

THE NORTHERN IRELAND SPORT & PHYSICAL ACTIVITY SURVEY 2010 (SAPAS)

A BASELINE REPORT



Department of
Culture, Arts
and Leisure
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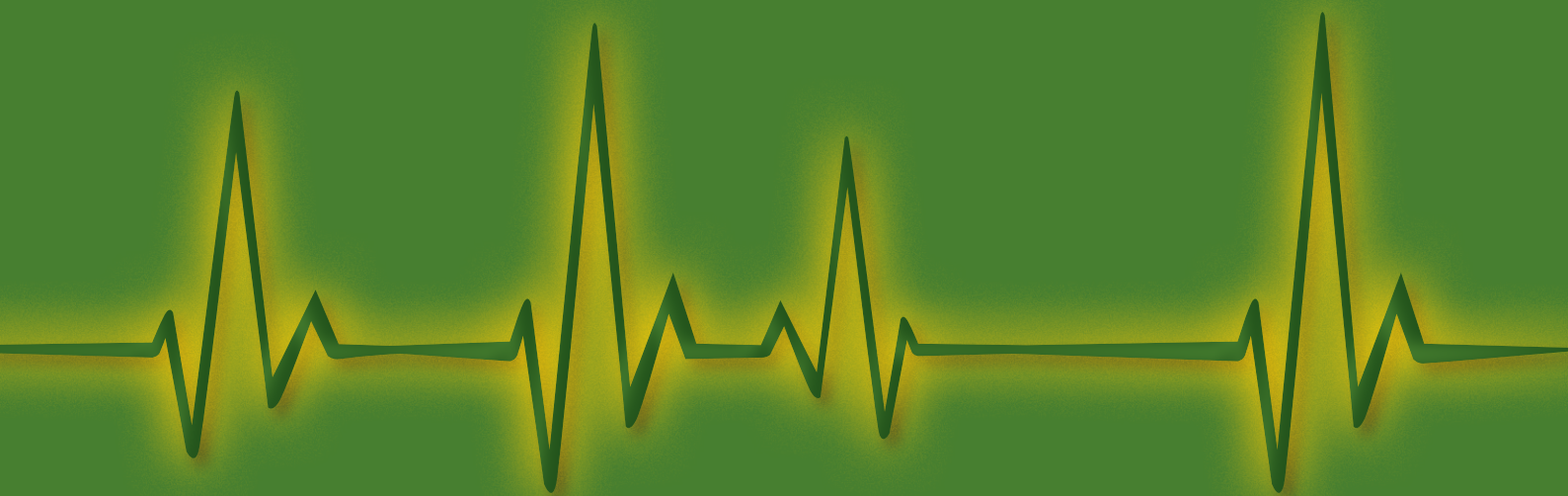
HOME

WORK

TRAVEL

SPORT





SAPAS was commissioned by Sport Northern Ireland to provide statistically robust data on participation, club membership, volunteering, coaching attitudes to sport, and spectating amongst a representative sample of Northern Ireland adults (aged 16 years and over) in order to reliably enhance our understanding of sport and physical activity patterns and determinants across the population.

ACKNOWLEDGEMENTS

Sport Northern Ireland would like to acknowledge the contribution of a number of individuals who have invested considerable time and effort in ensuring that The Northern Ireland Adult Sport and Physical Activity Survey (SAPAS) is the most comprehensive and robust piece of research on sport and physical activity undertaken since 1994.

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I am delighted to introduce The Northern Ireland Adult Sport and Physical Activity Survey (SAPAS) which, for the first time, provides us with a complete picture of adult participation in sport and physical activity across Northern Ireland.

By working in partnership with the Public Health Agency (PHA), the Department of Culture, Arts and Leisure (DCAL) and the UKCRC Centre of Excellence for Public Health (Northern Ireland), the most comprehensive survey on sport and physical activity has been developed to assess adult (aged 16 years and over) physical activity levels in Northern Ireland across four life domains:

- Home;
- Work;
- Active travel ('Getting About'); and
- Sport and recreation.

This report primarily focuses on the contribution of sport and physical recreation towards meeting the Chief Medical Officer's (CMO) recommendations on the required level of physical activity to maintain good general health, i.e., a total of at least 30 minutes a day of at least moderate intensity physical activity on five or more days of the week.

We now also have baseline data on the current 'state of the sector' in terms of club membership, coaching, volunteering, spectating, satisfaction with facility provision, and what motivates and restricts people in Northern Ireland from participating in sport and physical activity.

Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation 2009-19 (hereafter 'Sport Matters') includes a series of high level targets associated with 'driving up' participation levels of certain groups of people in sport and physical recreation - most notably women, people from areas of high social need, and people with a disability. Sport Matters also acknowledges the need for:

- A robust monitoring and evaluation framework to provide the evidence base that will identify baselines and track progress towards the longer-term vision of the strategy;
- A coordinated approach to research in sport and physical recreation so that the government of Northern Ireland and the wider community have access to robust and reliable information; and
- Consistent approaches to data collection, analysis and evaluation.

The SAPAS findings provide a platform from which to develop and implement specific policies and programmes aimed at increasing levels of participation amongst those most underrepresented in sport and physical recreation - specifically in monitoring the implementation of Sport Matters. In addition, SAPAS can be applied across a range of sectors and will be used as a surveillance tool to monitor the progress of the Framework for Preventing and Addressing Overweight and Obesity in Northern Ireland - 'A Fitter Future for All: An Obesity Prevention Framework for Northern Ireland 2011-2021'.

The availability of these research results will be used to assist our stakeholders in planning for sport and physical recreation to maximise ways of attracting and retaining participants of different ages and different socio-economic backgrounds.

While it is our intention to repeat the survey on a triennial basis, successful application of SAPAS requires buy-in from a number of key stakeholders across the public, private and community and voluntary sectors.

Eamonn McCartan

Chief Executive

Sport Northern Ireland

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Background and methodology

Experts agree that adults should accumulate at least 30 minutes of moderate intensity physical activity on most days of the week. However, there is a great deal of evidence to suggest that most people in Northern Ireland are not sufficiently active enough to maintain a general health benefit.

In 2008, Sport Northern Ireland commissioned Ipsos MORI to conduct SAPAS: the largest and most comprehensive piece of research on sport and physical activity undertaken in Northern Ireland since 1994. SAPAS provides a complete and very detailed picture of adults' physical activity levels across four life domains including home, work, getting about, and sport and recreation.

Data were captured and analysed with regard to frequency, duration and intensity of all relevant activities in the home, work, getting about, and sport and recreation domains. In addition, SAPAS covers a wide range of aspects related to sport such as sports participation, club membership, coaching, volunteering, and attendance at live sporting events. The research results will inform policies aimed at increasing the proportion of the population in Northern Ireland who exercise regularly through sport and physical activity and policies for general health improvement, including the management of overweight and obesity, and understanding smoking behaviour and alcohol consumption.

SAPAS was carried out in-home among a stratified random sample of adults (aged 16 years and over) across Northern Ireland. The interviews were conducted face to face using Computer Assisted Personal Interviewing (CAPI). The total number of respondents was 4,653 and the fieldwork was conducted continuously over a 12-month period (23 July 2009-10 August 2010).

The data were weighted to reflect the age and sex profile of the Northern Ireland population and the geographical distribution across 26 district councils.

Levels of physical activity among adults in Northern Ireland

KPI 1: 35% of Northern Ireland's adult population achieved the levels of physical activity recommended by the Chief Medical Officer (CMO) of participating in moderate intensity activities¹ for at least 30 minutes on at least five days per week.

- Most physical activity occurs in the home, followed by activities at work. Sport activities come third and activities related to getting about fourth.
- The most important physical activities in the work domain are manual labour and walking about while at work. The work domain as a source of physical activity is especially relevant for men and people from lower social classes.
- The main physical activities in the home relate to housework, DIY and gardening. The contribution of the home domain to overall levels of physical activity is especially relevant for women and older people.
- The most important physical activities related to getting about are walking to go somewhere and walking for recreation. The relevance of cycling for getting somewhere and for recreation is much lower, especially among women.
- Retired and unemployed people show considerably lower levels of physical activity than the average in Northern Ireland because of a lack of work activities and lower than average participation in sport.
- There are no major differences regarding overall physical activity levels between social classes or by deprivation of area. However, the sources of physical activity are different in that sport participation is more important as a contributor to overall activity levels for higher social classes and work activities for lower social classes.
- Physical activity is related to a healthy body mass index (BMI)² and healthy eating behaviour.

¹ Activities that at least raise the breathing rate for at least 10 minutes (moderate intensity).

² BMI is calculated as weight in kilograms divided by height in metres squared: kg/m².

Sport participation, motivations and barriers

KPI 2: 37% of Northern Ireland's adult population participated in at least 30 minutes of moderate intensity sport in the last seven days. This figure increases to 47% if walking and cycling for recreation are included.

- On average, adults in Northern Ireland spend 87 minutes per week participating in at least moderate intensity sport activities.
- The most popular sports are walking, fitness club activities, football, swimming, and jogging.
- Among women, dancing and keep fit/aerobics are especially popular, while men are much more likely to participate in football (i.e., soccer), golf, jogging or weight training.
- Football is by far the most popular sport among young people aged 16-29. Among older people aged 50 years and over, golf and walking are most popular.
- Sport participation of women, older people and unemployed people is lower than average, both in terms of the frequency of participation and the time spent on sport activities. In addition, those with lower educational attainment and those of lower social classes are less likely to participate.
- People with disabilities also participate less (both in terms of frequency and duration) than average; however, this is mainly due to an older age profile.
- When prompted with a range of reasons for participating in sport, enjoyment and keeping fit were most frequently mentioned by the respondents. Women are generally more motivated by losing weight while, for men, the performance and competitive aspects are much more important. Relieving stress is an important motivation for working people, especially for those with higher qualifications.
- No interest and health reasons are the most mentioned barriers to participation. Among people in the 30-49 year age group, and especially among working people, time constraints are the main barrier.
- Although 70% of participants state that they have facilities for all of their sports within 20 minutes' proximity³, facilities closer to home/work is the most important factor that would encourage people to participate more, or to start participating. This is followed by cheaper admission prices and people to go with.
- Participation in sport is related to people's well-being and happiness.

³ By walking or some other means of transport.

Club membership

KPI 3: 23% of adults in Northern Ireland are members of a club in which they can participate in sport or physical activities.

- 73% of sports club members participate in at least moderate intensity activities on at least one day per week.
- The proportion of men who are members of a club is double the proportion of women. Apart from women, unemployed people, people of lower social classes and disabled people are less likely to be members of a club where they can participate in sport or physical activities.
- Among weekly sport participants, the proportion of those who are members of a club increases with age, suggesting that club membership has a positive effect on people's participation in middle and older age groups.
- Club membership is substantially lower among social classes C2DE.
- Fitness club activities, golf and football are the most popular sports undertaken by sport participants as members of a club.

Competitions

KPI 4: 22% of all sport participants⁴ have taken part in a sporting competition in the last 12 months.

- Among people who participated in sport in the last week⁵, 31% have taken part in a sporting competition.
- The most popular sports for taking part in competitions are golf and football.
- Women, older people, the unemployed, those of lower social classes and disabled people are significantly⁶ less likely to take part in sporting competitions.
- Football, Gaelic football and rugby are the most popular sports for taking part in competitions among young people aged 16-29 years. In the 30-49 age group, the most popular competitions are related to golf, football and running. Among the 50+-year-olds, golf and bowling are most popular.

⁴ Participation in any sport in the last 12 months.

⁵ Participation in the last seven days on at least one day for at least 30 minutes with at least moderate intensity.

⁶ The degree to which a value is greater or smaller than would be expected by chance. Typically, a relationship is considered statistically significant when the probability of obtaining that result by chance is less than 5% if there were, in fact, no relationship in the population.

Coaching

KPI 5: 17% of sport participants have received coaching in the last twelve months.

- The most popular sports for receiving coaching are keep fit/aerobics, football, using exercise machines and Gaelic football.
- Club membership and receiving coaching are strongly related, with 37% of club members receiving coaching.
- There are no significant differences between men and women with regard to the proportion of participants who receive coaching.
- Unemployed and older participants, participants of lower social classes and participants with disabilities are significantly less likely to receive coaching.
- 5% of the adult population provides coaching for others. The proportion of those who provide coaching is higher among young people, students and those who participate frequently in sport.

Volunteering

KPI 6: 9% of Northern Ireland's adult population have engaged in sports voluntary work in the last 12 months.

- The majority of volunteers volunteer for a club (57%), followed by charities, schools, churches, and community groups.
- Coaching is the most popular volunteering activity, followed by fundraising and administrative activities⁷.
- Men are twice as likely as women to volunteer.
- The proportion of people engaging in sports voluntary work peaks in middle-age groups. Involvement in voluntary sports activities is strongly related to the number of children aged less than 16 years in the household, suggesting that sports voluntary work carried out by people in the middle-age group may be linked to children's activities.
- Unemployed people, retired people, those of lower social classes, and those with lower educational attainment are less likely to volunteer.
- The proportion of young and middle-aged people with disabilities, who volunteer, is higher than among people without disabilities.

⁷ Prompted with a list of activities.

Live sporting events

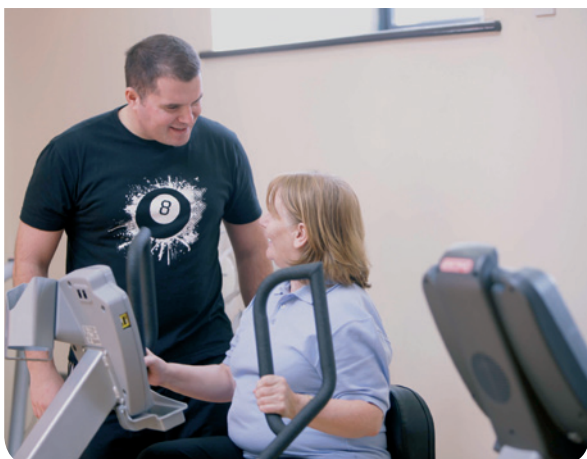
KPI 7: 37% of adults in Northern Ireland have attended at least one live sporting event in Northern Ireland in the last 12 months.

- One in five (19%) has attended at least one event outside of Northern Ireland.
- Women, older people, unemployed people, people with disabilities, and lower social classes are significantly less likely to attend live sporting events both in and outside of Northern Ireland.
- People from a Roman Catholic community background are more likely to attend events in the Republic of Ireland, while those with a Protestant background are more likely to visit sporting events in England.

Satisfaction with sports provision

KPI 8: 62% of adults in Northern Ireland are satisfied with sports provision in their local area.

- Seven in ten adults are satisfied with sports provision in Northern Ireland, while just 10% are dissatisfied.
- Satisfaction with sports provision in the local area is lower, with 62% of adults saying they are satisfied and 20% dissatisfied.
- Dissatisfaction with local provision of sport is strongly related to the proximity of facilities.
- Levels of satisfaction are highest for the overall maintenance and accessibility of sport and leisure provision.
- Satisfaction is lowest with regard to opening times and costs.
- Levels of satisfaction are lower among women, older people, unemployed people, those with no qualifications, people with disabilities, and people of lower social classes. However, it is unclear if these levels of satisfaction reflect a lower interest in sport in general, or if there is a causal relationship between satisfaction and participation.



THERE IS A STRONG EVIDENCE BASE TO SHOW THAT IMPROVEMENTS IN DIET AND TAKING MORE EXERCISE ARE THE TWO MOST SIGNIFICANT FACTORS IMPACTING ON LEVELS OF OVERWEIGHT AND OBESITY IN THE POPULATION.

Introduction and scope of the research

Chapter 1 briefly outlines the background and scope of SAPAS.

BACKGROUND

- 1.1** This report sets out the key findings from a baseline survey to establish levels of participation in sport and physical activity in Northern Ireland. The research was conducted between July 2009 and August 2010 by Ipsos MORI on behalf of Sport Northern Ireland, and its partner organisations involved in the research.
- 1.2.** In line with the recommendations made in 'Game Plan', a joint Department of Culture, Media and Sport (DCMS) and Strategy Unit report published in December 2002⁸, Sport Northern Ireland is committed to building on and improving the evidence base for sport. This includes putting in place national and regional surveys that will deliver robust measures of its success in driving up participation in sport and recreational activity.
- 1.3.** A number of other key policy developments have emerged that have raised the profile and importance of sport and physical activity as a contributor to improving public health. The Wanless Report⁹ (February 2004) makes reference to the importance of promoting lifestyle change, while the CMO's Report¹⁰ makes reference to the importance of establishing a lifetime physical activity habit.

⁸ Game Plan: A strategy for delivering government's sport and physical activity objectives, DCMS / Strategy Unit, December 2002.

⁹ Securing Good Health for the Whole Population, The Wanless Report, February 2004.

¹⁰ At least five a week: Evidence on the impact of physical activity and its relationship to health, a report from the CMO Department of Health, April 2004.

- 1.4.** All of these policy developments have taken place in parallel with increasing concern expressed by the medical profession, media and politicians of the impending 'obesity timebomb' and its implications for public health. There is a strong evidence base to show that improvements in diet and taking more exercise are the two most significant factors impacting on levels of overweight and obesity in the population.
- 1.5.** But why do we need to measure participation levels? Both Game Plan and the Wanless Report refer to the need for a system for monitoring participation in sport and physical activity across the population. Wanless goes so far as to suggest that progress against targets needs to be reviewed annually at national and local level. The extensive consultation with key stakeholders carried out by the DCAL and Sport Northern Ireland in developing Sport Matters highlighted the need for a robust monitoring and evaluation framework to provide the evidence base that will identify baselines and track progress towards the longer-term vision of Sport Matters. In particular, Sport Matters contains a specific target that relates to the development of SAPAS:
- "By 2009, to have agreed and commenced implementation of a revised research framework for participation rates that is cognisant of the recommendations of the Chief Medical Officer¹¹ in the UK."**
- 1.6.** Underpinning the strong stakeholder support for research at a local level is the recognition that an absence of reliable and timely data would result in local policy and practice being driven forward without any reference to objective evidence of its impact in changing behaviour across the population. Robust, consistent and comparable data across Northern Ireland measured at sub-regional level (11 consortia of district councils) is needed, particularly on participation levels in sport and physical activity, volunteering, coaching and club membership, and barriers to participation.
- 1.7.** The results from SAPAS will be used as the benchmark against which to review existing targets and key steps in the implementation of Sport Matters.

¹¹ The CMO recommends that, for general health benefit, adults should achieve a total of at least 30 minutes a day of at least moderate intensity physical activity on five or more days of the week.

RESEARCH OBJECTIVES

- 1.8.** The specific aim of this research is to ‘provide statistically robust data on participation, club membership, volunteering, coaching, attitudes to sport and physical activity, spectating, expenditure in sport and physical activity amongst a representative Northern Ireland sample of adults (16 years and over), in order to reliably enhance our understanding of sport and physical activity behaviour patterns and determinants across the population.’
- 1.9.** In order to address this aim, a number of specific research objectives were set:
- To assess the type and frequency of participation in sport and physical activity within the last seven days, the last 28 days and the last 12 months across four life domains (home, work, getting about, and sport and recreation);
 - To ascertain the intensity of participation to enable a distinction between moderate and vigorous activity;
 - To assess the length and duration of participation (within a minimum measure of 10 minutes);
 - To identify attitudes towards physical activity;
 - To determine levels of club membership, receiving instruction or coaching and involvement in competitive sport;
 - To identify levels of involvement in sport as a volunteer;
 - To provide attitudinal measures to include barriers, constraints and motivational factors;
 - To assess levels of satisfaction with local sports provision;
 - To measure spectating in sport and physical recreation;
 - To measure lifestyle factors associated with public health outcomes including self-reported BMI, fruit and vegetable consumption, smoking, and perceived happiness; and
 - To capture socio-demographic data comparable with the Census, including social class, disability, age and gender.

KEY PERFORMANCE INDICATORS

1.10. This report presents data against the eight Key Performance Indicators (KPI) established for the research (see Key Terms and Definitions at Appendix 2).

Table 1:

KPI	Item	Description
KPI 1	Physical activity	The proportion of adults participating in at least 30 minutes of at least moderate intensity ¹² activities per day (which can be made up of bouts of at least 10 minutes) on at least five days in the last seven days. This definition is derived from the Chief Medical Officer's recommendation with regard to physical activity.
KPI 2	Sport participation	The proportion of adults participating in sporting activities of at least moderate intensity in the last seven days (for at least 30 minutes in duration).
KPI 3	Club membership	The proportion of adults having been a member of at least one club in which they can participate in sport or physical activity in the last four weeks.
KPI 4	Competitions	The proportion of sports participants ¹³ having taken part in at least one organised sporting competition in the last 12 months.
KPI 5	Coaching	The proportion of sports participants having received coaching in the last 12 months.
KPI 6	Volunteering	The proportion of adults having carried out any sports voluntary work without receiving any payment except to cover expenses in the last 12 months. This includes, for example, helping to run an event, raising money, providing transport, coaching or mentoring but not the time spent solely supporting family members ¹⁴ .
KPI 7	Live sporting events	The proportion of adults having attended at least one live sporting event in Northern Ireland in the last 12 months.
KPI 8	Satisfaction with sports provision	The proportion of adults satisfied with sports provision in their local area.

¹² Raising the breathing rate.

¹³ Sport participants are defined as those who participated in any sport in the last 12 months.

¹⁴ This further explanation was provided to the respondents.



“THE COMPLEX NATURE OF THE QUESTIONNAIRE REQUIRED INPUT ACROSS A RANGE OF SECTORS.”

Methodology

Chapter 2 provides a summary of the SAPAS methodology. More details are provided in a separate technical report, which is available to download at www.sportni.net.

THE QUESTIONNAIRE

- 2.1** This survey was specifically developed for use in Northern Ireland and included specific questions relating to sport and physical activity in areas such as volunteering, coaching, satisfaction and spectating.
- 2.2** It collected data on frequency, intensity and duration of physical activity across four life domains. Respondents were asked to recall the total time spent on light, moderate or vigorous intensity physical activity across the domains of home, work, getting about, and sport and recreation over the last seven days.
- 2.3** The survey also included questions relating to several health-related variables, including: smoking behaviour, alcohol consumption, fruit and vegetable consumption, perceived health and well-being, and self-reported BMI.
- 2.4** The complex nature of the questionnaire required input across a range of sectors and required the engagement of a number of key partner organisations to ensure that the data gathered would be suitable for use by all partners. Therefore, a Project Steering Group was established to oversee the questionnaire design and the implementation of the research as a whole. Key to the success of the questionnaire was the cognitive testing and pilot interviewing phase.

- 2.5** In total, 30 cognitive testing interviews were carried out by Ipsos MORI in Belfast. Respondents were selected with regard to gender, age, work status and their level of sport participation, in order to ensure the questionnaire was tested with a wide range of members of the general public.
- 2.6** After the cognitive testing, 50 pilot interviews were conducted with members of the general public across Northern Ireland in order to test the questionnaire under real-life conditions.
- 2.7** The average questionnaire completion time was 28 minutes.

FIELDWORK

- 2.8** All interviews were conducted using CAPI. In total, 4,653 interviews were conducted between 23 July 2009 and 10 August 2010. Fieldwork was, as far as possible, spread evenly across this period, on all days of the week and at different times of the day.
- 2.9** A three-stage process was used to construct a random probability sample:
- A random selection of Electoral Wards within each Local Government District to define Primary Sampling Units (PSUs);
 - A random selection of output areas for each PSU; and
 - A random selection of addresses from each of the selected output areas using the Royal Mail's Postal Address File.

- 2.10** The 'last birthday rule' was applied to randomly select an individual aged 16 years and over within each selected household, regardless of whether or not this person happened to be at home at the time of this initial call.
- 2.11** Booster samples were conducted in Belfast and Derry Local Government Districts. For each of these areas separate reports are available to download at www.sportni.net.
- 2.12** The overall response rate was 55%.

WEIGHTING

- 2.13** The data were weighted by seasonality and key demographics using 2009 mid-year population estimates compiled by the Northern Ireland Statistics and Research Agency (NISRA).
- 2.14** Weighting involved a two-step process. First, design weights were calculated to account for the random selection of households and individuals within selected households. Second, non-response weights were calculated using rim weighting. This was done for each season in turn.



“EXPERTS AGREE THAT ADULTS SHOULD ACCUMULATE AT LEAST 30 MINUTES OF MODERATE ACTIVITY ON MOST DAYS OF THE WEEK.”

Policy and strategic context

Chapter 3 presents a brief overview of the policy and strategic context within which SAPAS was developed.

- 3.1** The key document relating to sport in Northern Ireland, Sport Matters, was launched by DCAL, in partnership with Sport Northern Ireland. It outlines the government’s commitment to sport and physical recreation. The Strategy established the key priorities for the future development of sport and physical recreation in Northern Ireland and informs the direction of future investment¹⁵ underpinning three areas: participation, performance and places.
- 3.2** Sport Matters underpins the development of sport and physical recreation in Northern Ireland and highlights the need for focused cross-departmental action in relation to policies on health, education, the economy and the development of communities. Sport Matters proposes a vision of **‘a culture of lifelong enjoyment and success in sport’** to be realised through a range of commitments, from government working through Sport Northern Ireland and in partnership with a variety of public, private, sporting, and community organisations.
- 3.3** It reiterates that the development of sport and physical recreation in Northern Ireland needs to be cognisant of recent significant advances in sports development thinking. In particular the strategy articulates the Lifelong Learning in Sport and Physical Activity (LISPA) conceptual framework. A key theme in Sport Matters is ‘the cost of doing nothing’. Making use of a wide evidence base, Sport Matters outlines the impact of increasing levels of overweight, obesity and physical inactivity.

¹⁵ http://www.dcalni.gov.uk/index/sport/sport_matters.htm

- 3.4** Sport Matters highlights the need for a robust monitoring and evaluation framework to provide the evidence base that will identify baselines and track progress towards the longer term vision of the strategy. SAPAS provides a mechanism for monitoring progress against many of the high-level targets detailed within Sport Matters.

RELEVANT HEALTH-RELATED POLICIES AND STRATEGIES

- 3.5** Experts agree that adults should accumulate at least 30 minutes of moderate activity on most days of the week. Regular physical activity has many important public health benefits¹⁶. It can help:
- Control weight;
 - Reduce risk of cardiovascular disease;
 - Reduce risk of type 2 diabetes and metabolic syndrome;
 - Reduce risk of some cancers;
 - Strengthen bones and muscles;
 - Improve mental health and mood; and
 - Increase chances of living longer.
- 3.6** However, there is a great deal of evidence that most people in Northern Ireland are not sufficiently active to obtain a general health benefit. For example, the 2005-06 Northern Ireland Health and Wellbeing Survey found that only 30% of adults take above the recommended level of physical activity of at least 30 minutes per day on five days of the week. Men (33%) were more likely than women (28%) to have taken above the recommended level of physical activity. The highest proportion of adults taking above the recommended level of physical activity was reported in the 25-34 age group (38%), falling to 13% in those aged 75 and over¹⁷.
- 3.7** The core strategy emanating from the Department of Health is Investing for Health¹⁸, the cross-departmental public health strategy, introduced in 2002, which aimed to tackle the wide range of complex and inter-related factors that can impact on the health of the population. The strategy contained a framework for action based on multi-sectoral partnership working amongst government departments, public bodies, local communities, voluntary bodies, city and district councils, and social partners. The strategy aims to improve life expectancy across the population and to reduce health inequalities with a particular focus on the most disadvantaged in Northern Ireland.

¹⁶ <http://www.cdc.gov/physicalactivity/everyone/health/index.html>

¹⁷ http://www.dhsspsni.gov.uk/hwb_topline_bulletin.pdf

¹⁸ Investing for Health, 2002 - present and update reports.

- 3.8** Within the broader health agenda the Fit Futures Task Force (2006),¹⁹ which was set up to review, inter alia, the factors that impact on the levels of overweight and obesity, recommended that:
- “Government Departments and agencies should establish a common vision for physical activity and its role in delivering government objectives. This vision should include agreed targets to increase participation in quality physical activity, including sport and leisure, active play and active travel and improve levels of physical skills among children and young people.”
- 3.9** In 2008 the Department of Health, Social Services and Public Safety established the Obesity Prevention Steering Group (OPSG) to oversee the implementation of Fit Futures and to develop an overarching strategic framework for the prevention of overweight and obesity in the rest of the population. In December 2010, the Department consulted on the ‘A Fitter Future for All: An Obesity Prevention Framework for Northern Ireland 2011-2021’.
- 3.10** This Framework was developed to incorporate the whole population of Northern Ireland and will contain short, medium and long-term outcomes which will help tackle being overweight and obesity throughout the ‘life course’.
- 3.11** The OPSG is expanding the Fit Futures recommendations to take into consideration the whole ‘life course’. Individual areas such as ‘food and nutrition’ and ‘physical activity’ will also be taken forward by three cross-sectoral advisory groups:
- Physical Activity;
 - Food and Nutrition; and
 - Data and Research.
- 3.12** Sport Northern Ireland is engaged as a member of the Physical Activity and Data and Research advisory groups, and will be a key delivery agent for some of the actions outlined in the obesity prevention framework for Northern Ireland. In particular, SAPAS will be used as a surveillance tool to monitor the progress against the targets identified within the Framework.

¹⁹ <http://www.dhsspsni.gov.uk/ifh-fitfutures.pdf> - Page 91.

THE REVIEW OF PUBLIC ADMINISTRATION IN NORTHERN IRELAND

- 3.13** A key impact of the Review of Public Administration (RPA) is the reorganisation of local government.²⁰ As well as proposals for reducing the number of councils from 26 to 11, RPA called for closer working relationships between councils and other public bodies. For Sport Northern Ireland the key driver for this will be the new role of councils to target well-being, providing opportunities for Sport Northern Ireland's investments to be aligned to councils' work programmes and other stakeholders through community planning. SAPAS provides data at a Northern Ireland level and at sub-regional level aligned to the proposed 11b Model of RPA. Sub-regional reports are available to download at www.sportni.net.
- 3.14** In the broader health context, following RPA, the PHA²¹ was established in April 2009. It has responsibility for health protection; health and social well-being improvement, including addressing existing health inequalities; public health support to commissioning and health and social care research. As a result, it incorporates responsibilities previously carried out by Health and Social Boards, Health Action Zones and the Health Promotion Agency. The PHA drives the public health and social well-being agenda, not just with health and social care, but with local government, other statutory organisations and the community and voluntary sectors.

KEY RESEARCH/ISSUES

- 3.15** A key issue during the development of SAPAS was the growing levels of being overweight and obesity across the population. In Northern Ireland, and the UK as a whole, there has been a significant increase²² in reported figures, with data from the Continuous Household Survey indicating that people in general are becoming more sedentary²³.
- 3.16** Research carried out by DCAL suggests that increasingly busy lifestyles and the ageing nature of the population are key barriers to participation²⁴.

²⁰ The Review of Public Administration (RPA) was put on hold after an emergency Executive meeting on 14 June 2010 failed to agree a way forward. Whilst the changes have been delayed to 2015, Sport Northern Ireland are still working on the 11b model for the investment of the Active Communities Programme.

²¹ <http://www.publichealth.hscni.net/about-us>

²² http://www.bis.gov.uk/assets/bispartners/foresight/docs/obesity/obesity_final_part1.pdf
Committee for Health, Social Services and Public Safety, Inquiry into Obesity http://www.niassembly.gov.uk/health/2007mandate/reports/report10_09_10R_.htm

²³ http://www.dcalni.gov.uk/chs_sports_bulletin_200910.pdf

²⁴ http://www.dcalni.gov.uk/barriers_to_participation_in_culture_arts_and_leisure_-_final_report.pdf

3.17 Economic barriers and the effect of the global recession on participation in sport and physical activity are also issues for consideration. Research by DCAL, for example, indicated that 7% of respondents stated that they participated in sports activities or used sports facilities that have an associated financial cost less in the last year than the previous 12 months.²⁵ Horgan and Monteith (2009) reported that that levels of persistent poverty in Northern Ireland (21% before housing costs) is double that in Great Britain (9%).

3.18 As noted in Table 2 below, a number of groups are underrepresented in sport and physical activity participation including females, older people and those with a limiting/long-standing illness.

Table 2: Participation in any sport during last 12 months (2009/10)²⁶

Profile of respondent	% of respondents participating	Base number of respondents
All respondents	46	3583
Male	54	1494
Female	41	2089
Aged 16-24	71	314
Aged 25-34	68	546
Aged 35-44	62	672
Aged 45-54	42	665
Aged 55-64	35	561
Aged 65+	21	825
Catholic	45	1413
Protestant	47	1907
Other religion/none	53	215
Has limiting long-standing illness	23	897
Does not have limiting long-standing illness	54	2685

²⁵ http://www.dcalni.gov.uk/economic_downturn_-_omnibus_may_2009_-_report_results_-_final-6.pdf

²⁶ http://www.dcalni.gov.uk/sports_bulletin_final-2.pdf



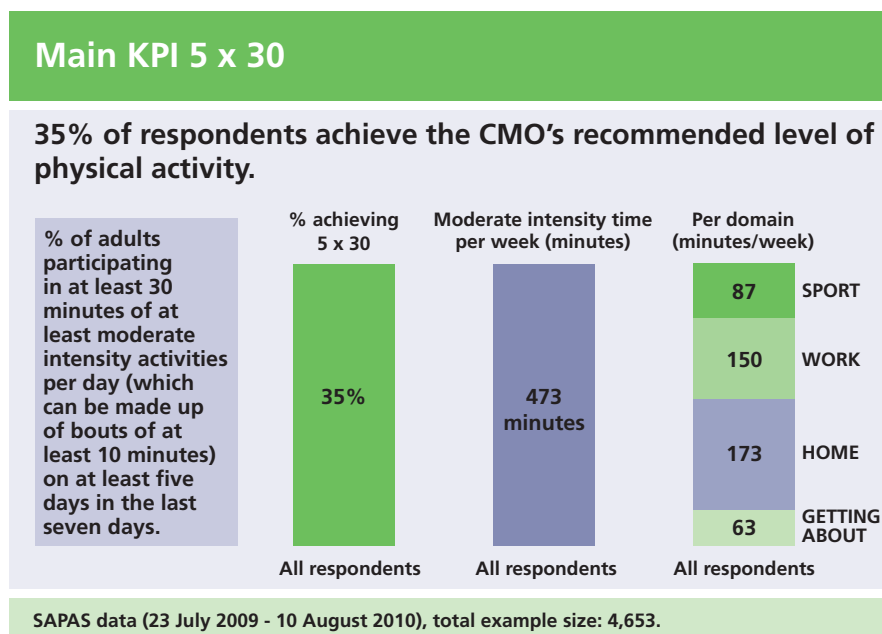
“THE AMOUNT OF TIME MEN PARTICIPATE IN AT LEAST MODERATE INTENSITY SPORT ACTIVITIES IS ALMOST DOUBLE THAT FOR WOMEN.”

Levels and sources of physical activity

Chapter 4 outlines the findings against KPI 1 and data analysis by level and sources of physical activity, demography and health related aspects.

