

# Benefits of Public Transportation - Why leave your car behind?

Breathing fresh air, driving safely, being physically active, and avoiding excessive stress are a few of the well-known steps toward living a healthy life style. Actually, using transit supports all of the above and so much more!

- Economical – saves you money!
- Safety – 7 times safer than using your own vehicle
- Increases mobility and independence (For those who cannot drive)
- Reduces Pollution / Environmental quality – air, traffic, noise
- Helps the Economy - Provides jobs / Benefits local businesses and clientele
- Adds physical activity
- Reduces stress
- Provides extra time to read, nap, study, view tablet/phone, etc.
- Roads are clearer
- Less reliance on foreign oil



Taking public transportation can **save individuals a significant amount of money** each month in avoided gas costs (and gas taxes), maintenance, parking, and other expenses (insurance, registration, etc.). This supports, among other things, public health by leaving riders with more money for better living arrangements, healthy food, and medical services.



Riding a bus versus riding in your own automobile is **seven times safer**. Taking the bus or other transit options is safer than driving a car, not only in terms of the safety of the vehicles themselves, which are maintained much more regularly than a personal car, but also in terms of the driving habits and training of the operators. Statistically, bus and train related accidents happen at a lesser rate, and with much lower passenger fatality rates than car travel does. Bus related accidents have one-twentieth the passenger fatality rates of automobile travel.

Public transportation can be a critical link to participation in civic and social life, particularly for older adults who can no longer regularly drive, people with disabilities, people without reliable access to a personal vehicle, and young people without a driver's license. Access to public transit can also reduce social isolation, a major cause of depression. Access to public transportation **can increase an individual's independence**, particularly for those with **limited mobility** who live alone.



Pollution is estimated to cause as many deaths per year as traffic accidents. Public transit produces significantly **less air pollution** per passenger mile than a standard car carrying a single driver.

Public transportation brings **financial benefits to communities**, and it provides not only jobs in the industry itself, but is also a key component of a healthy business ecosystem by increasing mobility options for both job commuters and customers alike. For every dollar invested in public transportation, approximately \$4 in **economic returns** are generated.



People who use public transportation are said to get more than three times the amount of **physical activity** per day than those who don't, just from walking to and from their transit stops and their final destination.



Taking public transportation can **reduce stress** and **free up a significant amount of time and attention**, as someone else is doing the driving, which allows riders to **spend their transit time** reading, working, studying, or being entertained instead of having to watch the road.

A **40 percent** reduction in U.S. reliance on foreign oil occurs when one in ten Americans uses public transportation daily.



Public transportation can convey many more people in much less space than individual automobiles (**roads are clearer**).