

Healthy Environments

THE TRANSPORTATION SYSTEM IS
PART OF THE SOLUTION

Transportation Association of Canada (TAC)
Conference – September 2013

Brandon Sloan, MCIP, RPP



Source: bikekitchener.ca



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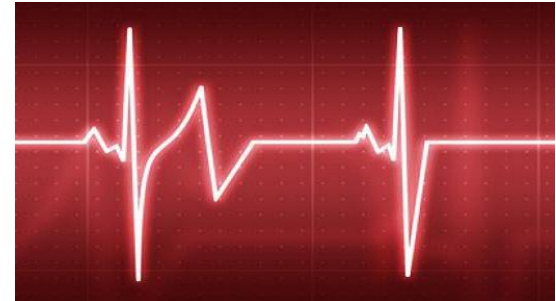
Healthy Environments

So what?

What can we do?

- Consider People
- Provide Choice
- Take Action

What else can you do?



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So What?

“the transportation systems around the world are responsible for approximately 5.8 million deaths per year:

- 3.2 million deaths from physical inactivity;
- 1.3 million deaths from road traffic injuries;
- 1.3 million deaths from outdoor air pollution...



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...on a global basis, the transportation sector is responsible for 23 per cent of the greenhouse gases that are emitted, with land transport responsible for 80 per cent of those emissions”

*Health co-benefits of climate change mitigation – Transport Sector
World Health Organization Report, 2011*



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Heart disease and stroke costs the Cdn. economy \$22.2 billion every year in physician services, hospital costs, lost wages & decreased productivity.

+\$2.1 billion in Cdn. health care costs are attributable to physical inactivity

21,000 premature deaths due to physical inactivity

National inactivity level among youth = 58%



Source: canequit.com

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Only “24% of kids under the age of 17 us(e) a mode of transportation that requires activity, such as walking, biking, or skating, to get to school or extra curricular activities.”

2013 Active Healthy Kids Report Card

1 in 4 Canadian adults are considered obese, along with about 1 in 10 children and youth between ages 6 and 17

2008 economic costs of obesity are conservatively estimated at \$4.6 billion up about 19% from 2000

1 in 4 affected by diabetes or pre-diabetes

Expected to be 1 in 3 by 2020



Source: siksiahealth.com

1 in 4 expected to die from cancer

Up to 50% can be mitigated by lifestyle changes

32% of deaths due to cardiovascular disease

Up to 80% can be mitigated by lifestyle changes

How can transportation encourage healthy living?

Transportation affects our health on a daily basis. As one of the leading causes of air pollution, greenhouse gas emissions and transportation-related contaminants contribute to premature diseases and other illnesses. Even though we're getting safer, one person

Consider People

People need safe and inviting places to travel when not protected inside a vehicle

Some take the “People first” approach

Set us up for the next generation to be even healthier



Source: wrha.mb.ca



Source: gov.ns.ca



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Provide Options

People need equal opportunities for a variety of travel modes

Different people need different modes to different places at different times of the year or at different stages of life

- Since so many “differents” = need more options

Active transportation is a public health priority



Source: tc.gc.ca

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Take Action

Let's just do it ("Faster")

- Don't always need a buzzword/catch phrase like "complete streets", "road diets", "transit-oriented"...although sometimes it helps
- Connect a detail (i.e. road access, intersection type) with the bigger picture objective

Start with a pilot project

Build capacity

- Training, joint forums, solution database, knowledge exchange, examples, successes



Source: B. Sloan



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Source: Elgin St. Thomas Public Health

Retrofitting Streets



Urban Advantage



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Retrofitting for Transit



Urban Advantage



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Retrofitting a Transit Area



Urban Strategies Inc



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Continue Taking Action on...

