



2019 ACTIVE TRANSPORTATION SURVEY RESULTS REPORT

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INTRODUCTION

BACKGROUND

Creating built environments that reduce barriers to active transportation, such as walking and biking, have been found to increase physical activity for individuals and communities¹.

PROJECT PURPOSE

Through the Local Strategies for Physical Activity and Nutrition grant from the Washington State Department of Health, the Kittitas County Public Health Department (KCPHD) received funding to support creation and implementation of community plans to increase active transportation options to everyday destinations. KCPHD chose to focus on the Upper County area, which includes Cle Elum, South Cle Elum, Roslyn, and Ronald. In 2017, the City of Cle Elum adopted a Bicycle and Pedestrian Plan as a part of a Complete Streets grant package through the Transportation Improvement Board. KCPHD has initiated a partnership with the City of Cle Elum to provide additional pertinent data to assist in project initiation. KCPHD will assist with community promotion of activity friendly environments, specifically what is outlined in the City of Cle Elum Bicycle and Pedestrian Plan. As a first step in this project, KCPHD identified several topics where community input had specifically been solicited, and created a community survey to gather the identified data.

SURVEY OBJECTIVES

The survey has two main objectives

1. Gather information on community knowledge and beliefs regarding biking and walking environments in Cle Elum and South Cle Elum.
2. Analyze response data to determine how these results can supplement the City of Cle Elum's Bicycle and Pedestrian Plan, and help inform future activity friendly environment projects.

SURVEY DESIGN

KCPHD's survey was based on the Bicycle Friendly Report Card from Bicycle Friendly America, as well as utilizing a previous survey done by the City of Cle Elum. KCPHD's Assessment Coordinator provided additional review and modification of survey questions, as well as creating an assessment plan for survey administration.

¹ (Centers for Disease Control and Prevention, n.d.)

SURVEY QUESTIONNAIRE

The survey was available in one of two modalities: paper or electronic form. The electronic survey was administered through SurveyMonkey® online survey software. The survey contained ten questions total, including demographic information. Survey questions were multiple choice. Questions began with gathering information about survey takers walking and biking frequency, along with their general interest in walking and biking. Next, respondents were asked questions to determine any barriers that kept them from walking and biking, as well as their thoughts on safe routes for children to walk and bike to and from school. Respondents were also asked about the City of Cle Elum's Bicycle and Pedestrian Plan. This provided information on the awareness of this plan as well as provided feedback on what residents would like to see to help promote bicycling in the city. Two demographic questions concluded the survey. Please see Appendix A for the full questionnaire.

METHODS

SURVEY DISTRIBUTION AND COLLECTION

The survey was administered beginning July 1, 2019 and ending on August 6, 2019, with 185 respondents completing the survey. This included both paper and electronic versions of the survey.

Paper Survey Distribution

Paper survey responses were collected from respondents at the Cle Elum HopeSource food pantry. Paper copies were available by request at the KCPHD office and the City of Cle Elum office. Flyers and posters promoting the survey were distributed to a wide range of Cle Elum local businesses, and included the Cle Elum Post Office and South Cle Elum Post Office.

Electronic Survey Distribution

The SurveyMonkey online assessment tool was used to generate an electronic questionnaire link. The survey link was sent out to Cle Elum and South Cle Elum City Council members, Kittitas County Commissioners, Roslyn City Council members, the Northern Kittitas County Tribune, Kittitas County Chamber of Commerce, Cle Elum HopeSource, Suncadia Foundation, Kittitas Valley Healthcare's Cle Elum clinic, and the Cle Elum Roslyn School District.

RESULTS

DEMOGRAPHICS

Question #1

The majority of survey respondents at 54% identified as living in Cle Elum. 25% of respondents lived in South Cle Elum, and 21% selected “Other.” Other locations specified included Easton, Roslyn, Ellensburg, and Ronald.

The ages of respondents were primarily spread between the 35-44 age group and the 65 or older age group, with 35-44 and 65 and older each representing 25% of respondents. Respondents reported that 15% have a mobility impairment or physical disability, and 2% selected “Other.”

