



# MDOT Transportation Alternatives Program and Safe Routes to School

*Transportation Solutions for Vibrant  
Communities*

# Transportation Alternatives Program Overview



- MDOT and TMAs receive their own allocations (separate application processes)
- 3 application cycles per year, 20-30% design complete, requires plan view, cross sections, estimate, community engagement, maintenance
- Let through LAP
- Requires Davis Bacon, Uniform Act, NEPA, Section 106, tribal coordination, ++
- Eligible agencies\*: Road commissions, cities, villages, townships, tribal governments, regional transportation authorities, transit agencies, State/Federal agencies (except for MDOT), non-profits
  - *\*Eligible non-Act 51 agencies must work with an Act 51 sponsor, preferably with jurisdiction of the project area*



# TAP Eligible Funding Categories



- Bicycle & Pedestrian Facilities – both on and off road
  - Conversion of railroad corridors
  - On-road bike lanes
  - Off-road pathways
- Historic Preservation of Transportation Facilities
  - Historic bridges, brick streets, lighthouses, train depots
- Pedestrian Safety Streetscapes, Traffic Calming Facilities
  - Road diets for inclusion of non-motorized facilities
  - Intersection bump outs, refuge islands
  - Crosswalks, RRFBs, HAWK Signals
  - Pedestrian amenities like benches, bus shelters



# Petoskey-to-Alanson Rail Trail Emmet County, MI



# Dequindre Cut Detroit, MI



# Nine Mile Road Streetscape Oakland County, MI



# Bagley St. Bridge over Thunder Bay River

Alpena, MI



# TAP – Safe Routes to School



- Federal TAP Funds
- Administered by Michigan Fitness Foundation
- Both infrastructure and non-infrastructure funding
- \$300,000/school limit, 0% match
- Available to all schools, including high schools
- School-based comprehensive planning process is a prerequisite for funding
- Schools can plan/apply together





# Safe Routes to School Sidewalk, Swan Valley Schools Saginaw County, MI



Contact the appropriate MPO  
to learn the new TMA TAP administration process:



**GENESEE COUNTY**  
METROPOLITAN PLANNING  
COMMISSION

[www.gcmnpc.org](http://www.gcmnpc.org)



[www.katsmpo.org](http://www.katsmpo.org)



[www.swmpc.org/nats.asp](http://www.swmpc.org/nats.asp)

**GVMC**

Grand Valley Metropolitan Council

[www.gvmc.org](http://www.gvmc.org)

**SEMCOG**

Southeast Michigan  
Council of Governments

[www.semco.org](http://www.semco.org)



**TRI-COUNTY**  
regional planning commission

[www.mitcrpc.org](http://www.mitcrpc.org)

# Contact Us To Discuss Funding Opportunities

[www.michigan.gov/mdot/Programs/grant-programs](http://www.michigan.gov/mdot/Programs/grant-programs)

