



September 3, 2015

Dear Colleague,

The Missouri Foundation for Health is sponsoring the Missouri Rides to Wellness Summit, co-hosted by the Missouri Rural Health Association and Missouri Primary Care Association. The Summit will be held on October 14, at the Capitol Plaza Hotel, in Jefferson City, Missouri, from 11:00 a.m. to 3:30 p.m. The Foundation's interest in this effort stems from dialogues and funding requests that indicate transportation is a significant barrier to accessing care in Missouri. Although, not an issue specific to this state, it is significantly more challenging with the rural / urban geography and demographics of Missouri.

Wellness depends upon many factors, including making sure people can get a ride to the healthcare they need. In Missouri, public transportation is a coordinated and multi-modal system with capacity for on-demand services, particularly through large rural systems such as OATS and SMTS, but also through smaller city/county-operated systems and metro systems. 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 their communities. Due to funding constraints, Missouri's infrastructure lags behind; yet, the healthcare industry's current focus is on preventive services that increase the efficiency and effectiveness of medical care, reduces emergency department utilization, prevents hospitalizations and re-admissions. Thus, 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 Federal Transit Administration launched the "Rides to Wellness Initiative" earlier this year.

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



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

Missouri Foundation for Health, in cooperation with the Missouri Rural Health Association and Missouri Public Transit Association, recognized this connection early – implementing HealthTran, a 10-county pilot project in south central Missouri to demonstrate that 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.

Rides to Wellness is not a program or service – rather a movement to create dialogue, and subsequent change, as it relates to current systems and practices in the healthcare and transportation industries that cause barriers to accessing care. At the Summit, you will learn more about the national effort, HealthTran, and potential funding from the Federal Transit Administration.

Because of the role you play in healthcare and/or transportation, we encourage your participation in the Summit to help identify the greatest areas of concern and brainstorm —with other regional, state, local and community leaders — solutions to address an issue that will only grow monumentally over the coming years as Missouri population continues to age and more individuals incur barriers that prevent personal mobility.

There is no fee associated with the Summit, but an RSVP is requested. You may RSVP to the Missouri Public Transit Association at [mpta@cablrc.com](mailto:mpta@cablrc.com) or by calling 573-634-4314. You may also RSVP by completing a short survey at [https://www.surveymonkey.com/r/R2W\\_Summit](https://www.surveymonkey.com/r/R2W_Summit). The responses will be shared as part of the Summit dialogue.

Your participation is essential to address transportation barriers to accessing healthcare. I look forward to seeing you at the Summit.

Sincerely,



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# MISSOURI RIDES TO WELLNESS

## Preliminary Executive Summit Agenda

Hosts: Missouri Foundation for Health, Missouri Rural Health Association and  
Missouri Public Transit Association  
Capital Plaza Hotel • 415 W. McCarty Street  
Jefferson City, MO 65101

**OCTOBER 14, 2015 – 11 A.M. TO 3:30 P.M.**

- 11:00AM-11:30AM**    **Welcome:** Anthony Foxx, Secretary of Transportation (INVITED)
- 11:30AM-12:00PM**    **Informal Lunch Meet and Greet – lunch provided**
- 12:00PM-12:45PM**    **Opening Plenary Panel – Setting the Context**
- 1. Session 1:**    **Transportation: A Social Determinant of Health** – Virginia Dize, Co-Director, National Association of Area Agencies on Aging / National Center for Senior Transportation (INVITED)
  - 2. Session 2:**    **Healthcare Access and Non-Emergency Medical Transportation – The Current Landscape** – Dale Marsico, Executive Director, Community Transportation of America
  - 3. Session 3:**    **Access to Care: Leading Barriers** – Joe Pierle, MPA, Chief Executive Officer, Missouri Primary Care Association (MPCA)
- 12:45PM-1:45PM**    **Second Plenary Panel – Innovative Partnerships**
- 1. Session 1:**    **St. Louis Efforts to Improve Access to Care** - John Nations, CEO/President, Bi-State Development
  - 2. Session 2:**    **The Access to Care Tsunami has Arrived** - Edward Benning, General Manager, Mass Transportation Authority, Flint, MI
  - 3. Session 3:**    **HealthTran: Getting Link'd to Improve Healthcare Access through Transportation – Missouri's Design Challenge** - Suzanne Alewine, MRHA Executive Director, and Doris Boeckman, MPTA Executive Director
- 1:45PM-2:00PM**    **Break**
- 2:00PM-2:45PM**    **Executive Exchange**
- Given the importance of access to healthcare by ensuring mobility/transportation availability for people, what are the key needs you see from each of your organizations associated with connecting health and transportation?
  - What challenges do you see in addressing these needs?
  - Are there any collaborations and partnerships we can take to address these issues and needs?
  - What specific actions or solutions can we take together to address these issues and needs?
- 2:45PM-3:15PM**    **Report out on Executive Exchange “Results” Followed by Group Discussion**

**Spokespersons from each team share one or two key outcomes from their discussion.**

- Given what you've heard and discussed today, what specific next steps can we take together to address the issues and needs identified today to drive greater connectivity between the health and transportation industries?