Regional Transportation Planning & Health

Sara Zimmerman
Program & Policy Director
What Is a Metropolitan Planning Organization?
What Is a Metropolitan Planning Organization?

- MPOs are regional planning agencies for metropolitan areas and surrounding areas
- They are mandated by federal law, established by the states, & operated by local decision makers
- Required for any urbanized area with a population of over 50,000 people
- Over 400 across the United States
- They are gatekeepers for federal & state transportation funding
How Do MPOs Work?

• Each MPO is governed by a policy board
• The policy board is generally composed of elected & appointed officials from the cities, towns, counties, & public transportation providers in the region
• Goal is to coordinate planning among all these actors across the region
• Larger MPOs have a range of staff people with many areas of expertise
• MPOs almost always have technical advisory committees & may have many other advisory committees
Why Do MPOs Matter?
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U.S. Total Population

71% of population lives within MPO boundaries

U.S. Total Land Area

less than 5% of land area lies within MPO boundaries

[Legend: Green = not within MPO boundaries, Purple = within MPO boundaries]
MPOs, Transportation & Health

- Physical activity
- Traffic injuries & fatalities
- Air quality
- Climate change
- Environmental justice
- Emergency safety
- Health equity
- Access to economic opportunity
- Healthy aging
- Access to healthy destinations
What Do MPOs Do?
Short & Long Term Transportation Planning

• **Long Range Transportation Plans:** Engage in continuous long-term regional planning; every 3-5 years develop new regional transportation plan that projects at least 20 years into the future.

• **Transportation Improvement Programs (TIPs):** Develop short-term transportation improvement programs (TIPs) that select projects & strategies to fund & implement in next four years. Projects must be consistent with the long range plan.
Much More!

• **Funding awards** (e.g. MPOs serving more than 200,000 people award a share of federal Transportation Alternatives Program funds, key funding for active transportation)

• **Congestion management**

• **Public engagement**

• **Plans, policies & resolutions**

• **Programs & activities**

• **Technical assistance & model policies to support action by local jurisdictions**

• **Coordinating stakeholders**

• **Resources & tools**