

Garden Steps: Integrating Health in Transportation



Lena Young Green

Kitty Wallace

Dr. Ayesha Johnson

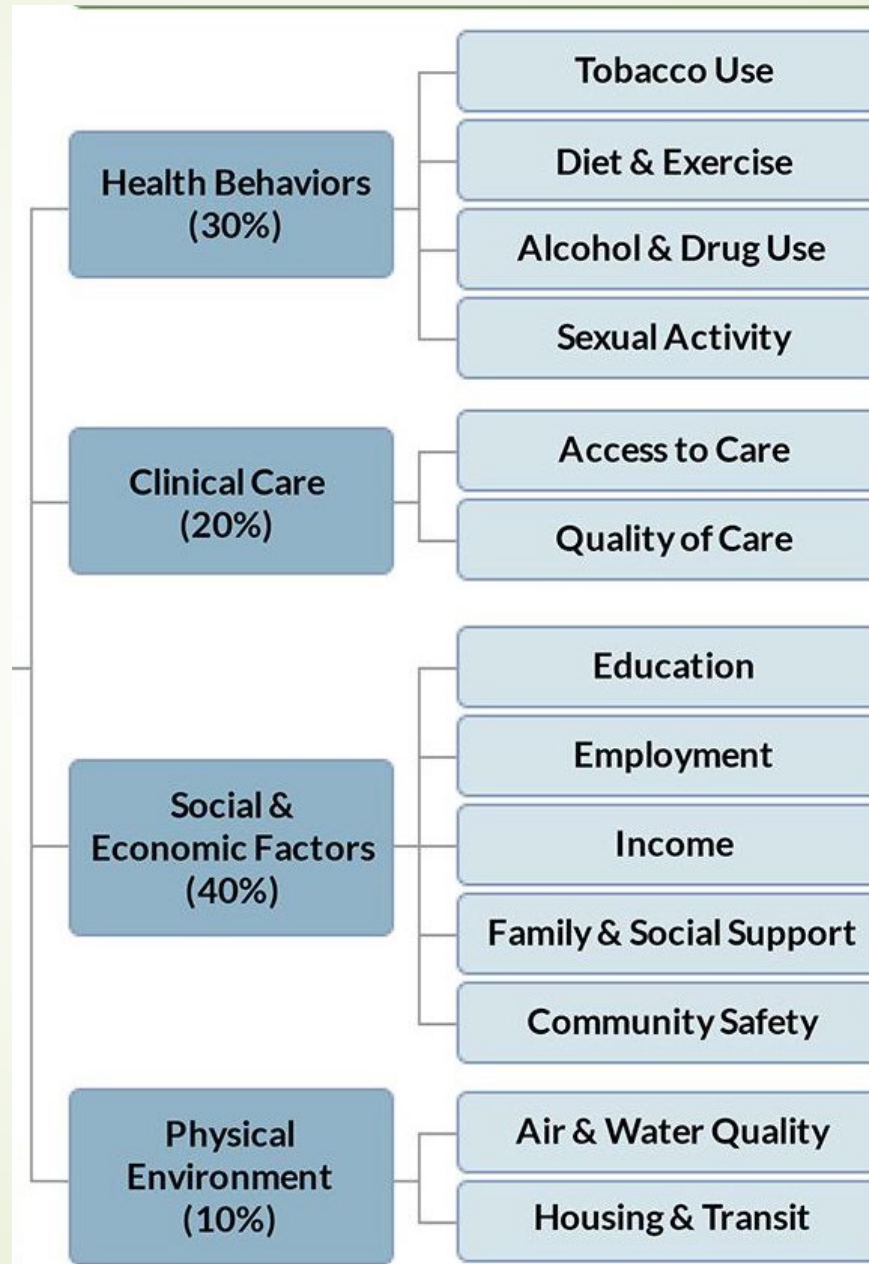
Michele Ogilvie

Garden Steps

- ▶ A community partnership to:
- Establish community gardens in areas identified as food deserts
- **Evaluate and improve transportation** conditions surrounding garden sites



What Shapes Our Health?



Case Study: New Orleans, Louisiana

4

- ❑ Inequitable conditions in neighborhoods create health inequities, which lead to health disparities



Health in All Policies (HiAP)

- HiAP is a **strategy** that encourages local government leaders to **consider health when making decisions that affect community members.**
- The goal of HiAP is to ensure that **leaders are informed about the health consequences of various policy options**, and that they consider these consequences – alongside other important factors – when creating policies that affect the community.



