



THE Benefits

BETTER HEALTH

Traffic-related air pollution aggravates asthma and other respiratory illnesses and can triple the number of hospital visits for respiratory issues. This impact is especially severe for children and the elderly. Connecticut cities have among the highest rates of childhood asthma in the nation and an aging population that is particularly susceptible to respiratory illness. Decreasing congestion on our roads will lead to cleaner air and a step towards better health for many.

Encouraging alternative modes of transportation that include walking or biking on a daily basis helps in the battle against our nation's obesity epidemic. A troubling 12.5% of Connecticut children age 10 to 17 are considered obese. Streets need to accommodate more than just cars and trucks. We need to make our streets safer and more accessible—especially for children and seniors who are most at risk of being injured—as a means of encouraging an active lifestyle and help in the fight against obesity.

Connecticut's reliance on the single-passenger automobile, with more vehicles driving more miles on increasingly congested roads, no longer makes sense in terms of lifestyle or economics. Decisions about transportation can play a big role in improving the health of our citizens. It is time to travel smarter.

DID YOU KNOW?



Transportation sources contribute 43% of the air pollutants in Connecticut, with single-passenger car and SUV (Sport Utility Vehicle) trips producing the largest share.

Source: 2009 Connecticut Greenhouse Gas Inventory Update

FACT

In 2011, Connecticut residents across the state breathed "UNHEALTHY" AIR ON 31 DAYS. Approximately 248,000 ADULTS and 86,000 CHILDREN in Connecticut are reported to have asthma.