



Move Utah

ACTIVE, HEALTHY, CONNECTED COMMUNITIES

**Positively Empowering: How to Promote
Health & Wellbeing in Utah's Communities**

GOLD LEVEL PARTNERS



SILVER LEVEL PARTNERS



BRONZE LEVEL PARTNERS

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FEHR  PEERS



SUMMIT FRIENDS



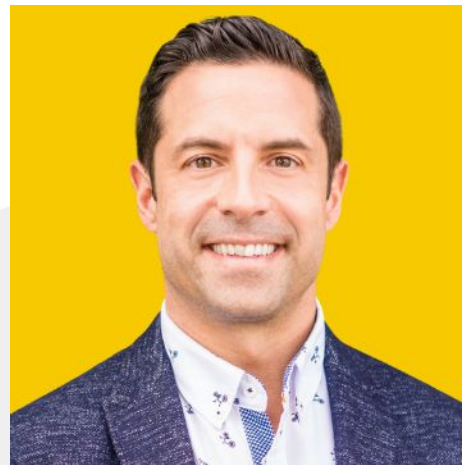
LOUIS ALLORO
CHAMPION OF CHANGE



SPEAKERS



Elizabeth McMillan
MAPP



Louis Alloro
MAPP



This session will

- explore how planning and placemaking can promote health and wellbeing in Utah's communities.
 - examining the intersection of wellbeing, quality of life, equity, and inclusion in community and transportation planning...and living.
- promote holistic approaches to community and transportation planning that consider all users
 - empowering participants to advance conversations regarding health and wellbeing in their own communities.



SB 136 (2018)

- (A) development of **statewide strategic initiatives** for planning across all modes of transportation;
 - (B) coordination with metropolitan planning organizations and local governments; and
 - (C) corridor and area planning;
 - (ii) asset management;
 - (iii) programming and prioritization of transportation projects;
 - (iv) fulfilling requirements for environmental studies and impact statements;
- and
- (v) resource investment, including identification and development of public-private partnership opportunities.



UDOT's Mission: Enhancing quality of life through transportation



Good Health



Strong Economy



Better Mobility



Connected
Communities



Prioritization Based on Quality of Life



All Users Approach



Providing transportation **choices** for all users to **safely** go where they want, when they want, in the way they want.



Experiential Learning & Executive Support



UTAH HEALTHY PLACES INDEX:

A Tool for Improving Quality of Life



WHAT IS THE UTAH HEALTHY PLACES INDEX?

The Utah Healthy Places Index (Utah HPI) is a powerful platform created to improve quality of life for Utahns and advance health equity through open and accessible data. It is available at dhhs.utah.gov/utahhpi



How can the Utah Healthy Places Index help improve quality of life in communities?



Quality of Life Factors and Indeces



Income & wealth



Jobs & Earnings



Health Status



Social Connection



Safety



Housing



Education



Civic Engagement
& Governance



Environmental
Quality



Subjective
Well-Being



Quality of Life Factors and Indices



Income & wealth



Jobs & Earnings



Health Status



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Civic Engagement
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Environmental
Quality



Subjective
Well-Being



Well-Being Questions in Annual Public Survey

Questions are rated on a 1 to 7 scale with 1 being strongly disagree and 7 being strongly agree.

- I like what I do every day.
- My friends and family give me positive energy every day.
- I have not worried about money in the past seven days.
- My physical health is near perfect.
- The city or area where I live is a perfect place for me.



How do you know your community is well?

What do you most want
for your children?



Quality of Life Framework



Good Health



Better Mobility



**Strong
Economy**



**Connected
Communities**

**QUALITY
OF LIFE**

UTAH'S TRANSPORTATION VISION

Pathway to Quality of Life



Strong Economy

- Moving goods & people
- Economic development



Better Mobility

- Travel time
- Mode options & share



Good Health

- Traffic safety - Zero Fatalities
- Physical health - Active Transportation
- *Mental health and other public health imperatives*

