



YOUTH LEADERSHIP INSTITUTE

Use Your Voice

Health and Transportation

Transportation Equity Allied Movement (TEAMC)



YOUTH LEADERSHIP INSTITUTE

Use Your Voice

Vision:

To lead youth to create equitable communities.

Mission:

To build communities that invest in youth where young people and their adult allies come together to create positive social change.

**Leadership
Development**



Research



**Community
Change**

TEAMC

ABOUT

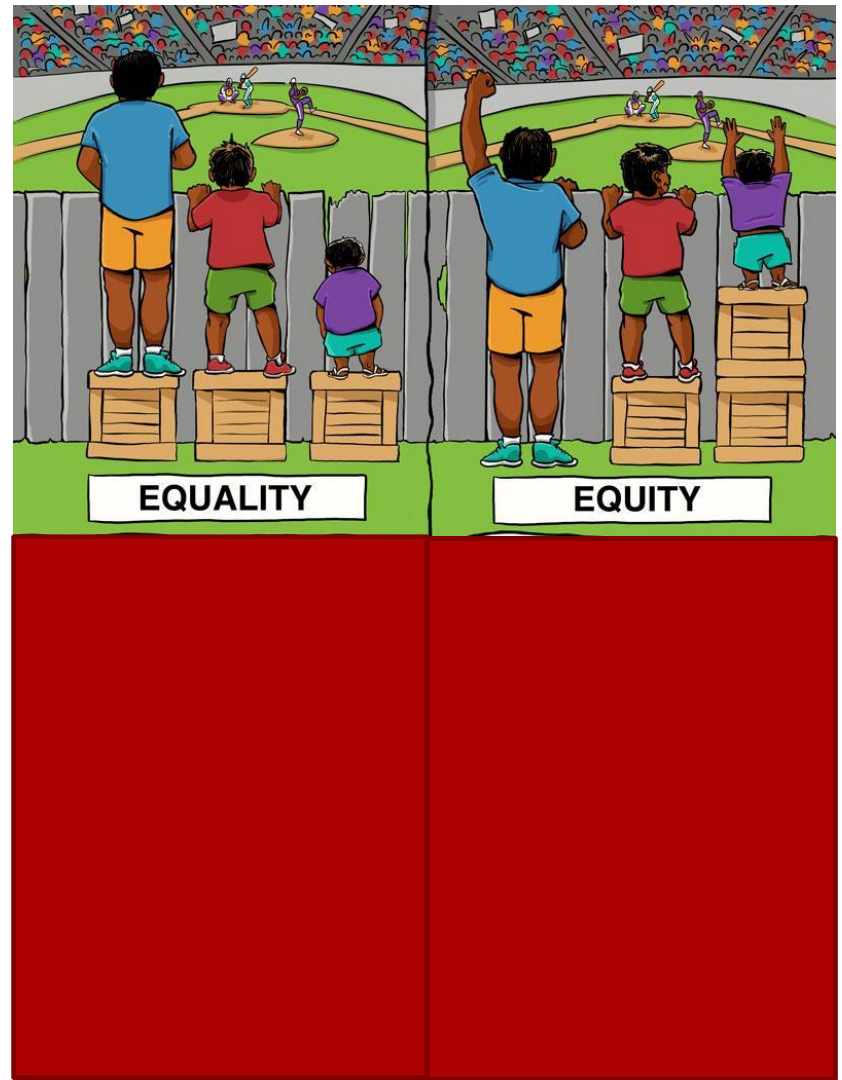
The Transportation Equity Allied Movement Coalition (TEAMC) advances community-supported transportation solutions that promote greater access to opportunity, social equity, public health and safety, and environmental protection. TEAMC engages and empowers those historically underrepresented communities to advocate for a public transportation system that better serves all of our needs.

**SPRINTING
TO**

TEAMC MEMBERS



What do we
mean when we
say:
Transit Equity



1. Increase the use and access of affordable, safe, and healthy transportation choices to jobs, schools, and other destinations.



