



**WALK**  
Derbyshire

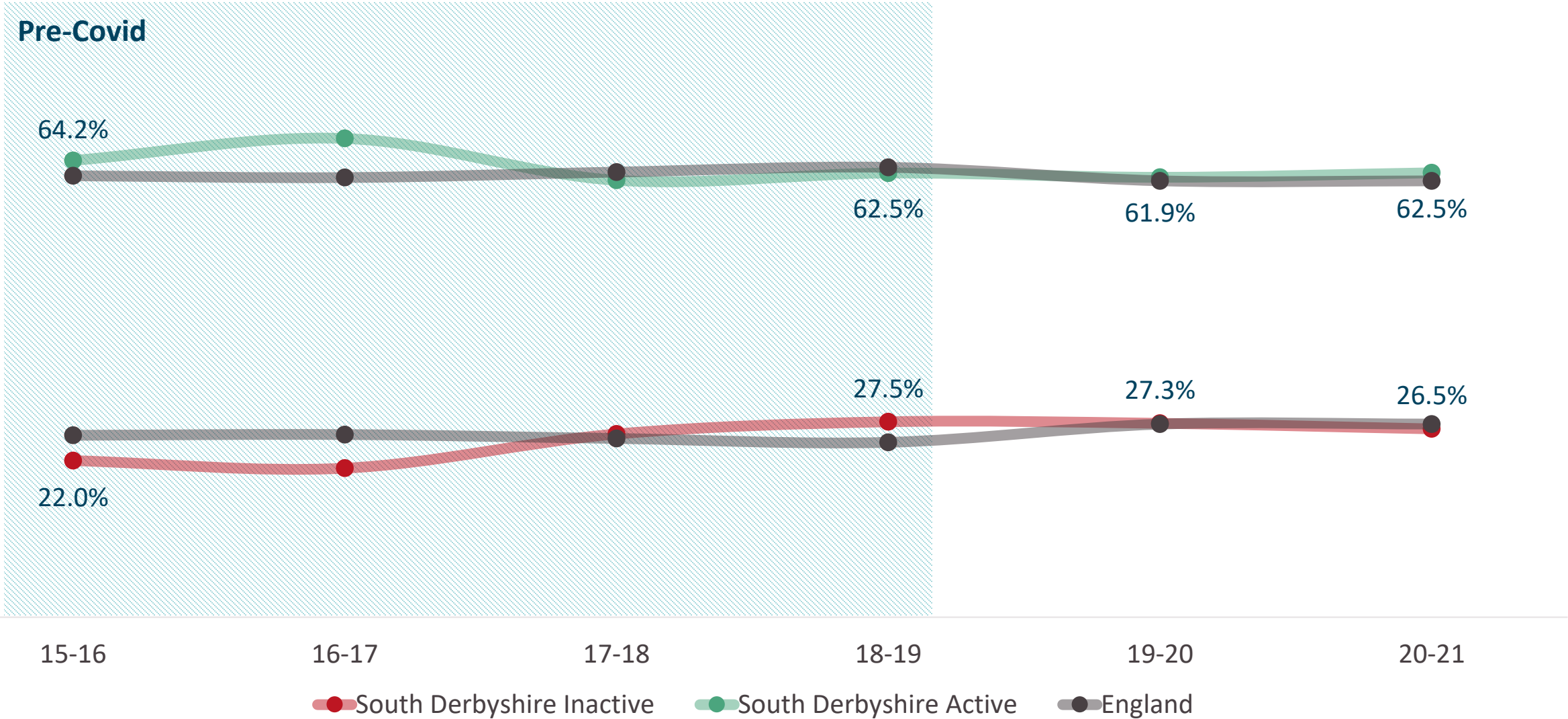
An insight into walking: South Derbyshire



Created by Press Red

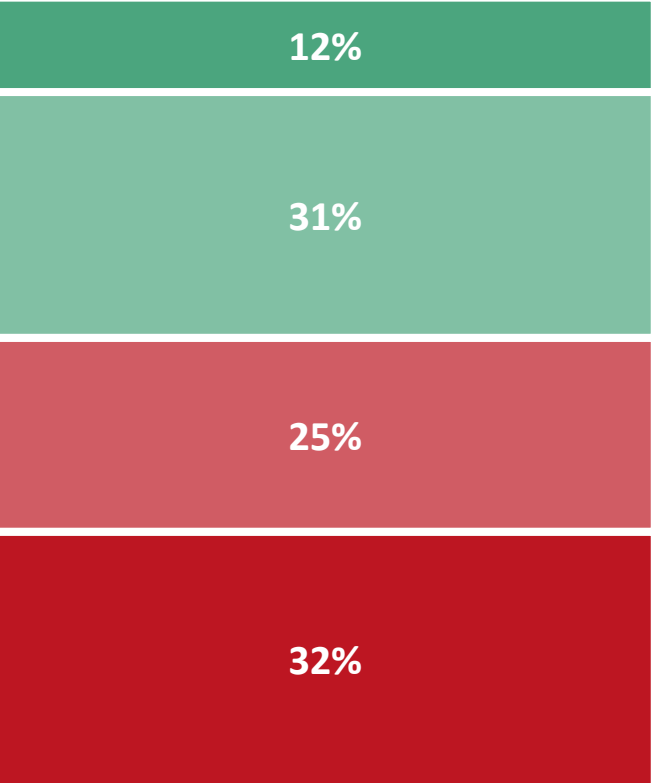
# Inactivity levels are starting to recover

Pre-Covid



Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 20-21, **excluding gardening**

