

# Active Transportation;

## Findings of a WRHA Survey Conducted in 2014/15

### Research Overview

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.

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, 1662 employees completed the survey, a table summarizing the participants by work site is included below. 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 themes identified in the survey.

### Definition of Active Transportation

The Public Health Agency of Canada defines active transportation (AT) 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 public transit. *Using public transit is a form of AT.*

Work site	# of respondents	Work site	# of respondents
<b>Hospitals</b>		<b>Access Centres</b>	
Health Sciences Centre	484	Downtown East/West (640 Main)	25
Children's Hospital	102	Seven Oaks (1050 Leila)	21
771 Bannatyne	20	Fort Garry (2735 Pembina)	16
Concordia Hospital	113	Point Douglas (601 Aikins)	16
Deer Lodge (2109 Portage)	8	River Heights (677 Stafford)	6
Grace Hospital	179	Inkster (785 Keewatin)	3
280 Booth (Access Winnipeg West)	54	St. Vital (845 Dakota)	6
Misericordia Health Centre	58	Transcona (845 Regent)	20
Riverview Health Centre	105	River East (975 Henderson)	33
Seven Oaks General Hospital	44	<b>Other</b>	
St Boniface Hospital	53	Other work sites*	199
Victoria General Hospital	97	<b>Total WRHA respondents</b>	<b>1662</b>
Other work sites include: Diagnostic Services Manitoba, 1001 Corydon, 425 Elgin, 490-496 Hargrave, 610 Portage, 2015 Portage, 755 Portage, 614 DesMeurons, 5 Donald, 80 Sutherland, 817 Bannatyne, 333 Maryland, and 3401 Roblin.			

# Survey Results

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

May to September; WEEKLY or More Often – 67% Less Often than Weekly – 33%  
 December to March; WEEKLY or More Often – 47% Less Often than Weekly – 53%

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

Motor Vehicle – 73% Public Transit – 29% Walking/Running – 29%  
 Cycling – 18% Combination Methods (ex. Walk then Bus) – 5% Telecommute – 2%  
 Carpool – 17% Inline Skating/Skateboarding/Wheeling – 1% Other – 3%

**Q3. Which mode of transportation did you use MOST OFTEN to get to/from work?**

SEE GRAPHS on page 1.

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

**Do you use ANY form of active transportation?** YES - 33%  
**Which modes of AT do you use MOST OFTEN?** Public Transit – 10% Cycling – 7% Walking – 5%  
 Of those using active transportation weekly, 72% use active transportation 4+ DAYS PER WEEK!

**Q5. Would you CONSIDER trying to commute to/from work using the following modes?**

Carpooling: Yes/Maybe – 39% Public Transit: Yes/Maybe – 27%  
 Cycling: Yes/Maybe – 28% Walking: Yes/Maybe – 14%

**Q6. Do you require a motor vehicle for work related purposes?**

EVERY DAY – 17% SOMETIMES – 26%

**Q7. Do you use active transportation for work-related purposes during your work day?**

YES - 18% (as high as 45% at some work sites)  
**What MODES of active transportation do you use for work-related purposes?**  
 Walking; 51% Cycling; 11%

**Q8. WHY do you use your CURRENT MODE of transportation? TOP 3 reported**

**AT Users** Cost Savings – 38% Health/Fitness Benefits – 34% Convenience/Comfort – 20%  
**Non-AT Users** Time Savings – 41% Convenience/Comfort – 37% Long Travel Distance – 29%

**Q9. Does your MODE of transportation CHANGE with the SEASON?**

The percentage of participants using a motor vehicle as their primary mode of transportation increases in the winter – from 71% using a motor vehicle in the summer to 80% in the winter. The percentage of participants using public transit also increases from summer to winter, but much less – from 10% to 14%. While 11% of participants cycled regularly in the summer, 0% cycled regularly in the winter. The percentage of walkers stays almost unchanged through the year at 6% in summer and 5% in winter.

**Q10. For each factor, rate how IMPORTANT it could be in AFFECTING the mode of transportation you use to get to/from work on a typical day. TOP 5 (ranked 4 or 5/critical) reported here.**

<b>AT Users;</b>		<b>Non-AT Users;</b>	
Subsidized bus pass	55%	Short distances to destinations	58%
Better bike infrastructure	52%	Better bike infrastructure	53%
Secure bike parking	52%	Flexible work start/finish times	48%
Short distances to destinations	52%	Parking cash-out program	46%
AT separate from street	48%	Transit availability	43%