

# Let's Get Active!

## Physical Activity in Canadian Communities

PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



### Places to safely bicycle

The 2016-2018 Physical Activity Monitor, a survey developed by the Canadian Fitness and Lifestyle Research Institute, asked adults 18 years and older about the availability, their satisfaction, and usage of a variety of places to be active within their community. A previous bulletin (Bulletin 3) asked Canadians about places that they can safely walk, and later bulletins ask about other designated places to participate in physical activity (Bulletin 5), multi-purpose trails (Bulletin 6), and parks and green spaces (Bulletin 7). This research bulletin explores the availability of places to safely bicycle, satisfaction levels with the amount of places to safely bicycle, and usage of such places.

#### Amount of places to safely bicycle

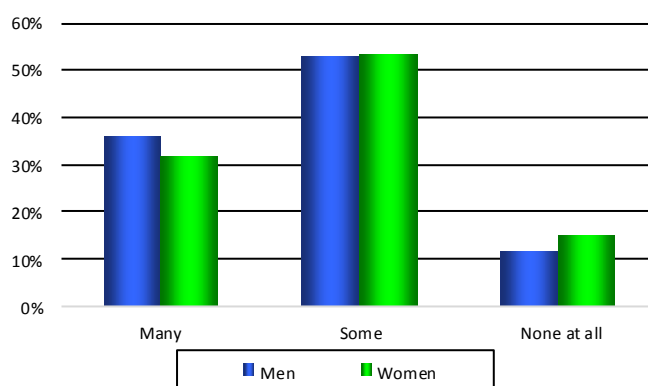
Adults were asked about the amount of places to safely bicycle in the 2016-2018 Physical Activity Monitor. Roughly one-third (34%) indicated that there are *many* places where one can safely ride a bicycle, 53% report that there are *some*, and 13% say that there are *no places at all* to safely bicycle in the community.

**Individual characteristics** Slightly more women than men indicate that there are *no* places to safely ride a bicycle in their community. In terms of age-related differences in the reported amount of places to safely ride a bicycle, a higher percentage of older adults (65 years and older) say that there are *many* places to safely ride a bicycle compared to 45 to 64 year olds, yet a higher proportion of 18 to 24 year olds indicate that there are *some* places to safely ride compared to older adults. Adults who are single or who have never been married are least likely to say that there are *no* places to bicycle safely *at all* in the community, yet they are more likely than adults who are widowed, divorced, or separated to say that there are *some* places.

Adults who have not graduated from high school are most likely to say that there are *no* places *at all* to safely bicycle in the community. Compared to the average, a higher proportion of adults who stay at home or who are homemakers report that there are *no* safe places to bicycle *at all* in their community.

FIGURE 1

Amount of safe places to bicycle by gender



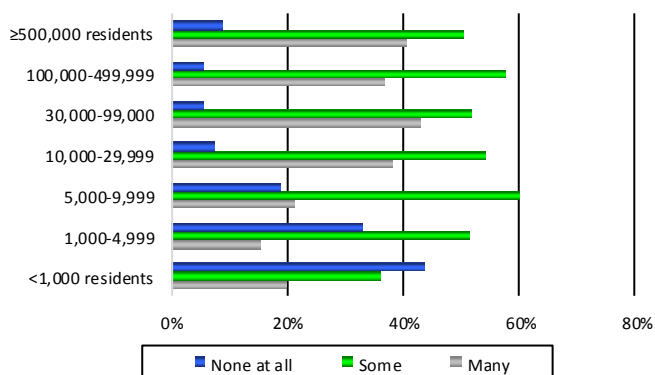
2016-2018 Physical Activity Monitor, CFLRI

**Household and community characteristics** A greater proportion of adults living in the highest income households cite *many* places to safely bicycle compared to those living in lower income households (<\$29,999 per year), yet the opposite relationship appears when citing *no places at all* to safely ride. Generally speaking, a higher percentage of residents living in larger communities cite *many* places to safely bicycle in the community, whereas relatively fewer residents in these larger communities indicate that there are *no places at all* to safely cycle compared to residents living in smaller communities (<10,000 residents).

In addition, significant differences in perceptions of the amount of places to safely bicycle also exist by community location. For example, a greater proportion of rural dwellers indicate that there are *no* places to safely cycle in the community, whereas relatively fewer adults living in suburban or urban environments report this. Conversely, relatively fewer rural residents cite *many* places to safely bicycle, whilst urban dwellers are more likely than average to identify *many* places to bicycle.

FIGURE 2

Amount of safe places to bicycle by community size



2016-2018 Physical Activity Monitor, CFLRI

**Region** Regional differences exist in relation to perceptions about the number of places to safely ride a bicycle. Compared to the national average, relatively fewer adults living in the Atlantic, and more specifically those living in Newfoundland and Labrador, Prince Edward Island, and Nova Scotia, cite *many* places to bicycle, as do those living in the Northwest Territories. On the contrary, a greater percentage of adults living in Alberta, British Columbia, and the Yukon identify *many* places to bicycle when compared to the average. Relatively more adults living in Nova Scotia and the Northwest Territories indicate that there are *some* places to bicycle, whilst relatively fewer living in Alberta and the Yukon report this. Compared to the national average, a higher percentage of residents of Nova Scotia, Newfoundland and Labrador say that there are *no* places to safely bicycle in the community, whereas relatively fewer adults living in Quebec report this.

