



## **Special Eurobarometer 412**

# **SPORT AND PHYSICAL ACTIVITY**

## **REPORT**

Fieldwork: November – December 2013

Publication: March 2014

This survey has been requested by the European Commission, Directorate-General for Education and Culture and co-ordinated by Directorate-General for Communication.

[http://ec.europa.eu/public\\_opinion/index\\_en.htm](http://ec.europa.eu/public_opinion/index_en.htm)

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**Special Eurobarometer 412 / Wave EB80.2 – TNS Opinion & Social**

## **Special Eurobarometer 412**

### **Sport and physical activity**

Conducted by TNS Opinion & Social at the request of the  
Directorate-General for Education and Culture

Survey co-ordinated by the  
Directorate-General for Communication  
(DG COMM "Strategy, Corporate Communication Actions and  
Eurobarometer" Unit)

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## INTRODUCTION

In 2007, the White Paper on Sport was issued by the European Commission as the first policy document addressing sport on behalf of the European Union. The Lisbon Treaty, into force since December 2009, introduced a specific article, namely Article 165 TFEU, which gave the EU a new supporting competence for sport. This article entails provisions for promoting European sporting issues and calls for EU action to develop the European dimension in sport.

In early 2011, the Commission adopted a Communication entitled "Developing the European Dimension in Sport" providing for specific actions regarding the societal role of sport, sport's economic dimension and the organisation of sport. Based on this Communication, the Council adopted a Resolution on an EU Work Plan for Sport 2011-2014, which further strengthened European cooperation on sport by setting priorities for EU level work engaging the EU Member States and the Commission. The EU Work Plan identified the social values of sport, in particular the promotion of participation in sport and physical activity among the priority themes. To implement the Work Plan, work at the expert level inter alia focused on providing input to the questionnaire of the present Eurobarometer. In 2012, the Council adopted conclusions on promoting health-enhancing physical activity and on strengthening the evidence-base for sport policy making, both calling on the Commission to issue regular surveys on sport and physical activity.

Following a proposal from the Commission, for the first time, financial support for sport is now included in form of a specific chapter in Erasmus+, the new EU programme for education, training, youth and sport for the period 2014-2020. In May 2014, the Council is expected to adopt a new multiannual EU Work Plan for Sport. The strengthening of the evidence base for sport policy-making is also likely to remain a key principle under this new Work Plan.

This Eurobarometer survey, which follows on from comparable surveys conducted in 2002 and 2009, will contribute to providing some of the data to support the developing policy framework for promoting sport and physical activity described above. Moreover, it will allow policy makers, researchers and other interested parties to deliver trend analysis on various matters compared to 11 and 4 years respectively.

This survey was carried out by TNS Opinion & Social network in the 28 Member States of the European Union between 23 November and 2 December 2013. Some 27.919 respondents from different social and demographic groups were interviewed face-to-face at home in their mother tongue on behalf of the Directorate-General for Education and Culture ("Sport" Unit). The methodology used is that of Eurobarometer surveys<sup>1</sup> as carried out by the Directorate-General for Communication ("Strategy, Corporate Communication Actions and Eurobarometer" Unit).

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<sup>1</sup> [http://ec.europa.eu/public\\_opinion/index\\_en.htm](http://ec.europa.eu/public_opinion/index_en.htm)

Note: In this report, countries are referred to by their official abbreviation. The abbreviations used in this report correspond to:

ABBREVIATIONS			
BE	Belgium	LT	Lithuania
BG	Bulgaria	LU	Luxembourg
CZ	Czech Republic	HU	Hungary
DK	Denmark	MT	Malta
DE	Germany	NL	The Netherlands
EE	Estonia	AT	Austria
EL	Greece	PL	Poland
ES	Spain	PT	Portugal
FR	France	RO	Romania
HR	Croatia	SI	Slovenia
IE	Ireland	SK	Slovakia
IT	Italy	FI	Finland
CY	Republic of Cyprus*	SE	Sweden
LV	Latvia	UK	The United Kingdom
		EU28	European Union – 28 Member States

\* Cyprus as a whole is one of the 28 European Union Member States. However, the 'acquis communautaire' has been suspended in the part of the country which is not controlled by the government of the Republic of Cyprus. For practical reasons, only the interviews carried out in the part of the country controlled by the government of the Republic of Cyprus are included in the 'CY' category and in the EU28 average.

\* \* \* \* \*

*We wish to thank the people throughout the European Union who have given their time to take part in this survey. Without their active participation, this study would not have been possible.*

## MAIN FINDINGS

The main findings of this Eurobarometer survey on sport and physical activity are as follows:

- 41% of Europeans exercise or play sport at least once a week, while an important proportion of EU citizens (59%) never or seldom do so. The figures have not changed substantially since 2009. However, the proportion that never exercises or plays sport has increased from 39% to 42%.
- 48% do some form of other physical activity (such as cycling, dancing or gardening) at least once a week, while 30% never do this kind of activity at all.
- Overall, men in the EU exercise play sport or engage in other physical activity more than women. However, this disparity is particularly marked in the 15-24 age group, with young men tending to exercise or play sport on a regular basis considerably more than young women (74% vs 55%). The amount of regular activity that people do tends to decrease with age, notably 71% of women and 70% of men in the 55+ age groups never or seldom exercise or play sport.
- Generally speaking, citizens in the Northern part of the EU are the most physically active. The proportion that exercises or plays sport at least once a week is 70% in Sweden, 68% in Denmark, 66% in Finland, 58% in the Netherlands and 54% in Luxembourg. The lowest levels of participation are clustered in the Southern EU Member States. Most respondents who never exercise or play sport can be found in Bulgaria (78%), Malta (75%), Portugal (64%), Romania (60%) and Italy (60%).
- As for the levels of engagement in physical activity within a week, 54% of all respondents did not do any vigorous activity (-4 percentage points -pp- compared to 2002) and 44% did not do any moderate physical activity (+3 pp). Moreover, 13% of EU citizens did not walk for at least 10 minutes at a time on a given day within a week (-4 pp). In addition, on a usual day, about two-thirds (69%) of respondents spend between 2.5 and 8.5 hours sitting (+5 pp), while at other extremes, 11% sit for more than 8.5 hours and 17% 2.5 hours or less.
- Sport or physical activity takes place in a wide range of locations, most commonly in parks and outdoors (40%), at home (36%) or on the journey between home and school, work or shops (25%).<sup>2</sup>

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<sup>2</sup> To be noted: the response category at home was new in this survey. Other figures have not changed substantially since 2009.

- Almost three-quarters of EU citizens (74%) say that they are not members of any club, a considerable increase since 2009 (67%). There were no substantial changes for any of the individual types of club; however, there was a slight increase in memberships of health or fitness centres (from 9% to 11%).
- The most common reason for engaging in sport or physical activity is to improve health (62%). Other popular reasons include improving fitness (40%), relaxing (36%) and having fun (30%). These figures have not changed substantially since 2009.
- A shortage of time is by far the main reason given for not practising sport more regularly (42%). Other factors mentioned are a lack of motivation or interest (20%), having a disability or illness (13%) or that it is too expensive (10%). In 2009 lack of time was also mentioned (45%) as the main reason that prevented people from doing sport more often.<sup>3</sup>
- Three-quarters of respondents (76%) agree that in their local area there are opportunities to be physically active, and the majority of EU citizens (74%) think that their local sport clubs and other providers offer them such opportunities. The figures have not changed substantially since 2009. However, there are more mixed views as to whether local authorities do enough to provide their citizens with such opportunities: 39% of respondents think that they do not do enough, while 52% think they do. Here views expressed have been slightly more negative since 2009 (35% and 54% respectively).
- Overall, 7% of EU citizens say that they engage in voluntary work that supports sport activities. More than a third of respondents (35%) devote at least six hours of their time each month to volunteering in sport, with 8% of those surveyed giving 21 hours or more. These figures have not changed substantially since 2009; however, a shift can be seen to volunteer more and not only occasionally, at individual events. The most common activity is organising or helping to run a sporting event.

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<sup>3</sup> However, due to important changes in the response categories a coherent trend analysis cannot be done.

## 1. FREQUENCY AND LEVELS OF ENGAGEMENT IN SPORT AND OTHER PHYSICAL ACTIVITY

This chapter examines frequency and levels of engagement in sport and other physical activity. It looks in detail at the amount of time EU citizens spend doing vigorous and moderate physical activity as well as at the time spent walking and sitting down. As a result, it provides a comprehensive picture of behaviour in relation to sport and physical activity.

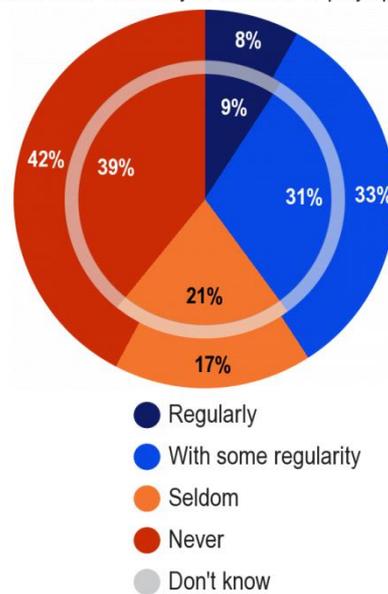
### 1.1. Frequency

This first section looks at the proportion of EU citizens who exercise or play sport and who engage in other physical activity.

#### 1.1.1. Exercising or playing sport

The majority of respondents (59%) say that they either never exercise or play sport<sup>4</sup>, or only do so seldom<sup>5</sup>. Conversely, 41% of those surveyed exercise or play sport at least once a week, with 8% who even exercise or play sport five times a week or more. The results are similar to those seen in 2009. However, the proportion that never exercises or plays sport has increased (from 39% to 42%), while the proportion that does so seldom has decreased (from 21% to 17%).

QD1. How often do you exercise or play sport?



Inner pie : 2009 (EB72.3 Oct.)

Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

<sup>4</sup> QD1: 'How often do you exercise or play sport? By "exercise", we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or sport club, running in the park, etc.' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know.

<sup>5</sup> Regularly means the respondent exercises at least 5 times a week; with some regularity means 1 to 4 times a week; and seldom means 3 times a month or less often.

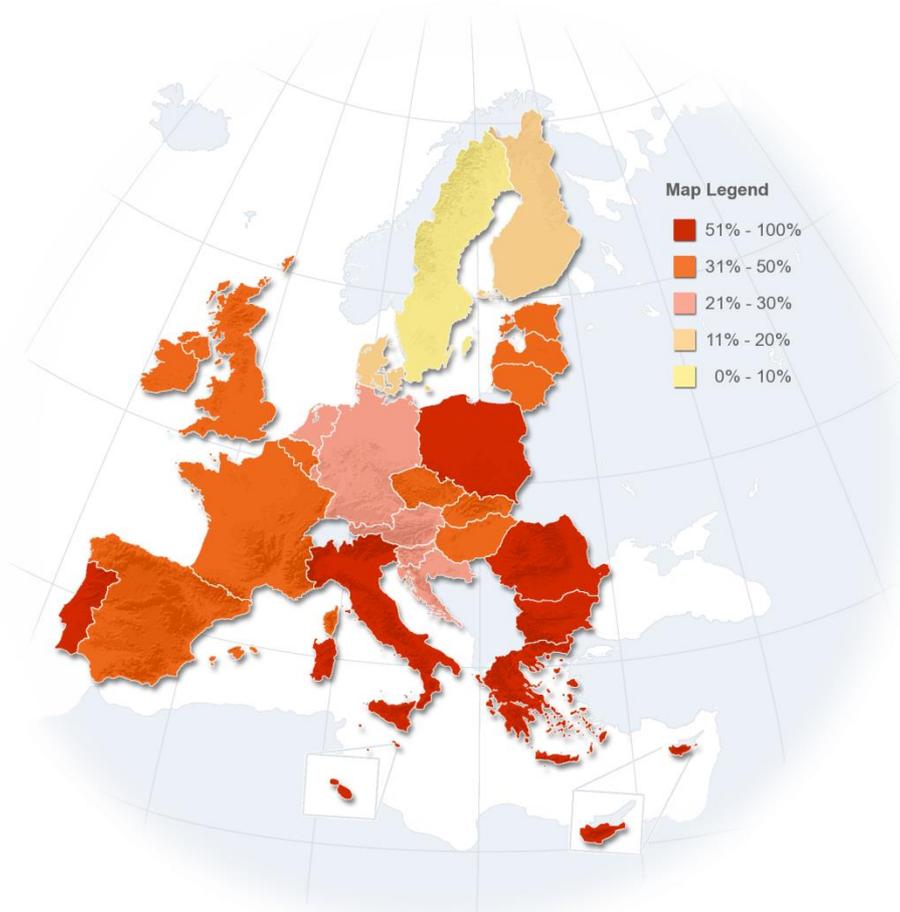
The findings for the **countries** show that respondents in the Nordic countries are the most likely to exercise or play sport on a regular basis. The proportion that exercises or plays sport at least once a week is 70% in Sweden, 68% in Denmark and 66% in Finland. Sweden also has a high proportion (15%) of respondents who exercise or play sport regularly (at least five times a week), with high figures also seen in Ireland (16%), Hungary (15%), Slovenia (15%), Spain (15%) and Lithuania (15%).

At the other end of the scale, Bulgaria (78%) and Malta (75%) have large proportions of respondents who never exercise or play sport at all. In these two countries, these proportions have increased significantly since 2009, +20 pp and +37 pp respectively. The proportion of respondents who never exercise or play sport at all is also high in Portugal (64%), Romania (60%) and Italy (60%). Moreover, Italy (3%) and Bulgaria (2%) also have the fewest citizens who exercise or play sport regularly (at least five times a week).

 BG	78%
 MT	75%
 PT	64%
 RO	60%
 IT	60%
 EL	59%
 CY	54%
 PL	52%
 LT	46%
 ES	44%
 HU	44%
 FR	42%
 EU	42%
 SK	41%
 LV	39%
 EE	36%
 UK	35%
 CZ	35%
 IE	34%
 BE	31%
 HR	29%
 NL	29%
 DE	29%
 LU	29%
 AT	27%
 SI	22%
 FI	15%
 DK	14%
 SE	9%

Question: QD1. How often do you exercise or play sport?

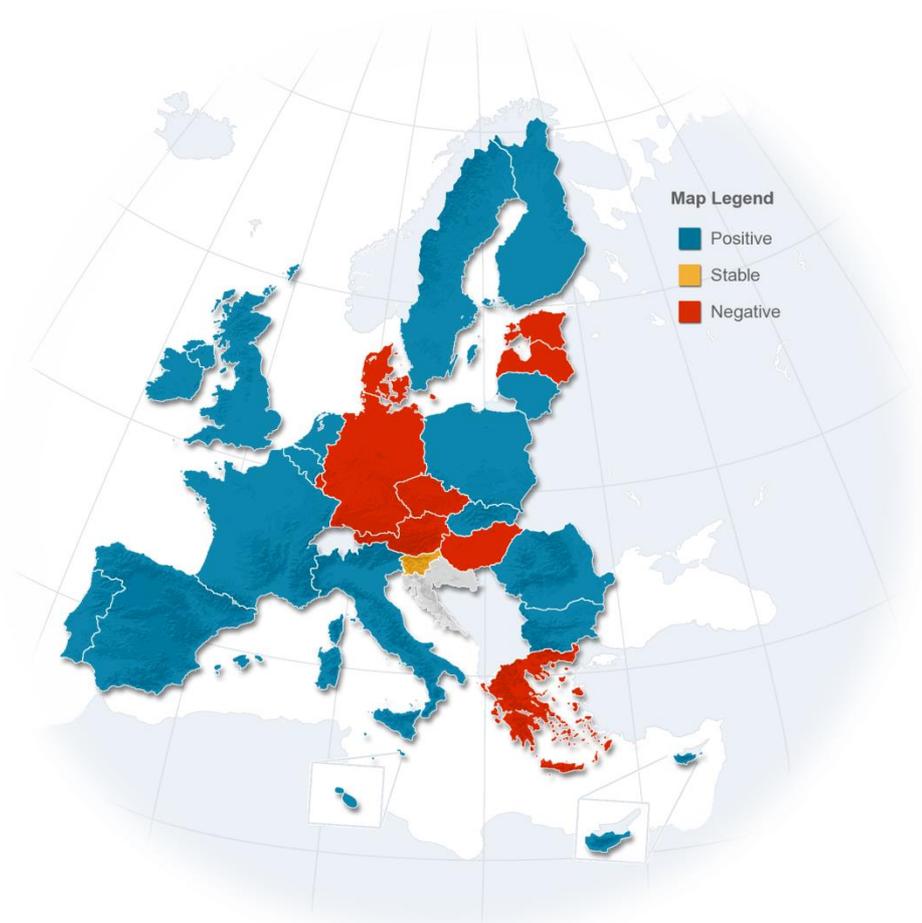
Answers: Never



Country	Percentage	Change (pp)
MT	75%	+37
BG	78%	+20
RO	60%	+11
PT	64%	+9
CY	54%	+8
FR	42%	+8
IE	34%	+8
FI	15%	+8
SK	41%	+6
IT	60%	+5
PL	52%	+3
EU28	42%	+3
UK	35%	+3
BE	31%	+3
SE	9%	+3
LT	46%	+2
ES	44%	+2
NL	29%	+1
SI	22%	=
CZ	35%	-2
DE	29%	-2
AT	27%	-2
LU	29%	-3
DK	14%	-4
LV	39%	-5
EE	36%	-5
EL	59%	-8
HU	44%	-9
HR	29%	

Question: QD1. How often do you exercise or play sport?

Answers: Never



When comparing the results with the 2009 survey, there has been a large increase in Hungary (+10 pp) in the proportion that exercises or plays sport regularly (at least five times a week). Hungary also shows an increase (+15 pp) in the proportion that exercises or plays sport at least once a week, with a large increase also seen in Greece (+13 pp).

Conversely, the proportion that never exercises or plays sport has increased the most in Malta (+37 pp), Bulgaria (+20 pp) and Romania (+11 pp).

## QD1 How often do you exercise or play sport?

	Regularly		With some regularity		Seldom		Never		Don't know	
	EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009								
 EU28	8%	<b>-1</b>	33%	<b>+2</b>	17%	<b>-4</b>	42%	<b>+3</b>	0%	=
 HU	15%	<b>+10</b>	23%	<b>+5</b>	18%	<b>-6</b>	44%	<b>-9</b>	0%	=
 EL	7%	<b>+4</b>	24%	<b>+9</b>	10%	<b>-5</b>	59%	<b>-8</b>	0%	=
 ES	15%	<b>+3</b>	31%	<b>+4</b>	10%	<b>-9</b>	44%	<b>+2</b>	0%	=
 NL	8%	<b>+3</b>	50%	<b>-1</b>	13%	<b>-3</b>	29%	<b>+1</b>	0%	=
 SI	15%	<b>+2</b>	36%	<b>-3</b>	27%	<b>+1</b>	22%	=	0%	=
 LT	15%	<b>+1</b>	22%	=	17%	<b>-3</b>	46%	<b>+2</b>	0%	=
 SK	6%	<b>+1</b>	28%	<b>+3</b>	25%	<b>-10</b>	41%	<b>+6</b>	0%	=
 CZ	5%	=	31%	<b>+8</b>	29%	<b>-6</b>	35%	<b>-2</b>	0%	=
 EE	7%	=	32%	<b>+5</b>	24%	<b>-1</b>	36%	<b>-5</b>	1%	<b>+1</b>
 IT	3%	=	27%	<b>+1</b>	10%	<b>-6</b>	60%	<b>+5</b>	0%	=
 LU	12%	=	42%	<b>+3</b>	17%	=	29%	<b>-3</b>	0%	=
 AT	5%	=	40%	<b>+7</b>	28%	<b>-5</b>	27%	<b>-2</b>	0%	=
 BG	2%	<b>-1</b>	9%	<b>-1</b>	9%	<b>-19</b>	78%	<b>+20</b>	2%	<b>+1</b>
 DK	14%	<b>-1</b>	54%	<b>+5</b>	18%	=	14%	<b>-4</b>	0%	=
 PL	5%	<b>-1</b>	23%	<b>+4</b>	18%	<b>-6</b>	52%	<b>+3</b>	2%	=
 PT	8%	<b>-1</b>	20%	<b>-4</b>	8%	<b>-3</b>	64%	<b>+9</b>	0%	<b>-1</b>
 DE	7%	<b>-2</b>	41%	<b>+1</b>	23%	<b>+3</b>	29%	<b>-2</b>	0%	=
 LV	6%	<b>-2</b>	25%	<b>+6</b>	30%	<b>+1</b>	39%	<b>-5</b>	0%	=
 RO	6%	<b>-2</b>	15%	<b>+2</b>	18%	<b>-10</b>	60%	<b>+11</b>	1%	<b>-1</b>
 FI	13%	<b>-4</b>	53%	<b>-2</b>	19%	<b>-2</b>	15%	<b>+8</b>	0%	=
 UK	10%	<b>-4</b>	36%	<b>+4</b>	19%	<b>-3</b>	35%	<b>+3</b>	0%	=
 FR	8%	<b>-5</b>	35%	=	15%	<b>-3</b>	42%	<b>+8</b>	0%	=
 CY	11%	<b>-5</b>	25%	=	10%	<b>-3</b>	54%	<b>+8</b>	0%	=
 BE	10%	<b>-6</b>	37%	<b>+3</b>	22%	=	31%	<b>+3</b>	0%	=
 IE	16%	<b>-7</b>	36%	<b>+1</b>	14%	<b>-1</b>	34%	<b>+8</b>	0%	<b>-1</b>
 SE	15%	<b>-7</b>	55%	<b>+5</b>	21%	<b>-1</b>	9%	<b>+3</b>	0%	=
 MT	5%	<b>-12</b>	14%	<b>-17</b>	6%	<b>-8</b>	75%	<b>+37</b>	0%	=
 HR	9%	*	26%	*	36%	*	29%	*	0%	*

An analysis of the **socio-demographic** data reveals strong differences:

- Men are more likely than women to exercise or play sport: 45% of men do so at least once a week, compared with 37% of women; meanwhile, 37% of men never exercise or play sport, compared with 47% of women.
- The frequency of exercise or sport tends to decrease with age. A majority of 15-24 year-olds (64%) exercise or play sport at least once a week; this falls to 46% in the 25-39 age group, 39% for 40-54 year-olds and 30% for the 55+ age group. Correspondingly, the proportion that never exercises or plays sport ranges from 19% among 15-24 year olds, to 58% of those aged 55 or over.
- The difference between men and women is strongest in the younger age groups: 74% of men aged 15-24 exercise or play sport at least once a week, compared with 55% of women in the same age group. The gender gap is narrower for older age groups, with men exercising or playing sport only slightly more than women in the 40-54 and 55+ age groups. The same pattern applies in relation to regular activity (at least five times per week): the gap between men and women is large in the youngest age group (15% compared with 8%), but then narrows in the older age groups.
- A link also appears between education and the frequency of exercise or sport done. The majority (68%) of people who left the education system by the age of 15 or earlier say they never exercise or play sport; this falls to 45% of those who ended education at 16-19; and 27% of those who finished education at the age of 20 or over.
- People in some socio-professional categories are also more likely to exercise or play sport at least once a week: 59% of managers do so, compared to 44% in other white collar jobs, and to 45% of self-employed people. Respondents who never or seldom exercise or play sport are more likely those not in paid work: 72% of both house persons and retired respondents, and 63% of unemployed people.
- However, socio-demographic variables do not appear to have an important impact on the proportion of people who exercise or play sport regularly (five times or more per week), with the figure for most groups staying quite close to the EU28 level of 8%. However, men aged 15-24 (15%) appear as the exception.

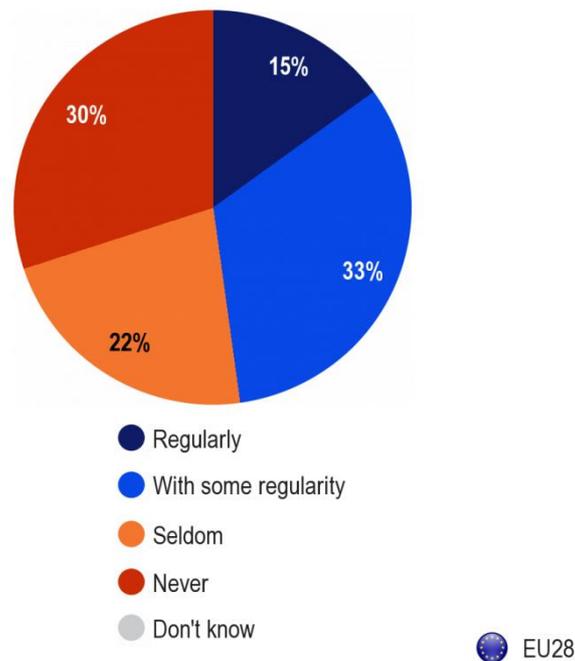
## QD1 How often do you exercise or play sport?

