

MAYOR OF LONDON

WALKING IN LONDON

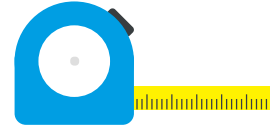
Why is walking so important for health?

43%

of adults in London don't do enough physical activity (less than 2.5 hours / week).¹



The easiest way for most people to stay active is by walking every day.²



The likelihood of being obese falls by 4.8% for each additional kilometre walked per day.³



The average Londoner walks 24 minutes each day.⁴

50%

of walking in London is done as part of public transport trips.⁵



Walking is a universal activity in London – there is little difference by gender, household income, ethnicity or employment status.⁶



People walk less as they get older and as their household car ownership increases.⁶



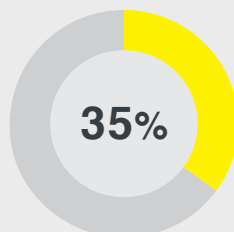
The more cars a household owns the less they walk.⁶

36%

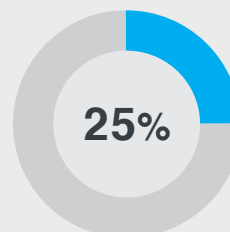
of car trips in London could be walked in under 25 minutes.⁷

Figure 1: The percentage of people doing enough physical activity* (through walking and cycling) falls as household car ownership increases.⁶

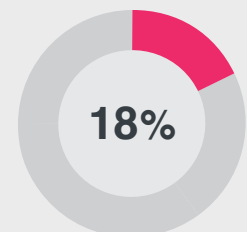
Percentage of people doing enough physical activity per week



Households with no cars



Households with 1 car



Households with 2 or more cars

* at least 2.5 hours a week

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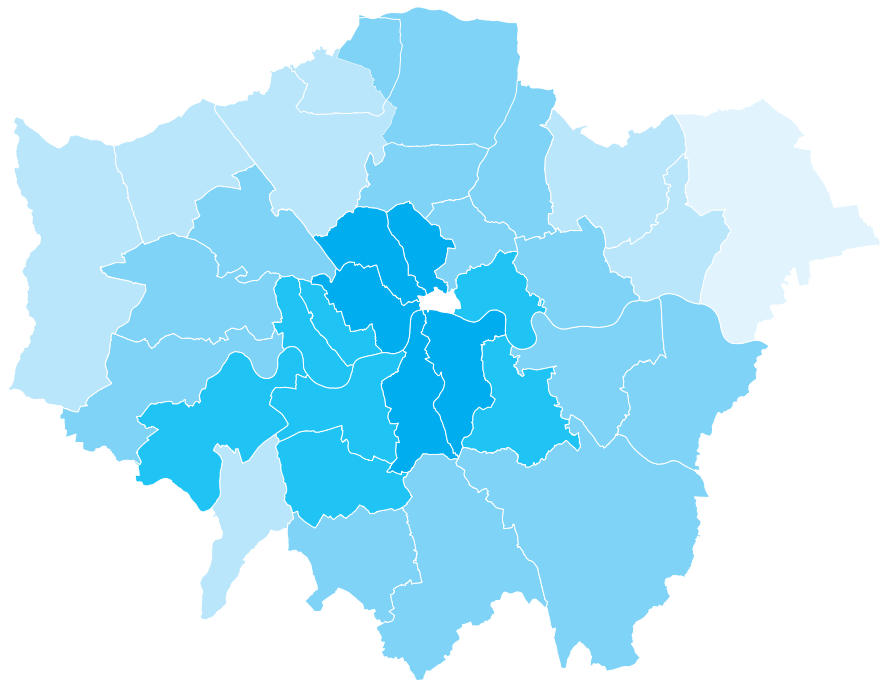
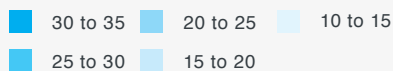
How much do people walk in your part of London?

Figure 2: Average time spent walking per person per day for London residents, by borough, 2013/14.⁴



On average Camden and Southwark residents walk most: 35 minutes each day

Average walk duration of London residents per day (minutes)



How to increase walking in your area

You can work with council departments to improve the environment for walking and cycling in your area:

- ◆ **Public health**
- ◆ **Transport**
- ◆ **Air quality**
- ◆ **Leisure service**

Promote Walk to Work Week and Walk to School Week locally.

livingstreets.org.uk/national-walking-month⁸

What guidance is available?

NICE offers evidence-based recommendations on how to change streets to improve health: Physical activity and the environment. NICE public health guidance 8 (2008)

nice.org.uk/guidance/ph8

Want to understand walking patterns in your area?

Would you like to increase walking in your borough?

if so, please contact

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1. Active People Survey January 2012 – January 2013
2. Everybody Active, Every Day: An Evidence-Based Approach to Physical Activity. (2014) Public Health England
3. Frank LD, Andresen MA, Schmid TL (2004) Obesity relationships with community design, physical activity, and time spent in cars. *Am J Prev Med* 27(2):87–96.
4. Travel in London 7 (2014) Transport for London pg 213-214
5. Improving the health of Londoners. Transport action plan. (2014) Transport for London
6. Travel in London 7 (2014) Transport for London pg 207-210
7. LTDS 2013/14 data, TfL Planning
8. Pedestrian charity Living Streets runs National Walking Month every May