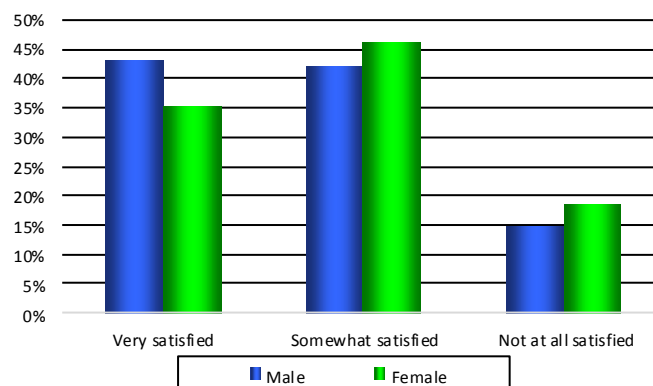
### Degree of satisfaction with the amount of places to safely bicycle

The survey further asked adults about their degree of satisfaction with the amount of places to safely bicycle in their community. Roughly two in five adults (39%) indicate that they are *very* satisfied, 44% report being *somewhat* satisfied, and the remaining 17% are *not at all* satisfied with the amount of places to safely bicycle in the local community.

**Individual characteristics** A higher percentage of men than women indicate that they are *very* satisfied with the number of places to safely bicycle in their community. A greater proportion of older adults (65 years and older) report that they are *very* satisfied with the amount of places to safely bicycle in the community, compared to 25 to 64 year olds. This finding is similar to that found with safe walking spaces (see Bulletin 3). Although there are no significant differences by marital status or education level regarding the level of satisfaction with the amount of places to bicycle, there is a relationship with employment status. Relatively fewer adults who stay at home or are homemakers report being *very* satisfied with the number of places to safely bicycle in their community compared to the national average.

FIGURE 3

Satisfaction with places to safely bicycle by gender

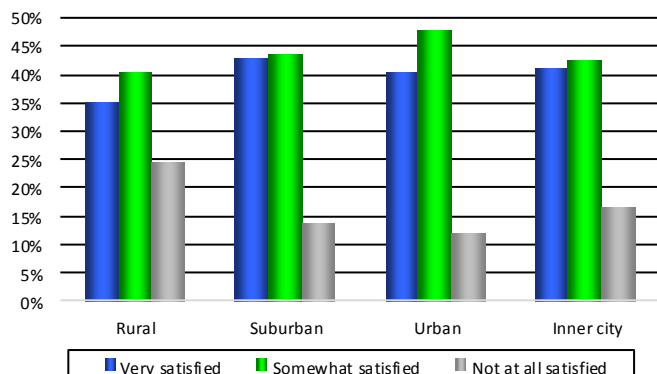


2016-2018 Physical Activity Monitor, CFLRI

**Household or community characteristics** There are no significant income-related differences in perceptions of satisfaction with the number of places to safely bicycle. Residents living in the largest cities are more likely than those living in some small communities (1,000 to 4,999 residents) to be *very* satisfied with the number of places to bicycle, whereas a higher percentage of residents living in the smallest communities (<5,000 residents) are *not at all* satisfied with the amount of these places compared to larger communities (>10,000 residents). Relatively more rural residents report being *not at all* satisfied with the number of places to safely bicycle, whereas urban dwellers are less likely than average to say this.

**Region** Compared to the national average, a greater proportion of adults living in Nova Scotia, Newfoundland and Labrador are *not at all* satisfied with the amount of places to safely bicycle in their community, whereas relatively fewer residents of Quebec report this.

**FIGURE 4**  
Satisfaction with places to safely bicycle by community location



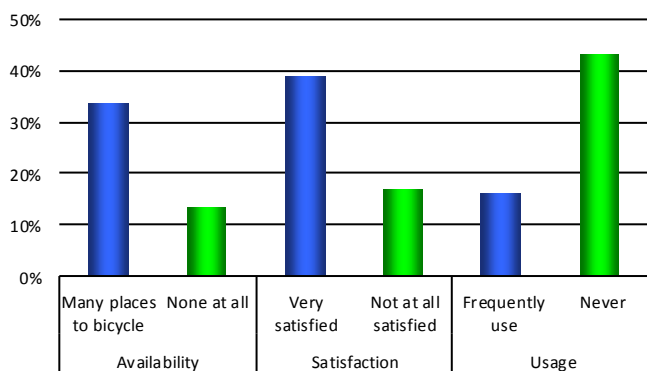
2016-2018 Physical Activity Monitor, CFLRI

Relatively more residents of the Northwest Territories and relatively fewer residents living in the Yukon indicate that they are *somewhat* satisfied with the amount of places to safely bicycle when compared to the national average. Compared to the average, a greater proportion of adults living in Alberta and the Yukon indicate that they are *very* satisfied, whilst relatively fewer adults living in Newfoundland and Labrador, Nova Scotia, and the Northwest Territories say that they are *very* satisfied with the amount of places to safely bicycle in their communities.