2. Prioritize transportation funding and other investments for populations in greatest need.

3. Broaden the region's economic prosperity and avoid ongoing displacement of low and moderate income families

4. Advance climate protection and environmental justice.

5. Ensure meaningful community engagement in transportation decision making so that projects and policies reflect the needs of those most affected and ultimately result in better projects and programs

**How active
transportation
correlate to
positive health
outcomes for all**



Why this matters:

- Reduce traffic congestion
- Decrease pollution emissions
- Increase physical activity
- Improve access to basic medical needs and healthy food options
- Increase affordability to reduce financial-related stress in low-income families
- Improve mental and public health

Focus Population



- Youth, seniors, and differently-abled people in low-income communities
- People in need of access to education, health care services, community resources, employment



Reduce Traffic Congestion



**With traffic
reductions,
come
decreased
pollution
emissions
from cars**

-
- Public transportation tends to produce less pollution per passenger-mile.
 - Electric-powered trains/buses
 - Transit oriented development tends to reduce automobile travel and, therefore, emissions.

LOCAL // BAY AREA & STATE

SamTrans prepares to roll out 10 electric buses in fleet-replacement program



Rachel Swan

| Oct. 15, 2018

| Updated: Oct. 15, 2018 4:41 p.m.



Increases Physical Activity

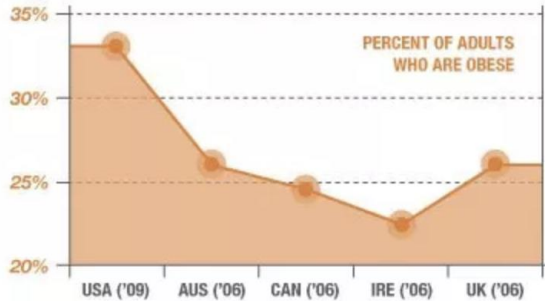
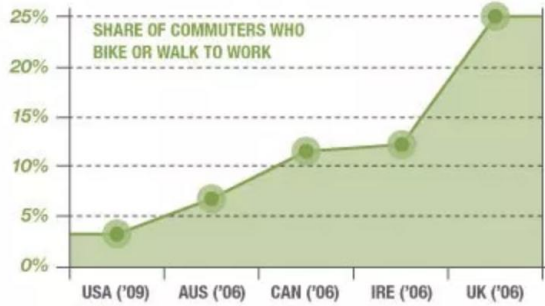
Public health officials increasingly alarmed about declining physical fitness, increasing body weight, that result in increases in diseases associated with a sedentary lifestyle.

Countries with **LOWER** rates of obesity tend to have **HIGHER** rates of commuters who walk or bike to work⁵



Increases Physical Activity

ACTIVE COMMUTING AND OBESITY RATES BY COUNTRY



Increasing community walking and bicycling are the most **practical ways** to improve public fitness, particularly for vulnerable populations

The National Household Travel Survey (NHTS) indicates that **people who use public transportation on a particular day spend a median of 19 minutes daily walking** to and from transit, and **29% achieve 30 minutes of physical activity during transit access trips**—much higher than the rates by non transit users.

Physical Activity for Youth

Students that are more physically active, perform better academically, and are less likely to be injured if they travel in areas that prioritize safe walking and bicycling infrastructure.





