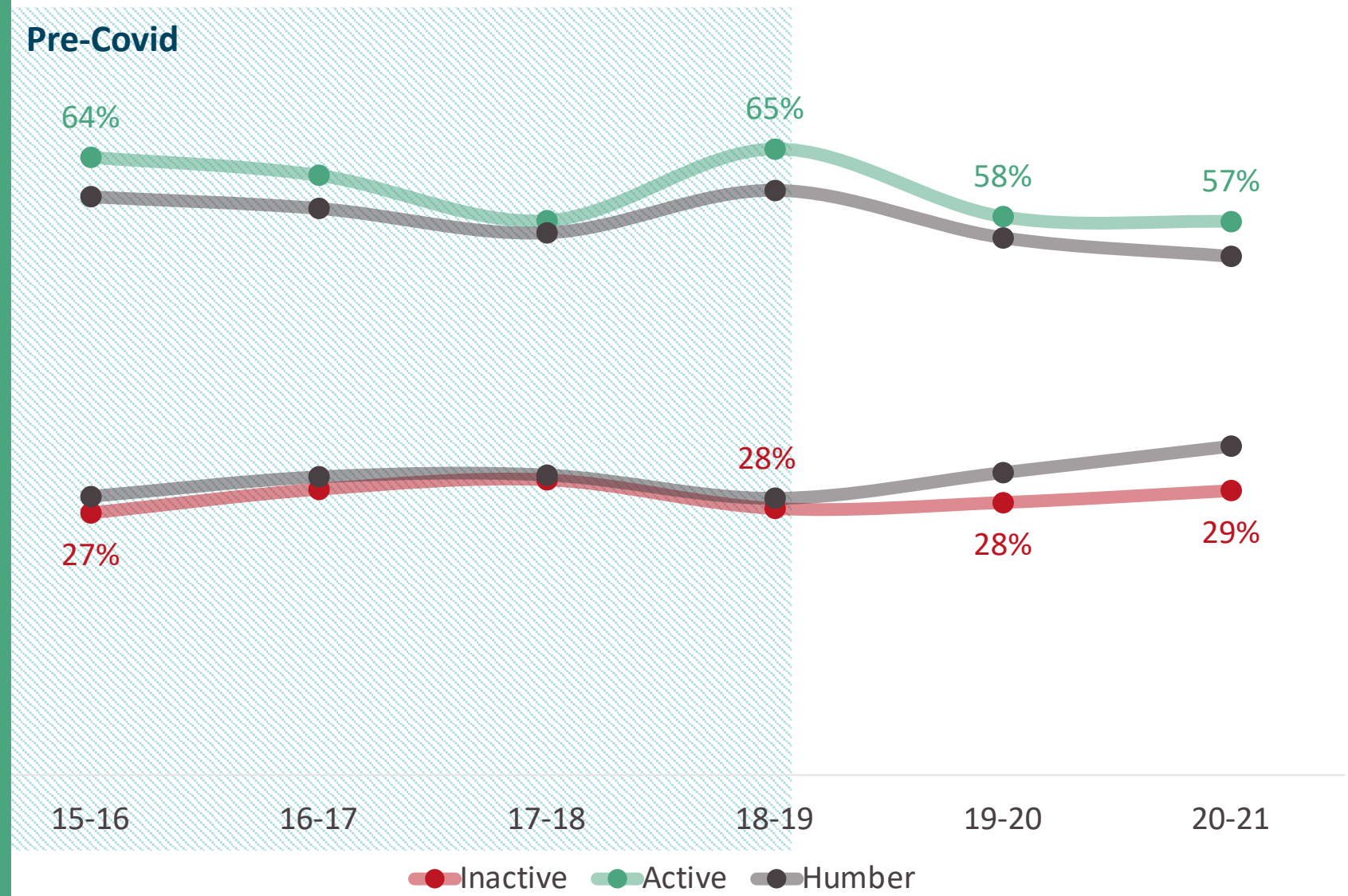


An insight into walking

Active Lives survey 20-21

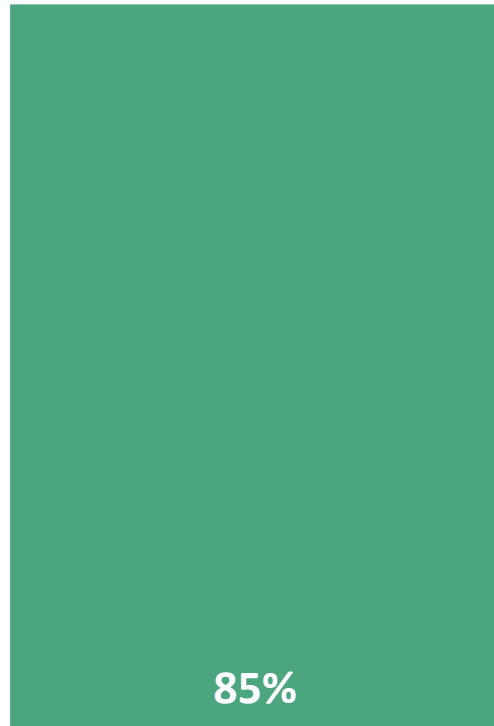


Active levels are worse than in 2015-16

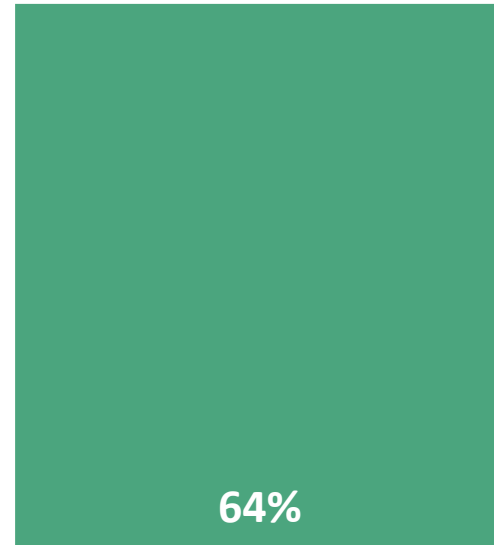


