



# MAKING TRANSPORTATION HEALTHY AGAIN

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# Health and place

*Zip code > Genetic code*

Health is shaped over a lifetime of living in homes, using transportation, accessing services, and participating in the economy

*We live out our lives, and our health, in places.*

# Health in All Policies *in Fairfax*

**Health is not merely the absence of disease or sickness** – it is a state of complete physical, mental, social, and economic wellbeing.

## MAKING THE CONNECTION

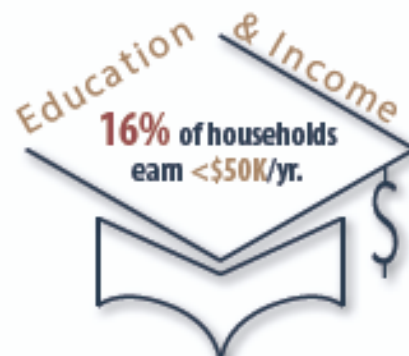
**COMMUNITY:** Health is shaped by housing, transportation, nutrition, education, economic opportunity, and physical and social environment (social determinants of health).

**POLICY:** Government policies impact the social determinants of health, playing a key role in health outcomes.

**EQUITY:** Promoting racial, social, and economic equity—One Fairfax—is fundamental to good health.

**COLLABORATION:** Working together to improve the health of all people by incorporating health considerations into decision-making across sectors.

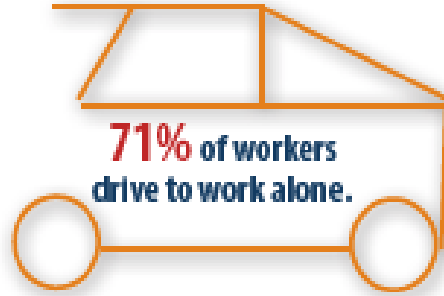
## WHY WE NEED IT



WHY WE  
NEED  
HEALTH IN  
ALL  
POLICIES



## Transportation



The accumulated hours of stress and inactivity from commuting by car or public transit are harmful to health. People often travel long distances in heavy traffic, negatively impacting their opportunities for employment, social engagement, and access to health care.

## CAN DO IT

**Invest in active, accessible, affordable, and reliable modes of transportation** that connect people to jobs, education, and recreation; improve air quality; and provide lower-stress environments.

WHY WE  
NEED  
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IS THIS HEALTHY?

TRANSPORTATION  
EQUITY IS HEALTH  
EQUITY





Embark Richmond Highway Plan

Using *health in all policies* to accelerate active transportation

**1. Build Partnerships**

**2. Participate**

**Goal:** Long term culture shift



# Build Partnerships – Virginia Walkability Action Institute

Small grant + technical assistance program from Virginia Department of Health

Improve health by increasing walking and walkability in communities across Virginia

Fairfax program goals:

1. Cultivate a shared vision for walkability in Fairfax County by building a dedicated network of critical stakeholders to promote safe, healthy environments

2. Utilize walk audits, action planning, and a field project to demonstrate change in one part of the county (Graham Road & Rt 50)

