

Sport and physical activity



Number of interviews:
27.919

Fieldwork:
23/11-02/12/2013

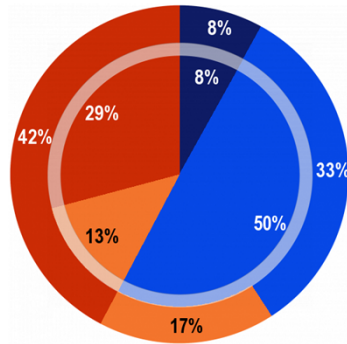
Number of interviews:
1.037

Fieldwork:
23/11-02/12/2013

Methodology: face-to-face

1. FREQUENCY OF EXERCISING OR PLAYING SPORT

QD1. How often do you exercise or play sport?



EU28 (Outer pie) NL (Inner pie)

- Regularly
- With some regularity
- Seldom
- Never
- Don't know

EU28		NL	
2013	2013-2009	2013	2013-2009
8%	- 1	8%	+ 3
33%	+ 2	50%	- 1
17%	- 4	13%	- 3
42%	+ 3	29%	+ 1
0%	=	0%	=

2013 (EU28): EB80.2
2009 (EU27): EB72.3

QD1. How often do you exercise or play sport?

Never or seldom

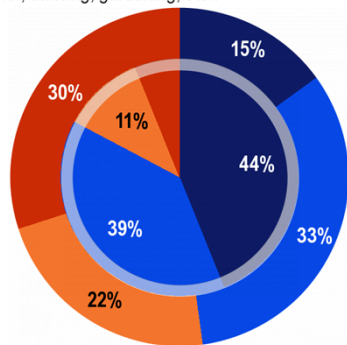


	EU28	NL
TOTAL	59%	42%
Gender		
Man	55%	41%
Woman	63%	42%
Gender and Age		
Man 15-24	26%	27%
Man 25-39	49%	35%
Man 40-54	60%	46%
Man 55+	70%	48%
Women 15-24	44%	22%
Women 25-39	58%	39%
Women 40-54	63%	44%
Women 55+	71%	52%
Socio-professional category		
Self-employed	54%	49%
Managers	41%	29%
Other white collars	56%	36%
Manual workers	61%	49%
House persons	72%	57%
Unemployed	63%	50%
Retired	72%	54%
Students	27%	20%

Socio-demographic breakdown

2. FREQUENCY OF ENGAGING IN OTHER PHYSICAL ACTIVITY

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 (Outer pie) NL (Inner pie)

Regularly = at least 5 times a week
With some regularity = 1 to 4 times a week
Seldom = 1 to 3 times a month or less often

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

Never or seldom



	EU28	NL
TOTAL	52%	17%
Gender		
Man	48%	18%
Woman	55%	18%
Gender and Age		
Man 15-24	40%	17%
Man 25-39	48%	15%
Man 40-54	47%	18%
Man 55+	53%	20%
Women 15-24	49%	12%
Women 25-39	54%	11%
Women 40-54	53%	18%
Women 55+	59%	23%
Socio-professional category		
Self-employed	49%	20%
Managers	39%	12%
Other white collars	52%	16%
Manual workers	50%	11%
House persons	64%	21%
Unemployed	56%	23%
Retired	57%	27%
Students	40%	12%

