Transportation Demand Management:

A Contemporary Approach

COMPASS Workshop

December 8, 2021

Eric Schreffler, Transportation Consultant

Father Guido Sarducci's 5-Minute University

Final Exam:

- 1. Como está usted? Muy bien
- 2. Where is God? God is everywhere
- 3. Economics: Supply and Demand







VOLUME CAPACITY

Shift from predict and provide (volume constant) to managing demand (capacity constant)

Poll: So, How Can We Manage Demand



Agenda

9:30 - 9:35 am	WELCOME
9:35 - 10:00 am	INTRODUCTION AND CONCEPTUAL FRAMEWORK
10:00 - 10:20 am	TDM AND TRAFFIC MANAGEMENT
10:20 - 10:30 am	DISCUSSION: TDM as an Operational Strategy
10:30 - 10:50 am	CASE STUDY: PORTLAND, OR - Caleb Winters, Oregon Metro
10:50 - 11:10 am	THE USE OF INFORMATION TECHNOLOGY AND INCENTIVES
11:10 - 11:20 am	DISCUSSION: Application to Treasure Valley
11:20 - 11:30 am	COMMUNICATING THE BENEFITS OF TDM

DEFINITIONS

TRANSPORTATION DEMAND MANAGEMENT

TRAVEL DEMAND MANAGEMENT

A COMPONENT OF TRANSPORTATION SYSTEMS MANAGEMENT AND OPERATIONS TSMO)

A COMPONENT OF ACTIVE (DEMAND) MANAGEMENT (ADM)

FHWA DEFINITIONS

1993 - Travel Demand Management

TDM maximizes the people-moving capability of the transportation system by increasing the number of persons in a vehicle or by influencing the time of, or need to, travel.

FHWA Report DOT-T-94-02

2019 - Active Demand Management

1. A suite of solutions intended to reduce or redistribute travel demand to alternate modes or routes that incentivizes drivers by providing rewards for traveling during off-peak hours with less traffic congestion. 2. Dynamically manages demand, which could include redistributing travel to less congested times or routes or by influencing mode choice.

FHWA Report FHWA-HOP-19-10

It all comes down to enhanced choices...

TDM is a set of strategies aimed at maximizing traveler choices

Beyond Commuter Ridesharing



Used for all trip types

🔶 Use

Used before and during trips

An influencer on system reliability and performance

Integrated into system management and operations



F71

Used to manage demand shifts (planned and unplanned)



FHWA Report: FHWA-PL-11-011

CHOICES ARE THE KEY

Pre route and En-route trip choices:

- Mode and Destination
- Route and Time
- Lane
- Choices enabled by:
 - Information exchange
 - Operational collaboration
 - Roadside and in-vehicle technology
 - ► ITS, Connected Vehicles
 - Financial mechanisms
 - Smartphones
 - Shared Mobility



Integrating TDM into the Transportation Planning Process

	State Level Planning	Metropolitan/ Regional Planning	Corridor Planning	Local/Municipal Planning
Regional Mobility/ Accessibility	Good	Excellent	Good	Fair
Congestion Reduction/ System Reliability	Fair	Excellent	Excellent	Good
Air Quality/ Environment *	Good	Excellent	Fair	Good
Economic Development*	Fair	Good	Fair	Good
Land Use/ Transportation	Good	Excellent	Good	Excellent
Goods Movement/ Freight	Fair	Good	Good	Good
Livability*	Fair	Good	Fair	Excellent

FHWA Report FHWA-HOP-12-035

ROLE OF TDM IN REGIONAL GOALS

CIM 2050 GOALS	CAN TDM ADDRESS?
ECONOMIC VITALITY	000
SAFETY	\odot
CONVENIENCE	00
QUALITY OF LIFE	000

A Diverse Array of Strategies



STRATEGIES TO MANAGE DEMAND











Beyond traditional commuter ridesharing Integrating TDM and Traffic Management

Using technology and incentives

Great examples from Portland

Communicating the Benefits

FHWA Demand Management Resources











Integrating Shared Mobility into
Multimodal Transportation
Planning:

Improving Regional Performance to Meet Public Goals

February 2018

U.S. Department of Transportation Office of Prinning, Environment, an Ready Federal Highway Administration FHWA.HEP-18-033

