

The Daily Commute

How Active Transportation May Help YOU

Growing evidence is demonstrating the positive impact that active transportation (AT) can have on employee wellbeing, in particular improved measures of health and happiness. Employees who engage in AT 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!

As part of the WRHA's participation in the national CLASP Healthy Canada by Design initiative, the Population and Public Health Program developed a survey to better understand employee active transportation (AT) behaviours and perceptions within the organization (including Riverview Health Centre).

More specifically the survey explored:

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

Within the WRHA, 1665 employees completed the survey, including 105 at Riverview Health Centre (RHC). A focus group was also conducted at RHC to explore some of the themes identified in the survey.

This report summarizes the main findings based on the information YOU helped to provide! These results are being shared with staff and leadership within the WRHA for future consideration.

What IS Active Transportation (AT)?

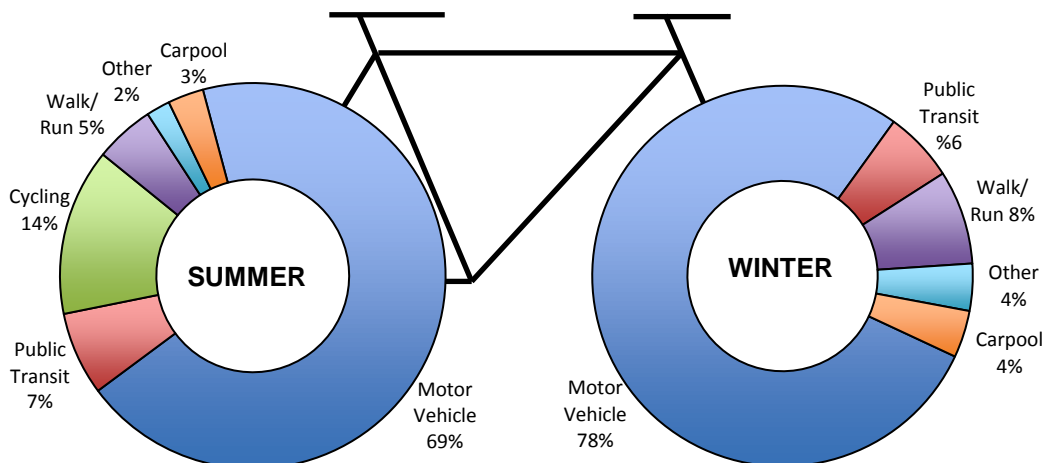
Quite simply, it is defined by the Public Health Agency of Canada as "...ANY form of HUMAN POWERED transportation". It includes any kind of self-propelled movement such as WALKING, CYCLING or WHEELING, as well as combined modes of transportation, like walking or cycling to a bus stop, then taking PUBLIC TRANSIT!

For more information on the benefits of AT:

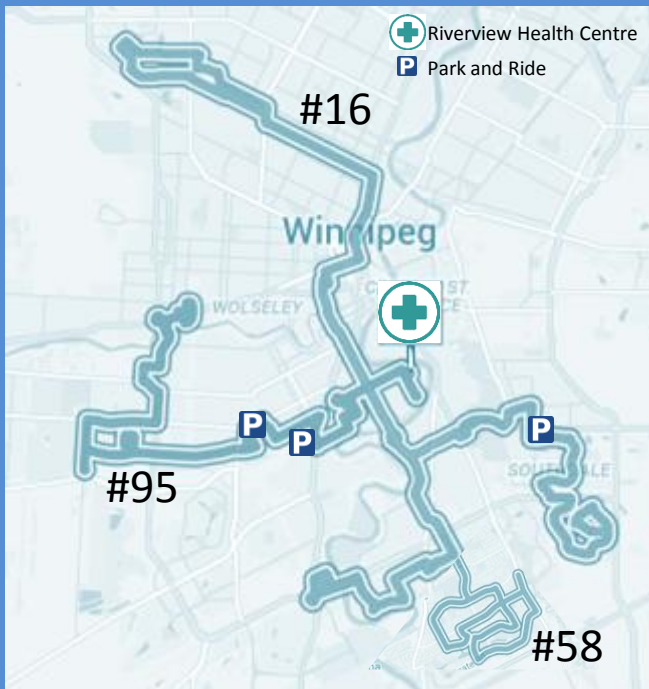
<http://wrha.mb.ca/community/publichealth/HealthyBuiltEnvironments.php>

<http://greenactioncentre.ca/live/commuting-3/>

Modes of Transportation Most Often Used By RHC Staff



Bus routes within a 15 minute walk of Riverview Health Centre



Transit Transfers a Hassle?

