

Walking and cycling during and after the COVID-19 pandemic

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Introduction

The COVID-19 pandemic led to a transformation in how people travel.

We administered two representative online surveys in the winters of 2020-21 and 2021-22, receiving over 2,400 responses.



Two surveys of New Jersey residents, encompassing over 2,400 people.



Walking



Cycling



Working from home

Two surveys of New Jersey residents, encompassing over 2,400 people.



Walking

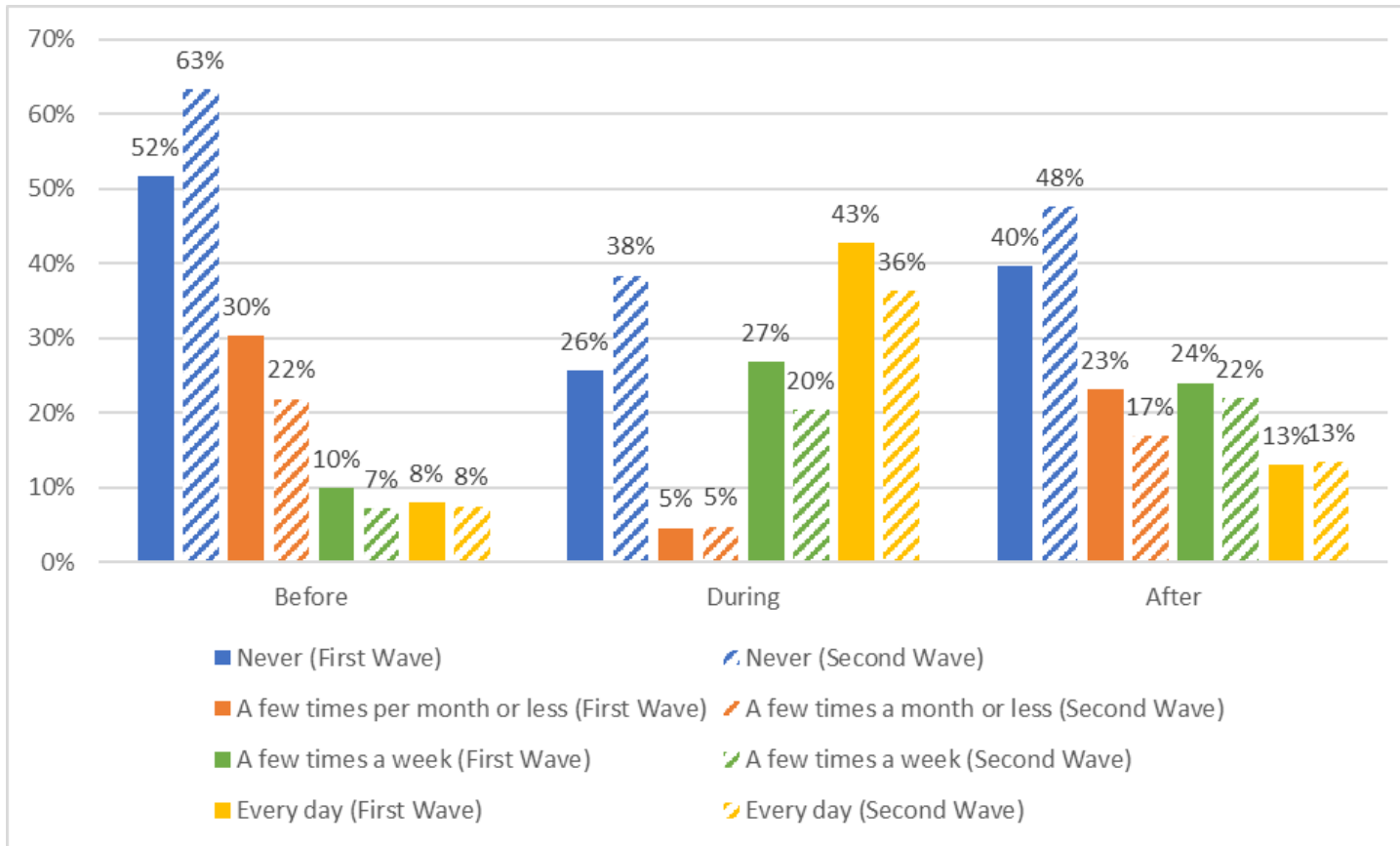


Cycling

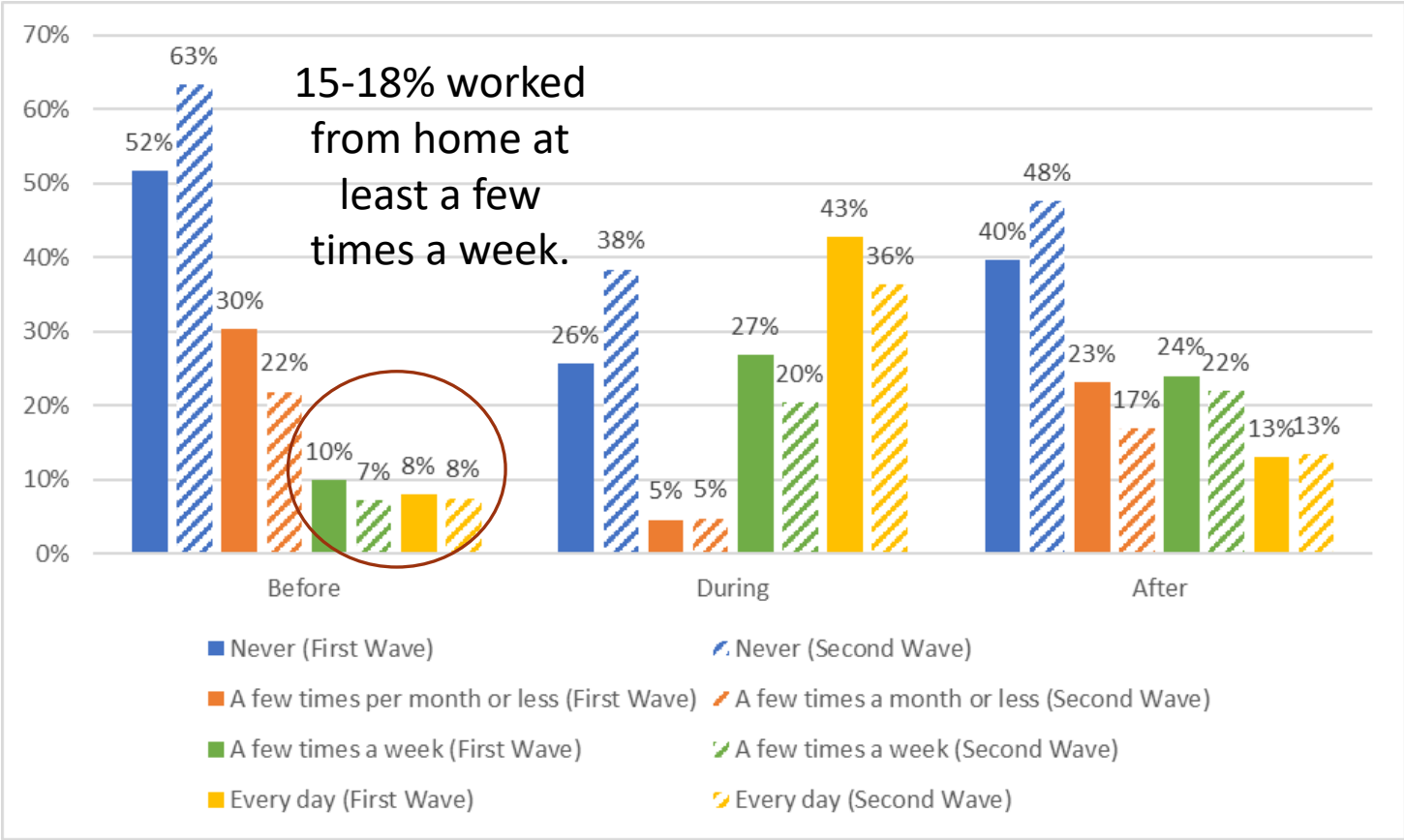


Working from home

Who worked from home?