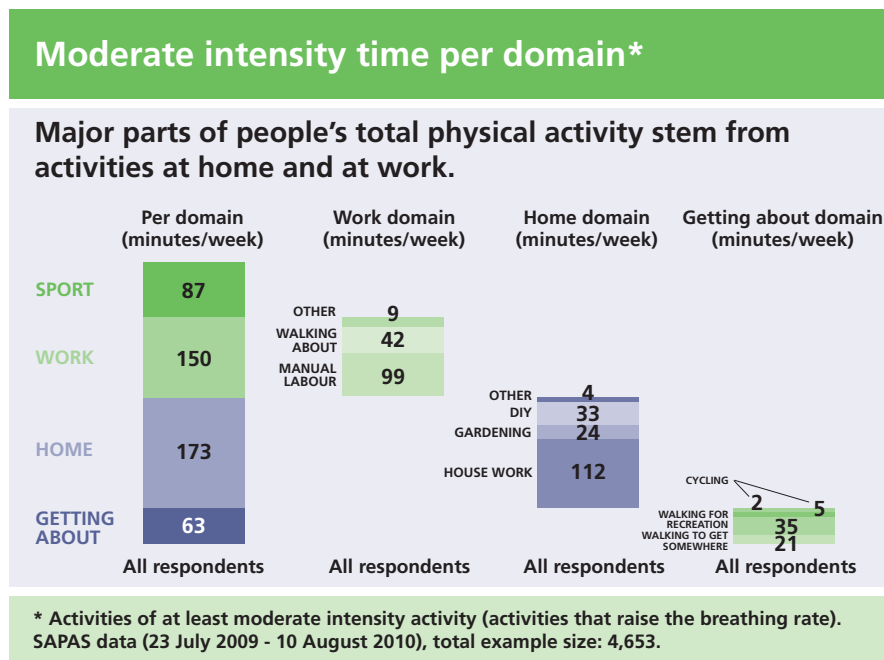
- 4.1 The results of the survey, demonstrated in figure 1 below, show that 35% of Northern Ireland’s adult population achieves the levels of physical activity recommended by the CMO of participating in at least moderate intensity activities for at least 30 minutes on at least five days per week.
- 4.2 On average, adults spend just over eight hours (473 minutes) per week on physical activities that raise the breathing rate. Most time is spent on physical activities at home (173 minutes), followed by activities at work (150 minutes). Sporting activities come third with 87 minutes per week and 63 minutes stem from getting about activities.

Figure 1



4.3 Figure 2 highlights that, in the home domain, housework is the most important contributor to people’s physical activity (112 minutes), followed by DIY (33 minutes) and gardening (24 minutes). The most important activities in the work domain are manual labour (average time per week: 99 minutes) and walking about (42 minutes). Walking for recreation (35 minutes) and walking to get somewhere (21 minutes) are important in the getting about domain.

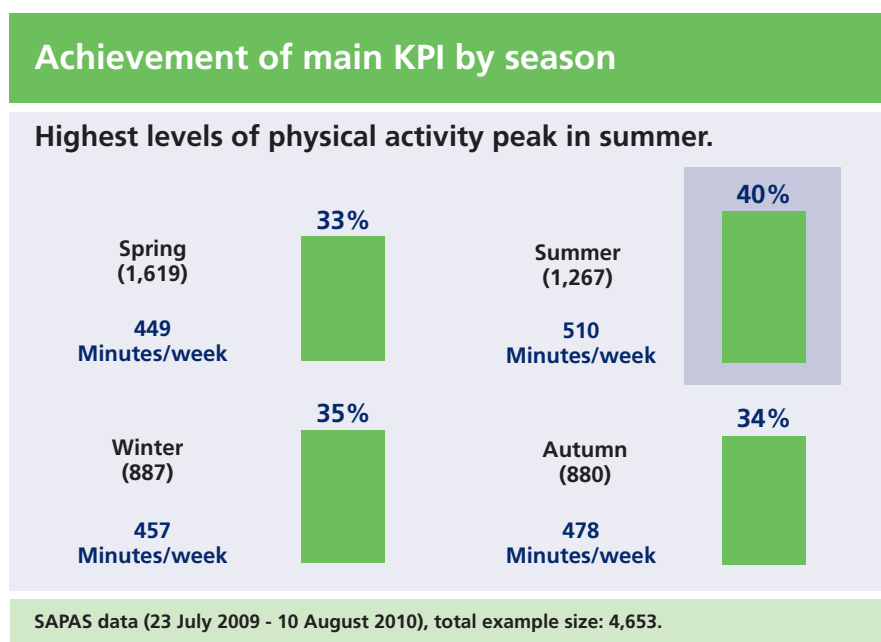
Figure 2



4.4 Levels of physical activity peak in summer with 40% of the adult population achieving the CMO’s recommended levels at this time of the year. This is also reflected in the average number of minutes spent on at least moderate intensity physical activities per week (510 minutes) which is higher in summer than in other seasons (spring: 449 minutes; autumn: 478 minutes; and winter: 457 minutes).

4.5 Figure 3 demonstrates that activity levels in the getting about, sport and home domain are highest in summer time (73/105/189 minutes respectively). The higher home domain activity levels in summer are mainly due to more time spent on gardening and DIY activities.

Figure 3

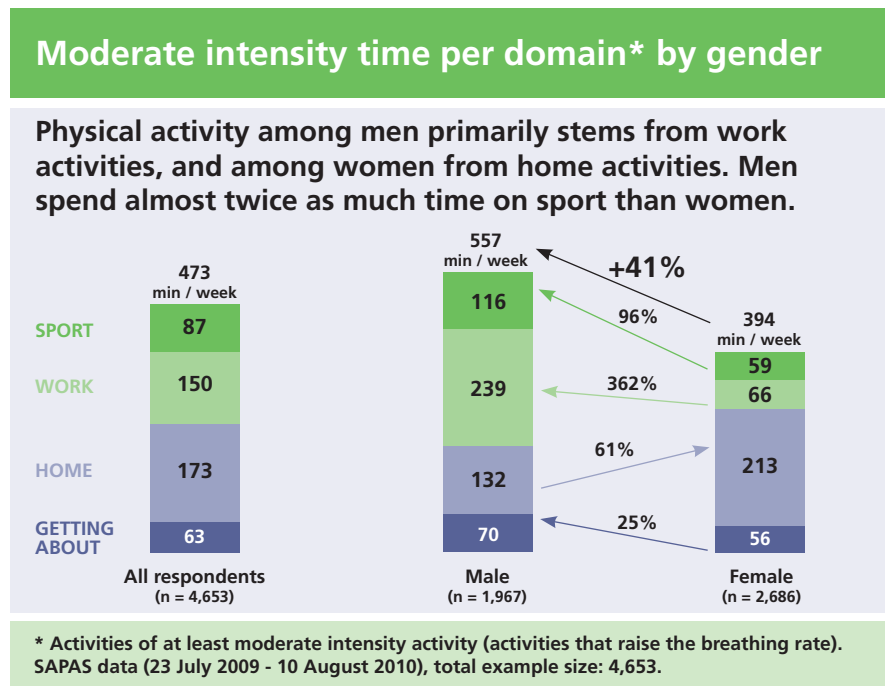


GENDER

4.6 Men are significantly more active than women. On average, men spend 557 minutes per week engaging in at least moderate intensity activities, compared to an average of 394 minutes among women.

4.7 Figure 4 highlights that there are also striking differences when analysing physical activity by domain. The amount of time men participate in at least moderate intensity sport activities is almost double that for women (116 minutes compared to 59 minutes per week). This gap is evident in all age groups and most significant among young people with men aged under 30 participating 178 minutes, compared to 89 minutes for women.

Figure 4



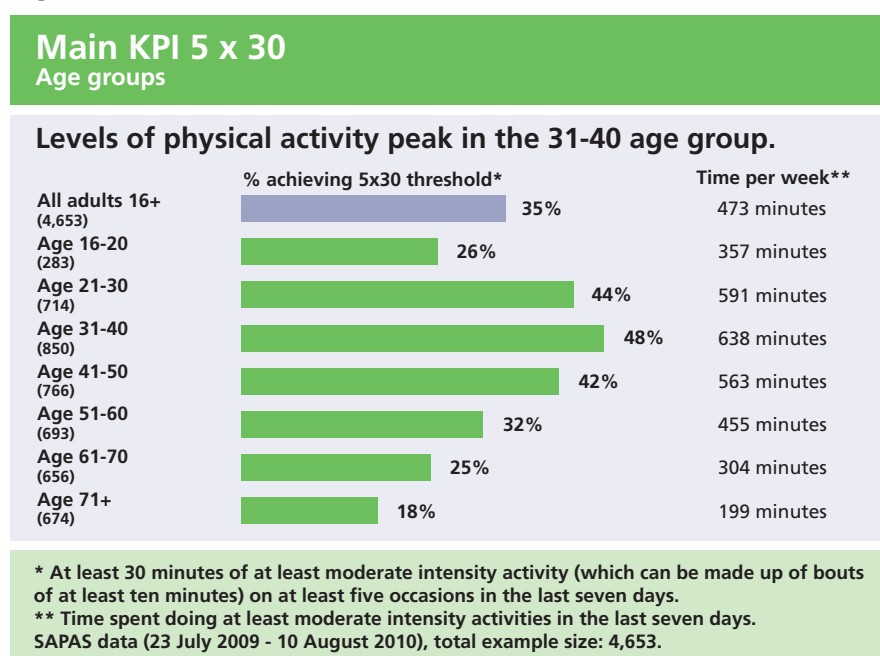
- 4.8** The gender difference with regard to the work domain is even greater, with 239 minutes spent on at least moderate intensity activities among men, compared to only 66 minutes among women. This is in line with a higher proportion of men working in general (60% compared to 49%) and doing manual labour (22% compared to 9%).
- 4.9** Men also spent more time on average on getting about activities than women (70 minutes compared to 56 minutes). There is no significant difference with regard to walking activities (e.g., 51% of men have walked for recreation in the last seven days compared to 49% of women). However, there is a considerable gap with regard to cycling activities with 7% of men cycling for recreation compared to 1% of women and 4% cycling to get somewhere compared to 0.2% of women.
- 4.10** The major source of women’s physical activity is the home domain, with 213 minutes spent on average undertaking activities that raise the breathing rate (men: 132 minutes). Within the home domain housework is the most important contributor for women (180 minutes compared to 41 minutes among men). In contrast, men’s physical activities in the home domain primarily stem from DIY and gardening activities (DIY: 54 minutes compared to 13 minutes among women; and gardening: 31 minutes compared to 18 minutes).

AGE

4.11 Levels of physical activity are higher in middle age groups and peak in the age group 31-40 years with 48% achieving the CMO's recommendation²⁷.

4.12 People's physical activity levels decrease steadily once they reach the age of 40, with an average time of at least moderate intensity activities dropping from 638 minutes, (31-40 years) to 199 minutes among people over 70 years as demonstrated in figure 5. Levels of physical activity in the youngest age group 16-20 almost mirror the activity levels among people aged 61-70 as shown in the figure below.

Figure 5



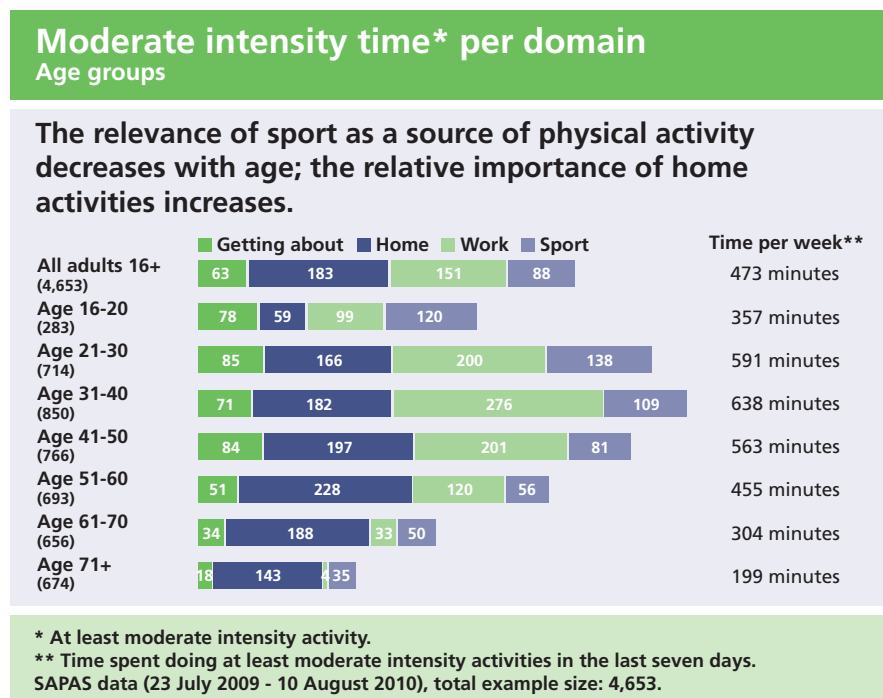
4.13 Sport is the most important contributor to overall physical activity levels in younger age groups, but this contribution is not sustainable when people grow older. Once people reach the age group 41-50, the average time spent on sport declines considerably.

4.14 There is also a strong relationship between people's age and the relevance of the home domain. In the youngest age group 16-20, activities in the home account for 17% of the overall time spent on physical activities (59 minutes per week of 357 minutes in total). This increases to 72% in the oldest age group (143 minutes of 199 minutes).

²⁷ Participating for 30 minutes in at least moderate intensity activities on at least five days per week.

- 4.15 The work domain plays an important role for men aged between 21 and 50, especially in the age group 31-40 years.
- 4.16 Figure 6 highlights that the time spent on getting about activities is relatively stable across age groups between 16 and 50 years before it significantly decreases when people become older.

Figure 6



WORKING STATUS AND EDUCATIONAL ATTAINMENT

- 4.17 On average, people who work are most active, with 42% achieving the 5x30 threshold and an average time of 622 minutes per week spent on at least moderate intensity physical activities.
- 4.18 The major contributor is the work domain (275 minutes), but the time spent on sport and home activities is also higher among working people than among other groups. For example, the amount of sport engaged in by working people is considerably more than that of unemployed people (110 minutes compared to 70 minutes), despite a similar average age.

- 4.19 Among retired people, the most important domain is the home domain (154 minutes) which is in line with what has been described earlier for older people.
- 4.20 Among students, sport and getting about are most relevant (145 minutes and 96 minutes respectively).
- 4.21 Figure 7 demonstrates that levels of physical activity are low in all four domains among unemployed people, given that their age structure is not much different to working people (average age 39 for both groups).

Figure 7

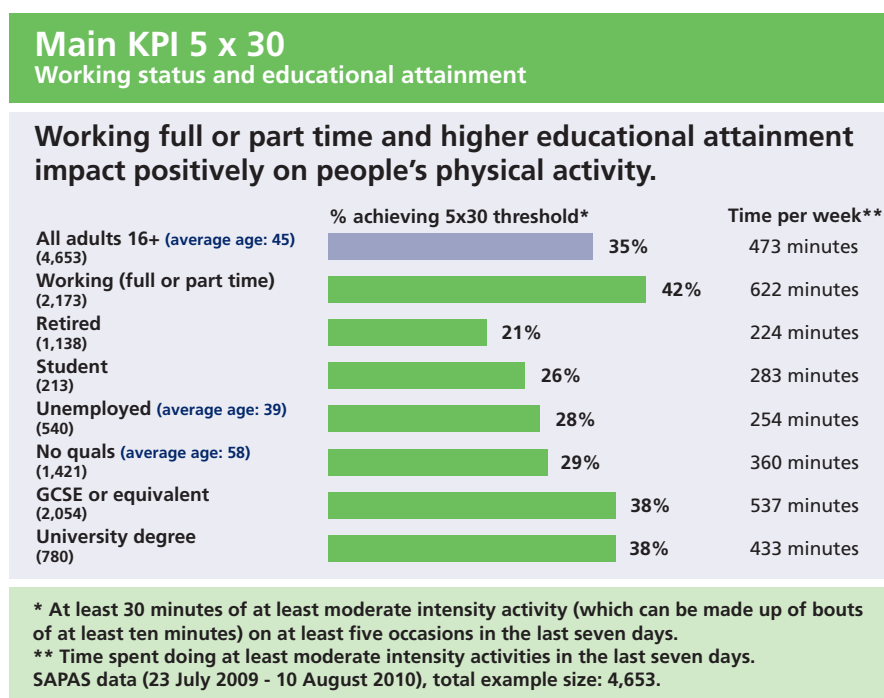
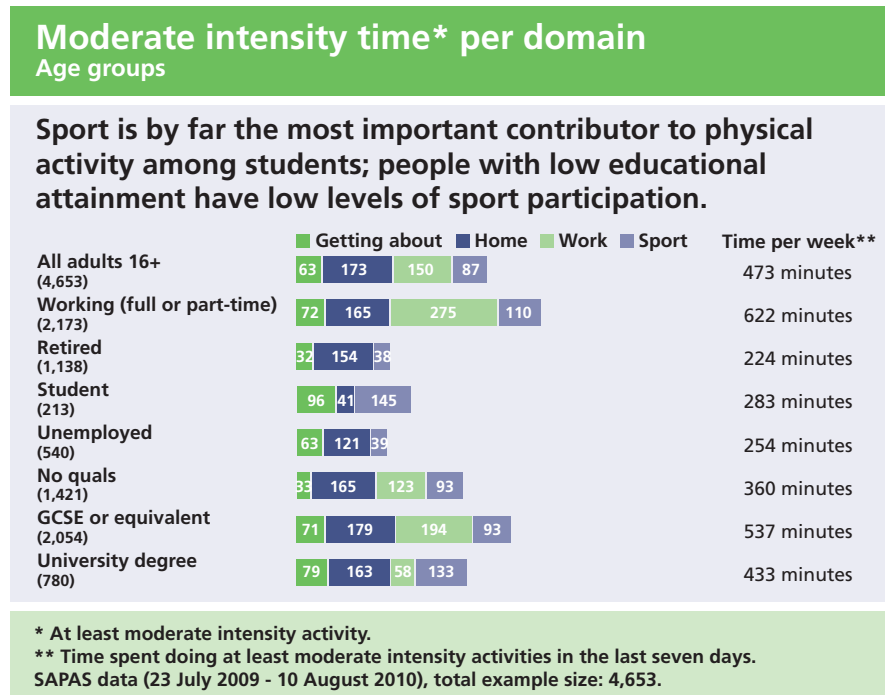


Figure 8



- 4.22** Apart from working status, people's educational attainment also plays an important role as shown in figure 8.
- 4.23** Only 29% of those without formal qualifications achieve the 5x30 threshold based on the CMO's recommendation. However, this is partly due to an older average age among this group (58 years), as age is an important factor influencing levels of physical activity in general.
- 4.24** The proportion of people with GCSE or equivalent qualifications and those with a university degree who achieve the threshold is the same (38%). Differences lie in the importance of the work domain, which is more relevant to those with GCSEs due to the manual labour, and in the sport domain, as people with higher qualifications participate more in sport on average.

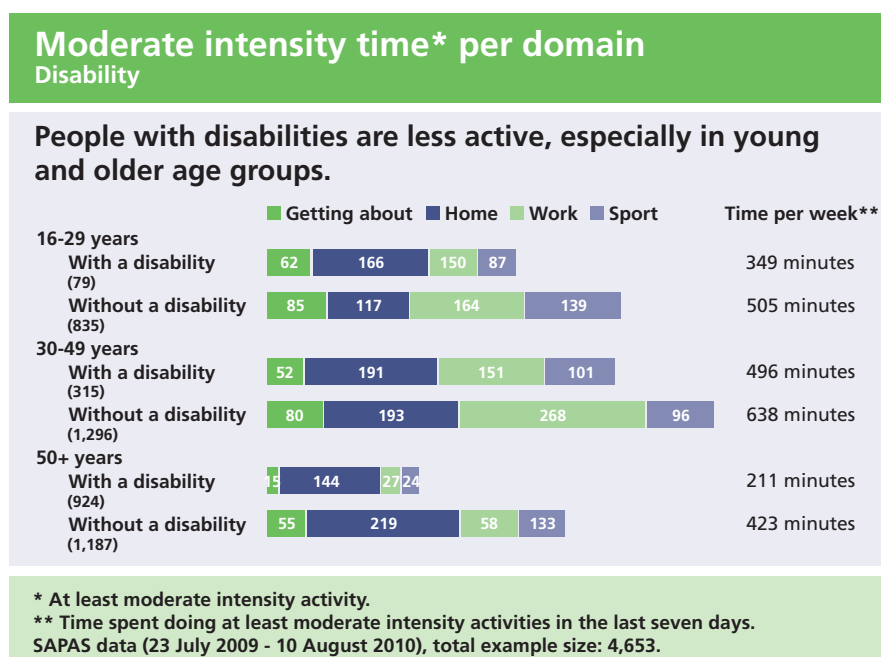
DISABILITY

- 4.25** People with disabilities²⁸ are significantly less active than average as shown in figure 9. Only 23% achieve the 5x30 threshold based on the CMO's recommendation.

- 4.26** On average, people with disabilities spent 292 minutes on at least moderate intensity activities per week, compared to 529 minutes amongst adults without a disability.

- 4.27** This is partly due to the fact that people with disabilities are older than average (55 years) and the fact that participation in physical activity declines with age. However, when comparing the average time spent on physical activities for separate age groups, the differences are still considerable as shown in figure 9 below.

Figure 9



²⁸ Including long-standing infirmity or illness.

- 4.28** Among young people with disabilities the most important domain is the home domain, while the work and sport domains are of lower importance than for people without disabilities.
- 4.29** When comparing middle-aged people the difference lies primarily in the work domain, which is less relevant as a contributor for physical activity for people with disabilities in these age groups.
- 4.30** Among people aged older than 50, physical activity is significantly lower in all domains if they have a disability.

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 4.31** Adults living in deprived areas²⁹ are, on average, no less physically active than the overall adult population.
- 4.32** 36% of residents in deprived areas achieve the 5x30 threshold based on the CMO's recommendation (total adult population: 35%). The average time spent on at least moderate intensity physical activities is slightly higher than in the overall population (501 minutes compared to 473 minutes).
- 4.33** People of lower social classes are slightly less active than people of higher social classes. 38% achieve the recommended threshold among ABC1s versus 33% among C2DEs. The average time spent on activities is almost the same (474 minutes versus 477 minutes).
- 4.34** However, while these overall indicators are relatively similar, there are differences with regard to how the domains contribute to these overall levels of physical activity. Work, and especially manual labour, are much more relevant in deprived areas and lower social classes, while sport plays a more important role among higher social classes.

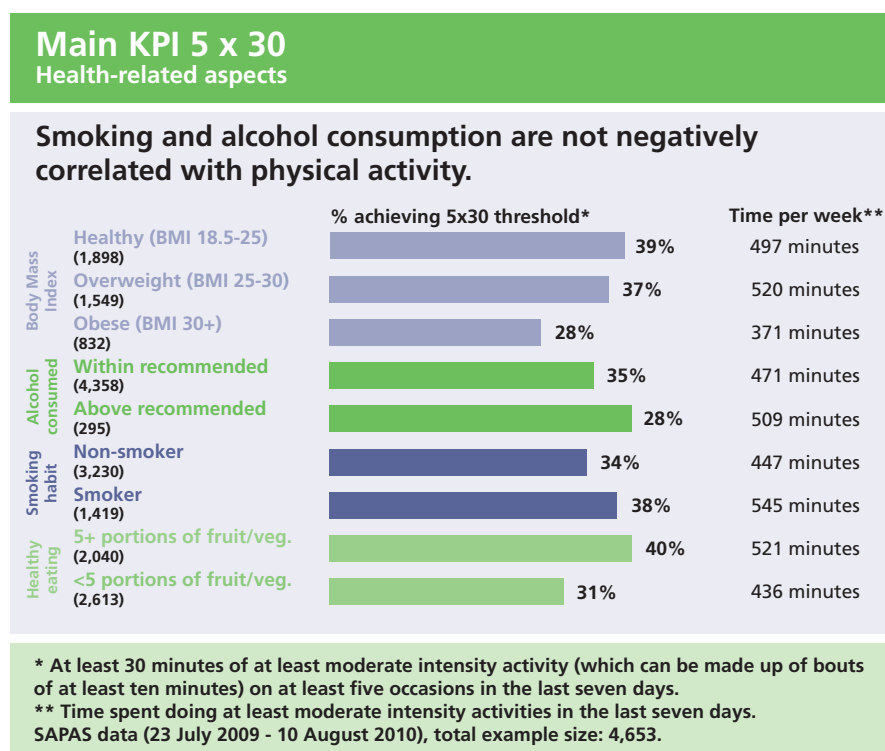
²⁹ Bottom third of wards ranked by Northern Ireland Multiple Deprivation Measure (NISRA, 2005).

HEALTH-RELATED ASPECTS

4.35 The intuitive assumption that a healthier lifestyle is related to higher levels of physical activity is not true for all analysed health-related aspects.

4.36 There is an inverse relationship between physical activity levels and people’s self-reported body mass index³⁰. 39% of adults with a healthy body mass index achieve the 5x30 threshold based on the CMO’s recommended threshold. This proportion decreases to 37% among the overweight and 28% among obese people. The link between healthy eating and physical activity is equally strong: 40% of those eating five or more portions of fruit or vegetables a day on average are sufficiently active, compared to 31% of those eating less healthily.

Figure 10

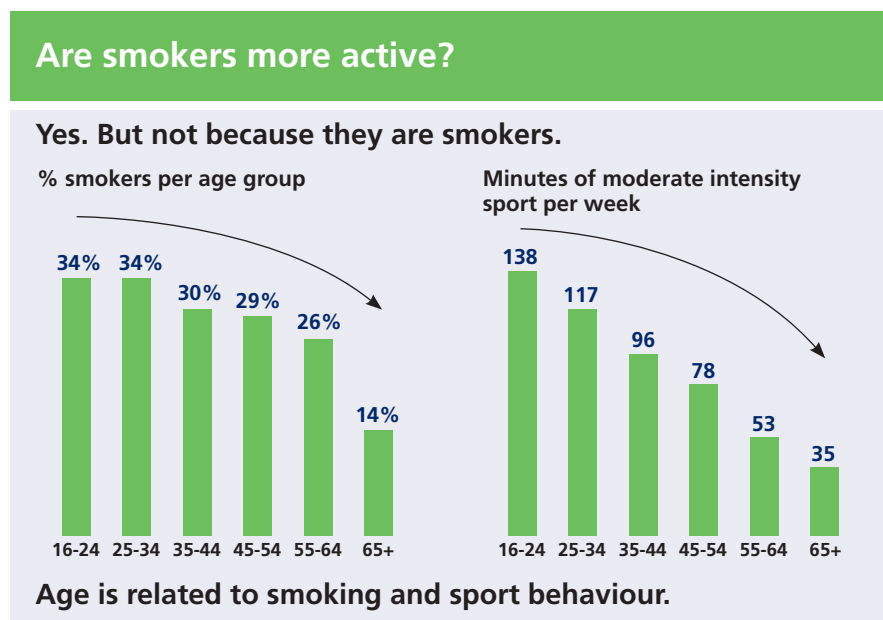


³⁰ BMI is a measure of body fat based on height and weight that applies to adult men and women. Underweight = <18.5; normal weight = 18.5-24.9; overweight = 25-29.9; obesity = BMI of 30 or greater.

4.37 However, figure 10 highlights the relationship between alcohol consumption and physical activity and challenges the assumption that being active goes hand in hand with a healthy lifestyle. In general, levels of physical activity are higher among those who consume more alcohol than recommended. A similar relationship exists between smoking and physical activity.

4.38 This is mainly due to other variables impacting on both activity levels and lifestyle. For example, alcohol consumption, smoking and physical activity are all strongly related to age. On average, young people drink more alcohol and more frequently than older people. They are more likely to smoke, but they are also more likely to participate in sport, as demonstrated in figure 11.

Figure 11



4.39 Gender is a third important variable, as men are more likely to drink more alcohol than recommended, but are also more active, especially in the sport and work domains.

4.40 Another example is the strong relationship between manual labour and smoking. 34% of manual workers smoke compared to 26% of non-manual workers, and this difference is even larger among young people (16-24 year olds: 50% smokers if working manually compared to 31% among others).

4.41 In conclusion, smokers and people who drink more alcohol are more active than other people because of a range of background variables impacting on activity levels and smoking/drinking behaviour.



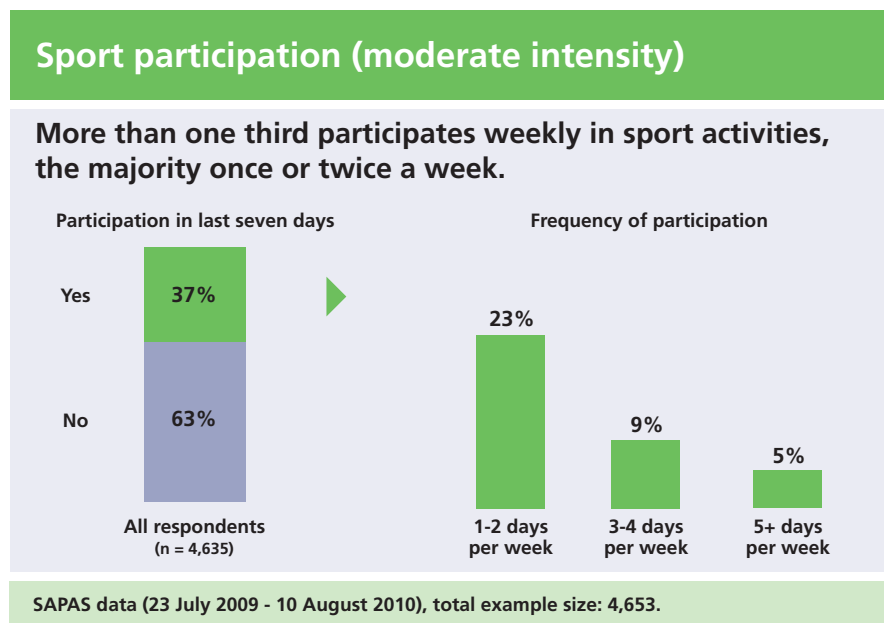
“**AGE IS ONE OF THE MAIN FACTORS RELATED TO PEOPLE’S PARTICIPATION IN SPORT.**”

Sport Participation

Chapter 5 outlines the findings against KPI 2 and data analysis by intensity, demography, motivators for and barriers to participation and health-related aspects. Information is also presented on nonparticipants.

- 5.1** As shown in figure 12, 37% of Northern Ireland’s adult population participated in at least 30 minutes of moderate intensity sport in the last seven days. This figure increases to 47% if walking and cycling for recreation are included.
- 5.2** 73% of adults have participated in a sport of any intensity and duration in the last 12 months and 53% participated in the last four weeks. Thirty-seven per cent of the adult population has participated in at least 30 minutes of moderate intensity sport in the last seven days.
- 5.3** If walking activities are excluded from the calculation, 63% of adults have participated in a sport of any activity and duration in the last 12 months. 49% have participated in the last four weeks and 34% of the adult population has participated in at least 30 minutes of moderate intensity sport in the last seven days.
- 5.4** Most participants take part in sport one or two days per week (23% of the population), 9% on three or four days and 5% on five or more days.

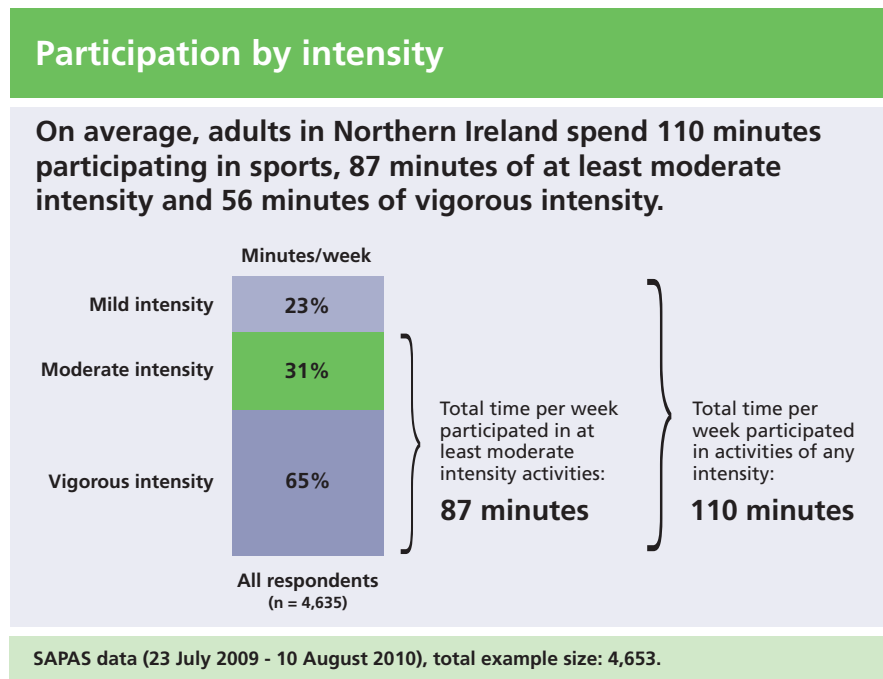
Figure 12



- 5.5** As expected, the number of participants in the last seven days is higher if mild intensity sport activities³¹ are counted as well, with 44% of the adult population having participated in any sport activity in the last seven days.
- 5.6** Figure 13 highlights that, on average, adults in Northern Ireland participate in sports (at any intensity) for 110 minutes per week. If only sport activities of at least moderate intensity which raise the breathing rate are counted, this figure decreases to 87 minutes, of which 65 minutes are of vigorous intensity (defined as making the participant out of breath or sweat).

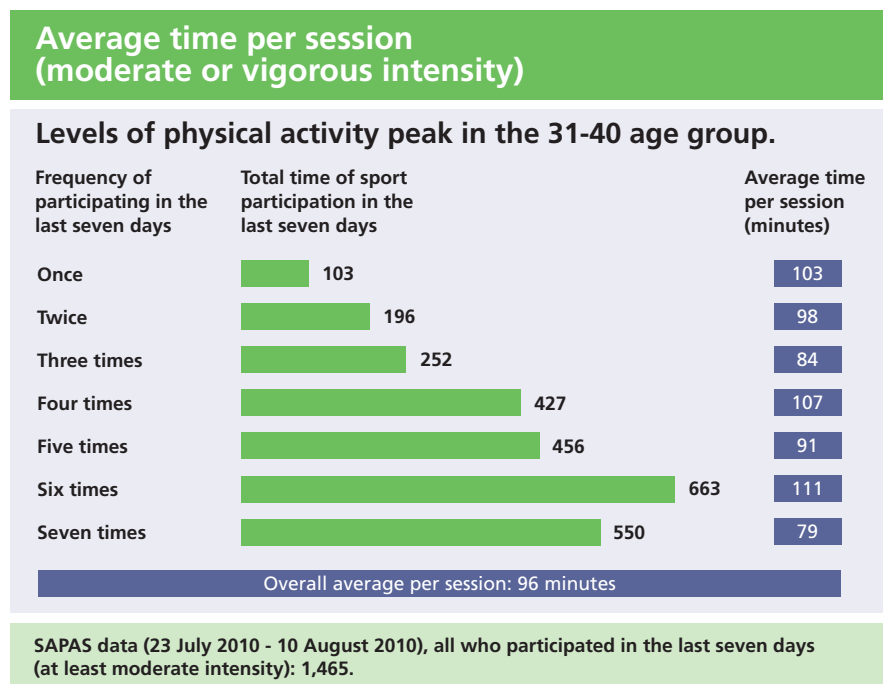
³¹ Sport activities that do not raise the breathing rate.

Figure 13



5.7 Figure 13a demonstrates that the average time per sport session³² is 96 minutes. The time per session is relatively independent from the frequency of participation per week as shown in figure 13a below.

