



# An insight into walking

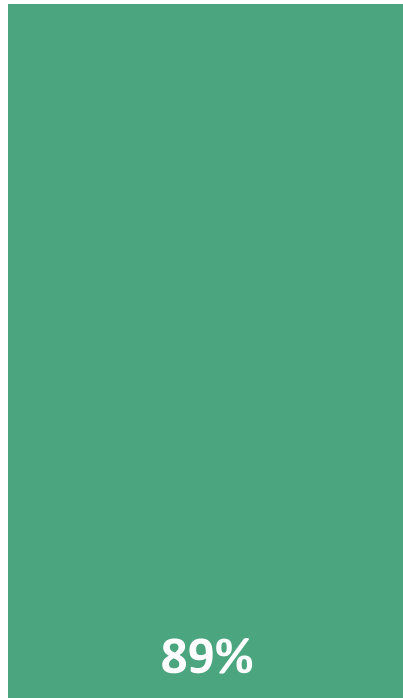
Created by Press Red



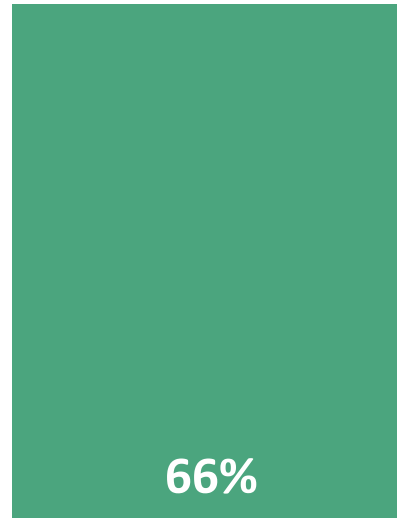


# Walking measures: All walking, Derbyshire County

**Any walking**  
in the last 12 months



**Two sessions** of moderate  
activity for at least 10  
minutes in last 28 days

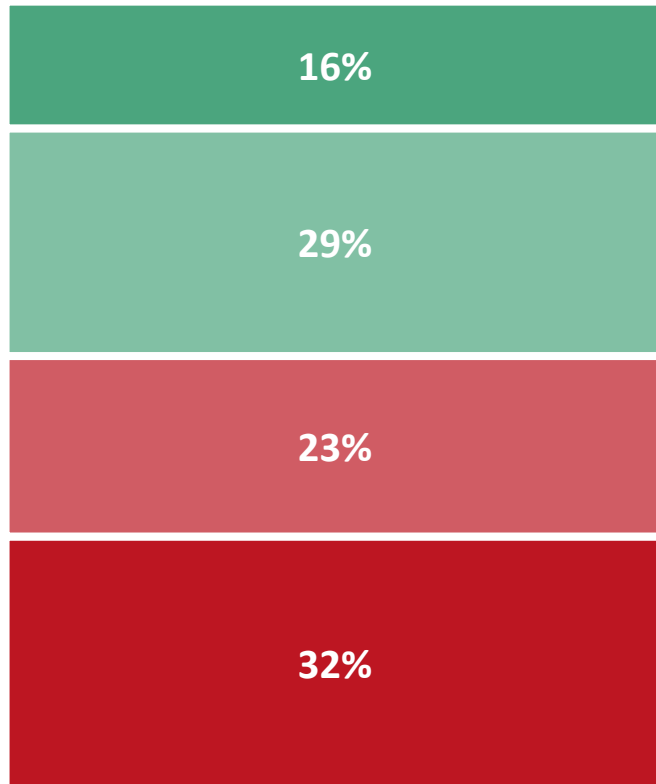


**Zero sessions** of moderate  
activity for at least 10  
minutes in last 28 days





# Over half of people in Derbyshire are really not walking much at all



## Regular walkers

7 or more sessions per week (28 sessions per month)

## Frequent walkers

Between 2 and 6 sessions per week (8-27 sessions)

## Infrequent walkers

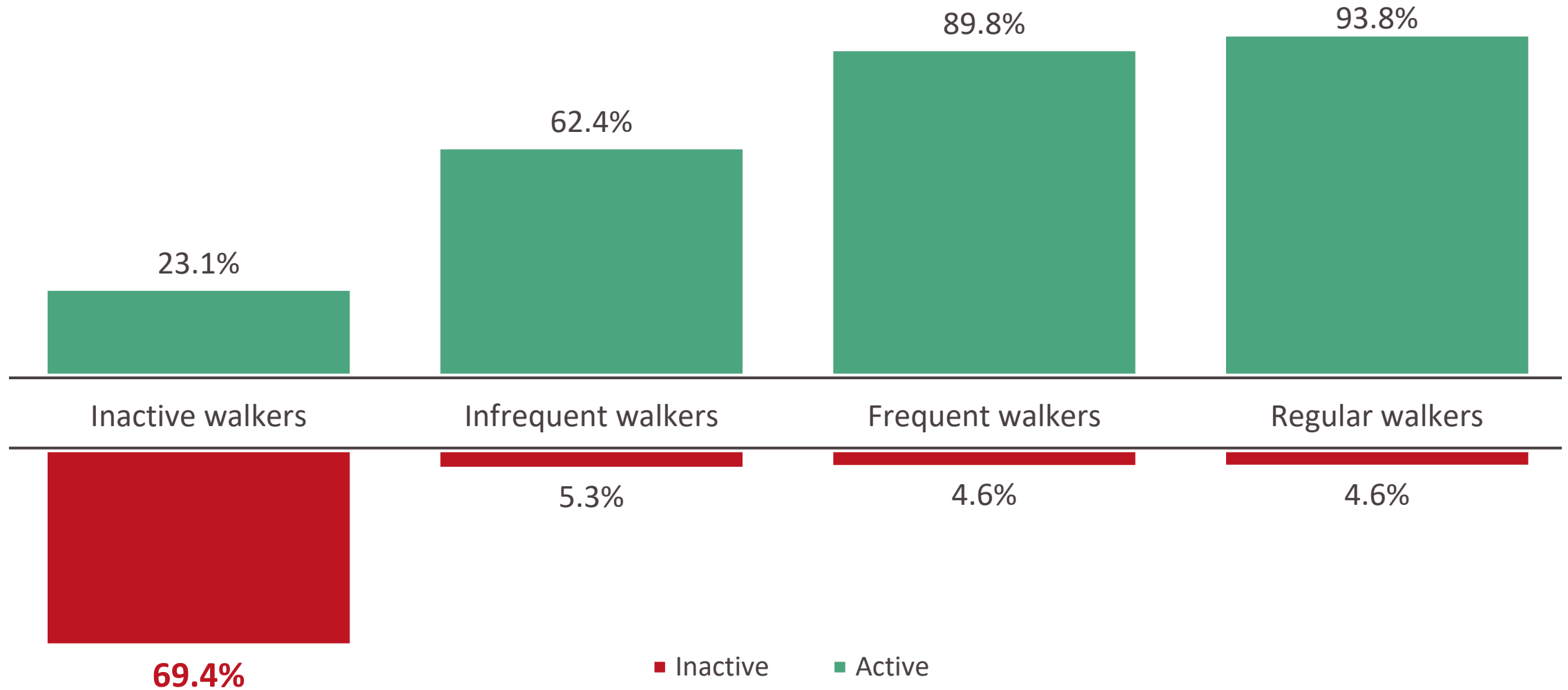
Less than 2 sessions per week (1-7 sessions per month)

