



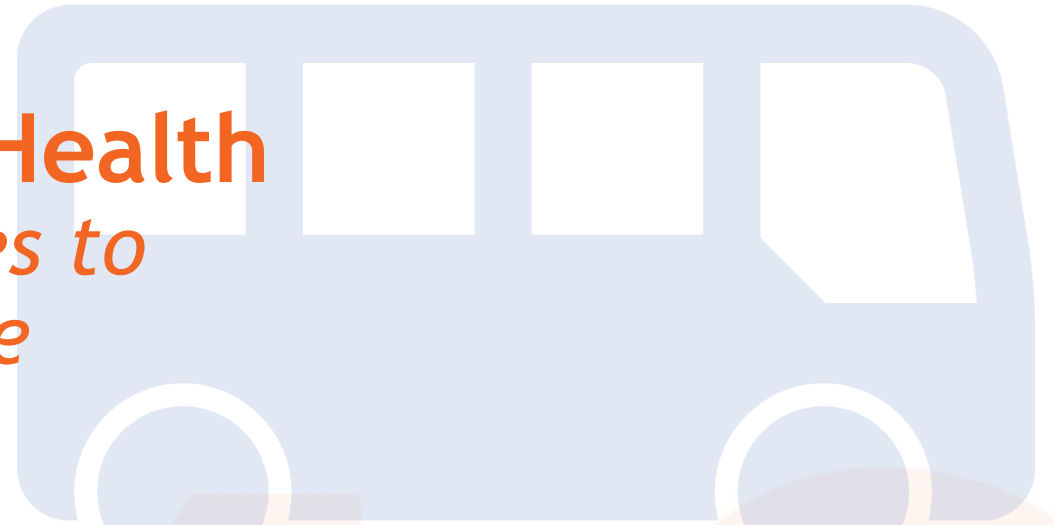
Transportation and Health

*An Overview of the Rides to
Wellness Initiative in the
Atlanta Metro Region*

Amanda Tyler

Aging & Independence Services Committee Meeting

June 13, 2018



Rides to Wellness

- Is an initiative from the Federal Transit Administration with the goals to:
 - Increase partnerships between health and transportation providers
 - Increase access to care
 - Improve health outcomes
 - Reduce health care cost



How?