Figure 13a

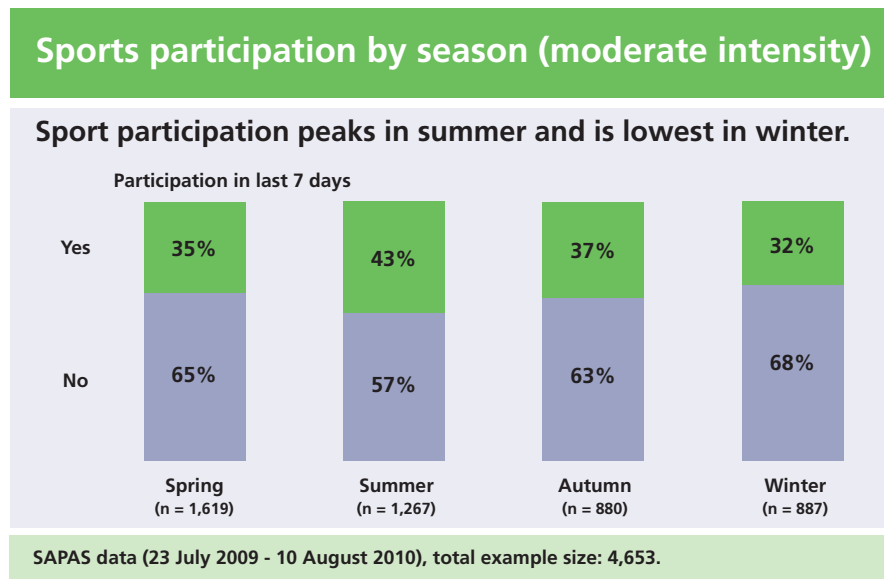


³² Moderate or vigorous intensity.

PARTICIPATION BY SEASON AND DAY OF THE WEEK

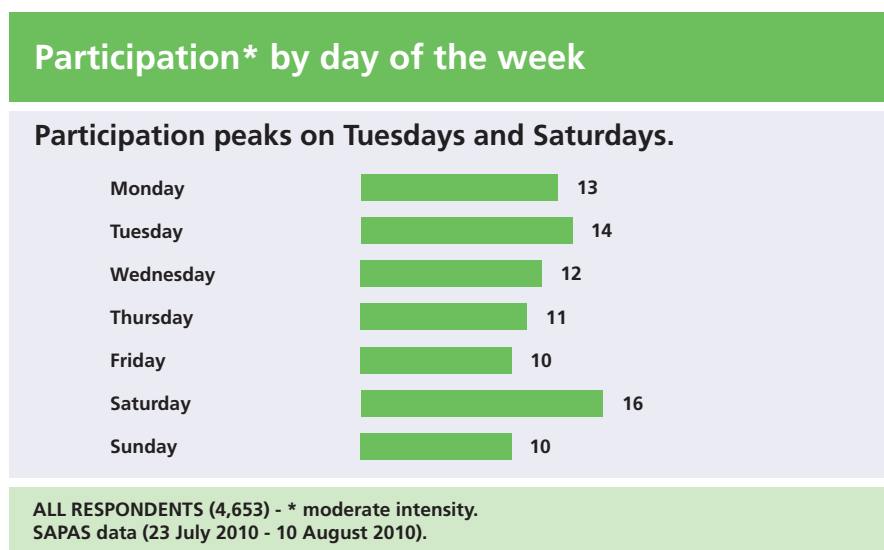
5.8 Sport participation peaks in summer (43% participated in any sport of moderate intensity in the last seven days) and is lowest in winter (32%) as shown in figure 14.

Figure 14



5.9 Figure 15 highlights most time for participating in at least moderate intensity sports is spent on Saturdays, followed by Tuesdays.

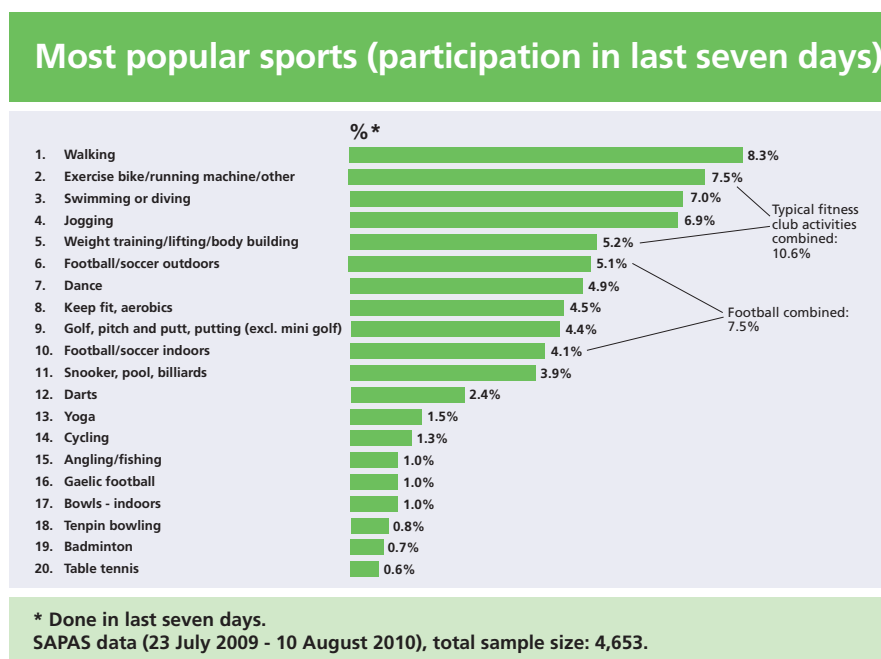
Figure 15



MOST POPULAR SPORTS

- 5.10** Walking, fitness club activities, swimming, jogging and football are the most popular³³ sports in Northern Ireland as shown in figure 16.
- 5.11** Walking³⁴ and using fitness machines such as exercise bikes/running machines head up the list of sports that most people participated in during the last seven days (participation rate 8% for both in the last seven days).
- 5.12** Combining fitness machines and weight training activities shows the significant role that fitness club activities play in Northern Ireland: One in ten (11%) has engaged in at least one of these activities in the last seven days.
- 5.13** Swimming and jogging come third and fourth in the list of most popular sports, with 7% of the adult population having participated in each of these.
- 5.14** 5% of the population has played outdoor football in the last seven days and 4% indoor football. In total, 8% has participated in either outdoor or indoor football in the last seven days.
- 5.15** Other popular sports include dancing (5%), keep fit/aerobics (5%), golf (4%), and snooker/billiards (4%).

Figure 16



³³ Sports of any duration and intensity in which most people took part in the last seven days.

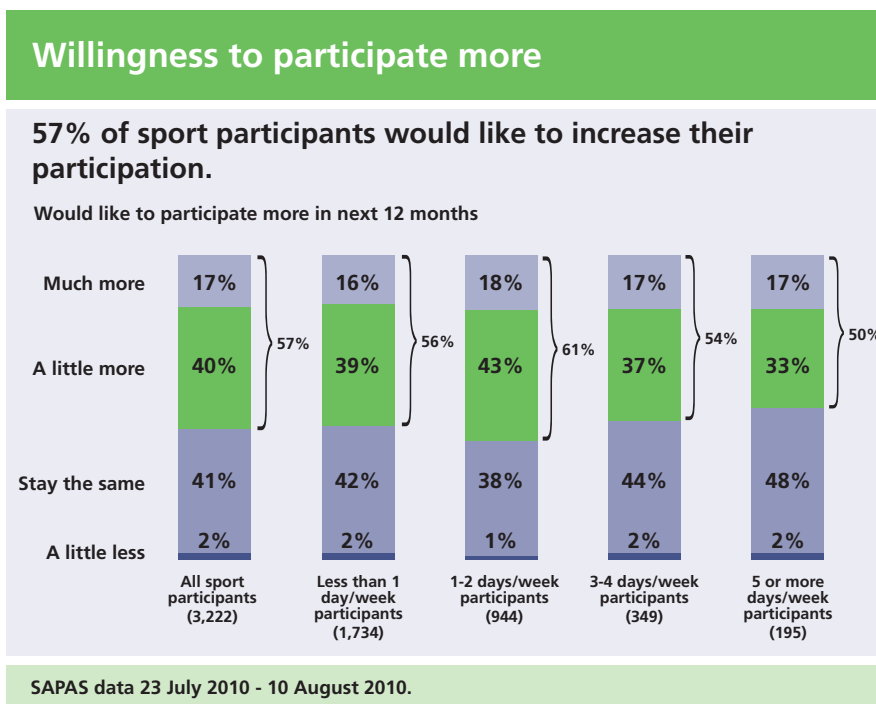
³⁴ In addition to walking for recreation, to get somewhere or at work.

INCREASING PARTICIPATION

5.16 Figure 17 highlights 57% of sports participants want to increase their participation in the next 12 months.

5.17 A high proportion (57%) would like to increase their participation and this can be observed across all levels of current participation. For example, the proportion of those wanting to engage in sport more often is 56% among people, who participate less than once a week, and 61% among those who participate once or twice a week. Even among those who already participate on five or more days per week, half (50%) want to increase their participation further.

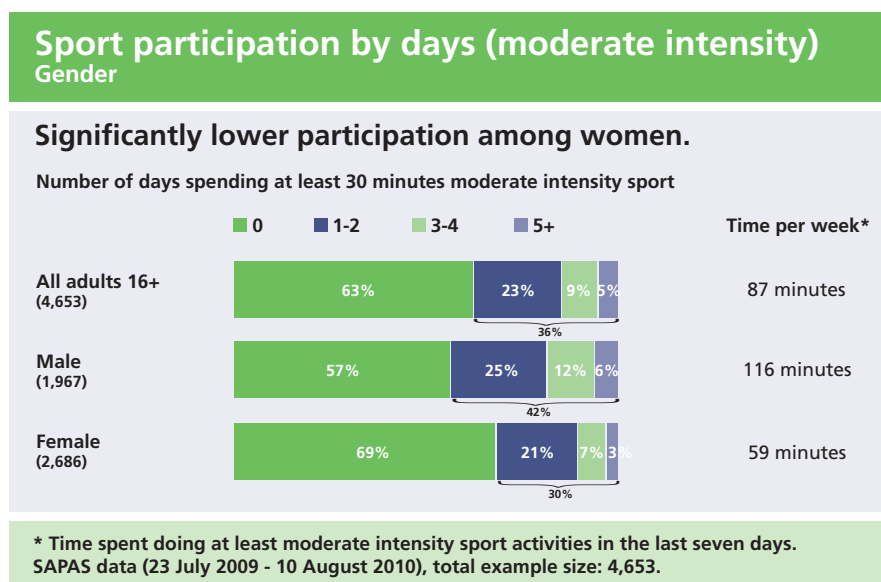
Figure 17



GENDER

- 5.18** Figure 18 demonstrates that the average time³⁵ men spend on sport activities of at least moderate intensity is almost double the time women spend on sport activities of this intensity.
- 5.19** The proportion of women participating in any sport of at least moderate intensity at least once a week is significantly lower than among men (31% compared to 43%). The difference in time spent on sport activities is even greater, with men spending 116 minutes³⁶ compared to only 59 minutes among women.
- 5.20** There are also major differences with regard to the types of sports that men and women play.
- 5.21** While walking, fitness club machines and swimming are popular among both genders, jogging, football, weight training and golf are clearly more popular among men, as shown in figure 19. By way of contrast, dancing and keeping fit/aerobics are typical of sports that women participate in more frequently than men.

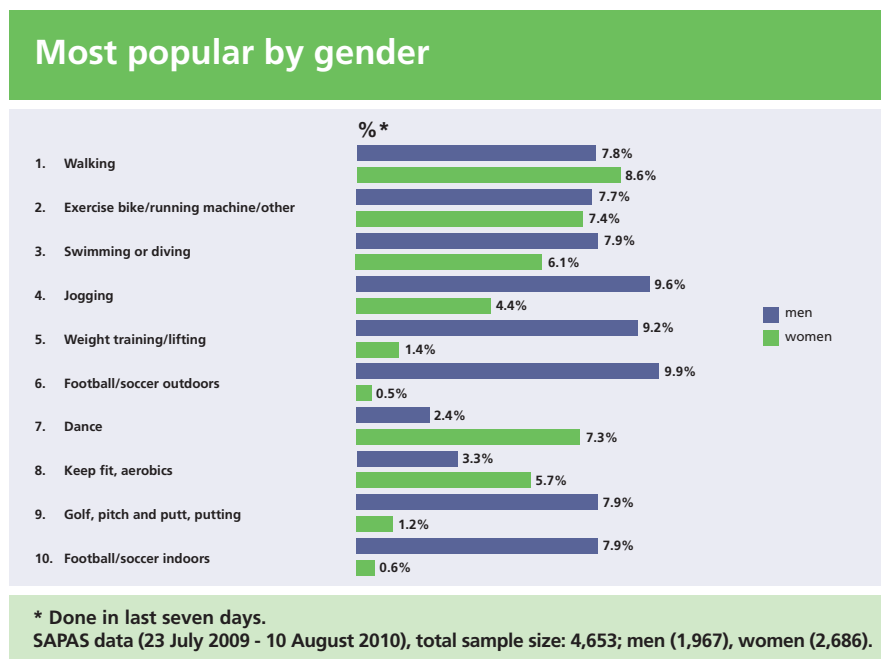
Figure 18



³⁵ Calculated as amount of time spent on at least moderate intensity sports in the last seven days.

³⁶ Moderate intensity.

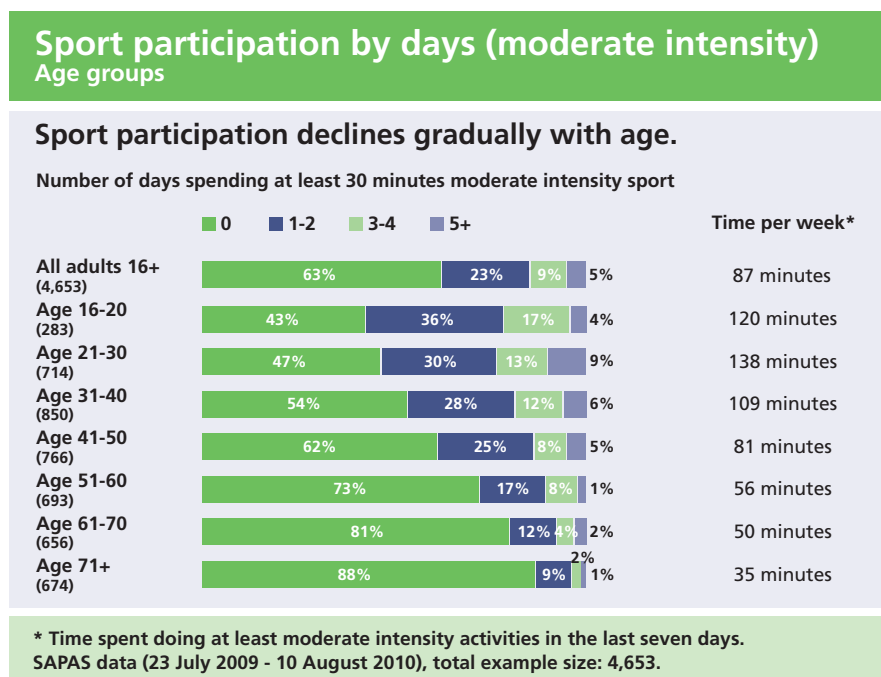
Figure 19



AGE

5.22 Figure 20 highlights age is one of the main factors related to people’s participation in sport. The proportion of participants³⁷ declines gradually from 57% among 16-20 year olds to 12% among people aged 70 years and over.

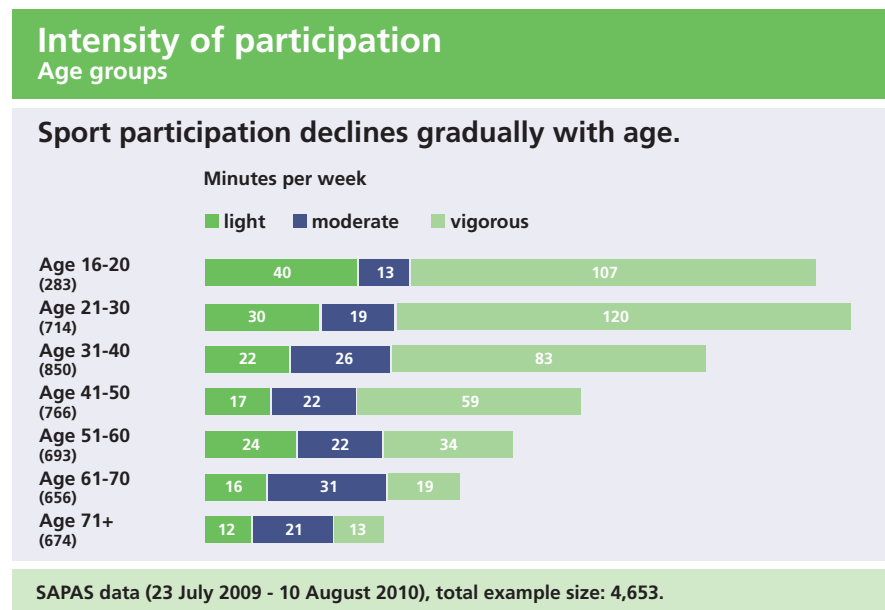
Figure 20



³⁷ Participation in at least moderate intensity sport activities on at least one day in the last seven days for at least 30 minutes.

5.23 When analysing sport participation by intensity, as demonstrated in figure 21, it is obvious that the largest decreases stem from older people doing less vigorous intensity activities. The total number of minutes per week spent on vigorous sport activities peaks in the age group 21-30 (120 minutes) and then declines substantially as people grow older.

Figure 21

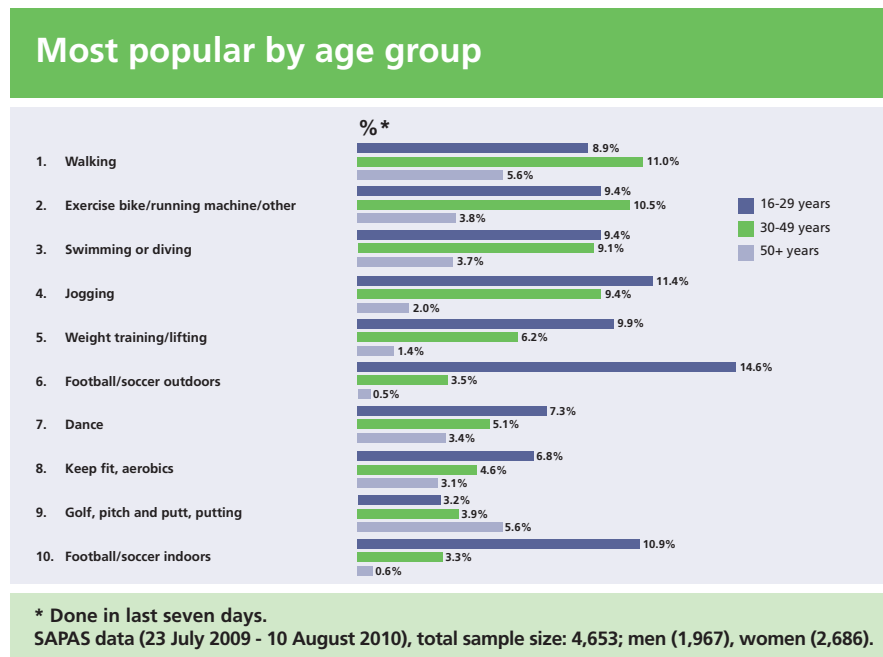


5.24 Among young age groups, football is by far the most popular sport, with 15% of under 30 year olds participating at least once a week in outdoor football and 11% in indoor football, as shown in figure 22. However, participation in football rapidly decreases with age (e.g., outdoor football: 4% among 31-49 year olds and 1% among 50+-year-olds). Other sports that are popular among young people are jogging (11%), weight training (10%), exercise machines (9%), and walking (9%).

5.25 Most popular among middle-age groups are walking (11%), exercise machines (11%), swimming (9%), and jogging (9%).

5.26 Among people aged 50 years and over, the most popular sports are walking (6%), golf (6%), exercise machines and swimming (both 4%).

Figure 22



WORKING STATUS AND EDUCATIONAL ATTAINMENT

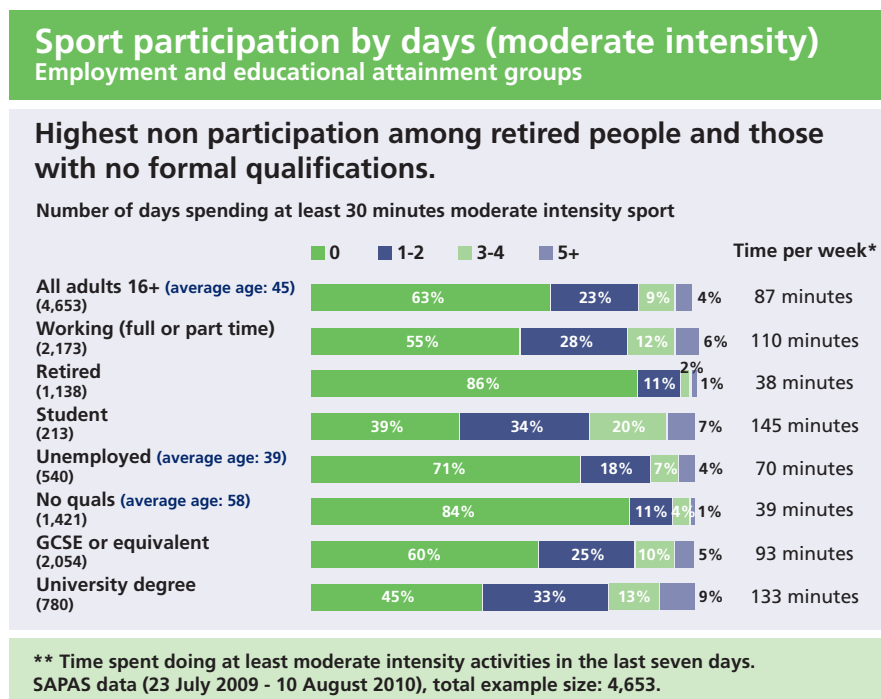
5.27 Figure 23 highlights people who work and people who are highly educated participate in sport significantly more often than other groups.

5.28 Participation in at least moderate intensity sporting activities among people who work full time or part time is considerably higher than among people who are unemployed (45% compared to 29% participated in the last seven days) and this finding is evident when comparing working and unemployed people across all age groups.

5.29 However, the highest participation rates can be found among students with 61% participating in the last seven days with an average time of 145 minutes spent taking part in at least moderate intensity sporting activities.

5.30 In common with working status, educational attainment is strongly linked to the likelihood of participating in sport. People without any qualifications are significantly less likely to participate than people with GCSE or equivalent educational attainment, and people with a university degree are most likely to engage in sporting activities.

Figure 23



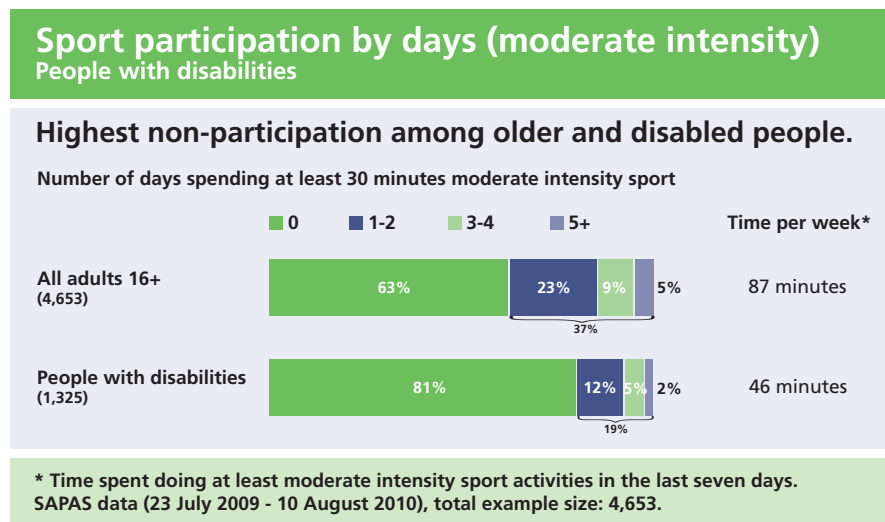
5.31 The types of sporting activities that working people participate in are roughly in line with the most popular sports in the adult population overall, with walking (11%), exercise machines (9%), jogging (9%), and swimming (8%) at the top of the list. Students have very high participation rates in football (outdoor football: 20%; and indoor football: 16%) and participation levels in outdoor football increase to 35% among male students. Other popular sports among students are jogging (15%) and fitness club activities (exercise machines: 11%; weight training: 11%). Among retired people, the sport with the highest participation rate is golf (5%), followed by walking (4%). Most popular sports among unemployed people are outdoor football (10%), weight training (8%) and jogging (8%).

DISABILITY

5.32 People with disabilities participate significantly less frequently in sporting activities, as demonstrated in figure 24.

5.33 However, this is mainly due to an older age profile. On average, people with disabilities³⁸, long-standing illnesses or infirmities spend half the amount of time on moderate intensity sport compared to an average adult (46 minutes compared to 87 minutes). One in five participate in sporting activities of moderate intensity on at least one day per week for at least 30 minutes.

Figure 24

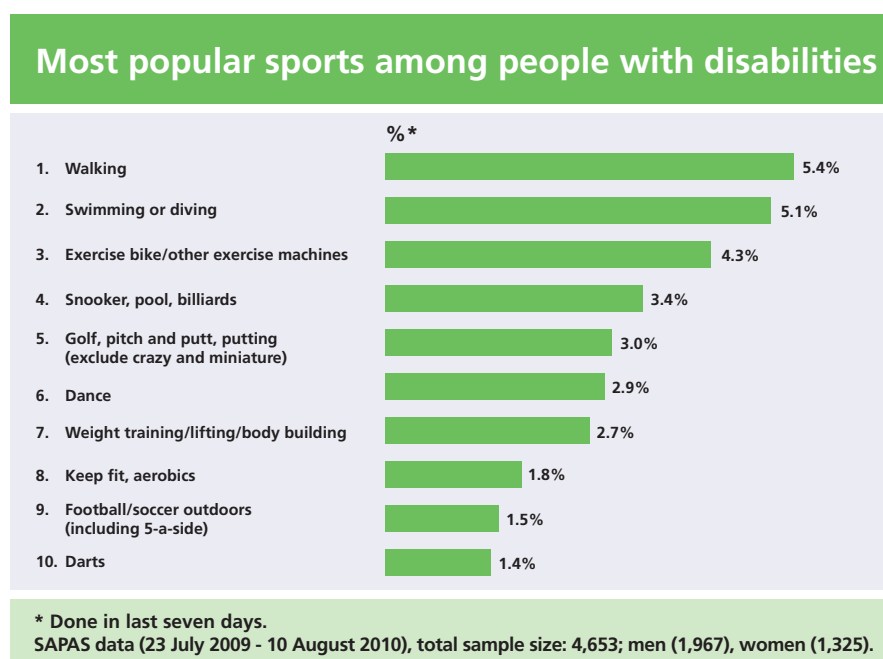


5.34 The average age of people with disabilities is higher than the average of all adults (55 years compared to 45 years overall among people aged 16 years and over) and, as sport participation declines with age, this is one major factor associated with lower participation rates among disabled people.

³⁸ Including long-standing infirmities.

- 5.35** When analysing age groups separately, the differences between people with and without disabilities are much smaller for middle age groups. In the age bracket 30-49 years, 37% of people with disabilities participate at least weekly, compared to 43% of people without disabilities. Among people aged 50 years and over, 11% of those with disabilities participate compared to 27% of those without disabilities.
- 5.36** Walking, swimming and using exercise machines are the most popular sporting activities among people with disabilities, as shown in figure 25.

Figure 25

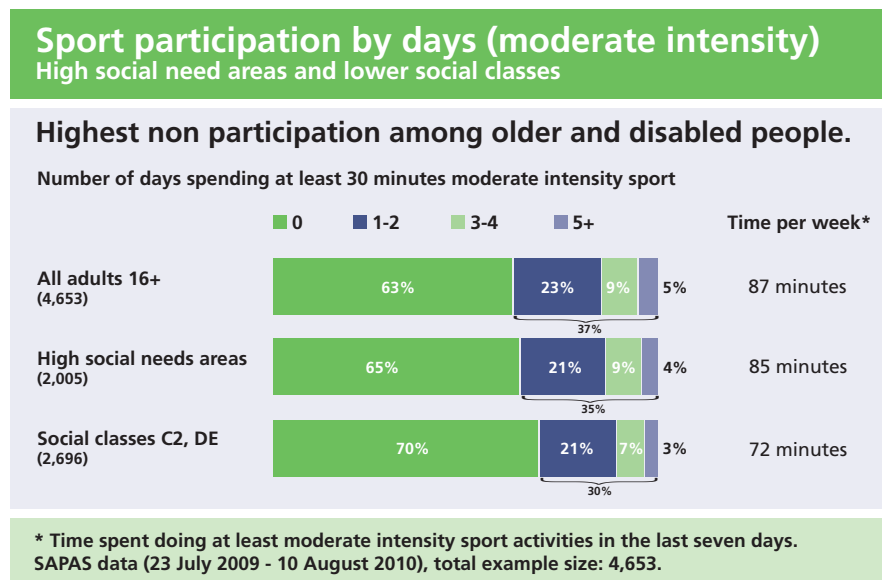


SOCIAL NEED AREAS AND SOCIAL CLASSES

5.37 Highlighted in figure 26, sport participation is significantly lower among people of lower social classes³⁹.

5.38 Sport participation in the last seven days in high social need areas⁴⁰ is not significantly lower compared to the total adult population. When analysing different age groups, participation is relatively similar until the age of 50 (16-29 year olds: 56% in deprived areas compared to 55% in total population; and 30-49 year olds: 40% compared to 42%). However, the difference is more significant for people aged 50 years and over with only 14% from deprived areas participating compared to 21% of the total adult population.

Figure 26



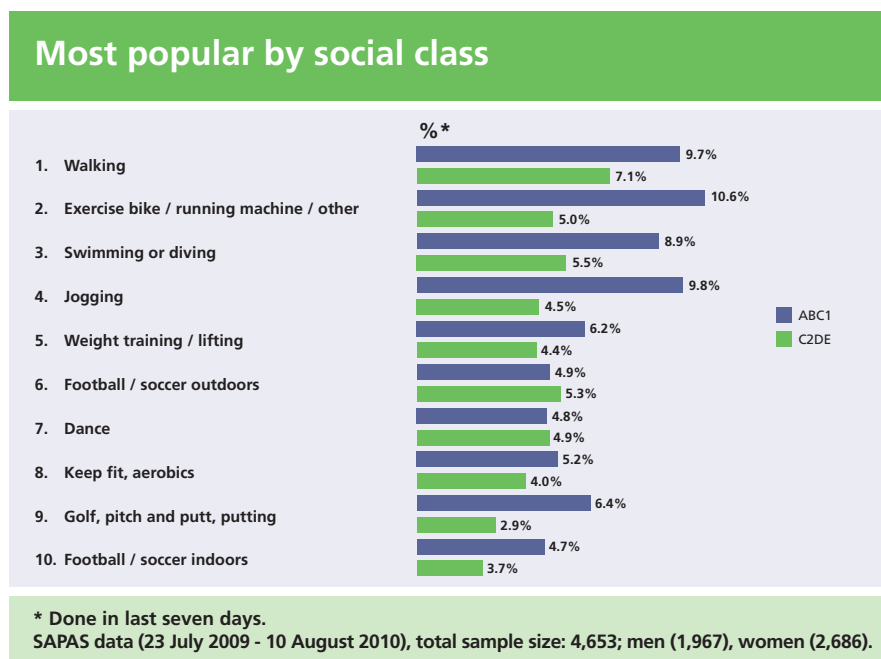
³⁹ C2DE.

⁴⁰ Bottom third super output areas based on Northern Ireland Multiple Deprivation Measure 2005.

5.39 However, differences are greater when comparing social classes. 30% of people from C2DE social classes are participating at least once a week, compared to 37% across the adult population. Similar to the analysis by deprivation, the participation gap widens with people's age. The difference among young age groups is small (C2DE, 16-29 year olds: 53% compared to 55% of total population) but increases substantially in older age brackets (30-49 year olds: 33% compared to 42%; and 50+ year olds: 15% compared to 21%).

5.40 In line with the general below-average participation in sport, participation of C2DE social classes in most sports is also lower. In particular, exercise machines, swimming, jogging, and golf are less popular among people from C2DE social classes, as demonstrated in figure 27.

Figure 27



HEALTH RELATED ASPECTS

- 5.41** In general, participation in sport is related to many aspects of a healthier lifestyle. People with a healthier BMI, people who eat more healthily, non-smokers and those who rate their general well-being as higher are also more likely to participate in sport.
- 5.42** Both participation rates and time spent per week on at least moderate sport activities are considerably higher among those with a healthy BMI (41% participants compared to 37% among overweight people and 26% among obese people), as shown in figure 28. The relation between a healthy lifestyle and sport participation is also evident when analysing participation by smoking habits (non-smokers: 38% participants versus smokers, 31%) and eating habits (39% participants among those who eat the recommended five portions of fruit and vegetables a day versus 34% among others).
- 5.43** The relationship between alcohol consumption and sports participation is less clear. Interestingly, people who consume more alcohol than recommended participate more than those who keep their drinking habits within the recommended levels. However, this is mainly due to the effect of age as a covariate related to both participation and alcohol consumption. Younger people not only drink more alcohol but also participate more often in sporting activities.
- 5.44** There is also a strong relationship between people's sport participation and how they evaluate their general health and well-being as highlighted in figure 29.

