



An insight into walking – Derbyshire Dales

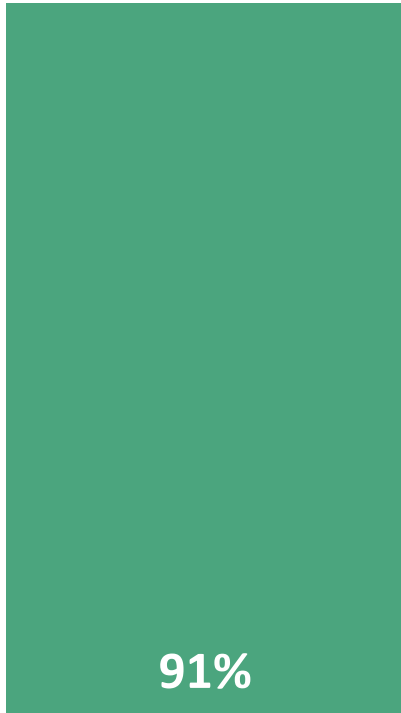


Created by Press Red



# Walking measures: All walking, Derbyshire Dales

**Any walking**  
in the last 12 months



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

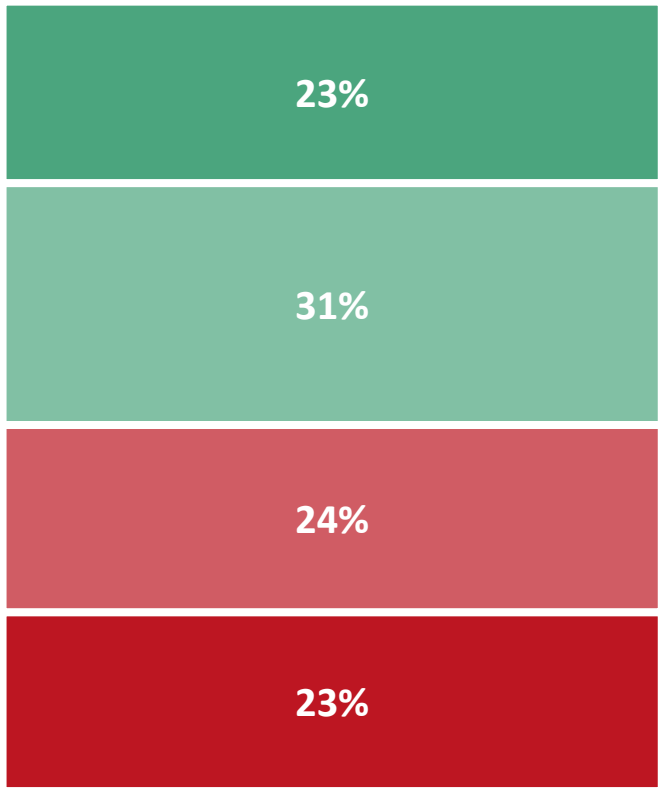


**Zero sessions** of moderate  
activity for at least 10  
minutes in last 28 days





# Almost half the people in the Derbyshire Dales 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)

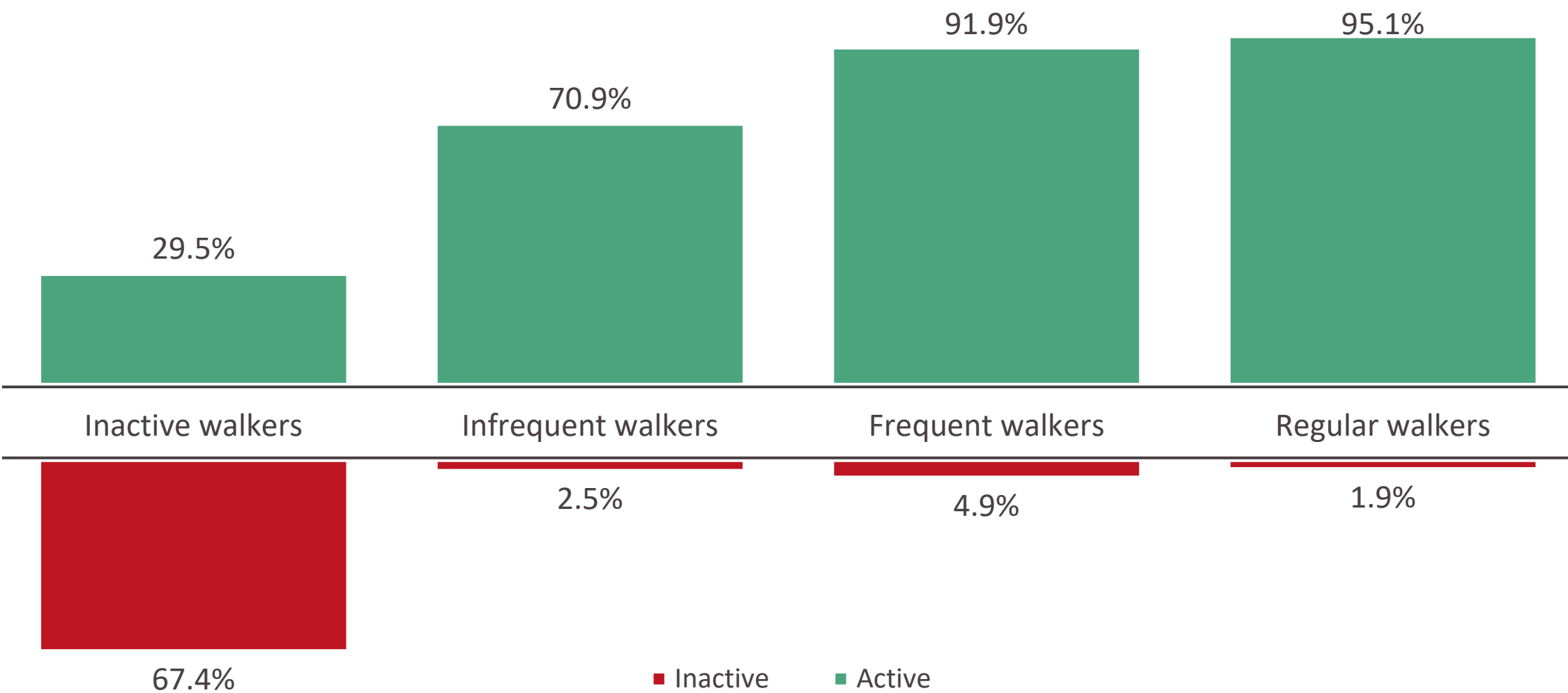
## Inactive walkers

0 sessions per month



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

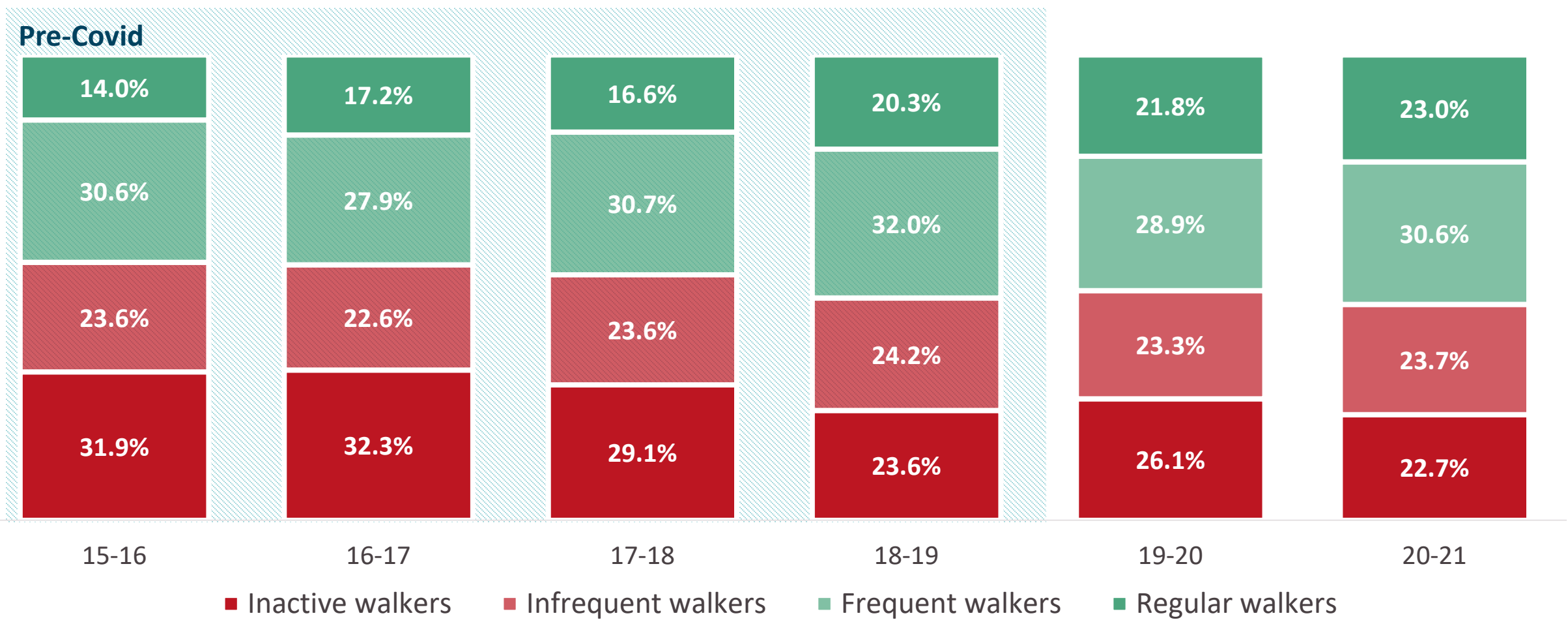
# Those that don't walk are much more likely to be inactive