Strengthening Linkages between Transportation Demand Management and Traffic Management



Federal Highway Administration

Transportation Demand Management:

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INTEGRATING TRAFFIC MANAGEMENT AND DEMAND MANAGEMENT

Traditional TDM

Born of gas crises of 1970s

Focused on mode shift

Work with employer and commuters

Ridesharing (carpooling and vanpooling) key strategy

Aimed at reducing VMT to address air quality goals

Congestion mitigation a longer-term objective

TDM vs. Traffic Management

Traffic Managers and TDM Professionals often speak a different language

Traffic Management

- Engineering
- Incident Management
- Reliability
- Corridors
- Connected Vehicles



TDM

- Planning/CMAQ
- Choices
- Sustainability

Gamification



- Shared-Use
- Active Transportation

How can they better relate to each other?

Integrating TDM and Traffic Management

Travel today...

- Transportation is multi-modal
- All trips are considered
- Travelers expect a seamless trip





By working together, TDM professionals and traffic managers...

- Create more traveler choices
- More effectively manage travel



Leveraging Each Other's Capabilities

Traffic Management

- Real-time conditions
 - Data
 - Cameras
- Traffic Control and Restrictions
- Traveler Information



TDM

- Direct connections to travelers
- Marketing and awareness
- Innovations in understanding travel behavior
- New models of partnership



Collaboration Opportunities

Day to Day Operations

- Better incident management
- Customized traveler information
- Integrated corridor management
- Emergency Management
 - Evacuation/Emergencies
 - Continuity of Service
- Active Demand Management





Mode and Destination Choice

MODE CHOICE

- In-route mode shift
- New forms of transit (BRT)
- Use of ridehailing services
- Bike/scooter/walking

DESTINATION CHOICE

- Pandemic has shown bright light on work/commute habits
- 20-25% of workforce could do remote work
- Virtual meeting are "normal"

In-route mode shift

Real time message signs to divert car users onto transit (US101)



Route and Time Choice

Route Choice

- Real-time, comparative travel times
- Proactive traffic alerts

Time Choice

- Staggered/Flex hours
- Rush hour avoidance
- Parking pricing

Incident Management

Published by Suzanne Worzella [?] - 3 hrs - 🚷

https://511nyrideshare.org/.../511ny-r.../nj-transit-train-crash

NEWS: Hoboken / NJ Transit crash - if your commute or trip has been

impacted by the incident, visit our page for alternate travel information:

511NY Rideshare

photo via The New York Times

ALTERNATE COMMUTE INFORMATION

Hoboken / NJ Transit Train Crash

Rail service is suspended in and out of Hoboken due to a train accident at Hoboken station. Travel information will be udpated throughout the day, with the most recent information bolded in red.

0-8

 PRTH service TO Hoboken has been restored. Service FROM Hoboken remains suspended until further notice.
 eginning at approximately 4 µm. The Nillowing service will be in effect:
 Main, Bergen, Pascack Valley and Port Jervis lines will operate on a motified weekend scholde originative/minimition in Security.

will shuttle customers from Hoboken to Secaucus Junction on a load and go basis. Customers will be directed to this service by ambassadors wearing safety vests. C ustomers who need to access Secaucus are urged to take trains from New York Penn Station.

 Morris & Essex Line, Gladstone Branch and Montclair-Boonton Line will be limited service for points west of Montclair State University and westor Dover

Northeast Corridor, North Jersey Coast Line (New York service only), Rantan Valley, MidTOWN DIRECT and Atlantic City rail lines will all operate on normal weekday schedules. Please note: MidTOWN DIRECT service will make additional stoce seat of Summit.

etro-North will provide alternate bus service during the evening commute for ascack Valley Line and Suffern, Sloatsburg, Tuxedo & Harriman as follows:

Take Hudson Line Train Service to Tarrytown Station for connecting bus service to all PVL stations and Suffern, Stoatsburg, Tuxedo & Harriman stations. Buses will meet trains departing Grand Central Terminal between 343 PM and 8:33 PM.

letro-North will provide alternate bus service during the evening ommute for Port Jervis Line (PJL) between Harriman and Port Jervis Stations

Take Hudson Line Train Service to Beacon Station for connecting bus service to all stations between Harriman and PortLervis stations. Buses will meet trains departing Grand Central Terminal between 3:48 PM and 6:29 PM. Metro-North is honoring all PVL and PJL rail Sckets writi further notice.

