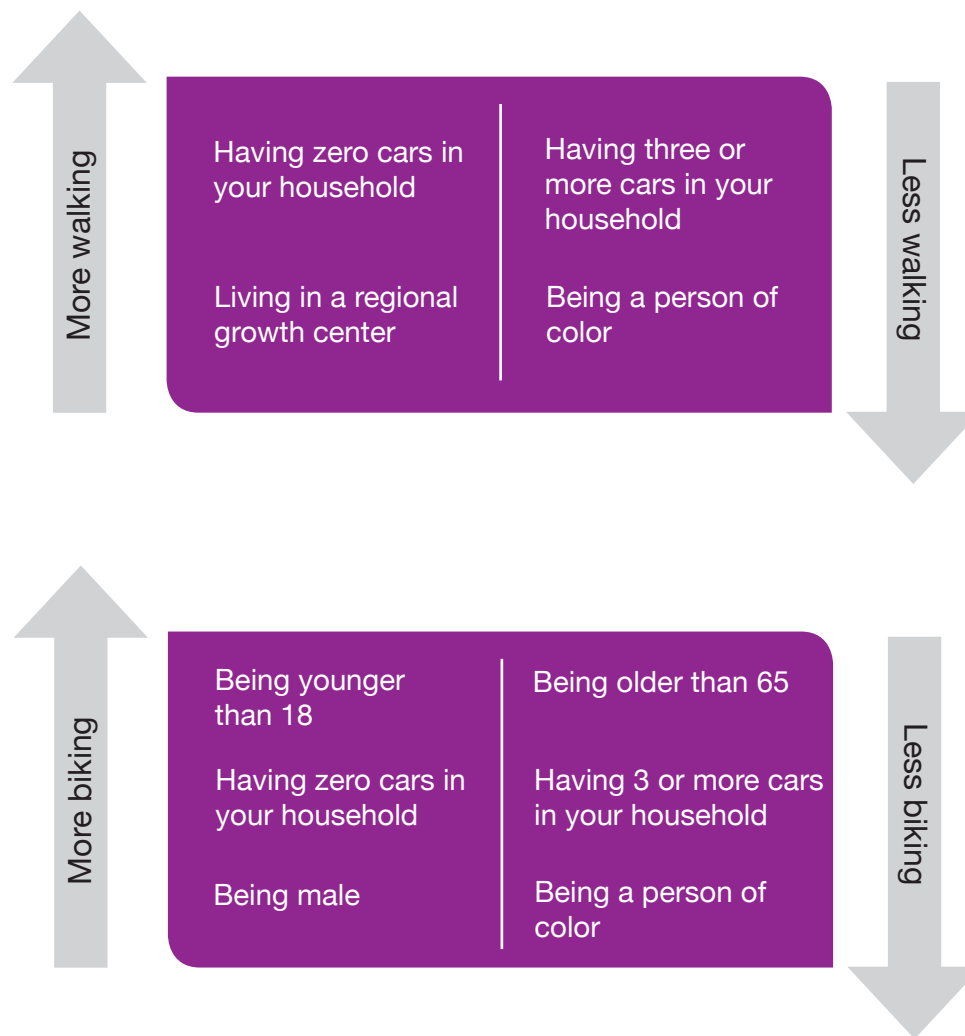




WHO WALKS AND BIKES IN THE PUGET SOUND REGION?

The Puget Sound Regional Council (PSRC) **household travel surveys** collect day-to-day information from households in the central Puget Sound region about how and where we travel. Analysis from the survey found the following statistically significant relationships between household characteristics, walking, and biking.

Factors Related to Walking and Biking¹



Want to know more? The survey data and more information about the surveys can be downloaded on [PSRC's website](#).

