

Improving Health Through Transportation

Meeting Vermont's transportation goals will also benefit our health

If we can meet the transportation goals in Vermont's Comprehensive Energy Plan, we can expect the following benefits by 2050:



2,000 lives saved

due to more physical activity, cleaner air, and safer roads



\$1.1 billion

in costs avoided from reduced health care costs and increased productivity



38% less CO₂

from passenger vehicles, due to less driving and more efficient vehicles

What are the goals?



80% electric vehicles by 2050



Reduce driving alone by 20%*



Increase walk, bike, and bus trips by 100%*



*by 2030, compared to 2011

Increasing walking and biking benefits health much more than electric vehicles



Electric vehicles are critical for reducing greenhouse gas emissions



December 2019

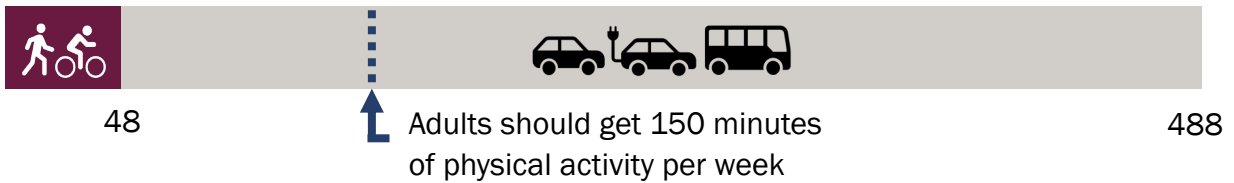
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Walking and biking for transportation helps meet physical activity goals

Vermonters spend 488 minutes on transportation each week on average, but only 48 of those minutes are spent getting physical activity by walking or biking.



More walking and biking will reduce chronic disease

2 out of 5 Vermont adults do not get enough physical activity.

Physical inactivity increases the risk for chronic diseases like heart disease, diabetes, stroke, and dementia, which cause **40%** of all deaths in Vermont.

Treating chronic diseases costs Vermont over **\$2 billion** each year.

Many vehicle trips could be made on foot, by bike, or by bus since 40% of vehicle trips in Vermont are two miles or shorter. A few things that would help:



Safe and connected networks of sidewalks, bike lanes, and trails



Electric bicycles for climbing Vermont hills (yes, e-bikes provide exercise!)



Convenient, reliable, and efficient public transit services



Affordable housing with nearby access to jobs, food, recreation, and services



How we estimated transportation-related health benefits

We used the Integrated Transport and Health Impacts Model to estimate health benefits (related to physical activity, air quality, and safety) based on:

- 1** Vermont data about population, health, and transportation characteristics
- 2** Peer-reviewed, scientific evidence linking transportation changes to health, safety, and environmental impacts
- 3** 2016 Vermont Comprehensive Energy Plan transportation goals

To learn more about the model and findings, visit healthvermont.gov/climate-transportation. Send any questions, comments, or suggestions to ClimateHealth@Vermont.gov.

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