Alternative ways of measuring walking

Any walking
In the last 12 months



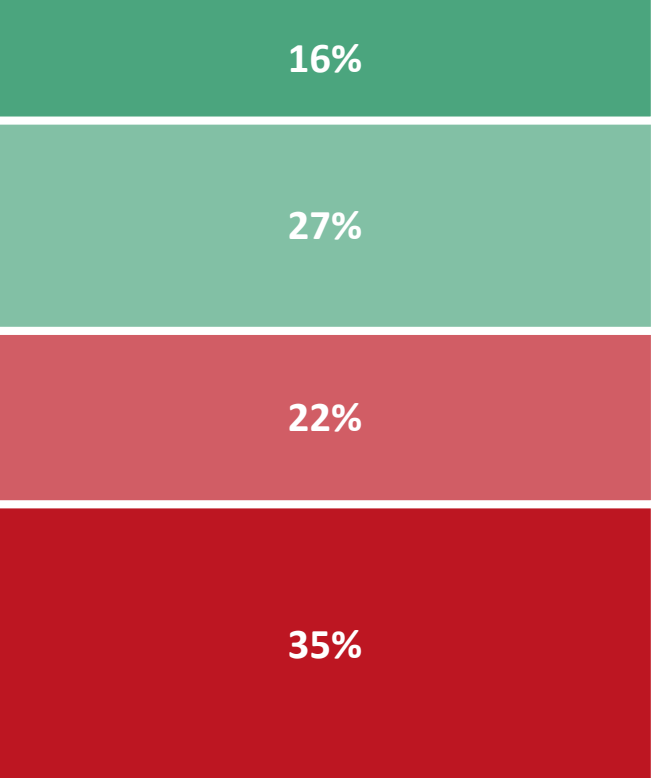
Two sessions of moderate activity for at least 10 minutes in the last 28 days



