

Participation in Sport and Physical Activity in Clare

(Irish Sports Monitor 2015 and 2017)

Introduction

This brief document presents high-level results on participation in sport and physical activity of adults (aged 16+) resident in Clare during 2015 and 2017. The material is prepared for Clare LSP.

Data Source

Results are based on the combined data¹ from the 2015 and 2017 Irish Sports Monitor (ISM) surveys in which 444 Clare residents took part. The ISM is a nationally representative survey, which interviews respondents aged 16 and over via telephone² about their participation in sport, recreational walking and active commuting. Data is collected throughout the year to minimise seasonality effects. The ISM has limitations like all social science surveys, one of which is that some groups are easier to reach than others. To counteract potential bias arising from this, data are re-weighted to match more closely the population characteristics in the 2016 Census of Population.

Margin of Error

All statistical surveys have margins of error which are primarily a function of sample size. Here, the margin of error for headline results is $\pm 5\%$. So if we report here that 41% take part in sport, the true sports participation figure is considered to lie between 36% and 46%. Where results are broken down further by gender, age, etc. the margin of error increases. As a result, small differences in the results should not be over-interpreted.

Active Participation in Sport

- 41% of respondents take part in sport and exercise at least once a week with little difference in this respect between men (42%) and women (39%)
- Younger age groups are more likely to take part in sport with 3 in 5 of those 16-24 years (61%³) taking part compared to one in five of those aged 65 years or more (20%⁴).

¹ The data for the two years was combined to boost the sample size for the county.

² Mobile and landline from 2015 onwards

³ The sample size for this group is less than 100.

⁴ The sample size for this group is less 100.

- Those with a long-term illness/disability are less likely to take part in sport (28%) than those without a long-term illness/disability (45%).
- The most popular sporting activities in Clare are swimming (9%), personal exercise (9%), cycling (7%), running (5%), soccer (4%), hurling / camogie (3%) and dance (3%).

Social Participation in Sport

Social participation covers club membership, volunteering in sport and attending a sporting event.

- 45% of Clare adults are socially active in sport.
- 30% are members of a sports club. Men are more likely to belong to a sports club than women (36% and 23% respectively). The most type of sports clubs are GAA (14%), gyms (8%) and soccer (4%).
- Approximately one in eight (13%) volunteer for sport. A similar proportion of men and women volunteer for sport (12% vs. 13% respectively). Volunteering is associated with children's sport with nearly twice as many parents as non-parents volunteering (17% and 9% respectively). The most popular sports to volunteer for are hurling/camogie (4%), gaelic football (3%) and soccer (2%).
- Over one in five adults attend sporting events at least weekly (22%). A similar proportion of men and women attend sporting events (24% and 20% respectively). Attendance is also associated with children's sport with parents more likely to attend sporting events compared to non-parents (25% and 19%). The most popular spectator sports are hurling/camogie (9%), gaelic football (7%), soccer (4%) and rugby (3%).

