

CONTRA COSTA HERALD

NEWS OF BY AND FOR THE PEOPLE OF CONTRA COSTA COUNTY, CALIFORNIA

At 70 years old, CA's Interstate system leads nation in greatest annual safety and mobility benefits – \$7.3 billion – share of highways congested

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SAVING LIVES, TIME AND MONEY

MAINTAINING THE ENDURING VALUE OF AMERICA'S GREATEST INFRASTRUCTURE ACHIEVEMENT, THE INTERSTATE HIGHWAY SYSTEM AT 70

Source: TRIP

Report finds needed system-wide reconstruction requires more than doubling current funding

By Rocky Moretti, Research Director & Shelley Hammond, Communications & Research Associate, TRIP – The Road Information Program

Washington, D.C. – As the U.S. celebrates its 250th birthday, the U.S. Interstate Highway System is reaching 70 years old and continues to save lives and reduce delays, providing Americans with \$65 billion in benefits annually. But the nation's most critical transportation network is also congested, carries significant levels of travel – particularly by large trucks – and lacks adequate funding to make needed repairs and improvements. America's most critical transportation link will need to be rebuilt and expanded to meet the nation's growing transportation needs, according to a report released today by [TRIP – The Road Information Program](#) – a national transportation research nonprofit. The report, "[Saving Lives, Time and Money: Maintaining the Enduring Value of America's Greatest Infrastructure Achievement, the Interstate Highway System at 70](#)," looks at the Interstate System's use, condition and benefits, and the results of findings from the [2019 report](#) prepared by the [Transportation Research Board \(TRB\)](#), at the request of Congress on the condition and use of the Interstate Highway System and actions required to restore and upgrade the Interstate System.

The chart below ranks states whose Interstates are providing the greatest safety and reliability benefits, have greatest share of urban Interstate's congested, have experienced the greatest increase in vehicle miles of travel (VMT) since 2000, have the largest share of pavement in poor condition, and have the greatest share of bridges in poor condition. Data for all states can be found in the [Appendices](#).

This report's Appendices includes data for the Interstate System in all states: value of safety and reliability benefits; hours of delays reduced, gallons of fuel saved, travel increase 2000-2024, pavements in poor condition, bridges in poor and fair condition, share of urban Interstates congested, daily travel per urban lane mile, travel by combination

trucks, traffic fatality rate on Interstate vs non-Interstate roads and lives saved by Interstate safety features.

RANK	Annual Interstate Benefit (Billions)	Congested Urban Interstates	2000-24 Interstate VMT Increase	Interstate Pavement In Poor Condition	Interstate Bridges Poor/Structurally Deficient
1	California \$7.3	California 88%	Nevada 91%	Hawaii 16%	West Virginia 10%
2	Texas \$6.1	Maryland 83%	Utah 75%	Louisiana 8%	New York 8%
3	Florida \$3.7	New Jersey 81%	North Carolina 67%	Colorado 8%	Massachusetts 7%
4	Georgia \$2.9	Florida 79%	Louisiana 63%	California 7%	Illinois 7%
5	Illinois \$2.7	Georgia 69%	Texas 61%	New York 6%	Rhode Island 7%
6	Tennessee \$2.4	Massachusetts 68%	Idaho 58%	Delaware 6%	Washington 7%
7	Ohio \$2.4	Delaware 66%	Colorado 57%	Washington 5%	Maine 6%
8	North Carolina \$2.1	Connecticut 65%	Florida 55%	Maryland 5%	Michigan 5%
9	New York \$2.1	Texas 64%	Arkansas 49%	New Mexico 5%	Missouri 5%
10	Virginia \$2.0	Hawaii 61%	South Dakota 48%	New Jersey 5%	Wyoming 5%
11	Arizona \$1.7	Washington 57%	Mississippi 47%	Michigan 4%	Colorado 5%
12	Pennsylvania \$1.7	New Hampshire 57%	Wisconsin 46%	Pennsylvania 4%	California 4%
13	Michigan \$1.7	Minnesota 55%	North Dakota 45%	Indiana 4%	Vermont 4%
14	South Carolina \$1.6	Utah 54%	Arizona 44%	Arizona 3%	Kentucky 3%
15	Maryland \$1.5	Colorado 54%	South Carolina 44%	Arkansas 3%	Pennsylvania 3%
16	Washington \$1.5	Rhode Island 53%	Montana 43%	Mississippi 3%	Tennessee 3%
17	Kentucky \$1.5	Arizona 52%	Oklahoma 41%	Massachusetts 3%	Connecticut 3%
18	New Jersey \$1.5	Kentucky 52%	Tennessee 41%	Illinois 3%	New Mexico 3%
19	Louisiana \$1.5	North Carolina 50%	Alabama 40%	Oklahoma 3%	New Hampshire 3%
20	Indiana \$1.3	Tennessee 49%	New Jersey 36%	Virginia 3%	New Jersey 3%
U.S Total	\$65	U.S Average 49%	U.S Average 29%	U.S Average 3%	U.S Average 3%

Source: TRIP

6,990 LIVES SAVED

The Interstate Highway System saved an estimated 6,990 lives in 2024.

