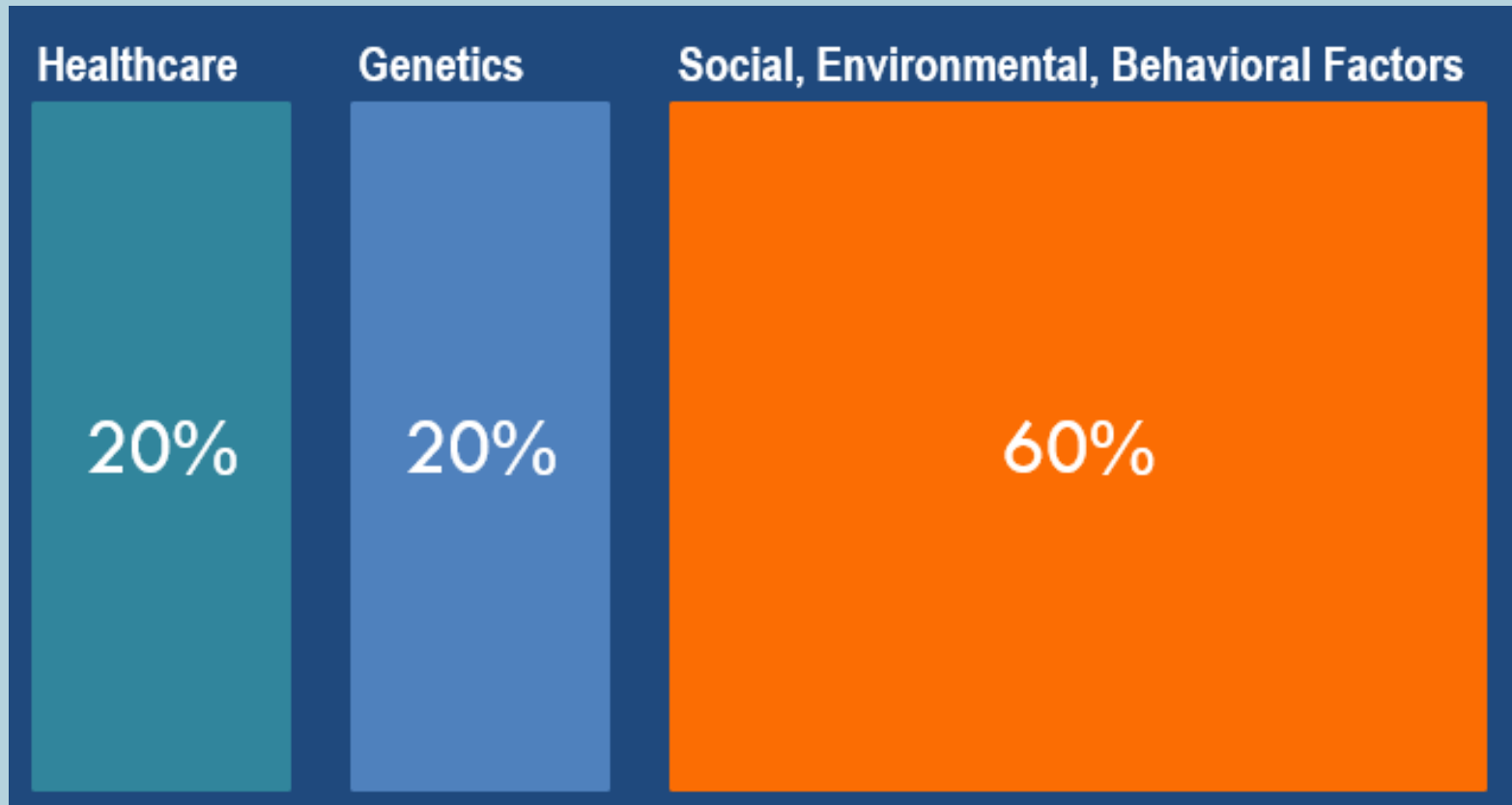


What do we mean by “Healthy Community”?

- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease
- Healthy Communities are built in a way that makes it easier for people to live healthy lives



What Determines Health?



Based on: Slide from The American Healthcare Paradox, Lauren Taylor; Original Source: McGinnis et al, 2002

What is Healthy Community Design (HCD)?

- Public health is not solely the business of health care professionals
- Prevention vs treatment (reverse the trend)
- Relationship between the built environment and health
 - Strong connection between transit rich communities and better health outcomes
 - Health is a competitive advantage for cities and their economic development efforts
 - Opportunities to be healthy are influencing what people want in their communities, workplaces, schools and public spaces

What is HCD?



