

Sport and physical activity

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

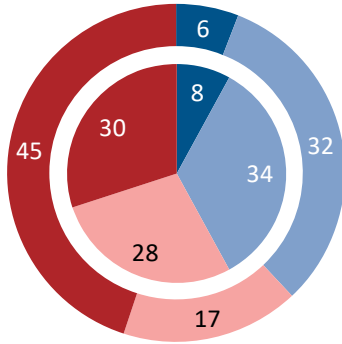
Methodology (EU27): Face-to-face and online

Estonia 1,030 interviews | Fieldwork: 19 April - 16 May 2022

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

1. FREQUENCY OF EXERCISE OR PLAYING SPORT

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



EU27 Outer pie

EE Inner pie

	EU27		EE	
	2022	Δ 2017	2022	Δ 2017
Regularly	6	-1	8	+1
With some regularity	32	-1	34	+6
Seldom	17	+3	28	+11
Never	45	-1	30	-18
Don't know	0	=	0	=

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

'Never or seldom'

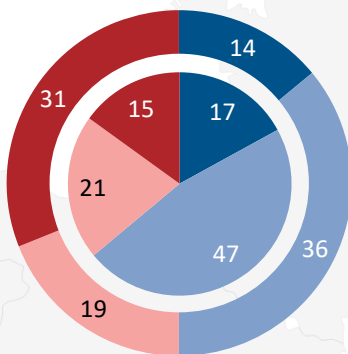
EU27 EE

Gender	EU27	EE
Male	57	51
Female	65	64
Gender and Age		
Male 15-24	27	16
Male 25-39	46	40
Male 40-54	60	48
Male 55+	73	74
Female 15-24	42	41
Female 25-39	59	55
Female 40-54	64	57
Female 55+	75	75
Socio-professional category		
Self-employed	58	50
Managers	47	37
Other white collars	57	48
Manual workers	65	64
House persons	80	80
Unemployed	68	64
Retired	74	80
Students	30	24

Socio-demographic breakdown

2. FREQUENCY OF ENGAGING IN PHYSICAL ACTIVITY OUTSIDE SPORT

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



EU27 Outer pie

EE Inner pie

	EU27		EE	
	2022	Δ 2017	2022	Δ 2017
Regularly	14	=	17	-2
With some regularity	36	+6	47	+11
Seldom	19	-2	21	=
Never	31	-4	15	-8
Don't know	0	=	0	-1

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

'Never or seldom'

EU27 EE

Gender	EU27	EE
Male	47	34
Female	54	38
Gender and Age		
Male 15-24	30	21
Male 25-39	44	27
Male 40-54	51	33
Male 55+	52	45
Female 15-24	42	35
Female 25-39	52	39
Female 40-54	52	29
Female 55+	57	41
Occupation		
Self-employed	53	33
Managers	40	26
Other white collars	49	29
Manual workers	52	34
House persons	67	38
Unemployed	56	41
Retired	55	51
Students	34	22

Socio-demographic breakdown

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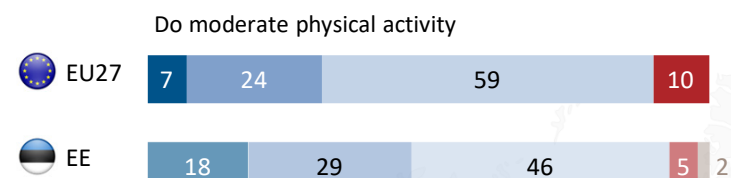
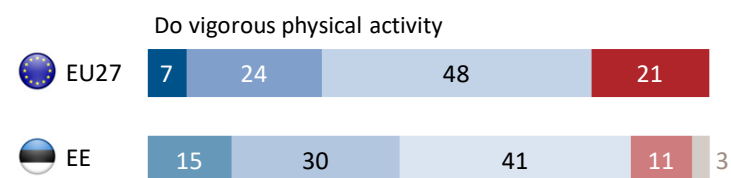
Methodology (EU27): Face-to-face and online