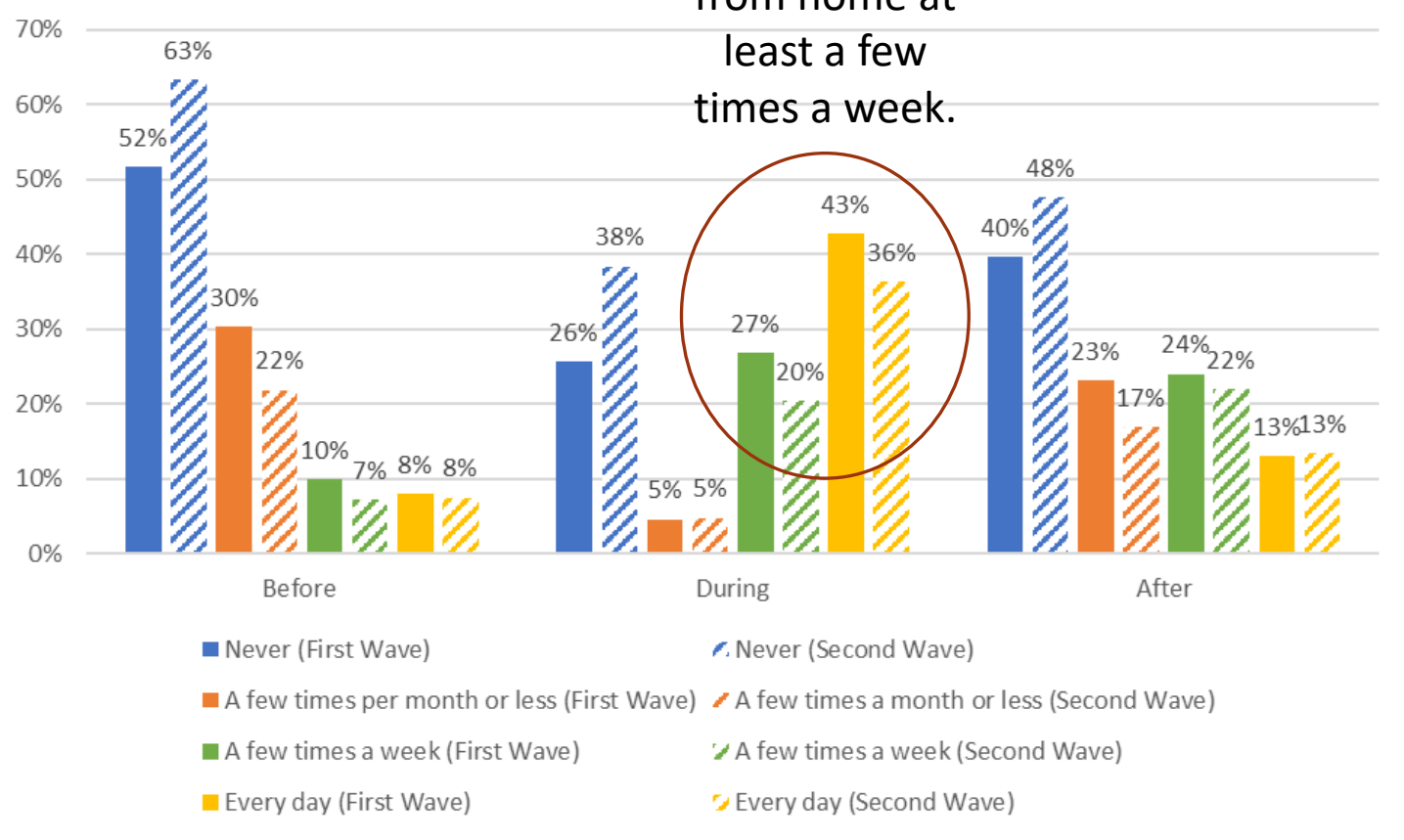


Who worked from home?



