

**Sport and Physical Activity among those aged over 16
in County Galway**

By

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Executive Summary

Active Participation in Sport

- 52.2% of Galway residents take part in sport regularly, this is the equivalent of approximately 69,500 participants over the age of 16.
- Men (62.3%) are more likely to take part than women (42.3%).
- Exercise is the most popular activity overall while the proportion taking part in cycling exceeds national figures.
- One in five took part in more than one sport with the majority of all participants taking part at a sufficient intensity to raise their breath/sweat.

Broader Physical Activity

- 65% take part in recreational walking regularly, women (72%) are more likely to take part than men (58%).
- On average participants take 4 recreational walks a week.
- Both men and women are equally likely to walk for transport while men are more likely to cycle for transport.
- The proportions that walk and cycle for transport are below the national average.

Social Participation

- Nearly 50% of Galway residents took part in some form of social participation, either belonging to a club, volunteering or attending an event.
- Men are more likely to be club members than women.
- Gyms are the most popular sports clubs while GAA is the most popular sport among volunteers and spectators.
- While cycling has a large number of active participants, very few of these belong to a cycling club.

Sport and Health

- The proportion of men and women who are highly active and sedentary in Galway is fairly equal and is broadly in line with the national picture.
- Over 60% of residents would like to do more sport, with the majority of non-participants also likely to agree with this.
- Time is the main barrier for taking part in 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 county Galway. The analysis aims to be of interest and assistance to those involved in the promotion of sport in Galway, particularly Local Authorities, Galway LSP, 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 810 respondents to try to reduce the error margin within the results. Based on this sample size the error margin around key high level results is about 3.4%. So if we report a participation rate of 52.2% in the report we would expect that the true participation rate for Galway lies somewhere between – 3.4% and + 3.4% i.e. between 48.8% and 55.6%⁵. Where the sample has been divided into further sub-samples by gender or age, the error margin is increased. **So, the results are only an indication of sports participation in Galway and should be treated with caution.**

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.irishsportscouncil.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 Galway's current demographic profile. Gender and age, age overall, employment status and year were considered in this re-weighting exercise. The Appendix compares the demographic profile of the dataset used for the report with the profile of Galway recorded by the Central Statistics Office in the 2011 Census of Population.

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 defines "sport" broadly, to include recreational exercise (e.g. swimming, gym, dance classes, yoga,

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."

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 Galway sample. Previous research has suggested that their participation rates are lower than Irish nationals this suggests that participation rates are likely to be over-stated in this respect. All participation rates have margin 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.

Common Sporting Patterns across Ireland

We have tried to keep this briefing report as concise as possible by focussing on those issues which emerged most strongly from our analysis of the Galway data. Because of the small sample size within the county the results of our analysis of certain issues were less clear cut than we might have anticipated and therefore we have not referred to them in great detail in the report. The sort of issues we have in mind here are the relationships between income, education, disability, family circumstances, and nationality with participation. In the main the relationship between these issues and sports participation appear to have strong and consistent patterns across Ireland and therefore the reader is referred to the annual reports for more detail on them. However, we make particular if brief reference to two issues here because of their special importance as determinants of sports participation. These issues are the social gradients and participation, and disability and participation.

While the ISM has shown that the gender gap has narrowed over the years, social gradients continue to strongly impact on all aspects of active and social participation with higher income earners and those with higher educational attainment significantly more likely to play sport, be club members, volunteer for sport and attend sporting events. While income and education are closely correlated they have also been shown to be strong influences on participation separately. Social gradients have been a consistent feature of sports participation research in Ireland for over a decade and have been relatively resilient to policy efforts which have sought to address them in the intervening period.

A detailed analysis of social gradients is not possible for Galway because of the sample size. However, the evidence available suggests that social gradients are as strong in Galway as elsewhere in the country. For example 54.6% of those with a third level education took part in sport compared to 48% of those with all other educational attainment levels combined.⁷ Over 16% of those whose highest educational attainment are the leaving cert, junior or primary school are sedentary while only 10.1% of those who have a third level education are thus. In respect of social participation there is also a pattern with those with higher education more likely to volunteer for sport and belong to a sports club.

The ISM asks respondents whether they have any long-term illness, health problem or disability that limits their daily activities. Those who answer “yes” to this question are also asked whether this problem prevents their participation in sport or exercise. 15.7% of Galway based respondents answered yes to the first question with over 11% (70% of those with an illness/disability) of these also answering yes to the second question. These figures are slightly lower than the equivalent national figures⁸. Those with an illness/disability are also significantly⁹ less likely to take part in sport at 39.9% compared to 54.5% of those without a disability. Those with an illness/disability are also less likely to walk or cycle for transport, all of which impacts the likelihood of meeting the recommended activity guidelines. 21% of those with an illness/disability are highly active compared to 33.1% of those without while 21.3% of those with an illness/disability are sedentary compared to 11.1% of those without.

Nationally, there is little difference among recreational walking and walking for transport among those with and without an illness or disability. This activity provides an alternative route for those with an illness/disability to stay active. However in Galway there is a significant difference in recreational walking between those with and without an illness/disability (55.9% and 66.7% respectively). With regards to social participation, those with an illness/disability are also less likely to be members of a club, volunteer for sport or attend a sporting event. Overall, individual sports are preferred with nearly six times as many participants compared to team sports.

⁷ Leaving or Junior Certificate, or equivalent, primary school education or no formal education.

⁸ Nationally the ISM reported that 18.3% had an illness/disability with 13.7% of the population indicating that this prevented participation.

⁹ Statistical significance refers to the likelihood that a finding is caused by something other than chance. It should be noted that statistical significance does not always indicate practical significance.

2. RESULTS

2.1 Overall Physical Activity

Table 1 compares physical activity participation in Galway with the national average. It captures regular¹⁰ participation activity through sport, recreational walking and active travel i.e. walking and cycling for transport. In the tables below, the “highly active” are those meeting the National Physical Activity Guidelines¹¹ while those “sedentary” don’t take part in sport, do no recreational walking and don’t walk or cycle for transport. Based on the 2011 Census data the 52.2% playing sport equates to approximately 69,500 adults aged 16+ taking part in regular sporting activity in Galway. Participation in sport is significantly higher in Galway than nationally while walking for transport is significantly lower. All other differences in Table 1 are not statistically significant.

Table 1: Summary of Physical Activity –Galway vs. National

	Galway	National
Sporting Participation	52.2%	46.0%
Recreational Walking	65.0%	64.3%
Walk for Transport	33.8%	40.0%
Cycle for Transport	13.5%	10.1%
Highly Active	31.2%	30.3%
Sedentary	12.7%	13.2%

In **Table 2** we look at these results by gender. The higher levels of participation in sport and cycling for transport in Galway are driven by males, although cycling for transport among women in Galway still exceeds the national figures. Walking for transport among both men and women is lower in Galway than nationally. Recreational walking is much more popular among women in Galway than men as is the case nationally. However, while there are clear preferences among the genders in Galway for different types of activity, overall there is little difference between them when it comes to being highly active or sedentary.

¹⁰ The ISM asks respondent about their participation in the previous 7 days so “regular” can be regarded here as being equivalent to participation at least once a week in each type of activity

¹¹ For adults to be highly active requires that they take part in at least 5 sessions of physical activity per week of at least 30 minutes duration at a moderate intensity or greater. Moderate intensity is considered sufficient to raise the person’s breathing rate.

Table 2: Summary of Physical Activity by gender – Galway vs. National

	Galway		National	
	Male	Female	Male	Female
Sporting Participation	62.3%	42.3%	51.5%	40.9%
Recreational Walking	58.0%	72.0%	58.0%	70.3%
Walk for Transport	35.2%	32.3%	39.1%	40.9%
Cycle for Transport	18.6%	8.4%	14.6%	5.7%
Highly Active	30.3%	32.2%	29.9%	30.7%
Sedentary	11.3%	14.1%	13.3%	13.0%

2.2 Most Popular Sporting Activities

Figures 2.2, 2.3a and b show the most popular sports in Galway overall and by gender. Only sports with an overall participation level of 1%¹² or greater in Galway are shown. Individual sports dominate, accounting for the 10 of the 13 most popular activities¹³. This is reflected at a combined level where nearly 47% of all active participation in Galway takes place in individual sports, over 4 times as many participants as there are in team sports. Significantly the difference in overall participation levels between Galway and nationally which we saw in Table 1 is accounted for entirely by individual sports. While Figure 2.2 generally reflects very similar levels of participation across the sporting spectrum between in the country and nationally the one notable exception is cycling which is significantly more popular in Galway than nationally. Given the substantial recent increases we have seen in the numbers taking part in cycling for sport and leisure across the country the participation levels in Galway are particularly impressive in this regard.

