

ACCESS TO RECREATION

THROUGH TRANSIT EQUITY

Let's look at the impacts of a free youth bus pass and how it would increase young people's access to recreational opportunities.

GATHERING DATA THAT CONNECTS TRANSIT TO RECREATION

Tempe, Arizona have made a bus pass that is free for youth effective since July 1, 2017. Tempe transit department says that bus passes are not only good for taking trips to school but "they are used for any purpose to any destination." Youth are allowed to use their transit pass on weekends, holidays, and even during school breaks. Where they often visit community centers, pools and other recreational resources that otherwise are out of reach.

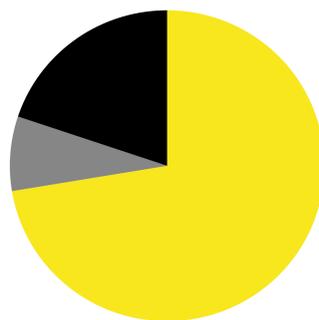
<http://www.tempe.gov/city-hall/public-works/transportation/youth-transit-pass-program>



TOGETHER FOR BROTHERS HIA SURVEY RESULTS SHOWED

In survey given to young men of color in the most transit dependent communities 81.1% said "yes" that they would be more likely to access recreational activities if they were given a free youth bus pass.

If you had a free youth bus pass, would you be more likely to access recreational activities?



YES (81.1%)
NO (4.7%)
MAYBE (14.2%)

source: Together for Brothers Health Impact Assessment, 2018

YOUNG MAN OF COLOR STORY | Chris Baca

Meet Chris Baca. Chris is a student at University of New Mexico and soccer player who lives on the West Side of Albuquerque. Chris takes a 40-minute commute (driving) to get to school and back. When on the bus it's over two hours commute for soccer or school. He said, "It was hard for my family before they got me my truck. They were the ones who drove me to practice and back." Chris says that if youth had more access to public transportation it would also make recreational opportunities like playing indoor soccer, going to community centers and more!



HEALTH OUTCOMES FROM ACCESS TO RECREATION

Research shows the following changes in health outcomes occur when young people (and all people) participate in recreational activities which can come from guaranteed access to transportation through policies such as a Universal Youth Bus Pass.

- △Time Spent Outside
- △Community Cohesion: Agency-Healthy Relationships-Strong Networks-Civic Maturity-Autonomy
- △Social Interaction
- △Psychological Health: Socializing-Increased Alertness-Less Anxiety-Better Concentration- Streets Relief
- △Healthier Habits
- △Physical Health: Mobility-Blood Sugar Control-Weight Control-Healthy Heart System-Restful Sleep