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



How we measure walking

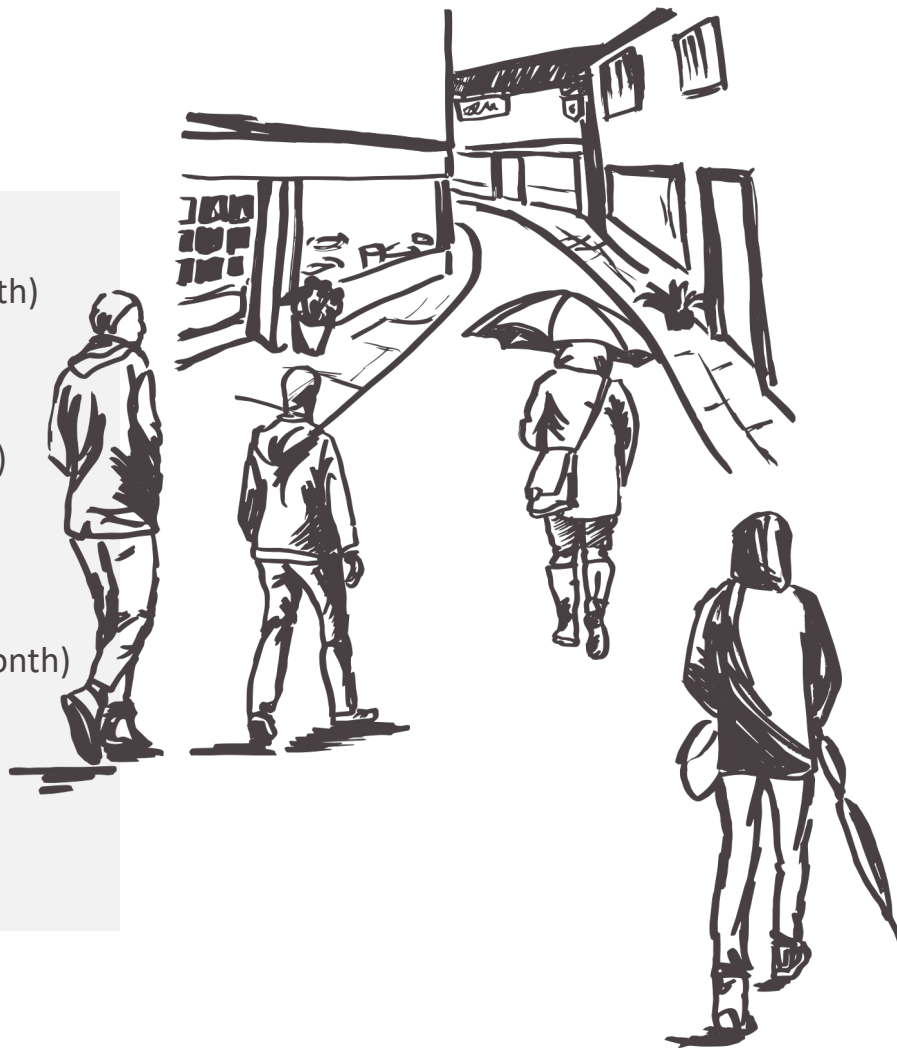


Walking regularly
7 or more sessions per week (28 sessions per month)

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



Data is for: East Riding

Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Number of sessions walking per week

