

Commutes Across America

Where Are The Longest Trips To Work?



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Introduction

Do you think your commute is the worst commute ever? Read this eBook to find out. We used location data created by smartphones to break down the median length of commutes for states, metropolitan areas, and ZIP codes in the continental US to create this report. An interactive map of our findings is also available online [here](#).

There are four key reasons that we decided to create this report:

- 1 The average American spends 52 minutes commuting each day according to the US Census.** That's time not spent with family, being economically productive, or binge-watching the latest Netflix series. Unsurprisingly, this means commutes can have a huge impact on happiness and quality of life. According to a study¹ in the American Journal of Preventative Medicine, commutes longer than ten miles have negative impacts on cardiovascular health. In a separate study, Danish researcher Dan Buettner found that, "if you can cut an hourlong commute each way out of your life, it's the [happiness] equivalent of making up an extra \$40,000 a year if you're at the \$50- to \$60,000 level."²
- 2 Inequitable access to jobs is contributing to and exacerbating economic inequality in the US.** If the only way to earn a living wage is to travel 20 miles in certain ZIP codes, that fact needs to be acknowledged and measured so that businesses and governments can pay attention and start fixing that accessibility gap.

Introduction (cont.)

- 3 **As a transportation analytics company, part of our mission is to reduce vehicle-miles traveled in single occupancy petroleum-powered vehicles.** Work-related driving is responsible for nearly 30% of VMT and over 90% of trips to work happen in cars per the most [recent national household travel survey in the US³](#), which was conducted in 2009. We need similarly comprehensive data about the length of commutes today that is broken down by region and updated regularly if we hope to reduce the amount of VMT contributions of these types of trips.
- 4 **We thought that people (including ourselves!) would be interested in understanding their commutes in context. If you live in one of our “longest commute” regions or ZIP codes, you can now feel completely justified in complaining about your commute – if you didn’t already.** If you live in the of our blissfully short commute regions, you can bask in the glory of your excellent life choices.

As a transportation analytics provider, we know that measuring the granular difference between commutes from ZIP code to ZIP code can help our civic leaders. **When it comes to shortening the commutes of American workers, one size does not fit all.** The length of the commute, the demographics of workers involved, and even factors like weather determine what the best policy and infrastructure solutions are to reduce the environmental impact – and the life impact – of those commutes.

Methodology

We created this report by algorithmically processing location data from mobile devices - as a company, that's what we do. In a nutshell, StreetLight Data is a technology company that transforms Big Data from mobile devices into actionable analytics for transportation infrastructure and policy planning. We work with government agencies and engineering firms across the US and Canada. They use our StreetLight InSight® platform to get on-demand access to real-world transportation data.

For this study, we looked at devices that created location data during the month of September 2017. Only devices that created location records regularly enough for us to determine a single likely home and work location were included. We used the “as the crow flies” distance between the likely home and work locations to determine the commute distance in miles.

To determine probable home and work locations, we evaluated the locations of devices during working hours and at nighttime. Locations were determined at the census blockgroup level. Only devices that consistently spent nighttime hours in the same small set of residential zones and working hours in a different location more than 150 meters away from that nighttime location were included. This means that people who work from home and people who work in a different place everyday (i.e.: plumbers) were excluded. Note that students who travel to the same place every day for school would be included in this analysis.

To protect consumer privacy, these analytics are always aggregated and contextualized so that they describe groups – never individuals. The data we receive contains no personal identifiers, and our algorithmic processing techniques anonymize the data further.

For more information about how we process location data, please visit our website:

<http://www.streetlightdata.com/population-mobility-technology>.