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

3. LEVELS OF PHYSICAL ACTIVITY AND TIME SPENT SITTING

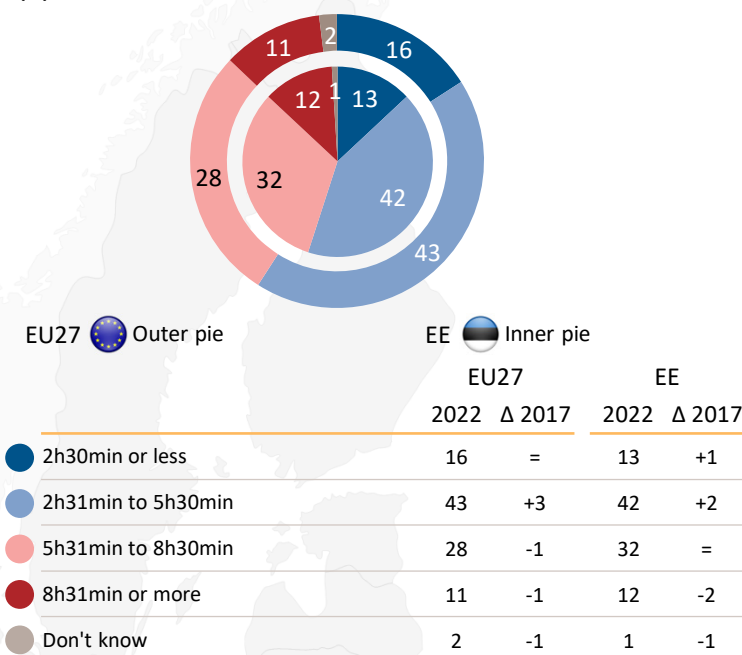
QB4, QB6. In days when you..., how much time do you spend at it? (%)



■ More than 120 minutes ■ 61 to 120 minutes
■ 60 minutes or less ■ Never
■ Don't know

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

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

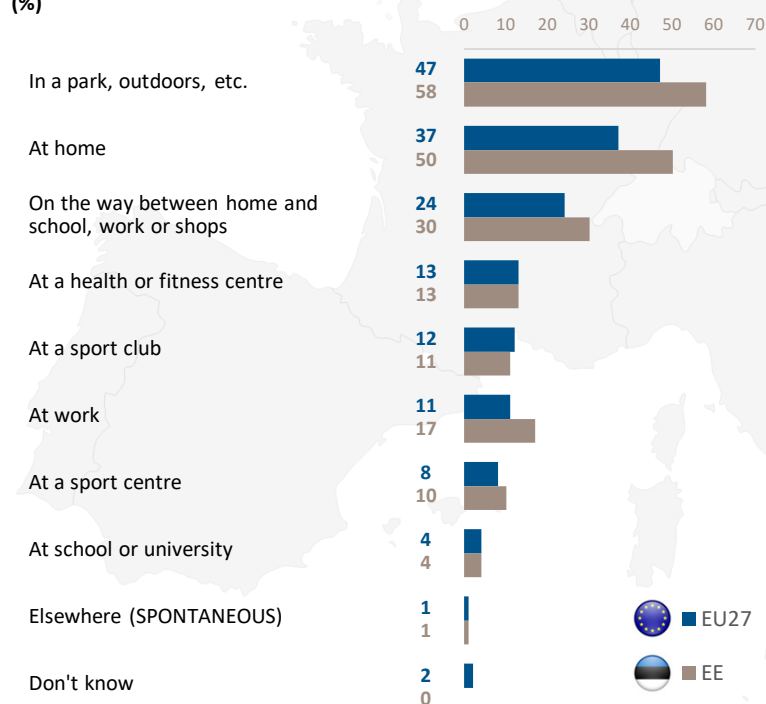


Evolution: Apr/May 2022 (EB97.3) – Dec 2017 (EB88.4)

	EU27		EE	
	2022	Δ 2017	2022	Δ 2017
2h30min or less	16	=	13	+1
2h31min to 5h30min	43	+3	42	+2
5h31min to 8h30min	28	-1	32	=
8h31min or more	11	-1	12	-2
Don't know	2	-1	1	-1

