

Experience of Sport and Physical Activity in Northern Ireland



Findings from the
Continuous Household Survey 2008/09

DCAL Research Findings 1/2010

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Executive summary

- Overall, 45% of respondents participated in one or more sport in the last 12 months.
- The sports in which most people participated in were:
 - Swimming/diving (19% of respondents participated in the last 12 months)
 - Keep fit (12%)
 - Cycling (9%)
 - Jogging (9%)
 - Golf/pitch and putt/putting (9%).
- 31% of respondents reported taking part in sport or physical activity on at least one day per week.
- 12% of respondents reported experiencing at least moderate intensity physical activity at least four times a week.
- The main barriers to participation in sport and physical activity were:
 - Not having enough time
 - Not feeling fit
 - Not interested
- 19% of respondents belonged to a sports club.
- 5% of respondents undertook some form of sports volunteering.
- 29% of respondents had attended a sporting event in Northern Ireland in the last year. 14% attended a sporting event outside Northern Ireland during the last year.
- 53% of respondents said they were 'fairly satisfied' or 'very satisfied' with sports provision in Northern Ireland.

Introduction

Background

This report has been prepared by Research and Statistics Branch, Department of Culture, Arts and Leisure.

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.

Continuous Household Survey

The report presents data from the Continuous Household Survey (CHS). DCAL places questions related to sport and physical recreation annually in CHS. The data derived from the CHS is used for various purposes: to monitor DCAL's Public Service Agreement targets, provide data to Sports Branch to help inform policy making, for equality monitoring and contributing to Northern Ireland wide strategies.

The Continuous Household Survey is a Northern Ireland wide household survey administered by Central Survey Unit, Northern Ireland Statistics and Research Agency. The sample for this survey consisted of a systematic random sample of 4,500 addresses selected from the Land and Property Services' list of private addresses. There were 3,414 respondents to the 2008/2009 survey. Respondents are aged 16+.

Technical notes

Any statements in this report regarding differences between groups such as males and females, urban and rural respondents etc. are statistically significant at the 5% significance level. This significance level is the criteria for judging whether differences between groups might have arisen by chance.

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The most common criteria is the 5% level i.e. the probability being one in twenty that a difference might have arisen by chance.

The following should be noted when interpreting figures and tables:

Figure less than 0.5% are denoted by '0'.

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 is shown in each table. Base numbers of respondents may vary from table to table due to some respondents not answering certain questions.

Further information

In keeping with government policy, no hard copies of this report have been published, but are available on request. Requests or enquiries concerning this publication should be directed to:

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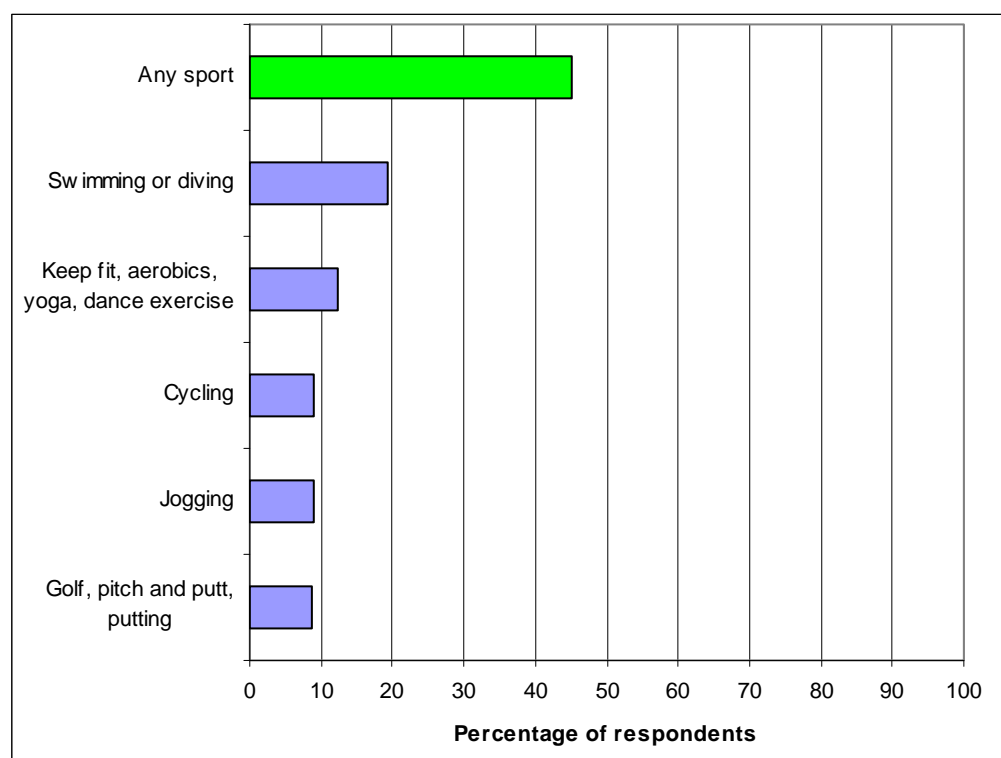
Participation in sport

In the survey, respondents were presented with a list of sports and asked which, if any of them, they had participated in during the last 12 months.

Overall, 45% of respondents participated in one or more sport in the last 12 months.

The most popular sports in terms of respondent participation over the last 12 months were swimming/diving (19% of respondents participated in the last 12 months), keep fit/aerobics/yoga/dance exercise (12%), cycling (9%), jogging (9%), golf/pitch and putt/putting (9%). The most popular sports are depicted in Figure 1.