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

87%
of those
that don't
walk are
inactive

Not walking

7%

Walking less
regularly

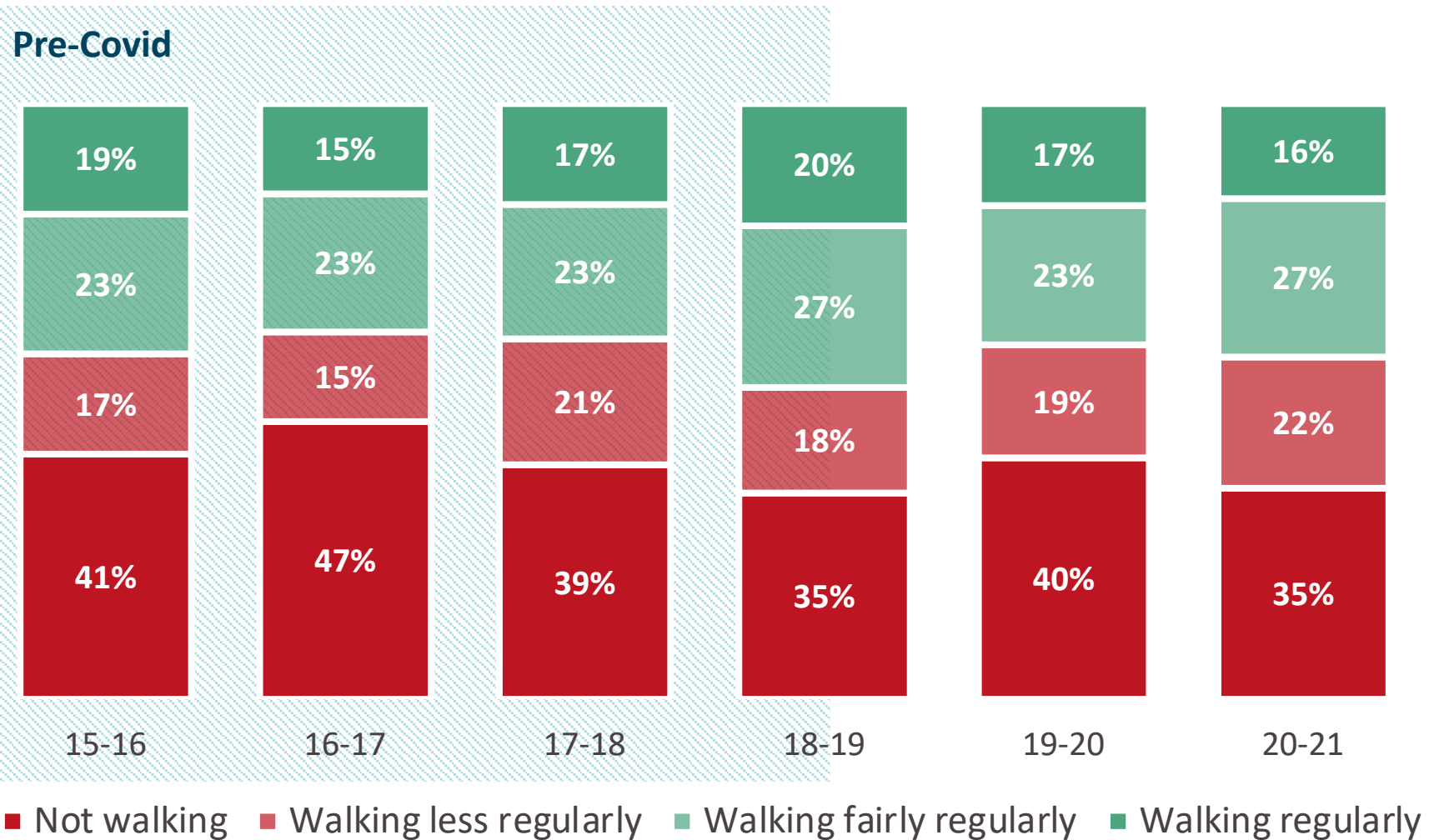
5%

Walking fairly
regularly

1%