# Over half of adults in South Derbyshire are not walking much at all



### Walking regularly

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

### Walking fairly regularly

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

### Walking less regularly

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

### Not walking

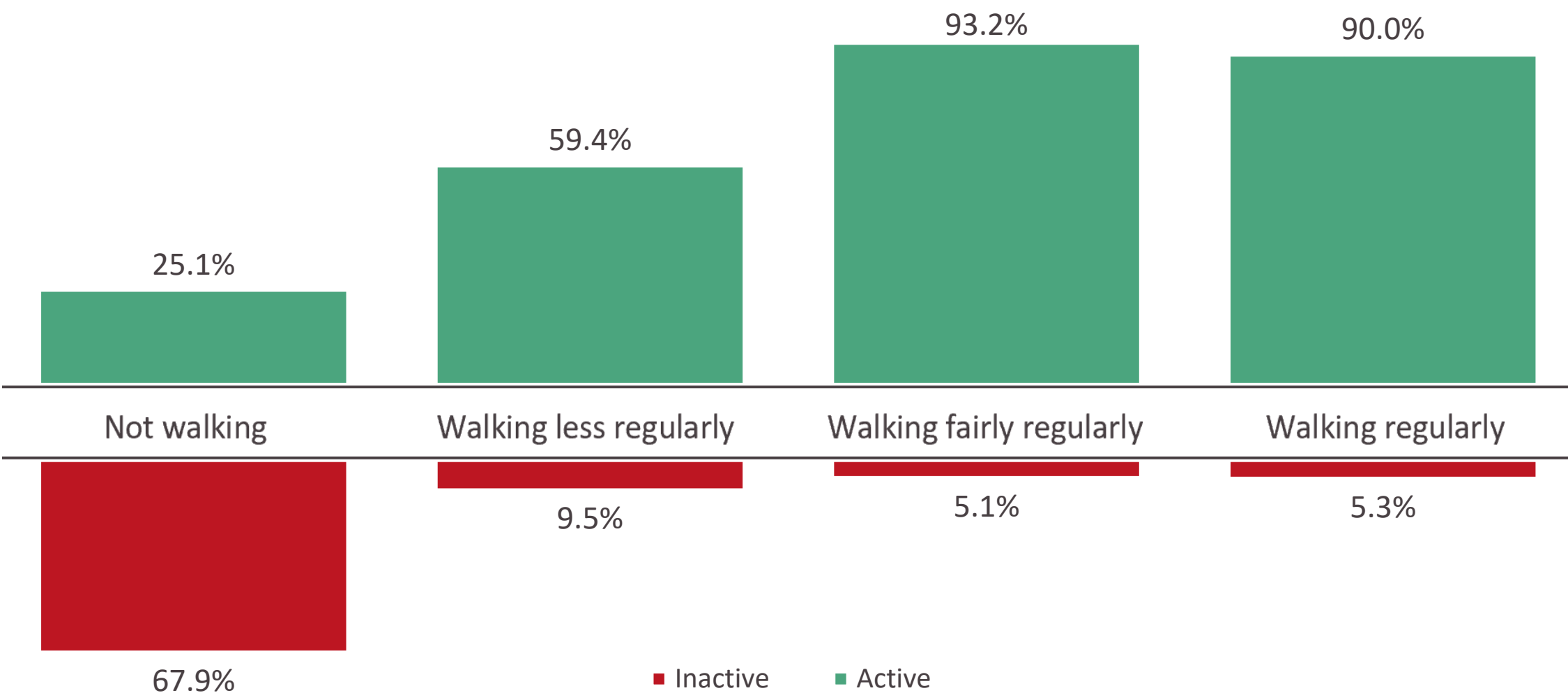
0 sessions of 10+ minutes per month



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

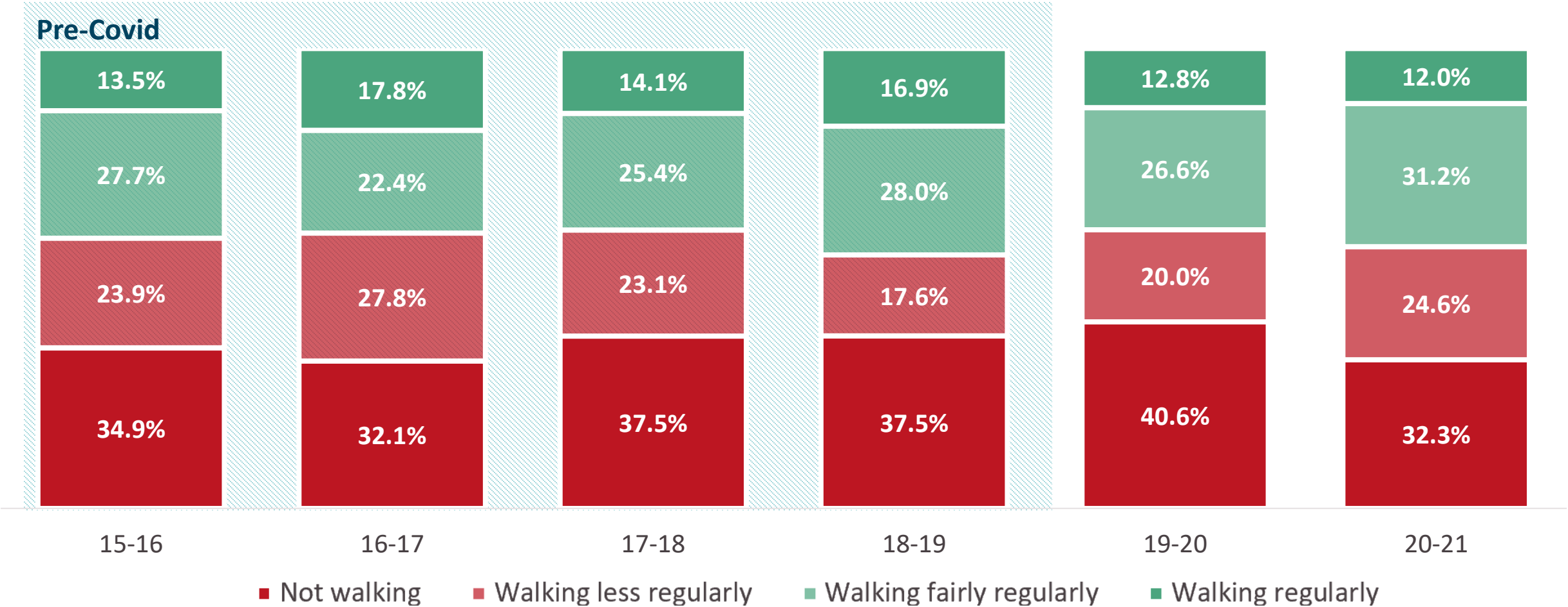


