



WALK
Derbyshire

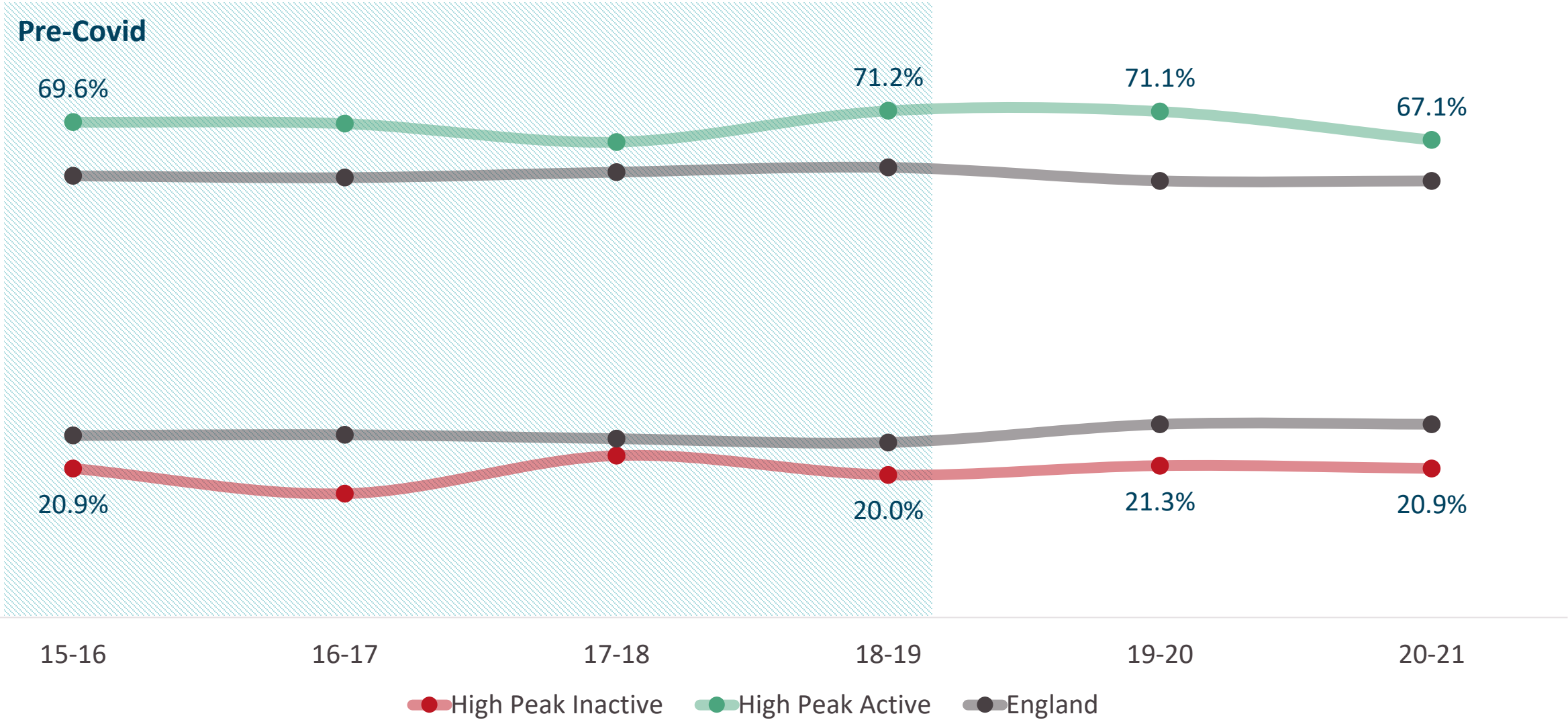
An insight into walking: High Peak



Created by Press Red

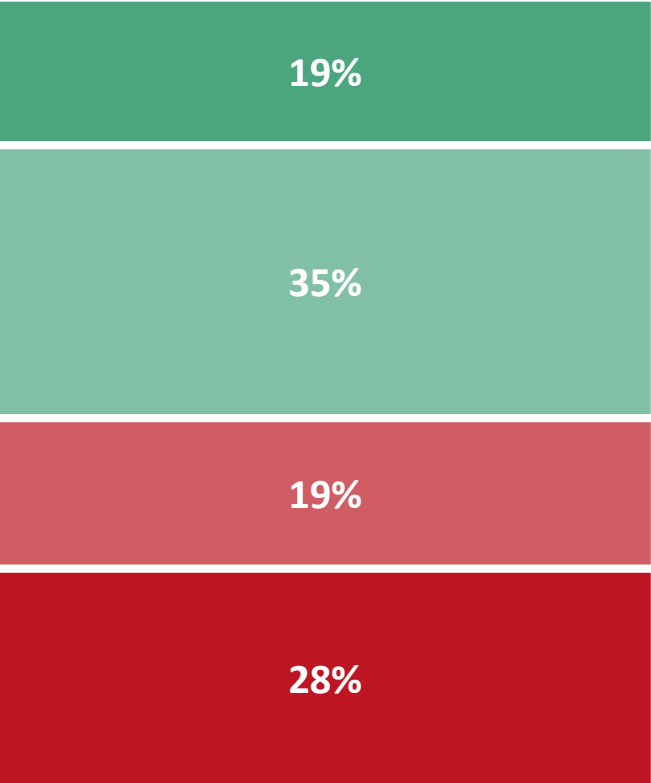
Inactivity levels have been relatively stable

Pre-Covid



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

Almost half the people in the High Peak 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