Travel on Interstate highways is nearly **2.5x safer** than travel on all other roadways.

INTERSTATE HIGHWAY SYSTEM AT 70
Saving Lives, Time & Money

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The TRIP report found that the Interstate Highway System is saving California residents' lives, time and money. Travel on the Interstate Highway System is more than twice as safe as on all other roadways, a result of built-in safety features like median barriers, paved shoulders, a minimum of four lanes, and complete separation from cross traffic and rail lines. The fatality rate per 100 million vehicle miles of travel on California's Interstate highways in 2024 was 0.65, compared to 1.37 on non-Interstate routes. TRIP estimates that additional safety features on California's Interstate Highway System saved 616 lives in 2024, the most in the country.

"The Interstate Highway System remains one of our nation's most important transportation assets, helping to connect people, goods and services and support safe mobility across the country," said Jill Ingrassia, Vice President of Public Affairs at AAA, Inc. "As TRIP's report highlights, continued and increased investment is needed to maintain and modernize the system so it can meet current demands and serve future generations. AAA urges Congress and the administration to work together to ensure the Interstate System remains safe, reliable and efficient for all travelers."

TRIP A National Transportation Research Nonprofit

THE INTERSTATE SYSTEM DELIVERS

The interstate system results in the reduction of:

- 1.3 BILLION HOURS OF DELAY**
- 369 MILLION GALLONS OF FUEL**

INTERSTATE HIGHWAY SYSTEM AT 70

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Based on analysis from the Texas Transportation Institute at Texas A & M University, TRIP estimates that California's Interstate Highway System, which provides improved access and reduces congestion, annually reduces total vehicle delays by 179 million hours and reduces gasoline consumption by approximately 50 million gallons.

TRIP estimates that the annual economic benefit of improved safety on California's Interstate Highway System is \$2.3 billion as a result of fewer serious and fatal traffic crashes. The TRIP report also found that California's Interstate highways reduces traffic congestion by providing more efficient and reliable travel, which provides \$5 billion annually in benefits due to reduced delays and fuel consumption – resulting in a combined benefit to California residents of approximately \$7.3 billion annually due to improved traffic safety and reduced congestion — the highest amount among states.

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THE INTERSTATE SYSTEM DELIVERS

\$65 BILLION IN TOTAL ANNUAL BENEFITS

Saving Lives, Time & Money

- \$28 BILLION** Benefit as a result of improved safety
- \$37 BILLION** Value of reduced delays and wasted fuel

INTERSTATE HIGHWAY SYSTEM AT 70

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“TRIP’s new report illustrates what’s at stake in the funding debate for the next surface transportation reauthorization bill and will be a valuable tool for policymakers. Our nation’s interstate system is vital for American travel and commerce – to the tune of \$65 billion in annual benefits from reduced traffic fatalities and delays,” said John Drake, Vice President, Transportation, Infrastructure, and Supply Chain Policy, U.S. Chamber of Commerce. “Yet, the TRIP report demonstrates that these benefits are at risk unless policymakers

provide investments that continue to ensure a safe, modern, and efficient interstate system for the millions of Americans that utilize these corridors every day.”

According to the 2019 [TRB report](#), the Interstate System has a persistent and growing backlog of physical and operational deficiencies as a result of age, heavy use and deferred reinvestment, and is in need of major reconstruction and modernization. The TRB report concludes that annual investment in the Interstate Highway System should be increased approximately two-and-a-half times, from \$23 billion in 2018 to \$57 billion annually over the next 20 years.

TRIP A National Transportation Research Nonprofit

\$196 BILLION

CURRENT BACKLOG OF NEEDED INTERSTATE IMPROVEMENTS.

