

Experience of sport and physical activity by adults in Northern Ireland

Annual Report



Findings from the
Continuous Household Survey 2012/13

DCAL Findings 6/2013-14

CONTENTS	Page
Key findings	3
Introduction	4
Sports participation in the last 12 months	6
Trends in sport participation	10
Sports participation in the last 4 weeks	11
Most popular sports	13
Frequency and duration of sport and physical activity	15
Sport club/ sports organisation membership	18
Benefits of participating in sport	22
Reasons for not participating in sport or more sport	23
Satisfaction with sports provision in Northern Ireland	25
Targets for Sport Matters	26
Appendix 1 Technical notes	27
Appendix 2 Data tables	31
Appendix 3 Survey questions	46
Appendix 4 Targets for Sport Matters	49

Further information

No hard copies of this report have been published, but they are available on request.

Requests or enquiries concerning this publication should be directed to:

Seán Mallon

Research and Statistics Branch

Department of Culture, Arts and Leisure

Causeway Exchange

1-7 Bedford Street

Belfast

BT2 7EG

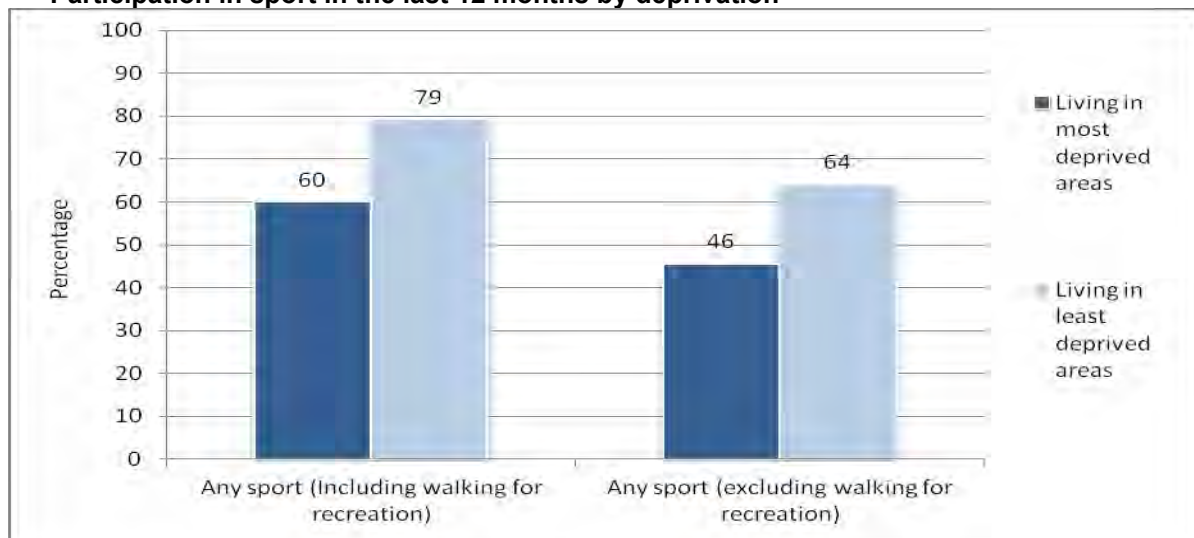
Tel: 028 90 816971

Email: sean.mallon@dcalni.gov.uk

Key findings

- Excluding “walking for recreation”, 54% had taken part in sport within the last year, a proportion that is comparable to the 52% reported in 2011/12. However, when “walking for recreation” is included, participation rates increased from 63% in 2011/12 to 68% in 2012/13.
- A higher proportion of males (61%) than females (46%) participated in sport within the last year. However, when the “walking for recreation” category is included, the figures are similar (69% of males; 66% of females).
- Less than a third of adults (32%) normally achieve the Chief Medical Officers’ recommendation of 150 minutes or more moderate intensity physical activity each week.
- Twenty-two per cent of the population were members of at least one sports club/ sports organisation, with males more likely to be members of at least one sports club (29%) than females (14%).
- Those living in the most deprived areas in Northern Ireland were less likely than those living in the least deprived areas to have participated in sport within the last 12 months, or the last 4 weeks, irrespective of the inclusion of the “walking for recreation” category.

Participation in sport in the last 12 months by deprivation



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.

Sport Matters 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 that fit with the UK Chief Medical Officers' recommendations in relation to healthy physical activity. The targets 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 2012/13 Continuous Household Survey (CHS) in relation to sports 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 Continuous Household survey, 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 the sports participation questions, which were asked in the CHS 2012/13, are included in Appendix 3.

Sports participation in the last 12 months

Respondents to the 2012/13 CHS were presented with a list of 39 sports activities (Appendix 3) and asked which, if any, they had participated in within the last 12 months. The 2011/12 CHS was the first to include the “walking for recreation” as a sport, and this report presents analysis both including and excluding this category.

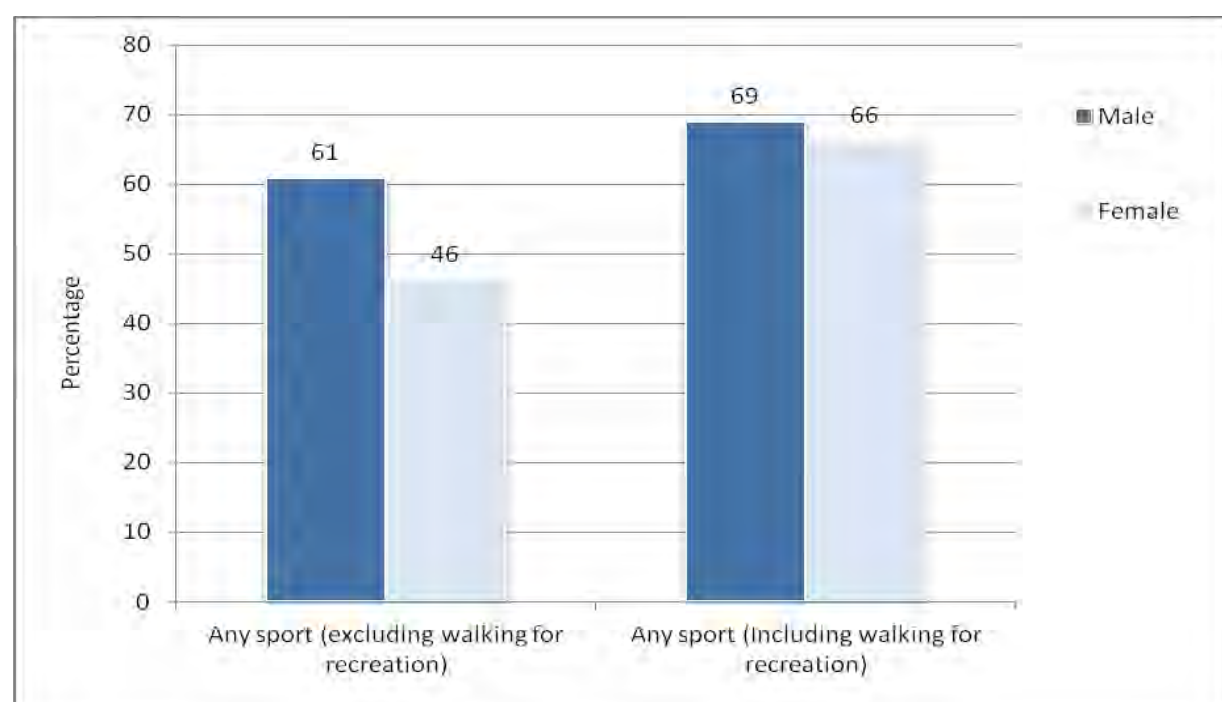
Overall, 54% had taken part in sport within the last year (excluding “walking for recreation”), a proportion that is comparable to the 52% reported in 2011/12.

However, when the “walking for recreation” category is included, a higher proportion (68%) had taken part in a sport within the last year compared to the 63% reported in 2011/12.

Gender

Comparing male and female participation rates, when the “walking for recreation” category is excluded, a higher proportion of males (61%) than females (46%) participated in sport within the last year. When the “walking for recreation” category is included, the figures are similar (69% of males; 66% of females).

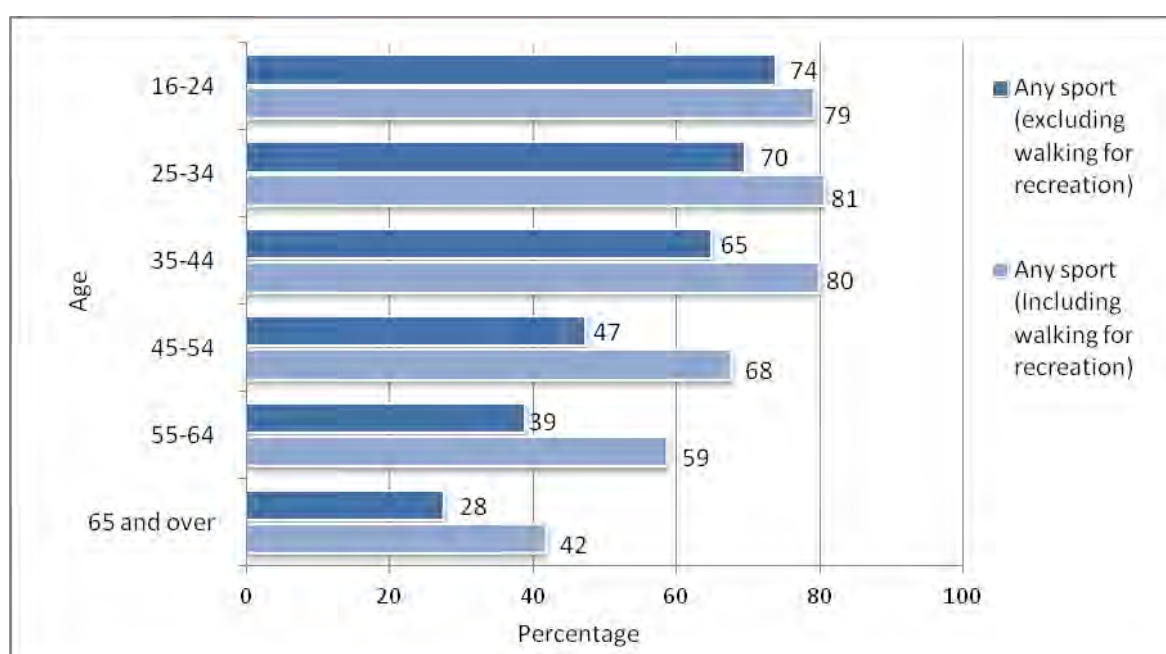
Figure 1a Sports participation in Northern Ireland in the last 12 months by gender



