European Commission

SPECIAL EUROBAROMETER **574**

Sport and physical activity

EUROBAROMETER **REPORT**

APRIL – MAY 2026

FACE TO FACE EUROBAROMETER

This survey has been requested by the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC)

and co-ordinated by the European Commission, Directorate-General for Communication

(DG COMM 'Public Opinion & Citizens Engagement' Unit)

This document does not represent the point of view of the European Commission. The interpretations and opinions contained in it are solely those of the authors.

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Introduction

Introduction

The Directorate-General for Education, Youth, Sport and Culture (DG EAC) is the branch of the European Commission responsible for developing and implementing European policy in the field of sport. EU action in this area is guided by a set of strategic and policy frameworks, including:

- The European Union Work Plan for Sport (2024–2027);
- The Communication on Developing the European Dimension in Sport (2011);
- The White Paper on Sport (2007).

The White Paper on Sport, issued in 2007, marked a key milestone in establishing a coordinated European approach to sport policy. This was further strengthened by the Lisbon Treaty, which entered into force in December 2009 and granted the European Union a supporting competence in the field of sport, enabling it to coordinate, complement and support the actions of Member States while promoting European sporting issues and values.

Building on previous frameworks, the current European Union Work Plan for Sport (2024–2027), adopted in May 2024, sets out the EU's priorities and strategic objectives in response to evolving societal, economic and environmental challenges affecting the sport sector. The Work Plan focuses on three main strands:

- Integrity and values in sport: promoting good governance, safeguarding, fairness and openness in sporting competitions, and addressing issues such as doping, corruption and the manipulation of competitions;
- Socio-economic and sustainable dimensions of sport: supporting innovation, digitalisation and sustainability in sport, and strengthening the resilience and economic contribution of the sector;
- Participation in sport and health-enhancing physical activity: encouraging active lifestyles for all, with increasing attention to physical and mental well-being.

In addition to the Erasmus+ programme, which continues to provide funding opportunities to promote the role of sport in society, the European Commission implements a wide range of initiatives aimed at increasing participation and awareness. Among these, the European Week of Sport is the flagship EU initiative promoting sport and physical activity across Europe.

Held annually from 23 to 30 September, the European Week of Sport encourages people of all ages, backgrounds and abilities to engage in physical activity, under the #BeActive campaign. It brings together millions of participants through activities at local, national and European level, highlighting the physical, mental and social benefits of an active lifestyle.

Despite these efforts, participation in sport and physical activity remains uneven across the European Union, and sedentary lifestyles continue to represent a significant challenge for public health, well-being and social cohesion.

This Special Eurobarometer survey contributes to the evidence base supporting EU sport policy. It provides policymakers, researchers and stakeholders with up-to-date insights into Europeans' attitudes and behaviours regarding sport and physical activity, while enabling trend analyses in comparison with previous surveys conducted since 2002.

The current survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture, to explore public opinion on sport and physical activity across the European Union. It builds on previous waves conducted in 2002, 2003, 2004, 2009, 2013, 2017 and 2022, ensuring continuity in the monitoring of key indicators over time.

The survey covers the following topics:

- Frequency and levels of engagement in sport and other physical activity;
- Places where citizens engage in sport and physical activity;
- Motivators and barriers to participation;
- Opportunities for participation in citizens' local areas;
- Engagement in volunteering in sport;
- Awareness of the links between sport, sustainability and the environment;
- Opinions on gender equality in sport and physical activity.

Where relevant, the results are compared with those of previous editions in order to identify long-term trends and emerging patterns in behaviour and attitudes.

Methodology

This Special Eurobarometer 574 on sport and physical activity was part of the Eurobarometer wave 105.3 and was conducted between 09 April and 04 May 2026. Some 26,508 respondents from different social and demographic groups were interviewed in the appropriate national language. This survey was commissioned by the European Commission, Directorate-General for Education, Youth, Sport and Culture (DG EAC).

The methodology used is that of the Standard Eurobarometer surveys carried out by the Directorate-General for Communication ('Public Opinion and Citizens Engagement' Unit)[1][2]. A technical note concerning the interviews conducted by the member institutes of the Verian network is annexed to this report. It also specifies the confidence intervals.

Following the EU General Data Protection Regulation[3] (GDPR), respondents were asked whether or not they would agree to be asked questions on issues that could be considered 'sensitive'.

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

Belgium	BE	Lithuania	LT
Bulgaria	BG	Luxembourg	LU
Czechia	CZ	Hungary	HU
Denmark	DK	Malta	MT
Germany	DE	The Netherlands	NL
Estonia	EE	Austria	AT
Ireland	IE	Poland	PL
Greece	EL	Portugal	PT
Spain	ES	Romania	RO
France	FR	Slovenia	SI
Croatia	HR	Slovakia	SK
Italy	IT	Finland	FI
Republic of Cyprus	CY *	Sweden	SE
Latvia	LV		
European Union – weighted average for the 27 Member States			EU27

* Cyprus as a whole is one of the 27 European Union Member States. However, the *acquis communautaire* has been suspended in the part of the country not controlled by the government of the Republic of Cyprus. For practical reasons, only the interviews carried out in the part of the country controlled by the government of the Republic of Cyprus are included in the 'CY' category and in the EU27 average.

We wish to thank the people throughout Europe who have given their time to take part in this survey.

Without their active participation, this study would not have been possible.

[1] https://www.europa.eu/eurobarometer
[2] The results tables are annexed. It should be noted that the total of the percentages indicated in the tables in this report may exceed 100% when the respondent was able to choose several answers to the same question.
[3] 2016/679

Key findings

The percentage of Europeans engaging in physical activity for non-sport-related reasons has increased by 21 percentage points since spring 2022.

- Nearly half of Europeans say they exercise or play sport at least several times a week (47%), an increase of nine percentage points since spring 2022. While around four in ten never exercise or play sport (39%, -6 pp).
- More than seven in ten Europeans engage in physical activity for non-sport-related reasons at least several times a week (71%, +21 pp), including 35% who do so almost daily. The proportion who never do so stands at less than two in ten (18%), down 13 percentage points since spring 2022.
- Among Europeans who exercise or play sport, around one third spend three hours or more per week on it (32%), while nearly four in ten spend three hours or more (38%).
- In addition to being more active for non-sport-related reasons, more than seven in ten Europeans walk for at least 10 minutes at a time on four to seven days per week (72%), an increase of 12 percentage points since spring 2022.
- Nearly four in ten Europeans spend between three hours 30 minutes and less than five hours 30 minutes sitting on a usual day (38%, -6 pp), while around one in ten spend eight hours 30 minutes or more sitting (12%, +1 pp).
- Three quarters of respondents say they spend less than €50 per month on exercise or sport practice (75%). Much smaller proportions report higher monthly spending: 13% spend between €50 and €99.99, 2% spend between €100 and €199.99, and only 1% spend €200 or more.

Practising sport or physical activity in a park or outdoors is the most common setting, followed by sport or fitness facilities

- Among Europeans who practise sport or physical activity for non-sport-related reasons, the most common setting is a park or outdoors (47%, unchanged), which is also the most common answer in 19 Member States. Practising in sport or fitness facilities ranks second (39%, +6 pp), followed by doing so on the way between home and school, work or shops (37%, +13 pp). Around one third practise at home (33%, -4 pp), which is the most common setting in six countries.
- Nearly half of Europeans who practise sport or physical activity for non-sport-related reasons are members of a club where they participate in sport or recreational physical activity (46%, +6 pp). This includes 21% who are members of a health or fitness centre (+5 pp), 16% of a sport club, unchanged since spring 2022, 8% of a socio-cultural club that includes sport in its activities (+1 pp), and 1% of another type of club, unchanged.

Around half of Europeans engage in exercise, sport or physical activity to improve or maintain their physical health, while lack of time is the main barrier preventing them from practising more regularly

- Improving or maintaining physical health is the most frequently mentioned reason for engaging in exercise, sport or physical activity (44%), and is the most cited reason in 15 Member States. Other common reasons include relaxing (39%), improving physical performance, and travelling from one place to another (both 30%).
- Lack of time remains the main barrier preventing Europeans from practising sport, exercise or physical activity more regularly (37%, -4 pp), ranking first in 26 out of 27 Member States. Lack of motivation or interest is the second most cited barrier (26%, +1 pp) and ranks first in two Member States.
- There is broad agreement that exercise, sport and other physical activity have positive social and personal impacts. Most Europeans agree that they contribute to improving mental health (93%), are important for building community (86%), and can help improve the wellbeing of marginalised groups (85%).
- More than half of Europeans say that sport plays an important role in their life (55%), either as participants, regular or occasional viewers, and/or supporters.

Most Europeans agree that their local area offers many opportunities to stay active, but are more divided on local authority provision

- Most Europeans agree that the area where they live offers many opportunities to be physically active (76%, unchanged) and that local sport clubs offer many

opportunities to be physically active (77%, +5 pp). However, views are more divided on local authority provision, with nearly half agreeing that their local authority is not doing enough in relation to physical activities (47%, +5 pp).

- Most Europeans consider the levels of walkability and cyclability in their local area to be adequate: 80% say this about walkability and 71% about cyclability. Views are more divided on wheelchair mobility, which just over half consider it adequate (53%).

More than half of Europeans do not pay attention to the environmental impact of exercise, sport and physical activity

- More than half of Europeans say they do not pay attention to the environmental impact of exercise, sport and other physical activity (52%), while 45% say they do pay attention and 3% say they do not know.
- Around one third of Europeans say that their local authority, sport organisation, sport club, health or fitness centre is working towards reducing waste or improving waste management (33%). However, more than one third say that, to the best of their knowledge, none of the proposed sustainability actions are being implemented (36%).
- Among club members, higher percentages indicate working towards reducing waste and improving waste management as the main sustainability action (38%), with a significant increase of 14 pp since spring 2022.

Europeans express broad support for gender equality in sport and physical activity

- Nearly half of Europeans who practise sport or physical activity for non-sport-related reasons say that the organisation where they do so is actively putting measures in place to support gender equality (45%), compared with 30% who say that no measures are being implemented.
- Focusing on respondents who are members of a club, 65% say that their organisation is actively putting measures in place to support gender equality, an increase of 11 percentage points since spring 2022. Around one quarter say that no such measures are being implemented (26%, -13 pp), while 9% say they do not know (+2 pp).
- A large majority of Europeans agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example (84%, +6 pp). However, a smaller proportion say they follow female sport in the media as much as male sport (63%, +6 pp).
- More than three quarters of Europeans agree that gender-based violence in sport deserves more attention (78%, +3 pp).

Just over one in ten Europeans currently engage in voluntary work supporting sporting activities or plan to do so in the next two months

- Over one in ten Europeans currently engage in voluntary work supporting sporting activities or plan to do so in the next two months (11%, +1 pp). This includes 6% who currently do so, unchanged since spring 2022, and 5% who plan to do so in the next two months (+1 pp).
- By contrast, around seven in ten Europeans have never engaged in voluntary work supporting sporting activities and do not plan to do so in the next two months (72%, -2 pp).

I. Frequency and intensity of engagement in sport and other physical activity

1. Frequency

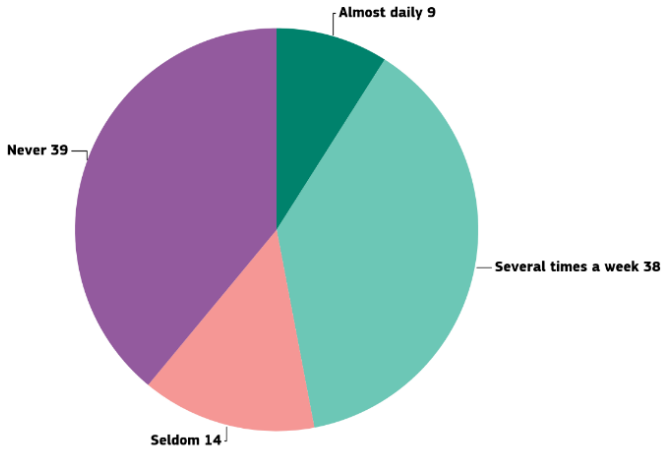
Nearly half of Europeans say they exercise or play sport at least several times a week.

Europeans were asked how often they exercise or play sport[3]. Close to half of respondents (47%) say they exercise or play sport at least several times a week, including 38% who do so several times a week and 9% almost daily.

By contrast, 14% say they do so seldom, while 39% report that they never exercise or play sport. Compared with 2022, the proportion of respondents who never exercise or play sport has decreased by six percentage points, while the share exercising almost daily has increased by three points and the proportion doing so several times a week has increased by six points.

A national analysis shows that exercising or playing sport several times a week is the most common response in 16 Member States. The highest shares are observed in the Netherlands and Finland (both 59%), followed by Sweden (57%) and Denmark (54%). Combining respondents who exercise or play sport almost daily with those who do so several times a week, a majority of respondents engage in sport-related physical activity at least several times a week in 19 Member States. The highest proportions are recorded in Finland (80%), the Netherlands (75%), Denmark (74%) and Sweden (73%). In contrast, the lowest shares are observed in Portugal (25%), Bulgaria (25%), Greece (28%) and Romania (28%). 'Never' is the most common response in 10 Member States and reaches particularly high levels in Portugal (68%), Greece (66%) and Romania (66%), indicating comparatively low participation in sport-related physical activity in these countries.

QB1R: How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park) (EU27) (%)



Almost daily	▲ 3
Several times a week	▲ 6
Seldom	▼ 3
Never	▼ 6
Don't know	=

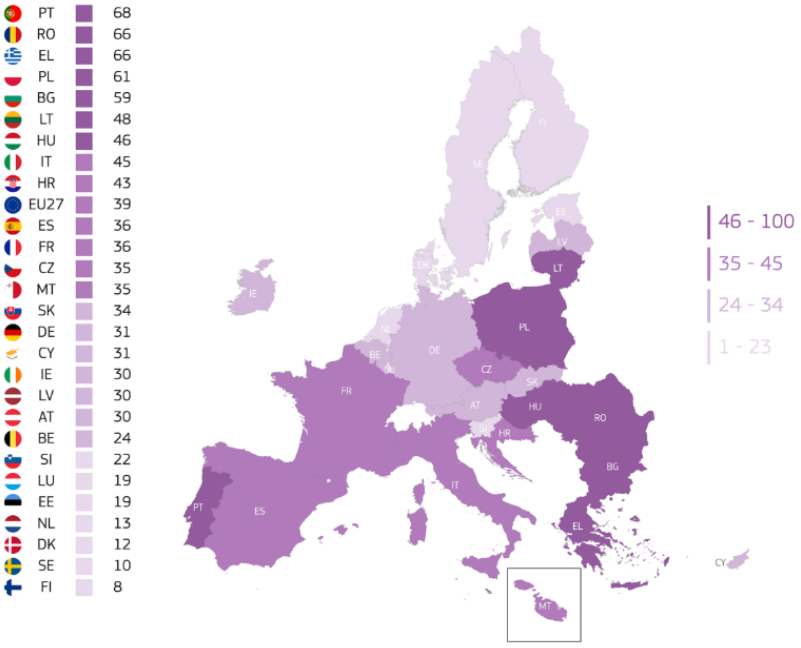
▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

[3] QB1R: How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park)

By contrast, never is the most frequent answer in ten countries, from Portugal (68%), Romania (66%), or Greece (66%) to Poland (61%) and Bulgaria (59%).

QB1R: How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park) - Never (EU27) (%)



Apr/May 2026

Since spring 2022, the proportion of respondents who say they exercise or play sport almost daily or several times a week has increased in 25 Member States. The largest increases are recorded in Estonia (58%, +16 percentage points), Malta (48%, +16 pp), The Netherlands (75%, +15 pp) and Cyprus (55%, +15 pp).

Conversely, the proportion of respondents who say they never exercise or play sport has increased in four Member States: Czechia (35%, +9 pp), Malta (35%, +3 pp), Romania (66%, +3 pp) and Croatia (43%, +3 pp).

QB1R: How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park) (%)

		EU27	DK	LV	NL	EE	ES	MT	SE	BE	SI	IE	RO	HU	AT	CY	FI	HR	SK	CZ	EL	IT	LT	PL	FR	LU	BG	PT	DE
Almost daily	Apr/May 2026	9	20	18	16	16	19	14	16	10	17	19	7	8	9	14	21	8	9	9	6	4	11	4	9	14	4	4	7
	Δ Apr/May 2022	▲3	▲9	▲9	▲9	▲8	▲8	▲7	▲7	▲6	▲6	▲5	▲5	▲4	▲3	▲3	▲3	▲3	▲3	▲2	▲2	▲2	▲2	▲2	▲1	▲1	=	=	▼1
Several times a week	Apr/May 2026	38	54	34	59	42	36	34	57	44	43	43	16	32	43	41	59	24	34	34	22	39	32	21	42	48	21	24	43
	Δ Apr/May 2022	▲6	▲6	▲4	▲6	▲8	▲5	▲9	▲7	▲5	▲2	▲2	▼2	▲10	▲8	▲12	▲6	▼1	▲6	▼3	▲3	▲7	▲8	▲1	▲8	▼2	▲4	▲6	▲8
Seldom	Apr/May 2026	14	14	18	12	23	9	17	17	22	18	8	11	14	18	14	12	25	23	22	6	12	9	14	13	19	16	4	19
	Δ Apr/May 2022	▼3	▼8	▼10	▼3	▼5	▼2	▼19	▼12	▼7	▼5	▼2	▼6	▼1	▼6	=	▼9	▼5	▲1	▼8	▼3	▲2	▼6	▲1	=	▲3	▼2	▼1	▼6
Never	Apr/May 2026	39	12	30	13	19	36	35	10	24	22	30	66	46	30	31	8	43	34	35	66	45	48	61	36	19	59	68	31
	Δ Apr/May 2022	▼6	▼7	▼3	▼12	▼11	▼11	▲3	▼2	▼4	▼3	▼5	▲3	▼13	▼5	▼15	=	▲3	▼9	▲9	▼2	▼11	▼4	▼4	▼9	▼2	▼2	▼5	▼1
Don't know	Apr/May 2026	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Δ Apr/May 2022	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	▼1	=	=	=	=	=	=	=	=	=	=

Apr/May 2026

The **socio-demographic** analysis[4] shows that frequency of exercise or sport varies substantially across population groups.

- Men are more likely than women to exercise or play sport regularly: 50% of men say they do so at least several times a week, compared with 45% of women. Conversely, women are more likely than men to say they never exercise or play sport (41% vs. 36%).
- Respondents aged 15-24 are the most likely to exercise or play sport frequently, with 73% saying they do so at least several times a week, including 16% who do so almost daily. This proportion declines with age, falling to 53% among those aged 35-44, 39% among respondents aged 55-64 and 25% among those aged 75 and over. At the same time, the share who never exercise or play sport increases steadily with age, from 15% among the youngest respondents to 67% among those aged 75+.
- Education is also strongly linked to levels of engagement in sport. Respondents who continued education up to the age of 20 or beyond are much more likely to exercise or play sport at least several times a week (59%) than those who left school between the ages of 16 and 19 (39%) or at age 15 or earlier (23%). Only 10% say they never do so.
- Marked differences also appear by socio-professional category. Managers (56%), other white collars (44%) and the self-employed (40%) are the most likely to exercise or play sport several times a week. By contrast, much lower proportions are recorded among house persons (22%). House persons (58%) and retired people (57%) are the most likely to say they never exercise or play sport.
- Financial situation is also associated with sport participation. Respondents who almost never or never have difficulties paying their bills are more likely than those who have such difficulties from time to time or most of the time to exercise or play sport several times a week (41% vs. 32% and 26%, respectively). Conversely, those who have difficulties paying their bills most of the time are the most likely to say they never exercise or play sport (54%).
- Differences by type of area are less pronounced, but respondents living in large towns and in small or middle-sized towns are somewhat more likely than those living in rural areas or villages to exercise or play sport at least several times a week (50% and 49%, respectively, compared with 43%). Respondents in rural areas are also more likely to say they never exercise or play sport (44%, compared with 35% in large towns).
- Finally, there is a strong relationship between sport participation, and the importance respondents attach to sport in their lives. Among those who say sport plays an important role in their life, 68% exercise or play sport at least several times a week and only 20% say they never do so. In contrast, among those who say sport does not play an important role in their life, 63% say they never exercise or play sport.

[4] **Gender**: only a binary categorisation will be adopted due to the non-statistically significant numbers of non-binary respondents.
Socio-professional category: classification derived from respondents' occupation and employment status, grouping individuals into broad socio-professional categories for analytical purposes.
Subjective urbanisation: respondents' self-description of their place of residence based on Urban Rural classification based on DEGURBA (https://ec.europa.eu/eurostat/web/degree-of-urbanisation/background).

QB1R How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, brisk walking or running (e.g. in the park)
(% - EU)

	Almost daily	Several times a week	Seldom	Never	Don't know
EU27	9	38	14	39	0
Gender					
Man	11	39	14	36	0
Woman	8	37	14	41	0
Age					
15-24	16	57	12	15	0
25-34	11	52	15	22	0
35-44	8	45	15	32	0
45-54	8	38	16	38	0
55-64	7	32	15	46	0
65-74	9	24	13	54	0
75+	8	17	8	67	0
Age at end of education					
15-	6	17	9	68	0
16-19	8	31	14	47	0
20+	11	48	16	25	0
Still Studying	15	63	12	10	0
Socio-professional category					
Self-employed	12	40	14	34	0
Managers	10	56	13	21	0
Other white collars	8	44	14	34	0
Manual workers	7	35	17	41	0
House persons	7	22	13	58	0
Unemployed	9	31	19	41	0
Retired	8	23	12	57	0
Students	16	62	12	10	0
Difficulties paying bills					
Most of the time	7	26	13	54	0
From time to time	7	32	15	46	0
Almost never / Never	10	41	14	35	0
Subjective urbanisation					
Rural area or village	10	33	13	44	0
Small or middle sized town	9	40	14	37	0
Large town	10	40	15	35	0
Exercise or sport					
Almost daily	100	0	0	0	0
Several times a week	0	100	0	0	0
Seldom	0	0	100	0	0
Never	0	0	0	100	0
Sport plays an important role in your life					
Total 'Yes'	14	54	12	20	0
Total 'No'	3	17	17	63	0

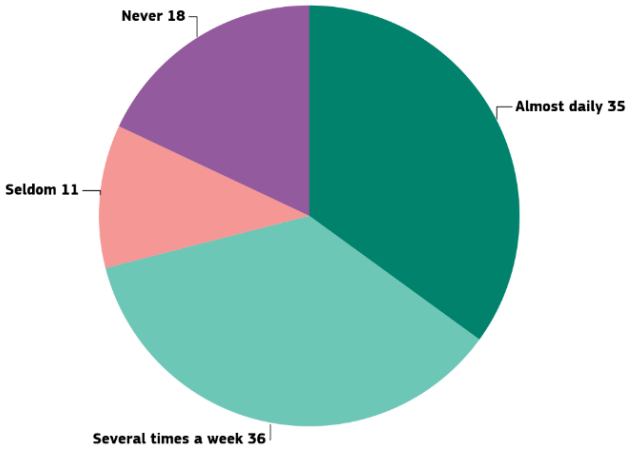
Over seven in ten Europeans engage in other physical activity at least several times a week.

Europeans were also asked about how often they engage in physical activity for non-sport related reasons, such as transport, recreation or others[5]. Nearly four in ten respondents (36%, unchanged) say they engage in physical activity for recreational or non-sport-related reasons several times a week, while 35% do so almost daily, an increase of 21 percentage points since 2022.

However, nearly one in five (18%, -13 pp) say they never engage in other physical activity such as cycling from one place to another, dancing, or gardening, while over one in ten (11%, -8 pp) do so seldom.

A national analysis shows that engaging in other physical activity several times a week is the most common response in 16 Member States. The highest shares are observed in Luxembourg and Austria (both 50%), and Finland (47%). Combined with respondents who engage in physical activity for non-sport-related reasons almost daily, doing so at least several times a week is the selected by at least 50% of the respondents in 26 Member States. The highest percentages of Europeans engaging at least several times a week is found in the Netherlands (92%), Finland (90%) and Sweden (89%). While the lowest are observed in Portugal (40%), only country where less than half of the respondents exercise at least several times a week, followed by Romania (53%) and Bulgaria (55%).

QB2R: How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)? (EU27) (%)

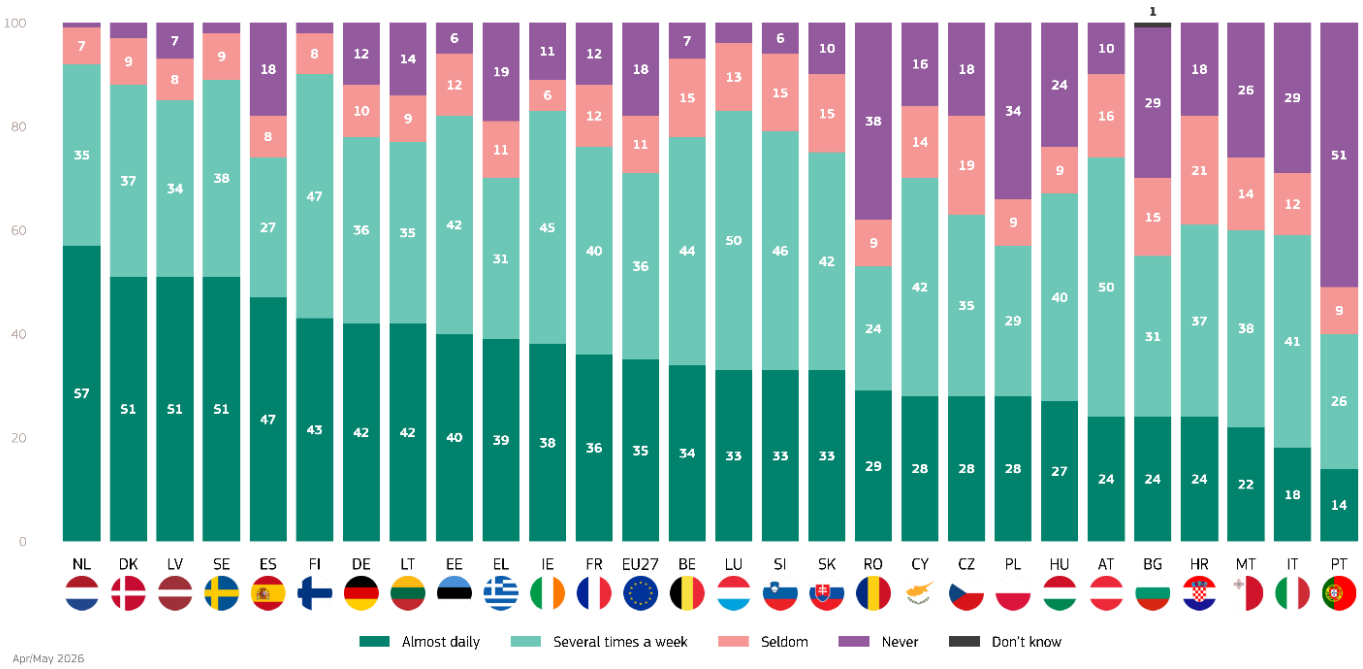


Almost daily	▲ 21
Several times a week	=
Seldom	▼ 8
Never	▼ 13
Don't know	=

▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

QB2R: How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)? (%)

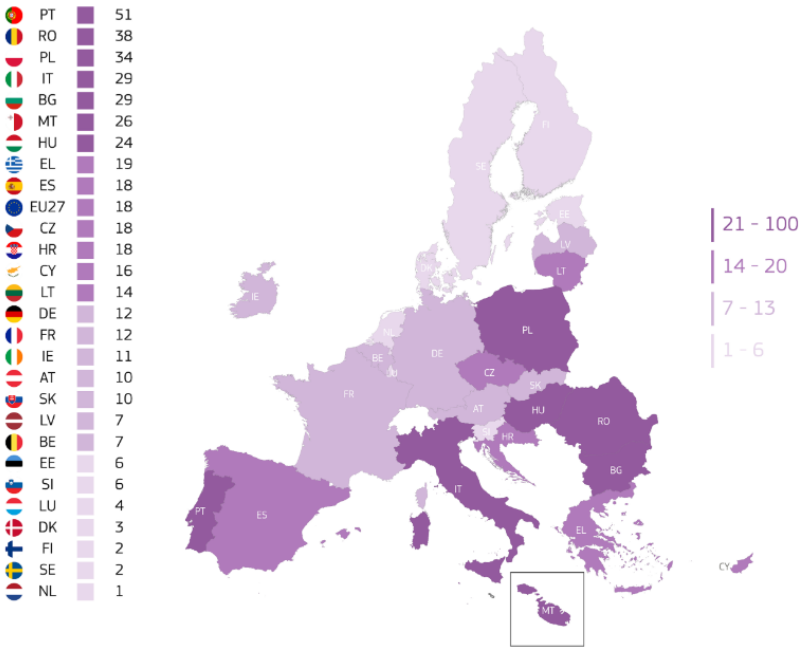


Apr/May 2026

[5] QB2: How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)?

By contrast, never is the most frequent answer in three countries: Portugal (51%), Romania (38%) and Poland (34%).

QB2R: How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)? - Never (EU27) (%)



Apr/May 2026

Since Spring 2022, the proportion of respondents who say they never engage in physical activity for non-sport-related reasons has decreased in 26 Member States. The largest decreases are observed in Greece (19%, -34 pp), Spain (18%, -27 pp), Cyprus (16%, -25 pp) and Ireland (11%, -22 pp). Czechia is the only Member State to record an increase, of 5 percentage points (18%).

Similarly, all Member States have recorded an increase in the proportion of respondents answering "Almost daily," with the largest increases observed in Spain (47%, +37 pp), Greece (39%, +31 pp) and Ireland (38%, +28 pp).

QB2R: How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)? (%)

		EU27	ES	EL	IE	LV	DE	RO	EE	PL	FR	SE	DK	MT	CZ	LT	BG	FI	SI	BE	CY	NL	AT	HR	IT	SK	HU	LU	PT
Almost daily	Apr/May 2026	35	47	39	38	51	42	29	40	28	36	51	51	22	28	42	24	43	33	34	28	57	24	24	18	33	27	33	14
	Δ Apr/May 2022	▲21	▲37	▲31	▲28	▲26	▲24	▲24	▲23	▲22	▲20	▲20	▲18	▲18	▲17	▲17	▲16	▲16	▲16	▲15	▲15	▲14	▲13	▲13	▲13	▲12	▲11	▲11	▲10
Several times a week	Apr/May 2026	36	27	31	45	34	36	24	42	29	40	38	37	38	35	35	31	47	46	44	42	35	50	37	41	42	40	50	26
	Δ Apr/May 2022	=	▼1	▲8	▲6	▼6	▼8	▲2	▼5	▼3	▲3	▼9	▼9	▲16	▼11	=	▲6	▼7	=	=	▲16	▼10	▲2	=	▲13	▼4	▲7	▲4	▲13
Seldom	Apr/May 2026	11	8	11	6	8	10	9	12	9	12	9	9	14	19	9	15	8	15	15	14	7	16	21	12	15	9	13	9
	Δ Apr/May 2022	▼8	▼9	▼5	▼12	▼15	▼9	▼12	▼9	▼11	▼7	▼10	▼5	▼25	▼11	▼11	▼10	▼7	▼8	▼11	▼6	▼1	▼7	▼8	▼9	▼2	▼8	▼6	▼2
Never	Apr/May 2026	18	18	19	11	7	12	38	6	34	12	2	3	26	18	14	29	2	6	7	16	1	10	18	29	10	24	4	51
	Δ Apr/May 2022	▼13	▼27	▼34	▼22	▼5	▼6	▼14	▼9	▼8	▼15	▼1	▼3	▼9	▲5	▼6	▼13	▼2	▼8	▼4	▼25	▼3	▼8	▼5	▼17	▼6	▼10	▼9	▼21
Don't know	Apr/May 2026	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
	Δ Apr/May 2022	=	=	=	=	=	▼1	=	=	=	▼1	=	▼1	=	=	=	▲1	=	=	=	=	=	=	=	=	=	=	=	=

Apr/May 2026

The **socio-demographic** analysis shows the following

- Differences by gender are limited, although women are slightly more likely than men to say they never engage in physical activity for non-sport-related reasons (20% vs. 17%).
- Respondents aged 15-24 are the most likely to engage in this type of activity almost daily (43%), while respondents aged 25-34 are the most likely to do so several times a week (39%). The proportion saying they never engage in this type of activity increases with age, from 9% among the youngest respondents to 33% among those aged 75 and over.
- Education is also strongly associated with levels of engagement. Respondents who continued education up to the age of 20 or beyond are more likely than those who left school earlier to engage in physical activity for non-sport-related reasons almost daily (38%) or several times a week (39%). Those who left school at age 15 or earlier are the most likely to say they never engage in this type of activity (33%).
- By socio-professional category, managers are the most likely to engage in physical activity for non-sport-related reasons almost daily (38%), but also several times a week (42%). Retired people (26%) and house persons (25%) are the most likely to say they never engage in this type of activity.
- Respondents who almost never or never have difficulties paying their bills are more likely than those who experience such difficulties most of the time to engage in this type of activity almost daily (38% vs. 32%) and are less likely to say they never do so (16% vs. 24%).
- By type of area, respondents living in large towns are slightly more likely than those living in rural areas or villages to engage in this type of activity almost daily (38% vs. 35%), while respondents in small or middle-sized towns are the most likely to do so several times a week (39%).
- Finally, physical activity for non-sport-related reasons is closely linked both to sport participation and to the importance respondents attach to sport in their lives. Among those who exercise or play sport almost daily, 66% also engage in non-sport-related physical activity almost daily. Among those who say sport plays an important role in their life, 41% engage in this type of activity several times a week, compared with 30% among those who say sport does not play an important role in their life.

QB2R How often do you engage in physical activity for non-sport-related reasons, such as transport (e.g. walking, cycling, wheeling from one place to another), recreation (e.g. dancing) or other reasons (e.g. gardening)?
(% - EU)

	Almost daily	Several times a week	Seldom	Never	Don't know
EU27	35	36	11	18	0
Gender					
Man	35	36	12	17	0
Woman	35	35	10	20	0
Age					
15-24	43	37	11	9	0
25-34	36	39	12	13	0
35-44	34	36	13	17	0
45-54	34	36	13	17	0
55-64	34	37	10	19	0
65-74	35	34	8	23	0
75+	29	29	8	33	1
Age at end of education					
15-	31	27	9	33	0
16-19	32	35	11	22	0
20+	38	39	11	12	0
Still Studying	45	39	10	6	0
Socio-professional category					
Self-employed	33	39	13	15	0
Managers	38	42	9	11	0
Other white collars	31	38	13	18	0
Manual workers	35	33	13	19	0
House persons	35	31	9	25	0
Unemployed	31	37	12	20	0
Retired	33	33	8	26	0
Students	44	39	11	6	0
Difficulties paying bills					
Most of the time	32	33	11	24	0
From time to time	29	36	12	23	0
Almost never / Never	38	36	10	16	0
Subjective urbanisation					
Rural area or village	35	33	11	21	0
Small or middle sized town	33	39	11	17	0
Large town	38	35	10	17	0
Exercise or sport					
Almost daily	66	26	5	3	0
Several times a week	35	53	9	3	0
Seldom	32	36	28	4	0
Never	28	22	8	42	0
Sport plays an important role in your life					
Total 'Yes'	40	41	10	9	0
Total 'No'	28	30	12	30	0

2. Time Spent on sport and physical activity

Nearly seven in ten of respondents who exercise or play sport spend less than three hours per week on it.

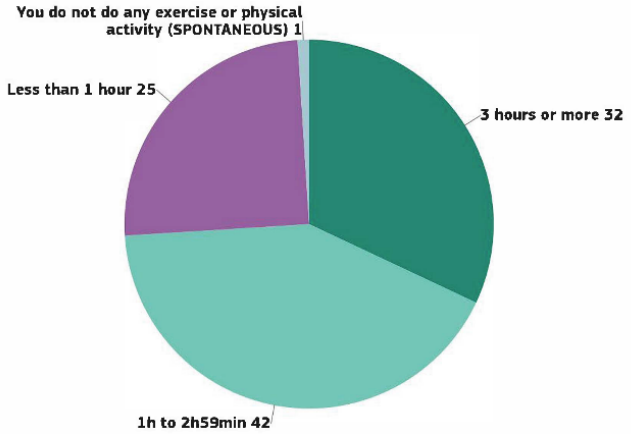
Respondents who exercise or play sport were asked how much time they spend weekly on it[6]. One quarter say they spend less than one hour per week (25%), while more than four in ten report spending between one and less than three hours per week (42%).

In contrast, almost one third say they spend at least three hours per week on such activities (32%).

Looking at the national level, most respondents report spending at least one hour per week on sport or exercise in all Member States. This is particularly the case in Finland and Ireland, where half of respondents say they spend more than three hours per week on sport or exercise (both 50%), followed by Greece (49%) and the Netherlands (48%).

At the other end of the scale, Romania is the Member State with the highest share of respondents reporting that they spend less than one hour per week on sport or exercise (42%), followed by Croatia (41%) and Poland (39%).

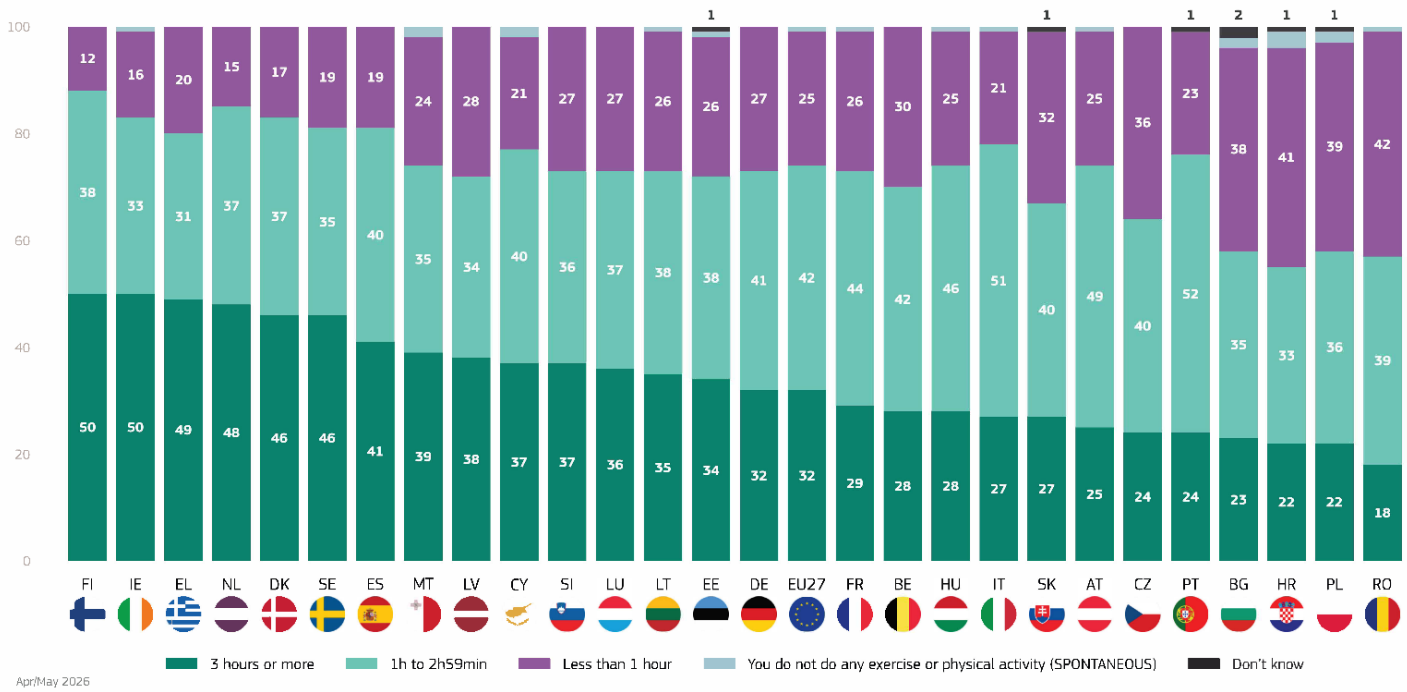
QB1bR: And how much time do you spend per week on exercise or sport? (EU27) (%)



Apr/May 2026

Base: Respondents who exercise or play sport N=16168

QB1bR: And how much time do you spend per week on exercise or sport? (%)



Apr/May 2026

Base: Respondents who exercise or play sport N=16168

[6] QB1b: And how much time do you spend per week on exercise or sport?
Base: Respondents who exercise or play sport

The **socio-demographic** analysis shows that differences are relatively limited, although some patterns emerge.

- Men are more likely than women to say they spend three hours or more per week on exercise or sport (36% vs. 28%), while women are more likely to spend less than one hour (28% vs. 22%).
- Respondents aged 15-24 are the most likely to spend three hours or more per week on exercise or sport (41%), while those aged 55-64 or 65-74 are the most likely to spend less than one hour (both 30%). The proportion of respondents spending 3 hours or more per week on exercise and sport is the lowest in ages 55-64 (28%).
- Looking at education, respondents who completed their education aged 20 or over are more likely to spend three hours or more per week on exercise or sport (33%) than those who finished education aged 16-19 (29%). Those who completed education aged 15 or younger are the most likely to spend less than one hour per week (31%).
- There are also differences by socio-professional category. Self-employed and managers are the most likely to spend three hours or more per week on exercise or sport (both 37%). By contrast, unemployed respondents are the most likely to spend less than one hour per week (38%), followed by house persons (32%) and retired respondents (31%).
- Respondents who almost never or never have difficulties paying bills are more likely to spend three hours or more per week on exercise or sport (36%) than those who have difficulties from time to time (25%) or most of the time (27%). Those who have difficulties paying bills from time to time are the most likely to spend less than one hour per week (32%).
- Differences by subjective urbanisation are small. Respondents living in rural areas or villages are slightly more likely to spend three hours or more per week on exercise or sport (35%) than those living in small or middle-sized towns (32%) or large towns (31%).
- Unsurprisingly, respondents who exercise or play sport almost daily are by far the most likely to spend three hours or more per week on these activities (73%). Conversely, respondents who seldom exercise or play sport are much more likely to spend less than one hour per week (70%).
- Finally, respondents who say sport plays an important role in their life are more likely to spend three hours or more per week on exercise or sport (40%) than those who say it does not (14%). Respondents who say sport does not play an important role in their life are much more likely to spend less than one hour per week (44%).