Key Benefits of HiAP

- Highlights that health practitioners are usually not the ones making decisions that affect community elements of health
- HiAP helps us think about **the healthiest way** to plan communities, transport people, educate children, police neighborhoods, etc.
- Policy is more lasting than programmatic collaboration
- Creates an environment that **helps individuals make healthy choices**

How can Planning Projects Improve Health?

- Injury and mortality rates of drivers, pedestrians, and bicyclists
- Physical activity rates through bike transit and walking to public transit
 - Obesity, chronic disease prevention and maintenance
- Air quality and greenhouse gas emissions
 - ▣ Reduce asthma exacerbations
- Access to goods, services and resources such as health care, healthy food, job opportunities, education

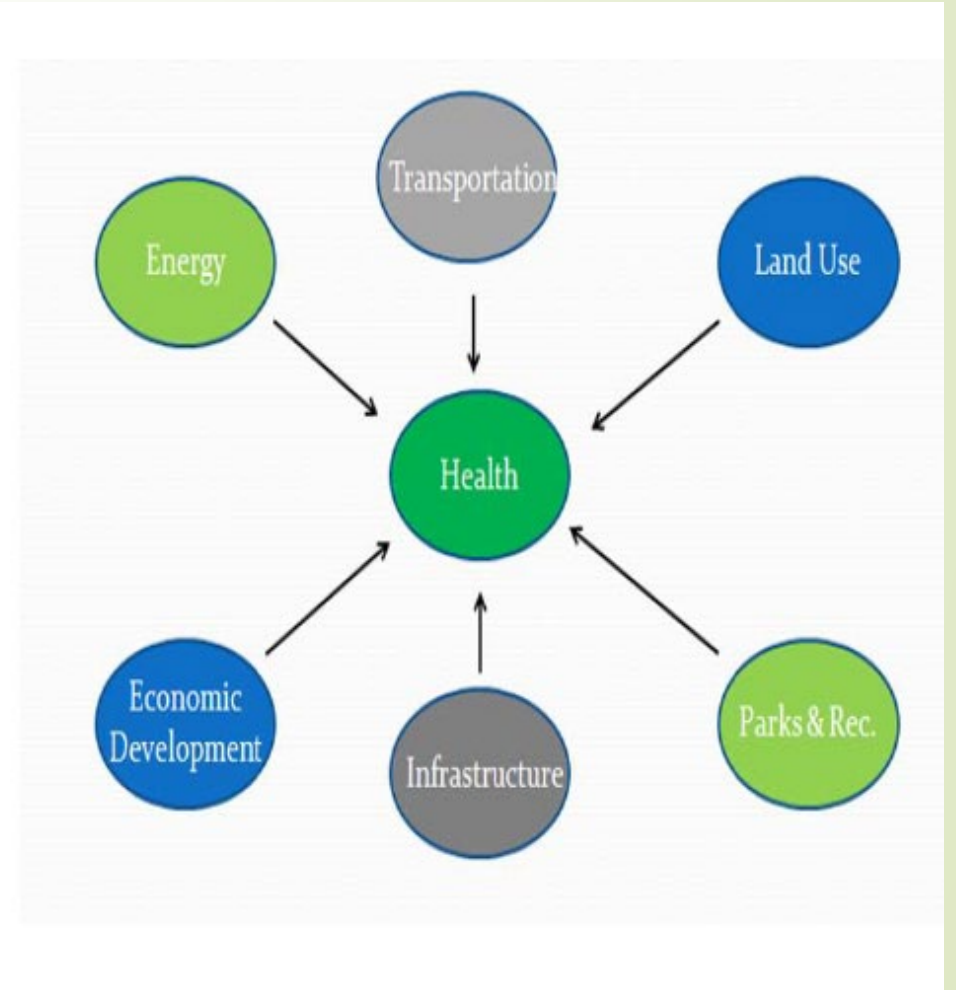
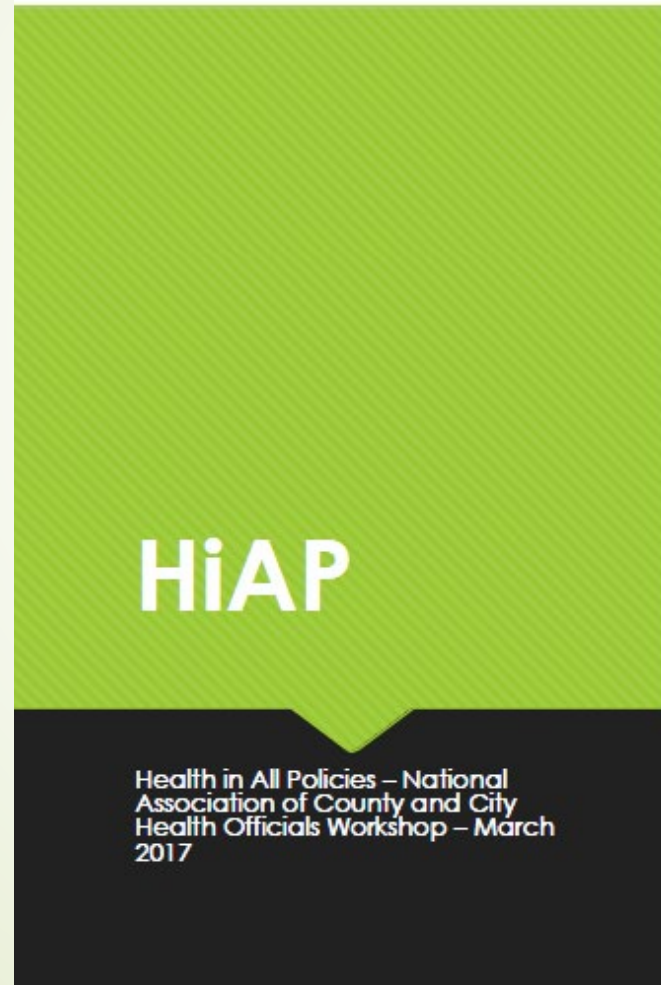


