



FACT SHEET

PUBLIC TRANSPORTATION ENHANCES OUR QUALITY OF LIFE



Those who ride public transportation benefit non-riders by lessening congestion on Florida's roadways. Traffic congestion is bad for business, bad for the environment, bad for public health, and bad for the quality of life.

Public transportation reduces traffic congestion, travel time, and stress.

Florida is second only to California with the number of our urban areas appearing on the list of the most 100 traffic congested urban areas in the United States. This is especially disturbing because, after dipping with the recession, traffic congestion has started to rise again nationally.

Public transportation is the responsible environmental choice.

- Automobile travel is one of Florida's most expensive public health issues. Traffic accidents are the leading cause of fatalities and expensive emergency health costs among many groups of Floridians. Ground-based mass transit is statistically much safer than air and about 150 times safer than travel by automobile.
- Traffic congestion and road rage cause stress which contribute to heart attacks and strokes. Leisurely texting with friends, reading a magazine, or relaxing on public transportation is measurably less stressful than driving.
- Americans living in areas served by public transportation save 646 million hours in travel time and 398 million gallons of fuel annually, according to the most recent Texas Transportation Institute (TTI) report on congestion.
- Public transportation provides access to job opportunities for millions of Americans as well as a transportation option to get to work, go to school, visit friends, or go to a doctor's office.
- According to a national Harris Poll of individuals age 65 or older, four in five seniors believe public transportation is a better alternative to driving alone, especially at night.

Public transportation users are more likely to meet recommended exercise goals. When Americans use public transportation, they walk more. Walking increases fitness levels, leading to healthier citizens and less strain on the health care system.



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