



## Fast Facts

### The Bay Area's Best Workplaces for Commuters<sup>SM</sup>

- In 2003, over 100 employers will be recognized on the second annual Bay Area's Best Workplaces for Commuters<sup>SM</sup> list. This includes nearly 20 more employers than recognized in 2002.
- The 188,000 commuters covered by the 2003 Bay Area's Best Workplaces for Commuters<sup>SM</sup> list will help reduce 131,600 metric tons of carbon dioxide per year, a reduction equivalent to planting more than 1.6 million trees each year.



### Local Commuting Facts

- More than 3.3 million people commute each day in the Bay Area and more than 70 percent of them drive to work alone. (*Census 2000 Supplementary Survey*)
- The average annual Bay Area traffic delay per capita for 2001 was 42 hours compared to 26 hours nationally. (*Texas Transportation Institute, <http://mobility.tamu.edu/>*)
- In total, congestion cost the Bay Area \$3.4 billion—\$835 per person—in 2001. (*Texas Transportation Institute*)
- The San Francisco-Oakland area is ranked the 2<sup>nd</sup> most congested city in the country, with commuters driving in congestion 83 percent of the time. (*Texas Transportation Institute*)
- More than 11 percent of Bay Area workers commute two hours a day—one hour in each direction. (*Census 2000 Supplementary Survey*)
- Bay Area residents perceive traffic as the number one regional problem. (*Bay Area Council's 2002 Quality of Life Survey*)



### Health Facts

- Research conducted in 1999 by the Centers for Disease Control found that "obesity and overweight are linked to the nation's number one killer--heart disease--as well as diabetes and other chronic conditions." The report also states that one reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances." (*October 27, 1999 issue of the JAMA*)
- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (*Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine*)
- About 60 percent of Americans lead completely sedentary lifestyles, and 40 percent are clinically overweight. (*1998 report of the American Medical Association*)



### The Bay Area's Best Workplaces for Commuters<sup>SM</sup> Coalition

Bay Area Air Quality Management District • Bay Area Council • Metropolitan Transportation Commission  
Northern California Chapter of the Association for Commuter Transportation  
Northern California Human Resources Association • RIDES for Bay Area Commuters, Inc.  
Silicon Valley Manufacturing Group • U.S. Environmental Protection Agency



### Air Quality Facts

- Almost 70 percent of the Bay Area's carbon monoxide comes from motor vehicles. (*EPA Region 9; Bay Area Air Quality Management District Emissions Inventory*)
- For 20 to 30 days per year, air pollution levels in the Bay Area violate state and federal health standards. (*BAAQMD Emissions Inventory*)

### National Commuting Facts

- The average annual delay per peak-road traveler in 75 urban areas was 51 hours per year in 2001. The total cost of congestion came to \$69.5 billion, which includes wasted time and fuel. (*Texas Transportation Institute*)
- Nearly 50 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 eight times more likely to use transit than those who don't have them. (*2001 Xylo survey*)

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