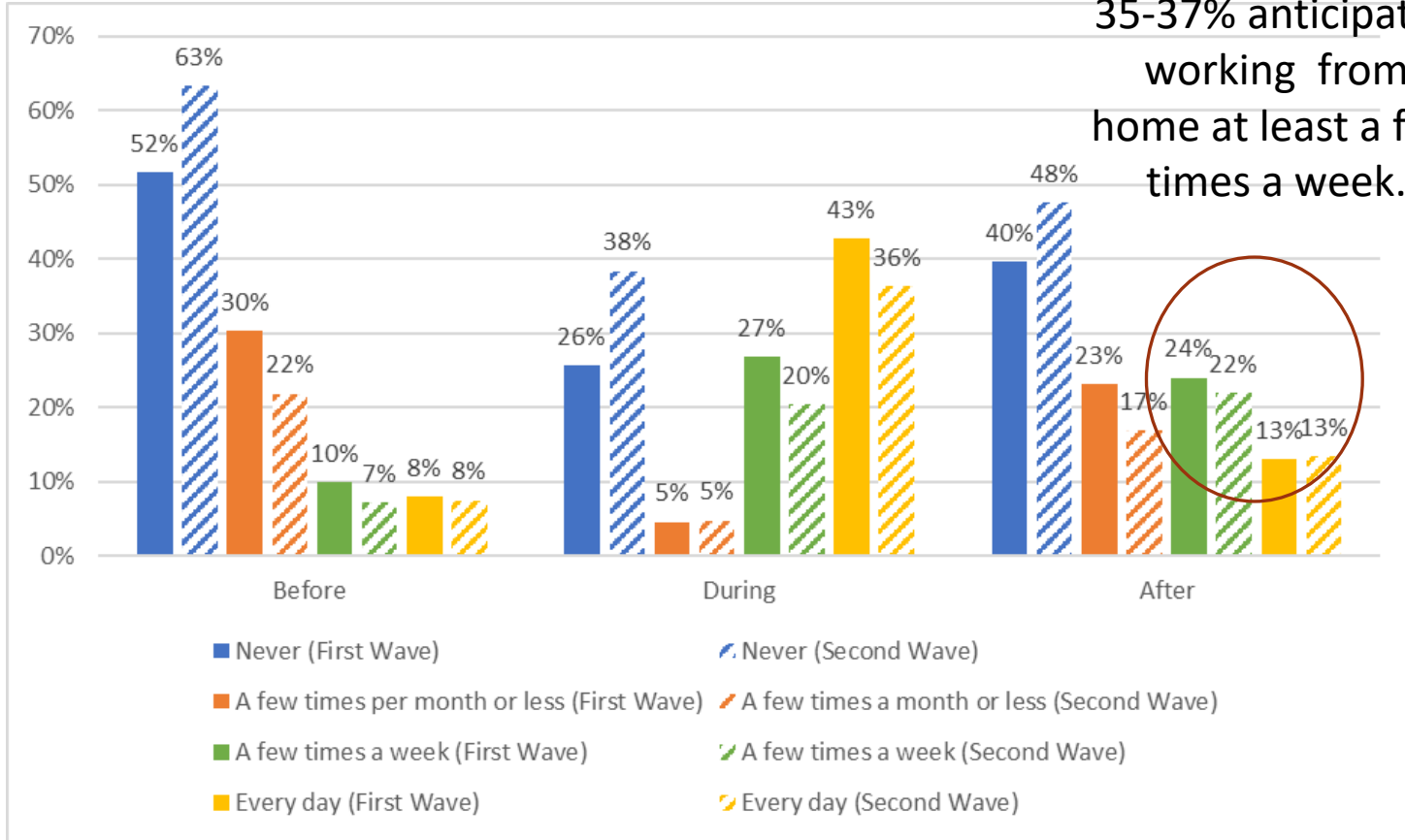
Who worked from home?

56-70% worked from home at least a few times a week.