Figure 28

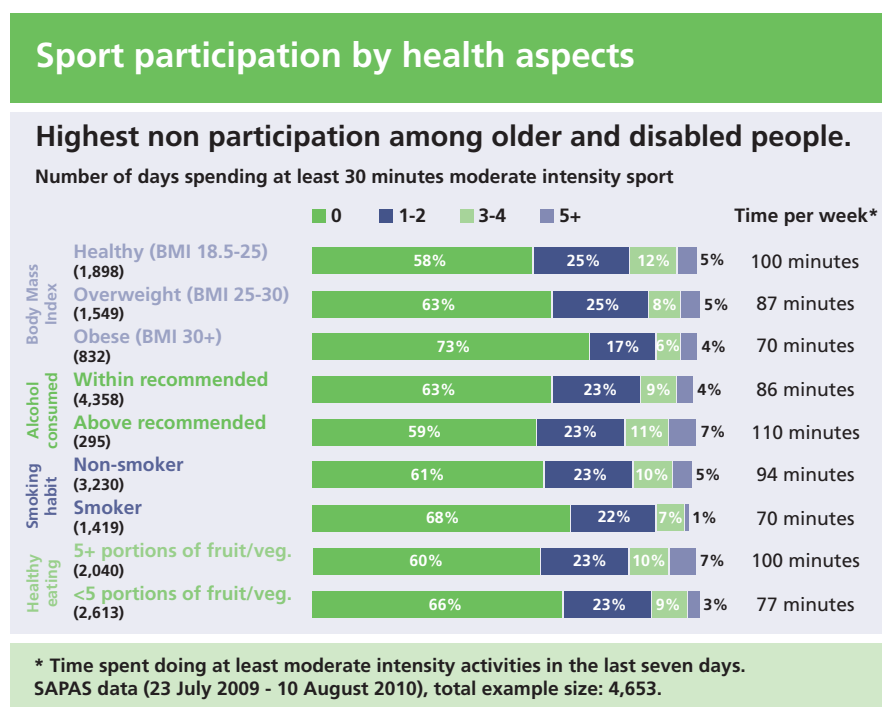
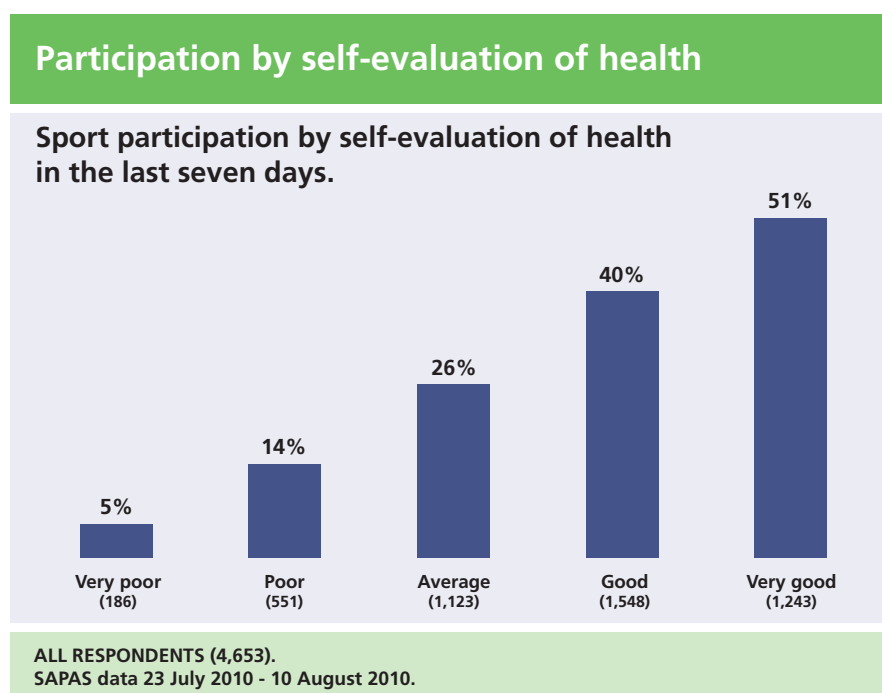


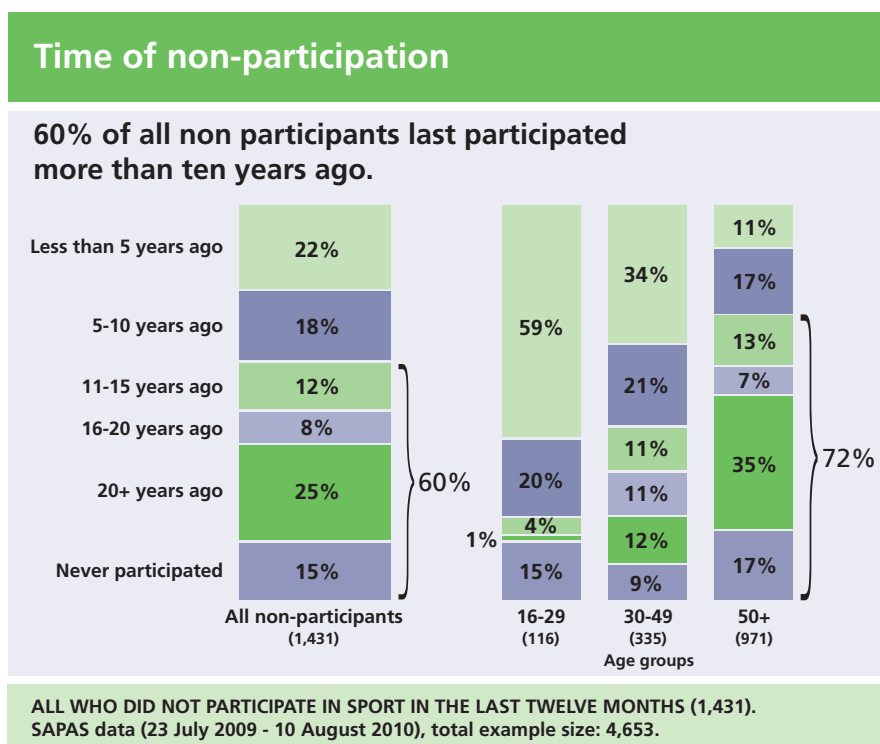
Figure 29



NON PARTICIPANTS

5.45 Among those who did not participate in any sport in the last 12 months, 60% state it is more than ten years since they last participated, 22% have participated less than five years ago and 18% between five and ten years ago, as highlighted in figure 30. Not surprisingly, the time since participation increases with age, rising to 72% among people aged 50 years and over who state they last participated more than ten years ago.

Figure 30



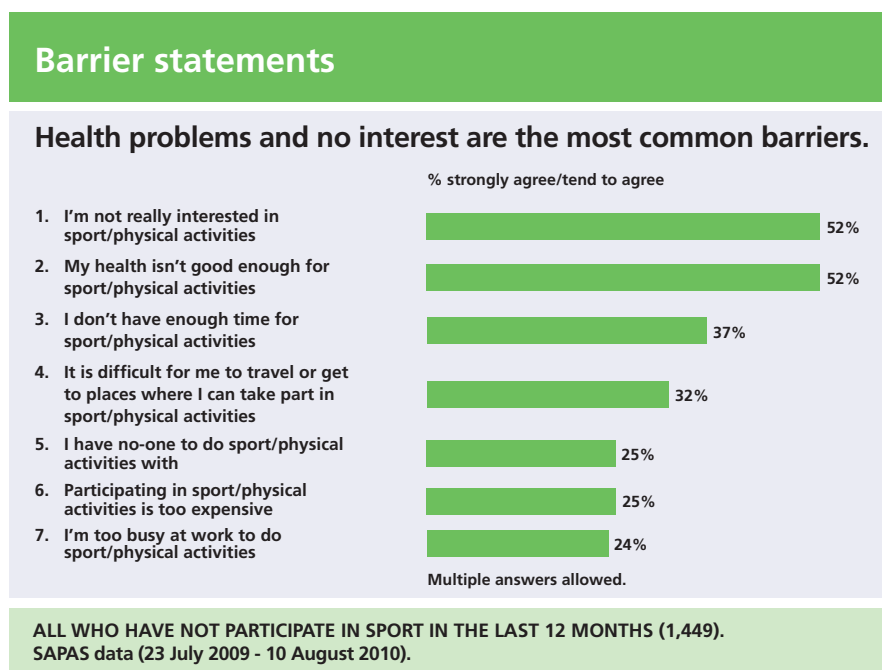
5.46 The profile of non participants closely reflects that which has been outlined before for participants. The proportion of non participants is higher among women (32% compared to 22% among men), among older age groups (43% among people aged 50 years and over compared to 12% among people aged 16-29), lower social classes (C2DE: 34%; and ABC1: 18%) and people with disabilities (49% compared to 20% without a disability).

BARRIERS AND REASONS FOR NOT PARTICIPATING

5.47 Figure 31 highlights that no interest and health reasons are cited as the most significant barriers to participation.

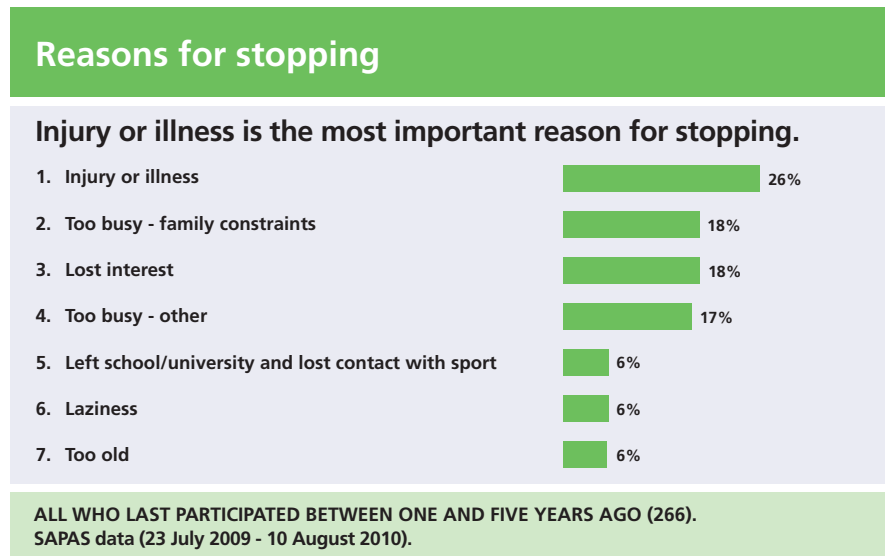
5.48 Just over half (52%) of those, who have not participated in any sport in the last 12 months, state they are 'not interested' in sport and physical activity and the same proportion mention health reasons as preventing them from participating. Other important barriers are related to time pressures: 37% say they do not have enough time and 24% claim that they are too busy at work. Access issues are relevant for a third (32%), who mention the difficulty in getting to places where they can participate as a barrier. For a quarter, having no one to do sport with and the costs are reasons for not participating.

Figure 31



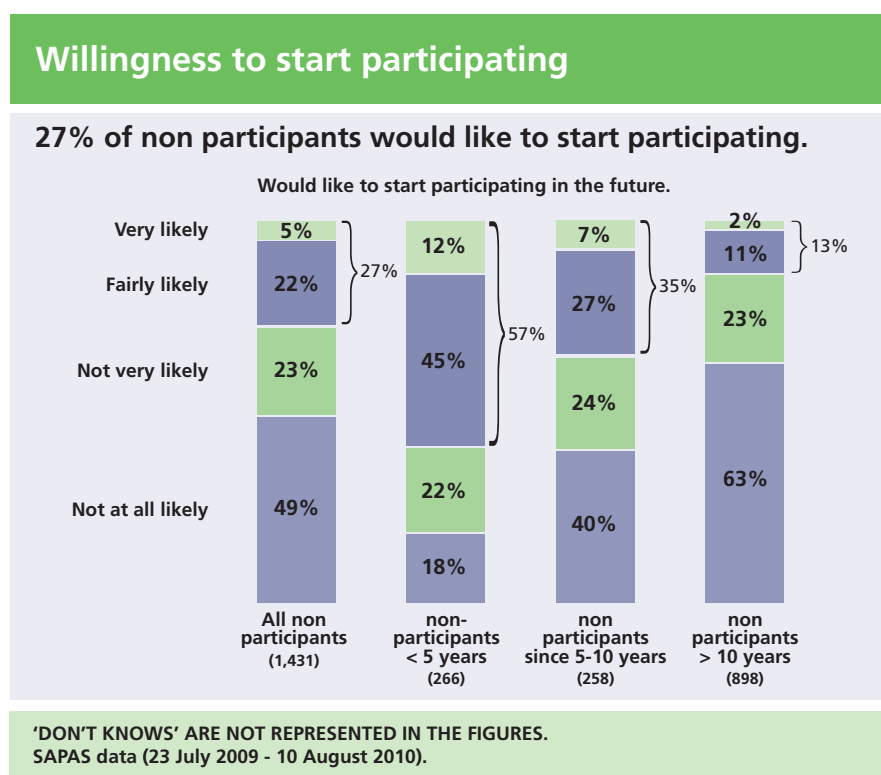
5.50 The reasons why people stop participating to a certain degree reflect these barriers. Figure 32 demonstrates injury or illness are most frequently mentioned as reasons (26%), followed by being too busy (18%) and having lost interest (18%).

Figure 32



5.51 Among non participants, about a quarter (27%) would like to start participating in the future, as shown in figure 33. Whether someone has the intention of getting (back) into sport depends significantly on when they last participated. Among those who last participated between one and five years ago, more than half (57%) intend to resume their participation in the future. This proportion decreases considerably if more time has elapsed since they last participated. Among people, who last participated between five to ten years ago, only a third (35%) want to get back into sport and this decreases to 13% among those who last participated more than ten years ago.

Figure 33



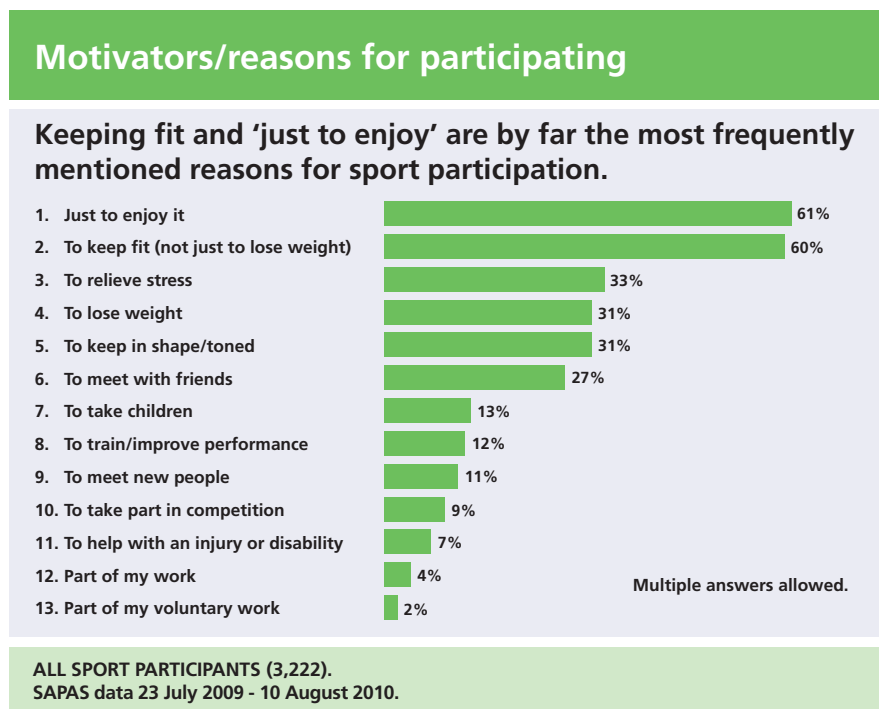
Motivators and barriers to sport participation

MOTIVATORS FOR SPORT PARTICIPATION

5.52 Figure 34 highlights that enjoyment and keeping fit are the most important reasons for participating in sport among current participants.

5.53 When prompted with a list of potential reasons for participating in sport, six in ten (61%) state that they play sport 'just to enjoy it' and an equal proportion mentions keeping fit as a motivation to participate in sport. Other popular motivations include relieving stress (33%), losing weight (31%) and keeping in shape/toned (31%). Meeting friends comes sixth, with just over a quarter mentioning this as a reason for their participation.

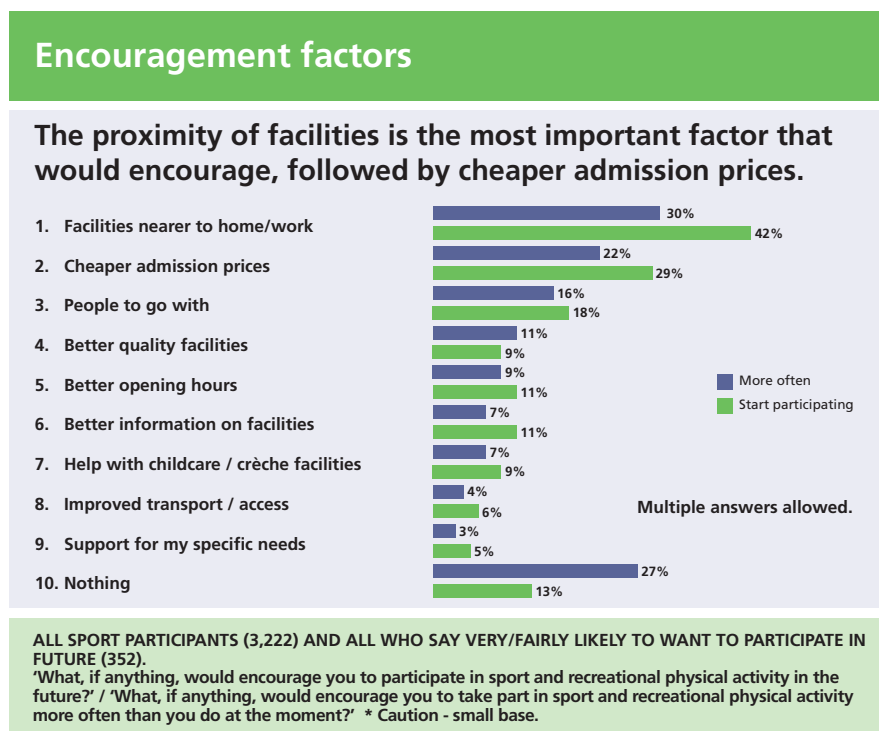
Figure 34



ENCOURAGEMENT FACTORS

- 5.54** The factor that is mentioned most often for encouraging people to participate more or start participating is to provide facilities nearer to their home/work, as demonstrated in figure 35.
- 5.55** When prompted with a list of factors, closer facilities are mentioned by 30% of those who intend to participate more and 42% of current non-participants who would like to start participating.
- 5.56** Cheaper admission prices come second (participants: 22%; and non participants who would like to start: 29%) and someone to go with third (16%; 18%). Other lower-ranking aspects are better quality facilities, better opening hours, better information on facilities, help with childcare, improved transport/access, and support for specific needs.
- 5.57** However, more than a quarter (27%) of participants and one in eight prospects (13%) state that nothing would encourage them to participate more or start participating.

Figure 35

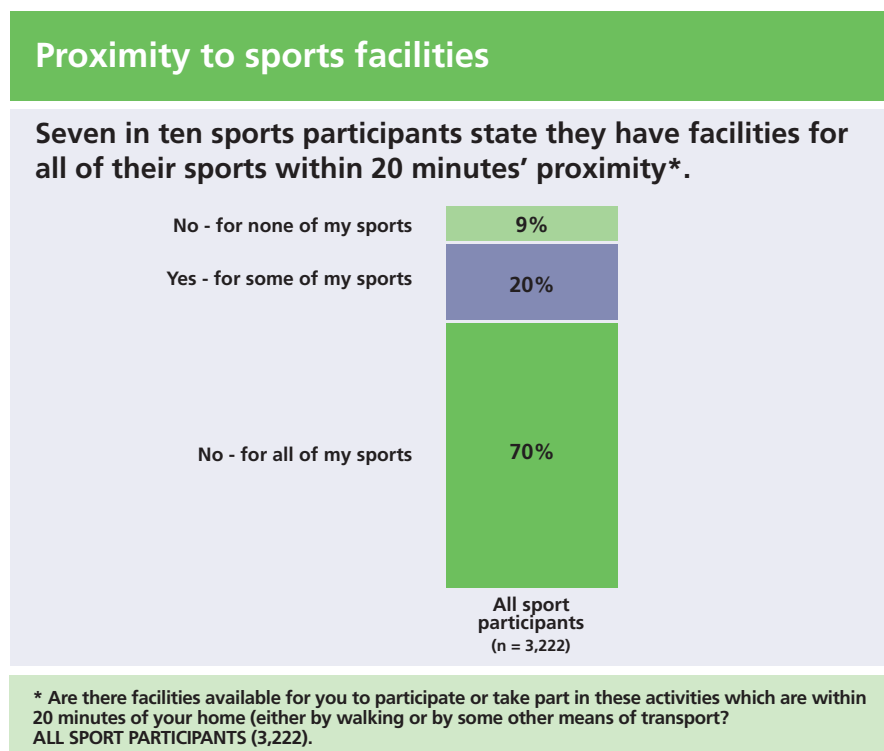


PROXIMITY OF FACILITIES AND PARTICIPATION

5.58 As the proximity of facilities is cited as the most important factor for encouraging people to either start participating or to increase the frequency of their participation, it is worth reflecting on this issue in more detail.

5.59 Overall, seven in ten participants state that they can access facilities for all of their sports in 20 minutes, either by walking or by some other means of transport, as shown in figure 36. 90% state that they can participate in at least some of their sports in locations closer than 20-minutes away from their home.

Figure 36



5.60 The perceived proximity of sporting facilities does differ with regard to the deprivation level of an area as highlighted in figure 37.

5.61 Facilities being available within 20 minutes proximity has a positive effect on participation, as demonstrated in figure 38. This becomes evident when comparing the weekly time participants spend on sport activities. Those, who have facilities within 20 minutes' proximity for all of their sports, participate for 125 minutes. This decreases to 118 minutes among those who have facilities for some of their sports around them and 99 minutes among those who cannot access facilities for any of their sports within a 20-minute range.

Figure 37

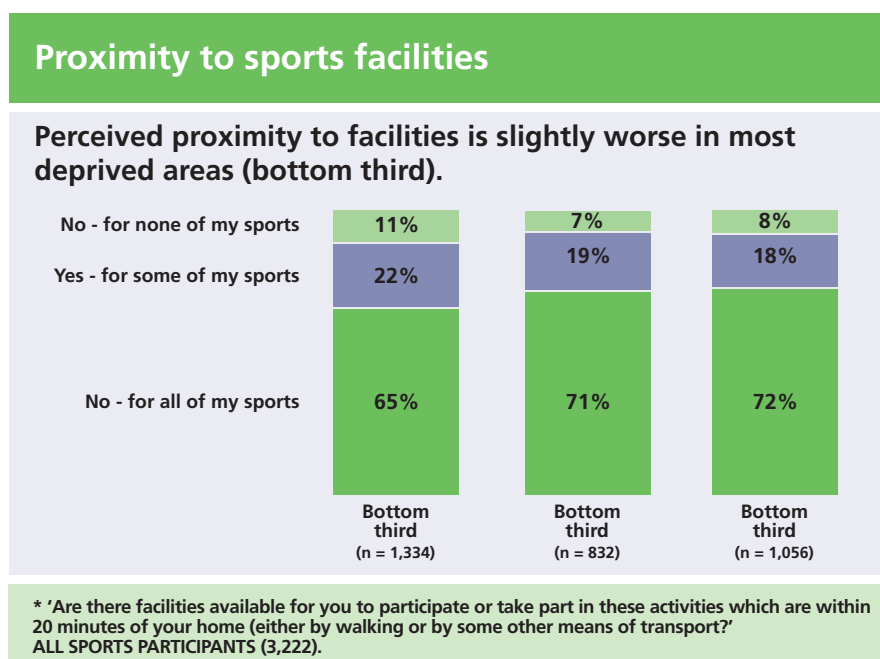
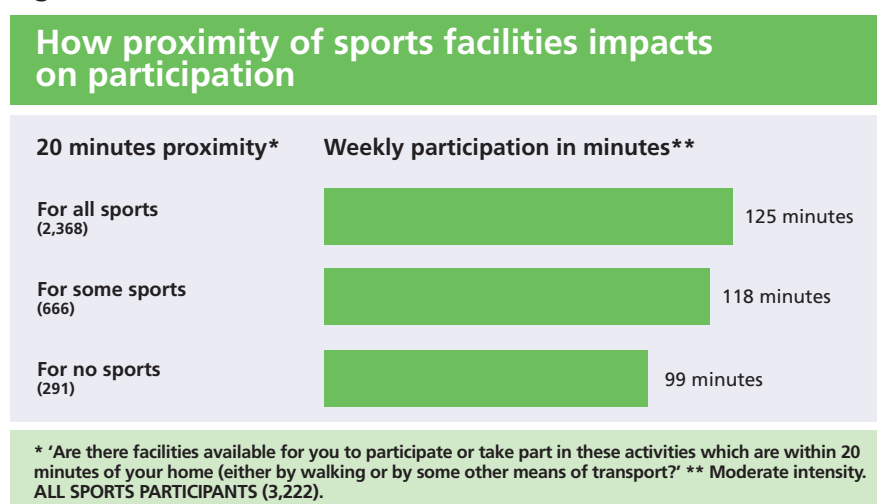


Figure 38



5.62 This is consistent with the finding that participants, who live within 20 minutes' proximity of facilities for at least some of their sports, are more likely to have participated at least once in the last seven days⁴⁰ (20 minutes' proximity for all sports: 52%; for some sports: 53%; and not within 20 minutes: 45%).

ENCOURAGEMENT THROUGH OTHER PEOPLE

5.63 59% of participants have been encouraged by other people to participate in the last 12 months. Friends and partners are most important in motivating people (24% each), followed by children (12%), doctors (8%) and other family members (7%).

5.64 The role of peer motivation through friends is particularly crucial when people are young, with 45% of the under 20-year-old participants stating that friends motivated them to participate. However, this peer influence gradually decreases to 11% in the oldest age group those aged 71 years and over.

5.65 As one might expect, the influence of parents drops when people reach their twenties, from 23% to 8% who claim to have been encouraged by their parents.

5.66 Not surprisingly, the influence of children and doctors in encouraging participation increases when people become older.

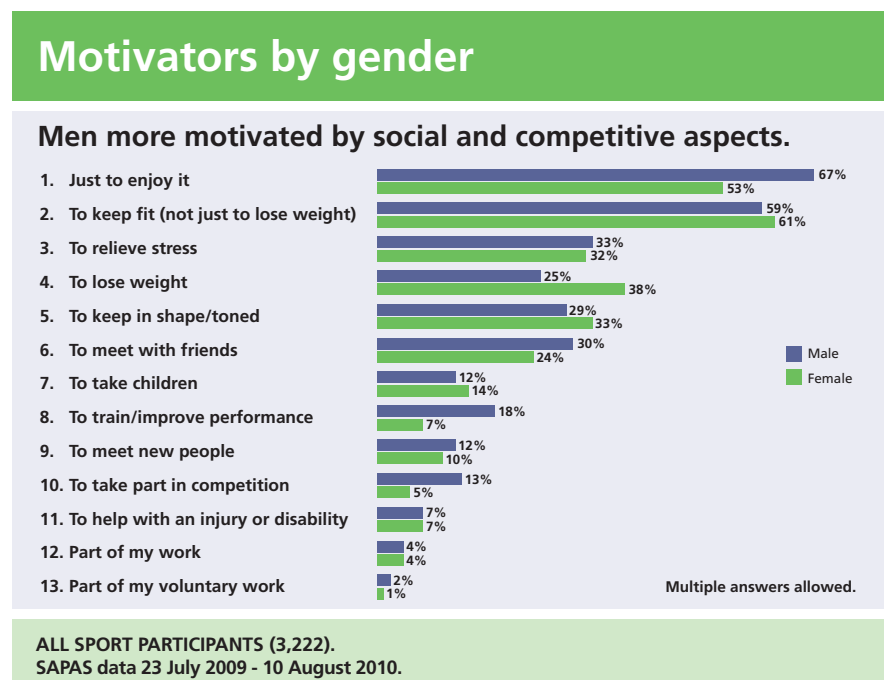
⁴⁰ For at least 30 minutes, moderate intensity.

Motivators and barriers by subgroups

GENDER

- 5.67** There are significant differences with regard to what motivates men and women to participate in sport as shown in figure 39.
- 5.68** Although pure enjoyment is an important factor for both genders, it is even more significant among men, as highlighted in figure 40. For women, the most important motivator is “to keep fit”.
- 5.69** The most important factors of encouragement - closer facilities, cheaper prices and people to go with - are the same for both men and women. However, a difference lies in the importance of having people to go with, which is more important to women as an encouragement factor. In addition, childcare/crèche facilities are structural factors which would particularly encourage women’s greater participation in sport.

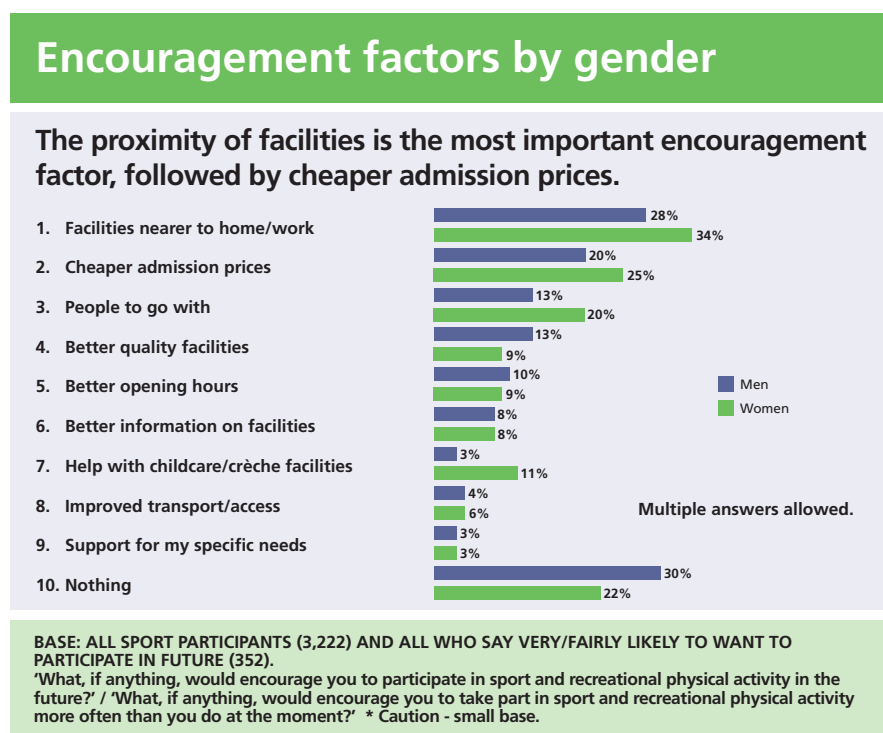
Figure 39



5.70 Other differences between men and women are:

- The proportion of women participating in sport to lose weight is considerably higher than men;
- Improving performance is much more relevant as a motivator for men than women; and
- Participating in sport for competition is clearly more common among men than women.

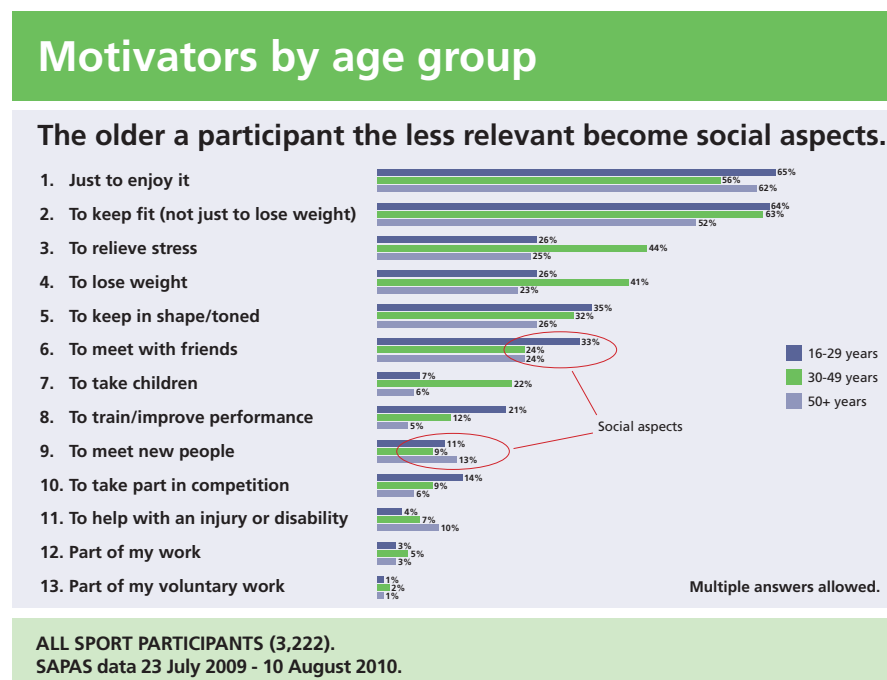
Figure 40



AGE

5.71 While enjoyment and keeping fit are the most important motivators across all age groups, social aspects ('to meet friends') and competitive aspects ('to take part in competition') have higher relevance as motivators to participate in sport in younger age groups, as demonstrated in figure 41. It is also interesting to note that a much higher proportion of the 31-49 year olds participate in sport to relieve stress (44% compared to 25%/26% in other age groups). The older that people become, the more likely they are to mention helping deal with an injury/disability as a reason for participating.

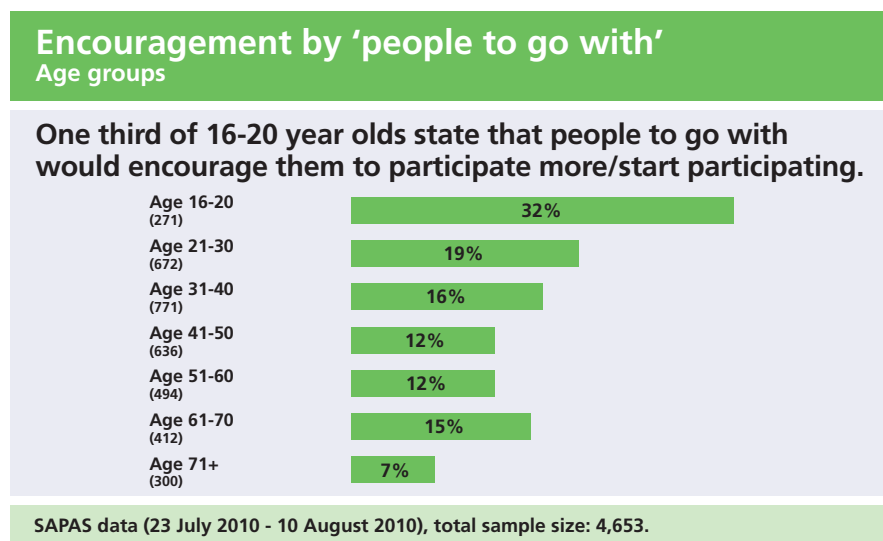
Figure 41



5.72 Not surprisingly, there are also noteworthy differences with regard to the barriers that prevent people from taking part in sport. Among younger age groups (16-29), having no interest is the most important barrier, mentioned by 37% who stopped participating between one and five years ago. For middle age groups, a lack of time is the main barrier (25%). Health reasons are the most important barrier among people who are aged 50 years and over (55%).

5.73 The two most important factors which would encourage people to start participating or increase participation levels - closer facilities and cheaper prices - are the same across all age groups. However, it is worth pointing out that social aspects are particularly relevant in the youngest age group, with one third of people aged 16-20 stating that having people to go with would encourage them to participate more frequently or start participating, as evidenced in figure 42.

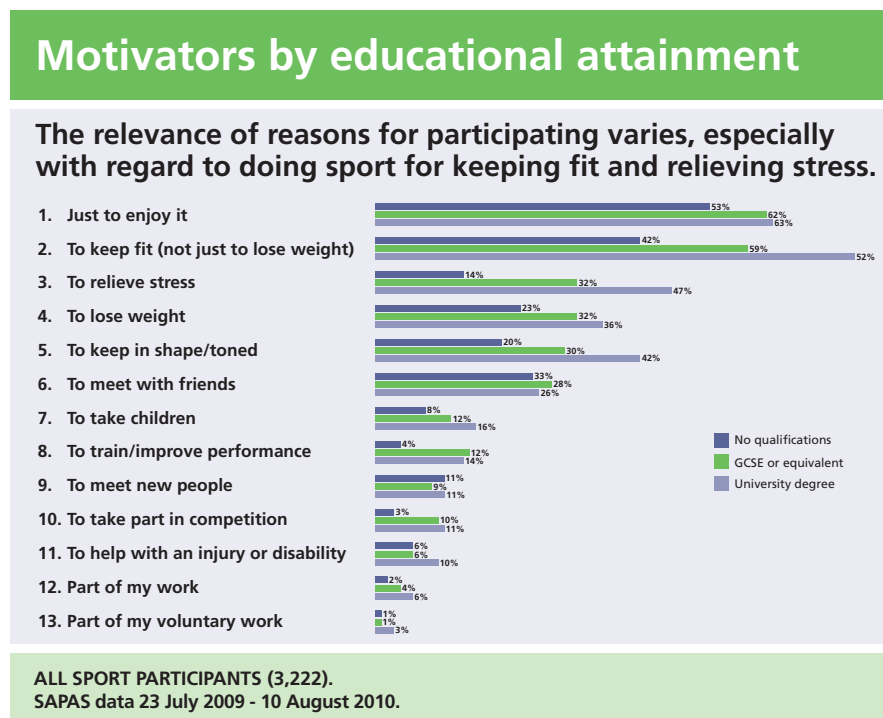
Figure 42



WORKING STATUS AND EDUCATIONAL ATTAINMENT

5.74 There are interesting differences when analysing people’s motivation to participate in sport by their educational attainment. Most strikingly, the importance of ‘keeping fit’ is almost twice as high among those with a university degree compared to those with no qualification. The relevance of using sport ‘to relieve stress’ is over three times as high, as highlighted in figure 43.

