

Making the Case for Active Transportation

Fact Sheet #5

Fall 2000

BARRIERS TO ACTIVE TRANSPORTATION:

Did you know:

- ⌘ A Canadian study of barriers to physical activity shows a range of significant factors. There are nine barriers that are clearly more important for inactive Canadians: 1. lack of motivation, 2. lack of skill, 3. lack of energy, 4. fear of injury, 5. problems with child care, 6. long-term illness, 7. feeling uncomfortable, 8. lack of safe places, 9. lack of support; (*Enviro-nics, 1998*)
- ⌘ The type and layout of the community people live in can be a barrier in the suburbs; for example, distances between activities are longer, the roads are more intimidating because of higher traffic speeds, and the layout of streets creates physical barriers to walking and cycling;
- ⌘ Weather is more of a barrier to cyclists than to pedestrians,



A continued reliance on vehicles has created an unwillingness to use active modes of travel.

- however, the three countries of the world with most bicycling participation are northern Holland, Denmark, and Finland. Finland delivers mail by bicycle except when the temperature is below minus 20 degrees Celsius;
- ⌘ Factors that may influence the relative attractiveness and practicality of active modes of transportation include:
 - Age, health status and any physical limitations of the individual;
 - local topography and geophysical conditions;
 - local traffic patterns (volume, speed, timing);
 - urban form (barriers, obstacles).

- ⌘ While cars are becoming lighter, more fuel-efficient and less polluting; the ever increasing number of vehicles on the roads reduces the benefits of improved technologies and increases the perception of reduced road safety for cyclists and pedestrians;
- ⌘ Lack of driver education and acceptance of active modes of transportation system has a significant effect on the comfort level of cyclists and pedestrians.

For more information please contact us at:



Go for Green

The Active Living & Environment Program

Unit 16 - 5480 Canotek Rd.
Ottawa, ON K1J 9H6
1-888-822-2848

www.goforgreen.ca
Email: info@goforgreen.ca