Traveling to and from work on a daily basis constitutes a significant amount of time and effort for many people. Distance between residence and workplace, access to public transportation, whether one owns a car or a bicycle, and many other considerations play a role in which mode of transportation is used. At the national level in 2016, just over 5% of commuters used public transport, while over 85% used cars, trucks and vans. Commuters’ age also influences which mode of transportation is used. In New York State, younger commuters are more likely to use public transportation to work than are commuters in older age groups. Between 25% and 28% of the population aged 25-35 years used public transportation to get to their jobs compared to just 10%-16% of those 55-65 years of age. While biking or walking to work is done by only a small proportion of New Yorkers, those in the younger age groups are more likely to do so.

![Graph showing mode of transportation by age in New York State](image)

Additional Resources:
- [https://usa.streetsblog.org/2014/05/08/low-income-americans-walk-and-bike-to-work-the-most/](https://usa.streetsblog.org/2014/05/08/low-income-americans-walk-and-bike-to-work-the-most/)