Age

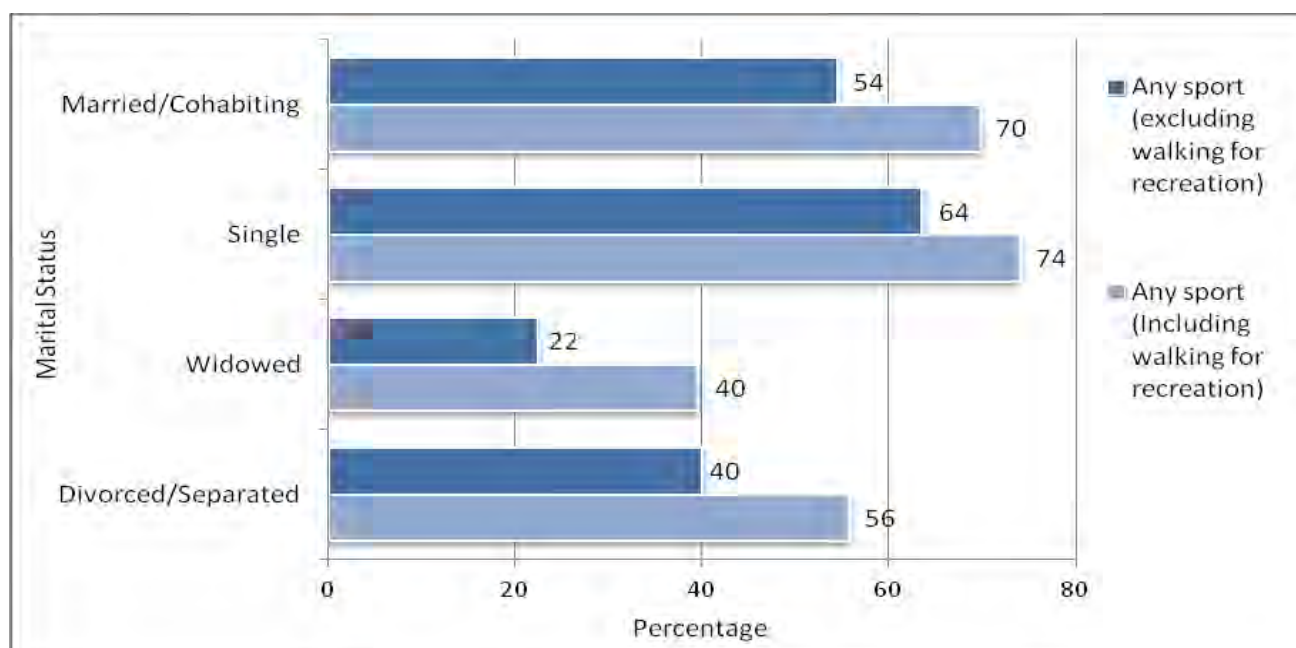
The proportion of people who participated in sport within the last year generally declined with age. The exception was the consecutive age groups 16-24, 25-34 and 35-44 when the “walking for recreation” category is included, with the proportion who had participated in sport within the previous year remaining fairly static at close to 80% (Figure 1b). Comparing consecutive age groups from the 35-44 age group and beyond, sport participation declined between each consecutive age group whether or not “walking for recreation” was included in the analysis.

Figure 1b Sports participation in Northern Ireland in the last 12 months by age



Marital Status

Considering marital status and regardless of whether or not “walking for recreation” is included in the analysis, single individuals were more likely to have participated in sport over the last year compared to individuals in any of the other marital status groups. Conversely, widowed individuals were the least likely to have participated in sport within the last year. Indeed, the four marital status groups analysed can be ranked in order of sports participation rates irrespective of the inclusion of the walking for recreation category as follows: single, married/ cohabiting, divorced/ separated and widowed.

Figure 1c Sports participation in Northern Ireland in the last 12 months by marital status

Religion

There are no differences between the proportion of Catholics and the proportion of Protestants who have taken part in sport within the previous year regardless of whether or not the “walking for recreation” category is included in the analysis.

Disability

Those who have a disability were less likely to have participated in sport over the last year than those who do not have a disability. A difference of 36 percentage points exists between the sport participation rates of these two groups, regardless of the inclusion of the “walking for recreation” category (Table 1).

Dependants

Those with dependants were more likely to have participated in sport within the last 12 months than those who have no dependants (57% and 51% respectively). This difference exists also when the “walking for recreation” category is included (72% and 65% respectively).

Deprivation

Adults living in the most deprived areas in Northern Ireland were less likely to have participated in sport within the previous year than those living in the least deprived areas. When the “walking for recreation” category is excluded, 64% of those living in the least deprived areas participated in sport within the last year compared to under half (46%) of those living in the most deprived areas. This difference is just as pronounced when “walking for recreation” is included with nearly four-fifths (79%) of adults living in the least deprived areas participating in sport within the last 12 months, compared to three-fifths (60%) of those living in the most deprived areas.

Urban/ rural

Those living in rural areas were less likely to have participated in sport over the last year compared to those living in urban areas, a trend which was similar regardless of the inclusion of the “walking for recreation” category.

Trends in sport participation

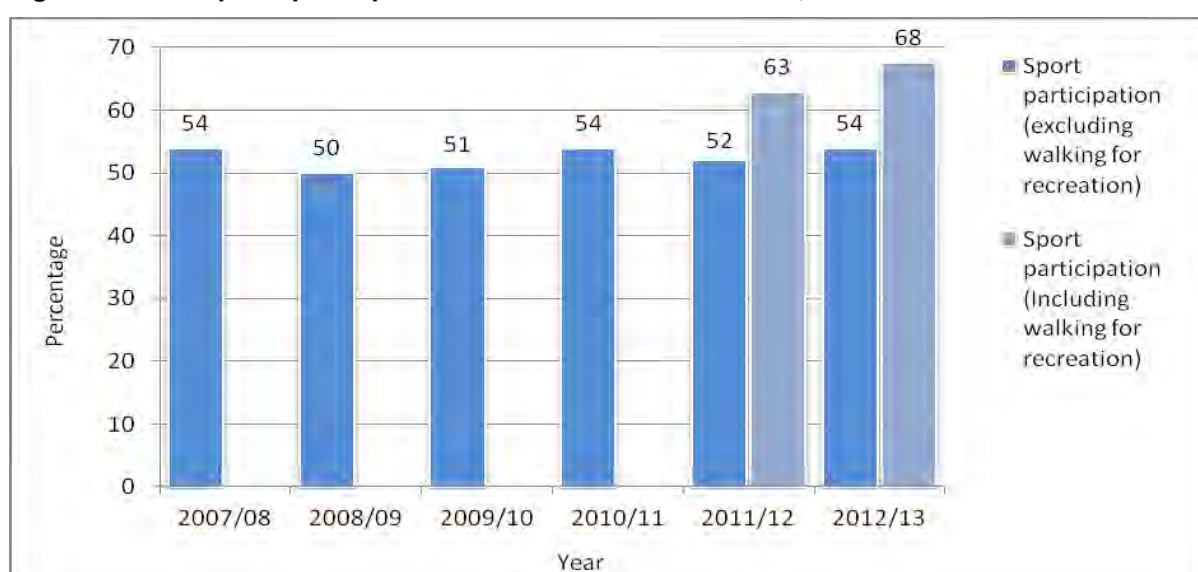
Looking at overall trends from 2007/08 and when the “walking for recreation” category is excluded, sports participation rates can be described as fairly stable ranging between 50% - 54%. Even though a significant decrease was noted between the years of 2007/08 (54%) and 2008/09 (50%), rates have returned to 54% in 2010/11 and again in 2012/13 (Figure 2).

The increase in overall sport participation rates when the “walking for recreation” category is included from 2011/12 (63%) to 2012/13 (68%) is evident among both those who live in urban and those who live in rural areas, amongst females, those aged 35-44, single people, widowed people and those from the Protestant community (Table 2b).

Irrespective of the inclusion of the “walking for recreation” category in the analysis, there were increases in the sport participation rates of those aged 65 and over, those who do not have dependants and those who do not have a disability.

There was a decrease in the proportion of those who have a disability participating in sport within the last year when the walking for recreation category is excluded, falling from 32% in 2011/12 to 26% in 2012/13.

Figure 2 Sports participation in the last 12 months trend, 2007/08 to 2012/13



Sports participation in the last 4 weeks

When the “walking for recreation” category is excluded, a third (33%) of individuals had participated in sport in the last 4 weeks. Including this category, 59% had participated in sport within the last 4 weeks, an increase on the 53% reported in 2011/12.

A difference between the proportions of men and women participating in sport during the last 4 weeks exists, but only when the “walking for recreation” category is excluded from the analysis (44% of males; 23% of females). When “walking for recreation” is included, around three-fifths of each sex had participated in sport during the last 4 weeks (60% of males; 58% of females).

