



# POMNI Factsheet

## Derry City and Strabane District Council

### Introduction

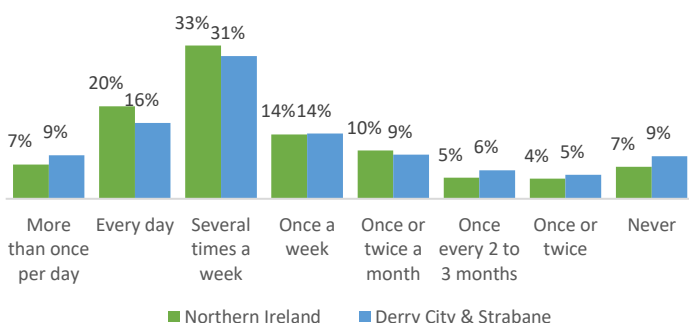
This factsheet provides the key results from research undertaken in the Derry City and Strabane District Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=622) results for this area are accurate to around +/-4% at the 95% levels of confidence.

### Summary of key findings

On average residents of Derry City and Strabane take outdoor recreation visits less often than the Northern Ireland population average. The highest proportions of visits involve time spent on trails and cycleways or in woodland. Nearly half (46%) of visits involve a short walk and 22% involve 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 two in five relaxing and unwinding. Around a quarter (27%) of the area's population gain physical health benefits from taking part in outdoor recreation, less than the Northern Ireland average (33%).

### Time spent taking part in outdoor recreation

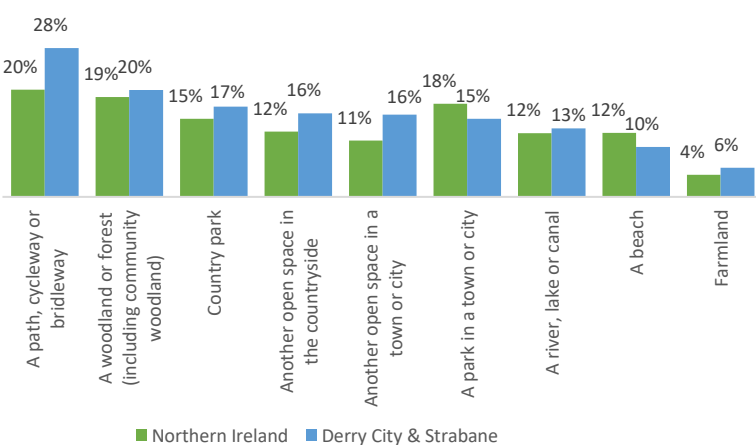
Normal frequency of visits to outdoors for recreation in last 12 months:



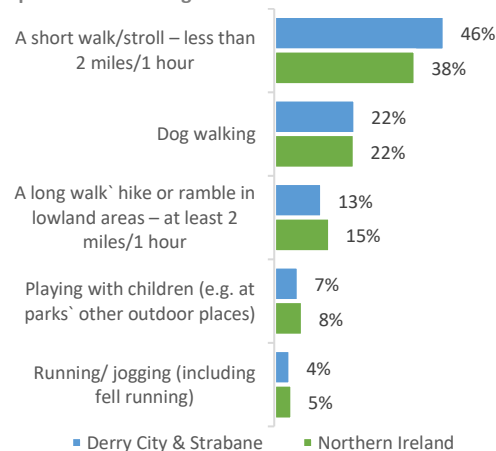
- **70%** of Derry City and Strabane residents normally visited the outdoors at least once a week, slightly less than the 74% average recorded across the whole of Northern Ireland.
- Derry City and Strabane residents took an average **2.7 visits** to the outdoors per week, 7% less than the Northern Ireland average (2.9).
- Compared to 12 months ago 22% of the area's population had increased the amount of time they were spending outdoors while 37% had decreased time outside. This represented a net change of **-15**. 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:



- Derry City and Strabane residents were more likely than the Northern Ireland average to visit path and cycleways, woodland or country parks during outdoor recreation visits. Almost half of visits (46%) involved short walks of less than 2 miles/ 1 hour.
- The average outdoor recreation visit taken Derry City and Strabane residents lasted **2 hours and 4 minutes**, very similar to the Northern Ireland average (2 hours 8 minutes).

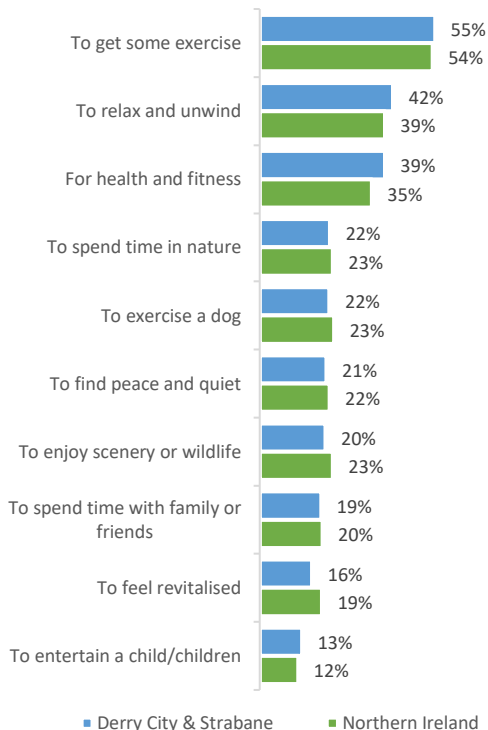


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### Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



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

#### Physical health:



- 27% of Derry City and Strabane 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 lower than the average across Northern Ireland (33%).

#### Wellbeing:



- 57% felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

#### Nature connection:



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

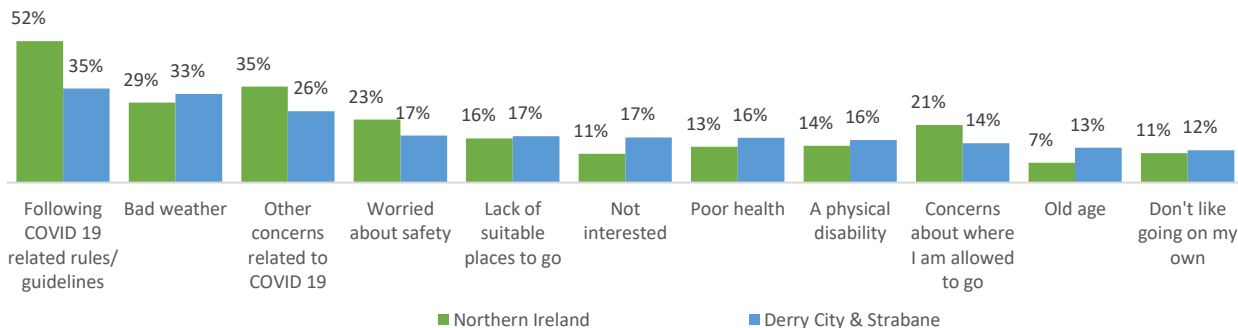
#### Economic:



- On average Derry City and Strabane residents spent £5.37 during an outdoor recreation visit – 21% less 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 a significant barrier to taking more visits to the outdoors. Other issues related to bad weather, worries about safety and a lack of suitable places to go. Also 17% stated that they were not interested.
- 22% of Derry City and Strabane residents believed that their home was within a 5-minute walk of their nearest green or blue space area – less than the Northern Ireland average (27%).
- While most agreed that places to spend outdoors were within easy walking distance (64% paths and trails/ 65% green spaces), these levels were lower than the Northern Ireland averages (67% and 72% respectively)