# Those that don't walk are much more likely to be inactive



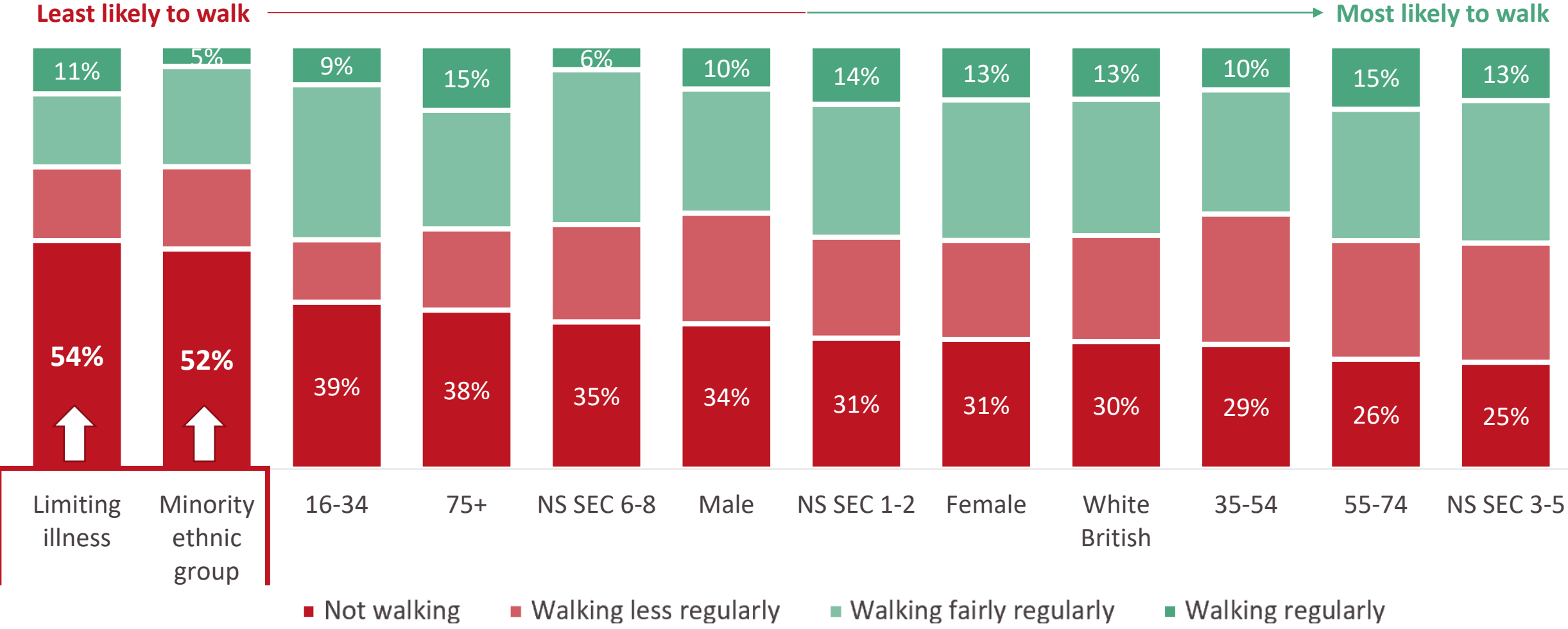
Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**

# The proportion of those not walking peaked during the pandemic but have now reduced to below pre pandemic levels



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

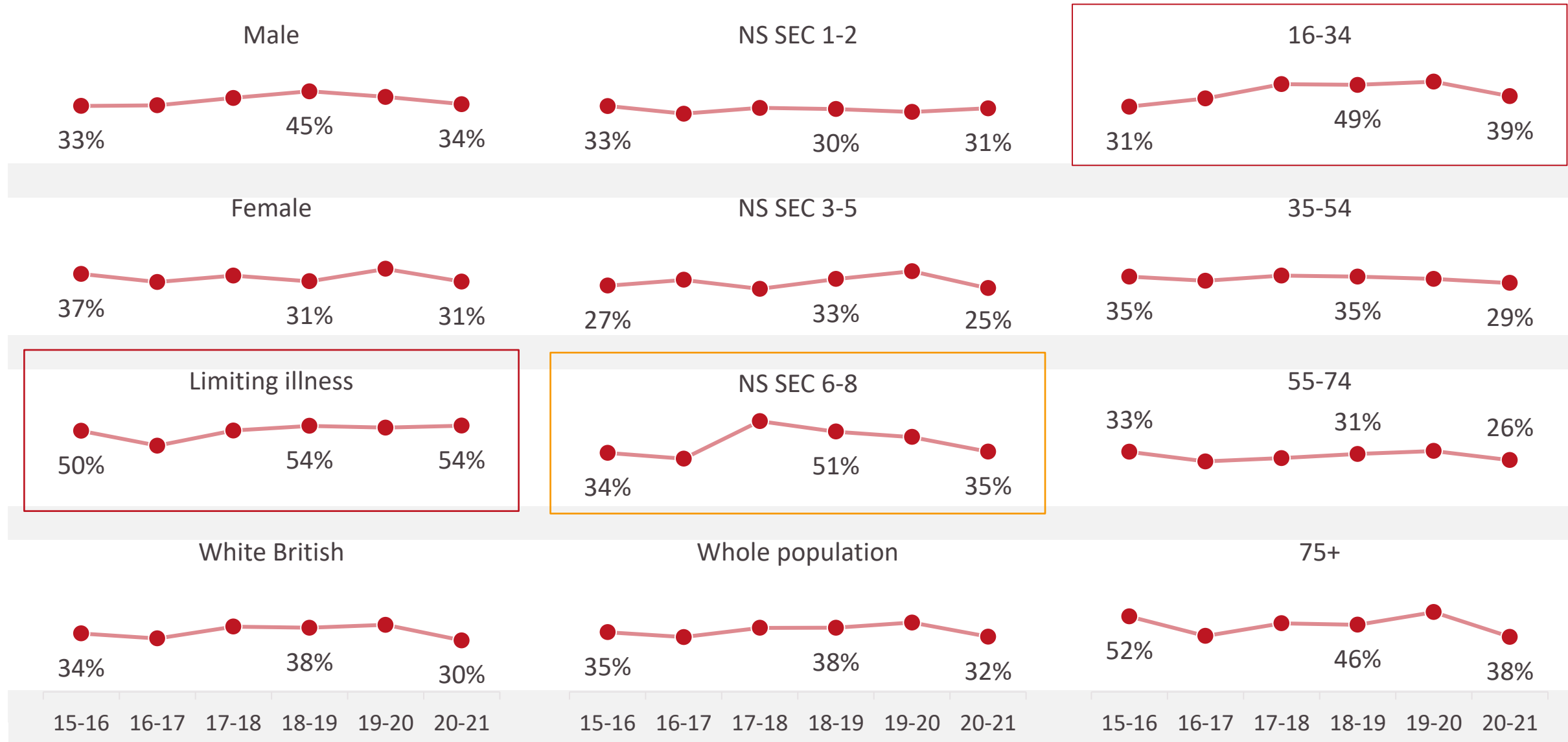
# People with a limiting illness or from minority ethnic groups have the highest rate of adults that don't walk