## **Bay\* & Superior Regions:**

Lindsay Ross  
(517) 242-3192  
RossL7@michigan.gov

## **Southwest & University\* Regions:**

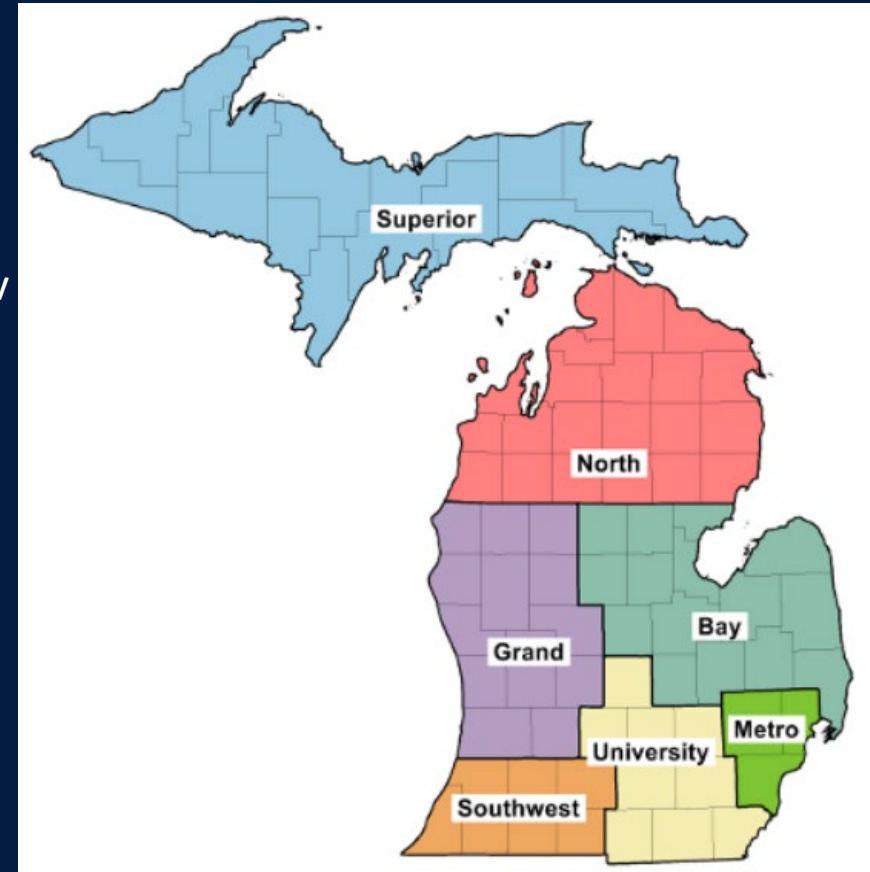
Lance Brooks  
(517) 648-8140  
BrooksL@michigan.gov

## **Grand & North Regions:**

Julie Thomas  
(517) 256-6524  
ThomasJ5@michigan.gov

## **Metro\* Region:**

Caitlin Yost  
(517) 24-2395  
YostC1@michigan.gov



*\*For the TAP grant program, Caitlin Yost covers the seven SEMCOG counties*





**MICHIGAN HEALTH**

**ENDOWMENT FUND**

**MICHIGAN HEALTH  
ENDOWMENT FUND**

# Who is Tayo Moss, Ph.D.?

- Tayo (Tie-O)
- Grow up in SE Michigan
- Played football at Ferris State
- Background in Kinesiology
- Worked for the Legislature
- Health Fund



# Overweight and Obesity

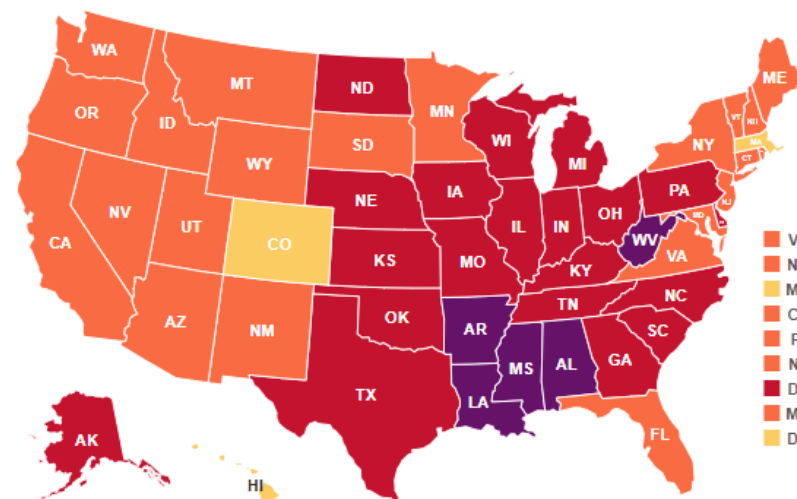
- Obesity in older adults and children
  - Michigan's adult obesity rate is currently 32.5 percent, up from 22.1 percent in 2000 and from 13.2 percent in 1990 – putting us at #10 in the country (as of 2016). ([stateofobesity.org](http://stateofobesity.org))
    - For 65+ age group, 32.2% are obese
    - Black and Latino obesity rates are higher than in whites
  - The combined overweight and obesity rate for ages 10-17 is 32%, ranking 19<sup>th</sup> in the country
  - Currently, Michigan spends \$3 billion annually on obesity-related medical costs. ([healthyfoodmi.org](http://healthyfoodmi.org))

## Adult Obesity Rate by State, 2016

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



# Organizational History

- **2013**
  - PA 4 of 2013 authorized changes to BCBS organizational structure
    - Required BCBSM to contribute \$1.56B to a health endowment fund benefitting Michigan citizens with a focus on children and seniors in 8 areas
  - 9-member board appointed by Governor
- **2014 -2015**
  - Board embarks on “listening tour”
  - Health fund issues \$38M in grants in first round
  - Board reorganizes, hires first staff members
- **2017-2018**
  - First year Health Fund has a full cycle of grantmaking
  - Applications for grants dramatically increase
  - Largest health foundation in Michigan.



