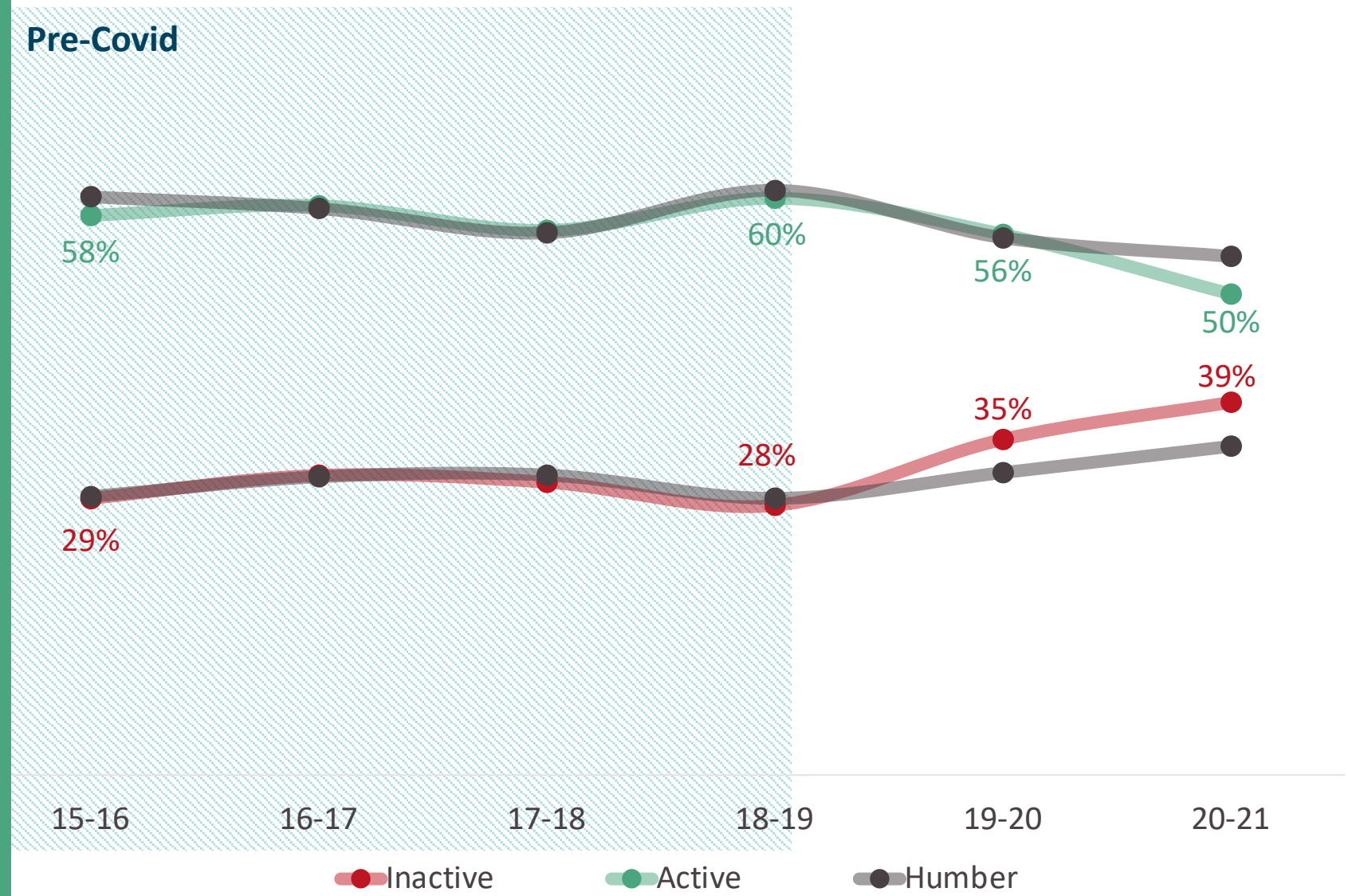


An insight into walking

Active Lives survey 20-21

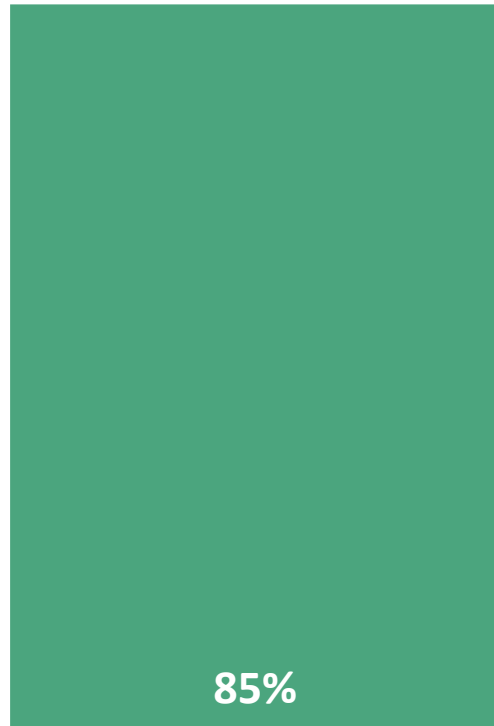


Active levels are worse than in 2015-16

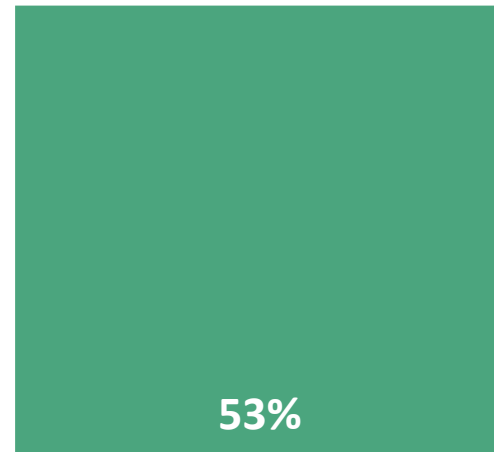


Alternative ways of measuring walking

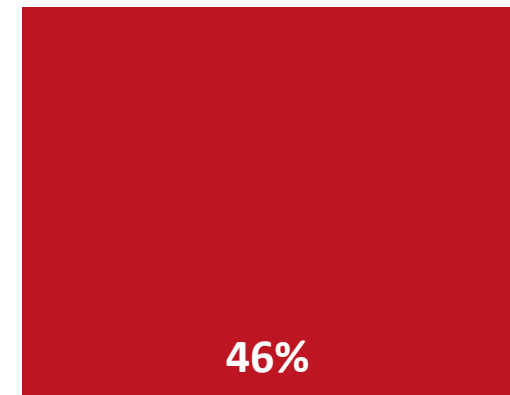