Consider combining an alternative public transit route (#16, #58) with a 14 min walk to RHC from Osborne St.

29% of respondents live WITHIN 5 km of RHC campus (~20 min bike ride)

18% of respondents who DRIVE, live within 5 km of RHC (~20 min bike ride)

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

Non-AT Users

- Short Distances to Destinations – 73.0%
- Parking Cash-Out Program – 67.5%
- Secure Bike Parking – 59.4%
- Better Biking Infrastructure – 54.0%

AT Users

- Short Distances to Destinations – 63.2%
- Better Biking Infrastructure – 60.3%
- Transit Availability – 52.9%
- AT separate from street – 52.9%

Average Commute	By ALL Methods	By Motor Vehicle/ Carpool	By Public Transit	By Cycling	By Walking/ Running
Distance*	10.6 km	12.3 km	9.9 km	5.8 km	1.1 km
Time*	24 min	20 min	42 min	20 min	12 min

* Distance and time were reported separately.

\$88.55
MONTHLY
BUS PASS

\$35.00 MONTHLY
PARKING AT RHC

What Did YOU Tell Us?

Changing SEASONS and WEATHER impact your decisions

In the SUMMER **80%** of you engage in **AT LEAST 10 MINUTES** of ACTIVE TRANSPORTATION per week, but in WINTER that same number drops to **51%** as more people begin to take their own vehicle to and from work at RHC. The WINTER sees the number of people DRIVING and WALKING INCREASE due the cyclists choosing alternative modes of transportation.

What are you waiting for?!

Carpooling is an excellent option for those living further distances from work and is a transportation method that 54% of respondents would consider adopting!

TIME is MONEY, or MONEY is TIME?

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

MANY of YOU are already using AT modes in your typical work week

35% of you currently *use some form of AT* at least ONCE a week, and **27%** of you use these methods at least FOUR DAYS of the week.

You utilize a VARIETY of transportation MODES!

At one point or another over the past year, **85%** of respondents indicated they have driven a MOTOR VEHICLE to work, **22%** indicate they have taken a form of PUBLIC TRANSIT, **12%** have used a CARPOOL, **31%** have WALKED/RAN, and **21%** have CYCLED.

You have THOUGHT about using ACTIVE TRANSPORTATION

54% of respondents NOT utilizing active transportation would consider using a CARPOOL, with **35%** saying the same for PUBLIC TRANSIT, **18%** for WALKING, and **38%** for CYCLING.

AT is MAKING a DIFFERENCE

22% of respondents engaging in ACTIVE TRANSPORTATION felt that they were making a difference to society almost every day compared to **18%** of non-active transportation users.

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 it's 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 could WE be persuaded to adopt AT use to/from work?

Overall YOU identified many factors that influence the type of transportation modes you use for their commute to or from work. Broadly, these factors can be grouped into three categories: 1) policies and programs that can be implemented by RHC and/or the WRHA; 2) infrastructure projects that are the responsibility of RHC and/or the WRHA; and 3) policy and infrastructure changes that are the City of Winnipeg's responsibility.

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

WRHA
and/or
RHC

Organizational Policy & Programming Opportunities

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

Site Infrastructure & Building Design Opportunities

- Secure bike parking
- Short distances to destinations
- Conveniently located on-site showers and lockers

For more information on policies and programs that employers can implement see [TDM Strategies for Employers](#)

“The bike racks are located in dark corners while the parking lot has lights and cameras” – focus group participant

Policy & Infrastructure Opportunities

Some potential improvements that could be considered include;

- Improved public transit availability and accessibility**
- Improved active transportation infrastructure
- Short distances to key destinations

** Major barrier noted by over half of respondents

Some more 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 the policies and investments they make.

“Busing to work is often slower than biking ... and the buses are so overcrowded I've been left standing in the cold as they pass by.”

– focus group participant

For more information, please contact hbe@wrha.mb.ca