

WALKING

Walking includes bush walking and power walking, in addition to walking groups.

PROFILE

There are just over 77,800 people over the age of 18 years participating in walking in Australia.

On average, walking participants:

- Are female, aged over 55 years
- Will be married
- Reside in the capital city regions of New South Wales or Victoria
- Is employed full time?

The majority of walkers participate in only this activity. Of those who do participate in other sports and physical activities, the most popular are aerobics and fitness, netball, tennis and swimming.

AGE AND GENDER

There are 77,800 people who participate in organised walking and, unlike the majority of sports and activities, women dominate numbers. Whereas women make up just 45% of participants in all sports and physical activities, just over 67% of walkers are women. These women number 52,700 and have a participation rate of 0.8%. There are 25,200 male walkers and their participation rate is 0.4%.

The greatest number of female participants is in the 55-64 year age group with 12,700 walkers comprising 24.1% of women who take part in this activity. For men, the highest number of participants (8,500 or 33.6% of all males involved) is in the 35-44 year age group.

Unlike the majority of other organised sports and physical activities, participation rates do not decline as age increases. Participation rates for walkers increase from 0.2% for 18-24 year olds to 1.1% for 55-64 year olds and then decline to 0.7% for those 65 years and over. The participation rate for all adults is 0.6%.

RESIDENCE

States and Territories where participation rates are higher than the Australian average of 0.6% include the Australian Capital Territory (1%), Tasmania (0.9%) and Queensland (0.7%). The lowest participation rates are in Western Australia and the Northern Territory, where only 0.5% of the respective adult population take part in organised walking.

For all organised sports and physical activities, people living in non-capital city regions have a higher participation rate in all sport than those people living in capital cities – 31% compared to 26.2%. However the reverse is true for walking

for which the rate of 0.4% for non-capital city residents is lower than the rate of 0.7% for people living in capital cities.

BIRTHPLACE

Walking is one of the few activities where people whose birthplace was the United Kingdom, Ireland or New Zealand are more likely to participate in walking than Australian adults born elsewhere. The participation rate for those born in the United Kingdom, Ireland or New Zealand is 0.7% (9,500 walkers), compared with 0.6% for persons born in Australia (61,100 walkers) and 0.3% for persons born in “other countries” (7,300 walkers).

MARITAL STATUS

The percentage of walkers who are separated, divorced or widowed (18.5%) is much higher than the corresponding percentages for all sport and physical activity participants (9.4%) and all Australian (13.3%). This may partly reflect the older age group.

The proportion of walkers who have never been married (24.4%) is less than the proportion of all people participating in organised sport and physical activities (29.5%) but more than the percentage of all Australians aged 18 years or more who have never been married (22.1%). The proportion of married people participating in walking (57.1%) is both less than the proportion of married people participating in organised sport and physical activities (61.1%) and the percentage of Australians who are married (64.5%).

LABOUR FORCE STATUS

The proportion of walkers not in the labour force (33.2%) is similar to the proportion of all adults not working or looking for work (33.8%). A greater proportion of walkers work part time (21.8%) than the proportion of all adults employed part time (17.9%). The reverse occurs with full time workers – 39.4% of walkers compared with 43.8% of all adults are employed full time.

OCCUPATION AND INDUSTRY

Almost 20% of walkers are employed as professionals. In comparison, there are 14.5% of all sport and physical activity participants whose job is classified in this group. The occupation of a further 15.4% of participants is intermediate clerical, sales and service workers, similar to the percentage of all sports participants with this job (14.9%).

Walkers work in a wide range of industries, with the proportions being similar to those of participants in all organised sport and physical activities.

INCOME

People who participate in walking earn higher incomes compared with all participants in sports and physical activities and all Australians – 26.8% of

walkers earn more than \$38,000 per year while 23.2% of participants in all sports and activities and 17.9% of all Australian adults have incomes in this range.

For lower incomes, there is a lower percentage of walkers earning \$0-\$9,000 (21.5%) than the proportion of all people (29.2%) and participants in all sports (22.5%) whose income is in this range.

HIGHEST EDUCATIONAL QUALIFICATION

The highest educational qualification attained by more walkers than any other qualification is a secondary school certificate, held by 38.1% of people involved. However, this percentage is lower than the proportions of all organised sport and physical activity participants with a secondary school certificate (45.2%) and of all persons with this qualification (51.6%).

