

Cycling Scotland

Attitudes and behaviours towards cycling in Scotland









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Cycling Scotland is working towards a future in which everyone in Scotland can easily enjoy the benefits of regular cycling.

Whilst rates of cycling in the Scottish population are increasing, a large proportion continue to be reluctant to take up cycling for transport or leisure.



Much research has been conducted investigating cycling attitudes and behaviours – e.g. Scottish Household Survey, GECS campaign tracking, programme specific studies, etc.

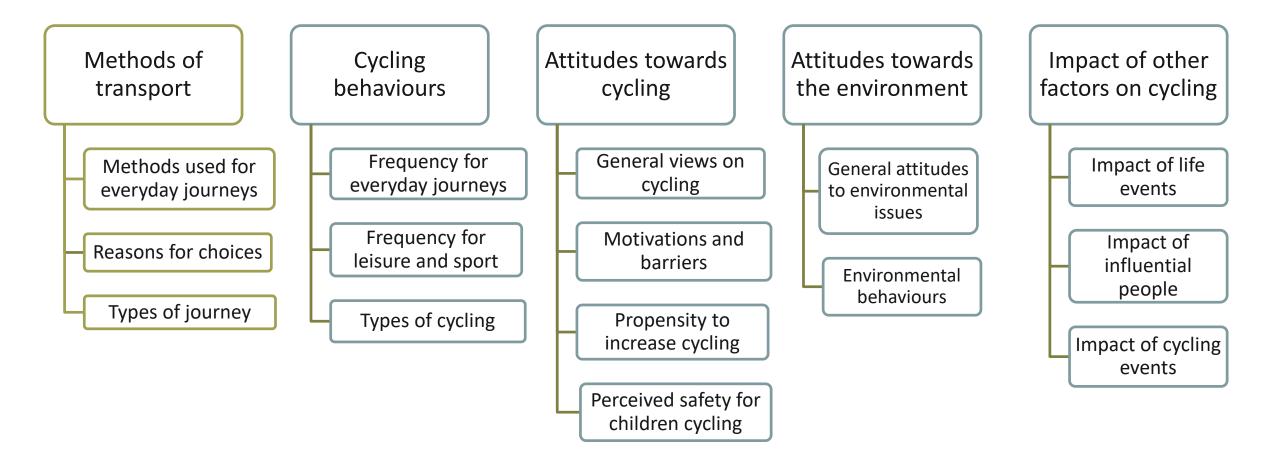
However, no specific Scottish population-wide longitudinal research into cycling behaviours and attitudes has been undertaken.

Cycling Scotland commissioned a long-term research study to:

- consult the full breadth of Scottish population;
- gather data on perceptions of and barriers to cycling;
- provide effective and implementable recommendations for action.

Project objectives





Method



- The data was gathered using face-to-face CAPI interviews 1060 interviews were conducted.
- Each interview was approximately 13 minutes long.
- The sample was gathered from across Scotland. Almost all Scottish local authorities were included.
- Quotas were set on demographics (age, gender, socio-economic group) to ensure a sample representative of Scottish population.
- Fieldwork was conducted between 28th August and 19th September 2017.
- The margin of error on a sample of 1060 is between +/- 0.6% and +/- 3.0% at the 95% confidence interval.*

^{*} As quotas were used the sampling type is non-probability. The margin of error is calculated on the basis of an equivalent probability sample.



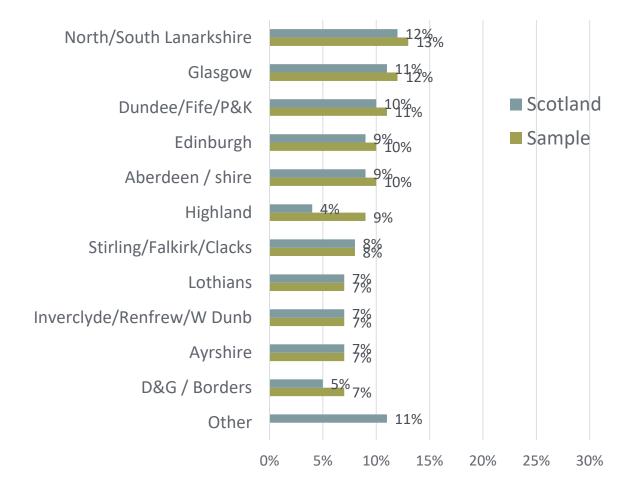
Sample profile

Sample profile Location

- Sample designed to provide a broadly representative spread across the Scottish population.
 - Sampling did not include remote rural areas or islands
- Sampling also aimed to provide a mix of urban and rural locations.
- Highland is higher than Scottish population additional interviews were conducted in order to compensate for not conducting interviews on islands.

Local authority



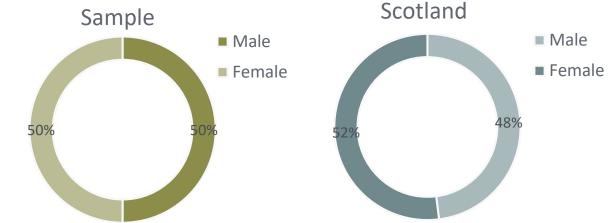


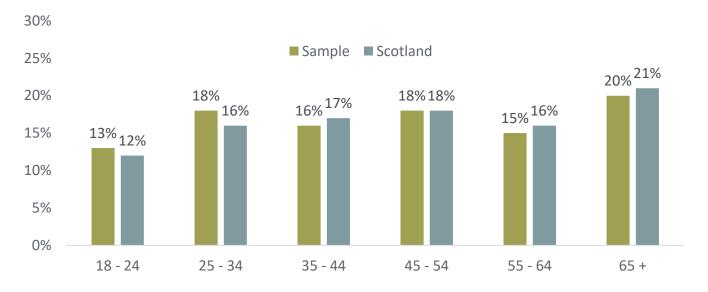
Sample profile Age and gender

- Quotas were set on age and gender to broadly reflect national Scottish statistics.
- Sample evenly split between males and females.

Age and gender







Base (all): 1060

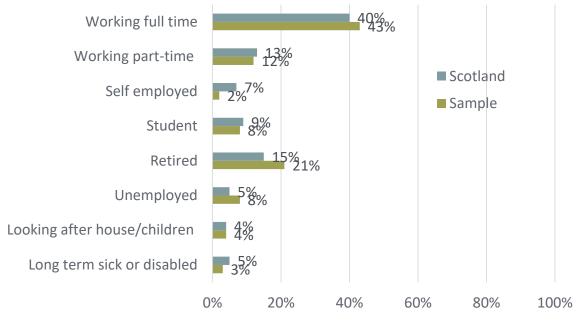
Scotland statistics source: Census 2011

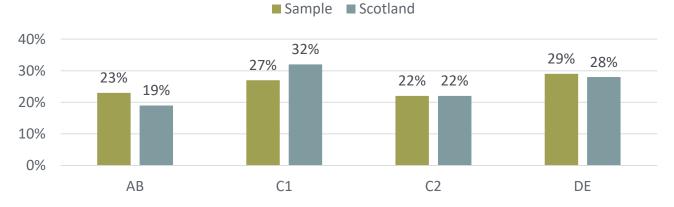
Sample profile Socio-economic

- Quotas were also set on socio-economic group – 50% ABC1; 50% C2DE.
 - The sample's socio-economic profile is in line with Scottish statistics, with slightly higher in AB and lower in C1 groups.
- Working status was left to natural fall out.
- This has come in broadly consistent with national statistics.
 - Sample has fewer self-employed and more retired than national statistics.

Working status and SEG







Base (all): 1060

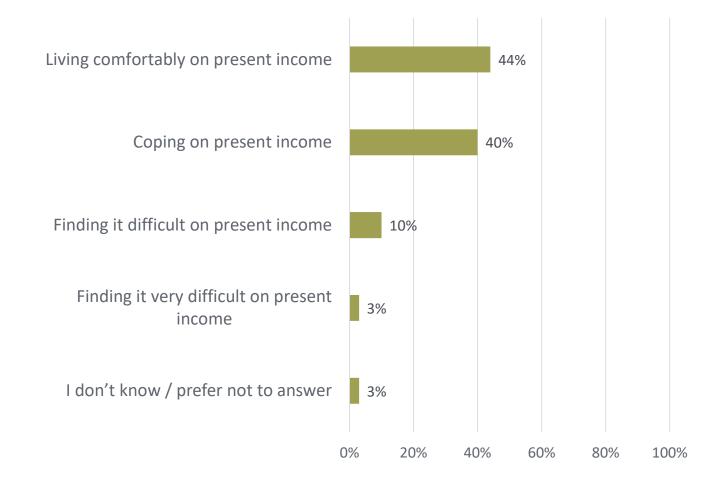
Scotland statistics source: Census 2011

Sample profile Socio-economic

- The majority of respondents (84%) reported that they are either living comfortably on their current income or coping on their current income.
- Only 13% were having difficulties with their current income.

Ability to manage on current income





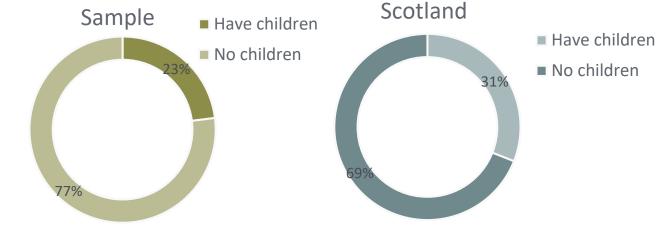
Q26: Which of the following descriptions comes closest to how you feel about your household's income at present?

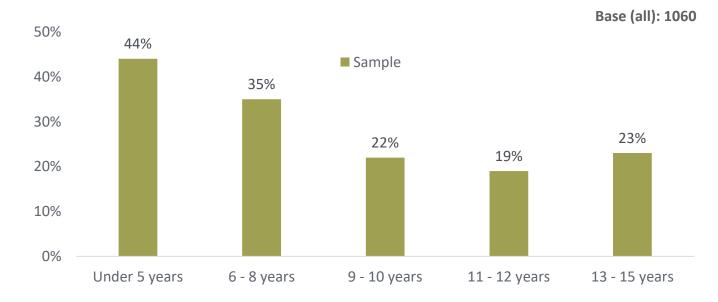
Sample profile Children

- Almost one quarter had children under 16 years old in the household.
 - Fewer than population figure of 31%
- The ages of children were weighted to younger age groups.
- 71% of parents had children aged between 6 and 15 years old – and therefore have potential to cycle.

Children in household







Base (all with children): 248

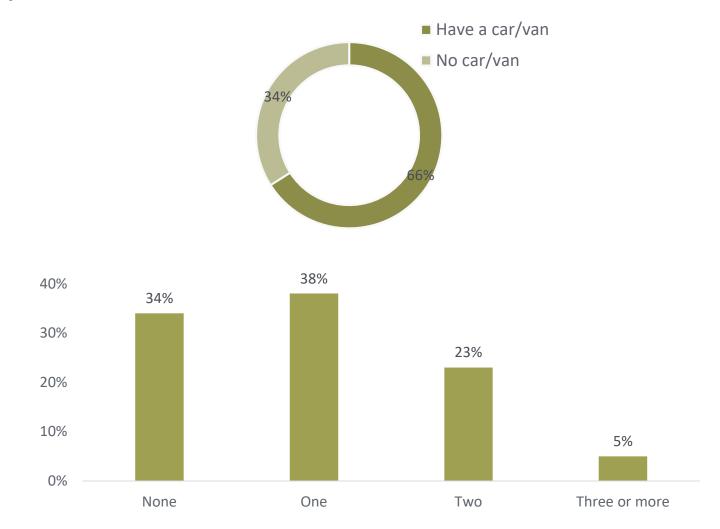
Scotland statistics source: Census 2011

Sample profile Car ownership

 Two thirds of respondents reported having access to a car or van in the household.

How many cars/vans available for use in your household?





Q28: How many cars or vans do you own, or are available for use, in your household?

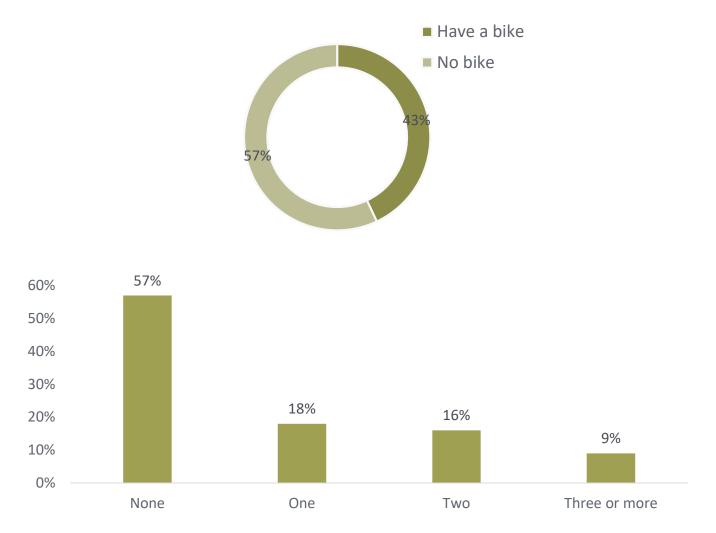
Base (all): 1060

Sample profile Bicycle ownership

• 43% of respondents reported having access to an adult bike in their household.

How many bikes available for use in your household?





Q27: How many adult bicycles do you own, or are available for use in your household?

Base (all): 1060

Summary



- We have interviewed a robust and representative sample of the Scottish population.
- This provides a sound basis for top line data analysis, as well as various sub-groups for subsample analysis.



