



Active Travel  
May 2025

# UK Walking and Cycling Index 2023

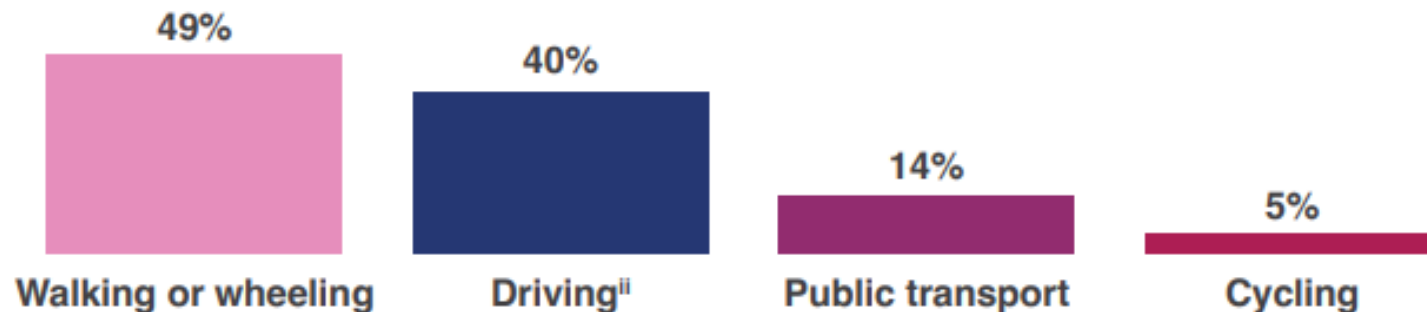
## Walking is the most common mode of travel

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More people walk or wheel five or more days a week than any other mode of travel.

Walking and wheeling is vital for short journeys but also key to many longer trips to get to and from public transport.

Residents who travel by the following modes five or more days a week in Index cities



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**49%**  
of residents walk or wheel  
at least five days a week

**15%**  
of residents cycle at  
least once a week

# Walking, wheeling and cycling participation is not equal

Proportion of residents who walk or wheel at least five days a week

## Gender and sexuality

48% of women



50% of men



55% of people who identified their gender 'in another way'<sup>ii</sup>



58% of LGBTQ+ people



48% of non-LGBTQ+ people



## Ethnicity

43% of people from ethnic minority groups



50% of white people



## Age

56% of people aged 16–25



52% of people aged 26–35



49% of people aged 36–45



46% of people aged 46–55



48% of people aged 56–65



44% of people aged 66+



## Disability

44% of disabled people



51% of non-disabled people



## Socio-economic group<sup>iii</sup>

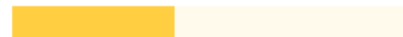
52% of AB



51% of C1



41% of C2



44% of DE



Some people may face greater barriers to walking, wheeling and cycling. For example there has been a gender gap in cycling for many years across the UK.

i. Walking for health, NHS, July 2019. ii. The sample size for respondents who identified their gender 'in another way' is 0.9% of the total sample.

iii. Socio-economic group is a classification based on occupation maintained by the Market Research Society. Groups A and B are professional and managerial. Group C1 is supervisory/clerical and students. Group C2 is skilled manual. Groups D and E are semi-skilled and unskilled manual occupations, homemakers and people not in employment.

# UK Walking and Cycling Index 2023

## Not all residents feel safe and welcome in their neighbourhood

**Proportion of residents who think walking or wheeling safety is good**

**53%** of socio-economic group DE



**64%** of socio-economic group AB



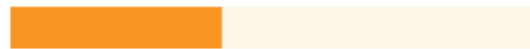
Socio-economic group is a classification based on occupation maintained by the Market Research Society. See definitions on page 6.

**Proportion of residents who think cycling safety is good**

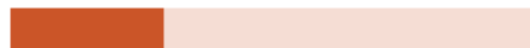
**36%** of women



**40%** of men



**29%** of people who identified their gender 'in another way'



**Proportion of residents who feel welcome and comfortable walking, wheeling or spending time on the streets of their neighbourhood**