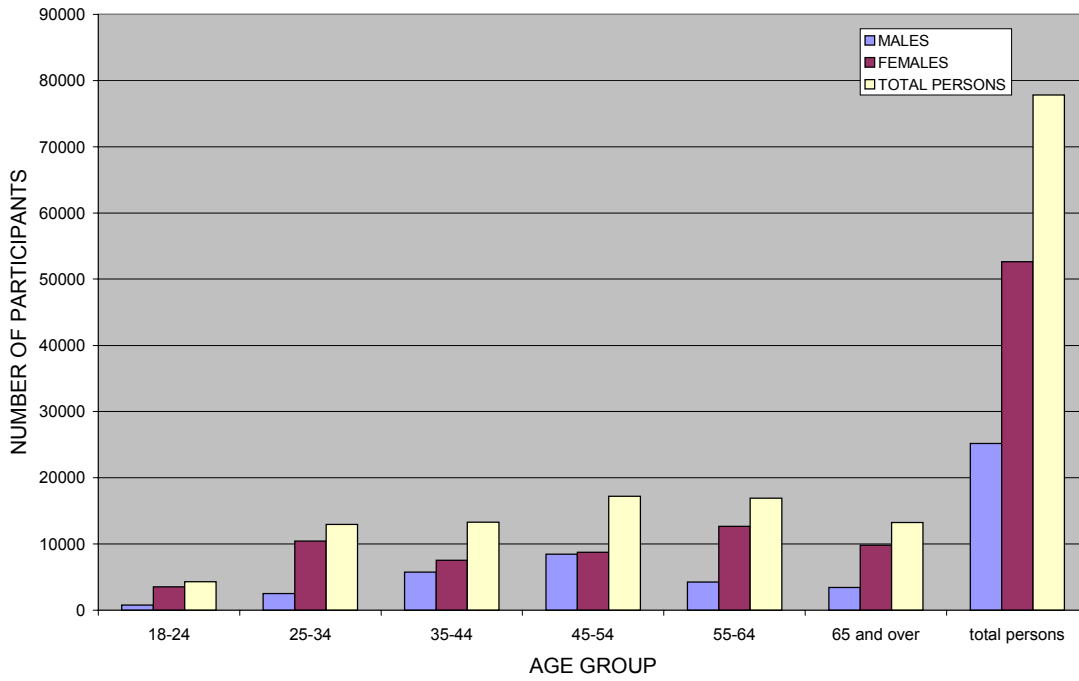
Over 26% of persons who participate in organised walking have a bachelors degree. This proportion is higher than that of all participants in all sports and physical activities (15.5%), higher also than the percentage of all Australian adults with a bachelors degree (13.4%) and corresponds with the higher level of walkers employed as professionals.

OTHER ORGANISED SPORTS AND PHYSICAL ACTIVITIES UNDERTAKEN

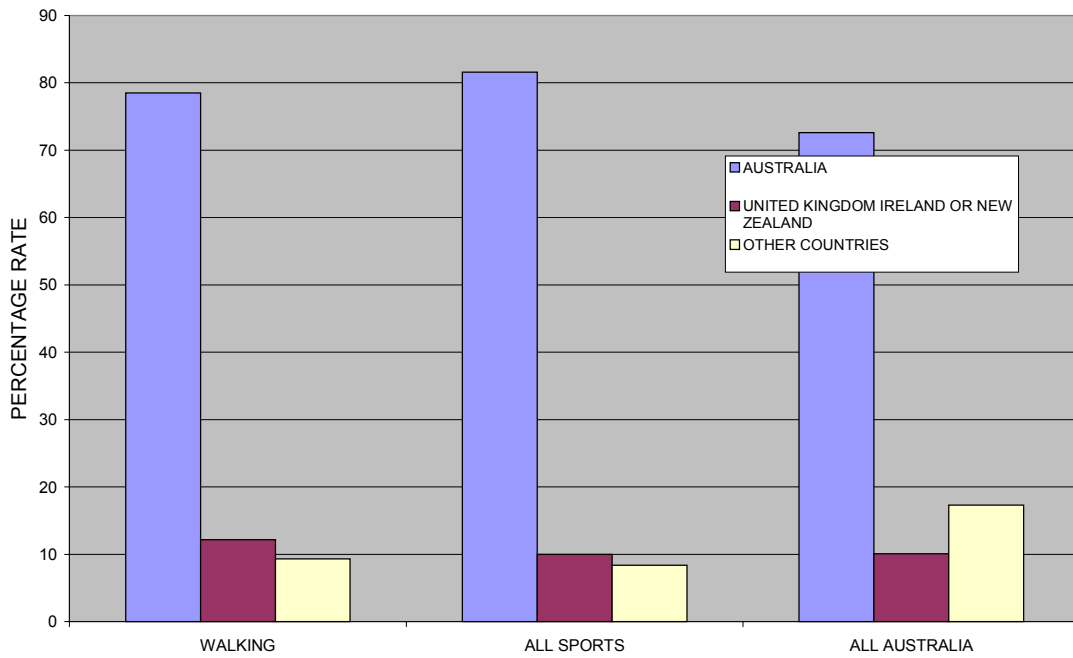
Walking is the only organised sport undertaken by 55.2% of walkers. Another 26.7% participate in one additional sport or physical activity, while 12.5% take part in two other sports or physical activities and 5.6% take part in three or more other sports or activities.

