

Active Transportation;

Findings of a WRHA Survey Conducted in 2014/15

Background

Evidence demonstrates the positive impact of active transportation on employee wellbeing and its value to employers. Incorporating active transportation helps individuals achieve the recommended 150 minutes per week of physical activity (Canadian Society for Exercise Physiology, 2014). There is a large body of evidence indicating that people who are engaged in active transportation to work are healthier, happier, have better workplace attendance records and increased productivity (Wen, Kite & Rissel, 2010; Kitchen, Williams & Chowhan, 2011; Bopp, Kaczynski & Campbell, 2013; Brown et al., 2013). Please see Appendix A, "Active Transportation and Employee Productivity."

Research Overview

The Physical Activity Promotion team, of Population and Public Health, with the Winnipeg Regional Health Authority (WRHA), explored employee active transportation behaviours and perceptions within the organization. This work was part of the Physical Activity Promotion team participation in the national CLASP-funded Healthy Canada by Design initiative.

A survey was developed to explore:

- 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.

In follow-up to the surveys, focus groups were conducted at work sites with more than 100 survey responses to further explore some of the issues explored in the survey. Within the WRHA, 1630 employees completed the survey, including 97 at Victoria General Hospital.

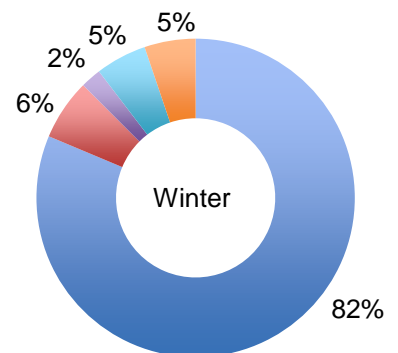
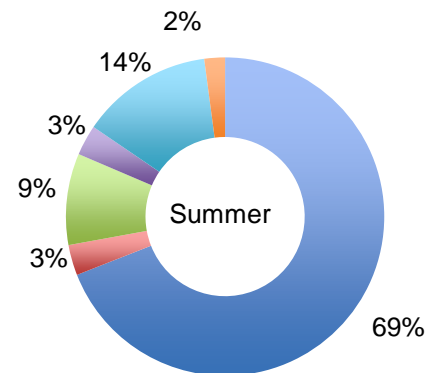
Findings

A summary of the results are presented here, along with recommendation for future enhancements of transportation demand management strategies at Victoria General Hospital.

Definition of Active Transportation

The Public Health Agency of Canada defines active transportation as "...any form of human powered transportation". It includes any kind of self-propelled movement, such as walking, cycling, inline skating, rollerblading, or wheeling, that is used to get individuals from place to place (e.g. from/to home, work, school, library, shopping, worship, etc.). Active transportation can be combined with other modes of transportation, such as walking or cycling with public transit.

Most Often Used Mode of Transportation



Motor Vehicle Public Transit
Cycling Walking/Running
Other/Combination Carpool

Supporting Active Transportation in the Workplace

Transportation Demand Management (TDM) strategies can influence employee transportation choices. TDM is the use of policies and programs to influence whether, why, when, where and how people travel. A list of policies and programs that employers can implement are found in Appendix B, "TDM Strategies for Employers".

9% of respondents live WITHIN 2 KM of VGH (~25 min walk)

30% of respondents live WITHIN 5 KM of VGH (~20 min bike)

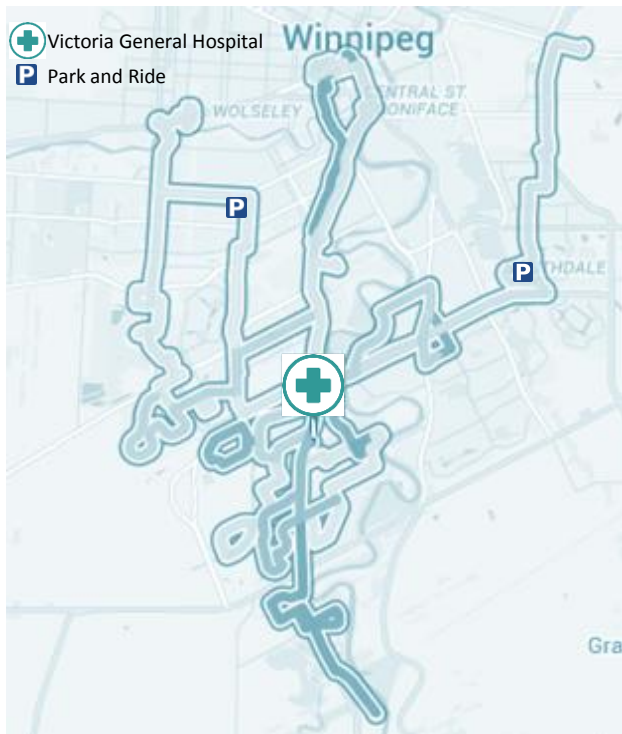
24% of respondents who DRIVE, LIVE WITHIN 5 km of VGH

Average Commute	By ALL Methods	By Motor Vehicle/ Carpool	By Public Transit	By Cycling	Combination/ Other*
Distance**	11.1 km	12.4 km	9.3 km	3.6 km	11.3 km
Time**	20 min	17 min	28 min	17 min	30 min

*Majority = Combination of public transit + walking

**Distance and time were reported separately.

Bus routes within a 15 minute walk of Victoria General Hospital



68% of respondents utilize AT weekly through the summer.

