

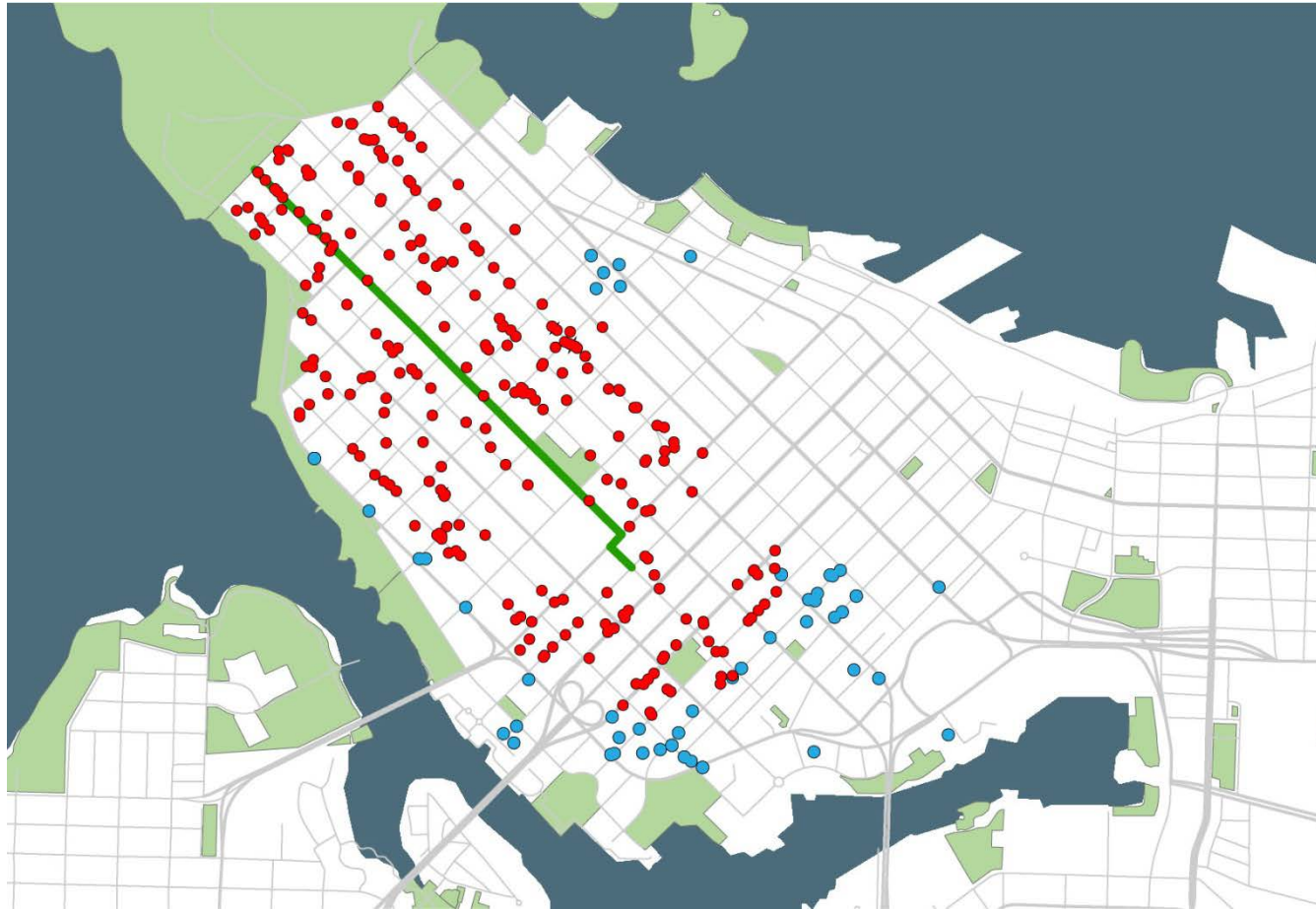


Annual Monitoring Report & Safety Action Plan

May 4, 2016
Council Presentation

3. Comox-Helmcken Health Studies

UBC Health & Community Design Lab: Study of Travel, Health, and Activity – Comox-Helmcken Greenway



Participants:

- 473 participants (red)
- 76 participants outside 500 m study area (blue)

UBC Health & Community Design Lab: Study of Travel, Health, and Activity – Comox-Helmcken Greenway

