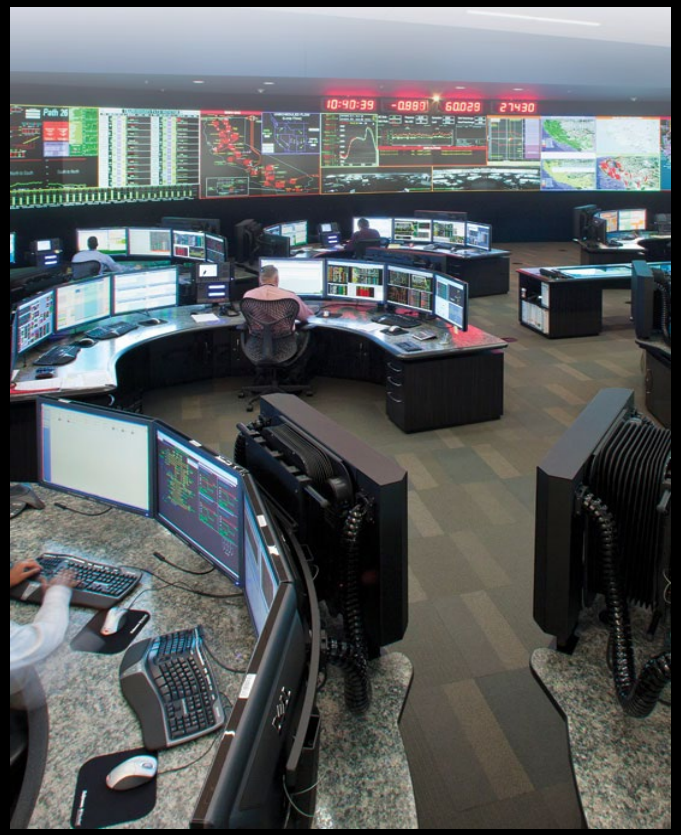
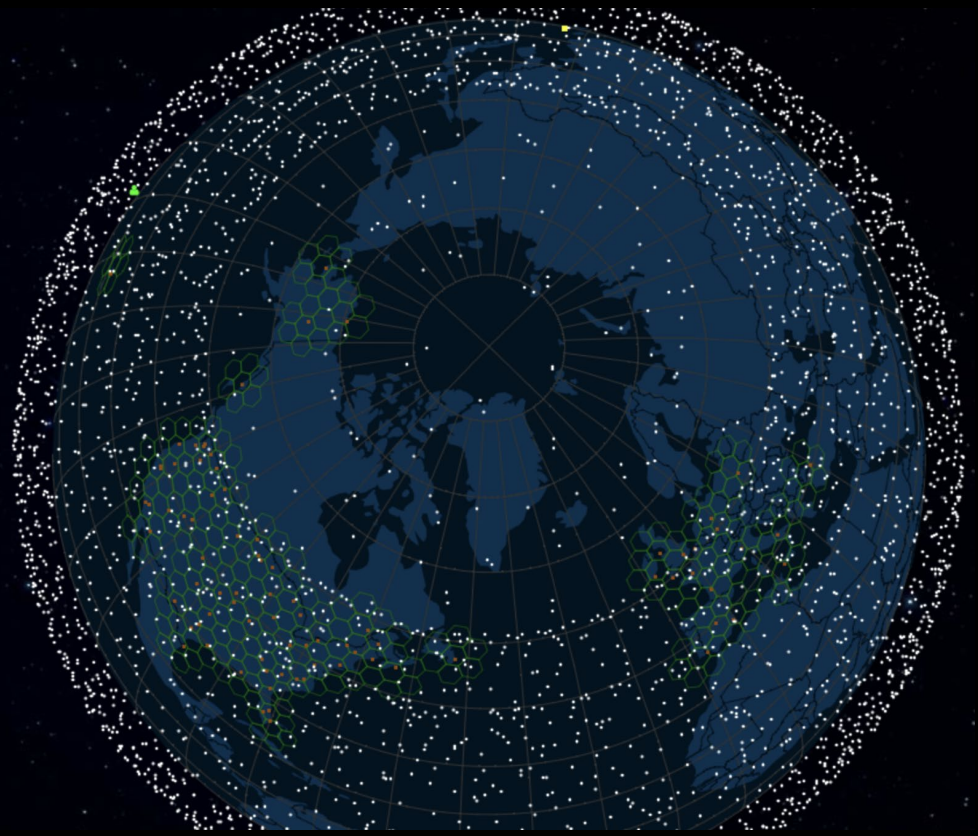
Peter Cramton
Emeritus Professor of Economics, University of Maryland

