



SPÓRT ÉIREANN  
SPORT IRELAND

# IRISH SPORTS MONITOR 2019

# MID-YEAR REPORT

PROGRESS TOWARDS TARGETS

PHYSICAL ACTIVITY

SOCIAL PARTICIPATION

VOLUNTEERING

SOCIAL GRADIENTS IN SPORTS  
PARTICIPATION

MENTAL HEALTH



Ipsos MRBI

## INTRODUCTION

This report provides an interim update on data collected during the first six months of fieldwork on the Irish Sports Monitor 2019. The Irish Sports Monitor is a large population based survey designed to measure physical and social participation in sport and other forms of exercise in Ireland.

This report presents data from 4,255 telephone interviews conducted between January and June 2019. As data collection is still in progress, the results provided should be interpreted with caution as they could change once data collection is completed (December 2019) and data weighting is finalised. For the purposes of presenting data in this report, the data has been weighted by age, gender, region, working status and education to reflect the profile of the Irish population.

For further information on the Irish Sports Monitor and to access the data file please visit: [www.sportireland.ie/research](http://www.sportireland.ie/research)

# PROGRESS TOWARDS TARGETS

## Progress Towards Targets Set in the National Sports Policy 2018-2027



\* The term 'regularly' is used throughout this report and refers to participation during the past 7 days

# PHYSICAL ACTIVITY

ALMOST HALF OF IRISH ADULTS REGULARLY PARTICIPATE IN SPORT

## TOP 5 ACTIVITIES

**46%**

Regularly participate  
in sport  
(1.78 million people)

**100,000**

additional participants  
since 2017

**34%**

Meet the National Physical  
Activity Guidelines through  
participating in at least 30 mins  
of moderate or greater  
intensity physical activity  
at least 5 times in the  
previous 7 days



**8%**  
Swimming



**16%**  
Personal  
Exercise



**4%**  
Cycling



**7%**  
Running



**3%**  
Dancing



**66%**  
Regularly walk  
for recreation



**45%**  
Regularly walk  
for transport

# SOCIAL PARTICIPATION

47% ARE REGULARLY INVOLVED SOCIALLY IN SPORT

## 2017 Participation

## 2019 Participation

## Most Popular Sports 2019



## VOLUNTEERING

APPROXIMATELY 875,000 PEOPLE HAVE VOLUNTEERED FOR SPORT DURING THE PAST YEAR

APPRECIATION

79%

Volunteers say they feel appreciated for the volunteering they undertake

SATISFACTION

82%

Volunteers say they are satisfied with the training and support they receive from their club/organisation

