

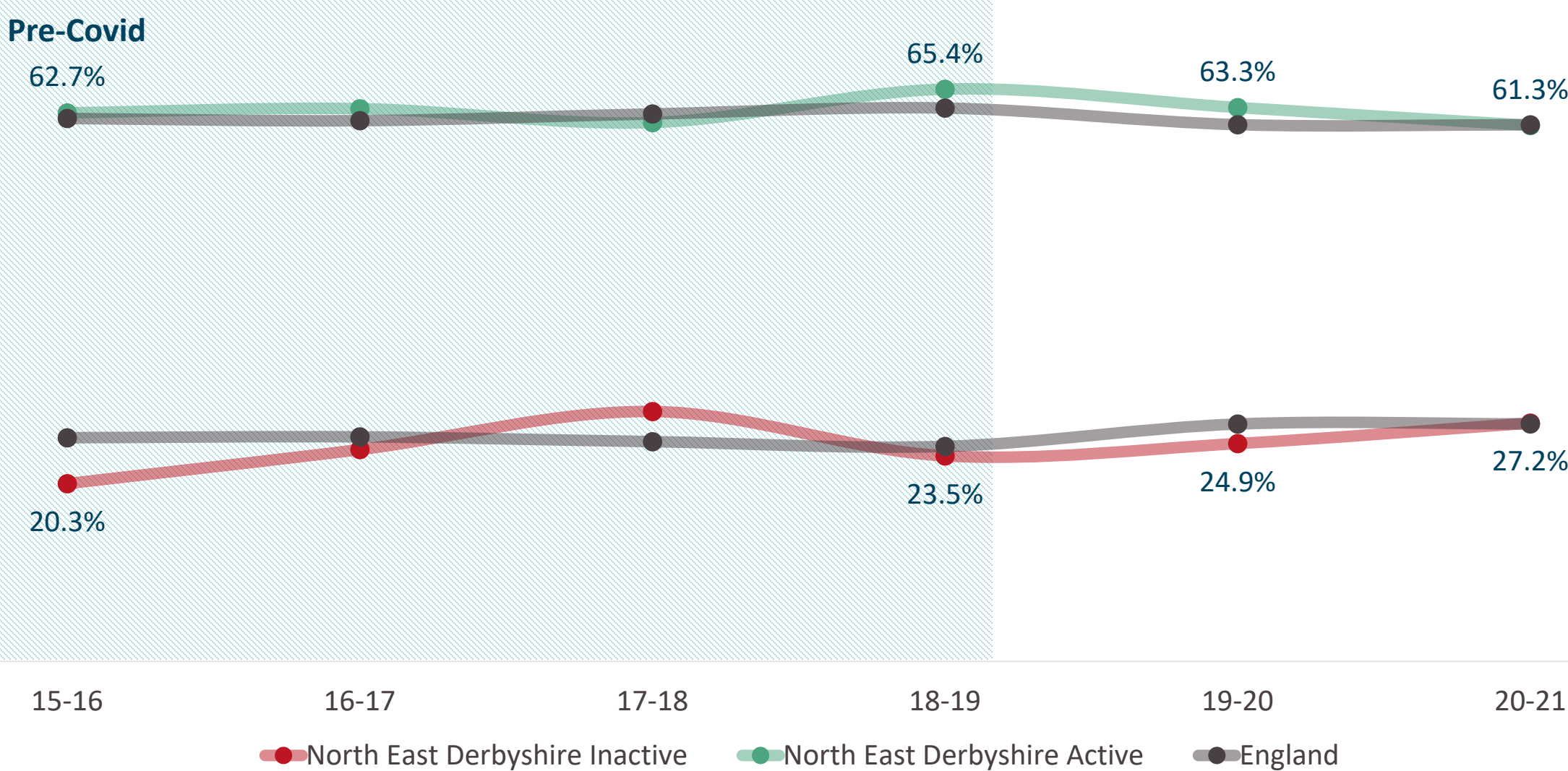


An insight into walking – North East Derbyshire



Created by Press Red

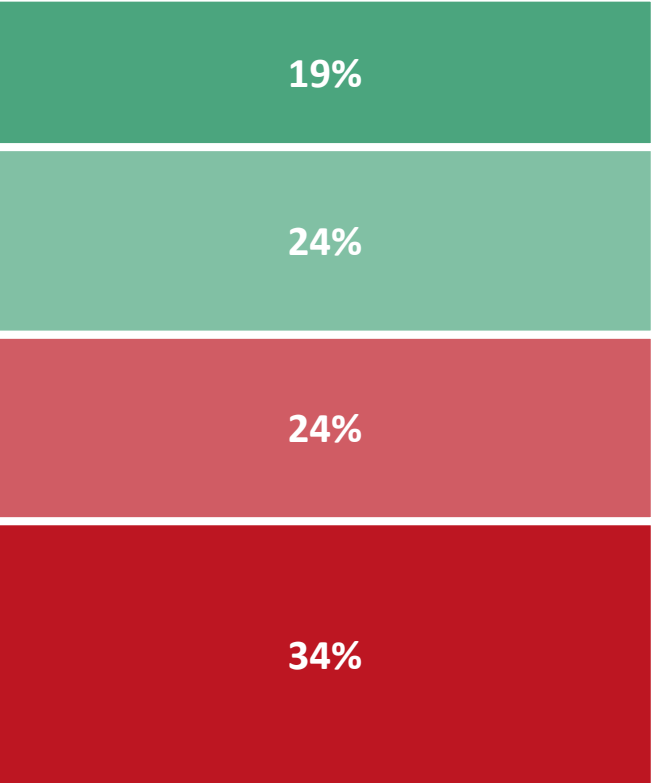
Inactivity levels are increasing



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



Over half the people in North East 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