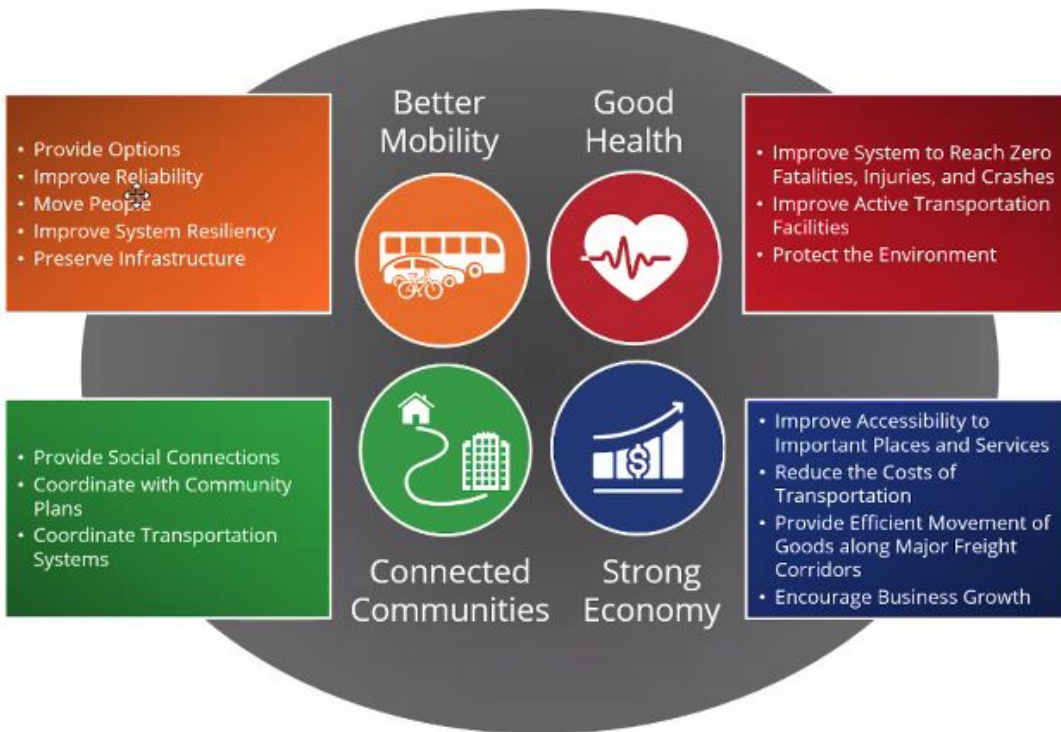


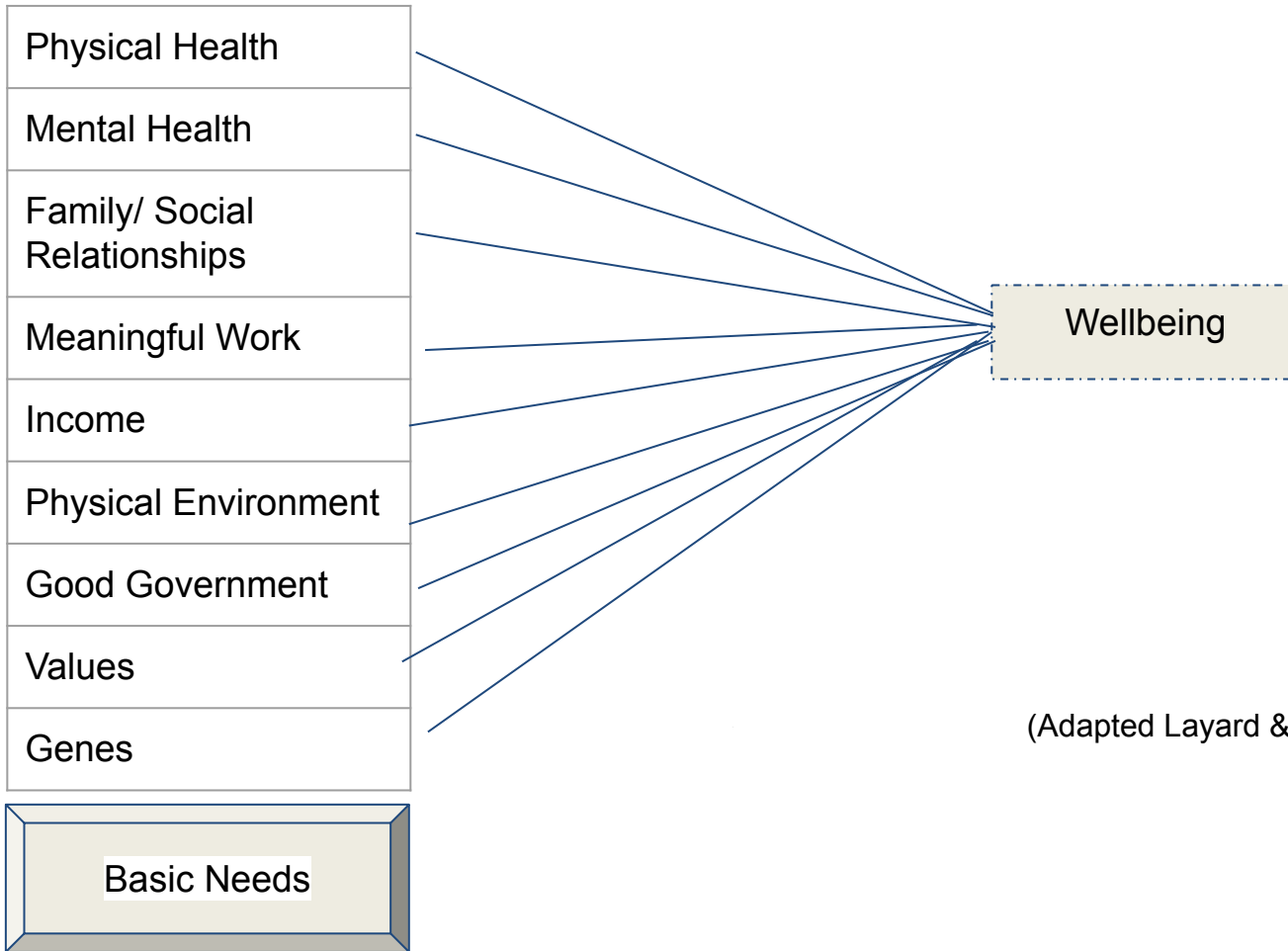
Connected Communities

- Transportation and Land Use Connection
- *Education*



Quality of Life: Goals and Objectives





(Adapted Layard & De Neve, 2023)



