

Driving to work has **decreased** from 82.4% to 78.4% of staff!

The Northern Beaches Health Service is committed to supporting and promoting the health of our staff, with a focus on making it easier to be physically active while travelling to and from work.

Health Promotion first surveyed staff in 2007 about their travel behaviours. Health promotion subsequently developed the 2009-2012 Workplace Travel Plan with a number of interventions promoting active transport.

Staff were again surveyed in 2012 to see how they get to and from work now.

Here is a snapshot of the latest results:

The Survey

- ★ 333 staff completed the survey. This represents around 21% of all Northern Beaches Health Service staff.
- ★ Most respondents worked at Manly Hospital (43.7%) and Mona Vale Hospital (38%).
- ★ Almost a quarter of respondents (24%) live within 5km of their workplace.
- ★ 11.6% of respondents completed both the 2007 and 2012 survey.



Getting to Work

- ★ 78.4% of staff said they usually travel to/from work by car (as driver). This is a **4% decrease** in staff travelling this way since 2007, when 82.4% travelled by car.
- ★ Cycling to work has become more popular with a **3.2% increase** in staff choosing to cycle since the last survey (0.7% in 2007 to 3.9% in 2012).
- ★ Almost 47% staff had considered using an alternative form of transport to get to/from work. Of these, the main alternative considered is public transport (45%) followed by cycling (28.1%) and walking (17.5%).
- ★ Of the staff who drive to work, many reported they would be encouraged to consider an alternative form of transport if there was:
 - *More frequent public transport* (37.7%)
 - *Improved shower/changing facilities* (19.1%)
 - *Improved walking/cycling paths* (17.6%)
 - *Financial incentives to buy public transport tickets* (14.3%)
- ★ Over 55% of staff who travel to other locations during the day for work-related purposes, do so using their own car.



We're Shaping Up!

Cycling to work has **increased** from 0.7% to 3.9% of staff!



Go Active 2 Work

- ★ The majority of Manly Hospital staff (58.7%) reported that they have seen the Go Active 2 Work noticeboard located at Manly Hospital. Approximately, 32% of all respondents reported reading information on the noticeboard.

The type of information suggested for the Go Active 2 Work noticeboard included:

- *Community Cycling Events*
 - *Showering/changing facilities information*
 - *'Hop, Skip and Jump Bus' timetable*
 - *Community Bicycle User group (BUG) information*
 - *Social events e.g. monthly ride to work events*
 - *Safety Plans/procedure*
 - *Matching ride to work buddies—bike or walking buses.*
- ★ Overall, 43% of staff reported seeing the bike racks at Manly Hospital. Moreover, 38% suggested that more bike racks were needed.
 - ★ Almost 27% of staff were aware of the Manly Hospital Electric Bike Fleet.
 - ★ Awareness of the Manly Hospital and Mona Vale Hospital Transport Access Guides was low with 8.9% of staff reported being aware of them.
 - ★ 12.2% of respondents were aware of the NSLHD Cycling Policy which supports staff who cycle to, from and during work.

Areas for Action

A number of areas have been identified for an updated NBHS Workplace Travel Plan. These include:

- Increasing awareness of and access to bike racks
- Increasing awareness of Transport Access Guides, Cycling Policy, end of trip facilities (e.g. showers)
- Greater promotion of the Electric Bike Fleet.
- Encouraging more staff, particularly those living within 5km of their work place to take active modes of travel to and from work.
- Making Go Active 2 Work information more available at Mona Vale Hospital.

More Information?

Contact:

Melissa Palermo

T: 9976 9579 F: 9977 7531 E: mpalermo@nscchah.health.nsw.gov.au

Northern Beaches Health Promotion, Manly Hospital



Health
Northern Sydney
Local Health District