

Welcome, TCLA 26

Session 5: Impacts & Intersections on Health and Sustainability



Thanks to our Generous TCLA 26 Sponsors



- Al and Gay Vekovius, TCLA 23 Alumni
- Phil Ryan, TCLA 23 Alumni



AGENDA

- Welcome back
 - Check in and recap—Any thoughts about TCLA so far?
 - WIFI: Chamber Guest / PW: NACC18guest
 - Website Portal LOGIN Password is TransitAcademy (thetransitalliance.org)
- Leslie Meehan, TN Dept of Health
- Madeline Roberson, Network for Sustainable Solutions
- DINNER
- Class Project Planning Time





TRANSPORTATION RESOURCES FOR LIVABLE COMMUNITIES



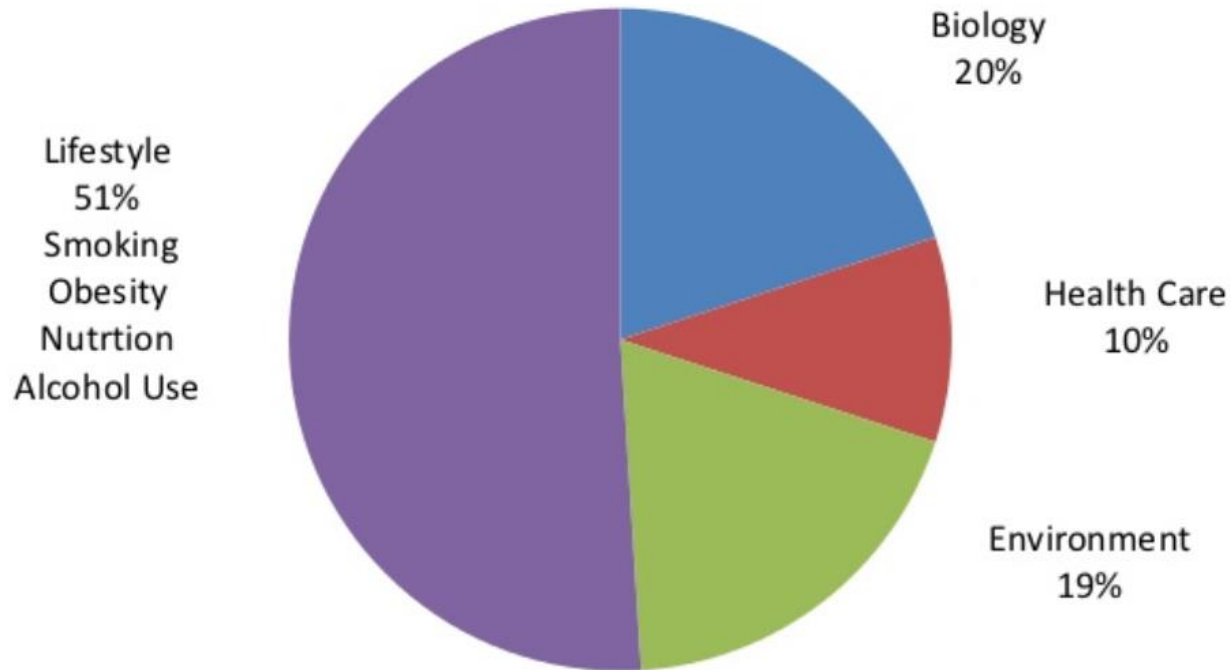
Department of
Health

Leslie Meehan, MPA AICP
Director, Special Projects
Tennessee Department Of Health

“Most chronic diseases and conditions are a normal response by normal people to an abnormal environment.”

What Determines Our Health?

Factors Influencing Health Status



COLORADO DEPARTMENT OF
PUBLIC HEALTH & ENVIRONMENT
Health begins where you live, learn, work and play.

Source: McGinnis, J.M and Foege, W.H. (1993). "Actual Causes of Death in the United States," Journal of the American Medical Association.

