Annual Monitoring Report & Safety Action Plan

May 4, 2016
Council Presentation
3. Comox-Helmcken Health Studies
Participants:

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

Source: UBC Health & Community Design Lab - Study of Travel, Health, and Activity, Comox-Helmcken Greenway: 2012-2015
Overall, mode share saw an increase in bicycle and transit trips, and a decrease in auto and walking trips.

Increased perceived ease of friendship formation:
“It is easy to make friends in my neighbourhood” (mean: 2.4 -> 2.5; somewhat disagree)