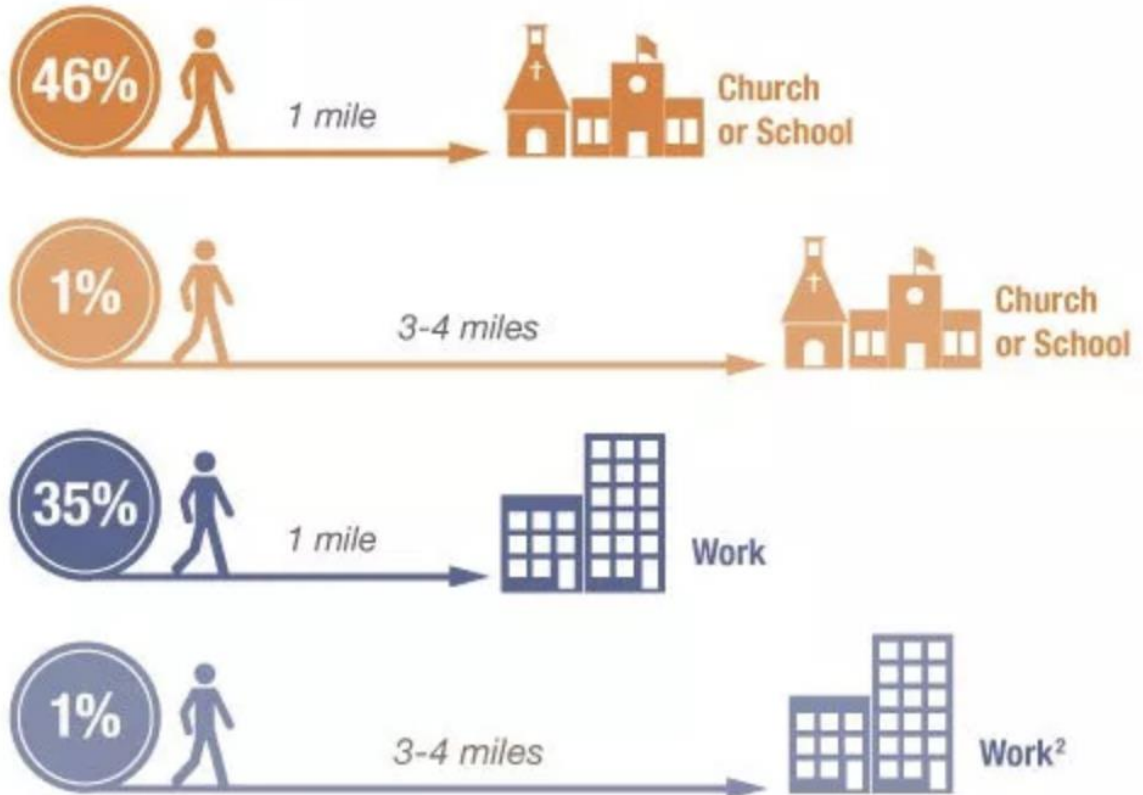
Increasing opportunities for people to get out of their cars and safely walk, bike, and take public transit saves lives, prevents injuries, and improves health.

- When people drive less, air pollution declines and asthma and other health issues decrease — while slowing the negative effects of climate change.
- More people are injured or killed in cars than by walking or biking. The more we can get out of our cars, the safer and healthier all of us can be.

Access to Basic Needs

- For example, medical and dental services, food and other basic goods, banking, education, and employment opportunities.
- Inadequate transport options can result in patients missing appointments, or force patients or medical service providers to pay for more costly transport services such as Lyfts/Ubbers/taxis

STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:



THE NEW HEALTH CARE

Stuck and Stressed: The Health Costs of Traffic

The physical and psychological toll of brutal commutes can be considerable.



Stress & Affordability

Very low-income families spend, on average, over 30% of their income on transportation.

With high-quality service, many commuters find public transportation less stressful than driving.

Households that use public transportation save an average of more than \$8,000+ every year.

Mental & Public Health

Improvements such as:

1. Increased service
2. More comfortable waiting conditions
3. Improved service reliability

Can improve mental health by →

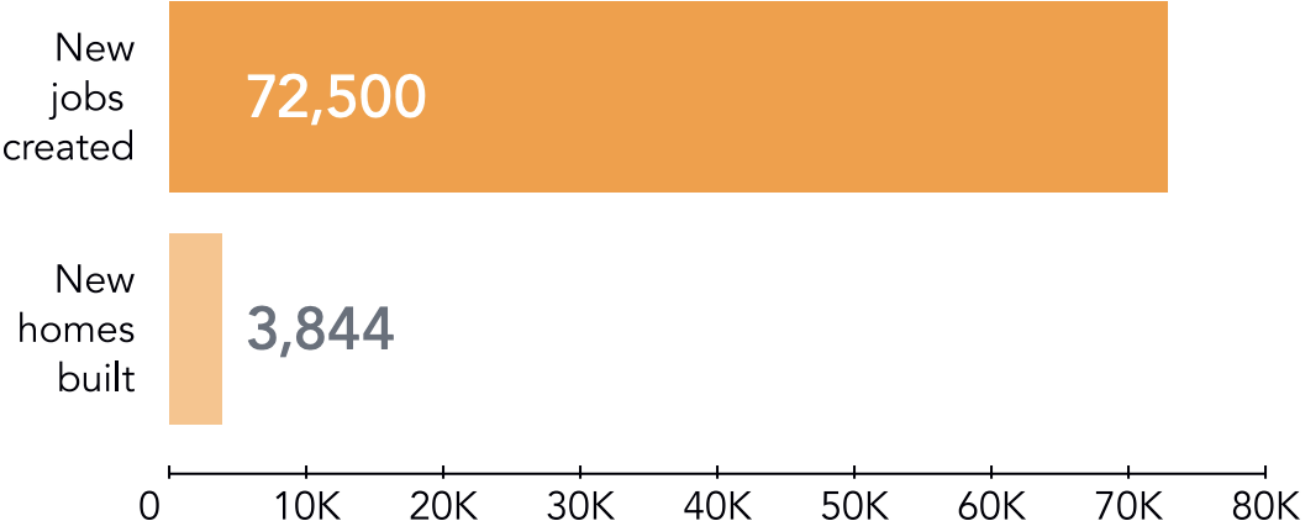
1. Reducing physical and emotional stresses (crowding, fear, and frustration)
 2. Increasing affordability (and therefore reduced financial stress),
 3. Influencing access to education and employment activities
 4. Helping to create more walkable communities, which increases physical activity and fitness.
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**How do we see this in
San Mateo County?**

**Lack of
affordable
housing/
displacement**

Figure 1. Jobs Created vs. Homes Built in San Mateo County, 2010–2015

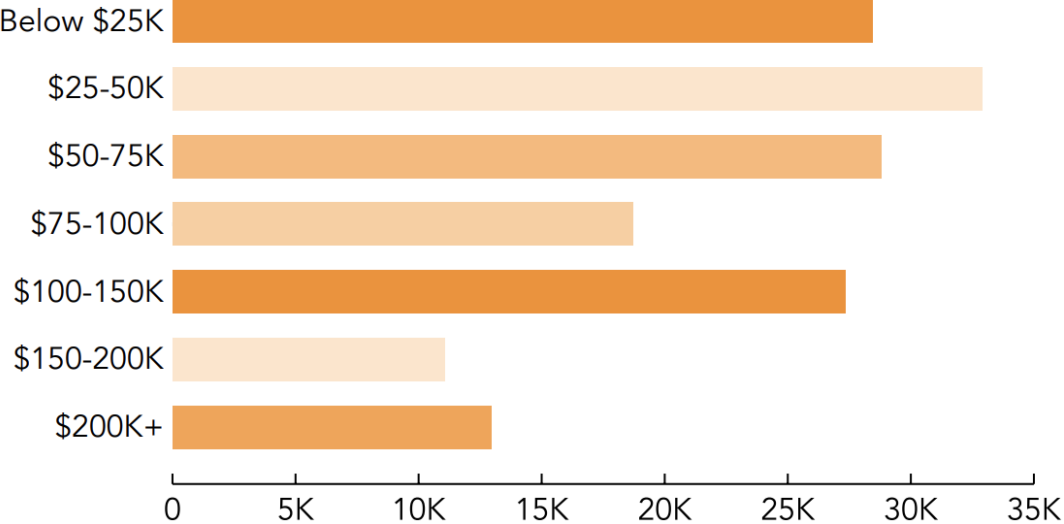


Cost of Housing

Today, workers who make less than \$50,000 make up 40% of the people commuting in from outside San Mateo County.