The Results - State By State

Our first step was to look at the one-way length of commutes for every state. While we see less extreme variation at the state level than we do at more granular geographies, significant differences still emerge. **The median commute of top state, Maine, is 9.8 miles, which is 72% longer than the 5.7 mile median commute in Wyoming.**

Length of One-Way Commutes by State (in miles)

State Name	Median 1-way Commute (mi)	State Name	Median 1-way Commute (mi)	State Name	Median 1-way Commute (mi)
Maine	9.8	Tennessee	7.4	California	6.6
New Hampshire	9.6	New Mexico	7.3	Connecticut	6.5
Vermont	9.5	Oklahoma	7.3	Illinois	6.5
Minnesota	8.7	South Dakota	7.3	Montana	6.5
Mississippi	8.5	Texas	7.3	Kansas	6.4
Wisconsin	8.1	Louisiana	7.2	Massachusetts	6.4
Delaware	8	Arkansas	7	Oregon	6.3
Michigan	8	Iowa	7	Idaho	6.2
Maryland	7.9	Kentucky	7	Nebraska	6.2
Missouri	7.9	New Jersey	7	Florida	6
Alabama	7.8	Washington	7	New York	6
West Virginia	7.8	Colorado	6.9	Nevada	5.9
Arizona	7.6	Indiana	6.9	Rhode Island	5.9
South Carolina	7.6	North Dakota	6.8	Wyoming	5.7
North Carolina	7.5	Ohio	6.7		
Virginia	7.5	Pennsylvania	6.7		
Georgia	7.4	Utah	6.7		

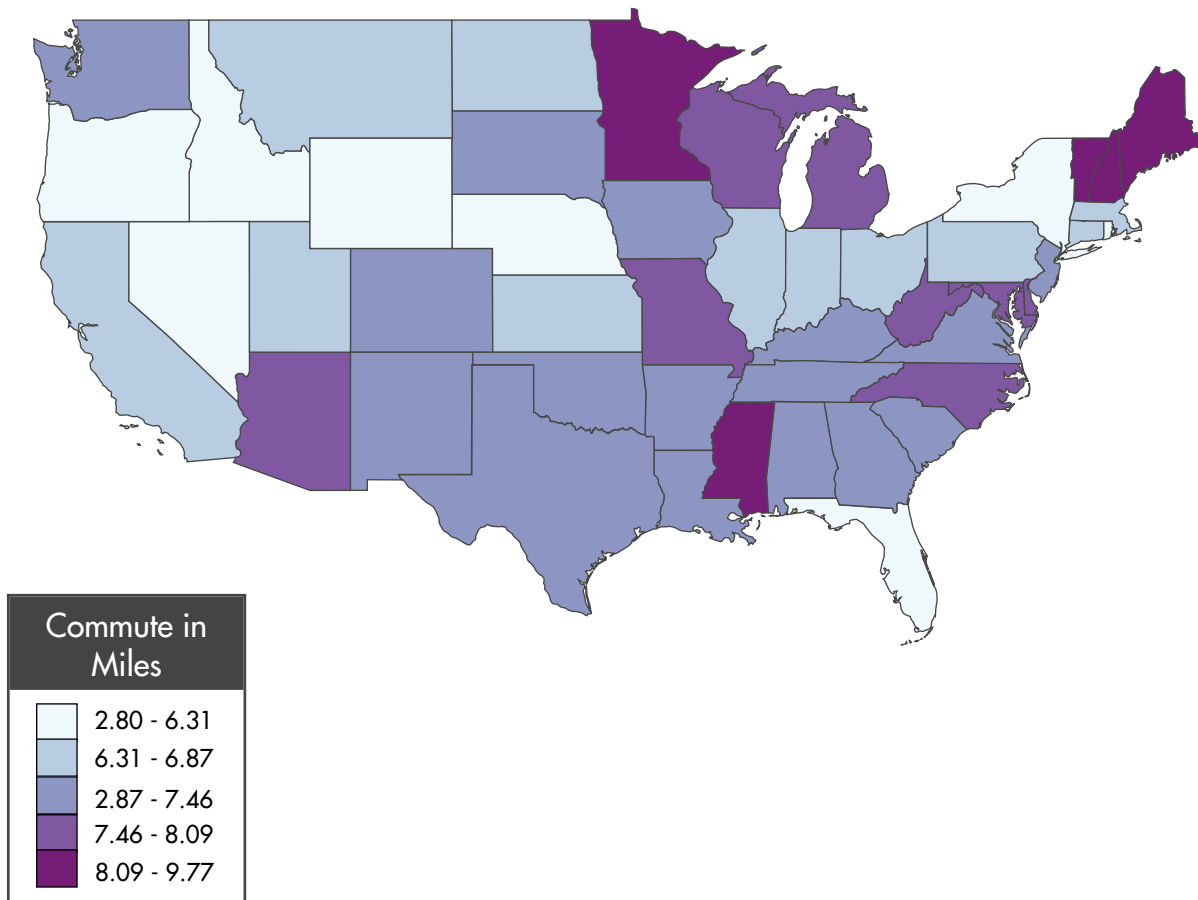
Next, we drilled down on the longest and shortest median 1-way commutes for each ZIP code in each state.

