

# *Experience of sport and physical activity by adults in Northern Ireland*

Annual Report



Findings from the  
Continuous Household Survey 2014/15

**DCAL Findings 4/2015-16**

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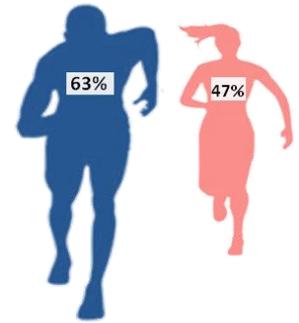
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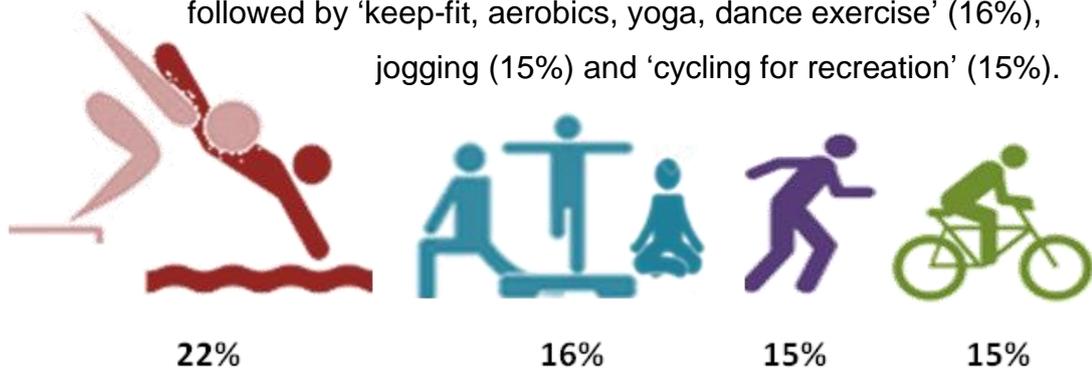
**First released**      8 October 2015

## Key findings

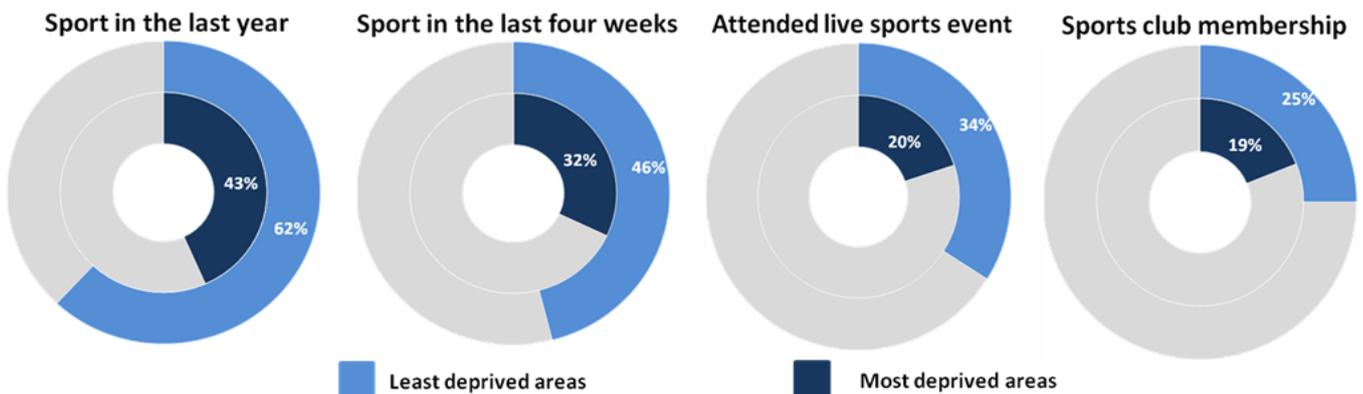
- Over half of adults (55%) had taken part in at least one sport within the last year, a similar proportion to that reported in 2013/14 (54%). A higher proportion of males (63%) than females (47%) participated in sport within the last year.



- The most frequently cited sport was 'swimming or diving' (22%). This was followed by 'keep-fit, aerobics, yoga, dance exercise' (16%), jogging (15%) and 'cycling for recreation' (15%).



- Nearly a quarter of the adult population (23%) were members of at least one sports club, with males twice as likely to be a member of a sports club (33%) than females (16%).
- Almost three in every ten adults (29%) attended a live sporting event in Northern Ireland within the last year.
- Adults living in the most deprived areas in Northern Ireland were less likely than adults living in the least deprived areas to have participated in sport within the last year, or the last four weeks. They were also less likely to have attended a live sports event or be a member of a sports club.



## Introduction

The Department of Culture, Arts and Leisure (DCAL) has responsibility for the development of sport and physical recreation in Northern Ireland. DCAL provides funding for sport, develops sport policy and supports sports initiatives.

DCAL promotes sport in the context of its strategy for sport, 'Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation, 2009-2019'. Sport Matters was developed by DCAL in partnership with Sport Northern Ireland and approved by the Northern Ireland Executive in December 2009. Critical to the fabric of the strategy is the inherent vision of 'a culture of lifelong enjoyment and success in sport' and this vision is underpinned by actions and key steps that will demonstrate what success looks like.

Sport Matters also contains a number of high level targets designed to improve levels and frequency of participation in sport and physical recreation across the Northern Ireland population. The targets which are aimed at adults and particular groups of people who are currently known to have lower participation rates in sport and physical recreation are set out below.

- To have stopped the decline of adult participation rates in sport and physical recreation by 2013.

By 2019, from the 2011 baseline, the following will be targeted.

- A minimum increase of 3 percentage points in adult participation rates in sport and physical recreation.
- A minimum increase of 6 percentage points in the participation rates of women, socio-economically disadvantaged groups, people with a disability and with older people in sport and physical recreation.

## **Continuous Household Survey**

The report presents data from the 2014/15 Continuous Household Survey (CHS) in relation to sport participation by the adult population in Northern Ireland. This information will be used in the monitoring of targets in Sport Matters.

More information relating to the CHS methodology and the interpretation of the figures can be found in the technical notes in Appendix 1. The data tables are included in Appendix 2 and are also available in Excel format. The sport participation questions which were asked in the CHS 2014/15 are included in Appendix 3.

## Sport participation

### Sport participation<sup>1</sup> within the last year

Over half of adults (55%) had taken part in at least one sport within the last year, a similar proportion to that reported in 2013/14 (54%). A higher proportion of males (63%) than females (47%) participated in sport within the last year.

The proportions of adults who participated in sport within the last year generally declined with age with significant differences between each consecutive age band except between those aged 25-34 years (71%) and those aged 35-44 years (68%) (Figure 1).

There was no difference between the proportions of Catholics and Protestants who had taken part in sport within the previous year (both 54%). However, adults who gave their religion as 'other / none' were more likely to have participated in sport (65%) than both Protestant and Catholic adults.

The participation rates varied by marital status as follows: single (66%), married / cohabiting (56%), separated / divorced (43%) and widowed (17%).

Adults who have a disability were less likely to have participated in sport within the last year (31%) than those who do not have a disability (64%), while a higher proportion of adults who have dependants participated in sport within the last year than those who do not have dependants (60% and 52%, respectively).

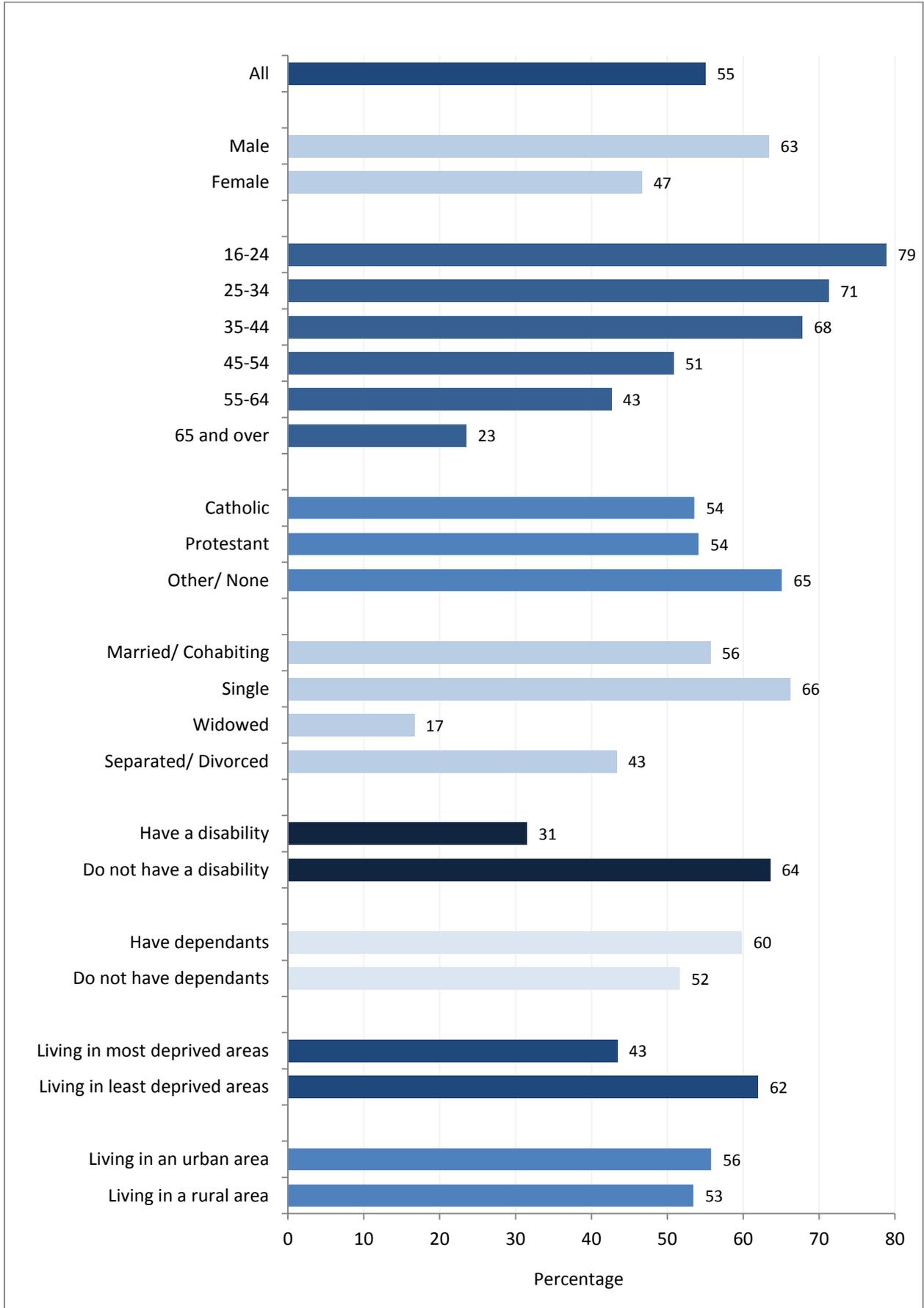
Over three-fifths (62%) of adults living in the least deprived areas participated in sport within the last year, a higher proportion than the 43% of adults living in the most deprived areas who had done so.

There was no difference in sport participation rates between adults living in urban areas (56%) and adults living in rural areas (53%).

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<sup>1</sup> Sport participation figures do not include walking for recreation.

