



HEALTH BENEFITS OF PUBLIC TRANSIT



GET MORE EXERCISE

Public transit users get over three times the amount of physical activity per day, lowering the risk for many serious diseases, such as: heart and vascular diseases, strokes, diabetes, hypertensive diseases, osteoporosis, joint and back problems, colon and breast cancers, and depression.



ACCESS ESSENTIAL NEEDS LATER IN LIFE

Public transit is a way for non-driving seniors and disabled individuals to gain access to important services and activities that improve public health such as healthcare appointments, shopping, banking, education, and employment opportunities.



BE SAFER

Bus related accidents have 1/20 the passenger fatality rates of automobile travel. Car accidents are responsible for approximately 40,000 deaths (and many more injuries) per year, making them one of the largest causes of death for people aged 1-44. Traveling on public transit significantly diminishes this threat.



PROMOTE A HEALTHY ENVIRONMENT

Pollution is estimated to cause as many deaths per year as traffic accidents. However, buses (especially newer diesel and electrically powered vehicles) produce less pollution than cars per passenger mile.

REDUCE STRESS

Public transportation improves access to education and employment, which in turn leads to better long-term economic opportunities. In fact, 12% of transit riders are traveling to schools and almost 60% are going to work. It also provides access to social and recreational activities.



SAVE MONEY

Car payments, gas prices and parking can be a major budget drain, but public transportation lessens those financial burdens by alleviating the need to purchase and operate individual vehicles (saving a household around \$6,251 annually). This supports public health by leaving riders with more money for better living arrangements, healthy food, and medical services.



*Source: The Victoria Policy Institute and The American Public Transportation Association