

**For Immediate Release:**

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## New Report Links Modes of Transportation to Better Health Implementing L.A. City Mobility Plan 2035 May Save Lives

LOS ANGELES – A health impact study released today by the Los Angeles County Department of Public Health (Public Health), offers new data on how modes of travel may decrease the risks of heart disease, stroke, diabetes and respiratory ailments. The health impact study analyzed the L.A. City Mobility Plan 2035 and found that a comprehensive implementation of the plan could result in net health-related cost savings of over \$160 million per year.

"Public transportation and active transit options are lifelines for communities who rely on them for daily living, including getting to and from school, work, and even the grocery store," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health. "The implementation of the LA City Mobility Plan 2035 offers a historical opportunity to address the longstanding underinvestment in transportation and other key infrastructure as well as disproportionate exposure to pollutants in low-income communities and communities of color."

To project how the plan could affect health, Public Health compared varying implementation scenarios of daily miles traveled per capita by walking, cycling, public transportation and car.

The report projects health outcomes and the associated costs of:

- Heart disease, stroke and diabetes linked to changes in physical activity
- Respiratory diseases linked to changes in air pollution
- Severe traffic injuries linked to changes in traffic collisions

Health improvements occurred across all scenarios. The most dramatic improvement was the high-impact scenario with the highest numbers of daily miles walked and cycled per capita, and the lowest number of miles traveled by car. In that scenario, an estimated three and a half percent of annual deaths from cardiovascular disease and diabetes would be prevented. This scenario would also result in decreases in death and disability from air pollution-related diseases. Increases in traffic injuries and deaths were found across all scenarios. However, this did not account for current and planned future efforts to increase road safety, such as the Vision Zero initiative. The analysis found that even a one percent reduction in collisions through expanded safety measures would result in a net costs savings.

The report recommends that the City of LA leverage measure M dollars to accelerate increases in the use of public transportation, implement Mobility Plan projects to increase walking and cycling, increase investment in effective strategies for reducing road traffic injuries, and promote equitable implementation of transportation policies, projects, and programs to increase health equity.

To view the full report online, visit: <http://publichealth.lacounty.gov/pa/>

The Department of Public Health is committed to protecting and improving the health of over 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Nationally accredited by the Public Health Accreditation Board, the Los Angeles County Department of Public Health comprises nearly 4,100 employees and has an annual budget of \$1 billion. To learn more about Los Angeles County Public Health, visit [PublicHealth.LACounty.gov](http://PublicHealth.LACounty.gov), and follow LA County Public Health on social media at [twitter.com/LAPublicHealth](https://twitter.com/LAPublicHealth), [facebook.com/LAPublicHealth](https://facebook.com/LAPublicHealth), and [youtube.com/LAPublicHealth](https://youtube.com/LAPublicHealth).

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prevent disease, and promote health and well-being.*