

paths  
for all

FOR A HAPPIER,  
HEALTHIER SCOTLAND

# Helen Morrison



We want to get  
Scotland walking.  
Everyone. Everyday. Everywhere.

# Our Strategy

## Our vision

We want to create a happier, healthier Scotland where physical activity improves quality of life and wellbeing for all.

## Our focus

We want to get Scotland walking:

**Everyone.  
Everyday.  
Everywhere.**

We will work to improve physical, social and mental health for **everyone**.

We will promote **everyday walking** for everyone in Scotland.

We will work to improve the environment for people to be active, **everywhere**.

## Our themes

### Walking for health

We will increase how many people regularly join our led Health Walks. We will work with partners to develop projects promoting everyday walking.

### Active environments

We will enable communities to create, maintain and promote safe, welcoming everyday walking paths and routes.

### Active travel

We will increase the number of everyday journeys walked or cycled, through communications, support and partnership projects.

### Communications and policy

We will increase the profile of the benefits of everyday walking and will be a strong voice advocating for policy which supports physical activity and walking.

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# Our Partners

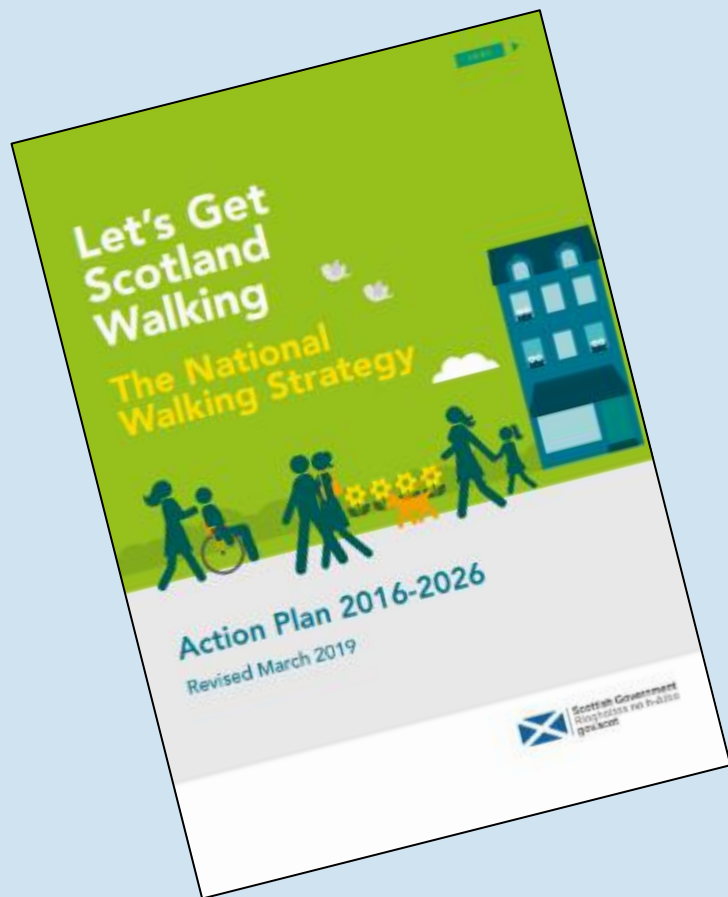


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# The National Walking Strategy

[www.stepchangescot.scot](http://www.stepchangescot.scot)



## Delivery Forum Member Logos



The National Walking Strategy for Scotland and the delivery of the Action Plan is supported by all the members of the National Walking Strategy Delivery Forum and is facilitated by Paths for All





# Health Walks



- A Health Walk is regular, volunteer led, free, accessible, local and less than 1 hour long.
- There are over 670 weekly walks across Scotland, delivered by 200 projects



- Walks are open to everyone but some walks cater for specific groups/conditions
- Paths for All manage and provide support to the Scottish Health Walk Network



# Walking for Health







# Find a Health Walk

**Find a Health Walk** ↑

Search by postcode or place

Falkirk **GO**

**Filter**

- Health Walks
- Dementia Friendly
- Cancer Friendly

**Health Walks** ×

**Brightons walk**

**More info** →

**Day**  
Thursday

**Time**  
10.00-10.45

**Project Name**  
Step Forth

**Walk Category**  
Health Walks

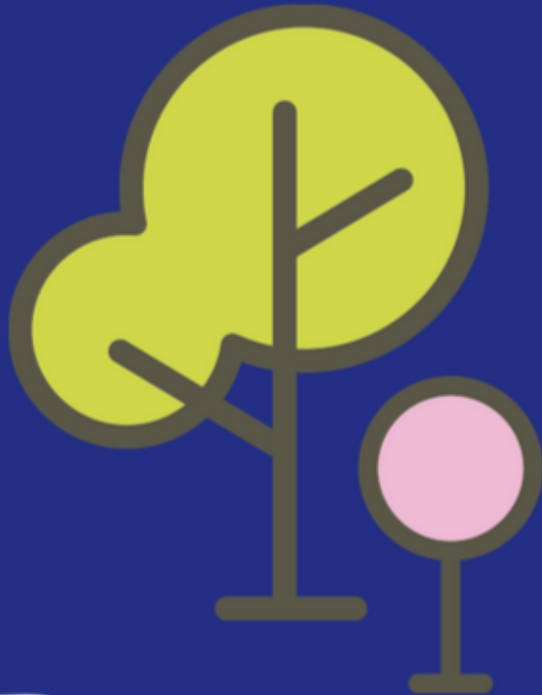


**85%** of the  
population **live**  
**within 2km** from  
the start of a  
Health Walk





**78%** of our  
**Health Walks**  
start within **1km**  
of **greenspace**





**57%** of Health Walkers report having a **long term condition**





There is a **higher density** of **Health Walks** in **deprived areas**







**35% of walkers  
use public  
transport more**

after attending our Health Walks





Walk more for  
**short journeys**  
instead of  
taking the car

after attending our Health Walks



37%

are regularly  
active **before**  
**joining** a  
Health Walk



83%

are regularly  
active **six**  
**months after**  
**joining** a  
Health Walk





# Why do people join a Health Walk?

**71%** To feel healthier



**61%** To meet new people



Paths for All's Walkers Database 2019



## What are our Health Walkers doing 6 months after their first walk?

83%

Still walking with their group



52%

Now doing longer walks



95%

Now doing other physical activity



Paths for All's Walkers Database 2019



# Key Learning Points

- We don't need to keep proving walking works
- Engage with Health Professionals from the start.
- Find key influential people who are enthusiastic
- Build capacity locally
- A central point of support and resource for the programme is vital
- Keep it simple





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