QB1bR And how much time do you spend per week on exercise or sport?
(% - EU)

	Less than 1 hour	1h to 2h59min	3 hours or more	You do not do any exercise or physical activity (SPONTANEOUS)	Don't know
EU27	25	42	32	1	0
Gender					
Man	22	41	36	1	0
Woman	28	43	28	1	0
Age					
15-24	19	40	41	0	0
25-34	20	46	34	0	0
35-44	25	44	31	0	0
45-54	27	42	30	1	0
55-64	30	42	28	0	0
65-74	30	36	33	1	0
75+	29	36	34	1	0
Age at end of education					
15-	31	36	32	1	0
16-19	29	41	29	1	0
20+	23	44	33	0	0
Still Studying	17	38	45	0	0
Socio-professional category					
Self-employed	21	41	37	0	1
Managers	20	43	37	0	0
Other white collars	27	45	27	1	0
Manual workers	26	47	26	1	0
House persons	32	38	29	1	0
Unemployed	38	31	30	1	0
Retired	31	36	32	1	0
Students	16	40	44	0	0
Difficulties paying bills					
Most of the time	27	45	27	1	0
From time to time	32	42	25	1	0
Almost never / Never	23	41	36	0	0
Subjective urbanisation					
Rural area or village	25	40	35	0	0
Small or middle sized town	25	42	32	1	0
Large town	25	43	31	1	0
Exercise or sport					
Almost daily	9	18	73	0	0
Several times a week	12	55	33	0	0
Seldom	70	23	4	2	1
Sport plays an important role in your life					
Total 'Yes'	18	42	40	0	0
Total 'No'	44	40	14	2	0

Base: Respondents who exercise or play sport N=16168

More than six in ten respondents who engage in physical activity for non-sport related reasons spend less than three hours per week on it.

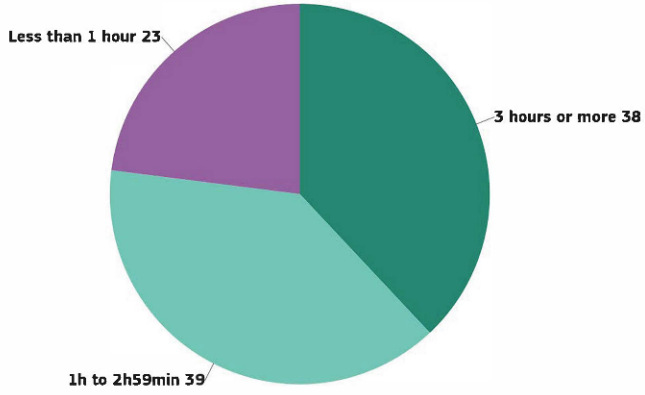
Respondents who engage in physical activity for non-sport-related reasons were asked how much time they spend per week on this type of activity, such as transport, recreation or other everyday activities[7]. More than six in ten say they spend less than three hours per week doing so: 23% spend less than one hour, while 39% spend between one hour and less than three hours.

By contrast, close to four in ten respondents (38%) say they spend three hours or more per week on physical activity for non-sport-related reasons.

A national analysis shows considerable variation across Member States. Respondents are most likely to say they spend three hours or more per week on this type of activity in Latvia (59%), Lithuania (56%), The Netherlands (55%), and Denmark and Sweden (both 54%). High proportions are also recorded in Estonia (49%), Germany (47%), Greece and Finland (both 46%).

At the other end of the scale, Portugal stands out with the lowest proportion of respondents spending three hours or more per week on physical activity for non-sport-related reasons (16%), followed by Italy (25%), Poland (26%), Bulgaria (27%) and Austria (28%).

QB2bR: And how much time do you spend per week on physical activity for non-sport-related reasons? (EU27) (%)



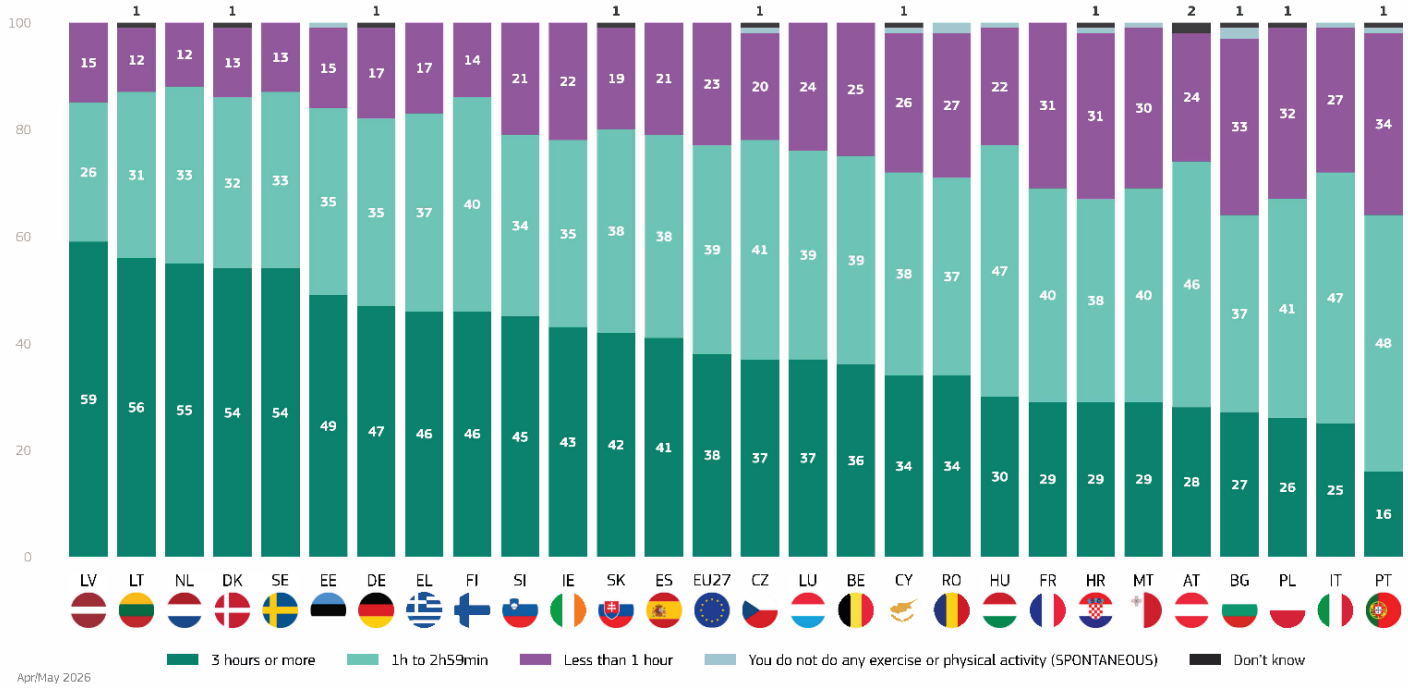
Base: Respondents who engage in physical activity for non-sport-related reasons N=21534

Apr/May 2026

Conversely, respondents are most likely to report spending less than one hour per week on this type of activity in Portugal (34%), Bulgaria (33%), Poland (32%), France and Croatia (both 31%), and Malta (30%).

The lowest proportions are observed in Lithuania and The Netherlands (both 12%), Denmark and Sweden (both 13%), Finland (14%), and Latvia and Estonia (both 15%).

QB2bR: And how much time do you spend per week on physical activity for non-sport-related reasons? (%)



Apr/May 2026

Base: Respondents who engage in physical activity for non-sport-related reasons N=21534

[7] QB2b: And how much time do you spend per week on physical activity for non-sport related reasons?

Base: Respondents who engage in physical activity for non-sport-related reasons

The **socio-demographic** analysis shows that:

- Differences by gender are limited. Men are slightly more likely than women to spend three hours or more per week on physical activity for non-sport-related reasons (39% vs. 36%), while women are slightly more likely to spend less than one hour per week doing so (24% vs. 22%).
- Age differences are also relatively limited. Respondents aged 75 or over are the most likely to spend less than one hour on this type of activity (29%), while those aged between 55 and 64 are the most likely to spend three hours or more per week (44%).
- Education is associated with some differences. Respondents who continued education up to the age of 20 or beyond are more likely to spend between one hour and less than three hours per week (41%) and more than three hours (38%) on physical activity for non-sport-related reasons. Those who left school at age 15 or earlier are the most likely to spend less than one hour per week (27%).
- By socio-professional category, managers are the most likely to spend between one hour and less than three hours per week (both 44%). Meanwhile self-employed and retired persons are the most likely to spend three hours or more per week (both 40%). House persons and unemployed persons are the most likely to spend less than one hour per week (both 26%).
- There are slight differences by financial situation. Respondents who have difficulties paying their bills most of the time and almost never or never are equally likely to spend three hours or more per week on physical activity for non-sport-related reasons (both 39%). Those who have such difficulties from time to time are the most likely to spend less than one hour per week (28%).
- Differences by type of area are modest. Respondents living in rural areas or villages and in a large town are equally likely to spend three hours or more per week (both 38%). While respondents living in a small or middle-sized town are the most likely to spend less than one hour (24%).
- Time spent on physical activity for non-sport-related reasons also varies more significantly according to frequency of exercise or sport. Respondents who exercise or play sport almost daily are by far the most likely to spend three hours or more per week on physical activity for non-sport-related reasons (57%), followed by those who never exercise or play sport (41%). By contrast, those who exercise or play sport seldom are the most likely to spend less than one hour (36%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to spend three hours or more per week on physical activity for non-sport-related reasons (40% vs. 34%). Conversely, those who say sport does not play an important role in their life are more likely to spend less than one hour per week (27% vs. 20%).

QB2bR And how much time do you spend per week on physical activity for non-sport-related reasons? (% - EU)

	Less than 1 hour	1h to 2h59min	3 hours or more	You do not do any exercise or physical activity (SPONTANEOUS)	Don't know
EU27	23	39	38	0	0
Gender					
Man	22	39	39	0	0
Woman	24	39	36	0	1
Age					
15-24	22	41	36	0	1
25-34	21	43	36	0	0
35-44	22	40	37	0	1
45-54	23	41	35	1	0
55-64	23	37	38	1	1
65-74	23	33	44	0	0
75+	29	35	36	0	0
Age at end of education					
15-	27	36	37	0	0
16-19	24	38	37	1	0
20+	21	41	38	0	0
Still Studying	19	44	36	0	1
Socio-professional category					
Self-employed	21	38	40	0	1
Managers	19	44	37	0	0
Other white collars	25	42	32	1	0
Manual workers	23	37	39	0	1
House persons	26	34	38	1	1
Unemployed	26	39	35	0	0
Retired	25	35	40	0	0
Students	20	44	36	0	0
Difficulties paying bills					
Most of the time	25	35	39	1	0
From time to time	28	39	32	1	0
Almost never / Never	21	39	39	0	1
Subjective urbanisation					
Rural area or village	22	39	38	0	1
Small or middle sized town	24	39	36	1	0
Large town	23	38	38	0	1
Exercise or sport					
Almost daily	14	28	57	0	1
Several times a week	18	48	34	0	0
Seldom	36	36	27	0	1
Never	26	32	41	1	0
Sport plays an important role in your life					
Total 'Yes'	20	40	40	0	0
Total 'No'	27	37	34	1	1

Base: Respondents who engage in physical activity for non-sport-related reasons N=21534

3. Walking

More than seven in ten Europeans walk for at least ten minutes at a time on four or more days every week.

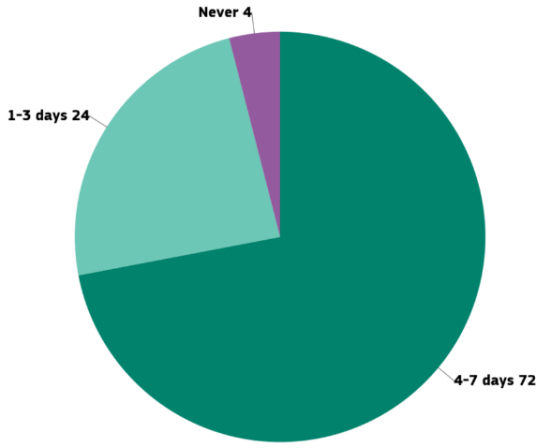
When asked on how many days per week Europeans walk for at least 10 minutes at time[8], more than seven in ten answered 4-7 days (72%, +12 pp since 2022).

Almost one quarter (24%, -2 pp), answered 1-3 days, while only 4% said they never do so (-10 pp).

A national analysis shows that in 26 Member States, a majority of respondents say they walk for at least 10 minutes at a time 4-7 days per week. The highest proportions are recorded in Spain (86%), Luxembourg and Latvia (83% in both countries), Finland (82%) and Germany (81%). At the other end of the scale, this proportion is much lower in Portugal (39%), Cyprus (56%) and Hungary (57%).

Portugal stands out as the country with the highest proportion of respondents who say they never walk for at least 10 minutes at a time in a usual week (30%). This share is also comparatively high in Cyprus (12%), Hungary (8%), Italy (6%), Austria and Greece (both 5%), while it remains below 5% in all other Member States.

QB3R: Usually, how many days per week do you walk for at least 10 minutes at a time? (EU27) (%)

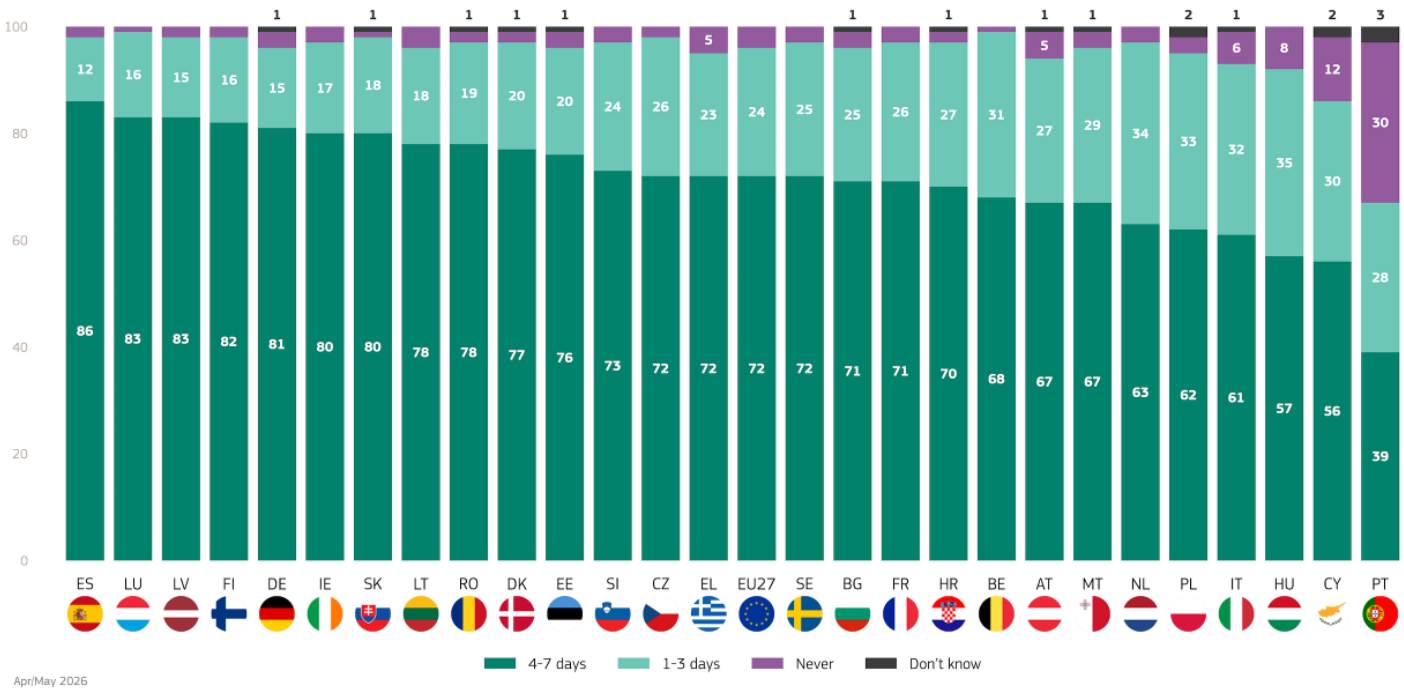


4-7 days	▲ 12
1-3 days	▼ 2
Never	▼ 10
Don't know	=

▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

QB3R: Usually, how many days per week do you walk for at least 10 minutes at a time? (%)



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[8] QB3: Usually, how many days per week do you walk for at least 10 minutes at a time?

Since 2022, the proportion of respondents who walk 4-7 days per week for at least 10 minutes at a time has increased in all Member States, except for the Netherlands (63%, -4 pp) and Portugal (39%, -10 pp). The highest increases have been registered in Austria and Latvia (67% and 83% respectively, both +22 pp), followed by Poland (62%, + 21 pp) and Romania (78%, +20 pp).

Similarly, all countries registered a decrease in the answer 'never', except for Portugal (30%, +1 pp). Poland is leading with a 17 percentage point decrease.

QB3R: Usually, how many days per week do you walk for at least 10 minutes at a time? (%)

		EU27	AT	LV	PL	RO	MT	EL	HR	LU	BE	IE	SK	LT	FR	IT	CY	HU	FI	ES	BG	DE	EE	SE	CZ	DK	SI	NL	PT
1-3 days	Apr/May 2026	24	27	15	33	19	29	23	27	16	31	17	18	18	26	32	30	35	16	12	25	15	20	25	26	20	24	34	28
	Δ Apr/May 2022	▼2	▼7	▼13	▼6	▼7	▼15	▼7	▼4	▼10	▼4	▼8	▼6	▼7	=	▲2	▲1	▲5	▼6	▼4	▲2	▼4	▼4	▼5	▼3	▼2	▲1	▲9	▲6
4-7 days	Apr/May 2026	72	67	83	62	78	67	72	70	83	68	80	80	78	71	61	56	57	82	86	71	81	76	72	72	77	73	63	39
	Δ Apr/May 2022	▲12	▲22	▲22	▲21	▲20	▲19	▲18	▲18	▲17	▲16	▲16	▲15	▲13	▲12	▲12	▲11	▲11	▲10	▲9	▲8	▲8	▲8	▲8	▲7	▲7	▲5	▼4	▼10
Never	Apr/May 2026	4	5	2	3	2	3	5	2	1	1	3	1	4	3	6	12	8	2	2	3	3	3	3	2	2	3	3	30
	Δ Apr/May 2022	▼10	▼15	▼9	▼17	▼14	▼5	▼11	▼15	▼7	▼12	▼8	▼9	▼6	▼12	▼15	▼13	▼16	▼4	▼5	▼10	▼5	▼4	▼3	▼4	▼6	▼6	▼5	▲1
Don't know	Apr/May 2026	0	1	0	2	1	1	0	1	0	0	0	1	0	0	1	2	0	0	0	1	1	1	0	0	1	0	0	3
	Δ Apr/May 2022	=	=	=	▲2	▲1	▲1	=	▲1	=	=	=	=	=	=	▲1	▲1	=	=	=	=	▲1	=	=	=	▲1	=	=	▲3

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The **socio-demographic** analysis shows that:

- There are no significant differences by gender.
- Age differences are more visible. Respondents aged 15-24 are the most likely to walk for at least 10 minutes at a time on 4-7 days per week (82%), while this proportion decreases with age, down to 70% among those aged 45-54, 71% among those aged 55-64 and 65-74 and 60% among those aged 75 and over. Conversely, respondents aged 75 and over are the most likely to say they never walk for at least 10 minutes at a time (9%).
- Education is also associated with walking habits. Respondents who continued education up to the age of 20 or beyond are more likely than those who left school at age 15 or earlier to walk for at least 10 minutes at a time on 4-7 days per week (73% vs. 64%). Those who left school at age 15 or earlier are the most likely to say they never do so (8%).
- By socio-professional category, managers and house persons are the most likely to walk for at least 10 minutes at a time on 4-7 days per week (both 75%). Self-employed people and retired people are the most likely to say they never walk for at least 10 minutes at a time (both 6%).
- Respondents' financial situation also plays a role. Those who almost never or never have difficulties paying their bills are more likely to walk for at least 10 minutes at a time on 4-7 days per week (74%) than those who have such difficulties from time to time (69%) or most of the time (67%). Respondents who have difficulties paying their bills most of the time are the most likely to say they never do so (8%).
- Differences by type of area are relatively modest, although respondents living in large towns are the most likely to walk for at least 10 minutes at a time on 4-7 days per week (76%), compared with 72% of those living in small or middle-sized towns and 70% of those living in rural areas or villages. Respondents in rural areas or villages are slightly more likely to say they never do so (5%).
- Walking habits are strongly linked to engagement in exercise or sport. Respondents who engage in exercise, or sport almost daily are by far the most likely to walk for at least 10 minutes at a time on 4-7 days per week (90%). By contrast, those who do so seldom are the most likely to walk on 1-3 days per week (29%), while those who never engage in exercise, sport or other physical activity are the most likely to say they never walk for at least 10 minutes at a time (9%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to walk for at least 10 minutes at a time on 4-7 days per week (78% vs. 65%). Conversely, those who say sport does not play an important role in their life are more likely to walk on 1-3 days per week (28% vs. 20%) or to say they never do so (6% vs. 2%).

QB3R Usually, how many days per week do you walk for at least 10 minutes at a time? (% - EU)

	1-3 days	4-7 days	Never	Don't know
EU27	24	72	4	0
Gender				
Man	23	72	4	1
Woman	24	71	4	1
Age				
15-24	17	82	1	0
25-34	21	76	3	0
35-44	22	74	3	1
45-54	26	70	3	1
55-64	24	71	4	1
65-74	25	71	4	0
75+	30	60	9	1
Age at end of education				
15-	27	64	8	1
16-19	23	72	4	1
20+	24	73	3	0
Still Studying	16	82	1	1
Socio-professional category				
Self-employed	23	70	6	1
Managers	21	75	3	1
Other white collars	27	70	3	0
Manual workers	23	73	3	1
House persons	20	75	4	1
Unemployed	28	68	4	0
Retired	27	67	6	0
Students	14	85	1	0
Difficulties paying bills				
Most of the time	25	67	8	0
From time to time	26	69	4	1
Almost never / Never	22	74	3	1
Subjective urbanisation				
Rural area or village	25	70	5	0
Small or middle sized town	23	72	4	1
Large town	20	76	3	1
Exercise or sport				
Almost daily	9	90	1	0
Several times a week	21	78	1	0
Seldom	29	69	1	1
Never	27	63	9	1
Sport plays an important role in your life				
Total 'Yes'	20	78	2	0
Total 'No'	28	65	6	1

4. Sedentary behaviour

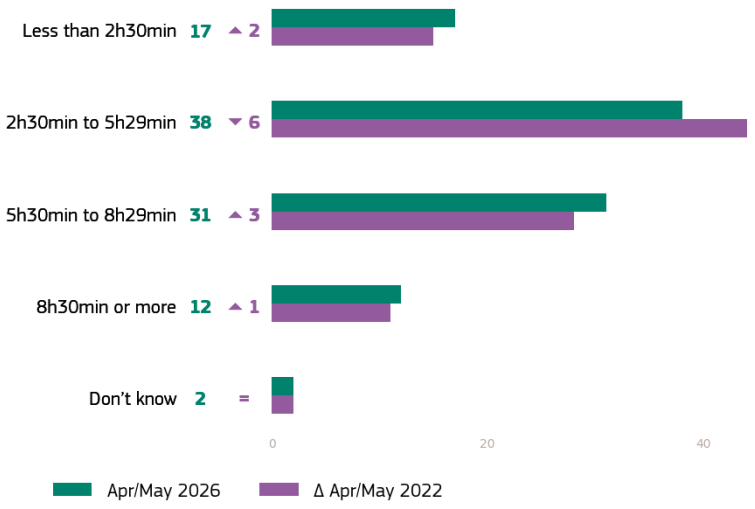
Around four in ten Europeans spend between 2 hours 30 minutes and less than 5 hours 30 minutes sitting on a usual day.

Respondents were asked how much time they spend sitting on a usual day, including time spent at a desk, driving, visiting friends, studying or watching television[9].

The most common answer is spending between 2 hours 30 minutes and less than 5 hours 30 minutes sitting on a usual day (38%, -6 percentage points compared with spring 2022). This is followed by spending between 5 hours 30 minutes and less than 8 hours 30 minutes sitting, mentioned by 31% of respondents (+3 pp).

Lower proportions say they spend less than 2 hours 30 minutes sitting on a usual day (17%, +2 pp), while 12% spend 8 hours 30 minutes or more sitting (+1 pp). Finally, 2% say they do not know (unchanged).

QB4R: How much time do you spend sitting on a usual day? This may include time spent at a desk, driving, visiting friends, studying or watching television. (EU27) (%)



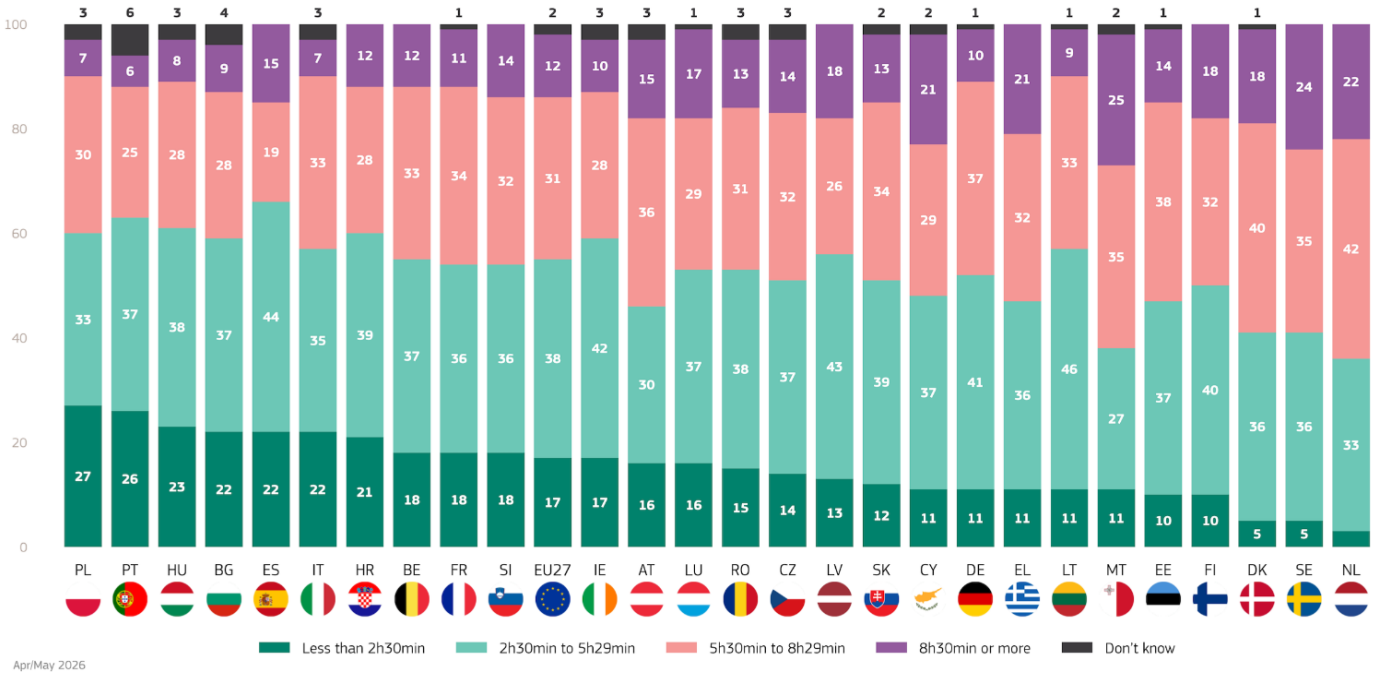
[9] QB4: How much time do you spend sitting on a usual day? This may include time spent at a desk, driving, visiting friends, studying or watching television

At national level, the most common answer is spending between 2 hours 30 minutes and 5 hours 29 minutes sitting on a usual day, ranking first in 22 Member States. The highest proportions are recorded in Lithuania (46%), Spain (44%), Latvia (43%), Ireland (42%) and Germany (41%). This answer is also mentioned by four in ten respondents in Finland (40%).

Spending between 5 hours 30 minutes and 8 hours 29 minutes ranks first in five Member States: the Netherlands (42%), Denmark (40%), Estonia (38%), Austria (36%) and Malta (35%). Although this answer does not rank first in Germany, it is also comparatively high there (37%).

No Member State records less than 2 hours 30 minutes as the most common answer. However, the highest proportions for this category are observed in Poland (27%), Portugal (26%) and Hungary (23%). Similarly, 8 hours 30 minutes or more does not rank first in any Member State, but the highest proportions are recorded in Malta (25%), Sweden (24%) and the Netherlands (22%), followed by Greece and Cyprus (both 21%).

QB4R: How much time do you spend sitting on a usual day? This may include time spent at a desk, driving, visiting friends, studying or watching television. (%)



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The **socio-demographic** analysis shows that:

- There are no significant differences by gender.
- Age differences are more visible. Respondents aged 15-24 are the most likely to spend 5 hours 30 minutes to 8 hours 29 minutes sitting on a usual day (40%), in contrast to those aged 75 or over (30%). While those aged 65-74 are the most likely to spend 2 hours 30 minutes to 5 hours 29 minutes sitting (43%). Respondents aged 35-44 are the most likely to spend less than 2 hours 30 minutes sitting (20%).
- Education is also associated with differences in sitting time. Respondents who left school between the ages of 16 and 19 are the most likely to spend 2 hours 30 minutes to 5 hours 29 minutes sitting (41%), while those who continued education up to the age of 20 or beyond are the most likely to spend 5 hours 30 minutes to 8 hours 29 minutes (35%) or 8 hours 30 minutes or more (15%). Respondents who left school at age 15 or earlier are the most likely to spend less than 2 hours 30 minutes sitting (22%).
- Differences are particularly marked by socio-professional category. Manual workers are the most likely to spend 2 hours 30 minutes to 5 hours 29 minutes sitting (45%) and to spend less than 2 hours 30 minutes sitting (24%). By contrast, managers are the most likely to spend 5 hours 30 minutes to 8 hours 29 minutes sitting (41%), while managers and other white collars are the most likely to spend 8 hours 30 minutes or more sitting (16% in both groups).
- Respondents' financial situation also shows some variation. Those who almost never or never have difficulties paying their bills are the most likely to spend 5 hours 30 minutes to 8 hours 29 minutes sitting (33%), while those who have difficulties paying bills from time to time are the most likely to spend less than 2 hours 30 minutes sitting (21%). Respondents who have difficulties paying bills most of the time are the most likely to spend 8 hours 30 minutes or more sitting (14%).
- Differences by type of area are modest. Respondents living in rural areas or villages are the most likely to spend 2 hours 30 minutes to 5 hours 29 minutes sitting (40%) and less than 2 hours 30 minutes sitting (19%). Those living in small or middle-sized towns are slightly more likely to spend 5 hours 30 minutes to 8 hours 29 minutes sitting (34%), while respondents living in large towns are the most likely to spend 8 hours 30 minutes or more sitting (13%).
- Sitting time also varies by frequency of exercise or sport. Respondents who engage in exercise or sport almost daily are the most likely to spend 2 hours 30 minutes to 5 hours 29 minutes sitting (41%) and while those that do so several times a week are the most likely to spend 5 hours 30 minutes to 8 hours 29 minutes sitting (34%). Those who never or seldom engage in exercise or sport are the most likely to spend less than 2 hours 30 minutes sitting (both 19%).
- Finally, respondents who say sport plays an important role in their life are slightly more likely than those who say it does not to spend 5 hours 30 minutes to 8 hours 29 minutes sitting (34% vs. 31%). Conversely, those who say sport does not play an important role in their life are more likely to spend 8 hours 30 minutes or more sitting (13% vs. 10%).

QB4R How much time do you spend sitting on a usual day? This may include time spent at a desk, driving, visiting friends, studying or watching television.
(% - EU)

	Less than 2h30min	2h30min to 5h29min	5h30min to 8h29min	8h30min or more	Don't know
EU27	17	38	31	12	2
Gender					
Man	17	38	32	12	1
Woman	17	38	32	11	2
Age					
15-24	12	34	40	13	1
25-34	16	37	32	13	2
35-44	20	36	31	11	2
45-54	18	38	31	12	1
55-64	18	41	31	9	1
65-74	15	43	31	9	2
75+	16	36	30	16	2
Age at end of education					
15-	22	37	27	12	2
16-19	20	41	29	8	2
20+	13	36	35	15	1
Still Studying	8	28	48	15	1
Socio-professional category					
Self-employed	19	40	28	12	1
Managers	13	29	41	16	1
Other white collars	16	28	38	16	2
Manual workers	24	45	24	6	1
House persons	19	41	31	6	3
Unemployed	18	41	24	14	3
Retired	16	41	30	11	2
Students	7	32	46	14	1
Difficulties paying bills					
Most of the time	18	39	27	14	2
From time to time	21	37	30	10	2
Almost never / Never	14	39	33	12	2
Subjective urbanisation					
Rural area or village	19	40	29	11	1
Small or middle sized town	16	37	34	11	2
Large town	16	36	33	13	2
Exercise or sport					
Almost daily	15	41	33	10	1
Several times a week	14	40	34	11	1
Seldom	19	40	29	11	1
Never	19	35	30	13	3
Sport plays an important role in your life					
Total 'Yes'	17	38	34	10	1
Total 'No'	17	37	31	13	2

5. Monthly spending on exercise or sport practice

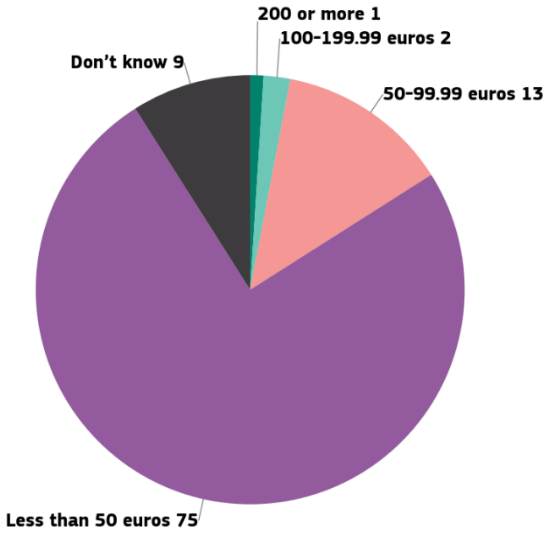
The vast majority of respondents who practise sport or physical activity for non-sport-related reasons spend less than €50 per month on exercise or sport practice.

Respondents who practise sport or physical activity for non-sport-related reasons were also asked how much money they spend on average per month[10].

Three quarters of those respondents practising sport or physical activity for non-sport related reasons say they spend less than €50 per month on exercise or sport practice (75%). Much smaller proportions report higher monthly spending: 13% spend between €50 and €99.99, 2% spend between €100 and €199.99, and only 1% spend €200 or more. A further 9% say they do not know.

Overall, the results show that monthly expenditure on exercise or sport practice remains relatively limited for most respondents, with only a small minority reporting spending €100 or more per month.

QB11R: How much money (in EUROS), on average per month, do you spend on exercise or sport practice? (EU27) (%)



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Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

[10] QB11: How much money (in EUROS), on average per month, do you spend on exercise or sport practice?

Base: Respondents who practice sport or physical activity for non-sport-related reasons

A national analysis shows that less than €50 per month is the most frequently mentioned amount spent on exercise or sport practice in all 27 Member States.

The highest proportions of respondents spending less than €50 per month are recorded in Hungary (84%), Slovakia (83%), France (82%) and Lithuania (81%).

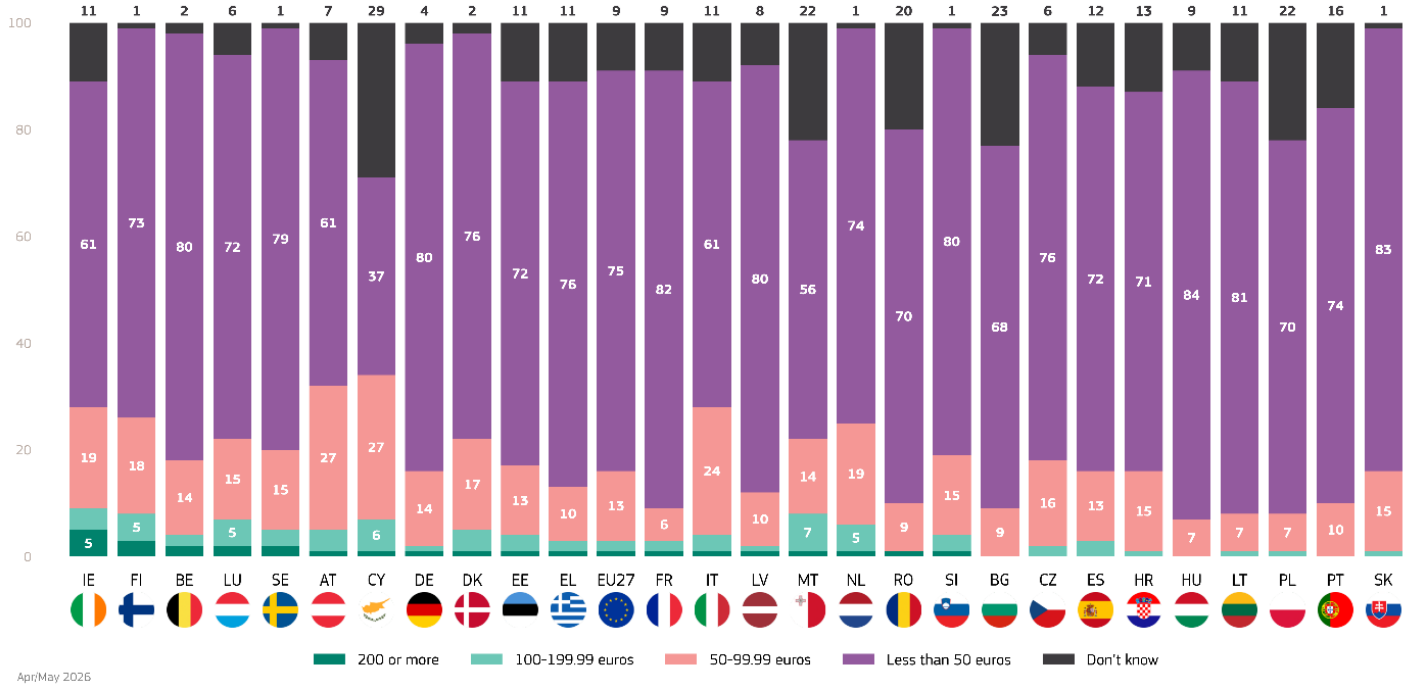
At the other end of the scale, Cyprus stands out as the only Member State where fewer than half of respondents say they spend less than €50 per month (37%). Lower proportions are also recorded in Malta (56%), Ireland, Austria and Italy (all 61%).

Spending between €50 and €99.99 per month is much less common, but reaches its highest levels in Austria and Cyprus (both 27%), followed by Italy (24%), the Netherlands and Ireland (both 19%).

Only small minorities report spending higher amounts. The proportion spending between €100 and €199.99 per month is highest in Malta (7%), Cyprus (6%), and Finland, Luxembourg and the Netherlands (all 5%). Spending €200 or more per month remains very limited in all Member States, reaching its highest level in Ireland (5%).

Finally, the proportion of respondents who say they don't know is particularly high in Cyprus (29%), followed by Bulgaria (23%), Malta and Poland (both 22%), Romania (20%) and Portugal (16%).

QB11R: How much money (in EUROS), on average per month, do you spend on exercise or sport practice? (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

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

- Differences by gender are limited. Women are slightly more likely than men to say they spend less than €50 per month on exercise or sport practice (75% vs. 73%), while men are slightly more likely to spend between €50 and €99.99 (15% vs. 12%)/ Women are also slightly more likely to say they don't know (10% vs. 8%).
- Age differences are more visible. Respondents aged 65-74 and those aged 75 and over are the most likely to spend less than €50 per month (81% and 80%, respectively), while those aged 25-34 are the least likely to do so (69%). Respondents aged 25-34 are the most likely to spend between €50 and €99.99 (21%), while those aged 15-24 are the most likely to spend between €100 and €199.99 (4%). Respondents aged 75 and over are the most likely to say they don't know (14%).
- Education is also associated with differences in spending. Respondents who left education at age 15 or earlier are the most likely to spend less than €50 per month (79%) and to say they don't know (15%). By contrast, those who continued education up to the age of 20 or beyond are more likely to spend between €50 and €99.99 (17%) or between €100 and €199.99 (3%).
- By socio-professional category, unemployed respondents (84%), house persons (82%) and retired people (81%) are the most likely to spend less than €50 per month. Managers are the most likely to spend between €50 and €99.99 (22%), while the self-employed are the most likely to spend between €100 and €199.99 (4%) and, together with managers, €200 or more (2% in both groups). House persons and retired people are the most likely to say they don't know (12% and 11%, respectively).
- Differences by financial situation are relatively limited. Respondents who have difficulties paying their bills most of the time are slightly more likely to spend less than €50 per month (77%) and to say they don't know (12%). Those who almost never or never have difficulties paying their bills are slightly more likely to spend between €50 and €99.99 (14%).
- Spending also varies according to frequency of exercise or sport. Respondents who exercise or play sport almost daily are the least likely to spend less than €50 per month (64%) and the most likely to spend between €100 and €199.99 (6%) or €200 or more (3%). Those who exercise or play sport several times a week are the most likely to spend between €50 and €99.99 (22%). By contrast, respondents who exercise or play sport seldom are the most likely to spend less than €50 per month (83%).
- Finally, respondents who say sport plays an important role in their life are less likely than those who say it does not to spend less than €50 per month (71% vs. 81%), and more likely to spend between €50 and €99.99 (19% vs. 5%) or between €100 and €199.99 (3% vs. 1%). Those who say sport does not play an important role are more likely to say they don't know (13% vs. 6%).

