

Walking and cycling to and/or from work in Northern Ireland 2018/2019

Findings from the Northern Ireland Continuous Household Survey 2018/2019



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Walking

11% walk to and/or from work

Of those, 60% walk 5 or more days per week, on average

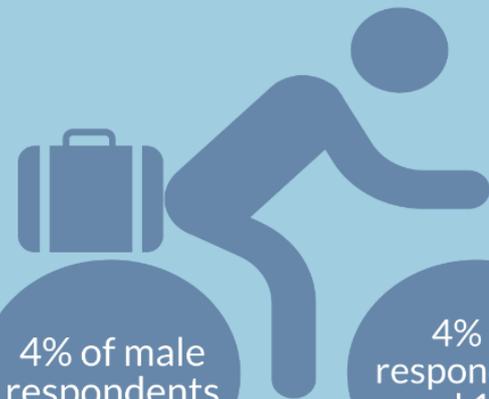
Distance walked in one direction

60%	0-1 miles
34%	2-3 miles
5%	4+ miles

Almost a quarter (23%) of **Belfast** respondents walk to and/or from work

Cycling

2% cycle to and/or from work



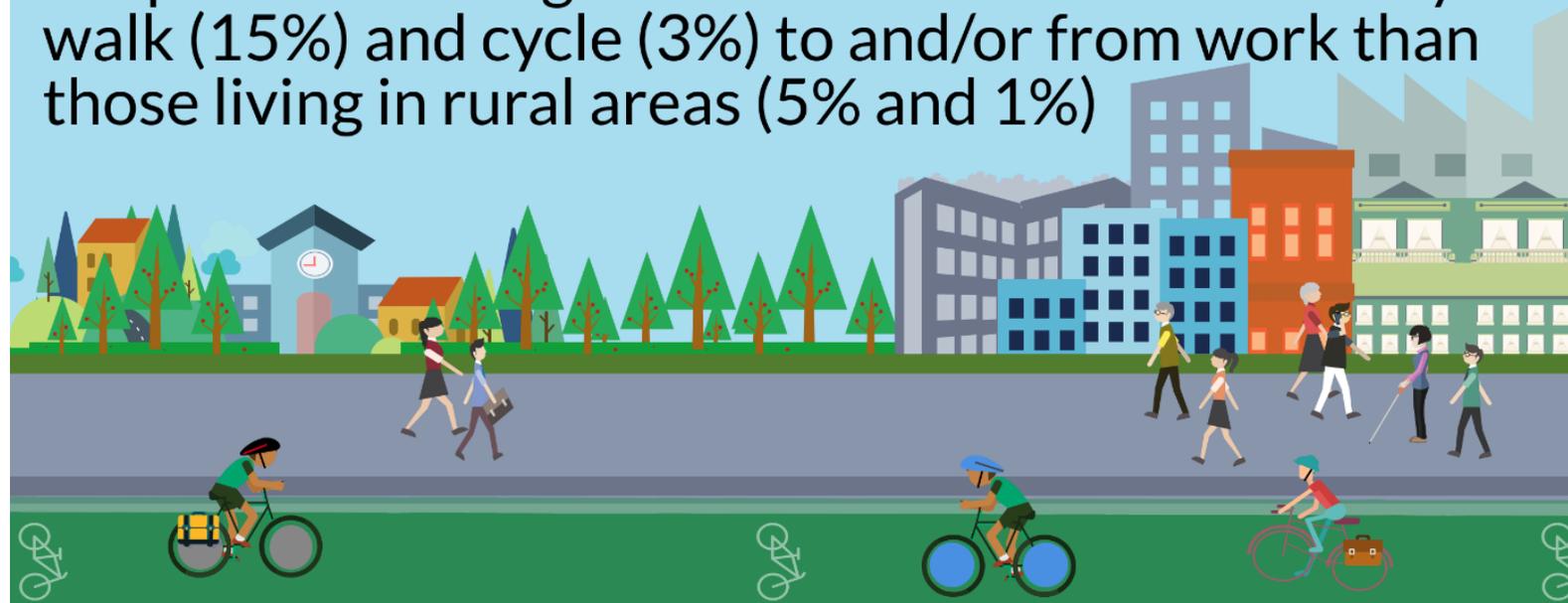
4% of male respondents

4% of respondents aged 16-24

cycle to and/or from work

In **Mid and East Antrim**, 6% of respondents cycle to and/or from work

Respondents living in urban areas were more likely to walk (15%) and cycle (3%) to and/or from work than those living in rural areas (5% and 1%)



KEY POINTS

Walking to and/or from work

- Of the respondents who travelled to and/or from work, a tenth (10%) said that they normally walk to **and** from work, 1% said they normally walk either to **or** from work, while the remaining 89% did not walk to or from work at all. These figures are similar to 2016/17, and there has been no change in the longer term trend since 2014/15.
- Of the 162 respondents who walk to and/or from work, 92% walked all of the way.
- Six in ten (60%) walk 1 mile or less, on average, in one direction, a third (34%) walk 2-3 miles, 5% walk 4+ miles.
- Of those respondents who reported that they normally walk to and/or from work, six in ten (60%) said that on average, they walked for 5 or more days per week.
- Almost one in five (19%) of those aged 16-24 walked to and/or from work.
- By Council area, proportions of those walking to and/or from work ranged from 5% in North Down & Ards to almost a quarter (23%) in Belfast City Council.

Cycling to and/or from work

- Of the respondents who travelled to and/or from work, 2% said that they normally cycle to and/or from work.
- Males (4%) were more likely to cycle to and/or from work than females (1%).
- There has been an increase in the proportion of respondents aged 16-24 (4%) who cycled to and/or from work since 2016/17 (0%).
- By Council area, proportions of those cycling to and/or from work ranged from 0% in Armagh, Banbridge and Craigavon Council and Newry, Mourne and Down Council to 6% in Mid and East Antrim Council.
- Respondents living in urban areas were more likely to walk (15%) and cycle (3%) to and/or from work than those living in rural areas (5% and 1%).