Any walking
In the last 12 months



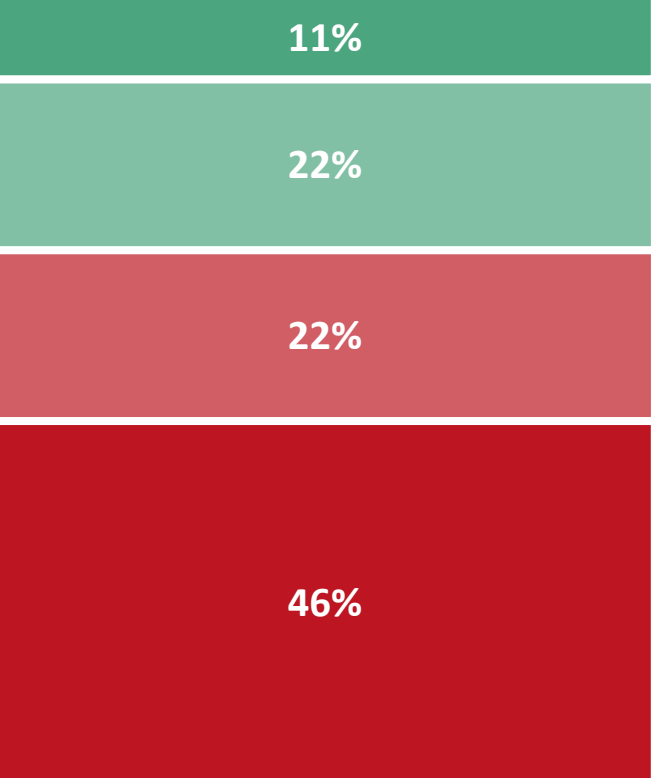
Two sessions of moderate activity for at least 10 minutes in the last 28 days



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

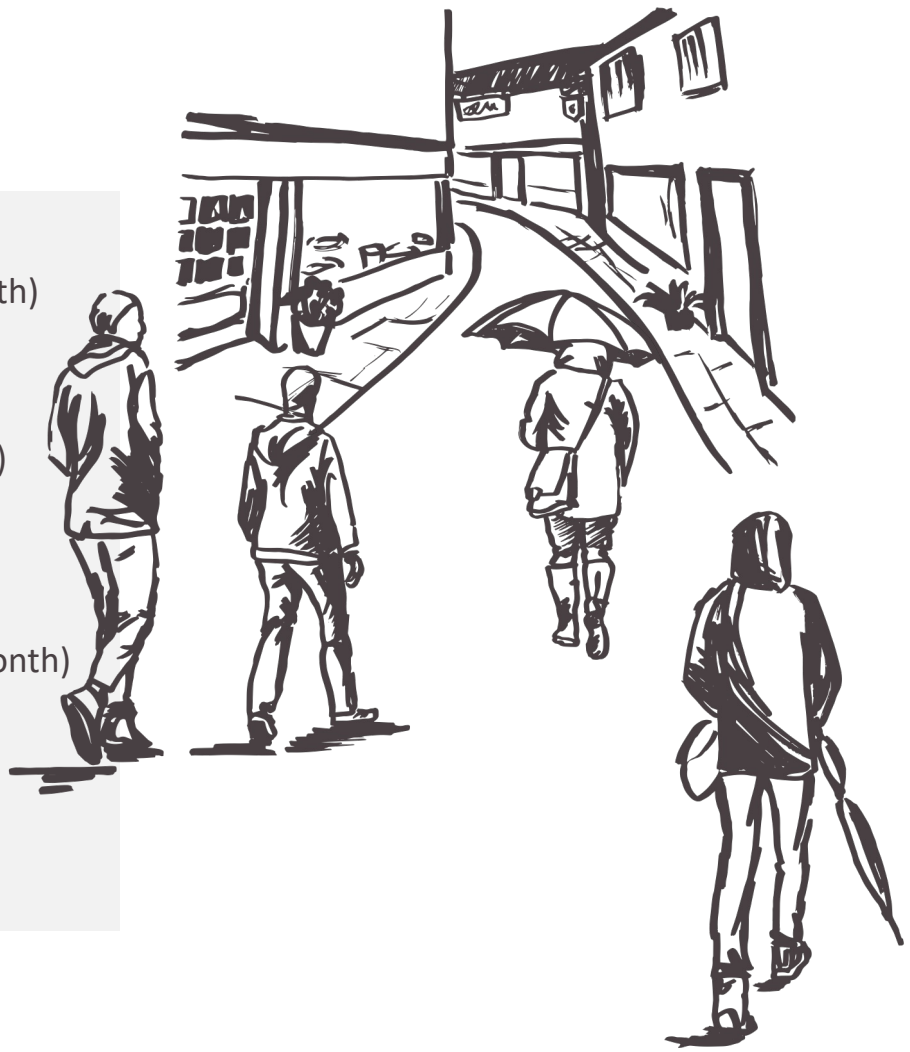
Between 2 and 6 sessions per week (8-27 sessions)

