



Active Lives Survey Walking Data
Notts Active Partnership Area
February 2023

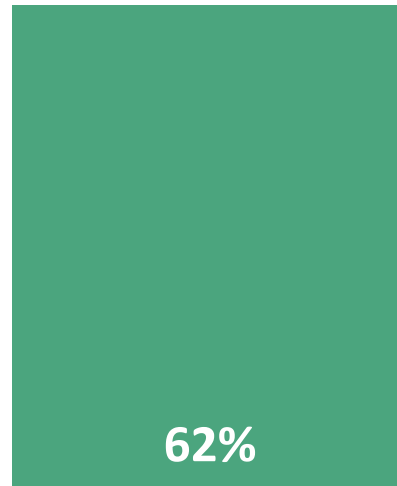


Walking measures: All walking

Any walking
in the last 12 months



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

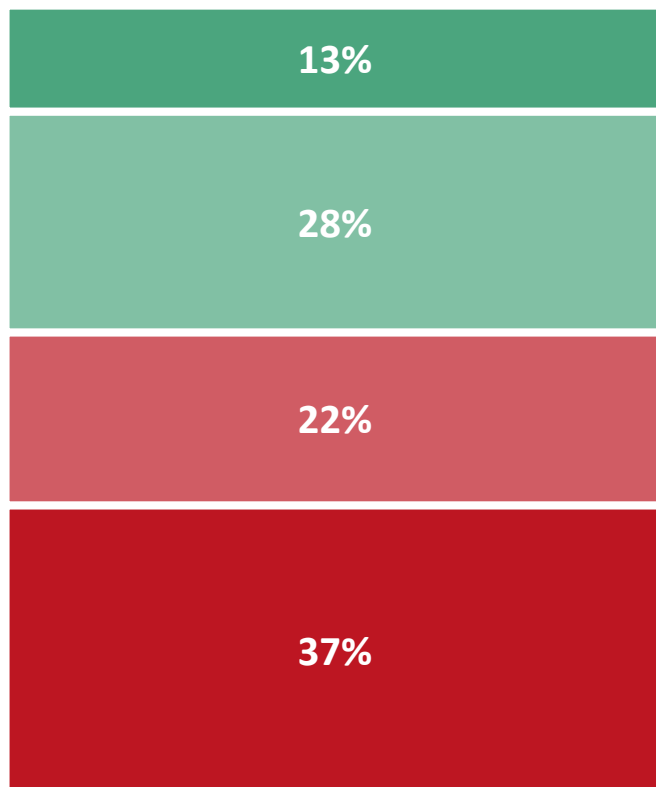


Zero sessions of moderate activity for at least 10 minutes in last 28 days





Over half of people in Nottingham and Nottinghamshire are really not walking much at all



