

Short Report

HBSC Ireland 2010: Physical activity, active travel and exercise among school children in Ireland 2010

Lindsay Sullivan and Saoirse Nic Gabhainn

HBSC Ireland, Health Promotion Research Centre

National University of Ireland, Galway

December 2012

Introduction:

The Health Behaviour in School-aged Children (HBSC) study is a cross-national research study conducted in collaboration with the WHO Regional Office for Europe and runs on a four year cycle. In 2010 Ireland participated for the fourth time in the HBSC study (www.nuigalway.ie/hbsc). The overall aims of the HBSC study are to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. HBSC collects data on key indicators of health, health attitudes and health behaviours, as well as the context of health for young people. The study is a school based survey with information collected from students through self-completion questionnaires in classrooms. HBSC Ireland is funded by the Department of Health. Further information on the International HBSC study can be found at www.hbsc.org.

The most recent HBSC Ireland dataset comprises of 16,060 schoolchildren from 3rd class in primary school to 5th year in post-primary school. In total 256 schools across Ireland participated in the HBSC 2010 study. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2010 survey (see http://www.nuigalway.ie/hbsc/documents/nat_rep_hbsc_2010.pdf).

Focus of this report:

This short report provides a brief analysis of the 2010 HBSC survey data on physical activity, active travel and exercise among school-children in Ireland. The questions analysed for school-children aged 10 to 17 years old are presented by age, gender and social class for the following indicators:

- Number of days physically active for a total of at least 60 minutes per day (Tables 1 to 8)
- Length of time to travel to school from home (Tables 9 to 16)
- Mode of travel from home to school (Tables 17 to 24)
- Mode of travel from school to home (Tables 25 to 32)
- Outside of school hours – frequency of exercise in free time (Tables 33 to 40)
- Outside of school hours - hours per week exercise in free time (Tables 41 to 48)

Findings

Number of days physically active for at least 60 minutes per day

Table 1: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By gender (%)

	Boys	Girls
0 days	2.7	4.0
1 day	3.4	7.2
2 days	6.5	12.0
3 days	11.2	16.9
4 days	15.2	17.1
5 days	15.0	13.6
6 days	12.6	8.6
7 days	30.0	16.9
Missing	3.3	3.8
<i>n</i>	6487	6069

Table 2: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By age group (%)

	10-11	12-14	15-17
0 days	1.5	2.1	5.5
1 day	2.9	3.7	8.1
2 days	4.5	7.5	13.2
3 days	9.9	13.0	17.0
4 days	12.8	16.9	16.7
5 days	14.6	15.9	12.7
6 days	15.1	11.6	8.1
7 days	35.0	26.4	17.0
Missing	3.7	2.9	1.8
<i>n</i>	1613	6088	4499

Table 3: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By social class (%)

	SC1-2	SC3-4	SC5-6
0 days	2.7	3.3	3.9
1 day	5.2	5.2	5.2
2 days	9.3	9.0	10.1
3 days	14.3	13.5	15.1
4 days	16.6	17.1	16.1
5 days	15.5	14.7	12.6
6 days	12.2	10.6	10.0
7 days	21.9	24.2	23.5
Missing	2.2	2.4	3.4
<i>n</i>	4537	4363	1520

Table 4: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
0 days	1.1	1.8	1.6	2.5	4.3	6.9
1 day	3.0	2.8	2.7	4.8	4.5	12.2
2 days	4.1	4.9	5.3	10.0	8.8	17.9
3 days	7.7	12.0	9.5	16.7	14.8	19.4
4 days	11.5	14.0	15.5	18.5	16.5	17.0
5 days	12.3	16.8	15.8	15.9	15.3	9.8
6 days	16.2	14.0	13.6	9.5	10.4	5.5
7 days	40.4	29.7	32.8	19.6	24.0	9.1
Missing	3.6	3.8	3.1	2.5	1.4	2.2
<i>n</i>	797	814	3132	2932	2366	2118

Table 5: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By gender and social class (%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
0 days	2.0	3.4	2.7	3.9	3.3	4.6
1 day	3.1	7.4	3.8	6.7	2.5	7.9
2 days	6.9	11.8	5.8	12.4	8.6	11.6
3 days	11.2	17.5	10.9	16.5	12.1	18.0
4 days	15.7	17.5	16.3	18.2	15.3	17.1
5 days	16.8	14.2	15.1	14.3	13.7	11.5
6 days	14.1	10.2	12.6	8.5	13.2	6.9
7 days	28.7	15.1	30.5	17.4	28.0	18.9
Missing	1.4	3.0	2.4	2.3	3.4	3.4
<i>n</i>	2262	2260	2245	2097	760	756

