



POMNI Factsheet

Mid Ulster District Council

Introduction

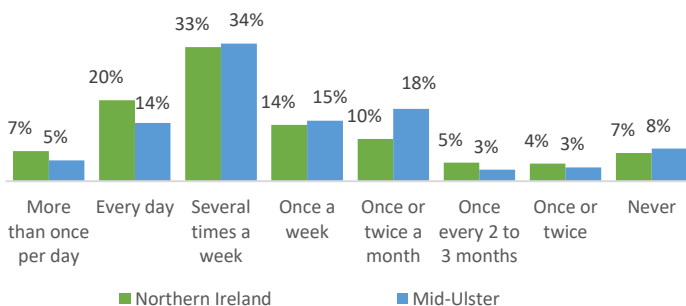
This factsheet provides the key results from research undertaken in the Mid Ulster District Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=175) results for this area are accurate to around +/-7% at the 95% levels of confidence.

Summary of key findings

On average residents of Mid Ulster take outdoor recreation visits less often than the Northern Ireland population average. The highest proportions of visits involve time in woodland, country parks or other open spaces in the countryside. Also 37% of visits involve a short walk, 24% involve dog walking and 19% involve playing with children (higher than the NI average). Relaxing and unwinding and getting some exercise are the most common visit motivations. Also almost three in five (58%) stated that they felt calm and relaxed after their last visit to the outdoors. On average of Mid Ulster residents spent £11.56 during an outdoor recreation visit, 69% more than the average across all Northern Ireland visits.

Time spent taking part in outdoor recreation

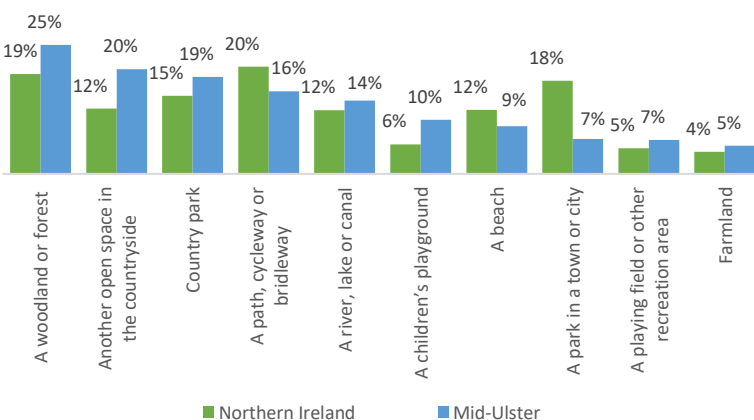
Normal frequency of visits to outdoors for recreation in last 12 months:



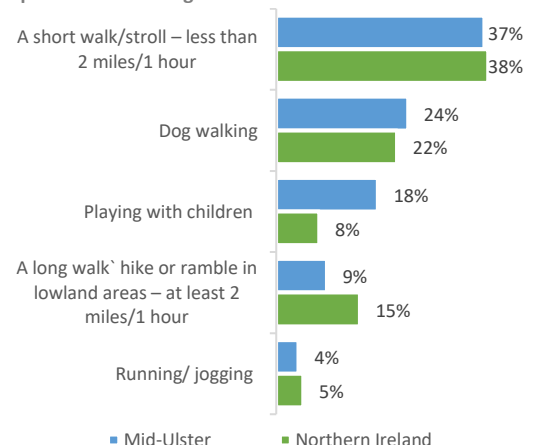
- **68%** of Mid Ulster residents normally visited the outdoors at least once a week, lower than the 74% average recorded across the whole of Northern Ireland.
- Mid Ulster residents took an average **2.1 visits** to the outdoors per week, also lower than the Northern Ireland average (2.9).
- Compared to 12 months ago 32% of the area's population had increased the amount of time they were spending outdoors while 32% had decreased time outside. This represented a net change of **zero**. By comparison, the average net change across Northern Ireland was negative at -13.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Mid Ulster residents were more likely than the Northern Ireland average to visit trails and cycleways, woodland/forests, country parks or other countryside open spaces 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 (37%) while 24% involved dog walking and 18% involved playing with children (higher than the NI average).
- The average outdoor recreation visit taken by Mid Ulster residents lasted **2 hours and 1 minute**, slightly shorter than the Northern Ireland average (2 hours 8 minutes).

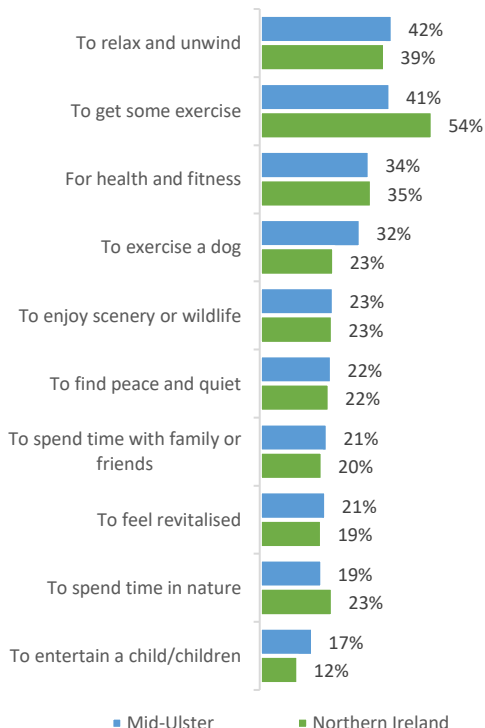


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



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

Physical health:



- **25%** of Mid Ulster 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 less than the average across Northern Ireland (33%).

Wellbeing:



- **58%** of Mid Ulster residents felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

Nature connection:



- **30%** felt closer to nature after their most recent visit to the outdoors (vs 28% Northern Ireland average).

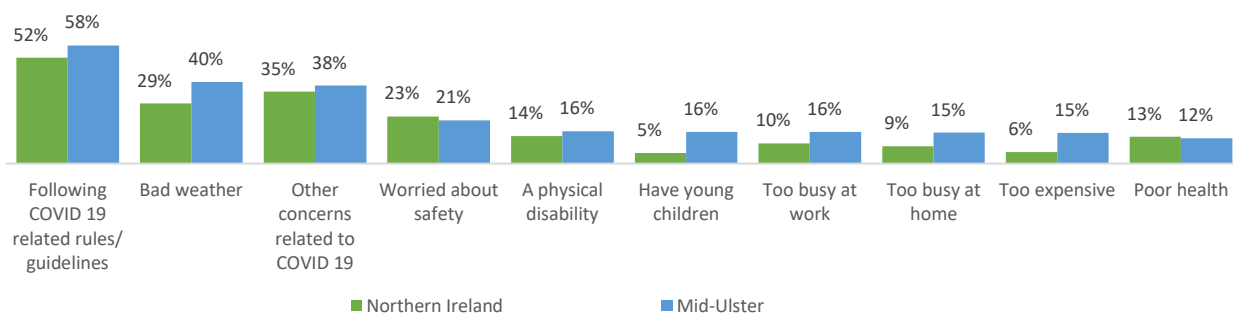
Economic:



- On average of Mid Ulster residents spent **£11.56** during an outdoor recreation visit – 69% 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 and worries about safety.
- **36%** of Mid Ulster residents believed that their home was within a 5-minute walk of their nearest green or blue space area – higher than the Northern Ireland average (27%).
- However while most agreed that places to spend outdoors were within easy walking distance (**59%** paths and trails/ **61%** green spaces), these levels are lower than the Northern Ireland averages (67% and 72% respectively).