**61%** of disabled people



**72%** of non-disabled people



# How do people get their active minutes?

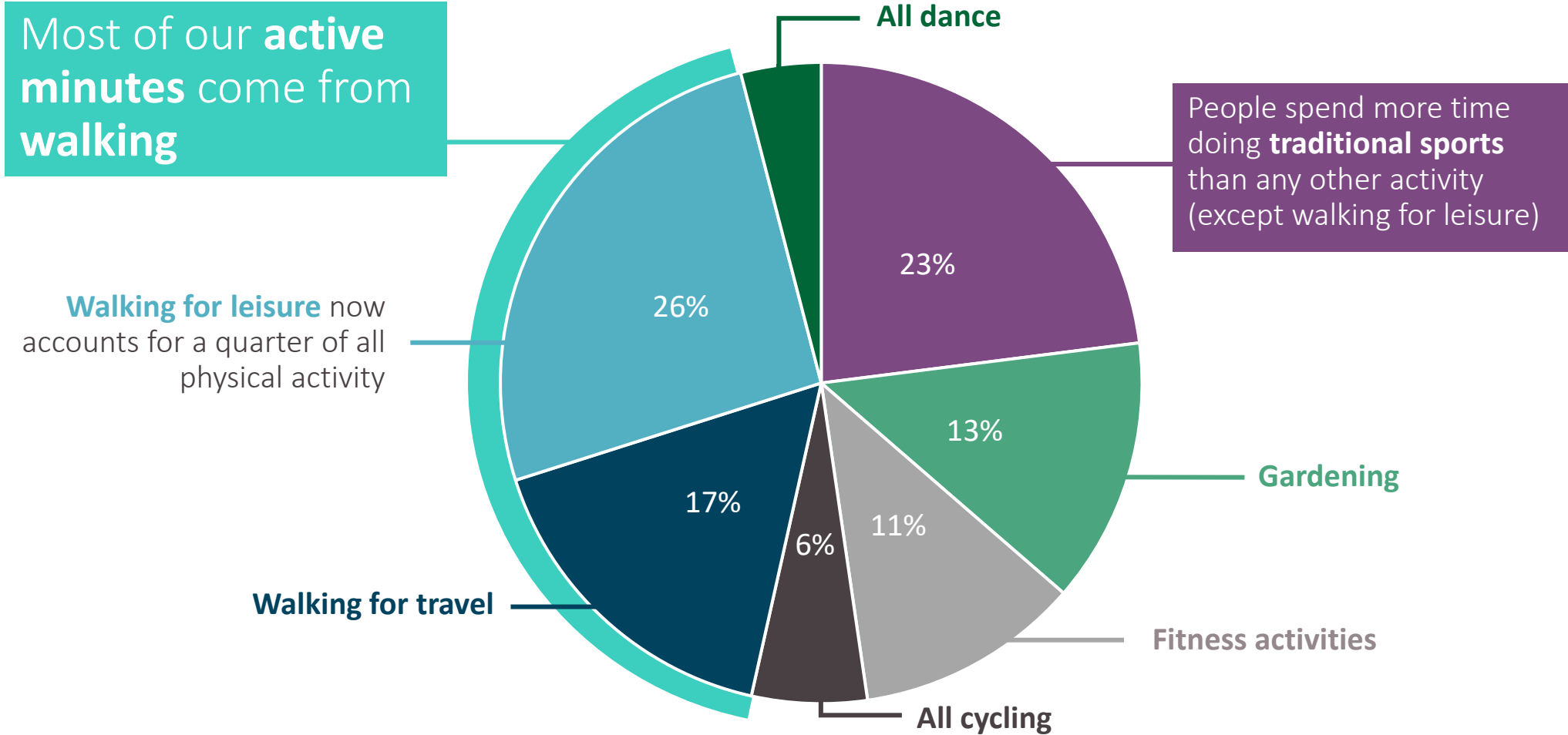


Data is for: Derby