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	8%	33%	17%	42%	0%
 <b>Gender</b>					
Man	9%	36%	18%	37%	0%
Woman	7%	30%	16%	47%	0%
 <b>Age</b>					
15-24	11%	53%	17%	19%	0%
25-39	8%	38%	21%	33%	0%
40-54	8%	31%	20%	41%	0%
55 +	8%	22%	12%	58%	0%
 <b>Education (End of)</b>					
15-	8%	15%	9%	68%	0%
16-19	7%	28%	19%	45%	1%
20+	9%	43%	20%	27%	1%
Still studying	12%	61%	14%	13%	0%
 <b>Household composition</b>					
1	9%	27%	13%	51%	0%
2	9%	30%	17%	44%	0%
3	8%	34%	18%	40%	0%
4+	7%	39%	19%	35%	0%
 <b>Socio-professional category</b>					
Self-employed	7%	38%	17%	37%	1%
Managers	8%	51%	23%	18%	0%
Other white collars	6%	38%	24%	32%	0%
Manual workers	9%	30%	19%	42%	0%
House persons	8%	19%	13%	59%	1%
Unemployed	9%	28%	18%	45%	0%
Retired	8%	20%	11%	61%	0%
Students	12%	61%	14%	13%	0%
 <b>Difficulties paying bills</b>					
Most of the time	7%	21%	14%	57%	1%
From time to time	7%	29%	17%	47%	0%
Almost never/ Never	9%	36%	18%	37%	0%
 <b>Gender and Age</b>					
Man 15-24	15%	59%	13%	13%	0%
Man 25-39	9%	42%	23%	26%	0%
Man 40-54	8%	32%	22%	38%	0%
Man 55+	8%	22%	14%	56%	0%
Woman 15-24	8%	47%	20%	24%	1%
Woman 25-39	6%	35%	19%	39%	1%
Woman 40-54	7%	29%	19%	44%	1%
Woman 55+	8%	21%	10%	61%	0%

### 1.1.2. Engaging in other physical activity

When asked about their engagement in other physical activity (such as cycling, dancing or gardening)<sup>6</sup>, 15% of EU citizens say they do this kind of activity regularly<sup>7</sup> (five times or more per week), while 33% do so with some regularity (once to four times a week). However, 30% of those surveyed say they never do this kind of activity at all.<sup>8</sup>

QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?



Looking at **country results**, respondents in the Netherlands and in the Nordic countries are the most likely to engage in other physical activities. The proportion that engages in this kind of activity regularly (at least five times a week) is the highest in the Netherlands (44%), and is also at a high level in Denmark (32%), Sweden (30%) and Finland (28%).

By contrast, in a number of countries, around half of respondents or more say they never do this kind of activity at all: Portugal (60%), Malta (57%), Cyprus (57%), Bulgaria (51%), Italy (50%), Greece (49%) and Spain (49%).

<sup>6</sup> QD2: 'And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know.

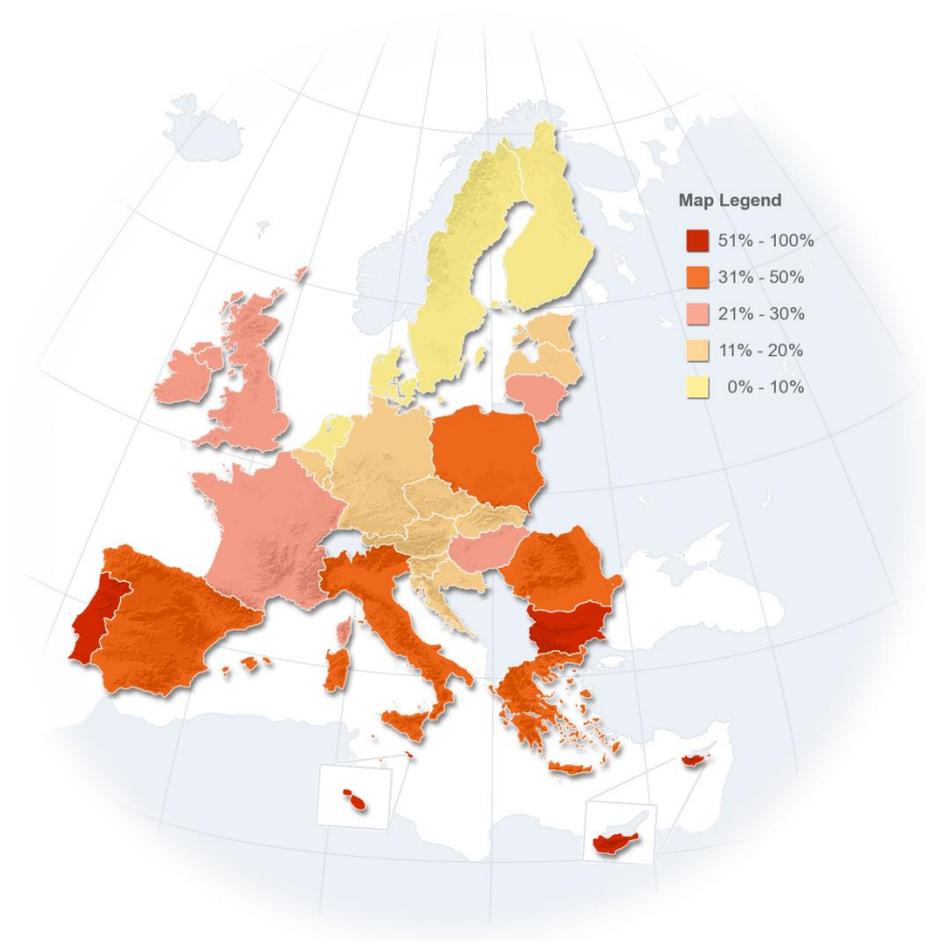
<sup>7</sup> Regularly means the respondent engages in other physical activity at least 5 times a week; with some regularity means 1 to 4 times a week; and seldom means 3 times a month or less often.

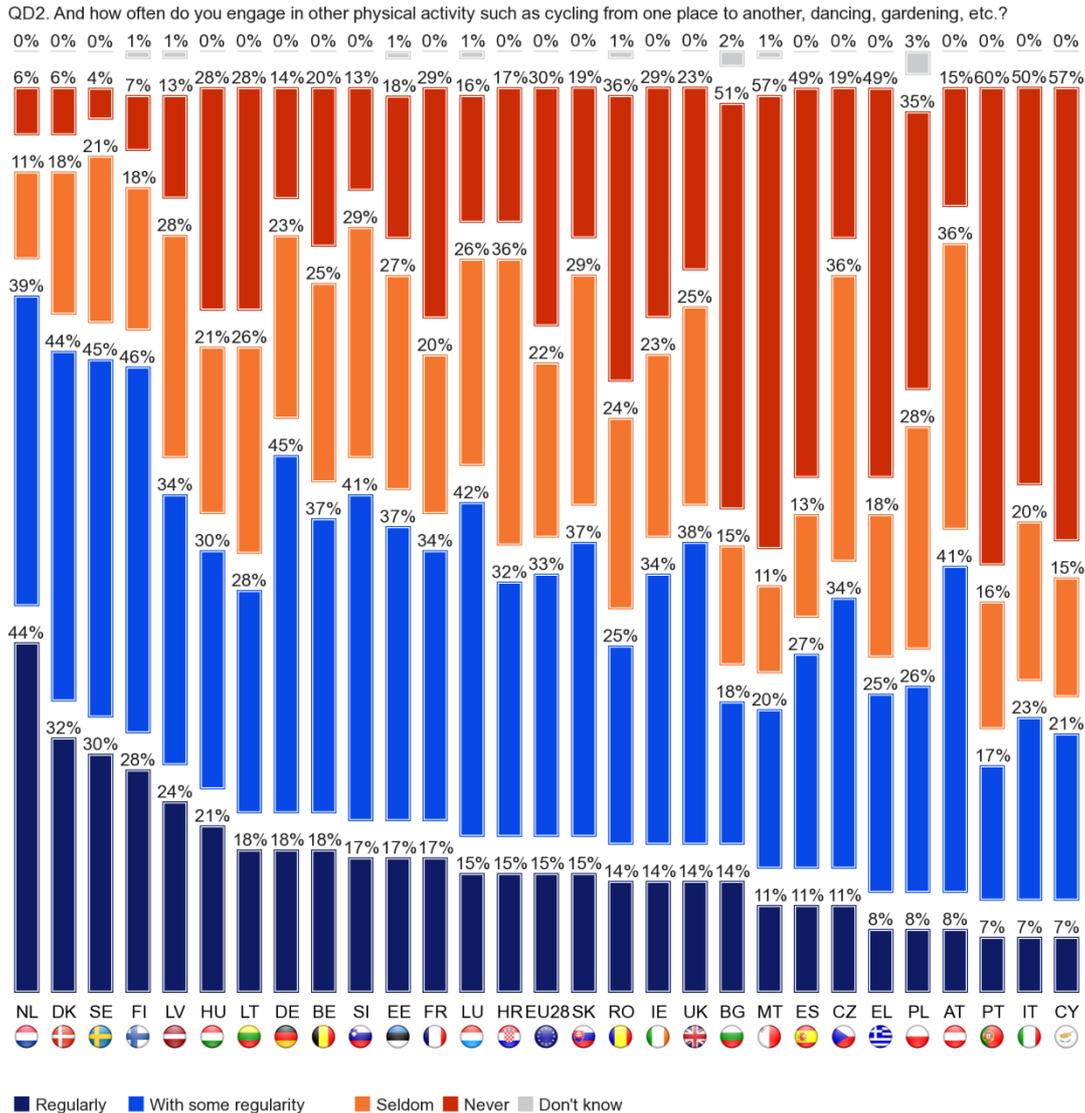
<sup>8</sup> It should be noted that this question has been modified since the previous wave (in 2009, it also included "walking from one place to another"). For that reason, a strict comparison is not possible. However, for information, the proportion of citizens who engage in other physical activity at least once a week has decreased from 65% to 48%, while the proportion of those who never did this kind of activity at all increased from 14% in 2009 to 30% in 2013.

 PT	60%
 MT	57%
 CY	57%
 BG	51%
 IT	50%
 ES	49%
 EL	49%
 RO	36%
 PL	35%
 EU	30%
 IE	29%
 FR	29%
 HU	28%
 LT	28%
 UK	23%
 BE	20%
 CZ	19%
 SK	19%
 EE	18%
 HR	17%
 LU	16%
 AT	15%
 DE	14%
 LV	13%
 SI	13%
 FI	7%
 DK	6%
 NL	6%
 SE	4%

Question: QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

Answers: Never





Similarly to exercising or playing sport, strong differences can be observed between **socio-demographic** groups when looking at other physical activities:

- Men are more likely than women to engage in other physical activities: 26% of men never take part in this kind of activity, compared with 34% of women.
- Older people are less likely to engage in other physical activities: people aged 55 or over are more likely to say that they never engage in any other physical activity (40%, falling to 27% of 40-54 year olds, 25% of 25-39s, and 20% of 15-24 year olds). The differences between men and women are broadly consistent across the various age groups.
- Half (50%) of people who finished education by the age of 15 say they never engage in other physical activities. This falls to 30% of those who ended education at 16-19; and 19% of those who finished education at the age of 20 or over.

- People in some socio-professional categories are also more likely to engage in other physical activity at least once a week: 60% of managers do so, compared to 47% in other white collar jobs, and 51% of self-employed people. Respondents who never or seldom engage in other physical activity are more likely those not in paid work: 64% of house persons, 57% of retired and 56% of unemployed respondents.
- Again, socio-demographic variables do not seem to have a high impact on the proportion of people who engage in other physical activity regularly (five times or more per week), with the figure for most groups staying quite close to the EU28 level of 15%.

QD2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	15%	33%	22%	30%	0%
<b>Gender</b>					
Man	16%	35%	22%	26%	1%
Woman	13%	31%	21%	34%	1%
<b>Age</b>					
15-24	17%	38%	24%	20%	1%
25-39	14%	35%	26%	25%	0%
40-54	16%	33%	23%	27%	1%
55 +	14%	29%	17%	40%	0%
<b>Education (End of)</b>					
15-	12%	23%	15%	50%	0%
16-19	14%	32%	24%	30%	0%
20+	17%	41%	23%	19%	0%
Still studying	19%	40%	24%	16%	1%
<b>Socio-professional category</b>					
Self-employed	18%	33%	24%	25%	0%
Managers	16%	44%	26%	13%	1%
Other white collars	11%	36%	27%	25%	1%
Manual workers	16%	33%	24%	26%	1%
House persons	11%	24%	18%	46%	1%
Unemployed	14%	30%	21%	35%	0%
Retired	14%	29%	16%	41%	0%
Students	19%	40%	24%	16%	1%
<b>Gender and Age</b>					
Man 15-24	19%	40%	24%	16%	1%
Man 25-39	15%	37%	28%	20%	0%
Man 40-54	18%	35%	22%	25%	0%
Man 55+	15%	31%	17%	36%	1%
Woman 15-24	15%	35%	24%	25%	1%
Woman 25-39	13%	33%	25%	29%	0%
Woman 40-54	14%	32%	24%	29%	1%
Woman 55+	12%	28%	16%	43%	1%
<b>Difficulties paying bills</b>					
Most of the time	12%	23%	20%	45%	-
From time to time	13%	29%	23%	35%	-
Almost never/ Never	16%	36%	22%	25%	1%
<b>Marital status</b>					
(Re)Married	14%	33%	22%	31%	-
Single living with a partner	15%	37%	24%	24%	-
Single	16%	36%	24%	23%	1%
Divorced or separated	15%	29%	22%	33%	1%
Widow	12%	22%	13%	52%	1%

## 1.2. Levels of engagement

**- 54% of all respondents did not do vigorous activity and 44% did not do any moderate activity in the past week. Moreover, 13% of EU citizens did not walk for 10 minutes at a time on any day in the past week. -**

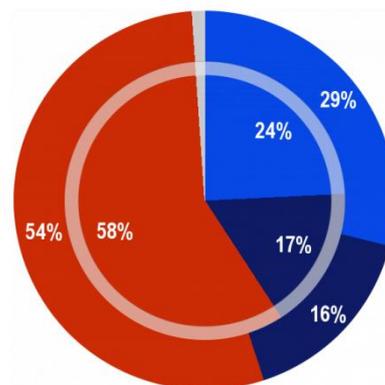
This section examines the amount of time respondents spend doing vigorous physical activity and moderate physical activity, walking and sitting. This allows a detailed analysis of activity (as well as inactivity) patterns in the context of the overall frequency of engagement in sport and other physical activity seen in the previous section.

### 1.2.1. Vigorous physical activity

When asked on how many days they engage in vigorous physical activity<sup>9</sup>, about one in six respondents (16%) say they did vigorous physical activity on at least four of the previous seven days, while 29% did so on between one and three days. However, 54% of all respondents did not do any vigorous physical activity in the previous week.

This last proportion has decreased by 4 pp since 2002. In parallel, the proportion of respondents who did vigorous physical activity on one to three days in the previous week has increased (29%, +5 pp vs 2009).

QD3a. In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?



Inner pie : 2002 (EB58.2 Oct.-Dec.)

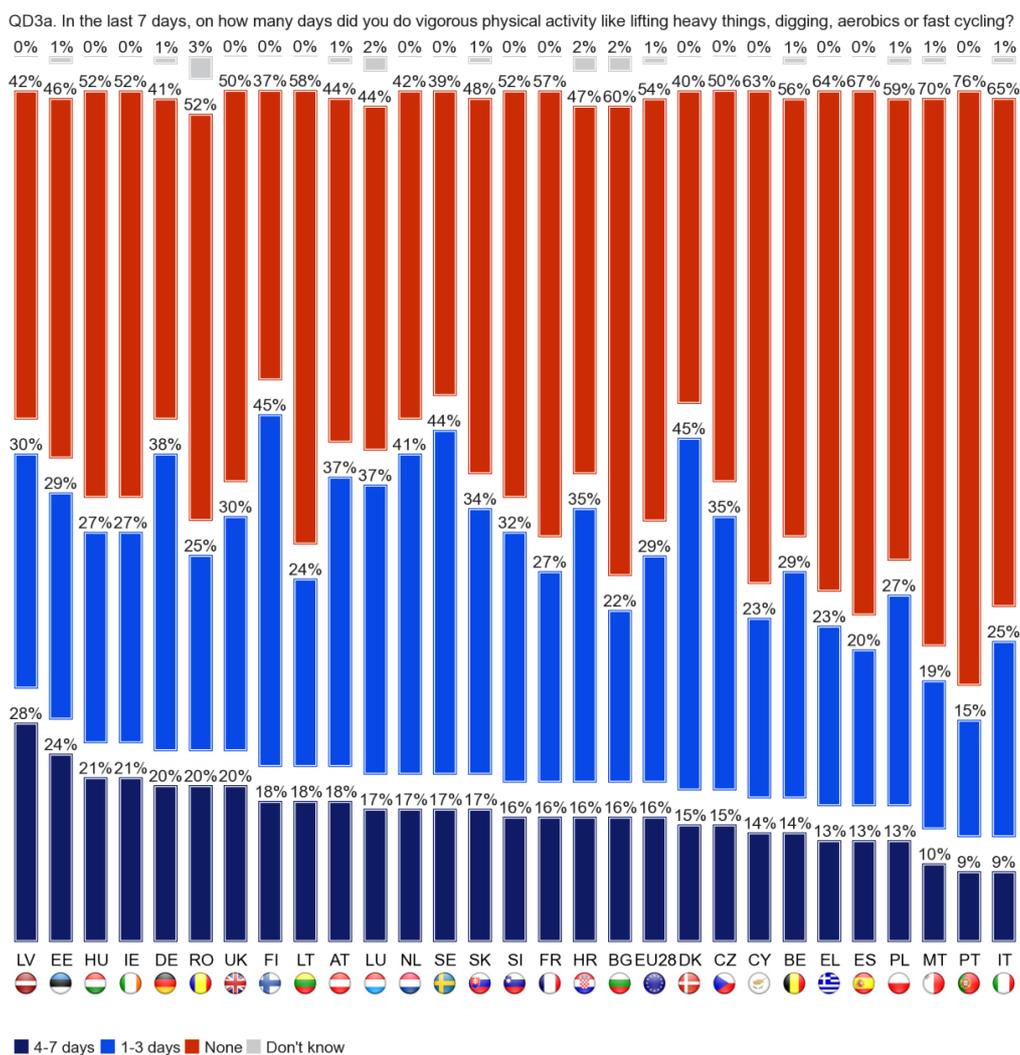
Outer pie : 2013 (EB80.2 Nov.-Dec.)

● EU28

<sup>9</sup> QD3a: 'In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?'

Findings in many **individual countries** are similar to the EU28 figures. However, respondents are more likely to have done vigorous physical activity on at least four of the previous seven days in Latvia (28%) and Estonia (24%). Proportions are also high in Hungary (21%), Ireland (21%), Germany (20%), Romania (20%) and the United Kingdom (20%).

Conversely, respondents in Italy (9%), Portugal (9%) and Malta (10%), Poland (13%), Spain (13%) and Greece (13%) are less likely to have done vigorous physical activity on at least four of the last seven days. Likewise, these countries (together with Cyprus and Bulgaria) also have the highest proportions of those who did not do any vigorous physical activity in the previous seven days at all: Portugal (76%), Malta (70%), Spain (67%), Italy (65%), Greece (64%), Cyprus (63%), Bulgaria (60%) and Poland (59%).



There are differences between **socio-demographic groups**, as follows:

- Men are more likely than women to do vigorous physical activity: 20% of men did so in at least four of the previous seven days, compared with 12% of women. The proportion who did no vigorous physical activity is 46% for men and 61% for women.
- Older people are less likely to do vigorous physical activity. People aged 55 or over are more likely to say that they never do any vigorous physical activity (69%, falling to 51% of 40-54 year olds, 45% of 25-39s, and 38% of 15-24 year olds). The differences between men and women are broadly consistent across the various age groups.
- There are differences by occupational group. Those in manual occupations (24%) and self-employed people (22%) are more likely to have done vigorous physical activity on at least four of the last seven days. This may suggest that, for some respondents, the activities may be work-related.

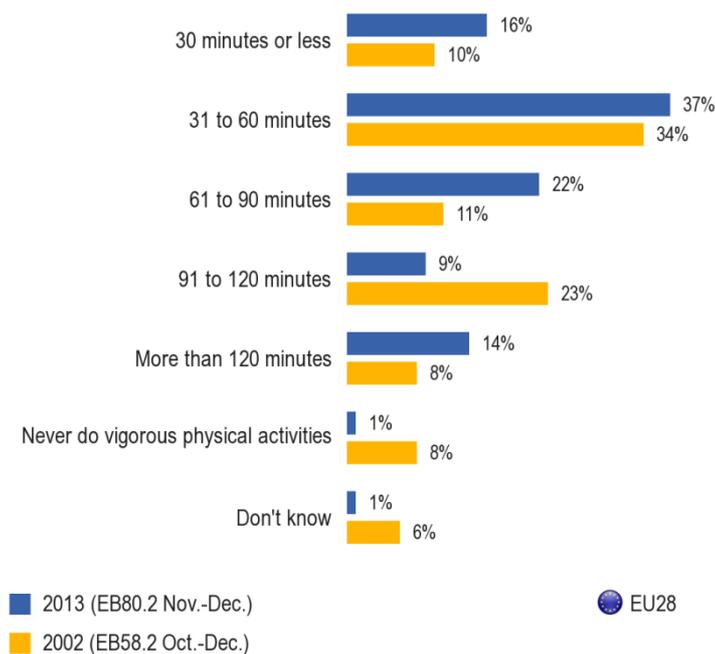
**QD3a In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?**

	1-3 days	4-7 days	None	Don't know
EU28	29%	16%	54%	1%
 <b>Gender</b>				
Man	33%	20%	46%	1%
Woman	26%	12%	61%	1%
 <b>Age</b>				
15-24	40%	21%	38%	1%
25-39	34%	20%	45%	1%
40-54	31%	17%	51%	1%
55 +	21%	10%	69%	0%
 <b>Education (End of)</b>				
15-	15%	11%	74%	0%
16-19	27%	17%	55%	1%
20+	38%	16%	45%	1%
Still studying	46%	21%	32%	1%
 <b>Socio-professional category</b>				
Self-employed	35%	22%	43%	0%
Managers	45%	17%	37%	1%
Other white collars	36%	13%	50%	1%
Manual workers	27%	24%	48%	1%
House persons	19%	10%	70%	1%
Unemployed	26%	15%	59%	0%
Retired	19%	9%	71%	1%
Students	46%	21%	32%	1%

The group of respondents who said they did vigorous physical activity during the last week were asked specifically how much time they spent at it on those days<sup>10</sup>.

Among these respondents, a majority spend an hour or less doing vigorous physical activity (54%), while others spend more than one hour (45%). Overall, when considering these two categories, the image is comparable to what was observed in 2002 (52% and 42% respectively).

QD3b. In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?



Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

Looking at **individual countries**, Estonia (58%), France (56%) and Bulgaria (55%) have the highest proportions of respondents who do vigorous physical activity for more than an hour; whereas this amounts to less than a third in Portugal (32%) and Ireland (32%). In the following countries, more than a quarter of respondents even do such activity for two hours or more: Latvia (28%), Lithuania (27%), France (27%) and Estonia (27%).

By contrast, respondents who are more likely to do vigorous physical activity for less than an hour are in Ireland (67%), Portugal (67%), Denmark (64%), Finland (64%), Greece (62%) and Poland (62%).

<sup>10</sup> QD3b: 'In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?' Possible responses: 30 minutes or less; 31 to 60 minutes; 61 to 90 minutes; 91 to 120 minutes; more than 120 minutes; never do vigorous physical activities; don't know.

QD3b In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	Don't know
 EU28	16%	37%	22%	9%	14%	1%	1%
 BE	20%	32%	21%	10%	14%	2%	1%
 BG	9%	33%	22%	11%	22%	0%	3%
 CZ	14%	35%	24%	8%	19%	0%	0%
 DK	19%	45%	20%	9%	7%	0%	0%
 DE	19%	36%	22%	9%	12%	2%	0%
 EE	13%	28%	22%	10%	26%	0%	1%
 IE	17%	48%	19%	8%	5%	2%	1%
 EL	19%	42%	17%	7%	13%	1%	1%
 ES	10%	41%	27%	10%	11%	1%	0%
 FR	14%	29%	19%	10%	27%	1%	0%
 HR	17%	35%	19%	11%	16%	1%	1%
 IT	12%	45%	28%	7%	5%	2%	1%
 CY	15%	41%	22%	16%	5%	1%	0%
 LV	15%	31%	15%	9%	28%	2%	0%
 LT	15%	30%	17%	9%	27%	2%	0%
 LU	20%	30%	24%	13%	12%	1%	0%
 HU	17%	38%	15%	6%	22%	2%	0%
 MT	14%	42%	16%	10%	14%	2%	2%
 AT	14%	40%	26%	8%	10%	1%	1%
 NL	22%	33%	19%	10%	16%	0%	0%
 PL	18%	43%	21%	5%	10%	1%	2%
 PT	23%	40%	23%	4%	5%	4%	1%
 RO	15%	30%	19%	9%	18%	2%	7%
 SI	16%	34%	23%	12%	11%	3%	1%
 SK	14%	38%	24%	8%	13%	0%	3%
 FI	13%	50%	24%	6%	6%	1%	0%
 SE	11%	42%	21%	10%	15%	0%	1%
 UK	19%	36%	19%	9%	15%	1%	1%

**Highest percentage per country**      *Lowest percentage per country*  
**Highest percentage per item**      *Lowest percentage per item*

Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

**Socio-demographic** variations are as follows:

- Men typically spend longer than women doing vigorous physical activity. While 52% of men do this for more than an hour, the proportion of women is much lower (35%).
- There is also a difference by age, with younger people (aged 15-24) likely to spend more time doing vigorous physical activity (49% spend more than an hour doing it, compared to 42% of those aged 55 or over).
- Self-employed people (48%) and those in manual occupations (51%) are more likely to spend more than an hour doing vigorous physical activity, compared with other occupational groups.

