

**Participation in Sport and Physical Activity by
adults aged 16+ in Fingal County**

Peter Smyth and Elizabeth Doyle

Sport Ireland

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Executive Summary

Active Participation in Sport

- 53.6% of residents in Fingal take part in sport which is much higher than the national average.
- Exercise (15.5%), swimming (9.7%) and running (9.3%) are the most popular sports for Fingal participants.
- Among men exercise (15.7%) and soccer (15.4%) are the most popular activities while exercise (15.5%) and swimming (9.1%) are the most popular activities among women.
- The majority of participation in sport takes place in a casual context, as opposed to organised training, coaching or competitions.

Broader Physical Activity

- Over two thirds (68.3%) of Fingal residents take part in recreational walking.
- More than half (54.3%) of Fingal residents walk for transport while 11.8% cycle for transport.
- Men are three times as likely to cycle for transport compared to women.

Social Participation

- Over half (58.1%) of respondents take part in some form of social participation, either as a club member, volunteer or spectator.
- 46.3% are club members, 14.3% volunteer in sport and 21.5% regularly attend an event.
- Nearly two thirds (65.1%) of active participants are also members of a sports club.

Sport and Health

- Over a third (35%) of respondents are meeting the national activity guidelines while 7.5% are sedentary. Both of these figures compare very favourably against the national averages.
- Nearly two thirds (65.5%) would like to take part in more sport, particularly swimming.
- Time is the main barrier for those who want to take part in more sport while health issues are the main barrier among older age groups who wish to do more sport.

1. Introduction

The National Physical Activity Guidelines¹ recommend at least 30 minutes of moderate intensity activity on 5 or more days a week for adults. The 30 minutes can be accumulated in bouts of 10 minutes or more over the course of a day. Being active confers significant health and related benefits² and participation in sport and active leisure plays an increasingly important role in adult physical activity levels worldwide³. The benefits from activity can be gained at any age. The English Longitudinal Study of Ageing⁴ tracked participants whose average age was over 65 for 8 years. Participants who took up activity in those 8 years also saw health benefits despite being previously inactive. Physical activity contributes to healthy ageing regardless of current age.

This report provides evidence on the sport and recreational exercise activity of adults (aged 16 and over) in Fingal. The analysis aims to be of interest and assistance to those involved in the promotion of sport in particularly the Local Sports Partnership, Fingal County Council, sports clubs and volunteers.

Scope

The figures in this report are based on the results of the 2011 and 2013 Irish Sports Monitor (ISM) surveys. The data from both years were combined into one dataset of 1,577 respondents to reduce the error margin within the results. Even so, based on this sample size the error margin around key high level results is about 2.5%. So if we report a participation rate of 53.6% in the report we would expect that the true participation rate for Fingal lies somewhere between 51.1% and 56.1%⁵. Where the sample has been divided into further sub-samples by gender or age, the error margin is increased.

So, the results are an estimation of participation rates in Fingal and should be treated as such.

The ISM asks interviewees about their active and social participation in sport in the previous 7 days. Further details of the aims and methodology of the ISM can be found in ISM Annual Reports (available at http://www.irishsports council.ie/Research/The_Irish_Sports_Monitor/). The ISM is designed to be

¹ <http://www.getirelandactive.ie/guidelines-resources/how-much-physical-activity-is-required/>

² <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/pdf/20060314s00023p801.pdf>

<http://www.health.gov/paguidelines/guidelines/chapter2.aspx>

<http://www.who.int/mediacentre/factsheets/fs385/en/>

³ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3401184/pdf/nihms389131.pdf>

⁴ Regular physical activity in later life boosts likelihood of 'healthy aging' up to sevenfold, November 5th 2013, <http://www.sciencedaily.com/releases/2013/11/131125185600.htm>

⁵ This is known as a 95% confidence interval for the statistic in question. We would expect this interval to contain the true proportion 95% of the times that the survey was undertaken.

representative of Ireland's population as a whole rather than the population of any individual county. Therefore it was necessary to re-weight the data for this report so that the sample more closely represented Fingal's current demographic profile. Gender, age and employment status were considered in this re-weighting exercise. The Appendix compares the demographic profile of the dataset used for the report with the profile of Fingal recorded by the Central Statistics Office in the 2011 Census of Population. It also shows the un-weighted profile of the sample.

A feature of the ISM is the inclusion of periodic flexible modules on particular topical policy issues. These modules are included over a number of months and therefore only include a sub-sample of the annual survey respondents. For this reason it is not always possible to carry out a meaningful analysis beyond the national situation. During 2011 and 2013 flexible modules were included on issues such as gender issues in Irish sport, interest in playing more sport, motivations for participating in sport, barriers to participation, perceptions of health and wellness and engagement in other behaviours (smoking, drinking alcohol, dieting, watching TV, etc.) which might influence health and wellness, and knowledge of the sports policy environment nationally and locally. These issues are reported on in the relevant annual report to which the reader is referred for such analysis. However, where respondent numbers allowed and where findings of local interest emerged these issues are explored in this current report. Readers are reminded of the statistical limitations within such analysis and to regard such references as indicative only.

Statistical Analysis

In this report, the charts and tables generally show percentage participation rates in a given activity by a particular group (e.g. the percentage of women who play team sport). Where this is not the case the report highlights the basis for the participation rates. The report includes certain national figures for comparison purposes. In the main such national figures are composite averages from 2011 and 2013. Exceptions to this approach are noted.

ISM Definition of Sport and Physical Activity

The primary justification for public investment in sport is to increase physical activity and hence to improve health⁶. Consistent with this aim (and with the *Irish Sports Council Act, 1999*), the report

⁶ <http://www.dttas.ie/corporate> - High Level Goal for sport "To contribute to a healthier and more active society by promoting sports participation and by supporting high performance and the provision of facilities."

defines “sport” broadly, to include recreational exercise (e.g. swimming, gym, dance classes, yoga, etc.), as well as field games (e.g. soccer, Gaelic football). The ISM also records recreational walking, walking and cycling for transport, allowing sport to be set in the context of more general physical activity.

Limitations

All statistical surveys are approximate. In the case of the ISM, measurement error may be caused by people recalling activity inaccurately, respondents wishing to paint themselves in a good light (social desirability bias), failure to survey hard-to-reach groups, mistakes made by interviewers, and so on. For example foreign nationals are underrepresented in the overall ISM and in the Fingal sample. Previous research has suggested that their participation rates are lower than Irish nationals, suggesting that participation rates are likely to be over-stated in this respect. All participation rates have margins of errors and small differences should not be over-interpreted as meaningful particularly where the sample size is relatively small. So, when looking at the figures below it is important to remember that they are at best an approximation.

One other possible limitation relates to the scale of the re-weighting required to align the sample with Fingal’s population profile. In the Appendix it can be seen that the original (un-weighted) sample contained an unusually high number of older respondents (retired and aged 65+) and a correspondingly small number of respondents aged 25 – 34 and employed. The effect of the re-weighting exercise therefore was to increase significantly the contribution of the younger group to participation rates, etc. and reduce the contribution of the older group. This had most impact on the sports participation rate which we know declines sharply with age; the un-weighted sports participation rate was 48.8% while the weighted figure was 53.6%. The most likely source of error here is the 25 – 34 year old sample where there were far fewer respondents than there should have been. However, even among this group there were 150 respondents and there is nothing in the figures to suggest that their behaviour was uncharacteristic of 25 – 34 year olds in Fingal.

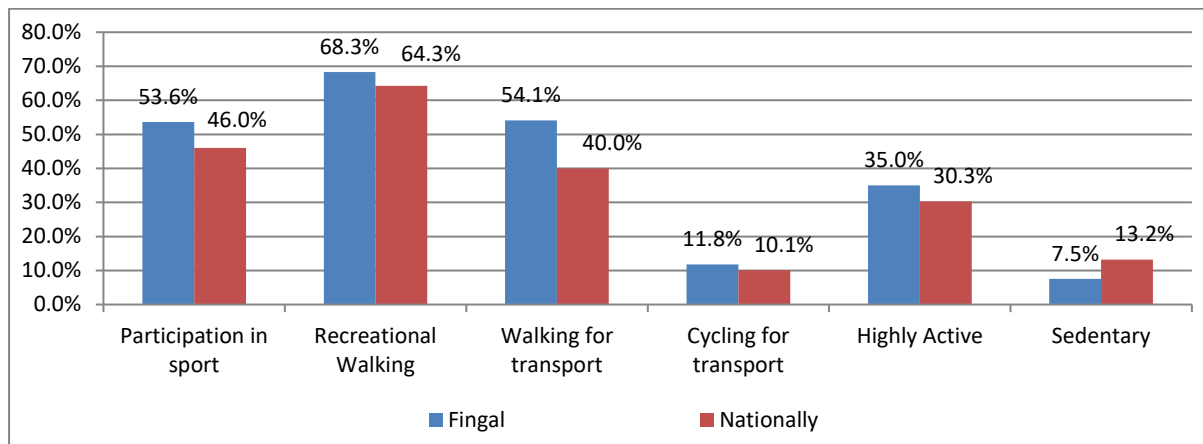
2. Results

2.1 Overall Physical Activity

Figure 1 compares physical activity participation in Fingal with the national average. Participation rates in sport, recreational walking and walking for transport are above the national average. As a result,

