



Special Eurobarometer 412

SPORT AND PHYSICAL ACTIVITY

REPORT

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This survey has been requested by the European Commission, Directorate-General for Education and Culture and co-ordinated by Directorate-General for Communication.

http://ec.europa.eu/public_opinion/index_en.htm

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Special Eurobarometer 412 / Wave EB80.2 – TNS Opinion & Social

Special Eurobarometer 412

Sport and physical activity

Conducted by TNS Opinion & Social at the request of the
Directorate-General for Education and Culture

Survey co-ordinated by the
Directorate-General for Communication
(DG COMM "Strategy, Corporate Communication Actions and
Eurobarometer" Unit)

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INTRODUCTION

In 2007, the White Paper on Sport was issued by the European Commission as the first policy document addressing sport on behalf of the European Union. The Lisbon Treaty, into force since December 2009, introduced a specific article, namely Article 165 TFEU, which gave the EU a new supporting competence for sport. This article entails provisions for promoting European sporting issues and calls for EU action to develop the European dimension in sport.

In early 2011, the Commission adopted a Communication entitled "Developing the European Dimension in Sport" providing for specific actions regarding the societal role of sport, sport's economic dimension and the organisation of sport. Based on this Communication, the Council adopted a Resolution on an EU Work Plan for Sport 2011-2014, which further strengthened European cooperation on sport by setting priorities for EU level work engaging the EU Member States and the Commission. The EU Work Plan identified the social values of sport, in particular the promotion of participation in sport and physical activity among the priority themes. To implement the Work Plan, work at the expert level inter alia focused on providing input to the questionnaire of the present Eurobarometer. In 2012, the Council adopted conclusions on promoting health-enhancing physical activity and on strengthening the evidence-base for sport policy making, both calling on the Commission to issue regular surveys on sport and physical activity.

Following a proposal from the Commission, for the first time, financial support for sport is now included in form of a specific chapter in Erasmus+, the new EU programme for education, training, youth and sport for the period 2014-2020. In May 2014, the Council is expected to adopt a new multiannual EU Work Plan for Sport. The strengthening of the evidence base for sport policy-making is also likely to remain a key principle under this new Work Plan.

This Eurobarometer survey, which follows on from comparable surveys conducted in 2002 and 2009, will contribute to providing some of the data to support the developing policy framework for promoting sport and physical activity described above. Moreover, it will allow policy makers, researchers and other interested parties to deliver trend analysis on various matters compared to 11 and 4 years respectively.

This survey was carried out by TNS Opinion & Social network in the 28 Member States of the European Union between 23 November and 2 December 2013. Some 27.919 respondents from different social and demographic groups were interviewed face-to-face at home in their mother tongue on behalf of the Directorate-General for Education and Culture ("Sport" Unit). The methodology used is that of Eurobarometer surveys¹ as carried out by the Directorate-General for Communication ("Strategy, Corporate Communication Actions and Eurobarometer" Unit). Annexed to this report are the technical specifications related to the manner in which interviews were conducted by the Institutes within the TNS Opinion & Social network and to the confidence intervals. The annexes also include the questionnaire and the result tables.

¹ http://ec.europa.eu/public_opinion/index_en.htm

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

ABBREVIATIONS			
BE	Belgium	LT	Lithuania
BG	Bulgaria	LU	Luxembourg
CZ	Czech Republic	HU	Hungary
DK	Denmark	MT	Malta
DE	Germany	NL	The Netherlands
EE	Estonia	AT	Austria
EL	Greece	PL	Poland
ES	Spain	PT	Portugal
FR	France	RO	Romania
HR	Croatia	SI	Slovenia
IE	Ireland	SK	Slovakia
IT	Italy	FI	Finland
CY	Republic of Cyprus*	SE	Sweden
LV	Latvia	UK	The United Kingdom
		EU28	European Union – 28 Member States

* Cyprus as a whole is one of the 28 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 EU28 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.

MAIN FINDINGS

The main findings of this Eurobarometer survey on sport and physical activity are as follows:

- 41% of Europeans exercise or play sport at least once a week, while an important proportion of EU citizens (59%) never or seldom do so. The figures have not changed substantially since 2009. However, the proportion that never exercises or plays sport has increased from 39% to 42%.
- 48% do some form of other physical activity (such as cycling, dancing or gardening) at least once a week, while 30% never do this kind of activity at all.
- Overall, men in the EU exercise play sport or engage in other physical activity more than women. However, this disparity is particularly marked in the 15-24 age group, with young men tending to exercise or play sport on a regular basis considerably more than young women (74% vs 55%). The amount of regular activity that people do tends to decrease with age, notably 71% of women and 70% of men in the 55+ age groups never or seldom exercise or play sport.
- Generally speaking, citizens in the Northern part of the EU are the most physically active. The proportion that exercises or plays sport at least once a week is 70% in Sweden, 68% in Denmark, 66% in Finland, 58% in the Netherlands and 54% in Luxembourg. The lowest levels of participation are clustered in the Southern EU Member States. Most respondents who never exercise or play sport can be found in Bulgaria (78%), Malta (75%), Portugal (64%), Romania (60%) and Italy (60%).
- As for the levels of engagement in physical activity within a week, 54% of all respondents did not do any vigorous activity (-4 percentage points -pp- compared to 2002) and 44% did not do any moderate physical activity (+3 pp). Moreover, 13% of EU citizens did not walk for at least 10 minutes at a time on a given day within a week (-4 pp). In addition, on a usual day, about two-thirds (69%) of respondents spend between 2.5 and 8.5 hours sitting (+5 pp), while at other extremes, 11% sit for more than 8.5 hours and 17% 2.5 hours or less.
- Sport or physical activity takes place in a wide range of locations, most commonly in parks and outdoors (40%), at home (36%) or on the journey between home and school, work or shops (25%).²

² To be noted: the response category at home was new in this survey. Other figures have not changed substantially since 2009.

- Almost three-quarters of EU citizens (74%) say that they are not members of any club, a considerable increase since 2009 (67%). There were no substantial changes for any of the individual types of club; however, there was a slight increase in memberships of health or fitness centres (from 9% to 11%).
- The most common reason for engaging in sport or physical activity is to improve health (62%). Other popular reasons include improving fitness (40%), relaxing (36%) and having fun (30%). These figures have not changed substantially since 2009.
- A shortage of time is by far the main reason given for not practising sport more regularly (42%). Other factors mentioned are a lack of motivation or interest (20%), having a disability or illness (13%) or that it is too expensive (10%). In 2009 lack of time was also mentioned (45%) as the main reason that prevented people from doing sport more often.³
- Three-quarters of respondents (76%) agree that in their local area there are opportunities to be physically active, and the majority of EU citizens (74%) think that their local sport clubs and other providers offer them such opportunities. The figures have not changed substantially since 2009. However, there are more mixed views as to whether local authorities do enough to provide their citizens with such opportunities: 39% of respondents think that they do not do enough, while 52% think they do. Here views expressed have been slightly more negative since 2009 (35% and 54% respectively).
- Overall, 7% of EU citizens say that they engage in voluntary work that supports sport activities. More than a third of respondents (35%) devote at least six hours of their time each month to volunteering in sport, with 8% of those surveyed giving 21 hours or more. These figures have not changed substantially since 2009; however, a shift can be seen to volunteer more and not only occasionally, at individual events. The most common activity is organising or helping to run a sporting event.

³ However, due to important changes in the response categories a coherent trend analysis cannot be done.

1. FREQUENCY AND LEVELS OF ENGAGEMENT IN SPORT AND OTHER PHYSICAL ACTIVITY

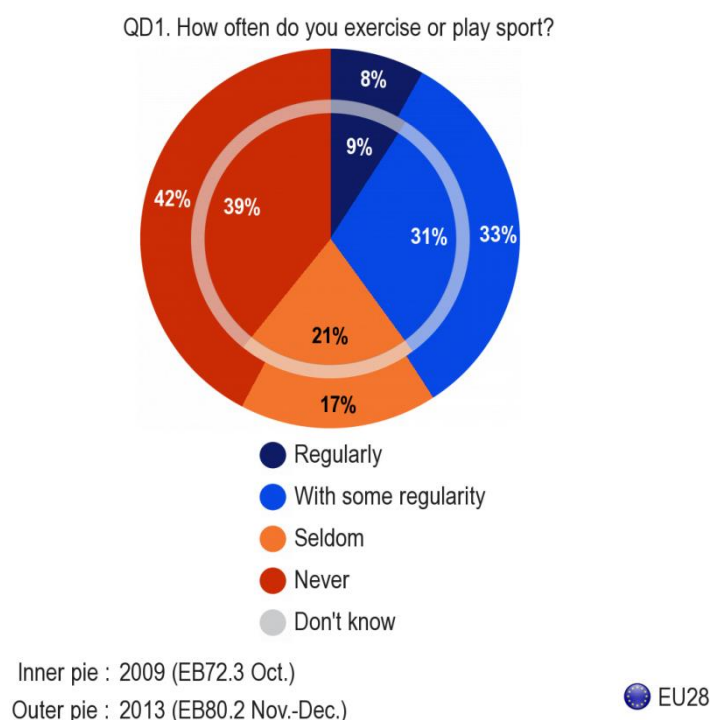
This chapter examines frequency and levels of engagement in sport and other physical activity. It looks in detail at the amount of time EU citizens spend doing vigorous and moderate physical activity as well as at the time spent walking and sitting down. As a result, it provides a comprehensive picture of behaviour in relation to sport and physical activity.

1.1. Frequency

This first section looks at the proportion of EU citizens who exercise or play sport and who engage in other physical activity.

1.1.1. Exercising or playing sport

The majority of respondents (59%) say that they either never exercise or play sport⁴, or only do so seldom⁵. Conversely, 41% of those surveyed exercise or play sport at least once a week, with 8% who even exercise or play sport five times a week or more. The results are similar to those seen in 2009. However, the proportion that never exercises or plays sport has increased (from 39% to 42%), while the proportion that does so seldom has decreased (from 21% to 17%).

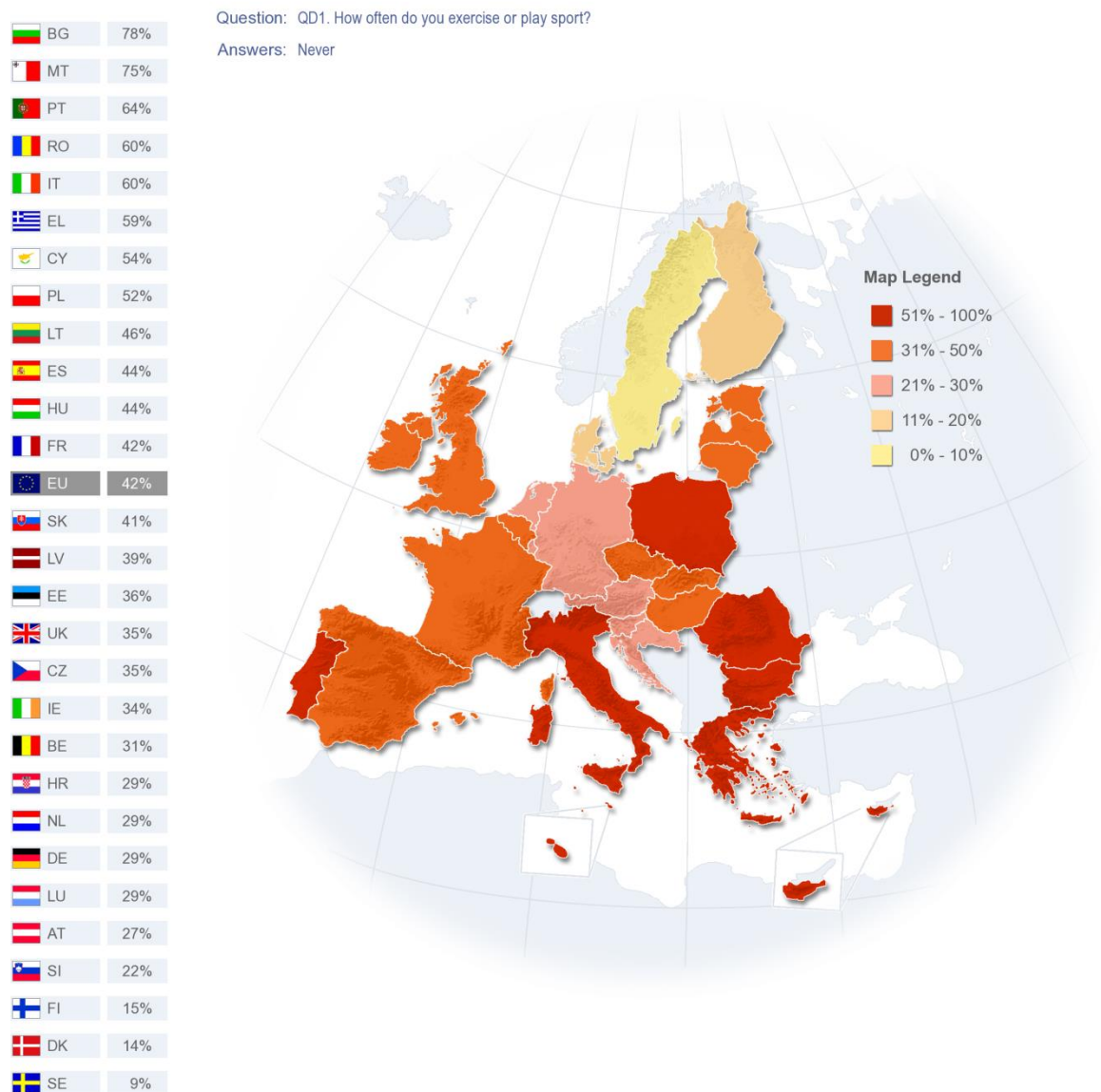


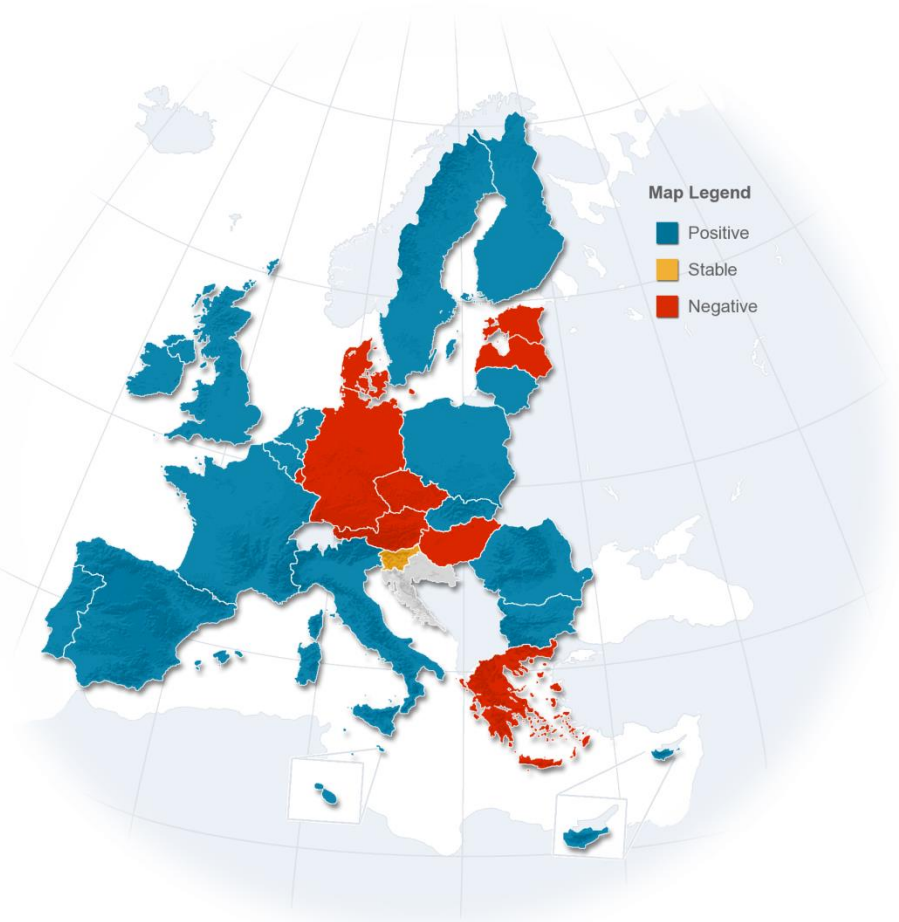
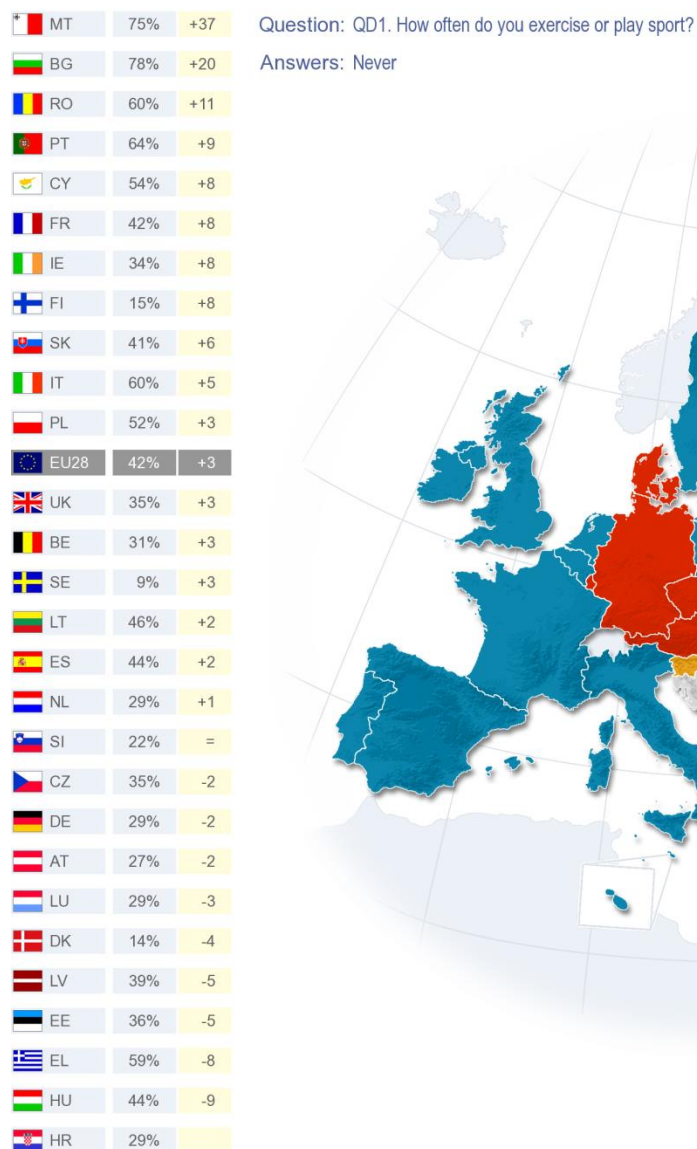
⁴ QD1: 'How often do you exercise or play sport? By "exercise", we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or sport club, running in the park, etc.' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know.

⁵ Regularly means the respondent exercises at least 5 times a week; with some regularity means 1 to 4 times a week; and seldom means 3 times a month or less often.

The findings for the **countries** show that respondents in the Nordic countries are the most likely to exercise or play sport on a regular basis. The proportion that exercises or plays sport at least once a week is 70% in Sweden, 68% in Denmark and 66% in Finland. Sweden also has a high proportion (15%) of respondents who exercise or play sport regularly (at least five times a week), with high figures also seen in Ireland (16%), Hungary (15%), Slovenia (15%), Spain (15%) and Lithuania (15%).

At the other end of the scale, Bulgaria (78%) and Malta (75%) have large proportions of respondents who never exercise or play sport at all. In these two countries, these proportions have increased significantly since 2009, +20 pp and +37 pp respectively. The proportion of respondents who never exercise or play sport at all is also high in Portugal (64%), Romania (60%) and Italy (60%). Moreover, Italy (3%) and Bulgaria (2%) also have the fewest citizens who exercise or play sport regularly (at least five times a week).





When comparing the results with the 2009 survey, there has been a large increase in Hungary (+10 pp) in the proportion that exercises or plays sport regularly (at least five times a week). Hungary also shows an increase (+15 pp) in the proportion that exercises or plays sport at least once a week, with a large increase also seen in Greece (+13 pp).

Conversely, the proportion that never exercises or plays sport has increased the most in Malta (+37 pp), Bulgaria (+20 pp) and Romania (+11 pp).

QD1 How often do you exercise or play sport?

		Regularly		With some regularity		Seldom		Never		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009	EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009	EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009	EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009	EB80.2 Nov. - Dec. 2013	Diff. 2013- 2009
	EU28	8%	-1	33%	+2	17%	-4	42%	+3	0%	=
	HU	15%	+10	23%	+5	18%	-6	44%	-9	0%	=
	EL	7%	+4	24%	+9	10%	-5	59%	-8	0%	=
	ES	15%	+3	31%	+4	10%	-9	44%	+2	0%	=
	NL	8%	+3	50%	-1	13%	-3	29%	+1	0%	=
	SI	15%	+2	36%	-3	27%	+1	22%	=	0%	=
	LT	15%	+1	22%	=	17%	-3	46%	+2	0%	=
	SK	6%	+1	28%	+3	25%	-10	41%	+6	0%	=
	CZ	5%	=	31%	+8	29%	-6	35%	-2	0%	=
	EE	7%	=	32%	+5	24%	-1	36%	-5	1%	+1
	IT	3%	=	27%	+1	10%	-6	60%	+5	0%	=
	LU	12%	=	42%	+3	17%	=	29%	-3	0%	=
	AT	5%	=	40%	+7	28%	-5	27%	-2	0%	=
	BG	2%	-1	9%	-1	9%	-19	78%	+20	2%	+1
	DK	14%	-1	54%	+5	18%	=	14%	-4	0%	=
	PL	5%	-1	23%	+4	18%	-6	52%	+3	2%	=
	PT	8%	-1	20%	-4	8%	-3	64%	+9	0%	-1
	DE	7%	-2	41%	+1	23%	+3	29%	-2	0%	=
	LV	6%	-2	25%	+6	30%	+1	39%	-5	0%	=
	RO	6%	-2	15%	+2	18%	-10	60%	+11	1%	-1
	FI	13%	-4	53%	-2	19%	-2	15%	+8	0%	=
	UK	10%	-4	36%	+4	19%	-3	35%	+3	0%	=
	FR	8%	-5	35%	=	15%	-3	42%	+8	0%	=
	CY	11%	-5	25%	=	10%	-3	54%	+8	0%	=
	BE	10%	-6	37%	+3	22%	=	31%	+3	0%	=
	IE	16%	-7	36%	+1	14%	-1	34%	+8	0%	-1
	SE	15%	-7	55%	+5	21%	-1	9%	+3	0%	=
	MT	5%	-12	14%	-17	6%	-8	75%	+37	0%	=
	HR	9%	*	26%	*	36%	*	29%	*	0%	*

An analysis of the **socio-demographic** data reveals strong differences:

- Men are more likely than women to exercise or play sport: 45% of men do so at least once a week, compared with 37% of women; meanwhile, 37% of men never exercise or play sport, compared with 47% of women.
- The frequency of exercise or sport tends to decrease with age. A majority of 15-24 year-olds (64%) exercise or play sport at least once a week; this falls to 46% in the 25-39 age group, 39% for 40-54 year-olds and 30% for the 55+ age group. Correspondingly, the proportion that never exercises or plays sport ranges from 19% among 15-24 year olds, to 58% of those aged 55 or over.
- The difference between men and women is strongest in the younger age groups: 74% of men aged 15-24 exercise or play sport at least once a week, compared with 55% of women in the same age group. The gender gap is narrower for older age groups, with men exercising or playing sport only slightly more than women in the 40-54 and 55+ age groups. The same pattern applies in relation to regular activity (at least five times per week): the gap between men and women is large in the youngest age group (15% compared with 8%), but then narrows in the older age groups.
- A link also appears between education and the frequency of exercise or sport done. The majority (68%) of people who left the education system by the age of 15 or earlier say they never exercise or play sport; this falls to 45% of those who ended education at 16-19; and 27% of those who finished education at the age of 20 or over.
- People in some socio-professional categories are also more likely to exercise or play sport at least once a week: 59% of managers do so, compared to 44% in other white collar jobs, and to 45% of self-employed people. Respondents who never or seldom exercise or play sport are more likely those not in paid work: 72% of both house persons and retired respondents, and 63% of unemployed people.
- However, socio-demographic variables do not appear to have an important impact on the proportion of people who exercise or play sport regularly (five times or more per week), with the figure for most groups staying quite close to the EU28 level of 8%. However, men aged 15-24 (15%) appear as the exception.

QD1 How often do you exercise or play sport?

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	8%	33%	17%	42%	0%

 Gender

Man	9%	36%	18%	37%	0%
Woman	7%	30%	16%	47%	0%

 Age

15-24	11%	53%	17%	19%	0%
25-39	8%	38%	21%	33%	0%
40-54	8%	31%	20%	41%	0%
55 +	8%	22%	12%	58%	0%

 Education (End of)

15-	8%	15%	9%	68%	0%
16-19	7%	28%	19%	45%	1%
20+	9%	43%	20%	27%	1%
Still studying	12%	61%	14%	13%	0%

 Household composition

1	9%	27%	13%	51%	0%
2	9%	30%	17%	44%	0%
3	8%	34%	18%	40%	0%
4+	7%	39%	19%	35%	0%

 Socio-professional category

Self-employed	7%	38%	17%	37%	1%
Managers	8%	51%	23%	18%	0%
Other white collars	6%	38%	24%	32%	0%
Manual workers	9%	30%	19%	42%	0%
House persons	8%	19%	13%	59%	1%
Unemployed	9%	28%	18%	45%	0%
Retired	8%	20%	11%	61%	0%
Students	12%	61%	14%	13%	0%

 Difficulties paying bills

Most of the time	7%	21%	14%	57%	1%
From time to time	7%	29%	17%	47%	0%
Almost never/ Never	9%	36%	18%	37%	0%

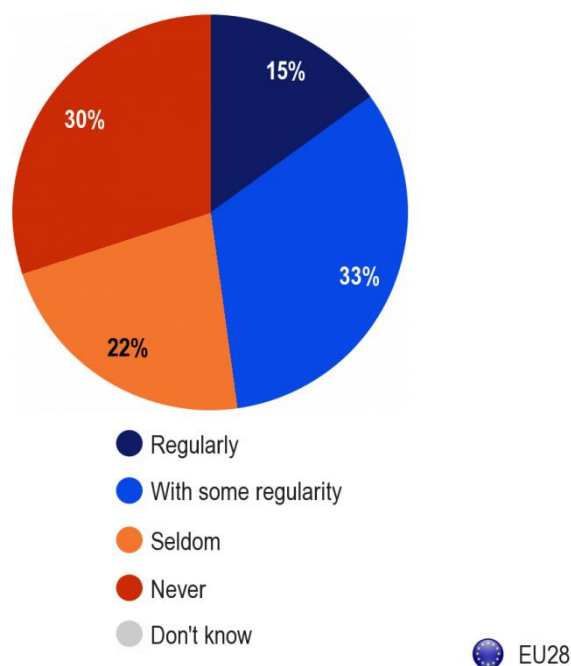
 Gender and Age

Man 15-24	15%	59%	13%	13%	0%
Man 25-39	9%	42%	23%	26%	0%
Man 40-54	8%	32%	22%	38%	0%
Man 55+	8%	22%	14%	56%	0%
Woman 15-24	8%	47%	20%	24%	1%
Woman 25-39	6%	35%	19%	39%	1%
Woman 40-54	7%	29%	19%	44%	1%
Woman 55+	8%	21%	10%	61%	0%

1.1.2. Engaging in other physical activity

When asked about their engagement in other physical activity (such as cycling, dancing or gardening)⁶, 15% of EU citizens say they do this kind of activity regularly⁷ (five times or more per week), while 33% do so with some regularity (once to four times a week). However, 30% of those surveyed say they never do this kind of activity at all.⁸

QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?



Looking at **country results**, respondents in the Netherlands and in the Nordic countries are the most likely to engage in other physical activities. The proportion that engages in this kind of activity regularly (at least five times a week) is the highest in the Netherlands (44%), and is also at a high level in Denmark (32%), Sweden (30%) and Finland (28%).

By contrast, in a number of countries, around half of respondents or more say they never do this kind of activity at all: Portugal (60%), Malta (57%), Cyprus (57%), Bulgaria (51%), Italy (50%), Greece (49%) and Spain (49%).

⁶ QD2: 'And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?' Possible responses: 5 times a week or more; 3 to 4 times a week; 1 to 2 times a week; 1 to 3 times a month; less often; never; don't know.

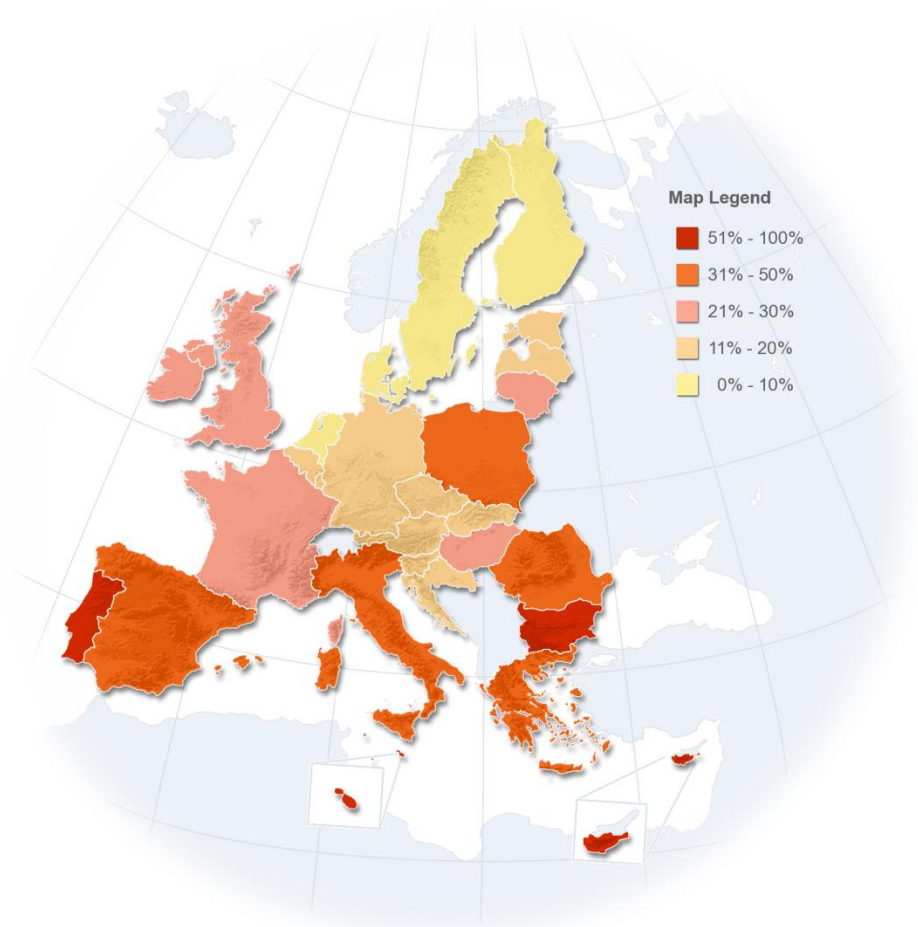
⁷ Regularly means the respondent engages in other physical activity at least 5 times a week; with some regularity means 1 to 4 times a week; and seldom means 3 times a month or less often.

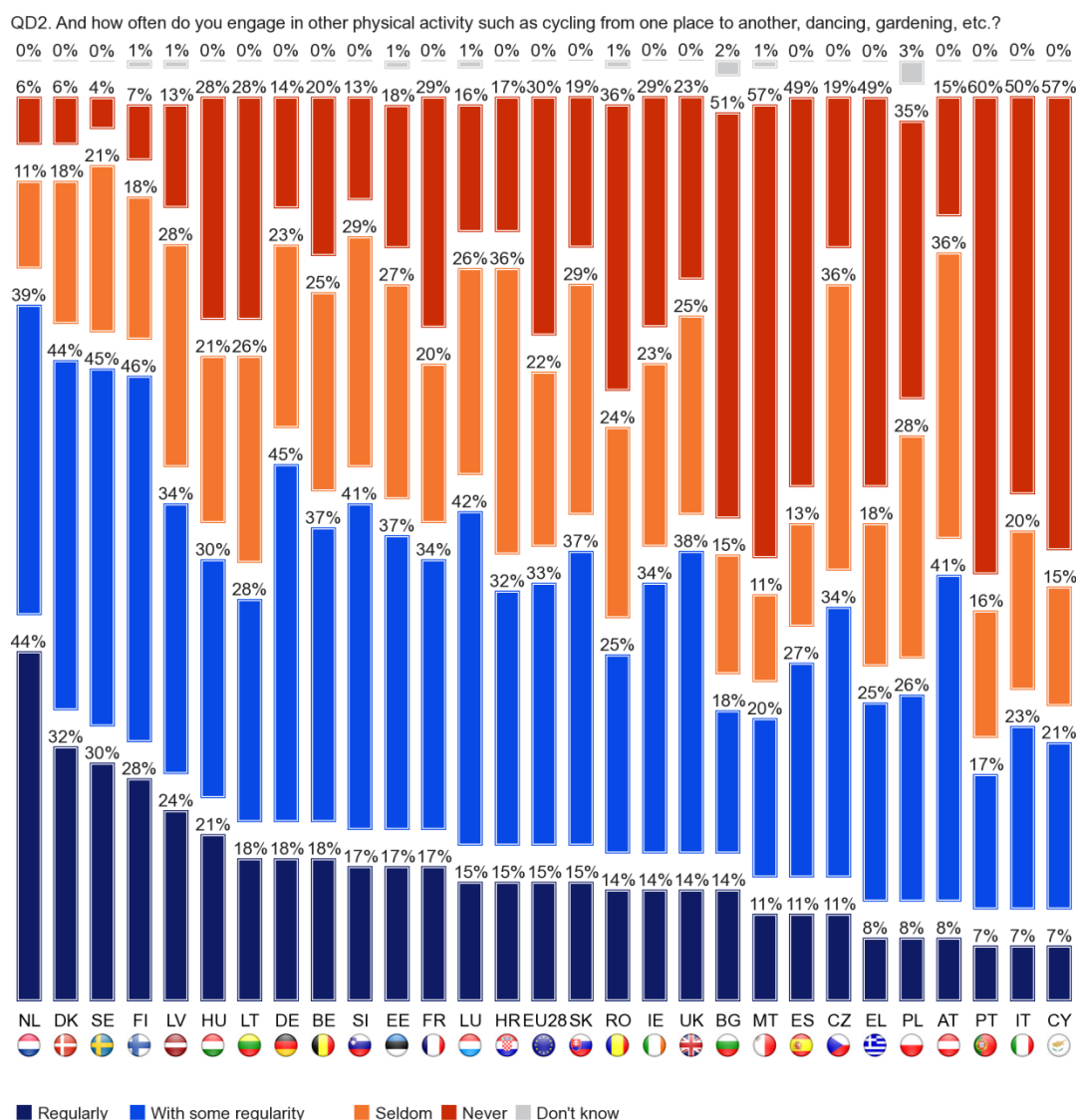
⁸ It should be noted that this question has been modified since the previous wave (in 2009, it also included "walking from one place to another"). For that reason, a strict comparison is not possible. However, for information, the proportion of citizens who engage in other physical activity at least once a week has decreased from 65% to 48%, while the proportion of those who never did this kind of activity at all increased from 14% in 2009 to 30% in 2013.

 PT	60%
 MT	57%
 CY	57%
 BG	51%
 IT	50%
 ES	49%
 EL	49%
 RO	36%
 PL	35%
 EU	30%
 IE	29%
 FR	29%
 HU	28%
 LT	28%
 UK	23%
 BE	20%
 CZ	19%
 SK	19%
 EE	18%
 HR	17%
 LU	16%
 AT	15%
 DE	14%
 LV	13%
 SI	13%
 FI	7%
 DK	6%
 NL	6%
 SE	4%

Question: QD2. And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

Answers: Never





Similarly to exercising or playing sport, strong differences can be observed between **socio-demographic** groups when looking at other physical activities:

- Men are more likely than women to engage in other physical activities: 26% of men never take part in this kind of activity, compared with 34% of women.
- Older people are less likely to engage in other physical activities: people aged 55 or over are more likely to say that they never engage in any other physical activity (40%, falling to 27% of 40-54 year olds, 25% of 25-39s, and 20% of 15-24 year olds). The differences between men and women are broadly consistent across the various age groups.
- Half (50%) of people who finished education by the age of 15 say they never engage in other physical activities. This falls to 30% of those who ended education at 16-19; and 19% of those who finished education at the age of 20 or over.

- People in some socio-professional categories are also more likely to engage in other physical activity at least once a week: 60% of managers do so, compared to 47% in other white collar jobs, and 51% of self-employed people. Respondents who never or seldom engage in other physical activity are more likely those not in paid work: 64% of house persons, 57% of retired and 56% of unemployed respondents.
- Again, socio-demographic variables do not seem to have a high impact on the proportion of people who engage in other physical activity regularly (five times or more per week), with the figure for most groups staying quite close to the EU28 level of 15%.