Figure 43



- 5.75** Perhaps unsurprisingly, not having enough time is the main barrier (66%) mentioned by working people who did not participate in the last 12 months. For retired people and unemployed people, the most important reason for not participating is that their health is not good enough (75% and 67%).
- 5.76** In terms of factors that would encourage people to participate more, or to begin participating, closer facilities and cheaper prices are most important in all groups. However, it is interesting to note that a high proportion (30%) of students say they would participate more/start participating if they had people to go with, underlining the high importance of social aspects among young age groups.

DISABILITY

- 5.77** The most mentioned motivations for taking part in sporting activities among people with disabilities are enjoyment (59%) and keeping fit (46%). For one in five helping deal with an injury/disability is a reason for participating.
- 5.78** Injuries/illnesses are also by far the most important barriers among non participants with disabilities (60%). Being too old comes second and is mentioned by one in five.
- 5.79** The order of relevant factors that would encourage people with disabilities to participate more, or to start participating are not very different to what has been described for the general adult population⁴². Most important are closer facilities (24%), cheaper prices (19%) and people to go with (17%). Improved access (6% compared to 4% among the general public) and support for specific needs (6% compared to 2%) are slightly more relevant.

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 5.80** There are no major differences by social need areas and social classes with regard to motivations, barriers and factors that would encourage people to participate compared to the overall adult population.

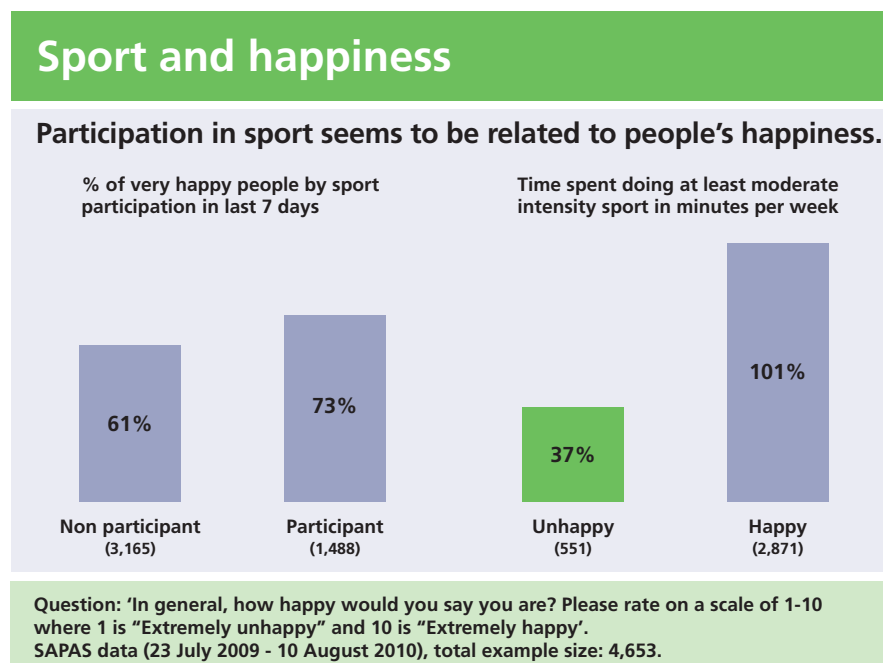
⁴² See figure 35.

SPORT AND HAPPINESS

5.81 There is a positive relationship between participation in sport and happiness, as demonstrated in figure 44.

5.82 When asked to rate their general happiness on a 10 point scale, those who participated in the last 7 days rate their happiness considerably higher than other adults. 73% state they are happy (rating 8-10 on a 10 point scale) compared to 61% among those who did not participate in sport in the last seven days. A clear relationship also exists with regard to the time spent engaging in sport activities. On average, happy people⁴³ spent 101 minutes taking part in sporting activities per week, compared to only 37 minutes among unhappy people.

Figure 44



⁴³ Rating their general happiness 8-10 on a 10 point scale; unhappy: 1-5.

- 5.83** While there is also a relationship between age and happiness, in that young people tend to be happier⁴⁴, the link between sport participation and happiness is evident in all age groups. Among 16-29 year olds who participated in the last seven days, 74% are very happy compared to 63% who did not participate. Among 30-49 year olds, 69% of participants are very happy compared to 56% of non-participants. In the 50+ age group, 77% are very happy among those who participated in the last seven days, compared to 63% of those who did not participate in the last week.
- 5.84** However, it is important to note that these results do not indicate a clear unidirectional causal relationship. The assumption that sport contributes to people's happiness seems reasonable. However, it must be taken into account that there are also other factors, for example people's general well-being, which are strongly related to both sport participation and happiness.

⁴⁴ For example, 16-20 year olds: 77% very happy compared to 71+ year olds: 65% very happy.



THERE IS A SIGNIFICANT GAP BETWEEN MEN AND WOMAN WITH REGARD TO CLUB MEMBERSHIP.

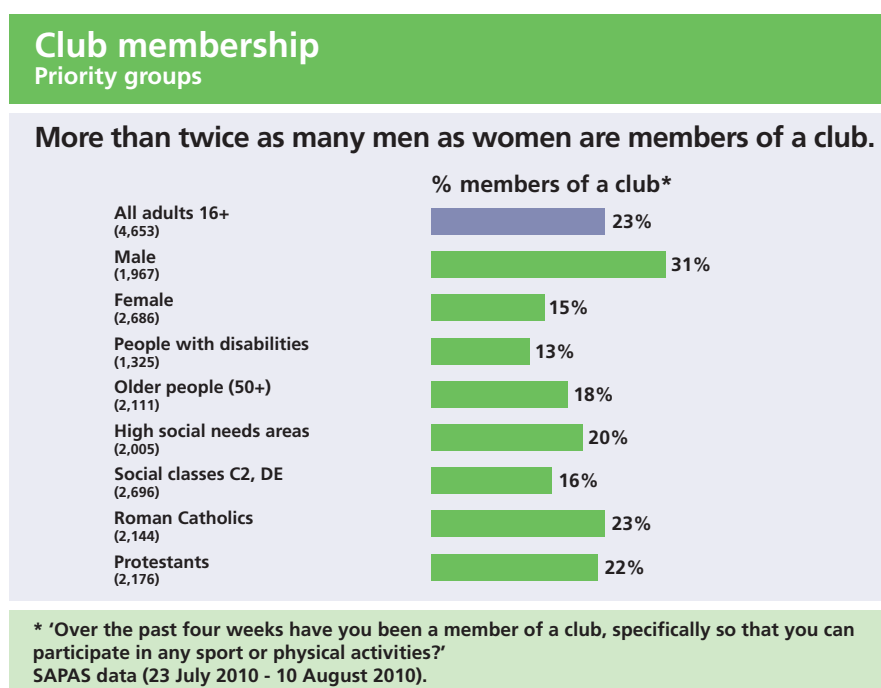
Club Membership

Chapter 6 outlines the findings against KPI 3 and data analysis by club membership, demography and health-related aspects.

CLUB MEMBERSHIP

- 6.1** 23% of adults in Northern Ireland are members of a club in which they can participate in sport or physical activities, as highlighted in figure 45. 73% of club members participate in at least moderate intensity activities on at least one day per week.
- 6.2** The proportion of those with club membership increases to 30% among those who have participated in any sport in the last 12 months and 45% who participated for at least 30 minutes with at least moderate intensity in the last seven days.

Figure 45

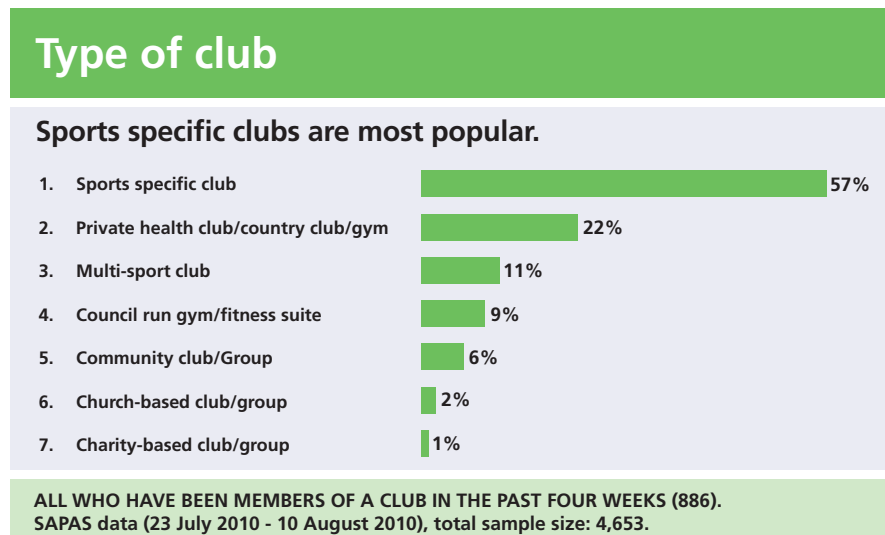


- 6.3** Among those who are members of at least one club, 20% are members of more than one club (16% of two; and 4% of three clubs).

TYPES OF CLUBS AND ACTIVITIES

6.4 Sports specific clubs are by far the most popular types of clubs (57%), as demonstrated in figure 46. This is followed by private health clubs (22%) and multi-sports clubs (11%).

Figure 46



6.5 Typical fitness club activities head up the sports performed by those who are members of at least one club, with 20% of club members using exercise machines, 12% participating in keep fit/aerobics and 10% in weight training.

6.6 Golf has high relevance as a club sport, with 16% of all club members participating in this sport. 86% of those who played golf in the last seven days did so as members of a golf club.

6.7 Club membership among those playing football (outdoors) is lower but still popular, with 56% of participants⁴⁵ playing as members of clubs.

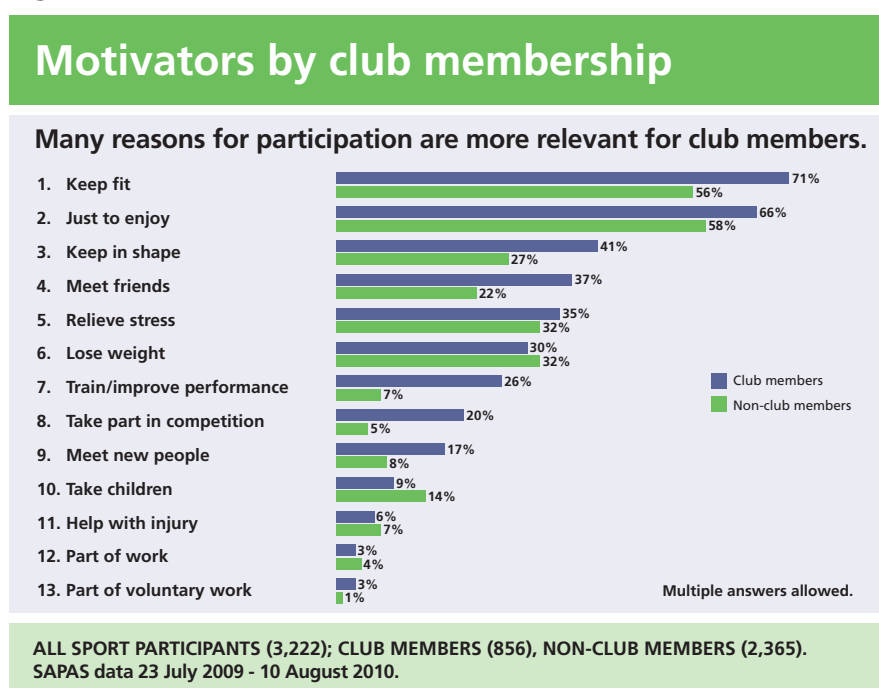
6.8 Unsurprisingly, sport participation among people who are members of clubs is high, with 73% having participated on at least one day in the last week, or an average time of 215 minutes of moderate intensity in the last seven days.

⁴⁵ Having played in the last seven days.

6.9 In addition, club members are more involved in other aspects of sport as well; they are much more likely to participate in competitions (49% compared to 10% among non members); provide coaching to other participants (17% compared to 3%); carry out sports voluntary work (21% compared to 5%); and watch live sporting events⁴⁶ (56% compared to 32%).

6.10 Although the most important reasons for participating are the same among club members and non-club members - keeping fit and enjoyment - there are some key differences between the two groups, as shown in figure 47. In particular, social reasons are much more important for club members with 37% stating that meeting friends is a motivation compared to 22% among non-members. In addition, competition and performance-related factors are more important among this group.

Figure 47



⁴⁶ In Northern Ireland, in the last 12 months.

Analysis of subgroups

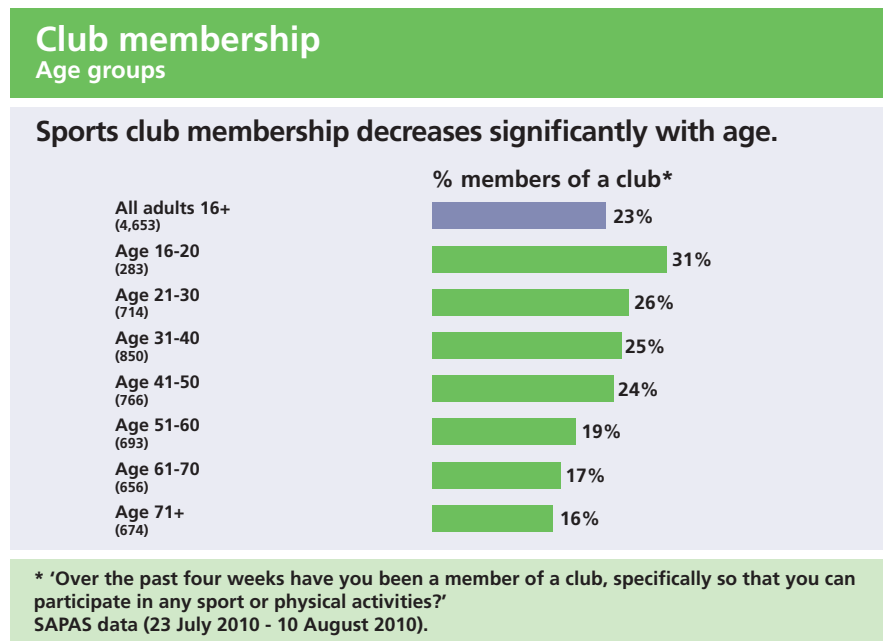
GENDER

- 6.11** There is a significant gap between men and women with regard to club membership. The proportion of men who are members of clubs in which they can participate in sports or physical activity is more than twice as high as among women (31% compared to 15%). This gap is evident across all age groups.
- 6.12** Even when analysing only those who participated in the last week (at least moderate intensity), the difference between men and women with regard to club membership remains substantial (53% compared to 35%). This suggests that even women who participate frequently are less likely to join clubs compared to their male counterparts.
- 6.13** One explanation is that many typical 'club sports', for example, golf, football and Gaelic football are more popular among men than among women. Typical sports that women participate in as members of clubs are fitness-related activities such as using exercise machines (29%), keep fit/aerobics (23%) and swimming (14%).

AGE

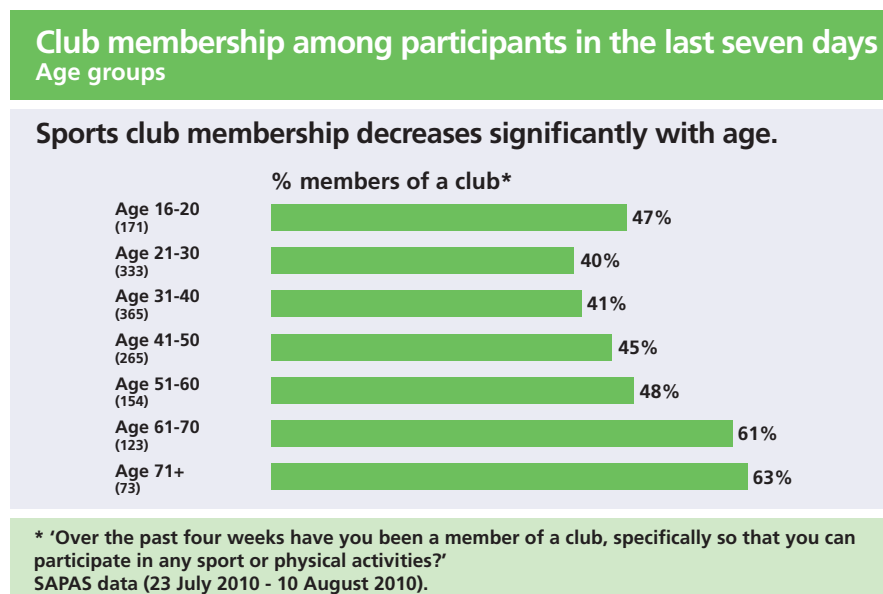
- 6.14** Figure 48 highlights that club membership decreases considerably with age. Major decreases occur when people are between 21-30 years and when people are aged 51-60 years.

Figure 48



6.15 However, among people who participated in the last seven days (at least moderate intensity) an opposite trend can be observed, as illustrated in figure 49. Sports club membership increases beyond the age of 40, having dropped from the age of 20 years.

Figure 49



- 6.16** This suggests that sport club membership has a positive effect on people's general sport participation among middle and older age groups. However, the finding that club membership increases when participants are older may also reflect the fact that some typical club sports are more popular among older people.
- 6.17** There are also interesting differences by age with regard to the types of clubs that people are members of. Sport-specific clubs are most popular in all age groups but their relevance decreases with age (72% among club members aged 16-20 compared to 49% among club members aged 71 years and over). Community clubs become important in the highest age group (71+) with 17% of all club members having joined a community club/group in which they can participate in sport compared to 5% among those aged 16-20 years.

WORKING STATUS AND EDUCATIONAL ATTAINMENT

- 6.18** Club membership is highest among students (35%), followed by working people (27%). Retired (18%) and unemployed people (13%) are less likely to be members of clubs. There is also a strong relationship between educational attainment and club membership. 37% of those with a university degree are club members compared to 23% whose highest education is GCSE or equivalent and 12% of those with no qualifications.

DISABILITY

- 6.19** People with disabilities are less likely to be members of clubs (13% compared to 23% of the total adult population). This is partly due to a higher average age of people with disabilities. In the 30-49 age group the difference between people with disabilities and the total adult population is much smaller although still significant (19% compared to 24%).
- 6.20** The most popular sports that people with disabilities participate in as members of a club are golf (24%) and, especially among older age groups, swimming (16%) and indoor bowls (12%).

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 6.21** Club membership is slightly lower than average in areas of high social need (20% compared to 23% overall) and substantially lower among lower social classes (C2DE: 16%).
- 6.22** The gap regarding club membership widens with age and again differences with regard to social class are more significant than differences with regard to deprivation. Among young ABC1s aged 16-29, 34% are members of a club compared to 25% of C2DEs. For people in middle age groups aged 30-49, this difference increases to 32% among ABC1s compared to 15% among C2DEs and 26% compared to 12% among older age groups.
- 6.23** The most popular activities that people in both deprived areas and lower social classes participate in as members of a club are fitness-related activities, golf, football and swimming. Interestingly, Gaelic football is considerably more popular as a club sport in deprived areas (12% compared to 8% overall). One factor relevant to this finding is that this sport is only popular among people from the Roman Catholic community and more Roman Catholics than Protestant respondents live in areas which are classified as deprived⁴⁷.

HEALTH-RELATED ASPECTS

- 6.24** Club membership seems to go hand in hand with a healthy lifestyle. The proportion of smokers is lower (21% among club members compared to 30% among non-members) and also of people, who eat the recommended amount of fruit and vegetables per day (50% compared to 43%). However, the proportion of those who consume more alcohol than recommended, is slightly higher among club members (8% versus 5%), even when analysing age groups separately⁴⁸.
- 6.25** Club members rate their health considerably better than non-members (82% good/very good compared to 61% among non-members), and when different age groups are analysed separately.
- 6.26** Finally, there is also a relationship between club membership and happiness (73% of club members state they are very happy compared to 63% of non-members) and again, this relationship persists across all age groups.

⁴⁷ 48% of Roman Catholics live in areas classified as bottom third compared to 20% of Protestants.

⁴⁸ E.g., age group 30-49: 10% above recommended among club members versus 6% among non-members.



“ MEN ARE MORE THAN TWICE AS LIKELY TO PARTICIPATE IN SPORTING COMPETITIONS THAN WOMEN. ”

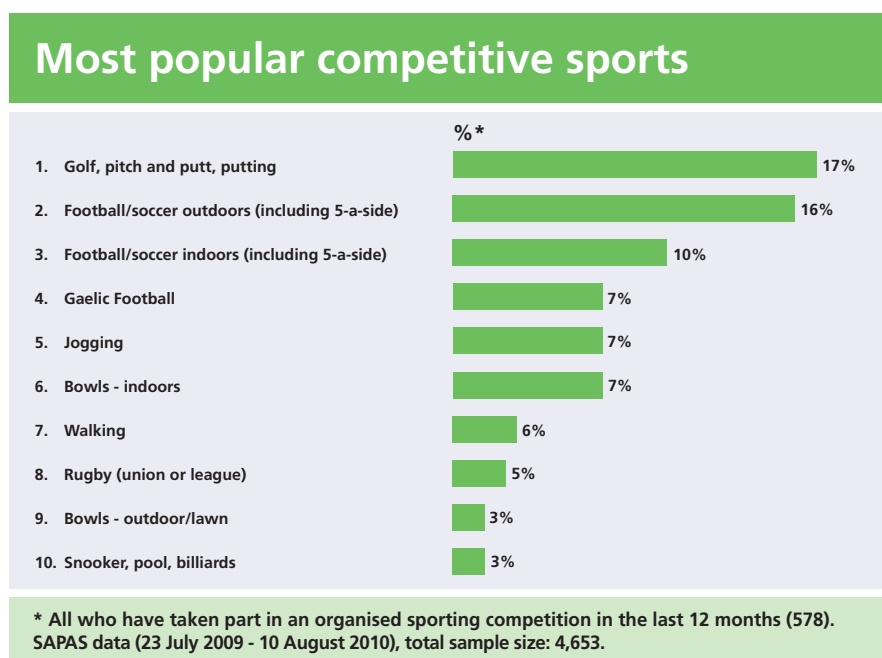
Participation in competitions

Chapter 7 outlines the findings against KPI 4 and data analysis by participation in an organised sporting competition, demography and health-related aspects.

PARTICIPATION IN AN ORGANISED SPORTING COMPETITION

- 7.1** Overall, 22% of adults who participated in sport in the last 12 months have taken part in a sporting competition in the last 12 months. Among adults who participated in the last seven days, 31% have taken part in a competition.
- 7.2** Figure 50 demonstrates among those who have taken part in an organised competition that golf was the most popular sport, with 17% having participated in a golfing competition in the last 12 months. This is followed by football (16% outdoors and 10% indoors).

Figure 50



- 7.3** Not surprisingly, taking part in competitions is related to the frequency of participation and the average time people spend taking part in sport. On average, people who take part in sport competitions participate for almost four hours per week (227 minutes) compared to 89 minutes among other participants.
- 7.4** Taking part in competitions is also linked with a higher involvement in other aspects of sport. Club membership is much higher (68% compared to 19% among other participants) as well as involvement in sports voluntary work (25% compared to 7% among others) and attending live sporting events in Northern Ireland as a spectator (64% compared to 37%).

Analysis of subgroups

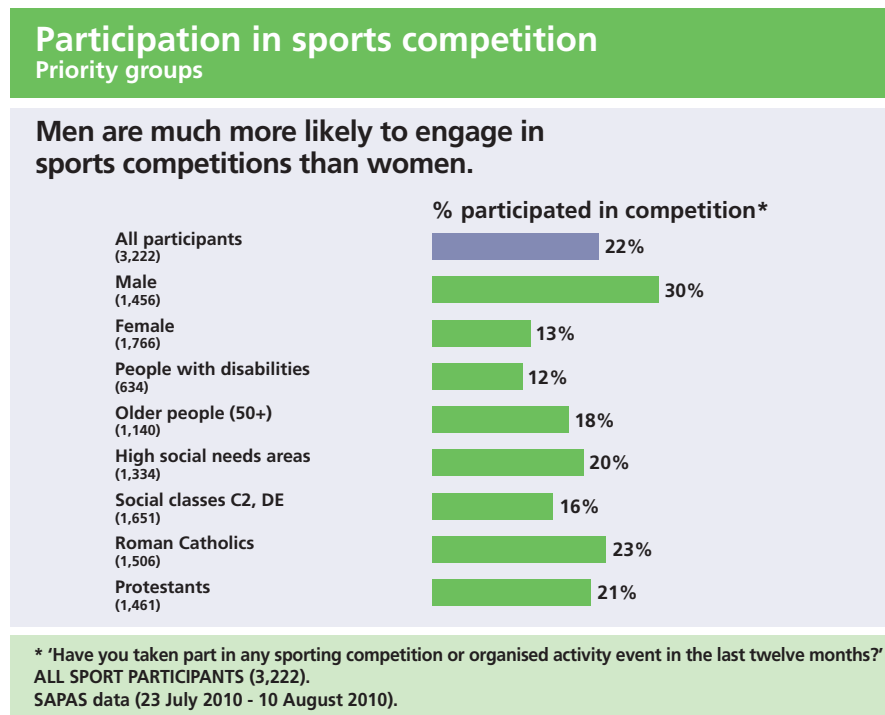
GENDER

- 7.5** Amongst adults who participated in sport in the last 12 months, men are more than twice as likely to participate in sporting competitions than women (30% compared to 13%), as evidenced in figure 51. The difference gains momentum with age (16-29 years: 39% versus 19%; 30-49 years: 26% compared to 12%; and 50+ years: 26% compared to 9%).
- 7.6** Even when comparing men and women who participate weekly⁴⁹, the difference between the genders remains high with 40% among male participants compared to 20% among female participants. This ties in with the finding detailed above that men are much more likely to be motivated by the competitive aspect of sport than women (13% of men state a reason for their participation is to take part in competitions compared to 5% among women⁵⁰).

⁴⁹ Moderate intensity, 30 minutes on at least one day in last seven days.

⁵⁰ See figure 39.

Figure 51

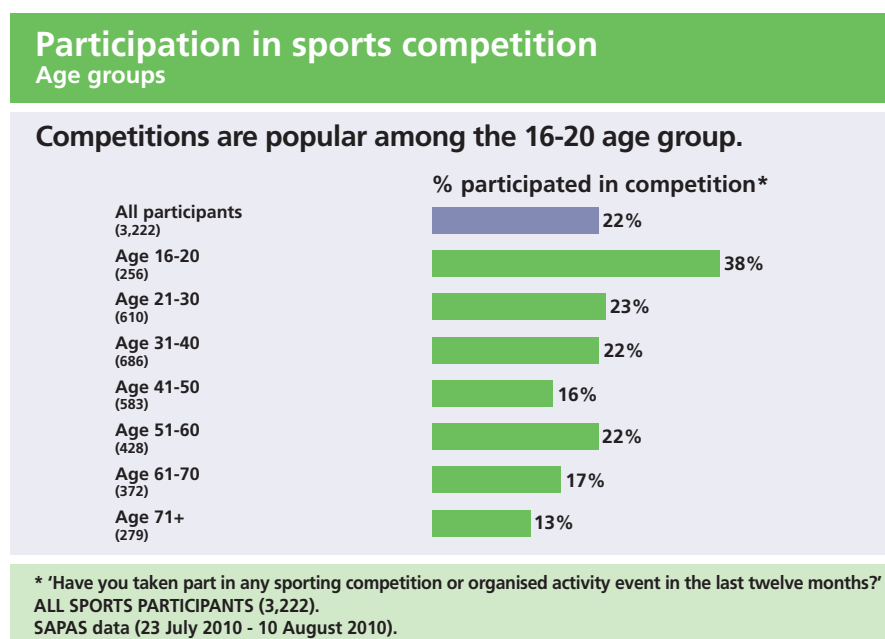


AGE

7.7

Figure 52 highlights that participation in sporting competitions is most prevalent among adults aged 16-20 years (38%). From this age onwards, participation in sporting competition tends to decline, although there is a temporary increase amongst those aged 51-60 years, before declining again amongst adults aged 60 years and over.

Figure 52



- 7.8** Football, Gaelic football and rugby are the most popular competitive sports among young people aged 16-29 years. In the 30-49 age group, the most popular competitions are related to golf, football and jogging. Among 50+-year-olds, golf and bowling are most popular.

WORKING STATUS AND EDUCATIONAL ATTAINMENT

- 7.9** Taking part in competitions is particularly popular among students (42%). Other groups are significantly less likely to engage in competitive sports (working people: 24%; retired: 16%; and unemployed: 14%). The likelihood also increases with educational attainment (no qualifications: 13%; GCSE or equivalent: 22%; and university degree: 29%).

DISABILITY

- 7.10** Participation in competitions is much lower than average among people with disabilities (12%). The gap between people with and without disabilities also remains wide across different age groups (16-29 years: 8% compared to 31%; 30-49 years: 13% compared to 20%; and 50+ years: 12% compared to 20%).

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 7.11** There is only a minor difference when comparing those living in high social need areas with the average; 20% from such areas took part in at least one competition compared to 22% overall.
- 7.12** More substantial differences occur when comparing social classes (ABC1: 27%; C2DE: 16%). This is in line with lower participation rates and lower frequency of participation among lower social classes in general.

HEALTH-RELATED ASPECTS

- 7.13** Similar to club membership and sport participation in general, people who take part in sport competitions lead a healthier lifestyle in that they are less likely to smoke, and more likely to eat healthier and to have a healthy body mass index. Alcohol consumption is again an exception to this rule, with a higher proportion drinking more than recommended.



“**PARTICIPANTS WITH DISABILITIES RECEIVE COACHING SIGNIFICANTLY LESS OFTEN THAN AVERAGE.**”

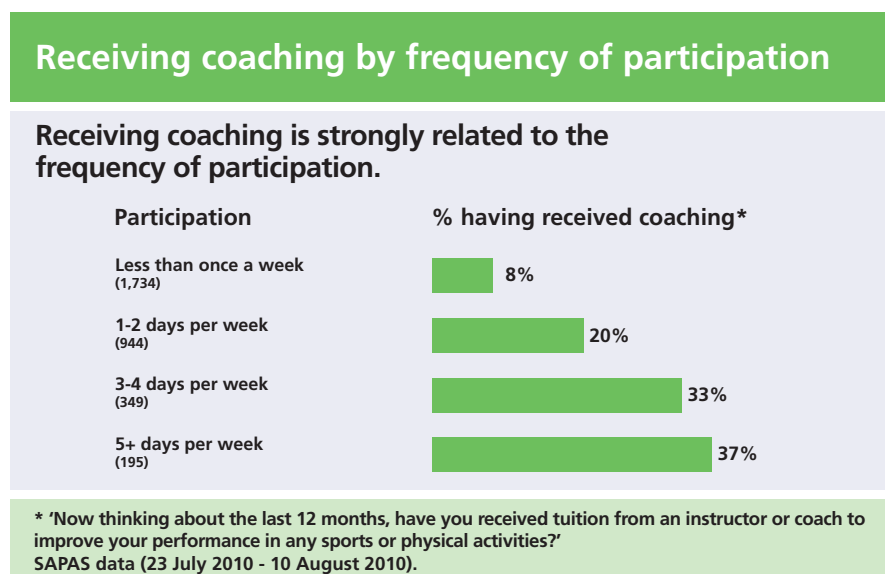
Coaching

Chapter 8 outlines the findings against KPI 5 and data analysis by those receiving/providing coaching, demography and health-related aspects.

RECEIVING COACHING

- 8.1** 17% of adults who participated in sport in the last 12 months have received coaching in the last 12 months.
- 8.2** Perhaps not surprisingly, the proportion of people receiving coaching increases with the frequency of sport participation, as demonstrated in figure 53.

Figure 53



8.3 The most popular sports for receiving coaching are keep fit/aerobics (14%), outdoor football (13%), using exercise machines (11%), and Gaelic football (10%), as shown in figure 54.

8.4 When analysing the proportion of participants who have received coaching by sport, Gaelic football is top of this list, with 71% of Gaelic football participants stating they have been coached in the last year (followed by keep fit/aerobics: 51%; outdoor football: 44%; dancing: 29%; and exercise machines: 26%).

Figure 54



8.3 Not surprisingly, club membership and receiving coaching are strongly related, with 37% of participants who are club members receiving coaching, compared to only 8% of non-club members.

8.6 Just over half (53%) of those, who received coaching, have paid for it.

Analysis of subgroups

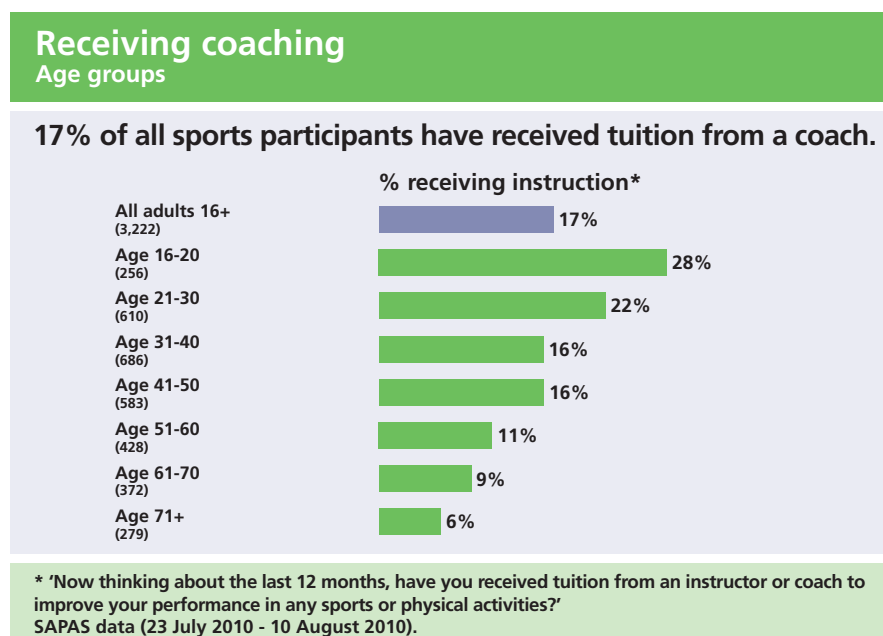
GENDER

8.7 There are no significant differences between men and women with regard to the proportion of participants who receive coaching (men: 17%; and women: 16%). However, the types of sports in which coaching is received are different and this depends on the popularity of sports among men and women in general. The most popular sports in which male participants receive coaching are outdoor football (24% of those who received coaching), Gaelic football (15%), golf (10%), and indoor football (10%). Among women, keep fit/aerobics (24%), exercise machines (19%), dancing (14%), and yoga (9%) are most popular.

AGE

8.8 Figure 55 highlights that the proportion of participants who receive coaching declines considerably with age, from 28% in the youngest (16-20 years) age group to only 6% among people who are aged 71 years and over.

Figure 55



- 8.9** This is in line with the decreasing importance of 'improving performance' as a motivation for participating in sports when people get older. Participation in many team sports which are popular for receiving coaching also declines with age (e.g., football and Gaelic football).
- 8.10** In line with the popularity of sports in general, the types of sport in which participants receive coaching change considerably with age. For young people under 30 outdoor football is by far the main sport for receiving coaching (22% of all who receive any type of coaching), followed by Gaelic football (16%) and keep fit/aerobics (12%). Among 30-49 year olds, fitness-related activities are most relevant (exercise machines: 16%; keep fit/aerobics: 15%). For 50+-year-olds dancing is most popular (21%), followed by golf (17%) and keep fit/aerobics (16%).