- \$58B PAVEMENTS**
- \$65B BRIDGES**
- \$73B EXPANSION & ENHANCEMENT**

INTERSTATE HIGHWAY SYSTEM AT 70

Saving Lives, Time & Money

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“As we all know, a safe, interconnected, well-maintained, and efficiently operated national transportation network is essential to our nation’s security and economy. The Interstate Highway System plays a pivotal role within that network, moving people and freight alike to their destinations safely,” said Jim Tymon, executive director of the American Association of State Highway and Transportation Officials. “As we look to a federal surface transportation reauthorization, this TRIP report allows us to see just how important it is to invest in our Interstate system and give states the tools they need to ensure safe and efficient transport today and well into the future.”

The TRIP report found that from 2000 to 2024 travel on California’s Interstate System increased by eight percent and that 88 percent of California’s urban Interstate highways are considered congested during peak hours – the highest share among states.

The report also found that travel by combination trucks accounts for eight percent of all travel on California’s Interstate highways.

“The TRIP report illustrates just how critical the Interstate Highway System is to moving the nation’s economy,” said Chris Spear, President and CEO of the American Trucking Association. “While Interstates comprise just a small share of the country’s lane-miles, they carry more than half of U.S. large truck traffic. However, a system designed 70 years ago can no longer support the demands of the 21st century. Today, highway congestion costs the trucking industry \$109 billion a year, costs that are passed on to American consumers. It is time to renew Eisenhower’s vision for a safe, efficient means of moving long-distance traffic by investing in an Interstate Highway System that meets the needs of the next seven decades and beyond.”

GROWING DEMAND, LIMITED CAPACITY

Since 2000, Interstate travel has grown nearly **three times faster** than lane capacity.

TRAVEL UP SINCE 2000

29%

LANE MILES UP SINCE 2000

11%



Interstate travel demand continues to rise, putting **more strain** on a system with limited capacity growth.



INTERSTATE HIGHWAY SYSTEM AT 70
Saving Lives, Time & Money



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TRIP's report finds that while pavement smoothness on most segments of the Interstate system is acceptable, the crumbling foundations of most highway segments need to be reconstructed, and that continued resurfacing — rather than addressing underlying foundational issues — is resulting in diminishing returns and results in shorter periods of pavement smoothness.

As the aging system's foundations continue to deteriorate, most Interstate highways, bridges and interchanges will need to be rebuilt or replaced, the TRB report finds. According to the TRIP report, pavements on seven percent — the 4th highest share in the nation — and 17 percent are rated in mediocre condition. Four percent of California's Interstate bridges are rated in poor condition — the 12th highest share in the U.S., and 45 percent are rated in fair condition.

Restoring and upgrading the Interstate Highway System to meet the nation's 21st Century transportation needs will require a significant boost in funding, strong federal leadership and a robust federal-state partnership to reestablish the Interstate Highway System as the nation's premier transportation network. A primary funding source for the Interstate Highway System is the bipartisan [Infrastructure Investment and Jobs Act](#) (IIJA), enacted in November 2021. While the IIJA offers a major opportunity to upgrade the safety and reliability of America's roads, bridges, and transit, its upcoming expiration on September 30, 2026, creates a pressing deadline for reauthorization of the program.

Based on the findings of the TRB Interstate report, TRIP has provided a set of recommendations for the restoration of the Interstate Highway System, which includes: the foundational reconstruction of Interstate highways, bridges and interchanges; improvement to roadway safety features; system right-sizing, including upgrading of some roadway corridors to Interstate standards; adding needed additional highway capacity on existing routes; adding additional corridors; and, modifying some urban segments to maintain connectivity while remediating economic and social disruption.