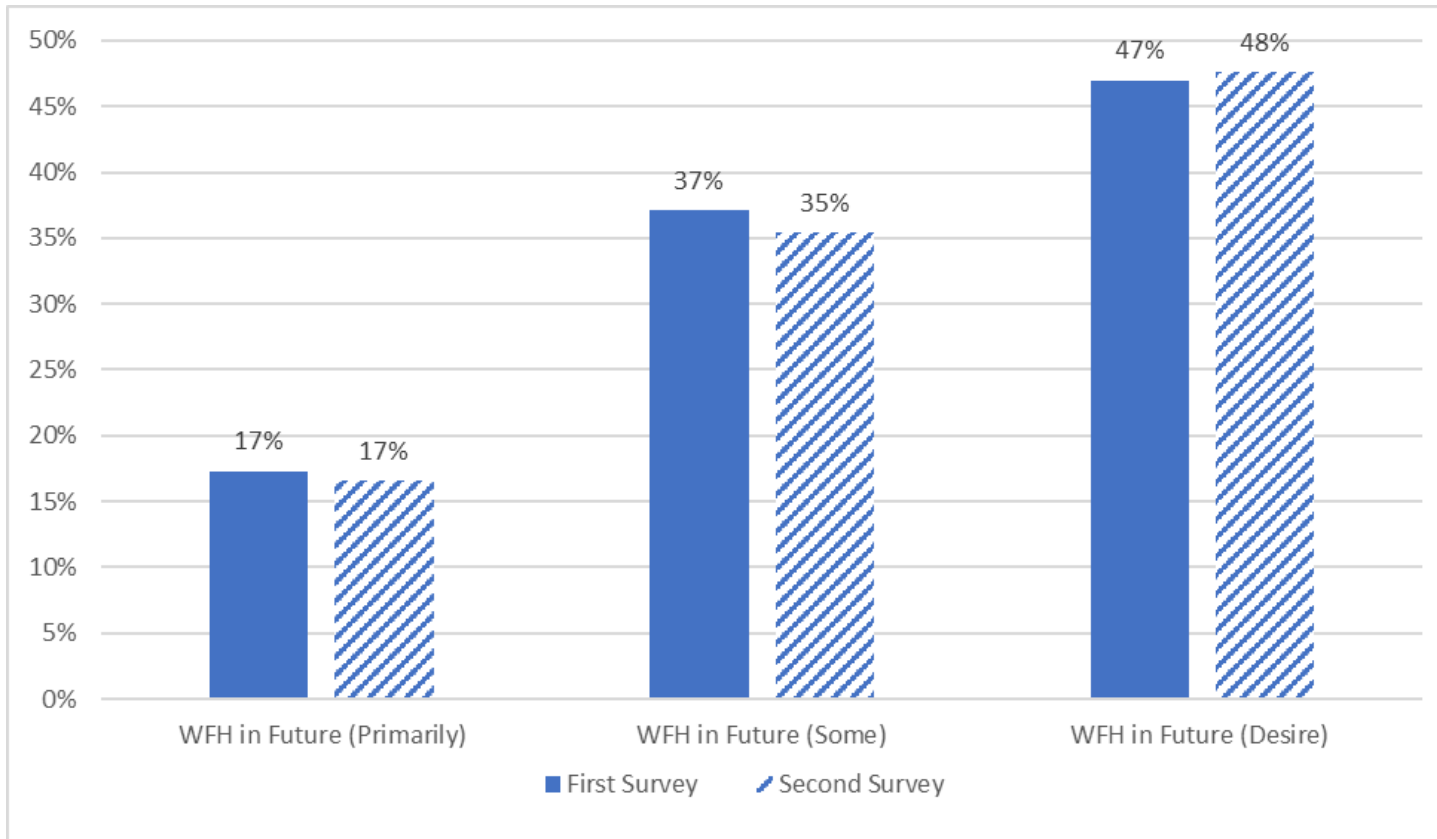


Who worked from home?

35-37% anticipated working from home at least a few times a week.



