

Washington State Transportation Commission

City of Spokane Valley

November 15, 2017

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What is health?

“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

-World Health Organization

- Physical health
- Mental health
- Well-being
- Livability

CDC Health Impact Pyramid

Factors that Affect Health



Check the Tarrant County Public Health Web site to learn more.
<http://health.tarrantcounty.com>



HEALTH IN COMMUNITIES WITH BETTER TRANSPORTATION OPTIONS

Walkable, bikable, transit-oriented communities are associated with healthier populations that have:



**MORE
PHYSICAL
ACTIVITY**



**LOWER
BODY
WEIGHT**



**LOWER RATES
OF TRAFFIC
INJURIES**



**LESS AIR
POLLUTION**



**IMPROVED
MOBILITY FOR
NON-DRIVERS¹**

Moving Healthy:

Linking FHWA Programs and Health




U.S. Department of Transportation
Federal Highway Administration

May 2013
ABC-01234-D
FHWA/OP-13-01

Promoting Active
Transportation:
An Opportunity
for Public Health



American
Public Health
Association

Health + Transportation- It's not new...

Bike and Pedestrian Plans

- **City of Spokane Valley**
 - Safe Routes to School
- **City of Spokane**
- **Spokane Regional Transportation Council**



Health Impact Assessments

- **City of Spokane Downtown Plan (2008)**
- **University District Gateway Bridge (2011)**
- **Division Street Gateway (2012)**



Complete Streets Education

- **Trainings for Spokane County Area**
 - Airway Heights
 - City of Spokane
- **Rural Complete Streets Trainings**
 - 16 small towns/counties



Safe Routes to School

Social Marketing Campaign “Products”



Walk and Bike to School Days



Walking School Buses



Safe Routes Challenge Program



Safety Pledge Drives



Interactive Website with Resources for Parents and Partners



Bike and Pedestrian Safety PE Curriculum Training




School Safe Routes Teams



Countywide Advisory Council





SAFE ROUTES TO SCHOOL

• SPOKANE •





Walk Bike Bus

»»»» MILLWOOD, WASH. »»»»

A great time to shift gears

City of Millwood

Individualized Marketing

- Mailings
- Door to Door
- “Stage of Change” approach
- Events all summer



429 Participants
TOTAL

Evaluation Outcomes

- **Walking** trips increased from 1.54 per week on the pre survey to 2.67 per week on the post survey. Statistically significant, $p < 0.05$.
- **Biking** trips increased from 1.28 per week on the pre survey to 1.38 per week on the post survey. Statistically significant, $p < 0.05$.
- **Busing** trips increased from 0.15 per week on the pre survey to 0.25 per week on the post survey. Not statistically significant, $p > 0.05$.

- Almost 90% of participants met one or more goal
- High levels of reported program satisfaction, comments reflect themes of increased community and neighborhood awareness.

Walk Bike Bus WBCU aims to help residents increase the number of trips by walking, biking, or busing to work or for recreation.

1. How did you receive your 1000 packet and how often?
 I received it on my own at work/home
 I was handed it at my location by the event staff at work/home

2. What types of WALKING trips did you take in the last 4 weeks (instead of driving)? Check all that apply.
 None
 Shopping
 Work
 School
 Gym
 Park
 Other
 None

3. On average, how many trips do you take WALKING (instead of driving) a week?
 None
 1-2
 3-4
 5-6
 7-8
 9-10
 More

4. What types of BIKING trips did you take in the last 4 weeks (instead of driving)? Check all that apply.
 None
 Shopping
 Work
 School
 Gym
 Park
 Other
 None

5. On average, how many trips do you take BIKING (instead of driving) a week?
 None
 1-2
 3-4
 5-6
 7-8
 9-10
 More

6. What types of BUSING trips did you take in the last 4 weeks (instead of driving)? Check all that apply.
 None
 Shopping
 Work
 School
 Gym
 Park
 Other
 None

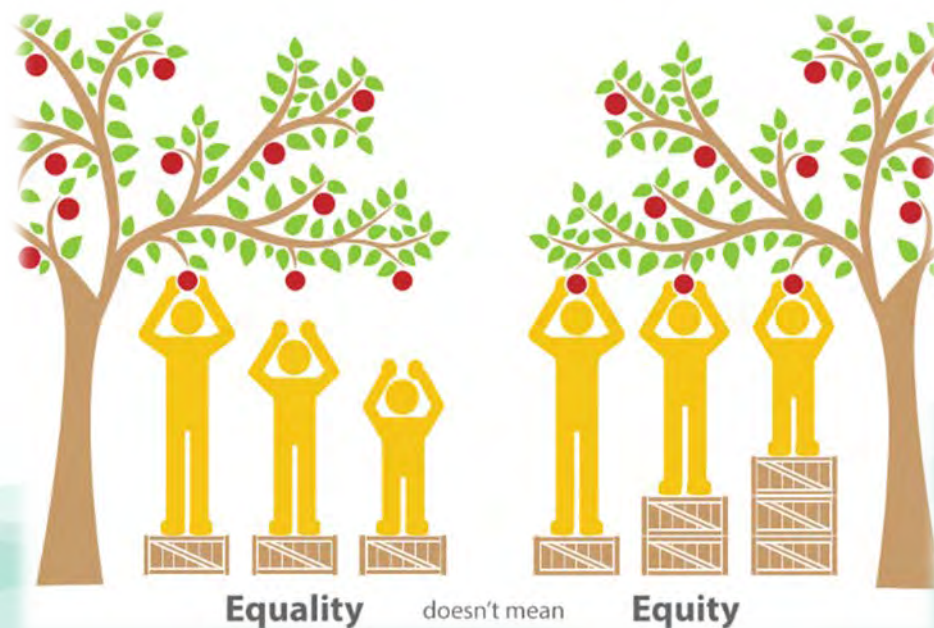
7. On average, how many trips do you take BUSING (instead of driving) a week?
 None
 1-2
 3-4
 5-6
 7-8
 9-10
 More