¹Result of logit estimations

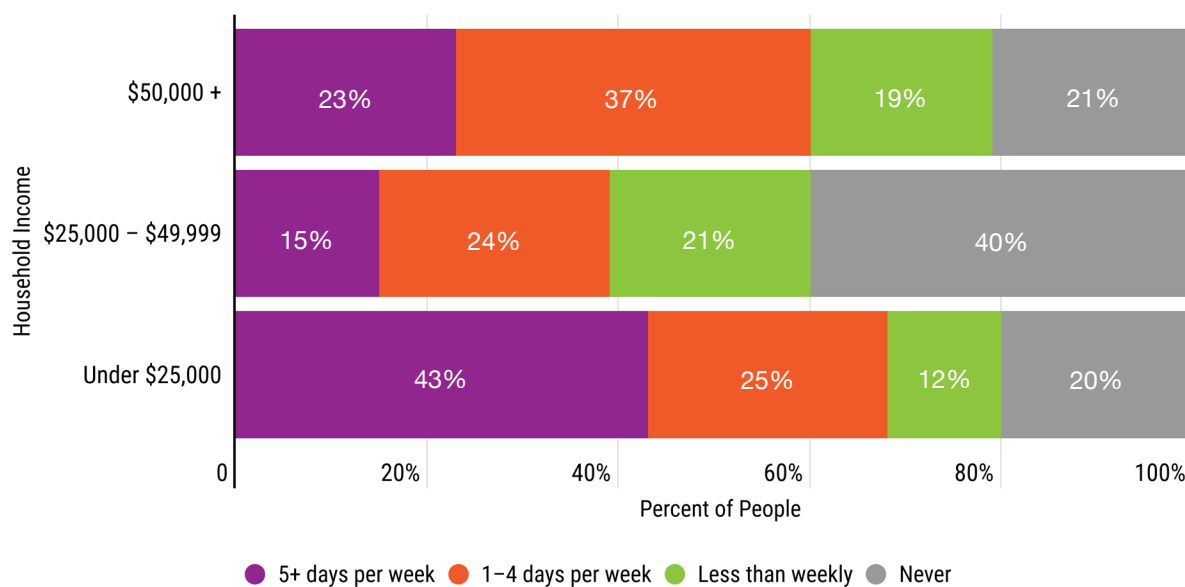


Who takes frequent walks?

The household survey asked respondents, “How often did you go for a walk longer than 15 minutes?” In an equitable transportation system for all ages and abilities, one would hope to see similar rates of walking across race, income, age groups, and gender. The survey results show that people of different genders and ages walk at similar rates, but not people of different incomes and races.

For people in households making less than \$25,000, the share of people walking 5+ days per week is quite high at 43%. In comparison, for people in households making \$25,000-\$50,000, the share of people walking 5+ days per week is only 15%. People in this income group are the most likely to never go for a walk, with 40% saying they never took a walk.

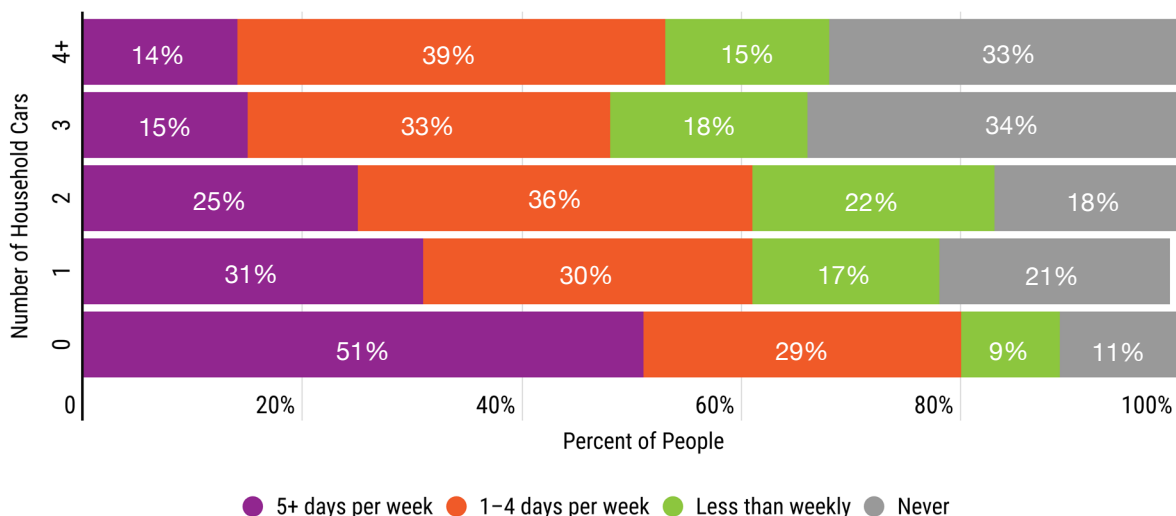
Walking Frequency by Income





People with very low incomes may be walking more because they do not have cars. The survey shows a strong relationship between the number of cars a household owns and how frequently members of the household walk.