INTRODUCTION

Incorporating more walking and cycling into our everyday routines could significantly increase levels of physical activity across the population with substantial benefits to physical and mental health and wellbeing at both the individual and societal levels. Hence, the draft Programme for Government reference to increasing the percentage of journeys that are made by walking, cycling and public transport is part of delivering on a range of the outcomes – including health, infrastructure and the environment. By increasing activity and reducing reliance on the private car, walking and cycling will contribute to sustainability, cultivate better active travel habits, improve air quality and contribute to longer healthier lives.

The Travel Survey for Northern Ireland reveals that on average we make around 900 journeys every year. Of these, around one third are less than two miles in length and many of these are much shorter. These are journeys that could and should be made by walking, cycling and public transport, yet far too many of them are still made by private car. The Department for Infrastructure wants to create safer conditions that will encourage more people to travel to and from work by an active and sustainable method of travel where possible.

Uses of the data

This publication presents information from the 2018/19 Continuous Household Survey (CHS) in relation to the extent of walking and cycling to and/or from work by persons in Northern Ireland. This is the fourth time that this question set has been included and since 2016/2017 it has been included biennially. Hence, there are no results for 2017/2018.

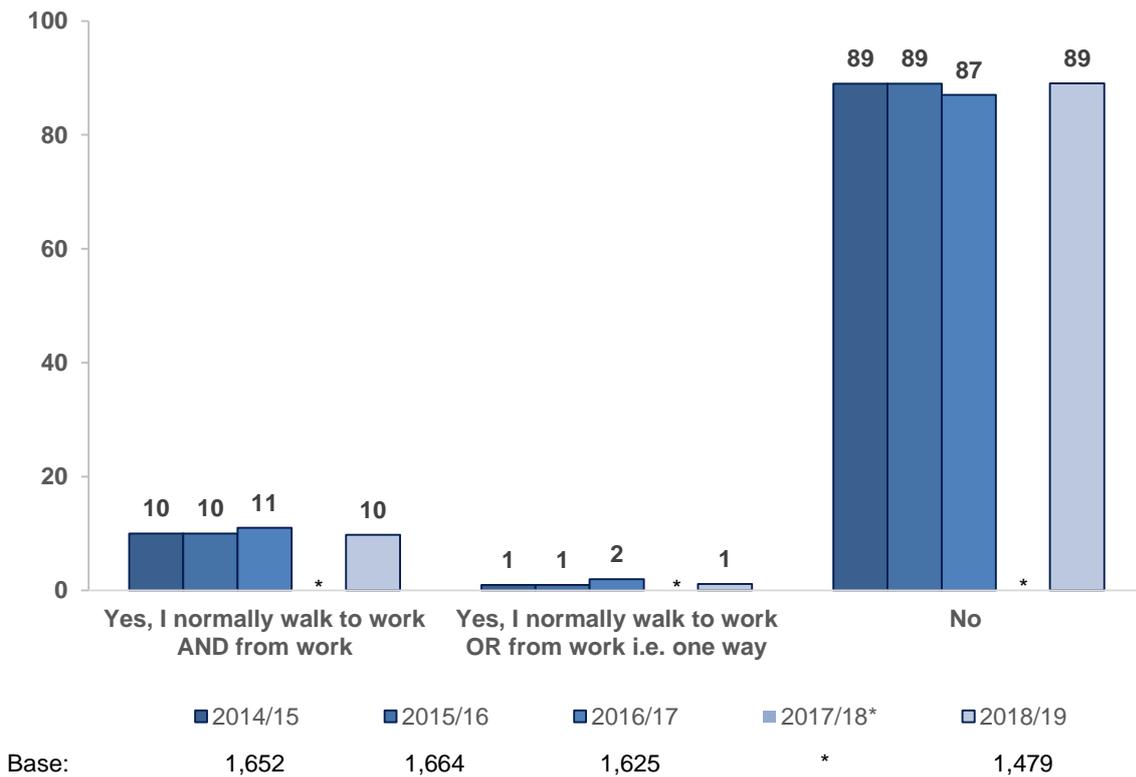
The findings include the proportion of people who normally walk or cycle to and/or from work, the distance they walk to and/or from work and the number of days they walk to and/or from work per week. It demonstrates there is significant potential to increase the numbers of people commuting to and/or from work by active means. The Department may use information from this report to monitor the effectiveness of our active travel initiatives.

1. Walking to and/or from work

1.1 Persons who walk to and/or from work

Respondents who said that they were currently employed were asked if they normally walk to or from work. Of the 1,579 who provided information, a small proportion of the sample stated they work from home. Of the remaining sample who travel to work, a tenth (10%) said they normally walk to **and** from work, 1% said they normally walk either to **or** from work, while around nine tenths (89%) of respondents said they do not walk to or from work. These figures are similar to 2016/17, and there has been no change in the longer term trend since 2014/15.

