

Transit and Public Health: A Primer for the MARTA Rider Advisory Council

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Facilitated by
Jimmy Dills, RAC Member

What comes to mind when you hear the word

HEALTH?



Images of Impact

**What do you
see here in
terms of
health?**



Photo credit: www.pedbikeimages.org / Laura Sandt

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see here in
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health?**



What do you see here in terms of health?



Vital Conditions for Health & Wellbeing



Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for equitable success in every other kind of work.



THRIVING NATURAL WORLD

Sustainable resources, contact with nature, freedom from hazards

Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens



BASIC NEEDS FOR HEALTH + SAFETY

Basic requirements for health and safety

Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health



HUMANE HOUSING

Humane, consistent housing

Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature



MEANINGFUL WORK + WEALTH

Rewarding work, careers, and standards of living

Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt



LIFELONG LEARNING

Continuous learning, education, and literacy

Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education



RELIABLE TRANSPORTATION

Reliable, safe, and accessible transportation

Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards

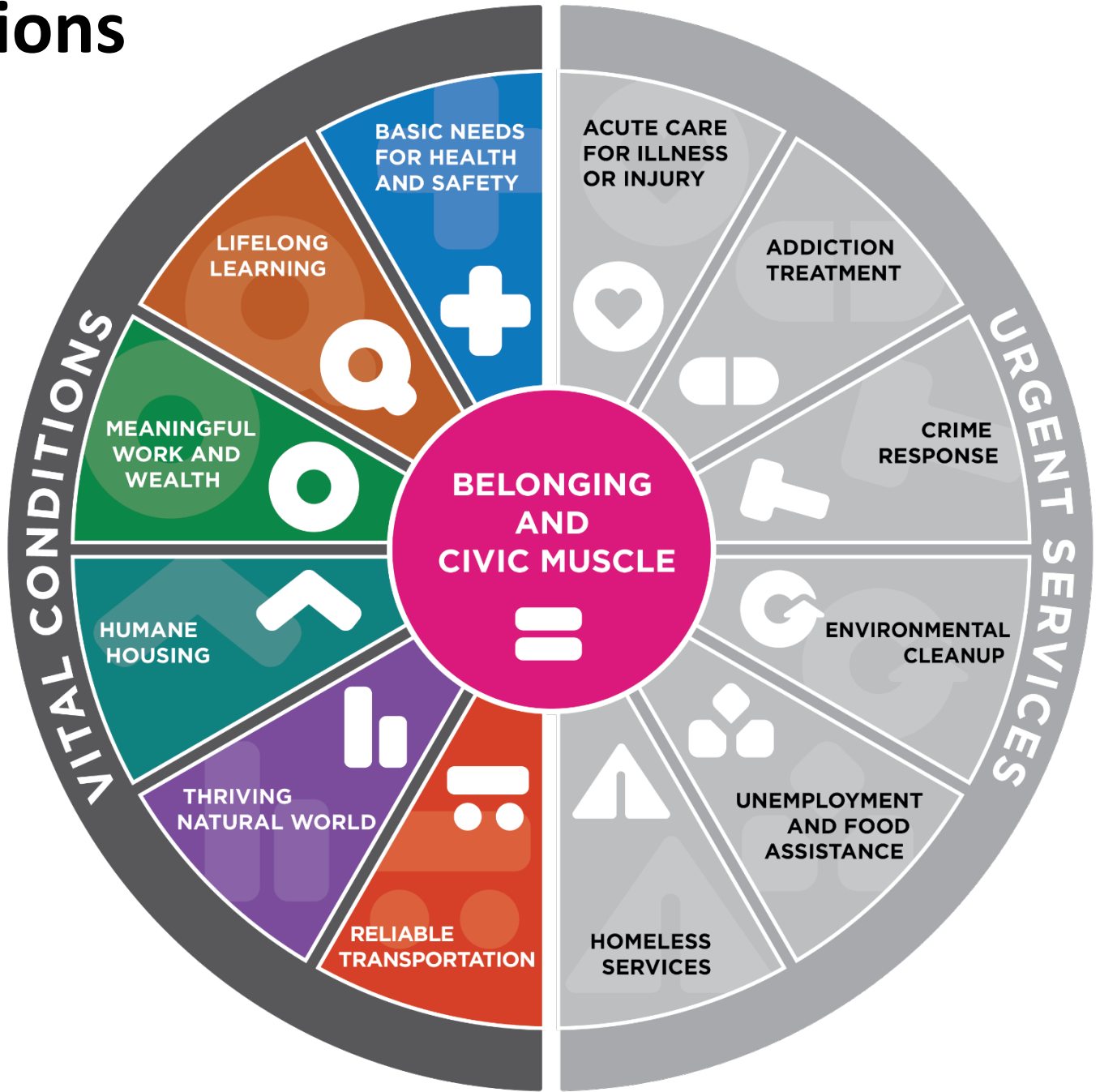


BELONGING + CIVIC MUSCLE

Sense of belonging and power to shape a common world

Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)

Balancing Vital Conditions and Urgent Services



Source: "Organizing Around Vital Conditions Moves The Social Determinants Agenda Into Wider Action", Health Affairs Forefront, February 2, 2023. <https://www.healthaffairs.org/content/forefront/organizing-around-vital-conditions-moves-social-determinants-agenda-into-wider-action>

Reliable Transportation as a Vital Condition . . .

. . . For many of us that means **PUBLIC TRANSIT**

CDC Includes ‘Public Transportation Introduction or Expansion’ among it’s HI-5 Interventions:

Associated with reductions in health risk factors:

- **Motor vehicle crashes**

- A leading cause of **injury-related death** for many age groups.

- **Air pollution**

- Carbon monoxide, nitrogen oxides, and ozone are associated with a variety of health problems including **myocardial ischemia, chest pain, coughing, throat irritation, and airway inflammation, and can worsen bronchitis, emphysema, and asthma.**
- Particulate matter, which is produced by engine exhaust and tire and brake wear, is associated with an increased risk of **respiratory and cardiovascular disease.**

- **Physical inactivity**

- **Many people aren’t meeting the recommendations** for physical activity
- Lack of physical activity **contributes to obesity, diabetes, heart disease, stroke, and other chronic health conditions.**



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Evidence of impact:

• Motor vehicle crashes

- **Public transportation accounted for less than 1% of transportation fatalities** in 2011, while private passenger vehicles accounted for more than 75% of transportation fatalities
- **Fatality rates per billion passenger miles traveled** between 2000 and 2009 were **0.11 for buses, 0.24 for urban mass transit rail trains, and 7.28 for drivers** or passengers in a car or light truck.

• Air pollution

- For every passenger mile traveled, **public transportation produces only a fraction of the harmful pollution of private vehicles**: only 5% as much carbon monoxide, less than 8% as many volatile organic compounds, and nearly 50% as much carbon dioxide and nitrogen oxides.

• Physical inactivity

- A systematic review examining public transportation use and physical activity found that use of **public transport was associated with an additional 8 to 33 minutes of walking per day.**



Public transportation supports healthy communities in a variety of ways.



How has MARTA contributed to your personal health or the health of your community?