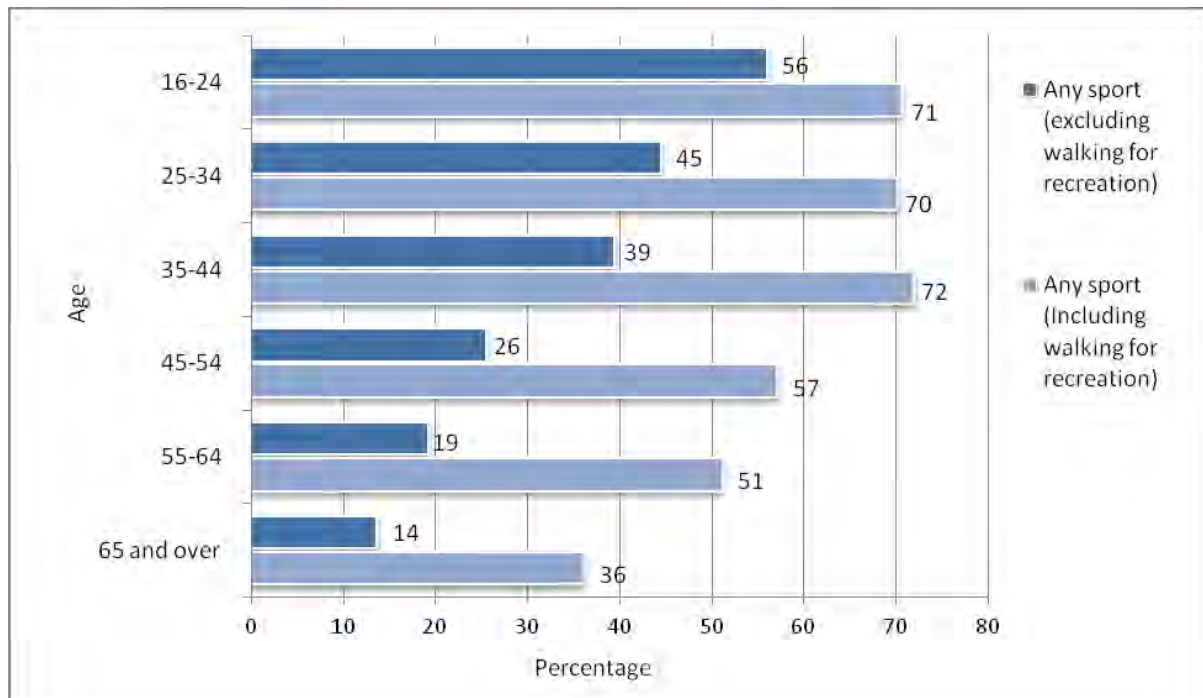
There was a 35 percentage point difference in the proportion of women participating in sport during the last 4 weeks dependent on the inclusion of the walking for recreation category (58% including “walking for recreation”; 23% excluding “walking for recreation”). Thus, for 35% of women, walking for recreation was the only sport they had participated in during the previous 4 weeks (16% for men).

As with sports participation in the last 12 months, age, an individual’s marital status, having a disability, living in a deprived area and having dependants were all related to whether or not a person has participated in sport during the last 4 weeks.

However, there were some notable differences between both sets of analyses. With sport participation during the last 4 weeks there was:

- No difference between those who live in an urban and those who live in rural areas, regardless of the inclusion of the walking for recreation category.
- No difference between those who have dependants and those who do not have dependants when the walking for recreation category was excluded from the analysis.
- A difference between the 16-24 and 25-34 age groups when walking for recreation was excluded.

Figure 3 **Sport participation in the last 4 weeks**



Most popular sports

Walking for recreation was the most popular sport (44%) with over twice the participation rate within the last 12 months than the next most popular category of swimming or diving (21%). Keep-fit, aerobics, yoga, dance exercise (15%), jogging (12%) and cycling for recreation (12%) make up the next three most popular sports. The top 5 most popular sports are the same as in 2011/12, but with a higher proportion of people taking part in walking for recreation (36% in 2011/12).

Nine of the top 10 most popular sports participated in are found in the top ten rankings for both males and females (Figures 4a, b and c). The notable difference is, that although football was the third most popular sport to participate in amongst males (18%), for females, football is not in the top 20, with badminton taking up tenth position in the female Ten (3%).

Figure 4a Overall - Ten most popular sports participated in during the last 12 months

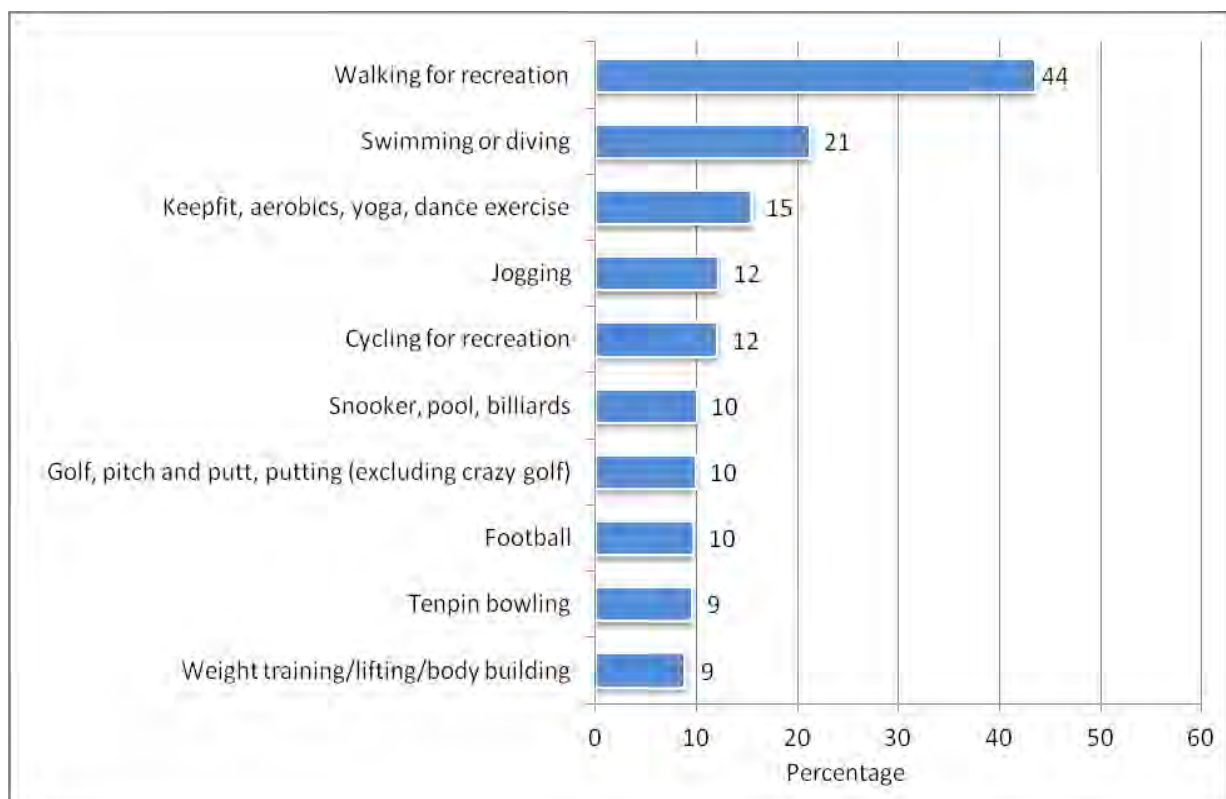


Figure 4b Males - Ten most popular sports participated in during the last 12 months

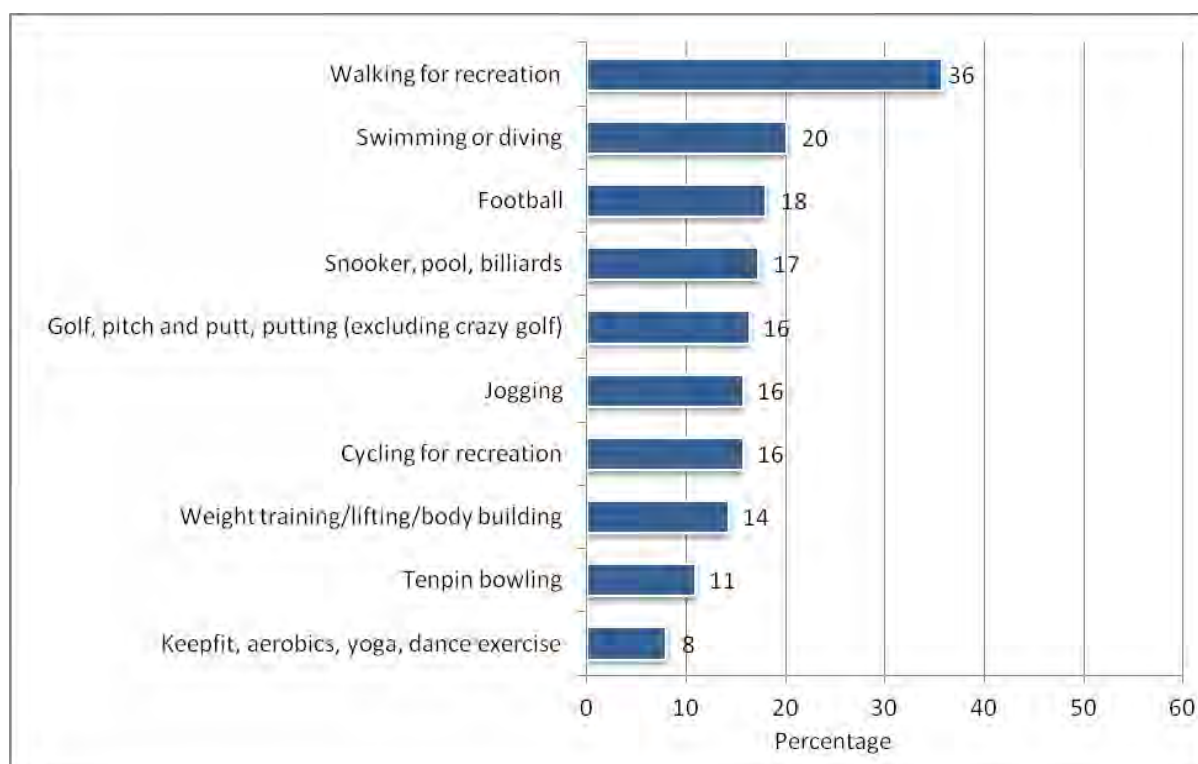
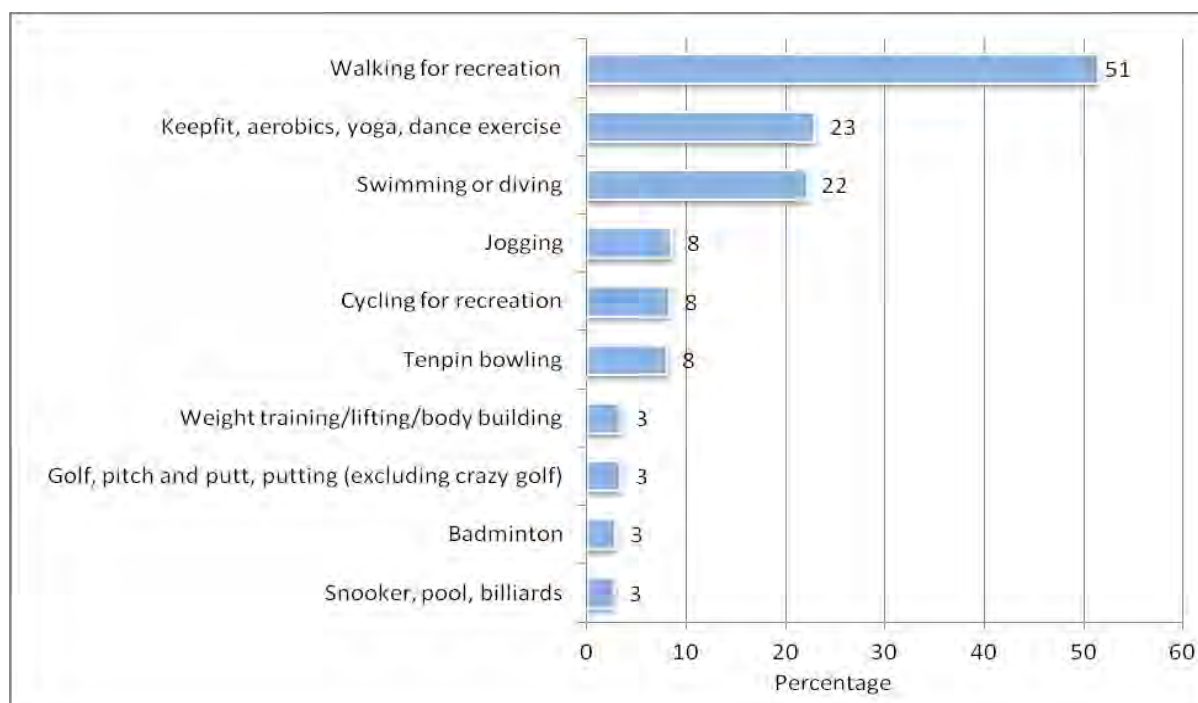


