



Employee Wellness

Health Road Trip



Smog Lake City  
Utah



# Let's Make This Perfectly CLEAR

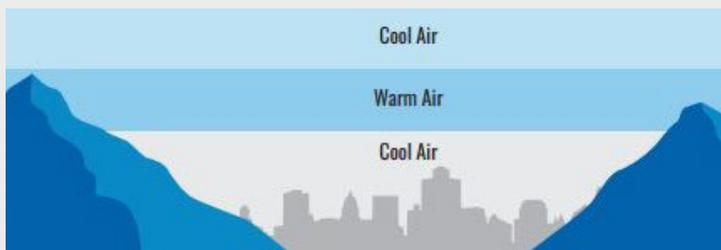
**The residents that call this amazing scenery home consider themselves lucky to be surrounded by five national parks, snow, outdoor recreation, and all forms of entertainment. Sadly, these things are becoming harder to see from the valley of Smog Lake City.**

Poor air quality becomes a particular concern during the winter months when normal atmospheric conditions (cool air above, warm air below) become inverted.

Inversions trap a dense layer of cold air under a layer of warm air, acting like a lid and trapping pollutants in the cold air near the valley floor.

Nearly 50% of the pollutants trapped during the inversions are caused by transportation emissions.

So by simply reducing vehicle trips, we can protect our health, our environment and our quality of life.



## Clear the Air Challenge

In an effort to combat a growing pollution problem, the residents of Smog Lake City participate in an annual challenge to reduce emissions produced by vehicles. Since 2009, this month long competition encourages alternative transportation, carpooling, mass transit and other methods to park more vehicles during the month of February.

“Finding a solution to the air pollution issue has become a top priority for many business, government, and community leaders.”

- <https://cleartheairchallenge.org/>

How will you participate in the challenge to clear the air? Find more information on how you can track your impact at:

<https://travelwisetracker.com/#/>

Poor air quality is unhealthy for everyone, but especially for children, people with heart disease, people with respiratory problems, people at risk for stroke, and older adults. For these groups, poor air quality can cause greater risk of stroke, blood clots, heart attack and early death. The direct result of reduced air pollution is healthier air for you and your family to breathe.

You can reduce your vehicle emissions by simply thinking before you get in the car. Driving smart means consolidating errands into one trip, keeping up on vehicle maintenance, driving the speed limit, not driving during peak commute hours and being idle free. By decreasing our transportation emissions, we are contributing to healthier living for our family, friends and coworkers.

By reducing your emissions, you are improving health, environmental conditions and quality of life in your community, as well as:

- Decreasing traffic congestion
- Reducing energy consumption
- Saving money

## Environment

The Wasatch Front valleys and their surrounding mountains act like a bowl, keeping cold air in. The snow-covered valley floors reflect rather than absorb the heat from the sun, preventing the normal vertical mixing of warm and cold air. Fog exacerbates the problem, facilitating chemical reactions that create even more particles and higher pollutant concentrations. The longer the inversion lasts, the higher the levels of pollution trapped under it.

## Quality of Life

The long-term effect of air pollution is decreased quality of life in Utah. The current air forecast, available at [www.airquality.utah.gov](http://www.airquality.utah.gov), warns us of days that can be especially hazardous to our health. The fact that people must be told when they can take a walk or let their children play outside is an unwelcome reality. The direct result of reduced air pollution is a community you are proud to call home.

# WELLNESS CHALLENGE SMOG LAKE CITY

## Explore TravelWise strategies to reduce emissions:

The solution to poor air quality starts with each of us. By driving less, we can help reduce vehicle emissions. Implementing alternatives to driving alone is an effective and important step toward clean air. Here are ways that you can drive less and reduce air pollution:

- Active Transportation: Biking and walking to work not only provide personal health benefits, but it also leads to possible health improvements for others by reducing emissions. Other benefits of active transportation include a savings on fuel, less time sitting in traffic, and the ability to find parking.
- Carpool: Using a carpool for your daily commute is becoming more and more common in Utah. Carpooling involves more than one person traveling together in a car and can be used for many occasions. This includes commuting to work, attending special events or taking kids to school and recreational activities.
- Public Transit: The use of public transportation has been on the rise in recent years. With the development of several TRAX legs, the building of the FrontRunner commuter rail and the growing number of bus routes and services, people are once again recognizing the convenience of Utah transit.
- Skip the Trip: The skip the trip strategy is as easy as it sounds—just plan ahead to avoid unnecessary trips. These can be trips taken for work or personal activities.
- Trip Chain: Trip chaining and planning your trips to avoid rush hour traffic are hassle-free ways to TravelWise. Trip chaining involves grouping errands or other activities into one trip instead of returning home in between each one.

This *month HealthTrip travelers are challenged* to find ways to reduce their emissions each day.

Don't forget to download your tracking sheet here:

<https://apps.weber.edu/wsuimages/employeehealth/Challenges/Health%20Road%20Trip/Tip%20Sheets/Smog%20Lake%20City%20TipSheet.pdf>

### UPCOMING EVENTS:

Cooking Demo: Wednesday, February 12<sup>th</sup>

Training Tracker # 810-13

All information in this tip sheet was provided by [cleartheairchallenge.org](http://cleartheairchallenge.org)



Active  
Transportation



Carpooling /  
Vanpooling



Public  
Transit



Skip the  
Trip



Trip  
Chaining