Regular walkers

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

Frequent walkers

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

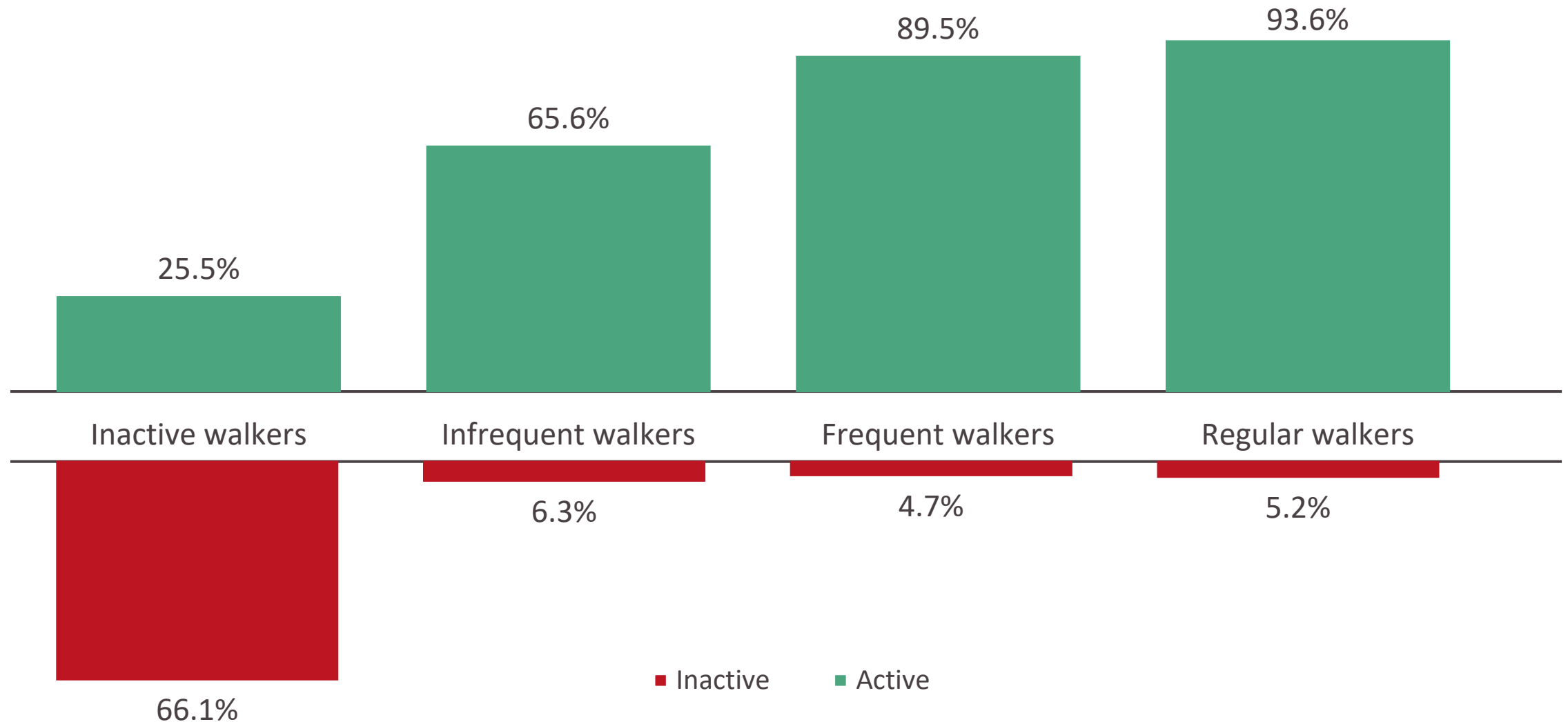
Infrequent walkers

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

Inactive walkers

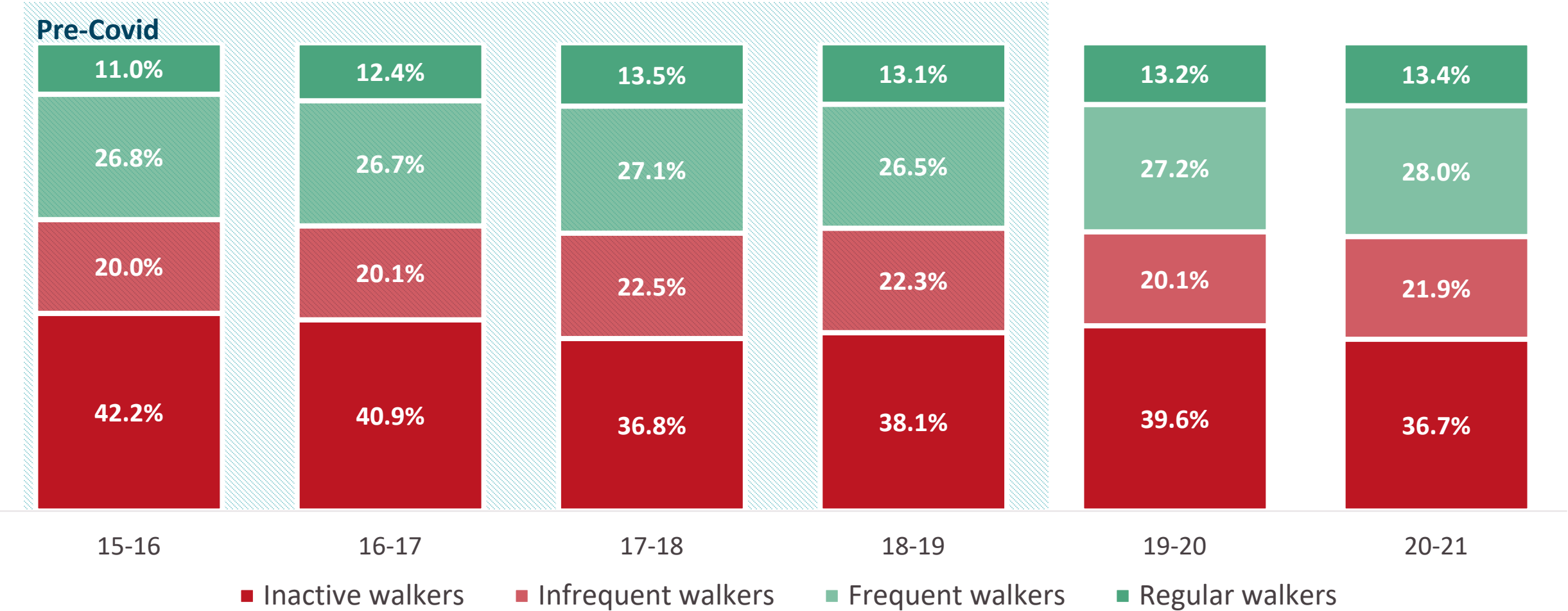
0 sessions per month

People 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 inactive walkers was decreasing before the pandemic and has recovered from early pandemic disruption



