



Special Eurobarometer 525

# Sport and Physical Activity

Full report

Fieldwork: April-May 2022

**KANTAR**

Survey conducted by Kantar at the request of the European Commission,  
Survey co-ordinated by the European Commission, Directorate-General for Education, Youth, Sport and Culture  
(DG EAC "Sport Unit")

<b>Project number</b>	2022.4536
<b>Project title</b>	Special Eurobarometer 525 - Sport and Physical Activity
<b>Language version</b>	EN PDF
<b>Catalogue number</b>	NC-09-22-460-EN-N
<b>ISBN</b>	978-92-76-56432-4
<b>DOI</b>	10.2766/356346

© European Union, 2022

<https://www.europa.eu/eurobarometer>

Photo credit: Getty Images

## Table of Contents

---

<b>INTRODUCTION</b>	<b>4</b>
<b>MAIN FINDINGS</b>	<b>6</b>
<b>I. FREQUENCY AND LEVELS OF ENGAGEMENT IN SPORT AND OTHER PHYSICAL ACTIVITY</b>	<b>8</b>
1. Frequency	9
2. Levels of engagement	15
<b>II. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY</b>	<b>34</b>
3. Different settings	35
4. Club membership	39
<b>III. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION</b>	<b>42</b>
5. Motivators	43
6. Barriers	48
<b>IV. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA</b>	<b>52</b>
7. Opportunities in the local area	53
8. Opportunities offered by local sport clubs and other providers	56
9. Local authority provisions	59
<b>V. VOLUNTEERING IN SPORT</b>	<b>62</b>
10. Citizens' engagement in volunteering in sport	63
<b>VI. COVID-19 AND PHYSICAL ACTIVITY</b>	<b>66</b>
11. Impact of Covid-19 on frequency of sport and physical activity	67
<b>VII. SPORT AND PHYSICAL ACTIVITY AND ENVIRONMENT</b>	<b>70</b>
12. Citizens' attentiveness towards the environment	71
13. Sport organisations' activities in support of the environment	74
<b>VIII. GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY</b>	<b>77</b>
14. Measures to support gender equality in sport organisations	78
15. Handling gender discrimination in sport organisations	81
16. Importance of female role models in sport	84
17. Attractiveness of female sport in the media	86
18. General attentiveness towards gender-based violence in sport	88
<b>CONCLUSIONS</b>	<b>90</b>
<b>Technical Specifications</b>	<b>91</b>

## INTRODUCTION

The Directorate General for Education, Youth, Sport and Culture (DG EAC) is the branch of the European Commission charged with the development and implementation of European policy in the field of sport. The activities of DG EAC in the field of sport are mainly outlined by:

- The European Union Work Plan for Sport (2021-2024)
- The Communication on Developing the European Dimension in Sport (2011)
- The White Paper on Sport (2007)

The White Paper on Sport issued in 2007 by the European Commission was a pivotal policy document addressing sport on behalf of the European Union. The Lisbon Treaty, in force since December 2009, gave the EU a new supporting, coordinating and supplementing competence for sport, with provisions for promoting European sporting issues and developing the European dimension in sport.

Following the current European Union Work Plan for Sport, DG EAC has three main areas of activity in the field of sport:

- Integrity of sport: in particular promoting good governance including the safeguarding of minors, taking account of the specificity of sport, combatting corruption and match fixing, and fighting doping
- Economic dimension of sport: in particular innovation in sport, and sport and the digital single market
- Sport and society: in particular social inclusion, the role of coaches, education in and through sport, sport and health, sport and environment, sport and media and sport diplomacy

In addition to the Erasmus+ programme, which provides a variety of possibilities to promote the role of sport in society, DG EAC organises other initiatives to increase the role of sport in society, such as the European Week of Sport.

The European Week of Sport aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create more opportunities for exercise in everyday life.

This Special Eurobarometer survey will contribute data to support the developing policy framework for promoting sport and physical activity, as described above. Moreover, it will allow policymakers, researchers and other interested parties to deliver trend analyses on various matters compared with previous years.

The current survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture, to explore public opinion about sport and physical activity. It follows on from previous such surveys in December 2017<sup>1</sup>, November-December 2013<sup>2</sup>, October 2009<sup>3</sup>, October 2004<sup>4</sup>, September 2003<sup>5</sup> and October-December 2002<sup>6</sup>. It covers the following topics:

- Frequency and levels of engagement in sport and other physical activity
- Places where citizens engage in sport and other physical activity
- Europeans' motivators and barriers to sports participation
- Opportunities for sports participation in citizens' local areas
- Europeans' engagement in volunteering in sport
- Impact of COVID-19 on the frequency of sport and physical activity
- Awareness of the impact of sport and physical activity on the environment and perceptions of measures taken to support the environment
- Opinions about gender equality issues in sport and physical activity

Where possible, the results of the current survey are compared with those of previous surveys on this topic.

This survey was carried out by the Kantar network in the 27 Member States of the European Union between 19 April and 16 May 2022. 26,578 EU citizens from different social and demographic categories were interviewed face-to-face at their home and online.

<sup>1</sup> <https://europa.eu/eurobarometer/surveys/detail/2164>

<sup>2</sup> <https://europa.eu/eurobarometer/surveys/detail/1116>

<sup>3</sup> <https://europa.eu/eurobarometer/surveys/detail/776>

<sup>4</sup> <https://europa.eu/eurobarometer/surveys/detail/1403>

<sup>5</sup> <https://europa.eu/eurobarometer/surveys/detail/291>

<sup>6</sup> <https://europa.eu/eurobarometer/surveys/detail/371>



## Methodology

This survey was carried out by the Kantar network in the 27 EU Member States between 19 April and 16 May 2022. Some 26,580 respondents from different social and demographic groups were interviewed. This survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC).

The methodology used is that of Eurobarometer surveys as carried out by the Directorate-General for Communication ("Media monitoring and Eurobarometer" Unit). Given the impact of COVID-19 and subsequent health safety measures, the face-to-face methodology was either not possible or only partially so in some Member States. In 17 Member States all interviews were conducted face to face. Face-to-face was supplemented by online interviews in Belgium, Czechia, Denmark, Estonia, Latvia, Malta, the Netherlands, Slovenia, Finland, and Sweden<sup>7</sup>. A technical note on the manner in which the interviews were conducted by the institutes within the Kantar network is appended as an annex to this report. Also included are the interview methods and the confidence intervals.

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

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

European Union – weighted average for the 27 Member States	EU27
BE, FR, IT, LU, DE, AT, ES, PT, IE, NL, FI, EL, EE, SI, CY, MT, SK, LV, LT	Euro area
BG, CZ, DK, HR, HU, PL, RO, SE	Non euro area

\* Cyprus as a whole is one of the 27 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 EU27 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**

<sup>7</sup> Online interviewing took the form of probabilistic panels and access panels, depending on what is available in the country.

## MAIN FINDINGS

### Nearly four in ten Europeans say they exercise or play sport at least once a week

---

More than four in ten respondents (45%) report that they never exercise or play sport. Conversely, nearly four in ten (38%) do so at least once a week, and less than one in ten (6%) five times a week or more.

The share of respondents who say they never exercise or play sport has lost one percentage point since 2017, but it has gained six percentage points since 2009, up from 39% to 45%.

Half of Europeans (50%) say that they engage in other physical activity at least once a week, while nearly a third (31%) never do this kind of activity at all.

Europeans are now more likely to engage in other physical activities than in 2017. In particular, the proportion that does this type of activity one to four times a week has increased, from 30% to 36%.

Overall in the EU, men exercise, play sport or engage in other physical activity more than women. In addition, the amount of regular activity that people do tends to decrease with age. Finally, engagement in sport and physical activity is also less prevalent among people with lower levels of education or with financial difficulties.

Respondents in Finland (71%), Luxembourg (63%), the Netherlands (60%), and Denmark and Sweden (59% in both countries) are the most likely to exercise or play sport at least once a week. Conversely, over half of respondents in eight countries say they never exercise or play sport, with the highest levels in Portugal (73%), Greece (68%) and Poland (65%).

Respondents in Malta (-24 percentage points), Latvia (-23), Estonia (-18), Croatia (-16) and Czechia (-15) are now far less likely to say they never exercise or play sport. Conversely, this proportion has risen in Poland (+9), Hungary (+6) and Portugal (+5).

### Over four in ten Europeans who practice a sport or a physical activity had undertaken vigorous physical activity on at least four of the previous seven days, and a third had done moderate physical activity

---

More than four in ten respondents (44%, +6 percentage points since 2017) who exercise, play sport or engage in other physical activity had undertaken vigorous physical activity on at least one of the previous seven days, and over a third (34%, +2) had engaged in moderate physical activity on at least four days.

Conversely, a third of respondents (33%, -8) report that they had done no vigorous physical activity over the previous seven days, and close to one in five respondents (19%, -7) had done no moderate physical activity.

The proportions of respondents who had undertaken no vigorous or moderate physical activity in the previous week have fallen by eight and seven percentage points respectively since 2017.

Close to half of Europeans (49%) who exercise, play sport or engage in other physical activity spend 31 to 90 minutes doing a vigorous physical activity on the days when they do so, and 16% spend 30 minutes or less.

Close to six in ten Europeans (59%) who exercise, play sport or engage in other physical activity generally spend an hour or less doing a moderate physical activity on the days when they do so.

### 13% of Europeans do not walk for ten minutes at a time at all in a weekly period, while 11% sit for more than 8.5 hours per day

---

Six in ten Europeans (61%) walked for at least ten minutes at a time on four or more days in the week before the survey. However, 13% (-2 compared to 2017) did not walk for at least ten minutes at a time on any day within the week.

A majority of respondents (43%, +3 percentage points since 2017) report that they sit for between 2 hours 31 minutes and 5 hours 30 minutes on a usual day, but slightly more than one in ten (11%, -1) sit for more than 8 hours and 30 minutes.

### Nearly half of Europeans who exercise, play sport or engage in other physical activity do so in a park, outdoors, etc.

---

The most popular settings in which to engage in sport or another physical activity are a park, outdoors, etc. (47%, +7 percentage points since 2017), at home (37%, +5) and on the way between home and school, work or shops (24%, +1).

Since 2017, larger increases have been registered in the proportion of respondents mentioning they do sport in a park, outdoors, etc. and at home.

In a park, outdoors, etc. is the most mentioned setting in 17 EU Member States, with the highest proportions among respondents in Finland (66%), Austria (61%) and Slovenia (60%). At home is the most common answer in nine EU Member States, including Lithuania (68%), Hungary (63%) and Slovakia (61%), while on the way between home and school, work or shops is the most mentioned setting in Malta (56%).

Over a quarter of Europeans (28%, -5 percentage points since 2017) are members of a club where they participate in sport or recreational physical activity, specifically a health or fitness centre (12%, +1), a sport club (12%, unchanged), a socio-cultural club that includes sport among its activities (6%, +3) or another type of club (1%, -6).

### More than half of Europeans engage in sport or physical activity to improve their health, while lack of time is by far the main reason preventing Europeans from practising sport more regularly

---

More than half of Europeans (54%, unchanged since 2017) who exercise, play sport or engage in other physical activity say they do so to improve their health, substantially ahead of improving fitness (43%, -4 percentage points) and to relax (39%, +1).

The main reason currently preventing Europeans from practising sport more regularly is a lack of time (41%, +1 percentage point since 2017), ahead of lacking motivation or not being interested (25%, +5) and having a disability or illness (14%, unchanged).

---

**Around three-quarters of Europeans agree that the area where they live and local sports clubs and other local providers offer them many opportunities to be physically active, but respondents are divided on local authority provision**

---

Slightly more than three-quarters of respondents (76%, +2 percentage points since 2017) agree that the area where they live offers them many opportunities to be physically active, and over seven in ten (72%, -1) agree that local sports clubs and other local providers offer these opportunities.

Respondents are more divided on whether their local authority does enough for its citizens in relation to physical activities: nearly half (48%, -1 percentage point since 2017) disagree that their local authority does not do enough in this respect, but more than four in ten (42%, +3) agree with the statement.

Respondents are most positive about opportunities for physical activities in the Netherlands, Sweden and Denmark, and least positive in Bulgaria, Romania and Slovakia.

---

**One in ten Europeans currently engage in voluntary work that supports sporting activities, or plan to do so over the next two months**

---

Just one in ten Europeans (10%) currently engage (6%) in voluntary work that supports sporting activities, or plan to do so in the next two months (4%).

Nearly one in five respondents currently engage or plan to engage in Ireland (19%), Luxembourg (19%) and the Netherlands (18%), compared with just 4% in Portugal, Greece and Lithuania.

---

**During COVID-19, slightly more than a third of Europeans were either less physically active than before or were active at the same level**

---

Slightly more than a third of Europeans (34%) say they continued to be physically active during COVID-19, but less frequently, and the same proportion (34%) were physically active at the same level as before. In addition, 9% were physically active more frequently. Conversely, 18% stopped being physically active.

Finally, less than one in ten respondents (7%) plan to be more physically active after COVID-19.

---

**Around half of Europeans pay little attention to the impact that sport or physical activity can have on the environment and are unaware of any sustainability actions currently undertaken by their sports organisation**

---

Slightly more than half of respondents (51%) report that they pay no attention to the impact that the practice of sport or physical activity can have on the environment, whereas a similar proportion (46%) say they do pay attention to this aspect.

Over two-thirds of respondents pay no attention to the impact that sport or physical activity can have on the environment in Sweden (83%) and the Netherlands and Czechia (74% in both countries). The lowest proportions are found in Cyprus (24%), France (40%), and Italy, Poland, Romania and Luxembourg (41% in these four countries).

Close to a quarter of Europeans (24%) who are members of a club say their club is currently working to reduce waste or improve waste management, but nearly half (48%) say no actions to promote sustainability are currently undertaken by their sports organisation, as far as they know.

---

**Majorities of Europeans are aware of gender equality issues in sport and physical activity**

---

A majority of Europeans (54%) who are members of a club say it is actively putting in place measures to support gender equality. However, close to four in ten (39%) consider that their sports organisation is not putting such measures in place.

Over six in ten Europeans (61%) who are members of a club would know who to speak to internally if they encountered gender discrimination in their club, including 47% who think that they could speak to someone in management or someone they trust within the club, and 14% who say their club has a single contact point for gender-related concerns. Meanwhile, nearly four in ten respondents (37%) say they would not know who to contact internally.

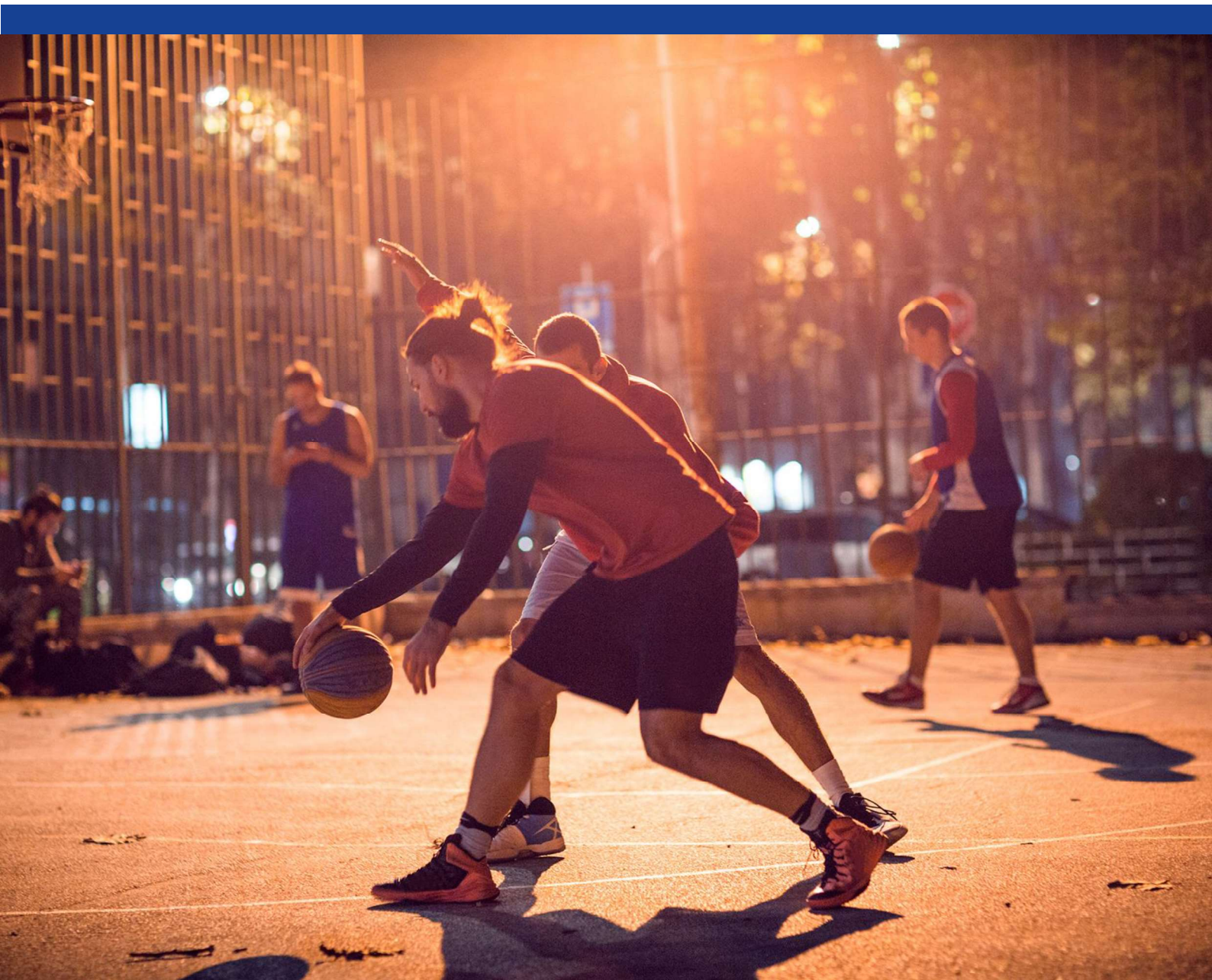
Nearly eight in ten Europeans (78%) agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example. Slightly more than one in ten (12%) disagree with this statement.

Nearly six in ten Europeans (57%) say they like to follow female sport in the media (online, written, tv) as much as male sport. Conversely, over a third of respondents (36%) disagree with this statement.

Three-quarters of Europeans (75%) agree that gender-based violence in sport deserves more attention. Meanwhile, over one in ten respondents (14%) disagree with this statement.



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



This first chapter focuses on the frequency and level at which Europeans engage in sport and other physical activity. It examines the amount of time respondents spend undertaking vigorous and moderate physical activity. It also assesses the time they spend walking and sitting down.

## 1. Frequency

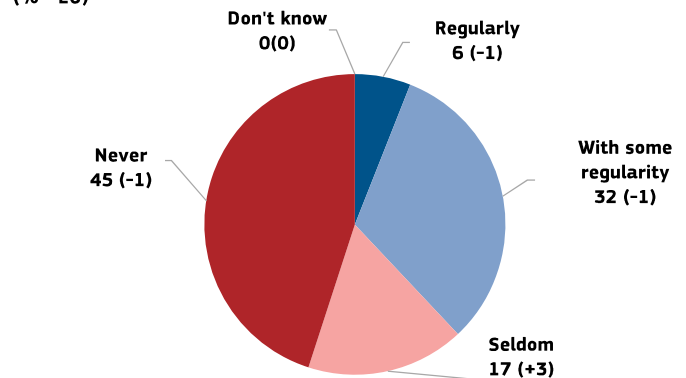
### 1.1 Exercising or playing sport

#### Nearly four in ten Europeans say they exercise or play sport with at least some regularity

More than four in ten respondents (45%, -1 percentage point since 2017<sup>8</sup>) report that they never exercise or play sport<sup>9</sup>. In addition, nearly one in five (17%, +3) say they exercise or play sport seldom<sup>10</sup>. On the other hand, close to a third of respondents (32%, -1) do so with some regularity, and less than one in ten (6%, -1) regularly.

Over the longer term, the share of respondents who say they never exercise or play sport has gained six percentage points since 2009, up from 39% to 45%.

**QB1R 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 a sport club, running in the park.  
(% - EU)

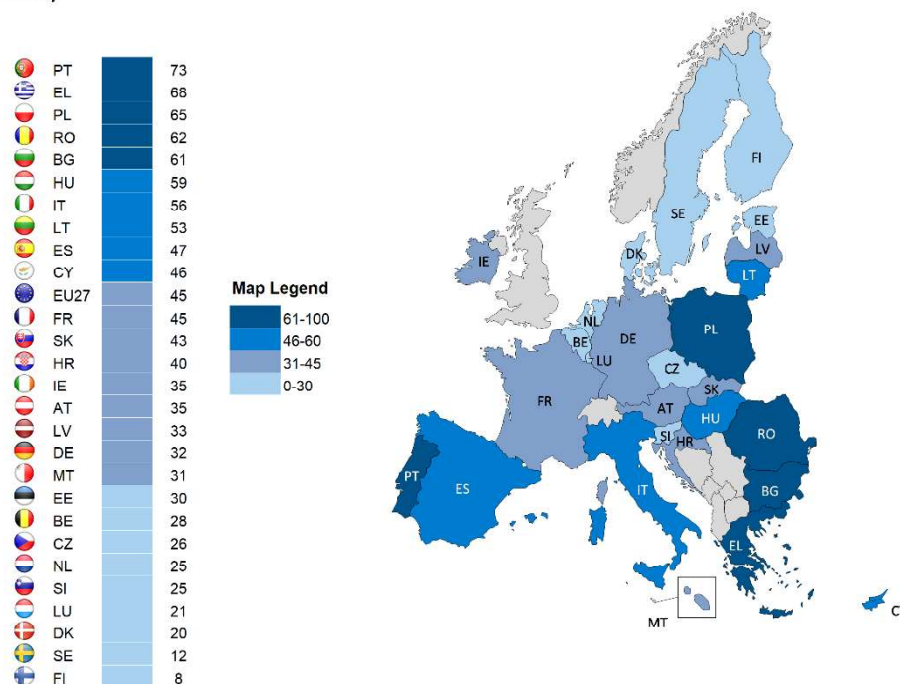


(Apr-May 2022 - Dec 2017)

Base: All Respondents (N=26,578)

**A national analysis** shows that respondents in Finland (71%), Luxembourg (63%), the Netherlands (60%), and Denmark and Sweden (59% in both countries) are the most likely to exercise or play sport. Symmetrically, respondents in Nordic countries are also the least likely to ‘never’ do so: Finland (8%), Sweden (12%) and Denmark (20%). On the other end of the scale, ‘never’ is the most common answer in 15 EU Member States. Over half of respondents in eight countries say they never exercise or play sport, with the highest levels in Portugal (73%), Greece (68%) and Poland (65%).

**QB1R 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 a sport club, running in the park.  
(% - Never)



Base: All Respondents (N=26,578)

<sup>8</sup> In 2017, the United Kingdom was an EU Member State, which is no longer the case. This might have an impact on the changes registered at EU level.

<sup>9</sup> QB1. 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 a sport club, running in the park.

<sup>10</sup> “Regularly” means the respondent exercises 5 times a week or more; “with some regularity” means 1 to 4 times a week; and “seldom” means 3 times a month or less often.

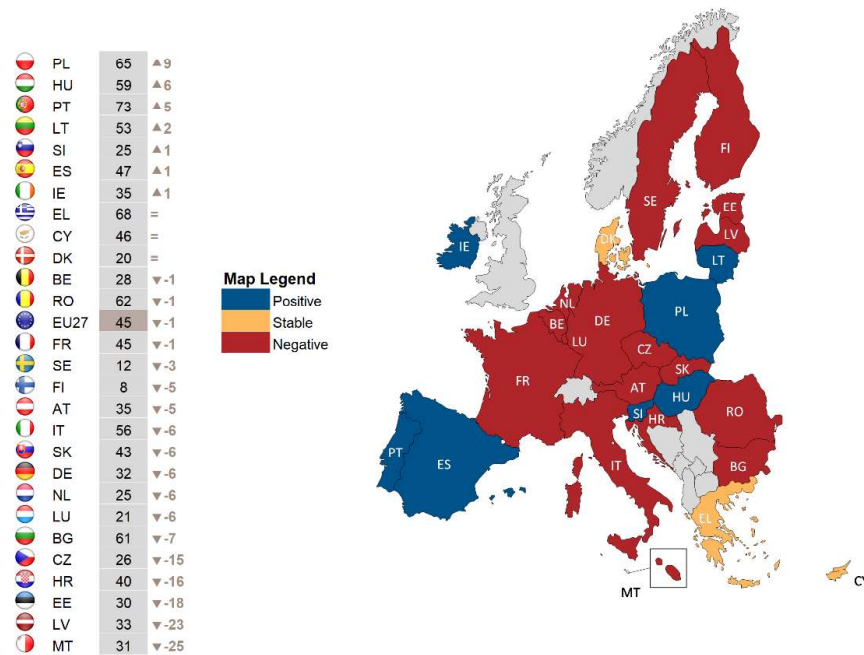
## Special Eurobarometer 525 Sport and Physical Activity

In terms of evolutions since 2017, the share of respondents who say that they never exercise or play sport has fallen in 17 EU Member States, and by two digits in five countries: Malta (31%, -25 percentage points), Latvia (33%, -23), Estonia (30%, -18), Croatia (40%, -16) and Czechia (26%, -15). Conversely, it has risen in seven countries, most notably in Poland (65%, +9), Hungary (59%, +6) and Portugal (73%, +5). Finally, it is unchanged in Greece, Denmark and Cyprus.

In seven EU Member States, more than one in ten respondents say they exercise or play sport regularly, with the highest proportions in Finland (18%), Ireland (13%) and Luxembourg (13%). However, just 2% do so in Poland and Romania and 3% in Italy.





























Since 2017, the proportion of respondents who exercise or play sport regularly has increased in 14 EU Member States, particularly in Latvia (9%, +3), Germany (8%, +3) and Austria (7%, +3). It has decreased in 11 countries, most notably in Sweden (9%, -5), and Hungary (4%, -5), and is unchanged in Cyprus and Ireland.

**QB1R 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 a sport club, running in the park.**  
(% - Never)



Base: All Respondents (N=26,578)

**QB1R 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 a sport club, running in the park.**  
(%)

																													
		EU27	DE	LV	AT	BG	CZ	EL	FR	IT	EE	HR	LU	NL	SK	FI	IE	CY	DK	PT	LT	ES	PL	BE	MT	RO	SI	HU	SE
Regularly	Apr/May 2022	6	8	9	7	4	7	4	8	3	8	6	13	7	6	18	13	11	11	4	9	11	2	4	7	2	11	4	9
	Δ Dec 2017	▼1	▲3	▲3	▲3	▲2	▲2	▲2	▲2	▲2	▲1	▲1	▲1	▲1	▲1	▲1	=	=	▼1	▼1	▼2	▼3	▼3	▼4	▼4	▼4	▼4	▼5	▼5
With some regularity	Apr/May 2022	32	35	30	35	17	37	19	33	31	34	24	50	53	29	53	41	29	48	18	23	31	21	39	25	18	41	22	50
	Δ Dec 2017	▼1	▼8	▲8	▲1	▲3	▲10	▼2	▼3	▲4	▲6	▲5	▲6	▲2	▲6	▲1	▲1	▲1	▼3	▼3	▲1	▲2	▼2	▼2	▲6	▲5	▲5	▼2	▼3
Seldom	Apr/May 2022	17	25	28	23	18	30	9	14	10	28	30	16	15	22	21	11	14	21	5	15	11	12	29	37	18	23	15	29
	Δ Dec 2017	▲3	▲11	▲12	▲1	▲3	▲3	=	▲2	=	▲11	▲10	▼1	▲3	▼1	▲3	▼2	▼1	▲4	▼1	▼1	=	▼3	▲7	▲23	=	▼2	▲1	▲11
Never	Apr/May 2022	45	32	33	35	61	26	68	45	56	30	40	21	25	43	8	35	46	20	73	53	47	65	28	31	62	25	59	12
	Δ Dec 2017	▼1	▼6	▼23	▼5	▼7	▼15	=	▼1	▼6	▼18	▼16	▼6	▼6	▼6	▼5	▲1	=	=	▲5	▲2	▲1	▲9	▼1	▼25	▼1	▲1	▲6	▼3
Don't know	Apr/May 2022	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Δ Dec 2017	=	=	=	=	▼1	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	▼1	=	=	=	=	=	=






Base: All Respondents (N=26,578)



The socio-demographic data show that:

- Men are more likely than women to exercise or play sport with some regularity: 40% of them say they “never” exercise or play sport, compared with 49% of women
- Respondents aged 15-24 years are the most likely to exercise or play sport with some regularity (54%). This proportion decreases with age, down from 42% among 25-39 year-olds to 32% in the group aged 40-54 and 21% among those aged 55 and over
- Europeans who continued education up to the age of 20 or beyond (42%) are much more likely than those who left school at age 15 or earlier (13%) to exercise or play sport with some regularity
- Managers (45%), other white collars (39%) and self-employed people (36%) are also more likely than house persons (16%), retired people (20%) and unemployed people (22%) to exercise or play sport with some regularity
- Respondents who never or almost never have difficulties paying their bills (36%) are more likely than those who have such difficulties most of the time (20%) to exercise or play sport with some regularity

**QB1R 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 a sport club, running in the park.**  
(% - EU)

	Regularly	With some regularity	Seldom	Never	Don't know
EU27	6	32	17	45	0
 <b>Gender</b>					
Man	8	35	17	40	0
Woman	5	30	16	49	0
 <b>Age</b>					
15-24	12	54	15	19	0
25-39	6	42	20	32	0
40-54	6	32	21	41	0
55 +	5	21	13	61	0
 <b>Education (End of)</b>					
15-	4	13	9	74	0
16-19	5	25	18	52	0
20+	8	42	19	31	0
Still studying	12	58	15	15	0
 <b>Socio-professional category</b>					
Self-employed	6	36	20	38	0
Managers	7	45	21	26	1
Other white collars	4	39	21	36	0
Manual workers	6	29	19	46	0
House persons	4	16	12	68	0
Unemployed	10	22	19	49	0
Retired	6	20	12	62	0
Students	12	58	15	15	0
 <b>Difficulties paying bills</b>					
Most of the time	7	20	12	61	0
From time to time	4	26	18	52	0
Almost never/ Never	7	36	17	40	0

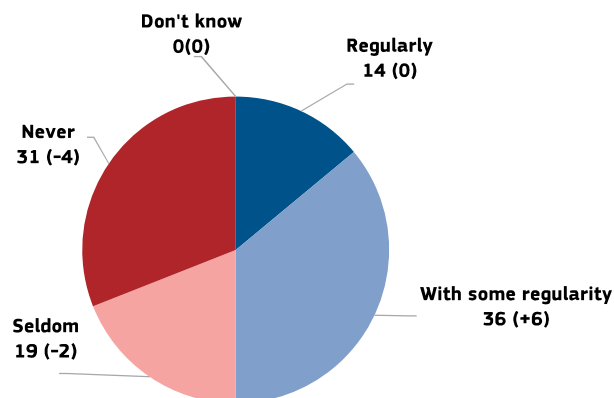
Base: All Respondents (N=26,578)

## 1.2 Engaging in other physical activity

### Half of Europeans engage in other physical activity at least once a week

Nearly four in ten respondents (36%, +6 percentage points since 2017) say they engage in physical activity for recreational or non-sport-related reasons<sup>11</sup> with some regularity<sup>12</sup>. In addition, 14% (unchanged) do so regularly. However, slightly more than three in ten (31%, -4) answer that they never engage in other physical activity such as cycling from one place to another, dancing, gardening, etc., while close to one in five (19%, -2) seldom do so.

**QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.**  
(% - EU)



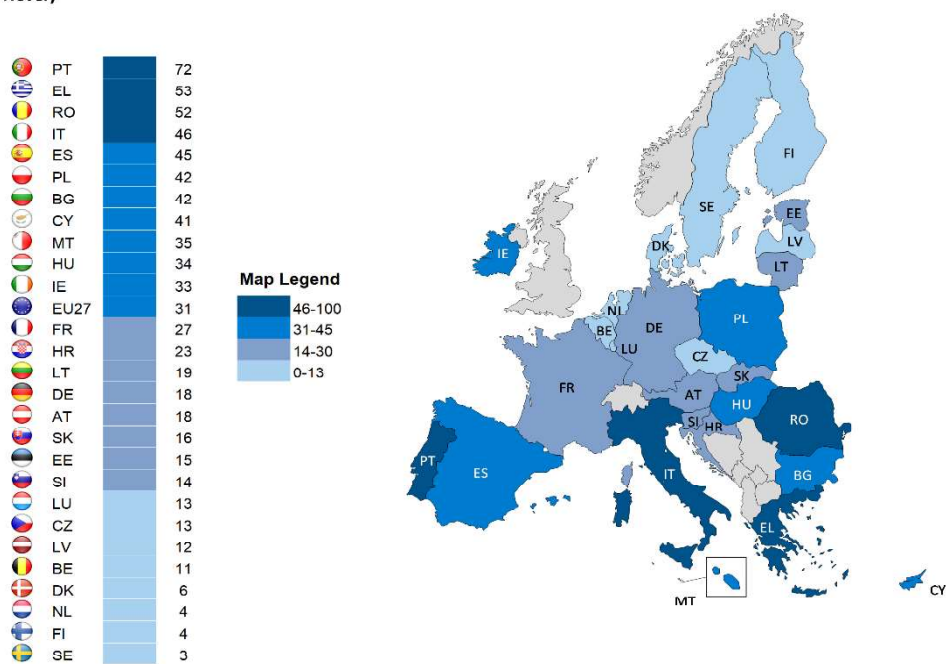
(Apr-May 2022 - Dec 2017)

Base: All Respondents (N=26,578)

**A national analysis** reveals that most respondents say they engage in other physical activity with some regularity in 17 EU Member States, with the highest levels in Finland (54%), Austria (48%), and Sweden and Estonia (47% in both countries). Never is the most common answer in nine countries: Portugal (72%), far ahead of Greece (53%), Romania (52%), Italy (46%), Spain (45%), Poland and Bulgaria (42% in both countries), Cyprus (41%) and Hungary (34%). In addition, more than a third of respondents say that they never engage in other physical activity in Malta (35%).

Malta is also the only country where a majority of respondents say they seldom engage in other physical activity (39%). Over a quarter of respondents give this answer in Czechia (29%), Croatia (29%) and Belgium (25%).

**QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.**  
(% - Never)



Base: All Respondents (N=26,578)

<sup>11</sup> QB2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.

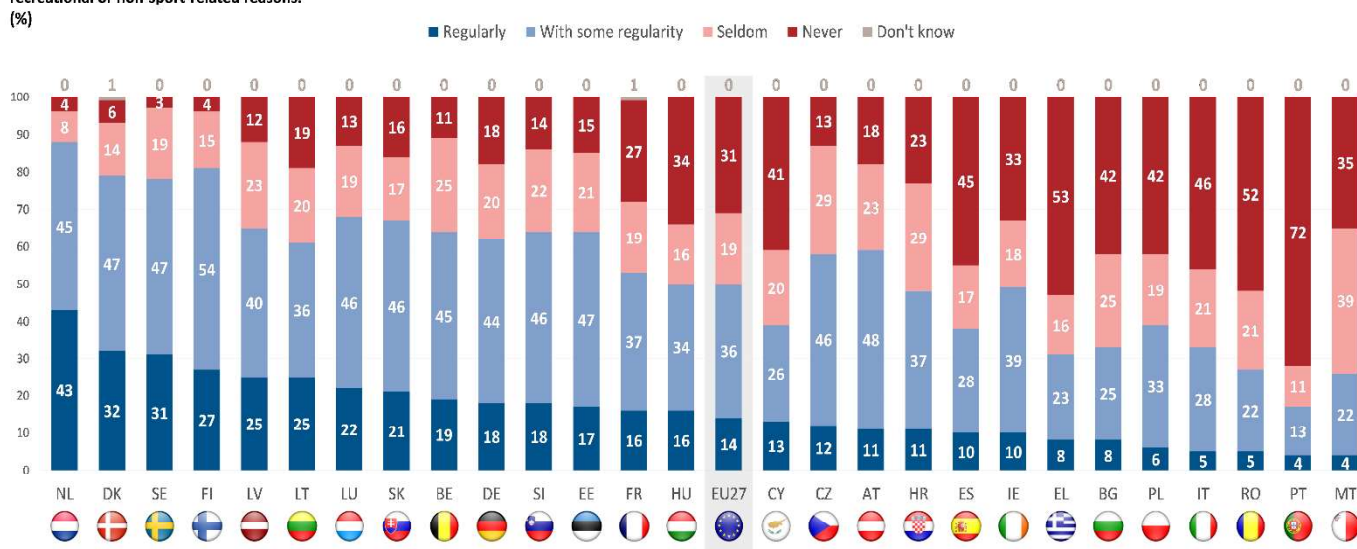
<sup>12</sup> "Regularly" means the respondent engages in other physical activity 5 times a week or more; "with some regularity" means 1 to 4 times a week; and "seldom" means 3 times a month or less often.

## Special Eurobarometer 525 Sport and Physical Activity

Finally, respondents who engage in physical activity regularly for recreational or non-sport-related reasons do not form a majority in any EU Member State. At least one in five respondents do so in eight Member States, most notably in the Netherlands (43%), Denmark (32%) and Sweden (31%). Conversely, less than one in ten respondents engage in other physical activity in seven countries, with the lowest levels in Portugal and Malta (4% in both countries), and Italy and Romania (both 5%).

Respondents in countries in Southern Europe seem to be more likely than those in Northern European countries to never engage in other physical activity.

**QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.**

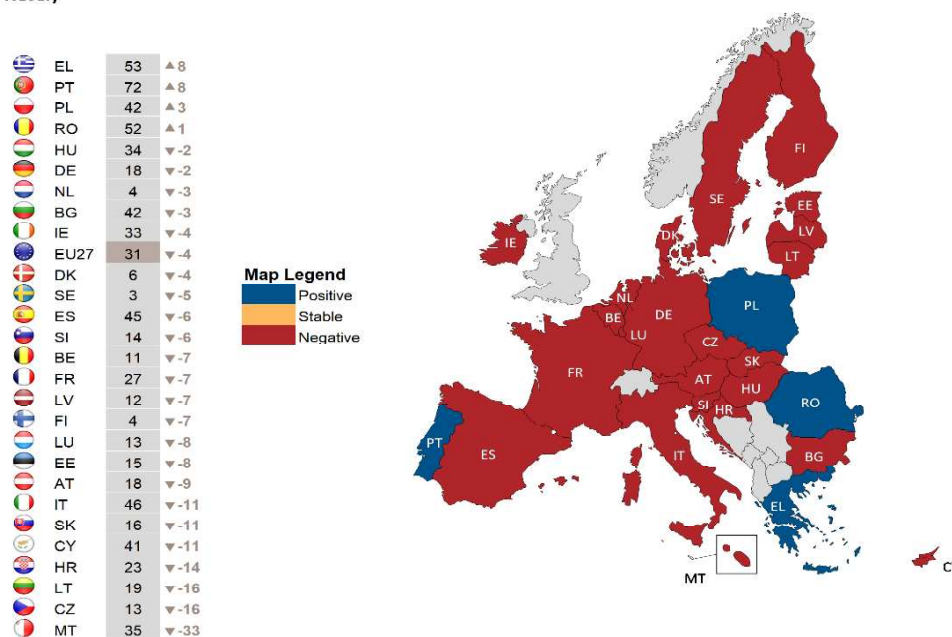


Since 2017, the share of respondents who never engage in other physical activity has decreased in 23 EU Member States, and by two digits in seven countries, most dramatically in Malta (35%, -33 percentage points), Czechia (13%, -16) and Lithuania (19%, -16).