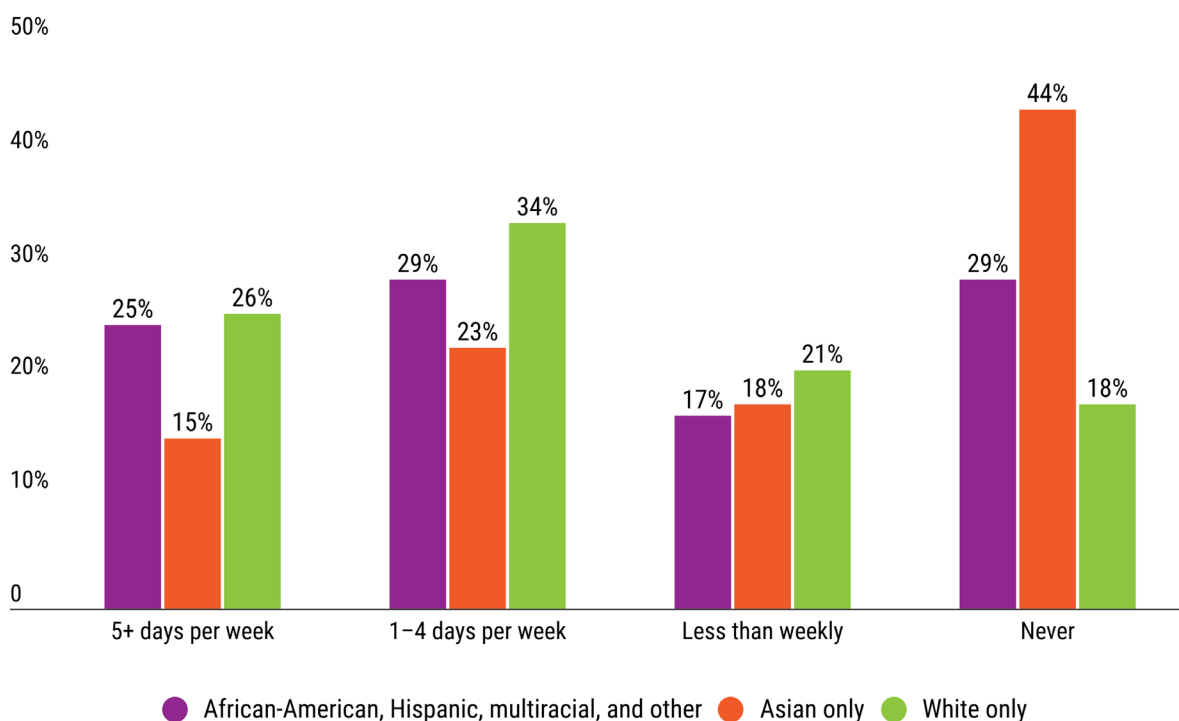
Walking Frequency and Car Ownership

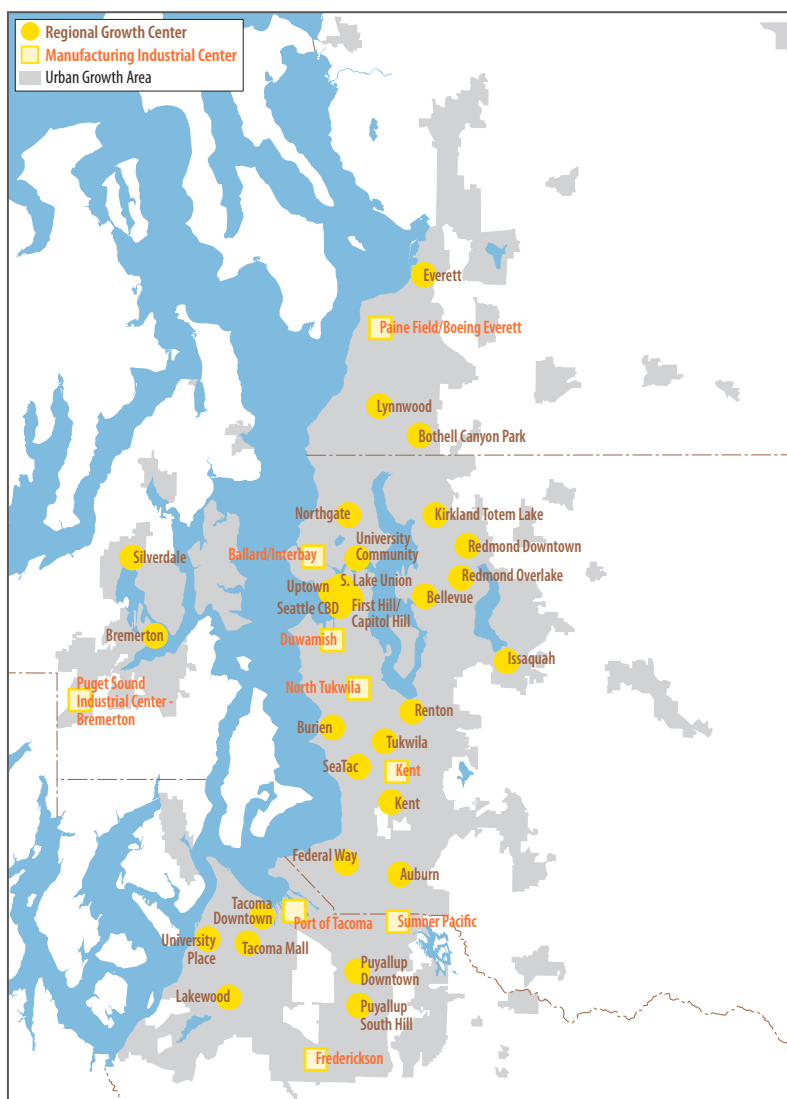


Note: Shares do not sum to 100% because of rounding.

The data also shows that people of color are significantly more likely to never go for a walk than whites. The underlying causes for why people of color are walking less in this region requires further research. People who identify as