Table 1. Respondent Demographics

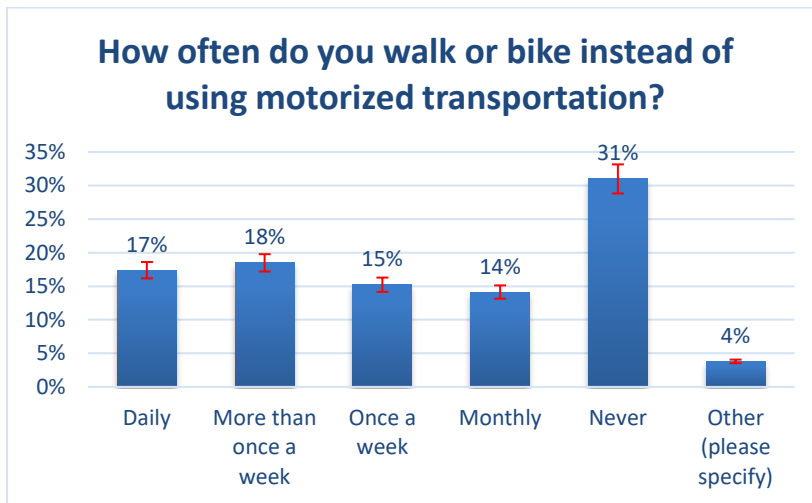
Place of Residence	
Cle Elum/S. Cle Elum	79%
Other	21%
Age	
Under 18	<1%
18-24	2%
25-34	12%
35-44	25%
45-54	16%
55-64	25%
65+	20%
Reported a Mobility Impairment or Disability	
Yes	15%
No	83%
Other	2%

ACTIVE TRANSPORTATION QUESTIONS

Question #2

A majority of respondents reported that they “never” walk or bike instead of using motorized transportation. The remaining responses were fairly evenly distributed between 14% to 18% even though the frequency of walking and biking was widely varied.

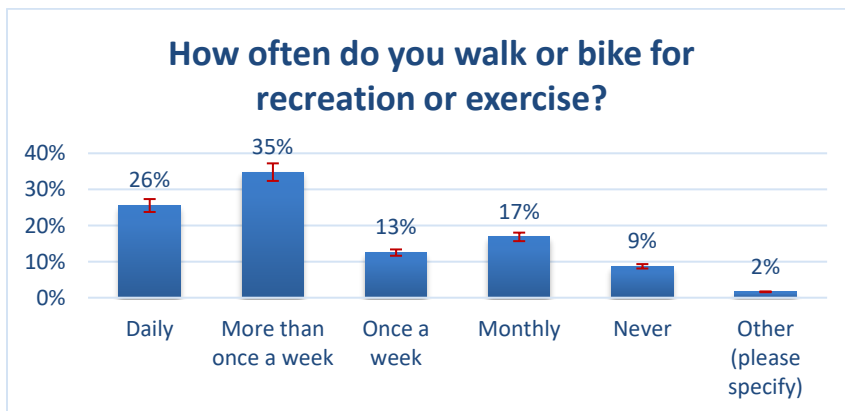
Figure 1. Walking and Biking vs. Motorized Transportation Use in Cle Elum and S. Cle Elum



Question #3

A majority of respondents reported that they walk or bike for recreational purposes more than once a week. “Other” responses included “only walking a few times a year.”

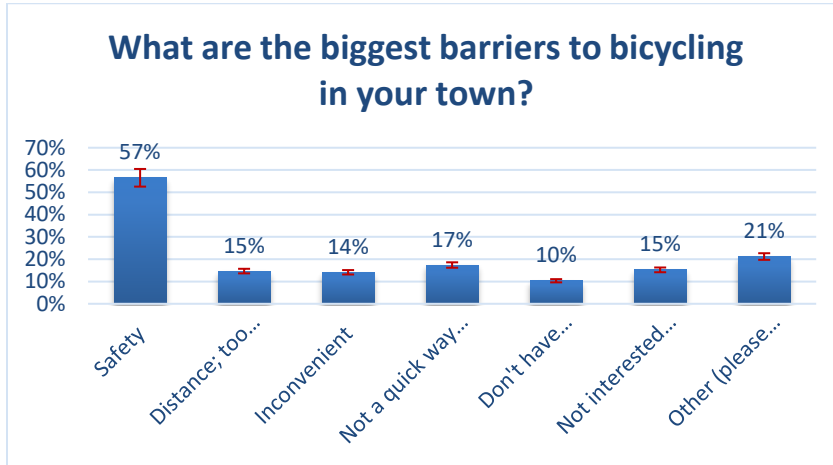
Figure 2. Recreational Walking and Biking in Cle Elum and South Cle Elum



