

Attention Public Health Staff!

Do you want to:

Promote a healthy lifestyle?

Use your commuting time to sleep, listen to music, read or just relax?

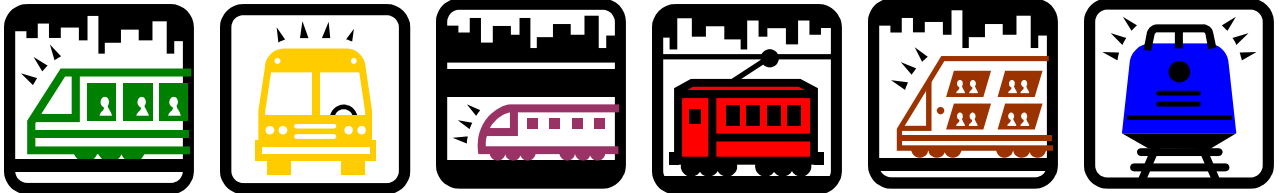
Be on time for work and meetings?

Lower the level of stress in your life?

Improve the air quality in Los Angeles County?

Cut down on paying high gasoline prices?

Then you need to go PUBLIC!



Riding public transportation to and from work and meetings allows you to achieve all of the above. Taking public transit is ideal to avoid traffic jams, bad weather, and the hassle of parking. It also contributes to Public Health's objective of lowering the level of air pollution in Los Angeles County.

Public transportation is easy, accessible and inexpensive. For your convenience, Los Angeles has three main transportation systems that service points all around Los Angeles County:

Metrolink- local and regional train service
metrolinktrains.com

MTA- subway and bus system
metro.net

LADOT- bus system including, Commuter Express, Rideshare, and DASH buses
ladottransit.com

Not sure how to get where you want to go? Metro's Trip Planner will take you there!
It's as easy as 1-2-3. . .

1. Go to metro.net
2. Enter your starting point, your destination, and when you want to travel
3. Click "Plan Trip" to view your traveling options

Using Public Transportation is easier than you think!



Here is a list of common destinations for Public Health staff and how to get there using public transportation:



313 Figueroa Street

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to the Civic Center station. Exit via Temple Blvd.

241 N. Figueroa Street

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to the Civic Center station. Exit via Temple Blvd.

Hall of Administration

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to the Civic Center station. Exit via Temple Blvd.

Chief Administrative Office (CAO)/ Service Integration Branch

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to the Civic Center station. Exit via 1st Street exit.



LA Care

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to Pershing Square.

First 5 LA

⇒ Take the **Red Line** from the Vermont/Wilshire station in direction of Union Station to Union Station.

Metroplex Building (Injury and Violence Prevention Program, Immunization Program, and Tobacco Control Program)

⇒ Take the **Red Line** from the Vermont/Wilshire station in the direction of Wilshire/Western to Wilshire/Nomandie station.

Public Transportation can also take you where you need to go for lunch! For example,



Olvera Street

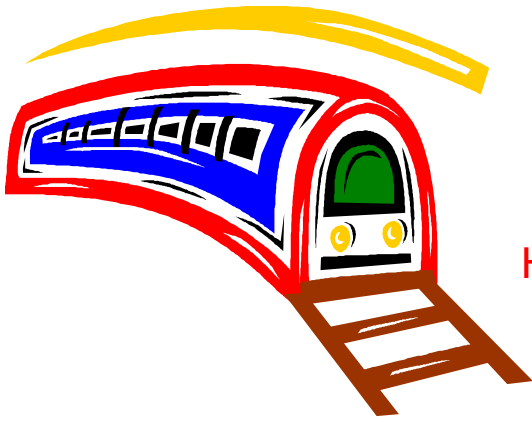
⇒ Take the **Red Line** from the Wilshire/Vermont in the direction of Union Station. Exit at Union Station.

Grand Central Market

⇒ Take the **Red Line** from the Wilshire/Vermont station in the direction of Union Station. Exit at Pershing Square.

To plan your own trip, go to metro.net





Public Health Managers:

Here are some *easy* ways you can promote the use of ridesharing within your unit:

- 1) Encourage staff to participate in ways that are convenient for them. The term “ridesharing” incorporates using any alternative form of transportation such as public transit, carpooling, vanpooling, walking, biking, and telecommuting to get work or a meeting.
- 2) Use petty cash to purchase packets of Metro tokens and make them available for staff to use when traveling to and from meetings. (Metro offers tokens at a discounted rate when purchased in set of ten or more.)
- 3) Encourage staff to include directions for public transportation for people visiting County offices (i.e., put it as an alternative next to the instructions for driving and parking).
- 4) Compile a list of frequent destinations that can be accessed using public transportation (see flyer attached). Post them in a visible place in the office where staff can see and use them.
- 5) Inform staff of the reimbursement process for taking public transportation to and from meetings (see reimbursement flyer).
- 6) Host a Rideshare day in which all staff are encouraged to use an alternative form of transportation. Offer incentives to staff that participate.
- 7) Encourage staff to conduct meetings via teleconference when possible.
- 8) Riding public transportation for the first time can be intimidating. Encourage staff who regularly ride public transit to teach those who do not.
- 9) When planning a staff luncheon or get-together, be sure to plan it so it is accessible using public transportation.
- 10) In order to help make it easier for people to get where they need to go, refer staff to Metro’s Trip Planner found at metro.net.



How does air pollution affect our health?

Air pollution is a public health hazard



- The American Lung Association's State of the Air report consistently ranks the Los Angeles County metropolitan area as one of the most air polluted areas in the country.
- According to the California Air Resources Board, diesel fumes from the ports of Los Angeles and Long Beach increase the risk of cancer for people living in a 15 miles radius.
- Approximately 2,400 premature deaths in California each year are attributed to emissions from diesel-powered ships, locomotives, trucks, harbor craft and cargo handling equipment.
- Cleaning up air pollution in a city results in cleaner air and less illness and death. Studies have shown that when air pollution declines in a city, the death rates also drop in that city.

Children and newborns are more vulnerable to air pollution



- Children's lungs are not well formed at birth and do not reach full developmental potential until after age five, making them more vulnerable to air pollution than adults.
- Growing up in more polluted communities reduces growth of lung function in children and results in a reduced ability to breathe. When children living in highly polluted areas move to less polluted communities, their lung function growth improves.
- Air pollution is associated with poor birth outcomes such as low birth weight and prematurity.

Air pollution is associated with asthma



- Children who live or go to school close to freeways and busy roads are more likely to have asthma or other chronic respiratory symptoms.
- One study found that children who lived within 250 feet of major roads had a 50 percent higher risk of having had asthma symptoms in the past year.
- Exposure to air pollution can trigger asthma. For example, high levels of ozone are linked to increased school absences for children due to respiratory illnesses.
- Children who play team sports and spend more time outside in communities with high ozone levels have more cases of newly diagnosed asthma.

Source: Los Angeles County Maternal, Child, and Adolescent Health Programs