

Tarrant County Voices For Health

We are representatives from health and human service organizations, neighborhoods, businesses, and local government working together to implement a strategic community health improvement plan for Tarrant County.



To get involved, contact:
Tarrant County Voices For Health at
TCVFH@tarrantcounty.com or
(817) 321-5318.



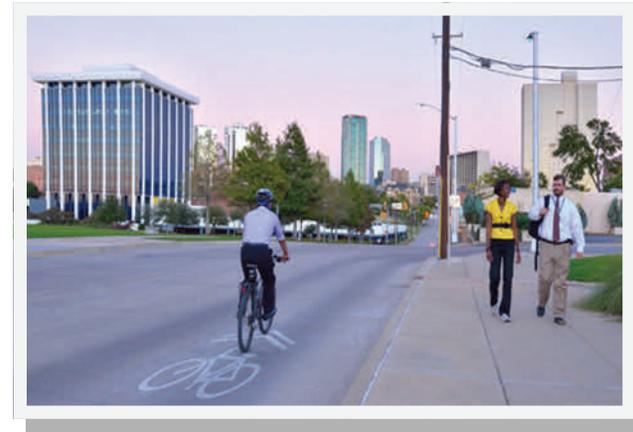
**TARRANT COUNTY
VOICES FOR HEALTH**

Empowered People Living Healthy in a Vibrant and Safe Community

www.tarrantcounty.com

Bike or Walk to Work

The perfect prescription for our air
quality and your health.



Walking and cycling to work are great ways to get exercise, save money, reduce traffic congestion and eliminate air pollution. So let's keep it up, because improving health and our region's air quality is a winning combination for everyone.

Environmental Impacts

The DFW metroplex is currently classified by the EPA as moderate nonattainment for the 8-hour ozone levels. Roughly fifty-six (56%) percent of the emissions or ozone forming pollutants, which impact our region's air quality, come from the vehicles that we use daily to get to work, school or drive to a local store.

Automobile tailpipes emit fine particulates along with the volatile organic compounds and nitrogen oxides, which can chemically



convert into ozone. This newly created smog formation is capable of harming our health, triggering environmental sanctions, stunting trees and vegetation, polluting waterways and reducing local crop production.

The most environmentally friendly commuting option can be accomplished by walking or riding a bicycle. These trips do not require expensive fuels or generate any harmful ozone pollution. This means that you are helping to maintain the cleanliness of our environment and the air you breathe.

Health Benefits

When you choose to walk or bike to work you are incorporating a healthy aerobic exercise into your daily activities. Physical commuting activities also help to enhance muscle development, improve the blood circulatory system and are an excellent stress reliever.

Other notable long term health benefits include the ability to establish and maintain your ideal weight, and improve balance and coordination, while enhancing normal ranges of motion in the lower extremities and joints.



These healthful pedestrian commute choices also help eliminate the ozone forming pollution which can damage the susceptible soft tissue of healthy lungs. Our sensitive populations, the elderly, the young, and individuals with respiratory diseases like asthma will also benefit from reduced ozone exposure. Asthmatics might notice improved asthma control and need less rescue medications or hospital visits.



Medical Study Summaries

A recent review of several major health studies confirmed the **positive health benefits** associated with participants who commuted to work by **cycling or walking**. These studies confirm:

- ◆ Reduce the incidence of **heart disease** and **high blood pressure** by approximately **40 percent** (American Journal of Epidemiology)
- ◆ Reduce the **mortality** and risk of **recurrent breast cancer** by **50 percent**. (Journal of the American Medical Association)
- ◆ Reduce the risk of **Alzheimer's** by roughly **40 percent** (Annals of Internal Medicine)
- ◆ Lower the risk of **stroke** by **27 percent** (Journal of the American Medical Association)
- ◆ Lower the risk of developing **Type II diabetes** by approximately **50 percent** (Annals of Internal Medicine)
- ◆ Lower the risk of **colon cancer** by more than **60 percent** (Medicine & Science in Sports & Exercise)
- ◆ Decrease **depression** as effectively as Prozac or behavioral therapy (American Journal of Preventive Medicine)