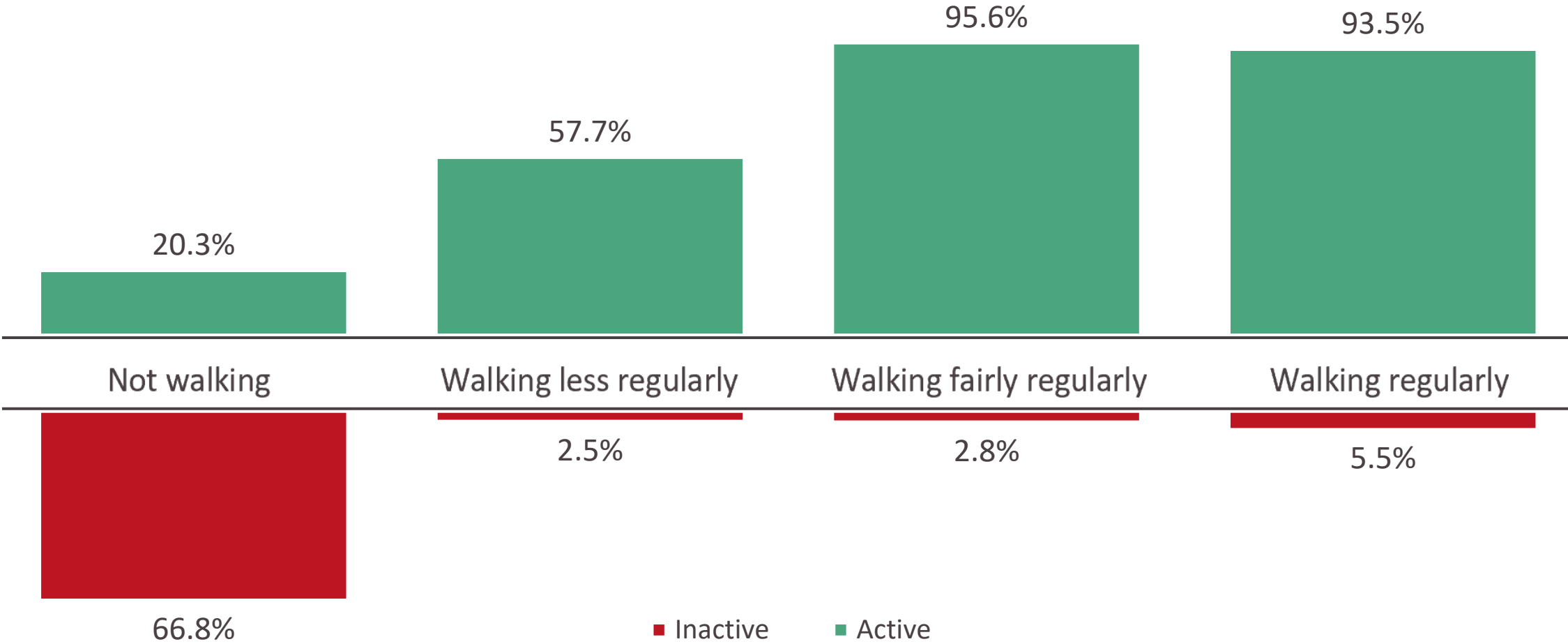
0 sessions of 10+ minutes per month



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

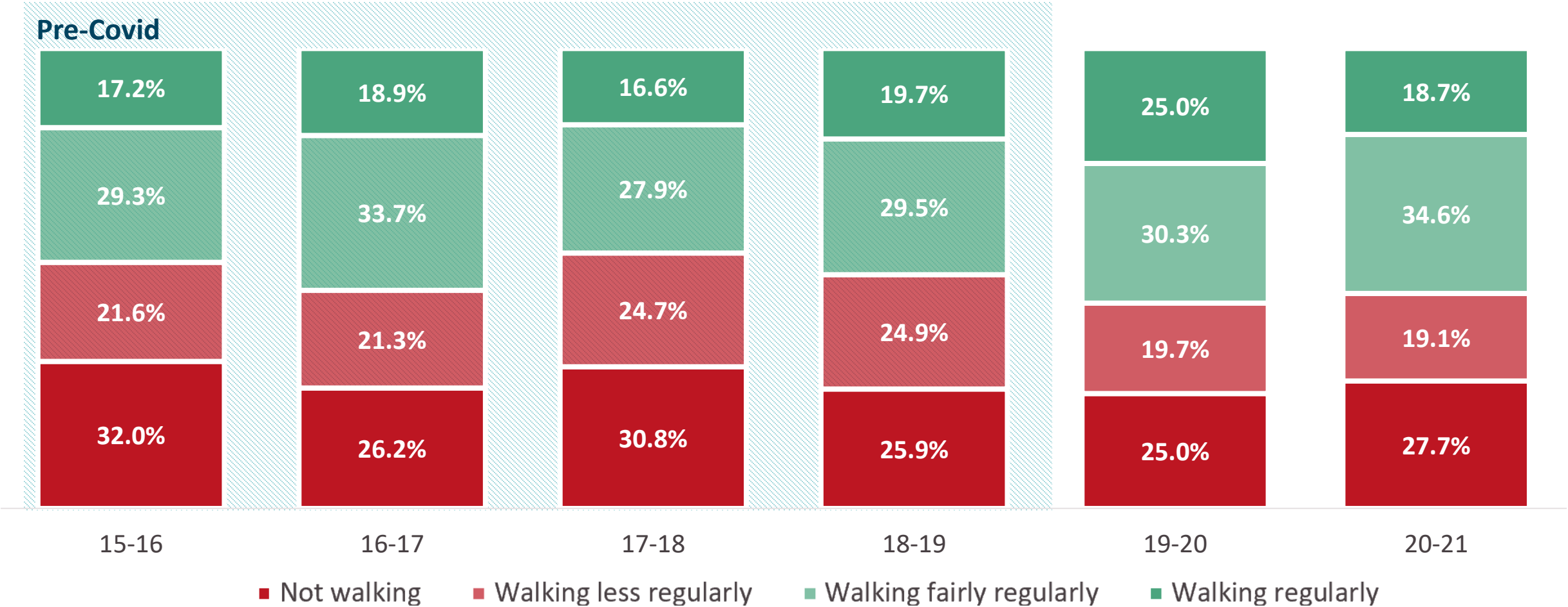


Those that don't walk are much more likely to be inactive



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

The proportion of those not walking was decreasing before the pandemic but is starting to creep up



