



POMNI Factsheet

Belfast City Council

Introduction

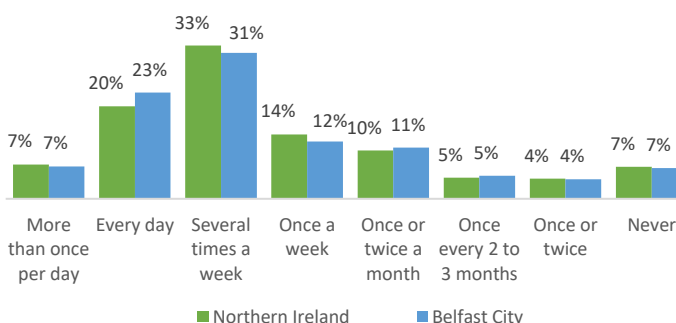
This factsheet provides the key results from research undertaken in the Belfast City Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=1,437) results for the Belfast City Council area are accurate to around +/-3% at the 95% levels of confidence.

Summary of key findings

On average residents of Belfast take outdoor recreation visits at a similar level of frequency to the Northern Ireland population average (73% at least once a week). The highest proportions of visits involve time spent visiting urban parks or paths and cycleways. 39% of visits involved a short walk and 19% involved dog walking. While exercise is the most common visit motivation for residents of this area, a wide range of benefits are obtained from participation including over a third relaxing and unwinding. Also over a third of the area's population (36%) gain physical health and wellbeing benefits from taking part in outdoor recreation.

Time spent taking part in outdoor recreation

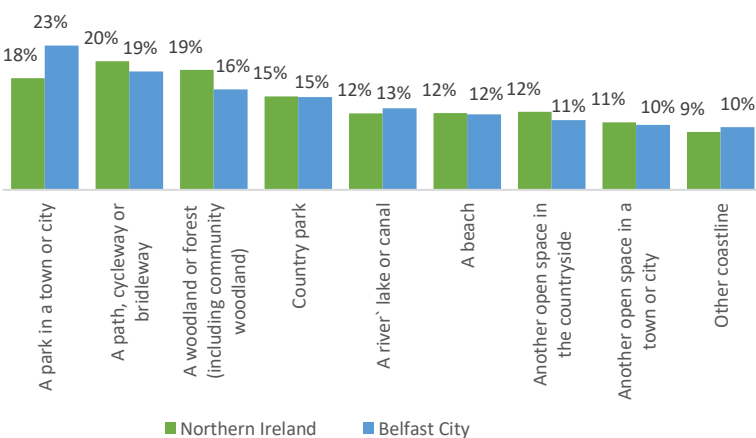
Normal frequency of visits to outdoors for recreation in last 12 months:



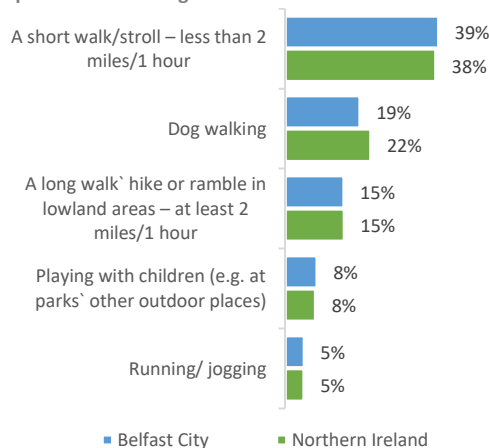
- **73%** of Belfast residents normally visited the outdoors at least once a week, a similar percentage to the 74% average recorded across the whole of Northern Ireland.
- Belfast residents took an average **2.9 visits** to the outdoors per week, the same as the Northern Ireland average (2.9).
- Compared to 12 months ago 25% of the area's population had increased the amount of time they were spending outdoors while 42% had decreased time outside. This represented a net change of **-16**. By comparison, the average net change across Northern Ireland was slightly less at -13.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Belfast residents were more likely than the Northern Ireland average to visit urban parks during outdoor recreation visits. Similar to the Northern Ireland average, the most frequently undertaken activity was short walks of less than 2 miles/ 1 hour.
- The average outdoor recreation visit taken Belfast residents lasted **2 hours and 18 minutes**, slightly longer than the Northern Ireland average (2 hours 8 minutes).

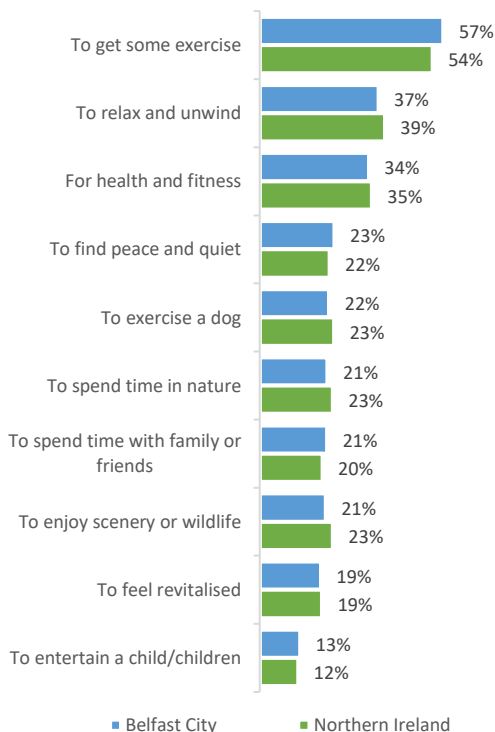


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



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

Physical health:



- 36% of Belfast 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:



- 54% of Belfast residents felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

Nature connection:



- 26% of Belfast residents felt closer to nature after their most recent visit to the outdoors (vs 28% Northern Ireland average).

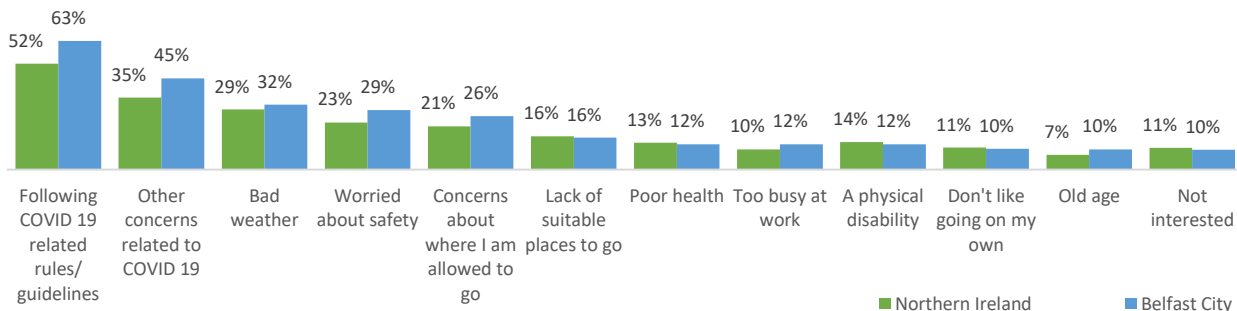
Economic:



- On average Belfast residents spent **£7.77** during an outdoor recreation visit – 14% 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 related to bad weather, worries about safety and concerns about where to go.
- 28% of Belfast 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 slightly higher than the Northern Ireland averages (67% and 72% respectively)