

Facts About Idling



METROPOLITAN
TRANSPORTATION
COMMISSION

Health

- Car exhaust releases particulate matter (PM) into the air, and inhaling PM can:
 - Aggravate asthma
 - Decrease lung function
 - Cause coughing or difficulty breathing
 - Exacerbate cardiovascular problems¹
- Children are especially vulnerable to air pollution because their developing lungs, incomplete metabolic systems, immature host defenses, and high rates of infection by respiratory pathogens can lead to higher doses of pollutants reaching the lungs.²

Saving Fuel and Money

- For every two minutes a car is idling, it uses about the same amount of fuel it takes to go about one mile.³
- Ten seconds of idling can use more fuel than turning off the engine and restarting it.⁴

Emissions

- In the Bay Area, on-road motor vehicles account for 35% of Ozone-forming pollutants in the summer and 12% of fine particulate pollution in the winter.⁵
- Transportation accounts for 39% of Bay Area greenhouse gas (GHG) emissions.⁶
- Transportation accounts for 53% of Napa County GHG emissions.⁷

Vehicle Myths⁸

- **The engine should be warmed up before driving.** Reality: Idling is not an effective way to warm up your vehicle, even in cold weather. The best way to do this is to drive.
- **Idling is good for your engine.** Reality: Excessive idling can actually damage your engine components.
- **Shutting off and restarting your vehicle is hard on the engine.** Reality: Frequent restarting has negligible impact on engine components.

¹ Environmental Protection Agency: "Health and Environmental Effects of Particulate Matter (PM)" <https://www.epa.gov/pm-pollution/health-and-environmental-effects-particulate-matter-pm>

² World Health Organization: The Effects of Air Pollution on Children's Health and Development: A Review of the Evidence, p.3 http://www.euro.who.int/_data/assets/pdf_file/0010/74728/E86575.pdf

³ US Department of Energy, Energy Efficiency & Renewable Energy <http://www.anl.gov/sites/anl.gov/files/Idling-PersonalVehicles050715.pdf>

⁴ Ibid.

⁵ Bay Area Air Quality Management District Annual Report 2015, p.3 http://www.baaqmd.gov/-/media/files/communications-and-outreach/publications/annual-report/baaqmd_15ar_31920_pdf-pdf.pdf?la=en

⁶ Ibid.

⁷ Draft Napa Countywide CAP Framework <http://www.countyofnapa.org/CAP/>

⁸ US Department of Energy <http://www.anl.gov/sites/anl.gov/files/Idling-PersonalVehicles050715.pdf>