



Linking Transportation & Public Health



The Nashville Area MPO is improving health in Middle Tennessee.

Quality of life and public health in the Nashville region are significantly impacted by the way communities grow and address transportation. Due to the relationship between health and the built environment, the Nashville MPO and its partners incorporate health considerations at each stage of the transportation planning process.

When evaluating the needs of the region the MPO looks at four factors which are critical to health and well-being: levels of physical activity, air quality, safety and equity. The way communities are designed and the transportation systems in place can have a great impact on these factors.

Over the next 25 years a significant portion of the MPO's \$7 billion transportation budget is recommended to expand the Middle Tennessee region's active transportation system.

Federal funds will be dedicated toward the following to improve health in Middle Tennessee:



HEALTH + TRAVEL

Collecting data throughout Middle Tennessee to further understand the relationship between how people travel and their health.

Transit Bikelanes Sidewalks

Prioritizing transportation projects that promote physical activity.



GREATEST IMPACT

Directing investments with the
on improving physical activity, combating health disparities and chronic diseases.

Promoting holistic approaches to building communities with local, state and national partners in the areas of health, housing, transportation, food access and equity.





30% of transit users get

100%

of their daily physical activity from their daily travel.

Fitting short periods of physical activity into the day can be more beneficial to cardiovascular health than an hour at the gym.



Sitting is the new smoking

The risk of obesity increases by

6% ▲

for every mile you spend you sitting in a car.



Vehicles are a leading cause of air pollution.

In 2010, more than **96,000** deaths in the MPO's planning region are due to diseases which maybe linked to air quality.

Air pollution can be reduced by increasing transit ridership and active transportation.

Cities where more people use public transit tend to have fewer traffic-related deaths.

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88%

of regional roads in
Middle Tennessee
are **unsafe** for
pedestrians.



**Active
transportation**

(cycling, walking, etc.)

decreases the risk of
cardiovascular disease by

11%

Sidewalks
increase the
rates of physical
activity in children
and adults.