<u>U8</u>

s follows

 Exhs service on NJ TRAART Bus Roade No. 126 between Holoken and Port Authority Bus Terminal in New York. All No. 126 service will be departing tion regular gates 20/4265 from 3 PM to 10 PM. Catomers may need to use a temporary bus terminal in Holoken pending the availability of the bus plaza. Catomers will be notified where by at the service. Coach USA-bondine has buses that nu between Port Jervis and Spring

Valley to NVC Port Authority Bus Station. • Extra TAPPAN ZEExpress buses from White Plains and Tarrytown will drop passengers off in Suffern, Spring Valley, Palisade Center, Nyack and the Exit 14 Palk and Rite. 705001 2015 Uncernise buses are sense bonnoine. M J Tennel Historie

NAMPARY ZEEQUESS Guides and cross honoring real transit lickets and passes
 NJ Transit Bus and private carriers are cross honoring rail tickets and passes
 Light Rail

All Hudson Bergen Light Rail service remains suspended into and out of

Hoboken. 8th Street to Hoboken trains will terminate at Newport Station. Tonnelle Avenue to Hoboken trains will terminate at 2nd Street Station. Westslick Avenue to Tonnelle Avenue trains are not impacted.

Ferry - NY Waterway

NY Waterway is SUSPENDED into/out of Hoboken.
 Ferry is not stopping at Hoboken Terminal but it is making stops at the 14th
 Street terminal in Hoboken.

 Ferry travels between Hoboken at 14th Street, NJ and West 39th Street in Midlown Manhattan and WTC Area.

Midlown Manhatlan and WTC Area. • Ticket/pass cross honoring is in effect until 8PM this evening, and between 6AM and 8PM Friday. September 30.



MTA

Transit Resources

ster Here. It's Free

Registered? Log in here

Tweets by @511NY_Rideshare

511NY Rideshare Retweeter

PATH Train @ @PATHTrain

511NY Rideshare Retweeted

 Uber New Jersey
 GUber_NJ

3 511NY Rideshare Retweeted

Uber New Jersey O @Uber_NJ

1019

1014

Embed

N PATH 🎫 511)

Match Me in Emergencies

mes you only need t

PATH service TO Hoboken Station (33-Hob and

WTC-Hob) is restored. Service FROM Hoboken

All rides taken from the #Hoboken train station

onight from 4-8PM we're offering free uberPOOL

View on Twitter

rides between Secaucus Jct & the shaded area

below in response to the #Hoboken #traincrash

since the accident will also be refunded. twitter.com/Uber_NJ/status...

remains suspended until further notice.

From: 511NY Rideshare [mailto:511NY_Rideshare@mail.vresp.com] Sent: Thursday, September 29, 2016 2:52 PM To: Mongiol, Frank <<u>Frank.Mongiol@icf.com</u>> Subject: Hoboken Train Crash

🖆 Like 🌶 Tweet in Share

ALTERNATE COMMUTE INFORMATION

Due to the recent NJ Transit train crash at the Hoboken station, **rail service is suspended in and out of Hoboken Station**. We have compiled the most up-to-date travel information to help you get to and from work this evening and tomorrow while the suspension is in place.

Alternate Commute Information for Hoboken / NJ Transit Train Crash

Follow us on Twitter and Facebook for real-time travel information.

lick to view this email in a browse

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: Unsubscribe

Event-specific P&R lot Map





🖆 Like 🔲 Comment 🍌 Share

4 shares

PARKING MANAGEMENT

SFPARK: Managing Parking Demand via Pricing (San Francisco, CA)

- Pilot program as part of a USDOT UPA to "achieve a minimum level of availability so that it was easy to find a parking space most of the time on every block and that garages always have some open spaces available."
- Demand responsive pricing, not fully dynamic in real-time

Project Evaluation Findings -	Parking availability improved - target parking occupancy (60-80%) was achieved 30% more
	Parking was easier to find - parking search time decreased by 43%.

Double parking reduced by 22%.