Longest and Shortest Median Commutes in Each State by ZIP Code (in miles)

State	State's Median Commute (mi)	Worst ZIP	Worst ZIP's Median Commute (mi)	Best ZIP	Best ZIP's Median Commute (mi)
Alabama	7.8	36564	41.5	36688	0.6
Arizona	7.6	86502	106.1	86011	0.5
Arkansas	7	72661	64.7	72035	0.6
California	6.6	92309	115.4	90089	0.4
Colorado	6.9	81146	74.7	80310	0.8
Connecticut	6.5	06785	39.2	06269	0.4
Delaware	8	19944	81.6	19717	0.4
District of Columbia	2.8	20307	6.3	20064	0.5
Florida	6	34739	80.4	33620	0.8
Georgia	7.4	31712	50.7	30609	0.4
Idaho	6.2	83287	70.2	83844	0.3
Illinois	6.5	61001	46	61820	0.8
Indiana	6.9	47175	39.8	47809	0.3
Iowa	7	50026	61.4	50011	0.5
Kansas	6.4	67047	49.6	66506	0.4
Kentucky	7	41360	54.1	40508	0.9
Louisiana	7.2	70091	51.5	70803	0.5
Maine	9.8	04739	65.7	04469	0.8
Maryland	7.9	21842	95.8	21252	0.4
Massachusetts	6.4	02663	61.8	01003	0.5
Michigan	8	48633	85.9	49104	0.7
Minnesota	8.7	55785	81.6	55414	1.6
Mississippi	8.5	39144	46.2	38677	0.4

State	State's Median Commute (mi)	Worst ZIP	Worst ZIP's Median Commute (mi)	Best ZIP	Best ZIP's Median Commute (mi)
Missouri	8.5	65079	46.2	38677	0.4
Montana	6.5	59866	39.8	59301	0.3
Nebraska	6.2	69146	82.5	68178	0.7
Nevada	5.9	89003	65.2	89109	1.6
New Hampshire	9.6	03293	102.6	03824	0.8
New Jersey	7	08247	72.4	08240	0.4
New Mexico	7.3	87499	65.6	88330	1.2
New York	6	12436	80.6	11549	0.3
North Carolina	7.5	28575	85.8	27109	0.2
North Dakota	6.8	58381	55.3	58105	0.5
Ohio	6.7	45348	48	74078	0.3
Oklahoma	7.3	74939	48	74078	0.3
Oregon	6.3	97149	60.1	97850	1.6
Pennsylvania	6.7	16720	91.1	17027	0.5
Rhode Island	5.9	02807	24.2	02912	0.3
South Carolina	7.6	29074	56.4	29613	0.4
South Dakota	7.3	38569	41.7	38505	0.3
Tennessee	7.4	38569	41.7	38505	0.3
Texas	7.3	78075	92.1	76129	0.3
Utah	6.7	84735	97.4	84112	1.6
Vermont	9.5	23879	61.8	24142	0.6
Virginia	7.5	23879	61.8	24142	0.4
Washington	7	98571	70.9	99163	1
West Virginia	7.8	25862	67.2	25703	1.3
Wisconsin	8.1	54463	66.1	53706	0.5
Wyoming	5.7	82213	61.6	82072	1.4

The map below visualizes how the states compare:



The Results - City by City

We know that some states have wide variations within them in terms of urban/rural divide, economics, and more. To drill down further, we broke things down by core-based statistical area (CBSA). In laymen's terms, this is a metropolitan area. Technically, this is a US census designation defined as: "the county or counties or equivalent entities associated with at least one core (urbanized area or urban cluster) of at least 10,000 population, plus adjacent counties having a high degree of social and economic integration with the core as measured through commuting ties with the counties associated with the core."⁴ We analyzed 933 CBSAs overall.

Which Metropolitan Areas Have The Longest Commutes?