QD2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	15%	33%	22%	30%	0%
Gender					
Man	16%	35%	22%	26%	1%
Woman	13%	31%	21%	34%	1%
Age					
15-24	17%	38%	24%	20%	1%
25-39	14%	35%	26%	25%	0%
40-54	16%	33%	23%	27%	1%
55 +	14%	29%	17%	40%	0%
Education (End of)					
15-	12%	23%	15%	50%	0%
16-19	14%	32%	24%	30%	0%
20+	17%	41%	23%	19%	0%
Still studying	19%	40%	24%	16%	1%
Socio-professional category					
Self-employed	18%	33%	24%	25%	0%
Managers	16%	44%	26%	13%	1%
Other white collars	11%	36%	27%	25%	1%
Manual workers	16%	33%	24%	26%	1%
House persons	11%	24%	18%	46%	1%
Unemployed	14%	30%	21%	35%	0%
Retired	14%	29%	16%	41%	0%
Students	19%	40%	24%	16%	1%
Gender and Age					
Man 15-24	19%	40%	24%	16%	1%
Man 25-39	15%	37%	28%	20%	0%
Man 40-54	18%	35%	22%	25%	0%
Man 55+	15%	31%	17%	36%	1%
Woman 15-24	15%	35%	24%	25%	1%
Woman 25-39	13%	33%	25%	29%	0%
Woman 40-54	14%	32%	24%	29%	1%
Woman 55+	12%	28%	16%	43%	1%
Difficulties paying bills					
Most of the time	12%	23%	20%	45%	-
From time to time	13%	29%	23%	35%	-
Almost never/ Never	16%	36%	22%	25%	1%
Marital status					
(Re)Married	14%	33%	22%	31%	-
Single living with a partner	15%	37%	24%	24%	-
Single	16%	36%	24%	23%	1%
Divorced or separated	15%	29%	22%	33%	1%
Widow	12%	22%	13%	52%	1%

1.2. Levels of engagement

- 54% of all respondents did not do vigorous activity and 44% did not do any moderate activity in the past week. Moreover, 13% of EU citizens did not walk for 10 minutes at a time on any day in the past week. -

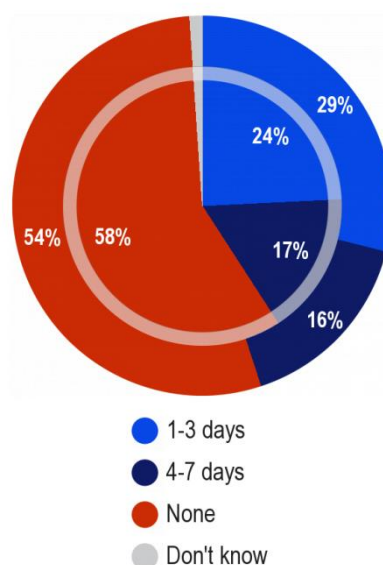
This section examines the amount of time respondents spend doing vigorous physical activity and moderate physical activity, walking and sitting. This allows a detailed analysis of activity (as well as inactivity) patterns in the context of the overall frequency of engagement in sport and other physical activity seen in the previous section.

1.2.1. Vigorous physical activity

When asked on how many days they engage in vigorous physical activity⁹, about one in six respondents (16%) say they did vigorous physical activity on at least four of the previous seven days, while 29% did so on between one and three days. However, 54% of all respondents did not do any vigorous physical activity in the previous week.

This last proportion has decreased by 4 pp since 2002. In parallel, the proportion of respondents who did vigorous physical activity on one to three days in the previous week has increased (29%, +5 pp vs 2009).

QD3a. In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?



Inner pie : 2002 (EB58.2 Oct.-Dec.)

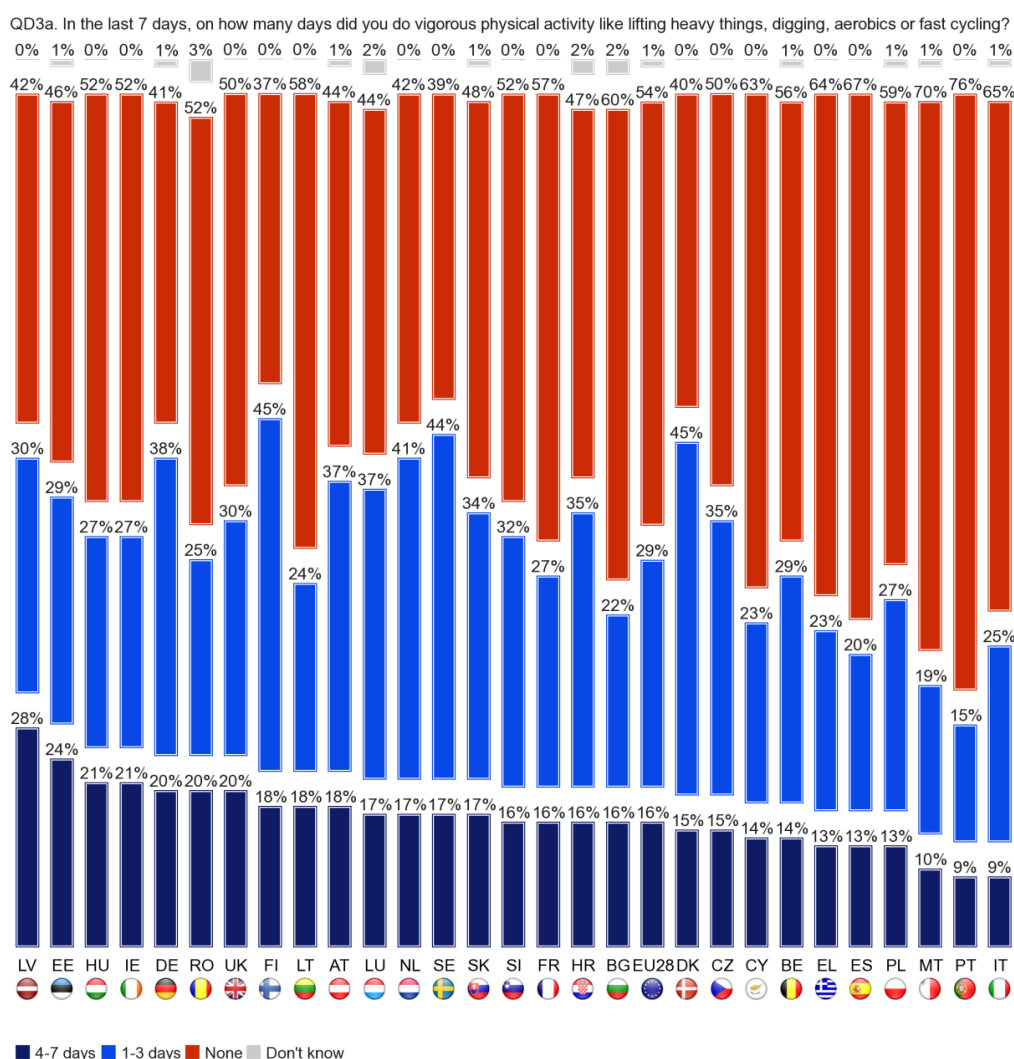
Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

⁹ QD3a: 'In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?'

Findings in many **individual countries** are similar to the EU28 figures. However, respondents are more likely to have done vigorous physical activity on at least four of the previous seven days in Latvia (28%) and Estonia (24%). Proportions are also high in Hungary (21%), Ireland (21%), Germany (20%), Romania (20%) and the United Kingdom (20%).

Conversely, respondents in Italy (9%), Portugal (9%) and Malta (10%), Poland (13%), Spain (13%) and Greece (13%) are less likely to have done vigorous physical activity on at least four of the last seven days. Likewise, these countries (together with Cyprus and Bulgaria) also have the highest proportions of those who did not do any vigorous physical activity in the previous seven days at all: Portugal (76%), Malta (70%), Spain (67%), Italy (65%), Greece (64%), Cyprus (63%), Bulgaria (60%) and Poland (59%).



There are differences between **socio-demographic groups**, as follows:

- Men are more likely than women to do vigorous physical activity: 20% of men did so in at least four of the previous seven days, compared with 12% of women. The proportion who did no vigorous physical activity is 46% for men and 61% for women.
- Older people are less likely to do vigorous physical activity. People aged 55 or over are more likely to say that they never do any vigorous physical activity (69%, falling to 51% of 40-54 year olds, 45% of 25-39s, and 38% of 15-24 year olds). The differences between men and women are broadly consistent across the various age groups.
- There are differences by occupational group. Those in manual occupations (24%) and self-employed people (22%) are more likely to have done vigorous physical activity on at least four of the last seven days. This may suggest that, for some respondents, the activities may be work-related.

QD3a In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?

	1-3 days	4-7 days	None	Don't know
EU28	29%	16%	54%	1%

Gender

Man	33%	20%	46%	1%
Woman	26%	12%	61%	1%

Age

15-24	40%	21%	38%	1%
25-39	34%	20%	45%	1%
40-54	31%	17%	51%	1%
55 +	21%	10%	69%	0%

Education (End of)

15-	15%	11%	74%	0%
16-19	27%	17%	55%	1%
20+	38%	16%	45%	1%
Still studying	46%	21%	32%	1%

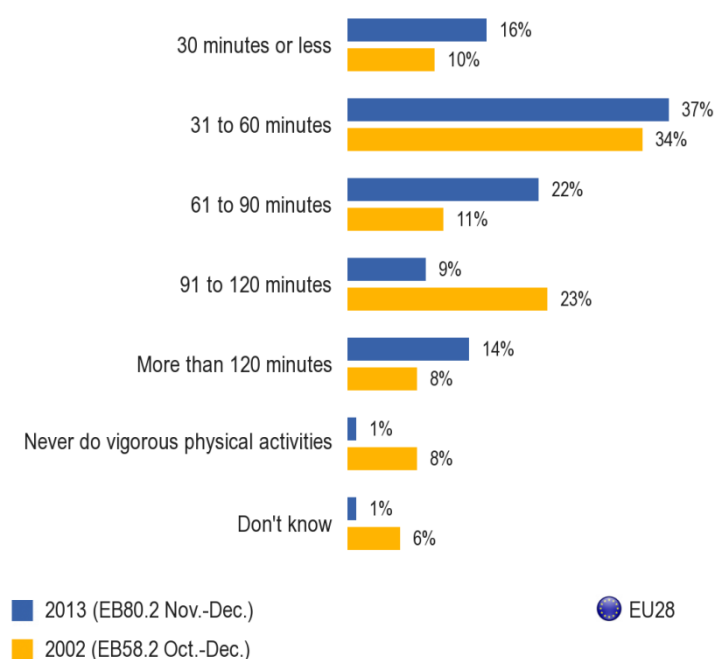
Socio-professional category

Self-employed	35%	22%	43%	0%
Managers	45%	17%	37%	1%
Other white collars	36%	13%	50%	1%
Manual workers	27%	24%	48%	1%
House persons	19%	10%	70%	1%
Unemployed	26%	15%	59%	0%
Retired	19%	9%	71%	1%
Students	46%	21%	32%	1%

The group of respondents who said they did vigorous physical activity during the last week were asked specifically how much time they spent at it on those days¹⁰.

Among these respondents, a majority spend an hour or less doing vigorous physical activity (54%), while others spend more than one hour (45%). Overall, when considering these two categories, the image is comparable to what was observed in 2002 (52% and 42% respectively).

QD3b. In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?



Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

Looking at **individual countries**, Estonia (58%), France (56%) and Bulgaria (55%) have the highest proportions of respondents who do vigorous physical activity for more than an hour; whereas this amounts to less than a third in Portugal (32%) and Ireland (32%). In the following countries, more than a quarter of respondents even do such activity for two hours or more: Latvia (28%), Lithuania (27%), France (27%) and Estonia (27%).

By contrast, respondents who are more likely to do vigorous physical activity for less than an hour are in Ireland (67%), Portugal (67%), Denmark (64%), Finland (64%), Greece (62%) and Poland (62%).

¹⁰ QD3b: 'In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?' Possible responses: 30 minutes or less; 31 to 60 minutes; 61 to 90 minutes; 91 to 120 minutes; more than 120 minutes; never do vigorous physical activities; don't know.

QD3b In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	Don't know
	EU28	16%	37%	22%	9%	14%	1%	1%
	BE	20%	32%	21%	10%	14%	2%	1%
	BG	9%	33%	22%	11%	22%	0%	3%
	CZ	14%	35%	24%	8%	19%	0%	0%
	DK	19%	45%	20%	9%	7%	0%	0%
	DE	19%	36%	22%	9%	12%	2%	0%
	EE	13%	28%	22%	10%	26%	0%	1%
	IE	17%	48%	19%	8%	5%	2%	1%
	EL	19%	42%	17%	7%	13%	1%	1%
	ES	10%	41%	27%	10%	11%	1%	0%
	FR	14%	29%	19%	10%	27%	1%	0%
	HR	17%	35%	19%	11%	16%	1%	1%
	IT	12%	45%	28%	7%	5%	2%	1%
	CY	15%	41%	22%	16%	5%	1%	0%
	LV	15%	31%	15%	9%	28%	2%	0%
	LT	15%	30%	17%	9%	27%	2%	0%
	LU	20%	30%	24%	13%	12%	1%	0%
	HU	17%	38%	15%	6%	22%	2%	0%
	MT	14%	42%	16%	10%	14%	2%	2%
	AT	14%	40%	26%	8%	10%	1%	1%
	NL	22%	33%	19%	10%	16%	0%	0%
	PL	18%	43%	21%	5%	10%	1%	2%
	PT	23%	40%	23%	4%	5%	4%	1%
	RO	15%	30%	19%	9%	18%	2%	7%
	SI	16%	34%	23%	12%	11%	3%	1%
	SK	14%	38%	24%	8%	13%	0%	3%
	FI	13%	50%	24%	6%	6%	1%	0%
	SE	11%	42%	21%	10%	15%	0%	1%
	UK	19%	36%	19%	9%	15%	1%	1%

Highest percentage per country Lowest percentage per country

Highest percentage per item Lowest percentage per item

Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

Socio-demographic variations are as follows:

- Men typically spend longer than women doing vigorous physical activity. While 52% of men do this for more than an hour, the proportion of women is much lower (35%).
- There is also a difference by age, with younger people (aged 15-24) likely to spend more time doing vigorous physical activity (49% spend more than an hour doing it, compared to 42% of those aged 55 or over).
- Self-employed people (48%) and those in manual occupations (51%) are more likely to spend more than an hour doing vigorous physical activity, compared with other occupational groups.

QD3b In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	Don't know
EU28	16%	37%	22%	9%	14%	1%	1%
 Gender							
Man	12%	34%	24%	10%	18%	1%	1%
Woman	21%	42%	18%	7%	10%	1%	1%
 Age							
15-24	13%	36%	27%	12%	10%	1%	1%
25-39	13%	39%	24%	7%	15%	1%	1%
40-54	18%	38%	18%	8%	16%	1%	1%
55 +	21%	34%	19%	9%	14%	2%	1%
 Socio-professional category							
Self-employed	12%	38%	21%	9%	18%	1%	1%
Managers	17%	42%	22%	7%	11%	1%	-
Other white collars	16%	42%	24%	7%	9%	1%	1%
Manual workers	15%	32%	20%	8%	23%	1%	1%
House persons	23%	40%	16%	6%	10%	3%	2%
Unemployed	17%	35%	23%	11%	12%	1%	1%
Retired	21%	34%	19%	9%	13%	2%	2%
Students	13%	40%	27%	11%	7%	1%	1%
 Gender and Age							
Man 15-24	11%	32%	32%	13%	12%	-	-
Man 25-39	10%	35%	26%	9%	18%	1%	1%
Man 40-54	12%	36%	19%	9%	22%	1%	1%
Man 55+	17%	32%	20%	11%	17%	2%	1%
Women 15-24	16%	43%	21%	11%	7%	1%	1%
Women 25-39	17%	46%	21%	4%	10%	1%	1%
Women 40-54	25%	41%	15%	7%	9%	1%	2%
Women 55+	25%	37%	17%	7%	11%	2%	1%

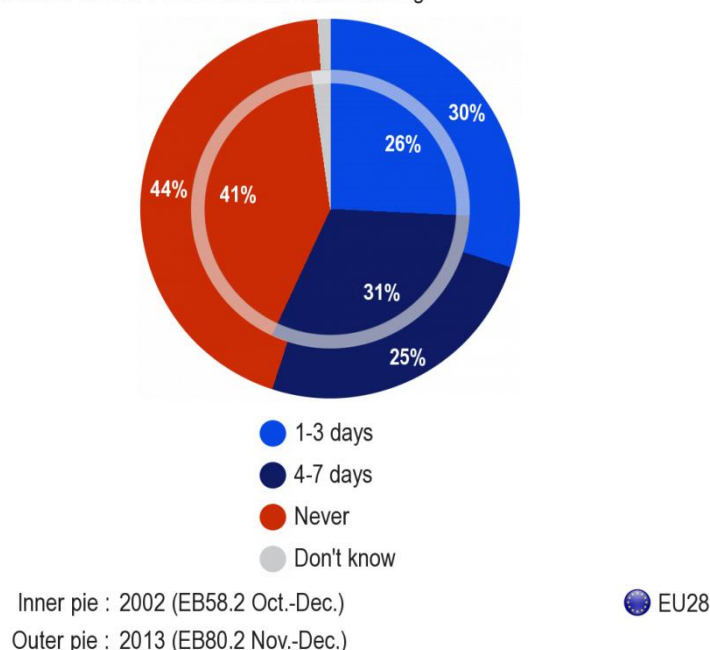
Base: Respondents who have done vigorous physical activity in the last week (n=12.842)

1.2.2. Moderate physical activity

Respondents were also asked on how many days they engage in moderate physical activity¹¹. One in four respondents (25%) say they did moderate physical activity on at least four of the previous seven days, while 30% did so on between one and three days. However, 44% did not do any moderate physical activity in the previous week.

The results show a decline in the frequency of moderate physical activity compared to 2002. The proportion of those who did no moderate physical activity at all in the last week (44%) increased by 3 pp, while 25% mentioned doing moderate physical activity 4 days a week or more often, compared to 31% in 2002.

QD4a. 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.

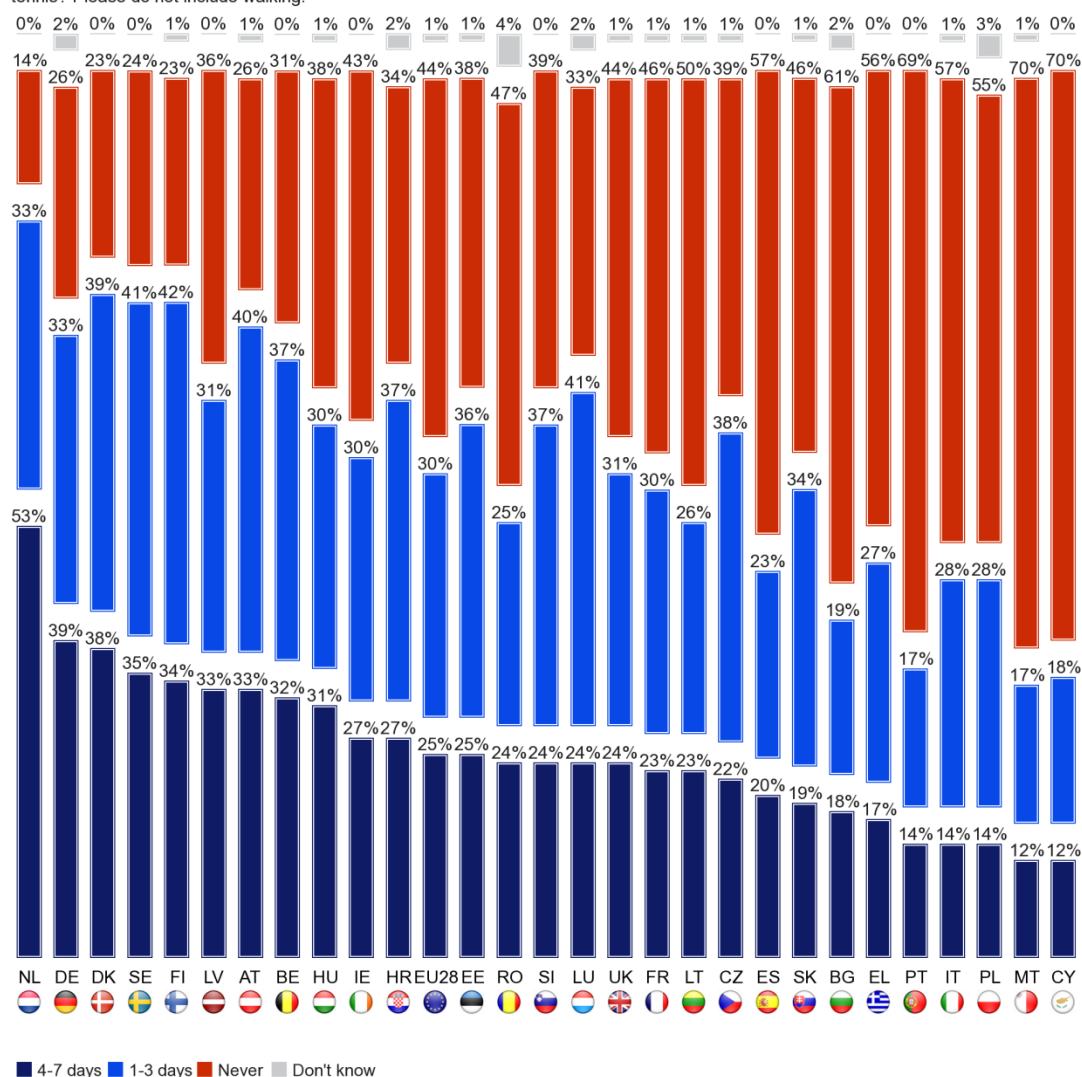


Looking **at country level**, the Netherlands has the highest proportion of respondents who did moderate physical activity on at least four of the previous seven days (53%). The proportion is also relatively high in Germany (39%) and Denmark (38%).

However, respondents in Cyprus (12%), Malta (12%), Poland (14%), Italy (14%) and Portugal (14%) are less likely to have done moderate physical activity on at least four of the last seven days. Cyprus (70%), Malta (70%) and Portugal (69%) also have the highest proportions that did no moderate physical activity at all.

¹¹ QD4a: 'In the last 7 days, on how many days did you do moderate physical activity like lifting heavy things, digging, aerobics or fast cycling?'

QD4a. 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 results are generally consistent across **socio-demographic groups**. Differences are as follows:

- Men are slightly more likely than women to do moderate physical activity: 39% of men did no moderate physical activity in the previous seven days, compared with 48% of women. Moreover, a slightly higher proportion of men did moderate physical activity on at least four of the last seven days (27% vs 24% of women).
- Older people are less likely to do moderate physical activity. People aged 55 or over are more likely to say that they did no moderate physical activity in the previous seven days (54%, compared with between 32% and 42% in the younger age bands). Conversely, the proportion that did moderate physical activity on at least four of the last seven days is decreasing with age (from 28% of 15-24 year olds to 21% of 55 year olds and over).

- There seems to be a link between education and moderate physical activity. While 61% of people who left the education system by the age of 15 say they did no moderate physical activity in the previous week, this falls to 44% of those who ended education at 16-19, and 35% of those who finished education at the age of 20 or over.
- There are also differences between occupational groups. Those in manual occupations (31%) and self-employed people (29%) are more likely to have done moderate physical activity on at least four of the last seven days. Once again, this may be explained by the fact that, for some respondents, the activities may be work-related.

QD4a 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.

	Never	1-3 days	4-7 days	Don't know
EU28	44%	30%	25%	1%

Gender

Man	39%	33%	27%	1%
Woman	48%	27%	24%	1%

Age

15-24	32%	39%	28%	1%
25-39	38%	34%	27%	1%
40-54	42%	30%	27%	1%
55 +	54%	24%	21%	1%

Education (End of)

15-	61%	18%	20%	1%
16-19	44%	29%	26%	1%
20+	35%	36%	28%	1%
Still studying	27%	44%	28%	1%

Socio-professional category

Self-employed	37%	33%	29%	1%
Managers	30%	41%	28%	1%
Other white collars	40%	36%	23%	1%
Manual workers	40%	28%	31%	1%
House persons	59%	22%	18%	1%
Unemployed	47%	28%	24%	1%
Retired	56%	23%	20%	1%
Students	27%	44%	28%	1%

The group of respondents who said they did moderate physical activity in the last week were asked specifically how much time they spent doing these activities on those days¹².

Among these respondents, a majority spend an hour or less doing moderate physical activity (62%), while 36% spend more than one hour at it.

Here again, the figures are comparable to what was observed in 2002 (59% and 33% respectively).

QD4b. In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?



Base: Respondents who have done moderate physical activity in the last week (n=15.739)

Analysis by **individual countries** shows that respondents in Estonia (49%), Latvia (49%), the Czech Republic (46%), and Lithuania (46%) are more likely to do moderate physical activity for more than an hour; whereas this amounts to a quarter of respondents or less in Poland (19%), Ireland (22%), Finland (22%), Portugal (23%), Cyprus (24%) and Malta (25%). In the following countries, at least one fifth of respondents even do such activity for two hours or more: Latvia (26%), the Czech Republic (20%), and Lithuania (20%).

Conversely, respondents who are more likely to do moderate physical activity for less than an hour are in Finland (78%), Ireland (78%), Portugal (77%), Poland (77%), Cyprus (76%) and Malta (73%).

¹² QD4b: 'In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?' Possible responses: 30 minutes or less; 31 to 60 minutes; 61 to 90 minutes; 91 to 120 minutes; more than 120 minutes; never do vigorous physical activities; don't know.

QD4b In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	Don't know
	EU28	24%	38%	18%	7%	11%	0%	2%
	BE	30%	35%	16%	8%	11%	0%	0%
	BG	15%	38%	16%	10%	16%	0%	5%
	CZ	17%	36%	17%	9%	20%	0%	1%
	DK	31%	39%	15%	6%	9%	0%	0%
	DE	20%	37%	22%	8%	11%	1%	1%
	EE	15%	34%	21%	10%	18%	0%	2%
	IE	26%	51%	12%	6%	4%	1%	0%
	EL	27%	39%	18%	5%	10%	1%	0%
	ES	11%	47%	25%	8%	9%	0%	0%
	FR	29%	28%	16%	7%	19%	0%	1%
	HR	20%	37%	18%	10%	13%	0%	2%
	IT	26%	44%	21%	3%	3%	1%	2%
	CY	35%	39%	11%	6%	7%	2%	0%
	LV	18%	31%	16%	7%	26%	1%	1%
	LT	16%	36%	16%	10%	20%	1%	1%
	LU	23%	39%	19%	8%	10%	0%	1%
	HU	27%	38%	15%	7%	13%	0%	0%
	MT	31%	42%	14%	5%	6%	0%	2%
	AT	20%	39%	21%	7%	11%	0%	2%
	NL	21%	38%	17%	8%	15%	0%	1%
	PL	33%	44%	11%	2%	6%	0%	4%
	PT	34%	43%	15%	3%	5%	0%	0%
	RO	22%	32%	16%	5%	15%	1%	9%
	SI	21%	39%	17%	11%	11%	0%	1%
	SK	25%	37%	17%	9%	10%	0%	2%
	FI	27%	50%	13%	5%	4%	1%	0%
	SE	22%	44%	16%	6%	11%	0%	1%
	UK	28%	34%	16%	6%	15%	0%	1%

Highest percentage per country*Lowest percentage per country*

Highest percentage per item

Lowest percentage per item

Base: Respondents who have done moderate physical activity in the last week (n=15.739)

Socio-demographic variations are as follows:

- Men typically spend longer time than women doing moderate physical activity. Men are more likely to spend more than an hour at it (40%) than women (32%).
- Results are comparable across the various age groups.
- There seems to be no clear link between education and the time spent doing moderate physical activity.
- Self-employed people (43%) and those in manual occupations (44%) are more likely to spend more than an hour doing moderate physical activity, compared with other occupations.

QD4b In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

	30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	Don't know
EU28	24%	38%	18%	7%	11%	0%	2%
 Gender							
Man	21%	37%	19%	7%	14%	0%	2%
Woman	27%	39%	17%	6%	9%	1%	1%
 Age							
15-24	24%	39%	19%	8%	8%	0%	2%
25-39	21%	39%	20%	5%	13%	0%	2%
40-54	24%	38%	16%	7%	14%	0%	1%
55 +	26%	36%	18%	8%	10%	1%	1%
 Education (End of)							
15-	24%	36%	19%	6%	12%	2%	1%
16-19	24%	36%	17%	7%	14%	0%	2%
20+	24%	41%	19%	6%	9%	0%	1%
Still studying	24%	40%	21%	7%	6%	0%	2%
 Socio-professional category							
Self-employed	20%	35%	20%	7%	16%	1%	1%
Managers	25%	42%	17%	5%	10%	0%	1%
Other white collars	25%	43%	18%	5%	7%	1%	1%
Manual workers	20%	34%	17%	8%	19%	0%	2%
House persons	27%	38%	19%	5%	9%	0%	2%
Unemployed	23%	37%	20%	8%	11%	0%	1%
Retired	27%	36%	18%	7%	9%	1%	2%
Students	24%	40%	21%	7%	6%	0%	2%

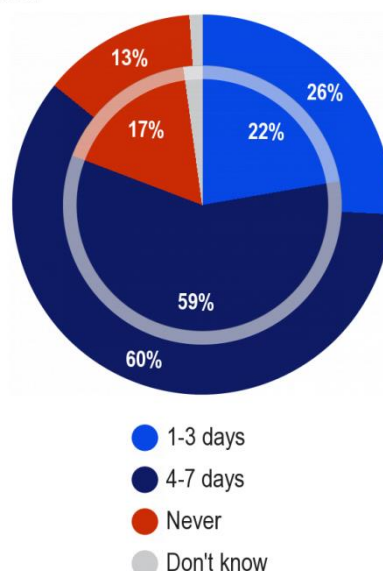
Base: Respondents who have done moderate physical activity in the last week (n=15.739)

1.2.3. Walking

All respondents were asked how many days they walked for at least ten minutes at a time in the previous seven days¹³. Six out of ten (60%) say they walked for at least ten minutes at a time on four or more days in the previous week, while one in four respondents (26%) say they walked for this amount of time on between one and three days. However, about one in eight EU citizens (13%) say they did not walk for ten minutes at a time on any day during the previous week.

These results show an improvement compared to 2002: the proportion of those who did not walk for ten minutes at a time on any day in the previous week has decreased by 4 pp, from 17% in 2002 to 13% in 2013, while the proportion of those who walked on four days or more slightly increased to 60% (+1 pp).

QD5a. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?



Inner pie : 2002 (EB58.2 Oct.-Dec.)

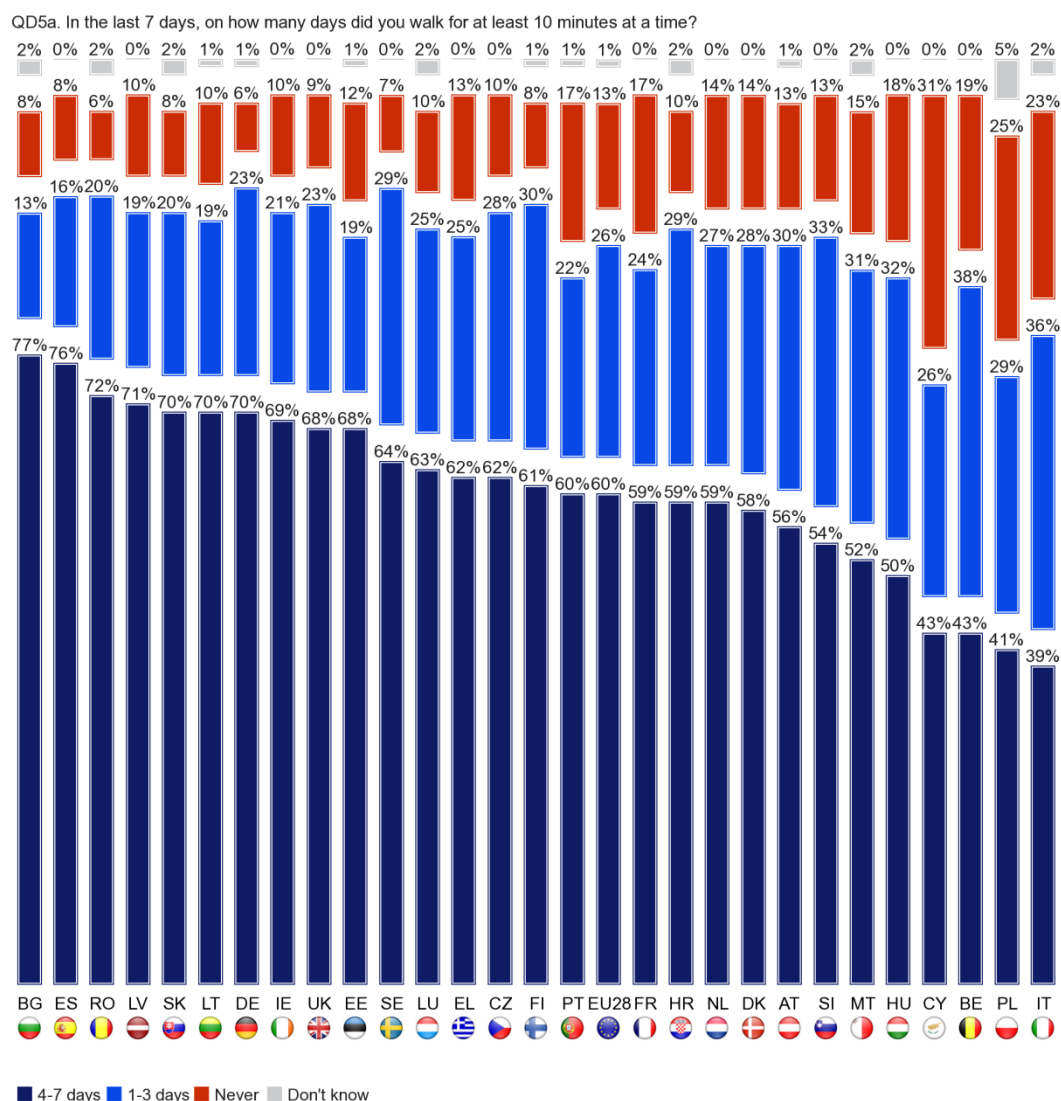
Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

In the following **countries**, respondents are more likely to walk for ten minutes or more on at least four days per week: Bulgaria (77%), Spain (76%), Romania (72%), Latvia (71%), Germany (70%), Lithuania (70%) and Slovakia (70%).

By contrast, respondents in Italy (39%), Poland (41%), Cyprus (43%) and Belgium (43%) are less likely to have walked for ten minutes or more on at least four days. Among these, Cyprus (31%), Poland (25%) and Italy (23%) also have the highest proportions of respondents who did not walk for ten minutes or more on any day during the previous week.

¹³ QD5a: 'In the last 7 days, on how many days did you walk for at least 10 minutes at a time?'



Socio-demographic differences are as follows:

- The youngest age group (15-24) is the most likely to walk for ten minutes or more on at least four days per week (70% compared with between 56% and 61% in the older age groups). There are no significant differences by gender.
- People who left the education system by the age of 15 are less likely to walk for ten minutes or more at a time: 18% did not do this at all in the previous week, compared with 14% of those who ended education at 16-19, and 11% of those who finished education at the age of 20 or over.
- There is a link between walking and exercising or playing sport. Respondents who exercise or play sport regularly are more likely to walk for ten minutes or more at least four days a week (85%). At the other extreme, those who do not exercise or play sport at all are less likely to walk for ten minutes or more at a time (23% did not do so at all in the previous week).

QD5a. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

	Never	1-3 days	4-7 days	DK
EU28	13%	26%	60%	1%



Age

15-24	8%	21%	70%	1%
25-39	11%	27%	61%	1%
40-54	13%	26%	60%	1%
55 +	17%	26%	56%	1%



Education (End of)

15-	18%	24%	57%	1%
16-19	14%	26%	59%	1%
20+	11%	28%	60%	1%
Still studying	7%	20%	72%	1%

Exercise or play sport

Regularly	4%	11%	85%	-
With some regularity	6%	30%	64%	-
Seldom	9%	30%	60%	1%
Never	23%	23%	53%	1%

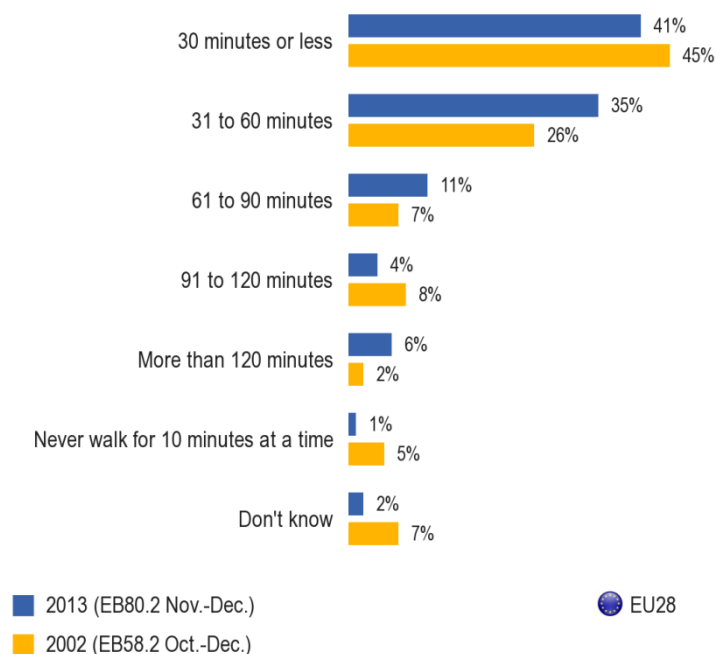
All respondents who mentioned having walked at least 10 minutes at a time once or more during the last week were asked about the time they usually spend on it (in total)¹⁴.

Among these respondents, slightly more than four out of ten (41%) spend 30 minutes or less walking, while about one-third (35%) spend between 31 minutes and an hour.

Overall, the time spent walking has increased compared to 2002: the proportion of respondents who spend 30 minutes or less walking - including those who answered never walking for at least 10 minutes - has decreased by 8 pp, from 50% to 42%.

¹⁴ QD5b: 'In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?' Possible responses: 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.

QD5b. In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?



Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days
(n=24.220)

Results are generally consistent across **countries**. In the following countries, at least one quarter of respondents who walked for at least 10 minutes at a time at least once in the past 7 days did so for more than an hour in total: Spain (30%), Estonia (29%), Latvia (28%), Luxembourg (26%), the United Kingdom (26%) and Sweden (25%).

Conversely, this proportion is the lowest in Portugal (12%), Hungary (12%), Cyprus (13%), and Greece (13%). In all these countries, about half of respondents or more who walked for at least 10 minutes at a time at least once in the past 7 days did so for only 30 minutes or less: Cyprus (62%), Portugal (55%), Hungary (53%) and Greece (49%).