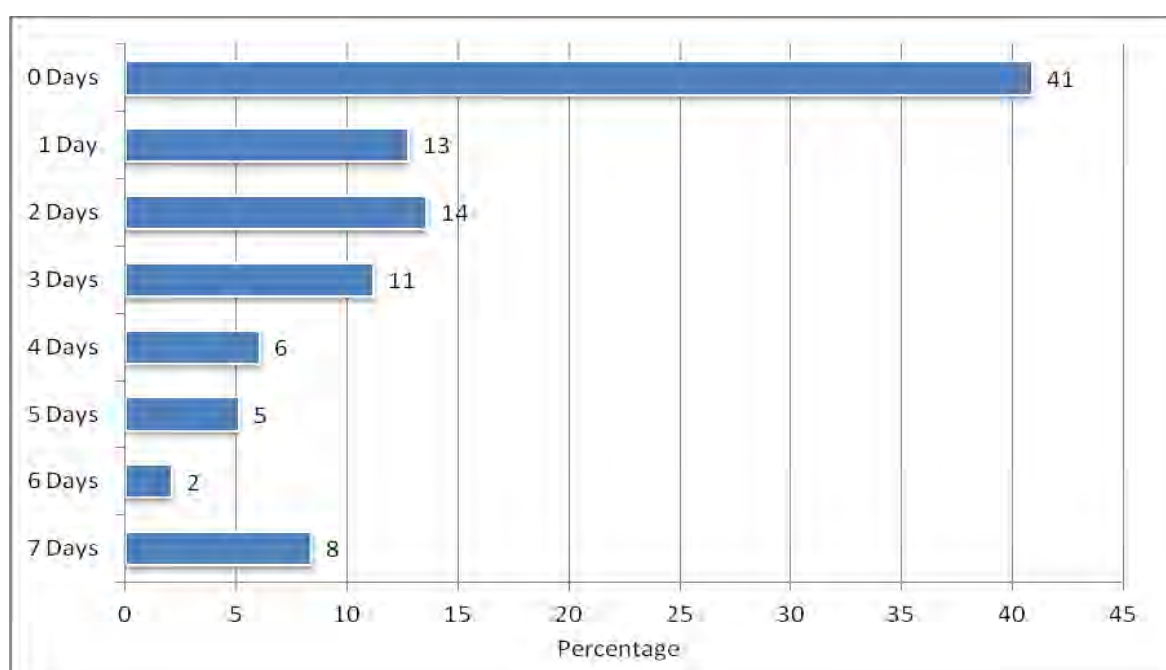
Figure 4c Females - Ten most popular sports participated in during the last 12 months



Frequency and duration of sport and physical activity

Nearly three-fifths (59%) of adults normally participate in sport and physical activity on one or more days per week, a figure which is similar for both males (60%) and females (58%). Twenty-two per cent of adults normally participated in sport and physical activity on 4 or more days per week (males: 23%; females: 21%).

Figure 5 Number of days normally participate in sport and physical activity each week



Chief Medical Officers' guidelines for physical activity

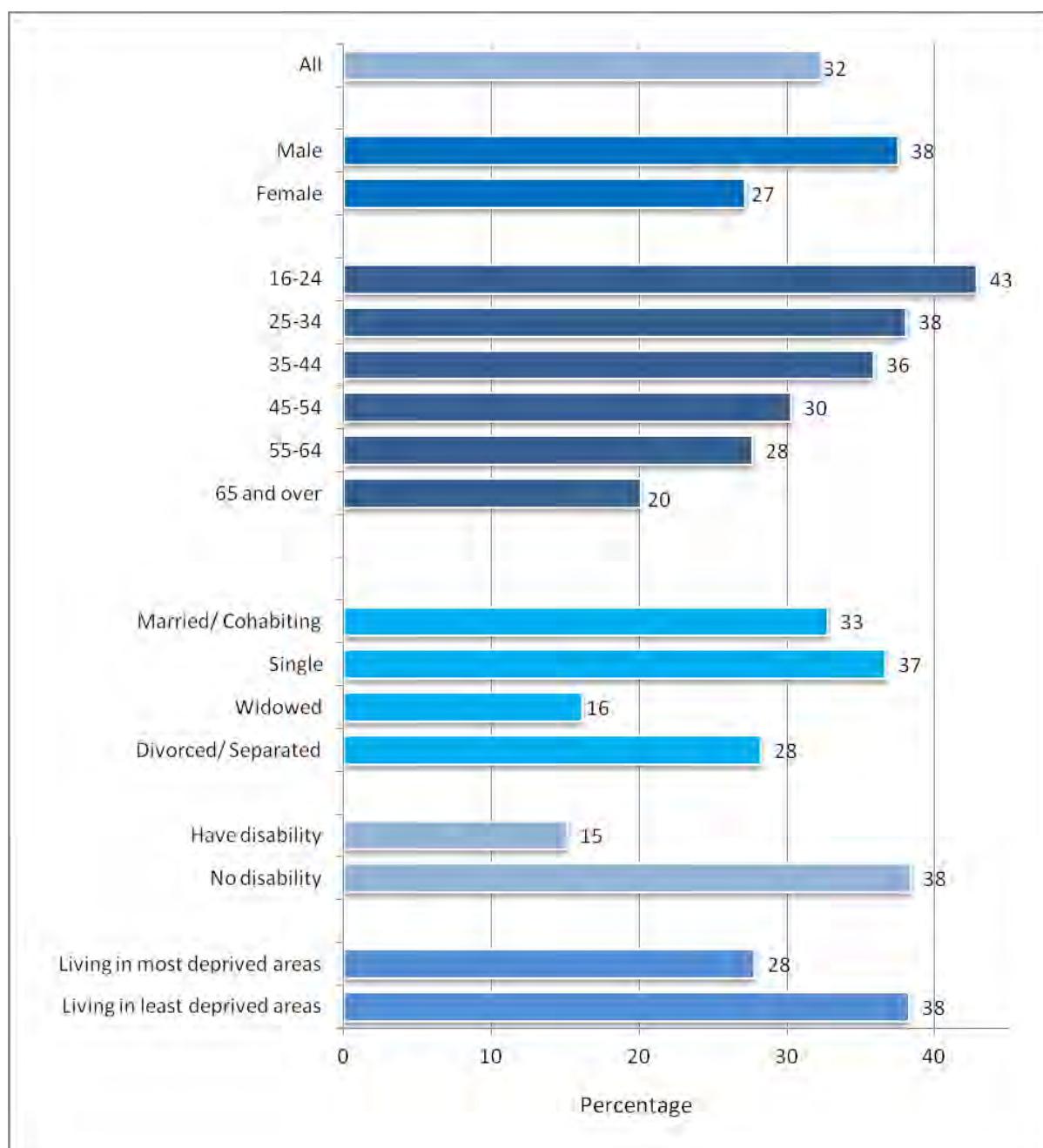
The Chief Medical Officers across the United Kingdom recommend that adults should take at least 150 minutes of moderate intensity physical activity each week. Less than a third of the population (32%) achieved this target. There are differences between demographic groups when the proportion achieving this target is considered. Men (38%) were more likely participate in 150 minutes or more of moderate intensity physical activity each week than women (27%); those who do not have a disability (38%) were more likely than those with a disability (15%); and those who live in the least deprived areas (38%) were more likely those who live in the most deprived areas (28%).

Considering marital status, single people were the most likely of the marital status groups to achieve this target (37%), while widowed people were least likely (16%). There was no difference between married/ cohabiting (33%) and the divorced/ separated categories (28%).

The proportion of the population involved in 150 minutes or more of moderate intensity physical activity each week generally declined with age, with significant differences reported between the consecutive age bands of 35-44 (36%) and 45-54 (30%), and also the 55-64 (28%) and 65 and over (20%) age groups.

There was no difference in the proportion of the population involved in 150 minutes or more of moderate intensity physical activity each week when comparing those who live in an urban area (33%) and those who live in a rural area (31%); between those from the Catholic (31%) or Protestant communities (32%); or between those with dependants (31%) and those who do not have dependants (33%).

Figure 6 Achieving Chief Medical Officers' recommendation¹



¹ The Chief Medical Officers across the UK have recommended 150 minutes or more moderate intensity physical activity each week for adults aged 19+ (Chief Medical Officers' recommendation on physical activity).