QD3b In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	Don't know
EU28	16%	37%	22%	9%	14%	1%	1%
<b>Gender</b>							
Man	12%	34%	24%	10%	18%	1%	1%
Woman	21%	42%	18%	7%	10%	1%	1%
<b>Age</b>							
15-24	13%	36%	27%	12%	10%	1%	1%
25-39	13%	39%	24%	7%	15%	1%	1%
40-54	18%	38%	18%	8%	16%	1%	1%
55 +	21%	34%	19%	9%	14%	2%	1%
<b>Socio-professional category</b>							
Self-employed	12%	38%	21%	9%	18%	1%	1%
Managers	17%	42%	22%	7%	11%	1%	-
Other white collars	16%	42%	24%	7%	9%	1%	1%
Manual workers	15%	32%	20%	8%	23%	1%	1%
House persons	23%	40%	16%	6%	10%	3%	2%
Unemployed	17%	35%	23%	11%	12%	1%	1%
Retired	21%	34%	19%	9%	13%	2%	2%
Students	13%	40%	27%	11%	7%	1%	1%
<b>Gender and Age</b>							
Man 15-24	11%	32%	32%	13%	12%	-	-
Man 25-39	10%	35%	26%	9%	18%	1%	1%
Man 40-54	12%	36%	19%	9%	22%	1%	1%
Man 55+	17%	32%	20%	11%	17%	2%	1%
Women 15-24	16%	43%	21%	11%	7%	1%	1%
Women 25-39	17%	46%	21%	4%	10%	1%	1%
Women 40-54	25%	41%	15%	7%	9%	1%	2%
Women 55+	25%	37%	17%	7%	11%	2%	1%

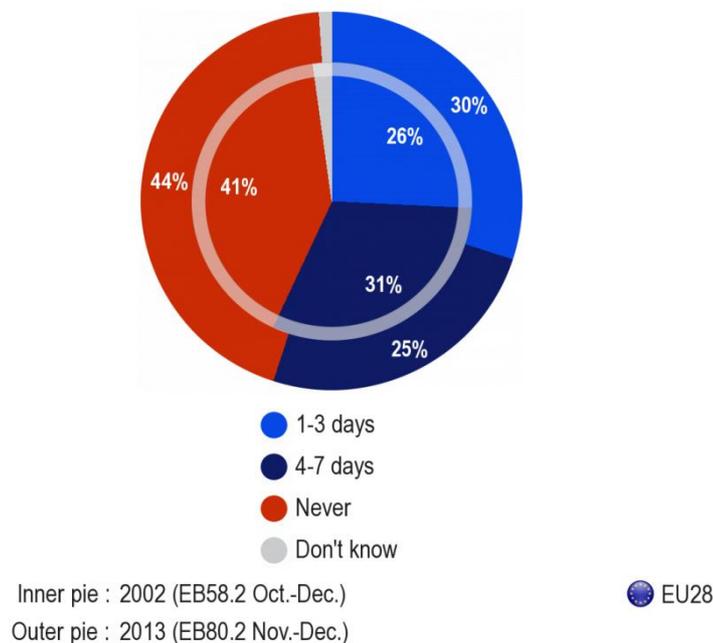
Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

### 1.2.2. Moderate physical activity

Respondents were also asked on how many days they engage in moderate physical activity<sup>11</sup>. One in four respondents (25%) say they did moderate physical activity on at least four of the previous seven days, while 30% did so on between one and three days. However, 44% did not do any moderate physical activity in the previous week.

The results show a decline in the frequency of moderate physical activity compared to 2002. The proportion of those who did no moderate physical activity at all in the last week (44%) increased by 3 pp, while 25% mentioned doing moderate physical activity 4 days a week or more often, compared to 31% in 2002.

QD4a. In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.

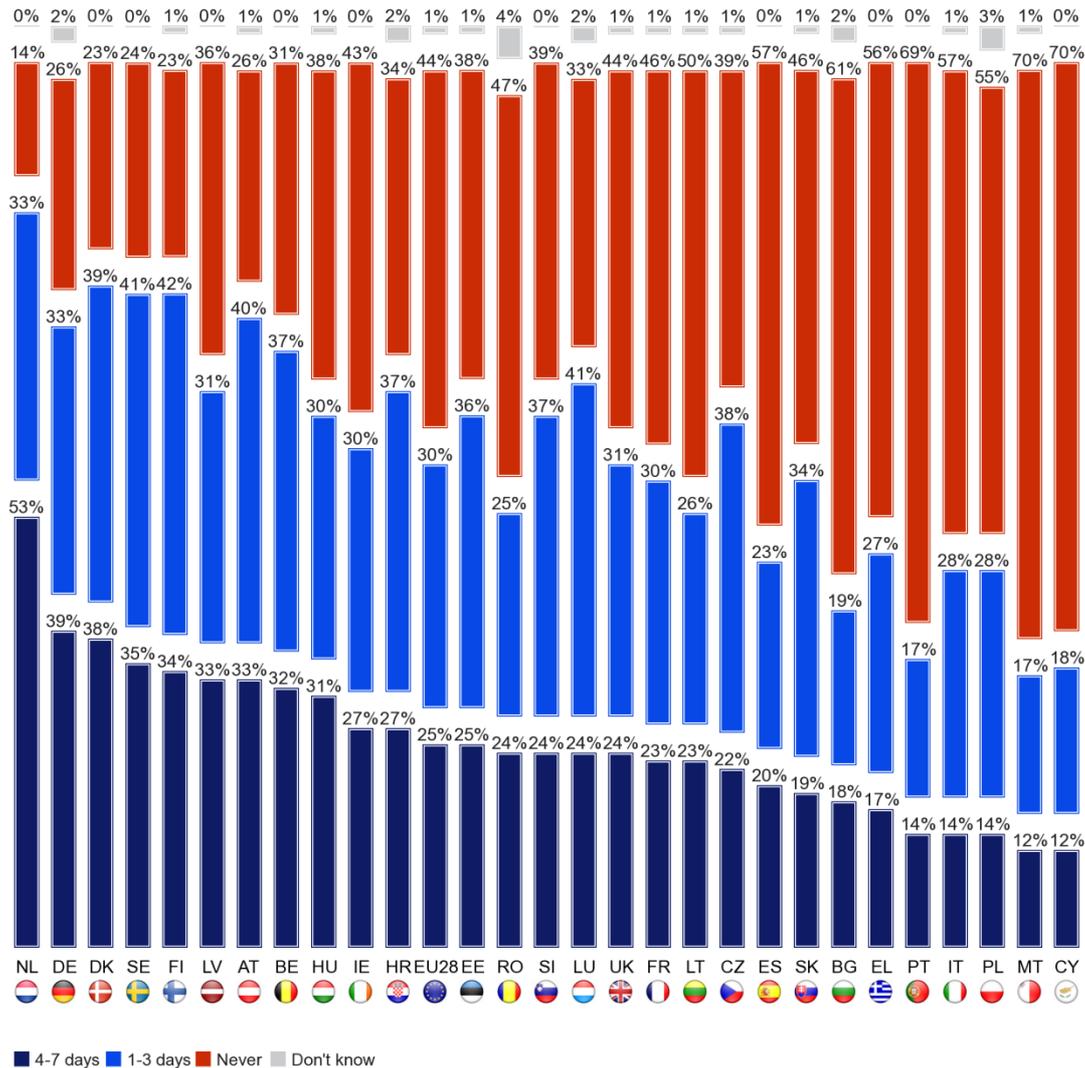


Looking **at country level**, the Netherlands has the highest proportion of respondents who did moderate physical activity on at least four of the previous seven days (53%). The proportion is also relatively high in Germany (39%) and Denmark (38%).

However, respondents in Cyprus (12%), Malta (12%), Poland (14%), Italy (14%) and Portugal (14%) are less likely to have done moderate physical activity on at least four of the last seven days. Cyprus (70%), Malta (70%) and Portugal (69%) also have the highest proportions that did no moderate physical activity at all.

<sup>11</sup> QD4a: 'In the last 7 days, on how many days did you do moderate physical activity like lifting heavy things, digging, aerobics or fast cycling?'

QD4a. In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.



The results are generally consistent across **socio-demographic groups**. Differences are as follows:

- Men are slightly more likely than women to do moderate physical activity: 39% of men did no moderate physical activity in the previous seven days, compared with 48% of women. Moreover, a slightly higher proportion of men did moderate physical activity on at least four of the last seven days (27% vs 24% of women).
- Older people are less likely to do moderate physical activity. People aged 55 or over are more likely to say that they did no moderate physical activity in the previous seven days (54%, compared with between 32% and 42% in the younger age bands). Conversely, the proportion that did moderate physical activity on at least four of the last seven days is decreasing with age (from 28% of 15-24 year olds to 21% of 55 year olds and over).

- There seems to be a link between education and moderate physical activity. While 61% of people who left the education system by the age of 15 say they did no moderate physical activity in the previous week, this falls to 44% of those who ended education at 16-19, and 35% of those who finished education at the age of 20 or over.
- There are also differences between occupational groups. Those in manual occupations (31%) and self-employed people (29%) are more likely to have done moderate physical activity on at least four of the last seven days. Once again, this may be explained by the fact that, for some respondents, the activities may be work-related.

**QD4a In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.**

	Never	1-3 days	4-7 days	Don't know
EU28	44%	30%	25%	1%
 <b>Gender</b>				
Man	39%	33%	27%	1%
Woman	48%	27%	24%	1%
 <b>Age</b>				
15-24	32%	39%	28%	1%
25-39	38%	34%	27%	1%
40-54	42%	30%	27%	1%
55 +	54%	24%	21%	1%
 <b>Education (End of)</b>				
15-	61%	18%	20%	1%
16-19	44%	29%	26%	1%
20+	35%	36%	28%	1%
Still studying	27%	44%	28%	1%
 <b>Socio-professional category</b>				
Self-employed	37%	33%	29%	1%
Managers	30%	41%	28%	1%
Other white collars	40%	36%	23%	1%
Manual workers	40%	28%	31%	1%
House persons	59%	22%	18%	1%
Unemployed	47%	28%	24%	1%
Retired	56%	23%	20%	1%
Students	27%	44%	28%	1%

The group of respondents who said they did moderate physical activity in the last week were asked specifically how much time they spent doing these activities on those days<sup>12</sup>.

Among these respondents, a majority spend an hour or less doing moderate physical activity (62%), while 36% spend more than one hour at it.

Here again, the figures are comparable to what was observed in 2002 (59% and 33% respectively).

QD4b. In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?



Base: Respondents who have done moderate physical activity in the last week (n=15.739)

Analysis by **individual countries** shows that respondents in Estonia (49%), Latvia (49%), the Czech Republic (46%), and Lithuania (46%) are more likely to do moderate physical activity for more than an hour; whereas this amounts to a quarter of respondents or less in Poland (19%), Ireland (22%), Finland (22%), Portugal (23%), Cyprus (24%) and Malta (25%). In the following countries, at least one fifth of respondents even do such activity for two hours or more: Latvia (26%), the Czech Republic (20%), and Lithuania (20%).

Conversely, respondents who are more likely to do moderate physical activity for less than an hour are in Finland (78%), Ireland (78%), Portugal (77%), Poland (77%), Cyprus (76%) and Malta (73%).

<sup>12</sup> QD4b: 'In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?' Possible responses: 30 minutes or less; 31 to 60 minutes; 61 to 90 minutes; 91 to 120 minutes; more than 120 minutes; never do vigorous physical activities; don't know.

QD4b In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	Don't know
	EU28	24%	38%	18%	7%	11%	0%	2%
	BE	30%	35%	16%	8%	11%	0%	0%
	BG	15%	38%	16%	10%	16%	0%	5%
	CZ	17%	36%	17%	9%	20%	0%	1%
	DK	31%	39%	15%	6%	9%	0%	0%
	DE	20%	37%	22%	8%	11%	1%	1%
	EE	15%	34%	21%	10%	18%	0%	2%
	IE	26%	51%	12%	6%	4%	1%	0%
	EL	27%	39%	18%	5%	10%	1%	0%
	ES	11%	47%	25%	8%	9%	0%	0%
	FR	29%	28%	16%	7%	19%	0%	1%
	HR	20%	37%	18%	10%	13%	0%	2%
	IT	26%	44%	21%	3%	3%	1%	2%
	CY	35%	39%	11%	6%	7%	2%	0%
	LV	18%	31%	16%	7%	26%	1%	1%
	LT	16%	36%	16%	10%	20%	1%	1%
	LU	23%	39%	19%	8%	10%	0%	1%
	HU	27%	38%	15%	7%	13%	0%	0%
	MT	31%	42%	14%	5%	6%	0%	2%
	AT	20%	39%	21%	7%	11%	0%	2%
	NL	21%	38%	17%	8%	15%	0%	1%
	PL	33%	44%	11%	2%	6%	0%	4%
	PT	34%	43%	15%	3%	5%	0%	0%
	RO	22%	32%	16%	5%	15%	1%	9%
	SI	21%	39%	17%	11%	11%	0%	1%
	SK	25%	37%	17%	9%	10%	0%	2%
	FI	27%	50%	13%	5%	4%	1%	0%
	SE	22%	44%	16%	6%	11%	0%	1%
	UK	28%	34%	16%	6%	15%	0%	1%

**Highest percentage per country**      *Lowest percentage per country*

Highest percentage per item      Lowest percentage per item

Base: Respondents who have done moderate physical activity in the last week (n=15.739)

**Socio-demographic** variations are as follows:

- Men typically spend longer time than women doing moderate physical activity. Men are more likely to spend more than an hour at it (40%) than women (32%).
- Results are comparable across the various age groups.
- There seems to be no clear link between education and the time spent doing moderate physical activity.
- Self-employed people (43%) and those in manual occupations (44%) are more likely to spend more than an hour doing moderate physical activity, compared with other occupations.

**QD4b** In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	Don't know
EU28	24%	38%	18%	7%	11%	0%	2%
 <b>Gender</b>							
Man	21%	37%	19%	7%	14%	0%	2%
Woman	27%	39%	17%	6%	9%	1%	1%
 <b>Age</b>							
15-24	24%	39%	19%	8%	8%	0%	2%
25-39	21%	39%	20%	5%	13%	0%	2%
40-54	24%	38%	16%	7%	14%	0%	1%
55 +	26%	36%	18%	8%	10%	1%	1%
 <b>Education (End of)</b>							
15-	24%	36%	19%	6%	12%	2%	1%
16-19	24%	36%	17%	7%	14%	0%	2%
20+	24%	41%	19%	6%	9%	0%	1%
Still studying	24%	40%	21%	7%	6%	0%	2%
 <b>Socio-professional category</b>							
Self-employed	20%	35%	20%	7%	16%	1%	1%
Managers	25%	42%	17%	5%	10%	0%	1%
Other white collars	25%	43%	18%	5%	7%	1%	1%
Manual workers	20%	34%	17%	8%	19%	0%	2%
House persons	27%	38%	19%	5%	9%	0%	2%
Unemployed	23%	37%	20%	8%	11%	0%	1%
Retired	27%	36%	18%	7%	9%	1%	2%
Students	24%	40%	21%	7%	6%	0%	2%

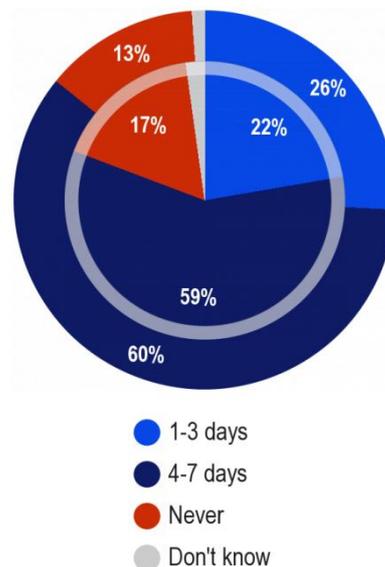
Base: Respondents who have done moderate physical activity in the last week (n=15.739)

### 1.2.3. Walking

All respondents were asked how many days they walked for at least ten minutes at a time in the previous seven days<sup>13</sup>. Six out of ten (60%) say they walked for at least ten minutes at a time on four or more days in the previous week, while one in four respondents (26%) say they walked for this amount of time on between one and three days. However, about one in eight EU citizens (13%) say they did not walk for ten minutes at a time on any day during the previous week.

These results show an improvement compared to 2002: the proportion of those who did not walk for ten minutes at a time on any day in the previous week has decreased by 4 pp, from 17% in 2002 to 13% in 2013, while the proportion of those who walked on four days or more slightly increased to 60% (+1 pp).

QD5a. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?



Inner pie : 2002 (EB58.2 Oct.-Dec.)

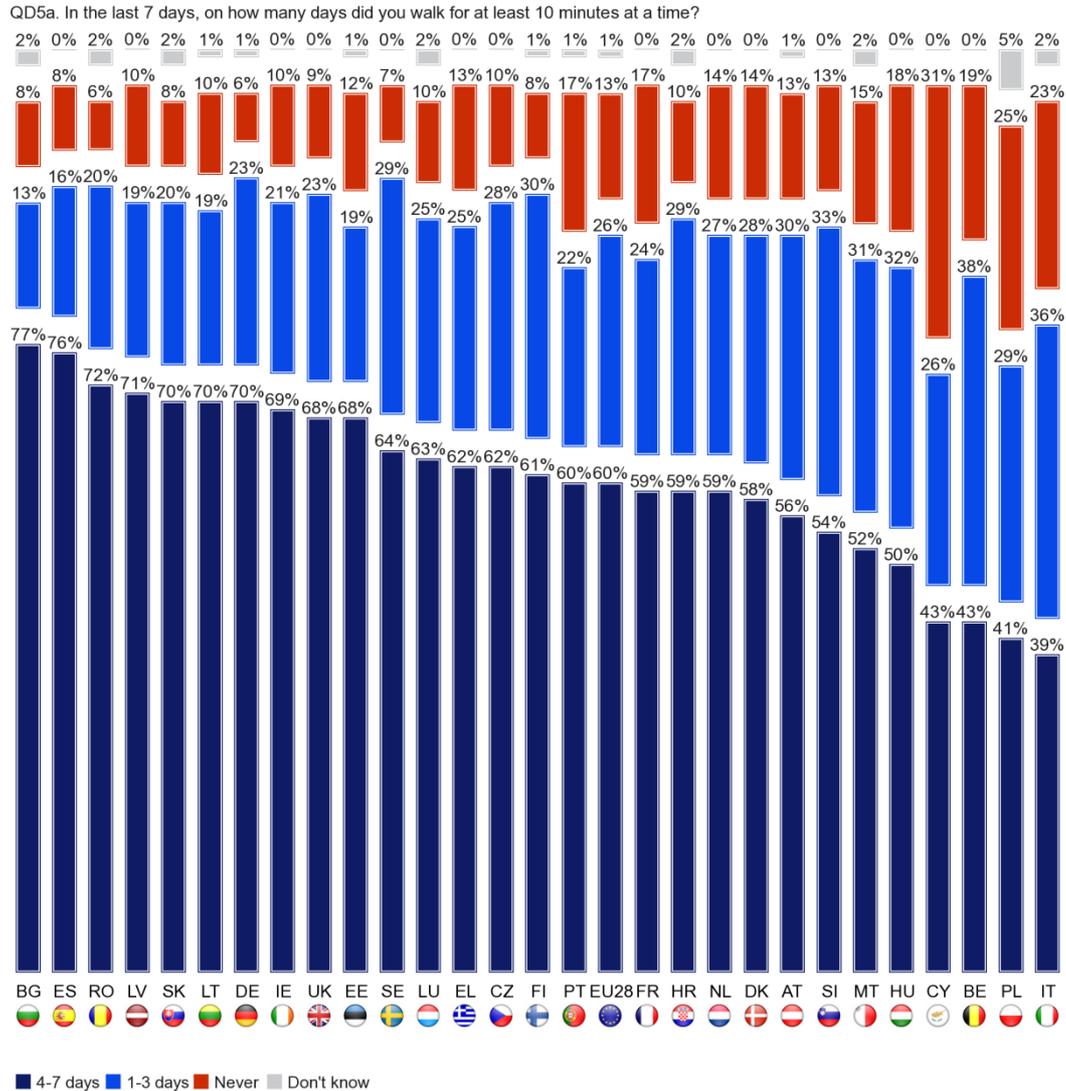
Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

In the following **countries**, respondents are more likely to walk for ten minutes or more on at least four days per week: Bulgaria (77%), Spain (76%), Romania (72%), Latvia (71%), Germany (70%), Lithuania (70%) and Slovakia (70%).

By contrast, respondents in Italy (39%), Poland (41%), Cyprus (43%) and Belgium (43%) are less likely to have walked for ten minutes or more on at least four days. Among these, Cyprus (31%), Poland (25%) and Italy (23%) also have the highest proportions of respondents who did not walk for ten minutes or more on any day during the previous week.

<sup>13</sup> QD5a: 'In the last 7 days, on how many days did you walk for at least 10 minutes at a time?'



**Socio-demographic** differences are as follows:

- The youngest age group (15-24) is the most likely to walk for ten minutes or more on at least four days per week (70% compared with between 56% and 61% in the older age groups). There are no significant differences by gender.
- People who left the education system by the age of 15 are less likely to walk for ten minutes or more at a time: 18% did not do this at all in the previous week, compared with 14% of those who ended education at 16-19, and 11% of those who finished education at the age of 20 or over.
- There is a link between walking and exercising or playing sport. Respondents who exercise or play sport regularly are more likely to walk for ten minutes or more at least four days a week (85%). At the other extreme, those who do not exercise or play sport at all are less likely to walk for ten minutes or more at a time (23% did not do so at all in the previous week).

QD5a. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

	Never	1-3 days	4-7 days	DK
EU28	13%	26%	60%	1%
<b>Age</b>				
15-24	8%	21%	70%	1%
25-39	11%	27%	61%	1%
40-54	13%	26%	60%	1%
55 +	17%	26%	56%	1%
<b>Education (End of)</b>				
15-	18%	24%	57%	1%
16-19	14%	26%	59%	1%
20+	11%	28%	60%	1%
Still studying	7%	20%	72%	1%
<b>Exercise or play sport</b>				
Regularly	4%	11%	85%	-
With some regularity	6%	30%	64%	-
Seldom	9%	30%	60%	1%
Never	23%	23%	53%	1%

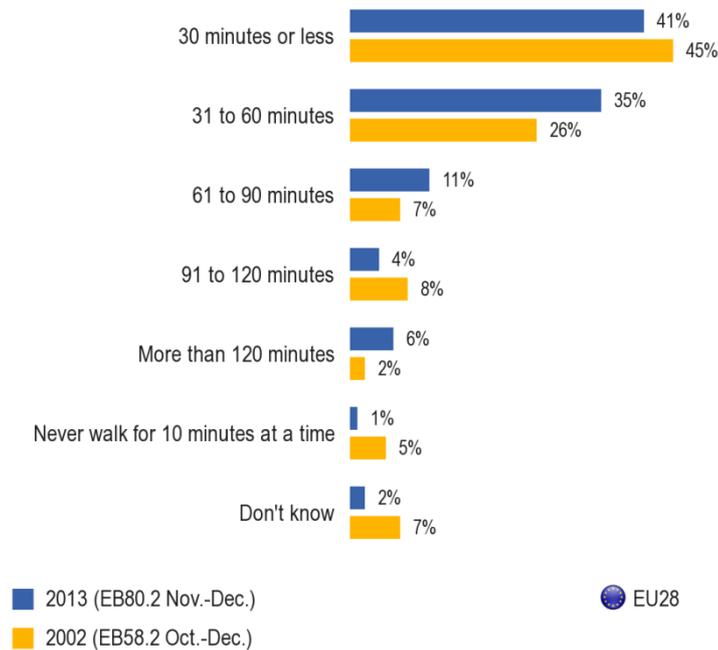
All respondents who mentioned having walked at least 10 minutes at a time once or more during the last week were asked about the time they usually spend on it (in total)<sup>14</sup>.

Among these respondents, slightly more than four out of ten (41%) spend 30 minutes or less walking, while about one-third (35%) spend between 31 minutes and an hour.