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: Hull

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

93%
of those
that don't
walk are
inactive

Not walking

1%

Walking less
regularly

3%

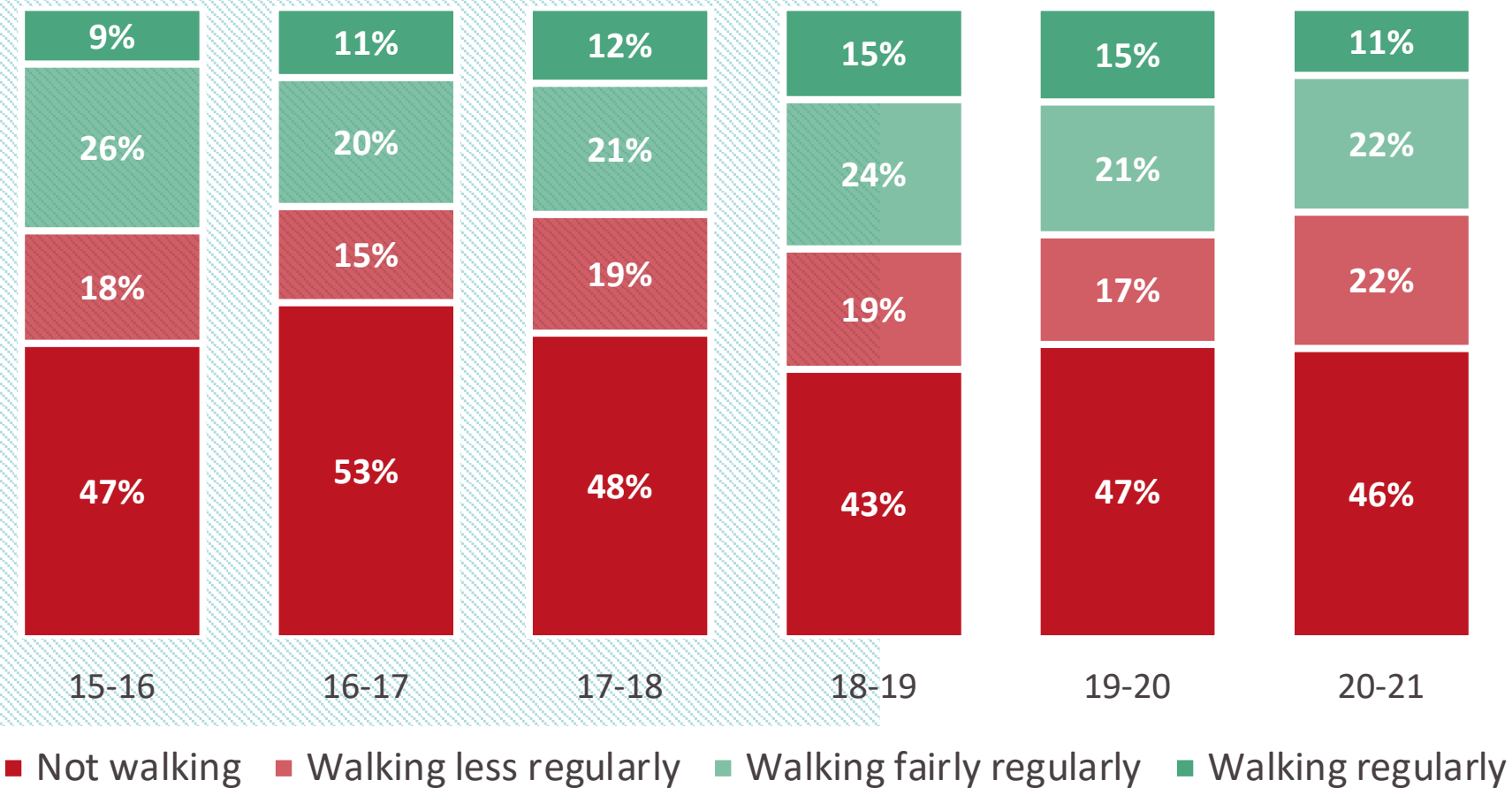