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

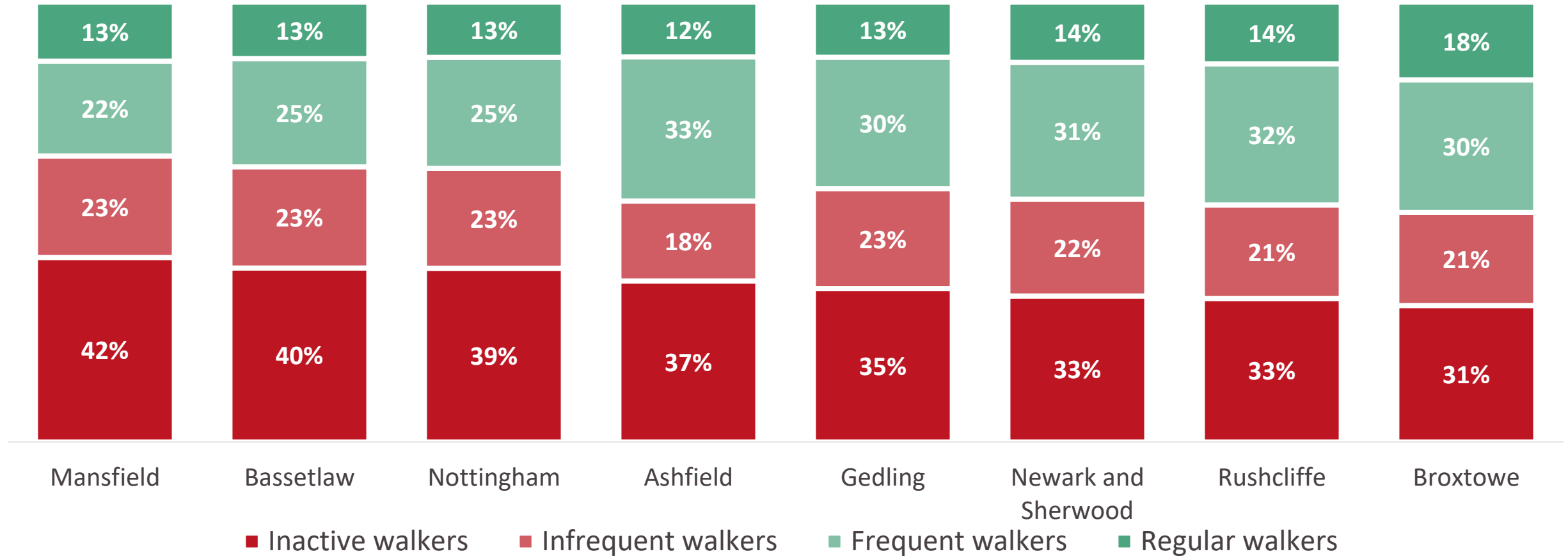




Mansfield has the highest proportion of non walkers, Broxtowe has the least

Least likely to walk

Most likely to walk



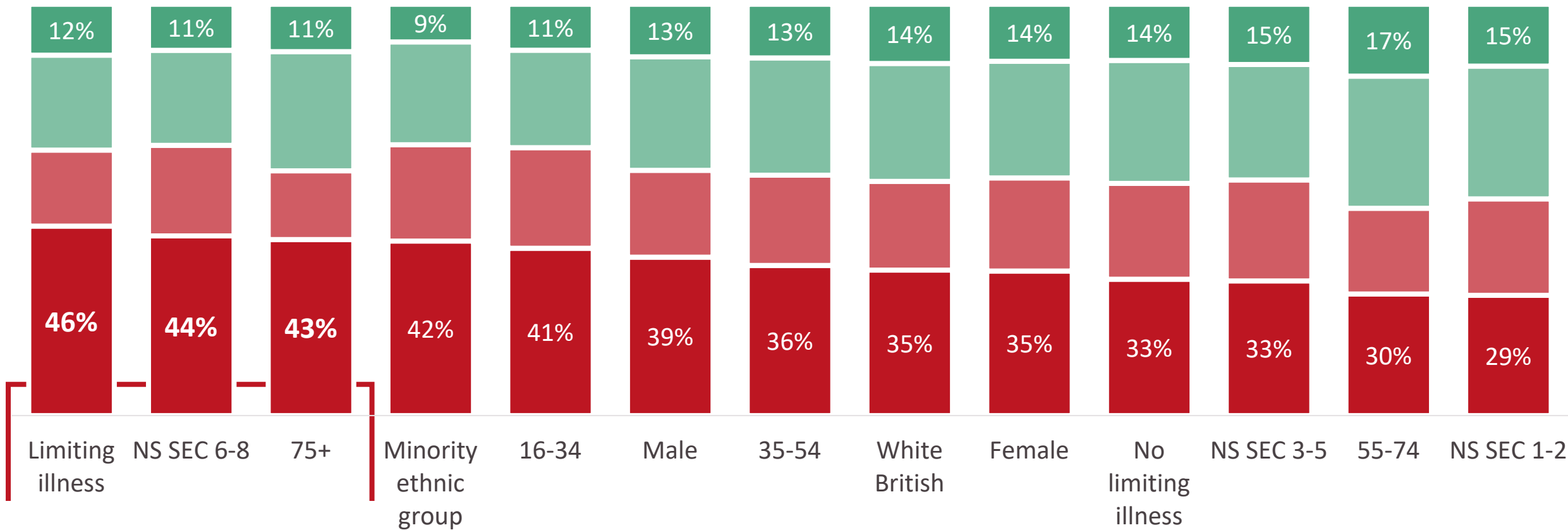
Source: Sport England, Active Lives Adults (16+), Nov 20-21



People in lower socio-economic communities, those aged 75+ or with a limiting illness are less likely to walk

Least likely to walk

Most likely to walk



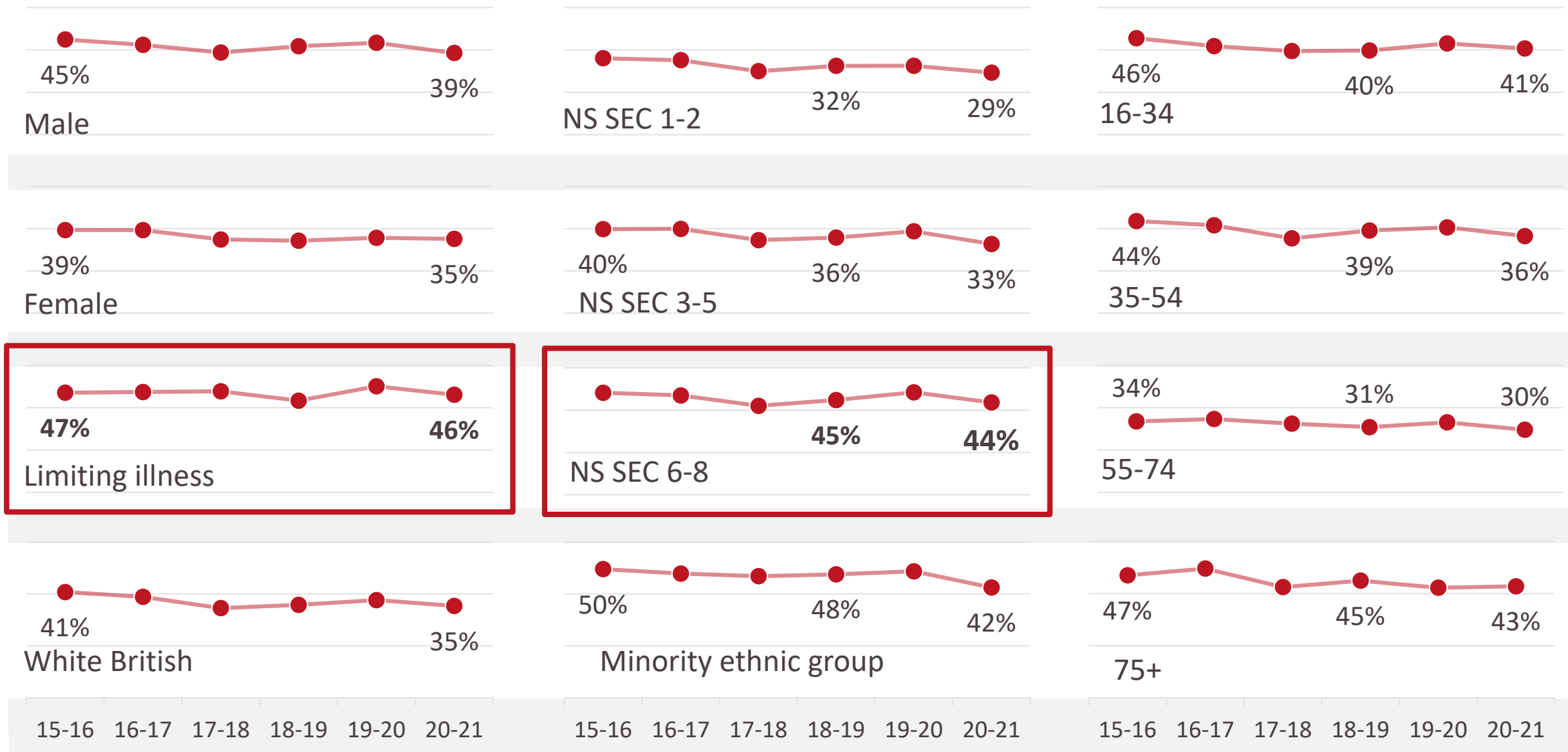
■ Inactive walkers
 ■ Infrequent walkers
 ■ Frequent walkers
 ■ Regular walkers