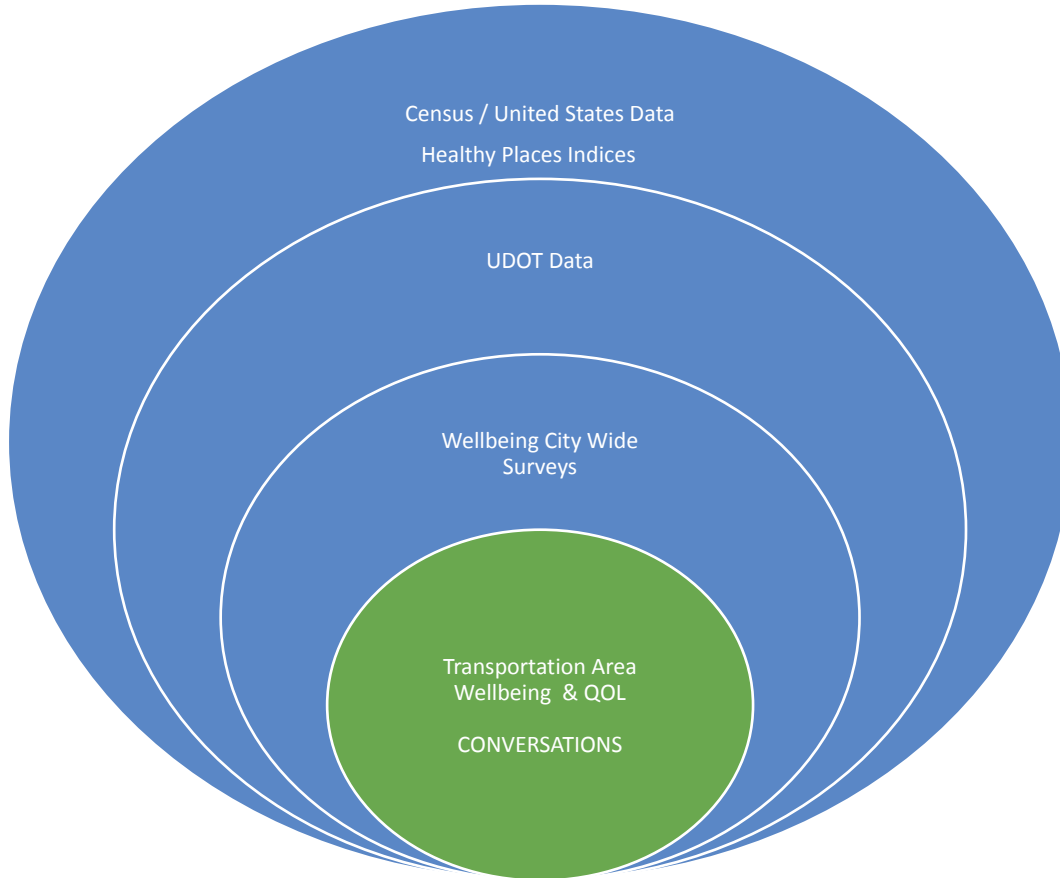
The pursuit of wellbeing without fairness will not yield the outcomes individuals and communities need. We must make more explicit the relationship between inclusion, equity and flourishing.