Transport choices

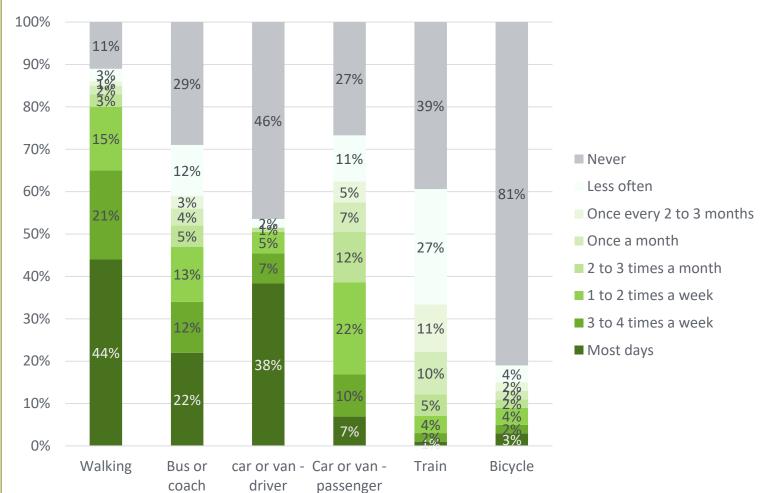
Transport choices Frequency

- Walking was the most frequent mode for everyday journeys - 80% walk at least once a week.
- Around half of respondents drive or take a bus at least once a week.
- 19% of population ever cycle for everyday journeys. 10% cycle for everyday journeys at least once a week.
- Those most likely to ever cycle for journeys were males (26%, females 12%), under 55 year olds (24%, over 55s 10%), and ABs (27%, C1s 16%, C2s 20%, DEs 15%).
- Males were more likely to cycle at least once a week (15%) compared to females (5%).

Q1: How often do you use the following modes of transport for journeys, such as going to work, to the shops, taking kids to school or going out socially at night?

Frequency of modes for everyday journeys



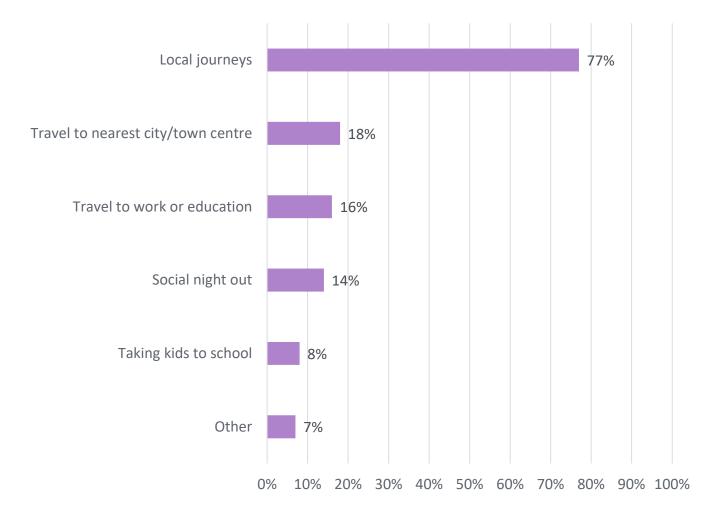


Transport choices Journey types

- 85% of the total sample walk for journeys at least once a month.
- As expected, walking is a travel option predominantly for local journeys.
- 18% walk to their nearest town centre and
 16% also mentioned walking for commuting.

What types of journey do you use it for? – Walking





Q3: For each of the means of travel you use, please tell me what types of journey you use it for?

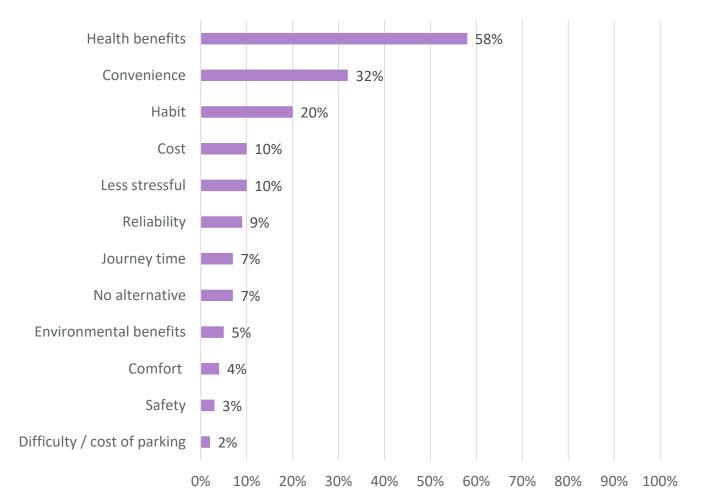
Base (all walking): 901

Transport choices Reasons

- Improving your health is the key reason for walking.
- One third also stated that walking is a convenient option, and one fifth walk out of habit.
- Environmental benefits was mentioned by 5% of people who walked for everyday journeys.

Why do you travel this way? - Walking





Q2: For each of the means of travel you use, please tell me why you travel this way?

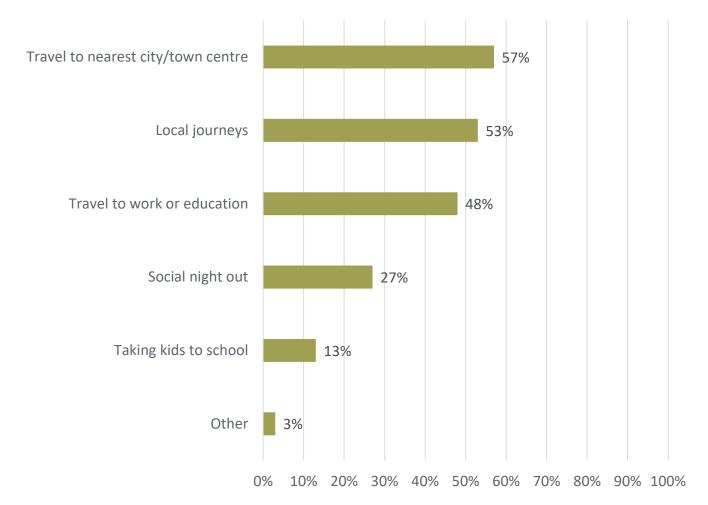
Base (walking): 901

Transport choices Journey types

- 80% of the sample travel by car (as a driver or passenger) at least once a month.
- Cars are used for a variety of journeys, including travel to towns/cities, local journeys and commuting.
- It is significant that over half of car drivers use their car even for local journeys.

What types of journey do you use it for? – Car / van





Q3: For each of the means of travel you use, please tell me what types of journey you use it for?

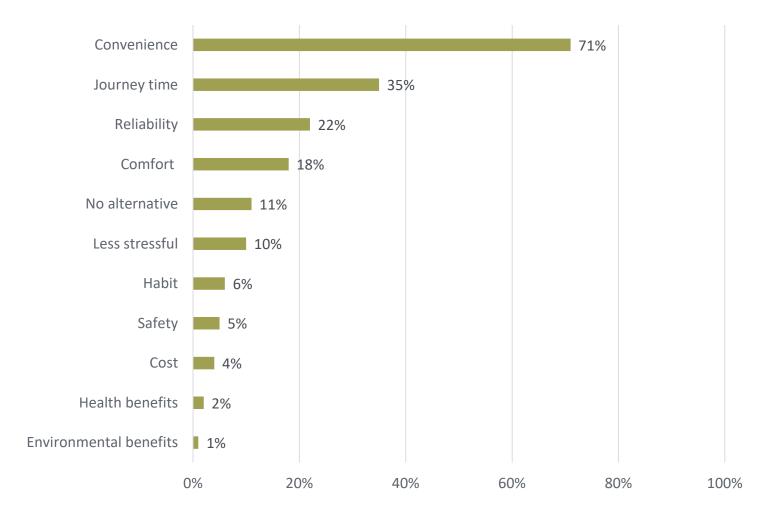
Base (all car / van): 849

Transport choices Reasons

- The key motivation for travel by car is convenience.
- Just over one third also mentioned journey time.
- 22% mentioned the reliability of car travel, and 18% liked the comfort.

Why do you travel this way? - Car / van





Q2: For each of the means of travel you use, please tell me why you travel this way?

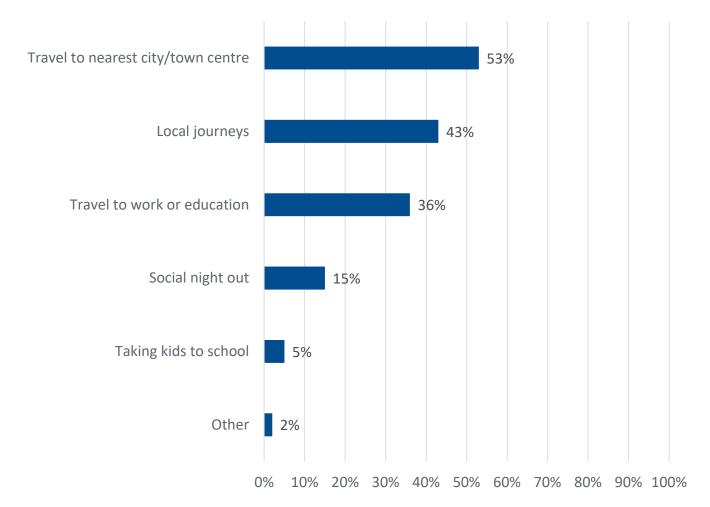
Base (all car/van – including drivers and passenger): 849

Transport choices Journey types

- 56% of the total sample travel by bus at least once a month.
- Buses are used for a variety of journeys, but for most it's for travel into nearest town or city and local journeys.
- Just over one third use the bus for their commute.

What types of journey do you use it for? – Bus / coach





Q3: For each of the means of travel you use, please tell me what types of journey you use it for?

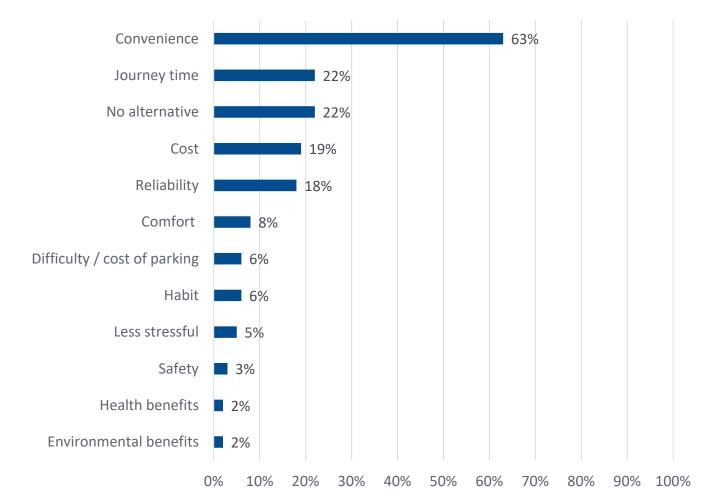
Base (all bus / coach): 598

Transport choices Reasons

- The key motivation for bus travel is convenience.
- Around one fifth also mentioned journey time, cost and reliability.
- 22% reported that they didn't have any other options.
- Very few spontaneously stated environmental concern as a reason to take the bus.

Why do you travel this way? – Bus / coach





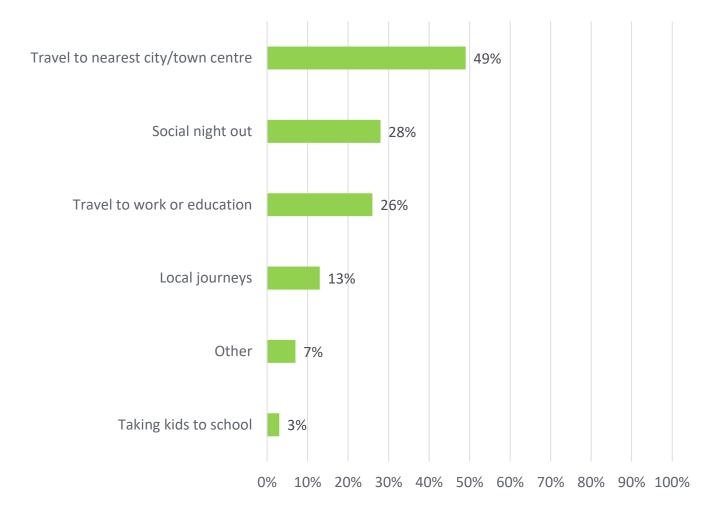
Q2: For each of the means of travel you use, please tell me why you travel this way?

Transport choices Journey types

- 23% of the total sample travel by train at least once a month.
 - This proportion is likely to be significantly higher in areas served by the rail network.
- Almost half of those who travel by train use it to get into their nearest town or city centre.
- One quarter also use the train for commuting, and 28% travel by train for nights out.

What types of journey do you use it for? – Train





Q3: For each of the means of travel you use, please tell me what types of journey you use it for?

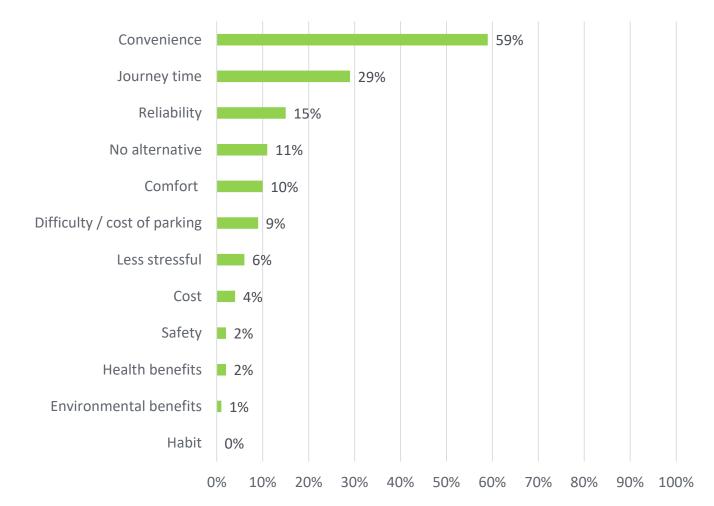
Base (train): 242

Transport choices Reasons

- The key reason for choosing to travel by train is convenience (59%).
- 29% also stated that it is a quicker way to travel.

Why do you travel this way? - Train





Q2: For each of the means of travel you use, please tell me why you travel this way?