Consider a Combo!

11 bus routes service the nearby area making a COMBINATION of PUBLIC TRANSIT and WALKING ideal at VGH!

Carpooling

An excellent option for those living further distances from work and is a transportation method that 67% of respondents would consider adopting!

HOW can WE help to make the CHANGE?

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

WRHA
and/or
VGH

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
- Conveniently Located On-site Showers and Lockers

“I would love to see ... more efficient public transportation - especially in up and coming neighbourhoods that do not even have bus service”

– focus group participant

Policy & Infrastructure Opportunities

Potential improvements that could be considered include:

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

**Key item noted by 77% of AT users, 50% of non-AT users

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.

Why are flexible schedules important?

“I would use the bus if the bus schedule matched my work schedule better. Taking a bus to work will either get me to work 30 minutes early or 10 minutes late.” – focus group participant

ADDING some minutes of AT to a daily commute!

Only 10% of respondents indicated utilizing a combination of transportation methods. Parking a few blocks away and walking, or picking ONE day of the week to BUS are options staff could incorporate in the short term until larger changes are made.

86% 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

Observations

Question-by-question Analysis & Commentary

Q1. How often do you travel AT LEAST 10 minutes to ANY destination using active transportation?

May to September; WEEKLY or More Often – 69.1% Less Often than Weekly – 30.9%
 December to March; WEEKLY or More Often – 42.2% Less Often than Weekly – 49%

Q2. Which modes of transportation have you used in the previous year to commute to/from work?

Motor Vehicle – 82.5% Public Transit – 32% Walking/Running – 32% Carpool – 23.7%
 Cycling – 23.7% Combination Methods (ex. Walk then Bus) – 10.3% Telecommute – 3.1%
 Inline Skating/Skateboarding/Wheeling – 0% Other – 1%

Q3. Which mode of transportation did you use MOST OFTEN to get to/from work? See graphs Pg#1

Q4. Thinking of your commute to work in a TYPICAL WEEK;

Do you use ANY form of ACTIVE TRANSPORTATION? 22.7% - YES

Which Modes of AT do you use MOST OFTEN?* Public Transit – 59.1% Walk/Run – 45.5% Cycle – 27.3%

*Combination AT recorded as two separate forms of AT

Of those using active transportation weekly, 59% use active transportation 4+ DAYS PER WEEK!

Q5. Do you require a motor vehicle for work related purposes? YES – 13.4% SOMETIMES – 45.4%

Q6. WHY do you use your CURRENT method of TRANSPORTATION? TOP 3 reported

AT Users Cost Savings – 45.5% Health/Fitness – 36.4% Environment – 36.4%
 Non-AT Users Time Savings – 50.7% Convenience/Comfort – 44% Long Distance to Work 28%

Q7. Would you CONSIDER trying to commute to/from work using the following;

Carpooling; Yes/Maybe – 67.0% Public Transit; Yes/Maybe – 43.3%
 Cycling; Yes/Maybe – 54.7% Walking; Yes/Maybe – 26.8%

Q8. For each FACTOR, rate how IMPORTANT it is in AFFECTING the mode of TRANSPORTATION you use to get to/from work on a typical day. TOP 7 (ranked 4 or 5/critical) reported here.

AT Users;

Short Distance – 81.8%

Better Biking Infrastructure – 77.3%

Flexible Work Start/Finish Times – 68.1%

Parking Spot Cash out Program – 63.7%

Path Separate from Street – 63.7%

Subsidized Buss Pass – 63.6%

Lockers/Showers Onsite – 63.6%

Non-AT Users;

Short Distance – 60.0%

Parking Spot Cash out Program – 50.7%

Better Biking Infrastructure – 49.3%

Flexible Work Start/Finish Times – 42.7%

Path Separate from Street – 40.0%

Transit Availability – 38.7%

Emergency Ride Home Program – 38.6%

Q9. What factors DO NOT INFLUENCE your METHOD of transportation?

Minimal staff support for the following:

- Onsite workshops and AT presentations in the workplace
- Assistance or incentives for carpooling

Q10. How will this affect your HEALTH?

- 77.3% of AT users state that their self-perceived health is “Very Good” or “Excellent” compared to only 56% of non- AT users.
- AT users ranked significantly higher in terms of daily Happiness, Interest in their work, Satisfaction with job, and Holding strong, positive relationships.