



Motor Vehicle Idling and Health

The M-LEEaD Center's Community Engagement Core (CEC) increases awareness and understanding of environmental impacts on human health.

Stakeholder Advocacy Board members include:

- Community Health and Social Services
- Detroit Health Department
- Detroit Hispanic Development Corporation
- Detroiters Working for Environmental Justice
- Eastside Community Network
- Ecology Center
- Henry Ford Health System
- Michigan Environmental Justice Coalition
- We the People of Detroit

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Why is Idling Harmful?

Vehicle idling is common. Drivers may let their engines run while they warm up their cars or while they wait for people who they are picking up. This is particularly common outside of schools, where people are picking up children.

The pollution released by idling vehicles is harmful to the environment and to the health of people.¹ Just one vehicle dropping off and picking up children at school releases three pounds of air pollution each month.² Children are particularly vulnerable to this air pollution because:

- Their lungs are still developing
- They breathe faster than adults.^{3 4}
- Due to their height, they are closer to the ground and therefore closer to vehicle tailpipes.

There are many health problems associated with air pollution for both children and adults, including asthma, cardiovascular disease and cancer.⁵





What Are Some Myths About Idling?

Many people think that idling is better for their car and better for their wallet. The truth is that:

- The best way to warm up your vehicle is to drive it slowly. Even when it is cold outside, you do not need to run your engine for more than 30 seconds before driving. ^{6 7}
- Idling can cause damage to your engine. ⁸
- Ten seconds of idling uses more gas than restarting the engine. You could save fuel and money by turning the car off. ^{6 7}

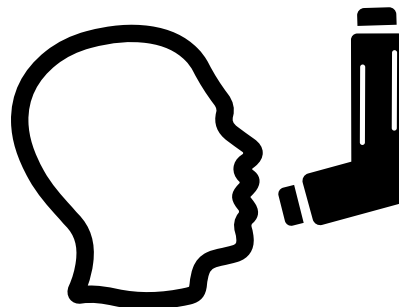
Do You Let Your Engine Idle?

By turning off your vehicle's engine, you can:

- Improve the health of children in your community
- Protect the environment
- Saves gas and money
- Reduce wear and tear on your vehicle

Together, we can make a difference!

(For more information, please turn to the other side)



Please see http://mleead.umich.edu/Coec_Fact_Sheets.php for the citations included in this factsheet.

Michigan Lifestage Environmental Exposure and Disease (M-LEEaD) Center promotes collaboration among UM environmental health researchers and communities. Researchers work together to advance knowledge of environmental health issues that affect community members in Detroit and Southeast Michigan.

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