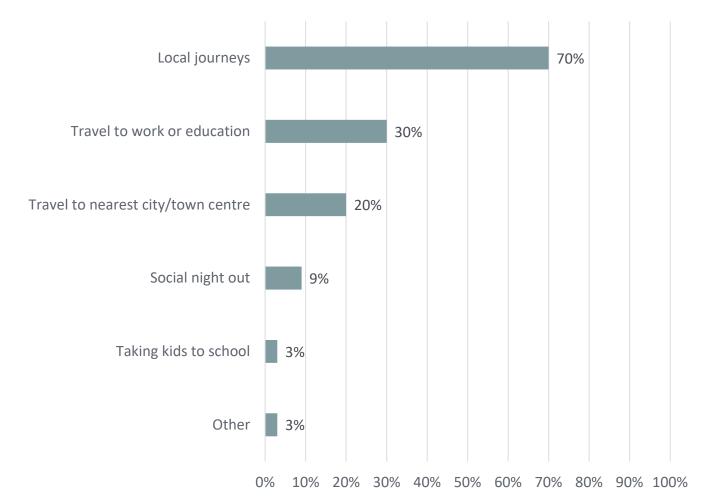
Base (all train): 242

Transport choices Journey types

- 13% of the sample cycle for everyday journeys at least once a month.
- Cycling is predominantly used for local journeys.
- 30% of people who cycle for everyday journeys also mentioned commuting by bike.
 - This equates to 4% of the total sample.

What types of journey do you use it for? – Bicycle





Q3: For each of the means of travel you use, please tell me what types of journey you use it for?

Base (all bicycle): 137

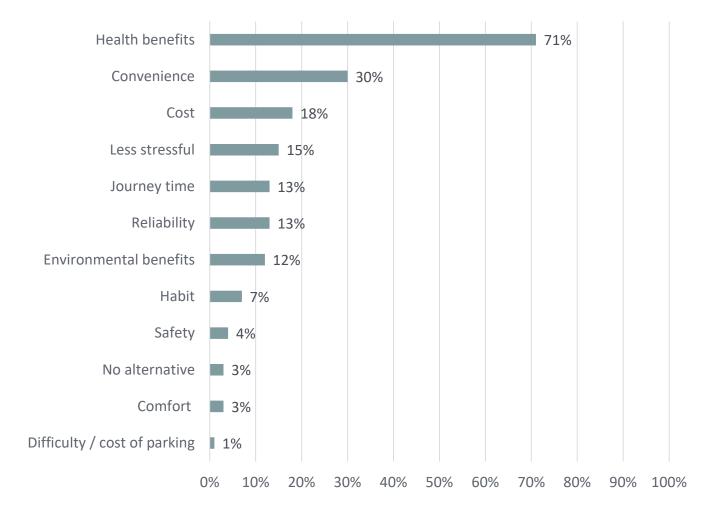
Transport choices Reasons

- The overwhelming reason for cycling for everyday journeys is health benefits. The older the respondent, the more likely they are to mention health benefits (92% of 55+; 61% of under 35s).
- Almost one third of people who cycle also mentioned convenience.
- 18% cycle because it is a less expensive option.
 Cost is more important to under 35 year olds and C2DEs.
- A variety of other benefits was mentioned by the sample, including less stressful, journey time and reliability.
- People who cycle are more likely to mention the environmental benefits of their choice of transport (12%) than people using any other transport type.

Q2: For each of the means of travel you use, please tell me why you travel this way?

Why do you travel this way? - Bicycle





Base (all bicycle): 137

Key insights Transport choices



- Non-active transport options tend to be chosen primarily for convenience and journey time.
- Cycling and walking are most often selected for local journeys and for health benefits.
 Convenience is the key secondary reason.
- Cycling is the only travel mode which is chosen by a significant proportion for environmental reasons -12%.
- One in five (19%) <u>ever</u> cycle for everyday journeys and one in ten <u>regularly</u> cycle for everyday journeys (at least once a week).
 - The proportion who ever cycle for journeys is higher for some sub-groups males (26%), ABs (27%), under 55s (24%).



Attitudes to driving

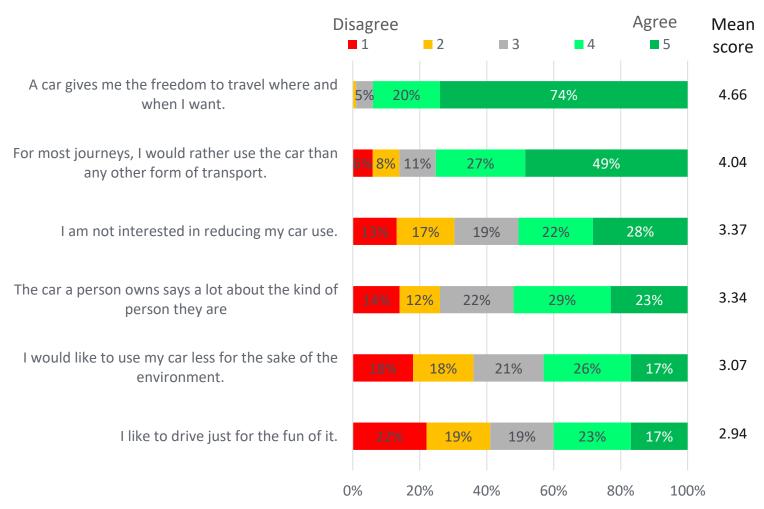
Attitudes to driving

- The majority of car drivers appear to be committed to this form of transport.
 - Three quarters agree that they would rather use it than any other form of transport
 - 51% agree that they are not interested in reducing their car use
 - 94% agree that it gives them freedom to travel where and when they want
- However, there is a significant minority who would like to use their car less.
 - 43% would like to use it less for the sake of the environment
 - 30% disagree that they are not interested in reducing their car use

Q4: For each statement I'd like you to tell me how much you agree or disagree with that statement. Please provide a mark out of 5, where 5 is strongly agree and 1 is strongly disagree.

Agreement / disagreement with statements on driving (drivers only)





Base (all drivers): 546

Attitudes to driving Sub-sample analysis



- There were very few significant variances by the demographic profile.
 - Males and younger respondents are more likely to agree that they like to drive for the fun of it.
 - Younger respondents (under 35) are also more likely to state that they would rather use the car than any other form of transport.
- Drivers who are also cyclists are more likely to agree that they would like to use their car less for the sake of the environment (58% agree) than non-cyclist drivers (36%).



Cycling behaviours

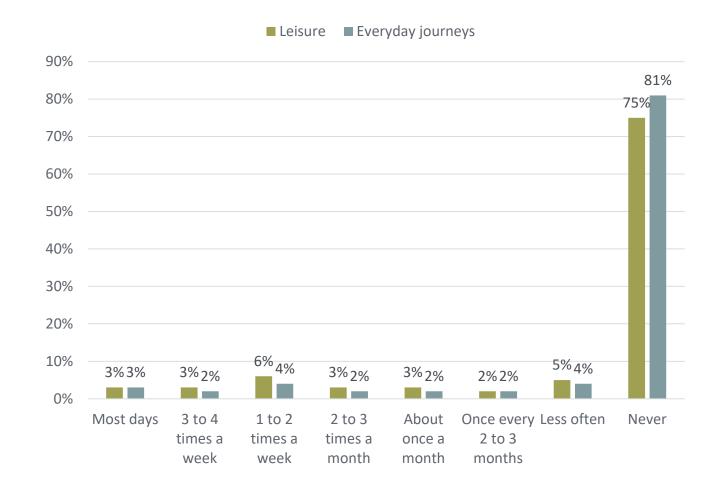
Cycling behaviours Frequency

- One quarter of people cycle for leisure and 19% cycle for everyday journeys at least occasionally.
- Combining both questions, 27% of the population ever cycle either for transport or leisure.
- Around one tenth of the population cycle at least once a week.
- Cyclists are more prevalent amongst:
 - Males (33%, compared to 21% females)
 - Under 55 year olds (34%, compared to 13% 55+)
 - AB socio-economic group (40%, compared to 20% DEs)

Q7: How regularly do you tend to cycle for leisure or sport, e.g. Road cycling, off-road cycling, cycling with friends/family, BMX cycling, mountain biking, etc.?

How regularly do you cycle?



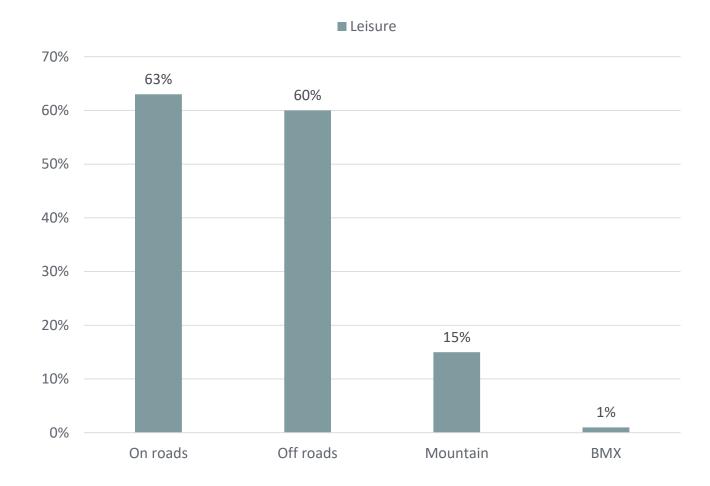


Cycling behaviours Types of cycling

• Of those who cycle for leisure, most cycle both on roads and off-road.

What types of cycling do you do?





Q8: What types of cycling do you do?

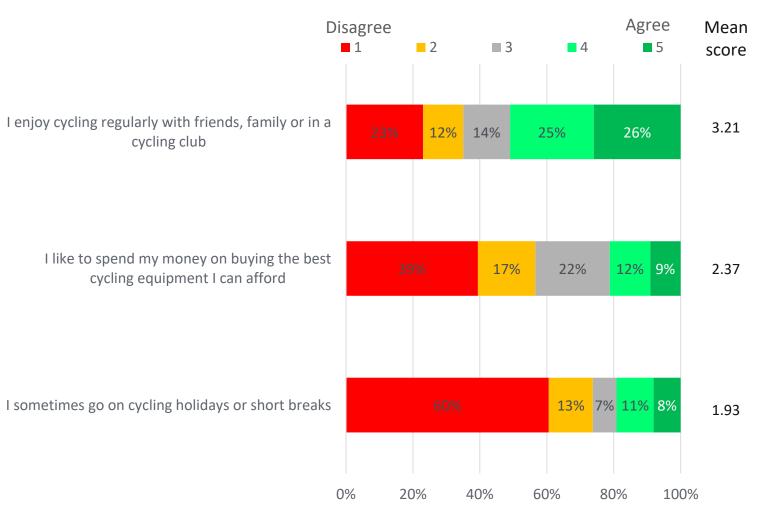
Base (all): 267

Cycling behaviours Behavioural statements

- Around half of cyclists enjoy cycling regularly with friends, family or in a club – 34% disagree with this statement.
- Around one in five of people who ever cycle are enthusiasts:
 - 22% like to spend their money on the best equipment
 - 19% go on cycling holidays

Agreement / disagreement with statements on cycling





Q9: For each statement I'd like you to tell me how much you agree or disagree with that statement. Please provide a mark out of 5, where 5 is strongly agree and 1 is strongly disagree.

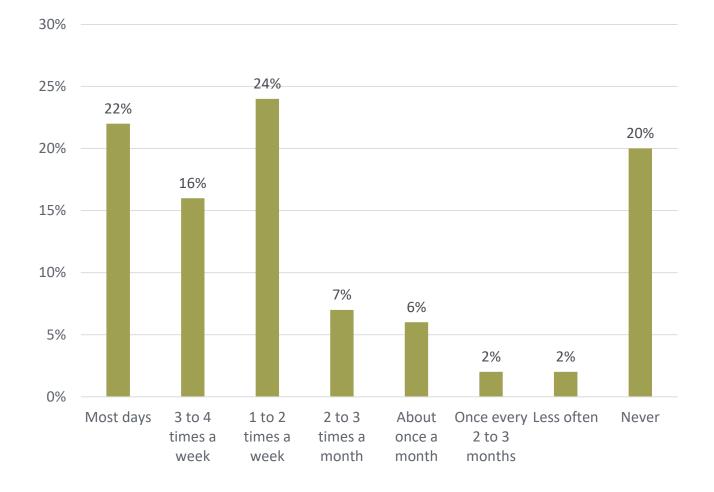
Base (all cyclists): 285

Cycling behaviours Frequency of child cycling

- In contrast to the adult population, 80% of parents of children aged 6 to 15 years old reported that their child (aged 6 to 15 years old) cycles.
- The majority of parents of children in this age group (62%) reported that their child cycles at least once a week.

How often does your child tend to cycle?





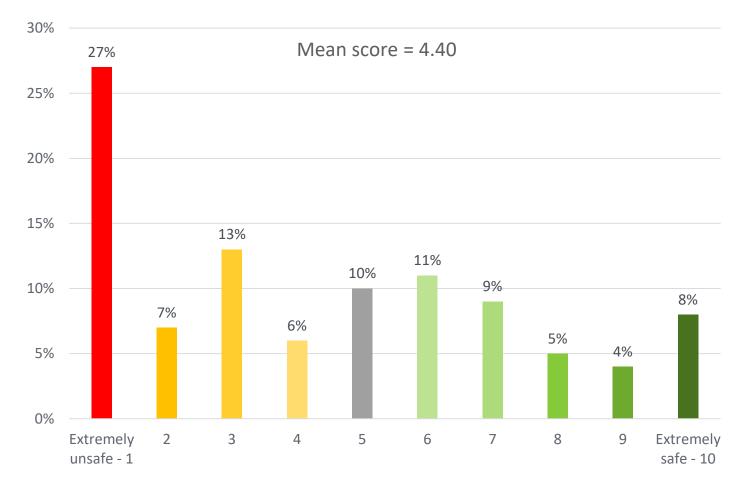
Cycling behaviours Perceived safety for children cycling

- There was clear concern about children cycling on the roads.
 - 53% rated safety with a score of less than 5
 - 27% gave the lowest possible score of 1 out of 10

Q19: Thinking about your own children, on a scale of 1 to 10, where one is extremely unsafe and 10 is completely safe, how safe do you think it is for children cycling on roads in your local area?

How safe do you think it is for children cycling in your local area?





Base (all with children aged 6 to 15 yrs): 176

Key insights Cycling behaviours



- Around one quarter of the population cycle at least occasionally with around 10% cycling weekly.
- The most frequent cyclists are males, higher socio-economic groups and under 55 years old.
- A very high proportion of parents report that their children cycle regularly however, they do have concerns about road safety.
- Segmentation analysis will reveal more detail and nuance around the profiles of cyclists and non-cyclists.



