

Developing the Whole Systems Approach to Walking

A Review of Walking Data
February 2021

On average, adults made 250 trips by walking in 2019

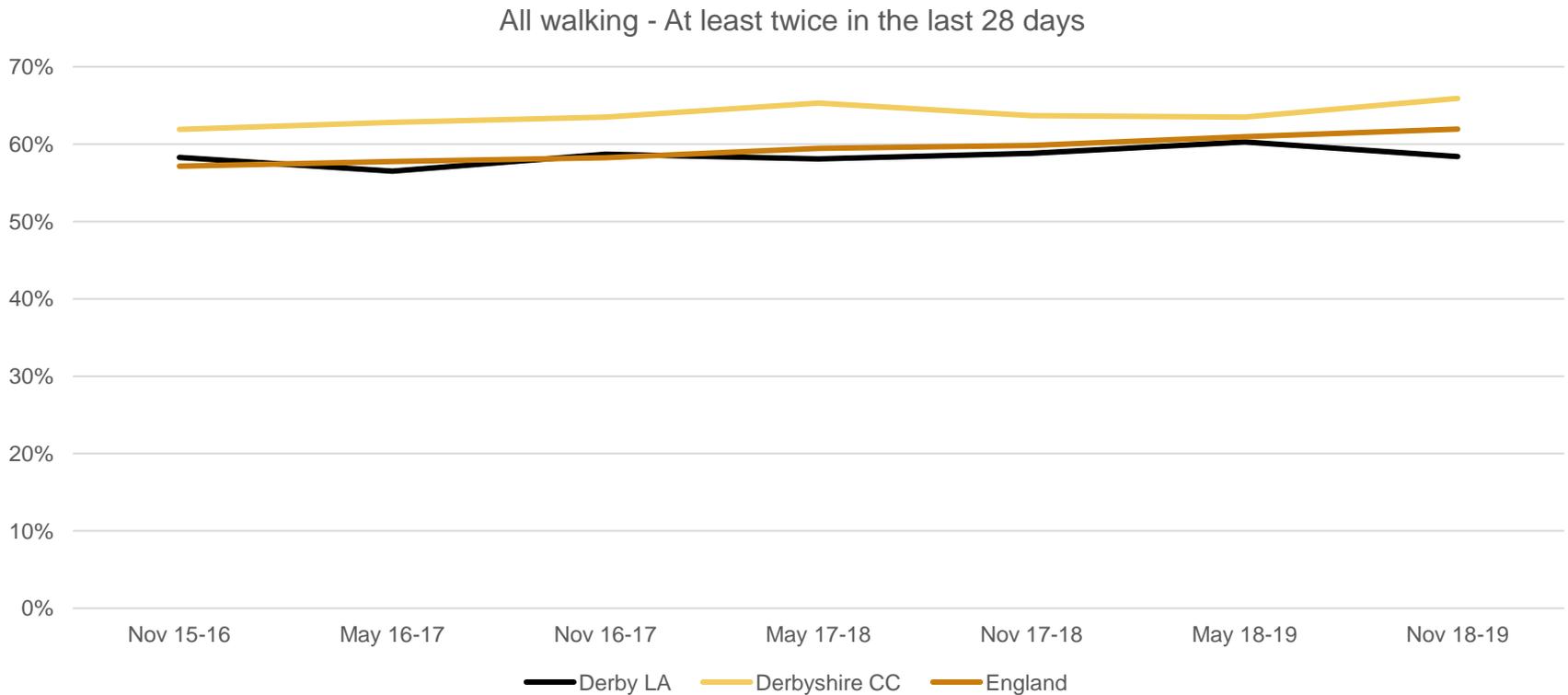
- ❑ The National Travel Survey reported that annual walking activity, in terms of trips made and miles walked, decreased in 2019 after increasing in recent years
- ❑ In 2019, adults in England made an average of 250 trips by walking, and 65 trips by walking for over a mile
- ❑ On average, adults in 2019 spent about 80 minutes a week travelling by walking and made 26% of all their trips by walking, covering 3% of all their distance travelled by walking
- ❑ Older adults make less trips by walking (222 for 50-59 year olds, 213 for 60-69 year olds, 177 for those aged 70 and over)
- ❑ Women make more walking trips, and walk further than men. On average, adults walked for 205 miles in 2019 (206 women, 203 men)

