

Key Statistics for the UK

Travel mode in England in 2014 ([National Travel Survey 2014](#))

- 64% of all trips were by car (as driver or passenger) 22% by foot, 7% by bus, 3% by train, 2% by bike and 2% other. ⁽¹⁾
- 66% of trips were under 5 miles in England of which 56% were by car, 33% by foot and 2% by bike. ⁽¹⁾
- The share of active modes of travel (walking and cycling) has decreased from 28% to 24% and the share of public transport has increased from 9% to 11% since 1995/97. ⁽¹⁾
- The average number of walking trips was 31% less in 2014 than 1995/97 (200 walking trips per person in 2014). ⁽¹⁾
- 76% of trips under one mile were walking trips. ⁽¹⁾
- 56% of trips by children (aged 16 and under) were as car passengers with 31% on foot. ⁽¹⁾
- 1.9% of all trip stages were made by bicycle – the average number of cycle stages has increased to 19 per person in 2014 (15 in 2013). ⁽¹⁾
- The average distance cycled per person per year has increased by 26% since 1995/97, though the number of trips has decreased 8%. ⁽¹⁾
- Bus trips were highest amongst 17-20 year olds, 16% of all trips for this age group. ⁽¹⁾
- The average number of trips made by local bus outside London have fallen by 20% since 1995/97. ⁽¹⁾

School journey in England in 2014 ([National Travel Survey 2014](#))

- The average distance to school increased by 25% since 1995/97 to 2.5 miles, 1.6 for primary and 3.4 for secondary. ⁽¹⁾
- Primary school journeys (children aged 5-10) - 46% on foot and 46% by car, 2% by bike, 5% by bus, 1% other. ⁽¹⁾
- Secondary school journeys (children aged 11-16) - 38% by foot, 23% by car, 30% by bus, 3% by bike and 3% other. ⁽¹⁾
- For trips under 1 mile walking was the most popular mode, 80% for primary and 90% for secondary school children. ⁽¹⁾
- For trips between 2-5 miles 86% of primary school trips were by car and for secondary school trips, 37% by car, 47% by bus, 3% cycled and 8% walked. ⁽¹⁾

Travel to Work in England in 2014 ([National Travel Survey 2014](#))

- 10% of commuting trips are on foot, 4% by bike, 65% by car, 10% by rail, 8% by bus and 3% other. ⁽¹⁾

Reason to travel in England in 2014 ([National Travel Survey 2014](#))

- 16% commuting
- 3% business
- 12% Education (including escort)
- 19% shopping
- 19% other escort/personal business
- 15% visiting friends
- 15% other leisure

Distance travelled in England in 2014 [\(National Travel Survey 2014\)](#)

- On average 19% of trips in 2014 were less than one mile and 66% were less than 5 miles. ⁽¹⁾
- The average bicycle trip length decreased from 2014 to 2013 to 3.1 miles (3.3 miles in 2013). ⁽¹⁾
- On average each person walks 181 miles per year spending an average of 18 minutes walking per trip. ⁽¹⁾
- The average distance cycled per person per year has increased by 26% since 1995/97 and now stands at an average of 58 miles per person per year at an average length of 23 minutes. ⁽¹⁾

Road Safety in Great Britain

- 1,775 people were killed in reported accidents in 2014, 25% of these were pedestrians and 6% pedal cyclists. ⁽²⁾ [\(Reported Road Casualties in Great Britain 2014\)](#)
- Pedestrian fatalities increased by 12 per cent from 398 in 2013 to 446 in 2014. ⁽²⁾ [\(Reported Road Casualties in Great Britain 2014\)](#)
- 1,379 child pedestrians (aged 0-15) and 279 child cyclists were killed or seriously injured in 2014. ⁽²⁾ [\(Reported Road Casualties in Great Britain 2014\)](#)
- In 2014, 66% of children killed on the roads were pedestrians or cyclists. ⁽²⁾ [\(Reported Road Casualties in Great Britain 2014\)](#)
- 4,130 adult pedestrians (16+) and 3,235 pedal cyclists (16+) were killed or seriously injured in 2014. This is an increase from 2013 figures of 2% pedestrians and 8% for cyclists. ⁽²⁾ [\(Reported Road Casualties in Great Britain 2014\)](#)
- In 2014, 64% of respondents agreed that it is too dangerous for them to cycle on the road, the highest level recorded since the question was introduced in 2011. 71% of females and 57% of males said it was too dangerous for them to cycle on the roads. ⁽³⁾ [\(British Social Attitudes Survey 2014 – Public attitudes to transport\)](#)