**OUR MISSION:** To improve the health of Michigan residents, with special emphasis on the health and wellness of children and seniors, while reducing the cost of health care.

**ANNUAL GIVING** Over \$35 million

**FOCUS AREAS**

- Access to healthy food
- Behavioral health services
- Foodborne illness prevention
- Health-related transportation services
- Health services for foster and adopted children
- Infant mortality
- Technology enhancements
- Wellness and fitness

**BEYOND GRANTMAKING**

- Capacity building
- Convenings
- Learning and evaluation
- Policy and practice strategies





# OUR FIVE-YEAR GOALS

1 Increase access to services

2 Bridge health equity gaps

3 Advance integrated care

4 Expand role as a thought leader

5 Increase efficacy and cost-effectiveness

6 Strengthen health workforce and nonprofit community

# Grantmaking Programs

	<b>GRANT RANGE</b>
<b>COMMUNITY HEALTH IMPACT</b>	Up to \$100,000
<b>BEHAVIORAL HEALTH</b>	Up to \$500,000
<b>NUTRITION &amp; HEALTHY LIFESTYLES</b>	Up to \$500,000
<b>HEALTHY AGING</b>	Up to \$500,000
<b>SPECIAL PROJECTS &amp; EMERGING IDEAS</b>	Up to \$500,000

# Nutrition & Healthy Lifestyles

- Program Priorities
  - Improving food systems
  - Eliminating barriers to healthy eating
  - Promoting opportunities for access to physical activity/wellness interventions
- Successful projects focus on:
  - Obesity reduction and health management interventions
  - Increased access to healthy food



# Physical Activity and Wellness

- While you can't outrun your fork, physical activity is an important tool for improving and maintaining your health.
- In Michigan:
  - 53.1% of adults achieved the equivalent of at least 150 minutes of moderate intensity physical activity per week.
  - 26.7% of adolescents were physically active at least 60 minutes per day on all 7 days in the past week.



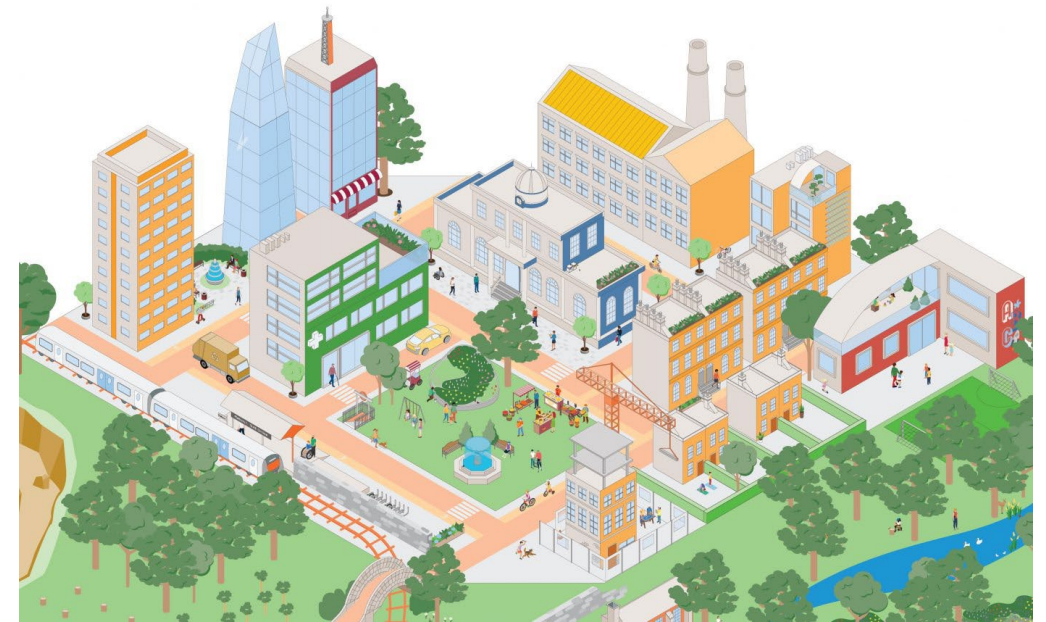


# Where we've been....

- School-based, healthy lifestyle and nutrition interventions
- Fresh Prescription programs
- Evidence-based physical activity interventions
- Programs that address chronic disease in older adults
- Healthy Corner Stores and other Urban Food Access programs
- Clinical partnerships to address food insecurity
- School Garden programs
- Early childhood nutrition programming

