

# Transit and Our Region

## A Sustainable and Healthy Community

The Provincial Transit Plan has set the following targets:

- ◆ Reduce greenhouse gas emissions and other contaminants from cars by 4.7 million tonnes by 2020.
- ◆ Double transit ridership in BC to over 400 million trips/year by 2020.
- ◆ Increase transit market share in Victoria region from 7% to 9.5% in 2020 and 12% in 2030.
- ◆ This means increasing Victoria region transit ridership from 24 million in 2009/2010 to 47 million passengers/year by 2030.

Local community plans are embracing transit-oriented, mixed-use development. By concentrating growth in nodes and corridors and reducing reliance on the automobile, these plans will eliminate unsustainable sprawl that causes wasteful consumption of land, energy and other resources.

Decreasing our dependence on the automobile also brings major health benefits to help us live longer and reduce the burden on our health care system. A study published in the American Journal of Preventative Medicine in 2004 found that every additional hour spent in a car was linked to a 6% increase in a person's chances of becoming obese. Obesity rates for several highly industrialized countries tend to be lower where there is less reliance on the automobile.

