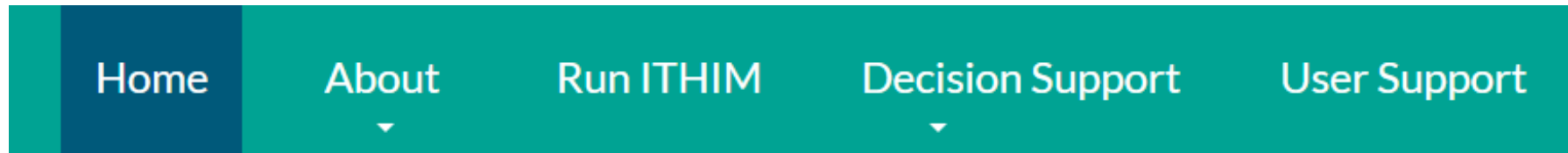


Quick Guide



- Action Buttons
- Gallery of publications

- Introduction
- Instructions
- Scenarios
- Geographies
- Time Periods
- Methods

(See next page for details)

- Health Outcomes
- Strategies
 - Introduction
 - Physical Activity
 - Safety
 - Air Pollution
- Evidence
- Data & Resources

- Video tutorials
- Quick guide
- User's Manual
- Chart book
- Upload instructions
- Workshop slides
- R & Shiny Code
- Glossary

<https://ww2.arb.ca.gov/ITHIM>

Run ITHIM Page

1. Make Selection

Scenarios 8 built-in scenarios

Geographies California, Regions & Counties

Time Periods 2010 to 2050

2. Outputs

- Summary Report
- Infographic
- Tables
- Graphs

Detail for Tables/Graphs

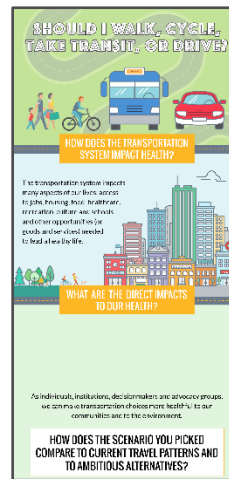
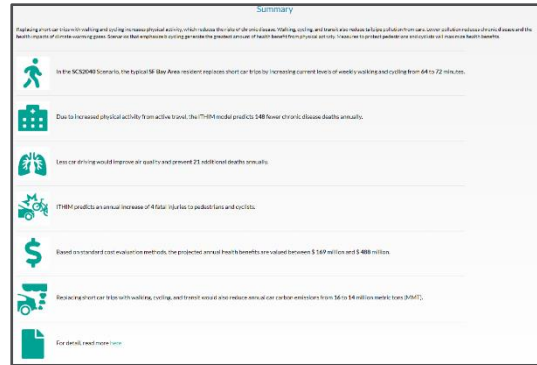
- Summary
- Medium
- High

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 Million Metric Tons	3 Less Million Metric Tons	10 Less Million Metric Tons
YEARS OF LIFE		
3,320 DALYs Gained Per Year	45,805 DALYs Gained Per Year	803 DALYs Gained Per Year
HEALTH COST SAVINGS		
\$488 (in Millions) Saved	\$7,276 (in Millions) Saved	\$96 (in Millions) Saved
LOWER AIR POLLUTION LEVELS		
0.31% Lower (than baseline)	0.65% Lower (than baseline)	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.		