Table 6: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
0 days	1.9	0.7	1.5	1.4	1.7	3.5	4.4	6.4	5.2
1 day	2.6	3.0	1.5	3.5	3.6	3.2	8.1	8.2	9.0
2 days	5.1	4.7	5.0	7.4	7.1	9.1	12.6	13.6	13.5
3 days	8.6	10.6	10.0	12.5	13.0	14.9	18.3	15.5	17.3
4 days	14.1	13.2	10.9	17.0	17.9	18.0	16.9	18.1	16.1
5 days	13.9	15.4	15.9	18.3	15.5	12.4	13.0	13.4	11.6
6 days	16.7	15.1	15.4	13.6	11.9	9.5	9.3	6.9	9.0
7 days	34.1	34.8	35.8	24.3	26.8	26.8	16.0	16.4	15.7
Missing	3.0	2.5	4.0	1.8	2.4	2.6	1.3	1.4	2.5
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 7: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
0 days	1.1	0.4	2.0	1.1	1.3	2.5	3.2	5.2	4.2
1 day	2.7	3.2	1.0	2.5	2.7	0.8	3.9	5.2	5.3
2 days	4.9	3.9	6.1	5.3	4.4	7.9	8.9	8.4	10.2
3 days	4.9	9.2	8.2	8.3	9.7	12.3	16.5	13.2	13.1
4 days	13.3	11.0	10.2	16.1	16.5	15.6	16.2	18.5	17.3
5 days	12.5	12.7	14.3	18.8	15.1	12.1	15.8	16.0	15.5
6 days	18.6	14.5	17.3	15.3	14.4	12.6	11.4	9.6	12.7
7 days	39.5	42.4	35.7	31.0	33.2	33.2	23.3	23.0	19.1
Missing	2.3	2.8	5.1	1.5	2.7	3.0	0.8	0.9	2.5
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 8: Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
0 days	2.6	1.0	1.0	1.7	2.1	4.5	5.7	7.8	6.3
1 day	2.6	2.9	1.9	4.6	4.6	5.6	12.4	11.6	12.9
2 days	5.2	5.4	3.9	9.5	10.0	10.3	16.4	19.5	17.0
3 days	12.2	11.8	11.7	16.8	16.6	17.6	20.1	18.3	21.8
4 days	14.8	15.3	11.7	18.0	19.7	20.4	17.7	17.7	14.8
5 days	15.2	17.8	17.5	17.7	16.0	12.6	10.0	10.4	7.4
6 days	14.8	15.6	13.6	11.9	9.2	6.4	7.2	4.0	5.2
7 days	28.9	28.0	35.9	17.7	20.0	20.4	8.5	8.8	12.2
Missing	3.7	2.2	2.9	2.2	1.8	2.2	1.9	1.9	2.6
<i>n</i>	270	314	103	1053	1053	358	879	682	271

Length of time to travel to school from home

Table 9: How long does it usually take you to travel to school from your home? By gender (%)

	Boys	Girls
Less than 5 minutes	24.1	23.3
5 – 15 minutes	42.5	44.1
15 – 30 minutes	22.2	22.2
30 minutes to 1 hour	7.6	7.6
More than 1 hour	1.7	1.1
Missing	1.9	1.7
<i>n</i>	6487	6069

Table 10: How long does it usually take you to travel to school from your home? By age group (%)

	10-11	12-14	15-17
Less than 5 minutes	42.0	24.1	16.2
5 – 15 minutes	42.2	44.1	43.2
15 – 30 minutes	11.4	21.1	28.0
30 minutes to 1 hour	2.1	7.6	9.8
More than 1 hour	0.8	1.2	1.6
Missing	1.5	1.9	1.1
<i>n</i>	1613	6088	4499

Table 11: How long does it usually take you to travel to school from your home? By social class (%)

	SC1-2	SC3-4	SC5-6
Less than 5 minutes	22.1	25.0	22.6
5 – 15 minutes	43.5	44.1	44.9
15 – 30 minutes	22.9	21.5	23.9
30 minutes to 1 hour	8.9	7.3	6.0
More than 1 hour	1.4	1.0	1.2
Missing	1.1	1.1	1.3
<i>n</i>	4537	4363	1520