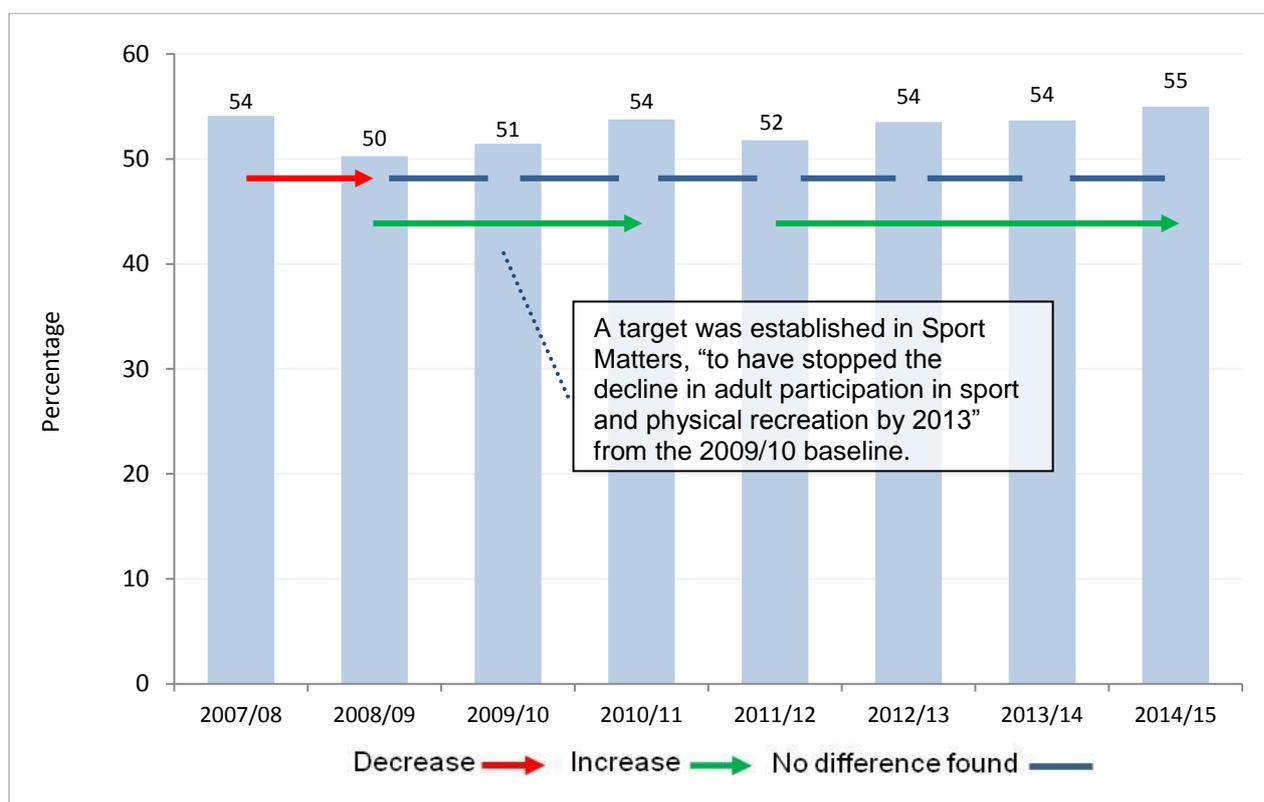
**Figure 1 Sport participation within the last year**



## Trends in sport participation

The proportion of adults participating in sport within the previous year fell from 54% in 2007/08 to 50% in 2008/09 and remained at a similar level in 2009/10 (51%). The sport participation rate recovered in 2010/11 (54%), statistically higher than the 50% recorded in 2008/09. Since then the sport participation rate has remained fairly stable, ranging between 52% in 2011/12 and 55% in 2014/15. The most recent figure of 55% is statistically higher than the participation rates recorded in 2008/09, 2009/10 and 2011/12 (Figure 2).

**Figure 2 Sport participation within the last year 2007/08 - 2014/15**



Comparing the 2014/15 sport participation figures with the 2013/14 figures shows that the proportion of those aged 55-64 years who had participated in sport within the last year increased from 33% in 2013/14 to 43% in 2014/15, a figure more in line with previous years. The proportion of those living in a rural area who had participated in sport within the last year also increased from 49% in 2013/14 to 53% in 2014/15 (Table 1, Appendix 2).

### Sport participation within the last four weeks

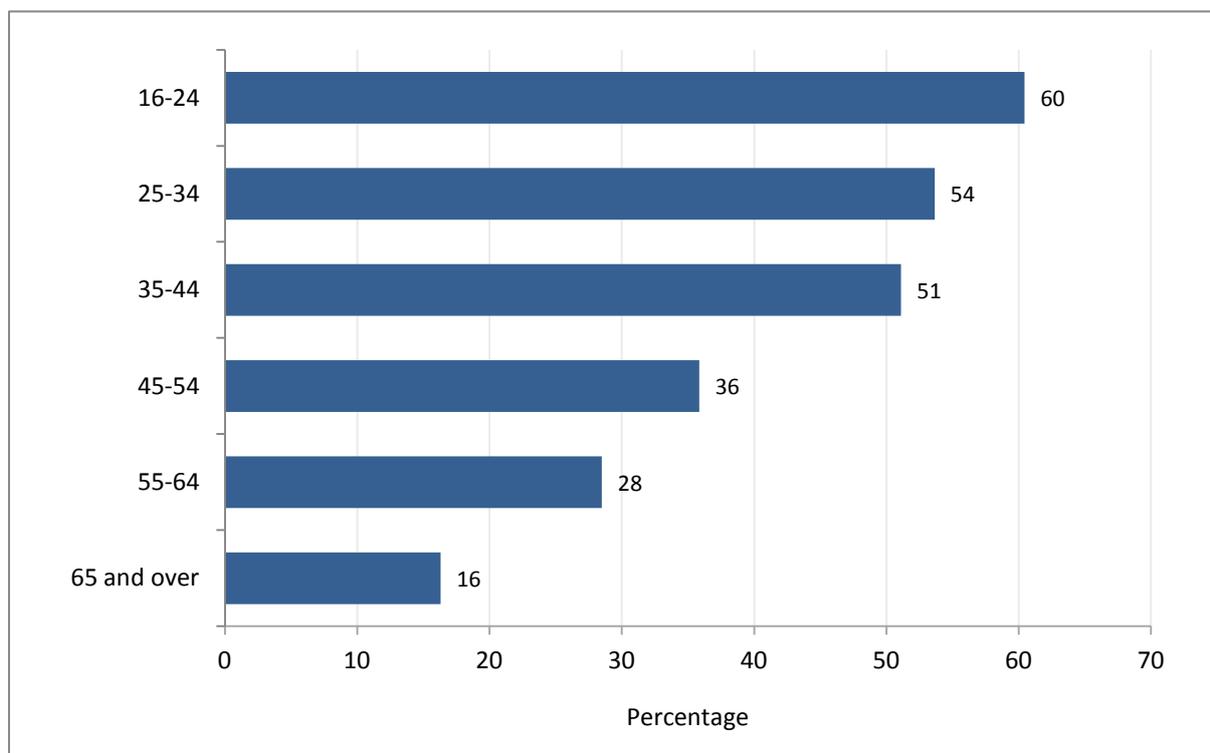
Just over two-fifths of adults (41%) had participated in sport within the last four weeks, the same as that reported in 2013/14.

Males were more likely to have participated in sport within the last four weeks (50%) than females (31%).

As with sport participation within the last year, there were differences in sport participation rates within the last four weeks when age, marital status, deprivation and having dependants or a disability were considered. However, there were some differences between both sets of analyses. With sport participation within the last four weeks there were no differences found between the following groups:

- those who gave their religion as 'other / none' (45%) and Catholics (41%)
- those aged 16-24 years (60%) and those aged 25-34 years (54%)

**Figure 3 Sport participation within the last four weeks by age**

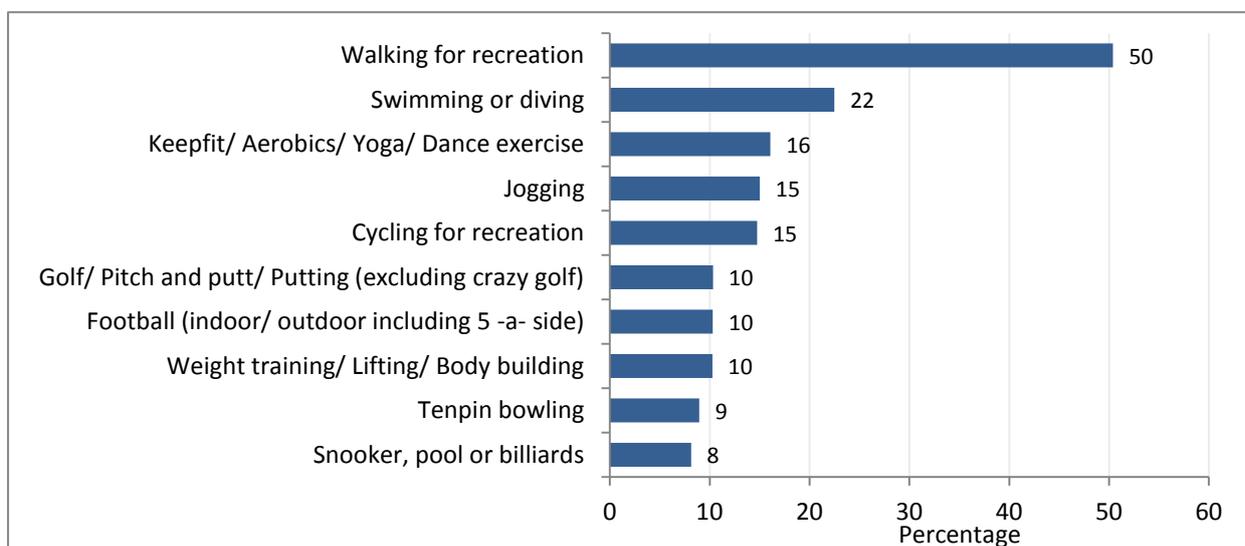


## Types of sports / physical activities

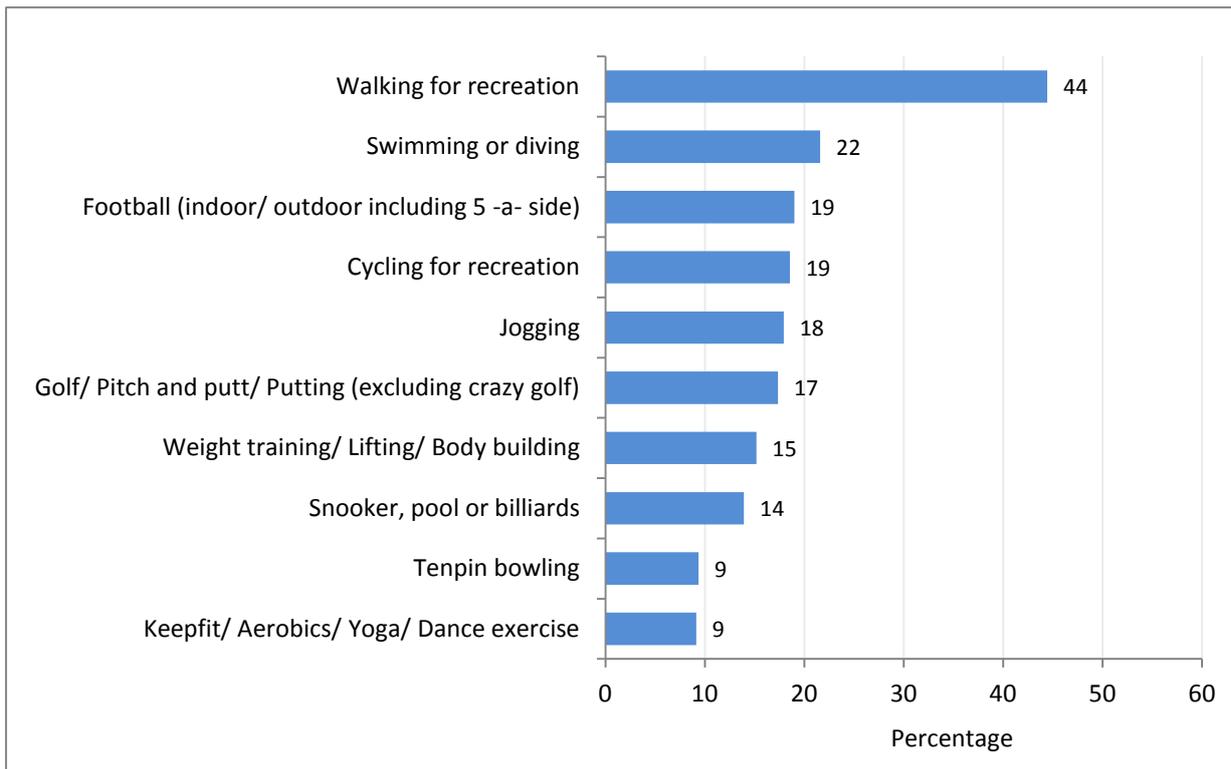
'Walking for recreation' is considered a physical activity and is not included in the current definition of 'sport'. Half of adults (50%) indicated that they participated in 'Walking for recreation' at least once within the last year. The most frequently cited sport was 'swimming or diving' with 22% of adults having participated in this. 'Keep-fit, aerobics, yoga, dance exercise' (16%), jogging (15%) and 'cycling for recreation' (15%) made up the next three most cited sports participated in over the previous year. The top ten most frequently cited sports / physical activities were the same as in 2013/14, but with a higher proportion of people having taken part in jogging and 'cycling for recreation' than in 2013/14 (each up to 15% from 13%). Indeed, the proportion of adults 'cycling for recreation' has increased steadily from 11% in 2011/12. A lower proportion of adults had taken part in 'snooker / pool / billiards' (8%) than in 2013/14 (10%).

