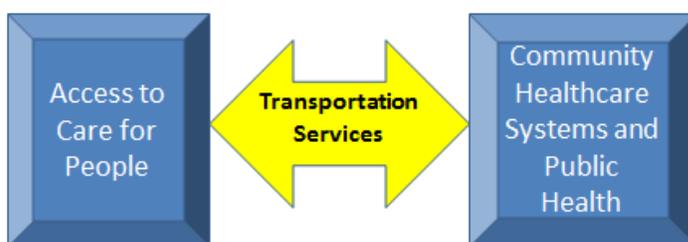


## Rides to Wellness **Federal Transit Administration Ladders of Opportunity Health and Transportation Initiative**

Wellness depends upon many factors, including making sure people can get a ride to the healthcare they need. Today, in many communities, public transportation is a coordinated and multi-modal system with significant capacity for on-demand services. Especially since the passage of the Americans with Disabilities Act, our nation's transportation infrastructure has been developed to ensure that people who depend upon public transportation and require accessibility can utilize these services to live with independence in the communities of their choice. With the health services industry's current focus on preventive services and other methods to increase the efficiency and effectiveness of medical care there is an emerging awareness of the need to increase partnerships between health/wellness providers and transportation providers. As a result, the U.S. Department of Transportation's (DOT) Federal Transit Administration (FTA) launched the "Rides to Wellness Initiative."

### **Federal Transit Administration Rides to Wellness Ladders of Opportunity Health and Transportation Initiative**



***Vision: through rides people and community health thrive***

#### **Why Access to Transportation is Important for Health**

Public transportation can be an important enabler of access to health services – resulting in greater preventive care, fewer unnecessary hospital readmissions, and lower costs. This can lead to improved health for those with chronic conditions, and reduced health disparities by ensuring that at risk populations can get to care, including to preventive services screenings that many insurers track as part of their quality ratings. Additionally, missed appointments are a major issue in the medical community with one study noting that approximately 3.6 million Americans miss or delay medical care due to transportation issues.<sup>1</sup> By improving access we may be able to reduce hospital readmissions, as 18 percent of patients discharged from the hospital are readmitted within 30 days, one third within 90 days.<sup>2</sup> Medicare spends \$15 billion annually for hospital readmissions.<sup>3</sup>

Who needs access? Almost half of the population – 145 million Americans - lives with at least one chronic condition.<sup>4</sup> While 38 million people are living with disabilities in the community and 36 percent of adults over 65 have a disability (14 million in 2010).<sup>5</sup> Transportation concerns among older adults are rising as this population segment is projected to grow from over 40 million in 2010 to over 88 million by the year 2050.

<sup>1</sup> TCRP, 2005 Retrieved 12/05/2014 [http://onlinepubs.trb.org/onlinepubs/tcrp/tcrp\\_webdoc\\_29.pdf](http://onlinepubs.trb.org/onlinepubs/tcrp/tcrp_webdoc_29.pdf)

<sup>2</sup> CMS Office of the Actuary, "Estimated Financial Effects of the 'Patient Protection and Affordable Care Act,' as Amended," (2010).

<sup>3</sup> Medicare Payment Advisory Commission. 2007. "Report to the Congress: Promoting Medicare Payment Advisory Commission," Chapter 5, page 103.

<sup>4</sup> Robert Wood Johnson Foundation, "Chronic Care: Making the Case for Ongoing Care," February 2010, Retrieved 01/27/2015 [www.rwjf.org/pr/product.jsp?id=50968](http://www.rwjf.org/pr/product.jsp?id=50968)

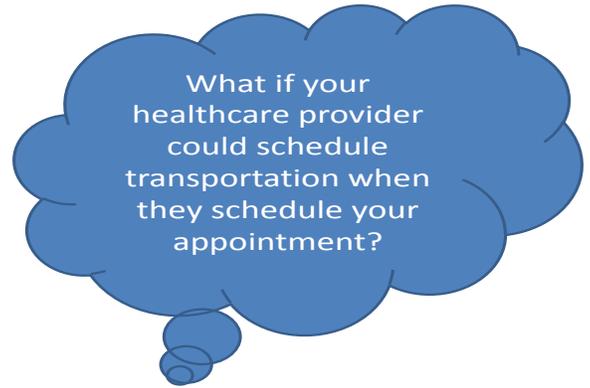
<sup>5</sup> Administration on Aging, Administration for Community Living, U.S. Department of Health and Human Services, "A Profile of Older Americans: 2012," Retrieved 01/28/15 [http://www.aoa.gov/Aging\\_Statistics/Profile/2012/docs/2012profile.pdf](http://www.aoa.gov/Aging_Statistics/Profile/2012/docs/2012profile.pdf)

## Rides to Wellness Goals and Strategies

The goals of the “Rides to Wellness” initiative are to:

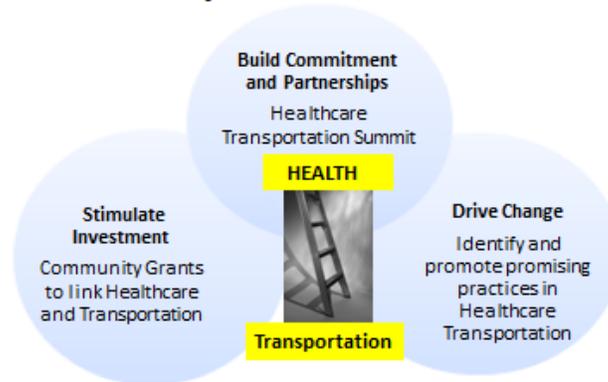
- increase access to care,
- improve health outcomes, and
- reduce healthcare costs.

Through this initiative the transportation community will become a recognized partner with the health/wellness and medical community. This initiative will demonstrate how partnerships across the transportation and health industries can reduce healthcare costs by leveraging public transportation assets.



There is a three-pronged strategy for this access to care initiative, with activities supporting the use of well-known activities such as coordination and an effort to find other innovations through community grants.

### Three-pronged Strategy for Rides to Wellness Ladders of Opportunity Health and Transportation Initiative



There are also opportunities to stimulate investments in technology building upon the results of the FTA-led Veterans Transportation Community Living Initiative (VTCLI) program where over eighty grants were awarded for projects such as one call/one click centers. These centers are now connecting our nations Veterans and their families to critical transportation services. “Rides to Wellness” partnerships may build upon these efforts and find new ways to innovate using smartcards, smartphone applications and other technology.

FTA has a treasured place in our nation’s history with many movements:

- access to jobs,
- access to affordable housing,
- access to education and training, and
- connections to suburban, rural and intercity communities.

With “Rides to Wellness,” we will build upon these successful models of collaboration to demonstrate how a stronger partnership between the healthcare sector and public transportation and other transportation networks in communities can improve health, increase access to care and reduce healthcare costs.

For more information on this initiative or to get involved, please contact Danielle Nelson at [Danielle.Nelson@dot.gov](mailto:Danielle.Nelson@dot.gov).