

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 Health Sciences Centre (HSC) campus (includes respondents from Health Sciences Centre, Children's Hospital & 771 Bannatyne Ave.). This was accomplished through surveys and focus groups, addressing many broad categories:

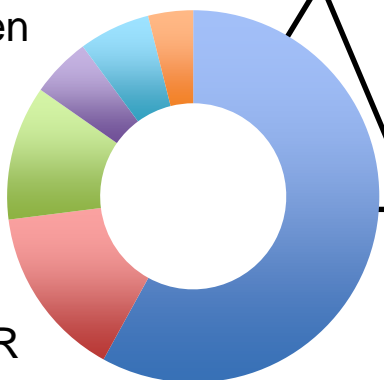
- Barriers and facilitators to active transportation use for work in Winnipeg,
- The relationship between land use, site location and design, and employee active transportation use, and
- The relationship between employees' self-perceived health and active transportation use.

Staff at the HSC campus represented ~38% of all survey respondents with over 600 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!

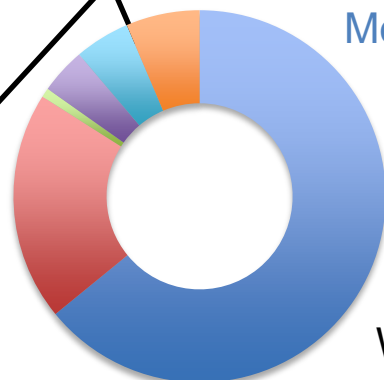
Modes of Transportation Most Often Used By HSC Staff