Eight of the top ten most frequently cited sports / physical activities participated in within the last year were found in the top ten rankings for both males and females (Figures 4a, b and c). However, 'football' was the third most frequently cited sport participated in within the last year among males (19%), but was ranked twenty-first among females (1%). 'Snooker / pool / billiards' also featured in the top ten for male participants (14%) in tenth position but fell outside this in twelfth position among females (2%). 'Ice-skating' and 'tennis' (both 3%) accounted for the ninth and tenth positions in the female top ten.

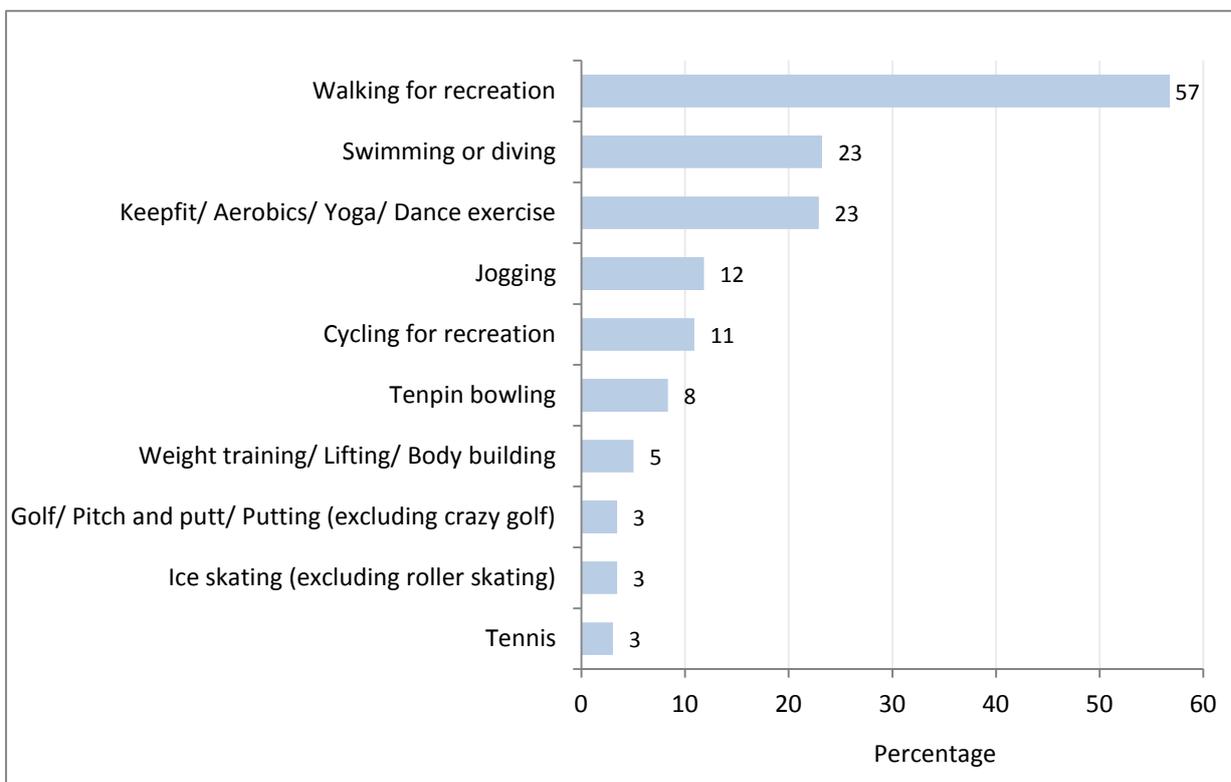
**Figure 4a Overall – Top ten sports / physical activities participated in within the last year**



**Figure 4b Males – Top ten sports / physical activities participated in within the last year**



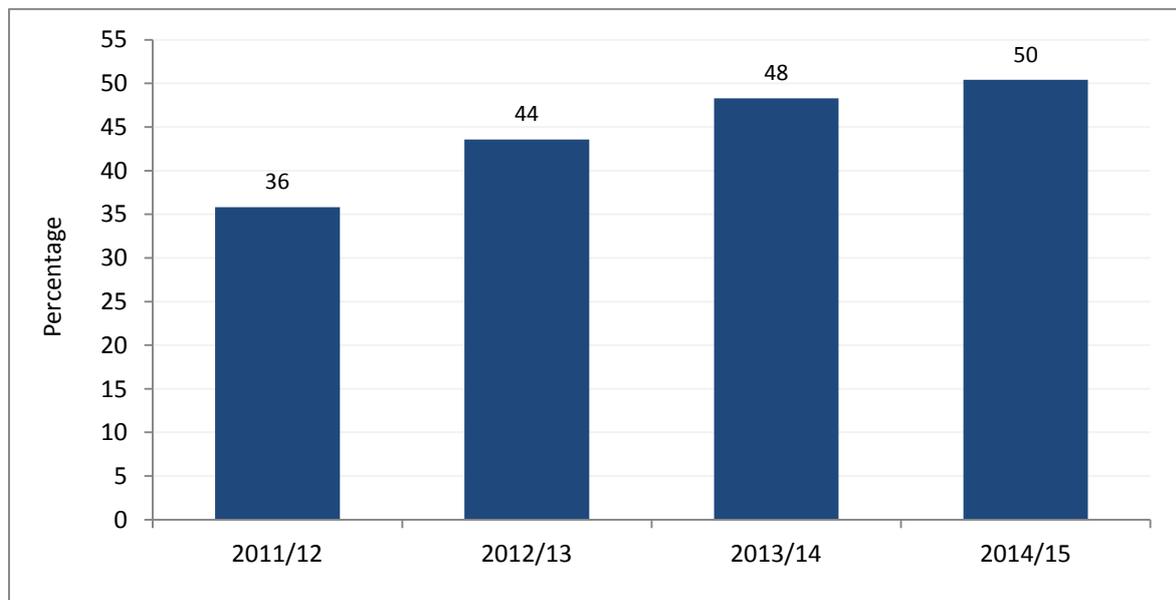
**Figure 4c Females – Top ten sports / physical activities participated in within the last year**



### Walking for recreation within the last year

'Walking for recreation' is not included in the overall sport participation figures. Half of adults (50%) had walked for recreation within the last year and a higher proportion of females (57%) than males (44%) had done so. Nearly a fifth of adults (19%) had not participated in sport but had walked for recreation. Almost a quarter of females (24%) had not participated in sport but had walked for recreation within the last year, a higher proportion than the 13% of males who had done so (Table 5).

**Figure 5** Walking for recreation within the last year 2011/12 – 2014/15

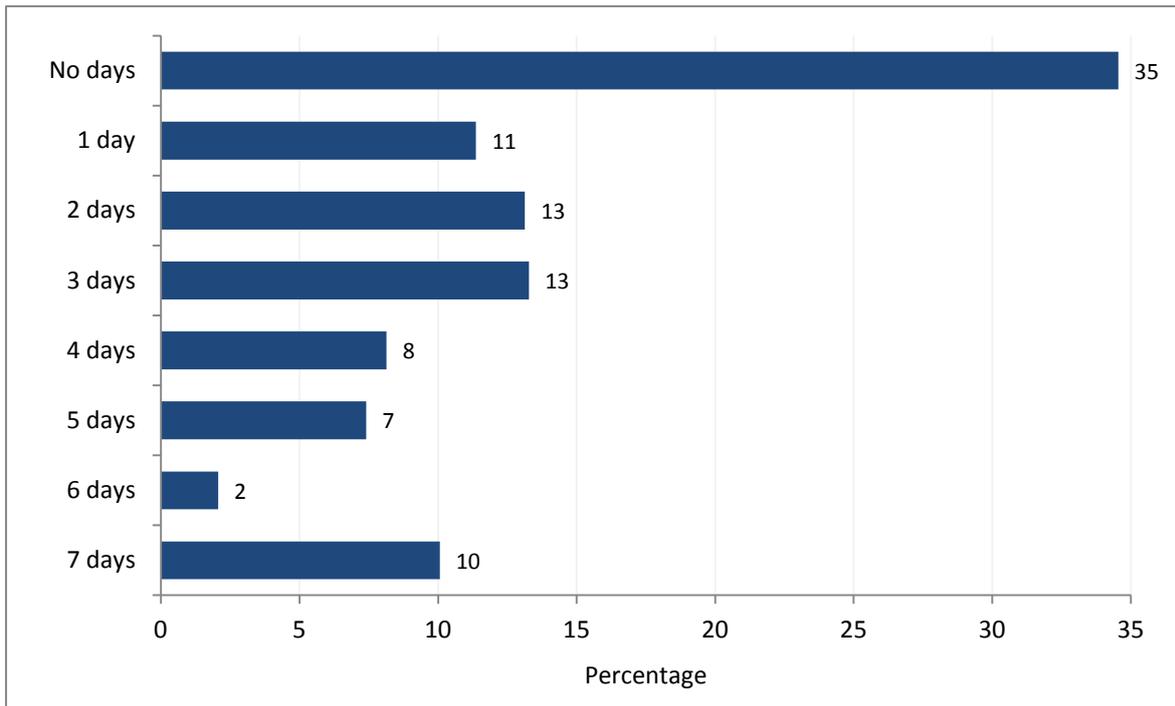


Nearly three-quarters of all adults (74%) had participated in sport or 'walking for recreation' within the last year. Indeed, the proportion of adults who participated in sport or walked for recreation increased, year on year, over the last 4 years (2011/12: 63%; 2012/13: 68%; 2013/14: 71%; 2014/15: 74%).

### Frequency of sport or physical activity each week

Nearly two-thirds (65%) of adults normally participated in sport or physical activity on one or more days per week, with males (67%) more likely to do so than females (64%). More than a quarter of adults (28%) normally participated in sport or physical activity on 4 or more days per week with no difference between the proportions of males and females having done so (both 28%).

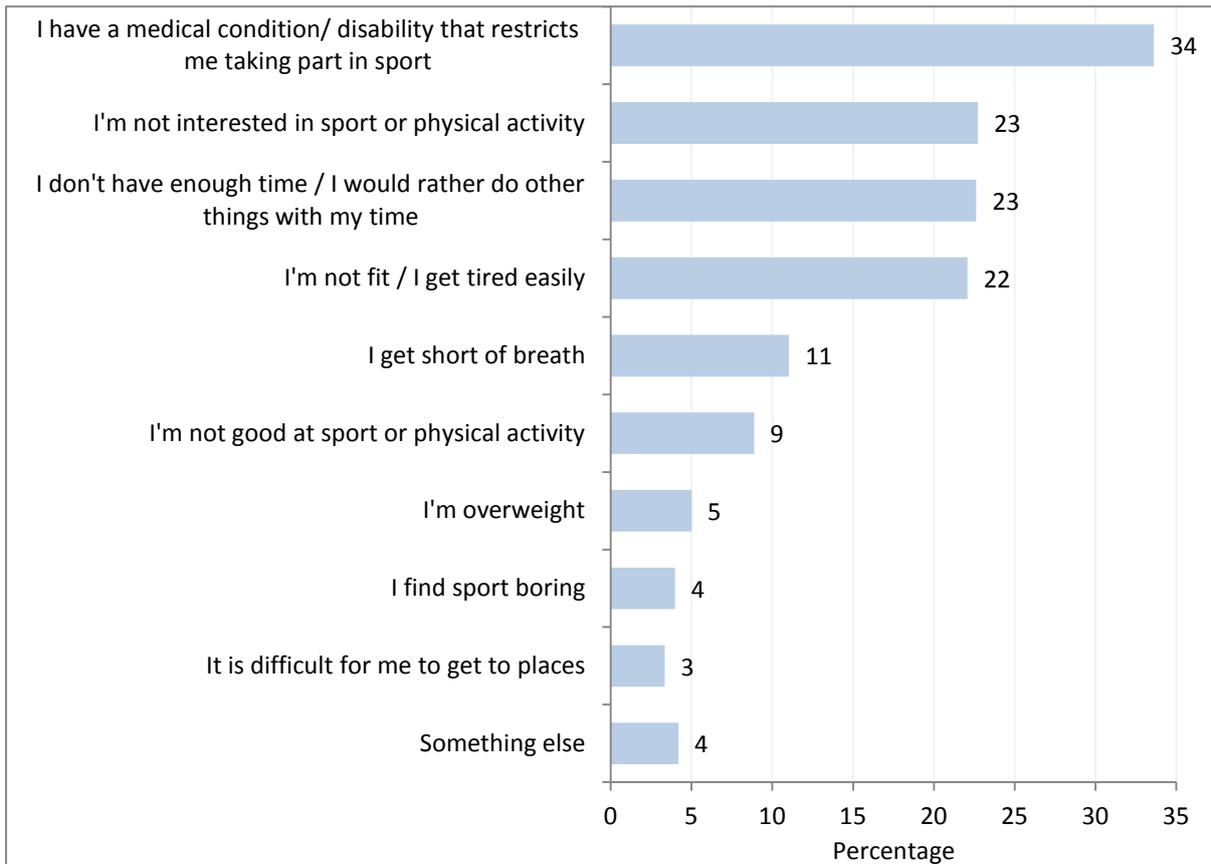
**Figure 6** Days normally participate in sport or physical activity each week