QD5b In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

		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
	EU28	41%	35%	11%	4%	6%	1%	2%
	BE	48%	30%	9%	3%	7%	3%	0%
	BG	44%	31%	9%	4%	7%	1%	4%
	CZ	43%	35%	12%	2%	7%	0%	1%
	DK	44%	34%	9%	4%	8%	0%	1%
	DE	37%	39%	12%	4%	6%	0%	2%
	EE	36%	35%	13%	6%	10%	0%	0%
	IE	42%	42%	10%	3%	2%	1%	0%
	EL	49%	36%	7%	3%	3%	2%	0%
	ES	24%	46%	19%	7%	4%	0%	0%
	FR	44%	32%	10%	4%	9%	0%	1%
	HR	38%	38%	10%	3%	7%	1%	3%
	IT	49%	31%	10%	2%	3%	2%	3%
	CY	62%	23%	7%	3%	3%	2%	0%
	LV	34%	37%	13%	7%	8%	1%	0%
	LT	43%	32%	9%	6%	8%	1%	1%
	LU	43%	29%	13%	5%	8%	0%	2%
	HU	53%	34%	7%	2%	3%	1%	0%
	MT	44%	32%	9%	4%	6%	2%	3%
	AT	36%	37%	14%	6%	4%	1%	2%
	NL	42%	34%	9%	6%	7%	1%	1%
	PL	47%	32%	8%	2%	5%	1%	5%
	PT	55%	30%	6%	3%	3%	1%	2%
	RO	39%	35%	10%	5%	8%	0%	3%
	SI	39%	40%	10%	4%	5%	1%	1%
	SK	47%	31%	8%	3%	9%	0%	2%
	FI	38%	43%	13%	2%	3%	0%	1%
	SE	32%	43%	13%	4%	8%	0%	0%
	UK	42%	31%	11%	5%	10%	0%	1%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days
(n=24.220)

Socio-demographic variations are as follows:

- Men typically walk for slightly longer periods than women. While 24% of men walk for more than an hour, the figure is lower (19%) for women.
- Results are comparable across the various age groups.
- The level of education does not seem to have a clear link with the time spent walking.
- As noted above, there is a strong link between walking and exercising or playing sport. Respondents who do exercise or play sport regularly are more likely to walk for more than an hour (36%, compared to 18% of those who do not exercise or play sport at all).

QD5b In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

	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
EU28	41%	35%	11%	4%	6%	1%	2%
 Gender							
Man	40%	34%	12%	4%	8%	1%	1%
Woman	42%	36%	11%	3%	5%	1%	2%
 Age							
15-24	41%	35%	10%	4%	8%	0%	2%
25-39	40%	36%	11%	4%	7%	1%	1%
40-54	41%	34%	11%	4%	7%	1%	2%
55 +	42%	35%	12%	4%	4%	1%	2%
 Education (End of)							
15-	42%	34%	12%	4%	5%	1%	2%
16-19	42%	33%	11%	4%	7%	1%	2%
20+	40%	37%	12%	4%	5%	1%	1%
Still studying	41%	39%	9%	3%	6%	0%	2%
Exercise or play sport							
Regularly	25%	38%	19%	8%	9%	-	1%
With some regularity	38%	38%	13%	4%	6%	-	1%
Seldom	44%	36%	8%	3%	6%	1%	2%
Never	47%	32%	9%	4%	5%	1%	2%

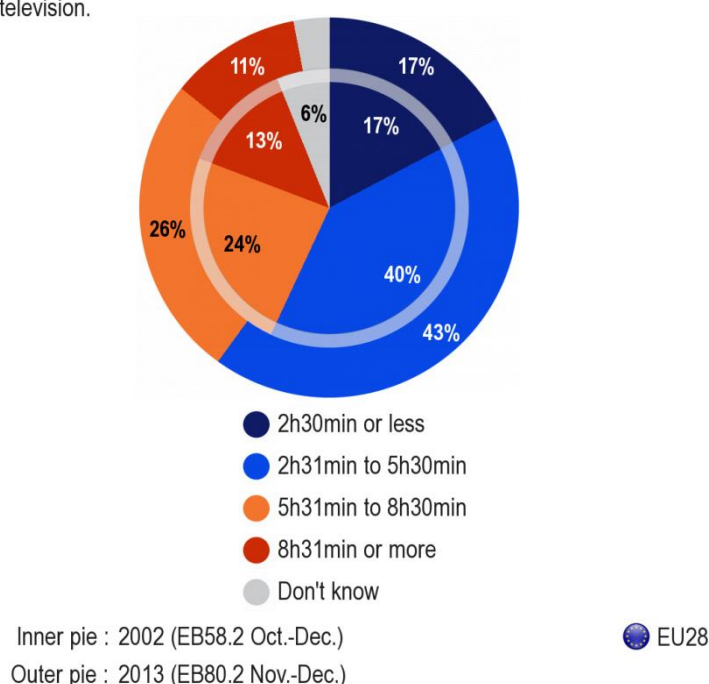
Base: Those respondents who walked for at least 10 minutes at a time at least once in the past 7 days (n=24.220)

1.2.4. Sitting

When asked about the amount of time they spend sitting on a usual day¹⁵, a little over four in every ten respondent say they sit between 2 hours 31 minutes and 5 hours 30 minutes (43%). About one in six EU citizens (17%) spend 2 hours 30 minutes or less sitting down, while at the other extreme, 11% spend more than 8 hours 30 minutes sitting down on a usual day.

Overall, these results are in line with those observed in 2002, with just a slight increase of the "middle category" of between 2.5 and 8.5 hours (+5 pp, from 64% in 2002 to 69% in 2013).

QD6. 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.

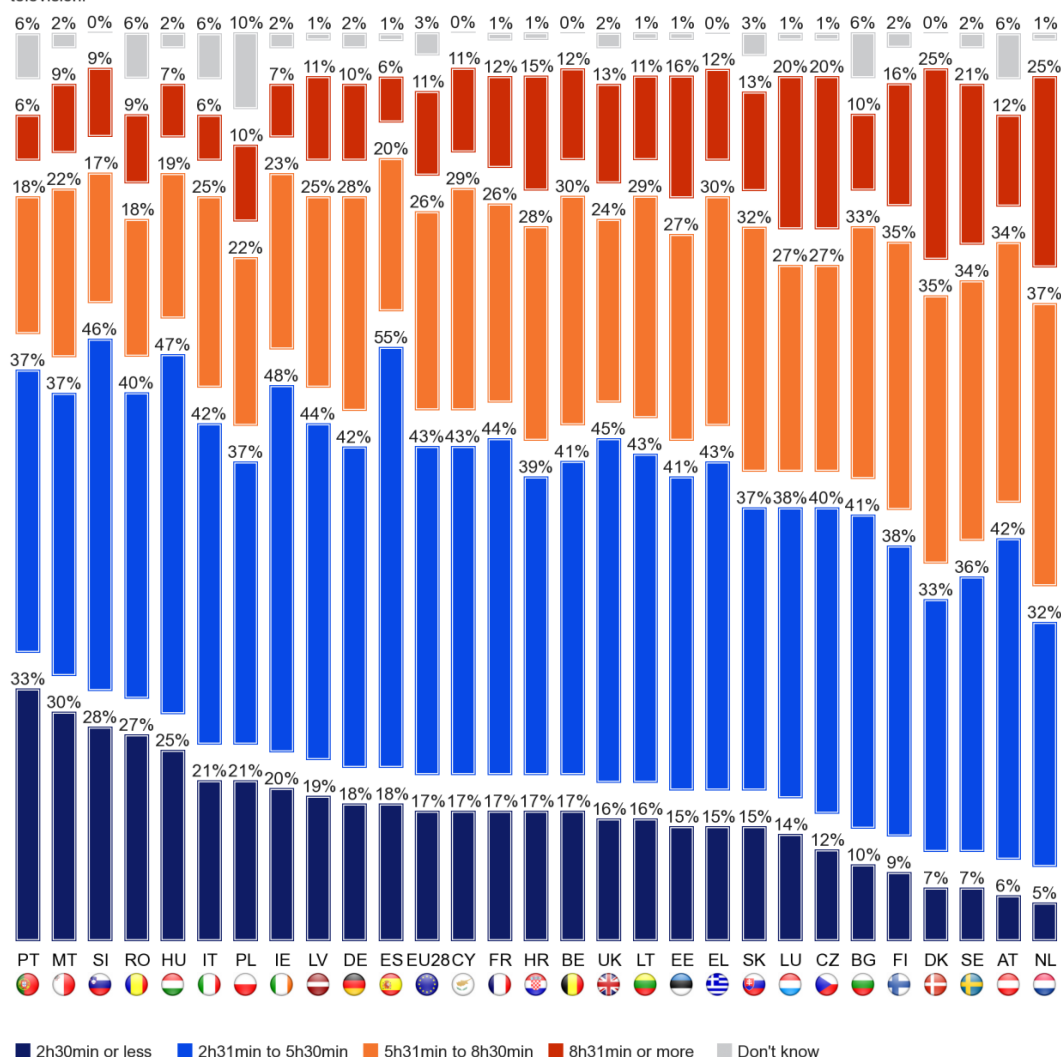


Looking at **country level**, respondents are more likely to spend 2 hours 30 minutes or less sitting down in Portugal (33%), Malta (30%), Slovenia (28%), Romania (27%) and Hungary (25%).

At the other end of the scale, respondents are more likely to spend more than 8 hours 30 minutes per day sitting down in Denmark (25%), the Netherlands (25%), Sweden (21%), Luxembourg (20%) and the Czech Republic (20%).

¹⁵ QD6: '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.' Possible responses: 1 hour or less; 1 hour to 1 hour and 30 minutes; 1 hour 31 minutes to 2 hours 30 minutes; 2 hours 31 minutes to 3 hours 30 minutes; 3 hours 31 minutes to 4 hours 30 minutes; 4 hours 31 minutes to 5 hours 30 minutes; 5 hours 31 minutes to 6 hours 30 minutes; 6 hours 31 minutes to 7 hours 30 minutes; 7 hours 31 minutes to 8 hours 30 minutes; more than 8 hours and 30 minutes; don't know.

QD6. 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.



There are some variations by **socio-demographic** characteristics:

- Respondents in the middle age bands tend to spend less time sitting down: 20% of those aged 25-39 and 21% of those aged 40-54 spend 2 hours 30 minutes or less sitting down on a usual day, compared with 14% of 15-24 year olds and 15% of those aged 55 or over.
- Those who finished education at the age of 20 or over are more likely to spend more than 8 hours 30 minutes per day sitting down (14%), compared with those who left education by the age of 15 (9%) and those who ended education at 16-19 (8%).
- Related to this, people in white collar occupations tend to spend more time sitting down. The proportion that spends more than 8 hours 30 minutes per day sitting down is 16% among managers and 21% among other white collar workers, compared with 5% among those in manual occupations and 3% among house persons.

- People who never walk for more than ten minutes at a time are more likely to spend more than 8 hours 30 minutes per day sitting down (17%, vs. 9% of those who walked 4 to 7 times in the last week).
- It is notable that in some of the countries where respondents spend a long time sitting down the proportion of citizens who exercise or play sport on a regular basis tends to be high (e.g. Denmark, the Netherlands and Sweden). By contrast, some countries have high proportions of respondents who never or seldom exercise or play sport, despite seeing low average times for sitting down (e.g. Portugal, Malta and Romania). For the EU as a whole, however, there is a tendency that people who exercise or play sport regularly are less likely sitting down more than 8.5 hours per day (6%), compared to those who do not exercise or play sport at all (12%).

QD6 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.

	2h30min or less	2h31min to 5h30min	5h31min to 8h30min	8h31min or more	Don't know
EU28	17%	43%	26%	11%	3%

Age

15-24	14%	37%	33%	13%	3%
25-39	20%	43%	23%	11%	3%
40-54	21%	41%	25%	10%	3%
55 +	15%	46%	25%	10%	4%

Education (End of)

15-	19%	46%	22%	9%	4%
16-19	20%	47%	22%	8%	3%
20+	16%	39%	29%	14%	2%
Still studying	9%	29%	43%	17%	2%

Socio-professional category

Self-employed	22%	44%	21%	10%	3%
Managers	13%	34%	35%	16%	2%
Other white collars	11%	27%	37%	21%	4%
Manual workers	26%	52%	14%	5%	3%
House persons	26%	50%	16%	3%	5%
Unemployed	20%	48%	24%	6%	2%
Retired	14%	45%	26%	11%	4%
Students	9%	29%	43%	17%	2%

Walked at least 10 min in a week

1-3 days	19%	41%	26%	12%	2%
4-7 days	17%	46%	26%	9%	2%
Never	18%	33%	25%	17%	7%

Exercise or play sport

Regularly	22%	49%	22%	6%	1%
With some regularity	16%	44%	28%	11%	1%
Seldom	18%	41%	27%	12%	2%
Never	18%	41%	24%	12%	5%

2. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY

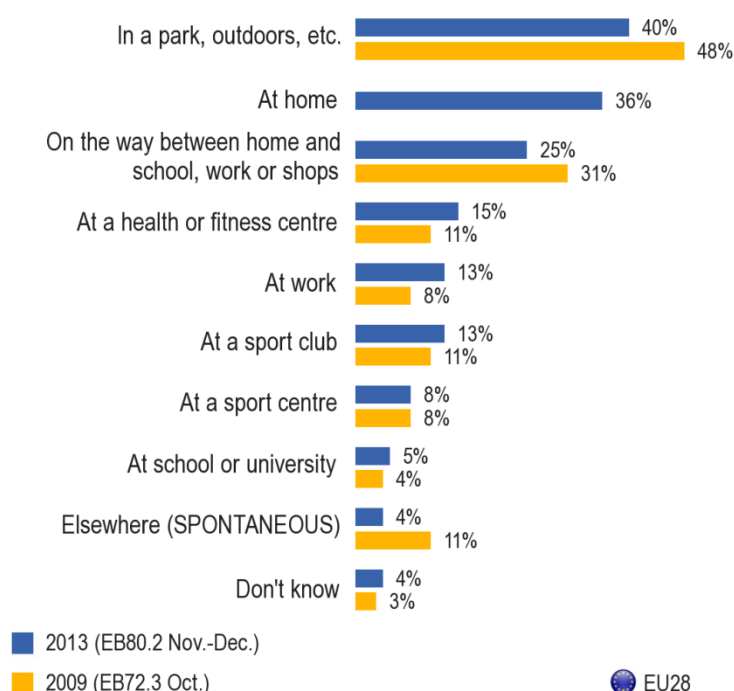
This chapter focuses on where EU citizens engage in sport and other physical activity; and it also examines club membership.

2.1. Different settings

- Most of the activity takes place in informal settings, such as parks and outdoors or at home. –

Among respondents who exercise, play sport, or engage in other physical activity, most of the activity takes place¹⁶ in informal settings, such as parks and outdoors (40% of respondents engage in sport or physical activity here), at home (36%) or on the journey between home and school, work, or shops (25%). Activity also takes place at health or fitness centres (15%), sport clubs (13%) and sport centres (8%), as well as at work (13%) and at school or university (5%).

QD7. Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?



Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE¹⁷

¹⁶ QD7: 'Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?' Possible responses: at a health or fitness centre; at a sport club; at a sport 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.

¹⁷ It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

These findings are broadly similar to those seen in the 2009 survey, although there has been a slight shift towards indoors rather than outdoors: the proportion engaging in sport or physical activity in a park and outdoors is lower in 2013 (40% compared with 48% in 2009), as is the proportion engaging in sport or physical activity between home and school, work or shops (25% compared with 31% in 2009). At the same time, the proportion engaging in sport or physical activity at a health or fitness centre has increased (from 11% in 2009 to 15% in 2013), as has the proportion in a sport club (from 11% to 13%). However, it is important to mention that 'at home' has been added to this question compared to the previous survey.

The **country-level** data reveals very different preferences for the settings in which people in the different countries choose to engage in sport or physical activity.

In the EU overall, the most common setting is a park and outdoors. The proportion engaging in sport or physical activity in a park and outdoors is particularly high in Finland (72%), Slovenia (60%), Sweden (55%), Austria (54%), Spain (51%) and Denmark (50%). The lowest proportions are in Hungary (16%) and Romania (19%).

Finland (47%) and Sweden (38%) also have high proportions who engage in sport or physical activity on the way between home and school, work or shops. This is also popular in Greece (41%), Slovakia (36%) and Malta (36%), while the lowest figures are in Luxembourg (11%) and Ireland (14%).

Sport or physical activity at home is popular in Eastern European countries. The highest figures are in Lithuania (63%), Slovakia (54%), Slovenia (54%), Romania (53%), Bulgaria (52%) and Hungary (51%), while this is less common in Southern European countries; specifically Malta (19%), Portugal (14%), Spain (14%) and Italy (13%).

The same pattern applies to engaging in sport or physical activity at work, with low figures again in Italy (4%), Portugal (5%) and Spain (6%), while Eastern European countries have the highest figures, specifically Latvia (26%), Estonia (20%), Czech Republic (19%) and Lithuania (19%).

Respondents are more likely to engage in sport or physical activity in a health or fitness centre in Sweden (40%), Finland (27%), Denmark (26%), Cyprus (22%) and the UK (21%). Denmark also has a high proportion who engages in sport or physical activity at a sport club (22%), and this is also the case in the Netherlands (23%) and Germany (21%). Use of sport centres is the most common in Italy (19%).

The lowest figures for use of health or fitness centres are in Lithuania (2%), France (5%), Latvia (6%), Hungary (6%), Slovenia (6%) and Romania (6%). Similarly, the figures for the use of sport centres are also low in Romania (2%), Hungary (3%) and Lithuania (3%), as well as in Portugal (3%). Romania also has the lowest figure for use of sport clubs (3%), with similarly low figures also in Bulgaria (5%), Hungary (5%), Poland (5%) and Cyprus (5%).

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

		In a park, outdoors, etc.	At home	On the way between home and school, work or shops	At a health or fitness centre	At work	At a sport club	At a sport centre	At school or university	Elsewhere (SPONTANEOUS)	Don't know
	EU28	40%	36%	25%	15%	13%	13%	8%	5%	4%	4%
	BE	32%	38%	29%	11%	13%	17%	9%	6%	5%	4%
	BG	25%	52%	21%	12%	10%	5%	4%	6%	5%	4%
	CZ	42%	46%	25%	17%	19%	11%	11%	5%	1%	1%
	DK	50%	39%	29%	26%	18%	22%	7%	7%	3%	3%
	DE	42%	46%	27%	16%	15%	21%	5%	4%	2%	2%
	EE	47%	41%	24%	12%	20%	14%	7%	7%	3%	3%
	IE	44%	27%	14%	16%	7%	18%	7%	5%	6%	2%
	EL	33%	31%	41%	20%	10%	8%	5%	3%	4%	0%
	ES	51%	14%	31%	19%	6%	9%	11%	2%	4%	1%
	FR	42%	27%	16%	5%	16%	17%	7%	5%	5%	4%
	HR	30%	44%	23%	9%	10%	8%	7%	3%	4%	5%
	IT	36%	13%	23%	15%	4%	7%	19%	4%	5%	2%
	CY	33%	36%	30%	22%	11%	5%	4%	7%	5%	0%
	LV	42%	49%	34%	6%	26%	6%	8%	8%	1%	2%
	LT	28%	63%	29%	2%	19%	12%	3%	8%	5%	3%
	LU	36%	35%	11%	14%	11%	16%	9%	7%	4%	3%
	HU	16%	51%	29%	6%	13%	5%	3%	5%	3%	5%
	MT	29%	19%	36%	12%	7%	11%	9%	5%	7%	1%
	AT	54%	43%	30%	19%	10%	12%	5%	5%	9%	1%
	NL	37%	35%	29%	18%	13%	23%	10%	6%	5%	2%
	PL	35%	37%	24%	9%	7%	5%	6%	7%	3%	8%
	PT	44%	14%	25%	17%	5%	7%	3%	4%	5%	2%
	RO	19%	53%	24%	6%	9%	3%	2%	6%	4%	16%
	SI	60%	54%	24%	6%	9%	9%	8%	4%	4%	1%
	SK	36%	54%	36%	13%	18%	8%	5%	7%	3%	2%
	FI	72%	43%	47%	27%	15%	7%	12%	5%	5%	1%
	SE	55%	46%	38%	40%	16%	12%	6%	6%	3%	1%
	UK	38%	40%	22%	21%	18%	11%	9%	4%	6%	4%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

The patterns for different countries are similar to those seen in the 2009 survey. The largest changes for individual countries are as follows:

- The proportion engaging in sport or physical activity in a park and outdoors has decreased in the EU overall, and the largest decreases are in Slovenia (-23 pp), Bulgaria, Estonia and Hungary (-20 pp in each country). Greece shows the largest increase (+6 pp).
- Greece (-22 pp) and Spain (-20 pp) show the largest decreases for engaging in sport or physical activity on the way between home and school, work or shops. The largest increases are in Finland (+15 pp) and Sweden (+13 pp).

- Engaging in sport or physical activity at work has increased the most in Latvia (+16 pp) and the Czech Republic (+10 pp), while the largest decrease is in Bulgaria (-9 pp).
- The use of health or fitness centres has increased the most in Sweden (+9 pp), Finland (+8 pp) and Spain (+8 pp). The largest increases in the use of sport clubs are in Lithuania (+8 pp) and Malta (+7 pp).

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

	In a park, outdoors, etc.		At home	On the way between home and school, work or shops		At a health or fitness centre		At work		At a sport club		At a sport centre		At school or university	
	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	At home	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009	EB80.2 Nov.-Dec. 2013	Diff. 2013-2009
EU28	40%	-8	36%	25%	-6	15%	+4	13%	+5	13%	+2	8%	=	5%	+1
EL	33%	+6	31%	41%	-22	20%	+7	10%	-4	8%	+6	5%	=	3%	=
PT	44%	+5	14%	25%	-11	17%	+5	5%	-6	7%	+1	3%	-2	4%	-1
SE	55%	+4	46%	38%	+13	40%	+9	16%	+9	12%	+5	6%	-6	6%	+3
IE	44%	+1	27%	14%	-11	16%	=	7%	+1	18%	+2	7%	-1	5%	+1
MT	29%	+1	19%	36%	-13	12%	+5	7%	+3	11%	+7	9%	+4	5%	+1
UK	38%	-1	40%	22%	-6	21%	+7	18%	+9	11%	+1	9%	=	4%	+1
ES	51%	-2	14%	31%	-20	19%	+8	6%	+1	9%	+6	11%	+2	2%	-1
NL	37%	-3	35%	29%	-3	18%	-1	13%	+4	23%	-2	10%	=	6%	+1
IT	36%	-4	13%	23%	+2	15%	-2	4%	+3	7%	+4	19%	+4	4%	=
FI	72%	-4	43%	47%	+15	27%	+8	15%	+7	7%	-6	12%	-1	5%	+1
BE	32%	-6	38%	29%	=	11%	+4	13%	+5	17%	+2	9%	=	6%	+2
CY	33%	-6	36%	30%	-2	22%	=	11%	+3	5%	-1	4%	-1	7%	-1
LT	28%	-7	63%	29%	-6	2%	-1	19%	+8	12%	+8	3%	-1	8%	-1
PL	35%	-8	37%	24%	-13	9%	+6	7%	+2	5%	-1	6%	+1	7%	+1
LV	42%	-9	49%	34%	+7	6%	+2	26%	+16	6%	+1	8%	+3	8%	-2
SK	36%	-9	54%	36%	-5	13%	-2	18%	+9	8%	+2	5%	+1	7%	=
FR	42%	-10	27%	16%	-10	5%	+3	16%	+3	17%	=	7%	+1	5%	+2
AT	54%	-10	43%	30%	+6	19%	+6	10%	+2	12%	-3	5%	-1	5%	=
RO	19%	-10	53%	24%	=	6%	+2	9%	+3	3%	=	2%	-1	6%	=
DK	50%	-14	39%	29%	-3	26%	+6	18%	+3	22%	+4	7%	-1	7%	+2
LU	36%	-15	35%	11%	-5	14%	+6	11%	+2	16%	=	9%	+1	7%	+1
CZ	42%	-16	46%	25%	-11	17%	+4	19%	+10	11%	+5	11%	+4	5%	-1
DE	42%	-18	46%	27%	=	16%	+4	15%	+8	21%	+2	5%	=	4%	-1
BG	25%	-20	52%	21%	-6	12%	+1	10%	-9	5%	+2	4%	+1	6%	-1
EE	47%	-20	41%	24%	-3	12%	+7	20%	+6	14%	+5	7%	-1	7%	=
HU	16%	-20	51%	29%	-13	6%	+4	13%	+1	5%	+2	3%	-1	5%	-1
SI	60%	-23	54%	24%	-7	6%	+1	9%	-2	9%	+2	8%	-1	4%	-3
HR	30%	*	44%	23%	*	9%	*	10%	*	8%	*	7%	*	3%	*

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

There are some differences between **socio-demographic** groups, as follows:

- There is relatively little variation between men and women, although men are more likely to engage in sport or physical activity at a sport club (16% compared with 10% for women) and at work (16% compared with 10%). Meanwhile, women are more likely to engage in sport or physical activity at home (38% compared with 33%) or on the way between home and school, work or shops (28% compared with 22%).
- Younger people are more likely to use formal settings; for example the proportion that uses a health or fitness centre ranges from 22% among 15-24 year olds to 9% among those aged 55 or over. Use of sport clubs is particularly high among men aged 15-24 (28%). School or university is also a popular location for younger people (23% of 15-24 year olds). By contrast, engaging in sport or physical activity in a park and outdoors is less common among young people (33% of 15-24 year olds, compared with between 39% and 44% in the older age groups).
- Use of formal settings is higher among those who spent more time in education. While 19% of people who ended education at the age of 20 or above engage in sport or physical activity in a health or fitness centre, this falls to 13% among those who ended education between the age of 16 and 19, and 7% of among those who finished education by the age of 15.
- People living in rural areas are more likely to engage in sport or physical activity at home (42%, compared with 34% of those in small or medium size towns, and 31% of those in large towns), but are less likely to use health or fitness centres (11%, compared with 15% of those in small or medium size towns, and 21% of those in large towns).
- Unsurprisingly, the use of health or fitness centres and sport clubs is greater among people who exercise or play sport on a regular basis. For example, 20% of those who exercise or play sport regularly use a health or fitness centre, and the figure is 26% among those who do so with some regularity; however, this falls to 5% among those who only seldom exercise or play sport. The same is observed for sport clubs: 15% of those who exercise or play sport regularly do so at a sport club. This proportion rises to 23% of those who do so with some regularity and drops to 4% among those who only seldom exercise or play sport.

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

	In a park, outdoors, etc.	At home	On the way between home and school, work or shops	At a health or fitness centre	At a sport club	At work	At a sport centre	At school or university
EU28	40%	36%	25%	15%	13%	13%	8%	5%
 Gender								
Man	41%	33%	22%	14%	16%	16%	9%	5%
Woman	39%	38%	28%	16%	10%	10%	7%	4%
 Age								
15-24	33%	29%	26%	22%	21%	11%	12%	23%
25-39	39%	34%	25%	19%	12%	17%	10%	1%
40-54	42%	36%	26%	13%	12%	18%	7%	1%
55 +	44%	40%	25%	9%	10%	6%	5%	1%
 Education (End of)								
15-	41%	37%	26%	7%	8%	10%	3%	1%
16-19	38%	38%	24%	13%	11%	16%	7%	1%
20+	44%	35%	26%	19%	14%	12%	10%	1%
Still studying	33%	26%	28%	22%	24%	5%	13%	35%
 Subjective urbanisation								
Rural village	39%	42%	22%	11%	12%	14%	6%	4%
Small/ mid size town	41%	34%	26%	15%	13%	12%	9%	4%
Large town	40%	31%	28%	21%	13%	12%	9%	5%
 Gender and Age								
Man 15-24	33%	27%	24%	21%	28%	11%	14%	24%
Man 25-39	39%	30%	20%	18%	15%	22%	12%	1%
Man 40-54	43%	34%	23%	12%	13%	21%	7%	1%
Man 55+	47%	40%	23%	8%	11%	7%	5%	1%
Woman 15-24	32%	32%	29%	23%	13%	10%	9%	21%
Woman 25-39	38%	38%	30%	21%	9%	12%	8%	1%
Woman 40-54	41%	39%	28%	14%	10%	13%	7%	1%
Woman 55+	41%	41%	27%	11%	9%	5%	5%	1%
Exercise or play sport								
Regularly	48%	38%	25%	20%	15%	12%	7%	6%
With some regularity	40%	28%	20%	26%	23%	10%	14%	8%
Seldom	41%	42%	30%	5%	4%	16%	4%	2%
Never	34%	42%	30%	1%	1%	14%	0%	0%

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

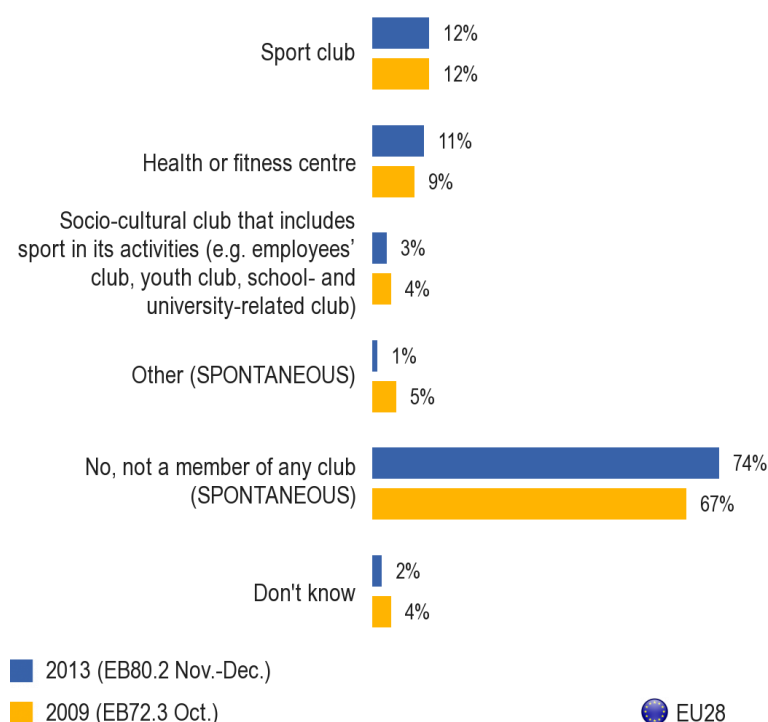
MULTIPLE ANSWERS POSSIBLE

2.2. Club membership

- The overall proportion of EU citizens who are not members of any club (74%) is higher than in 2009 –

Almost three-quarters of EU citizens (74%) say that they are not a member of any club¹⁸. Conversely, 12% of respondents are members of a sport club, while 11% belong to a health or fitness centre. In addition, 3% are members of socio-cultural clubs that include sport in its activities, such as an employees' club, a youth club or a club related to school or university. The overall proportion of EU citizens who are not members of any club is higher than in 2009. In the 2009 survey, 67% said they were not a member of any club, but this has increased to 74% in the 2013 survey. There are no substantial changes for any of the individual types of club, except a slight increase in memberships at health or fitness centres.

QD10. Are you a member of any of the following clubs where you participate in sport or recreational physical activity?



MULTIPLE ANSWERS POSSIBLE¹⁹

The proportion of respondents who are members of a club varies across **countries**. The highest proportions for memberships at a sport club are in the Netherlands (27%), Denmark (25%) and Germany (24%), while respondents in Sweden (33%) and Denmark (25%) are the most likely to be members at a health or fitness centre.

¹⁸ QD10: 'Are you a member of any of the following clubs where you participate in sport or recreational physical activity?' Possible responses: health or fitness centre; sport club; socio-cultural club that includes sport in its activities (e.g. employees club, youth club, school- and university-related club); other; no, I am not a member of any club; don't know.

¹⁹ It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

Conversely, the lowest figures for memberships at a sport club are in Romania (1%), Bulgaria (2%) and Poland (3%), while respondents in Lithuania (1%), Bulgaria (2%) and Latvia (3%) are less likely to be members at a health or fitness centre. Membership of a social-cultural club is relatively high in Denmark (9%), Sweden (8%) and Finland (7%). The proportion of respondents not members at any club is the highest in Bulgaria (94%), Hungary (89%), Latvia (89%), Romania (88%) and Portugal (88%) and Poland (87%).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

		Sport club	Health or fitness centre	Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	Other (SPONTANEOUS)	No, not a member of any club (SPONTANEOUS)	Don't know
	EU28	12%	11%	3%	1%	74%	2%
	BE	16%	11%	5%	2%	68%	2%
	BG	2%	2%	1%	0%	94%	1%
	CZ	11%	12%	3%	1%	75%	0%
	DK	25%	25%	9%	1%	47%	1%
	DE	24%	14%	4%	0%	60%	1%
	EE	12%	4%	3%	1%	69%	13%
	IE	19%	15%	4%	2%	65%	0%
	EL	5%	11%	1%	1%	83%	0%
	ES	7%	10%	3%	1%	79%	1%
	FR	16%	4%	4%	1%	74%	2%
	HR	10%	7%	3%	1%	79%	1%
	IT	7%	6%	3%	2%	80%	2%
	CY	6%	9%	1%	1%	84%	0%
	LV	6%	3%	2%	0%	89%	1%
	LT	8%	1%	2%	4%	78%	8%
	LU	21%	13%	5%	2%	65%	0%
	HU	5%	4%	3%	0%	89%	0%
	MT	6%	7%	2%	1%	85%	1%
	AT	13%	16%	3%	2%	70%	0%
	NL	27%	19%	3%	3%	54%	0%
	PL	3%	6%	1%	2%	87%	1%
	PT	4%	6%	2%	0%	88%	0%
	RO	1%	4%	1%	1%	88%	4%
	SI	12%	5%	3%	5%	76%	1%
	SK	7%	9%	3%	1%	80%	1%
	FI	12%	13%	7%	1%	70%	0%
	SE	22%	33%	8%	2%	47%	0%
	UK	11%	18%	2%	2%	69%	2%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

MULTIPLE ANSWERS POSSIBLE

Looking at the evolution by individual countries, the largest decreases in membership at a sport club are in Finland (-5 pp), Portugal (-4 pp) and Austria (-4 pp). Conversely, the largest increases are observed in Denmark (+6 pp) and the Czech Republic (+4 pp). Additionally, membership at a health or fitness centre has decreased the most in Italy (-8 pp), with the largest increases in Sweden (+12 pp), Luxembourg (+7 pp), Spain (+6 pp) and the Czech Republic (+6 pp).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

		Sport club		Health or fitness centre		Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)		Other (SPONTANEOUS)		No, not a member of any club (SPONTANEOUS)		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	12%	=	11%	+2	3%	-1	1%	-4	74%	+7	2%	-2
	DK	25%	+6	25%	+3	9%	-3	1%	-2	47%	-6	1%	+1
	CZ	11%	+4	12%	+6	3%	-1	1%	=	75%	-6	0%	-1
	BE	16%	+2	11%	+4	5%	+1	2%	-1	68%	-4	2%	=
	EE	12%	+2	4%	+2	3%	+1	1%	=	69%	-16	13%	+12
	LT	8%	+2	1%	-1	2%	+1	4%	+2	78%	-10	8%	+7
	UK	11%	+2	18%	+4	2%	-2	2%	-1	69%	-5	2%	+2
	DE	24%	+1	14%	+1	4%	-4	0%	-16	60%	+21	1%	-5
	IE	19%	+1	15%	-1	4%	=	2%	-2	65%	+6	0%	-3
	EL	5%	+1	11%	+3	1%	=	1%	=	83%	-5	0%	=
	CY	6%	+1	9%	-2	1%	-1	1%	=	84%	+2	0%	=
	HU	5%	+1	4%	+2	3%	+2	0%	-1	89%	-3	0%	=
	SE	22%	+1	33%	+12	8%	=	2%	-4	47%	-4	0%	=
	IT	7%	=	6%	-8	3%	=	2%	+1	80%	+18	2%	-11
	LV	6%	=	3%	=	2%	-2	0%	-2	89%	+13	1%	-8
	NL	27%	=	19%	-1	3%	=	3%	=	54%	+3	0%	=
	LU	21%	-1	13%	+7	5%	=	2%	+1	65%	-1	0%	-1
	MT	6%	-1	7%	+2	2%	-1	1%	-1	85%	+4	1%	-2
	PL	3%	-1	6%	+4	1%	=	2%	-2	87%	=	1%	-1
	RO	1%	-1	4%	+1	1%	+1	1%	-19	88%	+17	4%	=
	SI	12%	-1	5%	=	3%	-1	5%	+3	76%	-1	1%	+1
	BG	2%	-2	2%	-1	1%	-2	0%	-5	94%	+21	1%	-11
	ES	7%	-2	10%	+6	3%	-1	1%	-1	79%	-3	1%	=
	FR	16%	-2	4%	+2	4%	=	1%	-1	74%	+2	2%	-1
	SK	7%	-2	9%	+4	3%	-2	1%	=	80%	+1	1%	=
	AT	13%	-4	16%	+3	3%	-5	2%	-9	70%	+27	0%	-14
	PT	4%	-4	6%	-1	2%	-1	0%	-1	88%	+6	0%	-1
	FI	12%	-5	13%	+5	7%	+1	1%	-3	70%	+3	0%	-1
	HR	10%	*	7%	*	3%	*	1%	*	79%	*	1%	*

MULTIPLE ANSWERS POSSIBLE

Socio-demographic variations are as follows:

- Men are more likely than women to be members of a sport club (16% compared with 8%). Young people are more likely than older people to be members of a sport club (21% of 15-24 year olds, falling to 8% of those aged 55 or over), as well as of a health or fitness centre (ranging from 18% of those aged 15-24 to 5% of those aged 55+).
- Membership at a sport club is very high among young men (30% of men aged 15-24, falling to 11% of men aged 55 or over). The age difference is much less

pronounced for women (12% of women aged 15-24 are members at a sport club, falling to 6% of those aged 55+).