Other organised sports and activities undertaken by people who participate in walking include aerobics and fitness (7,600 participants), netball (4,600 participants), tennis (4,400 participants), swimming (4,100 participants) and golf (2,100 participants).

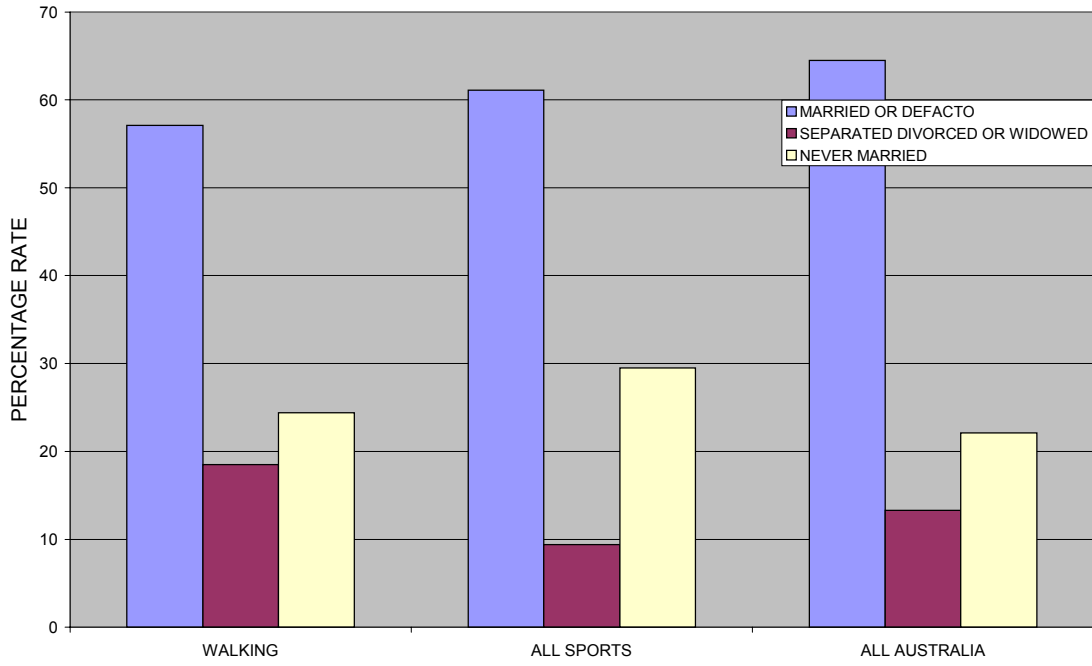
NUMBER OF PARTICIPANTS BY AGE AND GENDER



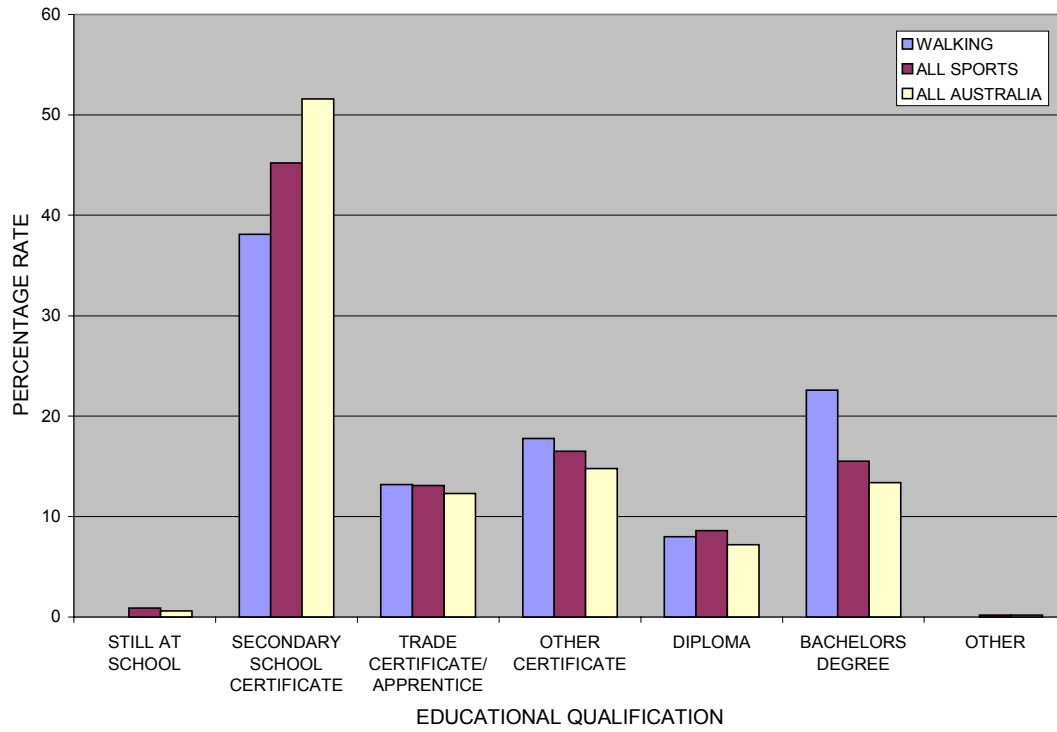
RATE OF PARTICIPATION BY COUNTRY OF BIRTH



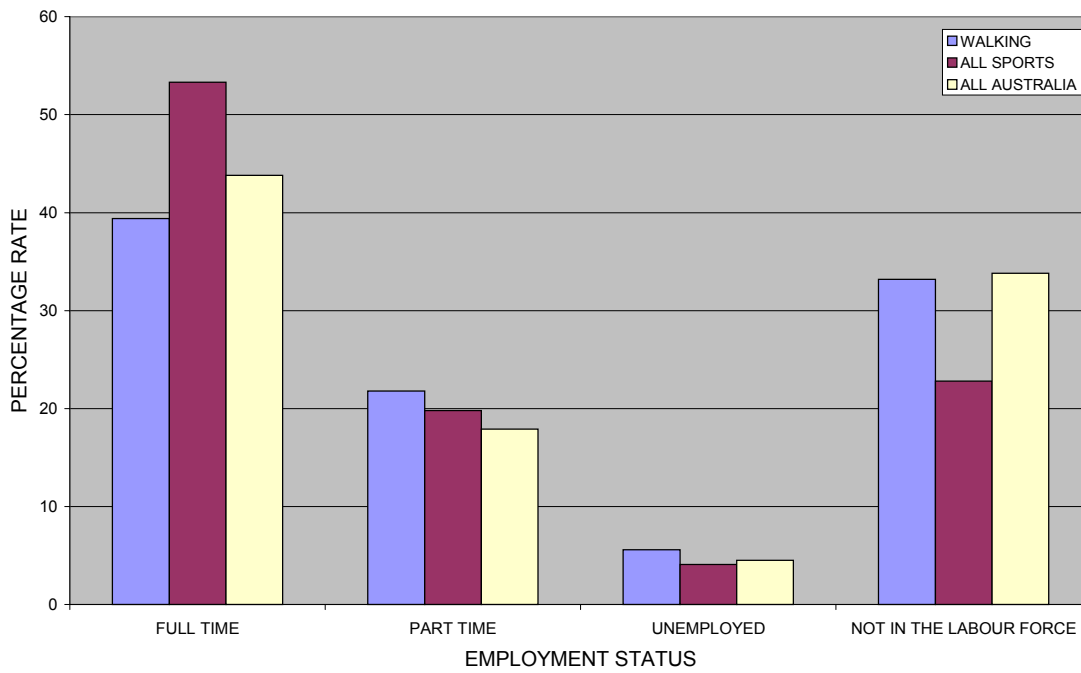