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

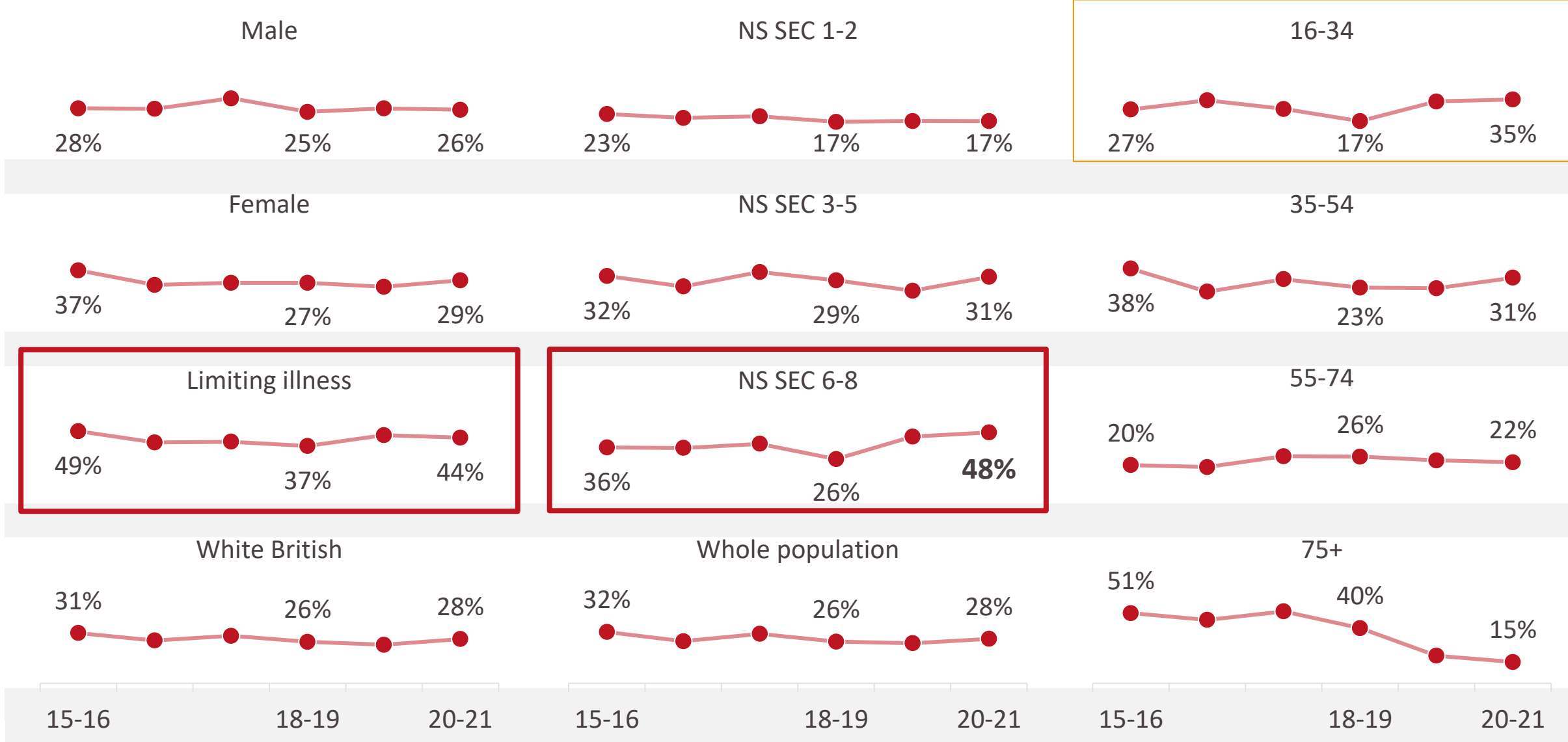
People in lower socio-economic communities or with a limiting illness are least likely to walk



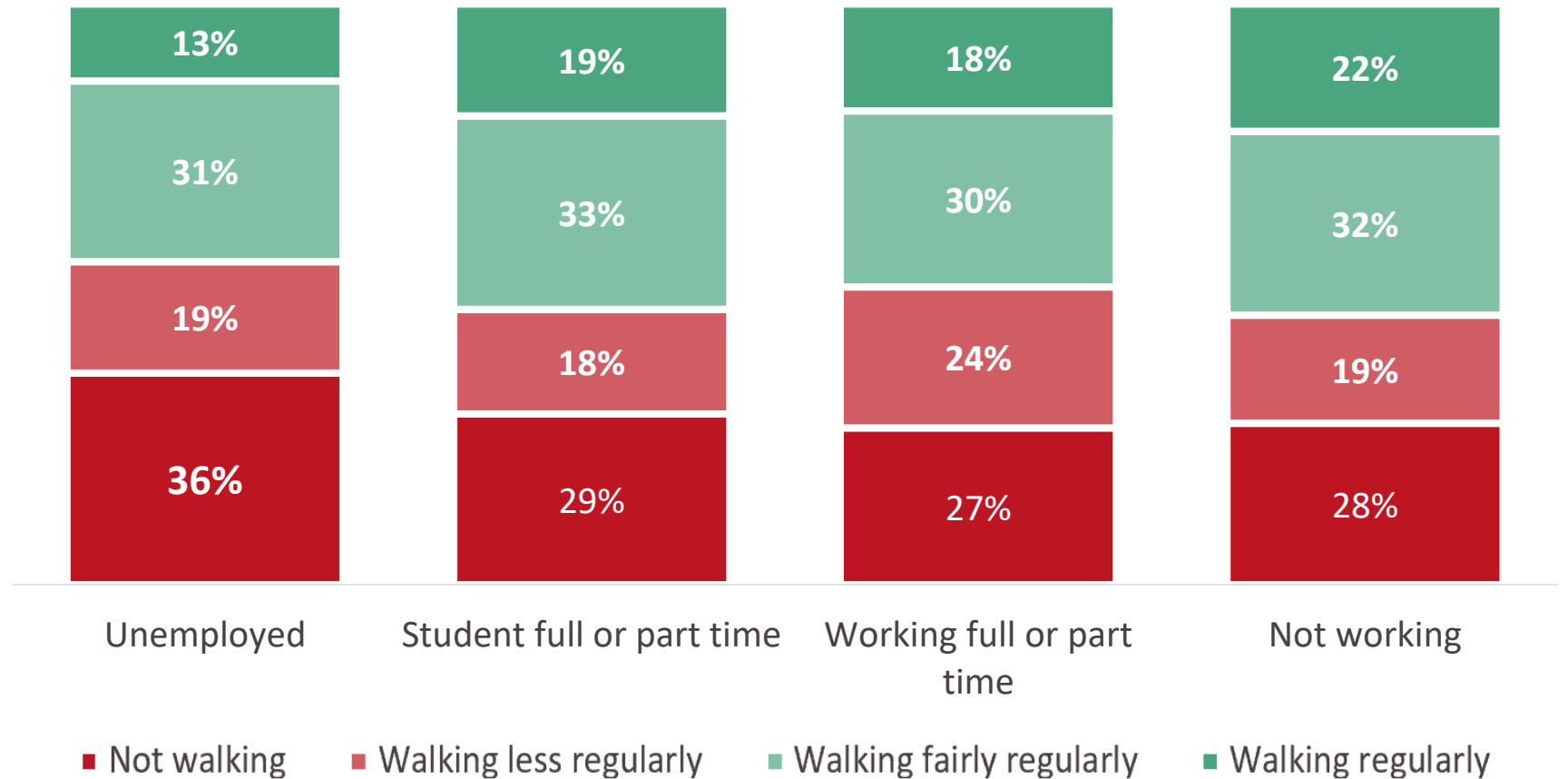
Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**