## Inactive walkers

0 sessions per month



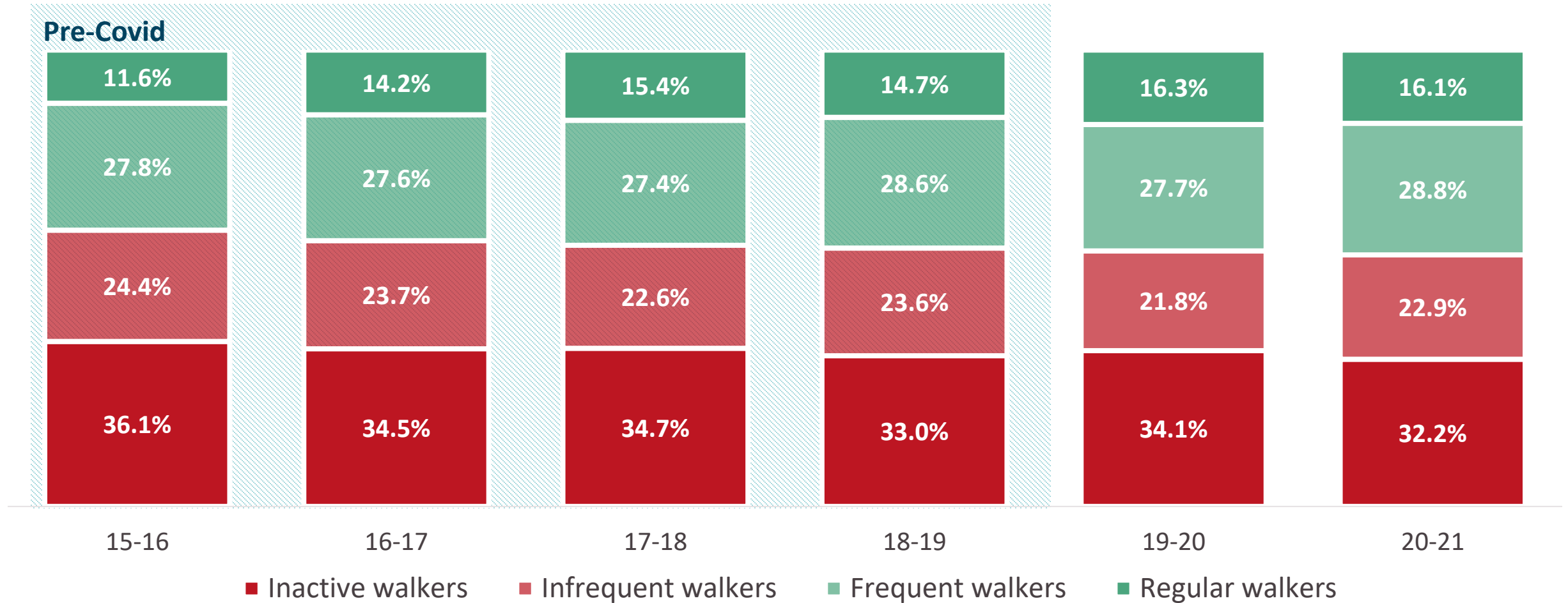
# People that don't walk are much more likely to be inactive



Source: Sport England, Active Lives Adults (16+), Nov 20-21, [excluding gardening](#)



The proportion of inactive walkers was decreasing before the pandemic and has recovered from early pandemic disruption



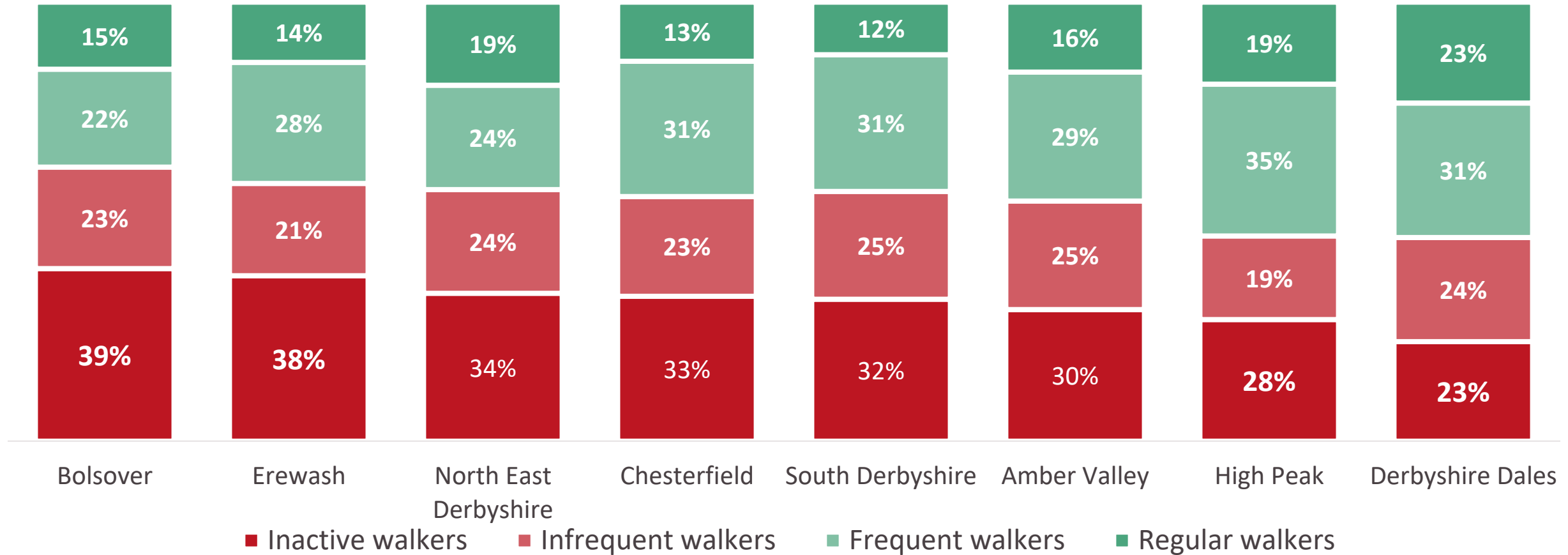
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



# People from Bolsover and Erewash walk less often compared to those from High Peak and Derbyshire Dales

Least likely to walk

Most likely to walk



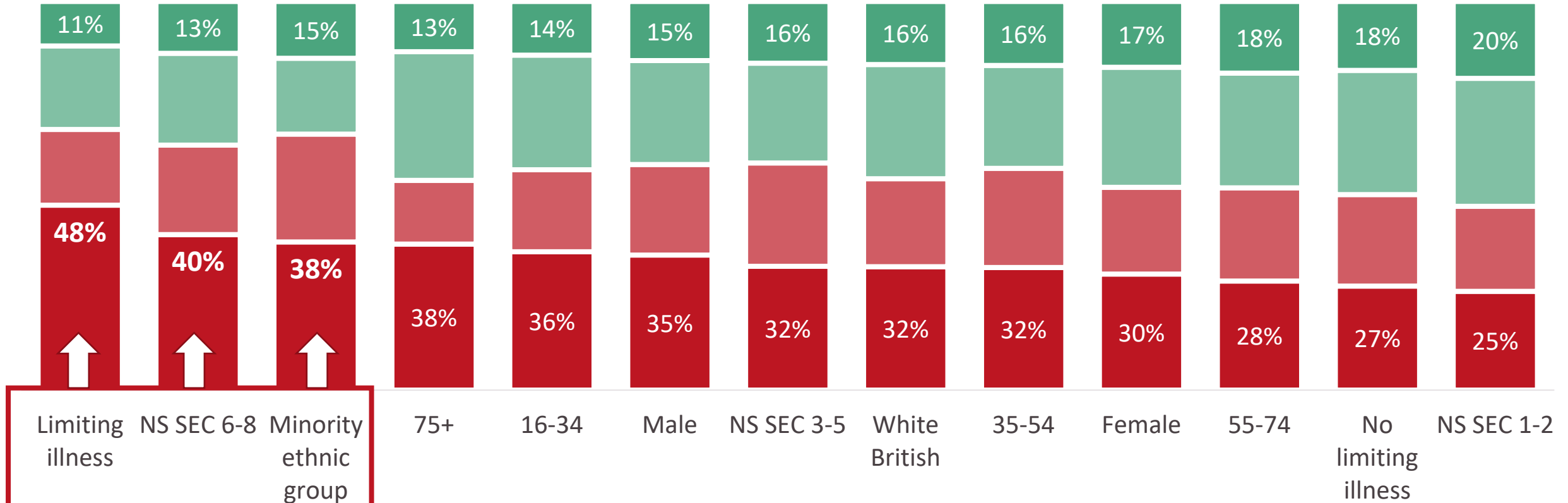
Source: Sport England, Active Lives Adults (16+), Nov 20-21



