

PROMOTING HEALTHY HABITS

THROUGH TRANSIT EQUITY

Let's look at the impacts of having a free youth bus pass and how it will promote healthy habits such as biking, walking, emotional and social well being. _____

GATHERING DATA THAT CONNECTS TRANSIT TO HEALTH

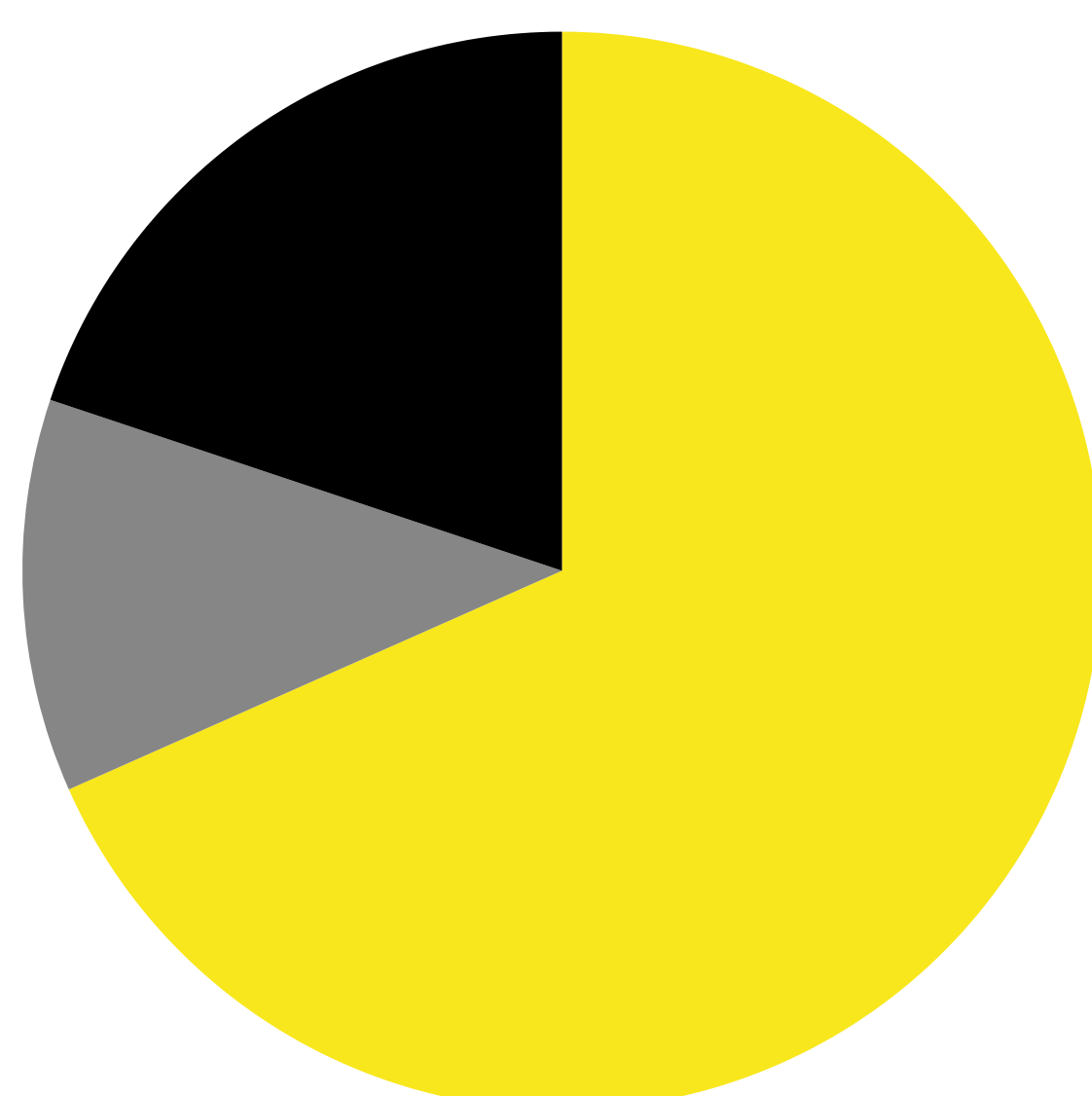
A health impact assessment conducted by the Alameda county Public Health Department in California found that over one quartered (28%) of the people they surveyed reported less social activity after the bus service cuts. They also found higher reports of overall stress among citizens who experienced longer bus waits.