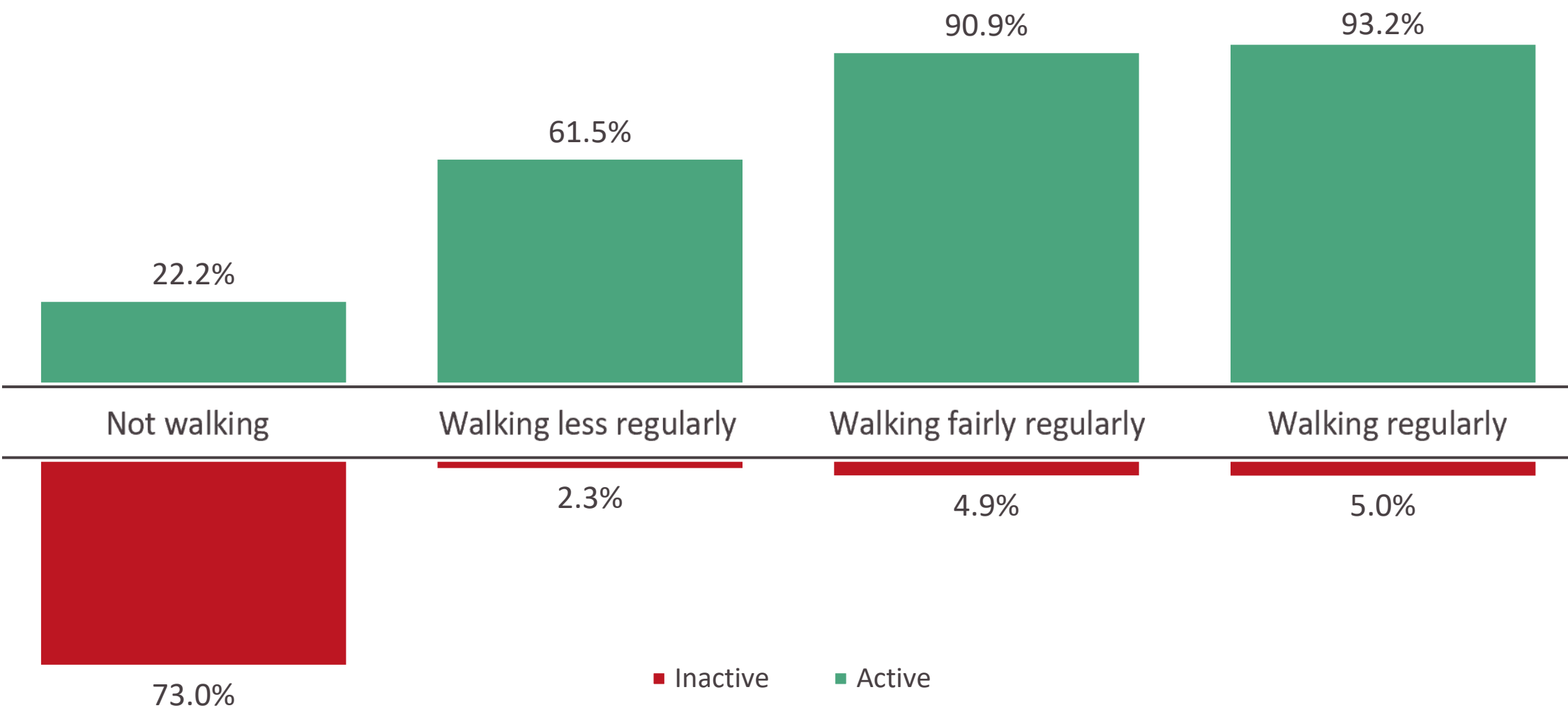
0 sessions per month



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

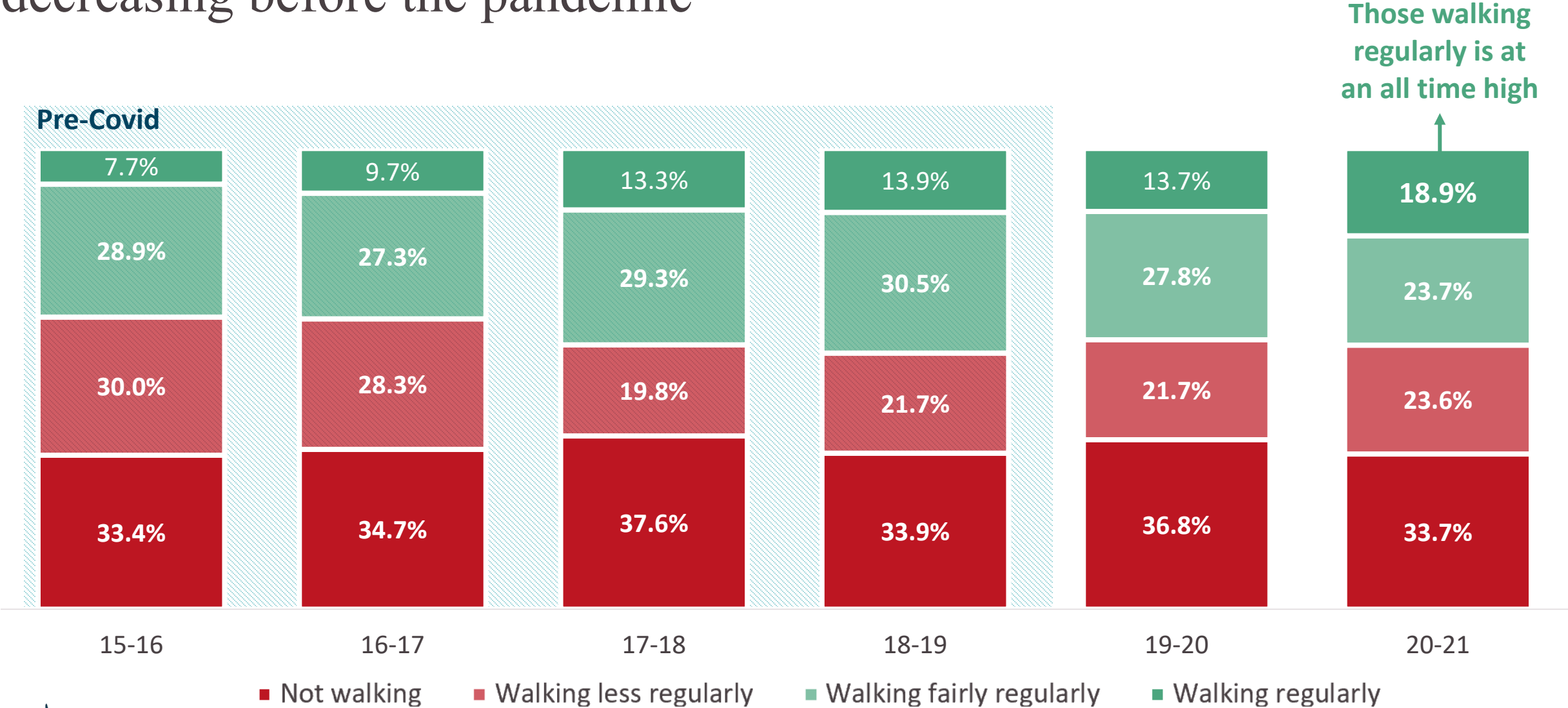


Those that don't walk are much more likely to be inactive



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

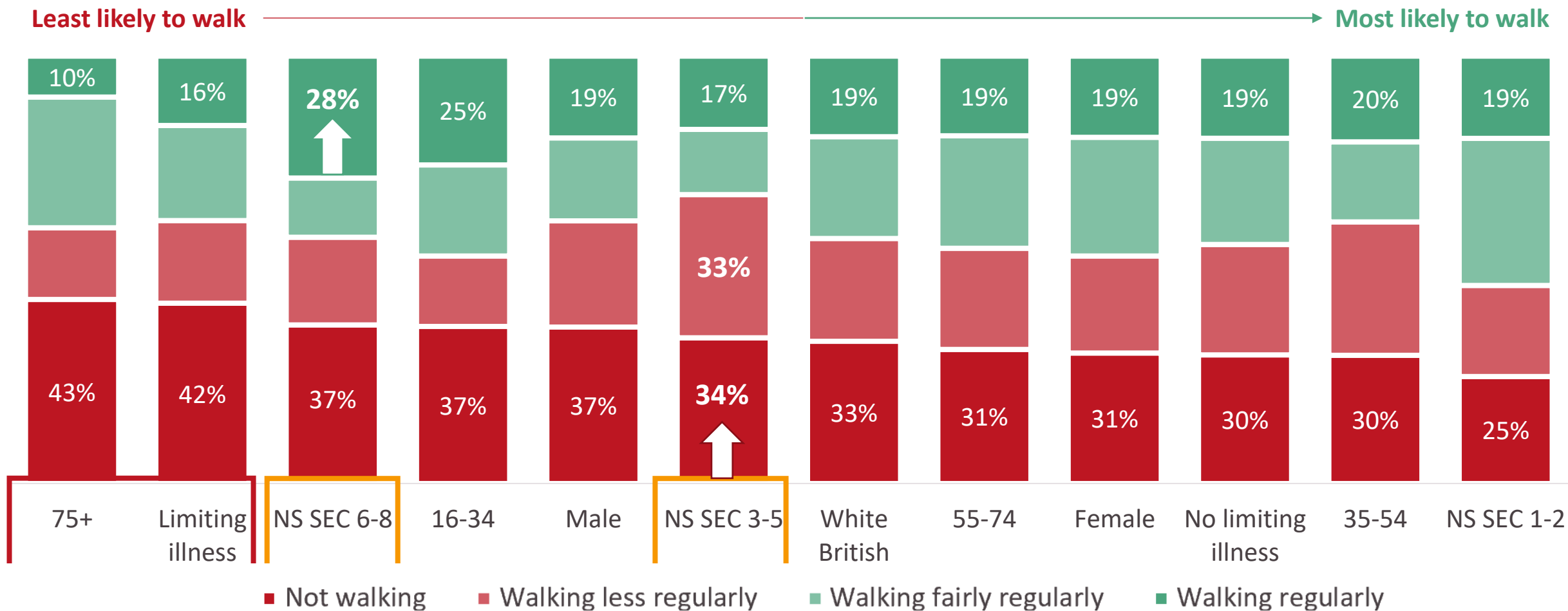
The proportion of those not walking or walking less regularly was decreasing before the pandemic



