

Prevention and Health Promotion

Active transportation

Commuting to work using an active mode of transportation increases levels of regular physical activity. Physical activity is strongly associated with lowering the risk of developing chronic diseases like breast and colon cancers, heart disease, and diabetes. Aside from the proven health benefits of physical activity that can be achieved through walking and biking, active transportation is a realistic way to build physical activity into basic everyday trips.

Oregon workers consistently use active modes of transportation to get to work at a higher rate than the U.S. as a whole (Figure 1). That rate has remained fairly stable over the last decade.

FIGURE 1

Workers who walk, bike or take public transit to work, Oregon & U.S.

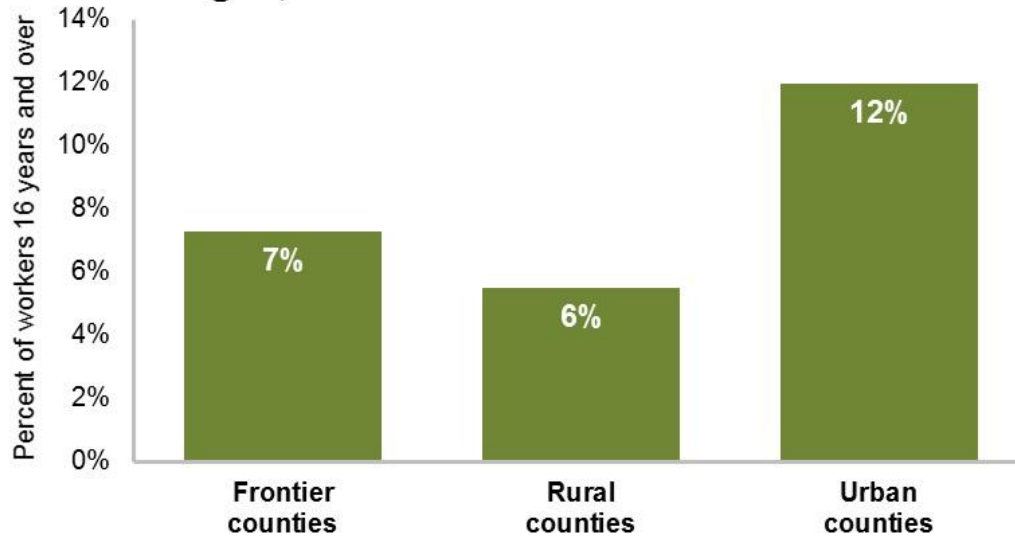


Source: American Community Survey (ACS)

There's some regional variation within Oregon. On average from 2012 to 2016, urban counties had a higher rate of active transportation (12%) than either rural (6%) or frontier (7%) counties (Figure 2). The counties with the highest rates were Multnomah (22%) and Benton (18%).

FIGURE 2

Workers who walk, bike or take public transit to work by frontier, rural and urban status of county, Oregon, 2012–2016



Source: American Community Survey (ACS)

In Oregon, men are slightly more likely than women to use active transportation (11% vs. 10%).

Transportation infrastructure is an important part of the built environment. Community design can promote healthy behaviors like engaging in active transportation. Benefits of active transportation and public transit use go beyond benefits to individuals. These modes of transportation reduce vehicle emissions that contribute to air and noise pollution, reduce traffic related injuries and deaths, and improve rates of physical activity in the general population.

Additional Resources: [U.S. Census Bureau](#)

About the Data: Data source is the American Community Survey (ACS). The ACS is an ongoing Census Bureau survey that samples a small percentage of the population every year. Respondents include workers age 16 years and older. They are asked about their means of transportation to work. “Active transportation” includes only those who walk, bicycle or take public transportation.

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