



# Off-street trail use by Ohio adults for exercise and travel

Being physically active is one of the most important things people can do to improve their health. Active living promotes cardiovascular fitness, strengthens bones and muscles, reduces the risk of many chronic diseases and helps people maintain a healthy weight. It reduces stress, enhances self-esteem and fosters an overall sense of well-being.<sup>1</sup>

Many people walk, run or bike to be physically active. These activities are easier if they can be done in a safe and appealing place nearby, such as a paved or unpaved off-street trail. The 2015 **Ohio Health Issues Poll (OHIP)** asked Ohio adults about their use of off-street trails.

OHIP asked Ohio adults how often in the past 12 months they had used off-street trails to *exercise*,<sup>2</sup> and how often they had used off-street trails to *travel* to work or a store or to run errands.<sup>3</sup>

<sup>1</sup> U.S. Centers for Disease Control and Prevention. Physical Activity, August 2014. Retrieved from <http://1.usa.gov/20gN7zR>

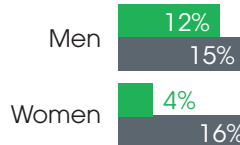
<sup>2</sup> OHIP asked, "During the past 12 months, how frequently did you use a paved or unpaved off-street designated trail for exercise?"

<sup>3</sup> OHIP asked, "During the past 12 months, how frequently did you use a paved or unpaved off-street designated trail to get to work, go to a store or run errands?"

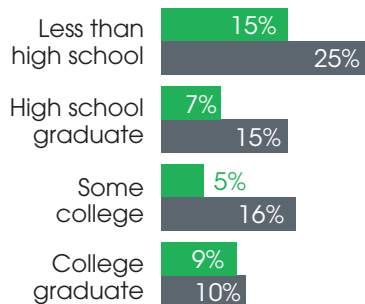
## Percentage of adults who used off-street trails DAILY



### By sex



### By education



■ For exercise ■ For travel

OHIP found that Ohio adults used trails either daily, frequently, occasionally or not at all.

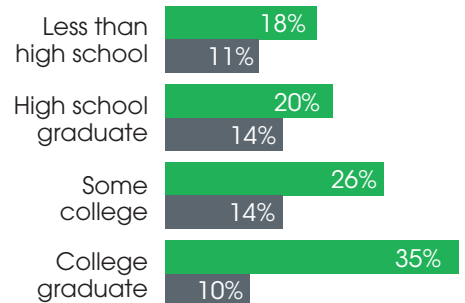
## Ohioans less likely to use trails daily for exercise than for travel

Fewer than 1 in 10 Ohio adults (8%) used a trail every day for exercise. Ohio adults were almost

## Percentage of adults who used off-street trails FREQUENTLY



### By education



■ For exercise ■ For travel

twice as likely (15%) to use a trail every day to get to work or a store, or to run errands.

Using a trail every day for *exercise* was:

- More likely among men (12%) than women (4%)
- More likely among African American adults (16%) than White adults (7%)
- More likely among adults who had not graduated from high school (15%) than adults with more education (see graph)

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Using a trail every day for *travel* was:

- More likely among adults who had not graduated from high school (25%) than adults with more education (see graph on first page)
- Not significantly different by sex or race

## Ohioans more likely to use trails frequently for exercise than for travel

Frequent users are those who used trails at least once a week, but not every day. One in 4 Ohio adults (25%) used trails frequently to exercise. This compares with about 1 in 10 Ohio adults (12%) who used trails frequently to travel to work or a store, or to run errands.

Using a trail frequently for *exercise* was:

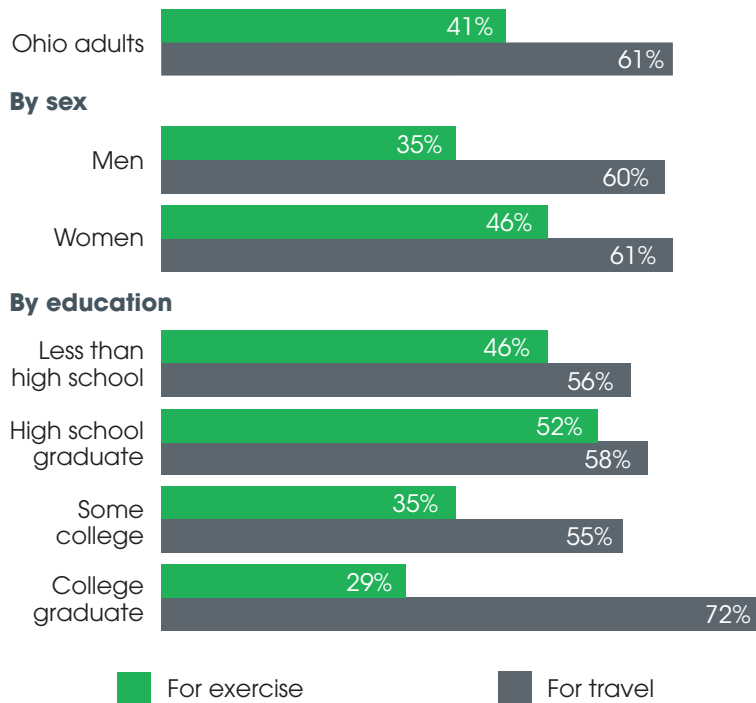
- More likely among White adults (26%) than African American adults (16%)
- More likely among college graduates (35%) than adults with less education (see graph on first page)

The percentage of Ohio adults using trails frequently for *travel* did not vary significantly by race, sex or education.

## Ohioans more likely to use trails occasionally for exercise than travel

Occasional users are those who used trails once a month or less. About 1 in 4 Ohio adults (26%) used a trail occasionally to exercise. One in 10 Ohio adults (11%) used a trail occasionally to travel.

## Percentage of adults who DID NOT USE off-street trails



## Women, less educated adults more likely not to have used trails for exercise

Many respondents reported that they had not used off-street trails in the past 12 months. About 4 in 10 Ohio adults (41%) said they had not used trails for exercise. About 6 in 10 Ohio adults (61%) said they had not used trails for travel.

Not using a trail for *exercise* was:

- More likely among women (46%) than men (35%)
- More likely among adults with a high school education or less than among adults with more education (see graph)

Not using a trail for *travel* was:

- Much more likely among college graduates (72%) than adults with less education (see graph)
- Not significantly different by sex or race.