# People in lower socio-economic communities, minority ethnic groups or with a limiting illness are less likely to walk

Least likely to walk

Most likely to walk



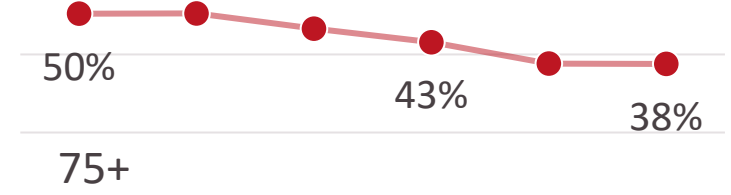
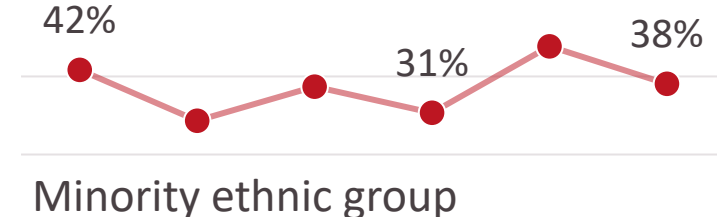
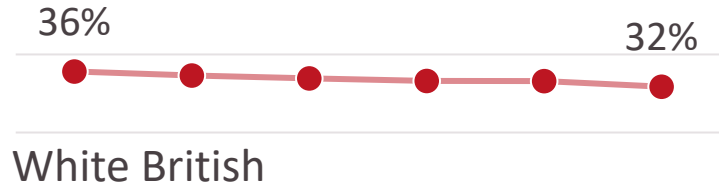
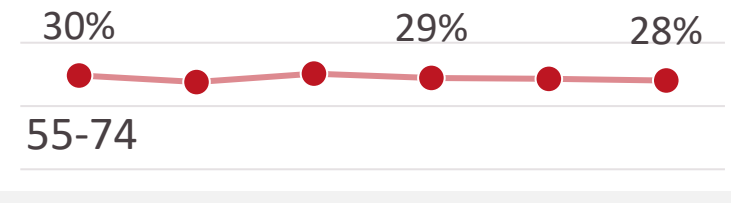
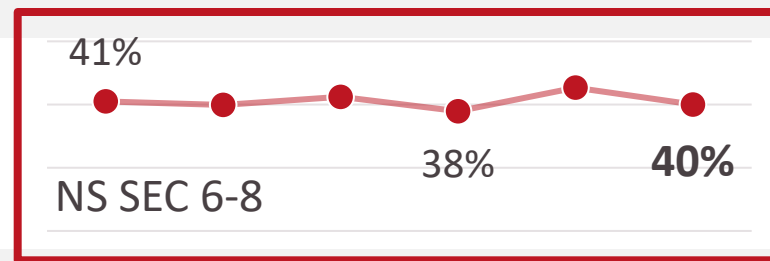
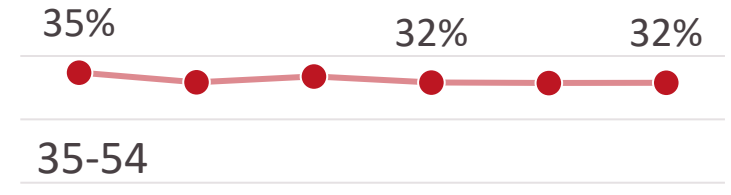
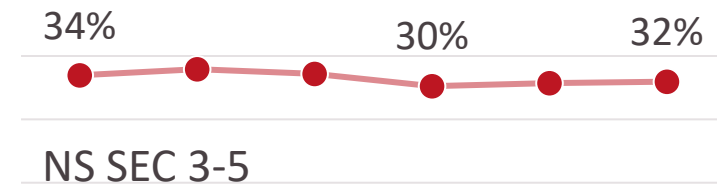
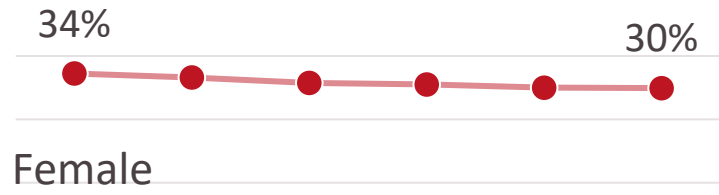
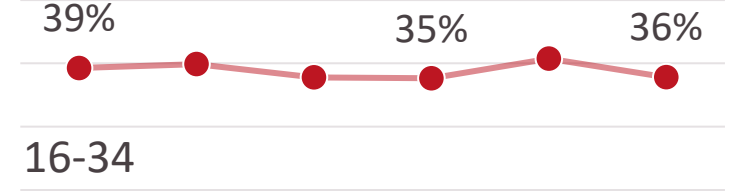
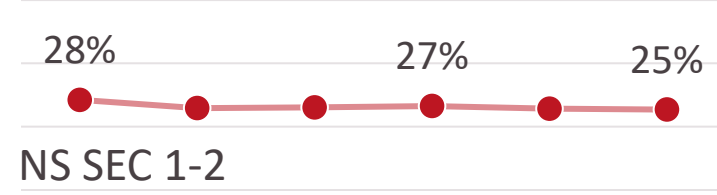
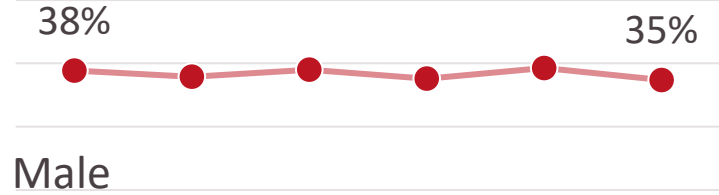
■ Inactive walkers  
 ■ Infrequent walkers  
 ■ Frequent walkers  
 ■ Regular walkers



Source: Sport England, Active Lives Adults (16+), Nov 20-21

People with a limiting illness or disability and people in lower socio-economic groups are not experiencing improvements in walking levels that other groups are