Maximize the Opportunity for all Residents to Get Physical Activity



Increase Housing Opportunities



Promote a Healthy Environment and Social Well-Being



Empower Champions for Healthy Community



Encourage Mixed-Use Development



Make Education the Cornerstone of Community Development and Redevelopment



Improve Access to Job Opportunities



Invest in Active Transportation Solutions



Promote Access to Healthy Food

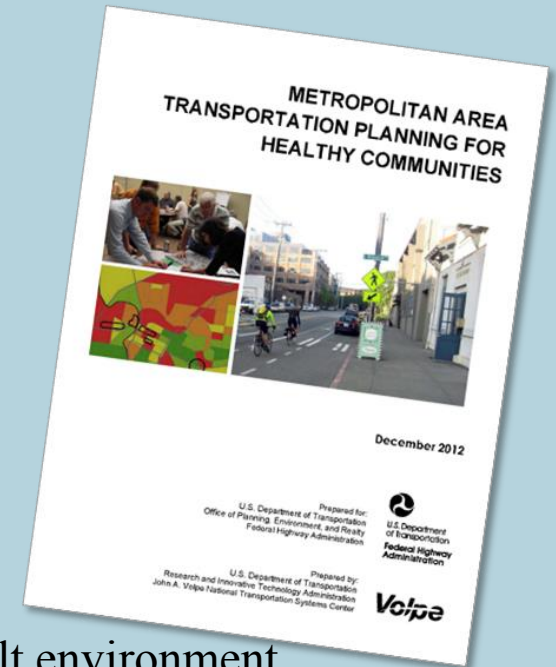


Drive Economic Development

Who is beginning to incorporate HCD in the planning and design process?

- Transportation Agencies
 - USDOT
 - FHWA
 - FTA
 - State DOT's (FL, MA, OR)
 - MPO's

“Transportation is an important part of the built environment and significantly influences physical activity and well-being, safety and the ability of community members to access destinations that are essential to a healthy lifestyle.”
(USDOT Volpe Transportation Center)



Linking transit and HCD

- Use HCD principles in the planning for and prioritizing projects – understand needs of community be served (or underserved) by transit
- Establish health indicators/metrics to measure effectiveness
- Collaborate across transportation/transit agencies, public health agencies, MPOs, developers, and municipalities

HCD and Planning

Promote active living as a pathway to improved health

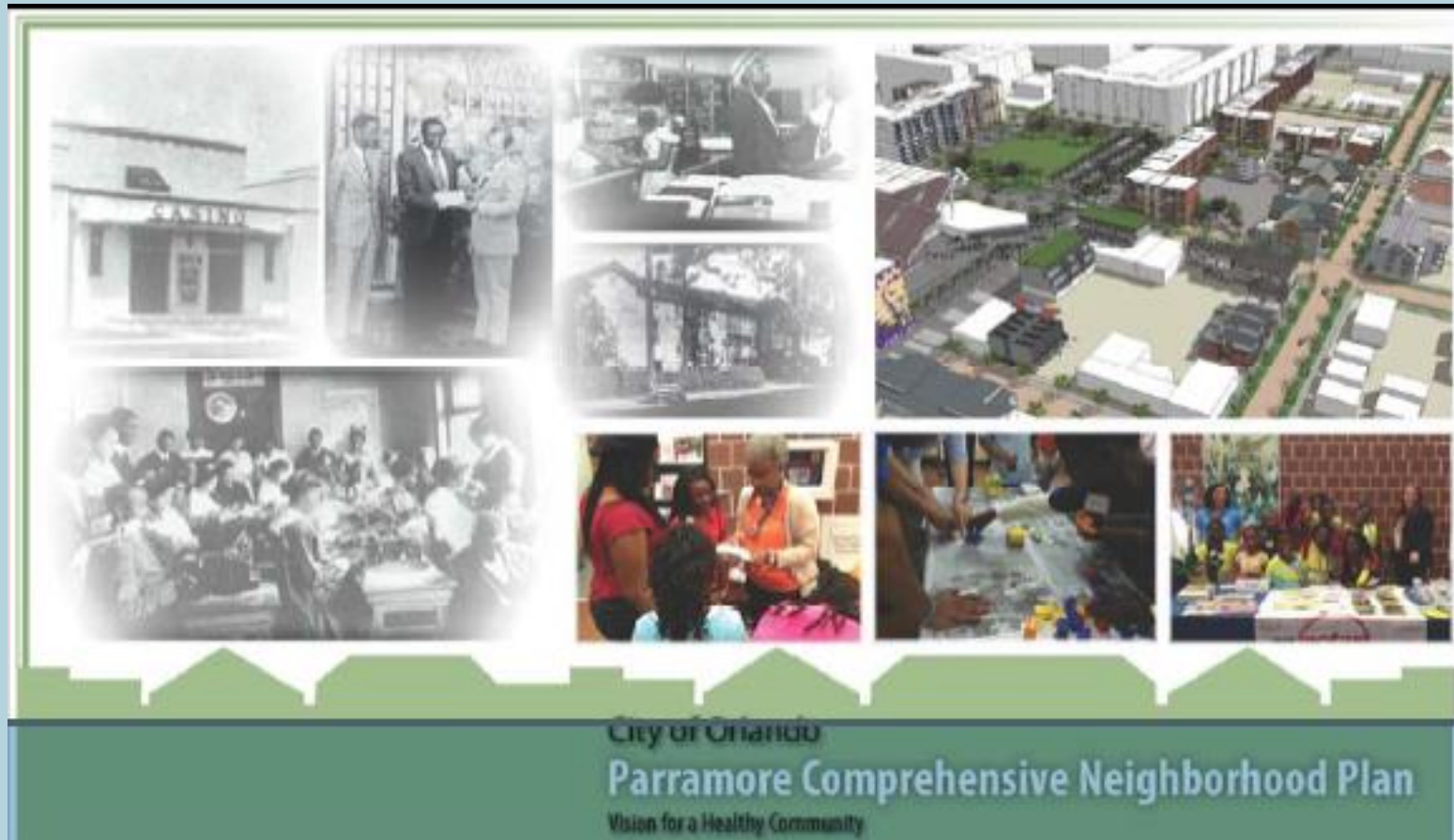
Design the community to support active living, safety, mobility, access to services