Transport costs

- The most common reason mentioned for people not learning to drive was the 'cost of learning to drive' (32%). ⁽¹⁾ [\(National Travel Survey 2014\)](#)
- In 1995/97 44% of 17-20 year olds held a full driving licence this has fallen to 29% in 2014. ⁽¹⁾ [\(National Travel Survey 2014\)](#)
- In 1985/86 38% of households did not have access to a car, in 2014 it is 24%. ⁽¹⁾ [\(National Travel Survey 2014\)](#)
- The cost of some modes of travel have risen faster than the cost of living over time. Rail fares continue to increase at a rate greater than the cost of living. ⁽⁴⁾ [\(Transport statistics Great Britain 2015\)](#)

Congestion

- In 2014 all motor vehicle traffic in Great Britain was 311 billion vehicle miles, 2.4% higher than in 2013. ⁽⁵⁾ [\(Road Traffic Estimates: Great Britain 2014, 2015\)](#)
- Congestion in England on the strategic road network costs the economy £2bn every year. ⁽⁶⁾ [\(Transforming England's strategic road network\)](#)
- In England by 2040 every household on average will be stuck in traffic for 70 hours a year. ⁽⁶⁾ [\(Transforming England's strategic road network\)](#)

Obesity & Physical activity/inactivity

In England:

- In 2012 46% of women and 34% of men did not meet physical activity recommendations. ⁽⁷⁾ [\(Statistics on Obesity, Physical Activity and Diet: England 2014\)](#)
- 27.7% of adults in England do less than 30 minutes of moderate equivalent physical activity per week. ⁽⁸⁾ [\(Active People Survey 8\)](#)
- In 2014 24% of men and 27% women were obese. ⁽⁹⁾ [\(Health Survey for England – 2014\)](#)
- In 2014 41% of men and 31% women were overweight. ⁽⁹⁾ [\(Health Survey for England – 2014\)](#)
- In 2014 18.6% of boys and 15.6% of girls (ages 2-15) were obese. ⁽⁹⁾ [\(Health Survey for England – 2014\)](#)
- The health related costs of people overweight or obese was estimated to cost the NHS £4.2 billion in 2007. ⁽¹⁰⁾ [\(Tackling Obesity: Future Choices – Project Report\)](#)
- The direct financial impact of physical inactivity to the NHS is conservatively estimated to be £1.06 billion. ⁽¹¹⁾ [\(Physical activity: brief advice for adults in primary care\)](#)
- In England, the cost of lost productivity from premature mortality and sickness absence resulting from physical inactivity has been estimated at £6.5 billion per year. ⁽¹²⁾ [\(Tackling the causes of premature mortality \(early death\)\)](#)

In Scotland in 2014:

- 28% of adults (16+) were obese, 65% were overweight or obese. ⁽¹³⁾ [\(Scottish Health Survey 2014\)](#)
- 63% of adults were active at the recommended level. ⁽¹³⁾ [\(Scottish Health Survey 2014\)](#)
- 24-54 year olds were sedentary for 4.1-4.7 hours on weekdays and 5.2-5.6 on weekends. Adults reported sitting in their leisure time for a mean of 5.2 hours on weekdays and 5.9 hours on weekend days. Older people (aged 65 and over) were the most sedentary on both weekdays (6.6 to 7.3 hours) and weekend days (6.7 to 7.2 hours). ⁽¹³⁾ [\(Obesity Indicators: Monitoring Progress for the Prevention of Obesity Route Map - November 2015\)](#)
- 68% of children aged 2-15 had a healthy weight. ⁽¹³⁾ [\(Scottish Health Survey 2014\)](#)
- 76% of children (2-15) were active for at least 60 minutes a day (including school-based activity). ⁽¹³⁾ [\(Scottish Health Survey 2014\)](#)