Our Streets Influence Our Health

Limited
sidewalks

No bicycle
lanes

Fast food, not
fresh food

Predatory
lending

Signs and
electrical
wires



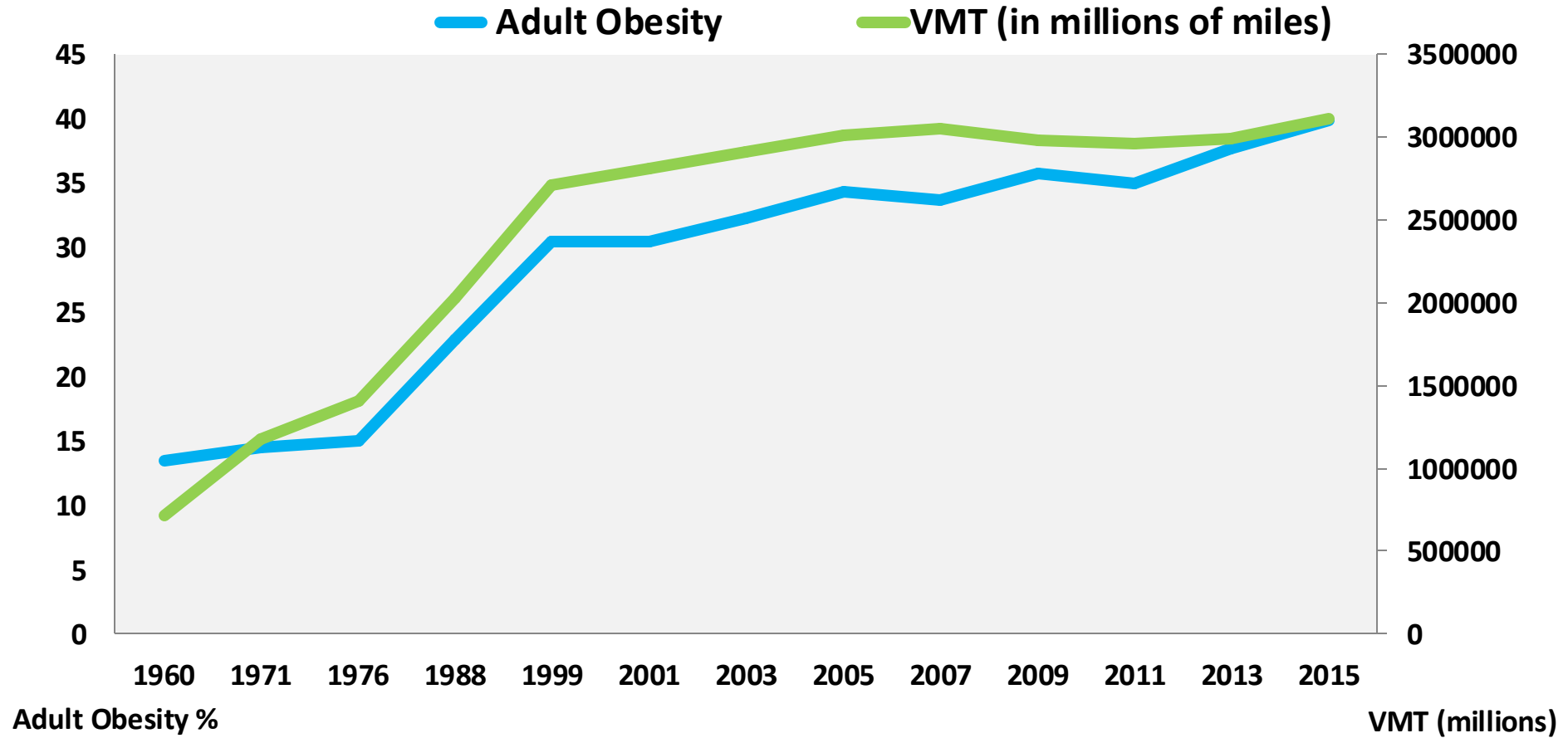
79.2% of people in Nashville drive alone to work

76.4% for the U.S. as a whole



The Role of Transportation

Obesity Prevalence and Vehicle Miles Travelled (VMT) per year in the U.S.,
1960–2016