Overall, the time spent walking has increased compared to 2002: the proportion of respondents who spend 30 minutes or less walking - including those who answered never walking for at least 10 minutes - has decreased by 8 pp, from 50% to 42%.

<sup>14</sup> QD5b: 'In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?' Possible responses: 30 minutes or less; 31 to 60 minutes; 61 to 90 minutes; 91 to 120 minutes; more than 120 minutes; never walk for 10 minutes at a time; don't know.

QD5b. In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?



Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days  
(n=24.220)

Results are generally consistent across **countries**. In the following countries, at least one quarter of respondents who walked for at least 10 minutes at a time at least once in the past 7 days did so for more than an hour in total: Spain (30%), Estonia (29%), Latvia (28%), Luxembourg (26%), the United Kingdom (26%) and Sweden (25%).

Conversely, this proportion is the lowest in Portugal (12%), Hungary (12%), Cyprus (13%), and Greece (13%). In all these countries, about half of respondents or more who walked for at least 10 minutes at a time at least once in the past 7 days did so for only 30 minutes or less: Cyprus (62%), Portugal (55%), Hungary (53%) and Greece (49%).

QD5b In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never walk for 10 minutes at a time	Don't know
	EU28	41%	35%	11%	4%	6%	1%	2%
	BE	48%	30%	9%	3%	7%	3%	0%
	BG	44%	31%	9%	4%	7%	1%	4%
	CZ	43%	35%	12%	2%	7%	0%	1%
	DK	44%	34%	9%	4%	8%	0%	1%
	DE	37%	39%	12%	4%	6%	0%	2%
	EE	36%	35%	13%	6%	10%	0%	0%
	IE	42%	42%	10%	3%	2%	1%	0%
	EL	49%	36%	7%	3%	3%	2%	0%
	ES	24%	46%	19%	7%	4%	0%	0%
	FR	44%	32%	10%	4%	9%	0%	1%
	HR	38%	38%	10%	3%	7%	1%	3%
	IT	49%	31%	10%	2%	3%	2%	3%
	CY	62%	23%	7%	3%	3%	2%	0%
	LV	34%	37%	13%	7%	8%	1%	0%
	LT	43%	32%	9%	6%	8%	1%	1%
	LU	43%	29%	13%	5%	8%	0%	2%
	HU	53%	34%	7%	2%	3%	1%	0%
	MT	44%	32%	9%	4%	6%	2%	3%
	AT	36%	37%	14%	6%	4%	1%	2%
	NL	42%	34%	9%	6%	7%	1%	1%
	PL	47%	32%	8%	2%	5%	1%	5%
	PT	55%	30%	6%	3%	3%	1%	2%
	RO	39%	35%	10%	5%	8%	0%	3%
	SI	39%	40%	10%	4%	5%	1%	1%
	SK	47%	31%	8%	3%	9%	0%	2%
	FI	38%	43%	13%	2%	3%	0%	1%
	SE	32%	43%	13%	4%	8%	0%	0%
	UK	42%	31%	11%	5%	10%	0%	1%

**Highest percentage per country**

*Lowest percentage per country*

Highest percentage per item

Lowest percentage per item

Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days  
(n=24.220)

**Socio-demographic** variations are as follows:

- Men typically walk for slightly longer periods than women. While 24% of men walk for more than an hour, the figure is lower (19%) for women.
- Results are comparable across the various age groups.
- The level of education does not seem to have a clear link with the time spent walking.
- As noted above, there is a strong link between walking and exercising or playing sport. Respondents who do exercise or play sport regularly are more likely to walk for more than an hour (36%, compared to 18% of those who do not exercise or play sport at all).

**QD5b** In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never walk for 10 minutes at a time	Don't know
EU28	41%	35%	11%	4%	6%	1%	2%
 <b>Gender</b>							
Man	40%	34%	12%	4%	8%	1%	1%
Woman	42%	36%	11%	3%	5%	1%	2%
 <b>Age</b>							
15-24	41%	35%	10%	4%	8%	0%	2%
25-39	40%	36%	11%	4%	7%	1%	1%
40-54	41%	34%	11%	4%	7%	1%	2%
55 +	42%	35%	12%	4%	4%	1%	2%
 <b>Education (End of)</b>							
15-	42%	34%	12%	4%	5%	1%	2%
16-19	42%	33%	11%	4%	7%	1%	2%
20+	40%	37%	12%	4%	5%	1%	1%
Still studying	41%	39%	9%	3%	6%	0%	2%
<b>Exercise or play sport</b>							
Regularly	25%	38%	19%	8%	9%	-	1%
With some regularity	38%	38%	13%	4%	6%	-	1%
Seldom	44%	36%	8%	3%	6%	1%	2%
Never	47%	32%	9%	4%	5%	1%	2%

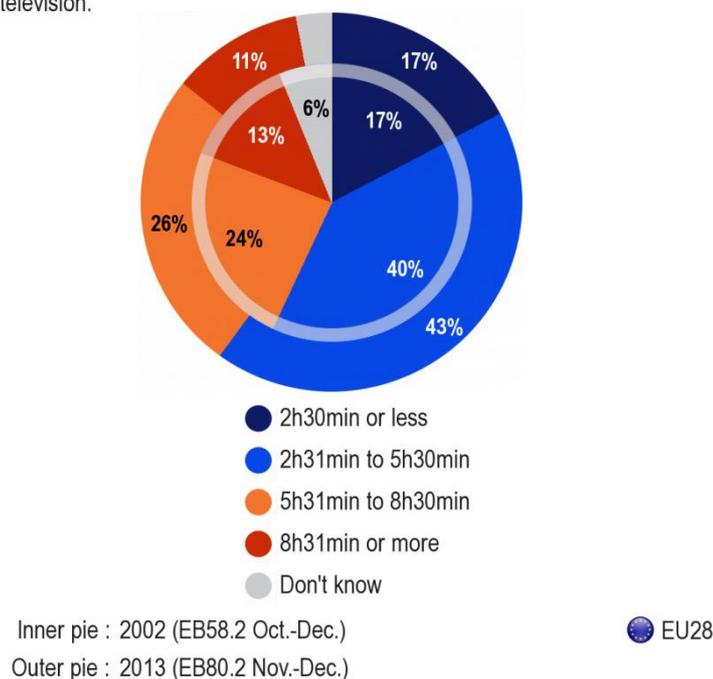
Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days (n=24.220)

### 1.2.4. Sitting

When asked about the amount of time they spend sitting on a usual day<sup>15</sup>, a little over four in every ten respondent say they sit between 2 hours 31 minutes and 5 hours 30 minutes (43%). About one in six EU citizens (17%) spend 2 hours 30 minutes or less sitting down, while at the other extreme, 11% spend more than 8 hours 30 minutes sitting down on a usual day.

Overall, these results are in line with those observed in 2002, with just a slight increase of the "middle category" of between 2.5 and 8.5 hours (+5 pp, from 64% in 2002 to 69% in 2013).

QD6. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

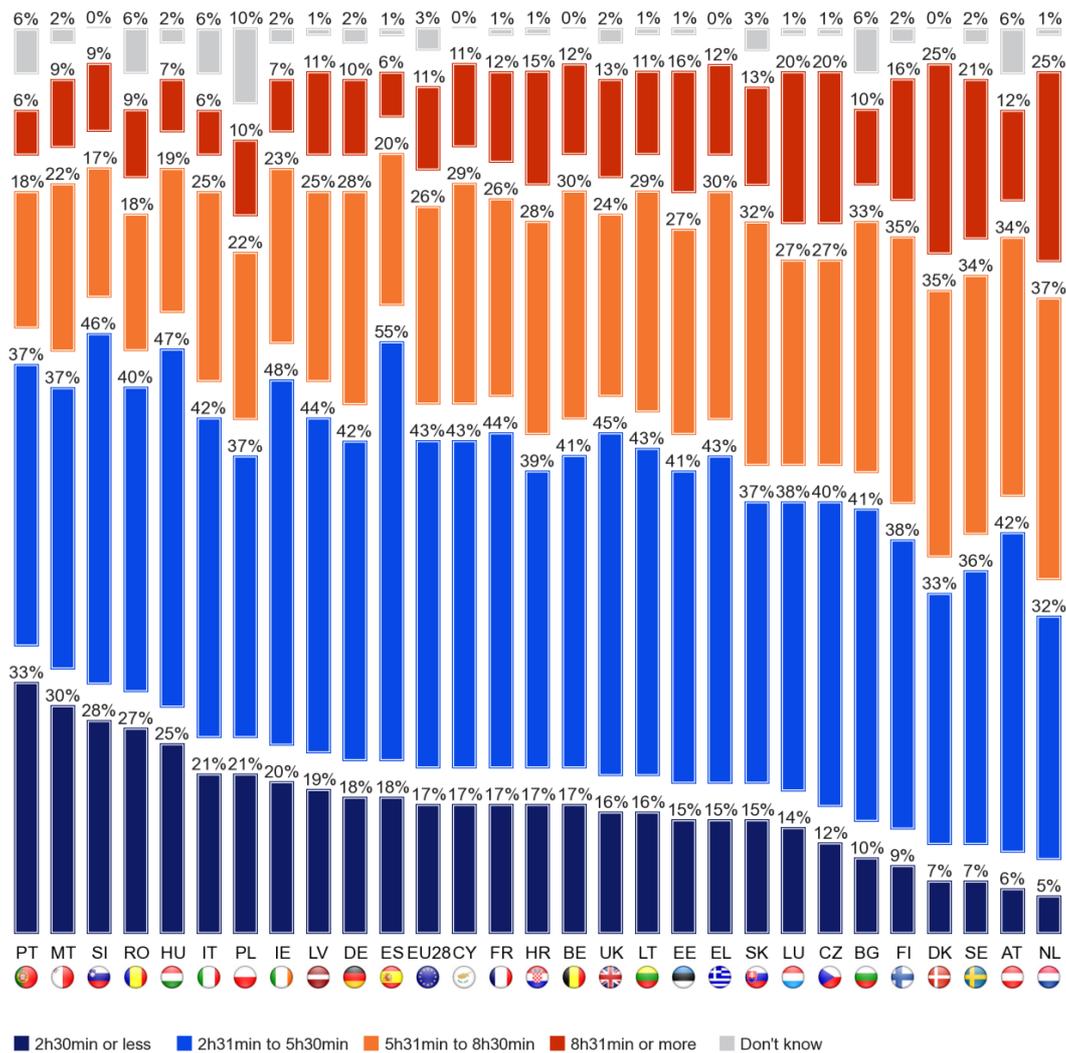


Looking at **country level**, respondents are more likely to spend 2 hours 30 minutes or less sitting down in Portugal (33%), Malta (30%), Slovenia (28%), Romania (27%) and Hungary (25%).

At the other end of the scale, respondents are more likely to spend more than 8 hours 30 minutes per day sitting down in Denmark (25%), the Netherlands (25%), Sweden (21%), Luxembourg (20%) and the Czech Republic (20%).

<sup>15</sup> QD6: 'How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.' Possible responses: 1 hour or less; 1 hour to 1 hour and 30 minutes; 1 hour 31 minutes to 2 hours 30 minutes; 2 hours 31 minutes to 3 hours 30 minutes; 3 hours 31 minutes to 4 hours 30 minutes; 4 hours 31 minutes to 5 hours 30 minutes; 5 hours 31 minutes to 6 hours 30 minutes; 6 hours 31 minutes to 7 hours 30 minutes; 7 hours 31 minutes to 8 hours 30 minutes; more than 8 hours and 30 minutes; don't know.

QD6. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.



There are some variations by **socio-demographic** characteristics:

- Respondents in the middle age bands tend to spend less time sitting down: 20% of those aged 25-39 and 21% of those aged 40-54 spend 2 hours 30 minutes or less sitting down on a usual day, compared with 14% of 15-24 year olds and 15% of those aged 55 or over.
- Those who finished education at the age of 20 or over are more likely to spend more than 8 hours 30 minutes per day sitting down (14%), compared with those who left education by the age of 15 (9%) and those who ended education at 16-19 (8%).
- Related to this, people in white collar occupations tend to spend more time sitting down. The proportion that spends more than 8 hours 30 minutes per day sitting down is 16% among managers and 21% among other white collar workers, compared with 5% among those in manual occupations and 3% among house persons.

- People who never walk for more than ten minutes at a time are more likely to spend more than 8 hours 30 minutes per day sitting down (17%, vs. 9% of those who walked 4 to 7 times in the last week).
- It is notable that in some of the countries where respondents spend a long time sitting down the proportion of citizens who exercise or play sport on a regular basis tends to be high (e.g. Denmark, the Netherlands and Sweden). By contrast, some countries have high proportions of respondents who never or seldom exercise or play sport, despite seeing low average times for sitting down (e.g. Portugal, Malta and Romania). For the EU as a whole, however, there is a tendency that people who exercise or play sport regularly are less likely sitting down more than 8.5 hours per day (6%), compared to those who do not exercise or play sport at all (12%).

QD6 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

	2h30min or less	2h31min to 5h30min	5h31min to 8h30min	8h31min or more	Don't know
EU28	17%	43%	26%	11%	3%

#### Age

15-24	14%	37%	33%	13%	3%
25-39	20%	43%	23%	11%	3%
40-54	21%	41%	25%	10%	3%
55 +	15%	46%	25%	10%	4%

#### Education (End of)

15-	19%	46%	22%	9%	4%
16-19	20%	47%	22%	8%	3%
20+	16%	39%	29%	14%	2%
Still studying	9%	29%	43%	17%	2%

#### Socio-professional category

Self-employed	22%	44%	21%	10%	3%
Managers	13%	34%	35%	16%	2%
Other white collars	11%	27%	37%	21%	4%
Manual workers	26%	52%	14%	5%	3%
House persons	26%	50%	16%	3%	5%
Unemployed	20%	48%	24%	6%	2%
Retired	14%	45%	26%	11%	4%
Students	9%	29%	43%	17%	2%

#### Walked at least 10 min in a week

1-3 days	19%	41%	26%	12%	2%
4-7 days	17%	46%	26%	9%	2%
Never	18%	33%	25%	17%	7%

#### Exercise or play sport

Regularly	22%	49%	22%	6%	1%
With some regularity	16%	44%	28%	11%	1%
Seldom	18%	41%	27%	12%	2%
Never	18%	41%	24%	12%	5%

## 2. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY

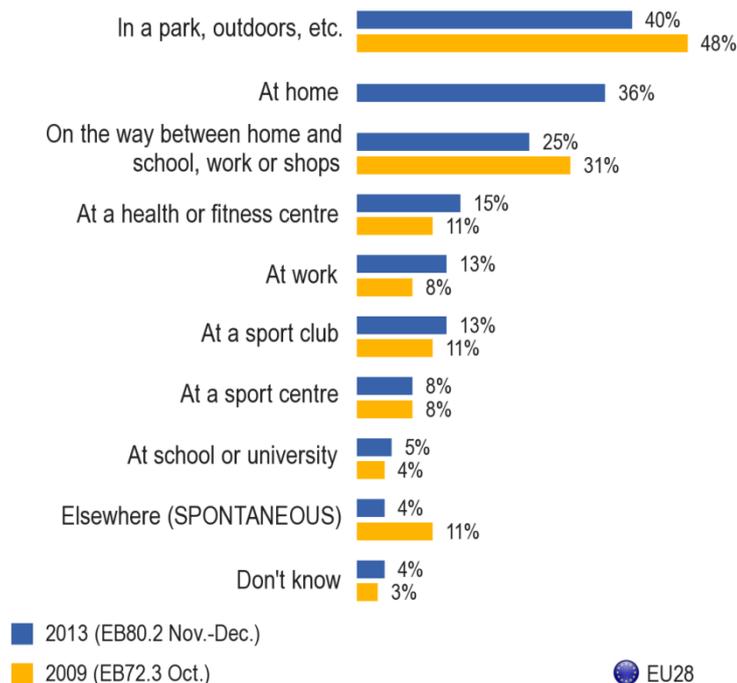
This chapter focuses on where EU citizens engage in sport and other physical activity; and it also examines club membership.

### 2.1. Different settings

#### - Most of the activity takes place in informal settings, such as parks and outdoors or at home. –

Among respondents who exercise, play sport, or engage in other physical activity, most of the activity takes place<sup>16</sup> in informal settings, such as parks and outdoors (40% of respondents engage in sport or physical activity here), at home (36%) or on the journey between home and school, work, or shops (25%). Activity also takes place at health or fitness centres (15%), sport clubs (13%) and sport centres (8%), as well as at work (13%) and at school or university (5%).

QD7. Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?



Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE<sup>17</sup>

<sup>16</sup> QD7: 'Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?' Possible responses: at a health or fitness centre; at a sport club; at a sport centre; at school or university; at work; at home; on the way between home and school, work or shops; in a park, outdoors, etc.; elsewhere; don't know.

<sup>17</sup> It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

These findings are broadly similar to those seen in the 2009 survey, although there has been a slight shift towards indoors rather than outdoors: the proportion engaging in sport or physical activity in a park and outdoors is lower in 2013 (40% compared with 48% in 2009), as is the proportion engaging in sport or physical activity between home and school, work or shops (25% compared with 31% in 2009). At the same time, the proportion engaging in sport or physical activity at a health or fitness centre has increased (from 11% in 2009 to 15% in 2013), as has the proportion in a sport club (from 11% to 13%). However, it is important to mention that 'at home' has been added to this question compared to the previous survey.

The **country-level** data reveals very different preferences for the settings in which people in the different countries choose to engage in sport or physical activity.

In the EU overall, the most common setting is a park and outdoors. The proportion engaging in sport or physical activity in a park and outdoors is particularly high in Finland (72%), Slovenia (60%), Sweden (55%), Austria (54%), Spain (51%) and Denmark (50%). The lowest proportions are in Hungary (16%) and Romania (19%).

Finland (47%) and Sweden (38%) also have high proportions who engage in sport or physical activity on the way between home and school, work or shops. This is also popular in Greece (41%), Slovakia (36%) and Malta (36%), while the lowest figures are in Luxembourg (11%) and Ireland (14%).

Sport or physical activity at home is popular in Eastern European countries. The highest figures are in Lithuania (63%), Slovakia (54%), Slovenia (54%), Romania (53%), Bulgaria (52%) and Hungary (51%), while this is less common in Southern European countries; specifically Malta (19%), Portugal (14%), Spain (14%) and Italy (13%).

The same pattern applies to engaging in sport or physical activity at work, with low figures again in Italy (4%), Portugal (5%) and Spain (6%), while Eastern European countries have the highest figures, specifically Latvia (26%), Estonia (20%), Czech Republic (19%) and Lithuania (19%).

Respondents are more likely to engage in sport or physical activity in a health or fitness centre in Sweden (40%), Finland (27%), Denmark (26%), Cyprus (22%) and the UK (21%). Denmark also has a high proportion who engages in sport or physical activity at a sport club (22%), and this is also the case in the Netherlands (23%) and Germany (21%). Use of sport centres is the most common in Italy (19%).

The lowest figures for use of health or fitness centres are in Lithuania (2%), France (5%), Latvia (6%), Hungary (6%), Slovenia (6%) and Romania (6%). Similarly, the figures for the use of sport centres are also low in Romania (2%), Hungary (3%) and Lithuania (3%), as well as in Portugal (3%). Romania also has the lowest figure for use of sport clubs (3%), with similarly low figures also in Bulgaria (5%), Hungary (5%), Poland (5%) and Cyprus (5%).

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

	In a park, outdoors, etc.	At home	On the way between home and school, work or shops	At a health or fitness centre	At work	At a sport club	At a sport centre	At school or university	Elsewhere (SPONTANEOUS)	Don't know
EU28	40%	36%	25%	15%	13%	13%	8%	5%	4%	4%
BE	32%	38%	29%	11%	13%	17%	9%	6%	5%	4%
BG	25%	52%	21%	12%	10%	5%	4%	6%	5%	4%
CZ	42%	46%	25%	17%	19%	11%	11%	5%	1%	1%
DK	50%	39%	29%	26%	18%	22%	7%	7%	3%	3%
DE	42%	46%	27%	16%	15%	21%	5%	4%	2%	2%
EE	47%	41%	24%	12%	20%	14%	7%	7%	3%	3%
IE	44%	27%	14%	16%	7%	18%	7%	5%	6%	2%
EL	33%	31%	41%	20%	10%	8%	5%	3%	4%	0%
ES	51%	14%	31%	19%	6%	9%	11%	2%	4%	1%
FR	42%	27%	16%	5%	16%	17%	7%	5%	5%	4%
HR	30%	44%	23%	9%	10%	8%	7%	3%	4%	5%
IT	36%	13%	23%	15%	4%	7%	19%	4%	5%	2%
CY	33%	36%	30%	22%	11%	5%	4%	7%	5%	0%
LV	42%	49%	34%	6%	26%	6%	8%	8%	1%	2%
LT	28%	63%	29%	2%	19%	12%	3%	8%	5%	3%
LU	36%	35%	11%	14%	11%	16%	9%	7%	4%	3%
HU	16%	51%	29%	6%	13%	5%	3%	5%	3%	5%
MT	29%	19%	36%	12%	7%	11%	9%	5%	7%	1%
AT	54%	43%	30%	19%	10%	12%	5%	5%	9%	1%
NL	37%	35%	29%	18%	13%	23%	10%	6%	5%	2%
PL	35%	37%	24%	9%	7%	5%	6%	7%	3%	8%
PT	44%	14%	25%	17%	5%	7%	3%	4%	5%	2%
RO	19%	53%	24%	6%	9%	3%	2%	6%	4%	16%
SI	60%	54%	24%	6%	9%	9%	8%	4%	4%	1%
SK	36%	54%	36%	13%	18%	8%	5%	7%	3%	2%
FI	72%	43%	47%	27%	15%	7%	12%	5%	5%	1%
SE	55%	46%	38%	40%	16%	12%	6%	6%	3%	1%
UK	38%	40%	22%	21%	18%	11%	9%	4%	6%	4%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

The patterns for different countries are similar to those seen in the 2009 survey. The largest changes for individual countries are as follows:

- The proportion engaging in sport or physical activity in a park and outdoors has decreased in the EU overall, and the largest decreases are in Slovenia (-23 pp), Bulgaria, Estonia and Hungary (-20 pp in each country). Greece shows the largest increase (+6 pp).
- Greece (-22 pp) and Spain (-20 pp) show the largest decreases for engaging in sport or physical activity on the way between home and school, work or shops. The largest increases are in Finland (+15 pp) and Sweden (+13 pp).

- Engaging in sport or physical activity at work has increased the most in Latvia (+16 pp) and the Czech Republic (+10 pp), while the largest decrease is in Bulgaria (-9 pp).
- The use of health or fitness centres has increased the most in Sweden (+9 pp), Finland (+8 pp) and Spain (+8 pp). The largest increases in the use of sport clubs are in Lithuania (+8 pp) and Malta (+7 pp).

