



POMNI Factsheet

Antrim and Newtonabbey Borough Council

Introduction

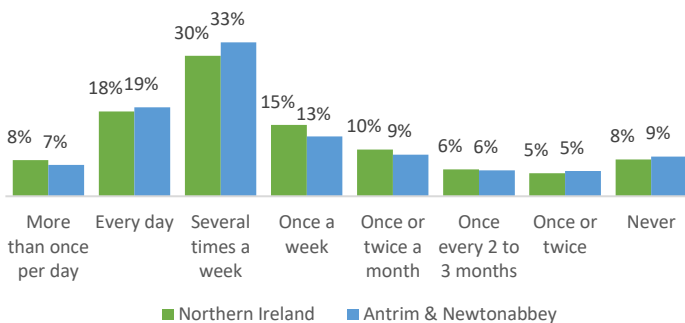
This factsheet provides the key results from research undertaken in the Antrim and Newtonabbey Borough Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=938) results for the Antrim and Newtonabbey area are accurate to around +/-3 at the 95% levels of confidence.

Summary of key findings

On average residents of Antrim and Newtonabbey take outdoor recreation visits at a similar frequency to the Northern Ireland population average. The highest proportions of visits involve time spent in urban parks, on cycleway or bridleways, in woodland and in country parks. Around a third (34%) of visits involve short walk of less than 2 miles while 21% are dog walks. While exercise is the most common visit motivation for residents of this area, a wide range of benefits are obtained from participation including feeling calm and relaxed (56%). Compared to the Northern Ireland average visits taken involve a higher level of expenditure.

Time spent taking part in outdoor recreation

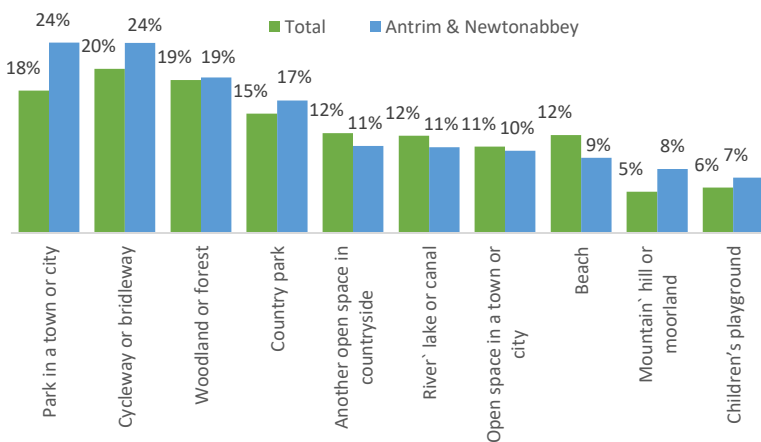
Normal frequency of visits to outdoors for recreation in last 12 months:



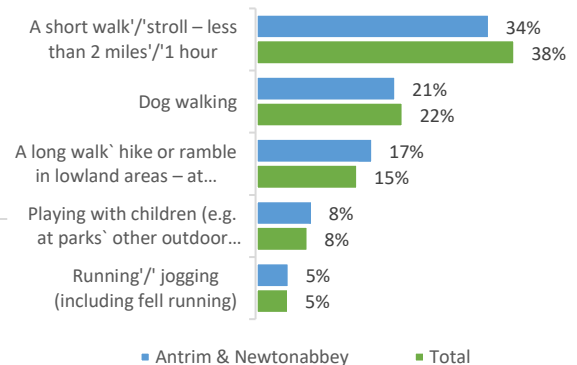
- 72% of Antrim and Newtonabbey residents normally visited the outdoors at least once a week, similar to the the 74% average recorded across the whole of Northern Ireland.
- Antrim and Newtonabbey residents took an average **2.8 visits** to the outdoors per week, **3% less** than the Northern Ireland average (2.9).
- Compared to 12 months ago 23% of the area's population had increased the amount of time they were spending outdoors while 45% had decreased time outside. This represents a net change of **-22**. By comparison, the average net change across Northern Ireland was smaller at -13.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Antrim and Newtonabbey residents are more likely than the Northern Ireland average to visit parks in towns and cities or cycleways and bridleways during outdoor recreation visits.
- The average outdoor recreation visit taken by Antrim and Newtonabbey residents lasted **2 hours and 5 minutes**, very similar to the NI average.