source: <http://www.acphd.org/media/308854/transithia.pdf>



TOGETHER FOR BROTHERS HIA SURVEY RESULTS SHOWED

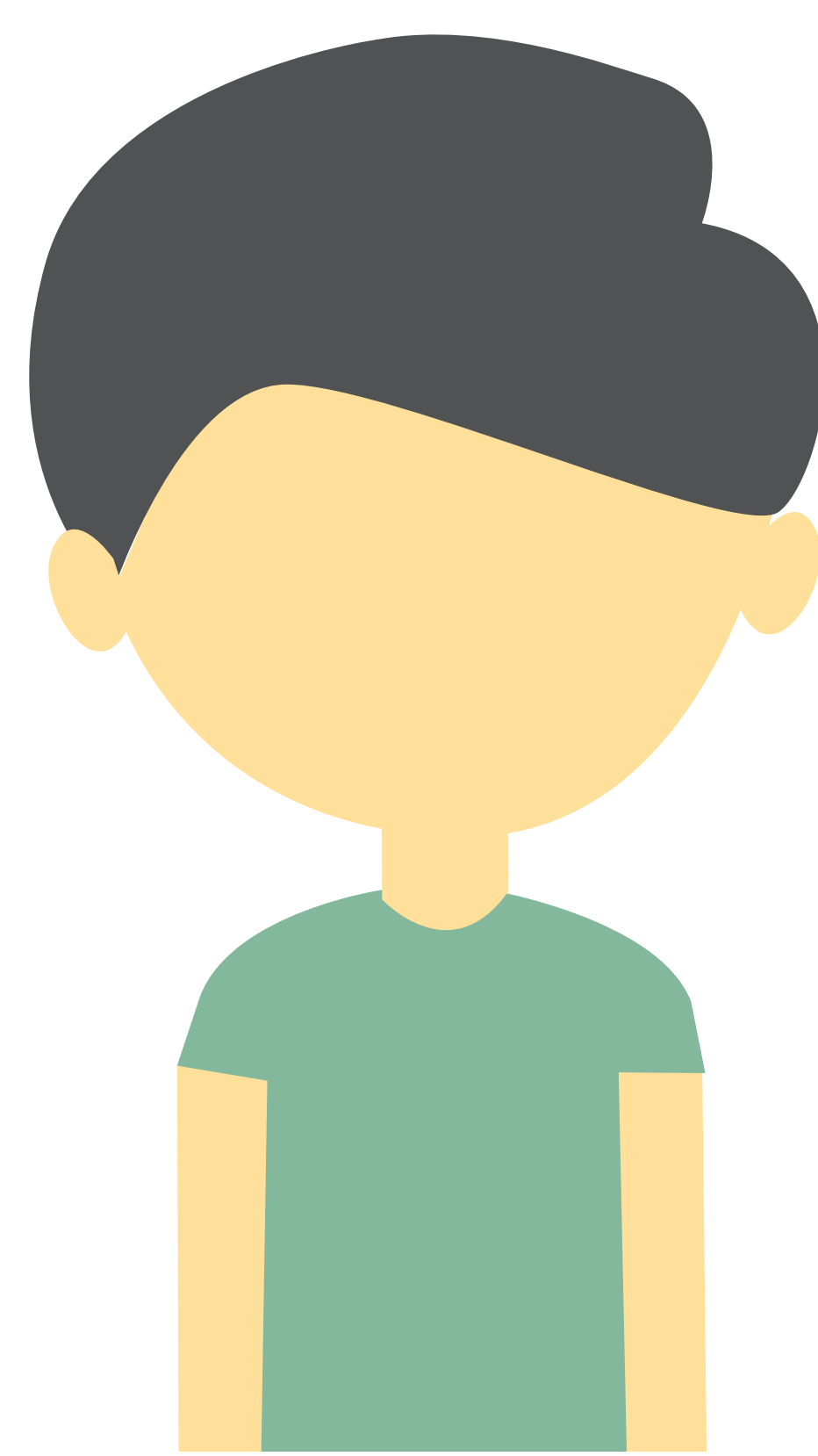
68% of young men in Albuquerque would be more likely to participate and engage more in their neighborhood with guaranteed access to public transportation.



YES (68.4%)
NO (11.7%)
MAYBE (19.9%)

YOUNG MAN OF COLOR STORY | Ian Last

Meet Ian Last. Ian is a young Japanese man who lives in the International District of Albuquerque. Ian has limited access to a vehicle and walks or bikes to the places he learns, plays, prays and works. Having a bus pass means he can get to his destination quicker. As a greater outcome Ian not only is physically active he can lower his stress and socialize more while being on the bus.



HEALTH OUTCOMES FROM PRACTICING HEALTHY HABITS

Research shows the following changes in health outcomes occur when young people (and all people) practice healthy habits from gaining guaranteed access to transportation through policies such as a Universal Youth Bus Pass.

- △ Socialization
- △ Psychological Health- Healthy Self Talk- Stress Management- Emotional Intelligence- Positive Attitude
- △ Mental Activity - Critical Thinking
- △ Healthy Habits
- △ Physical Activity
- △ Physical Health- Weight Control - Healthy Heart System- Increased Mobility - Blood Sugar Control - Restful Sleep