Figure 1: Persons who walk to or from work



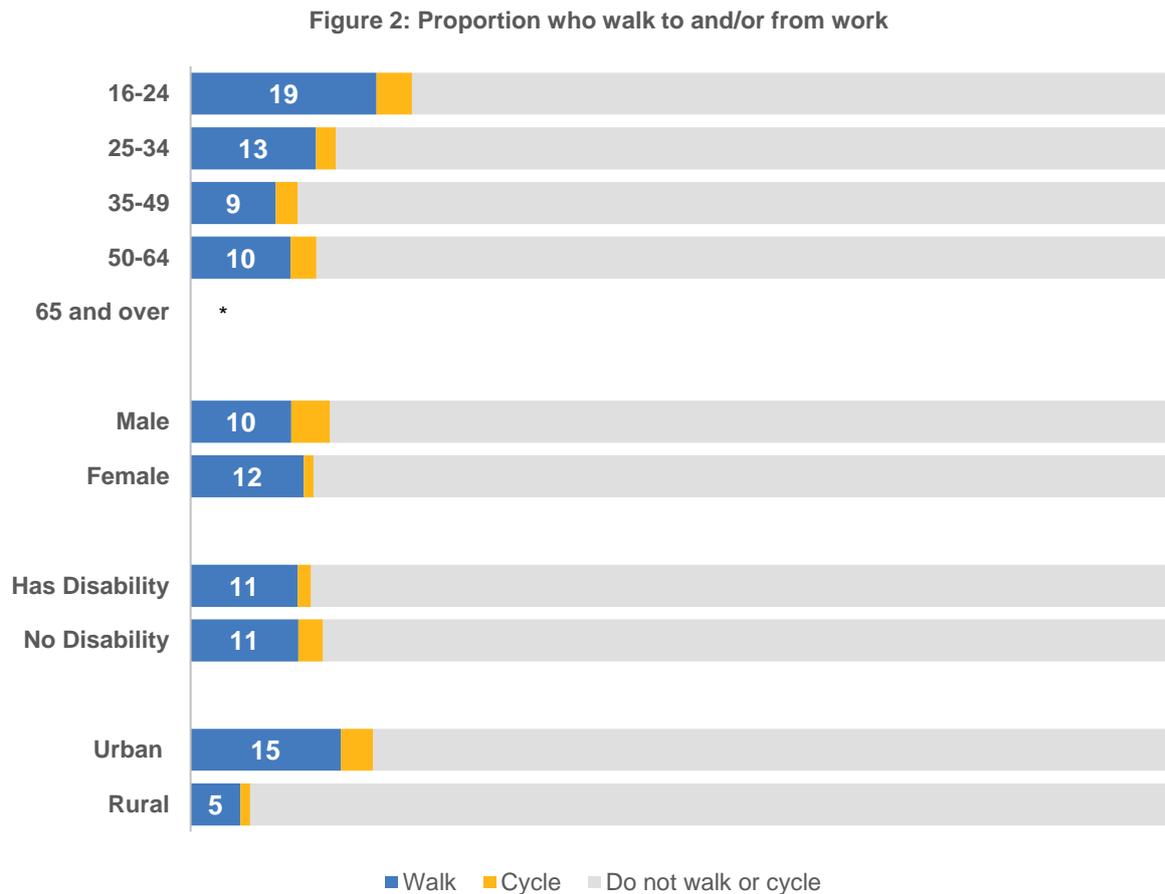
*module was not included in the 2017/2018 Continuous Household Survey

The remaining analysis will focus on the 11% of respondents who have indicated that they walk to and/or from work.

1.2 Proportion who walk to and/or from work (by respondent group)

Almost one in five (19%) of those aged 16-24 walked to and/or from work, a higher proportion than those aged 35-49 (9%) and 50-64 (10%).

There was no difference between the proportions of male (10%) and female (12%) respondents who normally walk to and/or from work.



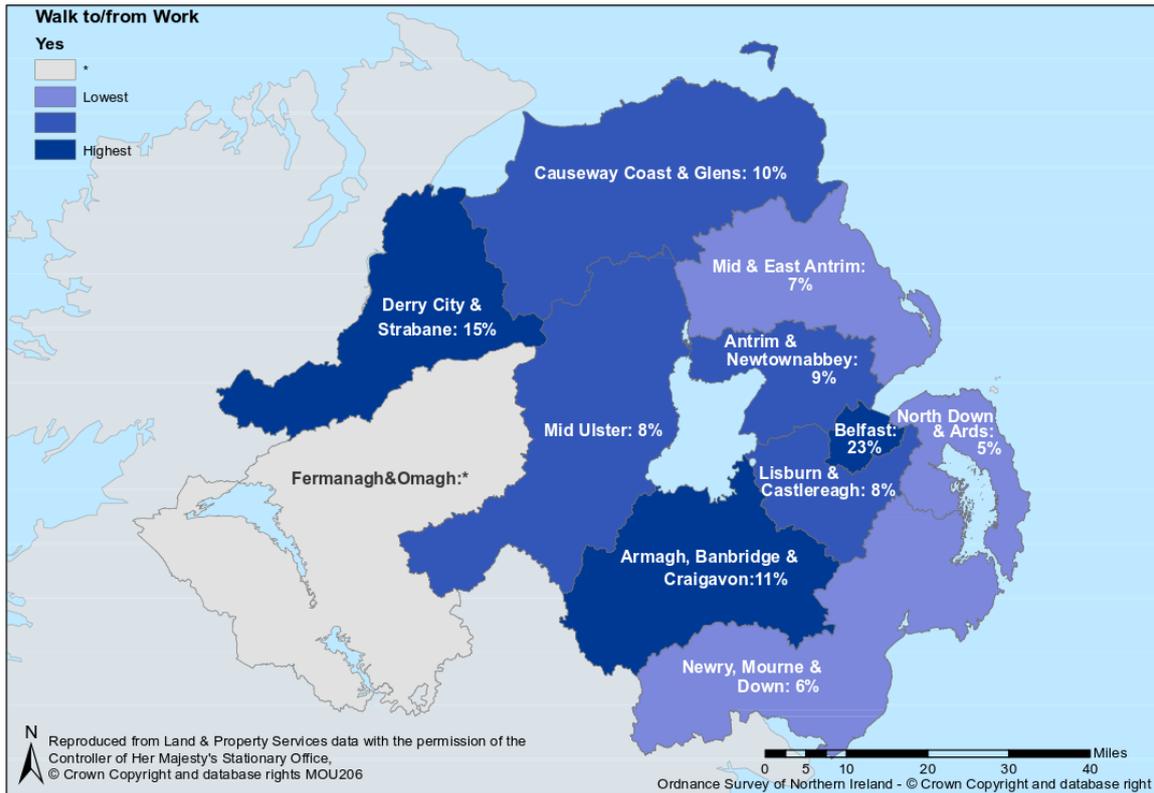
* Due to small sample size, figures for those aged 65 and over are not available

There was no difference in the proportions of those with a disability (11%) and those without a disability (11%) who normally walked to and/or from work.