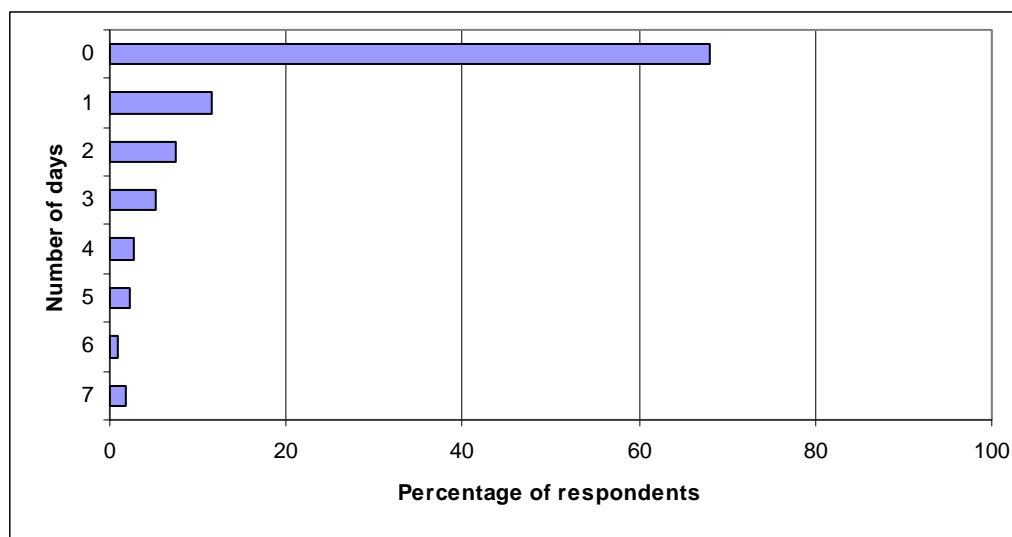
Figure 1 Sports participation – overall and most popular sports



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Respondents were also asked how many days per week they normally took part in sport and physical activity. Overall, 31% of respondents reported participating on at least one day a week, with 5% of respondents participating on five or more days a week.

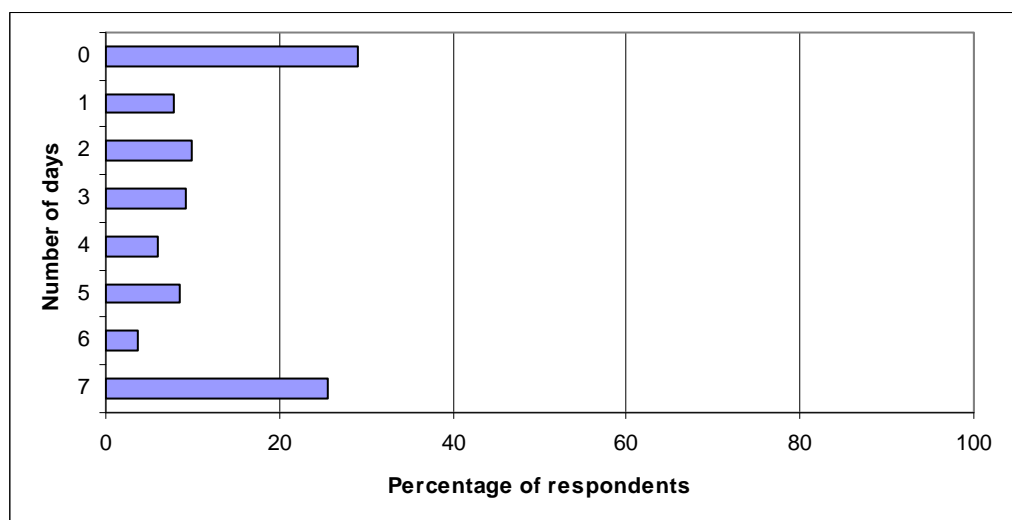
Figure 2 Number of days per week normally take part in sport and physical activity



Walking

Respondents were asked on how many days in the last week they walked continuously for at least 10 minutes at a time. Overall, 72% had done this on at least one day in the last week, with 39% walking on five or more days.

Figure 3 Number of days in last week walked continuously for at least 10 minutes at a time

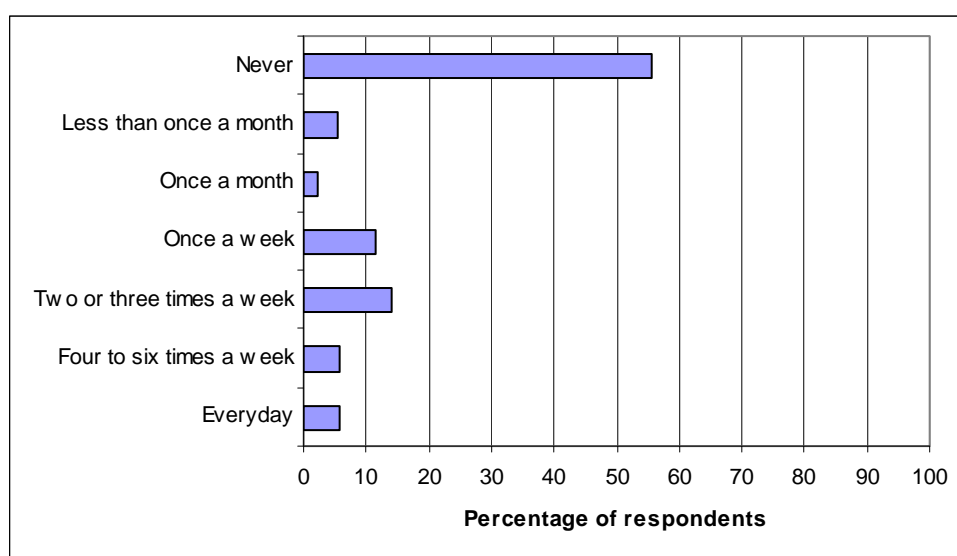


Intensity of activity

Respondents were asked how often they usually exercised, played sport, or did physically active jobs so much that they got out of breath or sweated. A majority of respondents (56%) reported that this never applied, while 12% reported experiencing this level of intensity at least four times a week.