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



NS SeC 3-5 has high rates of people **not walking or walking less regularly**, whilst NS SeC 6-8 has the highest rate of **regular walkers**

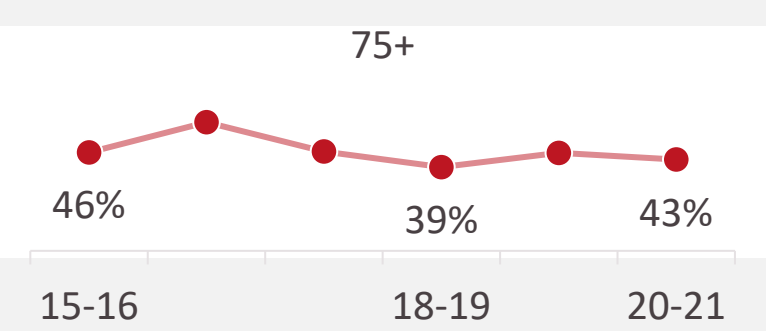
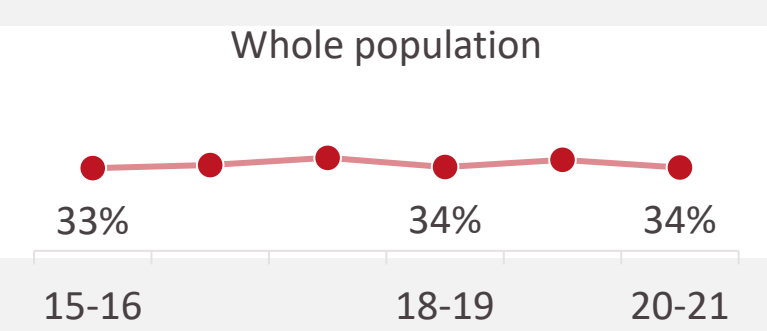
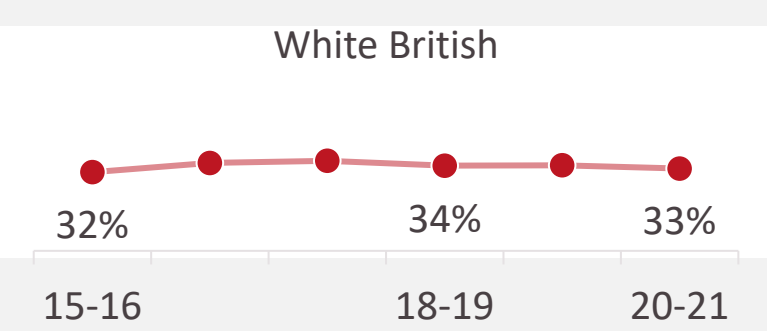
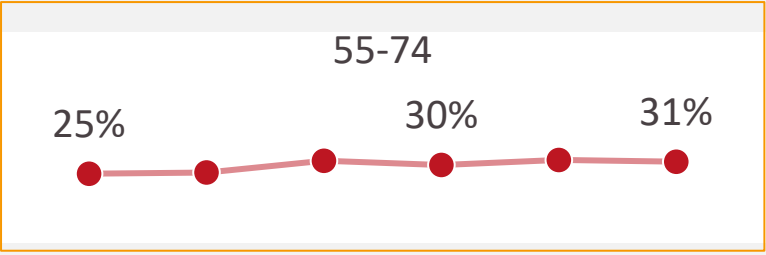
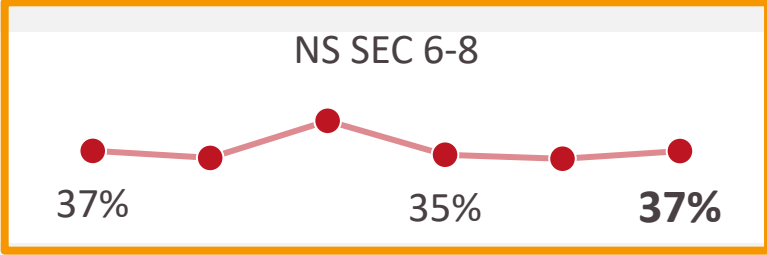
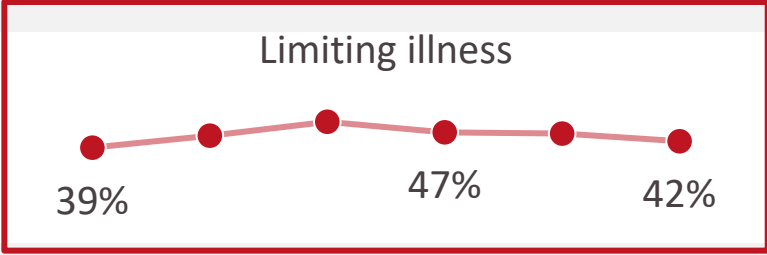
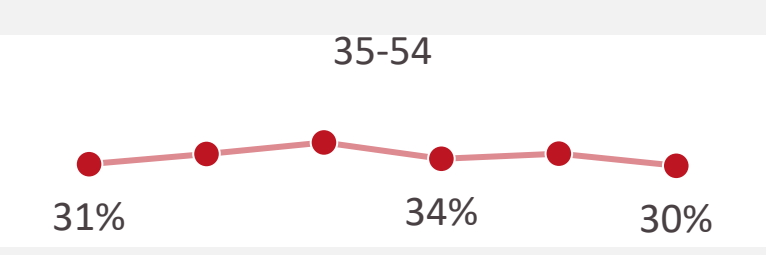
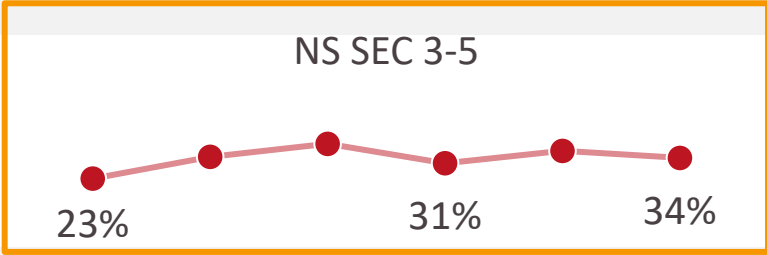
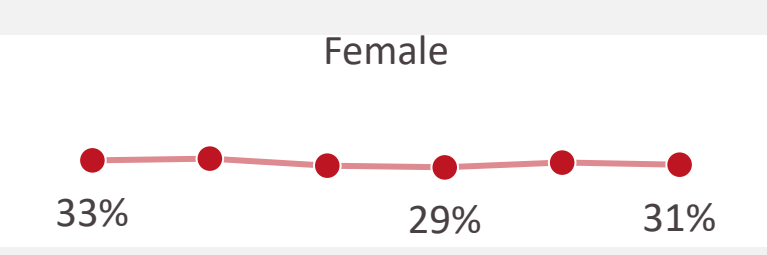
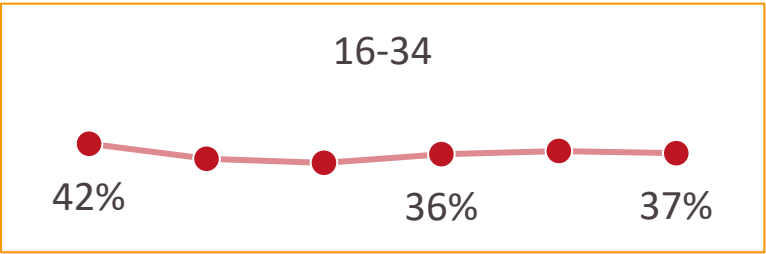
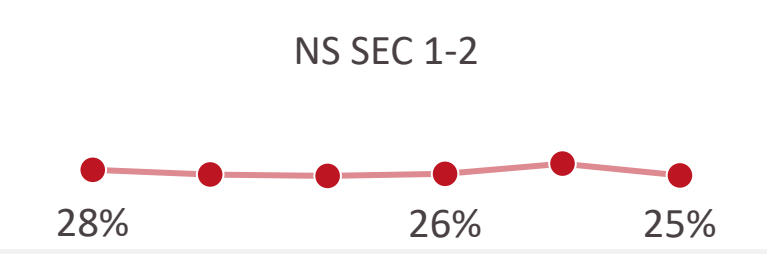
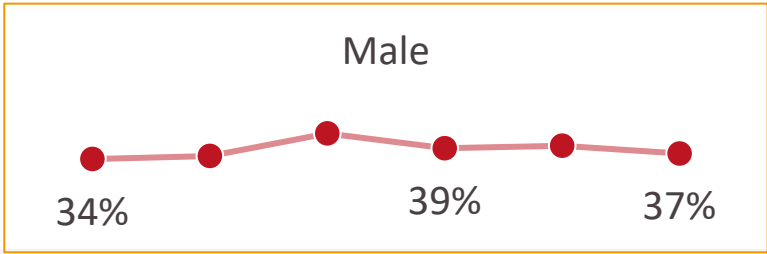


Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**



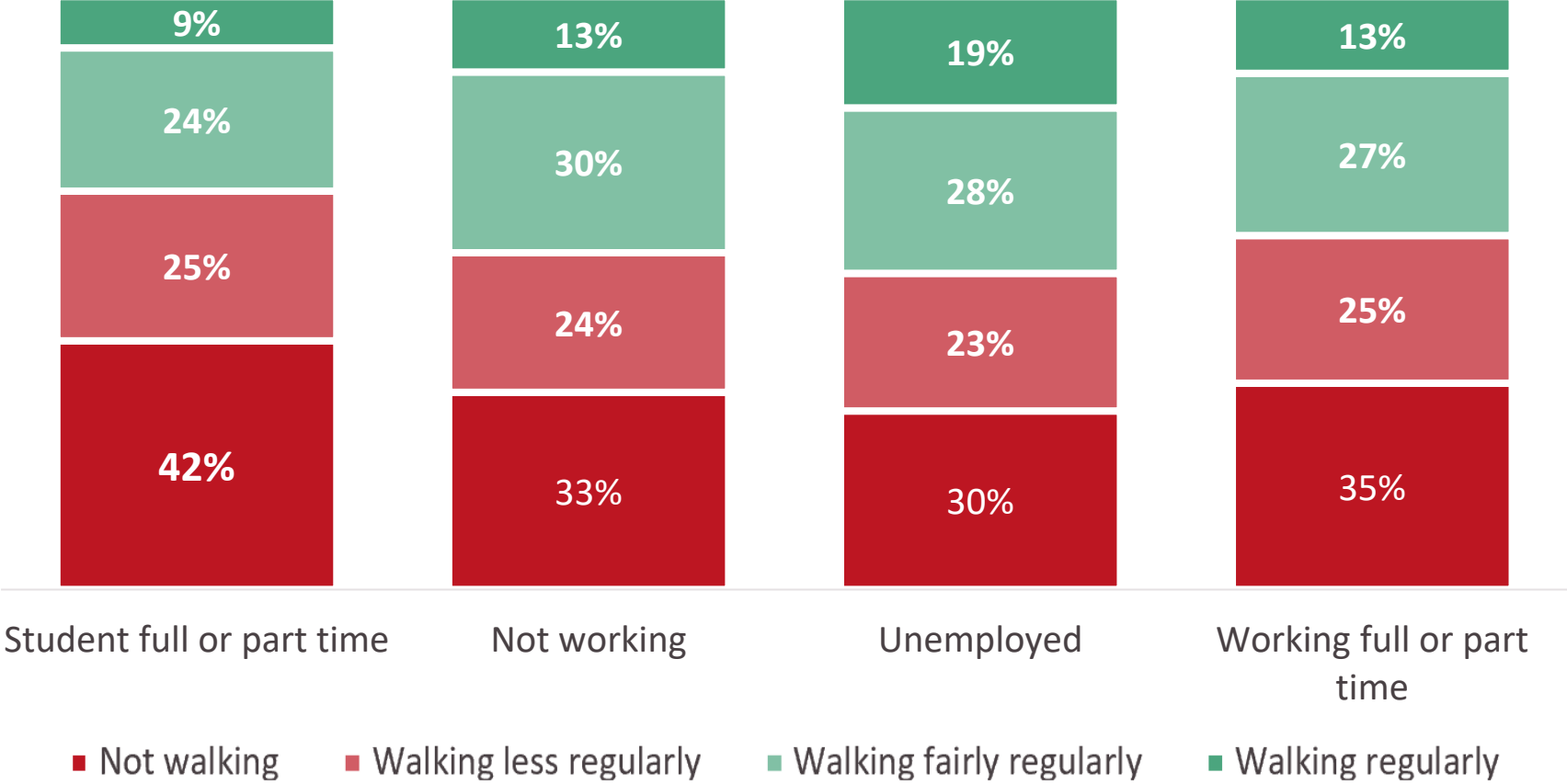
The proportion of people not walking is higher in a number of groups