QB11R How much money (in EUROS), on average per month, do you spend on exercise or sport practice? (% - EU)

	Less than 50 euros	50-99.99 euros	100-199.99 euros	200 or more	Don't know
EU27	75	13	2	1	9
Gender					
Man	73	15	3	1	8
Woman	75	12	2	1	10
Age					
15-24	73	17	4	1	5
25-34	69	21	3	1	6
35-44	70	18	2	1	9
45-54	73	15	2	1	9
55-64	78	10	1	1	10
65-74	81	7	1	0	11
75+	80	5	1	0	14
Age at the end of education					
15-	79	5	1	0	15
16-19	76	11	1	1	11
20+	73	17	3	1	6
Still Studying	72	17	5	1	5
Socio-professional category					
Self-employed	69	17	4	2	8
Managers	67	22	3	2	6
Other white collars	71	16	2	1	10
Manual workers	74	13	2	1	10
House persons	82	6	0	0	12
Unemployed	84	7	1	1	7
Retired	81	6	1	1	11
Students	72	19	4	1	4
Difficulties paying bills					
Most of the time	77	8	2	1	12
From time to time	74	12	2	1	11
Almost never / Never	75	14	2	1	8
Exercise or sport					
Almost daily	64	21	6	3	6
Several times a week	70	22	3	1	4
Seldom	83	6	1	0	10
Never	82	1	0	0	17
Sport plays an important role in your life					
Total 'Yes'	71	19	3	1	6
Total 'No'	81	5	1	0	13

Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

II. Where citizens engage in sport and other physical activity

1. Places and settings of practice

Nearly half of Europeans who practise sport or physical activity for non-sport-related reasons engage in sport, exercise or another physical activity in a park or outdoors.

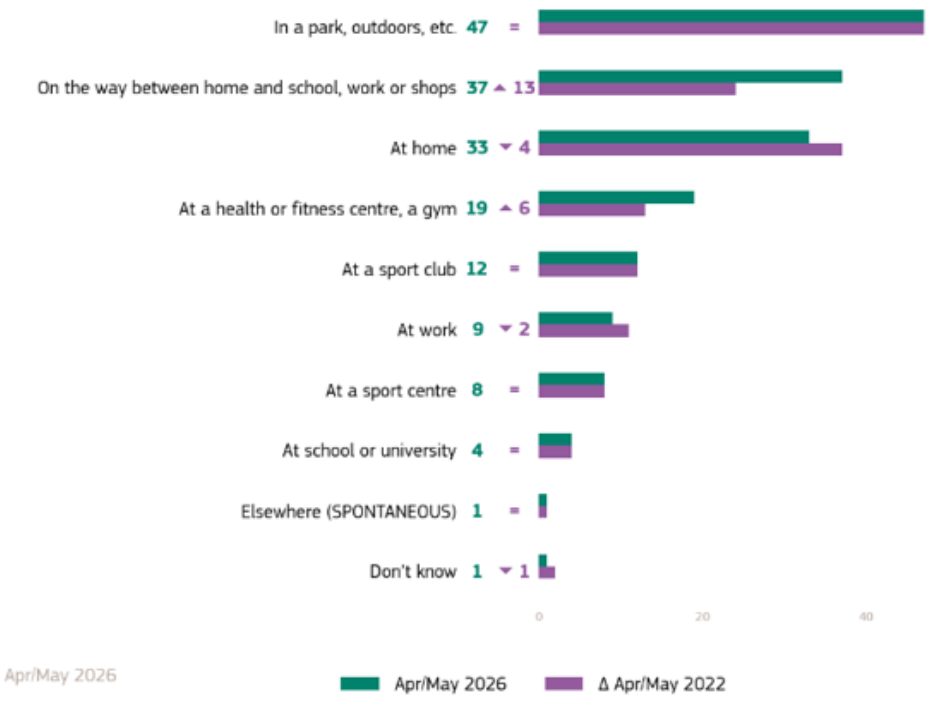
Respondents who practise sport or physical activity for non-sport-related reasons were asked to choose from a list of eight settings where they engage in sport, exercise or another physical activity[11].

Nearly half of respondents (47%, unchanged) engage in sport, exercise or another physical activity in a park or outdoors. Nearly four in ten (37%, +13 percentage points since 2022) do so on the way between home and school, work or shops.

A third of respondents (33%, -4 pp) say they engage in sport, exercise or another physical activity at home and around two in ten engage at a sport club (19%, +6 pp).

In addition, 9% (-2 pp) of respondents engage at work, 8% (unchanged) at a sport centre, 4% (unchanged) at school or university and 1% (unchanged) elsewhere and only 1% (-1 pp) does not know.

QB5: Earlier you said you engage in sport, exercise or another physical activity. Where do you do this? (MULTIPLE ANSWERS POSSIBLE) (%)



Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

[11] QB5: Earlier you said you engage in sport, exercise or another physical activity. Where do you do this? (MULTIPLE ANSWERS POSSIBLE)

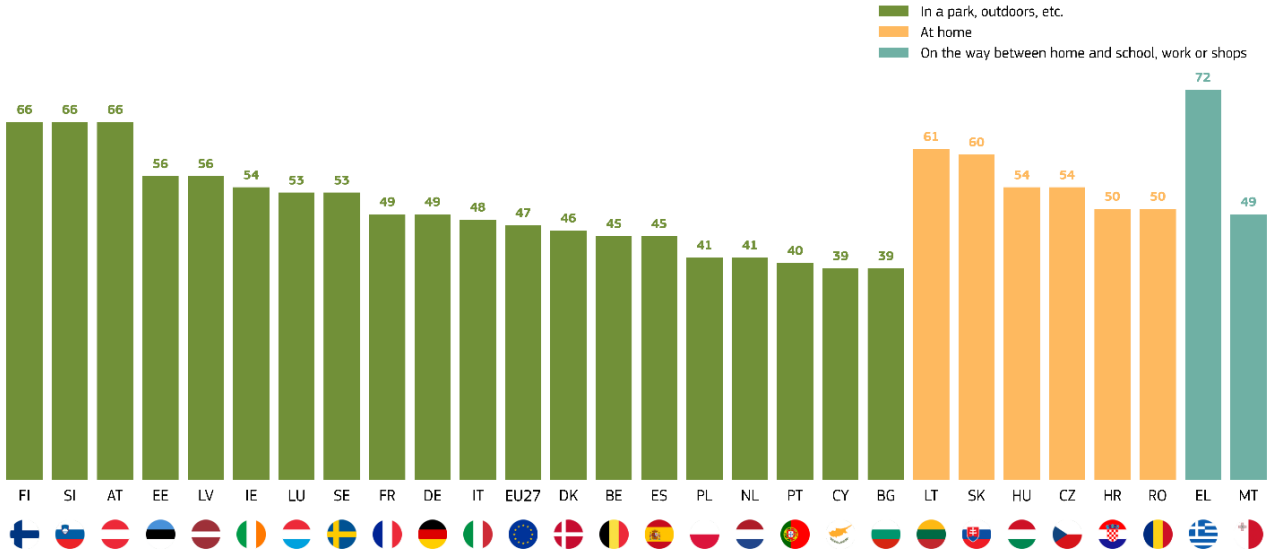
Base: Respondents who practise sport or physical activity for non-sport-related reasons

Looking at results at national level, Europeans in 19 Member States mainly engage in sport, exercise or another physical activity in a park or outdoors. The highest shares among respondents are observed in Finland, Slovenia and Austria (all 66%).

Engaging at home is the most mentioned option in six Member States: Lithuania (61%), Slovakia (60%), Hungary and Czechia (both 54%) and Croatia and Romania (both 50%).

Finally, engaging in sport, exercise or another physical activity on the way between home and school, work or shops is the most common response in two Member States: Greece (72%) and Malta (49%).

QB5: Earlier you said you engage in sport, exercise or another physical activity. Where do you do this? (MULTIPLE ANSWERS POSSIBLE) (%)



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Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

The **socio-demographic** analysis shows the following:

- Women are more likely than men to engage in sport, exercise or another physical activity on the way between home and school, work or shops (40% vs. 34%) or at home (36% vs. 30%). Meanwhile, men are more likely to engage in sport, exercise or another physical activity at a sport club (15% vs. 10%). For both men and women in a park and outdoors is the most mentioned option (both 47%).
- Age is linked to the location where respondents practice sport, exercise or another physical activity. Respondents aged 65-74 are the most likely to practise in a park or outdoors (55%) in contrast to younger respondents aged 15-24 (38%). Respondents aged 75 or over are the most likely to practise at home (43%). Conversely, the proportion of respondents engaging in sports at health or fitness facilities declines with age. In respondents practising at a health or fitness centres and/or at a gym, the proportion is the highest for those aged 25-34 (31%) and 15-24 (27%) and decreases at age 75 or over (8%). A similar trend can be observed for those practising at a sport club (24% for ages 15-24 declining to 6% for age 75 and over). In addition, respondents aged 15-24 are significantly more likely to practise at school or university (22%).
- Education is also associated to the setting of practise of sport, exercise or another physical activity. While engaging in a park or outdoors is the most common answer for all education levels, respondents who have continued education up to the age of 20 or beyond are more likely to practise sport at a health or fitness centre and/or a gym (24%) than those who have left education before age 15 (7%) and at a sport club (14% and 5% respectively).
- Based on socio-professional category, engaging in a park or outdoors and on the way between home and school, work or shops are both in the two most common answers for all categories. Conversely, managers are the most likely to engage in sport, exercise or another physical activity at a health or fitness centre and/or a gym (27%) and at a sport club (17%). Retired (40%), unemployed (39%) and house persons (38%) are the most likely to say they practise at home. When it comes to engaging outdoors the smallest proportion overall can be observed in manual workers (44%), followed by self-employed and unemployed (both 45%) and the highest in retired persons (52%).
- Respondents that almost never or never have difficulties in paying bills are more likely to practise sport, exercise or another physical activity at a health or fitness centre and/or a gym compared to respondents having difficulties in paying the bills most of the time (21% vs. 13%) and the same trend can be observed for engagement at a sport club (13% vs. 6%). Moreover, respondents who have difficulties paying the bills most of the time, are more likely to engage at work (14%) than those who almost never or never have difficulties (9%). Nevertheless, practising in a park or outdoors remains the most common answer for all categories.
- By subjective urbanisation, respondents living in a rural area or village are more likely to engage in sport, exercise or another physical activity at home (41%) than those living in a large town (28%). Those living in a large town are more likely to practise at a health or fitness centre and/or a gym (24%) compared to those living in a rural area or village (15%).
- Finally, the frequency of exercising and the importance given to sport is linked to the setting of engagement. Respondents who exercise almost daily are more likely to do so in a park or outdoors (53%), at home (36%) or at a health or fitness centre or a gym (34%). For those that never engage in exercise or sport, the most frequently mentioned setting are on the way between home and school, work or shops (53%), in a park or outdoors (43%) and at home (35%).
- While the respondents for whom sport plays an important role in their life are more likely to exercise in a park or outdoors (49%), on the way between home and school, work or shops (33%) and at home (31%). Among those for whom sport does not play an important role, the most frequently mentioned settings are on the way between home and school, work or shops (44%), in a park or outdoors (43%), and at home (35%).

QB5 Earlier you said you engage in sport, exercise or another physical activity. Where do you do this? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)

	In a park, outdoors, etc.	On the way between home and school, work or shops	At home	At a health or fitness centre, a gym	At a sport club	At work	At a sport centre	At school or university	Elsewhere (SPONTANEOUS)	Don't know
EU27	47	37	33	19	12	9	8	4	1	1
Gender										
Man	47	34	30	19	15	11	9	4	1	1
Woman	47	40	36	19	10	8	7	3	1	1
Age										
15-24	38	36	24	27	24	6	14	22	0	0
25-34	43	31	29	31	16	11	10	3	1	1
35-44	47	38	34	21	13	14	10	1	1	1
45-54	47	39	32	19	10	13	6	1	1	1
55-64	49	40	33	14	8	12	5	1	2	2
65-74	55	37	38	9	9	2	5	0	2	2
75+	47	34	43	8	6	1	4	0	2	2
Age at end of education										
15-	47	43	30	7	5	6	3	1	2	2
16-19	46	40	35	14	9	11	6	2	1	1
20+	50	32	33	24	14	10	9	1	1	1
Still Studying	41	38	23	29	25	3	15	28	0	0
Socio-professional category										
Self-employed	45	33	32	23	12	16	9	1	1	1
Managers	50	33	33	27	17	12	11	2	1	1
Other white collars	46	37	29	24	13	10	8	0	1	1
Manual workers	44	39	31	17	10	18	6	1	1	1
House persons	49	53	38	10	6	2	4	1	2	2
Unemployed	45	40	39	16	7	4	7	1	2	2
Retired	52	35	40	9	8	1	5	0	2	2
Students	40	37	22	30	24	3	15	26	0	1
Difficulties paying bills										
Most of the time	44	42	33	13	6	14	8	3	1	2
From time to time	43	40	29	16	10	10	7	4	1	1
Almost never / Never	49	35	34	21	13	9	8	4	1	1
Subjective urbanisation										
Rural area or village	46	36	41	15	12	11	7	4	1	1
Small or middle sized town	47	36	29	19	13	9	8	3	2	1
Large town	47	40	28	24	12	9	9	4	1	1
Exercise or sport										
Almost daily	53	30	36	34	21	9	12	6	1	0
Several times a week	47	29	29	31	20	7	13	6	1	0
Seldom	48	38	37	6	5	11	4	1	2	1
Never	43	53	35	1	0	12	0	1	2	4
Sport plays an important role in your life										
Total 'Yes'	49	33	31	26	17	9	11	5	1	1
Total 'No'	43	44	35	7	4	10	3	2	2	2

Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

2. Club membership

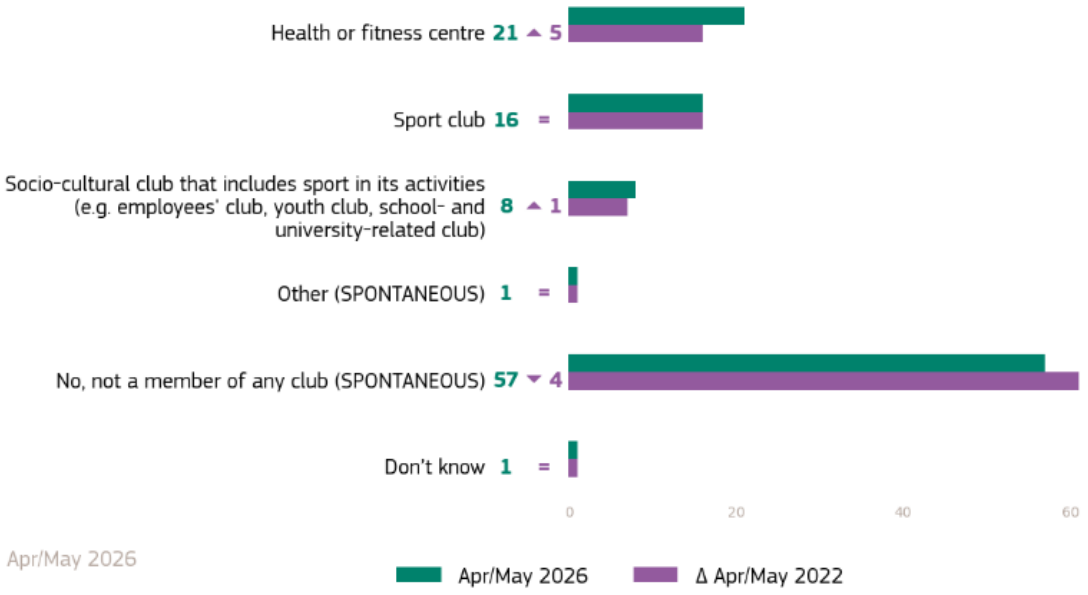
Almost half of Europeans who practise sport or physical activity for non-sport-related reasons are members of a club where they participate in sport or recreational physical activity, with health and fitness centres being the most frequently mentioned clubs.

Nearly half of the respondents (46%, +6 percentage points since 2022) who practise sport or physical activity for non-sport-related reasons say they are members of a club where they participate in sport or recreational physical activity[12].

In detail, over two in ten respondents say they are members of a health or fitness centre (21%, +5 pp), while 16% (unchanged) say they are members of a sport club and 8% (+1 pp) belong to a socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club). Finally, 1% (unchanged) are members of another type of club.

Additionally, nearly six in ten of respondents who practise sport or physical activity for non-sport-related reasons (57%, -4 pp) say they are not a member of any club, meanwhile 1% (unchanged) say that they do not know.

QB10: Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

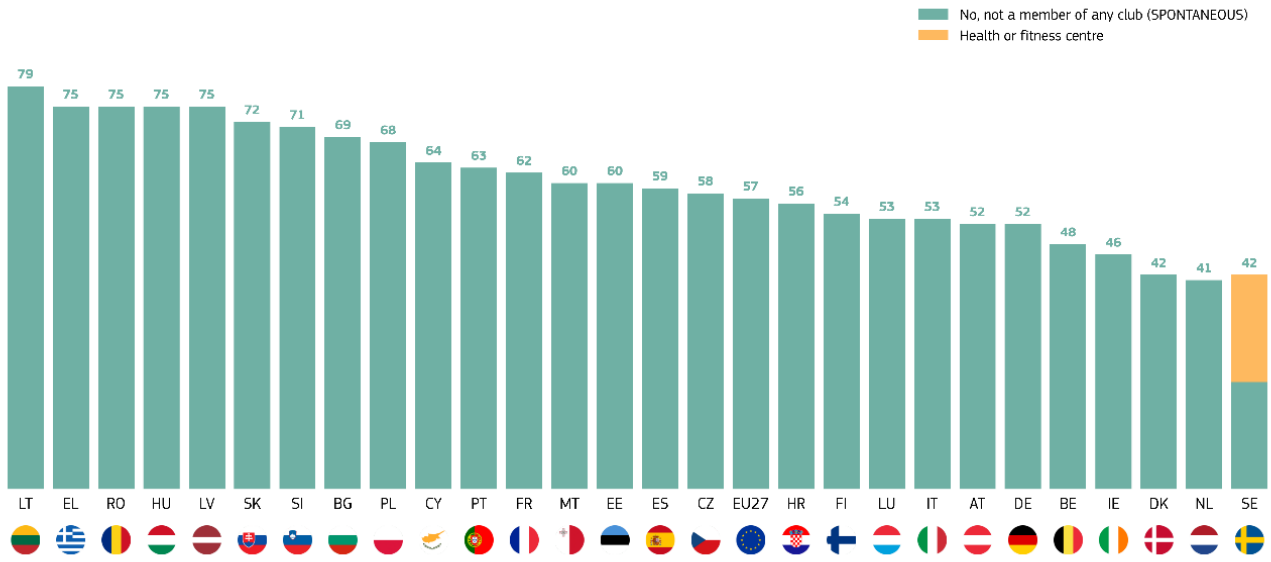
[12] QB10: Are you a member or any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

Base: Respondents who practise sport or physical activity for non-sport-related reasons

In 22 Member States, at least half of the respondents say they are not members of any club, most notably in Lithuania (79%), Greece, Romania, Hungary, and Latvia (all 75%).

In Sweden, equal proportions of respondents say they are not members of any club (42%) and that they are members of a health or fitness centre (42%).

QB10: 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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Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

The **socio-demographic** analysis shows the following:

- Women are more likely not to be a member of any club than men (60% vs. 55%). Meanwhile, men are more likely to be members of a sport club than women (20% vs. 13%).
- Age is linked to club membership, as age increases the likelihood of being a member of a club decreases. Particularly, respondents between age 15-24 are significantly more likely to be members of a club (63%) than those aged 75 and over (23%), and this is the case for each type of club in the available answers (health or fitness centre, sport club and socio-cultural club), as indeed respondents aged 75 and over are the least likely to be members of a club (76%).
- Education also seems to be linked with club membership. Respondents who have completed education at age 20 or beyond are more likely to be members of a club (48%) than those that have completed education at age 15 or under (20%).
- By socio-professional category, managers are the most likely to be members of a club (54%), followed by self-employed persons (49%). Meanwhile house persons and retired respondents are the most likely not to be members of a club (76% and 73% respectively).
- Respondents who never or almost never have difficulties are the most likely to be part of a club (43%) than those that have difficulties most of the time (32%).
- Subjective urbanisation does not seem to influence significantly club membership. The proportion of respondents living in rural areas who are members of a club is only 6 percentage points lower (37%) in comparison to respondents living in large towns (43%).
- Respondents who exercise or practise sport several times a week are significantly more likely to be members of clubs (64%) than those who never do it (6%).
- Those for which sport plays an important role in their lives are significantly more likely to be members of a club (55%) than those for which it doesn't (19%).

QB10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)

	Health or fitness centre	Sport club	Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	Other (SPONTANEOUS)	No, not a member of any club (SPONTANEOUS)	Don't know	Total 'Yes'
EU27	21	16	8	1	57	1	42
Gender							
Man	21	20	8	1	55	1	44
Woman	21	13	7	1	60	1	39
Age							
15-24	30	29	12	1	36	1	63
25-34	33	19	7	1	43	1	56
35-44	25	18	7	1	53	1	46
45-54	22	13	7	1	60	1	39
55-64	15	11	6	1	67	2	31
65-74	9	11	7	1	72	1	27
75+	8	10	6	2	76	1	23
Age at end of education							
15-	9	6	5	1	79	1	20
16-19	17	13	7	1	63	1	36
20+	26	18	8	1	51	1	48
Still Studying	31	31	11	2	35	1	64
Socio-professional category							
Self-employed	25	18	8	1	50	1	49
Managers	31	21	7	1	45	1	54
Other white collars	26	17	7	1	53	1	46
Manual workers	20	13	7	1	61	1	38
House persons	10	8	5	1	76	1	23
Unemployed	17	11	6	1	67	1	32
Retired	9	10	7	1	73	1	26
Students	32	28	12	2	33	1	66
Difficulties paying bills							
Most of the time	15	10	8	1	67	1	32
From time to time	20	13	8	1	60	1	39
Almost never / Never	22	17	7	1	56	1	43
Subjective urbanisation							
Rural area or village	16	15	8	1	62	1	37
Small or middle sized town	21	17	8	1	56	1	43
Large town	26	15	7	2	54	1	45
Exercise or sport							
Almost daily	34	28	9	1	39	1	60
Several times a week	34	24	10	2	35	1	64
Seldom	10	9	7	1	73	2	25
Never	2	1	3	1	93	1	6
Sport plays an important role in your life							
Total 'Yes'	29	22	9	1	44	1	55
Total 'No'	8	6	5	1	80	1	19

Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

III. Reasons, perceived impact and barriers to engaging in sport and physical activity

1. Reasons

The main reasons to engage in exercise, sport or physical activity for those who practise sport or physical activity for non-sport-related reasons include improving or maintaining physical health in general, relaxing, improving physical performance and travelling from one place to another.

Respondents who practise sport or physical activity for non-sport-related reasons were asked to choose from a list of 14 items their reasons for engaging in the latter activities[13].

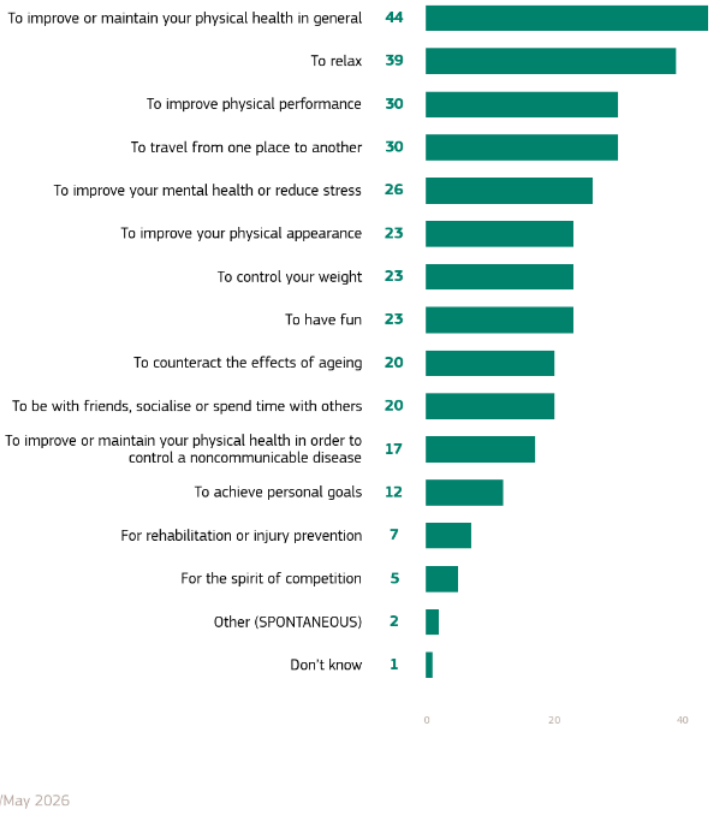
More than four in ten of the respondents (44%) engage in exercise, sport or physical activity to improve or maintain their physical health. The second most frequently mentioned reason is to relax (39%).

Engaging to improve physical performance and to travel from one place to another are both chosen by 30% of respondents. Engaging in exercise, sport or physical activity to improve their mental health or reduce stress is chosen by over a quarter of respondents (26%).

Engaging in exercise, sport or physical activity to improve appearance, to control weight and to have fun are all equally chosen by 23% of respondents. One in five of the respondents engage to counteract the effects of ageing and to be with friends, socialise or spend time with others (both 20%).

Nearly a fifth (17%) exercises to improve or maintain their physical health in order to control a noncommunicable disease, and smaller proportions say they do so to achieve personal goals (12%), for rehabilitation or injury prevention (7%), for the spirit of competition (5%) and for other reasons not mentioned (2%). Only 1% say they do not know.

QB6: Why do you engage in exercise, sport or physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)



Base: Respondents who practise sport or physical activity for non-sport related reasons N= 22092

[13] QB6: Why do you engage in exercise, sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)

Base: Respondents who practise sport or physical activity for non-sport-related reasons

At national level, engaging in exercise, sport or physical activity to improve or maintain physical health in general is the most cited reason in 15 Member States, with the highest proportions seen in Nordic countries, particularly Sweden (75%), Finland (69%) and Denmark (64%). By contrast, this reason is less widespread in Poland (22%), which is the only country in which it doesn't rank in the first three most mentioned answers.

To relax ranks first in eight Member States, and it is overall ranked in the three most mentioned reasons in 23 Member States, with the highest proportions seen in Slovenia (63%), Cyprus (62%) and France (48%). In Hungary, to relax ranks first jointly with to travel from one place to another (both 34%).

Conversely, to improve physical performance is the most chosen option only in Czechia (37%) but it is ranked in the most mentioned three reasons in 15 Member States.

Travelling from one place to another is the most mentioned option in five Member States, Greece and Austria (both 45%, Slovakia (42%), Bulgaria (36%) and Hungary (34%). It is ranked in the three most mentioned reasons in 12 Member States.

Improving mental health and reducing stress is ranked in the top three most cited reasons in six Member states: it is ranked second in Finland and Sweden (both 46%), Denmark (43%) and Ireland (35%), and ranked third in Cyprus (35%) and Luxembourg (34%).

To improve physical appearance is ranked third in Latvia (31%) and Italy (28%).

To have fun is ranked second in Latvia (37%) and Poland (33%), meanwhile it is ranked third in another two countries, Belgium, where it has the same proportion of to improve physical performance (both 30%) and Malta (29%).

Finally, to be with friends, socialise and spend time with others ranks in the three most mentioned reasons only in Bulgaria, cited by 25% of the respondents.

QB6: Why do you engage in exercise, sport or physical activity? (MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
To improve or maintain your physical health in general	44	43	33	35	64	47	50	50	43	46	45	38	39	55	52	49	56	31	44	57	44	22	44	26	56	42	69	75
To relax	39	47	24	31	20	34	33	35	41	29	48	30	46	62	27	31	43	34	40	50	43	34	42	32	63	37	46	36
To improve physical performance	30	30	17	37	39	37	28	33	31	28	18	31	26	22	22	38	24	29	26	44	36	26	35	12	48	41	46	35
To travel from one place to another	30	24	36	26	25	36	42	15	45	22	29	24	25	12	30	31	21	34	13	37	45	21	21	30	25	42	40	36
To improve your mental health or reduce stress	26	28	17	15	43	28	30	35	25	24	28	25	22	35	24	20	34	18	24	38	28	13	25	14	43	27	46	46
To improve your physical appearance	23	21	20	22	23	24	21	24	24	25	21	24	28	20	31	18	26	20	28	19	28	15	21	15	23	28	22	19
To control your weight	23	26	15	29	31	24	24	27	26	16	20	20	25	32	18	14	27	20	28	39	24	15	18	16	25	26	32	27
To have fun	23	30	13	21	31	29	31	25	25	16	16	12	19	24	37	6	24	16	29	38	37	33	17	8	26	17	26	35
To counteract the effects of ageing	20	25	11	14	35	28	21	16	16	15	15	15	16	16	23	17	24	18	21	23	30	9	16	14	20	14	38	34
To be with friends, socialise or spend time with others	20	21	25	14	26	23	28	27	22	15	18	21	22	15	15	18	17	15	18	22	33	7	23	9	32	25	29	25
To improve or maintain your physical health in order to control a noncommunicable disease	17	16	9	8	30	20	23	20	15	12	22	18	13	27	16	15	26	18	12	19	21	9	12	8	37	13	21	21
To achieve personal goals	12	13	15	14	16	13	22	15	9	8	12	15	11	14	16	22	10	14	14	18	24	9	8	11	16	12	20	16
For rehabilitation or injury prevention	7	6	4	9	20	9	11	5	6	7	5	6	2	8	6	7	9	3	5	9	10	3	5	4	14	12	17	29
For the spirit of competition	5	7	4	3	5	4	12	9	6	5	6	6	6	7	5	2	9	6	8	8	9	4	8	4	7	6	7	7
Other (SPONTANEOUS)	2	1	1	2	3	2	4	1	2	4	2	1	1	2	2	4	2	2	1	1	2	2	3	7	2	2	0	1
Don't know	1	0	1	1	1	1	0	1	0	2	2	1	0	5	1	2	0	1	0	0	0	1	1	2	0	0	1	0

1st Most Frequently Mentioned Item
2nd Most Frequently Mentioned Item
3rd Most Frequently Mentioned Item

April/May 2026

Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

The **socio-demographic** analysis shows the following:

- There are limited gender differences. Men are slightly more likely to answer that they do so to improve physical performance than women (32% vs. 27%), while women are slightly more likely to mention to travel from one place to another (32% vs. 28%).
- The proportion engaging in physical activity to counteract the effects of ageing increases with age, the proportion for those aged 75 and over is 34% in comparison to 6% for respondents aged 15-24. An opposite trend can be observed for the respondents engaging in exercise, sport or other physical activity to improve physical performance, as the proportion is significantly higher in age group 15-24 (37%) than in ages 75 and over (24%), and the same trend for engaging to have fun (40% in age group 15-24 and 14% in 75 and over). Older respondents are the most likely to mention improving or maintaining physical health as a reason for engaging, 47% for ages 65-74 and 75 and over. Another significant difference can be observed in citing to improve physical appearance, cited only by 9% of respondents aged 75 and over, and by 34% of those aged 25-34.
- Engaging in exercise, sport or physical activity to improve or maintain physical health in general is the most common answer in each education level. The proportion of responses is the highest in respondents who have completed their education at 20 or beyond (51%) than those that have completed it between 16-19 (39%) or at 15 or under (38%). The proportion engaging in physical activity to counteract the effects of ageing is higher in those who have completed their education at 20 or beyond (23%) more than those who have completed at 15 or under (18%). The same trend can be observed related to engaging to improve physical performance (31% vs. 20%) and to control weight (27% vs. 11%).
- By socio-professional categories, managers show the highest proportion of respondents saying that they exercise to improve or maintain their physical health in general (52%), to relax (45%) and to improve their mental health (36%), compared to the other categories. Meanwhile the proportion of retired respondents answering that they engage to counteract the effects of ageing is the highest compared to the other categories (33%). For house persons, engaging to improve and maintain physical health and to travel from one place to another is equally the most selected options (both 39%).
- Among respondents who have difficulties paying their bills most of the time, the most frequently mentioned reason is travelling from one place to another (35%), unlike the overall results. For respondents who have difficulties from time to time, the first ranked options are to improve and maintain their physical health in general and to relax (both 38%).
- Only limited differences are observed based on subjective urbanisation, as the proportions seem to follow the general trend regardless of the area type. To improve and maintain physical health in general seems to be more of a reason for respondents living in large towns (47%) than for those living in more rural areas or villages (41%).
- Differently from the overall results, respondents who never exercise most selected reason to engage in exercise, sport or physical activity is to travel from one place to another (39%). To improve or maintain physical health's proportion for respondents who do exercise or sport almost daily is more than double the one for those who never do so (61% vs. 29%). The same trend can be observed for respondents for whom sport does not play an important role in their lives, as the two most selected options are to travel from one place to another and to relax (both 33%).

QB6 Why do you engage in exercise, sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)

	To improve or maintain your physical health in general	To relax	To travel from one place to another (e.g. walking or cycling for transport)	To improve physical performance	To improve your mental health or reduce stress (e.g. to reduce stress levels, to help to control symptoms of anxiety, depression and dementia or to improve the state of mind)	To improve your physical appearance	To control your weight	To have fun
EU27	44	39	30	30	26	23	23	23
Gender								
Man	43	39	28	32	25	23	22	25
Woman	45	38	32	27	27	22	23	21
Age								
15-24	39	38	28	37	25	33	20	40
25-34	46	43	27	38	32	34	29	31
35-44	45	39	32	29	30	27	26	20
45-54	42	41	30	27	28	22	25	20
55-64	44	38	31	27	25	18	23	18
65-74	47	36	32	23	22	11	17	17
75+	47	32	28	24	18	9	10	14
Age at end of education								
15-	38	31	30	20	18	12	11	14
16-19	39	37	32	28	23	21	22	20
20+	51	41	28	31	32	24	27	24
Still Studying	42	43	30	40	27	34	17	45
Socio-professional category								
Self-employed	44	40	26	30	27	27	26	20
Managers	52	45	28	34	36	27	29	26
Other white collars	44	40	28	30	28	26	30	23
Manual workers	40	38	31	29	25	24	22	21
House persons	39	29	39	22	21	13	21	15
Unemployed	39	37	31	28	26	24	26	20
Retired	46	36	30	24	21	11	16	16
Students	43	38	29	39	27	34	20	41
Difficulties paying bills								
Most of the time	33	30	35	22	25	18	22	17
From time to time	38	38	30	26	22	24	22	19
Almost never / Never	47	39	29	31	28	23	23	25
Subjective urbanisation								
Rural area or village	41	37	30	29	26	21	22	21
Small or middle sized town	44	41	29	28	26	22	23	23
Large town	47	37	30	32	27	25	23	24
Exercise or sport								
Almost daily	61	44	26	47	39	34	30	31
Several times a week	53	42	25	38	32	31	29	30
Seldom	33	38	30	19	19	16	21	19
Never	29	32	39	14	15	8	10	11
Sport plays an important role in your life								
Total 'Yes'	51	42	28	37	32	29	28	29
Total 'No'	32	33	33	18	17	12	15	13

Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

2. Perceived impact and importance

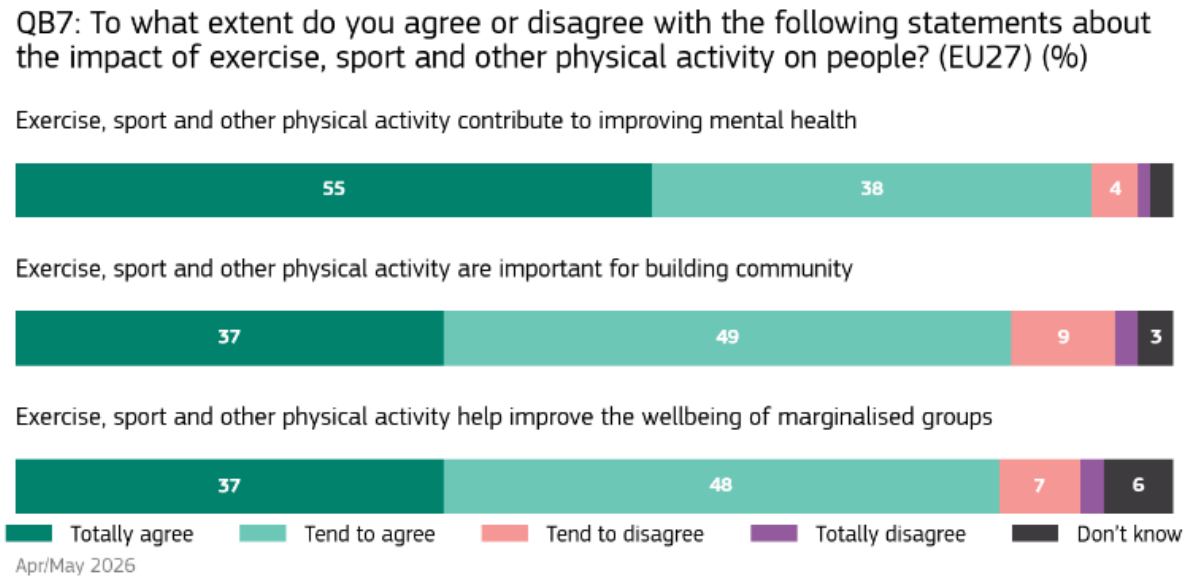
More than eight in ten Europeans agree that exercise, sport and other physical activity have an impact on improving mental health, on building community and on improving the wellbeing of marginalised communities.

Respondents were asked to what extent they agreed or disagreed with statements related to how exercise, sport and other physical activity contribute to improving mental health, how important they are for building community and how they help improve the wellbeing of marginalised groups[14].

Over nine in ten respondents (93%) agree that **exercise, sport and other physical activity contribute to improving mental health**, with more than half of the respondents (55%) totally agreeing, and nearly four in ten tending to agree (38%). Conversely, 4% tend to disagree.

Nearly nine in ten (86%) agree that **exercise, sport and other physical activity are important for building community**, with nearly four in ten (37%) totally agreeing, and almost a half (49%) tend to agree. Conversely, 9% tend to disagree while only 2% totally disagree. Finally, 3% say that they don't know.

Similarly, **exercise, sport and other physical activity help improve the wellbeing of marginalised groups**, most Europeans agree (85%), as 37% totally agree and 48% tend to agree. Between the respondents disagreeing, 7% tend to disagree while only 2% totally disagree. Finally, 6% of the respondents say that they don't know.

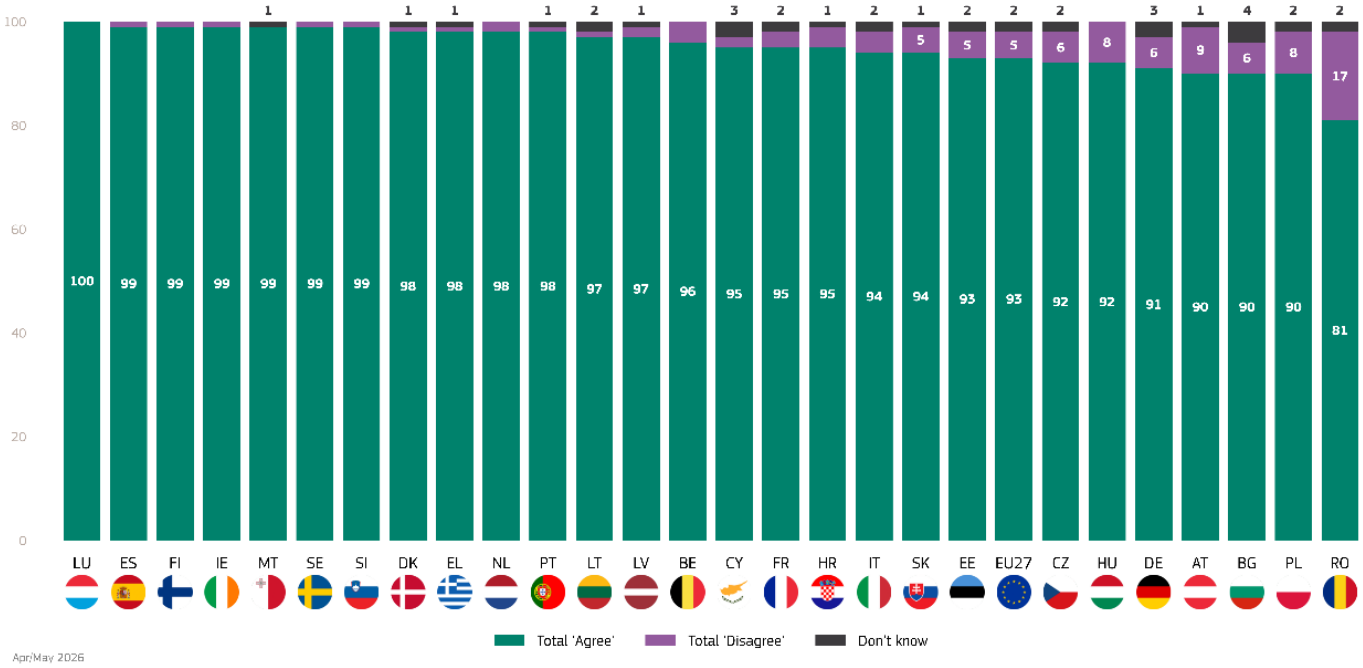


[14] QB7: To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people?
1. Exercise, sport and other physical activity contribute to improving mental health
2. Exercise, sport and other physical activity are important for building community
3. Exercise, sport and other physical activity help improve the wellbeing of marginalised groups.

Exercise, sport and other physical activity contribute to improving mental health

In all Member States, at least eight in ten respondents agree that exercise, sport and other physical activity contribute to improving mental health. The highest percentage is found in Luxembourg, where all respondents agree with the statement (100%), closely followed by Spain, Finland, Ireland, Malta, Sweden and Slovenia (all 99%). The lowest proportions of agreement are observed in Romania (81%), Poland, Bulgaria and Austria (all 90%). While the countries with the highest percentage of respondents disagreeing is Romania (17%), followed by Austria (9%) and Hungary and Poland (both 8%).