What is a MPO?

- A Policy Board created and designated to carry out transportation planning in a metropolitan area
- Designated through agreement between the Governor and local government
- Represent at a minimum 75 percent of the affected population
- 27 (67 counties) in Florida- sometimes called a “TPO”
- Long Range Plans and Transportation Improvement Plans
- **Community Involvement, Coordination, Cooperation**
- **Automobile, Transit, Freight, Walk/Bike**
- **Committees-**

WHAT IS HEALTH IN ALL POLICIES?

A COLLABORATIVE way to connect and integrate health considerations in policies or system practices



We measure what we value...

- Annual Average Daily Traffic (AADT)
- Number of Lane Miles
- Average Travel Speed/Time
- Average Delay
- Volume-to-Capacity Ratio
- Level of Service (LOS)



TRANSPORTATION AFFECTS HEALTH

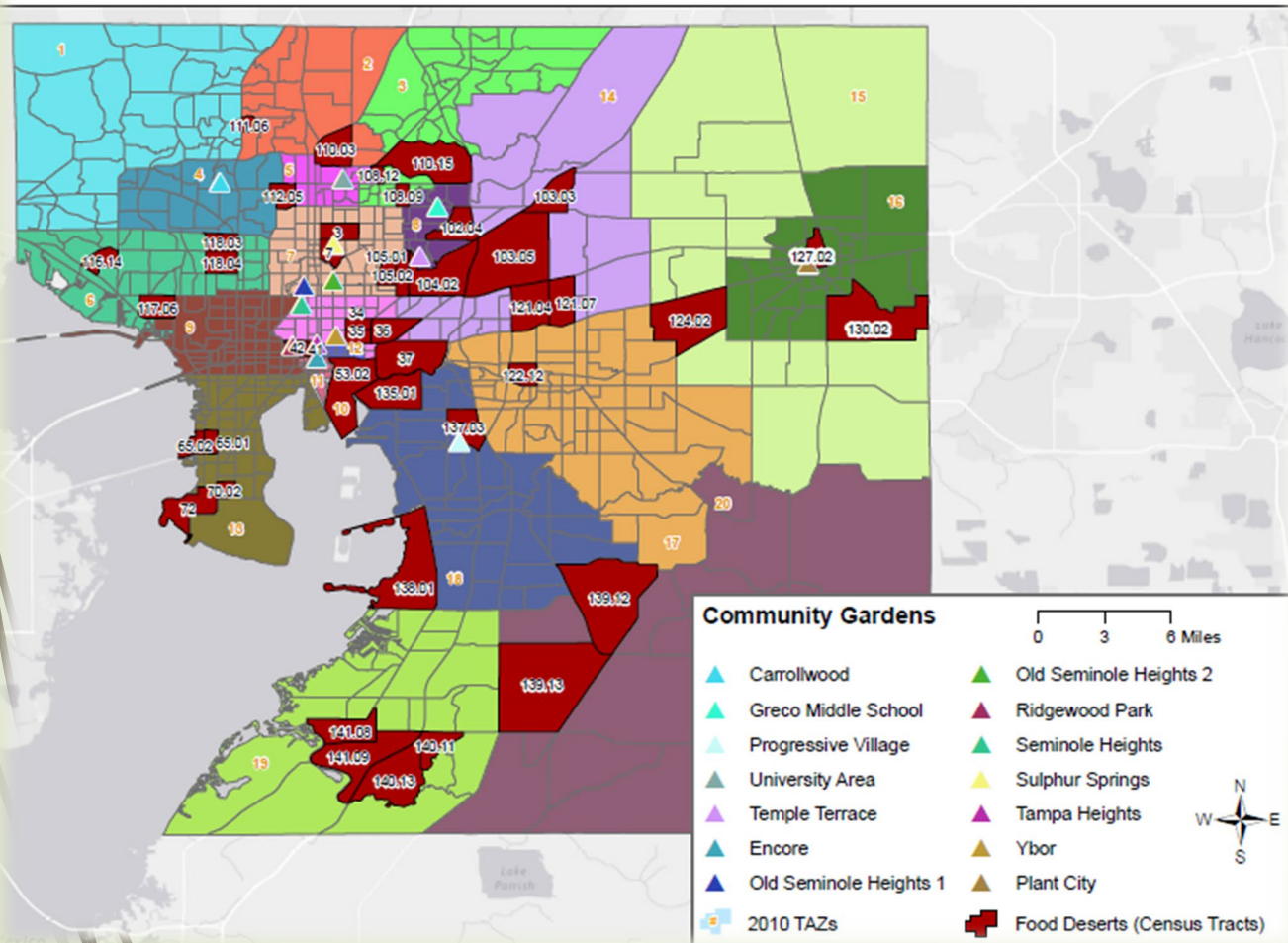
- **Safety.** Motor vehicle crashes are one of the leading causes of death in the United States. By providing transportation options and improving roadway facilities, transportation agencies can reduce the incidence of motor vehicle crashes.
- **Active transportation.** Transportation agencies and their partners can help people lead more active lifestyles by giving them options for getting to places they need to go without driving. They can also reduce the distance between destinations people travel to satisfy daily needs.
- **Air quality.** Air pollution has been linked with heart disease and respiratory illnesses, including asthma. Improving transportation system efficiency and supporting cleaner vehicles and fuels can improve air quality.
- **Connectivity to destinations.** Providing a well-connected, multi-modal transportation network increases people's ability to access destinations that can influence their health and well-being. For example, an effective transportation network can provide access to jobs, health care services, and parks.
- **Equity.** Ensuring that our aging parents and grandparents, children, persons with disabilities, low income families have access to make choices allowing them long and healthy lives



