

BICYCLING HABITS AMONG SERBIA'S EMPLOYEES: IMPLICATIONS FOR PHYSICAL ACTIVITY AND ENVIRONMENTAL HEALTH

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Background: Promoting physical activity among employees is crucial for public health improvement. Understanding bicycling habits provides insights into opportunities for enhancing physical activity levels and overall health in Serbia's employees, while also contributing to reduced air pollution and environmental protection through sustainable transportation practices.

Methods and Objectives: This secondary data analysis from the 2019 Serbian National Health Survey involved 4410 employees aged 18-65. Descriptive analyses and Chi-square tests examined relationships between gender and weekly biking habits.

Results: Out of 4410 respondents who reported biking for at least 10 minutes daily, 2441 (55.4%) were men and 1969 (44.6%) were women. A majority of respondents, 3330 (75.5%), never biked: 1791 (73.4%) men and 1539 (78.2%) women. Additionally, 479 (10.9%) biked 1-3 days per week, and 601 (13.6%) biked 4-7 days per week. Significant gender differences were observed ($p = 0.000$), with a higher proportion of men biking 4-7 days (14.1%) compared to women (13.1%), whereas more men (12.5%) reported biking 1-3 days compared to women (8.8%).

Conclusions: This study provides valuable insights into bicycling habits among Serbia's employees. The findings indicate that a majority of employees never biked, with fewer respondents biking 1-3 days or 4-7 days per week. Significant gender disparities were noted, with a higher proportion of men biking 4-7 days compared to women. These results underscore the need for further research and targeted interventions to promote physical activity among Serbia's employees and enhance public health policies. Recommendations include developing dedicated bike lanes, providing workplace bicycles, and implementing incentives for employees who bike to work. These measures can create a supportive environment for cycling, leading to improved public health and environmental benefits.

Keywords: employees, environmental protection, physical activity, gender differences, Serbia