Transportation and Health

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Take a step back in time…
Take a step back in time…
Take a step back in time…

Major industries with highest employment, by state 1990

Meanwhile…

**EXHIBIT 1**

*Life Expectancy At Birth, By Years Of Education At Age 25, By Race And Sex, 2008*

- **Legend**:
  - Green: Hispanic females
  - Blue: White females
  - Orange: Hispanic males
  - Pink: White males
  - Red: Black females
  - Blue: Black males

<table>
<thead>
<tr>
<th>Years of Education</th>
<th>Life expectancy at birth (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;12</td>
<td>70</td>
</tr>
<tr>
<td>12</td>
<td>80</td>
</tr>
<tr>
<td>13-15</td>
<td>85</td>
</tr>
<tr>
<td>16 or more</td>
<td>90</td>
</tr>
</tbody>
</table>

**Notes**: The exhibit shows the life expectancy at birth for different groups based on years of education. The data is from 2008 and highlights disparities among different racial and educational groups.
The fish or the fish bowl?
What Impacts Health?

Individual lifestyle factors

Social and community networks

Living and working conditions

General socio-economic, cultural and environmental conditions

Current Opportunities

- Mass in Motion
- Health Impact Assessments
- Healthy Community Design Toolkit
- Built Environment Community of Practice
a movement to lower the risk of chronic disease by supporting equitable food access and active living opportunities
27 grantees
60 communities
population
Health Impact Assessments

Healthy T for a Healthy Region:

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Cost of additional fare in dollars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>$0.00</td>
</tr>
<tr>
<td>$1/3.5</td>
<td>$0.5 million</td>
</tr>
<tr>
<td>$2/7.5</td>
<td>$2 million</td>
</tr>
<tr>
<td>$3/11.5</td>
<td>$3 million</td>
</tr>
<tr>
<td>$4/14.5</td>
<td>$4 million</td>
</tr>
<tr>
<td>$5/17.5</td>
<td>$5 million</td>
</tr>
</tbody>
</table>

Transportation improvements, such as expanded options for bike riders, increased bus frequency, and improved pedestrian access, could contribute to healthier communities. These improvements could result in a decrease in the number of people who are physically active, which could lead to improved health outcomes. The proposed changes to the public transportation system would also reduce traffic congestion, which could improve air quality and reduce the number of asthma-related hospital admissions. Overall, the proposed changes would have a positive impact on the region's health and well-being.

Transit Impact Assessment Department of the Massachusetts Department of Transportation (MassDOT) of the Massachusetts Department of Environmental Protection (DEP) of the Massachusetts Department of Public Health (MDPH).
Current Opportunities

- Health Impact Assessments
- Mass in Motion
- Built Environment
- Community of Practice
- Healthy Community Design Toolkit
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- Health Impact Assessments
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- Mass in Motion Community of Practice
Possible Future Opportunities

Data Systems

New Measuring Methods

New Campaigns

New Collaborations
The fish or the fish bowl?
Thank you!

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