# Shifting Focus

- Since 2017, our work has been focused on supporting individual-level interventions, including behavior change.
- We can do more to sustain these healthy behaviors by addressing:
  - Environmental structures
  - Societal structures
- Addressing nutrition and lifestyle challenges through prioritizing built environment projects.



# What is the Built Environment?



# The Built Environment

- Includes the physical makeup of where we live, learn, work, and play, which includes our schools, streets, sidewalks, and open spaces.
  - Supporting the planning, design, and pre-engineering costs associated with pathways, trails, and parks.
  - Assisting parks and recreation departments in developing active design principles into community playgrounds.
  - Advancing the development of active transportation and recreation plans.
  - Implementing robust community engagement strategies to enhance input into walkability or other built environment planning.
- Research on the connections between the built environment and health has shown that the burden of illness is worse for:
  - People living in poverty
  - Minority populations
  - Those with physical disabilities





# The Built Environment

## Healthy places to learn, grow, play and age



SUPPORTING COMMUNITY  
ENGAGEMENT



PLANNING



PROMOTING SAFE AND  
WALKABLE COMMUNITIES

# City of Detroit (\$500,000)

## Improving Detroit Parks through Community-Centered Planning

- Fund community engagement and a community-centered planning process to create long-term, implementation plans for four unique regional parks in Detroit:
  - Rouge Park, a 1,181-acre park on the Rouge River in Northwest Detroit.
  - Eliza Howell Park, a 251-acre park in Northwest Detroit.
  - Farwell Park, 90 acres of parkland provide active recreational uses for all ages, and the adjacent City Recreation Center.
  - O'Hair Park, a 78-acre park in northwest Detroit.
- Implementation plans prioritize:
  - Improving access to quality parks and recreational amenities for most vulnerable populations.
  - Ensuring improvements to the built environment over time to positively impact most vulnerable residents.



# Grandmont Rosedale Development Corporation (\$175,000)

## Grandmont Rosedale Master Plan for Equitable Health

- Educate community members on the social determinants of health and how the built environment plays a large role in health outcomes.
  - Provides a platform for community members to voice their concerns about environmental factors that impact their QOL.
- This project supported the following activities:
  - **Communications**
    - Launch a neighborhood awareness campaign to create more awareness of healthy food options and outdoor activities throughout the neighborhood.
  - **Data Mapping**
    - Incorporate the ArcGIS data mapping tool to map the Grandmont Rosedale community.
    - ArcGIS is a platform that makes street-level images and map data available to help find areas of need within the community (e.g., sidewalk infrastructure).
- Finalized recommendations will be presented to the City of Detroit to codifying city ordinances within the City of Detroit Master Plan.



# Crim Fitness Foundation (\$468,799)

## Community Building for a Healthier Flint and Genesee County

- The lack of pedestrian-friendly infrastructure in Flint impedes PA and limits access to healthy foods.
- For this project, Crim Fitness Foundation supported the following activities:
  - Community engagement
  - Zoning code education
  - Research on dangerous traffic conditions
- “Project helped residents and city leaders to learn how to advocate for zoning changes and provide the opportunity to increase access to all parts of our city regardless of a resident’s access to an automobile.”
- Grant helped the community realign infrastructure in support of Flint residents’ physical, social, and economic health.

