Connecting Health & Transportation… *Why Bother?*

Oregon Public Transit Conference

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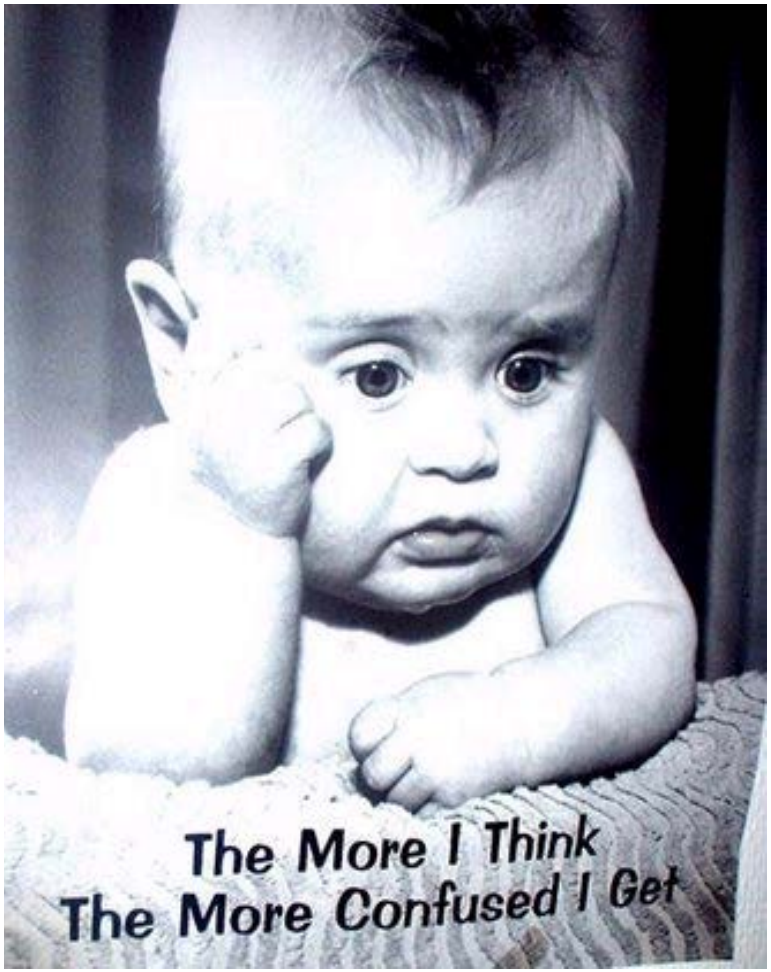
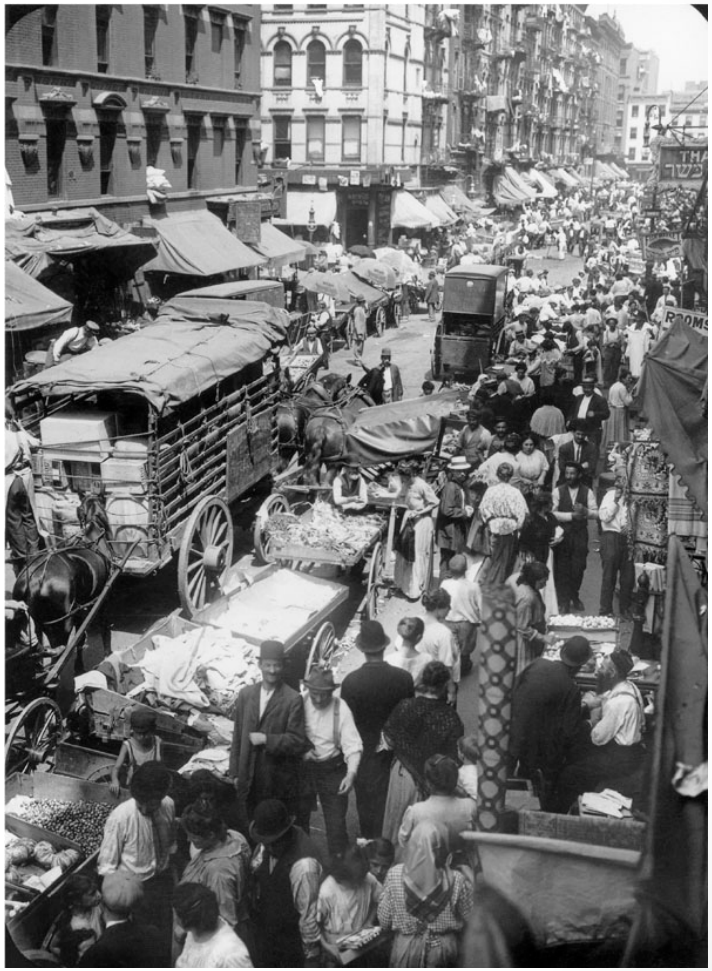


