



WALK
Derbyshire

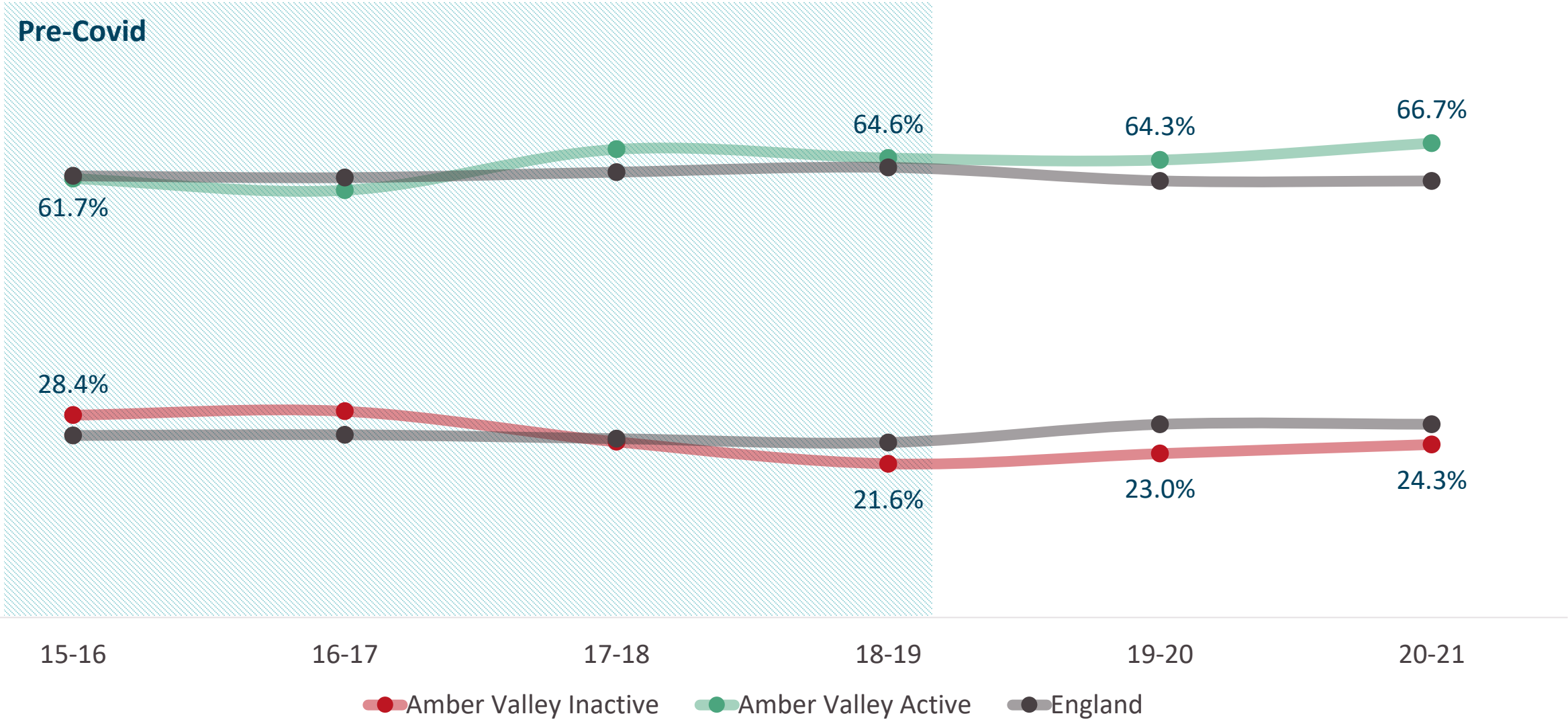
An insight into walking: Amber Valley



Created by Press Red

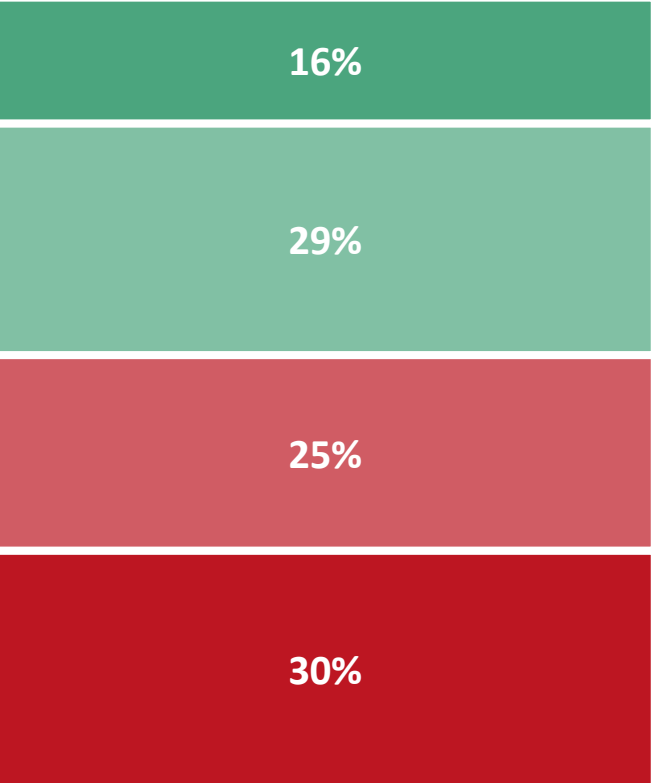
Inactivity levels continue to worsen

Pre-Covid



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

Over half of people in Amber Valley are really 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

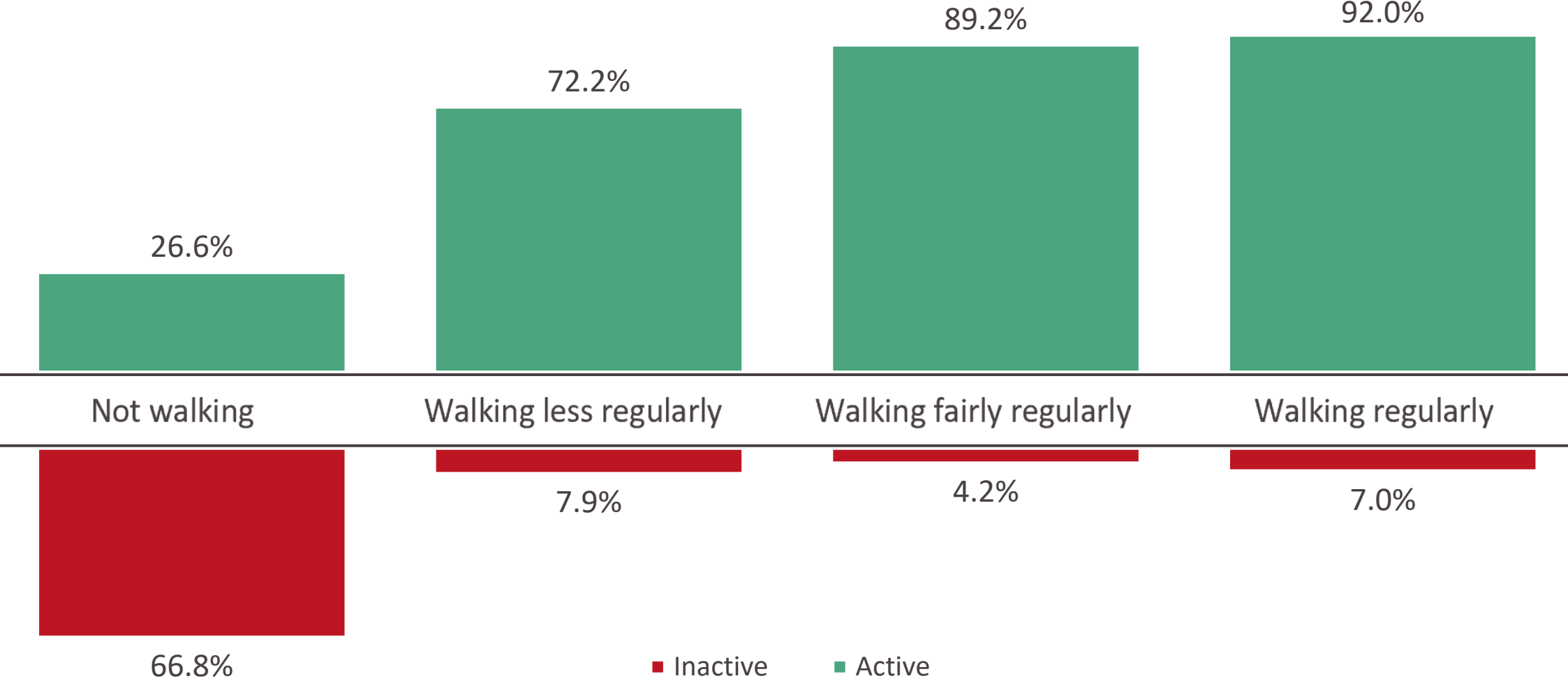
0 sessions of 10 minutes or more per month



