

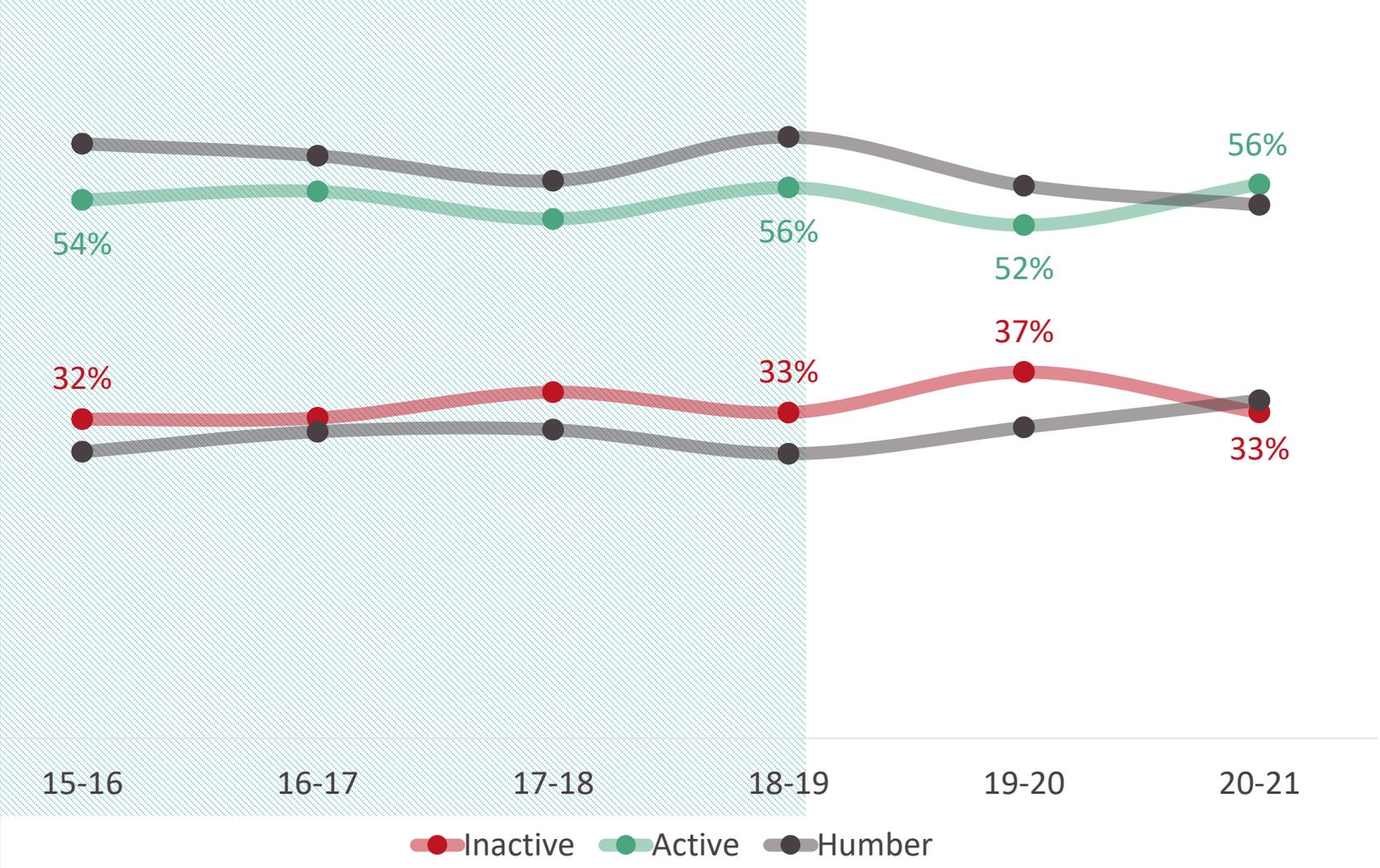
An insight into walking

Active Lives survey 20-21



Active levels have improved in the latest year

Pre-Covid

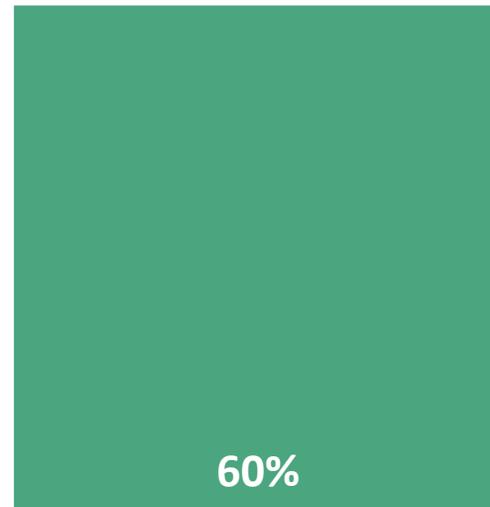


Alternative ways of measuring walking

Any walking
In the last 12 months