So….

How did we get here?

Let’s take a look at the issues behind the opportunity…

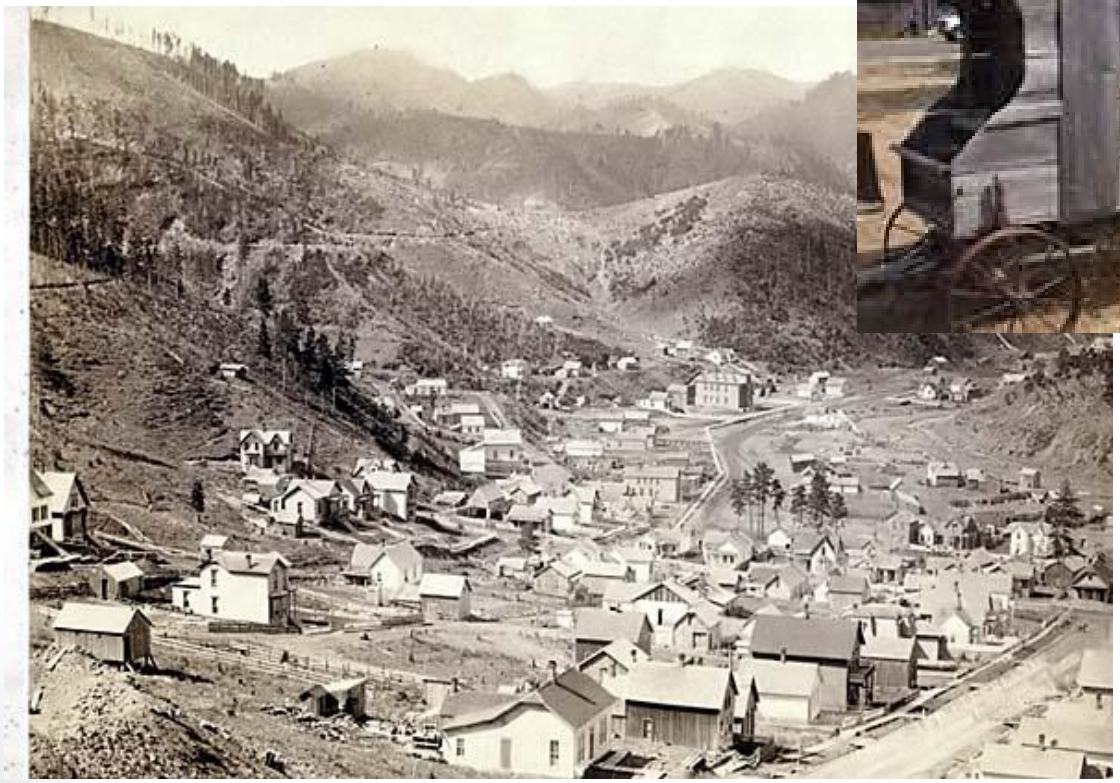
Out with the old…



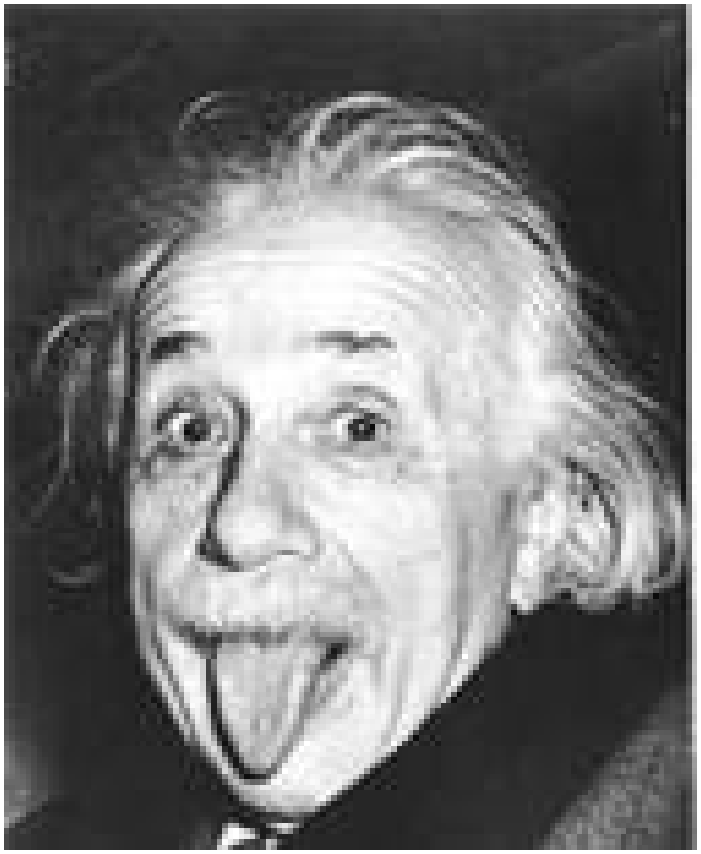
In with the new…

NO PARKING
KISS AND
DROP OFF

From Booming to Bust…



So where do you fit in?...



Definition of …

Insanity:

Doing the same thing over and over again and expecting different results.