It should be noted that the Chief Medical Officer recommends adults engage in at least moderate level activity for at least 30 minutes on five days per week.

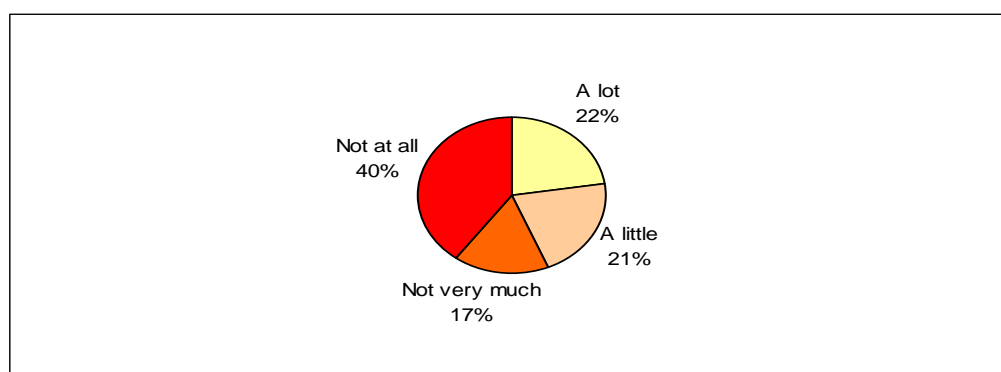
Figure 4 Frequency of at least moderate intensity physical activity



Enjoyment of sport and physical activity

All respondents were asked how much they enjoyed doing sport and physical activity. Overall, 43% said they enjoyed it 'a lot' or 'a little'. Forty per cent of respondents replied 'not at all'.

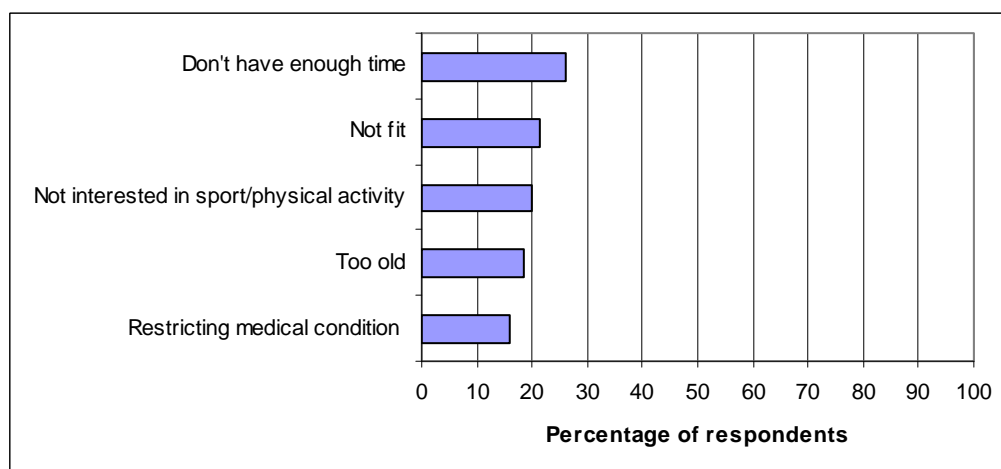
Figure 5 **Enjoyment doing sport and physical activity**



Barriers to participation in sport and physical activity

All respondents were also presented with a list of barriers to sports participation and asked to select any factors which put them off doing sport or physical activity. The most common factors cited were: don't have enough time (mentioned by 26% of respondents); 'not fit' (21%); 'not interested' (20%); 'too old' (19%); restricting medical condition (16%). The full list of barriers is depicted in Table 7.

Figure 6 **Most common factors putting respondents off doing sport and physical activity**



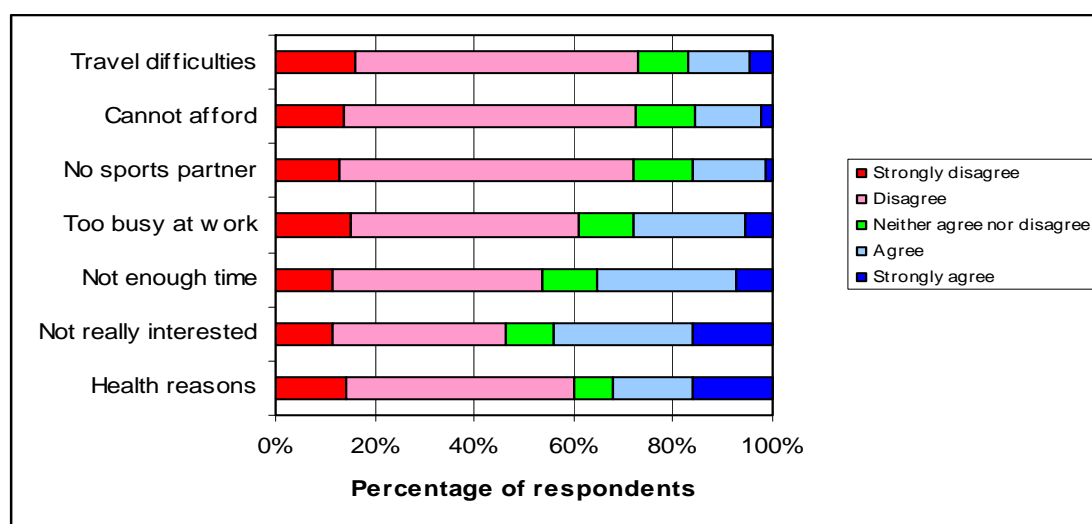
Experience of Sport and Physical Activity in Northern Ireland

All respondents were read out a series of seven statements about barriers to sport and were asked how much they agreed or disagreed with each statement based on their own experience.