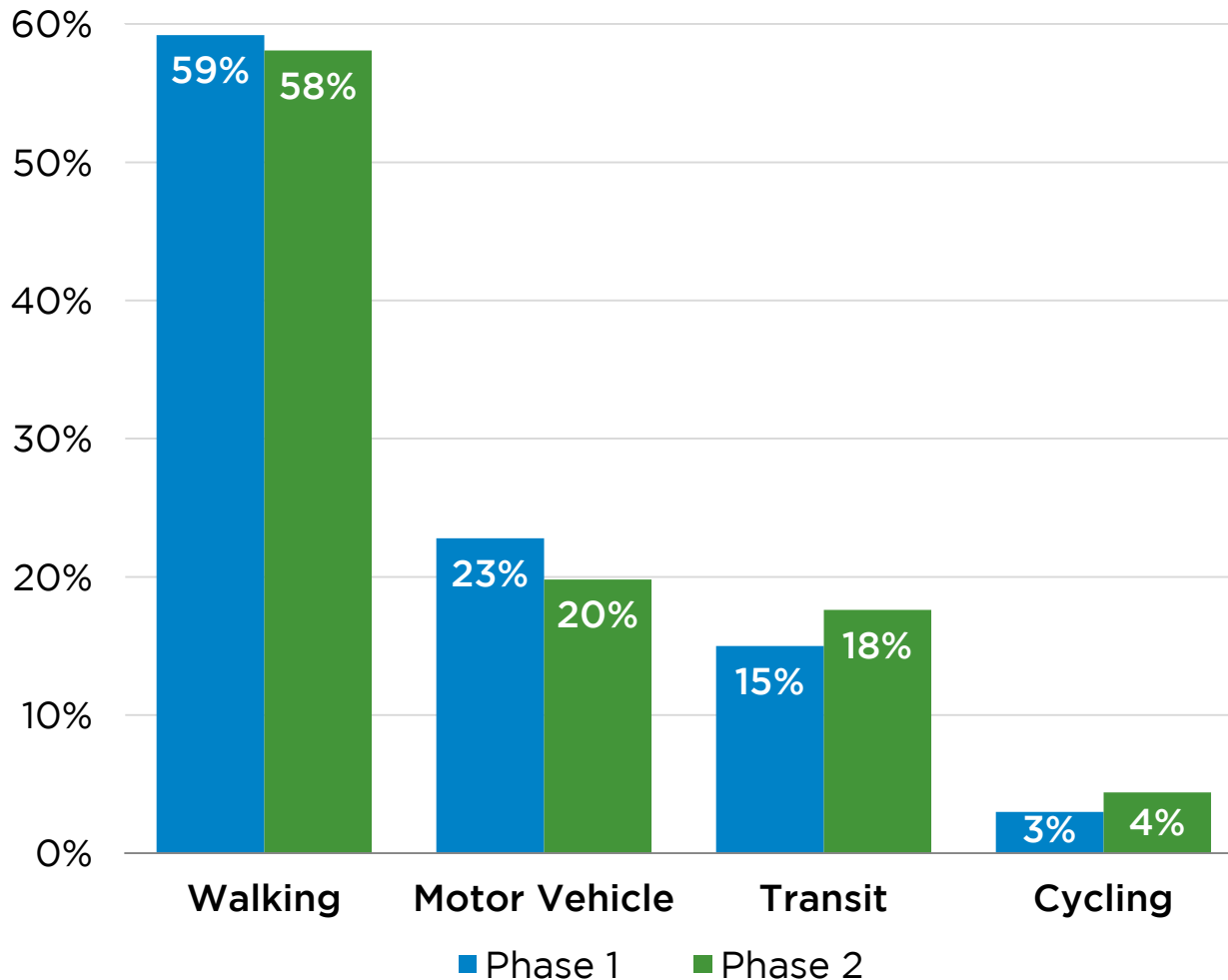


Population Health

Participants living near the Comox-Helmcken Greenway reported:

- a **16.1%** increase in the number of days they engaged in moderate physical activity in a week
- an **8.0%** decrease in the time spent sitting and being sedentary
- a **9.8%** decrease in the number of days of poor physical and mental health

UBC Health & Community Design Lab: Study of Travel, Health, and Activity – Comox-Helmcken Greenway



Overall, mode share saw an increase in **bicycle** and **transit** trips, and a decrease in **auto** and **walking** trips.

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Increased perceived ease of friendship formation:

“It is easy to make friends in my neighbourhood” (mean: 2.4 -> 2.5; somewhat disagree)