Not walking – 0 sessions per week



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

Walking rates are lower for students

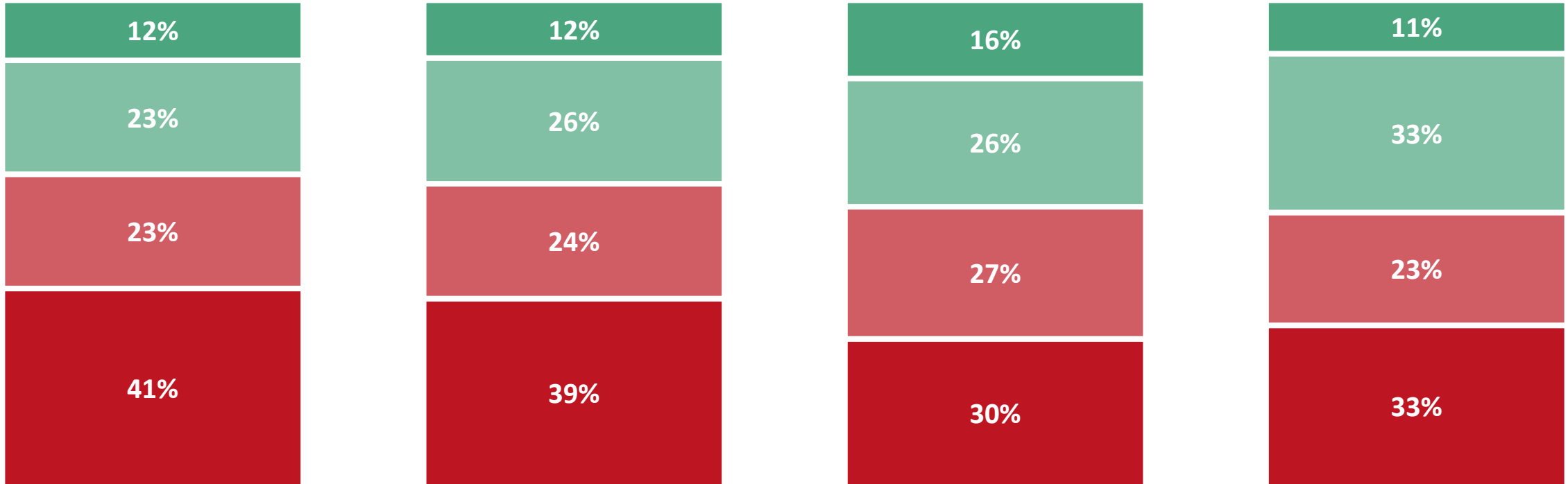


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening



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



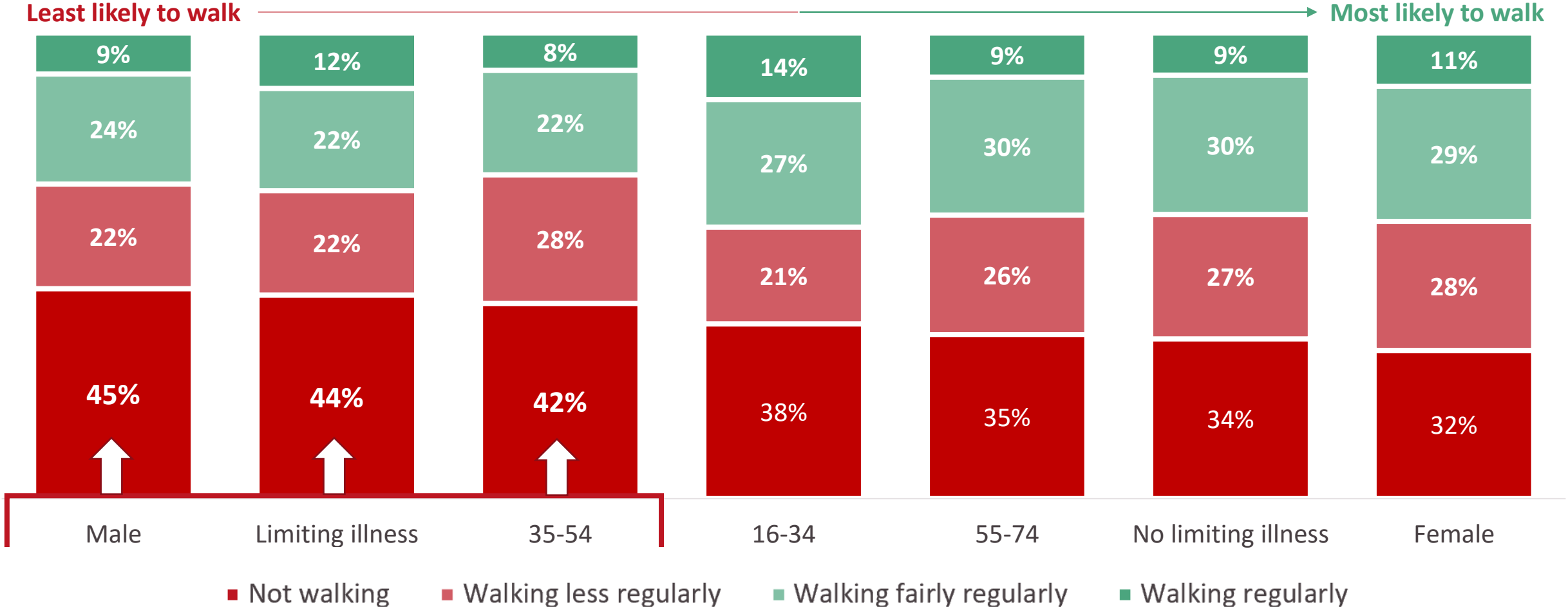
Spotlight on lower socio-economic communities

NS SeC 6-8



Males, those with a limiting illness or aged 35-54 have higher rates of non walkers

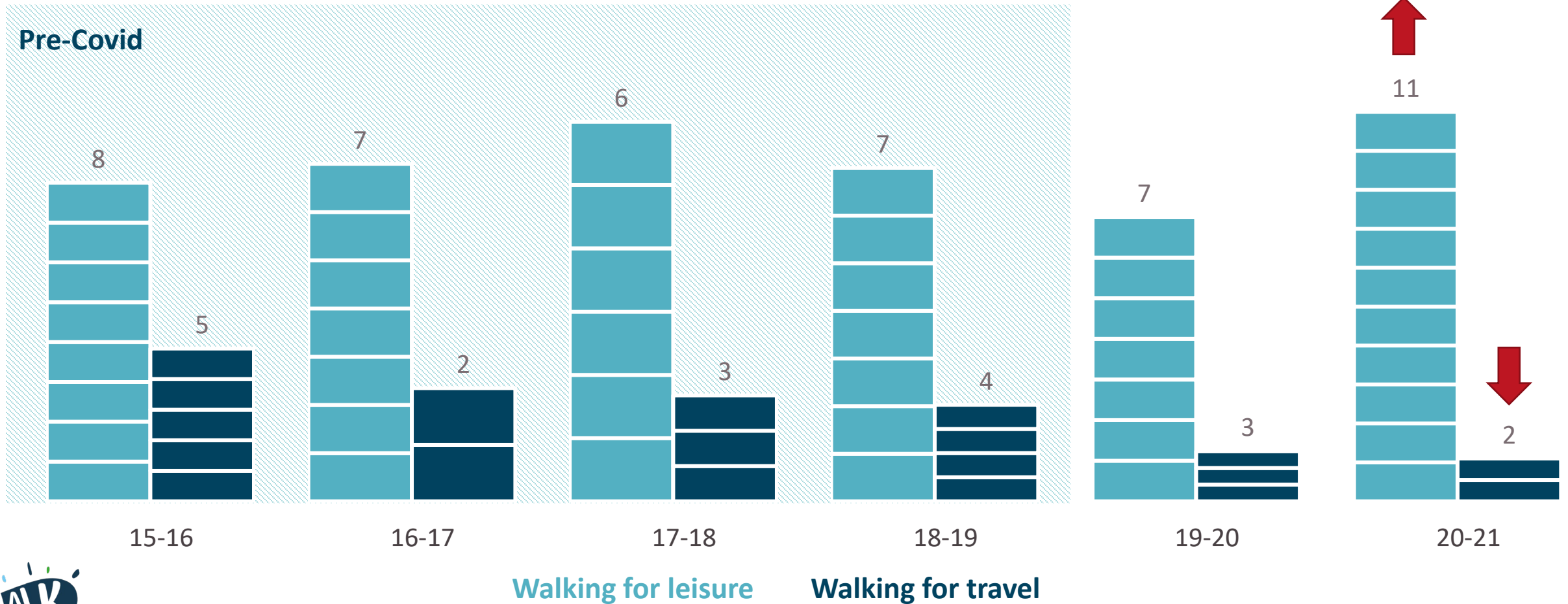
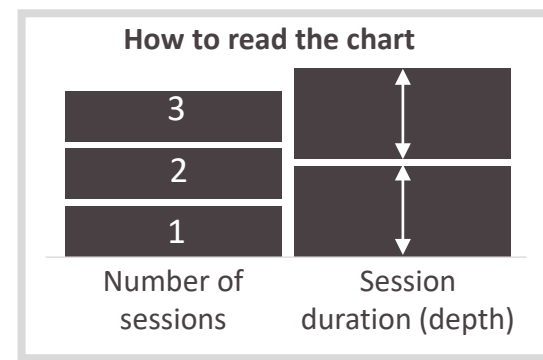
Lower socio-economic communities by second demographic