QB7.1: To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people? - Exercise, sport and other physical activity contribute to improving mental health (%)



Apr/May 2026

The **socio-demographic** analysis shows the following:

- There are no significant differences by gender.
- More relevant differences are found in age, particularly in respondents who totally agree and tend to agree with the statement. The proportion of respondents in age group 15-24 that totally agree with the statement (63%) is higher than those aged 75 and over (49%). The opposite trend can be observed in respondents who tend to agree, where the proportion is highest in age 75 and over (43%) and decreases up to age 15-24 (32%).
- Moreover, education seems to also be linked to agreement with the statement. Respondents who have completed their education at age 20 or beyond tend to totally agree (65%) more than those who have completed it at 15 or under (46%). In contrast, the proportion of respondents who tend to agree who have completed their education at 15 or under is higher than the one for those who have completed at 20 or beyond (46% vs. 31%).
- The highest agreement to the statement within socio-professional categories can be observed in managers and other white collars (both 96%). The highest proportions of respondents totally agreeing with the statement is observed in managers (65%), while the highest proportions for those who tend to agree are found in house persons (45%) and manual workers (42%).
- Respondents who almost never or never have difficulties paying the bills have the highest proportion of respondents who totally agree with the statement (59%), than those who have difficulties from time to time (48%) or most of the time (49%). Those who almost never or never have difficulties are the most likely to agree overall (95%) compared to those who have difficulties most of the time (90%).
- Urbanisation also does not seem to influence significantly agreement. Respondents in large towns seem to totally agree with the statement in larger proportions compared to those living in a rural area or village (59% vs. 53%).
- Agreement is more strongly related to the frequency with which respondents exercise or play sport. The proportion of respondents who exercise almost daily and who totally agree with the statement is around double the one for those who never exercise (80% vs. 39%), who instead tend to agree more than the other groups (50%).
- Importance given to sport is similarly linked. Respondents for whom sport plays an important role in their lives tend to totally agree more with the statement in respect of those for which it doesn't (69% vs. 40%). A slightly lower difference can be observed among respondents who tend to agree, cited in higher proportion by those for which sport does not play an important role in their lives than for those for whom it does (50% vs. 29%).

QB7.1 To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people?

Exercise, sport and other physical activity contribute to improving mental health

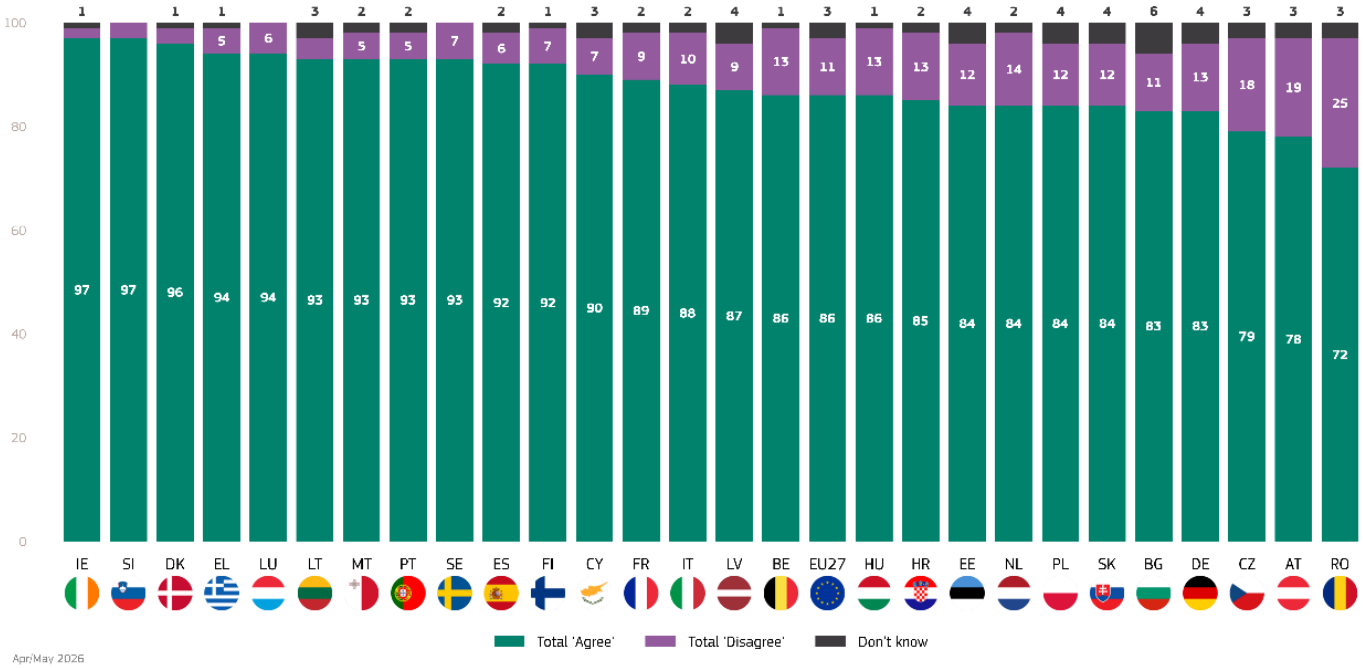
(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	55	38	4	1	2	93	5
Gender							
Man	55	38	4	1	2	93	5
Woman	56	38	3	1	2	94	4
Age							
15-24	63	32	3	1	1	95	4
25-34	60	35	3	1	1	95	4
35-44	56	37	4	1	2	93	5
45-54	56	39	3	1	1	95	4
55-64	54	39	4	1	2	93	5
65-74	51	42	4	1	2	93	5
75+	49	43	3	1	4	92	4
Age at end of education							
15-	46	46	4	1	3	92	5
16-19	49	43	5	1	2	92	6
20+	65	31	3	0	1	96	3
Still Studying	65	32	3	0	0	97	3
Socio-professional category							
Self-employed	59	34	4	2	1	93	6
Managers	65	31	3	0	1	96	3
Other white collars	55	41	2	1	1	96	3
Manual workers	50	42	5	1	2	92	6
House persons	46	45	6	1	2	91	7
Unemployed	55	37	4	2	2	92	6
Retired	52	40	4	1	3	92	5
Students	68	30	2	0	0	98	2
Difficulties paying bills							
Most of the time	49	41	5	2	3	90	7
From time to time	48	44	5	1	2	92	6
Almost never / Never	59	36	3	1	1	95	4
Subjective urbanisation							
Rural area or village	53	39	5	1	2	92	6
Small or middle sized town	55	39	3	1	2	94	4
Large town	59	37	3	0	1	96	3
Exercise or sport							
Almost daily	80	18	1	0	1	98	1
Several times a week	69	29	2	0	0	98	2
Seldom	50	43	5	0	2	93	5
Never	39	50	6	2	3	89	8
Sport plays an important role in your life							
Total 'Yes'	69	29	1	0	1	98	1
Total 'No'	40	50	6	1	3	90	7

Exercise, sport and other physical activity are important for building community

A similar picture emerges for the second statement, exercise, sport and other physical activity are important for building community, as in all Member States more than seven out of ten respondents agree. Agreement is the highest in Ireland and Slovenia (both 97%), closely followed by Denmark (96%). While the countries with the highest percentage of respondents disagreeing are Romania (25%), Austria (19%) and Czechia (18%), who also present the lowest levels of agreements, respectively 72%, 78% and 79%. Proportions of respondents saying they don't know are comparatively low, but the highest is observed in Bulgaria (6%).

QB7.2: To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people? - Exercise, sport and other physical activity are important for building community (%)



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The **socio-demographic** analysis shows the following:

- There do not seem to be significant differences by gender.
- More differences emerge by age. Younger respondents aged 15-24 are the most likely to totally agree with the statement (48%), compared with 33% of those aged 75 or over and between 65-74. Conversely, older respondents are more likely to tend to agree rather than totally agree (51% among those aged 75 or over and between 65-74 and 45-54, versus 43% among those aged 15-24).
- Education also appears to be linked to slightly different levels of agreement. Respondents who completed their education at age 20 or later are the most likely to totally agree (42%). In contrast, respondents who completed their education at age 15 or younger are less likely to totally agree (32%) and more likely to tend to agree (52%).
- Within socio-professional categories, managers show the highest overall agreement with the statement (89%), followed by other white-collar workers (88%). By contrast, retired respondents display the lowest overall agreement (83%), while house persons are the least likely to totally agree (27%) but the most likely to tend to agree (57%).
- Financial difficulties in paying the bills appears to influence agreement with the statement. Respondents who almost never or never have difficulties paying bills are more likely to totally agree with the statement (39%) than those who have difficulties most of the time (32%).
- Subjective urbanisation does not appear to have a substantial impact on agreement. Overall agreement varies only slightly, from 84% among respondents living in rural areas or villages to 88% among those living in large towns. Similarly, the proportion totally agreeing remains very similar across settlement types, ranging from 37% to 38%.
- Frequency of exercise or sport is more strongly associated with agreement. Respondents who exercise almost daily are more than twice as likely to totally agree as those who never exercise (60% vs. 25%). At the same time, respondents who never exercise are much more likely to tend to agree (54%) than to totally agree. Overall agreement reaches 92% among those exercising almost daily or several times a week, compared with 79% among those who never exercise. Disagreement is also higher among those who never exercise (16%) than among those who exercise almost daily (7%). This is the case particularly for respondents who tend to disagree (12% in those who never exercise or do sports vs. 5% in who does so almost daily).
- A similarly strong link can be observed regarding the importance attributed to sport. Respondents for whom sport plays an important role in life are substantially more likely to totally agree with the statement than those for whom it does not (49% vs. 24%). While respondents who consider sport unimportant in their lives are more likely to tend to agree (56% vs. 44% in those for whom it has importance), their overall agreement remains lower (80% compared with 93%). They are also considerably more likely to disagree with the statement (16% vs. 6%), particularly in tending to disagree (13% vs. 5%).

QB7.2 To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people?

Exercise, sport and other physical activity are important for building community

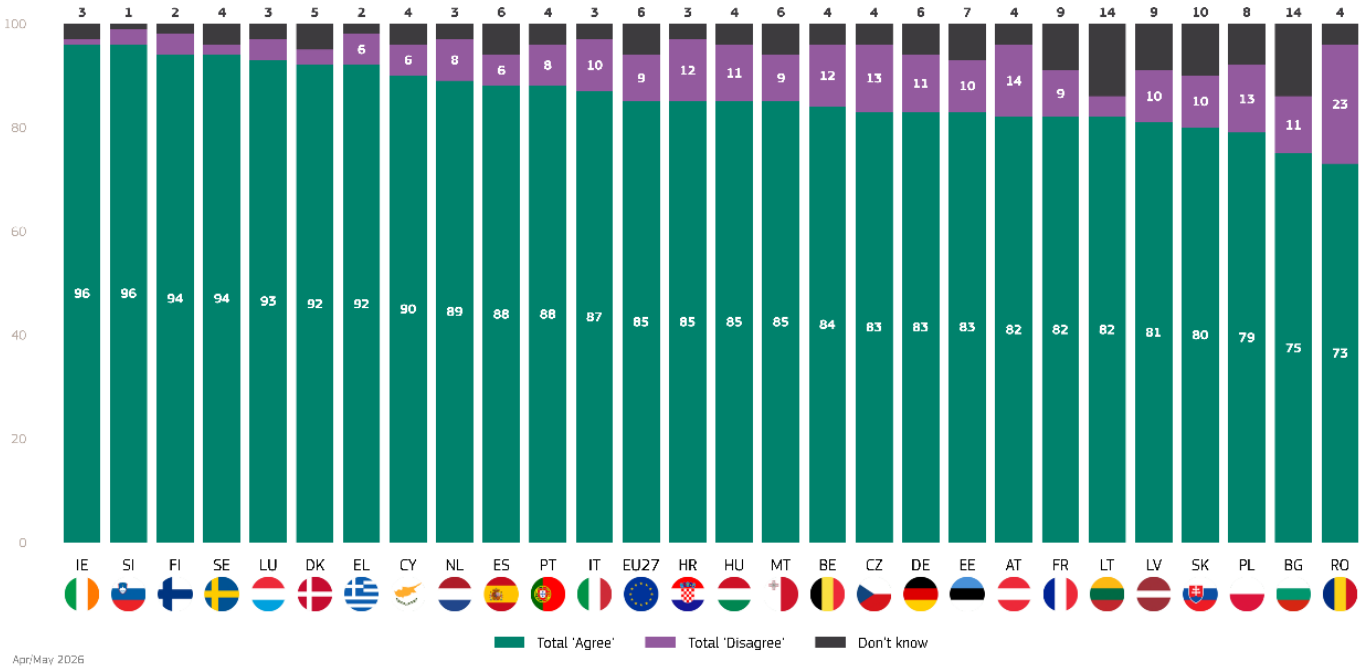
(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	37	49	9	2	3	86	11
Gender							
Man	38	48	9	2	3	86	11
Woman	37	50	8	2	3	87	10
Age							
15-24	48	43	7	1	1	91	8
25-34	40	49	8	2	1	89	10
35-44	38	48	10	2	2	86	12
45-54	36	51	9	2	2	87	11
55-64	36	50	10	2	2	86	12
65-74	33	51	10	2	4	84	12
75+	33	51	8	3	5	84	11
Age at end of education							
15-	32	52	9	3	4	84	12
16-19	33	51	10	3	3	84	13
20+	42	46	9	1	2	88	10
Still Studying	49	43	6	1	1	92	7
Socio-professional category							
Self-employed	40	45	10	2	3	85	12
Managers	39	50	8	1	2	89	9
Other white collars	35	53	8	2	2	88	10
Manual workers	37	49	10	2	2	86	12
House persons	27	57	11	2	3	84	13
Unemployed	40	45	11	2	2	85	13
Retired	34	49	9	3	5	83	12
Students	50	42	7	1	0	92	8
Difficulties paying bills							
Most of the time	32	47	15	3	3	79	18
From time to time	34	50	11	2	3	84	13
Almost never / Never	39	49	8	2	2	88	10
Subjective urbanisation							
Rural area or village	37	47	10	3	3	84	13
Small or middle sized town	37	50	9	2	2	87	11
Large town	38	50	8	2	2	88	10
Exercise or sport							
Almost daily	60	32	5	2	1	92	7
Several times a week	46	46	6	1	1	92	7
Seldom	33	54	10	1	2	87	11
Never	25	54	12	4	5	79	16
Sport plays an important role in your life							
Total 'Yes'	49	44	5	1	1	93	6
Total 'No'	24	56	13	3	4	80	16

Exercise, sport and other physical activity help improve the wellbeing of marginalised groups

At least seven out of ten of Europeans agree with the statement that exercise, sport and other physical activity help improve the wellbeing of marginalised groups. The Member States with the highest proportions of agreement are Ireland and Slovenia (96% for both), followed by Finland and Sweden (both 94%). The lowest proportion of agreement is observed in Romania (73%), Bulgaria (75%) and Poland (79%). Meanwhile the countries with the highest percentage of disagreement are Romania (23%), Austria (14%) and Czechia and Poland (13% for both). Higher proportions of respondents saying they don't know can be observed in this statement, particularly in Bulgaria and Lithuania (14%), and Slovakia (10%).

QB7.3: To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people? - Exercise, sport and other physical activity help improve the wellbeing of marginalised groups (%)



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The **socio-demographic** analysis shows the following:

- There are no significant differences by gender.
- Slightly more differences can be observed across age groups. Respondents aged 15-24 are the most likely to totally agree with the statement (44%) and show the highest overall agreement (89%). In contrast, respondents aged 65-74 are less likely to totally agree (33%). Respondents aged 75 or over at the least likely to say that they agree overall (78%) and most likely to say that they don't know (12%).
- Respondents who have completed education at age 20 or beyond are the most likely to totally agree with the statement (45%) compared with only 32% among those who completed education at age 15 or under. Overall agreement ranges from 80% among respondents who left education aged 15 or under to 87% who completed education at age 20 or beyond.
- Within socio-professional categories, managers show the highest overall agreement with the statement (88%), followed by other white-collar workers (87%). Unemployed respondents record the highest proportion of totally agree (41%) and the lowest of tend to agree (41%). By contrast, retired respondents show the lowest overall agreement (79%), whereas house persons are the least likely to totally agree (29%) and among the most likely to tend to agree, together with manual workers (52%).
- Respondents who almost never or never have difficulties paying bills are more likely to totally agree with the statement (39%) than those who experience difficulties most of the time and from time to time (both 32%). Overall agreement is also higher among financially secure respondents (85%) than among those facing difficulties most of the time (78%). Furthermore, disagreement is among the highest among respondents having difficulties most of the time to pay bills (16%) as among those who almost never or never experience such difficulties (9%).
- Overall agreement varies only slightly by subjective urbanisation, ranging from 82% among respondents living in rural areas or villages to 86% among those living in large towns.
- Frequency of exercise or sport is more strongly linked to agreement. Respondents who exercise almost daily are more than twice as likely to totally agree as those who never exercise (59% vs. 25%). While those who never exercise most frequently tend to agree (52%), they report substantially lower overall agreement (77%) than respondents exercising almost daily (91%). Disagreement is also notably higher among respondents who never exercise (15%) than among those exercising almost daily (6%).
- A similarly strong relationship is observed based on the importance attributed to sport. Respondents for whom sport plays an important role in life are twice as likely to totally agree with the statement as those for whom it does not (48% vs. 24%). Although respondents who do not consider sport important are more likely to tend to agree (54% vs. 43%), their overall agreement remains substantially lower (78% compared with 91%). They are also more than twice as likely to disagree with the statement (14% vs. 6% for those for whom it is important).

QB7.3 To what extent do you agree or disagree with the following statements about the impact of exercise, sport and other physical activity on people?

Exercise, sport and other physical activity help improve the wellbeing of marginalised groups

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	37	48	7	2	6	85	9
Gender							
Man	37	48	8	2	5	85	10
Woman	36	48	8	2	6	84	10
Age							
15-24	44	45	6	1	4	89	7
25-34	38	49	7	2	4	87	9
35-44	36	49	8	3	4	85	11
45-54	38	48	7	2	5	86	9
55-64	35	49	9	2	5	84	11
65-74	33	49	9	2	7	82	11
75+	34	44	8	2	12	78	10
Age at end of education							
15-	32	48	8	3	9	80	11
16-19	33	50	9	2	6	83	11
20+	42	45	7	1	5	87	8
Still Studying	45	45	6	1	3	90	7
Socio-professional category							
Self-employed	39	46	8	2	5	85	10
Managers	40	48	6	1	5	88	7
Other white collars	39	48	7	2	4	87	9
Manual workers	33	52	8	3	4	85	11
House persons	29	52	10	2	7	81	12
Unemployed	41	41	8	4	6	82	12
Retired	34	45	9	3	9	79	12
Students	44	46	6	1	3	90	7
Difficulties paying bills							
Most of the time	32	46	11	5	6	78	16
From time to time	32	51	9	3	5	83	12
Almost never / Never	39	46	7	2	6	85	9
Subjective urbanisation							
Rural area or village	36	46	8	3	7	82	11
Small or middle sized town	36	49	7	2	6	85	9
Large town	39	47	7	2	5	86	9
Exercise or sport							
Almost daily	59	32	5	1	3	91	6
Several times a week	45	45	5	1	4	90	6
Seldom	32	54	8	1	5	86	9
Never	25	52	11	4	8	77	15
Sport plays an important role in your life							
Total 'Yes'	48	43	5	1	3	91	6
Total 'No'	24	54	11	3	8	78	14

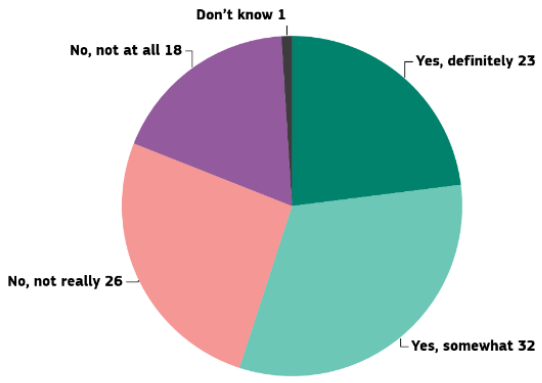
Importance of sport

Respondents were asked about the importance of sport in their lives, as either a participant, a regular or occasional viewer, a supporter or in any other way[15].

Most Europeans (55%) say that sport does play an important role in their lives, of which 23% answer that it definitely does, while 32% answer that it somewhat does. On the contrary, out of those respondents saying that sports don't play an important role, 26% say that it doesn't really play a role, while 18% answer that sport doesn't play a role at all. Finally, only 1% answer that they don't know.

In 20 Member States, more than 50% of the respondents say that sport plays an important role in their lives. The highest percentages are found in Finland (83%), Cyprus (74%) and Denmark (72%). Meanwhile, the percentage of respondents for whom sport does not play an important role is highest in Romania (62%), Bulgaria (61%) and Hungary (56%).

QBSD: Overall, would you say that sport plays an important role in your life, whether as a participant, a regular or occasional viewer, a supporter, or in any other way? (EU27) (%)



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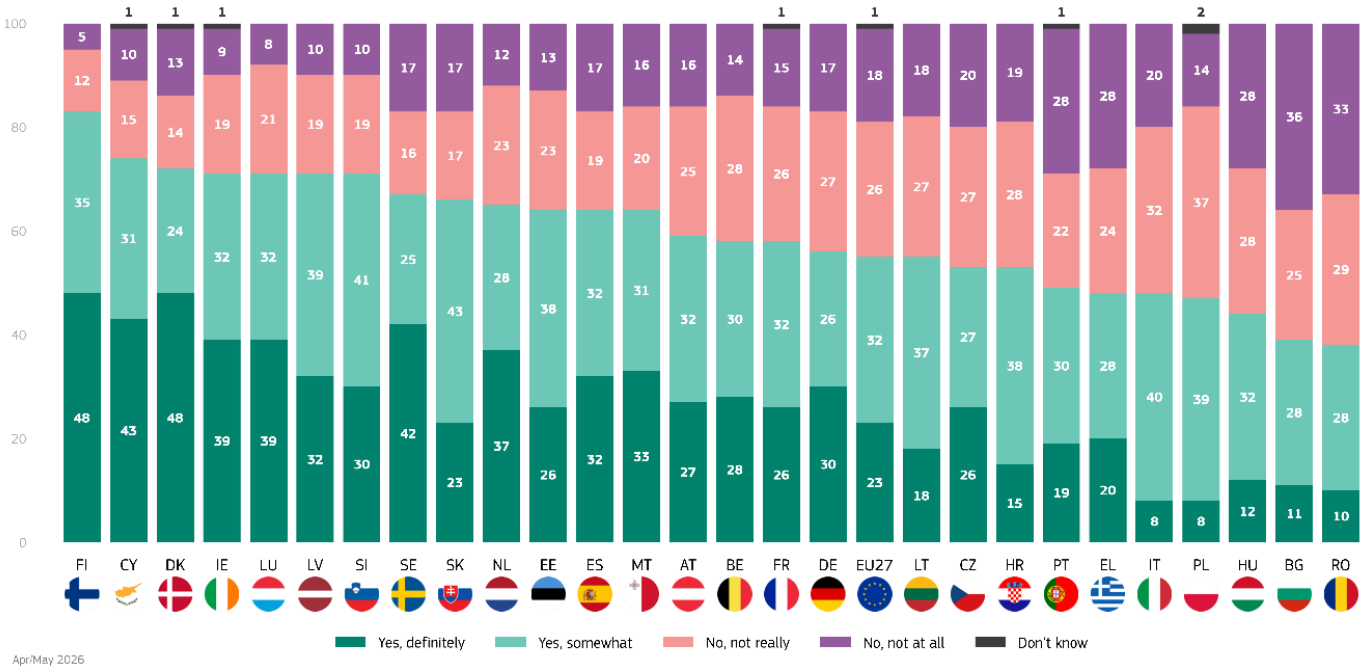
QBSD: Overall, would you say that sport plays an important role in your life, whether as a participant, a regular or occasional viewer, a supporter, or in any other way? (%)



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[15] QBSD: Overall, would you say that sport plays an important role in your life, whether as a participant, a regular or occasional viewer, a supporter or in any other way?

The **socio-demographic** analysis shows the following:

- Men tend to give more importance to sport than women (61% vs. 50%). Particularly, the largest difference is in respondents answering that sport definitely plays an important role (28% in men and 19% in women). Women are also more likely to say that sport does not play an important role at all (21% vs. 15%).
- The proportion of respondents for whom sport has an important role in their lives seems to decrease with age, conversely, the percentage of Europeans in the age group 15-24 giving importance to sport is 71%, while it is 40% in the age group 75 and over. The main differences appear in the respondents answering "Yes, definitely", as the proportion in the younger age group (15-24) is twice as large as the one in age group 55+ (39% vs. 16%).
- Education seems to be linked to the importance given to sport. Respondents who have completed education at 20 or beyond say that sport has an important role in their lives at a higher percentage (64%) than those that have completed it at 15 or under (36%). The main difference can be seen in respondents answering that sport does not play a role at all, as the proportion for those who have completed education at 15 or under is almost three times higher than for those who have completed it at 20 or beyond, respectively 34% and 12%.
- Related to socio-professional category, managers (68%) give the most importance to sport overall, while house persons give the least importance (38%), followed by retired respondents (44%).
- Respondents who never or almost never have difficulties in paying the bills give the most importance to sport (59%) in comparison to those having difficulties most of the time (43%). Main difference can be observed in respondents answering that sport does not play an important role at all, as the proportion for those who have difficulties most of the time is twice as high as the one for those who almost never or never struggle (32% vs. 15%).
- The differences in subjective urbanisation are not particularly significant in any category, as respondents in rural areas or villages are slightly less likely to find sport important (53%) in comparison to those living in a large city (61%).
- The frequency of exercise or sport is significantly linked to the importance given to sport in respondents' lives. The importance of sport in respondents exercising almost daily (86%) or several times a week (80%) is significantly higher than for those that never exercise (28%). The difference is particularly relevant in respondents who definitely consider sport to be important in their lives, as the proportion for those who exercise almost daily is more than eight times higher than the one for those who never exercise (58% vs. 7%). And the opposite trend can be observed for those who say that sport does not play a role at all, where the proportion for respondents who exercise daily is 4% in comparison to 37% for those who never do so.

QBSD Overall, would you say that sport plays an important role in your life, whether as a participant, a regular or occasional viewer, a supporter, or in any other way?
(% - EU)

	Yes, definitely	Yes, somewhat	No, not really	No, not at all	Don't know	Total 'Yes'	Total 'No'
EU27	23	32	26	18	1	55	44
Gender							
Man	28	33	24	15	0	61	39
Woman	19	31	28	21	1	50	49
Age							
15-24	39	32	18	10	1	71	28
25-34	29	38	22	11	0	67	33
35-44	23	35	26	16	0	58	42
45-54	23	32	27	17	1	55	44
55-64	20	32	27	21	0	52	48
65-74	16	28	32	23	1	44	55
75+	16	24	28	30	2	40	58
Age at end of education							
15-	14	22	30	34	0	36	64
16-19	18	32	28	21	1	50	49
20+	30	34	24	12	0	64	36
Still Studying	41	33	18	7	1	74	25
Socio-professional category							
Self-employed	25	32	29	14	0	57	43
Managers	33	35	21	11	0	68	32
Other white collars	22	37	26	15	0	59	41
Manual workers	20	34	28	18	0	54	46
House persons	11	27	32	29	1	38	61
Unemployed	22	28	26	24	0	50	50
Retired	17	27	29	26	1	44	55
Students	41	34	18	7	0	75	25
Difficulties paying bills							
Most of the time	19	24	24	32	1	43	56
From time to time	17	32	29	21	1	49	50
Almost never / Never	26	33	25	15	1	59	40
Subjective urbanisation							
Rural area or village	22	31	26	20	1	53	46
Small or middle sized town	23	31	28	18	0	54	46
Large town	26	35	24	15	0	61	39
Exercise or sport							
Almost daily	58	28	10	4	0	86	14
Several times a week	37	43	16	4	0	80	20
Seldom	12	34	41	13	0	46	54
Never	7	21	34	37	1	28	71
Sport plays an important role in your life							
Total 'Yes'	42	58	0	0	0	100	0
Total 'No'	0	0	59	41	0	0	100

3. Barriers

Nearly four in ten respondents cite lack of time as the main barrier preventing Europeans from practising exercise, sport or other physical activity more regularly.

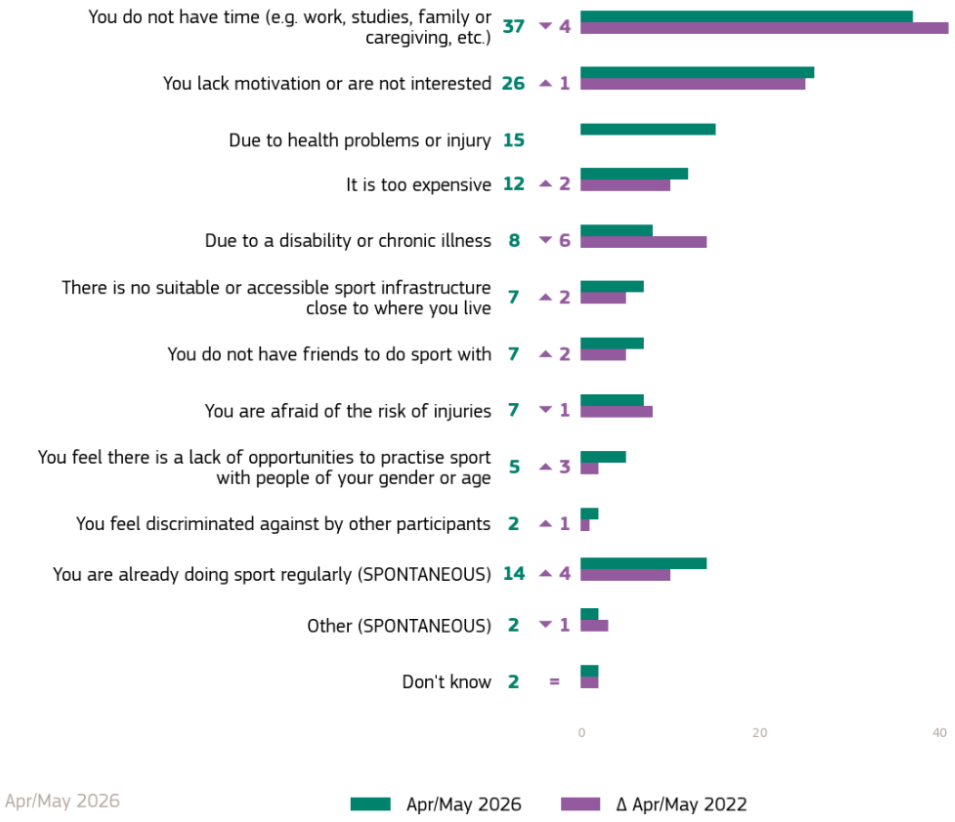
All respondents were asked about the barriers that prevent them from practising exercise, sport or other physical activity more regularly[16].

The main reason that prevents Europeans from exercising more regularly is lack of time (e.g. work, studies, family or caregiving, etc), selected by nearly four in ten respondents (37%, -4 percentage points since spring 2022). Over a quarter of the respondents (26%, +1 pp) cite lack of motivation or interest as a reason. Health problems or injury is the third most selected reasons (15%, new) followed by exercise, sport or other physical activity being too expensive (12%, +2 pp).

Additionally, with lower percentages, disability or chronic illness is selected by 8% (-6 pp) of respondents, closely followed by lack of suitable or accessible sport infrastructure close to where they live (7%, +2 pp), not having friends to do sports with (7%, +2 pp) and being afraid of the risk of injuries (7%, -1 pp). Moreover, 5% (+3 pp) cite feeling a lack of opportunities to practise sport with people of their gender or age, 2% (+1 pp) feel discriminated by other participants, and 2% (unchanged) don't know.

Finally, 14% (+4 pp) spontaneously say they already engage in sport regularly, while 2% (-1 pp) say other reasons.

QB9: What are the main reasons currently preventing you from practising exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE) (%)



[16] QB9: What are the main reasons currently preventing you from practicing exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE)

At national level, lack of time and lack of motivation or interest are in the three most cited answers in all 27 Member States. **Lack of time** is the most cited reason in 26 Member States. The largest proportion is recorded in Malta (56%), followed by Cyprus and Greece (both 45%).

Lack of motivation is the most cited reason in two Member States, namely Poland (31%), where it is ranked first with lack of time, and Portugal (39%), also the only country where lack of time is not ranked first.

Health problems or injury are ranked in the three most mentioned barriers in 16 out of 27 Member States, particularly it is ranked as the second most common reason in Slovenia (21%) and Poland (16%).

Moreover, **already engaging in sport regularly** ranks second in five countries, namely Finland (24%), Luxembourg (22%), Ireland (20%), Spain (19%) and Cyprus (18%) and ranks third in another seven Member States.

Being prevented from practising exercise, sport or other physical activity due to it being **too expensive** is ranked as the third most common reason in Belgium (19%), Italy and Cyprus (both 14%).

Not having suitable or accessible sport infrastructure nearby the place where respondents live is the third most common reason for Romania (15%).

Not having friends to do sport with is the third most common reason in two countries, Greece (15%) and Poland (11%).

Finally, **being afraid of injuries** is the third ranked reason only in Malta (14%).

QB9: What are the main reasons currently preventing you from practising exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
You do not have time (e.g. work, studies, family or caregiving, etc.)	37	37	37	32	42	40	36	33	45	42	33	34	35	45	35	32	44	43	56	40	30	31	31	35	43	37	37	42
You lack motivation or are not interested	26	26	27	22	21	29	23	16	31	19	25	32	24	14	26	26	18	25	18	25	29	31	39	19	19	21	19	34
Due to health problems or injury	15	17	15	20	15	17	18	11	12	15	15	18	9	13	18	18	10	19	14	18	18	16	11	15	21	18	15	20
You are already doing sport regularly (SPONTANEOUS)	14	11	6	8	20	15	18	20	14	19	16	6	14	18	13	14	22	7	3	18	22	4	18	4	15	13	24	13
It is too expensive	12	19	11	16	9	10	16	14	14	8	13	12	14	14	8	10	7	14	10	15	17	9	10	11	6	11	8	13
Due to a disability or chronic illness	8	8	11	14	8	9	10	6	6	5	9	11	5	5	9	10	6	8	4	7	12	9	5	10	7	10	12	7
There is no suitable or accessible sport infrastructure close to where you live	7	5	13	4	1	7	7	6	13	6	3	17	8	10	8	9	4	10	4	3	10	10	6	15	8	9	6	5
You do not have friends to do sport with	7	8	10	11	3	7	7	4	15	2	6	9	7	4	4	5	3	9	5	5	10	11	7	11	4	8	4	6
You are afraid of the risk of injuries	7	9	8	11	6	5	8	6	9	6	7	12	7	9	4	2	6	8	14	5	15	7	6	9	7	11	3	5
You feel there is a lack of opportunities to practise sport with people of your gender or age	5	6	10	6	2	4	7	4	7	2	2	10	8	6	4	3	2	12	8	3	9	8	3	9	5	8	2	2
You feel discriminated against by other participants	2	3	1	2	0	1	2	1	1	0	1	3	2	2	1	0	0	6	1	1	6	5	1	5	1	2	0	0
Other (SPONTANEOUS)	2	1	3	2	3	2	4	3	3	2	4	1	3	1	2	4	3	1	2	2	2	1	1	3	3	3	2	2
Don t know	2	1	3	3	4	2	1	4	0	1	4	1	1	5	1	2	0	2	2	1	2	4	1	1	1	0	4	2

1st Most Frequently Mentioned Item
2nd Most Frequently Mentioned Item
3rd Most Frequently Mentioned Item

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The **socio-demographic** analysis shows that:

- Differences by gender are limited. Men are more likely to mention already doing sport regularly than women (16% vs. 12%), while women are more likely to mention practising being too expensive (13% vs. 10%).
- Age seems instead to be linked to the barriers preventing from practising exercise, sport and other physical activities. Not having time is the most common reason for all age groups except 65-74 and 75 and over, where it is selected only by 13% and 6% respectively, in comparison to age groups 25-34 (48%), 35-44 (52%) and 45-54 (50%). The most common barriers for the respondents aged 75 and over are health problems or injury (40%) and lack of motivation or interest (23%), which is also the main barrier for respondents aged 65 to 74 (31%).
- Respondents who have completed their education at age 20 or beyond are more likely to cite lack of time as a reason more than who have completed it at 15 or under (42% vs. 21%). Meanwhile, respondents who have completed education at 15 or under are more likely to cite health problems or injuries (30%) or lack of motivation or interest (29%) as reasons for not practising in comparison to those who have completed education up until age 20 or beyond, who cite them respectively with the following proportions 11% and 24%.
- Unemployed respondents cite the most sport being too expensive as a barrier (25%) than the other categories. Furthermore, in the most cited reason, which is not having time, unemployed and retired people are the least likely to mention it, with proportions of 23% and 10% respectively, compared to the largest which can be observed in the self-employed, managers and other white collars (all 51%). Retired respondents are also more likely to cite health problems or injury (32%) or disability or chronic illness (18%) as the two most common reasons.
- Unsurprisingly, respondents who have difficulties in paying the bills most of the time cite practising sport and exercise being too expensive more than the other categories as a reason (26% vs. 9% for those that almost never or never have difficulties), as it is the third ranked reason for them. Meanwhile they also cite lack of motivation or interest as a reason more than respondents who almost never or never have difficulties in paying the bills (32% vs. 25%).
- Differences by subjective urbanisation are relatively small. Nevertheless, respondents from large towns tend to cite sport being too expensive as a reason more than those living in rural areas or villages (16% vs. 10%).
- Among respondents who never exercise or do sport, the three most mentioned barriers are lack of motivation or interest (37%), lack of time (32%) and health problems or injury (23%), slightly differing from the general three most mentioned reasons.
- Similarly, for respondents for whom sport does not play an important role in their lives lack of motivation is the most cited reason (38%), more than double the percentage indicated by respondents for which sport does play an important role (16%).

QB9 What are the main reasons currently preventing you from practising exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE)

	You do not have time (e.g. work, studies, family or caregiving, etc.)	You lack motivation or are not interested	Due to health problems or injury	It is too expensive	Due to a disability or chronic illness	There is no suitable or accessible sport infrastructure close to where you live	You are afraid of the risk of injuries
EU27	37	26	15	12	8	7	7
Gender							
Man	37	25	14	10	8	7	7
Woman	37	27	16	13	8	7	7
Age							
15-24	43	22	5	16	2	7	4
25-34	48	24	7	14	3	7	5
35-44	52	23	8	13	4	7	4
45-54	50	26	9	12	6	9	5
55-64	36	30	17	12	10	6	6
65-74	13	31	27	9	13	6	11
75+	6	23	40	5	22	6	16
Age at end of education							
15-	21	29	30	11	15	8	11
16-19	36	27	17	12	9	8	7
20+	42	24	11	10	6	6	6
Still Studying	44	21	5	17	2	7	3
Socio-professional category							
Self-employed	51	23	6	9	4	6	4
Managers	51	19	8	9	4	7	4
Other white collars	51	25	8	12	4	7	5
Manual workers	48	28	10	14	5	8	5
House persons	31	31	18	13	8	11	8
Unemployed	23	36	16	25	7	8	5
Retired	10	28	32	8	18	6	12
Students	45	21	5	16	2	7	4
Difficulties paying bills							
Most of the time	36	32	18	26	10	11	8
From time to time	35	27	16	16	10	9	9
Almost never / Never	38	25	15	9	7	6	6
Subjective urbanisation							
Rural area or village	37	26	16	10	8	10	7
Small or middle sized town	35	26	15	11	8	5	7
Large town	39	26	14	16	7	6	7
Exercise or sport							
Almost daily	30	8	9	9	4	5	5
Several times a week	42	15	9	12	5	6	5
Seldom	41	37	15	16	7	10	7
Never	32	37	23	11	13	8	9
Sport plays an important role in your life							
Total 'Yes'	38	16	12	11	6	7	6
Total 'No'	35	38	19	12	11	7	8

QB9 What are the main reasons currently preventing you from practising exercise, sport or other physical activity more regularly? (MULTIPLE ANSWERS POSSIBLE)

	You do not have friends to do sport with	You feel there is a lack of opportunities to practise sport with people of your gender or age	You feel discriminated against by other participants	You are already doing sport regularly (SPONTANEOUS)	Other (SPONTANEOUS)	Don't know
EU27	7	5	2	14	2	2
Gender						
Man	7	4	2	16	3	2
Woman	7	5	2	12	2	2
Age						
15-24	7	5	2	22	2	2
25-34	7	5	2	18	1	2
35-44	7	4	2	14	1	1
45-54	8	5	2	11	2	2
55-64	6	5	2	11	2	2
65-74	7	6	2	14	4	2
75+	6	5	1	10	5	3
Age at end of education						
15-	7	5	1	9	4	2
16-19	8	6	2	11	2	2
20+	6	4	2	17	2	2
Still Studying	6	4	2	25	2	3
Socio-professional category						
Self-employed	5	5	1	16	2	2
Managers	5	3	2	19	2	2
Other white collars	7	5	3	12	2	2
Manual workers	7	6	2	11	2	2
House persons	7	5	2	9	3	1
Unemployed	10	6	2	12	3	1
Retired	7	5	2	12	4	3
Students	6	4	2	24	2	2
Difficulties paying bills						
Most of the time	12	5	2	6	2	1
From time to time	8	7	3	10	3	1
Almost never / Never	6	4	2	16	2	2
Subjective urbanisation						
Rural area or village	7	5	2	12	3	2
Small or middle sized town	6	5	2	15	2	2
Large town	8	5	2	14	2	1
Exercise or sport						
Almost daily	4	2	1	40	2	3
Several times a week	4	4	2	23	2	2
Seldom	9	7	3	3	2	2
Never	9	6	2	2	3	2
Sport plays an important role in your life						
Total 'Yes'	5	5	2	23	2	2
Total 'No'	9	5	2	3	3	2

VI. Opportunities for sport and physical activity in citizens' local area

1. Opportunities in the local area

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

Europeans were asked about the opportunities to practice sport and physical activity in their local area[17].