1

Travel Training

2

ADA Complementary
Paratransit and/or
Reduced Fare
Enrollment
Assistance

3

Complimentary
MARTA Transit
Passes

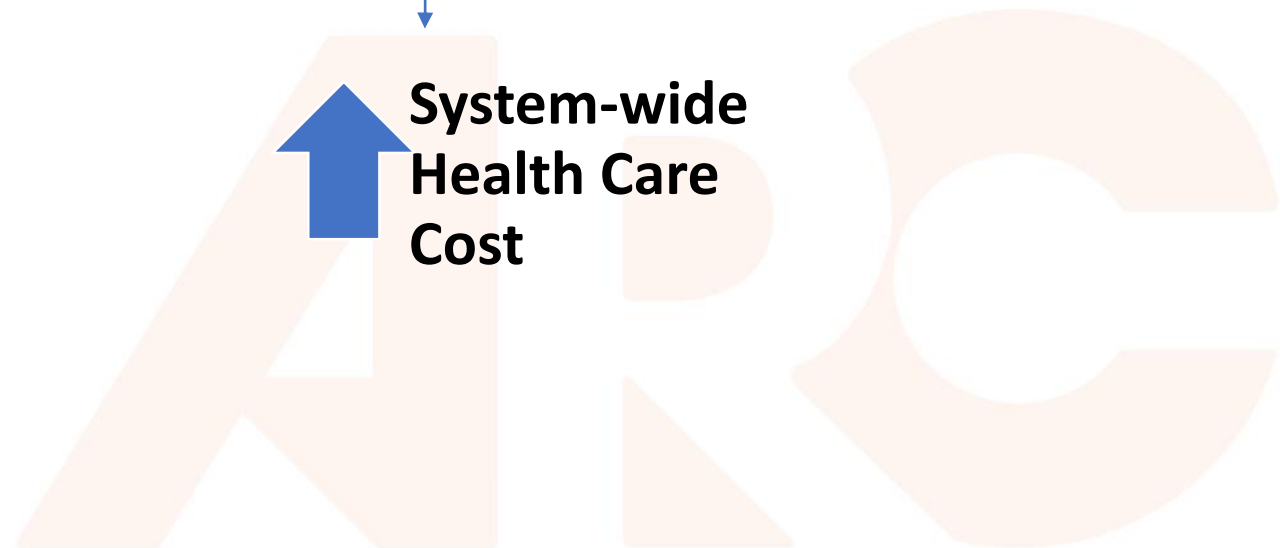
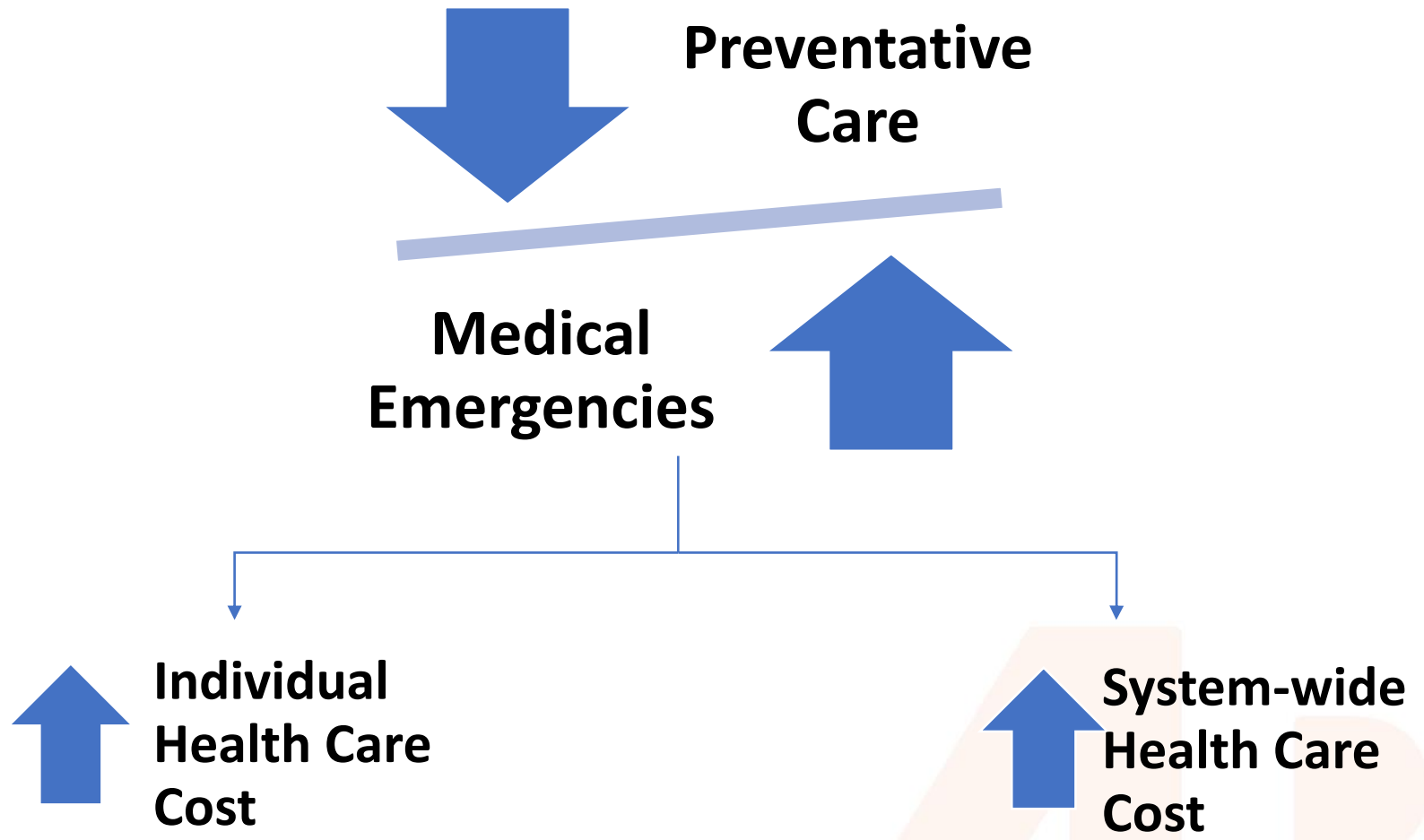
Depression