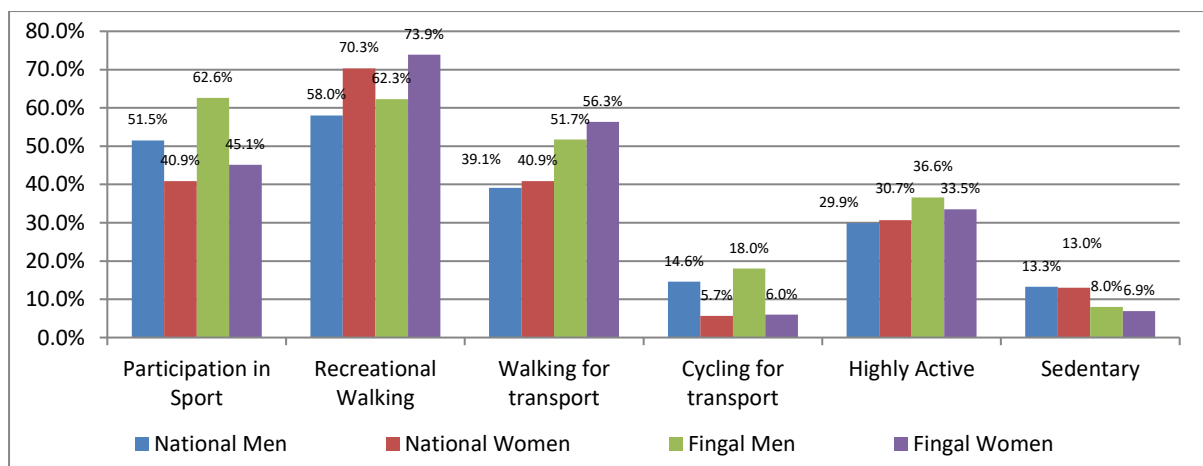
Fingal residents are more likely to be highly active and less likely to be sedentary than their national counterparts. Based on the 2011 Census of Population⁷, 1% of the Fingal population aged 16+ is equivalent to approximately 2,050 adults. Thus the 53.6% sports participation rate represents approximately 110,000 Fingal residents aged 16+ taking part in sport at least once a week.

Figure 2.1: Summary of Physical Activity – Fingal vs. National⁸



In **Figure 2.2** we look at the differences between men and women within the region and nationally.

Figure 2.2: Summary of Physical Activity by gender – Fingal vs. National



Compared to the national situation, Fingal residents of both genders are more likely to be active across all domains except for the case of cycling for transport where this comment only applies to Fingal men. They are also more likely to be highly active and less likely to be sedentary than men and women nationally. Within the county, men are more likely to take part in sport and cycle for transport than women; women are more likely to walk for recreation or transport than men. Similar proportions of

⁷ http://census.cso.ie/sapmap2011/Results.aspx?Geog_Type=CTY&Geog_Code=04&CTY=04#T1_100

⁸ Individual confidence intervals will vary however none exceeded 2.46% for Fingal or 0.7% Nationally.

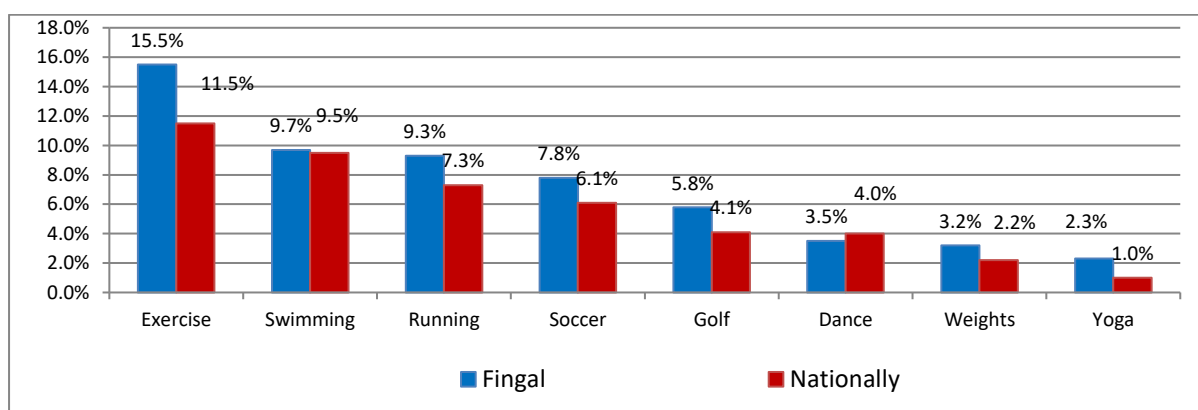
men and women in Fingal are highly active and sedentary. We will look closer at some of these issues throughout the report.

2.2 Most Popular Sporting Activities

Figures 2.3 and 2.4a and 2.4b show the most popular sports in Fingal overall and by gender compared to the national situation. Only sports with participation rates of 2% or more in Fingal are shown which helps to explain why sports such as gaelic football, rugby, hurling and tennis do not feature in all charts. The footnotes include details of those sports where participation rates in Fingal were between 1% and 2%.

Overall, while male and female Fingal residents are more likely to play sport than their national counterparts, the gender gap in participation within the county is substantially greater than nationally (17.5% vs. 10.6% respectively). Reducing the gender gap in sports participation has been identified as a national policy priority and the figures for Fingal suggest that it may be an even greater priority here notwithstanding the generally higher participation rates that prevail within the county among all groups.

Figure 2.3 Participation in sport Overall – Fingal vs. Nationally⁹



Personal exercise¹⁰ is the most popular activity overall and among Fingal men and women. Soccer runs it close in terms of its popularity among men. Participation rates in exercise are significantly higher among Fingal men and women than nationally; over 15% of Fingal residents of both genders take part

⁹ Where participation is between 1-2% overall: Tennis, Rugby, Pilates, Gaelic Football and Hurling / Camogie.

¹⁰ The ISM defines exercise to include Aerobics, Aquafit / Aquacise/ Aqua Aerobics, Body Attack, Body Balance, Body Combat/Cardio Kick, Body Pump, Body Step, Boxercise, Conditioning Activities / Circuit Training, Cross Training, Exercise (Floor / Standing / at Home / Flexibility Classes), Exercise Bike / Spinning Class, Exercise Machine/ Running Machine/ Treadmill, Gym, Health and Fitness, Keep Fit/ Keep Fit/ Sit Ups, Legs, Bums and Tums, Press Ups, Skipping, Step Machine, Wii Fit, Work Out / Work Out Video

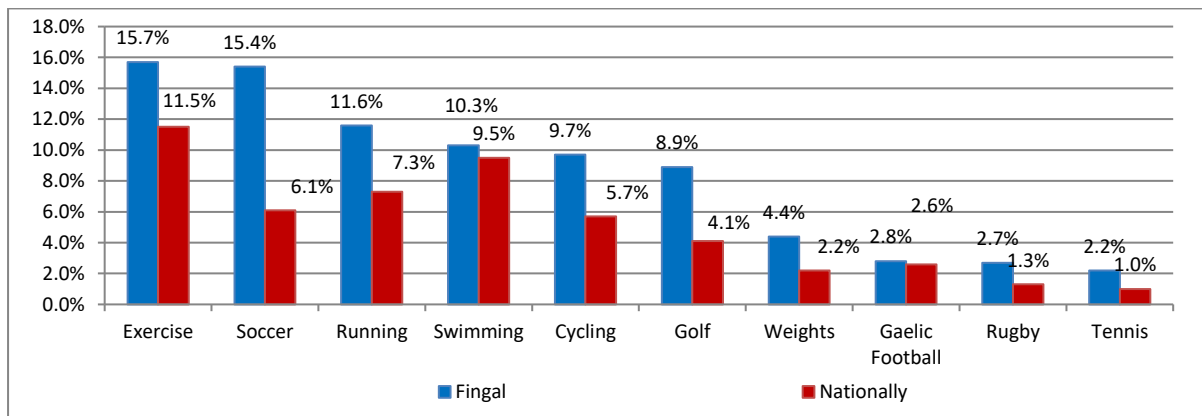
regularly. Besides exercise, participation rates in other popular sports such as running, soccer, golf and yoga are higher in the county than nationally.

Individual sports dominate in Fingal, as they do elsewhere in the country with 7 of the top 8 sports being played on this basis. Overall, more than 3 times as many Fingal adults participate in individual sports than team sports (47.2% and 13.3% respectively).

Some significant gaps exist in participation rates between Fingal males and their national counterparts in exercise, soccer, running, cycling, golf and weights. The gaps in soccer, running, cycling and golf are particularly striking and worthy of closer examination by policy makers within the county to understand the factors behind these higher than average participation rates. For women, exercise is the only activity where Fingal residents significantly outperform their national counterparts in terms of numbers of participants.

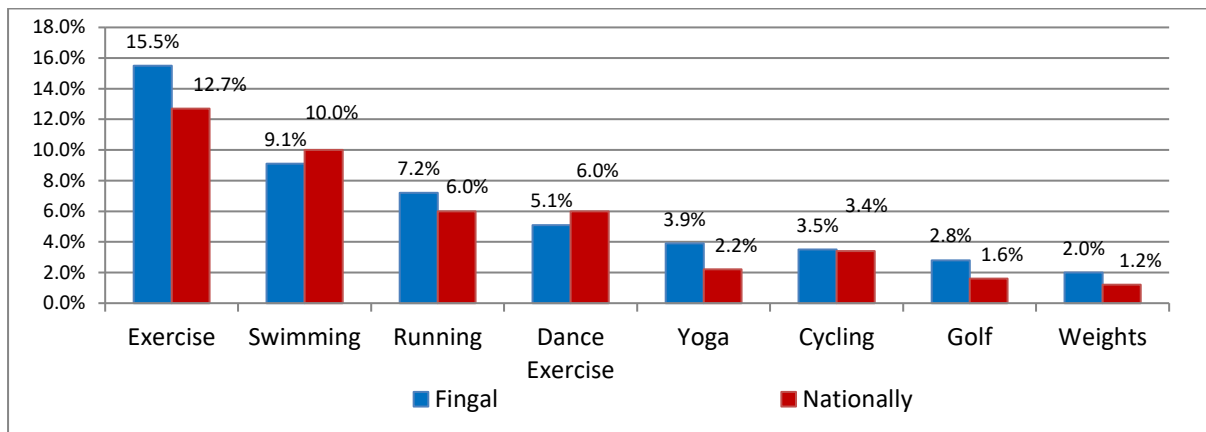
Within Fingal nearly five times as many men take part in team sports as women (22.6% vs. 4.7% respectively) while the gap in respect of individual activities is much smaller but still significant (52.2% vs. 42.4% respectively).

