

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

By

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Executive Summary

Active Participation in Sport

- 48% took part in sport in the past week, equivalent to approximately 53,000 Wexford adults.
- Men and younger age groups are most likely to play sport
- Swimming and exercise are the most popular sporting activities among women while soccer is most popular among men.
- On average, participants take part in 3 sporting sessions per week and most participants take part at an intensity sufficient to benefit their health.

Broader Physical Activity

- 66.4% undertook a recreational walk in the past week
- Women were most likely to walk than men (72.3% and 61.4% respectively).
- Recreational walking holds strong appeal across all age groups, to men and women and to those with an illness/disability.
- Men and women are equally likely to walk for transport however men are more likely to cycle for transport.

Social Participation

- 47.8% took part in some form of social participation with club membership the most common form.
- Men are more likely to be club members than women.
- Volunteering and attendance at sporting events are dominated by team sports while the majority of club sports are individual activities.
- GAA is the most popular sport to volunteer for, attend a sporting event or with regards to club membership.
- The proportion of club members, volunteers and spectators at events is on par with the national average.

Sport and Health

- A third of Wexford respondents were highly active while 14.1% were sedentary.
- Women are more likely to be highly active while men are more likely to be sedentary.
- Those who combine activities are most likely to meet the activity guidelines.

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 Wexford. The analysis aims to be of interest and assistance to those involved in the promotion of sport in Wexford, particularly Local Authorities, Wexford 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 677 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 just less than 4%. So if we report a participation rate of 44.5% in the report we would expect that the true participation rate for Wexford lies somewhere between 44.5% – 4% and 44.5% + 4 i.e. between 40.5% and 48.5%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 Wexford 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

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.

at http://www.irishsportscouncil.ie/Research/The_Irish_Sports_Monitor/). The ISM is designed to be 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 reflected Wexford'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 Wexford 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 annual survey respondents. Thus it is not always possible to carry out a meaningful analysis of these issues beyond the national situation. During 2011 and 2013 flexible modules were included on issues such as gender and sport, interest in playing more sport, motivations for playing, barriers to participation, perceptions of health and wellness and engagement in other behaviours (smoking, drinking alcohol, 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. 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 Wexford sample. Previous research has suggested that their participation rates are lower than those of Irish nationals thus suggesting that participation rates in this report 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 Wexford 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 exhibit 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 Wexford because of the sample size. However, the available evidence suggests that social gradients are as strong in Wexford as elsewhere in the country. For example 32.4% of those with a third level education meet the National PA Guidelines through sport and recreational walking compared to 28.5% of those with any other level of educational attainment. At the other end of the activity spectrum, 17.9% of those with highest educational attainment of leaving cert, junior or primary school level are sedentary while only 10.4% of those who have completed third level education are.

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. 19.1% of Wexford based respondents answered yes to the first question with over 14% of these also answering yes to the second question. These figures are very similar to the national figures⁷. Those with an illness/disability are less likely to take part in all forms of recreational and transport activity compared to those without. In consequence they are also less likely to be highly active (24% vs. 32% for those without) and more likely to be sedentary (30% vs. 10% for those without a disability).

⁷ Nationally the ISM reported that 18.3% had an illness/disability with 13.7% of the population indicating that this prevented participation.

RESULTS

2.1 Overall Physical Activity

Table 1 compares participation in Wexford with nationally. It captures regular⁸ participation through sport, recreational walking and active travel i.e. walking and cycling for transport. In the tables below, the “highly active” are those who meet the National Physical Activity Guidelines⁹ while those who are “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 48% participating in sport is equivalent to approximately 53,000 adults aged 16 and over taking part in regular sporting activity in Wexford.

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

	Wexford	National
Sporting Participation	48.0%	46.0%
Recreational Walking	66.4%	64.3%
Walk for Transport	34.4%	40.0%
Cycle for Transport	6.8%	10.1%
Highly Active	30.7%	30.3%
Sedentary	14.1%	13.2%

Levels of participation in sport and recreational walking are slightly higher in Wexford than nationally but neither difference is significant. On the other hand the numbers of Wexford adults taking part in walking or cycling for transport are significantly lower than nationally. Gender and living location issues are at work here and these are examined in more detail below.

Table 2 below looks at the results by gender. Nationally and in Wexford men are significantly more likely to play sport and cycle for transport while women are more likely to take part in recreational walks. The proportion of those who walk for transport are similar among Wexford men and women although they are much lower than nationally (significantly so in the case of women while for men the

⁸ 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

⁹ 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.

difference does not reach statistical significance¹⁰). Women are significantly more likely to be highly active and significantly less likely to be sedentary than men in Wexford. While this is in line with the national situation the gender differences in Wexford are much greater than nationally.

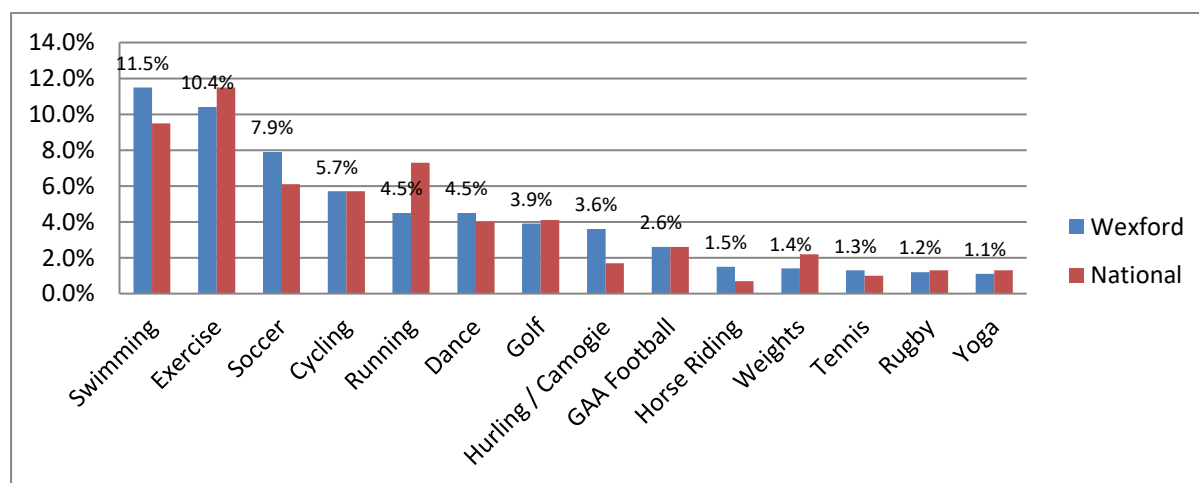
Table 2: Summary of Physical Activity by gender –Wexford vs. National

	Wexford		National	
	Male	Female	Male	Female
Sporting Participation	52.9%	43.4%	51.5%	40.9%
Recreational Walking	61.4%	71.3%	58.0%	70.3%
Walk for Transport	34.0%	34.8%	39.1%	40.9%
Cycle for Transport	9.3%	4.3%	14.6%	5.7%
Highly Active	27.9%	33.3%	29.9%	30.7%
Sedentary	16.4%	11.9%	13.3%	13.0%

2.2 Most Popular Sporting Activities

Figures 2.2 to 2.4 show the most popular sports in Wexford and nationally, overall and by gender. Only sports with participation of 1%+ are shown. Individual sports dominate, accounting for 10 of the most popular activities. Overall 39.1% of Wexford adults participate in individual activities with 13.7% participating in team sports. Participation rates in Wexford are very similar to the national figures with soccer, rugby and running being notable exceptions. Cycling and running are relatively popular among rural residents; swimming and exercise more so among urban residents.