Conversely, it has increased in four countries: Portugal (72%, +8), Greece (53%, +8), Poland (42%, +3) and Romania (52%, +1).

**QB2R And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.**





(% - Never)



The socio-demographic data show that:

- Women (35%) tend to be more likely than men (28%) to never engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.
- Respondents aged 15-24 years are the most likely to engage in other physical activity with some regularity (44%). This proportion decreases with age, down from 38% among 25-39 year olds to 36% in the group aged 40-54 and 31% among those aged 55 and over
- Respondents who left school at age 15 or earlier (55%) are by far the most likely to never engage in other physical activity, compared with 35% among those who left school between 16-19 years and 20% among those who continued education up to the age of 20 or beyond
- Europeans who never or almost never have difficulties paying their bills (39%) are more likely than those who have such difficulties most of the time (24%) to engage in other physical activity with some regularity

**QB2R** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.  
(% - EU)

	Regularly	With some regularity	Seldom	Never	Don't know
EU27	14	36	19	31	0
 Gender					
Man	15	38	19	28	0
Woman	13	33	19	35	0
 Age					
15-24	20	44	20	16	0
25-39	14	38	23	25	0
40-54	12	36	24	28	0
55 +	14	31	15	40	0
 Education (End of)					
15-	9	23	13	55	0
16-19	12	32	20	35	1
20+	17	43	20	20	0
Still studying	20	46	20	14	0
 Difficulties paying bills					
Most of the time	12	24	16	48	0
From time to time	10	30	21	39	0
Almost never/ Never	16	39	19	26	0

Base: All Respondents (N=26,578)

## 2. Levels of engagement

### 2.1 Vigorous physical activity

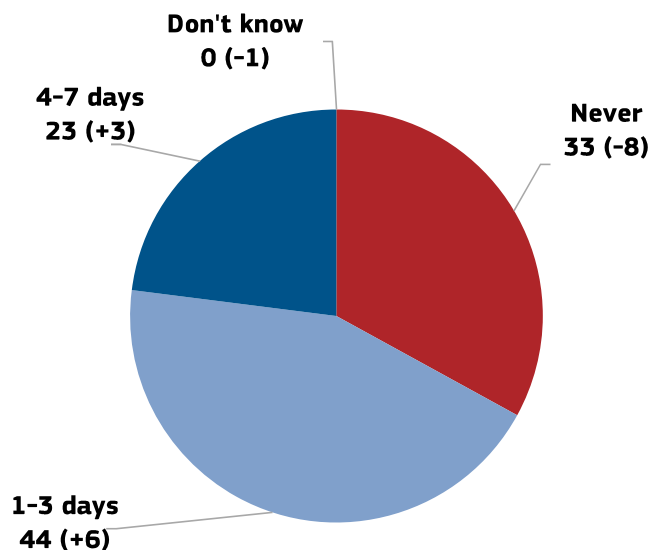
**Over four in ten Europeans who practice a sport or a physical activity had engaged in vigorous physical activity on one to three of the previous seven days**

Respondents who exercise, play sport or engage in other physical activity were asked on how many of the last seven days they had undertaken vigorous physical activity, like lifting heavy things, digging, aerobics or fast cycling<sup>13</sup>.

More than four in ten respondents (44%, +6 percentage points since 2017) say they had undertaken vigorous physical activity on one to three of the previous seven days. Meanwhile, close to a quarter (23%, +3) had done so on four to seven days. Conversely, a third of respondents (33%, -8) say that they never had done any vigorous physical activity during the previous seven days.

It is worth noting that the proportion of respondents who had never done any vigorous physical activity in the previous week has lost eight percentage points since 2017, down from 41% to 33%.

**QB3R In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?  
(% - EU)**



(Apr.-May 2022 - Dec. 2017)

Base: If practices a sport or a physical activity (N=19,246)

<sup>13</sup> QB3. In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?

## Special Eurobarometer 525 Sport and Physical Activity

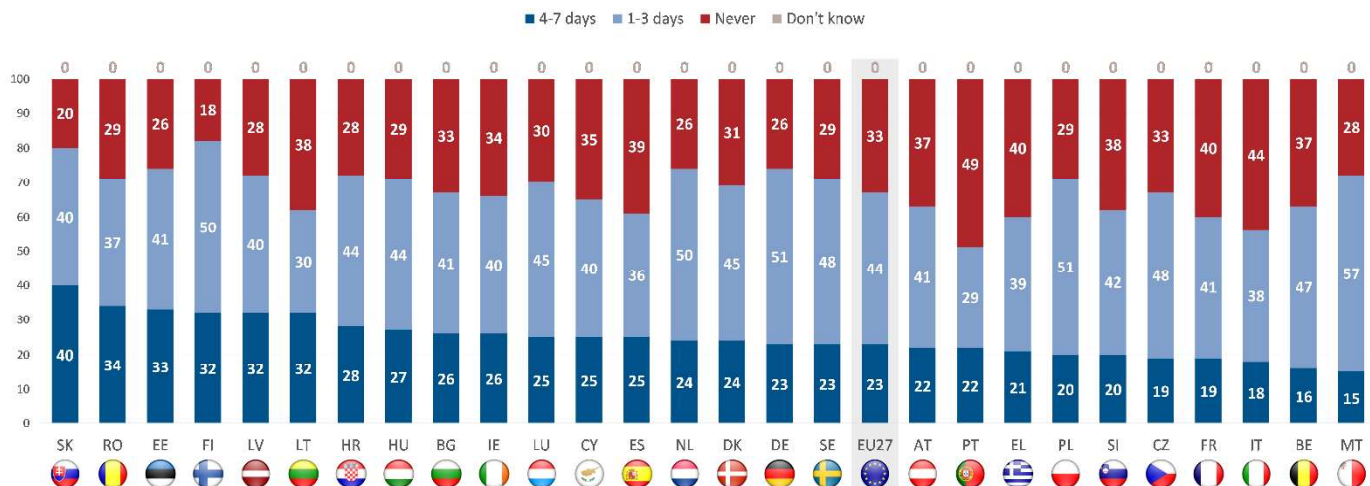
In 22 EU Member States, most respondents say they had done vigorous physical activity on one to three of the previous seven days. At least half of respondents had done so in Malta (57%), Germany and Poland (51% in both countries), and the Netherlands (50%).

In five EU Member States, a majority of respondents answer that they had never done any vigorous physical activity in the previous week: in Portugal (49%), Italy (44%), Greece (40%), Spain (39%) and Lithuania (38%). This proportion is also higher than the other categories in France (40%).

Slovakia is the only country where respondents are most likely to say they had engaged in vigorous physical activity on at least four of the previous seven days (40%, the same proportion as those who had done so on one to three days). More than three in ten respondents agree in Romania (34%), Estonia (33%), and Finland, Latvia and Lithuania (32% in all three countries). At the other end of the scale, less than one in five respondents had done vigorous physical activity on at least four days in France and Czechia (19% in both countries), Italy (18%), Belgium (16%) and Malta (15%).

In terms of evolutions since 2017, the share of respondents who say they had never done any vigorous physical activity in the previous week has lost ground in 26 EU Member States, and by two digits in 14 countries, most strikingly in Malta (28%, -26 percentage points), Cyprus (35%, -16) and Romania (29%, -15). Meanwhile, it has risen only in Austria (37%, +3).

QB3R In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling? (%)








Base: If practices a sport or a physical activity (N=19,246)



The socio-demographic data show that:

- Men (29%) are less likely than women (38%) to say they had never done any vigorous physical activity during the previous seven days
- Respondents aged 15-24 years (23%) are the least likely to never engage in any vigorous physical activity, compared with 27% among 25-39 year-olds, 33% among 40-54 year-olds and 42% among those aged 55 and over.
- Respondents who left school at age 15 or earlier (49%) are the most likely to never engage in any vigorous physical activity, compared with around a third of those who left school between 16-19 years (34%) or who continued education up to the age of 20 or beyond (32%)
- House persons (49%) and retired people (46%) are the most likely to say that they had never done any vigorous physical activity over the previous seven days, particularly when compared with students (25%), managers (26%), manual workers (27%) and self-employed people (28%)
- Europeans who never or almost never have difficulties paying their bills are more likely than those who have such difficulties most of the time to have done vigorous physical activity on one to three of the previous seven days (45% compared with 34%), but less likely to have done so on at least four days (22% compared with 29%)

**QB3R** In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?  
(% - EU)

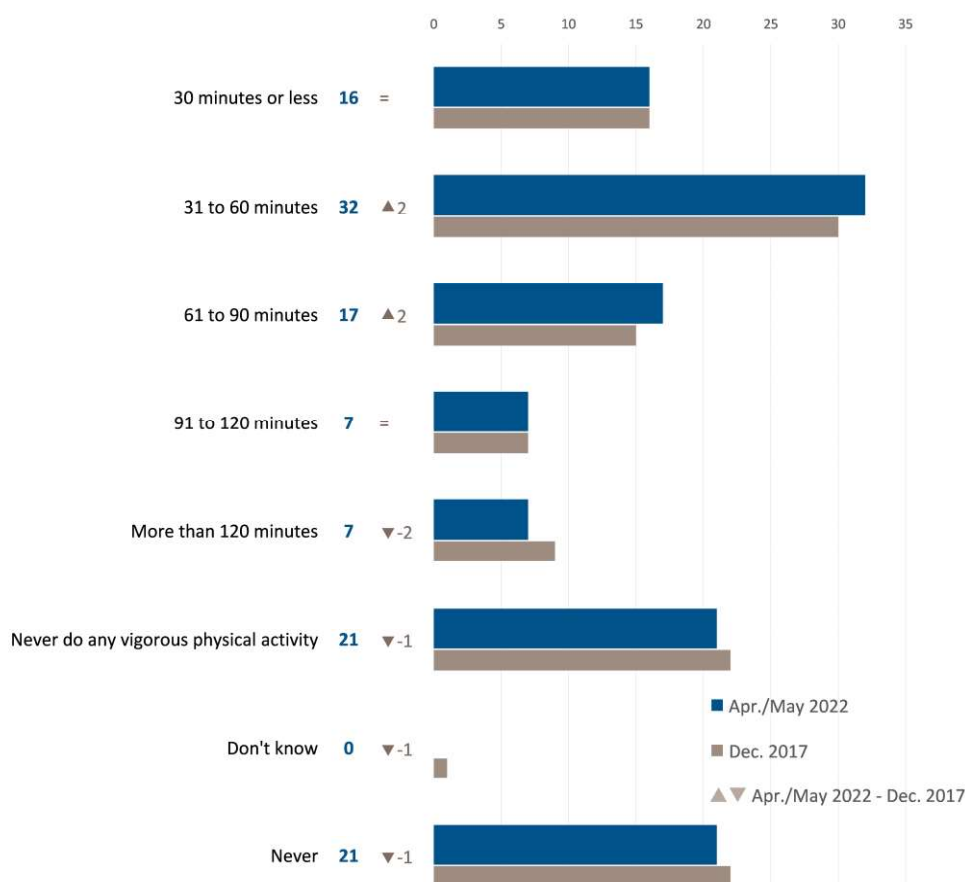
	1-3 days	4-7 days	Never	Don't know
EU27	44	23	33	0
 <b>Gender</b>				
Man	45	26	29	0
Woman	43	19	38	0
 <b>Age</b>				
15-24	47	30	23	0
25-39	49	24	27	0
40-54	46	21	33	0
55 +	39	19	42	0
 <b>Education (End of)</b>				
15-	32	19	49	0
16-19	42	24	34	0
20+	47	21	32	0
Still studying	47	28	25	0
 <b>Socio-professional category</b>				
Self-employed	47	25	28	0
Managers	51	23	26	0
Other white collars	51	16	33	0
Manual workers	43	30	27	0
House persons	32	19	49	0
Unemployed	39	23	38	0
Retired	36	18	46	0
Students	47	28	25	0
 <b>Difficulties paying bills</b>				
Most of the time	34	29	37	0
From time to time	42	24	34	0
Almost never/ Never	45	22	33	0

Base: If practices a sport or a physical activity (N=19,246)

**Close to half of Europeans who exercise, play sport or engage in other physical activity spend 31 to 90 minutes doing a vigorous physical activity on the days when they do so**

Respondents who exercise, play sport or engage in other physical activity were asked how much time they spend doing a vigorous physical activity on the days when they do it<sup>14</sup>. Among these respondents, close to half (49%, +4 percentage points since 2017) report that they spend 31 to 90 minutes doing a vigorous physical activity on the days when they do so. However, over one in ten respondents (16%, unchanged) do so for 30 minutes or less. On the other hand, a similar proportion (14%, -2) spend 91 minutes or more. Slightly more than one in five (21%, -1) say they never do any vigorous physical activity.

**QB4 In general, on days when you do a vigorous physical activity, how much time do you spend at it?**  
(% - EU)



Base: If practices a sport or a physical activity (N=19,246)

<sup>14</sup> QB4. In general, on days when you do a vigorous physical activity, how much time do you spend at it?

## Special Eurobarometer 525 Sport and Physical Activity

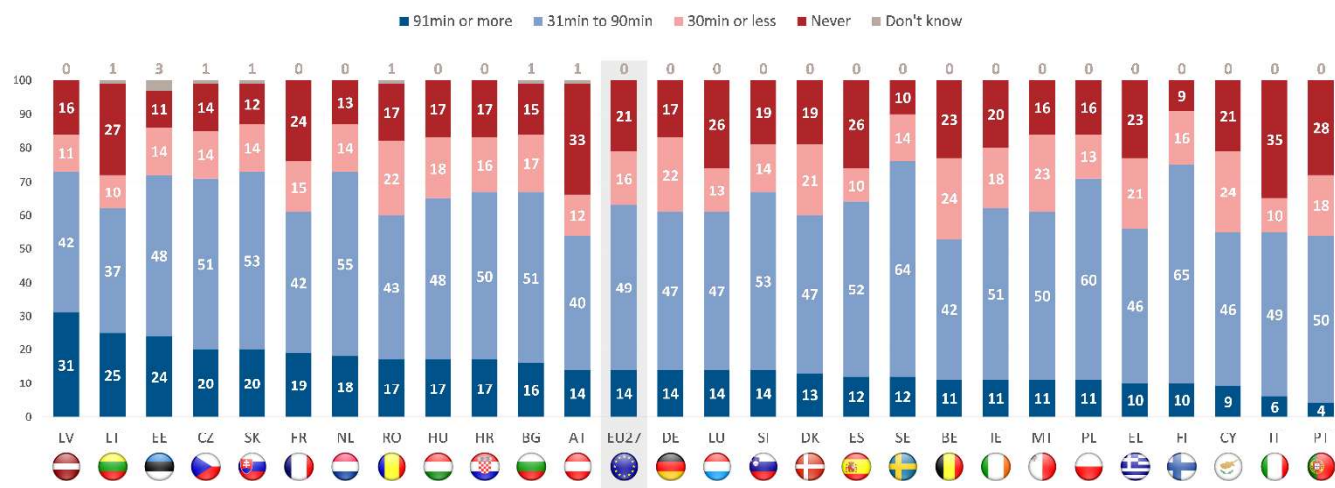
**A national analysis** shows that, in all 27 EU Member States, most respondents say they spend 31 to 90 minutes doing a vigorous physical activity on the days when they do it. At least six in ten give this answer in Finland (65%), Sweden (64%) and Poland (60%). The lowest proportions are registered in Lithuania (37%), Austria (40%), and France, Belgium and Latvia (42% in the three countries).

Respondents in Belgium and Cyprus (24% in both countries), and Malta (23%) are the most likely to spend 30 minutes or less doing a vigorous physical activity. At the other end of the scale, one in ten respondents report this level of activity in Italy, Spain and Lithuania (10% in the three countries).

Finally, over one in five respondents answer that they spend 91 minutes or more doing a vigorous physical activity in Latvia (31%), Lithuania (25%) and Estonia (24%), compared with less than one in ten in Portugal (4%), Italy (6%) and Cyprus (9%).

In terms of evolutions since 2017, the share of respondents who spend 31 to 90 minutes doing a vigorous physical activity on the days when they do it has increased in 23 EU Member States, most dramatically in Malta (50%, +14 percentage points), Poland (60%, +12), Slovenia (53%, +11) and Portugal (50%, +11). This proportion has decreased in Austria (40%, -7), Slovakia (53%, -2) and Ireland (51%, -1). Finally, it is unchanged in Lithuania.

**QB4** In general, on days when you do a vigorous physical activity, how much time do you spend at it? (%)



**QB4** In general, on days when you do a vigorous physical activity, how much time do you spend at it? (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
30 minutes or less	16	24	17	14	21	22	14	18	21	10	15	16	10	24	11	10	13	18	23	14	12	13	18	22	14	14	16	14
31 to 60 minutes	32	29	30	33	31	31	27	33	34	31	27	29	35	34	25	23	25	33	38	33	23	40	30	24	34	28	45	44
61 to 90 minutes	17	13	21	18	16	16	21	18	12	21	15	21	14	12	17	14	22	15	12	22	17	20	20	19	19	25	20	20
91 to 120 minutes	7	5	7	9	6	6	9	7	6	7	9	8	4	5	9	8	6	7	7	9	8	7	3	11	8	9	5	6
More than 120 minutes	7	6	9	11	7	8	15	4	4	5	10	9	2	4	22	17	8	10	4	9	6	4	1	6	6	11	5	6
Never do any vigorous physical activity	21	23	15	14	19	17	11	20	23	26	24	17	35	21	16	27	26	17	16	13	33	16	28	17	19	12	9	10
Don't know	0	0	1	1	0	0	3	0	0	0	0	0	0	0	0	1	0	0	0	0	1	0	0	1	0	1	0	0

Highest percentage per country

Lowest percentage per country

Highest percentage per item




Lowest percentage per item

Base: If practices a sport or a physical activity (N=19,246)

The socio-demographic data show that:

- Men (18%) are more likely than women (10%) to say that they spend 91 minutes or more doing a vigorous physical activity on the days when they do it
- Respondents aged 15-24 years are far more likely than those aged 55 and over to say they do a vigorous physical activity for 31 to 90 minutes (62% compared with 39%), but less likely to do it for 30 minutes or less (12% compared with 17%)
- Students (63%), managers (57%) and other white collars (56%) are more likely than retired people (35%), house persons (40%) and unemployed people (43%) to do a vigorous physical activity for 31 to 90 minutes

**QB4** In general, on days when you do a vigorous physical activity, how much time do you spend at it?  
(% - EU)

	Never	30min or less	31min to 90min	91min or more
EU27	21	16	49	14
 <b>Gender</b>				
Man	18	15	49	18
Woman	25	17	48	10
 <b>Age</b>				
15-24	10	12	62	16
25-39	15	16	56	13
40-54	21	17	48	14
55 +	30	17	39	14
 <b>Socio-professional category</b>				
Self-employed	18	15	49	18
Managers	14	16	57	13
Other white collars	20	15	56	9
Manual workers	17	15	49	19
House persons	33	18	40	9
Unemployed	28	17	43	12
Retired	33	17	35	14
Students	11	14	63	12

Base: If practices a sport or a physical activity (N=19,246)

## 2.2 Moderate physical activity

### Nearly half the Europeans who exercise, play sport or engage in other physical activity did moderate physical activity on at least one to three of the previous seven days

Respondents who exercise, play sport or engage in other physical activity were asked on how many days they did moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis in the last seven days<sup>15</sup>.

Nearly half of respondents (46%, +6 percentage points since 2017) say that they had done moderate physical activity on one to three of the previous seven days. Over a third (34%, +2) had done so on at least four days. However, close to one in five respondents (19%, -7) answer that they had never done any moderate physical activity over the previous seven days.

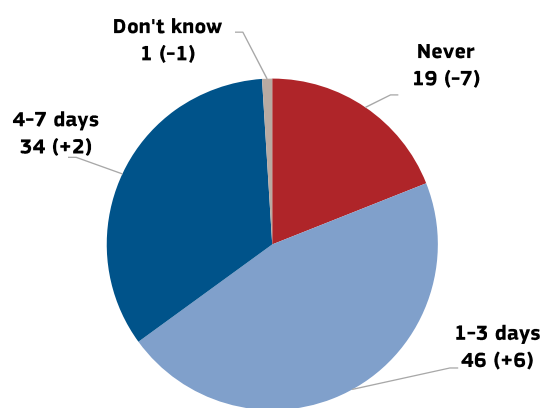
In 24 EU Member States, most respondents say they had done moderate physical activity on one to three of the previous seven days, with the highest levels in Malta and Poland (57%) and Italy (56%).

In three EU Member States, a majority of respondents answer that they had done moderate physical activity on at least four of the previous seven days: in the Netherlands (51%), Germany (46%) and Lithuania (44%).

Finally, at least a third of respondents say they had never done any moderate physical activity in the previous week in Portugal (38%), Bulgaria (35%) and Cyprus (33%). The lowest proportions are seen in Germany (10%), the Netherlands (10%) and Hungary (14%).

In terms of evolutions since 2017, the share of respondents who say that they had done moderate physical activity on one to three of the previous seven days has risen in 21 EU Member States, most significantly in Malta (57%, +25 percentage points), Poland (57%, +15), Italy (56%, +10), Estonia (44%, +10) and Czechia (55%, +10). Conversely, it has fallen in three countries, particularly in Austria (49%, -6). It is unchanged in Portugal and Belgium.

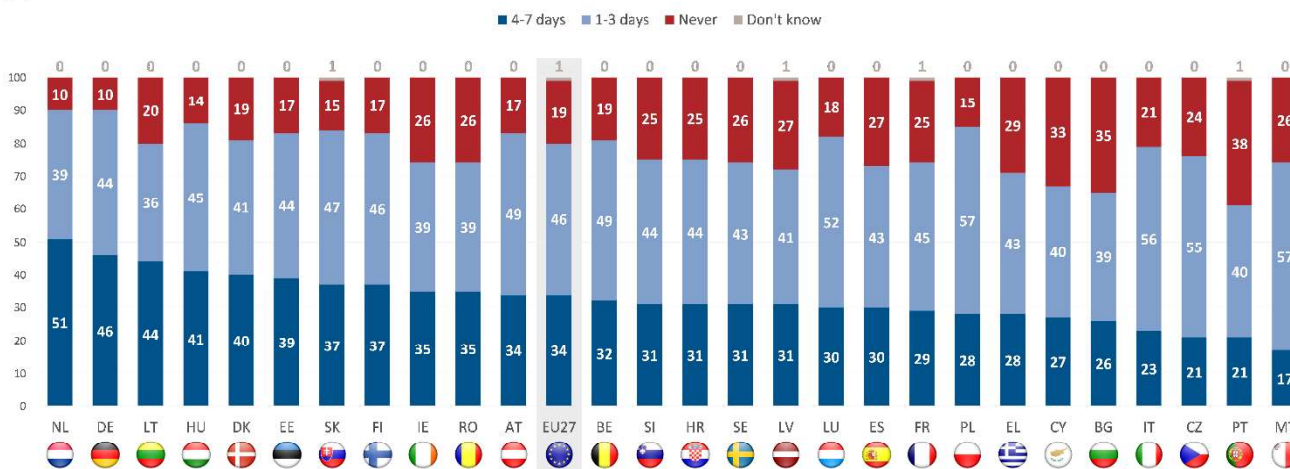
**QB5R In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking. (% - EU)**



(Apr.-May 2022 - Dec. 2017)

Base: If practices a sport or a physical activity (N=19,246)

**QB5R 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. (%)**








Base: If practices a sport or a physical activity (N=19,246)

<sup>15</sup> QB5. 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 socio-demographic data show that:

- Women (22%) are slightly more likely than men (17%) to say they had never done any moderate physical activity on the previous seven days. However, they are almost as likely to have done so on four to seven days (33% compared with 35%)
- Respondents aged 55 and over (22%) are the most likely to never engage in any moderate physical activity, particularly when compared with those aged 15-24 years (14%). On the other hand, they are almost as likely to have done some moderate physical activity on four to seven days (36% compared with 37%)
- Respondents who left school at age 15 or earlier (27%) are the most likely to never engage in any moderate physical activity, compared with 20% of those who left school between 16-19 years and 18% of those who continued education up to the age of 20 or beyond
- House persons (25%), unemployed people (24%) and retired people (24%) are more likely than students (14%) and managers (14%) to say they had never done any moderate physical activity over the previous seven days
- Respondents who see themselves as working class (23%) are far more likely than those who consider themselves as upper class (8%) to never engage in any moderate physical activity

**QB5R** 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.  
(% - EU)

	1-3 days	4-7 days	Never	Don't know
EU27	46	34	19	1
 <b>Gender</b>				
Man	48	35	17	0
Woman	45	33	22	0
 <b>Age</b>				
15-24	49	37	14	0
25-39	51	32	17	0
40-54	48	32	20	0
55 +	41	36	22	1
 <b>Education (End of)</b>				
15-	41	32	27	0
16-19	45	35	20	0
20+	48	34	18	0
Still studying	48	37	14	1
 <b>Socio-professional category</b>				
Self-employed	46	35	19	0
Managers	52	34	14	0
Other white collars	54	26	20	0
Manual workers	46	36	18	0
House persons	41	34	25	0
Unemployed	40	36	24	0
Retired	39	36	24	1
Students	48	37	14	1
 <b>Consider belonging to</b>				
The working class	41	36	23	0
The lower middle class	43	36	20	1
The middle class	49	32	19	0
The upper middle class	47	39	13	1
The upper class	54	38	8	0

Base: If practices a sport or a physical activity (N=19,246)



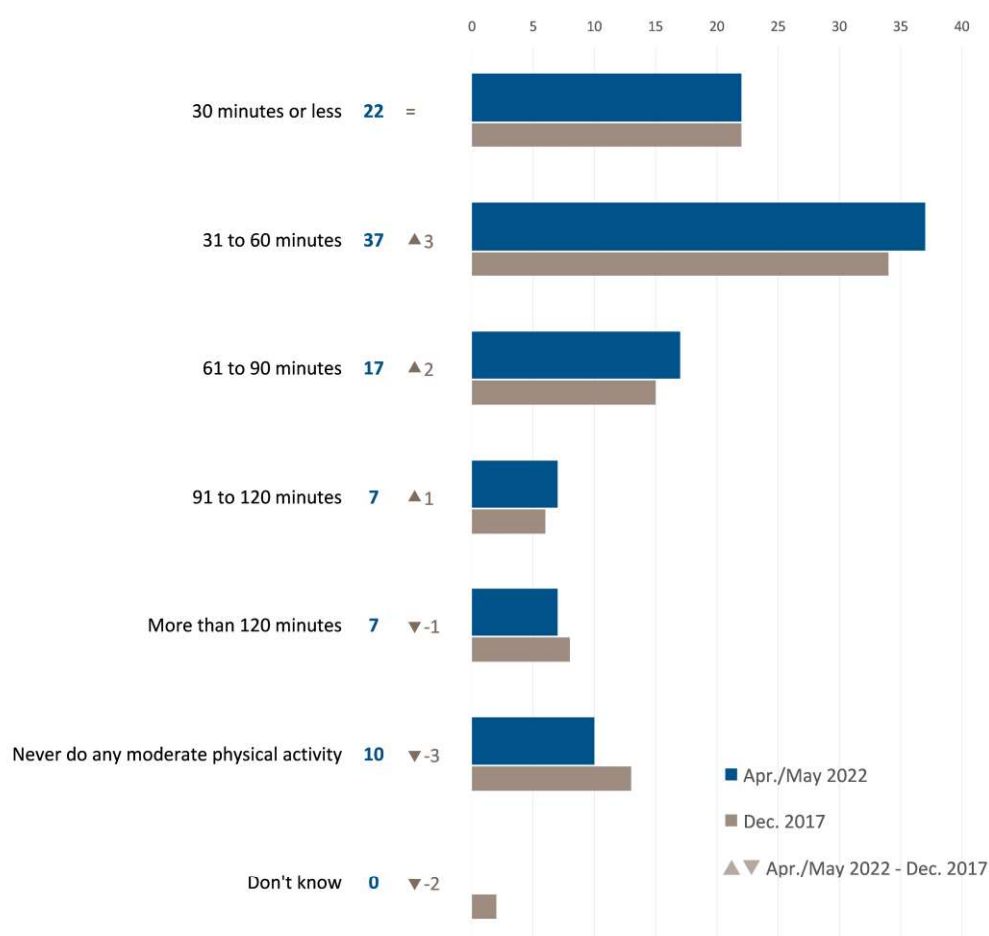
**Close to six in ten Europeans who exercise, play sport or engage in other physical activity generally spend an hour or less doing a moderate physical activity on the days when they do it**

Respondents who exercise, play sport or engage in other physical activity were asked how much time they generally spend doing a moderate physical activity on the days when they do it<sup>16</sup>. Among these respondents, a large majority (59%, +3 percentage points since 2017) say that they spend an hour or less doing a moderate physical activity on the days when they do it. This result includes 22% (unchanged) who spend 30 minutes or less doing the activity, and 37% (+3) who do it for 31 to 60 minutes.

However, nearly a third of respondents (31%, +2) say they spend more than an hour doing a moderate physical activity on the days when they do it, with 17% (+2) doing the activity for 61 to 90 minutes, 7% (+1) for 91 to 120 minutes and 7% (-1) for more than 120 minutes.

Finally, one in ten respondents (10%, -3) say that they never do any moderate physical activity.

**QB6 In general, on days when you do a moderate physical activity, how much time do you spend at it?**  
(% - EU)



Base: If practices a sport or a physical activity (N=19,246)

<sup>16</sup> QB6. In general, on days when you do a moderate physical activity, how much time do you spend at it?

## Special Eurobarometer 525 Sport and Physical Activity

**A national analysis** shows that, in all 27 EU Member States, most respondents say they spend 31 to 60 minutes doing a moderate physical activity on the days when they do it, with the highest proportions in Finland (50%), Malta (47%) and Poland (45%). The lowest levels are found in Romania (25%), Lithuania (28%), and France, Slovakia and Latvia (30% in the three countries).

Romania is the only country where a majority of respondents say that they spend 30 minutes or less doing a moderate physical activity (25%, same score as 31 to 60 minutes). In addition, over a quarter of respondents give this answer in Belgium (29%) and France, Denmark and Cyprus (27% in the three countries). The lowest proportions are registered in Lithuania (13%) and Estonia, Latvia and Luxembourg (15% in the three countries).

Finally, more than four in ten respondents spend more than an hour doing a moderate physical activity on the days when they do it in Estonia and Lithuania (47% in both countries), and Slovakia (45%). At the other end of the scale, no more than one in five spend more than an hour at it in Malta (17%), Portugal (18%), Italy and Cyprus (20%).

In terms of evolutions since 2017, the proportion of respondents who spend an hour or less doing a moderate physical activity on the days when they do it has risen in 15 EU Member States, most dramatically in Poland (67%, +12 percentage points) and Portugal (60%, +12). Conversely, it has fallen in 11 countries, particularly in Croatia (52%, -9). It is unchanged in France.

**QB6 In general, on days when you do a moderate physical activity, how much time do you spend at it?**  
(%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
30 minutes or less	22	29	21	18	27	20	15	24	22	17	27	20	22	27	15	13	15	19	25	21	20	22	17	25	19	18	20	25
31 to 60 minutes	37	34	35	34	40	36	31	39	42	41	30	32	43	36	30	28	38	40	47	43	34	45	43	25	37	30	50	42
61 to 90 minutes	17	15	14	16	12	21	18	16	12	19	15	21	15	11	14	19	19	19	9	17	19	17	16	17	21	25	16	14
91 to 120 minutes	7	6	7	8	5	8	11	5	5	6	8	8	4	4	8	11	8	7	4	7	9	6	1	9	9	11	4	6
More than 120 minutes	7	7	8	12	8	9	18	4	4	4	8	8	1	5	18	17	7	9	4	8	5	2	1	6	6	9	4	6
Never do any moderate physical activity	10	9	14	12	8	5	5	12	15	13	11	11	15	17	15	12	13	6	11	4	12	8	22	18	8	6	4	7
Don't know	0	0	1	0	0	1	2	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	2	0

**Highest percentage per country**

*Lowest percentage per country*

**Highest percentage per item**

**Lowest percentage per item**

Base: If practices a sport or a physical activity (N=19,246)

The socio-demographic data show that:

- Europeans aged 15-24 years are the most likely to say they do a moderate physical activity for 61 to 90 minutes (22%, compared with 15% among those aged 55 and over); respondents aged 25-39 years are the most likely to do this activity for 31 to 60 minutes (41%, compared with 35% among those aged 55 and over); conversely, respondents aged 55 and over are the most likely never to do any moderate physical activity (12%, compared with 6% among respondents aged 15-24 years)
- Respondents who left school at age 15 or earlier are the most likely never to engage in any moderate physical activity (18%, compared with 8% of those who continued education up to the age of 20 or beyond). They are also the least likely to do a moderate physical activity for 61 to 90 minutes (10% compared with 18%)
- Self-employed people (11%) and manual workers (10%) are more likely than other white collars (3%), students (4%), managers (5%) and unemployed people (5%) to say they do a moderate physical activity for more than 120 minutes
- Europeans who have difficulties paying their bills most of the time are the least likely to do a moderate physical activity for 31 to 60 minutes (30%, compared with 38% in the other categories)
- Respondents who live in a rural village are least likely to do a moderate physical activity for 30 minutes or less (19%, compared with 23-24% in other categories)

**QB6** In general, on days when you do a moderate physical activity, how much time do you spend at it?  
(% - EU)

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do any moderate physical activity	Don't know
EU27	22	37	17	7	7	10	0
Gender							
Man	20	36	19	8	8	9	0
Woman	23	39	16	6	5	11	0
Age							
15-24	21	39	22	7	5	6	0
25-39	21	41	19	6	5	8	0
40-54	23	37	17	6	7	10	0
55 +	22	35	15	8	7	12	1
Education (End of)							
15-	25	35	10	5	7	18	0
16-19	21	36	17	7	8	11	0
20+	22	39	18	7	6	8	0
Still studying	22	41	21	6	4	5	1
Socio-professional category							
Self-employed	18	35	20	7	11	9	0
Managers	21	42	18	8	5	6	0
Other white collars	23	44	17	3	3	10	0
Manual workers	20	35	18	7	10	10	0
House persons	22	37	18	4	6	13	0
Unemployed	27	30	18	8	5	12	0
Retired	23	33	14	9	6	14	1
Students	22	41	21	6	4	5	1
Difficulties paying bills							
Most of the time	23	30	17	8	9	13	0
From time to time	22	38	16	6	6	12	0
Almost never/ Never	21	38	18	7	7	9	0
Subjective urbanisation							
Rural village	19	36	18	8	9	10	0
Small/ mid size town	23	38	18	6	6	9	0
Large town	24	39	16	6	5	10	0

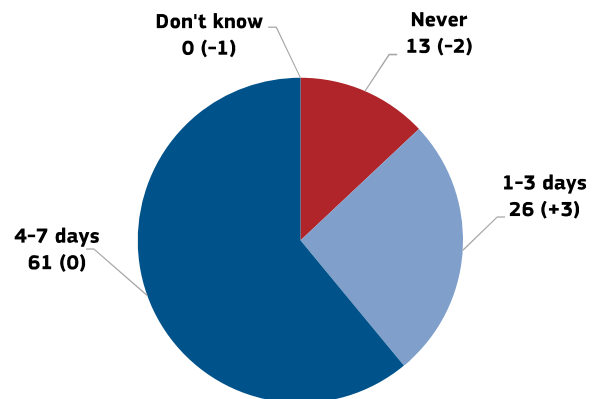
Base: If practices a sport or a physical activity (N=19,246)

## 2.3 Walking

Six in ten Europeans had walked for at least ten minutes at a time on four or more days in the week before the survey

When asked on how many days in the last week they had walked for at least ten minutes at a time<sup>17</sup>, six in ten respondents (61%, unchanged since 2017) report that they had done so on at least four days. Slightly more than a quarter (26%, +3) say they had walked for at least ten minutes at a time on one to three days in the previous week. However, over one in ten respondents (13%, -2) had never walked for at least ten minutes at a time in the previous seven days.

QB7R In the last 7 days, on how many days did you walk for at least 10 minutes at a time?  
(% - EU)



(Apr.-May 2022 - Dec. 2017)

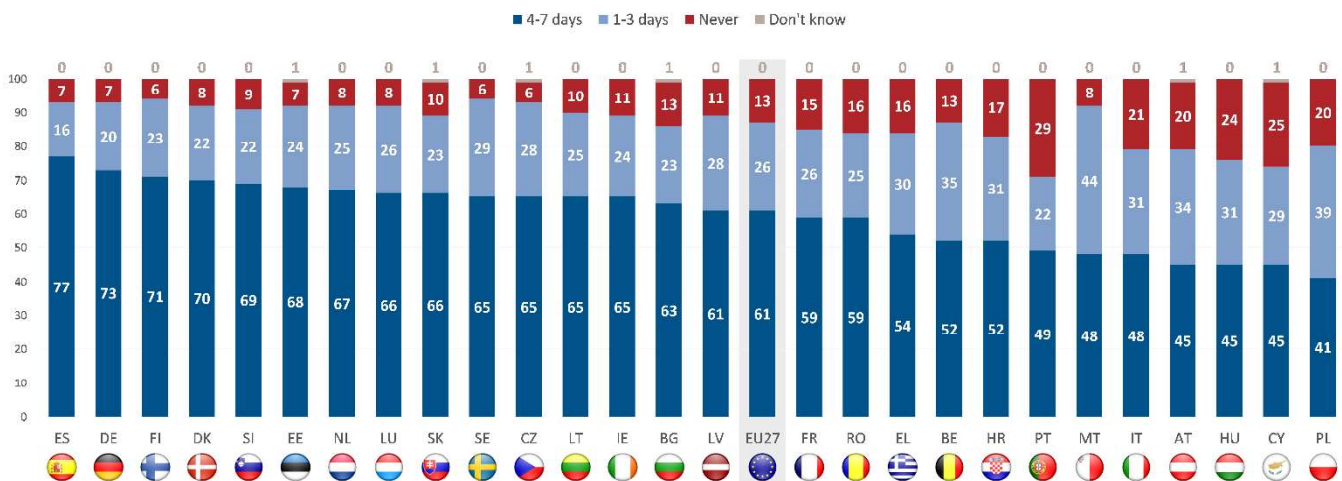
Base: All Respondents (N=26,578)

**A national analysis** shows that most respondents say they had walked for at least ten minutes at a time on at least four days in the previous week in all 27 EU Member States. More than seven in ten had done so in Spain (77%), Germany (73%) and Finland (71%). At the other end of the scale, less than half of respondents report this level of walking in seven countries: in Poland (41%), Austria and Cyprus (45% in both countries), Hungary (45%), Malta and Italy (both 48%), and Portugal (49%).

In six countries, more than one in five respondents say that they had never walked for at least ten minutes at a time in the previous seven days, with the highest levels in Portugal (29%), Cyprus (25%) and Hungary (24%). Just 6% give this answer in Sweden, Finland and Czechia.

Since 2017, the proportion of respondents who had walked for at least ten minutes at a time on four or more days in the previous week has increased in 16 EU Member States, most dramatically in Finland (71%, +11 percentage points). Conversely, it has decreased in 11 countries, most notably in Poland (41%, -9 and Bulgaria (63%, -7).