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

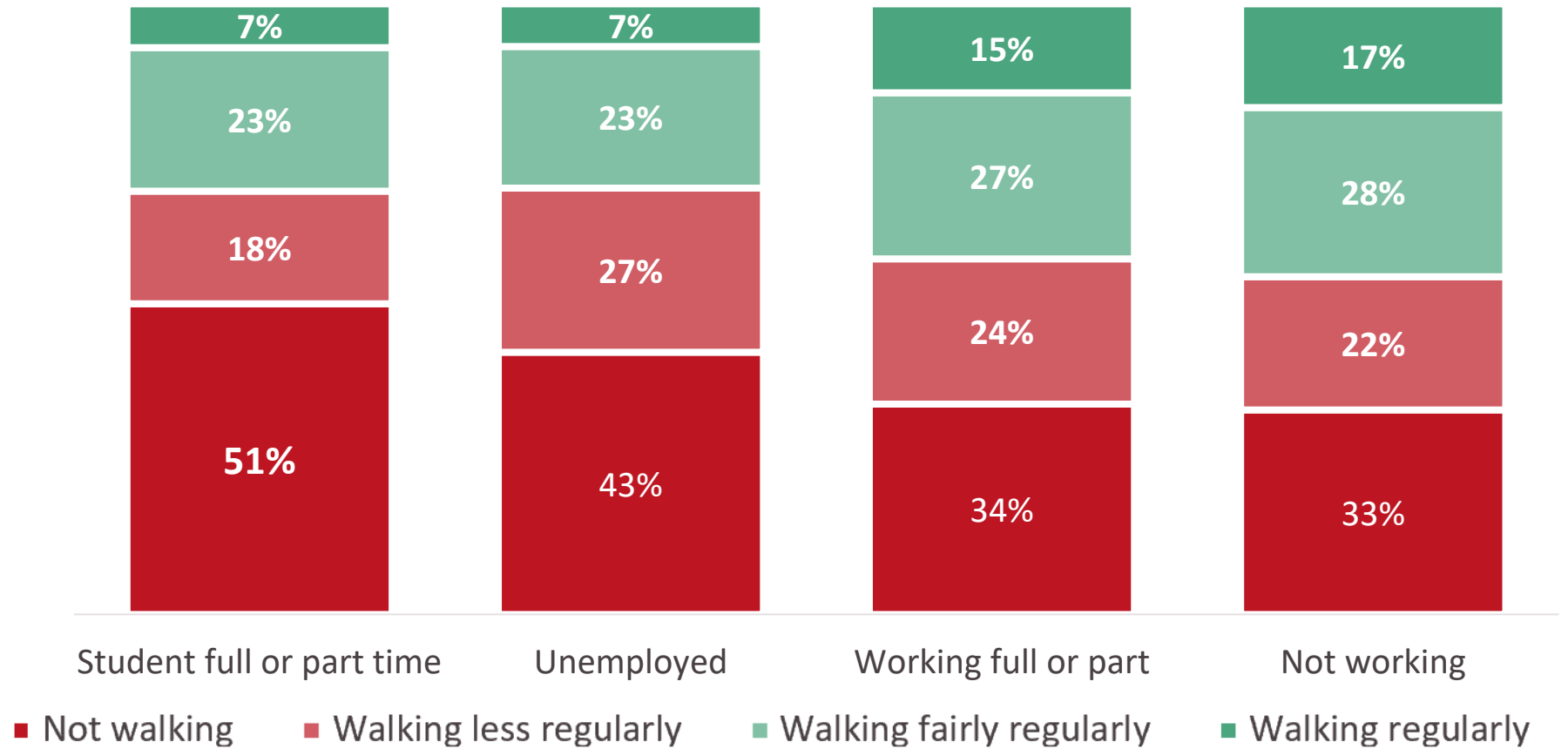
# Young adults **not walking** has seen an improvement, but remains high

Not walking – 0 sessions per week



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

Walking rates are worse for students and adults that are unemployed

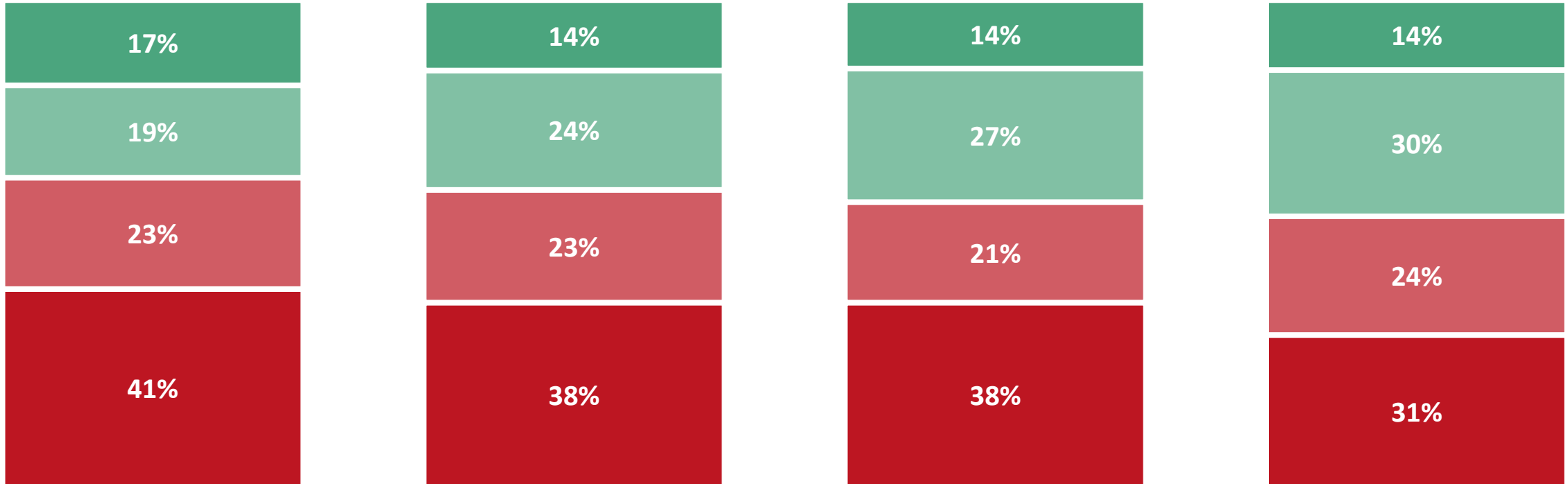


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening



# 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

■ Not walking    ■ Walking less regularly    ■ Walking fairly regularly    ■ Walking regularly