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



# The proportion of inactive walkers has been decreasing since before the pandemic



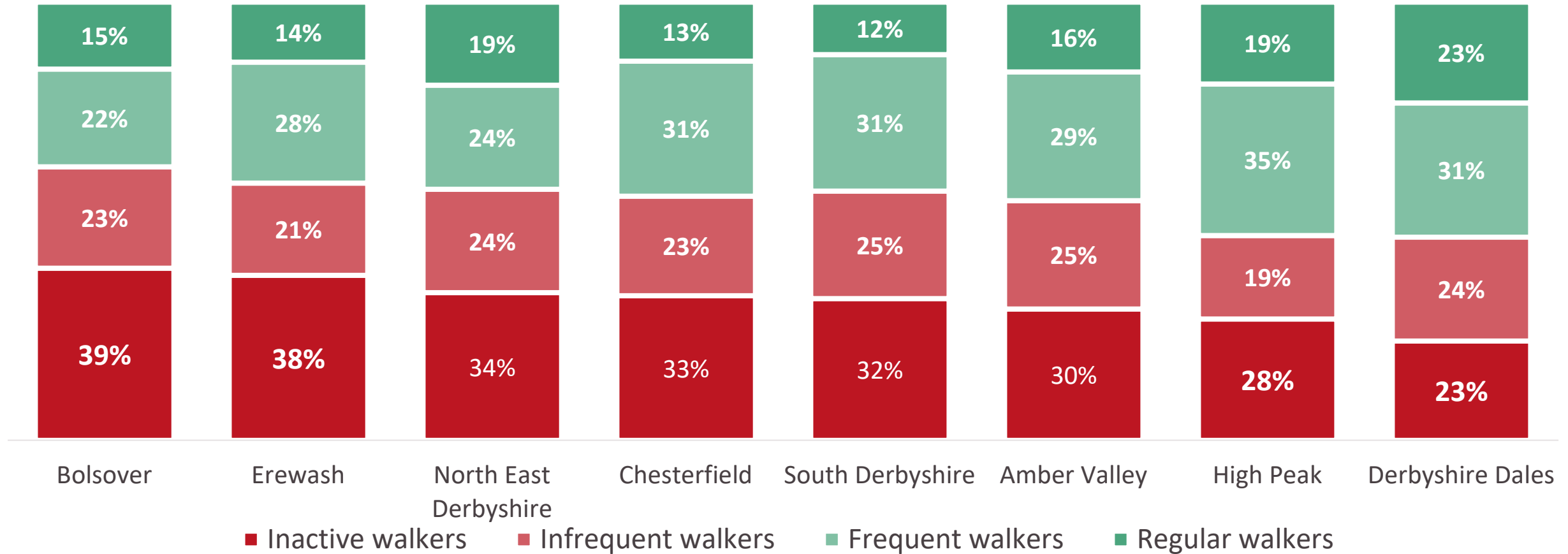
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21, **excluding gardening**



# Walking rates are the highest in Derbyshire Dales but almost a quarter of people don't walk

Least likely to walk

Most likely to walk



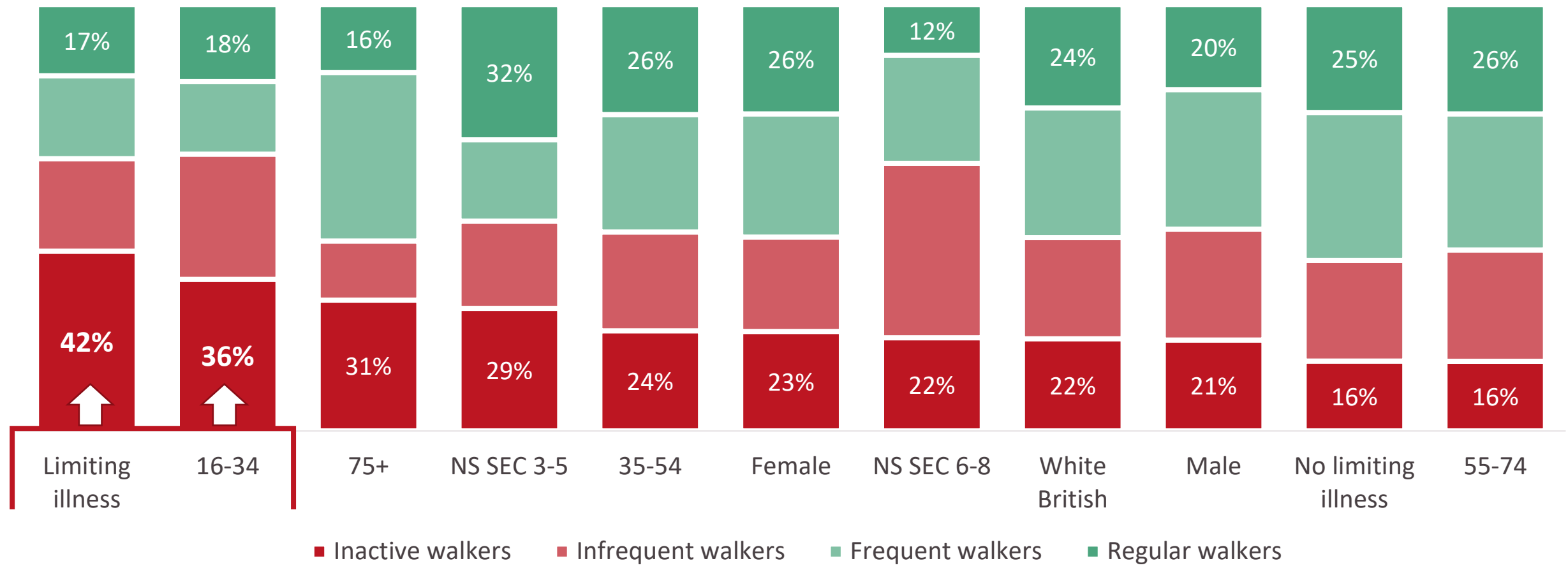
Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**



# Adults with a limiting illness or under 35 are least likely to walk.

## Infrequent walkers a high within NS SeC 6-8

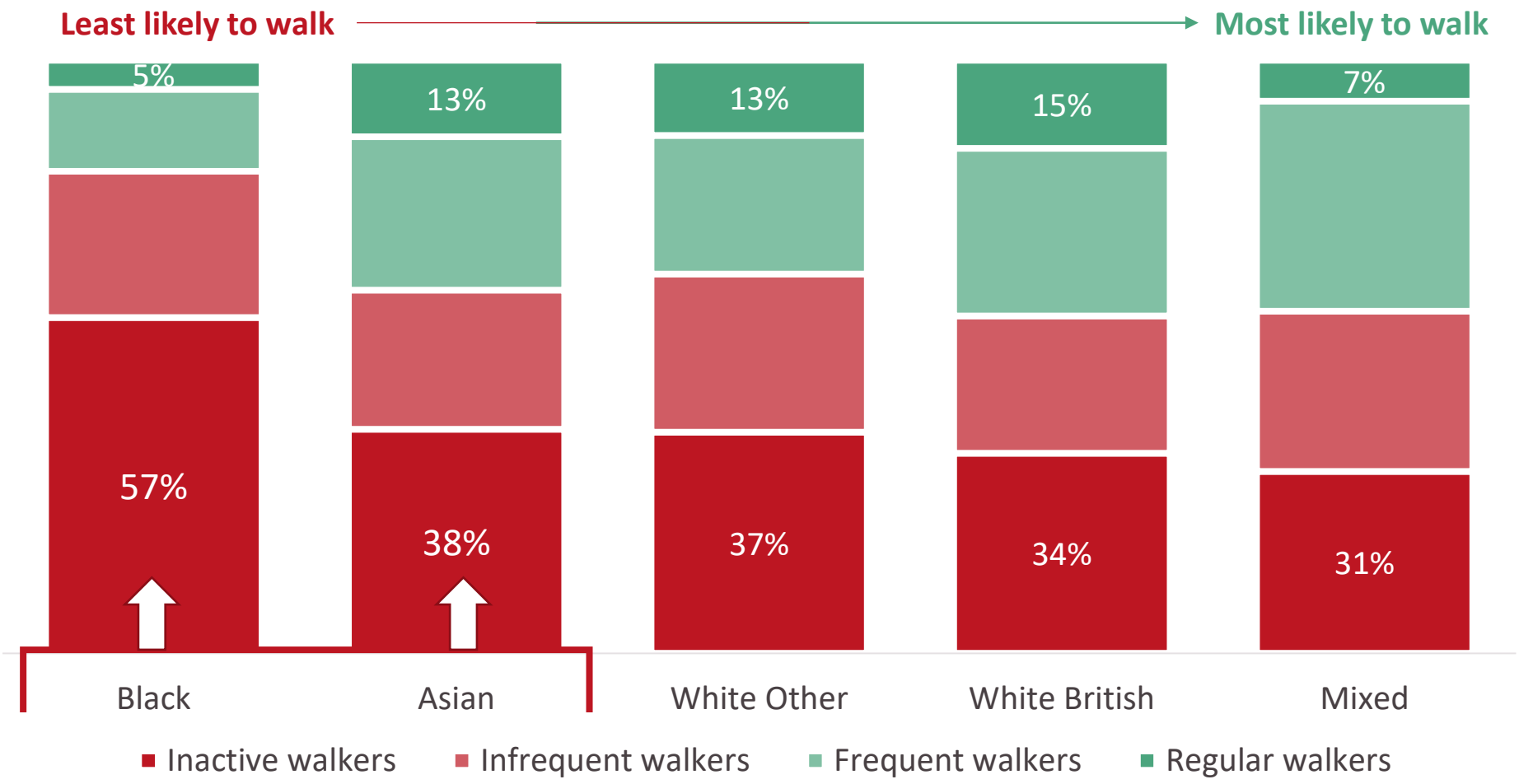
Least likely to walk → Most likely to walk