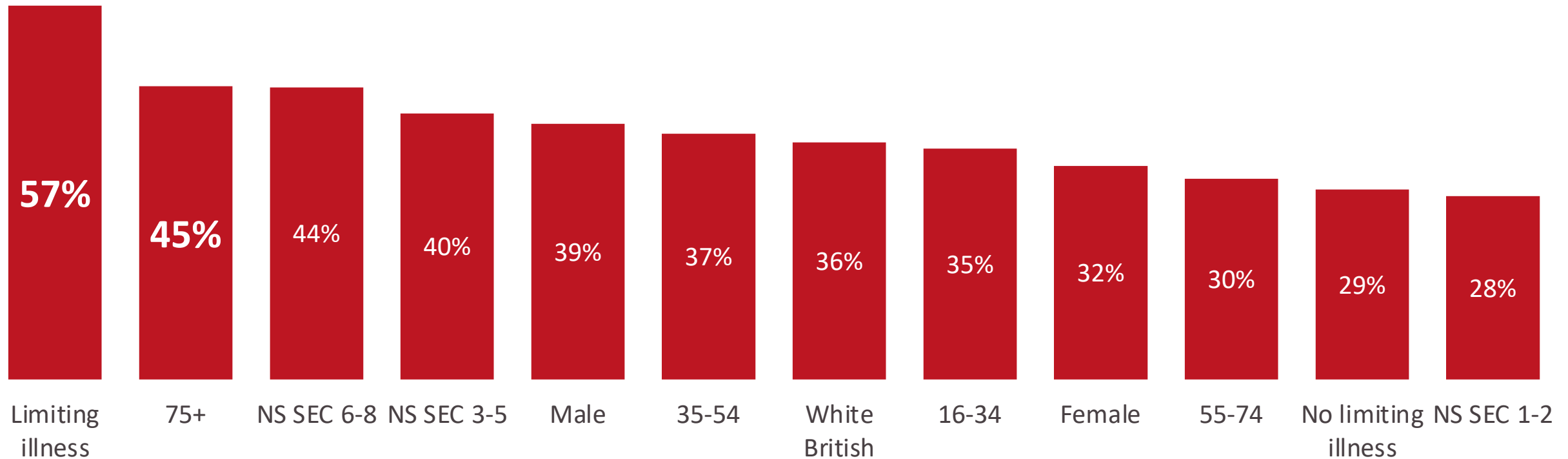
Walking regularly

The proportion of those **not walking** remains high



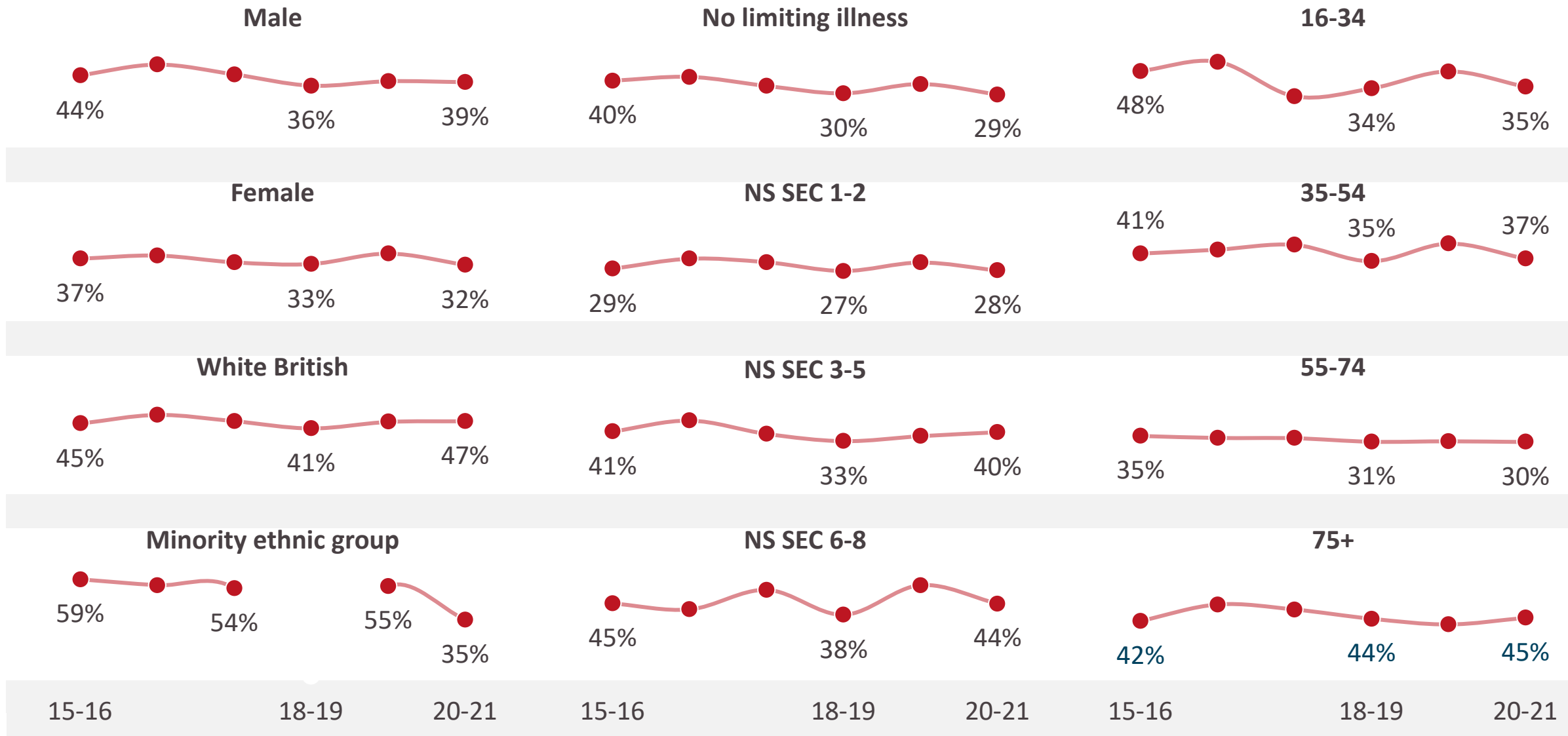
Adults with a limiting illness or aged 75+ are least likely to walk