Commute Time

Long commutes are harmful to your physical and mental health (Hoehner et al., 2012; Hilbrecht et al., 2014)

Longer commutes are associated with:

- ✓ **Reduced physical activity**
- ✓ **Increased body mass index**
- ✓ **Higher blood pressure**
- ✓ **Lower levels of life satisfaction**
- ✓ **Increased sense of pressure**



Environment

Reducing exposure to air pollution leads to improvements in life expectancy (Pope, Ezzati, and Dockery, 2009)

For every mile travelled, public transit uses $\frac{1}{2}$ the fuel and produces a fraction of the harmful pollution of private vehicles

- ✓ 5% as much carbon monoxide
- ✓ less than 8% as many VOCs
- ✓ about $\frac{1}{2}$ as much carbon dioxide and nitrogen oxides

(Shapiro, Hassett, and Arnold, 2002)

2.1% of people in Nashville use public transit to get to work

5.1% for the U.S. as a whole



Safety

Public transit is the safest form of transit

Passenger fatalities per billion passenger miles:

Bus 0.11

Subway or Light Rail 0.24

Commuter Rail 0.43

Cars or Light Trucks 7.28

(Litman and Fitzroy, 2013)



Chronic Disease

Walking to transit helps people meet their daily recommended physical activity

People who walk to transit in large urban areas with a rail system are 72% more likely to transit walk 30 minutes or more per day than those without a rail system. (Freeland et al., 2013)

Return on Investment - Health



≠



**Health care is necessary—but not sufficient—
for good health**

Healthy Development Coordinators

Tennessee Department of Health | 2017



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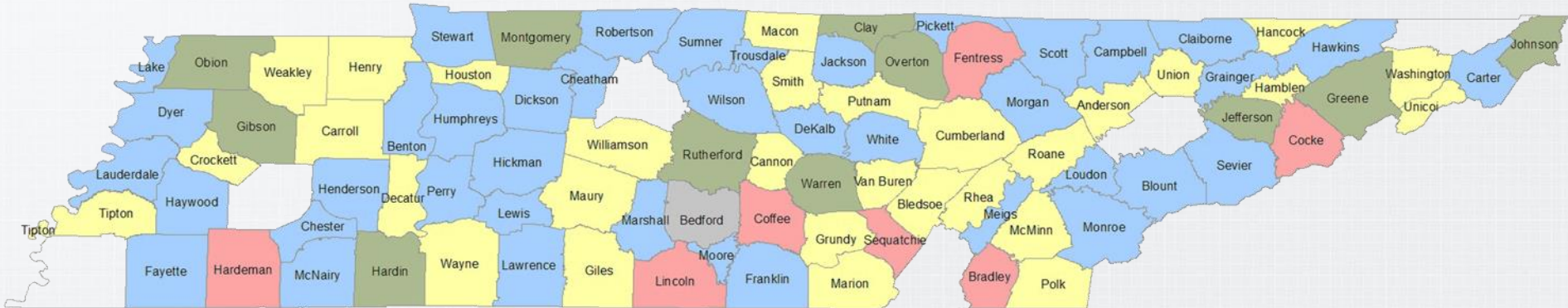
Supervisor: Beth Delaney



HEALTHY DEVELOPMENT COORDINATORS

Types of Grant Activities

-
- Playground/Fitness Equipment Projects (42 total)
 Trail, Greenway, or Walking Track Projects (30 total)
 Park or Public Space Projects (11 total)
 Other Projects (7 total)
 Did Not Accept Funds
 Metro Area (Ineligible)





QUESTIONS?



Department of
Health

Leslie Meehan, MPA AICP
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Transit for a Sustainable Future

MISSION

To enrich people and planet by connecting individuals, organizations, communities, and more to each other to create lasting sustainable change.