Electricity



Communications

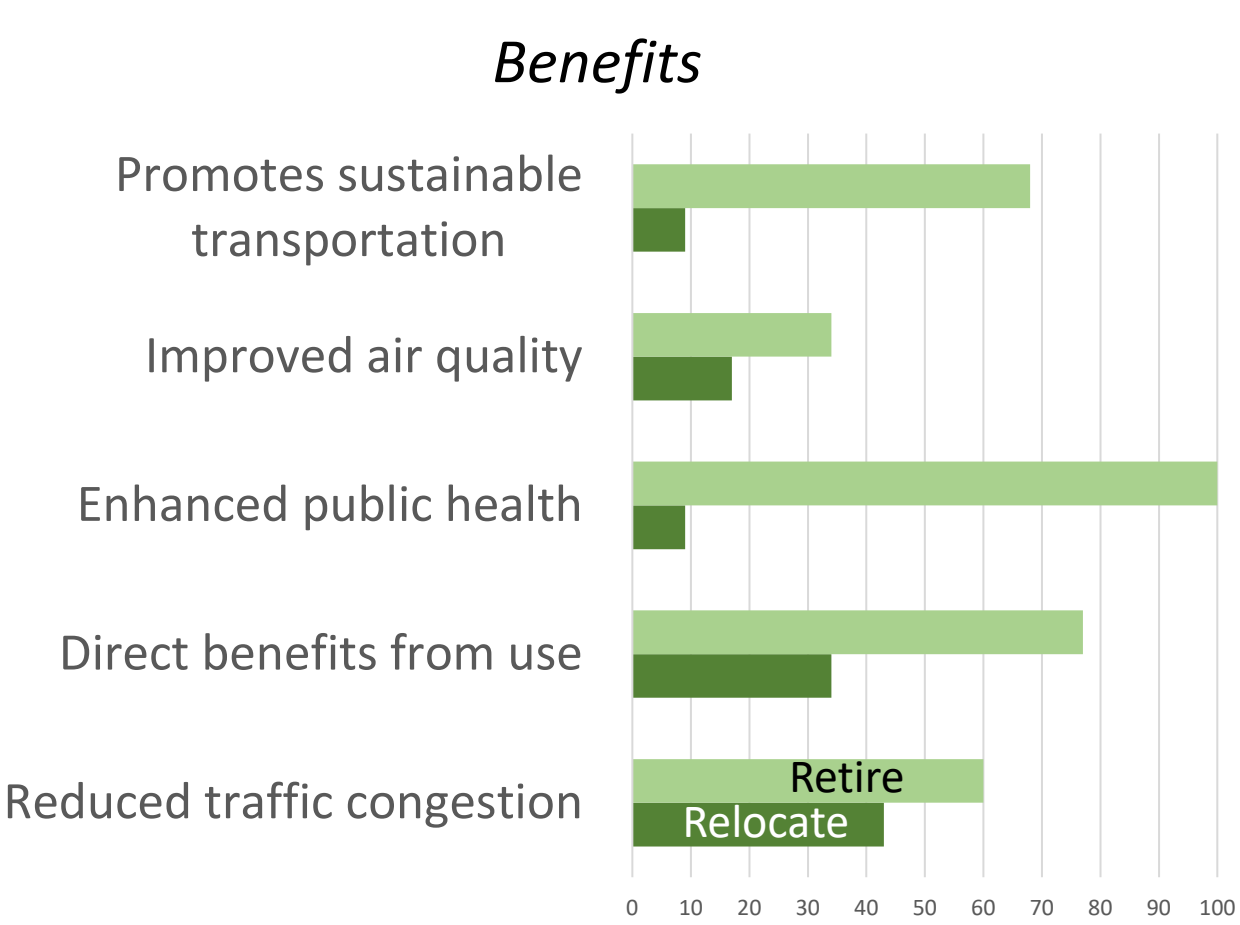


