

TRANSPORTATION AND DESIGN

Impacts on Climate Change



Explore climate-friendly options for commuting:

- Walk or bike for short trips rather than driving if routes are safe and accessible. Active transportation (biking, walking, and rolling) can reduce greenhouse gas emissions. It can also improve health, increase safety, and save money. Biking in groups can create a safer and more social environment.

- Increase use of mass transportation, including buses, trolleys, light rail (trams), passenger trains, rapid transit (metro/subways), and ferries.

- Use employer-offered programs to reduce driving (e.g., working from home or working compressed schedules).

- If driving, refrain from fast acceleration or idling your car's engine. Also, keep tire pressure at the appropriate level and stay up to date on vehicle maintenance (e.g., tune-ups and oil changes) to reduce excess emissions.

Participate in a healthy community:

- Planting trees can help the environment in many ways. For example, it can reduce pollution, cool the environment, and reduce flooding.

- Participate in or establish community gardens to increase access to healthy food and promote green space.

Resources:

- For more information on climate solutions and what you can do to reduce your carbon footprint, visit www.apha.org/climate and www.climateforhealth.org.