HEALTH IN COMMUNITIES WITH BETTER TRANSPORTATION OPTIONS

Walkable, bikeable, transit-oriented communities are associated with healthier populations that have:

MORE PHYSICAL ACTIVITY
LOWER BODY WEIGHT
LOWER RATES OF TRAFFIC INJURIES
LESS AIR POLLUTION
IMPROVED MOBILITY FOR NON-DRIVERS

STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:

![Image showing a 46% increase in walking up to 1 mile, 1% increase in walking 3-4 miles, and 35% increase in walking 1 mile to work, with a 1% increase in walking 3-4 miles to work.]

PUBLIC TRANSIT GETS PEOPLE MOVING TOO:

![Image showing a 30% increase in public transit usage from getting to and from transit stops.]

30 minutes

19 minutes

BIKE AND RIDE programs

Help extend access to public transportation
Allow more people reach transit stops without driving
Reduce transportation costs

LEVELS OF CYCLING and PUBLIC TRANSPORT USE HAVE REACHED RECORD HIGHS IN THE U.S.

![Image showing a 60% increase in public transport trips and 3x increase in bike racks.]

60% or U.S. PUBLIC TRANSPORT TRIPS ARE BY BUS
BIG BIKES ARE INEXPENSIVE AND LOW-COST ACCESS

% of U.S. BIKES WITH BIKES RACKED TRIPLED FROM 2005 TO 2009

COUNTRIES WITH LOWER rates of obesity tend to have higher rates of commuters who walk or bike to work!

ACTIVE COMMUTING AND OBESITY RATES BY COUNTRY

![Graph showing a decrease in obesity rates with an increase in active commuting rates.]

USA (10%) AUS (12%) CAN (20%) RUS (18%) BRA (20%)