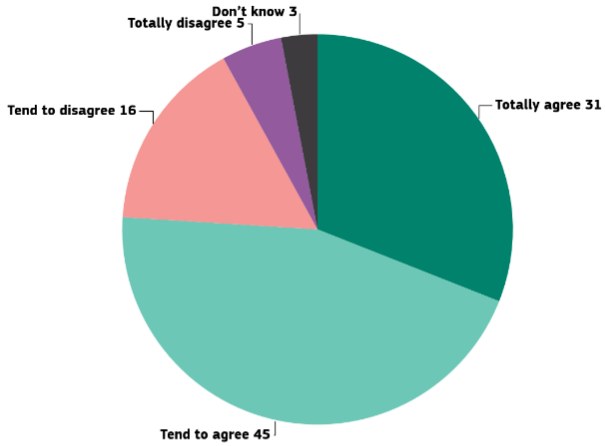
More than three quarters of respondents agree that the area where they live offers many opportunities to be physically active (76%, unchanged since spring 2022). This includes 31% who totally agree (+5 percentage points) and 45% who tend to agree (-5 pp).

By contrast, around one in five respondents disagree with this statement (21%, +2 pp), with 16% saying they tend to disagree (+3 pp) and 5% that they totally disagree (-1 pp). A further 3% say they do not know (-2 pp).

A national analysis shows that, in all 27 Member States, a majority of respondents agree that the area where they live offers many opportunities to be physically active. Agreement is largest in the Netherlands (90%), followed by Denmark and Sweden (both 89%), Finland and Luxembourg (both 87%), and Austria and Belgium (both 85%).

At the other end of the scale, agreement is lowest in Bulgaria (50%) and Romania (51%). It is also comparatively low in Cyprus, Greece, Croatia and Malta (all 57%).

QB8.1: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - The area where you live offers many opportunities to be physically active (EU27) (%)



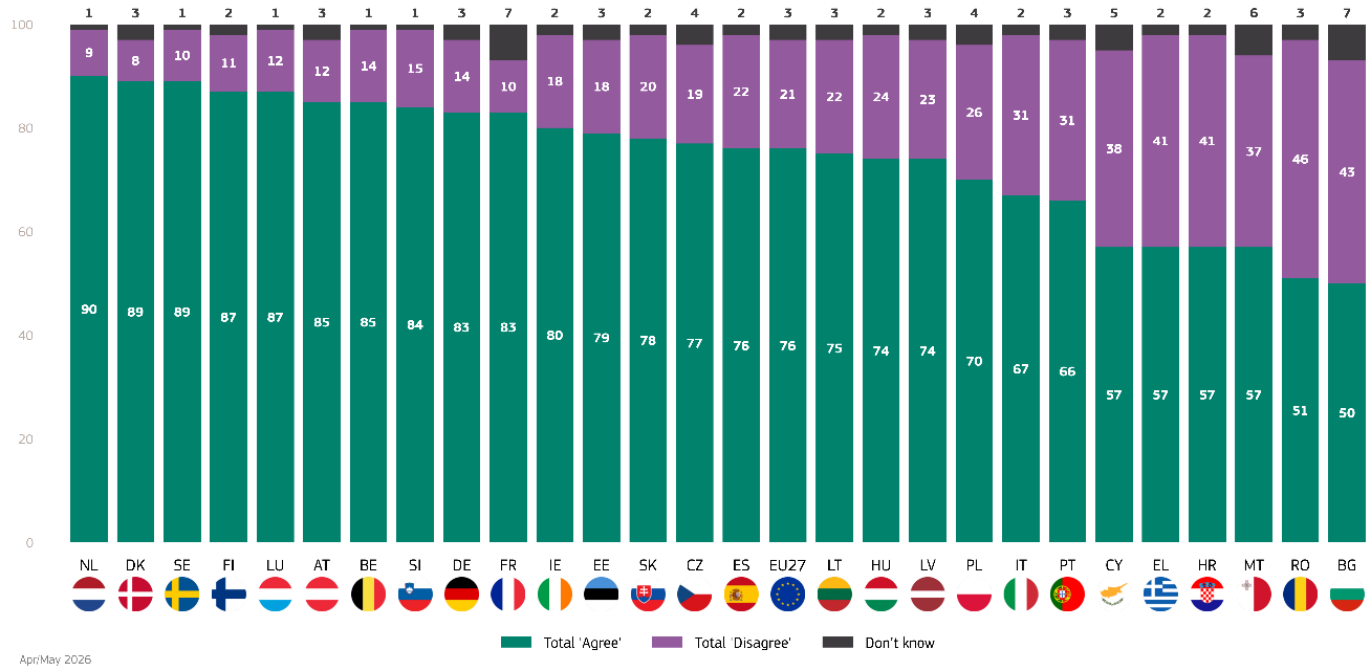
Totally agree	▼ 5
Tend to agree	▲ 5
Tend to disagree	▲ 3
Totally disagree	▼ 1
Don't know	▼ 2

▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

Disagreement is largest in Romania (46%), Bulgaria (43%), Greece and Croatia (both 41%), Cyprus (38%) and Malta (37%). The proportion of respondents who say they do not know remains low in all Member States, reaching its largest levels in Bulgaria and France (both 7%) and Malta (6%).

QB8.1: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - The area where you live offers many opportunities to be physically active (%)



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[17] QB8.1 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? – The area where you live offers many opportunities to be physically active

In terms of evolutions since spring 2022, at national level, total agreement has increased most clearly in Slovakia (78%, +19 pp), Bulgaria (50%, +9 pp), Latvia (74%, +8 pp) and Austria (85%, +7 pp). By contrast, the largest decreases are recorded in Malta (57%, -10 pp), Cyprus (57%, -7 pp), and Greece (57%, -4 pp).

Disagreement has increased in several Member States, most notably in Malta (37%, +9 pp), Croatia (41%, +8 pp), and Romania (46%, +7 pp).

QB8.1: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - The area where you live offers many opportunities to be physically active (%)

		EU27	SE	FI	LU	LV	AT	DK	IE	BE	BG	SK	SI	CZ	EL	NL	FR	LT	RO	HR	EE	HU	CY	DE	IT	ES	PT	PL	MT
Totally agree	Apr/May 2026	31	66	49	47	32	46	59	35	35	16	23	47	27	19	56	38	31	14	16	32	22	19	39	12	32	13	18	18
	Δ Apr/May 2022	▼5	▲15	▲9	▲8	▲7	▲6	▲6	▲4	▲3	▲3	▲3	▲2	▼2	▼3	▼3	▼4	▼4	▼4	▼5	▼6	▼6	▼9	▼9	▼9	▼10	▼10	▼12	▼16
Tend to agree	Apr/May 2026	45	23	38	40	42	39	30	45	50	34	55	37	50	38	34	45	44	37	41	47	52	38	44	55	44	53	52	39
	Δ Apr/May 2022	▲5	▼15	▼6	▼8	▲1	▲1	▼6	▼6	▼1	▲6	▲16	▲2	▲2	▼1	▲2	▲6	▲6	▲2	=	▲7	▲6	▲2	▲7	▲11	▲7	▲9	▲9	▲6
Tend to disagree	Apr/May 2026	16	7	10	8	18	10	7	12	12	27	17	12	15	26	9	8	14	32	27	15	19	24	12	24	15	25	22	27
	Δ Apr/May 2022	▲3	▼1	▼2	▲2	=	▼4	▲1	▲2	=	▲5	▼4	▼1	▲1	▲4	▲2	▲2	▲3	▲8	▲5	▲6	▲6	▲5	▲3	▲4	▲3	▲6	▲6	▲11
Totally disagree	Apr/May 2026	5	3	1	4	5	2	1	6	2	16	3	3	4	15	0	2	8	14	14	3	5	14	2	7	7	6	4	10
	Δ Apr/May 2022	▼1	▲1	▼1	▲2	▼2	▼3	▼1	▲4	▼1	▼9	▼5	▼2	=	▲1	▼1	▼2	▲1	▼1	▲3	▼1	▼1	▲1	=	▼5	▲1	=	▼2	▼3
Don't know	Apr/May 2026	3	1	2	1	3	3	3	2	1	7	2	1	4	2	1	7	3	3	2	3	2	5	3	2	2	3	4	6
	Δ Apr/May 2022	▼2	=	=	▼4	▼6	=	=	▼4	▼1	▼5	▼10	▼1	▼1	▼1	=	▼2	▼6	▼5	▼3	▼6	▼5	▲1	▼1	▼1	▼1	▼5	▼1	▲2

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The **socio-demographic** analysis shows that:

- There are no significant differences by gender.
- Age differences are also limited. Respondents aged 15-24 are the most likely to totally agree (33%), while those aged 75 and over are the least likely to do so (28%) and the most likely to say they don't know (8%).
- Education shows clearer differences. Respondents who continued education up to the age of 20 or beyond are much more likely to totally agree (38%) than those who left school at age 15 or earlier (22%). The latter are also the most likely to tend to disagree (22%) or totally disagree (9%).
- By socio-professional category, managers are the most likely to totally agree (37%), followed by other white collars (33%). House persons and unemployed respondents are the least likely to totally agree (25% and 24%, respectively) and are also among the most likely to tend to disagree (22% and 20%).
- Financial situation is strongly associated with views on local opportunities. Respondents who almost never or never have difficulties paying their bills are more likely to totally agree (34%) than those who have difficulties most of the time (20%). The latter are the most likely to tend to disagree (23%) and totally disagree (10%).
- Differences by type of area are also visible. Respondents living in large towns are the most likely to totally agree (33%), followed by those in small or middle-sized towns (32%). By contrast, respondents living in rural areas or villages are more likely to tend to disagree (22%) or totally disagree (7%).
- Respondents who exercise or play sport almost daily are the most likely to totally agree (47%). By contrast, those who never do so are the least likely to totally agree (22%) and the most likely to tend to disagree (20%) or totally disagree (8%).
- Finally, respondents who say sport plays an important role in their life are much more likely to totally agree than those who say it does not (39% vs. 21%). Conversely, those who say sport does not play an important role are more likely to tend to disagree (21% vs. 12%) or totally disagree (7% vs. 3%).

QB8.1 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area?

The area where you live offers many opportunities to be physically active

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	31	45	16	5	3	76	21
Gender							
Man	31	45	16	5	3	76	21
Woman	30	46	16	5	3	76	21
Age							
15-24	33	45	16	4	2	78	20
25-34	31	45	18	4	2	76	22
35-44	31	47	15	4	3	78	19
45-54	31	46	17	4	2	77	21
55-64	31	45	14	6	4	76	20
65-74	30	44	16	5	5	74	21
75+	28	42	16	6	8	70	22
Age at end of education							
15-	22	41	22	9	6	63	31
16-19	26	48	17	5	4	74	22
20+	38	44	13	3	2	82	16
Still Studying	37	43	16	3	1	80	19
Socio-professional category							
Self-employed	30	45	16	6	3	75	22
Managers	37	46	11	4	2	83	15
Other white collars	33	49	13	3	2	82	16
Manual workers	27	46	19	5	3	73	24
House persons	25	42	22	7	4	67	29
Unemployed	24	45	20	7	4	69	27
Retired	30	43	16	5	6	73	21
Students	37	44	15	3	1	81	18
Difficulties paying bills							
Most of the time	20	40	23	10	7	60	33
From time to time	23	47	20	6	4	70	26
Almost never / Never	34	45	14	4	3	79	18
Subjective urbanisation							
Rural area or village	27	40	22	7	4	67	29
Small or middle sized town	32	48	13	4	3	80	17
Large town	33	47	13	4	3	80	17
Exercise or sport							
Almost daily	47	37	10	4	2	84	14
Several times a week	38	46	12	3	1	84	15
Seldom	26	51	17	4	2	77	21
Never	22	44	20	8	6	66	28
Sport plays an important role in your life							
Total 'Yes'	39	45	12	3	1	84	15
Total 'No'	21	46	21	7	5	67	28

2. Opportunities offered by local sport clubs and other providers

Nearly eight in ten Europeans agree that local sport clubs and other local providers offer many opportunities to be physically active.

Respondents were asked about the opportunities to be physically active offered by local sport clubs and other providers[18].

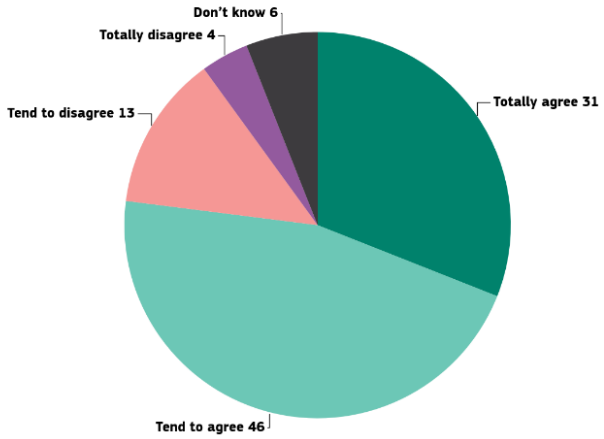
Nearly eight in ten respondents agree that local sport clubs and other local providers offer many opportunities to be physically active (77%, +5 percentage points compared with spring 2022). This includes 31% who totally agree (-1 pp) and 46% who tend to agree (+6 pp).

Conversely, 17% disagree with this statement (-2 pp), with 13% saying they tend to disagree (+1 pp) and 4% that they totally disagree (-3 pp). A further 6% say they do not know (-3 pp).

A national analysis shows that in 26 Member States, a majority of respondents agree that local sport clubs and other local providers offer many opportunities to be physically active. Agreement is largest in the Netherlands (94%), Denmark (91%) and Belgium (88%).

At the other end of the scale, Bulgaria is the only Member State where fewer than half of respondents agree with this statement (49%). Agreement is also comparatively low in Romania (54%), Cyprus (55%), and Greece and Croatia (both 56%).

QB8.2: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Local sport clubs and other local providers offer many opportunities to be physically active (EU27) (%)



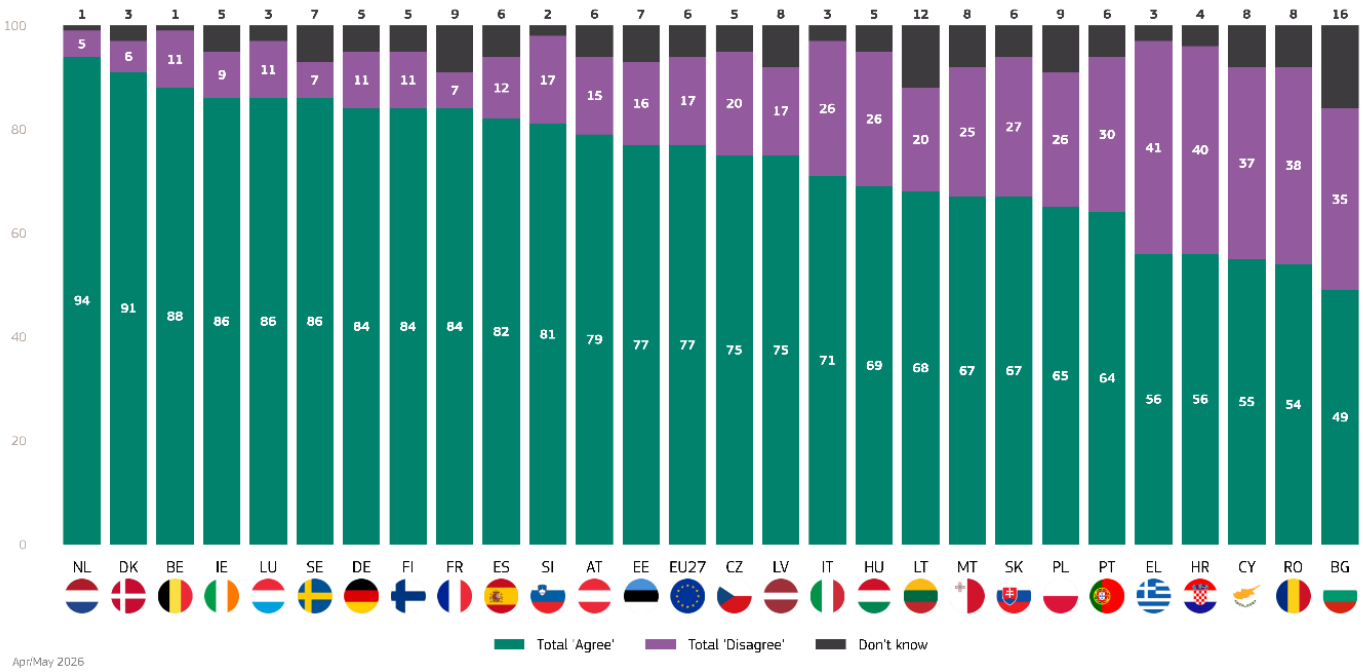
Totally agree	▼ 1
Tend to agree	▲ 6
Tend to disagree	▲ 1
Totally disagree	▼ 3
Don't know	▼ 3

▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

Disagreement is largest in Greece (41%), Croatia (40%), and Romania (38%), The proportion of respondents who say they do not know is generally limited but reaches 16% in Bulgaria and 12% in Lithuania.

QB8.2: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Local sport clubs and other local providers offer many opportunities to be physically active (%)



Apr/May 2026

[18] QB8.2 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? – Local sport clubs and other local providers offer many opportunities to be physically active

In terms of evolutions since spring 2022, at national level, total agreement has increased in most Member States, with the largest rises recorded in Slovakia (67%, +17 pp), Austria and Lithuania (both +12 pp) and France and Italy (both +9 pp). By contrast, total agreement has decreased the most in Malta (67%, -18 pp).

QB8.2: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Local sport clubs and other local providers offer many opportunities to be physically active (%)

		EU27	DK	SE	SK	IE	LU	LV	AT	FI	BE	LT	SI	NL	BG	EL	FR	CZ	ES	HR	IT	EE	RO	DE	HU	CY	PL	PT	MT
Totally agree	Apr/May 2026	31	65	59	22	42	45	31	38	44	37	30	39	57	15	18	36	23	38	16	18	30	16	39	21	17	15	12	22
	Δ Apr/May 2022	▼1	▲14	▲11	▲10	▲9	▲9	▲9	▲8	▲6	▲5	▲5	▲4	▲3	▲2	▲2	=	▼1	▼2	▼2	▼2	▼3	▼3	▼4	▼5	▼9	▼9	▼10	▼19
Tend to agree	Apr/May 2026	46	26	27	45	44	41	44	41	40	51	38	42	37	34	38	48	52	44	40	53	47	38	45	48	38	50	52	45
	Δ Apr/May 2022	▲6	▼10	▼11	▲7	▼6	▼6	▼1	▲4	▼6	▼1	▲7	▲3	=	▲6	=	▲9	▲4	▲4	=	▲11	▲6	▲6	▲7	▲5	▲7	▲12	▲7	▲1
Tend to disagree	Apr/May 2026	13	5	5	23	6	7	13	11	10	10	11	13	5	20	27	5	15	9	25	21	11	27	9	19	22	21	24	17
	Δ Apr/May 2022	▲1	▼1	▼4	=	▼1	▲2	▼2	▼4	▲2	=	▼3	▼5	=	▲2	▲4	▼1	=	▲1	▲4	=	▲3	▲8	=	▲6	▼2	▲4	▲10	▲12
Totally disagree	Apr/May 2026	4	1	2	4	3	4	4	4	1	1	9	4	0	15	14	2	5	3	15	5	5	11	2	7	15	5	6	8
	Δ Apr/May 2022	▼3	=	=	▼6	▲1	▲1	▼2	▼5	▼1	▼2	▼3	▼1	▼1	▼5	▼1	▼2	=	▼1	▲2	▼7	=	▼5	▼1	▼2	▲3	▼5	▼1	▲6
Don't know	Apr/May 2026	6	3	7	6	5	3	8	6	5	1	12	2	1	16	3	9	5	6	4	3	7	8	5	5	8	9	6	8
	Δ Apr/May 2022	▼3	▼3	▲4	▼11	▼3	▼6	▼4	▼3	▼1	▼2	▼6	▼1	▼2	▼5	▼5	▼6	▼3	▼2	▼4	▼2	▼6	▼6	▼2	▼4	▲1	▼2	▼6	=

Apr/May 2026

The **socio-demographic** analysis shows that:

- Differences by gender are limited. Men are slightly more likely than women to totally agree that local sport clubs and other local providers offer many opportunities to be physically active (33% vs. 30%), while women are slightly more likely to tend to agree (47% vs. 44%).
- Age differences are also visible. Respondents aged 15-24 are the most likely to totally agree (35%), while those aged 75 and over are the least likely to do so (27%) and the most likely to say they don't know (14%).
- Education shows clearer differences. Respondents who continued education up to the age of 20 or beyond are much more likely to totally agree (38%) than those who left school at age 15 or earlier (22%). The latter are also the most likely to tend to disagree (20%), totally disagree (7%) or say they don't know (11%).
- By socio-professional category, managers are the most likely to totally agree (38%), while other white collars are the most likely to tend to agree (50%). Unemployed and retired people are less likely to totally agree (both 28%), and retired people are the most likely to say they don't know (11%).
- Financial situation is strongly associated with views on local opportunities. Respondents who almost never or never have difficulties paying their bills are more likely to totally agree (35%) than those who have difficulties most of the time (19%). The latter are also the most likely to tend to disagree (20%) or totally disagree (10%).
- Differences by type of area are also marked. Respondents living in large towns are the most likely to totally agree (35%), while those living in rural areas or villages are the least likely to do so (27%) and the most likely to tend to disagree (20%).
- Respondents who exercise or play sport almost daily are the most likely to totally agree (47%). By contrast, those who never do so are the least likely to totally agree (20%) and the most likely to tend to disagree (17%), totally disagree (7%) or say they don't know (11%).
- Finally, respondents who say sport plays an important role in their life are much more likely than those who say it does not to totally agree (40% vs. 19%). Conversely, those who say sport does not play an important role are more likely to tend to disagree (18% vs. 10%), totally disagree (6% vs. 3%) or say they don't know (10% vs. 2%).

QB8.2 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area?

Local sport clubs and other local providers offer many opportunities to be physically active

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	31	46	13	4	6	77	17
Gender							
Man	33	44	14	4	5	77	18
Woman	30	47	13	4	6	77	17
Age							
15-24	35	46	13	3	3	81	16
25-34	32	48	12	4	4	80	16
35-44	31	49	12	4	4	80	16
45-54	32	45	14	4	5	77	18
55-64	32	45	13	4	6	77	17
65-74	28	44	15	5	8	72	20
75+	27	40	13	6	14	67	19
Age at end of education							
15-	22	40	20	7	11	62	27
16-19	27	48	14	5	6	75	19
20+	38	45	10	3	4	83	13
Still Studying	37	45	13	3	2	82	16
Socio-professional category							
Self-employed	32	43	15	5	5	75	20
Managers	38	46	10	2	4	84	12
Other white collars	32	50	11	3	4	82	14
Manual workers	30	47	14	5	4	77	19
House persons	25	43	18	5	9	68	23
Unemployed	28	46	16	5	5	74	21
Retired	28	42	14	5	11	70	19
Students	37	46	12	3	2	83	15
Difficulties paying bills							
Most of the time	19	43	20	10	8	62	30
From time to time	25	47	17	5	6	72	22
Almost never / Never	35	45	11	4	5	80	15
Subjective urbanisation							
Rural area or village	27	40	20	6	7	67	26
Small or middle sized town	32	48	11	3	6	80	14
Large town	35	48	9	3	5	83	12
Exercise or sport							
Almost daily	47	39	8	3	3	86	11
Several times a week	41	46	9	2	2	87	11
Seldom	26	50	16	3	5	76	19
Never	20	45	17	7	11	65	24
Sport plays an important role in your life							
Total 'Yes'	40	45	10	3	2	85	13
Total 'No'	19	47	18	6	10	66	24

3. Local authority provisions

Europeans are divided on whether their local authority does enough in relation to physical activities.

Europeans were asked to what extent they agree or disagree that their local authority does not do enough for its citizens in relation to physical activities[19].

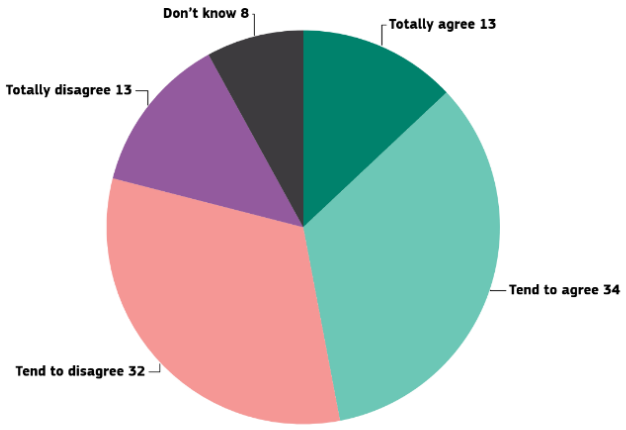
Respondents are divided on this issue. Close to half agree with this statement (47%), including 13% who totally agree (-1 percentage point compared with spring 2022) and 34% who tend to agree (+6 pp).

At the same time, 45% disagree, with 32% saying they tend to disagree (+3 pp) and 13% who totally disagree (-6 pp). A further 8% say they do not know (-2 pp).

A national analysis shows that views vary considerably across Member States. In 15 countries, a majority of respondents agree that their local authority does not do enough for its citizens in relation to physical activities. Agreement is largest in Italy (71%), followed by Croatia and Portugal (both 63%) and Romania (61%).

At the other end of the scale, agreement is lowest in Finland (24%), the Netherlands (28%) and Germany (30%). These are also among the countries where disagreement is largest: Finland (71%), the Netherlands (66%), Germany (61%) and Denmark (60%).

QB8.3: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Your local authority does not do enough for its citizens in relation to physical activities (EU27) (%)



Totally agree	▼ 1
Tend to agree	▲ 6
Tend to disagree	▲ 3
Totally disagree	▼ 6
Don't know	▼ 2

▲▼ (Apr/May 2026 - Apr/May 2022)

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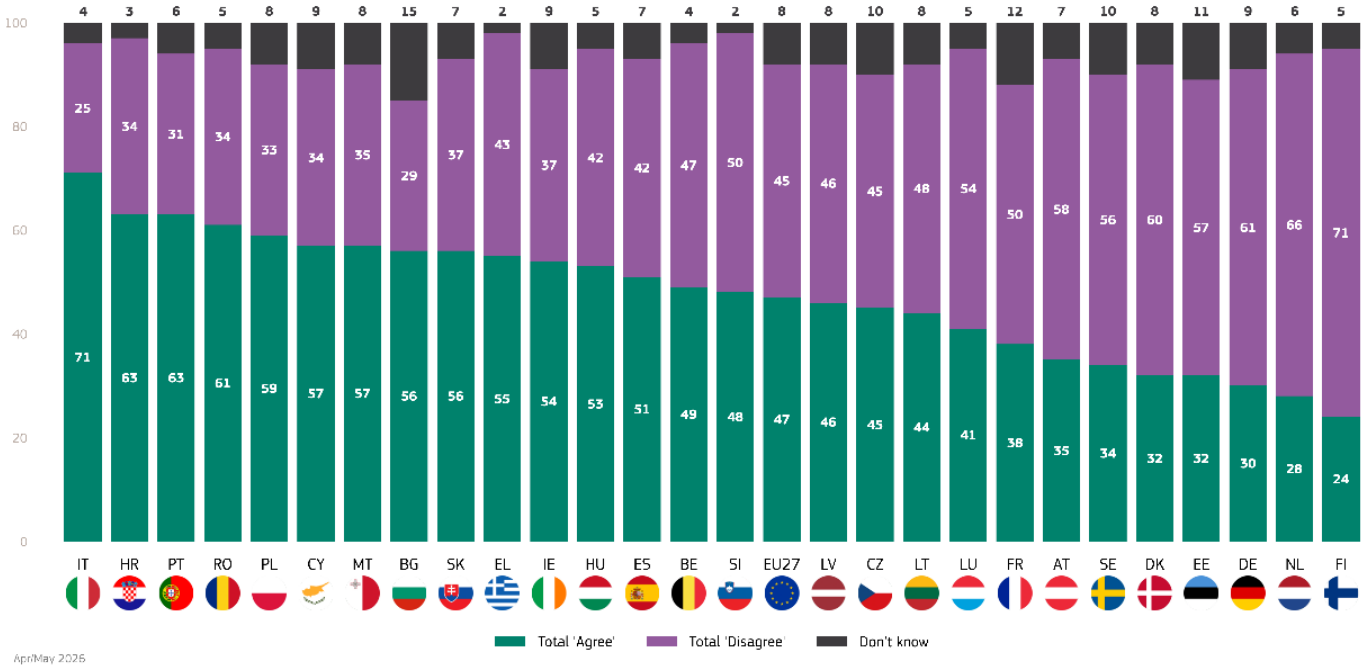
The proportion of respondents who say they do not know is generally limited, but reaches 15% in Bulgaria, 12% in France, and 11% in Estonia.

QB8.3: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Your local authority does not do enough for its citizens in relation to physical activities (%)



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[19] QB8.3 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? – Your local authority does not do enough for its citizens in relation to physical activities

In terms of evolutions since spring 2022, total agreement has increased in 21 Member States. The largest increases are recorded in Italy (71%, +14 pp), Bulgaria, Greece and Latvia (56%, 55% and 46% respectively, all +10 pp).

By contrast, total agreement has decreased in six countries, most notably in Malta (57%, -9 pp), Sweden (34%, -8 pp), and Luxembourg (41%, -6 pp).

QB8.3: To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area? - Your local authority does not do enough for its citizens in relation to physical activities (%)

		EU27	EL	IE	LV	BE	FI	AT	LT	SK	CZ	DE	ES	HR	FR	BG	EE	IT	NL	RO	SE	DK	HU	LU	CY	PL	PT	SI	MT
Totally agree	Apr/May 2026	13	23	20	14	13	8	13	14	16	11	9	19	20	10	18	7	15	7	19	9	10	14	14	16	13	12	13	18
	Δ Apr/May 2022	▼1	▲6	▲6	▲4	▲3	▲3	▲2	▲2	▲2	▲1	▲1	▲1	▲1	=	▼1	▼1	▼2	▼2	▼2	▼2	▼3	▼3	▼3	▼4	▼6	▼6	▼7	▼23
Tend to agree	Apr/May 2026	34	32	34	32	36	16	22	30	40	34	21	32	43	28	38	25	56	21	42	25	22	39	27	41	46	51	35	39
	Δ Apr/May 2022	▲6	▲4	▲3	▲6	▼1	▲1	▲3	▲5	▲3	▲4	▲2	=	▲5	▲7	▲11	▲6	▲16	=	▲9	▼6	▼2	▲8	▼3	▲8	▲13	▲15	▲6	▲14
Tend to disagree	Apr/May 2026	32	28	30	34	36	45	31	32	31	35	39	32	23	35	20	40	21	48	24	33	38	27	33	22	27	28	35	27
	Δ Apr/May 2022	▲3	▼6	▲1	▼2	=	▼3	▼5	▲1	▲7	▼3	▲8	▲8	▼2	▲3	▼1	▲5	▼4	▲13	▼1	▲1	▲6	▲3	▲8	▼2	▲1	=	▲5	▲10
Totally disagree	Apr/May 2026	13	15	7	12	11	26	27	16	6	10	22	10	11	15	9	17	4	18	10	23	22	15	21	12	6	3	15	8
	Δ Apr/May 2022	▼6	▲1	▼5	▼5	▼2	▼1	▲1	=	▼3	▼1	▼11	▼5	=	▼7	▼4	▼5	▼9	▼7	=	▲3	▼1	▼3	▲4	▼3	▼6	▼2	▼2	▲1
Don't know	Apr/May 2026	8	2	9	8	4	5	7	8	7	10	9	7	3	12	15	11	4	6	5	10	8	5	5	9	8	6	2	8
	Δ Apr/May 2022	▼2	▼5	▼5	▼3	=	=	▼1	▼8	▼9	▼1	=	▼4	▼4	▼3	▼5	▼5	▼1	▼4	▼6	▲4	=	▼5	▼6	▲1	▼2	▼7	▼2	▼2

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The **socio-demographic** analysis shows that:

- There are no significant differences by gender.
- Age differences are somewhat more visible. Respondents aged 45-54 are the most likely to tend to agree (36%), while those aged 15-24 and 25-34 are the most likely to totally agree (15% in both groups). Respondents aged 55-64 and 75 and over are the most likely to totally disagree (both 15%) and to say they don't know (9%) for the latter.
- Education is associated with some variation. Respondents who left school at age 15 or earlier are the most likely to tend to agree (36%) and to say they don't know (10%), while those who continued education up to the age of 20 or beyond are the most likely to tend to disagree (33%) or totally disagree (15%).
- By socio-professional category, unemployed respondents are the most likely to totally agree (17%), while house persons are the most likely to tend to agree (39%). Managers and unemployed respondents are the most likely to tend to disagree (both 34%), and managers and house persons are the most likely to totally disagree (16% in both cases).
- Financial situation also plays a role. Respondents who have difficulties paying their bills most of the time are the most likely to totally agree (17%), while those who have such difficulties from time to time are the most likely to tend to agree (41%). Respondents who almost never or never have difficulties paying their bills are the most likely to tend to disagree (34%) or totally disagree (15%).
- Differences by type of area are limited, although respondents living in large towns are the most likely to totally agree (16%). Respondents living in small or middle-sized towns are slightly more likely to tend to agree (35%), while those living in rural areas or villages are slightly more likely to totally disagree (14%).
- Views also vary by frequency of exercise or sport. Respondents who engage in exercise or sport seldom are the most likely to tend to agree (38%). While those who do so several times a week are the most likely to tend to disagree (35%), finally those who do so almost daily are the most likely to totally disagree (17%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to totally agree (15% vs. 11%) and to totally disagree (15% vs. 11%). Those who say sport does not play an important role are slightly more likely to tend to agree (36% vs. 33%) and to say they don't know (11% vs. 5%).

QB8.3 To what extent do you agree or disagree with the following statements about exercise, sport and other physical activity in your local area?

Your local authority does not do enough for its citizens in relation to physical activities

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	13	34	32	13	8	47	45
Gender							
Man	13	34	33	13	7	47	46
Woman	13	35	31	13	8	48	44
Age							
15-24	15	34	32	12	7	49	44
25-34	15	35	33	11	6	50	44
35-44	14	35	31	13	7	49	44
45-54	13	36	32	13	6	49	45
55-64	13	33	33	15	6	46	48
65-74	11	34	32	14	9	45	46
75+	10	30	31	15	14	40	46
Age at end of education							
15-	14	36	28	12	10	50	40
16-19	12	35	32	13	8	47	45
20+	14	32	33	15	6	46	48
Still Studying	15	33	34	12	6	48	46
Socio-professional category							
Self-employed	16	36	31	10	7	52	41
Managers	14	31	34	16	5	45	50
Other white collars	13	36	32	13	6	49	45
Manual workers	13	38	31	12	6	51	43
House persons	11	39	25	16	9	50	41
Unemployed	17	31	34	10	8	48	44
Retired	11	31	32	15	11	42	47
Students	15	33	34	12	6	48	46
Difficulties paying bills							
Most of the time	17	34	28	12	9	51	40
From time to time	15	41	28	9	7	56	37
Almost never / Never	12	32	34	15	7	44	49
Subjective urbanisation							
Rural area or village	12	34	32	14	8	46	46
Small or middle sized town	12	35	33	13	7	47	46
Large town	16	34	30	13	7	50	43
Exercise or sport							
Almost daily	19	26	32	17	6	45	49
Several times a week	13	33	35	15	4	46	50
Seldom	13	38	32	11	6	51	43
Never	12	36	29	12	11	48	41
Sport plays an important role in your life							
Total 'Yes'	15	33	32	15	5	48	47
Total 'No'	11	36	31	11	11	47	42

4. Active mobility

A majority of Europeans consider the level of walkability, cyclability and wheelchair mobility in their neighbourhood to be adequate.

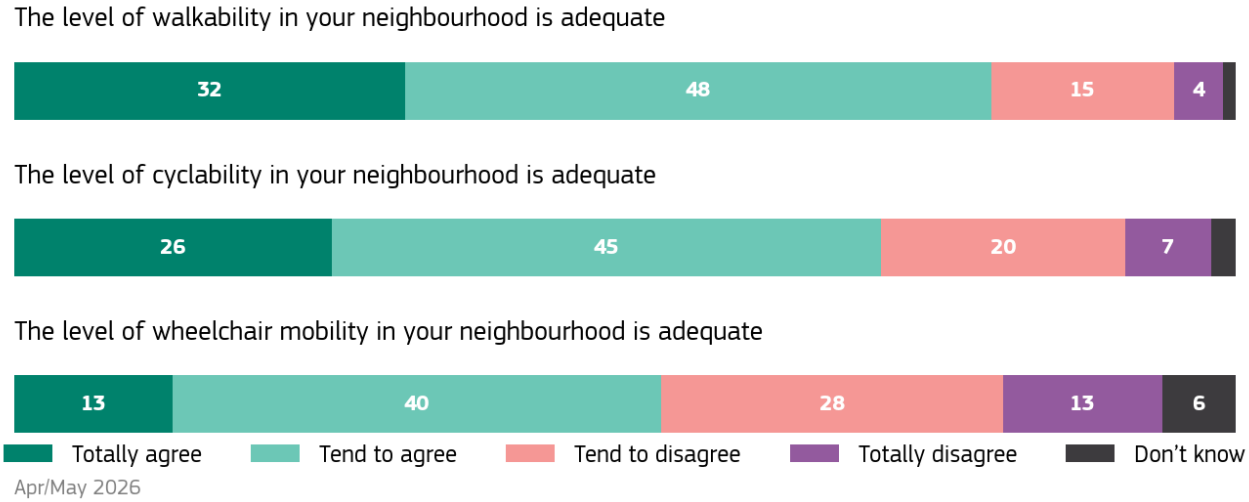
Europeans were asked to what extent they agree or disagree with three statements about active mobility, defined as using physical activity such as walking, cycling or wheelchair mobility to get from one place to another[20].

Overall, respondents are most positive about walkability: eight in ten agree that the level of walkability in their neighbourhood is adequate (80%), including 32% who totally agree and 48% who tend to agree. Around one in five disagree (19%), with 15% who tend to disagree and 4% who totally disagree.

Views are also broadly positive on cyclability, although to a lesser extent. More than seven in ten respondents agree that the level of cyclability in their neighbourhood is adequate (71%), with 26% who totally agree and 45% who tend to agree. Just over one quarter disagree (27%), including 20% who tend to disagree and 7% who totally disagree.

Opinions are more divided regarding wheelchair mobility. A narrow majority agree that the level of wheelchair mobility in their neighbourhood is adequate (53%), with 13% who totally agree and 40% who tend to agree. However, more than four in ten disagree (41%), including 28% who tend to disagree and 13% who totally disagree. A further 6% say they do not know.

QB12: To what extent do you agree or disagree with the following statements about active mobility (using physical activity such as walking, cycling or wheelchair mobility to get from one place to another)? (EU27) (%)



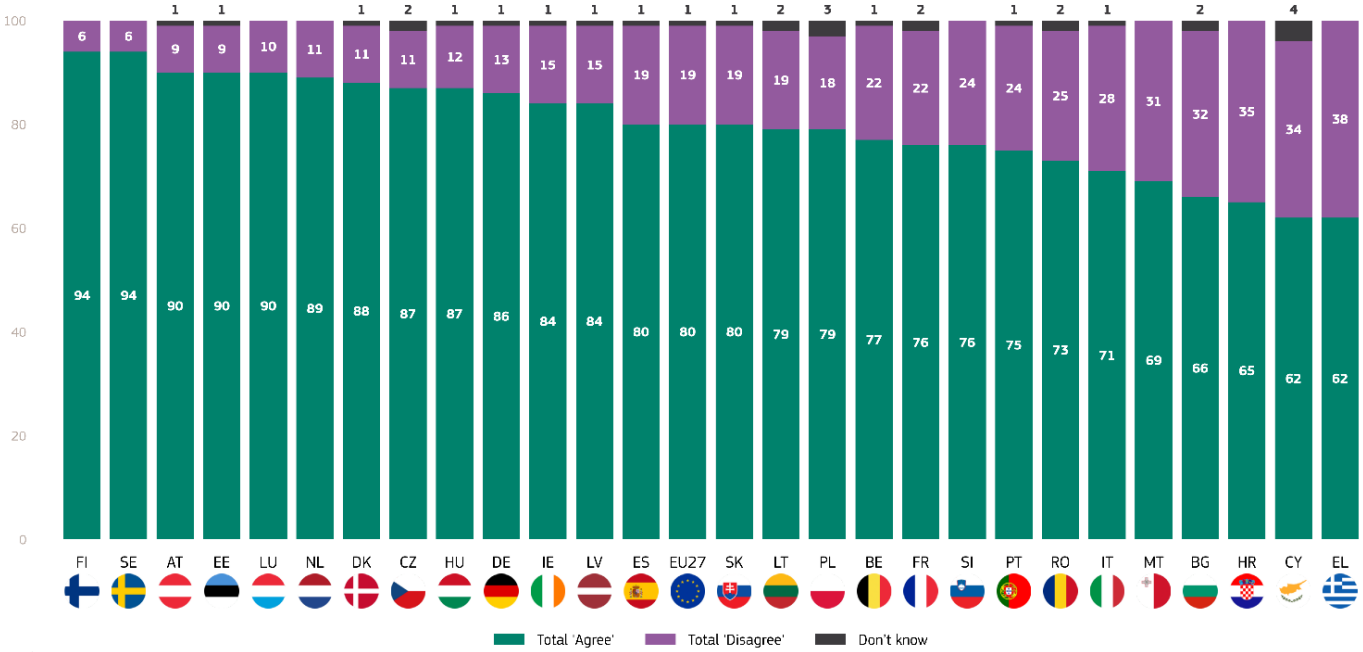
[20] QB12: To what extent do you agree or disagree with the following statements about active mobility (using physical activity as walking, cycling or wheelchair mobility to get from one place to another)?

A national analysis shows that, in all 27 Member States, a majority of respondents agree that the level of walkability in their neighbourhood is adequate. Agreement is highest in Finland and Sweden (both 94%), followed by Austria, Estonia and Luxembourg (all 90%).