**NETWORK FOR
SUSTAINABLE
SOLUTIONS**

MADELINE ROBERSON

Director of Programs and Engagement

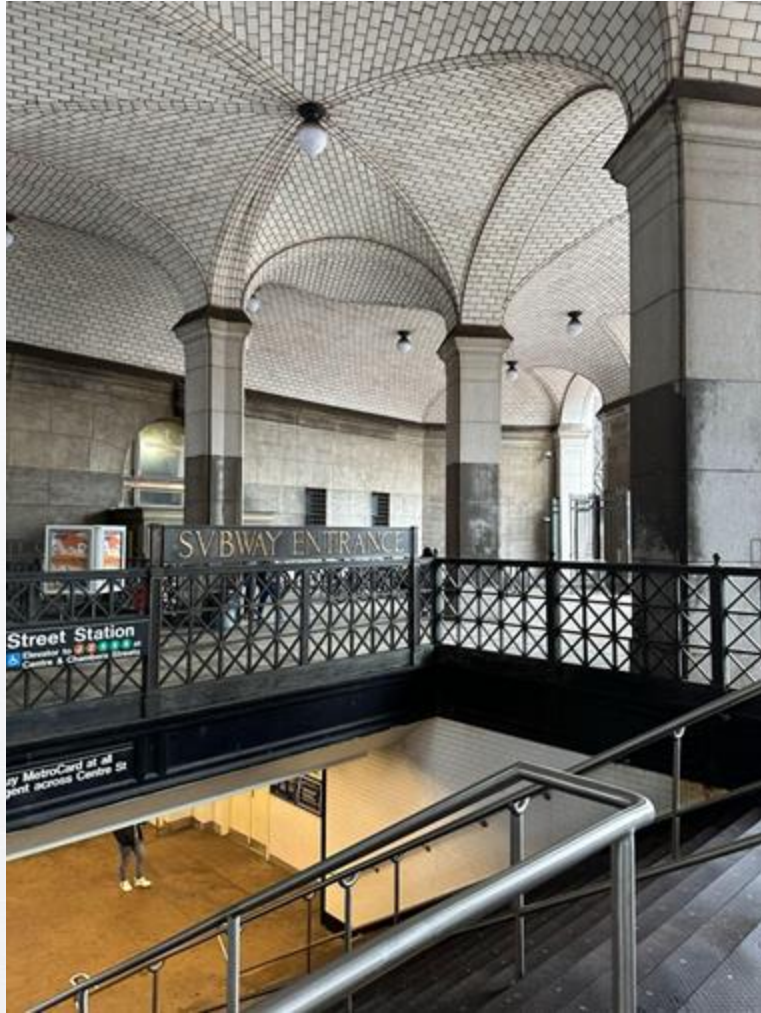
OUR WORK

- Directory + Website
- Transit Together
- Food Waste + Systems
- Education + Community Engagement
- Networking