Least likely to walk  Most likely to walk

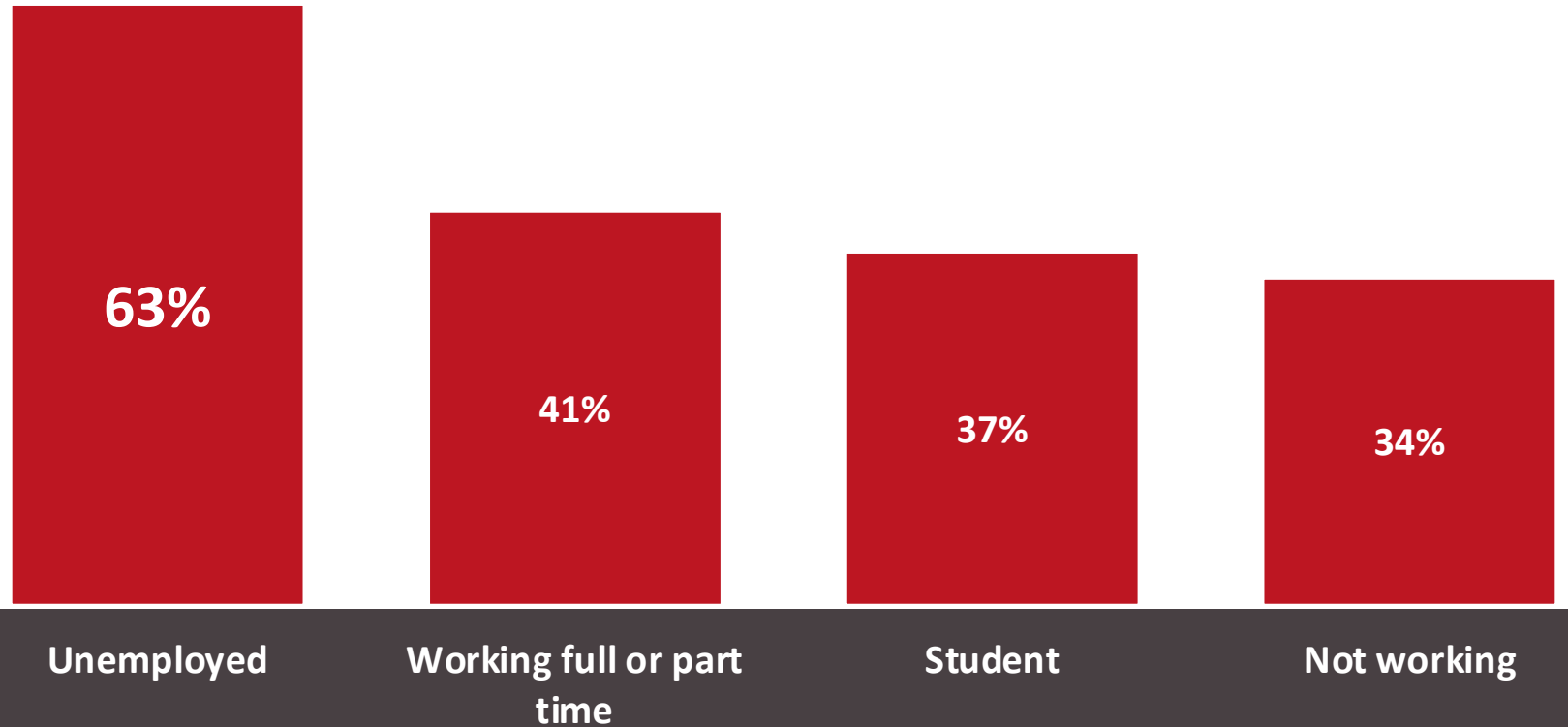


Walking rates are worse within lower socio-economic groups

Not walking – 0 sessions per week



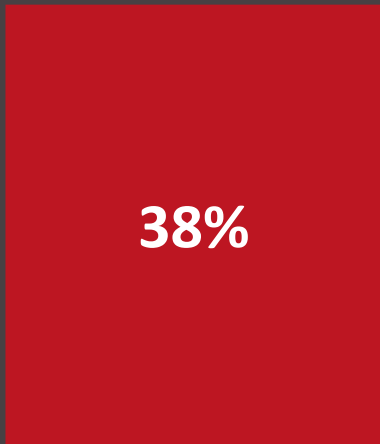
Unemployed adults less likely to walk





Adults in more
deprived areas are
less likely to walk

Not walking



38%

Least deprived quartile



39%

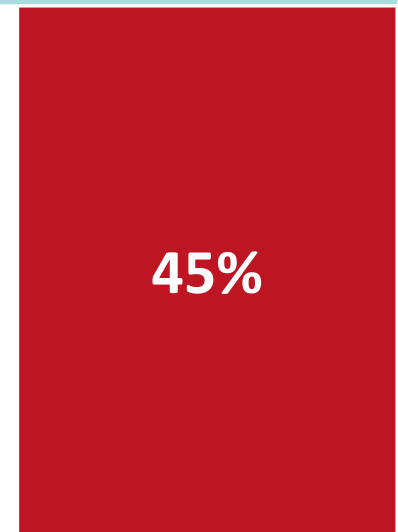
Second least deprived
quartile

Least deprived



42%

Second most deprived
quartile



45%

Most deprived quartile

Most deprived

Constrained city dwellers are least likely to walk

Least likely to walk  Most likely to walk



Pre-Covid

Minutes spent walking



The total time adults spent **walking*** was disrupted by the pandemic but is now showing signs of recovery

