



The Benefits of 2 by 2012:

Personal Health. There is an obesity epidemic raging in the U.S. which, according to Dr. Richard Carmona, the former U.S. surgeon general, will cause the failure of the health care system if we don't reverse it. According to studies by Nationwide Children's Hospital, 25% of the children in Franklin County are clinically obese and they are seeing increasing incidence of high blood pressure and Type 2 diabetes in 8 and 9 year-olds at Children's. According to the recent benchmarking study commissioned by the Columbus Partnership, the adult obesity rate in central Ohio increased in the last 2 years from 25.6% to 30%, making us the most obese city of the 16 cities studied. As a nation, we have been exercising and dieting for more than 40 years and it's not made a dent in this problem. We believe that alternate transportation can be a big part of the solution. Citizens of European cities and U.S. cities (e.g. New York) that utilize alternate transportation are not nearly as overweight as citizens in Columbus and other cities that rely on the automobile to get everywhere. Studies have shown that our African American and Latino populations are even more at risk.

Environmental Health. "People powered" transportation is the greenest form of transportation. Replacing a short automobile trip to work or school with biking or walking eliminates 15 pounds of car exhaust. Reduced driving in Portland, Oregon saves 400,000 gallons of gasoline per day (Portland has achieved mode shift just shy of 10%, 3.8% by bike). Bio-fuels and fuel cells are easier on the environment, but still have impact and are not as "green" as biking and walking.

Community Health. Alternate transportation better connects citizens to one another and helps build and sustain community relationships. It's difficult for citizens to interact when everyone is travelling 35-65 mph in their own automobiles. We believe that if everyone lived within biking or walking distance of where they worked, went to school, etc., our community would not be as "disconnected" as it is today.

Cost Savings. A family can save \$8,000 to \$10,000 per year for each car that they "downsize." We recently passed a milestone in the U.S.—we now have more vehicles than we have licensed drivers. This confirms what we anecdotally know—every person in the U.S. over the age of 15 relies on an automobile to get around. In fact, 40% of automobile trips in the U.S. are 2 miles or less and 80% are 5 miles or less. Utilizing alternate transportation for many of these short trips should enable families to eliminate 1 or more automobiles, achieving significant cost savings. Reduced automobile traffic would also reduce wear and tear on highways and bridges and lead to cost savings on road and bridge repair.

Reduced Dependence on Foreign Oil. Congressman Blumauer, chairman of the Congressional Transportation Committee, aspires to achieve 2 BY 2012-style initiatives across the U.S. which would eliminate the need to import **any** foreign oil.

Good for Business. Studies show that employees who bike and walk to work are healthier, miss less work, and are more productive. Companies that accommodate and facilitate alternate transportation by employees have lower health care costs and are viewed as being progressive and "green," giving them a competitive advantage in attracting and retaining quality employees. Increasingly, customers are seeking to do business with environmentally conscious companies and service providers. We believe that this can also be an economic development driver for central Ohio. Rebecca Ryan has confirmed that YPs are attracted to cities that promote and facilitate alternate transportation. If Columbus can achieve "**2 X 2012**," we believe young people and companies will flock here. The Columbus Corporate Bicycle Caucus, with help from Consider Biking, our local biking advocacy organization, and Leadership Columbus, has created and is rolling out to area CEOs a corporate "[TwoWheeling Toolkit](#)." The toolkit explains why facilitating alternate transportation is good for a company's bottom line and provides simple, low cost "tools" to help a company adopt an alternate transportation program. E.g. several companies are considering including biking and walking to work as part of their wellness programs.