Bishop, California tops the list with strong lead of 70.2 miles for a one way commute. However, as shown in the chart, this low-population CBSA may be over-influenced by a few extreme commuters. Residents of Ocean Pines, Maryland should not feel too good about coming in second.

Longest Commutes in the US by CBSA

CBSA	Population	Median Commute Distance (mi)
Bishop, CA	4,787	70.2
Ocean Pines, MD	50,375	29.2
Ocean City, NJ	96,685	26.6
Berlin, NH-VT	33,160	19.8
Show Low, AZ	82,527	18.2
Brainerd, MN	92,839	17.4
Espanola, NM	37,571	15.7
Walterboro, SC	40,560	15
Hudson, NY	56,120	14.9
Pecos, TX	10,362	14.4

Longest Commutes in the US by CBSA (cont.)

CBSA	Population	Median Commute Distance (mi)
Fergus Falls, MN	51,785	14.1
Morehead City, NC	69,250	14.1
Aberdeen, WA	57,780	14.1
Gallup, NM	57,295	14
East Stroudsburg, PA	172,936	14
Alexander City, AL	54,558	13.9
Seaford, DE	184,358	13.8
Huntingdon, PA	4,100	13.8
Bonham, TX	30,181	13.8
Grants, NM	31,395	13.2
Lebanon, NH-VT	157,943	12.9
Fernley, NV	49,482	12.9
Centralia, WA	74,298	12.6
Shelton, WA	67,032	12.5
Merrill, WI	31,614	12.5



Which Metropolitan Areas Have The Shortest Commutes?

The CBSAs with the shortest commutes tell a different story. They hover more in the South West. We note that some of these rural CBSAs may be influenced by people who work on farms located very close to their homes.

Some of them, like Oxford, Mississippi contain universities. Students who go to university will have university counted as the “work.” They may impact results because students often live closer to their universities than traditional commuters.

Shortest Commutes in the US by CBSA

CBSA	Population	Median Commute Distance (mi)
Carson City, NV	58,258	3.7
Casper, WY	73,406	3.6
Bookings, SD	31,427	3.6
Laredo, TX	247,704	3.6
Ithaca, NY	94,378	3.5
Yankton, SD	20,128	3.4
Pampa, TX	21,871	3.3
Huron, SD	15,627	3.2
Altus, OK	25,451	3.2
Oxford, MS	43,250	3.2
Scottsbluff, NE	31,053	3.1
Clovis, NM	47,472	3.1
Havre, MT	15,979	3.1
Lewiston, ID-WA	58,188	3.1
Dodge City, KS	33,053	3