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

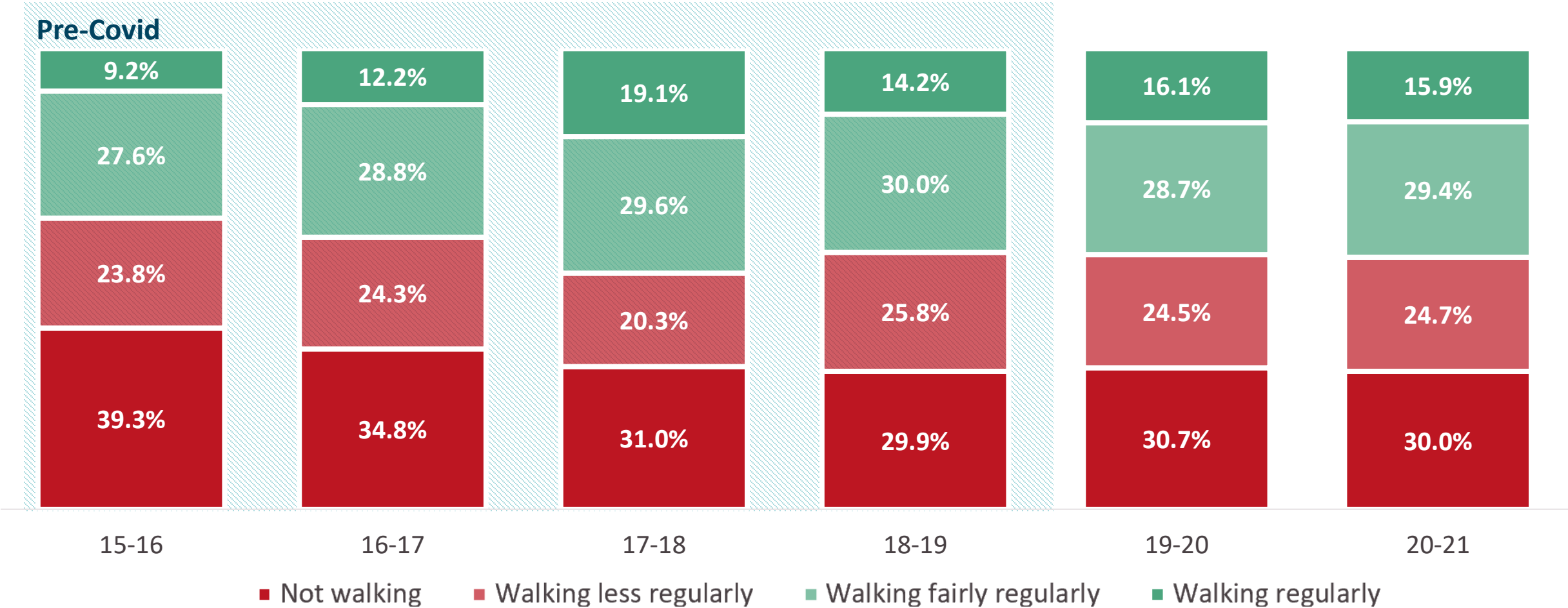


Those that **don't walk** are much more likely to be inactive



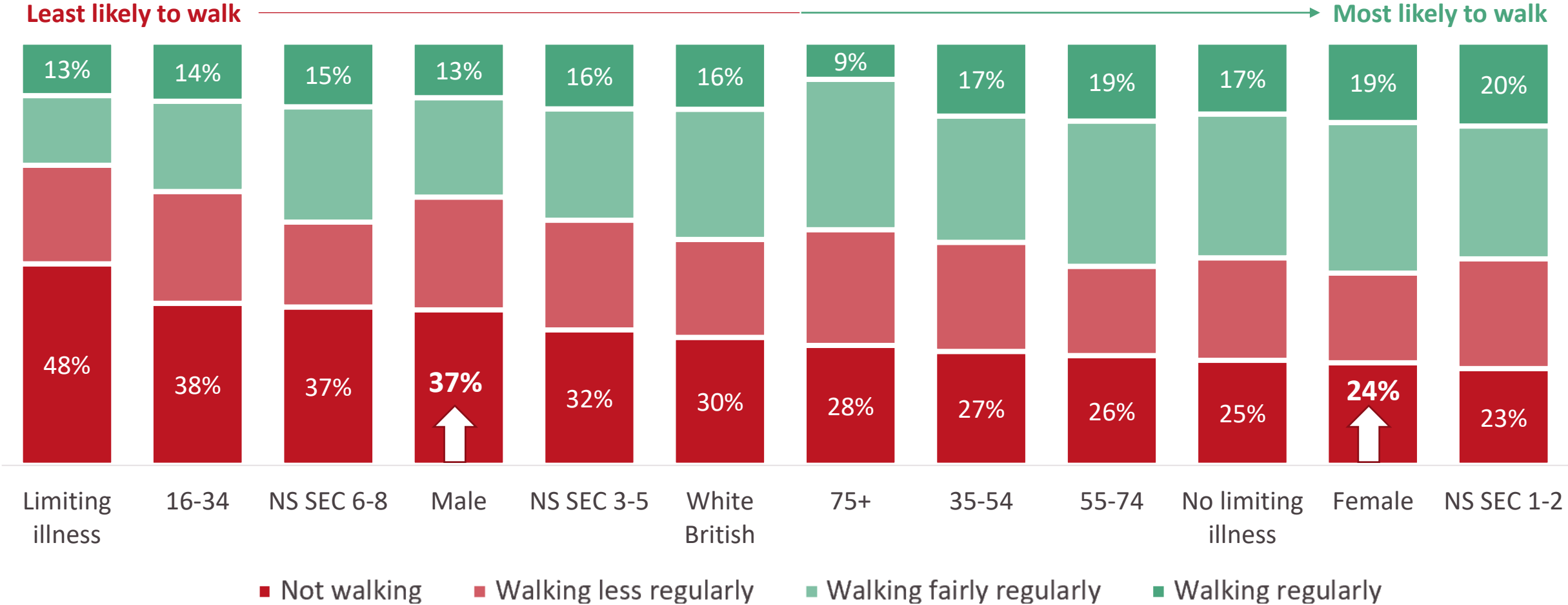
Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**

The proportion of those **not walking** was decreasing before the pandemic but has now levelled off