As might be expected, those living in urban areas (15%) were more likely to walk to and/or from work than respondents living in rural areas (5%), similar to results from 2016/2017 (urban 16%; rural 7%).

More information on differences across respondent groups can be found in Table 3 associated with this report.

Figure 3: Proportion who walk to and/or from work (by Council Area)



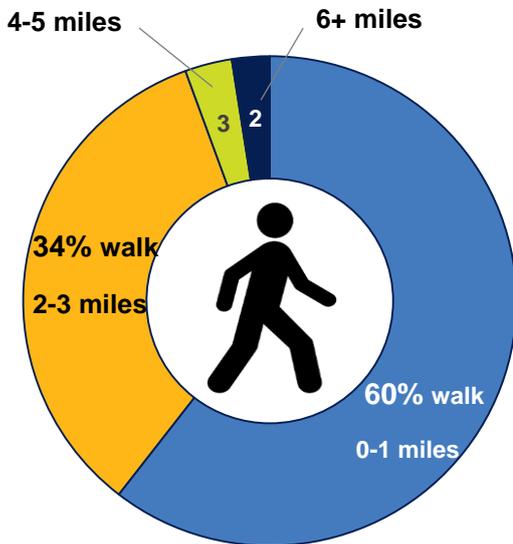
*Due to small sample size, figures for Fermanagh & Omagh Council are not available

The proportion of respondents who walk to and/or from work varies widely by council area and in 2018/19, this was highest in Belfast City Council (23%), and lowest in North Down & Ards Borough Council (5%).

These results are not unexpected given that people are more likely to walk to and/or from work in council areas with large urban centres such as Belfast and Derry/Londonderry. Rates are lower in areas which may have more isolated inhabitants such as the Mournes and the Ards Peninsula.

1.3 Distance walked to and/or from work

Figure 4: Average distance walked to and/or from work in one direction



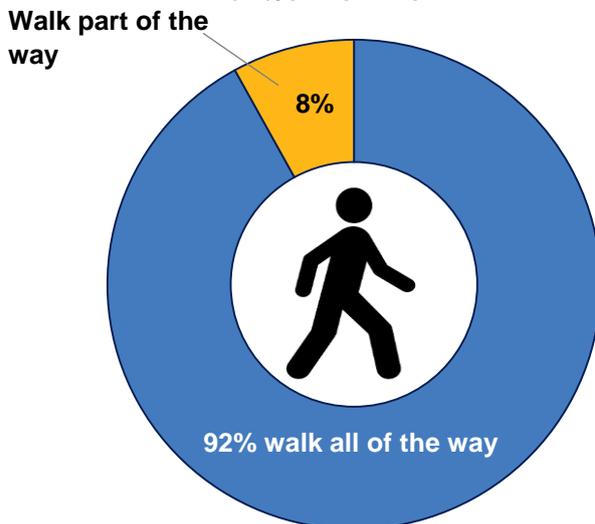
Base: 162

All of the 162 respondents who said that they normally walk to and/or from work provided information on the average distance they walk in one direction.

Three fifths (60%) walk 1 mile or less, on average, in one direction. Two-thirds (34%) walk 2-3 miles, and 3% walk 4-5 miles in one direction.

