

ECONOMIC VALUE:

Active Transportation & Your Health



Using active transportation can increase physical activity and can improve people's health resulting in healthcare savings!

What is Active Transportation?

Active transportation is any form of human-powered transportation, including walking, cycling, roller-blading, skateboarding and moving with mobility devices.¹

Physical Activity, Active Transportation & Healthcare Savings

- The estimated direct, indirect, and total health care costs of physical inactivity in Canada in 2009 were \$2.4 billion, \$4.3 billion, and \$6.8 billion, respectively. These values represented 3.8%, 3.6%, and 3.7% of the overall health care costs.² This inactivity contributes to serious health problems such as heart disease, colon cancer, and type II diabetes.³
- Replacing car trips with active transportation can contribute to the prevention of the leading causes of mortality in Halton: cancer, heart disease and stroke.⁴
- Increased active transportation has also been associated with improved mental health.⁵
- A study over 12 years showed that people who commute at least 30 minutes daily by cycling or walking show a 35% reduction in the risk of diabetes.⁶

Safety & Active Transportation

- Transport Canada (2007) estimates that direct and indirect costs (economic and social including damage and health) of motor vehicles collisions at 62.7 billion/year based on 2004 data.⁷ Good design for active modes of transportation can increase safety for all modes.⁸

The Environment, Active Transportation & Healthcare Savings

- Days with increased pollution have been associated with school and work absenteeism, asthma symptoms, hospital admissions and emergency department visits for heart and lung conditions, and premature deaths. Chronic exposure to particulate matter has also been statistically linked to increases in heart and lung disease, lung cancer and reduced life expectancy.⁹
- Motor vehicles are one of the most important sources of air pollutants and greenhouse gases within Halton Region, Ontario and Canada.¹⁰ In particular, vehicles such as car and trucks are the largest source of local emissions of air pollutants such as carbon monoxide, oxides of nitrogen, and particulate matter in Halton.¹¹

Bottom Line: Using active transportation more often can result in reduced health care costs.



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