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



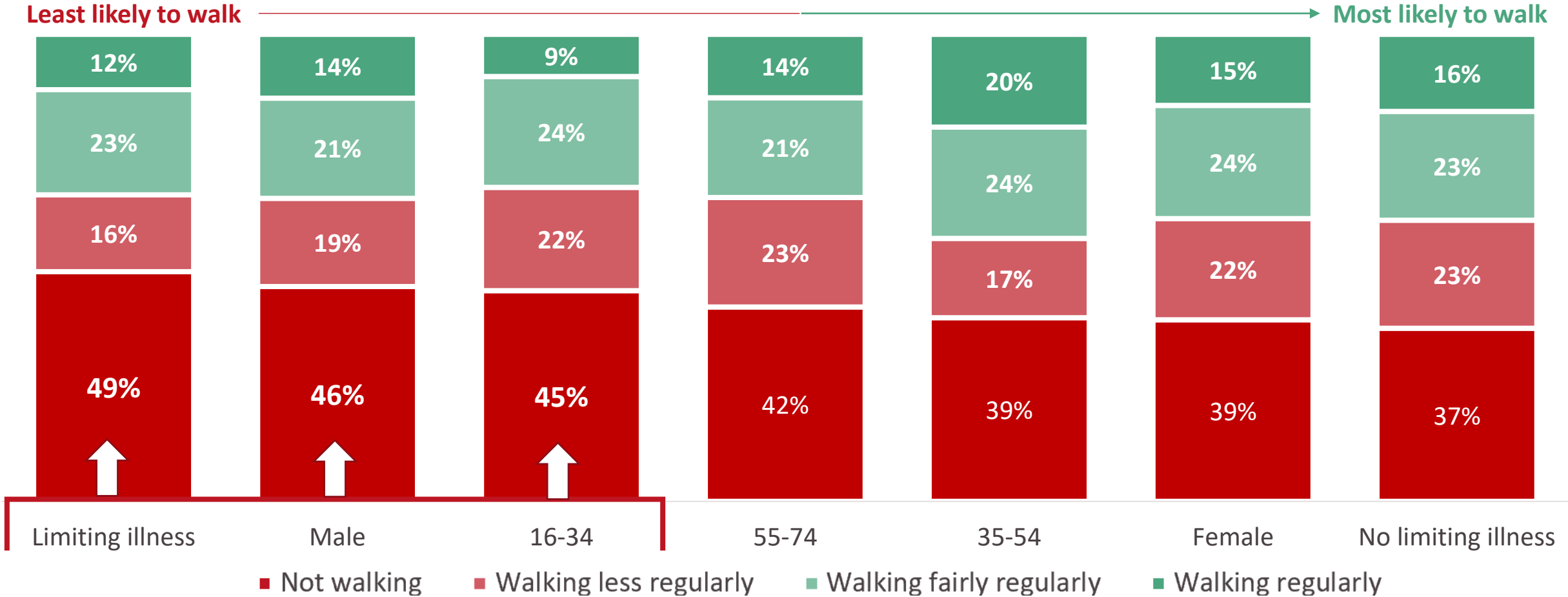
# Spotlight on lower socio-economic communities

NS SeC 6-8



# Males, young adults and those with a limiting illness have higher levels of inactive walkers

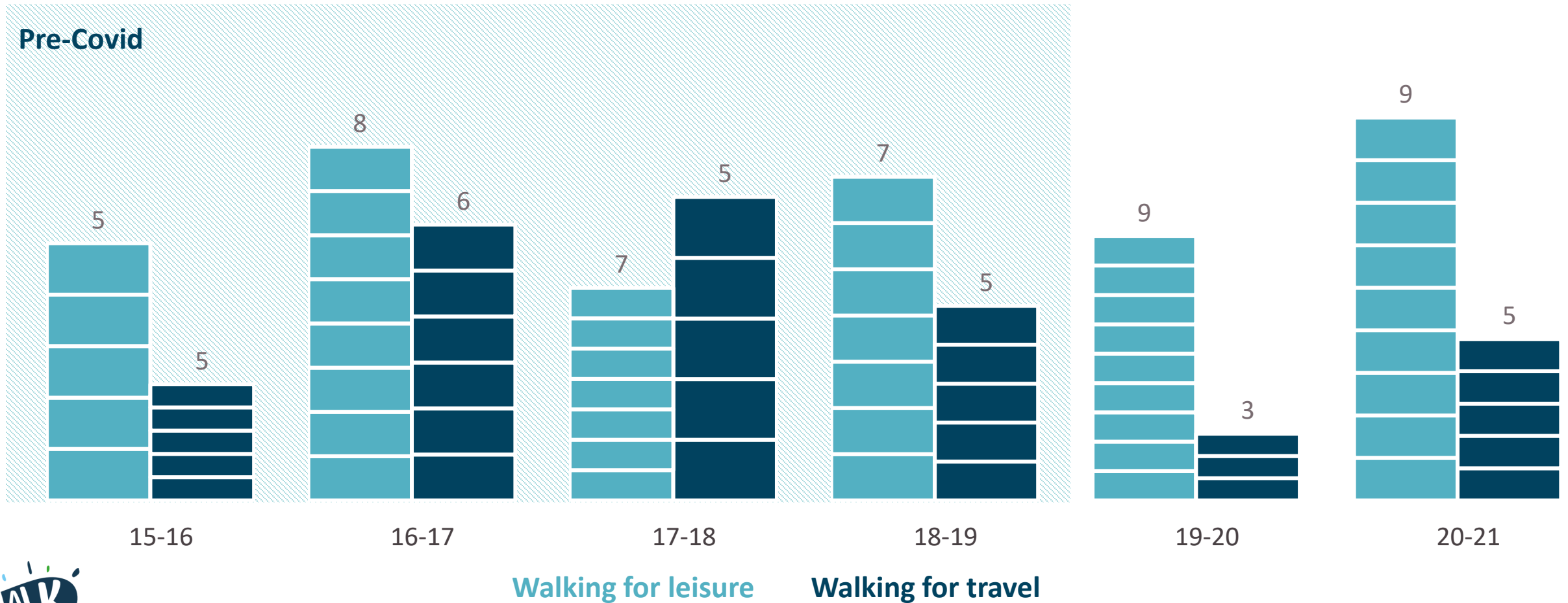
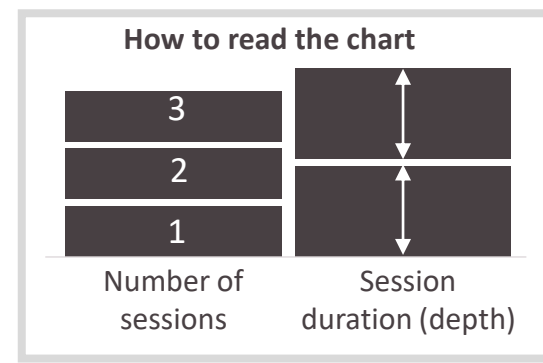
Lower socio-economic communities by second demographic