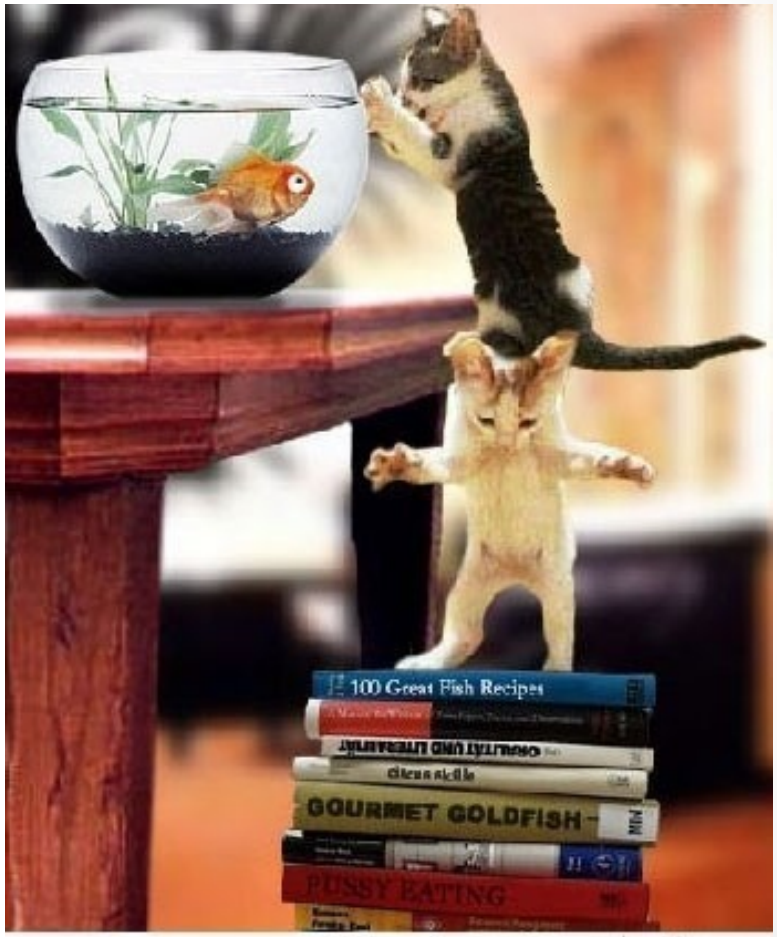
~ Albert Einstein,

(1879 – 1955)

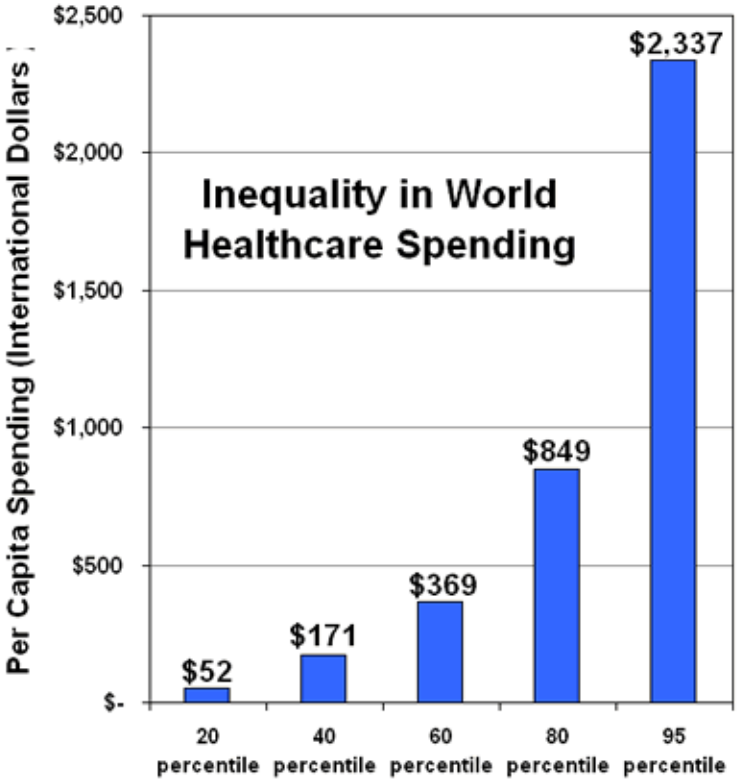
We must work together!

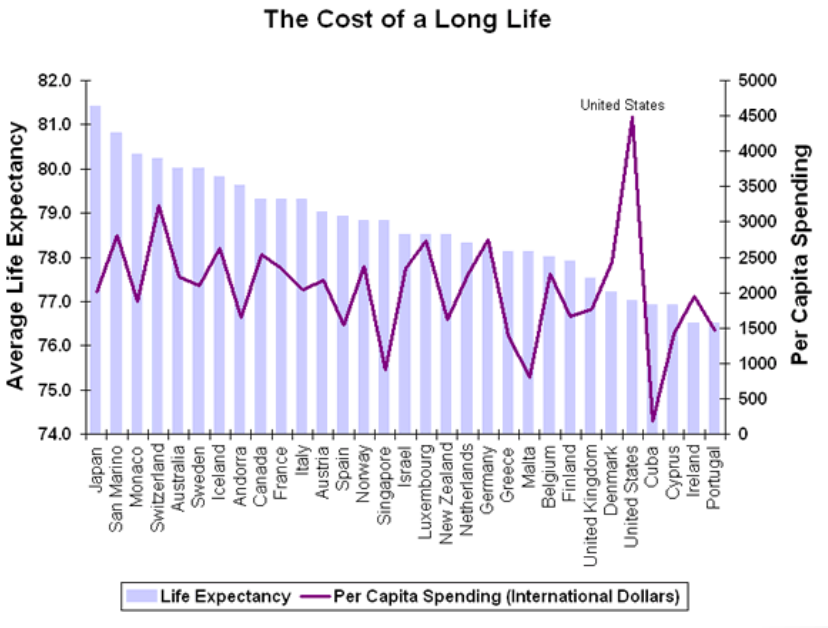
We need to link our priorities and goals together to achieve better outcomes for those we serve…

Hey, wait, that sounds like healthcare reform!