QB7R In the last 7 days, on how many days did you walk for at least 10 minutes at a time?  
(%)








Base: All Respondents (N=26,578)

<sup>17</sup> QB7. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to say they had walked for at least ten minutes at a time on four to seven days in the previous week (71%). This proportion decreases with age, down from 64% among those aged 25-39 years and 61% among 40-54 year-olds to 56% among respondents aged 55 and over
- Respondents who continued education up to the age of 20 or beyond are the most likely to have walked for at least ten minutes at a time on four to seven days in the previous week (63%, compared with 59% among those who left school between 16-19 years and 52% among those who left school at age 15 or earlier)
- Students (74%) are by far the most likely to say that they had walked for at least ten minutes at a time on four to seven days in the previous week, particularly when compared with retired people (55%)
- Europeans who live in a large town (66%) are more likely than those who live in a small or medium sized town (60%) or a rural village (57%) to say they had walked for at least ten minutes at a time on four to seven days in the previous week

**QB7R In the last 7 days, on how many days did you walk for at least 10 minutes at a time?**  
(% - EU)

	1-3 days	4-7 days	Never	Don't know
EU27	26	61	13	0
 <b>Gender</b>				
Man	27	60	13	0
Woman	25	62	13	0
 <b>Age</b>				
15-24	22	71	7	0
25-39	25	64	11	0
40-54	27	61	12	0
55 +	26	56	18	0
 <b>Education (End of)</b>				
15-	25	52	23	0
16-19	26	59	15	0
20+	28	63	9	0
Still studying	20	74	6	0
 <b>Socio-professional category</b>				
Self-employed	27	60	13	0
Managers	27	64	9	0
Other white collars	30	58	12	0
Manual workers	26	60	14	0
House persons	21	64	15	0
Unemployed	22	67	11	0
Retired	26	55	19	0
Students	20	74	6	0
 <b>Subjective urbanisation</b>				
Rural village	27	57	16	0
Small/ mid size town	26	60	14	0
Large town	23	66	11	0

Base: All Respondents (N=26,578)

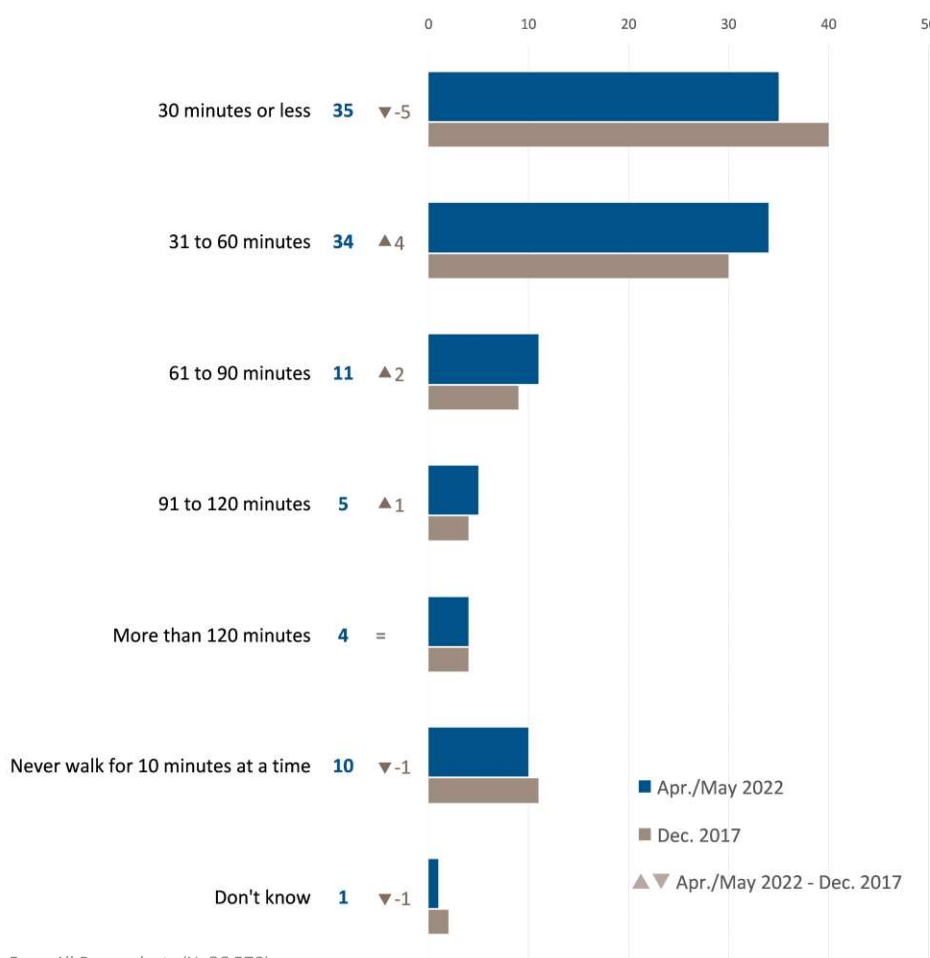
**Over two-thirds of Europeans generally spend an hour or less walking on days when they walk for at least ten minutes at a time**

When asked how much time they generally spend walking on the days when they walk for at least ten minutes at a time<sup>18</sup>, close to seven in ten respondents (69%, -1 percentage point since 2017) report that they spend an hour or less walking. This result includes 35% (-5) who spend 30 minutes or less walking, and a similar proportion (34%, +4) who walk for 31 to 60 minutes.

However, one in five respondents (20%, +3) say they spend more than an hour walking on days when they walk for at least ten minutes at a time, including 11% (+2) who walk for 61 to 90 minutes, 5% (+1) for 91 to 120 minutes and 4% (unchanged) for more than 120 minutes.

Finally, one in ten respondents (10%, -1) say that they never walk for ten minutes at a time.

**QB8 In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking?**  
(% - EU)



<sup>18</sup> QB8. In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking?



## Special Eurobarometer 525 Sport and Physical Activity

**A national analysis** shows that in 17 EU Member States most respondents say that they spend 30 minutes or less walking on days when they walk for at least ten minutes at a time. Over four in ten respondents do so in Portugal (47%), Greece and Bulgaria (45% in both countries), and Cyprus (44%). The lowest proportions are registered in Latvia (22%), Estonia (24%) and Finland (27%).

In ten EU Member States, a majority of respondents say they spend 31 to 60 minutes walking. More than four in ten respondents give this answer in Finland (49%), Sweden (44%), and Ireland and Malta (42% in both countries). The lowest scores are seen in Portugal (25%), and Romania, Hungary and Cyprus (26% in the three countries).

Finally, the highest proportions of respondents who spend more than an hour walking on days when they walk for at least ten minutes at a time are found in Latvia (35%), Estonia (34%) and Spain (29%). At the other end of the scale, at most one in ten respondents walk for more than an hour in Portugal and Cyprus (9% in both countries), and Greece (10%).

Since 2017, the share of respondents who walk for an hour or less has decreased in 17 EU Member States, most notably in Croatia (67%, -9 percentage points) and Latvia (56%, -9). It has increased in eight countries, most strikingly in Malta (80%, +11), and is unchanged in Ireland and the Netherlands.

**Q88 In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking?**  
(%)



30 minutes or less	35	38	45	36	35	28	24	32	45	29	38	37	39	44	22	38	32	40	38	33	37	36	47	37	34	34	27	33
31 to 60 minutes	34	30	29	35	34	38	33	42	32	38	32	30	32	26	34	29	36	26	42	38	31	34	25	26	33	28	49	44
61 to 90 minutes	11	12	7	15	13	15	15	11	6	18	8	14	7	6	16	12	18	9	7	13	12	10	5	11	17	16	14	14
91 to 120 minutes	5	5	3	5	5	7	7	3	2	6	6	5	3	1	8	5	3	3	4	4	4	3	2	7	5	5	4	3
More than 120 minutes	4	3	2	4	7	6	12	3	2	5	5	2	1	2	11	8	7	3	2	5	2	2	2	5	5	6	3	3
Never walk for 10 minutes at a time	10	11	13	5	5	5	5	9	13	4	10	12	17	20	9	7	4	19	7	7	13	14	19	14	6	9	3	3
Don't know	1	1	1	0	1	1	4	0	0	0	1	0	1	1	0	1	0	0	0	0	1	1	0	0	0	2	0	0

Highest percentage per country

Lowest percentage per country

Highest percentage per item







Lowest percentage per item

Base: All Respondents (N=26,578)

The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to say they spend 31 to 60 minutes walking on the days when they walk for at least ten minutes at a time (38%, compared with 32% among respondents aged 55 and over)
- Europeans who continued education up to the age of 20 or beyond are the most likely to walk for 31 to 60 minutes (37%, compared with 30% among those who left school at age 15 or earlier) and for 61 to 90 minutes (13% compared with 8%)
- Respondents who have difficulties paying their bills most of the time are the least likely to walk for 31 to 60 minutes (27%, compared with 36% among those who never or almost never have such difficulties), but they are more likely to walk for 30 minutes or less (38% compared with 33%)
- Europeans who consider themselves as upper class are the least likely to walk for 30 minutes or less (24%, compared with 35% among all other categories), but the most likely to walk for 31 to 60 minutes (46%) and for 61 to 90 minutes (17%)

**QB8** In general, on days when you walk for at least 10 minutes at a time, how much time do you spend walking?  
(% - EU)

	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
EU27	35	34	11	5	4	10	1
 Gender							
Man	35	34	11	5	4	10	1
Woman	35	35	12	5	3	10	0
 Age							
15-24	35	38	13	5	4	5	0
25-39	34	36	12	5	4	8	1
40-54	35	34	12	5	5	9	0
55 +	35	32	11	5	3	13	1
 Education (End of)							
15-	36	30	8	4	3	18	1
16-19	35	33	11	5	4	11	1
20+	34	37	13	5	4	6	1
Still studying	38	37	13	4	3	4	1
 Difficulties paying bills							
Most of the time	38	27	11	5	5	14	0
From time to time	38	31	11	5	3	12	0
Almost never/ Never	33	36	12	5	4	9	1
 Consider belonging to							
The working class	35	32	11	4	4	14	0
The lower middle class	35	32	11	5	5	12	0
The middle class	35	36	12	5	4	8	0
The upper middle class	35	36	12	6	4	6	1
The upper class	24	46	17	7	1	5	0
 Subjective urbanisation							
Rural village	33	32	13	6	4	12	0
Small/ mid size town	34	35	11	5	4	10	1
Large town	38	35	11	4	3	8	1

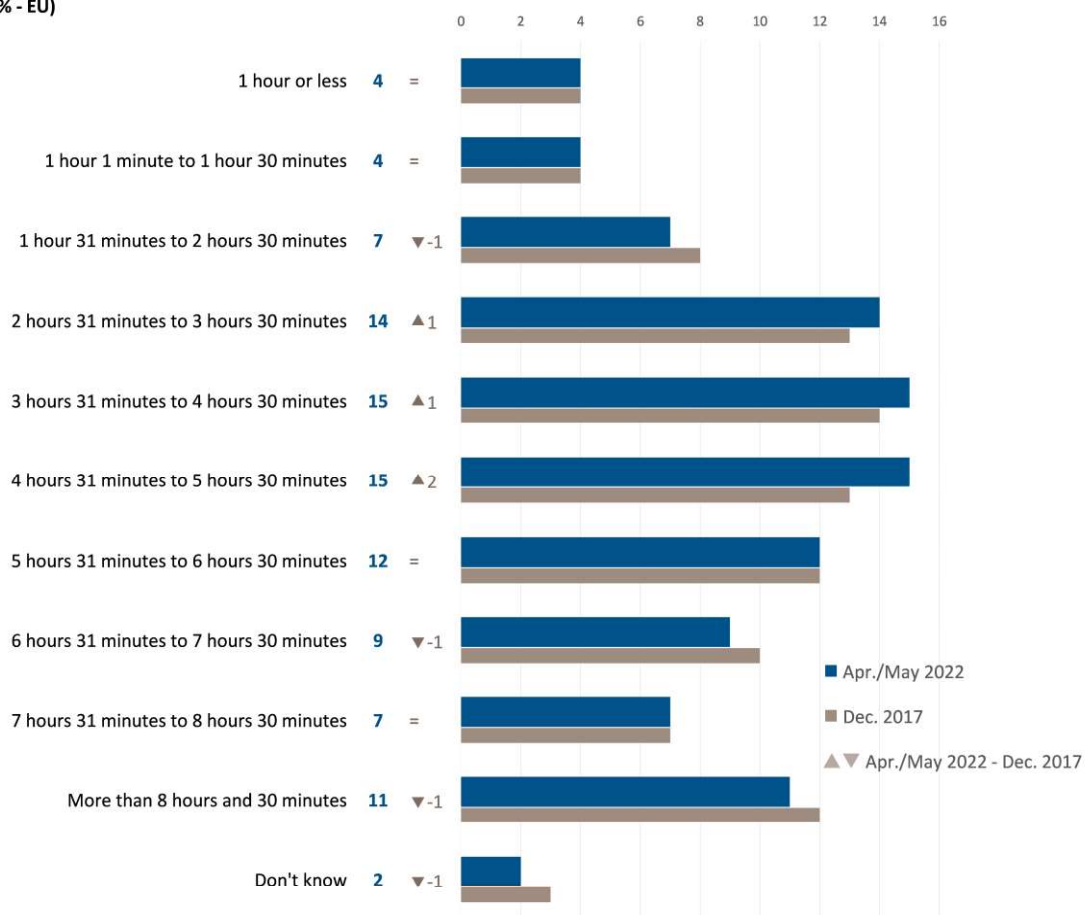
Base: All Respondents (N=26,578)

## 2.4 Sitting

### More than four in ten Europeans spend between 2 hours 31 minutes and 5 hours 30 minutes sitting on a usual day

A majority of respondents (44%, +4 percentage points since 2017) report that they sit for between 2 hours 31 minutes and 5 hours 30 minutes on a usual day<sup>19</sup>. However, close to four in ten respondents sit for longer: slightly more than one in ten (11%, -1) say they sit for more than 8 hours and 30 minutes, and nearly three in ten (28%, -1) sit for between 5 hours 31 minutes and 8 hours 30 minutes. Conversely, less than one in five respondents (15%, -1) spend 2 hours 30 minutes or less sitting on a usual day.

**QB9 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.**  
(% - EU)



Base: All Respondents (N=26,578)

<sup>19</sup> QB9. 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.

**A national analysis** shows that in 24 EU Member States most respondents say they spend between 2 hours 31 minutes and 5 hours 30 minutes sitting on a usual day, with the highest scores in Spain (56%), Ireland (50%), Portugal (47%) and Lithuania (48%).

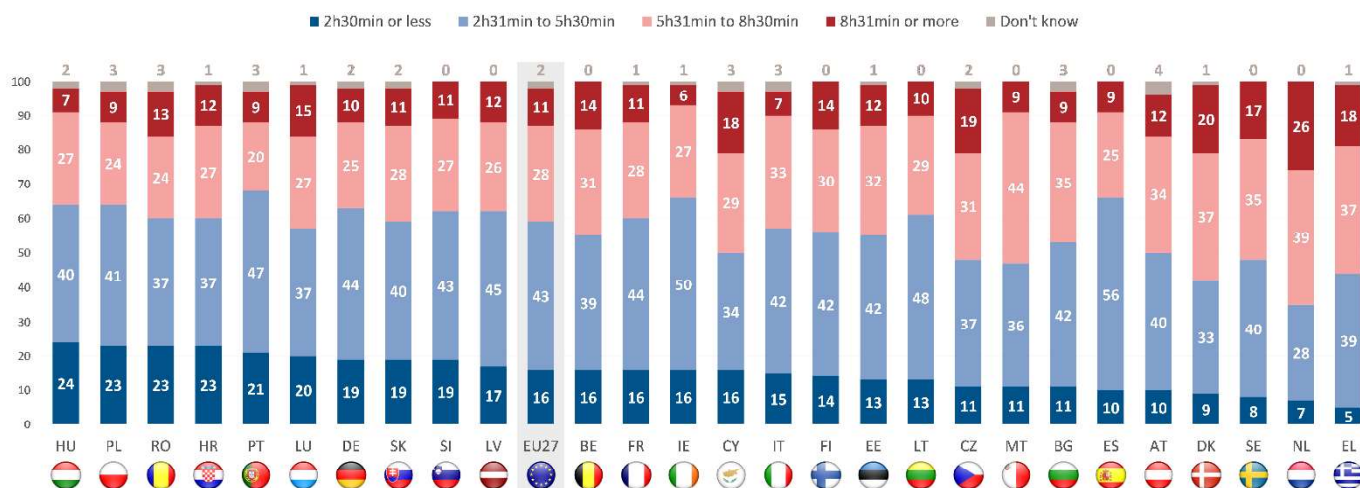
In three countries, a majority of respondents say that they usually sit for between 5 hours 31 minutes and 8 hours 30 minutes: in Malta (44%), the Netherlands (39%) and Denmark (37%). This proportion is also high in Greece (37%).

In six EU Member States, more than one in five respondents say they sit for 2 hours 30 minutes or less on a usual day, with the highest levels in Hungary (24%), and Poland, Croatia and Romania (23%). At the other end of the scale, less than one in ten respondents give this answer in Greece (5%), the Netherlands (7%), Sweden (8%) and Denmark (9%).

Conversely, at least one in five respondents spend more than 8 hours and 30 minutes sitting on a usual day in two countries: in the Netherlands (26%) and Denmark (20%). Less than one in ten respondents do so in eight countries, with the lowest proportions in Ireland (6%), and Italy and Hungary (7% in both countries)

In terms of evolutions since 2017, the share of respondents who spend 2 hours 30 minutes or less sitting on a usual day has risen in 14 EU Member States, most notably in Luxembourg (20%, +4 percentage points) and Slovakia (19%, +5). It has fallen in ten countries, particularly in Malta (11%, -10), Romania (23%, -8) and Spain (10%, -8) and is unchanged in Slovenia and Czechia.

QB9R 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.  
(%)









Base: All Respondents (N=26,578)

The socio-demographic data show that:

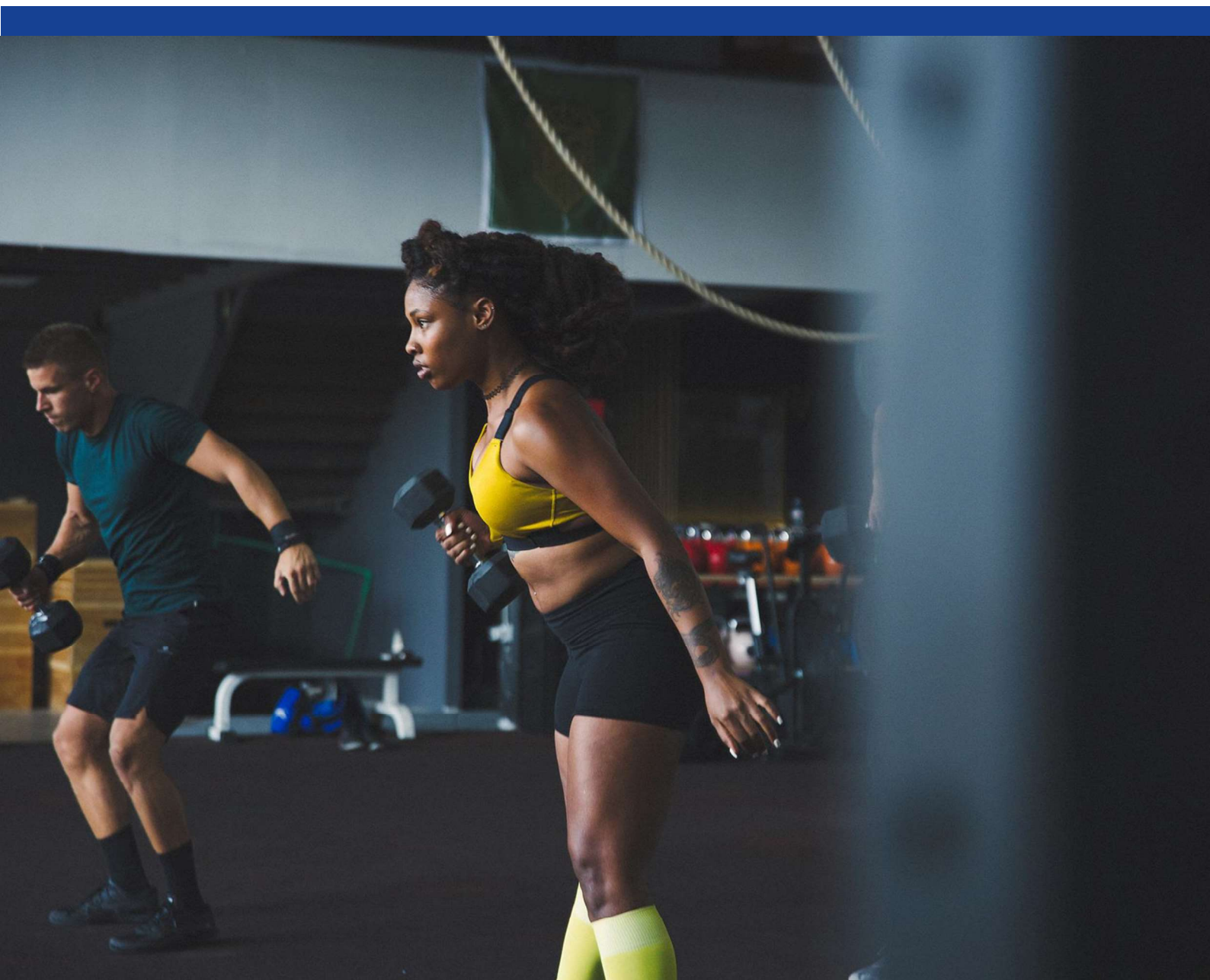
- Respondents aged 15-24 years are the most likely to sit for between 5 hours 31 minutes and 8 hours 30 minutes on a usual day (37%, compared with 28% among those aged 55 and over), but they are the least likely to sit for between 2 hours 31 minutes and 5 hours 30 minutes (37% compared with 46%)
- Respondents who continued education up to the age of 20 or beyond are the most likely to sit for more than 8 hours 30 minutes (14%, compared with 8% among those who left school between 16-19 years) and for between 5 hours 31 minutes and 8 hours 30 minutes (30% compared with 25%), but they are the least likely to sit for between 2 hours 31 minutes and 5 hours 30 minutes (41% compared with 47%)
- Over one in ten respondents among other white collars (17%), managers (16%), students (14%) and unemployed people (13%) spend more than 8 hours 30 minutes sitting down on a usual day, a much higher proportion than among manual workers (5%)
- Europeans who see themselves as upper or upper middle class are the most likely to sit for more than 8 hours 30 minutes on a usual day (18% in both categories, compared with 10-11% in the three other categories)
- Respondents who live in a large town are more likely than those who live in a rural village to sit for between 5 hours 31 minutes and 8 hours 30 minutes on a usual day (32% compared with 25%), but they are less likely to sit for between 2 hours 31 minutes and 5 hours 30 minutes (40% compared with 45%) or for 2 hours and 30 minutes or less (14% compared with 18%)

**QB9R** 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.  
(% - EU)

	2h30min or less	2h31min to 5h30min	5h31min to 8h30min	8h31min or more
EU27	16	43	28	11
 <b>Gender</b>				
Man	16	42	28	12
Woman	15	44	29	10
 <b>Age</b>				
15-24	12	37	37	13
25-39	19	40	28	12
40-54	18	44	26	11
55 +	14	46	28	10
 <b>Education (End of)</b>				
15-	15	45	27	11
16-19	18	47	25	8
20+	14	41	30	14
Still studying	9	34	43	13
 <b>Socio-professional category</b>				
Self-employed	20	44	26	9
Managers	12	35	36	16
Other white collars	13	33	35	17
Manual workers	24	51	18	5
House persons	17	44	28	9
Unemployed	18	48	20	14
Retired	13	47	28	10
Students	9	34	43	13
 <b>Consider belonging to</b>				
The working class	17	45	25	11
The lower middle class	18	44	26	11
The middle class	15	44	29	10
The upper middle class	11	36	34	18
The upper class	12	32	38	18
 <b>Subjective urbanisation</b>				
Rural village	18	45	25	11
Small/ mid size town	15	44	28	11
Large town	14	40	32	12

Base: All Respondents (N=26,578)

## **II. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY**





This second chapter deals with the different settings where Europeans engage in sport and other physical activity. It also explores whether Europeans are members of any clubs where they participate in sport or recreational physical activity.

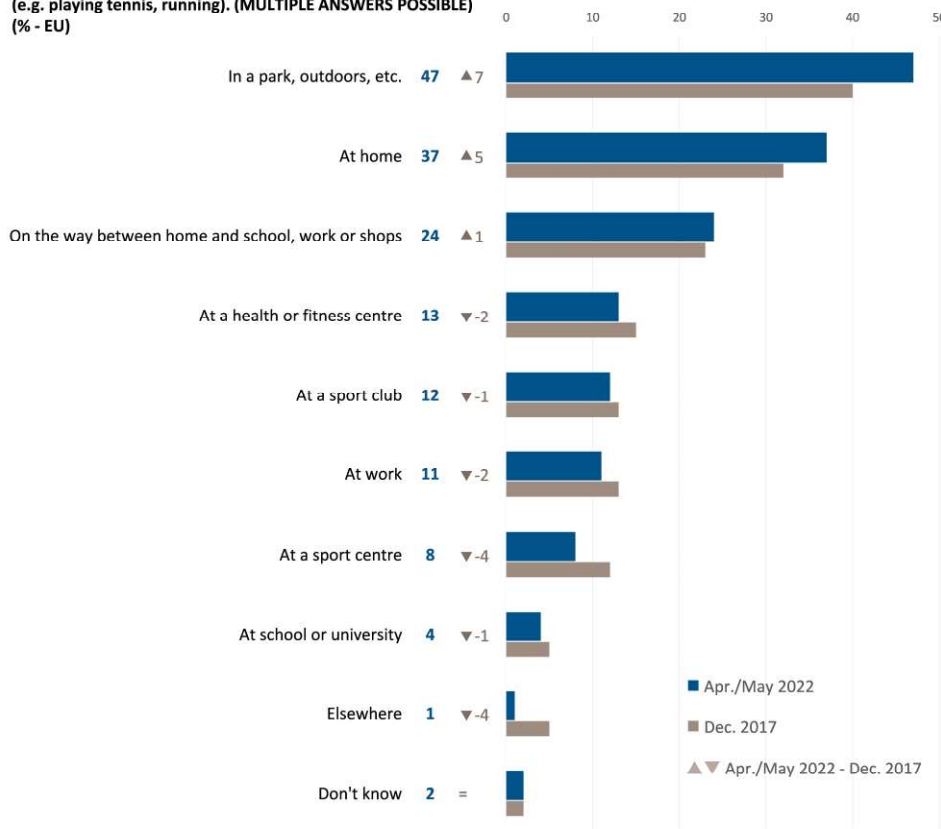
### 3. Different settings

#### Nearly half of Europeans who exercise, play sport or engage in other physical activity do so in a park, outdoors, etc.

Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of eight settings those where they engage in sport or another physical activity<sup>20</sup>:

- Nearly half of Europeans (47%, +7 percentage points since 2017<sup>21</sup>) engage in sport or another physical activity **in a park, outdoors, etc.**
- Nearly four in ten (37%, +5) do so **at home**
- Close to a quarter of respondents (24%, +1) say they are physically active **on the way between home and school, work or shops**
- More than one in ten engage in sport or another physical activity **at a health or fitness centre** (13%, -2), **at a sport club** (12%, -1) or **at work** (11%, -2)
- Finally, less than one in ten do so **at a sport centre** (8%, -4) or **at school or university** (4%, -1)

QB10 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE) (% - EU)



Base: If practices a sport or a physical activity (N=19,246)

<sup>20</sup> QB10. Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a

place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE)

<sup>21</sup> In 2017, there was no definition of a sport club and of a sport centre in the question label.



**In a park, outdoors, etc.** is the most cited setting in 17 EU Member States, with the highest proportions among respondents in Finland (66%), Austria (61%) and Slovenia (60%), and the lowest among those in Malta (20%), Romania (22%) and Croatia (23%).

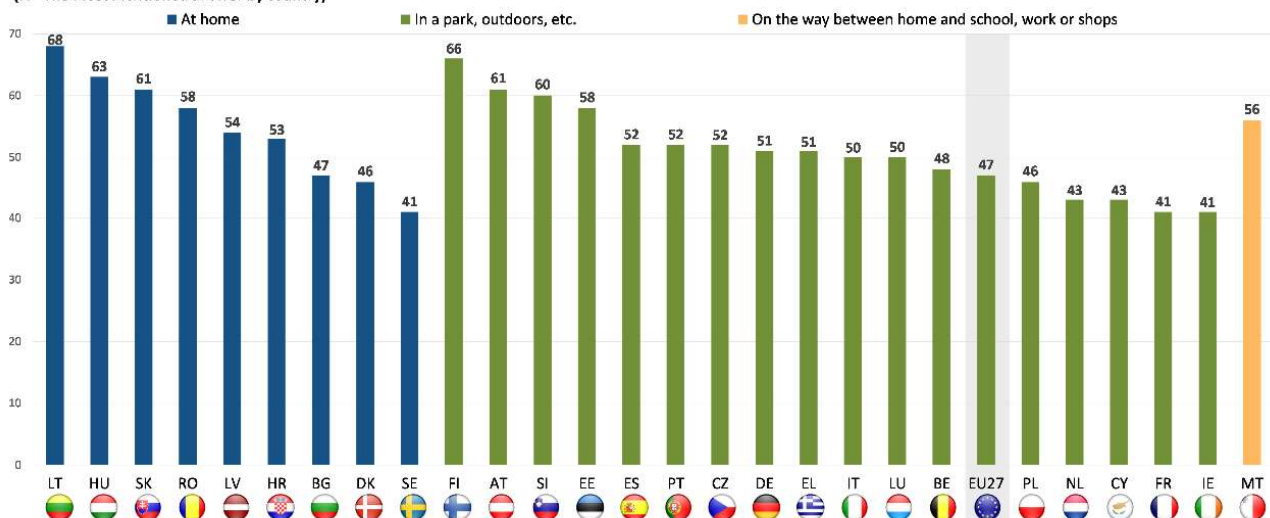
**At home** is the most common answer in nine EU Member States: Lithuania (68%), Hungary (63%), Slovakia (61%), Romania (58%), Latvia (54%), Croatia (53%), Bulgaria (47%), Denmark (46%) and Sweden (41%). At least half of respondents also say they engage in sport or another physical activity at home in Slovenia (58%), and Austria and Estonia (50% in both countries). At the other end of the scale, less than a quarter do so in Portugal (14%), Italy (16%) and Spain (21%).

**On the way between home and school, work or shops** is the most mentioned setting in Malta (56%). However, more than a third of respondents cite this setting in Slovakia (48%), Greece (44%), Austria (35%) and Belgium (34%). The lowest figures are seen in Ireland (10%), Luxembourg (13%) and Lithuania (15%).

None of the five other items heads the list of settings where Europeans engage in sport or another physical activity in any of the 27 EU Member States. However:

- **At a health or fitness centre** is cited by more than a quarter of respondents in four EU Member States: Sweden (31%), Portugal (30%), Cyprus (28%) and Denmark (26%)
- **At a sport club** registers its highest levels in the Netherlands (19%), Luxembourg (17%), France, Denmark and Ireland (16% in the three countries)
- Slightly more than a fifth of respondents engage in sport or another physical activity **at work** in Hungary and Lithuania (21% in both countries)
- At least one in ten do so **at a sport centre** in five countries: Italy (20%), ahead of the Netherlands (15%), Luxembourg (13%), Finland (12%) and Estonia (10%)
- Finally, Portugal (11%) is the only country where slightly more than one in ten respondents engage in sport or another physical activity **at school or university**

QB10 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE) (% - The most mentioned answer by country)



Base: If practices a sport or a physical activity (N=19,246)

QB10 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
In a park, outdoors, etc.	47	48	41	52	42	51	58	41	51	52	41	23	50	43	53	43	50	26	20	43	61	46	52	22	60	49	66	37
At home	37	36	47	45	46	48	50	33	40	21	28	53	16	34	54	68	38	63	41	32	50	42	14	58	58	61	48	41
On the way between home and school, work or shops	24	34	28	23	18	23	30	10	44	27	16	23	27	23	20	15	13	31	56	22	35	28	26	18	16	48	31	23
At a health or fitness centre	13	11	13	9	26	13	13	16	25	19	6	9	12	28	5	1	12	8	10	19	21	7	30	9	5	10	21	31
At a sport club	12	15	4	5	16	15	11	16	3	8	16	7	9	5	6	11	17	2	8	19	12	7	5	3	7	8	9	10
At work	11	12	13	9	14	14	17	5	12	8	9	13	5	13	15	21	10	21	10	13	9	9	5	11	7	18	14	9
At a sport centre	8	8	4	9	7	5	10	9	5	7	4	6	20	5	4	3	13	4	7	15	5	9	3	4	8	3	12	6
At school or university	4	7	4	4	2	3	4	5	6	2	3	2	4	6	3	4	3	4	4	1	4	6	11	5	4	5	3	2
Elsewhere	1	1	2	1	1	2	1	1	2	1	2	2	1	2	0	2	1	1	2	1	1	1	3	2	0	1	0	1
Don't know	2	1	2	1	2	1	0	2	0	1	5	2	1	1	0	2	3	1	1	1	1	2	3	1	0	2	1	1

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: If practices a sport or a physical activity (N=19,246)

## Special Eurobarometer 525 Sport and Physical Activity

Since 2017, evolutions at national level of more than five percentage points have been registered for seven settings:

- The share of respondents who engage in sport or another physical activity **in a park, outdoors, etc.** has increased in 20 EU Member States, most dramatically in Greece (51%, +19 percentage points), Cyprus (43%, +18), Italy (50%, +15) and Bulgaria (41%, +15). Meanwhile, it has decreased in seven countries, particularly in Sweden (37%, -15)
- Engaging in sport or another physical activity **at home** has gained ground in 20 EU Member States, most notably in Denmark (46%, +19) and Malta (41%, +15)
- The proportion of respondents who mention **on the way between home and school, work or shops** has risen in 16 EU Member States, and by two digits in Malta (56%, +25) and Slovakia (48%, +17). It has fallen in ten countries, most dramatically in the Netherlands (22%, -17) and Latvia (20%, -11)
- **At a health or fitness centre** is mentioned less than previously in 14 EU Member States, most notably in Sweden (31%, -13). It has increased in nine countries, particularly in Cyprus (28%, +7)
- **At a sport club** has lost ground in 15 EU Member States, most notably in Malta (8%, -9). It has gained no more than three percentage points in eight countries
- The share of respondents who answer **at work** has fallen in 18 EU Member States, particularly in Latvia (15%, -11). It has risen in eight countries, particularly in Slovakia (18%, +6)
- Finally, **at a sport centre** has lost ground in 23 EU Member States, most notably in Italy (20%, -7) and Finland (12%, -7)

QB10 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running).  
(MULTIPLE ANSWERS POSSIBLE) (%)

		EU27	EL	CY	BG	IT	DE	CZ	LT	LV	HU	PT	SI	SK	EE	AT	BE	RO	PL	LU	NL	FR	ES	FI	DK	HR	IE	MT	SE
At a health or fitness centre	Apr/May 2022	13	25	28	13	12	13	9	1	5	8	30	5	10	13	21	11	9	7	12	19	6	19	21	26	9	16	10	31
	Δ Dec 2017	▼2	▲3	▲7	▼1	▼3	▼1	▼6	▼2	▼1	▼1	▲3	▼1	▼4	=	=	▲1	=	▼4	▼1	▲3	▲1	▲1	▼4	=	▲2	▼4	▲3	▼13
At a sport club	Apr/May 2022	12	3	5	4	9	15	5	11	6	2	5	7	8	11	12	15	3	7	17	19	16	8	9	16	7	16	8	10
	Δ Dec 2017	▼1	▼2	=	▼1	▲3	▼6	▼5	▲1	=	▼3	▼2	▼5	▲3	▼5	▼1	▲1	▼1	=	▲2	▼5	▼2	▼2	=	▼2	▲2	▲1	▼9	▲1
At a sport centre	Apr/May 2022	8	5	5	4	20	5	9	3	4	4	3	8	3	10	5	8	4	9	13	15	4	7	12	7	6	9	7	6
	Δ Dec 2017	▼4	=	▼3	=	▼7	▼4	▼4	▼2	▼4	▼2	▼2	▼5	▼5	▼1	▼4	▼3	▲1	▼6	▼2	▼1	▼4	▼3	▼7	▼6	▼2	▼4	=	▼4
At school or university	Apr/May 2022	4	6	6	4	4	3	4	4	3	4	11	4	5	4	4	7	5	6	3	1	3	2	3	2	2	5	4	2
	Δ Dec 2017	▼1	▲1	▲1	▼2	▲1	▼1	=	▼3	▼2	=	▲5	▼1	▲1	▼3	▼2	▲2	▼2	▼1	▼5	▼4	▼1	=	▼1	▼4	▼2	▼2	▼1	▲1
At work	Apr/May 2022	11	12	13	13	5	14	9	21	15	21	5	7	18	17	9	12	11	9	10	13	9	8	14	14	13	5	10	9
	Δ Dec 2017	▼2	▼1	▲2	▼2	▲1	▼4	▼7	▼1	▼11	▲2	▼7	▼5	▲6	▼9	▼3	▼3	▼2	▲1	▼5	▼3	▼4	▲4	▲4	▼4	=	▼2	▲3	▼4
At home	Apr/May 2022	37	40	34	47	16	48	45	68	54	63	14	58	61	50	50	36	58	42	38	32	28	21	48	46	53	33	41	41
	Δ Dec 2017	▲5	▲3	▲2	▼2	=	▲7	▲8	▲9	=	▲4	▼3	▲9	▼1	▲2	▲9	▲2	▼2	▲6	▼1	▲1	▲8	▲5	▲4	▲19	▲3	▲9	▲15	▲7
On the way between home and school, work or shops	Apr/May 2022	24	44	23	28	27	23	23	15	20	31	26	16	48	30	35	34	18	28	13	22	16	27	31	18	23	10	56	23
	Δ Dec 2017	▲1	▲2	▲1	▲8	▲8	▼6	▲1	▼8	▼11	▲2	▲9	=	▲17	▲5	▲9	▲9	▼7	▲7	▼8	▼17	▲1	▲4	▲2	▼6	▼7	▼5	▲25	▼9
In a park, outdoors, etc.	Apr/May 2022	47	51	43	41	50	51	52	43	53	26	52	60	49	58	61	48	22	46	50	43	41	52	66	42	23	41	20	37
	Δ Dec 2017	▲7	▲19	▲18	▲15	▲15	▲12	▲11	▲10	▲9	▲9	▲9	▲9	▲8	▲7	▲7	▲6	▲5	▲4	▲2	▲2	▲1	▼1	▼1	▼2	▼4	▼6	▼6	▼15
Elsewhere	Apr/May 2022	1	2	2	2	1	2	1	2	0	1	3	0	1	1	1	1	2	1	1	1	2	1	0	1	2	1	2	1
	Δ Dec 2017	▼4	=	▼3	▼5	▼5	▼2	▼1	▼3	▼3	▼2	▼2	▼4	▼7	▼3	▼4	▼2	▼7	▼3	▼1	▼5	▼6	▼3	▼3	▼4	▼1	▼2	▼1	▼2
Don't know	Apr/May 2022	2	0	1	2	1	1	1	2	0	1	3	0	2	0	1	1	1	2	3	1	5	1	1	2	2	2	1	1
	Δ Dec 2017	=	=	▲1	▼1	=	▼1	=	▲1	▼1	=	▲2	=	▼1	▼1	▼2	=	▼2	=	▲1	▲1	▲1	=	▼1	▲1	=	=	▼1	▲1