Isolation

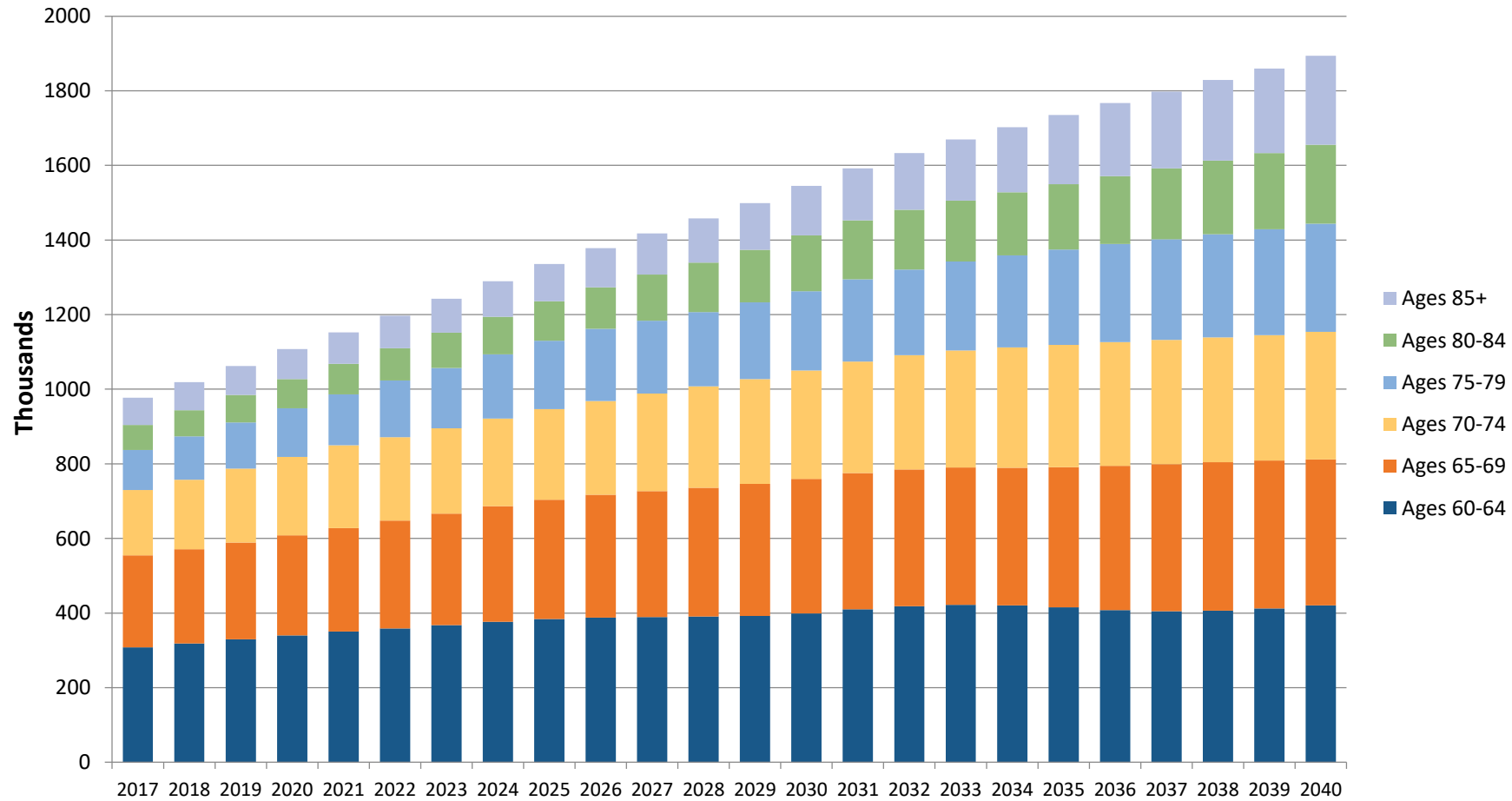
Health Issues
Related to Poor
Transportation

Loneliness

Greater risk of injury or
death as a result of a
traffic crash



Population of Older Adults Age 60 and Up in the Atlanta Region



Source: ARC Plan 2040 Transportation Update (2014) (20- County Area)