Sport club/ sports organisation membership

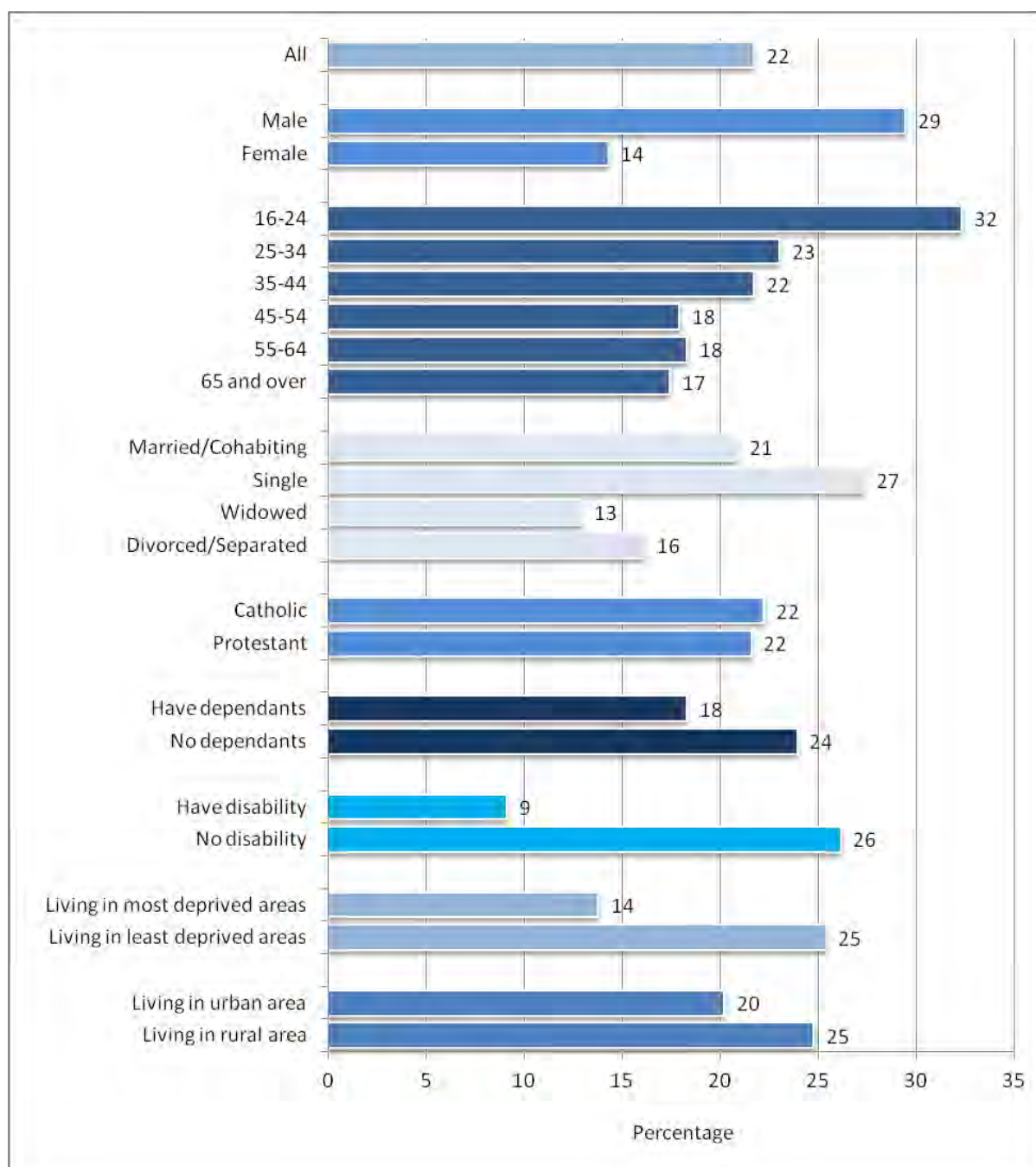
Just over a fifth of the population (22%) were members of at least one sports club. Males were over twice as likely (29%) to be a member of a sports club than females (14%).

Considering age and sports club membership, those aged 16-24 years were more likely to be a member of a sports club (32%) than any other age group.

Single people were more likely to have membership of a sports club (27%) than any other marital status group. Married people were the next most likely marital status group (21%). There were no differences in sports club membership rates between divorced/ separated (16%) and widowed individuals (13%).

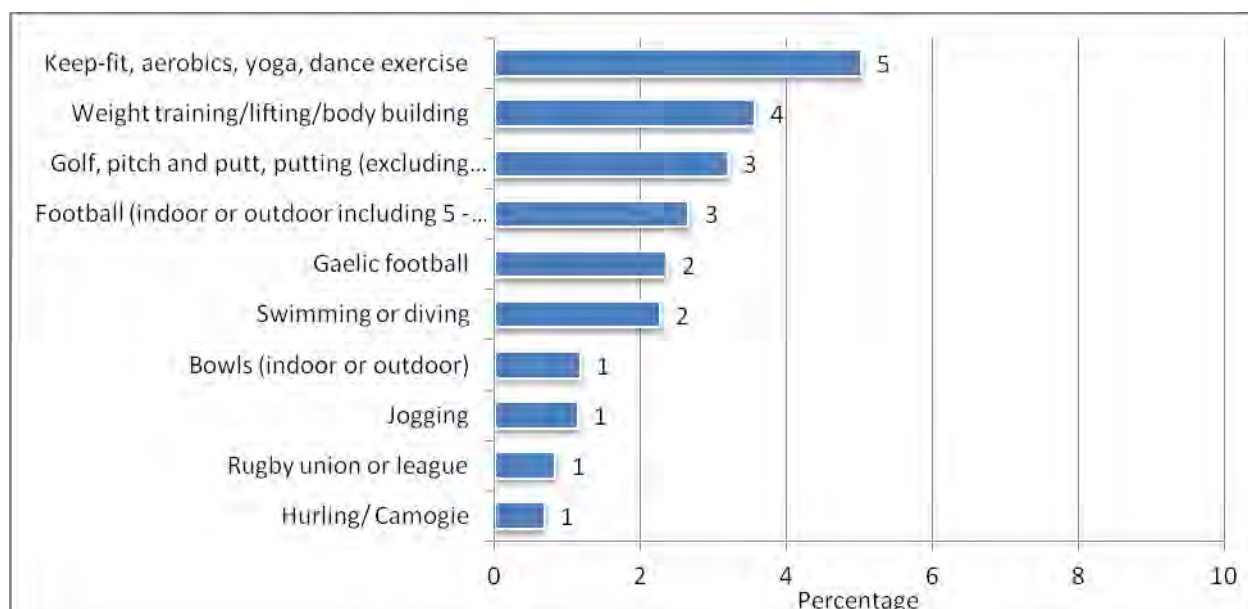
Those living in the least deprived areas were more likely to be a member of a sports club (25%) than those living in the most deprived areas (14%); as were those who do not have dependants (24%) compared to those who have dependants (18%). People who do not have a disability were more likely to be members of a sports club (26%) than those who have a disability (9%). In addition, those living in rural areas (25%) were more likely to be members of a sports club than those living in urban areas (20%).

Figure 7 **Membership of at least one sports club**



The most popular sports participated in at sports clubs included keep-fit, aerobics, yoga or dance exercise (5%), weight training/ lifting/ body building (4%) followed by golf (3%).

Figure 8a Overall - Ten most popular sports clubs



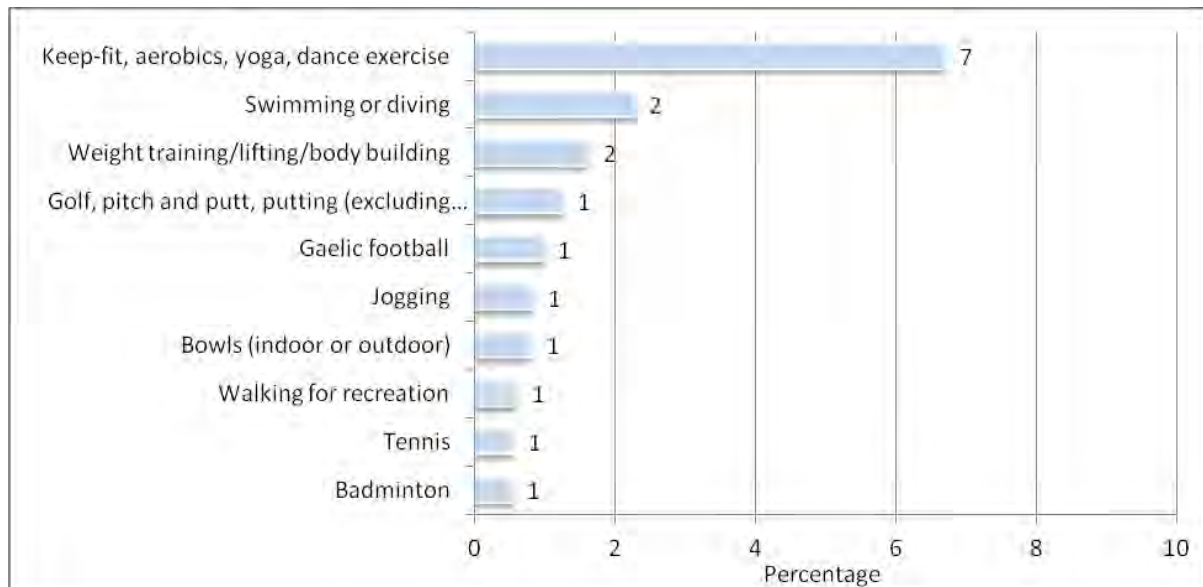
For males, the most popular sports participated in at sports clubs were weight training/lifting/body building (5%), golf (5%), followed by football (5%).

Figure 8b Males - Ten most popular sports clubs



For females, the most popular sports participated in at sports clubs was keep-fit, aerobics, yoga or dance exercise club (7%), swimming or diving (2%) followed by weight training/ lifting/ body building (2%).

Figure 8c Females - Ten most popular sports clubs



Benefits of participating in sport

Those who had participated in sport within the last year were presented with a list of 16 possible benefits of participation in sport (Appendix 3) and asked which they had experienced, if any. The most frequently cited benefits were to keep fit (71%), improved health (56%), improved my feeling of well-being (55%) and to have fun (54%).