Figure 2.2: Top Participation Sports in Galway - Overall

¹² For Figures 2.3a and 2.3b about men and women the lower limit is 2% participation in Galway.

¹³ Racquetball and Tennis are classed as individual activities.

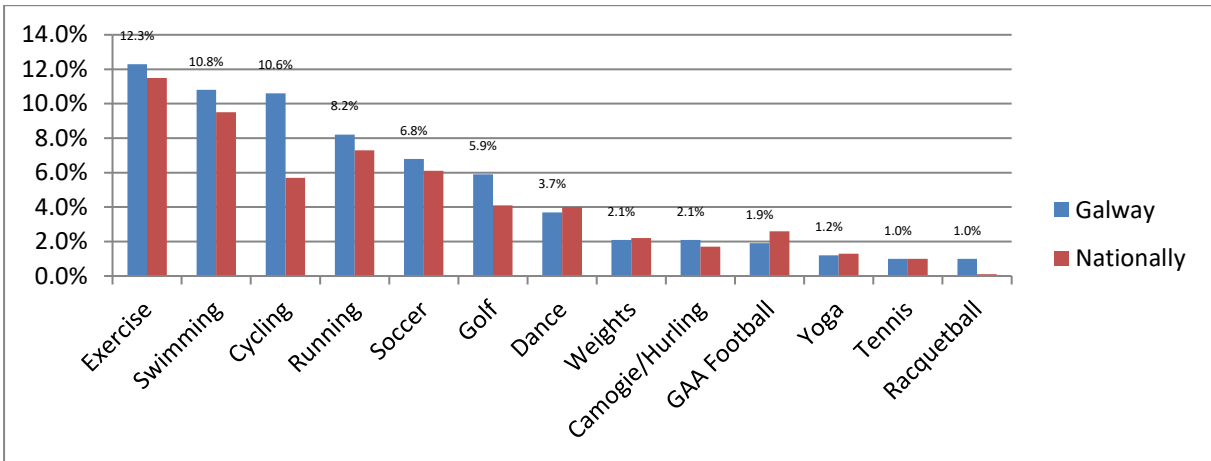


Figure 2.3a: Top Participation Sports in Galway - Men

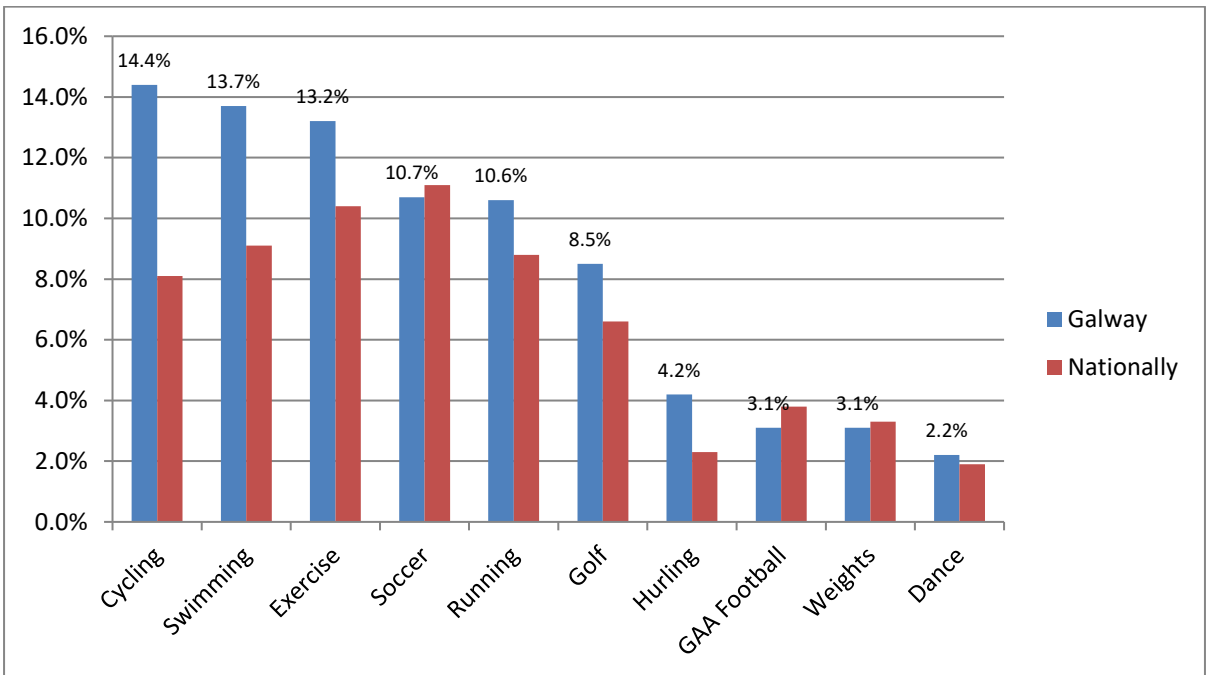
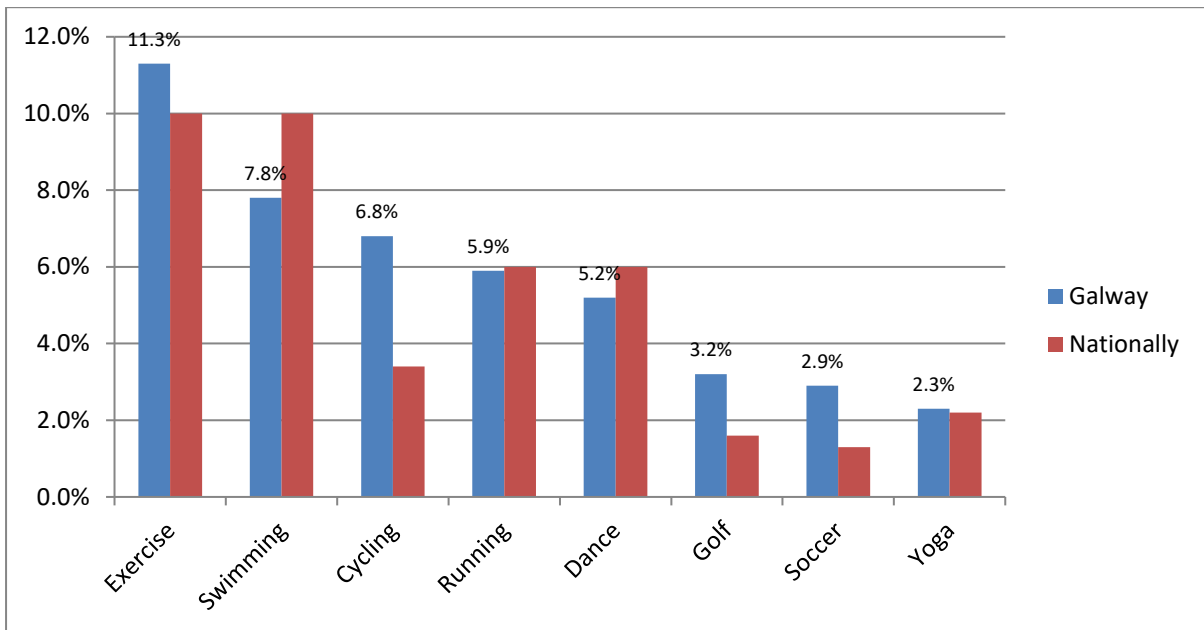


Figure 2.3b: Top Participation Sports in Galway - Women



What is most striking about Figures 2.3a and 2.3b is the relative strength of exercise and cycling among both genders in Galway. To a lesser extent golf also features strongly among both genders in the county while swimming and running are also relatively popular among Galway men compared to nationally. Individual sports are significantly more popular among men and women in the county while team sports are much more popular among men than women with 4 times as many men taking part. Participation declines among men and women as they age. The drop off is slightly steeper for men than for women in early adulthood reflecting the extent of drop out by men from team sport during this period of their lives¹⁴. Participation in individual sports (not shown) tends to sustain more strongly and endure transitions across the life course for both men and women.

