Transportation Impact
Making the Healthy Choice the Easy Choice

2013 MNDOT Environmental Stewardship Workshop
Mitzi A. Baker, AICP
Obesity Trends* Among U.S. Adults

(*BMI ≥30, or ~ 30 lbs overweight for 5’ 4” person)

1985

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends* Among U.S. Adults

(*BMI >30, or ~ 30 lbs overweight for 5’ 4” person)

1999

Source: Behavioral Risk Factor Surveillance System, CDC
Obesity Trends* Among U.S. Adults

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

BRFSS, 2007

No Data          <10%           10%–14%     15%–19%          20%–24%          25%–29%          ≥30%
Influencing Inactivity

Last 50 years:

- Foods & Diet
- Built Environment & Development Trends
  - Designing for automobiles vs. pedestrians
  - Decreased density
  - Destinations more spread out
REALITY SUCKS

LUCKILY THE GM COLLEGE DISCOUNT DOESN'T.

In fact, it's the best college discount from any car company, and can save you hundreds — even thousands — on an eligible, new Chevrolet, Buick or GMC. If you're in college, a grad program or even a recent grad...take advantage today and get a great deal on a new ride to call your own!

<table>
<thead>
<tr>
<th>2012 Chevrolet Sonic (discount example)</th>
<th>2012 GMC Sierra 1500 (discount example)</th>
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<tbody>
<tr>
<td>Sonic 5-Door (U.S. MSRP starting at)</td>
<td>Sierra 1500 Reg. Cab WT 2WD MSRP starting at</td>
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<tr>
<td>Sonic 5-Door (U.S. MSRP as shown)</td>
<td>Sierra 1500 Ext. Cab SLT 2WD</td>
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<td>Preferred Pricing</td>
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<td>Your Discount</td>
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<td>$252.00</td>
<td>$1,813.76</td>
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</tbody>
</table>

To save even more, combine your discount with most current incentives.

Stop pedaling...start driving. Visit gmcollegediscount.com/sav
REality DOES suck

Luckily bicycles don’t...

In fact it’s the best thing you can do to save hundreds...even thousands of dollars a year. It doesn’t matter if you’re in college, young, or old. The only thing you have to lose is some weight...and the burden of fuel prices.

2012 Giant Escape 2
Retail Price : $420
Yearly Fuel Cost : $0

2012 Chevy Silverado LT
Retail Price : $27,300
Yearly Fuel Cost : $3,600*

* based on 15k mi / year

stop driving...start pedaling.
visit www.giant-bicycles.com to learn more.
The Role of Transportation in Promoting Physical Activity

Traffic Calming:
Medians, speed bumps and other traffic-calming efforts can reduce the number of automobile crashes with pedestrian injuries by up to 15%.

Public Transportation:
Public transit users take 30% more steps per day than people who rely on cars.

Sidewalks:
People who live in neighborhoods with sidewalks on most streets are 47% more likely to be active at least 30 minutes a day.

Bike Facilities:
In Portland, Ore., bicycle commuters ride 49% of their miles on roads with bike facilities, even though these are only 8% of road miles.

Sources:
Comparing Bicycling and Walking to Diabetes Rates in 50 States

Legend:
- Brown = % of trips to work by bicycle or foot
- Blue = % of population ever told have diabetes

Bicycling and Walking in the United States: 2010 Benchmarking Report, Alliance for Biking and Walking (r = -0.66)
Imagine if....

The Healthy Choice were the Easy Choice?
Existing conditions
Public Space

Public street improvements: wider sidewalks, crosswalks, medians, new signals, street trees, street lamps
Buildings

New mixed-use infill on the corner
Vibrant & active

Infill on all corners, increased pedestrian activity
A New Diet?
Construction
Doing it Right!
Broadway Plan View

- Set signal progressions to encourage travel speeds of 20-25 MPH
- Eliminate left-turn movement to improve pedestrian safety and reduce traffic friction
- Pedestrian scale lighting
- Raised median with landscaping/ street trees
- Sharrows could be added once traffic speeds are slowed
- Median provides "refuge" for slower pedestrian
- Pedestrian amenities such as benches, mini-plazas and public arts
- Street trees in treewells
- Place for street cafes
- Light poles can double as hangers for streetcar catenary wires
- Streetcar can be added with minimal curb stations and low profile pavement "cut" to add trackage
- Bicycle parking within 30 feet of all building entries
- Tight curb radii promote slow speed turns

1ST ST SE
Great cardio.
Safe cranium.

Hey, we’ve gotta share the road, man.
Thank You

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