### Usage of places to safely bicycle

The 2016-2018 Physical Activity Monitor also asked adults about their usage of safe places to bicycle in their community. As such, less than one in five (16%) indicate that they *frequently* use these places, 41% *sometimes* do, and 43% *never* do.

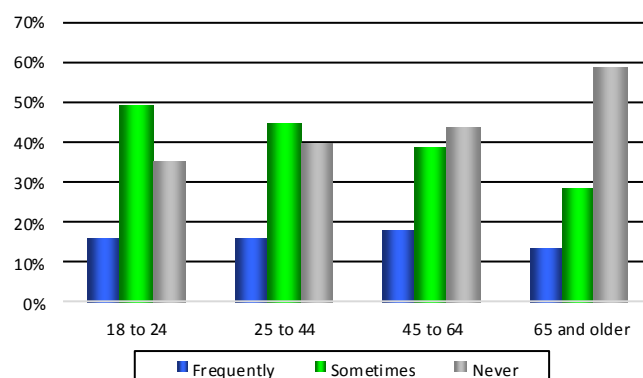
**FIGURE 5**  
Amount, satisfaction, and usage of places to safely bicycle, overall



2016-2018 Physical Activity Monitor, CFLRI

**Individual characteristics** A greater percentage of men indicate that they *frequently* or *sometimes* use these places to bicycle in the community, whereas a greater percentage of women never do. A higher percentage of adults aged 45 to 64 report *frequent* use of these places when compared to their older counterparts (65 years and older). In fact, older adults (65 years and older) are most likely to say that they *never* use these types of places to bicycle. A higher percentage of 18 to 44 year olds indicate that they *sometimes* use these types of places compared to 45 to 64 year olds, who in turn are more likely to report this than adults 65 years and older.

**FIGURE 6**  
Usage of places to safely bicycle by age



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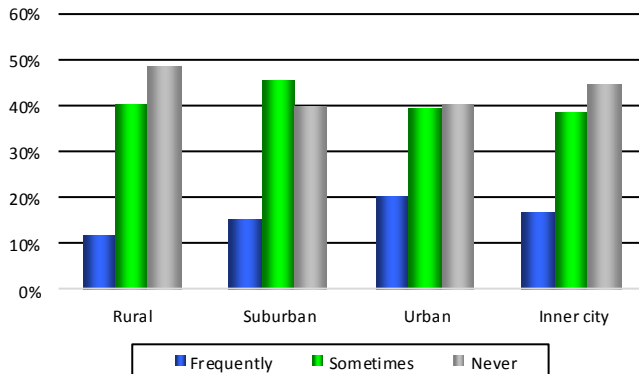
A greater proportion of adults who are widowed, divorced, or separated report *never* using these places to bicycle compared to others. On the contrary, relatively more adults who are married or living with a partner say that they *frequently* use these places to bicycle compared to those who are widowed, divorced, or separated. A higher percentage of adults who are single or who have never been married indicate that they *sometimes* use these places to bicycle compared to those who are married or living with a partner, who in turn, are more likely than those who are widowed, divorced, or separated to report this. Regarding employment status, a greater proportion of retirees or adults who are not working for a particular reason state that they *never* use these places to bicycle compared to the national average. A higher percentage of adults who have not graduated from high school report *never* using these places to bicycle compared to those with a university education.

**Household or community characteristics** A higher percentage of adults living in lower income households (\$20,000 to \$29,999 per year) say that they *never* use these places to bicycle compared to adults living in higher income households (>\$80,000 per year).

Generally speaking, relatively more residents of larger communities say that they *frequently* use these places to bicycle, whereas residents of smaller communities are more likely to *never* use these places. Compared to the average, relatively more urban dwelling adults *frequently* use these places to bicycle, yet relatively fewer adults living in rural environments report this.

FIGURE 7

Usage of places to safely bicycle by community location



2016-2018 Physical Activity Monitor, CFLRI

**Region** Compared to the national average, a slightly higher percentage of residents living in the Atlantic, yet a slightly lower proportion of those living in Quebec and the North report that they *never* use these places in their community to bicycle, whereas the opposite relationship is true for those *frequently* using these places. More specifically at a provincial or territorial level, a higher percentage of adults living in Quebec, yet a lower percentage of adults living in Prince Edward Island indicate that they *frequently* use these places in their community to ride when compared to the average. A higher proportion of adults living in Nova Scotia, Newfoundland and Labrador indicate that they *never* use these places, whereas those living in Quebec, Manitoba, and the Yukon are less likely to say that they *never* use these places to bicycle. Compared to the national average, relatively fewer adults living in Nova Scotia, Newfoundland and Labrador indicate that they *sometimes* use places in their community to safely bicycle.

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