Walking fairly
regularly

3%

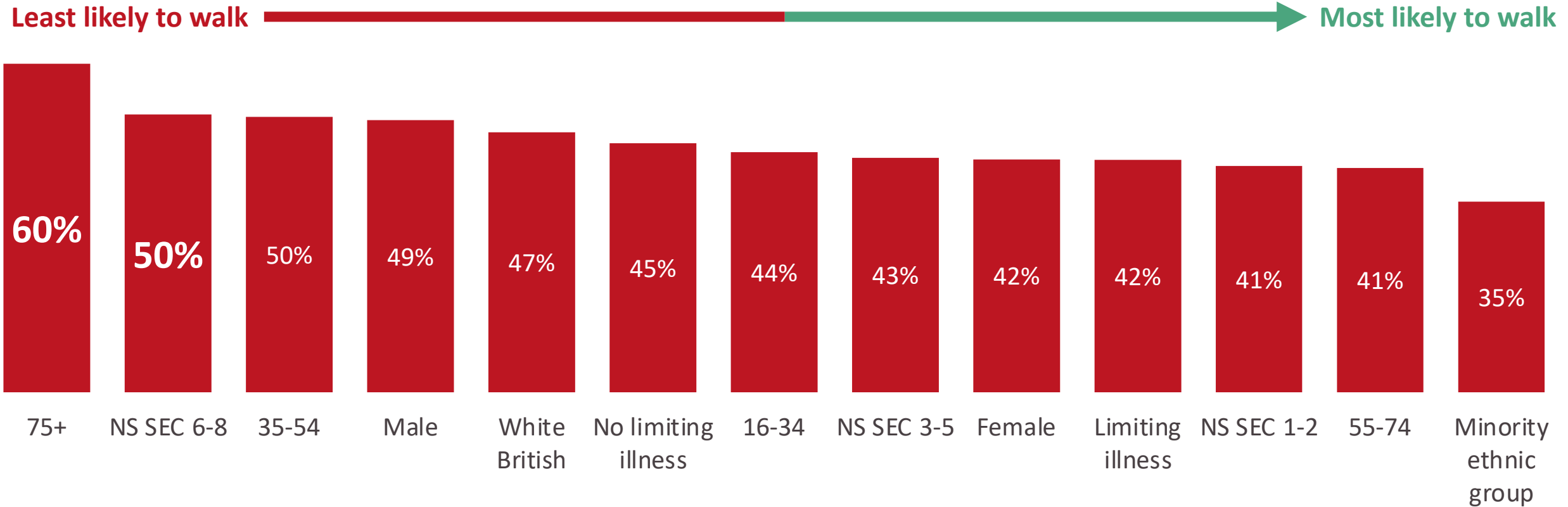
Walking regularly

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

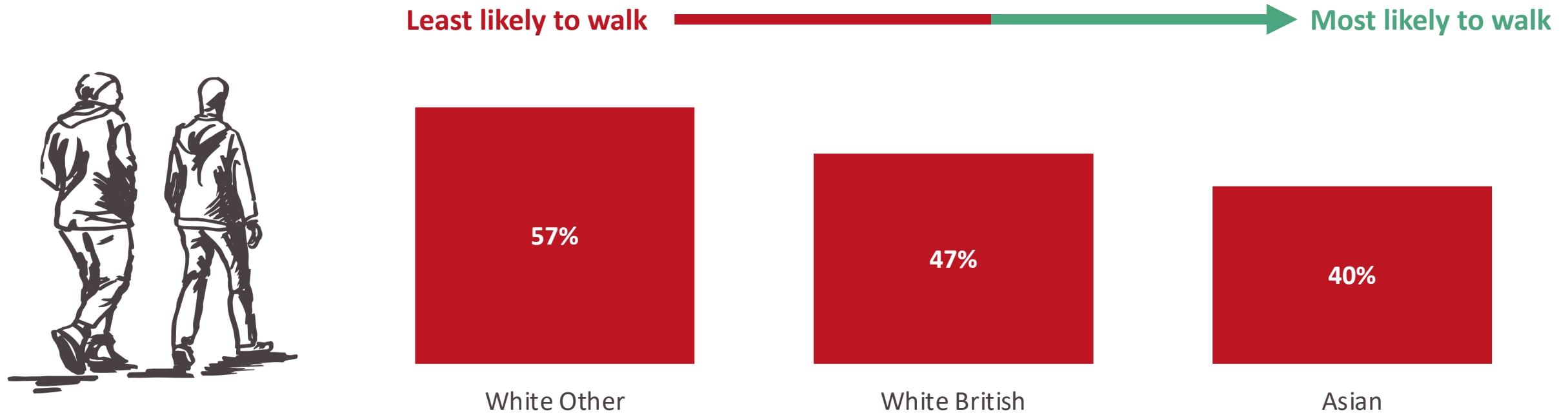
Pre-Covid



Adults in lower socio-economic communities