Travel Training

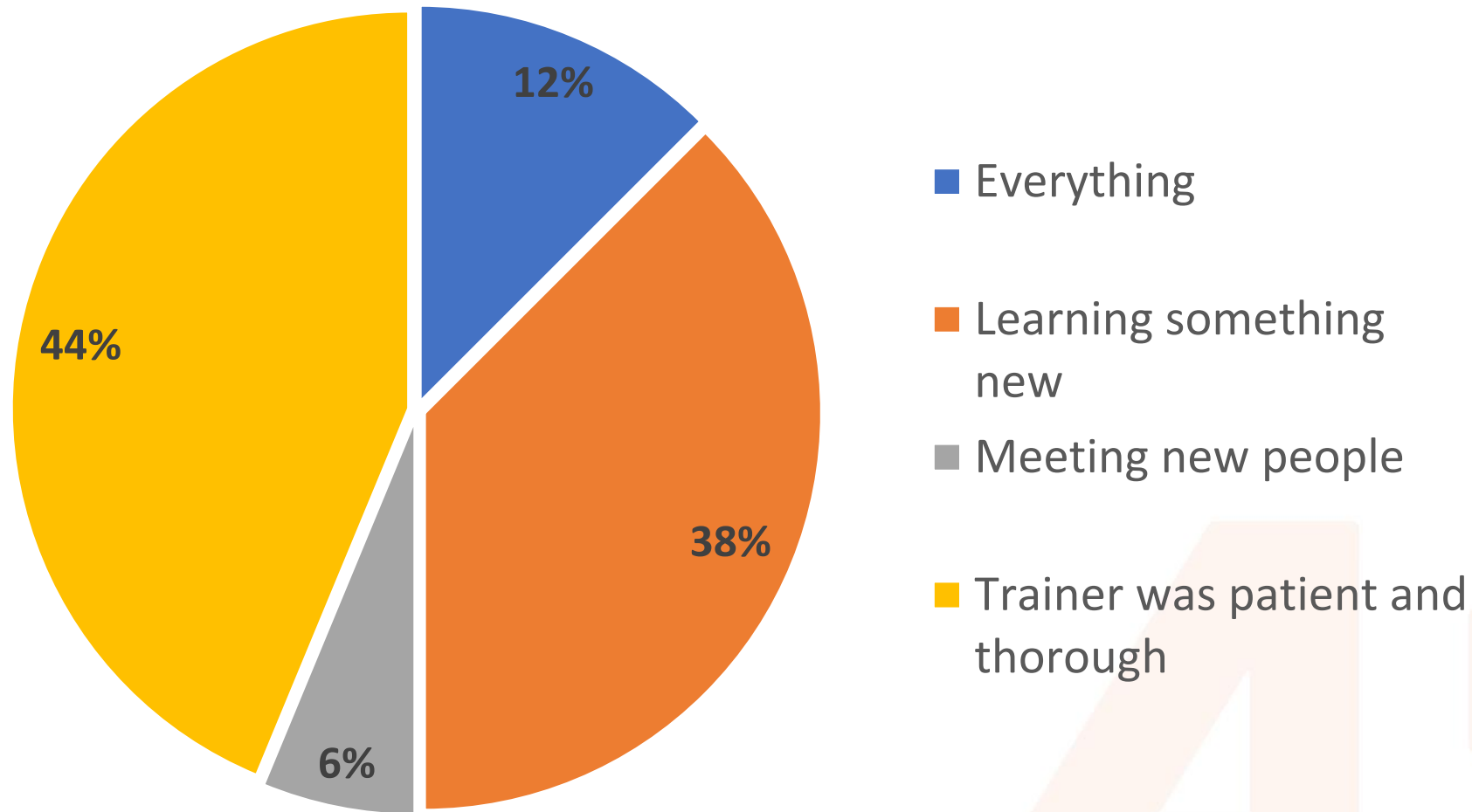


Travel Training

	Agree
The information I received was helpful.	100%
I understand how to plan for a trip on MARTA bus/train.	100%
I feel confident in my ability to successfully navigate the MARTA bus system.	100%
I feel confident in my ability to successfully navigate the MARTA train system.	100%

