



POMNI Factsheet

Fermanagh and Omagh District Council

Introduction

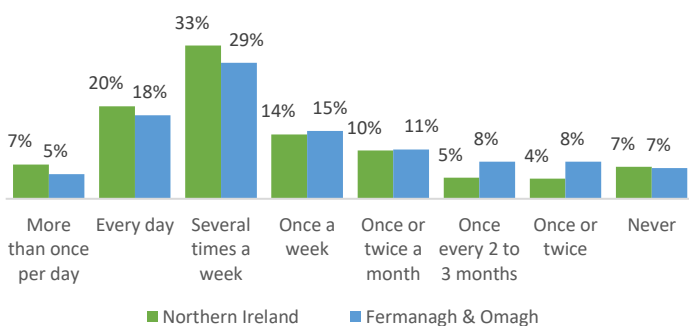
This factsheet provides the key results from research undertaken in the Fermanagh and Omagh District Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=151) results for this area are accurate to around +/-8% at the 95% levels of confidence.

Summary of key findings

On average residents of the Fermanagh and Omagh council area take outdoor recreation visits less often than the Northern Ireland population average. The highest proportions of visits involve time spent in woodland. Over a third (37%) of visits involve a short walk and 24% involve dog walking. Relaxing and unwinding and exercise are the most common visit motivations for residents of this area. However, while around a quarter (24%) of the area's population gain physical health and wellbeing benefits from taking part in outdoor recreation, this is less than the Northern Ireland average (33%).

Time spent taking part in outdoor recreation

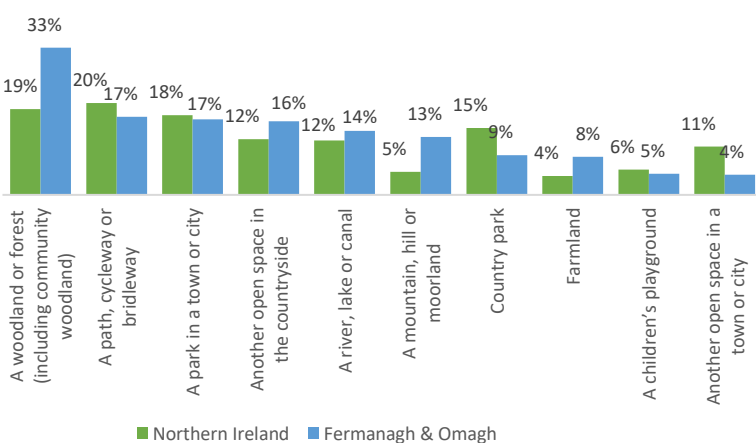
Normal frequency of visits to outdoors for recreation in last 12 months:



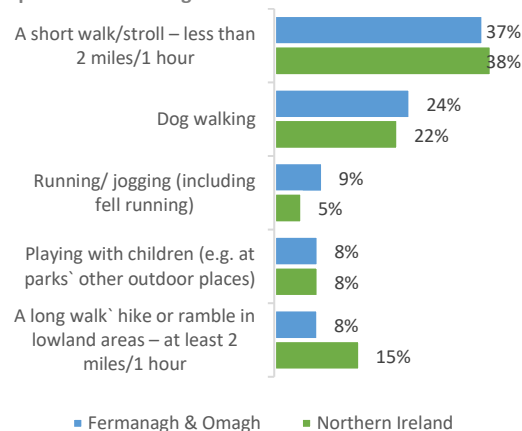
- **67%** of Fermanagh and Omagh residents normally visited the outdoors at least once a week, less than the 74% average recorded across the whole of Northern Ireland.
- Fermanagh and Omagh residents took an average **2.2 visits** to the outdoors per week, 23% less than the Northern Ireland average (2.9).
- Compared to 12 months ago 21% of the area's population had increased the amount of time they were spending outdoors while 38% had decreased time outside. This represented a net change of **-17**. 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:



- Fermanagh and Omagh residents were more likely than the Northern Ireland average to go to woodland or forestry during outdoor recreation visits. Just over a third of visits (37%) involved short walks of less than 2 miles/ 1 hour and 24% involved dog walking
- The average outdoor recreation visit taken by Fermanagh and Omagh residents lasted **2 hours and 9 minutes**, very similar to the Northern Ireland average (2 hours 8 minutes).