TRIP Interstate Report Appendix A - June 2026

State	2000-24 Interstate VMT Increase	Interstate in Poor Condition	Interstate in Mediocre Condition	Interstate Bridges Poor/SD	Interstate Bridges Fair	Urban Interstates Congested	Daily Interstate Travel Per Urban Lane Mile	Percent Interstate Vehicle Travel by Combination Trucks	Interstate Fatality Rate per 100M VMT	Non-Interstate Fatality Rate per 100M VMT
Alabama	40%	2%	4%	1%	85%	31%	11,473	15%	0.70	1.50
Alaska	21%	10%	18%	2%	47%	0%	6,019	3%	1.24	1.28
Arizona	44%	3%	6%	1%	38%	52%	14,912	16%	0.44	2.05
Arkansas	49%	3%	3%	2%	56%	29%	10,259	26%	0.31	1.80
California	3%	7%	17%	4%	45%	83%	19,036	8%	0.65	1.37
Colorado	57%	8%	15%	5%	63%	54%	14,428	8%	0.52	1.49
Connecticut	4%	2%	6%	3%	79%	65%	15,360	8%	0.46	1.25
Delaware	4%	6%	13%	1%	83%	66%	15,756	11%	0.55	1.38
DC	9%	24%	35%	1%	54%	90%	20,453	0%	0.79	1.38
Florida	55%	1%	3%	1%	34%	79%	17,152	9%	0.60	1.36
Georgia	27%	1%	5%	0%	24%	69%	15,901	13%	0.59	1.37
Hawaii	6%	16%	30%	0%	46%	61%	14,851	1%	0.54	1.05
Idaho	58%	1%	5%	2%	72%	30%	10,204	18%	0.52	1.41
Illinois	16%	3%	6%	7%	70%	36%	12,558	18%	0.49	1.43
Indiana	34%	4%	10%	1%	42%	34%	12,334	25%	0.47	1.08
Iowa	30%	2%	8%	0%	59%	20%	9,462	22%	0.31	1.30
Kansas	21%	1%	6%	1%	26%	22%	8,623	14%	0.48	1.26
Kentucky	35%	2%	5%	3%	79%	52%	13,882	16%	0.54	1.87
Louisiana	63%	8%	21%	3%	62%	38%	14,466	14%	0.62	1.69
Maine	25%	0%	2%	6%	82%	8%	8,812	9%	0.47	1.38
Maryland	15%	5%	7%	1%	74%	83%	18,250	6%	0.48	1.24
Massachusetts	13%	3%	6%	7%	77%	68%	15,089	5%	0.30	0.70
Michigan	4%	4%	9%	5%	70%	36%	11,701	11%	0.39	1.29
Minnesota	8%	1%	5%	2%	65%	55%	13,238	9%	0.27	0.91
Mississippi	47%	3%	7%	1%	51%	15%	9,788	19%	1.00	1.95
Missouri	23%	2%	5%	5%	72%	47%	12,078	18%	0.75	1.13
Montana	43%	1%	4%	2%	78%	0%	4,740	19%	0.83	1.70
Nebraska	30%	1%	4%	1%	36%	33%	10,903	23%	0.52	1.32
Nevada	91%	1%	4%	0%	46%	43%	13,542	20%	0.67	1.60
New Hampshire	21%	0%	2%	3%	44%	57%	11,114	2%	0.48	1.11
New Jersey	36%	5%	9%	3%	78%	81%	15,999	6%	0.36	0.96
New Mexico	26%	5%	9%	3%	71%	13%	7,807	15%	1.03	1.58
New York	11%	6%	10%	8%	67%	33%	11,277	10%	0.37	1.06
North Carolina	67%	2%	4%	2%	48%	50%	13,867	8%	0.63	1.40
North Dakota	45%	0%	3%	2%	61%	9%	5,389	19%	0.27	1.08
Ohio	15%	2%	7%	2%	33%	47%	12,389	12%	0.46	1.22
Oklahoma	41%	3%	8%	0%	57%	30%	10,710	14%	0.65	1.66
Oregon	15%	1%	4%	0%	80%	39%	13,192	16%	0.57	1.74
Pennsylvania	10%	4%	6%	3%	68%	22%	11,705	16%	0.48	1.47
Rhode Island	-5%	1%	4%	7%	58%	53%	15,468	5%	0.24	0.79
South Carolina	44%	2%	6%	2%	69%	42%	13,372	12%	0.65	2.07
South Dakota	48%	1%	2%	1%	70%	0%	6,244	16%	0.65	1.75
Tennessee	41%	1%	3%	3%	58%	49%	14,926	20%	0.69	1.92
Texas	61%	3%	10%	1%	54%	64%	15,880	14%	0.78	1.54
Utah	75%	1%	6%	2%	82%	54%	13,896	13%	0.37	0.99
Vermont	11%	1%	3%	4%	63%	0%	6,578	3%	0.46	0.91
Virginia	26%	3%	6%	1%	81%	49%	14,719	11%	0.51	1.27
Washington	17%	5%	10%	7%	51%	57%	14,551	8%	0.48	1.47
West Virginia	3%	3%	9%	10%	75%	8%	8,298	17%	0.60	1.87
Wisconsin	46%	2%	11%	1%	58%	34%	12,275	12%	0.23	1.03
Wyoming	23%	2%	6%	5%	75%	0%	3,788	38%	0.51	1.39
U.S. Total	29%	3%	8%	3%	58%	49%	12,520	13%	0.57	1.39