2.4 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 an F (Frequency), I (Intensity), T (Time) and T (Type) analysis on participation patterns. Before looking at this aspect of participation we briefly look at the distribution of participants by number of sports played in **Figure 2.4** below. We see that nearly 1 in 5 adults played more than 1 sport in the previous 7 days with over 7% playing 3 or more sports.

Figure 2.4: Proportion playing none, one, two and three sports

¹⁴ See <http://www.irishsportsCouncil.ie/Research/Keeping-Them-in-the-Game-2013-/> for detailed analysis of transitions into and out of sport over the life course

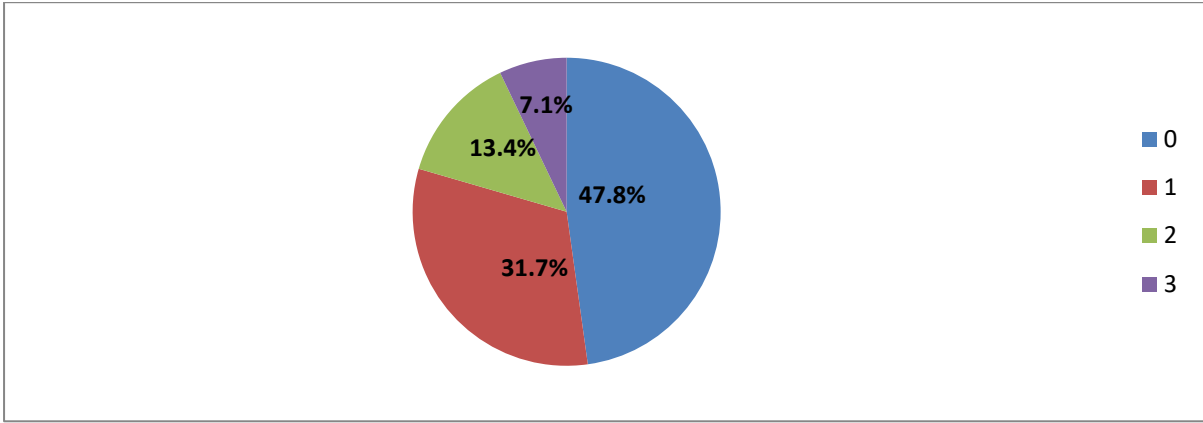


Figure 2.5: Number of sporting sessions of participants in previous 7 days

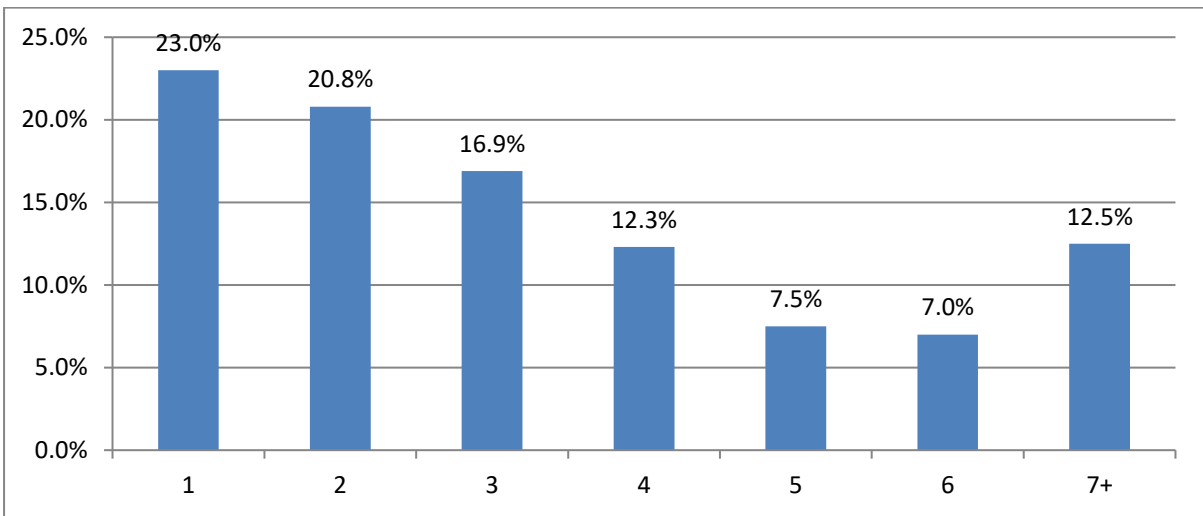
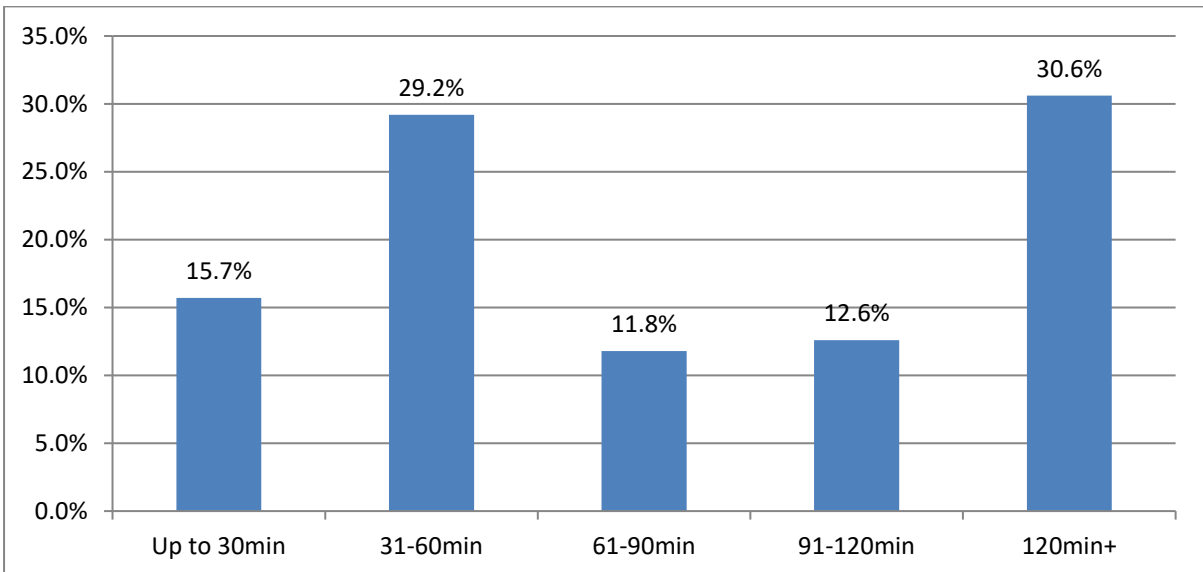
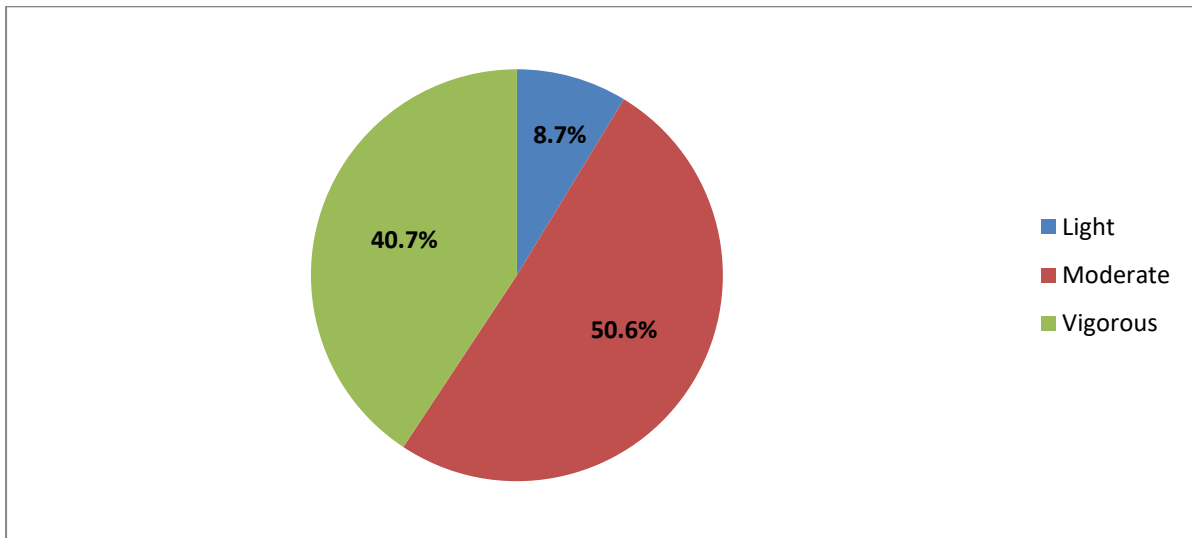


Figure 2.6: Duration of sporting sessions in previous 7 days



Nearly 80% of participants took part in more than one sporting session during the previous 7 days. On average they played 3 days a week (with no difference between men and women), with each session lasting just over 35 minutes on average. Men typically spent more time playing sport than women. Certain sports require more time which explains the large amount of participants playing for over 2 hours a week seen in Figure 2.6. Golfers spend, on average, over 4 hours playing golf.