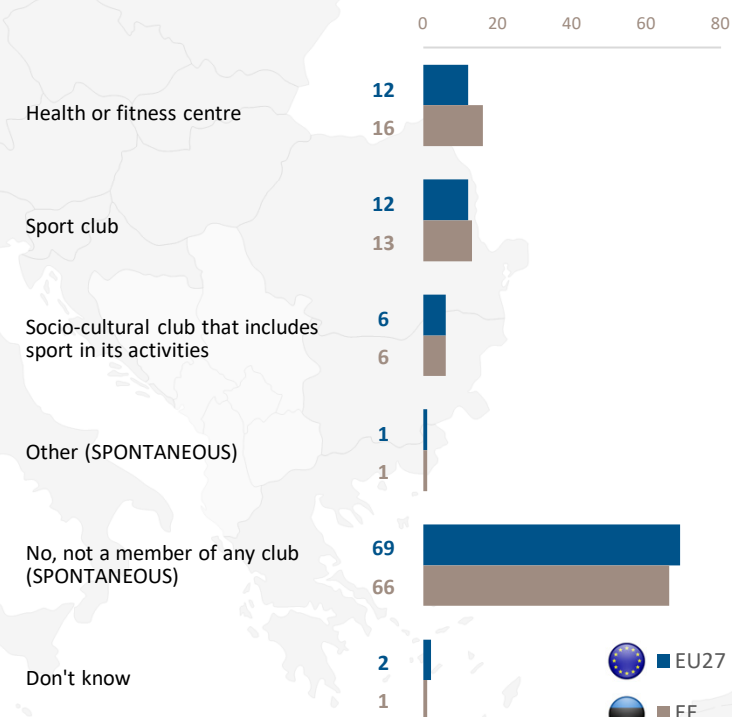
4. SETTINGS WHERE CITIZENS ENGAGE IN SPORT OR OTHER PHYSICAL ACTIVITY

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



(Base: Those respondents who exercise, play sport or engage in other physical activity)
 (Note: A sport club is an organised setting (for example karate club, football club). A sport centre is more generally a place where people can do different sports (e.g. playing tennis, running)).

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



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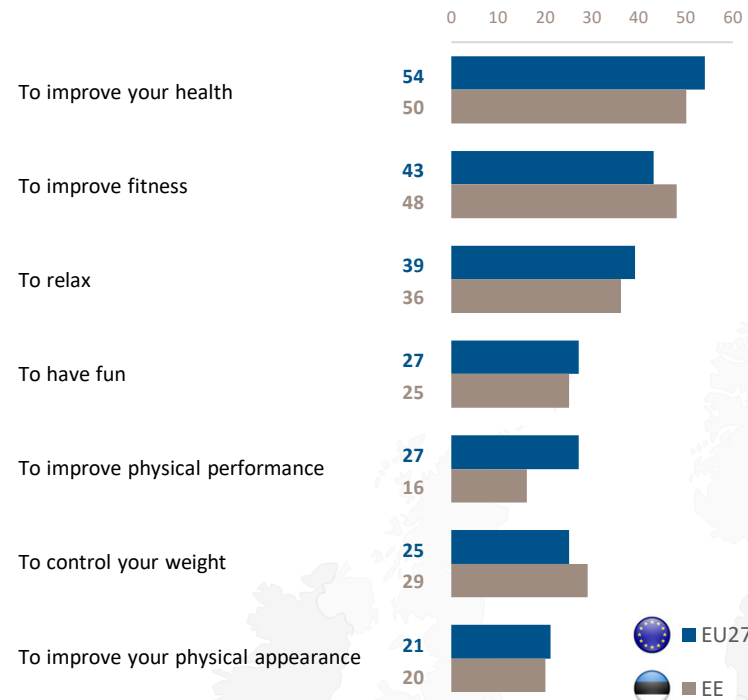
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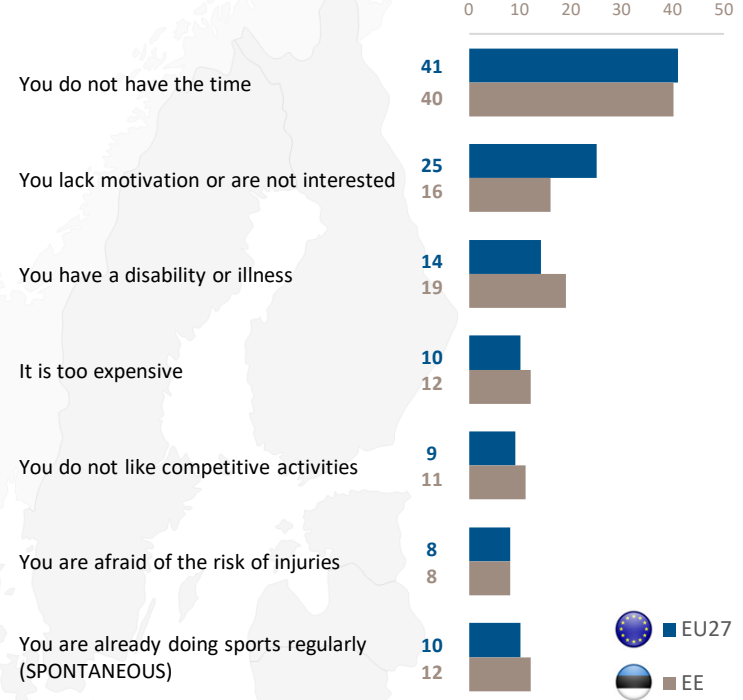
5. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