The statements are reproduced below and the levels of agreement with each are depicted in Figure 7.

- It is difficult for me to travel or get to places where I can take part in sport/physical activities
- I cannot afford the money to participate in sport/physical activities
- I have no one to do sport/physical activities with
- I'm too busy at work to do sport/physical activities
- I don't have enough time for sport/physical activities
- I'm not really interested in sport/physical activities
- My health isn't good enough for sport/physical activities

Figure 7 Barriers to sports participation

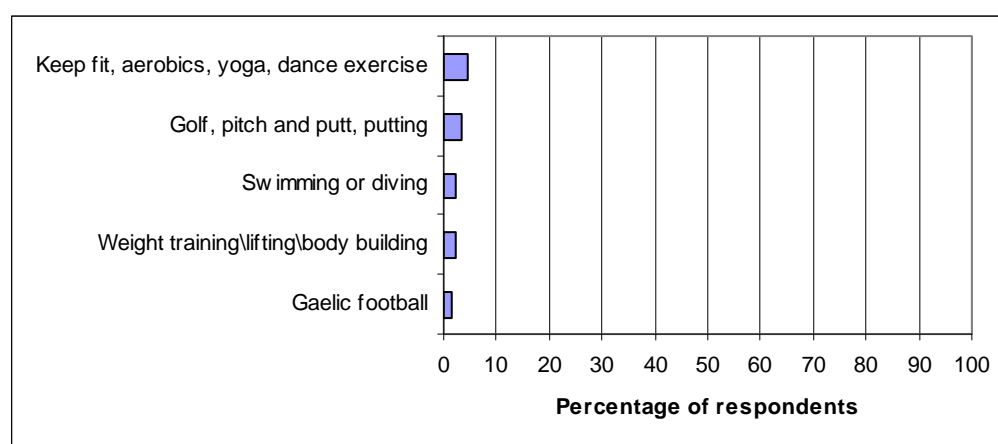


Membership of sports clubs/organisations

All respondents were asked whether they were currently members of any sports clubs or organisations, and if so, how many such clubs or organisations. Overall, 1% of respondents belonged to more than two sports clubs or organisations, 3% belonged to two, 15% belonged to one, and 81% of respondents did not belong to a sports club or organisation.

In addition, respondents were asked what sports they played in their clubs or organisations. The top five sports played in clubs is depicted in Figure 8.

Figure 8 Sports played in clubs



Sports volunteering

All respondents were asked whether or not they actively help to run sporting activities after school or at a club on an unpaid basis. Four per cent of respondents helped at a club, 1% helped at a school, while 95% didn't do any volunteering.

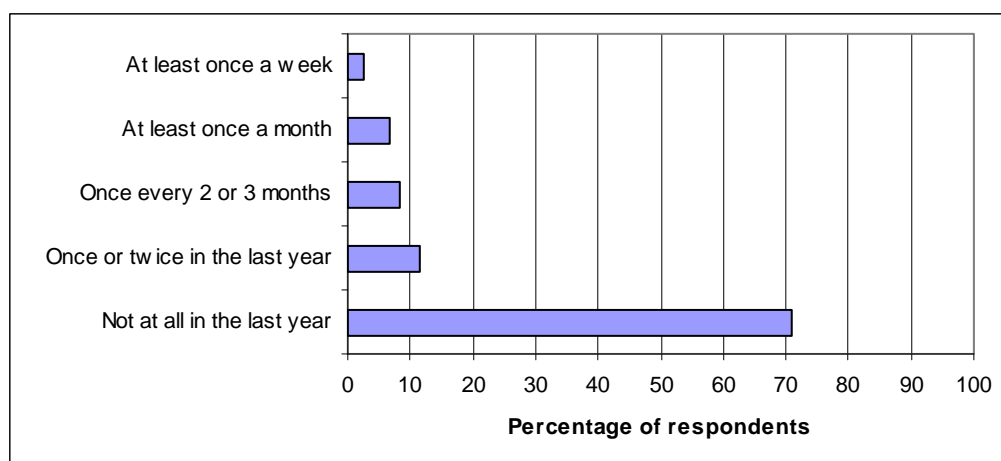
The types of volunteering undertaken by respondents included coaching (3% of respondents helped with this on a voluntary basis), administration (2%), transport (1%) and catering (1%).

Sports spectating

All respondents were asked how often, if at all, in the last year they had attended sporting events in Northern Ireland as a spectator.

Overall, 29% of respondents had attended a sporting event in Northern Ireland in the last year.

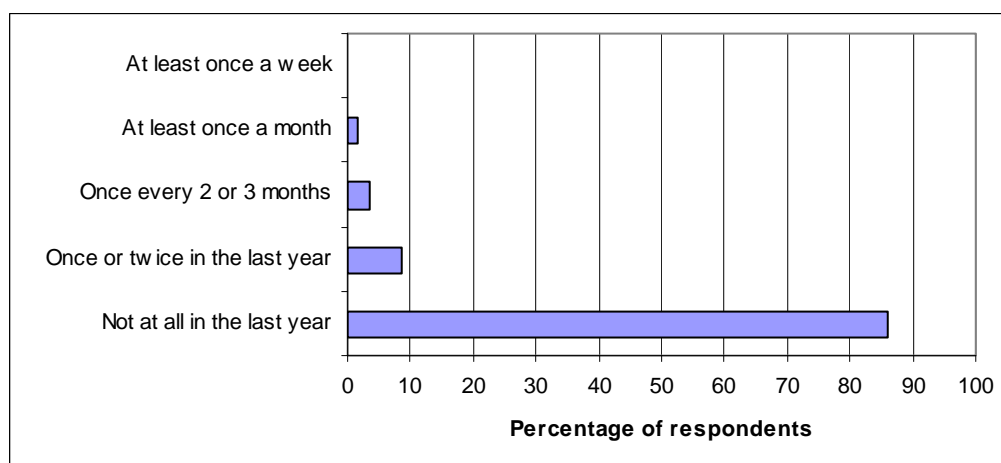
Figure 9 Attendance at sporting events in Northern Ireland in last year



All respondents were also asked how often, if at all, in the last year they had attended sporting events outside Northern Ireland as a spectator.