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



People with a limiting illness or disability and people in lower socio-economic groups are not experiencing improvements in walking levels that other groups are

Inactive walkers – 0 sessions per week

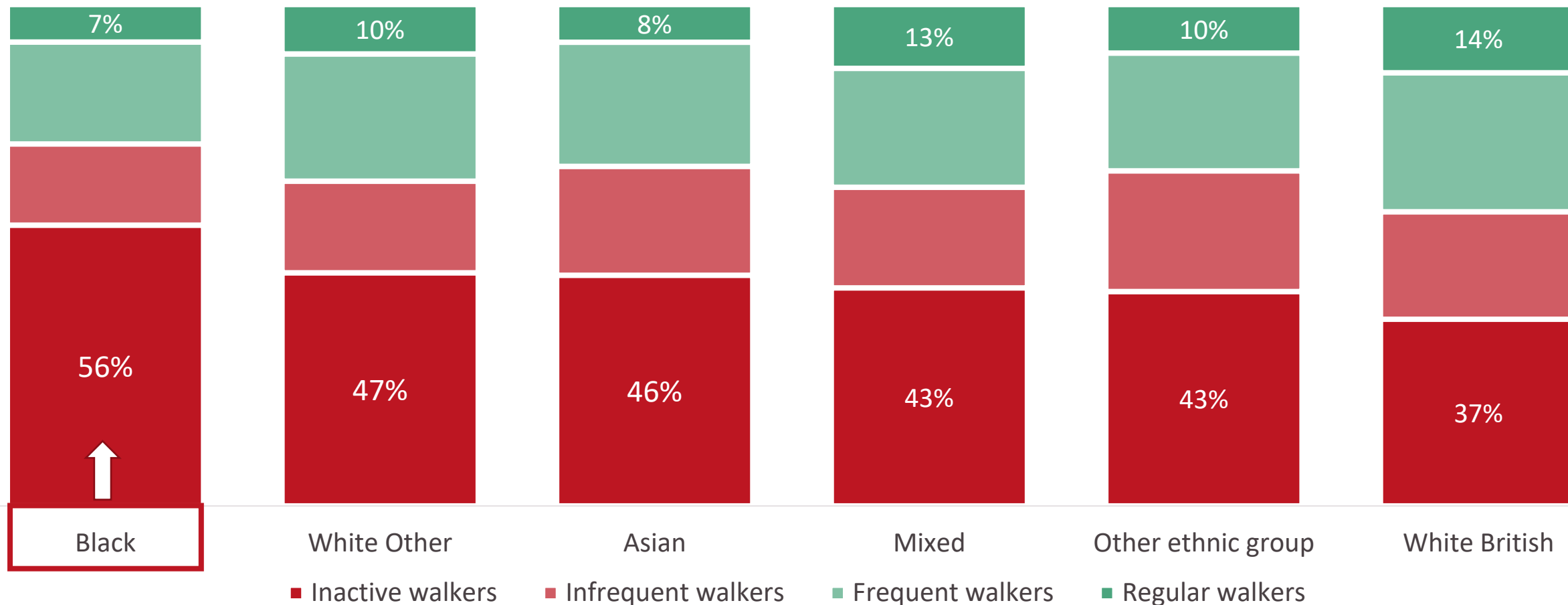


Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21



Nottingham and Nottinghamshire: By ethnic group, our Black communities are least likely to walk