At the other end of the scale, agreement is lowest in Cyprus and Greece (both 62%), Croatia (65%), Bulgaria (66%) and Malta (69%).

Disagreement is highest in Greece (38%), Croatia (35%), Cyprus (34%), Bulgaria (32%) and Malta (31%). The proportion of respondents who say they do not know is very limited in all Member States, reaching its highest level in Cyprus (4%).

QB12.1: To what extent do you agree or disagree with the following statements about active mobility (using physical activity such as walking, cycling or wheelchair mobility to get from one place to another)? - The level of walkability in your neighbourhood is adequate (%)



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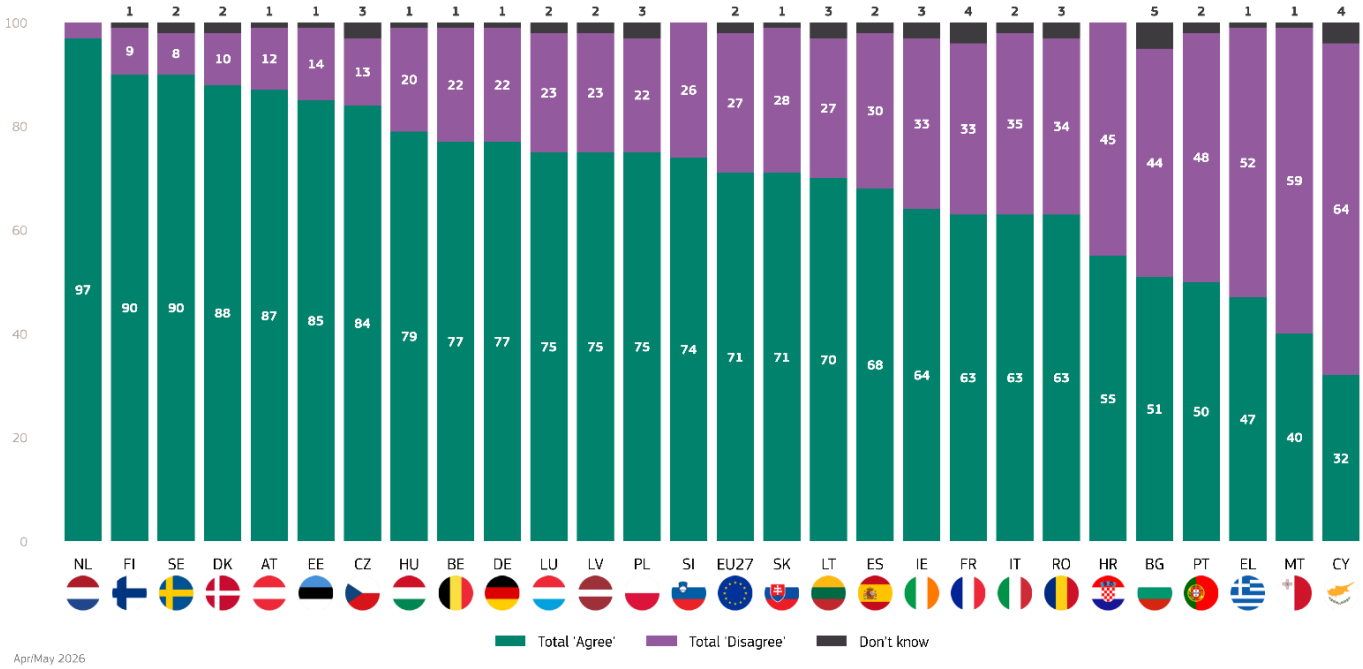
A national analysis shows that, in 24 Member States, a majority of respondents agree that the level of cyclability in their neighbourhood is adequate. Agreement is highest in the Netherlands (97%), followed by Finland and Sweden (both 90%).

At the other end of the scale, agreement is lowest in Cyprus (32%), Malta (40%), Greece (47%), Portugal (50%) and Bulgaria (51%).

Disagreement is highest in Cyprus (64%), Malta (59%), Greece (52%), Portugal (48%), Croatia (45%) and Bulgaria (44%). The proportion of respondents who say they do not know remains limited in most Member States, reaching its highest level in Bulgaria (5%) and Cyprus (4%).

QB12.2: To what extent do you agree or disagree with the following statements about active mobility (using physical activity such as walking, cycling or wheelchair mobility to get from one place to another)? - The level of cyclability in your neighbourhood is adequate (%)



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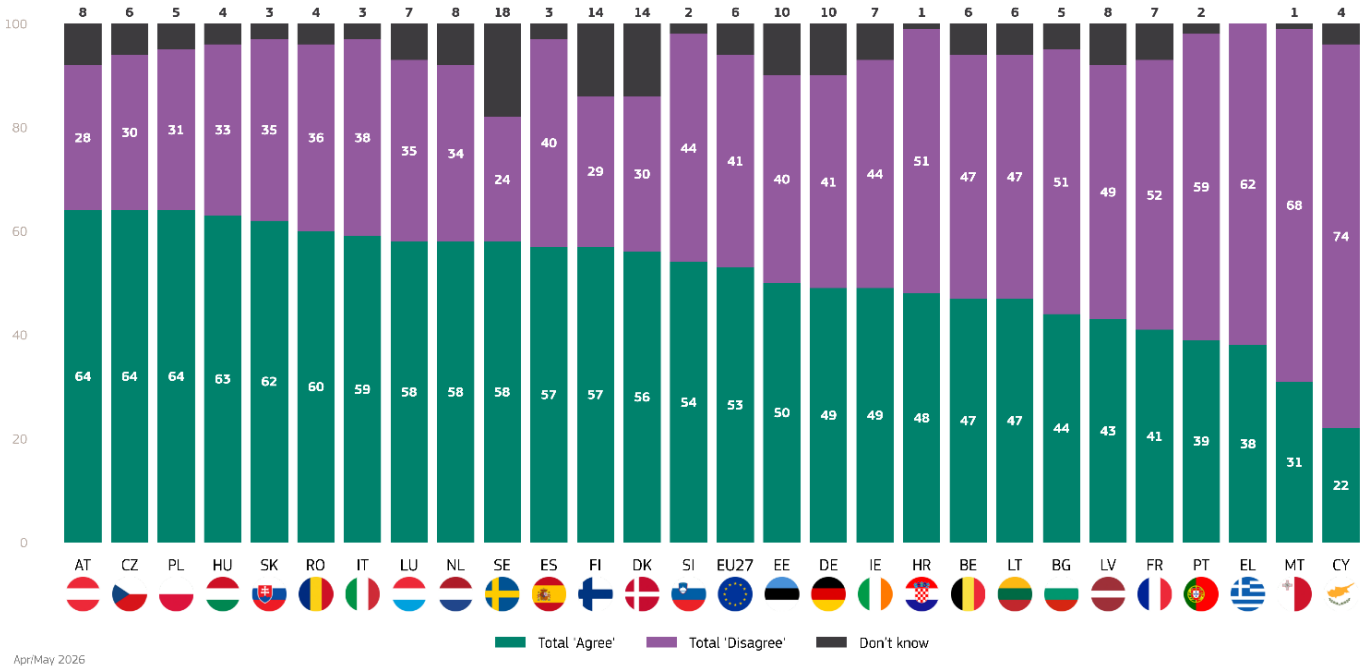
A national analysis shows that views on wheelchair mobility are more divided than for walkability or cyclability. In 17 Member States, a majority of respondents agree that the level of wheelchair mobility in their neighbourhood is adequate.

Agreement is highest in Austria, Czechia and Poland (all 64%), followed by Hungary (63%), Slovakia (62%) and Romania (60%).

At the other end of the scale, agreement is lowest in Cyprus (22%), followed by Malta (31%), Greece (38%), Portugal (39%) and France (41%).

Disagreement is highest in Cyprus (74%), Malta (68%), Greece (62%), Portugal (59%) and France (52%). The proportion of respondents who say they do not know is generally limited, but reaches 18% in Sweden, 14% in Finland and Denmark, and 10% in Estonia and Germany.

QB12.3: To what extent do you agree or disagree with the following statements about active mobility (using physical activity such as walking, cycling or wheelchair mobility to get from one place to another)? - The level of wheelchair mobility in your neighbourhood is adequate (%)



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The **socio-demographic** analysis shows that:

- Differences by gender are limited. Men are slightly more likely than women to agree that the level of wheelchair mobility is adequate (55% vs. 52%).
- Age differences are also relatively limited. Respondents aged 15-24 are the most likely to agree that the level of walkability, together with age 25-34 (both 82%), and cyclability (73%) in their neighbourhood is adequate, while respondents aged 45-54 are the most likely to agree that the level of wheelchair mobility is adequate (56%). Respondents in age groups over 55 are the least likely to agree on walkability (all 78%).
- Education is associated with clearer differences. Respondents who continued education up to the age of 20 or beyond are the most likely to agree that the level of walkability (82%) and cyclability (74%) in their neighbourhood is adequate. Those who left school at age 15 or earlier are the least likely to agree on all three dimensions: walkability (73%), cyclability (62%) and wheelchair mobility (49%).
- By socio-professional category, managers are the most likely to agree that the level of walkability is adequate (83%), while managers and other white collars are the most likely to agree on cyclability (73% in each group). Other white collars are the most likely to agree that the level of wheelchair mobility is adequate (58%). House persons are the least likely to agree on walkability (74%) and cyclability (61%), while unemployed respondents are the least likely to agree on wheelchair mobility (48%).
- Financial situation shows a clear gradient. Respondents who almost never or never have difficulties paying their bills are much more likely than those who have such difficulties most of the time to agree that the level of walkability (83% vs. 67%), cyclability (75% vs. 54%) and wheelchair mobility (55% vs. 39%) in their neighbourhood is adequate.
- Differences by type of area are also visible. Respondents living in large towns are the most likely to agree that the level of walkability (83%), cyclability (74%) and wheelchair mobility (56%) is adequate. By contrast, those living in rural areas or villages are the least likely to agree on all three dimensions: walkability (74%), cyclability (66%) and wheelchair mobility (48%).
- Views also vary according to engagement in exercise or sport. Respondents who engage almost daily are the most likely to agree that the level of walkability (83%), cyclability (75%) and wheelchair mobility (58%) is adequate, together with those who do so several times a week for walkability (83%). By contrast, respondents who never engage in exercise, sport or physical activity are the least likely to agree on walkability (75%), cyclability (65%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to agree that the level of walkability (84% vs. 74%), cyclability (75% vs. 66%) and wheelchair mobility (55% vs. 51%) in their neighbourhood is adequate.

QB12 To what extent do you agree or disagree with the following statements about active mobility (using physical activity such as walking, cycling or wheelchair mobility to get from one place to another)?
Total 'Agree'
(% - EU)

	The level of walkability in your neighbourhood is adequate	The level of cyclability in your neighbourhood is adequate	The level of wheelchair mobility in your neighbourhood is adequate
EU27	80	71	53
Gender			
Man	80	71	55
Woman	79	70	52
Age			
15-24	82	73	51
25-34	82	72	54
35-44	80	70	55
45-54	80	71	56
55-64	78	70	51
65-74	78	71	51
75+	78	69	51
Age at end of education			
15-	73	62	49
16-19	79	70	54
20+	82	74	53
Still Studying	81	73	48
Socio-professional category			
Self-employed	80	70	54
Managers	83	73	53
Other white collars	81	73	58
Manual workers	79	69	55
House persons	74	61	50
Unemployed	77	68	48
Retired	77	70	50
Students	81	73	49
Difficulties paying bills			
Most of the time	67	54	39
From time to time	74	64	51
Almost never / Never	83	75	55
Subjective urbanisation			
Rural area or village	74	66	48
Small or middle sized town	82	73	55
Large town	83	74	56
Exercise or sport			
Almost daily	83	75	58
Several times a week	83	74	51
Seldom	82	73	53
Never	75	65	52
Sport plays an important role in your life			
Total 'Yes'	84	75	55
Total 'No'	74	66	51

V. Impact of sport and physical activity on the environment

1. Citizens' awareness of the environmental impact of sport and physical activity

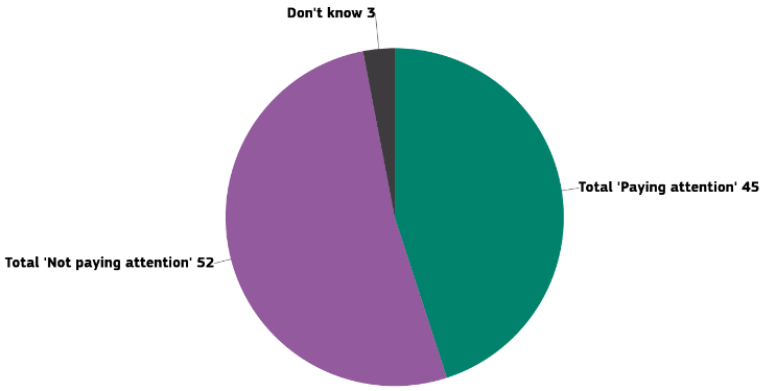
Over half of Europeans do not pay attention to the environmental impact of practicing exercise, sport or other physical activity.

All respondents were asked how much attention they pay to the impact that the practice of exercise, sport and other physical activity can have on the environment[21].

At EU level, 45% of Europeans say they pay attention to the environmental impact of exercise, sport or other physical activity, while 52% say they do not. Only 3% say that they do not know.

A national analysis shows relevant differences across the EU. Cyprus records the highest proportion of respondents paying attention (72%), followed by Italy (60%) and Luxembourg (59%). At the other end of the scale, the lowest proportions of respondents saying that they pay attention are observed in Sweden (21%), Czechia (24%) and Latvia and Portugal (both 27%).

QB13: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? (EU27) (%)



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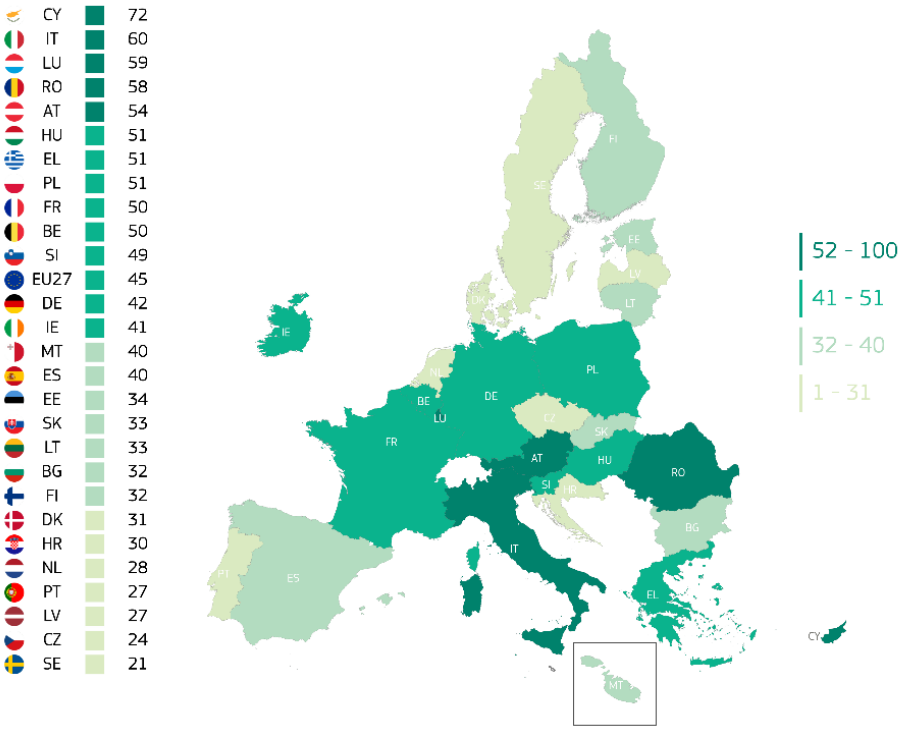
QB13: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? - Total 'Paying attention' (EU27) (%)



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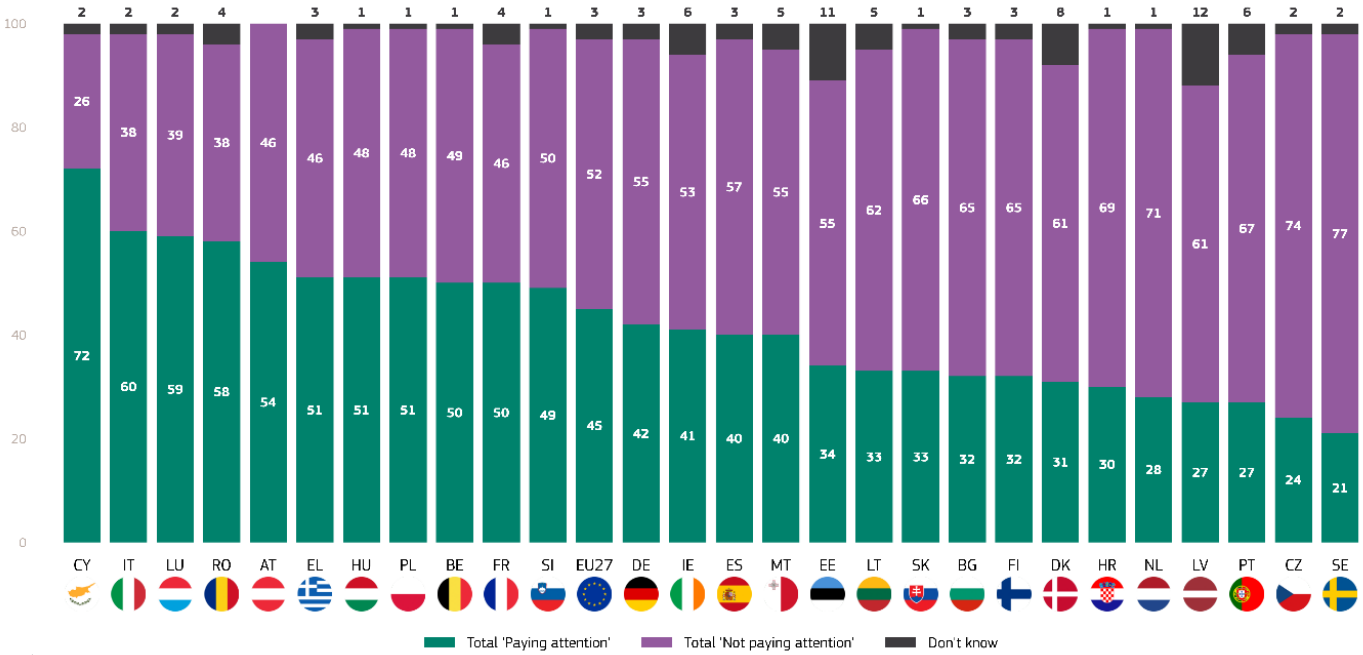
[21] QB13: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment?

The highest proportions of respondents who say they don't pay attention to the environmental impact of exercise, sport or other physical activity are observed in Sweden (77%), Czechia (74%) and the Netherlands (71%). Meanwhile the highest proportions of respondents who say that they don't know are observed in Latvia (12%), Estonia (11%) and Denmark (8%).

QB13: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? (%)



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The **socio-demographic** analysis shows that:

- There are no significant differences by gender.
- Age differences are more visible. Respondents aged 15-24 and 25-34 are the most likely to give a score of 6 "paying a lot of attention" (11% in both groups), while those aged 75 and over are the most likely to say they are not paying attention at all (27%) and to say they don't know (7%).
- Education is also associated with levels of attention. Respondents who continued education up to the age of 20 or beyond are more likely to give a score of 5 (16%) or 6 "paying a lot of attention" (11%) than those who left school at age 15 or earlier (8% and 6%, respectively). The latter are the most likely to say they are not paying attention at all (26%).
- By socio-professional category, managers are the most likely to give the highest score, 6 "paying a lot of attention" (14%), followed by house persons (11%). Unemployed respondents are the most likely to say they are not paying attention at all (25%) and to say they don't know (5%), the latter together with retired.
- There are somewhat limited differences by financial situation. Respondents who have difficulties paying the bills most of the time are the most likely to say they don't pay attention at all to the impact of exercise on the environment (27%) in comparison to those who almost never or never have difficulties (18%). Those who have difficulties from time to time are the most likely to give a score of 4.
- Differences by subjective urbanisation are limited. Respondents living in large towns are slightly more likely to give a score of 5 (15%), while those living in rural areas or villages are slightly more likely to say they are not paying attention at all (19%).
- Attention also varies according to engagement in exercise or sport. Respondents who engage almost daily are the most likely to give a score of 6 "paying a lot of attention" (22%), while those who never engage are the most likely to say they are not paying attention at all (26%). Respondents who exercise or play sport several times a week are the most likely to give a score of 4 (25%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to give a score of 5 (18% vs. 9%) or 6 "paying a lot of attention" (14% vs. 5%). Conversely, those who say sport does not play an important role are more likely to say they are not paying attention at all (26% vs. 12%).

QB13 On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment?
(% - EU)

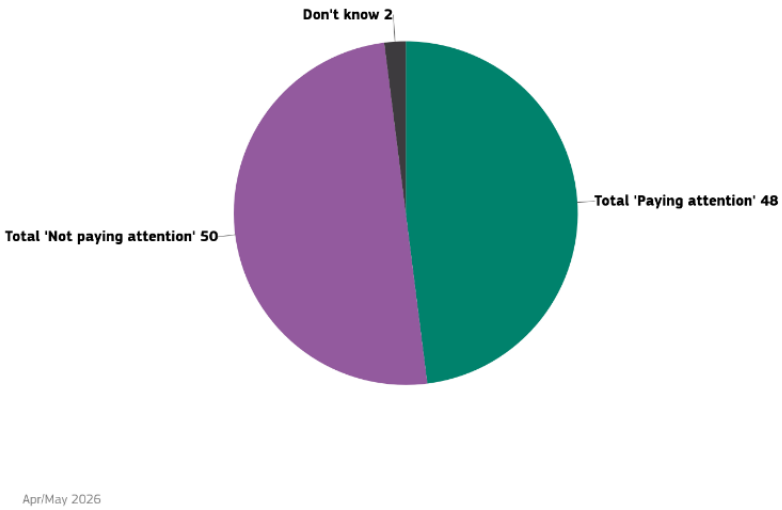
	1 Not paying attention at all	2	3	4	5	6 Paying a lot of attention	Don't know
EU27	18	13	21	21	14	10	3
Gender							
Man	18	13	21	22	14	10	2
Woman	19	13	21	22	13	9	3
Age							
15-24	14	12	19	26	16	11	2
25-34	16	11	22	22	17	11	1
35-44	17	13	22	23	15	8	2
45-54	19	12	21	22	14	10	2
55-64	18	14	22	20	13	10	3
65-74	20	13	22	19	13	10	3
75+	27	13	20	17	8	8	7
Age at end of education							
15-	26	16	21	17	8	6	6
16-19	19	13	22	22	13	8	3
20+	17	12	20	22	16	11	2
Still Studying	11	13	18	25	16	14	3
Socio-professional category							
Self-employed	17	13	22	22	15	9	2
Managers	14	9	21	23	17	14	2
Other white collars	17	13	21	23	16	9	1
Manual workers	19	13	23	23	13	7	2
House persons	20	14	18	21	12	11	4
Unemployed	25	15	18	15	13	9	5
Retired	22	13	21	18	11	10	5
Students	12	11	19	26	17	13	2
Difficulties paying bills							
Most of the time	27	13	19	17	9	10	5
From time to time	19	12	22	23	14	8	2
Almost never / Never	18	13	21	21	14	10	3
Subjective urbanisation							
Rural area or village	19	13	22	21	13	9	3
Small or middle sized town	18	12	21	22	14	10	3
Large town	17	13	21	22	15	10	2
Exercise or sport							
Almost daily	13	9	17	17	19	22	3
Several times a week	12	10	20	25	19	12	2
Seldom	17	15	26	23	10	7	2
Never	26	16	21	18	9	6	4
Sport plays an important role in your life							
Total 'Yes'	12	10	20	24	18	14	2
Total 'No'	26	17	22	18	9	5	3

The results were also analysed among respondents who engage in sport or physical activity for non-sport-related reasons, in order to analyse the evolution since spring 2022[22].

Among these respondents, the proportion who say they pay attention to the environmental impact of exercise, sport or other physical activity is slightly higher (48%), while half (50%) say they do not pay attention. Only 2% say they do not know.

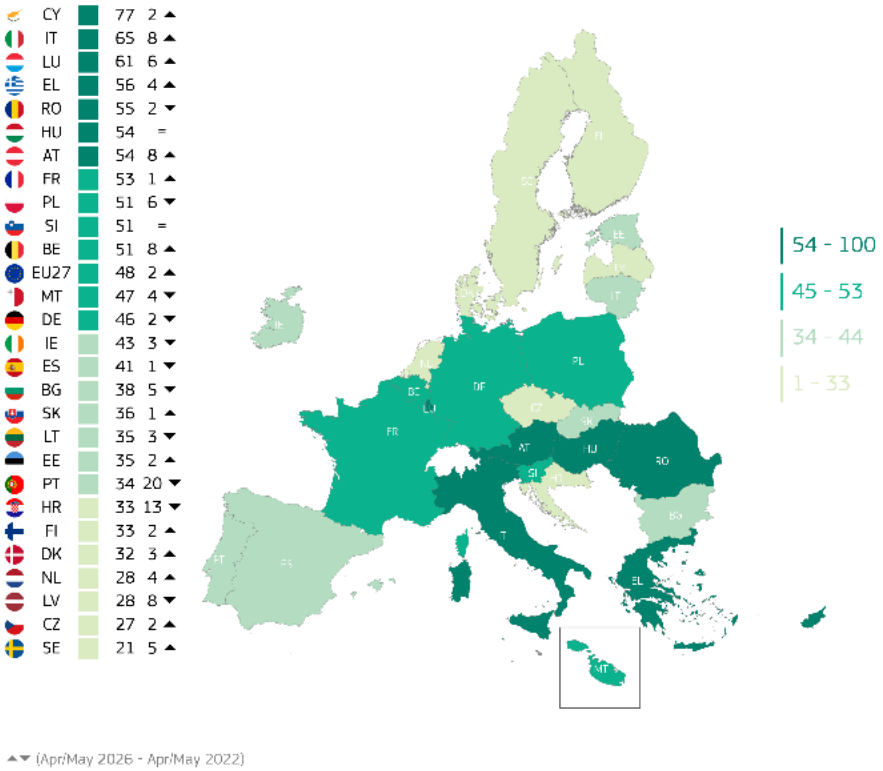
The national analysis reveals a similar pattern to the general results. Cyprus records the highest proportion (77%, +2 percentage points compared with spring 2022), followed by Italy (65%, +8 pp) and Luxembourg (61%, +6 pp). By contrast, the lowest proportions are observed in Sweden (21%, +5 pp), Czechia (27%, +2 pp) and Latvia (28%, -8 pp) and the Netherlands (28%, +4 pp). Moreover, the largest decreases since spring 2022 are recorded in Portugal (30%, -20 pp) and Croatia (33%, -13 pp).

QB13F: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? (EU27) (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

QB13F: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? - Total 'Paying attention' (EU27) (%)

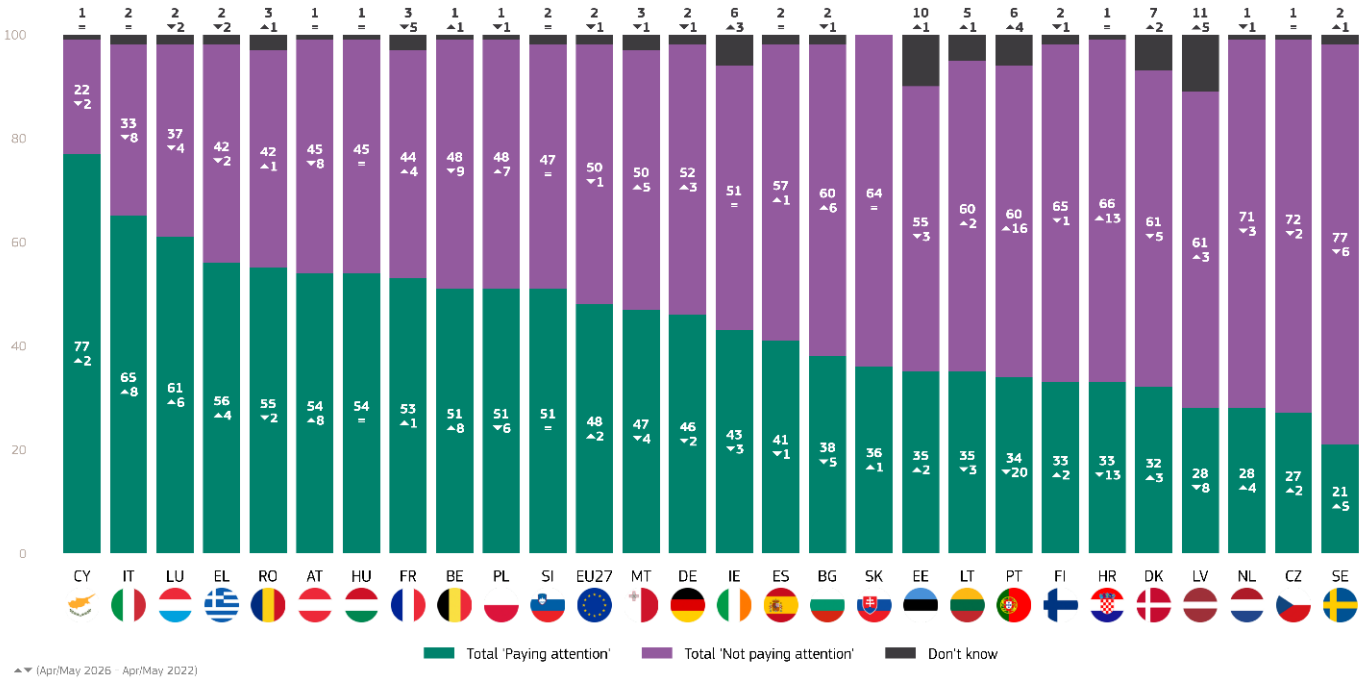


Base: Respondents who practise sport or physical activity for non-sport related reasons (N=22092)

[22] Base: Respondents who practise sport or physical activity for non-sport-related reasons

Among respondents who engage in sport or physical activity for non-sport-related reasons, the highest proportions saying they do not pay attention to the environmental impact of these activities are found in Sweden (77%, -6 pp), Czechia (72%, -2 pp) and the Netherlands (71%, -3 pp). Meanwhile, the highest proportions of respondents who say they do not know are observed in Latvia (11%, +5 pp), Estonia (10%, +1 pp) and Denmark (7%, +2 pp).

QB13F: On a scale of 1 to 6, where '1' means "not paying attention at all", and '6' means "paying a lot of attention", how much attention do you pay to the impact that the practice of exercise, sport or other physical activity can have on the environment? (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

2. Sport organisations' activities in support of the environment

Reducing waste or improving waste management is the most frequently mentioned sustainability action undertaken by local authorities, sport organisations, sport clubs, health or fitness centres.

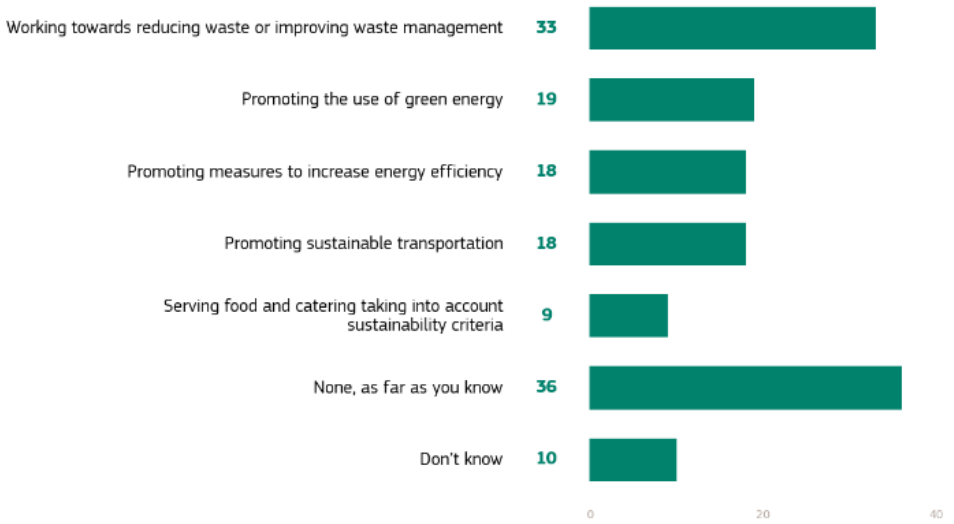
Europeans were asked which sustainability actions are currently done by their local authority, sport organisation(s), sport club, health or fitness centre[23], and were provided seven options.

Among the listed actions, reducing waste or improving waste management is the most frequently mentioned (33%). Around one in five respondents say that their local authority or sport organisation promotes the use of green energy (19%). Similar proportions mention measures to increase energy efficiency and the promotion of sustainable transportation (both 18%).

More than one-third of Europeans (36%) say that, to the best of their knowledge, none of the proposed sustainability actions are being implemented by their local authority, sport organisation, club or fitness centre.

Finally, 9% say that food and catering services take sustainability criteria into account, while 10% say they do not know.

QB14: According to what you know, which of the following actions about sustainability are currently done by your local authority, sport organisation(s), sport club, health or fitness centre? Please select all that apply. (MULTIPLE ANSWERS POSSIBLE) (%)



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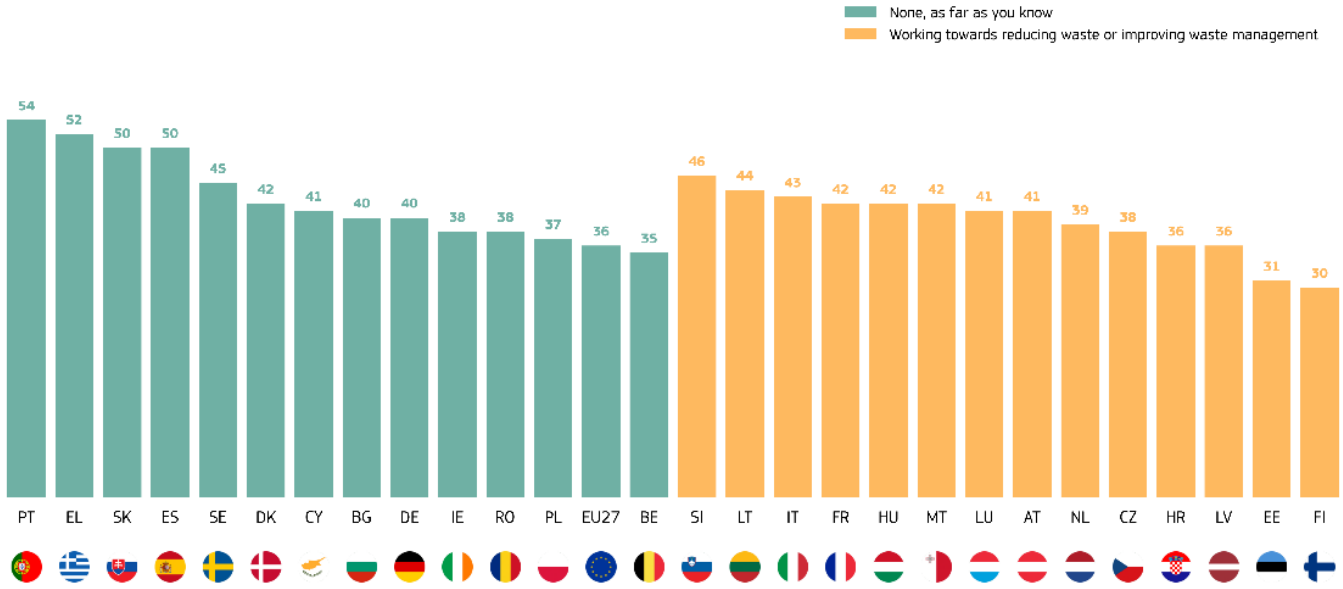
[23] QB14: According to what you know, which of the following actions about sustainability are currently done by your local authority, sport organisation(s), sport club, health or fitness centre? Please select all that apply. (MULTIPLE ANSWERS POSSIBLE)

A national analysis shows that respondents saying that no sustainability actions are being undertaken is the most common answer in 13 Member States. The highest proportions are observed in Portugal (54%), Greece (52%) and Slovakia and Spain (both 50%). By contrast the lowest are recorded in Belgium (35%), which is also the only Member State below the EU27 average (36%), followed by Poland (37%) and Romania and Ireland (38%).

Meanwhile, in the remaining Member States, the most common response is that local authorities or sport organisations or clubs are working towards reducing waste or improving waste management. The highest proportions are recorded in Slovenia (46%), Lithuania (44%) and Italy (43%), while the lowest are observed in Finland (30%), Estonia (31%) and Latvia and Croatia (36%).

QB14: According to what you know, which of the following actions about sustainability are currently done by your local authority, sport organisation(s), sport club, health or fitness centre? Please select all that apply. (MULTIPLE ANSWERS POSSIBLE) (%)



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Among respondents who identify at least one sustainability action, **reducing waste or improving waste management** is the most frequently mentioned sustainability action in all Member States. While reducing waste or improving waste management is ranked first in all Member States, there is more variation in the ranking of the remaining actions.

Promoting the use of green energy ranks second in 12 Member States and third in 11. The highest proportions are recorded in the Netherlands (32%) and Luxembourg and Austria (both 31%).

Promoting measures to increase energy efficiency ranks second in 11 Member States and third in 14. The highest proportions are observed in the Netherlands (33%), Austria (31%) and Luxembourg (29%).

Conversely, **promoting sustainable transportation** ranks second in nine Member States and third in seven. The highest proportions can be found in Luxembourg (31%, jointly ranked second with promoting the use of green energy), Austria (26%) and France and Czechia (both 22%). Although it is not in the three most frequently mentioned actions in Hungary, the proportion remains comparatively high (24%).

Finally, **serving food and catering taking into account sustainability criteria** appears among the three most mentioned actions only in Slovakia, where it ranks second (14%).

QB14: According to what you know, which of the following actions about sustainability are currently done by your local authority, sport organisation(s), sport club, health or fitness centre? Please select all that apply. (MULTIPLE ANSWERS POSSIBLE) (%)

	EU27	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV	LT	LU	HU	MT	NL	AT	PL	PT	RO	SI	SK	FI	SE
Working towards reducing waste or improving waste management	33	32	27	38	27	21	31	31	21	28	42	36	43	31	36	44	41	42	42	39	41	29	18	31	46	31	30	36
Promoting the use of green energy	19	20	11	16	17	15	14	21	16	13	20	18	27	25	11	17	31	27	14	32	31	17	8	16	27	10	14	17
Promoting measures to increase energy efficiency	18	19	21	12	11	16	17	17	13	13	14	22	24	17	11	11	29	28	23	33	31	16	8	18	22	13	23	18
Promoting sustainable transportation	18	20	11	22	7	14	16	15	13	15	22	19	21	12	10	17	31	24	11	20	26	13	14	20	18	13	13	18
Serving food and catering taking into account sustainability criteria	9	10	4	5	6	7	15	8	12	4	9	10	15	7	5	7	14	17	3	10	22	10	4	10	20	14	7	8
None, as far as you know	36	35	40	29	42	40	24	38	52	50	25	35	31	41	29	24	25	21	40	29	26	37	54	38	30	50	29	45
Don't know	10	7	13	12	17	18	25	10	14	8	14	4	2	13	22	16	12	6	5	6	10	7	14	3	4	2	22	8

1st Most Frequently Mentioned Item
2nd Most Frequently Mentioned Item
3rd Most Frequently Mentioned Item

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The **socio-demographic** analysis shows that:

- Differences by gender are limited. Men seem to mention slightly more promoting the use of green energy (20% vs 17%), while women seem to not to know slightly more (12% vs 9%).
- Differences by age are limited. Respondents aged 35-44 are the most likely to say that green energy is being promoted (22%), while those aged 75 or over are the least likely to do so (13%). Moreover, those aged 65-74 are the most likely to mention working towards reducing waste or improving waste management (35%). Respondents aged 75 or over are the most likely to say none as far as they know (39%).
- Differences by age at the end of education seems to be more marked. Respondents who have completed their education at 15 or below are the most likely to say that their local authority or club is not implementing any action (48%) and the least likely to mention any other action. Respondents who have completed their education at age 20 or beyond are the most likely to mention all the other actions, compared with those who have completed it at age 15 or under, particularly working towards waste reduction and improving its management (34% vs. 28%), promoting the use of green energy (21% vs. 12%) and promoting measures to increase energy efficiency (20% vs. 11%).
- There also seem to be some differences by socio-professional category. Managers and other white collars are the least likely to say that their local authority, sport facility or club is not implementing any action (both 32%). Some differences are also found in respondents who mention promoting measures to increase energy efficiency, as managers are the most likely to mention it (24%), while the least likely are unemployed and house persons (14%). Similarly promoting the use of green energy is mostly mentioned by managers (23%) and least mentioned by unemployed and retired respondents (16%).
- Some differences are found based on financial situation. Respondents who almost never or never have difficulties paying the bills are the least likely to mention none of the actions (35%) in comparison to those who have difficulties most of the time (43%). Meanwhile, those who almost never or never have difficulties are also the most likely to mention promoting measures to increase energy efficiency (19%) and working towards waste reduction and its management (34%) in comparison to those who have difficulties most of the time (10% and 26% respectively).
- Respondents who live in large towns are the most likely to mention promoting sustainable transportation (23%), in comparison to those living in a rural area or village (12%). Those living in a rural area are also the most likely to say that they don't know of any action taken as far as they know (42%).
- Respondents who engage in exercise or sport almost daily and several times a week are the least likely to say that their local authority, sport organisation, sport club, health or fitness centre do not take any actions as far as they know (both 32%). Those who exercise several times a week are the most likely to mention working towards waste reduction or improving its management (37%), while those who never do so are the least likely (28%). Similarly, those who engage almost daily are the most likely to mention promoting the use of green energy (24%) in comparison to those who never do so (14%).
- More significant differences are also observed based on the importance given to sport. Respondents for whom sport plays an important role are more likely to mention all of the sustainability actions, and the least likely to say that no actions are being taken (31%) in comparison to those respondents for whom sport is not important (42%).