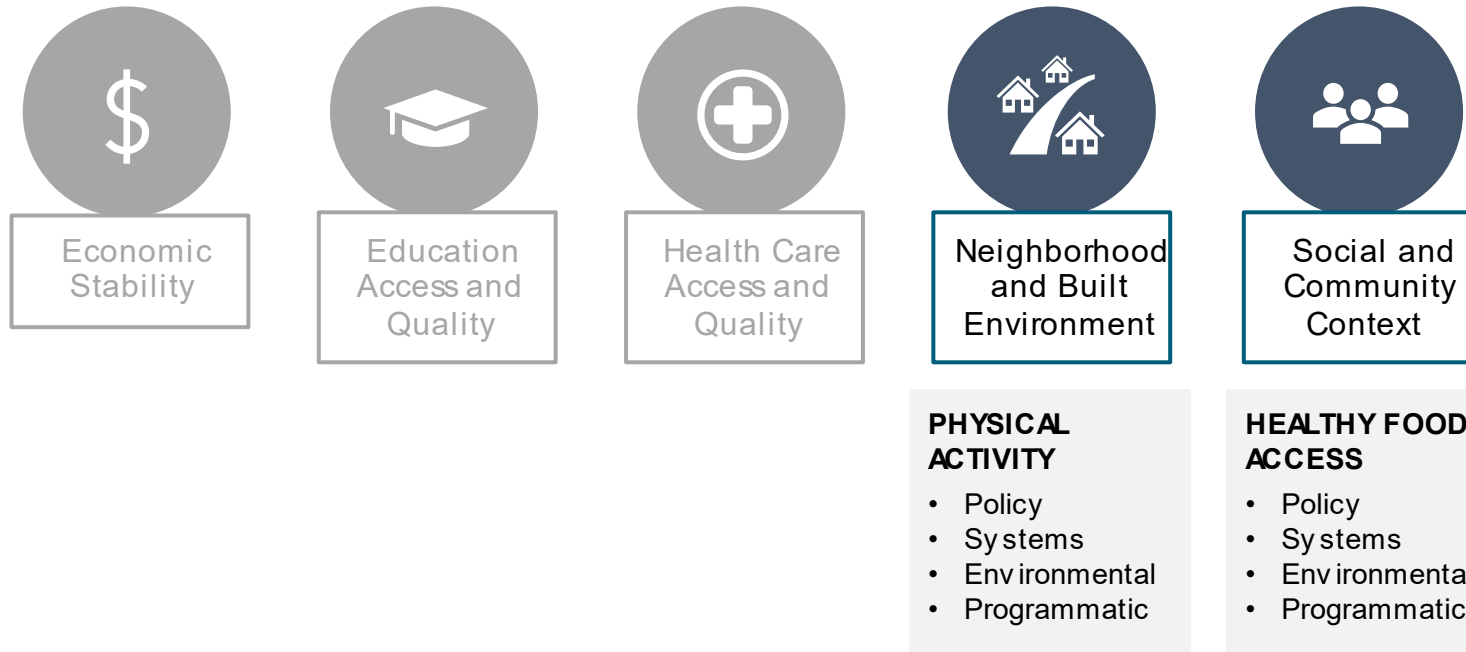


# Activity

- **Activity Title:** : Leveraging the Nutrition & Healthy Lifestyles Grant for TAP Application
- **Objective:** To engage stakeholders in promoting walkable communities, improving land use patterns, supporting active design strategies, developing non-motorized transportation plans, and increasing community input into walkability plans.
- In about five minutes, please develop your own active design strategy for the communities you serve.
- We'll come back in 5 minutes to discuss!

# NUTRITION & HEALTHY LIFESTYLE

## SOCIAL DETERMINANTS OF HEALTH FRAMEWORK



### THREEPRONGED STRATEGY

- 1 Strengthen community capacity**
  - Support food policy councils
  - Support state and schoolcommunity coalitions to increase healthy food access and physical activity opportunities
- 2 Inform policy through analysis, collaboration, and education**
  - Support policy education
  - Develop and share reliable data
- 3 Spark innovation and build sustainability**
  - Replicate interventions that effectively engage those most affected by lack of healthy food access and physical activity opportunities