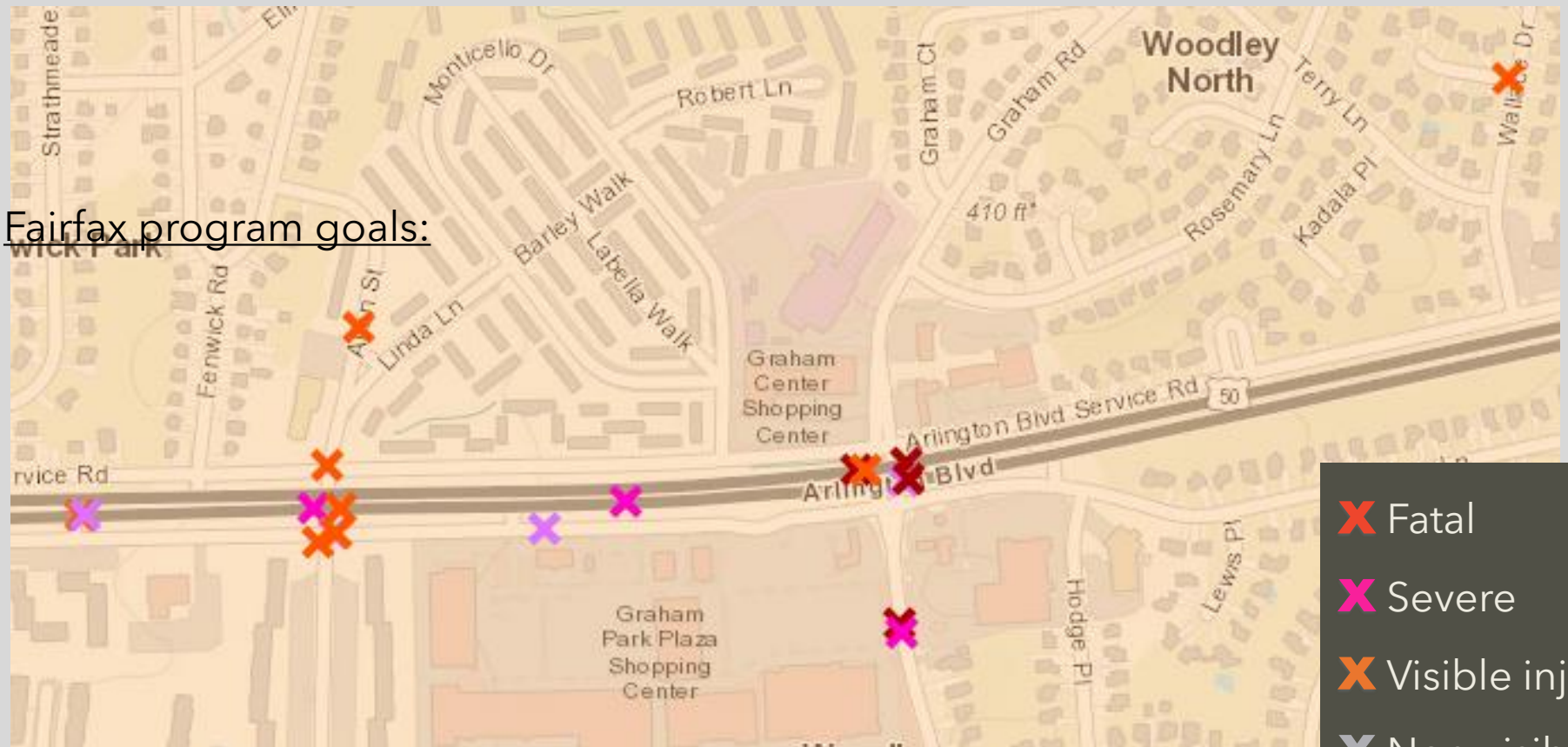
Developed an action plan for next steps



# Build Partnerships – VWAI

## Focus Area

Fairfax program goals:



- ✖ Fatal
- ✖ Severe
- ✖ Visible injury
- ✖ Non-visible injury





# Build Partnerships: VWAI

## *Demonstration Project - Community Walkability Survey*

- Engaged residents through local community groups in the Graham Road corridor
- Two outdoor survey events in summer 2020 - 70+ responses, many in Spanish
- Mix of yes/no and open-ended questions

Goal: demonstrate a more equitable, grassroots way to do outreach for transportation

# Build Partnerships: VWAI

## ***Residents desired:***

- More crosswalks, signs, and traffic lights
- Additional time at crosswalks
- Accountability of driver behavior and safety enforcement

## **Building a movement**

- Opportunity to get to know one another, work across silos, and leverage strengths
- Bring data together with new partners
- Demonstrate community impact that could be scaled up



Supervisor Palchik submitted survey results and formal comments on behalf of the community and the team to VDOT as they were conducting the Route 50 STARS study.