QB14

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

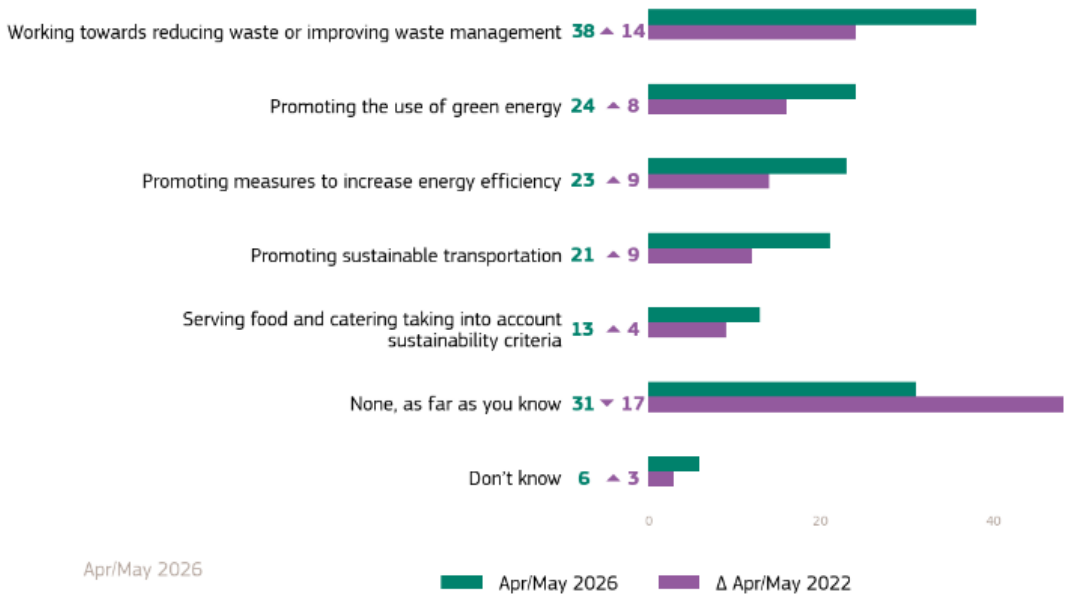
	None, as far as you know	Working towards reducing waste or improving waste management	Promoting the use of green energy	Promoting measures to increase energy efficiency	Promoting sustainable transportation	Serving food and catering taking into account sustainability criteria	Don't know
EU27	36	33	19	18	18	9	10
Gender							
Man	36	33	20	19	18	10	9
Woman	36	32	17	17	18	9	12
Age							
15-24	37	29	19	17	19	11	8
25-34	37	32	19	18	19	11	9
35-44	34	34	22	19	18	10	9
45-54	37	33	19	20	18	9	9
55-64	36	34	18	18	18	8	10
65-74	36	35	17	16	16	7	13
75+	39	30	13	13	14	6	16
Age at end of education							
15-	48	28	12	11	13	6	11
16-19	35	33	18	17	17	9	11
20+	34	34	21	20	19	10	9
Still Studying	37	30	19	15	20	10	9
Socio-professional category							
Self-employed	35	33	20	20	17	12	10
Managers	32	36	23	24	20	10	9
Other white collars	32	35	21	20	19	11	11
Manual workers	38	31	17	17	17	9	9
House persons	39	32	14	14	15	9	11
Unemployed	38	31	16	14	18	7	12
Retired	37	33	16	15	15	7	13
Students	38	29	20	17	20	11	8
Difficulties paying bills							
Most of the time	43	26	13	10	15	8	14
From time to time	38	32	20	17	17	11	8
Almost never / Never	35	34	19	19	18	8	11
Subjective urbanisation							
Rural area or village	42	31	16	16	12	7	9
Small or middle sized town	33	34	20	18	19	10	12
Large town	35	32	20	19	23	11	11
Exercise or sport							
Almost daily	32	36	24	20	21	11	10
Several times a week	32	37	23	22	21	11	7
Seldom	38	30	17	18	17	8	9
Never	41	28	14	13	14	7	15
Sport plays an important role in your life							
Total 'Yes'	31	38	22	22	21	11	7
Total 'No'	42	27	14	13	13	7	14

The results were also analysed among respondents who are members of a club[24], in order to observe the evolution since spring 2022.

Close to four in ten say that their sport club is working towards reducing waste or improving waste management (38%), representing a 14-percentage points increase since spring 2022. Around one quarter say that their sport club promotes the use of green energy (24%, +8 pp), while 23% (+9 pp) mention measures to increase energy efficiency. In addition, 21% (+9 pp) say that their club promotes sustainable transportation and 13% (+4 pp) say that it serves food and catering taking sustainability criteria into account.

Finally, the proportion of respondents who say that their club does not undertake any of these actions, to the best of their knowledge, is lower than in the overall sample (31%) and has decreased significantly since spring 2022 (-17 pp). A further 6% say they do not know (+3 pp).

QB14F: According to what you know, which of the following actions about sustainability are currently done by your local authority, sport organisation(s), sport club, health or fitness centre? Please select all that apply. (MULTIPLE ANSWERS POSSIBLE) (%)



Base: Respondents who are members of a club N=9181

24 Base: Respondents who are members of a club

VI. Gender equality in sport and physical activity

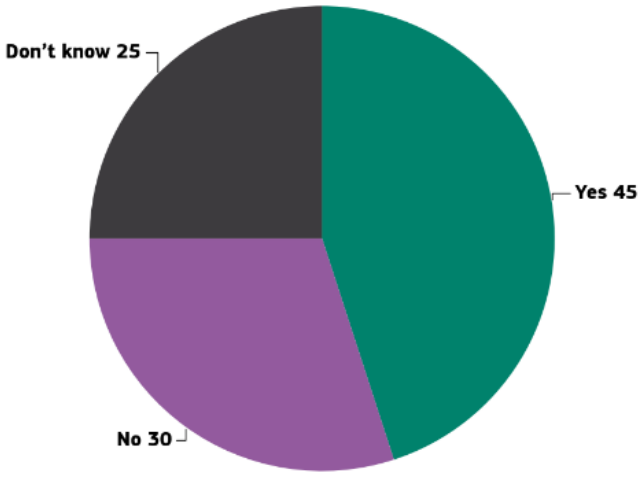
1. Measures to support gender equality in sport organisations

Nearly half of Europeans who practise sport or physical activity for non-sport-related reasons say that their organisation is actively putting in place measures to support gender equality.

Respondents who practise sport or physical activity for non-sport-related reasons were asked about the measures actively put in place by the organisation where they exercise, do sport or other physical activity to support gender equality[25].

Nearly half of Europeans (45%) say that the organisation where they exercise, do sport or other physical activity is actively putting in place measures to support gender equality, in contrast, 30% say that their organisation is not implementing any measure. A quarter of the respondents (25%) say that they don't know.

QB15: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? (EU27) (%)



Apr/May 2026

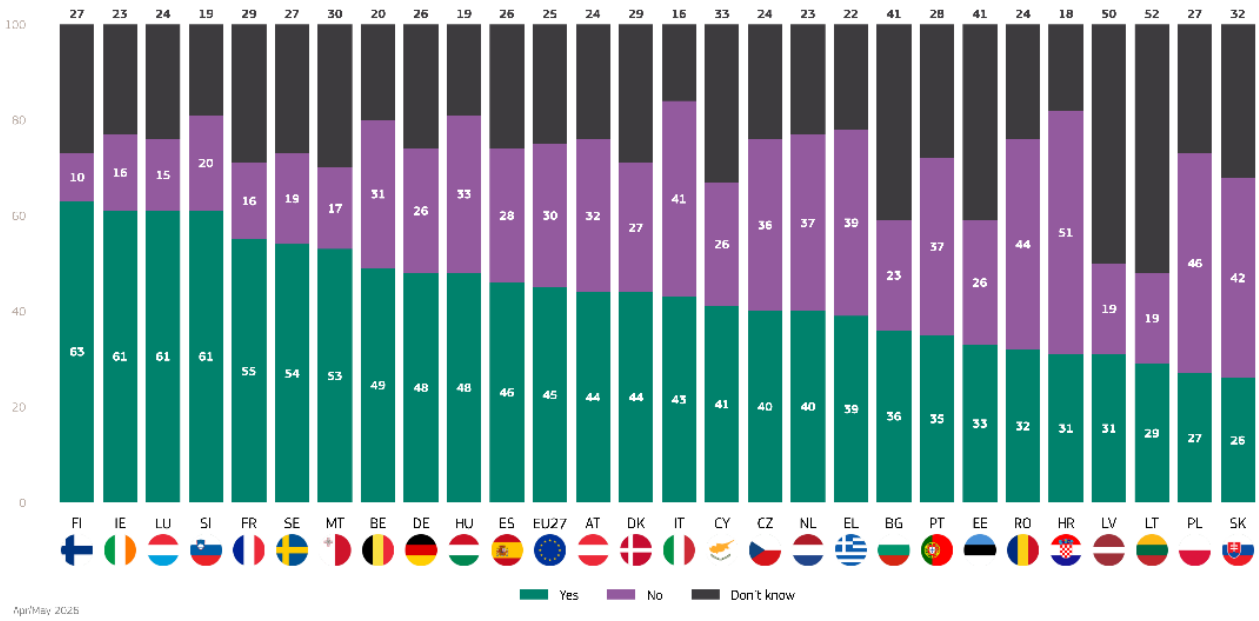
Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

[25] QB15: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality?

Base: Respondents who practise sport or physical activity for non-sport-related reasons

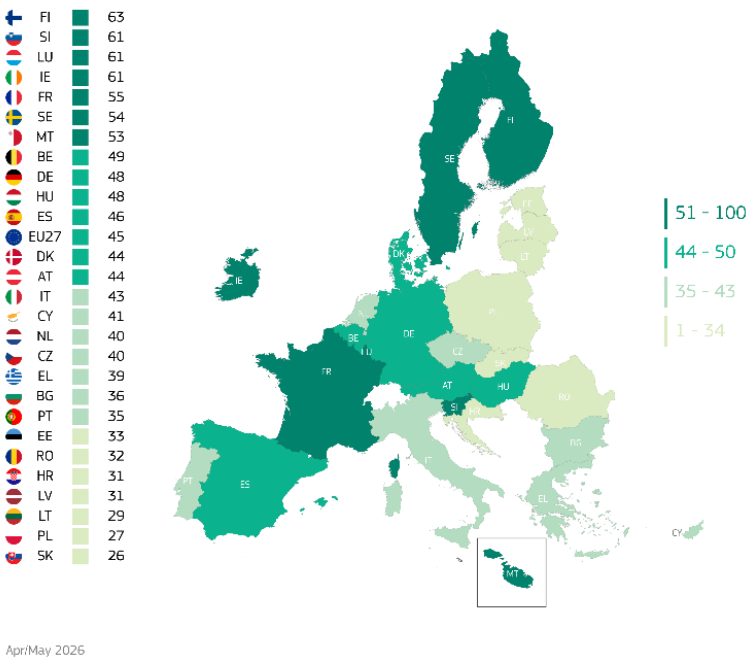
A national analysis reveals more variability among Member States. The countries recording the highest proportions of respondents saying that measures are being implemented are Finland (63%), and Slovenia, Luxembourg and Ireland (all 61%). Meanwhile, the lowest proportions are found in Slovakia (26%), Poland (27%) and Lithuania (29%). The highest proportions of respondents saying that their organisation is not implementing measures to support gender equality are observed in Croatia (51%), Poland (46%) and Romania (44%). Many countries present high proportions of respondents who say that they don't know, conversely the highest are observed in Lithuania (52%), Latvia (50%), Estonia and Bulgaria (both 41%).

QB15: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

QB15: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? - Yes (EU27) (%)



Base: Respondents who practise sport or physical activity for non-sport-related reasons N=22092

The **socio-demographic** analysis shows that:

- Men are slightly more likely than women to say that the organisation where they exercise, do sport or other physical activity is actively putting in place measures to support gender equality (47% vs. 44%). Women are slightly more likely to say they don't know (26% vs. 24%).
- Respondents aged 15-24 are the most likely to answer yes (57%), followed by those aged 25-34 (51%). This proportion decreases with age, reaching 35% among those aged 75 and over. Conversely, respondents aged 75 and over are the most likely to say they don't know (40%).
- Respondents who continued education up to the age of 20 or beyond are more likely to answer yes (49%) than those who left education between the ages of 16 and 19 (42%) or at age 15 or earlier (35%). The latter are the most likely to answer no (36%).
- By socio-professional category, managers are the most likely to say that their organisation is actively putting in place measures to support gender equality (54%). House persons and retired people are the least likely to answer yes (33% and 37%, respectively), while retired people are the most likely to say they don't know (36%).
- Some differences can be observed based on financial situation. Respondents who almost never or never have difficulties paying the bills are more likely to say yes (46%) in comparison to those who have difficulties most of the time (39%).
- Differences by subjective urbanisation are limited, although respondents living in large towns are slightly more likely to answer yes (48%) than those living in small or middle-sized towns (46%) or rural areas or villages (40%). Respondents in rural areas or villages are slightly more likely to answer no (32%).
- Views also vary according to frequency of exercise or sport. Respondents who engage almost daily are the most likely to answer yes (58%), while those who never do so are much less likely to do so (24%) and are the most likely to answer no (35%).
- Finally, respondents who say sport plays an important role in their life are much more likely than those who say it does not to answer yes (56% vs. 27%). Conversely, those who say sport does not play an important role are more likely to answer no (38% vs. 25%) or to say they don't know (35% vs. 19%).

QB15 According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality?
(% - EU)

	Yes	No	Don't know
EU27	45	30	25
Gender			
Man	47	29	24
Woman	44	30	26
Age			
15-24	57	29	14
25-34	51	31	18
35-44	47	30	23
45-54	42	33	25
55-64	42	30	28
65-74	38	28	34
75+	35	25	40
Age at end of education			
15-	35	36	29
16-19	42	31	27
20+	49	26	25
Still Studying	54	31	15
Socio-professional category			
Self-employed	46	30	24
Managers	54	25	21
Other white collars	46	32	22
Manual workers	44	33	23
House persons	33	35	32
Unemployed	40	28	32
Retired	37	27	36
Students	57	29	14
Difficulties paying bills			
Most of the time	39	34	27
From time to time	43	34	23
Almost never / Never	46	28	26
Subjective urbanisation			
Rural area or village	40	32	28
Small or middle sized town	46	29	25
Large town	48	29	23
Exercise or sport			
Almost daily	58	23	19
Several times a week	57	26	17
Seldom	38	34	28
Never	24	35	41
Sport plays an important role in your life			
Total 'Yes'	56	25	19
Total 'No'	27	38	35

Base: Respondents who practise sport or physical activity for non-sport related reasons N=22092

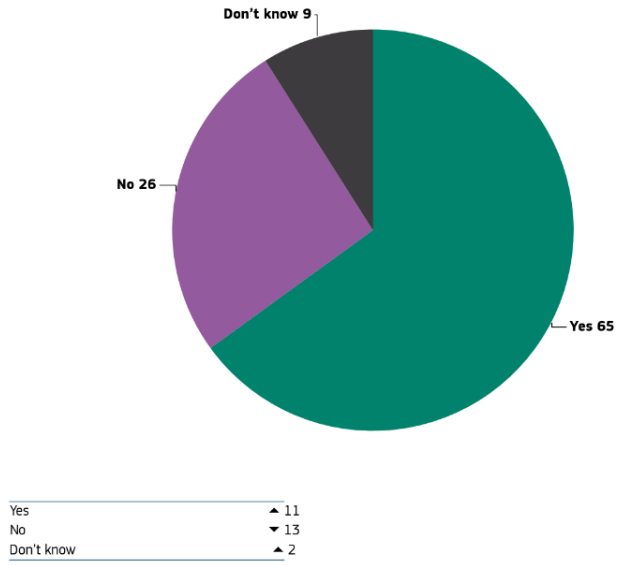
Furthermore, the sample was filtered by only selecting the respondents who are members of a club, in order to observe the evolution since spring 2022[26].

The results seem to be more positive in comparison to the general sample, as 65% of the respondents who are part of a club say that their organisation is putting measures in place to support gender equality, showing an increase of 11 percentage points since 2022. By contrast about a quarter of the respondents (26%, -13 pp) say that no measures are being put in place and only 9% (+2 pp) say that they don't know.

The national analysis shows slightly different results in comparison to the general one with an unfiltered sample. The countries with the highest proportions of respondents saying that their organisation is actively putting in place measures to support gender equality are Malta (81%, +10 pp), Luxembourg (81%, +4 pp), Finland (80%, +2 pp) and France (80%, +14 pp).

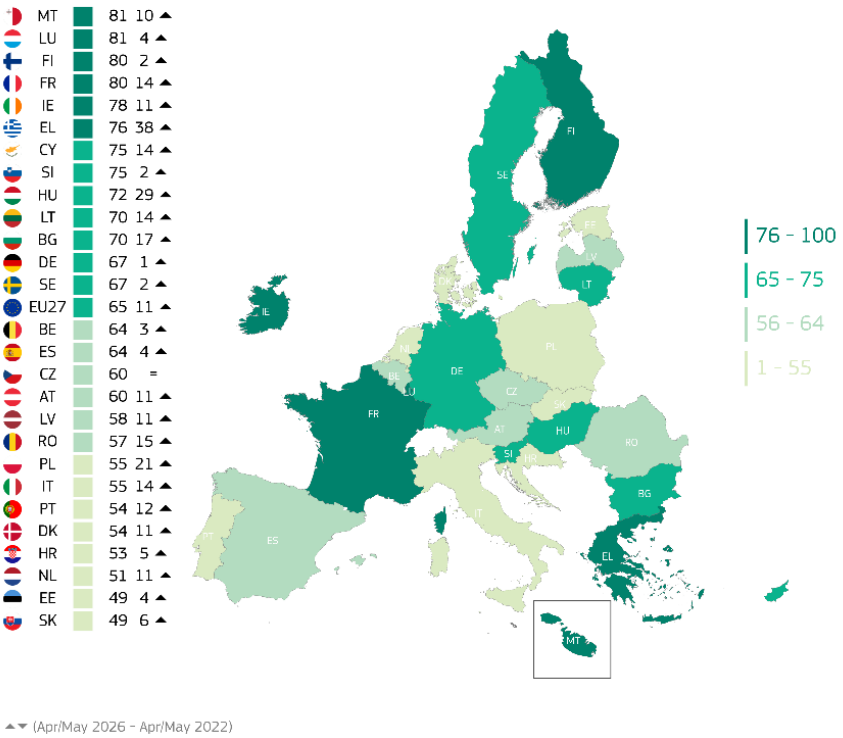
Meanwhile, all Member States except for Czechia, where it has remained unchanged, show an increase since spring 2022 in the proportions of respondents saying that their organisation is putting measures in place, notably in Greece (76%, +38 pp), Hungary (72%, +29 pp) and Poland (55%, +21 pp).

QB15F: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? (EU27) (%)



Base: Respondents who are members of a club N=9181

QB15F: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? - Yes (EU27) (%)

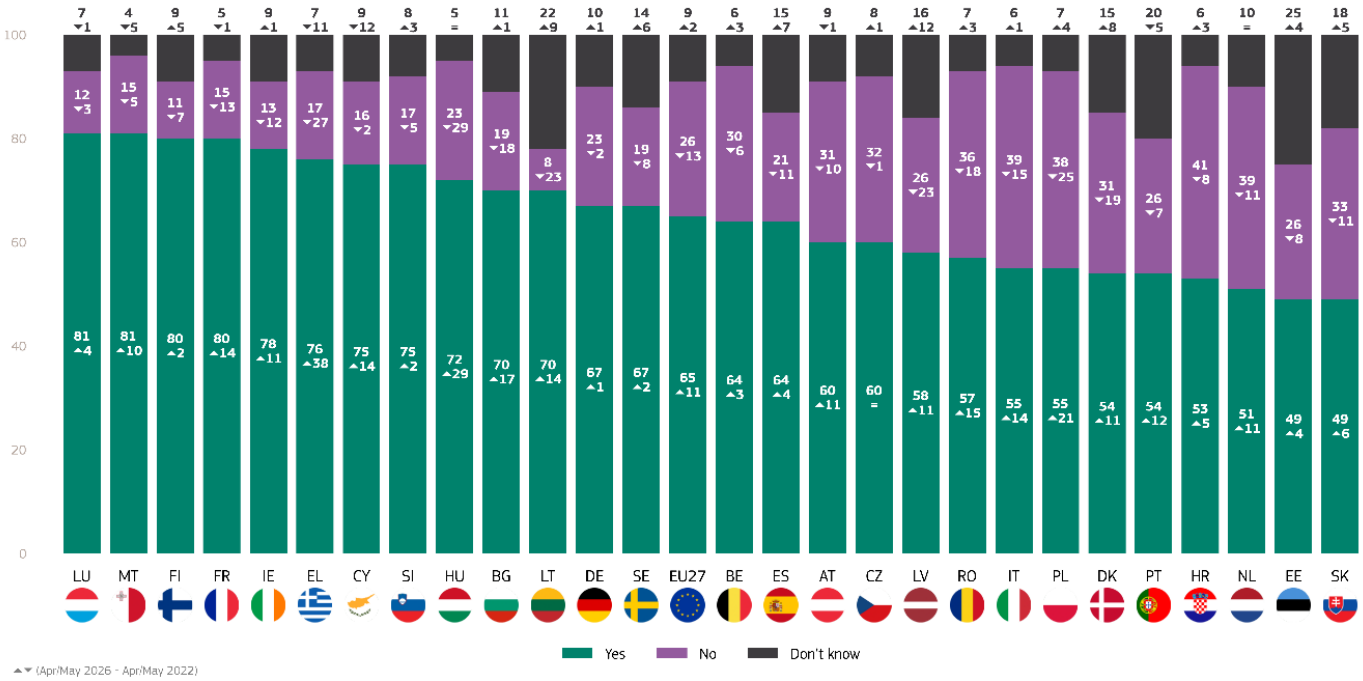


Base: Respondents who are members of a club N=9181

26 Base: Respondents who are members of a club

Croatia records the highest proportion of respondents saying that no measures are being implemented (41%, -8 pp), followed by the Netherlands and Italy (both 39%, -11 pp and -15 pp, respectively). This proportion has decreased in all Member States since spring 2022, most notably in Hungary (-29 pp), Greece (-27 pp) and Poland (-25 pp). The highest levels of "don't know" answers are observed in Estonia (25%, +4 pp), Lithuania (22%, +9 pp) and Portugal (20%, -5 pp).

QB15F: According to what you know, would you say that the organisation where you exercise, do sport or other physical activity is actively putting in place measures to support gender equality? (%)



Base: Respondents who are members of a club N=9181

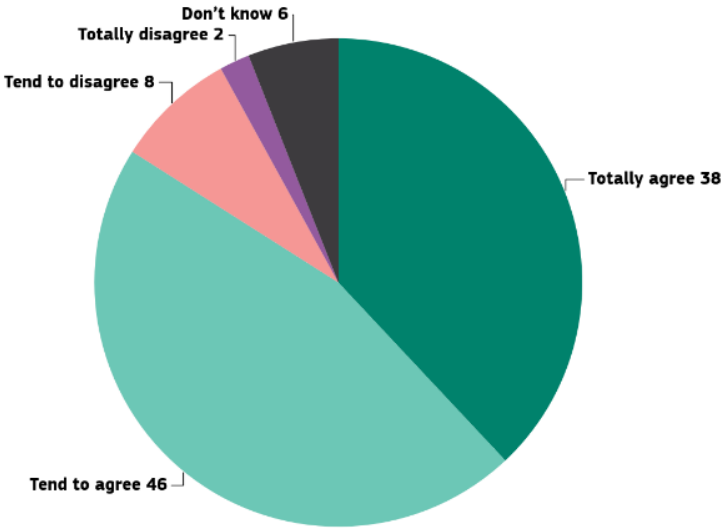
2. Importance of female role models in sport

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

Respondents were asked to what extent they agree or disagree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example[27].

A large majority of respondents agree with this statement (84%, +6 percentage points since spring 2022). Agreement is slightly more likely to be expressed as "tend to agree" (46%, +3 pp) than as "totally agree" (38%, +3 pp). By contrast, disagreement remains limited: 8% tend to disagree, unchanged since spring 2022, while 2% totally disagree, down two percentage points. Finally, 6% say they do not know, a decrease of four percentage points.

QB16.1: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example (EU27) (%)



Totally agree	▲ 3
Tend to agree	▲ 3
Tend to disagree	=
Totally disagree	▼ 2
Don't know	▼ 4

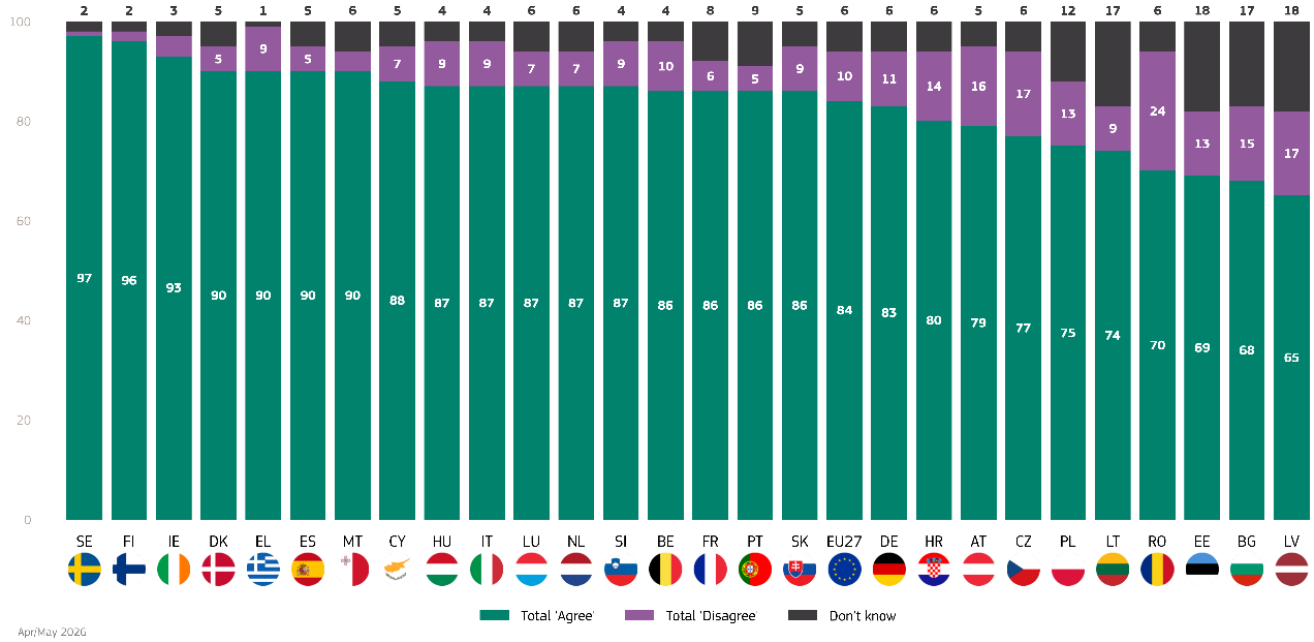
▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

[27] QB16.1 To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? – Female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example

A national analysis shows that agreement is significantly high in all Member States, ranging between 65% and 97%. The highest proportions of agreement are observed in Sweden (97%), Finland (96%) and Ireland (93%), meanwhile the lowest proportions are observed in Latvia (65%), Bulgaria (68%) and Estonia (69%). In contrast, the highest proportions of respondents disagreeing with the statement are observed in Romania (24%), Czechia and Latvia (both 17%).

QB16.1: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example (%)



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Since spring 2022, agreement has increased in most Member States, although some differences can be observed. It has remained unchanged in Belgium and Greece, while decreases are recorded in Croatia (80%, -6 pp) and Cyprus and Poland (88% and 75% respectively, both -4 pp). The largest increases in agreement are observed in Slovakia (86%, +16 pp), Austria and Estonia (79% and 69% respectively, both +11 pp), and Spain (90%, +10 pp). By contrast, disagreement has increased in seven Member States, most notably in Croatia (14%, +5 pp).

QB16.1: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example (%)

		EU27	SK	AT	EE	ES	DE	MT	FR	IT	HU	NL	SI	CZ	DK	LU	LV	PT	RO	FI	IE	BG	LT	SE	BE	EL	CY	PL	HR
Total 'Agree'	Apr/May 2026	84	86	79	69	90	83	90	86	87	87	87	87	77	90	87	65	86	70	96	93	68	74	97	86	90	88	75	80
	Δ Apr/May 2022	▲6	▲16	▲11	▲11	▲10	▲9	▲9	▲8	▲8	▲7	▲7	▲7	▲5	▲5	▲5	▲5	▲5	▲5	▲4	▲2	▲1	▲1	▲1	=	=	▼4	▼4	▼6
Total 'Disagree'	Apr/May 2026	10	9	16	13	5	11	4	6	9	9	7	9	17	5	7	17	5	24	2	4	15	9	1	10	9	7	13	14
	Δ Apr/May 2022	▼2	▼5	▼7	▼4	▼6	▼5	▼5	▼2	▼4	▼3	▼6	▼5	=	▼5	▲1	▼3	▲1	▼1	▼3	=	=	▲1	▼2	▼1	▲2	▲1	▲1	▲5
Don't know	Apr/May 2026	6	5	5	18	5	6	6	8	4	4	6	4	6	5	6	18	9	6	2	3	17	17	2	4	1	5	12	6
	Δ Apr/May 2022	▼4	▼11	▼4	▼7	▼4	▼4	▼4	▼6	▼4	▼4	▼1	▼2	▼5	=	▼6	▼2	▼6	▼4	▼1	▼2	▼1	▼2	▲1	▲1	▼2	▲3	▲3	▲1

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The **socio-demographic** analysis shows that:

- Women are slightly more likely than men to totally agree that female role models among managers, athletes, officials and coaches are inspiring more women and girls to follow their example (39% vs. 36%).
- Age differences are more visible. Respondents aged 15-24 are the most likely to totally agree (46%), followed by those aged 25-34 (45%). The proportion who totally agree then decreases with age, reaching 32% among those aged 65-74 and those aged 75 and over. Respondents aged 75 and over are also the most likely to say they don't know (14%).
- Education is associated with clearer differences. Respondents who continued education up to the age of 20 or beyond are the most likely to totally agree (43%), compared with 33% of those who left education between the ages of 16 and 19 and 29% of those who left at age 15 or earlier. The latter group is also the most likely to say they don't know (12%).
- By socio-professional category, managers are the most likely to totally agree (44%), while other white collars are the most likely to tend to agree (49%). House persons are the least likely to totally agree (32%) and the most likely to tend to disagree (11%).
- Differences by subjective urbanisation are also visible. Respondents living in large towns are the most likely to totally agree (42%), compared with 37% of those living in small or middle-sized towns and 35% of those living in rural areas or villages. Respondents in rural areas or villages are slightly more likely to say they don't know (8%).
- Views also vary according to engagement in exercise or sport. Respondents who engage almost daily are the most likely to totally agree (52%), while those who never do so are the least likely to totally agree (28%) and the most likely to tend to agree (50%) or totally disagree (3%).
- Finally, respondents who say sport plays an important role in their life are much more likely than those who say it does not to totally agree (48% vs. 26%). Conversely, those who say sport does not play an important role are more likely to tend to agree (52% vs. 42%), tend to disagree (11% vs. 5%) or say they don't know (8% vs. 4%).

QB16.1

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

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	38	46	8	2	6	84	10
Gender							
Man	36	47	8	2	7	83	10
Woman	39	46	7	2	6	85	9
Age							
15-24	46	43	6	1	4	89	7
25-34	45	41	7	2	5	86	9
35-44	37	48	9	2	4	85	11
45-54	37	47	9	2	5	84	11
55-64	36	48	8	2	6	84	10
65-74	32	50	8	2	8	82	10
75+	32	45	6	3	14	77	9
Age at end of education							
15-	29	50	6	3	12	79	9
16-19	33	49	9	2	7	82	11
20+	43	44	7	1	5	87	8
Still Studying	52	37	5	1	5	89	6
Socio-professional category							
Self-employed	37	48	8	3	4	85	11
Managers	44	44	6	1	5	88	7
Other white collars	36	49	7	2	6	85	9
Manual workers	36	48	10	2	4	84	12
House persons	32	48	11	2	7	80	13
Unemployed	37	44	9	3	7	81	12
Retired	33	48	7	2	10	81	9
Students	51	39	4	1	5	90	5
Difficulties paying bills							
Most of the time	34	44	11	3	8	78	14
From time to time	33	48	10	2	7	81	12
Almost never / Never	40	46	6	2	6	86	8
Subjective urbanisation							
Rural area or village	35	46	9	2	8	81	11
Small or middle sized town	37	48	7	2	6	85	9
Large town	42	44	7	2	5	86	9
Exercise or sport							
Almost daily	52	37	5	2	4	89	7
Several times a week	46	44	5	1	4	90	6
Seldom	35	48	11	1	5	83	12
Never	28	50	9	3	10	78	12
Sport plays an important role in your life							
Total 'Yes'	48	42	5	1	4	90	6
Total 'No'	26	52	11	3	8	78	14

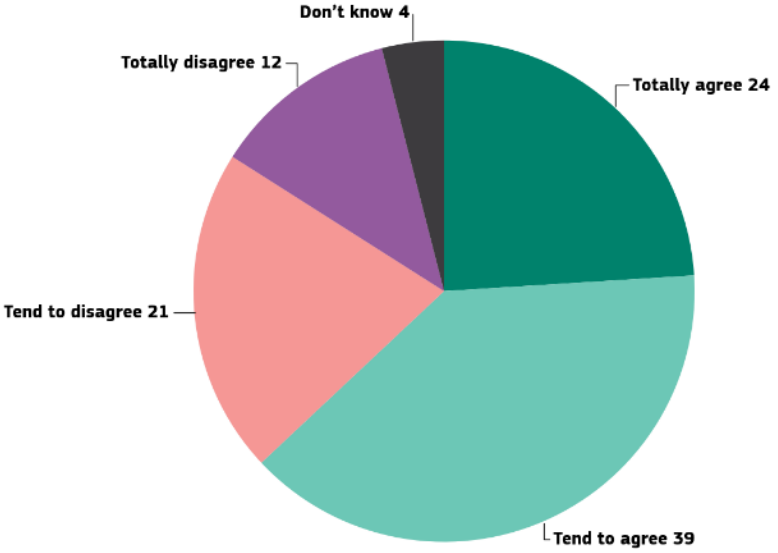
3. Female sport in the media

About six in ten Europeans like to follow female sport in the media as much as male sport.

Respondents were asked to what extent they agree or disagree that they like to follow female sport in the media (online, written, tv) as much as male sport[28].

Most Europeans agree with the statement, of which 24% (unchanged since 2022) totally agree and 39% (+6 pp) tend to agree. In contrast, 33% of the respondents disagree with the statement, of which 21% (+1 pp) tend to disagree and 12% (-4 pp) totally disagree. Meanwhile, 4% (-3 pp) of the respondents say they don't know.

QB16.2: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - You like to follow female sport in the media (online, written, tv) as much as you do for male sport (EU27) (%)



Totally agree	=
Tend to agree	▲ 6
Tend to disagree	▲ 1
Totally disagree	▼ 4
Don't know	▼ 3

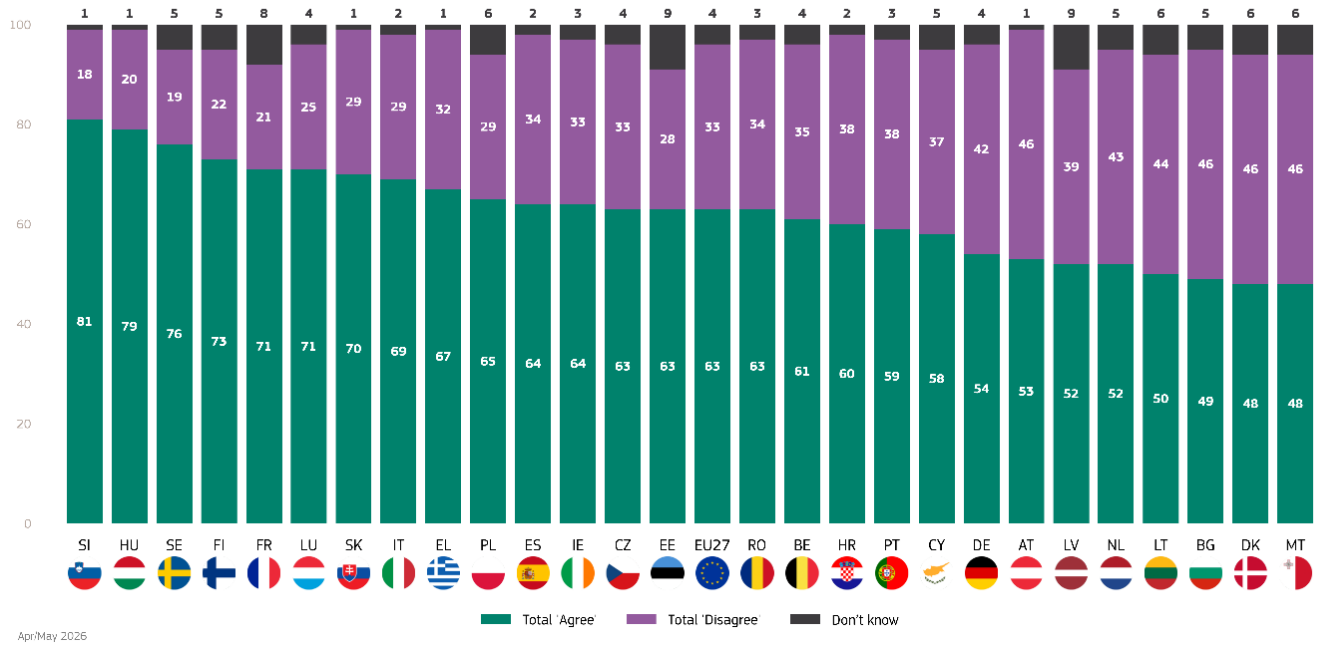
▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

[28] QB16.2: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? -You like to follow female sport in the media (online, written, tv) as much as you do for male sport (%)

A national analysis shows variations with agreement with the statement among Member States. The countries that record the highest proportions of agreement are Slovenia (81%), Hungary (79%) and Sweden (76%), while the lowest are observed in Malta, Denmark (both 48%) and Bulgaria (49%). In contrast, the highest proportions of disagreement are recorded in Malta, Denmark, Bulgaria and Austria (all 46%). Finally, the Member States with the highest proportions of respondents saying they don't know are observed in Latvia, Estonia (both 9%) and France (8%).

QB16.2: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - You like to follow female sport in the media (online, written, tv) as much as you do for male sport (%)



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Looking at the evolution since spring 2022, 13 Member States record an increase in agreement with the statement, the most relevant can be observed in Germany (54%, +14 pp), Italy (69%, +12 pp) and Austria and Slovakia (53% and 70% respectively, both +10 pp). In contrast, 14 countries record a decrease in agreement, of which for six it is equal or higher than 10 percentage points. Particularly, the Member States that record the highest decreases in agreement are Croatia (60%, -15 pp), Latvia (52%, -14 pp), Lithuania (50%, -13 pp), Malta and Poland (48% and 65% respectively, both -11 pp) and Bulgaria (49%, -10 pp).

Similarly, disagreement has increased in 15 Member States, with particularly relevant increases in Latvia (39%, +19 pp), Lithuania (44%, +18 pp), Croatia and Bulgaria (38% and 46% respectively, both +17 pp).

QB16.2: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - You like to follow female sport in the media (online, written, tv) as much as you do for male sport (%)

		EU27	DE	IT	AT	SK	FR	CZ	ES	SI	EE	FI	SE	HU	IE	DK	EL	LU	NL	PT	RO	BE	CY	BG	MT	PL	LT	LV	HR
Total 'Agree'	Apr/May 2026	63	54	69	53	70	71	63	64	81	63	73	76	79	64	48	67	71	52	59	63	61	58	49	48	65	50	52	60
	Δ Apr/May 2022	▲6	▲14	▲12	▲10	▲10	▲9	▲8	▲7	▲7	▲6	▲6	▲6	▲5	▲2	▼1	▼1	▼2	▼2	▼2	▼2	▼6	▼7	▼10	▼11	▼11	▼13	▼14	▼15
Total 'Disagree'	Apr/May 2026	33	42	29	46	29	21	33	34	18	28	22	19	20	33	46	32	25	43	38	34	35	37	46	46	29	44	39	38
	Δ Apr/May 2022	▼3	▼10	▼10	▼8	▼1	▼5	▼5	▼2	▼5	▲3	▼7	▼8	▼1	▲2	=	▲2	▲8	▲4	▲5	▲4	▲5	▲4	▲17	▲11	▲12	▲18	▲19	▲17
Don't know	Apr/May 2026	4	4	2	1	1	8	4	2	1	9	5	5	1	3	6	1	4	5	3	3	4	5	5	6	6	6	9	2
	Δ Apr/May 2022	▼3	▼4	▼2	▼2	▼9	▼4	▼3	▼5	▼2	▼9	▲1	▲2	▼4	▼4	▲1	▼1	▼6	▼2	▼3	▼2	▲1	▲3	▼7	=	▼1	▼5	▼5	▼2

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The **socio-demographic** analysis shows that:

- Women are slightly more likely than men to totally agree that they like to follow female sport in the media as much as male sport (26% vs. 22%). Men are more likely than women to tend to disagree (23% vs. 19%).
- Age differences are relatively limited. Respondents aged 15-24, 25-34 and those aged 75 and over are the most likely to totally agree (26% in each group). Respondents aged 35-44 and 55-64 are the most likely to tend to agree (42% in both groups), while those aged 15-24 are the most likely to tend to disagree (25%).
- Education is associated with clearer differences. Respondents who continued education up to the age of 20 or beyond are the most likely to totally agree (28%), compared with 22% of those who left education between the ages of 16 and 19 and 19% of those who left at age 15 or earlier. The latter are also the most likely to totally disagree (17%).
- By socio-professional category, managers are the most likely to totally agree (27%), while other white collars are the most likely to tend to agree (46%). House persons and unemployed respondents are the least likely to agree overall and are also the most likely to disagree (42% in both groups).
- By financial situation, respondents who have difficulties in paying the bills from time to time and almost never or never are more likely to tend to agree (both 40%) in comparison to those who have difficulties most of the time (30%), who are also more likely to tend to disagree (25%) and totally disagree (18%).
- Some differences by subjective urbanisation are also visible. Respondents living in large towns are the most likely to totally agree (26%), while those living in rural areas or villages are the most likely to totally disagree (15%).
- Views also vary according to engagement in exercise or sport. Respondents who engage almost daily are the most likely to totally agree (38%), while those who never do so are the least likely to totally agree (18%) and the most likely to totally disagree (15%).
- Finally, respondents who say sport plays an important role in their life are much more likely than those who say it does not to totally agree (32% vs. 15%). Conversely, those who say sport does not play an important role are more likely to tend to disagree (26% vs. 17%) or totally disagree (16% vs. 8%).