**NETWORK FOR
SUSTAINABLE
SOLUTIONS**

My Transit Story

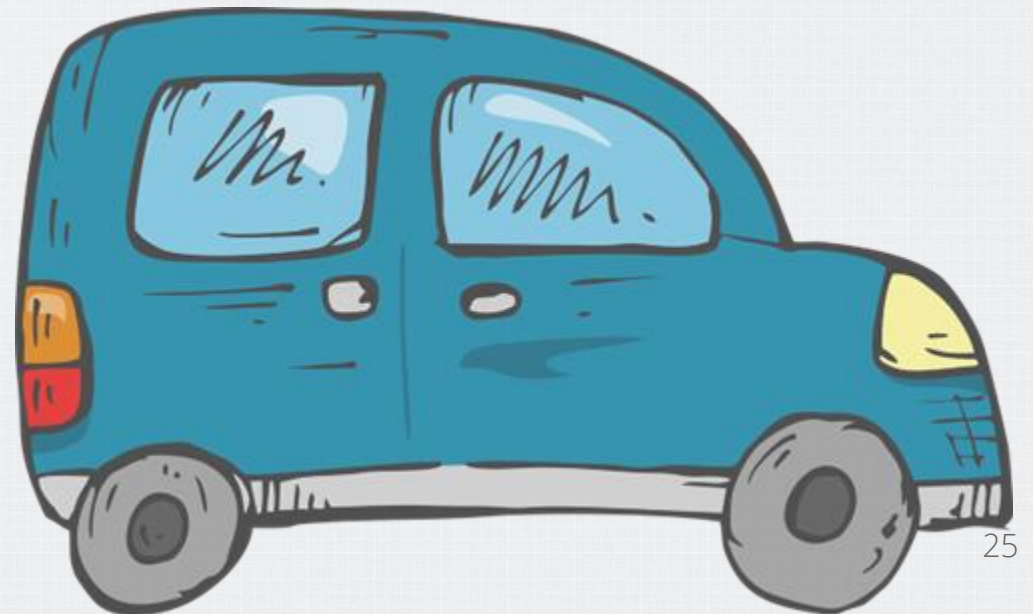




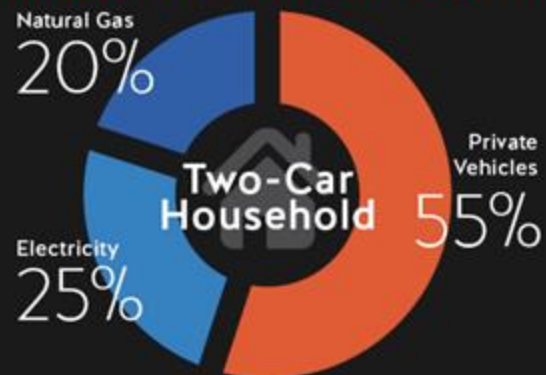
Is it Sustainable?

- Vehicle Sharing
- 85% of GHG emissions come from residential transportation
- Make the Switch!

If just one driver per household switched to taking public transportation for a daily commute of 10 miles each way, this would save 4,627 pounds of carbon dioxide per household per year—equivalent to an 8.1% reduction in the annual carbon footprint of a typical American household.



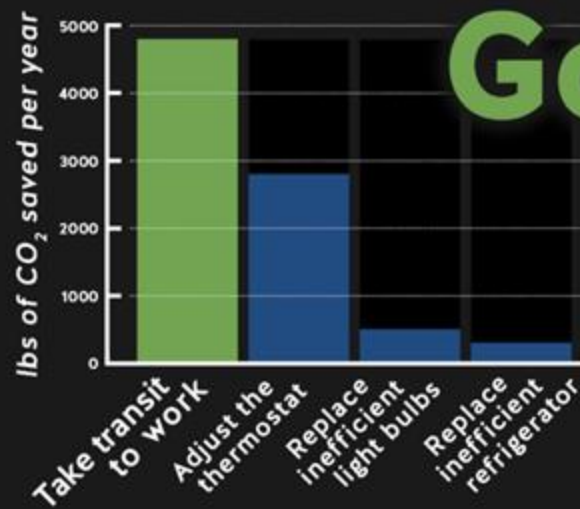
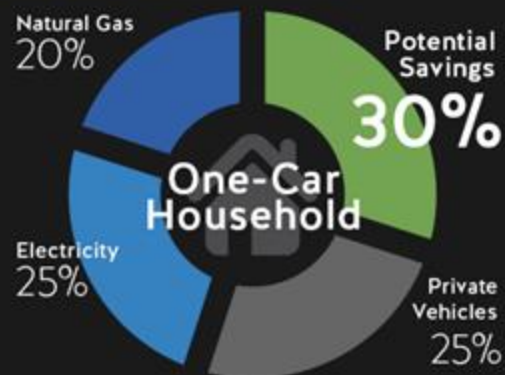
The private vehicle is the largest contributor to a household's carbon footprint



Sources: American Public Transportation Association, www.apta.com
 Public Transportation Reduces Greenhouse Gases and Conserves Energy
 Public Transportation Saves Energy and Helps Our Environment

