

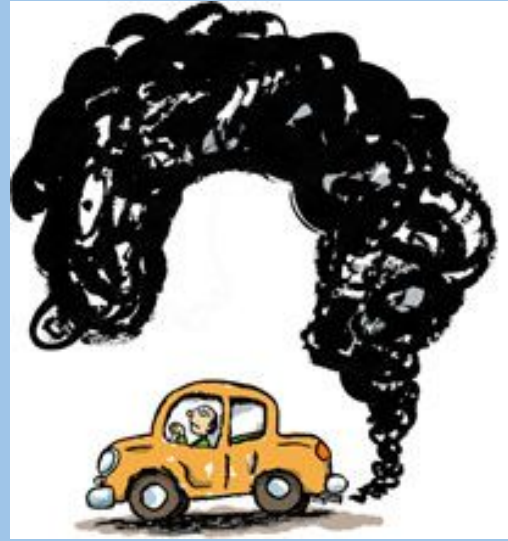


**Idle Free**  
**for a healthier**  
**community!**

**Public Health 2017-2018**  
**Alhambra High School**  
**Jobette Jingco and Lindsey Osmer**

# What is idling?

Idling is running the vehicle's propulsion engine while the vehicle is NOT moving.



**YET...it costs money, contributes to climate change and impacts community health!**

# Idling = Pollution

The general term for air pollutants is particulate matter (PM). PM can...

- aggravate asthma
- decrease lung function
- worsen cardiovascular problems



# Who is most affected by air pollution?

The elderly and young children!



# Idling → Climate Change

Every 10 minutes of idling  
creates **1 pound** of CO<sub>2</sub> emissions!



- CO<sub>2</sub> is the primary contributor to climate change
  - About 25% of CO<sub>2</sub> emissions in the US comes from transportation

Emissions from the transportation  
sector are an even greater source of  
pollution in Contra Costa County



# MUSD Board Presentation

June 2017 - Alhambra High School Public Health Students were successful in convincing the Martinez Unified School District Board to pass a resolution to limit idling on district properties



# Martinez City Council Proclamation Approved - January 2018



Alhambra Public Health Students at City  
Council meeting - January 2018



# Ongoing Campaign to Reduce Idling

Public Health Internship - Spring 2018 -  
CCC Department of Conservation and  
Development

Worked with

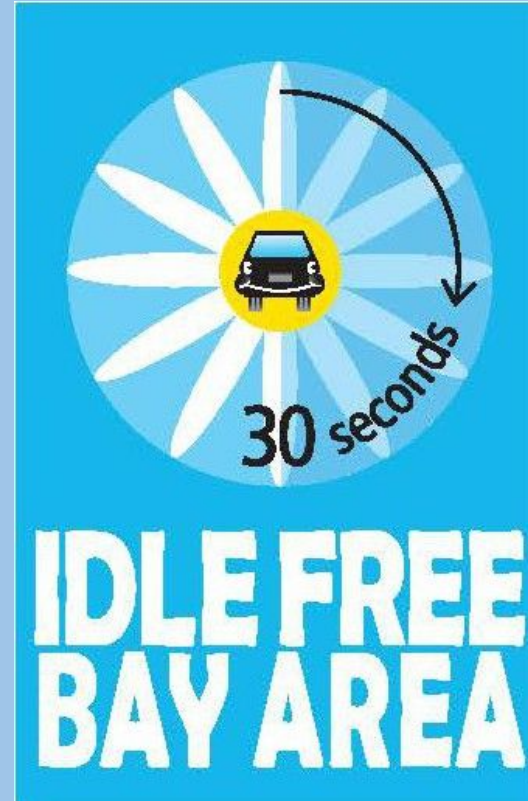
- Jody London - Sustainability Coordinator
- Jessica Williams - Community Focus  
(nonprofit to promote healthier communities)