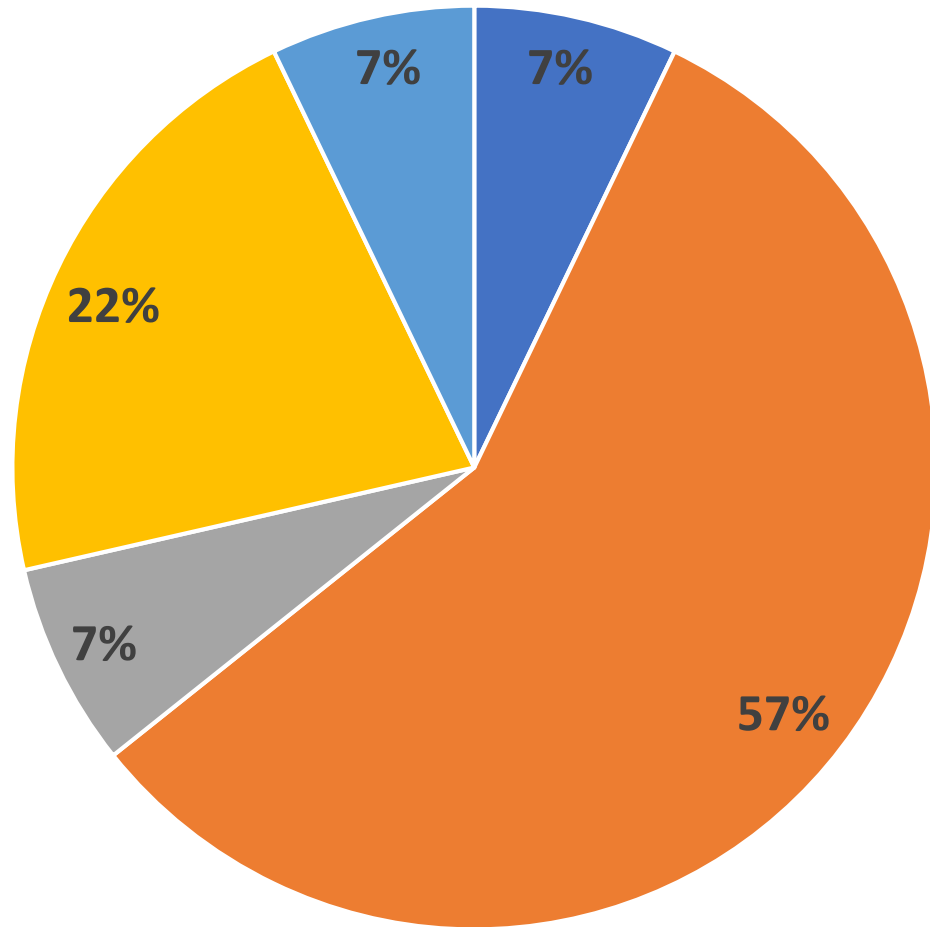


What did you like most about travel training?



ARC

What did you like least about travel training?