Figure 2.2: Top Participation Sports in Wexford vs. Nationally - Overall



¹⁰ Statistical significance refers to the likelihood that a finding or result is caused by something other than chance. It should be noted that statistical significance does not always indicate practical significance.

Figure 2.3: Top Participation Sports in Wexford and nationally - among men

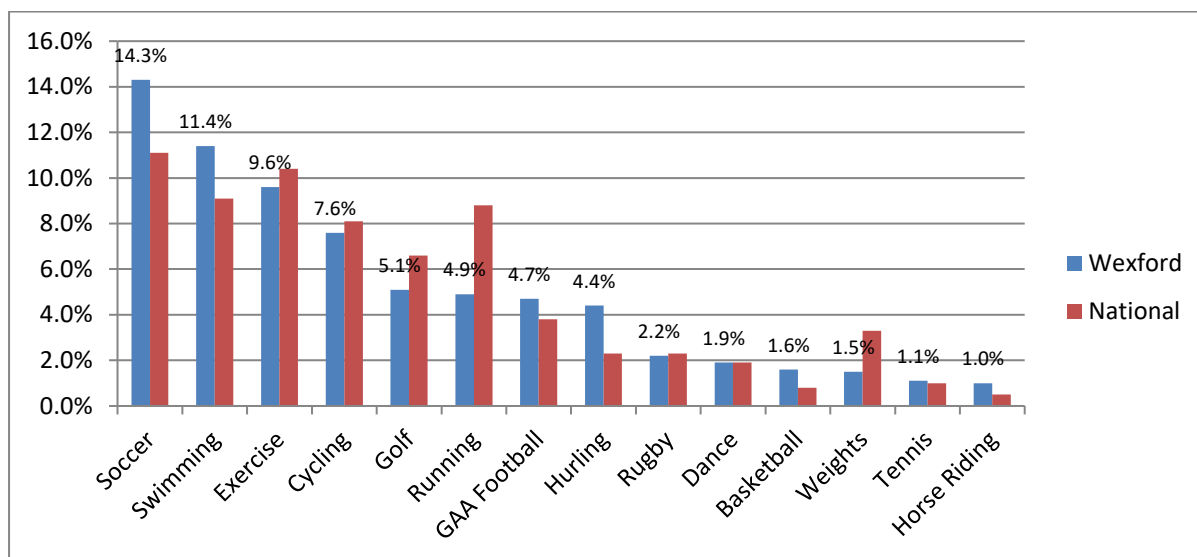
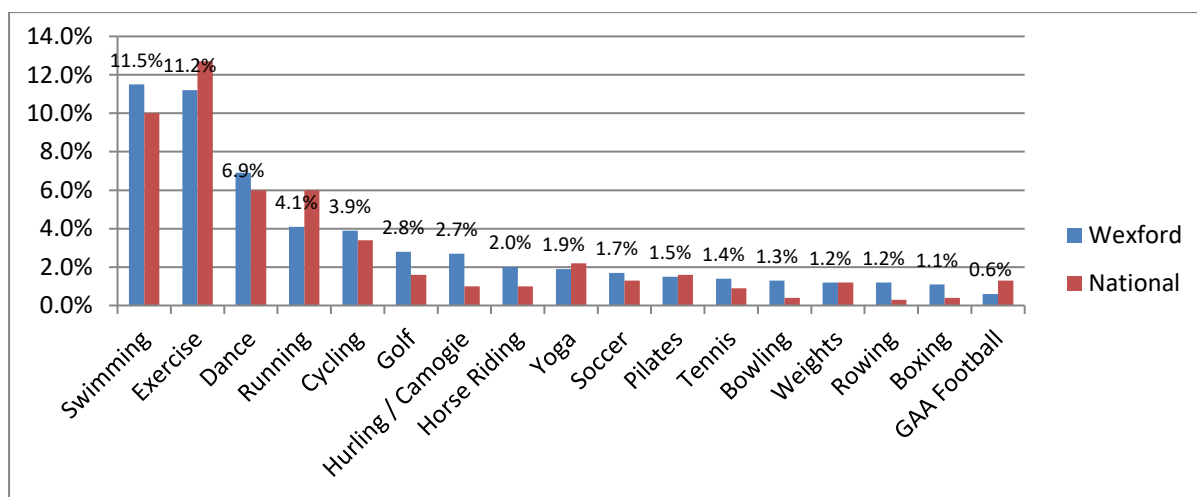


Figure 2.4: Top Participation Sports in Wexford and nationally - among women

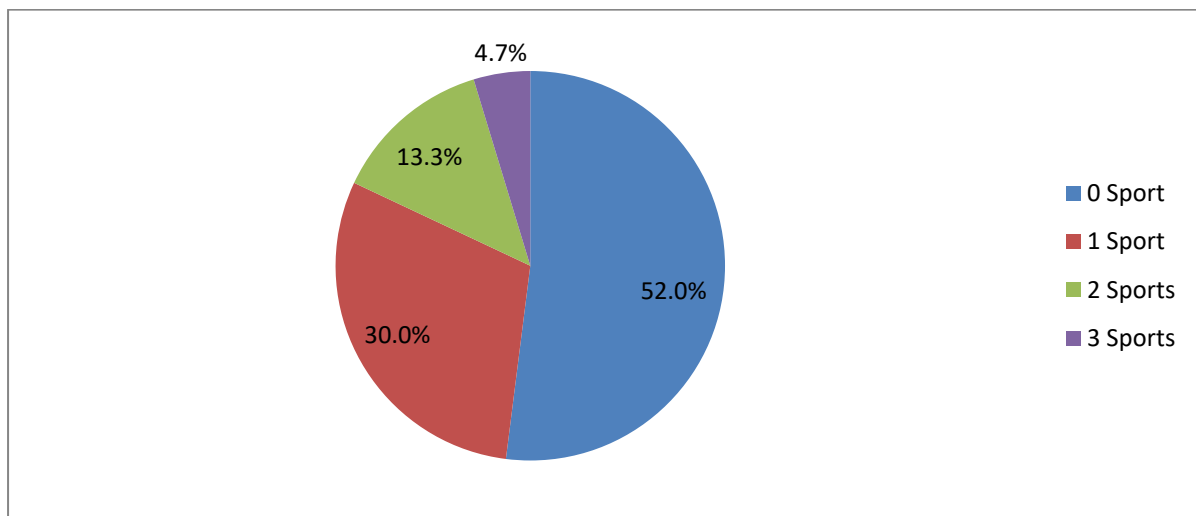


The patterns of participation by gender are similar in Wexford to those nationally. However, there are some exceptions. Among men soccer, hurling and, to a lesser extent, swimming are more popular in Wexford than nationally while running and weights are relatively less popular in the county. For women, swimming and hurling / camogie are more popular in the county than nationally while running features as the sport with the lowest relative popularity among Wexford women compared to the national situation. That the running wave which is generally so strong in the rest of the country hasn't materialised to the same extent among Wexford adults yet suggests there may be some scope to create opportunities to increase its popularity in the county.

2.4 FITT Analysis

The ISM asks respondents 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 look at the distribution of participants by number of sports played in **Figure 2.5**. More than one in seven Wexford adults played at least 2 sports in the previous 7 days while almost one in twenty took part in 3 sports or more. Men and younger age groups were more likely to take part in at least 3 sports.

Figure 2.5: Proportion playing none, one, two and three sports



In **Figures 2.6 – 2.9** we look at the FITT of participation. **Figure 2.6** shows that more than one in ten Wexford participants took part in a sporting session at least every day in the previous week. The mean number of sessions was 3.4 per week, equivalent to one sporting session every 2 days.