or aged 75+ are least likely to walk

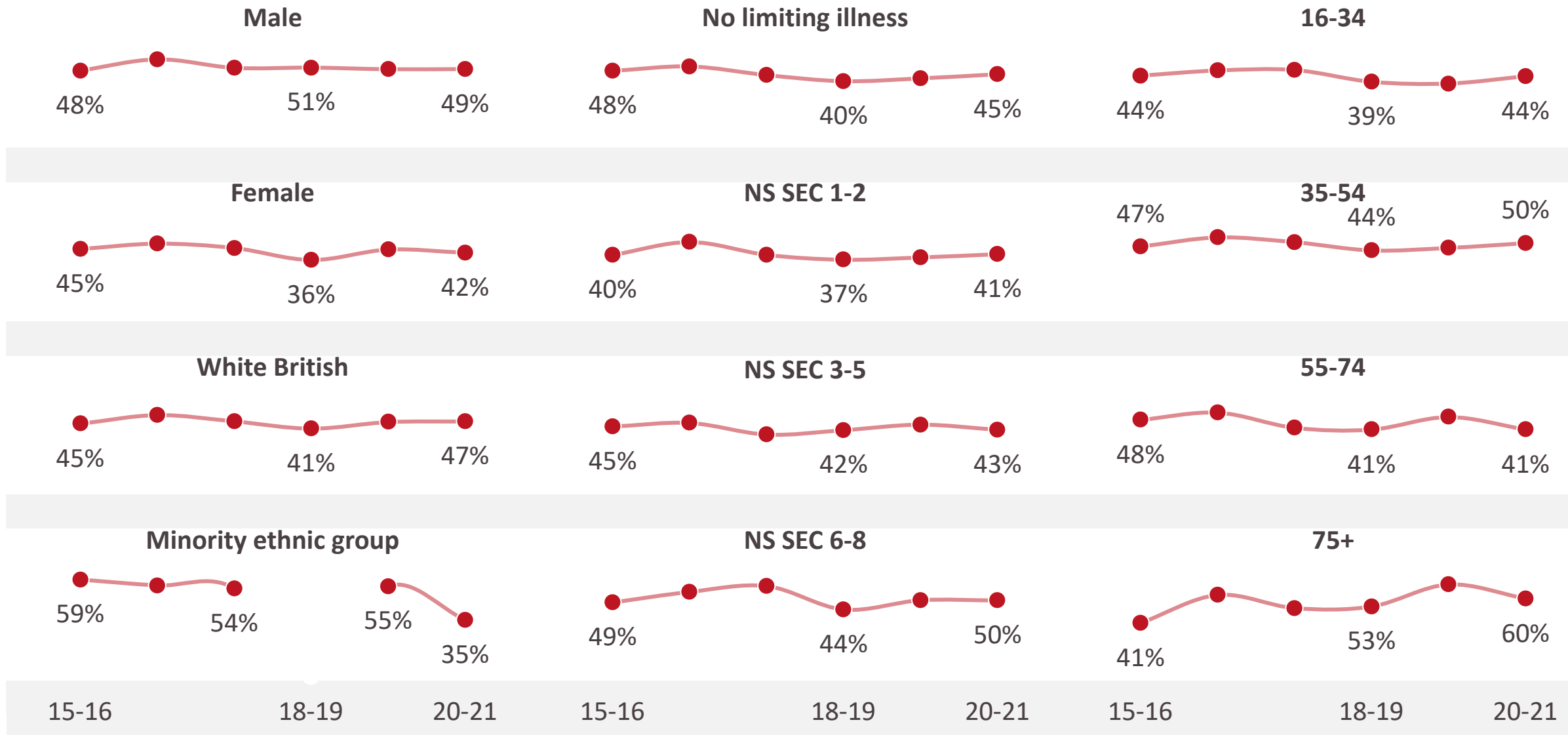


By ethnic group, our White Other communities are least likely to walk

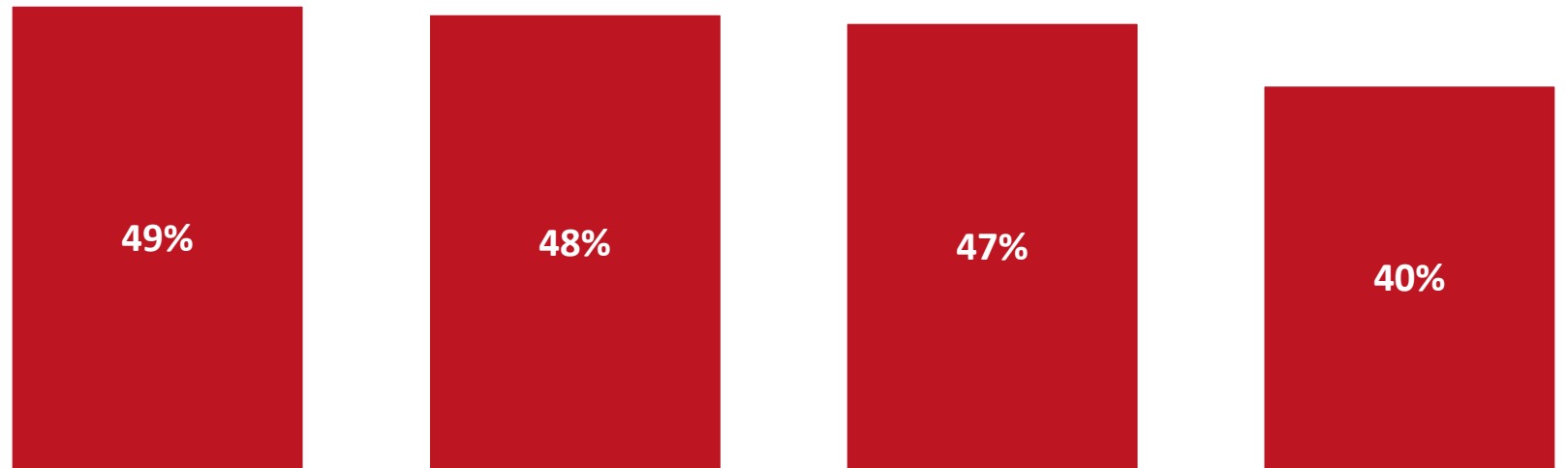
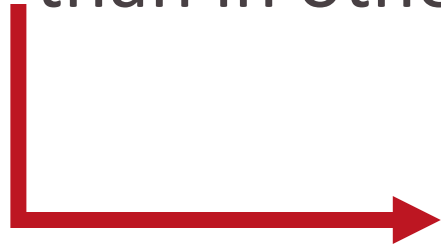