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

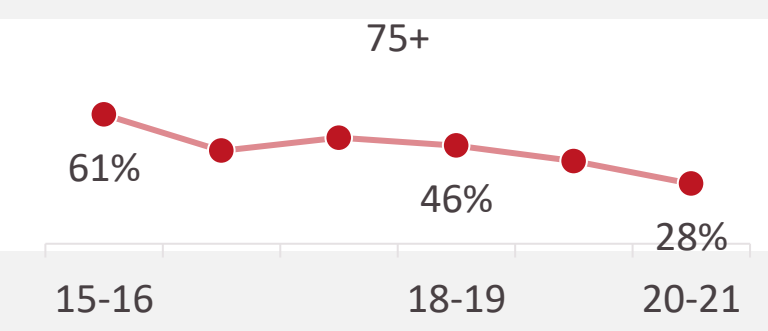
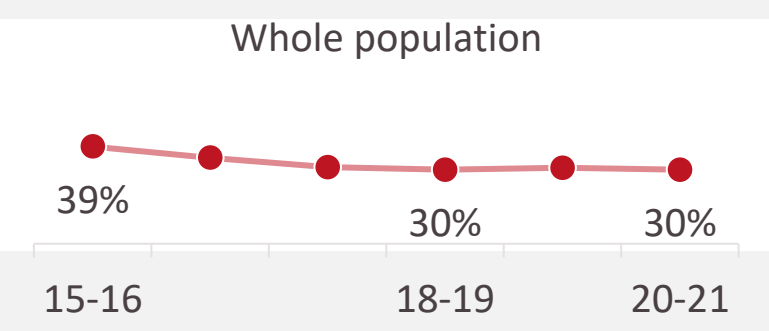
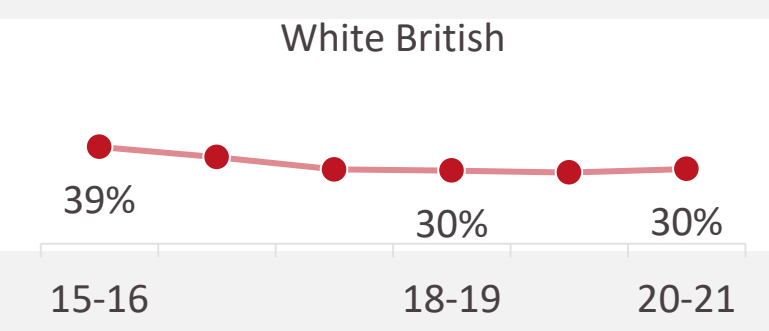
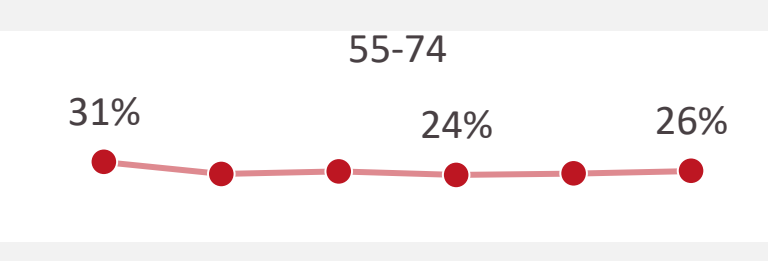
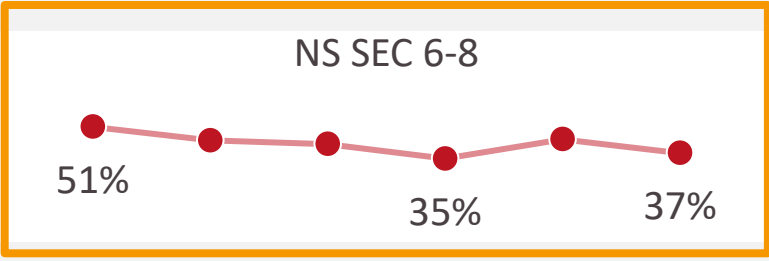
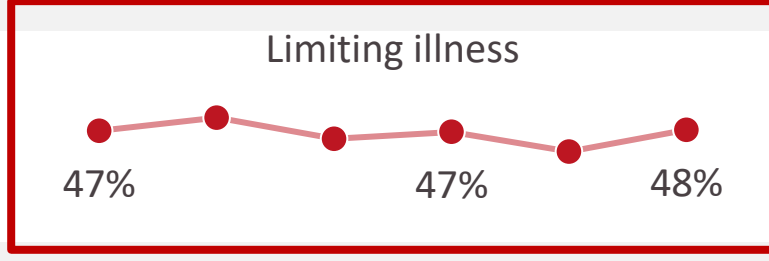
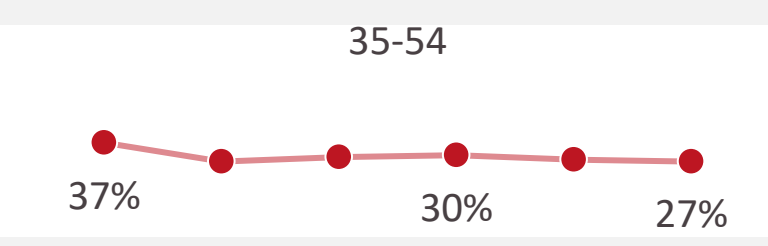
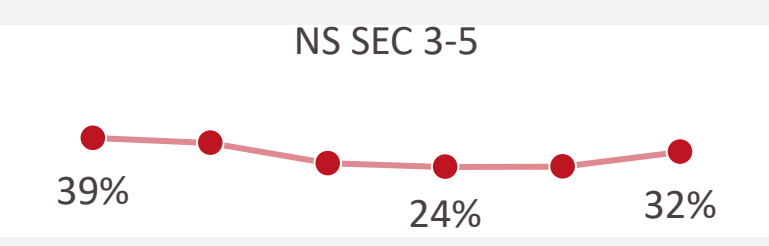
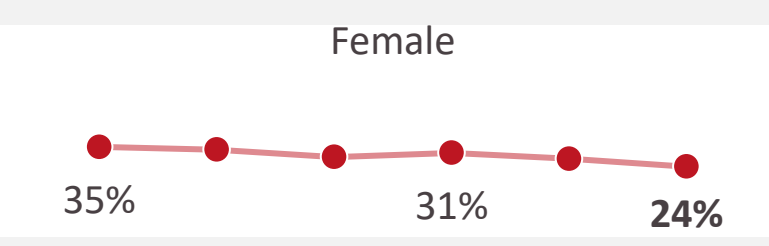
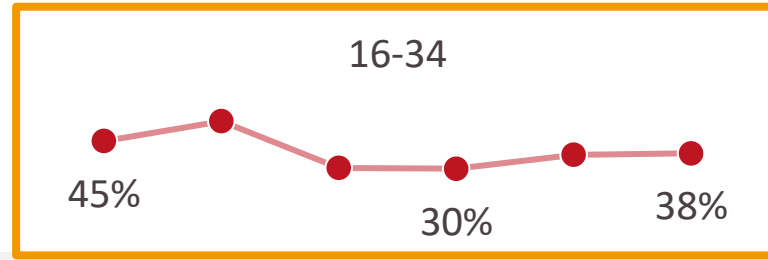
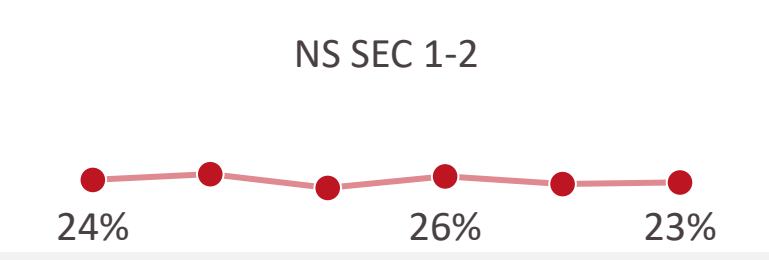
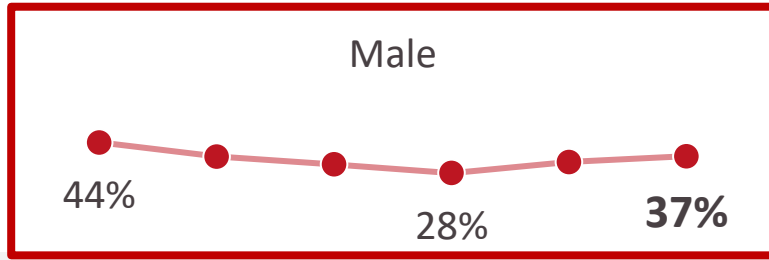
Men are 13% more likely **not** to walk than women. There are more women walking fairly regularly or regularly than any other group