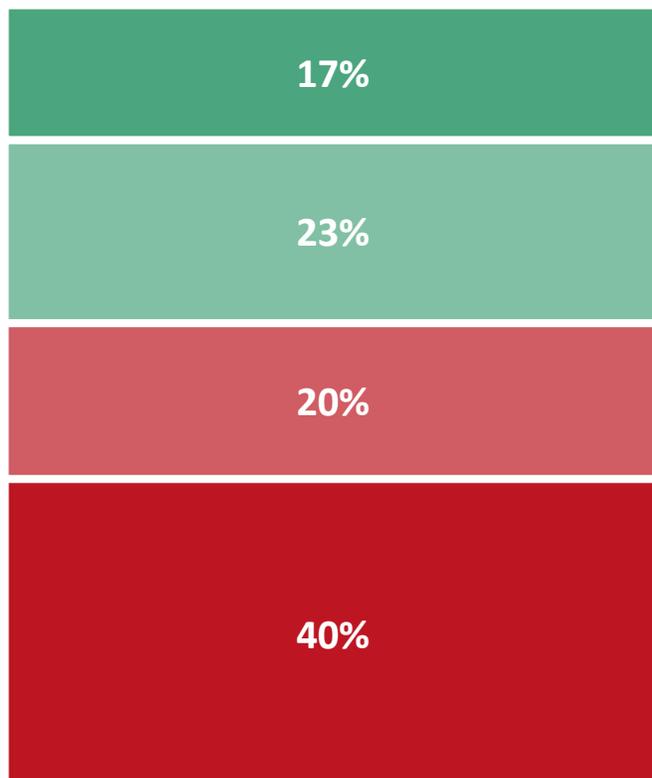
Two sessions of moderate
activity for at least 10
minutes in the last 28 days



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

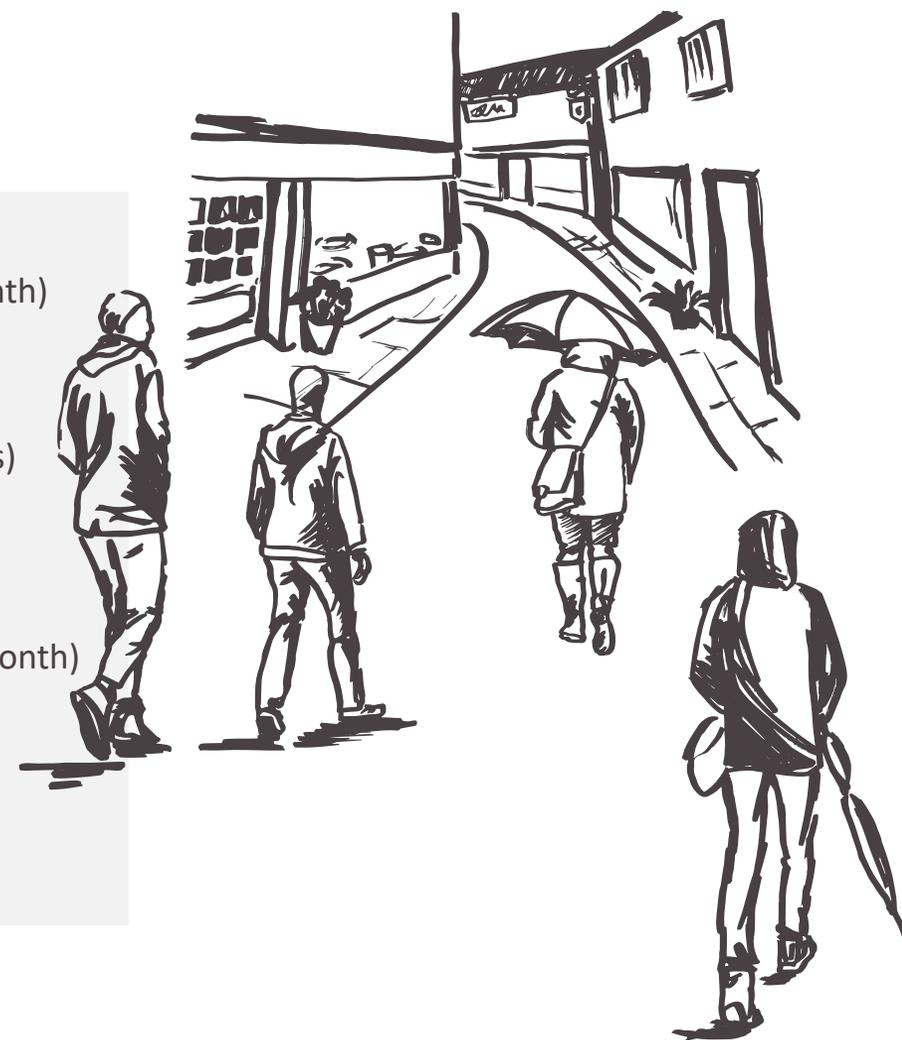
Between 2 and 6 sessions per week (8-27 sessions)