WORKING STATUS AND EDUCATIONAL ATTAINMENT

- 8.11** People who work are more likely to receive coaching than unemployed or retired people. However, the highest proportion of participants receiving coaching is among students with one third having received coaching in the last 12 months.
- 8.12** The likelihood of receiving coaching is also related to people's educational attainment. Only 6% of participants with no qualifications receive coaching, compared to 18% among those with GCSE or equivalent and 23% with a university degree.

DISABILITY

- 8.13** Participants with disabilities receive coaching significantly less often than average (10% compared to 18% overall), and especially in young age groups. Among 16-30 year olds, only 6% with a disability have received coaching compared to 26% without a disability.

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 8.14** Similar to club membership, there is no significant difference in coaching when comparing different areas by level of deprivation. Minor differences occur when analysing different age groups (e.g., 50 years and over in most deprived areas: 8% compared to top third: 11%).
- 8.15** There are, however, considerable differences with regard to social class. The proportion of participants who receive coaching is double among ABC1s (22% compared to 11% among C2DEs), even when analysing only those who participate at least weekly (30% among ABC1s compared to 20% C2DEs).
- 8.16** The gap between social classes increases when participants reach the age of 30. This is consistent with the fact that lower social classes participate significantly less frequently in sports in which many middle-aged and older participants receive coaching, for example golf.

HEALTH RELATED ASPECTS

- 8.17** Receiving coaching shows a high commitment to sport in general and this goes hand in hand with a healthier lifestyle. People who receive coaching have a healthier BMI, eat more healthily and are less likely to smoke.

PROVIDING COACHING

- 8.18** One in 20 adults (5% of the adult population and 7% of all adult participants) has provided coaching for others in the last 12 months. The proportion of those who provide coaching is higher among the youngest age group (16-20 year olds: 9%), among students (10%) and those who participate frequently (11% of those who participated in the last seven days). Among students who participated in the last seven days the proportion increases to 16%.
- 8.19** The most popular sports for providing coaching are football (18% of all who provided coaching coached outdoor football and 11% indoor football), Gaelic football (10%), rugby (10%), swimming (8%), and golf (7%).
- 8.20** With regard to the level at which sport coaching is provided, most coach beginners (63%), one third provides coaching for improvers (33%) and another third for club level participants (28%).



“PEOPLE IN HIGHER SOCIAL CLASSES ARE MUCH MORE LIKELY TO ENGAGE IN VOLUNTEERING THAN PEOPLE IN LOWER SOCIAL CLASSES.”

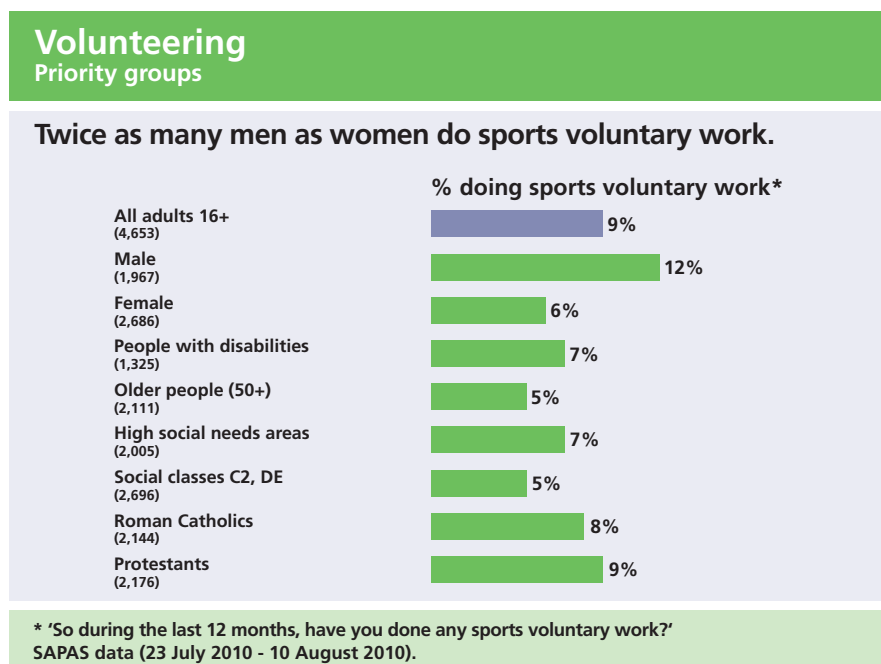
Volunteering

Chapter 9 outlines the findings against KPI 6 and data analysis by volunteering and demography.

SPORTS VOLUNTARY WORK

9.1 Figure 56 highlights 9% of Northern Ireland’s adult population have engaged in sports voluntary work in the last 12 months.

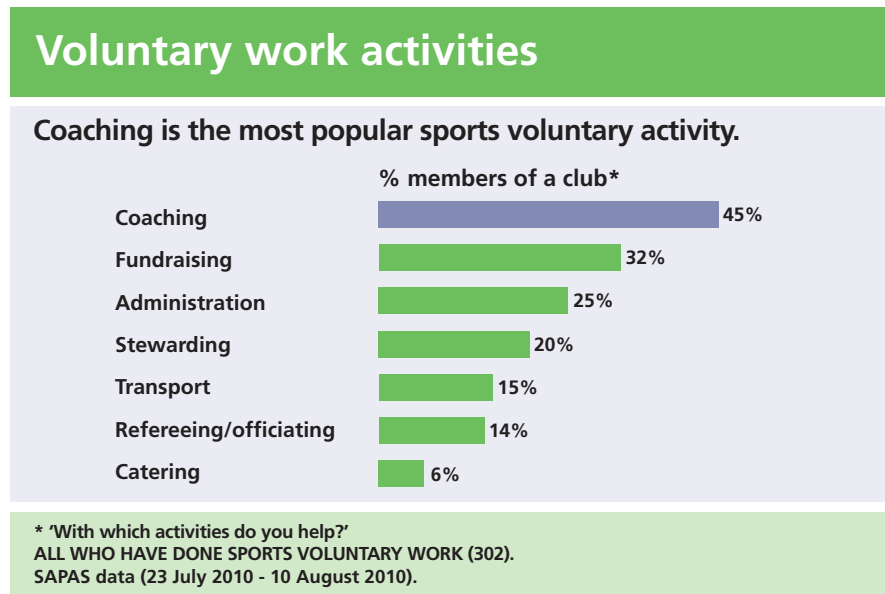
Figure 56



9.2 About half of people who volunteered in the last four weeks spent less than five hours volunteering (52%), with 37% giving between six and 20 hours and 11% more than 20 hours.

9.3 When prompted with a list of volunteering activities, coaching was most frequently mentioned as the type of voluntary work undertaken (45%), followed by fundraising (32%), administration (25%) and stewarding (20%), as shown in figure 57.

Figure 57

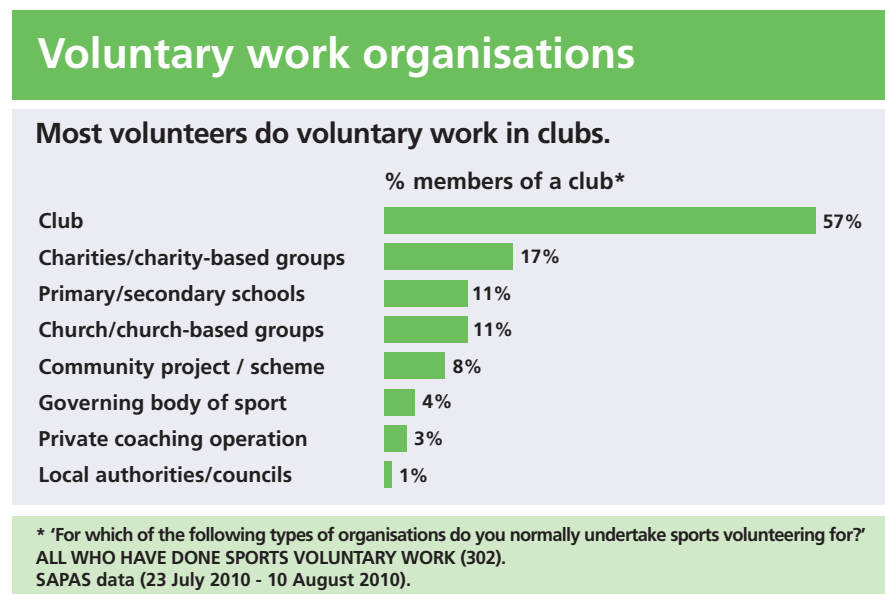


9.4 Figure 58 highlights that most people volunteer for a club (57%). This is followed by voluntary work carried out for charities (17%), schools (11%), churches (11%), and community groups (8%).

9.5 Obviously, the types of activities that volunteers carry out are related to the organisation they work for⁵¹. For example, two thirds of sports volunteers working for charities are involved in fundraising activities. In clubs, the most popular volunteering activity is coaching (53%).

⁵¹ Prompted with a list of voluntary activities.

Figure 58



9.6 Perhaps not surprisingly, volunteering is linked to a high level of involvement in sport in general. For example, the proportion of volunteers who participate in sport and receive coaching themselves is substantially higher than among other sport participants (38% compared to 14%); 55% of volunteers are a member of at least one club; and 49% have taken part in a competition.

Analysis of subgroups

GENDER

9.7 Men are twice as likely as women to volunteer (12% compared to 6%). This difference between men and women is evident across all age groups (e.g., men aged 50 years and over: 9% compared to 3% among women). This gender gap is not surprising given that most sports voluntary work is carried out in a club context and women are less likely than men to be members of a club. In line with this, coaching as a typical club voluntary activity is more popular among men than women (51% of male volunteers coach compared to 33% of females). Among women, fundraising is the most popular volunteering activity.

AGE

9.8 The proportion of people engaging in sports voluntary work peaks in the middle age groups (16-29 years: 9%; 30-49 years: 12%; and 50+ years: 5%). Interestingly, the involvement in voluntary sports activities is strongly related to whether or not there are children aged under 16 in the household. Among people aged 30-49, the proportion of volunteers is twice as high among those who have children in the household (15% compared to 7% among those without children).

9.9 This suggests that much voluntary sports work carried out by adults in this age group is linked to their children's activities.

WORKING STATUS AND EDUCATIONAL ATTAINMENT

9.10 People who work and students (both 12%) are more likely to volunteer than unemployed (5%) and retired people (3%). Volunteering also increases with educational attainment (no qualifications: 3%; GCSE or similar: 10%; and university degree: 14%).

DISABILITY

9.11 7% of people with a disability or long-standing infirmity engage in sports voluntary work. While this overall figure is below average (9% of the total adult population), the proportion of young and middle-aged people with disabilities who volunteer is higher than among people without disabilities (16-29 year olds: 15% compared to 9% without a disability; and 30-49 year olds: 16% compared to 11%). This suggests that disabled people, who do not have an age-related disability, are more likely to volunteer than their peers in the same age groups.

SOCIAL NEED AREAS AND SOCIAL CLASSES

9.12 People in higher social classes are much more likely to engage in volunteering than people in lower social classes (13% compared to 5%). Among all social classes, clubs and charities are the most popular organisations to volunteer for. However, community projects are considerably more important in the context of volunteering work for lower social classes (C2DEs: 19%; ABC1s: 4%).

9.13 The proportion of people who volunteer is lower than average in high social need areas (7% compared to 9%). As with lower social classes, the relevance of community-related sports volunteering work is high (17%).



“AMONG PARTICIPANTS OF POPULAR SPORTS, FOOTBALL PARTICIPANTS ARE MOST SATISFIED WITH SPORTS PROVISION.”

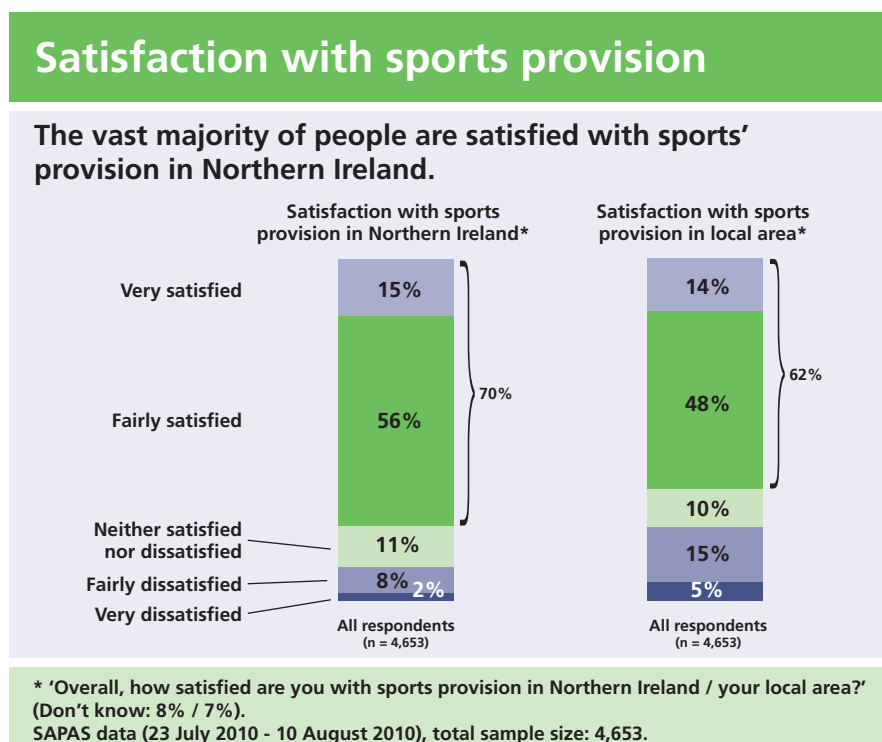
Satisfaction with sports provision

Chapter 10 outlines the findings against KPI 7 and data analysis by satisfaction with sports provision on demography.

SATISFACTION WITH SPORTS PROVISION

- 10.1** Figure 59 highlights that 70% of the population are satisfied with sports provision in Northern Ireland and 62% are satisfied with sports provision in their local area.
- 10.2** Seven in ten adults are satisfied with sports provision in Northern Ireland. 15% are very satisfied, 10% are dissatisfied and 11% are indifferent.
- 10.3** Satisfaction with sports provision in the local area is lower, with 62% satisfied and 21% dissatisfied.

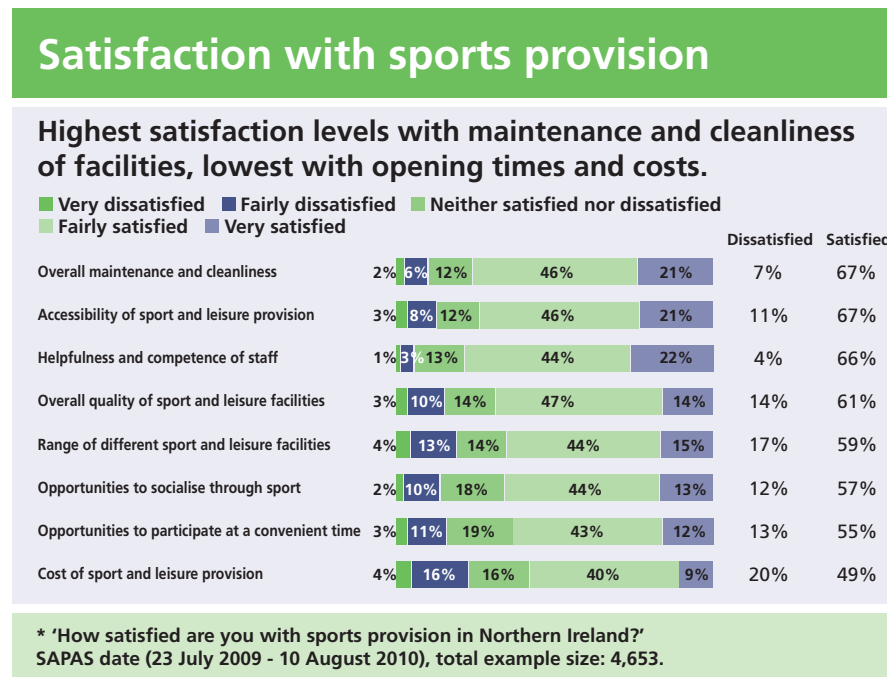
Figure 59



- 10.4** Sports participants are significantly more satisfied than non participants. 74% express their satisfaction with sports provision in Northern Ireland (non participants: 60%) and 67% with sports provision in their local area (non participants: 49%).
- 10.5** Not surprisingly, satisfaction with sports provision in the local area is related to the proximity of facilities. Among participants who live less than 20 minutes away from facilities for all of their sports, levels of satisfaction are higher with 73% satisfied. On the other hand, there is a high proportion (41%) of those who cannot access any of their sports within 20 minutes, who are dissatisfied.
- 10.6** Among participants of popular sports, football participants⁵² are most satisfied with sports provision (73% satisfied), followed by people who participate in swimming (73%) and golf (76%).
- 10.7** Respondents were asked to rate levels of satisfaction with several aspects of sport and leisure provision in the context of local facilities. The overall maintenance, the accessibility of sport and leisure provision and the helpfulness and competence of staff are rated highest, with two thirds satisfied with these aspects, as shown in figure 60. 61% are satisfied with the overall quality of facilities provided. 59% state they are satisfied or very satisfied with the range of different facilities, but there is also a sizeable proportion (17%) who are dissatisfied. The opportunities to socialise are satisfactory for 57%.
- 10.8** The two aspects rated least positively are opportunities for participating at convenient times (55% satisfied and 13% dissatisfied) and the cost of sport and leisure provision (49% satisfied and 20% dissatisfied).

⁵² Participated in last seven days.

Figure 60



Analysis of subgroups

GENDER

10.9 Women are less satisfied with sports provision in their local area than men (57% compared to 67%). However, it is unclear if these lower levels of satisfaction among women reflect a lower interest in sport in general, or if there is a causal relationship between their lower satisfaction and their participation.

AGE

10.10 There are only minor differences regarding satisfaction levels⁵³ across different age groups. Levels of satisfaction drop only slightly when people grow older (16-29 years: 64%; 30-49 years: 62%; and 50+ years: 61%).

WORKING STATUS AND EDUCATIONAL ATTAINMENT

10.11 People who work and students are more satisfied with sports provision in their local area than retired and unemployed people (student: 66%; working: 65%; unemployed: 60%; and retired: 58%). With regard to educational attainment, people holding a university degree (67%) are most satisfied with local sports provision (GCSE or equivalent: 64% and no qualifications: 58%). However, these levels of satisfaction are strongly related to people's participation, which increases with educational attainment, and is high among students and working people.

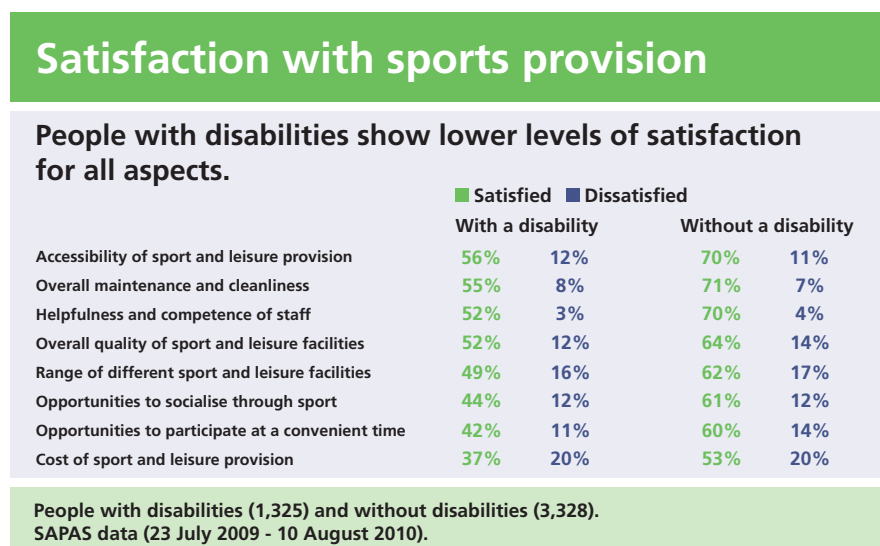
⁵³ Satisfaction with sports provision in local area.

DISABILITY

10.12 Among people with disabilities, slightly more than half (53%) are satisfied with sports provision in the local area which is considerably less than average (62%). Levels of satisfaction increase if people with disabilities participate in sport (61%), but are still lower than among those with no disabilities (68%).

10.13 Figure 61 highlights that people with disabilities are also less satisfied with all of the analysed aspects as shown in figure 61.

Figure 61



SOCIAL NEEDS AREAS AND SOCIAL CLASSES

10.14 The differences with regard to deprivation of the area in which people live are only minor. 60% of people from high social need areas are satisfied with local sports provision (compared to 62% overall), and 25% are dissatisfied (compared to 21% overall).

10.15 The differences between different social classes are greater (ABC1s: 65% satisfied with sports provision in their local area and C2DEs: 60%). With regard to the individual aspects, levels of satisfaction differ most when it comes to cost: 54% of ABC1s are satisfied with the cost of sport and leisure provision compared to only 45% of C2DEs.



“ ATTENDING LIVE SPORTING EVENTS IS RELATED TO A HIGHER COMMITMENT AND INVOLVEMENT IN SPORT IN GENERAL. ”

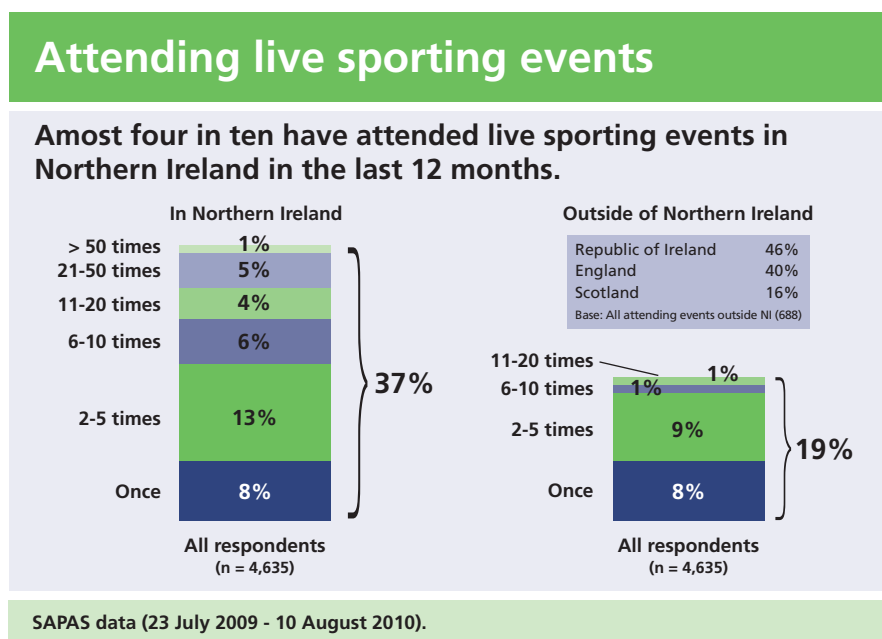
Attending live sporting events

Chapter 11 outlines findings against KPI 8 and data analysis by attendance at live sporting events and demography.

ATTENDING EVENTS IN AND OUTSIDE OF NORTHERN IRELAND

- 11.1** Figure 62 highlights that just under two in five adults (37%) have attended at least one live sporting event in Northern Ireland in the last 12 months.
- 11.2** While 8% attended only one event in Northern Ireland in the last 12 months, 16% attended more than five and 10% more than ten.

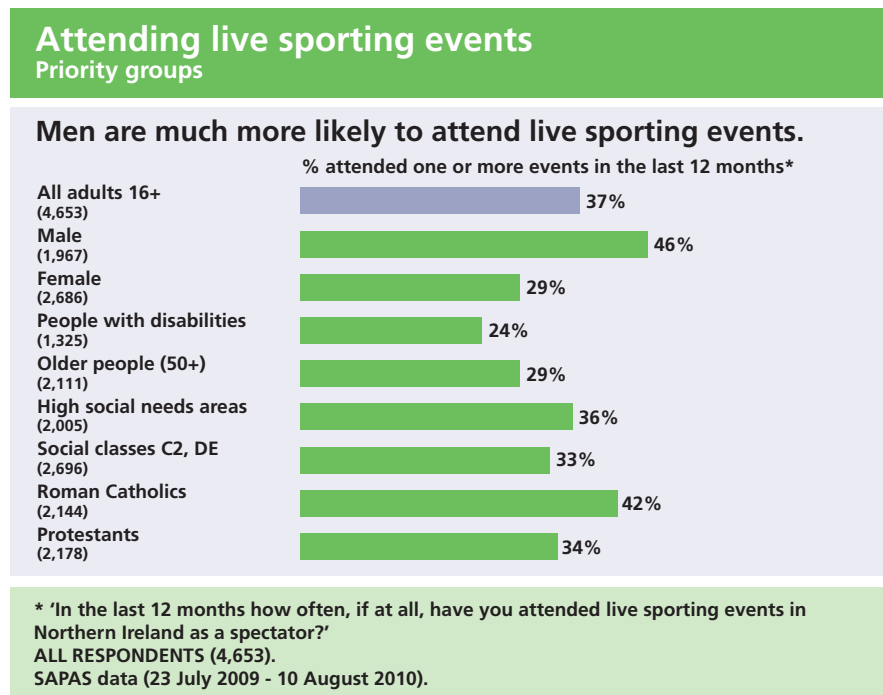
Figure 62



- 11.3** Almost one in five (19%) attended one or more live sporting events outside of Northern Ireland, with the Republic of Ireland, England and Scotland being the most popular locations. Community background reflects in spectating patterns, with Roman Catholics being almost twice as likely as Protestants to attend an event in the Republic of Ireland (59% compared to 31%). England, on the other hand, is much more popular among Protestants (51%) than Roman Catholics (31%).
- 11.4** Attending live sporting events is related to a higher commitment and involvement in sport in general. On average, spectators of sporting events participate more frequently, are more likely to be members of a sports club, to engage in competitions and receive or provide coaching.

Analysis of subgroups

Figure 63



GENDER

- 11.5** The proportion of men attending events in Northern Ireland is significantly higher than the proportion of women (46% compared to 29%), as demonstrated in figure 63. This gender gap is evident both among participants and non participants; it can also be observed across all age groups.

AGE

- 11.6** The proportion of those attending sporting events decreases with age (16-29 years: 43%; 30-49 years: 41%; and 50+ years: 29%).

WORKING STATUS AND EDUCATIONAL ATTAINMENT

- 11.7** Students and working people are more likely than average to attend live sporting events in Northern Ireland (students: 46%; working: 44%; unemployed: 29%; and retired: 23%). Attendance also increases with educational attainment (no qualifications: 24%; GCSE or equivalent: 40%; and university degree: 44%).

DISABILITY

- 11.8** People with disabilities are less likely to attend live sporting events, with one in four (24%) having done so in the last 12 months. This result is partly, but not solely, due to the older average age of people with disabilities. Even within the same age groups considerable differences can be observed. For example, 23% of 16-29 year olds with a disability have attended at least one event in the last year, compared to 45% of their peers without a disability.

SOCIAL NEED AREAS AND SOCIAL CLASSES

- 11.9** Social class constitutes a major factor in determining an individual's likelihood of attending live sporting events with 42% of ABC1s having attended events inside Northern Ireland compared to only 33% of C2DEs. This gap is also evident when analysing attendance of events outside of Northern Ireland, with 24% of ABC1s compared to 14% of C2DEs.
- 11.10** With regard to the deprivation of the area, there are no significant differences when comparing the bottom third deprived areas with the average.



**“FOR ALL OF US INVOLVED IN
SPORT AND PHYSICAL ACTIVITY
SAPAS PROVIDES US WITH
A REALITY CHECK.”**

Concluding remarks

- 12.1** SAPAS provides a comprehensive picture of the adult population’s engagement with sport and physical activity in Northern Ireland. However, now is not the time to stand back and admire the research. It is time for all stakeholders involved in promoting sport and physical activity to use the research to raise their game.
- 12.2** DCAL now has a baseline against which to monitor the efficacy of those charged with the development of sport and the promotion of physical activity. In times of financial restraint, it is important that public bodies display value for money. SAPAS provides a transparent backdrop to assess the performance of Sport Northern Ireland in retaining existing participants in sport and attracting new participants.
- 12.3** Sport Northern Ireland has credible information with which to enter into constructive dialogue with its clients, notably governing bodies of sport. The sport-specific findings offer a basis from which to consider a commissioning culture, whereby governing bodies take responsibility for driving up participation. This type of relationship and the evaluation of results will provide better evidence of ‘what works’.

- 12.4** In terms of developing the evidence base for sport, the SAPAS data set enables the development of strategic planning resources that will improve the quality of decision making in sport. Notable amongst these are the development of market segmentation profiles so that effective strategies can be put in place to reach those who do not engage in sport or who say they would like to do more sport. Similarly, linked to the Active Places NI database there is the potential to build a powerful tool that links demand (SAPAS) to supply (Active Places).
- 12.5** Local authorities, particularly Belfast and Derry, have high quality data from which to be able to plan strategically at local level. Is there an appropriate balance between demand and supply? If not, what does the evidence reveal as being the local priorities?
- 12.6** At club level, the research provides a good insight into the hidden infrastructure of sport, namely coaches and volunteers. Are there enough coaches and volunteers, and do they have the appropriate skills to deliver a vibrant and sustainable sports delivery system in Northern Ireland?
- 12.7** For the academic community, the research provides a goldmine of opportunity for valuable secondary research on the SAPAS data set. There is plenty of scope for researchers with enquiring minds to analyse the data and to provide further insight into what might help to drive up participation in sport and physical activity.
- 12.8** For all involved in sport and physical activity SAPAS provides us with a reality check on where we are and how much we have to do to enable the population to lead healthier lives. We therefore conclude with a question for all stakeholders involved in promoting sport and physical activity: how are you going to use the SAPAS report to make a difference?

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Appendix 1

PROJECT STEERING GROUP MEMBERS

Name	Title / Organisation
Paul Donnelly (Chair)	Policy, Planning and Research Manager, Sport Northern Ireland
Angharad Bunt	Development Officer - Community Sport, Sport Northern Ireland
John News	Community Sport Manager, Sport Northern Ireland
Dr Michael Willis	Former Head of Research and Statistics, DCAL
Philip Spotswood	Principal Statistician, DCAL
Ciaran Mee	Sports Branch, DCAL
Dr Gillian Gilmore	Health Intelligence Manager, PHA
Dr Mark Tully	Research Fellow, UKCRC Centre of Excellence for Public Health (NI), Queen's University Belfast

Appendix 2

KEY TERMS AND DEFINITIONS

The CMO recommendation for levels of physical activity	Participation of at least 30 minutes in at least moderate intensity activities per day (which can be made up of bouts of at least 10 minutes) on at least five days in the last seven days.
Light intensity activities	Activities that do not raise the breathing rate, cause breathlessness or sweating.
Moderate intensity activities	Activities that raise the breathing rate, but do not cause breathlessness or sweating.
Vigorous intensity activities	Activities that raise the breathing rate and cause breathlessness or sweating.
Sport participant	An adult who participated in any sport (regardless of duration and intensity) in the last 12 months.
Non participant	An adult who did not participate in any sport (regardless of duration and intensity) in the last twelve months.
Participation in the last seven days	Participation in any sport of at least moderate intensity for at least 30 minutes on at least one day in the last seven days.
Home domain	Activities in the house or garden. Respondents were prompted on housework, DIY, gardening and other activities (to be defined by respondents).
Work domain	Activities at work. Respondents were prompted on walking about while at work, manual labour, cycling while at work and other activities (to be defined by respondents).
Getting about domain	Activities for getting about. Respondents were prompted on walking for recreation, walking to get somewhere, cycling for recreation, cycling to get somewhere and other activities (to be defined by respondents).

Social classes	<p>The grades detailed below are the social class definitions as used by the Institute of Practitioners in Advertising, and are standard on all surveys carried out by Ipsos MORI.</p> <p>A - Upper middle class B - Middle class C1 - Lower middle class C2 - Skilled working class D - Working class E - Those at the lowest levels of subsistence</p>
People with disabilities	<p>Those who have a long-standing disability, infirmity or illness. This includes problems due to age.</p>
Social need areas	<p>Output areas ranked by Multiple Deprivation Measure (NISRA, 2005). Bottom third have the highest MDM scores⁵⁴.</p>
BMI	<p>A diagnostic tool to identify weight problems. The BMI is calculated as:</p> $\frac{\text{weight (kg)}}{\text{height (m)}^2}$ <p>Classifications are:</p> <ul style="list-style-type: none"> • Underweight: < 18.5 • Healthy: 18.5 - 25 • Overweight: 25 - 30 • Obese: > 30

⁵⁴ The bottom third of output areas was decided by the steering group as 'deprived areas'.

Recommended limits of alcohol consumption	<p>Men: No more than 21 units of alcohol over the course of the week.</p> <p>Women: No more than 14 units of alcohol over the course of the week.</p> <p>(PHA)</p>
Smoker / non-smoker	Those who smoke daily or smoke occasionally, but not every day, are classified as smokers
5+ portions of fruit and vegetables	<p>One portion of fruit:</p> <ul style="list-style-type: none"> • one slice of large fruit e.g., melon or pineapple; • one piece of medium sized fruit e.g., a pear, banana or apple; • two small fruits e.g., kiwis, mandarins or plums; • one cup of very small fruit e.g., grapes or strawberries; • one tablespoon of raisins or three dried apricots; and • one glass of fruit juice (fruit juice can be counted as only one portion each day). <p>One portion of vegetables:</p> <ul style="list-style-type: none"> • tablespoons or five dessertspoons of cooked vegetables; • one dessert bowl of salad; and • potatoes are not included.

Appendix 3

FINAL QUESTIONNAIRE - 17 JULY 2009

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Section 1	Sports participation / other activity
Section 2	Motivation and barriers to participation
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Section 2D.....	Barrier statements and encouragement
Section 2E.....	Participants
Section 3	Coaching
Section 4	Club Membership
Section 5	Competition
Section 6	Volunteering
Section 7	Paid sports work
Section 8	Facilities
Section 9	Spectating
Section 10.....	Satisfaction
Section 11	Economic and related questions
Section 12	Perceived health and happiness
Section 13	Fruit and vegetables
Section 14	Alcohol and smoking
Section 15	Demographics section
Section 15b	Demographics section - questions to determine SEG
Section 15c.....	Back-checking

PROGRAMMING INFORMATION:

ALL ACTIVITIES OF AT LEAST MODERATE INTENSITY DONE IN THE LAST SEVEN DAYS NEED TO BE RECORDED DURING THE INTERVIEW AND DISPLAYED IN QUESTION S1Q100.

THE FOLLOWING ACTIVITIES ARE OF AT LEAST MODERATE INTENSITY:

- Walking at a fairly brisk pace/a fast pace (S1Q6a and S1Q21a)
- All sport activities precoded as 'moderate', 'vigorous' or 'moderate or vigorous' (see column Precoded Intensity Labels in the respective tables)
- Activities in the home section that raised the breathing rate done (S1Q10)
- All other activities that raised the breathing rate ('yes' in S1Q6/ S1Q21/ S1Q28)

SECTION 1 SPORTS PARTICIPATION/OTHER ACTIVITY

Good morning/afternoon/evening, my name is from Ipsos MORI, the research organisation, and we are carrying out a survey among local people about your leisure/free time. The research is being conducted on behalf of a government-funded body and will be used to improve local services in your area. At the end of the survey we want to ask you some questions about your general health and lifestyle. We are not selling anything; we would just like to ask you some questions.