QB16.2

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

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	24	39	21	12	4	63	33
Gender							
Man	22	39	23	12	4	61	35
Woman	26	39	19	11	5	65	30
Age							
15-24	26	34	25	12	3	60	37
25-34	26	38	20	12	4	64	32
35-44	23	42	21	10	4	65	31
45-54	25	39	21	12	3	64	33
55-64	23	42	20	11	4	65	31
65-74	23	40	22	11	4	63	33
75+	26	35	18	14	7	61	32
Age at end of education							
15-	19	36	23	17	5	55	40
16-19	22	40	22	12	4	62	34
20+	28	39	19	10	4	67	29
Still Studying	28	35	23	10	4	63	33
Socio-professional category							
Self-employed	24	39	22	11	4	63	33
Managers	27	41	19	10	3	68	29
Other white collars	23	46	18	10	3	69	28
Manual workers	22	40	22	12	4	62	34
House persons	16	39	26	16	3	55	42
Unemployed	23	31	25	17	4	54	42
Retired	25	37	20	12	6	62	32
Students	28	34	25	10	3	62	35
Difficulties paying bills							
Most of the time	22	30	25	18	5	52	43
From time to time	22	40	23	12	3	62	35
Almost never / Never	25	40	20	11	4	65	31
Subjective urbanisation							
Rural area or village	23	37	21	15	4	60	36
Small or middle sized town	24	40	22	10	4	64	32
Large town	26	40	20	11	3	66	31
Exercise or sport							
Almost daily	38	33	16	10	3	71	26
Several times a week	28	40	20	9	3	68	29
Seldom	23	41	22	10	4	64	32
Never	18	39	23	15	5	57	38
Sport plays an important role in your life							
Total 'Yes'	32	41	17	8	2	73	25
Total 'No'	15	37	26	16	6	52	42

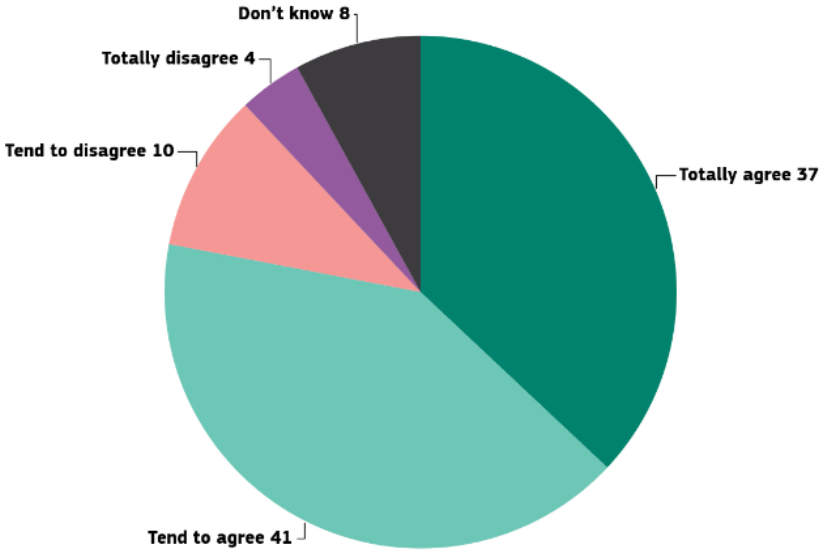
4. Attention given to gender-based violence

Nearly eight in ten Europeans agree that gender-based violence in sport deserves more attention.

Europeans were asked to what extent they agree that gender-based violence in sport deserves more attention[29].

Most of the respondents agree with the statement (78%), of which 41% (+5 pp) tend to agree and 37% (-2 pp) totally agree. In contrast, 10% (+1 pp) of the respondents tend to disagree with the statement and 4% (-1 pp) totally disagree. Finally, 8% (-3 pp) say they don't know.

QB16.3: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Gender-based violence in sport deserves more attention (EU27) (%)



Totally agree	▼ 2
Tend to agree	▲ 5
Tend to disagree	▲ 1
Totally disagree	▼ 1
Don't know	▼ 3

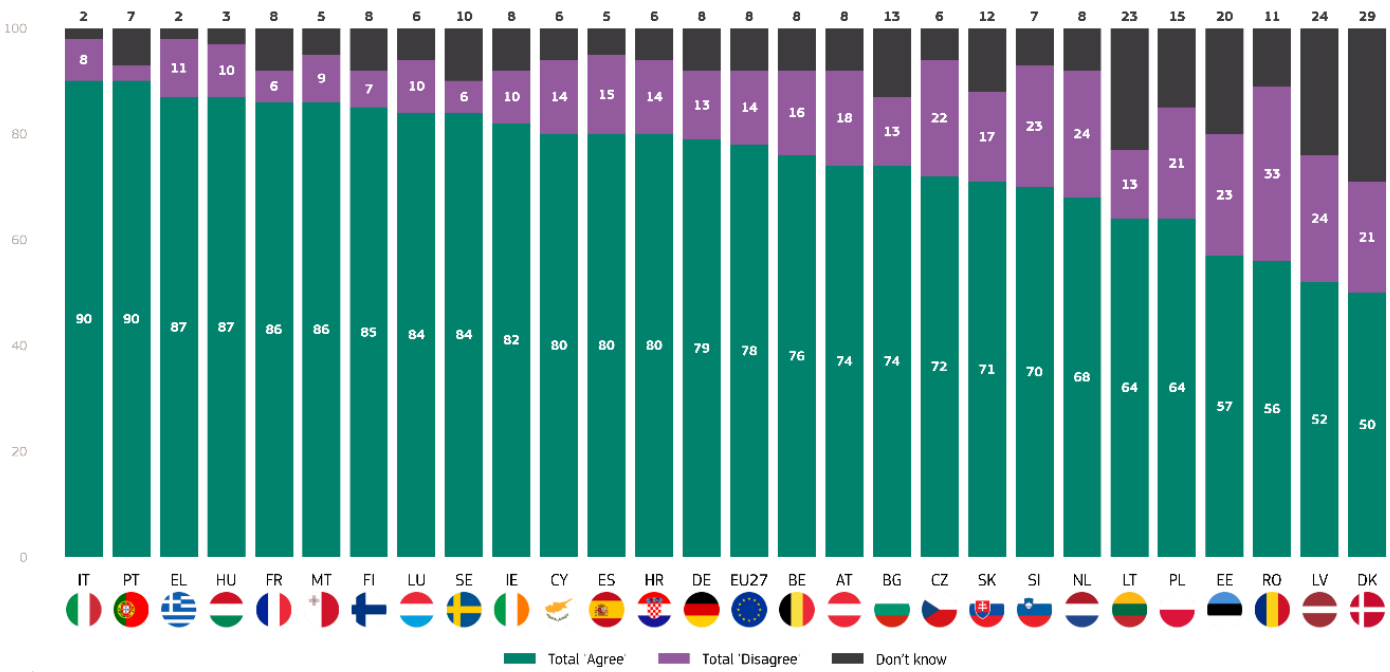
▲▼ (Apr/May 2026 - Apr/May 2022)

Apr/May 2026

[29] QB16.3: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? – Gender-based violence in sport deserves more attention

A national analysis shows that for all Member States half or more of the respondents agree with the statement. The highest proportions of total agreement are observed in Italy and Portugal (both 90%) and Greece and Hungary (both 87%). Meanwhile the lowest proportions are recorded in Denmark (50%), Latvia (52%) and Romania (56%). In contrast, the highest proportions of total disagreement are observed in Romania (33%), Latvia and the Netherlands (both 24%) and Estonia and Slovenia (both 23%). Some countries also record high proportions of respondents saying that they don't know, particularly Denmark (29%), Latvia (24%) and Lithuania (23%).

QB16.3: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Gender-based violence in sport deserves more attention (%)



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Looking now at the evolution since spring 2022, agreement has increased in 17 Member States. The highest increases are observed in Slovakia (71%, +19 pp), Czechia (72%, +17 pp) and Estonia (57%, +14 pp). Meanwhile, the highest decreases in agreement are recorded in Cyprus (80%, -11 pp), Denmark (50%, -8 pp) and Poland (64%, -6 pp). In contrast, increases in disagreement seem to be more modest.

Increases in disagreement are observed in seven Member States, with the highest recorded in Cyprus (14%, +8 pp), Ireland (10%, +5 pp) and Poland and Luxembourg (21% and 10% respectively, both +4 pp).

QB16.3: To what extent do you agree or disagree with the following statements about gender equality in sport and physical activity? - Gender-based violence in sport deserves more attention (%)

		EU27	SK	CZ	EE	BG	FR	LT	MT	AT	DE	LV	SI	HU	IT	EL	NL	PT	LU	FI	ES	SE	HR	RO	IE	BE	PL	DK	CY
Total 'Agree'	Apr/May 2026	78	71	72	57	74	86	64	86	74	79	52	70	87	90	87	68	90	84	85	80	84	80	56	82	76	64	50	80
	Δ Apr/May 2022	▲3	▲19	▲17	▲14	▲13	▲13	▲9	▲8	▲7	▲7	▲7	▲7	▲6	▲5	▲3	▲2	▲2	▲1	=	▼1	▼1	▼2	▼2	▼4	▼5	▼6	▼8	▼11
Total 'Disagree'	Apr/May 2026	14	17	22	23	13	6	13	9	18	13	24	23	10	8	11	24	3	10	7	15	6	14	33	10	16	21	21	14
	Δ Apr/May 2022	=	▼6	▼10	▼4	▼4	▼4	▼6	=	▼5	▼2	▼3	▼5	▼2	▼2	▼2	▼2	=	▲4	▼3	▲3	▼5	▲2	▲2	▲5	=	▲4	▼5	▲8
Don't know	Apr/May 2026	8	12	6	20	13	8	23	5	8	8	24	7	3	2	2	8	7	6	8	5	10	6	11	8	8	15	29	6
	Δ Apr/May 2022	▼3	▼13	▼7	▼10	▼9	▼9	▼3	▼8	▼2	▼5	▼4	▼2	▼4	▼3	▼1	=	▼2	▼5	▲3	▼2	▲6	=	=	▼1	▲5	▲2	▲13	▲3

Apr/May 2026

The **socio-demographic** analysis shows that:

- Women are more likely than men to totally agree that gender-based violence in sport deserves more attention (40% vs. 35%). They are also more likely to agree overall (81% vs. 77%), while men are slightly more likely to disagree (15% vs. 11%).
- Agreement is highest among younger respondents. Those aged 15-24 are the most likely to totally agree (43%) and to agree overall (83%). The proportion who totally agree then decreases with age, reaching 34% among those aged 75 and over, who are also the most likely to say they don't know (16%).
- Differences by education are relatively limited in terms of overall agreement, which stands at 78% among respondents who left education at age 15 or earlier, those who left between 16 and 19, and those who continued education up to the age of 20 or beyond. However, respondents who continued education until age 20 or beyond are slightly more likely to totally agree (39%, compared with 35% in the other two groups).
- By socio-professional category, managers and other white collars are the most likely to agree overall (both 81%). Self-employed respondents are the least likely to agree overall (75%) and the most likely to disagree (18%).
- Agreement only slightly varies by financial situation. Respondents who almost never or never have difficulties paying the bills are the most likely to totally agree (38%) and to agree overall (79%), while those who have difficulties most of the time are the most likely to disagree overall (17%).
- Differences by subjective urbanisation are more marked. Respondents living in small or middle-sized towns and in large towns are more likely than those living in rural areas or villages to agree that gender-based violence in sport deserves more attention (82% vs. 73%). Respondents in rural areas or villages are also more likely to disagree (18%, compared with 11% in towns).
- Views also vary by frequency of exercise or sport. Respondents who engage in such activity almost daily are the most likely to totally agree (46%), while those who do so several times a week are the most likely to agree overall (84%). By contrast, respondents who never engage in exercise, sport or physical activity are the least likely to totally agree (29%) and the most likely to tend to agree (46%).
- Finally, respondents who say sport plays an important role in their life are more likely than those who say it does not to totally agree (44% vs. 29%) and to agree overall (83% vs. 73%). Conversely, those who say sport does not play an important role are more likely to disagree (17% vs. 11%) or to say they don't know (10% vs. 6%).

QB16.3

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

Gender-based violence in sport deserves more attention

(% - EU)

	Totally agree	Tend to agree	Tend to disagree	Totally disagree	Don't know	Total 'Agree'	Total 'Disagree'
EU27	37	41	10	4	8	78	14
Gender							
Man	35	42	11	4	8	77	15
Woman	40	41	8	3	8	81	11
Age							
15-24	43	40	10	2	5	83	12
25-34	40	41	9	3	7	81	12
35-44	36	43	11	4	6	79	15
45-54	37	41	11	4	7	78	15
55-64	37	41	11	4	7	78	15
65-74	35	44	8	4	9	79	12
75+	34	40	7	3	16	74	10
Age at end of education							
15-	35	43	9	3	10	78	12
16-19	35	43	10	4	8	78	14
20+	39	39	10	4	8	78	14
Still Studying	46	39	8	2	5	85	10
Socio-professional category							
Self-employed	36	39	14	4	7	75	18
Managers	39	42	9	3	7	81	12
Other white collars	35	46	10	3	6	81	13
Manual workers	36	42	11	5	6	78	16
House persons	36	42	12	3	7	78	15
Unemployed	40	36	12	4	8	76	16
Retired	36	41	8	4	11	77	12
Students	47	38	8	2	5	85	10
Difficulties paying bills							
Most of the time	35	40	11	6	8	75	17
From time to time	35	42	12	4	7	77	16
Almost never / Never	38	41	9	4	8	79	13
Subjective urbanisation							
Rural area or village	34	39	13	5	9	73	18
Small or middle sized town	39	43	8	3	7	82	11
Large town	39	43	8	3	7	82	11
Exercise or sport							
Almost daily	46	34	9	5	6	80	14
Several times a week	44	40	8	3	5	84	11
Seldom	37	39	12	3	9	76	15
Never	29	46	10	5	10	75	15
Sport plays an important role in your life							
Total 'Yes'	44	39	8	3	6	83	11
Total 'No'	29	44	12	5	10	73	17

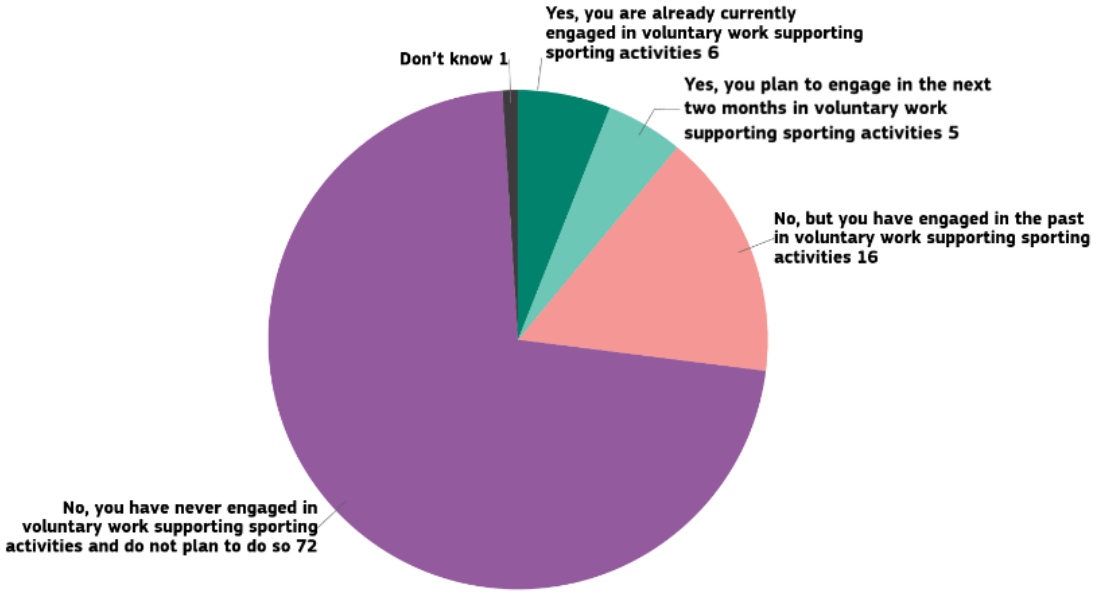
VII. Volunteering in sport

1. Citizens' engagement in sport

Over one in ten Europeans is engaged or plans to engage in voluntary work that supports sporting activities in the following two months.

Europeans were asked whether they currently engage, or plan to engage in the following two months, in voluntary work that supports sporting activities[30]. About seven in ten respondents (72%, -2 pp) have never engaged in voluntary work supporting sporting activities and do not plan to do so. Additionally, 16% (+1 pp) say that they are not engaged and are not planning to engage in the next two months, but that they have engaged in voluntary work before. Smaller proportions of respondents say that they plan to engage in the next two months (5%, +1 pp) and that they are currently engaged (6%, unchanged). Only 1% (unchanged) say that they don't know.

QB17: Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities? (EU27) (%)



Yes, you are already currently engaged in voluntary work supporting sporting activities	=
Yes, you plan to engage in the next two months in voluntary work supporting sporting activities	▲ 1
No, but you have engaged in the past in voluntary work supporting sporting activities	▲ 1
No, you have never engaged in voluntary work supporting sporting activities and do not plan to do so	▼ 2
Don't know	=

▲▼ (Apr/May 2026 - Apr/May 2022)

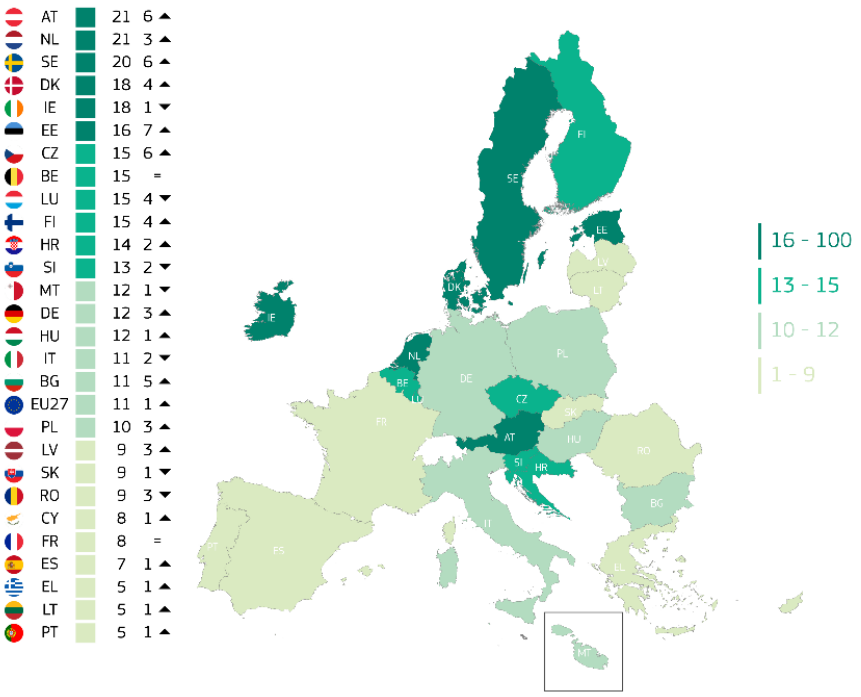
Apr/May 2026

[30] QB17: Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities?

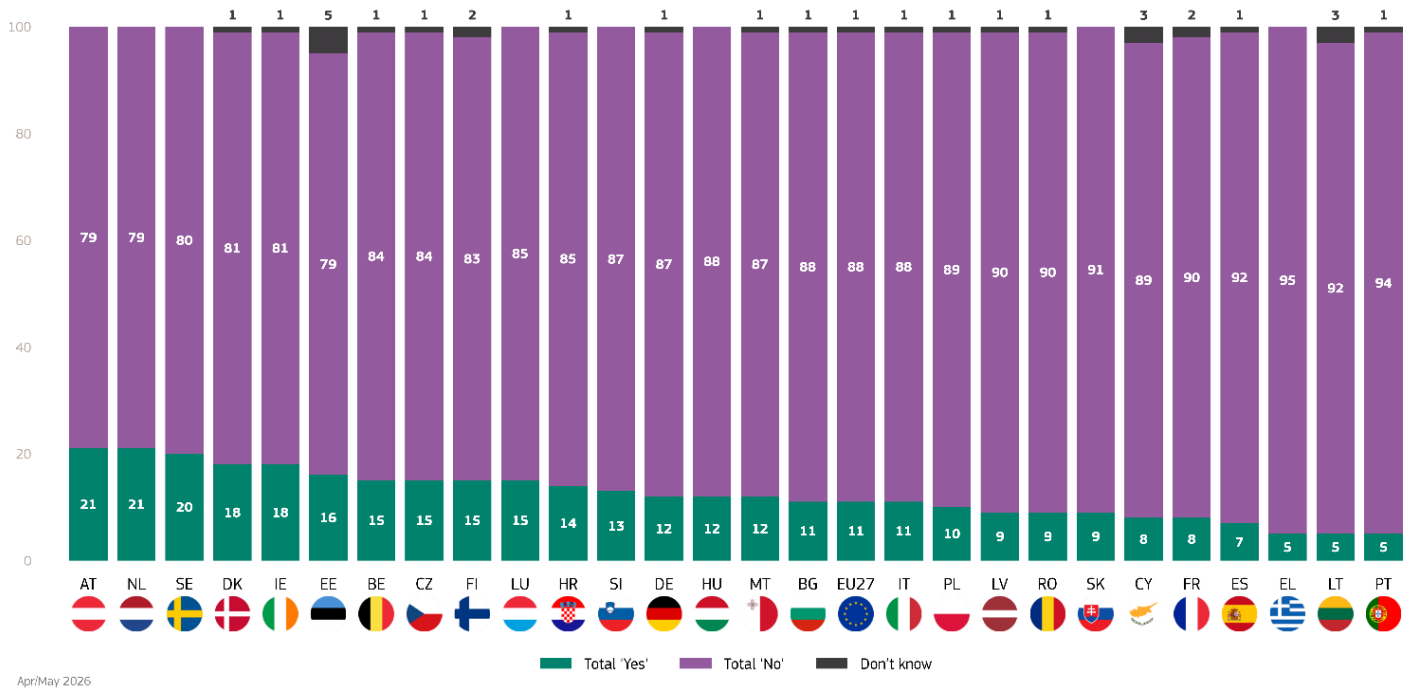
A national analysis shows that the total respondents who say that they are currently engaged or that they plan to engage in the next two months is less than a quarter in all Member States. The highest proportions are recorded in Austria (21%, +6 pp), the Netherlands (21%, +3 pp) and Sweden (20%, +6 pp). The lowest are observed in Portugal, Lithuania and Greece (all 5%, +1 pp).

A more detailed national analysis shows that the highest proportions of respondents who say that they don't plan to engage in voluntary work that supports sporting activities are observed in Greece (95%), Portugal (94%) and Lithuania and Spain (both 92%). Finally, the highest proportions of respondents saying that they don't know is found in Estonia (5%), Cyprus and Lithuania (both 3%).

QB17: Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities? - Total 'Yes' (EU27) (%)



QB17: Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities? (%)



The **socio-demographic** analysis shows the following:

- Men are more likely than women to say that they engage in voluntary work or that they plan to do so in the following two months (13% vs. 9%). Particularly, they are more likely to say that they are already engaged in voluntary work than women (8% vs. 5%).
- There seem to be some differences based on age. Engagement in voluntary work decreases with age, particularly respondents of age 15-24 are the most likely to say that they are engaged in voluntary work to support sport activities (15%), in comparison to those aged 75 or over (6%).
- Education seems to also be linked with engaging in voluntary work. Respondents who have completed their education up to the age of 20 or beyond are more likely to say that they engage in voluntary work or that they plan to do so in the following two months than those who have completed it at age 15 or under (13% vs. 6%). Particularly, respondents who have completed their education at age 20 or beyond are more likely to say that they are currently engaged in voluntary work than those who have completed it at 15 or below (8% vs. 3%).
- Differences by socio-professional category seem to be more marked in respondents who say that they are currently engaged in voluntary work or that they plan to do so in the following months. Retired, unemployed and house persons are the least likely to be engaged in voluntary work or plan to do so (all 6%) in comparison to self-employed and managers who are the most likely to say that they are engaged or plan to do so (15%).
- There are only slight differences based on financial situation. Respondents who have difficulties in paying the bills most of the time are the least likely to say that they are engaged in voluntary work and that they plan to do so (7%) in comparison with those who have difficulties from time to time or almost never have difficulties (both 11%).
- There are only very few differences by type of area, as who live in a small or middle sized town are the most likely to say that they have engaged in the past in voluntary work but are not currently doing so (17%) and the least likely to say that they have never engaged (71%). While the differences between the respondents who are currently engaged or plan to do so by area type are very limited.
- Respondents who exercise or play sport almost daily are the most likely to be engaged in voluntary work or plan to do so in the following months (19%) compared with those who never exercise (4%). Particularly, only 1% of those who never exercise or do sport say that they that they are currently engaged, in comparison to those who do so daily (12%).
- Significant differences are found based on the importance given to sport. Respondents for whom sport does not play an important role are less likely to say that they are currently engaged in voluntary work or that they plan to do so (4%) compared with those for whom sport plays an important role (17%). Particularly, those for whom sport plays an important role are 5 times more likely to say that they are currently engaged (10%) than those for which it doesn't (2%).

QB17 Do you currently engage, or plan to engage in the next two months, in voluntary work that supports sporting activities? (% - EU)

	Yes, you are already currently engaged in voluntary work supporting sporting activities	Yes, you plan to engage in the next two months in voluntary work supporting sporting activities	No, but you have engaged in the past in voluntary work supporting sporting activities	No, you have never engaged in voluntary work supporting sporting activities and do not plan to do so	Don't know	Total 'Yes'	Total 'No'
EU27	6	5	16	72	1	11	88
Gender							
Man	8	5	17	69	1	13	86
Woman	5	4	14	76	1	9	90
Age							
15-24	8	7	15	69	1	15	84
25-34	7	6	16	70	1	13	86
35-44	9	5	14	71	1	14	85
45-54	8	5	16	70	1	13	86
55-64	4	4	17	74	1	8	91
65-74	4	3	16	77	0	7	93
75+	3	3	16	76	2	6	92
Age at end of education							
15-	3	3	10	83	1	6	93
16-19	5	5	15	74	1	10	89
20+	8	5	18	68	1	13	86
Still Studying	8	5	16	70	1	13	86
Socio-professional category							
Self-employed	9	6	18	66	1	15	84
Managers	9	6	20	64	1	15	84
Other white collars	7	6	16	70	1	13	86
Manual workers	6	5	13	75	1	11	88
House persons	3	3	13	80	1	6	93
Unemployed	4	2	16	77	1	6	93
Retired	4	2	16	77	1	6	93
Students	9	7	16	67	1	16	83
Difficulties paying bills							
Most of the time	4	3	14	78	1	7	92
From time to time	5	6	15	73	1	11	88
Almost never / Never	7	4	16	72	1	11	88
Subjective urbanisation							
Rural area or village	7	4	15	73	1	11	88
Small or middle sized town	6	5	17	71	1	11	88
Large town	6	5	15	73	1	11	88
Exercise or sport							
Almost daily	12	7	19	61	1	19	80
Several times a week	11	6	20	62	1	17	82
Seldom	5	5	19	70	1	10	89
Never	1	3	9	86	1	4	95
Sport plays an important role in your life							
Total 'Yes'	10	7	20	62	1	17	82
Total 'No'	2	2	10	85	1	4	95

Conclusion

The findings of the 2026 survey show that **Europeans' engagement in exercise and sport has increased since spring 2022**, as nearly half of Europeans say they exercise or play sport at least several times a week. The proportion has increased overall by nine percentage points and has generally increased in 24 Member States. While inactivity has been decreasing overall since 2022, in some countries the proportions are still high, with over 50% of respondents in five Member States (Portugal, Romania, Greece, Poland and Bulgaria). saying that they never exercise or play sport.

More positive results are found for Europeans who engage in physical activity for non-sport-related reasons, as more than seven in ten do so at least several times a week, with an increase of 21 percentage points and a rise of at least ten percentage points among respondents who participate almost daily in all Member States. The most relevant increases are found in Spain, Greece and Ireland. However, in Portugal just over half of the respondents still never engage in physical activity for other reasons. Nevertheless, there does not seem to be a positive change in sedentary behaviour, as the proportion of respondents saying that they sit for more than five hours and 30 minutes has increased since 2022 (+4 pp).

Consistently with the survey from 2022, **the most popular setting to engage in sport or another physical activity is in a park or outdoors**, but the second most popular setting has changed from engaging at home to doing so on the way between home and school, work or shops, and overall engaging in fitness or sport facilities or clubs is also quite popular, which might be a consequence of the pandemic restrictions becoming more relaxed.

The most popular reason for which Europeans engage in exercise, sport or physical activity is to improve or maintain their physical health, followed by to relax. There is some variability between Member States, as other reasons ranked first in some include to improve physical performance and to travel from one place to another. Meanwhile, lack of time followed by lack of motivation and interest are the most popular barriers preventing Europeans from practising sports and other physical activity more regularly.

Europeans also seem to value the impact and importance of sport, as more than half of them say that sport plays an important role in their lives, either as participants, supporters or viewers. At least eight in ten Europeans also widely recognise the positive impact that sport and physical activity have on mental health, community and on improving the wellbeing of marginalised groups.

Over seven in ten Europeans seem to find the opportunities for sport and physical activity offered by their local area and local sport clubs and other local providers to be mostly adequate. However they seem to be more divided on whether their local authority is doing enough in relation to physical activities, as just under half believe that it is not doing enough. Moreover, walkability and cyclability are considered to be adequate by at least seven in ten Europeans, while wheelchair mobility is considered to be adequate by just over half of the respondents.

Europeans do not seem to be particularly aware of the environmental impact of sport and physical activity, as overall just under half declare that they pay attention to it. Yet Cyprus stands out here, as more than seven in ten respondents say they pay attention to the environmental impact, 27 percentage points more than the EU average, showing more awareness than the other Member States. Moreover, while working towards reducing waste or improving waste management is the most popular action implemented by local authorities, sport organisations and clubs and facilities, many Europeans do not know of any action being taken. Close to four in ten respondents belonging to a sport club say that their sport club is working towards reducing waste or improving waste management (38%), representing a 14-percentage points increase since spring 2022.

About half of Europeans (45%) who practise sport or physical activity for non-sport-related reasons say that their club is actively putting in place measures to support gender equality. More positive results are found within respondents who are members of a club, as 65% say that measures are being put in place with a significant increase of 11 percentage points since spring 2022. Moreover, **more than eight in ten Europeans think that female role models in sport are inspiring more women to join them and around eight in ten believe that gender-based violence in sport deserves more attention**. Around six in ten like to follow female sport in the media as much as male sport.

Over one in ten Europeans (11%) are engaged in voluntary work or plan to do so in the following two months, while 16% have engaged in the past but do not anymore. Finally, over seven in ten Europeans (72%) have never engaged in voluntary work to support sporting activities and they do not plan to do so in the following two months.

There are some differences across socio-demographic groups regarding sport participation and engagement. Younger respondents, those with higher levels of education and individuals facing fewer financial difficulties consistently report higher levels of sport participation and

engagement. Managers are among the most active groups, while older respondents, house persons and retired people tend to participate less frequently. Gender differences are generally modest, with men somewhat more likely to engage regularly in sport and physical activity. The importance given to sport and the frequency of engagement also seem to be determinants of motivators, perception of impact and involvement.

Taken together, these findings suggest that sport and physical activity play an increasingly important role in the lives of Europeans as they are substantially more active than in 2022. There also appears to be growing momentum and action to support gender equality in sport. Strengthening participation, promoting inclusive environments and addressing practical barriers to engagement remain key challenges for fostering healthier and more active societies across the European Union.

Technical specifications

Between 9 April and 4 May 2026, Verian Belgium carried out Wave 105.3 of the Eurobarometer survey, on request of the European Commission, Directorate-General for Communication, "Public Opinion & Citizen Engagement" Unit.

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

Interviews were conducted through face-to-face interviews, either physically in respondents' homes or through remote video interaction in the appropriate national language. Interviews with remote video interaction, also referred to as "online face-to-face" or CAVI — Computer Assisted Video Interviewing — were conducted only in the Republic of Cyprus, Denmark, Malta, the Netherlands, Finland and Sweden.

The basic sample design applied in all countries was a stratified multi-stage, random probability sample. In each country, the sample frame was first stratified by NUTS regions and, within each region, by a measure of urbanity (DEGURBA). The number of sample points selected in each stratum reflected the population aged 15 and over in that stratum. At the second stage, sampling points were drawn with probability proportional to their population size. The samples therefore represent the whole territory of the countries surveyed, according to the EUROSTAT NUTS II classification, or equivalent, and according to the distribution of the resident population in terms of metropolitan, urban and rural areas.

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, including EU averages, Verian applied the official population figures provided by EUROSTAT or national statistics offices.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, depends on the sample size and on the observed percentage. The technical report presents the statistical margins due to the sampling process at the 95% level of confidence.

A specific note applies to the Netherlands, Sweden and partially Finland: in these countries, pre-recruitment was organised centrally. Within each randomly selected sampling point, a sample of households was drawn randomly from the sample frame. Respondents were then recruited by phone, and lists of pre-recruited respondents were delivered to the interviewers, who contacted respondents to arrange the interview.

The table below presents, for each country, the institute responsible for the fieldwork, the number of interviews conducted, the fieldwork period and the population aged 15 and over. The technical report also provides specific fieldwork information, including the number of sampling points, starting points, addresses, individuals contacted, visits, refusals, ineligible addresses, response rates, interviewers and interview length by country.

COUNTRIES		INSTITUTES	N°INTERVIEWS	FIELDWORK START	FIELDWORK END	POPULATION 15+
BE	Belgium	MCM Belgium	1021	09-04-2026	27-04-2026	9,892,796
BG	Bulgaria	Kantar TNS BBSS	1014	14-04-2026	03-05-2026	5,534,456
CZ	Czechia	STEM/MARK	1049	09-04-2026	23-04-2026	9,172,797
DK	Denmark	Mantle Denmark (Verian)	1007	09-04-2026	04-05-2026	5,022,981
DE	Germany	Mantle Germany (Verian)	1507	09-04-2026	28-04-2026	71 818 299
EE	Estonia	B&B Research OÜ	1006	09-04-2026	28-04-2026	1,154,359
IE	Ireland	B and A Research	1010	09-04-2026	29-04-2026	4,338,938
EL	Greece	Kantar Greece	1007	14-04-2026	04-05-2026	9,041,201
ES	Spain	Mantle Spain (Verian)	1006	09-04-2026	29-04-2026	42,189,318
FR	France	MCM France	1016	09-04-2026	28-04-2026	56,855,864
HR	Croatia	Hendal	1007	10-04-2026	29-04-2026	3,319,752
IT	Italy	Testpoint Italia	1029	06-04-2026	27-04-2026	51,784,963
CY	Rep. Of Cyprus	CYMAR Market Research	504	14-04-2026	03-05-2026	818,909
LV	Latvia	Kantar TNS Latvia	1005	09-04-2026	29-04-2026	1,579,066
LT	Lithuania	Norstat LT	1017	09-04-2026	28-04-2026	2,467,008
LU	Luxembourg	ILRES	508	09-04-2026	27-04-2026	566,303
HU	Hungary	Kantar Hoffmann	1020	15-04-2026	28-04-2026	8,199,448
MT	Malta	MISCO International	505	09-04-2026	03-05-2026	493,961
NL	Netherlands	MCM Netherlands	1023	09-04-2026	27-04-2026	15,228,902
AT	Austria	Das Österreichische Gallup Ins.	1003	09-04-2026	28-04-2026	7,842,929
PL	Poland	Research Collective	1020	10-04-2026	27-04-2026	31,082,980
PT	Portugal	Intercampus SA	1031	09-04-2026	29-04-2026	9,275,958
RO	Romania	CSOP SRL	1045	09-04-2026	28-04-2026	16,034,437
SI	Slovenia	Mediana DOO	1007	09-04-2026	26-04-2026	1,811,104
SK	Slovakia	MNFORCE	1001	09-04-2026	24-04-2026	4,557,290
FI	Finland	Taloustutkimus Oy	1016	09-04-2026	29-04-2026	4,771,619
SE	Sweden	Mantle Sweden (Verian)	1037	08-04-2026	29-04-2026	8,748,126

Interviewing mode per country

Interviews were conducted through face-to-face interviews, either physically in people's homes or through remote video interaction in the appropriate national language. Interviews with remote video interaction ("online face-to-face" or CAVI, Computer Assisted Video Interviewing, were conducted only in Czechia, Denmark, Malta, Netherlands, Finland and Sweden).

Response rates

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

The response rates are calculated by dividing the total number of complete interviews with the number of all the addresses visited, apart from ones that are not eligible but including those where eligibility is unknown. For wave 105.1 of the EUROBAROMETER survey, the response rates for the EU27 countries, calculated by Verian Belgium, are:

	BE	BG	CZ	DK	DE	EE	IE	EL	ES	FR	HR	IT	CY	LV
Number of sampling points	264	257	261	158	239	249	254	254	259	260	216	256	119	203
Number of starting points	264	257	261	158	239	249	254	254	259	260	216	256	119	203
Number of addresses	1920	2675	1811	1832	4756	1876	1781	2781	3017	2744	2132	3613	625	1675
Number of individuals contacted	1521	2078	1426	1161	3510	1455	1403	1749	2183	1819	1882	2773	454	1220
1st visit	1603	2571	1665	1484	4333	1646	1681	2598	2523	2502	1960	3540	558	1584
2nd visit	237	45	95	243	255	150	59	63	294	172	109	47	14	29
3rd visit	63	11	15	59	69	33	18	16	84	37	21	2	6	5
4th visit	18	12	8	40	77	13	11	12	57	30	26	7	18	11
Number of interviews stopped under way	1	0	0	1	2	1	3	0	1	0	0	0	0	6
Number of net interviews	1021	1014	1049	1007	1507	1006	1010	1007	1006	1016	1007	1029	504	1005
Number of refusals	433	1051	328	414	1962	440	342	736	1107	751	845	1639	27	187
Number of ineligible addresses	184	314	86	41	132	290	70	123	281	111	103	372	1	145
Response rate (%)	58.8%	42.9%	60.8%	56.2%	32.6%	63.4%	59.0%	37.9%	36.8%	38.6%	49.6%	31.7%	80.8%	65.7%
Number of interviewers	44	99	97	29	110	36	49	31	42	60	76	83	15	32
Average interview length (in minutes)	31	41	30	38	33	34	24	32	29	32	30	36	31	25
Shortest interview (in minutes)	11	13	13	13	7	11	6	18	7	11	10	8	10	8
Longest interview (in minutes)	65	80	64	81	71	70	51	63	64	67	65	78	65	53

* Note on response rates: The response rates for Eurobarometer is calculated by the following formula and is taken from AAPOR Standard Definitions (formula RR1): RR = Number of net interviews / Number of addresses visited at least once – Number of ineligible addresses

	LT	LU	HU	MT	NL*	AT	PL	PT	RO	SI	SK	FI*	SE*
Number of sampling points	250	104	258	86	248	202	258	262	263	255	230	262	252
Number of starting points	250	104	258	86	248	202	258	262	263	255	230	262	252
Number of addresses	2830	1680	1787	618	1085	2210	2147	2359	2381	1984	2009	4924	1263
Number of individuals contacted	1483	772	1598	394	1075	1523	1783	1669	1616	1564	1625	3266	1211
1st visit	2588	1005	1713	563	651	1864	2079	2196	2255	1858	1943	4364	179
2nd visit	144	390	40	31	330	204	28	113	46	90	28	516	747
3rd visit	28	140	8	9	65	92	11	13	8	13	7	91	197
4th visit	22	138	13	3	42	9	9	11	16	6	11	25	141
Number of interviews stopped under way	2	2	0	0	0	0	0	0	3	2	0	4	1
Number of net interviews	1017	508	1020	505	1023	1003	1020	1031	1045	1007	1001	1016	1037
Number of refusals	448	204	560	28	22	509	755	626	547	519	566	1958	126
Number of ineligible addresses	511	7	101	4	3	53	116	165	193	100	128	304	13
Response rate (%)	43.9%	30.4%	60.5%	82.2%	94.5%	46.5%	50.2%	47.0%	47.8%	53.5%	53.2%	22.0%	83.0%
Number of interviewers	34	15	81	12	117	42	77	30	54	34	51	44	72
Average interview length (in minutes)	29	33	33	32	37	31	29	27	26	27	26	38	48
Shortest interview (in minutes)	8	14	14	7	15	9	12	9	13	12	13	14	19
Longest interview (in minutes)	59	69	66	69	78	65	62	58	50	58	54	81	114

*In NL, SE and partially FI, pre-recruitment is organised centrally. Within each randomly selected sampling point a sample of households is drawn randomly from the sample frame. The respondents are then recruited over the phone (from the CATI-centre). Lists of pre-recruited respondents are then delivered to the interviewers. The interviewers then get in touch with the respondents to set up a time for the interview.

Note on response rates: The response rates for Eurobarometer is calculated by the following formula and is taken from AAPOR Standard Definitions (formula RR1): RR = Number of net interviews / Number of addresses visited at least once – Number of ineligible addresses

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