

WRHA Employees and Active Transportation:

SURVEY RESULTS



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



ACTIVE TRANSPORTATION

refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. Because public transit trips usually include some walking or cycling, public transit is also included as a mode of active transportation in this report.

As part of the national CLASP Healthy Canada by Design initiative, the Population and Public Health Program conducted a survey in 2014-2015 to better understand employee active transportation behaviours and related perceptions regarding:

- Active transportation use in the summer and winter months for travel to or from work and during work hours
- Barriers and facilitators to using active transportation
- Factors (policies, programs and infrastructure improvements) that would influence future active transportation use



Active transportation builds physical activity into the day and contributes to the recommended **150 minutes of physical activity per week**.



Detailed reports are available on WRHA's Insite

HIGHLIGHTS



Many employees currently use active transportation modes like walking, cycling, and transit for getting to and from work.



Many employees live within walking or biking distance of their work site but don't use active transportation modes for a variety of reasons.



Staff identified a number of key infrastructure and policy changes that would support them to use active transportation for commuting and work-related travel.

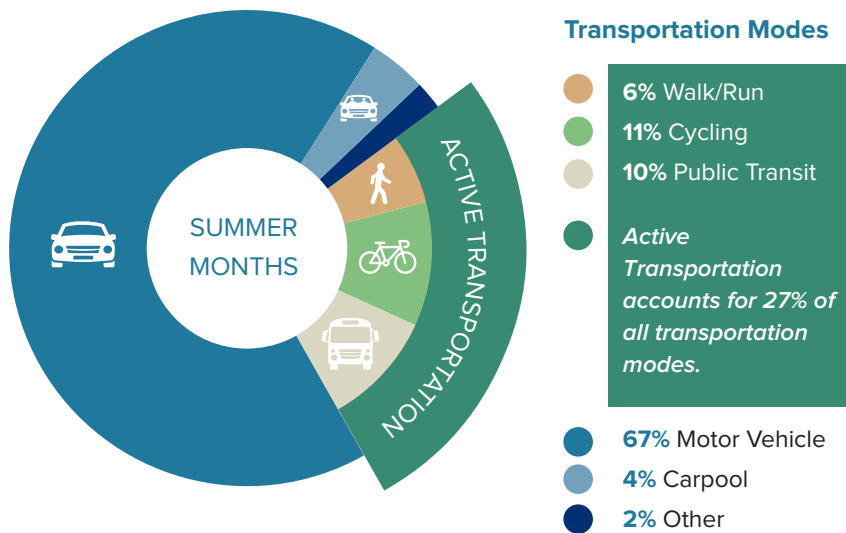
RESULTS

ACTIVE TRANSPORTATION DOES NOT SIGNIFICANTLY INCREASE COMMUTE TIMES

The time it takes for staff to get to and from work is fairly similar, no matter what mode people use. Not surprisingly, public transit and motor vehicles are typically used to cover longer distances than walking and cycling. For shorter distances, active transportation can be a viable option; for example a five km trip may take 15 minutes by car but only 20 minutes by bicycle.

MOST COMMON ACTIVE TRANSPORTATION MODES

Twenty-seven percent of employees use active transportation to get to and from work in summer months and of those, 72% do so four or more days per week.



USING ACTIVE TRANSPORTATION FOR BUSINESS PURPOSES



of respondents from Community Health Services at 490/496 Hargrave Avenue use active transportation for business meetings or appointments.



of all respondents use active transportation for business.

AVERAGE ONE-WAY COMMUTE TIME FOR PUBLIC TRANSIT



Public Transit

Public Transit commute times include an average walk of nine minutes.



These minutes contribute towards the 150 minutes of weekly physical activity recommended for adults. By completing five round trips of this length each week, a commuter gets almost 100 minutes of weekly physical activity on the way to and from work.

AVERAGE ONE-WAY COMMUTE DISTANCE FOR PUBLIC TRANSIT IS 12.3 KM

AVERAGE ONE-WAY COMMUTE TIME FOR CYCLING



Cycling

Cycling commute times are an average of twenty-three minutes.



These minutes contribute towards the 150 minutes of weekly physical activity recommended for adults. By completing four cycling round trips of this length each week, a commuter meets the weekly physical activity guideline on the way to and from work.