Least likely to walk → Most likely to walk



Source: Sport England, Active Lives Adults (16+), Nov15-16 to 20-21 combined



Walking rates are also lower for people who are unemployed



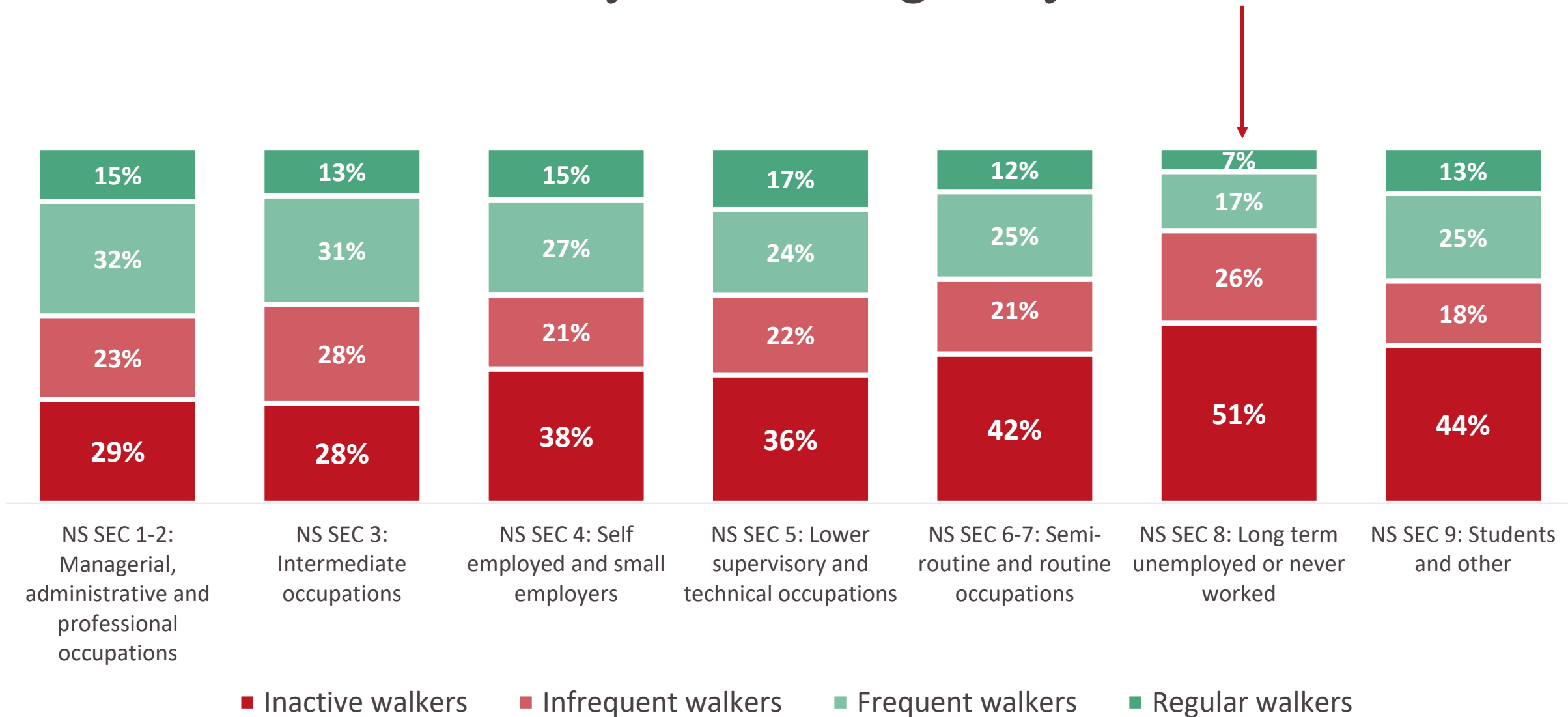
Source: Sport England, Active Lives Adults (16+), Nov15-16 to 20-21 combined

Spotlight on lower socio-economic communities

NS SEC 6-8



NS SEC 8 are least likely to walk regularly



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



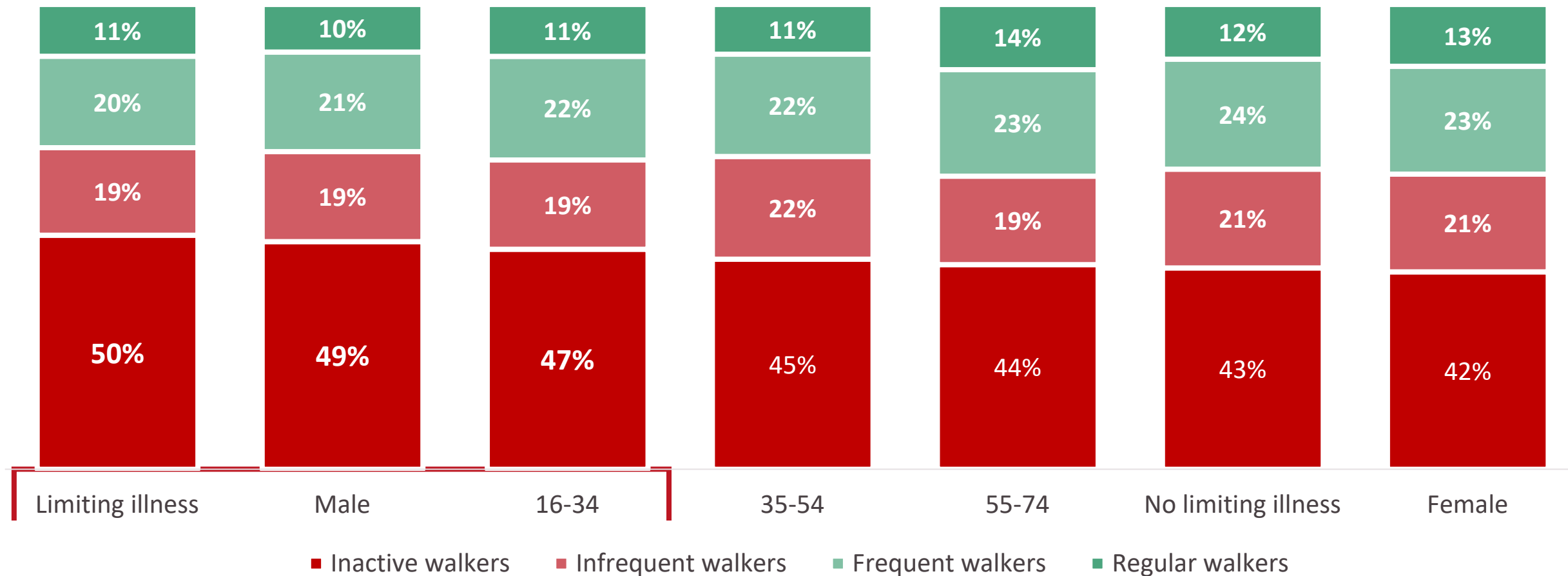


Males, young adults and those with a limiting illness have higher levels of inactive walkers

