Low carbon transportation is a climate change solution with health benefits.

Driving Smart, Driving Less
40% of trips by car are < 3 km
Sam Moody  Atlanta, GA

Gave up his car, took public transportation, and lost 70 lbs!
Mass Transit Decreases MVA Deaths

Fatalities vs Transit Miles per Capita

**Figure 6**
Traffic Fatalities Versus Transit Travel in U.S. Urban Regions (Litman and Fitzroy 2006)

- Per capita traffic deaths tend to decline as public transportation ridership increases. Each dot represents a U.S. urban region.

Fatalities in Smart Growth vs Sprawl

**Figure 8**
U.S. County Traffic Fatality Rates (Ewing, Schieber and Zegeer 2003)

- Bars represent traffic fatalities per 100,000 residents.
- Blue bars represent Smart Growth areas.
- Orange bars represent Most Sprawled areas.
Physical Inactivity Contributes to Poor Health

-- Sprawl and disconnected street networks are associated with increased rates of obesity, diabetes, heart disease (Marshall, 2014)

-- Residents of “walkable” metro areas walk more & use more public transit. They have less obesity, lower blood pressure, less diabetes, and 3 years longer life expectancy than people living with sprawl. (Ewing, 2014)

-- Users of public transit are 45% less likely to be obese or overweight (Zheng, Y. 2008)
POLICIES FOR ACTIVE/PUBLIC TRANSIT
Smarth growth, Infrastructure Investment, Coordination
(Health in All Policies)
Are these changes pie in the sky?

Consider this:

- In 1879 Thomas Edison demonstrated the incandescent light bulb; by 1900 all NYC was lit

- In 1990 there were very few cell phones, no laptops; by 2010 both were everywhere

Changes in Transportation:

- Increased walking and biking can begin now; improve over 5 years

- With vision, vision, vision + business development could have improved public transportation in 10 years