RATE OF PARTICIPATION BY MARITAL STATUS



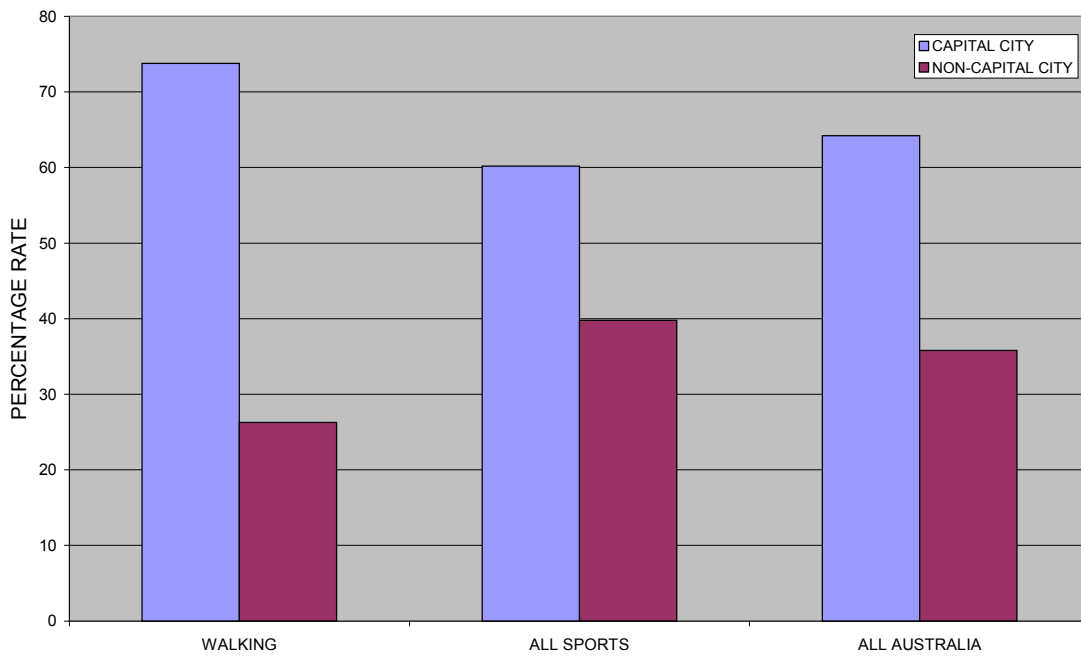
RATE OF PARTICIPATION BY EDUCATIONAL QUALIFICATION



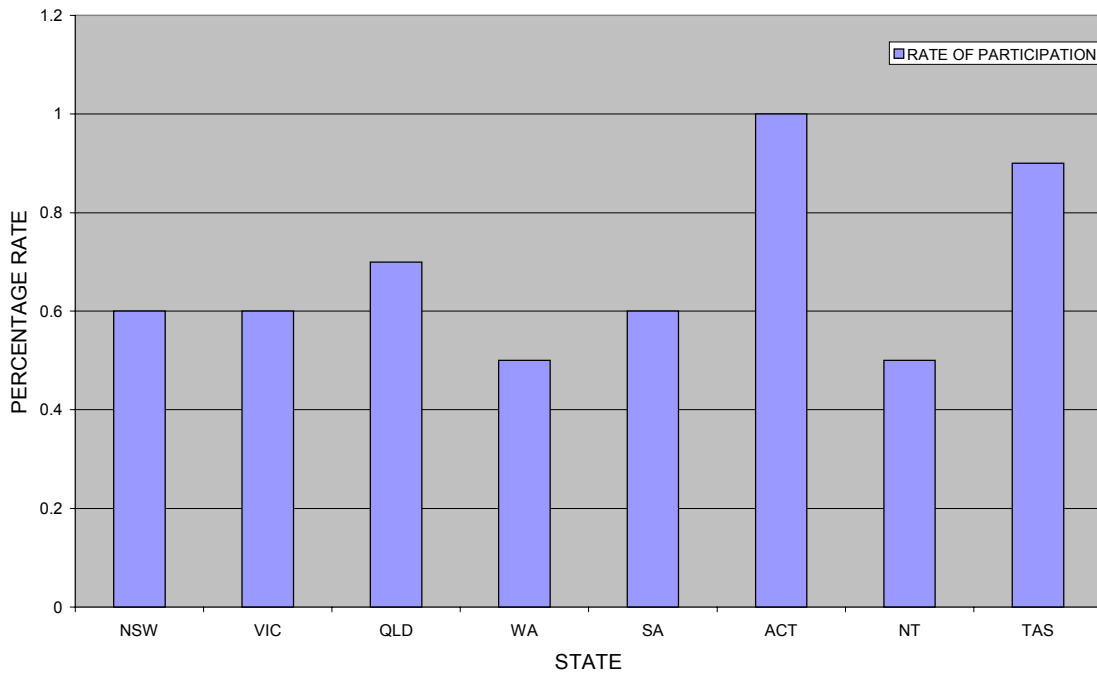
RATE OF PARTICIPATION BY EMPLOYMENT STATUS