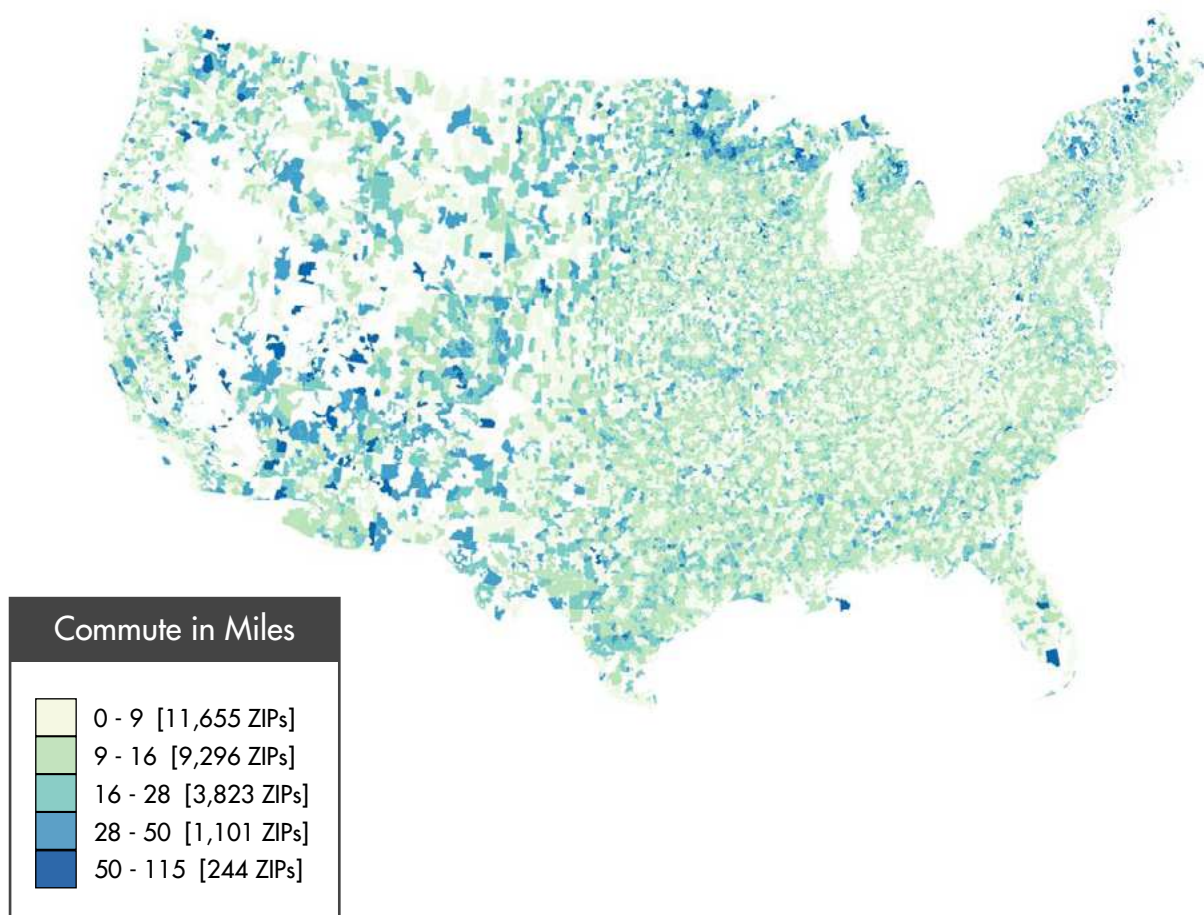
Shortest Commutes in the US by CBSA (cont.)

CBSA	Population	Median Commute Distance (mi)
Los Alamos, NM	17,882	2.8
Hereford, TX	19,778	2.8
Del Rio, TX	47,406	2.6
Vernon, TX	13,011	2.6
Portables, NM	18,420	2.5
Garden City, KS	36,156	2.5
Eagle Pass, TX	53,091	2.4
Liberal, KS	22,571	2.3
Hays, KS	25,292	2.1
Laramie, WY	35,221	1.7



The Results - ZIP Code by ZIP Code

Nearly 30,000 ZIP codes were included in our analysis. We constrained ourselves to ZIPs with over 1,000 residents. In addition to the map below, you can see an interactive map online [here](#), which that allows you to click, search, and zoom, to learn more.



The tables below show the 25 ZIP codes with the shortest and longest median one-way commutes. Unsurprisingly, many of the longest commuting ZIP codes are in less dense rural areas, which fall outside of any CBSA boundary.

Shortest 25 Median One-way Commutes

ZIP	CBSA or Rural Area	Median Commute (mi)
27109	Winston-Salem, NC	0.2
43403	Toledo, OH	0.3
38505	Cookeville, TN	0.3
76129	Dallas-Fort Worth-Arlington, TX	0.3
74078	Stillwater, OK	0.3
47306	Muncie, IN	0.3
83844	Moscow, ID	0.3
11549	New York-Northern New Jersey-Long Island, NY, NJ, PA	0.3
02912	Providence-New Bedford-Fall River, RI-MA	0.3
75962	Nacogdoches, TX	0.3
47809	Terre Haute, IN	0.3
90089	Los Angeles-Long Beach-Santa Ana, CA	0.4
08240	Atlantic City - Hammonton, NJ	0.4
29613	Greenville-Mauldin-Easley, SC	0.4
11794	New York-Northern New Jersey-Long Island, NY, NJ, PA	0.4
79406	Lubbock, TX	0.4
06269	Hartford-West Hartford-East Hartford, CT	0.4
29225	Columbia, SC	0.4
44243	Akron, OH	0.4
30609	Athens-Clarke County, GA	0.4
24142	Blackburg-Christiansburg-Radford, VA	0.4
21252	Baltimore-Towson, MD	0.4
19717	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	0.4
66506	Manhattan, KS	0.4
38677	Oxford, MS	0.4

