

# Sport and physical activity

TOTAL EU27 26,580 interviews | Fieldwork: 19 April - 16 May 2022

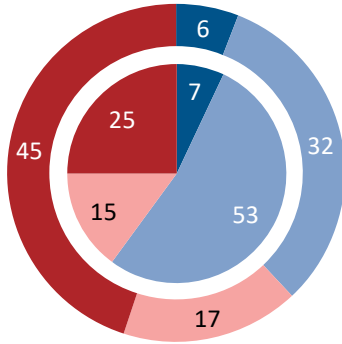
Methodology (EU27): Face-to-face and online

The Netherlands 1,033 interviews | Fieldwork: 22 April - 15 May 2022

Methodology (NL): Face-to-face and online

## 1. FREQUENCY OF EXERCISE OR PLAYING SPORT

QB1. How often do you exercise or play sport? (%)



EU27 Outer pie

NL Inner pie

	EU27		NL	
	2022	Δ 2017	2022	Δ 2017
Regularly	6	-1	7	+1
With some regularity	32	-1	53	+2
Seldom	17	+3	15	+3
Never	45	-1	25	-6
Don't know	0	=	0	=

Evolution: Apr/May 2022 (EB97.3) – Dec 2017 (EB88.4)

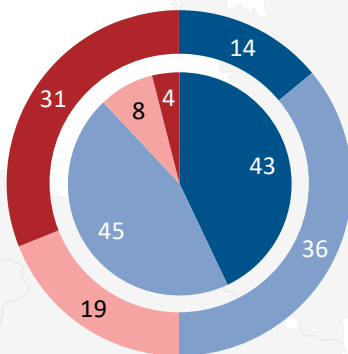
### 'Never or seldom'

	EU27	NL
<b>Gender</b>		
Male	57	40
Female	65	41
<b>Gender and Age</b>		
Male 15-24	27	34
Male 25-39	46	26
Male 40-54	60	42
Male 55+	73	46
Female 15-24	42	31
Female 25-39	59	38
Female 40-54	64	49
Female 55+	75	41
<b>Socio-professional category</b>		
Self-employed	58	34
Managers	47	30
Other white collars	57	40
Manual workers	65	50
House persons	80	63
Unemployed	68	43
Retired	74	46
Students	30	34

Socio-demographic breakdown

## 2. FREQUENCY OF ENGAGING IN PHYSICAL ACTIVITY OUTSIDE SPORT

QB2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? (%)



EU27 Outer pie

NL Inner pie

	EU27		NL	
	2022	Δ 2017	2022	Δ 2017
Regularly	14	=	43	-2
With some regularity	36	+6	45	+10
Seldom	19	-2	8	-5
Never	31	-4	4	-3
Don't know	0	=	0	=

Evolution: Apr/May 2022 (EB97.3) – Dec 2017 (EB88.4)

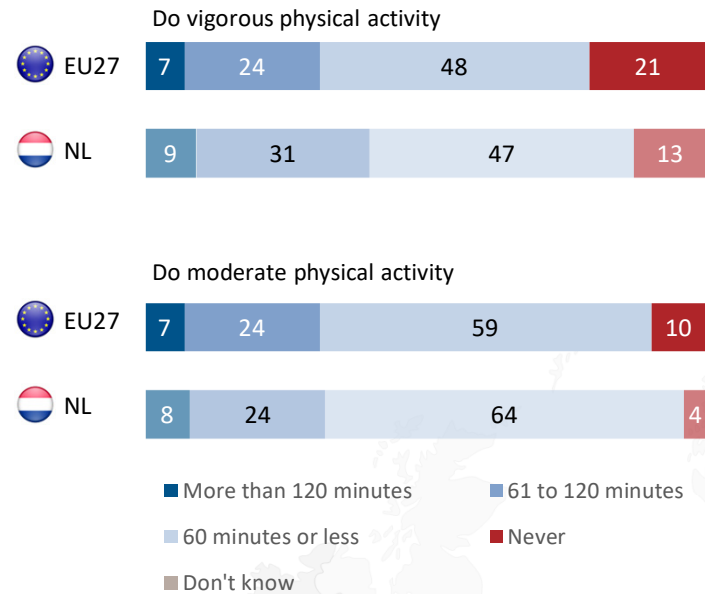
### 'Never or seldom'

