



The MPO incorporates accessibility, equity, and public health in project priorities.

Efficient roadways and public transit affect access to jobs, education, and healthcare opportunities.

Increasing access can reduce the negative health effects of long car trips, such as physical inactivity and high blood pressure.

Source: U.S. Department of Transportation (DOT) Relationship to Public Health, 2018



Accessibility measures the number of destinations reachable in a given travel time.

Source: Sarasota/Manatee MPO Regional Accessibility Report, 2018

2016 Population Estimates

Sarasota/Manatee Region: **788,457 people**

Manatee County: **375,888 people**

Sarasota County: **412, 569 people**

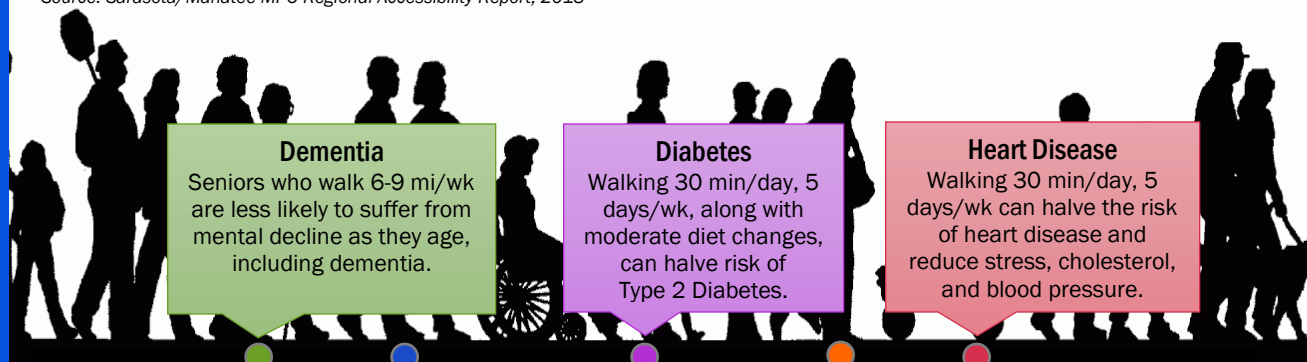
2017 Employment Estimates

Sarasota/Manatee Region: **293,618 jobs**

Manatee County: **123,871 jobs**

Sarasota County: **169,747 jobs**

Source: 2010 Census; [Neighborhoods and the Environment in the Sarasota/Manatee Region: Data Analysis and Review](#)



Dementia

Seniors who walk 6-9 mi/wk are less likely to suffer from mental decline as they age, including dementia.

Diabetes

Walking 30 min/day, 5 days/wk, along with moderate diet changes, can halve risk of Type 2 Diabetes.

Heart Disease

Walking 30 min/day, 5 days/wk can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

Arthritis

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

Depression

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

Source: [Every Body Walk!](#)

Sarasota/Manatee Health Outcomes

Florida	Alcohol-impaired driving deaths	26%
	Injury Death Rate	72/100,000 population
	Long Commute - Driving Alone	40%
	Adult Obesity	26%
Sarasota/Manatee Region	Alcohol-impaired driving deaths	31%
	Injury Death Rate	177/100,000 population
	Long Commute - Driving Alone	32%
	Adult Obesity	24%

Source: Selected statistics from [Countyhealthrankings.org](#)

Note:

Red boxes indicate performing worse than the state
Green boxes indicate performing better than the state