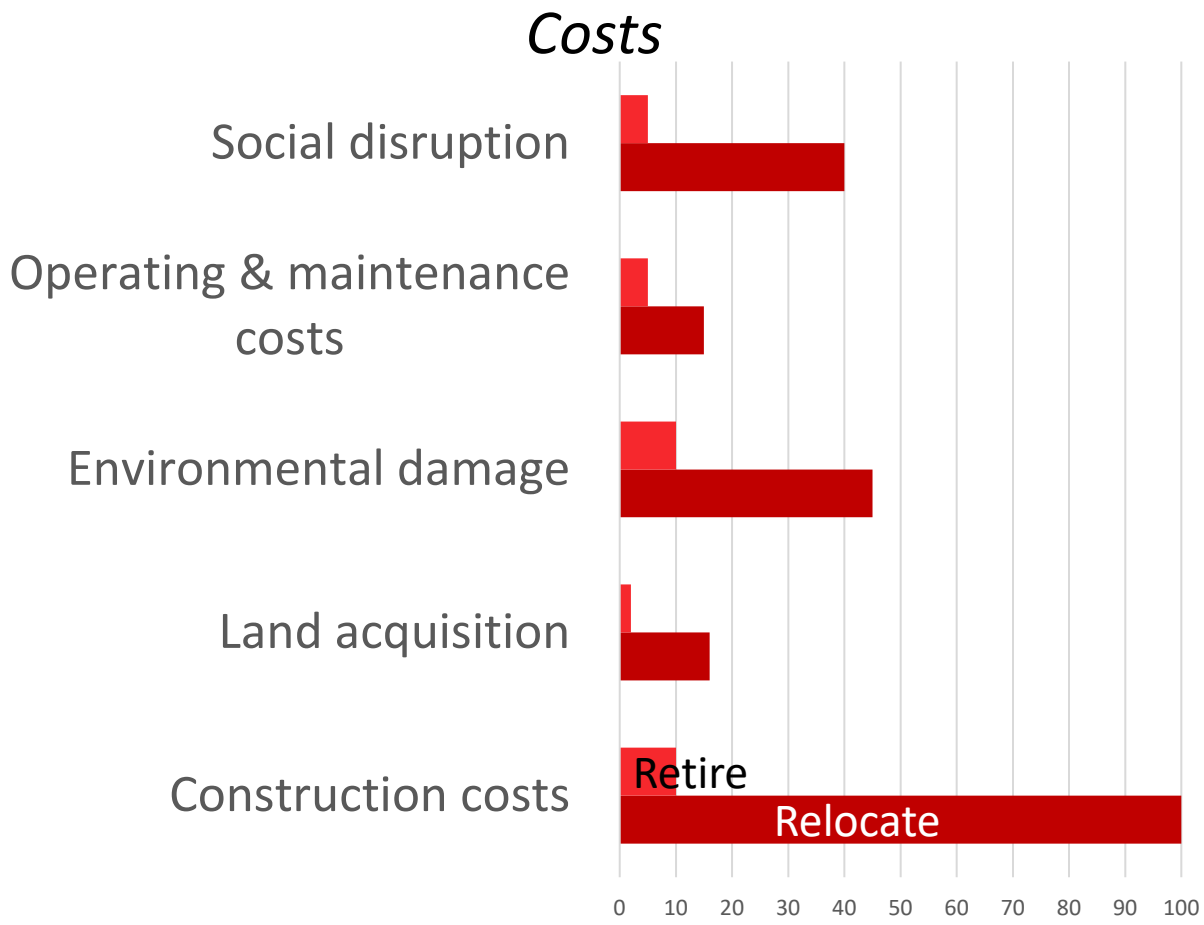
Transportation

Rail?

Trail?