Attitudes to cycling

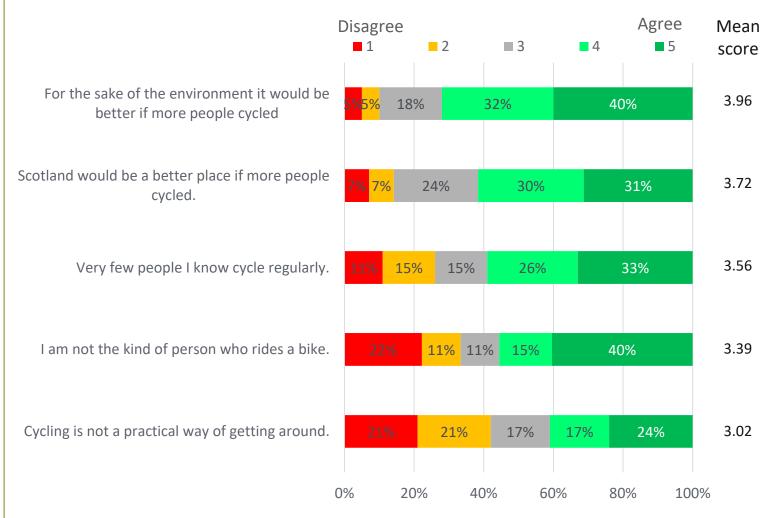
Attitudes to cycling

- Attitudes towards cycling generally are very positive:
 - 71% agree that, for the sake of the environment, it would be good if more people cycled
 - 62% agreed that Scotland would be a better place if more people cycled
- However, many indicated that cycling was not something that they come across in their life:
 - 60% agreed that very few people they know cycle regularly
 - 55% agreed that they are not the kind of person who rides a bike
- Opinion was split on the practicality of cycling
 41% agreed it's not practical and 42%
 disagreed.

Q5: For each statement I'd like you to tell me how much you agree or disagree with that statement. Please provide a mark out of 5, where 5 is strongly agree and 1 is strongly disagree.

Agreement / disagreement with statements on cycling





Attitudes to cycling Sub-sample analysis



- Females are more likely than males to agree that very few people they know cycle (63%, males 56%) and they are not the kind of person who rides a bike (61%, males 49%).
 - Older respondents (over 55 years) are also more likely to agree with these statements 66% and 64% respectively
 - Socio-economic group DE is more likely to agree they are not the kind of person who cycles (60%) than ABs (49%).
- As we would expect, cyclists have far more positive attitudes towards cycling in general than non-cyclists.
 - 78% of cyclists agree that Scotland would be a better place if more people cycled. Although fewer non-cyclists agree (55%), the majority still believe Scotland would be better.
 - Similarly, 87% of cyclists agree that it would be better for the environment if more people cycled, compared to 66% of non-cyclists which is still a significant majority.
- Two thirds of non-cyclists agree that very few people they know cycle regularly (compared to 39% of cyclists) indicating that social normalising and networks may impact on propensity to cycle.
- Although agreement on whether cycling is practical was divided across the whole sample, cyclists mostly <u>disagree</u> that its not practical (64%), while non-cyclists are more likely to <u>agree</u> (47%).

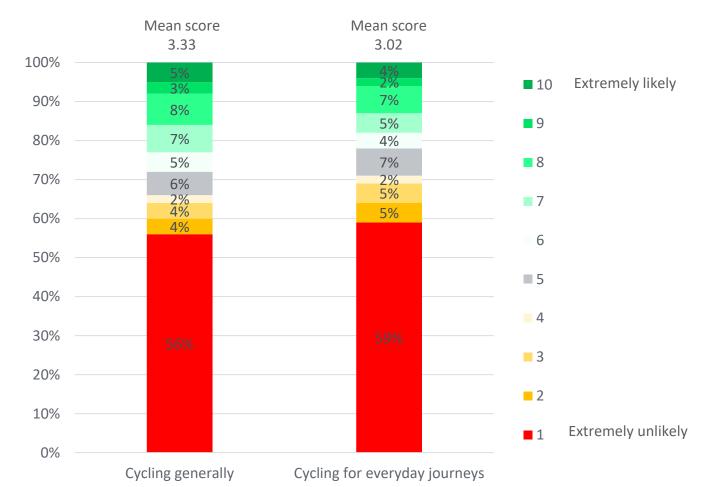
Attitudes to cycling Propensity to increase cycling

- 28% of respondents consider it likely (score 6 or more) that they will cycle more generally.
 - 22% consider it likely that they will cycle more for everyday journeys.
- There is a core of almost 60% who consider it extremely unlikely that they will increase their cycling – scoring 1 out of 10.

Q10/11: On a scale of 1 to 10, where 1 is extremely unlikely and 10 is extremely likely, how likely are you to:

How likely are you to increase the amount of cycling that you do?





⁻ increase the amount of cycling you do generally in the next 2-3 years?

⁻ increase the amount of cycling you do for everyday journeys next 2-3 years?

Propensity to cycle more Sub-sample analysis



- Propensity to cycle more generally is higher amongst the younger age groups, males and ABs.
 - Cycling generally under 35s (4.27), males (3.61), ABs (3.97)
- Propensity to cycle for everyday journeys was more consistent across demographics, however, under 35s (3.90) were more likely to consider it than older age groups 35 to 54 (3.18); 55+ (2.07).
- Current cyclists are much more optimistic about increasing cycling than non-cyclists.
 - Cycling generally cyclists (6.45); non-cyclists (2.19)
 - Cycling for everyday journeys cyclists (5.61); non-cyclists (2.06)
- Three quarters of non-cyclists gave a score of 1 out of 10 in terms of their likelihood to increase their cycling in the future, both generally and for everyday journeys.

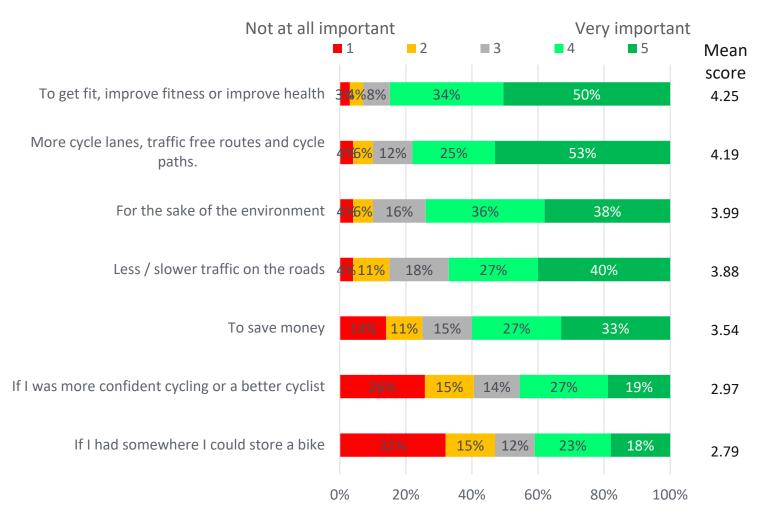
Attitudes to cycling Motivations to cycle

- Those who scored 3 or more out of 10 for propensity to cycle were asked what would motivate them
- The most important motivating factors to respondents are to improve health, and if there were more cycle lanes/routes.
- More than 70% would also be motivated by environmental concerns, while two thirds would like to see less/slower traffic and 60% would be motivated by the chance to save money.
- Although less significant for the majority of the population, confidence when cycling and bike storage space was important to a significant minority of people.

Q12: I am going to read out a list of factors that some people have said would encourage them to cycle <u>for everyday journeys</u>. For each factor, please tell me how important each statement is or would be to you in encouraging you to cycle more often for everyday journeys.

Importance of motivating factors to cycle for everyday journeys





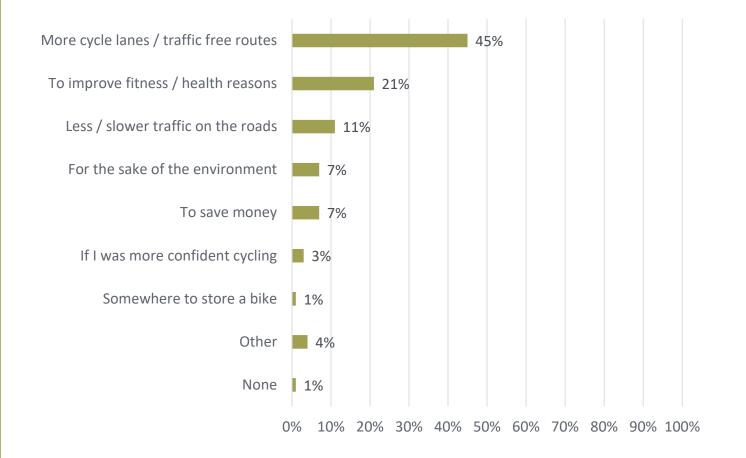
Base (all who score 3 or more for propensity to cycle – Q10/Q11): 429

Attitudes to cycling Key motivation to cycle

- When asked to select one key motivator, cycle lanes and traffic free routes was the most frequently cited.
- One fifth stated health improvement.

What would be the one main factor that would encourage you to cycle for everyday journeys?





Base (all who score 3 or more for propensity to cycle – Q10/Q11): 429

Motivations to cycle Sub-sample analysis



- The importance of motivations to cycle are relatively consistent across demographic profile.
 - To save money is more important to DEs (68%) than other groups (ABC1 58%; C2 57%)
 - To save money is also more important to younger respondents (79% of under 25s), compared to other age groups (25 to 44s 62%; 45+ 46%)
 - Females are more likely than males to rate less/slower traffic (75%; 61% males) and 'if I was more confident cycling' (61%; 33% males) as important.
- The order of importance ratings is similar for both cyclists and non-cyclists. Cyclists, however, provided stronger ratings for:
 - To get fit / improve health cyclists (90%); non-cyclists (77%)
 - More cycle lanes / traffic free routes cyclists (87%); non-cyclists (67%)
- Non-cyclists are more likely to rate 'if I was more confident cycling' as important (54%) than cyclists (39%).

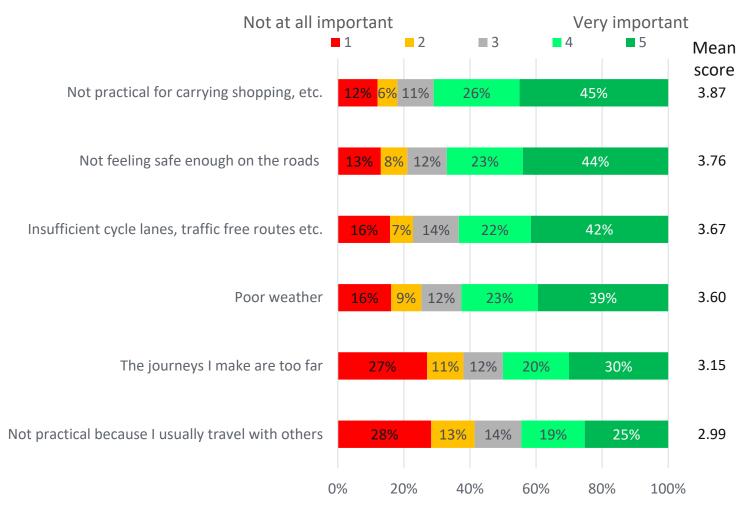
Attitudes to cycling Barriers to cycling

- All respondents were asked what factors were important in preventing them from cycling more.
- A mix of practical and safety concerns are the key concerns.
- Four barriers to cycling received broadly similar importance ratings:
 - Not practical for carrying things (71% agree)
 - Not feeling safe on roads (67%)
 - Insufficient cycle lanes / traffic free options (64%)
 - Poor weather (63%)
- Significant proportions also agreed with other practical barriers
 - Journeys too far (50%)
 - Need to travel with others (44%)

Q14: I am going to read out a list of factors that some people have said puts them off or prevents them from cycling **for everyday journeys**. For each factor, please tell me how important it is to you in preventing you from cycling more for everyday journeys.

Importance of barriers to cycling for everyday journeys – most important





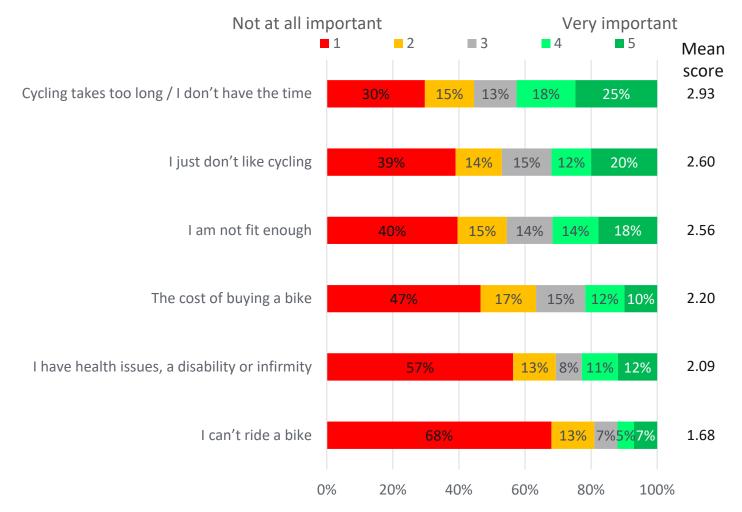
Attitudes to cycling Barriers to cycling

- More personal reasons were less likely to be rated as important.
 - However, these are likely to be significant obstacles to the minority of people who experience them

Q14: I am going to read out a list of factors that some people have said puts them off or prevents them from cycling **for everyday journeys**. For each factor, please tell me how important it is to you in preventing you from cycling more for everyday journeys.

Importance of barriers to cycling for everyday journeys – least important



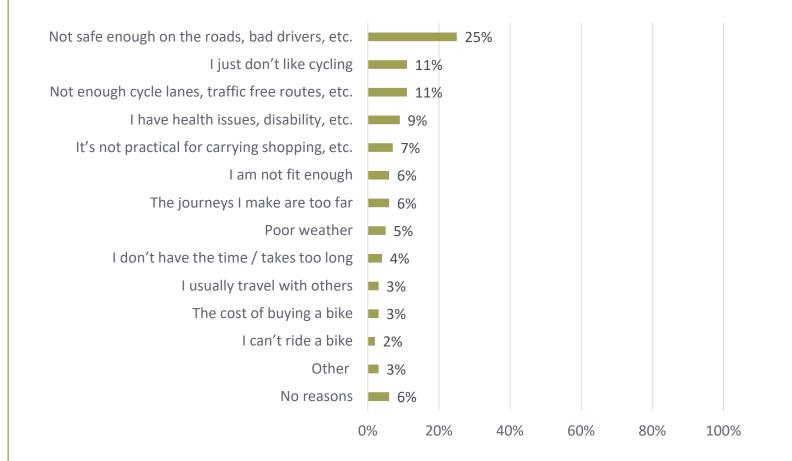


Attitudes to cycling Key barrier to cycling

- Respondents were asked to pick one key barrier that prevents them from cycling more.
- No single barrier stands out as a significant issue for a large proportion of the population.
- The largest response was concern about safety on the roads, but only 1 in 4 cited this as their main concern.
- Findings suggest that a myriad of barriers impact across the population, with concerns being specific to individual circumstances.