Walking rates are worse within lower socio-economic groups

Not walking – 0 sessions per week



**Unemployed
adults less likely
to walk, this
inequality gap is
smaller than in other
areas**



Unemployed

Working full or part
time

Not working

Student



Adults in more deprived areas are less likely to walk

Not walking



Least deprived quartile



Second least deprived quartile

Least deprived



Second most deprived quartile

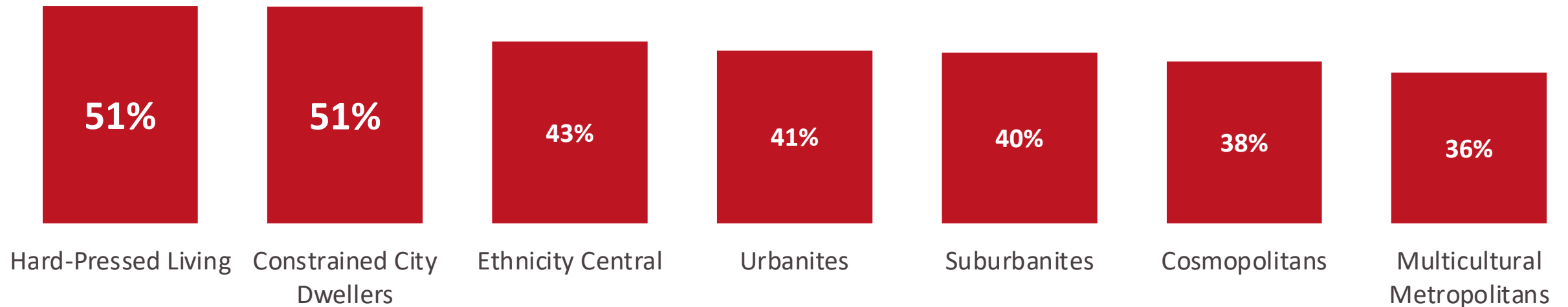


Most deprived quartile

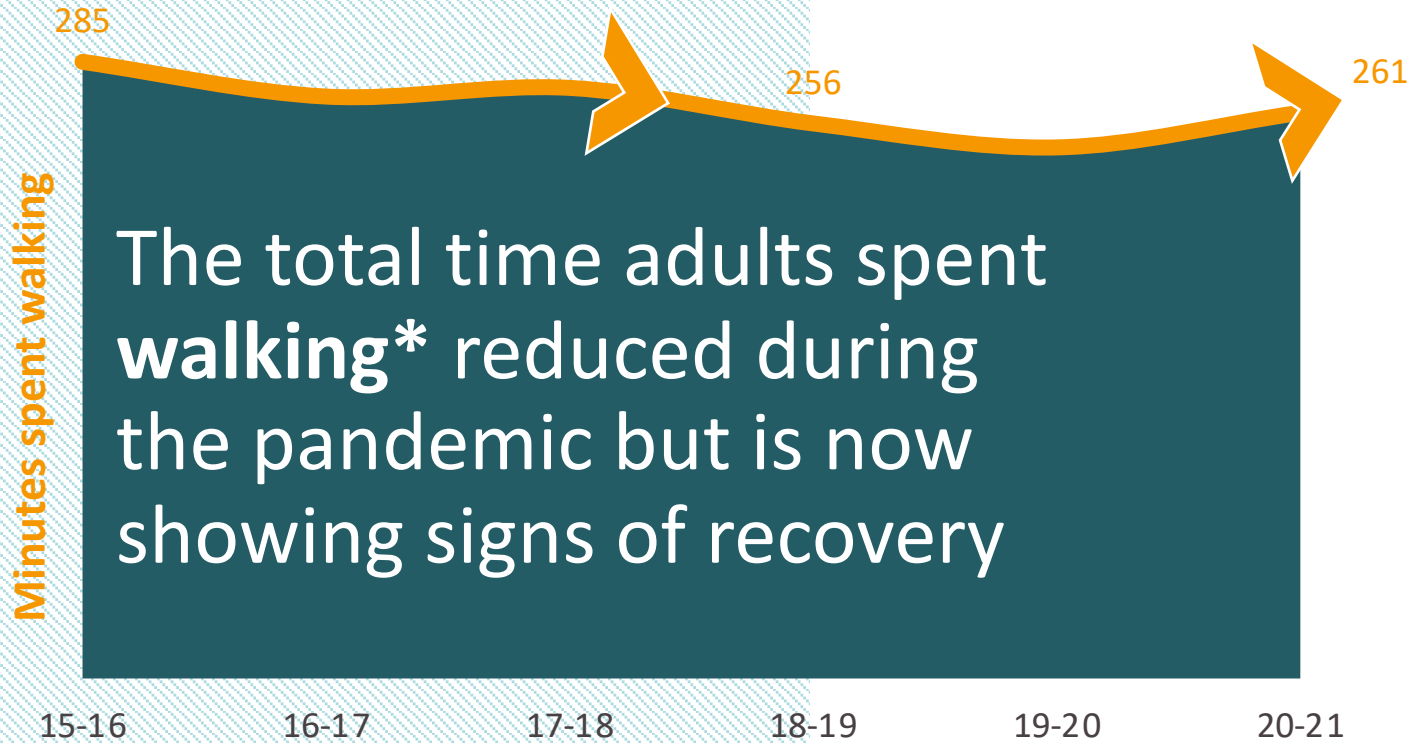
Most deprived

Adults in hard-pressed living and constrained city dweller communities are least likely to walk