Independent, forward-looking benefit-cost analysis, including San Diego & Orange Counties
How to best meet transportation needs from 2035?
Rigorous peer-reviewed scientific analysis of best relocation and retirement alternatives
Conducted by international experts at major research universities (e.g., UCSD & UCI)





Kevin Patrick, MD, MS
Emeritus Professor, School of Public Health & The Qualcomm Institute
University of California San Diego

CURRENT
EPIDEMIOLOGY
REPORTS

Neighborhoods to Nucleotides – Advances and gaps for an obesity disparities systems epidemiology model

Marta M. Jankowska[1], **Kyle Gaulton**[2], **Rob Knight**[2,3,4,5], **Kevin Patrick**[6,8], **Dorothy D. Sears**[3,5,6,7,8]

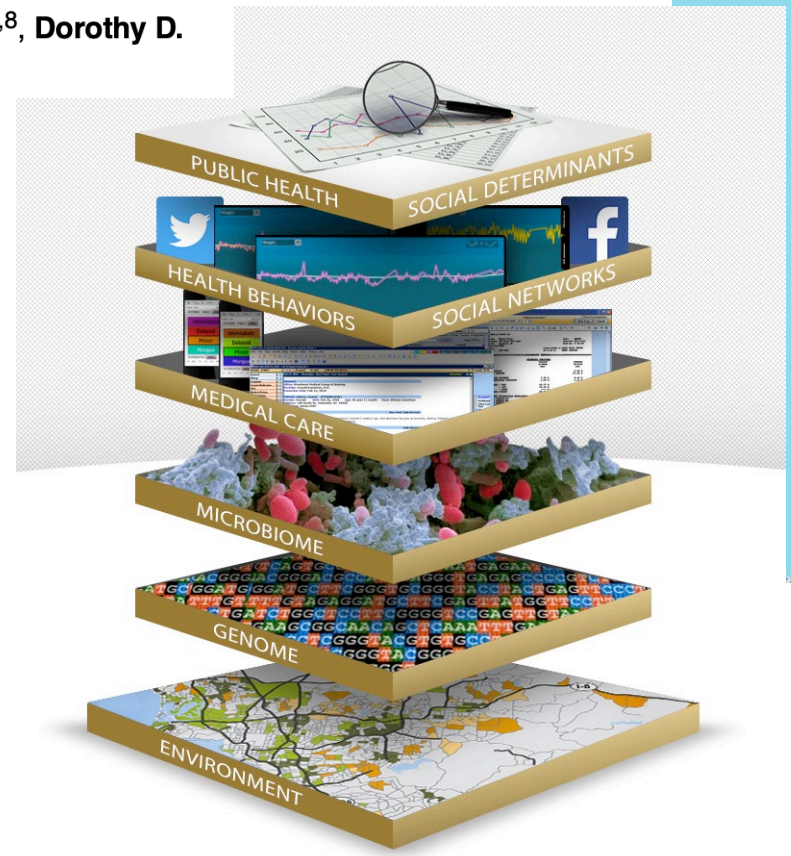
2019 December ; 6(4): 476–485

UC San Diego

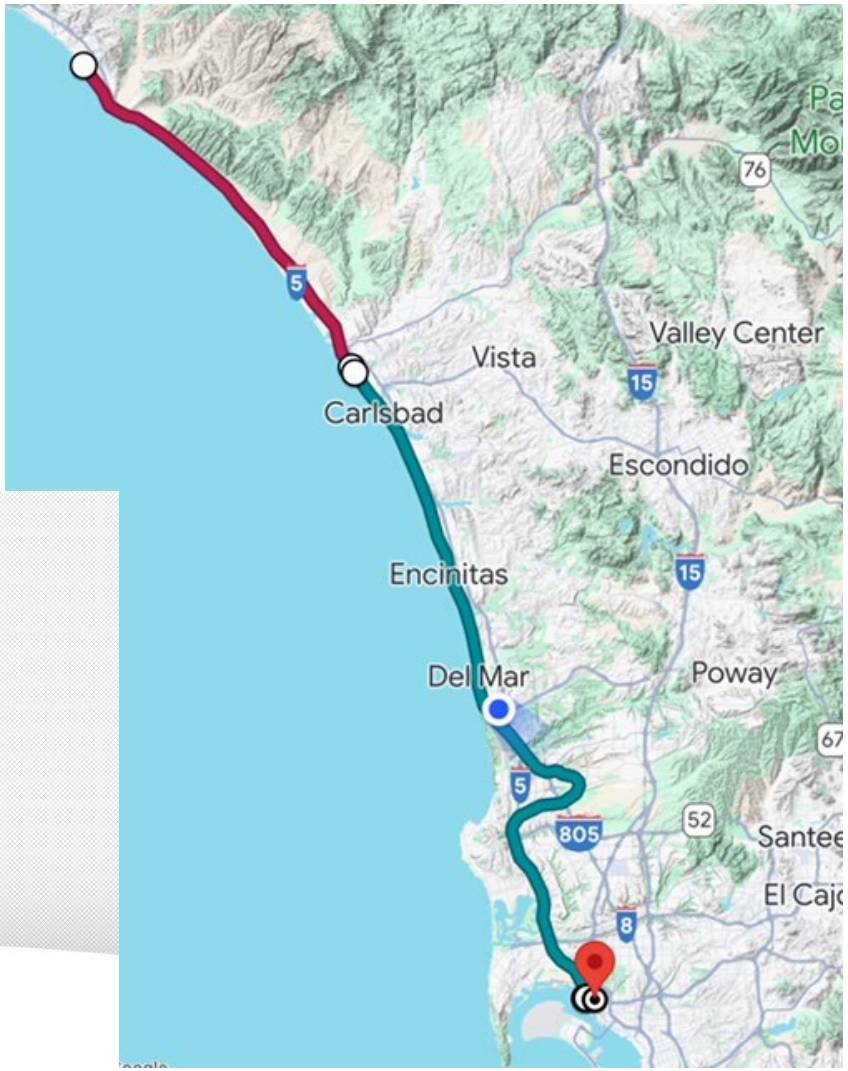
Exercise and Physical Activity Resource Center
EPARC

ACTIVE LIVING RESEARCH
Promoting activity-friendly communities

Robert Wood Johnson Foundation



Major influences on health



60 miles of Railroad Right of Way from San Clemente to San Diego

Can it be used for better purposes?

rails-to-trails conservancy

We have an enormous opportunity to improve the health of individuals in the entire region from San Clemente to the City of San Diego if we relocate the train and substitute it with a multi-purpose trail system -

- **Increased Physical Activity:** Trails boost activity for all ages
- **Obesity Reduction:** Trails linked to lower levels of obesity and other disease
- **Access to Recreational Spaces:** Rails to trails enhance recreation access
