



Integrating Transportation & Public Health: Auditing Plans

The health-focused audit began as a review for internal use.
However, the valuable findings proved to be insights worth sharing.

Transportation does more than just move us around Central Florida. It connects us to where we shop, eat, and work. But do our roads, buses, and trains help residents and visitors live a healthy lifestyle? The region's transportation system can promote our ability to be physically active, eat healthy, access health care, and live in a clean, safe environment.

Audit Establishes a Baseline for Measurement

MetroPlan Orlando has a new initiative to integrate health considerations into the regional transportation planning process. To begin, we needed to know: **How do the existing planning documents perform under a health lens?** The audit analyzed five documents: Long-Range Transportation Plan (LRTP), Strategic Business Plan, Freight Plan, Prioritized Project List (PPL), and the Transportation Improvement Program (TIP). They were examined for if and how they included a reference to health concerns.

The health-focused audit is the first phase of MetroPlan Orlando's health initiative – the foundation for moving forward. As we pursue a *Health in all Policies through Transportation Planning* approach, this information is a baseline for measuring progress. In the next few years, we can measure if and how investments are increasing walking, biking, and transit opportunities.



Key Findings

Nearly \$600 million will be spent in the next five years to support healthy behaviors

Over the next five years, Central Florida will spend \$595 million to improve walking, biking, and transit use. Local governments across the region are implementing Complete Streets projects to improve safety, increase physical activity, and promote economic development. This is 9.3% of the \$6.38 billion the region is spending on transportation infrastructure and 27% when not considering the new I-4, airport expansion, and toll road projects. These funds will increase walking, biking, and transit opportunities. Physical activity, such as walking and biking, can reduce a person's risk of heart disease, stroke, and cardiovascular disease by as much as 30%.

Municipalities are submitting projects that increase opportunities to walk, bike, or use transit

Half (27) of the highway projects the region wants to implement between 2021 and 2040 are Complete Streets-type projects. This compares to just five Complete Streets projects scheduled for implementation between 2016 and 2020. With LYNX as the lead partner, we are planning for an expanded, reliable, and frequent public transit system. Best of all, most of the Complete Streets, bicycle, and pedestrian projects connect to SunRail or the proposed Bus Rapid Transit lines.

Need to improve the consistency and connectivity between our plans

Many of the region's freight corridors, as identified in the LRTP and Freight Plan, are also Complete Streets and transit emphasis corridors, as identified in the LRTP and PPL. Roads can serve all of these uses, but safety conflicts are minimized when a road has just one or two priorities.



MetroPlan Orlando is the metropolitan planning organization (MPO) for Orange, Osceola and Seminole Counties. As a regional MPO, MetroPlan Orlando provides the forum for local elected officials, their staff, citizens, and industry experts to work together to improve transportation in Central Florida.

250 S Orange Ave, Suite 200 Orlando, FL 32801 | www.MetroPlanOrlando.org