48% of those from lower socio-economic groups **do not walk**

Not walking – 0 sessions per week



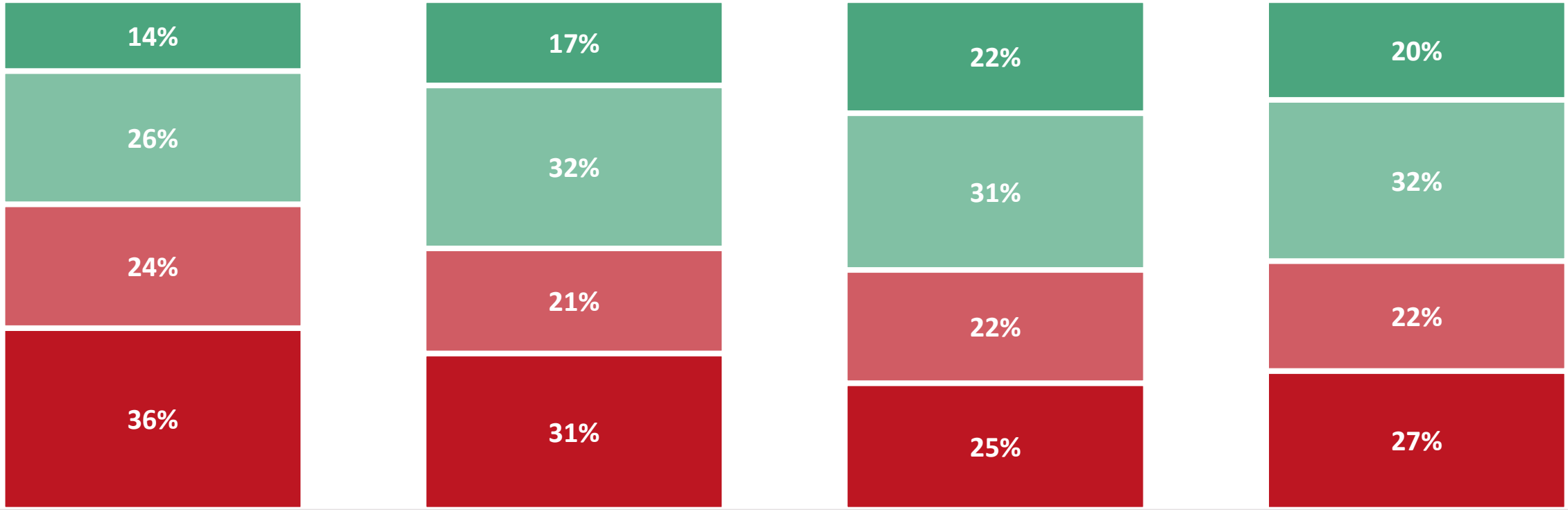
Walking rates are lower for people who are unemployed



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



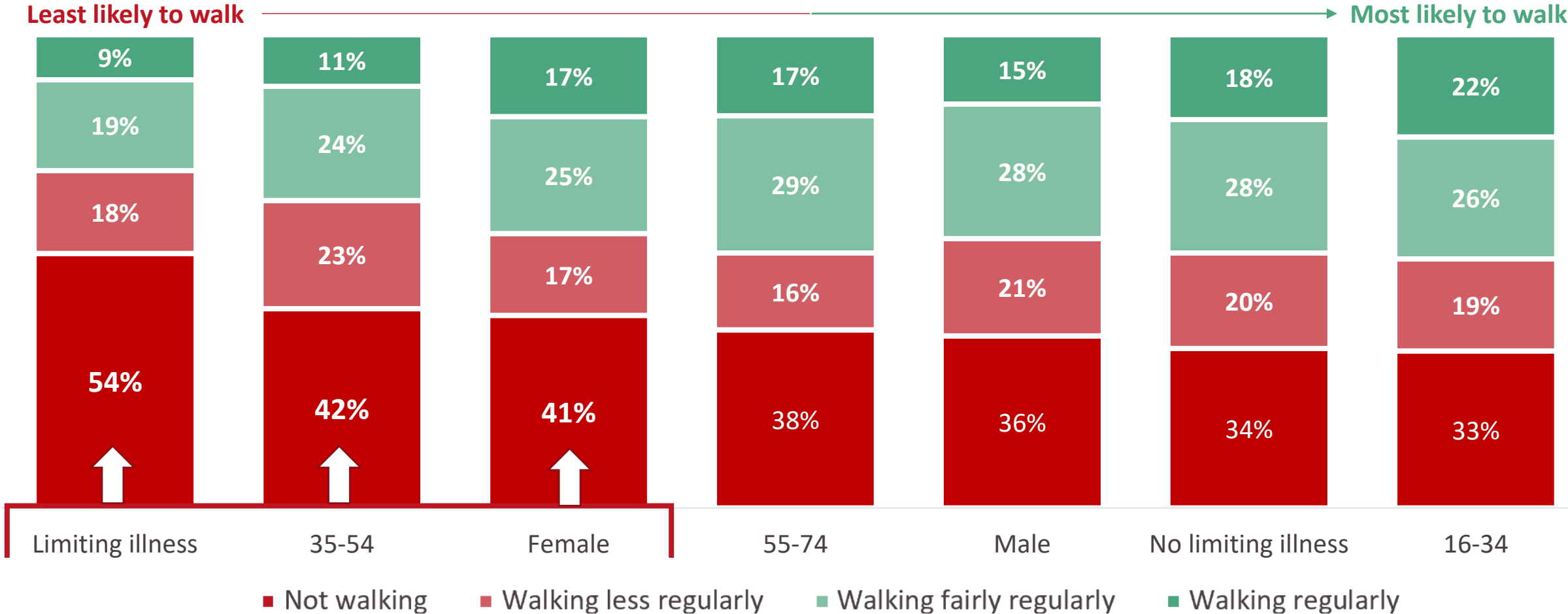
Spotlight on lower socio-economic communities