Lower socio-economic communities by second demographic

Least likely to walk

Most likely to walk

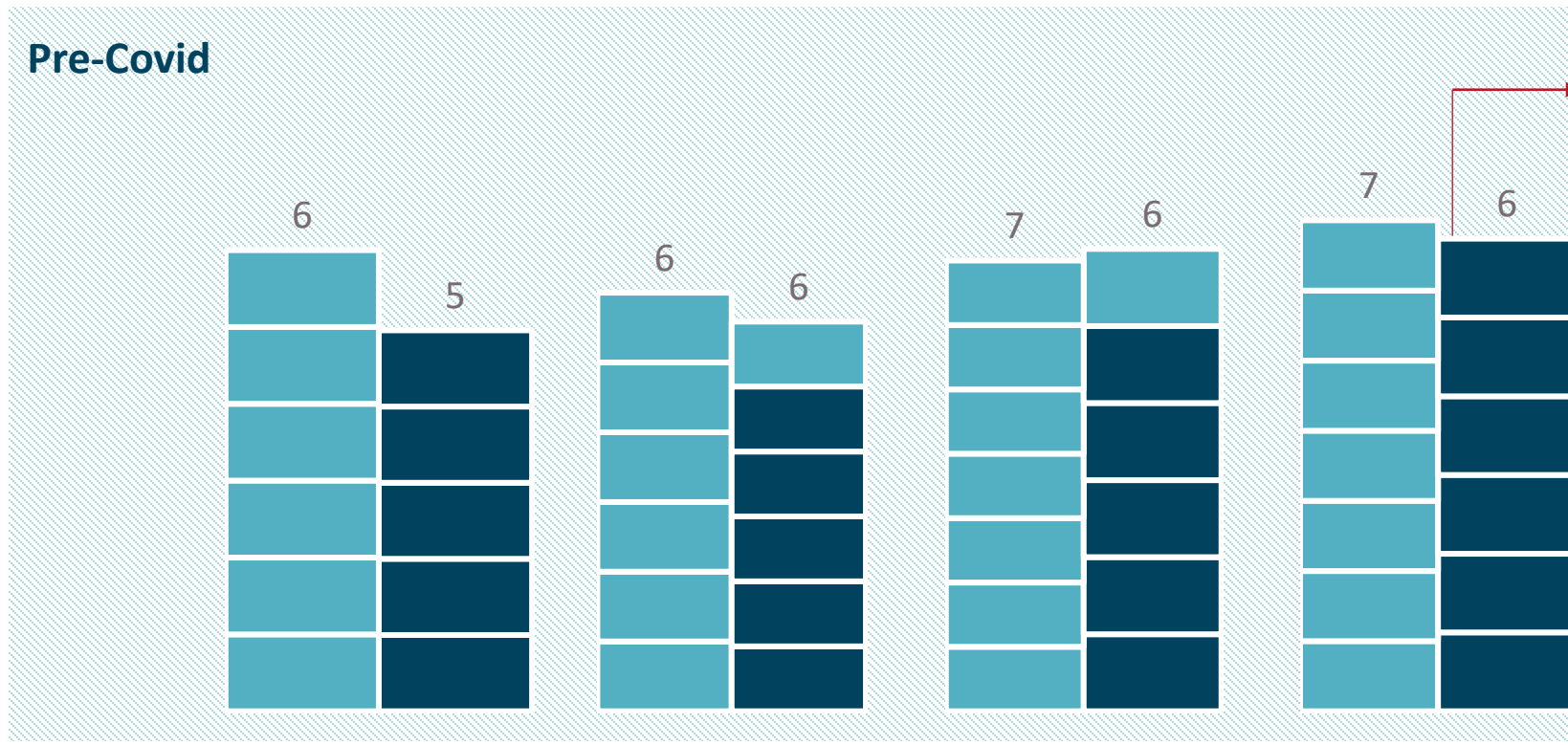
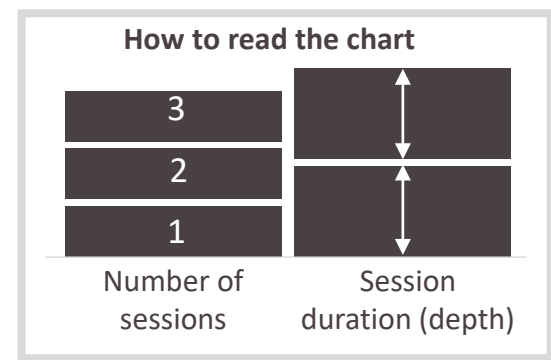


Source: Sport England, Active Lives Adults (16+), Nov 15-16 to Nov 20-21 combined

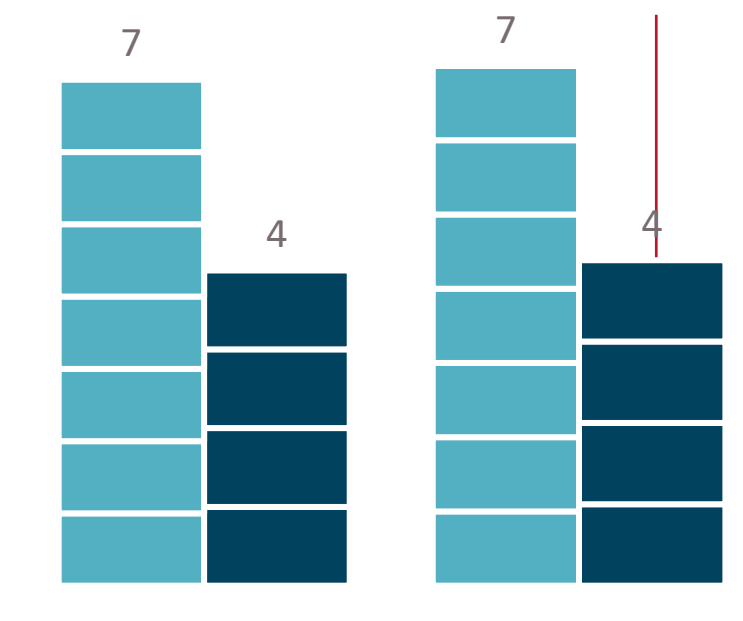


How walking habits have changed: and if we split walking into walking for leisure and walking for travel

NS SEC 6-8



The number of times people **walk for travel** has **reduced since 18-19** but each session is longer