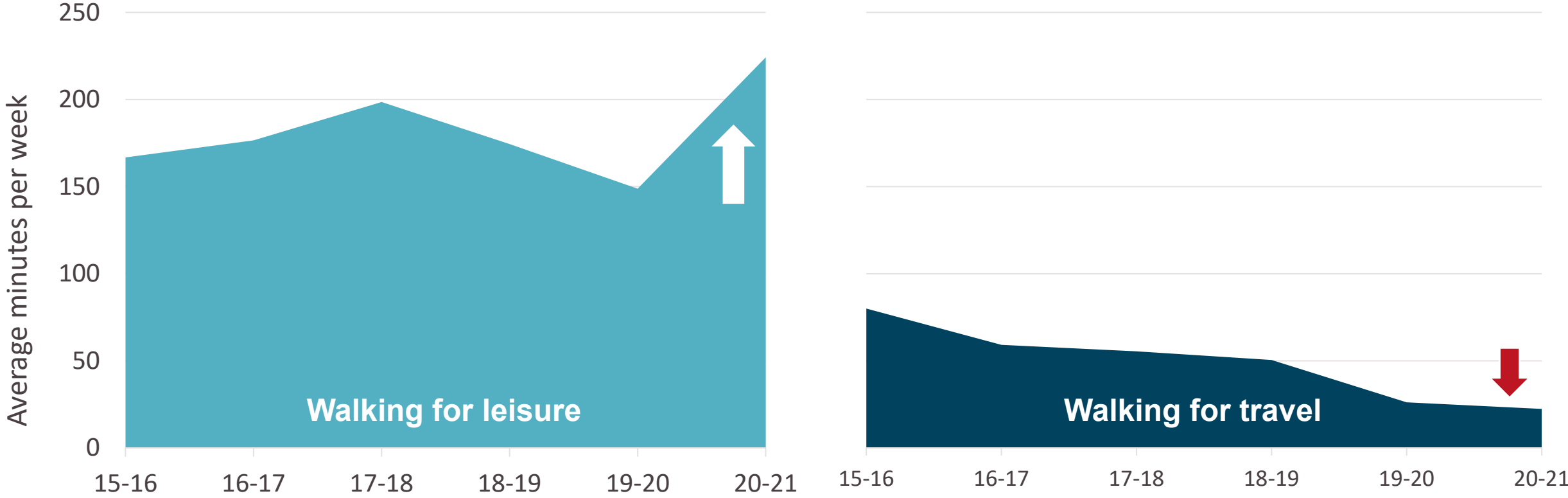
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

There has been a rise in the time spent **walking for leisure** within lower socio economic groups in 20-21. But **walking for travel** has been declining and is now at an all time low.

NS SeC 6-8



Time spent walking within lower socio-economic communities is mainly for leisure. **Walking for leisure continues to rise** whereas **walking for travel is at an all time low**



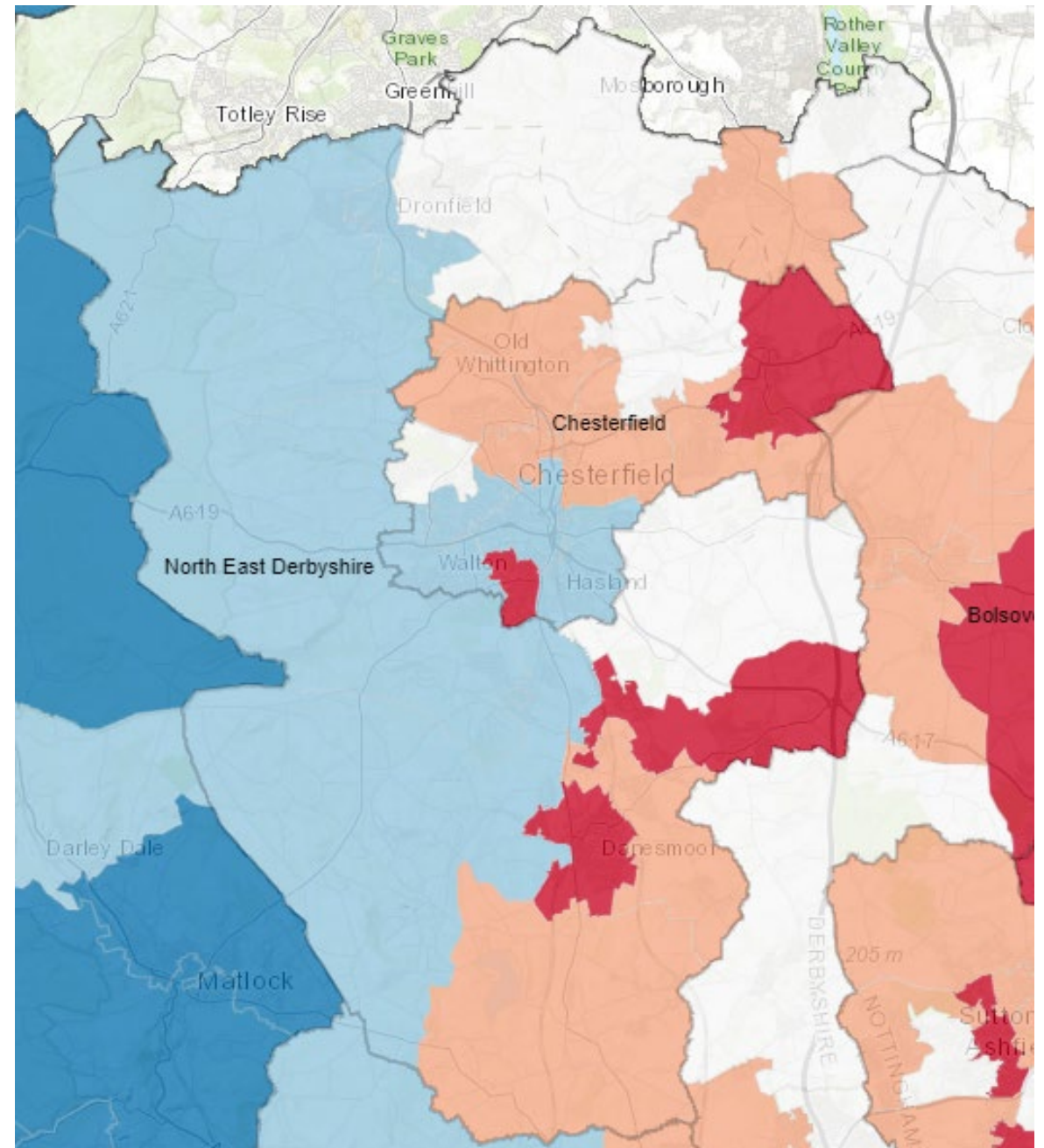
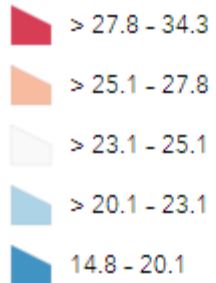
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