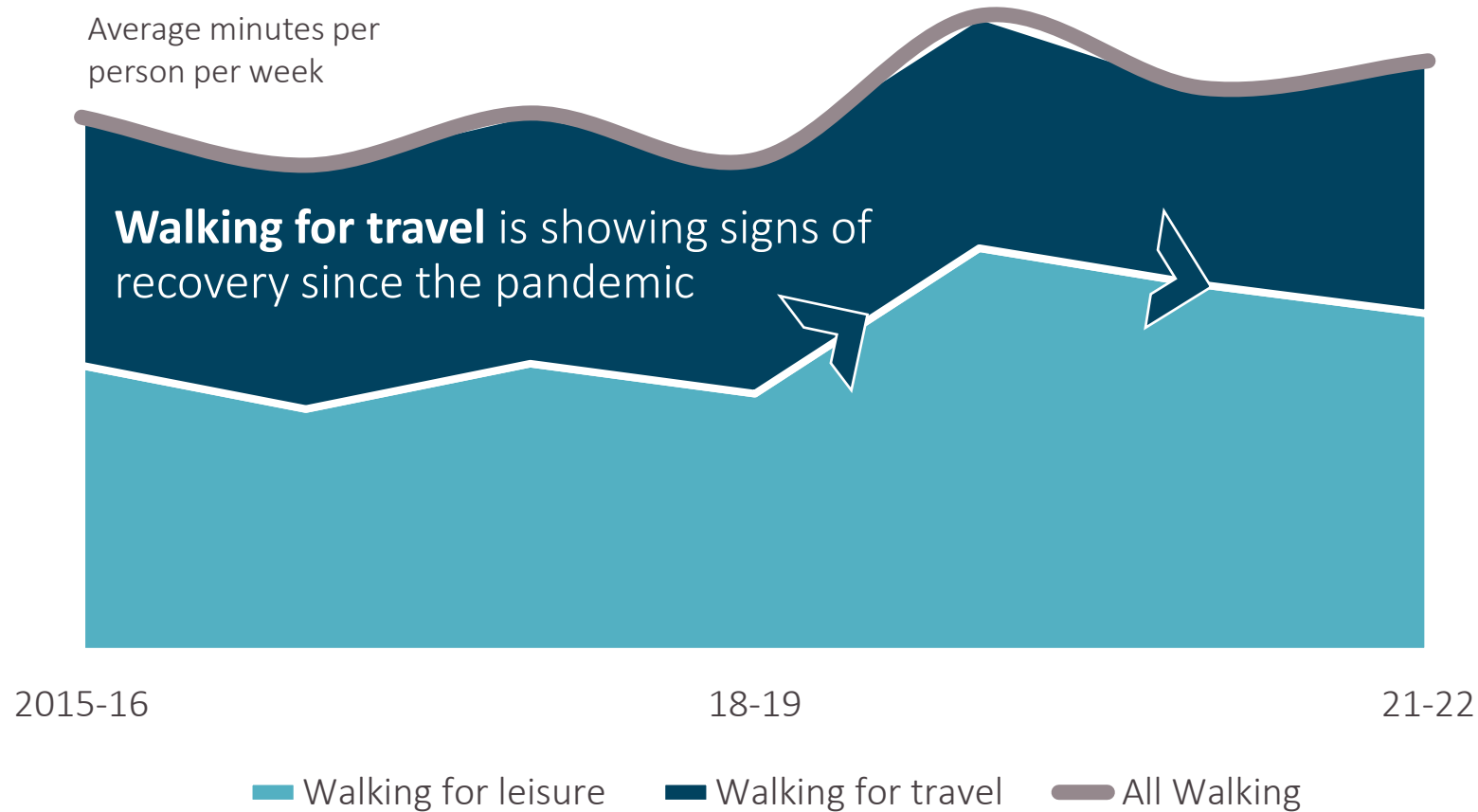


Source: Sport England Active Lives Survey 2015-16 to 2022-23 (16+)  
Measure: Physical activity levels (excluding gardening)

