

Fast Facts

Greater Washington Region's Best Workplaces for CommutersSM

- The list of Greater Washington Region's Best Workplaces for CommutersSM more than doubled in the one year since it was first announced, growing from 76 to 187.
- Chevy Chase Bank, Discovery Communications, Fannie Mae, Geico Direct, George Mason University, Lockheed Martin, the National Institutes of Health, National Science Foundation, and Oracle are a few of the Greater Washington Region's Best Workplaces for CommutersSM.
- There are 176,249 commuters receiving outstanding commuter benefits as employees of the Greater Washington Region's Best Workplaces for CommutersSM.

Local Commuting

- Greater Washington Region residents perceive traffic as one of the area's biggest problems.
- More than 3.8 million people commute each day in the Washington -- Baltimore Region, and more than 71 percent of them drive alone to work. (2000 U.S. Census, U.S. Census Bureau)
- Congestion costs Greater Washington Region commuters more than \$2.2 billion per year. (2004 Urban Mobility Study, Texas Transportation Institute)

Health

- Walking two miles a day can reduce your chances of a heart attack by 28 percent. (Brookes University Health Walks Research)
- About 60 percent of Americans lead completely sedentary lifestyles and 40 percent are clinically overweight. (1998 report of the American Medical Association)
- Workers with flexible options—such as telecommuting from home or having alternative work hours—are least likely to leave their companies, have the highest productivity, and enjoy better mental health. (Families and Work Institute, 2004)

Air Quality

- Last year, in the Greater Washington Region, air quality monitoring determined that there were 13 days when air pollution levels were unhealthy for pollution sensitive populations. (2003 Air Quality Index Summary Report, U.S. Environmental Protection Agency)
- In numerous cities across the country, the personal automobile is the single greatest polluter, as emissions from millions of vehicles on the road add up. Driving a private car is probably a typical citizen's most "polluting" daily activity. (U.S. Environmental Protection Agency)

National Commuting

- Transit usage is currently at an all time high and increased 6.4 percent in the decade from 1990 to 2000. For every mile traveled, public transportation uses about one half of the fuel consumed by automobiles, and about a third of that used by sport utility vehicles and light trucks. (2003, American Public Transportation Association)
- The Greater Washington Region was ranked the third worst in the nation in 2002 for per capita traffic delay, with an average of sixty-seven hours compared to forty-six hours nationally. (2004 Urban Mobility Study, Texas Transportation Institute)
- Nearly fifty percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut or more for a shorter commute. (HR Magazine Survey, Oct. 2001)
- Employees with commuter benefits are 8 times more likely to use transit than those who do not have them. (Xylo Survey, 2001)
- The average household spends 19.1 percent on transportation. (Bureau of Labor Statistics, 2003)