Walking less regularly

Less than 2 sessions per week (1-7 sessions per month)

Not walking

0 sessions of **10+ minutes** per month



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

88%
of those
that don't
walk are
inactive

Not walking

3%

Walking less
regularly

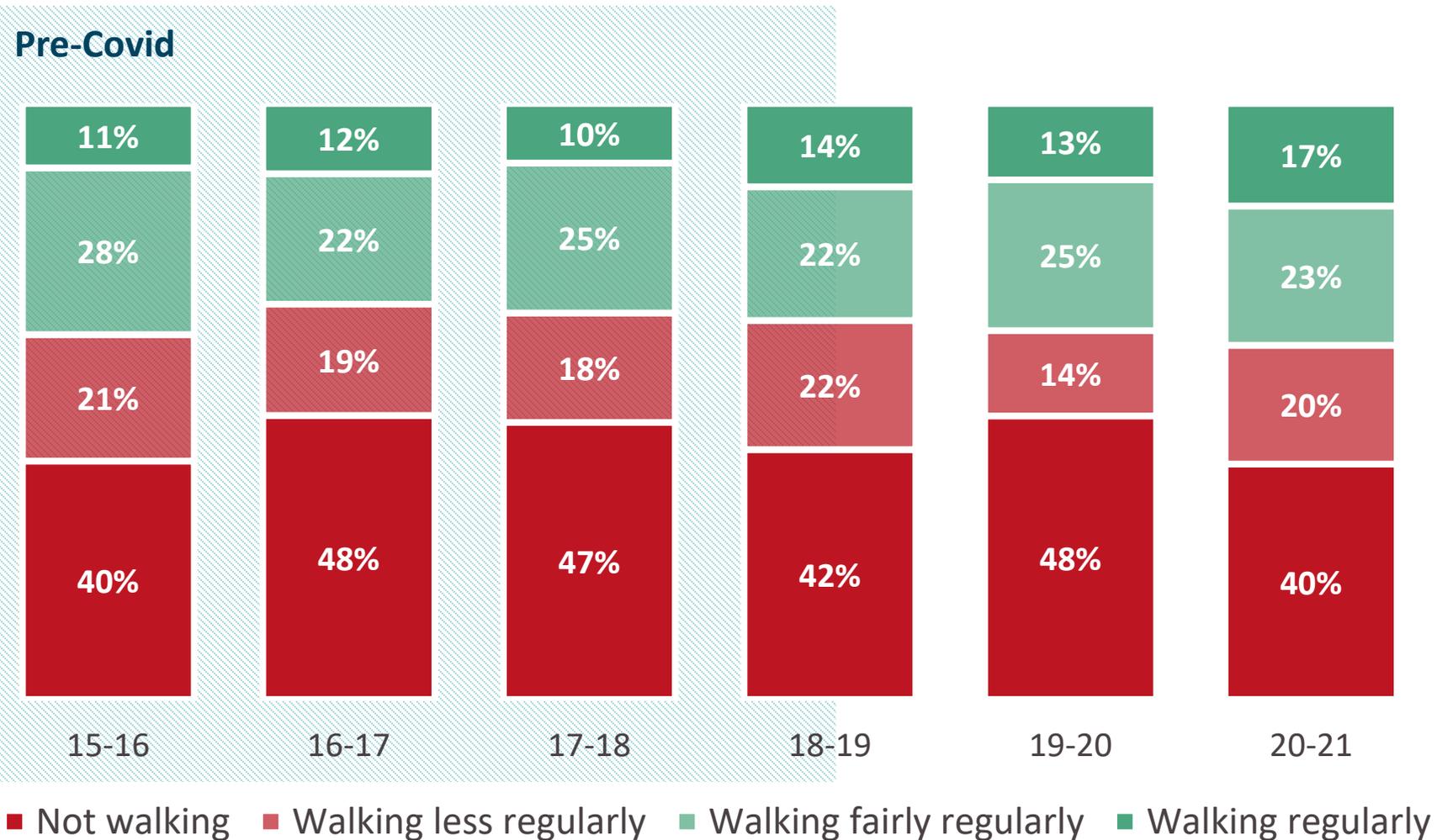
7%

Walking fairly
regularly

2%

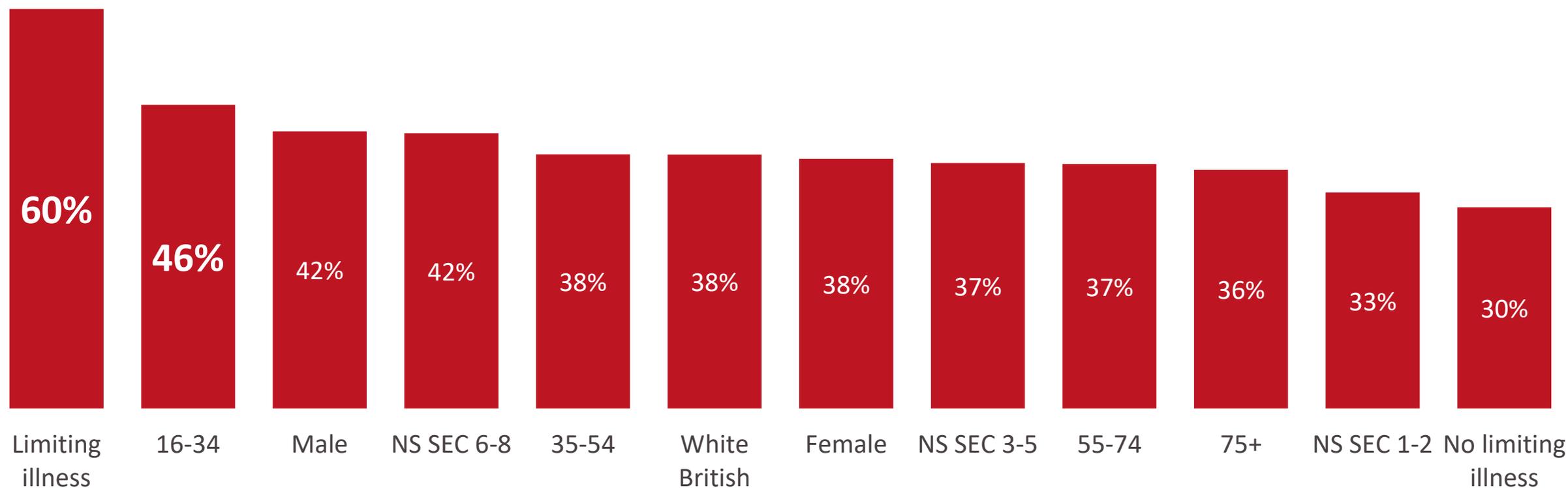
Walking regularly

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

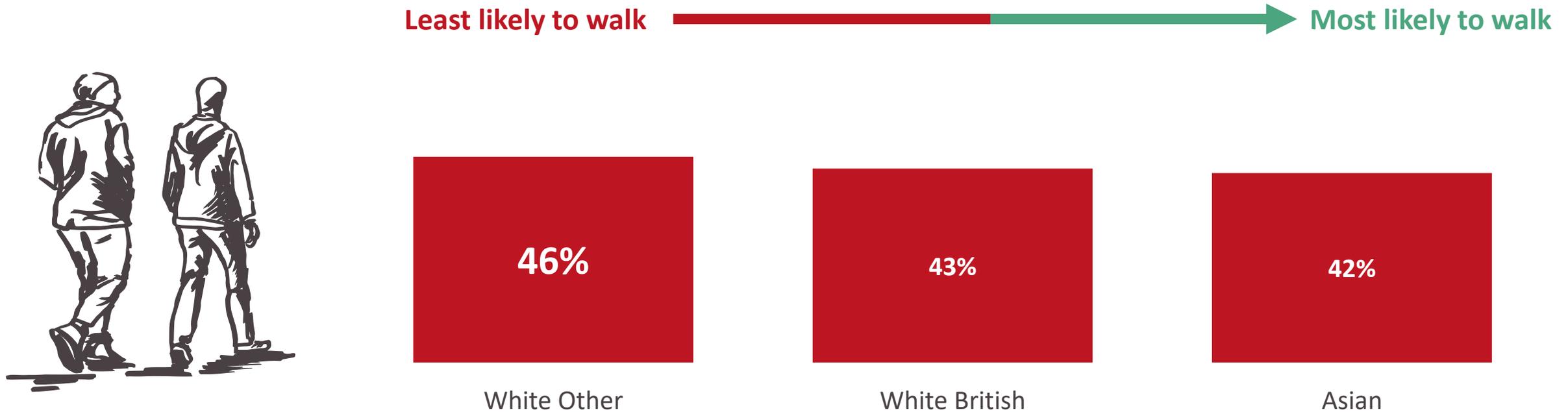


Adults with a limiting illness or aged 16-34 are least likely to walk

