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Cycle to Work scheme boosting employee health and wellbeing across UK

The Cycle to Work scheme is playing a key role in improving the health of employees and creating a healthier workplace, the latest survey from the Cycle to Work Alliance has shown.

The survey of employees and employers participating in the Cycle to Work scheme demonstrates the health benefits it is achieving for participants, including improving general fitness, contributing to weight loss and reducing stress.

The survey revealed that:

- 86% of employees believe that cycling to work has led to health benefits.
- Of those who had noticed health benefits, 89% believed that it had improved general fitness; 52% believed that it had contributed to weight loss; and 46% believed that it had contributed to them being less stressed.
- 77% of employers consider that the scheme has had a positive impact on their organisation in relation to employee health.
- Over half of employers (56%) identified improving staff wellbeing as the main motivator for offering the scheme.
- 60% of employees participating in the scheme believe that cycling to work has improved their productivity at work.
- 52% of employers agree that the scheme plays an important role in staff engagement, emphasising the wider benefits to the workplace.

The survey also emphasised the scheme's record in increasing participation in cycling, in particular, getting people who hadn't previously cycled to work onto their bikes. 62% of participants in the scheme were either non-cyclists, novice cyclists or occasional cyclists before joining the scheme. Having joined the scheme 79% of users described themselves as enthusiastic cyclists.

The scheme is helping individuals with the costs of commuting. A majority of respondents joined the scheme as they were attracted by the savings that it offered (81%) or because they could spread the cost over a 12/18 month period (58%).

Steve Edgell, Chair of the Cycle to Work Alliance and Managing Director of Cycle Solutions said: *"Both employers and employees recognise the contribution that the Cycle to Work scheme makes to employee health. With companies increasingly aware of the importance of developing a workplace that promotes employee wellbeing and health, it is clear that from a business perspective, the scheme is making a big contribution in these areas.*

"This research also shows that by making physical activity an integral part of people's lifestyles, the scheme is an effective mechanism for encouraging non and novice cyclists to cycle regularly, and achieving a step-change in behaviour.

"As well as supporting the objectives of businesses, it is clear that the cycle to work scheme is a key mechanism for delivering on the Government's public health objectives and its specific aim to double the number of journeys made bicycle. The Alliance is obviously delighted in the part it can play in driving these positive behaviours."

-ENDS-

Notes for editors:

- The Cycle to Work Alliance is a group of the leading providers of the cycle to work scheme, including Cyclescheme, Cycle Solutions, Evans Cycles and Halfords.
- The Cycle to Work Alliance seeks to raise awareness of the role played by the cycle to work scheme in encouraging people to take up cycling, and promote its role in meeting the government's public health and sustainable transport policy objectives.
- The cycle to work initiative is a tax-efficient, and on the whole, salary-sacrificed employee benefit that provides a way of encouraging more adults to take up cycling. Introduced in the 1999 Finance Act, the scheme encourages employers to loan bicycles and cycling safety equipment to employees as a tax-exempt benefit for the purpose of cycling to work. Under the scheme, employers buy cycling equipment from suppliers approved by their scheme administrator, and hire it to their employees. At the end of the loan period, the employer may choose to give the employee the option to purchase the equipment.
- Since its introduction, over 600,000 individuals have participated in the scheme. The scheme operates nationwide.
- The data referenced above was attained in a survey of 13,148 employees and 352 employers participating in a Cycle to Work Scheme provided by one of the four Cycle to Work Alliance members.

Contact

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