Figure 2.7: Intensity of sporting sessions of participants in previous 7 days



As shown in **Figure 2.7** the majority of players reported that their efforts in a typical sporting session were sufficient to raise their breathing rate noticeably with 90% reporting being out of breath or sweating as a result of the session.

Figure 2.8: Context of sporting participation

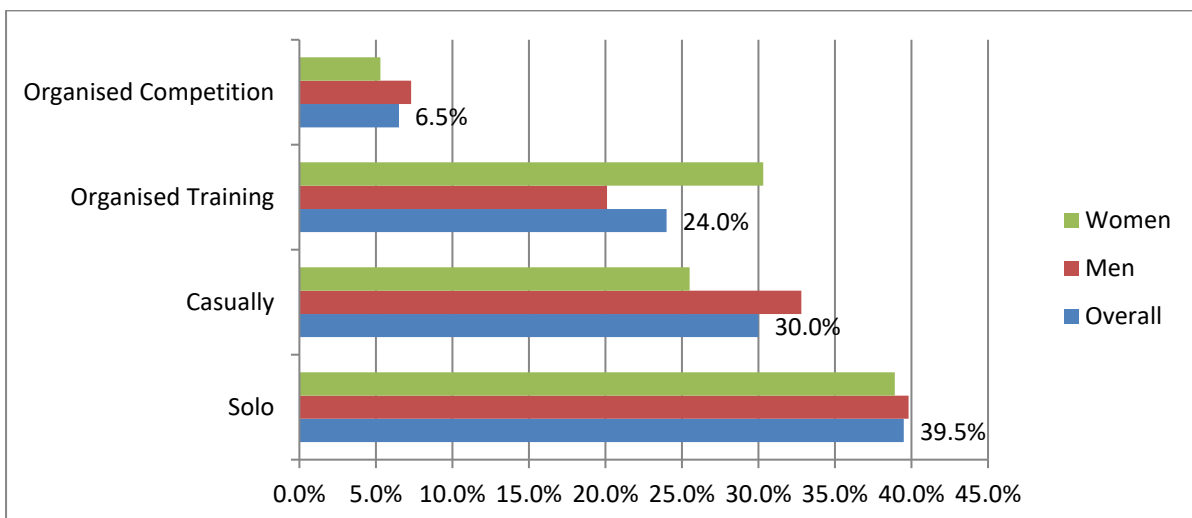


Figure 2.8 shows that less than 31% of sport was played in an organised context with the majority of that being in played in training sessions and classes rather than in a competitive setting. Most adult sport now takes place in a solo context followed by activities undertaken with family and friends in a casual setting. This current situation reflects the growth of sports such as running, swimming, exercise, and cycling in recent years.

Research has shown that the biggest disparity in health status is between those who participate in no sport or physical activity and those who are active to any extent, rather than between those who are active to differing degrees (Fahey et al., 2004; Lunn and Layte, 2008). In keeping with this, it is a primary focus of national policy to concentrate on getting people, who do not actively participate in sport and exercise, to take up some form of activity. The analysis presented above supports this as an appropriate goal for policy. What it shows is 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.

Nevertheless, 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.

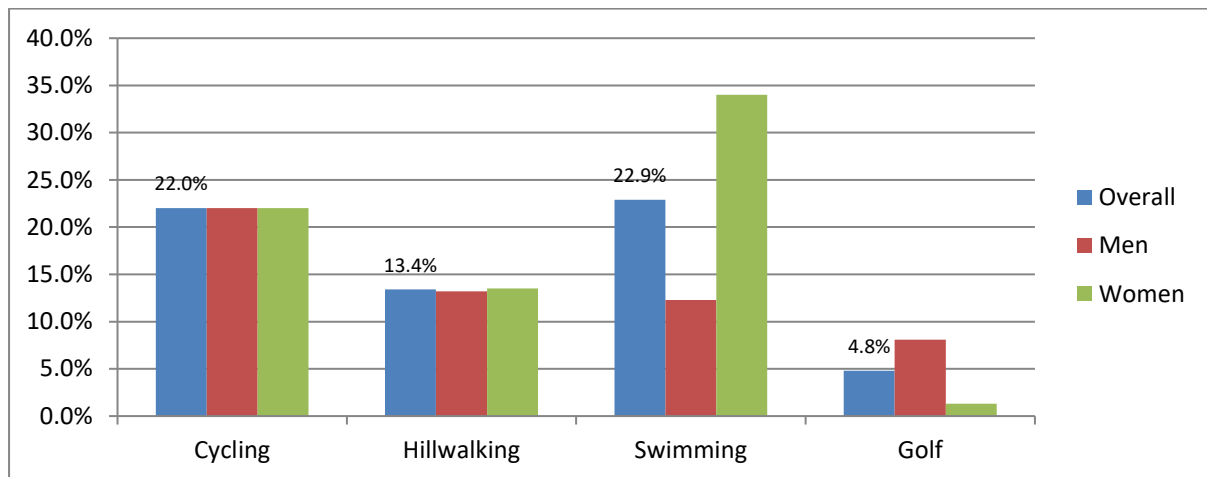
As regards the social benefits of sport, the fact that 39% of activity is undertaken by people on their own is striking. Previous research has also identified that the primary reason cited by non-participants for not playing sport is lack of time (Fahey et al., 2004; CSO, 2007). The solo activities identified 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.

2.5 Interest in doing more sports

In 2011 ISM respondents were asked whether or not they were interested in doing more sport or exercise, if so which sport they would like to do more of and, if not, what were the reasons preventing them from engaging in more activity. Encouragingly over 60% of residents in Galway are interested in increasing their sporting activity with participants and non-participants alike almost equally likely to

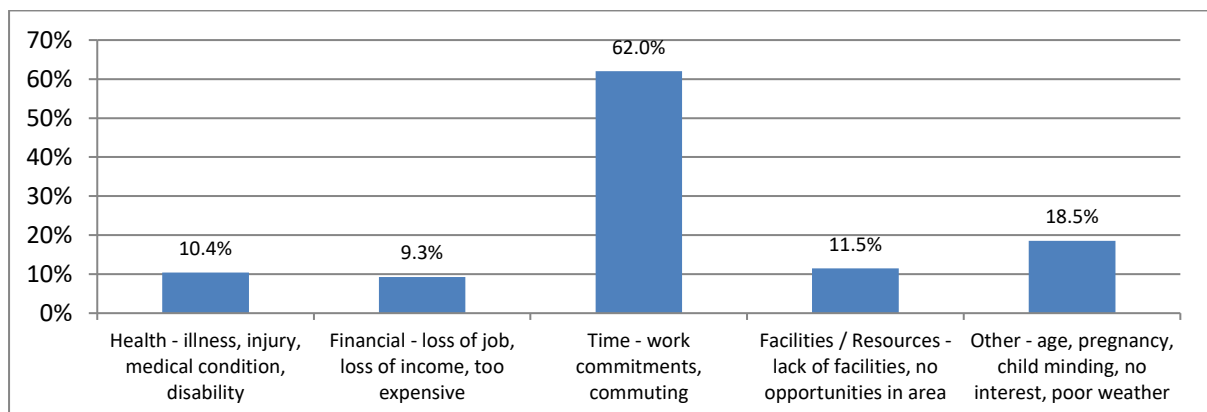
express this view. **Figure 2.9** displays the preferred sports in Galway which are broadly similar to those reported at national level. The sports people would like to do more of are primarily limited to the 4 in the Figure below. It is no surprise that these are also some of the most popular activities participated in.