Base: If practices a sport or a physical activity ((N=19,246)

The socio-demographic data show that:

- Women are more likely than men to engage in sport or another physical activity, vigorous or otherwise, at home (40% compared with 35%) or on the way between home and school, work or shops (27% compared with 22%). Meanwhile, men are more likely than women to do sport or another physical activity at a sports club (14% compared with 9%)
- Respondents aged 15-24 years are much more likely than those aged 55 and over to engage in sport or another physical activity at a health or fitness centre (20% compared with 8%), at a sports club (19% compared with 9%), at a sports centre (13% compared with 5%) and, logically enough, at school or university (19% compared with 0%). Conversely, respondents aged 55 and over are the most likely to do sport or another physical activity in a park, outdoors, etc. (50% compared with 41% among those aged 15-24 years) and at home (43% compared with 28%)
- Respondents who continued education up to the age of 20 or beyond are the most likely to do sport or another physical activity at a health or fitness centre (17%, compared with 5% among those who left school at age 15 or earlier), at a sports club (14% compared with 5%), or at a sports centre (10% compared with 3%). However, they are the least likely to do so at home (36% compared with 43%)
- Europeans who have difficulties paying their bills most of the time are more likely than those who never or almost never have such difficulties to engage in sport or another physical activity on the way between home and school, work or shops (31% compared with 23%), or at work (14% compared with 9%), but less likely to do so at a sports club (7% compared with 13%)
- Respondents who live in a rural village are more likely than those who live in a large town to engage in sport or another physical activity at home (44% compared with 30%), but they are less likely to do so at a health or fitness centre (10% compared with 19%)

**QB10** Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running). (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)

	At a health or fitness centre	At a sport club	At a sports 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
EU27	13	12	8	4	11	37	24	47	1	2
Gender										
Man	12	14	8	3	12	35	22	48	1	2
Woman	14	9	8	4	9	40	27	45	2	2
Age										
15-24	20	19	13	19	9	28	25	41	1	1
25-39	18	12	11	2	13	35	26	43	1	1
40-54	12	9	7	1	15	36	27	47	1	2
55 +	8	9	5	0	7	43	21	50	2	3
Education (End of)										
15-	5	5	3	0	9	43	25	52	1	3
16-19	9	9	6	1	13	41	26	46	2	2
20+	17	14	10	1	10	36	23	48	1	1
Still studying	21	19	13	23	6	25	26	42	1	1
Difficulties paying bills										
Most of the time	10	7	7	4	14	35	31	46	2	2
From time to time	12	9	8	4	14	36	28	42	1	2
Almost never/ Never	13	13	8	3	9	38	23	48	1	2
Subjective urbanisation										
Rural village	10	13	6	4	13	44	23	46	1	2
Small/ mid size town	12	11	9	3	10	37	24	47	1	2
Large town	19	11	9	4	10	30	26	46	2	1

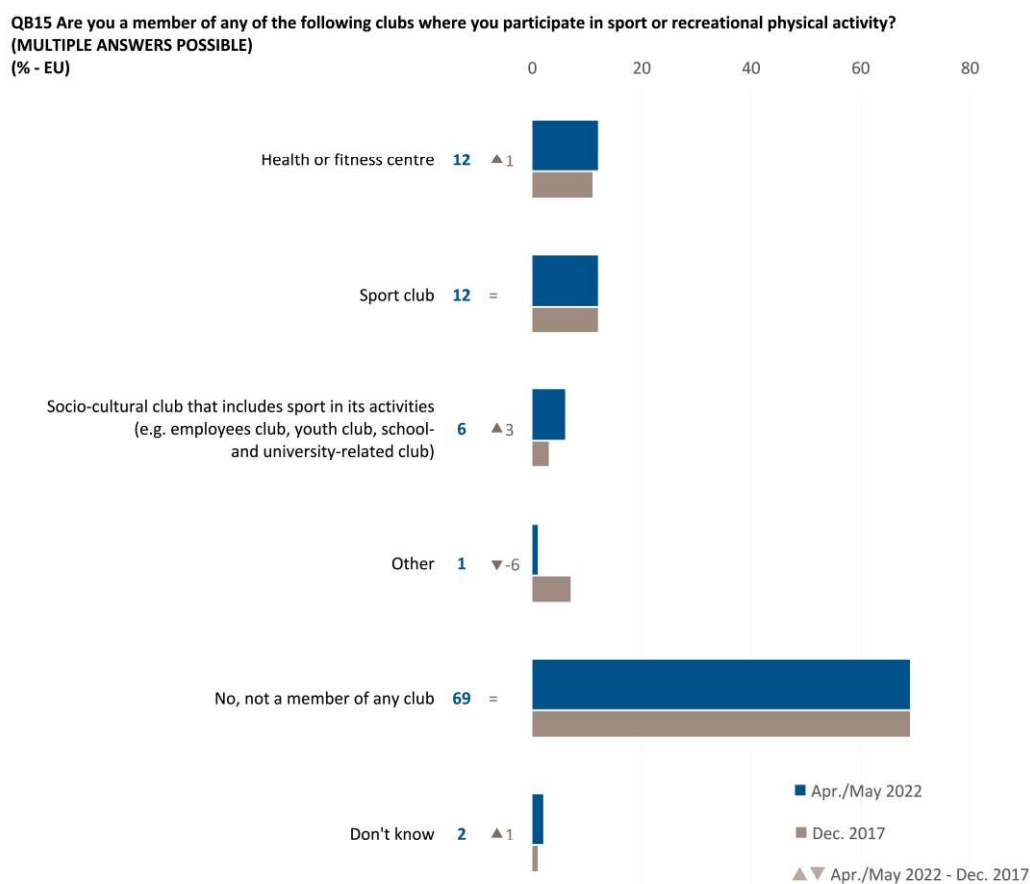
Base: If practices a sport or a physical activity (N=19,246)

## 4. Club membership

### Nearly three in ten Europeans are members of a club where they participate in sport or recreational physical activity

Over a quarter of respondents (28%, -5 percentage points since 2017) say they are members of a club where they participate in sport or recreational physical activity<sup>22</sup>. In detail, more than one in ten respondents answer that they are members of **a health or fitness centre** (12%, +1) or of a **sport club** (12%, unchanged), while 6% (+3) belong to a **socio-cultural club that includes sport in its activities** (e.g. employees club, youth club, school-or university-related club) and just 1% (-6) to **another** type of club.

Conversely, over two-thirds of Europeans (69%, unchanged) say they are **not a member of any club**, and 2% (+1) answer that they don't know.



Base: All Respondents (N=26,578)

<sup>22</sup> QB15. Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

A **national analysis** shows that, in two EU Member States, a majority of respondents say they are members of a club where they participate in sport or recreational physical activity: in Sweden (51% versus 48% who are not members of a club) and the Netherlands (50% versus 47%). Respondents in Denmark are divided (49% vs. 49%).

In 24 EU Member States, only a minority of respondents are members of a club where they participate in sport or recreational physical activity, with the lowest levels in Romania, Portugal and Bulgaria (15% in the three countries).

A **health or fitness centre** is the most cited type of club in 17 EU Member States. Over a quarter of respondents are members of a health or fitness centre in Sweden (35%), the Netherlands (29%) and Denmark (26%). The lowest proportions are found in Lithuania (2%), and France and Romania (6% in both countries).

A **sport club** is the most common answer in 11 EU Member States, with the highest proportions in Ireland (20%, same score as health or fitness centre), and Belgium and Luxembourg (19% in both countries). At the other end of the scale, just 2% of respondents are members of a sports club in Greece, Portugal and Bulgaria.

A **socio-cultural club that includes sport in its activities** (e.g. employees' club, youth club, school or university-related club) is the most mentioned type of club in Poland (11%). It is also cited by at least one in ten respondents in Belgium and Croatia (11% in both countries), and Slovenia (10%). The lowest proportions are seen in Cyprus (1%), Greece (2%) and Spain (3%).

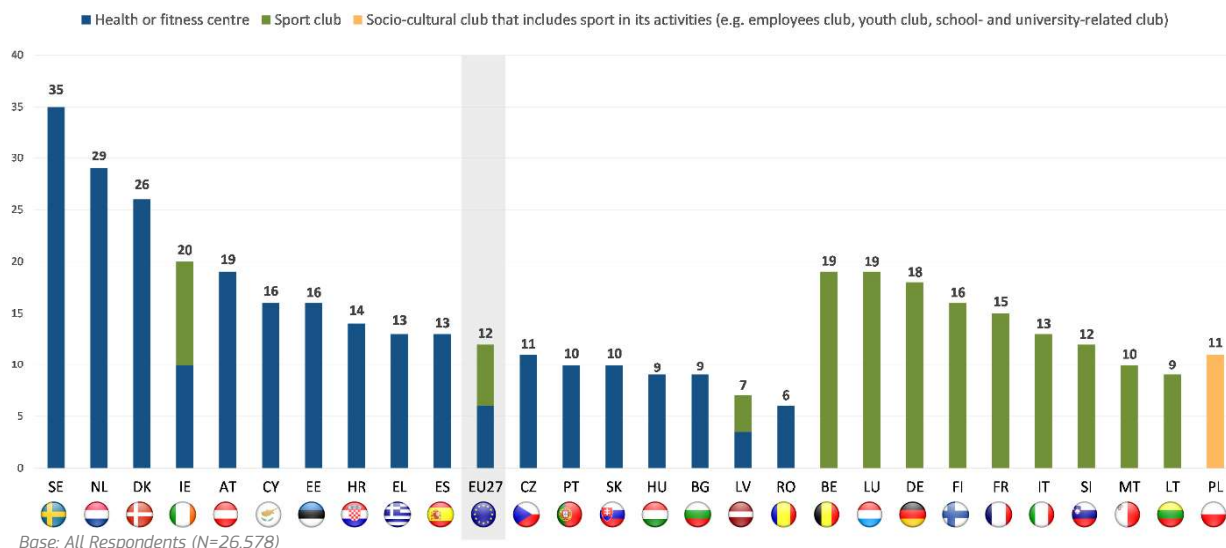
Few respondents *spontaneously* say they are members of **other** types of club in any of the 27 EU Member States, the highest scores being found in Belgium and Luxembourg (3% in both countries).

In terms of evolutions since 2017, the share of respondents who are members of a **health or fitness centre** has increased in 24 EU Member States, most notably in Estonia (16%, +12 percentage points), Croatia (14%, +8) and the Netherlands (29%, +7). It has decreased only in Sweden (35%, -6). It is unchanged in Portugal and Lithuania.

Membership of a **sport club** has gained ground in 16 EU Member States, particularly in Italy (13%, +8 percentage points). Conversely, it has lost ground slightly in six countries, including the Netherlands (22%, -5) and Germany (18%, -5). It is unchanged in five countries.

The proportion of respondents who are members of a **socio-cultural club that includes sport in its activities** has risen in 21 EU Member States, most notably in Poland and Croatia (11%, +9 percentage points in both countries). It has fallen slightly in Luxembourg (4%, -2), France (4%, -1) and Cyprus (1%, -1). Finally, it is unchanged in Sweden, Denmark and Greece.

QB15 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%- The most mentioned answer by country)



Base: All Respondents (N=26,578)

QB15 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
Health or fitness centre	12	14	9	11	26	13	16	20	13	13	6	14	11	16	7	2	16	9	9	29	19	9	10	6	7	10	15	35
Sport club	12	19	2	9	21	18	13	20	2	7	15	10	13	5	7	9	19	5	10	22	13	9	2	5	12	8	16	14
Socio-cultural club that includes sport in its activities (e.g. employees club, youth club, school- and university-related club)	6	11	5	6	8	5	6	9	2	3	4	11	8	1	6	8	4	4	4	6	9	11	4	4	10	7	7	8
Other	1	3	0	0	2	1	1	1	0	0	1	1	0	1	0	1	0	1	3	0	1	2	1	0	0	1	1	1
No, not a member of any club	69	57	84	74	49	66	66	53	83	75	71	60	68	77	80	80	59	82	78	47	65	71	82	81	71	76	64	48
Don't know	2	1	1	1	1	1	1	2	0	2	4	5	1	1	1	1	2	1	1	0	1	2	2	3	0	1	1	0
Total 'Yes'	28	40	15	24	49	32	32	44	16	23	25	34	31	21	19	18	36	17	21	50	34	28	15	15	27	22	34	51

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: All Respondents (N=26,578)

The socio-demographic data show that:

- Men (16%) are more likely than women (10%) to be members of a sports club
- Respondents aged 15-24 years are more likely than those aged 55 and over to be members of a club: a sports club (24% compared with 9%), a health or fitness centre (19% compared with 6%) and, to a lesser extent, a socio-cultural club (9% compared with 6%)
- Europeans who continued education up to the age of 20 or beyond are much more likely than those who left school at age 15 or earlier to be members of a health or fitness centre (17% compared with 4%) or a sports club (16% compared with 5%)
- Students (48%) and managers (41%) are far more likely than house persons (14%), unemployed people (18%) and retired people (19%) to be members of a club of some kind
- Respondents who never or almost never have difficulties paying their bills are more likely than those who have such difficulties most of the time to be members of a club (31% compared with 18%), particularly of a sports club (15% compared with 6%)

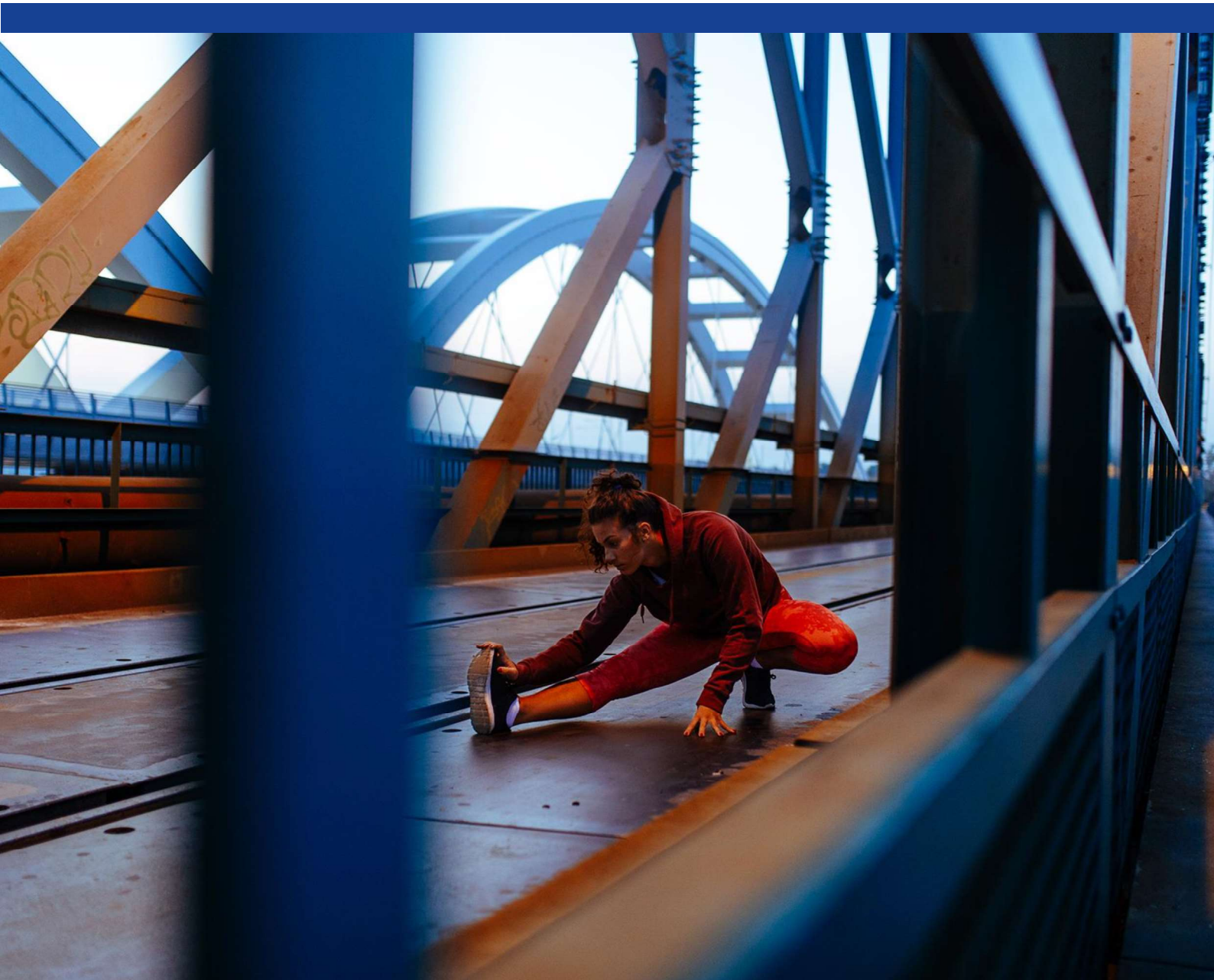
**QB15** Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)

	Health or fitness centre	Sport club	Socio-cultural club that includes sport in its activities	Other	No, not a member of any club	Don't know	Total 'Yes'
EU27	12	12	6	1	69	2	28
Gender							
Man	12	16	6	1	67	2	31
Woman	12	10	6	1	71	2	26
Age							
15-24	19	24	9	0	51	2	47
25-39	19	15	5	1	62	1	36
40-54	13	11	6	1	70	2	28
55 +	6	9	6	1	78	2	20
Education (End of)							
15-	4	5	5	1	84	3	13
16-19	9	10	5	1	75	2	23
20+	17	16	6	1	61	1	36
Still studying	18	24	10	1	51	1	48
Socio-professional category							
Self-employed	15	15	5	1	66	1	32
Managers	20	17	7	2	56	2	41
Other white collars	16	14	6	1	64	1	34
Manual workers	13	11	5	1	70	2	27
House persons	6	5	4	0	85	1	14
Unemployed	8	8	3	0	80	2	18
Retired	6	8	6	1	78	2	19
Students	18	24	10	1	51	1	48
Difficulties paying bills							
Most of the time	9	6	4	0	80	2	18
From time to time	11	9	6	1	73	2	24
Almost never/ Never	13	15	6	1	66	1	31

Base: All Respondents (N=26,578)



### **III. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION**





This third chapter examines the reasons why people engage in sport and other physical activity. It looks in detail at the barriers to practising sport more regularly.

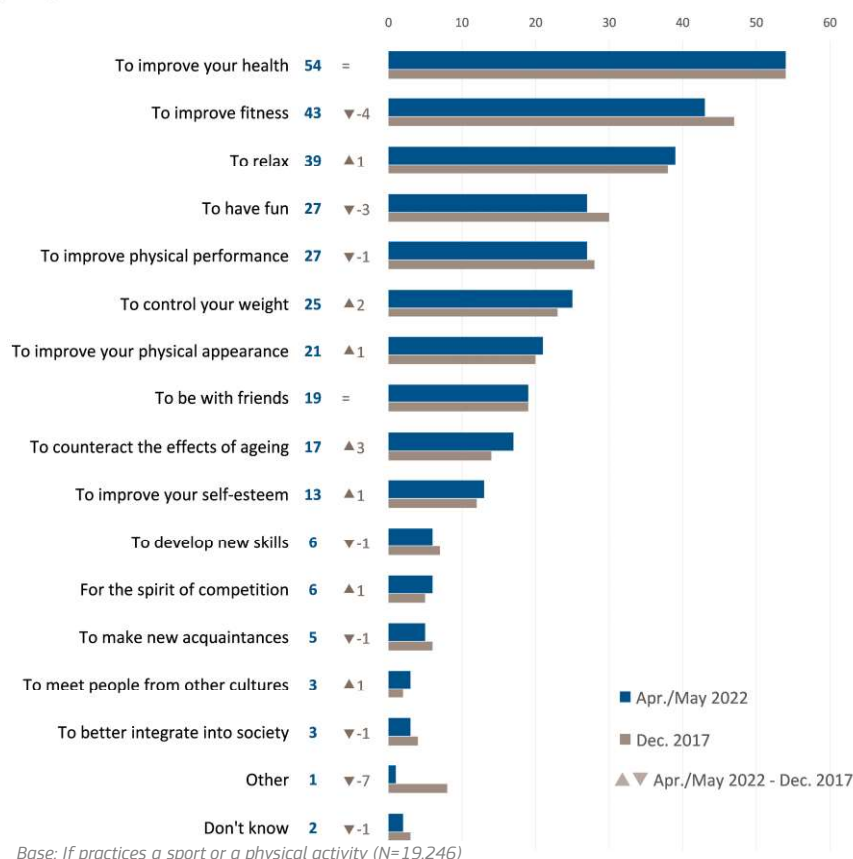
## 5. Motivators

### More than half of Europeans engage in sport or physical activity to improve their health

Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of 15 items their reasons for doing so<sup>23</sup>:

- More than half of Europeans (54%, unchanged since 2017) say they engage in sport or physical activity **to improve their health**, far ahead any other reason
- Around four in ten engage in sport or physical activity **to improve fitness** (43%, -4 percentage points) or **to relax** (39%, +1)
- At least a quarter of respondents say they do so **to have fun** (27%, -3), **to improve physical performance** (27%, -1) or **to control their weight** (25%; +2);
- Around one in five engage in sport or physical activity **to improve their physical appearance** (21%, +1) or **to be with friends** (19%, =)
- More than one in ten Europeans engage in sport or physical activity **to counteract the effects of ageing** (17%, +3) or **to improve their self-esteem** (13%, +1)
- Finally, less than one in ten do so **to develop new skills** (6%, -1), **for the spirit of competition** (6%, +1), **to make new acquaintances** (5%, -1), **to meet people from other cultures** (3%, +1) or **to better integrate into society** (3%, -1)

QB11 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)



<sup>23</sup> QB11. Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

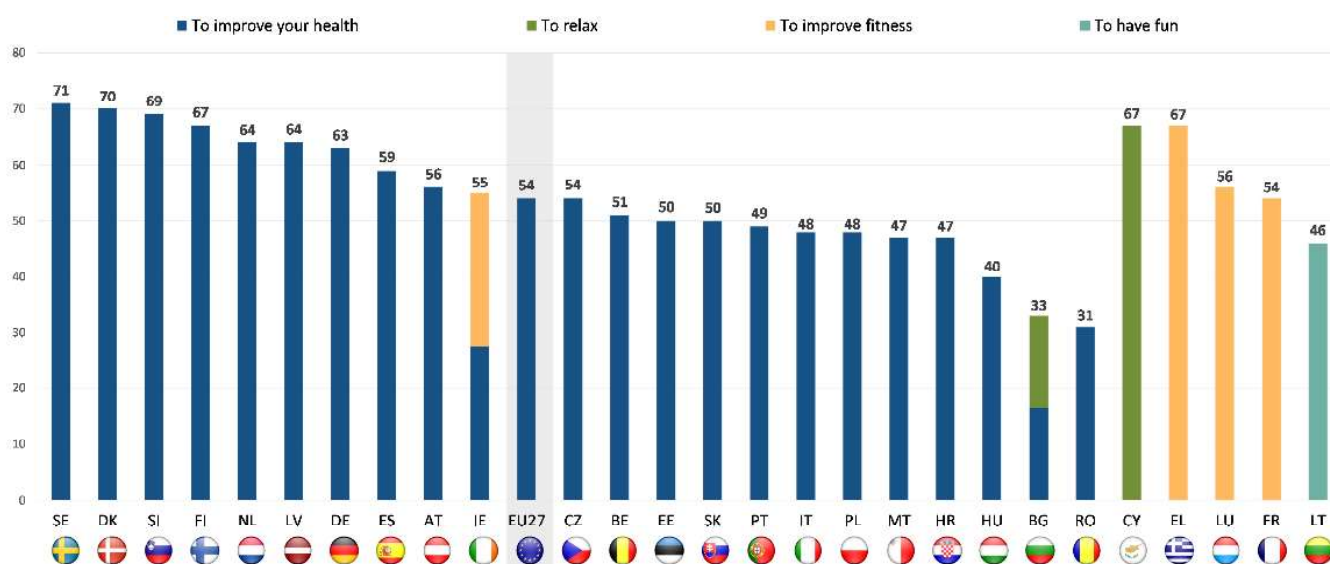
**A national analysis** reveals that, in 22 EU Member States, **to improve health** is the most cited reason to engage in sport or physical activity, with the highest proportions among respondents in Sweden (71%), Denmark (70%) and Slovenia (69%). Conversely, the lowest levels are found in Romania (31%), Bulgaria (33%) and Hungary (40%).

**To improve fitness** is the most common answer in four EU Member States: Greece (67%), Luxembourg (56%), Ireland (55%), same score as to improve health) and France (54%). More than half of respondents also engage in sport or physical activity to improve fitness in Finland (64%), the Netherlands (60%), Sweden (52%) and Cyprus (51%). However, less than a third do so in Bulgaria (19%), Romania (25%) and Spain (32%).

**To relax** is the most mentioned reason in Cyprus (67%) and Bulgaria (33%, same score as to improve health). In addition, at least half of respondents cite this reason in Slovenia (58%), the Netherlands (56%) and France (50%). The lowest figures are seen in Slovakia (20%), Poland (22%) and Denmark (23%).

Respondents in Lithuania (46%) are more likely to engage in sport or physical activity **to have fun**. Over half of respondents also give this reason in the Netherlands (52%). The lowest scores are found in Hungary (10%), Cyprus (12%) and Croatia (13%).

QB11 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%- The most mentioned answer by country)



Base: If practices a sport or a physical activity (N=19,246)

## Special Eurobarometer 525 Sport and Physical Activity

None of the 11 other items heads the list of reasons for engaging in sport or physical activity in any of the 27 EU Member States. However:

- **To improve physical performance** is cited by at least four in ten respondents in Poland (47%), Slovenia (43%) and Sweden (40%)
- **To control weight** registers its highest levels in the Netherlands (41%), Finland (39%) and Malta (37%)
- Over a quarter of respondents engage in sport or physical activity **to improve their physical appearance** in Italy (31%), Greece and Portugal (26% in both countries)
- More than a quarter do so **to be with friends** in Austria (34%), Slovenia (29%) and Portugal (27%)
- Over a quarter engage in sport or physical activity **to counteract the effects of ageing** in Finland (39%), Sweden (29%) and Austria (28%)
- At least a fifth of respondents engage in sport or physical activity **to improve their self-esteem** in Denmark (27%), Portugal and Bulgaria (20% in both countries)
- One in ten respondents do so **to develop new skills** in Denmark, Austria and Estonia (10% in the three countries) and **for the spirit of competition** in Malta and Luxembourg (10% in both countries)
- **To make new acquaintances** is the reason given by at least one in ten respondents in Austria (11%) and Romania (10%)
- Finally, respondents in Romania and Malta are the most likely to mention **to meet people from other cultures** (7% in both countries) and **to better integrate into society** (9% in both countries)

QB11 Why do you engage in sport or physical activity?  
(MULTIPLE ANSWERS POSSIBLE) (%)



	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
To improve your health	54	51	33	54	70	63	50	55	58	59	47	47	48	66	64	43	53	40	47	64	56	48	49	31	69	50	67	71
To improve fitness	43	44	19	43	49	40	48	55	67	32	54	42	42	51	38	38	56	38	37	60	38	37	34	25	40	37	64	52
To relax	39	49	33	24	23	41	36	28	49	31	50	33	39	67	31	30	43	34	39	56	40	22	46	26	58	20	41	28
To have fun	27	34	21	38	33	38	25	25	22	24	18	13	17	12	16	46	23	10	24	52	39	23	22	15	20	15	20	31
To improve physical performance	27	18	9	16	27	36	16	19	30	26	14	29	21	27	17	22	24	34	23	27	32	47	27	20	43	32	34	40
To control your weight	25	33	26	23	34	28	29	28	34	18	20	28	26	36	17	16	23	15	37	41	27	14	27	22	25	21	39	31
To improve your physical appearance	21	17	21	20	23	19	20	16	26	25	15	25	31	23	24	20	20	25	25	17	21	20	26	20	19	24	24	17
To be with friends	19	24	21	19	21	22	18	18	19	14	18	15	21	12	11	10	18	12	17	20	34	12	27	12	29	24	19	18
To counteract the effects of ageing	17	23	14	19	22	24	24	9	11	7	12	16	19	16	16	8	12	16	18	20	28	7	15	13	13	14	39	29
To improve your self-esteem	13	14	20	8	27	19	15	15	11	13	11	8	8	13	11	6	12	9	14	12	17	11	20	11	15	15	15	17
To develop new skills	6	7	8	5	10	9	10	7	6	5	6	9	4	5	8	4	9	6	9	7	10	4	5	8	8	5	8	6
For the spirit of competition	6	6	7	5	6	4	7	7	1	5	5	5	8	5	4	2	10	4	10	8	7	6	8	8	6	5	7	5
To make new acquaintances	5	6	5	4	7	6	5	6	2	3	6	7	6	5	5	2	6	3	8	6	11	3	6	10	5	7	5	4
To meet people from other cultures	3	4	1	1	1	3	2	4	1	1	4	2	4	2	2	0	5	1	7	1	5	2	3	7	2	2	0	1
To better integrate into society	3	3	5	3	1	4	3	5	2	1	2	3	5	2	3	1	6	7	9	2	5	3	3	9	3	4	1	1
Other	1	1	6	1	2	1	4	1	5	2	1	3	1	3	2	9	2	3	1	1	3	0	1	2	1	2	1	1
Don't know	2	1	3	1	3	2	3	1	0	3	4	2	1	2	1	5	3	2	3	0	2	0	2	2	0	3	2	1

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: If practices a sport or a physical activity (N=19,246)

## Special Eurobarometer 525 Sport and Physical Activity

Since 2017, evolutions at national level of at least ten percentage points have been registered for seven of these reasons:

- The share of respondents who engage in sport or other physical activity **to improve their health** has increased substantially in Greece (58%, +10 percentage points). Meanwhile, it has decreased in Sweden (71%, -12), Luxembourg (53%, -12), Estonia (50%, -11) and Malta (47%, -10)
- **To improve fitness** has gained ground in Greece (67%, +10), but it has decreased dramatically in Sweden (52%, -20) and Latvia (38%, -10)
- **To relax** is mentioned much more than previously in Greece (49%, +23) and Cyprus (67%, +15), but far less in Sweden (28%, -20)
- Engaging in sport or other physical activity **to have fun** has lost ground in Sweden (31%, -15) and the Netherlands (52%, -13)
- The proportion of respondents who mention **to improve physical performance** has fallen in Sweden (40%, -13) and Spain (26%, -11)
- **To control weight** is mentioned more than previously in Germany (28%, +10)
- Finally, **to counteract the effects of ageing** has gained ground in Malta (18%, +11)

QB11 Why do you engage in sport or physical activity?  
(MULTIPLE ANSWERS POSSIBLE) (%)



	Apr/May 2022	54	58	54	47	48	63	67	33	51	64	59	64	56	50	69	40	49	55	47	43	48	70	66	31	47	50	53	71
To improve your health	Δ Dec 2017	=	▲10	▲9	▲7	▲5	▲4	▲3	▲2	▲1	▲1	=	=	=	=	▼1	▼2	▼2	▼3	▼3	▼3	▼3	▼4	▼4	▼4	▼10	▼11	▼12	▼12
	Apr/May 2022	21	26	20	25	31	19	24	21	17	17	25	24	21	24	19	25	26	16	15	20	23	23	20	25	20	20	17	
To improve your physical appearance	Δ Dec 2017	▲1	▲9	▼3	▲8	▼2	=	▲5	=	▲1	▲4	▼6	▼3	▼5	▼1	=	▲1	▲4	▼8	▼2	▲1	▼1	▲2	▲2	▲4	▲6	▲1	▼7	▼6
	Apr/May 2022	17	11	19	16	19	24	39	14	23	20	7	16	28	14	13	16	15	9	12	8	7	22	16	13	18	24	12	29
To counteract the effects of ageing	Δ Dec 2017	▲3	▲2	▲3	▲1	▲4	▲6	▲4	▼1	▲7	▼3	▼3	▲1	▲4	▲3	▲3	▲1	▲4	▼2	=	▼4	▲1	▼2	▲8	▼2	▲11	▲5	▼3	▼7
	Apr/May 2022	27	22	38	13	17	38	20	21	34	52	24	16	39	15	20	10	22	25	18	46	23	33	12	15	24	25	23	31
To have fun	Δ Dec 2017	▼3	▲1	▲5	▼4	▼2	▼4	▼6	▲5	▼3	▼13	▼1	▼5	▼5	▼1	▼4	▼1	▼2	▼4	▼3	▲4	▼2	▼5	▲1	▼2	▼8	▼2	▼6	▼15
	Apr/May 2022	39	49	24	33	39	41	41	33	49	56	31	31	40	20	58	34	46	28	50	30	22	23	67	26	39	36	43	28
To relax	Δ Dec 2017	▲1	▲23	▲3	▼3	▲3	▼1	▼9	▲9	▲1	▼7	▼3	▼9	▲4	▲2	▼6	▲6	▲8	▼8	▼4	▲4	▲1	▼6	▲15	▼9	▼3	=	▼4	▼20
	Apr/May 2022	19	19	19	15	21	22	19	21	24	20	14	11	34	24	29	12	27	18	18	10	12	21	12	12	17	18	18	18
To be with friends	Δ Dec 2017	=	▲6	▼4	=	▲2	▼1	▼7	▲7	▲5	▼2	▼1	▼9	▲4	▼2	▼4	▼1	▲3	▼9	▼1	=	▲2	▼8	=	▼1	▼2	▼1	▼6	▼3
	Apr/May 2022	5	2	4	7	6	6	5	5	6	6	3	5	11	7	5	3	6	6	6	2	3	7	5	10	8	5	6	4
To make new acquaintances	Δ Dec 2017	▼1	=	▼2	▲1	=	=	▼2	▲2	▼1	▼3	▼2	▼4	=	▼1	▼3	=	▲1	▼4	=	▼1	▲1	▼3	▲1	▲3	▲1	=	▼2	▼5
	Apr/May 2022	3	1	1	2	4	3	0	1	4	1	1	2	5	2	2	1	3	4	4	0	2	1	2	7	7	2	5	1
To meet people from other cultures	Δ Dec 2017	▲1	▲1	▼1	▲1	▲3	▲1	▼1	▼2	▲1	=	▼1	▼2	▲1	▲1	▼2	=	▲1	▼3	=	▼2	▲1	▼1	=	▲5	▲3	▲1	▲1	▼1
	Apr/May 2022	27	30	16	29	21	36	34	9	18	27	26	17	32	32	43	34	27	19	14	22	47	27	27	20	23	16	24	40
To improve physical performance	Δ Dec 2017	▼1	▲8	▼5	▲5	▲2	▼3	▼7	▼1	▼3	▼1	▼11	▼8	▼3	▲4	▲4	▲2	▼4	▼8	▼1	▼8	▲3	▼3	▲8	▲8	▲3	▼4	▼8	▼13
	Apr/May 2022	43	67	43	42	42	40	64	19	44	60	32	38	38	37	40	38	34	55	54	38	37	49	51	25	37	48	56	52
To improve fitness	Δ Dec 2017	▼4	▲10	▲2	▲8	=	▼7	▼3	▼3	▼2	▼4	▼6	▼10	▼7	▼3	▲4	▲1	▼2	▼6	▼3	▼4	▼5	▼9	▲2	▲5	▼3	▼3	▼1	▼20
	Apr/May 2022	25	34	23	28	26	28	39	26	33	41	18	17	27	21	25	15	27	28	20	16	14	34	36	22	37	29	23	31
To control your weight	Δ Dec 2017	▲2	▲6	▲5	▲9	▲3	▲10	▲5	▲4	▲5	▼1	▼4	▼2	▼5	▼4	▲4	▼1	▲6	▼7	▼3	▼1	▲1	▼2	▼3	▲1	▲3	▼1	▼6	▼8
	Apr/May 2022	13	11	8	8	8	19	15	20	14	12	13	11	17	15	15	9	20	15	11	6	11	27	13	11	14	15	12	17
To improve your self-esteem	Δ Dec 2017	▲1	▼2	▲1	▲3	▲2	▲5	▼1	▲5	▲4	▲2	▲3	▼7	▼1	▲1	=	▲1	▲5	▼7	=	=	▼2	▼1	▼2	▲4	▼4	▼5	▼3	▼4
	Apr/May 2022	6	6	5	9	4	9	8	8	7	7	5	8	10	5	8	6	5	7	6	4	4	10	5	8	9	10	9	6
To develop new skills	Δ Dec 2017	▼1	▲1	=	▲4	=	▲2	▼4	▲1	▲1	▼3	=	▼4	▼1	=	▼3	=	▼1	▼6	▲1	▲1	▼2	▼1	▼5	▲3	▼1	=	▲1	▼8
	Apr/May 2022	6	1	5	5	8	4	7	7	6	8	5	4	7	5	6	4	8	7	5	2	6	6	5	8	10	7	10	5
For the spirit of competition	Δ Dec 2017	▲1	▼2	=	=	▲5	=	▼3	▲1	▲1	▼2	=	▼5	=	▲1	▼1	=	▲3	▼5	▼1	▲1	=	▼2	▲1	▲4	▲1	▲1	▲2	▼5
	Apr/May 2022	3	2	3	3	5	4	1	5	3	2	1	3	5	4	3	7	3	5	2	1	3	1	2	9	9	3	6	1
To better integrate into society	Δ Dec 2017	▼1	▼1	▼1	▲1	▲2	=	▼2	▲2	=	=	▼1	▼3	▼2	▼1	=	▲4	▼1	▼3	▼1	▼1	=	▼1	=	▲1	▲5	▲1	▲3	▼1
	Apr/May 2022	1	5	1	3	1	1	1	6	1	1	2	2	3	2	1	3	1	1	1	9	0	2	3	2	1	4	2	1
Other	Δ Dec 2017	▼7	▼7	▼8	▼10	▼5	▼6	▼4	▼14	▼5	▼6	▼5	▼12	▼4	▼11	▼6	▼9	▼8	▼2	▼8	▼4	▼5	▼9	▼8	▼18	▼6	▼10	▼8	▼3
	Apr/May 2022	2	0	1	2	1	2	2	3	1	0	3	1	2	3	0	2	2	1	4	5	0	3	2	2	3	3	3	1
Don't know	Δ Dec 2017	▼1	▼1	▼1	▼1	▼1	▼2	▼1	▼4	=	▼1	▲2	▼1	▼1	=	▼1	=	▼1	▼1	=	▲2	▼7	=	▲2	▼3	▲1	=	▲2	=

Base: If practices a sport or a physical activity (N=19,246)

The socio-demographic data show that:

- Men are slightly more likely than women to say that they engage in sport or physical activity to improve physical performance (29% compared with 25%), to have fun (29% compared with 25%) and to be with friends (21% compared with 17%)
- Respondents aged 15-24 years are the most likely to mention most of these factors, and particularly to say they do sport or physical activity to have fun (40%, compared with 21% of those aged 55 and over), to improve physical performance (38% compared with 22%), to be with friends (34% compared with 15%) and to improve their physical appearance (33% compared with 12%). Conversely, respondents aged 55 and over are much more likely to do so to improve their health (58%, compared with 49% of those aged 15-24 years) and to counteract the effects of ageing (29% compared with 5%)
- Europeans who continued education up to the age of 20 or beyond are more likely to mention most of the factors, in particular to improve fitness (49%, compared with 31% of those who left school at age 15 or earlier), to control their weight (29% compared with 18%) and to improve their physical appearance (21% compared with 10%)
- Similarly, respondents who never or almost never have difficulties paying their bills are more likely than those who have such difficulties most of the time to mention most of the factors, particularly to improve their health (58% compared with 45%) and to improve physical performance (29% compared with 19%)

QB11 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)

	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
EU27	54	21	17	27	39	19	5	3	27	43	25	13	6	6	3	1	2
Gender																	
Man	54	20	16	29	38	21	5	3	29	44	24	14	7	7	4	1	2
Woman	55	21	19	25	39	17	5	2	25	43	26	13	6	4	3	1	2
Age																	
15-24	49	33	5	40	36	34	9	3	38	47	21	19	13	14	5	1	2
25-39	52	27	9	29	38	20	6	4	33	46	30	17	8	6	4	1	2
40-54	54	21	16	26	40	14	3	2	23	41	29	13	6	4	2	2	1
55 +	58	12	29	21	38	15	4	2	22	42	21	9	3	2	2	2	3
Education (End of)																	
15-	53	10	24	19	35	16	4	2	21	31	18	9	3	2	2	3	4
16-19	52	20	18	24	36	16	5	3	25	40	24	12	5	4	3	2	3
20+	59	21	19	29	43	18	5	2	28	49	29	14	6	5	3	1	1
Still studying	49	32	6	41	38	36	9	4	39	48	21	19	12	13	5	1	1
Difficulties paying bills																	
Most of the time	45	19	14	23	36	19	4	4	19	40	28	15	6	5	4	3	4
From time to time	45	22	15	23	38	19	7	4	23	39	25	14	8	6	5	2	3
Almost never/ Never	58	21	18	29	39	19	5	2	29	45	25	13	6	5	3	1	2

Base: If practices a sport or a physical activity (N=19,246)

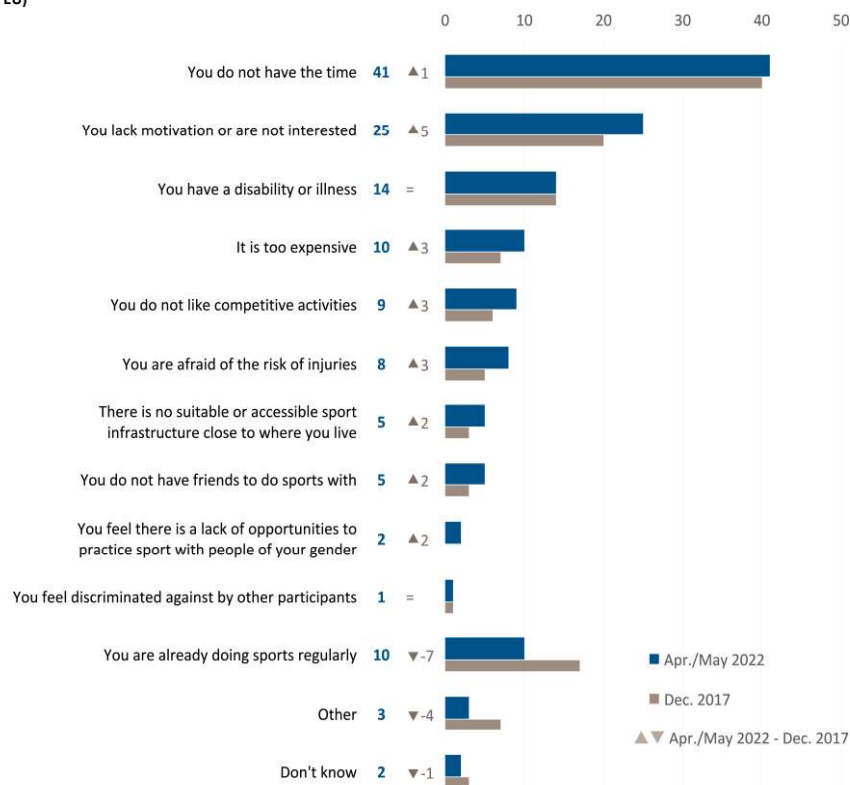
## 6. Barriers

### Lack of time is by far the main reason currently preventing Europeans from practising sport more regularly

When asked to identify the main reasons currently preventing them from practising sport more regularly by choosing from a list of ten items<sup>24</sup>, respondents provide the following answers:

- Slightly more than four in ten Europeans (41%, +1 percentage point since 2017<sup>25</sup>) say **not having the time** is one of the main reasons currently preventing them from practising sport more regularly, far ahead of any other reason
- A quarter (25%, +5) answer that they **lack motivation or are not interested**
- More than one in ten **have a disability or illness** (14%, unchanged)
- Around one in ten say **it is too expensive** (10%), they **do not like competitive activities** (9%, +3) or they **are afraid of the risk of injuries** (8%, +3)
- At most one in twenty mention that **there is no suitable or accessible sport infrastructure close to where they live** (5%, +2), they **do not have friends to do sports with** (5%, +2), they **feel there is a lack of opportunities to practice sport with people of their gender** (2%, new item) or they **feel discriminated against by other participants** (1%, =)
- In addition, it is interesting to note that one in ten respondents (10%, -7 percentage points) *spontaneously*<sup>26</sup> say they are already doing sports regularly

QB14 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)



Base: All Respondents (N=26,578)

<sup>24</sup> QB14. What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)

<sup>25</sup> Since 2017, a new item has been added in the list of reasons: 'You feel there is a lack of opportunities to practice sport with people of your

gender'. This may have an impact on the evolutions registered for other items since 2017.