	EU27	NL
<b>Gender</b>		
Male	47	12
Female	54	12
<b>Gender and Age</b>		
Male 15-24	30	6
Male 25-39	44	10
Male 40-54	51	16
Male 55+	52	13
Female 15-24	42	18
Female 25-39	52	14
Female 40-54	52	10
Female 55+	57	10
<b>Occupation</b>		
Self-employed	53	14
Managers	40	11
Other white collars	49	16
Manual workers	52	8
House persons	67	0
Unemployed	56	9
Retired	55	13
Students	34	8

Socio-demographic breakdown

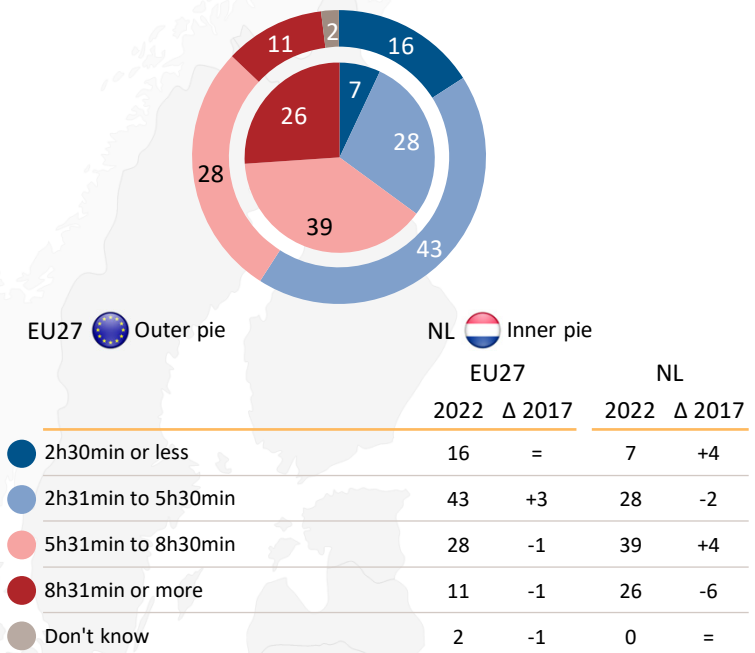
### 3. LEVELS OF PHYSICAL ACTIVITY AND TIME SPENT SITTING

QB4, QB6. In days when you..., how much time do you spend at it? (%)



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

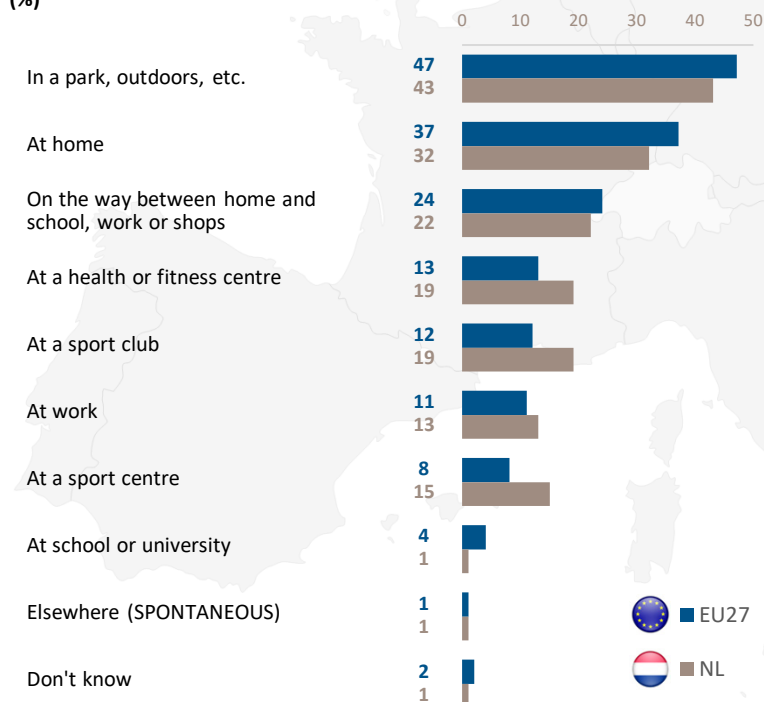
QB9. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television. (%)