Figure 2.9 Interest in doing more sport – by sport (Base: All interested in doing more sport)



When it comes to barriers to increasing participation, time is overwhelmingly the most commonly cited factor overall while for those with an illness or disability, health is the most common barrier. Neither financial issues nor lack of facilities feature particularly strongly as barriers to increasing participation. This echoes previous research findings (Fahey et al 2004, CSO 2007). Among the “other” category in **Figure 2.10** below, pregnancy and child minding responsibilities feature prominently. Overall, the analysis suggests that the major factors limiting people’s ability to participate in (more) sport lie outside their immediate control but may be capable of being influenced by the provision of more convenient, accessible offerings which they can fit into their otherwise time-pressed lives.

Figure 2.10: Barriers to increasing participation (Base: Respondents not interested in increasing their participation)



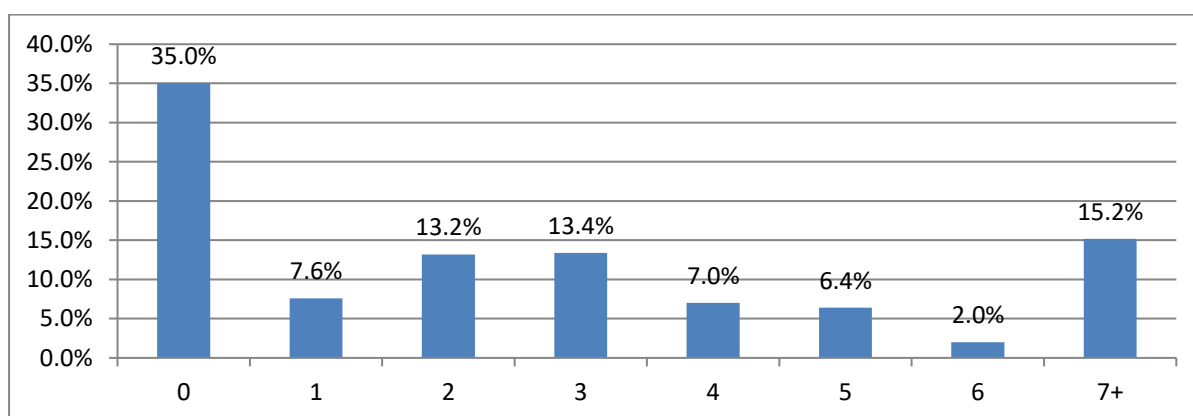
2.6 Broader Physical Activity

As well as looking at participation in sport and exercise, 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 at the extent to which through a combination of sport and these physical activities respondents meet the National Physical Activity Guidelines.

Recreational Walking

Recreational walking is an important source of physical activity for the majority of the adult population. It can be particularly beneficial in providing health and other benefits to older age groups who do not play sport. 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 physical activity, namely that it is easier to injure yourself.¹⁵ 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 was the most popular activity with slightly over 65% of Galway adults taking part in at least one walk in the past 7 days (**Figure 2.11**). Walking is significantly more popular with women (72%) than men (58%) and is also highly popular across all age groups. The majority of recreational walkers took part in more than one walk per week with over 1 in 7 respondents taking part in 7 or more walks – see **Figure 2.11** below.

Figure 2.11: Recreational walking by number of walks in the previous 7 days



While women are more likely to walk than men there is no difference in the amount of walks, their duration or the pace of male and female walkers. On average, participants take 4 walks per week,

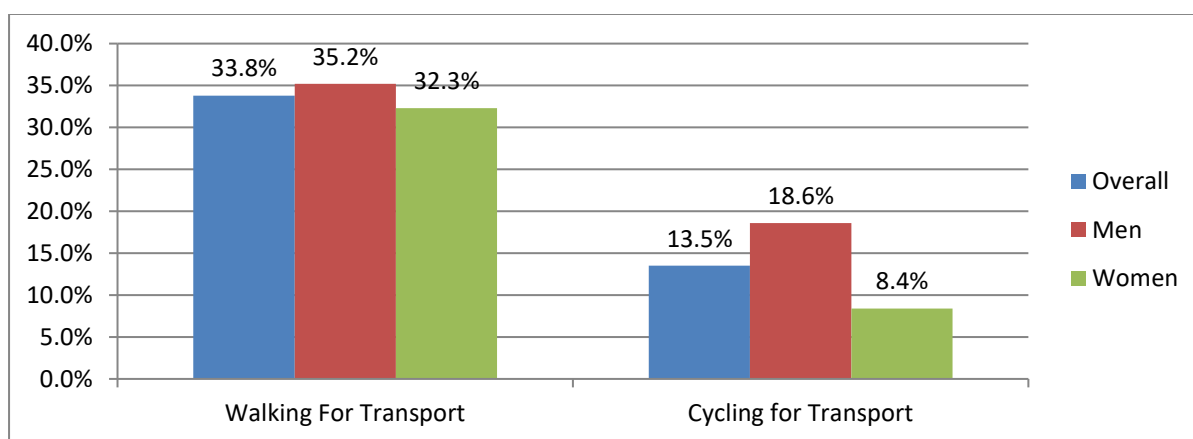
¹⁵ Physical Activity and Sport: Participation and Attitudes of Older People in Ireland, Ipsos MORI September 2009

spending nearly 40 minutes on each walk. Given the nature of the activity it is perhaps not surprising that recreational walking has a broader appeal than sport. While the gap in participation in sport between those with and without a disability is significant it is much less severe in the case of walking. Recreational walking is also more popular across social gradients, when looked at by factors like educational attainment and income.

Walking and Cycling for Transport

The ISM asks respondents if they walked or cycled for transport in the previous 7 days. Men are more likely to walk and cycle for transport as are those who live in a city and those who do not have children. Younger age groups are also more likely to walk and cycle for transport.

Figure 2.12: Walking and cycling for transport by gender and overall



Overall Activity Levels

The ISM allows an approximate¹⁶ analysis of adult activity levels against the National Physical Activity Guidelines based on a four-category classification system shown in **Figure 2.13**, The system is bookended by “sedentary” and “highly active” categories which are the main focus of this section.

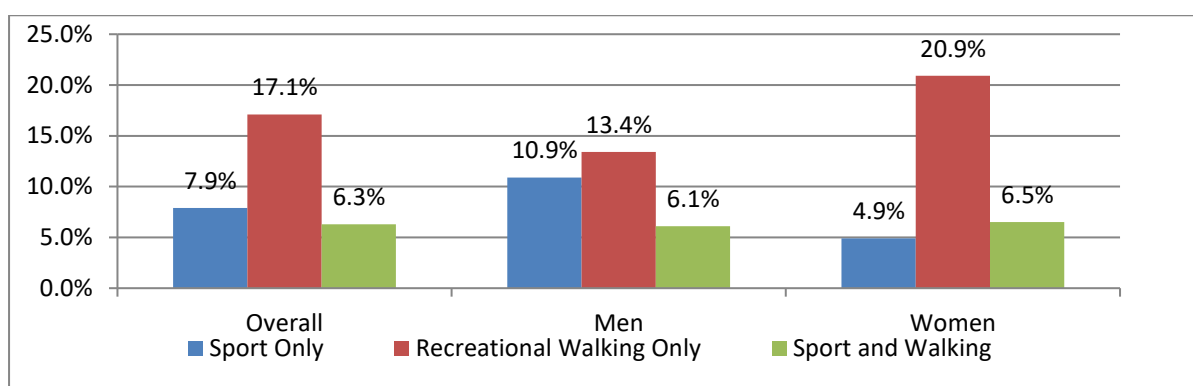
Figure 2.13: Activity Spectrum Categories and Definitions

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.

¹⁶ This analysis can only be regarded as approximate as it does not take account of physical activity undertaken in the workplace or in the home.