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

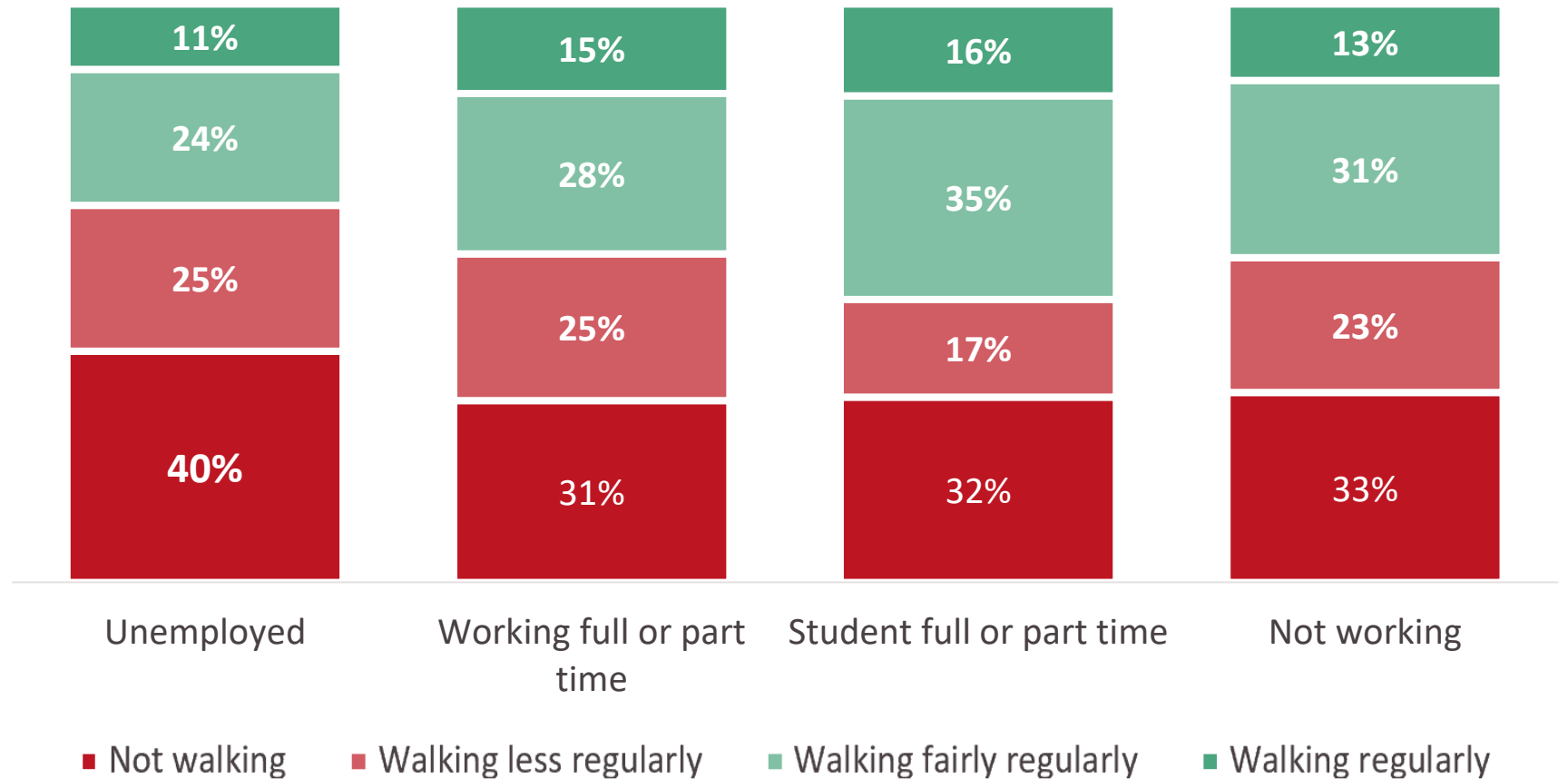
Over 1 in 3 men **do not walk** in comparison to 1 in 4 women

