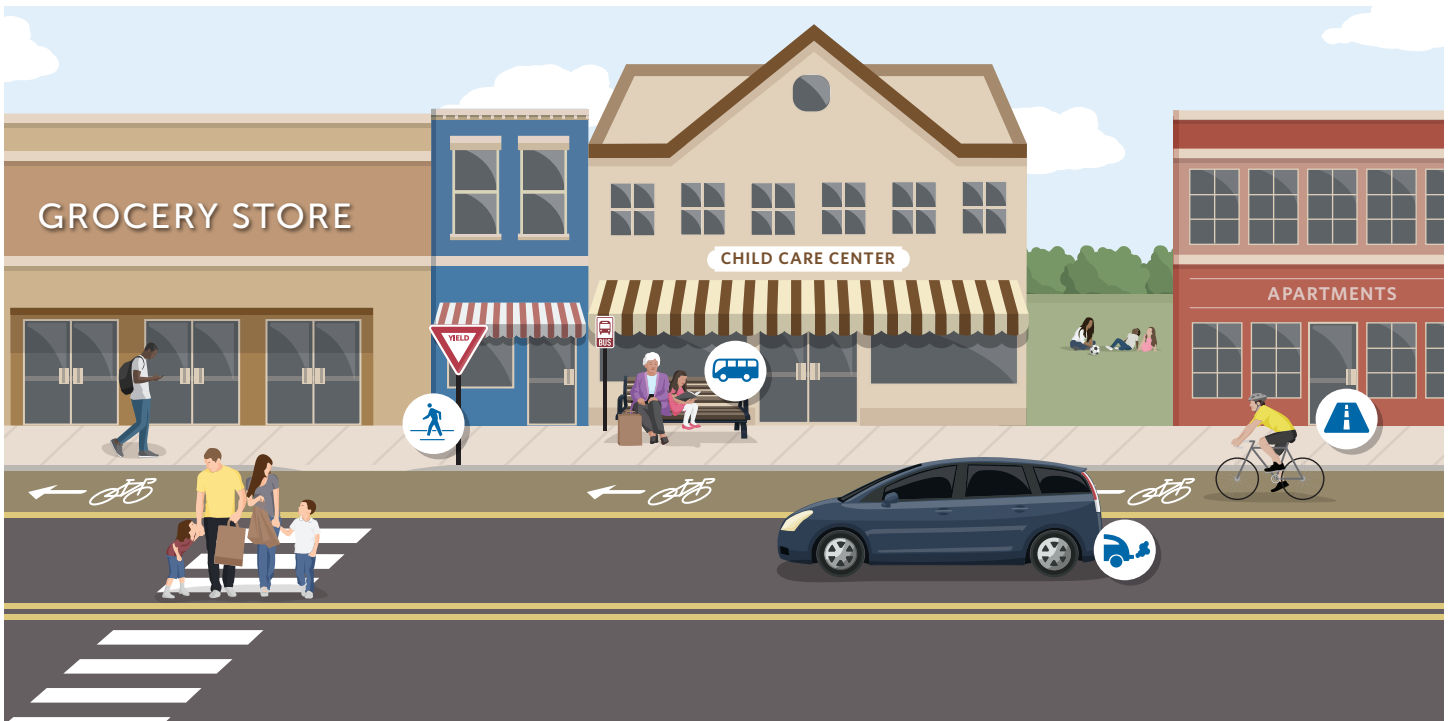


Transportation Access and Quality Affect Health

Proven policies can promote physical activity and reduce disease



Infrastructure

Sidewalks, bike lanes, and multi-use trails provide safe opportunities for daily physical activity that can reduce cardiovascular disease and obesity while improving community residents' access to health care, employment, and resources such as healthy foods.

Emissions

Infrastructure, laws, and regulations that provide more opportunities for nonmotorized transportation and result in lower emissions from trains, planes, and trucks can reduce pollution, lower childhood asthma rates, and decrease heart disease among adults, especially in communities near major roadways.

Transit

Access to safe, affordable, and reliable public transit can lead to increased physical activity and better access to jobs and services, which may help people—especially those from low-income households—maintain stable employment, meet basic needs, and access healthy foods and other resources. About 42 percent of people earning less than \$25,000 a year depend on public transit to get to work.

Safety

Lowering speed limits, illuminating or raising pedestrian crosswalks, and designing streets to accommodate bikes, pedestrians, and people with disabilities can make transportation routes safer and more accessible for everyone and reduce the rates of serious injury and death.

Sources: Safe Routes to School National Partnership, "At the Intersection of Active Transportation and Equity" (2015), https://www.apha.org/-/media/files/pdf/topics/environment/srts_activetranspequity_report_2015.ashx; Urban Design 4 Health Inc., "The Hidden Health Costs of Transportation" (2010), https://www.apha.org/-/media/files/pdf/topics/transport/hidden_health_costs_of_transportation_backgrounder.ashx

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HEALTH **IMPACT**
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The Health Impact Project, a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts, is a national initiative designed to reduce health inequities and improve the health of all people by ensuring that health is a valued and routine consideration in decisions affecting them.