Figure 2.6: Number of sporting sessions of participants in previous 7 days

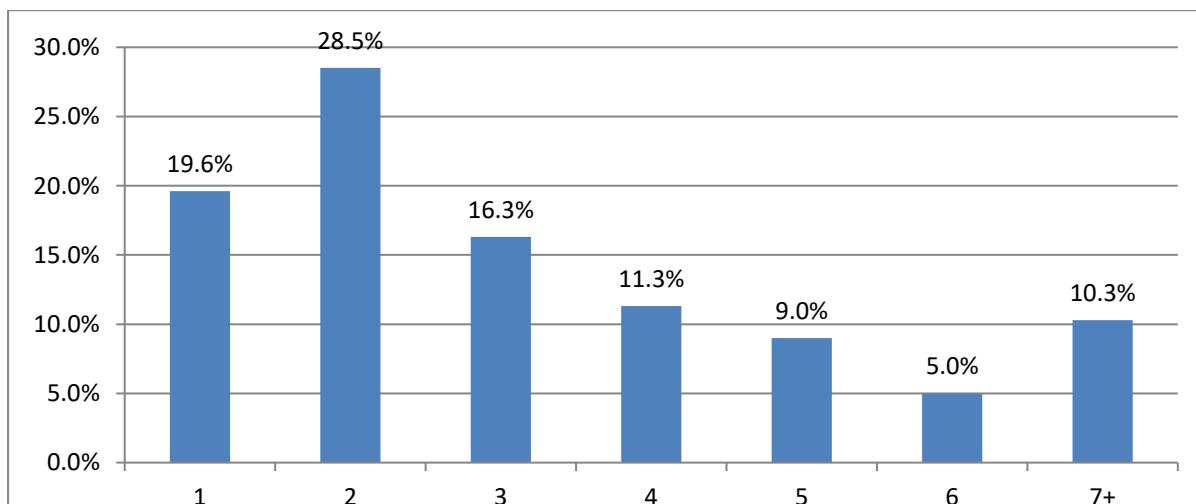
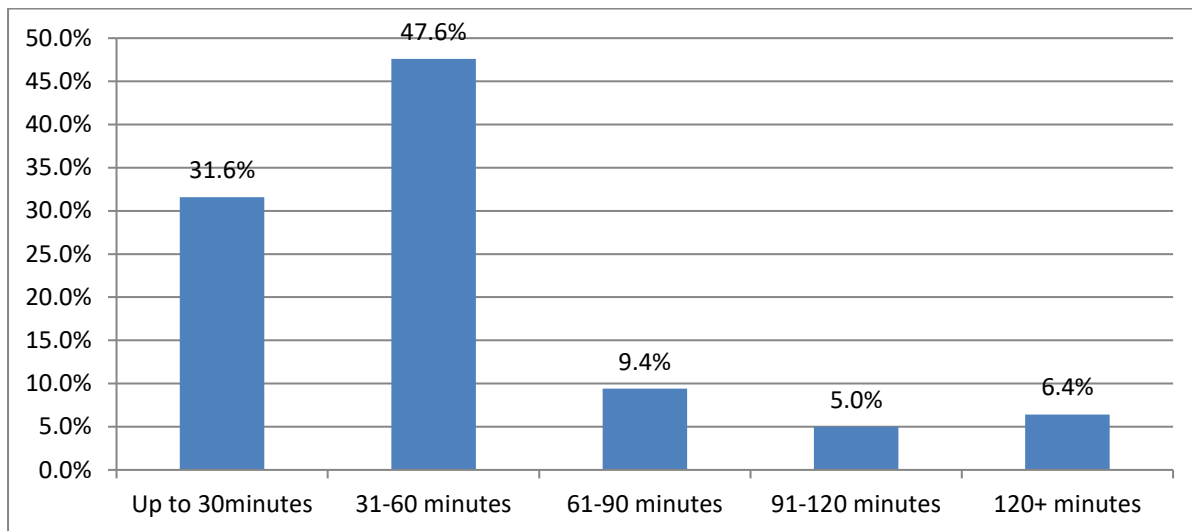
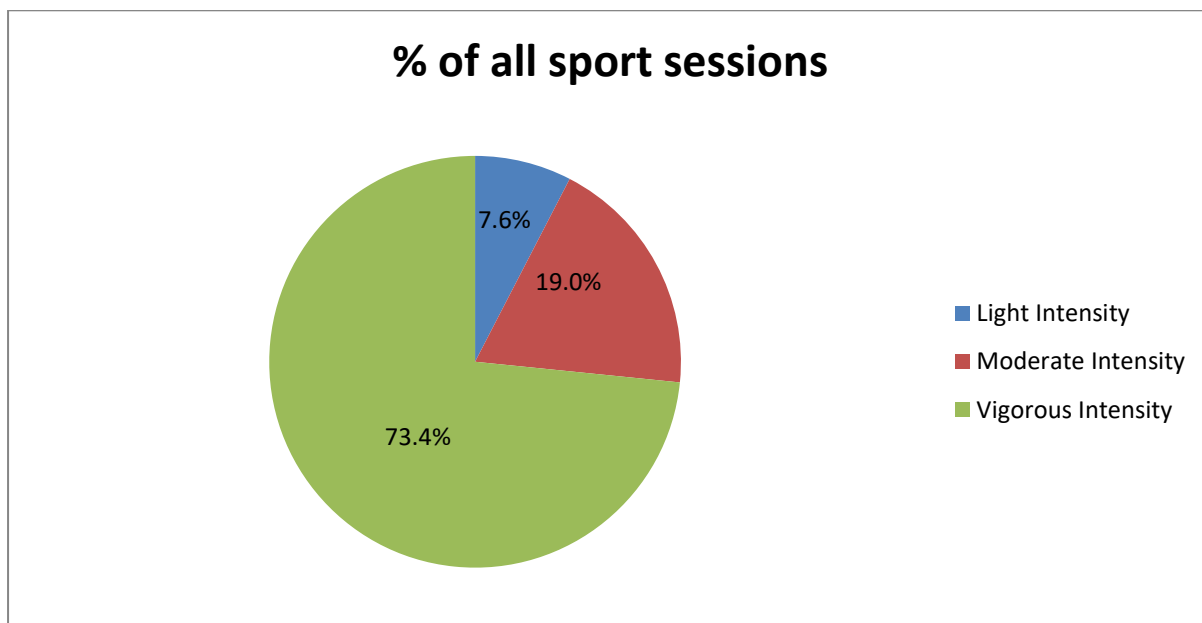


Figure 2.7: Duration of sporting sessions in previous 7 days



Almost 80% of all sport sessions last 1 hour or less. Wexford sports participants spend almost 3.5 hours a week on average playing sport with individual sessions lasting 61 minutes¹¹.

Figure 2.8: Intensity of sporting sessions of participants in previous 7 days



¹¹ Given the percentage of sessions lasting 1 hour or less it might be expected that this figure would be lower. That it is not is due to the effect of sports such as golf and fishing where average session durations of 4 hours plus would be quite common. These have the effect of pulling up the overall average.

Figure 2.8 shows that over 90% of sports sessions were of sufficient intensity to raise participants' breathing rate with almost 3 in every 4 sessions resulting in participants being out of breath or sweating. Playing team sports is more likely to involve higher levels of intensity which makes sense in the context of the younger age of team sport participants. However, even for individual sports nearly 88% of sessions still involve sufficient effort to raise participants' breathing rate noticeably.