15-16

16-17

17-18

18-19

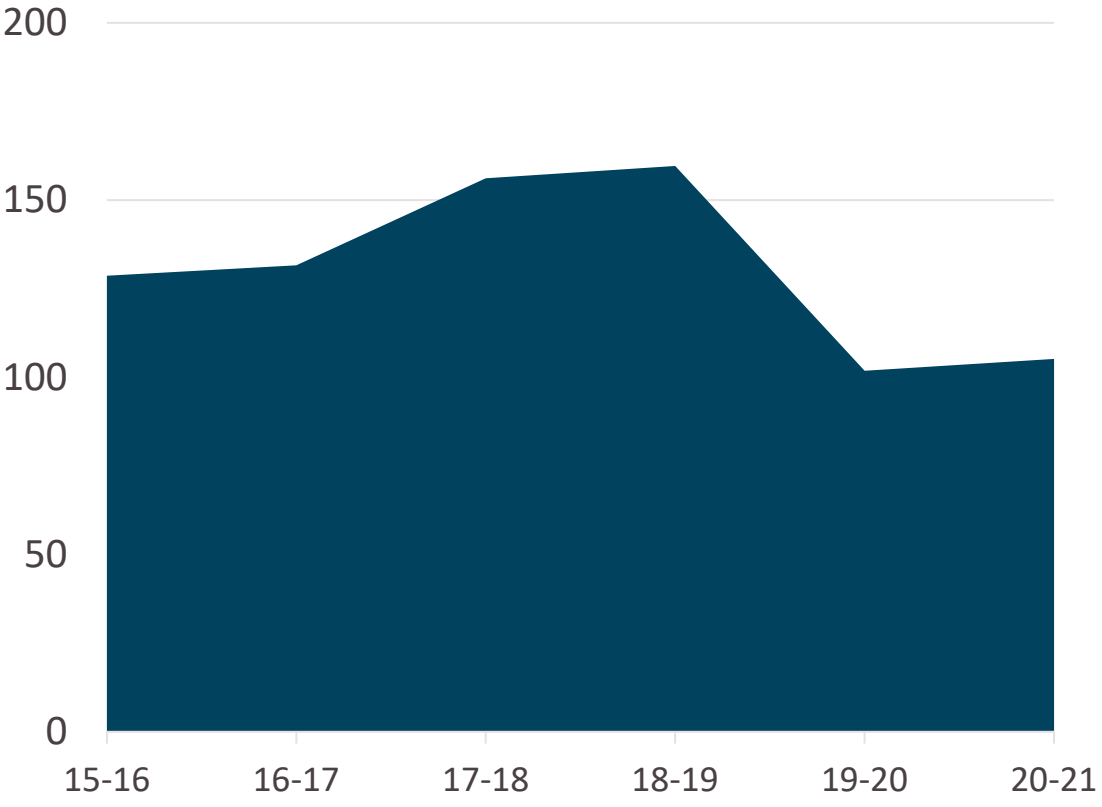
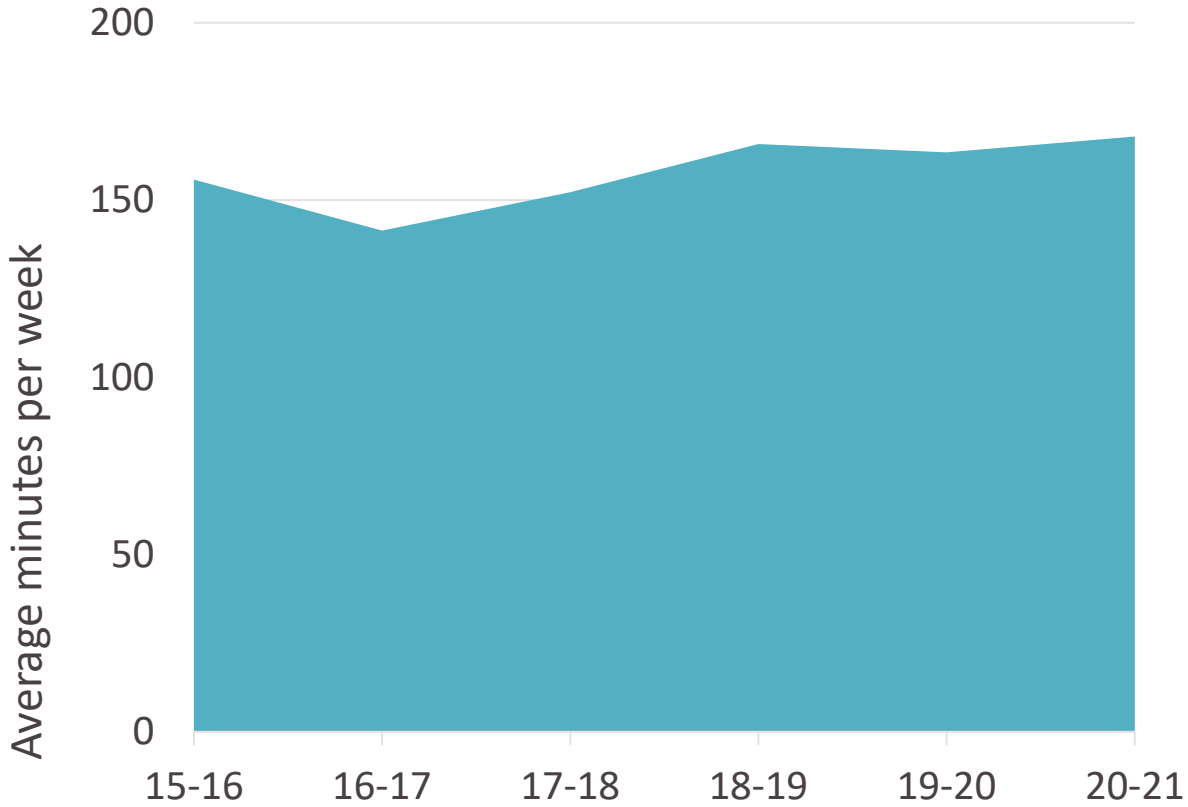
19-20

20-21

Walking for leisure Walking for travel



Walking for travel minutes within lower socio-economic communities has reduced since the pandemic, whilst walking for leisure has increased