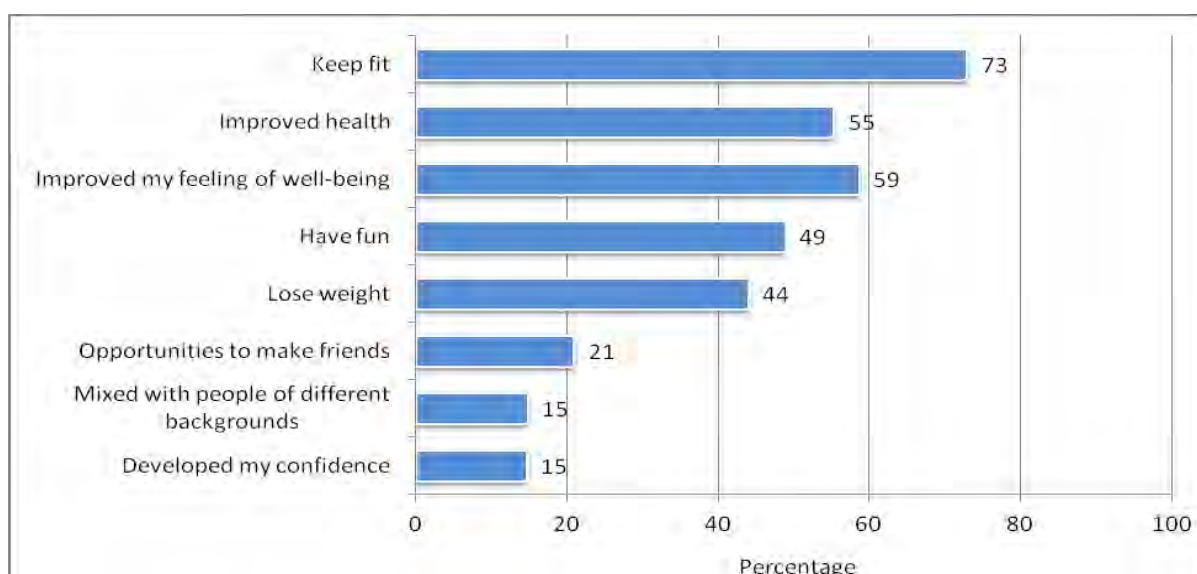
Women were more likely than men to cite the following as a benefit of sport.

- Losing weight (females: 44%; males: 35%)
- Improved feeling of well-being (females: 59%; males: 52%)

Men were more likely than women to cite the following as a benefit of sport.

- Have fun (males: 60%; females: 49%)
- Opportunities to make new friends (males: 30%; females: 21%)
- Mixing with people of different backgrounds (males: 28%; females: 15%)
- Developing skills as a team player (males: 19%; females: 8%)
- Learning new skills/ developing existing skills (males: 19%; females: 11%)
- Developing my confidence (males: 19%; females: 15%)
- Developing leadership skills (males: 12%; females: 4%)

Figure 9 Ten most frequently cited benefits of participating in sport



Reasons for not participating in sport or more sport

The most frequently cited reason for not participating in sport or more sport or physical activity was that individuals felt that they did not have enough time or that they would rather do other things with their time (35%). More than one in every five respondents (22%) stated that there was nothing that prevented them from participating in sport or more sport.

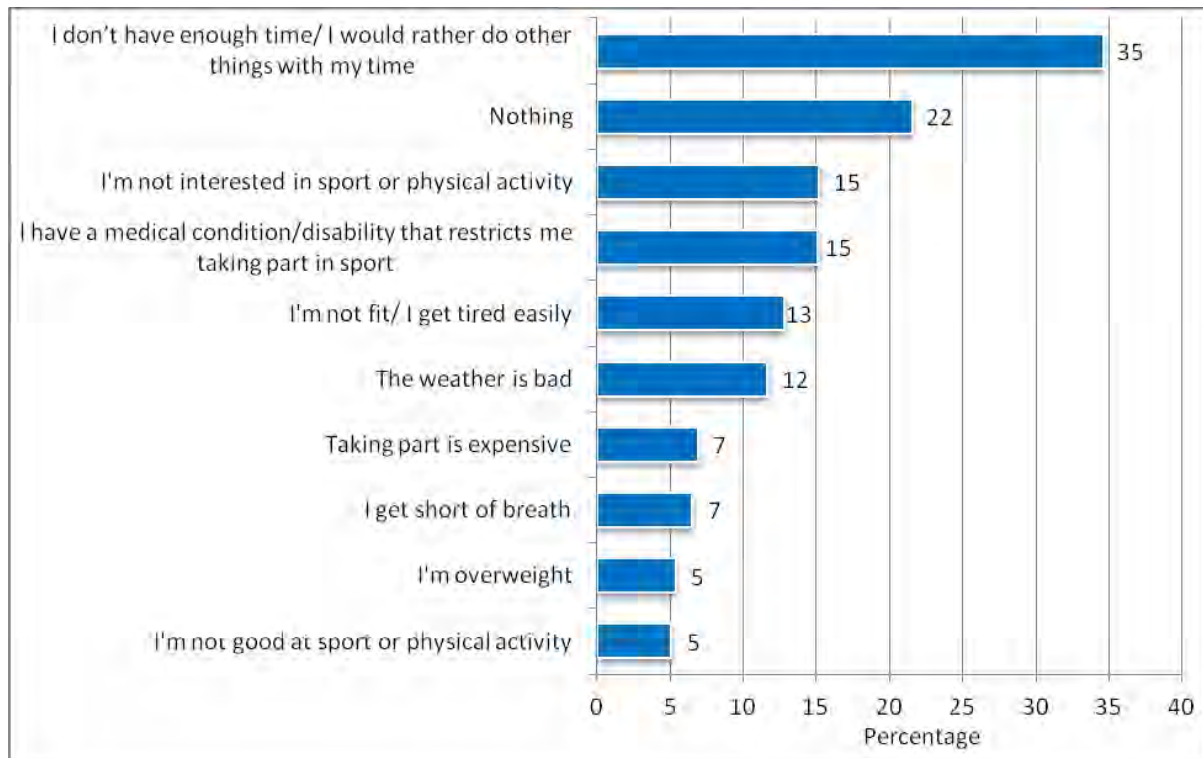
Women were more likely than men to cite the following as a reason for not participating in sport or more sport.

- I don't have enough time/ I would rather do other things with my time (females; 39%; males: 30%)
- I'm not interested in sport or physical activity (females; 18%; males: 12%)
- The weather is bad (females; 14%; males: 10%)
- Taking part is expensive (females; 8%; males: 6%)
- I'm not good at sport or physical activity (females; 7%; males: 4%)
- I find sport boring (females; 5%; males: 2%)
- I find it embarrassing to exercise in front of people (females; 3%; males: 1%)

Men were more likely than women to state that there was nothing that prevented them from participating in sport or more sport (males; 28%; females: 15%).

"I'm not fit/ I get tired easily" was given as a reason for not participating in sport/ more sport or physical activity by equal proportions of both males and females (13%).

Figure 10 Ten most frequently cited reasons for not participating in sport or more sport

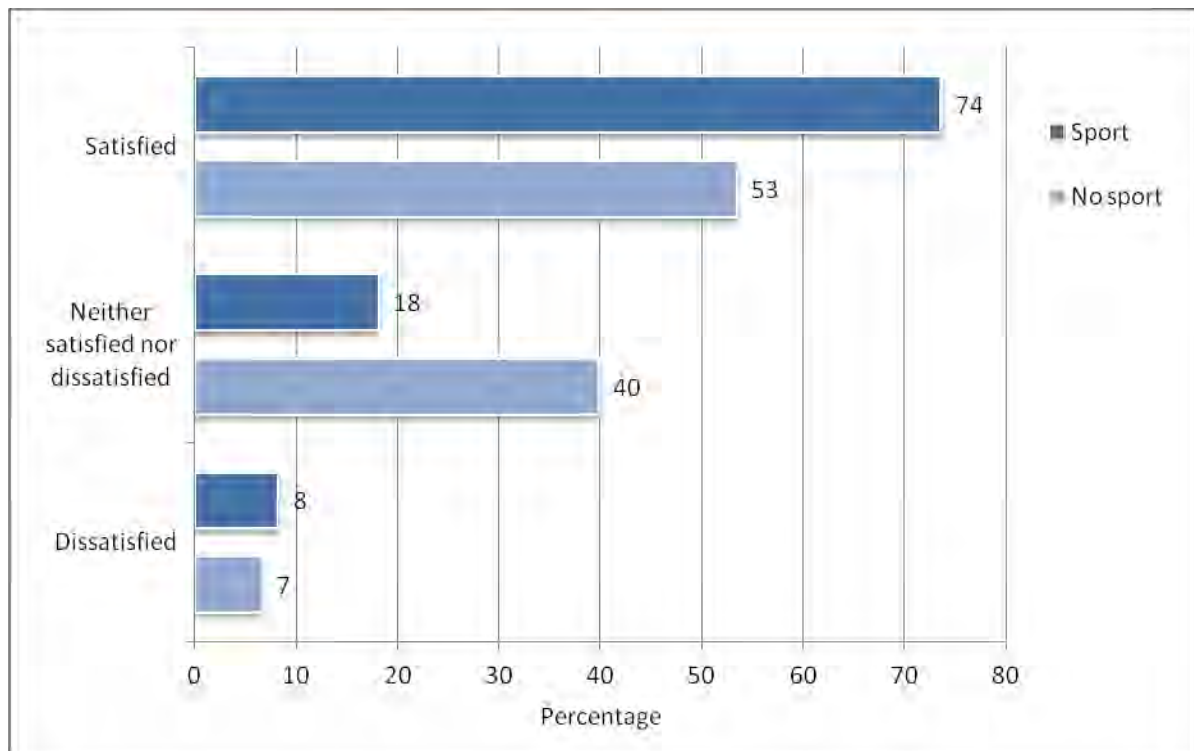


Satisfaction with sports provision in Northern Ireland

Sixty-seven per cent of adults were either very satisfied or fairly satisfied with sports provision in Northern Ireland, with 8% declaring that they were fairly or very dissatisfied.

Looking at sports provision satisfaction by those who had and had not participated in sport within the last year, a greater proportion of respondents who had participated in sport were fairly or very satisfied with sports provision (74%) than those who had not participated in sport within the last year (53%).

Figure 11 Satisfaction with sports provision by those who have and have not participated in sport¹ in the last 12 months



¹ "No sport" refers to those who had not participated in sport within the last year whereas "sport" refers to those who had.

Targets for Sport Matters

The Continuous Household Survey (CHS) is used to help monitor a number of targets in Sport Matters. These are presented in the table below, while the targets are detailed in Appendix 4 (Page 49).