Inactive walkers – 0 sessions per week



15-16 16-17 17-18 18-19 19-20 20-21

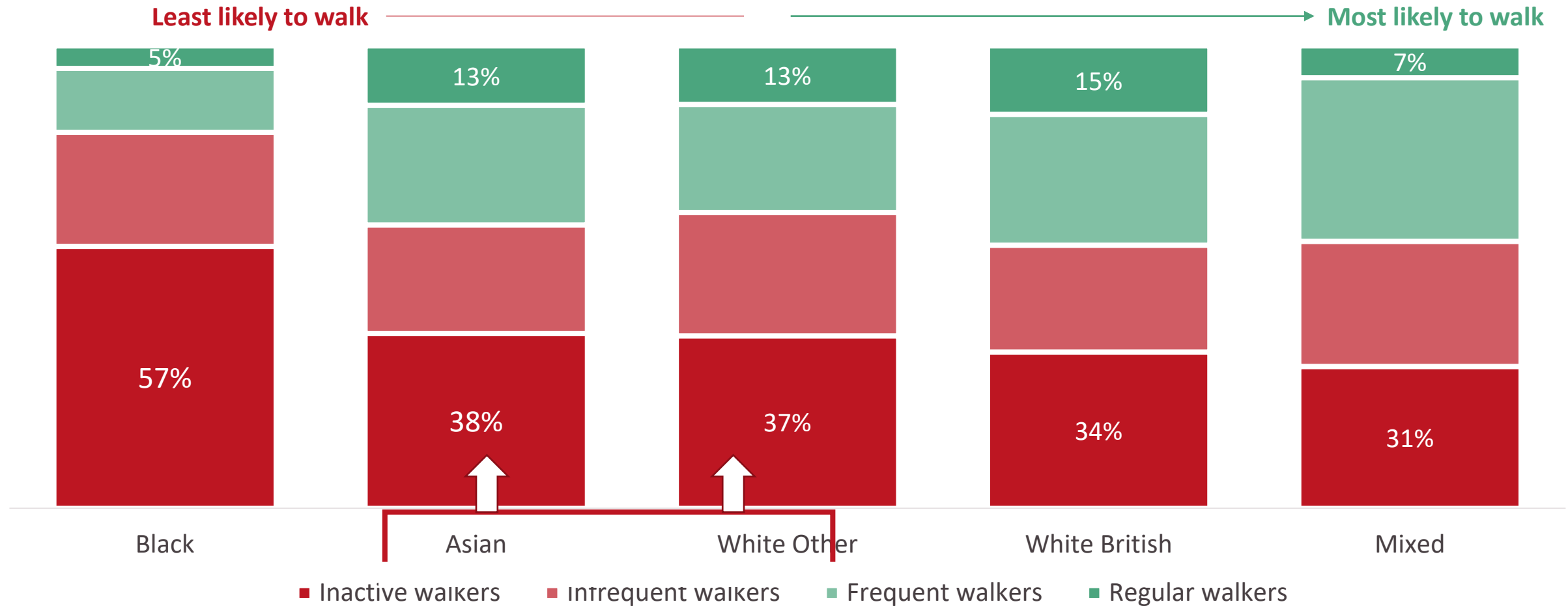
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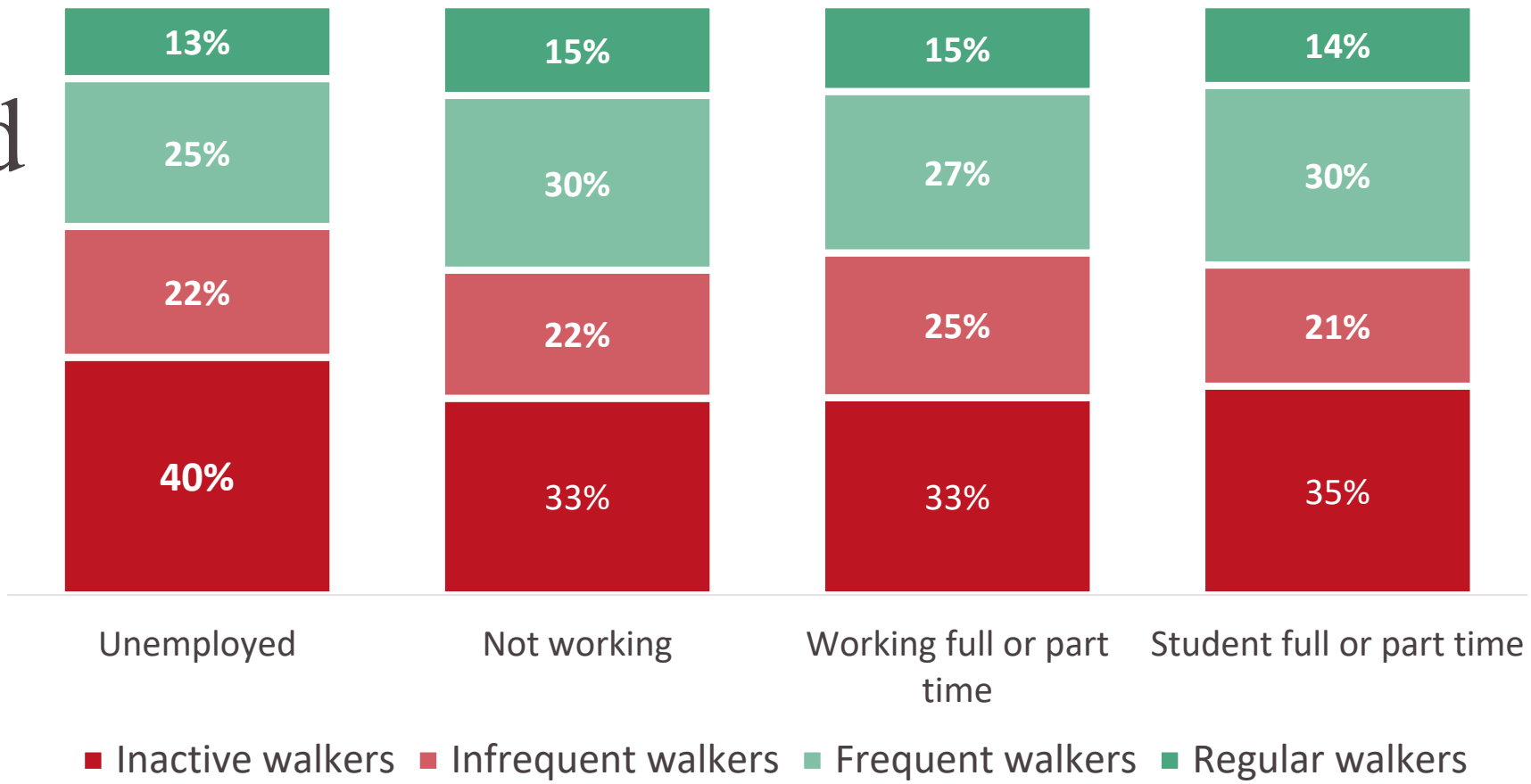
# And by ethnic group, our Black and Asian communities are least likely to walk



Source: Sport England, Active Lives Adults (16+), Nov15-16 to 20-21 combined



Walking rates are also lower for people who are unemployed



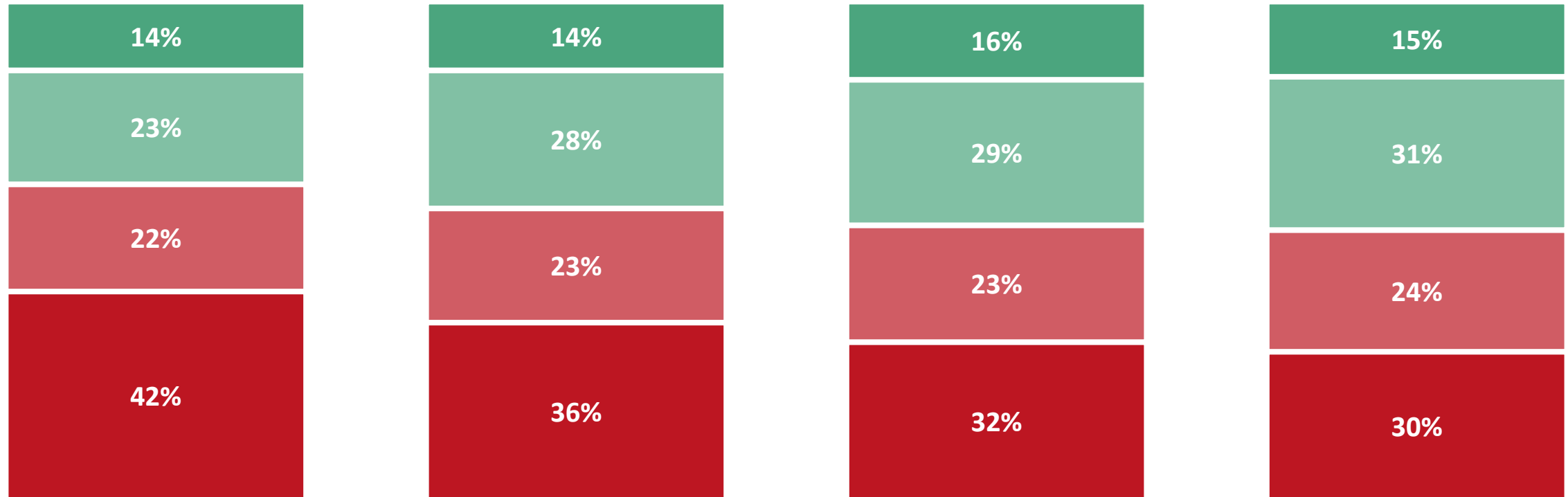
Source: Sport England, Active Lives Adults (16+), Nov15-16 to 20-21 combined