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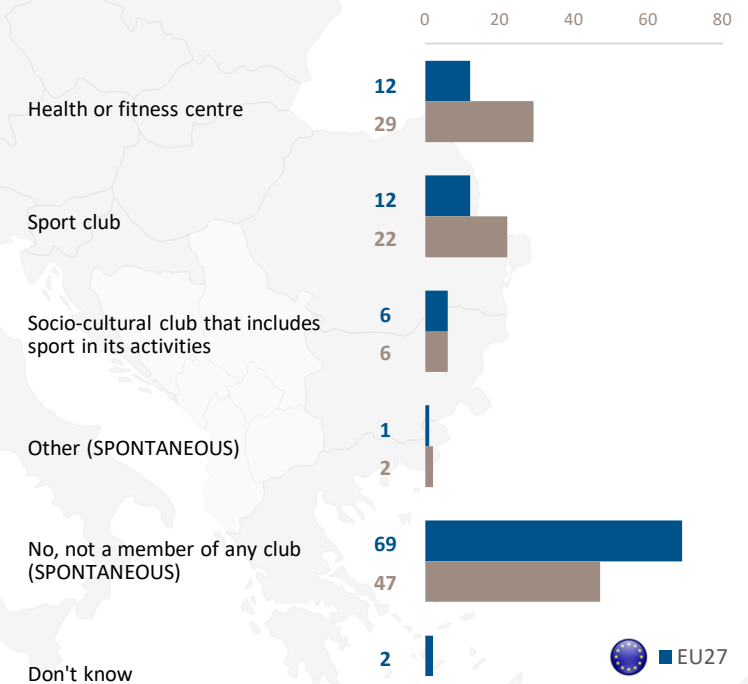
### 4. SETTINGS WHERE CITIZENS ENGAGE IN SPORT OR OTHER PHYSICAL ACTIVITY

QB10. Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? (MULTIPLE ANSWERS POSSIBLE) (%)



(Base: Those respondents who exercise, play sport or engage in other physical activity)  
 (Note: 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)).

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



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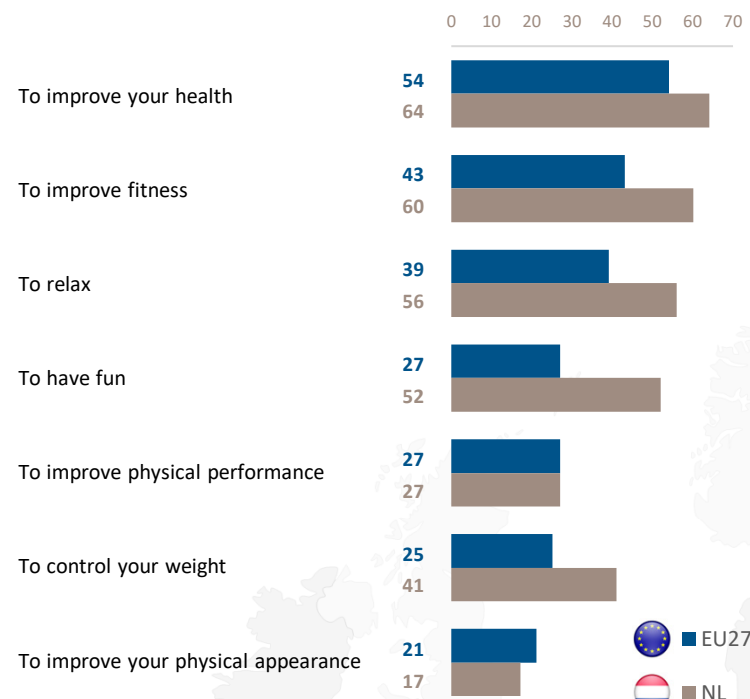
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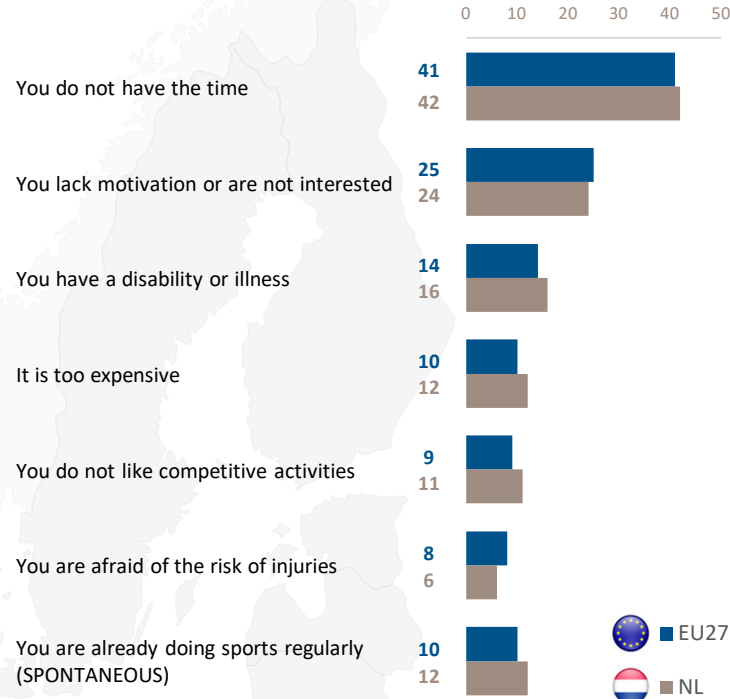
## 5. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