North East Derbyshire: Inactivity by MSOA

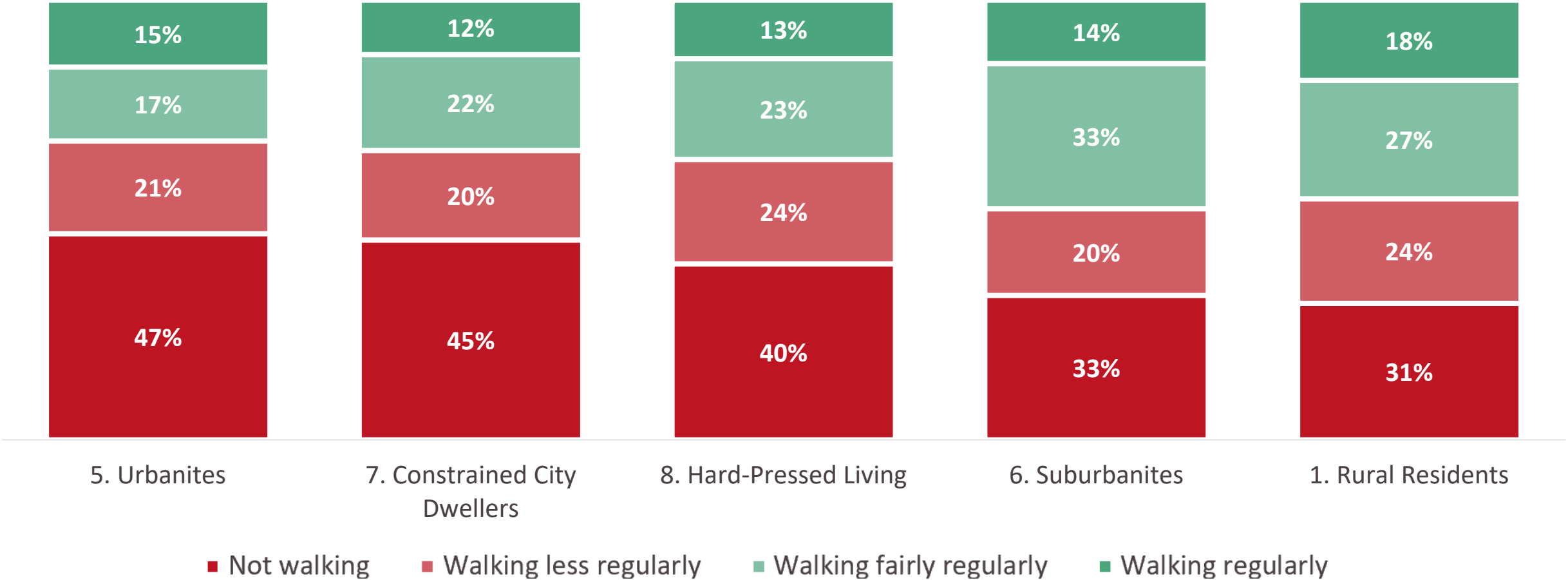
Please use the interactive map [here](#) to view the whole local authority area

