Creating Livable, Prosperous and Healthy Communities
“Most chronic diseases and conditions are a normal response by normal people to an abnormal environment.”
Our Streets Have to be Public Assets...
The Role of Transportation

Obesity/Vehicle Miles Traveled in U.S.

Sources: Centers for Disease Control – National Health and Nutrition Examination Survey/
U.S. DOT – Federal Highway Administration, Annual Vehicle Distance Traveled in Miles and Related Data
Nashville Area MPO

2.5 million statewide
1.3 million (52%)
in Middle Tennessee
What Transportation Can Do?

Nashville Area MPO:

- Policy
- Project Prioritization
- Funding
Policy based on Public Opinion

#1
A Bold, New Vision for Mass Transit

#2
Support for Active Transportation & Walkable Communities

#3
Preservation & Enhancement of Strategic Roadways
There is a strong link between the lack of physical activity and health (e.g. heart disease, obesity, and other chronic conditions).

Research has also shown certain population groups have a higher disparity. These groups include:
Result: Increased Physical Activity

Active Transportation Projects
2005: 2% funded projects
2010: 67%
2015: 77%

2009 to 2014 Miles of:
Sidewalks: 57% increase
Bikeways: 19% increase
Greenways: 36% increase
What Public Health Can Do

Tennessee Department of Health:
- Staff
- Grants
- Cross-sector communications
Access to Health/Healthy Active Built Env.
Infrastructure - funded by public health
Join Together: Data Collection & Studies

Transportation, Physical Activity and Health Data Collection and Analysis

Middle Tennessee Transportation and Health Study

Welcome! The Middle Tennessee Transportation and Health Study is sponsored by the Nashville Metropolitan Planning Organization, the Clarksville Urbanized Area Metropolitan Planning Organization, and the Tennessee Department of Transportation. If you have received a participation letter, please Start Here to begin the survey.

Every day, thousands of people move through the middle Tennessee region—in cars, on buses, by foot, on bikes. To plan for the projects of tomorrow, we need to understand how you travel today. Your participation in this important survey will help improve the future of transportation for all of us.
Join Together: Prioritize Resources

Health Priority Areas
3 out of 4:
- Poverty
- Unemployment
- Carless Household
- Aging (over age 65)
Join Together: Model the Future

Savings: $116 Million per year in healthcare costs

Moderate Δ Disease Burden
- Cardiovascular Diseases: -3.1% ↓ 85.6
- Diabetes: -3.0% ↓ 9.3
- Depression: -1.1% ↓ 0.0
- Dementia: -1.3% ↓ 11.6
- Breast Cancer: -1.2% ↓ 2.2
- Colon Cancer: -1.1% ↓ 2.0
- Road Traffic Crashes: 0.0% ↔ 0.0

Total: -1.0% ↓ 112.3

AT min/wk
Walk mi/wk
Bike mi/wk

Minutes per week
Miles per week
Baseline
Conservative
Moderate
Aggressive
Join Together: Measures

Not just ADT, % Free Flow Speed and LOS

- Physical Activity Rates
- Presence of Sidewalks
- Sales and Property Tax Revenues
- Obesity Rates
- Poverty Rates
- Employment
- Educational Attainment
- Quality of Life Measures
“By creating attractive, enjoyable, active and socially engaging environments that optimize the health of children and adults, Tennessee fosters the best opportunities for children to grow and learn, as well as increases the productivity and contribution of adults to their communities and workplaces.” - Dr. Dreyzehner
Membership

- Department of Education
- Department of Health
- Department of Economic & Community Development
- Department of Environment & Conservation
- Department of Tourist Development
- Tennessee Housing Development Agency
- Family & Consumer Sciences Extension Institute of Agriculture
- TCAD (Tennessee Commission on Aging and Disability)
THANK YOU

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