About VMT

VMT is an indicator of how much people are driving. VMT-based metrics, such as per capita VMT and crashes per VMT, have become common performance measures in transportation planning.

The Tomorrow Plan and other efforts support the reduction in VMT in order to reduce energy consumption and transportation-related emissions, as well as to reduce automobile congestion and the occurrence of crashes. Common strategies to reduce VMT include:

- creating more mixed use, walkable developments;
- increasing the availability of alternative modes of transportation such as public transit and bicycling; and,
- increasing the cost of driving.

Nationally, per capita VMT peaked in 2004 and has been declining since. Per capita VMT in 2012 equaled 1997 levels. A variety of factors have been attributed to this decline, including demographic changes like retiring Baby Boomers and fewer Millennial's seeking drivers licenses. ¹

Local VMT data indicates that local trends follow national trends. All geographic areas included in the chart above have experienced a decline in VMT since 2000. ²