*All walking

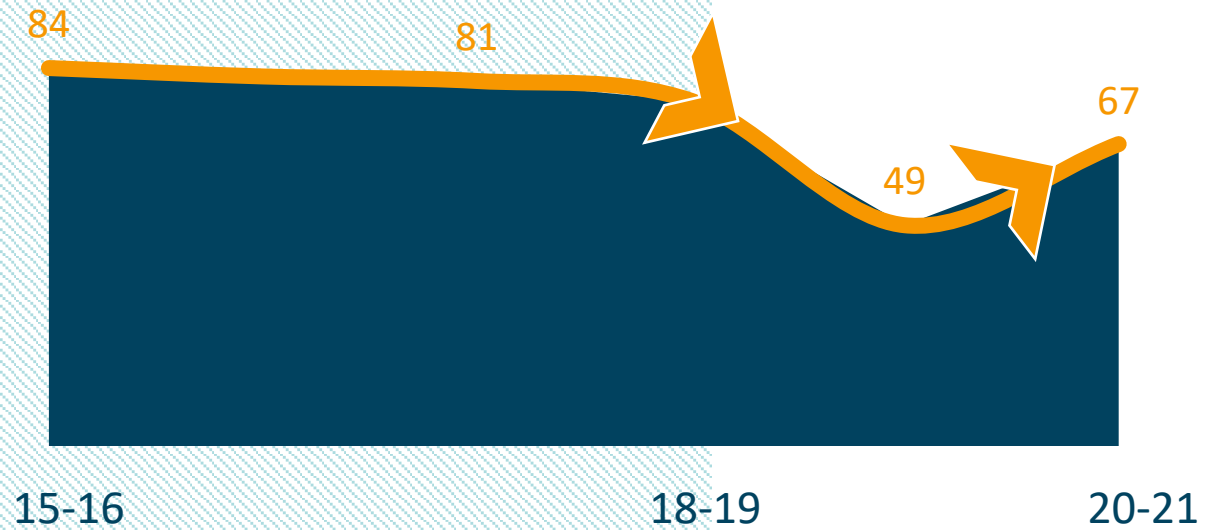
All walking includes **walking for travel** and **walking for leisure**