Least likely to walk  Most likely to walk



Pre-Covid



*All walking

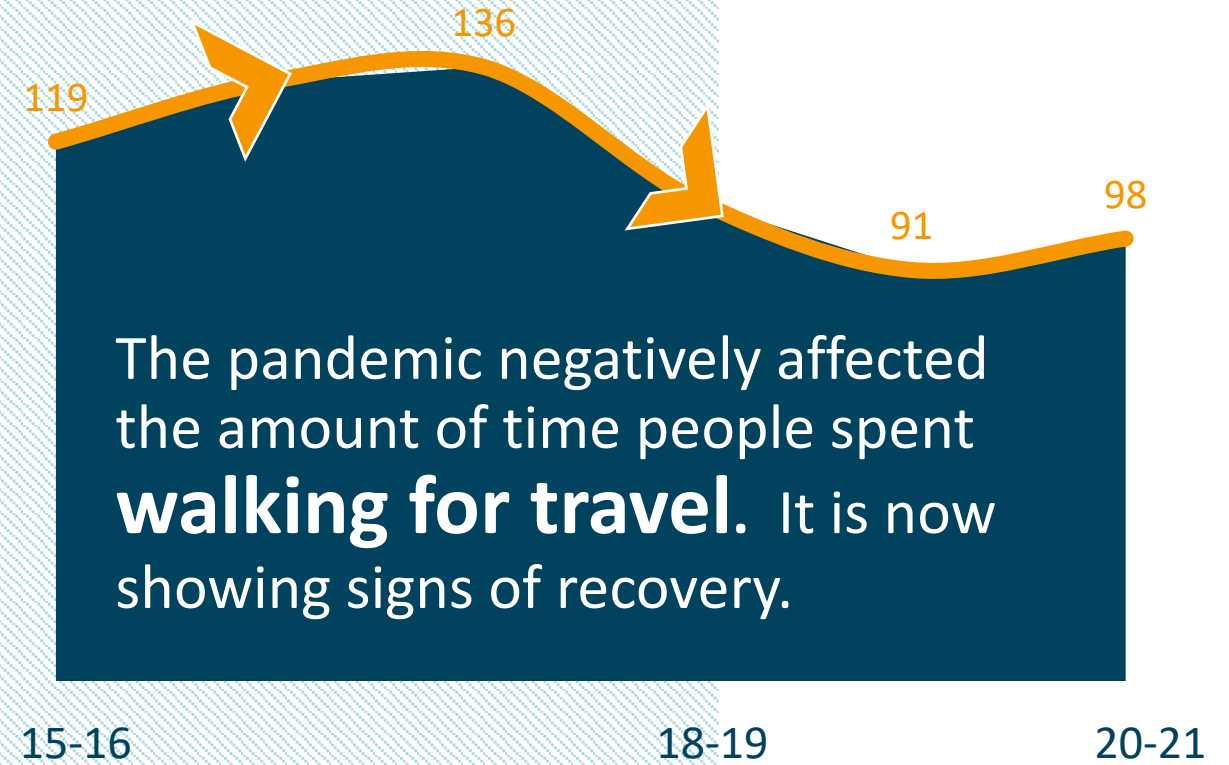
Data is for: Hull

All walking includes walking for travel and walking for leisure

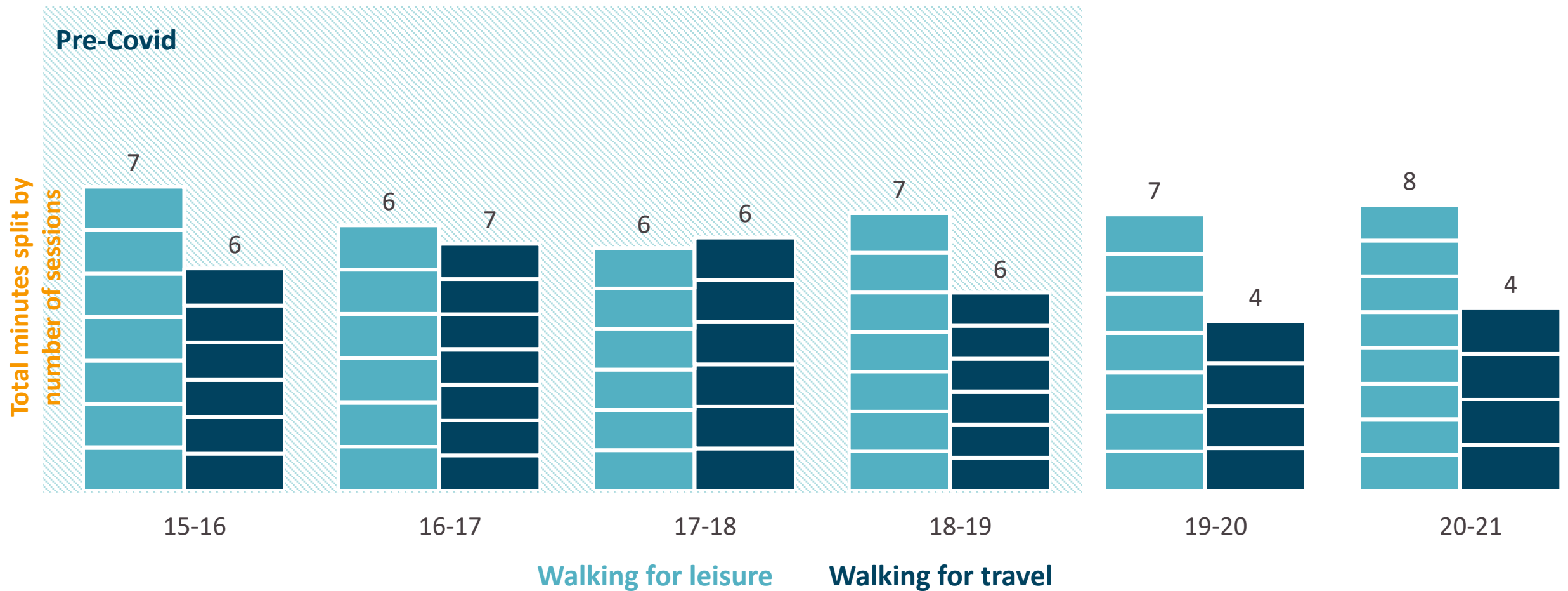
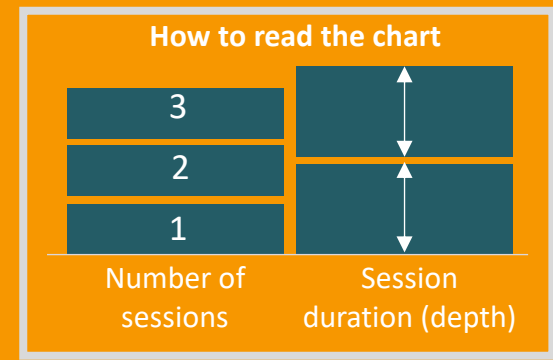


Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Average number of minutes walking per week

Pre-Covid



