

LESS *is* MORE...

When we reduce our reliance on single occupant vehicles our communities can begin to shift vehicular infrastructure, such as parking, towards spaces for active living. In limiting the use of cars, we stand to gain:

+ fresh air

“Transportation-related air pollutants are one of the largest contributors to unhealthy air quality. Exposure to traffic emissions has been linked to many adverse health effects including: premature mortality, cardiac symptoms, exacerbation of asthma symptoms, diminished lung function, increased hospitalization and others. Motor vehicles are a significant source of air pollution in urban areas.”

(“CDC Transportation Recommendations.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 04 Nov. 2011.)

+ quality time

“Commuters reported feeling better when travelling by public transport, compared to driving. You might think that things like disruption to services or crowds of commuters might have been a cause of considerable stress. But as buses or trains also give people time to relax, read, socialise, and there is usually an associated walk to the bus stop or railway station, it appears to cheer people up.”

(“Walking or Cycling to Work Improves Wellbeing, University of East Anglia Researchers Find.” EurekAlert! University of Cambridge, 14 Sept. 2014)

+ clean water

“The most recent National Water Quality Inventory reports that runoff from urbanized areas is the leading source of water quality impairments to surveyed estuaries and the third-largest source of impairments to surveyed lakes.”

(“Urban Nonpoint Source Fact Sheet.” Urban Nonpoint Source Fact Sheet. United States Environmental Protection Agency, n.d. Web. 18 Sept. 2015.)

+ fitness #StepitUp

“Promoting walking offers a powerful public health strategy to increase physical activity. With the Call to Action, the U.S. Surgeon General calls on Americans to be physically active and for the nation to better support walking and walkability for people of all ages and abilities.”

(“Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities.” U.S. Dept. of Health & Human Services, 9 Sept. 2015.)

Park(ing) Day 2015

#parkingday2015 #ASLAPD

Here in the St. Louis metro area, we live in a car-centric culture. Our dependency on automobiles has led to an abundance of vehicular facilities at the expense of both more human-scaled, occupiable spaces and high performance urban ecosystem sites. In an attempt to engage citizens where we are most likely to find them—in their cars—we have chosen to site our intervention on a busy arterial road. We want to speak loudly and boldly to multiple scales of “traffic”. We want to challenge the average car commuter to reduce the impact they have on our environment by shifting their commute to bike, walk, ride-share, or take mass transit. For those using active and mass forms of transportation, we want to learn more. We aim to find out why they walk or ride and how it impacts their lives. With the feedback we collect today, we will encourage a community exchange of the knowledge, data, and personal experience that each one of us can use spread the word about the positive impact the reduction of auto-related infrastructure will have on our region.

Follow along to learn more about what Maplewood residents, workers and visitors want to see more of:



Thank you “Less is More” Park(ing) Day 2015 partners!