Longest 25 Median One-way Commutes

ZIP	CBSA or Rural Area	Median Commute (mi)
86502	Arizona - Rural	106.1
21842	Ocean Pines, MD	95.8
93545	Bishop, CA	95
84525	Utah - Rural	93.4
16720	Pennsylvania - Rural	91.1
19930	Seaford, DE	81.2
55760	Minnesota - Rural	81.1
84536	Utah - Rural	81
03592	Berlin, NH-VT	80.5
84083	Brigham City, UT	77.7
84512	Utah - Rural	75.8
05774	Rutland, VT	71
49436	Michigan - Rural	66.9
08260	Ocean City, NJ	66.8
15533	Pennsylvania - Rural	66.6
65079	Missouri - Rural	66.4
85334	Arizona - Rural	65.9
04739	Maine - Rural	65.7
89003	Pahrump, NV	65.2
93238	Visalia-Porterville, CA	64.2
08202	Ocean City, NJ	63.8
89825	Elko, NV	63.8
56655	Brainerd, MN	63.4
28512	Morehead City, NC	63.2
08243	Ocean City, NJ	63

Commutes and Socioeconomic Factors

We cut the data a few different ways to try to understand how commutes relate to other economic and demographic factors. Our findings show that long commutes are correlated with – but not necessarily caused by – several other socioeconomic factors in many American cities. Note that we couldn't look at correlations across the whole US because incomes and rents in different regions are so different from each other. For that reason, we looked at correlation within CBSAs between median commute and these socioeconomic factors:

- 1 Income Level
- 2 College Attainment Rates
- 3 Rent

First, we analyzed these factors at the ZIP code level by comparing the median one-way commute to income, college attainment rate, and median rent for that ZIP code. Then, we compared the results for each ZIP code to all the ZIP codes within its CBSA. This approach a) controls for city-by-city variation in urban forms and cost of living and b) reveals some intriguing differences in “commute equality” between cities. We found that some cities have a lot of “commute inequality” that’s highly correlated with socioeconomic factors. In other, more “commute equitable” cities, these socioeconomic factors are not correlated with commute length. These are our three major conclusions:

- 1 **The likelihood of having a college degree is the most frequent, highest correlating factor of all.** What does it mean? Let's take Atlanta: if you live in an Atlanta ZIP code where many residents do not have a college degree, you're much more likely to have a longer commute than other Atlanta residents. The same pattern holds true in Seattle, but the likelihood is a little less.

- 2 **Economic disparity in commute distance is more likely for medium and smaller cities.** We think the mega-cities like New York City and Los Angeles are so expansive and diverse that trends wash out. With that said, some similarly-sized cities have a much sharper inequality in commute distance than others. For example, non-college degree, low income people in Raleigh, North Carolina have longer commutes than their college-educated, higher income neighbors. However, there is more commute-equity in Rochester NY, and it has a similar total population to Raleigh. Some regions buck the trends entirely.
- 3 **There is a nuanced relationship between income and commute.** While lower incomes are associated with longer commutes in general, when you look at the commute of the top 25 percent income ZIP codes, it may often be longer than the commute for the bottom 25 percent income ZIP code. This statistic, called the interquartile range, is shown in the table below. This matches other studies that show that earning more is often associated with commuting less, but only up to a point at which very high commuters drive long distances to get to high paying jobs. Think of financial managers in Connecticut commuting into New York City.

In the chart on the following page, we show how college attainment rates, incomes, and median rents at the ZIP code level correlate with commutes for the 75 largest CBSAs in the continental US. (The rest are available if you like, just get in touch.). “High impact” means that the socioeconomic factor explains over 25% of commute difference, “Some impact” means that the socioeconomic factor explains over 10% of the commute difference. We also included the interquartile range – that is the average commute for the top 25th percentile minus the average commute for the bottom 25th percentile. This allows us to see both the strength of the relationship as well as the magnitude of the difference. “N/A” indicates that there was not a significant correlation between the median commute length and the socioeconomic factors we analyzed.