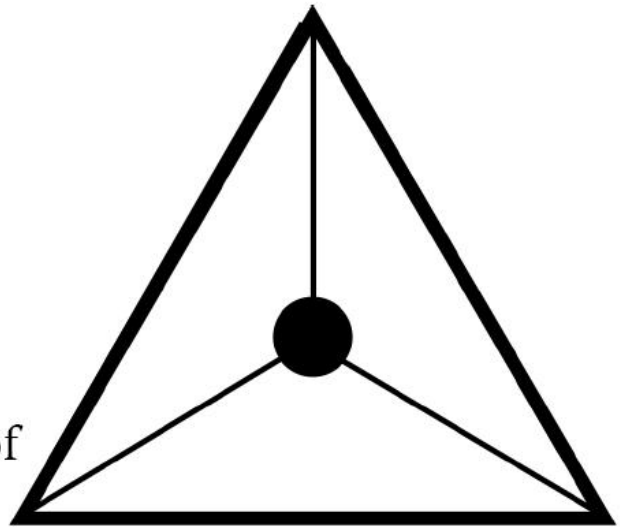
We spend more…& get less…





I hear Oregon is Transforming Healthcare, What's This All About…

Oregon Healthcare Transformation is Based on…



- Safe
- Effective
- Patient centered
- Efficient
- Timely
- Equitable

The IHI *Triple* Aim

Better care for individuals, better health for populations, lower per capita costs

What is a CCO? *Is it contagious?*

- Oregon Health Plan: Coordinated Care Organizations
- Approx. 665,000 Oregonians; Jan. 1, add another 225,000
- CCOs have the flexibility to support new models of care
- patient-centered and reduce health disparities
- better coordination of services
- focus on prevention, chronic illness management
- flexibility within their budgets to provide services necessary to meet patients need (i.e. air conditioner story; gas cards)
- goal of meeting the Triple Aim of better health, better care and lower costs for the population they serve

Governor's 10 Yr. Plan…

Healthy People…

- Reduce rate of adult obesity to less than 30%
- Reduce rate of childhood obesity to less than 10%

Hmmm…recent study showed

Public transit reduced BMI by an average of 1.18 kg/m2 compared to non-users in the same area over a 12-18 month follow-up period. This is equivalent to a relative weight loss of 6.45 lbs for a person who is 5'5. Transit users were also 81% less likely to become obese over time.

Healthy Environment…

- Reduce greenhouse gas emissions to at least 10% below 1990 levels
- Increase access and availability to transit, rail, bicycle, and pedestrian travel.

Hmmm… yet another study shows that…

A single person, commuting alone by car, who switches a 20-mile round trip commute to existing public transportation, can reduce his or her annual CO2 emissions by 4,800 pounds per year, equal to a 10% reduction in all greenhouse gases produced by a typical two-adult, two-car household.

By eliminating one car and taking public transportation instead of driving, a savings of up to 30% of carbon dioxide emissions can be realized.

10 Yr. Plan…Healthy People…Healthy Environment
this was written with you in mind!

And if you still don't get your importance to this issue…

Social Determinants of Health- 2008

- Social gradients (life expectancy is shorter and disease is more common further down the social ladder)
- Stress (including stress in the workplace)
- Early childhood development
- Social exclusion
- Unemployment
- Social support networks
- Addiction
- Availability of healthy food
- Availability of healthy transportation
- New… WHO added healthy physical environments and access to healthcare

So What Does This All Mean?...

