

# HEALTH IMPACT OVERVIEW

City of Pendleton



# HOW DOES TRANSPORTATION RELATE TO YOUR HEALTH?

Transportation investments in walking, bicycling and transit infrastructure and programs can lead to positive public health outcomes resulting from injury prevention, increased physical activity, and better access to healthy food and medical services.

This high level health impact assessment highlights the City of Pendleton's health related challenges associated with accessibility, availability, and awareness of the existing transportation options, and suggests opportunities for improvement in eight issue areas. The Likely Impact column below evaluates the potential for TSP investments to have an impact on addressing each of the identified transportation-related health challenges.

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|--|---|---|---|
| <p><b>1</b> Access to health supportive resources, including medical care and healthy food</p> |   | <p><b>5</b> Exposure to transportation-related toxins and poor air quality</p>    |   |
| <p><b>2</b> The ability to walk, bike, and take transit</p>                                    |  | <p><b>6</b> Access to parks and recreational trails</p>                           |  |
| <p><b>3</b> Injury prevention: the ability to walk and bike safely</p>                         |  | <p><b>7</b> Human services transport for seniors and people with disabilities</p> |  |
| <p><b>4</b> Access to schools and employment</p>   |  | <p><b>8</b> Transportation to address health and well-being</p>                   |  |

## 1. Access to health supportive resources, including medical care and healthy food



Challenges	TSP Response	LIKELY IMPACT
» Gaps in the bicycle network and limited pedestrian crossings restrict access to grocery stores in the southwest commercial area.	» TSP identifies projects that complete bicycle network and sidewalk gaps to improve walking and biking connections to grocery stores in the southwest commercial area.	+ + +
» Awareness of existing Kayak transit service to southwest commercial area is limited.	» TSP identifies a project to provide enhanced transit user information such as maps and brochures to increase awareness of Kayak transit options to grocery stores.	+ + +
» Riders have to request drop-offs at the Southgate Medical Center because it is not on the main Kayak transit route through town.	» TSP identifies a project to enhance frequency of Kayak stops at Southgate Medical Center.	+ + +

## 2. The ability to walk, bike, and take transit



Challenges	TSP Response	LIKELY IMPACT
» Gaps in the pedestrian and bicycle networks limit access to schools, parks, and transit stops.	» TSP prioritizes investments such as sidewalk infill, marked crossings, and bicycle routes that provide comfortable access to schools, parks and transit stops.	+++
» People with disabilities cannot access transit stops that lack access ramps. » Utilities and signposts narrow some sidewalks and block access for wheelchair users.	» TSP prioritizes access ramp installation and sidewalk barrier removal near key destinations and transit stops.	+++
» There is a social stigma associated with taking transit.	» TSP identifies a project to promote transit services through transit user information such as enhanced maps and brochures. » TSP identifies a project to add bus shelters in five priority locations to protect passengers from weather.	+

## 3. Injury prevention: the ability to walk and bike safely



Challenges	TSP Response	LIKELY IMPACT
» Several large, high speed roads are uncomfortable to walk or bicycle along and across.	» TSP prioritizes pedestrian and bicycle projects that overcome barrier streets and/or provide for alternate routes. » TSP projects include multi-use trails, separated on-street facilities and enhanced crossings to provide comfortable alternatives to busy roads.	++

## 4. Access to schools and employment



Challenges	TSP Response	LIKELY IMPACT
» Gaps in the sidewalk and bicycle network limit the ability for students to walk or bicycle to school.	» TSP prioritizes proposed investments such as sidewalk infill and bicycle routes to school. » TSP identifies multi-use trails that would serve as comfortable walking and bicycling alternatives to busy roads such as Southgate.	+++
» Employers rarely provide information about available transportation options.	» TSP identifies a project to help fund a Umatilla County Mobility Manager to coordinate county and regional transportation services and distribute centralized transportation information. » TSP identifies a project to work with ODOT Region 5 Transportation Options coordinator to promote carpool and ridesharing. » TSP identifies a project to create a mobility hub that links regional services (Kayak and Greyhound), bicycle facilities, local services, carpools, and vanpools in one location.	++

## 5. Exposure to transportation-related toxins and poor air quality



### Challenges

- » Poor air quality is not uncommon in Pendleton, due to its valley presence.

### TSP Response

- » TSP investments in comfortable walking and bicycling infrastructure would support transit and active transportation on poor air quality days.

### LIKELY IMPACT



## 6. Access to parks and recreational trails



### Challenges

- » Many residential areas in Pendleton are not close to multi-use trails.
- » Gaps in the pedestrian and bicycle network and busy roadway crossings influence the safety of walking and biking to Pendleton's many parks.
- » Security concerns on the River Walk.

### TSP Response

- » TSP projects include multi-use trails that provide recreational and transportation opportunities to places that lack trail access.
- » TSP projects include multi-use trails that provide walking and bicycling access to parks such as Grecian Heights Park.
- » TSP includes paved multi-use trails to ensure access for wheelchair users.
- » TSP identifies multi-use trail design standards that emphasize lighting and regular maintenance on existing and future multi-use trails.

### LIKELY IMPACT



## 7. Human services transport for seniors and people with disabilities



### Challenges

- » Many people are not aware of existing Let'er Bus transit services (including the senior and disabled taxi ticket voucher program) provided by the City of Pendleton and fixed route service provided by Kayak.

### TSP Response

- » TSP identifies a project to publish maps and brochures to promote existing available transit services.

### LIKELY IMPACT



## 8. Transportation to address health and well-being



### Challenges

- » Recent studies have shown Umatilla County residents have obesity rates that far exceed the state average.

### TSP Response

- » TSP identifies and prioritizes active transportation projects that increase opportunities to walk and bike for recreation and to meet daily needs.

### LIKELY IMPACT



The challenges and opportunities described here will influence the policies and infrastructure projects of the future Pendleton Transportation System Plan. For more information on the transportation system plan update:

<http://www.pendleton.or.us/community-development/tsp-update-pedestrian-bicycle-and-transit>



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