## Barriers to sport and physical activity

Those who had not taken part in sport or physical activity within the last year were asked what put them off taking part. Over a third (34%) stated having a medical condition / disability restricts them taking part in sport. More than a fifth cited, 'I'm not interested in sport or physical activity' (23%), 'I don't have enough time / I would rather do other things with my time' (23%) and 'I'm not fit / I get tired easily' (22%).

**Figure 7** Top ten barriers to sport and physical activity



## **Sport club membership**

Fewer than a quarter of adults (23%) were members of one or more sports clubs. Males were more than twice as likely to be a member of a sports club (32%) than females (14%).

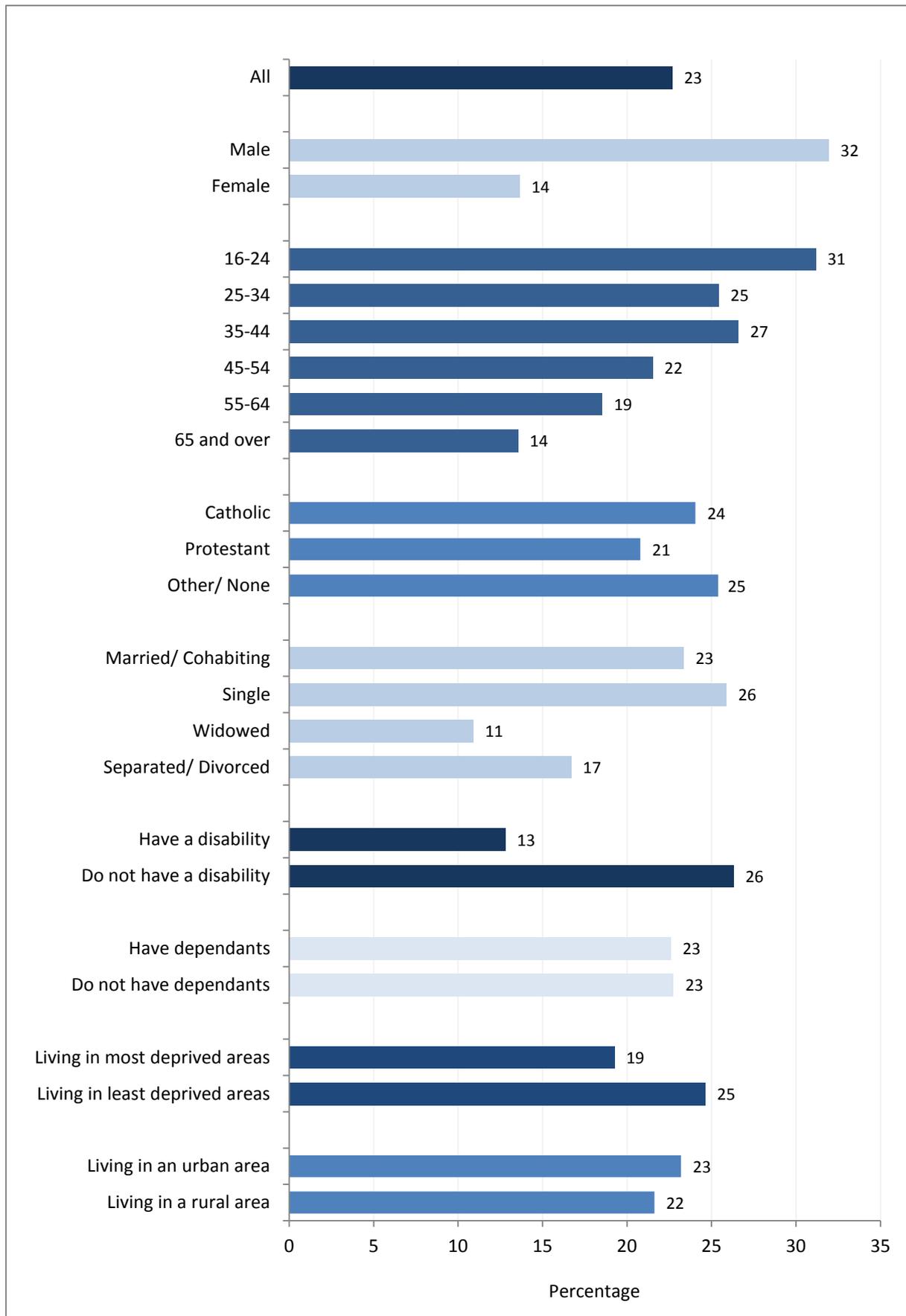
Considering age and sports club membership, those aged 16-44 years were more likely to be a member of a sports club (28%) than those aged 45 years and over (20%).

Widowed people were the marital status group least likely to be a member of a sports club (11%). There was no difference found between the proportions of single (26%) and married / cohabiting (23%) individuals who were members of a sports club although both groups were more likely to be members than separated / divorced individuals (17%).

Adults living in the least deprived areas were more likely to be a member of a sports club (25%) than those living in the most deprived areas (19%). Similarly, adults who do not have a disability (26%) were more likely to be a member of a sports club than those who have a disability (13%). In addition, Catholics were more likely to be a member of a sports club (24%) than Protestants (21%) (Figure 9).

There were decreases in the proportions of females (14%), those aged 65 and over (14%) and those living in the least deprived areas (25%) who were members of a sports club when compared with 2013/14 figures (16%, 19% and 30% respectively).

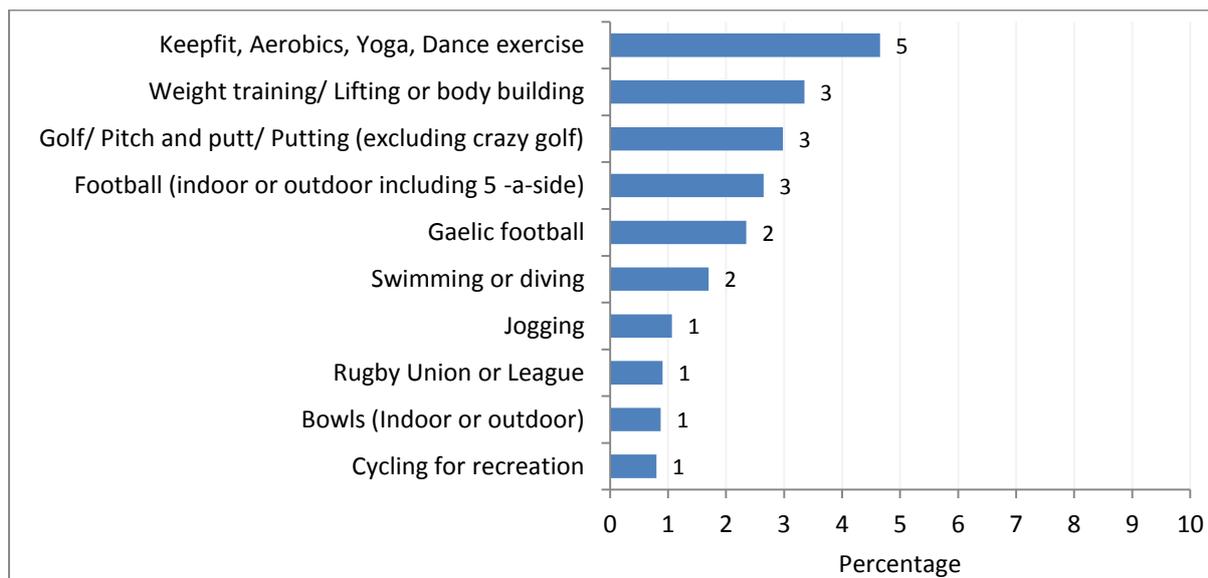
**Figure 8 Sports club membership**



### Most popular sports through membership of a sports club / organisation

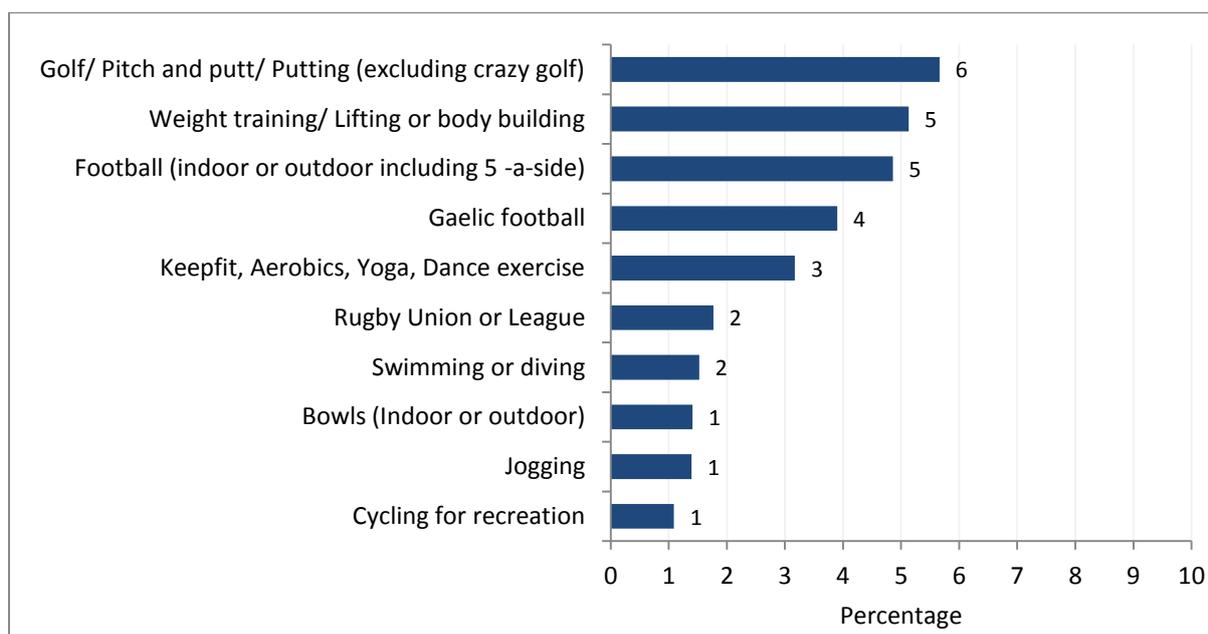
Adults were asked which sports they took part in through membership of a sports club / organisation. The most popular sports taken part in at sports clubs included 'keep-fit, aerobics, yoga or dance exercise' (5%), 'weight training / lifting / body building' (3%) followed by 'golf, pitch and putt, putting' (3%).

