

It's a Two-Way Street: Transportation and Public Health Intersect

Transportation Research Conference
Tuesday, May 24, 2011



SHIP
Statewide Health Improvement Program



Overview

- What is SHIP?
- What we know about PA in MN
- Where Transportation and Public Health Intersect
 - What grantees are doing to promote PA

What is the Statewide Health Improvement Program (SHIP)?



Systems-Change Approach

- Implement **evidence-based strategies** to reduce obesity and tobacco use and exposure
- Major health problems will not be solved solely by individual actions and choices
- Health problems influenced by societal **policies and environments** that either sustain behaviors or fail to foster healthier choices
- Moving “upstream” addresses fundamental causes of poor health – by **improving environments where we live, work, learn, play, and receive health care**, we can prevent many people from becoming chronically ill

Impact of SHIP Interventions

- Intended results of systems changes implemented through SHIP interventions:
 - Individuals will have increased access to healthy food, opportunities for physical activity, and spaces that are tobacco free
 - More people will meet healthy eating guidelines, get the recommended amount of physical activity, and will stop (or not start) using tobacco
 - Fewer Minnesotans will be overweight, obese, or use tobacco
 - Health care costs will decrease

Physical Activity in Minnesota

Many Minnesotans who need more physical activity show interest in walking more.

- 57% of inactive and insufficiently active people are interested in adding more walking



Physical Activity in Minnesota

- 63% of MN adults walk at least 10' to go from place to place in a usual week
- < 25% agree their neighborhood includes access to recreation facilities or sidewalks
- < 33% feel their neighborhood is safe for walking at night or with traffic levels

» Minnesota Physical Activity Survey, 2007

Physical Activity in Minnesota

- 90% agree community design has effect on physical activity levels
- 93% believe transportation projects should accommodate walkers & bikers
- 72% believe in policies supporting sidewalks & bike paths

» Minnesota Physical Activity Survey, 2007



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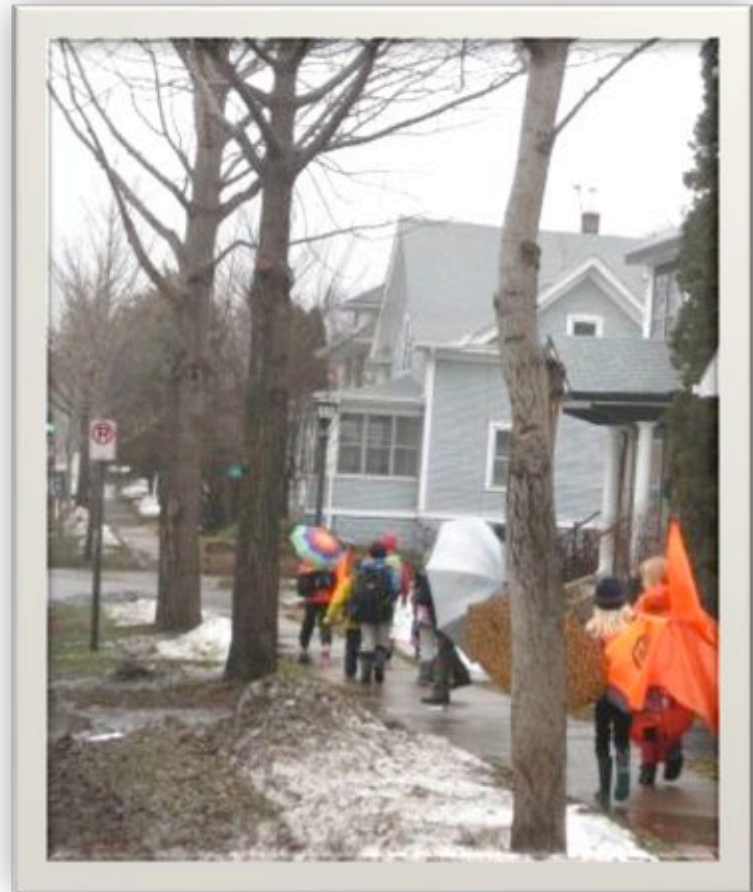
Physical Activity in Minnesota

The Tremendous Potential

Of all trips:

- 50% are under 3 miles
- 28% are 1 mile or less
- 72% of trips 1 mile or less are driven

2008 National Household Travel Survey



Intersection

SHIP Strategies and the Built Environment

What are Active Communities?

- Easy to integrate PA into daily routines
- Generally include:
 - Comprehensive network of non-motorized facilities (on & off road)
 - Mixed use development – with varied destinations
 - Supportive policies & infrastructure
 - Residents that walk, bike & roll!



10.05.2010

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Early Results

- At least **195 schools** across the state are actively engaged in implementing Safe Routes to School policies, practices, and systems changes serving at least 82,000 students
- At least **151 cities** across the state have begun implementation of active living strategies
 - Master Walk and Bike Plans;
 - Municipal plans;
 - Increasing access to parks, trails, and recreational facilities;
 - Connecting and promoting trail systems; and
 - Collaborating on projects



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What have you seen happen in your community to promote active transportation?



What can you do?

- Walk or bike around your community
 - Bring an 8 or 80 year-old
 - Or public health practitioner or an engineer
- Connect with local SHIP efforts
 - Other collaborations
- Have lunch with public health, engineers, law enforcement, planning staff, other community leaders



Resources

www.health.state.mn.us/healthreform/ship

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