NS SeC 6-8



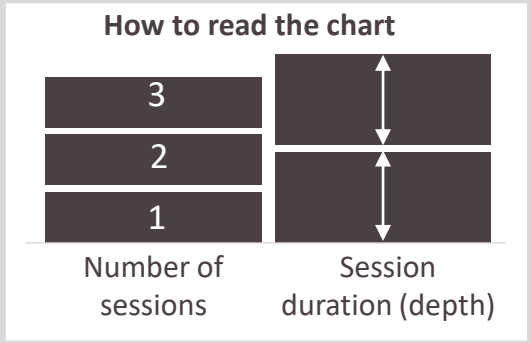
People with a limiting illness, aged 35-54 and females have higher levels of non walkers

Lower socio-economic communities by second demographic

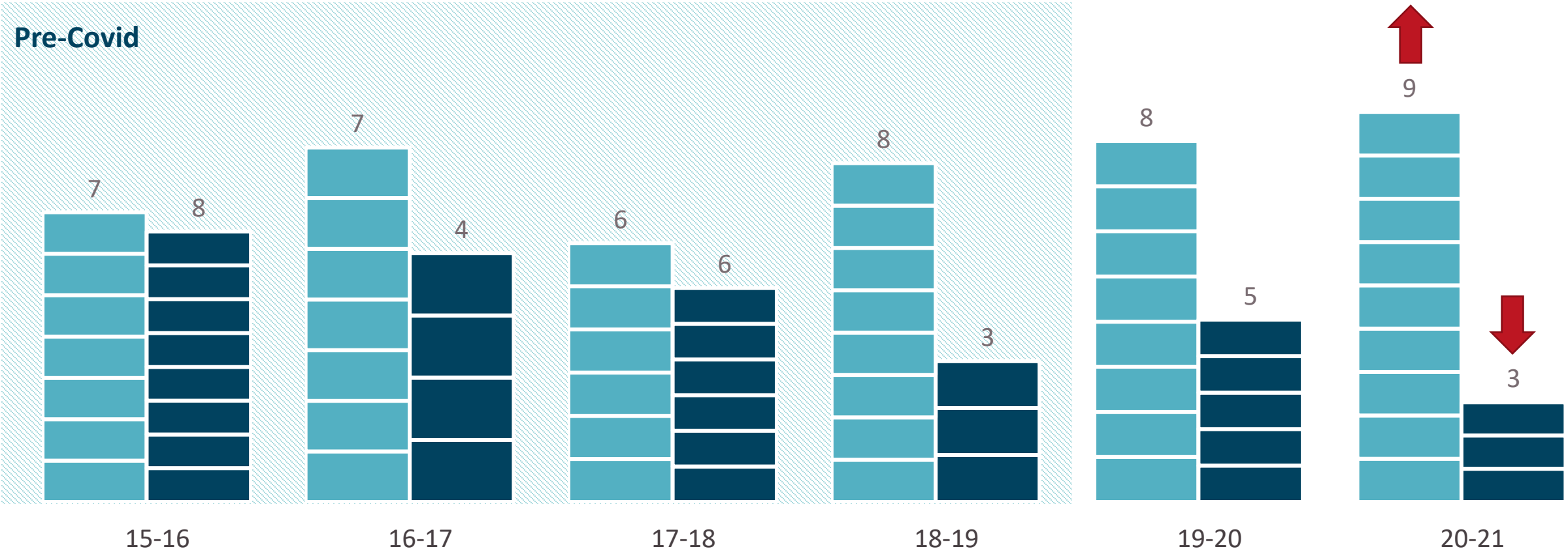


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening

There has been a steady increase in the time spent **walking for leisure** within lower socio economic groups. **Walking for travel** has been declining and is now at an all time low



NS SeC 6-8



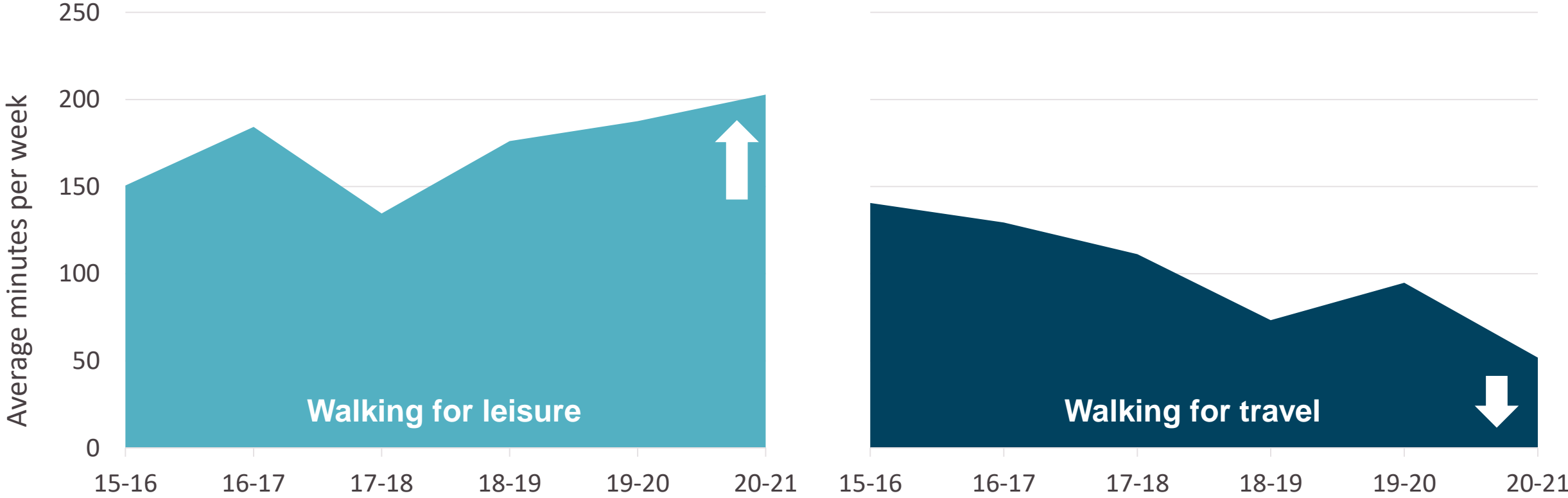
Walking for leisure Walking for travel



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

Walking for leisure minutes within lower socio-economic communities has continued to rise, whilst walking for travel is at an all time low