Commute Difference in Miles Between the Top and Bottom Quartile ZIP Codes for Different Socioeconomic Factors in the 75 Largest CBSAs

CBSA	Income	College Attainment Rates	Median Rent
New York-Northern New Jersey-Long Island, NY-NJ-PA	N/A	N/A	N/A
Los Angeles-Long Beach-Santa Ana, CA	N/A	N/A	N/A
Chicago-Joliet-Naperville, IL-IN-WI	N/A	N/A	N/A
Dallas-Fort Worth-Arlington, TX	N/A	4.3 mi Shorter (Some Impact)	N/A
Houston-Sugar Land-Baytown, TX	N/A	N/A	1.7 mi Shorter (Some Impact)
Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	N/A	N/A	N/A
Washington-Arlington-Alexandria, DC-VA-MD-WV	N/A	5.3 mi Shorter (Some Impact)	N/A
Miami-Fort Lauderdale-Pompano Beach, FL	N/A	N/A	N/A
Atlanta-Sandy Springs-Marietta, GA	N/A	4.8 mi Shorter (High Impact)	2.8 mi Shorter (Some Impact)
Boston-Cambridge-Quincy, MA-NH	N/A	N/A	N/A
San Francisco-Oakland-Fremont, CA	N/A	N/A	N/A
Detroit-Warren-Livonia, MI	N/A	N/A	N/A
Riverside-San Bernardino-Ontario, CA	N/A	N/A	3.3 mi Shorter (Some Impact)
Phoenix-Mesa-Glendale, AZ	N/A	N/A	N/A
Seattle-Tacoma-Bellevue, WA	N/A	3.2 mi Shorter (Some Impact)	N/A
Minneapolis-St. Paul-Bloomington, MN-WI	N/A	6.4 mi Shorter (High Impact)	N/A
San Diego-Carlsbad-San Marcos, CA	N/A	N/A	4.3 mi Shorter (Some Impact)
St. Louis, MO-IL	N/A	4.7 mi Shorter (Some Impact)	N/A
Tampa-St. Petersburg-Clearwater, FL	N/A	N/A	N/A
Baltimore-Towson, MD	4.7 mi Longer (Some Impact)	N/A	N/A
Denver-Aurora-Broomfield, CO	N/A	N/A	N/A
Pittsburgh, PA	N/A	6 mi Shorter (Some Impact)	N/A
Portland-Vancouver-Hillsboro, OR-WA	N/A	7.8 mi Shorter (Some Impact)	2.5 mi Shorter (Some Impact)
Sacramento--Arden-Arcade--Roseville, CA	N/A	N/A	N/A
Orlando-Kissimmee-Sanford, FL	N/A	N/A	N/A
San Antonio-New Braunfels, TX	N/A	N/A	N/A
Cincinnati-Middletown, OH-KY-IN	N/A	6.2 mi Shorter (High Impact)	N/A
Cleveland-Elyria-Mentor, OH	N/A	N/A	N/A
Kansas City, MO-KS	N/A	6.1 mi Shorter (Some Impact)	7.1 mi Shorter (Some Impact)
Las Vegas-Paradise, NV	N/A	N/A	N/A
San Jose-Sunnyvale-Santa Clara, CA	N/A	N/A	N/A
Columbus, OH	N/A	6.2 mi Shorter (High Impact)	N/A
Charlotte-Gastonia-Rock Hill, NC-SC	N/A	N/A	3.5 mi Longer (High Impact)
Indianapolis-Carmel, IN	N/A	3.1 mi Shorter (Some Impact)	N/A
Austin-Round Rock-San Marcos, TX	N/A	7.4 mi Shorter (Some Impact)	6.6 mi Shorter (Some Impact)
Virginia Beach-Norfolk-Newport News, VA-NC	N/A	N/A	N/A
Providence-New Bedford-Fall River, RI-MA	4.7 mi Longer (Some Impact)	N/A	N/A
Nashville-Davidson--Murfreesboro--Franklin, TN	N/A	7.9 mi Shorter (High Impact)	4.2 mi Shorter (Some Impact)

Commute Difference in Miles Between the Top and Bottom Quartile ZIP Codes for Different Socioeconomic Factors in the 75 Largest CBSAs (Cont.)