1.4 Portion of journey walked

Figure 5: Proportion of journey walked to and/or from work



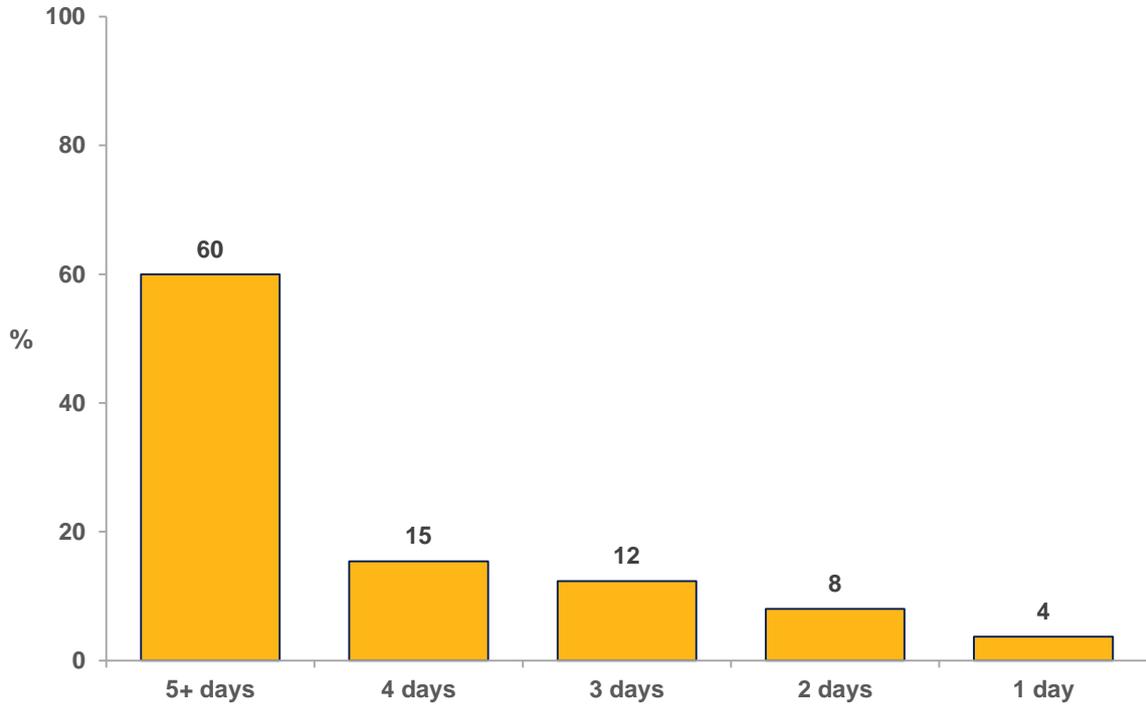
Base: 162

Of the 162 respondents who walked to and/or from work, 92% reported that they walk all of the way, and less than 1 in 10 (8%) reported that they walk part of the way.

Due to the small numbers of respondents who walk to and/or from work, it is not possible to present any further analysis or breakdown by respondent group. If number or sample increases allow, further analysis will be included in subsequent years.

1.5 Number of days per week walked to and/or from work

Figure 6: Average number of days per week walked to/from work



Base: 162

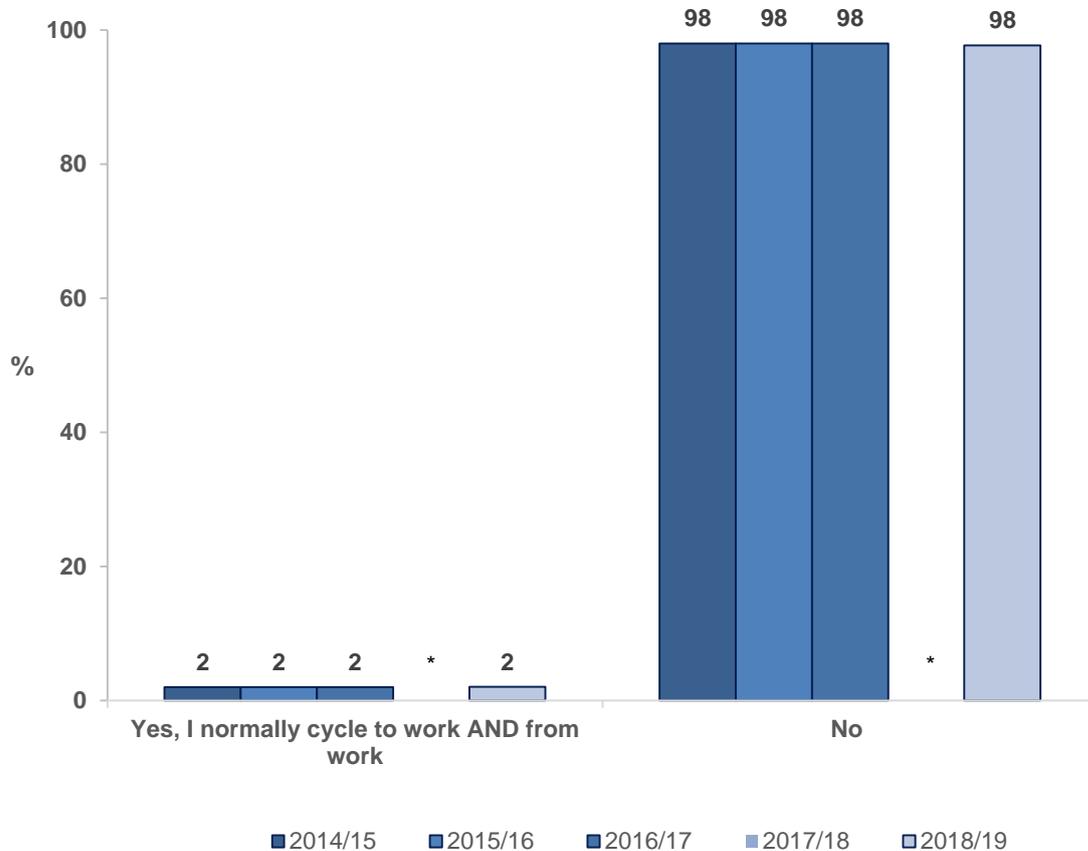
Of respondents who reported that they normally walk to and/or from work, six in ten (60%) said they walk for 5 or more days per week, on average. A further 15% said they walk 4 days per week, with 24% saying they walk 3 days or less per week.

2. Cycling to and/or from work

2.1 Persons who cycle to and/or from work

Respondents in employment were asked if they normally cycle to or from work. Of the 1,477 respondents who said they travel to work, 2% said they normally cycle to **and** from work. Less than 0.5% said they normally cycle to **or** from work, while the majority (98%) said they do not cycle to or from work. There has been no change in the proportion of workers cycling to and/or from work since 2014/15.