# Higher levels of deprivation are associated with lower levels of walking

Least likely to walk

Most likely to walk



Most deprived quartile

Second most deprived quartile

Second least deprived quartile

Least deprived quartile

■ Inactive walkers

■ Infrequent walkers

■ Frequent walkers

■ Regular walkers



Source: Sport England, Active Lives Adults (16+), Nov15-16 to 20-21 combined



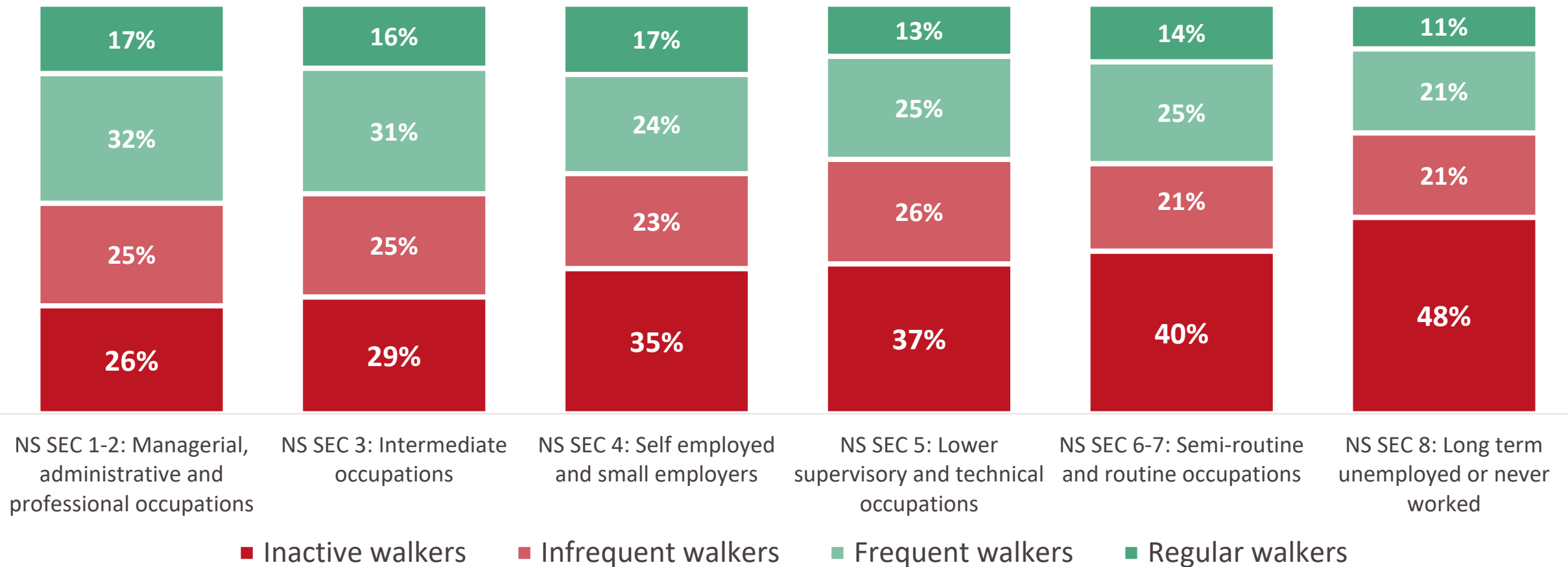
# Spotlight on lower socio-economic communities