Working from home in the future



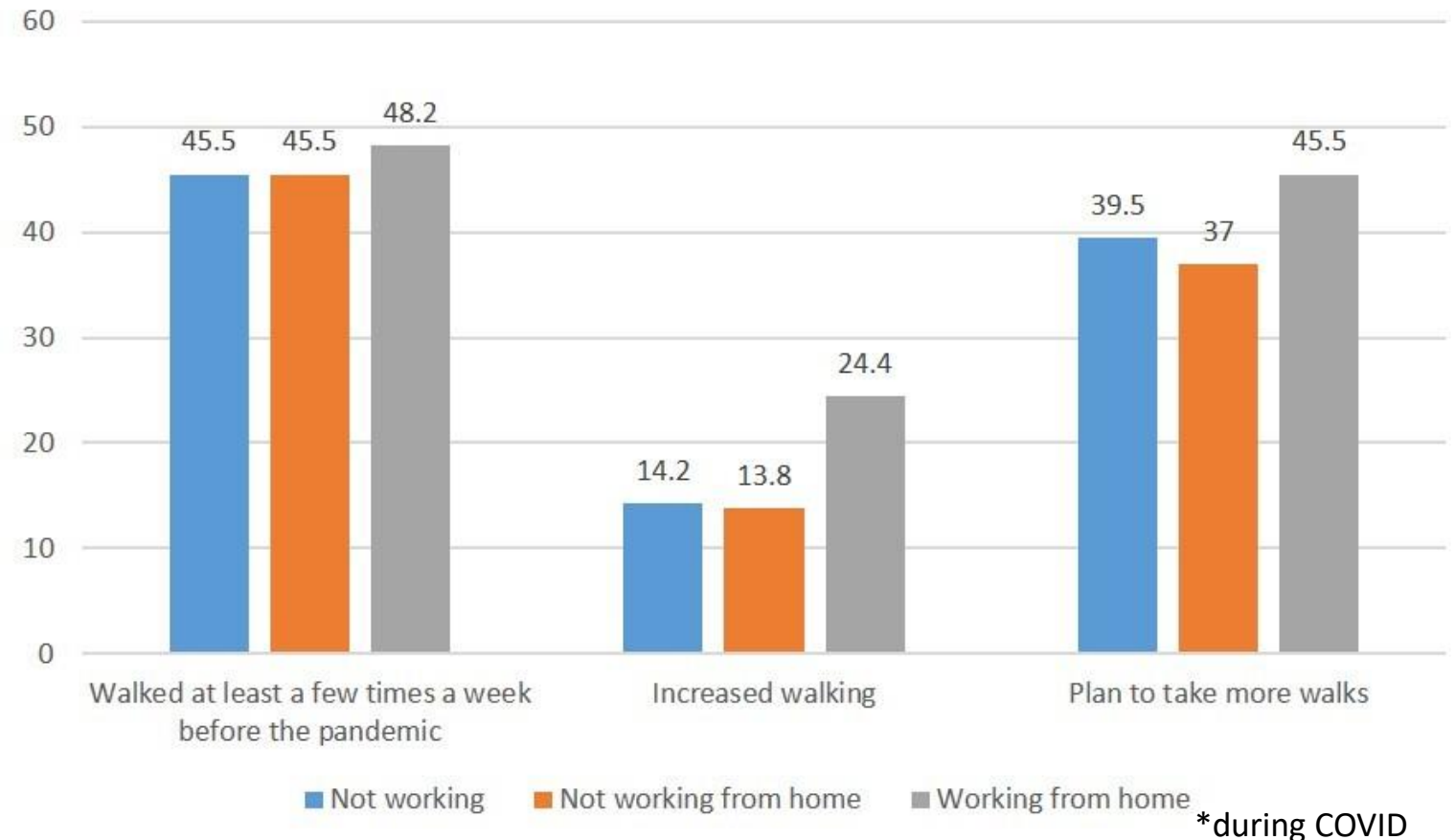
Walking and working from home

People who increased walking during the pandemic were more likely to work from home.

Other factors:

Age (younger than 50)

Household income (earn \$100,000+)