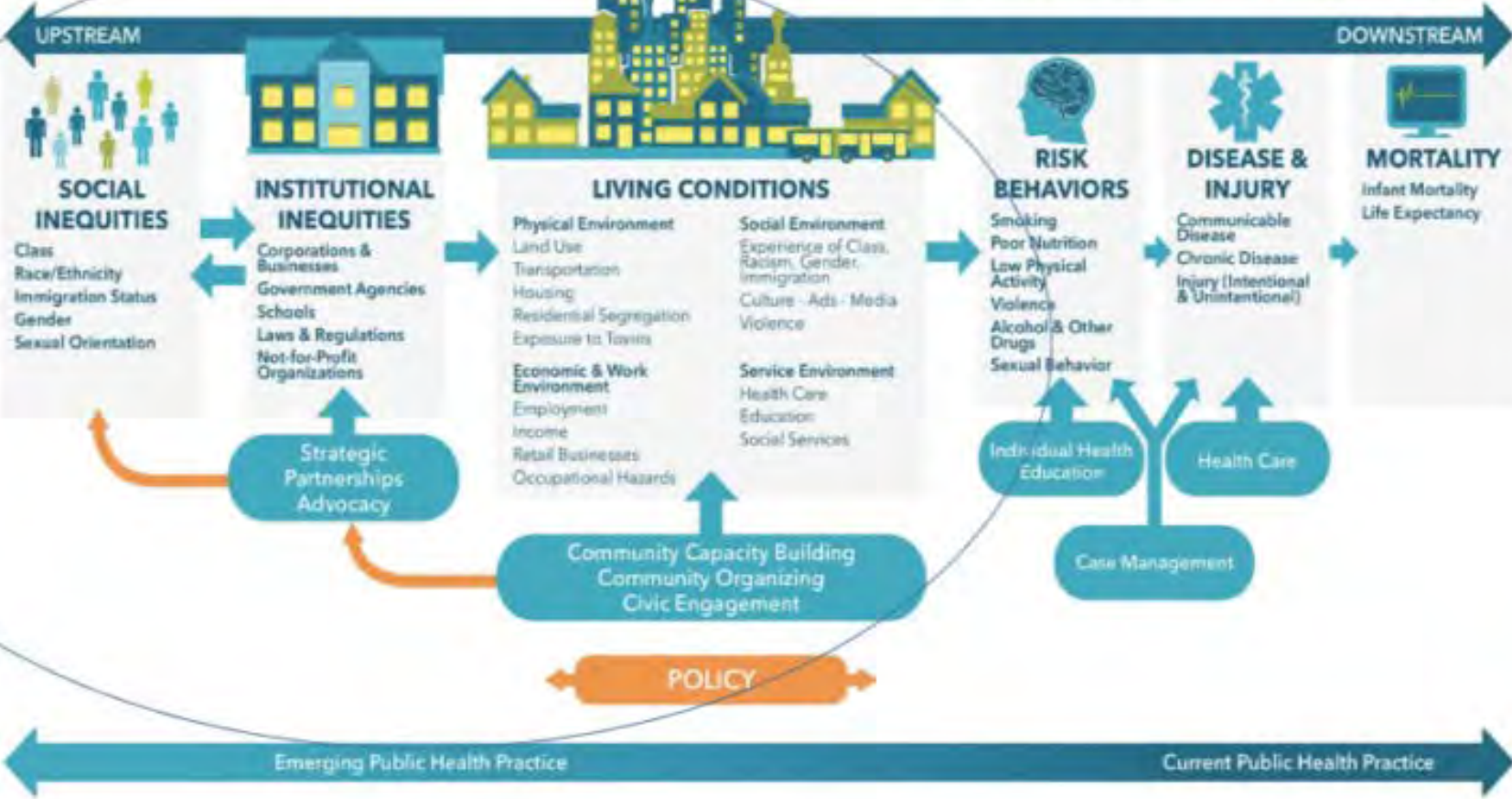
Where is public health going?

“Health equity means that everyone has a fair and just opportunity to be healthier.”

-Robert Wood Johnson Foundation



A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE



Equality Vs. Equity

Equality



Equity



About SRHD

Mission

As a leader and partner in public health, we protect, improve and promote the health and well-being of our communities.

Vision

Healthy Lives. Safe Environments. Thriving Communities.

Values

Integrity
Compassion
Respect
Equity
Collaboration
Innovation