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 people who are unemployed

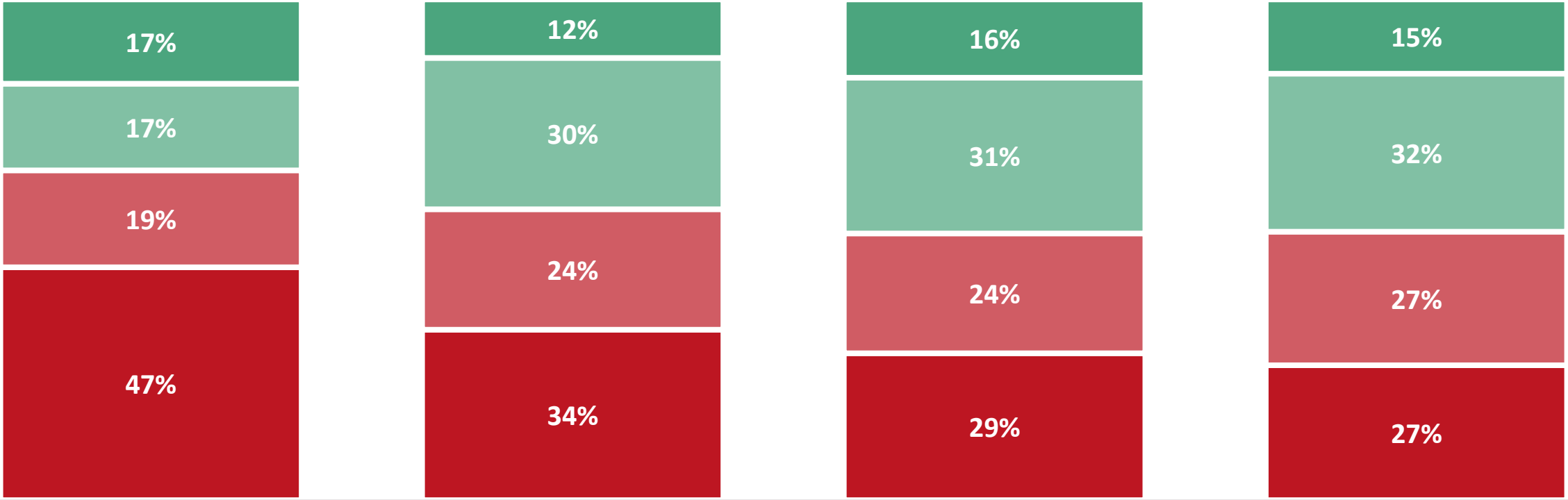


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

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

■ 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





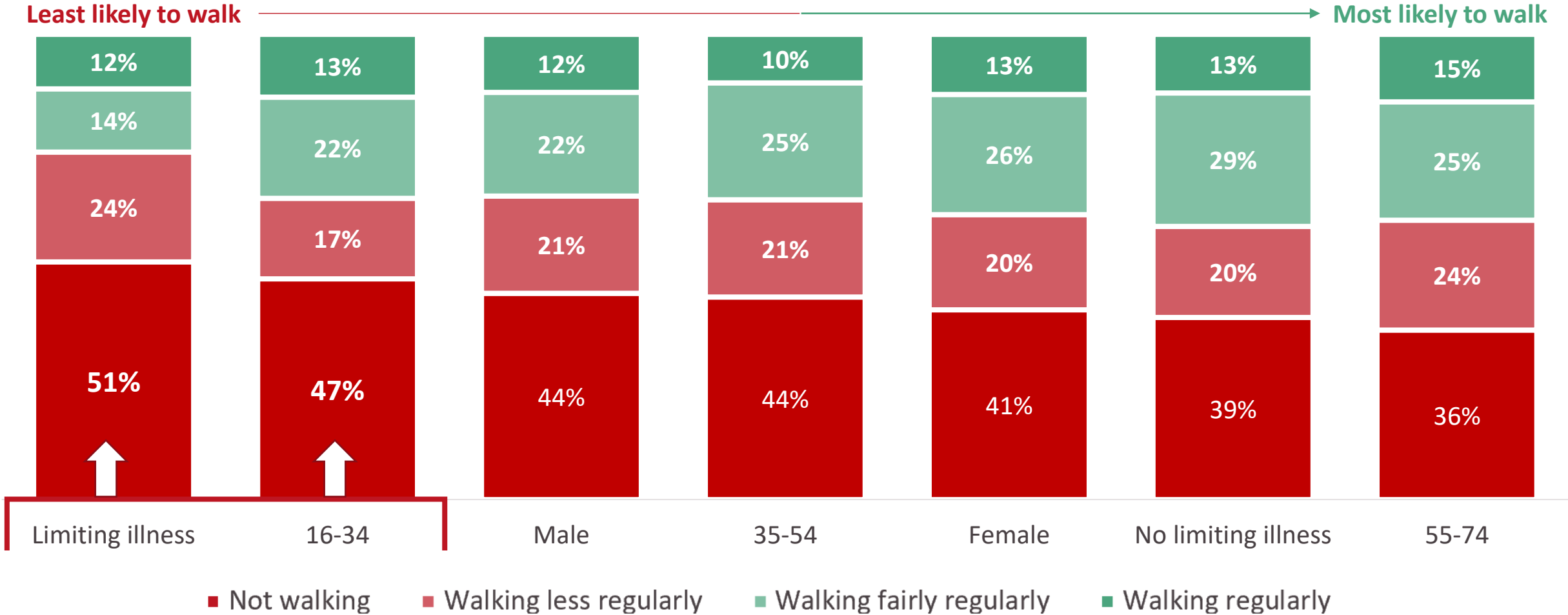
Spotlight on lower socio-economic communities

NS SeC 6-8



Younger people, people with a limiting illness and males have higher levels of non walkers

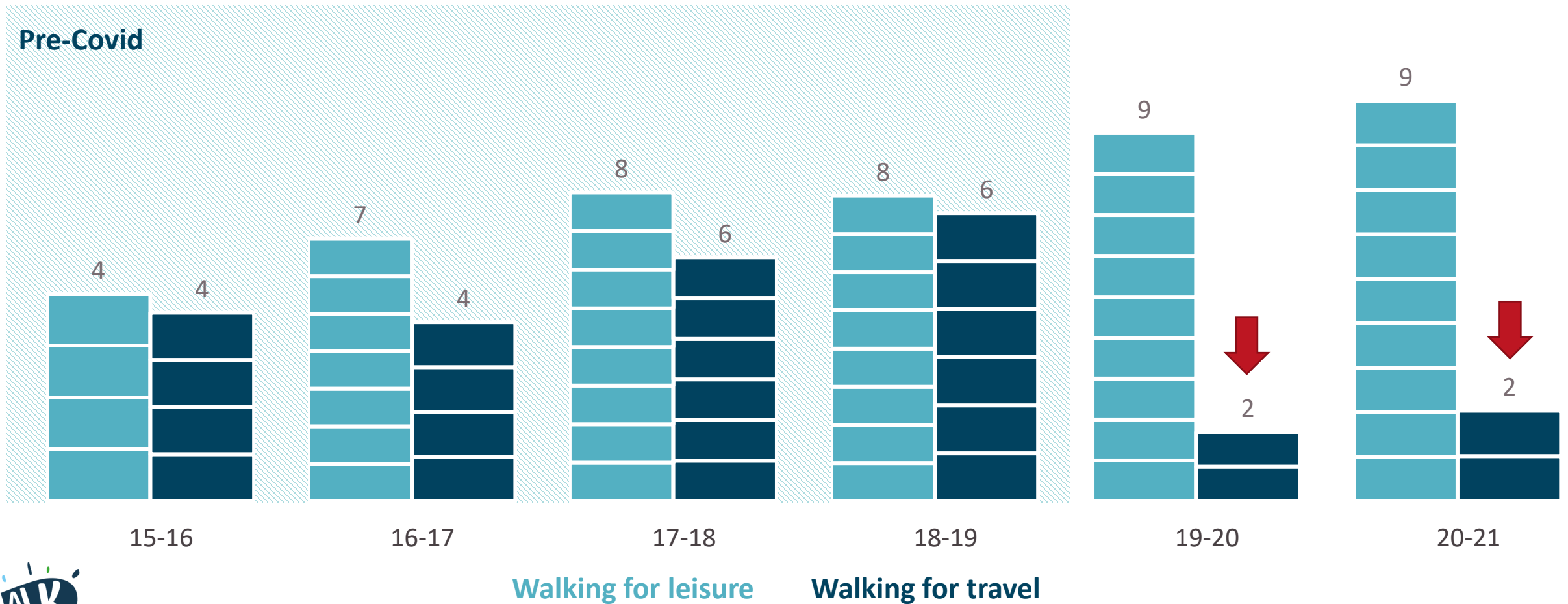
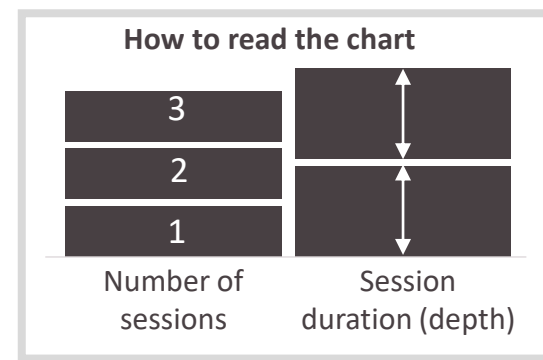
Lower socio-economic communities by second demographic



