



TRANSIT

for Livable Communities

Our Mission



Transform Minnesota's transportation system to strengthen community, improve health and opportunity for all people, foster a sound economy, and protect our natural resources.

TRANSIT

WALKING

BICYCLING

THOUGHTFUL DEVELOPMENT



LINKING TRANSIT & HEALTHY COMMUNITIES

Transit = Physical Activity

Compared to people who drove themselves to work, transit riders were:

- 27% less likely to have high blood pressure
- 34% less likely to have diabetes

The rates were even lower than that of walkers or bikers.

(Taking public transportation instead of driving linked with better health

American Heart Association Meeting Report Abstract 15214 (Poster S 2034, Hall A2))



Transit = Cleaner Air

On average, public transportation compared to private automobiles produces:

- 95% less carbon monoxide
- 92% fewer volatile organic compounds
- 45% less carbon dioxide

Reducing auto emissions and improving air quality contribute to lower incidences of asthma, lung disease and lung cancer.

(American Public Transportation Association. 2002. The benefits of public transportation: the route to better personal health. Washington, DC: APTA)



Transit = Aging in Place

Seniors face isolation, lower quality of life from lack of transit

Seniors age 65 and older who no longer drive make 15% fewer trips to the doctor, 59% fewer trips to shop or eat out, and 65% fewer trips to visit friends and family, than drivers of the same age.

(Bailey, Linda (2004), "Aging Americans: Stranded without Options" Surface Transportation Policy Project)

79 % of seniors age 65 and older live in car-dependent suburban and rural communities.

(Rosenbloom, Sandra (2003) "The Mobility Needs of Older Americans: Implications for Transportation Reauthorization" Brookings Institution)



Preventing Social Isolation

Studies of elderly people and social isolation concluded that those without adequate social interaction **were twice as likely to die prematurely.**

The increased **mortality risk is comparable to that from smoking** and is about **twice as dangerous as obesity.**

Social isolation impairs immune function and boosts inflammation, which can lead to **arthritis, type II diabetes, and heart disease.**

Loneliness has doubled: 40 percent of adults in two recent surveys said they were lonely, up from 20 percent in the 1980s.

“Loneliness Among Older Adults: A National Survey of Adults 45+” by G. Oscar Anderson, AARP Research, September 2010

“Social Relationships and Mortality Risk: A Meta-analytic Review” by Julianne Holt-Lunstad, Timothy B. Smith, J. Bradley Layton; July 27, 2010 <http://dx.doi.org/10.1371/journal.pmed.1000316>



Spotlight: Arrowhead Transit

Best Practices: Coordination of Programs

Effectively coordinated transportation services can improve service productivity and reduce costs by eliminating overlapping, duplicative and inefficient operations. Arrowhead Transit, which is based in Virginia, Minnesota, is an agency that has achieved these myriad benefits through effective coordination.

Arrowhead Transit is the primary public transit and social service transportation provider for seven counties, including Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis. Founded in 1974, Arrowhead receives Federal Transit Administration Rural Area Formula Program (Section 5311) funds, which help to cover the operating costs of transit providers in communities with populations lower than 50,000. Arrowhead has developed a highly successful coordinated set of public transportation services that allow for route deviation, dial-a-ride, demand/response and subscription routes. Arrowhead Transit provides these services with 55 accessible buses. In 2004, Arrowhead provided more than 350,000 trips across the three different service types at a per-trip cost of \$7.63.



Hundreds of thousands of trips over a vast seven-county service area in NE Minnesota.

MnDOT estimates that without the services offered by Arrowhead, local social service agencies and cities would have to pay \$4.1 million more for an equivalent number of trips from private operators



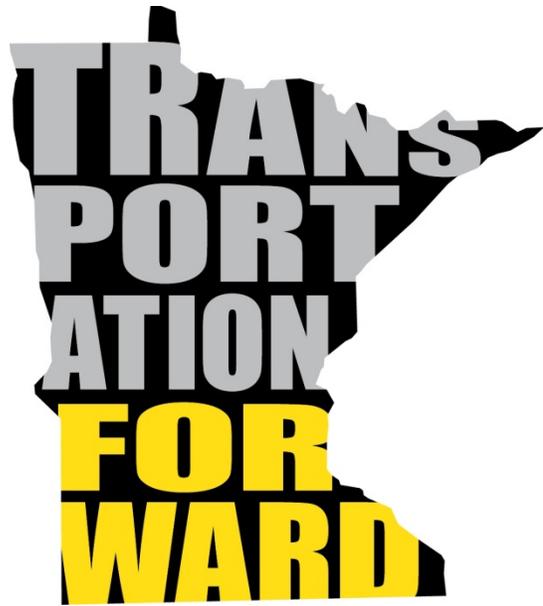
SO NOW WHAT?

**HOW WE CAN GET THIS
MESSAGE OUT**



WORK IN COALITION

Transportation Forward



A statewide campaign seeking new investments in transportation to improve mobility, economic health, and quality of life in communities across Minnesota. We are calling on the legislature to increase funding for all modes—bus, rail, bicycling, walking, roads, and bridges.