Socio-demographic breakdown

EUROBAROMETER 80.2 RESULTS FOR THE NETHERLANDS



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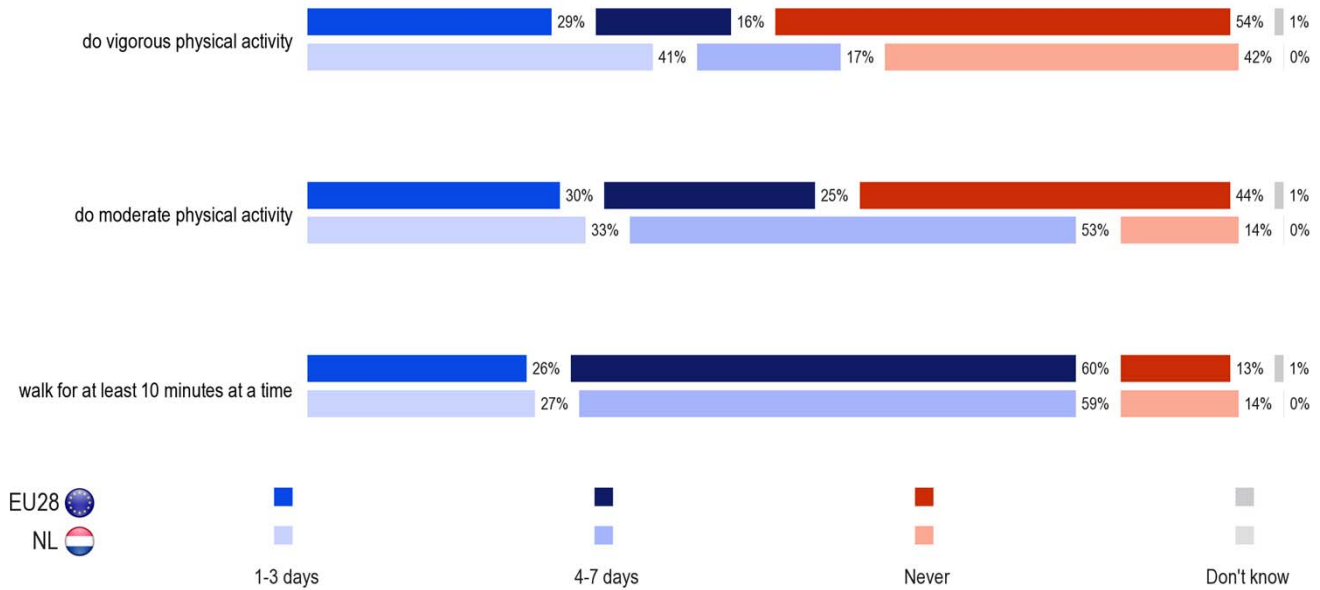
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23/11-02/12/2013

Methodology: face-to-face

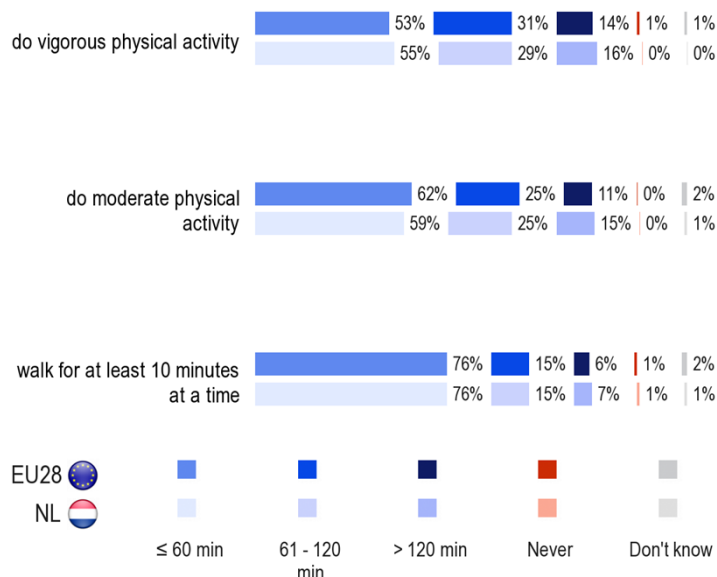
3. LEVELS OF ENGAGEMENT IN PHYSICAL ACTIVITY

QD3a, QD4a, QD5a. In the last 7 days, on how many days did you ...?

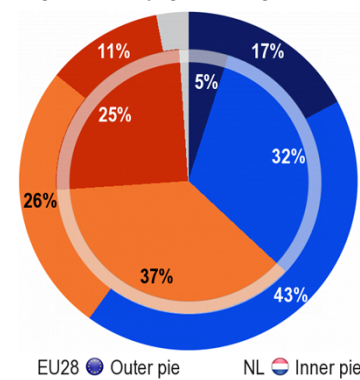


4. TIME SPENT DOING PHYSICAL ACTIVITY AND SITTING

QD3b, QD4b, QD5b. In general, on days when you ..., how much time in total do you usually spend at it?



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.