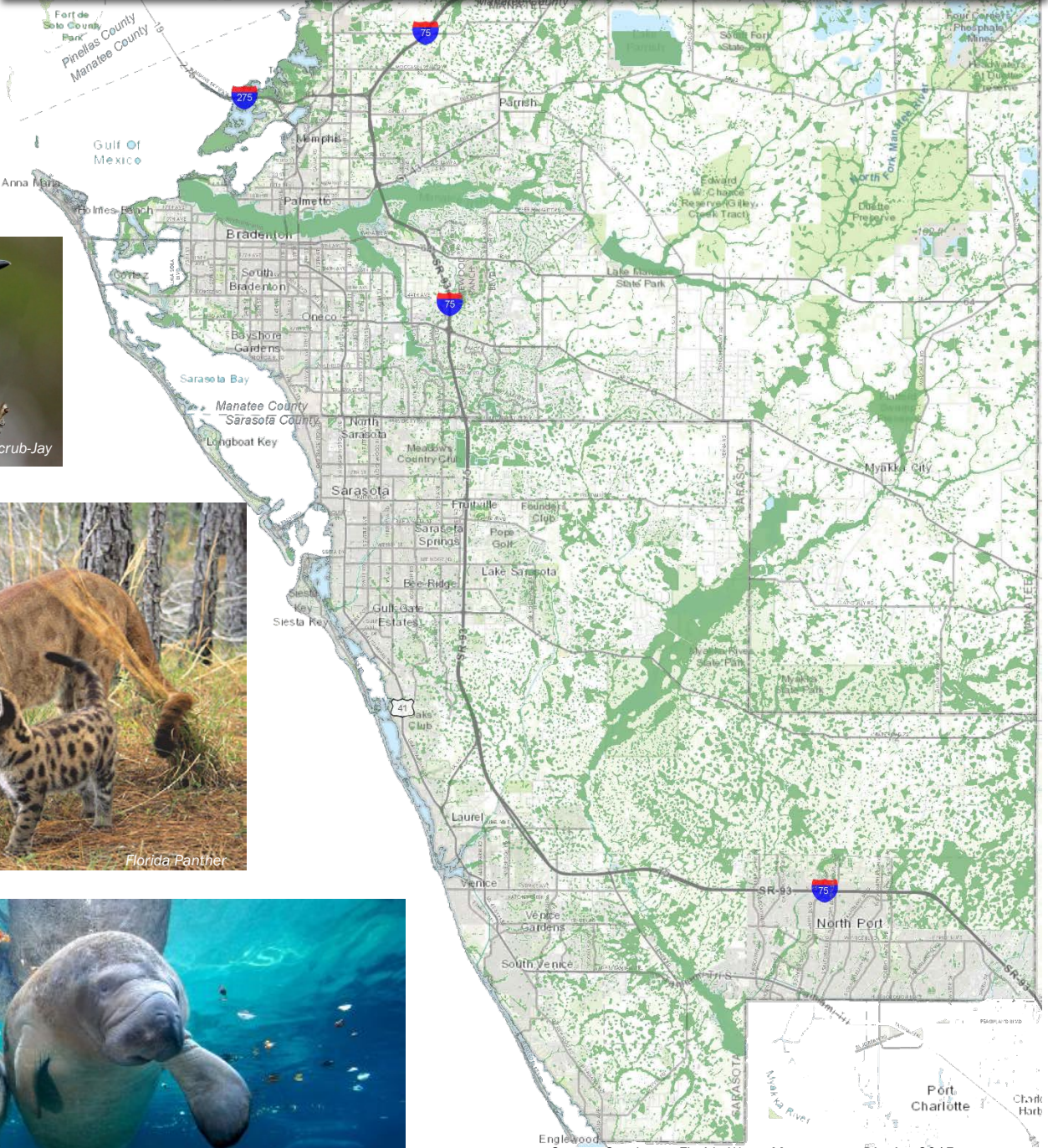
"Where we live, work, and play impacts our health, and how we move within and between our communities is critical to improving quality of life and access to opportunity."

Source: American Public Health Association



The MPO must balance planned growth and environmental protection.

Sarasota/Manatee Existing Wetlands



Source: Southwest Florida Water Management District, 2015

90 distinct species, ranging from plants to mammals, are found in the Sarasota/Manatee region.



Sarasota/Manatee
2040 Long Range Transportation Plan

- Improve environmental sustainability and community livability in coordination with local government comprehensive plans.

Federal Highway Administration
Map 21/Fast Act

- Enhance performance of the system while protecting and enhancing the natural environment.