Go Green

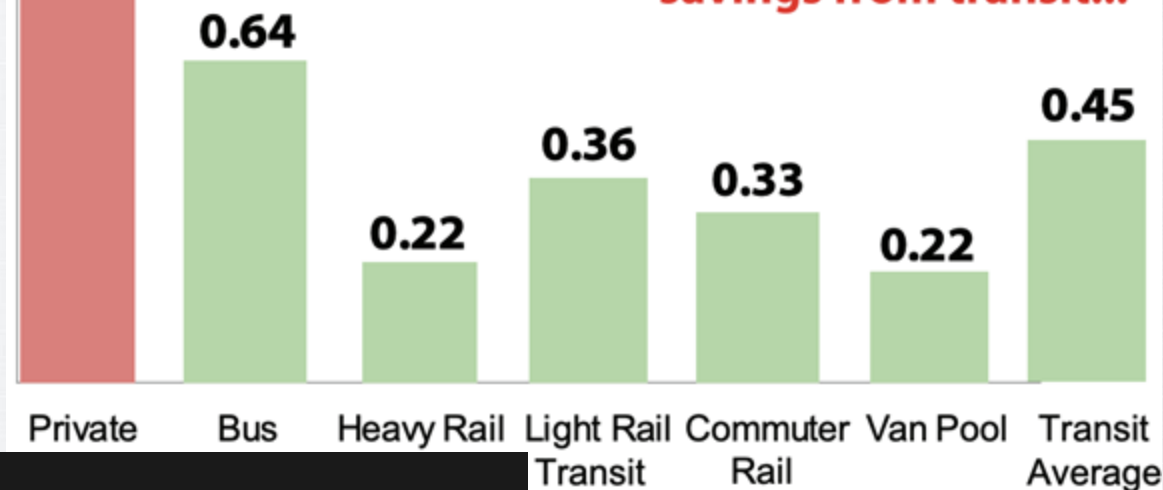
Using public transportation reduces household carbon emissions



Sources: American Public Transportation Association, www.apta.com
 Public Transportation Reduces Greenhouse Gases and Conserves Energy
 Public Transportation Saves Energy and Helps Our Environment

0.96

National averages show significant greenhouse gas emission savings from transit...



Go Green

Reduce your carbon emissions by commuting on public transit

RideKC



Social Impact/ Sustainability

- The stigma surrounding transit
- Transit is vital for community success
- Collective mobility
- Expense





16
in-person
listening
sessions

400+
total
attendees

1500+
Nashvillians
engaged about
transit

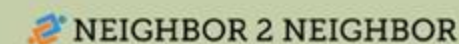
TRANSIT TOGETHER

In late 2022, NSS partnered with The Transit Alliance of Middle Tennessee (TAMT) to create Transit Together, an initiative to reinvigorate the transit conversation involving the entire community from the beginning. We are building a framework to make necessary, material changes in the quality of life for our community through transit infrastructure investments and policy. Throughout 2023, NSS and TAMT hosted 16 listening sessions in partnership with many notable non-profits and businesses in the area that truly represent Nashville and its diverse communities. We have collected imperative data from our first round and are gearing up to host round two in early 2024.

OUR IMPACT

- Developed relationships with over 16 NGOs, businesses, and organizations
- Engaged over 1500 Nashvillians on transit issues
- Launched a digital survey and received over 700 responses
- Awarded a grant from the American Public Transportation Authority

PARTNERS





Thank You!



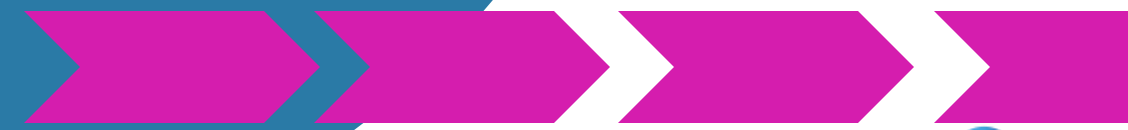
Madeline Roberson / Director of Programs and Engagement

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“THE ONES WHO ARE CRAZY
ENOUGH TO THINK THEY CAN
CHANGE THE WORLD, ARE THE
ONES WHO DO.”

STEVE JOBS



TRANSIT
ALLIANCE



Class Project Planning Sesh

OBJECTIVE:

Devise a way to get
more statistics about
Choose How You
Move out to voting
public before
November 5th.

STATS
TO
SHARE.

WAYS
TO
SHARE.

???