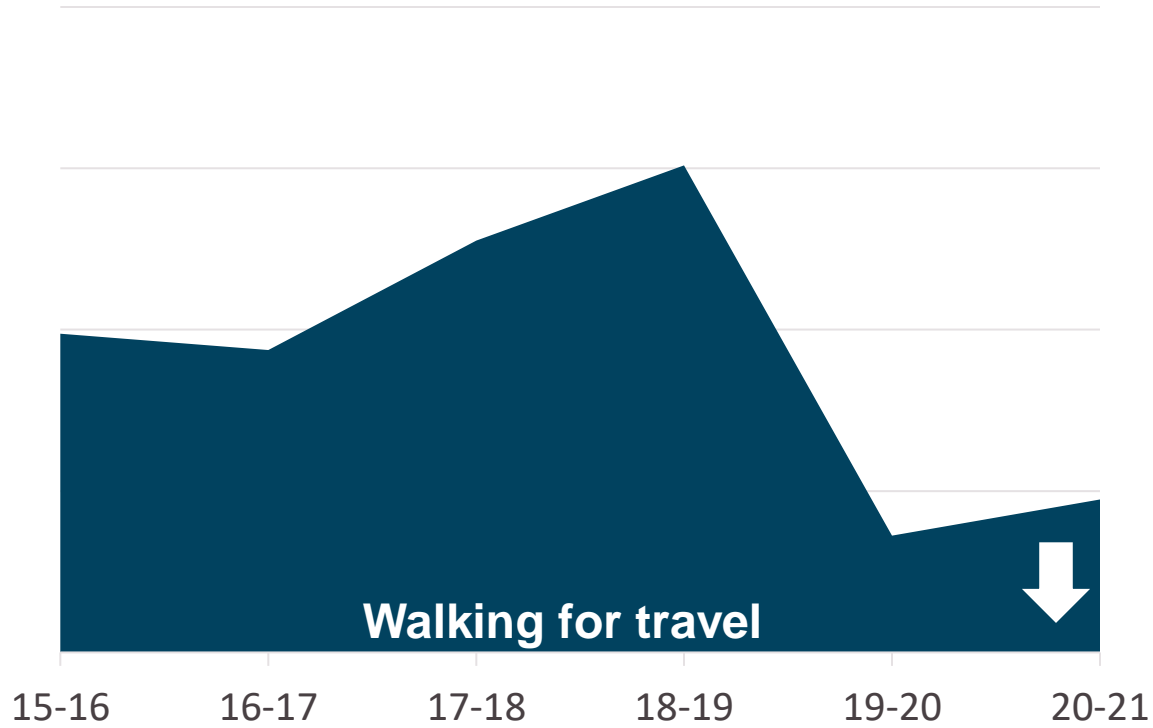
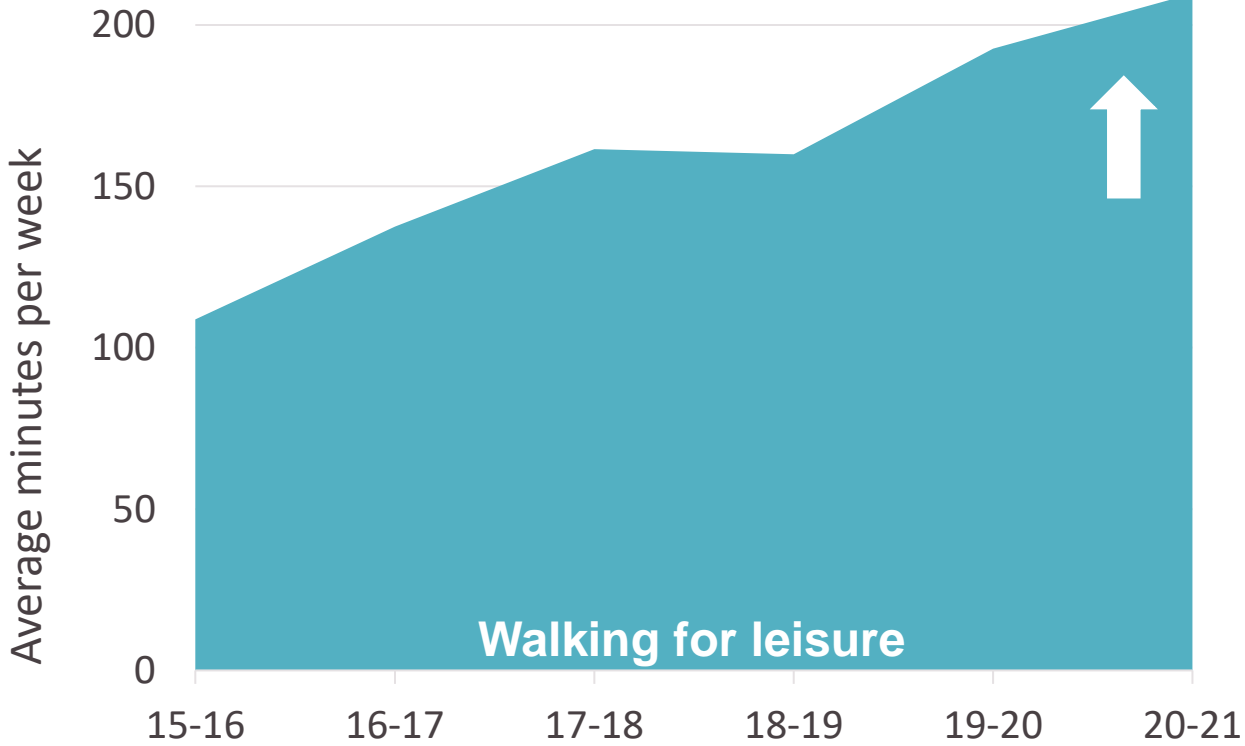
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

There has been a considerable reduction in the number of times those in lower socio economic groups **walk for travel** since the pandemic

NS SeC 6-8



Time spent **walking for travel** within lower socio-economic communities was increasing before the pandemic but has since dropped by 2/3rd. **However,** time spent **walking for leisure** is at an all time high.



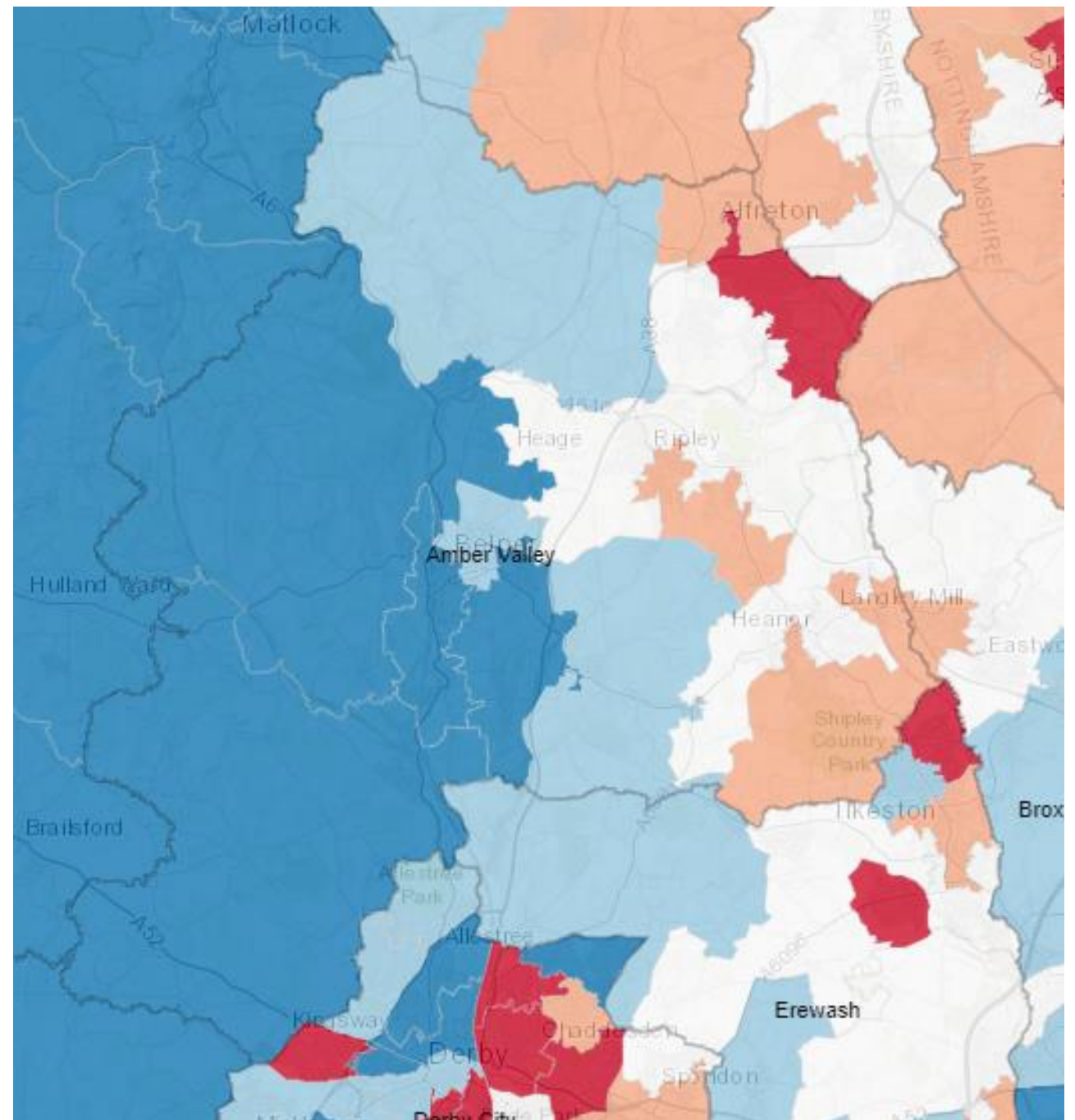
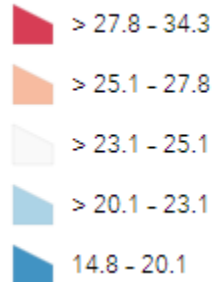
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21