Source: National Travel Survey

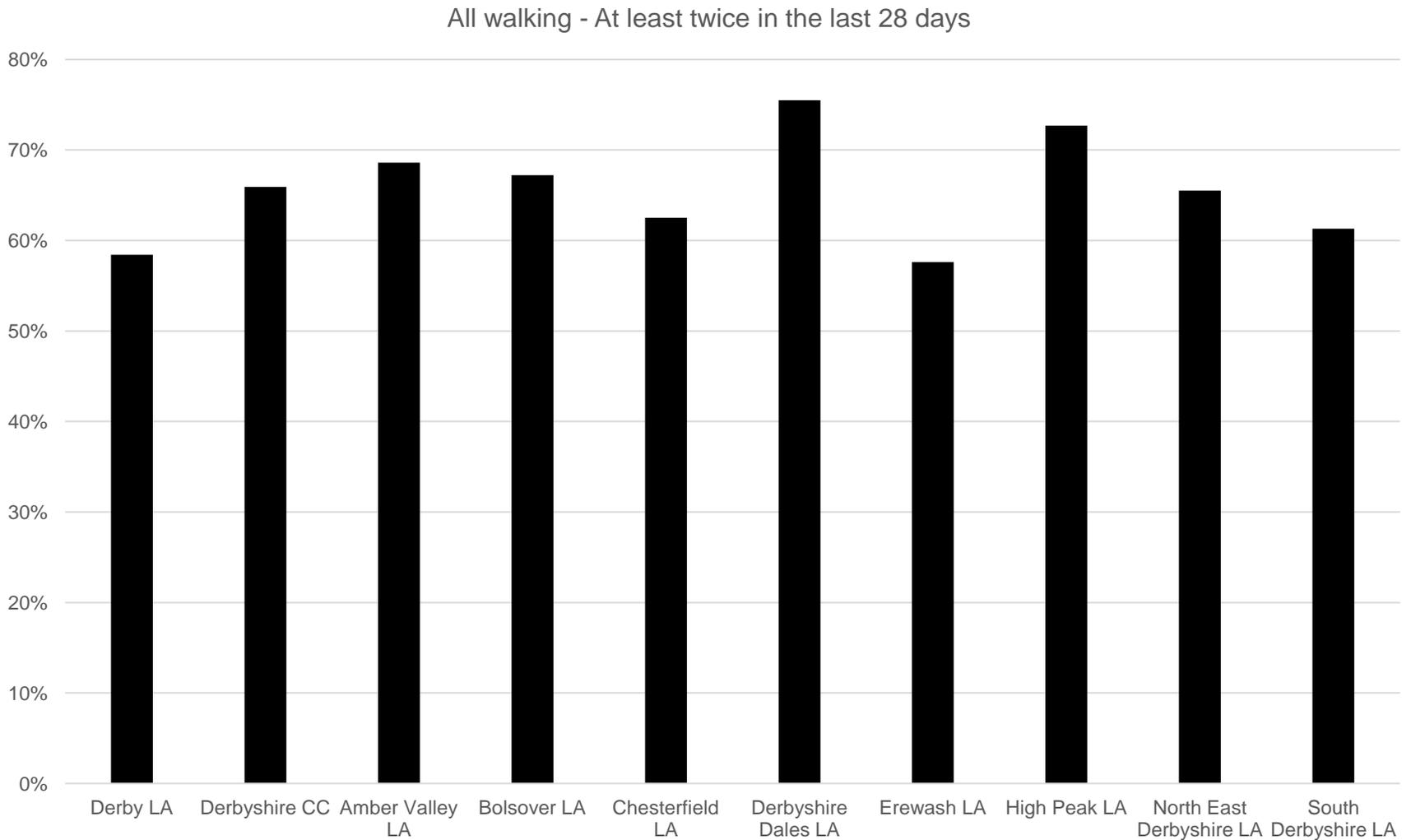
Trip: A one-way course of travel with a single main purpose. A “walking trip” is one where the greatest part was walked.



