

# 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. It's 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 the Concordia Hospital. 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.

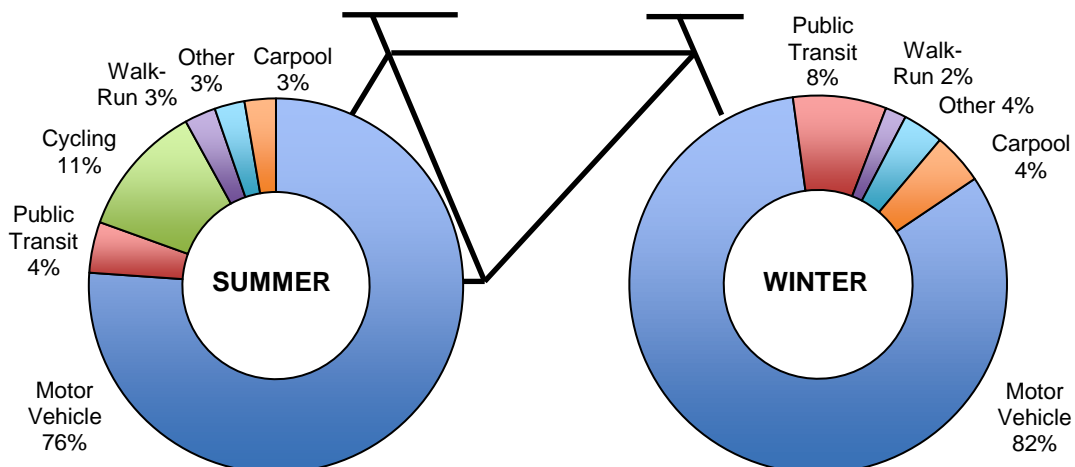
Staff at Concordia Hospital represented ~7% of all survey respondents, with over 110 surveys completed at this site. The main findings based on the information YOU provided is summarized in this report!

## What IS Active Transportation (AT)?

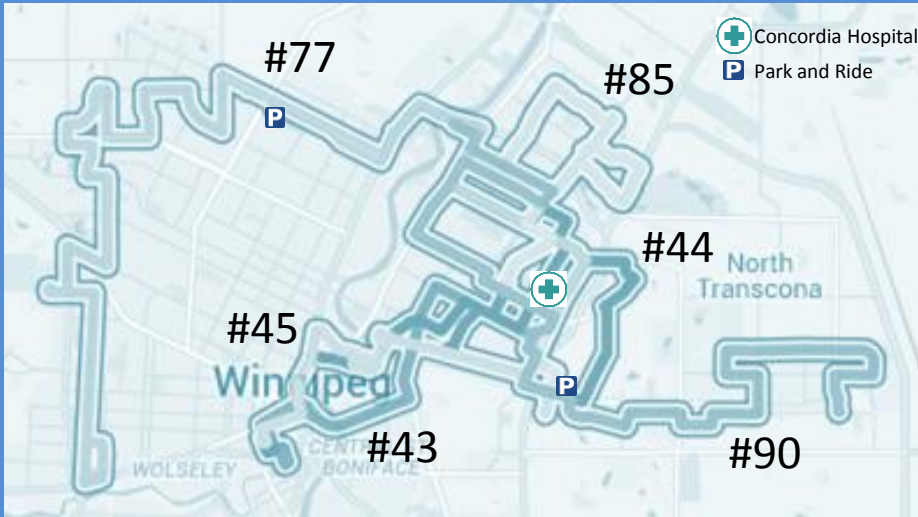
Quite simply, it is defined by the Public Health Agency of Canada as "...ANY form of HUMAN POWERED transportation", which can include ANY form of self-propelled movement.

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 Concordia Staff



## Bus Routes within a 10 minute walk of Concordia Hospital



22% of respondents live WITHIN 5 km of Concordia Hospital (~20 min. bike ride)

14% of respondents who DRIVE, live within 5 km of Concordia Hospital\*

## What is IMPORTANT to YOU in choosing a METHOD of transport?

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### Non-AT Users

- Short Distances to Destinations – 58%
- Better Bike Infrastructure – 52%
- Flexible Work Start/Finish Times – 48%
- Parking Cash-Out Program – 46%

### AT Users

- Subsidized Bus Pass – 55%
- Better Biking Infrastructure – 52%
- Secure Bike Parking – 52%
- Short Distances to Destinations – 52%

\* There are a variety of important reasons for this. However, these are the respondents who are more likely to be accommodated by well-planned active modes that take their needs into account.