Figure 2.4a Participation in sport among Men – Fingal vs. Nationally¹¹



¹¹ 1-2% participation among men: Boxing, Dance Exercise, Martial Arts and Sailing.

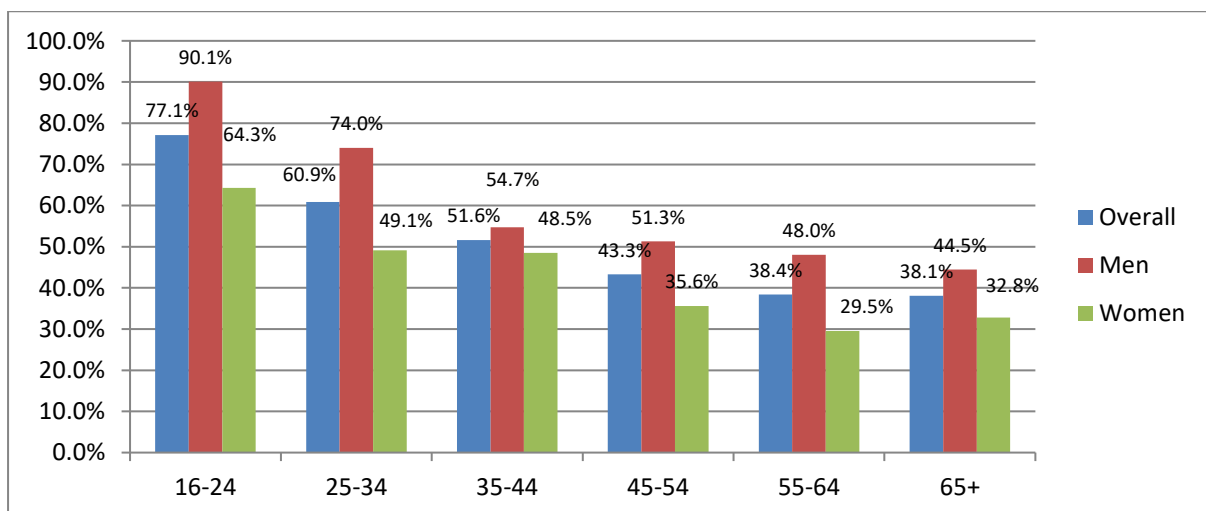
Figure 2.4b Participation in sport among Women – Fingal vs. Nationally¹²



2.3 Participation by Age and Gender

Participation in sport declines sharply with age among men and women. The gender gap is largest among the younger age groups (16 – 24 year olds). While it narrows among those aged 35 – 44 it tends to widen again thereafter. Participation in individual sports tends to sustain more strongly across the life course for both genders (not shown).

Figure 2.5: Participation in sport by age and gender



¹²

1-2% participation among women: Basketball, Pilates and Tennis.

Figure 2.6a: Participation in individual sport by age and gender¹³

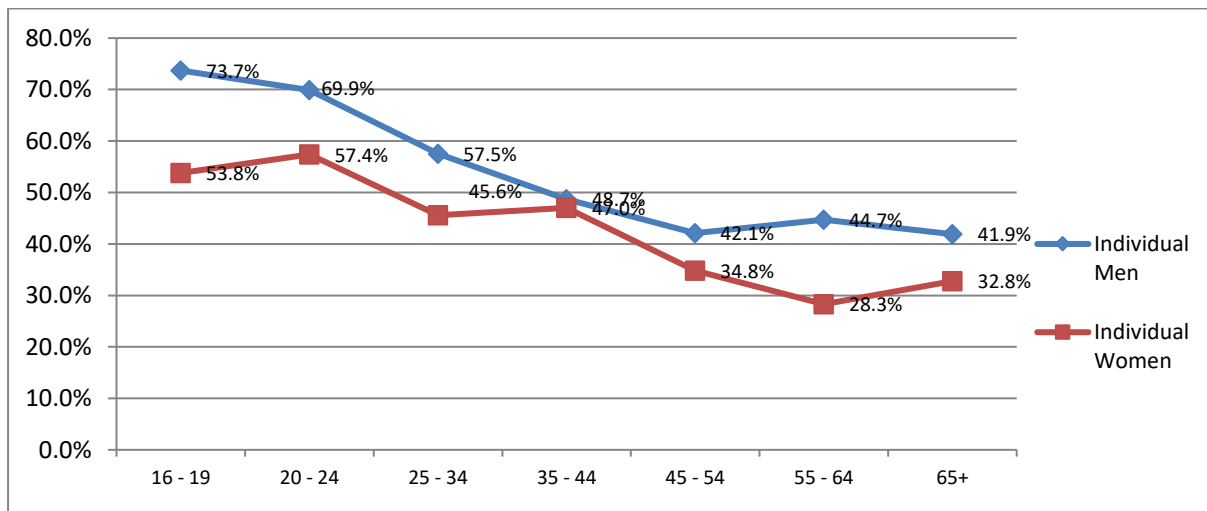
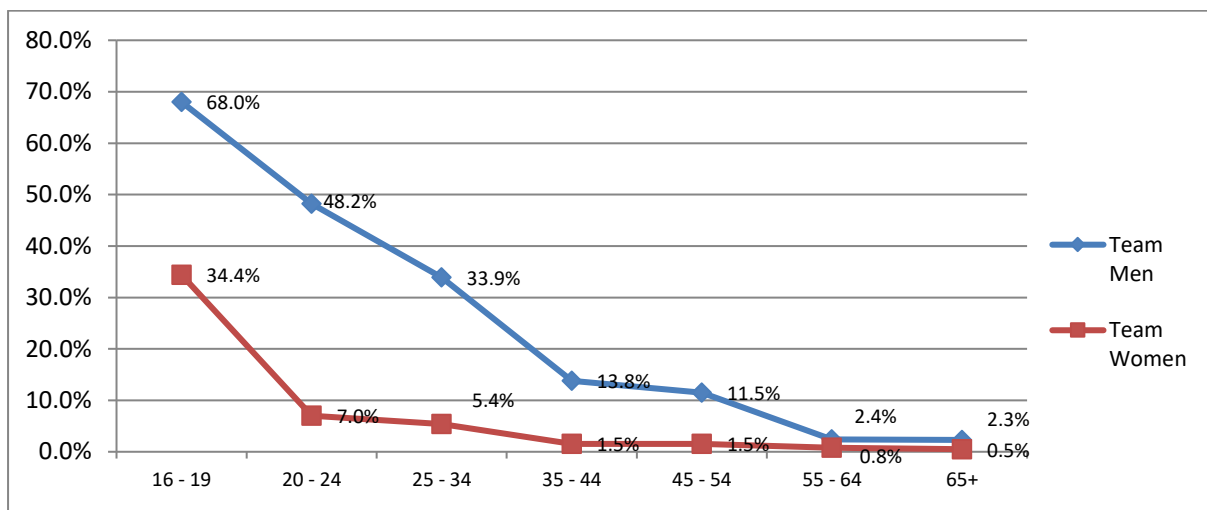


Figure 2.6b: Participation in team sport by age and gender



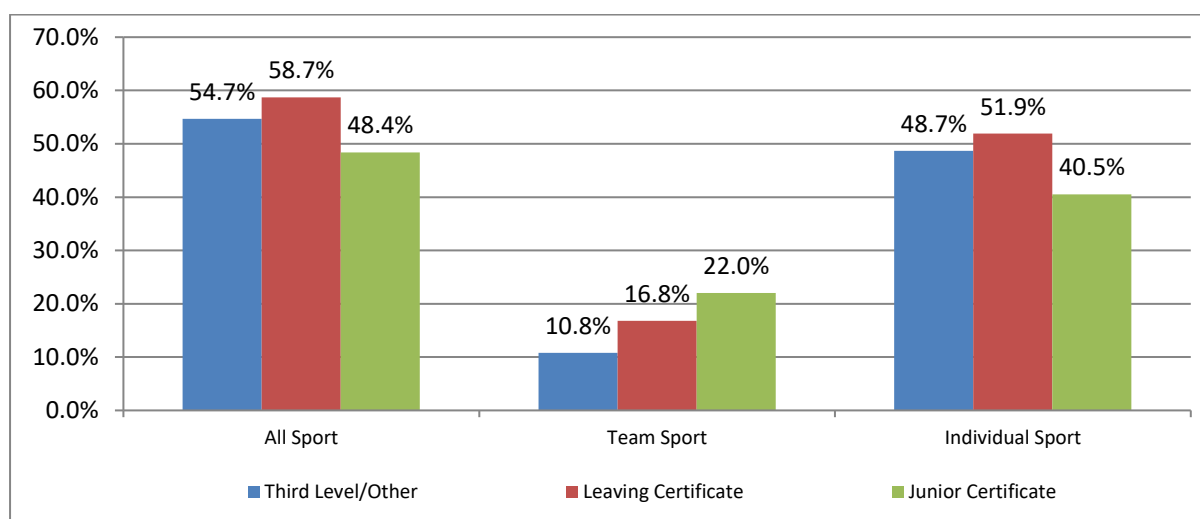
Comparing participation rates among men and women in individual and team sports by age as in **Figures 2.6a and 2.6b** suggests that team sports are mainly (but not exclusively) responsible for the differences in early adulthood while in later years the differences are almost entirely accounted for by individual activities. One of the very clear messages is that participation in individual sports sustains far more strongly across the life course among both genders and, from the point of view of any policy efforts to increase participation in sport across the life course, such activities are far more likely to provide a positive return on any investment.