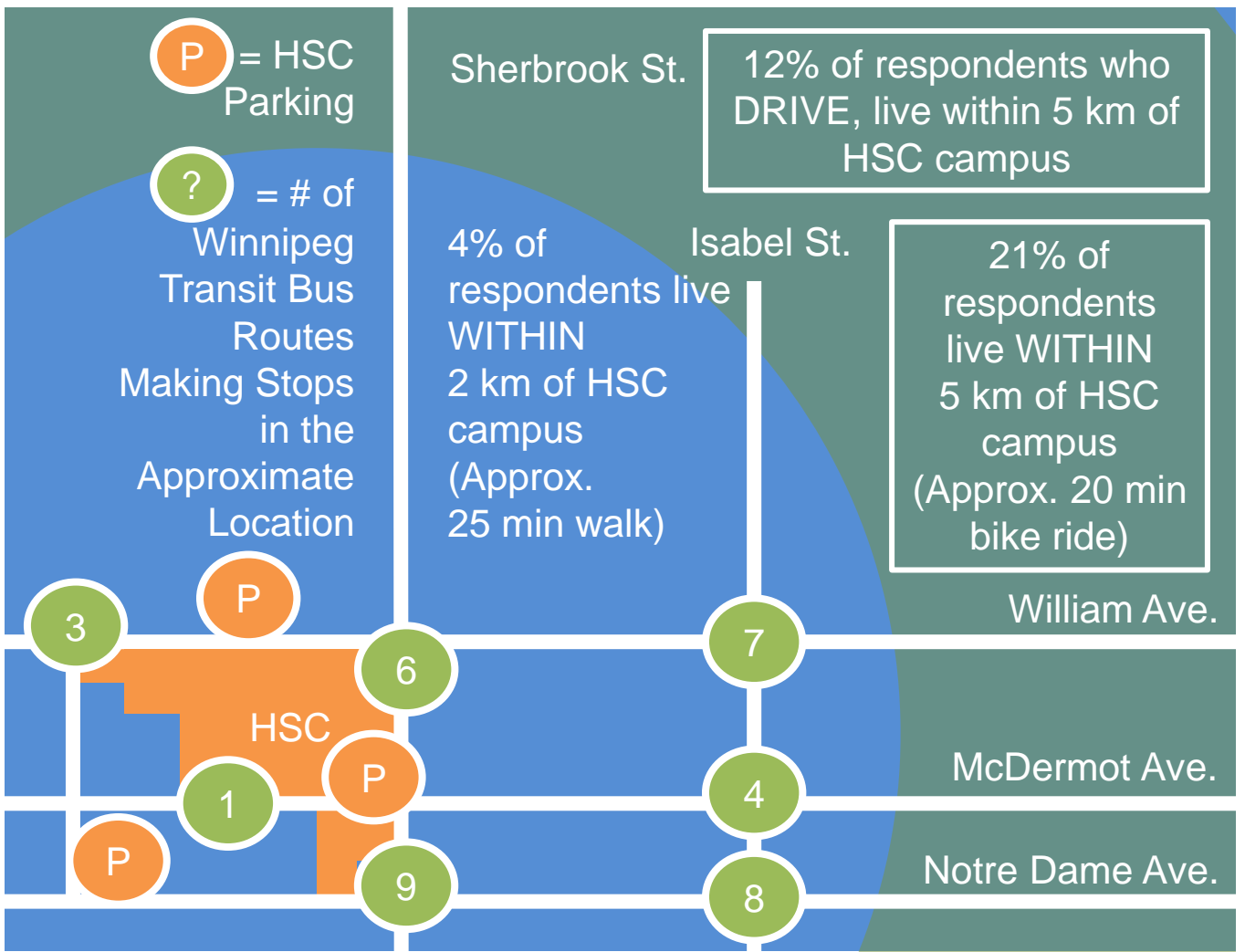
SUMMER



Walking/Running
Public Transit
Motor Vehicle
Carpool
Cycling
Other

WINTER





Average Commute	By ALL Methods	By Motor Vehicle/Carpool	By Public Transit	By Cycling	By Walking/Running
Distance*	10 km	15.9 km	12.1 km	7.5 km	3.1 km
Time*	25 min	28 min	33 min	26 min	25 min

* Distance and time were reported separately.

\$88.55
MONTHLY
BUS PASS

\$90.60 AVERAGE
MONTHLY PARKING
FEES AT HSC

What Did YOU Tell Us?

Changing SEASONS and WEATHER impact your decisions

In the SUMMER **76%** of you engage in **AT LEAST 10 MINUTES of ACTIVE TRANSPORTATION** per week, but in WINTER that same number drops to **55%** as more people begin to drive to and from work at HSC. The WINTER also sees an increase in the number of people CARPOOLING and taking PUBLIC TRANSIT, as the numbers of people WALKING and CYCLING drop.

AT helps you to get MORE PHYSICALLY ACTIVE over the course of your day

65% of respondents who use ACTIVE TRANSPORTATION get AT LEAST 30 minutes of PHYSICAL ACTIVITY per day, compared to 60% of respondents who DON'T use AT modes

You utilize a VARIETY of TRANSPORTATION methods

At one point or another over the past year, **80%** of respondents indicated they have driven/or been dropped off by a MOTOR VEHICLE, **42%** have taken PUBLIC TRANSIT, **29%** have CARPOOLED, **27%** have WALKED, and **20%** have CYCLED.

TIME is MONEY, or MONEY is TIME?

Though BOTH Active Transport users and Non-Active Transport Users rate comfort and convenience as a TOP 3 reason for their current transportation methods, AT users rate COST SAVINGS as a major contributor at 47% and 55% depending on the season, while NON-AT users rate TIME SAVINGS at 58% and 49% depending on the season.

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

43% of you currently use some form of ACTIVE TRANSPORTATION at least ONCE a week, and **31%** of you use these methods at least FOUR DAYS of the week

You have THOUGHT about using ACTIVE TRANSPORTATION

69% of respondents either ARE ALREADY using or MAY CONSIDER using a CARPOOL, with **68%** saying the same for PUBLIC TRANSIT, **31%** for WALKING, and **50%** for CYCLING

AT makes you feel HEALTHY

24% of respondents engaging in ACTIVE TRANSPORTATION rated their self-perceived health as EXCELLENT as compared to **15%** of those not utilizing Active Transportation.

There are A LOT of vehicles sitting around all day

Only 10% 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 its time PARKED

“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

So HOW can WE help to make the CHANGE?

Overall Health Sciences Centre 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 Health Sciences Centre or the WRHA; 2) infrastructure projects that could be undertaken by Health Sciences Centre 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
HSC

Organizational Policy & Programming Opportunities

Potential improvements that could be considered include

- Subsidized Bus Passes
- Flexible Start/Finish Times
- Parking Spot Cash-Out Programs
- Emergency Ride Home Program

Site Infrastructure & Building Design Opportunities

Potential improvements that could be considered include:

- Secure Bike Parking
- Bike Infrastructure and Bike Lane Improvements
- On-site Showers and Lockers

“The (bike) racks aren’t even secured to the ground ... and are not designed to allow for a front wheel and frame lock” – focus group participant

Policy & Infrastructure Opportunities

Potential improvements that could be considered include:

- Improved Public Transit availability and accessibility
- Improved Active Transportation Infrastructure
- Short Distances to Key Destinations

Specific examples of the above include:

Some more specific examples of the above include;

- Improved traffic calming measures and community design
- Lighting of sidewalks, paths and active transportation 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.

“The GOAL of a transit system should be to SERVE the public and relieve pressure on infrastructure, NOT to make MONEY”

– focus group participant

Try **ADDING** some minutes of **AT** to **YOUR** commute!

Only **7%** of respondents indicated utilizing a combination of transportation methods. Try parking a few blocks away and take a quick stroll, or pick **ONE** day of the week to **BUS!**

78% 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