



SPÓRT ÉIREANN  
SPORT IRELAND

# IRISH SPORTS MONITOR 2019

# SUMMARY OF FINDINGS

PROGRESS TOWARDS TARGETS

PHYSICAL ACTIVITY

SOCIAL PARTICIPATION

SOCIAL GRADIENTS IN SPORTS PARTICIPATION

WOMEN IN SPORT

DISABILITY AND SPORT

MENTAL HEALTH

## INTRODUCTION

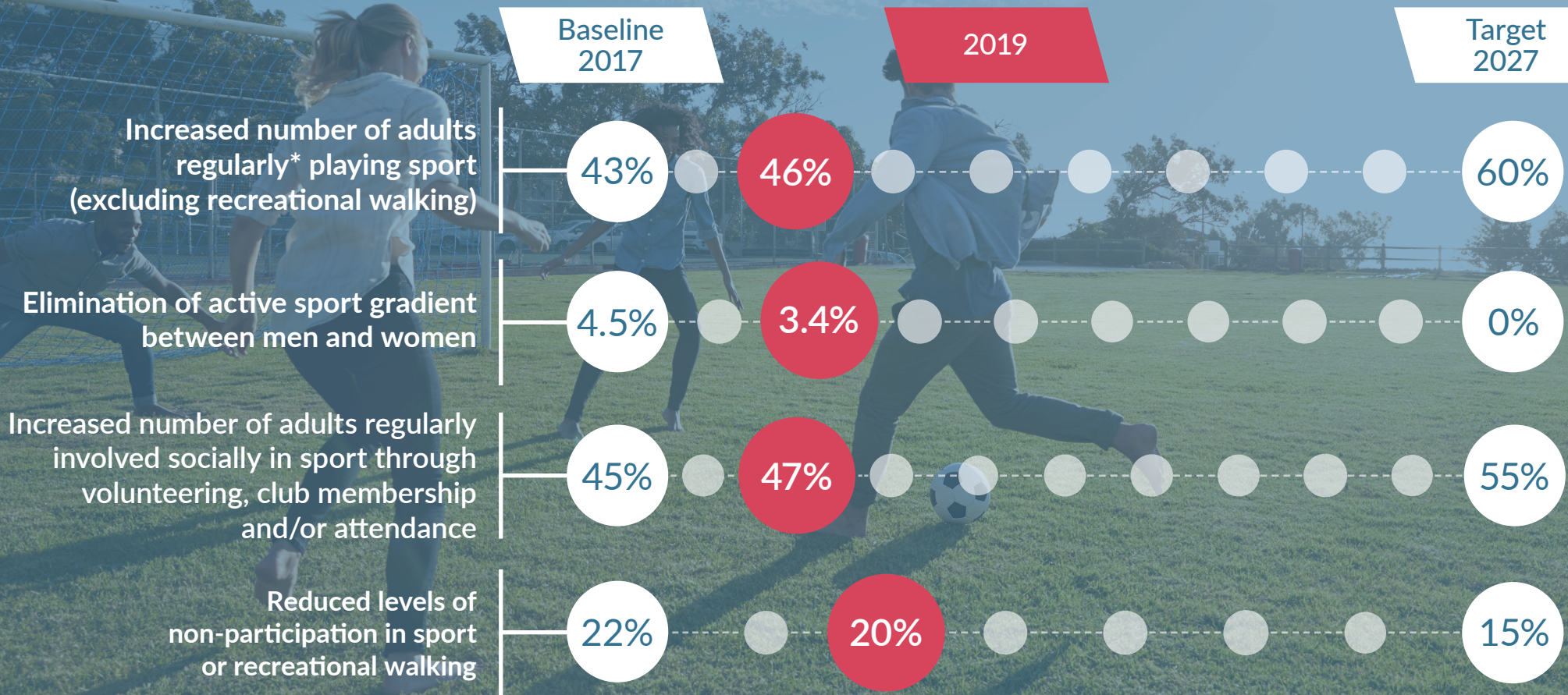
This report provides an overview of key findings from the Irish Sports Monitor 2019.

The Irish Sports Monitor (ISM) is a large population study undertaken biennially in order to provide trends in participation in sport and physical activity in Ireland. It sets a broad definition of sport and measures participation in both active and social contexts (i.e. includes club membership, volunteering and attendance at sports events). It also measures other forms of physical activity including recreational walking as well as walking and cycling for transport.

Fieldwork was undertaken between January and December 2019 and involved interviews with 8,504 respondents aged 16 and older.