# Derby



Overall, the amount of **time**  
we spend **walking is high**



Data is for: Derby City

Walking just 4,000 steps a day can cut the risk of dying from any cause

Each additional 1,000 steps are associated with a further 15% reduction in risk

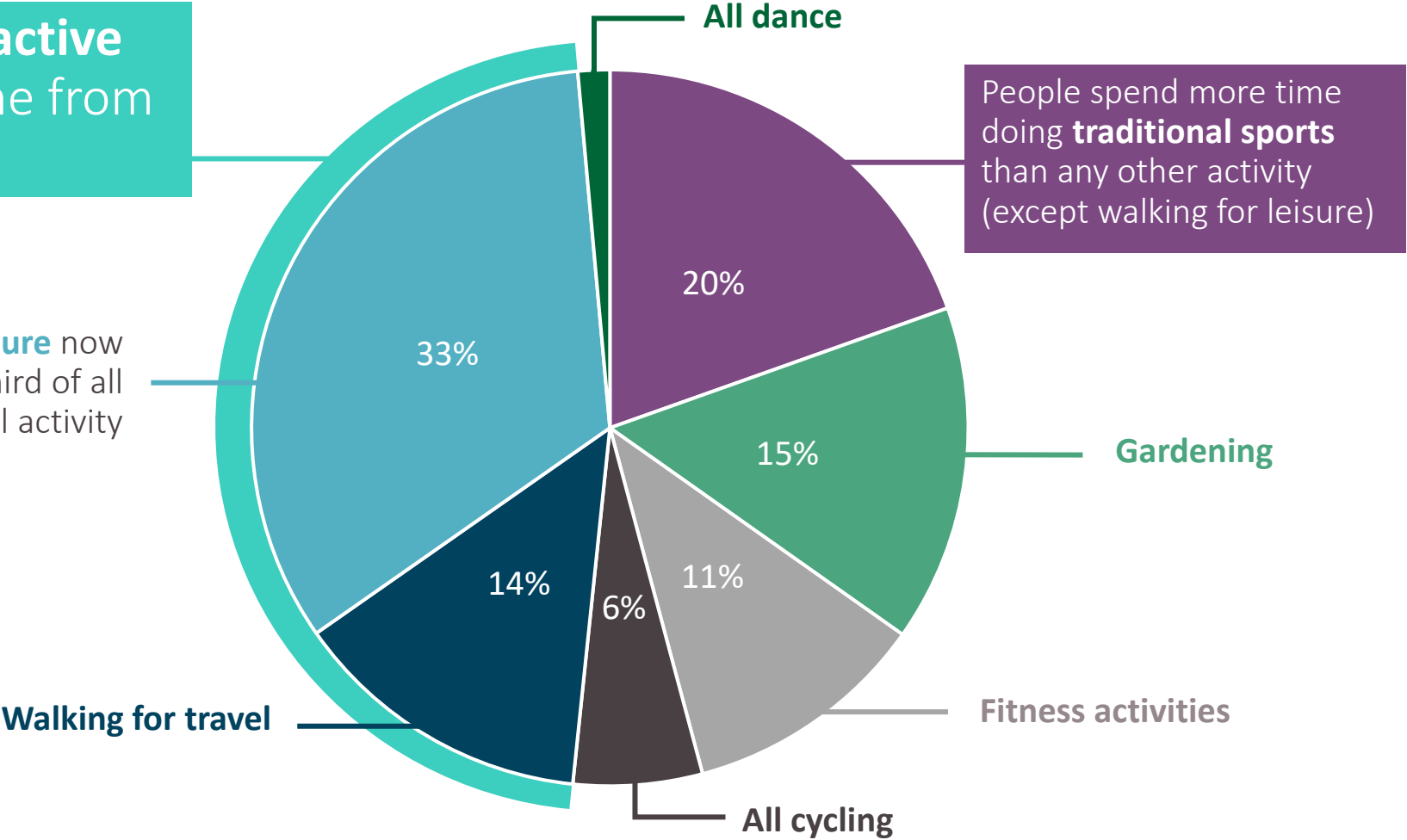
Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

# Derbyshire

Most of our **active minutes** come from **walking**

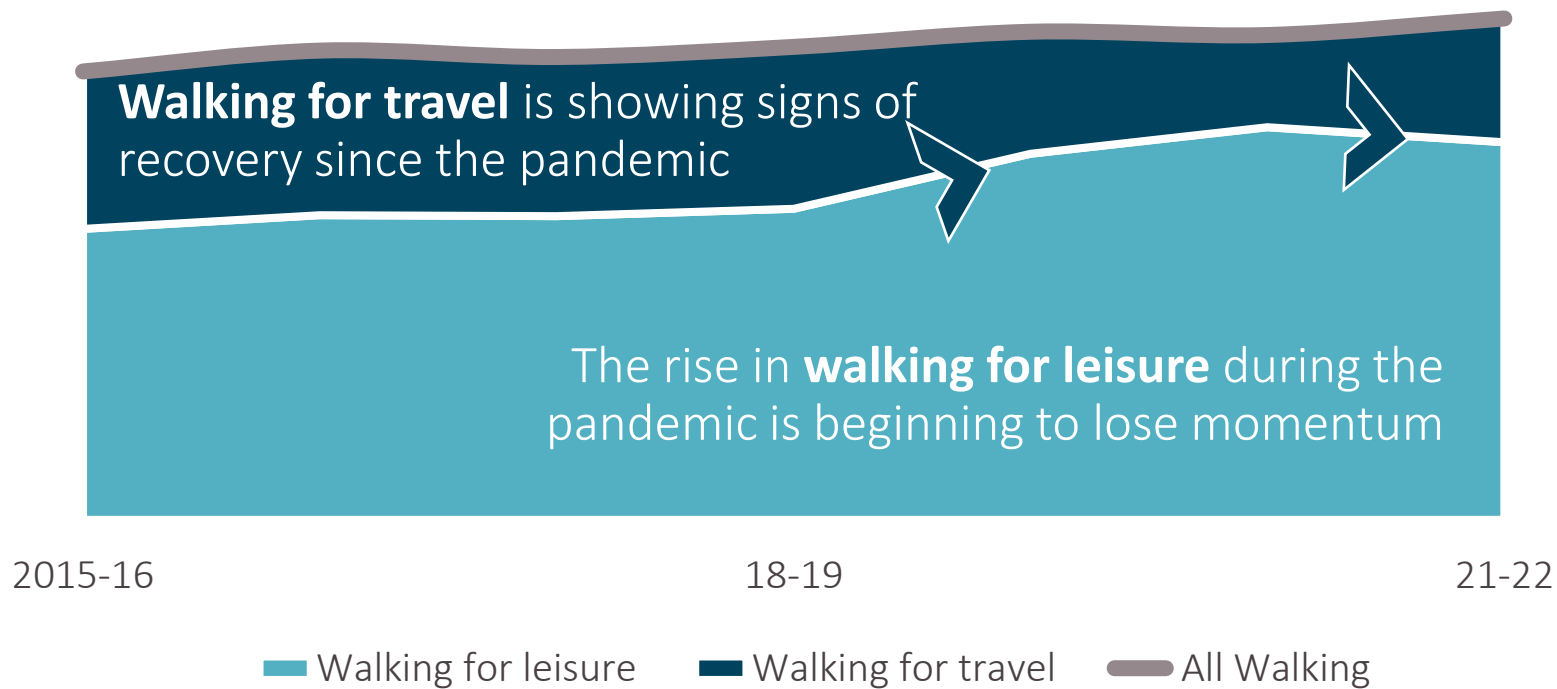
**Walking for leisure** now accounts for a third of all physical activity