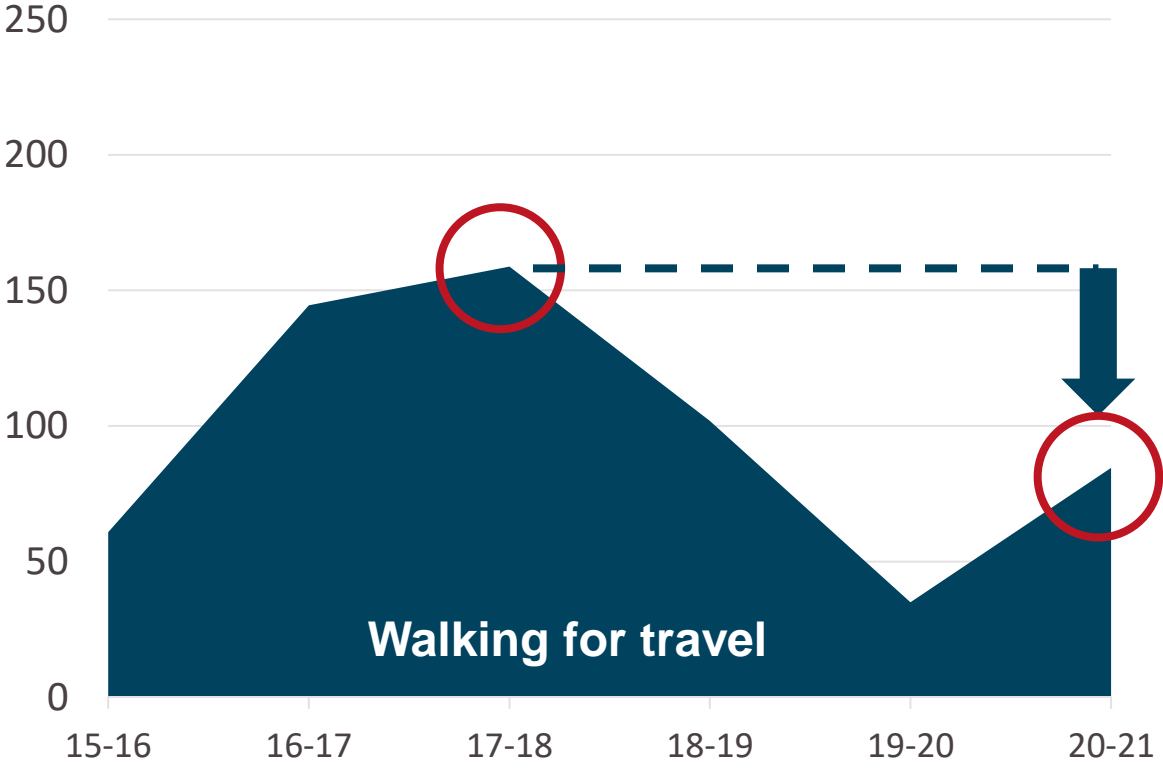
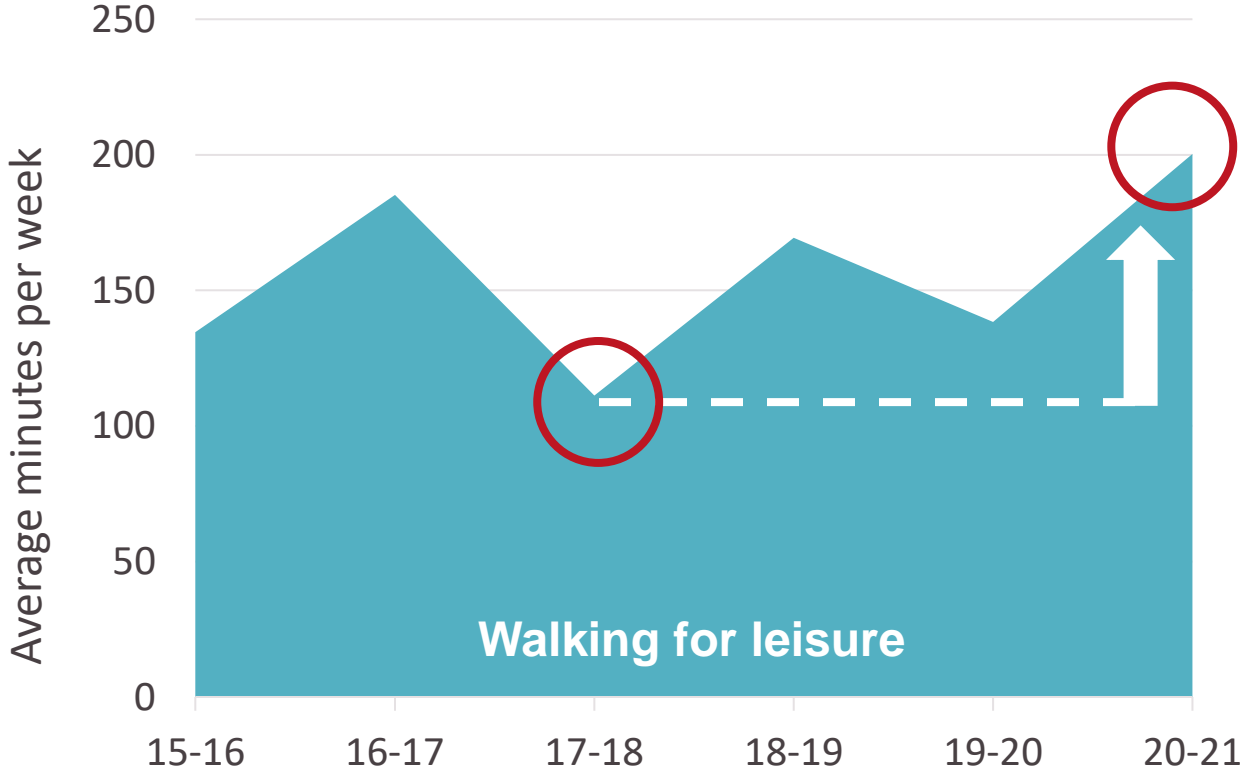
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

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

NS SeC 6-8



Time spent **walking for leisure** has almost doubled within lower socio-economic communities since 17-18, whilst **walking for travel** has halved