Figure 2.9: Context of sporting participation by gender

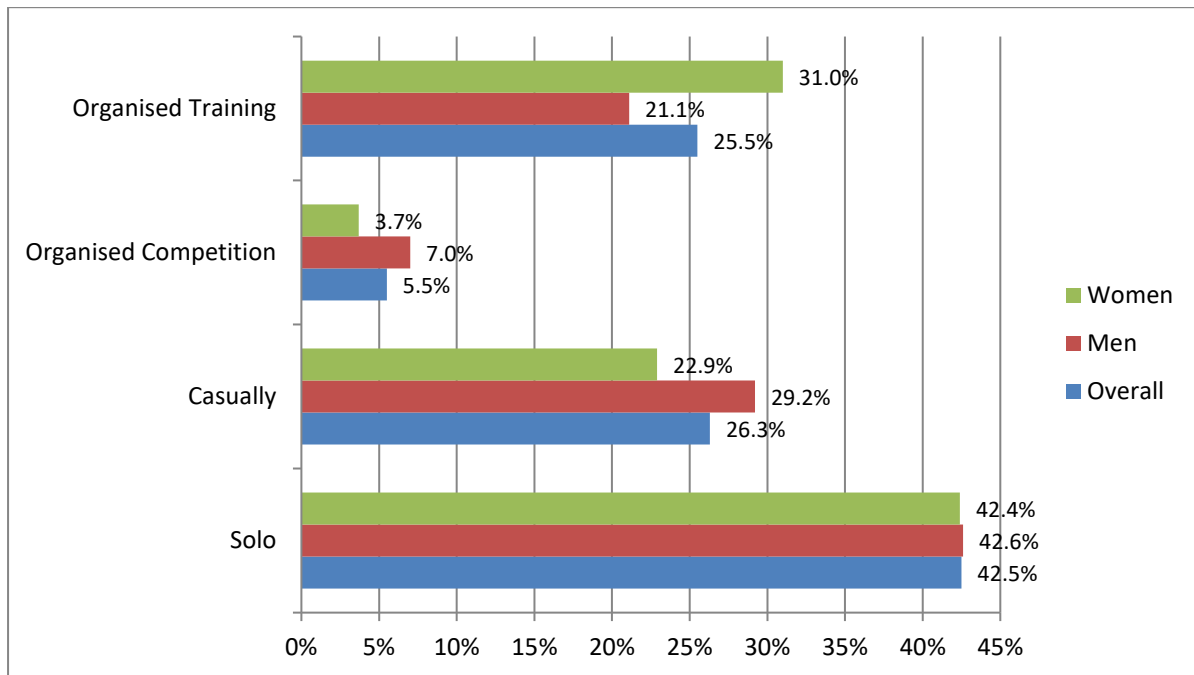


Figure 2.9 shows that almost 70% of adult participants prefer to participate on their own or with family and friends. Women are significantly more likely than men to take part in organised training sessions while men are more likely to take part casually with family or friends. A significantly greater proportion of team sports are played in an organised context compared to individual sports.

The analysis presented above shows that adults engaged in a sport or exercise activity in Wexford are likely to participate more than once a week, for longer than half-an-hour and with sufficient intensity to raise their breathing rate / be out of breath or sweating. Thus, most participants are likely to be getting some health benefit from their participation. There is a body of research showing 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. In this context and in light of the above analysis it is clear that the primary focus of national and local policy should continue to be on getting people, who do not actively participate in sport and exercise, to take up some form of activity.

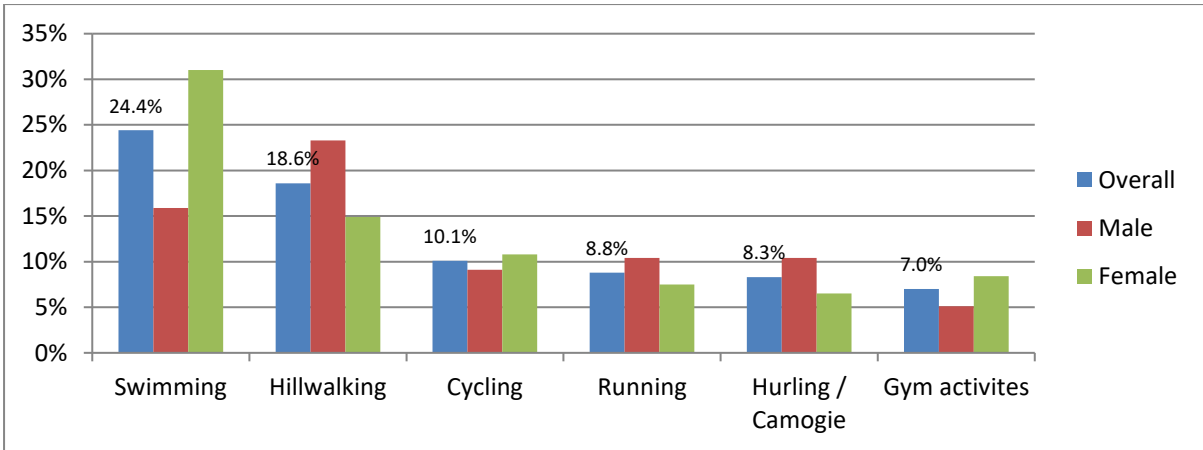
Nevertheless, the findings with respect to the context of participation are also noteworthy as regards policy that aims to increase participation. The majority of sporting activity is occurring outside of formal sporting structures suggesting that policy mechanisms that rely on pre-existing sporting 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 over 40% of activity is undertaken by people on their own is striking. Previous research has 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 efficient forms of exercise taking up relatively little time and not requiring much in the way of coordination between people. There may be a trade off between the health benefits that solo exercise activities bring and the social benefits that accompany other types of participation.

2.5 Interest in doing more sports

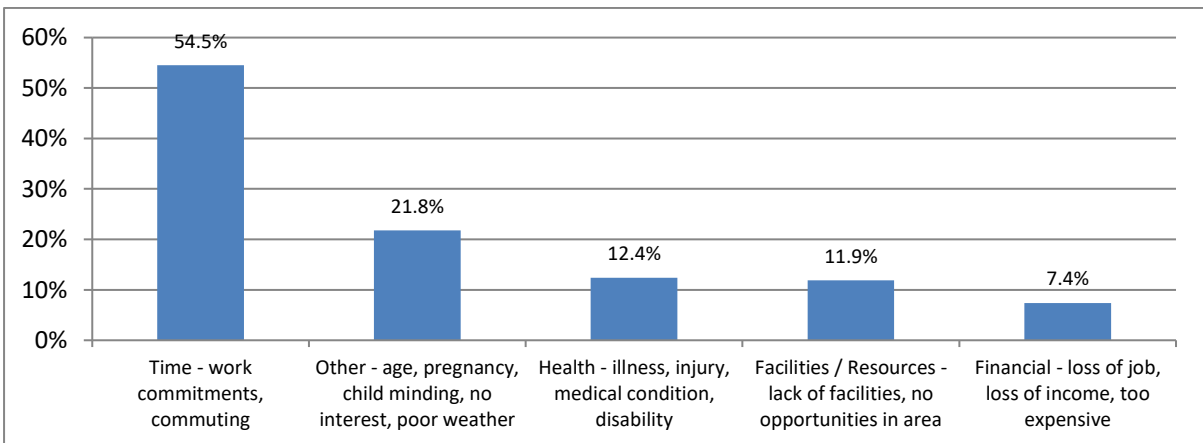
In 2011 ISM respondents were asked whether or not they were interested in doing more sport or exercise, if so which sport they would like to do more of and, if not, what were the reasons preventing them from engaging in more activity. Encouragingly over half (52.5%) of participants in Wexford are interested in increasing their sporting activity with non-participants more likely to agree with this than current participants (55.9% and 48.1% respectively). **Figure 2.10** displays the preferences for more sport in Wexford by gender. The results are similar to those reported at national level, although there is more interest in running and hurling / camogie in the county than nationally and less interest in cycling. Comparing participants to non-participants, the former are more interested in more running while the latter have a relatively strong preference for cycling.