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



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

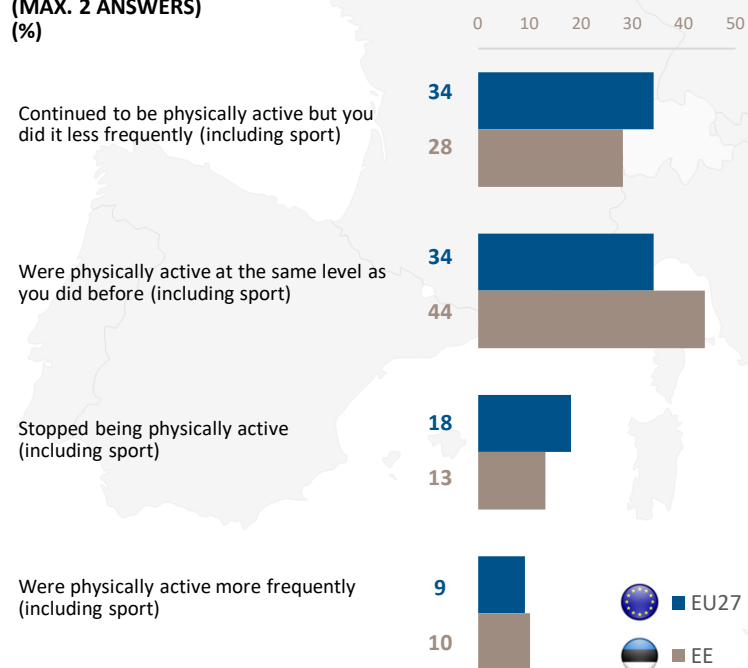
QB14. What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE) (%)



(Note: Top 7 answers at EU level)

6. IMPACT OF COVID-19 ON SPORT FREQUENCY

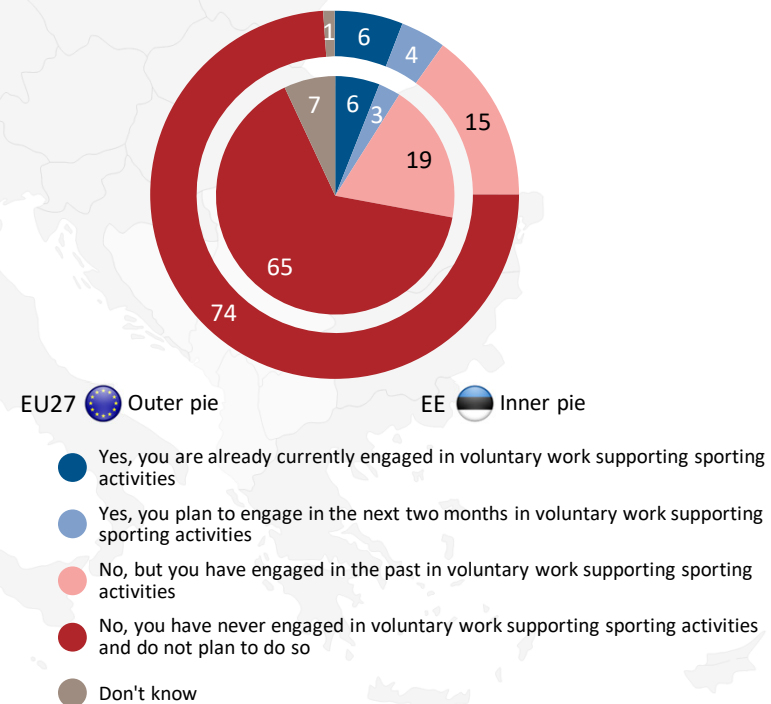
QB12. The COVID-19 pandemic has had an impact on individuals and organisations involved in physical activity. During COVID-19 you... (MAX. 2 ANSWERS) (%)