¹³ Figure 2.6a and b examine subgroups within the population and have smaller sample sizes and should be interpreted with caution.

2.4 Participation and Social Gradients

We have seen in previous Sport Ireland research¹⁴ how socio-economic characteristics such as household income, level of educational attainment and work status impact on active and social participation in sport. In this section we briefly look at the impact of one of these, educational attainment on active participation in Fingal. Figure 2.7 shows participation levels in all sport, team sport and individual sport across three educational categories. It should be noted that we have excluded those with primary or no education in this analysis as there were too few ISM respondents in the Fingal data set within this group to facilitate their inclusion.

Figure 2.7: Participation in team and individual sports by highest level of educational attainment¹⁵



What we get is a much less clear-cut picture than usual. While nationally, those with a 3rd level education are the most likely to play sport followed by those with a Leaving Cert, then Junior Cert holders and finally those with a primary education or no education, in Fingal participation levels are similar among Leaving Cert holders and those with a 3rd level education. Participation levels are generally higher in Fingal than nationally across all education groups, particularly so in the case of those with a Leaving Certificate (58.7% in Fingal vs. 46.8% nationally). Also, while Junior Cert holders are the least likely to play sport overall, they are the most likely to play team sports; the gap between them and the two other groups arises principally in respect of the more dominant individual sporting

¹⁴ http://sportireland.ie/Research/Sport_Social_Disadvantage_2007/

¹⁵ The sample size for those with a Junior Certificate and participation in team and individual sport is less than 100 and should be interpreted with caution.

activities where they are significantly less likely to play than those with a Leaving Cert or 3rd level education.

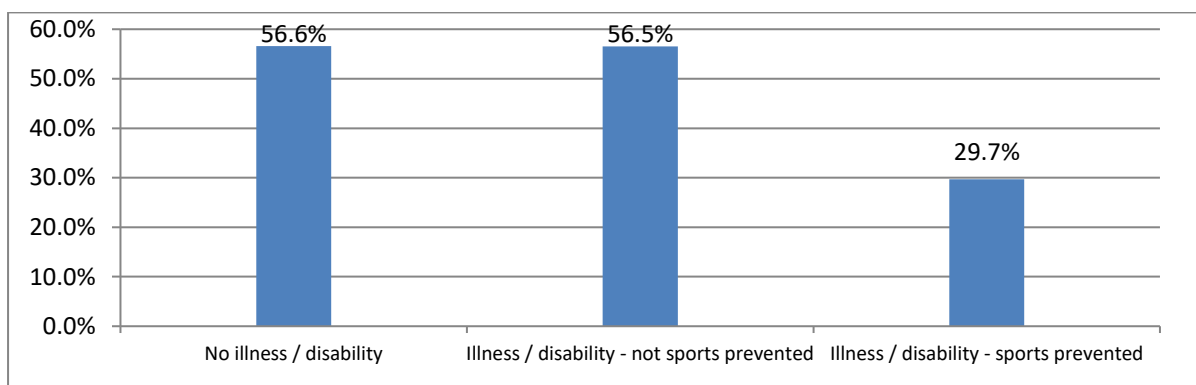
One possible explanation for this lies in the fact that Fingal residents are generally more highly educated than is the case nationally. Almost 55% have a 3rd Level or Other 2nd Level¹⁶ Education compared to 43% nationally while 23% have a Junior Certificate or lower compared to 32% nationally. With more people being more highly educated and therefore more likely to play sport it is possible that this creates a positive social norm within the county around being active which has a ripple effect throughout the population. However this is speculative only.

2.5 Participation and Illness/Disability Status

The ISM asks respondents whether they have any long-term illness, health problem or disability that limits their daily activities. 15.5% of Fingal respondents reported having a long term illness or disability with 11.4% stating that this prevented their participation in sport or exercise. These proportions are slightly below the equivalent national results¹⁷.

Figure 2.8 compares participation rates among these two groups with those who have no reported disability. Similar participation rates are observed in individuals without a disability and those with a disability which doesn't prevent participation. However, those with the most severe levels of illness / disability are significantly less likely to participate than those in the other groups.

Figure 2.8 Participation in sport by illness / disability status



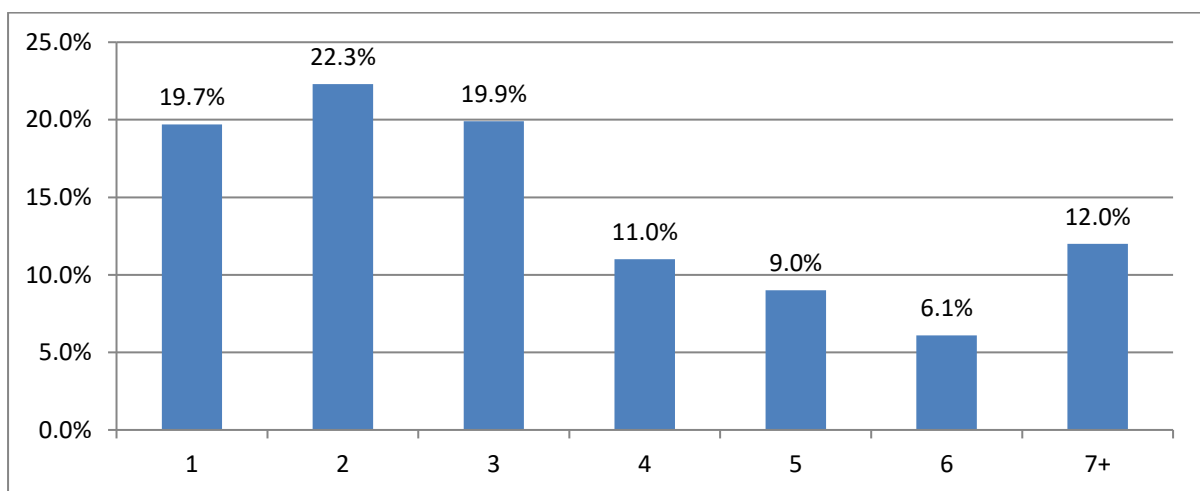
¹⁶ Typically a diploma or certificate achieved following a Leaving Certificate

¹⁷ Nationally the ISM reported that 18.3% had an illness/disability with 13.7% of the population indicating that this prevented participation.

2.6 FITT Analysis

The ISM asks respondents questions about how often they play sport, for how long, at what intensity and in what context. This allows us to conduct a F (Frequency), I (Intensity), T (Time) and T (Type) analysis on participation patterns which we do in **Figures 2.9 – 2.12** below. **Figure 2.9** shows that 80% of all participants took part more than once in the previous week. On average participants take part in 3.5 sessions per week¹⁸. From the figure below we can see that over a quarter of participants spend five or more days playing sport in Fingal.

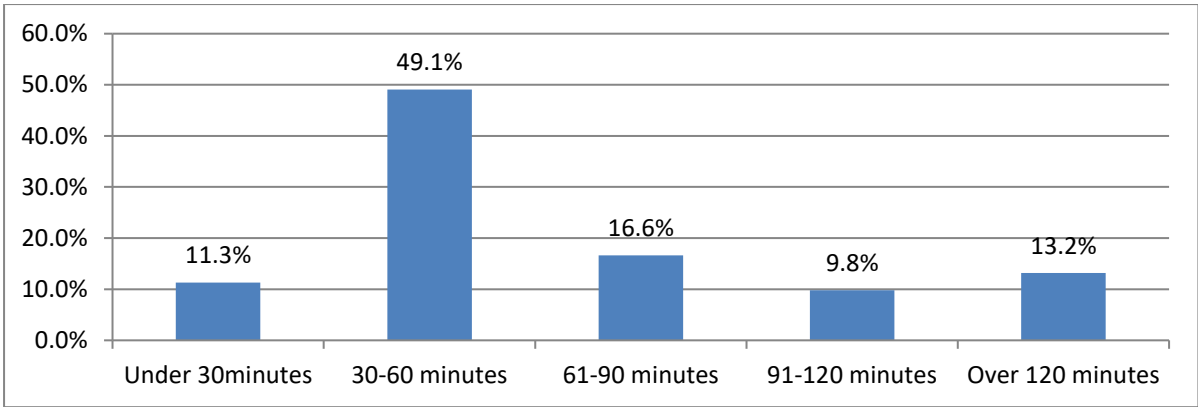
Figure 2.9: Number of sporting sessions of participants in previous 7 days



In Figure 2.10 we see that the majority of sessions last between 30-60 minutes with no difference between men and women in this regard.

Figure 2.10 Duration of sessions of participants in the previous days

¹⁸ Men take part in 3.8 sessions while women take part in 3.2 sessions.



Over 85% of participants take part in sport or exercise at a moderate intensity or greater. Exercising at this level accrues multiple health benefits. Men and younger age groups are more likely to take part at the highest intensity.