In Galway the numbers of men and women who meet the Guidelines or who do no activity at all are on a par with the national figures –see Table 2 above. We also saw that there are only marginal differences between the genders in terms of meeting the Guidelines or being sedentary. While women are less likely to play sport, their greater participation in recreational walking allows them to meet the Guidelines in the same proportions as men. Looking at those who are highly active¹⁷ it is useful to look at the proportions achieving these levels of physical activity through their sporting activities only, through recreational walking only or through a combination of the two types of activity¹⁸. This can be seen in **Figure 2.14** below for Galway, overall and by gender.

Figure 2.14 Meeting the National Physical Activity Guidelines by gender – by type of activity



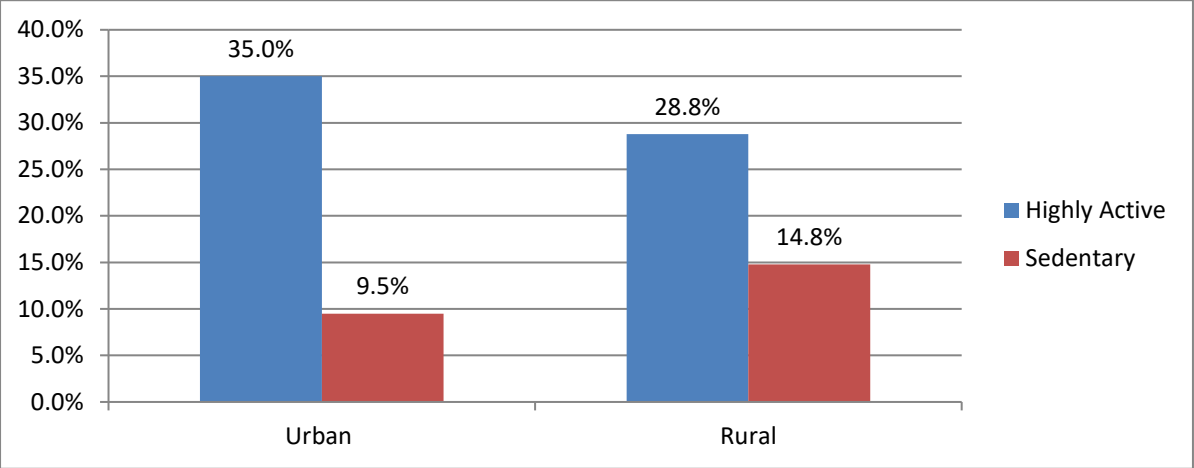
The importance of walking as a means of meeting the Guidelines is particularly evident for Figure 2.14 as is the relatively small proportion of those who combine sport and recreational walking to meet the Guidelines. Policy makers might find it useful to promote the potential of walking as a means of health enhancing physical activity.

The importance of living location as an influence on activity levels can be seen clearly in Figure 2.15 below which looks at the highly active and sedentary groups by whether they are urban or rural dwellers. Clearly those who live in isolated areas within the county represent a particular challenge to local policy makers in terms of getting active and maintaining sufficient levels of activity to benefit their health.

Figure 2.15 Meeting the National Physical Activity Guidelines by living location

¹⁷ To be highly active requires taking part in at least 5 sessions of physical activity per week of at least 30 minutes duration at a moderate intensity or greater i.e. sufficient to raise the person’s breathing rate. In the ISM these sessions can be through sport, recreational walking or a combination of both.

¹⁸ The figures under the sport and walking category include 1.5% who meet the Guidelines separately through sport and recreational walking and 4/8% ho meet it through combining the activities.



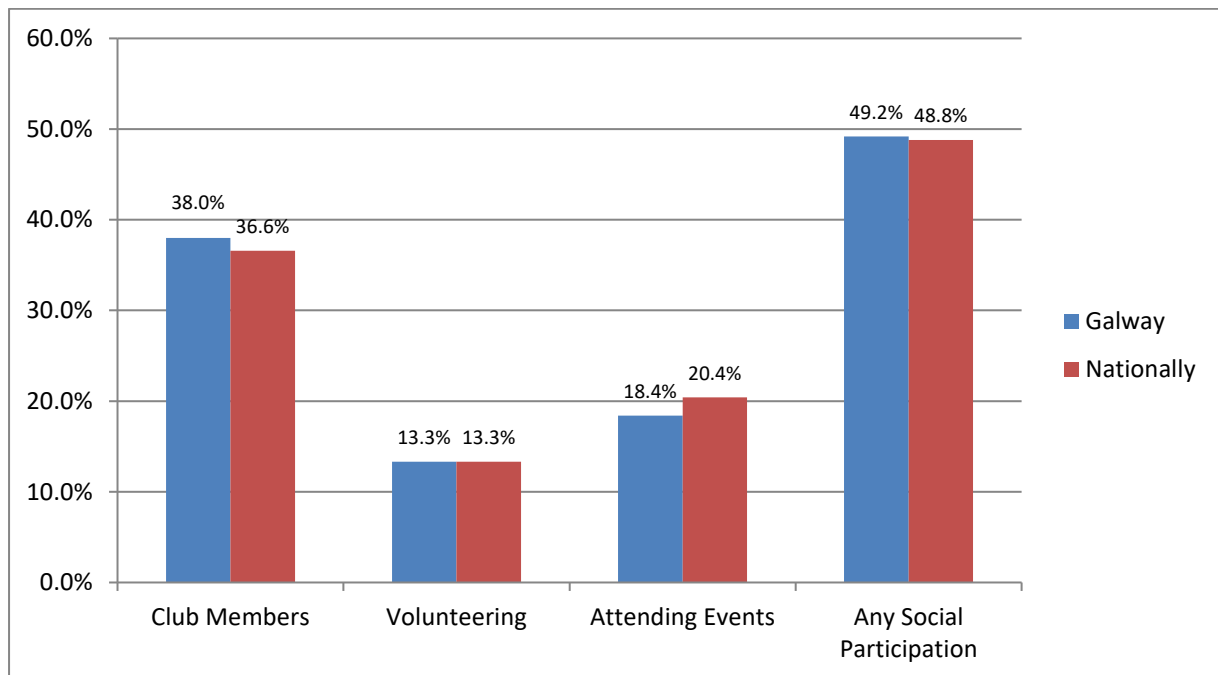
3. Social Participation

3.1 Overall

The ISM looks at social participation in sport through club membership, volunteering and attendance at sporting 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 Galway.

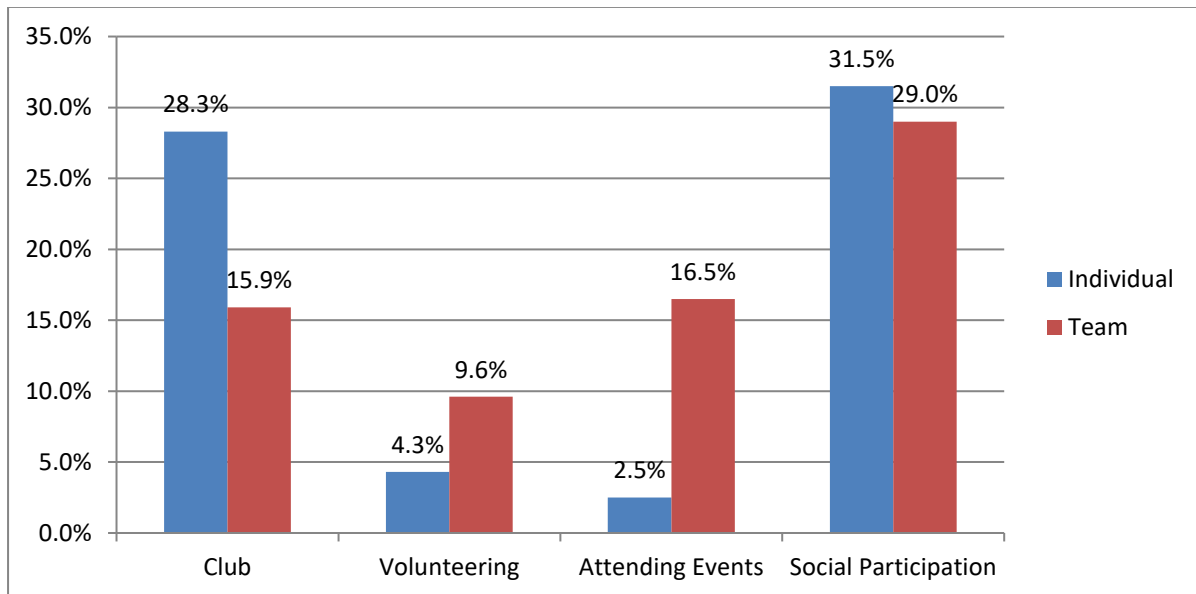
Before looking at each of the different forms of social participation in turn we compare the overall levels of social participation in Galway with the national situation in **Figure 3.1** below. Social participation is broadly similar to the national picture.

