Summary

- Participation in sport should be considered as part of a spectrum of physical activity. Several responses at phase 1 of this inquiry supported this approach.
- The Scottish Government’s Active Scotland Outcomes Framework describes Scotland’s ambitions for sport and physical activity and key outcomes.
- Walking is of overwhelming importance for getting people more active.
- We have a lot of experience in community based approaches to getting people more active.

Participation

Our submission at phase 1 of this inquiry recommended that the Committee should consider participation in sport as part of a spectrum of physical activity. We remain of this view and this approach is reflected in the Scottish Government Active Scotland Outcomes Framework.

Other respondents at phase 1 - Scottish Natural Heritage and the Physical Activity for Health Research Centre (PAHRC) - also stressed the importance of looking at sport in the wider context of helping people to become more active generally. Our view is that the inquiry would be more relevant and helpful if it took this approach.

The Scottish Government’s Active Scotland Outcomes Framework describes Scotland’s ambitions for sport and physical activity and the key outcomes over the next ten years. The headline measure of progress is the proportion of the population who meet the recommended level of physical activity. This is a National Indicator.

If we want to get significant numbers of people more active, then walking is of overwhelming importance – as both a recreational activity and as part of everyday life. This is particularly the case if we want to get inactive people more active.

The desire and intent to encourage more walking and embedding it in our daily lives is reflected in the Scottish Government’s National Walking Strategy and Action Plan.

Participation in walking (Scottish Household Survey 2014-15)

- For the fifth year in a row, more people are walking recreationally.
- 69% of the population now walk regularly for recreation, an increase of 5 percentage points from the previous year.
- Walking as part of active travel is stable.
- The greatest increase between 2014 and 2015 was in those aged 75 and over, who are amongst those most likely to be inactive.
- Walking is three times more popular (57%) as a recreational activity among Scottish adults, than the next most popular activity, swimming (18%) and football (7%).
- In 2015, 52% of adults reported participating in sport in the last four weeks.
- Participation in sport by adults has remained relatively stable over the past four years.
**Walking for Health**
We have a lot of experience in community based approaches to getting people more active. Paths for All supports Health walks – local walking projects across Scotland - with training, resources and support

149 active Walking for Health projects deliver over 500 regular led walks. There are projects in every Scottish local authority area. Last year (2015-16) there were 4,513 new registered walkers and 305,845 attendances at walks.

- There are Health Walks in all local authority areas, health board areas and most Scottish Parliamentary constituencies.
- 63% of the population live within 2km of a health walk and 84% within 5km
- There is a higher density of health walk provision in disadvantaged areas
- 78% of walks are within 1km of greenspace
- 79% of walkers live in urban areas

Many of these projects are already linked to Community Sport Hubs but we are keen that this is supported more widely.

**Examples of other relevant work we currently deliver or support**
- **Strength and Balance** – mostly in care homes - training, resources and support
- **Step count challenge** – workplace team walking challenges
- **Workplace** – training, resources and support
- **Macmillan** – promoting walking for people affected by cancer
- **Dementia Friendly Walking Project** – training, resources and support - funded by the Life Changes Trust
- **Community paths** – training, resources and support to create active environments
- **Active travel** – including the Smarter Choices Smarter Places Fund – encouraging travel behaviour change
- **Walking football** – supporting the development of local Walking Football opportunities across Scotland
- **The Big Fit Walk** takes place annually in June and aims to inspire communities across Scotland to come together for a short walk to celebrate the benefits of being active.

**Community and volunteers**
Walking for Health, walking football, community path work and other projects all rely on volunteer effort – we provide support, training and resources. For example, we have trained more than 8,800 walk leaders across the country.

**Background**
Paths for All is a Scottish charity founded in 1996. We champion everyday walking as the way to a happier, healthier Scotland. We want to get Scotland walking: everyone, everyday, everywhere.
Our aim is to significantly increase the number of people who choose to walk in Scotland - whether that's for leisure or walking to work, school, the shops or to a nearby public transport hub. We want to create a happier, healthier Scotland where increased physical activity improves quality of life and wellbeing for all. We work to develop more opportunities and better
environments not just for walking, but also for cycling and other activities, to help make Scotland a more active, more prosperous, greener country. Our work supports the delivery of the Scottish Government’s Active Scotland Outcomes Framework, National Walking Strategy, and the Long-term Vision for Active Travel in Scotland, community and workplace health walking, path network development and active travel policy development. We are a partnership organisation with 30 national partners. Our funders include the Scottish Government, Transport Scotland, Scottish Natural Heritage, Macmillan and The Life Changes Trust.