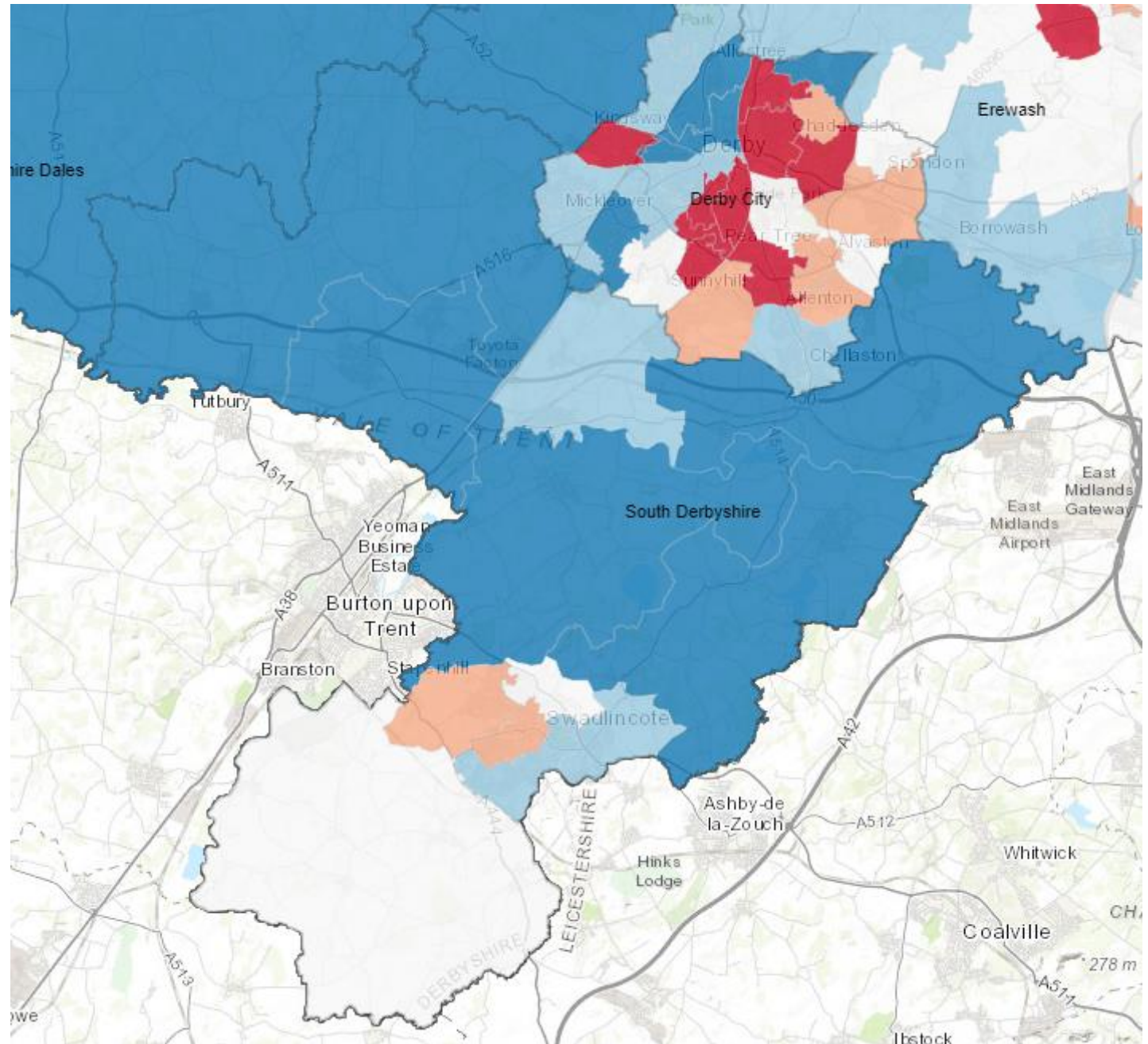
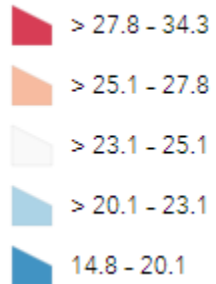
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



# South Derbyshire: Inactivity by MSOA

Please use the interactive  
map [here](#) to view the whole  
local authority area

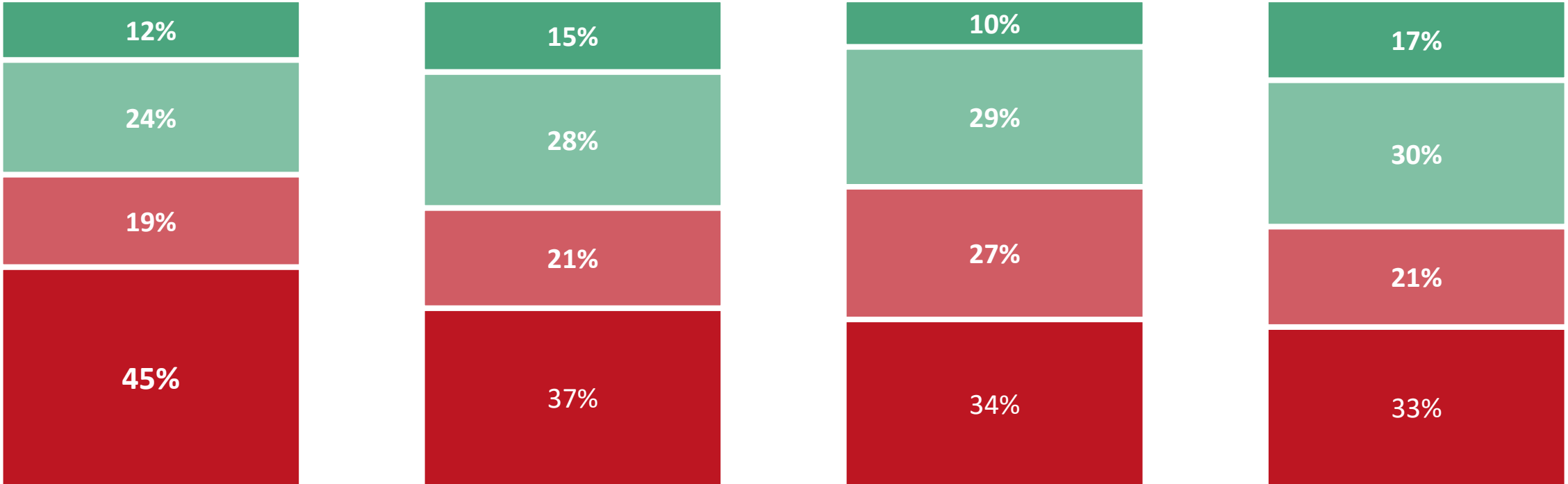
Inactive\_PC\_Year4\_Nov18\_19



# People in hard-pressed living communities are least likely to walk

Least likely to walk

Most likely to walk



8. Hard-Pressed Living

6. Suburbanites

5. Urbanites

1. Rural Residents

■ Not walking
 ■ Walking less regularly
 ■ Walking fairly regularly
 ■ Walking regularly

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





# ONS: Area Classification of Output Areas 2011

Please use the interactive map [here](#) to view the whole local authority area

- Rural Residents
- Cosmopolitans
- Ethnicity Central
- Multicultural Metropolitans
- Urbanites
- Suburbanites
- Constrained City Dwellers
- Hard-Pressed Living