Figure 7: Persons who cycle any part of the way to/from work



Base: 1,778 1,756 1,625 * 1,477

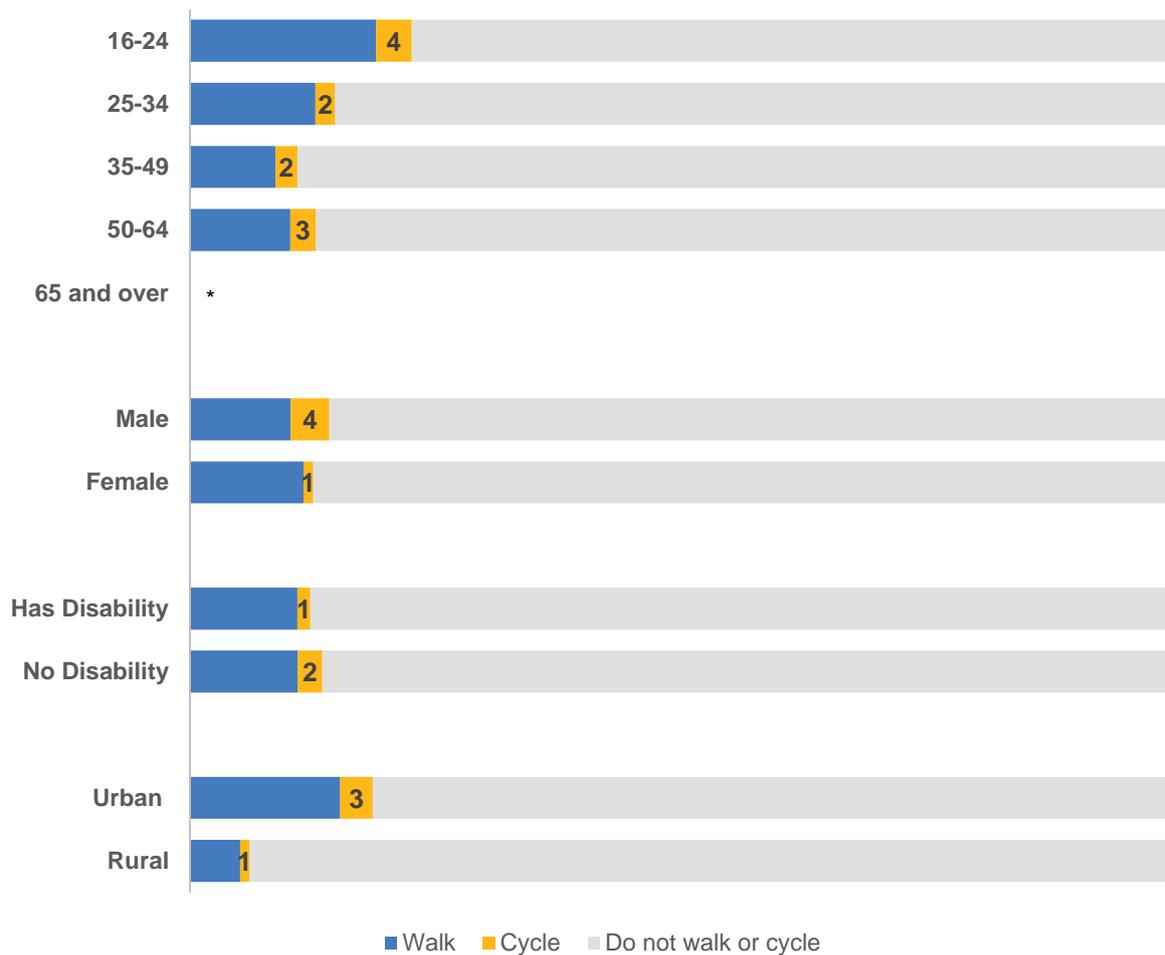
*module was not included in the 2017/2018 Continuous Household Survey

2.2 Proportion who cycle to and/or from work (by respondent group)

When considering cycling to and/or from work in 2018/19, there are no differences between age groups, however there has been an increase in the proportion of respondents aged 16-24 (4%) who cycled to and/or from work since 2016/17 (0%).

Males (4%) were more likely to cycle to and/or from work than females (1%). These are similar to the proportion of males and females who cycled to and/or from work in 2016/2017.