NS SeC 6-8





# NS SeC 8 are least likely to walk regularly



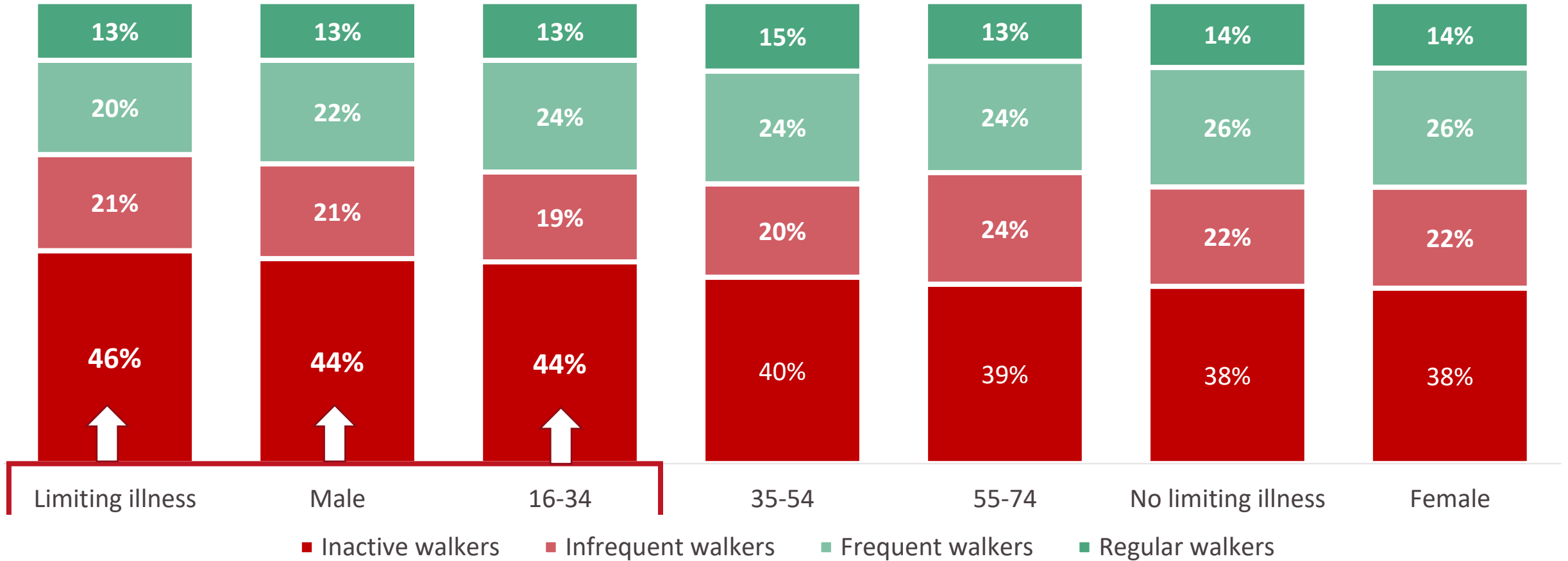


# Males, younger people and those with a limiting illness have higher levels of inactive walkers

Lower socio-economic communities by second demographic

Least likely to walk

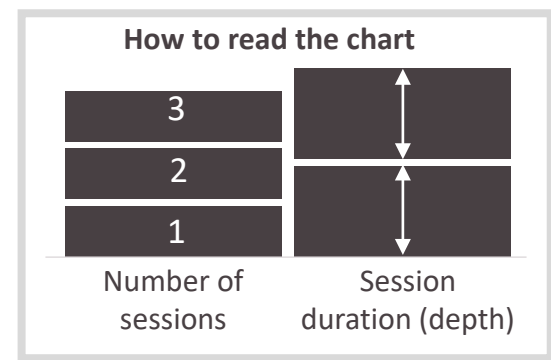
Most likely to walk





# How walking habits have changed: and if we split walking into walking for leisure and walking for travel

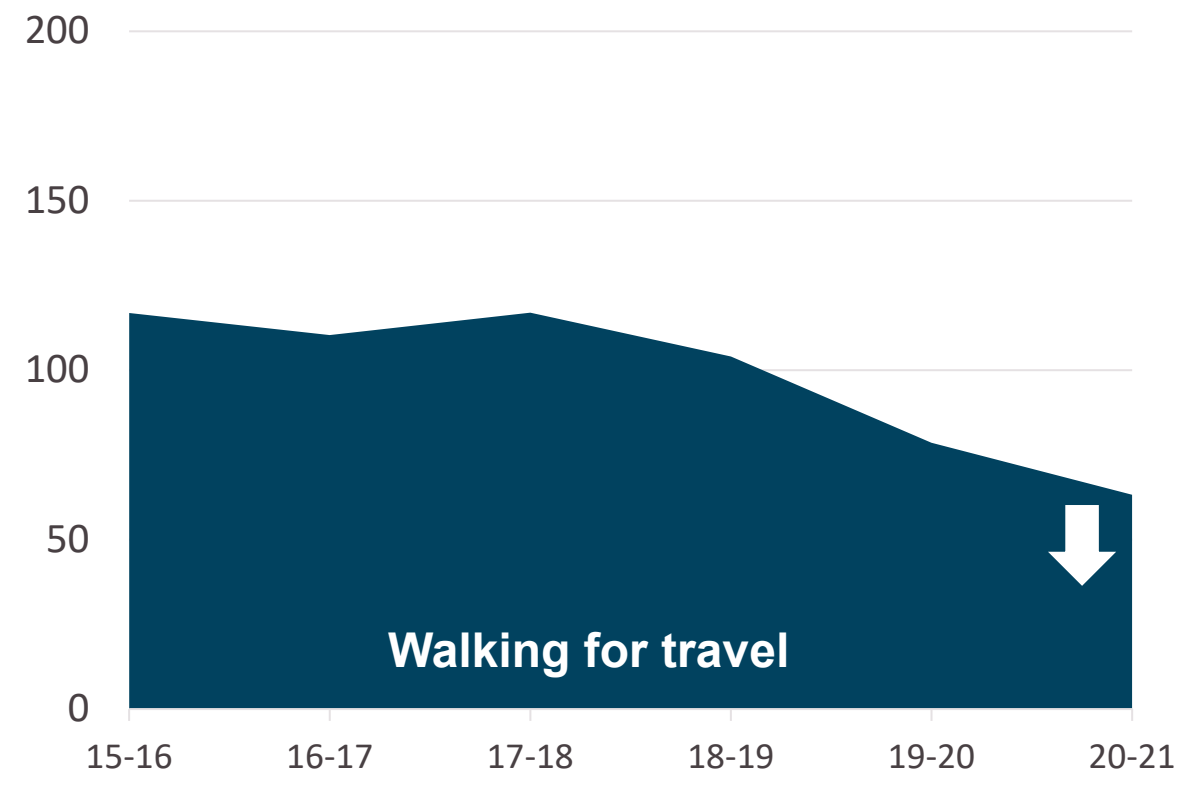
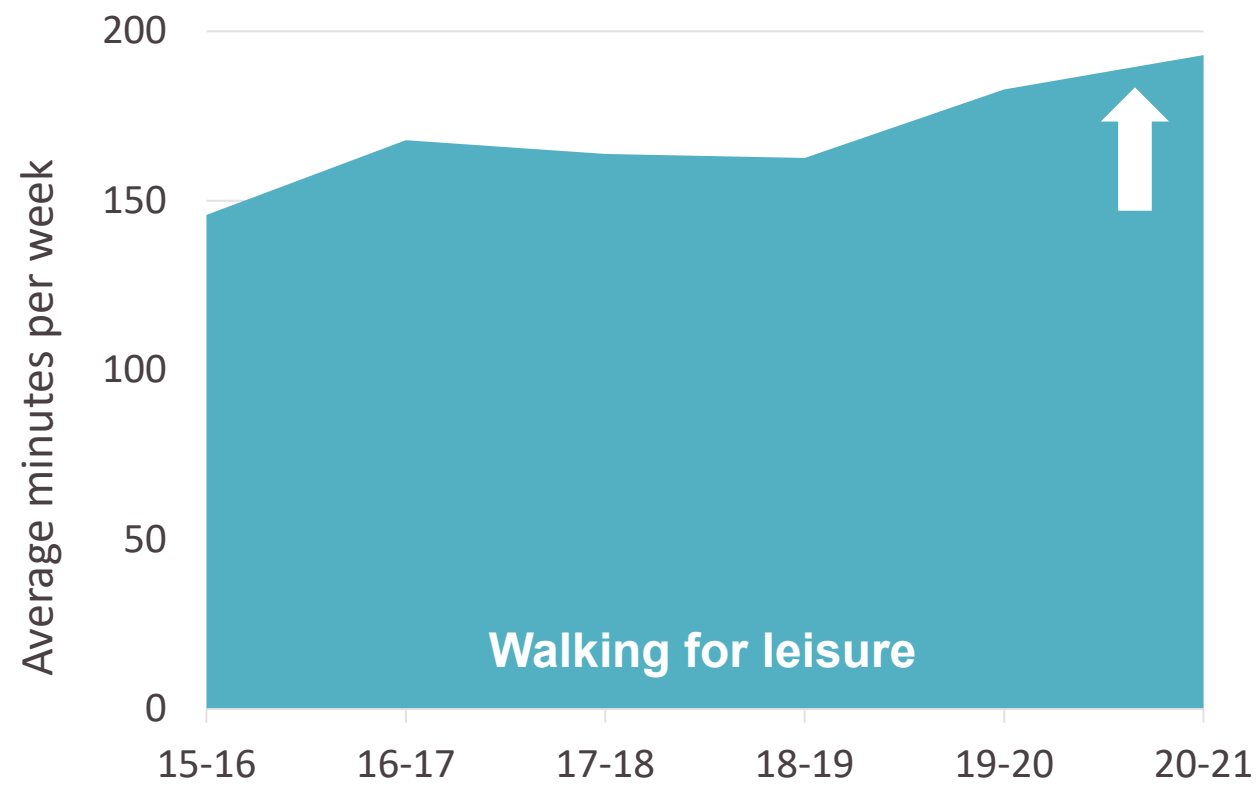
NS SeC 6-8



Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



**Walking for travel minutes** within lower socio-economic communities has halved since the pandemic, whilst **walking for leisure** has increased