Figure 2.11: Participation by intensity

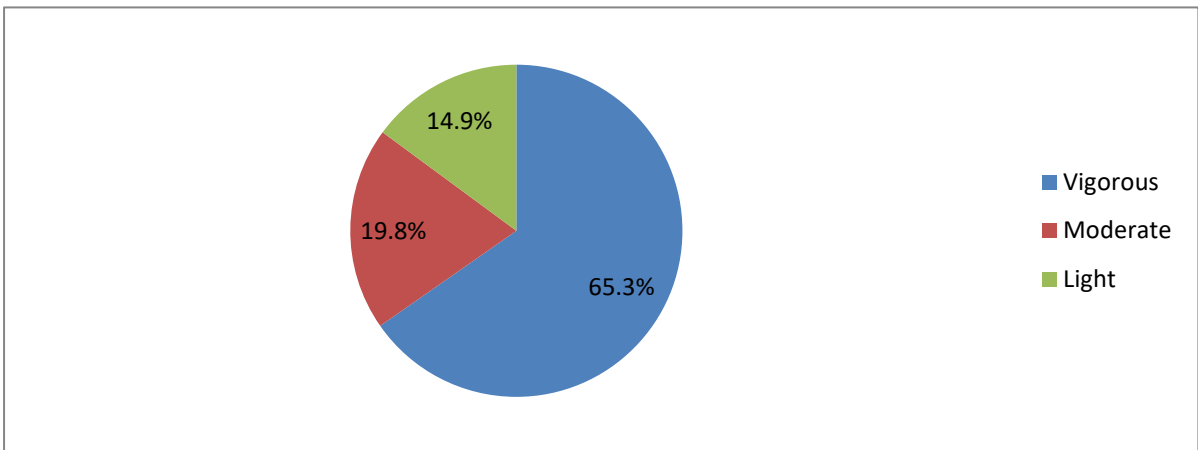
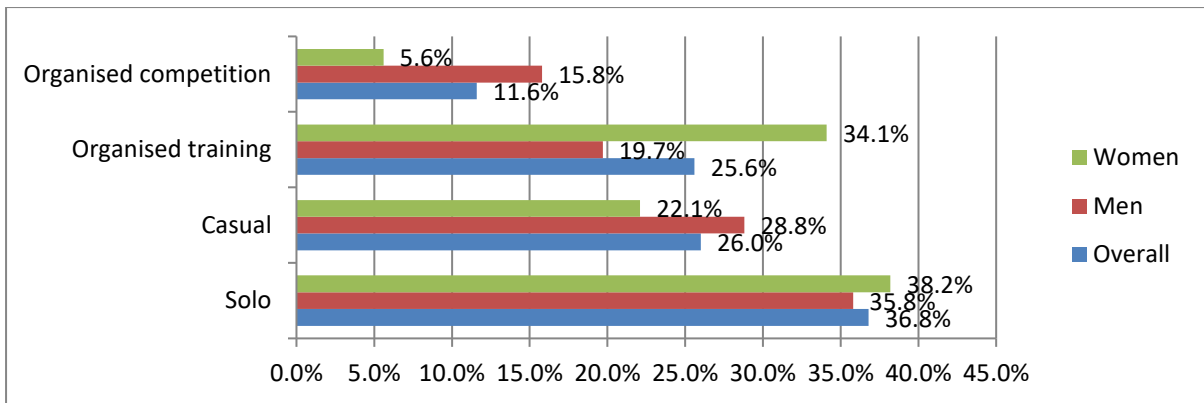


Figure 2.12 shows most adult sport in the county took place in an informal context (either solo or casually with family and friends). This reflects the growth of sports such as running, swimming, exercise, and cycling which facilitate this type of unstructured participation. Just over one in three adult sporting sessions in Fingal took place in an organised context with the majority of these involving training sessions and classes rather than competition. Women have a greater preference for training sessions than men.

Figure 2.12: Context of sporting activity



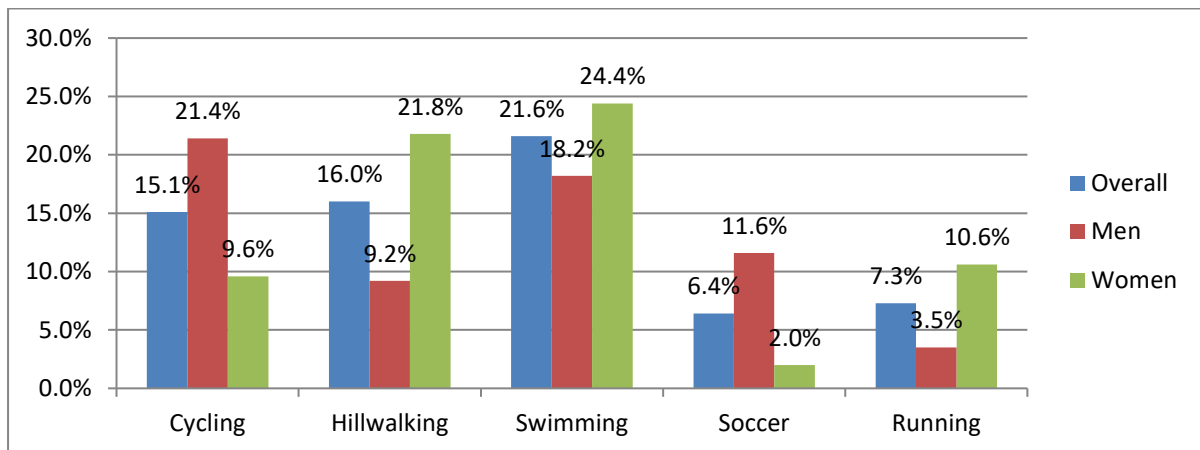
The above data shows that once an individual is engaged in a sport or exercise activity, there is a good chance they will participate more than once a week, for longer than half-an-hour and that they will do so sufficiently to get out of breath or sweat. Thus, most participants are likely to be getting some degree of health benefit from their participation. The key issue remains whether they are an active participant in the first place. The findings with respect to the context of participation are also noteworthy as regards policy that aims to increase participation. The majority of sporting activity is occurring outside of formal sporting structures suggesting that policy mechanisms that rely on pre-existing sporting bodies are less likely to be successful unless those bodies can reach out beyond the existing sporting and social networks with which they currently engage.

As regards the social benefits of sport, the fact that over a third (36.8%) of all adult sporting activity in Fingal is undertaken by people on their own is striking. Previous research has also identified that the primary reason cited by non-participants for not playing sport is lack of time (Fahey et al., 2004; CSO, 2007). The solo activities identified are highly efficient forms of exercise, which take up relatively little time and do not require much in the way of coordination between people. There may therefore be a trade off between the health benefits that such solo exercise activities bring and the social benefits that accompany other types of participation.

2.7 Interest in More Sport

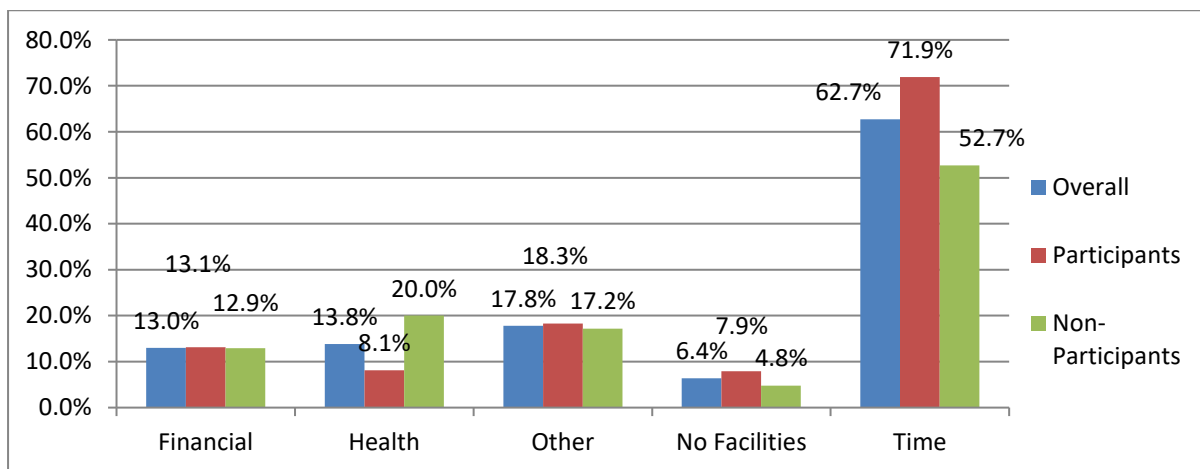
Nearly two thirds of respondents (65.5%) would like to take part in more sport with non-participants (70%) more likely to have this view than participants (62%). Non-participants are more likely to be interested in swimming and hill walking while current participants are more interested in doing more cycling. With the exception of those aged over 65 years, over half of those in all age groups would like to take part in more sport. Overall swimming was the most cited sport, particularly among women while men are most interested in cycling.

Figure 2.13: Interest in more sport by gender



Time was cited as the most common barrier to taking part in more sport or exercises except for among older adults where health issues were the main barrier. While time is a significant barrier for those not taking part in any sport or exercise, health problems are also a significant concern for this group.

