



BWC Newsletter

March/April 2015

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Healthier Happier Commuters

A study analyzed data from 17,985 adult commuters participating in the British Household Panel Survey (1991-2008). The study looked at the impacts of travel mode and time on well-being; self-assessed by participants based on a 12-items general health questionnaire scale known as GHQ12.

- When compared to driving, a positive well-being effect was found with public transportation, walking, and bicycling as active commute modes.
- Negative implications were found between time spent driving and well-being, (for women more than men). Switching from driving to active mode of commuting was linked to an improvement in well-being.
- Compared to active commute modes, reporting being under strain or unable to concentrate was at least 13% higher with commuters who drove.

The study concluded that the positive effects of active commuting should be taken into account in benefit/cost analyses when promoting modes of transportation that support healthy lifestyles.

Missed the Race Kickoff?!

You can watch the Recording of the Kickoff Ceremony for the 2015 Race to Excellence [here](#) to learn more about the Race eligibility and benefits.

Important Race to Excellence Deadlines:

March 30, 2015.

Registration for participation is closed. You can [here](#).

December 4, 2015.

Application/supporting materials are due (Qualifying activities valid from January 1, 2015 through December 1, 2015).

January 26, 2016.

Virtual Awards Ceremony, tentative.

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[2014 Member List](#) | [Resource Center](#) | [Bestworkplaces.org](#)

FEATURED EVENT

Celebrate Earth Day April 22, 2015



As you celebrate the 2015 Earth Day, you can earn points for the **Race to Excellence** by posting your event photos from Earth Day on [Facebook](#) or [tweet](#) #bwcrace

BWC Spotlight

Source

Adam Martin, Yevgeniy Goryakin, and Marc Suhrcke, "Does active commuting improve psychological well-being? Longitudinal evidence from eighteen waves of the British Household Panel Survey," *Preventive Medicine*, vol. 69, pp. 296-303, December 2014.

What's the point?

If healthier happier active commuters make healthier happier employees, how is your worksite helping employees become active commuters?

Let us know how you are promoting active commuting by emailing info@bestworkplaces.org

Ask TEAM BWC

What is EPA's association with BWC?

"As of October 1, 2007, US EPA authorized the use of the Best Workplaces for Commuters logo and brand only to represent programs which meet and maintain the criteria stated in the National Standard of Excellence."

Relating to the historical context, the following language will be used to characterize the relationship between US EPA, Best Workplaces for Commuters, and implementing organizations: "Best Workplaces for Commuters was created by the US EPA and US DOT to demonstrate that alternatives to drive-alone commuting have value to workers, employers, and the environment. The program is now being administered by the Center for Urban Transportation Research in collaboration with communities across the country."

You may say that Best Workplaces for Commuters meet the National Standard of Excellence as set by EPA.

Got questions? [Ask Team BWC](#)

New BWC Members and Renewals

New BWC Members

- Air Conditioning, Heating, and Refrigeration Institute, Arlington, VA
- BookThatDoc, Orlando, FL
- Interstate Moving | Relocation | Logistics, Springfield, VA
- Northrop Grumman Information Systems, McLean, VA
- Orange County Library System, Orlando, FL
- SAP Labs, LLC, Palo Alto, CA

[Suburban Transit Network, Inc., \(TransNet\)](#)

TransNet is a private nonprofit corporation consisting of an administrative office with 17 staff members located in Blue Bell, PA with six member transportation companies decentralized throughout Montgomery County to provide maximum efficiency and cost-savings to customers.

TransNet started its operation in September 1980, as a unique public-private partnership between County government and paratransit companies. With their vehicle fleet flexibility, they are able to tailor our services to agencies and private contractors based on need (i.e., sedans for individual trips and vans/minibuses for group/shuttle trips).

TransNet partners with businesses, colleges, and local municipalities to provide shuttle services for students, faculty, employees, tenants, residents, and the general public. The agencies include GVF Transportation, The Vanguard Group, Montgomery County Community College, The KOP Mall (Simon Properties), Suburban Square (Kimco Properties), Gwynedd Mercy College, Lower Merion Township, and Brandywine Realty Trust in three locations serving tenants in more than 20 buildings.

These shuttle services are provided in thirty-two vehicles, running more than thirty-two routes on a daily basis and providing more than 246,000 trips in 2014.



"In addition to shuttle services, TransNet is the Montgomery County Coordinator for the Shared Ride and Persons with Disabilities Programs (PwD). Through the PwD Program, and other County and State funding streams, TransNet provides a critical link for consumers to employment using a coordinated transportation system of six contractors throughout the county." said Patricia Moir, the Executive Director adding, "TransNet continues to improve service through the use of state-of-the-art scheduling software that allows TransNet to schedule all trips for Shared Ride and PwD consumers, automatically, effectively, and efficiently. TransNet provided more than 206,000 one-way trips for the purpose of employment to registered participants during 2014."

TransNet markets its services in a variety of ways. Some marketing efforts are ongoing, such as our vehicle wraps that highlight our services and travel daily throughout Montgomery County, our website, meeting with private groups to explain and promote our services, and sponsoring and participating in Expos and other events such as Earth Day celebrations hosted by our business partners. TransNet also distributes a monthly newsletter via e-mail to our ridership and business partners keeping everyone up-to-date on our latest activities.

"Annually each Spring, we promote "Customer Appreciation Day" and distribute "giveaways" to our customers. We are highly invested in quality assurance. We continually ask for feedback from our customers through customer surveys which are disseminated in a variety of ways." says Susan Kopystecky, the Information Systems Director at TranNet

TransNet is also highly invested in sustainability and reducing carbon footprint

- U.S. Geological Survey, Reston, VA
- Volume Integration, Inc., Reston, VA

Renewing BWC Members

- Harvard University, Cambridge, MA
- Lenovo, Morrisville, NC
- The MITRE Corporation, McLean, VA
- Virginia Department of Transportation, Fairfax, VA
- Visa Inc., Foster City, CA

Renewing BWC Best SITES

- Britannia Oyster Point, Sacramento, CA

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as well as assisting our business partners to do the same. Through the use of our new Compressed Natural Gas (CNG) vehicles in the provision of two shuttle services, we have prevented more than 400 metric tons of CO2. Ten CNG vehicles were introduced into the fleet in 2014 and five units will be added in 2015.



(L) Patricia Moir, Executive Director and Carol Sterling, Director of Operations with TransNet's gold medal in the 2014 Race to Excellence