AVERAGE ONE-WAY COMMUTE DISTANCE FOR CYCLING IS 6.8 KM

TOP 3 REASONS FOR USING ACTIVE TRANSPORTATION



MONEY

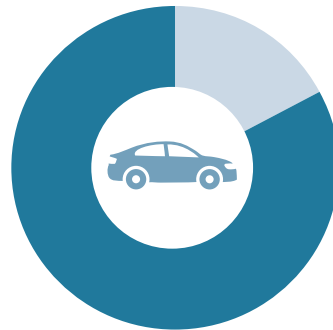


HEALTH



CONVENIENCE

MOST EMPLOYEES DON'T NEED A VEHICLE FOR THEIR WORK



83%

don't need access to a vehicle every day to do their job.

DISTANCE TO WORK AND MODE CHOICE

Over **25%** of respondents work within walking or biking distance:



8%

live within **walking distance** of their work site (25 min walk/ up to 2 km)



19%

live within **biking distance** of their work site (20 min bike/ 2 to 5 km)

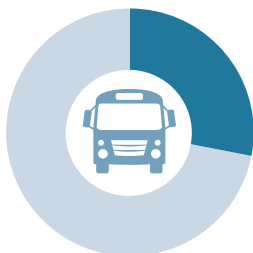
Staff that drive or carpool typically travel longer distances to work - about 15km on average.



17%

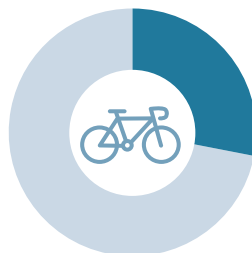
of respondents who **drive** live within walking or biking distance of their work site.

MAJORITY OF STAFF WOULD CONSIDER ACTIVE TRANSPORTATION OVER USING A VEHICLE



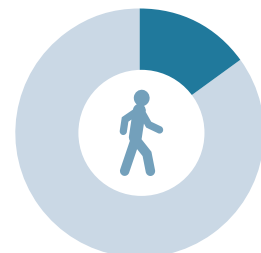
31%

would consider public transit



31%

would consider cycling



15%

would consider walking

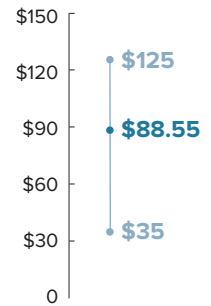
POLICY AND INFRASTRUCTURE RECOMMENDATIONS

Policies and infrastructure can help to encourage active transportation use among staff.

Flexibility was identified as a key factor for staff interested in using active transportation occasionally. At many sites, the cost of parking is less than the cost of a monthly bus pass. At other sites, concern over giving up a parking spot seasonally means that employees see active transportation as a costly alternative. Paying for a parking spot was often expressed as the reason why employees consistently drove to work.

Cost comparison of monthly parking versus a monthly bus pass

- \$35.00 to \$125.00 monthly parking
- \$88.55 monthly bus pass



Strategies supporting workplace active transportation can be grouped into three categories. The following opportunities were most highly rated by staff as having potential to influence employee use of active transportation:



- 1** WRHA policy and programming opportunities
 - Subsidized bus passes
 - Flexible start/finish times
 - Flexible parking options and/or transportation allowances
 - Emergency ride home program



- 2** Building infrastructure and design opportunities
 - Secure bike parking
 - Conveniently located on-site showers and lockers

- 3** Policy and infrastructure changes through the City of Winnipeg

The WRHA does not have direct control over policy and infrastructure changes at a municipal level, but can influence and/or support the policies and investments made.

- Improved public transit availability and accessibility
- Improved active transportation infrastructure
- Short distances to key destinations (e.g. services like daycares, retail options like grocery stores, entertainment) as new development or redevelopment takes place



For more information on policies and programs that employers can implement, see [Transportation Demand Management for Employers](#)

TO LEARN MORE ABOUT THE BENEFITS OF ACTIVE TRANSPORTATION, GO TO:

[WRHA Population & Public Health program's Healthy Built Environment home page](#)

[Green Action Centre's Active & Green Commuting page](#)

For more information please contact
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