Overall, the amount of **time** we spend **walking is at an all-time high**

Average minutes per person per week



Data is for: Derbyshire County

Walking just 4,000 steps a day can cut the risk of dying from any cause

Each additional 1,000 steps are associated with a further 15% reduction in risk

Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

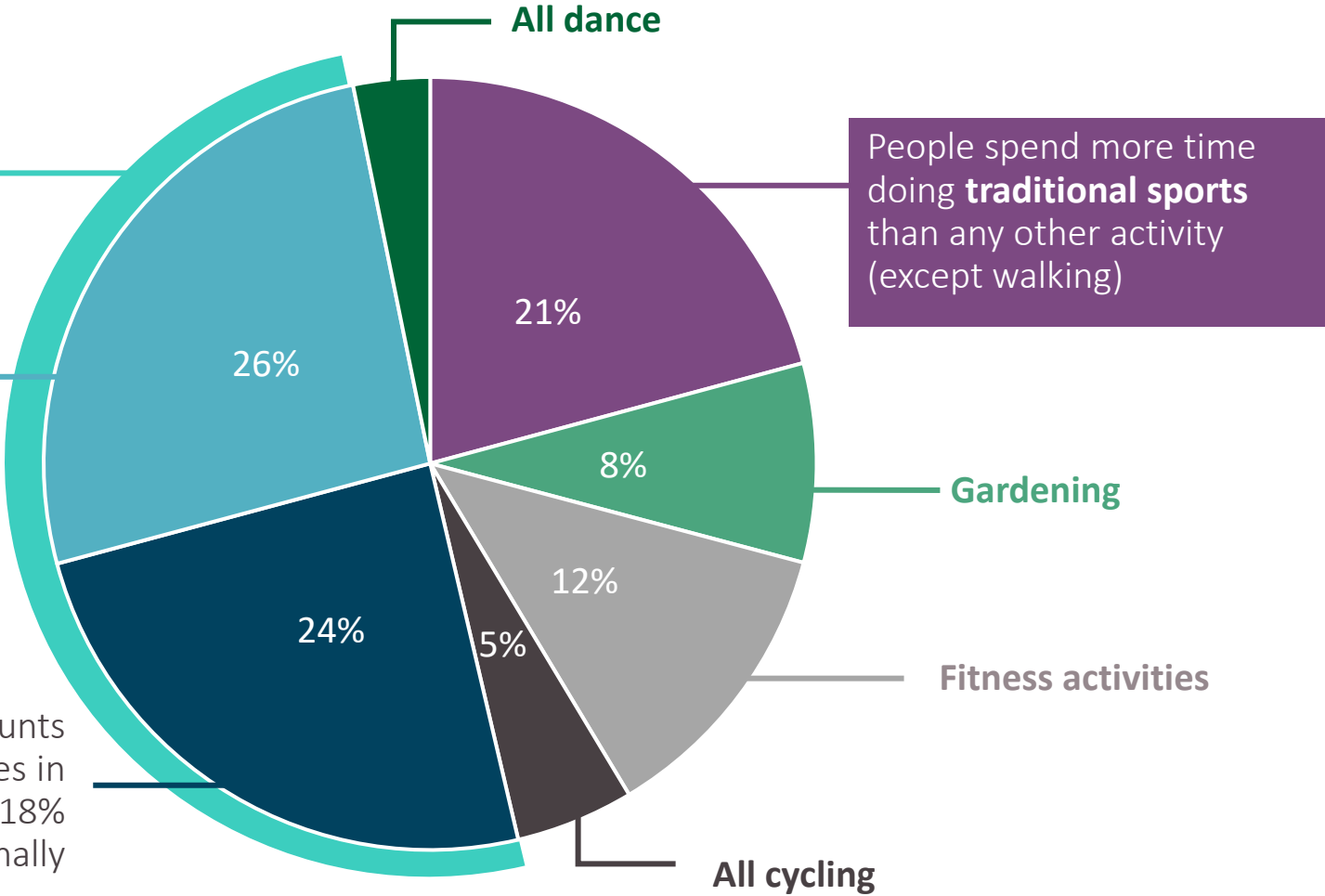
Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