NS SeC 6-8



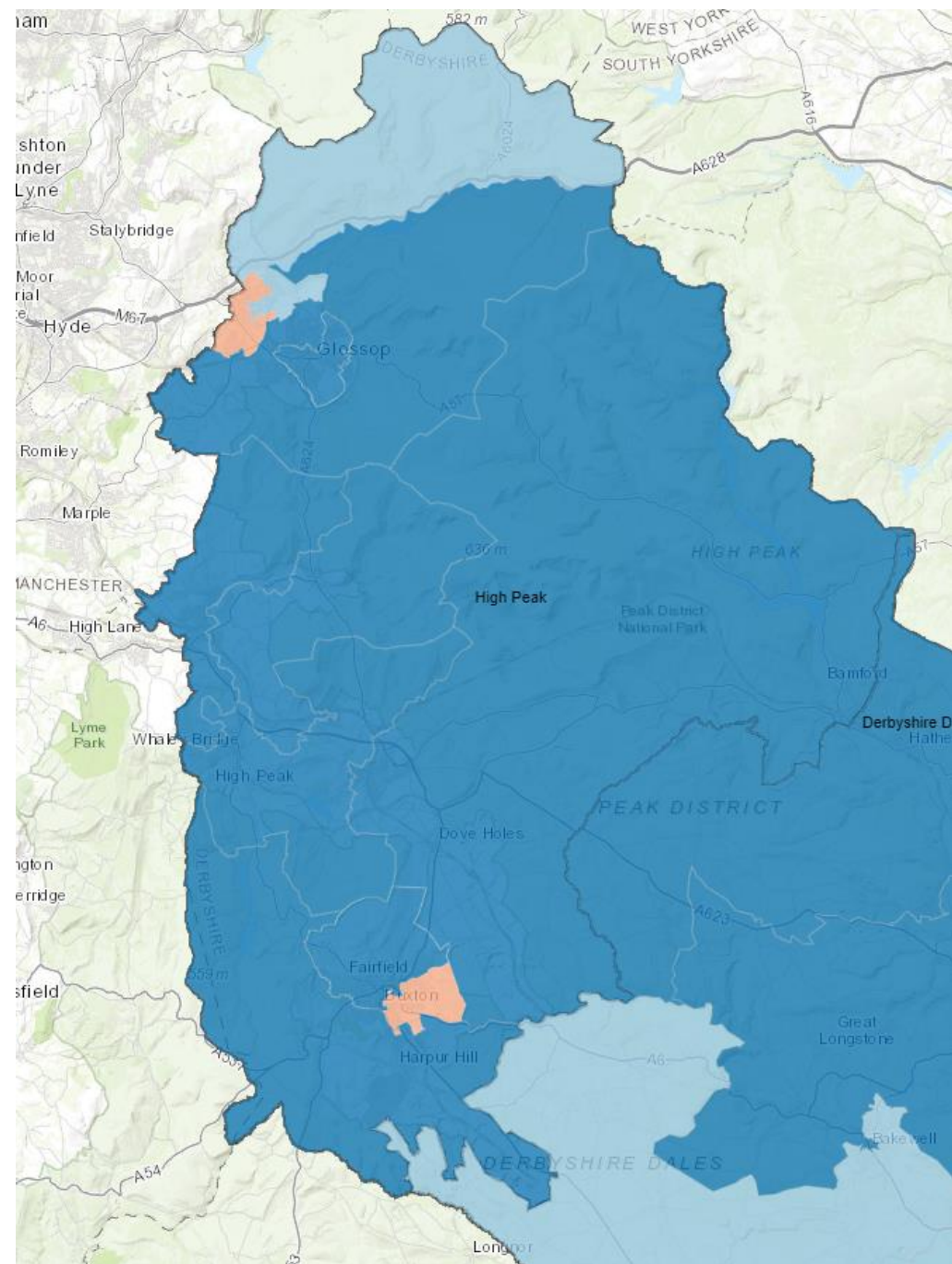
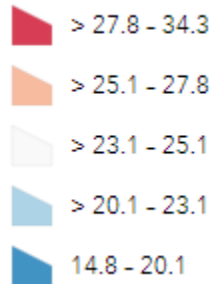
Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



