



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 CO₂ emissions!



- CO₂ is the primary contributor to climate change
 - **About 25% of CO₂ 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

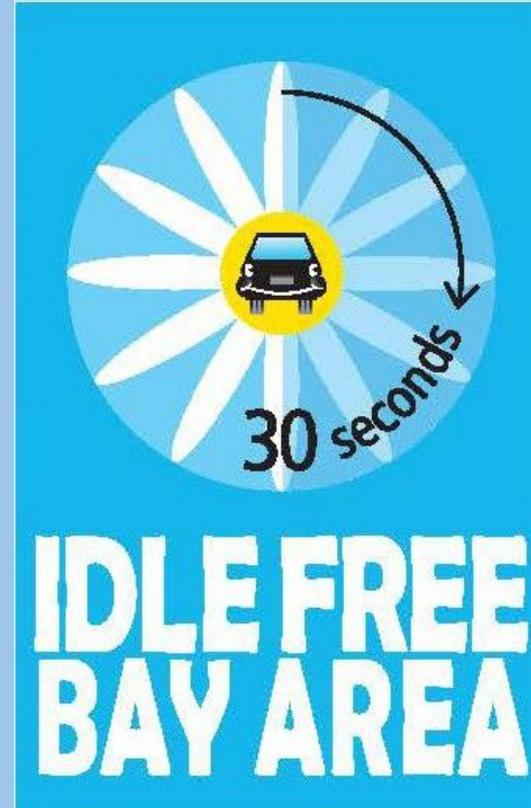
Worked with

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



Idle Free Pledge in Contra Costa County

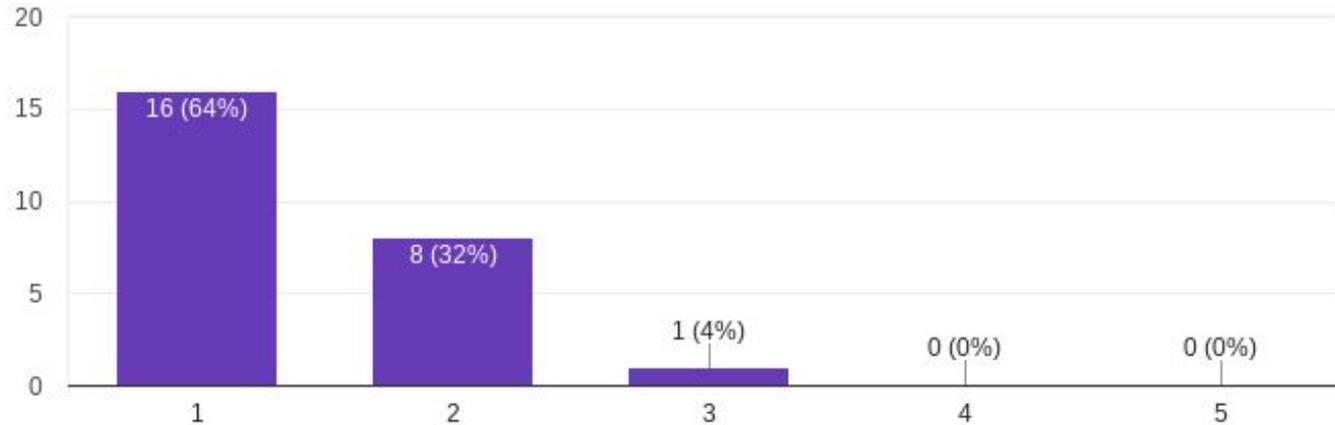
- On April 24, 2017 the Board of Supervisors took the Idle Free Pledge
 - encouraged Contra Costa County employees and residents to take it as well
- 138 of the County employees took the pledge out of 9,900 employees total



Idle Free Follow-Up Survey

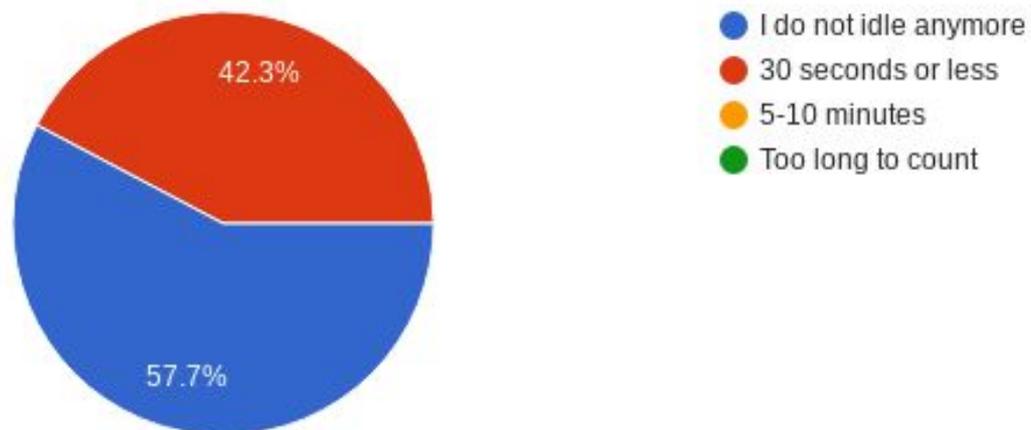
After taking the Idle Free Pledge, how many times in a week do you still idle for more than 30 seconds?

25 responses



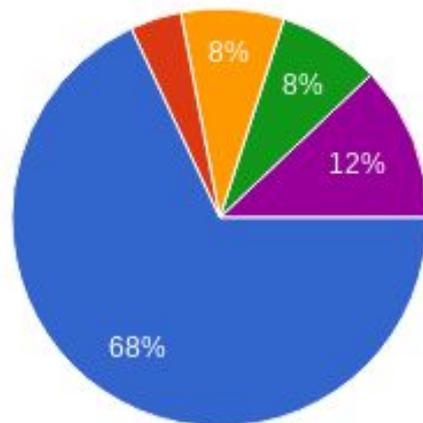
When you do idle, how long do you idle for each time?

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/>