	EU28		NL	
	2013	2013-2002	2013	2013-2002
2h30min or less	17%	=	5%	- 6
2h31min to 5h30min	43%	+ 3	32%	- 7
5h31min to 8h30min	26%	+ 2	37%	+ 10
8h31min or more	11%	- 2	25%	+ 7
Don't know	3%	- 3	1%	- 4

2013 (EU28): EB80.2
2002 (EU15): EB58.2

**EUROBAROMETER 80.2
RESULTS FOR THE NETHERLANDS**



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EU28 

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Fieldwork:
23/11-02/12/2013

NL 

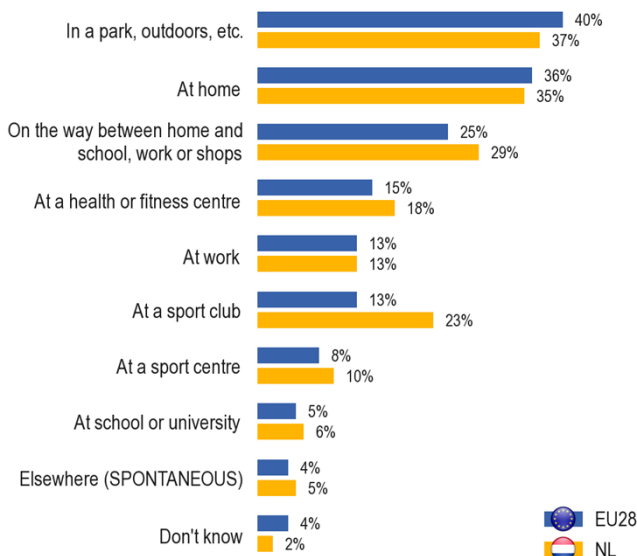
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5. WHERE CITIZENS ENGAGE IN SPORT AND OTHER PHYSICAL ACTIVITY

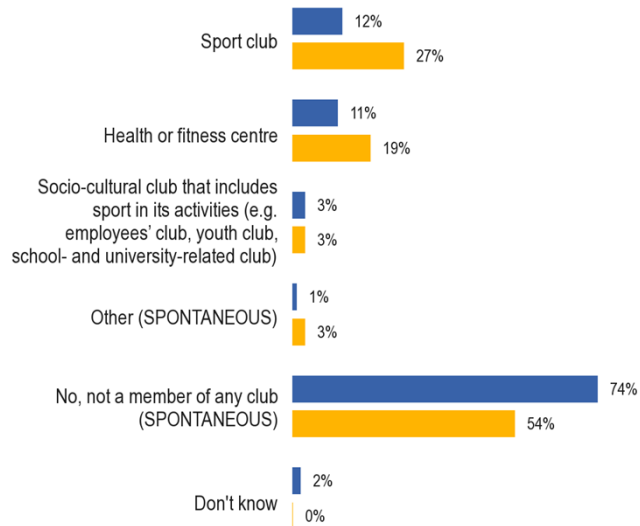
QD7. Where do you engage in sport or physical activity?



MULTIPLE ANSWERS POSSIBLE

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

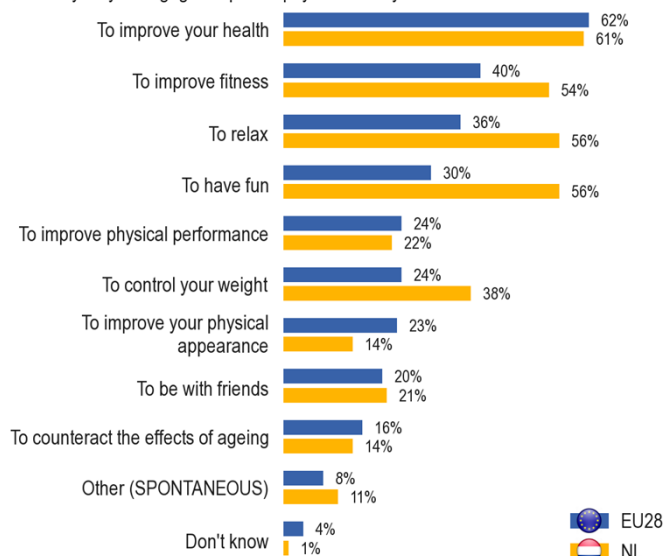
QD10. Are you a member of any of the following clubs where you participate in sport or recreational physical activity?