# Idle Free Pledge in Contra Costa County

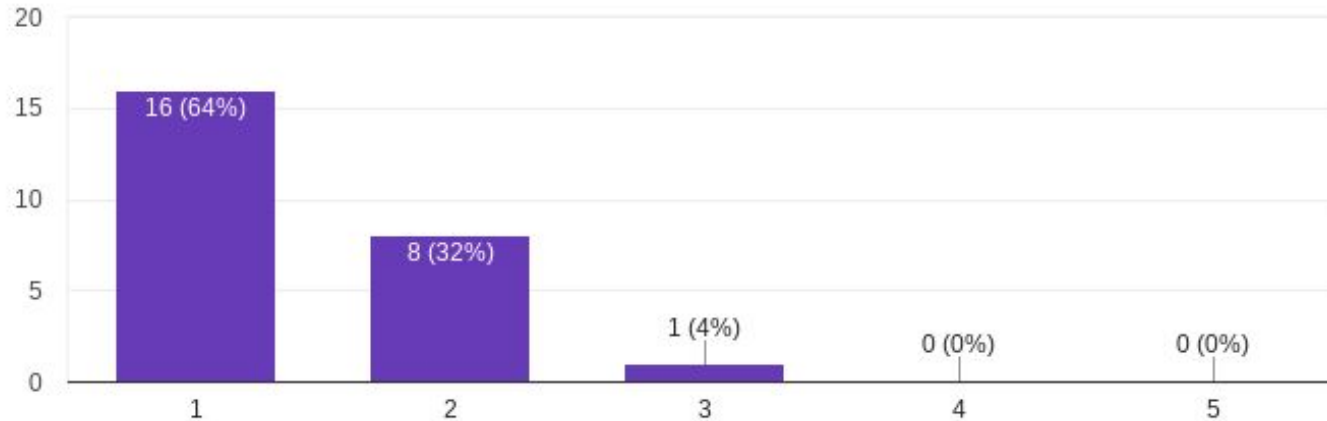
- On April 24, 2017 the Board of Supervisors took the Idle Free Pledge
  - encouraged Contra Costa County employees and residents to take it as well
- 138 of the County employees took the pledge out of 9,900 employees total



# Idle Free Follow-Up Survey

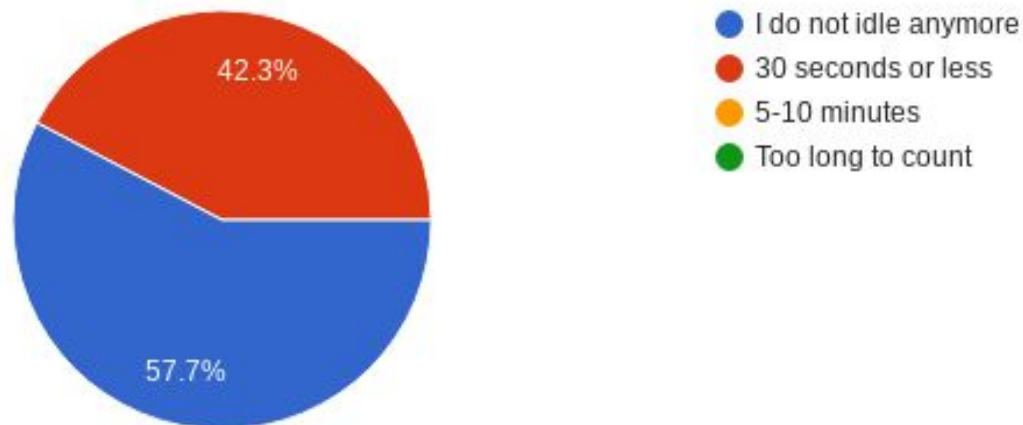
After taking the Idle Free Pledge, how many times in a week do you still idle for more than 30 seconds?

25 responses



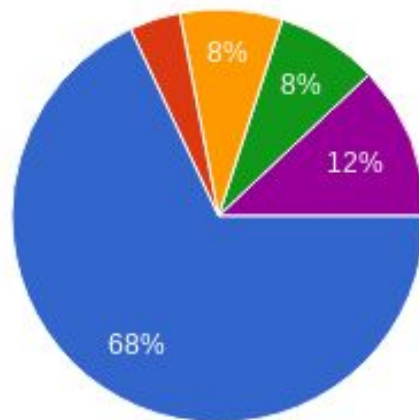
## When you do idle, how long do you idle for each time?

26 responses



## If you still idle, why do you continue to do it?

25 responses



- I do not idle anymore
- I think it damages my vehicle
- Convenience of keeping the car on
- Ability to control the temperature
- I forget to turn the car off

# What did we learn?

The idle free pledge seems to change behavior around idling!

- costs nothing
- takes less than 1 minute

"I pledge to turn off my car's engine if I'll be waiting for more than 30 seconds!"

Suggestion: Promote pledge to ALL County employees!



# Suggestions from Survey Respondents

- More posted signs, especially in school drop-off and pick-up lines
- Idle Free car stickers and window clings
- Radio broadcasts
- Work with driving instructors to educate students and teach them not to idle
- Public Service Announcements
- Billboards
- Bookmarks
- Small timers

# What the County Can Do

- Post Idle Free signs at County offices,
- More direct messaging to County employees
- Idle Free stickers in County cars
- Consider policy that prohibits idling in County cars



# Next Steps at Alhambra High

- Approach Shell to promote Idle Free Pledge to employees
  - Promote Idle Free actions at gas stations
- Approach DMV and ask to promote idle free actions to drivers
  - Highlight in offices to employees, as well as drivers



# Idle Free Pledge



<https://idlefreebayarea.org/idle-free-pledge/>