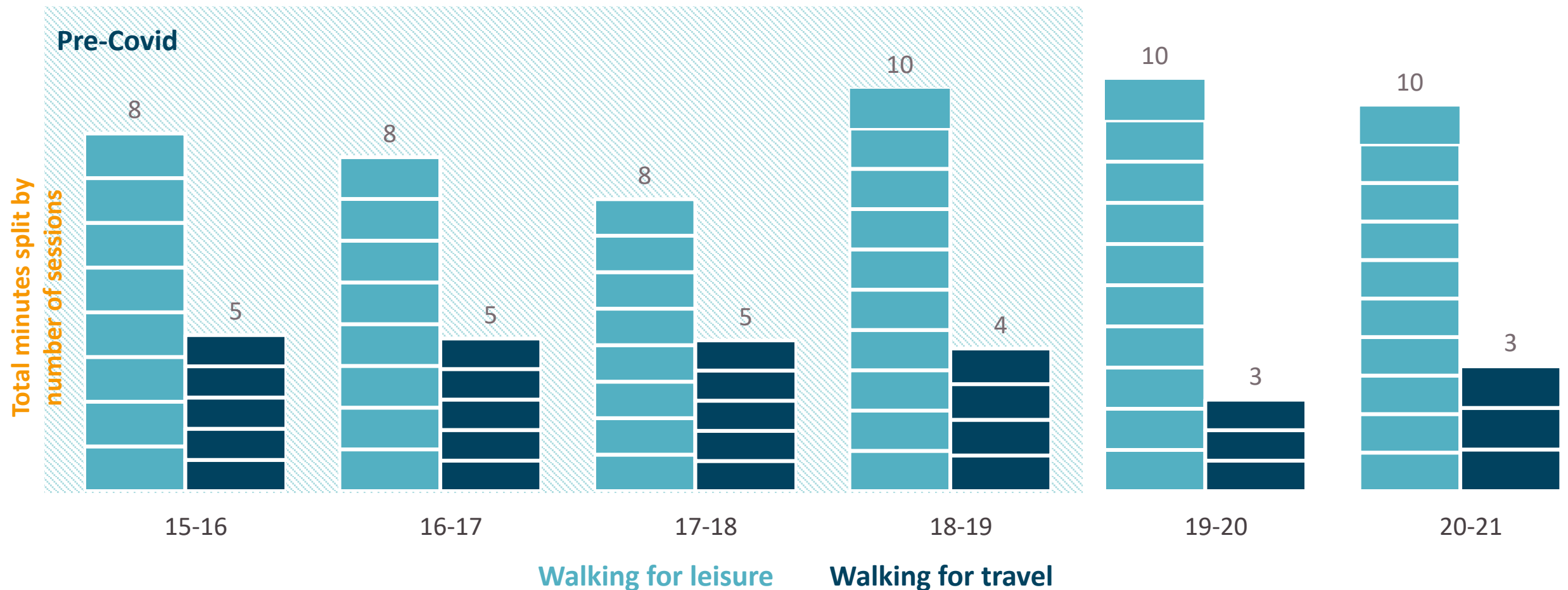
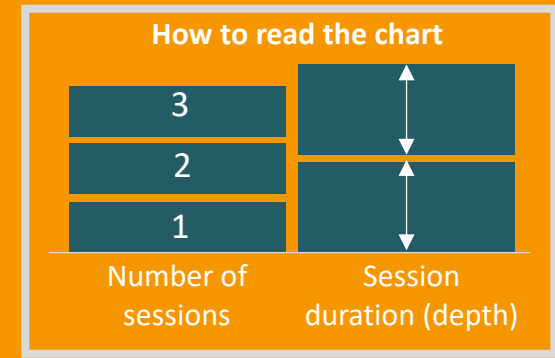
Pre-Covid



The pandemic negatively affected the amount of time people spent **walking for travel**. It is now showing signs of recovery.



We can see walking habits have changed when we split walking into walking for leisure and walking for travel



Data is for: East Riding

Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Average number of minutes and sessions walking for leisure or travel per week

Children and young people



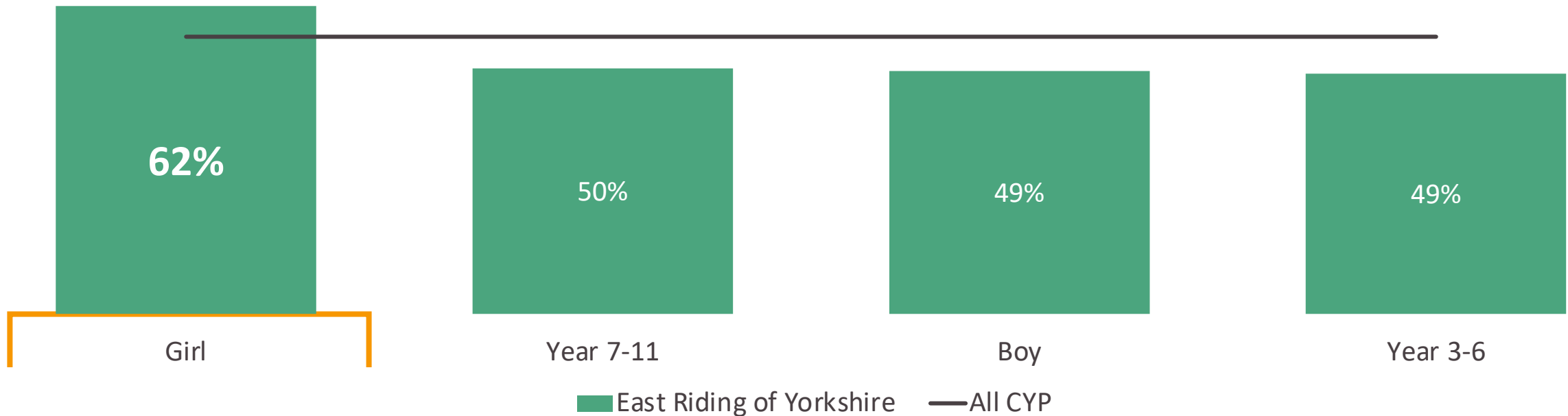
Walking rates improved for all 5-16 year olds, despite the pandemic



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

Girls have the highest walking rates (when the data is combined)

Primary school age children (years 3-6) are the lowest



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