Locally, slight upward trend in walking



Walking participation higher in some LAs



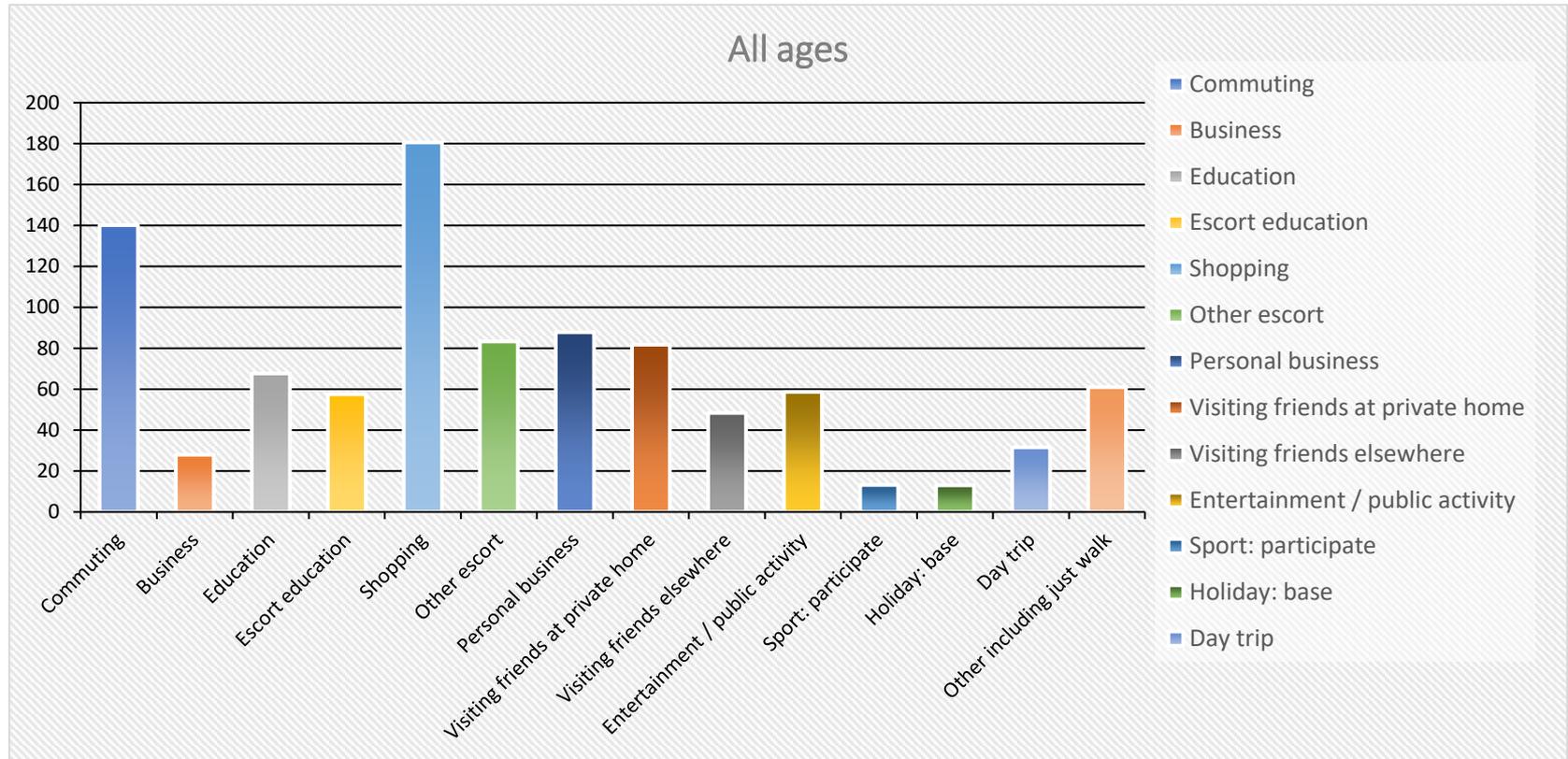
Source: Active Lives Survey



Who walks more or less?

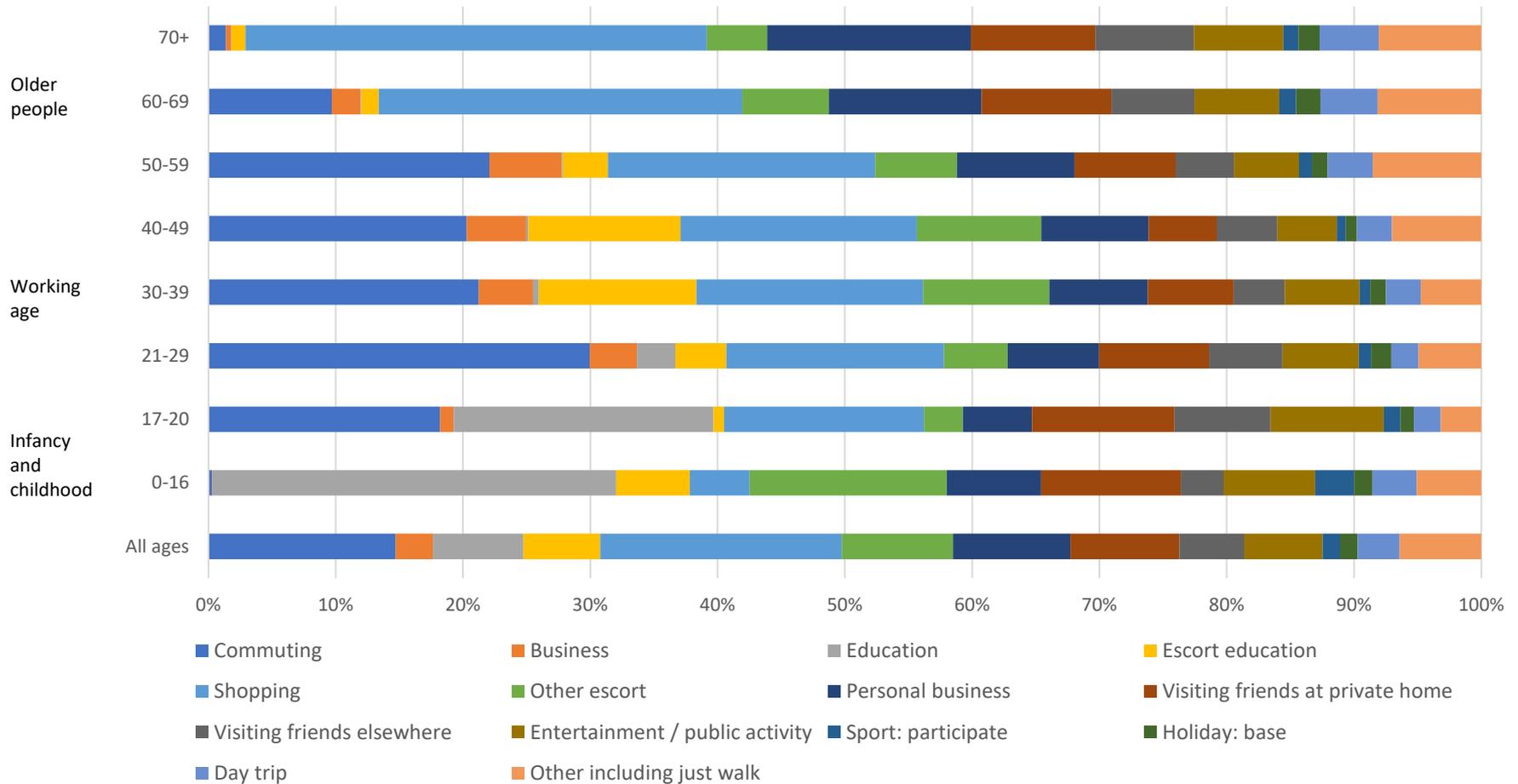
- ❑ Adults with mobility difficulties walk far less often and much shorter distances
- ❑ Adults with no mobility difficulties walked twice as many trips as those with mobility difficulties (249 trips compared to 123 trips) and walked nearly three times as far
- ❑ People without access to a car are far more reliant on walking as a mode of transport
- ❑ People in households without access to a car made 50% of all their trips and 10% of their distance travelled by foot. This compares to 23% of trips and 3% of distance for those in households with access to a car.
- ❑ Adults in the lowest income group (quintile) make more trips by walking, but they don't walk more miles – they make shorter walking trips