Figure 2.14: Barriers to taking part in more sport / exercise



3. Broader Physical Activity

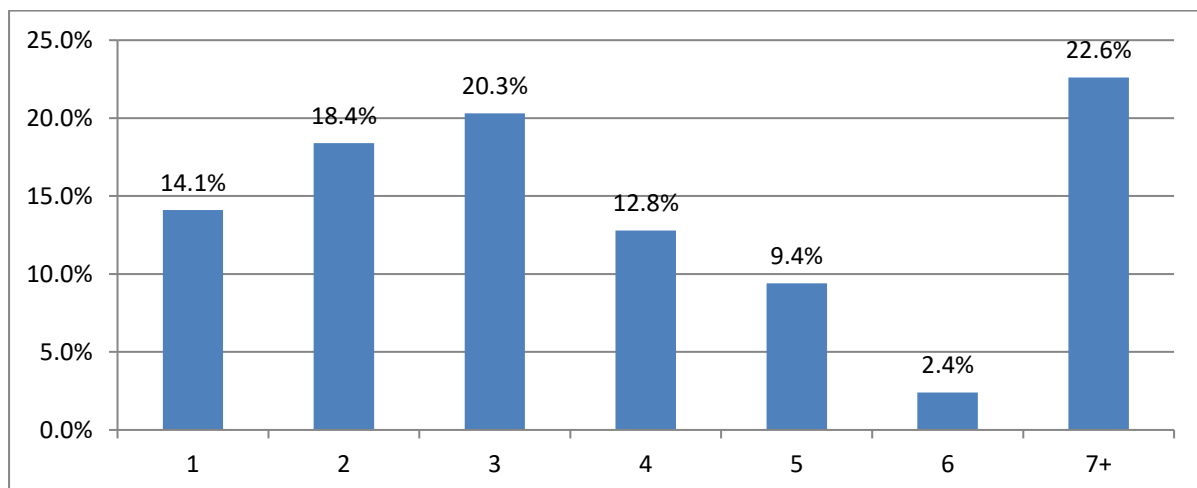
As well as looking at participation in sport, the ISM also looks at participation in broader physical activity including recreational walking, and walking and cycling for transport. This section looks at these issues and the extent to which respondents meet the National Physical Activity Guidelines through participation in sport and recreational walking.

3.1 Recreational Walking

Recreational walking is an important source of physical activity for most adults. It can be particularly beneficial in providing health and other benefits to older age groups who do not play other sports. As a low load-bearing activity that can be undertaken at various intensities, it overcomes one of the main disadvantages identified by older people to being active, namely that it is easier to injure yourself.¹⁹ The ISM records information about the walking habits of Irish adults including the number of walks in the previous 7 days, the duration of each walk and the usual walking pace.

Recreational walking is the most popular sporting activity in Fingal with 68% of adults walking at least once in the previous 7 days. It is significantly more popular with women (74%) than men (62%) and is highly popular across all age groups. Nearly a quarter of all walkers do so every day as can be seen in **Figure 3.1**. On average, Fingal residents take 4 walks a week of 45 minutes duration.

Figure 3.1: Recreational walking in Fingal

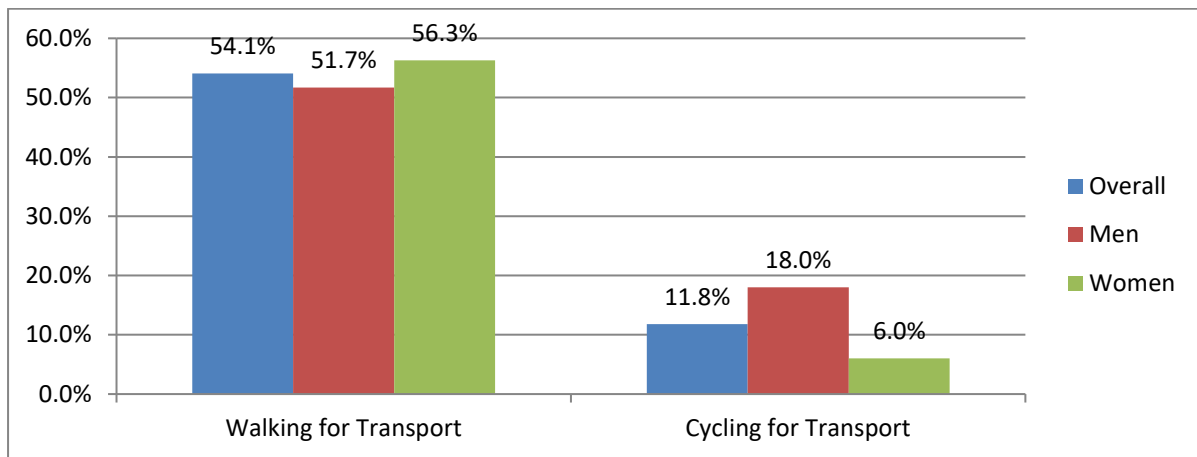


¹⁹ Physical Activity and Sport: Participation and Attitudes of Older People in Ireland, Ipsos MORI September 2009

3.2 Walking and Cycling for Transport

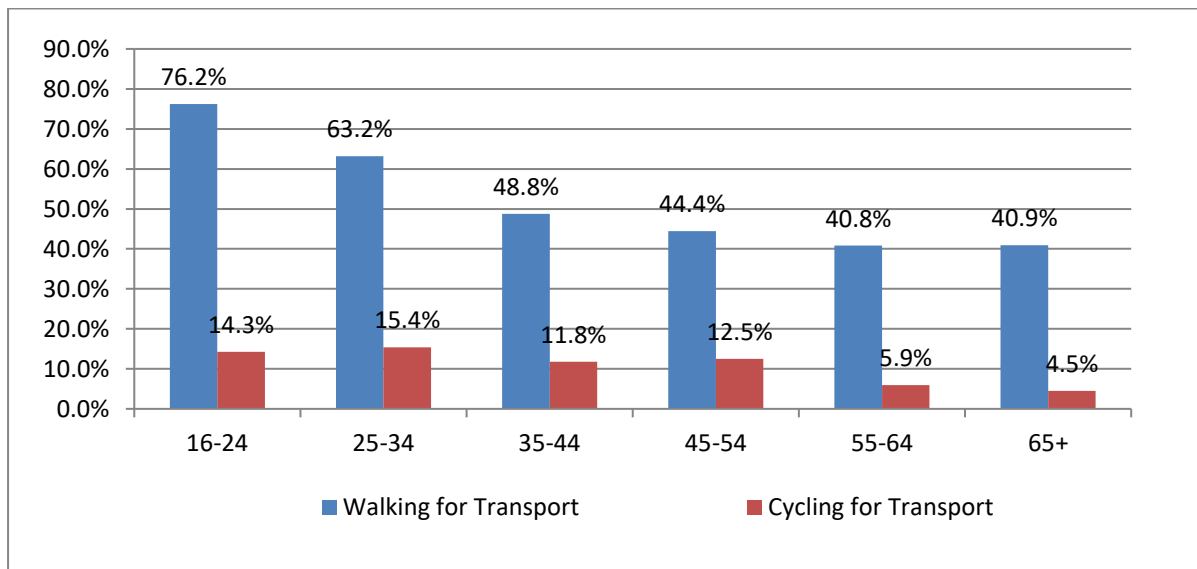
As **Figure 3.2** shows, men and women are equally likely to walk for transport while men are three times more likely to cycle for transport than women. Previous research has suggested that this may be due to safety concerns of women²⁰.

Figure 3.2 Walking and Cycling for Transport Overall and by Gender



Walking for transport is more prevalent among younger age groups while cycling for transport is popular among all age groups up to the mid 50s.

Figure 3.3 Walking and Cycling for Transport by Age



²⁰ Promoting transportation cycling for women: The role of bicycle infrastructure (2007)

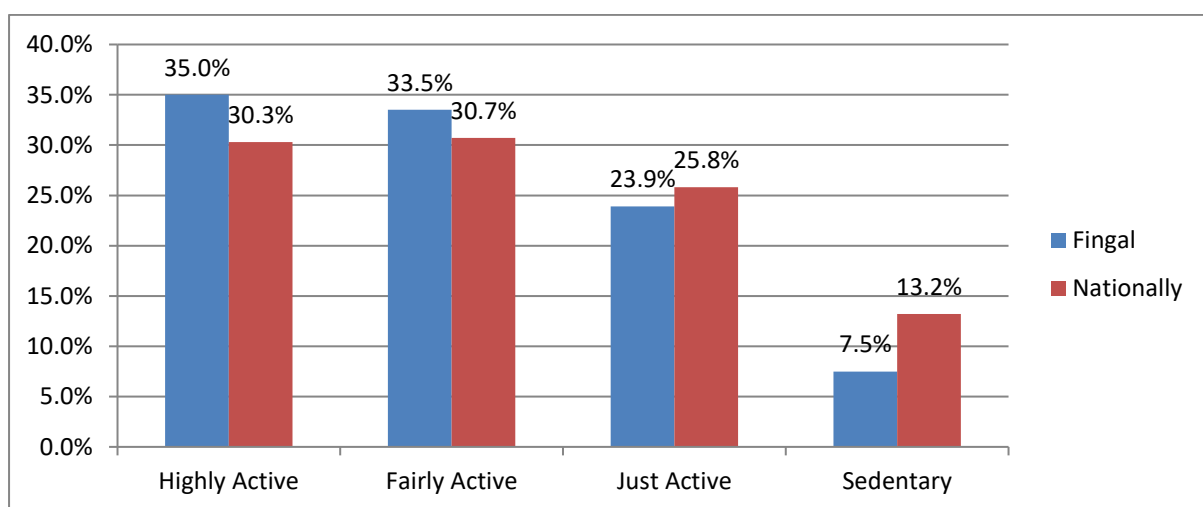
Figure 3.4: Activity Spectrum Categories and Definitions

Highly active	Participate in 30 minutes moderate ¹ physical activity at least five times during the previous seven days (i.e. meet the National Physical Activity Guidelines)
Fairly Active	Participated in 30 minutes physical activity at least twice during the previous seven days
Just active	Participated in a sporting activity or recreational walking for 20 minutes at least once during the previous seven days, or regularly walks or cycles for transport (at least once a week)
Sedentary	Did not participate (20 minutes) in sporting activity or recreational walking during the previous seven days and does not cycle or walk regularly for transport.

Because the ISM includes questions on the frequency, duration and intensity of walking and sporting activity it is possible to estimate the proportion of respondents who are meeting the National Physical Activity Guidelines through these activities. In contrast to these “highly active” individuals the ISM also categorises individuals as “sedentary” who take part in no sport or recreational walking and who do not engage in active commuting. The resulting analysis is presented here.