<sup>26</sup> The item 'You are already doing sports regularly' was *spontaneous* in both 2017 and 2022, and it has registered a sharp decrease particularly in Finland (11%, -18), Germany (20%, -13) and Slovakia (10%, -11)



A national analysis shows that **lack of time** is the most cited reason for not practising sport more regularly in all 27 EU Member States, with the highest levels in Cyprus (53%), Malta (49%) and Slovakia (47%), and the lowest in Austria (32%), Finland (35%), and Germany and France (37% in both countries).

None of the nine other items comes in first position among these reasons for not practising sport more regularly in any of the 27 EU Member States. However:

- Respondents in Sweden (38%), Denmark (33%), and Greece and Portugal (29% in both countries) are the most likely to say they **lack motivation or are not interested**
- **Having a disability or illness** is cited by at least one in five respondents in Finland and Czechia (22% in both countries), and Denmark and Bulgaria (both 20%)
- At least one in ten respondents answer that practising sport is **too expensive** in 14 EU Member States, particularly in Cyprus (16%), Belgium (14%) and Lithuania (13%)
- In 13 countries, at least one in ten respondents **do not like competitive activities**, with the highest scores in Italy (16%), and Belgium and Hungary (13% in both countries)
- Respondents in Malta and Slovakia (15% in both countries), and Italy and Belgium (both 13%) are the most likely to **be afraid of the risk of injuries**
- At least one in ten respondents say **there is no suitable or accessible sports infrastructure close to where they live** in Romania (11%), and Croatia and Lithuania (10% in both countries)
- Respondents in Czechia (10%) and Romania (9%) are the most likely **not to have friends to do sports with**
- **Feeling that there is a lack of opportunities to practice sport with people of their gender** registers its highest levels in Romania (7%) and Austria (6%)
- Finally, respondents in Romania are the most likely to mention they **feel discriminated against by other participants** (5%)

QB14 What are the main reasons currently preventing you from practising sport more regularly?  
(MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
You do not have time	41	40	44	46	45	37	40	45	46	46	37	42	40	53	42	44	39	44	49	42	32	46	44	38	41	47	35	41
You lack motivation or are not interested	25	26	28	25	33	24	16	16	29	25	24	28	27	16	24	24	10	21	21	24	25	23	29	22	22	20	25	38
You have a disability or illness	14	15	20	22	20	16	19	10	12	11	17	13	7	10	19	15	12	19	12	16	16	17	11	17	13	14	22	16
It is too expensive	10	14	8	9	11	8	12	7	11	6	11	9	10	16	11	13	5	11	2	12	12	11	8	8	9	9	7	11
You are already doing sports regularly	10	7	5	4	4	20	12	11	9	14	8	4	9	13	6	7	18	4	13	12	22	1	11	3	9	10	11	6
You do not like competitive activities	9	13	9	6	10	6	11	9	6	7	9	9	16	2	11	7	9	13	10	11	9	7	12	10	10	4	12	12
You are afraid of the risk of injuries	8	13	7	10	8	5	8	10	11	9	6	10	13	8	4	4	9	11	15	6	11	11	10	7	11	15	3	6
There is no suitable or accessible sport infrastructure close to where you live	5	5	7	6	3	3	5	4	8	3	3	10	7	7	8	10	2	6	4	2	5	7	4	11	8	7	7	6
You do not have friends to do sports with	5	8	5	10	5	5	5	3	8	1	4	6	7	6	7	6	3	4	4	4	8	7	6	9	5	8	6	8
You feel there is a lack of opportunities to practice sport with people of your gender	2	3	1	2	1	2	1	3	4	1	2	5	4	4	2	1	2	3	4	1	6	3	2	7	1	3	0	1
You feel discriminated against by other participants	1	2	1	0	1	1	1	1	1	0	1	2	3	1	1	0	2	3	1	0	3	1	1	5	1	1	1	1
Other	3	2	4	1	2	4	5	3	4	3	5	2	3	2	3	5	8	1	2	4	3	1	2	6	4	2	1	2
Don't know	2	1	2	1	4	2	2	4	0	1	4	3	1	0	1	1	1	1	2	2	2	3	1	1	2	2	6	2

Base: All Respondents (N=26,578)

## Special Eurobarometer 525 Sport and Physical Activity

Since 2017, evolutions at national level of more than five percentage points have been registered for six of these reasons:

- The share of respondents who answer that they **do not have the time** to practise sport more regularly has risen in Slovakia (47%, +9 percentage points), Estonia (40%, +7), Germany (37%, +7), Greece (46%, +6) and Finland (35%, +6). Conversely, it has fallen dramatically in Romania (38%, -12), but also in Slovenia (41%, -7), Luxembourg (39%, -7) and Austria (32%, -6)
- **Lack of interest or motivation** has gained ground in Denmark (33%, +10), Sweden (38%, +9) and Finland (25%, +9). However, it has lost ground in Luxembourg (10%, -7)
- The fact that practising sport **is too expensive** is mentioned more than previously in Denmark (11%, +7) and Poland (11%, +6)
- The **dislike of competitive activities** has gained ground in Finland (12%, +7), Denmark (10%, +7), Sweden (12%, +6), Estonia and Latvia (11%, +6 in both countries), and Malta (10%, +6)
- The proportion of respondents **afraid of the risk of injuries** has risen in Slovakia (15%, +7), Italy (13%, +7), Portugal (10%, +7), Malta (15%, +6) and Hungary (11%, +6)
- The **lack of suitable or accessible sport infrastructure close to where respondents live** has increased in Slovenia (8%, +6)

QB14 What are the main reasons currently preventing you from practising sport more regularly?  
(MULTIPLE ANSWERS POSSIBLE) (%)



		Apr/May 2022	41	47	37	40	46	35	44	42	44	45	42	44	45	40	46	40	46	44	42	49	41	37	46	53	32	39	41	38
You do not have the time	Δ Dec 2017	▲1	▲9	▲7	▲7	▲6	▲6	▲4	▲4	▲3	▲3	▲1	▲1	=	=	=	▼1	▼1	▼1	▼2	▼2	▼2	▼3	▼4	▼4	▼6	▼7	▼7	▼12	
It is too expensive	Apr/May 2022	10	9	8	12	11	7	13	12	8	11	11	8	7	10	11	14	6	11	9	2	11	11	9	16	12	5	9	8	
	Δ Dec 2017	▲3	▼1	▲3	▲2	▲2	=	▲1	▲5	▲2	▲7	▲4	▼5	▲1	▲1	▲6	▲2	▲2	=	▼4	=	▲5	=	=	▲3	▲4	▲1	▼2	=	
You do not like competitive activities	Apr/May 2022	9	4	6	11	6	12	7	11	9	10	11	12	9	16	7	13	7	13	9	10	12	9	6	2	9	9	10	10	
	Δ Dec 2017	▲3	▼1	▲2	▲6	▲1	▲7	▲4	▲5	▲1	▲7	▲6	▲4	▲5	▲5	▲4	▲3	▲2	▲2	▲1	▲6	▲6	▲1	=	=	▲5	▲5	▲3	▲3	
There is no suitable or accessible sport infrastructure close to where you live	Apr/May 2022	5	7	3	5	8	7	10	2	7	3	8	4	4	7	7	5	3	6	10	4	6	3	6	7	5	2	8	11	
	Δ Dec 2017	▲2	▲2	▲1	=	▲3	▲4	▲3	▲1	▲2	▲2	▲3	▲2	▲1	▲3	▲4	▲2	▲1	▲1	▲5	▲3	▲3	▲1	▲2	▲2	▲2	▲2	▲1	▲6	▼2
You have a disability or illness	Apr/May 2022	14	14	16	19	12	22	15	16	20	20	19	11	10	7	17	15	11	19	13	12	16	17	22	10	16	12	13	17	
	Δ Dec 2017	=	▲2	▲3	▼5	▼1	▲1	▼3	▲2	▲1	▲1	▼2	▲1	▼1	=	▲3	▼1	▼2	▲1	▲1	=	▼4	▲1	▲4	▼2	▲1	▲4	=	▲5	
You do not have friends to do sports with	Apr/May 2022	5	8	5	5	8	6	6	4	5	5	7	6	3	7	7	8	1	4	6	4	8	4	10	6	8	3	5	9	
	Δ Dec 2017	▲2	▲3	▲2	▲1	=	▲2	▲3	▲3	▲1	▲2	▲3	▲5	=	▲4	▲4	▲2	=	▲1	▲1	▲4	▼1	▲4	▲3	▲2	=	▲3	▲4		
You feel discriminated against by other participants	Apr/May 2022	1	1	1	1	1	1	0	0	1	1	1	1	1	3	1	2	0	3	2	1	1	1	0	1	3	2	1	5	
	Δ Dec 2017	=	▲1	▲1	▲1	=	=	=	=	=	▲1	▲1	▲1	=	▲3	=	=	=	▲2	▲2	▲1	▲1	▲1	▼1	▲1	▲1	▲2	▲1	▲3	
You feel there is a lack of opportunities to practice sport with people of your gender	Apr/May 2022	2	3	2	1	4	0	1	1	1	1	2	2	3	4	3	3	1	3	5	4	1	2	2	4	6	2	1	7	
	Δ Dec 2017	▲2	▲3	▲2	▲1	▲4	=	▲1	▲1	▲1	▲1	▲2	▲2	▲3	▲4	▲3	▲3	▲1	▲3	▲5	▲4	▲1	▲2	▲2	▲4	▲6	▲2	▲1	▲7	
You lack motivation or are not interested	Apr/May 2022	25	20	24	16	29	25	24	24	28	33	24	29	16	27	23	26	25	21	28	21	38	24	25	16	25	10	22	22	
	Δ Dec 2017	▲5	▲5	▲3	▲3	▼1	▲9	▲2	▲1	=	▲10	▲5	▼4	▲1	▲4	▲4	▲5	▲4	▲1	=	▲9	▲4	▲3	▲1	▼2	▼7	▲3	▲4		
You are afraid of the risk of injuries	Apr/May 2022	8	15	5	8	11	3	4	6	7	8	4	10	10	13	11	13	9	11	10	15	6	6	10	8	11	9	11	7	
	Δ Dec 2017	▲3	▲7	▲1	▲4	▲4	▼1	=	▲1	▲2	▲2	▲1	▲7	▲1	▲7	▲3	▲2	▲4	▲6	▼1	▲6	▲2	▲1	▲1	▲3	▲4	▲5	▲4	▲4	
You are already doing sports regularly	Apr/May 2022	10	10	20	12	9	11	7	12	5	4	6	11	11	9	1	7	14	4	4	13	6	8	4	13	22	18	9	3	
	Δ Dec 2017	▼7	▼11	▼13	▼4	▼3	▼18	▼2	▼9	▲1	▼11	▼3	▼5	▼8	▼7	▼7	▼3	▼2	▼5	▼4	▲3	▼8	▼5	▼2	▲1	▼1	▼1	▼7	▼6	
Other	Apr/May 2022	3	2	4	5	4	1	5	4	4	2	3	2	3	3	1	2	3	1	2	2	5	1	2	3	8	4	6		
	Δ Dec 2017	▼4	▼5	▼1	▼5	▼4	▼5	▼4	▼4	▼3	▼9	▼7	▼3	▼1	▼4	▼5	▼5	▼2	▼2	▼4	▼6	▼3	▼2	▼4	▼4	▼5	▼2	▼1	▼3	
Don't know	Apr/May 2022	2	2	2	2	0	6	1	2	2	4	1	1	1	4	1	3	1	1	3	2	2	4	1	0	2	1	2	1	
	Δ Dec 2017	▼1	▼2	▼2	=	=	▲4	▼1	=	▼2	▲3	=	=	▲1	▼1	▼5	▲1	=	▲1	▲1	=	▲3	=	=	▲1	▲1	▼1			

Base: All Respondents (N=26,578)

The socio-demographic data show that:

- Respondents aged 25-54 years are the most likely to say that lack of time is currently preventing them from practising sport more regularly (55%, compared with 49% of those aged 15-24 years and 23% of those aged 55 and over). Respondents aged 55 and over are the most likely to have a disability or illness (26%, compared with 3% of those aged 15-24 years) and to be afraid of the risk of injuries (13% compared with 4%). Respondents aged 15-24 years are more likely to answer that they are already doing sports regularly (17%, compared with 9% of those aged 40 and over)
- Respondents who continued education up to the age of 20 or beyond are more likely to lack the time (47%, compared with 22% of those who left school at age 15 or earlier) and to already do sports regularly (12% compared with 5%). Those who left school at age 15 or earlier are the most likely to say they lack motivation or are not interested (31% compared with 22%), to have a disability or illness (26% compared with 10%) and to be afraid of the risk of injuries (15% compared with 7%)
- Europeans who have difficulties paying their bills most of the time are the most likely to say they lack motivation or are not interested (33%, compared with 24% among those who never or almost never have such difficulties) and that it is too expensive (20% compared with 7%). Conversely, respondents who never or almost never have difficulties paying their bills are more likely to say they do not have the time (41%, compared with 42% of those who have such difficulties from time to time and 33% of those who have these problems most of the time) or that they are already doing sports regularly (12% compared with 6%)

QB14 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)

	You do not have the time	It is too expensive	You do not like competitive activities	There is no suitable or accessible 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 feel there is a lack of opportunities to practice sport with people of your age	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
EU27	41	10	9	5	14	5	1	2	25	8	10	3	2
Gender													
Man	41	8	10	5	13	5	1	2	24	8	12	3	2
Woman	40	11	9	5	16	6	1	3	26	9	9	3	2
Age													
15-24	49	11	7	6	3	6	2	2	24	4	17	3	2
25-39	55	12	8	6	5	6	2	3	22	4	12	2	1
40-54	55	11	9	5	9	5	1	3	24	6	9	2	1
55 +	23	7	11	4	26	5	1	2	27	13	9	5	3
Education (End of)													
15-	22	8	12	5	26	5	1	3	31	15	5	5	1
16-19	40	10	9	5	16	5	1	3	26	8	9	2	2
20+	47	9	8	5	10	5	1	2	22	7	12	4	2
Still studying	48	10	7	6	3	6	1	2	23	3	19	3	2
Difficulties paying bills													
Most of the time	33	20	11	5	19	9	2	4	33	8	6	2	2
From time to time	42	15	10	6	14	7	3	4	25	10	7	3	1
Almost never/ Never	41	7	9	4	14	4	1	2	24	8	12	3	2

Base: All Respondents (N=26,578)



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



This fourth chapter focuses on Europeans' perceptions of support for sports participation in their local area. It looks at respondents' views about opportunities in their local area and those offered by local sports clubs and other providers. It then examines their opinions about their local authority's provision.

## 7. Opportunities in the local area

### More than three-quarters of Europeans agree that the area where they live offers them many opportunities to be physically active

Slightly more than three-quarters of respondents (76%, +2 percentage points since 2017) agree that the area where they live offers them many opportunities to be physically active<sup>27</sup>. This result includes over a third of respondents (36%, +5) who 'totally agree' and four in ten who 'tend to agree' (40%, -3). Meanwhile, less than one in five respondents (19%, unchanged) disagree with this statement, including 6% (=) who 'totally disagree' and more than one in ten (13%, =) who 'tend to disagree'. Finally, one in twenty respondents (5%, -2) 'don't know'.

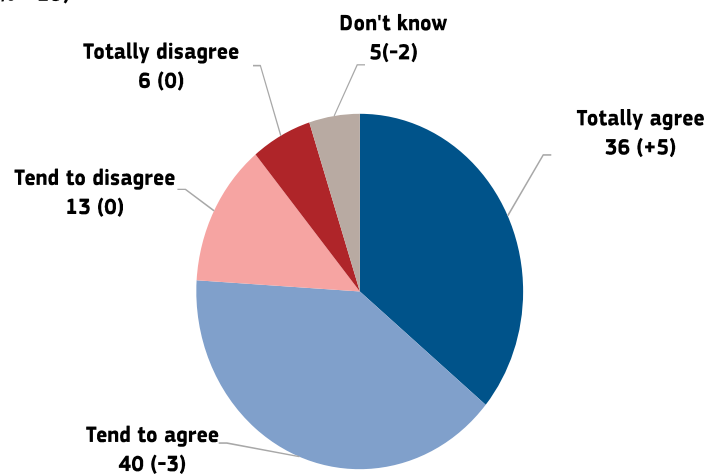
A **national analysis** shows that more than half of respondents in 26 EU Member States consider that the area where they live offers them many opportunities to be physically active, with the highest proportions among respondents in the Netherlands (91%), and Sweden and Denmark (89% in both countries). However, this majority is smaller in Romania (53%), Slovakia (59%) and Greece (61%).

At least one in five respondents totally agree that the area where they live offers them many opportunities to be physically active in 25 EU Member States, and over half do so in the Netherlands (59%), Denmark (53%) and Sweden (51%).

Bulgaria is the sole country where only a minority of respondents agree with this statement (41% versus 47%). Moreover, a quarter of respondents in Bulgaria totally disagree (25%).

#### QB13.1 To what extent do you agree or disagree with the following statements about sport and physical activity?

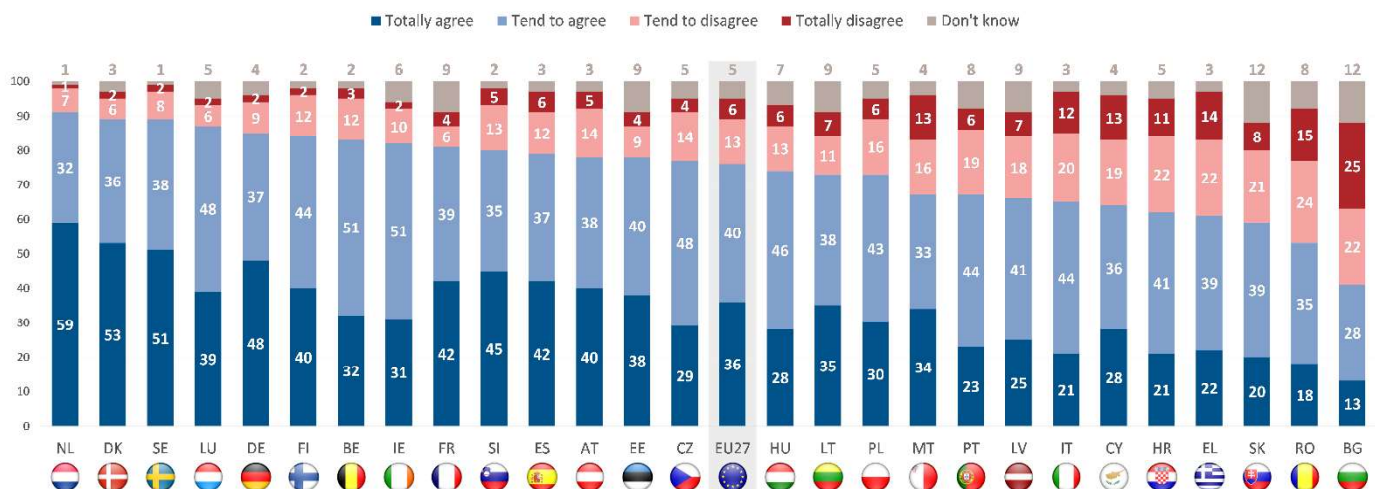
The area where you live offers you many opportunities to be physically active (% - EU)



(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

#### QB13.1 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)



Base: All Respondents (N=26,578)

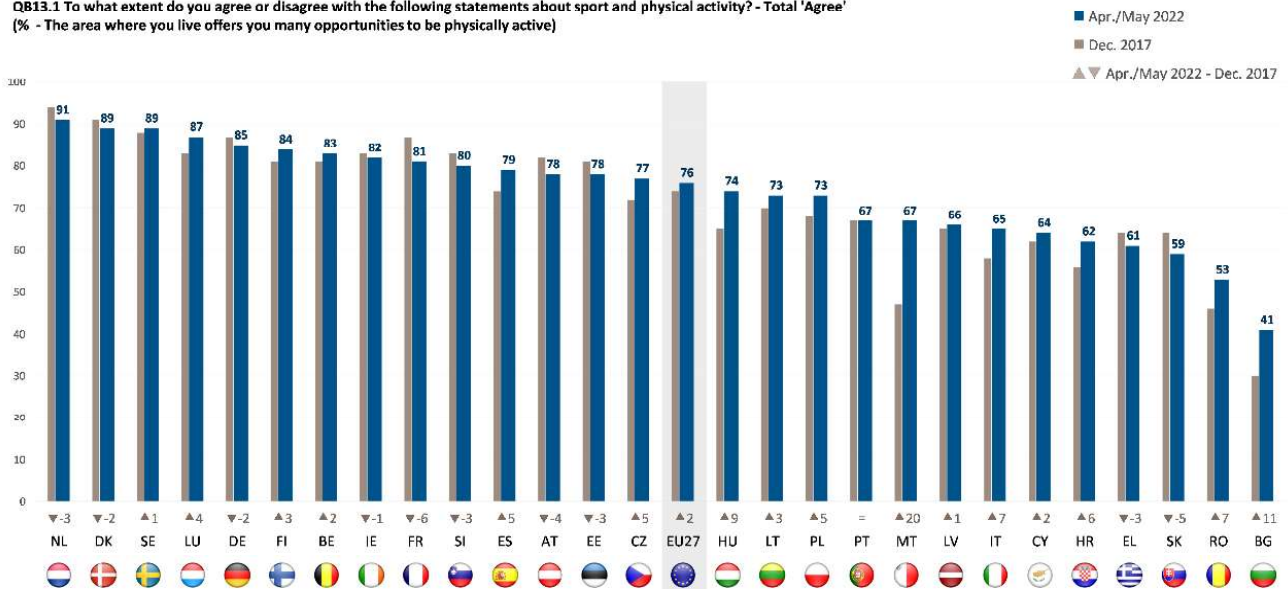
<sup>27</sup> QB13.1. To what extent do you agree or disagree with the following statements about sport and physical activity? The area where you live offers you many opportunities to be physically active



## Special Eurobarometer 525 Sport and Physical Activity

In terms of evolutions since 2017, the proportion of respondents who agree that the area where they live offers them many opportunities to be physically active has increased in 16 EU Member States, most strikingly in Malta (67%, +20 percentage points) and Bulgaria (41%, +11). Meanwhile, it has decreased in ten countries, particularly in France (81%, -6), and is unchanged in Portugal.

**QB13.1 To what extent do you agree or disagree with the following statements about sport and physical activity? - Total 'Agree'**  
(% - The area where you live offers you many opportunities to be physically active)



Base: All Respondents (N=26,578)









The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to agree that the area where they live offers them many opportunities to be physically active (80%), particularly when compared with those aged 55 and over (72%)
- Europeans who continued education up to the age of 20 or beyond are by far the most likely to agree with this statement (82%, compared with 75% among those who left school between 16-19 years and 64% among those who left school at age 15 or earlier)
- Managers (83%) and students (80%) are much more likely than house persons (67%) and unemployed people (69%) to believe that the area where they live offers them many opportunities to be physically active
- Respondents who never or almost never have difficulties paying their bills are the most likely to agree with this statement (80%, compared with 69% of those who have such difficulties from time to time and 62% of those who experience them most of the time)
- Finally, respondents who live in a large town (80%) are more likely than those who live in a rural village (70%) to consider that the area where they live offers them many opportunities to be physically active

**QB13.1** 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**

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	36	40	13	6	5	76	19
 <b>Gender</b>							
Man	37	40	13	6	4	77	19
Woman	35	40	13	7	5	75	20
 <b>Age</b>							
15-24	39	41	13	5	2	80	18
25-39	37	41	13	6	3	78	19
40-54	37	41	13	6	3	78	19
55 +	34	38	13	7	8	72	20
 <b>Education (End of)</b>							
15-	26	38	17	10	9	64	27
16-19	33	42	13	7	5	75	20
20+	44	38	11	4	3	82	15
Still studying	41	39	13	5	2	80	18
 <b>Socio-professional category</b>							
Self-employed	40	37	14	6	3	77	20
Managers	46	37	9	4	4	83	13
Other white collars	35	43	13	7	2	78	20
Manual workers	34	42	14	6	4	76	20
House persons	27	40	14	11	8	67	25
Unemployed	28	41	16	9	6	69	25
Retired	34	38	13	7	8	72	20
Students	41	39	13	5	2	80	18
 <b>Difficulties paying bills</b>							
Most of the time	25	37	18	13	7	62	31
From time to time	27	42	17	9	5	69	26
Almost never/ Never	41	39	11	5	4	80	16
 <b>Subjective urbanisation</b>							
Rural village	34	36	15	9	6	70	24
Small/ mid size town	37	40	13	5	5	77	18
Large town	37	43	11	5	4	80	16

Base: All Respondents (N=26,578)

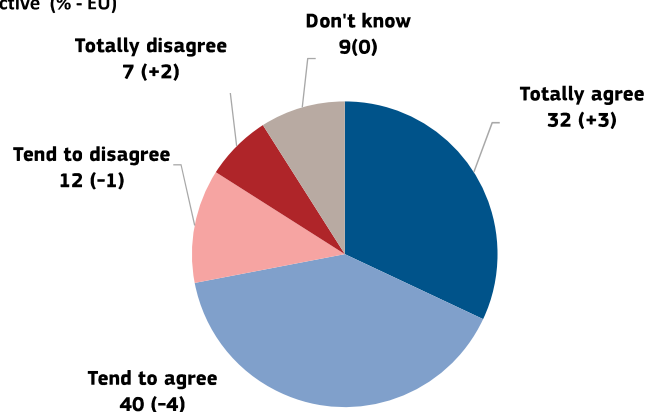
## 8. Opportunities offered by local sport clubs and other providers

### Nearly three-quarters of Europeans agree that local sport clubs and other local providers offer many opportunities to be physically active

Over seven in ten respondents (72%, -1 percentage point since 2017) agree that local sports clubs and other local providers offer many opportunities to be physically active<sup>28</sup>, with close to a third of respondents (32%, +3) totally agreeing and four in ten tending to agree (40%, -4). Conversely, close to one in five respondents (19%, +1) disagree with this statement, with 7% (+2) who 'totally disagree' and over one in ten (12%, -1) who 'tend to disagree'. Finally, close to one in ten respondents (9%, unchanged) say they don't know.

**A national analysis** highlights that, in all 27 EU Member States, a majority of respondents believe that local sport clubs and other local providers offer many opportunities to be physically active. This proportion is the highest among respondents in the Netherlands (91%), Denmark (87%) and Sweden (86%). This majority is narrower in Bulgaria (41% versus 38%), Slovakia (50% vs. 33%) and Romania (51%).

QB13.2 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 (% - EU)



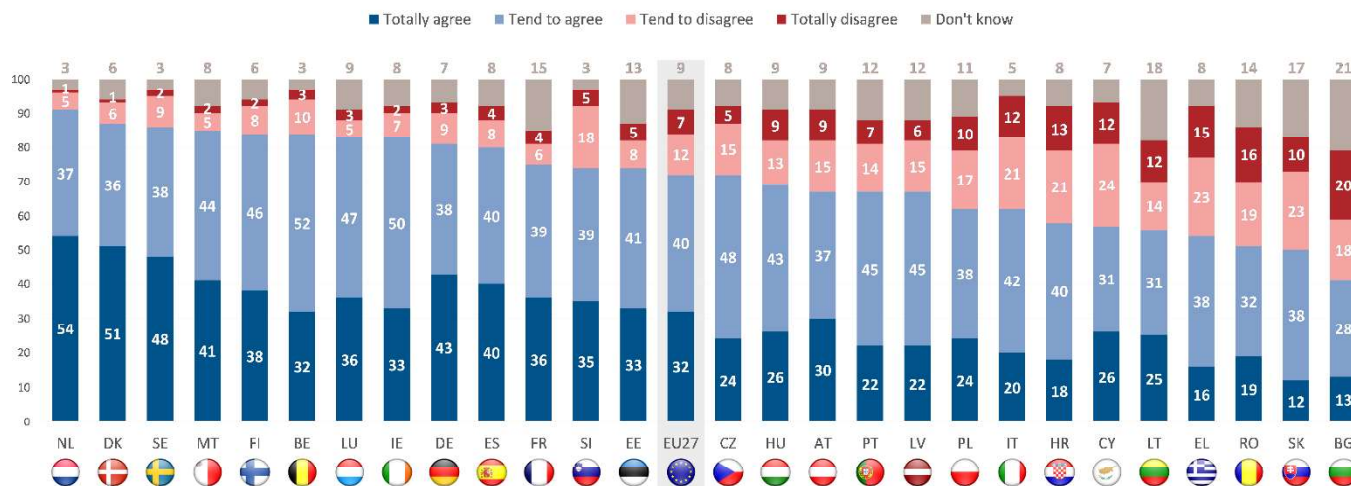
(Apr.-May 2022 - Dec. 2017)

Base: All Respondents (N=26,578)

In 22 EU Member States, at least one in five respondents totally agree that local sports clubs and other local providers offer many opportunities to be physically active, with the highest levels in the Netherlands (54%), Denmark (51%) and Sweden (48%).

However, in Bulgaria, a fifth of respondents (20%) totally disagree with this statement, and a similar proportion (21%) 'don't know'.

QB13.2 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)



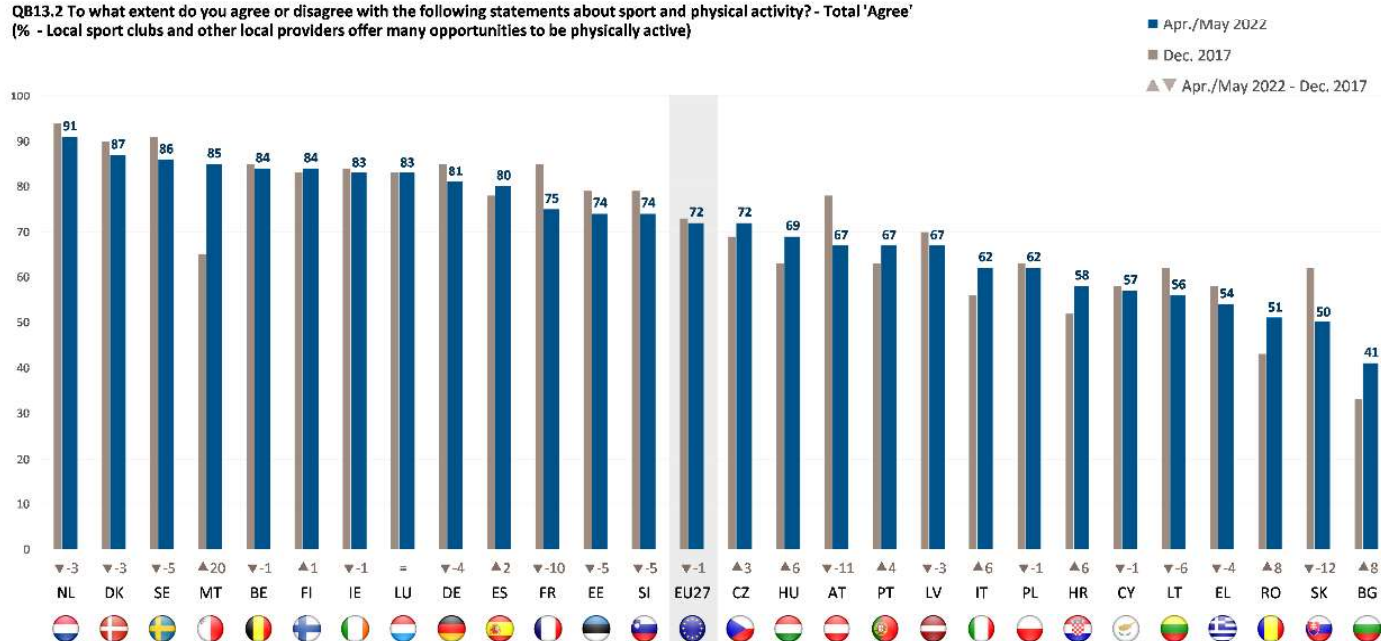
Base: All Respondents (N=26,578)

<sup>28</sup> QB13.2. 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

## Special Eurobarometer 525 Sport and Physical Activity

Since 2017, the share of respondents who agree that local sport clubs and other local providers offer many opportunities to be physically active has fallen in 16 EU Member States, most dramatically in Slovakia (50%, -12 percentage points), Austria (67%, -11) and France (75%, -10). Conversely, it has risen in ten countries, most strikingly in Malta (85%, +20). Finally, it is unchanged in Luxembourg.

