**Participation in Sports**

The Continuous Household Survey (CHS)[[1]](#footnote-1) is designed to provide a regular source of information on a variety of issues relevant to Northern Ireland including participation in sports. The findings of the survey from the combined years of 2013/14, 2014/15 and 2015/16 show that participation in sport by adults in Armagh City, Banbridge and Craigavon Borough was similar to that for Northern Ireland overall.

In the borough and Northern Ireland overall the proportion of respondents who had participated in sport in the 12 months prior to being surveyed were similar. Over half (55%) of those surveyed in the borough had participated in sport in the previous 12 months, similar to Northern Ireland overall (54%). 41% of respondents in both the borough and Northern Ireland had participated in sport in the 4 weeks prior to being surveyed. Almost half of respondents (47% in Armagh City, Banbridge and Craigavon Borough and 48% in Northern Ireland) normally participate in sport on at least one day per week.

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|  | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **Participated in sport** | 55% | 54% |
| **Participated in sport in the last 4 weeks** | 41% | 41% |
| **Normally participates in sport on at least one day per week** | 47% | 48% |

*Table 1: Participation in sport by adults in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2013/14 - 2015/16. Source: Continuous Household Survey, Department for Communities.*

*Figure 1: Participation in sport by adults in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2013/14 - 2015/16. Source: Continuous Household Survey, Department for Communities.*

The Northern Ireland Young Life and Times survey (YLT)[[2]](#footnote-2) gives young people aged 16 the chance to give their views and experience on a number of topics. Similarly the Northern Ireland Kids’ Life and Times survey (KLT)[[3]](#footnote-3) gives primary 7 children a voice on issues important to children.

In 2016 the YLT and KLT both asked how many times during a normal week would respondents spend at least 60 minutes during a day playing sports or doing some physical activity. The target set by the Public Health Agency and Department of Health for young people under 18 years of age is 60 minutes every day. Results from the KLT show that almost a third (32%) of primary 7 children in the borough meet this target, just below the overall results for Northern Ireland (36%). The proportion of 16 year olds meeting the target is considerably lower, just 6% in the borough and 8% in Northern Ireland overall.

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|  | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **Kids’ Life and Times survey** | 32% | 36% |
| **Young Life and Times survey** | 6% | 8% |

*Table 2: Proportion of KLT (primary 7 children) and YLT (16 year olds) respondents meeting the physical activity target level (60 minutes or more every day) in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2016. Source: Sport NI using evidence from the 2016 Young Life and Times (YLT) and Kids’ Life and Times (KLT) surveys.*

*Figure 2: Proportion of KLT (primary 7 children) and YLT (16 year olds) respondents meeting the physical activity target level (60 minutes or more every day) in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2016. Source: Sport NI using evidence from the 2016 Young Life and Times (YLT) and Kids’ Life and Times (KLT) surveys.*

The reasons given for not taking part in sport or physical activity more often by respondents in the borough were at similar levels to Northern Ireland respondents overall. In Armagh City, Banbridge and Craigavon poor health and disability was identified by 7% of 16 year olds and 8% of primary 7 pupils. 30% of respondents to the YLT in the borough had a lack of knowledge of activities with 18% of KLT respondents in the borough giving this same reason. Costs and transport were also identified by the 16 year olds in the borough as issues.

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|  |  | **Armagh City, Banbridge and Craigavon** | **Northern Ireland** |
| **Poor health or a disability** | **YLT** | 7% | 8% |
| **KLT** | 8% | 6% |
| **Lack of knowledge about activities** | **YLT** | 30% | 27% |
| **KLT** | 18% | 16% |
| **Lack or cost of transport** | **YLT** | 17% | 17% |
| **Cost involved** | **YLT** | 28% | 26% |

*Table 3: Reasons preventing KLT (primary 7 children) and YLT (16 year olds) respondents from taking part in sport and physical activity more often in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2016. Source: Sport NI using evidence from the 2016 Young Life and Times (YLT) and Kids’ Life and Times (KLT) surveys.*

*Figure 3: Reasons preventing KLT (primary 7 children) and YLT (16 year olds) respondents from taking part in sport and physical activity more often in Armagh City, Banbridge and Craigavon Borough and Northern Ireland 2016. Source: Sport NI using evidence from the 2016 Young Life and Times (YLT) and Kids’ Life and Times (KLT) surveys.*

Further information on participation in sports can be found via the following links:

<https://www.communities-ni.gov.uk/topics/statistics-and-research/sport-museums-and-libraries-statistics>

<http://www.sportni.net/research/recent-research/2017-2/>

1. Continuous Household Survey - <https://www.nisra.gov.uk/statistics/central-survey-unit/continuous-household-survey> [↑](#footnote-ref-1)
2. Young Life and Times Survey (ARK) - <https://www.ark.ac.uk/ylt/> [↑](#footnote-ref-2)
3. Kids’ Life and Times Survey (ARK) - <https://www.ark.ac.uk/klt/> [↑](#footnote-ref-3)