Figure 2.10 Interest in doing more sport – by sport (Base: All interested in doing more sport)¹²



When it comes to barriers to increasing participation, time is overwhelmingly the most commonly cited factor overall. For those with an illness or disability, health is a significant 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 2.11** 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 2.11: Barriers to increasing participation (Base: Respondents not interested in increasing their participation)¹³



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

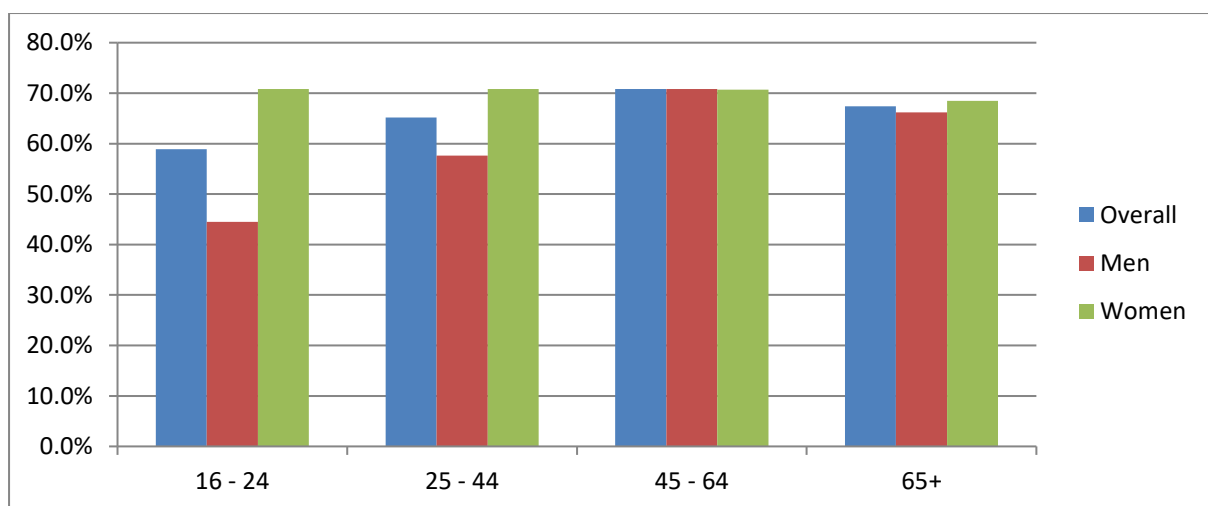
¹³ Sample size less than 100

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 provide health and other benefits to older age groups who do not play sport overcoming, as it does, one of the main disadvantages identified by older people to physical activity, namely that it is easier to injure yourself.¹⁴ 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 over 66% of Wexford adults taking part in at least one walk in the past 7 days. Walking is significantly more popular among women (71.3%) than men (61.4%) and, except for younger men who are more likely to take part in more strenuous activities, recreational walking is popular across all age groups (**Figure 2.12**).

Figure 2.12: Recreational Walking by age and gender¹⁵

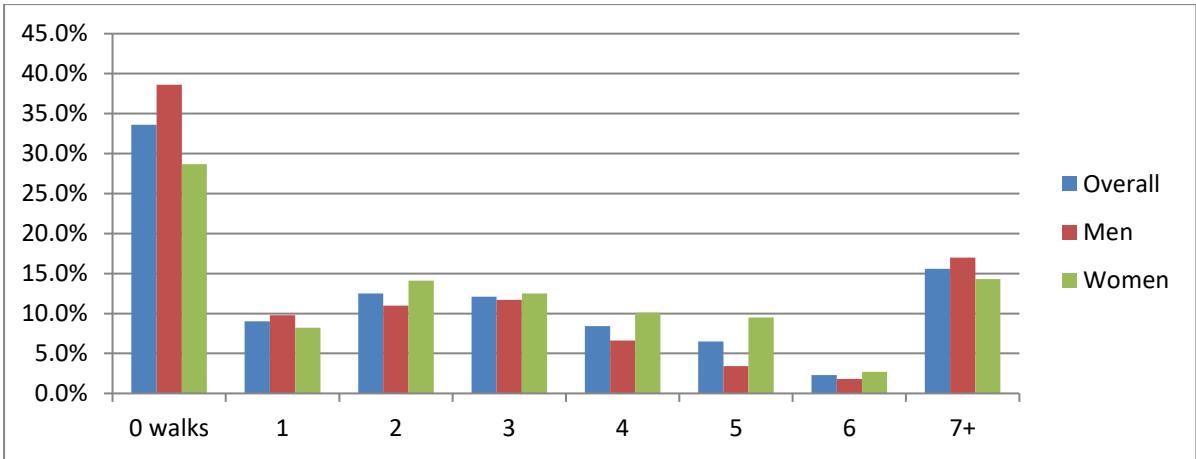


Almost half of Wexford adults took part in no walking or walked every day as can be seen from **Figure 2.13** below.

Figure 2.13: Recreational walking by number of walks in the previous 7 days

¹⁴ Physical Activity and Sport: Participation and Attitudes of Older People in Ireland, Ipsos MORI September 2009

¹⁵ The sample size for 16-24 year olds is less than 100.

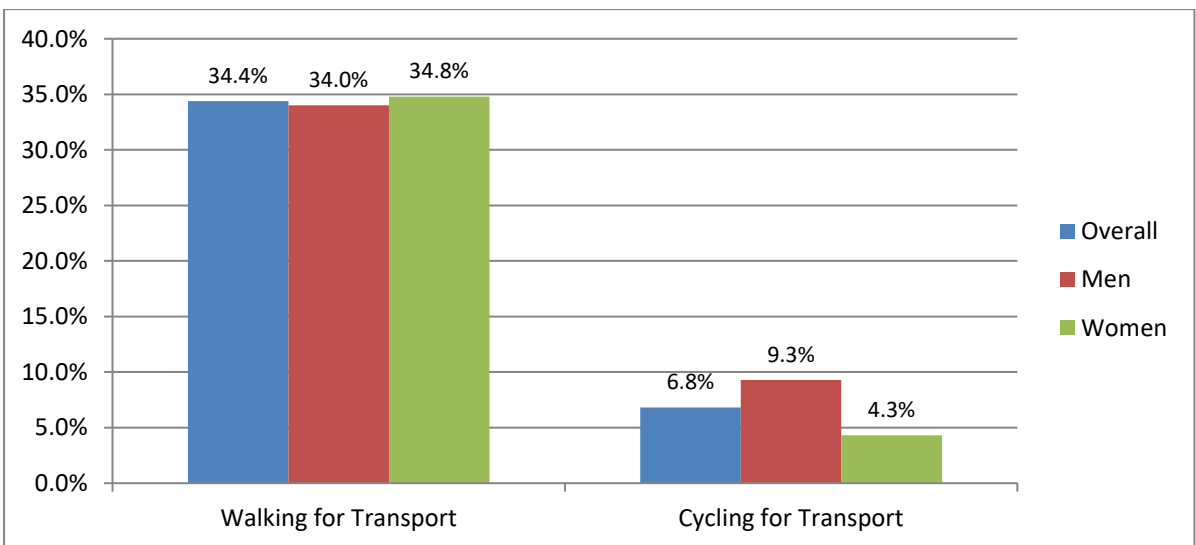


The average time spent walking per week is just less than 3 hours with walking sessions usually lasting just over 40 minutes. Men and women take on average over 4 walks a week. The vast majority of walkers do so at a moderate intensity or greater. Given the nature of the activity it is perhaps not surprising that recreational walking appeals across age groups, to both men and women, to those with disabilities and across social gradients.