- There is a link between membership at clubs and level of education. Those who finished education at the age of 20 or above are more likely to be members at a sport club (16%) than those who ended education by the age of 15 (5%). This pattern also applies to membership at health or fitness centres (15% of those who finished education at the age of 20 or above, falling to 4% of those who ended education by the age of 15).
- Membership of clubs also varies by occupational group: membership is highest for students (25% are members at a sport club and 19% at a health or fitness centre), for managers (19% and 20% respectively), self-employed (15% in both cases) and for other white collar workers (13% are members at a sport club and 16% at a health or fitness centre).

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

	Sport club	Health or fitness centre	Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	Other (SPONTANEOUS)	No, not a member of any club (SPONTANEOUS)	Don't know
EU28	12%	11%	3%	1%	74%	2%
 Gender						
Man	16%	10%	3%	1%	71%	1%
Woman	8%	11%	3%	1%	76%	2%
 Age						
15-24	21%	18%	6%	1%	58%	1%
25-39	12%	15%	3%	2%	70%	1%
40-54	12%	9%	2%	1%	75%	2%
55 +	8%	5%	3%	1%	81%	2%
 Education (End of)						
15-	5%	4%	2%	1%	87%	2%
16-19	10%	9%	2%	1%	78%	2%
20+	16%	15%	4%	2%	65%	2%
Still studying	25%	19%	7%	1%	53%	1%
 Socio-professional category						
Self-employed	15%	15%	2%	2%	68%	1%
Managers	19%	20%	5%	1%	58%	1%
Other white collars	13%	16%	3%	2%	68%	2%
Manual workers	12%	9%	2%	1%	77%	1%
House persons	6%	5%	2%	1%	84%	3%
Unemployed	8%	7%	2%	1%	82%	2%
Retired	8%	5%	3%	1%	83%	2%
Students	25%	19%	7%	1%	53%	1%
 Gender and Age						
Man 15-24	30%	19%	6%	1%	51%	0%
Man 25-39	16%	13%	3%	2%	68%	1%
Man 40-54	15%	9%	2%	1%	74%	1%
Man 55+	11%	5%	3%	1%	80%	2%
Woman 15-24	12%	18%	6%	1%	65%	2%
Woman 25-39	8%	16%	3%	1%	73%	1%
Woman 40-54	10%	10%	2%	1%	77%	2%
Woman 55+	6%	6%	3%	1%	82%	2%

MULTIPLE ANSWERS POSSIBLE

3. UNDERSTANDING MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

This chapter looks at the reasons why people engage in sport and other physical activity, as well as the barriers to practising sport more regularly.

3.1. Motivators

- Health is the main consideration for EU citizens when it comes to sport or physical activity, followed by a wide range of other factors. -

This stage of the survey reveals the wide range of personal motivations that individual respondents have for deciding whether to engage in sport or physical activity.

The most common reason for engaging in sport or physical activity is to improve health (62%)²⁰, with 24% of respondents also mentioning weight control. The other commonly cited reasons for engaging in sport or physical activity are to improve fitness (40%), to relax (36%), and to have fun (30%).

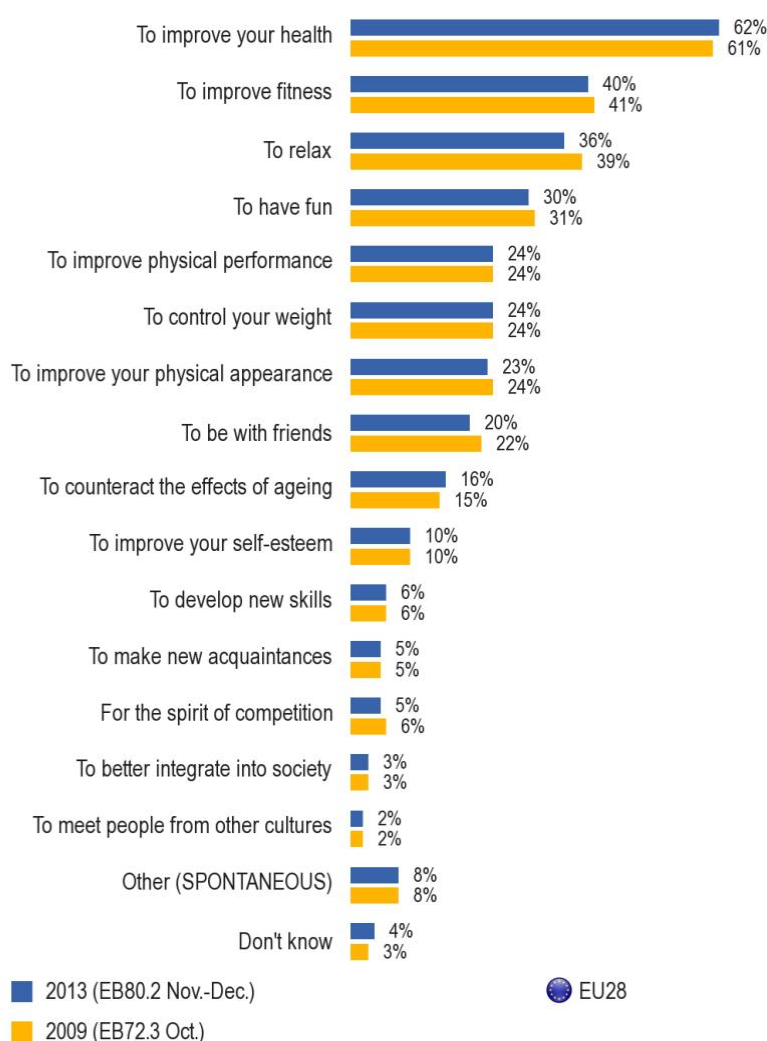
A range of other reasons is given relating to personal image (e.g. 23% of people engage in sport or physical activity to improve their physical appearance), social interaction (e.g. 20% engage in sport or physical activity so that they can be with friends) and other factors²¹.

Responses are very similar to those seen in the 2009 survey. The biggest change is that respondents are slightly less likely to say they engage in sport or physical activity in order to relax in the current survey (-3 pp).

²⁰ It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

²¹ QD8: 'Why do you engage in sport or physical activity?' Possible responses: 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.

QD8. Why do you engage in sport or physical activity?



Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

Respondents from **several countries** describe health considerations as heavily influencing their decision: these are Sweden (81%), Slovenia (76%), Denmark (76%), Cyprus (73%) and Spain (73%). However, a lower proportion of people in Bulgaria (34%), Hungary (39%) and Romania (47%) say they are motivated to improve their health.

Improving one's fitness as a motivator is the most common in Sweden (71%), Finland (61%) and Denmark (60%). Yet while fitness might seem to be an obvious motivation, a surprisingly low proportion of respondents cite this as their motivation in Romania (12%), Bulgaria (12%) and Portugal (14%).

Relaxation emerges as a particularly compelling reason in Slovenia (60%), the Netherlands (56%) and Belgium (53%). However, this is less of a factor in Poland (16%) and Slovakia (16%).

Similarly, sport or physical activity is generally viewed as being a fun activity in some EU Member States, but not in others. In the Netherlands, 56% of respondents say they do it for fun. However, only small numbers of respondents in Romania (7%) and Hungary (9%) say they engage in sport or physical activity for fun.

Improving physical performance is a very common motivating factor in some countries, especially Sweden (48%), Austria (42%) and Slovenia (42%). However, this is much less important in Bulgaria (3%).

Respondents in Denmark (43%), Sweden (43%) and Malta (41%) commonly cite 'controlling one's weight' as a motivating factor, unlike those in Hungary (8%) and Poland (10%).

Improving one's physical appearance emerges as being most common in Italy, Latvia and Malta (33% in each case). Only 14% of respondents in the Netherlands are motivated by this, however.

Engaging in sport or physical activity as a way of spending time with friends is relatively common in: Austria (35%), Slovenia (32%) and Denmark (31%). In other countries, especially Romania (7%) and Poland (9%), this is less of a factor.

Counteracting the effects of ageing is a particularly common motivation in Finland (31%) and Sweden (31%), although respondents in Bulgaria (6%), Poland (6%) and Greece (7%) are far less likely to cite this as a reason.

While improving one's self-esteem is a fairly common motivating factor in Denmark (29%) and Sweden (21%), it is not viewed as being important in Lithuania (4%) and Croatia (5%).

Other factors are generally viewed as being comparatively less important across the EU: 15% of respondents in Sweden say they engage in sport or physical activity in order to develop new skills; 13% in both Sweden and Denmark cite 'the spirit of competition' as a motivating factor; and in Denmark 11% are motivated in order to make new acquaintances.

QD8 Why do you engage in sport or physical activity?

		To improve your health	To improve fitness	To relax	To have fun	To improve physical performance	To control your weight	To improve your physical appearance	To be with friends	To counteract the effects of ageing	To improve your self-esteem	To develop new skills	To make new acquaintances	For the spirit of competition	To better integrate into society	To meet people from other cultures
	EU28	62%	40%	36%	30%	24%	24%	23%	20%	16%	10%	6%	5%	5%	3%	2%
	BE	53%	45%	53%	36%	15%	22%	16%	22%	14%	7%	5%	6%	6%	3%	2%
	BG	34%	12%	23%	16%	3%	19%	19%	12%	6%	13%	3%	1%	4%	2%	1%
	CZ	50%	37%	24%	39%	14%	20%	26%	24%	14%	7%	3%	5%	5%	3%	1%
	DK	76%	60%	31%	42%	33%	43%	28%	31%	24%	29%	13%	11%	13%	2%	2%
	DE	71%	43%	39%	40%	38%	27%	23%	23%	22%	15%	7%	5%	5%	4%	3%
	EE	55%	41%	42%	28%	13%	29%	19%	20%	13%	18%	11%	4%	7%	2%	2%
	IE	71%	47%	37%	26%	17%	30%	21%	23%	10%	10%	6%	4%	6%	2%	2%
	EL	56%	49%	40%	24%	15%	19%	21%	17%	7%	7%	4%	2%	3%	3%	1%
	ES	73%	23%	35%	26%	26%	19%	29%	16%	11%	6%	6%	4%	3%	2%	2%
	FR	55%	54%	42%	23%	12%	25%	18%	22%	12%	6%	6%	6%	7%	3%	4%
	HR	61%	30%	38%	22%	17%	16%	23%	16%	11%	5%	4%	4%	4%	2%	1%
	IT	55%	27%	44%	19%	12%	17%	33%	18%	24%	8%	3%	4%	2%	2%	4%
	CY	73%	48%	43%	19%	15%	34%	24%	14%	9%	8%	6%	2%	2%	2%	2%
	LV	62%	38%	33%	20%	14%	15%	33%	18%	14%	11%	10%	5%	8%	5%	2%
	LT	53%	23%	27%	42%	18%	12%	21%	11%	12%	4%	3%	2%	2%	2%	1%
	LU	65%	49%	39%	26%	22%	32%	22%	22%	17%	14%	7%	6%	8%	5%	4%
	HU	39%	31%	25%	9%	27%	8%	24%	11%	12%	8%	3%	2%	3%	1%	1%
	MT	70%	35%	41%	30%	23%	41%	33%	18%	14%	12%	9%	6%	10%	6%	2%
	AT	63%	40%	36%	39%	42%	34%	31%	35%	22%	18%	9%	8%	8%	4%	3%
	NL	61%	54%	56%	56%	22%	38%	14%	21%	14%	7%	7%	9%	8%	2%	1%
	PL	59%	29%	16%	24%	35%	10%	22%	9%	6%	7%	3%	3%	4%	2%	1%
	PT	67%	14%	32%	18%	16%	18%	28%	15%	14%	12%	6%	2%	2%	3%	1%
	RO	47%	12%	24%	7%	6%	13%	16%	7%	14%	6%	3%	1%	2%	4%	0%
	SI	76%	32%	60%	23%	42%	24%	19%	32%	10%	15%	10%	6%	7%	4%	2%
	SK	52%	39%	16%	18%	21%	18%	28%	22%	12%	10%	4%	5%	5%	4%	1%
	FI	69%	61%	48%	21%	38%	36%	20%	26%	31%	12%	10%	9%	6%	3%	3%
	SE	81%	71%	44%	44%	48%	43%	20%	25%	31%	21%	15%	9%	13%	3%	4%
	UK	65%	49%	31%	36%	22%	34%	20%	22%	12%	14%	9%	6%	7%	5%	3%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

In most countries, the reasons for engaging in sport or physical activity have remained very similar since 2009. However, some countries have seen some large changes. Most notably, there have been large increases in the Netherlands on a number of items. The biggest changes are in relation to relaxation (+30 pp) and to improve fitness (+28 pp). Spain shows increases in the proportions saying they engage in sport or physical activity in order to improve health (+12 pp) and to improve physical performance (+13 pp). Respondents in Portugal are more likely now than in 2009 to say they are motivated in order to improve their physical appearance (+11 pp). There have also been some substantial decreases since 2009. In Finland, there have been decreases on a number of items, with the largest difference in the proportion who engage in sport or physical activity in order to relax (-10 pp). A similar decrease on this item is seen in France (-10 pp). In Cyprus, there has been a decrease in the proportion who engage in sport or physical activity in order to improve their physical appearance (-11 pp). There have been large decreases in the proportion who say they are motivated to improve their health in Greece (-18 pp), Estonia (-13 pp) and Hungary (-10 pp). In Greece, at the same time the proportion of those who say they engage in sport or physical activity to improve their fitness shows an increase of 10 pp.

QD8 Why do you engage in sport or physical activity?

		To improve your health		To improve fitness		To relax		To have fun		To improve physical performance		To control your weight		To improve your physical appearance	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	62%	+1	40%	-1	36%	-3	30%	-1	24%	=	24%	=	23%	-1
	NL	61%	+18	54%	+28	56%	+30	56%	+21	22%	+11	38%	+23	14%	+7
	ES	73%	+12	23%	-6	35%	-5	26%	+1	26%	+13	19%	+1	29%	+1
	IE	71%	+4	47%	+2	37%	-6	26%	-3	17%	-1	30%	-1	21%	=
	FR	55%	+4	54%	-2	42%	-10	23%	-6	12%	-1	25%	-1	18%	-3
	RO	47%	+4	12%	+2	24%	-6	7%	-4	6%	-1	13%	-1	16%	+1
	IT	55%	+3	27%	-7	44%	-2	19%	-2	12%	-1	17%	-4	33%	+3
	LV	62%	+2	38%	-4	33%	-8	20%	-7	14%	-4	15%	-3	33%	=
	PT	67%	+2	14%	-2	32%	-3	18%	-4	16%	-1	18%	+9	28%	+11
	DK	76%	=	60%	-4	31%	-4	42%	-4	33%	-1	43%	-4	28%	-5
	AT	63%	=	40%	=	36%	-6	39%	+1	42%	+3	34%	=	31%	+4
	UK	65%	=	49%	-4	31%	-2	36%	-1	22%	+3	34%	+4	20%	=
	BG	34%	-1	12%	-6	23%	-4	16%	-1	3%	-2	19%	=	19%	+2
	LU	65%	-1	49%	+6	39%	-9	26%	-5	22%	-8	32%	=	22%	-9
	SI	76%	-1	32%	-3	60%	-5	23%	-5	42%	-1	24%	-2	19%	-9
	SE	81%	-1	71%	-3	44%	-7	44%	-9	48%	-2	43%	-2	20%	-8
	CZ	50%	-3	37%	+1	24%	-2	39%	+1	14%	+4	20%	-1	26%	=
	DE	71%	-3	43%	-2	39%	-2	40%	-6	38%	-7	27%	-6	23%	-6
	PL	59%	-3	29%	-3	16%	-6	24%	-1	35%	-5	10%	-1	22%	+5
	CY	73%	-4	48%	-7	43%	=	19%	+1	15%	+6	34%	-4	24%	-11
	FI	69%	-4	61%	-7	48%	-10	21%	-5	38%	-5	36%	-5	20%	-9
	SK	52%	-5	39%	-6	16%	-5	18%	+2	21%	-1	18%	-3	28%	+4
	BE	53%	-6	45%	-4	53%	-9	36%	-7	15%	-6	22%	-8	16%	-5
	LT	53%	-8	23%	-7	27%	+1	42%	-4	18%	-2	12%	-2	21%	-3
	MT	70%	-9	35%	-3	41%	-1	30%	-4	23%	+2	41%	+4	33%	+4
	HU	39%	-10	31%	-5	25%	-6	9%	-3	27%	-7	8%	=	24%	+1
	EE	55%	-13	41%	-6	42%	=	28%	+3	13%	-4	29%	-2	19%	-9
	EL	56%	-18	49%	+10	40%	+9	24%	+8	15%	+1	19%	-2	21%	=
	HR	61%	*	30%	*	38%	*	22%	*	17%	*	16%	*	23%	*

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

MULTIPLE ANSWERS POSSIBLE

The **socio-demographic** data reveal some variations in reasons for engaging in sport or physical activity:

- There are some slight differences between men and women. Men are more motivated by the fun (33% compared with 27%), being with friends (23% compared with 17%), and by competition (8% compared with 3%). Women are slightly more likely to mention weight control (26% compared with 23%) and counteracting the effects of ageing (17% compared with 14%).
- Younger people are more likely than older people to mention a number of factors. The largest differences are in relation to improving physical appearance (38% of 15-24 year olds, falling to 12% of those aged 55 or over) and having fun (ranging from 43% for those aged 15-24 to 23% for those aged 55+).
- The differences are particularly pronounced for young men, in relation to having fun (49% of 15-24 year old men mention this), as well as being with friends (40%) and improving physical performance and appearance (both 39%, compared to 19% and 10% respectively for 55+ age category). The differences are less strong on these items for women in the different age groups.
- By contrast, older people are more likely than younger people to mention improving their health (65% of people aged 55 or over, compared with 58% of those aged 15-24) and counteracting the ageing process (27% compared with 4%) as motivators.
- People who stay in education for longer are more likely to mention a number of the factors. The largest difference is in the proportion who engages in sport or physical activity in order to relax: 44% of people who left education at 20 or older say this, but this falls to 27% of those who left education by the age of 15.
- Improving one's fitness is more likely to be a factor for people who exercise or play sport on a regular basis. It is mentioned by 49% of those who exercise or play sport regularly, and by a similar proportion of those who are active with some regularity (52%). However, it is lower among those who exercise or play sport seldom (33%) or never do so (21%).

QD8 Why do you engage in sport or physical activity?

	To improve your health	To improve fitness	To relax	To have fun	To improve physical performance	To control your weight	To improve your physical appearance	To be with friends	To counteract the effects of ageing	To improve your self-esteem	To develop new skills	To make new acquaintances	For the spirit of competition	To better integrate into society	To meet people from other cultures
EU28	62%	40%	36%	30%	24%	24%	23%	20%	16%	10%	6%	5%	5%	3%	2%
 Gender															
Man	61%	41%	37%	33%	26%	23%	22%	23%	14%	10%	8%	5%	8%	3%	3%
Woman	63%	39%	35%	27%	22%	26%	24%	17%	17%	11%	5%	5%	3%	3%	2%
 Age															
15-24	58%	46%	34%	43%	31%	23%	38%	32%	4%	14%	13%	8%	12%	4%	4%
25-39	61%	40%	41%	32%	27%	27%	29%	19%	10%	13%	8%	5%	6%	3%	2%
40-54	62%	40%	39%	29%	23%	27%	21%	16%	15%	10%	4%	4%	4%	3%	3%
55 +	65%	38%	31%	23%	19%	21%	12%	16%	27%	7%	3%	4%	2%	3%	2%
 Education (End of)															
15-	61%	30%	27%	19%	18%	17%	13%	15%	20%	6%	3%	4%	2%	3%	2%
16-19	59%	37%	34%	28%	22%	24%	21%	19%	15%	9%	4%	4%	4%	3%	2%
20+	67%	46%	44%	33%	27%	29%	24%	18%	18%	13%	7%	5%	6%	2%	2%
Still studying	61%	49%	37%	45%	33%	24%	41%	35%	5%	16%	17%	8%	14%	4%	4%
 Gender and Age															
Man 15-24	60%	52%	35%	49%	39%	20%	39%	40%	4%	15%	17%	9%	18%	5%	4%
Man 25-39	59%	40%	41%	35%	29%	24%	26%	23%	9%	12%	9%	5%	9%	3%	2%
Man 40-54	61%	38%	40%	31%	23%	26%	19%	17%	14%	9%	4%	4%	5%	4%	3%
Man 55+	64%	38%	33%	24%	19%	21%	10%	16%	26%	7%	3%	4%	3%	3%	2%
Woman 15-24	57%	39%	34%	36%	23%	26%	37%	23%	4%	11%	10%	6%	6%	3%	3%
Woman 25-39	62%	40%	40%	29%	24%	29%	31%	16%	10%	14%	6%	5%	4%	3%	2%
Woman 40-54	64%	41%	37%	26%	22%	28%	22%	14%	16%	10%	4%	4%	2%	2%	3%
Woman 55+	66%	38%	30%	22%	20%	21%	13%	16%	28%	8%	2%	4%	2%	3%	2%
Exercise or play sport															
Regularly	72%	49%	39%	32%	36%	26%	29%	19%	18%	13%	12%	7%	10%	3%	4%
With some regularity	72%	52%	44%	41%	32%	32%	33%	28%	19%	15%	9%	7%	9%	4%	3%
Seldom	56%	33%	32%	25%	18%	21%	17%	15%	11%	7%	4%	3%	2%	2%	2%
Never	43%	21%	25%	14%	10%	12%	8%	9%	12%	4%	1%	2%	1%	2%	1%

Base: Those respondents who exercise, play sport or engage in other physical activity (n=20.912)

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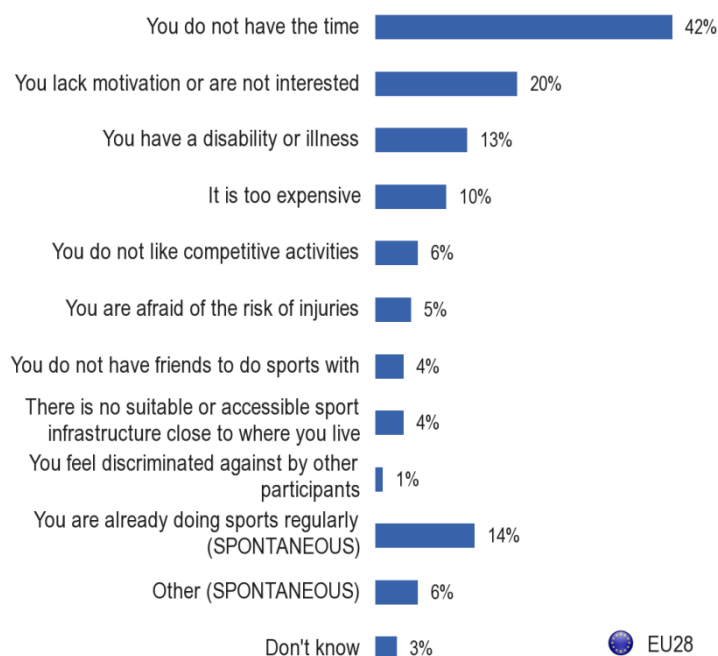
3.2. Barriers

- Lack of time is the main reason given for not practising sport. -

All respondents were asked about the main reasons that currently prevent them from practising sport more regularly²². Lack of time is the main reason that people in the EU give for not practising sport more regularly (this is mentioned by 42%). Other factors include a lack of motivation or interest (20%), having a disability or illness (13%) or the fact that it is too expensive (10%).

A small minority of respondents give other reasons: 6% do not like competitive activities; 5% are afraid of the risk of injuries; 4% do not have friends to do sports with; and 4% cite lack of suitable or accessible sport infrastructure close to where they live. About one in seven respondents (14%) say that they are already doing sports regularly.

QD9. What are the main reasons currently preventing you from practising sport more regularly?



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Lack of time is the most common reason for not practising sport across the EU. On a **country level**, the proportions giving this answer are the highest in Malta (56%), Romania (53%), the Czech Republic (52%), Luxembourg (50%), Sweden (50%) and Cyprus (49%). The lowest proportions are in the Netherlands (29%), Austria (31%), Finland (32%) and Portugal (33%).

²² QD9: 'What are the main reasons currently preventing you from practising sport more regularly?' Possible responses: you do not have the time; it is too expensive; you do not like competitive activities; there is no suitable 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 lack motivation or are not interested; you are afraid of the risk of injuries; you are already doing sports regularly; other; don't know.

²³ It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

Lack of interest or motivation is mentioned by a large proportion of respondents in Denmark (29%), Malta (28%), Sweden (27%) and Greece (27%). Respondents in Ireland (11%), Romania (13%), Slovenia (14%) and the United Kingdom (14%) are least likely to see this as a problem.

Illness or disability emerge as particular reasons for not practising sport in Finland (24%), the United Kingdom (21%) and Denmark (20%). The cost of practising sport is mentioned most frequently in Portugal (19%), Cyprus (18%) and Lithuania (17%); only 1% of respondents in Malta say that it is too expensive.

A dislike of competitive activities is the most commonly given as a reason by respondents in Italy (13%), Malta (12%) and Hungary (10%). Respondents in Slovakia (10%) and the Czech Republic (9%) are most likely to say that they are afraid of the risk of injuries.

A lack of suitable or accessible sport infrastructure is not seen as a problem in the vast majority of the EU, although a larger proportion of respondents in Romania (10%), Lithuania (9%), Croatia (8%) and Slovakia (8%) mention this as a difficulty for them.

QD9 What are the main reasons currently preventing you from practising sport more regularly?

	You do not have the time	You lack motivation or are not interested	You have a disability or illness	It is too expensive	You do not like competitive activities	You are afraid of the risk of injuries	There is no suitable or accessible sport infrastructure close to where you live	You do not have friends to do sports with	You feel discriminated against by other participants	You are already doing sports regularly (SPONTANEOUS)
EU28	42%	20%	13%	10%	6%	5%	4%	4%	1%	14%
BE	39%	19%	15%	10%	8%	6%	3%	4%	1%	14%
BG	39%	26%	12%	9%	6%	6%	7%	4%	0%	8%
CZ	52%	23%	16%	14%	6%	9%	7%	7%	1%	9%
DK	48%	29%	20%	8%	5%	7%	3%	3%	0%	8%
DE	38%	23%	13%	7%	6%	4%	3%	4%	0%	23%
EE	42%	15%	17%	13%	5%	3%	6%	3%	0%	11%
IE	44%	11%	11%	7%	6%	7%	2%	2%	0%	17%
EL	46%	27%	9%	12%	5%	4%	6%	5%	0%	13%
ES	45%	24%	9%	9%	4%	5%	1%	1%	1%	14%
FR	42%	24%	15%	10%	9%	6%	3%	4%	0%	11%
HR	44%	22%	13%	14%	3%	8%	8%	4%	1%	9%
IT	40%	18%	4%	15%	13%	3%	4%	3%	1%	12%
CY	49%	20%	11%	18%	2%	4%	5%	2%	0%	15%
LV	47%	19%	12%	11%	6%	2%	6%	3%	0%	13%
LT	42%	20%	13%	17%	3%	2%	9%	4%	1%	5%
LU	50%	23%	14%	5%	4%	4%	3%	4%	1%	12%
HU	43%	18%	17%	13%	10%	7%	6%	5%	1%	8%
MT	56%	28%	9%	1%	12%	8%	2%	2%	0%	10%
AT	31%	26%	10%	9%	8%	8%	3%	5%	1%	32%
NL	29%	15%	13%	8%	5%	4%	1%	1%	0%	33%
PL	46%	19%	14%	10%	2%	7%	5%	4%	1%	8%
PT	33%	26%	11%	19%	7%	4%	4%	4%	1%	15%
RO	53%	13%	10%	9%	4%	1%	10%	2%	1%	7%
SI	45%	14%	14%	14%	4%	6%	4%	3%	0%	13%
SK	48%	23%	12%	12%	6%	10%	8%	7%	1%	11%
FI	32%	17%	24%	6%	7%	6%	5%	6%	1%	17%
SE	50%	27%	18%	6%	5%	5%	6%	3%	0%	11%
UK	42%	14%	21%	11%	3%	5%	4%	3%	0%	11%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

MULTIPLE ANSWERS POSSIBLE

The differences by **socio-demographic** groups are as follows:

- Reasons for not practising sport are similar for men and women. The only slight differences are that men are more likely to say they are already doing sports regularly (16% compared with 12%), while women are more likely to say they have a disability or illness (14% compared with 11%).
- Lack of time is mentioned most frequently in the middle age-bands (58% of 25-39 year olds and 53% of 40-54 year olds). Having a disability or illness is a more common issue for older people (25% of those aged 55 or over), while 15-24 year olds are the most likely to say that they are already doing sports regularly; the proportion is particularly high for 15-24 year old men (29%).
- People who stay in education for longer are more likely to mention lack of time as a factor. This is mentioned by 50% of people who left education at 20 or older, compared with 44% of those who left education between the age of 16 and 19, and 24% of those who left education by the age of 15. Those who left education at the age of 20 or above are also more likely to say that they already play sports regularly (16%), whereas those who left education by the age of 15 are more likely to say that they do not have the interest or motivation (26%).
- It is possible to examine the reasons given by people who exercise or play sport seldom, as well as those who never do so. This analysis shows that having a disability or illness is mainly a reason for not practising sport at all (it is mentioned by 20% of those who never exercise or play sport, compared with 11% of those who do so seldom). Similarly, a lack of motivation or interest is mentioned more frequently by people who never exercise or play sport (30%) than those who do so seldom (24%). Lack of time is mentioned more by those who exercise or play sport seldom (54%) than those who never do so (37%).

QD9 What are the main reasons currently preventing you from practising sport more regularly?

	You do not have the time	You lack motivation or are not interested	You have a disability or illness	It is too expensive	You do not like competitive activities	You are afraid of the risk of injuries	There is no suitable or accessible sport infrastructure close to where you live	You do not have friends to do sports with	You feel discriminated against by other participants	You are already doing sports regularly (SPONTANEOUS)
EU28	42%	20%	13%	10%	6%	5%	4%	4%	1%	14%
 Gender										
Man	42%	20%	11%	9%	6%	5%	4%	3%	0%	16%
Woman	42%	21%	14%	11%	7%	5%	4%	4%	1%	12%
 Age										
15-24	46%	18%	4%	11%	4%	3%	5%	4%	1%	23%
25-39	58%	16%	4%	14%	5%	2%	5%	4%	1%	14%
40-54	53%	21%	10%	12%	7%	4%	4%	4%	1%	12%
55 +	21%	24%	25%	7%	8%	8%	3%	3%	1%	12%
 Education (End of)										
15-	24%	26%	22%	9%	8%	7%	2%	3%	0%	9%
16-19	44%	21%	13%	12%	6%	5%	5%	4%	1%	13%
20+	50%	18%	9%	9%	6%	4%	4%	4%	1%	16%
Still studying	48%	15%	4%	11%	4%	3%	5%	4%	0%	26%
 Gender and Age										
Man 15-24	43%	15%	3%	9%	2%	4%	5%	4%	0%	29%
Man 25-39	56%	15%	4%	12%	4%	3%	5%	4%	0%	17%
Man 40-54	53%	21%	9%	10%	6%	4%	4%	3%	1%	13%
Man 55+	21%	25%	23%	6%	10%	7%	3%	3%	0%	13%
Woman 15-24	50%	21%	5%	13%	6%	2%	6%	4%	1%	17%
Woman 25-39	61%	17%	5%	15%	6%	2%	5%	4%	1%	11%
Woman 40-54	53%	22%	11%	13%	7%	3%	4%	4%	0%	11%
Woman 55+	21%	24%	26%	7%	7%	9%	3%	3%	1%	11%
Exercise or play sport										
Regularly	28%	7%	8%	9%	4%	5%	2%	1%	1%	39%
With some regularity	45%	10%	7%	9%	5%	4%	4%	2%	0%	28%
Seldom	54%	24%	11%	13%	7%	5%	5%	5%	0%	5%
Never	37%	30%	20%	11%	8%	6%	4%	4%	1%	2%

MULTIPLE ANSWERS POSSIBLE

4. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA

Respondents were invited to give their opinion on a number of statements relating to sport and physical activity. These statements relate to how people perceive the opportunities to be physically active in their local area, and to the performance of the local authority in providing these opportunities.

- Most EU citizens feel that they have opportunities to be physically active, but there are mixed views on the level of support provided by local authorities. -

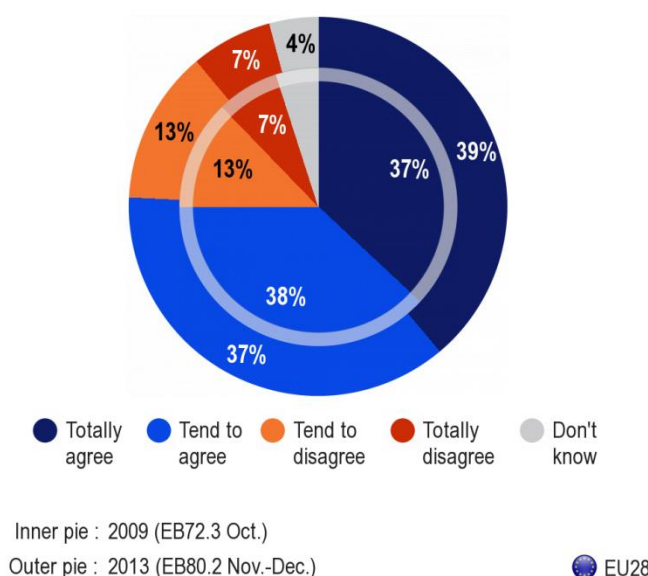
4.1. Opportunities in the local area

A little over three in four EU citizens (76%) either totally agree (39%) or tend to agree (37%) that their local area provides them with opportunities to be physically active²⁴. However, 20% of respondents either tend to disagree (13%) or totally disagree (7%) that this is the case. A further 4% say they do not even know if their area offers them opportunities.

The findings are very similar to those seen in the 2009 survey, although the proportion that totally agrees has increased slightly (from 37% to 2009 in 39% in 2013).

QD11.1. 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



²⁴ QD11.1: '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.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

In some countries, respondents have an even better impression of their local facilities. In the Netherlands, 95% of respondents agree that they have many opportunities in their area, and also Denmark (92%), Sweden (90%), France (89%) and Germany (89%) show high levels of agreement. There are stronger levels of disagreement in Bulgaria (53%), Romania (47%), Slovakia (39%) and Greece (37%).

In many countries, attitudes have remained similar to those observed in 2009. Attitudes towards local opportunities have become markedly more positive in the Czech Republic (+12 pp) and in Poland (+10 pp). However, compared with the 2009 survey, respondents are now more likely to disagree in Greece (+8 pp), Hungary (+7 pp), Bulgaria (+7 pp) and Romania (+6 pp).

QD11.1 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

		Total 'Agree'		Total 'Disagree'		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	76%	+1	20%	=	4%	-1
	CZ	73%	+12	23%	-12	4%	=
	PL	70%	+10	23%	-8	7%	-2
	MT	59%	+8	33%	-7	8%	-1
	LT	77%	+7	18%	-3	5%	-4
	LV	71%	+6	25%	-4	4%	-2
	PT	62%	+5	30%	-6	8%	+1
	BE	87%	+4	11%	-4	2%	=
	EE	78%	+4	20%	-2	2%	-2
	SE	90%	+4	9%	-4	1%	=
	UK	76%	+4	21%	-2	3%	-2
	FR	89%	+3	8%	-2	3%	-1
	CY	74%	+3	22%	-1	4%	-2
	LU	87%	+3	9%	-3	4%	=
	AT	88%	+3	10%	-2	2%	-1
	SI	84%	+3	13%	-4	3%	+1
	DK	92%	+2	7%	-1	1%	-1
	DE	89%	+2	9%	-2	2%	=
	IE	78%	+1	18%	+1	4%	-2
	RO	42%	+1	47%	+6	11%	-7
	ES	75%	=	20%	-1	5%	+1
	NL	95%	=	4%	=	1%	=
	EL	60%	-2	37%	+8	3%	-6
	IT	69%	-3	26%	+4	5%	-1
	SK	56%	-3	39%	+3	5%	=
	FI	85%	-3	12%	+1	3%	+2
	HU	58%	-6	34%	+7	8%	-1
	BG	32%	-7	53%	+7	15%	=
	HR	69%	*	27%	*	4%	*

At the **socio-demographic** level, the main difference is in terms of the respondent's financial position. Among people who pay their bills without difficulty, 81% agree that they have sufficient opportunities in their area, but this falls to 63% among people who have difficulties most of the time. Clearly, having more disposable income offers EU citizens a wider range of possibilities when it comes to sport and physical activity.

The type of area where respondents live also makes a difference. People living in rural areas are less likely to agree that they have opportunities in their area (68%) than those living in small or medium sized towns (79%) or large towns (80%).

Attitudes also seem to show a connection with the amount people exercise or play sport. Most respondents who exercise or play sport regularly agree that they have many opportunities in their area (83%), as do those who exercise or play with some regularity (85%). Agreement is lower among those who exercise or play sport seldom (78%) or never (67%).

QD11.1 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

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	76%	20%	4%

 Subjective urbanisation

Rural village	68%	28%	4%
Small/ mid size town	79%	17%	4%
Large town	80%	15%	5%

 Difficulties paying bills

Most of the time	63%	31%	6%
From time to time	70%	25%	5%
Almost never/ Never	81%	16%	3%

Exercise or play sport

Regularly	83%	15%	2%
With some regularity	85%	14%	1%
Seldom	78%	20%	2%
Never	67%	25%	8%

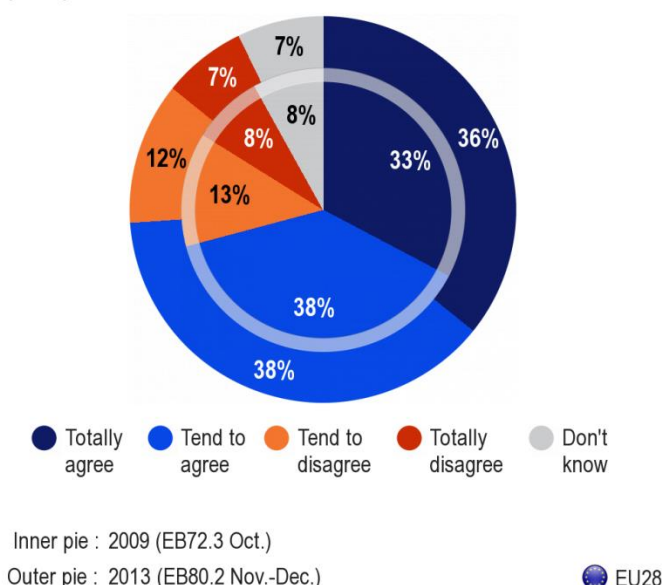
4.2. Opportunities offered by local sport clubs and other providers

The majority of EU citizens (74%) either totally agree (36%) or tend to agree (38%) that their local sport clubs and other providers give them many opportunities to be physically active²⁵. However, 19% of respondents either tend to disagree (12%) or totally disagree (7%) (7%).

