



# Alternative Transit



## 30% - 45% of people in large North American cities live in areas with high levels of air pollution from traffic

More people than ever are living and working in areas with high levels of air pollution from traffic, with studies showing that areas within 300 – 500 meters of a major highway or road are most affected by traffic emissions.

Traffic exhaust pollutants are a major source of air pollution and have increasingly become a health concern, especially in urban areas.

The health impacts associated with high levels of ozone, particle pollutants and other traffic-related emissions have been the subject of much discourse within the scientific community. Recent findings provide more evidence about the potential health impacts of these pollutants:

- Particle pollution and other air pollutants **can cause heart attacks**, even when people inhale elevated levels for as little as one week
- Boston area researchers found that inhaling traffic-related air particles was linked to **increased risk of stroke** within 12 – 14 hours of breathing them
- Researchers studying kidney transplant recipients found that long-term ozone pollution exposure increased their **risk of fatal coronary heart disease**
- Even low levels of ozone and particle pollutants increase the risk of hospital treatment for **pneumonia and COPD**
- A growing body of evidence suggests breathing pollution from heavy traffic may cause **new cases of asthma in children**
- **Minorities and lower income groups** are often disproportionately affected by health issues related to air and traffic pollution.

## Recommended JustOne Actions

Carpool ◇ Walk to Work ◇ Use Public Transit

Bike to Work ◇ Telecommute ◇ Use a Hybrid Taxi

Purchase Carbon Offsets for Travels ◇ Don't Idle