Question #4

Respondents reported that the biggest barrier to riding bicycles in town is concern for one's safety. Some respondents who chose "other" as a response indicated age as well as a lack of bike racks as barriers to riding bicycles.

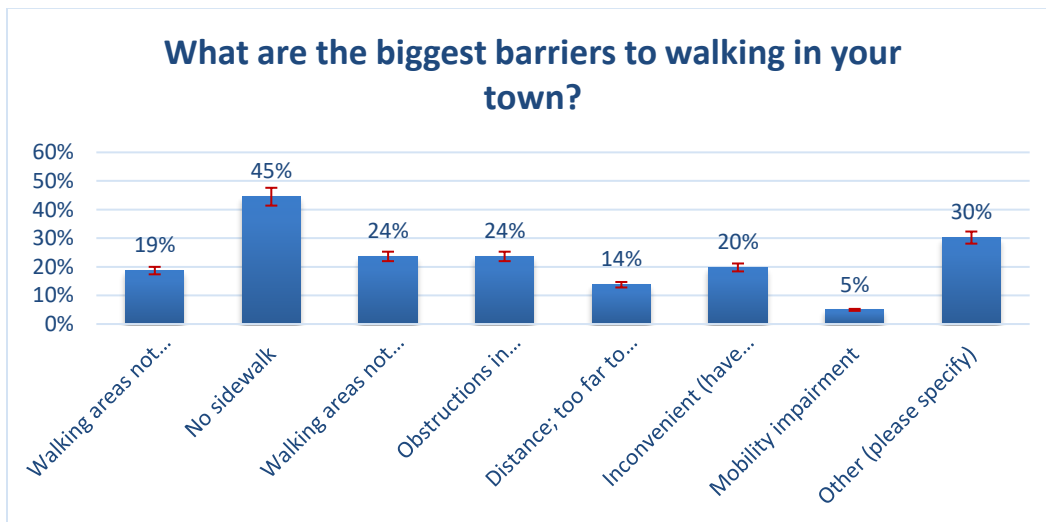
Figure 3. Barriers to Bicycling in Cle Elum and South Cle Elum



Question #5

Respondents reported that a lack of sidewalk was the biggest barrier to walking. "Other" responses given stated there were no barriers permitting respondents from walking.

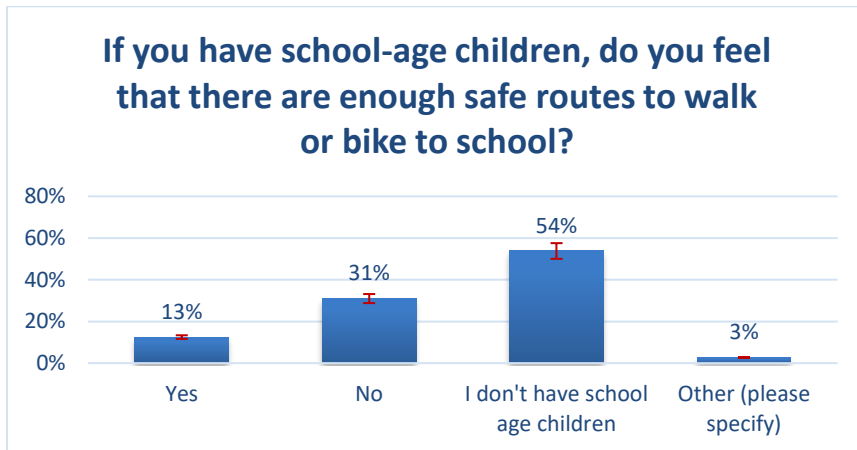
Figure 4. Barriers to Walking in Cle Elum and South Cle Elum



Question #6

Respondents felt that there were not enough safe routes for school aged children to walk or bike to school. There was also a large percentage of respondents that did not have school age children.

