

Participation in Sport and Physical Activity in Dún Laoghaire Rathdown (DLR) (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 DLR during 2015 and 2017. The material is prepared for DLR LSP. The Appendix includes a number of charts comparing the results from DLR with those of the Rest of Dublin and the Rest of Ireland.

Data Source

Results are based on the combined data¹ from the 2015 and 2017 Irish Sports Monitor (ISM) surveys in which 811 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 $\pm 3\%$. So if we report here that 55% take part in sport, the true sports participation figure is considered to lie between 52% and 58%. 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

- Over half (55%) of respondents take part in regular sporting activity.
- Men (60%) are more likely to take part in sport and exercise but participation among women is also high with over half (51%) taking part. This means that women in the county are more likely to play sport than men throughout the rest of the country.
- Younger age groups are more likely to take part in sport and exercise with almost 3 in 4 (74%) of those aged 16-24 playing compared to 38% of those aged 65 or older. It is noted that the

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

² Mobile and landline from 2015 onwards

participation rate among this oldest age group makes them comparable (in sporting terms) to 45 – 54 year olds in the rest of the country.

- Those with an illness/disability are less likely to take part in sport and exercise than those without one - 49% vs. 56% respectively. However, this gap is not as large as nationally and the proportion of those reporting a disability in DLR (15%) is significantly lower than throughout the country (21%).³
- Higher income earners and those with higher levels of education are most likely to play sport. For example, almost 2 in 3 (64%) of individuals earning 900 euro or more a week reported playing sport compared to just over 1 in 3 (37% of those earning less than 500 Euro a week.

Most Popular Sporting Activities

- The most popular sports and activities in DLR are gym/personal exercise (19%), swimming (10%), running (9%), cycling (5%), golf, soccer and yoga (4%). Tennis, pilates and dance exercise are also popular with 3% of adults reporting their participation in these activities.

Social Participation in Sport

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

- Over half (53%) of respondents in DLR are socially active in sport.
- 46% of respondents belong to a club with men more likely to be club members than women (50% compared to 42%). The most popular club sports are Gyms (21%), Golf (7%), GAA (6%), Tennis (4%) and Soccer (3%). Sports with reported membership rates of 2% are hurling / camogie, hockey, hillwalking, martial arts, running, rugby and swimming.
- 11% volunteer for sport with a similar proportion of men and women doing so. Volunteering is closely linked to children's sport with over three times as many parents volunteering than non-parents (19% compared to 6%). The most popular volunteering sports are Soccer (3%), Gaelic Football (2%), Hurling/Camogie (1%) and Rugby (1%).
- One in six adults attend a sporting event with similar proportions of men and women doing so. Attending sporting events is linked to children's sport with nearly twice as many parents as non-parents attending (23% and 12% respectively). The most popular sporting events to attend are Soccer (5%), Gaelic Football (3%), Rugby (3%) and Hurling/Camogie (2%).

³ This is in line with the 2016 Census of Population

Broader Physical Activity

- Over third of respondents are highly active⁴ (37%) while 6% are sedentary⁵.
- Nearly three quarters (72%) of adults walk for recreation with women (79%) being more likely than men (64%) to do so. Over two thirds of those with a long-term illness/disability (69%) take part in recreational walking compared to 73% of those without.
- Local roads, parks and beaches are particularly popular locations for DLR residents to take a recreational walk.
- Over half of respondents also walk for transport (56%) and one in seven (15%) cycle for transport.

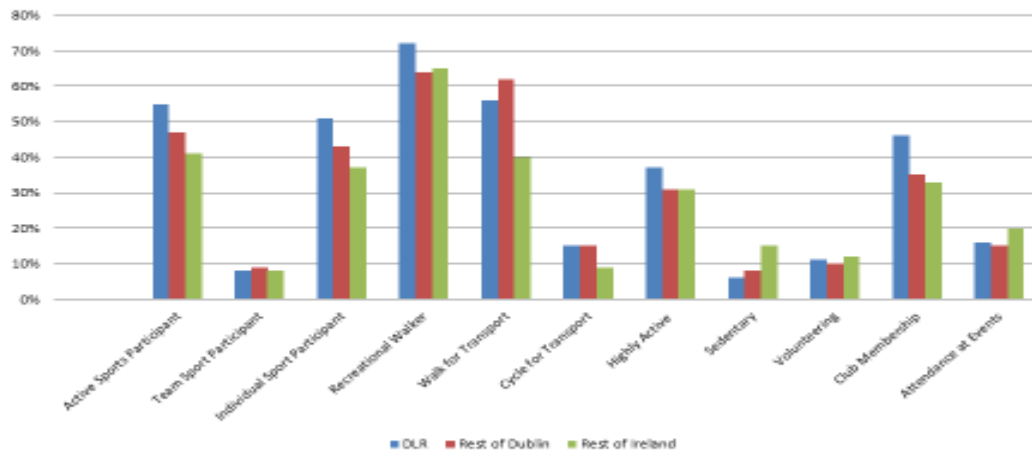
For any queries, please contact;

