Walking at an average, brisk, or fast pace was found to be associated with a 20%-24% risk reduction for all-cause and cardiovascular disease mortality compared to walking at a slow pace.

There were no associations between walking pace and cancer mortality.

Clearer and more pronounced dose-response effects with faster walking pace were present among those aged 50 and older.

Walking pace should be emphasised in public health messages.

This infographic is based on a pooled analysis examining the associations between walking pace and mortality. These results are based on data from 49,731 walkers from 11 cohorts from England and Scotland. This work was published in June 2018 in BJSM.