Asian Only are the group most likely to never go for a walk.

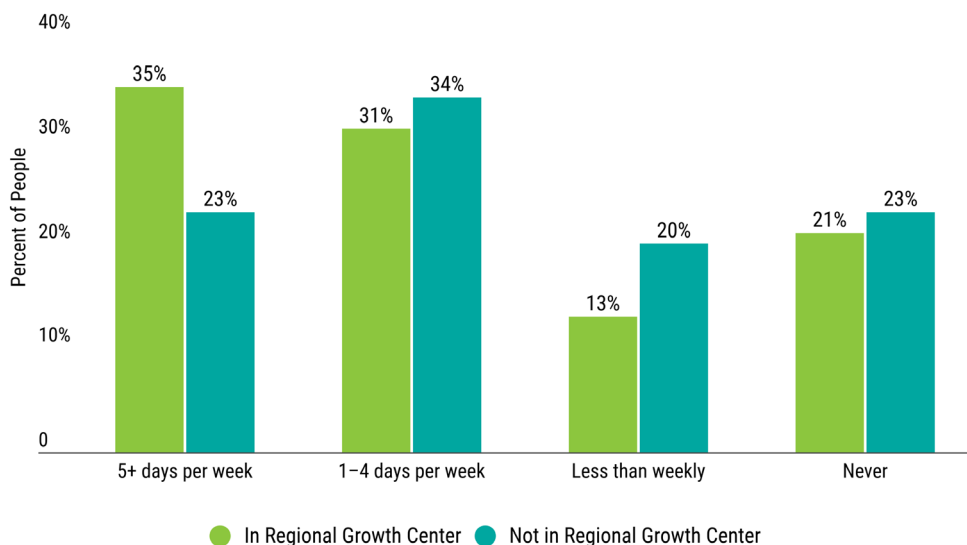
Walking Frequency by Race/Ethnicity





PSRC’s Regional Growth Centers (RGCs) are areas of priority for growth in the region that often have high density and walkability today. The data shows that people living in Regional Growth Centers take walks more frequently than people who live outside of them.