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

	In a park, outdoors, etc.		At home	On the way between home and school, work or shops		At a health or fitness centre		At work		At a sport club		At a sport centre		At school or university	
	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	At home	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
EU28	40%	-8	36%	25%	-6	15%	+4	13%	+5	13%	+2	8%	=	5%	+1
EL	33%	+6	31%	41%	-22	20%	+7	10%	-4	8%	+6	5%	=	3%	=
PT	44%	+5	14%	25%	-11	17%	+5	5%	-6	7%	+1	3%	-2	4%	-1
SE	55%	+4	46%	38%	+13	40%	+9	16%	+9	12%	+5	6%	-6	6%	+3
IE	44%	+1	27%	14%	-11	16%	=	7%	+1	18%	+2	7%	-1	5%	+1
MT	29%	+1	19%	36%	-13	12%	+5	7%	+3	11%	+7	9%	+4	5%	+1
UK	38%	-1	40%	22%	-6	21%	+7	18%	+9	11%	+1	9%	=	4%	+1
ES	51%	-2	14%	31%	-20	19%	+8	6%	+1	9%	+6	11%	+2	2%	-1
NL	37%	-3	35%	29%	-3	18%	-1	13%	+4	23%	-2	10%	=	6%	+1
IT	36%	-4	13%	23%	+2	15%	-2	4%	+3	7%	+4	19%	+4	4%	=
FI	72%	-4	43%	47%	+15	27%	+8	15%	+7	7%	-6	12%	-1	5%	+1
BE	32%	-6	38%	29%	=	11%	+4	13%	+5	17%	+2	9%	=	6%	+2
CY	33%	-6	36%	30%	-2	22%	=	11%	+3	5%	-1	4%	-1	7%	-1
LT	28%	-7	63%	29%	-6	2%	-1	19%	+8	12%	+8	3%	-1	8%	-1
PL	35%	-8	37%	24%	-13	9%	+6	7%	+2	5%	-1	6%	+1	7%	+1
LV	42%	-9	49%	34%	+7	6%	+2	26%	+16	6%	+1	8%	+3	8%	-2
SK	36%	-9	54%	36%	-5	13%	-2	18%	+9	8%	+2	5%	+1	7%	=
FR	42%	-10	27%	16%	-10	5%	+3	16%	+3	17%	=	7%	+1	5%	+2
AT	54%	-10	43%	30%	+6	19%	+6	10%	+2	12%	-3	5%	-1	5%	=
RO	19%	-10	53%	24%	=	6%	+2	9%	+3	3%	=	2%	-1	6%	=
DK	50%	-14	39%	29%	-3	26%	+6	18%	+3	22%	+4	7%	-1	7%	+2
LU	36%	-15	35%	11%	-5	14%	+6	11%	+2	16%	=	9%	+1	7%	+1
CZ	42%	-16	46%	25%	-11	17%	+4	19%	+10	11%	+5	11%	+4	5%	-1
DE	42%	-18	46%	27%	=	16%	+4	15%	+8	21%	+2	5%	=	4%	-1
BG	25%	-20	52%	21%	-6	12%	+1	10%	-9	5%	+2	4%	+1	6%	-1
EE	47%	-20	41%	24%	-3	12%	+7	20%	+6	14%	+5	7%	-1	7%	=
HU	16%	-20	51%	29%	-13	6%	+4	13%	+1	5%	+2	3%	-1	5%	-1
SI	60%	-23	54%	24%	-7	6%	+1	9%	-2	9%	+2	8%	-1	4%	-3
HR	30%	*	44%	23%	*	9%	*	10%	*	8%	*	7%	*	3%	*

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

There are some differences between **socio-demographic** groups, as follows:

- There is relatively little variation between men and women, although men are more likely to engage in sport or physical activity at a sport club (16% compared with 10% for women) and at work (16% compared with 10%). Meanwhile, women are more likely to engage in sport or physical activity at home (38% compared with 33%) or on the way between home and school, work or shops (28% compared with 22%).
- Younger people are more likely to use formal settings; for example the proportion that uses a health or fitness centre ranges from 22% among 15-24 year olds to 9% among those aged 55 or over. Use of sport clubs is particularly high among men aged 15-24 (28%). School or university is also a popular location for younger people (23% of 15-24 year olds). By contrast, engaging in sport or physical activity in a park and outdoors is less common among young people (33% of 15-24 year olds, compared with between 39% and 44% in the older age groups).
- Use of formal settings is higher among those who spent more time in education. While 19% of people who ended education at the age of 20 or above engage in sport or physical activity in a health or fitness centre, this falls to 13% among those who ended education between the age of 16 and 19, and 7% of among those who finished education by the age of 15.
- People living in rural areas are more likely to engage in sport or physical activity at home (42%, compared with 34% of those in small or medium size towns, and 31% of those in large towns), but are less likely to use health or fitness centres (11%, compared with 15% of those in small or medium size towns, and 21% of those in large towns).
- Unsurprisingly, the use of health or fitness centres and sport clubs is greater among people who exercise or play sport on a regular basis. For example, 20% of those who exercise or play sport regularly use a health or fitness centre, and the figure is 26% among those who do so with some regularity; however, this falls to 5% among those who only seldom exercise or play sport. The same is observed for sport clubs: 15% of those who exercise or play sport regularly do so at a sport club. This proportion rises to 23% of those who do so with some regularity and drops to 4% among those who only seldom exercise or play sport.

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

	In a park, outdoors, etc.	At home	On the way between home and school, work or shops	At a health or fitness centre	At a sport club	At work	At a sport centre	At school or university
EU28	40%	36%	25%	15%	13%	13%	8%	5%
<b>Gender</b>								
Man	41%	33%	22%	14%	16%	16%	9%	5%
Woman	39%	38%	28%	16%	10%	10%	7%	4%
<b>Age</b>								
15-24	33%	29%	26%	22%	21%	11%	12%	23%
25-39	39%	34%	25%	19%	12%	17%	10%	1%
40-54	42%	36%	26%	13%	12%	18%	7%	1%
55 +	44%	40%	25%	9%	10%	6%	5%	1%
<b>Education (End of)</b>								
15-	41%	37%	26%	7%	8%	10%	3%	1%
16-19	38%	38%	24%	13%	11%	16%	7%	1%
20+	44%	35%	26%	19%	14%	12%	10%	1%
Still studying	33%	26%	28%	22%	24%	5%	13%	35%
<b>Subjective urbanisation</b>								
Rural village	39%	42%	22%	11%	12%	14%	6%	4%
Small/ mid size town	41%	34%	26%	15%	13%	12%	9%	4%
Large town	40%	31%	28%	21%	13%	12%	9%	5%
<b>Gender and Age</b>								
Man 15-24	33%	27%	24%	21%	28%	11%	14%	24%
Man 25-39	39%	30%	20%	18%	15%	22%	12%	1%
Man 40-54	43%	34%	23%	12%	13%	21%	7%	1%
Man 55+	47%	40%	23%	8%	11%	7%	5%	1%
Woman 15-24	32%	32%	29%	23%	13%	10%	9%	21%
Woman 25-39	38%	38%	30%	21%	9%	12%	8%	1%
Woman 40-54	41%	39%	28%	14%	10%	13%	7%	1%
Woman 55+	41%	41%	27%	11%	9%	5%	5%	1%
<b>Exercise or play sport</b>								
Regularly	48%	38%	25%	20%	15%	12%	7%	6%
With some regularity	40%	28%	20%	26%	23%	10%	14%	8%
Seldom	41%	42%	30%	5%	4%	16%	4%	2%
Never	34%	42%	30%	1%	1%	14%	0%	0%

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

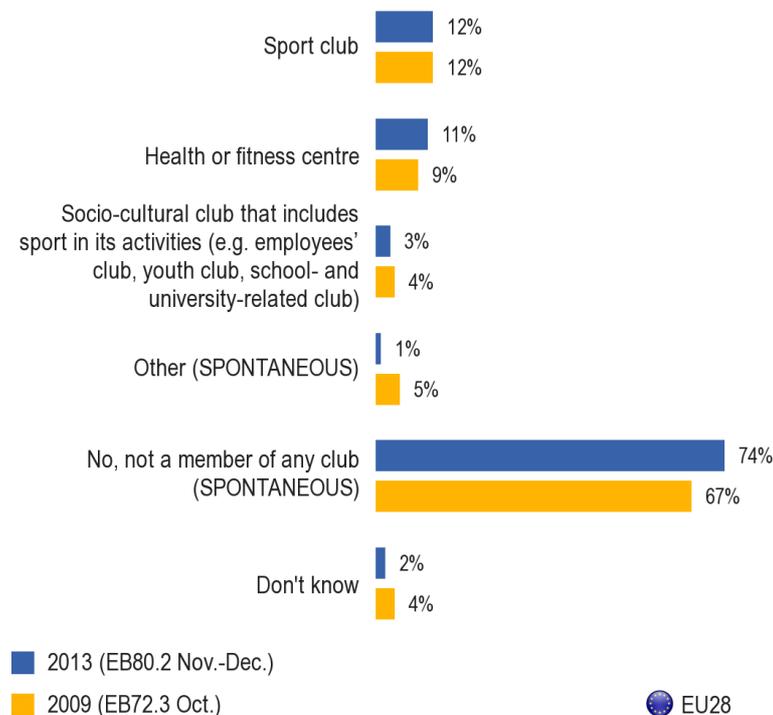
MULTIPLE ANSWERS POSSIBLE

## 2.2. Club membership

### - The overall proportion of EU citizens who are not members of any club (74%) is higher than in 2009 –

Almost three-quarters of EU citizens (74%) say that they are not a member of any club<sup>18</sup>. Conversely, 12% of respondents are members of a sport club, while 11% belong to a health or fitness centre. In addition, 3% are members of socio-cultural clubs that include sport in its activities, such as an employees' club, a youth club or a club related to school or university. The overall proportion of EU citizens who are not members of any club is higher than in 2009. In the 2009 survey, 67% said they were not a member of any club, but this has increased to 74% in the 2013 survey. There are no substantial changes for any of the individual types of club, except a slight increase in memberships at health or fitness centres.

QD10. Are you a member of any of the following clubs where you participate in sport or recreational physical activity?



MULTIPLE ANSWERS POSSIBLE<sup>19</sup>

The proportion of respondents who are members of a club varies across **countries**. The highest proportions for memberships at a sport club are in the Netherlands (27%), Denmark (25%) and Germany (24%), while respondents in Sweden (33%) and Denmark (25%) are the most likely to be members at a health or fitness centre.

<sup>18</sup> QD10: 'Are you a member of any of the following clubs where you participate in sport or recreational physical activity?' Possible responses: health or fitness centre; sport club; socio-cultural club that includes sport in its activities (e.g. employees club, youth club, school- and university-related club); other; no, I am not a member of any club; don't know.

<sup>19</sup> It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

Conversely, the lowest figures for memberships at a sport club are in Romania (1%), Bulgaria (2%) and Poland (3%), while respondents in Lithuania (1%), Bulgaria (2%) and Latvia (3%) are less likely to be members at a health or fitness centre. Membership of a social-cultural club is relatively high in Denmark (9%), Sweden (8%) and Finland (7%). The proportion of respondents not members at any club is the highest in Bulgaria (94%), Hungary (89%), Latvia (89%), Romania (88%) and Portugal (88%) and Poland (87%).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

	Sport club	Health or fitness centre	Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	Other (SPONTANEOUS)	No, not a member of any club (SPONTANEOUS)	Don't know
 EU28	12%	11%	3%	1%	74%	2%
 BE	16%	11%	5%	2%	68%	2%
 BG	2%	2%	1%	0%	94%	1%
 CZ	11%	12%	3%	1%	75%	0%
 DK	25%	25%	9%	1%	47%	1%
 DE	24%	14%	4%	0%	60%	1%
 EE	12%	4%	3%	1%	69%	13%
 IE	19%	15%	4%	2%	65%	0%
 EL	5%	11%	1%	1%	83%	0%
 ES	7%	10%	3%	1%	79%	1%
 FR	16%	4%	4%	1%	74%	2%
 HR	10%	7%	3%	1%	79%	1%
 IT	7%	6%	3%	2%	80%	2%
 CY	6%	9%	1%	1%	84%	0%
 LV	6%	3%	2%	0%	89%	1%
 LT	8%	1%	2%	4%	78%	8%
 LU	21%	13%	5%	2%	65%	0%
 HU	5%	4%	3%	0%	89%	0%
 MT	6%	7%	2%	1%	85%	1%
 AT	13%	16%	3%	2%	70%	0%
 NL	27%	19%	3%	3%	54%	0%
 PL	3%	6%	1%	2%	87%	1%
 PT	4%	6%	2%	0%	88%	0%
 RO	1%	4%	1%	1%	88%	4%
 SI	12%	5%	3%	5%	76%	1%
 SK	7%	9%	3%	1%	80%	1%
 FI	12%	13%	7%	1%	70%	0%
 SE	22%	33%	8%	2%	47%	0%
 UK	11%	18%	2%	2%	69%	2%

**Highest percentage per country**

Highest percentage per item

*Lowest percentage per country*

*Lowest percentage per item*

MULTIPLE ANSWERS POSSIBLE

Looking at the evolution by individual countries, the largest decreases in membership at a sport club are in Finland (-5 pp), Portugal (-4 pp) and Austria (-4 pp). Conversely, the largest increases are observed in Denmark (+6 pp) and the Czech Republic (+4 pp). Additionally, membership at a health or fitness centre has decreased the most in Italy (-8 pp), with the largest increases in Sweden (+12 pp), Luxembourg (+7 pp), Spain (+6 pp) and the Czech Republic (+6 pp).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

		Sport club		Health or fitness centre		Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)		Other (SPONTANEOUS)		No, not a member of any club (SPONTANEOUS)		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	12%	=	11%	+2	3%	-1	1%	-4	74%	+7	2%	-2
	DK	25%	+6	25%	+3	9%	-3	1%	-2	47%	-6	1%	+1
	CZ	11%	+4	12%	+6	3%	-1	1%	=	75%	-6	0%	-1
	BE	16%	+2	11%	+4	5%	+1	2%	-1	68%	-4	2%	=
	EE	12%	+2	4%	+2	3%	+1	1%	=	69%	-16	13%	+12
	LT	8%	+2	1%	-1	2%	+1	4%	+2	78%	-10	8%	+7
	UK	11%	+2	18%	+4	2%	-2	2%	-1	69%	-5	2%	+2
	DE	24%	+1	14%	+1	4%	-4	0%	-16	60%	+21	1%	-5
	IE	19%	+1	15%	-1	4%	=	2%	-2	65%	+6	0%	-3
	EL	5%	+1	11%	+3	1%	=	1%	=	83%	-5	0%	=
	CY	6%	+1	9%	-2	1%	-1	1%	=	84%	+2	0%	=
	HU	5%	+1	4%	+2	3%	+2	0%	-1	89%	-3	0%	=
	SE	22%	+1	33%	+12	8%	=	2%	-4	47%	-4	0%	=
	IT	7%	=	6%	-8	3%	=	2%	+1	80%	+18	2%	-11
	LV	6%	=	3%	=	2%	-2	0%	-2	89%	+13	1%	-8
	NL	27%	=	19%	-1	3%	=	3%	=	54%	+3	0%	=
	LU	21%	-1	13%	+7	5%	=	2%	+1	65%	-1	0%	-1
	MT	6%	-1	7%	+2	2%	-1	1%	-1	85%	+4	1%	-2
	PL	3%	-1	6%	+4	1%	=	2%	-2	87%	=	1%	-1
	RO	1%	-1	4%	+1	1%	+1	1%	-19	88%	+17	4%	=
	SI	12%	-1	5%	=	3%	-1	5%	+3	76%	-1	1%	+1
	BG	2%	-2	2%	-1	1%	-2	0%	-5	94%	+21	1%	-11
	ES	7%	-2	10%	+6	3%	-1	1%	-1	79%	-3	1%	=
	FR	16%	-2	4%	+2	4%	=	1%	-1	74%	+2	2%	-1
	SK	7%	-2	9%	+4	3%	-2	1%	=	80%	+1	1%	=
	AT	13%	-4	16%	+3	3%	-5	2%	-9	70%	+27	0%	-14
	PT	4%	-4	6%	-1	2%	-1	0%	-1	88%	+6	0%	-1
	FI	12%	-5	13%	+5	7%	+1	1%	-3	70%	+3	0%	-1
	HR	10%	*	7%	*	3%	*	1%	*	79%	*	1%	*

MULTIPLE ANSWERS POSSIBLE

**Socio-demographic** variations are as follows:

- Men are more likely than women to be members of a sport club (16% compared with 8%). Young people are more likely than older people to be members of a sport club (21% of 15-24 year olds, falling to 8% of those aged 55 or over), as well as of a health or fitness centre (ranging from 18% of those aged 15-24 to 5% of those aged 55+).
- Membership at a sport club is very high among young men (30% of men aged 15-24, falling to 11% of men aged 55 or over). The age difference is much less

pronounced for women (12% of women aged 15-24 are members at a sport club, falling to 6% of those aged 55+).

- There is a link between membership at clubs and level of education. Those who finished education at the age of 20 or above are more likely to be members at a sport club (16%) than those who ended education by the age of 15 (5%). This pattern also applies to membership at health or fitness centres (15% of those who finished education at the age of 20 or above, falling to 4% of those who ended education by the age of 15).
- Membership of clubs also varies by occupational group: membership is highest for students (25% are members at a sport club and 19% at a health or fitness centre), for managers (19% and 20% respectively), self-employed (15% in both cases) and for other white collar workers (13% are members at a sport club and 16% at a health or fitness centre).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

	Sport club	Health or fitness centre	Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	Other (SPONTANEOUS)	No, not a member of any club (SPONTANEOUS)	Don't know
EU28	12%	11%	3%	1%	74%	2%
 <b>Gender</b>						
Man	16%	10%	3%	1%	71%	1%
Woman	8%	11%	3%	1%	76%	2%
 <b>Age</b>						
15-24	21%	18%	6%	1%	58%	1%
25-39	12%	15%	3%	2%	70%	1%
40-54	12%	9%	2%	1%	75%	2%
55 +	8%	5%	3%	1%	81%	2%
 <b>Education (End of)</b>						
15-	5%	4%	2%	1%	87%	2%
16-19	10%	9%	2%	1%	78%	2%
20+	16%	15%	4%	2%	65%	2%
Still studying	25%	19%	7%	1%	53%	1%
 <b>Socio-professional category</b>						
Self-employed	15%	15%	2%	2%	68%	1%
Managers	19%	20%	5%	1%	58%	1%
Other white collars	13%	16%	3%	2%	68%	2%
Manual workers	12%	9%	2%	1%	77%	1%
House persons	6%	5%	2%	1%	84%	3%
Unemployed	8%	7%	2%	1%	82%	2%
Retired	8%	5%	3%	1%	83%	2%
Students	25%	19%	7%	1%	53%	1%
 <b>Gender and Age</b>						
Man 15-24	30%	19%	6%	1%	51%	0%
Man 25-39	16%	13%	3%	2%	68%	1%
Man 40-54	15%	9%	2%	1%	74%	1%
Man 55+	11%	5%	3%	1%	80%	2%
Woman 15-24	12%	18%	6%	1%	65%	2%
Woman 25-39	8%	16%	3%	1%	73%	1%
Woman 40-54	10%	10%	2%	1%	77%	2%
Woman 55+	6%	6%	3%	1%	82%	2%

MULTIPLE ANSWERS POSSIBLE

### 3. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

This chapter looks at the reasons why people engage in sport and other physical activity, as well as the barriers to practising sport more regularly.

#### 3.1. Motivators

**- Health is the main consideration for EU citizens when it comes to sport or physical activity, followed by a wide range of other factors. -**

This stage of the survey reveals the wide range of personal motivations that individual respondents have for deciding whether to engage in sport or physical activity.

The most common reason for engaging in sport or physical activity is to improve health (62%)<sup>20</sup>, with 24% of respondents also mentioning weight control. The other commonly cited reasons for engaging in sport or physical activity are to improve fitness (40%), to relax (36%), and to have fun (30%).

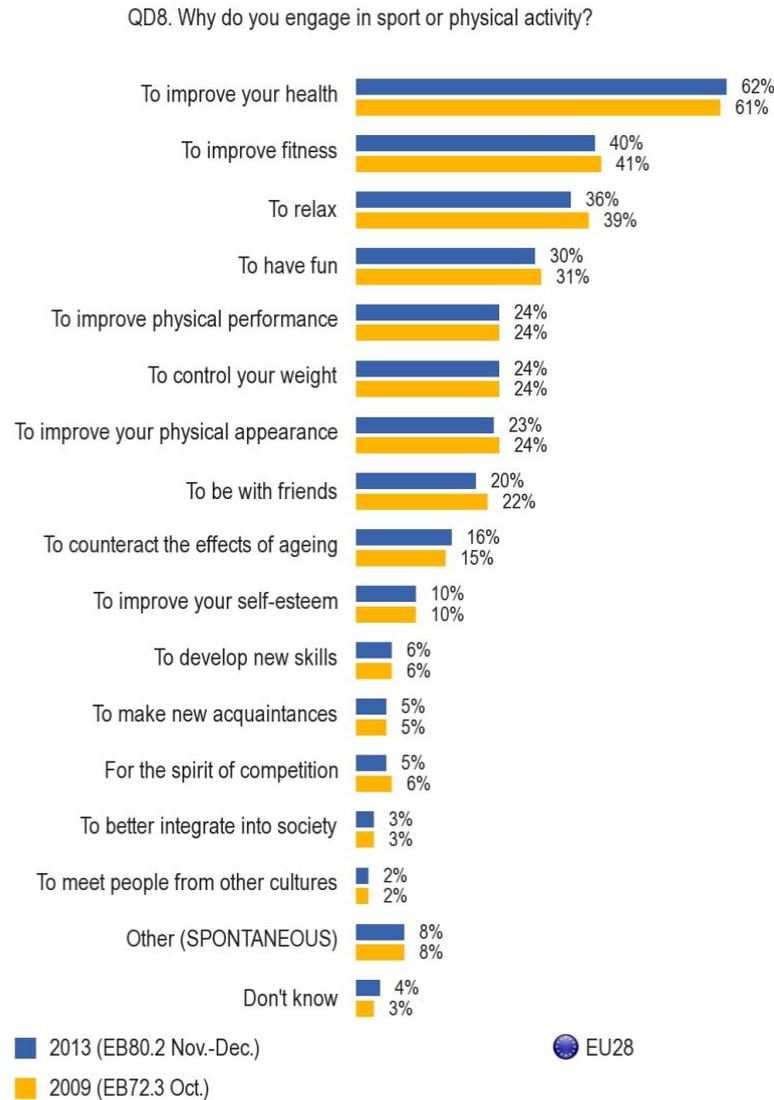
A range of other reasons is given relating to personal image (e.g. 23% of people engage in sport or physical activity to improve their physical appearance), social interaction (e.g. 20% engage in sport or physical activity so that they can be with friends) and other factors<sup>21</sup>.

Responses are very similar to those seen in the 2009 survey. The biggest change is that respondents are slightly less likely to say they engage in sport or physical activity in order to relax in the current survey (-3 pp).

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<sup>20</sup> It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

<sup>21</sup> QD8: 'Why do you engage in sport or physical activity?' Possible responses: to improve your health; to improve your physical appearance; to counteract the effects of ageing; to have fun; to relax; to be with friends; to make new acquaintances; to meet people from other cultures; to improve physical performance; to improve fitness; to control your weight; to improve your self-esteem; to develop new skills; for the spirit of competition; to better integrate into society; other; don't know.



Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

#### MULTIPLE ANSWERS POSSIBLE

Respondents from **several countries** describe health considerations as heavily influencing their decision: these are Sweden (81%), Slovenia (76%), Denmark (76%), Cyprus (73%) and Spain (73%). However, a lower proportion of people in Bulgaria (34%), Hungary (39%) and Romania (47%) say they are motivated to improve their health.

Improving one's fitness as a motivator is the most common in Sweden (71%), Finland (61%) and Denmark (60%). Yet while fitness might seem to be an obvious motivation, a surprisingly low proportion of respondents cite this as their motivation in Romania (12%), Bulgaria (12%) and Portugal (14%).

Relaxation emerges as a particularly compelling reason in Slovenia (60%), the Netherlands (56%) and Belgium (53%). However, this is less of a factor in Poland (16%) and Slovakia (16%).

Similarly, sport or physical activity is generally viewed as being a fun activity in some EU Member States, but not in others. In the Netherlands, 56% of respondents say they do it for fun. However, only small numbers of respondents in Romania (7%) and Hungary (9%) say they engage in sport or physical activity for fun.

Improving physical performance is a very common motivating factor in some countries, especially Sweden (48%), Austria (42%) and Slovenia (42%). However, this is much less important in Bulgaria (3%).

Respondents in Denmark (43%), Sweden (43%) and Malta (41%) commonly cite 'controlling one's weight' as a motivating factor, unlike those in Hungary (8%) and Poland (10%).

Improving one's physical appearance emerges as being most common in Italy, Latvia and Malta (33% in each case). Only 14% of respondents in the Netherlands are motivated by this, however.

Engaging in sport or physical activity as a way of spending time with friends is relatively common in: Austria (35%), Slovenia (32%) and Denmark (31%). In other countries, especially Romania (7%) and Poland (9%), this is less of a factor.

Counteracting the effects of ageing is a particularly common motivation in Finland (31%) and Sweden (31%), although respondents in Bulgaria (6%), Poland (6%) and Greece (7%) are far less likely to cite this as a reason.

While improving one's self-esteem is a fairly common motivating factor in Denmark (29%) and Sweden (21%), it is not viewed as being important in Lithuania (4%) and Croatia (5%).

Other factors are generally viewed as being comparatively less important across the EU: 15% of respondents in Sweden say they engage in sport or physical activity in order to develop new skills; 13% in both Sweden and Denmark cite 'the spirit of competition' as a motivating factor; and in Denmark 11% are motivated in order to make new acquaintances.

QD8 Why do you engage in sport or physical activity?