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



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



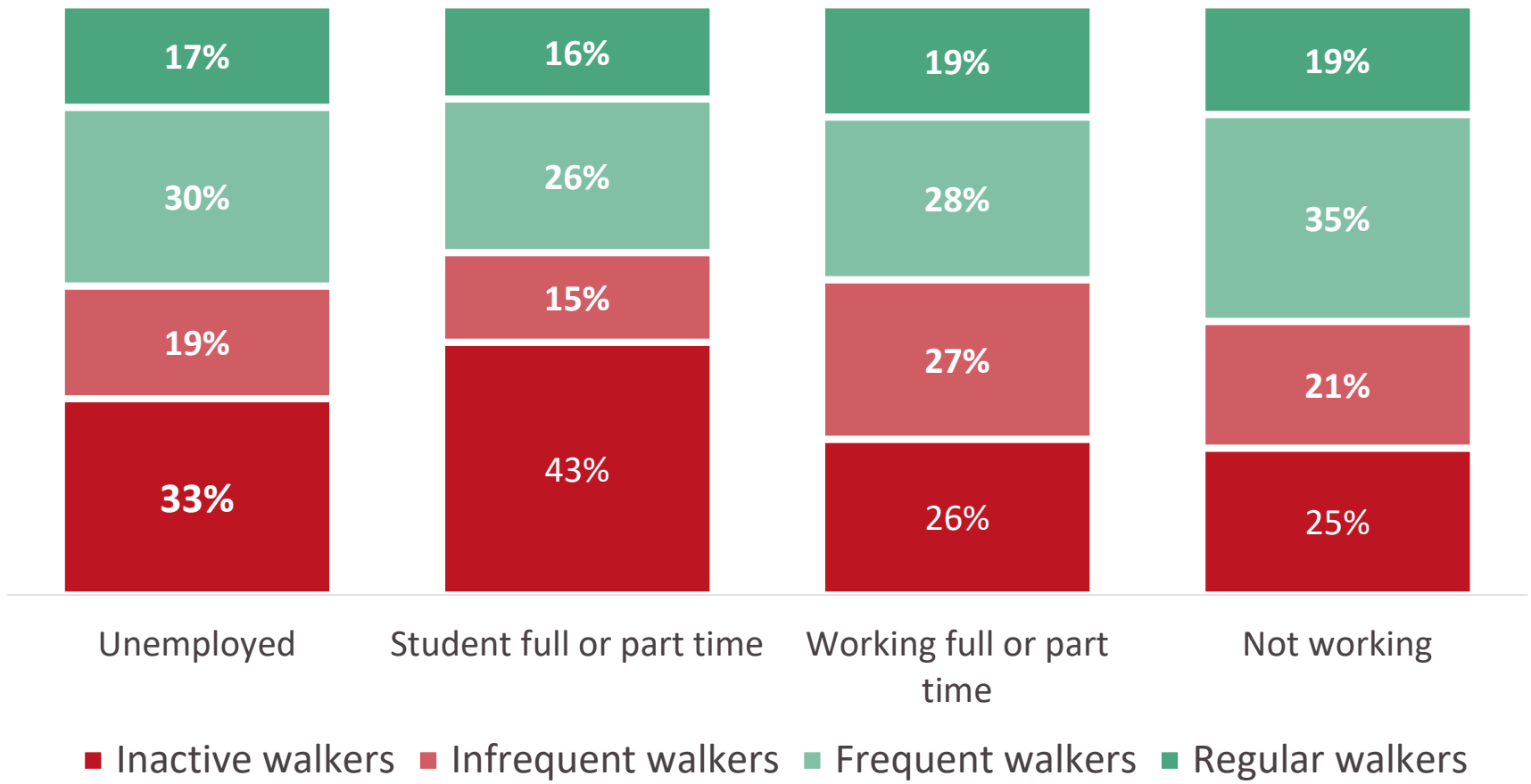
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening







Walking rates are lower for people who are unemployed



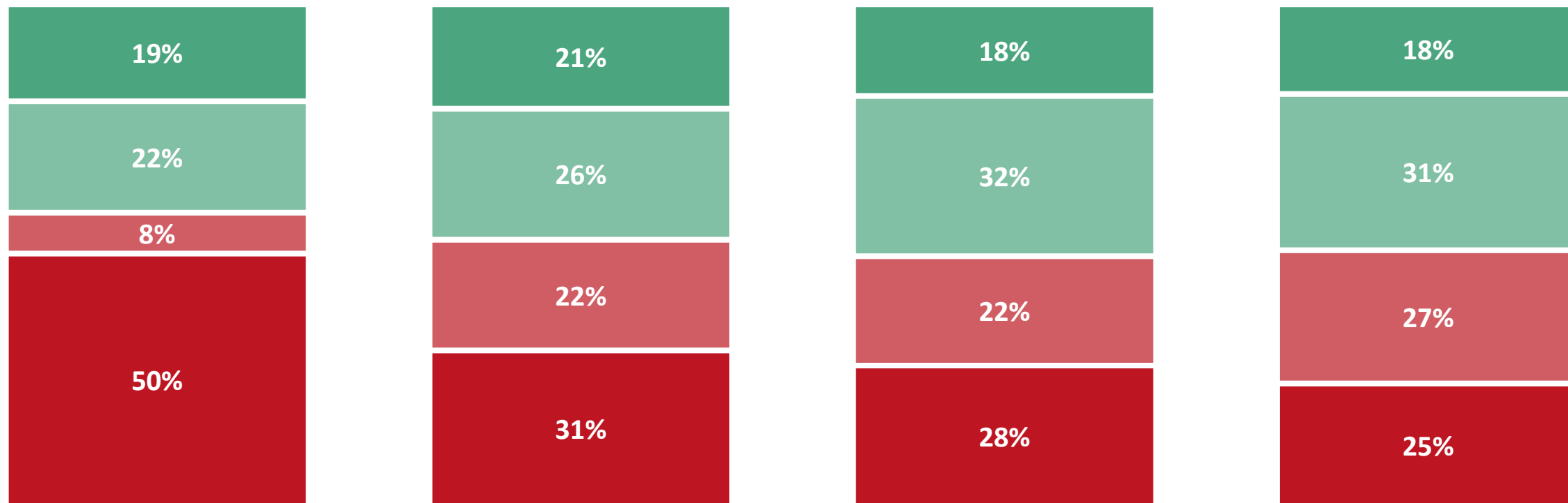
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening



# 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

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

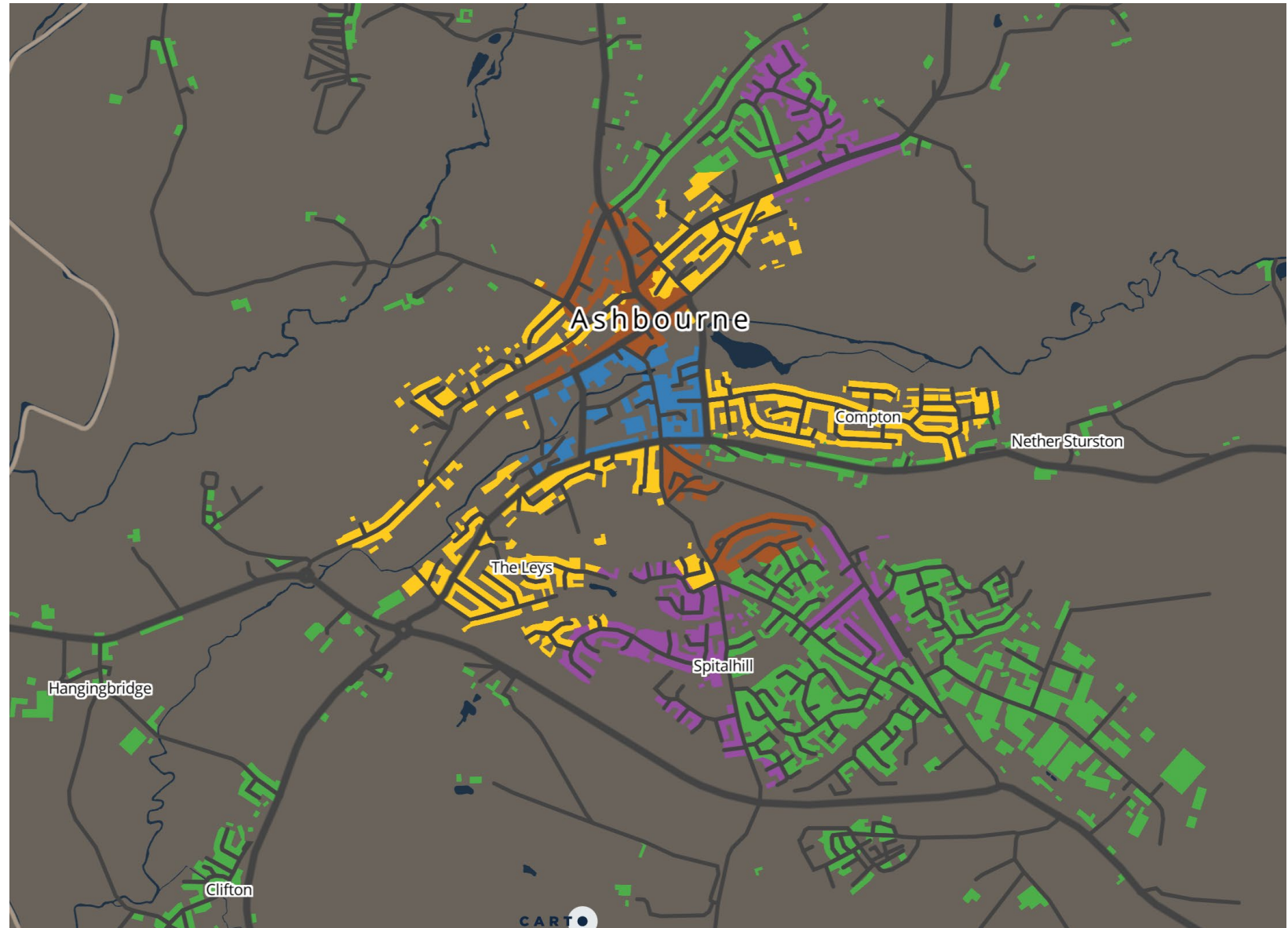


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

# 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

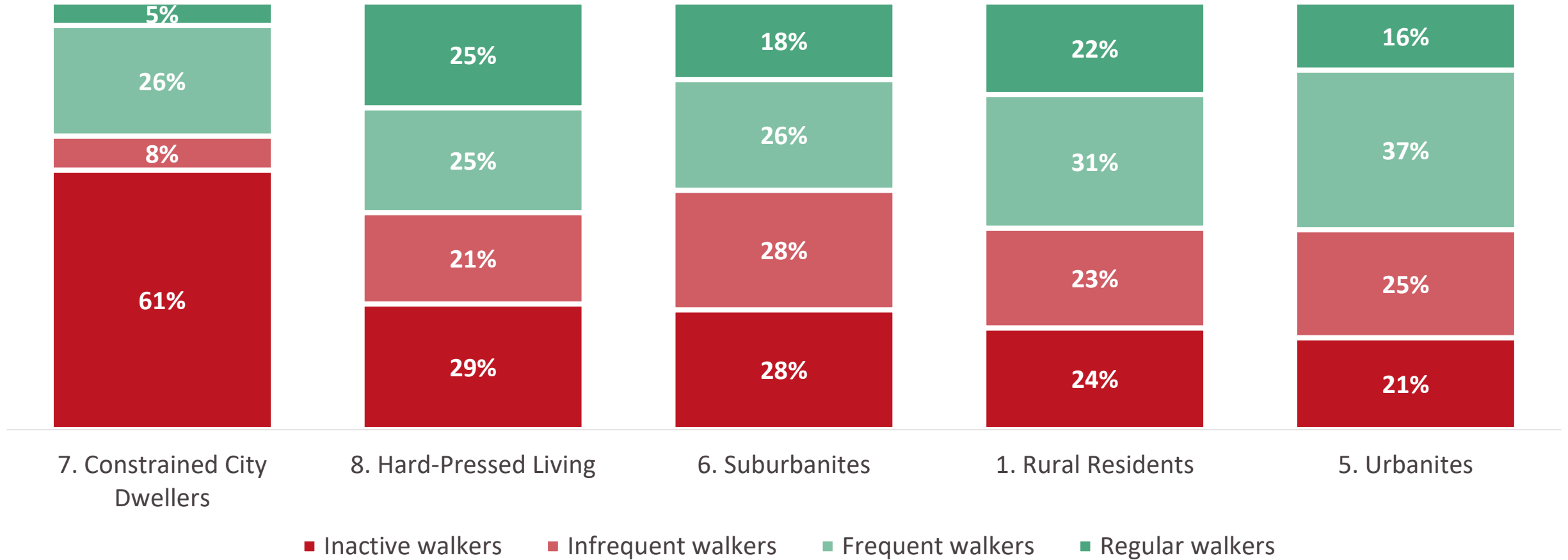




# Constrained city dwellers are least likely to walk

Least likely to walk

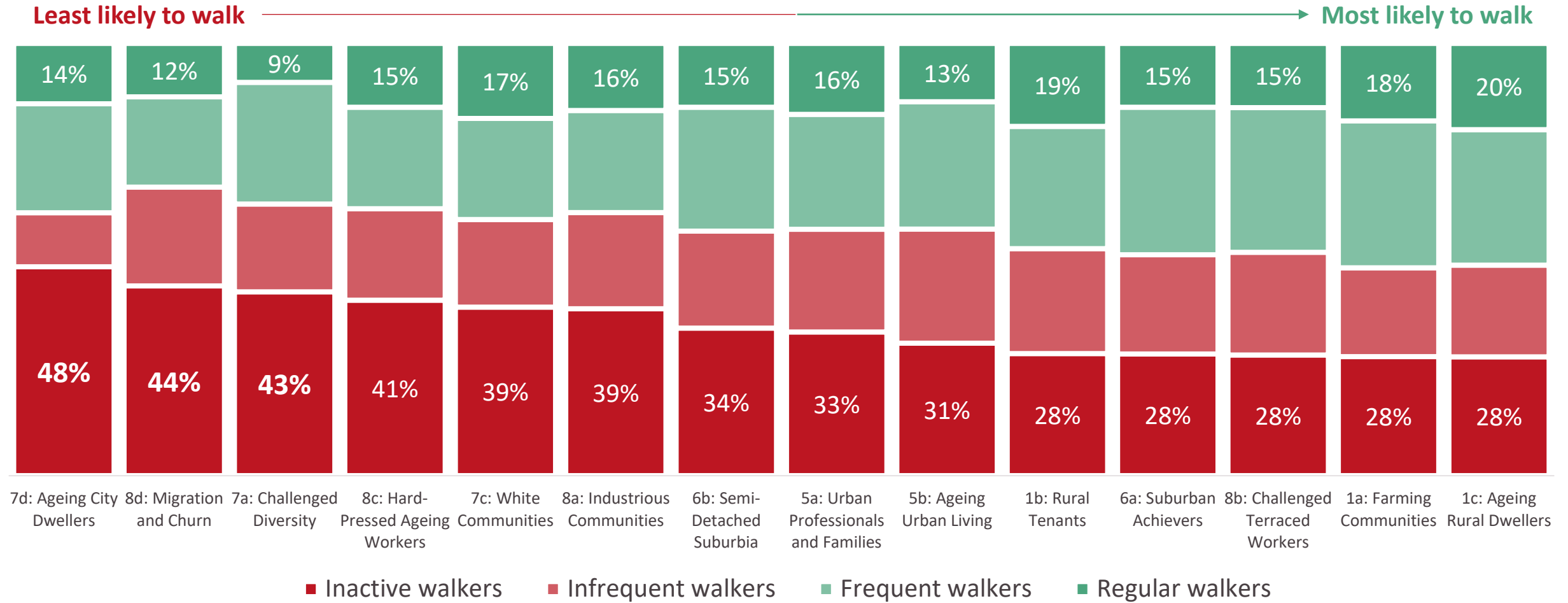
Most likely to walk