- No escalator
- Nothing
- Other people
- The heat
- The wait for the bus



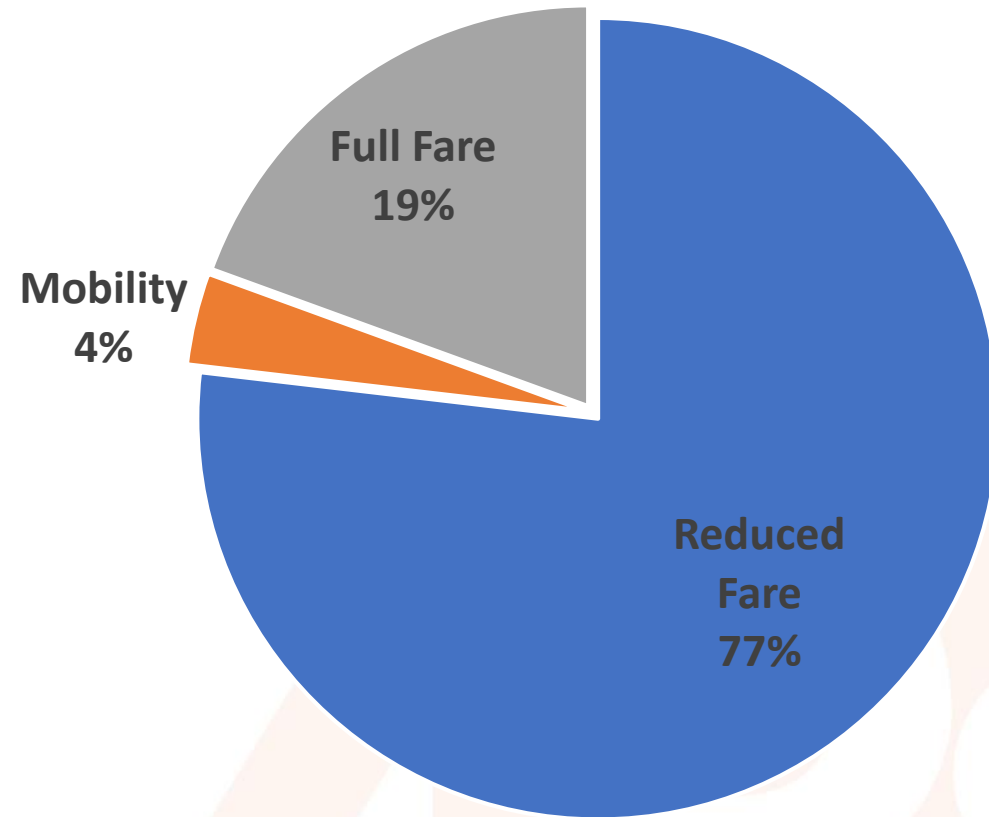
**ADA Complementary
Paratransit/ Reduced
Fare Enrollment
Assistance**



Rides to Wellness

	# of Enrollees (N=216)
Reduced Fare	
Already enrolled in the Reduced Fare Program	125
Reduced Fare Enrollment Assistance	41
Grand Total	166

	# of Enrollees (N=216)
MARTA Mobility	
Already enrolled in MARTA mobility	2
MARTA Mobility Enrollment Assistance	6
Grand Total	8