# 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

ROUGHLY 1.7 MILLION IRISH ADULTS REGULARLY PARTICIPATE IN SPORT

## TOP 5 ACTIVITIES

**46%**

Regularly participate in sport which is roughly 1.7 million people

**150,000**

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



**16%**  
Personal Exercise



**9%**  
Swimming



**7%**  
Running



**4%**  
Cycling



**3%**  
Soccer/Yoga/  
Dancing



**45%**  
Regularly walk for transport



**66%**  
Regularly walk for recreation



**10%**  
Cycle for transport

# SOCIAL PARTICIPATION

47% ARE REGULARLY INVOLVED SOCIALLY IN SPORT

2017

2019

Most popular Sports 2019

34%

Club membership

36%

Club membership

14%

Gym membership

11%

GAA membership

3%

Golf/Soccer

19%

Attend events

19%

Attend events

8%

Gaelic Football

5%

Soccer

4%

Hurling/Camogie

11%

Volunteer

12%

Volunteer

4%

Gaelic Football

2%

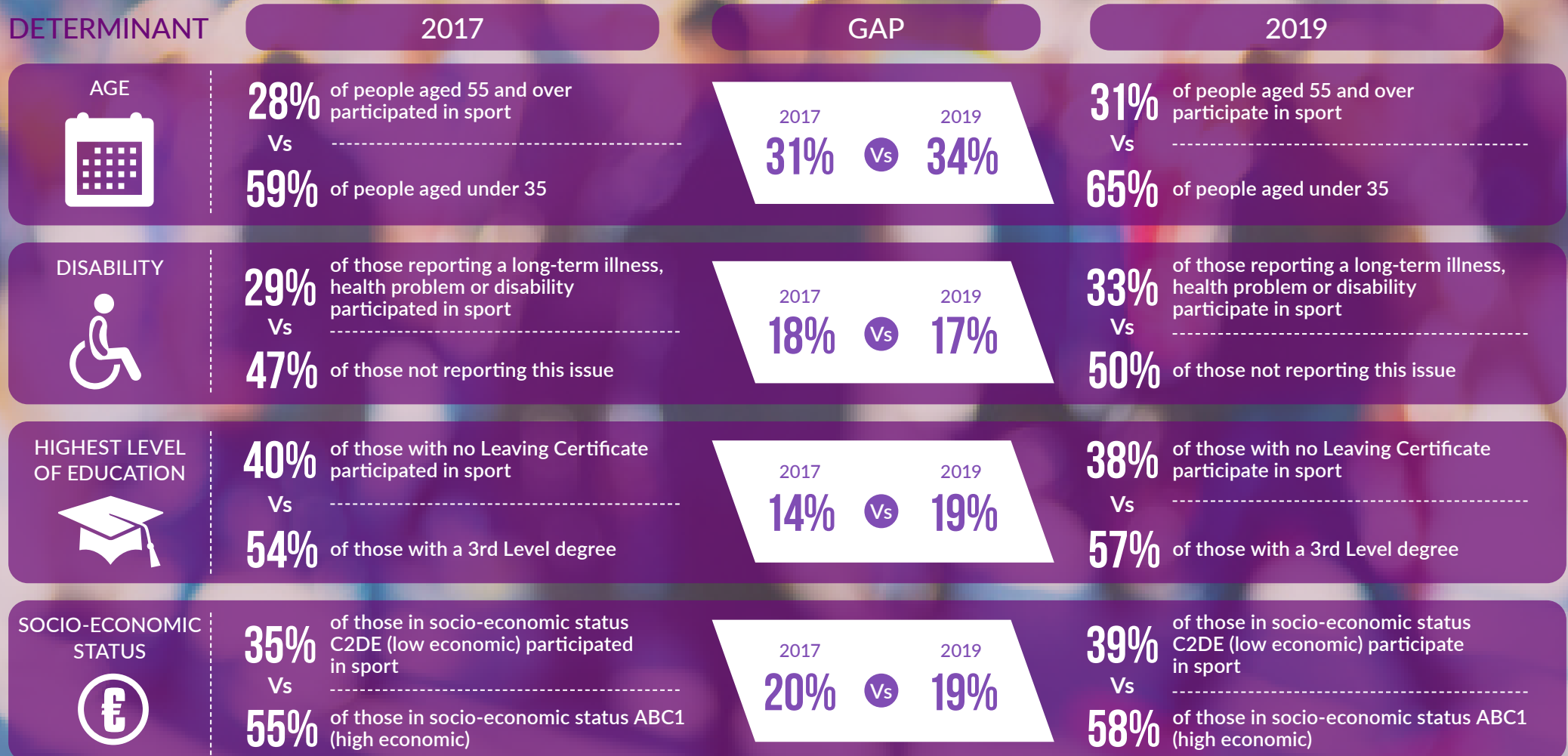
Soccer

2%

Hurling/Camogie

# SOCIAL GRADIENTS IN SPORTS PARTICIPATION

## PERSISTENT AGE AND SOCIAL GRADIENTS EXIST IN SPORTS PARTICIPATION



# WOMEN IN SPORT

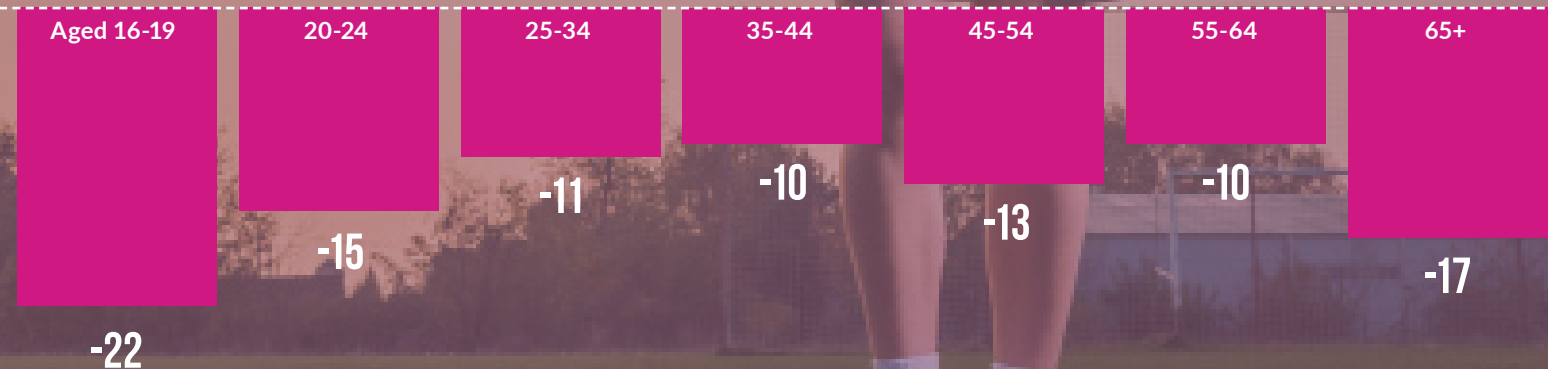
## GENDER GAP IN ACTIVE PARTICIPATION DECLINES WITH AGE BUT PERSISTS IN THE CASE OF CLUB MEMBERSHIP

Figures shown here indicate the percentage point gap between participation among women and men. A negative number indicates that women are less likely to participate in that activity.