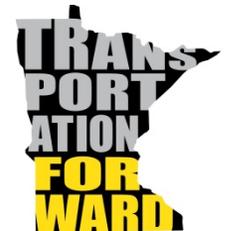
www.transportationforwardmn.org

Coalition Partners

AARP Minnesota
AFSCME Council 5
Alliance for Metropolitan Stability
Amalgamated Transit Union Local 1005
American Council of Engineering Companies of MN
American Heart Association
American Institute of Architects (AIA) Minnesota
American Planning Association Minnesota Chapter
The Arc Greater Twin Cities
Avenue Design Partners
Bicycle Alliance of Minnesota
BLEND
Bloomington Bicycle Alliance
Center for Prevention at Blue Cross and Blue Shield
of Minnesota
Communications Workers of America, Minnesota
State Council
Conservation Minnesota
The Cornerstone Group
Fresh Energy

Growth & Justice
Housing Justice Center
I-494 Corridor Commission
ISAIAH
Izaak Walton League Minnesota Division
Jewish Community Action
Lao Assistance Center of Minnesota
Metropolitan Consortium of Community Developers
Midtown Greenway Coalition
Minneapolis Bicycle Coalition
Minnesota Academy of Nutrition and Dietetics
Minnesota Cancer Alliance
Minnesota Center for Environmental Advocacy
Minnesota Consortium for Citizens with Disabilities
Minnesota Environmental Partnership
Minnesota FoodShare
Minnesota Housing Partnership
Minnesota Public Health Association
Minnesota Public Interest Research Group (MPIRG)
Minnesota Public Transit Association

Minnesotans for Healthy Kids Coalition
MN350
New American Academy
North Minneapolis Bicycle Advocacy Council
Quality Bicycle Products
River Valley Action
Saint Paul Bicycle Coalition
Sierra Club
Suburban Transit Association
Summit Academy OIC
Transit for Livable Communities
The Trust for Public Land
We Bike Rochester





Health + Transit Advocacy

14% of Transportation Forward coalition partners are from the Health sector:

American Heart Association

BLEND

Center for Prevention at Blue Cross and Blue Shield of Minnesota

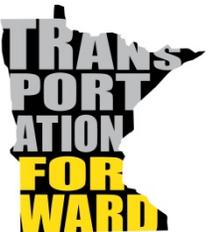
Minnesota Academy of Nutrition and Dietetics (MAND)

Minnesota Cancer Alliance

Minnesota Public Health Association

Minnesotans for Healthy Kids Coalition

National Multiple Sclerosis Society

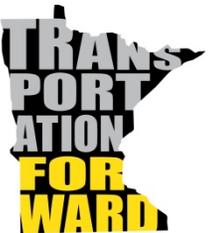




Making the Case for Health

“The Minnesota Legislature needs to pass a comprehensive funding package designed to repair and modernize the state’s transportation system—a package that includes funding for pedestrian and bicycle infrastructure for communities throughout central Minnesota. More and more St. Cloud-area residents of all ages are walking and biking for their health and as a means of getting around. That benefits all of us and we need to make sure they have a transportation system that helps keep them safe.”

CentraCare Health Foundation’s Jodi Gertken, Director of Wellness





MAKE IT PERSONAL

TRANS PORT ATION FOR WARD

ABOUT

WHAT'S AT STAKE

GET THE FACTS

ENGAGE

NEWS



Thomas Beaumont and his wife live in Minneapolis. Both have many older relatives and friends throughout Greater Minnesota who can no longer drive safely. Thomas explains, "They have become isolated and immobile. They must rely on family members or social services to reach medical appointments and even to shop and socialize." Thomas and his wife support investment funding for transit to help seniors remain active, healthy, and socially engaged.



“

I'm seeing the city more, I'm enjoying life, I'm getting in shape, and I have saved a lot of money.

Shalonnie A., Saint Paul,
on embracing her
transportation options

MN Transit Using Real Stories



Julie Olson

"It's pretty interesting how many different types of people ride the bus. Some are very well off. Some are not. **For some people it's their only means of transportation.** We have more riders in the winter because when bad weather comes, some people just park their cars and leave them parked until spring."

Does she know all her passengers by name? "Not everyone. I know people by their address. If I see one of my passengers on the street, I may not remember their name but I'll always be able to tell you their address."



MN Transit Using Real Stories



Dave Johnson

“I greet every passenger. I know most of them by name. I make them feel welcome. They appreciate consistency. Many of my senior riders still have their own cars but they like the bus better. With the bus they don’t have to find a parking spot. They can look around without having to be concerned about driving. **Recently I was about to drop off a couple of my riders at their stops and they told me they just weren’t ready to get off the bus yet. It’s a really good service. It helps a lot of people.**”





ENGAGE THE COMMUNITY



Transit Corridor Outreach: because transportation should serve communities, and communities should have a strong voice in transportation decisions.



Brett Ostby sees members of his Greater Minnesota community struggling with limited transportation options—and he knows something has to change. “I have little trouble traversing Rochester by bike, but I’m a healthy, able bodied man. I can choose to bike or drive. My fellow citizens are not all so lucky.

Infrastructure barriers and poor public transit options limit their freedom, ability to stay healthy with regular exercise, and build wealth. Public transit is limited in

Rochester so people can’t use it in most parts of the city or later at night. Those late night and early morning shifts are critical for people who work at Rochester’s well-known clinic and other employers. Bike and pedestrian networks are incomplete, lacking in connectivity and safety infrastructure. More funding for public transit, biking, and pedestrian infrastructure is needed to allow all Minnesotans to thrive.”

Vision: Healthy Communities



Get Involved

Contact: Andrea Kiepe | Organizer | andreak@tlcminnesota.org | 651.789.1406



Our members, allies & volunteers make change possible! Learn more and connect with us online:

www.tlcminnesota.org