TRIP Interstate Report Appendix B - June 2026

State	Lives Saved Annually by Interstates	Hours of Delay Saved Annually By Interstates	Gallons of Fuel Saved Annually By Interstates	Annual Safety Benefits (Millions)	Annual Congestion Benefits (Millions)	Total Interstate Annual Benefits (Millions)
Alabama	135	21,320,151	5,922,264	\$486	\$592	\$1,079
Alaska	1	1,122,651	311,848	\$3	\$31	\$34
Arizona	272	27,981,112	7,772,531	\$949	\$777	\$1,726
Arkansas	108	12,405,504	3,445,973	\$380	\$345	\$725
California	616	179,326,904	49,813,022	\$2,318	\$4,981	\$7,299
Colorado	133	24,256,943	6,738,040	\$539	\$674	\$1,213
Connecticut	80	17,551,938	4,875,538	\$483	\$488	\$970
Delaware	12	2,526,934	701,926	\$50	\$70	\$121
DC	3	1,139,506	316,529	\$23	\$32	\$55
Florida	355	89,116,210	24,754,503	\$1,249	\$2,475	\$3,724
Georgia	270	61,391,682	17,053,245	\$1,187	\$1,705	\$2,893
Hawaii	10	3,059,215	849,782	\$32	\$85	\$117
Idaho	44	5,612,958	1,559,155	\$153	\$156	\$309
Illinois	315	46,704,347	12,973,430	\$1,439	\$1,297	\$2,737
Indiana	127	28,499,815	7,916,615	\$524	\$792	\$1,316
Iowa	85	8,984,880	2,495,800	\$373	\$250	\$623
Kansas	61	7,488,543	2,080,151	\$273	\$208	\$481
Kentucky	215	24,928,789	6,924,664	\$822	\$692	\$1,514
Louisiana	180	27,000,968	7,500,269	\$702	\$750	\$1,452
Maine	33	3,519,152	977,542	\$141	\$98	\$239
Maryland	134	35,187,306	9,774,252	\$567	\$977	\$1,544
Massachusetts	69	29,362,559	8,156,266	\$398	\$816	\$1,214
Michigan	205	29,151,368	8,097,602	\$892	\$810	\$1,701
Minnesota	82	18,767,136	5,213,093	\$338	\$521	\$859
Mississippi	88	10,139,615	2,816,560	\$281	\$282	\$563
Missouri	86	30,032,449	8,342,347	\$318	\$834	\$1,153
Montana	30	1,838,996	509,443	\$106	\$51	\$157
Nebraska	39	5,828,613	1,619,059	\$141	\$162	\$303
Nevada	74	11,852,527	3,292,369	\$284	\$329	\$613
New Hampshire	21	4,062,221	1,128,395	\$102	\$113	\$215
New Jersey	102	30,217,124	8,393,645	\$627	\$839	\$1,467
New Mexico	45	7,104,242	1,973,401	\$150	\$197	\$347
New York	189	34,034,354	9,453,987	\$1,170	\$945	\$2,115
North Carolina	227	45,222,803	12,561,890	\$878	\$1,256	\$2,134
North Dakota	18	1,326,029	368,341	\$66	\$37	\$103
Ohio	263	47,186,263	13,107,293	\$1,079	\$1,311	\$2,390
Oklahoma	128	14,975,183	4,159,775	\$434	\$416	\$850
Oregon	114	14,147,886	3,929,996	\$393	\$393	\$786
Pennsylvania	234	32,055,272	8,904,242	\$823	\$890	\$1,713
Rhode Island	11	3,512,884	975,801	\$87	\$98	\$185
South Carolina	243	25,368,216	7,046,727	\$855	\$705	\$1,560
South Dakota	37	2,333,602	648,223	\$147	\$65	\$211
Tennessee	319	42,854,755	11,904,099	\$1,235	\$1,190	\$2,425
Texas	600	138,826,137	38,562,816	\$2,256	\$3,856	\$6,112
Utah	82	20,524,863	5,701,351	\$345	\$570	\$916
Vermont	8	1,259,220	349,783	\$35	\$35	\$70
Virginia	206	42,698,368	11,860,658	\$766	\$1,186	\$1,952
Washington	172	28,021,608	7,783,780	\$749	\$778	\$1,528
West Virginia	68	4,894,661	1,359,628	\$232	\$136	\$368
Wisconsin	121	20,290,152	5,636,153	\$506	\$564	\$1,070
Wyoming	29	1,390,457	386,238	\$100	\$39	\$138
U.S. Total	6,990	1,328,400,171	369,000,048	\$27,637	\$36,900	\$64,537

"The Interstate Highway System at 70 continues to provide tremendous benefits to Americans, saving lives, time and money," said Dave Kearby, TRIP's executive director. "It is absolutely vital that we preserve these transportation benefits for future generations of Americans, but this will require that the funding needed to rebuild and modernize our Interstate highways is provided."