Again, these results are similar to those seen in the 2009 survey, although slightly more respondents now totally agree that local sport clubs and other providers offer them the opportunities they need (+3 pp), while the proportion that disagrees has fallen (-2 pp).

QD11.2. 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



Individual countries show the same patterns as for the previous question. The highest levels of agreement in relation to the opportunities offered by local sport clubs and other providers are in the Netherlands (94%), Denmark (91%), France (88%) and Germany (88%).

Once again, respondents are the most likely to disagree in Bulgaria (50%), Romania (50%), Slovakia (44%) and Greece (41%).

There have been changes since 2009 in some countries. The level of agreement has increased in Lithuania (+16 pp), Poland (+13 pp), the Czech Republic (+11 pp) and Latvia (+10 pp). Respondents are more likely to disagree than they were in 2009 in Greece (+8 pp) and Slovakia (+5 pp).

²⁵ QD11.2: '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.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

QD11.2 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

		Total 'Agree'		Total 'Disagree'		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	74%	+3	19%	-2	7%	-1
	LT	63%	+16	26%	-11	11%	-5
	PL	59%	+13	27%	-12	14%	-1
	CZ	69%	+11	26%	-10	5%	-1
	LV	70%	+10	24%	-7	6%	-3
	BG	30%	+9	50%	-7	20%	-2
	MT	59%	+9	24%	-9	17%	=
	CY	61%	+8	29%	-6	10%	-2
	EE	73%	+7	21%	-4	6%	-3
	IE	84%	+7	12%	-3	4%	-4
	NL	94%	+7	4%	-6	2%	-1
	RO	34%	+6	50%	+3	16%	-9
	SI	76%	+5	19%	-5	5%	=
	LU	86%	+4	10%	-3	4%	-1
	UK	80%	+4	14%	-3	6%	-1
	BE	87%	+3	10%	-3	3%	=
	DE	88%	+3	8%	-2	4%	-1
	DK	91%	+2	6%	-1	3%	-1
	FR	88%	+2	7%	-2	5%	=
	FI	79%	+2	13%	-4	8%	+2
	PT	56%	+1	34%	-3	10%	+2
	SE	85%	+1	10%	-1	5%	=
	ES	77%	=	16%	=	7%	=
	AT	81%	=	15%	+3	4%	-3
	IT	66%	-2	27%	+3	7%	-1
	HU	59%	-2	33%	+4	8%	-2
	EL	54%	-3	41%	+8	5%	-5
	SK	48%	-5	44%	+5	8%	=
	HR	63%	*	30%	*	7%	*

Socio-demographic variations are similar to those seen for the previous question. Once again, there is a difference in relation to financial position. Among people who pay their bills without difficulty, 79% agree that local sport clubs and other providers offer them many opportunities, while this is lower among the people who have difficulties most of the time paying their bills (63%).

People living in rural areas are less likely to agree that local sport clubs and other providers offer opportunities in their area (65%) than those living in small or medium sized towns (79%) or large towns (79%).

In addition, the level of agreement is higher among men aged 15-24 (81%) than among those in other gender/age groups.

Attitudes again seem to show a connection with the amount of people exercise or play sport. Most respondents who exercise or play sport regularly agree that local sport clubs and other providers offer them opportunities (81%), as do those who exercise or play sport with some regularity (85%). Agreement is lower among those who exercise or play sport seldom (76%) or never (64%).

QD11.2 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

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	74%	19%	7%

 Subjective urbanisation

Rural village	65%	28%	7%
Small/ mid size town	79%	15%	6%
Large town	79%	13%	8%

 Difficulties paying bills

Most of the time	63%	28%	9%
From time to time	67%	25%	8%
Almost never/ Never	79%	15%	6%

 Gender and Age

Man 15-24	81%	17%	2%
Man 25-39	76%	20%	4%
Man 40-54	77%	18%	5%
Man 55+	73%	18%	9%
Woman 15-24	76%	21%	3%
Woman 25-39	73%	21%	6%
Woman 40-54	74%	19%	7%
Woman 55+	71%	17%	12%

Exercise or play sport

Regularly	81%	14%	5%
With some regularity	85%	13%	2%
Seldom	76%	19%	5%
Never	64%	25%	11%

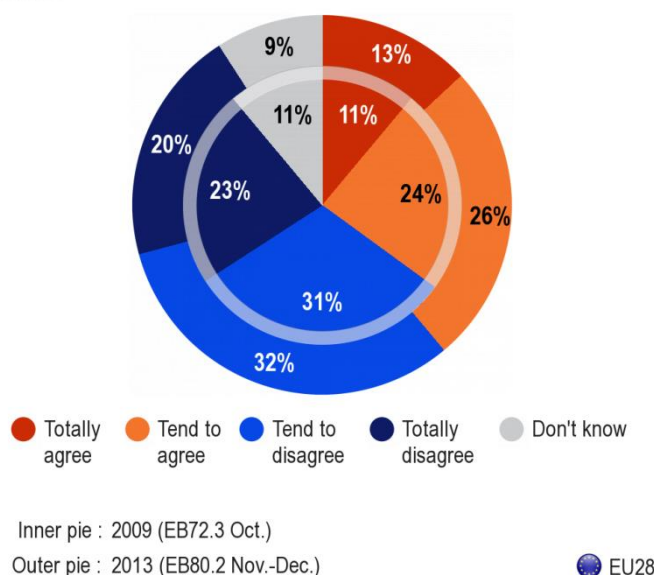
4.3. Local authority provisions

There are more mixed views (compared to the two previous statements) as to whether local authorities do enough to provide their citizens with opportunities to be physically active²⁶: 39% agree that they do not do enough, while 52% disagree.

Attitudes have become slightly more negative since 2009. The proportion that agrees that local authorities do not do enough has increased (+4 pp), while the proportion disagreeing has decreased (-2 pp).

QD11.3. 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



When looking **at country level**, a majority of respondents in four countries think that their local authority is not doing enough: Croatia (58%), Italy (56%), Romania (51%) and Slovakia (51%).

By contrast, views are the most positive in Denmark (where 77% disagreed), Finland (73%), Germany (71%) and the Netherlands (71%).

There have been changes since 2009 in some countries. Respondents are now more likely to agree that their local authority is not doing enough in Ireland (+16 pp), Spain (+11 pp) and Hungary (+11 pp). Views have become more positive in Latvia (+10 pp in the proportion that disagrees) and in Poland (+8 pp).

²⁶ QD11.3: '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.' Possible responses: totally agree; tend to agree; tend to disagree; totally disagree; don't know.

QD11.3 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

		Total 'Agree'		Total 'Disagree'		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	39%	+4	52%	-2	9%	-2
	LV	37%	-4	55%	+10	8%	-6
	PL	48%	-4	38%	+8	14%	-4
	CY	49%	-2	40%	+7	11%	-5
	LT	49%	+2	38%	+6	13%	-8
	AT	27%	+1	68%	+5	5%	-6
	BG	49%	=	31%	+4	20%	-4
	RO	51%	+3	32%	+4	17%	-7
	DK	19%	=	77%	+3	4%	-3
	EE	31%	+1	61%	+2	8%	-3
	SK	51%	+5	39%	+1	10%	-6
	EL	44%	+6	50%	-1	6%	-5
	FR	26%	=	66%	-1	8%	+1
	SI	42%	-1	51%	-1	7%	+2
	DE	22%	+3	71%	-2	7%	-1
	NL	18%	-1	71%	-2	11%	+3
	PT	49%	+2	36%	-2	15%	=
	IT	56%	+4	34%	-3	10%	-1
	MT	46%	+5	35%	-3	19%	-2
	FI	21%	+1	73%	-3	6%	+2
	UK	39%	+4	53%	-3	8%	-1
	CZ	44%	+8	48%	-4	8%	-4
	BE	38%	+6	58%	-5	4%	-1
	ES	50%	+11	41%	-7	9%	-4
	LU	26%	+7	67%	-8	7%	+1
	HU	46%	+11	43%	-9	11%	-2
	SE	30%	+7	61%	-9	9%	+2
	IE	45%	+16	44%	-10	11%	-6
	HR	58%	*	34%	*	8%	*

Socio-demographic variations show that:

- Once again, there is a difference in relation to financial position. Among people who pay their bills without difficulty, 34% agree that local authorities are not doing enough, but this is higher among people who have difficulties most of the time (47%).
- Younger people are more likely to think that local authorities are not doing enough, and this variation is mainly concentrated on young women. While 46% of women aged 15-24 agree that their local authority does not do enough, this applies to only 33% of women aged 55 or over. The difference for men is much less pronounced. This finding is relevant in the context of the comparatively lower proportion of young women exercising or playing sport on a regular basis compared with young men (see section 1.1.1).

QD11.3 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

	Total 'Agree'	Total 'Disagree'	Don't know
EU28	39%	52%	9%



Age

15-24	42%	51%	7%
25-39	43%	49%	8%
40-54	39%	53%	8%
55 +	34%	53%	13%



Difficulties paying bills

Most of the time	47%	43%	10%
From time to time	45%	45%	10%
Almost never/ Never	34%	57%	9%



Gender and Age

Man 15-24	39%	56%	5%
Man 25-39	45%	48%	7%
Man 40-54	38%	55%	7%
Man 55+	36%	52%	12%
Woman 15-24	46%	47%	7%
Woman 25-39	41%	50%	9%
Woman 40-54	40%	51%	9%
Woman 55+	33%	53%	14%

5. VOLUNTEERING IN SPORT

This chapter examines engagement in voluntary work that supports sporting activities. It also provides details on the amount of time spent on volunteering in sport, and the type of activities that people do.

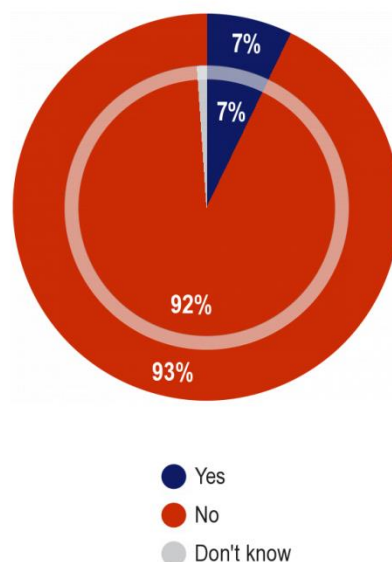
- 7% of EU citizens volunteer in sport, with a wide range of activities undertaken. –

5.1. Prevalence of volunteering

Voluntary work was described as any voluntary work or activity for which they do not receive any payment, except to cover expenses.

In total, 7% of EU citizens engage in volunteering to support sporting activities²⁷. This figure has remained unchanged since the 2009 survey.

QD12. Do you engage in voluntary work that supports sporting activities?



Inner pie : 2009 (EB72.3 Oct.)

Outer pie : 2013 (EB80.2 Nov.-Dec.)

EU28

At the **country level**, volunteering in sport is the highest in Sweden (25%), and is also relatively high in the Netherlands (18%), Denmark (18%) and Ireland (15%).

Those countries show the lowest numbers of people volunteering in sport where, throughout this survey, there is a lower proportion of people who exercise or play sport on a regular basis. Portugal (2%), Italy (3%), Greece (3%), Romania (3%), Bulgaria (3%) and Poland (3%) are among those countries where volunteering in sport is relatively rare.

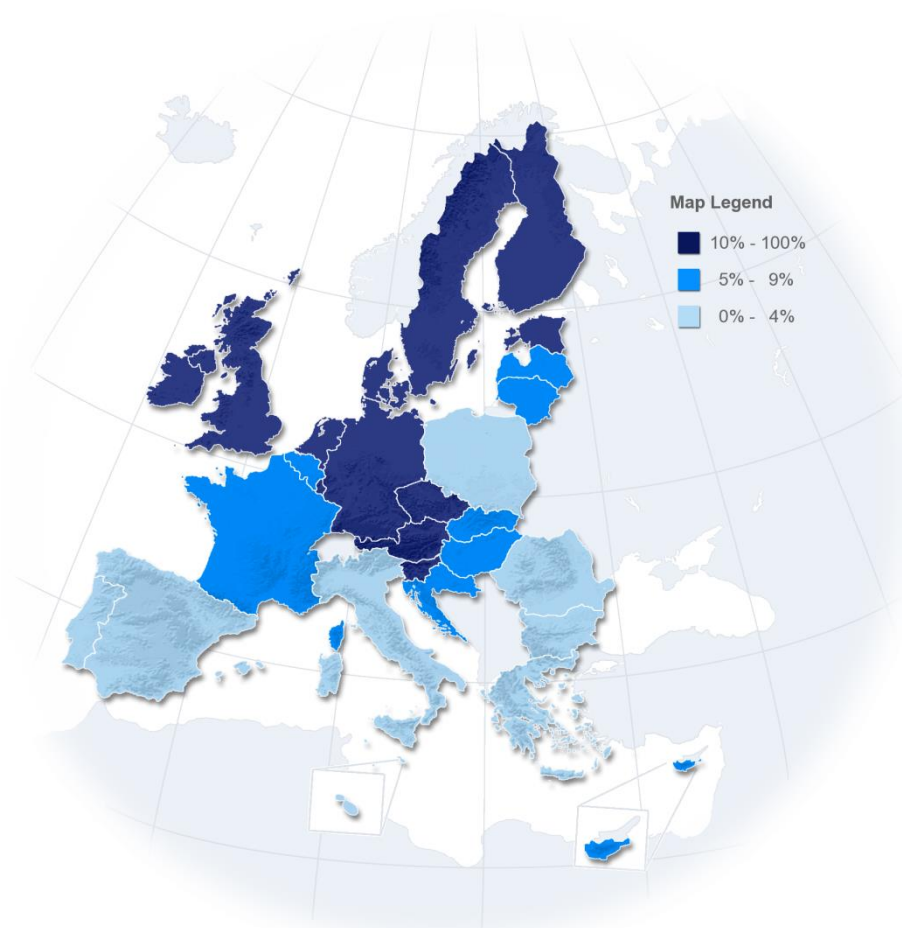
²⁷ QD12: 'Do you engage in voluntary work that supports sporting activities?' Possible responses: yes; no; don't know.

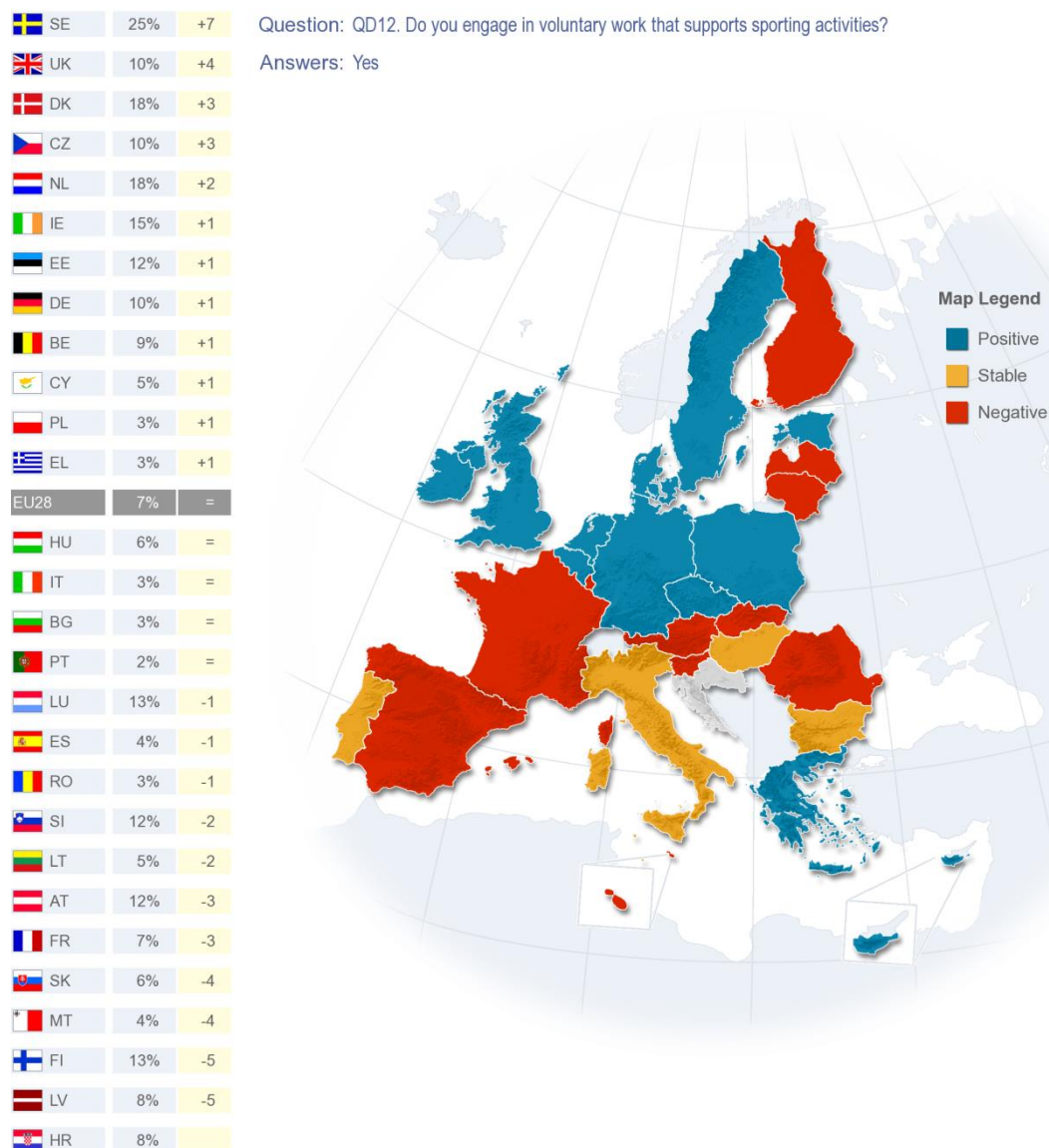
In most countries, the level of volunteering has not changed significantly since 2009. However, there have been relatively large increases in Sweden (+7 pp) and the United Kingdom (+4 pp), while levels of volunteering have decreased most in Finland (-5 pp), Latvia (-5 pp), Slovakia (-4 pp) and Malta (-4 pp).

	SE	25%
	NL	18%
	DK	18%
	IE	15%
	LU	13%
	FI	13%
	EE	12%
	SI	12%
	AT	12%
	UK	10%
	CZ	10%
	DE	10%
	BE	9%
	LV	8%
	HR	8%
	EU	7%
	FR	7%
	HU	6%
	SK	6%
	LT	5%
	CY	5%
	ES	4%
	MT	4%
	PL	3%
	BG	3%
	RO	3%
	EL	3%
	IT	3%
	PT	2%

Question: QD12. Do you engage in voluntary work that supports sporting activities?

Answers: Yes





The **socio-demographic** findings show that:

- The majority of EU citizens volunteering in sport are men: 9% of men say they volunteer, compared with 6% of women.
- Volunteering does not vary greatly by age, although it is lower among those aged 55 or over (5%).
- People who stay in education for longer are more likely to volunteer. Only 4% of those who finished studying by the age of 15 volunteer; but this climbs to 6% for those who ended education between the age of 16 and 19; and to 10% for those who ended education at the age of 20 or above.
- Related to this, volunteering is more common among managers (13%) and students (12%) and the self-employed (11%), compared with those in other occupational groups.

- Respondents who exercise or play sport on a regular basis are more likely to volunteer. 14% of people who exercise or play sport regularly and 13% who do so with some regularity say they give their time to volunteering, compared with 6% of people who seldom do so and 2% of those who never exercise or play sport.

QD12 Do you engage in voluntary work that supports sporting activities?

	Yes	No	Don't know
EU28	7%	93%	0%

 Gender

Man	9%	91%	0%
Woman	6%	94%	0%

 Age

15-24	10%	90%	0%
25-39	7%	93%	0%
40-54	9%	91%	0%
55 +	5%	95%	0%

 Education (End of)

15-	4%	96%	0%
16-19	6%	94%	0%
20+	10%	90%	0%
Still studying	12%	88%	0%

 Socio-professional category

Self-employed	11%	89%	0%
Managers	13%	87%	0%
Other white collars	7%	93%	0%
Manual workers	7%	93%	0%
House persons	3%	97%	0%
Unemployed	5%	95%	0%
Retired	5%	95%	0%
Students	12%	88%	0%

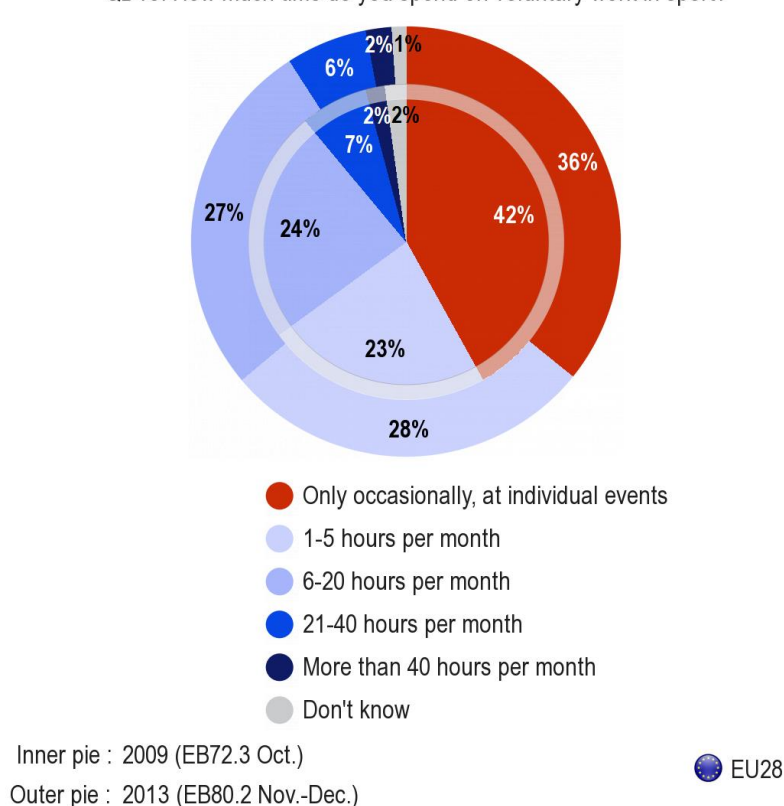
Exercise or play sport

Regularly	14%	86%	0%
With some regularity	13%	87%	0%
Seldom	6%	94%	0%
Never	2%	98%	0%

5.2. Time spent on volunteering

A little over one in three (36%) respondents who give their time to volunteering in sport only do so on an occasional basis²⁸, with a further 28% spending between one and five hours per month. However, more than a third of respondents (35%) devote at least six hours of their time each month to volunteering in sport, with 8% of those surveyed giving 21 hours or more. The amount of time that people spend volunteering in sport is slightly higher than was recorded in 2009. The proportion who only do so occasionally has decreased (-6 pp), with a corresponding increase in the proportions who spend between one and five hours per month (+5 pp) and those who spend 6-20 hours per month (+3 pp).

QD13. How much time do you spend on voluntary work in sport?



Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

Country analysis²⁹ shows that the proportion of people who volunteer for at least six hours per month is higher than in other countries in the Netherlands (45%), the United Kingdom (40%), Belgium (39%), Denmark (38%) and Ireland (38%).

The proportion is significantly lower than the EU average in Latvia (15%), Estonia (17%), the Czech Republic (20%), Lithuania (23%) and Slovenia (24%).

²⁸ QD13: 'How much time do you spend on voluntary work in sport?' Possible responses: only occasionally, at individual events; 1-5 hours a month; 6-20 hours a month; 21-40 hours a month; more than 40 hours a month; don't know.

²⁹ As only 7% of respondents say they volunteer, the sample size for this question (and the next question about types of voluntary work) is very small. This means that the margin of error is higher at this phase of the analysis. The sample size for some individual countries is very small; where the sample size is less than 50 respondents, the country has been excluded from the commentary.

There is very little change since 2009. One noticeable evolution is that volunteers in Hungary now spend more time than in 2009 (+16 pp in the proportion of people who spend six hours or more per month). See below the footnote related to the small sample sizes.

QD13 How much time do you spend on voluntary work in sport?

		Only occasionally, at individual events		1-5 hours per month		6-20 hours per month		21-40 hours per month		More than 40 hours per month		Don't know	
		EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009	EB80.2 Nov. - Dec. 2013	Diff. 2013-2009
	EU28	36%	-6	28%	+5	27%	+3	6%	-1	2%	=	1%	-1
	CY	61%	+18	10%	-24	10%	-13	8%	+8	11%	+11	0%	=
	AT	46%	-1	16%	-6	25%	=	8%	+2	4%	+4	1%	+1
	FI	42%	-1	29%	+3	19%	-4	4%	-1	5%	+3	1%	=
	CZ	54%	=	26%	=	15%	-3	3%	+2	2%	+2	0%	-1
	DK	33%	-3	29%	+1	29%	+2	6%	-1	3%	+2	0%	-1
	HU	58%	=	15%	-11	23%	+15	2%	-1	2%	+2	0%	-5
	MT	75%	+16	11%	-10	10%	-4	2%	-2	2%	+2	0%	-2
	RO	58%	-6	22%	+12	11%	+4	2%	-4	2%	+2	5%	-8
	SI	52%	-6	23%	+3	17%	+2	5%	+1	2%	+1	1%	-1
	BG	68%	-13	12%	-1	16%	+10	4%	+4	0%	=	0%	=
	EL	55%	-25	31%	+17	14%	+8	0%	=	0%	=	0%	=
	FR	41%	=	22%	+3	21%	-6	14%	+5	2%	=	0%	-2
	LV	68%	-3	17%	+3	12%	+3	1%	-1	2%	=	0%	-2
	LT	48%	-9	24%	+3	15%	+6	4%	+1	4%	=	5%	-1
	PL	49%	-3	27%	-9	16%	+13	0%	=	0%	=	8%	-1
	PT	42%	+11	27%	+12	19%	=	6%	-8	6%	=	0%	-15
	SE	39%	-2	26%	+2	26%	-1	7%	+2	2%	=	0%	-1
	UK	29%	=	31%	-4	30%	+8	8%	-2	2%	=	0%	-2
	DE	29%	-7	35%	+15	31%	-6	4%	-1	0%	-1	1%	=
	IE	29%	-9	32%	+9	29%	=	7%	+1	2%	-1	1%	=
	NL	27%	-11	27%	+4	36%	+9	8%	-2	1%	-1	1%	+1
	SK	53%	-9	19%	+4	25%	+10	0%	-2	3%	-1	0%	-2
	BE	35%	+1	26%	+3	29%	+7	7%	-9	3%	-2	0%	=
	EE	63%	+1	19%	+2	14%	+3	2%	-1	1%	-2	1%	-3
	ES	44%	-15	22%	+4	23%	+13	8%	+2	3%	-2	0%	-2
	LU	43%	+5	28%	+10	22%	-15	5%	+5	2%	-2	0%	-3
	IT	22%	-19	36%	+7	33%	+18	0%	-12	0%	-3	9%	+9
	HR	57%	*	15%	*	21%	*	2%	*	4%	*	1%	*

Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

The analysis on **socio-demographic** variables³⁰ shows the following results. Among people who volunteer, people aged 55 or over typically spend more time doing so than those in younger age groups (40% spend at least six hours per month, compared with between 32% and 35% in younger age groups). The time spent on volunteering is also higher among those who exercise or play sport on a regular basis (44% of those who do

³⁰ As with the country analysis, it is important to note that the small sample sizes restrict the analysis of socio-demographic characteristics, and some caution should be used when interpreting the findings.

so regularly spend six hours or more per month on volunteering, compared with 30% of those who seldom and 27% who never exercise or play sport).

Among those who volunteer, respondents with a higher level of education spend comparatively more time volunteering: 36% of those who ended education at the age of 20 or above spend six hours or more per month on volunteering, compared with 30% of those who finished education by the age of 15. The socio-professional category of a respondent also seems to have an impact on the time spent on volunteering: comparatively higher proportions of unemployed and retired respondents spend six hours or more per month on volunteering (50% and 43% respectively), as well as managers and other white collar (37% and 38% respectively).

QD13 How much time do you spend on voluntary work in sport?

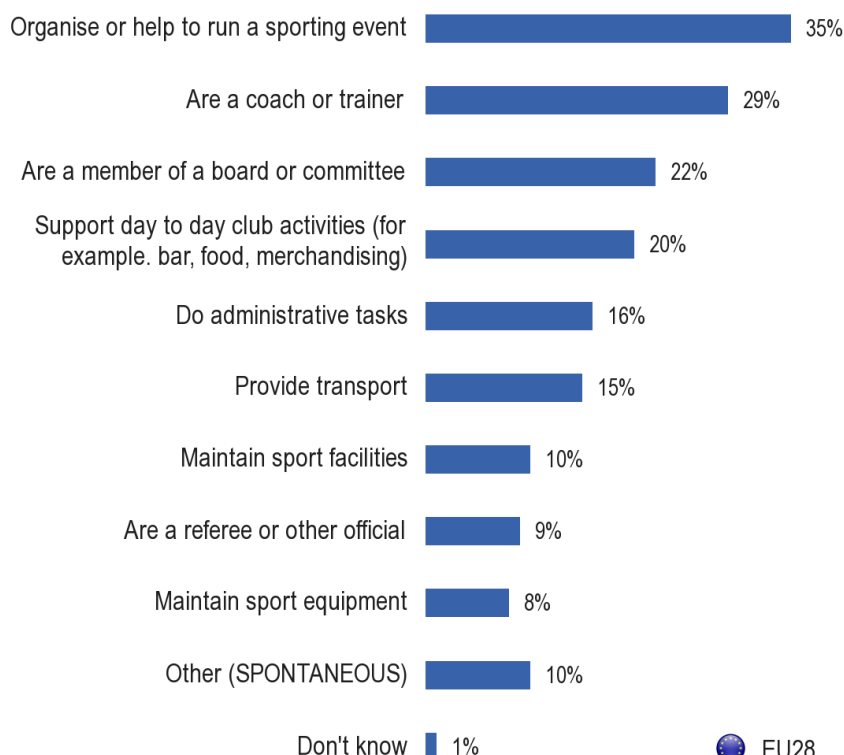
	Only occasionally, at individual events	1-5 hours per month	6-20 hours per month	21-40 hours per month	More than 40 hours per month	Don't know
EU28	36%	28%	27%	6%	2%	1%
 Gender						
Man	35%	29%	26%	7%	2%	1%
Woman	38%	26%	28%	5%	2%	1%
 Age						
15-24	39%	27%	24%	8%	1%	1%
25-39	40%	25%	27%	6%	2%	-
40-54	33%	34%	24%	6%	2%	1%
55 +	35%	23%	33%	6%	1%	2%
 Education (End of)						
15-	27%	38%	21%	6%	3%	5%
16-19	42%	23%	26%	7%	2%	-
20+	32%	31%	28%	7%	1%	1%
Still studying	39%	27%	30%	2%	2%	-
 Socio-professional category						
Self-employed	30%	42%	23%	2%	1%	2%
Managers	32%	31%	29%	6%	2%	-
Other white collars	31%	31%	30%	6%	2%	-
Manual workers	46%	26%	16%	8%	2%	2%
House persons	48%	27%	23%	1%	1%	-
Unemployed	34%	16%	22%	24%	4%	-
Retired	33%	22%	36%	6%	1%	2%
Students	39%	27%	30%	2%	2%	-
Exercise or play sport						
Regularly	34%	22%	32%	9%	3%	-
With some regularity	34%	30%	28%	6%	1%	1%
Seldom	40%	29%	21%	7%	2%	1%
Never	44%	26%	22%	4%	1%	3%

Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

5.3. Type of activities

People who volunteer in sport do a range of different activities³¹. The most common activity is organising or helping to run a sporting event (35%), followed by coaching or training (29%). Other common activities include being a member of a board or committee (22%), supporting day to day club activities (20%), doing administrative tasks (16%) and providing transport (15%).

QD14. What type of voluntary work do you do? You ...



Base: Those respondents who engage in voluntary work that supports sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE³²

Country analysis³³ shows that volunteers are more likely to organise or to help run sporting events in Slovakia (66%), Sweden (51%), Slovenia (50%), Latvia (49%), Estonia (48%) and Belgium (48%), while the proportion is low in Germany (17%). People in Ireland (44%) and the United Kingdom (39%) are the most likely to volunteer as a coach or trainer, with the lowest figures in Hungary (5%) and Lithuania (7%). Membership of a board or committee is more common in Luxembourg (37%), Denmark (36%), Germany (32%), the Netherlands (32%), France (32%) and Sweden (30%),

³¹ QD14: 'What type of voluntary work do you do? You...' Possible responses: are a member of a board or committee; do administrative tasks; are a coach or trainer; are a referee or other official; organise or help to run a sporting event; support day to day club activities (for example bar, food, merchandising); provide transport; maintain sport facilities; maintain sport equipment; other; don't know.

³² It should be noted that the total of the percentages may exceed 100%, since the respondent had the possibility of giving several answers to the question.

³³ The sample size for some individual countries is very small; where the sample size is less than 50 respondents, the country has been excluded from the commentary.

while the lowest figures are seen in Lithuania (3%), Latvia (6%), Estonia (7%) and the United Kingdom (9%). Support for day to day club activities is more likely to be provided by volunteers in Belgium (31%) and Germany (28%), with low proportions of volunteers doing this in Estonia (4%), Hungary (5%), Latvia (7%), Lithuania (8%) and the Czech Republic (9%). Volunteers are the most likely to do administrative tasks in Denmark (30%), Hungary (27%) and France (26%), while the figure is low in Croatia (4%). Providing transport is more common in Nordic countries, Sweden (35%), Denmark (32%) and Finland (27%), as well as in the Netherlands (30%). The highest figures for maintaining sport facilities are in Slovenia (19%), the Czech Republic (18%) and Denmark (17%). Hungary also has a high figure for the proportion who maintains sport equipment (22%). Estonia (24%), Latvia (23%), Finland (20%) and the Netherlands (19%) have the highest proportions of volunteers who are a referee or other type of official.

QD14 What type of voluntary work do you do? You ...

		Organise or help to run a sporting event	Are a coach or trainer	Are a member of a board or committee	Support day to day club activities (for example, bar, food, merchandising)	Do administrative tasks	Provide transport	Maintain sport facilities	Are a referee or other official	Maintain sport equipment
	EU28	35%	29%	22%	20%	16%	15%	10%	9%	8%
	BE	48%	25%	22%	31%	21%	11%	9%	13%	10%
	BG	31%	14%	9%	16%	26%	3%	9%	16%	4%
	CZ	46%	17%	14%	9%	15%	14%	18%	4%	7%
	DK	38%	32%	36%	24%	30%	32%	17%	16%	15%
	DE	17%	31%	32%	28%	17%	13%	13%	5%	12%
	EE	48%	12%	7%	4%	14%	10%	5%	24%	10%
	IE	41%	44%	20%	22%	15%	19%	8%	3%	4%
	EL	46%	14%	8%	29%	7%	7%	0%	0%	4%
	ES	47%	30%	8%	6%	2%	8%	3%	16%	0%
	FR	46%	27%	32%	21%	26%	14%	10%	5%	8%
	HR	45%	19%	27%	21%	4%	16%	5%	7%	3%
	IT	19%	36%	16%	16%	12%	4%	8%	3%	0%
	CY	58%	10%	48%	15%	28%	14%	7%	0%	12%
	LV	49%	14%	6%	7%	10%	12%	6%	23%	8%
	LT	25%	7%	3%	8%	11%	7%	9%	10%	10%
	LU	37%	11%	37%	27%	20%	18%	6%	12%	6%
	HU	47%	5%	13%	5%	27%	21%	4%	5%	22%
	MT	37%	11%	23%	22%	22%	11%	19%	0%	2%
	AT	44%	19%	20%	24%	18%	22%	16%	11%	15%
	NL	38%	28%	32%	25%	20%	30%	5%	19%	6%
	PL	10%	12%	11%	15%	8%	11%	16%	19%	4%
	PT	32%	28%	20%	14%	0%	0%	12%	10%	10%
	RO	20%	0%	14%	6%	11%	5%	0%	0%	3%
	SI	50%	15%	18%	14%	11%	18%	19%	6%	13%
	SK	66%	26%	12%	16%	13%	8%	13%	7%	14%
	FI	45%	22%	11%	22%	20%	27%	5%	20%	12%
	SE	51%	32%	30%	24%	19%	35%	12%	16%	8%
	UK	35%	39%	9%	13%	12%	9%	9%	7%	5%

Highest percentage per country

Lowest percentage per country

Highest percentage per item

Lowest percentage per item

Base: Those respondents who engage in voluntary work that support sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE

There are variations in the types of voluntary activities among **socio-demographic**³⁴ groups:

- Men are more likely than women to be coaches or trainers (33% compared with 23%), to be referees or officials (11% compared with 6%), and to maintain sport facilities (12% compared with 6%). By contrast, women are more likely to do administrative tasks (21% compared with 13%), support day to day club activities (23% compared with 18%) and provide transport (18% compared with 14%). In particular, support for day to day club activities and providing transport are more likely to be provided by women in the middle age bands (25-39 and 40-54) and those with children.
- Younger people are more likely than older people to organise or to help run a sporting event (ranging from 41% of 15-24 year olds to 27% of those aged 55 or over), and to be coaches or trainers (44% of 15-24 year olds, falling to 15% of those aged 55+). In particular, young men aged 15-24 are more likely to be a coach or trainer (50%), and their proportion is much higher than the proportion of women in the same age group (33%).
- By contrast, older people are more likely than younger people to be members of a board or committee (36% of those aged 55+, falling to 8% of 15-24 year olds) and to do administrative tasks (24% of those aged 55+, falling to 8% of those aged 15-24). Retired people are particularly prone to do these activities, and they are more likely to be done by older men than by older women (for example 41% of men aged 55+ are members of a board or committee, compared with 28% of women in the same age band).
- Volunteers who spent more time in education are more likely to be coaches or trainers (32% of those who ended education at the age of 20 or above, compared with 15% of those who finished their education by the age of 15) and to be referees (9% compared with 3%). They are also more likely to provide transport (19% compared with 11% of those who finished education by the age of 15).
- People who exercise or play sport on a regular basis are more likely to be coaches or trainers (42% of those who exercise or play sport regularly, falling to 5% of those who never do so), whereas administrative tasks are more likely to be done by people who never exercise or play sport (20% compared with 11% of those who do so regularly).