### GENDER GAP IN ACTIVE PARTICIPATION



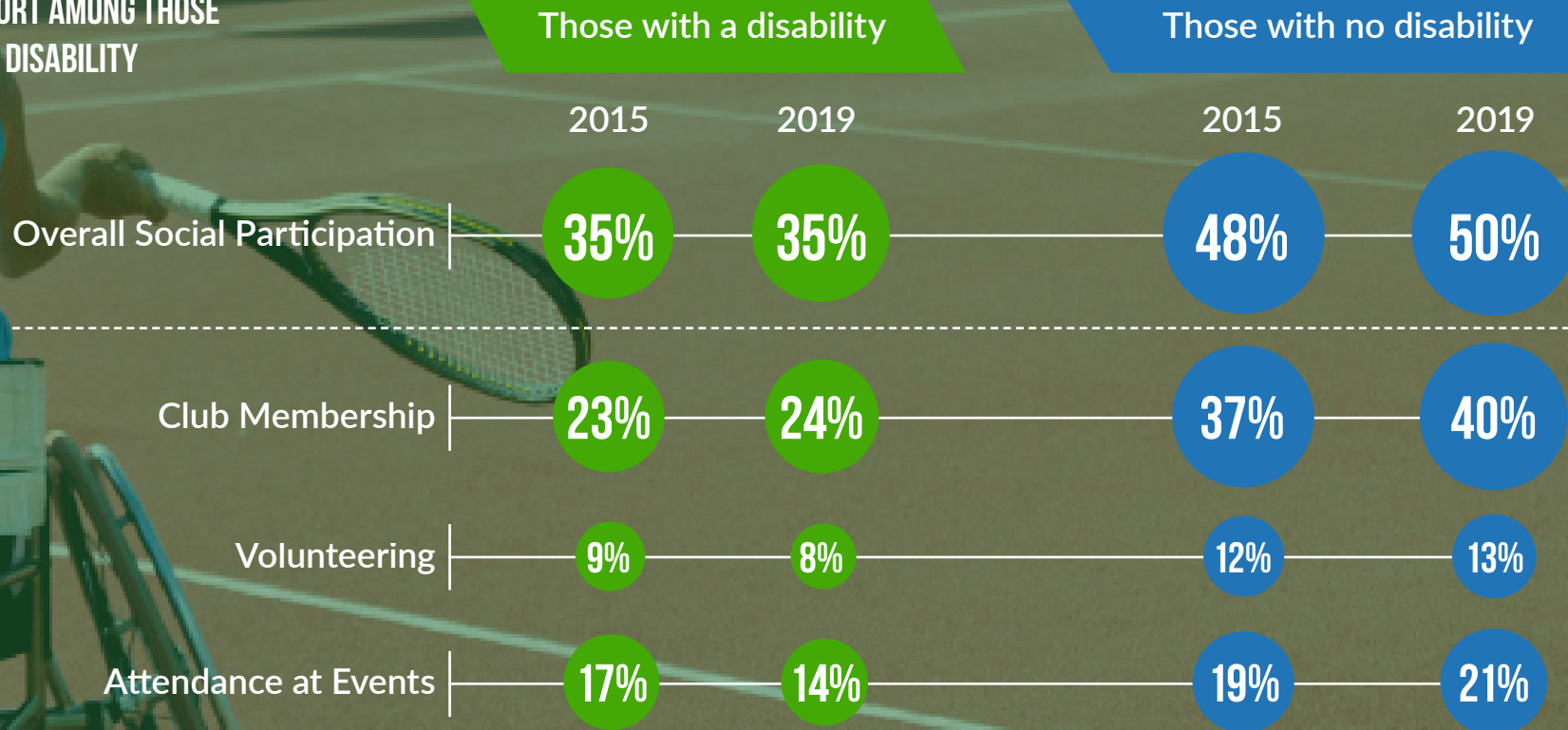
### MEMBERSHIP DIFFERENTIAL BY AGE



# DISABILITY AND SPORT

GAPS IN SOCIAL PARTICIPATION EXISTS FOR THOSE WITH DISABILITY

SOCIAL PARTICIPATION IN SPORT AMONG THOSE WITH A DISABILITY/WITH NO DISABILITY