QB13.2 To what extent do you agree or disagree with the following statements about sport and physical activity? - Total 'Agree'  
(% - Local sport clubs and other local providers offer many opportunities to be physically active)



Base: All Respondents (N=26,578)







The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to agree that local sports clubs and other local providers offer many opportunities to be physically active (79%), particularly when compared with those aged 55 and over (66%)
- Respondents who continued education up to the age of 20 or beyond are by far the most likely to agree with this statement (80%, compared with 69% among those who left school between 16-19 years and 58% among those who left school at age 15 or earlier)
- Managers (82%) and students (81%) are much more likely than unemployed people (58%), house persons (65%) and retired people (65%) to think that local sports clubs and other local providers offer many opportunities to be physically active
- Respondents who never or almost never have difficulties paying their bills are the most likely to agree with this statement (76%, compared with 65% of those who have such difficulties from time to time and 60% among those who do so most of the time)
- Europeans who live in a large town (78%) or a small or medium-sized town (74%) are much more likely than those who live in a rural village (63%) to believe that local sports clubs and other local providers offer many opportunities to be physically active

**QB13.2** 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**

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	32	40	12	7	9	72	19
 <b>Gender</b>							
Man	34	39	12	7	8	73	19
Woman	31	40	12	7	10	71	19
 <b>Age</b>							
15-24	39	40	13	4	4	79	17
25-39	33	43	12	6	6	76	18
40-54	34	41	13	6	6	75	19
55 +	29	37	12	8	14	66	20
 <b>Education (End of)</b>							
15-	24	34	15	12	15	58	27
16-19	28	41	13	8	10	69	21
20+	40	40	10	4	6	80	14
Still studying	41	40	12	4	3	81	16
 <b>Socio-professional category</b>							
Self-employed	33	41	13	8	5	74	21
Managers	42	40	8	3	7	82	11
Other white collars	33	44	12	6	5	77	18
Manual workers	32	40	13	8	7	72	21
House persons	23	42	13	11	11	65	24
Unemployed	21	37	19	8	15	58	27
Retired	29	36	12	8	15	65	20
Students	41	40	12	4	3	81	16
 <b>Difficulties paying bills</b>							
Most of the time	23	37	17	12	11	60	29
From time to time	23	42	16	9	10	65	25
Almost never/ Never	37	39	10	6	8	76	16
 <b>Subjective urbanisation</b>							
Rural village	28	35	16	10	11	63	26
Small/ mid size town	34	40	11	6	9	74	17
Large town	35	43	9	5	8	78	14

Base: All Respondents (N=26,578)

## 9. Local authority provisions

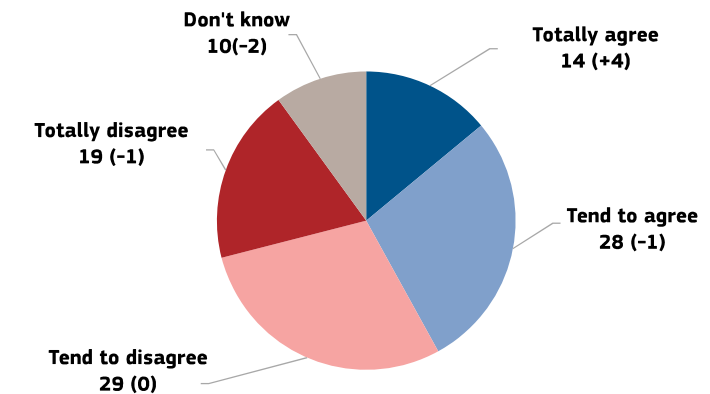
A small majority of Europeans disagree that their local authority does not do enough for its citizens in relation to physical activities

Respondents are more divided on this matter. Nearly half (48%, -1 percentage point since 2017) disagree that their local authority does not do enough for its citizens in relation to physical activities<sup>29</sup>. This result includes close to one in five respondents (19%, -1) who 'totally disagree' and nearly three in ten (29%, unchanged) who 'tend to disagree'. However, more than four in ten respondents (42%, +3) agree with the statement, including over one in ten (14%, +4) who 'totally agree' and nearly three in ten (28%, -1) who 'tend to agree'. Finally, one in ten respondents (10%, -2) 'don't know'.

A national analysis shows that a majority of respondents consider that their local authority does not do enough for its citizens in relation to physical activities in 14 EU Member States, with the highest levels in Malta (66%), and Italy and Croatia (57% in both countries).

At least one in five respondents totally agree with this statement in four countries: Malta (41%), substantially ahead of Romania (21%) and Slovenia and Cyprus (20% in both countries).

QB13.3 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 (% - EU)



(Apr.-May 2022 - Dec. 2017)

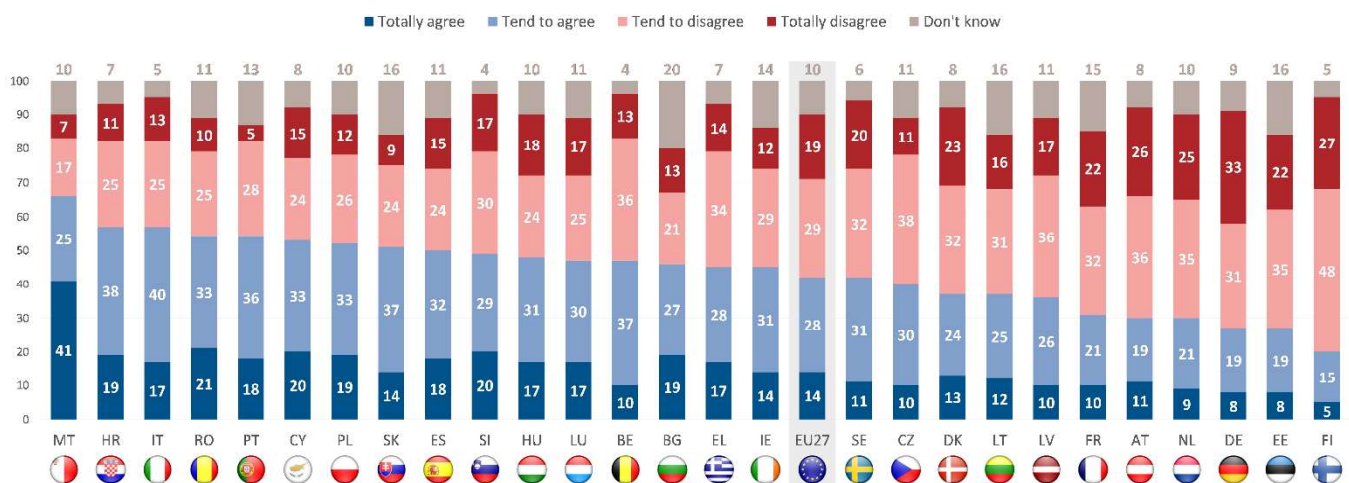
Base: All Respondents (N=26,578)

Conversely, only a minority of respondents agree that their local authority does not do enough for its citizens in relation to physical activities in 13 EU Member States, with the lowest proportions in Finland (20%) and Germany and Estonia (27% in both countries).

In eight EU Member States, at least one in five respondents totally disagree that the local authority does not do enough for its citizens in relation to physical activities, rising to more than a quarter in Germany (33%), Finland (27%) and Austria (26%).

Finally, one in five respondents in Bulgaria (20%) say they do not know.

QB13.3 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)



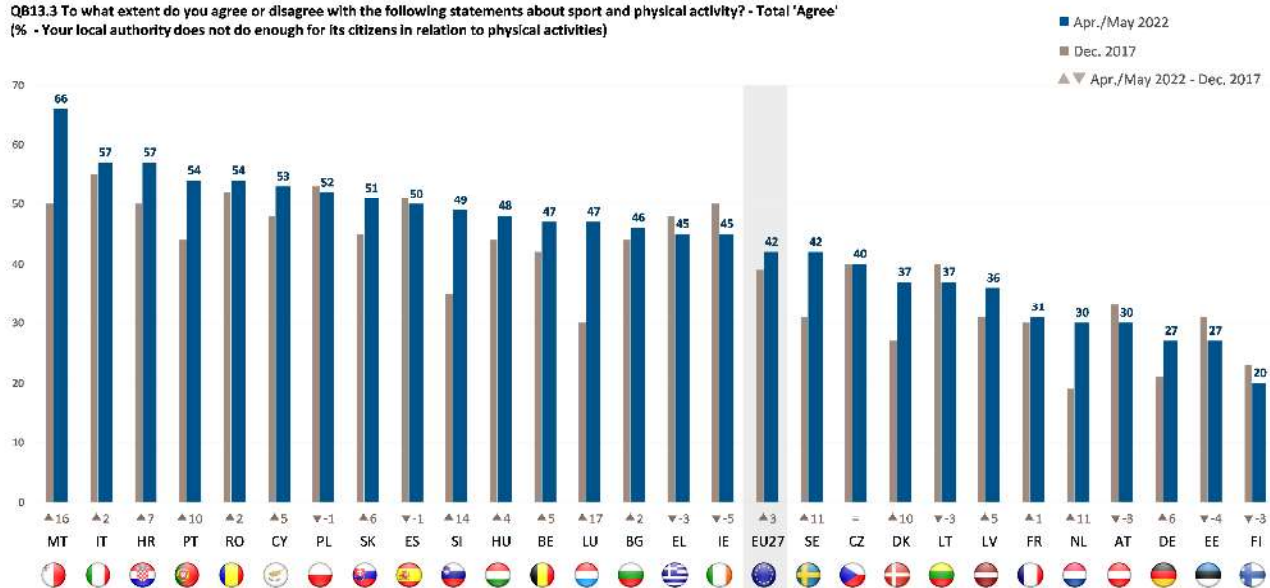
Base: All Respondents (N=26,578)

<sup>29</sup> QB13.3. 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

## Special Eurobarometer 525 Sport and Physical Activity

In terms of evolutions since 2017, the feeling that local authorities do not do enough for their citizens in relation to physical activities has gained ground in 18 EU Member States, by two digits in seven countries, most notably in Luxembourg (47%, +17 percentage points), Malta (66%, +17 percentage points), Malta (66%, +16) and Slovenia (49%, +14). Meanwhile, it has lost ground slightly in eight countries, particularly in Ireland (45%, -5), and is unchanged in Czechia.

QB13.3 To what extent do you agree or disagree with the following statements about sport and physical activity? - Total 'Agree'  
(% - Your local authority does not do enough for its citizens in relation to physical activities)



Base: All Respondents (N=26,578)









The socio-demographic data show that:

- Respondents aged 25-39 years (46%) and 40-54 years (44%) are more likely than those aged 15-24 years (41%) and 55 and over (38%) to agree that their local authority does not do enough for its citizens in relation to physical activities
- Respondents who continued education up to the age of 20 or beyond are the most likely to disagree with this statement (53%, compared with 47% among those who left school between 16-19 years and 42% among those who left school at age 15 or earlier)
- Other white collars are the most likely to agree with this statement (46%, compared with 38% among retired people)
- Respondents who have difficulties paying their bills most of the time (47%) or from time to time (46%) are more likely than those who never or almost never have such difficulties (39%) to believe that their local authority does not do enough for its citizens in relation to physical activities
- Europeans who consider themselves upper class are the least likely to agree with this statement (33%, compared with 39% among those who see themselves as upper middle class and 42-43% among respondents in the three other categories)

**QB13.3** 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**

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	14	28	29	19	10	42	48
 <b>Gender</b>							
Man	14	28	30	19	9	42	49
Woman	13	28	29	19	11	41	48
 <b>Age</b>							
15-24	14	27	32	19	8	41	51
25-39	15	31	30	17	7	46	47
40-54	15	29	29	20	7	44	49
55 +	12	26	28	20	14	38	48
 <b>Education (End of)</b>							
15-	13	30	23	19	15	43	42
16-19	14	29	30	17	10	43	47
20+	13	26	31	22	8	39	53
Still studying	14	28	33	18	7	42	51
 <b>Socio-professional category</b>							
Self-employed	15	30	32	17	6	45	49
Managers	13	26	30	23	8	39	53
Other white collars	14	32	31	16	7	46	47
Manual workers	16	29	28	19	8	45	47
House persons	12	27	28	19	14	39	47
Unemployed	15	29	27	16	13	44	43
Retired	11	27	27	20	15	38	47
Students	14	28	33	18	7	42	51
 <b>Difficulties paying bills</b>							
Most of the time	16	31	24	17	12	47	41
From time to time	15	31	29	15	10	46	44
Almost never/ Never	13	26	30	21	10	39	51
 <b>Consider belonging to</b>							
The working class	15	28	26	17	14	43	43
The lower middle class	13	29	32	17	9	42	49
The middle class	13	29	30	20	8	42	50
The upper middle class	15	24	29	25	7	39	54
The upper class	11	22	40	21	6	33	61

Base: All Respondents (N=26,578)

## V. VOLUNTEERING IN SPORT



This fifth chapter examines engagement in voluntary work that supports sporting activities.

## 10. Citizens' engagement in volunteering in sport

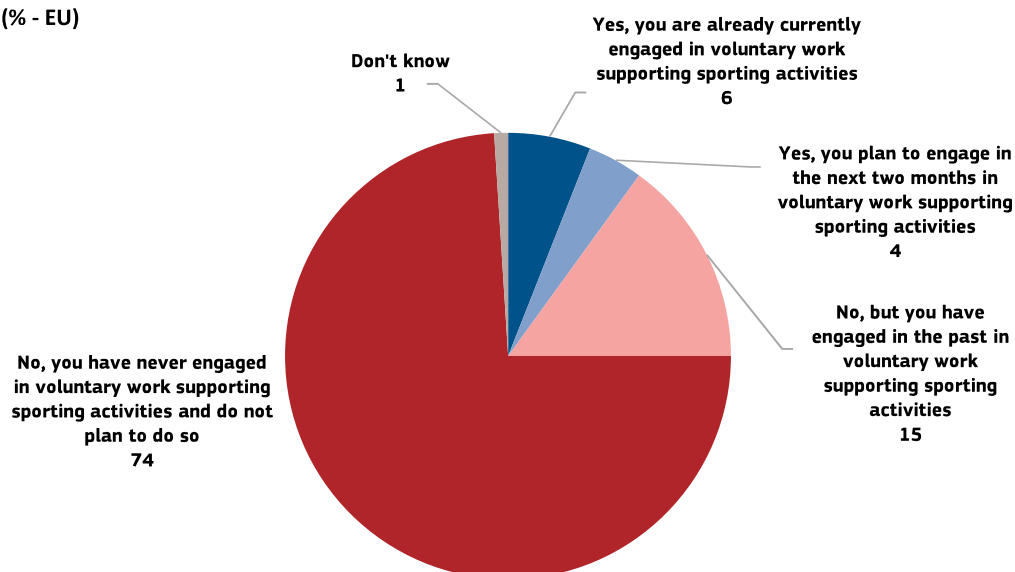
**One in ten European currently engage in voluntary work that supports sporting activities, or plan to do so in the next two months**

Just one in ten Europeans (10%) currently engage in voluntary work that supports sporting activities, or plan to do so in the next two months<sup>30</sup>. This result includes 6% of respondents who are already engaged in voluntary work to support sporting activities, and 4% who plan to do so in the next two months.

However, a large majority of Europeans (89%) neither currently engage nor plan to engage in voluntary work that supports sporting activities. In detail, close to three-quarters (74%) have never engaged in such voluntary work and have no plans to do so, while 15% have engaged in this kind of voluntary work in the past.

**QB21 The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?**

(% - EU)



(Apr.-May 2022)

Base: All Respondents (N=26,578)

<sup>30</sup> QB21. The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport

or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?

**A national analysis** shows that, in 15 EU Member States, at least one in ten respondents say they currently engage in voluntary work that supports sporting activities or plan to do so in the next two months. Nearly one in five respondents say so in Ireland and Luxembourg (19% in both countries), and the Netherlands (18%). At the other end of the scale, just 4% of respondents currently engage or plan to engage in Portugal, Greece and Lithuania.

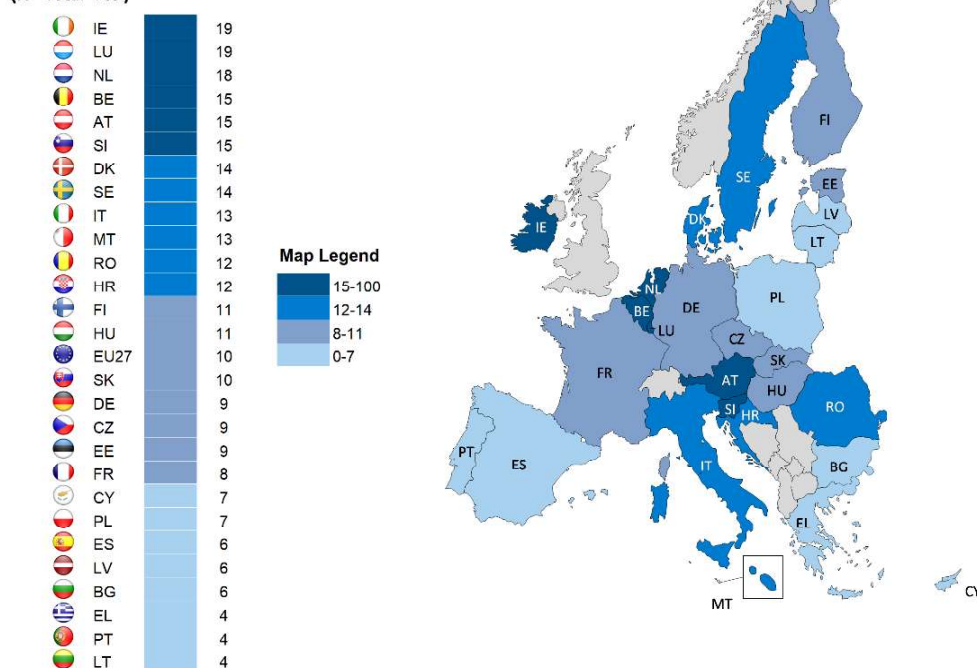
In detail, at least one in ten respondents are currently engaged in voluntary work supporting sporting activities in six EU Member States: the Netherlands (15%), Luxembourg (13%), Ireland (12%), Sweden and Slovenia (11% in both countries), and Denmark (10%).

Italy is the only country where one in ten respondents plan to engage in voluntary work supporting sporting activities in the next two months.

However, at least one in ten respondents in 21 EU Member States have engaged in the past in voluntary work supporting sporting activities, with the highest levels in Sweden (35%), Finland (32%) and Denmark (29%).

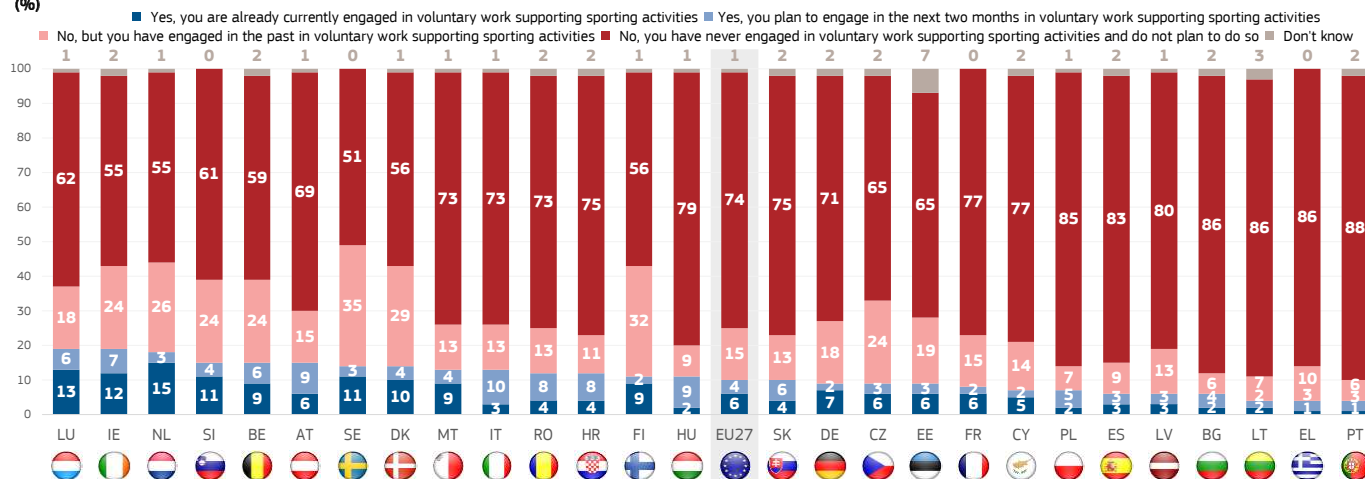
Finally, more than half of respondents in all 27 EU Member States have never engaged in voluntary work supporting sporting activities and do not plan to do so, with proportions varying between 88% in Portugal and 51% in Sweden.

**QB21 The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?**  
(% - Total 'Yes')



Base: All Respondents (N=26,578)

**QB21 The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?**  
(%)



Base: All Respondents (N=26,578)

The socio-demographic data show that:

- Men are slightly more likely than women to say they are currently engaged or plan to engage in the next two months in voluntary work supporting sporting activities (12% compared with 9%). Conversely, women are more likely than men to say that they have never engaged in voluntary work supporting sporting activities and do not plan to do so (77% compared with 70%).
- Respondents aged 55 and over are the most likely to say they have never engaged and do not plan to do so (77%, compared with 71% among those aged 15-24 years)
- Respondents who left school at age 15 or earlier are the most likely to answer that they have never engaged in voluntary work supporting sporting activities and do not plan to do so (84%, compared with 77% among those who left school between 16-19 years and 68% among those who continued education up to the age of 20 or beyond)
- Managers are the most likely to be currently engaged or planning to engage in the next two months (15%, compared with 5% among house persons)
- Respondents who consider themselves upper middle class are the most likely to be engaged or planning to engage (17%, compared with 6% among those who see themselves as working class)

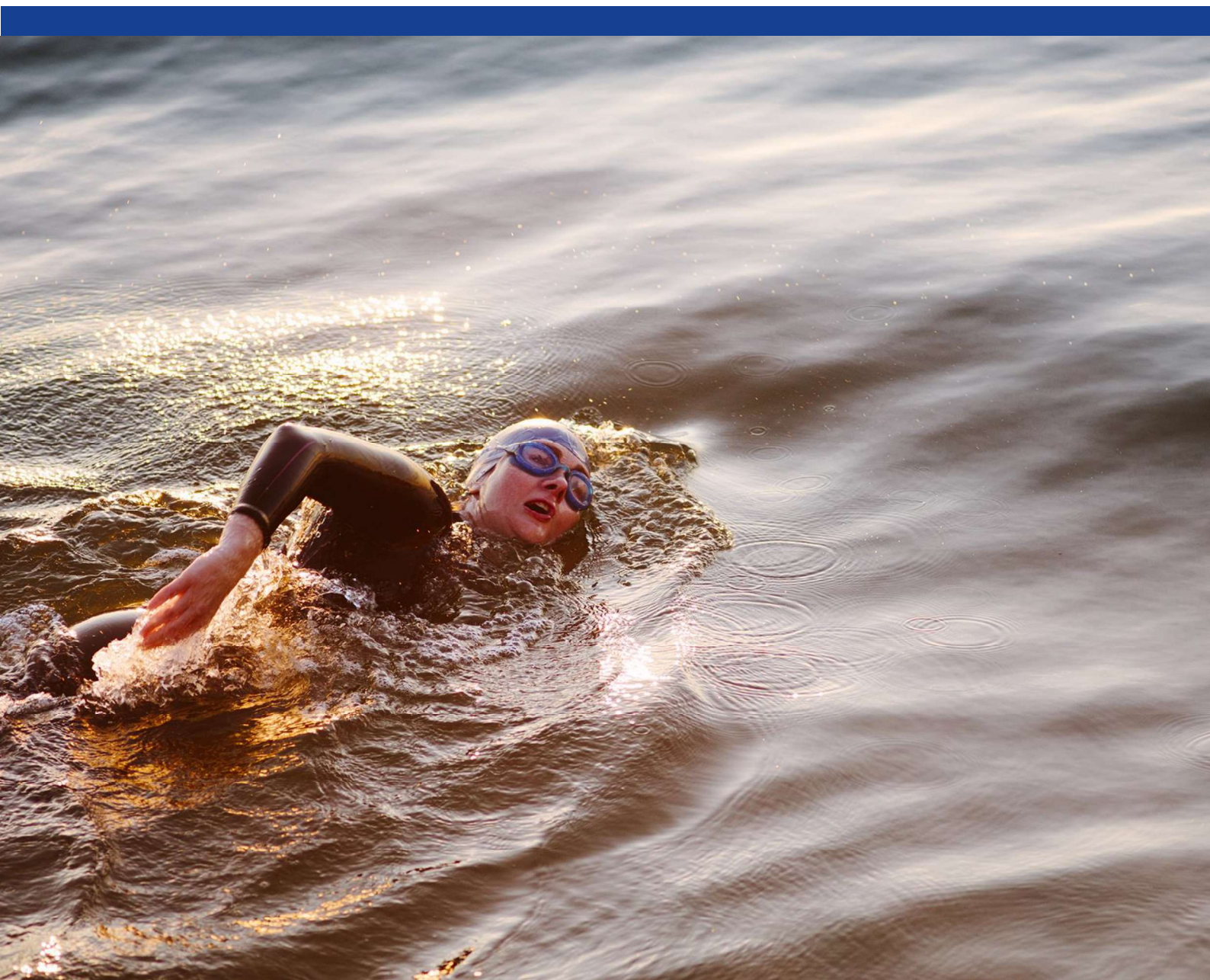
**QB21** The next question is about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses. This includes organising or helping to run events, campaigning or raising money, providing transport or driving, coaching, tuition, mentoring, etc. Do you currently engage, or plan to engage in the next 2 months, in voluntary work that supports sporting activities?  
(% - EU)

	Yes, you are already currently engaged in voluntary work supporting sporting activities	Yes, you plan to engage in the next two months in voluntary work supporting sporting activities	No, but you have engaged in the past in voluntary work supporting sporting activities	No, you have never engaged in voluntary work supporting sporting activities and do not plan to do so	Don't know	Total 'Yes'	Total 'No'
EU27	6	4	15	74	1	10	89
Gender							
Man	7	5	17	70	1	12	87
Woman	5	4	13	77	1	9	90
Age							
15-24	5	7	16	71	1	12	87
25-39	6	6	15	72	1	12	87
40-54	7	4	15	73	1	11	88
55 +	4	3	15	77	1	7	92
Education (End of)							
15-	2	3	9	84	2	5	93
16-19	4	4	14	77	1	8	91
20+	9	4	18	68	1	13	86
Still studying	5	7	17	70	1	12	87
Socio-professional category							
Self-employed	7	6	16	70	1	13	86
Managers	10	5	21	62	2	15	83
Other white collars	6	5	16	72	1	11	88
Manual workers	6	5	13	75	1	11	88
House persons	2	3	8	86	1	5	94
Unemployed	4	2	12	80	2	6	92
Retired	4	2	15	78	1	6	93
Students	5	7	17	70	1	12	87
Consider belonging to							
The working class	3	3	10	83	1	6	93
The lower middle class	5	3	14	77	1	8	91
The middle class	6	5	16	72	1	11	88
The upper middle class	11	6	27	55	1	17	82
The upper class	10	3	20	67	0	13	87

Base: All Respondents (N=26,578)



## **VI. COVID-19 AND PHYSICAL ACTIVITY**





This sixth chapter focuses on the impact of COVID-19 on frequency of sport and physical activity.

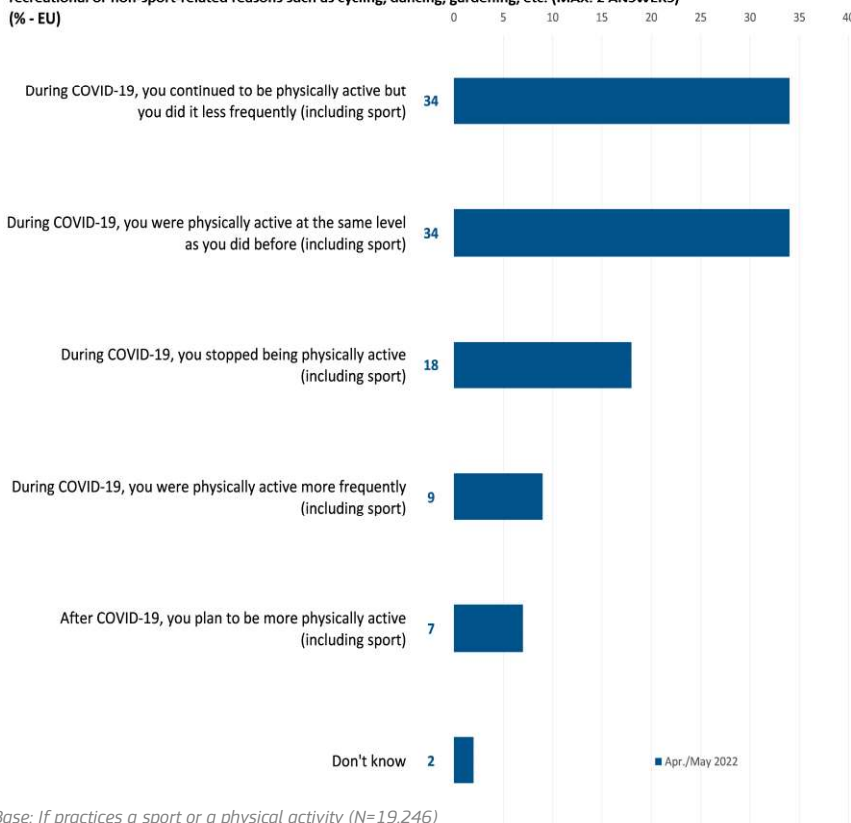
## 11. Impact of Covid-19 on frequency of sport and physical activity

**During COVID-19, slightly more than a third of Europeans were physically active either less than or at the same level as before**

Respondents were asked what impact the COVID-19 pandemic has had on their involvement in physical activity, by choosing up to two statements best corresponding to their personal situation from a list of five<sup>31</sup>:

- Slightly more than a third of Europeans (34%) say they **continued to be physically active but less frequently** (including sport) during COVID-19
- The same proportion (34%) answer that they **were physically active at the same level as before** (including sport) during COVID-19
- However, nearly one in five respondents (18%) **stopped being physically active** (including sport) during COVID-19
- Conversely, close to one in ten respondents (9%) **were physically active more frequently** (including sport) during COVID-19
- Finally, less than one in ten (7%) **plan to be more physically active** (including sport) after COVID-19

QB12 The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS)  
(% - EU)



<sup>31</sup> QB12. The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of

physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS)

## Special Eurobarometer 525 Sport and Physical Activity

A national analysis shows that 'during COVID-19, **you continued to be physically active but you did it less frequently** (including sport)' is the most cited statement in 14 EU Member States. At least four in ten respondents choose this statement in Luxembourg (42%), Portugal (41%) and Spain (40%). Conversely, the lowest levels are found in Lithuania (22%), Romania (23%), Croatia and Estonia (28% in both countries).

In 16 EU Member States, 'during COVID-19, **you were physically active at the same level as you did before** (including sport)' is the most common answer. More than half of respondents say this statement best corresponds to their personal situation in Lithuania (58%), Finland (52%) and Hungary (51%). On the other hand, less than one in five share this opinion in Malta (15%) and Italy and Spain (18% in both countries).

In three EU Member States, respondents place these two statements in joint first position: in Greece and Austria (35% for both 'less frequently' and 'at the same level as before'), and France (both 32%).

None of the three other statements comes first in any of the 27 EU Member States. However:

- At least a quarter of respondents say they **stopped being physically active** (including sport) during COVID-19 in Italy and Spain (33% in both countries), and in Romania, Bulgaria and Slovakia (25% in the three countries). Less than one in ten did so in Germany and Finland (7% in both countries), and Poland, Slovenia and Lithuania (9% in the three countries)
- At least one in ten respondents **were physically active more frequently** (including sport) during COVID-19 in 11 EU Member States, with the highest levels in the Netherlands and Belgium (16% in both countries), and Luxembourg (14%). Conversely, this statement registers its lowest scores in Hungary (3%) and Bulgaria and Malta (4% in both countries)
- In six EU Member States, at least one in ten respondents **plan to be more physically active** (including sport) after COVID-19. This is particularly the case in Malta (27%), substantially ahead of Portugal (14%) and Denmark (13%). Meanwhile, the lowest proportions are found in Ireland and Latvia (4% in both countries)

Q812 The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS) (%)



During COVID-19, you stopped being physically active (including sport)	18	16	25	19	17	7	13	15	14	33	23	15	33	18	17	9	13	11	19	11	11	9	19	25	9	25	7	14
During COVID-19, you continued to be physically active but you did it less frequently (including sport)	34	37	36	35	32	35	28	38	35	40	32	28	37	35	31	22	42	30	38	37	35	29	41	23	29	32	29	33
During COVID-19, you were physically active at the same level as you did before (including sport)	34	26	29	36	35	43	44	32	35	18	32	41	18	32	43	58	29	51	15	35	35	47	22	34	47	31	52	44
During COVID-19, you were physically active more frequently (including sport)	9	16	4	7	12	8	10	13	13	6	10	8	7	7	5	5	14	3	4	16	12	7	7	10	13	7	8	8
After COVID-19, you plan to be more physically active (including sport)	7	9	6	9	13	6	5	4	8	7	5	9	10	5	4	5	6	5	27	9	7	14	10	10	6	8	9	
Don't know	2	1	3	1	2	4	2	1	0	0	1	2	0	4	2	4	2	1	0	1	2	3	2	3	0	2	1	0

Base: If practices a sport or a physical activity (N=19,246)

The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to say that they continued to be physically active but less frequently (38%, compared with 32% among those aged 55 and over) and that they were physically active more frequently (13% compared with 6%). Meanwhile, respondents aged 55 and over are much more likely to say they were physically active at the same level as before (40% compared with 26%)
- Respondents who left school at age 15 or earlier are the most likely to answer that they stopped being physically active during COVID-19 (22%, compared with 17% in both other categories) or that they were physically active at the same level as before (40%, compared with 33% among those who continued education up to the age of 20 or beyond). Conversely, they are the least likely to say they continued to be physically active but less frequently (29% compared with 35%) or they were physically active more frequently (5% compared with 10%)
- Students are the most likely to have been physically active less frequently (40%) or more frequently (13%). Retired people (42%) are more likely than students (24%) to answer that they were physically active at the same level as before
- Europeans who live in a large town are the most likely to say they stopped being physically active during COVID-19 (22%, compared with 15% among those who live in a rural village); in addition, they are the least likely to have been physically active at the same level as before (28% compared with 39%)

QB12 The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. Based on your personal experience, which of the following statements best correspond to your personal situation? By "physically active" we mean doing any form of physical activity which you do in a sport context or sport-related setting; as well as doing any other physical activity for recreational or non-sport-related reasons such as cycling, dancing, gardening, etc. (MAX. 2 ANSWERS)  
(% - EU)

	During COVID-19, you stopped being physically active (including sport)	During COVID-19, you continued to be physically active but you did it less fr	During COVID-19, you were physically active at the same level as you did be	During COVID-19, you were physically active more frequently (including spo	After COVID-19, you plan to be more physically active (including sport)	Don't know
EU27	18	34	34	9	7	2
Gender						
Man	17	34	36	8	7	1
Woman	19	34	33	9	7	2
Age						
15-24	18	38	26	13	8	2
25-39	19	36	31	9	8	1
40-54	19	32	34	10	7	1
55 +	17	32	40	6	6	2
Education (End of)						
15-	22	29	40	5	5	2
16-19	17	32	37	7	7	2
20+	17	35	33	10	7	1
Still studying	18	40	24	13	9	1
Socio-professional category						
Self-employed	17	35	33	10	7	1
Managers	17	35	33	12	9	1
Other white collars	19	36	29	10	9	1
Manual workers	19	32	36	8	7	2
House persons	18	35	35	6	7	3
Unemployed	20	32	37	7	4	2
Retired	17	32	42	5	5	2
Students	18	40	24	13	9	1
Subjective urbanisation						
Rural village	15	32	39	9	6	2
Small/ mid size town	18	34	34	9	8	2
Large town	22	36	28	9	9	1

Base: If practices a sport or a physical activity (N=19,246)



## **VII. SPORT AND PHYSICAL ACTIVITY AND ENVIRONMENT**



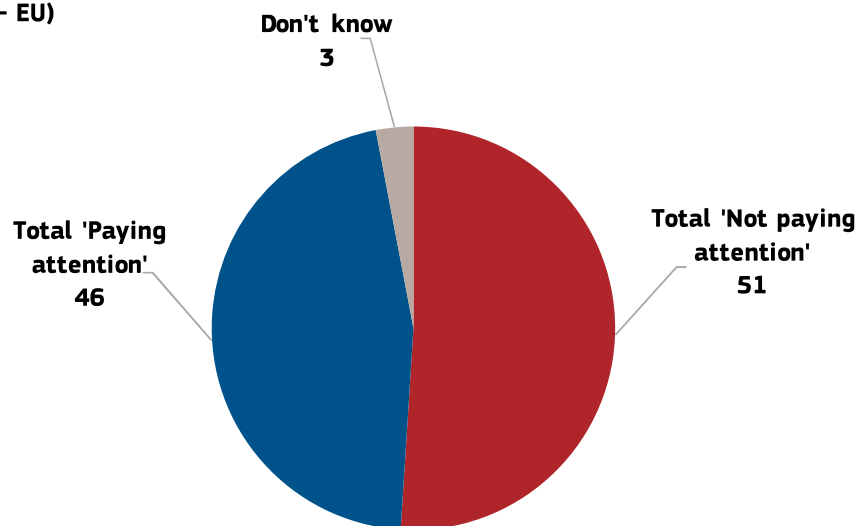
This seventh chapter assesses how much attention Europeans pay to the impact that the practice of sport or physical activity can have on the environment. It then explores respondents' perceptions of actions taken by their sports organisations in support of the environment.

## 12. Citizens' attentiveness towards the environment

**Slightly more than half of Europeans pay little attention to the impact that the practice of sport or physical activity can have on the environment**

Respondents who exercise, play sport or engage in other physical activity were asked how much attention they pay to the impact that the practice of sport or physical activity can have on the environment by choosing a number on a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention"<sup>32</sup>. Close to half of the respondents (46%) say that they are paying attention to the impact of their practice of sport or physical activity to the environment, 51% say that they are not paying attention, and 3% answer "don't know".<sup>33</sup>

**QB16 In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?**  
(% - EU)



(Apr.-May 2022)

Base: If practices a sport or a physical activity (N=19,246)

<sup>32</sup> QB16. In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?

<sup>33</sup> 'Not paying attention' means the respondent choose a number from 1 to 3; 'paying attention' from 4 to 6.

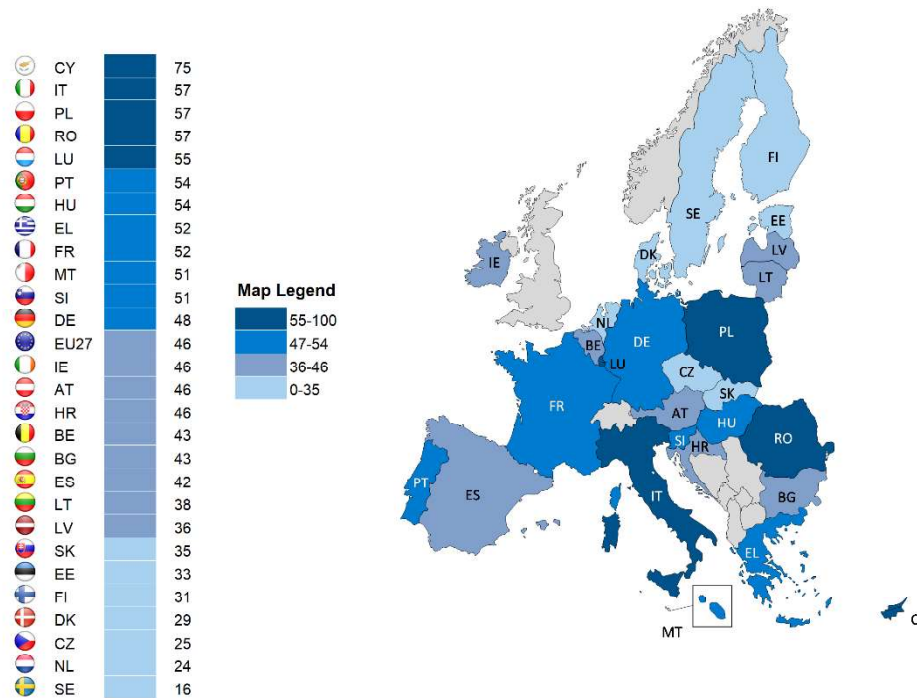


## Special Eurobarometer 525 Sport and Physical Activity

**A national analysis** shows that more than half of the respondents are currently paying attention to the impact that their practice of sport or physical activity can have on the environment (giving a score from 3 to 6 on a 6-point scale) in 11 EU Member States, led by Cyprus (75%), and Italy, Poland and Romania (57%) in the three Member States).

