

# The Daily Commute; How Active Transportation May Help YOU

## Background

Growing evidence is demonstrating the positive impact that active transportation can have on employee wellbeing, specifically citing improved measures of health and happiness. Its value to employers can be noted as well, as employees who engage in active transportation also tend to be more productive and miss fewer days of work due to illness. Not only are these effects beneficial for the workplace, but by incorporating active transportation into YOUR routine you can help yourself to achieve the recommended TOTAL of 150 minutes per week of physical activity as suggested by the Canadian Physical Activity Guidelines as well!

## Research Overview

As part of the national CLASP-funded, Healthy Canada by Design initiative, the Winnipeg Regional Health Authority (WRHA) and the Physical Activity Promotion team, of Population and Public Health, explored behaviours and perceptions relating to employee transportation at 490/496 Hargrave Ave. This was accomplished through surveys and focus groups, addressing many broad categories:

- Barriers and facilitators to active transportation use for work in Winnipeg,
- The relationship between land use, site location and design, and employee active transportation use, and
- The relationship between employees' self-perceived health and active transportation use.

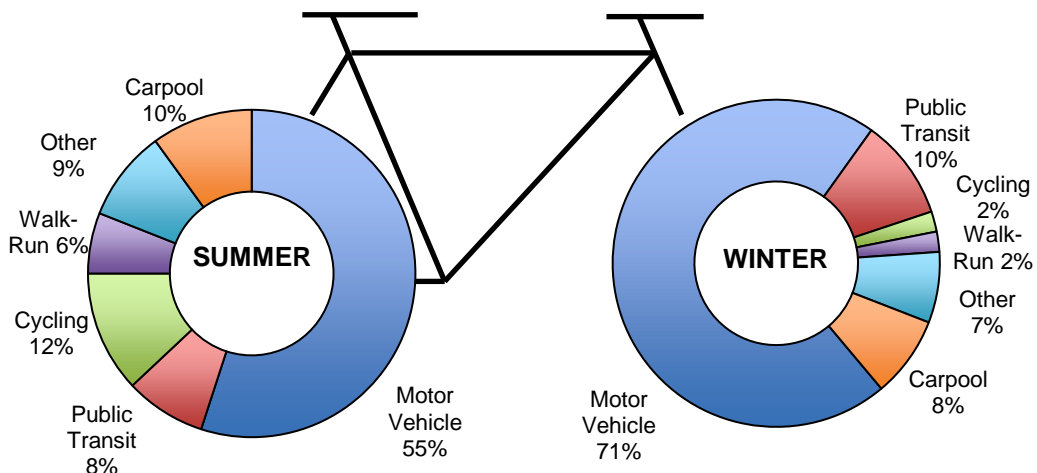
Staff at 490/496 Hargrave Ave. represented ~6% of all survey respondents, with over 100 surveys completed at this site. The main findings based on the information YOU provided is summarized in this report!