	To improve your health	To improve fitness	To relax	To have fun	To improve physical performance	To control your weight	To improve your physical appearance	To be with friends	To counteract the effects of ageing	To improve your self-esteem	To develop new skills	To make new acquaintances	For the spirit of competition	To better integrate into society	To meet people from other cultures
EU28	62%	40%	36%	30%	24%	24%	23%	20%	16%	10%	6%	5%	5%	3%	2%
BE	53%	45%	53%	36%	15%	22%	16%	22%	14%	7%	5%	6%	6%	3%	2%
BG	34%	12%	23%	16%	3%	19%	19%	12%	6%	13%	3%	1%	4%	2%	1%
CZ	50%	37%	24%	39%	14%	20%	26%	24%	14%	7%	3%	5%	5%	3%	1%
DK	76%	60%	31%	42%	33%	43%	28%	31%	24%	29%	13%	11%	13%	2%	2%
DE	71%	43%	39%	40%	38%	27%	23%	23%	22%	15%	7%	5%	5%	4%	3%
EE	55%	41%	42%	28%	13%	29%	19%	20%	13%	18%	11%	4%	7%	2%	2%
IE	71%	47%	37%	26%	17%	30%	21%	23%	10%	10%	6%	4%	6%	2%	2%
EL	56%	49%	40%	24%	15%	19%	21%	17%	7%	7%	4%	2%	3%	3%	1%
ES	73%	23%	35%	26%	26%	19%	29%	16%	11%	6%	6%	4%	3%	2%	2%
FR	55%	54%	42%	23%	12%	25%	18%	22%	12%	6%	6%	6%	7%	3%	4%
HR	61%	30%	38%	22%	17%	16%	23%	16%	11%	5%	4%	4%	4%	2%	1%
IT	55%	27%	44%	19%	12%	17%	33%	18%	24%	8%	3%	4%	2%	2%	4%
CY	73%	48%	43%	19%	15%	34%	24%	14%	9%	8%	6%	2%	2%	2%	2%
LV	62%	38%	33%	20%	14%	15%	33%	18%	14%	11%	10%	5%	8%	5%	2%
LT	53%	23%	27%	42%	18%	12%	21%	11%	12%	4%	3%	2%	2%	2%	1%
LU	65%	49%	39%	26%	22%	32%	22%	22%	17%	14%	7%	6%	8%	5%	4%
HU	39%	31%	25%	9%	27%	8%	24%	11%	12%	8%	3%	2%	3%	1%	1%
MT	70%	35%	41%	30%	23%	41%	33%	18%	14%	12%	9%	6%	10%	6%	2%
AT	63%	40%	36%	39%	42%	34%	31%	35%	22%	18%	9%	8%	8%	4%	3%
NL	61%	54%	56%	56%	22%	38%	14%	21%	14%	7%	7%	9%	8%	2%	1%
PL	59%	29%	16%	24%	35%	10%	22%	9%	6%	7%	3%	3%	4%	2%	1%
PT	67%	14%	32%	18%	16%	18%	28%	15%	14%	12%	6%	2%	2%	3%	1%
RO	47%	12%	24%	7%	6%	13%	16%	7%	14%	6%	3%	1%	2%	4%	0%
SI	76%	32%	60%	23%	42%	24%	19%	32%	10%	15%	10%	6%	7%	4%	2%
SK	52%	39%	16%	18%	21%	18%	28%	22%	12%	10%	4%	5%	5%	4%	1%
FI	69%	61%	48%	21%	38%	36%	20%	26%	31%	12%	10%	9%	6%	3%	3%
SE	81%	71%	44%	44%	48%	43%	20%	25%	31%	21%	15%	9%	13%	3%	4%
UK	65%	49%	31%	36%	22%	34%	20%	22%	12%	14%	9%	6%	7%	5%	3%

Highest percentage per country      Lowest percentage per country  
 Highest percentage per item      Lowest percentage per item

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

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In most countries, the reasons for engaging in sport or physical activity have remained very similar since 2009. However, some countries have seen some large changes. Most notably, there have been large increases in the Netherlands on a number of items. The biggest changes are in relation to relaxation (+30 pp) and to improve fitness (+28 pp). Spain shows increases in the proportions saying they engage in sport or physical activity in order to improve health (+12 pp) and to improve physical performance (+13 pp). Spain shows increases in the proportions saying they engage in sport or physical activity in order to improve health (+12 pp) and to improve physical performance (+13 pp). Respondents in Portugal are more likely now than in 2009 to say they are motivated in order to improve their physical appearance (+11 pp). There have also been some substantial decreases since 2009. In Finland, there have been decreases on a number of items, with the largest difference in the proportion who engage in sport or physical activity in order to relax (-10 pp). A similar decrease on this item is seen in France (-10 pp). In Cyprus, there has been a decrease in the proportion who engage in sport or physical activity in order to improve their physical appearance (-11 pp). There have been large decreases in the proportion who say they are motivated to improve their health in Greece (-18 pp), Estonia (-13 pp) and Hungary (-10 pp). In Greece, at the same time the proportion of those who say they engage in sport or physical activity to improve their fitness shows an increase of 10 pp.

QD8 Why do you engage in sport or physical activity?

	To improve your health		To improve fitness		To relax		To have fun		To improve physical performance		To control your weight		To improve your physical appearance	
	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009
 EU28	62%	+1	40%	-1	36%	-3	30%	-1	24%	=	24%	=	23%	-1
 NL	61%	+18	54%	+28	56%	+30	56%	+21	22%	+11	38%	+23	14%	+7
 ES	73%	+12	23%	-6	35%	-5	26%	+1	26%	+13	19%	+1	29%	+1
 IE	71%	+4	47%	+2	37%	-6	26%	-3	17%	-1	30%	-1	21%	=
 FR	55%	+4	54%	-2	42%	-10	23%	-6	12%	-1	25%	-1	18%	-3
 RO	47%	+4	12%	+2	24%	-6	7%	-4	6%	-1	13%	-1	16%	+1
 IT	55%	+3	27%	-7	44%	-2	19%	-2	12%	-1	17%	-4	33%	+3
 LV	62%	+2	38%	-4	33%	-8	20%	-7	14%	-4	15%	-3	33%	=
 PT	67%	+2	14%	-2	32%	-3	18%	-4	16%	-1	18%	+9	28%	+11
 DK	76%	=	60%	-4	31%	-4	42%	-4	33%	-1	43%	-4	28%	-5
 AT	63%	=	40%	=	36%	-6	39%	+1	42%	+3	34%	=	31%	+4
 UK	65%	=	49%	-4	31%	-2	36%	-1	22%	+3	34%	+4	20%	=
 BG	34%	-1	12%	-6	23%	-4	16%	-1	3%	-2	19%	=	19%	+2
 LU	65%	-1	49%	+6	39%	-9	26%	-5	22%	-8	32%	=	22%	-9
 SI	76%	-1	32%	-3	60%	-5	23%	-5	42%	-1	24%	-2	19%	-9
 SE	81%	-1	71%	-3	44%	-7	44%	-9	48%	-2	43%	-2	20%	-8
 CZ	50%	-3	37%	+1	24%	-2	39%	+1	14%	+4	20%	-1	26%	=
 DE	71%	-3	43%	-2	39%	-2	40%	-6	38%	-7	27%	-6	23%	-6
 PL	59%	-3	29%	-3	16%	-6	24%	-1	35%	-5	10%	-1	22%	+5
 CY	73%	-4	48%	-7	43%	=	19%	+1	15%	+6	34%	-4	24%	-11
 FI	69%	-4	61%	-7	48%	-10	21%	-5	38%	-5	36%	-5	20%	-9
 SK	52%	-5	39%	-6	16%	-5	18%	+2	21%	-1	18%	-3	28%	+4
 BE	53%	-6	45%	-4	53%	-9	36%	-7	15%	-6	22%	-8	16%	-5
 LT	53%	-8	23%	-7	27%	+1	42%	-4	18%	-2	12%	-2	21%	-3
 MT	70%	-9	35%	-3	41%	-1	30%	-4	23%	+2	41%	+4	33%	+4
 HU	39%	-10	31%	-5	25%	-6	9%	-3	27%	-7	8%	=	24%	+1
 EE	55%	-13	41%	-6	42%	=	28%	+3	13%	-4	29%	-2	19%	-9
 EL	56%	-18	49%	+10	40%	+9	24%	+8	15%	+1	19%	-2	21%	=
 HR	61%	*	30%	*	38%	*	22%	*	17%	*	16%	*	23%	*

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

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The **socio-demographic** data reveal some variations in reasons for engaging in sport or physical activity:

- There are some slight differences between men and women. Men are more motivated by the fun (33% compared with 27%), being with friends (23% compared with 17%), and by competition (8% compared with 3%). Women are slightly more likely to mention weight control (26% compared with 23%) and counteracting the effects of ageing (17% compared with 14%).
- Younger people are more likely than older people to mention a number of factors. The largest differences are in relation to improving physical appearance (38% of 15-24 year olds, falling to 12% of those aged 55 or over) and having fun (ranging from 43% for those aged 15-24 to 23% for those aged 55+).
- The differences are particularly pronounced for young men, in relation to having fun (49% of 15-24 year old men mention this), as well as being with friends (40%) and improving physical performance and appearance (both 39%, compared to 19% and 10% respectively for 55+ age category). The differences are less strong on these items for women in the different age groups.
- By contrast, older people are more likely than younger people to mention improving their health (65% of people aged 55 or over, compared with 58% of those aged 15-24) and counteracting the ageing process (27% compared with 4%) as motivators.
- People who stay in education for longer are more likely to mention a number of the factors. The largest difference is in the proportion who engages in sport or physical activity in order to relax: 44% of people who left education at 20 or older say this, but this falls to 27% of those who left education by the age of 15.
- Improving one's fitness is more likely to be a factor for people who exercise or play sport on a regular basis. It is mentioned by 49% of those who exercise or play sport regularly, and by a similar proportion of those who are active with some regularity (52%). However, it is lower among those who exercise or play sport seldom (33%) or never do so (21%).

## QD8 Why do you engage in sport or physical activity?

	To improve your health	To improve fitness	To relax	To have fun	To improve physical performance	To control your weight	To improve your physical appearance	To be with friends	To counteract the effects of ageing	To improve your self-esteem	To develop new skills	To make new acquaintances	For the spirit of competition	To better integrate into society	To meet people from other cultures
EU28	62%	40%	36%	30%	24%	24%	23%	20%	16%	10%	6%	5%	5%	3%	2%
 <b>Gender</b>															
Man	61%	41%	37%	33%	26%	23%	22%	23%	14%	10%	8%	5%	8%	3%	3%
Woman	63%	39%	35%	27%	22%	26%	24%	17%	17%	11%	5%	5%	3%	3%	2%
 <b>Age</b>															
15-24	58%	46%	34%	43%	31%	23%	38%	32%	4%	14%	13%	8%	12%	4%	4%
25-39	61%	40%	41%	32%	27%	27%	29%	19%	10%	13%	8%	5%	6%	3%	2%
40-54	62%	40%	39%	29%	23%	27%	21%	16%	15%	10%	4%	4%	4%	3%	3%
55 +	65%	38%	31%	23%	19%	21%	12%	16%	27%	7%	3%	4%	2%	3%	2%
 <b>Education (End of)</b>															
15-	61%	30%	27%	19%	18%	17%	13%	15%	20%	6%	3%	4%	2%	3%	2%
16-19	59%	37%	34%	28%	22%	24%	21%	19%	15%	9%	4%	4%	4%	3%	2%
20+	67%	46%	44%	33%	27%	29%	24%	18%	18%	13%	7%	5%	6%	2%	2%
Still studying	61%	49%	37%	45%	33%	24%	41%	35%	5%	16%	17%	8%	14%	4%	4%
 <b>Gender and Age</b>															
Man 15-24	60%	52%	35%	49%	39%	20%	39%	40%	4%	15%	17%	9%	18%	5%	4%
Man 25-39	59%	40%	41%	35%	29%	24%	26%	23%	9%	12%	9%	5%	9%	3%	2%
Man 40-54	61%	38%	40%	31%	23%	26%	19%	17%	14%	9%	4%	4%	5%	4%	3%
Man 55+	64%	38%	33%	24%	19%	21%	10%	16%	26%	7%	3%	4%	3%	3%	2%
Woman 15-24	57%	39%	34%	36%	23%	26%	37%	23%	4%	11%	10%	6%	6%	3%	3%
Woman 25-39	62%	40%	40%	29%	24%	29%	31%	16%	10%	14%	6%	5%	4%	3%	2%
Woman 40-54	64%	41%	37%	26%	22%	28%	22%	14%	16%	10%	4%	4%	2%	2%	3%
Woman 55+	66%	38%	30%	22%	20%	21%	13%	16%	28%	8%	2%	4%	2%	3%	2%
<b>Exercise or play sport</b>															
Regularly	72%	49%	39%	32%	36%	26%	29%	19%	18%	13%	12%	7%	10%	3%	4%
With some regularity	72%	52%	44%	41%	32%	32%	33%	28%	19%	15%	9%	7%	9%	4%	3%
Seldom	56%	33%	32%	25%	18%	21%	17%	15%	11%	7%	4%	3%	2%	2%	2%
Never	43%	21%	25%	14%	10%	12%	8%	9%	12%	4%	1%	2%	1%	2%	1%

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

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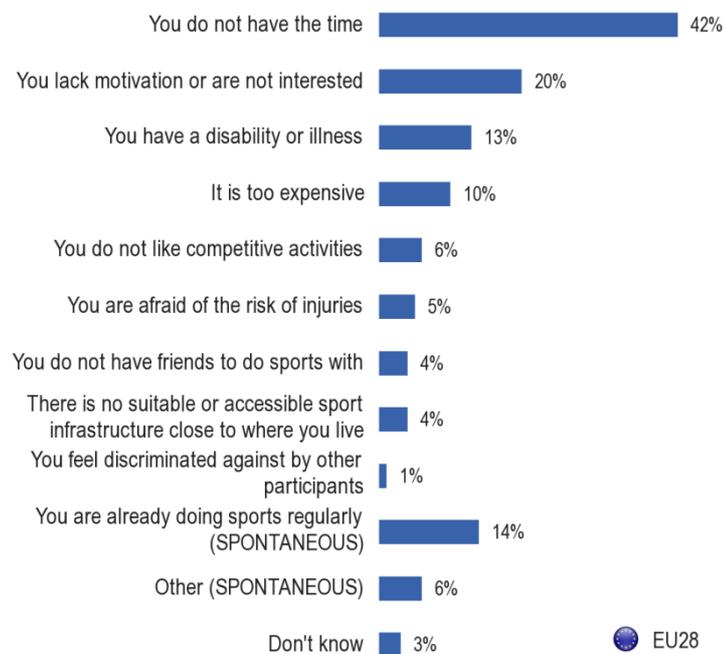
### 3.2. Barriers

#### - Lack of time is the main reason given for not practising sport. -

All respondents were asked about the main reasons that currently prevent them from practising sport more regularly<sup>22</sup>. Lack of time is the main reason that people in the EU give for not practising sport more regularly (this is mentioned by 42%). Other factors include a lack of motivation or interest (20%), having a disability or illness (13%) or the fact that it is too expensive (10%).

A small minority of respondents give other reasons: 6% do not like competitive activities; 5% are afraid of the risk of injuries; 4% do not have friends to do sports with; and 4% cite lack of suitable or accessible sport infrastructure close to where they live. About one in seven respondents (14%) say that they are already doing sports regularly.

QD9. What are the main reasons currently preventing you from practising sport more regularly?



MULTIPLE ANSWERS POSSIBLE<sup>23</sup>

Lack of time is the most common reason for not practising sport across the EU. On a **country level**, the proportions giving this answer are the highest in Malta (56%), Romania (53%), the Czech Republic (52%), Luxembourg (50%), Sweden (50%) and Cyprus (49%). The lowest proportions are in the Netherlands (29%), Austria (31%), Finland (32%) and Portugal (33%).

<sup>22</sup> QD9: 'What are the main reasons currently preventing you from practising sport more regularly?' Possible responses: you do not have the time; it is too expensive; you do not like competitive activities; there is no suitable sport infrastructure close to where you live; you have a disability or illness; you do not have friends to do sports with; you feel discriminated against by other participants; you lack motivation or are not interested; you are afraid of the risk of injuries; you are already doing sports regularly; other; don't know.

<sup>23</sup> It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

Lack of interest or motivation is mentioned by a large proportion of respondents in Denmark (29%), Malta (28%), Sweden (27%) and Greece (27%). Respondents in Ireland (11%), Romania (13%), Slovenia (14%) and the United Kingdom (14%) are least likely to see this as a problem.

Illness or disability emerge as particular reasons for not practising sport in Finland (24%), the United Kingdom (21%) and Denmark (20%). The cost of practising sport is mentioned most frequently in Portugal (19%), Cyprus (18%) and Lithuania (17%); only 1% of respondents in Malta say that it is too expensive.

A dislike of competitive activities is the most commonly given as a reason by respondents in Italy (13%), Malta (12%) and Hungary (10%). Respondents in Slovakia (10%) and the Czech Republic (9%) are most likely to say that they are afraid of the risk of injuries.

A lack of suitable or accessible sport infrastructure is not seen as a problem in the vast majority of the EU, although a larger proportion of respondents in Romania (10%), Lithuania (9%), Croatia (8%) and Slovakia (8%) mention this as a difficulty for them.

QD9 What are the main reasons currently preventing you from practising sport more regularly?

	You do not have the time	You lack motivation or are not interested	You have a disability or illness	It is too expensive	You do not like competitive activities	You are afraid of the risk of injuries	There is no suitable or accessible sport infrastructure close to where you live	You do not have friends to do sports with	You feel discriminated against by other participants	You are already doing sports regularly (SPONTANEOUS)
EU28	42%	20%	13%	10%	6%	5%	4%	4%	1%	14%
BE	39%	19%	15%	10%	8%	6%	3%	4%	1%	14%
BG	39%	26%	12%	9%	6%	6%	7%	4%	0%	8%
CZ	52%	23%	16%	14%	6%	9%	7%	7%	1%	9%
DK	48%	29%	20%	8%	5%	7%	3%	3%	0%	8%
DE	38%	23%	13%	7%	6%	4%	3%	4%	0%	23%
EE	42%	15%	17%	13%	5%	3%	6%	3%	0%	11%
IE	44%	11%	11%	7%	6%	7%	2%	2%	0%	17%
EL	46%	27%	9%	12%	5%	4%	6%	5%	0%	13%
ES	45%	24%	9%	9%	4%	5%	1%	1%	1%	14%
FR	42%	24%	15%	10%	9%	6%	3%	4%	0%	11%
HR	44%	22%	13%	14%	3%	8%	8%	4%	1%	9%
IT	40%	18%	4%	15%	13%	3%	4%	3%	1%	12%
CY	49%	20%	11%	18%	2%	4%	5%	2%	0%	15%
LV	47%	19%	12%	11%	6%	2%	6%	3%	0%	13%
LT	42%	20%	13%	17%	3%	2%	9%	4%	1%	5%
LU	50%	23%	14%	5%	4%	4%	3%	4%	1%	12%
HU	43%	18%	17%	13%	10%	7%	6%	5%	1%	8%
MT	56%	28%	9%	1%	12%	8%	2%	2%	0%	10%
AT	31%	26%	10%	9%	8%	8%	3%	5%	1%	32%
NL	29%	15%	13%	8%	5%	4%	1%	1%	0%	33%
PL	46%	19%	14%	10%	2%	7%	5%	4%	1%	8%
PT	33%	26%	11%	19%	7%	4%	4%	4%	1%	15%
RO	53%	13%	10%	9%	4%	1%	10%	2%	1%	7%
SI	45%	14%	14%	14%	4%	6%	4%	3%	0%	13%
SK	48%	23%	12%	12%	6%	10%	8%	7%	1%	11%
FI	32%	17%	24%	6%	7%	6%	5%	6%	1%	17%
SE	50%	27%	18%	6%	5%	5%	6%	3%	0%	11%
UK	42%	14%	21%	11%	3%	5%	4%	3%	0%	11%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

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The differences by **socio-demographic** groups are as follows:

- Reasons for not practising sport are similar for men and women. The only slight differences are that men are more likely to say they are already doing sports regularly (16% compared with 12%), while women are more likely to say they have a disability or illness (14% compared with 11%).
- Lack of time is mentioned most frequently in the middle age-bands (58% of 25-39 year olds and 53% of 40-54 year olds). Having a disability or illness is a more common issue for older people (25% of those aged 55 or over), while 15-24 year olds are the most likely to say that they are already doing sports regularly; the proportion is particularly high for 15-24 year old men (29%).
- People who stay in education for longer are more likely to mention lack of time as a factor. This is mentioned by 50% of people who left education at 20 or older, compared with 44% of those who left education between the age of 16 and 19, and 24% of those who left education by the age of 15. Those who left education at the age of 20 or above are also more likely to say that they already play sports regularly (16%), whereas those who left education by the age of 15 are more likely to say that they do not have the interest or motivation (26%).
- It is possible to examine the reasons given by people who exercise or play sport seldom, as well as those who never do so. This analysis shows that having a disability or illness is mainly a reason for not practising sport at all (it is mentioned by 20% of those who never exercise or play sport, compared with 11% of those who do so seldom). Similarly, a lack of motivation or interest is mentioned more frequently by people who never exercise or play sport (30%) than those who do so seldom (24%). Lack of time is mentioned more by those who exercise or play sport seldom (54%) than those who never do so (37%).

## QD9 What are the main reasons currently preventing you from practising sport more regularly?

	You do not have the time	You lack motivation or are not interested	You have a disability or illness	It is too expensive	You do not like competitive activities	You are afraid of the risk of injuries	There is no suitable or accessible sport infrastructure close to where you live	You do not have friends to do sports with	You feel discriminated against by other participants	You are already doing sports regularly (SPONTANEOUS)
EU28	42%	20%	13%	10%	6%	5%	4%	4%	1%	14%
 <b>Gender</b>										
Man	42%	20%	11%	9%	6%	5%	4%	3%	0%	16%
Woman	42%	21%	14%	11%	7%	5%	4%	4%	1%	12%
 <b>Age</b>										
15-24	46%	18%	4%	11%	4%	3%	5%	4%	1%	23%
25-39	58%	16%	4%	14%	5%	2%	5%	4%	1%	14%
40-54	53%	21%	10%	12%	7%	4%	4%	4%	1%	12%
55 +	21%	24%	25%	7%	8%	8%	3%	3%	1%	12%
 <b>Education (End of)</b>										
15-	24%	26%	22%	9%	8%	7%	2%	3%	0%	9%
16-19	44%	21%	13%	12%	6%	5%	5%	4%	1%	13%
20+	50%	18%	9%	9%	6%	4%	4%	4%	1%	16%
Still studying	48%	15%	4%	11%	4%	3%	5%	4%	0%	26%
 <b>Gender and Age</b>										
Man 15-24	43%	15%	3%	9%	2%	4%	5%	4%	0%	29%
Man 25-39	56%	15%	4%	12%	4%	3%	5%	4%	0%	17%
Man 40-54	53%	21%	9%	10%	6%	4%	4%	3%	1%	13%
Man 55+	21%	25%	23%	6%	10%	7%	3%	3%	0%	13%
Woman 15-24	50%	21%	5%	13%	6%	2%	6%	4%	1%	17%
Woman 25-39	61%	17%	5%	15%	6%	2%	5%	4%	1%	11%
Woman 40-54	53%	22%	11%	13%	7%	3%	4%	4%	0%	11%
Woman 55+	21%	24%	26%	7%	7%	9%	3%	3%	1%	11%
<b>Exercise or play sport</b>										
Regularly	28%	7%	8%	9%	4%	5%	2%	1%	1%	39%
With some regularity	45%	10%	7%	9%	5%	4%	4%	2%	0%	28%
Seldom	54%	24%	11%	13%	7%	5%	5%	5%	0%	5%
Never	37%	30%	20%	11%	8%	6%	4%	4%	1%	2%

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#### 4. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA

Respondents were invited to give their opinion on a number of statements relating to sport and physical activity. These statements relate to how people perceive the opportunities to be physically active in their local area, and to the performance of the local authority in providing these opportunities.

**- Most EU citizens feel that they have opportunities to be physically active, but there are mixed views on the level of support provided by local authorities. -**

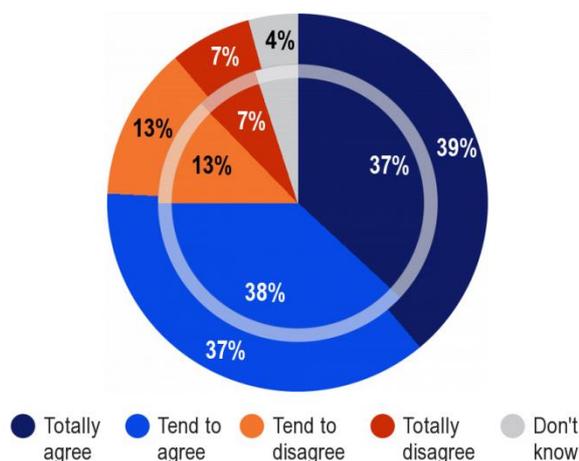
##### 4.1. Opportunities in the local area

A little over three in four EU citizens (76%) either totally agree (39%) or tend to agree (37%) that their local area provides them with opportunities to be physically active<sup>24</sup>. However, 20% of respondents either tend to disagree (13%) or totally disagree (7%) that this is the case. A further 4% say they do not even know if their area offers them opportunities.

The findings are very similar to those seen in the 2009 survey, although the proportion that totally agrees has increased slightly (from 37% to 2009 in 39% in 2013).

QD11.1. To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where you live offers you many opportunities to be physically active



Inner pie : 2009 (EB72.3 Oct.)

Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

<sup>24</sup> QD11.1: 'To what extent do you agree or disagree with the following statements about sport and physical activity? The area where you live offers you many opportunities to be physically active.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

**In some countries**, respondents have an even better impression of their local facilities. In the Netherlands, 95% of respondents agree that they have many opportunities in their area, and also Denmark (92%), Sweden (90%), France (89%) and Germany (89%) show high levels of agreement. There are stronger levels of disagreement in Bulgaria (53%), Romania (47%), Slovakia (39%) and Greece (37%).

In many countries, attitudes have remained similar to those observed in 2009. Attitudes towards local opportunities have become markedly more positive in the Czech Republic (+12 pp) and in Poland (+10 pp). However, compared with the 2009 survey, respondents are now more likely to disagree in Greece (+8 pp), Hungary (+7 pp), Bulgaria (+7 pp) and Romania (+6 pp).