³⁴ As with the country analysis, it is important to note that the small sample sizes restrict the analysis of socio-demographic characteristics, and some caution should be used when interpreting the findings.

QD14 What type of voluntary work do you do? You ...

	Organise or help to run a sporting event	Are a coach or trainer	Are a member of a board or committee	Support day to day club activities (for example, bar, food, merchandising)	Do administrative tasks	Provide transport	Maintain sport facilities	Are a referee or other official	Maintain sport equipment
EU28	35%	29%	22%	20%	16%	15%	10%	9%	8%
 Gender									
Man	34%	33%	23%	18%	13%	14%	12%	11%	9%
Woman	37%	23%	20%	23%	21%	18%	6%	6%	6%
 Age									
15-24	41%	44%	8%	16%	8%	3%	9%	13%	9%
25-39	38%	30%	16%	17%	12%	19%	7%	9%	7%
40-54	35%	31%	24%	24%	18%	21%	12%	7%	10%
55 +	27%	15%	36%	18%	24%	14%	10%	8%	6%
 Education (End of)									
15-	21%	15%	30%	16%	16%	11%	8%	3%	6%
16-19	34%	24%	22%	21%	18%	18%	11%	7%	7%
20+	38%	32%	24%	20%	17%	19%	8%	9%	8%
Still studying	39%	43%	12%	17%	9%	4%	10%	17%	10%
 Socio-professional category									
Self-employed	25%	28%	28%	11%	18%	21%	12%	6%	7%
Managers	42%	38%	22%	19%	17%	19%	6%	9%	6%
Other white collars	36%	26%	16%	26%	17%	24%	8%	8%	8%
Manual workers	37%	26%	16%	26%	11%	17%	13%	7%	11%
House persons	24%	19%	21%	22%	30%	11%	10%	1%	9%
Unemployed	41%	34%	11%	17%	7%	10%	5%	15%	3%
Retired	28%	14%	41%	18%	26%	13%	11%	6%	7%
Students	39%	43%	12%	17%	9%	4%	10%	17%	10%
 Gender and Age									
Man 15-24	39%	50%	7%	19%	6%	4%	12%	13%	13%
Man 25-39	38%	33%	17%	13%	6%	15%	7%	11%	5%
Man 40-54	31%	35%	24%	20%	15%	18%	13%	9%	9%
Man 55+	28%	16%	41%	18%	23%	15%	15%	11%	8%
Woman 15-24	45%	33%	10%	10%	12%	1%	2%	12%	1%
Woman 25-39	38%	25%	14%	24%	21%	25%	7%	6%	9%
Woman 40-54	41%	25%	24%	31%	22%	26%	11%	4%	10%
Woman 55+	25%	12%	28%	19%	26%	12%	2%	4%	2%
 Exercise or play sport									
Regularly	37%	42%	21%	16%	11%	8%	8%	6%	9%
With some regularity	37%	32%	23%	19%	16%	16%	10%	11%	9%
Seldom	33%	21%	23%	23%	18%	20%	9%	7%	7%
Never	23%	5%	18%	23%	20%	15%	12%	6%	3%

Base: Those respondents who engage in voluntary work that support sporting activities (n=2.033)

MULTIPLE ANSWERS POSSIBLE

CONCLUSIONS

Despite the growing importance attached to the promotion of physical activity in EU Member States, the previous Eurobarometer survey in 2009 identified "alarmingly high" rates of physical inactivity in the EU, and found that the vast majority of Europeans (60%) never exercise or play sport.³⁵ In the 2013 survey, with 59%, this proportion of citizens remains unacceptably high. In fact, there is even a slight increase from the 2009 figure for those who do not exercise or play sport at all (i.e. from 39% to 42%). This survey also found that a substantial proportion of respondents (13%) had not walked for ten minutes at a time in the previous week. Such findings might indicate that the message about the importance of sport and physical activity for an individual's health and wellbeing has not yet got through to significant segments of the EU population.

The survey also indicates demographic variations. For instance, women (in particular in the younger age groups) are far less active than their male counterparts, and young women are more likely to feel that local authorities do not do enough for its citizens in relation to offering opportunities for physical activity. This suggests that women might need more encouragement and support to be more physically active. The inactivity figures for both women and men of those aged 55 and over are extremely high, 71% of women and 70% of men of that age group do never or seldom exercise or play sport.

As in 2009, the survey's results show large disparities among EU Member States on many questions. The more physically active countries are overall clustered in the Northern part of the EU, while the less active are mainly the Southern countries. These variations are likely to reflect the facilities and infrastructure available; in fact, the same country patterns apply when respondents were asked about opportunities for physical activity. Such findings suggest that there might be scope for some Member States to learn from good practices established in other countries.

The survey also made it clear that most sport or physical activity takes place in informal settings – in parks and outdoors, at home, or on the journey between home and school, work or shops, as well as at work or at school or university. This suggests that such opportunities to engage in physical activity should be promoted alongside the practice of sport and physical activity in organised settings.

Engagement in volunteering in sport remains important for a number of EU citizens (7%) and, in most EU Member States, constitutes a crucial element to ensure that sport and physical activity can be offered to the wider population. Strategies to increase volunteering could therefore acknowledge the fact that there are numerous ways in which different people can get involved and that without such engagement, many of the existing possibilities for sport and physical activity could simply not be offered.

³⁵ European Commission: Special Eurobarometer 334 - Sport and Physical Activity (http://ec.europa.eu/public_opinion/archives/ebs/ebs_334_en.pdf)

ANNEXES

TECHNICAL SPECIFICATIONS

SPECIAL EUROBAROMETER 412**Sport and physical activity****TECHNICAL SPECIFICATIONS**

Between the 23rd of November and the 2nd of December 2013, TNS opinion & social, a consortium created between TNS political & social, TNS UK and TNS opinion, carried out the wave 80.2 of the EUROBAROMETER survey, on request of the EUROPEAN COMMISSION, Directorate-General for Communication, "Strategy, Corporate Communication Actions and Eurobarometer".

The EUROBAROMETER wave 80.2 covers the population of the respective nationalities of the 28 European Union Member States, resident in each of the Member States and aged 15 years and over.

The basic sample design applied in all states is a multi-stage, random (probability) one. In each country, a number of sampling points was 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. 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"). All interviews were conducted face-to-face in people's homes and in the appropriate national language. As far as the data capture is concerned, CAPI (*Computer Assisted Personal Interview*) was used in those countries where this technique was available.

For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics offices. For all countries surveyed, a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. In all countries, gender, age, region and size of locality were introduced in the iteration procedure. For international weighting (i.e. EU averages), TNS Opinion & Social applies the official population figures as provided by EUROSTAT or national statistic offices. The total population figures for input in this post-weighting procedure are listed below.

ABBR.	COUNTRIES	INSTITUTES	N° INTERVIEWS	DATES FIELDWORK		POPULATION 15+	PROPORTION EU28
BE	Belgium	TNS Dimarso	1.077	23/11/13	1/12/13	8.939.546	2,16%
BG	Bulgaria	TNS BBSS	1.026	23/11/13	28/11/13	6.537.510	1,58%
CZ	Czech Rep.	TNS Aisa	1.018	23/11/13	2/12/13	9.012.443	2,18%
DK	Denmark	TNS Gallup DK	1.010	23/11/13	2/12/13	4.561.264	1,10%
DE	Germany	TNS Infratest	1.600	23/11/13	2/12/13	64.336.389	15,57%
EE	Estonia	TNS Emor	1.012	23/11/13	2/12/13	945.733	0,23%
IE	Ireland	Behaviour & Attitudes	1.007	23/11/13	2/12/13	3.522.000	0,85%
EL	Greece	TNS ICAP	1.007	23/11/13	1/12/13	8.693.566	2,10%
ES	Spain	TNS Spain	1.013	23/11/13	2/12/13	39.127.930	9,47%
FR	France	TNS Sofres	1.022	23/11/13	2/12/13	47.756.439	11,56%
HR	Croatia	HENDAL	1.002	23/11/13	2/12/13	3.749.400	0,91%
IT	Italy	TNS Italia	1.019	23/11/13	28/11/13	51.862.391	12,55%
CY	Rep. Of Cyprus	CYMAR	500	23/11/13	2/12/13	838.897	0,20%
LV	Latvia	TNS Latvia	1.011	23/11/13	2/12/13	1.447.866	0,35%
LT	Lithuania	TNS LT	1.023	23/11/13	2/12/13	2.829.740	0,69%
LU	Luxembourg	TNS ILReS	510	23/11/13	2/12/13	434.878	0,11%
HU	Hungary	TNS Hoffmann	1.012	23/11/13	2/12/13	8.320.614	2,01%
MT	Malta	MISCO	500	23/11/13	2/12/13	335.476	0,08%
NL	Netherlands	TNS NIPO	1.037	23/11/13	2/12/13	13.371.980	3,24%
AT	Austria	ipr Umfrageforschung	1.019	23/11/13	2/12/13	7.009.827	1,70%
PL	Poland	TNS Polska	1.000	23/11/13	2/12/13	32.413.735	7,85%
PT	Portugal	TNS Portugal	1.055	23/11/13	2/12/13	8.414.215	2,04%
RO	Romania	TNS CSOP	1.013	23/11/13	30/11/13	18.246.731	4,42%
SI	Slovenia	RM PLUS	1.113	23/11/13	2/12/13	1.759.701	0,43%
SK	Slovakia	TNS Slovakia	1.000	23/11/13	2/12/13	4.549.955	1,10%
FI	Finland	TNS Gallup Oy	971	23/11/13	2/12/13	4.440.004	1,07%
SE	Sweden	TNS Sifo	1.011	23/11/13	2/12/13	7.791.240	1,89%
UK	United Kingdom	TNS UK	1.331	23/11/13	2/12/13	51.848.010	12,55%
TOTAL EU28			27.919	23/11/13	2/12/13	413.097.480	100%*

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

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 following confidence limits:

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
N=1000	1,4	1,9	2,2	2,5	2,7	2,8	3,0	3,0	3,1	3,1	N=1000
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%	

QUESTIONNAIRE

D. SPORT AND PHYSICAL ACTIVITY

ASK ALL

READ OUT: 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 etc.

QD1 How often do you exercise or play sport?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

5 times a week or more	1
3 to 4 times a week	2
1 to 2 times a week	3
1 to 3 times a month	4
Less often	5
Never	6
DK	7

EB72.3 QF1

QD2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.? (M)

[READ OUT: By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.] (SHOW CARD - READ OUT - ONE ANSWER ONLY)

5 times a week or more	1
3 to 4 times a week	2
1 to 2 times a week	3
1 to 3 times a month	4
Less often	5
Never	6
DK	7

EB72.3 QF2 TREND MODIFIED

ASK QD3a TO QD4b IF "PRACTICES A SPORT OR A PHYSICAL ACTIVITY", CODE 1 TO 5 IN QD1 OR QD2 – OTHERS GO TO QD5a

QD3a In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?

(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q50)

QD3b In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never do vigorous physical activities	6
DK	7

NEW (BASED ON EB58.2 Q51)

QD4a 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.

(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q52)

QD4b In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never do moderate physical activities	6
DK	7

NEW (BASED ON EB58.2 Q53)

ASK ALL

QD5a In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q54)

QD5b In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never walk for 10 minutes at a time	6
DK	7

NEW (BASED ON EB58.2 Q55)

QD6 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.

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

1 hour or less	1
1 hour to 1 hour and 30 minutes	2
1 hour 31 minutes to 2 hours 30 minutes	3
2 hours 31 minutes to 3 hours 30 minutes	4
3 hours 31 minutes to 4 hours 30 minutes	5
4 hours 31 minutes to 5 hours 30 minutes	6
5 hours 31 minutes to 6 hours 30 minutes	7
6 hours 31 minutes to 7 hours 30 minutes	8
7 hours 31 minutes to 8 hours 30 minutes	9
More than 8 hours and 30 minutes	10
DK	11

NEW (BASED ON EB58.2 Q56)

ASK QD7 AND QD8 IF "PRACTICES A SPORT OR A PHYSICAL ACTIVITY", CODES 1 TO 5 IN QD1 OR CODES 1 TO 5 IN QD2 – OTHERS GO TO QD9

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity? (M)

(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

At a health or fitness centre (M)	1,
At a sport club (M)	2,
At a sport centre (M)	3,
At school or university (M)	4,
At work	5,
At home (N)	6,
On the way between home and school, work or shops (M)	7,
In a park, outdoors, etc. (M)	8,
Elsewhere (SPONTANEOUS)	9,
DK	10,

EB72.3 QF3 TREND MODIFIED

QD8 Why do you engage in sport or physical activity?

(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

To improve your health	1,
To improve your physical appearance	2,
To counteract the effects of ageing	3,
To have fun	4,
To relax	5,
To be with friends	6,
To make new acquaintances	7,
To meet people from other cultures	8,
To improve physical performance	9,
To improve fitness	10,
To control your weight	11,
To improve your self-esteem	12,
To develop new skills	13,
For the spirit of competition	14,
To better integrate into society	15,
Other (SPONTANEOUS)	16,
DK	17,

EB72.3 QF4

ASK ALL

QD9 What are the main reasons currently preventing you from practising sport more regularly?

(SHOW CARD – READ OUT – ROTATE – MULTIPLE ANSWERS POSSIBLE)

You do not have the time	1,
It is too expensive	2,
You do not like competitive activities	3,
There is no suitable or accessible sport infrastructure close to where you live	4,
You have a disability or illness	5,
You do not have friends to do sports with	6,
You feel discriminated against by other participants	7,
You lack motivation or are not interested	8,
You are afraid of the risk of injuries	9,
You are already doing sport regularly (SPONTANEOUS)	10,
Other (SPONTANEOUS)	11,
DK	12,

NEW (BASED ON EB72.3 QF5)

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity?

(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

Health or fitness centre (M)	1,
Sport club	2,
Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club) (M)	3,
Other (SPONTANEOUS)	4,
No, not a member of any club (SPONTANEOUS) (N)	5,
DK	6,

EB72.3 QF7 TREND MODIFIED

QD11 To what extent do you agree or disagree with the following statements about sport and physical activity?

(SHOW CARD WITH SCALE – ONE ANSWER PER LINE)

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
1	The area where you live offers you many opportunities to be physically active (M)	1	2	3	4	5
2	Local sport clubs and other local providers offer many opportunities to be physically active (M)	1	2	3	4	5
3	Your local authority does not do enough for its citizens in relation to physical activities (M)	1	2	3	4	5

EB72.3 QF6 TREND MODIFIED

The next questions are 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, for example organising or helping to run events, campaigning or raising money, providing transport or driving, taking part in a sponsored event, coaching, tuition, mentoring, etc. (M)

QD12 Do you engage in voluntary work that support sporting activities?

(ONE ANSWER ONLY)

Yes 1
No 2
DK 3

EB72.3 QF8

ASK QD13 AND QD14 IF "ENGAGE IN VOLUNTARY WORK", CODE 1 IN QD12 – OTHERS GO TO SOCIO DEMOGRAPHICS

QD13 How much time do you spend on voluntary work in sport?

(SHOW CARD - READ OUT – ONE ANSWER)

Only occasionally, at individual events 1
1-5 hours per month 2
6-20 hours per month 3
21-40 hours per month 4
More than 40 hours per month 5
DK 6

EB72.3 QF9

QD14 What type of voluntary work do you do? You ...

(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

Are a member of a board or committee 1,
Do administrative tasks 2,
Are a coach or trainer 3,
Are a referee or other official 4,
Organise or help to run a sporting event 5,
Support day to day club activities (for example. bar, food, merchandising) 6,
Provide transport 7,
Maintain sport facilities 8,
Maintain sport equipment 9,
Other (SPONTANEOUS) 10,
DK 11,
NEW

RESULT TABLES

QD1.1 Par "exercice", nous voulons parler de tous les types d'activités physiques que vous pouvez pratiquer dans un contexte sportif ou une infrastructure sportive, comme nager, vous entraîner dans un centre de fitness ou un club sportif, courir dans un parc, etc. A quelle fréquence faites-vous du sport ou de l'exercice physique ?

QD1.1 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 etc. How often do you exercise or play sport?

QD1.1 Mit "Sport treiben" meinen wir alle Arten körperlicher Aktivität in einem mit Sport in Verbindung stehenden Kontext oder Rahmen, wie beispielsweise Schwimmen, in einem Fitnessstudio oder Sportklub trainieren, im Park joggen, usw. Wie oft treiben Sie Sport oder trainieren Sie?

	%	5 fois par semaine ou plus		3 à 4 fois par semaine		1 à 2 fois par semaine		1 à 3 fois par mois		Moins souvent	
		5 times a week or more		3 to 4 times a week		1 to 2 times a week		1 to 3 times a month		Less often	
		5 mal pro Woche oder mehr		3 bis 4 mal pro Woche		1 bis 2 mal pro Woche		1 bis 3 mal pro Monat		Weniger oft	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
 EU 28		8	-1	13	1	20	1	6	0	11	-4
 BE		10	-5	13	3	25	1	5	-2	16	0
 BG		3	0	3	1	6	-2	3	-2	5	-18
 CZ		5	0	7	3	24	5	8	-2	21	-4
 DK		14	-1	22	4	32	1	8	1	10	-1
 DE		7	-2	14	-1	27	2	7	1	16	2
 EE		7	0	11	2	21	3	8	0	16	-1
 IE		16	-7	16	-2	20	3	5	1	9	-2
 EL		7	4	11	4	13	5	3	0	7	-5
 ES		15	3	16	1	15	3	3	-1	7	-8
 FR		8	-5	11	-1	24	1	7	-1	8	-2
 IT		3	0	9	0	18	1	2	-2	8	-4
 CY		11	-5	11	-2	13	1	4	2	7	-3
 LV		6	-2	10	4	15	2	9	1	21	0
 LT		15	1	9	1	13	-1	4	0	13	-3
 LU		12	0	16	0	26	3	8	3	9	-3
 HR		9		11		15		7		29	
 HU		16	11	11	4	12	1	4	-2	13	-5
 MT		5	-12	7	-8	7	-9	3	-1	3	-7
 NL		8	3	20	4	30	-5	4	-4	9	1
 AT		5	0	13	2	27	5	11	-1	17	-4
 PL		5	-1	8	1	14	1	7	1	11	-7
 PT		8	-1	7	-3	13	-1	2	-2	6	-1
 RO		7	-1	5	-1	10	3	5	-3	12	-8
 SI		15	2	14	-1	22	-2	6	-1	21	3
 SK		6	1	7	-1	20	3	7	-3	19	-6
 FI		13	-4	24	-3	29	2	6	-3	13	0
 SE		15	-7	23	1	31	3	7	-1	14	1
 UK		10	-4	16	2	20	3	7	0	12	-3

QD1.1 Par "exercice", nous voulons parler de tous les types d'activités physiques que vous pouvez pratiquer dans un contexte sportif ou une infrastructure sportive, comme nager, vous entraîner dans un centre de fitness ou un club sportif, courir dans un parc, etc. A quelle fréquence faites-vous du sport ou de l'exercice physique ?

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		Jamais		NSP	
		Never		DK	
		Nie		WN	
	%	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	42	3	0	0
	BE	31	3	0	0
	BG	78	20	2	1
	CZ	35	-2	0	0
	DK	14	-4	0	0
	DE	29	-2	0	0
	EE	36	-5	1	1
	IE	34	8	0	-1
	EL	59	-8	0	0
	ES	44	2	0	0
	FR	42	8	0	0
	IT	60	5	0	0
	CY	54	8	0	-1
	LV	39	-5	0	0
	LT	46	2	0	0
	LU	29	-3	0	0
	HR	29		0	
	HU	44	-9	0	0
	MT	75	37	0	0
	NL	29	1	0	0
	AT	27	-2	0	0
	PL	53	5	2	0
	PT	64	9	0	-1
	RO	60	11	1	-1
	SI	22	-1	0	0
	SK	41	6	0	0
	FI	15	8	0	0
	SE	10	4	0	-1
	UK	35	2	0	0

QD1.2 Par "exercice", nous voulons parler de tous les types d'activités physiques que vous pouvez pratiquer dans un contexte sportif ou une infrastructure sportive, comme nager, vous entraîner dans un centre de fitness ou un club sportif, courir dans un parc, etc. A quelle fréquence faites-vous du sport ou de l'exercice physique ?

QD1.2 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 etc. How often do you exercise or play sport?

QD1.2 Mit "Sport treiben" meinen wir alle Arten körperlicher Aktivität in einem mit Sport in Verbindung stehenden Kontext oder Rahmen, wie beispielsweise Schwimmen, in einem Fitnessstudio oder Sportklub trainieren, im Park joggen, usw. Wie oft treiben Sie Sport oder trainieren Sie?

		Presque quotidienne		Plusieurs fois par semaine		Occasionnellement		Jamais		NSP	
		Almost daily		A few times a week		Occasionally		Never		DK	
		Fast täglich		Mehr als pro Woche		Manchmal		Nie		WN	
	%	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	8	-1	33	2	17	-4	42	3	0	0
	BE	10	-6	37	3	22	0	31	3	0	0
	BG	2	-1	9	-1	9	-19	78	20	2	1
	CZ	5	0	31	8	29	-6	35	-2	0	0
	DK	14	-1	54	5	18	0	14	-4	0	0
	DE	7	-2	41	1	23	3	29	-2	0	0
	EE	7	0	32	5	24	-1	36	-5	1	1
	IE	16	-7	36	1	14	-1	34	8	0	-1
	EL	7	4	24	9	10	-5	59	-8	0	0
	ES	15	3	31	4	10	-9	44	2	0	0
	FR	8	-5	35	0	15	-3	42	8	0	0
	IT	3	0	27	1	10	-6	60	5	0	0
	CY	11	-5	25	0	10	-3	54	8	0	0
	LV	6	-2	25	6	30	1	39	-5	0	0
	LT	15	1	22	0	17	-3	46	2	0	0
	LU	12	0	42	3	17	0	29	-3	0	0
	HR	9		26		36		29		0	
	HU	15	10	23	5	18	-6	44	-9	0	0
	MT	5	-12	14	-17	6	-8	75	37	0	0
	NL	8	3	50	-1	13	-3	29	1	0	0
	AT	5	0	40	7	28	-5	27	-2	0	0
	PL	5	-1	23	4	18	-6	52	3	2	0
	PT	8	-1	20	-4	8	-3	64	9	0	-1
	RO	6	-2	15	2	18	-10	60	11	1	-1
	SI	15	2	36	-3	27	1	22	0	0	0
	SK	6	1	28	3	25	-10	41	6	0	0
	FI	13	-4	53	-2	19	-2	15	8	0	0
	SE	15	-7	55	5	21	-1	9	3	0	0
	UK	10	-4	36	4	19	-3	35	3	0	0

QD2.1 Et à quelle fréquence pratiquez-vous une autre activité physique qui n'est pas un sport, comme faire du vélo, danser, jardiner, etc. ? Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport. [LIRE : Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport.] (MONTRER CARTE - LIRE - UNE SEULE REPONSE)

QD2.1 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. [READ OUT: By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.] (SHOW CARD - READ OUT - ONE ANSWER ONLY)

QD2.1 Wie oft betreiben Sie andere körperliche Aktivitäten? Dazu zählt z.B. das Fahrrad als Transportmittel benutzen, Tanzen, Gartenarbeit, usw. [BITTE VORLESEN: Mit "andere körperliche Aktivitäten" sind körperliche Freizeitaktivitäten gemeint, die der Erholung dienen oder einen anderen Grund als die sportliche Aktivität an sich haben.] Skala zeigen und vorlesen - nur eine Nennung möglich!

	%	5 fois par semaine ou plus		3 ou 4 fois par semaine		1 à 2 fois par semaine		1 à 3 fois par mois		Moins souvent	
		5 times a week or more		3 to 4 times a week		1 to 2 times a week		1 to 3 times a month		Less often	
		5 mal pro Woche oder mehr		3 bis 4 mal pro Woche		1 bis 2 mal pro Woche		1 bis 3 mal pro Monat		Weniger oft	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	15	-12	13	-4	20	-1	9	0	13	2
	BE	17	-4	13	-1	24	2	9	-1	17	3
	BG	14	-11	7	-10	11	-12	7	-1	8	-11
	CZ	11	-6	10	-3	23	2	13	0	23	0
	DK	32	-11	17	-1	26	2	12	5	7	3
	DE	18	-10	19	-5	26	0	9	1	14	6
	EE	17	-23	12	-4	25	4	12	5	15	7
	IE	14	-19	13	-9	21	2	7	2	16	8
	EL	7	-8	9	-5	16	-3	6	-4	13	-2
	ES	11	-22	11	-11	16	0	4	-3	9	-3
	FR	17	-16	13	-4	20	-5	11	2	10	4
	IT	7	0	7	-2	16	-5	6	-8	14	-2
	CY	7	-13	8	-6	13	-4	8	4	7	-6
	LV	24	-20	14	-3	20	5	12	5	16	9
	LT	18	-21	10	-5	18	5	10	4	16	3
	LU	15	-22	14	-3	28	6	10	3	16	7
	HR	15		12		20		8		28	
	HU	21	-20	14	-1	16	0	7	1	14	3
	MT	11	-21	8	-5	12	-5	4	0	7	-2
	NL	43	1	21	1	19	-3	6	-1	5	1
	AT	8	-7	14	-7	27	-6	17	3	19	7
	PL	8	-18	10	-5	16	-3	12	3	16	6
	PT	7	-10	6	-9	11	-5	4	-1	12	2
	RO	14	-5	11	0	14	1	10	2	14	-4
	SI	17	-22	17	-4	24	4	7	2	22	12
	SK	15	-12	13	-5	24	2	11	2	18	2
	FI	28	-1	18	-5	28	2	6	-3	13	4
	SE	30	-10	20	-1	25	2	11	4	10	3
	UK	14	-23	14	-1	24	3	12	5	12	3

QD2.1 Et à quelle fréquence pratiquez-vous une autre activité physique qui n'est pas un sport, comme faire du vélo, danser, jardiner, etc. ? Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport. [LIRE : Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport.] (MONTRER CARTE - LIRE - UNE SEULE REPONSE)

QD2.1 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. [READ OUT: By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.] (SHOW CARD - READ OUT - ONE ANSWER ONLY)

QD2.1 Wie oft betreiben Sie andere körperliche Aktivitäten? Dazu zählt z.B. das Fahrrad als Transportmittel benutzen, Tanzen, Gartenarbeit, usw. [BITTE VORLESEN: Mit "andere körperliche Aktivitäten" sind körperliche Freizeitaktivitäten gemeint, die der Erholung dienen oder einen anderen Grund als die sportliche Aktivität an sich haben.] Skala zeigen und vorlesen - nur eine Nennung möglich!

		Jamais		NSP	
		Never		DK	
%		Nie		WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	30	16	0	-1
	BE	20	1	0	0
	BG	51	48	2	-3
	CZ	20	7	0	0
	DK	6	2	0	0
	DE	14	8	0	0
	EE	18	10	1	1
	IE	29	17	0	-1
	EL	49	22	0	0
	ES	49	39	0	0
	FR	29	19	0	0
	IT	50	17	0	0
	CY	57	25	0	0
	LV	13	4	1	0
	LT	28	14	0	0
	LU	16	8	1	1
	HR	17		0	
	HU	28	17	0	0
	MT	57	33	1	0
	NL	6	1	0	0
	AT	15	10	0	0
	PL	35	18	3	-1
	PT	60	24	0	-1
	RO	36	9	1	-3
	SI	13	8	0	0
	SK	19	11	0	0
	FI	7	3	0	0
	SE	4	2	0	0
	UK	24	13	0	0

QD2.2 Et à quelle fréquence pratiquez-vous une autre activité physique qui n'est pas un sport, comme faire du vélo, danser, jardiner, etc. ? Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport. [LIRE : Par "autre activité physique", nous voulons parler d'une activité que vous pratiquez comme loisir ou pour une raison qui n'est pas liée au sport.] (MONTRER CARTE - LIRE - UNE SEULE REPONSE)

QD2.2 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. [READ OUT: By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.] (SHOW CARD - READ OUT - ONE ANSWER ONLY)

QD2.2 Wie oft betreiben Sie andere körperliche Aktivitäten? Dazu zählt z.B. das Fahrrad als Transportmittel benutzen, Tanzen, Gartenarbeit, usw. [BITTE VORLESEN: Mit "andere körperliche Aktivitäten" sind körperliche Freizeitaktivitäten gemeint, die der Erholung dienen oder einen anderen Grund als die sportliche Aktivität an sich haben.] Skala zeigen und vorlesen - nur eine Nennung möglich!

	%	Presque quotidienne		Plusieurs fois par semaine		Occasionnellement		Jamais		NSP	
		Almost daily		A few times a week		Occasionally		Never		DK	
		Fast täglich		Mehr als pro Woche		Manchmal		Nie		WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
 EU 28		15	-12	33	-5	22	2	30	16	0	-1
 BE		18	-3	37	1	25	1	20	1	0	0
 BG		14	-11	18	-22	15	-12	51	48	2	-3
 CZ		11	-6	34	-1	36	1	19	6	0	0
 DK		32	-11	44	2	18	7	6	2	0	0
 DE		18	-10	45	-5	23	7	14	8	0	0
 EE		17	-23	37	0	27	12	18	10	1	1
 IE		14	-19	34	-7	23	10	29	17	0	-1
 EL		8	-7	25	-8	18	-7	49	22	0	0
 ES		11	-22	27	-11	13	-6	49	39	0	0
 FR		17	-16	34	-8	20	5	29	19	0	0
 IT		7	0	23	-7	20	-10	50	17	0	0
 CY		7	-13	21	-10	15	-2	57	25	0	0
 LV		24	-20	34	2	28	14	13	4	1	0
 LT		18	-21	28	0	26	7	28	14	0	0
 LU		15	-22	42	2	26	10	16	9	1	1
 HR		15		32		36		17		0	
 HU		21	-20	30	-1	21	3	28	18	0	0
 MT		11	-21	20	-10	11	-2	57	33	1	0
 NL		44	1	39	-2	11	0	6	1	0	0
 AT		8	-7	41	-13	36	10	15	10	0	0
 PL		8	-18	26	-8	28	9	35	18	3	-1
 PT		7	-10	17	-14	16	1	60	24	0	-1
 RO		14	-5	25	1	24	-2	36	9	1	-3
 SI		17	-22	41	0	29	14	13	8	0	0
 SK		15	-12	37	-3	29	4	19	11	0	0
 FI		28	-1	46	-3	18	0	7	3	1	1
 SE		30	-10	45	1	21	7	4	2	0	0
 UK		14	-23	38	2	25	10	23	11	0	0

QD1D2T - Fait du sport/ de l'exercice physique ou pratique une activité physique

QD1D2T - Exercice/ play sport or engage in other physical activity

QD1D2T - Trainieren/Sport treiben oder andere körperliche Betätigung

		Presque quotidienne		Plusieurs fois par semaine		Occasionnellement		Pas de activité physique	
		Almost daily		A few times a week		Occasionally		No physical activity at all	
		Fast täglich		Mehrmals pro Woche		Manchmal		Keine körperliche Betätigung	
%		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	19	-11	40	-1	16	0	25	12
	BE	22	-6	45	6	18	-2	15	2
	BG	15	-11	22	-19	14	-13	49	43
	CZ	14	-4	42	3	27	-4	17	5
	DK	39	-7	48	4	10	4	3	-1
	DE	22	-8	50	-2	16	3	12	7
	EE	21	-21	44	6	19	7	16	8
	IE	23	-15	42	2	15	4	20	9
	EL	12	-5	35	0	14	-8	39	13
	ES	20	-15	35	-5	10	-6	35	26
	FR	21	-16	44	1	13	2	22	13
	IT	9	1	31	-8	14	-9	46	16
	CY	13	-11	32	-1	10	-6	45	18
	LV	27	-19	38	6	23	10	12	3
	LT	27	-15	31	3	20	3	22	9
	LU	23	-18	52	9	14	3	11	6
	HR	20		38		29		13	
	HU	26	-16	32	1	17	0	25	15
	MT	14	-21	28	-5	8	-4	50	30
	NL	47	3	42	-4	7	0	4	1
	AT	10	-6	49	-6	27	3	14	9
	PL	11	-16	32	-4	23	4	34	16
	PT	13	-9	23	-14	11	-2	53	25
	RO	17	-5	30	5	21	-6	32	6
	SI	25	-17	45	3	20	8	10	6
	SK	19	-10	42	0	22	0	17	10
	FI	33	-3	52	2	10	-1	5	2
	SE	38	-10	51	8	9	1	2	1
	UK	20	-19	45	8	18	4	17	7

QD3a.1 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques intenses, comme porter des charges lourdes, bêcher, faire de l'aérobic ou rouler vite à vélo ? (QUESTION OUVERTE PRE-CODEE)

QD3a.1 In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling? (PRE-CODED OPEN ENDED QUESTION)

QD3a.1 An wie vielen der vergangenen 7 Tage haben Sie eine starke körperliche Aktivität betrieben, wie beispielsweise schwere Dinge heben, Graben, Aerobic oder schnell mit dem Fahrrad fahren? (LISTE WEDER ZEIGEN NOCH VORLESEN)

		1 jour		2 jours		3 jours		4 jours		5 jours		6 jours		7 jours	
		1 day		2 days		3 days		4 days		5 days		6 days		7 days	
		1 Tag		2 Tage		3 Tage		4 Tage		5 Tage		6 Tage		7 Tage	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	EU 28	10	2	11	2	8	1	4	0	5	-1	2	0	5	-1
	BE	12	3	11	3	7	2	4	1	5	-1	1	0	4	-1
	BG	12		17		14		6		10		3		13	
	CZ	15		17		10		5		8		1		4	
	DK	18	8	16	7	11	6	5	1	5	-3	1	0	4	-3
	DE	13	4	15	3	10	1	6	1	6	-2	3	0	5	-2
	EE	13		12		9		8		9		2		10	
	IE	7	1	10	4	10	4	8	4	7	0	2	0	4	-2
	EL	6	-1	9	2	8	3	6	3	3	-2	1	-1	3	-14
	ES	5	1	6	2	8	2	4	2	4	0	2	0	4	-1
	FR	11	1	9	0	7	1	3	0	6	2	2	0	5	0
	IT	6	0	11	2	8	1	3	1	2	-1	2	1	2	-4
	CY	11		16		15		10		5		2		8	
	LV	13		12		9		5		11		3		13	
	LT	11		10		10		4		9		2		8	
	LU	14	6	12	1	11	1	3	0	8	3	1	-2	5	-2
	HR	13		15		12		4		4		3		8	
	HU	10		14		11		5		9		3		11	
	MT	12		12		14		6		8		0		5	
	NL	17	5	13	0	11	2	6	0	5	-3	2	0	4	-2
	AT	12	5	14	4	12	6	7	4	6	1	2	0	2	-1
	PL	13		17		11		5		7		2		6	
	PT	3	-1	7	1	5	0	2	0	2	-4	1	-2	4	-8
	RO	13		13		11		8		7		4		11	
	SI	14		12		10		5		5		1		6	
	SK	14		15		12		6		7		3		4	
	FI	13	3	20	9	12	5	4	-2	8	2	1	-1	6	0
	SE	15	5	17	7	12	4	7	3	3	-1	2	1	4	0
	UK	11	3	11	2	9	2	4	1	6	0	2	1	7	1

QD3a.1 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques intenses, comme porter des charges lourdes, bêcher, faire de l'aérobic ou rouler vite à vélo ? (QUESTION OUVERTE PRE-CODEE)

QD3a.1 In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling? (PRE-CODED OPEN ENDED QUESTION)

QD3a.1 An wie vielen der vergangenen 7 Tage haben Sie eine starke körperliche Aktivität betrieben, wie beispielsweise schwere Dinge heben, Graben, Aerobic oder schnell mit dem Fahrrad fahren? (LISTE WEDER ZEIGEN NOCH VORLESEN)

		Aucun		NSP		Moyenne	
		None		DK		Average	
		Keine		WN		Durchschnitt	
	%	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	EU 28	54	-3	1	0	0	0
	BE	56	-5	0	-2	0	0
	BG	22		3			
	CZ	40		0			
	DK	40	-16	0	0	0	0
	DE	41	-4	1	-1	0	0
	EE	36		1			
	IE	52	-10	0	-1	0	0
	EL	64	10	0	0	0	0
	ES	67	-5	0	-1	0	0
	FR	57	-3	0	-1	0	0
	IT	65	1	1	-1	0	0
	CY	33		0			
	LV	34		0			
	LT	46		0			
	LU	44	-7	2	0	0	0
	HR	39		2			
	HU	37		0			
	MT	40		3			
	NL	42	-1	0	-1	0	0
	AT	44	-15	1	-4	0	0
	PL	37		2			
	PT	76	15	0	-1	0	0
	RO	29		4			
	SI	47		0			
	SK	38		1			
	FI	36	-16	0	0	0	0
	SE	40	-19	0	0	0	0
	UK	50	-9	0	-1	0	0

QD3a.2 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques intenses, comme porter des charges lourdes, bêcher, faire de l'aérobic ou rouler vite à vélo ? (QUESTION OUVERTE PRE-CODEE)

QD3a.2 In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling? (PRE-CODED OPEN ENDED QUESTION)

QD3a.2 An wie vielen der vergangenen 7 Tage haben Sie eine starke körperliche Aktivität betrieben, wie beispielsweise schwere Dinge heben, Graben, Aerobic oder schnell mit dem Fahrrad fahren? (LISTE WEDER ZEIGEN NOCH VORLESEN)

	%	Aucun		1-3 jours		4-7 jours		NSP		Moyenne	
		None		1-3 days		4-7 days		DK		Average	
		Keine		1-3 Tage		4-7 Tage		WN		Durchschnitt	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
 EU 28		54	-4	29	5	16	-1	1	0	0	0
 BE		56	-5	29	7	14	-1	1	-1	0	0
 BG		22		43		32		3			
 CZ		40		42		18		0			
 DK		40	-16	45	21	15	-5	0	0	0	0
 DE		41	-4	38	8	20	-3	1	-1	0	0
 EE		36		34		29		1			
 IE		52	-10	27	8	21	3	0	-1	0	0
 EL		64	10	23	3	13	-13	0	0	0	0
 ES		67	-4	20	5	13	0	0	-1	0	0
 FR		57	-3	27	3	16	1	0	-1	0	0
 IT		65	1	25	3	9	-3	1	-1	0	0
 CY		33		41		26		0			
 LV		34		34		32		0			
 LT		46		30		23		1			
 LU		44	-7	37	8	17	-1	2	0	0	0
 HR		39		40		19		2			
 HU		37		35		28		0			
 MT		40		38		19		3			
 NL		42	-1	41	7	17	-5	0	-1	0	0
 AT		44	-15	37	14	18	5	1	-4	0	0
 PL		37		41		20		2			
 PT		76	15	15	0	9	-13	0	-2	0	0
 RO		29		36		30		5			
 SI		47		35		17		1			
 SK		38		41		20		1			
 FI		37	-14	45	16	18	-2	0	0	0	0
 SE		39	-20	44	16	17	4	0	0	0	0
 UK		50	-9	30	6	20	4	0	-1	0	0

QD3b.1 En général, les jours où vous faites des efforts physiques intenses, combien de temps y consacrez-vous ?