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



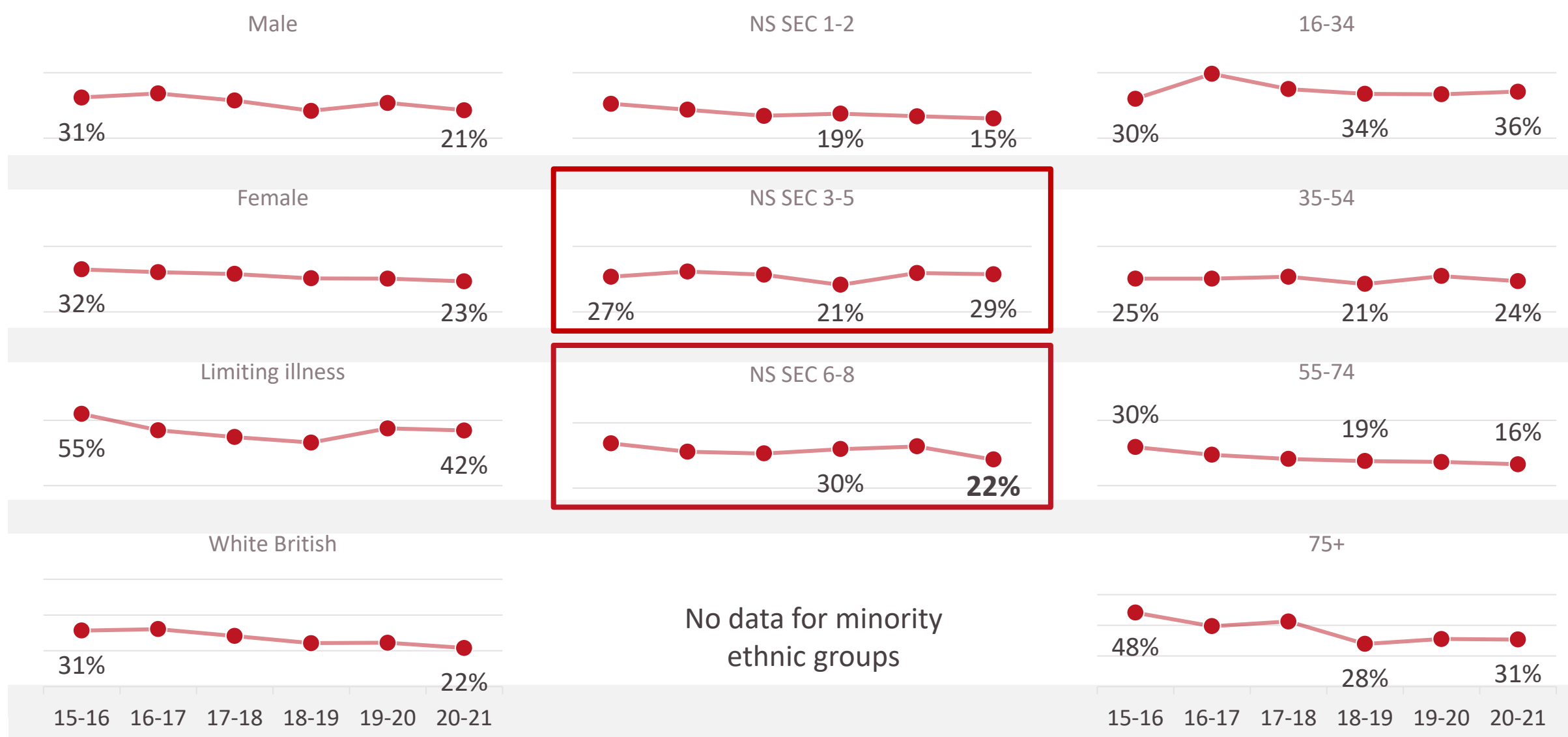
# ..And we can split these groups further if we use Derbyshire CC data



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

# Walking rates appear worse in high socio economic groups

Inactive walkers – 0 sessions per week



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



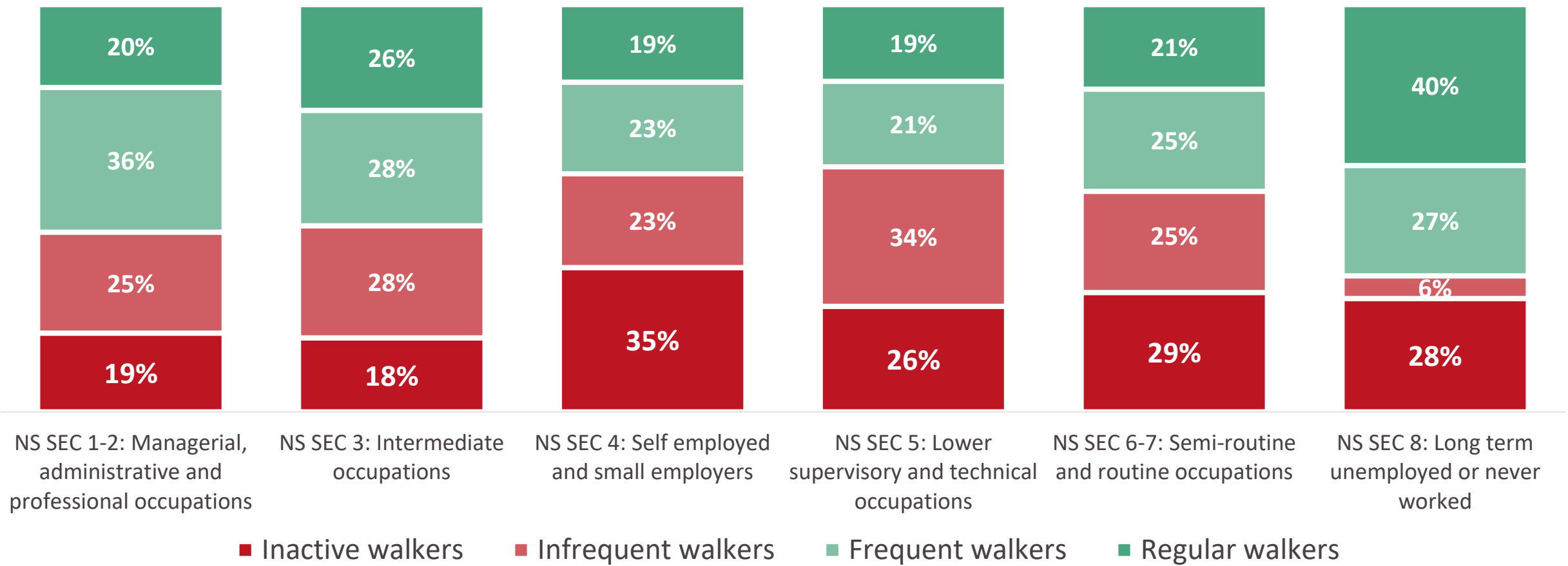
# Spotlight on lower socio-economic communities