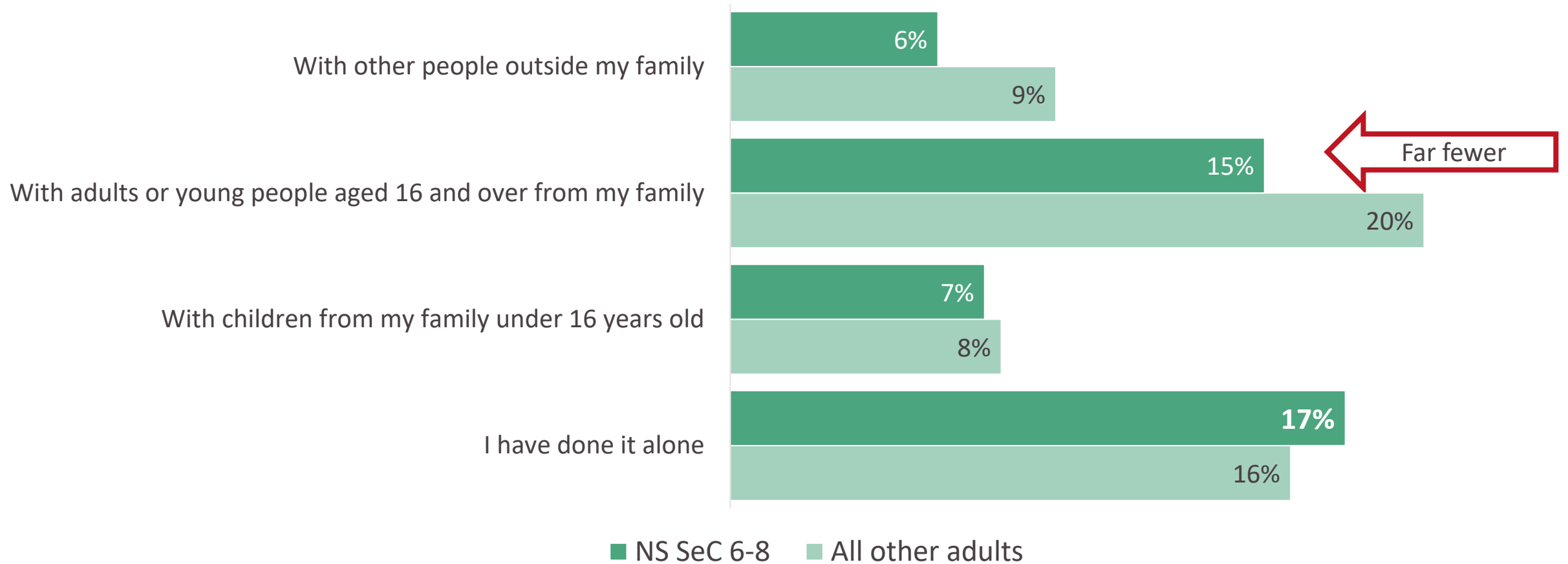


Source: Sport England, Active Lives Adults (16+), Nov 15-16 - Nov 20-21





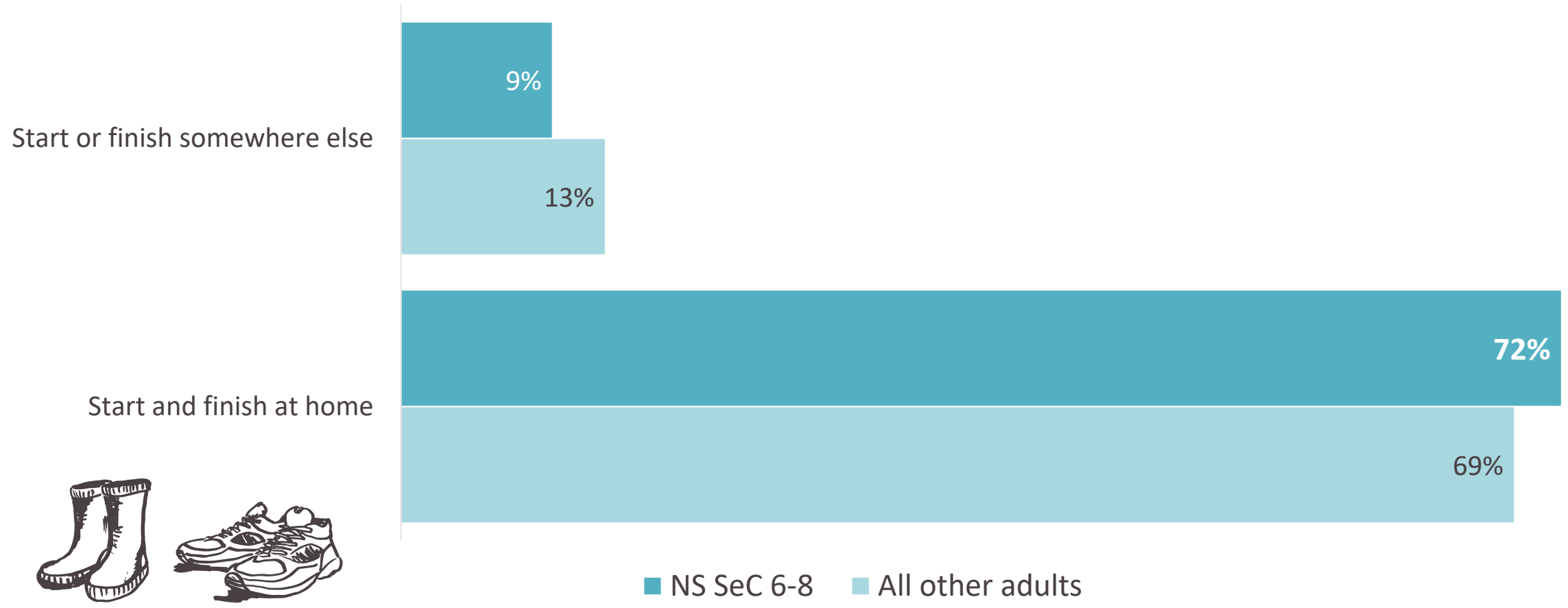
All walking: Who people from lower socio-economic communities walk with: Are they missing the social benefits?



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



Nottingham and Nottinghamshire: Walking for leisure: Where people from lower socio-economic communities walk



■ NS SeC 6-8 ■ All other adults

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



Summary – Key messages

- **Just over 3 in 10 people in Nottingham and Nottinghamshire are really not walking much at all** and those that don't walk are much more likely to be inactive
 - **Walking trends were positive before the pandemic** and they have recovered from early pandemic disruption
 - People in **lower socio-economic communities, with a limiting illness or disability**, from our **Black communities** or are **unemployed** are less likely to walk
 - Higher levels of deprivation are associated with lower levels of walking
 - Many of these communities/factors are more likely to come together in our urban areas
- Lower socio-economic communities:
- **Males, younger adults** and people with a **limiting illness or disability** are more likely to walk less
 - **Walking for travel minutes within lower socio-economic communities have reduced since the pandemic**, whilst walking for leisure has increased