

**THE AIR DISTRICTS
of the SACRAMENTO
REGION****El Dorado County**
Air Pollution Control District**Feather River**
Air Quality Management District**Placer County**
Air Quality Management District**Sacramento Metropolitan**
Air Quality Management District**Yolo-Solano**
Air Quality Management District**Fast Facts****The Sacramento Region's Best Workplaces for CommutersSM**

- In 2003, 45 employers with more than 60,000 employees will be recognized on the first Sacramento Region's Best Workplaces for CommutersSM list.
- Commuters working for a company on the Best Workplaces for CommutersSM list are much less likely to drive alone to work, reducing traffic, air pollution, and worker stress

Local Commuting Facts

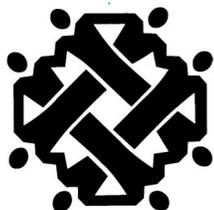
- More than 800,000 people commute each day in the Sacramento Region, and 75 percent of them drive to work alone. (Census 2000 Summary File 3)
- 35 percent of Sacramento Region workers commute round trip more than one hour a day. 14 percent commute round trip more than 1.5 hours per day. (Census 2000 Summary File 3)
- Drivers in the Sacramento Region travel 47 million vehicle miles every day, logging more miles per driver than any other part of the state. (www.sparetheair.com)
- Vehicle hours of delay per congested freeway mile grew from 10,000 hours in 1990 to almost 30,000 hours in 2000. When a freeway system gets closer to its capacity, delays increase exponentially. (Sacramento Region Quality of Life Index 2002, Source: CalTrans District 3)

Health Facts

- 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)
- 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)



S A C O G

Sacramento Area
Human Resources Association**Sacramento Region's Best Workplaces for CommutersSM Coalition**

Air Districts of the Sacramento Region • American Lung Association of Sacramento-Emigrant Trails
Sacramento Area Council of Governments • Sacramento Area Human Resources Association
Sacramento Metropolitan Chamber of Commerce • U.S. Environmental Protection Agency

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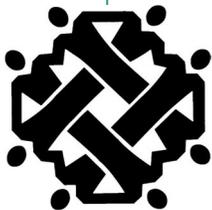
- Many Sacramento-area residents experience some kind of air pollution-related symptoms such as watery eyes, coughing or wheezing. Even for healthy people, polluted air can cause respiratory irritation or breathing difficulties during exercise or outdoor activities. (www.sparetheair.com)
- Long-term exposure to polluted air can have permanent health effects including accelerated aging of the lungs and loss of lung capacity, decreased lung function, and development of diseases such as asthma, bronchitis, emphysema, and possibly cancer. (www.sparetheair.com)
- Asthma is the #1 cause of school absences and the leading serious chronic disease among children locally. (*American Lung Association of Sacramento-Emigrant Trails*, www.saclung.org)

Air Quality Facts

- Around 30 percent of the Reactive Organic Gas (ROG) emissions and 60 percent of the Nitrogen Oxide (NOx) emissions that cause Sacramento's ozone problem comes from passenger cars, light and heavy-duty trucks, diesel buses, and motorcycles. (*California Air Resources Board Emissions Inventory*)
- The Sacramento Region is designated as a severe ozone "non-attainment area" by the U.S. Environmental Protection Agency.
- The Sacramento Region consistently ranks in the top twelve areas in the United States for ground-level ozone health standard violations. (*Federal 1-hour standard*)

National Commuting Facts

- The average annual delay per peak-road traveler in 75 urban areas climbed to 62 hours in 2000 from 16 hours in 1982. The total cost of congestion in 2000 came to \$67.5 billion, which was the value of 3.6 billion hours of delay and 5.7 billion gallons of excess fuel consumed, not to mention lost worker productivity. (*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 (such as transit subsidies and an Emergency Ride Home program) are 8 times more likely to use transit than those who do not have them. (*2001 Xylo survey*)



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