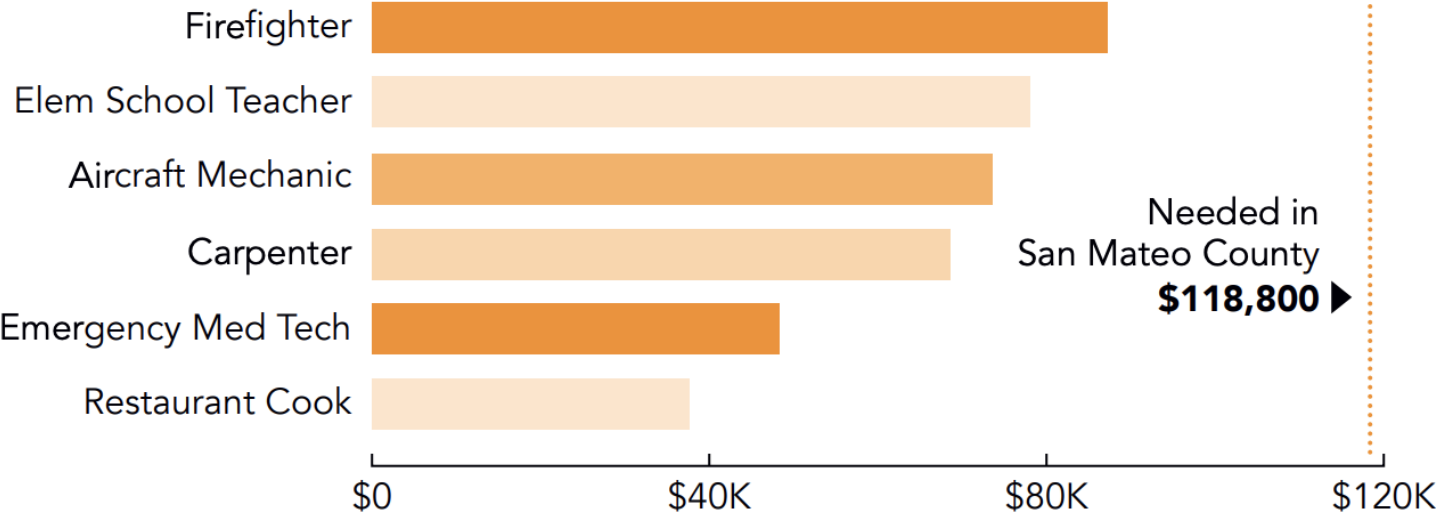
Almost half of all new jobs in San Mateo County will pay less than \$65,000 a year.