More Sustainable Transportation initiatives from TAC

Investment in active transportation and public transit

Reduction in travel demand

The shift to walking, cycling, transit



Source: daveheidebrecht.com



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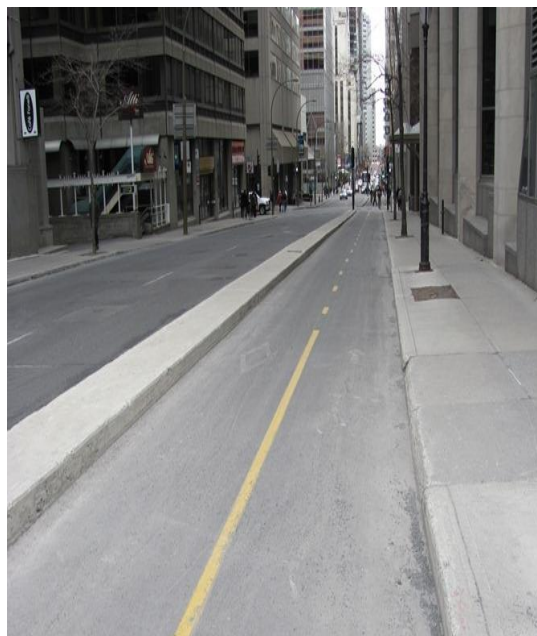
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Continue Taking Action on...

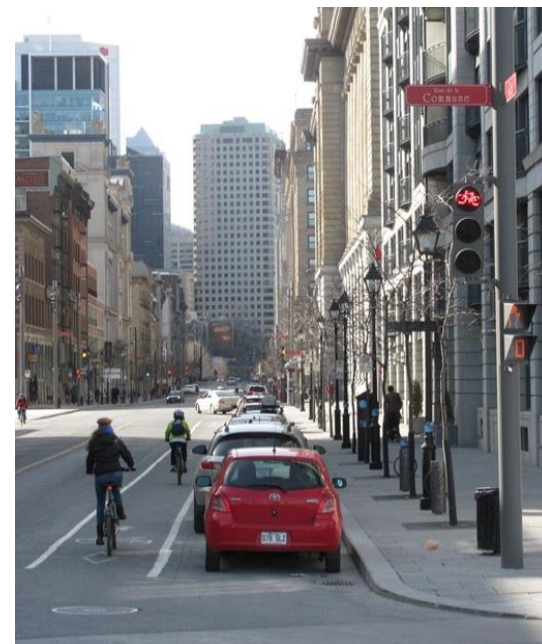
Cycling infrastructure – “bike lanes are a public health priority”



Source: B. Sloan



Source: B. Sloan



Source: B. Sloan



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Need more...

Walkability initiatives (GIS layer, improve connections, destinations, etc)

- Many walkability studies determined that safety and comfort concerns caused by vehicle traffic (e.g. traffic speed, volume, road crossing conditions, etc.) were a primary influence on mode choice.
- Perceptions of safety and aesthetic quality of a route play an important part in influencing people's decision to walk (both for themselves and children).
- Path connections, quality street trees and scenery are all aspects of route quality identified as having a positive relationship with people's decision to walk.
- Shorter distances for daily trips occur in areas with building density and a mixture of land uses.



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Need more...

Ways to make *avenues* as the “spine” of a community not arterial roads as a “barrier”



Source: Brook McIlroy

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Need more...

Solutions for maintenance and for project cost issues



Source: daveheidebrecht.com

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Need more...

“Health” criterion in Environmental Assessments/cost-benefit analyses for transportation & infrastructure decisions

Health impact assessment tools

Engagement and input from public health professionals in transportation initiatives

Enhancement of linkage between TAC and Public Health and Planning Initiatives/Groups



FIGURE: On 350 calories a cyclist can travel 16 kilometres, a pedestrian 5.6 kilometres, and an automobile 30.4 metres.
CIP Fact Sheet