**Figure 9a All - Ten most popular sports through sports club membership**



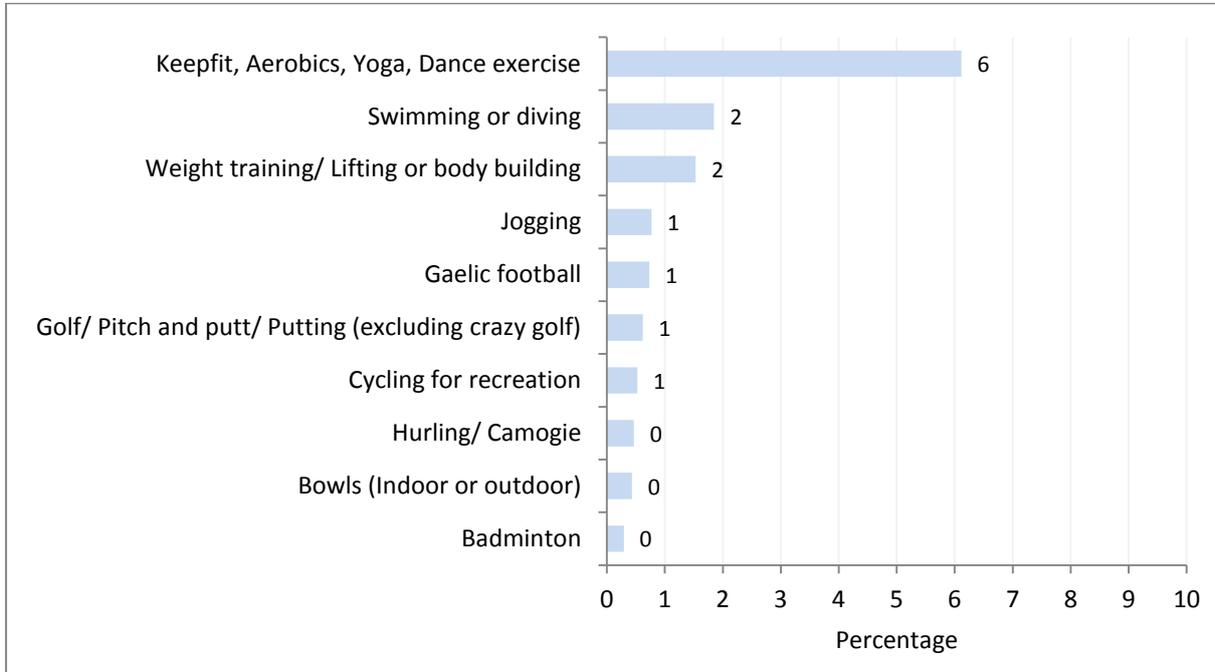
For males, the most popular sports taken part in through membership of a sports club / organisation were 'golf, pitch and putt, putting' (6%), 'weight training / lifting or body building' (5%), followed by football (5%).

**Figure 9b Males - Ten most popular sports through sports club membership**



For females, the most popular sports taken part in through membership of a sports club / organisation were 'keep-fit, aerobics, yoga or dance exercise club' (6%), 'swimming or diving' (2%) followed by 'weight training / lifting or body building' (2%).

**Figure 9c Females - Ten most popular sports through sports club membership**



## **Attendance at live sports events**

Nearly three in every ten adults (29%) had been to a live sporting event, at any level, in Northern Ireland within the last year. Males were more likely to have done so (38%) than females (21%).

Considering age, those aged 65 and over were less likely than any other age group examined to have attended a live sports event as a spectator (15%). Indeed, each other age group was approximately twice as likely to have done so (Figure 11).

There were no differences between the proportions of Catholics (29%), Protestants (29%) or those who gave their religion as 'other / none' (28%) when it came to attendance at a live sports event in Northern Ireland within the last year.

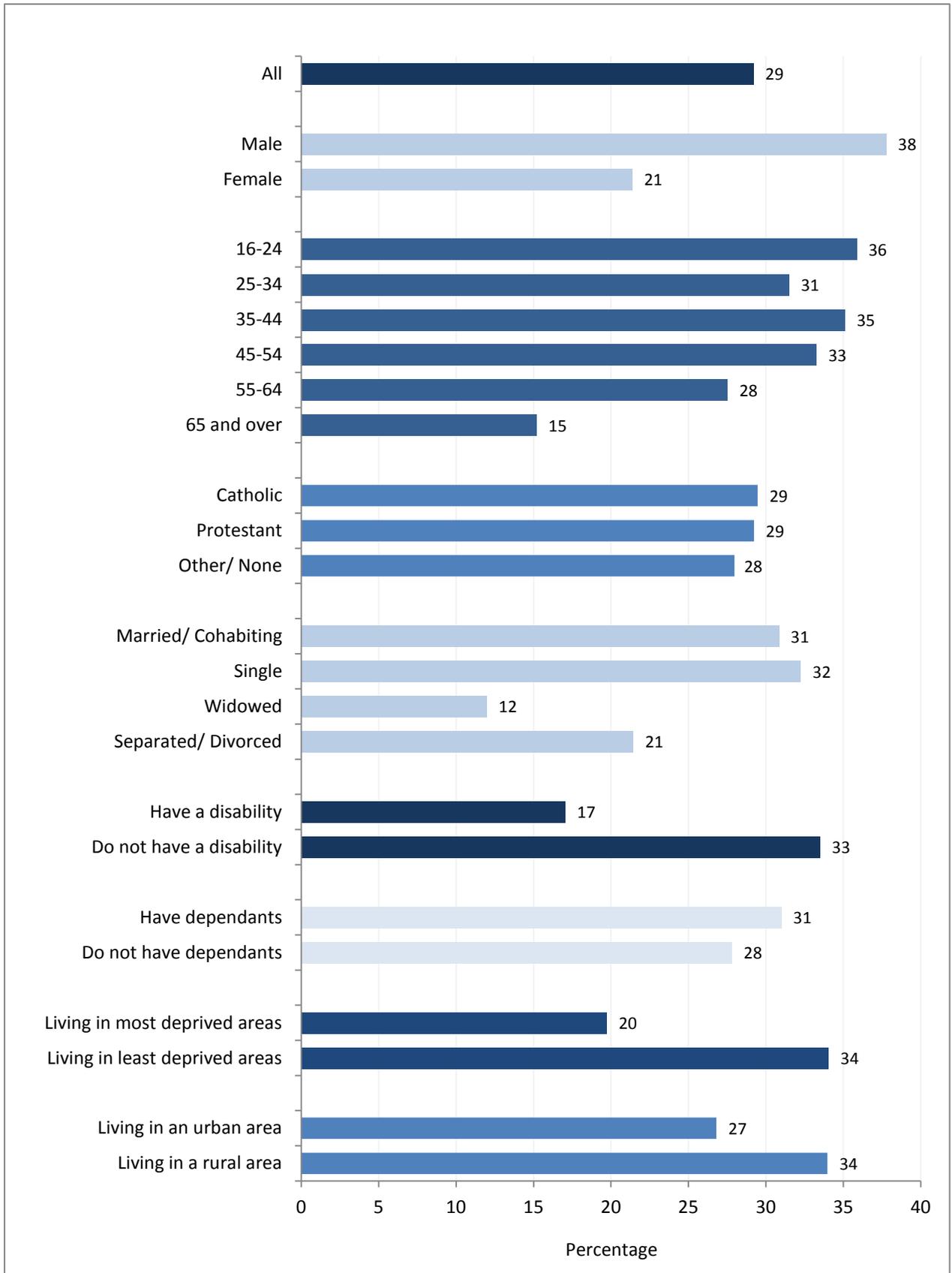
Widowed people were the marital group least likely to have attended a live sports event within the last year (12%). Similar proportions of married / cohabiting (31%) and single people (32%) had attended a live sports event, with both groups more likely to have attended than separated / divorced individuals (21%).

Adults who have a disability were less likely to have attended a live sports event within the last year (17%), than those who do not have a disability (33%).

Those living in the least deprived areas were more likely to have attended a live sports event within the last year (34%) than those living in the most deprived areas (20%).

Adults living in rural areas were more likely to have attended a live sports event within the last year (34%) compared to adults living in urban areas (27%).

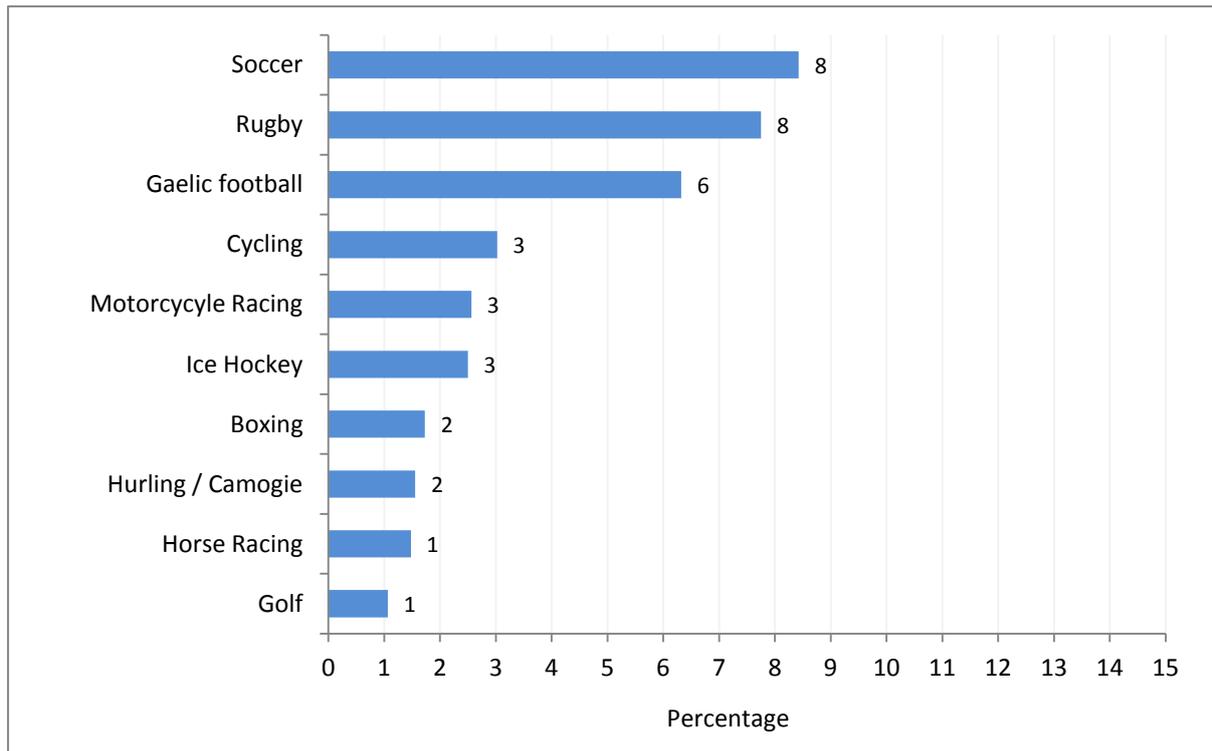
**Figure 10 Attended a live sports event in Northern Ireland**



### Popular live sports events

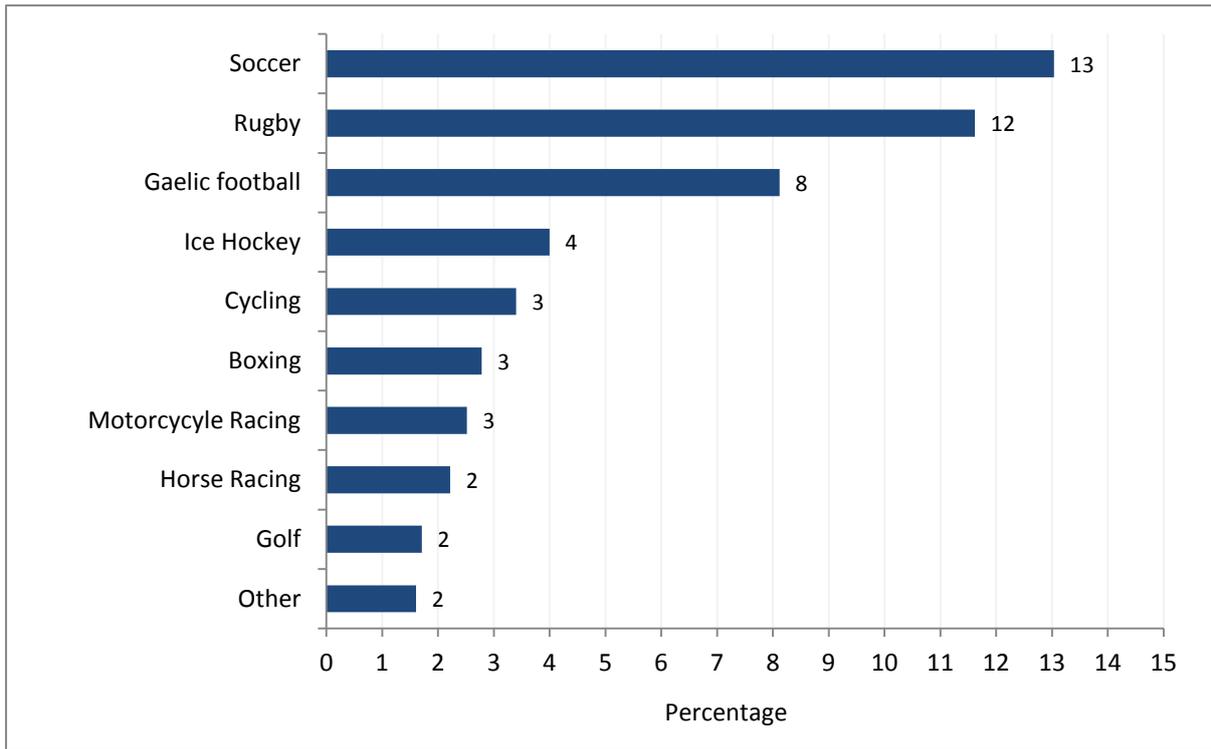
The three most popular live spectator sports in Northern Ireland over the previous year were soccer (8%), rugby (8%) and Gaelic football (6%). Almost one in every five adults (19%) had attended at least one live sporting event in Northern Ireland within the last year that involved one of these three sports.