High Peak: Inactivity by MSOA

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

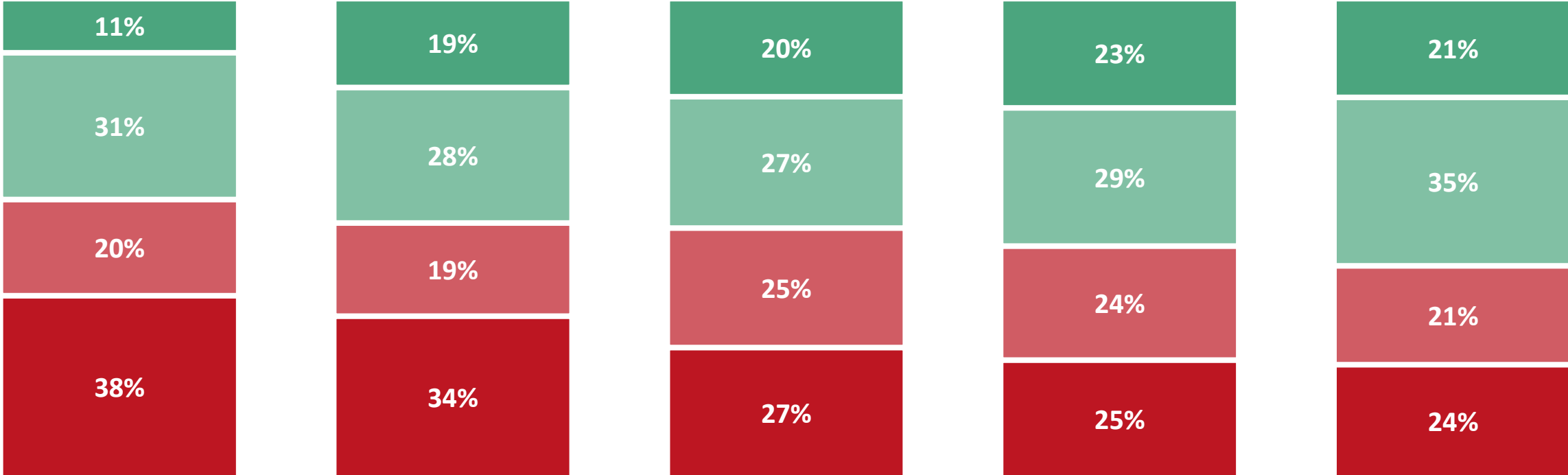
Inactive_PC_Year4_Nov18_19



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

1. Rural Residents

6. Suburbanites

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

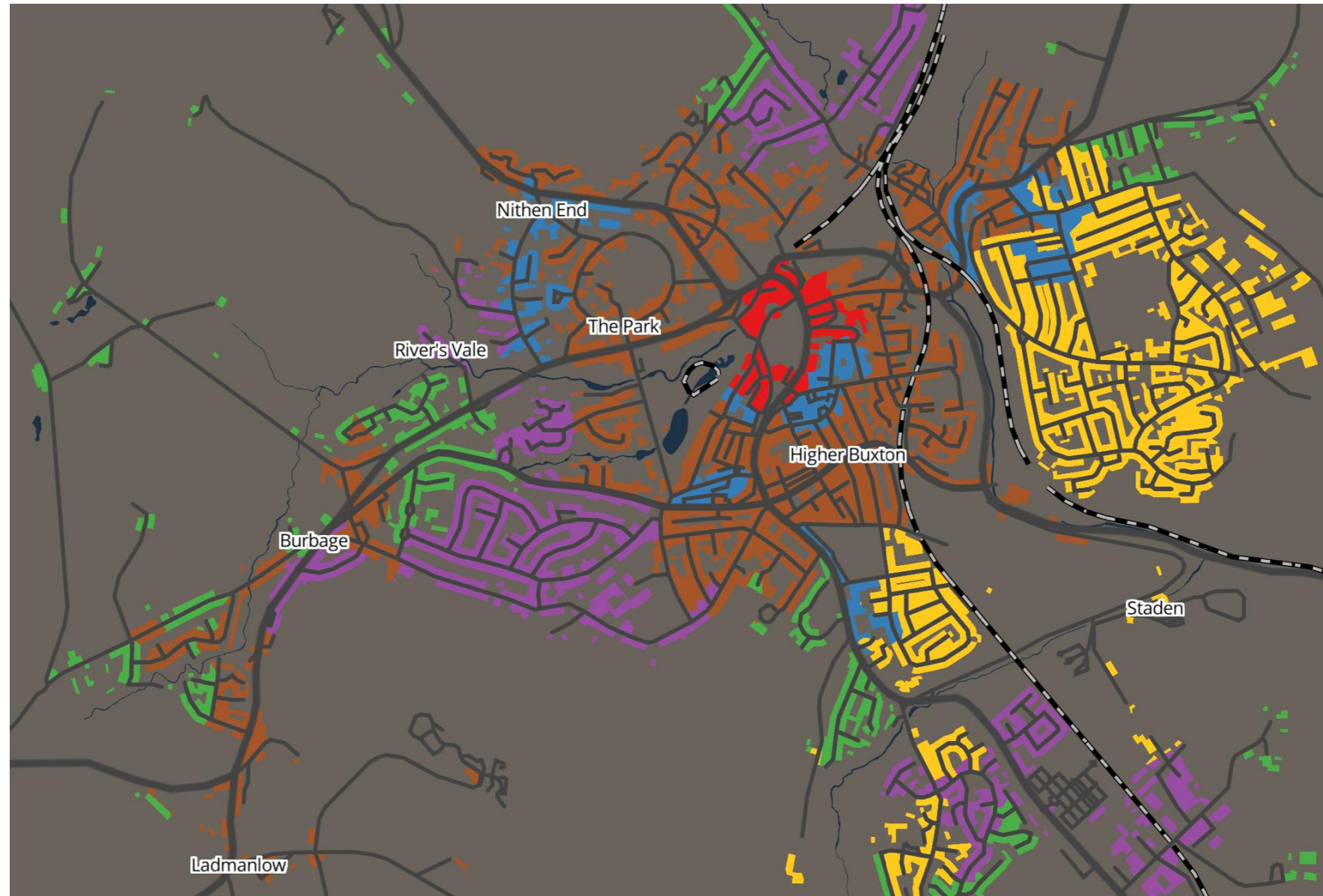
Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined, excluding gardening