In Wales in 2014:

- 31% of adults reported doing at least 30 minutes of at least moderate intensity physical activity on five or more days a week. ⁽¹⁵⁾ [\(Welsh Health Survey 2014\)](#)
- 34% of adults reported not being physically active on any day of the previous week. ⁽¹⁵⁾ [\(Welsh Health Survey 2014\)](#)
- 58% of adults were classified as overweight or obese, with 22% being obese. ⁽¹⁵⁾ [\(Welsh Health Survey 2014\)](#)
- 35% of children were reported as undertaking physical activity for at least an hour on five or more days in the previous week. ⁽¹⁵⁾ [\(Welsh Health Survey 2014\)](#)
- 26.5% of children were classified as overweight or obese, including 11.8% obese. ⁽¹⁶⁾ [\(Child Measurement Programme 2013/14\)](#)

In Northern Ireland in 2014/15:

- 25% of adults were obese and 35% were classified as overweight. Total of 60% overweight or obese in 2014-15. ⁽¹⁷⁾ [\(Health Survey Northern Ireland First Results 2014/15\)](#)
- 53% of adults met the recommendation of 150 or more minutes of exercise per week while 28% did less than 30 minutes exercise a week. ⁽¹⁷⁾ [\(Health Survey Northern Ireland First Results 2014/15\)](#)
- 44% of respondents over 19 reported having over 4 hours of sedentary time per day on weekdays and 54% on weekends. ⁽¹⁷⁾ [\(Health Survey Northern Ireland First Results 2014/15\)](#)
- 28% of children aged 2-15 were classified as overweight or obese, including 7% obese. ⁽¹⁷⁾ [\(Health Survey Northern Ireland First Results 2014/15\)](#)
- Only 14% of young people (1 in 7) aged 11-17 are achieving the Chief Medical Officer's recommended daily amount of physical activity. ⁽¹⁸⁾ [\(Experience of sport and physical activity by young people in Northern Ireland\)](#)

References

- (1) **DfT, 2015** National Travel Survey 2014
- (2) **DfT, 2015** Reported Road Casualties in Great Britain: Main Results 2014
- (3) **DfT, 2015** British Social Attitudes Survey 2014 – Public attitudes to transport
- (4) **DfT, 2015** Transport statistics Great Britain 2015
- (5) **DfT, 2015** Quarterly Road Traffic Estimates: Great Britain Quarter 2 2015
- (6) **DfT, 2013** Transforming England's strategic road network
- (7) **HSCIC, 2015** Statistics on Obesity, Physical Activity and Diet: England 2014
- (8) **Sport England, 2015** Active People Survey
- (9) **HSCIC, 2015** Health Survey for England – 2014
- (10) **Foresight, 2007** Tackling Obesities: Future Choices – Project Report
- (11) **NICE, 2013** Physical activity: brief advice for adults in primary care
- (12) **NICE, 2015** Tackling the causes of premature mortality (early death)
- (13) **The Scottish Government, 2015** Scottish Health Survey 2014
- (14) **The Scottish Government, 2015** Obesity Indicators: Monitoring Progress for the Prevention of Obesity Route Map - November 2015
- (15) **Welsh Government, 2015** Welsh Health Survey 2014
- (16) **Public Health Wales, 2015** Child Measurement Programme Report 2013/14
- (17) **Department of Health, Social Services and Public Safety, 2015** Health Survey Northern Ireland First Results 2014/15
- (18) **Department of Culture, Arts and Leisure, 2014** Experience of sport and physical activity by young people in Northern Ireland: Findings from the Young persons' Behaviour and Attitudes Survey 2013