**Figure 11a** Top ten live sporting events in Northern Ireland

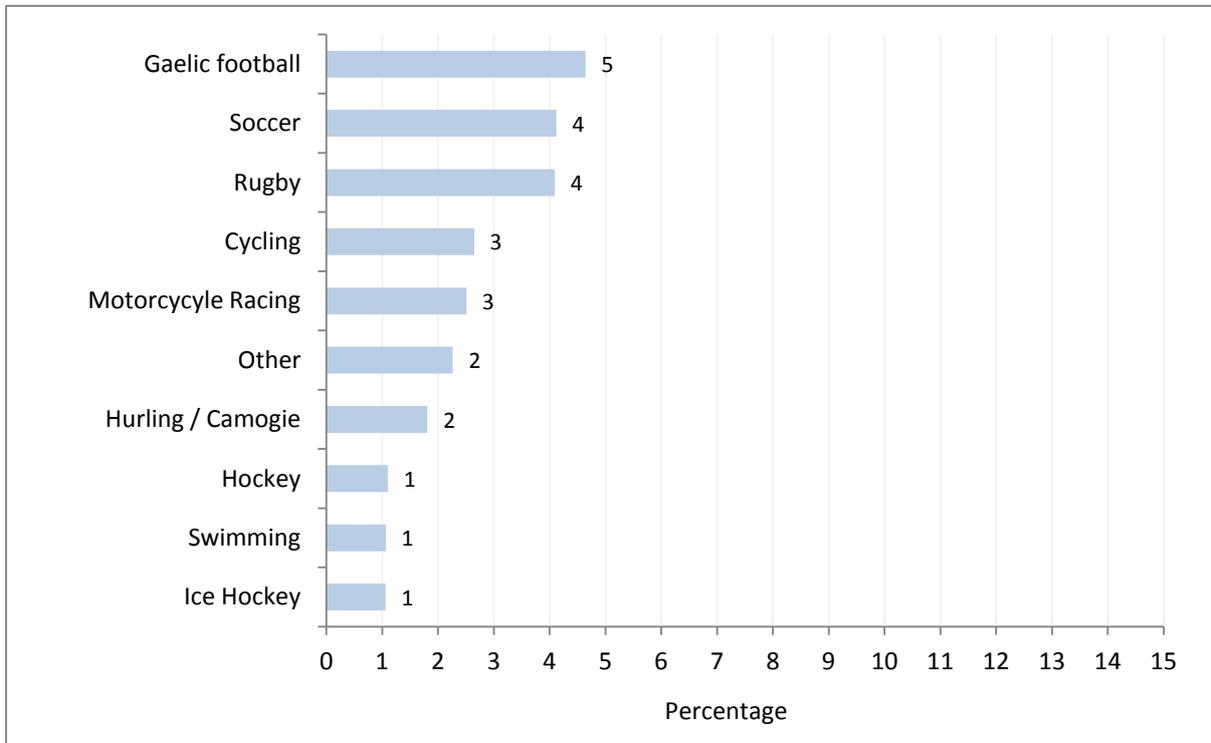


The top three most popular live spectator sports in Northern Ireland were the same for both males (Figure 11b) and females (Figure 11c).

**Figure 11b Males - Top ten live sporting events in Northern Ireland**



**Figure 11c Females - Top ten live sporting events in Northern Ireland**

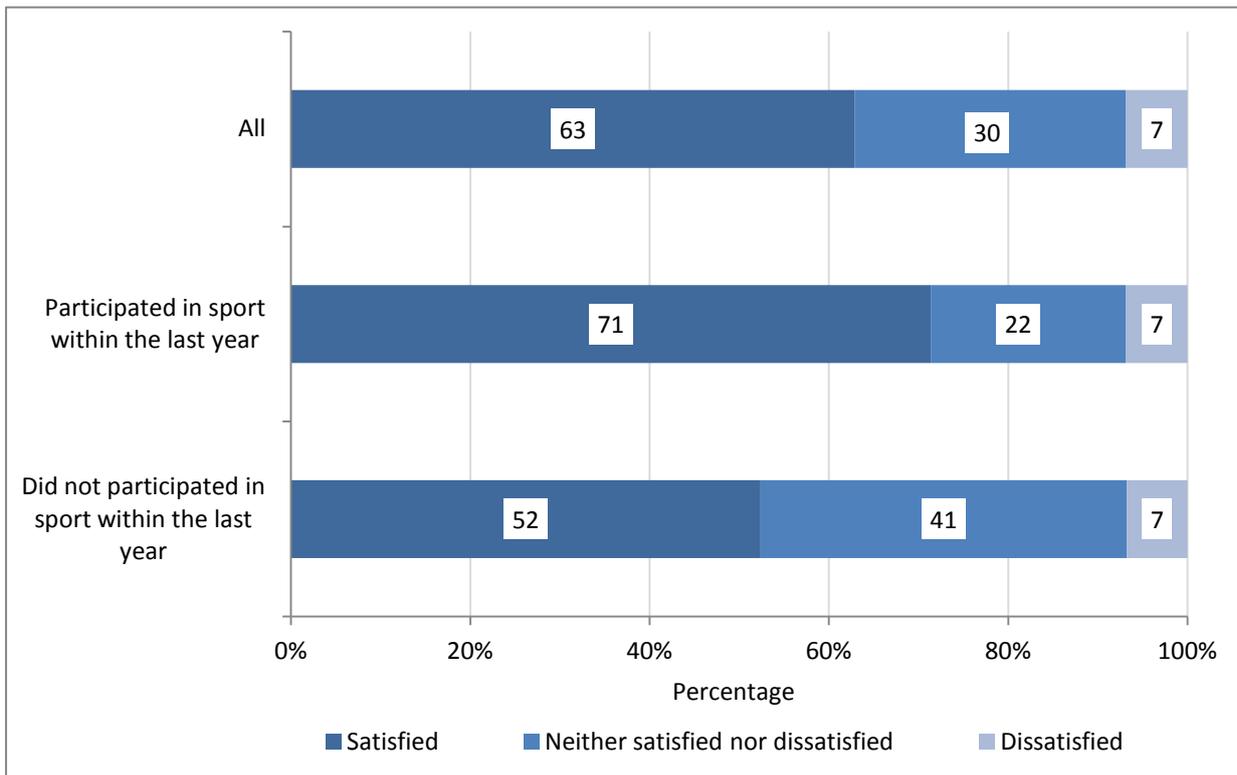


## Satisfaction with sports provision

Over three-fifths of adults (63%) were satisfied with sports provision in Northern Ireland, with 7% dissatisfied.

A greater proportion of respondents who had participated in sport were satisfied with sports provision (71%) than those who had not participated in sport within the last year (55%). However, the difference arises from a greater proportion of those who did not participate in sport stating that they were neither satisfied nor dissatisfied with sports provision (41% compared with 22% of those who did participate in sport). Similar proportions of both groups were dissatisfied (7%) (Figure 12).

**Figure 12** Satisfaction with sports provision



## Targets for Sport Matters

The Continuous Household Survey (CHS) is used to monitor a number of targets in Sport Matters. Recent data for these are presented in the table below. Appendix 4 contains more detailed on these targets.

Sport Matters Target	Indicator	2010/11	2011/12	2012/13	2013/14	2014/15
		%	%	%	%	%
PA4	Participation in sport in the last 12 months	54	52	54	54	55
PA4b	Participation in sport in the last 12 months by those living in the most deprived areas	42	44	46	45	43
PA5	Member of at least one sports club / organisation	23	22	22	24	23
PA5c	Member of at least one sports club / organisation by those living in the most deprived areas	15	16	14	17	19
Normally participates in sports and physical activity on one or more days per week*						
PA7	All	44	39*	47	48	49
PA8	Females	38	36*	41	40	42
PA9	Living in the most deprived areas	34	33*	40	41	38
PA10	Have a disability	25	20*	21	24	26
PA11	Aged 50 and over	27	24*	30	28	28

\* In 2011/12, the question changed from the 'number of days normally participated in sport and physical activity per week' to 'number of days participated in sport for 30 minutes or more, which was enough to raise your breathing rate, in the last week'. As a result, the figures are not comparable with other years and caution should be taken in drawing conclusions from the trend. From 2012/13 the question reverted back to that used for 2009/10 and 2010/11.

## **Appendix 1                      Technical notes**

### **Continuous Household Survey**

The Continuous Household Survey (CHS) is a Northern Ireland wide household survey administered by Central Survey Unit, Northern Ireland Statistics and Research Agency. The 2014/15 survey was based on a random sample of 4,500 domestic addresses drawn from the Land and Property Services list of addresses and interviews were sought with all adults aged 16 and over in these households.

DCAL places questions related to sport and physical recreation annually in the CHS. The data derived from the CHS is used for various purposes: to monitor targets in Sports Matters, to help inform policy making, for equality monitoring and contributing to Northern Ireland wide strategies.

The findings reported in this bulletin are based on 3,349 respondents who answered the sport participation module of the survey. The questions relating to this module are included in Appendix 3.

### **Weighting the DCAL module of the Continuous Household Survey (CHS)**

Analysis of the DCAL module of the CHS has been weighted for non-response. A chi square goodness-of-fit test showed that the CHS sample was not representative of the population by age and sex when compared with the Population and Migration Estimates Northern Ireland 2014<sup>2</sup> (NISRA). As a result, three separate weights were produced for age, sex and age and sex combined.

Non-response weighting sometimes increases standard errors and sometimes decreases them, although the impact tends to be fairly small, i.e. the adjustment may be less or greater than 1, but will generally be reasonably close to 1. In the case of the DCAL module of CHS, the values of the adjustment for all three weighting systems are so close to one, it is not necessary to take account of this in the calculation of standard error and confidence intervals.

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<sup>2</sup> Population and Migration Estimates Northern Ireland 2014

While weighting for non-response (also called post-stratification) should reduce bias, it must be acknowledged that it will not eliminate bias. The reasons individuals choose to take part in surveys are complex and depend on lots of factors specific to the individual. As a result, the non-response biases in surveys are likely to be complex. Post-stratification works on the assumption that, by aligning the survey to the population along a small number of dimensions such as age and gender, many of these complex biases will reduce. However, it would be misleading to suggest that they will be eliminated.

## DEFINITIONS

**Sport participation** – Participated in at least one of the following activities within the 12 months, or 4 weeks prior to the CHS. Does not include walking for recreation.

