

# •Public Health and Public Transit, What's the Connection?

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American  
Heart  
Association®



Robert Wood Johnson  
Foundation

MAKING EACH DAY HEALTHIER FOR ALL CHILDREN™



**Voices**  
for Healthy Kids

*A collaboration between the American Heart Association and the Robert Wood Johnson Foundation working to engage, organize and mobilize people to improve the health of their communities and help all children grow up at a healthy weight.*

# Where You Live Matters

- Growing evidence shows that where one lives has a significant impact on the overall quality of life and life expectancy.
- Research suggests that continued exposure to the stresses of poverty, unemployment, and poor housing can actually alter the structure of your DNA, compounded over generations



Source: Durazo, Kristi, “Did You Know Place Matters?”  
American Heart Association,  
<http://www.empoweredtoserve.org/index.php/did-you-know-place-matters-blog/> Accessed July 29, 2017



# Minneapolis and St. Paul Life Expectancy, by Zip Code

- Just a few miles can mean a 13 year difference in life expectancy
- Both social determinants of health and history may explain this discrepancy.



Source: Center on Society and Healthy, “Mapping Life Expectancy”, Virginia Commonwealth University, <http://www.societyhealth.vcu.edu/work/the-projects/mapping-life-expectancy.html> Accessed July 31, 2017

# New Orleans Life Expectancy, by Zip Code

“The average life expectancy for babies born to mothers in New Orleans can vary by as much as 25 years across neighborhoods just a few miles apart.”



Source: Center on Society and Healthy, “Mapping Life Expectancy”, Virginia Commonwealth University,  
<http://www.societyhealth.vcu.edu/work/the-projects/mapping-life-expectancy.html> Accessed July 31, 2017

# Connecting Active and Public Transportation

“Promoting active transportation -- the opportunity to bike, walk, or roll to work, school, or around the community -- through policy, systems and environmental change is one of the leading evidence-based strategies to increase physical activity across the lifespan.”

“Research supports a link between use of public transportation, more physical activity throughout the day, and lower BMI.”

“Research has found that people are more likely to walk to public transit if they are from lower income households, live in urban centers with access to public transportation, and are nonwhite.”

Source: American Heart Association, “Active Transportation Policy Statement July 2017”, [http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_495249.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_495249.pdf), Accessed July 31 2017



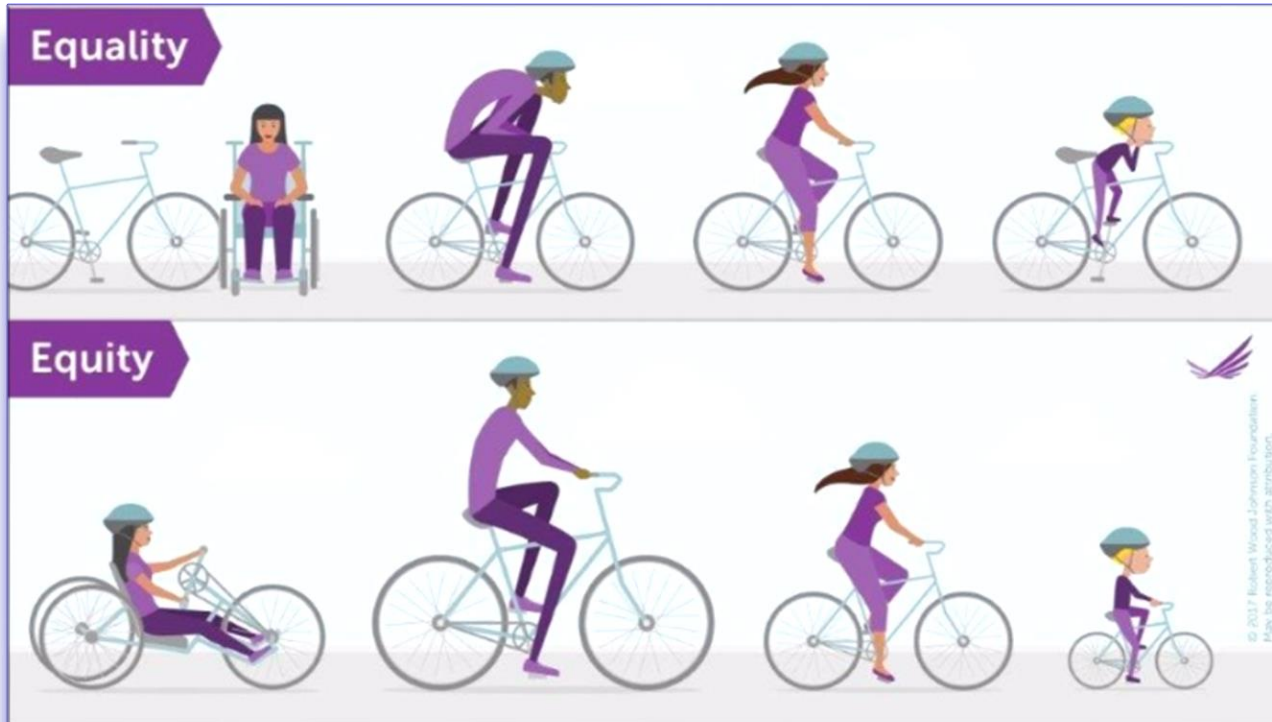
# Policy Change for Kids' Health and Wellness in Community Settings



- Equitable bike and pedestrian funding
- Equitable Complete streets
- Safe Routes to School



# Why Focus on Equity?





# Building Equity into Transportation Planning

## Equitable Complete Streets

“Complete Streets create a more equitable transportation system by providing affordable, convenient, and accessible modes of transportation for all people, including vulnerable populations. Vulnerable populations are more likely to rely on walking, biking, and public transit as their sole source of transportation and are more likely to face barriers such as increased crime, harassment, and poor infrastructure when utilizing those modes”



# Complete Streets: A New Policy Framework



- Coming Fall 2017 a new policy framework will be unveiled by the National Complete Streets Coalition on the Ideal Elements of a Complete Streets Policy.
- Developed with the input of public transit, health and community advocates, the framework is making equity a key component of complete streets moving forward.



Monthly Webinar Series that addresses multiple training and education needs including:

- The Role of Public Health
- Intersection of Vision Zero and Complete Streets
- Rethinking the First and Last Mile: Transit Driven Complete Streets

For more information, email [info@completestreets.org](mailto:info@completestreets.org)

**New bus routes and financial incentives among the strategies to address Baton Rouge's 'food deserts' - The Times-Picayune, November 14, 2014**



CATS CEO Bob Mirabito said he's "solidly behind" the idea of using public transit to help improve access to healthy food.



Baton Rouge Mayor Kip Holden spoke on Nov. 14 at a Together Baton Rouge presentation about the importance of grocery access.