

Public Transit & Health

Train commuters are **4x more likely** to reach the recommended 10,000 daily steps than car commuters.

Make your commute a little healthier:
Walk, bike, or take the train or bus!

Communities with public transit see a **16% reduction** in many medical conditions.

Walking to and from public transit helps people reach the recommended **22 minutes per day** of moderate aerobic activity.



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Walking, Biking, & Health

Walking or biking is an easy and inexpensive way to increase physical activity. No gym membership required!

Make your commute a little healthier:
Walk, bike, or take the train or bus!

22 minutes of brisk walking each day can reduce your risk of developing high blood pressure by **30%**.

Biking 20 miles per week can reduce your risk of heart disease by **50%**.



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Active Transit & Mental Health

People who commute by public transit or bike report **significantly lower levels of stress** than those who drive.

Increased neighborhood walkability is associated with **reduced symptoms of depression.**

Make your commute a little healthier:
Walk, bike, or take the train or bus!

Public transit can **reduce emotional stress** by improving people's access to education, employment, and social activities.



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Public Transit & Health Care

Access

Public transit provides **basic mobility and accessibility**, particularly for people with disabilities and lower-income seniors.

Make your commute a little healthier:
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Non-drivers aged 65 or older make **15% fewer trips** to the doctor annually compared to those who drive.

Over the course of a year, about **4% of U.S. children** couldn't access necessary medical services because of inadequate transportation.



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