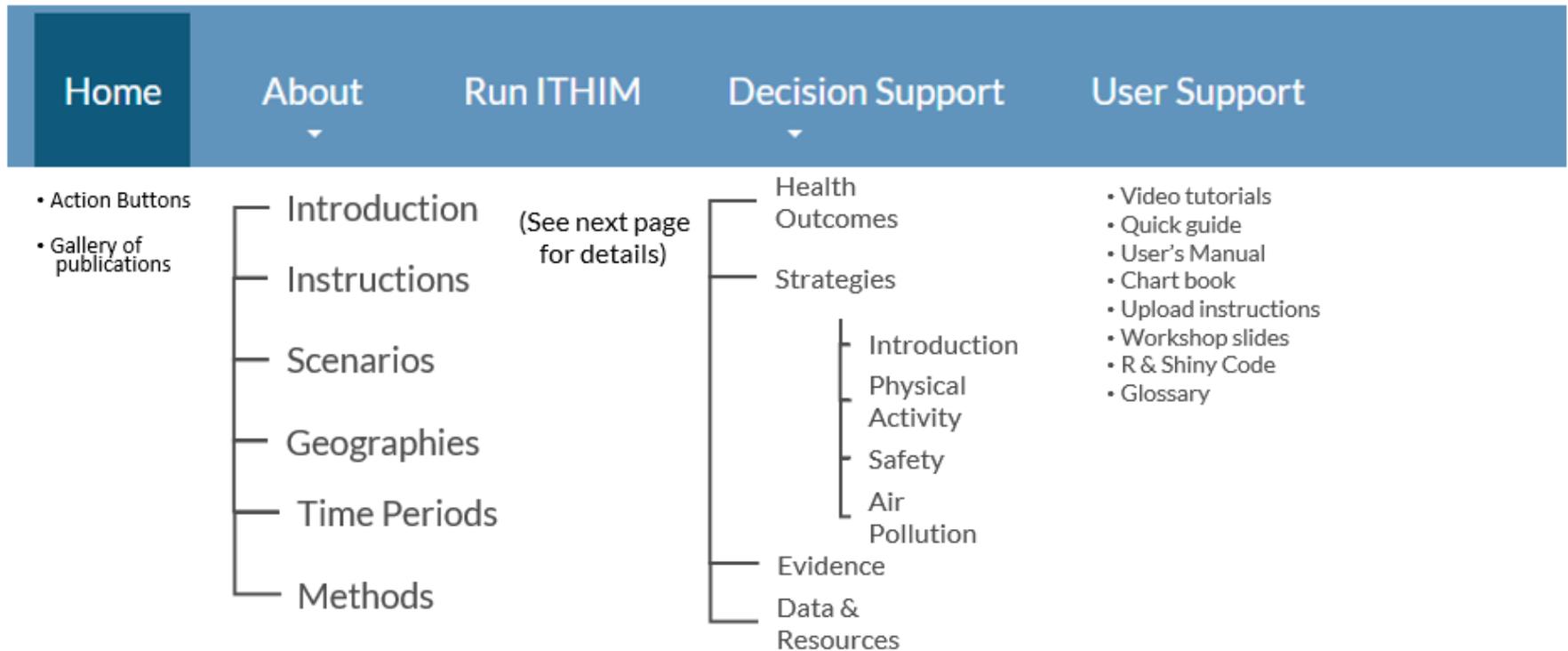


Quick Guide



<https://www.ithim.org/ithim>

Run ITHIM Page

1. Make Selection

Scenarios 8 built-in scenarios

Time Periods 2015 to 2050

Geographies United States

2. Outputs

- Summary Report
- Infographic
- Tables
- Graphs

Detail for Tables/Graphs

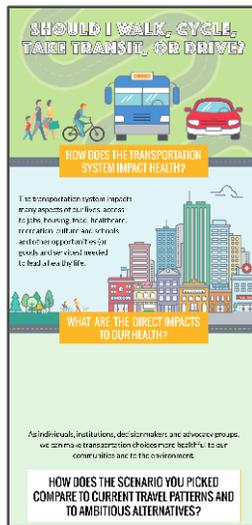
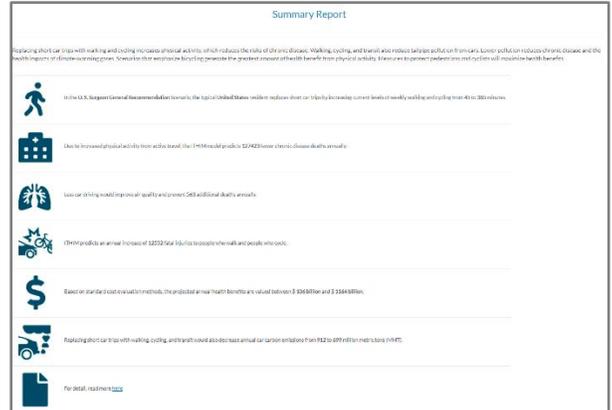
- Summary
- Medium
- High

3. Downloads

- Data in Tables

4. Units

- Mean/median active travel times
- Active travel time (min) per day/week
- Mean travel distances per day/week/year



SELECTED SCENARIO	OPTIMUM HEALTH & CARBON REDUCTIONS	LOW CARBON DRIVING
GHG EMISSIONS		
1.4 Less	3 Less	10 Less
Million Metric Tons		
YEARS OF LIFE		
3,320	45,805	803
DALYs Gained Per Year		
HEALTH COST SAVINGS		
\$488	\$7,276	\$96
(\$ Million) Saved		
LOWER AIR POLLUTION LEVELS		
0.31%	0.65%	1.1%
Lower (than baseline)		
WHAT ARE THE DIFFERENCES BETWEEN THESE VISIONS?		
WHAT ARE THE OVERALL HEALTH OUTCOMES?		
By choosing scenarios with increasing levels of active transportation, you can generally expect to not only improve air quality, but also improve your physical health. An important caveat is that steps must be taken to protect pedestrians and cyclists from a potential increase in traffic injuries.		

Tables (Summary)

1. Annual Changes in Active Travel Time, Deaths, Costs, and Carbon Emissions, United States, U.S. Surgeon General Recommendation, 2015

Item	Baseline	Scenario
Active Travel Time (minutes)	443	284
Annual Deaths	118	118
Health Cost Savings (\$ million 2015)	---	50
Carbon Emissions (MTC)	112	96

Minutes/week, per capita monthly mean minutes; MTC, million metric tons per year; Note: negative values indicate an increase in deaths, DALYs, or costs.

2. Per Capita Mean Weekly Active Travel Times (minutes), United States, U.S. Surgeon General Recommendation, 2015

Mode	Baseline	Scenario
Walk	79.3	101
Bike	5.5	182
Total	443	284

3. Per Capita Mean Annual Travel Distances (Miles) by Mode, United States, U.S. Surgeon General Recommendation, 2015

Mode	Baseline	Scenario
Walk	504	2204
Car	10,070	7,713
Transit	21	21
Total (incl. Transit & Motorcycle)	10,605	11,657