NS SeC 6-8





# NS SeC 8 are walking regularly or not at all



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



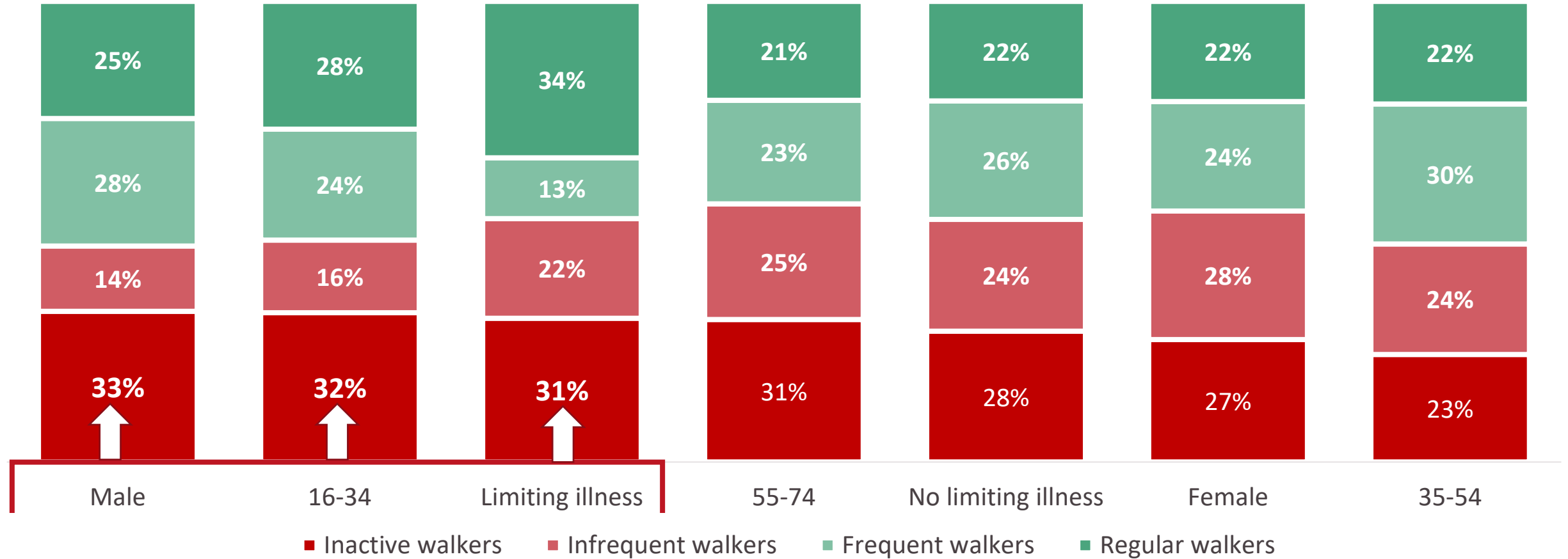


# Males, younger people and those with a limiting illness have higher levels of inactive walkers

Lower socio-economic communities by second demographic

Least likely to walk

Most likely to walk

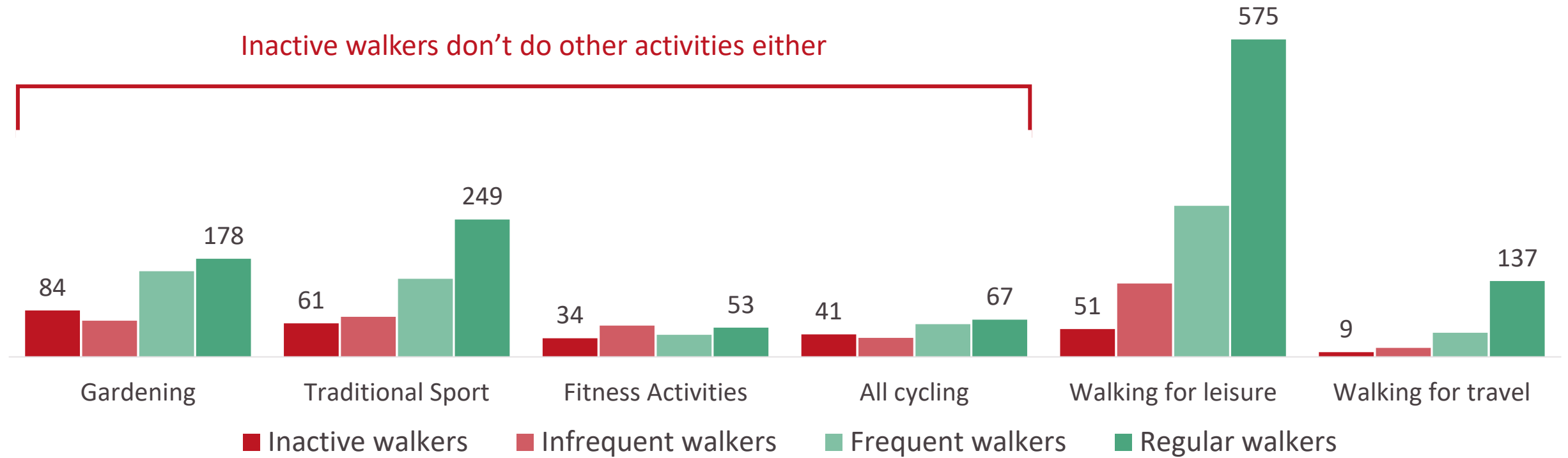


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening



# What activities do lower socio-economic communities do?

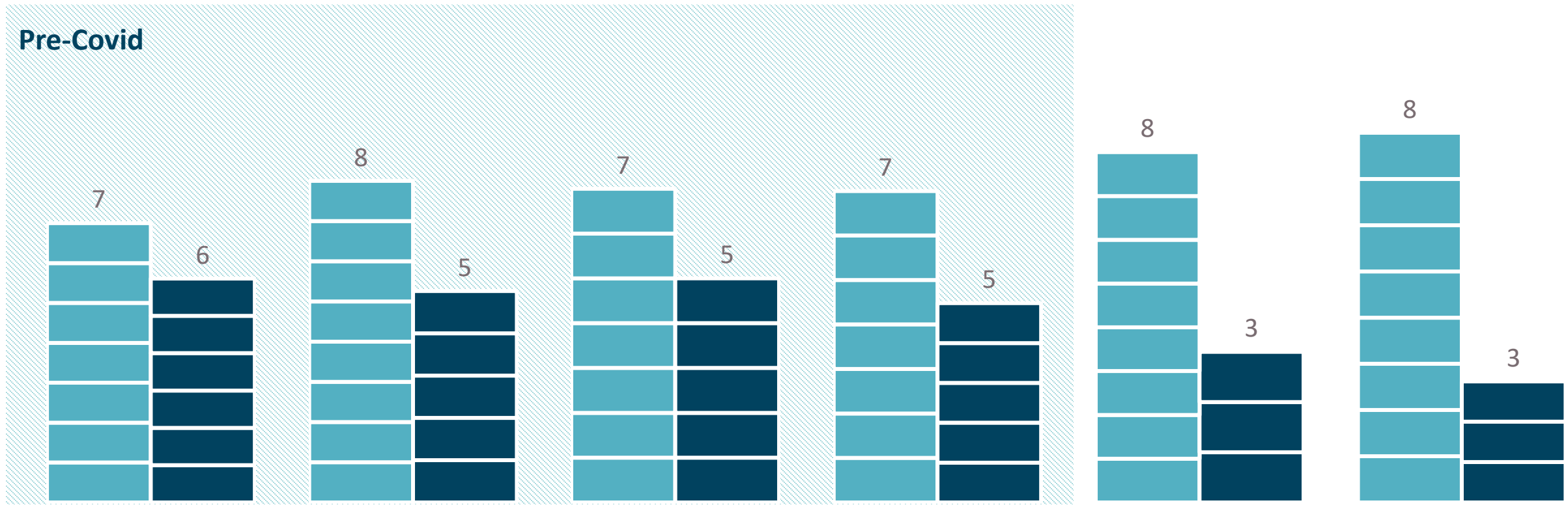
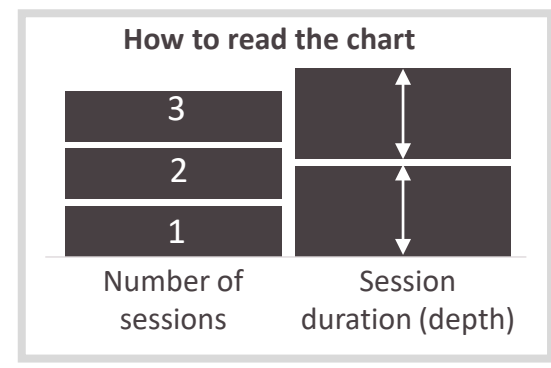
Active minutes per week by activity type