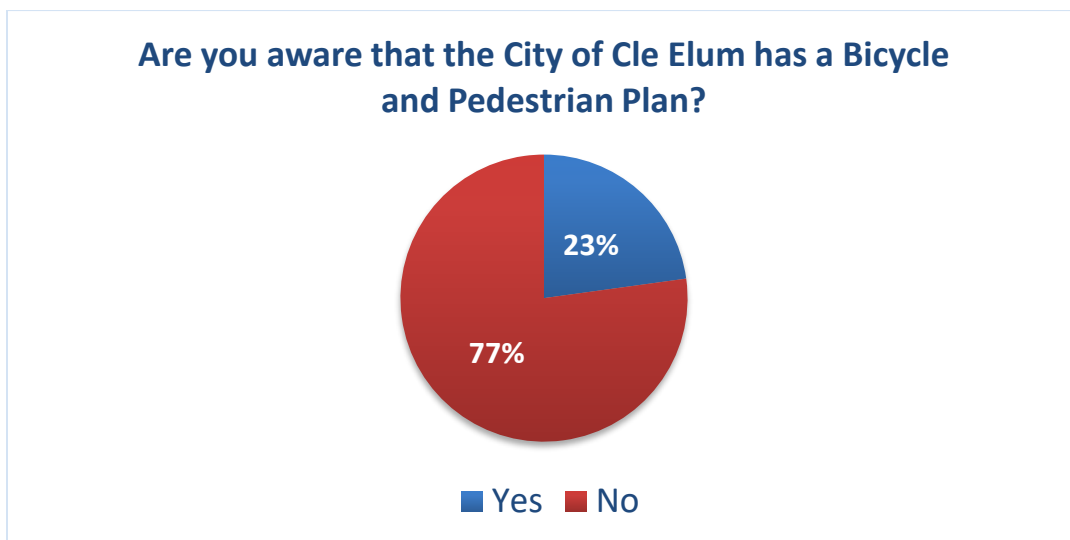
Figure 5. Access for School Age Children in South Cle Elum and Cle Elum



Question #7

Three quarters of respondents were unaware that the City of Cle Elum has a comprehensive bicycle and pedestrian plan.