QD3b.1 In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

QD3b.1 Wie viel Zeit verbringen Sie normalerweise an Tagen mit starker körperlicher Aktivität insgesamt mit derartiger Aktivität?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne fait jamais d'efforts physiques intenses	NSP
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK
%		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten	Ich betreibe nie starke körperliche Aktivität	WN
		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	17	29	15	6	10	21	2
	BE	20	22	13	7	9	28	1
	BG	10	30	20	9	18	10	3
	CZ	18	30	17	6	14	14	1
	DK	18	35	14	7	5	20	1
	DE	19	29	16	6	10	19	1
	EE	11	27	17	8	20	15	2
	IE	18	36	14	6	3	22	1
	EL	20	33	11	5	8	22	1
	ES	10	29	17	8	6	28	2
	FR	16	24	14	7	17	21	1
	IT	12	34	20	5	3	25	1
	CY	14	31	15	11	4	25	0
	LV	14	26	11	6	20	22	1
	LT	14	23	11	7	17	26	2
	LU	17	24	17	10	8	23	1
	HR	20	28	13	9	11	17	2
	HU	17	28	11	5	15	23	1
	MT	13	28	10	6	8	34	1
	NL	19	23	14	7	10	26	1
	AT	14	30	18	5	7	24	2
	PL	19	34	14	4	8	16	5
	PT	19	27	14	3	3	32	2
	RO	16	26	15	7	15	13	8
	SI	17	28	16	7	7	24	1
	SK	20	33	16	6	10	11	4
	FI	14	43	18	5	5	14	1
	SE	13	34	18	7	11	16	1
	UK	19	28	13	6	10	22	2

QD3b.2 En général, les jours où vous faites des efforts physiques intenses, combien de temps y consacrez-vous ?

QD3b.2 In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?

QD3b.2 Wie viel Zeit verbringen Sie normalerweise an Tagen mit starker körperlicher Aktivität insgesamt mit derartiger Aktivität?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne fait jamais d'efforts physiques intenses Never do vigorous physical activities Ich betreibe nie starke körperliche Aktivität	NSP
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes		DK
		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten		WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	16	37	22	9	14	1	1
	BE	20	32	21	10	14	2	1
	BG	9	33	22	11	22	0	3
	CZ	14	35	24	8	19	0	0
	DK	19	45	20	9	7	0	0
	DE	19	36	22	9	12	2	0
	EE	13	28	22	10	26	0	1
	IE	17	48	19	8	5	2	1
	EL	19	42	17	7	13	1	1
	ES	10	41	27	10	11	1	0
	FR	14	29	19	10	27	1	0
	IT	12	45	28	7	5	2	1
	CY	15	41	22	16	5	1	0
	LV	15	31	15	9	28	2	0
	LT	15	30	17	9	27	2	0
	LU	20	30	24	13	12	1	0
	HR	17	35	19	11	16	1	1
	HU	17	38	15	6	22	2	0
	MT	14	42	16	10	14	2	2
	NL	22	33	19	10	16	0	0
	AT	14	40	26	8	10	1	1
	PL	18	43	21	5	10	1	2
	PT	23	40	23	4	5	4	1
	RO	15	30	19	9	18	2	7
	SI	16	34	23	12	11	3	1
	SK	14	38	24	8	13	0	3
	FI	13	50	24	6	6	1	0
	SE	11	42	21	10	15	0	1
	UK	19	36	19	9	15	1	1

QD4a.1 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques modérés, comme porter des charges légères, faire du vélo à vitesse modérée ou jouer en double au tennis ? Merci de ne pas inclure la marche. (QUESTION OUVERTE PRE-CODEE)

QD4a.1 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. (PRE-CODED OPEN ENDED QUESTION)

QD4a.1 An wie vielen der vergangenen 7 Tage haben Sie eine moderate körperliche Aktivität betrieben wie beispielsweise leichte Dinge tragen, mit normaler Geschwindigkeit mit dem Fahrrad fahren oder im Doppel Tennis spielen? Zu Fuß gehen gehört nicht hierzu. (LISTE WEDER ZEIGEN NOCH VORLESEN)

	%	1 jour		2 jours		3 jours		4 jours		5 jours		6 jours		7 jours	
		1 day		2 days		3 days		4 days		5 days		6 days		7 days	
		1 Tag		2 Tage		3 Tage		4 Tage		5 Tage		6 Tage		7 Tage	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	EU 28	8	2	12	1	10	1	5	0	7	0	2	-1	11	-5
	BE	10	2	15	6	12	6	7	1	10	1	4	1	11	-7
	BG	14		13		10		8		11		2		15	
	CZ	18		18		10		6		12		2		6	
	DK	12	3	18	7	10	2	6	2	11	-1	3	0	18	-4
	DE	7	2	12	0	14	1	9	0	10	0	3	-2	17	2
	EE	14		15		13		6		9		2		14	
	IE	8	4	11	0	11	5	7	1	9	1	1	-2	10	-4
	EL	5	1	11	0	11	3	4	1	4	-3	2	0	7	-20
	ES	5	0	9	1	9	1	5	1	5	-2	2	0	9	-4
	FR	12	3	10	-2	9	4	2	-1	7	3	2	-1	11	1
	IT	8	2	14	1	7	0	4	1	3	-1	2	-1	4	-8
	CY	8		12		13		6		4		4		7	
	LV	10		15		10		5		10		3		20	
	LT	9		13		12		6		8		3		13	
	LU	15	6	15	4	10	2	5	1	6	1	1	-4	13	-8
	HR	12		17		13		7		6		2		16	
	HU	6		17		17		8		10		5		18	
	MT	11		11		11		5		6		2		11	
	NL	8	4	12	5	13	5	11	6	12	0	6	1	24	-25
	AT	10	4	17	6	13	3	10	4	12	1	4	0	7	-1
	PL	14		17		12		6		5		2		9	
	PT	5	1	8	-1	5	-1	2	-2	3	-6	1	-4	7	-24
	RO	10		11		15		9		6		5		16	
	SI	13		16		12		6		5		2		13	
	SK	14		17		11		6		8		2		6	
	FI	10	-1	19	7	13	3	7	2	9	1	3	1	15	0
	SE	13	3	16	5	13	4	8	4	9	2	2	0	15	3
	UK	10	3	11	-2	10	2	5	-1	6	0	2	0	11	-4

QD4a.1 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques modérés, comme porter des charges légères, faire du vélo à vitesse modérée ou jouer en double au tennis ? Merci de ne pas inclure la marche. (QUESTION OUVERTE PRE-CODEE)

QD4a.1 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. (PRE-CODED OPEN ENDED QUESTION)

QD4a.1 An wie vielen der vergangenen 7 Tage haben Sie eine moderate körperliche Aktivität betrieben wie beispielsweise leichte Dinge tragen, mit normaler Geschwindigkeit mit dem Fahrrad fahren oder im Doppel Tennis spielen? Zu Fuß gehen gehört nicht hierzu. (LISTE WEDER ZEIGEN NOCH VORLESEN)

		Aucun None Keine		NSP DK WN		Moyenne Average Durchschnitt	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	%						
	EU 28	44	3	1	-1	0	0
	BE	31	-7	0	-3	0	0
	BG	23		4			
	CZ	27		1			
	DK	22	-9	0	0	0	0
	DE	26	-2	2	-1	0	0
	EE	26		1			
	IE	43	-3	0	-2	0	0
	EL	56	18	0	0	0	0
	ES	56	5	0	-2	0	0
	FR	46	-7	1	0	0	0
	IT	57	7	1	-1	0	0
	CY	45		1			
	LV	27		0			
	LT	35		1			
	LU	33	-1	2	-1	0	0
	HR	24		3			
	HU	18		1			
	MT	41		2			
	NL	14	6	0	-2	0	0
	AT	26	-13	1	-4	0	0
	PL	31		4			
	PT	69	43	0	-6	0	0
	RO	22		6			
	SI	32		1			
	SK	35		1			
	FI	23	-13	1	0	0	0
	SE	24	-20	0	-1	0	0
	UK	44	1	1	1	0	0

QD4a.2 Au cours des 7 derniers jours, combien de jours avez-vous fait des efforts physiques modérés, comme porter des charges légères, faire du vélo à vitesse modérée ou jouer en double au tennis ? Merci de ne pas inclure la marche. (QUESTION OUVERTE PRE-CODEE)

QD4a.2 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. (PRE-CODED OPEN ENDED QUESTION)

QD4a.2 An wie vielen der vergangenen 7 Tage haben Sie eine moderate körperliche Aktivität betrieben wie beispielsweise leichte Dinge tragen, mit normaler Geschwindigkeit mit dem Fahrrad fahren oder im Doppel Tennis spielen? Zu Fuß gehen gehört nicht hierzu. (LISTE WEDER ZEIGEN NOCH VORLESEN)

	%	Jamais Never Nie		1-3 jours 1-3 days 1-3 Tage		4-7 jours 4-7 days 4-7 Tage		NSP DK WN		Moyenne Average Durchschnitt	
		EB	Diff.	EB	Diff.	EB	Diff.	EB	Diff.	EB	Diff.
		80.2	EB 58.2	80.2	EB 58.2	80.2	EB 58.2	80.2	EB 58.2	80.2	EB 58.2
 EU 28		44	3	30	4	25	-6	1	-1	0	0
 BE		31	-7	37	13	32	-4	0	-2	0	0
 BG		23		37		36		4			
 CZ		27		46		26		1			
 DK		23	-8	39	11	38	-3	0	0	0	0
 DE		26	-2	33	3	39	0	2	-1	0	0
 EE		26		43		30		1			
 IE		43	-3	30	8	27	-4	0	-1	0	0
 EL		56	18	27	4	17	-22	0	0	0	0
 ES		57	6	23	3	20	-7	0	-2	0	0
 FR		46	-7	30	3	23	4	1	0	0	0
 IT		57	7	28	2	14	-8	1	-1	0	0
 CY		45		33		22		0			
 LV		27		35		37		1			
 LT		35		34		30		1			
 LU		33	-1	41	14	24	-11	2	-2	0	0
 HR		24		42		31		3			
 HU		18		40		41		1			
 MT		41		33		24		2			
 NL		14	7	33	14	53	-19	0	-2	0	0
 AT		26	-13	40	13	33	4	1	-4	0	0
 PL		31		43		22		4			
 PT		69	43	17	-2	14	-34	0	-7	0	0
 RO		22		37		35		6			
 SI		32		41		27		0			
 SK		35		41		22		2			
 FI		23	-13	42	9	34	4	1	0	0	0
 SE		24	-20	41	11	35	10	0	-1	0	0
 UK		44	1	31	3	24	-5	1	1	0	0

QD4b.1 Les jours où vous faites des efforts physiques modérés, combien de temps au total y consacrez-vous en général ?

QD4b.1 In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

QD4b.1 Wie viel Zeit verbringen Sie normalerweise an Tagen mit moderater körperlicher Aktivität insgesamt mit derartiger Aktivität?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne fait jamais d'efforts physiques modérés	NSP
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	DK
		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten	Ich betreibe nie moderate körperliche Aktivität	WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	23	33	15	6	9	11	3
	BE	31	31	14	7	9	7	1
	BG	12	34	15	8	14	7	10
	CZ	18	34	14	8	17	8	1
	DK	29	36	12	5	8	8	2
	DE	21	34	19	7	9	8	2
	EE	15	31	19	9	15	8	3
	IE	27	41	10	5	3	13	1
	EL	26	34	15	4	7	14	0
	ES	13	39	20	6	6	14	2
	FR	27	24	13	7	14	13	2
	IT	24	39	18	3	2	12	2
	CY	28	30	8	4	4	26	0
	LV	18	27	12	5	21	15	2
	LT	18	28	11	8	14	18	3
	LU	22	33	16	7	8	12	2
	HR	21	34	15	9	11	6	4
	HU	27	33	13	5	11	9	2
	MT	23	33	10	4	4	22	4
	NL	21	36	16	8	13	5	1
	AT	20	36	19	6	9	7	3
	PL	30	35	9	2	5	12	7
	PT	29	36	13	2	4	15	1
	RO	22	29	13	5	12	8	11
	SI	23	34	16	9	8	9	1
	SK	28	32	13	6	8	8	5
	FI	26	48	13	4	3	5	1
	SE	21	40	14	5	9	9	2
	UK	25	28	13	5	11	15	3

QD4b.2 Les jours où vous faites des efforts physiques modérés, combien de temps au total y consacrez-vous en général ?

QD4b.2 In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?

QD4b.2 Wie viel Zeit verbringen Sie normalerweise an Tagen mit moderater körperlicher Aktivität insgesamt mit derartiger Aktivität?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne fait jamais d'efforts physiques modérés	NSP
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do moderate physical activities	DK
		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten	Ich betreibe nie moderate körperliche Aktivität	WN
		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	24	38	18	7	11	0	2
	BE	30	35	16	8	11	0	0
	BG	15	38	16	10	16	0	5
	CZ	17	36	17	9	20	0	1
	DK	31	39	15	6	9	0	0
	DE	20	37	22	8	11	1	1
	EE	15	34	21	10	18	0	2
	IE	26	51	12	6	4	1	0
	EL	27	39	18	5	10	1	0
	ES	11	47	25	8	9	0	0
	FR	29	28	16	7	19	0	1
	IT	26	44	21	3	3	1	2
	CY	35	39	11	6	7	2	0
	LV	18	31	16	7	26	1	1
	LT	16	36	16	10	20	1	1
	LU	23	39	19	8	10	0	1
	HR	20	37	18	10	13	0	2
	HU	27	38	15	7	13	0	0
	MT	31	42	14	5	6	0	2
	NL	21	38	17	8	15	0	1
	AT	20	39	21	7	11	0	2
	PL	33	44	11	2	6	0	4
	PT	34	43	15	3	5	0	0
	RO	22	32	16	5	15	1	9
	SI	21	39	17	11	11	0	1
	SK	25	37	17	9	10	0	2
	FI	27	50	13	5	4	1	0
	SE	22	44	16	6	11	0	1
	UK	28	34	16	6	15	0	1

QD5a.1 Au cours des 7 derniers jours, combien de jours avez-vous marché pendant au moins 10 minutes consécutives ? (QUESTION OUVERTE PRE-CODEE)

QD5a.1 In the last 7 days, on how many days did you walk for at least 10 minutes at a time? (PRE-CODED OPEN ENDED QUESTION)

QD5a.1 An wie vielen der letzten 7 Tage sind Sie mindestens 10 Minuten am Stück zu Fuß gegangen? (LISTE WEDER ZEIGEN NOCH VORLESEN)

		1 jour 1 day 1 Tag		2 jours 2 days 2 Tage		3 jours 3 days 3 Tage		4 jours 4 days 4 Tage		5 jours 5 days 5 Tage		6 jours 6 days 6 Tage		7 jours 7 days 7 Tage	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	EU 28	6	1	9	0	10	2	7	1	11	2	5	0	38	-1
	BE	11	2	14	4	12	5	7	1	9	-1	5	3	23	-4
	BG	2		5		7		5		15		5		51	
	CZ	6		10		12		9		18		4		31	
	DK	6	1	10	3	12	6	5	0	9	-1	4	1	40	-11
	DE	5	0	8	-1	10	1	8	0	13	2	6	-1	43	7
	EE	4		6		8		8		11		5		45	
	IE	3	-2	7	0	11	4	12	4	13	0	6	0	38	3
	EL	4	-2	9	-2	12	5	8	4	11	4	8	5	35	-8
	ES	2	-1	6	0	7	2	5	2	9	0	7	3	56	3
	FR	8	1	8	-2	8	0	7	1	9	1	5	1	38	4
	IT	7	1	14	5	15	7	6	1	9	3	4	-2	20	-21
	CY	8		9		8		8		9		6		21	
	LV	5		7		7		5		9		3		54	
	LT	4		7		8		7		12		4		46	
	LU	6	-1	11	2	8	-1	7	2	13	5	4	1	39	0
	HR	7		11		11		7		8		4		40	
	HU	5		12		15		6		14		6		24	
	MT	6		11		14		7		7		4		34	
	NL	6	-2	10	-1	11	2	9	3	11	3	4	1	35	5
	AT	6	2	11	3	12	3	11	4	16	5	8	2	21	-10
	PL	9		11		10		5		7		2		26	
	PT	4	1	8	1	9	4	7	3	12	1	6	2	36	-10
	RO	4		8		8		5		10		7		50	
	SI	9		13		11		7		7		4		36	
	SK	4		8		8		9		15		7		39	
	FI	5	0	12	3	13	2	8	1	12	1	4	-1	37	-4
	SE	9	2	11	0	10	-2	6	-2	11	-1	3	1	43	9
	UK	5	0	8	0	9	1	8	1	10	2	5	1	46	5

QD5a.1 Au cours des 7 derniers jours, combien de jours avez-vous marché pendant au moins 10 minutes consécutives ? (QUESTION OUVERTE PRE-CODEE)

QD5a.1 In the last 7 days, on how many days did you walk for at least 10 minutes at a time? (PRE-CODED OPEN ENDED QUESTION)

QD5a.1 An wie vielen der letzten 7 Tage sind Sie mindestens 10 Minuten am Stück zu Fuß gegangen? (LISTE WEDER ZEIGEN NOCH VORLESEN)

		Aucun None Keine		NSP DK WN		Moyenne Average Durchschnitt	
		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	%						
	EU 28	13	-4	1	-1	0	0
	BE	19	-8	0	-2	0	0
	BG	8		2			
	CZ	10		0			
	DK	14	3	0	-2	0	0
	DE	6	-7	1	-1	0	0
	EE	12		1			
	IE	10	-8	0	-1	0	0
	EL	13	-6	0	0	0	0
	ES	8	-7	0	-2	0	0
	FR	17	-5	0	-1	0	0
	IT	23	7	2	-1	0	0
	CY	31		0			
	LV	10		0			
	LT	11		1			
	LU	10	-4	2	-4	0	0
	HR	10		2			
	HU	18		0			
	MT	15		2			
	NL	14	-9	0	-2	0	0
	AT	14	-5	1	-4	0	0
	PL	25		5			
	PT	17	0	1	-2	0	0
	RO	6		2			
	SI	13		0			
	SK	8		2			
	FI	8	-2	1	0	0	0
	SE	7	-6	0	-1	0	0
	UK	9	-10	0	0	0	0

QD5a.2 Au cours des 7 derniers jours, combien de jours avez-vous marché pendant au moins 10 minutes consécutives ? (QUESTION OUVERTE PRE-CODEE)

QD5a.2 In the last 7 days, on how many days did you walk for at least 10 minutes at a time? (PRE-CODED OPEN ENDED QUESTION)

QD5a.2 An wie vielen der letzten 7 Tage sind Sie mindestens 10 Minuten am Stück zu Fuß gegangen? (LISTE WEDER ZEIGEN NOCH VORLESEN)

		Jamais Never Nie		1-3 jours 1-3 days 1-3 Tage		4-7 jours 4-7 days 4-7 Tage		NSP DK WN		Moyenne Average Durchschnitt	
%		EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2	EB 80.2	Diff. EB 58.2
	EU 28	13	-4	26	4	60	1	1	-1	0	0
	BE	19	-8	38	12	43	-2	0	-2	0	0
	BG	8		13		77		2			
	CZ	10		28		62		0			
	DK	14	3	28	10	58	-11	0	-2	0	0
	DE	6	-7	23	0	70	8	1	-1	0	0
	EE	12		19		68		1			
	IE	10	-8	21	2	69	7	0	-1	0	0
	EL	13	-6	25	2	62	5	0	-1	0	0
	ES	8	-7	16	2	76	7	0	-2	0	0
	FR	17	-5	24	-1	59	7	0	-1	0	0
	IT	23	7	36	13	39	-19	2	-1	0	0
	CY	31		26		43		0			
	LV	10		19		71		0			
	LT	10		19		70		1			
	LU	10	-4	25	1	63	7	2	-4	0	0
	HR	10		29		59		2			
	HU	18		32		50		0			
	MT	15		31		52		2			
	NL	14	-9	27	-1	59	12	0	-2	0	0
	AT	13	-6	30	8	56	1	1	-3	0	0
	PL	25		29		41		5			
	PT	17	0	22	7	60	-5	1	-2	0	0
	RO	6		20		72		2			
	SI	13		33		54		0			
	SK	8		20		70		2			
	FI	8	-1	30	5	61	-4	1	0	0	0
	SE	7	-6	29	-1	64	8	0	-1	0	0
	UK	9	-10	23	1	68	9	0	0	0	0

QD5b.1 Les jours où vous marchez pendant au moins dix minutes consécutives, en moyenne combien de temps au total passez-vous à marcher ?

QD5b.1 In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

QD5b.1 Wie viel Zeit verbringen Sie normalerweise an Tagen, an denen Sie mindestens 10 Minuten am Stück zu Fuß gehen, insgesamt damit?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne marche jamais 10 minutes consécutives	NSP
		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	DK
		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten	Ich gehe nie 10 Minuten am Stück zu Fuß	WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	39	32	10	4	5	8	2
	BE	42	27	8	3	5	14	1
	BG	41	28	9	4	6	7	5
	CZ	43	32	10	2	7	5	1
	DK	42	30	8	4	7	8	1
	DE	37	36	11	4	6	4	2
	EE	35	32	12	5	9	6	1
	IE	41	38	9	3	2	6	1
	EL	46	33	6	3	2	9	1
	ES	25	43	17	6	4	4	1
	FR	41	28	9	3	8	10	1
	IT	42	26	8	1	2	17	4
	CY	46	17	5	2	2	28	0
	LV	33	34	13	6	7	6	1
	LT	42	30	8	5	7	6	2
	LU	40	27	12	6	7	6	2
	HR	38	35	9	3	7	5	3
	HU	48	28	6	2	2	13	1
	MT	39	29	7	3	5	14	3
	NL	37	30	9	5	6	11	2
	AT	34	34	12	5	4	8	3
	PL	42	27	6	2	4	12	7
	PT	50	25	5	3	2	13	2
	RO	38	33	10	4	7	4	4
	SI	37	37	10	4	5	6	1
	SK	46	29	7	3	8	5	2
	FI	36	42	12	2	3	4	1
	SE	31	40	13	4	7	5	0
	UK	40	29	10	5	9	6	1

QD5b.2 Les jours où vous marchez pendant au moins dix minutes consécutives, en moyenne combien de temps au total passez-vous à marcher ?

QD5b.2 In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

QD5b.2 Wie viel Zeit verbringen Sie normalerweise an Tagen, an denen Sie mindestens 10 Minuten am Stück zu Fuß gehen, insgesamt damit?

		30 minutes ou moins	31 à 60 minutes	61 à 90 minutes	91 à 120 minutes	Plus de 120 minutes	Ne marche jamais 10 minutes consécutives	NSP
		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	DK
%		30 Minuten oder weniger	31 bis 60 Minuten	61 bis 90 Minuten	91 bis 120 Minuten	Mehr als 120 Minuten	Ich gehe nie 10 Minuten am Stück zu Fuß	WN
		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	41	35	11	4	6	1	2
	BE	48	30	9	3	7	3	0
	BG	44	31	9	4	7	1	4
	CZ	43	35	12	2	7	0	1
	DK	44	34	9	4	8	0	1
	DE	37	39	12	4	6	0	2
	EE	36	35	13	6	10	0	0
	IE	42	42	10	3	2	1	0
	EL	49	36	7	3	3	2	0
	ES	24	46	19	7	4	0	0
	FR	44	32	10	4	9	0	1
	IT	49	31	10	2	3	2	3
	CY	62	23	7	3	3	2	0
	LV	34	37	13	7	8	1	0
	LT	43	32	9	6	8	1	1
	LU	43	29	13	5	8	0	2
	HR	38	38	10	3	7	1	3
	HU	53	34	7	2	3	1	0
	MT	44	32	9	4	6	2	3
	NL	42	34	9	6	7	1	1
	AT	36	37	14	6	4	1	2
	PL	47	32	8	2	5	1	5
	PT	55	30	6	3	3	1	2
	RO	39	35	10	5	8	0	3
	SI	39	40	10	4	5	1	1
	SK	47	31	8	3	9	0	2
	FI	38	43	13	2	3	0	1
	SE	32	43	13	4	8	0	0
	UK	42	31	11	5	10	0	1

QD6.1 Au cours d'une journée normale, combien de temps au total restez-vous assis(e) ? Cela peut inclure le temps passé assis(e) à votre bureau, en visite chez des amis, à étudier ou à regarder la télévision.

QD6.1 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.

QD6.1 Wie viel Zeit verbringen Sie an einem normalen Tag im Sitzen? Hierzu gehören beispielsweise am Schreibtisch sitzen, Freunde besuchen, Lernen oder Fernsehen.

		1 H ou moins 1 H or less Bis zu 1 Stunde	1H à 1H30 1H to 1H30 Bis zu 1 1/2 Stunden	1H31 à 2H30 1H31 to 2H30 Bis zu 2 1/2 Stunden	2H31 à 3H30 2H31 to 3H30 Bis zu 3 1/2 Stunden	3H31 à 4H30 3H31 to 4H30 Bis zu 4 1/2 Stunden	4H31 à 5H30 4H31 to 5H30 Bis zu 5 1/2 Stunden
		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
		%					
	EU 28	4	5	8	14	15	14
	BE	6	4	6	12	14	14
	BG	2	2	6	12	14	15
	CZ	4	3	5	12	13	15
	DK	1	1	4	8	12	13
	DE	3	5	10	14	15	13
	EE	2	5	8	12	15	13
	IE	5	6	9	15	19	14
	EL	3	5	8	14	13	16
	ES	3	6	9	18	20	17
	FR	6	4	7	16	15	13
	IT	6	6	9	13	16	14
	CY	4	5	8	15	14	13
	LV	3	6	9	14	14	16
	LT	4	4	8	12	17	14
	LU	4	4	6	12	15	11
	HR	4	5	8	13	14	12
	HU	7	7	11	17	17	13
	MT	10	9	11	15	13	9
	NL	1	2	3	7	11	14
	AT	1	2	4	10	18	14
	PL	5	6	9	13	12	12
	PT	10	9	14	16	12	9
	RO	7	8	12	15	15	9
	SI	6	9	13	18	16	11
	SK	6	3	5	12	13	12
	FI	2	2	5	10	13	15
	SE	0	3	4	9	12	15
	UK	4	4	8	14	13	17

QD6.1 Au cours d'une journée normale, combien de temps au total restez-vous assis(e) ? Cela peut inclure le temps passé assis(e) à votre bureau, en visite chez des amis, à étudier ou à regarder la télévision.

QD6.1 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.

QD6.1 Wie viel Zeit verbringen Sie an einem normalen Tag im Sitzen? Hierzu gehören beispielsweise am Schreibtisch sitzen, Freunde besuchen, Lernen oder Fernsehen.

	%	5H31 à 6H30 5H31 to 6H30 Bis zu 6 1/2 Stunden	6H31 à 7H30 6H31 to 7H30 Bis zu 7 1/2 Stunden	7H31 à 8H30 7H31 to 8H30 Bis zu 8 1/2 Stunden	Plus de 8H30 More than 8H30 Mehr als 8 1/2 Stunden	NSP DK WN
		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
 EU 28		11	8	7	11	3
 BE		14	9	8	12	1
 BG		13	12	8	10	6
 CZ		12	8	7	20	1
 DK		14	12	9	25	1
 DE		13	7	8	10	2
 EE		11	9	8	16	1
 IE		12	6	5	7	2
 EL		13	8	8	12	0
 ES		10	7	3	6	1
 FR		10	9	7	12	1
 IT		12	8	5	6	5
 CY		10	10	9	11	1
 LV		10	8	7	11	2
 LT		13	9	6	11	2
 LU		11	10	6	20	1
 HR		12	8	8	15	1
 HU		9	6	4	7	2
 MT		8	7	7	9	2
 NL		14	13	9	25	1
 AT		14	12	7	12	6
 PL		9	6	7	10	11
 PT		8	7	4	6	5
 RO		8	5	6	9	6
 SI		8	4	6	9	0
 SK		14	11	8	13	3
 FI		14	13	8	16	2
 SE		13	13	9	21	1
 UK		11	8	6	13	2

QD6.2 Au cours d'une journée normale, combien de temps au total restez-vous assis(e) ? Cela peut inclure le temps passé assis(e) à votre bureau, en visite chez des amis, à étudier ou à regarder la télévision.

QD6.2 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.

QD6.2 Wie viel Zeit verbringen Sie an einem normalen Tag im Sitzen? Hierzu gehören beispielsweise am Schreibtisch sitzen, Freunde besuchen, Lernen oder Fernsehen.

		2h30min ou moins 2h30min or less 2h30min oder weniger	2h31min à 5h30min 2h31min to 5h30min 2h31min bis 5h30min	5h31min à 8h30min 5h31min to 8h30min 5h31min bis 8h30min	8h31min ou plus 8h31min or more 8h31min oder mehr	NSP DK WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	17	43	26	11	3
	BE	17	41	30	12	0
	BG	10	41	33	10	6
	CZ	12	40	27	20	1
	DK	7	33	35	25	0
	DE	18	42	28	10	2
	EE	15	41	27	16	1
	IE	20	48	23	7	2
	EL	15	43	30	12	0
	ES	18	55	20	6	1
	FR	17	44	26	12	1
	IT	21	42	25	6	6
	CY	17	43	29	11	0
	LV	19	44	25	11	1
	LT	16	43	29	11	1
	LU	14	38	27	20	1
	HR	17	39	28	15	1
	HU	25	47	19	7	2
	MT	30	37	22	9	2
	NL	5	32	37	25	1
	AT	6	42	34	12	6
	PL	21	37	22	10	10
	PT	33	37	18	6	6
	RO	27	40	18	9	6
	SI	28	46	17	9	0
	SK	15	37	32	13	3
	FI	9	38	35	16	2
	SE	7	36	34	21	2
	UK	16	45	24	13	2

QD7 Vous avez dit tout à l'heure que vous pratiquiez un sport ou une autre activité physique intense ou pas. Où pratiquez-vous ce sport ou cette activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD7 Sie haben angegeben, dass Sie in stärkerem oder geringerem Maße Sport treiben oder sich körperlich betätigen. Wo üben Sie den Sport aus oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

		Dans un centre de fitness ou de remise en forme		Dans un club de sport		Dans un centre sportif		A l'école ou à l'université		Au travail	
		At a health or fitness centre		At a sports club		At a sports centre		At school or university		At work	
		In einem Wellnesscenter oder Fitness-Club		In einem Sportverein		In einem Sportzentrum		In der Schule, Universität		Bei der Arbeit	
%		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	15	4	13	2	8	0	5	1	13	5
	BE	11	4	17	2	9	0	6	2	13	5
	BG	12	1	5	2	4	1	6	-1	10	-9
	CZ	17	4	11	5	11	4	5	-1	19	10
	DK	26	6	22	4	7	-1	7	2	18	3
	DE	16	4	21	2	5	0	4	-1	15	8
	EE	12	7	14	5	7	-1	7	0	20	6
	IE	16	0	18	2	7	-1	5	1	7	1
	EL	20	7	8	6	5	0	3	0	10	-4
	ES	19	8	9	6	11	2	2	-1	6	1
	FR	5	3	17	0	7	1	5	2	16	3
	IT	15	-2	7	4	19	4	4	0	4	3
	CY	22	0	5	-1	4	-1	7	-1	11	3
	LV	6	2	6	1	8	3	8	-2	26	16
	LT	2	-1	12	8	3	-1	8	-1	19	8
	LU	14	6	16	0	9	1	7	1	11	2
	HR	9		8		7		3		10	
	HU	6	4	5	2	3	-1	5	-1	13	1
	MT	12	5	11	7	9	4	5	1	7	3
	NL	18	-1	23	-2	10	0	6	1	13	4
	AT	19	6	12	-3	5	-1	5	0	10	2
	PL	9	6	5	-1	6	1	7	1	7	2
	PT	17	5	7	1	3	-2	4	-1	5	-6
	RO	6	2	3	0	2	-1	6	0	9	3
	SI	6	1	9	2	8	-1	4	-3	9	-2
	SK	13	-2	8	2	5	1	7	0	18	9
	FI	27	8	7	-6	12	-1	5	1	15	7
	SE	40	9	12	5	6	-6	6	3	16	9
	UK	21	7	11	1	9	0	4	1	18	9

QD7 Vous avez dit tout à l'heure que vous pratiquiez un sport ou une autre activité physique intense ou pas. Où pratiquez-vous ce sport ou cette activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QD7 Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD7 Sie haben angegeben, dass Sie in stärkerem oder geringerem Maße Sport treiben oder sich körperlich betätigen. Wo üben Sie den Sport aus oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

		Chez vous		Sur le trajet entre chez vous et l'école, le travail ou les magasins		Dans un parc, en plein air, etc.		Ailleurs (SPONTANE)		NSP	
		At home		On the way between home and school, work or shops		In a park, outdoors, etc.		Elsewhere (SPONTANEOUS)		DK	
		Zuhause		Auf dem Weg zwischen zu Hause und Schule/ Arbeit/ Einkaufen		In einem Park, in der freien Natur usw.		Woanders (SPONTAN)		WN	
%		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	36	36	25	-6	40	-8	4	-7	4	1
	BE	38	38	29	0	32	-6	5	-7	4	0
	BG	52	52	21	-6	25	-20	5	-29	4	0
	CZ	46	46	25	-11	42	-16	1	-6	1	-2
	DK	39	39	29	-3	50	-14	3	-5	3	1
	DE	46	46	27	0	42	-18	2	-6	2	-1
	EE	41	41	24	-3	47	-20	3	-9	3	1
	IE	27	27	14	-11	44	1	6	-8	2	-2
	EL	31	31	41	-22	33	6	4	0	0	0
	ES	14	14	31	-20	51	-2	4	-1	1	1
	FR	27	27	16	-10	42	-10	5	-8	4	0
	IT	13	13	23	2	36	-4	5	-4	2	0
	CY	36	36	30	-2	33	-6	5	-8	0	0
	LV	49	49	34	7	42	-9	1	-3	2	-11
	LT	63	63	29	-6	28	-7	5	-23	3	-1
	LU	35	35	11	-5	36	-15	4	-8	3	-1
	HR	44		23		30		4		5	
	HU	51	51	29	-13	16	-20	3	-15	5	2
	MT	19	19	36	-13	29	1	7	-9	1	-2
	NL	35	35	29	-3	37	-3	5	-3	2	1
	AT	43	43	30	6	54	-10	9	-1	1	0
	PL	37	37	24	-13	35	-8	3	-13	8	5
	PT	14	14	25	-11	44	5	5	1	2	1
	RO	53	53	24	0	19	-10	4	-22	16	-1
	SI	54	54	24	-7	60	-23	4	-4	1	0
	SK	54	54	36	-5	36	-9	3	-6	2	-2
	FI	43	43	47	15	72	-4	5	0	1	1
	SE	46	46	38	13	55	4	3	-5	1	-2
	UK	40	40	22	-6	38	-1	6	-10	4	1

QD8 Pourquoi pratiquez-vous un sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QD8 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD8 Warum treiben Sie Sport oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