Broader Physical Activity

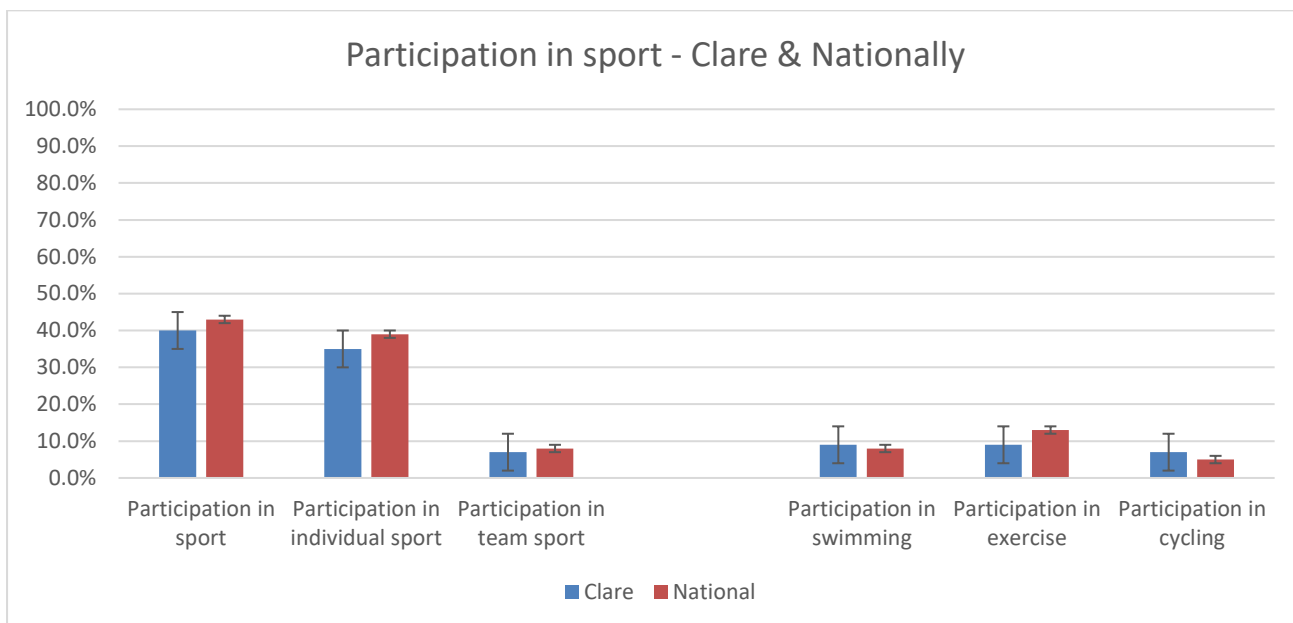
- 30% of respondents were highly active⁵ while one in seven (18%) were sedentary⁶.
- Two in three respondents walk for recreation at least once a week (66%). As opposed to the national trend, a similar proportion of women and men take part in recreational walking (66% and 65% respectively).
- While those with a long-term illness/disability are less likely to take part in sport/exercise, 59% take part in recreational walking⁷.
- 35% of adults walk for transport regularly while 11% cycle for transport.

⁵ Meeting the activity guidelines of at least 30 minutes of moderate/vigorous activity five times a week, this can be achieved through sport and exercise or recreational walking.

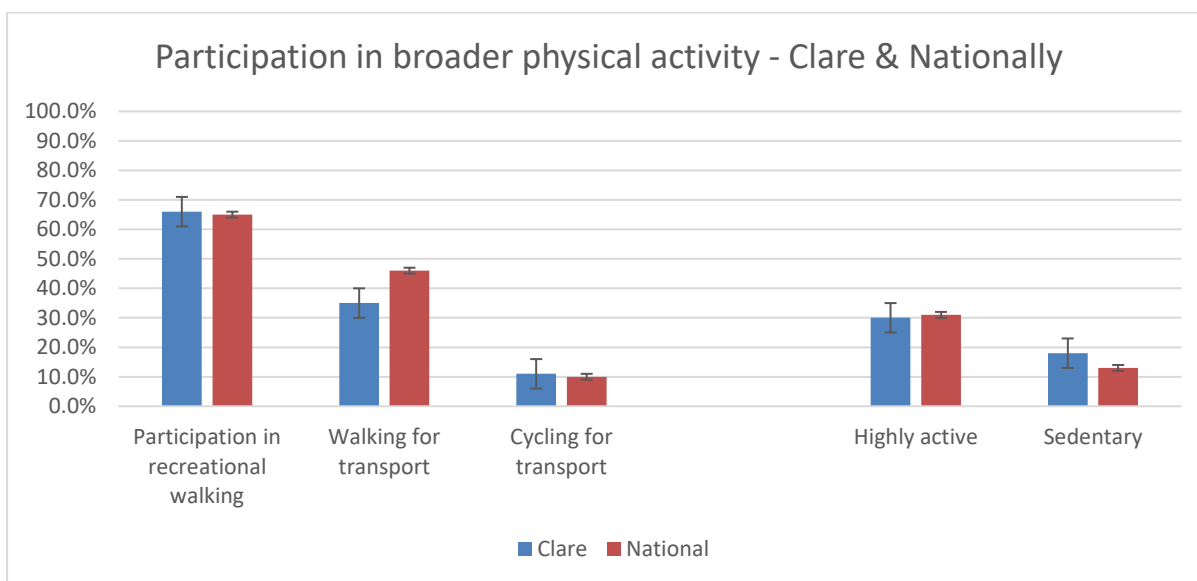
⁶ Took part in less than 20 minutes of activity in the last week.