Overall, 14% of respondents had attended a sporting event outside Northern Ireland in the last year.

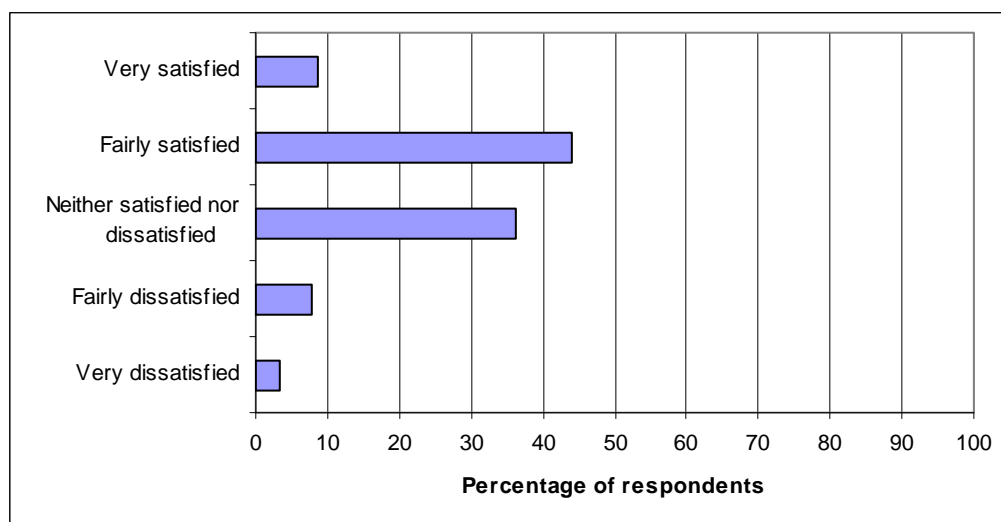
Figure 10 Attendance at sporting events outside Northern Ireland in last year



Overall satisfaction with sports provision in Northern Ireland

Finally, all respondents were asked how satisfied they were with sports provision in Northern Ireland. Overall, 53% of respondents were 'fairly satisfied' or 'very satisfied'.

Figure 11 Overall satisfaction with sports provision in Northern Ireland



Appendix A – Data tables

Participation in sport

Table 1 Participation in any sport during last 12 months

Profile of respondent	% of respondents participating	Base number of respondents
All respondents	45	3138
Male	54	1291
Female	39	1847
Aged 16-24	68	276
Aged 25-34	64	482
Aged 35-44	57	613
Aged 45-54	48	528
Aged 55-64	34	502
Aged 65+	19	737
Catholic	43	1248
Protestant	46	1698
Other religion/none	50	168
Has limiting longstanding illness	22	813
Does not have limiting longstanding illness	53	2324

Table 2 Main types of sport participated in

Sport	% of respondents participating
Any sport	45
Swimming\diving	19
Keep fit\ aerobics\ yoga\ dance exercise	12
Cycling	9
Jogging	9
Golf\pitch and putt\ putting	9
Tenpin bowling	8
Snooker\pool\billiards	7
Weight training\lifting\body building	5
Football indoors (incl 5-a-side)	5
Football outdoors (incl 5-a-side)	5
Tennis	4
Darts	4
Badminton	3
Indoor bowls	3
Angling/fishing	3
Table tennis	2
Ice skating	2
Squash	2
Gaelic Football	2
Base number of respondents	3138

Percentages may add to more than 100 due to multiple responses

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Table 3 Participation - days per week normally participate in sport

Profile of respondent	% of respondents participating...								Base
	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days	
All respondents	68	11	7	5	3	2	1	2	3134
Male	59	15	9	6	3	4	1	2	1288
Female	74	9	6	4	2	1	0	2	1846
Aged 16-24	51	14	11	9	5	5	1	3	276
Aged 25-34	53	16	12	9	4	2	2	2	481
Aged 35-44	61	14	9	6	3	3	1	2	612
Aged 45-54	68	12	7	4	2	2	1	3	527
Aged 55-64	74	10	6	4	2	2	0	2	501
Aged 65+	86	5	4	2	1	1	0	1	737
Catholic	68	10	8	5	3	2	1	3	1246
Protestant	68	12	8	5	2	2	1	1	1696
Other religion/none	66	15	5	7	1	2	2	2	168
Has limiting longstanding illness	88	5	3	2	0	0	0	1	813
Does not have limiting longstanding illness	61	14	9	6	3	3	1	2	2320

Walking

Table 4 Participation - days per week normally walk continuously for at least 10 minutes

Profile of respondent	% of respondents participating...								Base
	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days	
All respondents	29	8	10	9	6	9	4	26	3128
Male	30	6	10	7	6	8	4	29	1284
Female	28	9	10	11	6	9	4	23	1844
Aged 16-24	17	8	10	9	8	11	6	31	275
Aged 25-34	23	10	11	8	7	10	4	28	480
Aged 35-44	23	8	10	12	6	13	4	25	611
Aged 45-54	27	9	11	8	7	8	2	28	526
Aged 55-64	30	7	11	8	5	7	4	28	500
Aged 65+	43	7	9	9	4	5	3	19	736
Catholic	29	7	10	10	7	8	3	26	1241
Protestant	30	8	10	9	6	9	4	25	1696
Other religion/none	22	10	8	10	5	10	7	29	167
Has limiting longstanding illness	51	7	9	7	3	4	2	16	812
Does not have limiting longstanding illness	21	8	10	10	7	10	4	29	2315