Figure 8: Proportion who cycle to and/or from work

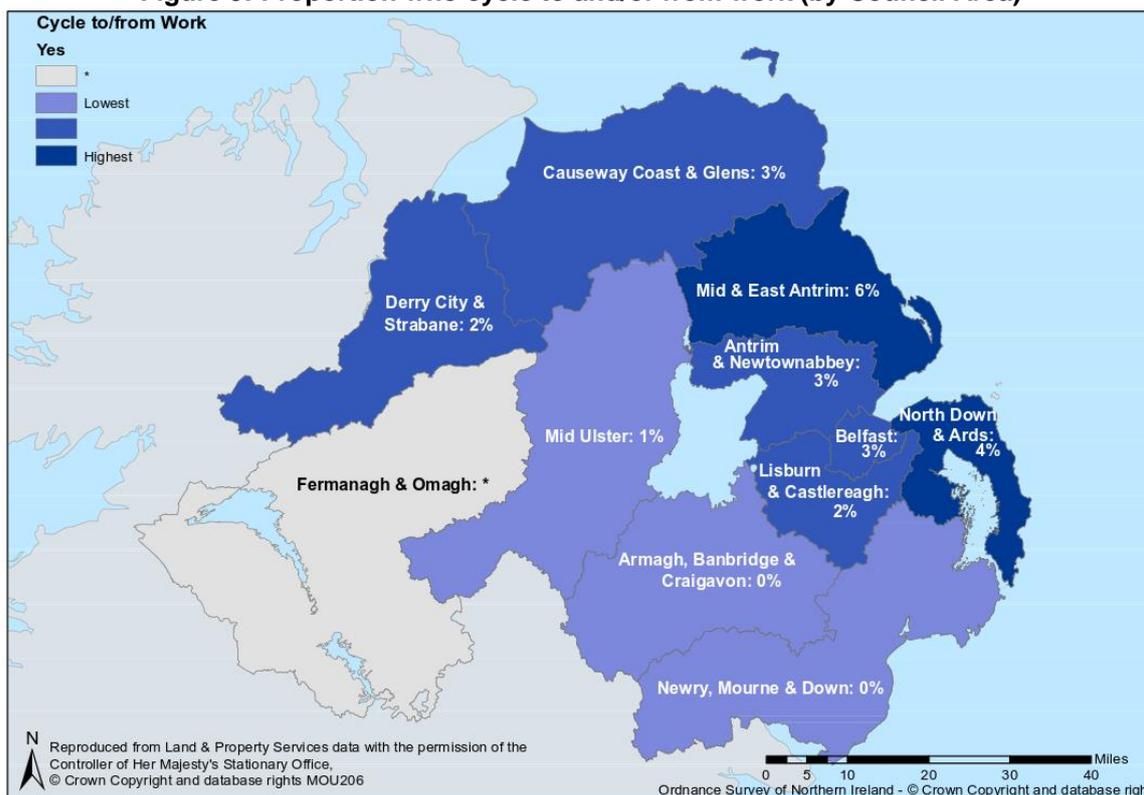


*Due to small sample size figures for those Aged 65 and over are not available

Those living in urban areas (3%) were more likely to cycle to and/or from work than those living in rural areas (1%).

More information on differences across respondent groups can be found in Table 8 associated with this report.

Figure 9: Proportion who cycle to and/or from work (by Council Area)



*Due to small sample size, figures for Fermanagh & Omagh Council are not available

Mid & East Antrim Council (6%) had the highest proportion of respondents who cycled to and/or from work followed by North Down & Ards (4%), while Armagh, Banbridge & Craigavon Council (0%) and Newry, Mourne & Down Council (0%) each had the lowest.

The provision of traffic free cycling routes such as the Loughshore/Newtownabbey cycle path to the north of Belfast and the Comber Greenway and the Bangor Coastal path may have contributed to higher rates of cycling in Mid & East Antrim and North Down & Ards.

Due to the small numbers of respondents who cycle to and/or from work, it is not possible to present any further analysis or breakdown. If number or sample increases allow, further analysis will be included in subsequent years.

Appendix 1: Technical Notes

Data Collection

The information presented in this publication derives from the Northern Ireland Continuous Household Survey (CHS), a Northern Ireland wide household survey administered by the Central Survey Unit (CSU) of the Northern Ireland Statistics and Research Agency (NISRA).

It is based on a sample of the general population resident in private households and has been running since 1983. The survey is designed to provide a regular source of information on a wide range of social and economic issues relevant to Northern Ireland. The nature and aims of the CHS are similar to those of the General Household Survey (GHS), which is carried out by the Office for National Statistics (ONS) in Great Britain.

The walking and cycling to/from work questions commissioned by DfI for the 2018/19 CHS report can be found in Appendix 4 of this publication.

Data Quality

Data were collected by CSU and various validation checks were carried out as part of the processing. CSU is the leading social survey research organisation in Northern Ireland and is one of the main business areas of NISRA, an Agency within the Department of Finance. CSU has a long track record and a wealth of experience in the design, management and analysis of behavioural and attitude surveys in the context of a wide range of social policy issues. CSU procedures are consistent with the Code of Practice for Statistics¹.

The CHS sample was assessed and considered to be a representative sample of the Northern Ireland population at household level.

Whilst data quality is considered to be very good, note that all survey estimates are subject to a degree of error and this must be taken account of when considering results (see notes on sampling error on page 16). This error will be reasonably small

¹ <https://www.statisticsauthority.gov.uk/code-of-practice/>

for the majority of Northern Ireland level results but care should be taken when looking at results based on smaller breakdowns.

Respondents

The 2018/2019 CHS was based on a random sample of 9,000 domestic addresses drawn from the Land and Property Services list of addresses and interviews were sought with all adults aged 16 and over in these households. The survey is split into two versions with each version is distributed to around 4500 addresses. This dataset contains the records for 2,948 adults aged 16 and over. Those persons that were classified as being in employment, i.e. those that did paid work in the last week, or on a government-supported training scheme, or away from a job/ business, or unpaid work for own or family business, were asked the questions relating to walking and cycling to and/or from work, a total of 1,583 adults of whom, 1,579 adults provided a response to the initial question about walking to/from work. Those who indicated that they worked from home were not asked any further questions on walking or cycling to work and subsequently, 1,480 adults provided a response to the question about cycling to/from work.

The number of respondents who answered each question, i.e. the base number, is stated in the commentary and/or the associated chart. The base number is the unweighted count.

Some questions were only asked if the respondent had answered 'yes' to a previous question. The base number may also vary between questions due to some respondents not answering certain questions.

Rounding Conventions

Percentages have been rounded to whole numbers and as a consequence some percentages may not sum to 100. 0% may reflect rounding down of values under 0.5.

Weighting

Statistical tests have been carried out on these results and have determined that weighting is not required for this module.

Significant difference

Any statements in this report regarding differences between groups such as males and females, different age groups, religion, etc., are statistically significant at the 95% confidence level. This means that we can be 95% confident that the differences between groups are actual differences and have not just arisen by chance. Both the base numbers and the sizes of the percentages have an effect on statistical significance. Therefore on occasion, a difference between two groups may be statistically significant while the same difference in percentage points between two other groups may not be statistically significant. The reason for this is because the larger the base numbers or the closer the percentages are to 0 or 100, the smaller the standard errors.

This leads to increased precision of the estimates which increases the likelihood that the difference between the proportions is actually significant and did not just arise by chance.

The following respondent groups were considered:

Age group

The age of the respondent is grouped into the following age bands; 16-24, 25-34, 35-49, 50-64, 65 and over.

Gender

Gender of respondent is defined as whether the respondent is male or female.

Disability status

The questions used to ascertain whether or not a person has a disability are harmonised with the definition of disability in the Equality Act 2010. This states that a disabled population is classified on the basis of having a long-lasting physical or mental health condition or illness which restricts day-to-day activities. The disabled population in this report are those who have answered yes to both of the following questions:

'Do you have any physical or mental health conditions or illnesses lasting or expecting to last for 12 months or more?'