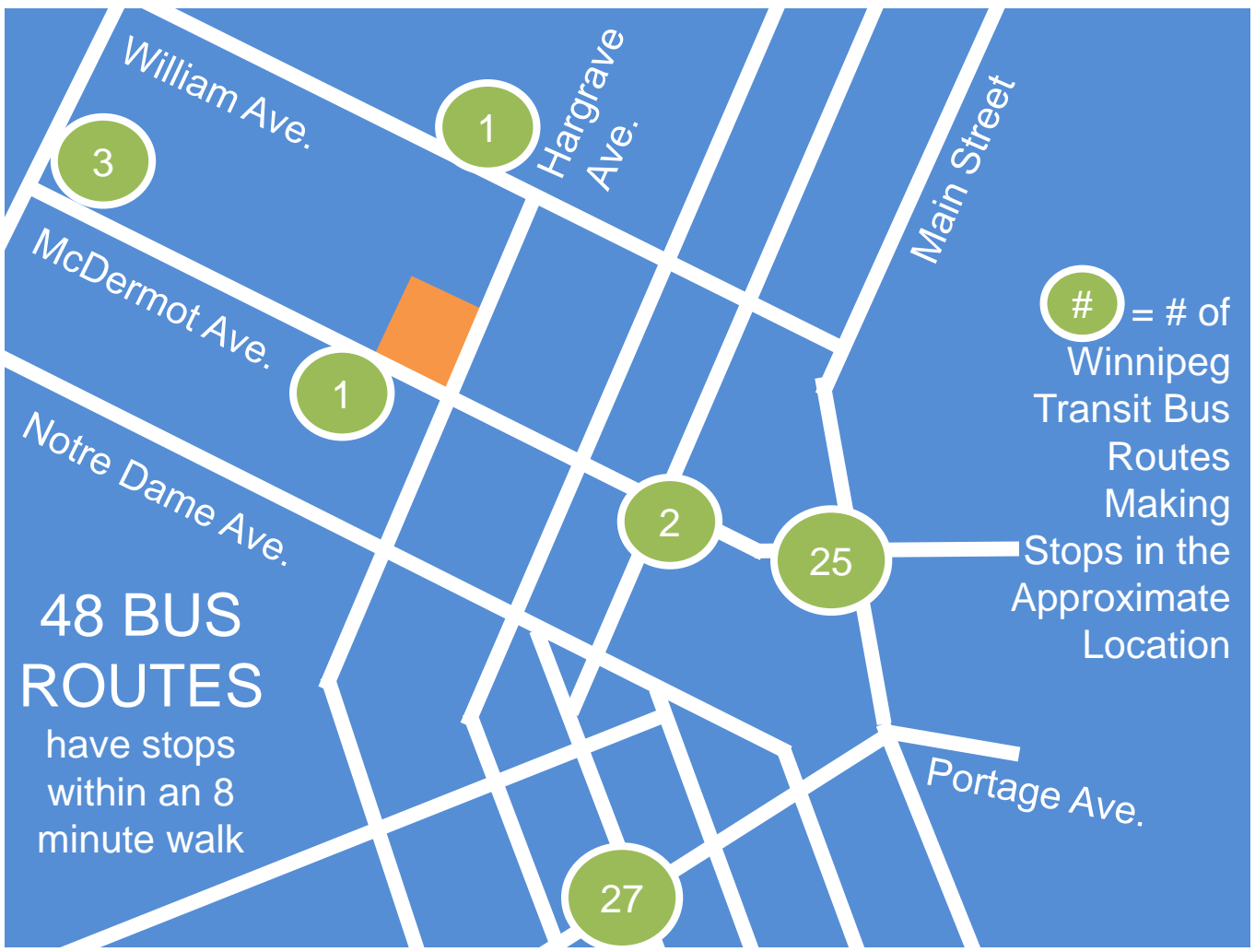
## What IS Active Transportation (AT)?

Quite simply, it is defined by the Public Health Agency of Canada as "...ANY form of HUMAN POWERED transportation", which can include ANY form of self-propelled movement.

These include common things such as WALKING, CYCLING or WHEELING, among many others, as well as combined modes of transportation, such as walking or cycling to a bus stop, then taking PUBLIC TRANSIT!

## Modes of Transportation Most Often Used By 490/496 Hargrave Staff





Average Commute	By ALL Methods	By Motor Vehicle/Carpool	By Public Transit	By Cycling	By Walking/Running
Distance*	14.1 km	17.1 km	12.2 km	7.2 km	4.0 km
Time*	29 min	29 min	32 min	25 min	28 min

\* Distance and time were reported separately.

**26%** of respondents who DRIVE, live within 5 km of 490/496 Hargrave Ave.

**\$88.55**  
MONTHLY  
BUS PASS

**\$82.00** MONTHLY PARKING FEES  
at 490/496 Hargrave Ave.  
**\$135.00** MONTHLY PARKING FEES  
at nearby private lot

## What Did YOU Tell Us?

### Changing SEASONS and WEATHER impact your decisions

In the SUMMER **75%** of you engage in **AT LEAST 10 MINUTES of ACTIVE TRANSPORTATION** per week, but in WINTER that same number drops to **57%** as more people begin to take their own vehicle to and from work at Concordia. The WINTER also sees a small increase in the number of people taking PUBLIC TRANSIT, as the numbers of people WALKING and CYCLING drop.