Least likely to walk  Most likely to walk

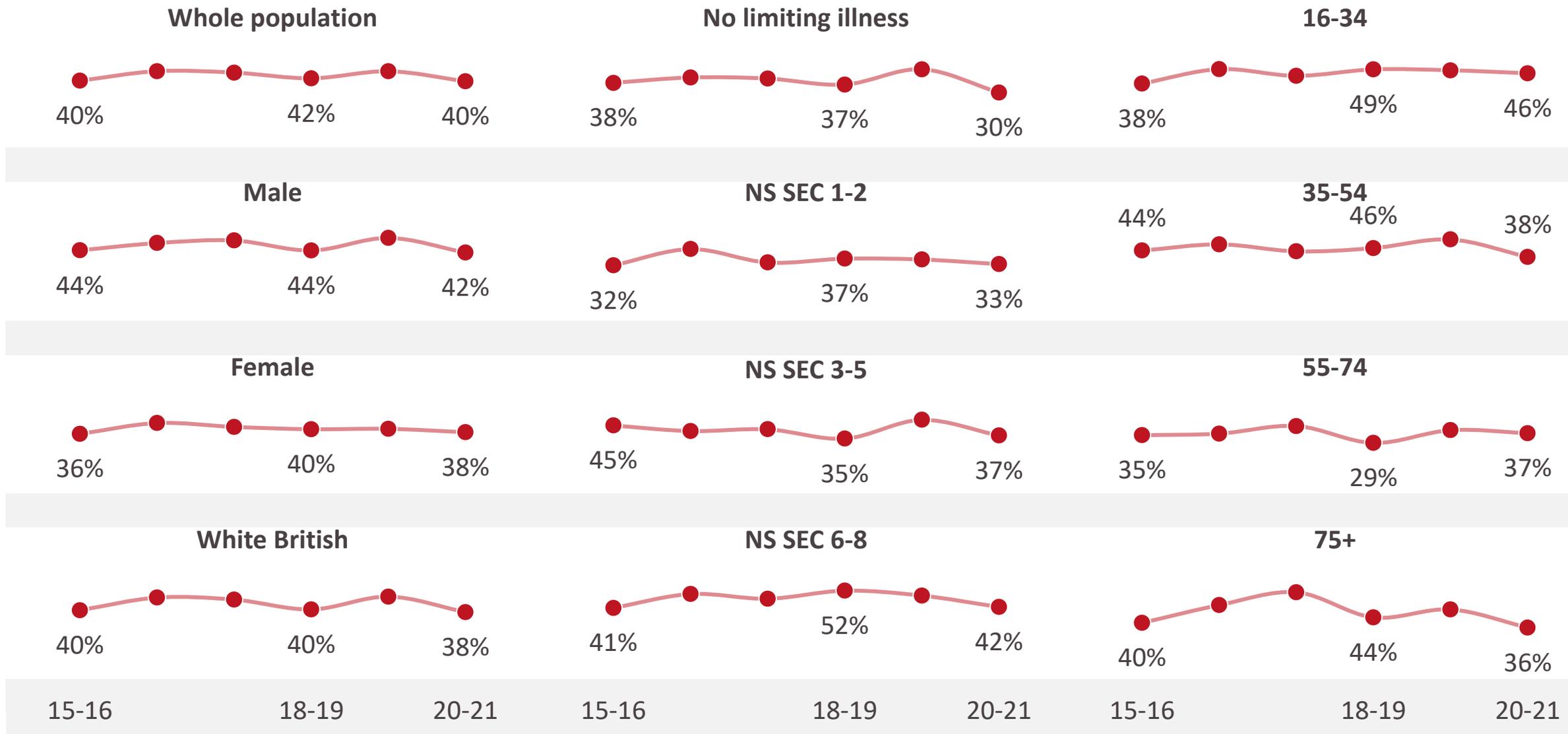


By ethnic group, our **White Other** communities are least likely to walk

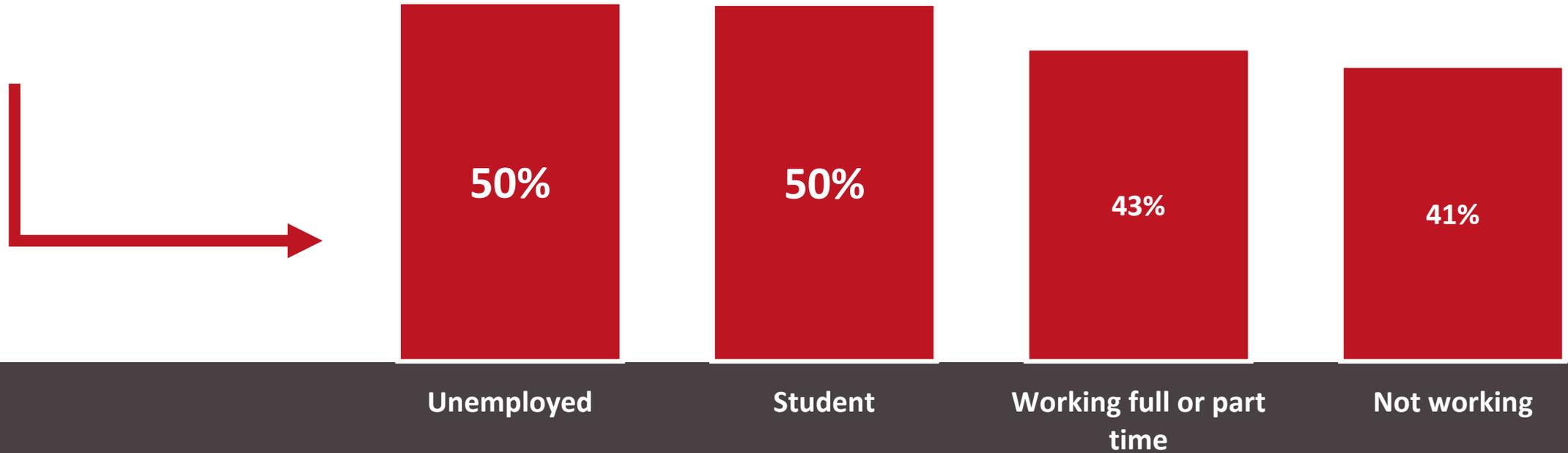


Walking rates are worse within young adults (16-34)

