

ARE YOU THINKING ABOUT ...health and wellbeing?

Road safety is a major public health concern in Canada. More than 1,700 people lose their lives to road crashes annually and more than 23,000 people require hospitalization for their injuries.¹

Improving road safety improves our physical and mental health. Limited access to public transit, green spaces and geographic barriers to necessities such as food, housing and health care also have negative impacts on largely low-income or historically disenfranchised communities.



...the accessibility of public transit in my neighbourhood?

By ensuring that active transportation and public transportation are safer, faster and more convenient than driving, urban areas can improve the health and wellbeing of their cities.

...how I can play safely and breathe clean air in my neighbourhood?



In Canada, the transportation sector is a significant contributor to greenhouse gas emissions and 53 per cent of transport emissions come from cars and light trucks.² Increases in active and multi-modal transportation reduces the risk of collisions and can reduce air pollution, greenhouse gas emissions and noise pollution, helping to create healthier, more vibrant communities.

...how we can walk safely to our pharmacy?

Changing our environments to encourage walking, biking or wheeling as transportation positively impacts physical activity levels and mental health as well as lowers risk for chronic disease and injury.



...how I can bike safely to work?

Our roads are safer for everyone when we reduce and slow down motor vehicle traffic by improving access to public transit, creating separated bike lanes and building walkable, more connected neighbourhoods. These changes will create an environment that makes it easier for people in Canada to safely get active.