⁷ 68% of those without a long-term illness/disability take part in recreational walking.

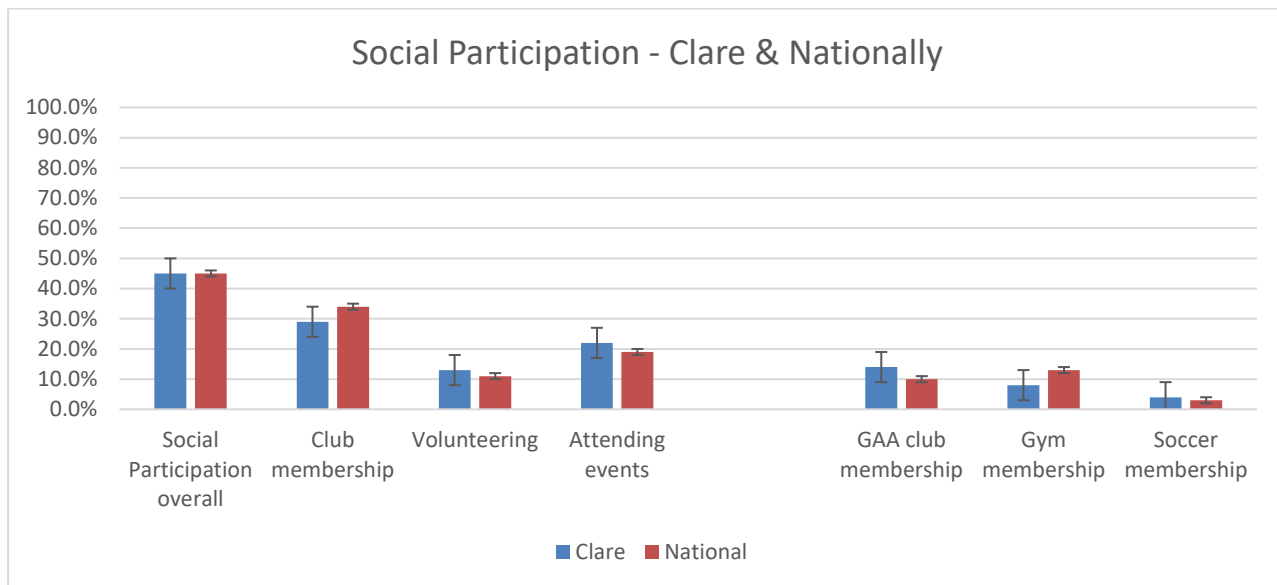
Clare & National figures



As previously mentioned, there is a 5% margin of error for figures representing Clare while nationally the figures have a 1% margin of error. These error bars are reflected in the above chart. There are no statistically significant differences between active participation in sport nationally and in Clare.



The proportion of those walking for transport was higher nationally than in Clare. On the other hand, Clare residents were more likely to be sedentary than their national counterparts. Those who are sedentary take part in less than twenty minutes of sport/exercise or recreational walking and do not walk or cycle for transport.



Social participation among Clare residents is on par with that nationally with no statistical difference between social participation overall, club membership, volunteering, attending events or among the most popular clubs.

For any queries, please contact;

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Appendix 1: Clare & National figures

	Clare	National
Participation in sport	41%	43%
Participation in individual sports	35%	39%
Participation in team sports	7%	8%
Top 3 sports to participate in Clare		
Swimming	9%	8%
Personal exercise	9%	13%
Cycling	7%	5%
Recreational Walking	66%	65%
Walking for transport	35%	46%
Cycling for transport	11%	10%
Highly Active	30%	31%
Sedentary	18%	13%
Social Participation overall	45%	45%
Club Membership	30%	34%
Volunteering	13%	11%
Attending events	22%	19%
Top 3 sports clubs in Clare		
GAA	14%	10%
Gyms	8%	13%
Soccer	4%	3%