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



(Note: Top 7 answers at EU level)  
(Base: Those respondents who exercise, play sport or engage in other physical activity)

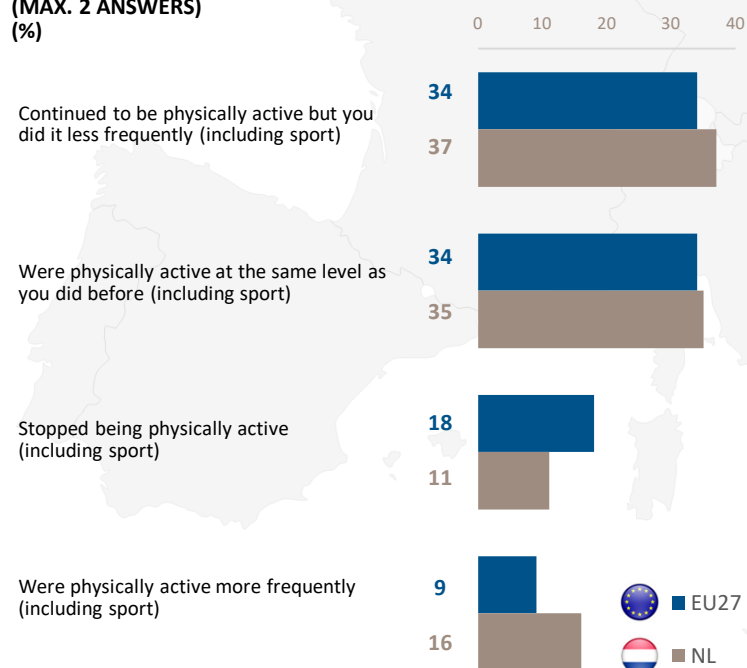
**QB14. What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE) (%)**



(Note: Top 7 answers at EU level)

## 6. IMPACT OF COVID-19 ON SPORT FREQUENCY

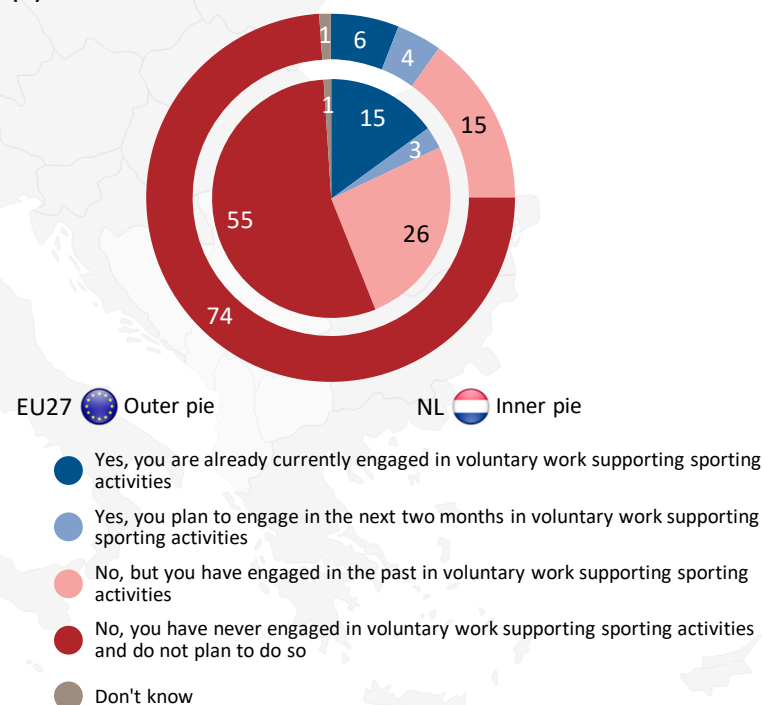
**QB12. The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. During COVID-19 you... (MAX. 2 ANSWERS) (%)**