Complimentary Marta Transit Pass



Benefits

Individual Health

Less reported physical and mental unhealthy days

Healthcare Providers

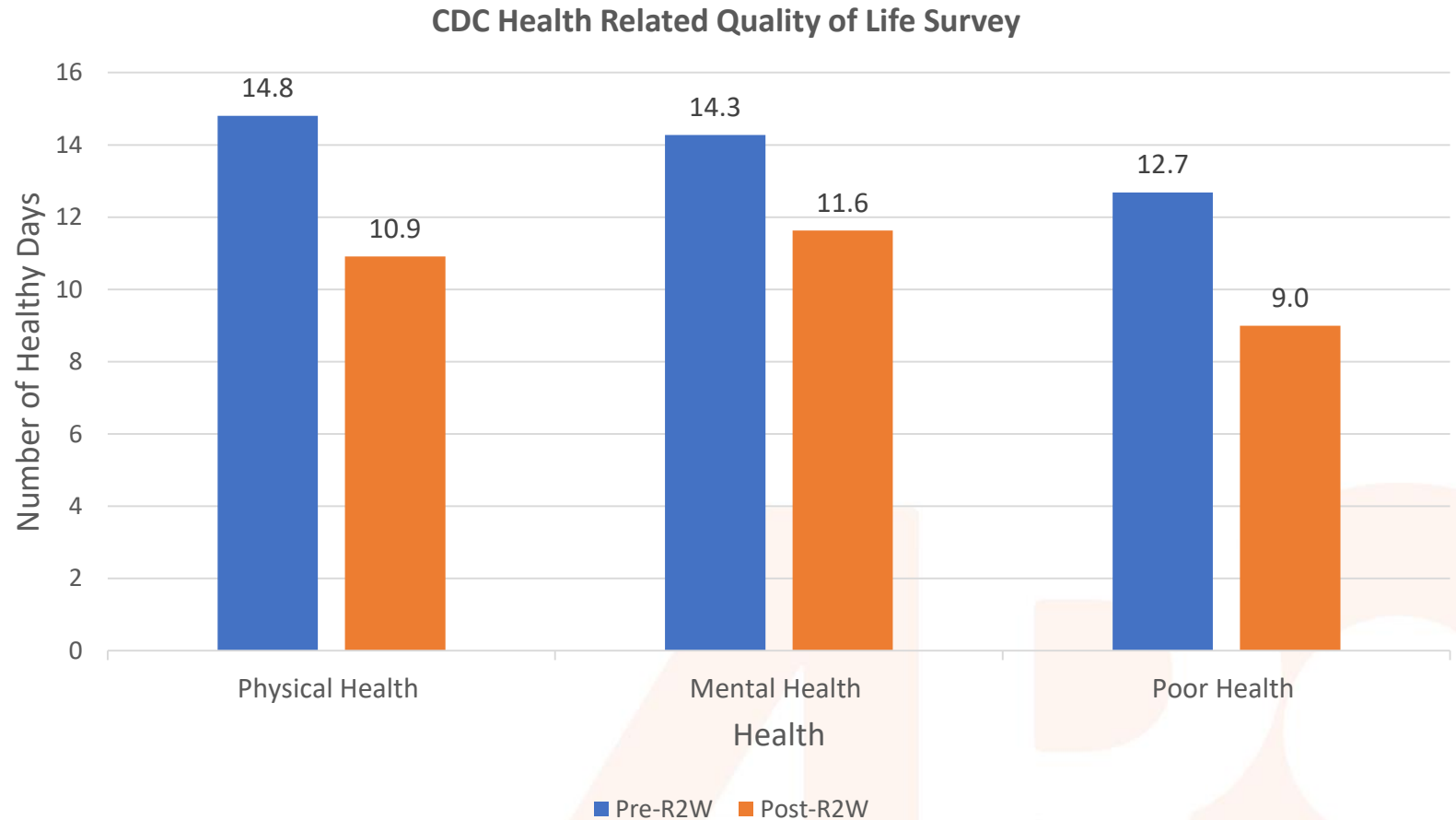
Less missed healthcare appointments

MARTA

Increased fixed-route ridership and usable data to make route adjustments and infrastructure improvements.

Effects of Rides to Wellness

- Patients are reporting in general their health is “good” after participating in the R2W program as opposed to “fair” before participating in R2W.



Patient feedback

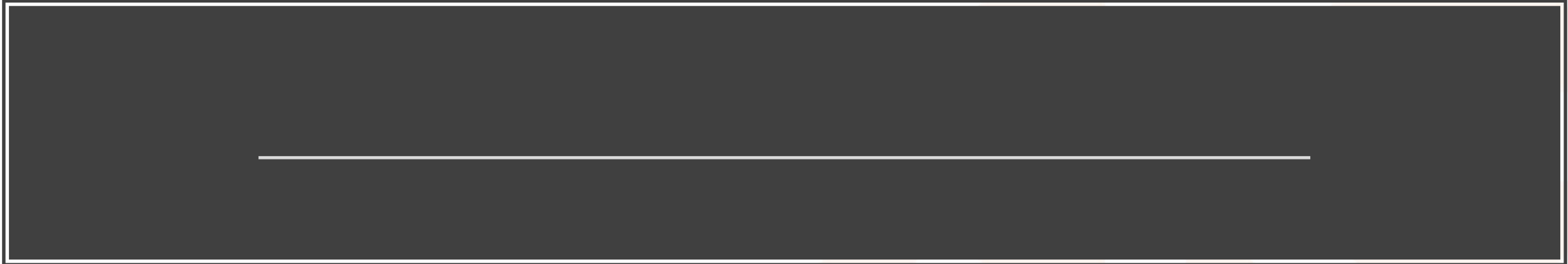
"R2W has helped build up my confidence because I am getting out more. I am learning how to coach myself out of anxiety because I am able to attend Grady behavioral health class. I am gaining power back and taking authority of my life."

"R2W gave me a chance to improve my financial situation. I was able to improve my income without having to worry about my MARTA card."

"Everything (R2W) was really good. It was reassuring to know that I have trips each month. It was one less thing to worry about and I appreciated you checking in each month. This program made a big difference."

Rides to Wellness Summit:

***Exploring the Critical Intersections of
Health and Transportation in Atlanta***



Thank You!

Amanda Tyler, MPH

Rides to Wellness Coordinator

Atlanta Regional Commission

at Tyler@atlantaregional.com