The interview will take about 30 minutes. I would like to assure you that all the information we collect will be kept in the strictest confidence and used for research purposes only. We guarantee that it will not be possible to identify any particular individual or address in the results.

The first section is about all kinds of activities you may have done for getting about, in the home, at the workplace or as a sport.

For each of these we would like to ask you about activities you may have done, how often you did them and how much time you spent on each.

Firstly a few questions about **getting about**.

S1Q1

Can you read through the list of activities and tell me which, if any, of them you have done over the last 12 months [that is, since \$month \$year]. Please do not include walking or cycling you do at work, but do include walking or cycling to work.

Please think only of occasions when you were walking or cycling for at least ten minutes without stopping.

INTERVIEWER INSTRUCTION QUESTIONS S1Q1-S1Q5:

REMIND RESPONDENT THAT ONLY OCCASIONS OF 10 MINUTES OR MORE COUNT.

BRIEFING NOTES (NOT SCRIPTED):

- *GETTING SOMEWHERE AND BACK COUNTS AS TWO OCCASIONS, AS LONG AS EACH WALK IS MORE THAN TEN MINUTES.*
- *IF WALKING IS DONE BOTH FOR RECREATION AND TO GET SOMEWHERE AT THE SAME TIME, ASK WHAT WAS THE MAIN PURPOSE OF THE WALK AND CODE ACCORDINGLY. AVOID DOUBLE COUNTING.*

S1Q1 GETTING ABOUT SHOWCARD

	Routing ->	A	B	C
		S1Q1	S1Q2	S1Q3
	Question ->	Done in the last 12 months.	Done in the last 4 weeks.	On which days have you done [insert activity] in the last 7 days
	Scale ->	Yes/No	Yes/No	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	a walk for recreation (for at least ten minutes)			
2	a walk to get somewhere (for at least ten minutes)			
3	a cycle ride for recreation (for at least ten minutes)			
4	a cycle ride to get somewhere (for at least ten minutes)			

PROGRAMMING: KEEP THE NUMBERING OF ACTIVITIES THROUGHOUT EACH SECTION SO THAT THE NUMBERS CORRESPOND TO THE NUMBERS ON THE SHOWCARD!!! (IE, KEEP SAME NUMBERS FOR ACTIVITIES IN S1Q1, S1Q2 ETC.)

	Routing ->	E	F
		S1Q5	S1Q6a
	Question ->	How long in total have you spent doing [insert activity] in the last 7 days?	How would you describe your usual walking pace when <INSERT walking for recreation/ walking to get somewhere>?
	Scale ->	10 min ... 40 hrs Enter calculation sheet	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	a walk for recreation (for at least ten minutes)		
2	a walk to get somewhere (for at least ten minutes)		

	Routing ->	A	B	C
		S1Q5	S1Q6	S1Q7
	Question ->	How long in total have you spent doing [insert activity] in the last 7 days?	Was the effort you put into <INSERT cycling for recreation/ cycling to get somewhere> usually enough to raise your breathing rate?	And was the effort you put into <INSERT cycling for recreation/ cycling to get somewhere> usually enough to raise you out of breath or sweat?
	Scale ->	10 min ... 40 hrs	Yes/No	Yes/No
3	a cycle ride for recreation (for at least ten minutes)			
4	a cycle ride to get somewhere (for at least ten minutes)			

ROUTING	PROGRAMME	INTERVIEWER INSTRUCTION
A	ASK ALL	
B	ASK IF 'YES' IN A	
C	ASK IF 'YES' IN B	
E	ASK IF OTHER THAN NONE IN C Hrs... (ENTER NUMBER OF HOURS - NUMBER RANGE 0-40) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 - 59)	RESPONDENT DID THE ACTIVITY ON <INSERT DAYS> IF ASKED, STRESS THAT THIS IS TIME SPENT ACTUALLY DOING THE ACTIVITY AND DOES NOT INCLUDE, FOR EXAMPLE, TIME SPENT GETTING TO AND FROM WHERE THE WALK/CYCLE RIDE STARTED, TIME SPENT CHANGING OR SOCIALISING.
F	ASK IF OTHER THAN NONE IN C	READ OUT LIST. SHOWCARD WALKING.
G	ASK IF OTHER THAN NONE IN C	
H	ASK IF OTHER THAN NONE IN C AND 'YES' IN G	

S1Q8

Now I am going to ask you a few questions about your activity in the home.

For the purpose of this research we are only interested in those activities that raised your breathing rate.

Please read through the list of activities and tell me which, if any, of them you have done over the last 12 months [that is, since \$month \$year].

[Work through 'home activity' grid]

S1Q8 HOME ACTIVITY SHOWCARD

	Routing ->	A	B	C
		S1Q8	S1Q9	S1Q10
	Question ->	Done in the last 12 months.	Done in the last 4 weeks.	On which days have you done [insert activity] in the last 7 days
	Scale ->	Yes/No	Yes/No	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	Housework that raised your breathing rate (for at least ten minutes)			
2	DIY (for at least ten minutes)			
3	Gardening (for at least ten minutes)			
4	Other activity - specify (NOT ON SHOWCARD)			

PROGRAMMING: KEEP THE NUMBERING OF ACTIVITIES THROUGHOUT EACH SECTION SO THAT THE NUMBERS CORRESPOND TO THE NUMBERS ON THE SHOWCARD!!!

	Routing ->	E	H
		S1Q12	S1Q14
	Question ->	How long in total have you spent doing [insert activity] in the last 7 days?	And was the effort you put into <INSERT ACTIVITY> usually enough to raise you out of breath or sweat?
	Scale ->	10 min ... 40 hrs	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	Housework that raised your breathing rate (for at least ten minutes)		
2	DIY (for at least ten minutes)		
3	Gardening (for at least ten minutes)		
4	Other activity - specify (NOT ON SHOWCARD)		

ROUTING	PROGRAMME	INTERVIEWER INSTRUCTION
A	ASK ALL	
B	ASK IF 'YES' IN A	
C	ASK IF 'YES' IN B	
E	ASK IF OTHER THAN NONE IN C Hrs... (ENTER NUMBER OF HOURS - NUMBER RANGE 0-40) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 - 59)	
h	ASK IF OTHER THAN NONE IN C	

The next section is about activities you may have done in the workplace.
Which of these best describes you?

S1Q15a

WORKING STATUS SHOWCARD

IN PAID JOB		
Working full-time 30 hrs+/week	1	GO TO S1Q15B
Working 8-29 hrs/week	2	GO TO S1Q15B
Working less than 8 hrs/week	3	GO TO S1Q15B
NO PAID JOB		
Retired from full-time job	4	GO TO S1Q23
Unemployed	5	GO TO S1Q23
Housewife	6	GO TO S1Q23
Student	7	GO TO S1Q23
Other <please specify>	8	GO TO S1Q23

IF YES IN S1Q15a

S1Q15b

How many days a week do you normally work (part-time or full-time)?
ENTER A NUMERIC NUMBER BETWEEN 0 AND 7

IF RESPONDENT WORKS AT LEAST ONE DAY A WEEK (S1Q15b > 0)

S1Q16

Now I am going to ask you a few questions about your activity in the workplace.
Please read through the list of activities and tell me which, if any, of them you have done over the last 12 months [that is, since \$month \$year] in the workplace.

PROMPT:

Walks have to be continuous (without stopping).

WALKING OR CYCLING TO WORK AND BACK SHOULD **NOT** BE INCLUDED HERE.

[Work through 'work activity' grid]

S1Q16 WORK ACTIVITY SHOWCARD

	Routing ->	A	B	C
		S1Q16	S1Q17	S1Q18
	Question ->	Done in the last 12 months.	Done in the last 4 weeks.	On which days have you done [insert activity] in the last 7 days
	Scale ->	Yes/No	Yes/No	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	Walking about while at work (for at least ten minutes)			On which days were you [insert activity] in the last 7 days?
2	Manual labour (of bouts of at least ten minutes)			
3	A cycle ride while at work (for at least ten minutes)			
4	Other exercise/physical activity while at work (for at least 10 minutes)			

PROGRAMMING: KEEP THE NUMBERING OF ACTIVITIES THROUGHOUT EACH SECTION SO THAT THE NUMBERS CORRESPOND TO THE NUMBERS ON THE SHOWCARD!!!

	Routing ->	E	F
		S1Q20	S1Q21a
	Question ->	How long in total were you [INSERT ACTIVITY] in the last 7 days?	How would you describe your usual walking pace while at work?
	Scale ->	10 min ... 40 hrs	1. A slow pace 2. A steady average pace 3. A fairly brisk pace 4. A fast pace 5. Don't know
1	Walking about while at work (for at least ten minutes)		

ADULT SPORT AND PHYSICAL ACTIVITY SURVEY 2010

A BASELINE REPORT

	Routing ->	E	G	H
		S1Q20	S1Q21	S1Q22
	Question ->	How long in total did you do <INSERT ACTIVITY> in the last seven days?	Was the effort you put into <INSERT ACTIVITY> usually enough to raise your breathing rate?	Was the effort you put into <INSERT ACTIVITY> usually enough to make you out of breath or sweat?
	Scale ->	10 min ... 40 hrs	Yes/No	Yes/No
1	Manual labour (of bouts of at least ten minutes)			
2	A cycle ride while at work (for at least ten minutes)			
3	Other exercise/physical activity while at work (for at least 10 minutes)			

ROUTING	PROGRAMME	INTERVIEWER INSTRUCTION
A	ASK ALL	STRESS THIS ONLY INCLUDES ACTIVITIES AT WORK OR FOR GETTING TO WORK.
B	ASK IF 'YES' IN A	
C	ASK IF 'YES' IN B	
E	ASK IF OTHER THAN NONE IN C Hrs... (ENTER NUMBER OF HOURS - NUMBER RANGE 0-40) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 - 59)	
F	ASK IF OTHER THAN NONE IN C	READ OUT LIST. SHOWCARD WALKING.
G	ASK IF OTHER THAN NONE IN C	
H	ASK IF OTHER THAN NONE IN C and 'YES' in S1Q1	

INTERVIEWER NOTES (NOT IN SCRIPT):

- PERIODS OF WALKING IN WORK HOURS NEED TO BE CONTINUOUS AND UNINTERRUPTED WALKS FOR AT LEAST TEN MINUTES.
- BOUTS/OCCASIONS ARE DEFINED AS A CONTINUOUS SESSION OF ACTIVITY, E.G., BETWEEN BREAKS, PERIODS OF SITTING DOWN ETC.

S1Q23

Can you please read through the list of sports and tell me which if any of them you have done over the last 12 months that is, since [\$month \$year].

S1Q23 SPORT ACTIVITY SHOWCARD

[Work through sports activity grid]

PROGRAMMING: KEEP THE NUMBERING OF ACTIVITIES THROUGHOUT EACH SECTION SO THAT THE NUMBERS CORRESPOND TO THE NUMBERS ON THE SHOWCARD!!!

	Routing ->	A	B	C
		S1Q23	S1Q24	S1Q25
	Question ->	Done in the last 12 months.	Done in the last 4 weeks.	On which days have you done [insert activity] in the last 7 days
	Scale ->	Yes/No	Yes/No	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
1	American football			
2	Angling/fishing			
3	Badminton			
4	Basketball			
5	Bowls - indoors			
6	Bowls - outdoor / lawn			
7	Canoeing			
8	Camogie			
9	Cricket			
10	Cycling	Routing ->X		
11	Darts			
12	Dance			
13	Exercise bike/running machine/spinning class/other exercise machines			
14	Football/soccer indoors			
15	Football/soccer outdoors (including 5-a-side)			
16	Gaelic Football			
17	Golf, pitch and putt, putting			
18	Gymnastics			
19	Hockey (exclude ice or roller)			
20	Horse riding (exclude polo)			

ADULT SPORT AND PHYSICAL ACTIVITY SURVEY 2010

A BASELINE REPORT

	Routing ->	A	B	C
		S1Q23	S1Q24	S1Q25
	Question ->	Done in the last 12 months.	Done in the last 4 weeks.	On which days have you done [insert activity] in the last 7 days
	Scale ->	Yes/No	Yes/No	Monday Tuesday Wednesday Thursday Friday Saturday Sunday None
21	Hurling			
22	Ice skating (exclude roller skating)			
23	Jogging			
24	Keep fit, aerobics			
25	Martial Arts (include self (include self defence, tai chi, taekwondo, judo and karate)			
26	Motor sports			
27	Netball			
28	Rugby (union or league)			
29	Shooting			
30	Skiing			
31	Snooker, pool, billiards			
32	Snowboarding			
33	Squash			
34	Swimming or diving			
35	Table tennis			
36	Tennis			
37	Tenpin bowling			
38	Track and field athletics			
39	Walking	Routing ->X		
40	Weight training/lifting/body building			
41	Windsurfing/boardsailing			
42	Yachting or dinghy sailing			
43	Yoga			
44	Other 1 - specify			
45	Other 2 - specify			
46	Other 3 - specify			
47	Other 4 - specify			
48	None			

	Routing ->	E	G	H	
		S1Q27	S1Q28	S1Q29	
	Question ->	How long in total did you spend playing/doing <INSERT ACTIVITY> in the last seven days?	Was the effort you put into <INSERT ACTIVITY> usually enough to raise your breathing rate?	Was the effort you put into <INSERT ACTIVITY> usually enough to make you out of breath or sweat?	PRECODED INTENSITY LABEL
	Scale ->	10 min ... 40 hrs	Yes/No	Yes/No	
1	American football		NOT ASKED	NOT ASKED	VIGOROUS
2	Angling/fishing		NOT ASKED	NOT ASKED	LIGHT
3	Badminton		NOT ASKED	ASKED	MODERATE OR VIGOROUS
4	Basketball		NOT ASKED	ASKED	
5	Bowls - indoors		ASKED	ASKED	
6	Bowls - outdoor / lawn		ASKED	ASKED	
7	Canoeing		ASKED	ASKED	
8	Camogie		NOT ASKED	ASKED	MODERATE OR VIGOROUS
9	Cricket		NOT ASKED	NOT ASKED	MODERATE
10	Cycling		ASKED	ASKED	
11	Darts		NOT ASKED	NOT ASKED	LIGHT
12	Dance		ASKED	ASKED	
13	Exercise bike/running machine/spinning class/other exercise machines		NOT ASKED	ASKED	MODERATE OR VIGOROUS
14	Football/soccer indoors		NOT ASKED	ASKED	MODERATE OR VIGOROUS
15	Football/soccer outdoors (including 5-a-side)		NOT ASKED	ASKED	MODERATE OR VIGOROUS
16	Gaelic Football		NOT ASKED	NOT ASKED	VIGOROUS
17	Golf, pitch and putt, putting		NOT ASKED	NOT ASKED	MODERATE
18	Gymnastics		NOT ASKED	ASKED	MODERATE OR VIGOROUS
19	Hockey (exclude ice or roller)		NOT ASKED	NOT ASKED	VIGOROUS
20	Horse riding (exclude polo)		NOT ASKED	ASKED	MODERATE OR VIGOROUS
21	Hurling		NOT ASKED	NOT ASKED	VIGOROUS
22	Ice skating (exclude roller skating)		NOT ASKED	ASKED	MODERATE OR VIGOROUS
23	Jogging		NOT ASKED	NOT ASKED	VIGOROUS
24	Keep fit, aerobics		NOT ASKED	ASKED	MODERATE OR VIGOROUS

ADULT SPORT AND PHYSICAL ACTIVITY SURVEY 2010

A BASELINE REPORT

	Routing ->	E	G	H	
		S1Q27	S1Q28	S1Q29	
	Question ->	How long in total did you spend playing/doing <INSERT ACTIVITY> in the last seven days?	Was the effort you put into <INSERT ACTIVITY> usually enough to raise your breathing rate?	Was the effort you put into <INSERT ACTIVITY> usually enough to make you out of breath or sweat?	PRECODED INTENSITY LABEL
	Scale ->	10 min ... 40 hrs	Yes/No	Yes/No	
25	Martial Arts (include self defence, tai chi, taekwondo, judo and karate)		ASKED	ASKED	
26	Motor sports		ASKED	ASKED	
27	Netball		NOT ASKED	ASKED	MODERATE OR VIGOROUS
28	Rugby (union or league)		NOT ASKED	NOT ASKED	VIGOROUS
29	Shooting		NOT ASKED	NOT ASKED	LIGHT
30	Skiing		NOT ASKED	ASKED	MODERATE OR VIGOROUS
31	Snooker, pool, billiards		NOT ASKED	NOT ASKED	LIGHT
32	Snowboarding		NOT ASKED	ASKED	MODERATE OR VIGOROUS
33	Squash		NOT ASKED	ASKED	MODERATE OR VIGOROUS
34	Swimming or diving		NOT ASKED	ASKED	MODERATE OR VIGOROUS
35	Table tennis		ASKED	ASKED	
36	Tennis		NOT ASKED	ASKED	MODERATE OR VIGOROUS
37	Tenpin bowling		ASKED	ASKED	
38	Track and field athletics		NOT ASKED	NOT ASKED	VIGOROUS
39	Walking		ASKED	ASKED	
40	Weight training/lifting/body building		NOT ASKED	ASKED	MODERATE OR VIGOROUS
41	Windsurfing/boardsailing		NOT ASKED	ASKED	MODERATE OR VIGOROUS
42	Yachting or dinghy sailing		ASKED	ASKED	
43	Yoga		ASKED	ASKED	
44	Other 1 - specify		ASKED	ASKED	
45	Other 2 - specify		ASKED	ASKED	
46	Other 3 - specify		ASKED	ASKED	
47	Other 4 - specify		ASKED	ASKED	
48	None		ASKED	ASKED	

ROUTING	PROGRAMME	INTERVIEWER INSTRUCTION
A	ASK ALL	
B	ASK IF 'YES' IN A	
C	ASK IF 'YES' IN B	
E	ASK IF OTHER THAN NONE IN C Hrs... (ENTER NUMBER OF HOURS - NUMBER RANGE 0-40) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 - 59)	IF ASKED STRESSED THAT THIS IS TIME SPENT ACTUALLY DOING THE ACTIVITY AND DOES NOT INCLUDE, FOR EXAMPLE, TIME SPENT GETTING TO AND FROM VENUES, TIME SPENT CHANGING OR SOCIALISING.
G	ASK IF OTHER THAN NONE IN C	
H	ASK IF OTHER THAN NONE IN C	

ROUTING X:

IF CYCLING IS MENTIONED AND WAS MENTIONED EARLIER IN THE TRANSPORTATION OR WORK DOMAIN:

S1Q24a

Are these cycling activities in addition to any cycling already mentioned for getting about, getting to your workplace or during your work?

Yes	CODE S1Q23/10 (CYCLING) AS 1 (YES) AND CONTINUE WITH ROUTING B
No	

IF WALKING IS MENTIONED AND WAS MENTIONED EARLIER IN THE TRANSPORTATION OR WORK DOMAIN:

S1Q24b

Are these walking activities in addition to any walking already mentioned for getting about, getting to your workplace or during your work?

Yes	CODE S1Q23/36 (WALKING) AS 1 (YES) AND CONTINUE WITH ROUTING B
No	

S1Q100

ALL RESPONDENTS THAT HAVE DONE AT LEAST ONE ACTIVITY IN AT LEAST MODERATE INTENSITY DURING THE LAST SEVEN DAYS

ONLY ROUTE ACTIVITIES WHICH HAVE BEEN DONE FOR AT LEAST MODERATE INTENSITY

Please think about the following activities that you have done in the last seven days:

- <INSERT ACTIVITY>
- <INSERT ACTIVITY>
- <INSERT ACTIVITY>
- <INSERT ACTIVITY>
- <INSERT ACTIVITY>

On which days did you spend at least 30 minutes doing one or more of these activities? The 30 minutes can be made up of bouts of 10 minutes or more.

MULTICODE

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
None of the days <SINGLE CODE>

CODING - NOT ASKED:

S1Code1 / S1Q30

IF S1Q23 (PARTICIPATION IN ANY SPORT IN THE LAST 12 MONTHS) OTHER THAN 48 (NONE).	CODE AS PARTICIPANT	1
ALL OTHERS	CODE AS NON PARTICIPANT	2

IF PARTICIPANT IN S1CODE1 (S1Q30 = 1)

S1Q31

Over the last 12 months [that is, since \$month \$year] would you say that your participation in sport and recreational physical activity has increased, decreased or stayed about the same?

S1Q31 PARTICIPATION SHOWCARD
PROBE

Increased a lot	1
Increased a little	2
Stayed the same	3
Decreased a little	4
Decreased a lot	5
Don't know	6

IF PARTICIPANT IN S1CODE1 (S1Q30 = 1)

S1Q32

Looking ahead over the next 12 months, would you **like** to participate more, less or about the same amount of sport and recreational physical activity compared to the last 12 months?

S1Q32/33 FUTURE PARTICIPATION SHOWCARD
PROBE

Much more	1
A little more	2
Stay the same/no more or less	3
A little less	4
A lot less	5
Don't know	6

IF PARTICIPANT IN S1CODE1 (S1Q30 = 1)

S1Q33

And do you expect to participate in sport and recreational physical activity more, less or about the same amount compared to the last 12 months?

S1Q32/33 FUTURE PARTICIPATION SHOWCARD
PROBE

Much more	1
A little more	2
Stay the same/no more or less	3
A little less	4
A lot less	5
Don't know	6

SECTION 2 MOTIVATION AND BARRIERS TO PARTICIPATION

SECTION 2A NON PARTICIPANTS

ASK ALL WHO HAVE NOT PARTICIPATED IN SPORT IN THE LAST 12 MONTHS (=NON PARTICIPANTS, S1Q30 = 2).

S2AQ1

Please can you tell me how long ago you last participated in sport and recreational physical activity, or have you never participated?

More than a year ago but less than 5 years ago	1	GO TO SECTION 2B
5-10 years ago	2	GO TO SECTION 2D
11-15 years ago	3	
16-20 years ago	4	
20+ years ago	5	
Never participated	6	GO TO SECTION 2C
Refused	7	GO TO SECTION 2D
Don't know	8	

SECTION 2B EX-PARTICIPANTS

ASK ALL WHO LAST PARTICIPATED BETWEEN 1 AND 5 YEARS AGO (S2AQ1=1)

S2BQ1 (EXPAR2)

What was the main sport or recreational physical activity that you participated in?

S2BQ1 SPORT ACTIVITY SHOWCARD

1	American football	25	Martial Arts (include self (include self defence, tai chi, taekwondo, judo and karate)
2	Angling/fishing	26	Motor sports
3	Badminton	27	Netball
4	Basketball	28	Rugby (union or league)
5	Bowls - indoors	29	Shooting
6	Bowls - outdoor/lawn	30	Skiing
7	Canoeing	31	Snooker, pool, billiards
8	Camogie	32	Snowboarding
9	Cricket	33	Squash
10	Cycling	34	Swimming or diving
11	Darts	35	Table tennis
12	Dance	36	Tennis
13	Exercise bike/running machine/spinning class/other exercise machines	37	Tenpin bowling
14	Football/soccer indoors (including 5-a-side)	38	Track and field athletics
15	Football/soccer outdoors (including 5-a-side)	39	Walking
16	Gaelic Football	40	Weight training/lifting/body building
17	Golf, pitch and putt, putting (exclude crazy and miniature)	41	Windsurfing/boardsailing
18	Gymnastics	42	Yachting or dinghy sailing
19	Hockey (exclude ice or roller)	43	Yoga
20	Horse riding (exclude polo)	44	Other 1 - specify
21	Hurling	45	Other 2 - specify
22	Ice skating (exclude roller skating)	46	Other 3 - specify
23	Jogging	47	Other 4 - specify
24	Keep fit, aerobics	48	None

ASK ALL WHO LAST PARTICIPATED BETWEEN 1 AND 5 YEARS AGO (S2AQ1=1)

S2BQ2a

What were the reasons you stopped participating in sport and recreational physical activity?

S2BQ2/4 REASONS FOR STOPPING PARTICIPATING SHOWCARD

MULTI CODE

Injury or illness	1
Too old	2
Lost interest	3
Friends stopped playing	4
Wasn't very good	5
Too busy - family constraints	6
Too busy - other	7
Moved house/job and lost contact with sport	8
Left school/university and lost contact with sport	9
No quality facilities available	10
Transport difficulties	11
Too expensive	12
Laziness	13
Self-consciousness	14
Other <please specify>	15
Don't know <SINGLE CODE>	16

ASK ALL WHO MENTIONED MORE THAN ONE REASON IN S2BQ2a

S2BQ2b (EXPAR6)

And what was the main reason you stopped participating in sport and recreational physical activity?

S2BQ2/4 REASONS FOR STOPPING PARTICIPATING SHOWCARD

SINGLE CODE

Injury or illness	1
Too old	2
Lost interest	3
Friends stopped playing	4
Wasn't very good	5
Too busy - family constraints	6
Too busy - other	7
Moved house/job and lost contact with sport	8
Left school/university and lost contact with sport	9
No quality facilities available	10
Transport difficulties	11
Too expensive	12
Laziness	13
Self-consciousness	14
<INSERT CODE 15 FROM S2BQ2a>	15
Don't know	16

ASK ALL WHO LAST PARTICIPATED BETWEEN 1 AND 5 YEARS AGO (S2AQ1=1)

S2BQ3 (EXPAR8a)

Have you ever tried to get back into sport or recreational physical activity after you stopped?

Yes	1	GO TO S2BQ4
No	2	S2DQ1
Don't know	3	S2DQ1

ASK ALL WHO HAVE TRIED TO GET BACK INTO SPORT (S2BQ3 = 1)

S2BQ4a

What were the reasons that stopped you getting back into sport and recreational physical activity, even though you tried?

S2BQ2/4 REASONS FOR STOPPING PARTICIPATING SHOWCARD

MULTI CODE

Injury or illness	1
Too old	2
Lost interest	3
Friends stopped playing	4
Wasn't very good	5
Too busy - family constraints	6
Too busy - other	7
Moved house/job and lost contact with sport	8
Left school/university and lost contact with sport	9
No quality facilities available	10
Transport difficulties	11
Too expensive	12
Laziness	13
Self-consciousness	14
Other <please specify>	15
Don't know (SINGLE CODE)	16

ASK ALL WHO MENTIONED MORE THAN ONE REASON IN S2BQ4a

S2BQ4b (EXPAR8b)a

What was the main reason that stopped you getting back into sport and recreational physical activity, even though you tried?

S2BQ2/4 REASONS FOR STOPPING PARTICIPATING SHOWCARD

SINGLE CODE

Injury or illness	1
Too old	2
Lost interest	3
Friends stopped playing	4
Wasn't very good	5
Too busy - family constraints	6
Too busy - other	7
Moved house/job and lost contact with sport	8
Left school/university and lost contact with sport	9
No quality facilities available	10
Transport difficulties	11
Too expensive	12
Laziness	13
Self-consciousness	14
Other <please specify>	15
Don't know	16

SECTION 2C RESPONDENTS WHO HAVE NEVER PARTICIPATED

ASK ALL WHO NEVER PARTICIPATED IN SPORT (S2AQ1 = 6)

S2CQ1 (NEVPAR1)

Why have you never participated in sport and recreational physical activity?

DO NOT PROMPT

MULTICODE

Injury	1
Disability	2
No interest	3
Friends don't play	4
Too busy	5
Transport difficulties	6
Too expensive	7
Other <please specify>	8
Don't know <SINGLE CODE>	9

SECTION 2D BARRIER STATEMENTS AND ENCOURAGEMENT

ASK ALL WHO HAVE NOT PARTICIPATED IN SPORT IN THE LAST 12 MONTHS (INCLUDING THOSE WHO NEVER PARTICIPATED) (S1Q30 = 2)

I'm going to read out a number of statements. For each one, please tell me to what extent you agree or disagree

S2DQ1-7 ENCOURAGEMENT SHOWCARD

Strongly agree	1
Tend to agree	2
Neither agree nor disagree	3
Tend to disagree	4
Strongly disagree	5
Don't know	6

RANDOMISE S2DQ1 - S2DQ7

S2DQ1 It is difficult for me to travel or get to places where I can take part in sport/physical activities

S2DQ2 Participating in sport/physical activities is too expensive.

S2DQ3 I have no-one to do sport/physical activities with

IF YES IN S1Q15a (respondent works part or full time)

S2DQ4 I'm too busy at work to do sport/physical activities

ASK ALL WHO HAVE NOT PARTICIPATED IN SPORT IN THE LAST 12 MONTHS (INCLUDING THOSE WHO NEVER PARTICIPATED) (S1Q30 = 2)

S2DQ5 I don't have enough time for sport/physical activities

S2DQ6 I'm not really interested in sport/physical activities

S2DQ7 My health isn't good enough for sport/physical activities

ASK ALL WHO HAVE NOT PARTICIPATED IN SPORT IN THE LAST 12 MONTHS (INCLUDING THOSE WHO NEVER PARTICIPATED) (S1Q30 = 2)

S2DQ8 (EXPAR11 / NEVPAR1)

To what extent are you likely to want to participate in sport and recreational physical activity in the future?

S2DQ8 LIKELIHOOD TO ENCOURAGE SHOWCARD

Very likely	1	GO TO S2DQ9
Fairly likely	2	GO TO S2DQ9
Not very likely	3	GO TO S3Q4
Not at all likely	4	GO TO S3Q4
Don't know	5	GO TO S3Q4

ASK ALL WHO SAY VERY/FAIRLY LIKELY TO WANT TO PARTICIPATE IN FUTURE

S2DQ9 (EXPAR12 / NEVPAR4)

What, if anything, would encourage you to participate in sport and recreational physical activity in the future?

S2DQ9/10 THINGS TO ENCOURAGE SHOWCARD

MULTI CODE

Facilities nearer to home/work	1
Better quality facilities <please specify>	2
Better opening hours	3
Better information on facilities I could use	4
Support for my specific needs <please specify>	5
People to go with	6
Improved transport/access	7
Help with childcare/crèche facilities	8
Cheaper admission prices	9
Other <please specify>	10
Nothing <SINGLE CODE>	11
Don't know <SINGLE CODE>	12

ASK ALL WHO STATED MORE THAN ONE THING THAT WOULD ENCOURAGE THEM IN S2DQ9

S2DQ10

And what is the main thing that would encourage you to participate in sport and recreational physical activity in the future?

S2DQ9/10 THINGS TO ENCOURAGE SHOWCARD

SINGLE CODE

Facilities nearer to home/work	1
Better quality facilities <please specify>	2
Better opening hours	3
Better information on facilities I could use	4
Support for my specific needs <please specify>	5
People to go with	6
Improved transport/access	7
Help with childcare/crèche facilities	8
Cheaper admission prices	9
Other <INSERT FROM S2DQ9>	10
Don't know <SINGLE CODE>	11

SECTION 2E PARTICIPANTS

ASK ALL PARTICIPANTS IN SPORT IN LAST 12 MONTHS (PARTICIPANTS)

S2EQ1a (MOTIV1)

What are your reasons for taking part in sport and recreational physical activity in the last 12 months?

IF NECESSARY: 'Are there any other reasons?'

S2EQ1 MOTIVATION SHOWCARD

MULTICODE

To keep fit (not just to lose weight)	1
To lose weight	2
To keep in shape/toned	3
Just to enjoy it	4
To relieve stress	5
To help with an injury or disability	6
To meet with friends	7
To meet new people	8
To train/improve performance	9
To take part in competition	10
To take children	11
Part of my work	12
Part of my voluntary work	13
Other <please specify>	14
Don't know <SINGLE CODE>	15

ASK ALL WHO MENTIONED MORE THAN ONE REASON IN S2EQ1a

S2EQ1b

And what is your main reason for taking part in sport and recreational physical activity in the last 12 months?

S2EQ1 MOTIVATION SHOWCARD

SINGLE CODE

To keep fit (not just to lose weight)	1
To lose weight	2
To keep in shape/toned	3
Just to enjoy it	4
To relieve stress	5
To help with an injury or disability	6
To meet with friends	7
To meet new people	8
To train/improve performance	9
To take part in competition	10
To take children	11
Part of my work	12
Part of my voluntary work	13
Other <INSERT FROM S2Q1A>	14
Don't know	15

S2EQ2 (MOTIV2)

What, if anything, would encourage you to take part in sport and recreational physical activity more often than you do at the moment?

S2EQ2/3 THINGS TO ENCOURAGE SHOWCARD

MULTI CODE

Facilities nearer to home/work	1
Better quality facilities <please specify>	2
Better opening hours	3
Better information on facilities I could use	4
Support for my specific needs <please specify>	5
People to go with	6
Improved transport/access	7
Help with childcare/crèche facilities	8
Cheaper admission prices	9
Other <please specify>	10
Nothing <SINGLE CODE>	11
Don't know <SINGLE CODE>	12

ASK ALL WHO STATED MORE THAN ONE THING THAT WOULD ENCOURAGE THEM IN S2EQ2

S2EQ3

And what is the main thing that would encourage you to participate in sport and recreational physical activity more often than you do at the moment?

S2EQ2/3 THINGS TO ENCOURAGE SHOWCARD

SINGLE CODE

Facilities nearer to home/work	1
Better quality facilities <please specify>	2
Better opening hours	3
Better information on facilities I could use	4
Support for my specific needs <please specify>	5
People to go with	6
Improved transport/access	7
Help with childcare/crèche facilities	8
Cheaper admission prices	9
Other <INSERT FROM S2EQ3>	10
Don't know <SINGLE CODE>	11

ASK ALL WHO HAVE PARTICIPATED IN SPORT IN LAST 12 MONTHS

S2EQ5 (MOTIV3)

Who, if anyone, encouraged you to participate in any sport and recreational physical activity that you have done in the last 12 months?

S2EQ5/6 INFLUENCERS SHOWCARD

MULTICODE

Partner/spouse/boyfriend/girlfriend	1
Parents	2
Children	3
Siblings	4
Other family members	5
Friends	6
Teacher	7
Coach/instructor	8
Doctor/health professional	9
Other <please specify>	10
No one in particular <SINGLE CODE>	11
I encouraged myself <SINGLE CODE>	12
Don't know <SINGLE CODE>	13

IF MORE THAN ONE CODE OTHER THAN 7/8 SELECTED IN S2EQ5

S2EQ6 (MOTIV4)

And who would you say encouraged you the most?

S2EQ5/6 INFLUENCERS SHOWCARD

SINGLE CODE

Partner /spouse/boyfriend/girlfriend	1
Parents	2
Children	3
Siblings	4
Other family members	5
Friends	6
Teacher	7
Coach/instructor	8
Doctor/health professional	9
Other <INSERT FROM S2EQ5>	10
Don't know <SINGLE CODE>	11

SECTION 3 COACHING

IF PARTICIPATED IN SPORT IN LAST 12 MONTHS

S3Q1 (COACH1)

Now thinking about the last 12 months, have you received tuition from an instructor or coach to improve your performance in any sports or physical activities?

This is restricted to formal coaching and does not include, for example, informal coaching or advice received by family members, friends or other participants.

Yes	1	GO TO S3Q2
No	2	GO TO S3Q4

IF S3Q1 (COACH1) = 1 (YES)

S3Q2 (COACH2)

In which, if any, of the following sports or physical activities have you received tuition from an instructor or coach in the last 12 months?