On average, people made 953 travel trips in 2019; commuting and shopping were the most common purposes



Trips for education key for younger people; commuting and business in working ages; shopping and personal business in older age; 'just walk' increases with age

Proportion of trips by age and purpose: England, 2019

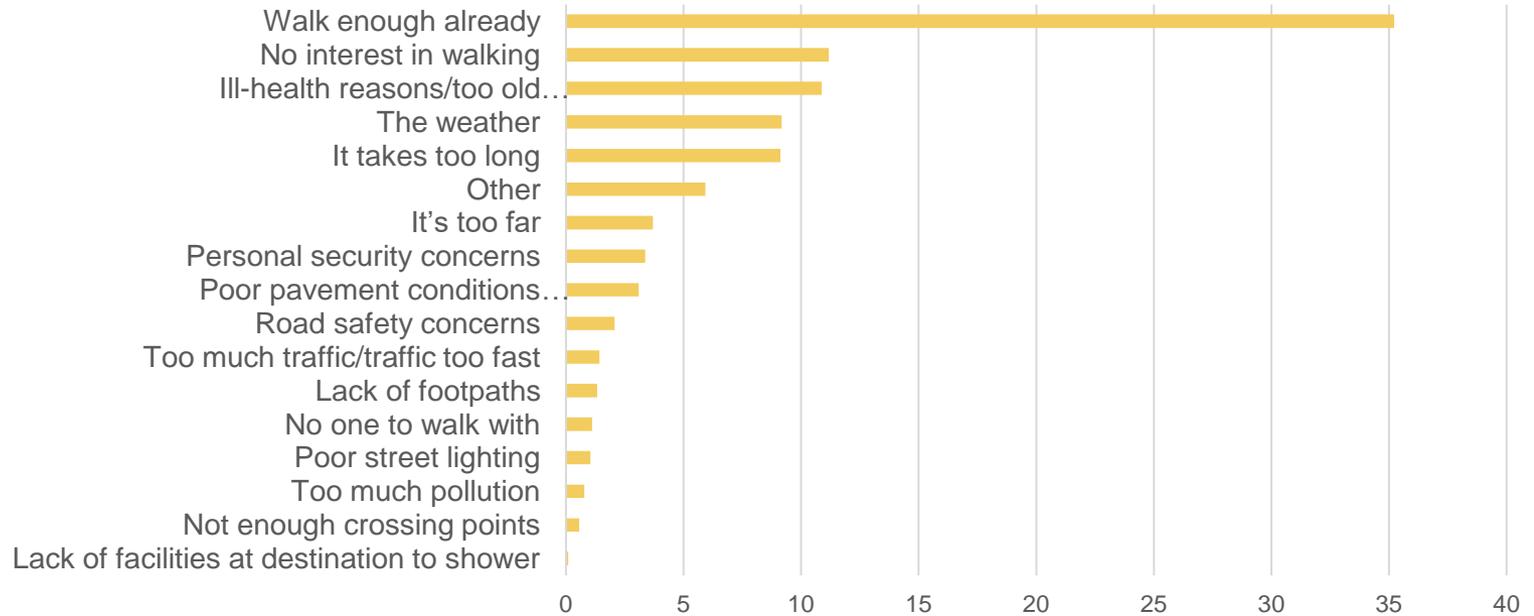


Trip purpose changes with age

Trip Purpose	Summary
Commuting and business	Makes up over 1-in-5 trips for those aged 20-59
Education	Key for younger people, but also those in 30s and 40s for 'escort education'
Shopping	Increases with age, to around a third of trips for those aged 60+ (36% for 70+ group)
Personal business	Increases with age, to 1-in-6 of the trips made by those 70+
Visiting friends	Higher for younger and older, lower for those in their 30s and 40s
Entertainment	Higher proportion of trips for younger and older people
Day trips	After childhood, proportion of day trips increases with age
Just walk	After childhood, increases with age, to 1-in-12 of the trips for those 50+