QD11.1 To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where you live offers you many opportunities to be physically active

	Total 'Agree'		Total 'Disagree'		Don't know	
	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
 EU28	76%	<b>+1</b>	20%	=	4%	<b>-1</b>
 CZ	73%	<b>+12</b>	23%	<b>-12</b>	4%	=
 PL	70%	<b>+10</b>	23%	<b>-8</b>	7%	<b>-2</b>
 MT	59%	<b>+8</b>	33%	<b>-7</b>	8%	<b>-1</b>
 LT	77%	<b>+7</b>	18%	<b>-3</b>	5%	<b>-4</b>
 LV	71%	<b>+6</b>	25%	<b>-4</b>	4%	<b>-2</b>
 PT	62%	<b>+5</b>	30%	<b>-6</b>	8%	<b>+1</b>
 BE	87%	<b>+4</b>	11%	<b>-4</b>	2%	=
 EE	78%	<b>+4</b>	20%	<b>-2</b>	2%	<b>-2</b>
 SE	90%	<b>+4</b>	9%	<b>-4</b>	1%	=
 UK	76%	<b>+4</b>	21%	<b>-2</b>	3%	<b>-2</b>
 FR	89%	<b>+3</b>	8%	<b>-2</b>	3%	<b>-1</b>
 CY	74%	<b>+3</b>	22%	<b>-1</b>	4%	<b>-2</b>
 LU	87%	<b>+3</b>	9%	<b>-3</b>	4%	=
 AT	88%	<b>+3</b>	10%	<b>-2</b>	2%	<b>-1</b>
 SI	84%	<b>+3</b>	13%	<b>-4</b>	3%	<b>+1</b>
 DK	92%	<b>+2</b>	7%	<b>-1</b>	1%	<b>-1</b>
 DE	89%	<b>+2</b>	9%	<b>-2</b>	2%	=
 IE	78%	<b>+1</b>	18%	<b>+1</b>	4%	<b>-2</b>
 RO	42%	<b>+1</b>	47%	<b>+6</b>	11%	<b>-7</b>
 ES	75%	=	20%	<b>-1</b>	5%	<b>+1</b>
 NL	95%	=	4%	=	1%	=
 EL	60%	<b>-2</b>	37%	<b>+8</b>	3%	<b>-6</b>
 IT	69%	<b>-3</b>	26%	<b>+4</b>	5%	<b>-1</b>
 SK	56%	<b>-3</b>	39%	<b>+3</b>	5%	=
 FI	85%	<b>-3</b>	12%	<b>+1</b>	3%	<b>+2</b>
 HU	58%	<b>-6</b>	34%	<b>+7</b>	8%	<b>-1</b>
 BG	32%	<b>-7</b>	53%	<b>+7</b>	15%	=
 HR	69%	*	27%	*	4%	*

At the **socio-demographic** level, the main difference is in terms of the respondent's financial position. Among people who pay their bills without difficulty, 81% agree that they have sufficient opportunities in their area, but this falls to 63% among people who have difficulties most of the time. Clearly, having more disposable income offers EU citizens a wider range of possibilities when it comes to sport and physical activity.

The type of area where respondents live also makes a difference. People living in rural areas are less likely to agree that they have opportunities in their area (68%) than those living in small or medium sized towns (79%) or large towns (80%).

Attitudes also seem to show a connection with the amount people exercise or play sport. Most respondents who exercise or play sport regularly agree that they have many opportunities in their area (83%), as do those who exercise or play with some regularity (85%). Agreement is lower among those who exercise or play sport seldom (78%) or never (67%).

**QD11.1 To what extent do you agree or disagree with the following statements about sport and physical activity?**

**The area where you live offers you many opportunities to be physically active**

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	76%	20%	4%

 **Subjective urbanisation**

Rural village	68%	28%	4%
Small/ mid size town	79%	17%	4%
Large town	80%	15%	5%

 **Difficulties paying bills**

Most of the time	63%	31%	6%
From time to time	70%	25%	5%
Almost never/ Never	81%	16%	3%

**Exercise or play sport**

Regularly	83%	15%	2%
With some regularity	85%	14%	1%
Seldom	78%	20%	2%
Never	67%	25%	8%

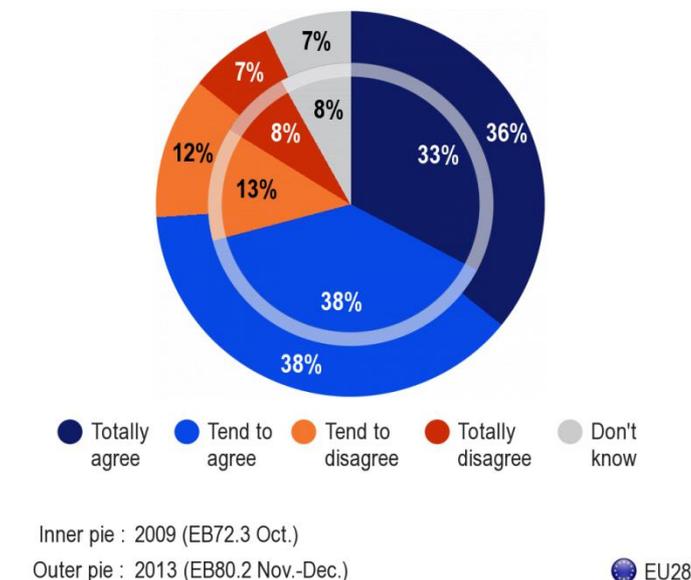
#### 4.2. Opportunities offered by local sport clubs and other providers

The majority of EU citizens (74%) either totally agree (36%) or tend to agree (38%) that their local sport clubs and other providers give them many opportunities to be physically active<sup>25</sup>. However, 19% of respondents either tend to disagree (12%) or totally disagree (7%).

Again, these results are similar to those seen in the 2009 survey, although slightly more respondents now totally agree that local sport clubs and other providers offer them the opportunities they need (+3 pp), while the proportion that disagrees has fallen (-2 pp).

QD11.2. To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active



**Individual countries** show the same patterns as for the previous question. The highest levels of agreement in relation to the opportunities offered by local sport clubs and other providers are in the Netherlands (94%), Denmark (91%), France (88%) and Germany (88%).

Once again, respondents are the most likely to disagree in Bulgaria (50%), Romania (50%), Slovakia (44%) and Greece (41%).

There have been changes since 2009 in some countries. The level of agreement has increased in Lithuania (+16 pp), Poland (+13 pp), the Czech Republic (+11 pp) and Latvia (+10 pp). Respondents are more likely to disagree than they were in 2009 in Greece (+8 pp) and Slovakia (+5 pp).

<sup>25</sup> QD11.2: 'To what extent do you agree or disagree with the following statements about sport and physical activity? Local sport clubs and other local providers offer many opportunities to be physically active.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

QD11.2 To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active

	Total 'Agree'		Total 'Disagree'		Don't know	
	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
 EU28	74%	+3	19%	-2	7%	-1
 LT	63%	+16	26%	-11	11%	-5
 PL	59%	+13	27%	-12	14%	-1
 CZ	69%	+11	26%	-10	5%	-1
 LV	70%	+10	24%	-7	6%	-3
 BG	30%	+9	50%	-7	20%	-2
 MT	59%	+9	24%	-9	17%	=
 CY	61%	+8	29%	-6	10%	-2
 EE	73%	+7	21%	-4	6%	-3
 IE	84%	+7	12%	-3	4%	-4
 NL	94%	+7	4%	-6	2%	-1
 RO	34%	+6	50%	+3	16%	-9
 SI	76%	+5	19%	-5	5%	=
 LU	86%	+4	10%	-3	4%	-1
 UK	80%	+4	14%	-3	6%	-1
 BE	87%	+3	10%	-3	3%	=
 DE	88%	+3	8%	-2	4%	-1
 DK	91%	+2	6%	-1	3%	-1
 FR	88%	+2	7%	-2	5%	=
 FI	79%	+2	13%	-4	8%	+2
 PT	56%	+1	34%	-3	10%	+2
 SE	85%	+1	10%	-1	5%	=
 ES	77%	=	16%	=	7%	=
 AT	81%	=	15%	+3	4%	-3
 IT	66%	-2	27%	+3	7%	-1
 HU	59%	-2	33%	+4	8%	-2
 EL	54%	-3	41%	+8	5%	-5
 SK	48%	-5	44%	+5	8%	=
 HR	63%	*	30%	*	7%	*

**Socio-demographic** variations are similar to those seen for the previous question. Once again, there is a difference in relation to financial position. Among people who pay their bills without difficulty, 79% agree that local sport clubs and other providers offer them many opportunities, while this is lower among the people who have difficulties most of the time paying their bills (63%).

People living in rural areas are less likely to agree that local sport clubs and other providers offer opportunities in their area (65%) than those living in small or medium sized towns (79%) or large towns (79%).

In addition, the level of agreement is higher among men aged 15-24 (81%) than among those in other gender/age groups.

Attitudes again seem to show a connection with the amount of people exercise or play sport. Most respondents who exercise or play sport regularly agree that local sport clubs and other providers offer them opportunities (81%), as do those who exercise or play sport with some regularity (85%). Agreement is lower among those who exercise or play sport seldom (76%) or never (64%).

**QD11.2 To what extent do you agree or disagree with the following statements about sport and physical activity?**

**Local sport clubs and other local providers offer many opportunities to be physically active**

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	74%	19%	7%
<b>Subjective urbanisation</b>			
Rural village	65%	28%	7%
Small/ mid size town	79%	15%	6%
Large town	79%	13%	8%
<b>Difficulties paying bills</b>			
Most of the time	63%	28%	9%
From time to time	67%	25%	8%
Almost never/ Never	79%	15%	6%
<b>Gender and Age</b>			
Man 15-24	81%	17%	2%
Man 25-39	76%	20%	4%
Man 40-54	77%	18%	5%
Man 55+	73%	18%	9%
Woman 15-24	76%	21%	3%
Woman 25-39	73%	21%	6%
Woman 40-54	74%	19%	7%
Woman 55+	71%	17%	12%
<b>Exercise or play sport</b>			
Regularly	81%	14%	5%
With some regularity	85%	13%	2%
Seldom	76%	19%	5%
Never	64%	25%	11%

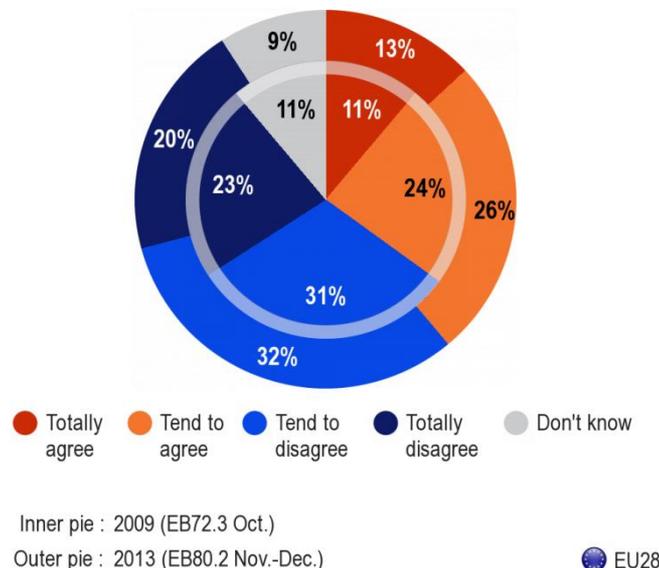
### 4.3. Local authority provisions

There are more mixed views (compared to the two previous statements) as to whether local authorities do enough to provide their citizens with opportunities to be physically active<sup>26</sup>: 39% agree that they do not do enough, while 52% disagree.

Attitudes have become slightly more negative since 2009. The proportion that agrees that local authorities do not do enough has increased (+4 pp), while the proportion disagreeing has decreased (-2 pp).

QD11.3. To what extent do you agree or disagree with the following statements about sport and physical activity?

Your local authority does not do enough for its citizens in relation to physical activities



When looking **at country level**, a majority of respondents in four countries think that their local authority is not doing enough: Croatia (58%), Italy (56%), Romania (51%) and Slovakia (51%).

By contrast, views are the most positive in Denmark (where 77% disagreed), Finland (73%), Germany (71%) and the Netherlands (71%).

There have been changes since 2009 in some countries. Respondents are now more likely to agree that their local authority is not doing enough in Ireland (+16 pp), Spain (+11 pp) and Hungary (+11 pp). Views have become more positive in Latvia (+10 pp in the proportion that disagrees) and in Poland (+8 pp).

<sup>26</sup> QD11.3: 'To what extent do you agree or disagree with the following statements about sport and physical activity? Your local authority does not do enough for its citizens in relation to physical activities.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

QD11.3 To what extent do you agree or disagree with the following statements about sport and physical activity?

Your local authority does not do enough for its citizens in relation to physical activities

	Total 'Agree'		Total 'Disagree'		Don't know	
	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
 EU28	39%	<b>+4</b>	52%	<b>-2</b>	9%	<b>-2</b>
 LV	37%	<b>-4</b>	55%	<b>+10</b>	8%	<b>-6</b>
 PL	48%	<b>-4</b>	38%	<b>+8</b>	14%	<b>-4</b>
 CY	49%	<b>-2</b>	40%	<b>+7</b>	11%	<b>-5</b>
 LT	49%	<b>+2</b>	38%	<b>+6</b>	13%	<b>-8</b>
 AT	27%	<b>+1</b>	68%	<b>+5</b>	5%	<b>-6</b>
 BG	49%	=	31%	<b>+4</b>	20%	<b>-4</b>
 RO	51%	<b>+3</b>	32%	<b>+4</b>	17%	<b>-7</b>
 DK	19%	=	77%	<b>+3</b>	4%	<b>-3</b>
 EE	31%	<b>+1</b>	61%	<b>+2</b>	8%	<b>-3</b>
 SK	51%	<b>+5</b>	39%	<b>+1</b>	10%	<b>-6</b>
 EL	44%	<b>+6</b>	50%	<b>-1</b>	6%	<b>-5</b>
 FR	26%	=	66%	<b>-1</b>	8%	<b>+1</b>
 SI	42%	<b>-1</b>	51%	<b>-1</b>	7%	<b>+2</b>
 DE	22%	<b>+3</b>	71%	<b>-2</b>	7%	<b>-1</b>
 NL	18%	<b>-1</b>	71%	<b>-2</b>	11%	<b>+3</b>
 PT	49%	<b>+2</b>	36%	<b>-2</b>	15%	=
 IT	56%	<b>+4</b>	34%	<b>-3</b>	10%	<b>-1</b>
 MT	46%	<b>+5</b>	35%	<b>-3</b>	19%	<b>-2</b>
 FI	21%	<b>+1</b>	73%	<b>-3</b>	6%	<b>+2</b>
 UK	39%	<b>+4</b>	53%	<b>-3</b>	8%	<b>-1</b>
 CZ	44%	<b>+8</b>	48%	<b>-4</b>	8%	<b>-4</b>
 BE	38%	<b>+6</b>	58%	<b>-5</b>	4%	<b>-1</b>
 ES	50%	<b>+11</b>	41%	<b>-7</b>	9%	<b>-4</b>
 LU	26%	<b>+7</b>	67%	<b>-8</b>	7%	<b>+1</b>
 HU	46%	<b>+11</b>	43%	<b>-9</b>	11%	<b>-2</b>
 SE	30%	<b>+7</b>	61%	<b>-9</b>	9%	<b>+2</b>
 IE	45%	<b>+16</b>	44%	<b>-10</b>	11%	<b>-6</b>
 HR	58%	*	34%	*	8%	*

**Socio-demographic variations** show that:

- Once again, there is a difference in relation to financial position. Among people who pay their bills without difficulty, 34% agree that local authorities are not doing enough, but this is higher among people who have difficulties most of the time (47%).
- Younger people are more likely to think that local authorities are not doing enough, and this variation is mainly concentrated on young women. While 46% of women aged 15-24 agree that their local authority does not do enough, this applies to only 33% of women aged 55 or over. The difference for men is much less pronounced. This finding is relevant in the context of the comparatively lower proportion of young women exercising or playing sport on a regular basis compared with young men (see section 1.1.1).

**QD11.3 To what extent do you agree or disagree with the following statements about sport and physical activity?**

**Your local authority does not do enough for its citizens in relation to physical activities**

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	39%	52%	9%
<b>Age</b>			
15-24	42%	51%	7%
25-39	43%	49%	8%
40-54	39%	53%	8%
55 +	34%	53%	13%
<b>Difficulties paying bills</b>			
Most of the time	47%	43%	10%
From time to time	45%	45%	10%
Almost never/ Never	34%	57%	9%
<b>Gender and Age</b>			
Man 15-24	39%	56%	5%
Man 25-39	45%	48%	7%
Man 40-54	38%	55%	7%
Man 55+	36%	52%	12%
Woman 15-24	46%	47%	7%
Woman 25-39	41%	50%	9%
Woman 40-54	40%	51%	9%
Woman 55+	33%	53%	14%

## 5. VOLUNTEERING IN SPORT

This chapter examines engagement in voluntary work that supports sporting activities. It also provides details on the amount of time spent on volunteering in sport, and the type of activities that people do.

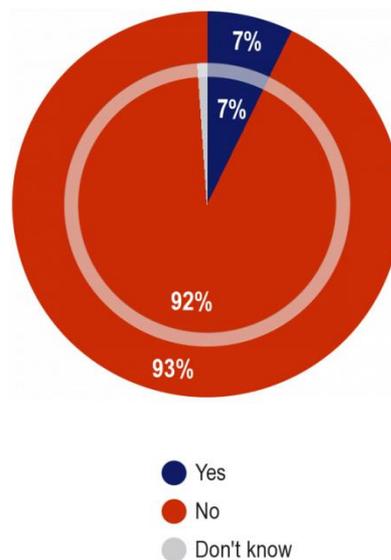
**- 7% of EU citizens volunteer in sport, with a wide range of activities undertaken. -**

### 5.1. Prevalence of volunteering

Voluntary work was described as any voluntary work or activity for which they do not receive any payment, except to cover expenses.

In total, 7% of EU citizens engage in volunteering to support sporting activities<sup>27</sup>. This figure has remained unchanged since the 2009 survey.

QD12. Do you engage in voluntary work that supports sporting activities?



Inner pie : 2009 (EB72.3 Oct.)

Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

At the **country level**, volunteering in sport is the highest in Sweden (25%), and is also relatively high in the Netherlands (18%), Denmark (18%) and Ireland (15%).

Those countries show the lowest numbers of people volunteering in sport where, throughout this survey, there is a lower proportion of people who exercise or play sport on a regular basis. Portugal (2%), Italy (3%), Greece (3%), Romania (3%), Bulgaria (3%) and Poland (3%) are among those countries where volunteering in sport is relatively rare.

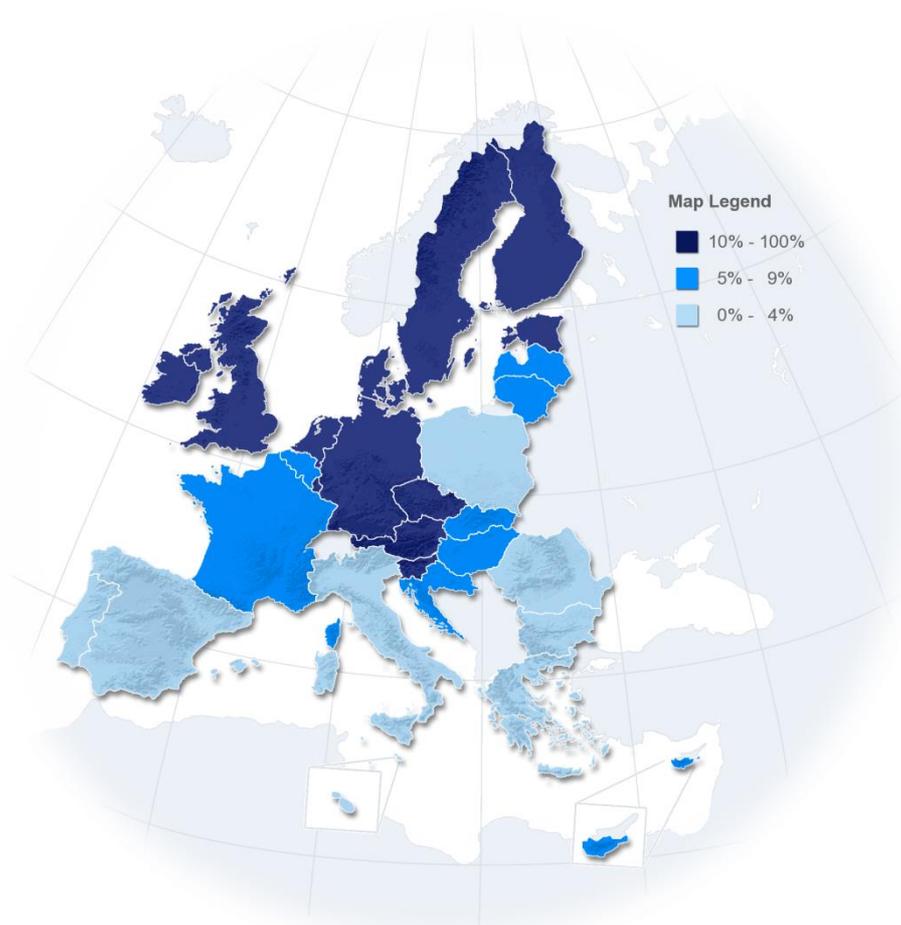
<sup>27</sup> QD12: 'Do you engage in voluntary work that supports sporting activities?' Possible responses: yes; no; don't know.

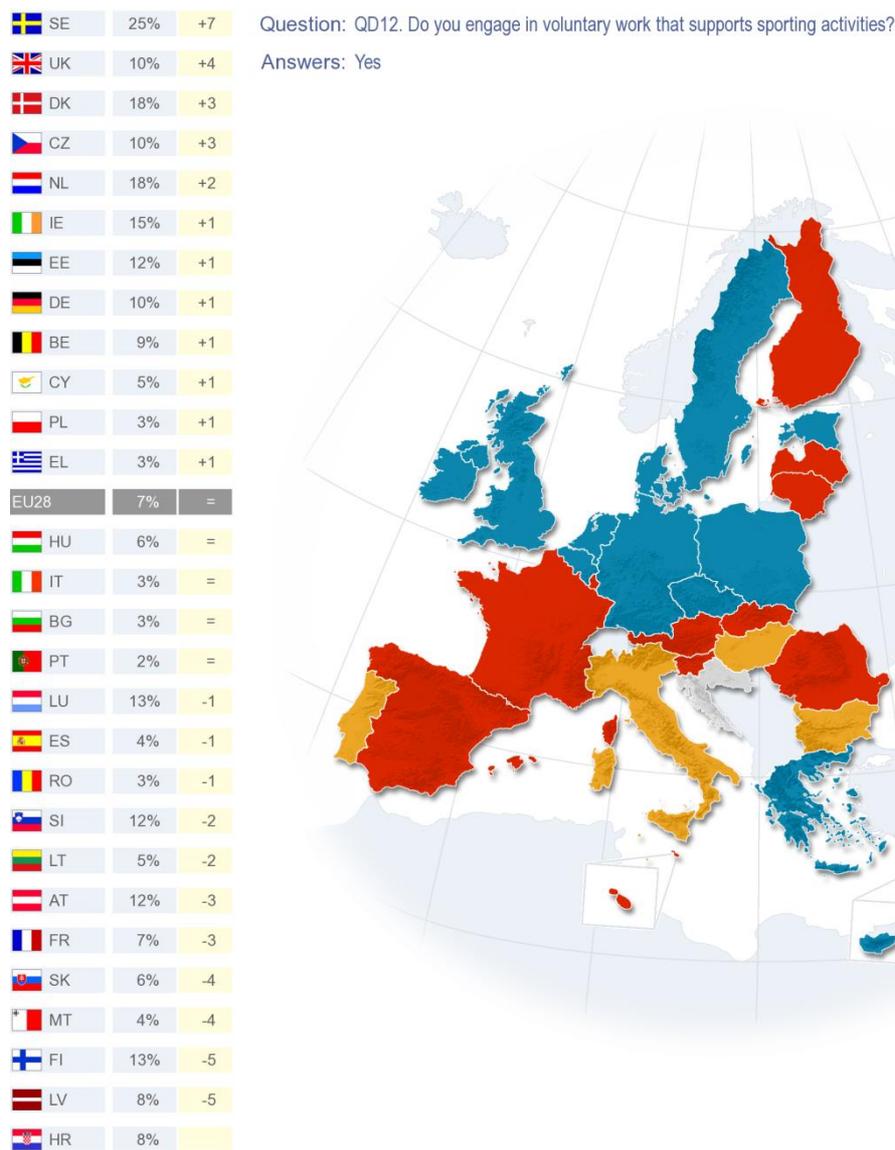
In most countries, the level of volunteering has not changed significantly since 2009. However, there have been relatively large increases in Sweden (+7 pp) and the United Kingdom (+4 pp), while levels of volunteering have decreased most in Finland (-5 pp), Latvia (-5 pp), Slovakia (-4 pp) and Malta (-4 pp).