# Nottingham

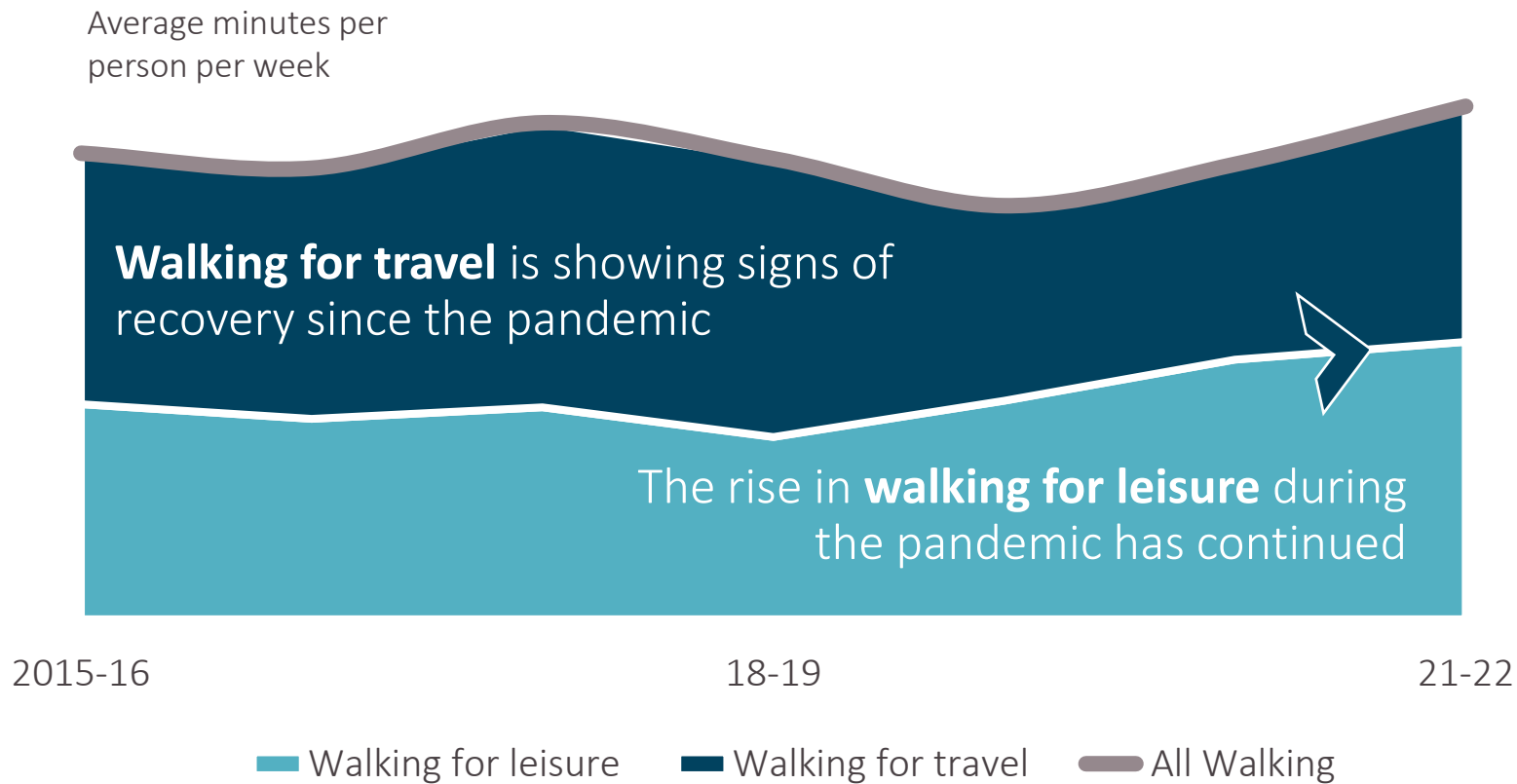
Half our **active minutes** come from **walking**