(Note: not all answers are displayed)  
(Base: Those respondents who exercise, play sport or engage in other physical activity)

## 7. SUPPORTING THE COMMUNITY THROUGH SPORT AND PHYSICAL ACTIVITY

**QB21. Do you currently engage, or plan to engage in the next 2 months in voluntary work that supports sporting activities? (%)**



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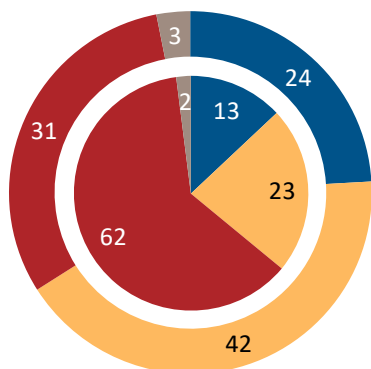
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## 8. CITIZENS' AND SPORT ORGANISATIONS' ATTENTIVENESS TOWARD SUSTAINABILITY AND THE ENVIRONMENT

**QB16. How much attention do you pay to the impact that the practice of sport or physical activity can have on the environment? (%)**



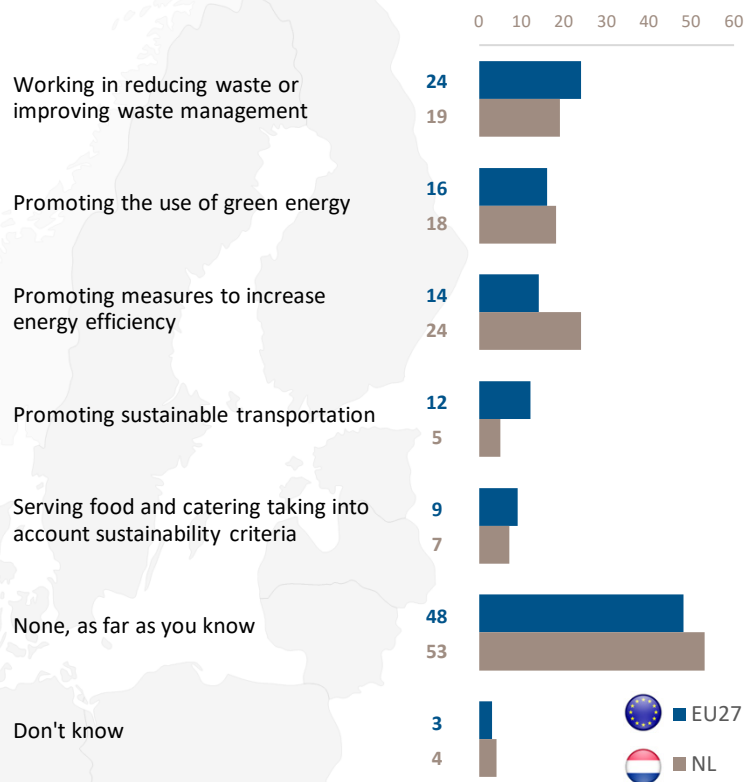
EU27 Outer pie

NL Inner pie

- Total 'Paying a lot of attention'
- Total 'Neutral'
- Total 'Not paying a lot of attention'
- Don't know

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

**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? (MULTIPLE ANSWERS POSSIBLE) (%)**



(Base: Those respondents who are member of a sport organisation(s), sport club, health or fitness centre, sportive socio-cultural club)

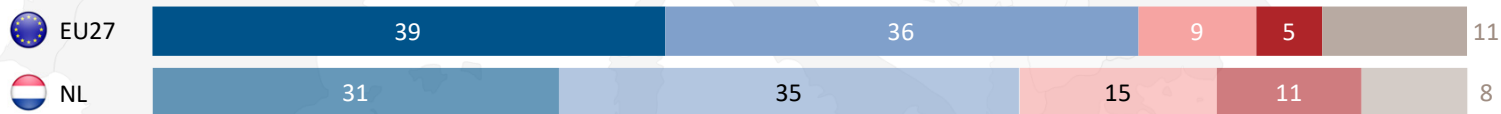
## 9. SUPPORT FOR GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY

**QB20. 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



Gender based violence in sport deserves more attention



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



- Totally agree
- Tend to agree
- Tend to disagree
- Totally disagree
- Don't know