What is the one main factor that would discourage you to cycle for everyday journeys?





Q15: What would be the one main reason that you do not cycle / do not cycle more often for everyday journeys?

Barriers to cycling Sub-sample analysis



- Respondents in the DE groups are more likely than other socio-economic groups to rate as important the cost of buying a bike (33%); health problems (35%); not fit enough (43%); don't like cycling (38%); I can't ride a bike (18%)
- Higher proportions of females rate almost all of the barriers as important than males.
- The key barriers which vary by age are the cost of buying a bike (more important to younger age groups), health issues (more for older age groups), not fit enough (more for older age groups) and I can't ride a bike (more for older age groups).
- Cyclists and non-cyclists tend to have a similar prioritisation of barriers, although higher proportions of non-cyclists tend to rate each barrier as important.
- The only barrier rated as important by more cyclists than non-cyclists is insufficient cycle lanes and traffic free routes cyclists 74% important; non-cyclists 60% important.
- The biggest differences in importance ratings between cyclists and non-cyclists are for:
 - I just don't like cycling non-cyclists 42% important; cyclists 7% important
 - I am not fit enough non-cyclists 40% important; cyclists 11% important
 - Cycling takes too long non-cyclists 48% important; cyclists 28% important
- When asked to name the key barrier, both cyclists and non-cyclists were most likely to select concern about safety on roads (cyclists 29%; non-cyclists 24%)
 - Other barriers selected tended to focus on infrastructure and practicalities for cyclists not enough cycle lanes (22%), journeys too far (10%) and poor weather (9%)
 - For non-cyclists, other barriers tended to be personal don't like cycling (15%), health issues (11%), not fit enough (9%)

Key insights Attitudes to cycling



- The majority of people agree that cycling is good for Scotland and the environment.
- However, on a personal level resistance to increasing cycling is fairly entrenched.
- For many cycling is not prevalent in their social group or they just can't see themselves as cyclists – especially females, lower SEG and older respondents.
- Those who do not completely reject cycling more in the future, are most likely to be motivated by better cycling infrastructure and the opportunity to improve their health.
- A far wider range of barriers is evident importance varies widely by sub-groups.
- Not feeling safe on the road is the most often cited as the main barrier to cycling.



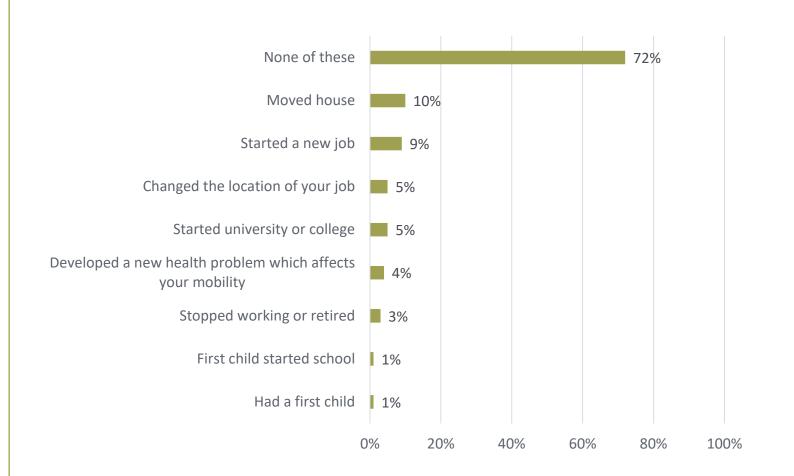
Impact of life events on transport choices

Life events Experience of life events

Have you experienced any of these events in the last year?



- 28% of respondents had experienced a significant life event in the last year.
 - Most commonly moved house or started a new job.
- Under 35 year olds are more likely to have experienced life events (48%) than 35 to 54 (21%) and 55+ (18%).
- Those in socio-economic group C1 were also more likely to have experienced a change in circumstances (35%).



Base (all): 1060

Q20: Have you experienced any of the following life events in the last 12 months?

Life events Impact on transport choices

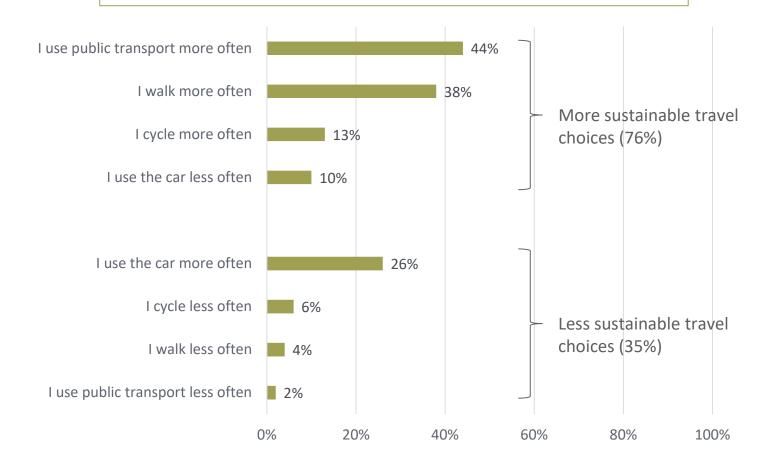
- 36% of those who experienced an event stated that it has an impact on transport choices.
- In total, 76% made a move towards more sustainable travel options
 - Mostly using public transport and walking more
 - 13% cycle now more often
- 35% moved to less sustainable options tending to use the car more often
- As this question allowed more than one response, some people stated both more and less sustainable transport choices.

Q21 Did this event cause you to re-think or change the type of transport you use for travel for everyday journeys?
Q22: In what way did your transport choices change?

Did this cause you to change the type of transport you use?



36% of those who experienced a life event stated that impacted on their transport choices.



Base (all who experienced a life event and changed transport choices): 108

Key insights Impact of life events



- Changes in life circumstances often prompts people to re-evaluate their transport choices.
- This means that there is an opportunity to encourage more active travel choices.
- Most often people switch to more active or sustainable options.
- People in younger age groups and the C1 socio-economic group are the most likely to experience changes in circumstance especially new jobs, moving home and starting university or college.



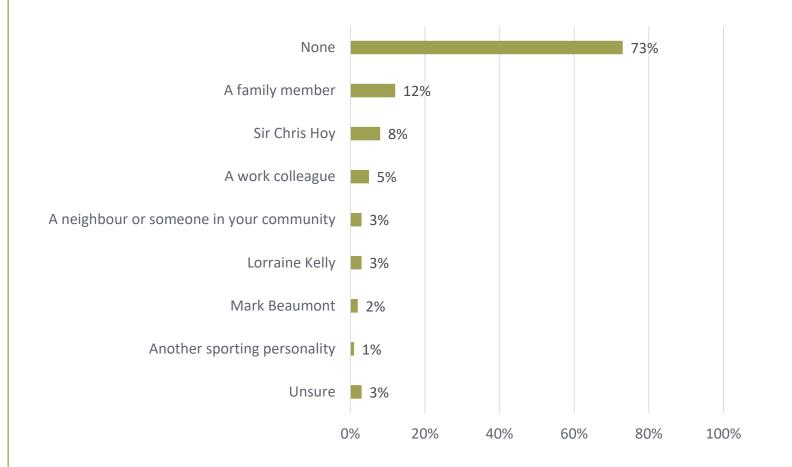
Influence of people and events on propensity to cycle

Influence of people and events Influence of people

- 27% of respondents stated that they might be encouraged to cycle more often by the endorsement of a celebrity or friend / relative.
- Family members are the most influential.
- The most encouraging celebrity would be Sir Chris Hoy.

Which of the following people would encourage you to cycle?





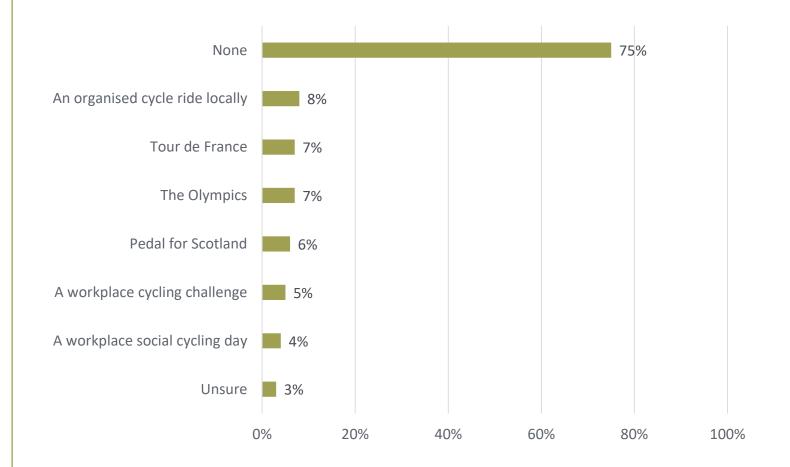
Q23: Which of the following people would be likely to encourage you to take up cycling or cycle more often if they were to promote cycling?

Influence of people and events Influence of events

- Around one quarter of respondents stated they could be influenced by an event.
- No single event or type of event stood out a local event, Tour do France, The Olympics and PFS were all selected by similar proportions of the sample.

Which of the following events would encourage you to cycle?





Du



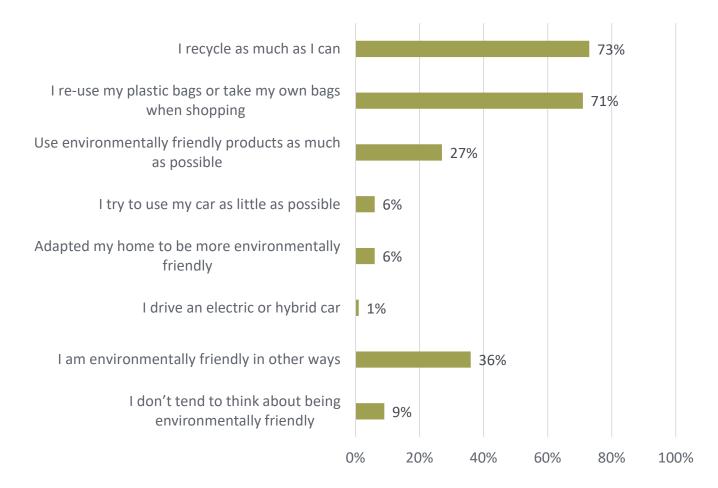
Attitudes to environment

Attitudes to the environment

- The majority of respondents claim to try to act in an environmentally friendly way.
- Most recycle as much as they can and re-use plastic bags when shopping.
- Over one quarter also use environmentally friendly products.
- Females and over 35 year olds tend to be more environmentally conscious than males and younger respondents.
- Respondents in the ABC1 socio-economic groups are more likely to act in an environmentally friendly way than C2DE groups.

Environmentally conscious behaviour



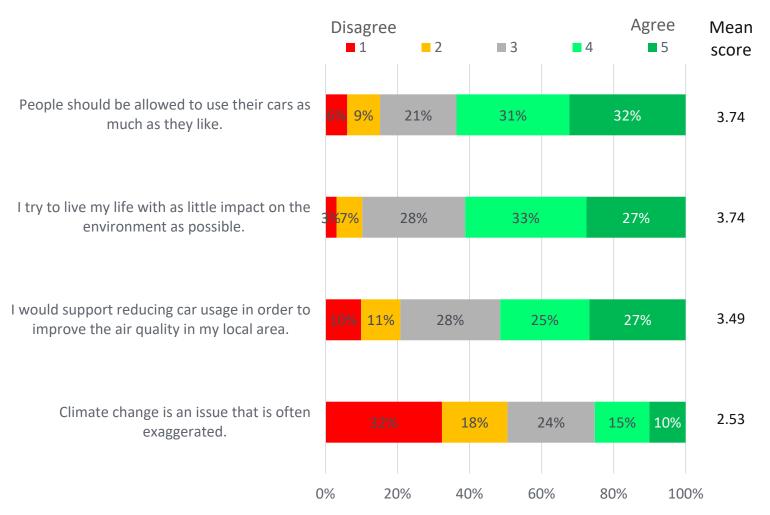


Attitudes to the environment

- 61% of people claim that they try to live their life with as little impact on the environment as possible.
 - 52% would also support reducing car usage in order to improve air quality.
- However, only 16% disagree that people should be allowed to use their cars as much as they like.
- Half the sample disagree that climate change is exaggerated – but 25% agree that it is.

Agreement / disagreement with statements on the environment





Q6: For each statement I'd like you to tell me how much you agree or disagree with that statement. Please provide a mark out of 5, where 5 is strongly agree and 1 is strongly disagree.

Attitudes to the environment Sub-sample analysis



- Cyclists tend to be more concerned about environmental issues than non-cyclists.
 - 68% agree that they try to live with as little impact on the environment as possible, compared to 58% of non-cyclists.
 - 66% agree that they would support reducing car usage, compared to 47% of non-cyclists.
- Non-drivers are only slightly more likely to agree that they would support reducing car usage (55% agree) than drivers (49% agree).
 - Amongst drivers, 73% agree that they should be allowed to use their car as much as they like.
- There were very few differences in attitudes across the demographic profile:
 - Respondents within the AB socio-economic group are the most likely to disagree that climate change is exaggerated (60%).
 - Females (54%) are more likely than males (46%) to disagree with this statement



Segmentation analysis

Segmentation analysis Method



- Initially, key questions from the survey were entered into factor and clustering modelling software in order to determine whether statistical clustering in the data would reveal relevant and useable segments.
- This approach identified seven clusters (segments), however, these were not deemed to be of value as the solution only described 60% of the data, and clustered all cyclists into one segment.
- A segmentation model was therefore developed based on key questions being combined in a derived variable. The questions used were:
 - Q1d frequency of cycling for transport
 - Q7 frequency of cycling for leisure
 - Q10 propensity to cycle more in the future generally
 - Q15 main reason for not cycling more
- Using these questions a segmentation model was developed which included nine segments.