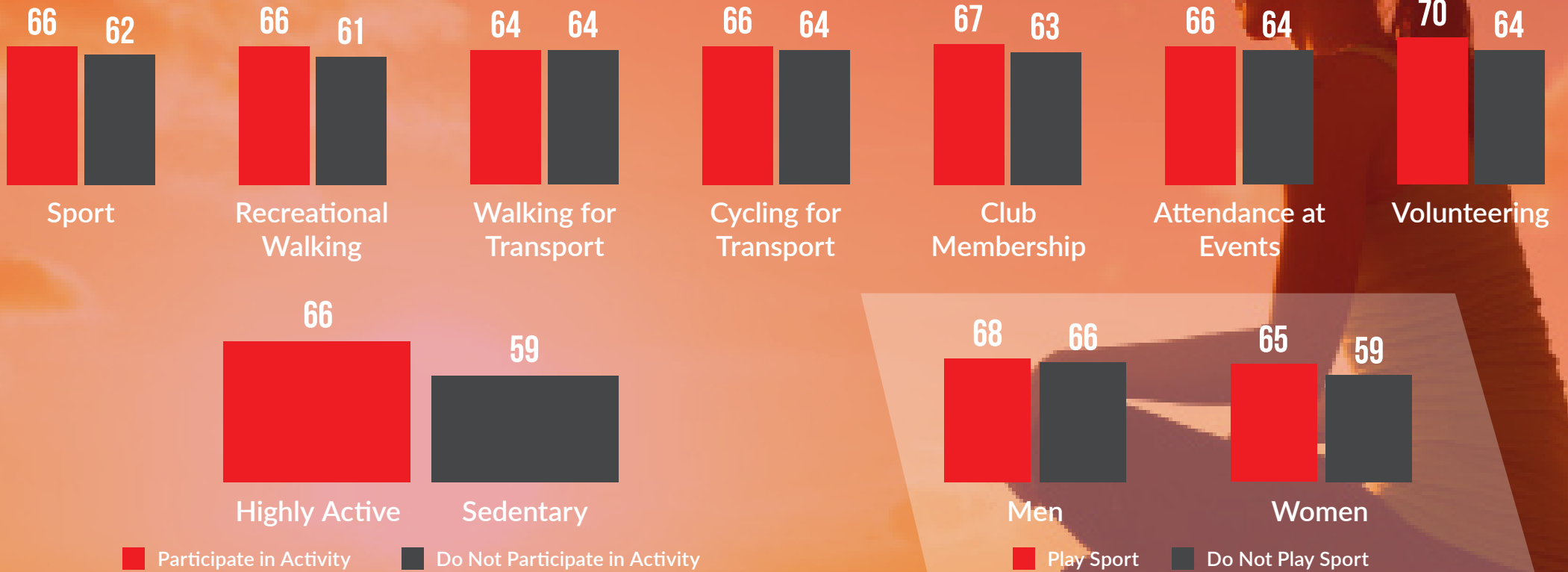


# MENTAL HEALTH

BEING PHYSICALLY AND SOCIALLY ACTIVE POSITIVELY INFLUENCES MENTAL HEALTH

## AVERAGE EVI SCORE BY TYPE OF ACTIVITY

EVI = Energy And Vitality Index





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