Rugby union or league	Tennis
Tenpin bowling	Snooker, pool, billiards
American football	Badminton
Swimming or diving	Ice skating (Exc. roller skating)
Football indoors (Inc. 5-a-side)	Squash
Angling / fishing	Darts
Football outdoors (Inc. 5-a-side)	Basketball
Yachting or dinghy sailing	Golf, pitch and putt, putting (Exc. crazy / miniature golf)
Gaelic football	Table tennis Skiing
Canoeing	Track and field athletics
Camogie	Horse riding (Exc. polo)
Windsurfing / boardsailing	Jogging
Hurling	Motor sports
Keepfit / Aerobics / Yoga / Dance exercise	Cycling for recreation
Cricket	Shooting
Martial Arts (Include self defence)	Indoor bowls
Hockey (Exc. ice, roller or street hockey)	Boxing
Weight training / lifting / body building	Outdoor (lawn) bowls
Netball	Other
Gymnastics	

**Member of a sports club** – Member of a sports club or organisation.

**Attended a live sports event** – Attended a sports event in Northern Ireland, at any level, within the last year.

**Disability** – The questions used to ascertain whether or not a person has a disability are harmonised with the definition of disability in the Equality Act 2010. This states that a disabled population is classified on the basis of having a long-lasting physical or mental health condition or illness which restricts day-to-day activities. The disabled population in this report are those who have answered yes to both the questions below:

- Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?
- Does your condition or illness / do any of your conditions or illnesses reduce your ability to carry out day to day activities?

**Dependants** – A person is defined as having dependants if they have responsibility for either the care of a child, a person with a disability or an elderly person.

**Deprivation** – The data have been analysed by whether respondents are living in the 20% most deprived Super Output Areas (SOAs) or in the 20% least deprived SOAs. This is estimated using the Northern Ireland Multiple Deprivation Measure 2010<sup>3</sup> which is a weighted combination of seven domains of deprivation. Rank 1 indicates the most deprived SOA, while rank 890 denotes the least deprived SOA.

**Urban / rural** – The data have also been analysed by whether respondents are living in SOAs that have been categorised as either urban or rural as set out in the Statistical Classification and Delineation of Settlements report (2005)<sup>4</sup>. This report classified each settlement in Northern Ireland into one of eight bands (A-H) and recommended that Government and other users should consider defining ‘urban’ and ‘rural’ areas in ways which are appropriate for different programmes and projects. In the absence of a programme-specific definition, Bands A-E can be defined as urban and Bands F-H as rural. This definition was applied in the analysis in this bulletin.

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<sup>3</sup> [Northern Ireland Multiple Deprivation Report 2010](#)

<sup>4</sup> [Statistical Classification and Delineation of Settlements 2005 Report](#)

### **Statistical significance in this report**

Any statements in this report regarding differences between groups such as males and females, different age groups, religion, etc., are statistically significant at the 95% confidence level. This means that we can be 95% confident that the differences between groups are actual differences and have not just arisen by chance. Both the base numbers and the sizes of the percentages have an effect on statistical significance. Therefore on occasion, a difference between two groups may be statistically significant while the same difference in percentage points between two other groups may not be statistically significant. The reason for this is because the larger the base numbers or the closer the percentages are to 0 or 100, the smaller the standard errors. This leads to increased precision of the estimates which increases the likelihood that the difference between the proportions is actually significant and did not just arise by chance.

### **Other notes**

The following should be noted when interpreting figures and tables:

- Percentages less than 0.5% are denoted by '0' and where there are no responses, they are denoted by '-'.
- Percentages may not add to 100% due to rounding.
- Percentages may not add to 100% for questions where multiple responses are allowed.
- Detailed tabulations are not provided where the number of respondents is too small to allow meaningful analysis.
- The base number of responses to each question, which is shown in each table, is the unweighted count. The base may vary due to some respondents not answering certain questions.

## Appendix 2 Data tables (also available in Excel format)

**Table 1 Sport participation within the last year 2013/14-2014/15**

Profile of respondent	Sport participation				Significant difference compared with previous year?
	2014/15		2013/14		
	%	Base	%	Base	
All	55	3,348	54	3,753	-
<b>Gender</b>					
Male	63	1,435	61	1,601	-
Female	47	1,913	46	2,152	-
<b>Age bands</b>					
16-24	79	277	77	335	-
25-34	71	517	72	535	-
35-44	68	577	66	672	-
45-54	51	583	50	714	-
55-64	43	549	33	566	↑
65 and over	23	845	26	931	-
<b>Religious background</b>					
Catholic	54	1,354	53	1,496	-
Protestant	54	1,651	52	1,916	-
Other / None	65	308	65	319	-
<b>Marital status</b>					
Married / Cohabiting	56	2,015	54	2,232	-
Single	66	738	65	836	-
Widowed	17	268	20	320	-
Separated / Divorced	43	327	40	365	-
<b>Disability</b>					
Have a disability	31	985	30	1,111	-
Do not have a disability	64	2,349	62	2,638	-
<b>Dependants</b>					
Have dependants	60	1,402	60	1,516	-
Do not have dependants	52	1,937	50	2,232	-
<b>Level of deprivation</b>					
Living in most deprived areas	43	598	45	660	-
Living in least deprived areas	62	648	64	721	-
<b>Urban or rural</b>					
Living in an urban area	56	2,201	56	2,432	-
Living in a rural area	53	1,147	49	1,321	↑

**Table 2 Sport participation within the last year 2007/08-2014/15**

Survey year	Sport participation	
	%	Base
2007/08	54	3,409
2008/09	50	3,138
2009/10	51	3,583
2010/11	54	3,529
2011/12	52	3,689
2012/13	54	3,625
2013/14	54	3,753
2014/15	55	3,348

**Table 3 Sport participation within the last four weeks 2013/14-2014/15**

Profile of respondent	Sport participation				Significant difference compared with previous year?
	2014/15		2013/14		
	%	Base	%	Base	
All	41	3,347	41	3,750	-
<b>Gender</b>					
Male	50	1,434	50	1,599	-
Female	31	1,913	31	2,151	-
<b>Age bands</b>					
16-24	60	277	60	335	-
25-34	54	517	54	534	-
35-44	51	576	52	671	-
45-54	36	583	36	713	-
55-64	28	549	23	566	↑
65 and over	16	845	19	931	-
<b>Religious background</b>					
Catholic	41	1,353	42	1,495	-
Protestant	39	1,651	38	1,914	-
Other / None	45	308	50	319	-
<b>Marital status</b>					
Married / Cohabiting	40	2,014	41	2,230	-
Single	51	738	51	835	-
Widowed	13	268	14	320	-
Separated / Divorced	31	327	28	365	-
<b>Disability</b>					
Have a disability	20	985	20	1,110	-
Do not have a disability	48	2,348	48	2,636	-
<b>Dependants</b>					
Have dependants	44	1,401	44	1,516	-
Do not have dependants	38	1,937	38	2,229	-
<b>Level of deprivation</b>					
Living in most deprived areas	32	597	34	659	-
Living in least deprived areas	46	648	47	719	-
<b>Urban or rural</b>					
Living in an urban area	41	2,200	42	2,431	-
Living in a rural area	39	1,147	38	1,319	-

**Table 4** Top 20 sports / physical activities participated in within the last year

Sport / physical activity	All
	%
Walking for recreation	50
Swimming or diving	22
Keepfit / Aerobics / Yoga / Dance exercise	16
Jogging	15
Cycling for recreation	15
Golf / Pitch and putt / Putting (excluding crazy golf)	10
Football (indoor / outdoor including 5 -a- side)	10
Weight training / Lifting / Body building	10
Tenpin bowling	9
Snooker, pool or billiards	8
Tennis	4
Darts	3
Angling / Fishing	3
Table tennis	3
Badminton	3
Ice skating (excluding roller skating)	3
Gaelic football	3
Bowls	3
Canoeing	2
Shooting	2
Base	3,348

**Table 5 Walking for recreation within the last year**

Profile of respondent	2014/15			Base
	Walked for recreation	No sport but walked for recreation	Sport participation or walking for recreation	
	%	%	%	
All	50	19	74	3,348
<b>Gender</b>				
Male	44	13	76	1,435
Female	57	24	71	1,913
<b>Age bands</b>				
16-24	42	7	86	277
25-34	55	13	84	517
35-44	58	15	83	577
45-54	58	23	74	583
55-64	55	27	70	549
65 and over	40	26	49	845
<b>Religious background</b>				
Catholic	48	18	72	1,354
Protestant	52	19	73	1,651
Other / None	52	18	83	308
<b>Marital status</b>				
Married / Cohabiting	56	20	75	2,015
Single	43	12	79	738
Widowed	29	21	38	268
Separated / Divorced	54	28	71	327
<b>Disability</b>				
Have a disability	36	19	51	985
Do not have a disability	56	18	82	2,349
<b>Dependants</b>				
Have dependants	56	18	78	1,402
Do not have dependants	46	19	70	1,937
<b>Level of deprivation</b>				
Living in most deprived areas	42	22	65	598
Living in least deprived areas	58	19	81	648
<b>Urban or rural</b>				
Living in an urban area	48	17	73	2,201
Living in a rural area	55	21	74	1,147

**Table 6 Days normally participate in sport or physical activity each week**

Profile of respondent	Days normally involved in sport and physical activity each week								Base
	No days	1 day	2 days	3 days	4 days	5 days	6 days	7 days	
	%	%	%	%	%	%	%	%	
All	35	11	13	13	8	7	2	10	3,349
<b>Gender</b>									
Male	33	13	13	13	10	7	3	9	1,435
Female	36	10	13	13	7	8	2	11	1,914
<b>Age bands</b>									
16-24	23	14	16	13	16	9	2	7	277
25-34	23	13	17	17	9	9	2	9	518
35-44	27	13	16	16	8	9	2	9	577
45-54	35	11	11	15	6	9	2	10	583
55-64	38	11	10	12	7	6	2	14	549
65 and over	56	6	8	7	5	4	2	12	845
<b>Religious background</b>									
Catholic	34	9	14	16	9	7	2	9	1,355
Protestant	36	12	13	11	7	7	2	11	1,651
Other / None	29	14	11	13	10	8	3	12	308
<b>Marital status</b>									
Married / Cohabiting	33	13	14	14	7	7	2	10	2,015
Single	30	11	14	15	11	9	2	8	739
Widowed	66	4	6	4	2	4	1	12	268
Separated / Divorced	37	9	11	11	6	6	3	16	327
<b>Disability</b>									
Have a disability	57	8	7	8	4	5	2	10	985
Do not have a disability	26	13	15	15	10	8	2	10	2,350
<b>Dependants</b>									
Have dependants	30	13	15	15	6	8	3	9	1,403
Do not have dependants	37	10	12	12	9	7	2	11	1,937
<b>Level of deprivation</b>									
Living in most deprived areas	41	7	11	12	8	10	1	11	599
Living in least deprived areas	25	16	13	15	9	7	3	12	648
<b>Urban or rural</b>									
Living in an urban area	34	10	13	13	9	8	2	10	2,202
Living in a rural area	35	13	13	14	7	5	2	11	1,147

Percentages may not add to 100% due to rounding.

**Table 7 Barriers to sport and physical activity**

Barrier	All
	%
I have a medical condition / disability that restricts me taking part in sport	34
I'm not interested in sport or physical activity	23
I don't have enough time / I would rather do other things with my time	23
I'm not fit / I get tired easily	22
I get short of breath	11
I'm not good at sport or physical activity	9
I'm overweight	5
I find sport boring	4
It is difficult for me to get to places	3
The weather is bad	2
I'm afraid of getting hurt or injured	2
Taking part is expensive	2
I don't like the sports offered at school	1
I find it embarrassing to exercise in front of others	1
I find it embarrassing to change in front of others	0
Because I have too much homework	0
Something else	4
Nothing	11
Base	976

Base is those who did not participate in sport or physical activity within the last year

Percentages less than 0.5% are denoted by '0' and where there are no responses this is represented by '-'.  
Percentages may not add to 100% as multiple responses were allowed.