Overall, Fingal residents are more likely to be highly active and less likely to be sedentary than their national counterparts as shown in **Figure 3.5**. The higher levels of sports participation and active commuting in the county provide a ready explanation for this state of affairs. Given that a primary aim of policy is to reduce levels of sedentarism in the population it is particularly encouraging to see that less than 10% of Fingal residents were categorised as sedentary by the ISM.

Figure 3.5: Highly Active – Fingal and Nationally



There are no gender differences in activity category among Fingal residents. However, those who are older, who have a lower level of education, or who have an illness/disability are more likely to be sedentary as seen in **Figures 3.7 and 3.8** below. Policy efforts should seek to focus on encouraging individuals within these groups to engage in any activity given the health benefits that would automatically accrue.

Figure 3.6: Highly Active and Sedentary Levels by Education and Presence of an illness/disability

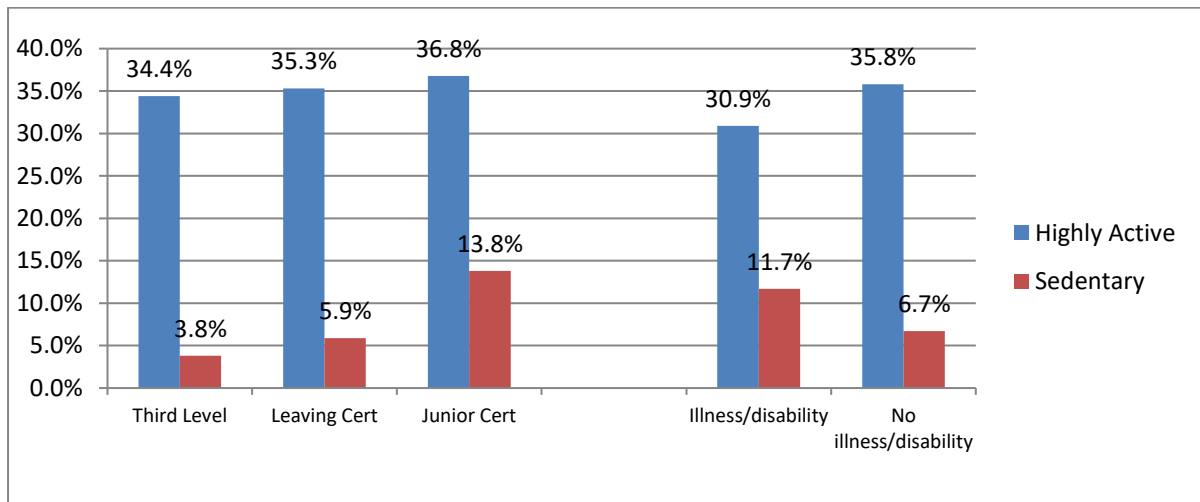
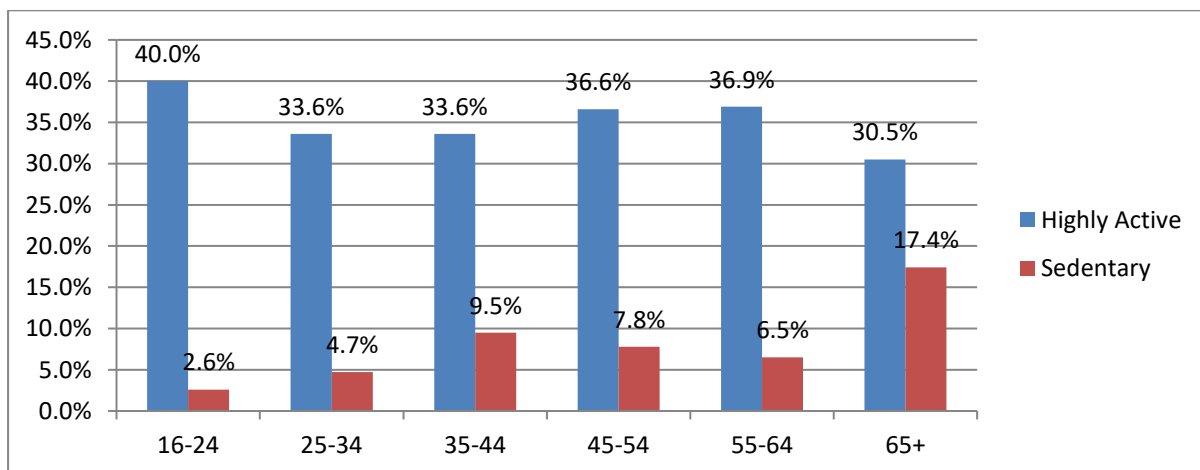


Figure 3.7: Highly Active and Sedentary Levels by age



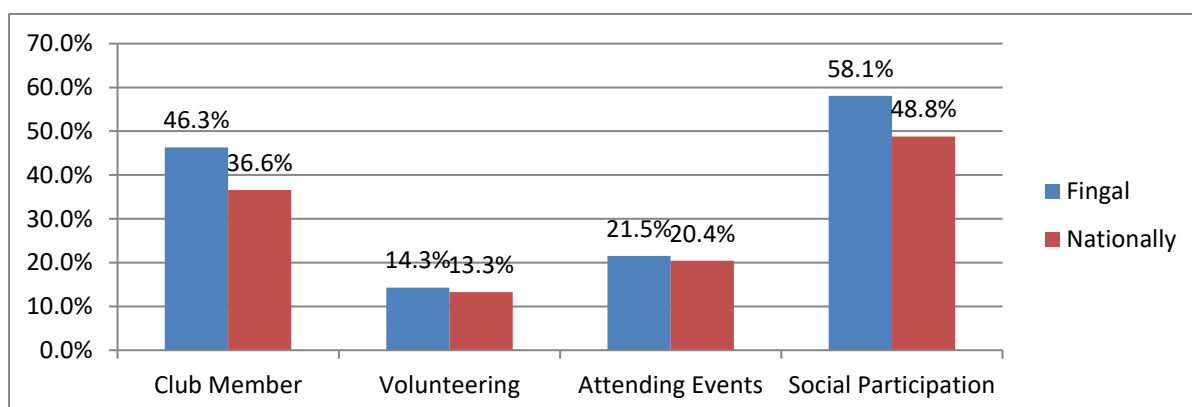
4. Social Participation

4.1 Overall

The ISM looks at social participation through club membership, volunteering and attendance at sports events. In 2013 it also looked at perceptions around gender and sports administration locally and nationally as well as the reasons for participating in sport outside the club environment. These issues are examined in depth in the 2013 ISM Annual Report to which the reader is referred for further detail. That report also examines the demographics of social participation in some detail. This chapter therefore concentrates on the main headlines around social participation in Fingal.

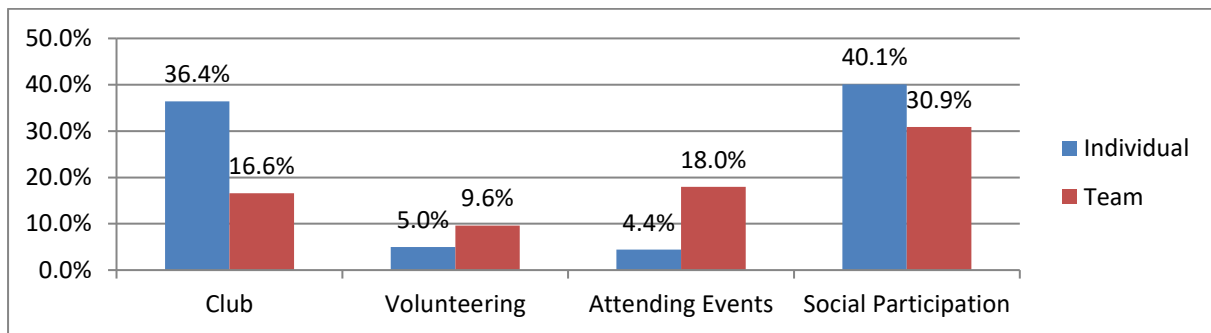
Before looking at each of the different forms of social participation in turn we compare the overall levels of social participation in the county with the national situation in **Figure 4.1** below. Overall Fingal has significantly higher levels of social participation principally due to very high levels of club membership in the county. Well over half of all respondents reported some form of regular social participation in sport underscoring its importance in contributing to social capital in the county.

Figure 4.1: Social Participation



As with active participation, individual sports are popular among club members with more than twice as many members as team sports. However team sports are more popular among volunteers and spectators, with much of this activity being associated with parental involvement in their children's sport. This section will look at each aspect of social participation separately.

Figure 4.2: Social Participation by type of activity

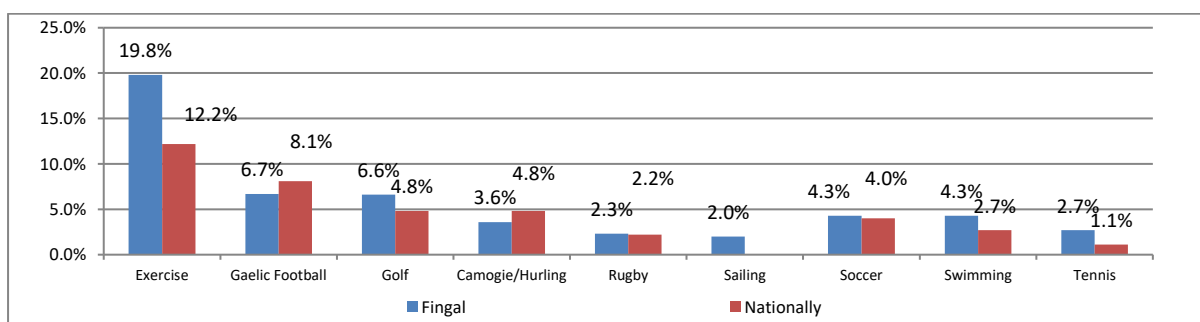


4.2 Club Membership

Overall 46.3% of Fingal residents are members of sports clubs. This is much higher than the national average. Among those who are active sport participants, two in every three are club members. So it is encouraging to see such levels of social participation among those who are also active. However, gradients in club membership exist by gender, age, social class and disability. Men are more likely to belong to a sports club than women (54.8% and 38.3% respectively). 49.8% of those with a third level education are club members compared to 37.8% of those whose highest educational attainment is the junior certificate. Those aged between 16-24 years are more likely to be club members (64.5%) than any other age group. A third of those with a long term illness/disability (32.5%) are club members compared to 48.8% without a long term illness/disability.

