

Walking, 2010-14

Age-specific rates of walking

In 2015, Lancashire County Council requested some additional data from the Department for Transport regarding walking frequencies by various age-groups (table 1). Because of the small sample size, it was necessary to merge five years of data and some of the age-bands.

For all people aged over two years, only 40.2% stated that they walked for 20 minutes or more, three times a week. A substantial 20% walked this distance less than once a year or never.

For people aged 70 or over, 27.6% stated that they walked 20 minutes for three or more times a week, but 45.4% were in the less than once a year or never category. This lowest walking frequency category accounted for around 14% of respondents aged between two and 59 years.

Table 1. Residents who walk for 20 minutes or more by age (2010/14), Lancashire-12 area

Frequency	All aged 2+	2-16	17-29	30-39	40-49	50-59	60-69	70+
3 or more times a week	40.2%	45.0%	44.8%	41.9%	34.8%	44.5%	40.0%	27.6%
Once or twice a week	23.2%	25.8%	24.7%	23.5%	27.4%	23.5%	18.9%	16.6%
Less than once a week, more than twice a month	6.0%	7.4%	5.6%	10.0%	6.9%	4.8%	4.0%	2.9%
Once or twice a month	5.7%	4.8%	3.9%	7.3%	9.6%	6.4%	3.0%	5.4%
Less than once a month, more than twice a year	2.4%	1.6%	3.3%	3.4%	1.6%	3.1%	2.5%	1.3%
Once or twice a year	2.4%	1.3%	3.3%	1.5%	3.5%	3.6%	2.6%	0.7%
Less than once a year or never	20.0%	14.0%	14.3%	12.4%	16.1%	14.1%	29.0%	45.4%
Total	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted sample size: individuals	2,222	399	325	268	301	295	327	307

Source: Department for Transport, [national travel survey](#)

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