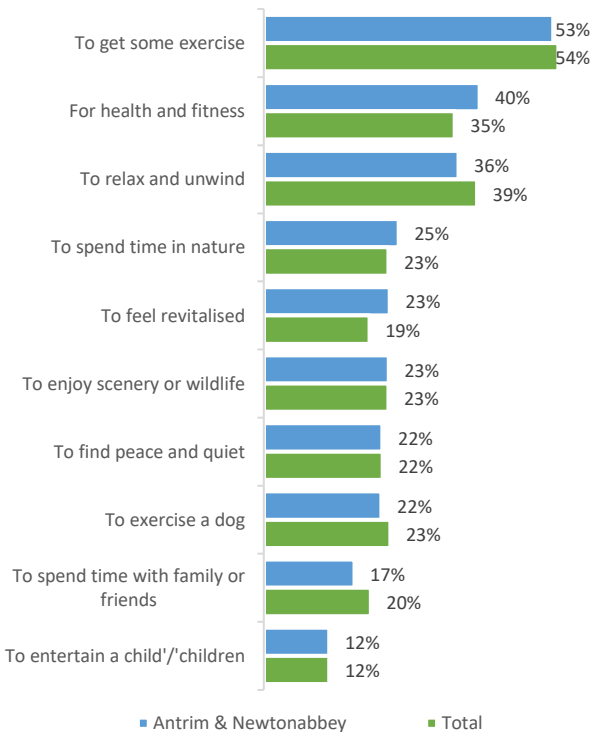


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



- Antrim and Newtonabbey residents most frequently took visits to the outdoors to get some exercise, for health and fitness or to relax and unwind.

Physical health:



- 32%** of Antrim and Newtonabbey residents met the CMO's physical activity guideline through outdoor recreation (at least 150 mins of moderate activity/75 minutes of vigorous activity per week). This is similar to the average across Northern Ireland (33%).

Wellbeing:



- 56%** of Antrim and Newtonabbey residents felt calm and relaxed after their most recent visit to the outdoors (vs 56% Northern Ireland average).

Nature connection:



- 29%** of Antrim and Newtonabbey residents felt closer to nature after their most recent visit to the outdoors (vs 28% Northern Ireland average).

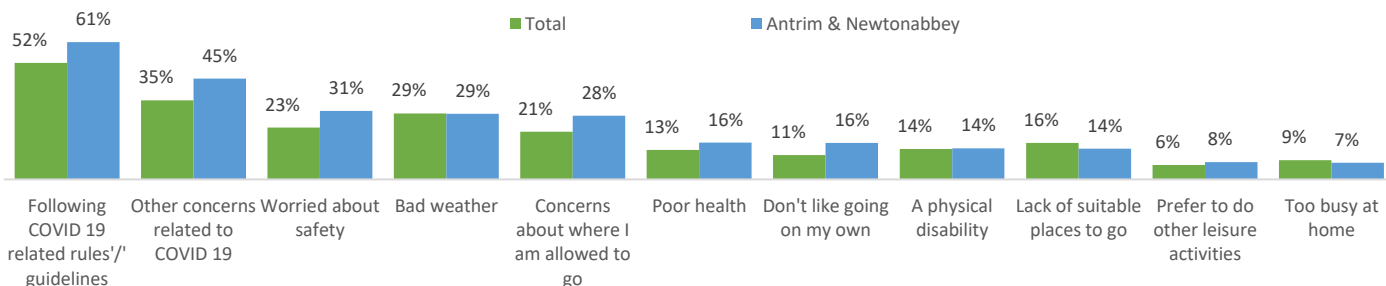
Economic:



- On average Antrim and Newtonabbey residents spent **£8.70** during an outdoor recreation visit – 28% more than the average across all Northern Ireland visits.

Enabling increased participation in outdoor recreation

Barriers to taking visits to outdoors for recreation amongst infrequent participants



- Unsurprisingly given the fieldwork period, concerns relating to Covid 19 were the most significant barriers to taking more visits to the outdoors. Other issues relating to concerns over where to go, safety worries and bad weather were frequently cited as barriers amongst residents of this area who took visits less often.
- 28%** of Antrim and Newtonabbey residents believed that their home was within a 5-minute walk of their nearest green or blue space area – similar to the Northern Ireland average (27%).
- Most agreed that places to spend outdoors were within easy walking distance (**70%** paths and trails/ **77%** green spaces). These levels are also similar to the Northern Ireland averages (67% and 72% respectively)