Not walking – 0 sessions per week



Unemployed adults and students are less likely to walk





Adults in more deprived areas are less likely to walk

Not walking



Least deprived quartile

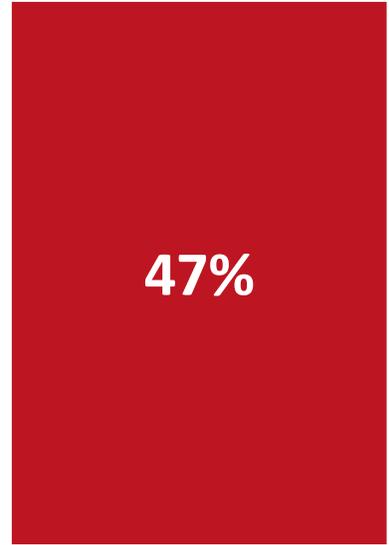


Second least deprived quartile

Least deprived



Second most deprived quartile



Most deprived quartile

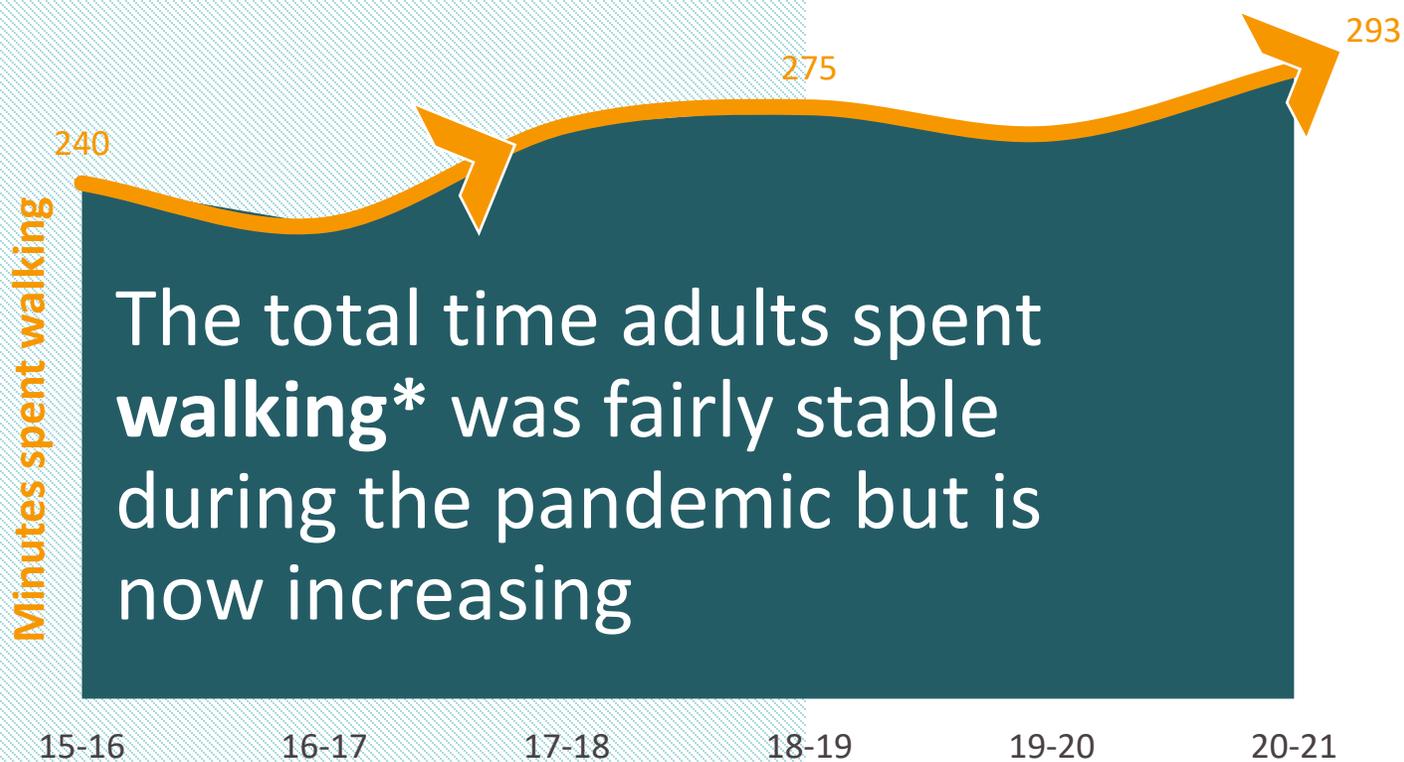
Most deprived

Constrained city dwellers are least likely to walk

Least likely to walk  Most likely to walk



Pre-Covid



The total time adults spent **walking*** was fairly stable during the pandemic but is now increasing