Involve public health experts in planning

Use health data to prioritize improvements in areas of need

Build/maintain the infrastructure to support it

Parramore Neighborhood, Orlando



City of Orlando

Parramore Comprehensive Neighborhood Plan

Vision for a Healthy Community



Parramore Today

819 acres

35% public ownership | 13% vacant

Population: 6,175

Housing Units: 2,762

8% Owner-Occupied

19% Vacant

Median Household Income: \$15,493

36.5% of City-wide MHI

Unemployment Rate: 23.8%

Equivalent to America during Great Depression

Low educational attainment

Chronic health problems

A Changing Parramore

- SunRail and LYMMO Extension
- Committed Projects
 - Magic Sports & Entertainment District
 - Creative Village
- New PS-8 Community School (Opens August 2017)
- MLS Soccer Stadium (Open)
- I-4 Ultimate project
- UCF & Valencia College Downtown Campus

Key Questions

How do we transform Parramore in a way that:

- Provides job opportunities for the residents that now reside in Parramore, and those who left and want to return?
- Accommodates demands for both affordable and market rate housing?
- Celebrates diversity and creativity?
- Creates healthy outcomes?
- Increases civic engagement?
- Is safe for children and families?
- Connects residents to services, education, and recreation?

Ten Healthy Community Design Principles



Drive Economic Development by Creating a Unique Identity

Improve Access to Job Opportunities

Promote Social & Environmental Justice

Increase Housing Opportunities

Make Education the Cornerstone of Revitalization

Empower Champions for a Healthy Community

Promote Access to Healthy Food

Invest in People, not Cars

Maximize the Opportunity for All Residents to get Physical Activity

Encourage Mixed Use Development

Greater Bridgeport Community Health Assessment

- Issues identified:
 - Obesity
 - Access to recreation
 - Food access



Barnum Station Project Objectives

- Increase the availability of housing options in a transit-supportive location
- Improve transit and promote transit-oriented development (TOD) in East Bridgeport
- Improve access to jobs, education, and services
- Decrease per-capita vehicle-miles-travelled (VMT) and transportation-related emissions for the corridor
- Increase participation and decision-making in developing a long-range vision for the area around Barnum Station

East Bridgeport Corridor Plan

- Compact development within walking distance of Barnum Station
- Mixed-use and market-driven development on appropriate sites
- Apply complete street principles to the road network
- Integrate open space within the pedestrian circulation network
- Improve public transit access and service.
- Create a Yellow Mill Greenway including multi-use paths
- Preserve neighborhood scale and character
- Economic strategy integrated with TOD planning



Meeting health and transportation
objectives through HCD

MA Healthy Transportation Compact

- "Adopt best practices to increase efficiency to achieve positive health outcomes through the coordination of land use, transportation and public health policy."
- Inter-agency initiative: MassDOT, MBTA, Health and Human Services, Energy and Environmental Affairs, Department of Public Health, Housing and Economic Development
- Signed into law 2009, Advisory Council established 2014
- Health Impact Assessments
 - MBTA service policies; Proposed bills; Highway projects; Bike/Ped projects

MA – multi-agency working group

- MA DPH, MassDOT, Metropolitan Area Planning Council (MAPC), VHB
- Identifying methods and models for quantifying health, enviro, economic outcomes from transportation projects

Take-Away points

- Direct relationship between public health and the built environment
- Establish interdisciplinary advisory groups
- Engage underserved communities in health education
- Incorporate health into agency policies (i.e. planning, design, operations, and maintenance activities)
- Set health goals and performance metrics in long-range plans
- Incorporate health impacts/criteria into project evaluation/prioritization process
- Improve data collection to include health outcomes



Thank You!

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