**Walking for leisure** accounts for over a quarter of all physical activity

**Walking for travel** accounts for 24% of minutes in Nottingham but 18% nationally



Overall, the amount of **time** we spend **walking is at an all-time high**



Data is for: Derby City



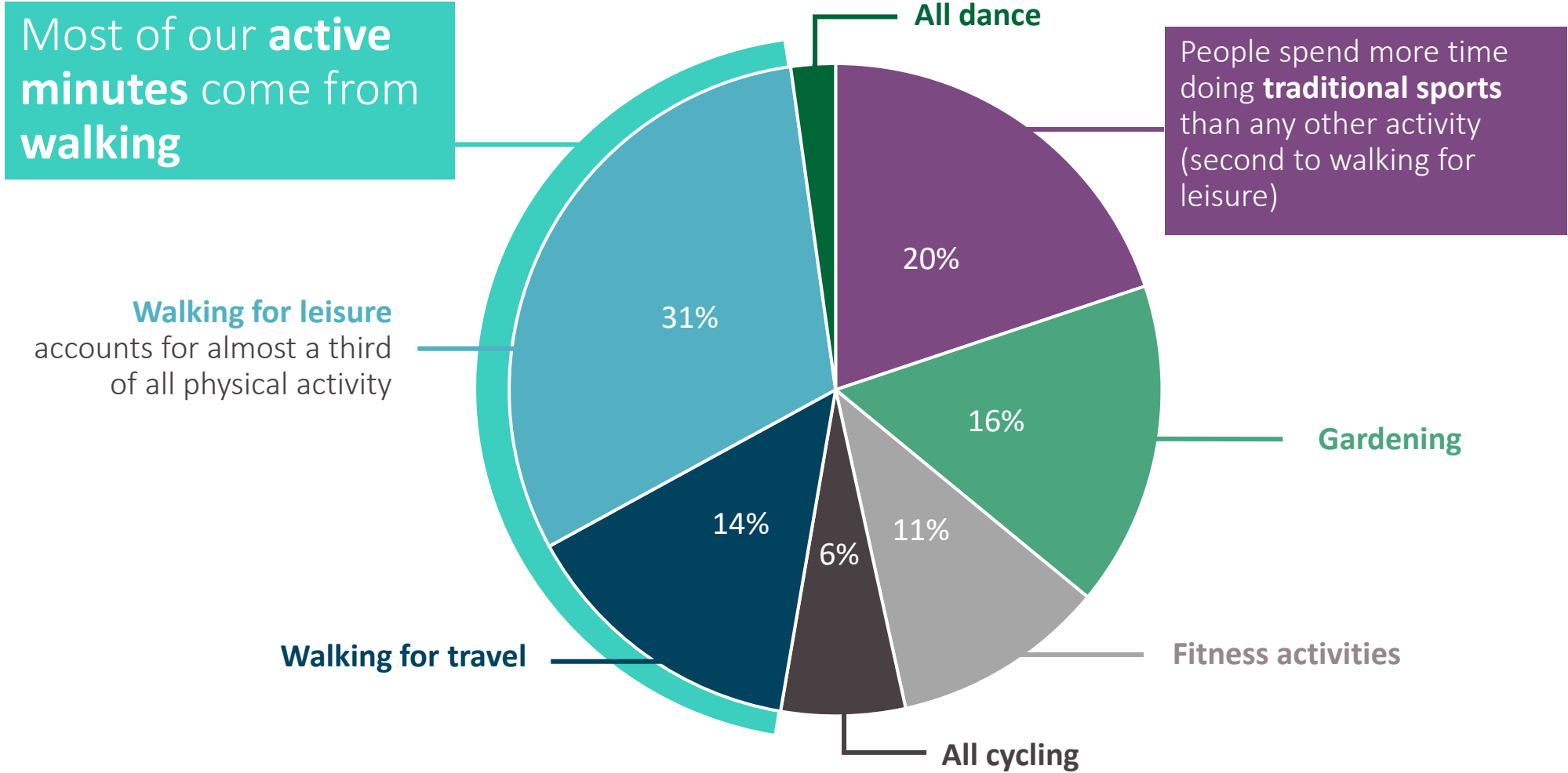
Walking just 4,000 steps a day can cut the risk of dying from any cause