Drivers generated 30% less GHG emissions.

As a result of reduced parking search activity, VMT reduced by 30%.

Bus speeds improved by 2.3% in areas that reduced double parking.



Lane Choice

► HOV/HOT lanes

Bus signal priority

Bus only lanes

► Use of hard shoulder

Bus on shoulder



Day-to-Day Operations Bus on Shoulder Example - I-55 in Chicago, IL

Bus on Shoulder - I-55

- Expressway travel times were highly unreliable due to recurring congestion
 - Commuter Bus travel times varied by over 15 minutes in instances
- Partnership between Pace (public transit and vanpool provider) and Illinois DOT and planned by the Regional Transportation Authority
- Buses can travel on inside shoulder when travel speeds in main lanes dropped below 35 mph
- Cost < \$1M</p>
 - Cheaper and more cost effective to constructing a new bus-only lane or rail line



What is needed to realize integration?



Can TDM help manage traffic in the Treasure Valley?



Transportation Demand Management:

A Contemporary Approach

USING INFORMATION TECHNOLOGY FOR INCENTIVES

Behavioral Economics

- Blending insights from psychology and economics to reveal how hidden forces shape decision making
- Incentivizing travelers to overcome perceived barriers
- Incentives have been shown to be very cost effective
- Technology is enabling the wider use of incentives

What are different strategies to promote travel choices?



The Right Incentives

Specific Information

What are the messaging strategies?

Try it again	Make it a Habit	Use it Well (& Often)
Nudge people at opportune moments	Leverage default choices	Make the ride social
Reframe and promote the opportunity	Evoke personal values and identity in messaging	Encourage user to rethink and own the commute
Re-frame "try before you buy" incentive messaging	Increase salience of messaging	
Target messaging at the negative perceptions of public transportation	☐ Help people commit to a plan	
Simplify the payment process instructions		

What are the incentives strategies?



Source: https://healthprize.com/platform/how-behavioral-economics-canimprove-patient-adherence/



Incentives

- Financial incentive for each non-SOV trip (often gift card)
- Mode shift incentives (e.g., 90-day trial)
- Financial incentive for time and destination choices
- ► Gamification (e.g., F5T4)
- Toll incentives (e.g., LA Metro)



What are the information strategies?

- Cover all modes
- Highlight non-motorized and electric options
- Real-time information
- Multi-modal comparison information
- Payment instructions
- Commuteride, CityGo and BSU all have info on choices

Enabling Technology

Cell phone (GPS enabled) Cell phone Cell phone Apps are coming from entrepreneurs Waze, Uber, Lyft have carpool programs Proximity tracking; mode determination by speed

Incentives

Rush Hour Avoidance - The Hague

- \$4 per day to not travel on freeway from 7:30-9:30 am
- Over half avoided this period
- Dutch have expanded to many facilities

Source: FHWA-PL-11-011

Atlanta CAC Cash for Commuters

- \$3 per day up to 90 days
- 1,800 commuters
- 1,300 fewer car trips
- 30,000 fewer car miles
- ► 70% continued after 90 days
- ▶ 50% continued after a year

Source: FHWA-HOP-12-035

Example program

- Access Program for MIT in Cambridge, MA
 - 5-pronged approach to reduce parking demand on campus



Parking Incentives

CAPRI (Congestion and Parking Relief Incentive) at Stanford University (April 2012 - September 2014)

- Commuter behavior monitored using RFID sensors for automobiles and a smartphone app for walkers and bikers
- Earn points for "good trips" (off-peak) & redeem points for monetary and in-kind rewards - used gamification
- Nudged commuters through personalized offers, social influence, and status
- Study found some users shifted from driving to walking or biking

Portland Transportation Wallet



for people in the Northwest & Central Eastside Parking Districts



FHWA Report FHWA-HOP-18-071



FHWA Report FHWA-HOP-16-023





What Information and Incentives might work here?

