



POMNI Factsheet

Mid and East Antrim Borough Council

Introduction

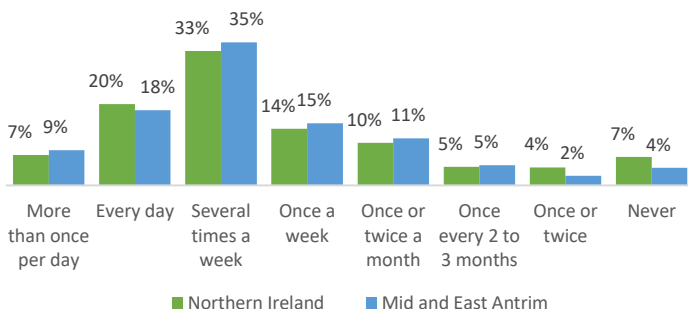
This factsheet provides the key results from research undertaken in the Mid and East Antrim Borough Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=349) results for the Belfast City Council area are accurate to around +/-5% at the 95% levels of confidence.

Summary of key findings

On average residents of Mid and East Antrim take outdoor recreation visits slightly more often than the Northern Ireland population average (77% at least once a week). The highest proportions of visits involve time spent visiting the coast or woodland, 35% of visits involved a short walk and 28% 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, health and fitness and exercising a dog. Over three in five of the area's population (62%) feel calm and relaxed after taking part in outdoor recreation, higher than the Northern Ireland average.

Time spent taking part in outdoor recreation

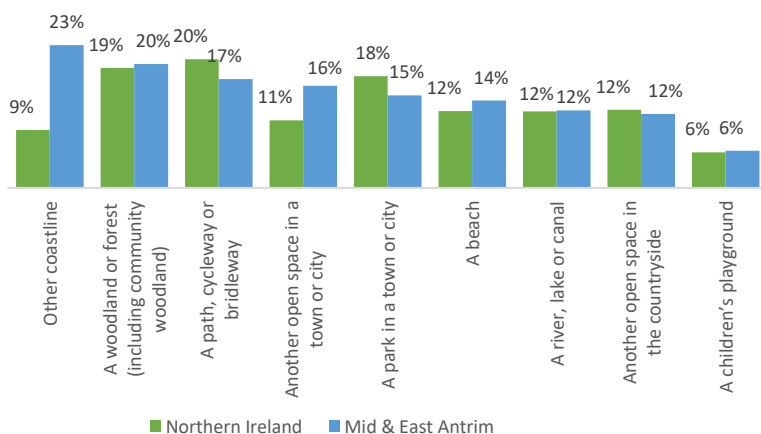
Normal frequency of visits to outdoors for recreation in last 12 months:



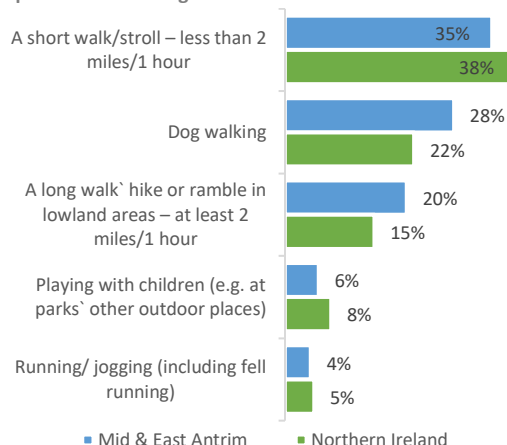
- **77%** of Mid and East Antrim residents normally visited the outdoors at least once a week, slightly more than the 74% average recorded across the whole of Northern Ireland.
- Mid and East Antrim residents took an average **3.1 visits** to the outdoors per week, 8% more than the Northern Ireland average (2.9).
- Compared to 12 months ago 26% of the area's population had increased the amount of time they were spending outdoors while 31% had decreased time outside. This represented a net change of -5. By comparison, the average net change across Northern Ireland was greater at -13.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Mid and East Antrim residents were more likely than the Northern Ireland average to visit coastline 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 (35%) while 28% took involved dog walking.
- The average outdoor recreation visit taken by Mid and East Antrim residents lasted **1 hours and 54 minutes**, slightly shorter than the Northern Ireland average (2 hours 8 minutes).

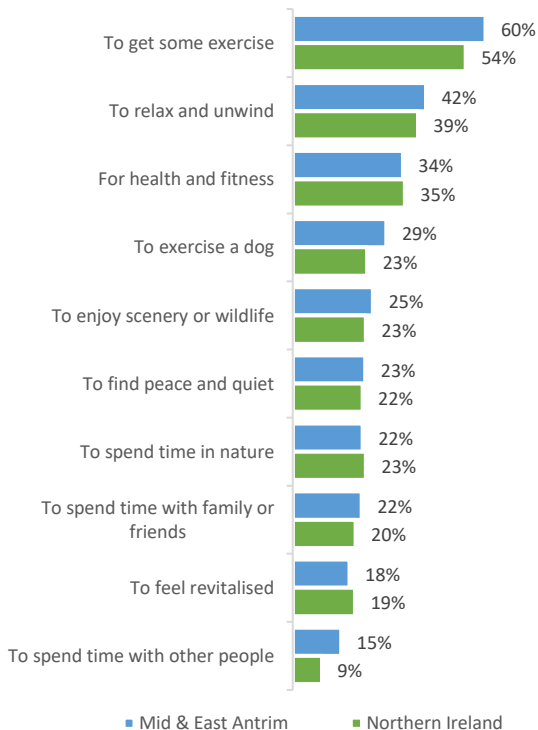


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



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

Physical health:



- 40% of Mid and East Antrim 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 higher than the average across Northern Ireland (33%).

Wellbeing:



- 63% felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

Nature connection:



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

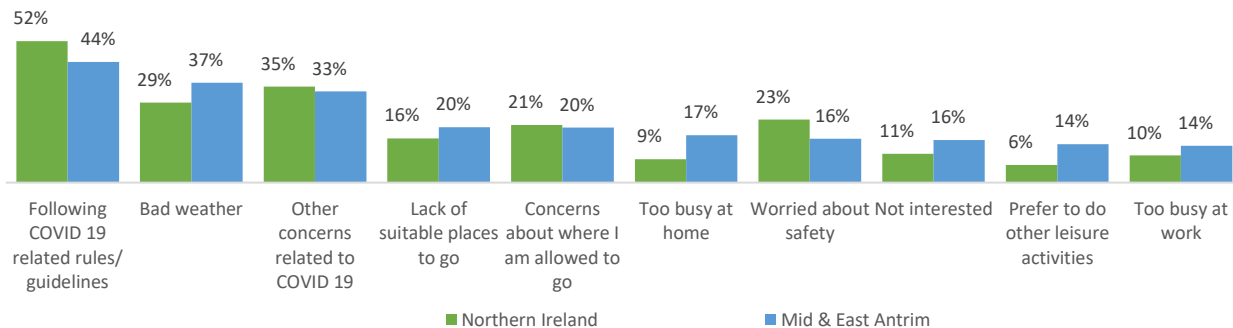
Economic:



- On average Mid and East Antrim residents spent **£4.43** during an outdoor recreation visit – 35% 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 the most significant barriers to taking more visits to the outdoors. Other issues related to bad weather, a lack of suitable places to go, concerns about where to go and being too busy at home.
- 25% of Mid and East Antrim 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 (69% paths and trails/ 76% green spaces). These levels are higher than the Northern Ireland averages (67% and 72% respectively).