

Markham Stouffville Hospital

WORKPLACE PROFILE

- Markham Stouffville Hospital (MSH) has been a Smart Commute workplace since 2007 and is one of two hospitals in the SCMRH network.
- MSH is the only SCMRH workplace that increased their Workplace Designation level from Bronze to Platinum between 2017 and 2019.
- MSH's commitment to sustainability is evident in the priorities of their Greening and Sustainability Committee, which oversees initiatives such as the installation of energy efficient lighting, reduction of kitchen waste, and the management of an in-house carpooling program. Hospital staff are invited to learn about MSH's achievements in sustainability at their annual Greening and Sustainability Expo, in which SCMRH showcases our partnership in promoting active transportation.



WALKING AND CYCLING AT MSH

As a health care provider, MSH understands the physical health benefits of walking and cycling, such as increased cardiovascular fitness, stronger bones and joints and reduced risk of heart disease. MSH promotes cycling to work in the following ways:

- Working with SCMRH to host an annual Bike to Work Day event for staff that included York Region Transit demonstrating their bike 'n bus features, and a local bike shop to offer test rides. Staff are encouraged to bike to work that day to receive a bike safety check and cycling resources from SCMRH.
- Offers secure and covered bicycle parking on site.
- Features end-of-trip facilities, such as showers and lockers, for staff to facilitate easier cycling to work.

MSH and SCMRH have also organized step challenges for staff in an effort to increase walking throughout the day, whether it is for walking meetings, a leisurely break or incorporated into a multi-modal commute. The step challenge participants are required to create an account on the Smart Commute Online Tool, track their daily steps on an SCMRH-branded pedometer or a fitness tracker and convert their steps to kilometres before logging them on the tool.

THE RESULTS

MSH step challenge participants walked a total of 2,459 km in the 2016 step challenge - a distance that's approximately equal to one walking round-trip from MSH to Saint John, New Brunswick! The success of this step challenge was replicated at other SCMRH workplaces, including WSP, AECOM, Qualcomm and Cole Engineering.

The annual Bike to Work Day event may also have influenced commuting behaviour among MSH staff, particularly those who chose a multi-modal commute. The 2017 Smart Commute annual travel survey indicated that 19% of survey respondents who took transit to work arrived at the station by cycling, which suggests cycling as a growing option for first mile access.

KEYS TO SUCCESS

MSH's Greening and Sustainability Committee makes an effort to involve management in events and recognition, from attending the Bike to Work Day event or accepting the Workplace Designation Award. Strong support from management plays a crucial role in demonstrating the value of the Smart Commute program to staff.

MSH also uses incentives to attract attendees to the Bike to Work Day event. In 2019, MSH held a draw for a bicycle to the staff with the best suggestion for improving sustainable initiatives at the hospital.



MSH staff, including members of the Greening and Sustainability Committee, accept the Platinum Workplace Designation Award in 2019

Interested in becoming a Smart Commute Markham, Richmond Hill workplace? Contact us at info@smartcommutemrh.ca for more information.