

Fast Facts

New England's Best Workplaces for CommutersSM

- 118 employers are on New England's Best Workplaces for CommutersSM list.
- The 169,641 commuters covered by New England's Best Workplaces for CommutersSM will help reduce 82,000 metric tons of carbon dioxide per year, will reduce the number of miles driven in New England by 188 million miles annually, and will save New England commuters more than 9 million gallons of gasoline every year.
- Massachusetts Institute of Technology, University of Vermont, and Dartmouth College are among the 11 colleges and universities that are New England's Best Workplaces for CommutersSM.
- 10 hospitals and health care facilities, including Massachusetts General Hospital and Brigham & Women's Hospital, are among New England's Best Workplaces for CommutersSM.

Local Commuting

- More than 3 million people commute each day in Massachusetts, and more than 73 percent of them drive to work alone. (*Census 2000 Supplementary Survey*)
- The table below highlights the costs of congestion and gallons of wasted fuel in New England's major metropolitan areas. (*Texas Transportation Institute Urban Mobility Study 2004*)

Metro Region	Cost of Traffic Congestion	Congestion Cost per Commuter*	Gallons of Wasted Fuel
Boston, MA	\$1.4 billion	\$958	130 million
Hartford, CT	\$143 million	\$309	14 million
Providence, RI	\$384 million	\$583	35 million

* per peak traveler

- The average rush hour Boston commuter spends 54 hours stuck in gridlock each year; the average rush hour Providence commuter spends 33 hours; and the average rush hour Hartford commuter spends 17 hours each year in traffic. (*Texas Transportation Institute Urban Mobility Study 2004*)
- The average Boston household spends over \$6,000 annually on transportation—16 percent of its income—and spends more on transportation than it does on food. Only shelter is allocated a higher percentage of household income than transportation. (*Surface Transportation Policy Project, 2001*)
- Car insurance costs the average Massachusetts, Connecticut, and Rhode Island driver \$936, \$912, and \$880, respectively. These three states rank among the country's top ten with the highest average annual car insurance rates. (*Insurance Information Institute, 2002*)



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Health

- Exposure to elevated ozone levels can cause serious breathing problems and aggravate asthma and other pre-existing lung diseases. Asthma rates in New England are significantly higher than in the rest of the country, and all six of the New England states have childhood asthma rates above 10 percent. (*New England Asthma Regional Council*)
- 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 helps 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*)
- 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

- Motor vehicles, including cars, trucks and off road vehicles, contribute more than one half of New England's ozone forming pollutants. Cars and trucks also emit particulate matter, air toxics, carbon monoxide, and carbon dioxide. (*U.S. EPA Region 1*)
- For 20 to 40 days per year, air pollution levels in New England typically violate state and federal health standards. (*U.S. EPA Region 1*)

National Commuting

- In a 2003 survey, 24 percent of workers said they would prefer to walk to work. (*Commuter Culture Survey, 2003, WageWorks Center for Commuter Studies*)
- 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 8 times more likely to use transit than those who don't have them. (*2001 Xylo Survey*)
- The average annual delay per rush hour traveler in 85 urban areas climbed to 46 hours in 2002 from 16 hours in 1982. The total cost of this congestion in 2002 was \$63 billion. In 2002, 5.6 billion gallons of fuel were lost to engines idling in traffic jams. (*Texas Transportation Institute Urban Mobility Study 2004*)

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