MULTIPLE ANSWERS POSSIBLE

6. MOTIVATORS AND BARRIERS TO SPORT PARTICIPATION

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

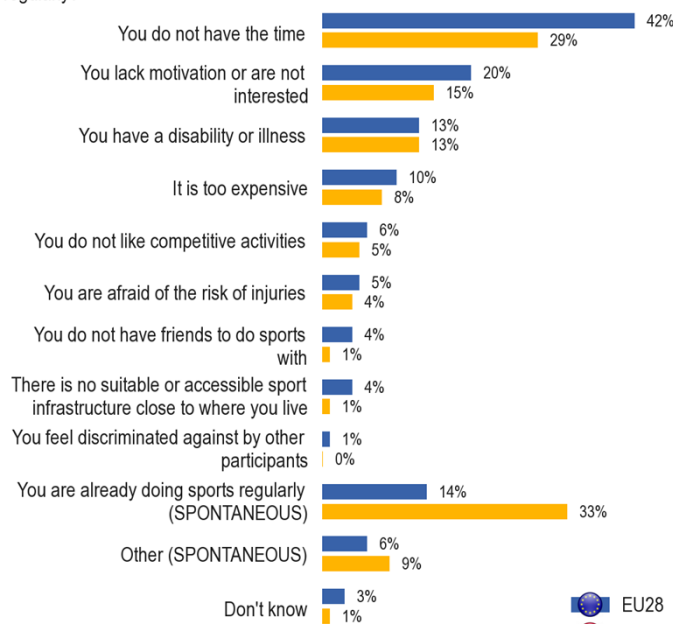


MULTIPLE ANSWERS POSSIBLE

(Note: only the main answers are displayed)

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

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



MULTIPLE ANSWERS POSSIBLE

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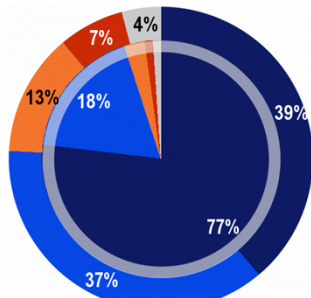
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Methodology: face-to-face

7. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA [1/2]

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



EU28 ● Outer pie NL ● Inner pie

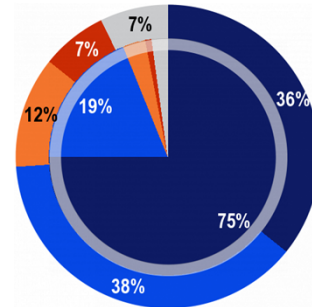
	EU28		NL	
	2013	2013-2009	2013	2013-2009
Totally agree	39%	+ 2	77%	- 2
Tend to agree	37%	- 1	18%	+ 2
Tend to disagree	13%	=	3%	=
Totally disagree	7%	=	1%	=
Don't know	4%	- 1	1%	=

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

2013 (EU28): EB80.2
 2009 (EU27): EB72.3

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



EU28 ● Outer pie NL ● Inner pie

	EU28		NL	
	2013	2013-2009	2013	2013-2009
Totally agree	36%	+ 3	75%	+ 7
Tend to agree	38%	=	19%	=
Tend to disagree	12%	- 1	3%	- 3
Totally disagree	7%	- 1	1%	- 3
Don't know	7%	- 1	2%	- 1

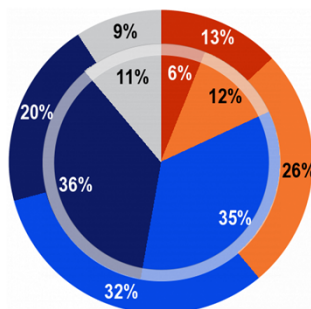
- Totally agree
- Tend to agree
- Tend to disagree
- Totally disagree
- Don't know

2013 (EU28): EB80.2
 2009 (EU27): EB72.3

7. SUPPORT FOR SPORT PARTICIPATION IN CITIZENS' LOCAL AREA [2/2]

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



EU28 ● Outer pie NL ● Inner pie

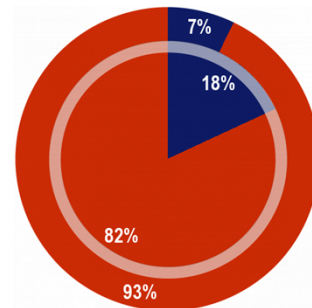
	EU28		NL	
	2013	2013-2009	2013	2013-2009
Totally agree	13%	+ 2	6%	- 1
Tend to agree	26%	+ 2	12%	=
Tend to disagree	32%	+ 1	35%	+ 6
Totally disagree	20%	- 3	36%	- 8
Don't know	9%	- 2	11%	+ 3

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

2013 (EU28): EB80.2
 2009 (EU27): EB72.3

8. VOLUNTEERING IN SPORT

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



EU28 ● Outer pie NL ● Inner pie

	EU28		NL	
	2013	2013-2009	2013	2013-2009
Yes	7%	=	18%	+ 2
No	93%	+ 1	82%	- 2
Don't know	0%	- 1	0%	=

- Yes
- No
- Don't know

2013 (EU28): EB80.2
 2009 (EU27): EB72.3

EUROBAROMETER 80.2 RESULTS FOR THE NETHERLANDS

