

## WHY DOES TAKING THE BUS MAKE SENSE FOR OUR HEALTH?

Project U-Turn aims to “u-turn” the increasing rates of obesity and physical inactivity associated with auto-dependent, sedentary lifestyles by increasing transportation options especially those that incorporate walking and biking. Project U-Turn is fighting to change the fact that cars are currently used for more than 80% of trips less than one mile<sup>1</sup> through a variety of programs and improvements to the environment to make walking and biking safer in our community.



### PUBLIC TRANSIT AND PHYSICAL ACTIVITY



- Public Transit increases range and flexibility of travel options
- Average walking distance involved in a transit trip is *five to ten times* longer than the average walking distance of an automobile trip<sup>3</sup>
- Increased transit use leads to reduced automobile traffic

### PUBLIC TRANSIT AND SAFETY

- Automobile accidents caused 42,643 deaths nationwide in 2003 and car crashes are one of the leading killers of young adults in Michigan<sup>4</sup>.
- Public transit is viewed as 170 times safer than automobile travel according to the National Safety Council<sup>1</sup>.

### PUBLIC TRANSIT AND AIR QUALITY

- Compared with private vehicles, public transportation produces, on average, per passenger mile, 95 percent less carbon monoxide, 92 percent fewer volatile organic compounds, 45 percent less carbon dioxide and 48 percent less nitrogen oxide<sup>1</sup>.
- Cleaner air can benefit us all, especially children with asthma whose numbers have grown from 2.3 million to 5.5 million between 1980 and 1995<sup>1</sup>.



**JUMP ON THE BUS TO INCREASE YOUR PHYSICAL ACTIVITY, IMPROVE AIR QUALITY, AND RIDE A SAFER MODE OF TRANSPORTATION!**

Want to learn more? Contact the Fitness Council of Jackson at (517) 990-9798 or visit [www.fitnesscouncil.org](http://www.fitnesscouncil.org)

<sup>1</sup>CFTE, Center for Transportation Excellence, [www.cfte.org](http://www.cfte.org)

<sup>2</sup>CUTA, Canadian Urban Transit Association, Issue Paper 2: “Promoting better health through public transit use”, 2001.

<sup>3</sup>VPTI, Victoria Transport Policy Institute, [www.vpti.org](http://www.vpti.org)

<sup>4</sup>NHTSA, National Highway Traffic Safety Administration, [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)