Walking and Cycling for Transport

The ISM asks respondents if they walked or cycled for transport in the previous 7 days. While walking for transport is equally appealing to men and women (albeit to a far lesser extent than elsewhere in the country as we have already seen) over twice as many men as women cycle for transport – see **Figure 2.14** below. Cycling and walking for transport are most popular among students. Those who do not have a car and urban residents are more likely to walk for transport.

Figure 2.14: 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 2.15** overleaf. The system is bookended by “sedentary” and “highly active” categories which are the main focus of this section.

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 or on the scale / intensity of active transport.

Figure 2.15: 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.

In Table 1 we saw that the proportions of highly active and sedentary were slightly higher in Wexford than nationally while in Table 2 we saw some gender differences in these two categories within the county and when compared to the national picture.

Urban residents are far more likely to be highly active arising primarily from their greater participation in sport and walking for transport. Overall, a greater proportion of urban residents take part in recreational walking, sport, and walking and cycling for transport than their rural counterparts. As a result, urban residents are far more likely to be highly active.

Figure 2.16 Proportion meeting National Physical Activity Guidelines (“highly active”) by activity type in Wexford – overall and by gender

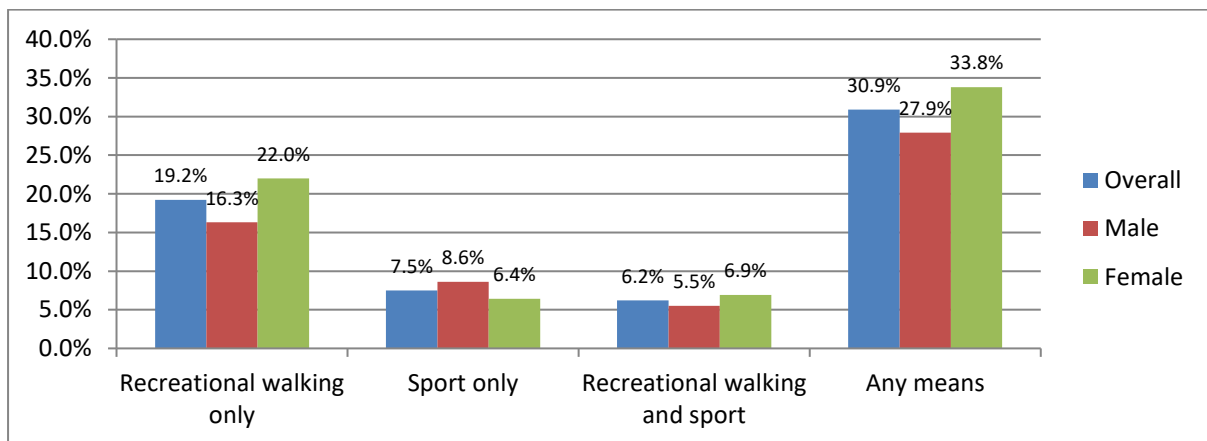
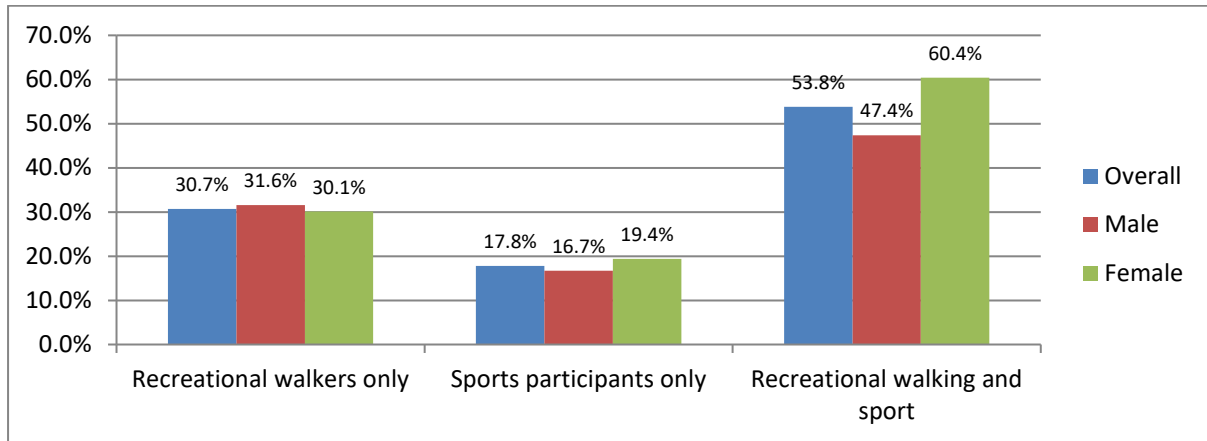


Figure 2.16 shows how recreational walking and sport contribute to adults being “highly active” in Wexford. What is striking is the extent to which recreational walking contributes to being highly active particularly among women. One final point worth noting here is that those who take part in recreational walking and sport are much more likely to meet the Guidelines than those who take part in only one type of activity. This can be seen from **Figure 2.17** below as well as the fact that women who take part in both types of activity are much more likely to meet the Guidelines than men. This

demonstrates clearly the merits of promoting engagement in a broad range of activities among adults, including recreational walking.

Figure 2.17 Proportion engaging in different types of activity meeting the National Physical Activity Guidelines (“highly active”) – overall and by gender



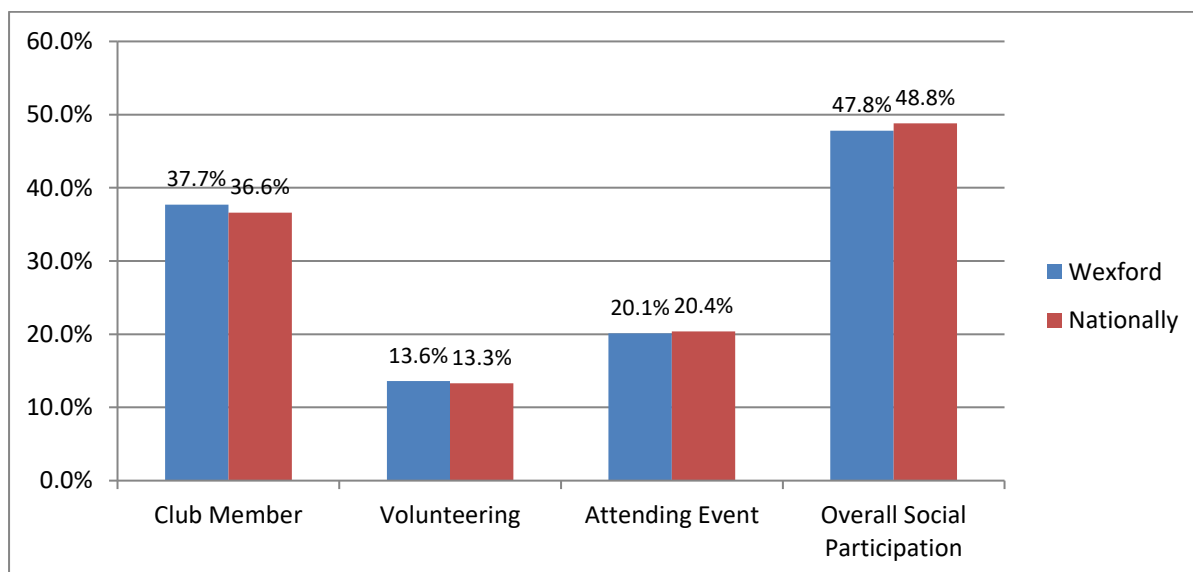
3. SOCIAL PARTICIPATION

3.1 Overall Social Participation

The ISM looks at social participation in sport 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 Wexford.