Figure 3.1: Levels of Social Participation Galway and nationally



While active participation is dominated by individual sporting activities the situation is more mixed when it comes to social participation as we can see from **Figure 3.2** overleaf. The overwhelming majority of volunteering and attendance at sporting events is associated with team sports. On the other hand, club membership favours individual sports reflecting to some extent the dominance of those types of sports which are preferred by active participants. We will look at these more closely below.

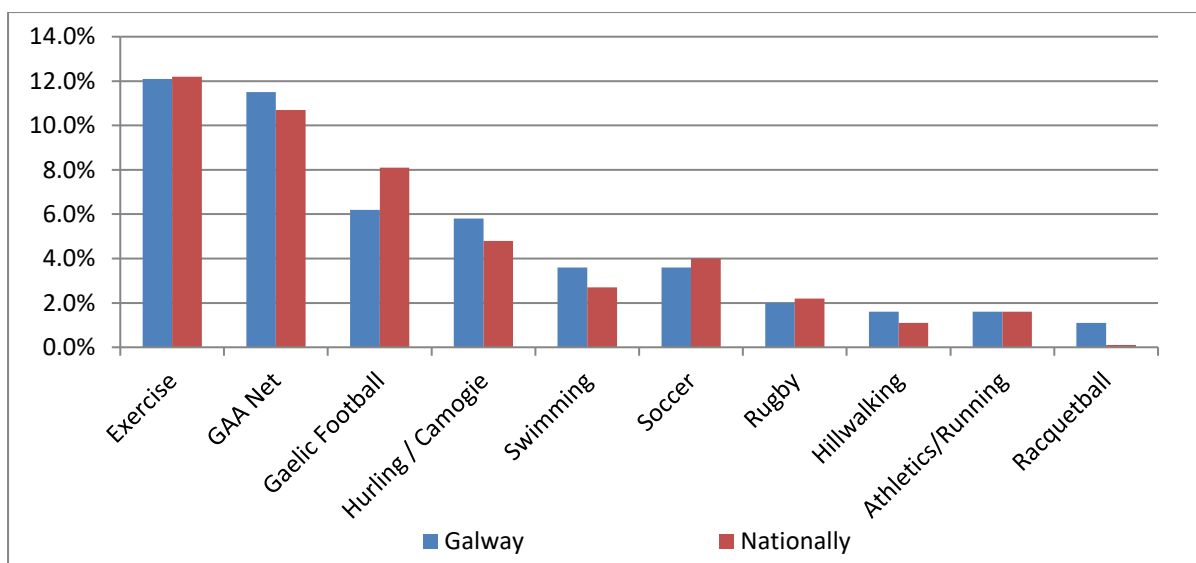
Figure 3.2: Social Participation in Sport by type of sport



3.2 Club Membership

Belonging to a club is the most common form of social participation. While, relative to the country as a whole, active participation is high in Galway, the proportion of club members is similar. Gyms and GAA are the most popular sports clubs. While Galway has strong participation in cycling this does not extend to club membership. The gap in numbers between active participants and club members suggests that there may be opportunities for cycling clubs in Galway to increase membership significantly.

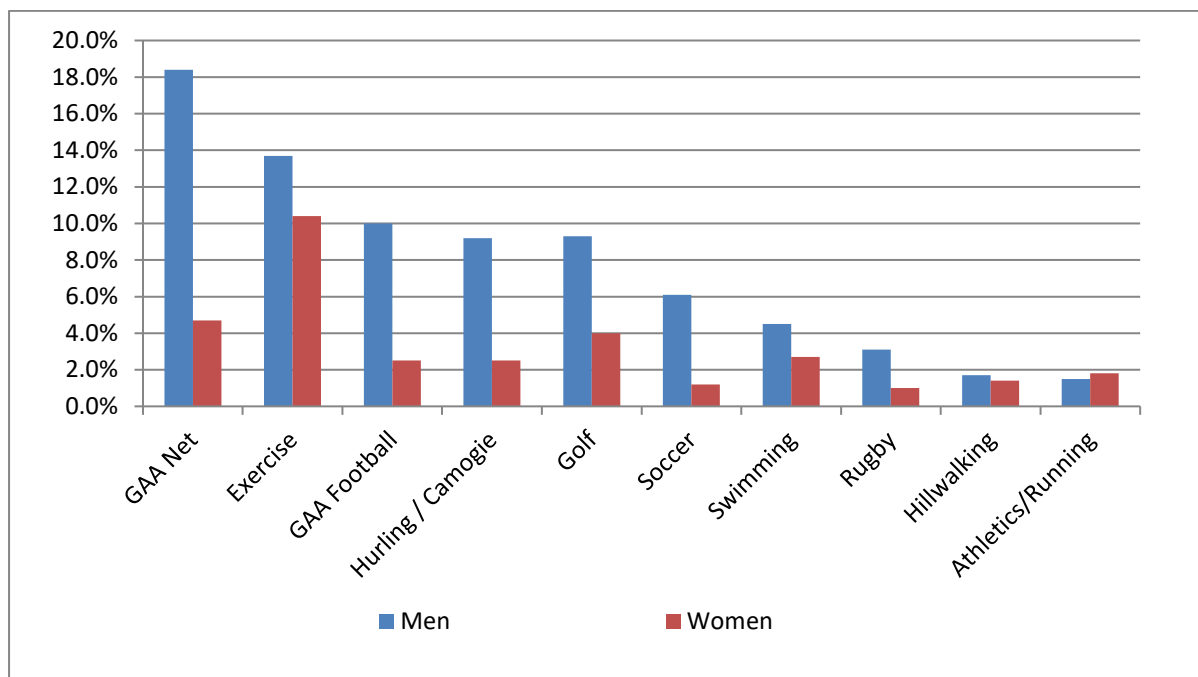
Figure 3.2a: Club Membership by sport¹⁹



¹⁹ The "GAA Net" total combines gaelic football, hurling, camogie and handball.

Gyms are the most popular clubs among women while GAA is more popular among men. Men are significantly more likely to be club members than women (49% and 27.2% respectively). Overall clubs for individual activities are more popular especially among women.

Figure 3.2b: Club Membership by gender



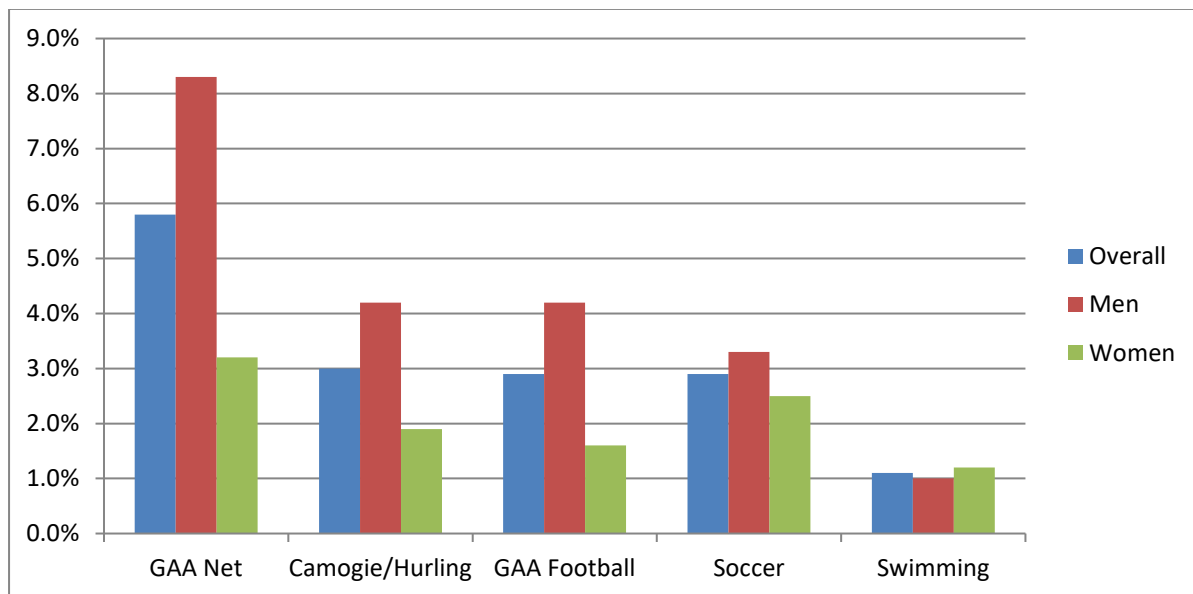
3.3 Volunteering

Volunteering is regarded by many as the lifeblood of sport, without which much of sporting activity, particularly that involving children, would simply not occur. It is a key component of organised sport in Ireland and, according to official sources sport features as the single activity involving the greatest amount of volunteering. The 2006 Census of Population²⁰ identified that 33% of all volunteers were involved in sport only slightly behind the much broader category of “social / charity” at 35%.