- **Supports Activities for Many:** Trails appeal to walkers, cyclists, e-bike users
- **Perceived Safety:** Trails seen as safe, encouraging wider use
- **Health and Community Benefits:** Trails improve health, well-being, and community connection
- **Walkability & social connections:** Associated with increased life expectancy in San Diego County

Sallis, et al (2012) Circulation; Basset et al (2008) JPAH;
Wolch et al (2011) Health & Place; Katsis, Patrick et al. (2017) CHASE;
Price et al (2012) Transportation Research Part A; etc.

rails-to-trails conservancy

In addition to direct benefits on human health, a variety of other positive outcomes result from or are associated with improved greenspace and infrastructure like trails -

- **Improved Air Quality**: Trails cut car use, lowering emissions
- **Environmental Conservation**: Trails boost biodiversity and counter urban heat
- **Economic Benefits**: Trails raise property values, spur local tourism
- **Transportation Cost Savings**: Trails offer cheaper, car-free travel options
- **Sustainable Development**: Eco-friendly transport & urban resilience
- **Noise Reduction**: Less car dependence reduces urban noise pollution.

Bottom Line: These complex, interrelated issues require holistic analysis by an independent entity, capable of informing decisions across short to long-term horizons, while considering the needs of all regional stakeholders.

Sallis, et al (2015) IJBNPA; Hartig et al (2014) Ann Rev Pub Health;
Wolfe & Mennis, (2012) Landscape and Urban Planning; Larsen et al, (2016) PLoS ONE;
McBride-Steward et al (2017) Urban Forestry & Urban Greening