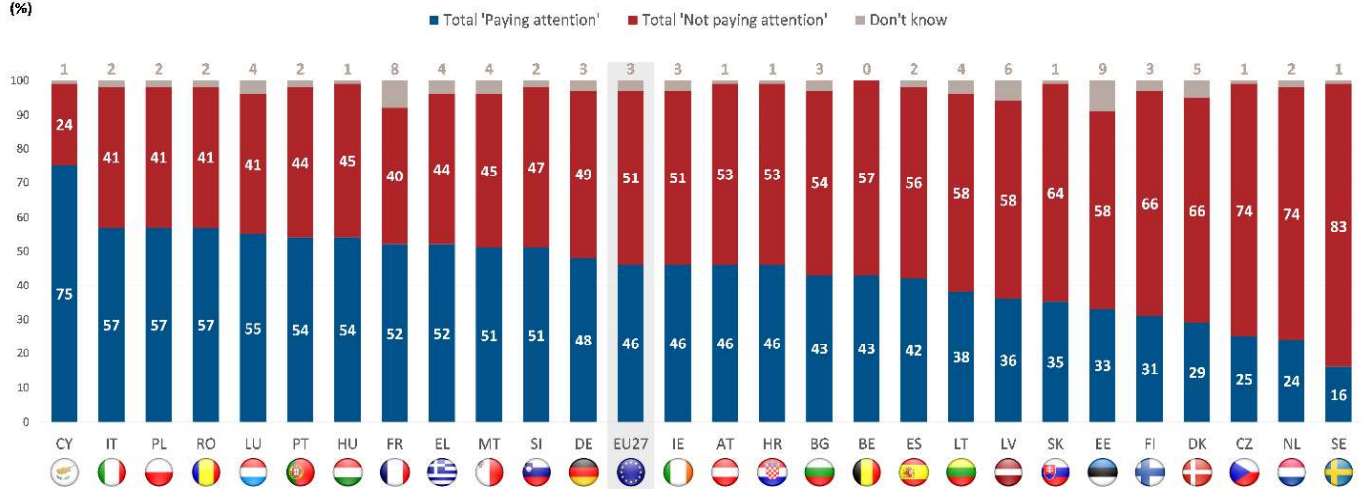
Conversely, in 16 EU Member States, a majority of respondents do not pay attention to the impact that their practice of sport or physical activity can have on the environment. This is the case for over two-thirds of respondents in Sweden (83%) and the Netherlands and Czechia (74% in both countries).

**QB16** In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?  
(% - Total 'Paying attention')



Base: If practices a sport or a physical activity (N=19,246)

**QB16** In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?  
(%)



Base: If practices a sport or a physical activity (N=19,246)



The socio-demographic data show that:

- Respondents who left school at age 15 or earlier (54%) are slightly more likely than those who left school between 16-19 years (50%) and those who continued education up to 20 years old or beyond (51%) to say they pay no attention to the impact that the practice of sport or physical activity can have on the environment
- Unemployed people are the most likely not to pay attention (56%, compared with 48% among retired people and 49% among managers)
- Respondents who have difficulties paying their bills most of the time (54%) are slightly more likely than those who have such difficulties from time to time (50%) and never or almost never (51%) to say they don't pay attention to the impact that the practice of sport or physical activity can have on the environment
- Respondents who consider themselves as upper class (56%) are more likely to pay attention to the impact of sport on the environment, particularly when compared with those who see themselves as working or lower middle class (44% in both categories)
- Europeans who live in a large (48%) or small or medium-size (47%) town are slightly more likely than those who live in a rural village (43%) to say they pay attention

**QB16** In a scale of 1 to 6, where 1 means "not paying attention at all", and 6 means "paying a lot of attention", how much attention do you pay to the impact that the practice of sport or physical activity can have on the environment?  
(% - EU)

	1 Not paying attention at all	2	3	4	5	6 Paying a lot of attention	Don't know	Total 'Not paying attention'	Total 'Paying attention'
EU27	20	11	20	22	12	12	3	51	46
Gender									
Man	20	11	20	22	13	12	2	51	47
Woman	21	10	20	22	12	11	4	51	45
Age									
15-24	19	11	20	22	14	12	2	50	48
25-39	20	12	20	23	14	9	2	52	46
40-54	20	11	21	22	11	12	3	52	45
55 +	22	10	18	22	11	13	4	50	46
Education (End of)									
15-	25	9	20	22	11	9	4	54	42
16-19	19	10	21	24	11	12	3	50	47
20+	21	12	18	20	13	13	3	51	46
Still studying	19	10	21	22	14	12	2	50	48
Socio-professional category									
Self-employed	21	10	19	22	14	12	2	50	48
Managers	21	11	17	22	14	13	2	49	49
Other white collars	20	11	20	24	13	9	3	51	46
Manual workers	19	11	22	24	11	11	2	52	46
House persons	22	8	24	21	10	10	5	54	41
Unemployed	24	12	20	16	9	14	5	56	39
Retired	21	9	18	22	11	14	5	48	47
Students	19	10	21	22	14	12	2	50	48
Difficulties paying bills									
Most of the time	23	10	21	18	9	15	4	54	42
From time to time	17	12	21	26	11	11	2	50	48
Almost never/ Never	22	10	19	21	13	12	3	51	46
Consider belonging to									
The working class	24	10	19	23	10	11	3	53	44
The lower middle class	19	12	22	20	11	13	3	53	44
The middle class	19	10	20	23	13	12	3	49	48
The upper middle class	24	13	16	19	15	11	2	53	45
The upper class	20	8	13	25	17	14	3	41	56
Subjective urbanisation									
Rural village	24	11	19	22	11	10	3	54	43
Small/ mid size town	18	11	21	23	12	12	3	50	47
Large town	20	11	19	22	13	13	2	50	48

Base: If practices a sport or a physical activity (N=19,246)

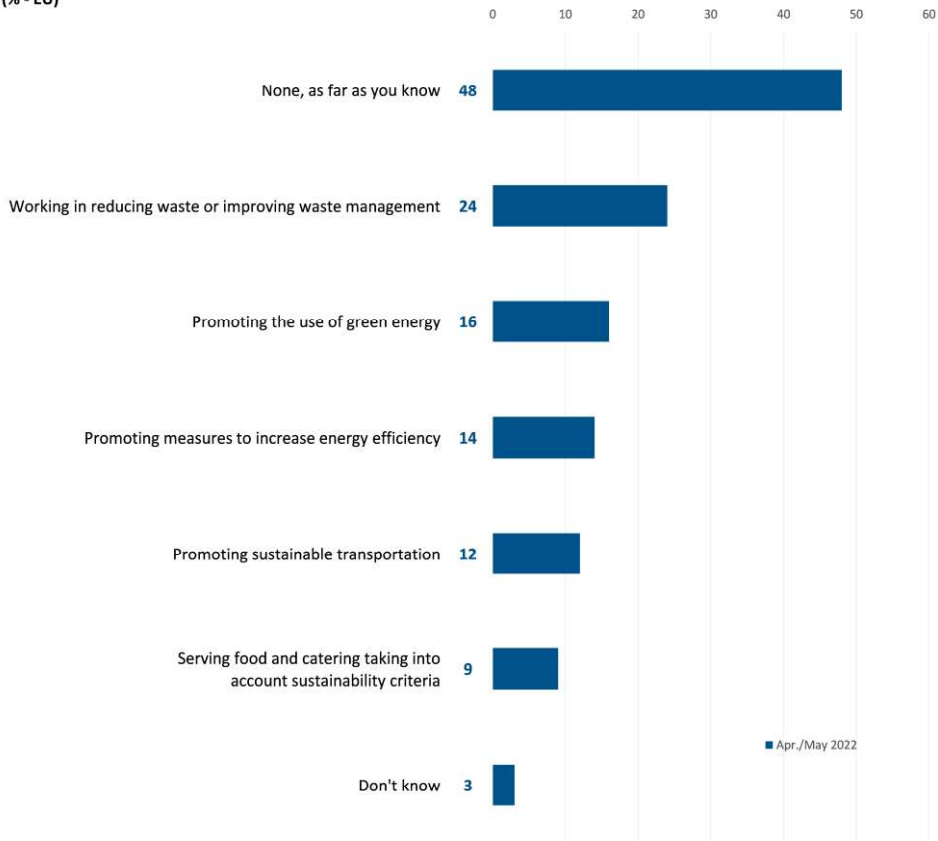
### 13. Sport organisations' activities in support of the environment

Close to a quarter of Europeans who are members of a club say their club is currently working to reduce waste or improving waste management

Respondents who are members of a club were asked what actions in support of sustainability, as far as they know, are currently undertaken by their sports organisation(s), sports club, or health or fitness centres<sup>34</sup>:

- Close to a quarter of respondents (24%) say their sport organisation is **working in reducing waste or improving waste management**
- Over one in ten respondents say that it is **promoting the use of green energy** (16%), **promoting measures to increase energy efficiency** (14%) or **promoting sustainable transportation** (12%)
- Close to one in ten (9%) say that their sports organisation is **serving food and catering taking into account sustainability criteria**
- However, nearly half of respondents (48%) answer that, as far as they know, **no actions** around sustainability are currently carried out by their sports organisation

QB17 According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)



Base: If member of a club (N=7,769)

<sup>34</sup> QB17. According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport

club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE)

A **national analysis** shows that, in 23 EU Member States, a majority of respondents who are members of a club consider that their sports organisation **does not currently take any actions** to support sustainability, with the highest levels in Spain (71%), Greece (65%), and Sweden and Denmark (64% in both countries). At the other end of the scale, less than three in ten respondents share this opinion in Hungary (20%), Malta (27%) and Romania (29%).

However, the belief that their sports organisation is **working to reduce waste or improve waste management** comes in first position in four EU Member States: in Austria (38%), Malta (37%), Slovakia (35%) and Hungary (32%). It is also cited by more than three in ten respondents in Slovenia (32%) and Italy, Belgium and Luxembourg (31% in the three countries). The lowest proportions are registered in Greece (10%), Spain (11%) and Latvia (13%).

None of the four other items comes in first position when all the answers are taken into account. However, if we focus only on the positive statements (excluding the answer 'none, as far as you know'), **working in reducing waste or improving waste management** is the most given answer in 23 EU Member States.

Most respondents mention **promoting the use of green energy** in three EU Member States: in Croatia (21%), Greece (14%) and Latvia (13%, same score as both 'working to reduce waste or improve waste management' and 'promoting measures to increase energy efficiency').

In addition, at least a quarter of respondents mention this action in Hungary (26%) and Italy, Slovenia and Malta (25% in the three countries). The lowest scores are seen in Luxembourg (8%), Sweden (9%) and Spain (10%).

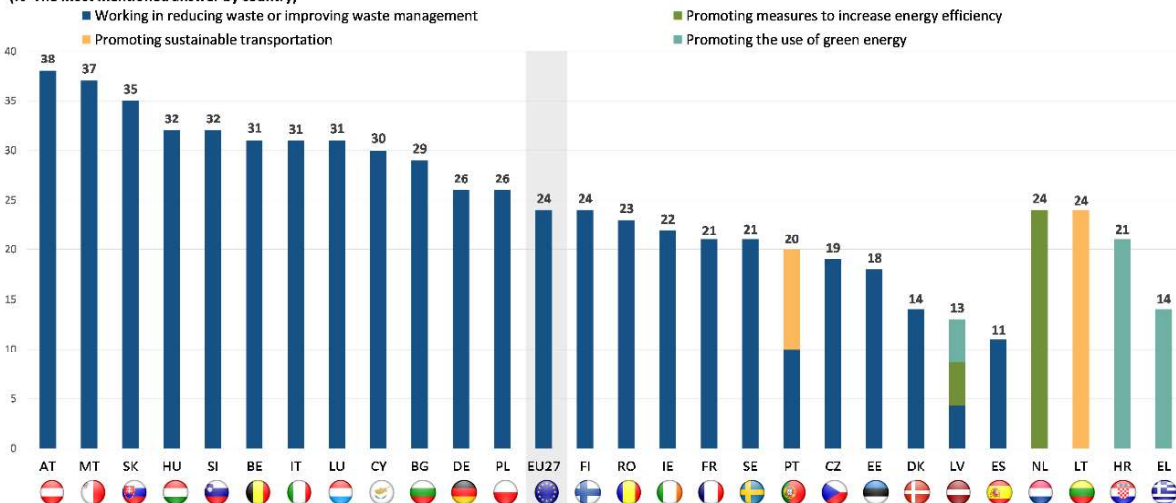
**Promoting measures to increase energy efficiency** is the most mentioned action in two EU Member States: the Netherlands (24%) and Latvia (13%). It also obtains higher proportions in Malta (25%) and Austria (24%). This action is least widespread in France (5%), Greece (6%) and Spain (7%).

A majority of respondents say that their sports organisation is currently **promoting sustainable transportation** in Lithuania (24%) and Portugal (20%, same score as 'working to reduce waste or improve waste management'). More than one in five respondents also cite this action in Hungary (24%), Malta (22%) and Romania (21%). Conversely, this action receives its lowest scores in Greece (4%) and the Netherlands, Sweden, Denmark and Cyprus (5% in the four countries).

Finally, **serving food and catering taking into account sustainability** does not top the list of sustainability measures in any of the 27 EU Member States. It obtains its highest proportions in Malta (31%), Austria (21%) and Hungary and Slovakia (18% in both countries), and its lowest in France and Finland (both 3%).

QB17 According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE)

(% - The most mentioned answer by country)



Base: If member of a club (N=7,769)

QB17 According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE) (%)



Working in reducing waste or improving waste management	24	31	29	19	14	26	18	22	10	11	21	20	31	30	13	15	31	32	37	19	38	26	20	23	32	35	24	21
Promoting the use of green energy	16	20	17	15	13	14	11	17	14	10	12	21	25	24	13	16	8	26	25	18	21	18	18	21	25	21	11	9
Promoting measures to increase energy efficiency	14	18	19	8	10	17	11	15	6	7	5	18	19	14	13	12	12	19	25	24	24	12	19	14	18	10	15	8
Promoting sustainable transportation	12	18	17	7	5	12	12	12	4	6	9	14	19	5	9	24	17	24	22	5	20	11	20	21	11	12	9	5
Serving food and catering taking into account sustainability criteria	9	13	8	4	4	10	13	12	4	4	3	17	15	8	6	11	14	18	31	7	21	11	6	15	8	18	3	6
None, as far as you know	48	43	42	57	64	48	48	51	65	71	61	39	33	42	57	45	38	20	27	53	30	33	51	29	41	30	53	64
Don't know	3	1	3	5	6	5	10	2	9	1	5	0	1	9	6	11	7	4	2	4	6	0	7	1	2	1	4	4

1st MOST FREQUENTLY MENTIONED ITEM

2nd MOST FREQUENTLY MENTIONED ITEM

3rd MOST FREQUENTLY MENTIONED ITEM

Base: If member of a club (N=7,769)

The socio-demographic data show that:

- Men are more likely than women to say their sports organisation is working to reduce waste or improve waste management (27% compared with 21%). Meanwhile, women (52%) are more likely than men (44%) to answer that, as far as they know, no sustainability actions are currently undertaken by their sports organisation.
- Respondents who continued education up to the age of 20 or beyond are the most likely to say their sports organisation carries out no action to promote sustainability (52%, compared with 44-45% among other categories)
- House persons are the most likely to share this opinion (58%, compared with 41% among self-employed people)
- Respondents who never or almost never have difficulties paying their bills are the most likely to consider that their sports organisation takes no actions to promote sustainability (50%, compared with 44-45% among respondents who have such difficulties from time to time or most of the time)

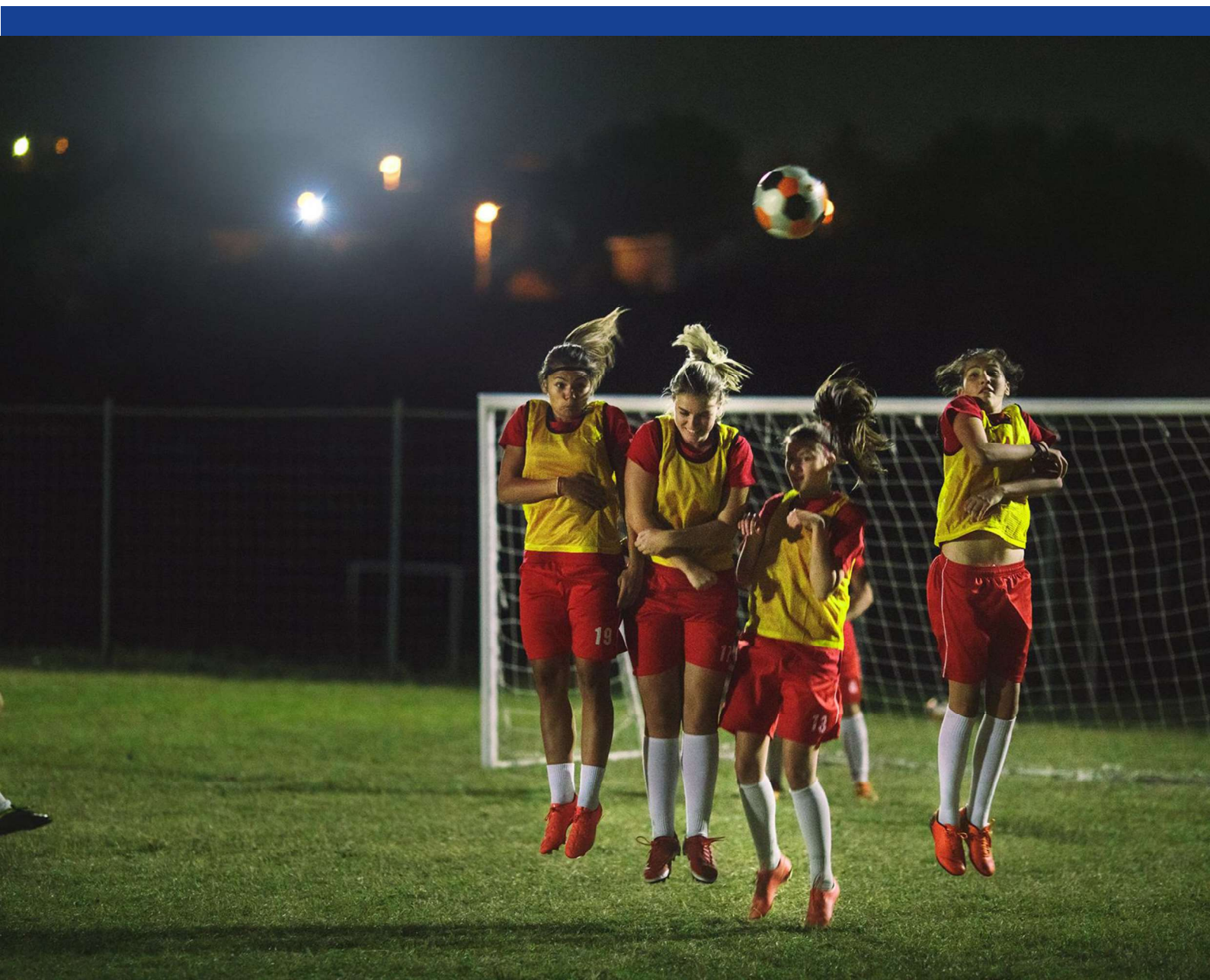
**QB17** According to what you know, which of the following actions about sustainability are currently done by your sport organisation(s), sport club, health or fitness centre? Please tell all that apply. (MULTIPLE ANSWERS POSSIBLE)  
(% - EU)

	Promoting the use of green energy	Promoting measures to increase energy efficiency	Promoting sustainable transportation	Serving food and catering taking into account sustainability criteria	Working in reducing waste or improving waste management	None, as far as you know	Don't know
EU27	16	14	12	9	24	48	3
Gender							
Man	18	15	13	10	27	44	3
Woman	14	13	11	9	21	52	3
Age							
15-24	17	11	12	8	22	51	5
25-39	18	15	12	10	24	45	3
40-54	15	15	14	9	24	48	2
55 +	14	14	10	10	24	49	4
Education (End of)							
15-	16	14	14	11	25	45	3
16-19	18	15	12	9	27	44	3
20+	14	15	11	10	22	52	3
Still studying	18	10	13	8	23	50	5
Socio-professional category							
Self-employed	19	17	11	10	25	41	4
Managers	17	15	12	10	27	46	2
Other white collars	19	14	13	10	25	48	1
Manual workers	15	16	12	9	23	48	3
House persons	11	15	10	8	16	58	3
Unemployed	18	18	7	9	16	45	7
Retired	13	12	10	10	23	51	4
Students	18	10	13	8	23	50	5
Difficulties paying bills							
Most of the time	15	18	13	13	21	45	2
From time to time	20	14	13	13	24	44	2
Almost never/ Never	15	14	11	8	24	50	4

Base: If member of a club (N=7,769)



## VIII. GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY



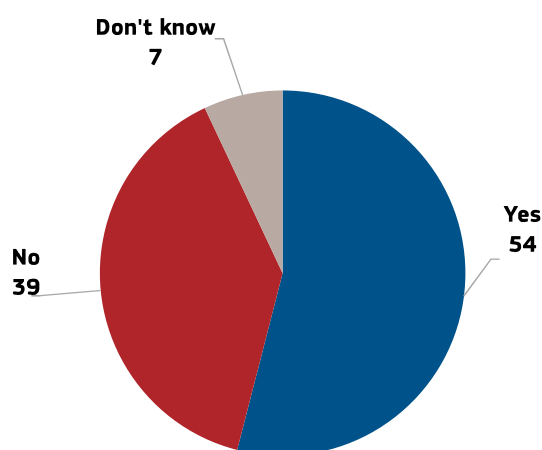
The eighth and last chapter examines the place of gender equality in sport and physical activity. It assesses Europeans' knowledge of measures to support gender equality within their sports organisation, and more specifically in a situation of gender discrimination. Respondents were then invited to give their opinion on three statements relating to the importance of female role models in sport; the attractiveness of female sport in the media; and finally the attention that should be paid to gender-based violence in sport.

## 14. Measures to support gender equality in sport organisations

### A majority of Europeans who are members of a club say it is actively putting in place measures to support gender equality

Respondents who are members of a club were asked whether the organisation where they do sport or physical activity is actively putting in place measures to support gender equality<sup>35</sup>. More than half (54%) answer 'yes', while close to four in ten respondents (39%) say 'no'. Less than one in ten (7%) 'don't know'

**QB18 According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?**  
(% - EU)



(Apr.-May 2022)

Base: If member of a club (N=7,769)

<sup>35</sup> QB18. According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?

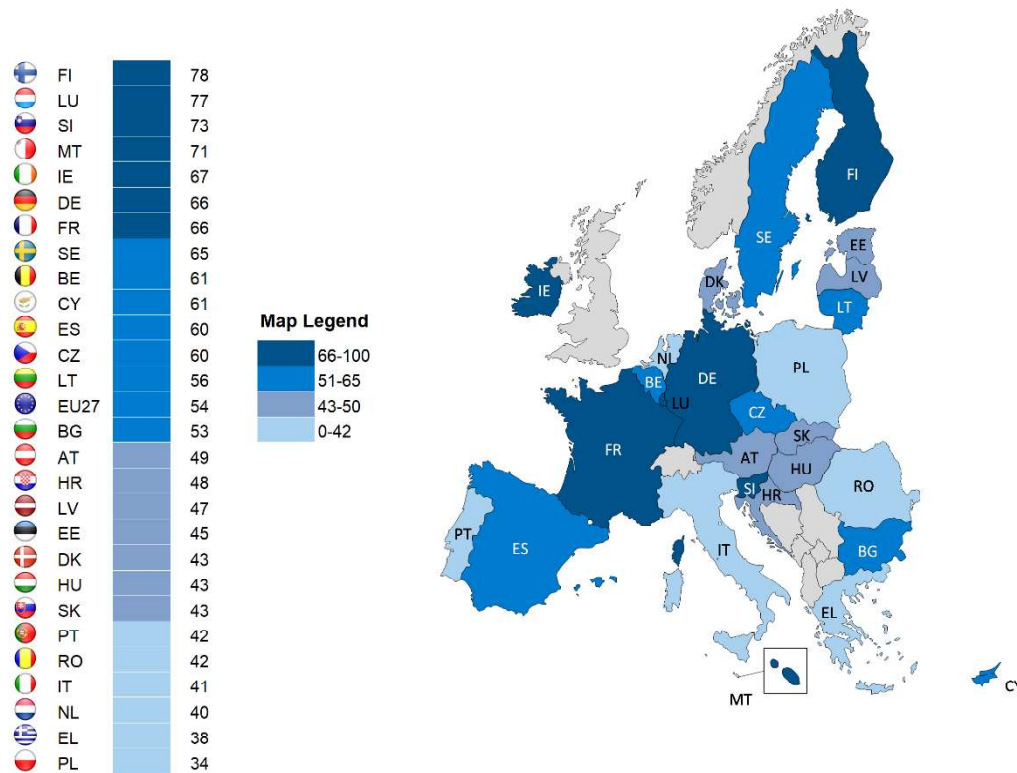


## Special Eurobarometer 525 Sport and Physical Activity

**A national analysis** shows that a majority of respondents believe that the organisation where they do sport or physical activity is actively putting in place measures to support gender equality in 17 EU Member States, with the highest levels in Finland (78%), Luxembourg (77%) and Slovenia (73%).

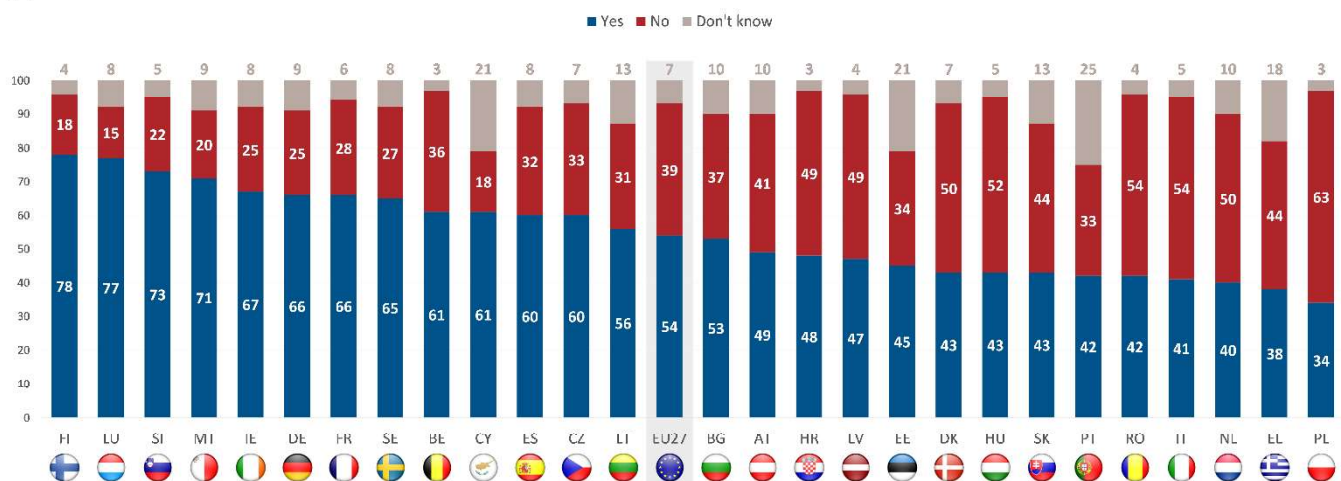
Conversely, only a minority of respondents share this opinion in ten countries, with the lowest levels in Poland (34%), Greece (38%) and the Netherlands (40%).

**QB18** According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?  
(%- Yes)



Base: If member of a club (N=7,769)

**QB18** According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?  
(%)








Base: If member of a club (N=7,769)

The socio-demographic data show that:

- Men (56%) are slightly more likely than women (52%) to believe that the organisation where they do sport or physical activity is actively putting in place measures to support gender equality
- Respondents aged 15-24 years are the most likely to hold this view (60%, compared with 51% among those aged 25-39 years, 54% among 40-54 years and 53% among those aged 55 and over)
- Respondents who continued education up to the age of 20 or beyond (56%) or who left school between 16-19 years (54%) are much more likely than those who left school at age 15 or earlier (39%) to think that their sports organisation is actively putting in place measures to support gender equality
- House persons (60%), students (58%) and managers (57%) are more likely than unemployed people (48%) and other white collars (49%) to share this opinion
- Europeans who never or almost never have difficulties paying their bills are the most likely to consider that their sports organisation is actively putting in place measures to support gender equality (56%, compared with 50-51% among respondents who have such difficulties from time to time or most of the time)

**QB18** According to what you know, would you say that the organisation where you do sport or physical activity is actively putting in place measures to support gender equality?  
(% - EU)

	Yes	No	Don't know
EU27	54	39	7
 <b>Gender</b>			
Man	56	37	7
Woman	52	41	7
 <b>Age</b>			
15-24	60	32	8
25-39	51	41	8
40-54	54	40	6
55 +	53	39	8
 <b>Education (End of)</b>			
15-	39	54	7
16-19	54	40	6
20+	56	36	8
Still studying	58	34	8
 <b>Socio-professional category</b>			
Self-employed	55	36	9
Managers	57	36	7
Other white collars	49	46	5
Manual workers	55	40	5
House persons	60	32	8
Unemployed	48	40	12
Retired	53	39	8
Students	58	34	8
 <b>Difficulties paying bills</b>			
Most of the time	51	44	5
From time to time	50	44	6
Almost never/ Never	56	37	7

Base: If member of a club (N=7,769)

## 15. Handling gender discrimination in sport organisations

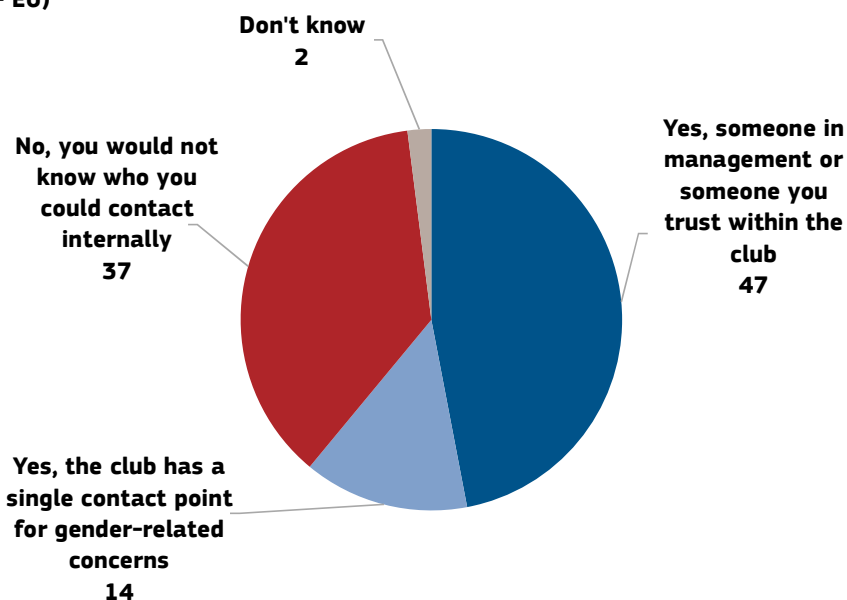
**Over six in ten Europeans who are members of a club would know who to speak internally if they encountered gender discrimination in their club**

When asked whether they would know who they could speak to internally in the event they encountered a situation of gender discrimination in the club where they practice sport or physical activity<sup>36</sup>, slightly more than six in ten Europeans who are members of a club say that they would do so (61%).

This result includes nearly half of respondents (47%) who answer that they could speak to someone in management or someone they trust within the club, and more than one in ten (14%) who say their club has a single contact point for gender-related concerns.

Conversely, nearly four in ten respondents (37%) say they would not know who they could contact internally. Finally, just 2% 'don't know'.

**QB19 In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally?**  
(% - EU)



(Apr-May 2022)

Base: If member of a club (N=7,769)

<sup>36</sup> QB19. In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally?

**A national analysis** reveals that, in 23 EU Member States, more than half of respondents say that they would know who they could speak to internally if they encountered a situation of gender discrimination in their club. At least seven in ten respondents hold this view in Malta (75%), Greece (72%) and Portugal (70%).

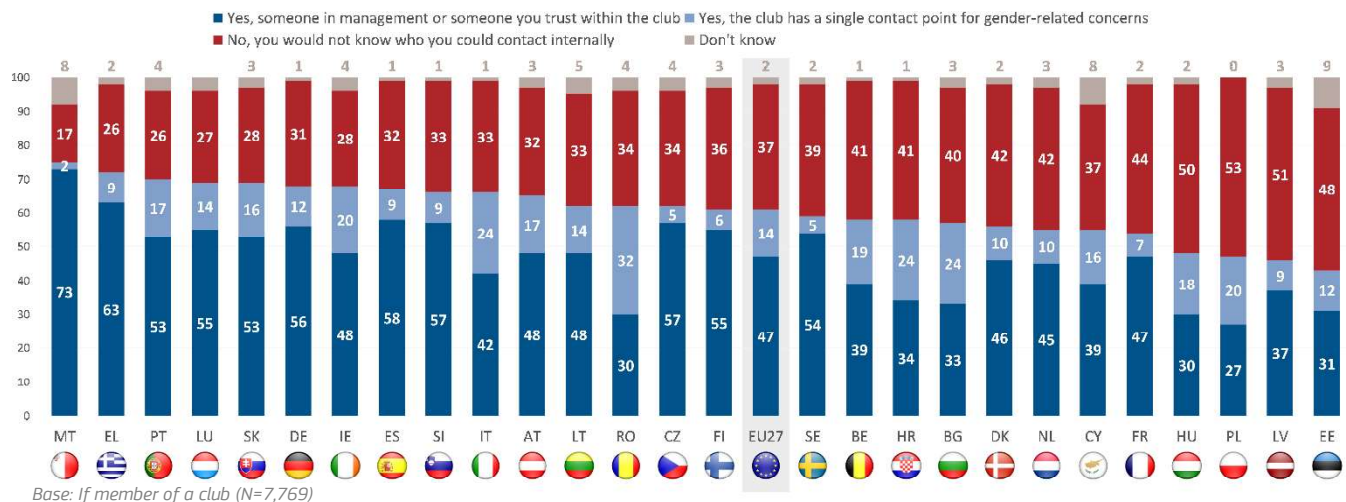
In detail, respondents in Malta (73%), Greece (63%), Greece (63%) and Spain (58%) are the most likely to say they could speak to someone in management or someone they trust within the club. The lowest proportions are found in Poland (27%), Romania and Hungary (30% in both countries).

In addition, more than one in five respondents say that their club has a single contact point for gender-related concerns in Romania (32%), far ahead of Italy, Bulgaria and Croatia (24% in the three countries). At most one in twenty respondents share this opinion in Malta (2%) and Sweden and Czechia (5%).

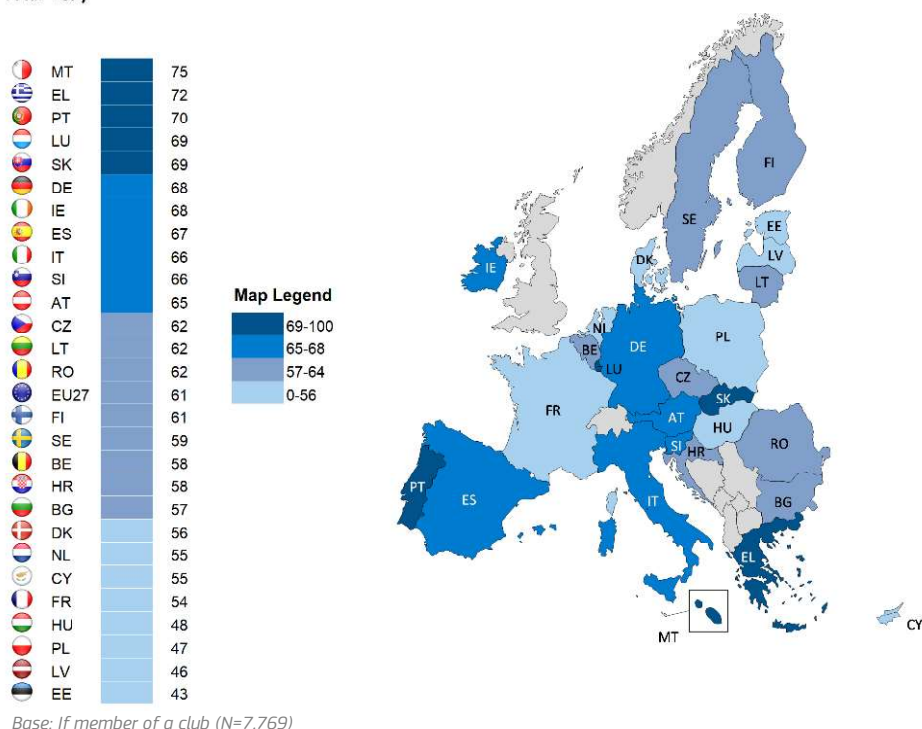
It is interesting to note that Romania is the only country where more respondents say that their club has a single contact point for gender-related concerns than that they could speak to someone in management or someone they trust within the club (32% compared with 30%).

Conversely, only a minority of respondents would know who to speak to internally in the event they encountered a situation of gender discrimination in the club where they practice sport or physical activity in four EU Member States: Estonia (43% versus 48% who would not know who they could contact internally), Latvia (46% vs. 51%), Poland (47% vs. 53%) and Hungary (48% vs. 50%).