*All walking

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

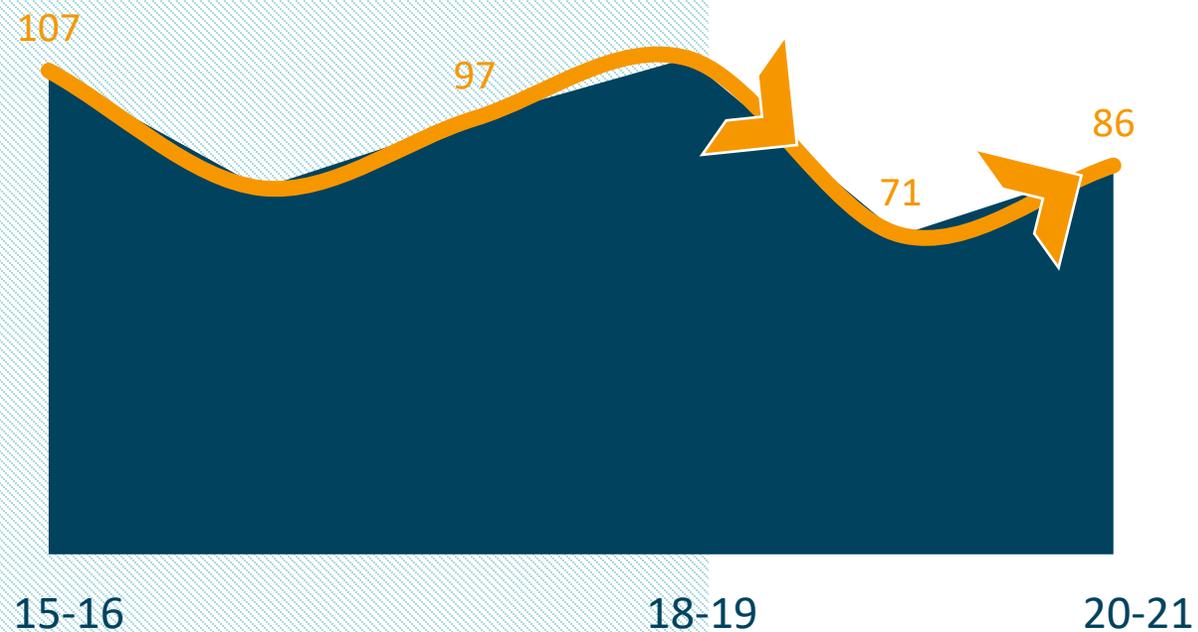


Pre-Covid

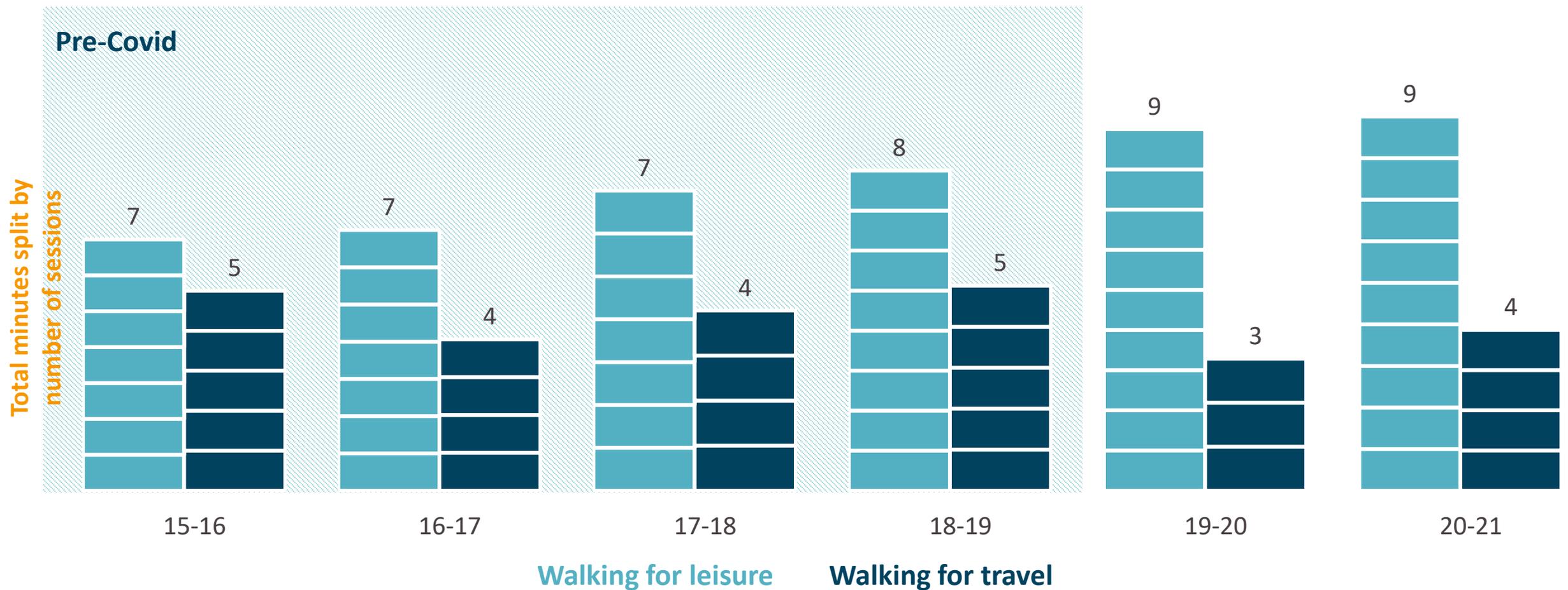
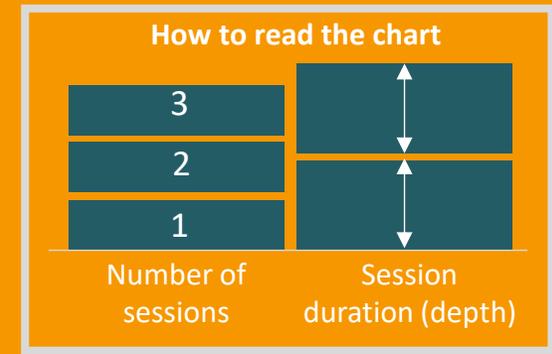
Minutes spent walking