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

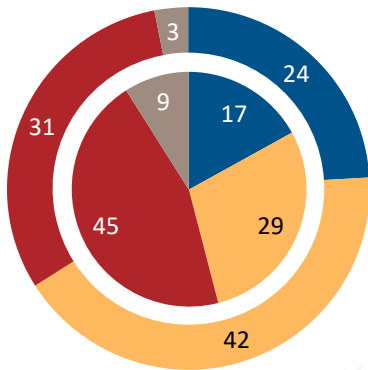
7. SUPPORTING THE COMMUNITY THROUGH SPORT AND PHYSICAL ACTIVITY

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



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

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



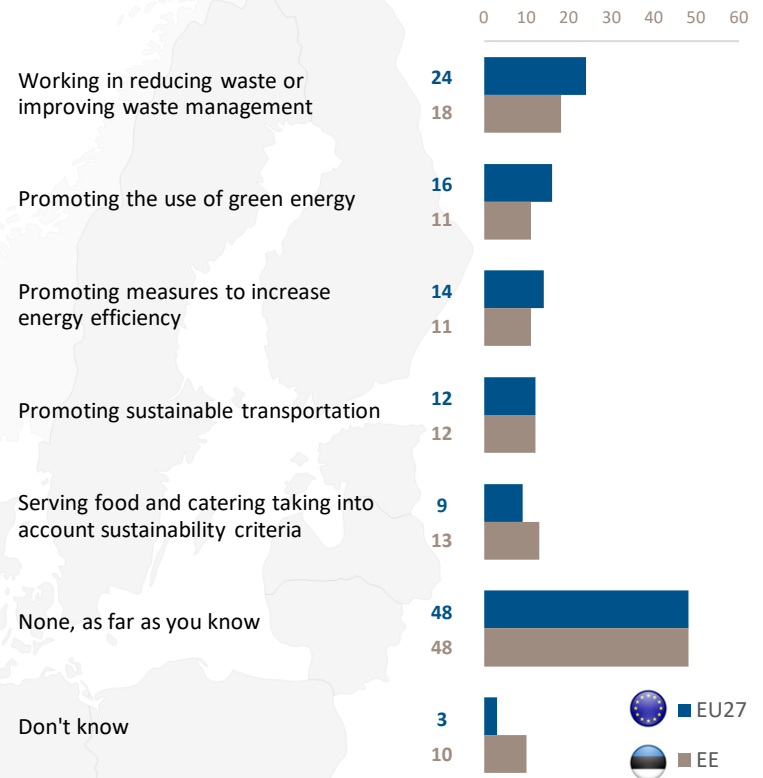
EU27 Outer pie

EE Inner pie

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

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

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



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

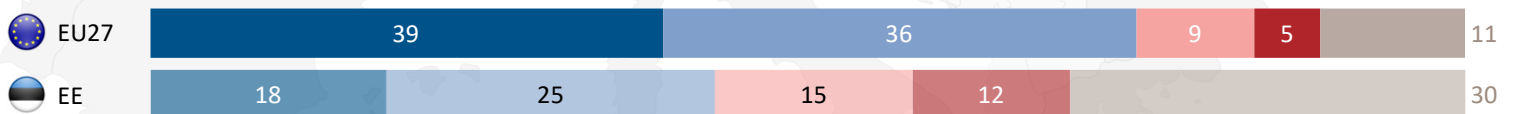
9. SUPPORT FOR GENDER EQUALITY IN SPORT AND PHYSICAL ACTIVITY

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

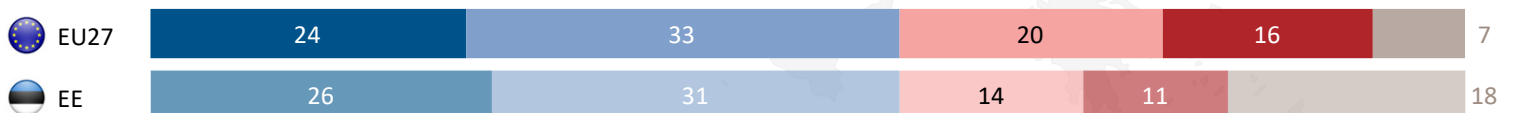
Female role models among managers, athletes, officials & coaches are inspiring more women and girls to follow their example



Gender based violence in sport deserves more attention



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



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