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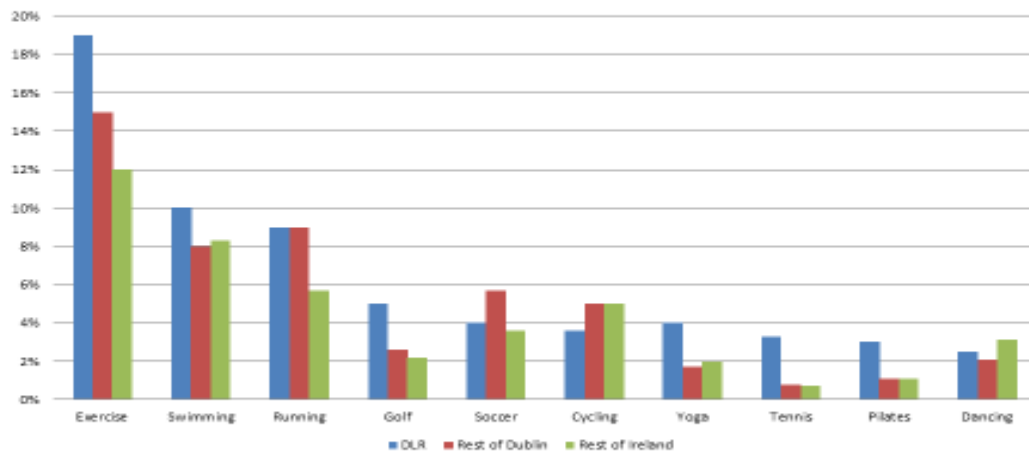
⁴ Meeting the activity guidelines of at least 30 minutes of moderate/vigorous activity five times a week, this can be achieved through sport and exercise or recreational walking.

⁵ Took part in less than 20 minutes of activity in the last week.

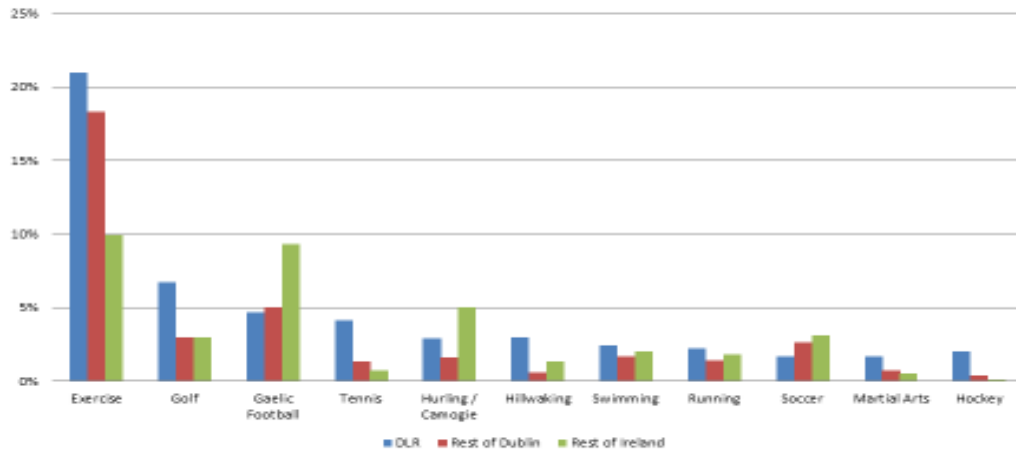
DLR vs. Rest of Ireland High Level Results Comparisons 2015 - 2017 ISM



DLR vs. Rest of Ireland Most Popular Participation Sports 2015 - 2017 ISM



DLR vs. Rest of Ireland Most Popular Types of Sports Club 2015 - 2017 ISM



DLR vs. Rest of Ireland Location for Recreational Walks 2017 ISM