ONS: Area Classification of Output Areas 2011

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

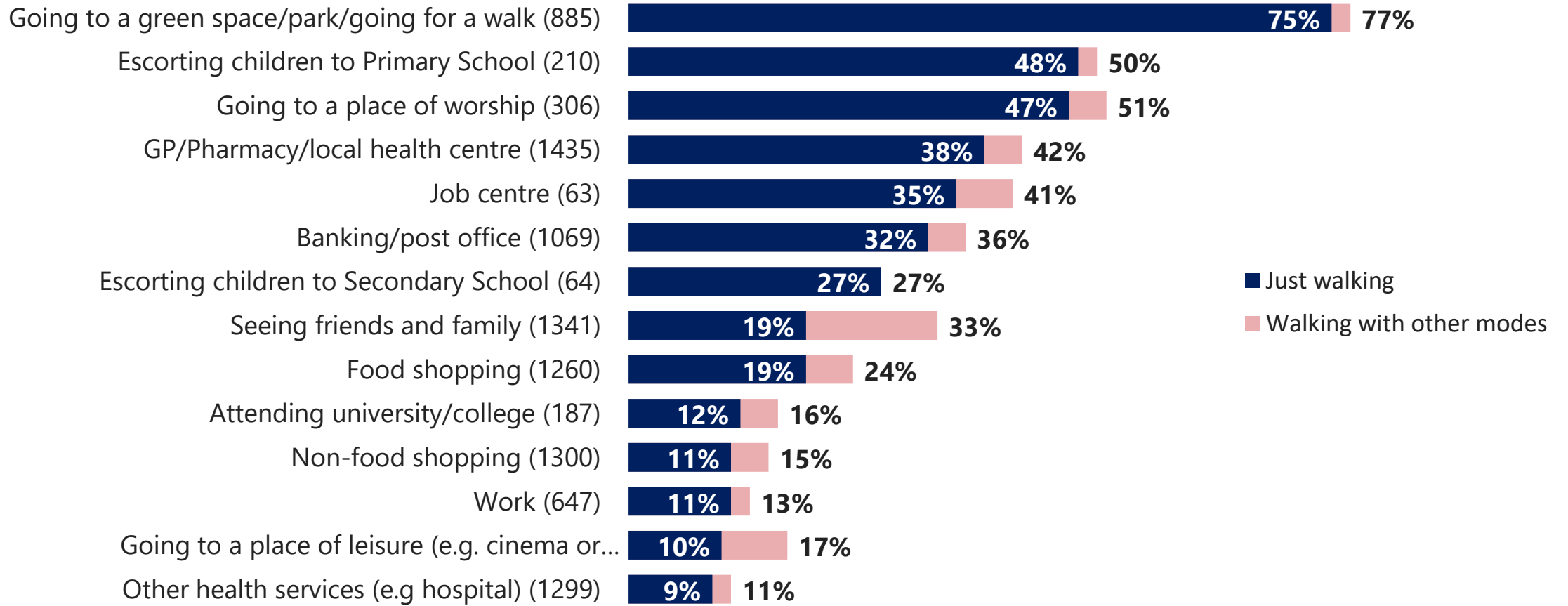
- Rural Residents
- Cosmopolitans
- Ethnicity Central
- Multicultural Metropolitans
- Urbanites
- Suburbanites
- Constrained City Dwellers
- Hard-Pressed Living





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.

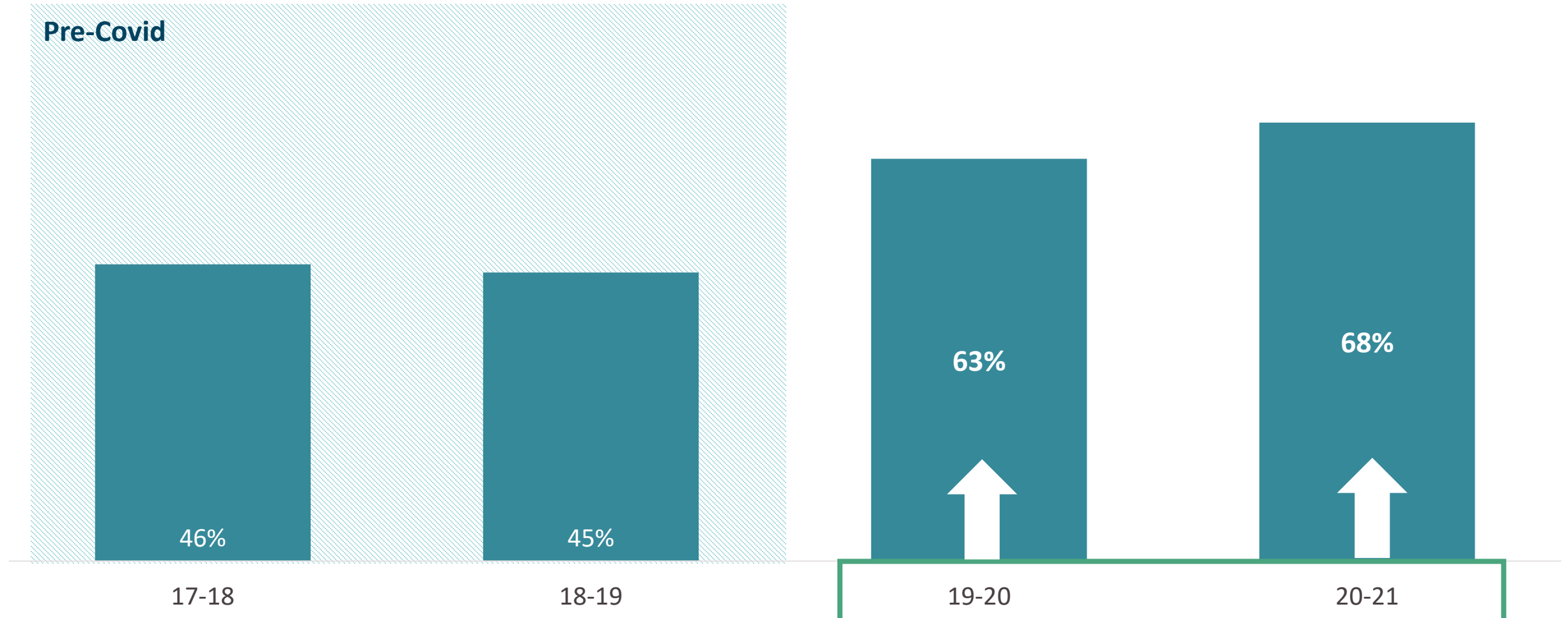




Children and young people: Derbyshire CC



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



- Inactivity levels have been stable though there is a slightly smaller proportion of people that are active since the pandemic
- Almost half the people in High Peak are 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 even before the pandemic but is starting to creep up
- People from High Peak walk more than most other LAs in Derbyshire but over a quarter of adults still do no walking
- People in lower socio-economic communities or with a limiting illness are least likely to walk – 48% of NS SeC 6-8 do not walk
- Compared to other ethnicities, Black and Asian communities in Derbyshire are least likely to walk
- Walking rates are lower for people who are unemployed
- Higher levels of deprivation are associated with lower levels of walking
- Constrained city dwellers are least likely to walk
- Within the lower socio economic group:
 - NS SeC 8 are least likely to walk regularly
 - People with a limiting illness, aged 35-54 and females have higher levels of non walkers
 - Walking for leisure minutes within lower socio-economic communities has continued to rise, whilst 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