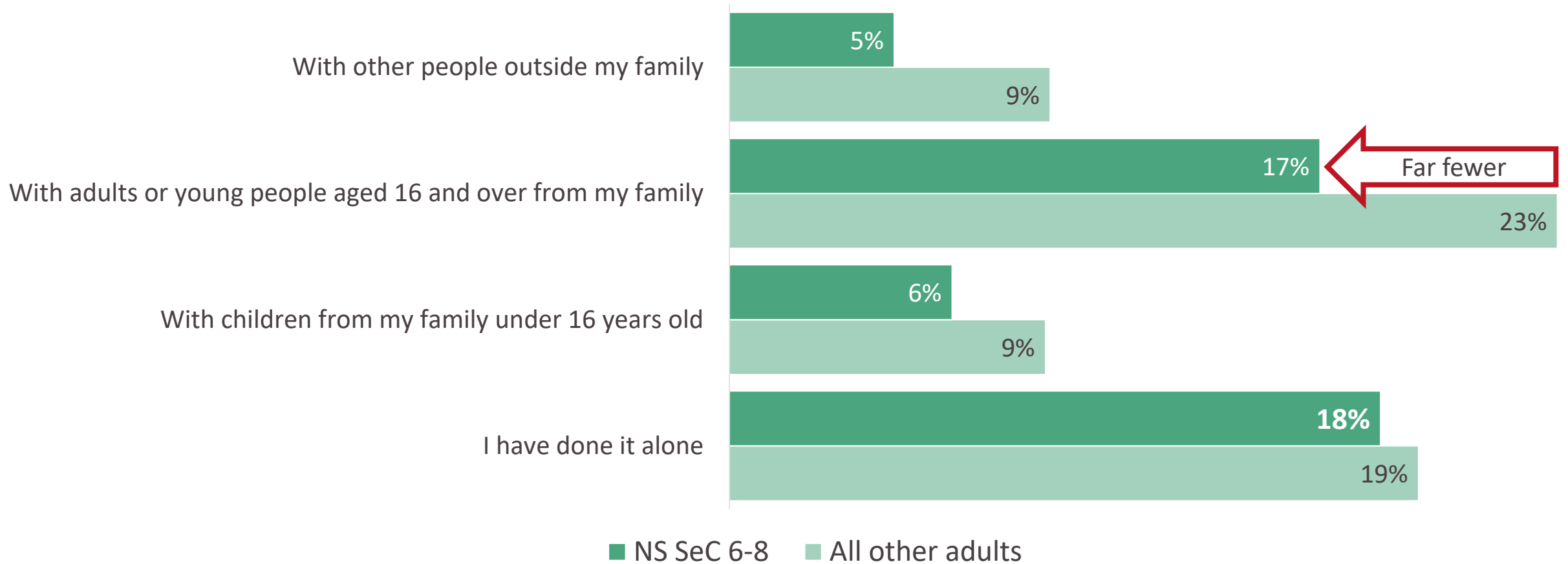


Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



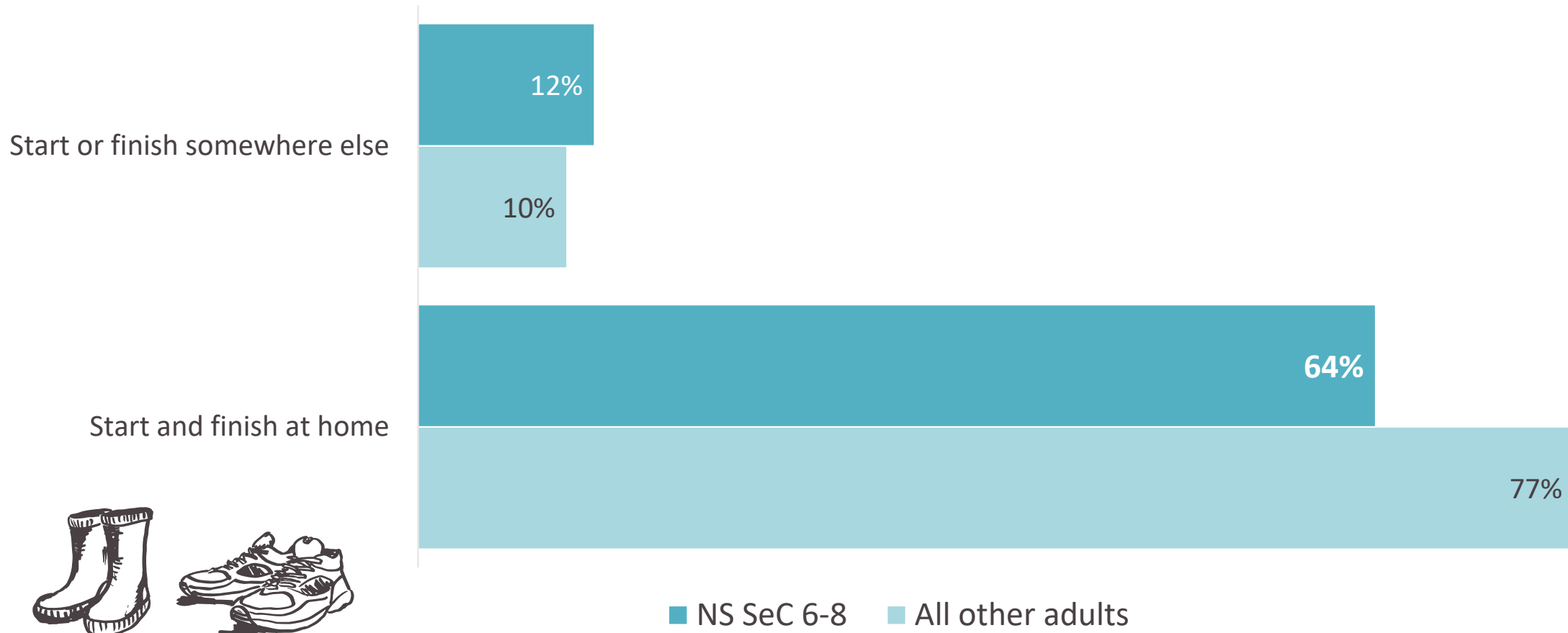


# All walking: Who people from lower socio-economic communities walk with: Are they missing the social benefits?





# Walking for leisure: Where people from lower socio-economic communities walk: Why are they not walking from home as much as other adults?