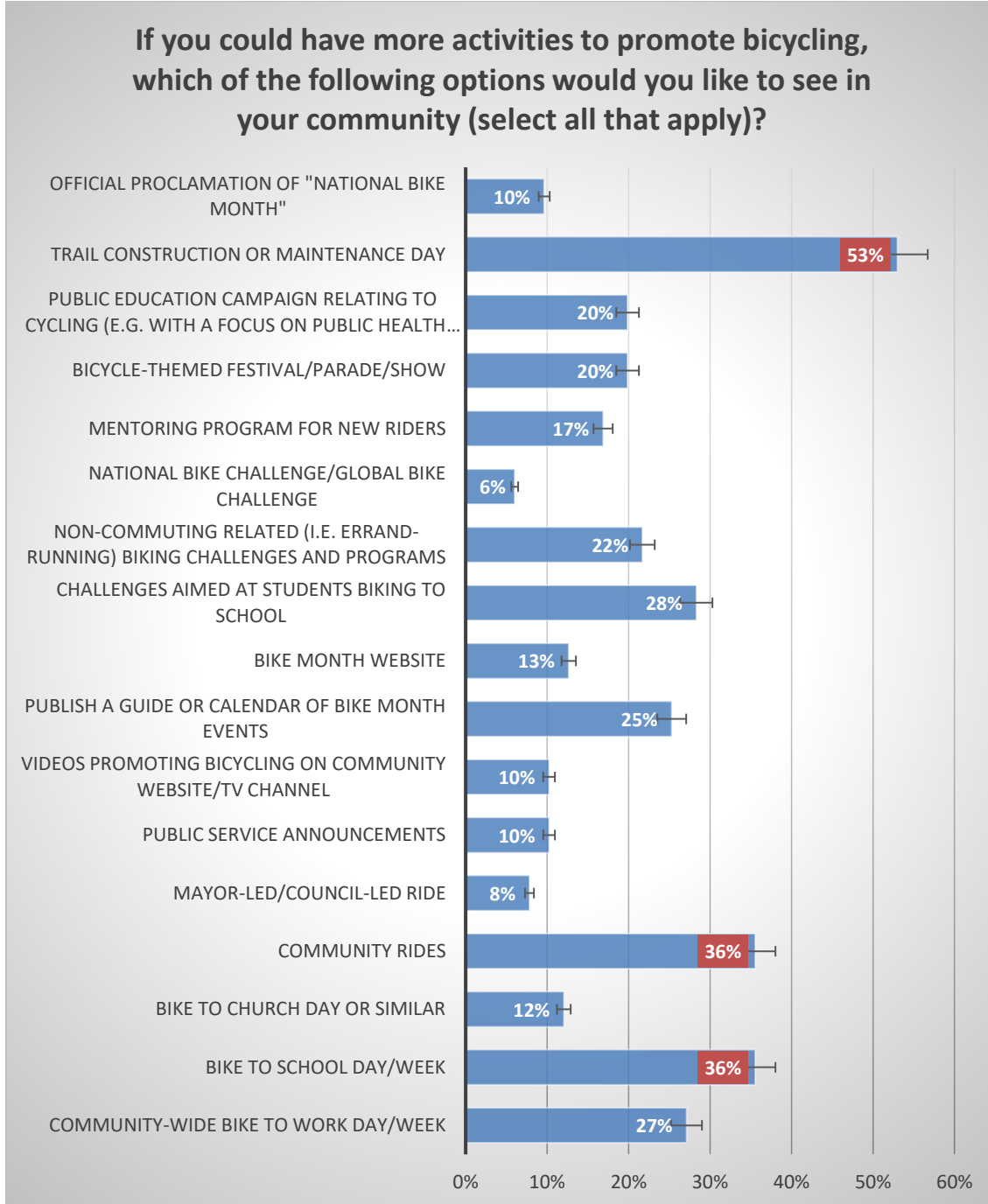
Figure 6. Awareness of City's Bicycle and Pedestrian Plan



Question #8

A large number of respondents stated that they would like to have an organized trail construction or maintenance day, followed by a community ride day, and a bike to school day/week.

Figure 7. Activities to promote Bicycling and Walking in Cle Elum and South Cle Elum



CONCLUSION

KEY FINDINGS

- 31% of people never bike or walk as transportation.
- 35% of people walk or bike for recreation.
- Safety concerns are the biggest barrier to biking.
- Lack of sidewalks is the biggest barrier to walking.

DISCUSSION

Lessons Learned

The City of Cle Elum completed a walkability and bikeability survey prior to the KCPHD survey, which collected similar information. While KCPHD's survey did provide important supplemental information to the City of Cle Elum's survey, selecting an alternate method of data collection, such as conducting key informant interviews, may have provided more significant information.

APPENDICES

APPENDIX A: SURVEY



Cle Elum/South Cle Elum Walking and Biking Survey

The built environment includes all of the physical parts of where we live and work (e.g., homes, buildings, streets, open spaces, and infrastructure). The built environment influences a person's level of physical activity. For example, inaccessible or nonexistent sidewalks and bicycle or walking paths contribute to sedentary habits. According to the Centers for Disease Control and Prevention, these habits lead to poor health outcomes such as obesity, cardiovascular disease, diabetes, and some types of cancer.

Increasing physical activity has many benefits for people of all ages. For children, it can reduce the risk of depression, improve aerobic and physical fitness, and can improve muscular fitness and bone health. For adults, increasing physical activity can lower the risk of high blood pressure, improve mental health, improve cognitive functions, and lower the risk of stroke. For aging adults increasing physical activity can improve balance, sleep, and joint mobility, help prevent weak bones and muscle loss, and extend years of active life.