Connecting the systems- health and food access

12

Hillsborough County Food Desert Census Tracts and Community Gardens Map

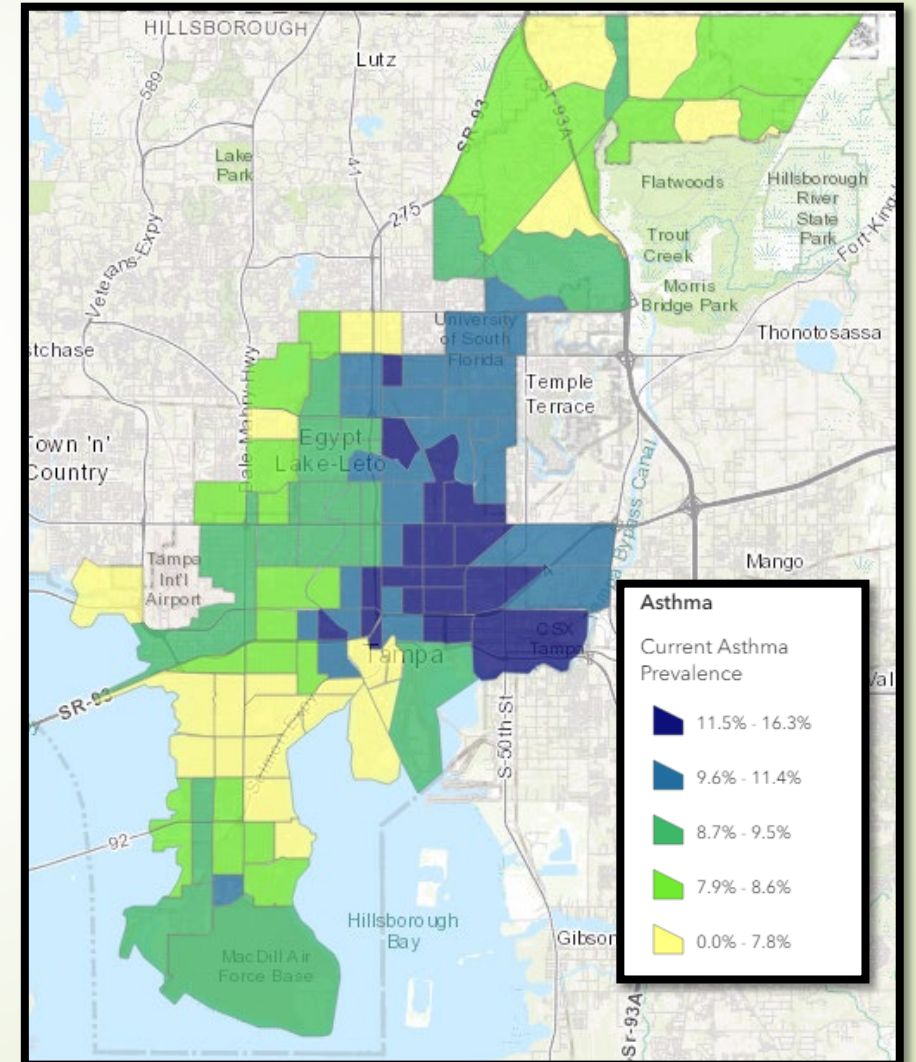


American Journal of Preventative Medicine- obesity and proximity to healthy food outlets
Child obesity higher in neighborhoods further from grocery stores (2012)



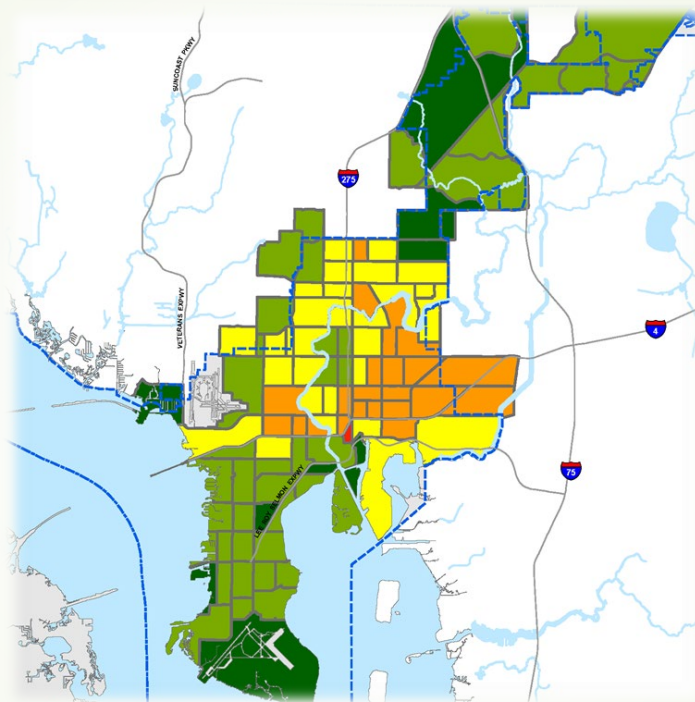
Indicators in the Beginning

- Diabetes
- Obesity
- Asthma
- Food Deserts
- Sidewalks/Trails

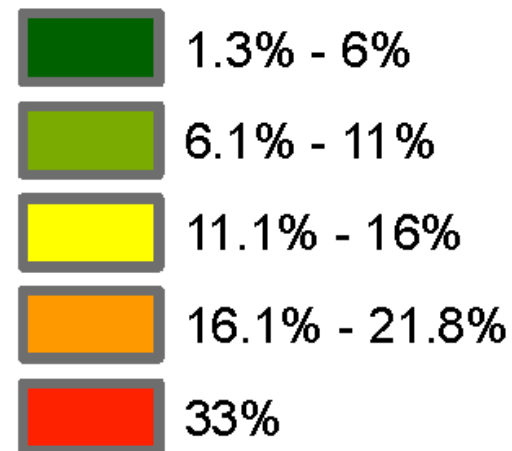


Health Inequity

- Many of Tampa's food deserts face high rates of:
 - Diabetes
 - Obesity
 - Asthma
 - No leisure time activity
 - Poor physical and mental health



Diabetes Prevalence



ACTION



IMPACT AND EFFECTS



Aetna staff volunteered at the Tampa Heights Community Garden! September 2017



ACTION & CAPASITY



ACTION! CAPACITY!



WHAT'S NEXT?

- NEW GARDENS
- NEW PARTNERS





DISCUSSION & QUESTIONS

Thank you for attending our presentation!

- ▶ *Ayesha Johnson, PhD; Florida Department of Health-Hillsborough County*
- ▶ *Michele Ogilvie; Hillsborough MPO*
- ▶ *Lena Young Green; Tampa Heights Junior Civic Association*
- ▶ *Kitty Wallace; Coalition of Gardens*