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Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

# Nottinghamshire



Walking just 4,000 steps a day can cut the risk of dying from any cause

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## Walking for travel is showing signs of recovery since the pandemic

The rise in **walking for leisure** during the pandemic is beginning to lose momentum

21-22

■ Walking for leisure ■ Walking for travel ■ All Walking

Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

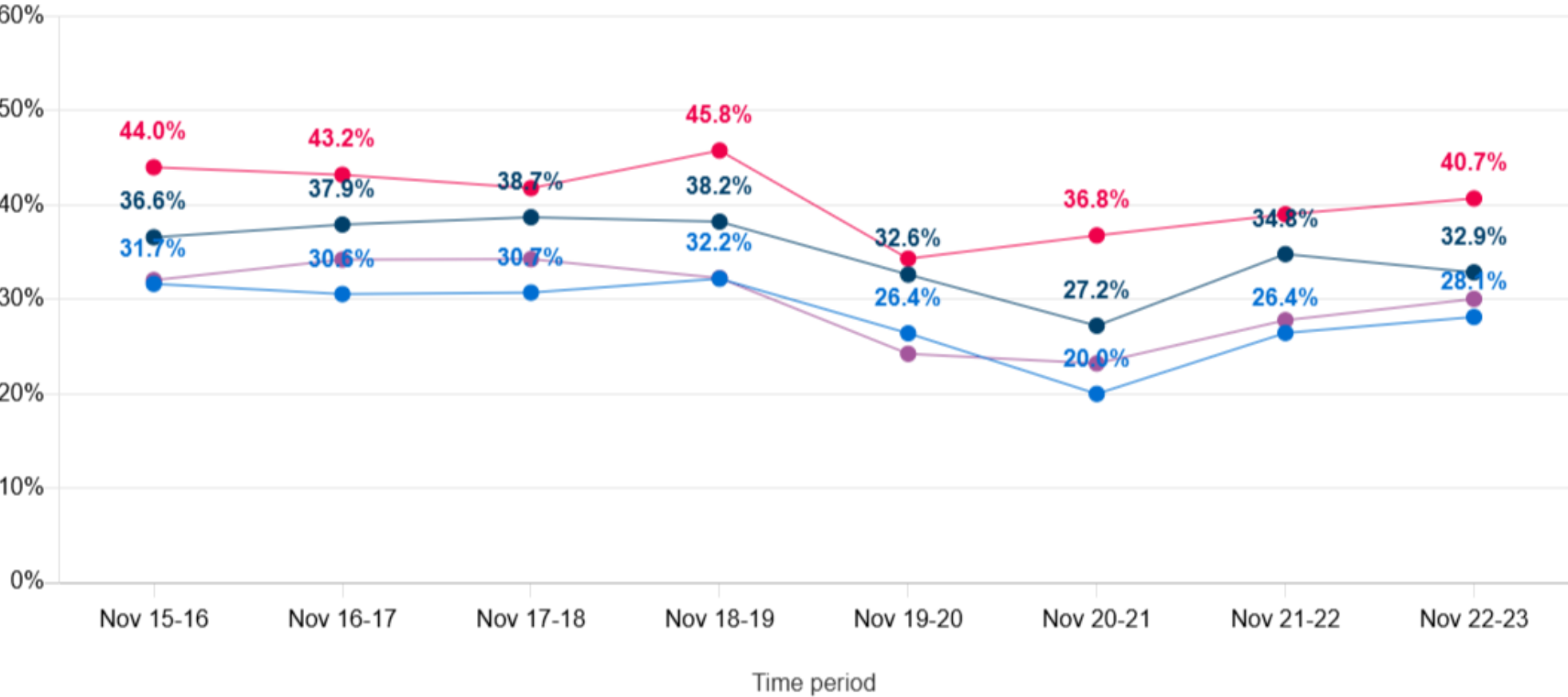


Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

# Active Travel Participation

Participation in the last 28 days : At least twice in the last 28 days by activity - Local Authority and County Council

Active travel



% Participation in the last 28 days by Local Authority and County Council:  
Derby LA Nottingham City LA Derbyshire CC Nottinghamshire CC

Data is for: Derby, Derbyshire, Nottingham, Nottinghamshire

Source: Sport England Active Lives Survey 2022-23 (16+)  
Measure: Minutes of physical activity per week