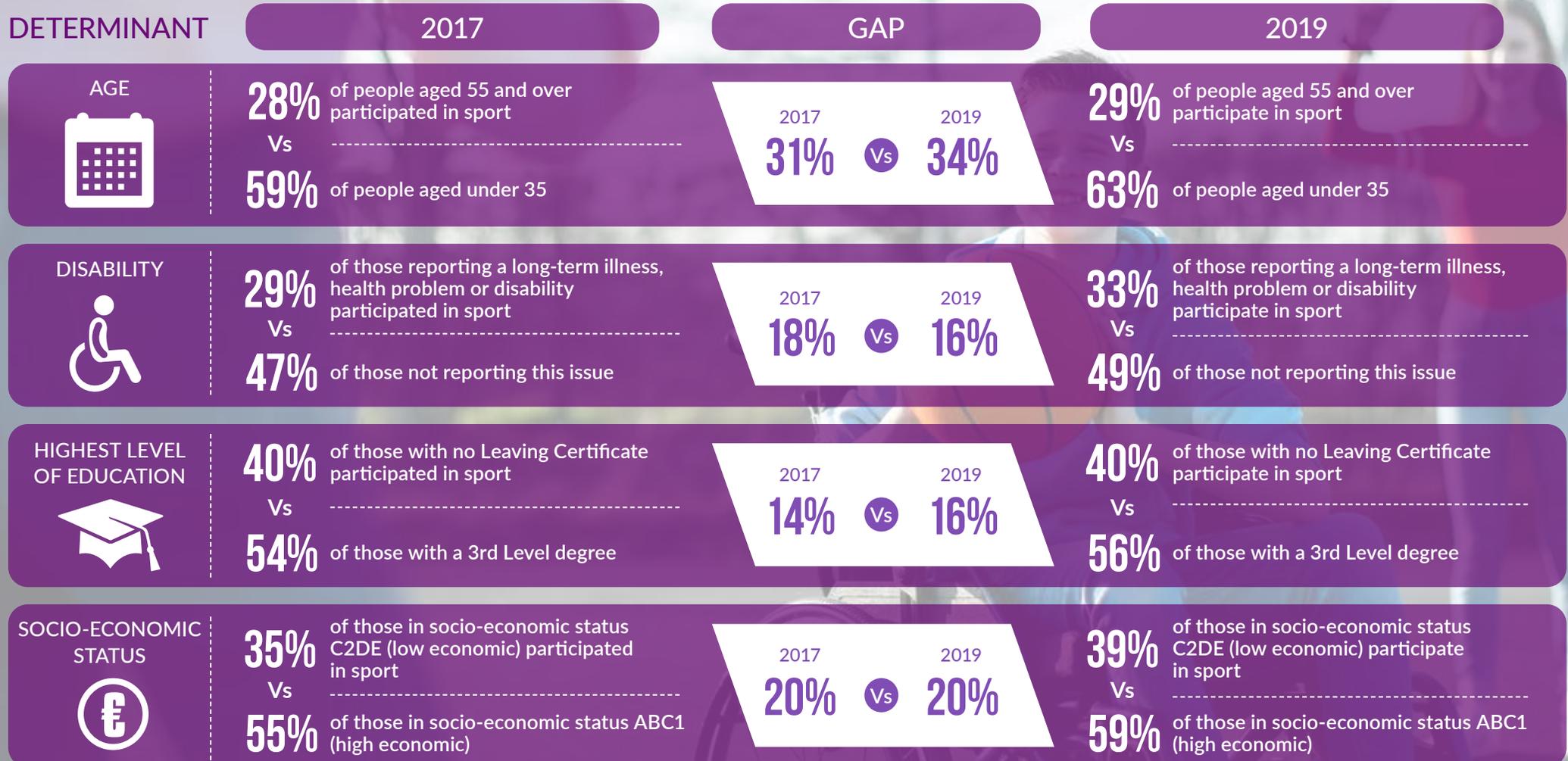
OVERALL

875,000

In addition to the 12% who volunteered during the past week a further 10% volunteered during the past year. Combining the two means that 875,000 people have volunteered for sport sometime during the past year

# SOCIAL GRADIENTS IN SPORTS PARTICIPATION

## PERSISTENT AGE AND SOCIAL GRADIENTS EXIST IN SPORTS PARTICIPATION

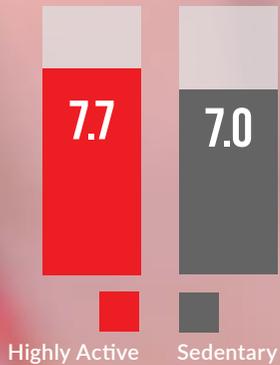


# MENTAL HEALTH

THOSE WHO ARE HIGHLY ACTIVE REPORT HIGHER LEVELS OF WELLBEING

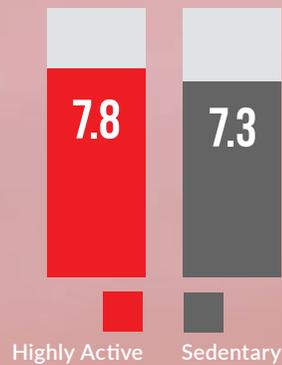
Overall, how satisfied are you with your life nowadays?

## LIFE SATISFACTION



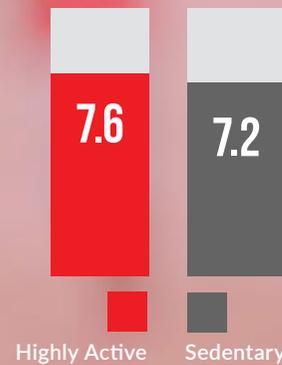
Overall, to what extent do you feel that the things you do in your life are worthwhile?

## WORTHWHILE



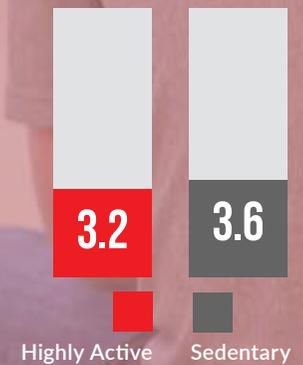
Overall, how happy did you feel yesterday?

## HAPPINESS



Overall how anxious did you feel yesterday?

## ANXIETY



For each of these questions above respondents were asked to give an answer on a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