Walking Frequency by Home Location in Regional Growth Centers

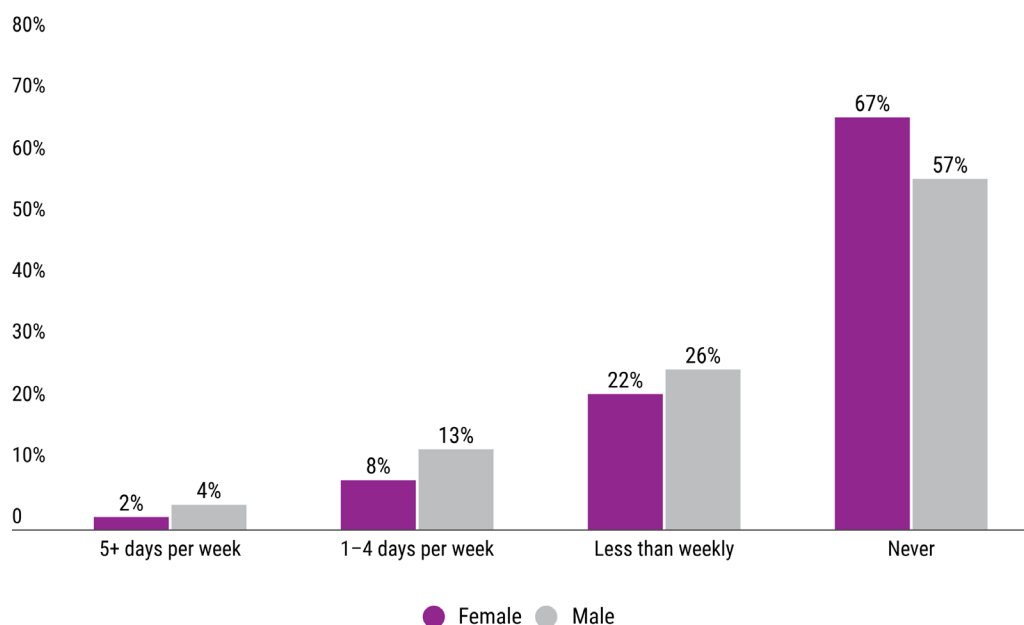




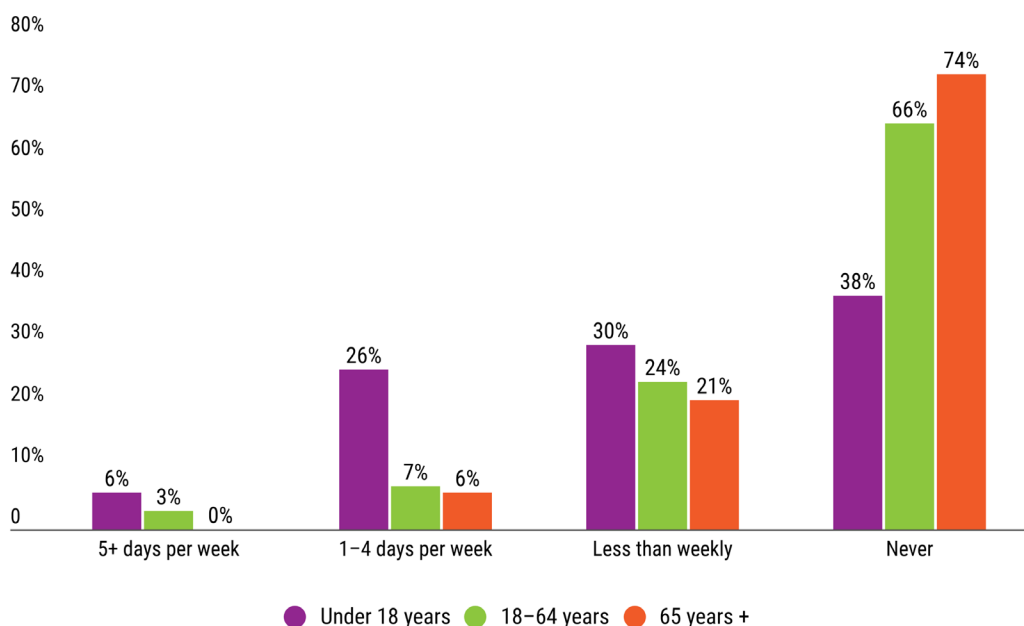
Who takes frequent bike rides?