 SE	25%
 NL	18%
 DK	18%
 IE	15%
 LU	13%
 FI	13%
 EE	12%
 SI	12%
 AT	12%
 UK	10%
 CZ	10%
 DE	10%
 BE	9%
 LV	8%
 HR	8%
 EU	7%
 FR	7%
 HU	6%
 SK	6%
 LT	5%
 CY	5%
 ES	4%
 MT	4%
 PL	3%
 BG	3%
 RO	3%
 EL	3%
 IT	3%
 PT	2%

Question: QD12. Do you engage in voluntary work that supports sporting activities?

Answers: Yes





The **socio-demographic** findings show that:

- The majority of EU citizens volunteering in sport are men: 9% of men say they volunteer, compared with 6% of women.
- Volunteering does not vary greatly by age, although it is lower among those aged 55 or over (5%).
- People who stay in education for longer are more likely to volunteer. Only 4% of those who finished studying by the age of 15 volunteer; but this climbs to 6% for those who ended education between the age of 16 and 19; and to 10% for those who ended education at the age of 20 or above.
- Related to this, volunteering is more common among managers (13%) and students (12%) and the self-employed (11%), compared with those in other occupational groups.

- Respondents who exercise or play sport on a regular basis are more likely to volunteer. 14% of people who exercise or play sport regularly and 13% who do so with some regularity say they give their time to volunteering, compared with 6% of people who seldom do so and 2% of those who never exercise or play sport.

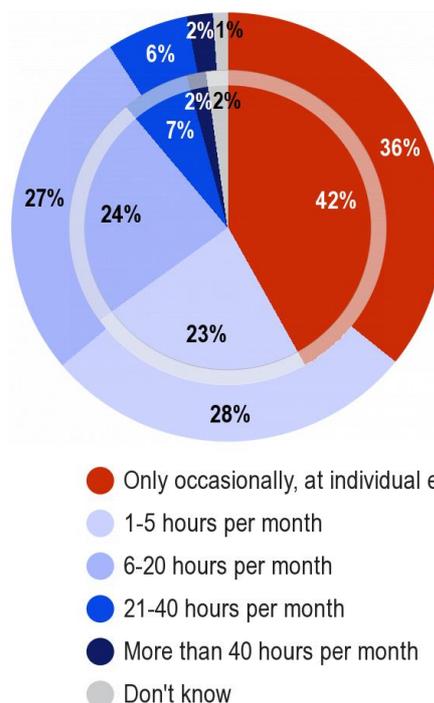
**QD12 Do you engage in voluntary work that supports sporting activities?**

	Yes	No	Don't know
EU28	7%	93%	0%
<b>Gender</b>			
Man	9%	91%	0%
Woman	6%	94%	0%
<b>Age</b>			
15-24	10%	90%	0%
25-39	7%	93%	0%
40-54	9%	91%	0%
55 +	5%	95%	0%
<b>Education (End of)</b>			
15-	4%	96%	0%
16-19	6%	94%	0%
20+	10%	90%	0%
Still studying	12%	88%	0%
<b>Socio-professional category</b>			
Self-employed	11%	89%	0%
Managers	13%	87%	0%
Other white collars	7%	93%	0%
Manual workers	7%	93%	0%
House persons	3%	97%	0%
Unemployed	5%	95%	0%
Retired	5%	95%	0%
Students	12%	88%	0%
<b>Exercise or play sport</b>			
Regularly	14%	86%	0%
With some regularity	13%	87%	0%
Seldom	6%	94%	0%
Never	2%	98%	0%

## 5.2. Time spent on volunteering

A little over one in three (36%) respondents who give their time to volunteering in sport only do so on an occasional basis<sup>28</sup>, with a further 28% spending between one and five hours per month. However, more than a third of respondents (35%) devote at least six hours of their time each month to volunteering in sport, with 8% of those surveyed giving 21 hours or more. The amount of time that people spend volunteering in sport is slightly higher than was recorded in 2009. The proportion who only do so occasionally has decreased (-6 pp), with a corresponding increase in the proportions who spend between one and five hours per month (+5 pp) and those who spend 6-20 hours per month (+3 pp).

QD13. How much time do you spend on voluntary work in sport?



Inner pie : 2009 (EB72.3 Oct.)  
Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

**Country analysis**<sup>29</sup> shows that the proportion of people who volunteer for at least six hours per month is higher than in other countries in the Netherlands (45%), the United Kingdom (40%), Belgium (39%), Denmark (38%) and Ireland (38%).

The proportion is significantly lower than the EU average in Latvia (15%), Estonia (17%), the Czech Republic (20%), Lithuania (23%) and Slovenia (24%).

<sup>28</sup> QD13: 'How much time do you spend on voluntary work in sport?' Possible responses: only occasionally, at individual events; 1-5 hours a month; 6-20 hours a month; 21-40 hours a month; more than 40 hours a month; don't know.

<sup>29</sup> As only 7% of respondents say they volunteer, the sample size for this question (and the next question about types of voluntary work) is very small. This means that the margin of error is higher at this phase of the analysis. The sample size for some individual countries is very small; where the sample size is less than 50 respondents, the country has been excluded from the commentary.

There is very little change since 2009. One noticeable evolution is that volunteers in Hungary now spend more time than in 2009 (+16 pp in the proportion of people who spend six hours or more per month). See below the footnote related to the small sample sizes.

QD13 How much time do you spend on voluntary work in sport?

	Only occasionally, at individual events		1-5 hours per month		6-20 hours per month		21-40 hours per month		More than 40 hours per month		Don't know	
	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
 EU28	36%	-6	28%	+5	27%	+3	6%	-1	2%	=	1%	-1
 CY	61%	+18	10%	-24	10%	-13	8%	+8	11%	+11	0%	=
 AT	46%	-1	16%	-6	25%	=	8%	+2	4%	+4	1%	+1
 FI	42%	-1	29%	+3	19%	-4	4%	-1	5%	+3	1%	=
 CZ	54%	=	26%	=	15%	-3	3%	+2	2%	+2	0%	-1
 DK	33%	-3	29%	+1	29%	+2	6%	-1	3%	+2	0%	-1
 HU	58%	=	15%	-11	23%	+15	2%	-1	2%	+2	0%	-5
 MT	75%	+16	11%	-10	10%	-4	2%	-2	2%	+2	0%	-2
 RO	58%	-6	22%	+12	11%	+4	2%	-4	2%	+2	5%	-8
 SI	52%	-6	23%	+3	17%	+2	5%	+1	2%	+1	1%	-1
 BG	68%	-13	12%	-1	16%	+10	4%	+4	0%	=	0%	=
 EL	55%	-25	31%	+17	14%	+8	0%	=	0%	=	0%	=
 FR	41%	=	22%	+3	21%	-6	14%	+5	2%	=	0%	-2
 LV	68%	-3	17%	+3	12%	+3	1%	-1	2%	=	0%	-2
 LT	48%	-9	24%	+3	15%	+6	4%	+1	4%	=	5%	-1
 PL	49%	-3	27%	-9	16%	+13	0%	=	0%	=	8%	-1
 PT	42%	+11	27%	+12	19%	=	6%	-8	6%	=	0%	-15
 SE	39%	-2	26%	+2	26%	-1	7%	+2	2%	=	0%	-1
 UK	29%	=	31%	-4	30%	+8	8%	-2	2%	=	0%	-2
 DE	29%	-7	35%	+15	31%	-6	4%	-1	0%	-1	1%	=
 IE	29%	-9	32%	+9	29%	=	7%	+1	2%	-1	1%	=
 NL	27%	-11	27%	+4	36%	+9	8%	-2	1%	-1	1%	+1
 SK	53%	-9	19%	+4	25%	+10	0%	-2	3%	-1	0%	-2
 BE	35%	+1	26%	+3	29%	+7	7%	-9	3%	-2	0%	=
 EE	63%	+1	19%	+2	14%	+3	2%	-1	1%	-2	1%	-3
 ES	44%	-15	22%	+4	23%	+13	8%	+2	3%	-2	0%	-2
 LU	43%	+5	28%	+10	22%	-15	5%	+5	2%	-2	0%	-3
 IT	22%	-19	36%	+7	33%	+18	0%	-12	0%	-3	9%	+9
 HR	57%	*	15%	*	21%	*	2%	*	4%	*	1%	*

Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

The analysis on **socio-demographic** variables<sup>30</sup> shows the following results. Among people who volunteer, people aged 55 or over typically spend more time doing so than those in younger age groups (40% spend at least six hours per month, compared with between 32% and 35% in younger age groups). The time spent on volunteering is also higher among those who exercise or play sport on a regular basis (44% of those who do

<sup>30</sup> As with the country analysis, it is important to note that the small sample sizes restrict the analysis of socio-demographic characteristics, and some caution should be used when interpreting the findings.

so regularly spend six hours or more per month on volunteering, compared with 30% of those who seldom and 27% who never exercise or play sport).

Among those who volunteer, respondents with a higher level of education spend comparatively more time volunteering: 36% of those who ended education at the age of 20 or above spend six hours or more per month on volunteering, compared with 30% of those who finished education by the age of 15. The socio-professional category of a respondent also seems to have an impact on the time spent on volunteering: comparatively higher proportions of unemployed and retired respondents spend six hours or more per month on volunteering (50% and 43% respectively), as well as managers and other white collar (37% and 38% respectively).

QD13 How much time do you spend on voluntary work in sport?

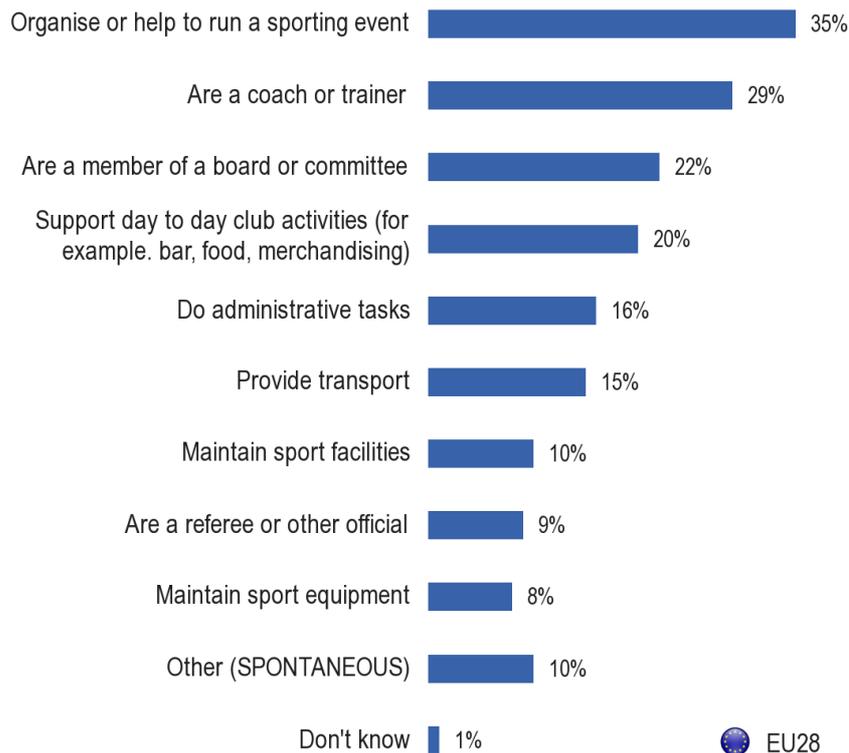
	Only occasionally, at individual events	1-5 hours per month	6-20 hours per month	21-40 hours per month	More than 40 hours per month	Don't know
EU28	36%	28%	27%	6%	2%	1%
<b>Gender</b>						
Man	35%	29%	26%	7%	2%	1%
Woman	38%	26%	28%	5%	2%	1%
<b>Age</b>						
15-24	39%	27%	24%	8%	1%	1%
25-39	40%	25%	27%	6%	2%	-
40-54	33%	34%	24%	6%	2%	1%
55 +	35%	23%	33%	6%	1%	2%
<b>Education (End of)</b>						
15-	27%	38%	21%	6%	3%	5%
16-19	42%	23%	26%	7%	2%	-
20+	32%	31%	28%	7%	1%	1%
Still studying	39%	27%	30%	2%	2%	-
<b>Socio-professional category</b>						
Self-employed	30%	42%	23%	2%	1%	2%
Managers	32%	31%	29%	6%	2%	-
Other white collars	31%	31%	30%	6%	2%	-
Manual workers	46%	26%	16%	8%	2%	2%
House persons	48%	27%	23%	1%	1%	-
Unemployed	34%	16%	22%	24%	4%	-
Retired	33%	22%	36%	6%	1%	2%
Students	39%	27%	30%	2%	2%	-
<b>Exercise or play sport</b>						
Regularly	34%	22%	32%	9%	3%	-
With some regularity	34%	30%	28%	6%	1%	1%
Seldom	40%	29%	21%	7%	2%	1%
Never	44%	26%	22%	4%	1%	3%

Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

### 5.3. Type of activities

People who volunteer in sport do a range of different activities<sup>31</sup>. The most common activity is organising or helping to run a sporting event (35%), followed by coaching or training (29%). Other common activities include being a member of a board or committee (22%), supporting day to day club activities (20%), doing administrative tasks (16%) and providing transport (15%).

QD14. What type of voluntary work do you do? You ...



Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE<sup>32</sup>

**Country analysis<sup>33</sup>** shows that volunteers are more likely to organise or to help run sporting events in Slovakia (66%), Sweden (51%), Slovenia (50%), Latvia (49%), Estonia (48%) and Belgium (48%), while the proportion is low in Germany (17%). People in Ireland (44%) and the United Kingdom (39%) are the most likely to volunteer as a coach or trainer, with the lowest figures in Hungary (5%) and Lithuania (7%). Membership of a board or committee is more common in Luxembourg (37%), Denmark (36%), Germany (32%), the Netherlands (32%), France (32%) and Sweden (30%),

<sup>31</sup> QD14: 'What type of voluntary work do you do? You...' Possible responses: are a member of a board or committee; do administrative tasks; are a coach or trainer; are a referee or other official; organise or help to run a sporting event; support day to day club activities (for example bar, food, merchandising); provide transport; maintain sport facilities; maintain sport equipment; other; don't know.

<sup>32</sup> It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

<sup>33</sup> The sample size for some individual countries is very small; where the sample size is less than 50 respondents, the country has been excluded from the commentary.

while the lowest figures are seen in Lithuania (3%), Latvia (6%), Estonia (7%) and the United Kingdom (9%). Support for day to day club activities is more likely to be provided by volunteers in Belgium (31%) and Germany (28%), with low proportions of volunteers doing this in Estonia (4%), Hungary (5%), Latvia (7%), Lithuania (8%) and the Czech Republic (9%). Volunteers are the most likely to do administrative tasks in Denmark (30%), Hungary (27%) and France (26%), while the figure is low in Croatia (4%). Providing transport is more common in Nordic countries, Sweden (35%), Denmark (32%) and Finland (27%), as well as in the Netherlands (30%). The highest figures for maintaining sport facilities are in Slovenia (19%), the Czech Republic (18%) and Denmark (17%). Hungary also has a high figure for the proportion who maintains sport equipment (22%). Estonia (24%), Latvia (23%), Finland (20%) and the Netherlands (19%) have the highest proportions of volunteers who are a referee or other type of official.

QD14 What type of voluntary work do you do? You ...

	Organise or help to run a sporting event	Are a coach or trainer	Are a member of a board or committee	Support day to day club activities (for example, bar, food, merchandising)	Do administrative tasks	Provide transport	Maintain sport facilities	Are a referee or other official	Maintain sport equipment
EU28	35%	29%	22%	20%	16%	15%	10%	9%	8%
BE	48%	25%	22%	31%	21%	11%	9%	13%	10%
BG	31%	14%	9%	16%	26%	3%	9%	16%	4%
CZ	46%	17%	14%	9%	15%	14%	18%	4%	7%
DK	38%	32%	36%	24%	30%	32%	17%	16%	15%
DE	17%	31%	32%	28%	17%	13%	13%	5%	12%
EE	48%	12%	7%	4%	14%	10%	5%	24%	10%
IE	41%	44%	20%	22%	15%	19%	8%	3%	4%
EL	46%	14%	8%	29%	7%	7%	0%	0%	4%
ES	47%	30%	8%	6%	2%	8%	3%	16%	0%
FR	46%	27%	32%	21%	26%	14%	10%	5%	8%
HR	45%	19%	27%	21%	4%	16%	5%	7%	3%
IT	19%	36%	16%	16%	12%	4%	8%	3%	0%
CY	58%	10%	48%	15%	28%	14%	7%	0%	12%
LV	49%	14%	6%	7%	10%	12%	6%	23%	8%
LT	25%	7%	3%	8%	11%	7%	9%	10%	10%
LU	37%	11%	37%	27%	20%	18%	6%	12%	6%
HU	47%	5%	13%	5%	27%	21%	4%	5%	22%
MT	37%	11%	23%	22%	22%	11%	19%	0%	2%
AT	44%	19%	20%	24%	18%	22%	16%	11%	15%
NL	38%	28%	32%	25%	20%	30%	5%	19%	6%
PL	10%	12%	11%	15%	8%	11%	16%	19%	4%
PT	32%	28%	20%	14%	0%	0%	12%	10%	10%
RO	20%	0%	14%	6%	11%	5%	0%	0%	3%
SI	50%	15%	18%	14%	11%	18%	19%	6%	13%
SK	66%	26%	12%	16%	13%	8%	13%	7%	14%
FI	45%	22%	11%	22%	20%	27%	5%	20%	12%
SE	51%	32%	30%	24%	19%	35%	12%	16%	8%
UK	35%	39%	9%	13%	12%	9%	9%	7%	5%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who engage in voluntary work that support sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE

There are variations in the types of voluntary activities among **socio-demographic**<sup>34</sup> groups:

- Men are more likely than women to be coaches or trainers (33% compared with 23%), to be referees or officials (11% compared with 6%), and to maintain sport facilities (12% compared with 6%). By contrast, women are more likely to do administrative tasks (21% compared with 13%), support day to day club activities (23% compared with 18%) and provide transport (18% compared with 14%). In particular, support for day to day club activities and providing transport are more likely to be provided by women in the middle age bands (25-39 and 40-54) and those with children.
- Younger people are more likely than older people to organise or to help run a sporting event (ranging from 41% of 15-24 year olds to 27% of those aged 55 or over), and to be coaches or trainers (44% of 15-24 year olds, falling to 15% of those aged 55+). In particular, young men aged 15-24 are more likely to be a coach or trainer (50%), and their proportion is much higher than the proportion of women in the same age group (33%).
- By contrast, older people are more likely than younger people to be members of a board or committee (36% of those aged 55+, falling to 8% of 15-24 year olds) and to do administrative tasks (24% of those aged 55+, falling to 8% of those aged 15-24). Retired people are particularly prone to do these activities, and they are more likely to be done by older men than by older women (for example 41% of men aged 55+ are members of a board or committee, compared with 28% of women in the same age band).
- Volunteers who spent more time in education are more likely to be coaches or trainers (32% of those who ended education at the age of 20 or above, compared with 15% of those who finished their education by the age of 15) and to be referees (9% compared with 3%). They are also more likely to provide transport (19% compared with 11% of those who finished education by the age of 15).
- People who exercise or play sport on a regular basis are more likely to be coaches or trainers (42% of those who exercise or play sport regularly, falling to 5% of those who never do so), whereas administrative tasks are more likely to be done by people who never exercise or play sport (20% compared with 11% of those who do so regularly).

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<sup>34</sup> As with the country analysis, it is important to note that the small sample sizes restrict the analysis of socio-demographic characteristics, and some caution should be used when interpreting the findings.

## QD14 What type of voluntary work do you do? You ...

	Organise or help to run a sporting event	Are a coach or trainer	Are a member of a board or committee	Support day to day club activities (for example, bar, food, merchandising)	Do administrative tasks	Provide transport	Maintain sport facilities	Are a referee or other official	Maintain sport equipment
EU28	35%	29%	22%	20%	16%	15%	10%	9%	8%
 <b>Gender</b>									
Man	34%	33%	23%	18%	13%	14%	12%	11%	9%
Woman	37%	23%	20%	23%	21%	18%	6%	6%	6%
<b>Age</b>									
15-24	41%	44%	8%	16%	8%	3%	9%	13%	9%
25-39	38%	30%	16%	17%	12%	19%	7%	9%	7%
40-54	35%	31%	24%	24%	18%	21%	12%	7%	10%
55 +	27%	15%	36%	18%	24%	14%	10%	8%	6%
 <b>Education (End of)</b>									
15-	21%	15%	30%	16%	16%	11%	8%	3%	6%
16-19	34%	24%	22%	21%	18%	18%	11%	7%	7%
20+	38%	32%	24%	20%	17%	19%	8%	9%	8%
Still studying	39%	43%	12%	17%	9%	4%	10%	17%	10%
 <b>Socio-professional category</b>									
Self-employed	25%	28%	28%	11%	18%	21%	12%	6%	7%
Managers	42%	38%	22%	19%	17%	19%	6%	9%	6%
Other white collars	36%	26%	16%	26%	17%	24%	8%	8%	8%
Manual workers	37%	26%	16%	26%	11%	17%	13%	7%	11%
House persons	24%	19%	21%	22%	30%	11%	10%	1%	9%
Unemployed	41%	34%	11%	17%	7%	10%	5%	15%	3%
Retired	28%	14%	41%	18%	26%	13%	11%	6%	7%
Students	39%	43%	12%	17%	9%	4%	10%	17%	10%
 <b>Gender and Age</b>									
Man 15-24	39%	50%	7%	19%	6%	4%	12%	13%	13%
Man 25-39	38%	33%	17%	13%	6%	15%	7%	11%	5%
Man 40-54	31%	35%	24%	20%	15%	18%	13%	9%	9%
Man 55+	28%	16%	41%	18%	23%	15%	15%	11%	8%
Woman 15-24	45%	33%	10%	10%	12%	1%	2%	12%	1%
Woman 25-39	38%	25%	14%	24%	21%	25%	7%	6%	9%
Woman 40-54	41%	25%	24%	31%	22%	26%	11%	4%	10%
Woman 55+	25%	12%	28%	19%	26%	12%	2%	4%	2%
<b>Exercise or play sport</b>									
Regularly	37%	42%	21%	16%	11%	8%	8%	6%	9%
With some regularity	37%	32%	23%	19%	16%	16%	10%	11%	9%
Seldom	33%	21%	23%	23%	18%	20%	9%	7%	7%
Never	23%	5%	18%	23%	20%	15%	12%	6%	3%

Base: Those respondents who engage in voluntary work that support sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE

## CONCLUSIONS

Despite the growing importance attached to the promotion of physical activity in EU Member States, the previous Eurobarometer survey in 2009 identified "alarmingly high" rates of physical inactivity in the EU, and found that the vast majority of Europeans (60%) never exercise or play sport.<sup>35</sup> In the 2013 survey, with 59%, this proportion of citizens remains unacceptably high. In fact, there is even a slight increase from the 2009 figure for those who do not exercise or play sport at all (i.e. from 39% to 42%). This survey also found that a substantial proportion of respondents (13%) had not walked for ten minutes at a time in the previous week. Such findings might indicate that the message about the importance of sport and physical activity for an individual's health and wellbeing has not yet got through to significant segments of the EU population.

The survey also indicates demographic variations. For instance, women (in particular in the younger age groups) are far less active than their male counterparts, and young women are more likely to feel that local authorities do not do enough for its citizens in relation to offering opportunities for physical activity. This suggests that women might need more encouragement and support to be more physically active. The inactivity figures for both women and men of those aged 55 and over are extremely high, 71% of women and 70% of men of that age group do never or seldom exercise or play sport.

As in 2009, the survey's results show large disparities among EU Member States on many questions. The more physically active countries are overall clustered in the Northern part of the EU, while the less active are mainly the Southern countries. These variations are likely to reflect the facilities and infrastructure available; in fact, the same country patterns apply when respondents were asked about opportunities for physical activity. Such findings suggest that there might be scope for some Member States to learn from good practices established in other countries.

The survey also made it clear that most sport or physical activity takes place in informal settings – in parks and outdoors, at home, or on the journey between home and school, work or shops, as well as at work or at school or university. This suggests that such opportunities to engage in physical activity should be promoted alongside the practice of sport and physical activity in organised settings.

Engagement in volunteering in sport remains important for a number of EU citizens (7%) and, in most EU Member States, constitutes a crucial element to ensure that sport and physical activity can be offered to the wider population. Strategies to increase volunteering could therefore acknowledge the fact that there are numerous ways in which different people can get involved and that without such engagement, many of the existing possibilities for sport and physical activity could simply not be offered.

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<sup>35</sup> European Commission: Special Eurobarometer 334 - Sport and Physical Activity ([http://ec.europa.eu/public\\_opinion/archives/ebs/ebs\\_334\\_en.pdf](http://ec.europa.eu/public_opinion/archives/ebs/ebs_334_en.pdf))