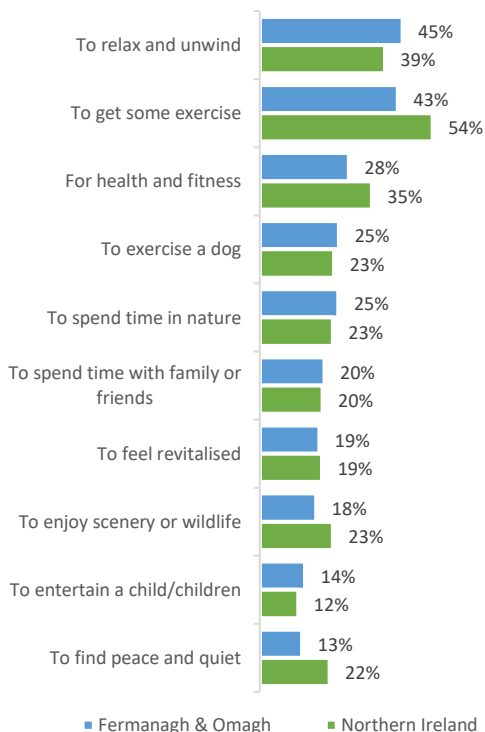


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



- Fermanagh and Omagh residents most frequently took visits to the outdoors to relax and unwind or to get some exercise.

Physical health:



- 24% of Fermanagh and Omagh 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:



- 52% of Fermanagh and Omagh residents felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

Nature connection:



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

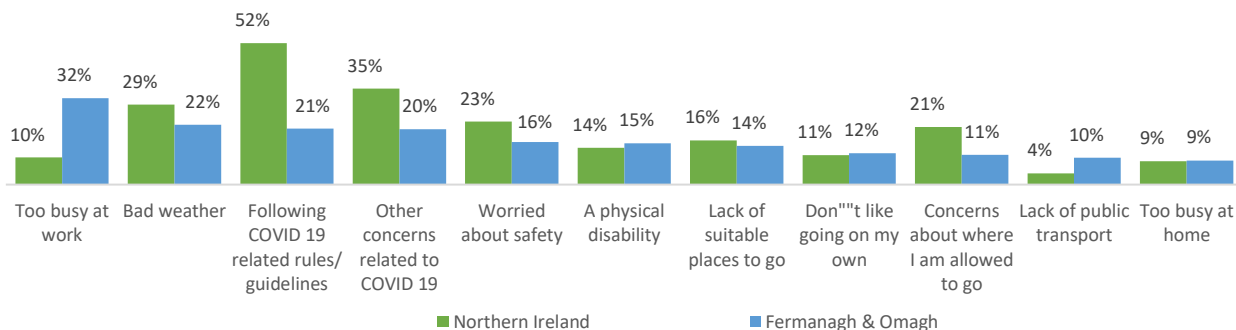
Economic:



- On average Fermanagh and Omagh residents spent **£7.43** during an outdoor recreation visit – 9% 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 (NOTE low sample size so treat results as indicative only)



- The most significant barrier to taking more visits to the outdoors amongst Fermanagh and Omagh residents included being too busy at work, bad weather and concerns relating Covid-19 (reflecting when fieldwork was undertaken).
- 32% of Fermanagh and Omagh residents believed that their home was within a 5-minute walk of their nearest green or blue space area – slightly more than the Northern Ireland average (27%).
- While over half agreed that places to spend time outdoors were within easy walking distance (52% paths and trails/ 56% green spaces), these levels were lower than the Northern Ireland averages (67% and 72% respectively)