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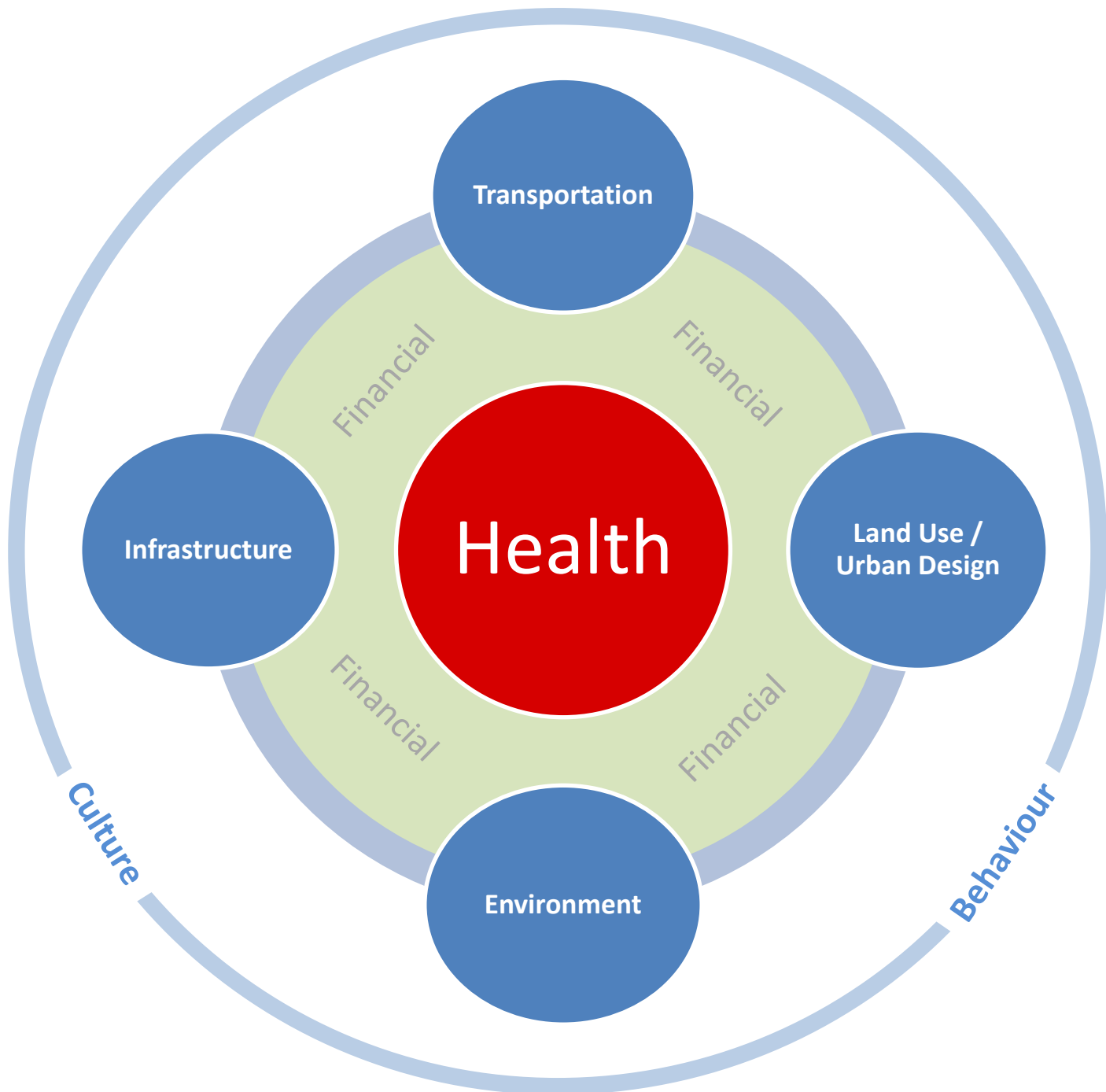
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Summary

Problem = health + environment + overall cost

What can we do?

Consider People
Provide Choice
Take Action

=

Better
Faster
Safer

Health  Environment  Cost 

Bottom Line

The Transportation System is part of the solution

“improved active transportation and rapid transit/public transportation is not only healthy; **it is cost-effective**”.

WHO Report, 2011

“creating physical environments that facilitate healthy living is a critical component of supporting individuals in making better choices for their health.”

CIP Fact Sheet – Active Transportation

A change in mindset is a long-term investment...and it's happening!



Source: City of Kitchener

Additional materials

USB key

- CIP Practice Guide
- Fact Sheets – incl. Active Transportation, Health and Community Design
- Weblinks and resources
- Key studies and documents

Numerous examples and resources via web

Canadian Institute of Planners:

<http://www.cip-icu.ca/health>



Source: tc.gc.ca

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Discussion Question

What actions are you currently engaged in, or what changes could you make to your current actions, to help provide healthy environments?



Source: theRecord.com