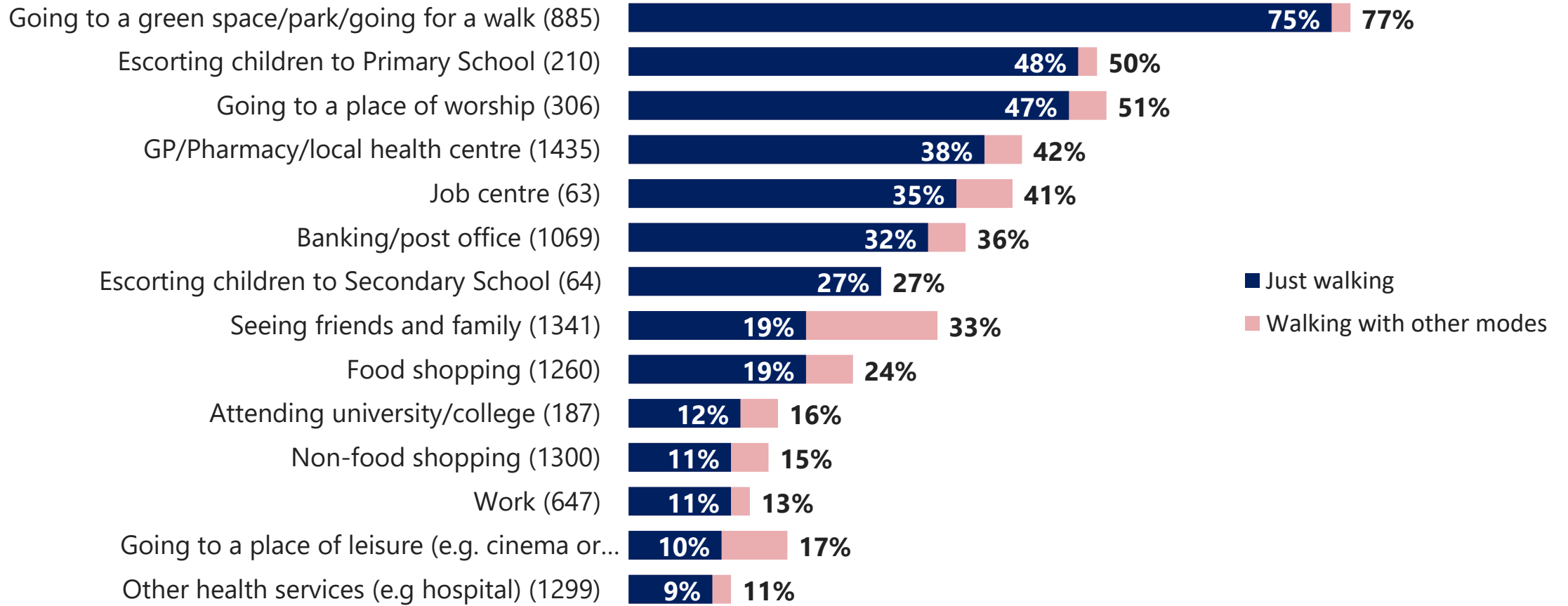






# Where do people walk to? Three quarters access green space by walking

Access and inclusion research asked respondents how they mainly accessed destinations that were important to them. Three quarters of those going to a green space, walked there.

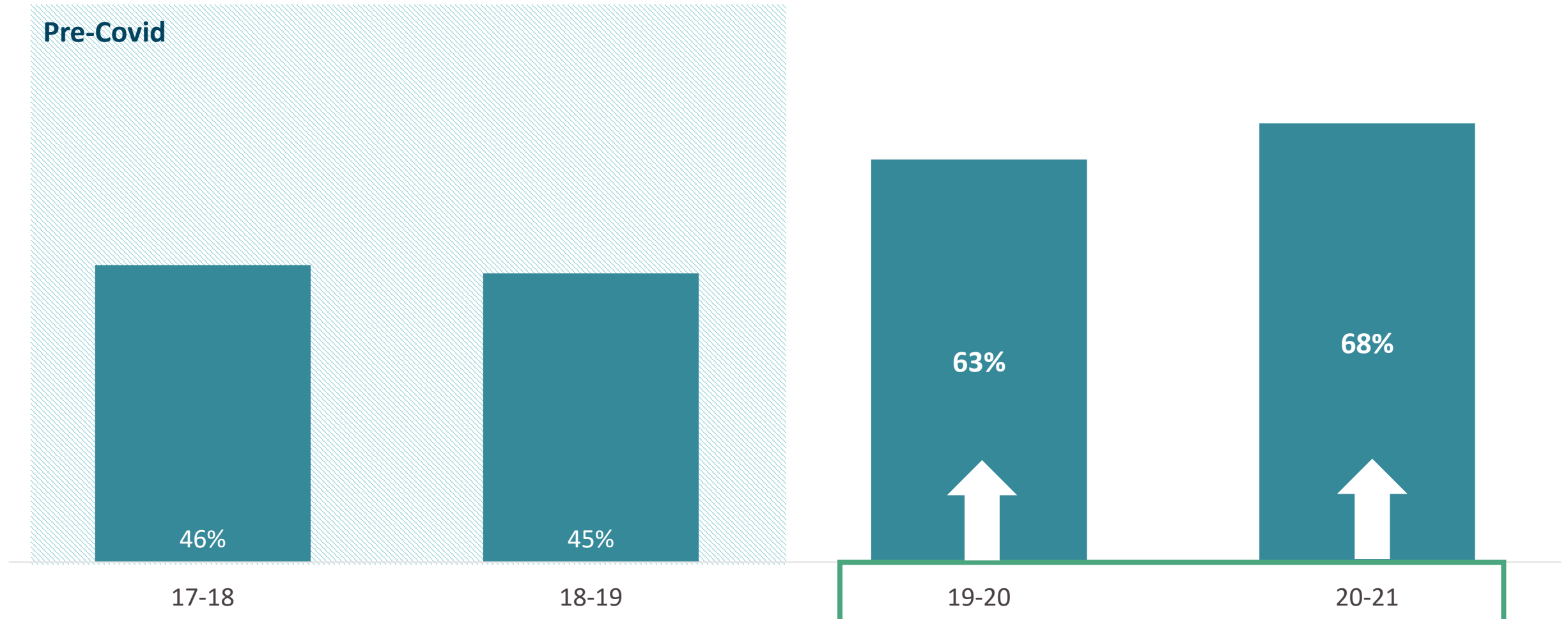




# Children and young people: Derbyshire CC



# 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)



# Summary – Key messages



- Activity levels have been relatively stable
- Almost 1 in 3 adults in South Derbyshire don't walk
- Those that don't walk are much more likely to be inactive
- The proportion of those not walking peaked during the pandemic but has now reduced to below pre pandemic levels
- Adults with a limiting illness or from minority ethnic groups have the highest rate of non walkers
- Young adults not walking has seen an improvement, but remains high
- Compared to other ethnicities, Black and Asian communities in Derbyshire are least likely to walk
- Walking rates are lower for students and for unemployed adults
- Higher levels of deprivation are associated with lower levels of walking
- People in hard-pressed living communities are least likely to walk
- Within the lower socio economic group:
  - Males, young adults and those with a limiting illness have higher levels of inactive walkers
  - Non walkers don't do other activities either
  - Time spent walking for leisure has almost doubled within lower socio-economic communities since 17-18, whilst walking for travel has halved
- Children and young people within Derbyshire CC:
  - Walking rates improved for all 5-16 year olds despite the pandemic
  - Girls and those in low affluence families have the highest walking rates
  - Boys and high affluence are the lowest