Intensity of activity

Table 5 Frequency of at least moderate intensity physical activity

Profile of respondent	% of respondents out of breath or sweating...							Base
	Never	Less than once a month	Once a month	Once a week	2-3 times a week	4-6 times a week	Everyday	
All respondents	56	5	2	11	14	6	6	3130
Male	51	6	2	12	15	7	7	1283
Female	59	5	2	11	14	6	6	1847
Aged 16-24	39	5	3	16	20	11	6	274
Aged 25-34	40	7	2	15	21	8	7	482
Aged 35-44	44	7	2	15	19	6	7	611
Aged 45-54	54	7	3	11	13	7	6	527
Aged 55-64	62	4	2	11	11	4	5	500
Aged 65+	78	3	1	5	6	2	3	736
Catholic	54	6	2	11	15	7	5	1243
Protestant	57	5	2	12	14	5	6	1695
Other religion/none	56	6	2	14	12	5	5	168
Has limiting longstanding illness	77	4	1	5	7	2	4	810
Does not have limiting longstanding illness	48	6	3	14	16	7	6	2319

Enjoyment of sport and physical activity

Table 6 Levels of enjoyment of sport and physical activity

Profile of respondent	Level of enjoyment...				Base
	A lot	A little	Not very much	Not at all	
All respondents	22	21	17	40	3140
Male	31	20	13	36	1291
Female	17	22	19	42	1849
Aged 16-24	34	28	19	20	276
Aged 25-34	34	30	14	23	482
Aged 35-44	28	25	19	28	613
Aged 45-54	22	20	19	39	529
Aged 55-64	17	18	15	50	502
Aged 65+	10	12	15	62	738
Catholic	24	20	17	39	1248
Protestant	21	22	17	41	1700
Other religion/none	24	20	17	39	168
Has limiting longstanding illness	9	9	14	68	814
Does not have limiting longstanding illness	27	25	18	30	2325

Barriers to participation in sport and physical activity

Table 7 Factors putting people off sport
a) Five main factors by gender (bold text)

Factor	Percentage of respondents mentioning each factor		
	All respondents	Male	Female
Don't have enough time	26	25	27
Not fit	21	21	22
Not interested in sport/physical activity	20	16	22
Too old	19	20	17
Restricting medical condition	16	15	16
Family commitments	13	9	16
Other not specified	12	16	10
Too busy at work	12	15	10
Get short of breath	10	9	10
Get tired easily	8	8	8
Not good at sport/physical activity	8	6	10
Find sport/physical activity boring	5	3	7
Overweight	5	4	6
Disability	5	5	5
Lack of facilities in area	3	3	3
Embarrassed to exercise in front of others	3	2	4
Too far or difficult to travel to facilities	2	1	2
Embarrassed to change in front of others	1	1	1
Language issues	1	1	0
Base	3083	1257	1826

Percentages may add to more than 100 due to multiple responses

Table 7 Factors putting people off sport
b) Five main factors by age (bold text)

Factor	Percentage of respondents mentioning each factor						
	All	16-24	25-34	35-44	45-54	55-64	65+
Don't have enough time	26	30	44	44	29	13	5
Not fit	21	16	17	18	22	24	27
Not interested in sport/physical activity	20	24	18	16	23	24	17
Too old	19	0	0	2	6	17	60
Restricting medical condition	16	5	6	11	16	27	22
Family commitments	13	9	22	25	15	6	3
Other not specified	12	21	15	13	13	12	7
Too busy at work	12	11	17	21	17	7	1
Get short of breath	10	5	4	5	10	12	17
Get tired easily	8	6	4	5	7	10	13
Not good at sport/physical activity	8	11	9	7	10	8	6
Find sport/physical activity boring	5	10	6	6	7	4	2
Overweight	5	3	6	7	7	5	3
Disability	5	1	2	2	5	9	7
Lack of facilities in area	3	7	5	5	2	2	1
Embarrassed to exercise in front of others	3	3	4	4	3	2	1
Too far or difficult to travel to facilities	2	4	2	2	2	1	1
Embarrassed to change in front of others	1	0	1	1	1	0	0
Language issues	1	1	1	1	1	0	0
Base	3083	266	470	605	523	493	726

Percentages may add to more than 100 due to multiple responses

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Table 7
c) Factors putting people off sport
Five main factors by religion (bold text)

	All respondents	Catholic	Protestant	Other/none
Don't have enough time	26	26	26	31
Not fit	21	20	22	18
Not interested in sport/physical activity	20	19	20	23
Too old	19	15	22	10
Restricting medical condition	16	15	16	15
Family commitments	13	13	13	12
Other not specified	12	13	12	12
Too busy at work	12	11	13	14
Get short of breath	10	9	10	5
Get tired easily	8	7	9	6
Not good at sport/physical activity	8	8	8	7
Find sport/physical activity boring	5	5	5	8
Overweight	5	4	6	3
Disability	5	5	5	4
Lack of facilities in area	3	4	3	4
Embarrassed to exercise in front of others	3	3	3	4
Too far or difficult to travel to facilities	2	2	2	2
Embarrassed to change in front of others	1	1	1	1
Language issues	1	0	0	2
Base	3083	1227	1669	165

Percentages may add to more than 100 due to multiple responses

Table 7
d) Factors putting people off sport
Five main factors by health status (bold text)

Factor	Percentage of respondents mentioning each factor		
	All respondents	Has Limiting Longstanding Illness	No Limiting Longstanding Illness
Don't have enough time	26	9	32
Not fit	21	34	17
Not interested in sport/physical activity	20	18	21
Too old	19	29	15
Restricting medical condition	16	50	4
Family commitments	13	5	16
Other not specified	12	3	16
Too busy at work	12	2	15
Get short of breath	10	22	5
Get tired easily	8	18	5
Not good at sport/physical activity	8	7	8
Find sport/physical activity boring	5	3	6
Overweight	5	6	5
Disability	5	17	1
Lack of facilities in area	3	2	4
Embarrassed to exercise in front of others	3	3	3
Too far or difficult to travel to facilities	2	2	2
Embarrassed to change in front of others	1	1	1
Language issues	1	0	1
Base	3083	811	2271

