



Walking For Health

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Paths For All

- Paths for All is a national charity promoting walking for health and the development of multi-use path networks across Scotland



Walking for Health

- The Walking for Health programme was established in 2001 as a PFA project with limited funding
- Significant growth of the programme since 2005
- 91% of PFA funding from Scottish Government for increasing physical activity participation
- 9% of PFA funding from SNH for Path Network Development

Walking for Health

Long-term outcome

To contribute to the long term and sustained increase in physical activity participation among the Scottish population



Health in Scotland

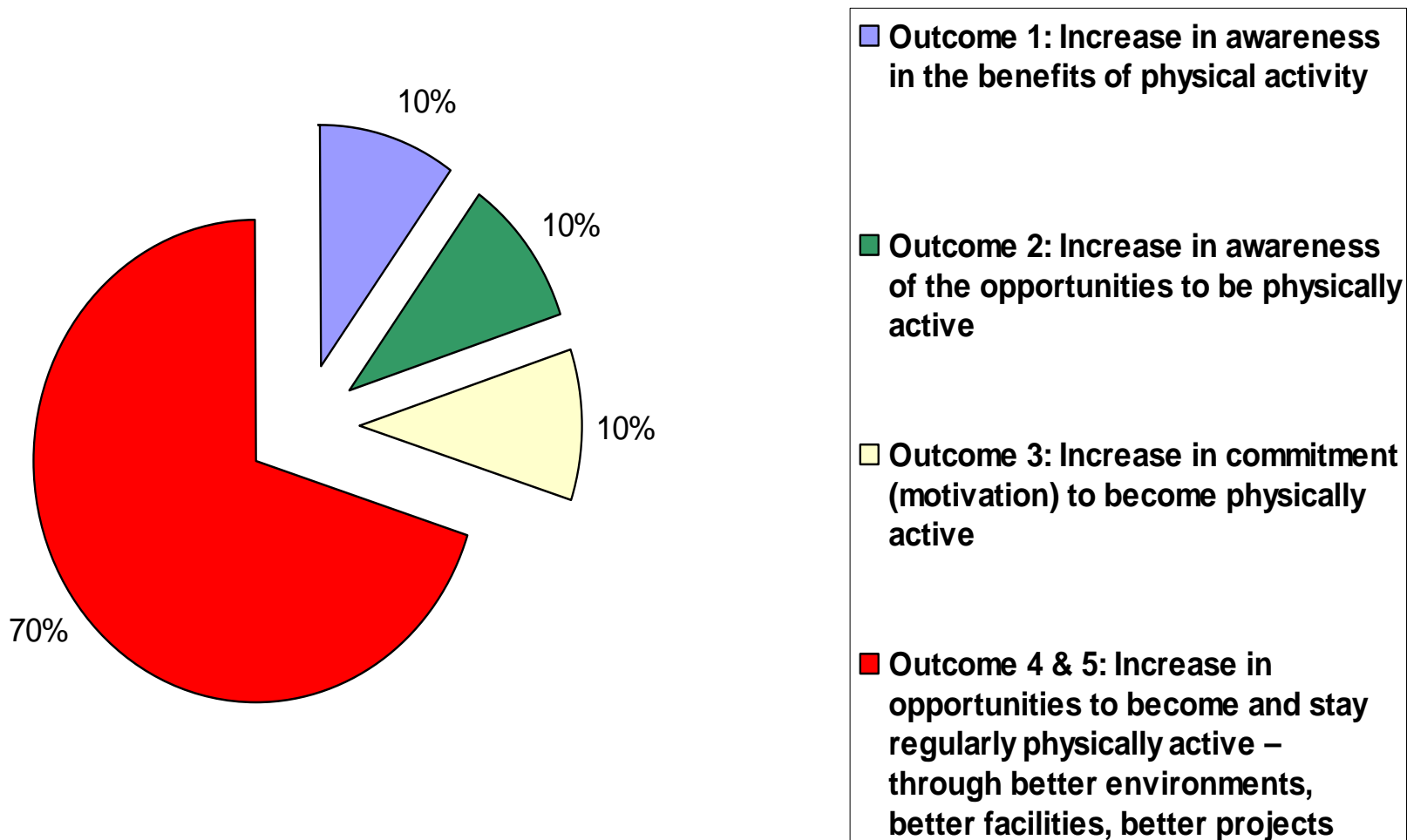
- More than 60% of the population is overweight or obese.
- 1 in 5 adults suffer from arthritis.
- 1 in 3 women have osteoporosis.
- 1 in 6 suffers from ongoing mental health problems
- Half of all deaths in the UK are related to Cardio Vascular Disease.
- Cancer is the major cause of death in women and breast cancer is most common
- 4.5% of the population suffer from diabetes

63% of the adult population does are not active enough



Walking for Health Outcomes

Relative proportion of Work per Outcome



Target Groups and activity levels

- **Women 45-65**
- **Women and Men 65+**



Sex	Age	Active
Female	45-54	38%
Female	55-64	30%
Female	65-74	17%
Female	75+	6%
Male	65-74	22%
Male	75+	11%

Two main strands to the walking for health programme



- **Community walking**

- **Workplace walking**



Community Walking

- 200 community schemes supported
- 20,000 people participating in the community programme
- 450 walks delivered in Scotland regularly
- 19% walkers live in the 15% poorest areas
- 30% of the population is within 2km of a PFA walk 55% within 5 km of a PFA walk



Workplace Walking

- **Over 100 workplaces supported to develop walks**
- **500 teams entered the workplace step challenge (2500 people)**
- **Workplace walking scheme improves activity out of work**
- **Workplace walking as a benefit to business**



The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose. C Dickens