Sport Matter's Target	CHS proxy statistic	2009/10	2010/11	2011/12	2012/13
		%	%	%	%
PA4	Participation in sport in the last 12 months	51	54	52	54
PA5	Member of at least one sports club/ sports organisation	21	23	22	22
Normally participates in sports and physical activity on one or more days per week*					
PA7	All	40	44	39*	47
PA8	Females	32	38	36*	41
PA9	Living in the most deprived areas	32	34	33*	40
PA9	Social classes D and E	27	33	N/A	N/A
PA10	Have a disability	16	25	20*	21
PA11	Aged 50 and over	23	27	24*	30

Participation statistics exclude those who had walked for recreation only within the previous 12 months.

* 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 2011/12 and caution should be taken in drawing conclusions from the trend. The 2012/13 question has reverted back to that used for 2009/10 and 2010/11.

N/A (Not available)

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 2012/13 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 DCAL's Public Service Agreement targets, to help inform policy making, for equality monitoring and contributing to Northern Ireland wide strategies.

The findings reported in this bulletin are based on 3,625 responses from 2,684 households who answered the sports participation module of the survey. The questions relating to this section are included in Appendix 3.

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

Analysis of the DCAL module of the CHS is weighted for non-response in 2012/13. 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 Census 2011. As a result, three separate weights were produced for age, sex and age and sex combined.

Non-response weighting sometimes increases standard errors, 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.

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.

Weights have been calculated and applied to previous years' CHS data from 2007/08 to allow trends to be produced for key statistics included in this bulletin.

Comparison with other countries

It is not possible to compare sports participation in Northern Ireland with other parts of the United Kingdom or with the Republic of Ireland because the methodologies used are different.

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.

Definition of disability

The questions used to ascertain whether or not a person has a disability have changed in the 2012/13 CHS in order to harmonise the definition of disability with 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?

In previous surveys, the disabled population was classified as those answering yes to the questions below:

- Do you have a long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time.
- Does this illness or disability limit your activities in any way?

Although there are subtle differences between the two sets of questions, comparative analysis between years can be made.

Northern Ireland Multiple Deprivation Measure, 2010

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 areas. This is estimated using the Northern Ireland Multiple Deprivation Measure 2010¹ 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.

¹ Northern Ireland Multiple Deprivation Report 2010
Findings from the Continuous Household Survey 2012/13

Urban/ rural classification of Super Output Areas

The data have also been analysed by whether respondents are living in Super Output Areas (SOAs) that have been categorised as either urban or rural as set out in the Statistical Classification and Delineation of Settlements report (2005)². 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.

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, may vary due to some respondents not answering certain questions.

² Statistical Classification and Delineation of Settlements 2005 Report
Findings from the Continuous Household Survey 2012/13

Appendix 2 Data tables

Table 1 Participation in sport in the last 12 months

Profile of respondent	2012/13		
	Any sport (excluding walking for recreation) %	Any sport (Including walking for recreation) %	Base
All	54	68	3,625
Gender			
Male	61	69	1,572
Female	46	66	2,053
Age bands			
16-24	74	79	323
25-34	70	81	584
35-44	65	80	685
45-54	47	68	655
55-64	39	59	533
65 and over	28	42	845
Religious background			
Catholic	53	67	1,457
Protestant	52	67	1,836
Other / None	62	74	305
Marital status			
Married / Cohabiting	54	70	2,135
Single	64	74	834
Widowed	22	40	297
Separated / Divorced	40	56	359
Disability			
Have a disability	26	41	1,025
Do not have a disability	63	77	2,594
Dependants			
Have dependants	57	72	1,469
Do not have dependants	51	65	2,150
Level of deprivation			
Living in most deprived areas	46	60	733
Living in least deprived areas	64	79	685
Urban or rural			
Living in urban area	55	69	2,425
Living in rural area	51	65	1,200

Table 2a **Sport participation trend, 2007/08 to 2012/13**

Survey year	Sport participation (excluding walking for recreation)	
	%	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

Table 2b Comparison of sport participation (excluding walking for recreation) in 2011/12 and 2012/13

Profile of respondent	Sports participation (excluding walking for recreation)				
	2012/13		2011/12		Significant difference?
	%	Base	%	Base	
All	54	3,625	52	3,689	Not significant
Gender					
Male	61	1,572	59	1,607	Not significant
Female	46	2,053	45	2,082	Not significant
Age bands					
16-24	74	323	71	323	Not significant
25-34	70	584	69	615	Not significant
35-44	65	685	63	694	Not significant
45-54	47	655	48	681	Not significant
55-64	39	533	37	589	Not significant
65 and over	28	845	23	787	Significant
Religious background					
Catholic	53	1,457	50	1,460	Not significant
Protestant	52	1,836	52	1,875	Not significant
Other / None	62	305	59	316	Not significant
Marital status					
Married / Cohabiting	54	2,135	52	2,189	Not significant
Single	64	834	64	827	Not significant
Widowed	22	297	18	320	Not significant
Separated / Divorced	40	359	41	350	Not significant
Disability					
Have a disability	26	1,025	32	1,004	Significant
Do not have a disability	63	2,594	59	2,682	Significant
Dependants					
Have dependants	57	1,469	57	1,441	Not significant
Do not have dependants	51	2,150	48	2,244	Significant
Level of deprivation					
Living in most deprived areas	46	733	44	709	Not significant
Living in least deprived areas	64	685	65	700	Not significant
Urban or rural					
Living in urban area	55	2,425	53	2,338	Not significant
Living in rural area	51	1,200	49	1,340	Not significant

Table 2c Comparison of sport participation (including walking for recreation) in 2011/12 and 2012/13

Profile of respondent	Sports participation (including walking for recreation)				
	2012/13		2011/12		Significant difference?
	%	Base	%	Base	
All	68	3,625	63	3,689	Significant
Gender					
Male	69	1,572	66	1,607	Not significant
Female	66	2,053	60	2,082	Significant
Age bands					
16-24	79	323	74	323	Not significant
25-34	81	584	78	615	Not significant
35-44	80	685	73	694	Significant
45-54	68	655	63	681	Not significant
55-64	59	533	54	589	Not significant
65 and over	42	845	37	787	Significant
Religious background					
Catholic	67	1,457	63	1,460	Not significant
Protestant	67	1,836	63	1,875	Significant
Other / None	74	305	66	316	Significant
Marital status					
Married / Cohabiting	70	2,135	64	2,189	Significant
Single	74	834	71	827	Not significant
Widowed	40	297	31	320	Significant
Separated / Divorced	56	359	58	350	Not significant
Disability					
Have a disability	41	1,025	44	1,004	Not significant
Do not have a disability	77	2,594	70	2,682	Significant
Dependants					
Have dependants	72	1,469	69	1,441	Not significant
Do not have dependants	65	2,150	59	2,244	Significant
Level of deprivation					
Living in most deprived areas	60	733	56	709	Not significant
Living in least deprived areas	79	685	75	700	Not significant
Urban or rural					
Living in urban area	69	2,425	64	2,338	Significant
Living in rural area	65	1,200	61	1,340	Significant

Table 3 **Percentage of respondents participating in sport during the last 4 weeks**

Profile of respondent	2012/13		
	Any sport (excluding walking for recreation) %	Any sport (including walking for recreation) %	Base
All	33	59	3,625
Gender			
Male	44	60	1,572
Female	23	58	2,053
Age bands			
16-24	56	71	323
25-34	45	70	584
35-44	39	72	685
45-54	26	57	655
55-64	19	51	533
65 and over	14	36	845
Religious background			
Catholic	34	59	1,457
Protestant	32	59	1,836
Other / None	36	63	305
Marital status			
Married / Cohabiting	31	60	2,135
Single	45	66	834
Widowed	12	33	297
Separated / Divorced	24	49	359
Disability			
Have a disability	14	34	1,025
Do not have a disability	40	68	2,594
Dependants			
Have dependants	33	63	1,469
Do not have dependants	33	57	2,150
Level of deprivation			
Living in most deprived areas	30	53	733
Living in least deprived areas	38	69	685
Urban or rural			
Living in urban area	33	60	2,425
Living in rural area	33	58	1,200

Table 4a **Twenty most popular sports participated in over the last 12 months**

Most popular sports	All
	%
Walking for recreation	44
Swimming or diving	21
Keep-fit, aerobics, yoga, dance exercise	15
Jogging	12
Cycling for recreation	12
Snooker, pool, billiards	10
Golf, pitch and putt, putting (excluding crazy golf)	10
Football	10
Tenpin bowling	9
Weight training/lifting/body building	9
Angling/fishing	4
Darts	4
Tennis	4
Gaelic football	3
Badminton	3
Table tennis	3
Bowls	3
Ice skating (excluding roller-skating)	2
Shooting	2
Basketball	2
Base	3,625

Percentages do not sum to 100 due to multiple responses.

Table 4b Ten most popular sports participated in over the last year by males

Most popular sports	Males
	%
Walking for recreation	36
Swimming or diving	20
Football	18
Snooker, pool, billiards	17
Golf, pitch and putt, putting (excluding crazy golf)	16
Jogging	16
Cycling for recreation	16
Weight training/lifting/body building	14
Tenpin bowling	11
Keep-fit, aerobics, yoga, dance exercise	8
Base	1,572

Percentages do not sum to 100 due to multiple responses.

Table 4c Ten most popular sports participated in over the last year by females

Most popular sports	Females
	%
Walking for recreation	51
Keep-fit, aerobics, yoga, dance exercise	23
Swimming or diving	22
Jogging	8
Cycling for recreation	8
Tenpin bowling	8
Weight training/lifting/body building	3
Golf, pitch and putt, putting (excluding crazy golf)	3
Badminton	3
Snooker, pool, billiards	3
Base	2,053

Percentages do not sum to 100 due to multiple responses.