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



Data is for: Hull

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

Pre-Covid

49%

17-19

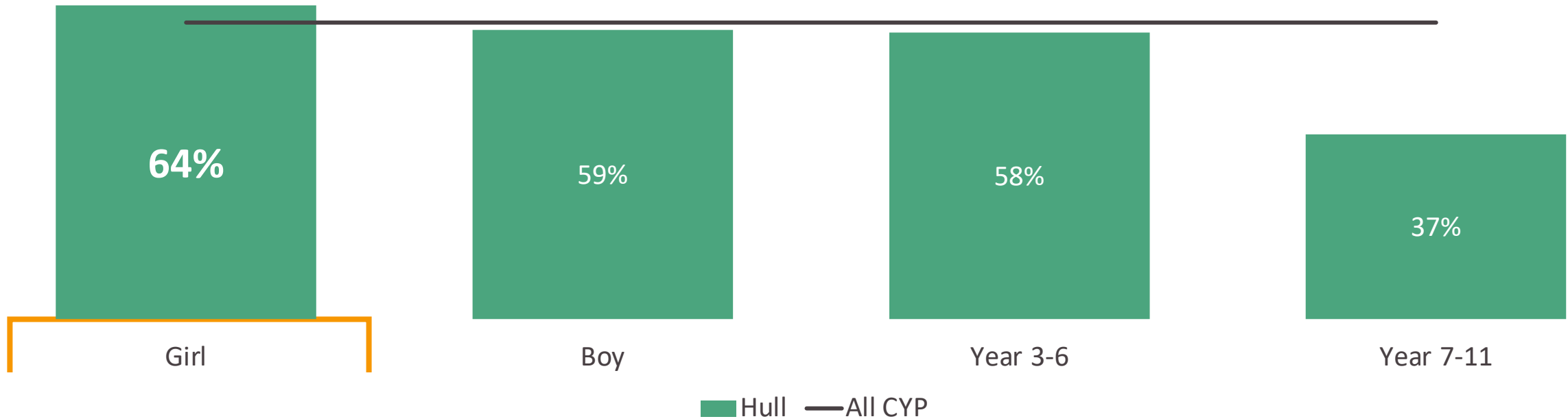
82%

19-21

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

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

Secondary school age children (years 7-11) are the lowest



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