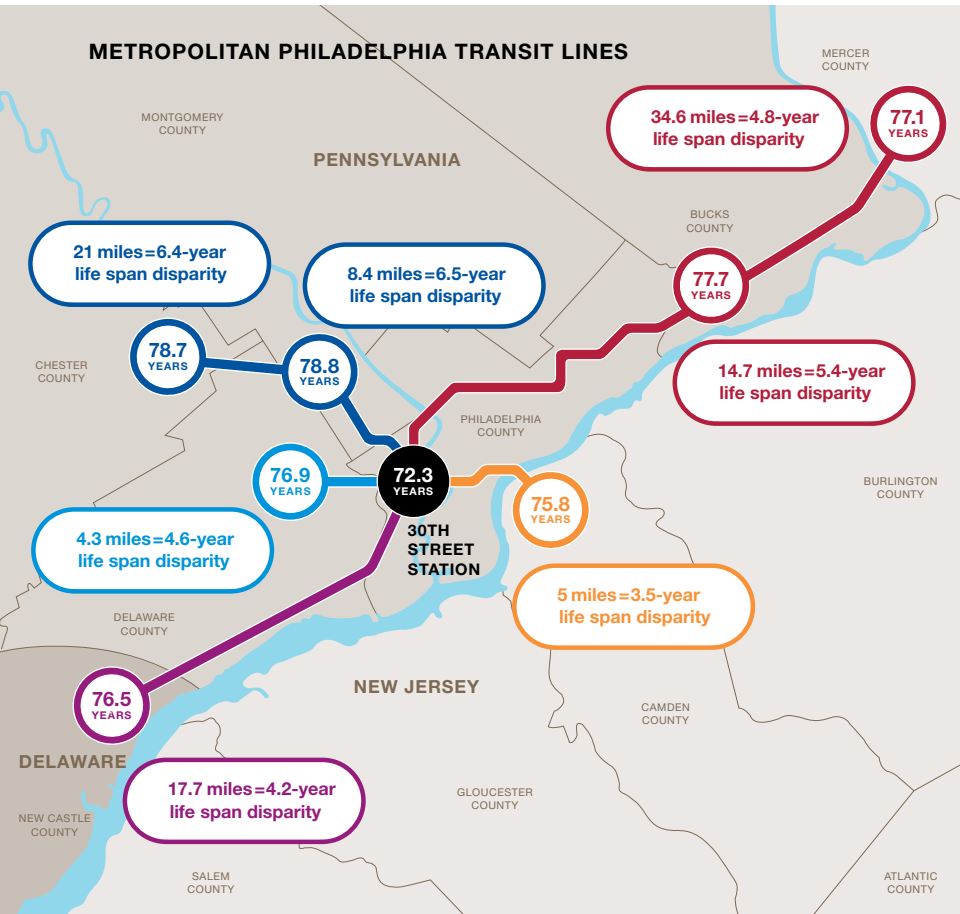




METROPOLITAN PHILADELPHIA TRANSIT LINES



Life Expectancy: Where You Live Matters

Where we live dramatically affects our health—for better or for worse. Community attributes—including the availability of safe and healthy housing, access to nutritious food and safe places to exercise—can have a direct impact on our opportunity to lead long and healthy lives.



Building Healthier Lives Starts at Home and in the Community

The *Robert Wood Johnson Foundation Commission to Build a Healthier America*—a national, independent, nonpartisan group of leaders—is examining factors outside the health care system that affect our health and will issue recommendations to improve the health of all Americans.

A large and growing body of research has shown that living conditions can have a powerful influence on health. This can be seen by the life span disparities across community residents. In Philadelphia, where the average life expectancy is 72.3 years, people living a short rail ride away can expect to lead longer lives. Traveling from 30th Street Station for 7 stops on the PATCO line to Camden City Station, N.J., life expectancy increases by 3.5 years. Those numbers almost double when you travel from 30th Street Station on the R-5 line to the Bryn Mawr Station in Montgomery County, where residents can expect lives 6.5 years longer than residents of Philadelphia.

Why Philadelphia?

Philadelphia is home to innovative programs that provide residents with access to healthful foods, encourage physical activity and improve the built environment—all factors that have been shown to strongly affect health. The Commission is holding its second field hearing in Philadelphia to learn more about some of the city's most promising programs.

The Commission Wants to Hear From You

In 2009, the Commission will recommend specific, feasible steps that foundations, corporations, organizations and governments at every level can take to improve health.

Visit ideas.commissiononhealth.org to share innovative, specific policies and programs of great promise with the Commission.

Find out more at commissiononhealth.org.