Percentages may add to more than 100 due to multiple responses

Experience of Sport and Physical Activity in Northern Ireland

Table 8 Levels of agreement with statement:

a) It is difficult for me to travel or get to places where I can take part in sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	4	13	10	57	16	3137
Male	4	9	10	59	19	1289
Female	5	15	10	56	14	1848
Aged 16-24	4	21	8	52	14	276
Aged 25-34	4	12	6	57	20	482
Aged 35-44	2	11	8	63	16	612
Aged 45-54	2	10	8	63	16	528
Aged 55-64	3	8	12	60	17	502
Aged 65+	9	16	15	48	12	737
Catholic	5	15	9	56	15	1245
Protestant	4	11	10	58	17	1700
Other religion/none	1	15	11	58	15	168
Has limiting longstanding illness	10	18	12	46	13	813
Does not have limiting longstanding illness	2	11	9	61	17	2323

Table 8 Levels of agreement with statement:

b) I cannot afford the money to participate in sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	2	13	12	59	14	3138
Male	1	10	11	61	17	1289
Female	3	15	12	58	12	1849
Aged 16-24	4	20	12	54	10	276
Aged 25-34	3	18	9	57	13	482
Aged 35-44	1	14	10	60	15	613
Aged 45-54	2	12	9	62	15	528
Aged 55-64	1	12	11	59	17	502
Aged 65+	2	10	18	58	12	737
Catholic	3	15	11	57	14	1246
Protestant	2	12	12	60	14	1700
Other religion/none	1	15	11	60	12	168
Has limiting longstanding illness	4	19	16	49	11	813
Does not have limiting longstanding illness	2	11	10	62	15	2324

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Table 8 Levels of agreement with statement:

c) I have no one to do sport/physical activities with

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	1	15	12	59	13	3137
Male	1	12	11	60	16	1289
Female	2	16	13	59	11	1848
Aged 16-24	1	14	9	64	11	276
Aged 25-34	1	18	9	58	15	482
Aged 35-44	0	15	9	63	14	613
Aged 45-54	1	10	13	64	12	527
Aged 55-64	1	14	12	59	15	502
Aged 65+	3	16	18	53	10	737
Catholic	1	15	11	60	13	1245
Protestant	1	14	12	59	13	1700
Other religion/none	1	16	13	57	13	168
Has limiting longstanding illness	3	19	17	51	10	813
Does not have limiting longstanding illness	1	13	10	62	14	2323

Table 8 Levels of agreement with statement:

d) I'm too busy at work to do sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	6	22	11	46	15	3134
Male	6	23	10	45	15	1288
Female	5	22	12	46	15	1846
Aged 16-24	2	27	12	45	13	275
Aged 25-34	8	31	10	40	11	482
Aged 35-44	10	32	10	38	10	612
Aged 45-54	9	29	10	41	12	527
Aged 55-64	5	17	11	50	18	502
Aged 65+	1	5	13	58	23	736
Catholic	6	20	12	49	14	1244
Protestant	6	24	10	44	16	1698
Other religion/none	7	27	12	42	13	168
Has limiting longstanding illness	2	8	11	56	24	812
Does not have limiting longstanding illness	7	27	11	43	12	2321

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Table 8 Levels of agreement with statement:
e) I don't have enough time for sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	7	28	11	42	12	3137
Male	7	25	10	45	13	1288
Female	8	29	11	41	11	1849
Aged 16-24	4	36	12	37	11	276
Aged 25-34	10	40	10	32	7	482
Aged 35-44	13	41	8	32	6	613
Aged 45-54	11	30	9	41	9	528
Aged 55-64	6	20	13	48	13	501
Aged 65+	1	10	14	56	19	737
Catholic	7	27	12	43	11	1244
Protestant	7	29	10	42	12	1701
Other religion/none	10	26	16	39	10	168
Has limiting longstanding illness	3	12	13	53	19	811
Does not have limiting longstanding illness	9	33	10	38	9	2325

Table 8 Levels of agreement with statement:
f) I'm not really interested in sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	16	28	10	35	11	3136
Male	12	24	9	41	15	1288
Female	19	31	10	31	8	1848
Aged 16-24	11	25	9	40	15	276
Aged 25-34	10	20	11	44	15	482
Aged 35-44	11	25	11	39	13	613
Aged 45-54	16	30	8	36	10	528
Aged 55-64	22	27	9	31	11	502
Aged 65+	22	35	9	26	8	735
Catholic	16	29	9	35	11	1244
Protestant	16	27	10	35	11	1700
Other religion/none	15	25	13	37	10	168
Has limiting longstanding illness	22	32	10	28	8	811
Does not have limiting longstanding illness	14	27	10	38	12	2324

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Table 8 Levels of agreement with statement:
g) My health isn't good enough for sport/physical activities

Profile of respondent	Level of agreement					Base
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
All respondents	16	16	8	46	14	3138
Male	16	15	7	45	17	1289
Female	17	16	8	47	12	1849
Aged 16-24	2	4	5	67	23	276
Aged 25-34	4	6	6	60	24	483
Aged 35-44	7	13	8	55	18	613
Aged 45-54	14	14	8	51	13	528
Aged 55-64	25	18	9	37	11	502
Aged 65+	33	29	9	25	4	736
Catholic	17	15	8	45	16	1246
Protestant	16	17	8	46	13	1700
Other religion/none	14	11	8	52	15	168
Has limiting longstanding illness	53	29	5	11	2	812
Does not have limiting longstanding illness	3	11	9	58	19	2325