Amber Valley: Inactivity by MSOA

To view the whole local authority areas,
use the interactive map [here](#) or copy and
paste

<https://www.arcgis.com/apps/webappviewer/index.html?id=78e303ee04664a1ebe4ce449c672cceb&extent=-308998.7048%2C6939680.0059%2C-71279.5468%2C7062590.7474%2C102100>

Inactive_PC_Year4_Nov18_19

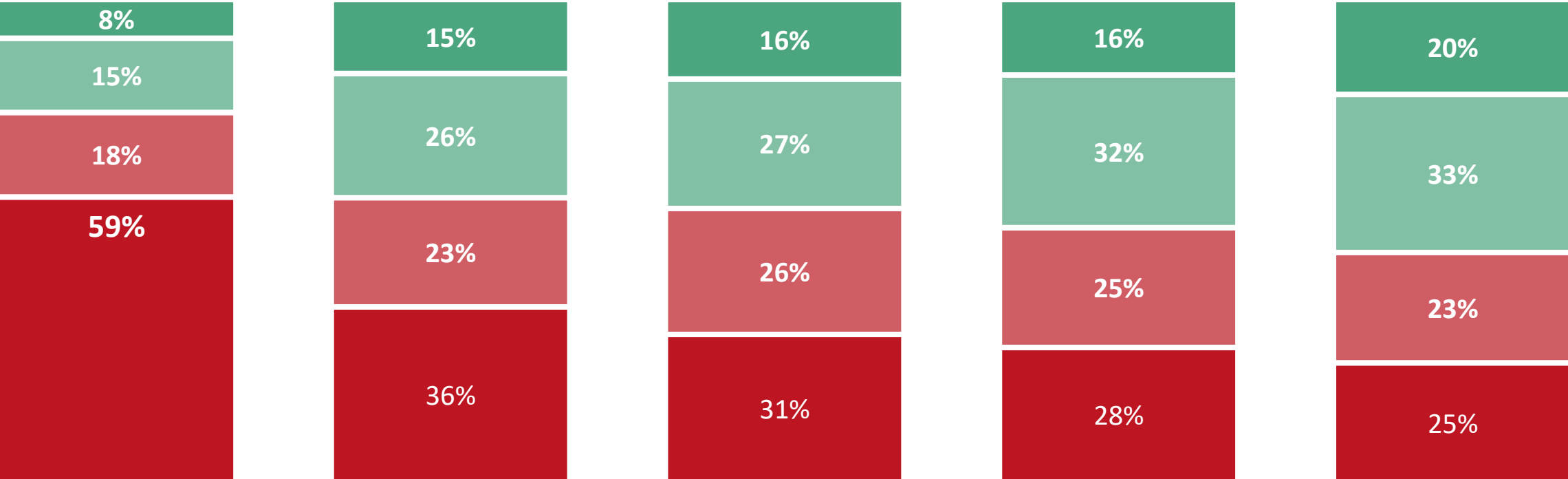


Source: <https://www.arcgis.com/apps/webappviewer/>

Constrained city dwellers are least likely to walk

Least likely to walk

Most likely to walk



7. Constrained City Dwellers

8. Hard-Pressed Living

5. Urbanites

6. Suburbanites

1. Rural Residents

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

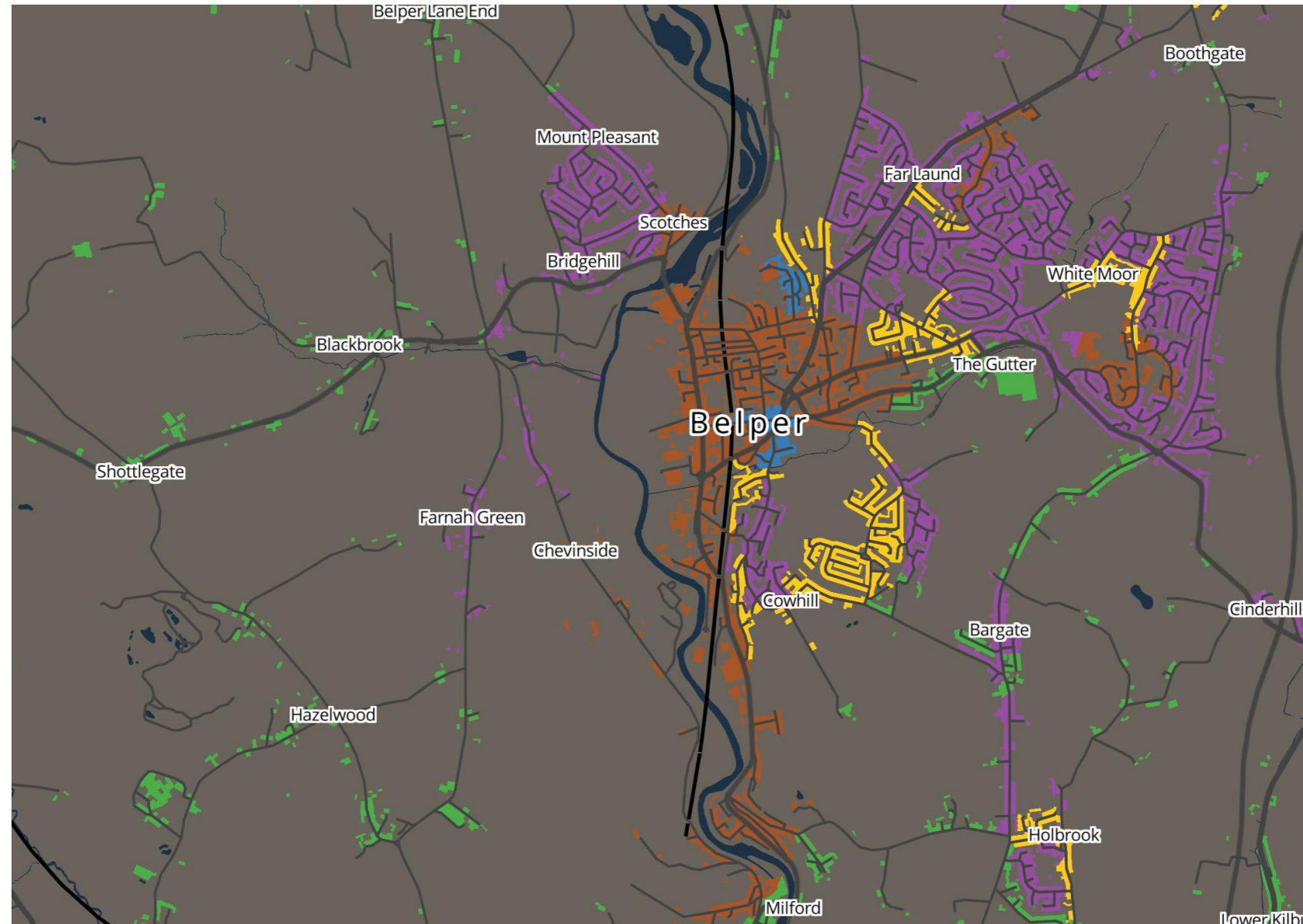


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

ONS: Area Classification of Output Areas 2011

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

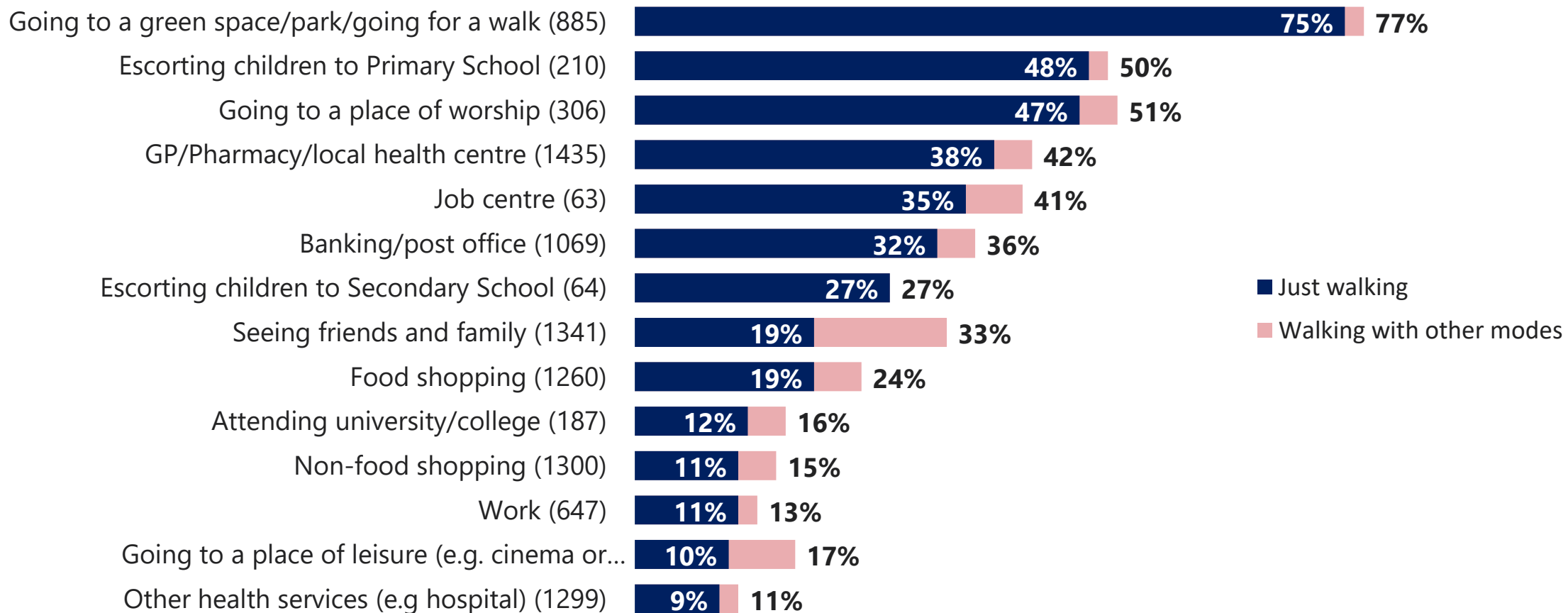
- Rural Residents
- Cosmopolitans
- Ethnicity Central
- Multicultural Metropolitans
- Urbanites
- Suburbanites
- Constrained City Dwellers
- Hard-Pressed Living





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.

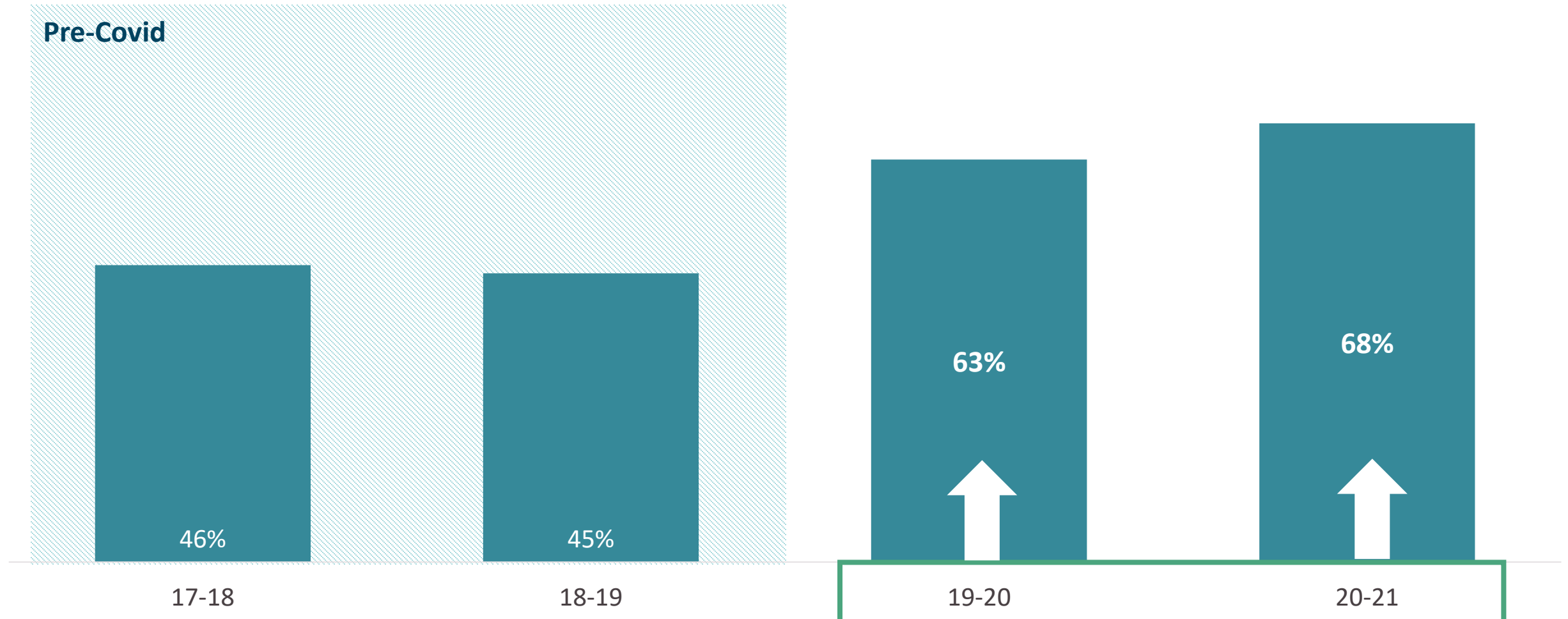




Children and young people: Derbyshire



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 has worsened since the pandemic but the proportion of people that are active has increased
- Over half the people in Amber Valley are really not walking much at all
- Those that don't walk are much more likely to be inactive
- The proportion of those not walking was decreasing before the pandemic but has now levelled off
- Men are considerably more likely not to walk than women – Over 1 in 3 men do not walk in comparison to 1 in 4 women
- People with a limiting illness or disability, people in lower socio-economic communities and younger adults are less likely to walk
- Walking rates are also lower for people who are unemployed
- Compared to other ethnicities, Black and Asian communities in Derbyshire are least likely to walk
- Higher levels of deprivation are associated with lower levels of walking
- Constrained City Dwellers and those in the Hard Pressed Living group are least likely to walk
- Within the lower socio economic group:
 - NS SeC 8 are least likely to walk regularly
 - Younger people, males and those with a limiting illness have higher levels of non walkers
 - Time spent walking for travel within lower socio-economic communities was increasing before the pandemic but has since dropped by 2/3rds. However, time spent walking for leisure is at an all time high.
- 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