		Pour améliorer votre santé		Pour améliorer votre apparence physique		Pour contrecarrer les effets du vieillissement		Pour vous amuser		Pour vous relaxer		Pour être avec des amis	
		To improve your health		To improve your physical appearance		To counteract the effects of ageing		To have fun		To relax		To be with friends	
		Um Gutes für Ihre Gesundheit zu tun		Um Ihr körperliches Erscheinungsbild zu verbessern		Um dem Altern entgegenzuwirken		Um Spaß zu haben		Um sich zu entspannen		Um mit Freunden zusammen zu sein	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
%													
	EU 28	62	1	23	-1	16	1	30	-1	36	-3	20	-2
	BE	53	-6	16	-5	14	-2	36	-7	53	-9	22	-3
	BG	34	-1	19	2	6	-11	16	-1	23	-4	12	-10
	CZ	50	-3	26	0	14	0	39	1	24	-2	24	3
	DK	76	0	28	-5	24	-2	42	-4	31	-4	31	0
	DE	71	-3	23	-6	22	-1	40	-6	39	-2	23	-7
	EE	55	-13	19	-9	13	-9	28	3	42	0	20	-4
	IE	71	4	21	0	10	1	26	-3	37	-6	23	0
	EL	56	-18	21	0	7	0	24	8	40	9	17	7
	ES	73	12	29	1	11	1	26	1	35	-5	16	1
	FR	55	4	18	-3	12	-2	23	-6	42	-10	22	-6
	IT	55	3	33	3	24	5	19	-2	44	-2	18	-1
	CY	73	-4	24	-11	9	-3	19	1	43	0	14	-4
	LV	62	2	33	0	14	-2	20	-7	33	-8	18	-5
	LT	53	-8	21	-3	12	-2	42	-4	27	1	11	0
	LU	65	-1	22	-9	17	0	26	-5	39	-9	22	-2
	HR	61		23		11		22		38		16	
	HU	39	-10	24	1	12	-2	9	-3	25	-6	11	-3
	MT	70	-9	33	4	14	-1	30	-4	41	-1	18	2
	NL	61	18	14	7	14	7	56	21	56	30	21	12
	AT	63	0	31	4	22	-2	39	1	36	-6	35	-4
	PL	59	-3	22	5	6	-2	24	-1	16	-6	9	1
	PT	67	2	28	11	14	7	18	-4	32	-3	15	-5
	RO	47	4	16	1	14	-1	7	-4	24	-6	7	-4
	SI	76	-1	19	-9	10	-4	23	-5	60	-5	32	1
	SK	52	-5	28	4	12	0	18	2	16	-5	22	-1
	FI	69	-4	20	-9	31	-2	21	-5	48	-10	26	-8
	SE	81	-1	20	-8	31	1	44	-9	44	-7	25	-8
	UK	65	0	20	0	12	0	36	-1	31	-2	22	-2

QD8 Pourquoi pratiquez-vous un sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QD8 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD8 Warum treiben Sie Sport oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

		Pour faire de nouvelles rencontres		Pour rencontrer des gens d'autres cultures		Pour améliorer vos performances physiques		Pour être en meilleure forme		Pour contrôler votre poids		Pour améliorer votre estime de vous	
		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	
		Um neue Bekanntschaften zu schließen		Um Menschen aus anderen Kulturen zu treffen		Um Ihre körperliche Leistungsfähigkeit zu verbessern		Um Ihre Fitness zu verbessern		Um Ihr Gewicht zu kontrollieren		Um Ihr Selbstwertgefühl zu steigern	
	%	EB	Diff.	EB	Diff.	EB	Diff.	EB	Diff.	EB	Diff.	EB	Diff.
		80.2	EB 72.3	80.2	EB 72.3	80.2	EB 72.3	80.2	EB 72.3	80.2	EB 72.3	80.2	EB 72.3
	EU 28	5	0	2	0	24	0	40	-1	24	0	10	0
	BE	6	-4	2	-1	15	-6	45	-4	22	-8	7	-5
	BG	1	-3	1	0	3	-2	12	-6	19	0	13	1
	CZ	5	2	1	0	14	4	37	1	20	-1	7	1
	DK	11	-1	2	-2	33	-1	60	-4	43	-4	29	-4
	DE	5	-3	3	0	38	-7	43	-2	27	-6	15	-1
	EE	4	-4	2	-2	13	-4	41	-6	29	-2	18	-2
	IE	4	-1	2	0	17	-1	47	2	30	-1	10	1
	EL	2	0	1	1	15	1	49	10	19	-2	7	1
	ES	4	1	2	1	26	13	23	-6	19	1	6	0
	FR	6	-1	4	1	12	-1	54	-2	25	-1	6	-1
	IT	4	0	4	3	12	-1	27	-7	17	-4	8	4
	CY	2	-3	2	0	15	6	48	-7	34	-4	8	-3
	LV	5	-6	2	-3	14	-4	38	-4	15	-3	11	-8
	LT	2	0	1	0	18	-2	23	-7	12	-2	4	1
	LU	6	-2	4	0	22	-8	49	6	32	0	14	-2
	HR	4		1		17		30		16		5	
	HU	2	0	1	1	27	-7	31	-5	8	0	8	3
	MT	6	-1	2	-1	23	2	35	-3	41	4	12	0
	NL	9	6	1	0	22	11	54	28	38	23	7	4
	AT	8	-1	3	-1	42	3	40	0	34	0	18	2
	PL	3	1	1	-1	35	-5	29	-3	10	-1	7	0
	PT	2	-1	1	-1	16	-1	14	-2	18	9	12	6
	RO	1	-2	0	-1	6	-1	12	2	13	-1	6	2
	SI	6	-2	2	-1	42	-1	32	-3	24	-2	15	-4
	SK	5	-1	1	0	21	-1	39	-6	18	-3	10	-1
	FI	9	-1	3	1	38	-5	61	-7	36	-5	12	-5
	SE	9	-1	4	0	48	-2	71	-3	43	-2	21	-5
	UK	6	0	3	0	22	3	49	-4	34	4	14	4

QD8 Pourquoi pratiquez-vous un sport ou une activité physique ? (PLUSIEURS REPONSES POSSIBLES)

QD8 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD8 Warum treiben Sie Sport oder betätigen sich körperlich? (MEHRFACHNENNUNGEN MÖGLICH)

	%	Pour développer de nouvelles compétences				Pour l'esprit de compétition				Pour mieux vous intégrer dans la société				Autre (SPONTANE)				NSP			
		To develop new skills				For the spirit of competition				To better integrate into society				Other (SPONTANEOUS)				DK			
		Um neue Fähigkeiten zu entwickeln				Weil Sie Wettbewerbe mögen und sich gerne mit anderen messen				Um sich mehr in die Gesellschaft zu integrieren				Sonstige (SPONTAN)				WN			
		EB 80.2	Diff. EB 72.3			EB 80.2	Diff. EB 72.3			EB 80.2	Diff. EB 72.3			EB 80.2	Diff. EB 72.3			EB 80.2	Diff. EB 72.3		
	EU 28	6	0			5	-1			3	0			8	0			4	1		
	BE	5	-2			6	-1			3	-1			6	-1			3	1		
	BG	3	1			4	0			2	-3			27	-15			6	1		
	CZ	3	-1			5	1			3	0			6	3			2	1		
	DK	13	3			13	-1			2	0			6	-3			3	1		
	DE	7	-3			5	-3			4	-2			5	2			3	1		
	EE	11	-4			7	-3			2	-1			10	1			4	4		
	IE	6	0			6	1			2	-1			5	-3			1	-3		
	EL	4	1			3	1			3	1			7	6			0	-1		
	ES	6	1			3	0			2	0			4	-8			1	0		
	FR	6	2			7	-1			3	-1			10	3			4	2		
	IT	3	0			2	0			2	0			5	-1			2	1		
	CY	6	2			2	-1			2	0			3	-2			0	0		
	LV	10	-4			8	-3			5	-3			0	-5			9	4		
	LT	3	-1			2	1			2	0			18	9			4	2		
	LU	7	-2			8	-2			5	2			9	2			4	-2		
	HR	4				4				2				10				5			
	HU	3	0			3	-1			1	0			14	1			5	-1		
	MT	9	3			10	3			6	1			3	2			3	2		
	NL	7	4			8	5			2	1			11	7			1	0		
	AT	9	-1			8	1			4	0			8	4			2	0		
	PL	3	-2			4	0			2	0			4	-1			6	2		
	PT	6	2			2	-2			3	2			7	3			3	0		
	RO	3	1			2	0			4	0			21	6			19	2		
	SI	10	-2			7	-1			4	-1			10	2			0	0		
	SK	4	1			5	1			4	0			8	5			3	0		
	FI	10	-3			6	-4			3	1			8	2			2	2		
	SE	15	1			13	-3			3	0			6	3			1	-1		
	UK	9	2			7	1			5	1			12	0			4	2		

QD9 Quelles sont les principales raisons qui expliquent pourquoi vous ne pratiquez pas de sport de façon plus régulière ? (ROTATION – PLUSIEURS REPONSES POSSIBLES)

QD9 What are the main reasons currently preventing you from practising sport more regularly? (ROTATE – MULTIPLE ANSWERS POSSIBLE)

QD9 Welches sind die Hauptgründe, die Sie zurzeit davon abhalten, regelmäßiger Sport zu treiben? (ROTIEREN - MEHRFACHNENNUNGEN MÖGLICH)

		Vous n'avez pas le temps	C'est trop cher	Vous n'aimez pas la compétition	Il n'y a pas d'infrastructures sportives adaptées ou accessibles près de chez vous	Vous avez un handicap ou une maladie	Vous n'avez pas d'amis avec qui pratiquer un sport
		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
		Sie haben nicht genug Zeit	Es ist zu teuer	Sie mögen keine auf Wettbewerb beruhenden Aktivitäten	In der Nähe Ihres Wohnortes gibt es keine geeignete oder gut erreichbare Sportinfrastruktur	Sie haben eine Behinderung oder Krankheit	Sie haben keine Freunde, mit denen Sie Sport treiben können
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	42	10	6	4	13	4
	BE	39	10	8	3	15	4
	BG	39	9	6	7	12	4
	CZ	52	14	6	7	16	7
	DK	48	8	5	3	20	3
	DE	38	7	6	3	13	4
	EE	42	13	5	6	17	3
	IE	44	7	6	2	11	2
	EL	46	12	5	6	9	5
	ES	45	9	4	1	9	1
	FR	42	10	9	3	15	4
	IT	40	15	13	4	4	3
	CY	49	18	2	5	11	2
	LV	47	11	6	6	12	3
	LT	42	17	3	9	13	4
	LU	50	5	4	3	14	4
	HR	44	14	3	8	13	4
	HU	43	13	10	6	17	5
	MT	56	1	12	2	9	2
	NL	29	8	5	1	13	1
	AT	31	9	8	3	10	5
	PL	46	10	2	5	14	4
	PT	33	19	7	4	11	4
	RO	53	9	4	10	10	2
	SI	45	14	4	4	14	3
	SK	48	12	6	8	12	7
	FI	32	6	7	5	24	6
	SE	50	6	5	6	18	3
	UK	42	11	3	4	21	3

QD9 Quelles sont les principales raisons qui expliquent pourquoi vous ne pratiquez pas de sport de façon plus régulière ? (ROTATION - PLUSIEURS REPONSES POSSIBLES)

QD9 What are the main reasons currently preventing you from practising sport more regularly? (ROTATE - MULTIPLE ANSWERS POSSIBLE)

QD9 Welches sind die Hauptgründe, die Sie zurzeit davon abhalten, regelmäßiger Sport zu treiben? (ROTIEREN - MEHRFACHNENNUNGEN MÖGLICH)

		Vous vous sentez discriminé(e) par les autres participants	Vous n'êtes pas suffisamment motivé(e) ou vous n'y voyez pas d'intérêt	Vous ne voulez pas risquer de vous blesser	Vous faites déjà suffisamment de sport (SPONTANE)	Autre (SPONTANE)	NSP
		You feel discriminated against by other participants	You lack motivation or are not interested	You are afraid of the risk of injuries	You are already doing sports regularly (SPONTANEOUS)	Other (SPONTANEOUS)	DK
		Sie werden von anderen Teilnehmern benachteiligt	Ihnen fehlt es an Motivation oder Sie haben kein Interesse	Sie haben Angst vor dem Verletzungsrisiko	Sie treiben bereits regelmäßig Sport (SPONTAN)	Sonstige (SPONTAN)	WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	1	20	5	14	6	3
	BE	1	19	6	14	9	3
	BG	0	26	6	8	8	5
	CZ	1	23	9	9	2	1
	DK	0	29	7	8	4	4
	DE	0	23	4	23	4	3
	EE	0	15	3	11	6	7
	IE	0	11	7	17	7	5
	EL	0	27	4	13	4	1
	ES	1	24	5	14	6	1
	FR	0	24	6	11	9	4
	IT	1	18	3	12	6	5
	CY	0	20	4	15	4	0
	LV	0	19	2	13	1	4
	LT	1	20	2	5	10	5
	LU	1	23	4	12	7	2
	HR	1	22	8	9	6	2
	HU	1	18	7	8	7	3
	MT	0	28	8	10	5	1
	NL	0	15	4	33	9	1
	AT	1	26	8	32	4	2
	PL	1	19	7	8	3	8
	PT	1	26	4	15	3	3
	RO	1	13	1	7	13	6
	SI	0	14	6	13	9	2
	SK	1	23	10	11	3	2
	FI	1	17	6	17	9	5
	SE	0	27	5	11	7	1
	UK	0	14	5	11	9	2

QD10 Êtes-vous membre d'un des types de club suivants où l'on pratique un sport ou une activité physique récréative ? (PLUSIEURS REPONSES POSSIBLES)

QD10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

QD10 Sind Sie Mitglied in einem der folgenden Klubs oder Vereine, in denen Sport getrieben wird oder sportliche Aktivitäten stattfinden? (MEHRFACHNENNUNGEN MÖGLICH)

		Un centre de remise en forme ou de fitness		Un club de sport		Un club socioculturel qui propose du sport parmi ses activités (p. ex. club de travailleurs, club de jeunesse ou club scolaire ou universitaire)		Autre (SPONTANE)		Non, n'est pas membre d'un club (SPONTANE)		NSP	
		Health or fitness centre		Sports club		Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)		Other (SPONTANEOUS)		No, not a member of any club (SPONTANEOUS)		DK	
		Wellnesscenter oder Fitnessstudio		Sportverein		Gesellschafts- oder Kulturverein, in dem auch Sport getrieben wird (z.B. Mitarbeiterklub, Jugendklub, Schul- oder Universitätsklub)		Sonstige (SPONTAN)		Nein, kein Mitglied in irgendeinem Klub (SPONTAN)		WN	
%		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	11	2	12	0	3	-1	1	-4	74	7	2	-2
	BE	11	4	16	2	5	1	2	-1	68	-4	2	0
	BG	2	-1	2	-2	1	-2	0	-5	94	21	1	-11
	CZ	12	6	11	4	3	-1	1	0	75	-6	0	-1
	DK	25	3	25	6	9	-3	1	-2	47	-6	1	1
	DE	14	1	24	1	4	-4	0	-16	60	21	1	-5
	EE	4	2	12	2	3	1	1	0	69	-16	13	12
	IE	15	-1	19	1	4	0	2	-2	65	6	0	-3
	EL	11	3	5	1	1	0	1	0	83	-5	0	0
	ES	10	6	7	-2	3	-1	1	-1	79	-3	1	0
	FR	4	2	16	-2	4	0	1	-1	74	2	2	-1
	IT	6	-8	7	0	3	0	2	1	80	18	2	-11
	CY	9	-2	6	1	1	-1	1	0	84	2	0	0
	LV	3	0	6	0	2	-2	0	-2	89	13	1	-8
	LT	1	-1	8	2	2	1	4	2	78	-10	8	7
	LU	13	7	21	-1	5	0	2	1	65	-1	0	-1
	HR	7		10		3		1		79		1	
	HU	4	2	5	1	3	2	0	-1	89	-3	0	0
	MT	7	2	6	-1	2	-1	1	-1	85	4	1	-2
	NL	19	-1	27	0	3	0	3	0	54	3	0	0
	AT	16	3	13	-4	3	-5	2	-9	70	27	0	-14
	PL	6	4	3	-1	1	0	2	-2	87	0	1	-1
	PT	6	-1	4	-4	2	-1	0	-1	88	6	0	-1
	RO	4	1	1	-1	1	1	1	-19	88	17	4	0
	SI	5	0	12	-1	3	-1	5	3	76	-1	1	1
	SK	9	4	7	-2	3	-2	1	0	80	1	1	0
	FI	13	5	12	-5	7	1	1	-3	70	3	0	-1
	SE	33	12	22	1	8	0	2	-4	47	-4	0	0
	UK	18	4	11	2	2	-2	2	-1	69	-5	2	2

QD11.1 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?
La région où vous habitez offre de nombreuses possibilités d'activités physiques

QD11.1 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

QD11.1 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?
Die Gegend, in der ich lebe, bietet mir viele Möglichkeiten, mich körperlich zu betätigen

		Tout à fait d'accord		Plutôt d'accord		Plutôt pas d'accord		Pas du tout d'accord		NSP	
		Totally agree		Tend to agree		Tend to disagree		Totally disagree		DK	
		Stimme voll und ganz zu		Stimme eher zu		Stimme eher nicht zu		Stimme überhaupt nicht zu		WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
%											
	EU 28	39	2	37	-1	13	0	7	0	4	-1
	BE	44	-7	43	11	9	-2	2	-2	2	0
	BG	11	-7	21	0	22	1	31	6	15	0
	CZ	24	5	49	7	19	-5	4	-7	4	0
	DK	70	1	22	1	5	-1	2	0	1	-1
	DE	56	-2	33	4	7	-1	2	-1	2	0
	EE	47	3	31	1	12	0	8	-2	2	-2
	IE	47	9	31	-8	11	-2	7	3	4	-2
	EL	18	-5	42	3	24	7	13	1	3	-6
	ES	37	8	38	-8	14	-2	6	1	5	1
	FR	59	10	30	-7	5	-1	3	-1	3	-1
	IT	16	-2	53	-1	17	3	9	1	5	-1
	CY	44	4	30	-1	14	1	8	-2	4	-2
	LV	27	-2	44	8	17	0	8	-4	4	-2
	LT	35	-3	42	10	12	-1	6	-2	5	-4
	LU	46	-18	41	21	7	0	2	-3	4	0
	HR	29		40		17		10		4	
	HU	21	-8	37	2	23	8	11	-1	8	-1
	MT	23	1	36	7	19	-3	14	-4	8	-1
	NL	77	-2	18	2	3	0	1	0	1	0
	AT	46	3	42	0	8	-2	2	0	2	-1
	PL	21	1	49	9	16	-5	7	-3	7	-2
	PT	15	3	47	2	18	-10	12	4	8	1
	RO	16	-1	26	2	20	3	27	3	11	-7
	SI	48	6	36	-3	10	-1	3	-3	3	1
	SK	12	-10	44	7	27	2	12	1	5	0
	FI	48	1	37	-4	10	1	2	0	3	2
	SE	65	3	25	1	6	0	3	-4	1	0
	UK	44	9	32	-5	16	0	5	-2	3	-2

QD11.1 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

La région où vous habitez offre de nombreuses possibilités d'activités physiques

QD11.1 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

QD11.1 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Die Gegend, in der ich lebe, bietet mir viele Möglichkeiten, mich körperlich zu betätigen

	%	Total 'D'accord'		Total 'Pas d'accord'	
		Total 'Agree'		Total 'Disagree'	
		Gesamt 'Stimme zu'		Gesamt 'Stimme nicht zu'	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
 EU 28		76	1	20	0
 BE		87	4	11	-4
 BG		32	-7	53	7
 CZ		73	12	23	-12
 DK		92	2	7	-1
 DE		89	2	9	-2
 EE		78	4	20	-2
 IE		78	1	18	1
 EL		60	-2	37	8
 ES		75	0	20	-1
 FR		89	3	8	-2
 IT		69	-3	26	4
 CY		74	3	22	-1
 LV		71	6	25	-4
 LT		77	7	18	-3
 LU		87	3	9	-3
 HR		69		27	
 HU		58	-6	34	7
 MT		59	8	33	-7
 NL		95	0	4	0
 AT		88	3	10	-2
 PL		70	10	23	-8
 PT		62	5	30	-6
 RO		42	1	47	6
 SI		84	3	13	-4
 SK		56	-3	39	3
 FI		85	-3	12	1
 SE		90	4	9	-4
 UK		76	4	21	-2

QD11.2 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Les clubs sportifs et autres centres dans votre région offrent de nombreuses possibilités d'activités physiques

QD11.2 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

QD11.2 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Örtliche Sportvereine und andere örtliche Anbieter bieten viele Möglichkeiten zur körperlichen Betätigung

	%	Tout à fait d'accord		Plutôt d'accord		Plutôt pas d'accord		Pas du tout d'accord		NSP	
		Totally agree		Tend to agree		Tend to disagree		Totally disagree		DK	
		Stimme voll und ganz zu		Stimme eher zu		Stimme eher nicht zu		Stimme überhaupt nicht zu		WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	36	3	38	0	12	-1	7	-1	7	-1
	BE	44	-7	43	10	8	-1	2	-2	3	0
	BG	8	-1	22	10	22	0	28	-7	20	-2
	CZ	23	5	46	6	21	-4	5	-6	5	-1
	DK	65	2	26	0	5	-1	1	0	3	-1
	DE	53	-2	35	5	6	-1	2	-1	4	-1
	EE	43	7	30	0	12	0	9	-4	6	-3
	IE	47	10	37	-3	8	-2	4	-1	4	-4
	EL	16	-1	38	-2	29	9	12	-1	5	-5
	ES	35	9	42	-9	11	-1	5	1	7	0
	FR	55	10	33	-8	5	-1	2	-1	5	0
	IT	15	-1	51	-1	18	3	9	0	7	-1
	CY	33	5	28	3	19	-1	10	-5	10	-2
	LV	26	0	44	10	16	-2	8	-5	6	-3
	LT	25	5	38	11	13	-3	13	-8	11	-5
	LU	45	-17	41	21	8	-1	2	-2	4	-1
	HR	22		41		20		10		7	
	HU	20	-6	39	4	21	5	12	-1	8	-2
	MT	21	1	38	8	16	-2	8	-7	17	0
	NL	75	7	19	0	3	-3	1	-3	2	-1
	AT	36	1	45	-1	10	0	5	3	4	-3
	PL	17	4	42	9	17	-5	10	-7	14	-1
	PT	13	3	43	-2	23	-6	11	3	10	2
	RO	14	4	20	2	21	3	29	0	16	-9
	SI	38	5	38	0	15	-1	4	-4	5	0
	SK	10	-7	38	2	31	4	13	1	8	0
	FI	43	11	36	-9	11	-3	2	-1	8	2
	SE	63	7	22	-6	7	0	3	-1	5	0
	UK	42	8	38	-4	10	-2	4	-1	6	-1

QD11.2 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Les clubs sportifs et autres centres dans votre région offrent de nombreuses possibilités d'activités physiques

QD11.2 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

QD11.2 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Örtliche Sportvereine und andere örtliche Anbieter bieten viele Möglichkeiten zur körperlichen Betätigung

		Total 'D'accord'		Total 'Pas d'accord'	
		Total 'Agree'		Total 'Disagree'	
		Gesamt 'Stimme zu'		Gesamt 'Stimme nicht zu'	
	%	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	74	3	19	-2
	BE	87	3	10	-3
	BG	30	9	50	-7
	CZ	69	11	26	-10
	DK	91	2	6	-1
	DE	88	3	8	-2
	EE	73	7	21	-4
	IE	84	7	12	-3
	EL	54	-3	41	8
	ES	77	0	16	0
	FR	88	2	7	-2
	IT	66	-2	27	3
	CY	61	8	29	-6
	LV	70	10	24	-7
	LT	63	16	26	-11
	LU	86	4	10	-3
	HR	63		30	
	HU	59	-2	33	4
	MT	59	9	24	-9
	NL	94	7	4	-6
	AT	81	0	15	3
	PL	59	13	27	-12
	PT	56	1	34	-3
	RO	34	6	50	3
	SI	76	5	19	-5
	SK	48	-5	44	5
	FI	79	2	13	-4
	SE	85	1	10	-1
	UK	80	4	14	-3

QD11.3 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?
Les pouvoirs locaux de votre région n'en font pas assez pour les citoyens dans le domaine des activités physiques

QD11.3 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

QD11.3 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?
Die Gemeinde tut nicht genug, damit sich die Bürger körperlich betätigen können

		Tout à fait d'accord		Plutôt d'accord		Plutôt pas d'accord		Pas du tout d'accord		NSP	
		Totally agree		Tend to agree		Tend to disagree		Totally disagree		DK	
		Stimme voll und ganz zu		Stimme eher zu		Stimme eher nicht zu		Stimme überhaupt nicht zu		WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	13	2	26	2	32	1	20	-3	9	-2
	BE	12	2	26	4	40	0	18	-5	4	-1
	BG	23	4	26	-4	17	-1	14	5	20	-4
	CZ	9	2	35	6	36	-5	12	1	8	-4
	DK	5	-1	14	1	38	7	39	-4	4	-3
	DE	7	1	15	2	36	9	35	-11	7	-1
	EE	11	-2	20	3	37	3	24	-1	8	-3
	IE	19	10	26	6	26	-4	18	-6	11	-6
	EL	13	-1	31	7	37	2	13	-3	6	-5
	ES	19	8	31	3	27	-6	14	-1	9	-4
	FR	9	3	17	-3	38	0	28	-1	8	1
	IT	17	1	39	3	25	-2	9	-1	10	-1
	CY	25	-2	24	0	23	-2	17	9	11	-5
	LV	12	-5	25	1	39	10	16	0	8	-6
	LT	16	0	33	2	26	5	12	1	13	-8
	LU	6	-2	20	9	38	3	29	-11	7	1
	HR	24		34		23		11		8	
	HU	14	1	32	10	31	-1	12	-8	11	-2
	MT	22	3	24	2	30	5	5	-8	19	-2
	NL	6	-1	12	0	35	6	36	-8	11	3
	AT	9	3	18	-2	36	-3	32	8	5	-6
	PL	13	-5	35	1	29	6	9	2	14	-4
	PT	11	3	38	-1	28	-3	8	1	15	0
	RO	22	3	29	0	22	6	10	-2	17	-7
	SI	14	0	28	-1	32	-1	19	0	7	2
	SK	16	4	35	1	31	1	8	0	10	-6
	FI	5	1	16	0	35	-7	38	4	6	2
	SE	9	2	21	5	29	-2	32	-7	9	2
	UK	15	4	24	0	35	-1	18	-2	8	-1

QD11.3 Dans quelle mesure êtes-vous d'accord ou pas d'accord avec les affirmations suivantes concernant le sport et l'activité physique ?

Les pouvoirs locaux de votre région n'en font pas assez pour les citoyens dans le domaine des activités physiques

QD11.3 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

QD11.3 Inwieweit stimmen Sie den folgenden Aussagen über Sport und körperliche Betätigung zu?

Die Gemeinde tut nicht genug, damit sich die Bürger körperlich betätigen können

	%	Total 'D'accord'		Total 'Pas d'accord'	
		Total 'Agree'		Total 'Disagree'	
		Gesamt 'Stimme zu'		Gesamt 'Stimme nicht zu'	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
 EU 28		39	4	52	-2
 BE		38	6	58	-5
 BG		49	0	31	4
 CZ		44	8	48	-4
 DK		19	0	77	3
 DE		22	3	71	-2
 EE		31	1	61	2
 IE		45	16	44	-10
 EL		44	6	50	-1
 ES		50	11	41	-7
 FR		26	0	66	-1
 IT		56	4	34	-3
 CY		49	-2	40	7
 LV		37	-4	55	10
 LT		49	2	38	6
 LU		26	7	67	-8
 HR		58		34	
 HU		46	11	43	-9
 MT		46	5	35	-3
 NL		18	-1	71	-2
 AT		27	1	68	5
 PL		48	-4	38	8
 PT		49	2	36	-2
 RO		51	3	32	4
 SI		42	-1	51	-1
 SK		51	5	39	1
 FI		21	1	73	-3
 SE		30	7	61	-9
 UK		39	4	53	-3

QD12 Par bénévolat, nous voulons parler d'un travail volontaire pour lequel vous ne recevez aucun salaire, excepté pour couvrir vos dépenses, p. ex. organiser ou promouvoir un événement ou contribuer à son déroulement, récolter de l'argent, assurer le transport, organiser ou participer à un événement sponsorisé, entraîner ou donner des cours, encadrer, etc. Exercez-vous une activité bénévole qui soutient des activités sportives ?

QD12 By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses, for example organising or helping to run events, campaigning or raising money, providing transport or driving, taking part in a sponsored event, coaching, tuition, mentoring, etc. Do you engage in voluntary work that support sporting activities?

QD12 Damit gemeint sind ehrenamtliche Tätigkeiten, für die Sie, abgesehen von Unkostenbeiträgen, keine Bezahlung erhalten. Dazu zählt z. B. die Organisation oder Durchführung von Sportveranstaltungen, Kampagnen/Spendensammeln/Transportmöglichkeiten/Fahrtätigkeiten oder die Teilnahme an gesponserten Veranstaltungen, Training, Unterricht, Betreuung etc. Leisten Sie ehrenamtliche Arbeit im sportlichen Bereich?

	%	Oui Yes Ja		Non No Nein		NSP DK WN	
		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
 EU 28		7	<i>0</i>	93	<i>1</i>	0	<i>-1</i>
 BE		9	<i>1</i>	91	<i>-1</i>	0	<i>0</i>
 BG		3	<i>0</i>	96	<i>1</i>	1	<i>-1</i>
 CZ		10	<i>3</i>	90	<i>-3</i>	0	<i>0</i>
 DK		18	<i>3</i>	82	<i>-3</i>	0	<i>0</i>
 DE		10	<i>1</i>	90	<i>0</i>	0	<i>-1</i>
 EE		12	<i>1</i>	87	<i>-1</i>	1	<i>0</i>
 IE		15	<i>1</i>	84	<i>-1</i>	1	<i>0</i>
 EL		3	<i>1</i>	97	<i>-1</i>	0	<i>0</i>
 ES		4	<i>-1</i>	96	<i>1</i>	0	<i>0</i>
 FR		7	<i>-3</i>	93	<i>3</i>	0	<i>0</i>
 IT		3	<i>0</i>	96	<i>0</i>	1	<i>0</i>
 CY		5	<i>1</i>	95	<i>-1</i>	0	<i>0</i>
 LV		8	<i>-5</i>	90	<i>5</i>	2	<i>0</i>
 LT		5	<i>-2</i>	94	<i>3</i>	1	<i>-1</i>
 LU		13	<i>-1</i>	87	<i>2</i>	0	<i>-1</i>
 HR		8		92		0	
 HU		6	<i>0</i>	93	<i>-1</i>	1	<i>1</i>
 MT		4	<i>-4</i>	96	<i>4</i>	0	<i>0</i>
 NL		18	<i>2</i>	82	<i>-2</i>	0	<i>0</i>
 AT		12	<i>-3</i>	88	<i>3</i>	0	<i>0</i>
 PL		3	<i>1</i>	97	<i>0</i>	0	<i>-1</i>
 PT		2	<i>0</i>	98	<i>0</i>	0	<i>0</i>
 RO		3	<i>-1</i>	97	<i>3</i>	0	<i>-2</i>
 SI		12	<i>-2</i>	88	<i>2</i>	0	<i>0</i>
 SK		6	<i>-4</i>	94	<i>4</i>	0	<i>0</i>
 FI		13	<i>-5</i>	86	<i>4</i>	1	<i>1</i>
 SE		25	<i>7</i>	75	<i>-7</i>	0	<i>0</i>
 UK		10	<i>4</i>	90	<i>-4</i>	0	<i>0</i>

QD13 Combien de temps consacrez-vous à une activité bénévole dans le domaine du sport ?

QD13 How much time do you spend on voluntary work in sport?

QD13 Wie viel Zeit bringen Sie für Ihre ehrenamtliche Arbeit im sportlichen Bereich auf?

		Uniquement occasionnellement, lors d'événements ponctuels		1-5 heures par mois		6-20 heures par mois		21-40 heures par mois		Plus de 40 heures par mois		NSP	
		Only occasionally, at individual events		1-5 hours per month		6-20 hours per month		21-40 hours per month		More than 40 hours per month		DK	
		Nur gelegentlich, bei bestimmten Veranstaltungen		1 bis 5 Stunden pro Monat		6 bis 20 Stunden pro Monat		21 bis 40 Stunden pro Monat		Mehr als 40 Stunden pro Monat		WN	
%		EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3	EB 80.2	Diff. EB 72.3
	EU 28	36	-6	28	5	27	3	6	-1	2	0	1	-1
	BE	35	1	26	3	29	7	7	-9	3	-2	0	0
	BG	68	-13	12	-1	16	10	4	4	0	0	0	0
	CZ	54	0	26	0	15	-3	3	2	2	2	0	-1
	DK	33	-3	29	1	29	2	6	-1	3	2	0	-1
	DE	29	-7	35	15	31	-6	4	-1	0	-1	1	0
	EE	63	1	19	2	14	3	2	-1	1	-2	1	-3
	IE	29	-9	32	9	29	0	7	1	2	-1	1	0
	EL	55	-25	31	17	14	8	0	0	0	0	0	0
	ES	44	-15	22	4	23	13	8	2	3	-2	0	-2
	FR	41	0	22	3	21	-6	14	5	2	0	0	-2
	IT	22	-19	36	7	33	18	0	-12	0	-3	9	9
	CY	61	18	10	-24	10	-13	8	8	11	11	0	0
	LV	68	-3	17	3	12	3	1	-1	2	0	0	-2
	LT	48	-9	24	3	15	6	4	1	4	0	5	-1
	LU	43	5	28	10	22	-15	5	5	2	-2	0	-3
	HR	57		15		21		2		4		1	
	HU	58	0	15	-11	23	15	2	-1	2	2	0	-5
	MT	75	16	11	-10	10	-4	2	-2	2	2	0	-2
	NL	27	-11	27	4	36	9	8	-2	1	-1	1	1
	AT	46	-1	16	-6	25	0	8	2	4	4	1	1
	PL	49	-3	27	-9	16	13	0	0	0	0	8	-1
	PT	42	11	27	12	19	0	6	-8	6	0	0	-15
	RO	58	-6	22	12	11	4	2	-4	2	2	5	-8
	SI	52	-6	23	3	17	2	5	1	2	1	1	-1
	SK	53	-9	19	4	25	10	0	-2	3	-1	0	-2
	FI	42	-1	29	3	19	-4	4	-1	5	3	1	0
	SE	39	-2	26	2	26	-1	7	2	2	0	0	-1
	UK	29	0	31	-4	30	8	8	-2	2	0	0	-2

QD14 Quel type d'activité bénévole exercez-vous ? Vous... (PLUSIEURS REPONSES POSSIBLES)

QD14 What type of voluntary work do you do? You ... (MULTIPLE ANSWERS POSSIBLE)

QD14 Welcher Art von ehrenamtlicher Tätigkeit gehen Sie nach? (MEHRFACHNENNUNGEN MÖGLICH)

		Faites partie d'un comité ou d'un conseil d'administration	Effectuez un travail administratif	Etes entraîneur ou formateur	Etes arbitre ou juge	Organisez un événement sportif ou contribuez à son déroulement	Soutenez les activités journalières d'un club (p. ex. bar, restaurant, merchandising)
		Are a member of a board or committee	Do administrative tasks	Are a coach or trainer	Are a referee or other official	Organise or help to run a sporting event	Support day to day club activities (for example. bar, food, merchandising)
		Ich gehöre einem Gremium oder Ausschuss an	Ich verrichte Verwaltungstätigkeiten	Ich bin Trainer oder Übungsleiter	Ich bin Schiedsrichter oder habe eine andere offizielle Funktion	Ich organisiere eine Sportveranstaltung oder helfe dabei	Ich unterstütze die tägliche Vereinsarbeit (z. B. Getränke, Essen, Vermarktung)
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	22	16	29	9	35	20
	BE	22	21	25	13	48	31
	BG	9	26	14	16	31	16
	CZ	14	15	17	4	46	9
	DK	36	30	32	16	38	24
	DE	32	17	31	5	17	28
	EE	7	14	12	24	48	4
	IE	20	15	44	3	41	22
	EL	8	7	14	0	46	29
	ES	8	2	30	16	47	6
	FR	32	26	27	5	46	21
	IT	16	12	36	3	19	16
	CY	48	28	10	0	58	15
	LV	6	10	14	23	49	7
	LT	3	11	7	10	25	8
	LU	37	20	11	12	37	27
	HR	27	4	19	7	45	21
	HU	13	27	5	5	47	5
	MT	23	22	11	0	37	22
	NL	32	20	28	19	38	25
	AT	20	18	19	11	44	24
	PL	11	8	12	19	10	15
	PT	20	0	28	10	32	14
	RO	14	11	0	0	20	6
	SI	18	11	15	6	50	14
	SK	12	13	26	7	66	16
	FI	11	20	22	20	45	22
	SE	30	19	32	16	51	24
	UK	9	12	39	7	35	13

QD14 Quel type d'activité bénévole exercez-vous ? Vous... (PLUSIEURS REPONSES POSSIBLES)

QD14 What type of voluntary work do you do? You ... (MULTIPLE ANSWERS POSSIBLE)

QD14 Welcher Art von ehrenamtlicher Tätigkeit gehen Sie nach? (MEHRFACHNENNUNGEN MÖGLICH)

		Assurez le transport	Entretenez des infrastructures sportives	Entretenez des équipements sportifs	Autre (SPONTANE)	NSP
		Provide transport	Maintain sports facilities	Maintain sports equipment	Other (SPONTANEOUS)	DK
		Ich biete Transportmöglichkeiten	Ich kümmere mich um die Sporteinrichtungen	Ich kümmere mich um die Sportausrüstung	Sonstige (SPONTAN)	WN
%		EB 80.2	EB 80.2	EB 80.2	EB 80.2	EB 80.2
	EU 28	15	10	8	10	1
	BE	11	9	10	9	0
	BG	3	9	4	3	0
	CZ	14	18	7	2	0
	DK	32	17	15	4	0
	DE	13	13	12	12	0
	EE	10	5	10	4	6
	IE	19	8	4	7	1
	EL	7	0	4	14	4
	ES	8	3	0	5	0
	FR	14	10	8	4	0
	IT	4	8	0	20	0
	CY	14	7	12	5	0
	LV	12	6	8	0	8
	LT	7	9	10	31	10
	LU	18	6	6	12	0
	HR	16	5	3	12	0
	HU	21	4	22	6	0
	MT	11	19	2	26	0
	NL	30	5	6	5	0
	AT	22	16	15	7	0
	PL	11	16	4	13	9
	PT	0	12	10	7	0
	RO	5	0	3	38	6
	SI	18	19	13	18	0
	SK	8	13	14	5	0
	FI	27	5	12	5	1
	SE	35	12	8	2	0
	UK	9	9	5	18	1