Inactive_PC_Year4_Nov18_19



Urbanites and Constrained City Dwellers are least likely to walk

Least likely to walk → Most likely to walk

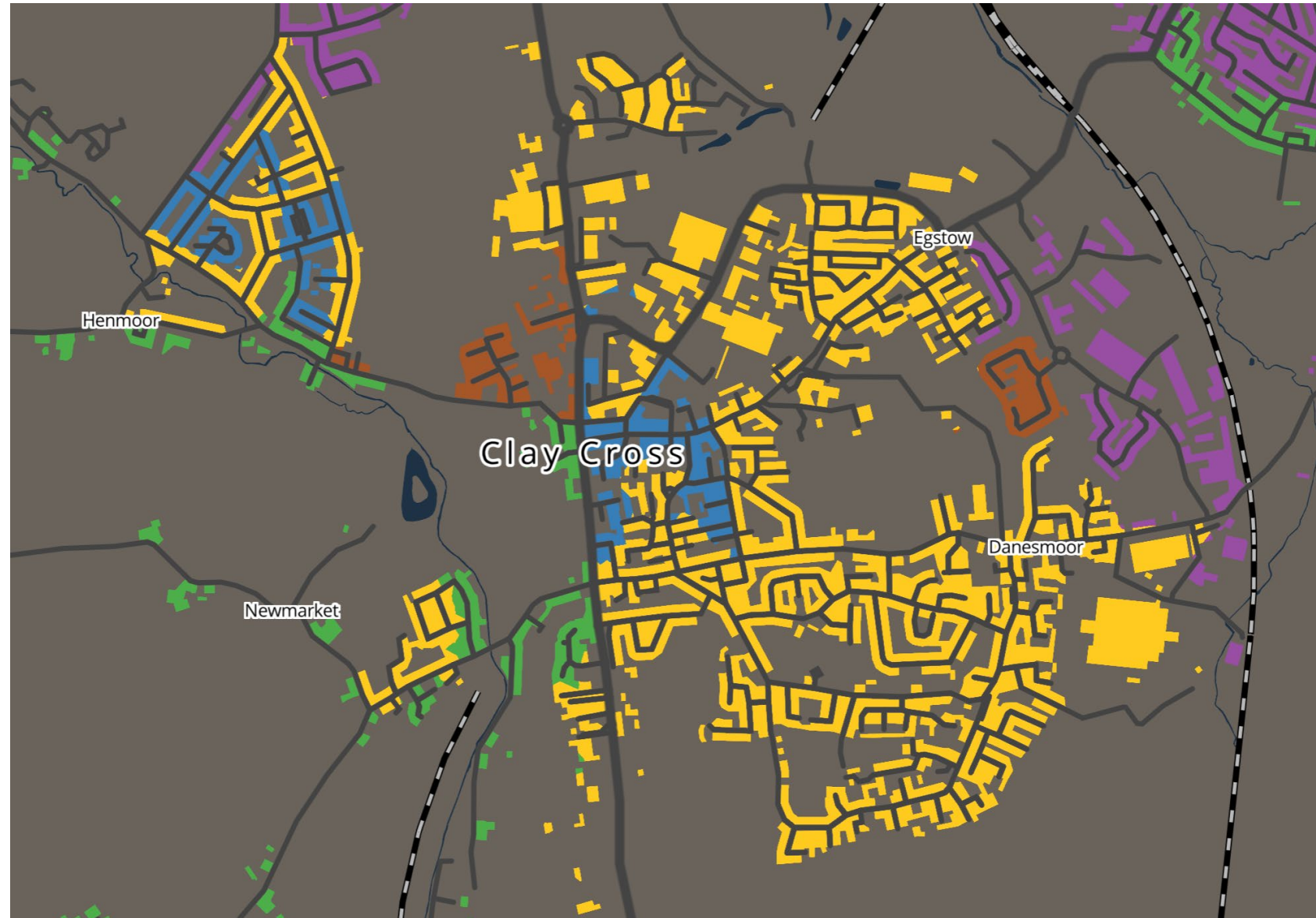


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

ONS: Area Classification of Output Areas 2011

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

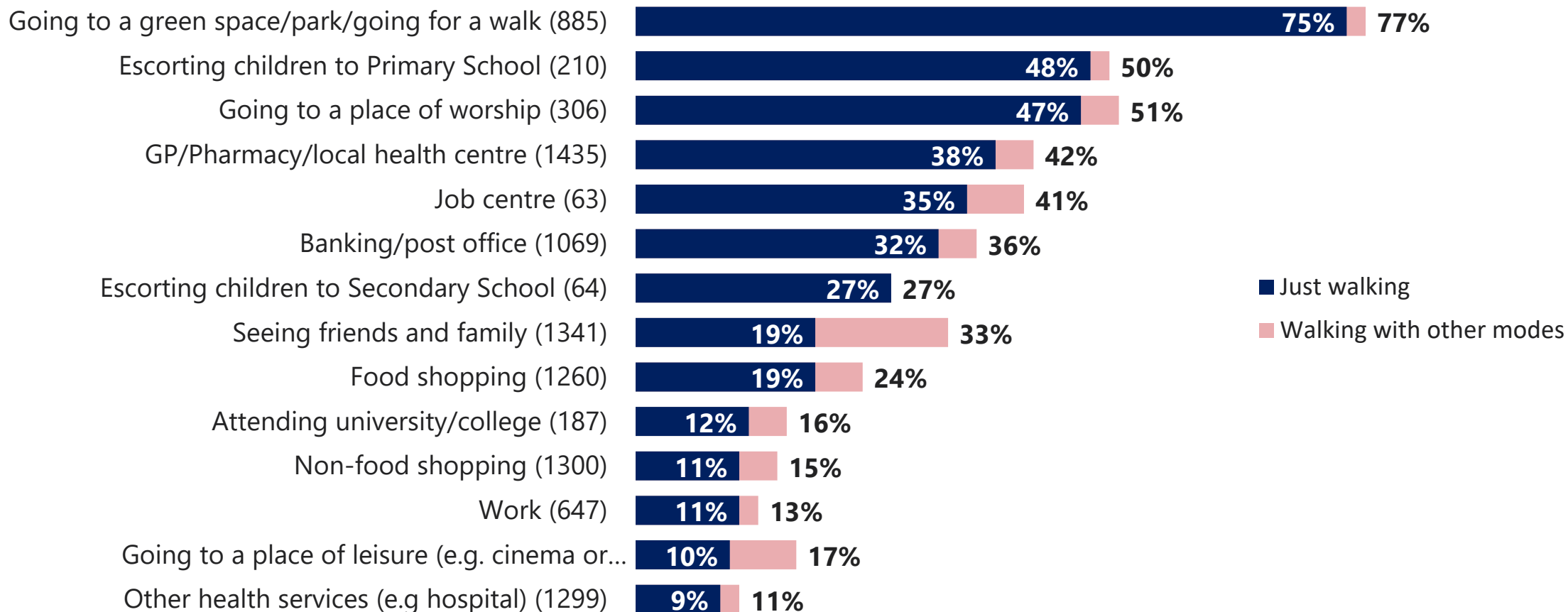
- Rural Residents
- Cosmopolitans
- Ethnicity Central
- Multicultural Metropolitans
- Urbanites
- Suburbanites
- Constrained City Dwellers
- Hard-Pressed Living





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.

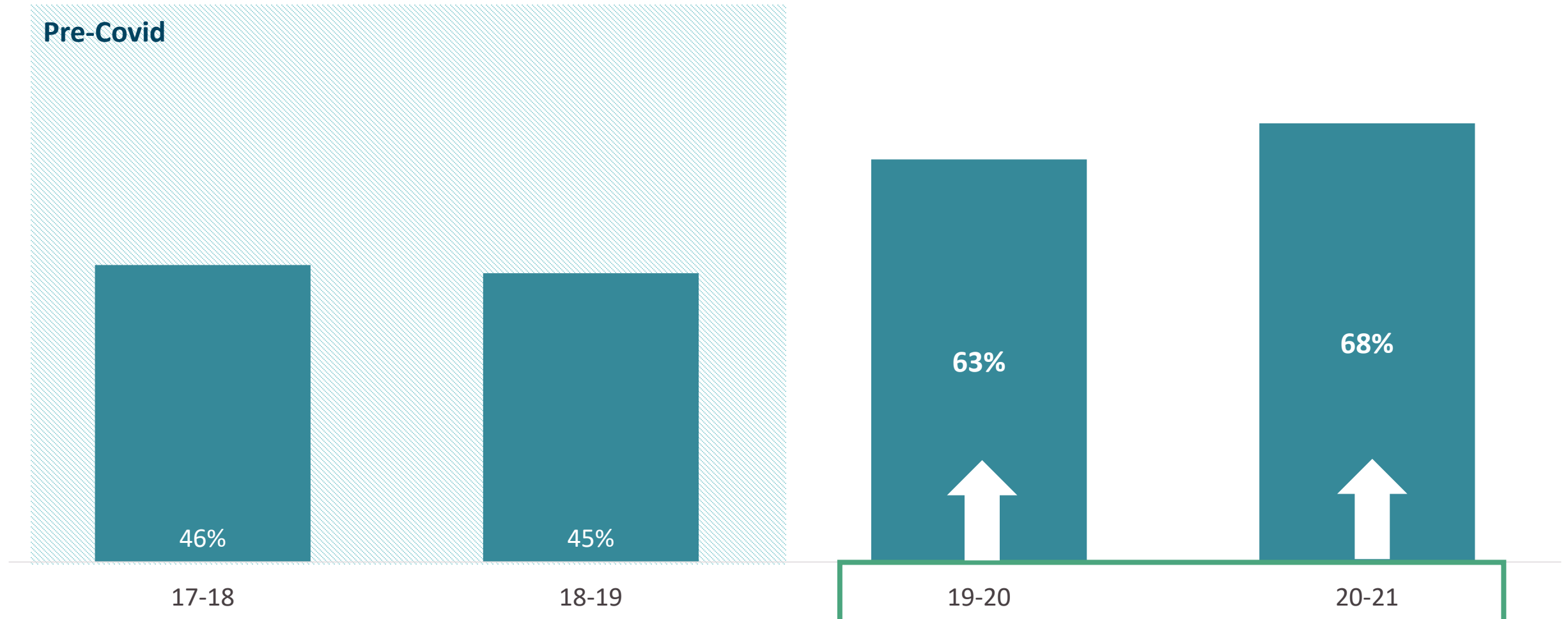




Children and young people: Derbyshire CC



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

- Inactivity levels are increasing
- Over half the people in North East Derbyshire are not walking much at all
- Those that don't walk are much more likely to be inactive
- The proportion of those not walking or walking less regularly was decreasing before the pandemic. Those walking regularly is at an all time high
- North East Derbyshire has the second largest proportion of regular walkers but over a third of the population are not walking
- NS SeC 3-5 has high rates of people not walking or walking less regularly, whilst NS SeC 6-8 has the highest rate of regular walkers
- Compared to other ethnicities, Black and Asian communities in Derbyshire are least likely to walk
- Walking rates are lower for students
- Higher levels of deprivation are associated with lower levels of walking
- Urbanites and Constrained City Dwellers are least likely to walk
- Within the lower socio economic group:
 - NS SeC 8 are least likely to walk regularly
 - Males, those with a limiting illness or aged 35-54 have higher rates of non walkers
 - Time spent walking is mainly for leisure. Walking for leisure continues to rise whereas walking for travel is at an all time low
- Children and young people within Derbyshire:
 - 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

