Healthy Community Design – A Holistic Approach to Transit Planning

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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?

<table>
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<tr>
<th>Healthcare</th>
<th>Genetics</th>
<th>Social, Environmental, Behavioral Factors</th>
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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)
• 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
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
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?
1. Drive Economic Development by Creating a Unique Identity
2. Improve Access to Job Opportunities
3. Promote Social & Environmental Justice
4. Increase Housing Opportunities
5. Make Education the Cornerstone of Revitalization
6. Empower Champions for a Healthy Community
7. Promote Access to Healthy Food
8. Invest in People, not Cars
9. Maximize the Opportunity for All Residents to get Physical Activity
10. 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
"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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