Figure 3. Number of In-Commuters to San Mateo County by Income Level¹⁴



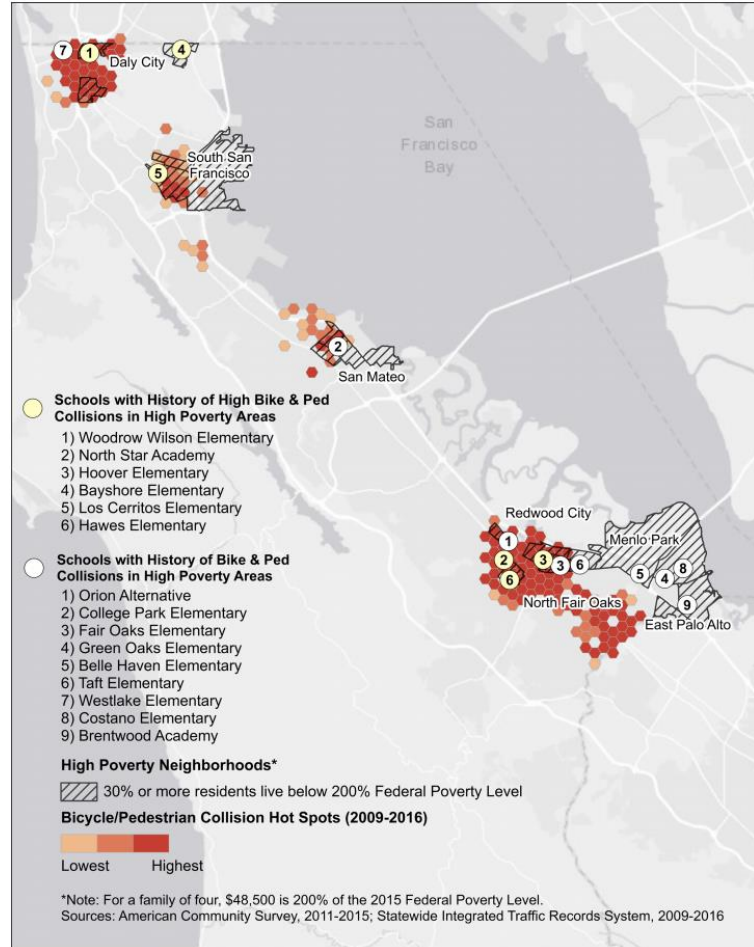
Displacement continues

Figure 5. Typical Regional Salaries by Career vs. Salary Need to Afford an Apartment in San Mateo County¹⁹



Safety Concerns

Daly City South San Francisco San Mateo Redwood City



Safety Concerns

470

collisions in San Mateo County a year, on average, involve a person walking or biking. That's more than one collision a day.¹

91%

of youth living within a Census tract that includes one of the 15 schools identify themselves as a person of color.²

27%

of victims in a collision involving a person walking and biking near these schools are children.³



Safety Concerns

- 39% of all bike and pedestrian collisions occur within a quarter mile of a school.
- Among all bike and pedestrian victims under 19, 49% are injured or killed within a quarter mile of a school.

Prioritizing cars not people

18%

of all pedestrian and bike collisions occur on El Camino Real, though it makes up only 1% of roadway miles.

12%

of all fatal collisions involving a pedestrian or cyclist occur on El Camino Real.

7%

of all pedestrian and bike deaths occur on El Camino Real.

“I am fine riding in traffic most of the time, but when my kids are on my bike it makes me really nervous.

The county needs to take a more regional role in ensuring there are safe bike routes that connect across cities.”



Not efficient, convenient, or reliable

“I live on the coast and transportation other than by car is extremely challenging. Bus service is limited and I have no idea of when a bus might show up. And the buses are poorly integrated with BART.”

Missed opportunities for youth (summer school at CC, internships, jobs, etc.)

Successes in getting a step closer

1. Youth leaders are aware of the connections of public transportation and other issues that affect their community
2. Help develop the SamTrans Youth Mobility Plan and continue close partnership with SamTrans Youth Ambassadors
3. Developed a Roadmap that talks more about the importance of community-drive change in partnership with GHSMC
4. Measure W!
5. Policy & youth civic engagement
6. More potential solutions in 201...

Better Transportation Options = Healthier Lives

HEALTH IN COMMUNITIES WITH BETTER TRANSPORTATION OPTIONS

Walkable, bikable, transit-oriented communities are associated with healthier populations that have:



**MORE
PHYSICAL
ACTIVITY**



**LOWER
BODY
WEIGHT**



**LOWER RATES
OF TRAFFIC
INJURIES**



**LESS AIR
POLLUTION**



**IMPROVED
MOBILITY FOR
NON-DRIVERS¹**

Transportation connects people to places, and is a major determinant of access to **opportunity** and **economic mobility** as well as **health outcomes**.

Increase use and access of affordable, safe, and healthy transportation choices to homes, jobs, schools, and other destinations

Broaden the region's economic prosperity and avoid ongoing displacement of low and moderate income families

Meaningful community engagement in transportation decision making

OVERALL GOAL:

San Mateo County has an affordable, accessible, sustainable, clean, and efficient transportation system that provides economic opportunity and shared prosperity, mobility and safety, and other benefits, especially to our most vulnerable residents.