The household survey also asked respondents, “How often did you go for a bike ride longer than 15 minutes?” Unlike walking frequency, biking frequency correlated strongly with gender and age. Men and younger people are more likely to bike than women and older people. The survey found that 67% of females say they never bike as compared to 57% of males. People over 65 are the least likely age group to bike. Biking frequency did not correlate closely with number of household vehicles or living in a regional growth center. As with walking, people of color were significantly more likely to never go for a bike ride than others.

Biking Frequency by Gender

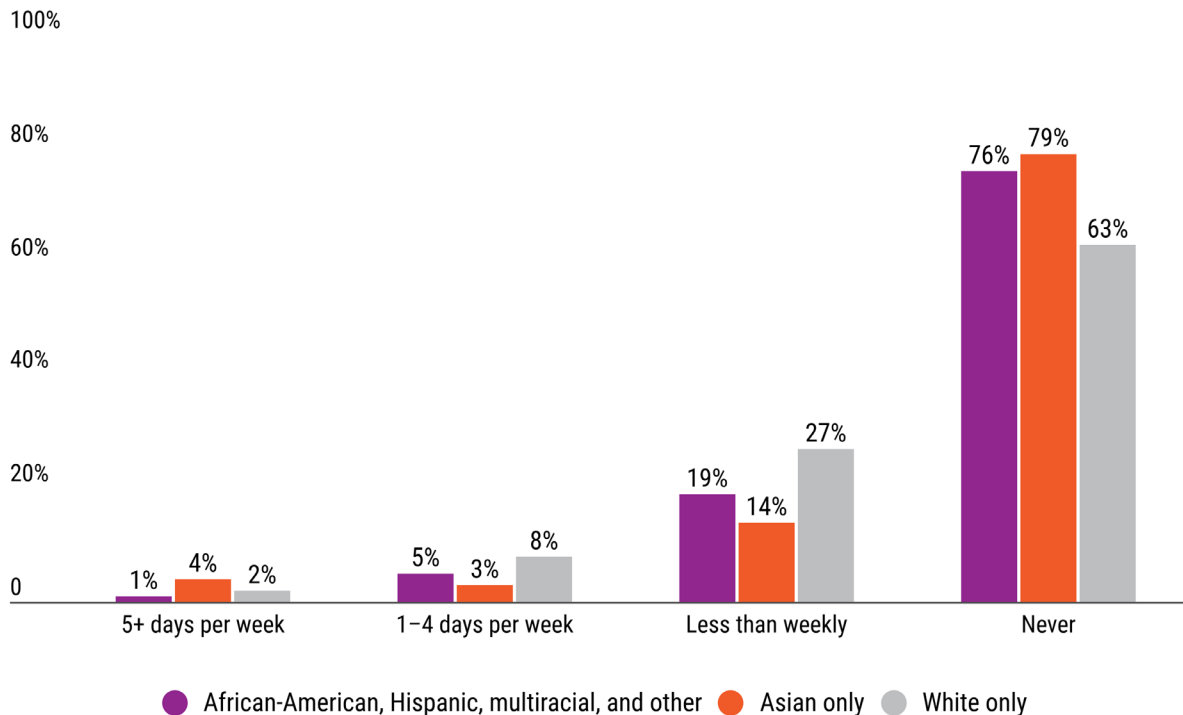


Biking Frequency by Age





Biking Frequency by Race/Ethnicity



Conclusions

Based on the survey results, walking appears to be an attractive mode of travel and exercise across age groups and gender in this region. More investigation should be done to determine why people of color are not walking as frequently as other groups. As regional growth centers add population and jobs, the region may see more walking trips, as people in these centers are more likely to walk 5+ days per week.

Biking frequency correlates strongly with demographic characteristics such as gender, age, and race, as opposed to vehicle ownership and land use. The split of bike use across demographic lines implies that the bike system may not be fully able to accommodate all ages and abilities at this time.