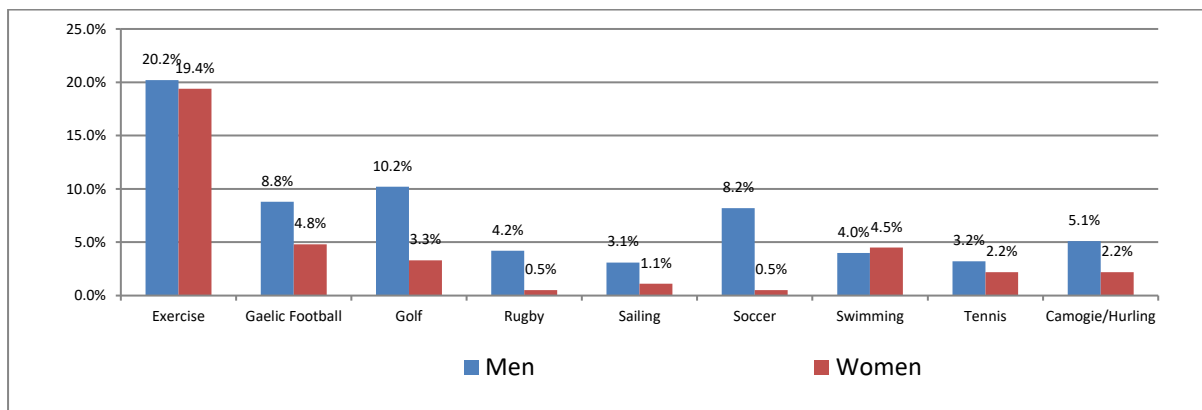
Figure 4.3 compares club membership in Fingal with nationally by sport. Only sports with membership rates of 2% or more in Fingal are shown. Gym memberships account almost entirely for the difference between Fingal and the rest of the country. Almost one in five Fingal residents reported belonging to a gym. Golf, sailing, swimming and tennis are also relatively more popular in Fingal while team sports, particularly gaelic games, are less so.

Figure 4.3: Club Membership by sport – Fingal vs. National



In **Figure 4.4** we look at club membership among Fingal residents by gender. Men are more likely to belong to clubs involving team sports, golf and sailing than women while membership of gyms, swimming and tennis clubs are fairly even. There are nearly three times as many men as women in clubs involving team sports (24.2% and 9.5% respectively). The gap in clubs involving individual sports is much smaller with membership rates of 40.9% and 32.3% among men and women respectively.

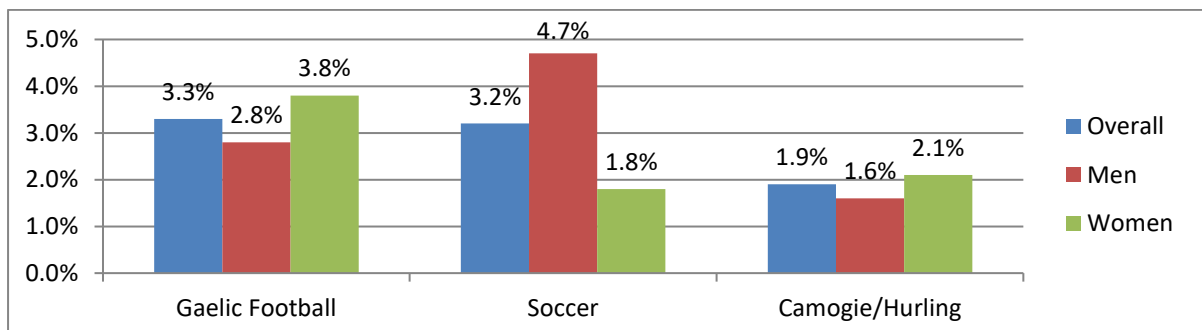
Figure 4.4: Club Membership by Gender



4.3 Volunteering

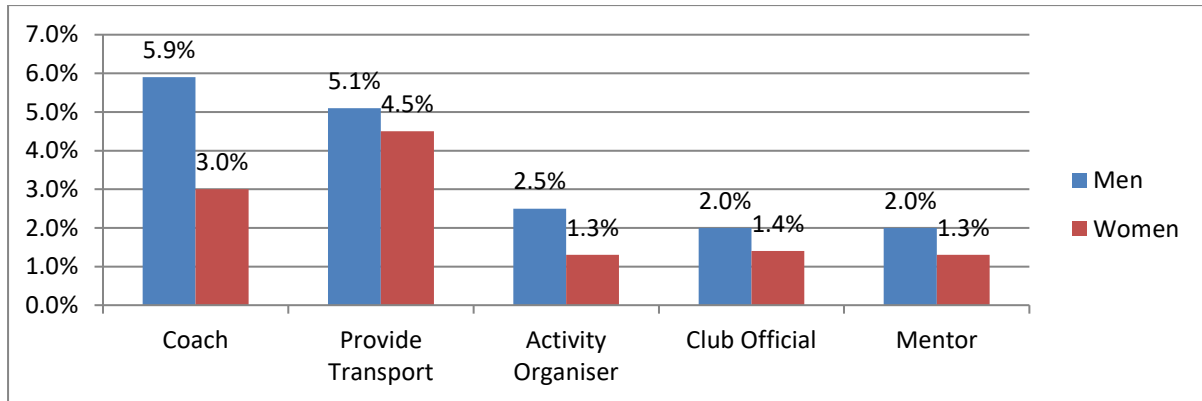
One in seven Fingal residents reported volunteering in sport (14.3%). Men, parents and those aged 35 – 54 the most likely groups to volunteer. Team sports dominated as can be seen in Figure 4.5 with men most likely to volunteer for soccer while both genders volunteered equally for gaelic sports.

Figure 4.5: Volunteering by Sport



On average volunteers dedicated 3.9 hours per week to sport with men giving more time (4.5 hours) than women (3.2 hours) in this regard. **Figure 4.6** shows that men were more likely to be involved in every volunteering role particularly so in the case of coaching.

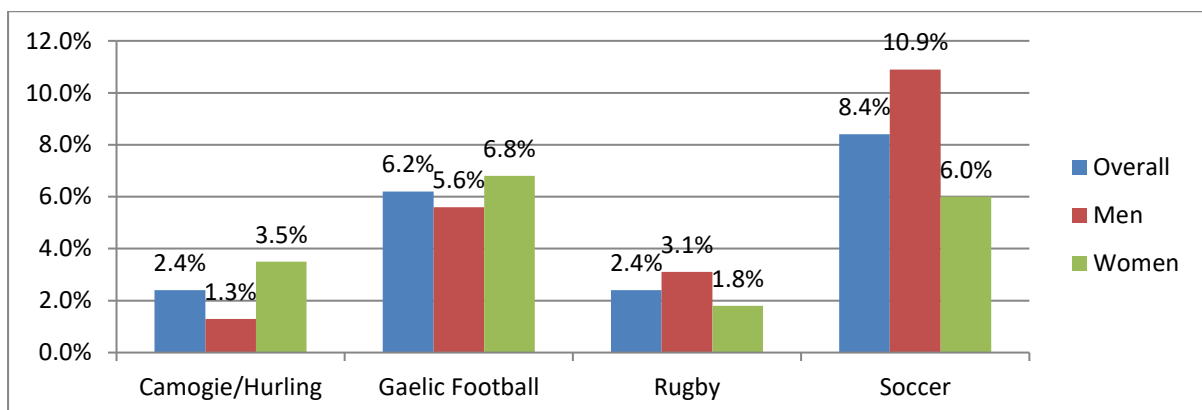
Figure 4.6: Volunteering roles among men and women



4.4 Attendance at a sporting event

22.7% of residents attended a sporting event within the last seven days with little difference among men and women (22.7% and 20.5% respectively). Team sports had nearly five times as many attendees as individual sports (18% and 4.4%) which is reflected in the top attended sports shown in **Figure 4.7**.

Figure 4.7: Attendance at sporting events, overall and by gender



Policy Implications (To be Written)

Appendix

		2011+2013 ISM combined Weighted	2011+2013 ISM combined Unweighted
Gender	16 years plus	16 years plus	16 years plus
Male	48.4%	48.4%	47.6%
Female	51.6%	51.6%	52.4%
Age			
16-19	6.1%	6.0%	4.8%
20-24	8.3%	8.3%	6.1%
25-34	25.9%	25.9%	9.6%
35-44	23.2%	23.2%	22.6%
45-54	15.6%	15.6%	16.6%
55-64	11.2%	11.3%	16.8%
65+	9.7%	9.7%	23.6%
Working Status (Census 2011 includes those under 16)			
Employee/Self Employed	58.2%	57.7%	49.1%
Unemployed	10.1%	9.9%	6.0%
Retired	9.0%	9.8%	24.5%
Homemaker	9.0%	9.1%	9.9%
Student	10.6%	10.3%	7.7%
Unemployed- illness/disabled	3.1%	3.1%	2.7%