Membership of sports clubs/organisations

Table 9 Current membership of a sports club/organisation

Profile of respondent	% of respondents who are members	Base
All respondents	19	3138
Male	28	1289
Female	13	1849
Aged 16-24	28	276
Aged 25-34	23	483
Aged 35-44	20	613
Aged 45-54	20	528
Aged 55-64	18	502
Aged 65+	13	736
Catholic	19	1246
Protestant	19	1700
Other religion/none	17	168
Has limiting longstanding illness	9	812
Does not have limiting longstanding illness	23	2325

Sports volunteering

Table 10 Sports volunteering at a club or after school

Profile of respondent	% of respondents who are volunteers	Base
All respondents	5	3139
Male	8	1290
Female	3	1849
Aged 16-24	6	276
Aged 25-34	5	483
Aged 35-44	6	613
Aged 45-54	5	528
Aged 55-64	5	502
Aged 65+	2	737
Catholic	5	1247
Protestant	5	1700
Other religion/none	4	168
Has limiting longstanding illness	3	813
Does not have limiting longstanding illness	6	2325

Sports spectating

Table 11 Frequency of spectating at sports events in Northern Ireland

Profile of respondent	Frequency of spectating					Base
	At least once a week	At least once a month	Once every 2 or 3 months	Once or twice in the last year	Not at all in the last year	
All respondents	3	7	8	11	71	3138
Male	4	10	13	13	59	1289
Female	2	4	5	10	79	1849
Aged 16-24	4	12	9	14	61	276
Aged 25-34	2	7	11	13	66	483
Aged 35-44	4	9	10	15	62	611
Aged 45-54	5	9	9	11	67	528
Aged 55-64	2	3	9	13	73	502
Aged 65+	1	4	4	5	86	738
Catholic	4	10	8	9	70	1247
Protestant	2	5	8	13	71	1699
Other religion/none	2	2	8	12	75	168
Has limiting longstanding illness	3	3	5	7	81	814
Does not have limiting longstanding illness	3	8	9	13	67	2323

Table 12 Frequency of spectating at sports events outside Northern Ireland

Profile of respondent	Frequency of spectating					Base
	At least once a week	At least once a month	Once every 2 or 3 months	Once or twice in the last year	Not at all in the last year	
All respondents	0	1	4	9	86	3139
Male	1	3	6	15	75	1290
Female	0	1	2	4	94	1849
Aged 16-24	0	3	5	13	78	276
Aged 25-34	0	3	4	12	82	483
Aged 35-44	1	2	5	10	83	612
Aged 45-54	0	2	4	9	85	528
Aged 55-64	0	1	4	9	86	502
Aged 65+	0	0	1	4	95	738
Catholic	0	3	4	10	83	1247
Protestant	0	1	3	8	88	1700
Other religion/none	1	1	6	10	83	168
Has limiting longstanding illness	0	0	1	5	93	814
Does not have limiting longstanding illness	0	2	4	10	84	2324

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Table 13 Satisfaction with sports provision in Northern Ireland

a) All respondents

Profile of respondent	Satisfaction with provision					Base
	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	
All respondents	9	44	36	8	3	3010
Male	9	47	29	10	4	1256
Female	8	42	41	7	3	1754
Aged 16-24	12	47	31	8	2	267
Aged 25-34	9	47	31	9	4	469
Aged 35-44	9	47	31	10	4	596
Aged 45-54	7	45	35	9	3	508
Aged 55-64	9	45	36	7	3	478
Aged 65+	8	37	46	6	3	692
Catholic	8	45	36	7	4	1202
Protestant	9	44	36	9	3	1626
Other religion/none	9	38	40	9	4	159
Has limiting longstanding illness	8	35	46	8	3	752
Does not have limiting longstanding illness	9	47	33	8	3	2257

Table excludes those who responded 'don't know'.

Table 13 Satisfaction with sports provision in Northern Ireland

b) Respondents who participate in sport

Profile of respondent	Satisfaction with provision					Base
	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	
All respondents who participate	11	52	23	10	4	1384
Male	12	51	20	12	5	685
Female	11	52	26	8	2	699
Aged 16-24	12	54	24	9	1	186
Aged 25-34	10	53	23	9	5	304
Aged 35-44	12	49	23	11	5	348
Aged 45-54	7	51	27	11	4	245
Aged 55-64	13	54	25	7	2	167
Aged 65+	14	51	17	14	3	134
Catholic	11	50	24	10	5	530
Protestant	11	53	22	10	2	766
Other religion/none	11	46	27	10	6	82
Has limiting longstanding illness	10	42	26	16	6	170
Does not have limiting longstanding illness	11	53	23	9	3	1214

Table excludes those who responded 'don't know'.

Experience of Sport and Physical Activity in Northern Ireland

Table 13 Satisfaction with sports provision in Northern Ireland

c) Respondents who don't participate in sport

Profile of respondent	Satisfaction with provision					Base
	Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Fairly dissatisfied	Very dissatisfied	
All respondents who don't participate	6	38	47	6	3	1624
Male	6	43	41	7	4	571
Female	7	35	50	5	3	1053
Aged 16-24	10	31	49	6	4	81
Aged 25-34	6	35	46	9	4	164
Aged 35-44	5	44	42	7	2	248
Aged 45-54	6	40	44	6	3	262
Aged 55-64	7	40	42	7	3	311
Aged 65+	6	34	53	4	3	558
Catholic	6	41	45	4	3	672
Protestant	6	36	48	7	3	858
Other religion/none	8	30	53	8	1	77
Has limiting longstanding illness	7	33	52	6	3	582
Does not have limiting longstanding illness	6	40	43	6	3	1041

Table excludes those who responded 'don't know'.