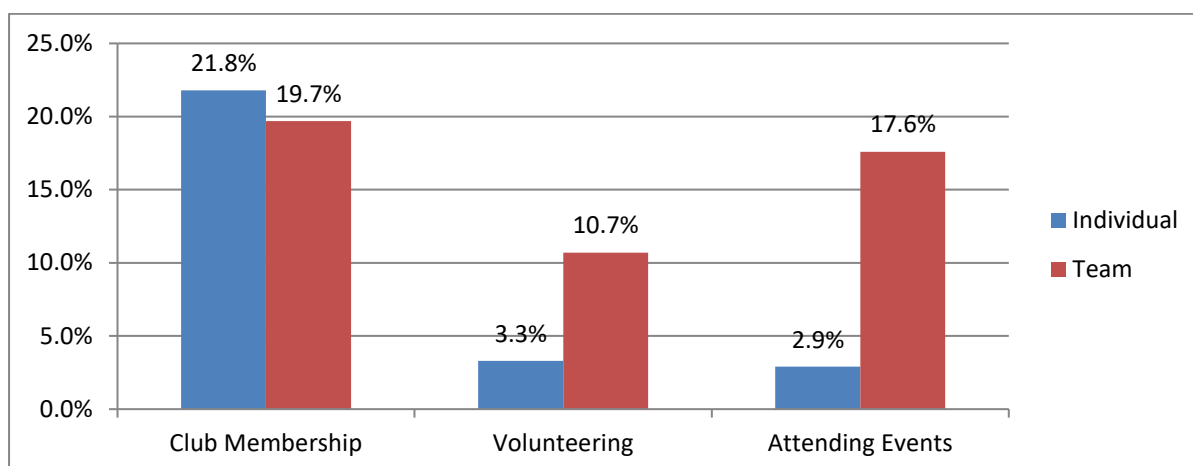
Before looking at each of the different forms of social participation in turn we compare the overall levels of social participation in Wexford with the national situation in **Figure 3.1** below. Social participation levels are very similar in Wexford and nationally. Overall, almost 48% of Wexford adults report their regular involvement in some form of social participation in sport underscoring its importance in generating social capital in the county.

Figure 3.1: Levels of Social Participation Wexford 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, in all likelihood most of this being connected with children's participation. On the other hand, club membership slightly 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.

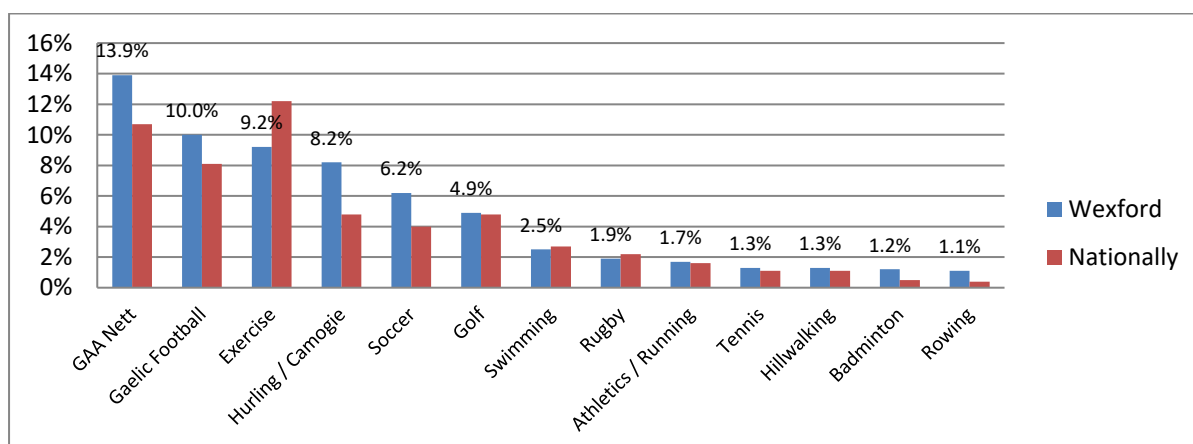
Figure 3.2: Social Participation in Sport by type of sport



3.2 Club Membership

While individual activities are slightly more popular for club membership, there is a good mix of team and individual sports among members as seen in **Figure 3.3**. Compared to the country as a whole, team sports such as gaelic games and soccer appear to have particularly strong membership bases in Wexford. Overall the county has more members of team sports than nationally but fewer members of individual sports.

Figure 3.3: Club Membership by sport Wexford and nationally ¹⁷

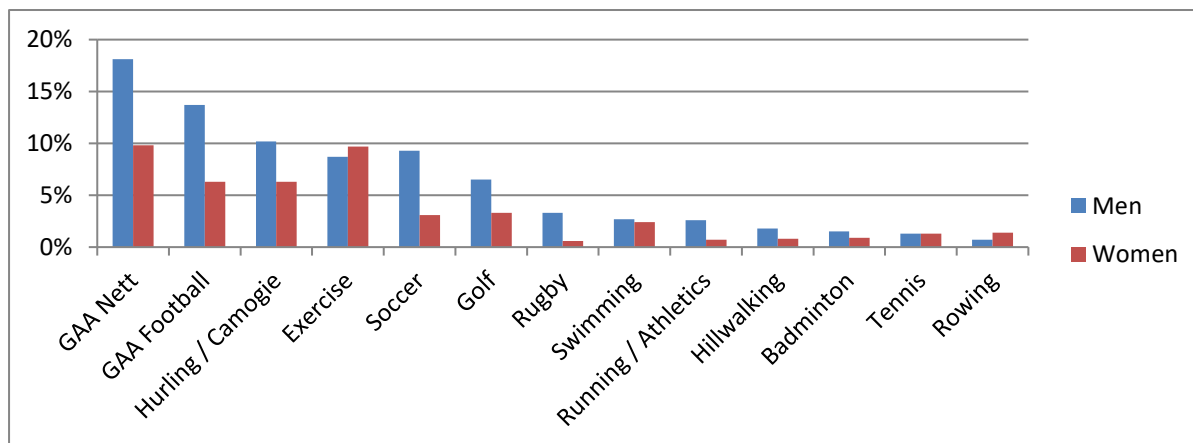


Significantly more men (44.9%) are members of sports clubs in Wexford than women (30.8%). This is in line with the national situation and arises almost completely from the gap in membership of team sports. Overall, there are twice as many men who are members of team sport clubs as women. One final point to note in respect of membership (not shown) is that urban residents are significantly more

¹⁷ Only sports with membership of 1% or more in Wexford are shown. The “GAA Net” total combines gaelic football, hurling, camogie and handball.

likely to be members of individual sports clubs than rural dwellers. Overall the figures are 27% and 19.5% respectively with golf and exercise being notable contributors to this gap.