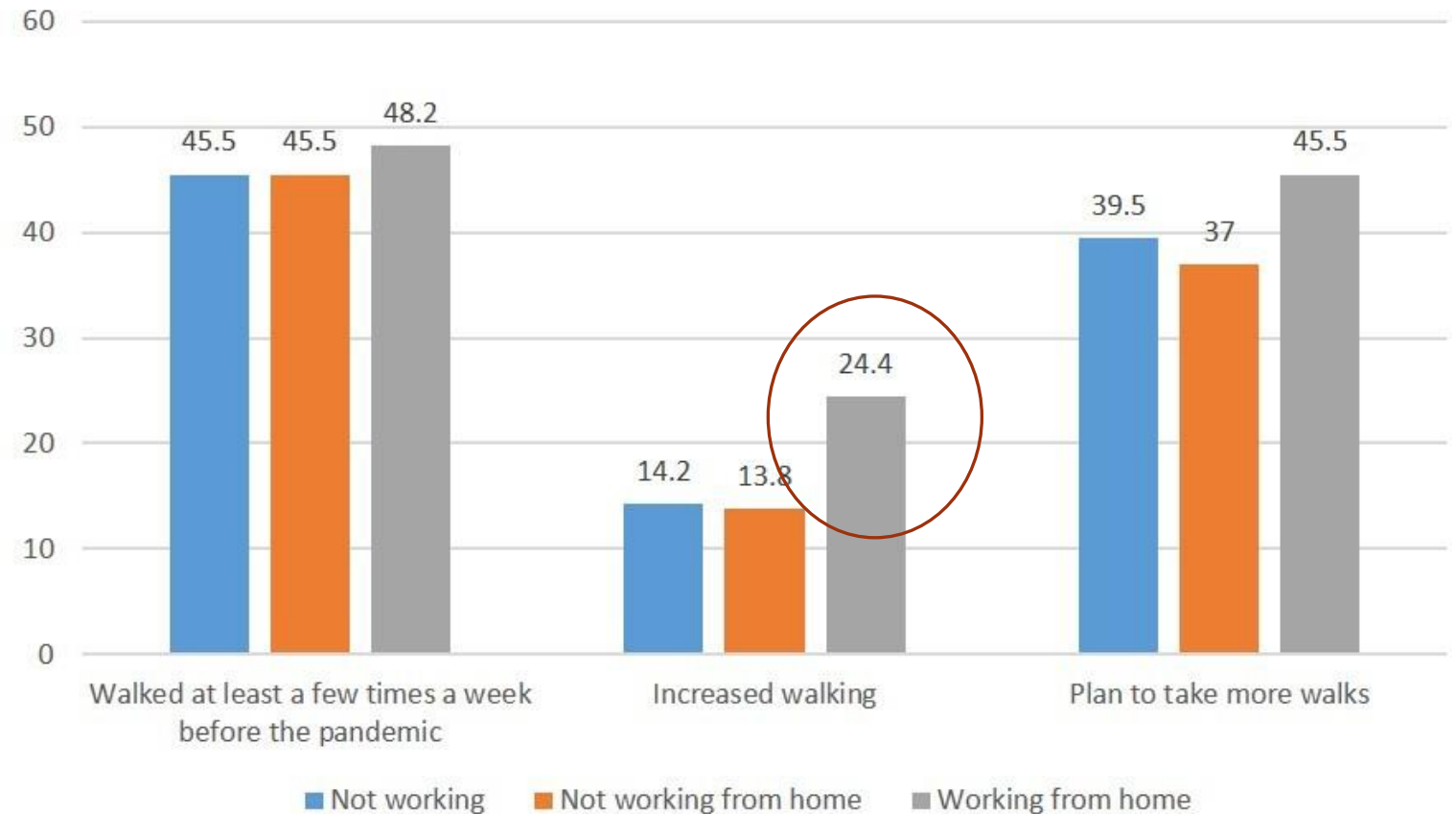
Walking and working from home

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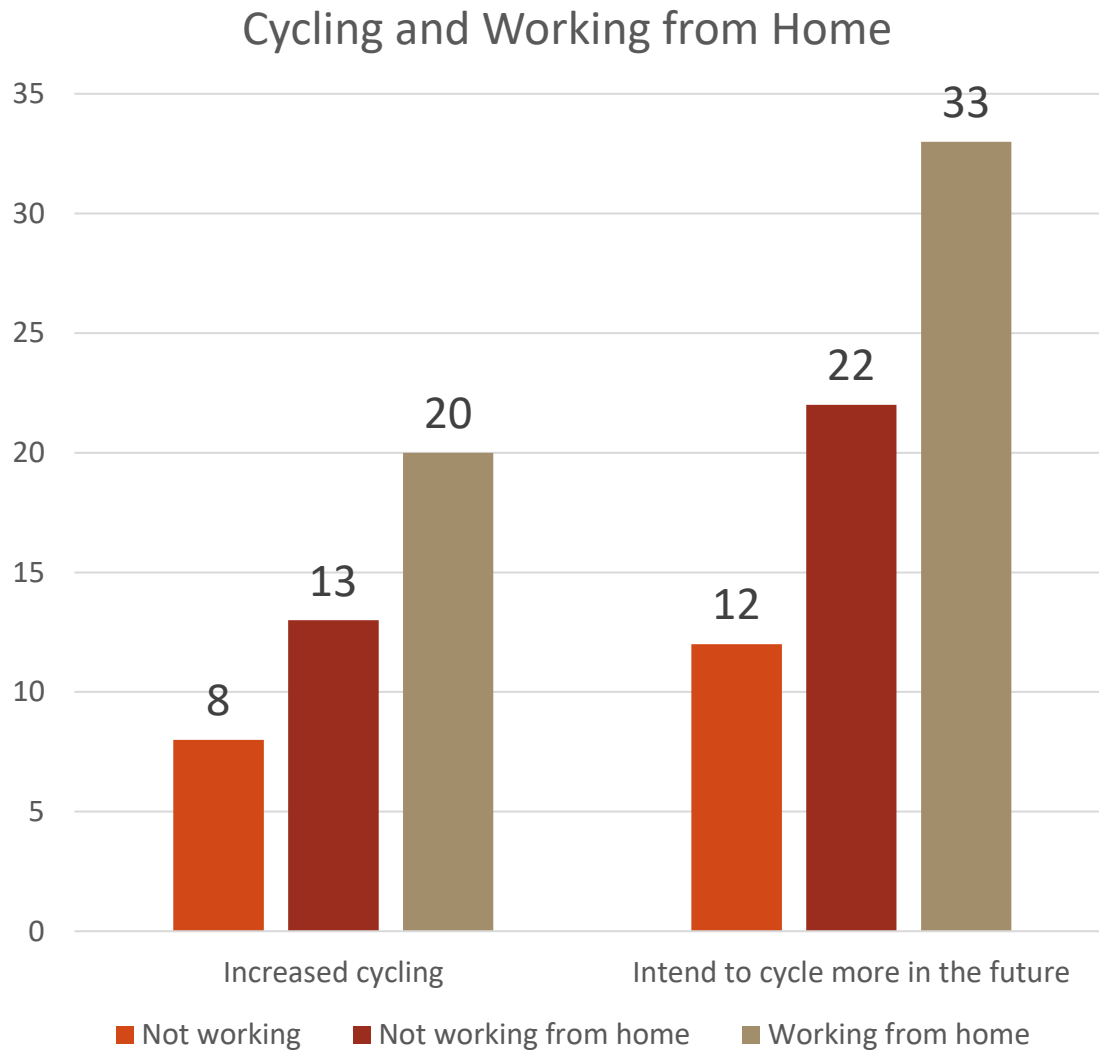
Cycling during COVID