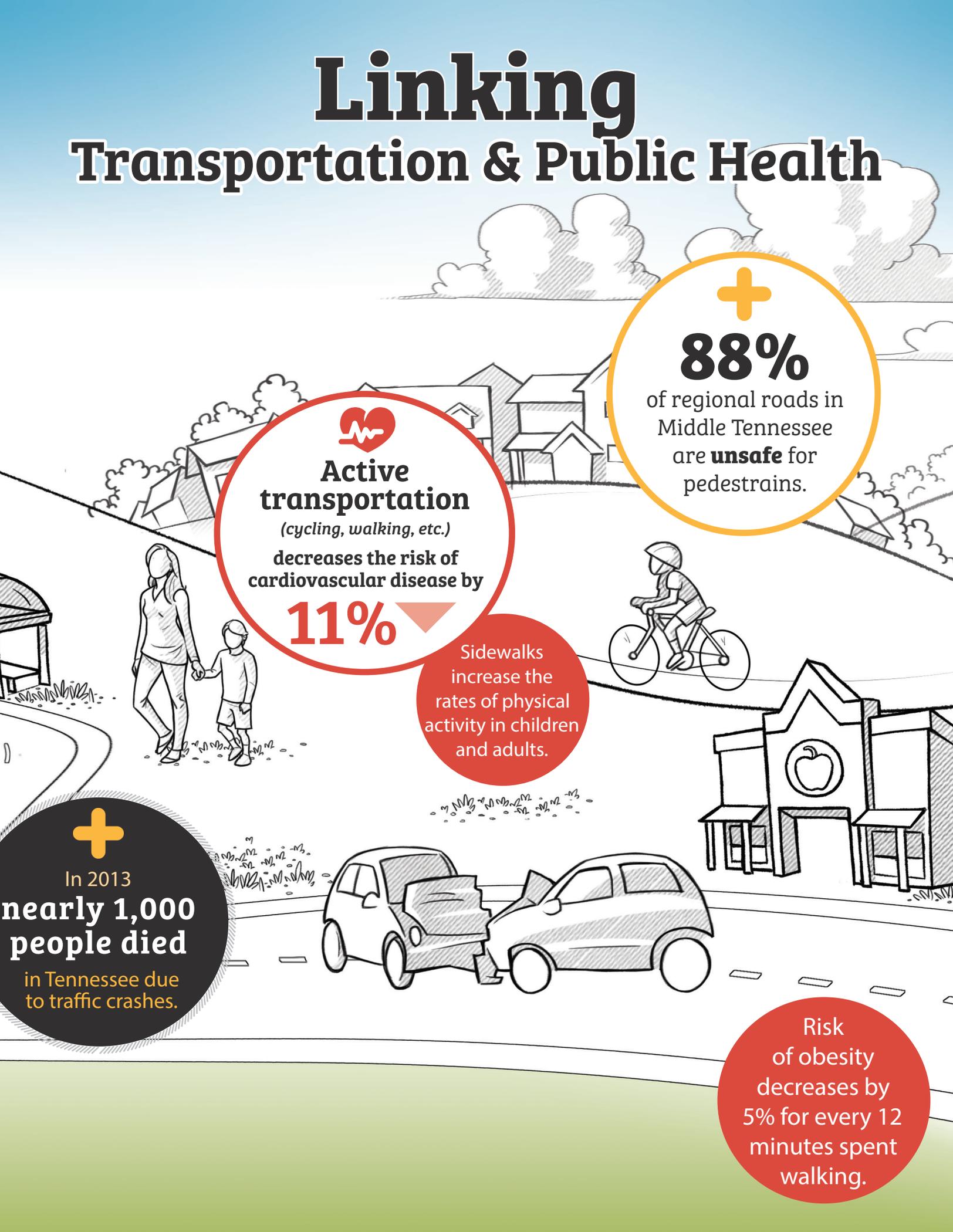


In 2013

**nearly 1,000
people died**

in Tennessee due
to traffic crashes.

Risk
of obesity
decreases by
5% for every 12
minutes spent
walking.



Our environment is the single most important factor in determining our health.

The way communities are designed and the transportation systems in place can have a great impact on these factors:



In the US, approximately **2.3 million** people live in low-income, rural areas that are more than 10 miles from a supermarket.

Providing access to food for all through a variety of modes is critical.



Food deserts

(areas where there is limited access to full service grocery stores) can exist in both rural and urban areas.



Physical Activity

How much people move is a primary component of health. Transportation options offer the opportunity to increase our physical activity on a daily basis. The MPO is committed to forming policy, funding and research that support the improvement of health outcomes through active transportation that incorporates transit, walking and bicycling as part of trips.



Air Quality

Transportation's effect on air quality and the impact on health is significant. Air quality is tied to a variety of diseases including cancer, diabetes, as well as respiratory and heart disease. The MPO focuses on policies to help improve air quality by reducing vehicular trips.



Safety

Improving the safety of our roadways, regardless of the mode used for travel, is critical to our region. Knowing that vehicle accidents are a leading cause of death to a significant portion of our population, the MPO's regional transportation planning process evaluates the impact on safety for vehicles, transit, pedestrians and bicyclists when identifying projects in Middle Tennessee.



Equity

Transportation is important for accessing jobs, schools, medical care and daily necessities such as food. The goal of improvements to the regional transportation system is to provide access to destinations in all areas using a variety of transportation options.

ABOUT THE NASHVILLE AREA MPO

The Nashville Area Metropolitan Planning Organization (MPO) facilitates strategic planning for the region's multi-modal transportation system by serving as a forum for collaboration among local communities and state leaders.

As health and well-being continue to be directly linked to our built environment, the MPO has committed resources to forming policy, funding and research to support the improvement of health outcomes through active transportation - transportation that requires physical activity - such as transit, walking and bicycling.

Additionally, the adoption of the MPO's 2035 Regional Transportation Plan in 2010 marked a significant shift in increasing the support for active transportation projects. Transportation projects evaluated for the plan were scored based on positive outcomes for air quality, provision of active transportation facilities, injury reduction for all modes, improvement to personal health and equity of transportation facilities in undeserved areas. Five hundred transportation projects were submitted for the plan and all roadway projects were scored using the new criteria.

For more information on the MPO's 2035 Regional Transportation Plan visit nashvillempo.org/2035.



NASHVILLE AREA

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