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: North East Lincs

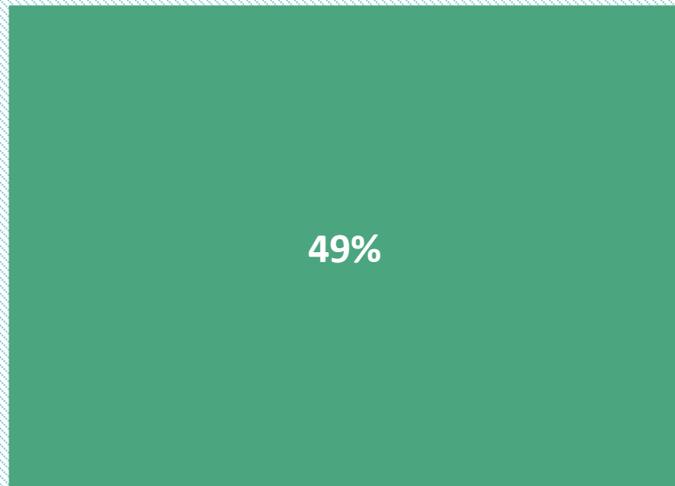
Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Average number of minutes and sessions walking for leisure or travel per week

Children and young people



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

Pre-Covid



17-19

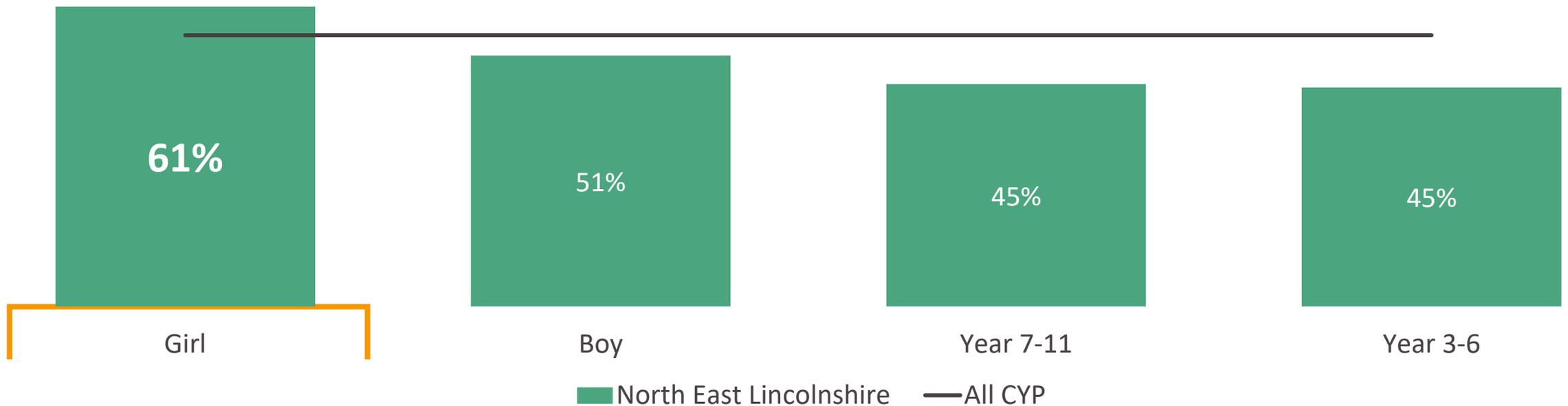
68%

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)

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



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