



# Transportation Policy

- Reliable transportation [helps](#) people work, visit their doctors, shop for groceries, and do other things that are important for physical well-being and healthy economies.
- Safe places to walk and bike promote exercise and active living, which can help prevent and control costly chronic conditions, such as obesity, diabetes, and heart disease.
- Low-emissions vehicles and public transit can improve air quality to help people breathe easier.

Resources and policy tools to address transportation	What state agencies can address transportation
<ul style="list-style-type: none"> <li>• <a href="#">Long-Range Statewide Transportation plan</a>. Federally required by <a href="#">statute</a> to plan for a minimum 20-year forecast period. Updates required at least every four years.</li> <li>• <a href="#">State Health Improvement Plans</a> (SHIP)s can include walking, biking, and safe transportation priorities, such as <a href="#">Safe Routes to School</a> <a href="#">Statewide Pedestrian System Plans</a></li> </ul>	<ul style="list-style-type: none"> <li>• Department of transportation</li> <li>• Safe Routes to School planner</li> <li>• Department of public health</li> <li>• State Medicaid agency</li> </ul>

## State Policy Options

**Public transportation.** States can encourage cities and towns to introduce a bus or other public transportation system, or to expand existing systems with additional routes, stops, and passenger capacity, particularly for destinations that support healthy eating, such as farmers markets and grocery stores participating in the Supplemental Nutrition Assistance Program (SNAP).

**Complete streets.** States can support the building of roadways that incorporate elements such as adequate lighting, sidewalks, crosswalks, and bike lanes that are designed to encourage walking, cycling, and other active use by people of all ages, while safely accommodating cars and public transit.

**Clean diesel bus fleets.** States can require or incentivize the use of clean diesel technology, such as emission control filters on fleets of public transit or school busses to improve air quality.

**Aligning resources and policies across agencies.** States can encourage greater communication and collaboration between public health, Medicaid, and law enforcement to improve data sharing, surveillance, and targeting of interventions.

*This document is part of NASHP's [Upstream Health Priorities for New Governors Toolkit](#). Explore the entire toolkit [here](#). <https://nashp.org/toolkit-upstream-health-priorities-for-new-governors/>*

## Evidence and Resources for State Leaders

Policy	Resources	Notes
Public transportation	<a href="#">Centers for Disease Control and Prevention's (CDC's) Health Impact in Five Years Interventions (HI-5)</a> , "Increasing access to safer and healthier modes of transport." Includes evidence of health impact and cost effectiveness.	Use of public transport was associated with an additional 8 to 33 minutes of walking per day.
	Congressional Research Service, <a href="#">Federal Public Transportation Program: In Brief</a> , April 30, 2018	This report details the flow of federal public transportation dollars to states and cities.
Complete streets	<a href="#">Cityhealth</a> rates cities on their complete streets policies. Trust for America's Health: <a href="#">Promoting Health and Cost Control in States</a> , p. 37-40: "Complete Streets"	One <a href="#">study</a> suggests that "complete streets" designed for walking, biking, cars, and public transit may be safer and tied to broader economic growth.
Clean diesel bus fleets	CDC's HI-5, <a href="#">Transitioning bus fleets. Cleaner air for a healthier community</a> includes evidence of health impacts and cost effectiveness.	In Texas, the Commission on Environmental Quality administers the <a href="#">Texas Emissions Reduction Plan</a> , which gives local governments, businesses, and individuals financial incentives to <a href="#">reducing emissions</a> .  According to the Environmental Protection Agency, each federal dollar invested in clean diesel projects generates \$5 to \$21 in savings in public health benefits.
Other transportation resources	The American Public Health Association, <a href="#">Transportation and Health</a>	The website includes a <a href="#">case study</a> of a partnership between Minnesota's departments of Transportation and the Health to develop the <a href="#">Minnesota Walks</a> pedestrian planning framework.
	US Department of Transportation, <a href="#">Integrate Health and Transportation Planning</a> and <a href="#">Transportation and Health Tool</a> , both updated October 2015	The site includes a bibliography of research studies and sources of additional information, and the tool contains data on a set of transportation and public health indicators.
	US General Accountability Office, <a href="#">Transportation-Disadvantaged Populations: Federal Coordination Efforts Could be Further Strengthened</a> , report to the Senate Committee on Banking, Housing, and Urban Affairs, June 2012.	
	<a href="#">FLOURISH Transportation Action Team</a> , resources on the intersection of transportation and health	This annotated bibliography of health and transportation literature includes peer-reviewed research, government resources, and sources related to transportation and equity.
	<a href="#">Minnesota Department of Transportation mission statement</a>	"Minnesota's multimodal transportation system maximizes the health of people, the environment and our economy."
	US Department of Transportation, <a href="#">USDOT Automated Vehicles Activities</a> , updated October 2018.	This website contains resources to support the planning and policy process associated with autonomous and connected vehicles.
	Medicaid transportation options	States can improve non-emergency medical transportation and self-directed options for vulnerable populations to promote use of preventive care, support successful management of chronic conditions, and reduce social isolation. Managed care organizations can experiment with ride sharing.