QB19 In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally? (%)



QB19 In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally? (% - Total 'Yes')



The socio-demographic data show that:

- Respondents aged 15-24 years are the most likely to say they could speak to someone in management or someone they trust within the club if they encountered gender discrimination in their club (51%, compared with 45-47% among other age groups). Those aged 25-39 years are more likely to answer that their club has a single contact point for gender-related concerns (17%, compared with 12-14%)
- Respondents who left school at age 15 or earlier are the most likely to say they would not know who they could contact internally (52%, compared with 34-37% among other categories). Europeans who continued education up to the age of 20 or beyond (51%) are more likely than those who left school between 16-19 years (44%) or at age 15 or earlier (30%) to believe they could speak to someone in management or someone they trust within the club
- Unemployed people (45%), other white collars (43%) and retired people (40%) are more likely than self-employed people (24%) and managers (32%) to say that they would not know who they could contact internally
- Respondents who never or almost never have difficulties paying their bills are the most likely to say they could speak to someone in management or someone they trust within the club (49%, compared with 42% of those who have such difficulties from time to time and 38% most of the time), but the least likely to report that their club has a single contact point for gender-related concerns (12%, compared with 22% and 19% respectively)
- Europeans who say they are upper or upper middle class (31% in both categories) are less likely than those who see themselves as working (44%) or lower middle (42%) class to think they would not know who they could contact internally

QB19 In the event you encountered a situation of gender discrimination in the club where you practice sport or physical activity, would you know to whom you could speak internally?  
(% - EU)

	Yes, someone in management or someone you trust within the club	Yes, the club has a single contact point for gender-related concerns	No, you would not know who you could contact internally	Don't know	Total 'Yes'
EU27	47	14	37	2	61
Gender					
Man	47	15	36	2	62
Woman	47	14	38	1	61
Age					
15-24	51	12	36	1	63
25-39	45	17	37	1	62
40-54	47	14	37	2	61
55 +	47	14	37	2	61
Education (End of)					
15-	30	16	52	2	46
16-19	44	17	37	2	61
20+	51	13	34	2	64
Still studying	51	11	36	2	62
Socio-professional category					
Self-employed	54	20	24	2	74
Managers	51	16	32	1	67
Other white collars	41	14	43	2	55
Manual workers	44	16	38	2	60
House persons	49	11	39	1	60
Unemployed	41	13	45	1	54
Retired	46	12	40	2	58
Students	51	11	36	2	62
Difficulties paying bills					
Most of the time	38	19	43	0	57
From time to time	42	22	34	2	64
Almost never/ Never	49	12	38	1	61
Consider belonging to					
The working class	46	9	44	1	55
The lower middle class	46	11	42	1	57
The middle class	47	16	35	2	63
The upper middle class	50	17	31	2	67
The upper class	52	14	31	3	66

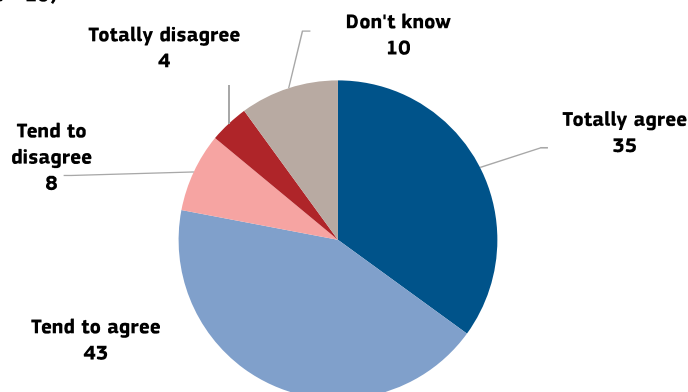
Base: If member of a club (N=7,769)

## 16. Importance of female role models in sport

Nearly eight in ten Europeans agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example

Over three-quarters of respondents (78%) agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example<sup>37</sup>. This result includes more than a third of respondents (35%) who 'totally agree' and over four in ten (43%) who 'tend to agree'. Meanwhile, slightly more than one in ten respondents (12%) disagree with this statement, including 4% who 'totally disagree' and 8% who 'tend to disagree'. Finally, one in ten respondents (10%) 'don't know'.

**QB20.1 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? Female role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example (% - EU)**



(Apr.-May 2022)

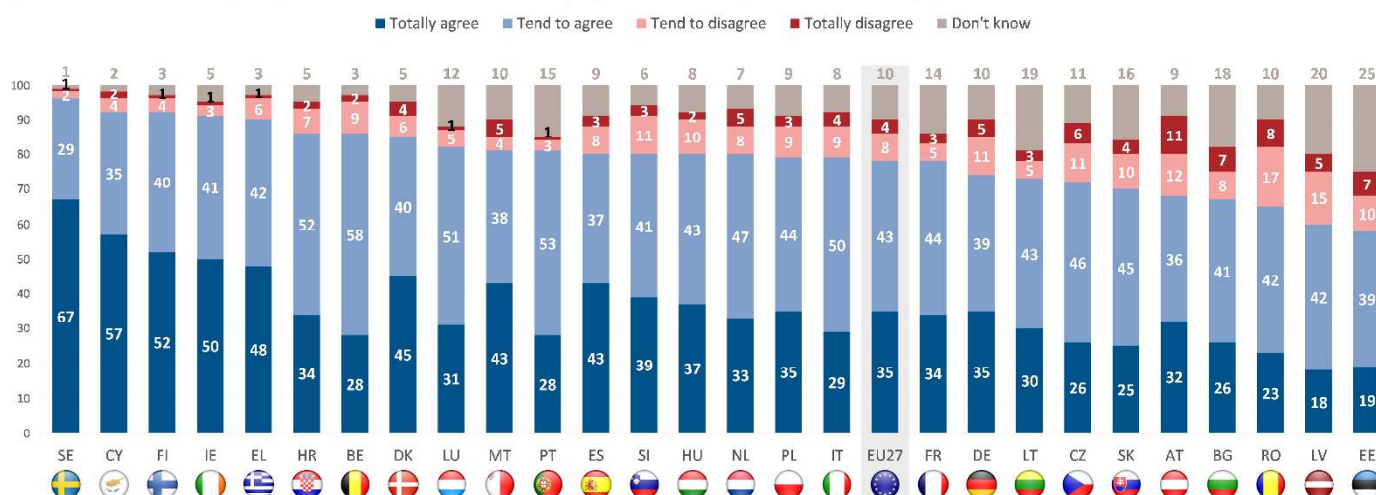
Base: All Respondents (N=26,578)

**A national analysis** shows that more than half of respondents in all 27 EU Member States think that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example. More than nine in ten respondents hold this view in Sweden (96%), Finland and Cyprus (92% in both countries), and Ireland (91%). At the other end of the scale, less than two-thirds of respondents agree with this statement in Estonia (58%), Latvia (60%) and Romania (65%).

In 25 EU Member States, more than one in five respondents totally agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example, and over half do so in Sweden (67%), Cyprus (57%) and Finland (52%).

Finally, at least one in five respondents say that they 'don't know' in Estonia (25%) and Latvia (20%).

**QB20.1 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? (% - Female role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example)**



Base: All Respondents (N=26,578)

<sup>37</sup> QB20.1. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? Female







role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example



**The socio-demographic data** show that more than two-thirds of respondents agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example. However:

- Respondents aged 15-24 years are more likely than those aged 55 and over to agree that female role models are inspiring more women and girls to follow their example (84% compared with 73%)
- Europeans who continued education up to the age of 20 or beyond (82%) or who left school between 16-19 years (77%) are more likely than those who left school at age 15 or earlier (67%) to agree with this statement
- Students (86%), managers (84%) and other white collars (81%) are more likely than house persons (72%), retired people (74%) and unemployed people (75%) to consider that female role models are inspiring more women and girls to follow their example
- Respondents who never or almost never have difficulties paying their bills (80%) are the most likely to share this opinion, particularly when compared with those who have such difficulties most of the time (70%)
- Respondents who live in a large town (82%) are more likely than those who live in a rural village (75%) to agree with this statement

**QB20.1** To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?  
**Female role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example**  
(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	35	43	8	4	10	78	12
 <b>Gender</b>							
Man	35	43	8	4	10	78	12
Woman	34	43	9	4	10	77	13
 <b>Age</b>							
15-24	42	42	7	3	6	84	10
25-39	38	43	9	3	7	81	12
40-54	36	45	8	4	7	81	12
55 +	31	42	9	4	14	73	13
 <b>Education (End of)</b>							
15-	28	39	11	4	18	67	15
16-19	32	45	9	4	10	77	13
20+	40	42	7	3	8	82	10
Still studying	43	43	6	3	5	86	9
 <b>Socio-professional category</b>							
Self-employed	35	42	10	4	9	77	14
Managers	41	43	7	2	7	84	9
Other white collars	36	45	8	4	7	81	12
Manual workers	34	44	9	5	8	78	14
House persons	29	43	11	4	13	72	15
Unemployed	34	41	10	5	10	75	15
Retired	31	43	8	4	14	74	12
Students	43	43	6	3	5	86	9
 <b>Difficulties paying bills</b>							
Most of the time	33	37	12	6	12	70	18
From time to time	31	46	10	4	9	77	14
Almost never/ Never	37	43	7	3	10	80	10
 <b>Subjective urbanisation</b>							
Rural village	33	42	9	5	11	75	14
Small/ mid size town	35	42	9	4	10	77	13
Large town	37	45	7	3	8	82	10

Base: All Respondents (N=26,578)

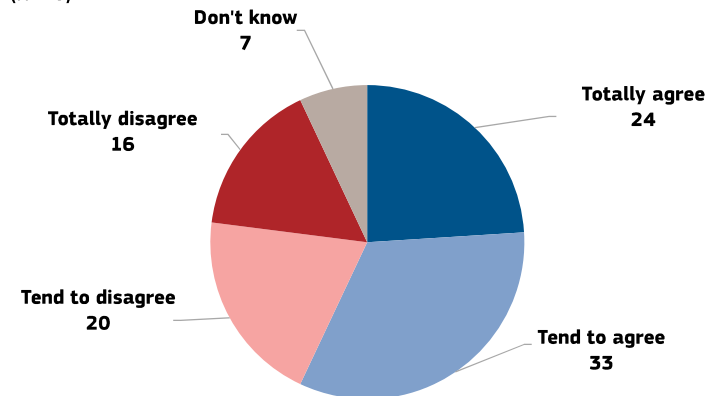
## 17. Attractiveness of female sport in the media

Nearly six in ten Europeans say they evenly like to follow female sport in the media (online, written, tv) as they do for male sport

Over half respondents (57%) agree that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport<sup>38</sup>, including close to a quarter of respondents (24%) who 'totally agree' and a third (33%) who 'tend to agree'. Conversely, over a third of respondents (36%) disagree with this statement, with more than one in ten (16%) who 'totally disagree' and one in five (20%) who 'tend to disagree'. Finally, less than one in ten respondents (7%) say they don't know.

QB20.2 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?

You evenly like to follow female sport in the media (online, written, tv) as you do for male sport (% - EU)



(Apr.-May 2022)

Base: All Respondents (N=26,578)

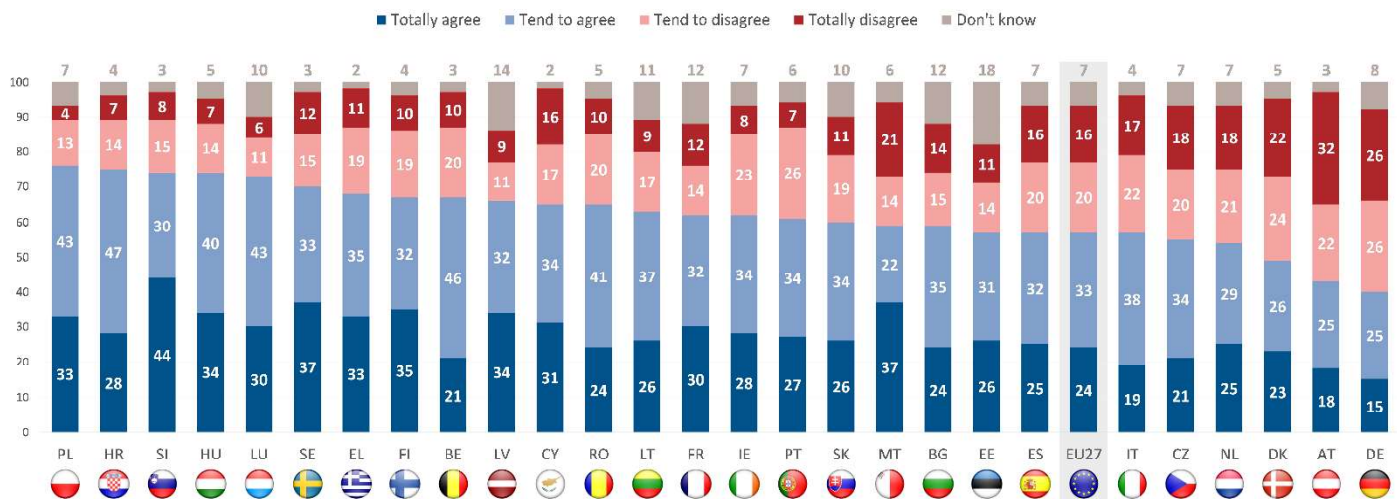
**A national analysis** highlights that, in 25 EU Member States, a majority of respondents answer that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport, with the highest proportions among respondents in Poland (76%), Croatia (75%), and Hungary and Slovenia (74% in both countries). This majority is smaller in Denmark (49% versus 46%), the Netherlands (54%) and Czechia (55%).

In 24 EU Member States, more than one in five respondents totally agree with this statement, with the highest levels in Slovenia (44%), Sweden and Malta (37% in both countries).

Conversely, in two EU Member States, only a minority of respondents agree that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport: in Germany (40% versus 52%) and Austria (43% vs. 54%).

Over one in five respondents totally disagree with this statement in Austria (32%), far ahead of Germany (26%), Denmark (22%) and Malta (21%).

QB20.2 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?  
(% - You evenly like to follow female sport in the media (online, written, tv) as you do for male sport)



Base: All Respondents (N=26,578)

<sup>38</sup> QB20.2. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? You

evenly like to follow female sport in the media (online, written, tv) as you do for male sport








The socio-demographic data show that:

- Men (37%) are slightly more likely than women (34%) to disagree that they evenly like to follow female sport in the media (online, written, tv) as they do for male sport
- Respondents aged 40-54 years (60%) are slightly more likely than other age groups (57-58%) to agree that they evenly like to follow female sport in the media as they do for male sport
- Europeans who continued education up to 20 years old or beyond (61%) or who left school between 16-19 years (59%) are more likely than those who left school at age 15 or earlier (50%) to agree with this statement
- Other white collars (63%) are more likely than house persons (46%) to say they evenly like to follow female sport in the media as they do for male sport
- Respondents who never or almost never have difficulties paying their bills (59%) and those who have such difficulties from time to time (57%) are more likely than those who have such difficulties most of the time (49%) to agree with this statement
- Europeans who consider themselves upper class (67%) are the most likely to like to follow female sport in the media as much as male sport, particularly when compared with respondents who see themselves as working (56%) and lower middle (53%) class

**QB20.2** To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?

**You evenly like to follow female sport in the media (online, written, tv) as you do for male sport**

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	24	33	20	16	7	57	36
 <b>Gender</b>							
Man	23	34	23	14	6	57	37
Woman	25	33	17	17	8	58	34
 <b>Age</b>							
15-24	26	32	22	15	5	58	37
25-39	24	33	21	16	6	57	37
40-54	25	35	19	15	6	60	34
55 +	24	33	18	16	9	57	34
 <b>Education (End of)</b>							
15-	18	32	19	22	9	50	41
16-19	24	35	19	16	6	59	35
20+	28	33	19	13	7	61	32
Still studying	27	31	23	14	5	58	37
 <b>Socio-professional category</b>							
Self-employed	23	33	24	15	5	56	39
Managers	26	33	20	13	8	59	33
Other white collars	24	39	19	13	5	63	32
Manual workers	24	34	20	16	6	58	36
House persons	21	25	22	23	9	46	45
Unemployed	28	27	18	21	6	55	39
Retired	25	34	17	15	9	59	32
Students	27	31	23	14	5	58	37
 <b>Difficulties paying bills</b>							
Most of the time	23	26	20	23	8	49	43
From time to time	23	34	21	15	7	57	36
Almost never/ Never	25	34	19	15	7	59	34
 <b>Consider belonging to</b>							
The working class	25	31	17	18	9	56	35
The lower middle class	20	33	22	17	8	53	39
The middle class	25	35	20	14	6	60	34
The upper middle class	27	33	21	13	6	60	34
The upper class	37	30	23	7	3	67	30
 <b>Subjective urbanisation</b>							
Rural village	24	33	20	15	8	57	35
Small/ mid size town	24	33	20	17	6	57	37
Large town	25	35	19	14	7	60	33

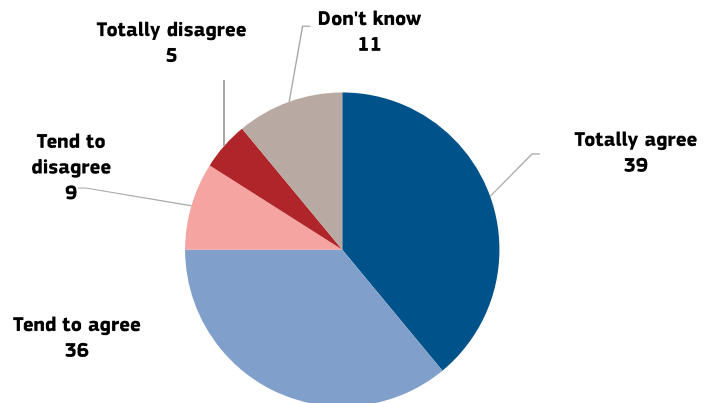
Base: All Respondents (N=26,578)

## 18. General attentiveness towards gender-based violence in sport

### Three-quarters of Europeans agree that gender-based violence in sport deserves more attention

A large majority of respondents (75%) consider that gender-based violence in sport deserves more attention<sup>39</sup>. This result includes close to four in ten respondents (39%) who 'totally agree' and a similar proportion (36%) who 'tend to agree'. However, over one in ten respondents (14%) disagree, including one in twenty (5%) who 'totally disagree' and close to one in ten (9%) who 'tend to disagree'. Finally, slightly more than one in ten respondents (11%) 'don't know'.

QB20.3 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?  
Gender based violence in sport deserves more attention  
(% - EU)



(Apr-May 2022)

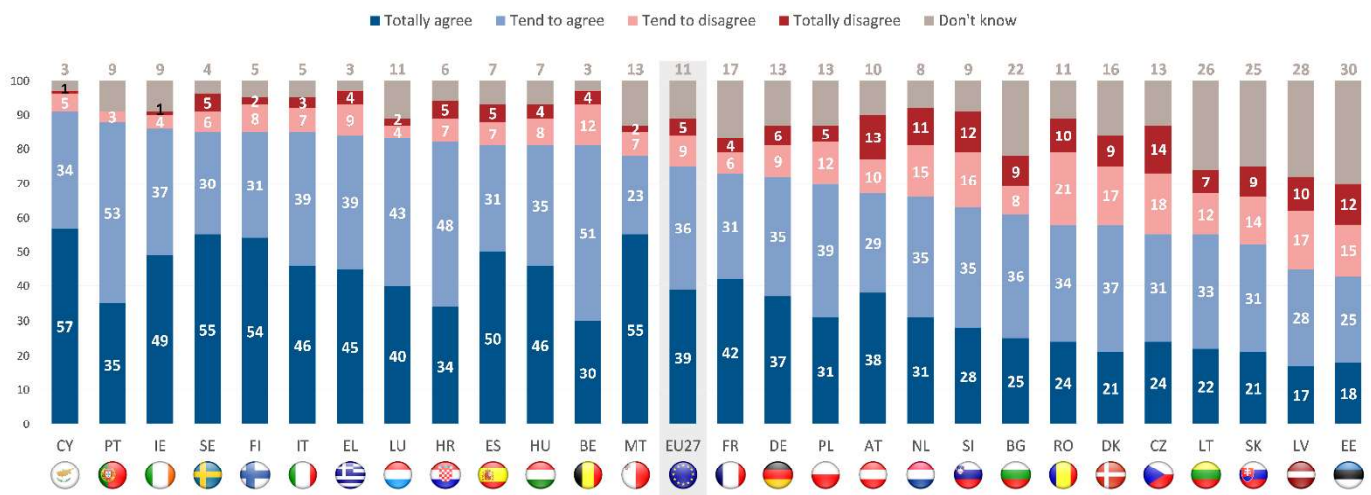
Base: All Respondents (N=26,578)

**A national analysis** shows that a majority of respondents agree that gender-based violence in sport deserves more attention in all 27 EU Member States, with the highest levels in Cyprus (91%), Portugal (88%) and Ireland (86%). At the other end of the scale, this majority is narrower in Estonia (43% versus 27%), Latvia (45% vs. 27%) and Czechia (55%).

At least one in five respondents totally agree with this statement in 25 EU Member States, and more than half do so in Cyprus (57%), Sweden and Malta (55% in both countries), and Finland (54%).

Finally, over one in five respondents say they do not know in Estonia (30%), Latvia (28%), Lithuania (26%), Slovakia (25%) and Bulgaria (22%).

QB20.3 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?  
(% - Gender based violence in sport deserves more attention)



Base: All Respondents (N=26,578)

<sup>39</sup> QB20.3. To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? Gender-based violence in sport deserves more attention







The **socio-demographic data** show that over two-thirds of respondents agree that gender-based violence in sport deserves more attention. However:

- Europeans aged 55 and over (72%) are the least likely to agree that gender-based violence in sport deserves more attention, particularly when compared with respondents aged 15-24 years
- Respondents who continued education up to the age of 20 or beyond (76%) are more likely than those who left school at age 15 or earlier (72%) to agree with this statement, and particularly to 'totally agree' with it (42% compared with 37%)
- Students (78%) and other white collars (78%) are more likely than house persons (69%), unemployed people (72%) and retired people (72%) to agree that gender-based violence in sport deserves more attention
- Respondents who never or almost never have difficulties paying their bills (75%) are slightly more likely than those who have such difficulties most of the time (71%) to agree with this statement
- Respondents who live in a large town are the most likely to agree with this statement (78%, compared with 75% among those who live in a small or medium sized town and 70% among those who live in a rural village)

**QB20.3** To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity?

**Gender based violence in sport deserves more attention**

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	39	36	9	5	11	75	14
 <b>Gender</b>							
Man	38	36	10	6	10	74	16
Woman	39	35	9	5	12	74	14
 <b>Age</b>							
15-24	43	34	11	4	8	77	15
25-39	40	36	11	5	8	76	16
40-54	39	36	9	6	10	75	15
55 +	37	35	9	5	14	72	14
 <b>Education (End of)</b>							
15-	37	35	8	5	15	72	13
16-19	36	38	9	5	12	74	14
20+	42	34	9	5	10	76	14
Still studying	47	31	11	5	6	78	16
 <b>Socio-professional category</b>							
Self-employed	38	38	10	6	8	76	16
Managers	42	33	8	6	11	75	14
Other white collars	39	39	9	5	8	78	14
Manual workers	37	37	10	6	10	74	16
House persons	39	30	11	5	15	69	16
Unemployed	39	33	8	4	16	72	12
Retired	36	36	8	5	15	72	13
Students	47	31	11	5	6	78	16
 <b>Difficulties paying bills</b>							
Most of the time	38	33	10	6	13	71	16
From time to time	36	37	11	5	11	73	16
Almost never/ Never	40	35	9	5	11	75	14
 <b>Subjective urbanisation</b>							
Rural village	35	35	10	6	14	70	16
Small/ mid size town	39	36	10	5	10	75	15
Large town	42	36	8	5	9	78	13

Base: All Respondents (N=26,578)



## CONCLUSIONS

The COVID-19 pandemic had a limited impact on Europeans' involvement in physical activity. Indeed, on the positive side, half of Europeans were physically active either at the same level as they were before or even more frequently, or say that they plan to be more physically active in the future. On the negative side, a similar proportion either continued to be physically active but less frequently or stopped being physically active during COVID-19.

However, despite the growing importance attached to the promotion of physical activity in EU Member States, rates of physical inactivity in the EU remain "alarmingly high". Although the proportion of Europeans who never exercise or play sport decreased slightly between 2017 and 2022, it has grown since 2009, rising from 39% in 2009 to 42% in 2013, 46% in 2017 and 45% in 2022.

Nevertheless, Europeans are now more likely to engage in other physical activities than in 2017, and the shares of respondents who had done no vigorous or moderate physical activity in the previous week have lost eight and seven percentage points respectively since 2017. Moreover, Europeans tend to spend a shorter time sitting than in 2017. Such findings might indicate that the message about the importance of sport and physical activity for an individual's health and wellbeing is slowly beginning to reach some segments of the EU population, and to have an impact on behaviour.

However, the socio-demographic variations highlighted in the 2017 report still exist. Indeed, women are far less active than their male counterparts. Levels of participation in sport and other physical activity tend to decrease with age. In addition, respondents with lower levels of education and those who experience more financial difficulties are the least likely to engage in sport or other physical activity.

National disparities registered in previous surveys still hold true. Respondents tend to be more physically active in Northern parts of the European Union (particularly in the Nordic countries), while those who are the least physically active can be found in the Southern and Eastern parts of the EU. The same geographical patterns apply when respondents are asked about opportunities for physical activity.

As in previous surveys, the two most popular settings in which to engage in sport or another physical activity are in a park, outdoors, etc. and at home, and these settings have gained seven and five percentage points respectively since 2017, which may be another consequence of the COVID-19 pandemic. Highlighting the opportunities to engage in sport or another physical activity in "free" settings such as parks could be a way to mobilise respondents with financial difficulties, who may find it difficult to afford membership of formal sport facilities, as indeed, only a minority of respondents are members of the health or fitness centre, sport club or socio-cultural club where they participate in sport or recreational physical activity (similar results as in 2017). It could, therefore, be a way to increase the engagement of this particular segment of the EU population.

The COVID-19 pandemic does not seem to have had an impact on motivators and barriers to sport participation, as results are consistent with those found in 2017: Europeans still practice sport or physical activity mainly to improve their health, to improve fitness and to relax, while the main reasons preventing them from practising sport more regularly keep being the lack of time, the lack of motivation or interest and having a disability or illness.

Only one in ten Europeans currently engage in voluntary work that supports sporting activities (6%) or plan to do so in the next two months (4%).

Europeans who exercise, play sport or engage in other physical activity are not particularly aware of the impact that sport or physical activity can have on the environment, and they are divided on this matter. Slightly more than half do not pay attention to the environmental impact of sport, whereas a similar proportion do. In addition, nearly half of those respondents consider that their sports organisation is not currently taking any actions to promote sustainability.

When it comes to gender equality issues, more than half of Europeans who are members of a club say their club is actively putting in place measures to support gender equality; and an even larger majority would know who to speak to internally if they encountered gender discrimination in their club.

Finally, around three-quarters of Europeans agree not only that female role models in sport are inspiring more women and girls to follow their example, but also that gender-based violence in sport deserves more attention. Meanwhile, nearly six in ten respondents find female sport as interesting as male sport in the media. Socio-demographic differences between men and women on these issues are not significant.

## Technical Specifications

Between the 19<sup>th</sup> of April and 16<sup>th</sup> of May 2022, Kantar carried out wave 97.3 of the EUROBAROMETER survey, at the request of the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC), "Sport" Unit.

Wave 97.3 covers the population of the respective nationalities of the European Union Member States, resident in each of the 27 Member States and aged 15 years and over.

The basic sample design applied in all countries and territories is a multi-stage, random (probability) one. In each country, a number of sampling points were drawn with probability proportional to population size (for a total coverage of the country) and to population density.

In order to do so, the sampling points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the countries surveyed according to the EUROSTAT NUTS II (or equivalent) and according to the distribution of the resident population of the respective nationalities in terms of metropolitan, urban and rural areas<sup>40</sup>.

In each of the selected sampling points, a starting address was drawn, at random. Further addresses (every Nth address) were selected by standard "random route" procedures, from the initial address. In each household, the respondent was drawn, at random (following the "closest birthday rule"). If no one answered the interviewer in a household, or if the respondent selected was not available (not present or busy), the interviewer revisited the same household up to three additional times (four contact attempts in total). Interviewers never indicate that the survey is conducted on behalf of the European Commission beforehand; they may give this information once the survey is completed, upon request.

The recruitment phase was slightly different in the Netherlands, Finland, and Sweden. In these countries, a sample of addresses within each areal sampling point (1km<sup>2</sup> grid) were selected from the address or population register (in Finland, selection is not done in all sample points, but in some where response rates are expected to improve). The selection of addresses was done in a random manner. Households were then contacted by telephone and recruited to take part in the survey. In the Netherlands, a dual frame RDD sample (mobile and landline numbers) are used. The selection of numbers on both frames is done in a random manner with each number getting an equal probability of selection. Unlike Sweden and Finland, the sample is un-clustered.

---

<sup>40</sup> Urban Rural classification based on DEGURBA  
(<https://ec.europa.eu/eurostat/web/degree-of-urbanisation/background>)

Special Eurobarometer 525  
Sport and Physical Activity

	COUNTRIES	INSTITUTES	N° INTERVIEWS	FIELDWORK DATES		POPULATION 15+	PROPORTION EU27
BE	Belgium	Mobiel Centre Market Research	1,101	19/04/2022	10/05/2022	9,915,439	2.53%
BG	Bulgaria	Kantar TNS BBSS	1,039	19/04/2022	16/05/2022	6,094,974	1.55%
CZ	Czechia	Kantar Czechia	1,073	20/04/2022	06/05/2022	9,190,342	2.34%
DK	Denmark	Kantar Gallup	1,005	20/04/2022	12/05/2022	4,994,008	1.27%
DE	Germany	Kantar Deutschland	1,514	19/04/2022	05/05/2022	74,162,306	18.89%
EE	Estonia	Kantar Estonia	1,030	19/04/2022	16/05/2022	1,145,208	0.29%
IE	Ireland	B and A Research	1,013	20/04/2022	16/05/2022	4,039,401	1.03%
EL	Greece	Kantar Greece	1,014	19/04/2022	15/05/2022	9,568,462	2.44%
ES	Spain	TNS Investigación de Mercados y Opinión	1,006	19/04/2022	15/05/2022	42,022,835	10.70%
FR	France	Kantar Public France	1,012	19/04/2022	14/05/2022	57,553,554	14.66%
HR	Croatia	Hendal	1,008	20/04/2022	12/05/2022	3,569,904	0.91%
IT	Italy	Kantar Italia	1,020	20/04/2022	12/05/2022	54,102,101	13.78%
CY	Rep. Of Cyprus	CYMAR Market Research	503	19/04/2022	09/05/2022	759,844	0.19%
LV	Latvia	Kantar TNS Latvia	1,013	19/04/2022	12/05/2022	1,649,459	0.42%
LT	Lithuania	TNS LT	1,003	19/04/2022	16/05/2022	2,445,153	0.62%
LU	Luxembourg	TNS Ilres	502	19/04/2022	10/05/2022	538,288	0.14%
HU	Hungary	Kantar Hoffmann	1,025	19/04/2022	05/05/2022	8,547,786	2.18%
MT	Malta	MISCO International	504	19/04/2022	16/05/2022	455,041	0.12%
NL	Netherlands	Kantar Netherlands	1,033	22/04/2022	15/05/2022	15,067,518	3.84%
AT	Austria	Das Österreichische Gallup Institut	1,005	19/04/2022	09/05/2022	7,844,329	2.00%
PL	Poland	Kantar Polska	1,013	19/04/2022	11/05/2022	32,904,839	8.38%
PT	Portugal	Marktest – Marketing, Organização e Formação	1,006	20/04/2022	15/05/2022	9,221,533	2.35%
RO	Romania	Centrul Pentru Studierea Opiniei si Pietei (CSOP)	1,057	19/04/2022	13/05/2022	16,701,193	4.25%
SI	Slovenia	Mediana DOO	1,023	19/04/2022	10/05/2022	1,834,195	0.47%
SK	Slovakia	Kantar Czechia	1,011	19/04/2022	15/05/2022	4,677,729	1.19%
FI	Finland	Taloustutkimus Oy	1,004	20/04/2022	16/05/2022	4,805,266	1.22%
SE	Sweden	Kantar Sifo	1043	20/04/2022	16/05/2022	8,756,024	2.23%
TOTAL EU27			26,580	19/04/2022	16/05/2022	392,566,731	100%

\* It should be noted that the total percentage shown in this table may exceed 100% due to rounding.

	COUNTRIES	N° OF CAPI INTERVIEWS	N° OF CAWI INTERVIEWS	TOTAL N° INTERVIEWS
BE	Belgium	775	326	1,101
BG	Bulgaria	1,039		1,039
CZ	Czechia	630	443	1,073
DK	Denmark	594	411	1,005
DE	Germany	1,514		1,514
EE	Estonia	880	150	1,030
IE	Ireland	1,013		1,013
EL	Greece	1,014		1,014
ES	Spain	1,006		1,006
FR	France	1,012		1,012
HR	Croatia	1,008		1,008
IT	Italy	1,020		1,020
CY	Rep. Of Cyprus	503		503
LV	Latvia	799	214	1,013
LT	Lithuania	1,003		1,003
LU	Luxembourg	502		502
HU	Hungary	1,025		1,025
MT	Malta	494	10	504
NL	Netherlands	691	342	1,033
AT	Austria	1,005		1,005
PL	Poland	1,013		1,013
PT	Portugal	1,006		1,006
RO	Romania	1,057		1,057
SI	Slovenia	593	430	1,023
SK	Slovakia	1,011		1,011
FI	Finland	491	513	1,004
SE	Sweden	402	641	1,043
	TOTAL EU27	23,100	3,480	26,580

CAPI : Computer-Assisted Personal interviewing

CAWI : Computer-Assisted Web interviewing

## Consequences of the coronavirus pandemic on fieldwork

### Face-to-face interviewing

Where feasible, interviews were conducted face to face in people's homes or on their doorstep and in the appropriate national language. In all countries and territories where face-to-face interviewing was not feasible CAWI (Computer-Assisted Web Interviewing) was used.

For face-to-face all interviews conducted, hygiene and physical distancing measures were respected at all times in line with government regulations, and whenever possible, interviews were conducted outside homes, on doorsteps, in order to stay outside and maintain social distance.

### Face-to-face and online interviewing

In Belgium, Czechia, Denmark, Estonia, Latvia, Malta, the Netherlands, Slovenia, Finland and Sweden, face-to-face interviewing was feasible, but it was not possible to reach the target number of face-to-face interviews within the fieldwork period. Due to the long lasting impacts of the COVID-19 pandemic, many potential respondents are still reluctant to open their homes to interviewers, even if they respect hygiene rules and physical distancing, such as wearing masks and using hydroalcoholic gel. Therefore, to hit the target number of interviews within the fieldwork period, additional interviews were conducted online with Computer-Assisted Web Interviewing (CAWI) technique.

## Recruitment for online interviews

The online design in each country differed based on what was feasible within the fieldwork period. Where feasible, the online sample was based on a probabilistic sample design. Those recruited to the online survey were recruited through a single mobile frame or dual frame Random Digit Dialling (RDD) design. In this way the entire phone owning population in each country had a non-zero chance of being sampled. The choice of whether to use a single mobile frame or dual frame (mobile and landline) was dependent on the countries' landline infrastructure. Where the landline infrastructure is suitably advanced to support a significant minority of residential households with landline phones a dual frame design is employed. The mix of mobile and landline sample is designed to maximise the representation of the responding sample. The RDD sample for both the mobile and landline sample is drawn from the country's telephone numbering plan. The landline sample frame is stratified by NUTS3 regions based on their prefix and the mobile by operator before a systematic random sample of numbers is generated proportional in size to the total generatable numbers in each stratum. Respondents were recruited using this sample design in Belgium, Czechia, Latvia, Lithuania, Malta and Slovenia.

In Finland, Denmark, and Sweden, RDD samples were not used, instead the telephone sample was drawn from the country telephone directory. In these three countries the telephone directories offer comprehensive coverage of the phone owning population, storing both landline and mobile phone numbers for each individual.

In the Netherlands, two survey modes were used to collect responses, face to face and online. For the online mode, the respondents were initially recruited to take part through an offline mode of recruitment via a probability-based dual frame overlapping RDD sample design. In this way the entire phone owning population in the Netherlands had a non-zero chance of being sampled. The mix of mobile and landline sample is designed to maximise the representation of the responding sample. The RDD sample for both the mobile and landline sample is drawn from the country's telephone numbering plan. The landline sample frame is stratified by NUTS3 regions based on their prefix and the mobile by operator before a systematic random sample of numbers is generated proportional in size to the total generatable numbers in each stratum.

## Special Eurobarometer 525 Sport and Physical Activity

### Response rates

For each country a comparison between the responding sample and the universe (i.e. the overall population in the country) is carried out. Weights are used to match the responding sample to the universe on gender by age, region and degree of urbanisation. For European estimates (i.e. EU average), an adjustment is made to the individual country weights, weighting them up or down to reflect their 15+ population as a proportion of the EU 15+ population.

The response rates are calculated by dividing the total number of complete interviews with the number of all the addresses visited, apart from ones that are not eligible but including those where eligibility is unknown. For wave 97.3 of the EUROBAROMETER survey, the response rates for the EU27 countries, calculated by Kantar, can be seen on the right-hand table.

### Margins of error

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the confidence limits presented below.

COUNTRIES		CAPI Response rates	CAWI Response rates
BE	Belgium	51.5%	16.1%
BG	Bulgaria	44.0%	
CZ	Czechia	50.3%	26.1%
DK	Denmark	43.1%	16.0%
DE	Germany	21.6%	
EE	Estonia	40.0%	21.3%
IE	Ireland	50.3%	
EL	Greece	29.0%	
ES	Spain	30.5%	
FR	France	34.4%	
HR	Croatia	39.4%	
IT	Italy	23.0%	
CY	Rep. Of Cyprus	46.9%	
LV	Latvia	46.4%	20.6%
LT	Lithuania	43.7%	
LU	Luxembourg	25.4%	
HU	Hungary	63.1%	
MT	Malta	94.1%	10.2%
NL	Netherlands	70.1%	35.4%
AT	Austria	43.3%	
PL	Poland	44.6%	
PT	Portugal	39.6%	
RO	Romania	58.6%	
SI	Slovenia	45.1%	30.8%
SK	Slovakia	63.1%	
FI	Finland	29.9%	27.5%
SE	Sweden	70.3%	20.7%

CAPI : Computer-Assisted Personal interviewing

CAWI : Computer-Assisted Web interviewing (CAWI RRs do not include the recruitment phase)

### Statistical Margins due to the sampling process

(at the 95% level of confidence)

various sample sizes are in rows

various observed results are in columns

	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	
	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	
N=50	6,0	8,3	9,9	11,1	12,0	12,7	13,2	13,6	13,8	13,9	N=50
N=500	1,9	2,6	3,1	3,5	3,8	4,0	4,2	4,3	4,4	4,4	N=500
<b>N=1000</b>	<b>1,4</b>	<b>1,9</b>	<b>2,2</b>	<b>2,5</b>	<b>2,7</b>	<b>2,8</b>	<b>3,0</b>	<b>3,0</b>	<b>3,1</b>	<b>3,1</b>	<b>N=1000</b>
N=1500	1,1	1,5	1,8	2,0	2,2	2,3	2,4	2,5	2,5	2,5	N=1500
N=2000	1,0	1,3	1,6	1,8	1,9	2,0	2,1	2,1	2,2	2,2	N=2000
N=3000	0,8	1,1	1,3	1,4	1,5	1,6	1,7	1,8	1,8	1,8	N=3000
N=4000	0,7	0,9	1,1	1,2	1,3	1,4	1,5	1,5	1,5	1,5	N=4000
N=5000	0,6	0,8	1,0	1,1	1,2	1,3	1,3	1,4	1,4	1,4	N=5000
N=6000	0,6	0,8	0,9	1,0	1,1	1,2	1,2	1,2	1,3	1,3	N=6000
N=7000	0,5	0,7	0,8	0,9	1,0	1,1	1,1	1,1	1,2	1,2	N=7000
N=7500	0,5	0,7	0,8	0,9	1,0	1,0	1,1	1,1	1,1	1,1	N=7500
N=8000	0,5	0,7	0,8	0,9	0,9	1,0	1,0	1,1	1,1	1,1	N=8000
N=9000	0,5	0,6	0,7	0,8	0,9	0,9	1,0	1,0	1,0	1,0	N=9000
N=10000	0,4	0,6	0,7	0,8	0,8	0,9	0,9	1,0	1,0	1,0	N=10000
N=11000	0,4	0,6	0,7	0,7	0,8	0,9	0,9	0,9	0,9	0,9	N=11000
N=12000	0,4	0,5	0,6	0,7	0,8	0,8	0,9	0,9	0,9	0,9	N=12000
N=13000	0,4	0,5	0,6	0,7	0,7	0,8	0,8	0,8	0,9	0,9	N=13000
N=14000	0,4	0,5	0,6	0,7	0,7	0,8	0,8	0,8	0,8	0,8	N=14000
N=15000	0,3	0,5	0,6	0,6	0,7	0,7	0,8	0,8	0,8	0,8	N=15000
	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	
	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	