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

NS SeC 6-8



Pre-Covid

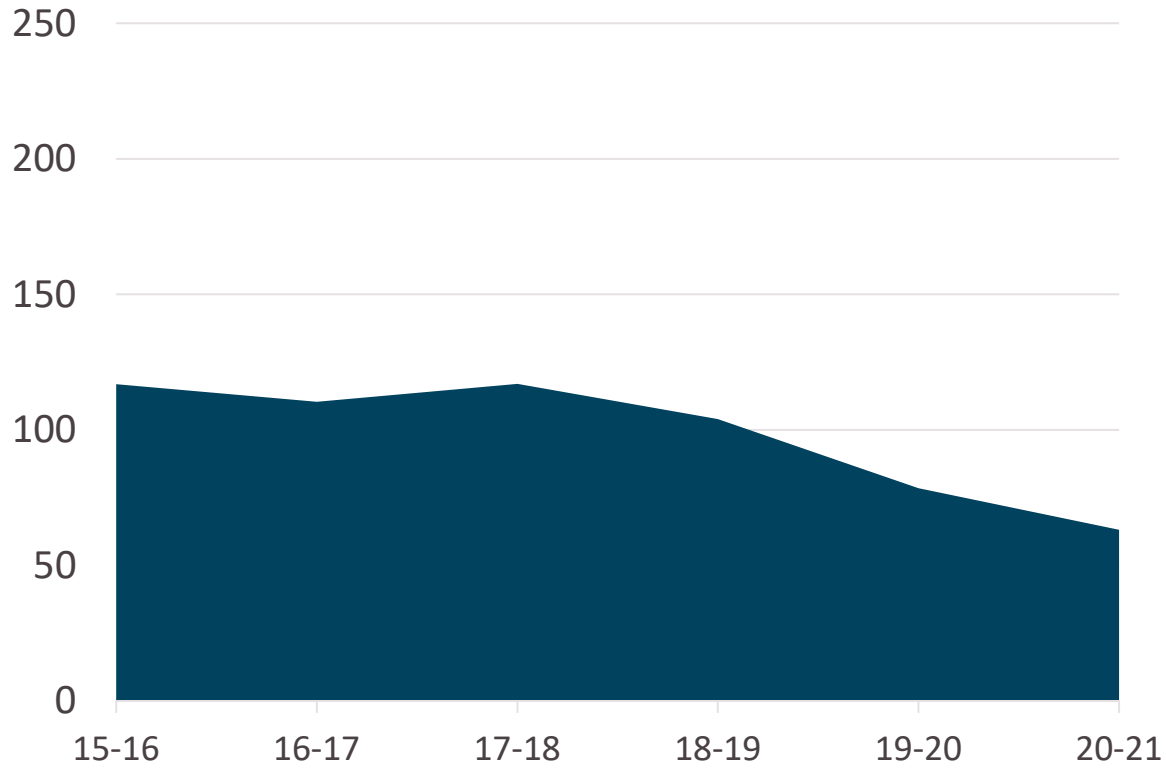
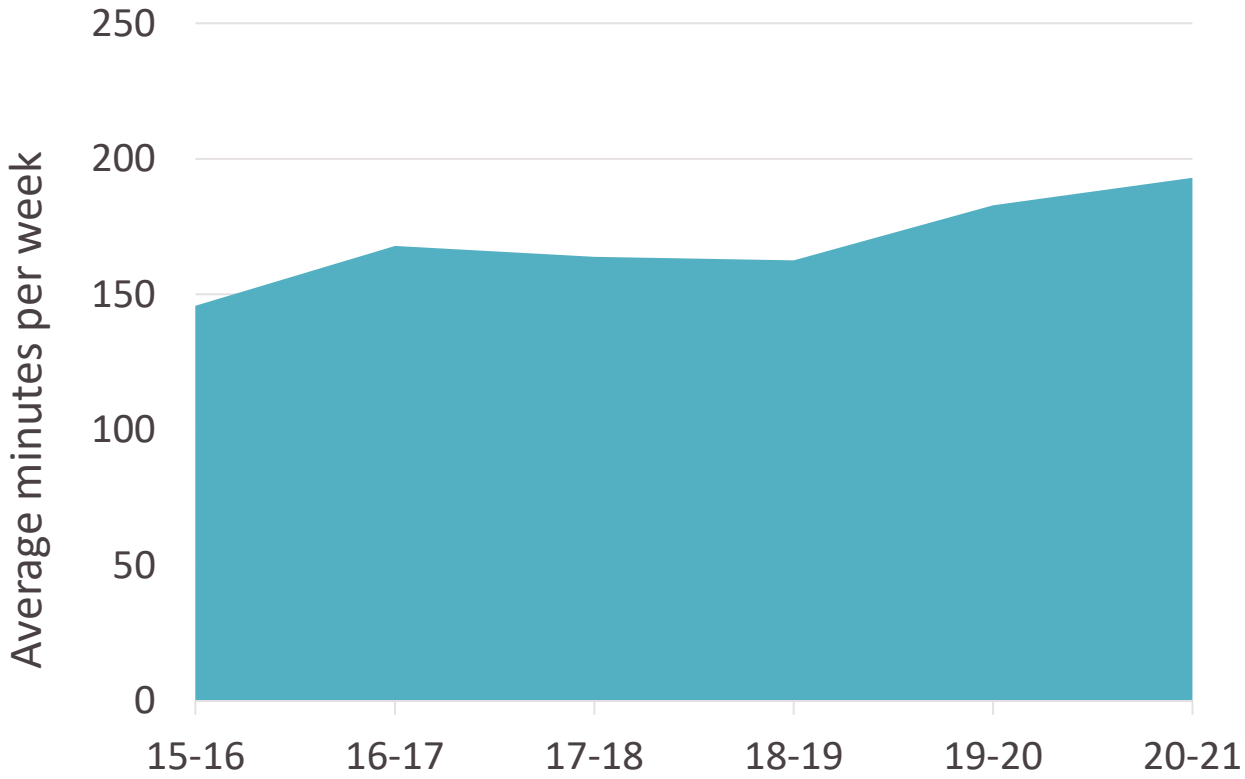
Walking for leisure

Walking for travel



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

**Derbyshire CC: Walking for travel minutes** within lower socio-economic communities has halved since the pandemic, whilst **walking for leisure** has only seen a small increase

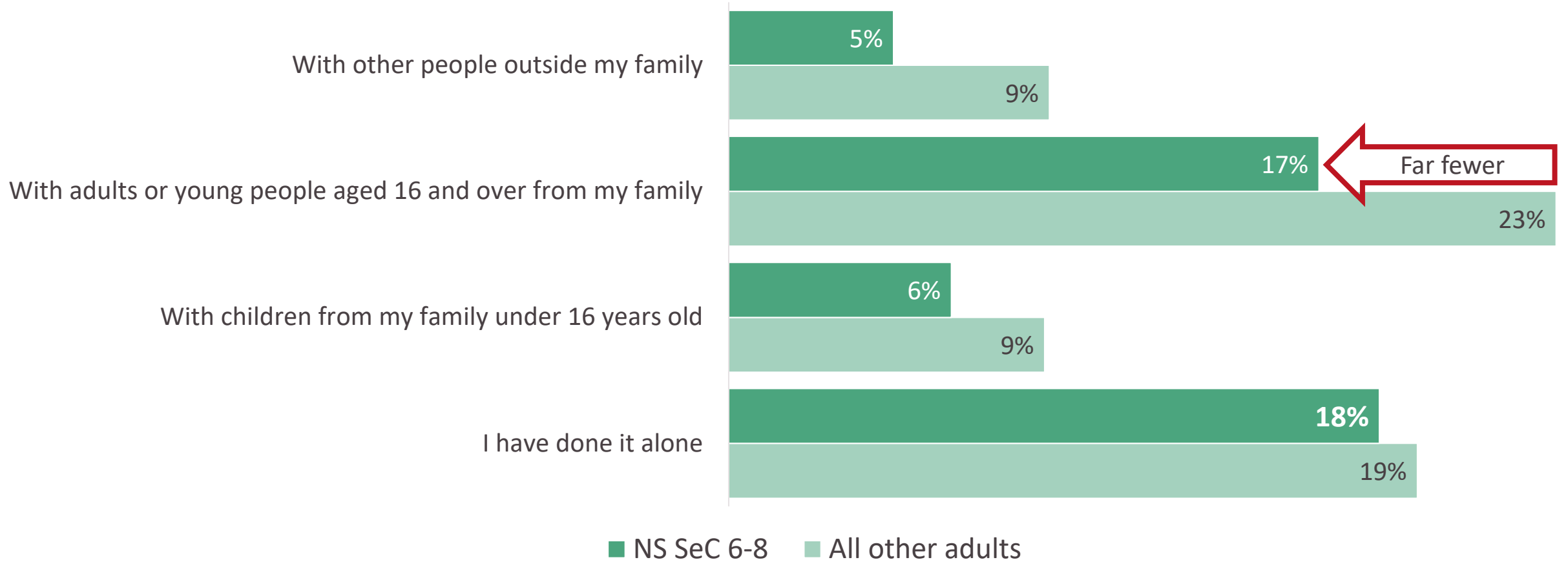


Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21





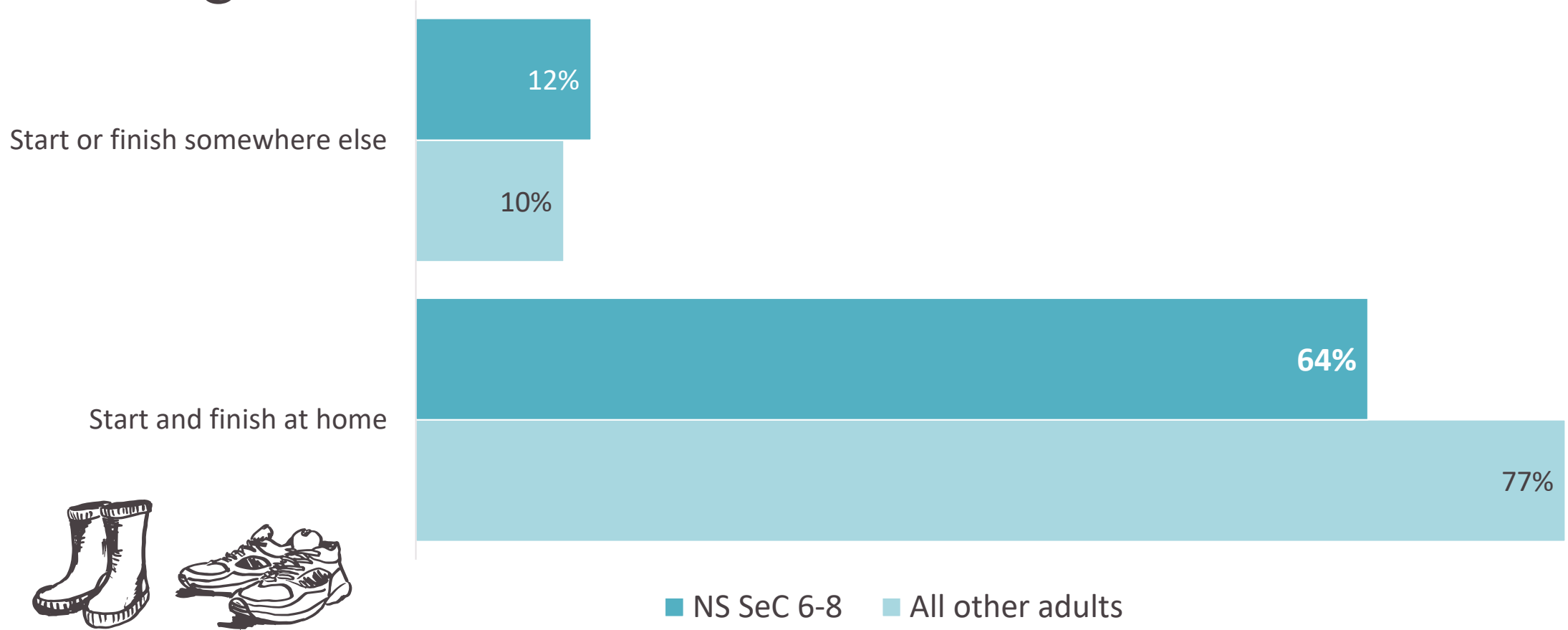
# Derbyshire CC All walking: Who people from lower socio-economic communities walk with: Are they missing the social benefits?