**Table 8 Sport club membership 2013/14-2014/15**

Profile of respondent	Sports club membership				Significant difference compared with previous year?
	2014/15		2013/14		
	%	Base	%	Base	
All	23	3,349	24	3,752	-
<b>Gender</b>					
Male	32	1,435	33	1,600	-
Female	14	1,914	16	2,152	↓
<b>Age bands</b>					
16-24	31	277	32	335	-
25-34	25	518	26	535	-
35-44	27	577	28	672	-
45-54	22	583	22	714	-
55-64	19	549	18	566	-
65 and over	14	845	19	930	↓
<b>Religious background</b>					
Catholic	24	1,355	26	1,496	-
Protestant	21	1,651	22	1,915	-
Other / None	25	308	25	319	-
<b>Marital status</b>					
Married / Cohabiting	23	2,015	24	2,232	-
Single	26	739	29	836	-
Widowed	11	268	13	320	-
Separated / Divorced	17	327	16	364	-
<b>Disability</b>					
Have a disability	13	985	13	1,111	-
Do not have a disability	26	2,350	28	2,637	-
<b>Dependants</b>					
Have dependants	23	1,403	23	1,516	-
Do not have dependants	23	1,937	25	2,231	-
<b>Level of deprivation</b>					
Living in most deprived areas	19	599	17	659	-
Living in least deprived areas	25	648	30	721	↓
<b>Urban or rural</b>					
Living in an urban area	23	2,202	24	2,431	-
Living in a rural area	22	1,147	24	1,321	-

**Table 9 Most popular sports at a sports club**

Sport	All
	%
Keepfit, Aerobics, Yoga, Dance exercise	5
Weight training / Lifting or body building	3
Golf / Pitch and putt / Putting (excluding crazy golf)	3
Football (indoor or outdoor including 5 -a-side)	3
Gaelic football	2
Swimming or diving	2
Jogging	1
Rugby Union or League	1
Bowls (Indoor or outdoor)	1
Cycling for recreation	1
Shooting	1
Martial Arts (Including self defence)	1
Angling / Fishing	1
Snooker, pool or billiards	0
Hurling / Camogie	0
Badminton	0
Cricket	0
Boxing	0
Tennis	0
Motor sports	0
Base	3,349

Percentages less than 0.5% are denoted by '0' and where there are no responses this is represented by '-'. Percentages may not add to 100% as multiple responses were allowed.

**Table 10 Attendance at live sports event in Northern Ireland**

Profile of respondent	2014/15	
	%	Base
All	29	3,349
<b>Gender</b>		
Male	38	1,435
Female	21	1,914
<b>Age bands</b>		
16-24	36	277
25-34	31	518
35-44	35	577
45-54	33	583
55-64	28	549
65 and over	15	845
<b>Religious background</b>		
Catholic	29	1,355
Protestant	29	1,651
Other / None	28	308
<b>Marital status</b>		
Married / Cohabiting	31	2,015
Single	32	739
Widowed	12	268
Separated / Divorced	21	327
<b>Disability</b>		
Have a disability	17	985
Do not have a disability	33	2,350
<b>Dependants</b>		
Have dependants	31	1,403
Do not have dependants	28	1,937
<b>Level of deprivation</b>		
Living in most deprived areas	20	599
Living in least deprived areas	34	648
<b>Urban or rural</b>		
Living in an urban area	27	2,202
Living in a rural area	34	1,147

**Table 11 Popular sports to watch at live events in Northern Ireland**

Sport	All
	%
Soccer	8
Rugby	8
Gaelic football	6
Cycling	3
Motorcycle Racing	3
Ice Hockey	3
Boxing	2
Hurling / Camogie	2
Horse Racing	1
Golf	1
Rallying	1
Athletics	1
Cricket	1
Hockey	1
Swimming	1
Greyhound Racing	1
Bowls	0
Water Sports	0
Badminton	0
Other	2
Base	3,349

Percentages less than 0.5% are denoted by '0' and where there are no responses this is represented by '-'. Percentages may not add to 100% as multiple responses were allowed.

**Table 12**      **Satisfaction with sports provision**  
**a) by all adults**

Profile of respondent	Sports provision satisfaction			Base
	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	
	%	%	%	
All	63	30	7	3,286
<b>Gender</b>				
Male	67	25	8	1,413
Female	59	35	6	1,873
<b>Age bands</b>				
16-24	68	26	5	274
25-34	65	28	7	511
35-44	66	25	9	568
45-54	61	31	9	571
55-64	59	33	7	538
65 and over	60	37	4	824
<b>Religious background</b>				
Catholic	63	29	7	1,341
Protestant	63	31	6	1,611
Other / None	61	32	8	300
<b>Marital status</b>				
Married / Cohabiting	65	28	7	1,979
Single	63	29	7	728
Widowed	57	38	5	257
Separated / Divorced	50	41	8	322
<b>Disability</b>				
Have a disability	54	38	8	955
Do not have a disability	66	27	6	2,317
<b>Dependants</b>				
Have dependants	64	28	8	1,381
Do not have dependants	62	32	6	1,896
<b>Level of deprivation</b>				
Living in most deprived areas	57	30	13	588
Living in least deprived areas	66	28	5	637
<b>Urban or rural</b>				
Living in an urban area	62	30	8	2,154
Living in a rural area	64	31	5	1,132

Percentages may not add to 100% due to rounding.

**Table 12**      **Satisfaction with sports provision**  
**b) by adults who participated and had not participated in sport within the last year**

Profile of respondent	Sports provision satisfaction			Base
	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	
	%	%	%	
All	63	30	7	3,286
<b>Participated in sport during the last 12 months</b>				
Yes	71	22	7	1,660
No	52	41	7	1,625

Percentages may not add to 100% due to rounding.

## Appendix 3 Survey questions

Ask all

### [ANYRPA]

SHOW CARD (SPORTS – 2 pages)

I would like you to tell me if you have taken part in or played any of the following sports during the last 12 months that is since (*date insert*)

Please do not count any teaching, coaching or refereeing you may have done.

- |  |  |
|--|--|
| 1. Rugby Union or league                         | 23. Swimming or diving   |
| 2. American football                             | 24. Angling / fishing  |
| 3. Football indoors (INC 5-A-SIDE)               | 25. Yachting or dinghy sailing                                     |
| 4. Football outdoors (INC 5-A-SIDE)              | 26. Canoeing   |
| 5. Gaelic football                               | 27. Windsurfing / boardsailing                                     |
| 6. Camogie                                       | 28. Keepfit, aerobics, yoga, dance exercise                        |
| 7. Hurling                                       | 29. Martial Arts (INCLUDE SELF DEFENCE)                            |
| 8. Cricket                                       | 30. Weight training / lifting / body building                      |
| 9. Hockey (EXCLUDE ICE, ROLLER OR STREET HOCKEY) | 31. Gymnastics   |
| 10. Netball                                      | 32. Snooker, pool, billiards                                       |
| 11. Tennis                                       | 33. Ice skating (IF ROLLER EXCLUDE)                                |
| 12. Badminton                                    | 34. Darts  |
| 13. Squash                                       | 35. Golf, pitch and putt, putting (EXCLUDE CRAZY / MINIATURE GOLF) |
| 14. Basketball                                   | 36. Skiing   |
| 15. Table tennis                                 | 37. Horse riding (EXCLUDE POLO)                                    |
| 16. Track and field athletics                    | 38. Motor sports   |
| 17. Jogging                                      | 39. Shooting   |
| 18. Cycling for recreation                       | 40. Boxing   |
| 19. Walking for recreation                       | 41. Other -> [XOTHYPA]   |
| 20. Indoor bowls                                 | 42. None of these -> [NOSPORA]                                     |
| 21. Outdoor (lawn) bowls                         |  |
| 22. Tenpin bowling                               |  |

Enter at most 41 values

### [XOTHYPA]

Please tell me what the other sport(s) were?

Ask all

### [ANYRPB]

SHOW CARD (SPORTS AND PHYSICAL ACTIVITIES – 2 pages)

I would like you to tell me if you have taken part in or played any of the following sports during the last four weeks that is since (*date insert*)

Please do not count any teaching, coaching or refereeing you may have done.

Set [41] of sport

### [XOTHYPB]

Please tell me what the other sport(s) were?

If ANYYRPA = 42 then do not ask ...

**[SPDAYS]**

At the moment, how many days per week do you normally take part in sport and physical activity?

ENTER A NUMERIC VALUE BETWEEN 0 AND 7: 0..7

Ask all

**[SPHRS] and [SPMINS]**

How much time per week would you normally take part in at least *moderate intensity physical activity*? Moderate intensity physical activity means activity that will cause you to get warmer and breathe heavier and your heart to beat faster.

PLEASE ENTER AS HOURS AND MINUTES E.G 2.5HRS – enter 2 in SPHRS and 30 in SPMINS

Ask all

**[SPCLUB]**

I would now like to ask you about sports clubs and organisations. By this I mean sports clubs which cover one or more sports, as well as leisure centres and health clubs.

Are you currently a member of any sports clubs or organisations?

1. Yes -> **[SPORCLUB]**
2. No ->

If SPCLUB = 1

**[SPORCLUB]**

And what sports do you play in these clubs or organisations?

SHOWCARD (set of 42 sports as in ANYYRPA)

**[CLUBOTH]**

Please specify the other sport?

If [ANYYRPA] = 42

**[NOSPORA] SHOWCARD**

What things, if anything, put you off taking part in sport or physical activity?

CODE ALL THAT APPLY

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. I get short of breath</li> <li>2. I don't like the sports offered at school</li> <li>3. I'm not fit / I get tired easily</li> <li>4. I'm not good at sport or physical activity</li> <li>5. I'm not interested in sport or physical activity</li> <li>6. I'm overweight</li> </ol> | <ol style="list-style-type: none"> <li>7. I don't have enough time / I would rather do other things with my time</li> <li>8. It is difficult for me to get to places where I can do sport or physical activities</li> <li>9. The weather is bad</li> <li>10. I'm afraid of getting hurt or injured</li> <li>11. Taking part is expensive</li> </ol> |
|--|---|

12. I find it embarrassing to exercise in front of others
13. I find sport boring
14. I have a medical condition/disability that restricts me taking part in sport

15. I find it embarrassing to change in front of others
16. Because I have too much homework
17. Something else
18. Nothing

*Ask all*

**[SPECT1]**

In the last 12 months, that is since *DATE*, have you been to any live organised sporting event in Northern Ireland as a spectator?

This includes watching sport of any standard and could have taken place at a stadium, a sports ground, playing fields, an indoor facility or an outdoor course.

1. Yes
2. No

*Ask only if [SPECT1] = 1*

**[SPECT2] SHOWCARD 15 (LIVE EVENTS ATTENDED-2 PAGES**

Which sports have you watched as live events?

CODE ALL THAT APPLY

- |                     |                               |
|---------------------|-------------------------------|
| 1. Athletics        | 11. Hockey                    |
| 2. Badminton        | 12. Hurling/camogie           |
| 3. Bowls            | 13. Ice Hockey                |
| 4. Boxing           | 14. Motorcycle Racing         |
| 5. Cricket          | 15. Rallying                  |
| 6. Cycling          | 16. Rugby                     |
| 7. Gaelic football  | 17. Soccer                    |
| 8. Golf             | 18. Swimming                  |
| 9. Greyhound Racing | 19. Water Sports              |
| 10. Horse Racing    | 20. Other-> <b>[SPECTOTH]</b> |

**[SPECTOTH]**

What was the other sport you watched as a live event?

*Ask all*

**[SPSATIS]**

Overall, how satisfied are you with sports provision in Northern Ireland?

1. Very satisfied
2. Fairly satisfied
3. Neither satisfied nor dissatisfied
4. Fairly dissatisfied
5. Very dissatisfied

*If SPSATIS = 4 or 5*

**[QUEST?]**

Why are you dissatisfied with sports provision?

## Appendix 4

## Targets for Sport Matters

PA4. To have stopped the decline in adult participation in sport and physical recreation by 2013.

PA4b. To have stopped the decline in adult participation in sport and physical recreation by 2013 for adults living in the 20% most deprived Super Output Areas.

PA5. To have increased the number of adults in Northern Ireland in membership of at least one sports club by 2014.

PA5c. To have increased the number of adults in Northern Ireland in membership of at least one sports club by 2014 for those living in the most deprived areas.

PA7. By 2019 to deliver at least a 3 percentage point increase in adult participation rates in sport and physical recreation (from the 2011 baseline).

PA8. By 2019 to deliver at least a 6 percentage point increase in women's participation rates in sport and physical recreation (from the 2011 baseline).

PA9. By 2019 to deliver at least a 6 percentage point increase in participation rates in sport and physical recreation among socio-economically disadvantaged groups (from the 2011 baseline).

PA10. By 2019 to deliver at least a 6 percentage point increase in participation rates in sport and physical recreation among people with a disability (from the 2011 baseline).

PA11. By 2019 to deliver at least 6 percentage points increase in participation in sport and physical recreation among older people (from the 2011 baseline).