Average Commute	By ALL Methods	By Motor Vehicle/ Carpool	By Public Transit	By Cycling	By Walking/ Running
Distance*	13.6 km	15.0 km	12.1 km	6.7 km	1.0 km
Time*	23 min	22 min	45 min	21 min	13 min

\* Distance and time were reported separately.

**\$88.55**  
**MONTHLY**  
**BUS PASS**

**\$35.00 MONTHLY**  
**PARKING AT CONCORDIA**

## What Did YOU Tell Us?

### Changing SEASONS and WEATHER impact your decisions

In the SUMMER **63%** of you engage in **AT LEAST** 10 MINUTES of ACTIVE TRANSPORTATION per month, but in WINTER that same number drops to **36%** as more people begin to take their own vehicle to and from work at Concordia. The WINTER also sees an increase in the number of people taking PUBLIC TRANSIT, as the percentage of people CYCLING drops from 11% to 0%.

### AT helps you to FEEL HEALTHIER

**66%** of respondents who use ACTIVE TRANSPORTATION self-rate their health as EXCELLENT or VERY GOOD, compared to 58% of respondents who DON'T use AT modes regularly.

### You utilize a VARIETY of TRANSPORTATION methods

At one point or another over the past year, **85%** of respondents indicated they have driven a MOTOR VEHICLE to work, **19%** indicate they have taken a form of PUBLIC TRANSIT, **14%** have used a CARPOOL, **20%** have WALKED, and **21%** have CYCLED.

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

While **Non-AT Users** note TIME SAVINGS, CONVENIENCE, and LONG TRAVEL DISTANCE as their Top 3 reasons for driving to work, **AT Users** list HEALTH, COST SAVINGS, and **FUN** as the main reasons they use active transportation!

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

**29%** of you currently use some form of ACTIVE TRANSPORTATION at least ONCE a week, and **67%** of those using AT to get to work do so at least FOUR DAYS of the week.

### You have THOUGHT about using ACTIVE TRANSPORTATION

**53%** of respondents NOT utilizing active transportation would consider using a CARPOOL, with **34%** saying the same for PUBLIC TRANSIT, **18%** for WALKING, and **31%** for CYCLING.

### FLEXIBILITY is key

**42%** of respondents said that they SOMETIMES need a motor vehicle for work. CARPOOLING and PUBLIC TRANSIT were the most appealing alternate modes to these respondents.

### There are A LOT of vehicles sitting around all day

Only **13%** of respondents indicated that they REQUIRE a vehicle to carry out their DAILY WORK, meaning that for most of you DRIVING to work, your car is spending almost all of it's time PARKED

“When I'm not on pick up or drop off duty for the kids, I bike.” – survey respondent

“When I lived closer, I preferred walking or skateboarding as it's great exercise and it's free!”

– survey respondent

# So HOW could WE be persuaded to adopt AT use to/from work?

Overall Concordia Hospital 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 Concordia Hospital or the WRHA; 2) infrastructure projects that could be undertaken by Concordia Hospital 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.

Below are some of the TOP RATED factors YOU identified that could influence use of AT to/from work.

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## WRHA and/or Concordia

### Organizational Policy & Programming Opportunities

Potential improvements that could be considered include:

- Subsidized bus pass
- Flexible work start/finish times
- Parking spot cash-out programs
- Flexible carpooling program
- Emergency ride home program

### Site Infrastructure & Building Design Opportunities

Potential improvements that could be considered include:

- Improved bike infrastructure

For more information on policies and programs that employers can implement see

[TDM Strategies for Employers.](#)

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“Right now it doesn’t make financial sense to drive part-way and then switch to a bus.” – survey respondent

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### Policy & Infrastructure Opportunities

Potential improvements that could be considered include:

- Improved Bike Infrastructure, Active Transportation Pathways, and Traffic-Calming Measures
- Improved Public Transit (Rapid Transit and Overall Transit Availability and Accessibility)
- Short Distances to Key Destinations

Specific examples of the above include:

- Improved bike lane connectivity
- Add physical barriers between bike lanes and motor vehicles
- Proper snow clearing of sidewalks, paths and AT corridors
- More inclusive public transit routes, stops and fares, including the expansion of rapid transit and integrated AT options

## 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.

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“Cycle lanes are always designed for recreational users, not commuters. This results in less efficient and desirable routes.” – survey respondent

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