S3Q2/5 SPORT ACTIVITY SHOWCARD

CODE ALL THAT APPLY

1	American football
2	Angling/fishing
3	Badminton
4	Basketball
5	Bowls - indoors
6	Bowls - outdoor/lawn
7	Canoeing
8	Camogie
9	Cricket
10	Cycling
11	Darts
12	Dance
13	Exercise bike/running machine/spinning class/other exercise machines
14	Football/soccer indoors (including 5-a-side)
15	Football/soccer outdoors (including 5-a-side)
16	Gaelic football
17	Golf, pitch and putt, putting (exclude crazy and miniature)
18	Gymnastics
19	Hockey (exclude ice or roller)
20	Horse riding (exclude polo)
21	Hurling
22	Ice skating (exclude roller skating)
23	Jogging
24	Keep fit, aerobics

25	Martial arts (include self defence, tai chi, taekwondo, judo and karate)
26	Motor sports
27	Netball
28	Rugby (union or league)
29	Shooting
30	Skiing
31	Snooker, pool, billiards
32	Snowboarding
33	Squash
34	Swimming or diving
35	Table tennis
36	Tennis
37	Tenpin bowling
38	Track and field athletics
39	Walking
40	Weight training/lifting/body building
41	Windsurfing/boardsailing
42	Yachting or dinghy sailing
43	Yoga
44	Other 1 - specify
45	Other 2 - specify
46	Other 3 - specify
47	Other 4 - specify
48	None

IF S3Q1 (COACH1) = 1 (YES)

S3Q3 (COACH3)

Did you pay for coaching in the last 12 months?

Please consider only the amount you have paid for your own coaching.

INTERVIEWER INFORMATION:

MEMBERSHIP FEES OF A GYM WITH ACCESS TO FITNESS INSTRUCTORS SHOULD NOT BE INCLUDED.

ASK ALL

S3Q4 (COACH4)

Now, thinking about the last 12 months, have you ever coached or instructed any sport or physical activities to participants or athletes to improve their performance? This excludes any sports coaching or instruction associated with teaching physical education (PE) in school.

Yes	1	GO TO S3Q5
No	2	GO TO S4Q1

ASK ALL WHO HAVE GIVEN COACHING OR TUITION (S3Q4 (COACH4) = 1)

S3Q5

In which sports or physical activities have you coached or given instruction in the last 12 months?

S3Q2/5 SPORT ACTIVITY SHOWCARD

CODE ALL THAT APPLY

1	American football
2	Angling/fishing
3	Badminton
4	Basketball
5	Bowls - indoors
6	Bowls - outdoor/lawn
7	Canoeing
8	Camogie
9	Cricket
10	Cycling
11	Darts
12	Dance
13	Exercise bike/running machine/spinning class/other exercise machines
14	Football/soccer indoors (including 5-a-side)
15	Football/soccer outdoors (including 5-a-side)
16	Gaelic football
17	Golf, pitch and putt, putting (exclude crazy and miniature)
18	Gymnastics
19	Hockey (exclude ice or roller)
20	Horse riding (exclude polo)
21	Hurling
22	Ice skating (exclude roller skating)
23	Jogging
24	Keep fit, aerobics

25	Martial arts (include self defence, tai chi, taekwondo, judo and karate)
26	Motor sports
27	Netball
28	Rugby (union or league)
29	Shooting
30	Skiing
31	Snooker, pool, billiards
32	Snowboarding
33	Squash
34	Swimming or diving
35	Table tennis
36	Tennis
37	Tenpin bowling
38	Track and field athletics
39	Walking
40	Weight training/lifting/body building
41	Windsurfing/boardsailing
42	Yachting or dinghy sailing
43	Yoga
44	Other 1 - specify
45	Other 2 - specify
46	Other 3 - specify
47	Other 4 - specify
48	None

ASK ALL WHO HAVE GIVEN COACHING OR TUITION (S3Q4 (COACH4) = 1)

S3Q6

What level of sports coaching or instructing do you give?

S3Q6 COACHING SHOWCARD

MULTICODE

Beginners	1
Improvers	2
Club	3
County	4
Regional	5
National	6
International	7
Other levels <please specify>	8

SECTION 4 CLUB MEMBERSHIP

ASK ALL

S4Q1 (CLUB1)

Over the past 4 weeks have you been a member of a club specifically so that you can participate in any sport or physical activities?

COULD BE A HEALTH/FITNESS CLUB, SOCIAL CLUB (EMPLOYEES/YOUTH CLUB, PUB TEAM, SPORTS CLUB OR OTHER CLUB)

Yes	1	GO TO S4Q2
No	2	GO TO S5Q1
Don't know	3	GO TO S5Q1

ASK ALL WHO HAVE BEEN MEMBERS OF A CLUB IN THE PAST 4 WEEKS (S4Q1 = 1)

S4Q2 (CLUB 1a)

How many different clubs do you belong to?

ENTER A NUMERIC NUMBER BETWEEN 1 AND 99

ASK ALL WHO ARE MEMBERS OF A CLUB IN THE PAST 4 WEEKS (S4Q1 = 1)

S4Q3 (CLUB1b)

What type of club(s) do you belong to?

S4Q3 CLUB SHOWCARD

MULTICODE

Sports specific club	1
Multi-sport club	2
Private health club/country club/gym	3
Council run gym/fitness suite	4
Community club/group	5
Church-based club/group	6
Charity-based club/group	7
Other <please specify>	8

S4Q4 (CLUB2)

Which, if any of the following sports or physical activities do you take part in as a member of a club?

S4Q4 SPORT ACTIVITY SHOWCARD

CODE ALL THAT APPLY

1	American football
2	Angling/fishing
3	Badminton
4	Basketball
5	Bowls - indoors
6	Bowls - outdoor/lawn
7	Canoeing
8	Camogie
9	Cricket
10	Cycling
11	Darts
12	Dance
13	Exercise bike/running machine/spinning class/other exercise machines
14	Football/soccer indoors (including 5-a-side)
15	Football/soccer outdoors (including 5-a-side)
16	Gaelic football
17	Golf, pitch and putt, putting (exclude crazy and miniature)
18	Gymnastics
19	Hockey (exclude ice or roller)
20	Horse riding (exclude polo)
21	Hurling
22	Ice skating (exclude roller skating)
23	Jogging
24	Keep fit, aerobics

25	Martial arts (include self defence, tai chi, taekwondo, judo and karate)
26	Motor sports
27	Netball
28	Rugby (union or league)
29	Shooting
30	Skiing
31	Snooker, pool, billiards
32	Snowboarding
33	Squash
34	Swimming or diving
35	Table tennis
36	Tennis
37	Tenpin bowling
38	Track and field athletics
39	Walking
40	Weight training/lifting/body building
41	Windsurfing/boardsailing
42	Yachting or dinghy sailing
43	Yoga
44	Other 1 - specify
45	Other 2 - specify
46	Other 3 - specify
47	Other 4 - specify
48	None

SECTION 5 COMPETITION

IF PARTICIPATED IN SPORT IN LAST 12 MONTHS (S1Q30 = 1)

S5Q1 (COMP1)

Have you taken part in any sporting competition or organised activity event in the last 12 months, that is, since [\$month \$year]?

This may include participation in sporting competition in five-a-side football, marathon, charity walks etc.

Please do not include any organising, teaching, coaching or refereeing.

Yes	1	GO TO S5Q2
No	2	GO TO S6Q1

ASK ALL WHO HAVE TAKEN PART IN ORGANISED COMPETITION IN LAST 12 MONTHS
(S5Q1 (COMP1) = 1)

S5Q2 (COMP2)

In which, if any, of the following sports or physical activities have you taken part in an organised competition in the last 12 months, [that is, since \$month \$year]?

S5Q2 SPORT ACTIVITY SHOWCARD

MULTICODE

1	American football
2	Angling/fishing
3	Badminton
4	Basketball
5	Bowls - indoors
6	Bowls - outdoor/lawn
7	Canoeing
8	Camogie
9	Cricket
10	Cycling
11	Darts
12	Dance
13	Exercise bike/running machine/spinning class/other exercise machines
14	Football/soccer indoors (including 5-a-side)
15	Football/soccer outdoors (including 5-a-side)
16	Gaelic football
17	Golf, pitch and putt, putting (exclude crazy and miniature)
18	Gymnastics
19	Hockey (exclude ice or roller)
20	Horse riding (exclude polo)
21	Hurling
22	Ice skating (exclude roller skating)
23	Jogging
24	Keep fit, aerobics
25	Martial arts (include self defence, tai chi, taekwondo, judo and karate)
26	Motor sports
27	Netball
28	Rugby (union or league)
29	Shooting
30	Skiing
31	Snooker, pool, billiards
32	Snowboarding
33	Squash
34	Swimming or diving
35	Table tennis
36	Tennis
37	Tenpin bowling
38	Track and field athletics
39	Walking
40	Weight training/lifting/body building
41	Windsurfing/boardsailing
42	Yachting or dinghy sailing
43	Yoga
44	Other 1 - specify
45	Other 2 - specify
46	Other 3 - specify
47	Other 4 - specify
48	None

SECTION 6 VOLUNTEERING

ASK ALL

I would now like to ask you a couple of questions about any sports volunteering that you may have done without receiving any payment (other than to cover expenses).

This could be, for example, helping to run an event, raising money, providing transport or coaching and mentoring but do not include time spent solely supporting your own family members.

S6Q1 (VOL1)

So, during the last 12 months, that is, since [\$month \$year] have you done any sports voluntary work?

Yes	1	GO TO S6Q2
No	2	GO TO S7Q1
Don't know	3	GO TO S7Q1

ASK ALL WHO SAY THEY HAVE BEEN DOING SPORTS VOLUNTARY WORK (S6Q1 = 1)

S6Q2

For which of the following types of organisations do you normally undertake sports volunteering?

S6Q2 SPORTS VOLUNTEERING SHOWCARD

MULTICODE

Club	1
Governing Body of Sport	2
Community project/scheme	3
Local authorities/council	4
Private coaching operation	5
Primary / secondary schools	6
Further education/higher education	7
Church/church-based groups	8
Charities/charity-based groups	9
Other type of organisation <please specify>	10

ASK ALL WHO DID SPORTS VOLUNTARY WORK (S6Q1 = 1)

S6Q3 (VOL2a)

With which activities do you help?

S6Q3 VOLUNTEERING ACTIVITIES SHOWCARD

MULTICODE

Administration	1
Coaching	2
Refereeing/umpiring/officiating	3
Stewarding	4
Catering	5
Transport	6
Fundraising	7
Other <please specify>	8

ASK ALL WHO HAVE VOLUNTEERED IN SPORT IN LAST 12 MONTHS

S6Q4

During the last four weeks, that is, since [\$day \$month] how much time have you spent on voluntary sports work?

	1	Hrs.... (ENTER NUMBER OF HOURS - NUMBER RANGE 0 to 600) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 to 59)
--	---	---

SECTION 7 PAID SPORTS WORK

ASK ALL

What about paid sports work you may have done? That is sports work where you have received payment for your time rather than just expenses.

S7Q1 (PAID1)

So during the last 12 months, that is, since [\$month \$year] have you done any paid sports work?

Yes	1	GO TO S7Q2
No	2	GO TO S8Q1
Don't know	3	GO TO S8Q1

ASK ALL WHO HAVE DONE PAID SPORTS WORK IN THE LAST 12 MONTHS (S7Q1 = 1)

S7Q2

During the last four weeks, that is, since [\$day \$month] how much time in total have you spent on paid sports work?

	1	Hrs.... (ENTER NUMBER OF HOURS - NUMBER RANGE 0 to 600) Mins... (ENTER NUMBER OF MINUTES - NUMBER RANGE 0 to 59)
--	---	---

ASK ALL WHO HAVE DONE ANY PAID SPORTS WORK (S7Q1 = 1)

S7Q3

And can you tell me, is that paid part-time or paid seasonal, or it is paid full-time?

Paid part-time or paid seasonal (less than 30 hours paid work per week)	1
Paid full-time (over 30 hours paid work per week)	2
Other <please specify>	3
Don't know	4

ASK ALL WHO HAVE DONE ANY PAID SPORTS WORK (S7Q1 = 1)

S7Q4 (PAID2)

For which, if any, of the following types of organisations or projects do you undertake your paid sports work for?

S7Q4 PAID SPORTS WORK SHOWCARD

MULTICODE

Club	1
Governing Body of Sport	2
Community project/scheme	3
Local authorities/council	4
Private coaching operation	5
Primary/secondary schools	6
Further education/higher education	7
Church/church-based groups	8
Charities/charity-based groups	9
Other type of organisation <please specify>	10

SECTION 8 FACILITIES

ASK ALL WHO HAVE PARTICIPATED IN SPORT IN LAST 12 MONTHS

S8Q1

Thinking about all the sport and physical activities in which you take part, are there facilities available for you to participate in these activities which are within 20 minutes of your home (either by walking or by some other means of transport)?

IF YES PROBE 'ALL OR SOME'

Yes - for all of my sports	1
Yes - for some of my sports	2
No - for none of my sports	3
Don't know	4

SECTION 9 SPECTATING

ASK ALL

S9Q1 (SPEC1)

In the last 12 months, [that is, since \$month \$year], how often, if at all, have you attended live sporting events in Northern Ireland as a spectator? Please do not include if you attended because you were coaching, refereeing or teaching.

Never	1
Once	2
2-5 times	3
6-10 times	4
11-20 times	5
21-50 times	6
More than 50 times	7
Refused	8
Don't know	9

ASK ALL

S9Q2 (SPEC2)

In the last 12 months, [that is, since \$month \$year] how often, if at all, have you attended live sporting events outside of Northern Ireland as a spectator? Please do not include if you attended because you were coaching, refereeing or teaching.

Never	1	GO TO S10Q1
Once	2	GO TO S9Q3
2-5 times	3	GO TO S9Q3
6-10 times	4	GO TO S9Q3
11-20 times	5	GO TO S9Q3
21-50 times	6	GO TO S9Q3
More than 50 times	7	GO TO S9Q3
Refused	8	GO TO S10Q1
Don't know	9	GO TO S10Q1

ASK ALL WHO HAVE ATTENDED EVENTS OUTSIDE NI

S9Q3

And in which country did you attend these live sporting events in the last 12 months?

DO NOT PROMPT

MULTICODE

Republic of Ireland	1
England	2
Scotland	3
Wales	4
France	5
Germany	6
Italy	7
Poland	8
Spain	9
Australia	10
USA	11
Canada	12
Other <please specify>	13

SECTION 10 SATISFACTION

ASK ALL

S10Q1

In the last 12 months, that is, since [\$month \$year], have you used any sport and recreational physical activity facilities in your local area?

Yes	1
No	2
Don't know	3

In the following we would like to ask you some questions about your satisfaction with sports provision in your area and different aspects of the facilities provided. If you cannot answer a question from your own experience, tell us what your perception is.

ASK ALL

S10Q2 (SAT4)

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

S10Q2-11 SATISFACTION SHOWCARD

Very satisfied	1
Fairly satisfied	2
Neither satisfied nor dissatisfied	3
Fairly dissatisfied	4
Very dissatisfied	5
Don't know	6

ASK ALL

S10Q3

Overall, how satisfied are you with sports provision in your local area?

S10Q2-11 SATISFACTION SHOWCARD

Very satisfied	1
Fairly satisfied	2
Neither satisfied nor dissatisfied	3
Fairly dissatisfied	4
Very dissatisfied	5
Don't know	6

ASK ALL

For each of the following aspects, please tell me how satisfied or dissatisfied you are with:

ROTATE S10Q4 - S10Q10

S10Q4	The range of different sport and leisure facilities in your local area.
S10Q5	The overall quality of sport and leisure facilities in your local area.
S10Q6	The opportunities to socialise through sport in your local area.
S10Q7	The opportunities to participate in the sport you like at a time that is convenient for you.
S10Q8	The overall maintenance and cleanliness of sport and leisure facilities you have visited in your local area.
S10Q9	The cost of sports and leisure provision in your local area.
S10Q10	The helpfulness and competence of staff working in sport and leisure facilities you have visited in your local area.
S10Q11	The accessibility of sport and leisure provision in your local area.

S10Q2-11 SATISFACTION SHOWCARD

Very satisfied	1
Fairly satisfied	2
Neither satisfied nor dissatisfied	3
Fairly dissatisfied	4
Very dissatisfied	5
Don't know <SINGLE CODE>	6

ASK ALL WHO ANSWERED CODES 2-5 IN S10Q11

S10Q12

How do you think the accessibility can be improved?

S10Q12 ACCESSIBILITY SHOWCARD

MULTICODE

Facilities closer to my home	1
Facilities closer to my work	2
More parking spaces	3
Better accessibility of facilities for disabled/handicapped people	4
Better public transport	5
Other <please specify>	6
Don't know <SINGLE CODE>	7

SECTION 11 ECONOMIC AND RELATED QUESTIONS

Please see inserted questions in section 1 and demographic section which replace this section.

SECTION 12 PERCEIVED HEALTH AND HAPPINESS

ASK ALL

S12Q1 (HEAL1)

We would now like to ask you some questions about your general health and well-being.

Over the past 12 months would you say that your health has been?

READ OUT

Very good	1
Good	2
Average	3
Poor	4
Very poor	5
Refused	6
Don't know	7

S12Q2

In general, how happy would you say you are? Please rate on a scale of 1-10 where 1 is "Extremely unhappy" and 10 is "Extremely happy".

S12Q2 HAPPINESS SHOWCARD

	1	0 ... 10
Don't know	2	
Refused	3	

S12Q3

What do you think is the recommended minimum amount of physical activity that raises the breathing rate needed for a healthy lifestyle?

This includes all types of physical activity such as sport, housework, gardening, DIY or walking.

S12Q3 PHYSICAL ACTIVITY SHOWCARD

SINGLE CODE

A	90 minutes per day, every day	1
B	60 minutes per day, every day	2
C	30 minutes per day, every day	3
D	15 minutes per day, every day	4
E	90 minutes per day, 5 days per week	5
F	60 minutes per day, 5 days per week	6
G	30 minutes per day, 5 days per week	7
H	15 minutes per day, 5 days per week	8
I	90 minutes per day, 3 days per week	9
J	60 minutes per day, 3 days per week	10
K	30 minutes per day, 3 days per week	11
L	15 minutes per day, 3 days per week	12
M	90 minutes per day, 1 day per week	13
N	60 minutes per day, 1 day per week	14
O	30 minutes per day, 1 day per week	15
P	15 minutes per day, 1 day per week	16

SECTION 13 FRUIT AND VEGETABLES

ASK ALL

We would now like to ask you some questions about your general eating habits.

S13Q1 (FRU1)

How many portions of fruit do you eat on a typical day?

Please have a look at this card showing how a portion of fruit is defined.

S13Q1 FRUIT SHOWCARD

ONE PORTION OF FRUIT

- 1 slice of large fruit e.g., melon or pineapple
- 1 piece of medium sized fruit e.g., a pear, banana or apple
- 2 small fruits e.g., kiwis, mandarins or plums
- cup of very small fruit e.g., grapes or strawberries
- 1 tablespoon of raisins or three dried apricots
- 1 glass of fruit juice (fruit juice can be counted as only 1 portion each day)

Fruit squash, fruit yoghurt, fruit cake, jam, fruit and nut chocolate do not count as fruit.

	1	0 ... 100
Don't know	2	
Refused	3	

ASK ALL

S13Q2 (FRU2)

How many portions of vegetables do you eat on a typical day?

S13Q2 VEGETABLES SHOWCARD

ONE PORTION OF VEGETABLES

- 3 tablespoons or 5 dessertspoons of cooked vegetables

- 1 dessert bowl of salad

Count vegetables in ready meals if you can estimate the portion.

INTERVIEWER NOTE (NOT IN SCRIPT):

REMIND RESPONDENTS THAT POTATOES DO NOT COUNT AS VEGETABLES.

	1	0 ... 100
Don't know	2	
Refused	3	

SECTION 14 ALCOHOL AND SMOKING

ASK ALL

We would now like to know a little bit about your drinking and smoking habits. Please remember that any information you give is totally confidential and no-one will find out what you have said.

S14Q2 (ALSMO2)

How many units of alcohol do you drink in a typical week?

S14Q2 ALCOHOL SHOWCARD

ONE UNIT OF ALCOHOL		
- ½ pint of ordinary beer/lager/cider		
- a bottle of ordinary beer/lager/cider		
- 1 single measure of spirits		
- 1 small glass of wine		
- 1 measure of fortified wine (sherry, port etc)		
- 1 small bottle of alcopops		
days	1	0 ... 7
Don't know	2	
Refused	3	

ASK ALL WHO AT LEAST 1 UNIT IN S14Q2

S14Q1 (ALSMO1)

On how many days in a typical week do you drink alcohol?

days	1	0 ... 7
Don't know	2	
Refused	3	

ASK ALL

S14Q3 (ALSMO3)

Which of these best describes your smoking habits?

S14Q3 SMOKING SHOWCARD

I smoke daily	1
I smoke occasionally, but not every day	2
I used to smoke daily, but now not at all	3
I used to smoke occasionally, but now not at all	4
I have never smoked	5
Refused	6
Don't know	7

SECTION 15 DEMOGRAPHICS SECTION

Overview questions

SDQ1	gender
SDQ2	age
SDQ2h	height
SDQ2w	weight
SDQ3	marital status
SDQ4	household size
SDQ5	children in household
SDQ6	age of children in household
SDQ7	property ownership
SDQ8	car ownership
SDQ9	working status
SDQ10	educational attainment
SDQ11	religious denomination
SDQ12	ethnic group
SDQ13	long-standing illness or disability
SDQ14	limitation of activities due to illness or disability
SDQ15	sexual orientation
SDQ16	household income
SDQ17	personal income
SDQ18	past change in personal financial circumstances
SDQ19	anticipated future change in personal financial circumstances
SDSEG1-SDSEG11	questions to determine social economic grade
SBACK1-SBACK3	questions for backtracking, time, date

I would finally like to ask you some general questions which are useful for analysis purposes. Please remember, this study is conducted anonymously and it will not be possible to identify any individual from the data.

DQ1

CODE GENDER

Male	1
Female	2

ASK ALL

SDQ2a

days	0 ... 7
Refused	

IF REFUSED IN SDQ2a

SDQ2b

For the purpose of this study we need to find out which age group you belong to. May I ask, are you aged between ...

READ OUT

16 - 24	1
25 - 34	2
35 - 44	3
45 - 54	4
55 - 64	5
65+	6
Estimate	MULTIPUNCH

ASK ALL

SDQ2h

How tall are you?

USE TRANSFORMATION TABLE TO CONVERT FEET AND INCHES INTO CENTIMETRES

	1	Centimetres.... (ENTER NUMBER OF CENTIMETRES - NUMBER RANGE 100 to 299)
Don't know	2	
Refused	3	

ASK ALL

SDQ2W

How much do you weigh?

USE TRANSFORMATION TABLE TO CONVERT STONES & POUNDS INTO KILOGRAMS

	1	Kilograms.... (ENTER NUMBER OF KILOGRAMS - NUMBER RANGE 40 to 200)
Don't know	2	
Refused	3	

SDQ3

Which of these describes you?

SHOWCARD MARITAL STATUS

Single	1
Married/living as married	2
Living in a civil partnership	3
Widowed	4
Divorced/separated	5

SDQ4

How many people are there in your household aged 16 + including yourself?

people	1 ... 20
Refused	99

SDQ5

How many children under the age of 16 are there in your household?

people	0 ... 20
Refused	99

IF CHILDREN IN HOUSEHOLD

SDQ6

And what ages are the children in your household?

MULTICODE

1 year or younger	9
2	10
3	11
4	12
5	13
6	14
7	15 years
8	Refused <SINGLE CODE>

SDQ7

Is your home owned or rented?

PROBE

Owned outright	1
Being bought with mortgage	2
Rented NIHE	3
Rented privately	4
Other <please specify>	5

SDQ8

How many cars or light vans are there in your household?

1 car or light van	1
2 cars or light vans	2
3+ cars or light vans	3
None	4

SDQ9

see S1Q15a

SDQ10

Using this card, please tell me which, if any, is the highest educational or professional qualification you have obtained. Just read out the letter which applies.

IF STILL STUDYING, CHECK FOR HIGHEST ACHIEVED SO FAR

SDQ10 QUALIFICATIONS SHOWCARD

A	GCSE (including NVQ Level 2), GCE 'O' Level (including CSE Grade 1), Senior Certificate, BTEC (General), BEC (General)	1
B	BETC (National), TEC (National), BEC (National), ONC, OND	2
C	GCE 'A'-Level (including NVQ Level 3)	3
D	BTEC (Higher), BEC (Higher), TEC (Higher), HNC, HND	4
E	Bachelor degree or equivalent	5
F	Masters/PhD or equivalent	6
G	Vocational qualifications	7
H	Other	8
I	No formal qualifications	9
J	Still studying	10

SDQ11

What is your religious denomination?

Please tell me the letter beside your religious grouping on the card if you prefer.

SDQ11 RELIGION SHOWCARD

Q	Protestant	1
L	Catholic	2
A	Jewish	3
T	Other	4
N	None	5
	Refused	6

SDQ12

To which of these ethnic groups do you belong?

SDQ12 ETHNICITY SHOWCARD

White	1
Chinese	2
Irish Traveller	3
Indian	4
Pakistani	5
Bangladeshi	6
Black-Caribbean	7
Black-African	8
Black other <please specify>	9
Mixed Ethnic Group <please specify>	10
Refused	11

SDQ13

Do you have a temporary health problem, a long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a long period of time, or that is likely to affect you over a period of time.

INCLUDE PROBLEMS DUE TO AGE

Yes - temporary health problem	1	MULTICODE	GO TO SDQ14
Yes - long-standing illness	2	MULTICODE	GO TO SDQ14
Yes - long-standing disability or infirmity	3	MULTICODE	GO TO SDQ14
No	4	SINGLE CODE	GO TO SDQ15
Refused	5	SINGLE CODE	GO TO SDQ15

IF HEALTH PROBLEM, LONG-STANDING ILLNESS OR INFIRMITY (SDQ12=1/2/3)

SDQ14

Does this health problem or disability limit your activities in any way?

Yes	1
No	2
Refused	3

IF HEALTH PROBLEM OR LONG-STANDING ILLNESS (SDQ12=1/2)

SDQ14a

Does this health problem involve breathing problems?

Yes	1
No	2
Refused	3

SDQ15

And is your sexual orientation towards someone of ...

Please tell me the letter beside your sexual orientation on the card if you prefer.

SDQ15 SEXUAL ORIENTATION SHOWCARD

Q	The same sex	1
L	The other sex	2
A	Both	3
T	None	4
N	Refused	5

SDQ16

Looking at this card, can you tell me which letter corresponds to your total personal income before tax and including any benefits you receive?

SDQ16 PERSONAL INCOME SHOWCARD

K	Less than £96 per week	Less than £417 per month	Less than £5,000 per year	1
G	£97 - £192 per week	£418 - £833 per month	£5,000 - £9999 per year	2
O	£193 - £288 per week	£834 - £1,250 per month	£10,000 - £14,999 per year	3
J	£289 - £385 per week	£1,251 - £1,667 per month	£15,000 - £19,999 per year	4
M	£386 - £481 per week	£1,668 - £2,083 per month	£20,000 - £24,999 per year	5
L	£482 - £577 per week	£2,084 - £2,500 per month	£25,000 - £29,999 per year	6
P	£578 - £673 per week	£2,501 - £2,917 per month	£30,000 - £34,999 per year	7
N	£674 - £769 per week	£2,918 - £3,333 per month	£35,000 - £39,999 per year	8
H	£770 - £962 per week	£3,334 - £4,167 per month	£40,000 - £49,999 per year	9
I	£963 or more per week	£4,168 or more per month	£50,000 or more per year	10
	Refused	Refused	Refused	77
	Don't Know	Don't Know	Don't Know	99

SDQ17

Please tell me your estimate of the household's annual income before tax. If you prefer, tell me the letter beside the income band.

SDQ17 HOUSEHOLD INCOME SHOWCARD

G	Less than £96 per week	Less than £417 per month	Less than £5,000 per year	1
H	£97 - £192 per week	£418 - £833 per month	£5,000 - £9999 per year	2
I	£193 - £288 per week	£834 - £1,250 per month	£10,000 - £14,999 per year	3
J	£289 - £385 per week	£1,251 - £1,667 per month	£15,000 - £19,999 per year	4
K	£386 - £481 per week	£1,668 - £2,083 per month	£20,000 - £24,999 per year	5
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O	£770 - £962 per week	£3,334 - £4,167 per month	£40,000 - £49,999 per year	9
P	£963 or more per week	£4,168 or more per month	£50,000 or more per year	10
	Refused	Refused	Refused	77
	Don't Know	Don't Know	Don't Know	99

SDQ18

To what degree do you think that your personal financial circumstances have improved or got worse over the last twelve months?

Improved a lot	1
Improved a little	2
Stayed the same	3
Got slightly worse	4
Got a lot worse	5
Don't know	6

SDQ19

To what degree do you think that your personal financial circumstances will improve or get worse over the next twelve months?

Improve a lot	1
Improve a little	2
Stay the same	3
Get slightly worse	4
Get a lot worse	5
Don't know	6

SECTION 15B DEMOGRAPHICS SECTION - QUESTIONS TO DETERMINE SEG

SDSEG1

Which member of your household would you say is the CHIEF INCOME EARNER (CIE), that is, the person with the largest income, whether from employment, pensions, state benefits, investments or any other sources?

IF EQUAL INCOME IS CLAIMED FOR TWO PEOPLE, CLASSIFY THE OLDER AS THE CIE

Self	1	GO TO SDSEG2 SHOW TEXT 'Respondent is CIE'
Other <please specify>	2	GO TO SDSEG3

IF OTHER IN SDSEG1

SDSEG2

Is <INSERT 2 FROM SDSEG1> related to you?

Yes	1	SHOW TEXT 'Respondent is CIE'
No	2	Continue

SDSEG3

Does the CIE have a paid job full-time or part-time?

Yes	1	GO TO SDSEG5
No	2	SDSEG4

ASK ALL WHO STATED THE CHIEF INCOME EARNER DOES NOT HAVE A PAID JOB

SDSEG4

Looking at this card, please tell me the statement that best describes the CIE. Just read out the letter that applies.

SDSEG4 NO PAID JOB SHOWCARD

A	Retired, gets pension from previous job	1	ASK OCC DETAILS OF PREVIOUS JOB IN SDSEG5
B	Unemployed, less than two months	2	
C	Sick, still receiving pay or statutory pay from job	3	
D	Widow, receiving pension from husband's previous job	4	ASK OCC DETAILS OF HUSBAND'S PREVIOUS JOB IN SDSEG5
E	Divorced/separated, receiving maintenance from ex-spouse	5	
F	Full-time student	6	CODE SG C 1
G	Not working, private means	7	ASSESSMENT BY INTERVIEWER
H	Unemployed longer than two months	8	CODE SG E
I	Sick - only receiving Income Support or Invalidity Benefit	9	
J	Receiving State Pension only	10	

SDSEG5

What is the job title of the (CIE)?

Don't know

IF FARMER IN SDSEG5 ASK

SDSEG6

How many acres does/did (CIE) farm?

Don't know

SDSEG7

What type of firm/organisation does/did (CIE) work for?

Don't know

SDSEG8

Does/did (CIE) have any position/rank/grade in the organisation (i.e. responsible for the work of other people)?

PROMPT AS APPROPRIATE (Foreman, Sergeant, Office Manager, Executive, Officer etc.)

No

SDSEG9

How many people is/was (CIE) responsible for?

Don't know

SDSEG10

Does (CIE) have any qualifications related to this job?

PROMPT AS APPROPRIATE: Apprenticeship, professional qualifications, university degree

No

SDSEG11

ASSESS SOCIAL GRADE

A	1
B	2
C1	3
C2	4
D	5
E	6

SECTION 15C BACK-CHECKING

SBack1

Telephone number

In household	1
None	2
Refused to say	3
Yes, but ex-directory	4

SBack2

Date of Interview:

	<dd.mm.yy>
--	------------

SBack3

Day of Interview:

Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	5
Saturday	6
Sunday	7

SBack4

Length of Interview:

	0 ... 100
--	-----------

SBack5

Assignment No: From Quota Sheet

--	--	--	--	--

Intv. Name:

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Capital Letters Please

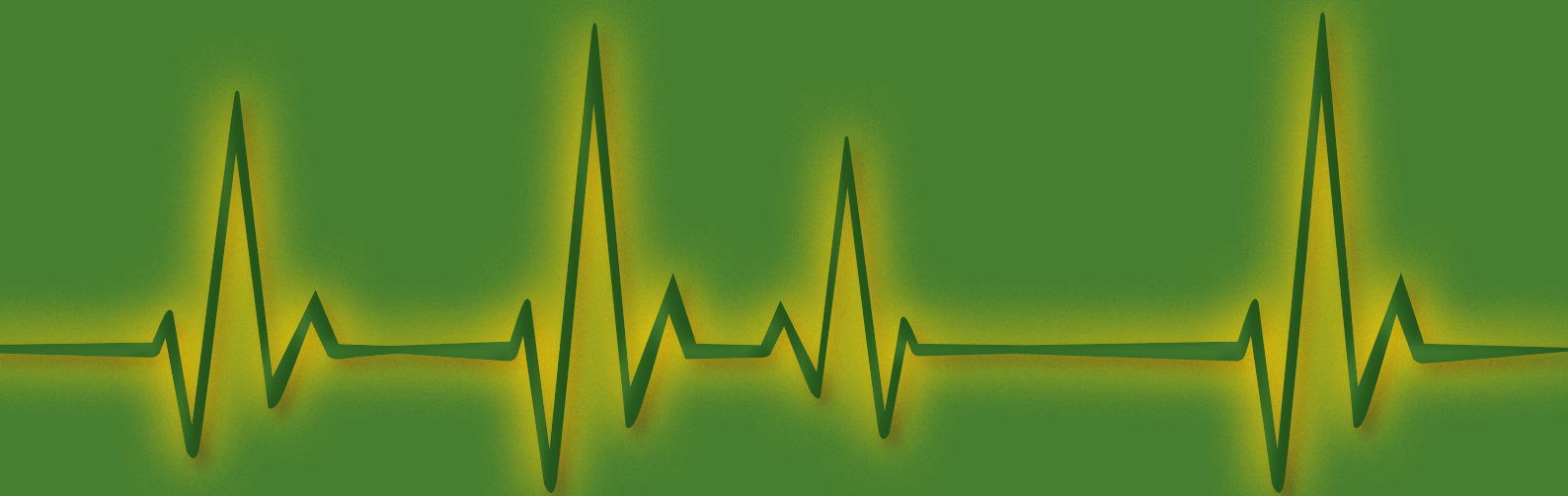
Intv. No:

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Reader Information

Title	The Northern Ireland Adult Sport and Physical Activity Survey (SAPAS): Baseline Report (2009-10)
Contact/Author	Paul Donnelly
Reviewers	Dr John Kremer, Queens University Belfast Professor Simon Shibli, Sheffield Hallam University
Publication date	October 2011
Target audience	Government departments and agencies, district councils, public health professionals, governing bodies of sport, community and voluntary sector organisations
Description	SAPAS provides data on participation, club membership, volunteering, coaching attitudes to sport and spectating amongst a representative sample (n=4653) of Northern Ireland adults (16 years +).
How to cite	Donnelly, P. (2011). The Northern Ireland Adult Sport and Physical Activity Survey 2010. Belfast: Sport Northern Ireland.
Contact	Sport Northern Ireland pauldonnelly@sportni.net info@sportni.net
Electronic location	www.sportni.net
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Notes



ABOUT SPORT NORTHERN IRELAND

Sport Northern Ireland is the leading public body for the development of sport in Northern Ireland. Its corporate vision is: "a culture of lifelong enjoyment and success in sport which contributes to a healthy, fair and prosperous society".

The full report Sport and Physical Activity Survey is available to download at: www.sportni.net

This document is available in other accessible formats on request, and online at www.sportni.net

Sport Northern Ireland
House of Sport
2a Upper Malone Road
Belfast BT9 5LA
T: (028) 9038 1222
E: info@sportni.net
W: www.sportni.net

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