Segmentation analysis Defining characteristics



Segment	Defining characteristics	% of sample
Cycling Enthusiasts	Cycle for transport or leisure at least 2 or 3 times a month	17%
General Cyclists	Cycle for transport or leisure less than 2 or 3 times a month	10%
Eager Non-cyclists	Currently never cycle, but high propensity to cycle in next 5 years	9%
Warm Non-cyclists	Currently never cycle, with moderate propensity to cycle in next 5 years	7%
Safety Conscious Rejecters	Currently never cycle, no intention to cycle in next 5 years, safety concerns are the main reason	16%
Health and fitness-based Rejecters	Currently never cycle, no intention to cycle in next 5 years, health is the main reason	13%
Uninterested Rejecters	Currently never cycle, no intention to cycle in next 5 years, just don't like cycling	11%
Practical Rejecters	Currently never cycle, no intention to cycle in next 5 years, practical issues are the main reason	10%
Other Rejecters	Currently never cycle, no intention to cycle in next 5 years for a variety of reasons	7%

Segmentation analysis Cycling Enthusiasts (17%)



- 78% cycle for transport (58% at least once a week); 98% cycle for leisure (69% at least once a week)
- Mostly males (69%)
- Skewed to younger age groups 42% under 35; 39% 35 to 54 years
- 52% work full time
- Skewed to AB social grades 32%
- Many are drivers (62%) 56% drive at least once a week
- Those who cycle for transport do so mainly for health benefits (71%), but also for convenience, cost and less stress most often for local journeys
- Those that also drive like the convenience and freedom of their car however, many (63%) would like to use their car less for the sake of the environment
- Positive attitudes to cycling especially Scotland would be a better place and the environment would benefit if more people cycled
- Positive agreement with environmental questions and more likely than average to adopt environmentally friendly measures into their lives
- More cycling infrastructure would be the key to motivating them to cycle more for everyday journeys; many also rate getting fit as an important motivation
- Concerns about safety and a lack of cycling infrastructure are the main barriers to cycling more often for journeys.



Segmentation analysis General Cyclists (10%)



- 60% cycle for transport (10% about once a month; 50% less than once a month)
- 86% cycle for leisure (26% about once a month; 60% less than once a month)
- Almost equally split between males (52%) and females (48%)
- Skewed to younger age groups 44% under 35; 42% 35 to 54 years
- 59% work full time
- Skewed to ABC1 social grades 68%
- Higher than average have dependant children (35%)
- Less active travellers overall 69% drive, with 53% driving most days for transport
- Those that drive like the convenience (67%) and journey time (42%)
- 70% would rather use their car than any other form of transport, however, half would like to use their car less for the sake of the environment
- Positive attitudes to cycling especially Scotland would be a better place and the environment would benefit if more people cycled
- Positive agreement with environmental questions and more likely than average to adopt environmentally friendly measures into their lives
- 58% score 6 to 10 on propensity to cycle more in the future generally; 38% score 6 to 10 for cycling more for everyday journeys
- Similar to Cycling Enthusiasts, more cycling infrastructure would be the key to motivating them to cycle more for everyday journeys; many also rate getting fit as an important motivation
- Concerns about a lack of cycling infrastructure (77%), safety (70%), carrying luggage (65%) and poor weather (62%) are the main barriers rated as important



Segmentation analysis Eager non-cyclists (9%)



- All currently never cycle for transport or leisure
- However, all score 6 to 10 in terms of propensity to take up cycling in general
- 81% score 6 to 10 for propensity to take up cycling for everyday journeys
- Almost perfectly split between males (49%) and females (51%)
- Skewed to younger age groups 43% under 35; 16% 36 to 54 years
- 59% work full-time or part-time
- Skewed towards the lower DE social grades 37%
- 44% are car drivers lower than average (54%)
- 59% of those who are car drivers would like to use their car less for the sake of the environment
- Positive attitudes to cycling 79% agree that Scotland would be a better place and 82% agree it would be good for the environment if more people cycled
- Getting fit (83%), more cycling infrastructure (72%), less/slower traffic (68%), and saving money (66%) would be key to motivating them to cycle more for everyday journeys.
- Concerns about a lack of cycling infrastructure (72%), the impracticality of cycling when carrying goods (69%), and safety (63%) are the main barriers to cycling more often for journeys.
- Although this groups is skewed towards the lower social grades, only 28% highlighted the cost of buying a bike as a main barrier to cycling.



Segmentation analysis Warm Non-cyclists (7%)



- All currently never cycle for transport or leisure
- However, all score 3 to 5 in terms of propensity to take up cycling in general
- 82% score 3 to 5 for propensity to take up cycling for everyday journeys
- Slightly more females (53%) than males (47%)
- Skewed to younger age groups 49% under 35; 22% 35 to 44 years
- 56% work full-time or part-time, and 20% are students
- Skewed towards the C1 social group 37%, and relatively consistent across the other social groups: AB (21%), C2 (20%), and DE (22%)
- 46% are car drivers lower than average (54%)
- Higher than average train passengers 37% use train at least once a month (9% most days), compared to 23% average
- Many are relatively active travellers 46% walking to destinations most days
- Positive attitudes to cycling majority believe Scotland would be a better place (64%) and the environment would benefit (80%) if more people cycled
- Positive agreement with environmental statements
- Increasing fitness (72%) and more cycle lanes (63%) were the most important factors in motivating this group to cycle more
- Concerns about the impracticality of cycling for carrying goods (71%) and safety (70%) were the main barriers to cycling



Segmentation analysis Safety Conscious Rejecters (16%)



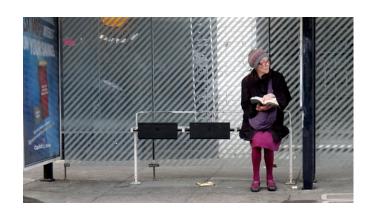
- All currently never cycle for transport or leisure
- All score 1 or 2 out of 10 in terms of propensity to cycle in next 5 years generally or for everyday journeys
- More females (59%) than males (41%)
- Skewed to older age groups 24% over 65 years; 41% 45 to 64 years
- 40% working full-time and 25% retired
- Concentrated between the C1 (30%) and C2 (26%) social groups
- Active travellers 88% walk to destinations at least once a week (60% walk every day)
- 53% are car drivers similar to total sample average (54%)
- Majority of car drivers would rather use the car than any other form of transportation (76%)
- Neutral attitudes to cycling only 53% believe that Scotland would be a better place if more people cycled
- However, 71% believe that having more people cycling would benefit the environment
- Higher than average proportions agree that they are not the type of person who cycles (74%) and few people they know cycle (68%)
- Unsurprisingly, more cycling infrastructure and less traffic are the key factor in motivating them to cycle.
- Concerns about safety and a lack of cycling infrastructure are the main barriers to cycling more often for journeys.



Segmentation analysis Health and fitness-based Rejecters (13%)



- All currently never cycle for transport or leisure
- All score 1 or 2 out of 10 in terms of propensity to cycle in next 5 years generally or for everyday journeys
- Almost a perfect split between males (49%) and females (51%)
- Skewed to older age groups 54% over 65 years; 30% 45 to 64 years
- 59% retired
- Skewed to lowest social group DE 45%
- Only 7% have dependant children
- Majority of this group (62%) travels by bus at least once a week
- Low incidence of car drivers 32%
- 70% of car drivers say that they would not consider reducing their use of car for transportation and 75% say that they would rather use the car than any other form of transport
- Positive attitudes to cycling 62% believe that Scotland would be a better place if more people cycled and 67% stated that it would be beneficial for the environment
- Higher than average proportions agree that they are not the type of person who cycles (83%) and few people they know cycle (76%)
- 75% stated that health issues, disability, or infirmity are important in preventing them from cycling more often; 86% stated lack of fitness as an important barrier



Segmentation analysis Uninterested Rejecters (11%)



- All currently never cycle for transport or leisure
- All score 1 or 2 out of 10 in terms of propensity to cycle in next 5 years generally or for everyday journeys
- Mostly females (63%)
- Spread across all age groups
- Majority work full-time (59%)
- Focused in C1 (36%) and DE (28%) social groups
- 59% are car drivers 50% drive at least once a week
- The drivers are strongly committed to car use 88% agree for most journeys they would rather use the car than any other form of transport; 78% not interested in reducing their car usage; 65% disagree that they would like to use their car less for the sake of the environment
- Segment with the least positive attitudes towards cycling only 35% agree Scotland would be a better place and 40% agree for the sake of the environment it would be better if more people cycled; 77% agree they know very few people who cycle; 93% agree they are not the type of person who cycles
- Lack of agreement to environmental questions and less likely to adopt environmentally friendly measures into their lives.
- Little would motivate uninterested rejecters to take up cycling



Segmentation analysis Practical Rejecters (10%)



- All currently never cycle for transport or leisure
- All score 1 or 2 out of 10 in terms of propensity to cycle in next 5 years generally or for everyday journeys
- Split equality between males (50%) and females (50%)
- Skew to 25 to 44 year old age group (45%)
- Higher than average proportion have dependent children 41%
- 68% working full-time or part-time, with 13% retired
- Spread across of social groups, with C1 (32%) has the highest representation
- High levels of car use 72% drive at least once a week
- 94% of drivers would rather use the car than any other form of transport for most journey; 63% are not interested in reducing car use; 65% disagree that they would like to use their car less for the sake of the environment
- Belief that cycling is not a practical way of getting around (62%); 98% highlight the impracticality of carrying luggage, shopping, etc.; 75% frequently travel with others; and 74% travel too far to cycle
- Do not see themselves as someone who rides a bike (79%); do not know people who frequently cycle (74%)
- Believe cycling takes too long (74%)
- In addition to the impracticality of cycling, there are also concerns about poor weather (81%) and safety (69%)
- Lower than average concern about environmental issues
- There is little that would motivate this group to take up cycling



Segmentation analysis Other Rejecters (7%)



- All currently never cycle for transport or leisure
- All score 1 or 2 out of 10 in terms of propensity to cycle in next 5 years generally or for everyday journeys
- Marginally more males (54%) than females (46%)
- Skewed to older age groups 37% over 65 years; 28% 45 to 64 years
- Largest group are retired (39%), followed by those working full-time (23%)
- Skewed to DE social group 45%
- Relatively low levels of car use 35% drive at least once a week
- High levels of bus/coach use at least once a week (59%); reasons being convenience (53%), cost (27%), reliability (24%) and lack of an alternative (22%)
- Majority say they are not the type of person to ride a bike (61%)
- However, 62% believe that more people cycling would benefit the environment
- Neutral attitudes to cycling 51% believe Scotland would be a better place if more people cycle
- Broad concerns about cycling 52% cycling not practical (luggage), 46% poor weather, 41% safety, and 34% lack of cycling infrastructure
- One in five (21%) state their main barrier to cycling as the fact that they can't ride a bike
- There is little that would motivate this group to take up cycling





Summary and conclusions

Summary and conclusions



- 1060 face-to-face interviews have been conducted with a representative sample of the population.
 - The research provides a wealth of data and insight, and a baseline against which future research can be compared.
 - Whilst much data already exists relating to cycling behaviours and attitudes, this dataset provides an opportunity for extensive analysis to reveal new insights specifically relating to sub-groups within the population and identifying key segments.
- Around one quarter of the population cycle, at least occasionally. One tenth cycle on a weekly basis.
- However, the research indicates a large proportion (around 60%) of the population have an entrenched reluctance to consider cycling more frequently. Amongst current non-cyclists the proportion is around 75%.
 - Those most resistant are females, older age groups and lower socio-economic groups.
- However, attitudes towards cycling in general are positive. People understand the benefits for the environment and Scotland as a whole.

Summary and conclusions



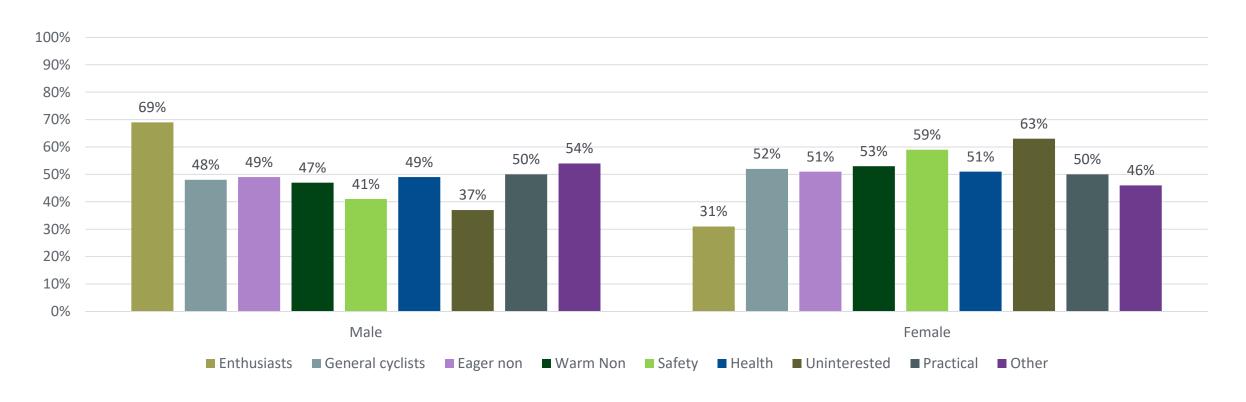
- The research indicates that many people simply can't visualise themselves as cyclists. Many also do not know many people that cycle.
- The most motivating factors are better cycling infrastructure and a personal desire to improve health.
 - Environmental concern, cost savings and less traffic were also identified as motivating factors.
- The key barriers are perceptions of safety on the roads, practicalities of transporting things, insufficient cycle lanes and the weather.
 - A combination of barriers seem to affect the decision not to cycle with the relative importance of each affected by gender, age, socio-economic groups.
 - Not enjoying cycling, health and fitness seem to be key barriers for the most resistant to cycling generally females, older age groups and lower SEG.
- Segmentation analysis will be key to exploring these bridges and barriers further.
 - Understanding who current regular cyclists are
 - Profiling people warm to the idea of cycling, and who just need encouragement and motivation.
 - Understanding the sections within the population unlikely to adopt cycling, or change transport habits.