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COMMUNICATING THE BENEFITS

First a word about planning

- Regional transportation plans include sustainability and TDM in goals
- "Stove-piping" limits integration into operations
- **TDM** is about thinking about travel and choices: people not cars
- **TSMO, CMP and RTP all need to sync**

US. Department of Transportation Federal Highway Administration

Integrating Demand Management into the Transportation Planning Process: A Desk Reference



FHWA Report FHWA HOP-12-035

Communicating the Benefits



TDM Effectiveness

- Worksites offering financial incentives realized a Vehicle Trip Reduction of 2-12% percentage points higher than without (overall 21% VTR vs. 15%) (source: TCRP 2010)
- TDM is cost effective: study of emission reduction programs showed ridesharing, vanpool, TDM and employer programs be among lowest cost per pound emissions reduced (source: FHWA-HOP-12-035)
- TDM can help with travel flow: increasing Person Throughput, reducing VMT, reducing delay; smoothing peak shoulders

Benefits of TDM

Transportation System Benefits

Reduced congestion and resulting time savings
Multiple options for getting around

Social Benefits

Reduced dependence on fossil fuels
Enhanced quality of life in walkable, bikeable communities with many transportation options
Reduced community fragmentation caused by wide, high-speed roads

Environmental Benefits

Improved air quality

•Reduced greenhouse gas emissions

Improved water quality

- reduced polluting emissions and fluid leaks
- reduced need for paved surfaces

Health and Safety Benefits

•Fitness benefits of active transportation (biking and walking)

•Health benefits of improved air quality

•Stress reduction

Financial Benefits

•Reduced costs of car ownership and maintenance

•Reduced cost of parking

Source: commuterpage.com

Benefits to Business



Enhance worker home life (via choices) Enhanced recruitment and retention



Reduced employee stress



Reduced parking demand and costs



Schedule reliability



Serve environmental and sustainability goals (e.g., LEED)

CONTACT INFO

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FHWA Resources

www.ops.fhwa.dot.gov/publications/publications.htm



Transportation System and Demand Management Integration

COMPASS December 8, 2021

Caleb Winter Senior Transportation Planner



Why and how do we choose TDM?

Why?

- Land use and transportation
- Air quality
- Congestion, quality of life, multimodal investments

How?

- Implement regional policy adopted in the Regional Transportation Plan (RTP)
- Involve stakeholders in strategy
- Fund program pieces
- Evaluation

Policy - Regional Transportation Plan





2018 RTP Community Policies

- Vibrant Communities
- Shared Prosperity
- Transportation Choices
- Reliability and Efficiency
- Safety and Security
- Healthy Environment
- Healthy People

- Climate Protection
- Equitable Transportation
- Fiscal Stewardship
- Transparency and Accountability

The strategy planning process



Regional State DOT, DEQ, MPO, transit

Local

cities, counties, community based organizations, transportation management associations, parks & recreation, chambers of commerce, K-12 schools, higher ed schools

Global Academic researchers and consultants

TDM strategy implementation

Program funding

Grant Making

- Inspiring applicants
- Developing criteria
- Scoring
- Negotiation

Grant Management

- Grant Agreements (contracting)
- Technical support and partnership
- Invoice review
- Evaluation

2018 Regional Travel Options Strategy

Adopted by Metro Council, May 24, 2018





Inspiring grant applications

TDM Inventory

- Employer & University
 Outreach
- Shared Mobility
- Planning & Infrastructure
- Community Programs
- Safe Routes to School



TDM activities

- Get There Oregon ODOT provides statewide carpool matching, triptracking service, annual challenge with achievements and incentives (RideAmigos)
- Vanpool C-Tran, Enterprise
- Cities/Counties/Parks individualized marketing, open streets, wayfinding, trail counters, visitor TDM
- Community-based organizations wayfinding, bike maintenance, skills
- TMAs/non-profits e-bike commuter pilot, protected bike lane pilot
- Transit/College/University Employee Commute Options (ECO), marketing of a shuttle service and real-time arrivals, staffing bike rentals
- K-12 schools walking school bus, safety education, maps (not capital)

Evaluations get results



2010 TSMO Integration of TDM



Traffic Incident Management



Transportation Demand Management





Residential outreach boosts transit ridership beyond the control group





What would it take to restore reliability with TDM?





Combining modes to complete one trip



Combining modes to complete one trip

T R I 🙆 M E T

Rider News Menu 📃







Caleb Winter

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https://www.oregonmetro.gov/tsmo https://www.oregonmetro.gov/regional-travel-options-strategic-plan