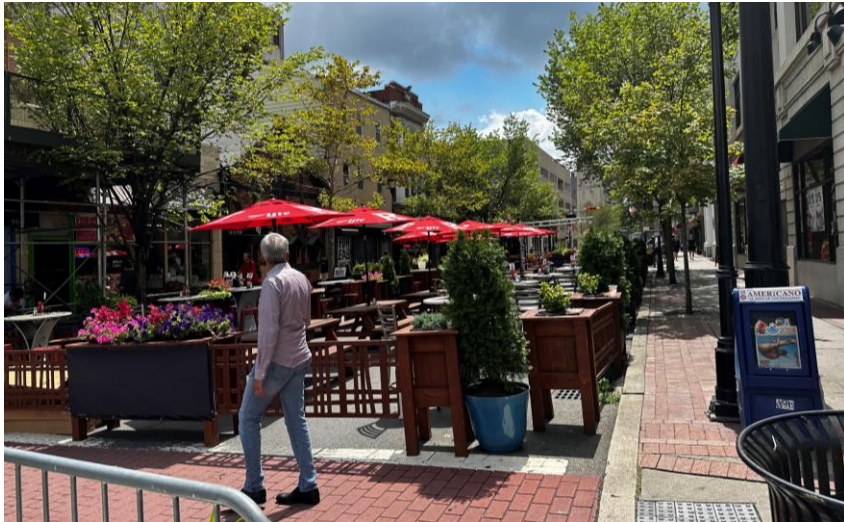
Increases in cycling have not been evenly distributed.

The largest increases in cycling were reported among the COVID “work from home” population

Non-workers tended to be retired, thus older in age compared to the working population.

Having the ability to work from home was a determinant of cycling during/after the pandemic.





More on cycling

Men were more likely to increase cycling during COVID

Having children at home (under 18) was associated with increased cycling

Pedestrian and cyclist improvements were positively associated with cycling

- Yet, more than 75% of worldwide street closures and other measures were not made permanent by 2021.

Cycling during and after COVID: Has there been a boom in activity?

[Hannah Younes](#), [Robert B. Noland](#), [Leigh Ann Von Hagen](#), [James Sinclair](#)



Conclusions

Street closures, pop-up bike lanes, and other COVID infrastructure measures had a positive relationship with cycling.

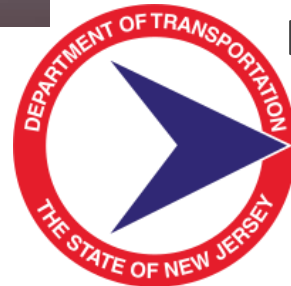
Active travel has increased primarily among COVID-19 teleworkers.

Will this trend persist even as people return to work?



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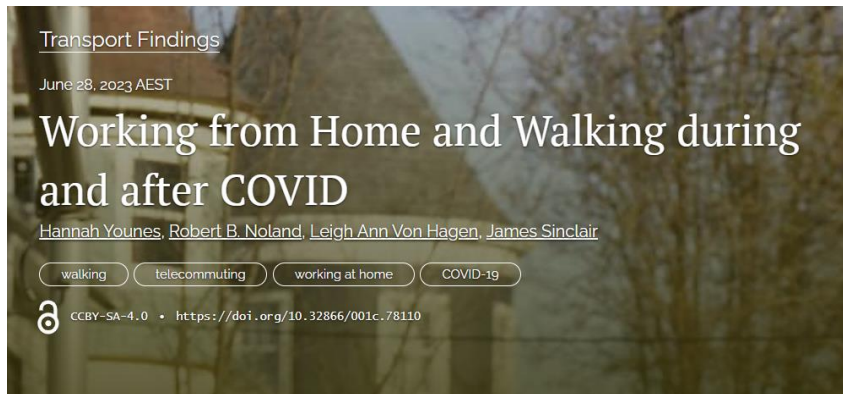
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Thank you!

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<https://findingspress.org/article/78110-working-from-home-and-walking-during-and-after-covid>

<https://www.sciencedirect.com/science/article/pii/S1369847823002000?dgcid=author>

<https://findingspress.org/article/75441-what-do-people-want-to-do-instead-of-commuting-to-work>



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