



ACTIVE COMMUTING AT KSU



In April of 2008, 800 individuals responded to an online survey about active commuting (i.e. walking or biking to campus) behavior

About the survey respondents:

- 45% of respondents were male, the mean age of respondents was 34 years
- 46% were students, 32% were faculty and 22% were staff
- On average, respondents said they:
 - o drive to campus 3 times per week
 - o walk to campus 3 times per week
 - o bike to campus less than 1 time per week

Interesting Findings:

- Men and women reported equal active commuting behavior
- Older individuals were less likely to actively commute than younger individuals
- Faculty actively commutes more often (1.5 times/week) than staff (<1 time/week), though students actively commute more often than either group (5.7 times/week)

Specifics of Active Commuting:

- Approximately 5% of students said all their trips are by bicycle
- Approximately 15% of students said all their trips to campus are by walking
- Most active commuting college: Architecture (7 times/week)
- Least active commuting colleges: Agriculture and Veterinary Medicine (2 times/week)

Distance to Campus and Active Commuting Rates:

- Students generally reported living a closer distance from campus than faculty or staff; which is related to their higher rates of active commuting
- Individuals who report living within a 20 minute walk, walk to campus 4 times/week (twice as often) than those who report a greater distance
- Individuals who report living within a 20 minute bike ride, bike to campus 5 times/week (17x more frequently) than those who report living at a greater distance

Most influential reasons for mode of commute:

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| 1. Time constraints | 6. Parking cost |
| 2. Weather | 7. Environmental concerns (e.g. pollution) |
| 3. Traveling to other points before/after visiting KSU | 8. Safety from traffic |
| 4. Health benefits from exercise | 9. Safety from crime |
| 5. Parking availability | 10. Terrain (e.g. hills) |

This study was conducted by the Physical Activity and Public Health Lab in the Department of Kinesiology at Kansas State University by Melissa Bopp and Pamela Wittman. For more information please contact mbopp@ksu.edu or (785) 532-7771.