Dr. Isaac Prilleltensky



Don't do anything
about me
without me.





HPI:

- Understand underlying vulnerability and resilience characteristics of a community
- Identify resources to mitigate adverse effects of inequities
- Prioritize public and private investments, resources and programs

UDOT

Wellbeing Survey:

- Understand subjective perceptions of residents in terms of QOL and infrastructure satisfaction

Wellbeing & QOL Conversations:

- Understand local context, values, needs, wants and hopes in terms of solutions
- Bring together multi-stakeholder groups (diversity, equity)
- Infuse wellbeing education and intervention, so as to catalyze behavior change

Wellbeing = Feeling Good, Struggling Well + Functioning Effectively

P

Positive Emotions

Feeling good broadens our minds, and builds our mental, physical and social resilience.

E

Engagement

Developing our strengths can improve our levels of energy, confidence and performance.

R

Relationships

Feeling safe with others boosts trust, creativity, learning, and connection. It also lowers stress.

M

Meaning

Positively impacting others, elevates our motivation, commitment and satisfaction.

A

Accomplishment

Believing we can improve our abilities, moves us beyond our limitations to realize our potential.

H

Health

How we eat, move, recover and rest shapes our mental, physical, and social energy.

(Seligman, 2012)

Tiny is mighty when it comes to caring for wellbeing

How Would You Rate Your Wellbeing?

Think about your experiences and feelings over the last two weeks.

How often has each of the following occurred? 0 = never, 5 = half the time, 10 = all the time

FACTOR	DEFINITION	SCORE
POSITIVE EMOTION	I felt positive.	
ENGAGEMENT	I felt interested and deeply engaged.	
RELATIONSHIPS	I felt respected and appreciated by others.	
MEANING	I felt what I did was valuable and worthwhile.	
ACCOMPLISHMENT	I made progress towards my goals.	
HEALTH	Physically, I felt strong and healthy.	

Take the free five-minute PERMAH Wellbeing Survey at permahsurvey.com

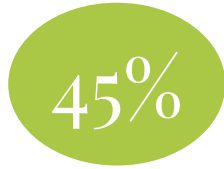
Why Invest In Wellbeing?



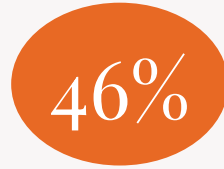
more likely to feel engaged



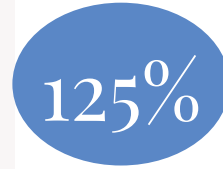
more likely to be productive



more likely to be satisfied in their jobs



less likely to experience sick days



less likely to burn out

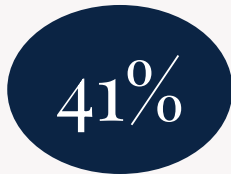


less likely to quit

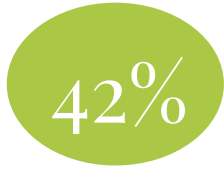
In addition, workplaces that choose to invest in employee wellbeing and have happy and engaged workers experience, on average:



fewer safety incidents



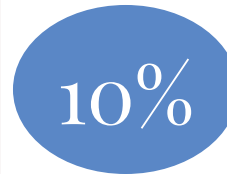
lower absenteeism



lower turnover



more likely to be seen as creative and innovative



higher customer ratings



higher over average shareholder return

Outcomes Important to UDOT +

1. Enhanced Transportation Equity - More Choices, Improved Access to Opportunities and Livelihood
2. Improved Mobility for All Users - Optimized, Connected, Efficient, Accessible and Useful
3. Better Health - Air Quality, Active Transportation, Social Connections, Physical and Mental Health Improved



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