Yes/No

'Does your condition(s) or illness(es) reduce your ability to carry out day to day activities?'

Yes, a lot/ Yes, a little/ Not at all

Urban and rural areas

Urban and rural areas have been classified using the statistical classification of settlements defined by the Inter-Departmental Urban-Rural Definition Group.

- Bands A to E are classified as Urban. This includes Belfast Metropolitan Urban Area (Band A), Derry Urban Area (Band B) and large, medium and small towns (Bands C-E) with populations greater than or equal to 5,000 people.
- Bands F to H are classified as rural. This includes intermediate settlements (Band F), villages (Band G) and small villages, hamlets and open countryside (Band H) with populations of less than 5,000 people and including open countryside.

Sampling error

No sample is likely to precisely mirror the characteristics of the population it is drawn from due to both sampling and non-sampling errors. An estimate of the amount of error due to the sampling process can be calculated. For a simple random sample design, the sampling error (s.e.) of any percentage, p, can be calculated by the formula:

$$\text{s.e. (p)} = \sqrt{p * \frac{100-p}{n}}$$

where n is the number of respondents on which the percentage is based.

Confidence interval

A 95% confidence interval for the population percentage can be calculated using the formula:

$$\text{95\% confidence interval} = p \pm 1.96 * \text{s.e. (p)}$$

This means that if 100 similar, independent samples were chosen from the same population, 95 of them would yield an estimate for the percentage, p, within this range of values.

The absence of design effects in the survey means that standard statistical tests of significance can be applied directly to the data. 95% confidence intervals were calculated for the headline figures as detailed in Appendix 2 on page 20.

Appendix 2: Questionnaire Changes

There were some changes to the wording of the questionnaire in 2016/2017 for both walking and cycling. As the format for questions for walking and cycling are identical, the walking question is presented as an example.

[Walk 1] question was changed from ‘*Do you normally walk to or from work?*’ to ‘*Do you normally walk any part of the way to or from work?*’

Subsequently, the number of possible answers were expanded so that the respondent can indicate whether they walk all of the way or part of the way to AND/OR from work:

[WALK1] Do you normally walk any part of the way to or from work? By this I mean walking for at least 10 mins.

1. Yes, I normally walk all of the way to work AND all of the way from work
2. Yes, I normally walk all of the way to work OR all of the way from work i.e. one way
3. Yes, I normally walk part of the way to work AND part of the way from work
4. Yes, I normally walk part of the way to work OR part of the way from work i.e. one way
5. No
6. Works from home

In 2014/15 and 2015/16, a separate question [Walk 3] was asked to those who indicated if they walked to and/or from work which was removed in 2016/2017 since this was asked to respondents in **[Walk 1]**.

In 2018/19, the way in which the questions were asked returned to the format asked in 2015/16, and this is reflected in the proportion of respondents who indicated that they walk ‘all of the way’ (92%), which is similar to proportions seen before 2016/17.

Table 1: Comparison of respondents who indicated they walk all of the way or part of the way: 2014/15 to 2018/19

Response	Percentage of Respondents			
	2014/15	2015/16	2016/17	2018/19
All the way	93	95	79	92
Part of the way	7	5	21	8
Base number	185	190	205	162

Appendix 3: Confidence Intervals

A confidence interval represents the range of values in which the true population value is likely to lie. It is based on the sample estimate and the confidence level.

As the percentages are calculated from a representative sample of the Northern Ireland population (aged 16 and over), a confidence interval can be calculated to estimate the level of uncertainty in the sample estimate.

95% confidence intervals were calculated for the headline figures. Table 2 below summarises the confidence intervals for the number of persons who normally cycle/walk to and/or from work.

Table 2: Confidence intervals for persons who normally walk/cycle to and/or from work (excluding 'Works from home')

	Estimate	95% Confidence Range +/-	Confidence Interval
Yes, I normally walk to and/or from work	11%	2	9%-13%
Yes, I normally cycle to and/or from work	2%	1	1%-3%

- 11% of respondents reported that they normally walk to and/or from work. Calculating a 95% confidence interval from the results of the survey, it can be estimated that between 9% and 13% of the Northern Ireland population aged 16 and over walk to and/or from work.
- 2% of respondents reported that they normally cycle to and/or from work. Calculating a 95% confidence interval from the results of the survey, it can be estimated that between 1% and 3% of the Northern Ireland population aged 16 and over cycle to and/or from work.

Appendix 4: Questionnaire

If employment status = employed

[WALK1] I am now going to ask a few questions about how you get to work. Do you normally walk to or from work?

1. Yes, I normally walk to work AND from work
2. Yes, I normally walk to work OR from work i.e. one way
3. No [CYCLE1]
4. Works from home [TLINK1]

[WALK2] On average, how far, in miles, do you walk to/from work in one direction?

RECORD IN WHOLE MILES IF LESS THAN HALF A MILE ENTER 0. 0.....97

[WALK3] And would that be walking all the way or just part of the way?

1. All the way
2. Part of the way

[WALK4] On average, how many days per week do you walk to/from work?

1..7

[CYCLE1] Do you normally cycle to or from work?

1. Yes, I normally cycle to work AND from work
2. Yes, I normally cycle to work OR from work i.e. one way
3. No [TLINK1]
4. Works from home [TLINK1]

[CYCLE2] On average, how far, in miles, do you cycle to/from work in one direction?

INSTRUCTION "RECORD IN WHOLE MILES IF LESS THAN HALF A MILE ENTER 0: 0..97

[CYCLE3] And would that be cycling all the way to work or just part of the way?

1. All the way
2. Part of the way

[CYCLE4] On average, how many days per week do you cycle to/from work?

1..7