# Building Partnerships: VWAI

## Place-based Project - Traffic Garden

- Safe, accessible space for teaching road safety - **located directly in the neighborhood**
- Develop and reinforce cognitive and physical skills
- Help parents model good behaviors and *practice, practice, practice*





# Participate: ActiveFairfax Transportation Plan

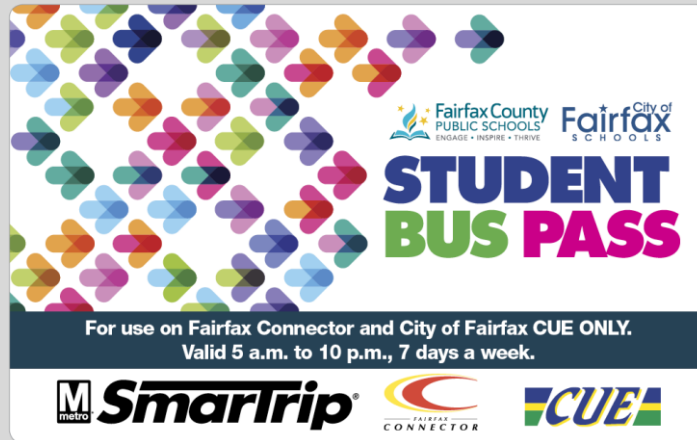
Goal: Consolidate previous active transportation plans into one cohesive document that encourages livable street design and supports access to **safe, comfortable and connected active transportation facilities**, including trails and on-street

- Clear connection to health
- First time the Health Department has participated in a transportation planning effort from the start
- Ability to enhance the plan with a health equity lens

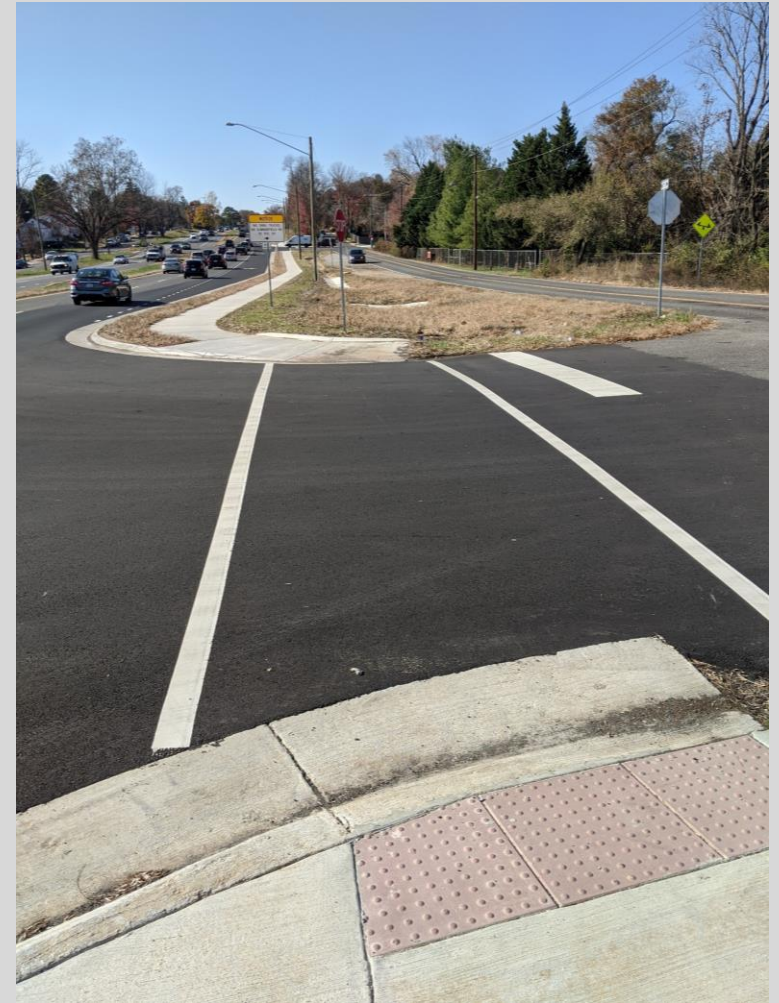


# Participate: Be a champion

Elevate, celebrate, and support efforts from transportation partners that promote health - whether they use that language or not...



....because we know that built environment changes can have an immediate, visible impact on safety, health, and quality of life.



# Call to action to accelerate active transportation

- ❑ Build partnerships with traditional and non-traditional stakeholders to position yourself for opportunity –  
*Health Department is a resource*
- ❑ Talk about a shared vision for a healthy community and identify co-benefits/wins
- ❑ Bring new data and engage residents so we can avoid unintended consequences for health or equity
- ❑ Reinforce success and keep showing up
- ❑ Always put people first







# THANK YOU

Please be in touch!

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