

Good afternoon!

It was great to see you all on Wednesday. It was an afternoon full of information.

### **Recap**

- **Mayor Hutto** of Wilson County talked about all the great things happening in Wilson County and how the [WeGO Star](#) plays a huge part in the community. He also mentioned the following:
  - The first Transit Oriented Development in Tennessee was built in Wilson County and is called [Hamilton Springs](#).
  - There is a new housing development next to the [WeGo Star](#) in Mt. Juliet called [Vintage Station North](#) ( we will be able to see in our excursion to Mt. Juliet on November 13th).
  - A large portion of the residents of Wilson County leave the area for work everyday.
  - He would like to create a bus loop within the county.
  - He is also working on increasing the amount of times the WeGo Star operates.
- **Leslie Meehan** who is the Director of the [Office of Primary Prevention at the TN Department of Health](#) provided great information about the importance of the built environment and transit in our health. She also emphasized the importance of the &.
  - You can find amazing resources mentioned during her presentation [here](#) including the Return on Investment Toolkit, Healthy Community Design and Design Charrette Manual.
  - For those interested in learning more about the Built Environment Grants provided by her office, [click here](#).
  - You can sign up for the newsletter [here](#).
  - Some Impactful statistics shared:
    - What Determines Our Health?
      - 51% Lifestyle (smoking, obesity, nutrition, alcohol use)
      - 19% Environment
      - 20% Biology
      - 10% Health Care
    - 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 (U.S average is 76.4%)
    - Long Commutes are harmful to your physical and mental health because longest commutes are associated with reduced physical activity, increased body mass index, higher blood pressure, lower levels of life satisfaction, increased sense of pressure.
      - Reducing exposure to air pollution leads to improvements in life expectancy (For every mile travelled, public transit used half the fuel and produces a fraction of the harmful pollution of private vehicles
- Shelly Hazle, the Director of Cumberland Region Tomorrow talked about the importance of Transit & Landuse & Urban Form. She also mentioned:
  - The origin of [Cumberland Region Tomorrow](#).
  - The [Power of 10](#) event they host every year.
  - The growth of Nashville and how cars have helped shape our lives and communities and created sprawl.
  - If you want successful transit you must have the development and land use patterns to support it and density is needed for transit.
  - For efficient and reliable local transit residential densities exceeding 7 or 8 homes per acre i.e like Charleston.

- Close to transit stations: Household densities should reach, at a minimum, 10 to 20 dwelling units per acre. Similar to Louisville.
- Higher frequency and high volume service provided by high capacity transit: Residential densities exceeding 15 to 20 homes per acre, as well as employment areas with densities of 50 jobs per acre and higher. Similar to DC.
- Density provides more places to leave and go to. Higher density development intensifies the origins and destinations served by the transit system, thus increasing the number of people living near transit who could potentially travel to transit served destinations and expanding the number of jobs in those locations.
- Cities and neighborhoods are organic creatures so allow them to grow incrementally--to the next level intensity.
- Carol Westlake, the Executive Director of the TN Disability Coalition did a great presentation on who needs public transit? Below are some things she mentioned:
  - Who needs transit?
    - People with disabilities
    - Seniors
  - 29% of all households in TN are home to a person with a disability. This number in rural Middle Tennessee is 32.6%
  - Adults with disabilities are twice as likely as those without disabilities to have inadequate transportation (34 % vs 16%).
  - 3.6 Million People in the county do not leave their homes because of travel limiting disabilities.
  - Transportation and mobility play key roles in the struggle for civil rights and equal opportunity in the disability community.
  - Affordable and reliable transportation allows people with disabilities access to important opportunities in education, employment, health care, housing, and community life.
  - People with disabilities are underrepresented in the workforce, TN ranks 44th in the nation for the employment rate of workers with disabilities.
  - By 2030, one in five people in the US will be over the age of 65.
  - By 2040 TN is projected to nearly double its senior population to nearly 800,000.
  - The Nashville metropolitan area experiences the 4th lowest transit access in the nation: 85% of Nashville-area seniors have poor transit access.
  - Seniors without transportation options make 15% fewer doctor's visits, 59% fewer shopping trips and restaurants visits and 65% fewer trips for social, family and religious activities.
  - Characteristics of usable transit are accessible, safe, reliable and affordable!
- All presentations are posted on our [TCLA portal](#).

### **Session 3 Teaser**

- Our third class is this upcoming Wednesday, October 30th and the theme for the session is **Better Transportation Through Technology**. We will focus on how new technologies , incentives and creative solutions emerge, how can we capitalize and make the best use of them.
- **Steve Bland**, the CEO of WeGo Public Transit and RTA will be talking about WeGO Public Transit and how they are working on modernizing their transit system.
- **George Gunter** from Vanderbilt University will be talking about Autonomous Vehicles and the potential impact and challenges.
- **Stanton Higgs** from the [TMA Group](#) will be talking about what they do and commuter service.
- **Mark Cleveland**, the Co-founder and CEO of [Hytch](#) will talk about incentives for changing behavior.

### **Things to remember**

- Please make sure to arrive on time so we can begin promptly at 4pm

- Address-WeGo Central, 400 Martin Luther King, Jr. Blvd (formerly Charlotte Pike) Nashville TN.
- Parking-Free (Print attached Parking Pass)
  - Enter garage from Martin L. King Blvd.
  - Park on the Southside of the **fifth floor** of the garage.
  - Take the elevator to the 2nd floor.
  - Text or call my cell 615-546-8052 if you need assistance