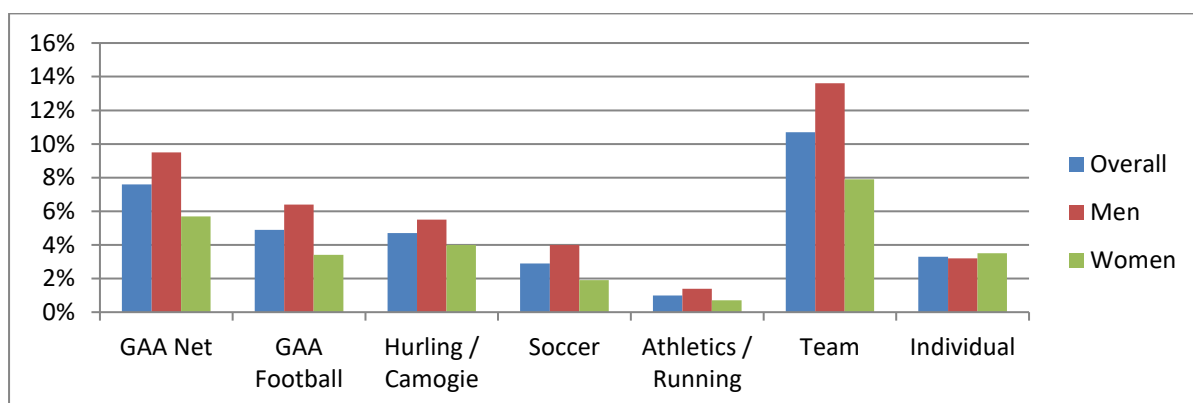
Figure 3.4: Club Membership by sport by gender



3.3 Volunteering

A strong volunteer base is an essential prerequisite for sport to take place, particularly that involving children. It is a key component of organised sport in Ireland and, according to official sources¹⁸, sport features as the single activity involving the greatest amount of volunteering in the country. Volunteering rates in Wexford are slightly higher than nationally. Over one in 7 Wexford adults volunteered at least once a week during 2011 – 2013. Men (17.1%) were significantly more likely to volunteer than women (10.3%). Team sports dominated volunteering as seen in **Figure 3.5** below.

Figure 3.5: Volunteering by sport by gender

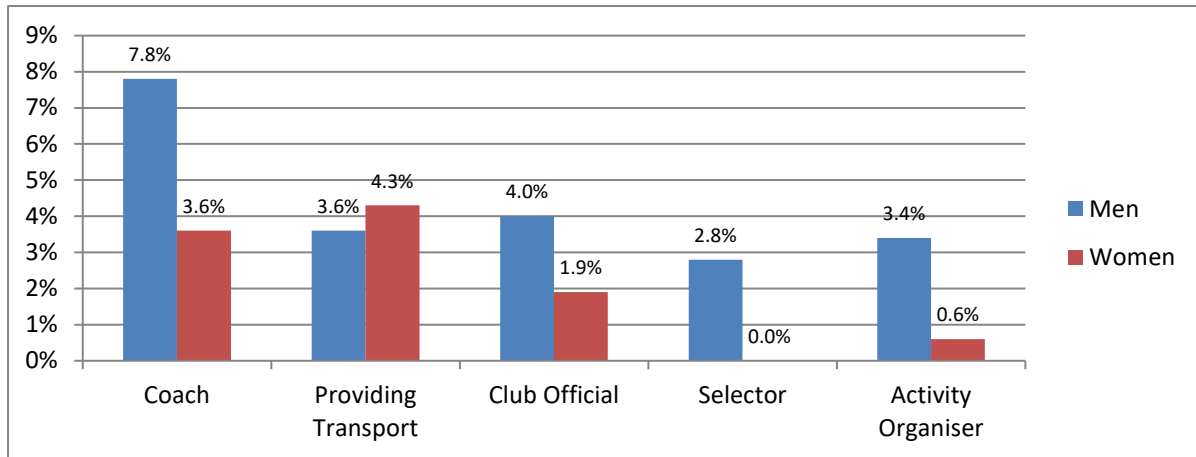


Volunteers spend on average 4 hours a week volunteering with no difference between men and women in this regard. Volunteering roles vary by gender as seen in **Figure 3.6** overleaf. The nature of

¹⁸ <http://www.cso.ie/px/pxeirestat/Statire/SelectVarVal/saveselections.asp>

these roles reinforces the highly gendered nature of Irish sport as perceived by ISM respondents during 2013. The reader is referred to the ISM Annual Report for more on this issue.

Figure 3.6: Volunteering Roles by gender

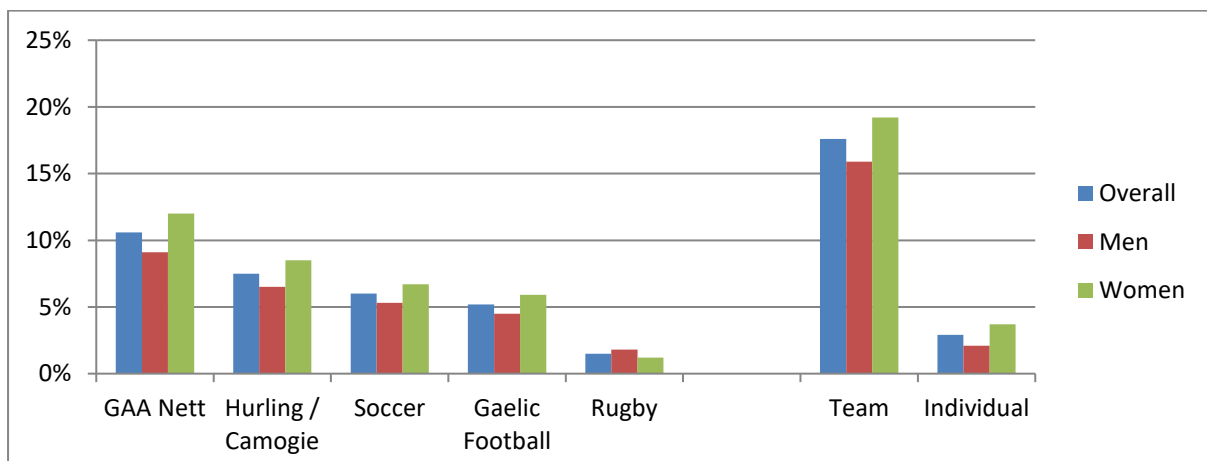


3.4 Attendance at Sporting Events

Just over one in five adults in Wexford regularly attended some form of sporting event whether involving adults or children. Even more than volunteering, attendance is dominated by team sports with over 6 times as many adults attending such events as those involving individual activities. This reflects the importance of children’s activities to attendance patterns; in this respect Wexford respondents with children were much more likely to attend team sport events than those without children (26.7% vs. 9.2% respectively).

Figure 3.7 below shows attendance by sport by gender during 2011 – 2013 in Wexford. The strength of gaelic games and soccer are apparent.

Figure 3.7: Attendance at sporting events by sport by gender



Appendix

	2011 Census	2011+2013 ISM combined
Gender	16 years plus	16 years plus
Male	49. %	49.0%
Female	51%	51.0%
Age		
16-19	6.4%	6.4%
20-24	7.1%	7.1%
25-34	18.9%	18.9%
35-44	19.9%	19.9%
45-54	17.3%	17.3%
55-64	13.8%	13.8%
65+	16.6%	16.6%
Working Status (Census 2011 includes those under 16)		
Employee/Self Employed	46.4%	46.2%
Unemployed	13.4%	13.2%
Retired	14.0%	14.8%
Homemaker	11.7%	11.8%
Student	9.3%	8.8%
Umemployed-illness/disabled	5.2%	5.2%