The picture for volunteering in Galway is similar to that nationally. About one in seven Galway adults volunteered at least once in the previous 7 days during 2011 – 2013 with men being more likely to volunteer than women. Team sports dominate the volunteering landscape as seen in **Figure 3.3** below. Only sports with an overall volunteering rate of 1% or more are shown. Volunteering is strongly associated with children’s participation in sport with almost three times as many adults with children volunteering than those without.

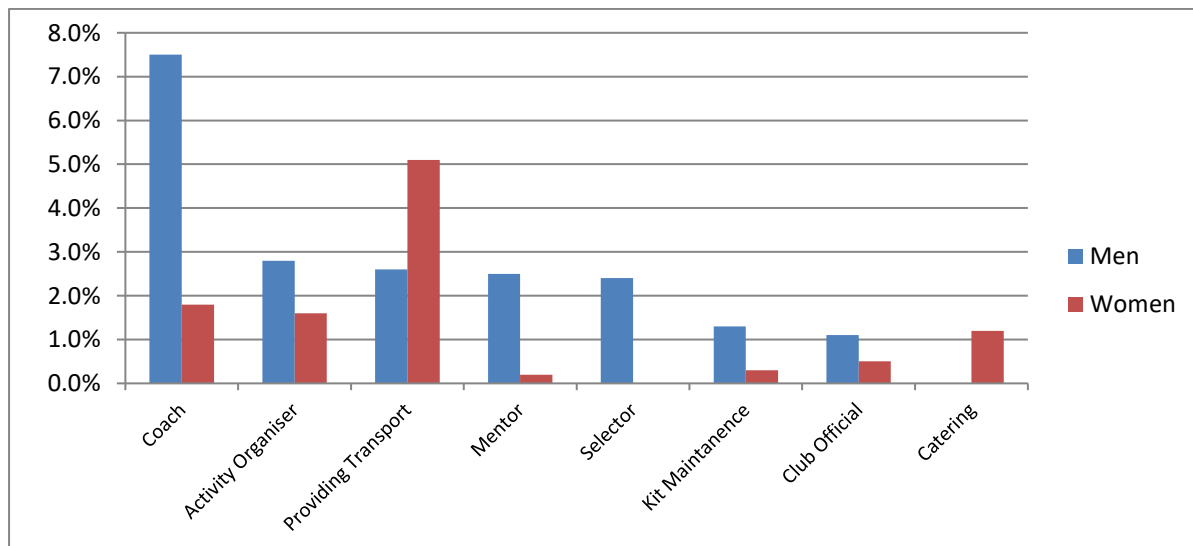
²⁰ <http://www.cso.ie/px/pxeirestat/Statire/SelectVarVal/saveselections.asp>

Figure 3.3: Volunteering by sport: Overall and by gender



Those who volunteer spend on average just over 4 hours per week volunteering with men spending double the amount of time volunteering than women (6 vs. 3 hours). The type of volunteering roles carried out also varies by gender as can be seen from **Figure 3.4** below. The nature of these roles tends to reinforce the highly gendered nature in the administration of Irish sport as perceived by the ISM respondents during 2013 – the reader is referred to the ISM Annual Report in this regard.

Figure 3.4: Volunteering Roles by gender

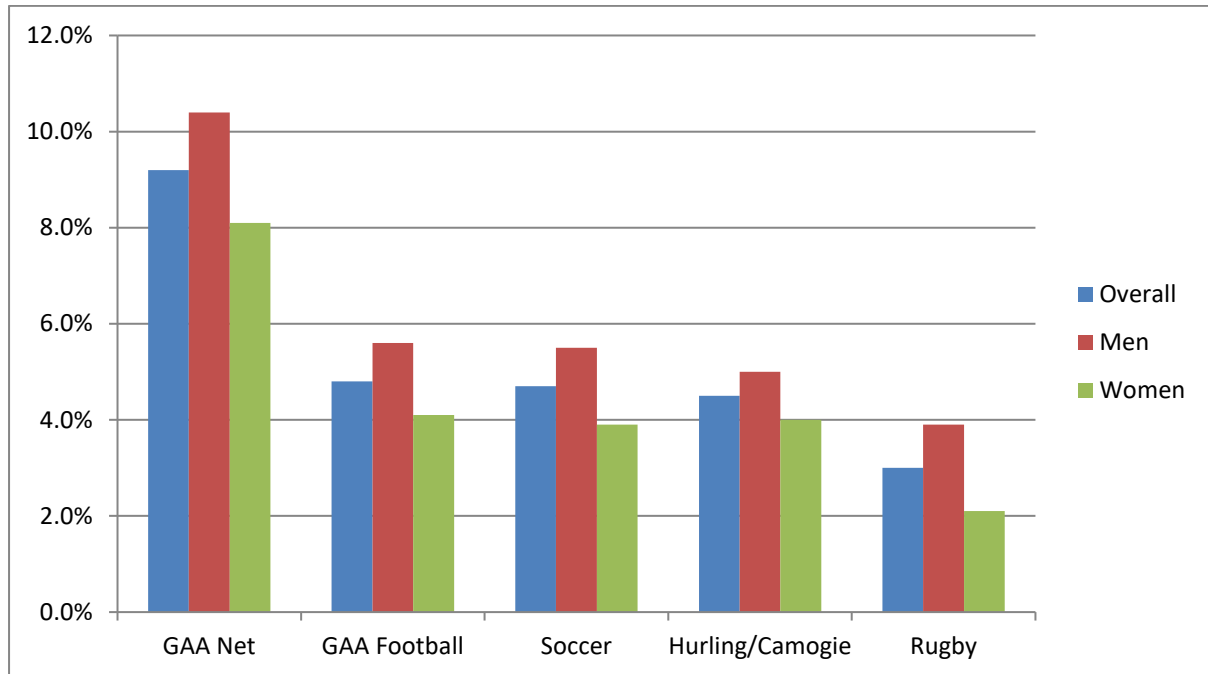


3.5 Attendance at Sporting Events

Just over one in five adults in Galway regularly attend some form of sporting event whether involving adults or children. Even more than volunteering, attendance is dominated by team sports with almost

7 times as many adults attending such events as attend those involving individual activities. Those with children are more likely to attend events. **Figure 3.5** below shows attendance by sport and by gender in Galway.

Figure 3.5: Attendance at sporting events by sport



Appendix

	2011 Census	2011+2013 ISM combined
Gender	16 years plus	16 years plus
Male	50.1%	49.9%
Female	49.9%	50.1%
Age		
16-19	6.5%	6.5%
20-24	6.7%	6.7%
25-34	17.8%	17.7%
35-44	20.7%	20.7%
45-54	17.6%	17.6%
55-64	14.2%	14.2%
65+	16.5%	16.5%
Working Status (Census 2011 includes those under 16)		
Employee/Self Employed	51.7%	50.4%
Unemployed	10.6%	10.2%
Retired	12.8%	10.4%
Homemaker	10.0%	10.0%
Student	10.6%	14.8%
Unemployed-illness/disabled	4.3%	4.2%