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



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



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

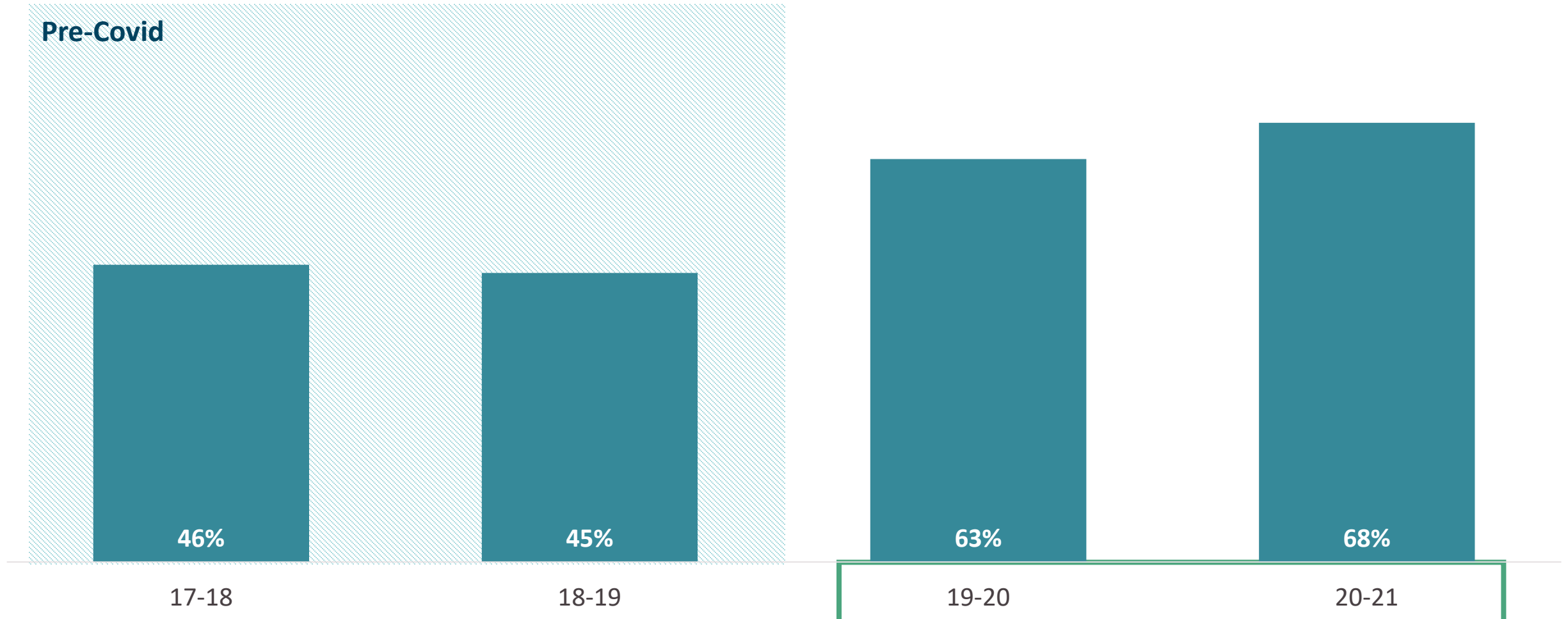


# Children and young people: Derbyshire CC





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



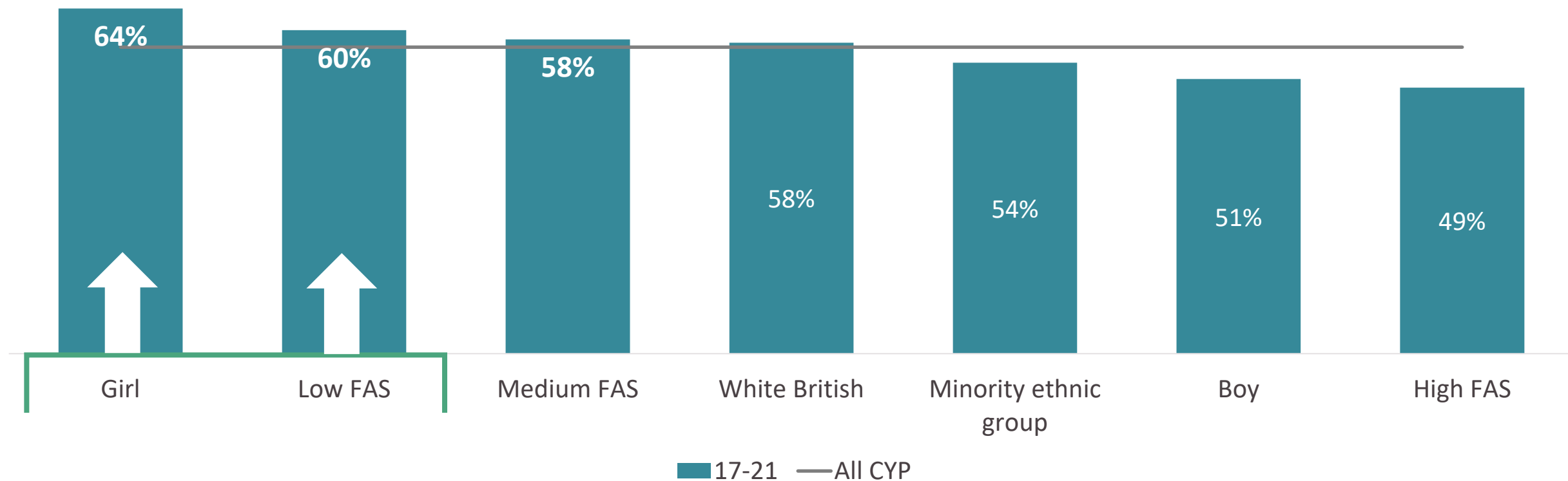
Once a week walking participation for children and young people (Years 1-11)







**Girls** and those in **low affluence** families have the **highest walking rates** in 20-21. **Boys and high affluence** are the **lowest**



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

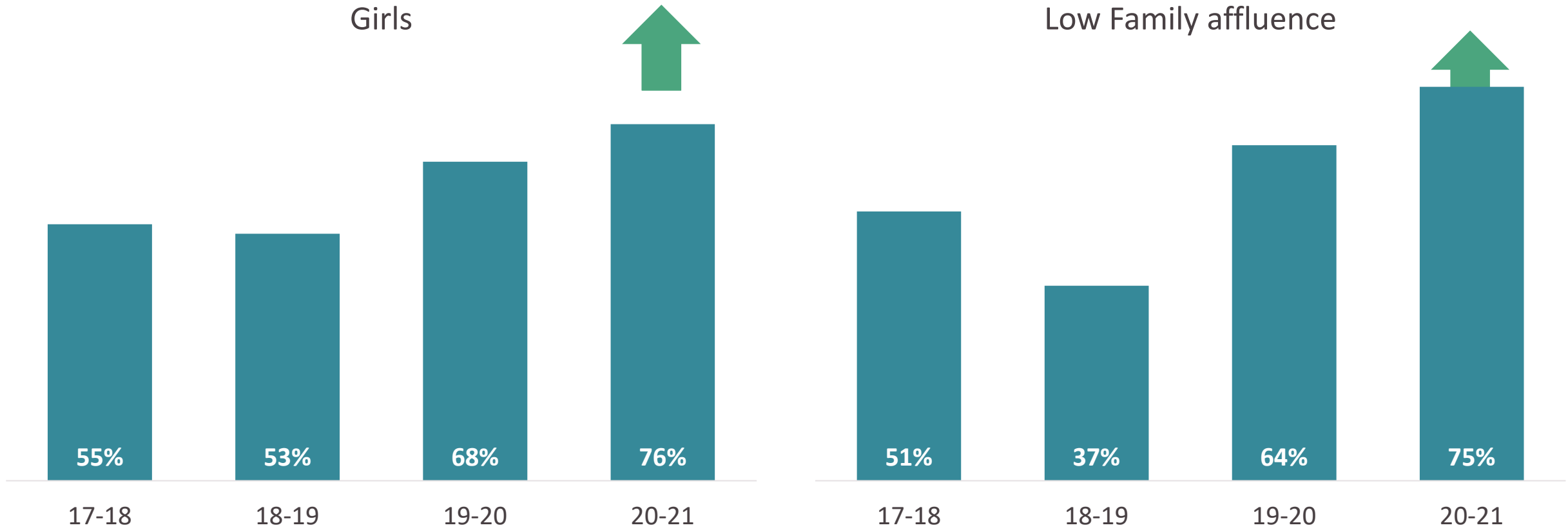




# Walking rates have **increased** for **girls** and those in **low affluence families**

Girls

Low Family affluence



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

# Summary – Key messages