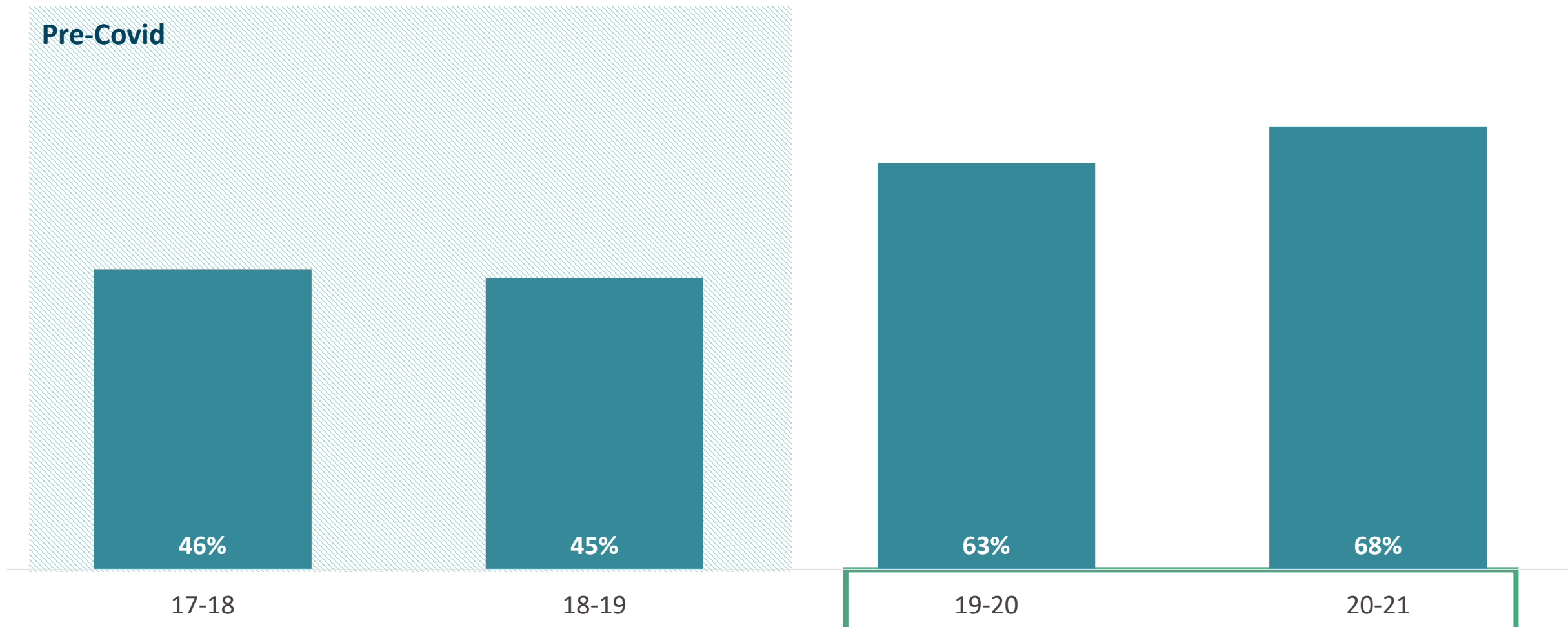


# Children and young people





# Walking rates improved for all 5-16 year olds despite the pandemic

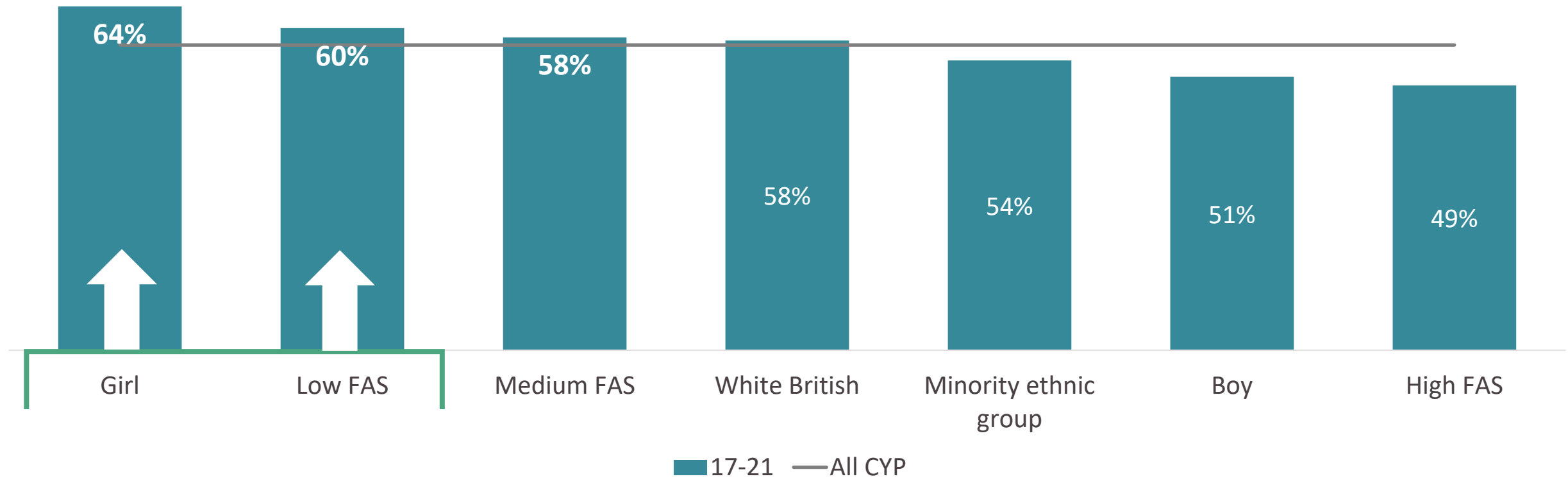


Once a week walking participation for children and young people (Years 1-11)





# Girls and children in **low affluence families** have the **highest walking rates**. **Boys and high affluence** are the **lowest**



Once a week walking participation for children and young people (Years 1-11)

Source: Sport England, Active Lives CYP, Academic Year 17-18 to 20-21, **combined**

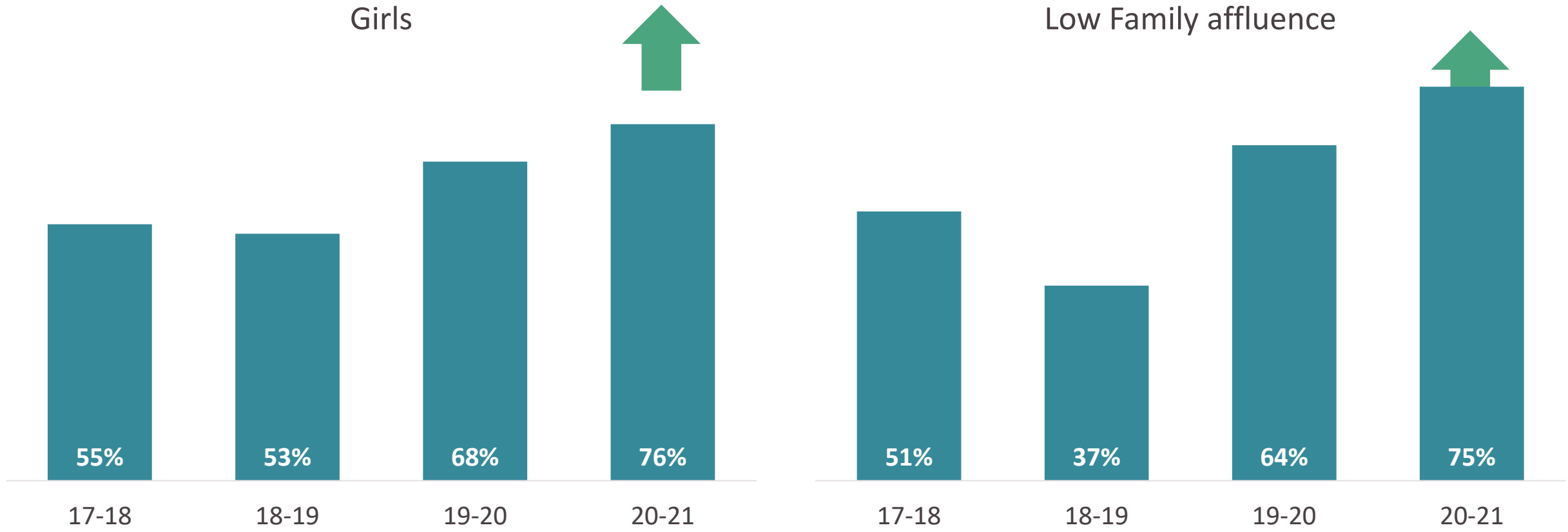




# Walking rates have **increased** for **girls** and those in **low affluence** families

Girls

Low Family affluence



Source: Sport England, Active Lives CYP, Academic Year 17-18 to 20-21

# Summary – Key messages



- **Just over 3 in 10 people in Derbyshire are really not walking much at all** and those that don't walk are much more likely to be inactive
- **Walking trends were positive before the pandemic** and they have recovered from early pandemic disruption
- People in **lower socio-economic communities, with a limiting illness or disability**, from our **Black and Asian communities** or are **unemployed** are less likely to walk
- Higher levels of deprivation are associated with lower levels of walking
- Many of these communities/factors are more likely to come together in our urban areas

Lower socio-economic communities:

- **Males, younger adults** and people with a **limiting illness or disability** are more likely to walk less
- **Walking for travel minutes within lower socio-economic communities have halved since the pandemic**, whilst walking for leisure has increased

CYP:

- **Walking participation for CYP has increased** driven by **girls** and children from **low affluence families** walking more