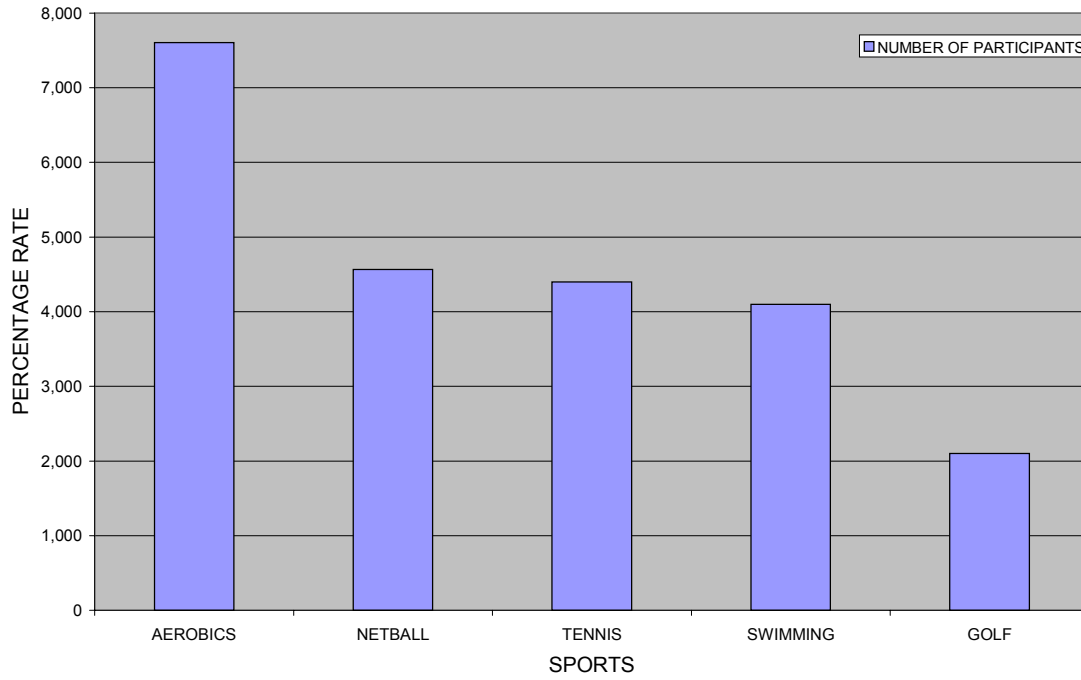
RATE OF PARTICIPATION BY CAPITAL CITY VS NON-CAPITAL CITY



RATE OF PARTICIPATION BY STATE



OTHER SPORTS PLAYED BY WALKING PARTICIPANTS



NUMBER OF OTHER SPORTS PLAYED BY WALKING PARTICIPANTS AND ALL PARTICIPANTS

