

# Public Transportation Enhances Our Quality of Life

Public transportation plays a significant role in finding smart solutions to the challenges facing America today. An increased investment in public transportation leads to improved health and a better quality of life.

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

Those who ride public transportation lessen the congestion on our roadways.

- Americans living in areas served by public transportation save 541 million hours in travel time and 340 million gallons of fuel annually, according to the most recent Texas Transportation Institute (TTI) report on congestion.

## Public transportation expands opportunities and transportation choices

The accessibility and opportunities created by public transportation provide important choices and options for people from all walks of life.

- 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.

- 83 percent of older Americans say that public transit provides easy access to the things they need in everyday life.
- Public transportation is a vital link for the more than 51 million Americans with disabilities.

## 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.

- People in households with access to transit drive an average of 4,400 fewer miles annually, compared to those in similar households with no access to public transportation.



Beyond the quality of life benefits, **by investing now in public transportation** we can also strengthen our economy, reduce our dependence on foreign oil, and protect our environment.

**As America looks for solutions to today's challenges, public transportation takes us there.**

PUBLIC TRANSPORTATION  
**TAKES US THERE**  
economy > environment > energy > quality of life

[www.publictransportation.org](http://www.publictransportation.org)