

**Stairway to Health Pilot Site: University of Ottawa Heart Institute
Preliminary Data**

Stair Use – Wednesday, June 9, 2004, 7:30 am to 4:30 pm

Time	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
7:30-8:30	107	4	58	7	176
8:30-9:30	106	7	66	17	196
9:30-10:30	116	11	55	19	201
10:30-11:30	91	13	52	12	168
11:30-12:30	106	14	67	20	207
12:30-1:30	138	5	79	11	233
1:30-2:30	118	13	57	14	202
2:30-3:30	68	9	42	16	135
3:30-4:30	96	4	50	8	158
Total	946	80	526	124	1676

Elevator Use – Wednesday, June 16, 2004, 7:30 am to 4:30 pm

Time	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
7:30-8:30	47	26	34	40	147
8:30-9:30	49	46	30	80	205
9:30-10:30	54	73	64	91	282
10:30-11:30	45	94	37	83	259
11:30-12:30	61	76	58	78	273
12:30-1:30	60	92	38	85	275
1:30-2:30	46	91	31	76	244
2:30-3:30	27	70	24	61	182
3:30-4:30	25	84	25	45	179
Total	414	652	341	639	2046

Stair vs Elevator Usage

Use	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
Stairs	70%	11%	61%	16%	45%
Elevators	30%	89%	39%	84%	55%

Preliminary Data – Wednesday, June 23, 2004, 7:30 am to 4:30 pm

Stair Use

Time	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
7:30-8:30	97	11	52	8	168
8:30-9:30	120	15	73	16	224
9:30-10:30	101	12	63	18	194
10:30-11:30	87	12	58	25	182
11:30-12:30	138	22	48	28	236
12:30-1:30	131	20	54	17	222
1:30-2:30	75	11	50	11	147
2:30-3:30	73	9	46	7	135
3:30-4:30	61	9	36	4	110
Total	883	121	480	134	1618

Elevator Use

Time	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
7:30-8:30	37	45	21	37	140
8:30-9:30	40	64	46	78	228
9:30-10:30	55	78	37	100	270
10:30-11:30	32	83	25	90	230
11:30-12:30	50	89	37	88	264
12:30-1:30	67	79	49	72	267
1:30-2:30	38	102	30	71	241
2:30-3:30	20	93	28	78	219
3:30-4:30	31	80	17	54	182
Total	370	713	290	668	2041

Stair vs. Elevator Usage

Use	Female Staff	Female Visitors	Male Staff	Male Visitors	Total (Staff + Visitors)
Stairs	70%	15%	62%	17%	44%
Elevators	30%	85%	38%	83%	56%