The Fun is Just Starting…

Ideas…

- Educate your CCO's…NOW
- Get involved with your ACT
- Meet your Public Health folks and work together to align priorities
- Don't assume we understand your work and how public transit and commute options will help local government and or CCO's to reach their goals
- Get data to us to help tell the story of how transit assists with housing, obtaining and keeping a job, access to medical care, access to community
- Assist with writing policy that links good public health policy; public transit (MassDOT)
- Assist with grant writing; safe routes to schools, transit funding opportunities, trails, etc.
- Give input at critical points; comp plan update, TSP, text amendments
- Health Impact Assessments:
  - Reduce Vehicle Miles Traveled (VMT)
  - Expand Public Transportation
  - Promote Active Transportation
  - Incorporate Healthy Community Design Features
  - Improve Safety for All Users
  - Ensure Equitable Access to Transportation Networks

Really Cool Things Happening with ODOT & OHA-PHD…

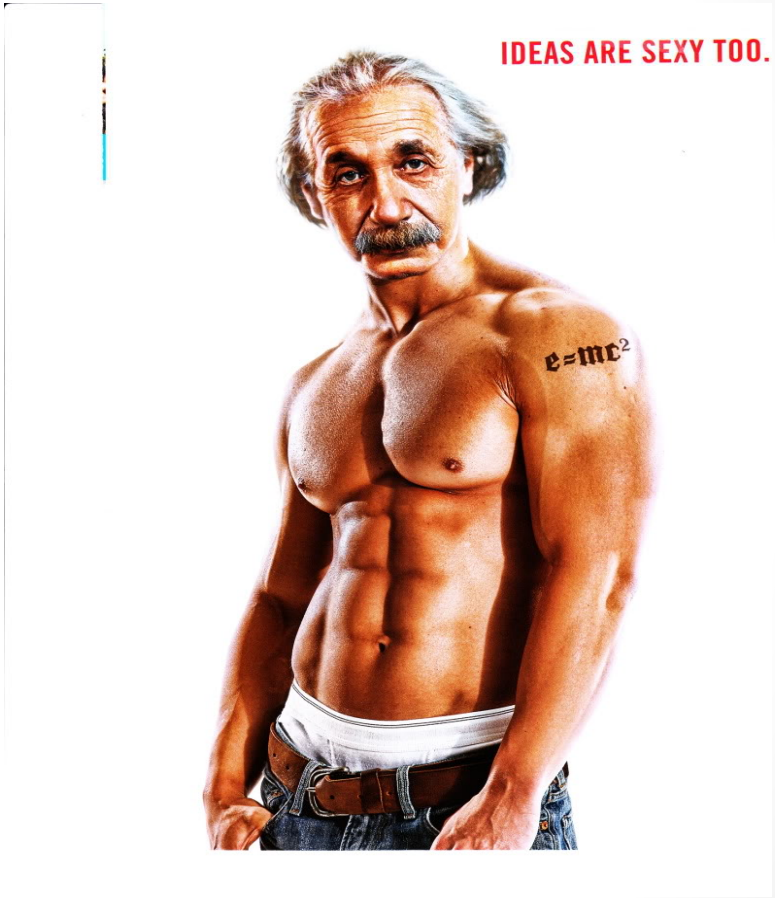
- **ODOT/OHA-PHD MOU**
  - Training and educating staff about cross priorities and activities
  - Linking ACT's with transit as well as health representatives
  - Collaborative research and data analysis
  - Leverage funding
  - Supporting Health Impact Assessments
- Creating a Transportation Options Plan; supporting communities health goals, reducing reliance on fuel, leveraging existing transportation infrastructure to create options for transit
- Blending funds to invest in multi-model projects; ConnectOregon
- Active Transportation Division; planning

More words of wisdom from Einstein…

"The important thing is not to stop questioning. Curiosity has its own reason for existing."

Question for you…

"How can we work together differently to get a better outcome?"



Questions?

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