Table 5 Days normally participated in sport and physical activity per week

Profile of respondent	% 0 Days	% 1 Day	% 2 Days	% 3 Days	% 4 Days	% 5 Days	% 6 Days	% 7 Days	Base
All	41	13	14	11	6	5	2	8	3,625
Gender									
Male	40	14	13	11	7	5	3	7	1,572
Female	42	11	14	12	5	5	2	10	2,053
Age bands									
16-24	31	13	17	16	7	6	4	6	323
25-34	29	14	18	13	7	8	2	8	584
35-44	29	17	16	15	8	5	1	9	685
45-54	43	12	11	10	6	5	2	11	655
55-64	49	12	12	8	3	4	2	10	533
65 and over	63	8	9	6	4	2	2	7	845
Religious background									
Catholic	41	12	14	12	7	5	2	8	1,457
Protestant	41	14	13	10	6	5	2	8	1,836
Other / None	37	13	14	12	4	6	2	12	305
Marital status									
Married / Cohabiting	39	14	15	11	6	5	2	9	2,135
Single	34	14	13	14	8	6	3	8	834
Widowed	68	6	7	6	3	2	2	7	297
Separated / Divorced	51	8	11	9	3	4	1	12	359
Disability									
Have a disability	67	8	7	5	3	3	0	6	1,025
Do not have a disability	32	14	16	13	7	6	3	9	2,594
Dependants									
Have dependants	38	15	15	11	6	5	2	8	1,469
Do not have dependants	43	11	12	11	6	5	2	8	2,150
Level of deprivation									
Living in most deprived areas	47	11	11	10	5	5	2	8	733
Living in least deprived areas	31	14	16	15	6	6	3	10	685
Urban or rural									
Living in urban area	40	12	13	11	6	5	2	9	2,425
Living in rural area	42	13	14	11	6	5	2	6	1,200

Table 6 Achieving Chief Medical Officers' recommendations¹

Profile of respondent	2012/13	
	%	Base
All	32	3,620
Gender		
Male	38	1,571
Female	27	2,049
Age bands		
16-24	43	323
25-34	38	583
35-44	36	683
45-54	30	654
55-64	28	532
65 and over	20	845
Religious background		
Catholic	31	1,456
Protestant	32	1,833
Other / None	40	304
Marital status		
Married / Cohabiting	33	2,133
Single	37	831
Widowed	16	297
Separated / Divorced	28	359
Disability		
Have a disability	15	1,025
Do not have a disability	38	2,589
Dependants		
Have dependants	31	1,466
Do not have dependants	33	2,148
Level of deprivation		
Living in most deprived areas	28	732
Living in least deprived areas	38	683
Urban or rural		
Living in urban area	33	2,420
Living in rural area	31	1,200

¹ The Chief Medical Officers across the UK have recommended 150 minutes or more moderate intensity physical activity each week for adults aged 19+ (Chief Medical Officers' recommendation on physical activity).

Table 7 Membership of a sports club or sports organisation

Profile of respondent	2012/13	
	%	Base
All	22	3,625
Gender		
Male	29	1,572
Female	14	2,053
Age bands		
16-24	32	323
25-34	23	584
35-44	22	685
45-54	18	655
55-64	18	533
65 and over	17	845
Religious background		
Catholic	22	1,457
Protestant	22	1,836
Other / None	20	305
Marital status		
Married / Cohabiting	21	2,135
Single	27	834
Widowed	13	297
Separated / Divorced	16	359
Disability		
Have a disability	9	1,025
Do not have a disability	26	2,594
Dependants		
Have dependants	18	1,469
Do not have dependants	24	2,150
Level of deprivation		
Living in most deprived areas	14	733
Living in least deprived areas	25	685
Urban or rural		
Living in urban area	20	2,425
Living in rural area	25	1,200

Table 8a **Ten most popular sports clubs**

Sport	All
	%
Keep-fit, aerobics, yoga, dance exercise	5
Weight training/lifting/body building	4
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
Bowls (indoor or outdoor)	1
Jogging	1
Rugby union or league	1
Hurling/ Camogie	1
Base	3,625

Table 8b **Ten most popular sports clubs – Males**

Sport	Males
	%
Weight training/lifting/body building	5
Golf, pitch and putt, putting (excluding crazy golf)	5
Football (indoor or outdoor including 5 -a-side)	5
Gaelic football	4
Keep-fit, aerobics, yoga, dance exercise	3
Swimming or diving	2
Bowls (indoor or outdoor)	2
Rugby union or league	2
Jogging	1
Angling/fishing	1
Base	1,572

Table 8c Ten most popular sports clubs – Females

Sport	Female
	%
Keep-fit, aerobics, yoga, dance exercise	7
Swimming or diving	2
Weight training/lifting/body building	2
Golf, pitch and putt, putting (excluding crazy golf)	1
Gaelic football	1
Jogging	1
Bowls (indoor or outdoor)	1
Walking for recreation	1
Tennis	1
Badminton	1
Base	2,053

Table 9 Benefits of sport by those who had participated in sport in the last year

Benefit	All	Males	Females
	%	%	%
Keep fit	71	69	73
Improved health	56	57	55
Improved my feeling of well-being	55	52	59
Have fun	54	60	49
Lose weight	39	35	44
Opportunities to make friends	26	30	21
Mixed with people of different backgrounds	22	28	15
Developed my confidence	17	19	15
Enabled me to communicate with family/ friends	16	16	15
Learned new skills/ developed existing skills	15	19	11
Developed skills as a team player	14	19	8
Developed leadership skills	8	12	4
Helped me gain a qualification	4	4	3
No benefit	3	3	3
Helped in getting a job	2	3	2
Other	1	1	0
Base	2,375	1,048	1,327

Percentages do not sum to 100 due to multiple responses.

Table 10 **Reasons for not participating in sport or more sport**

Benefit	All	Males	Females
	%	%	%
I don't have enough time/ I would rather do other things with my time	35	30	39
I'm not interested in sport or physical activity	15	12	18
I have a medical condition/disability that restricts me taking part in sport	15	15	15
I'm not fit/ I get tired easily	13	13	13
The weather is bad	12	10	14
Taking part is expensive	7	6	8
I get short of breath	7	7	7
I'm overweight	5	5	6
I'm not good at sport or physical activity	5	4	7
It is difficult for me to get to places where I can do sport or physical activities	4	3	4
I find sport boring	4	2	5
I'm afraid of getting hurt or injured	2	2	2
I find it embarrassing to exercise in front of others	2	1	3
I don't like the sports offered at school	1	1	1
I find it embarrassing to change in front of others	1	0	1
Nothing	22	28	15
Something else	2	2	3
Base	3,624	1,571	2,053

Percentages do not sum to 100 due to multiple responses.

Table 11a Overall satisfaction with the provision of sports facilities in Northern Ireland

Profile of respondent	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Base
	%	%	%	
All	67	25	8	3,576
Gender				
Male	70	21	9	1,558
Female	64	29	6	2,018
Age bands				
16-24	69	23	8	321
25-34	71	20	9	579
35-44	70	21	9	678
45-54	64	28	8	647
55-64	66	26	9	523
65 and over	64	32	4	828
Religious background				
Catholic	68	24	8	1,438
Protestant	68	25	7	1,810
Other / None	61	29	10	301
Marital status				
Married / Cohabiting	71	22	7	2,116
Single	66	26	9	821
Widowed	57	39	4	288
Separated / Divorced	57	33	10	351
Disability				
Have a disability	59	33	8	999
Do not have a disability	70	22	8	2,571
Dependants				
Have dependants	69	23	8	1,453
Do not have dependants	66	27	7	2,117
Level of deprivation				
Living in most deprived areas	65	25	10	718
Living in least deprived areas	69	24	7	675
Urban or rural				
Living in urban area	65	27	8	2,385
Living in rural area	71	22	7	1,191

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

Table 11b Overall satisfaction with the provision of sports facilities in Northern Ireland from those who had and had not participated in sports within the last year

Profile of respondent	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Base
	%	%	%	
All	67	25	8	3,576
Participated in sport during the last 12 months				
Yes	74	18	8	2,356
No	53	40	7	1,220

Appendix 3 Survey questions

Ask all

[DCALINT]

The next set of questions are about individuals' experience of culture, arts and leisure in Northern Ireland.

Ask all

[ANYRPA]

SHOW CARD 12 (SPORTS AND LEISURE 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 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. Keep-fit, aerobics, yoga, dance exercise |
| 7. Hurling | 29. Marital 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. Other -> [XOTHYPA] |
| 19. Walking for recreation | 41. None of these -> [NOSPORA] |
| 20. Indoor bowls | |
| 21. Outdoor (lawn) bowls | |
| 22. Tenpin bowling | |

[XOTHYPA]

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

Ask all

[ANYRPA]

SHOW CARD 12 (SPORTS AND LEISURE 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 4 weeks that is since (*date insert*)

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

Set [40] of sport

[XOTHYPB]

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

If ANYYRPA = 41 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

If ANYYRPA = 41 then do not ask ...

[SPMINS]

and how much time per week would you normally take part in *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

ANSWER CODE CAN ACCOMMODATE FRACTIONS OF AN HOUR. FOR EXAMPLE, 2 HRS 45 MINS SHOULD BE CODED AS 2.75HRS: 0.00..200.00

If ANYYRPA = 41 then do not ask ...

[SPBENF]

SHOW CARD 13 (BENEFITS FROM SPORTS)

What benefits, if any, have you experienced as a result of your participation in Sports & Physical Activity over the past 12 months?

CODE ALL THAT APPLY

1. Learned new skills/ developed existing skills
2. Developed leadership skills
3. Developed skills as a team player
4. Improved health
5. Helped me gain a qualification
6. Enabled me to communicate with family/ friends
7. Developed my confidence
8. Mixed with people of different background to myself
9. Opportunities to make friends
10. Keep Fit
11. Lose Weight
12. Have Fun
13. Helped in getting a job
14. Improved my feeling of well being
15. Other -> [SPBENOTH]
16. No benefit

[SPBENOTH]

Please specify the other benefits?

[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?

17. Yes -> **[SPORCLUB]**

18. No -> **[VOLUNTER]**

If SPCLUB = 1

[SPORCLUB]

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

SHOWCARD 12 (set of 40 sports as in ANYYRPA)

[CLUBOTH]

Please specify the other sport?

Ask all

[NOSPORA]

SHOWCARD 14 (NO SPORTS – 2 PAGES)

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

CODE ALL THAT APPLY

1. I get short of breath
2. I don't like the sports offered at school
3. I'm not fit/ I get tired easily
4. I'm not good at sport or physical activity
5. I'm not interested in sport or physical activity
6. I'm overweight
7. I don't have enough time/ I would rather do other things with my time
8. It is difficult for me to get to places where I can do sport or physical activities
9. The weather is bad
10. I'm afraid of getting hurt or injured
11. Taking part is expensive
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. Something else
17. Nothing

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

Appendix 4

Targets for Sport Matters

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

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

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).