

## What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. OutsideIn means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, drought risks and other climate change impacts are affecting our well-being. The good news is many actions that help reduce climate impacts also improve the health of our families and community.



### Choose Healthy Climate-Friendly Travel

How we get where we need to go matters for our health and the climate. Asthma, heart disease, obesity and diabetes are health impacts linked to how we travel. In the Capital Region, climate-friendly travel like walking, biking, and taking public transit (called “active transportation”), are all good for our health and the climate. These choices get us active, reduce chronic disease risks, promote physical and mental wellbeing, and improve air quality.



#### What you can do:

- Walk or bike instead of driving.
- Use public transportation – and bicycle or walk to transit.
- Consolidate errands and reduce the miles you drive.
- Use [Rideshare.org](https://rideshare.org) and carpool to work.
- Ask employers for financial incentives to walk, bike, carpool, or take public transit to work.
- Support walk-to-school days and safe routes to schools.
- Promote and ask for trees & shelters at transit stops, and street trees to cool sidewalks and bike paths.
- Join neighbors and groups to request “[complete streets](#),” safer and more appealing walking and bicycling paths, trails and [VISION ZERO](#) programs.
- If you need to drive, consider a zero-emission (electric) vehicle.



Visit [WALKSacramento](https://walksacramento.org) for resources, technical assistance, and training to help implement active transportation projects. They can also provide in-depth project-level guidance for healthy and equitable community design and outreach.

Additional information and resources can be found at the [California Active Transportation Resource Center](https://www.californiaactive.org/).