Appendix I - Segmentation analysis charts

Segments Gender

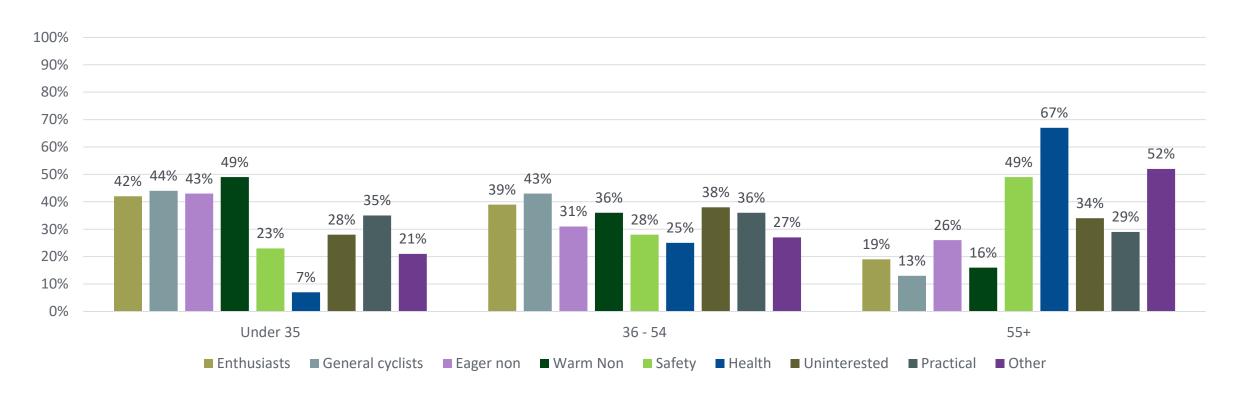




- Cycling Enthusiasts were mote likely to be male than any other segment.
- A higher than average proportion of Uninterested and Safety Rejecters were female.

Age

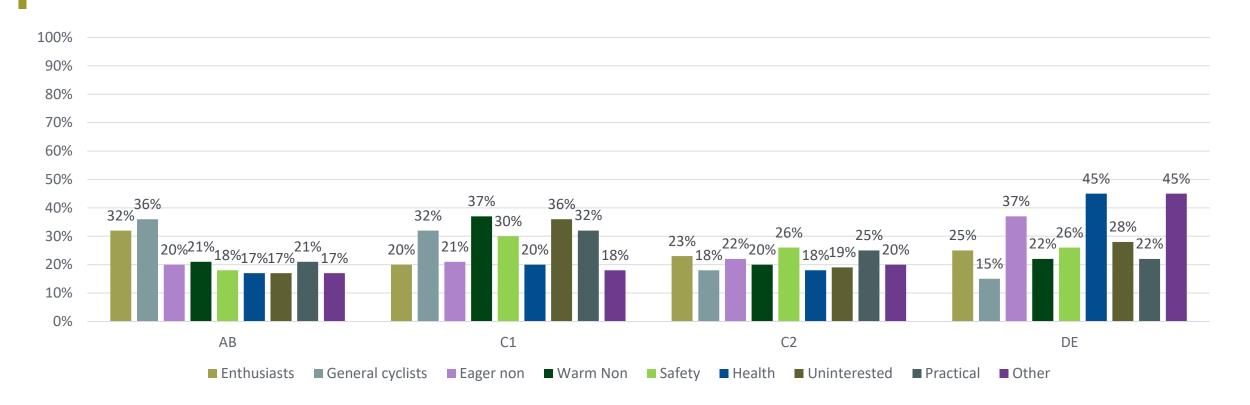




- Current cyclists, and those non-cyclists who would like to cycle more, tended to be in the younger age groups.
- Those who tended to reject cycling for health, safety and other reasons were most likely to be in the older age groups.



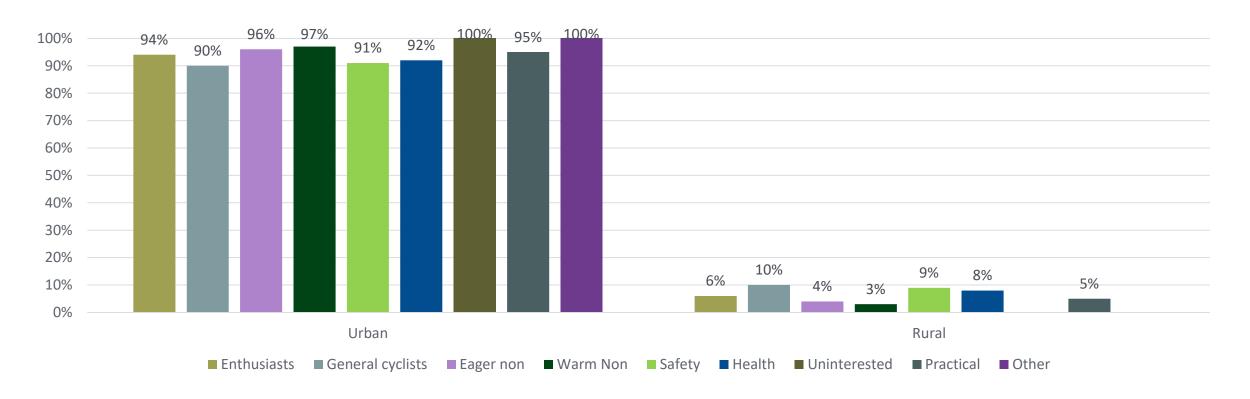
Socio-economic group



- The two cyclists groups were the most likely to be AB.
- Higher proportions of Eager Non-cyclists, Health Concerned Rejecters, and Other Rejecters were DE.

Segments Urban / Rural

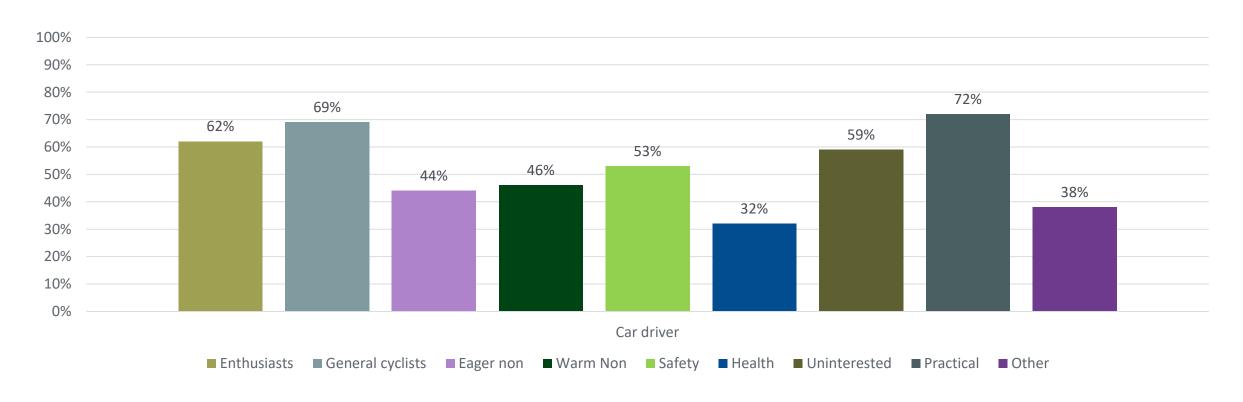




Slightly higher proportions of people from rural areas in General Cyclists, Safety Rejecters and Health Rejecters segments.

Segments Car Drivers

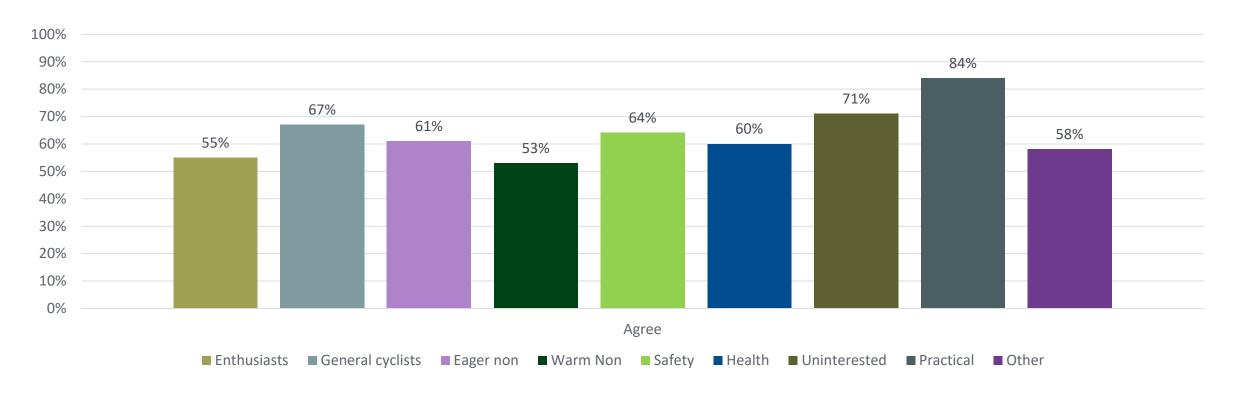




- Those most likely to be a car driver were General Cyclists and Practical Rejecters.
- Those least likely to be a car driver were Health Rejecters and Other Rejecters.

progressive

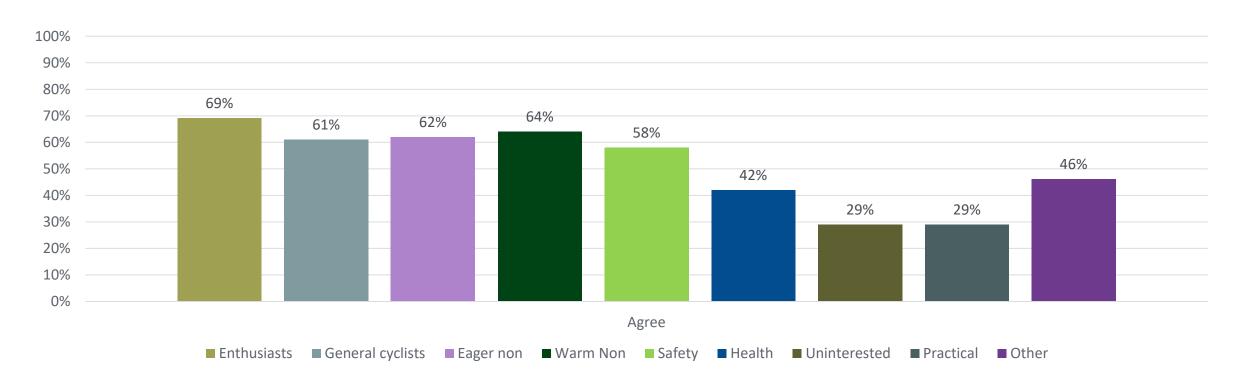
People should be allowed to use their cars as much as they like



Practical Rejecters were the most likely group to agree that people should be allowed to use their cars as much as they would like.

progressive

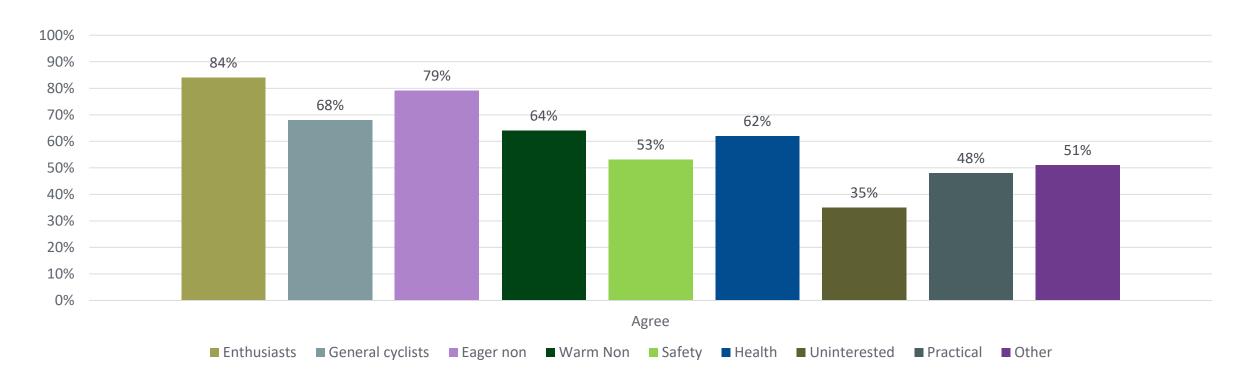
I would support reducing car usage to improve the air quality in my local area



- Practical and Uninterested Rejecters were the least likely to support reducing their car usage.
- Cycling Enthusiasts were the most likely to support the idea of reducing car usage to improve air quality.

progressive

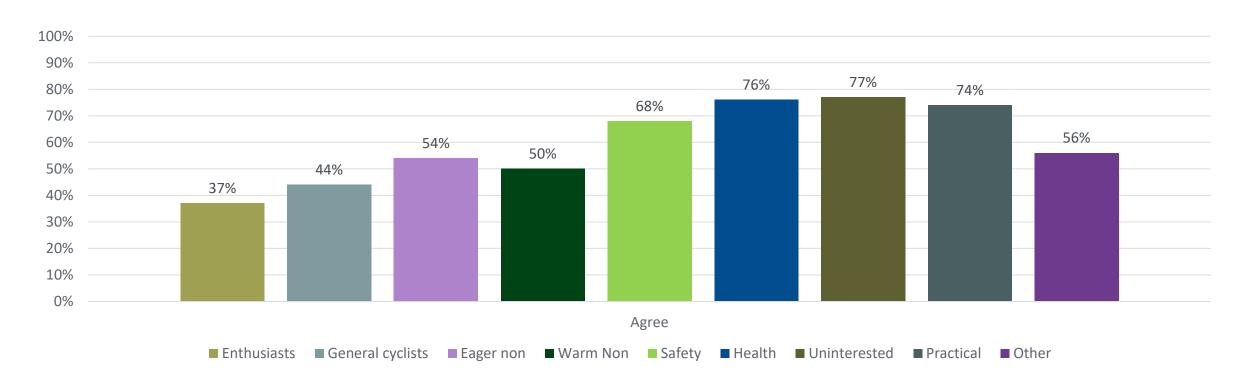
Scotland would be a better place if more people cycled



- Cycling Enthusiasts and those who are keen to take up cycling are the most positive about Scotland being a better place if more people cycled.
- Those who just don't like cycling were the least likely to agree.