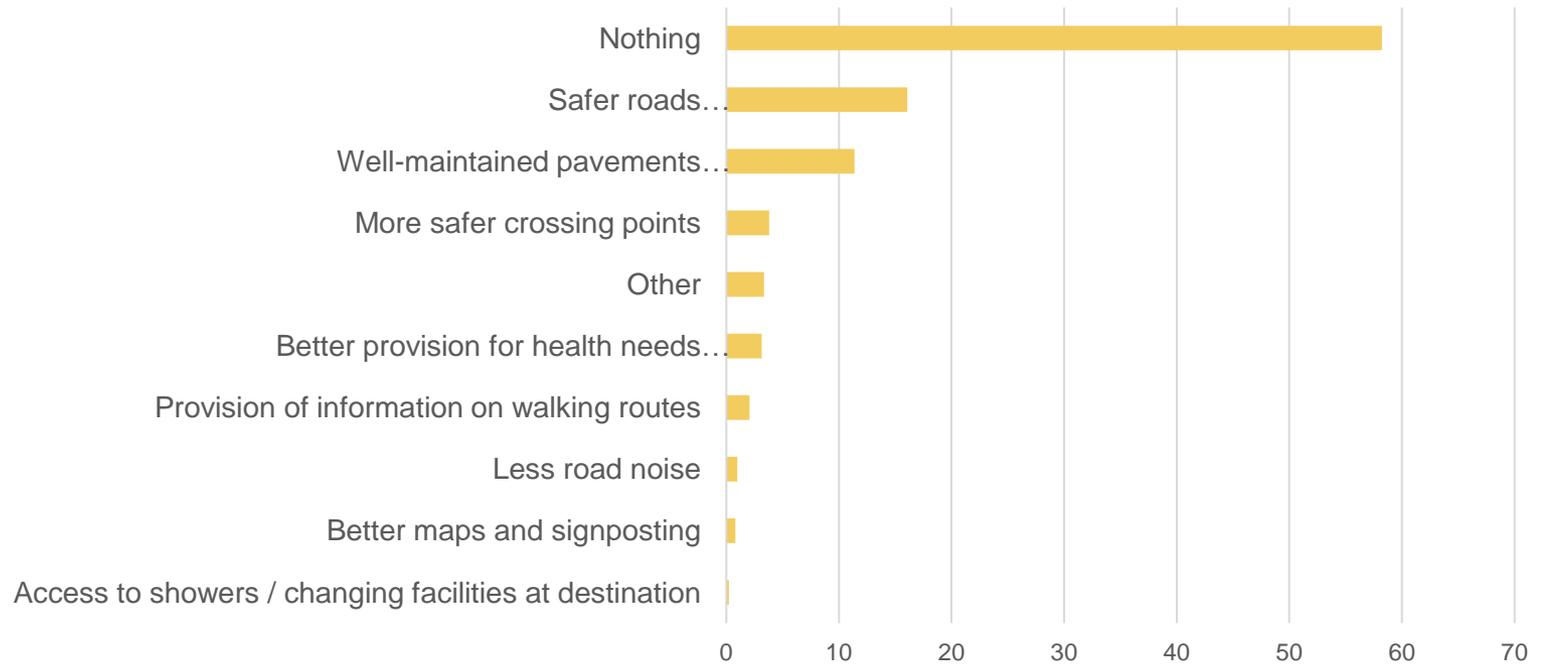
Reasons for not walking more

What is your main reason for not walking more in your local area? (2019)



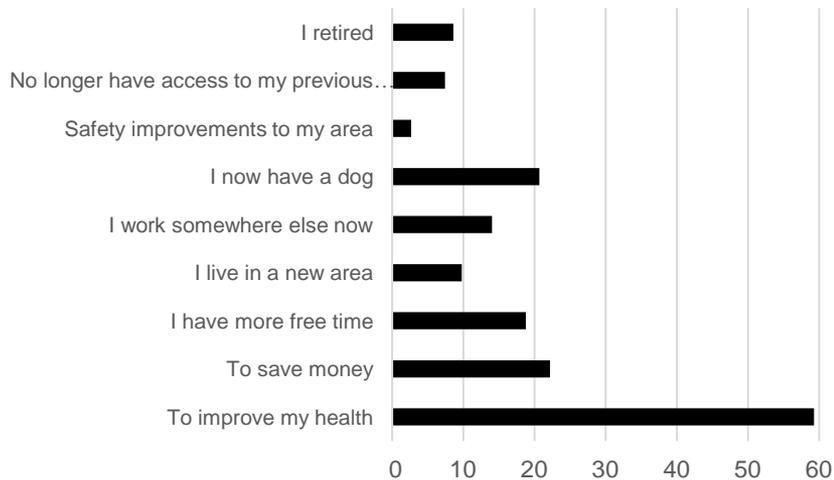
Motivations to walk more

What would encourage you the most to walk more in your local area? (2019)

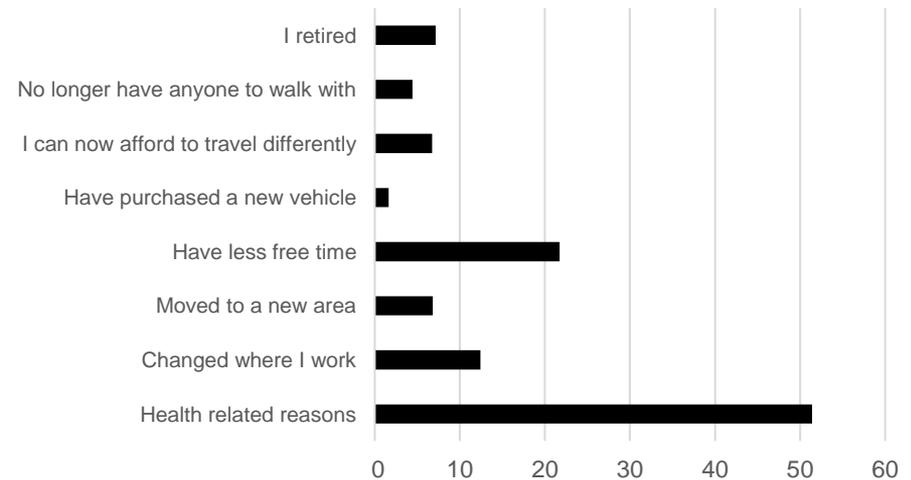


Health the main reason for walking more, and less

Which of the following best describe your reasons for walking more? %



Which of the following best describe your reasons for walking less? %



Drivers of walking...

Health, available transport, safety, dogs, free time, save money

Living a different area, people to walk with