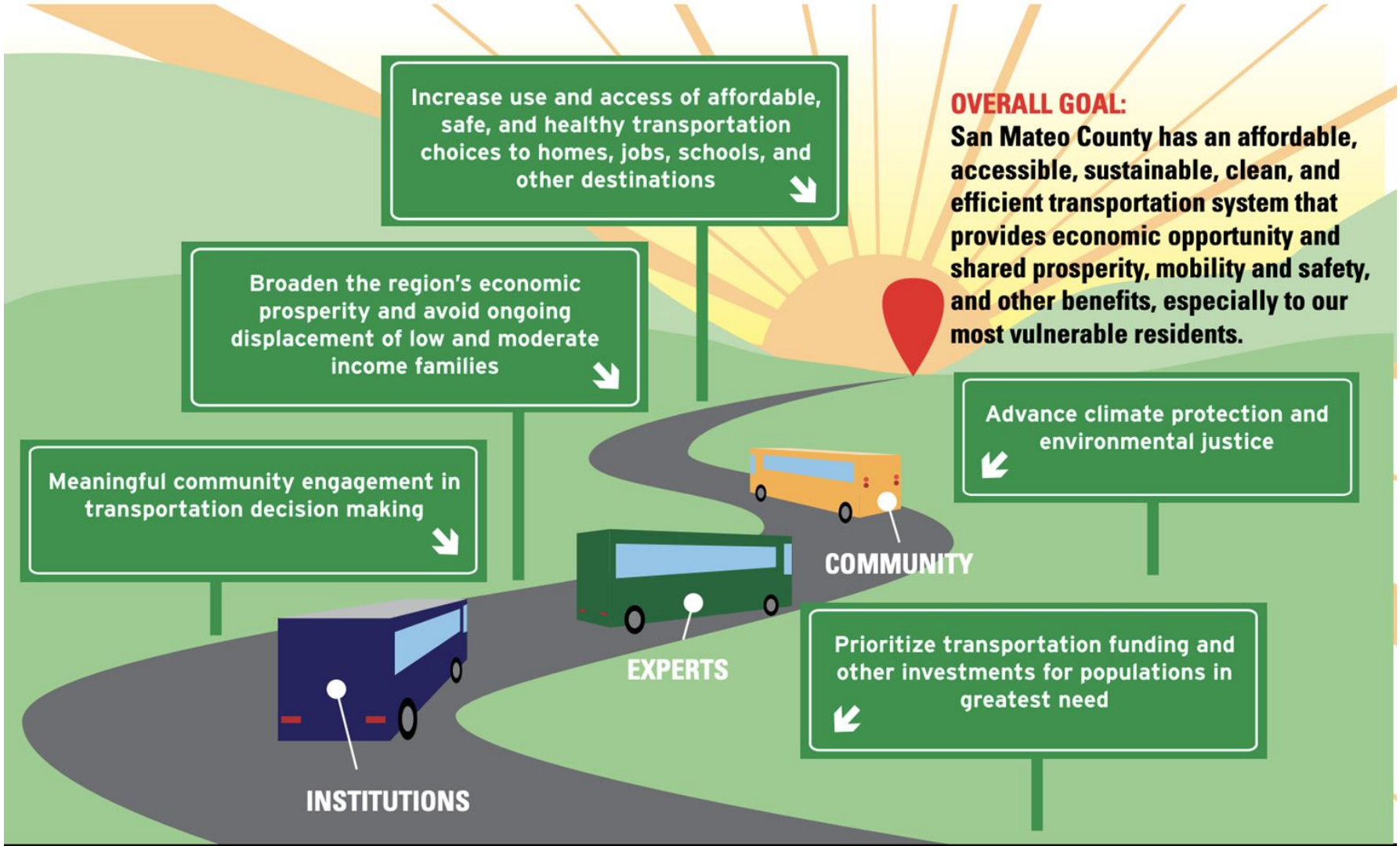
Advance climate protection and environmental justice

COMMUNITY

Prioritize transportation funding and other investments for populations in greatest need

EXPERTS

INSTITUTIONS



Questions?

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