



DESIGNING A STRONG AND HEALTHY NYC: Transportation Matters

Health happens outside the doctor's office – the communities in which we live, work, learn and play have a major impact the wellbeing of New Yorkers. For example, transportation has a major impact on health in NYC, and unequal access to safe, reliable, and active transportation options contributes to health disparities in many NYC communities.

ACCESS to transportation matters for health because it impacts...

...health care, including the ability to get to doctor's appointments and pick up medication from the pharmacy.¹

About half of patients who frequently miss doctor's appointments cite transportation as the main reason.¹

...health promoting activities and behaviors, such as parks, exercise facilities and grocery stores.^{2,3}

Nearly one in three NYC residents lives further than a 10-minute walk from a place to purchase fresh fruits and vegetables.⁴

...a social support network, which matters for mental health, especially among pregnant women, young families, and older adults.^{5,6}

Older adults who are socially isolated face increased rates of depression, disability, complications from chronic diseases and premature death; women with strong social support networks are less likely to experience depression after giving birth.^{7,8}

TYPE of transportation matters for health because...

...using public transportation increases physical activity – which is good for health -- since people often have to walk or bike to public transportation.⁹

People who utilize public transportation take 30% more steps per day than those who do not.¹⁰

...use of active transportation (e.g., walking, biking) also increases physical activity and reduces risk for chronic disease.¹¹

People who commute by bike or walk to work have reduced risk for heart disease compared to those who drive or take public transportation. Biking to work also may reduce risk of cancer and other causes of death.¹¹

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