# NUTRITION

# & HEALTHY LIFESTYLES

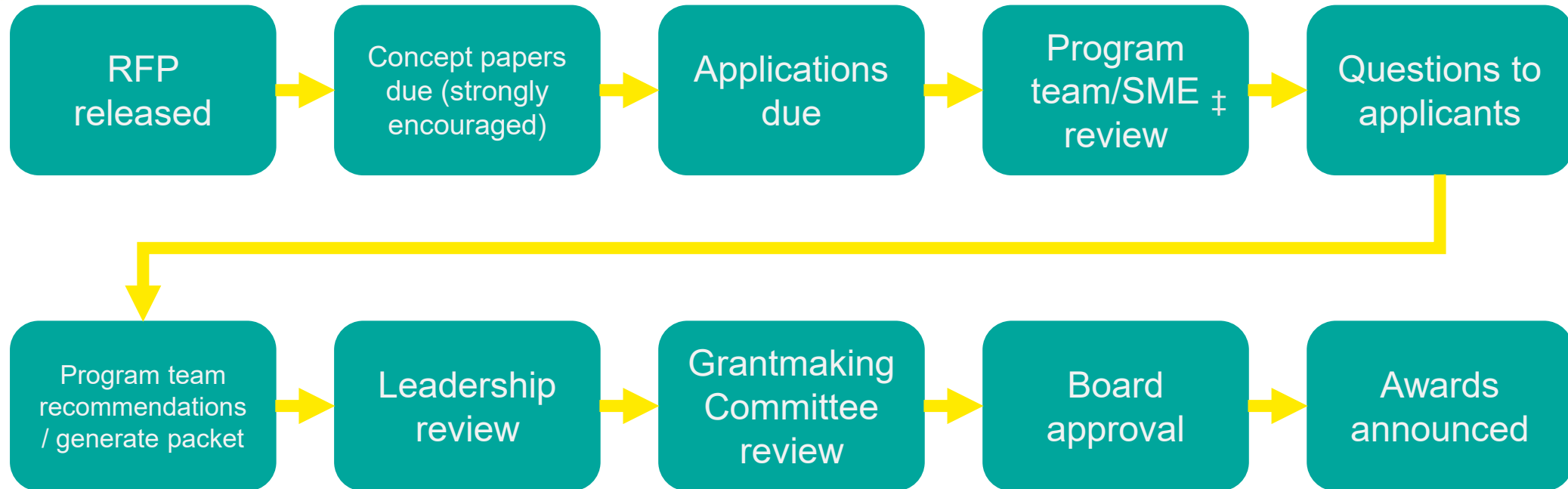
**GRANT RANGE** UP TO \$500,000

**APPLICATIONS OPEN** SPRING

Improving food systems, eliminating barriers to healthy eating, and promoting opportunities for access to physical activity and wellness interventions, with an emphasis on children.



# Grantmaking Workflow





# Grant Restrictions

- Three key restrictions:
  - Three-year limit (set by the enabling legislation)
    - Measured by project start date and end date, not the final report due date.
  - \$500,000 limit (set by the board)
  - Unable to support brick/mortar type funding
- Accommodations
  - Pilot / planning phase → Implementation → Replication
  - Grant pauses
  - Bridge funding
  - We're able to fund departments, municipalities, townships, etc.



# Tips!

- Keep in mind that we are motivated to partner with you and support your mission.
- Most funders are looking to support new initiatives or ideas and are less inclined to support the same work that an organization has been doing for years. Attractive projects generally include those that:
  - Address a defined need in the community, service area or with a specific population;
  - Align with our mission, goals and strategy;
  - Idea on where to attain construction funding.



# More Tips!!

- Are innovative and new (maybe even a little risky);
- Have clearly identified outcomes and established partners;
- Have measurable outcomes and results that demonstrate impact;
- Demonstrate collaboration with other non-profit organizations or community partners;
- Leverage resources, either existing within your organization or from other funding partners;
- Include expansion of a pilot project that has demonstrated success



# Remember...

- The most successful projects:
  - Come out of an iterative process between the grant seeker and the funder
  - Make clear sense and have a clearly defined need
  - Have impact, measurable outcomes and the evaluation to prove it
- We will do everything from our side to help you be successful!!!

# Conclusion

- The Health Fund is focused on:
  - Community-driven, systemic approaches to improving built environments.
  - Funding projects that emphasize partnerships with communities to create lasting change.
  - Prioritize populations impacted by historical inequities, including communities of color and rural communities in Michigan.
- The Health Fund is unable to make grants for physical assets (e.g., playgrounds, parks, trails).
- We are here to connect and engage with you to discuss your ideas before applying for funding. Contact me by email at [tayo@mihealthfund.org](mailto:tayo@mihealthfund.org).

# QUESTIONS & ANSWERS