CBSA	Income	College Attainment Rates	Median Rent
Milwaukee-Waukesha-West Allis, WI	4.1 mi Longer (High Impact)	N/A	N/A
Jacksonville, FL	N/A	3.4 mi Shorter (Some Impact)	N/A
Memphis, TN-MS-AR	N/A	6 mi Shorter (Some Impact)	3.6 mi Shorter (Some Impact)
Louisville/Jefferson County, KY-IN	N/A	5.9 mi Shorter (Some Impact)	N/A
Richmond, VA	N/A	8.8 mi Shorter (High Impact)	2.7 mi Shorter (Some Impact)
Oklahoma City, OK	N/A	5.8 mi Shorter (Some Impact)	N/A
Hartford-West Hartford-East Hartford, CT	3.5 mi Longer (High Impact)	1.9 mi Longer (Some Impact)	N/A
New Orleans-Metairie-Kenner, LA	N/A	11.4 mi Shorter (High Impact)	N/A
Birmingham-Hoover, AL	N/A	4.7 mi Shorter (High Impact)	N/A
Salt Lake City, UT	N/A	4.9 mi Shorter (Some Impact)	N/A
Buffalo-Niagara Falls, NY	6.1 mi Longer (High Impact)	N/A	N/A
Raleigh-Cary, NC	4.5 mi Shorter (Some Impact)	6.5 mi Shorter (High Impact)	3.7 mi Shorter (High Impact)
Rochester, NY	N/A	N/A	N/A
Tucson, AZ	N/A	N/A	N/A
Tulsa, OK	N/A	5.8 mi Shorter (Some Impact)	7.4 mi Shorter (Some Impact)
Bridgeport-Stamford-Norwalk, CT	2.5 mi Longer (High Impact)	2.8 mi Longer (High Impact)	2.9 mi Longer (High Impact)
Fresno, CA	N/A	N/A	N/A
Albuquerque, NM	N/A	7 mi Shorter (Some Impact)	N/A
Albany-Schenectady-Troy, NY	N/A	N/A	N/A
New Haven-Milford, CT	4.3 mi Longer (High Impact)	2.5 mi Longer (Some Impact)	N/A
Omaha-Council Bluffs, NE-IA	N/A	7.1 mi Shorter (Some Impact)	N/A
Dayton, OH	N/A	6.8 mi Shorter (High Impact)	N/A
Oxnard-Thousand Oaks-Ventura, CA	6 mi Shorter (Some Impact)	2.5 mi Shorter (Some Impact)	8.4 mi Shorter (High Impact)
Allentown-Bethlehem-Easton, PA-NJ	N/A	N/A	6.6 mi Longer (Some Impact)
Bakersfield-Delano, CA	N/A	N/A	N/A
El Paso, TX	N/A	3.5 mi Shorter (Some Impact)	N/A
Worcester, MA	N/A	N/A	N/A
Baton Rouge, LA	N/A	8.1 mi Shorter (High Impact)	0.7 mi Shorter (Some Impact)
McAllen-Edinburg-Mission, TX	N/A	2.3 mi Shorter (Some Impact)	0.4 mi Longer (High Impact)
Columbia, SC	N/A	9.7 mi Shorter (Some Impact)	N/A
Grand Rapids-Wyoming, MI	N/A	6.2 mi Shorter (Some Impact)	N/A
Greensboro-High Point, NC	N/A	3.9 mi Shorter (Some Impact)	N/A
North Port-Bradenton-Sarasota, FL	N/A	N/A	N/A
Knoxville, TN	N/A	6.6 mi Shorter (High Impact)	4.4 mi Shorter (Some Impact)
Little Rock-North Little Rock-Conway, AR	N/A	8.5 mi Shorter (High Impact)	N/A
Akron, OH	3.6 mi Longer (Some Impact)	N/A	N/A
Springfield, MA	10 mi Longer (Some Impact)	N/A	N/A

Sources

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²National Public Radio: <https://www.npr.org/2011/10/19/141514467/small-changes-can-help-you-thrive-happily>

³The National Household Travel Survey: <http://nhts.ornl.gov/>

⁴The US Census Bureau: https://www.census.gov/geo/reference/gtc/gtc_cbsa.html

⁵The US Department of Housing and Humand Development: https://www.hud.gov/program_offices/housing/mfh/mfhsec8



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