The purpose of this short 3-minute survey is to gather information on how residents of Cle Elum and South Cle Elum view their built environment's ability to support walking and biking. This information will be used to inform future efforts to increase safe opportunities for walking and biking in these areas.

1. Where do you live?

- Cle Elum
- South Cle Elum
- Other (please specify)

2. How often do you walk or bike instead of using motorized transportation?

- Daily
- Monthly
- More than once a week
- Never
- Once a week
- Other (please specify)

3. How often do you walk or bike for recreation or exercise?

- Daily
- More than once a week
- Once a week
- Other (please specify)
- Monthly
- Never

4. What are the biggest barriers to bicycling in your town (select all that apply)?

- Safety
- Distance; too far to ride
- Inconvenient
- Other (please specify)
- Not a quick way for me to get where I want to go
- Don't have access to a bicycle
- Not interested in riding a bicycle

5. What are the biggest barriers to walking in your town (select all that apply)?

- Walking areas not marked
- No sidewalk
- Walking areas not well lit
- Obstructions in walking path
- Other (please specify)
- Distance; too far to walk
- Inconvenient (have too many things to carry, time limits, kids, etc.)
- Mobility impairment

6. If you have school-age children, do you feel that there are enough safe routes to walk or bike to school?

- Yes
- No
- I don't have school age children
- Other (please specify)

7. Are you aware that the City of Cle Elum has a Bicycle and Pedestrian Plan?

- Yes
- No

8. If you could have more activities to promote bicycling, which of the following options would you like to see in your community (select all that apply)?

- | | |
|---|---|
| <input type="checkbox"/> Community-wide Bike to Work Day/Week | <input type="checkbox"/> Challenges aimed at students biking to school |
| <input type="checkbox"/> Bike to School Day/Week | <input type="checkbox"/> Non-commuting related (i.e. errand-running) biking challenges and programs |
| <input type="checkbox"/> Bike to Church Day or similar | <input type="checkbox"/> National Bike Challenge/Global Bike Challenge |
| <input type="checkbox"/> Community Rides | <input type="checkbox"/> Mentoring program for new riders |
| <input type="checkbox"/> Mayor-led/Council-led Ride | <input type="checkbox"/> Bicycle-themed festival/parade/show |
| <input type="checkbox"/> Public Service Announcements | <input type="checkbox"/> Public education campaign relating to cycling (e.g. with a focus on public health or environmental benefits) |
| <input type="checkbox"/> Videos Promoting bicycling on community website/TV channel | <input type="checkbox"/> Trail construction or maintenance day |
| <input type="checkbox"/> Publish a guide or calendar of Bike Month events | <input type="checkbox"/> Official proclamation of "National Bike Month" |
| <input type="checkbox"/> Bike Month Website | |

9. Please select the category that includes your age

- | | |
|--------------------------------|-----------------------------|
| <input type="radio"/> Under 18 | <input type="radio"/> 45-54 |
| <input type="radio"/> 18-24 | <input type="radio"/> 55-64 |
| <input type="radio"/> 25-34 | <input type="radio"/> 65+ |
| <input type="radio"/> 35-44 | |

10. Do you have a mobility impairment or physical disability?

- Yes
- No
- Other (please specify)

Thank you for your response! To enter a drawing for a \$25 Pioneer Coffee gift certificate, click here:
<https://www.surveymonkey.com/r/BikeSurveyDrawing>

APPENDIX B: ONE SHEET



 **WALKING AND BIKING IN CLE ELUM**

31% OF PEOPLE NEVER BIKE OR WALK AS **TRANSPORTATION** 

 HOWEVER, 35% OF PEOPLE WALK OR BIKE FOR **RECREATION**

CONCERNS ABOUT **SAFETY** IS THE BIGGEST BARRIER TO BIKING 

 LACK OF **SIDEWALKS** IS THE BIGGEST BARRIER TO WALKING

TO LEARN MORE ABOUT PUBLIC HEALTH'S WORK AROUND ACTIVE TRANSPORTATION
visit our website at www.co.kittitas.wa.us/health
or call 509.962.7515



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For more information or extra copies of this report, please contact the Kittitas County Public Health Department.