### AT HELPS YOU get where you need to go OVER THE COURSE OF YOUR DAY

**45%** of respondents use ACTIVE TRANSPORTATION to get to work-related meetings or appointments during their work day.

**55%** of those who use AT during the work day incorporate WALKING/RUNNING. The average travel time is 14 minutes and the average distance is 2 kilometers.

CYCLING was the next most popular mode, used by **21%** of those use AT during the work day. For these trips, the average travel time is 12 minutes and the average distance is 3 kilometers.

### Vehicles sit around all day

Only **41%** of respondents indicated that they REQUIRE a vehicle to carry out their DAILY WORK, meaning that cars are spending almost all of their time PARKED.

### TIME is MONEY, or MONEY is TIME?

AT users identify **COST SAVINGS** as a TOP 3 reason for their current transportation methods, along with **HEALTH/FITNESS** and **CONVENIENCE/COMFORT**. Non AT users rate **TIME SAVINGS** as a major contributor along with the long **TRAVEL DISTANCE** and the **REQUIREMENT** for a work-related vehicle.

### MANY of YOU are already using ACTIVE TRANSPORTATION throughout your typical work week

**32%** of you currently use some form of ACTIVE TRANSPORTATION at least ONCE a week, and **24%** of you use these methods at least FOUR DAYS of the week.

For those who would consider PUBLIC TRANSIT or a CARPOOL, a **workplace car share program** and **short distances to key destinations** were seen as priorities.

These were also important to those would consider CYCLING in addition to **improved active transportation infrastructure**.

“What you may lose in punctuality, you will GAIN in **PRODUCTIVITY.**”

– focus group participant

“We (WRHA) have 28 000 employees ... we could have a significant impact on the culture.”

– focus group participant

# HOW can WE help to make the CHANGE?

Overall 490/496 Hargrave Ave. Staff identified many factors that influence the transportation modes they use for their commute. Broadly, these factors can be grouped into three categories: 1) policies and programs that could be implemented by 490/496 Hargrave Ave. or the WRHA; 2) infrastructure projects that could be undertaken by 490/496 Hargrave Ave. or the WRHA; and 3) policy and infrastructure changes that could be undertaken by the City of Winnipeg. Below are some of the factors that were TOP RATED by respondents interested in changing their travel mode, sorted into their respective categories.

## WRHA and/or 490/496 Hargrave

### Organizational Policy & Programming Opportunities

Potential improvements that could be considered include:

- Workplace car share
- Subsidized bus passes
- Flexible start/finish times

### Site Infrastructure & Building Design Opportunities

Potential improvements that could be considered include:

- Improved bike infrastructure

“Parking downtown is a nightmare all the time, and I am very limited in my visit. (Using active transportation means) not having to worry about my parking spot or my meter running out.” – focus group participant

### Policy & Infrastructure Opportunities

Potential improvements that could be considered include:

- Short Distances to Key Destinations  
Daycare was highlighted as a key destination that influences employees' transportation mode choices.
- Improved Active Transportation Infrastructure  
Maintenance and cleaning of curb lanes and bike lanes was identified as a priority for supporting cycling.

## City of WINNIPEG

The WRHA does not have direct influence on policy and infrastructure changes at a MUNICIPAL LEVEL, but can certainly support policies and investments made in this area.

“Public Health Nurses need their cars to get around the whole city. With homecare, I see more consistent people so it's easier to coordinate riding a bike.” – focus group participant

### AT during the work day!

**45%** of respondents indicated utilizing active transportation to travel for work-related purposes. This includes traveling to meetings or between work sites. **WALKING and PUBLIC TRANSIT** are the most common modes used for these trips.

70% of respondents would **CONSIDER USING** or are **ALREADY USING** some form of **ACTIVE TRANSPORTATION** for commuting.

For more information, please contact [hbe@wrha.mb.ca](mailto:hbe@wrha.mb.ca)