Very few people I know cycle

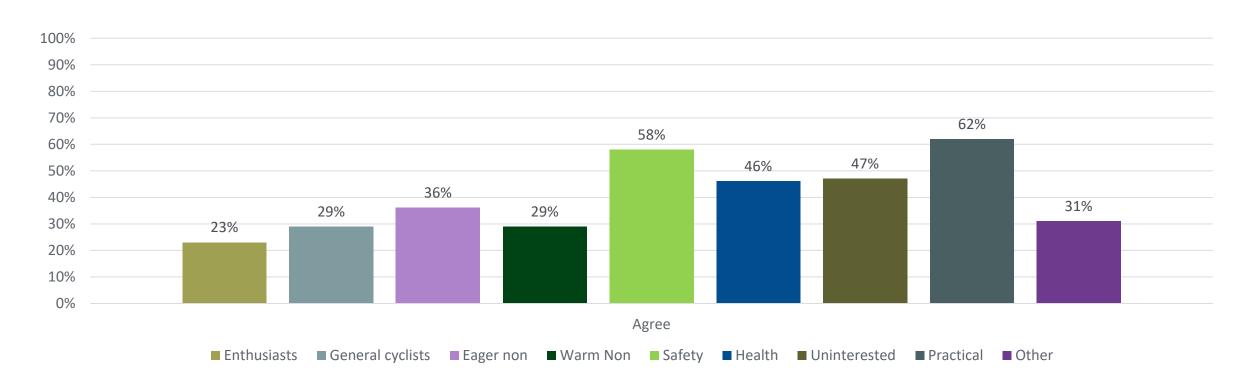




 Cycling Rejecters are more likely to agree that very few people they know cycle than those who currently cycle or who would consider taking up cycling.

progressive

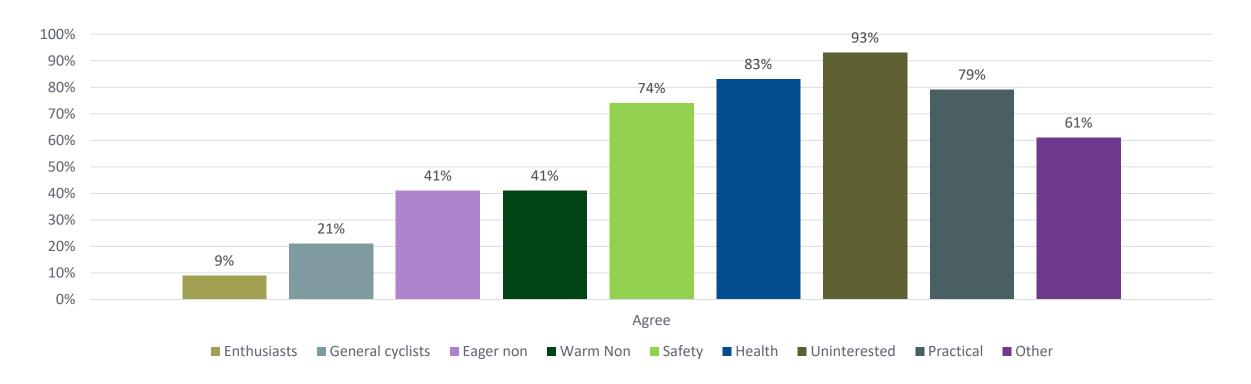
Cycling is not a practical way of getting around



• Cycling is most likely to be viewed is impractical by Practical Rejecters and Safety Rejecters.

progressive

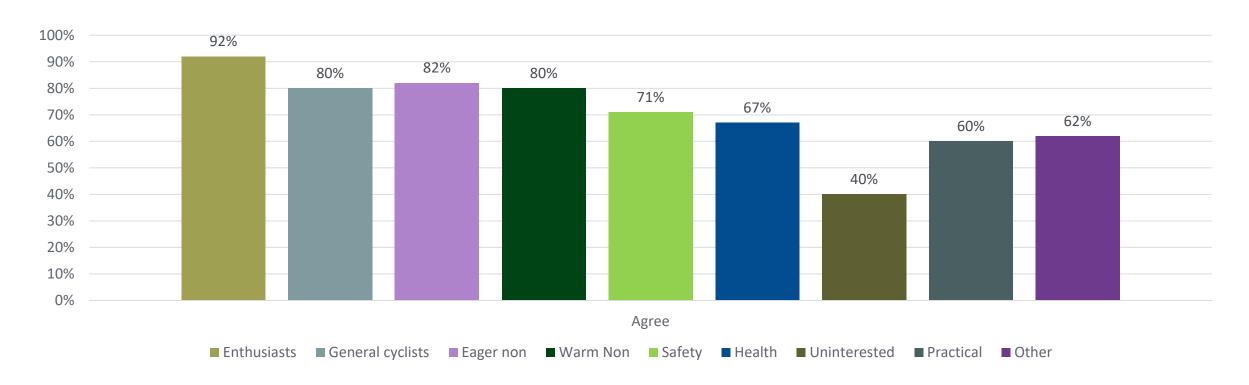
I am not the kind of person who rides a bike



• As expected, cycling rejecters are much more likely to agree that they are not the kind of person who rides a bike than those who currently cycle or those who would consider taking up cycling..

progressive

For the sake of the environment it would be better if more people cycled



- Most respondents across all segments agree that it would be better for the environment if more people cycled.
- The only exception is the segment of Uninterested Rejecters only 40% agreed with this statement.



Appendix II – Urban / rural analysis

Urban / rural analysis



- There were some key differences in findings between people living in urban and rural areas.
- People living in urban and rural areas were equally likely to cycle for transport and leisure. There were also no significant differences between these groups in terms of propensity to cycle more in the future.
- However, people living in rural areas were more likely to be regular car drivers (78% drive at least once a week) than those living in urban areas (49% drive at least once a week).
- However, rural dwellers were more likely to agree that they would like to use their car less for the sake of the environment and disagree that they are not interested in reducing their car usage.
- The key barriers to cycling for people living in rural areas were the traffic/speed of traffic, not feeling safe, journeys are too far and the practicalities of travelling with others or carrying luggage. These barriers tended to be important to higher proportions of rural respondents than urban respondents.
- Rural respondents tended to be more affluent than urban respondents, and were also more likely to be car owners.



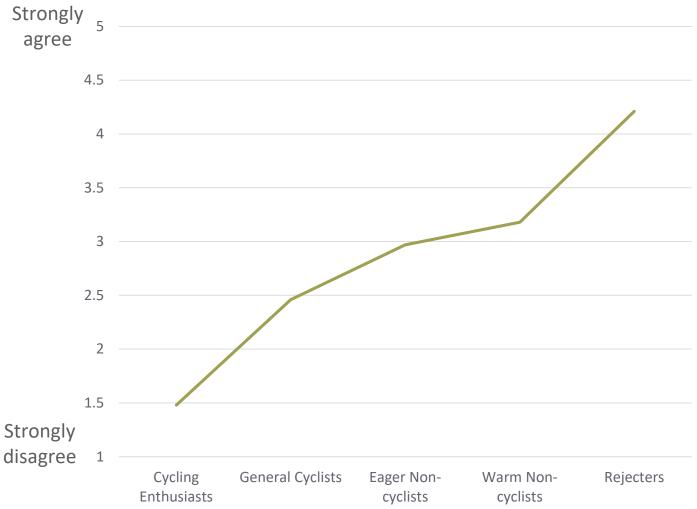
Appendix II

– Propensity analysis

- There is a strong correlation between cycling propensity and agreement with the statement 'I am not the kind of person who cycles'.
- As we would expect, cycling rejecters were the most likely to agree with this statement, whilst cycling enthusiasts were the most likely to disagree.

'I am not the kind of person who cycles'



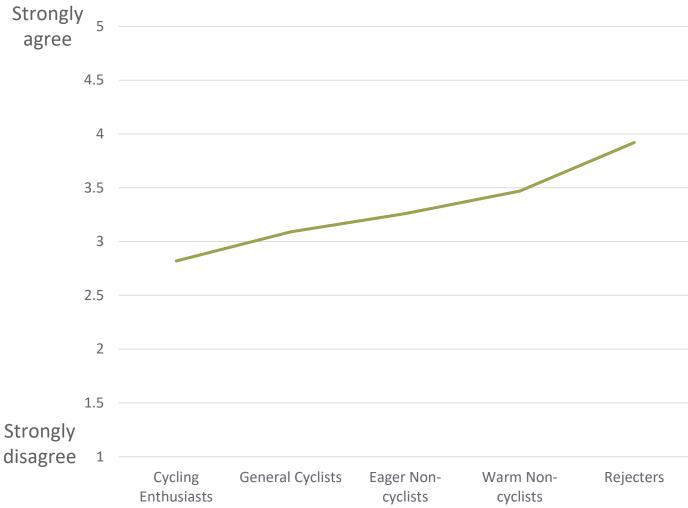


Base (all): Enthusiasts (178); General Cyclists (107); Eager Non-cyclists (95); Warm Non-cyclists (76); Rejecters (604)

- Agreement with the statement 'very few people I know cycle regularly' was less strongly correlated with propensity to cycle.
- Cycling Enthusiasts were the most likely to disagree with this statement and Rejecters were the most likely to agree. The difference in agreement between these two groups was statistically significant.
- General Cyclists and Eager Non-cyclists showed a similar level of agreement with this statement.

'Very few people I know cycle regularly'



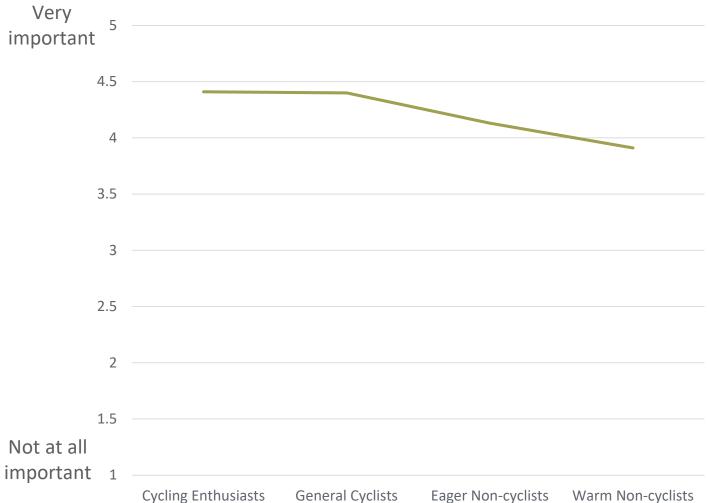


Base (all): Enthusiasts (178); General Cyclists (107); Eager Non-cyclists (95); Warm Non-cyclists (76); Rejecters (604)

- This question was not asked of Cycling Rejecters.
- Warm Non-cyclists were less likely to state getting fit/to improve health as a motivation to cycle than Cycling Enthusiasts and General Cyclists.

Motivated to cycle to get fit/improve health

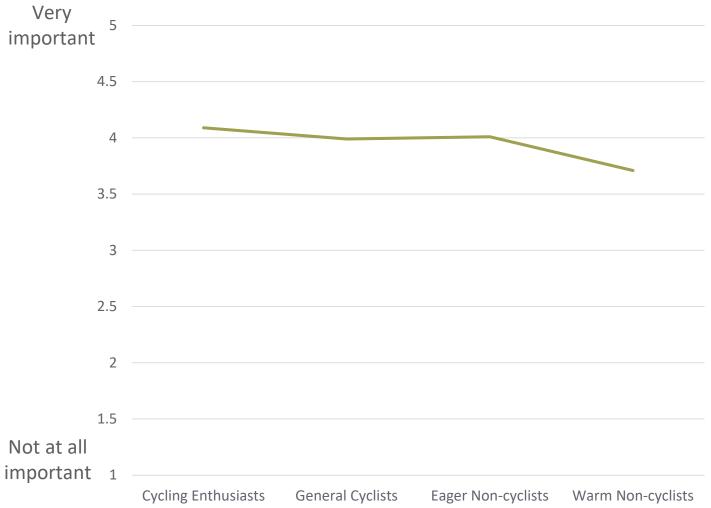




- This question was not asked of Cycling Rejecters.
- Ratings of the importance of cycling to help the environment were similar across the spectrum of propensity to cycle.

Motivated to cycle for the sake of the environment





Technical appendix Method and sampling



- The data was collected by face-to-face CAPI interviews.
- The target group for this research study was a representative sample of the Scottish population.
- The target sample size was 1050 and the final achieved sample size was 1060.
- Fieldwork was undertaken between 28th August and 19th September 2017.
- Respondents were selected using a stratified random sampling technique, where interviewers worked to specified
 quota controls on key sample criteria, and selected respondents randomly within these quotas.
- The sample provides a robust and representative sample of the population when compared to Census 2011 statistics.
- In total, 22 interviewers worked on data collection.
- Each interviewer's work is validated as per the requirements of the international standard ISO 20252. Validation was achieved by re-contacting (by telephone) a minimum of 10% of the sample to check profiling details and to re-ask key questions from the survey. Where telephone details were not available re-contact may have been made by post. All interviewers working on the study were subject to validation of their work.

Technical appendix Data processing and analysis



- Our data processing department undertakes a number of quality checks on the data to ensure its validity and integrity.
- For CAPI Questionnaires these checks include:
 - Responses are checked to ensure that interviewer and location are identifiable. Any errors or omissions detected at this stage are referred back to the field department, who are required to re-contact interviewers to check.
 - Using our analysis package SNAP, data received via over-the-air synchronisation is imported from our dedicated server.
- A computer edit of the data carried out prior to analysis involves both range and inter-field checks. Any further inconsistencies identified at this stage are investigated by reference back to the raw data on the questionnaire.
- Where "other" type questions are used, the responses to these are checked against the parent question for possible up-coding.
- Responses to open-ended questions will normally be spell and sense checked. Where required these responses may be grouped using a code-frame which can be used in analysis.
- A SNAP programme set up with the aim of providing the client with useable and comprehensive data. Cross-breaks are discussed with the client in order to ensure that all information needs are met.
- All research projects undertaken by Progressive comply fully with the requirements of ISO 20252.