Table 12: How long does it usually take you to travel to school from your home? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
Less than 5 minutes	42.9	41.0	25.0	23.2	16.4	16.1
5 – 15 minutes	40.0	44.2	43.1	45.3	43.2	43.2
15 – 30 minutes	11.7	11.2	21.0	21.1	27.5	28.6
30 minutes to 1 hour	2.9	1.4	7.3	7.9	9.8	9.7
More than 1 hour	1.0	0.6	1.3	1.1	2.1	1.1
Missing	1.5	1.6	2.2	1.4	0.9	1.3
<i>n</i>	797	814	3132	2932	2366	2118

Table 13: How long does it usually take you to travel to school from your home? By gender and social class(%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
Less than 5 minutes	22.2	21.9	25.4	24.6	23.4	22.0
5 – 15 minutes	43.2	43.9	42.7	45.7	45.0	44.7
15 – 30 minutes	23.2	22.6	22.4	20.5	22.8	25.1
30 minutes to 1 hour	8.8	9.0	7.0	7.5	5.9	6.1
More than 1 hour	1.9	1.0	1.2	0.9	1.1	1.3
Missing	0.6	1.6	1.3	0.9	1.8	0.8
<i>n</i>	2262	2260	2245	2097	760	756

Table 14: How long does it usually take you to travel to school from your home? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Less than 5 minutes	39.4	45.1	38.3	22.9	24.8	22.8	15.7	16.7	15.9
5 – 15 minutes	43.9	40.5	45.3	44.1	44.8	48.2	43.2	45.0	41.3
15 – 30 minutes	11.3	11.2	13.9	21.8	20.4	21.3	27.5	27.6	31.8
30 minutes to 1 hour	3.4	1.5	0.5	9.1	7.5	5.8	10.5	9.3	8.1
More than 1 hour	0.6	0.5	1.0	1.0	1.1	0.8	2.1	1.0	1.4
Missing	1.5	1.2	1.0	1.1	1.5	1.1	0.9	0.4	1.4
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 15: How long does it usually take you to travel to school from your home? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Less than 5 minutes	39.5	45.9	43.9	23.4	25.7	24.9	15.9	16.9	14.5
5 – 15 minutes	43.7	37.5	38.8	43.4	43.3	46.0	43.6	44.0	45.2
15 – 30 minutes	11.0	12.7	12.2	21.7	21.4	21.4	27.6	28.1	28.6
30 minutes to 1 hour	4.2	2.1	1.0	9.6	6.5	5.2	9.5	9.4	8.8
More than 1 hour	0.8	0.4	2.0	1.2	1.1	0.5	2.9	1.3	1.1
Missing	0.8	1.4	2.0	0.8	1.9	1.9	0.4	0.3	1.8
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 16: How long does it usually take you to travel to school from your home? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Less than 5 minutes	39.3	44.3	33.0	22.4	23.7	20.7	15.6	16.6	17.3
5 – 15 minutes	44.1	43.3	51.5	44.7	46.6	50.6	42.9	46.0	37.3
15 – 30 minutes	11.5	9.9	15.5	21.8	19.2	20.9	27.3	27.1	35.1
30 minutes to 1 hour	2.6	1.0	-	8.7	8.5	6.4	11.6	9.1	7.4
More than 1 hour	0.4	0.6	-	0.8	1.0	1.1	1.3	0.6	1.8
Missing	2.2	1.0	-	1.5	0.9	0.3	1.4	0.6	1.1
<i>n</i>	270	314	103	1053	1053	358	879	682	271

How they travel from home to school

Table 17: On a typical day is the MAIN part of your journey TO school made by...? By gender (%)

	Boys	Girls
Walking	23.9	23.5
Bicycle	3.7	0.8
Bus, train, tram (Luas) or boat	26.6	27.6
Car, motorcycle or moped	42.7	45.5
Other means	0.8	0.4
Missing	2.2	2.2
<i>n</i>	6487	6069

Table 18: On a typical day is the MAIN part of your journey TO school made by...? By age group (%)

	10-11	12-14	15-17
Walking	26.0	23.7	22.6
Bicycle	4.0	2.5	1.6
Bus, train, tram (Luas) or boat	13.5	27.3	32.5
Car, motorcycle or moped	53.6	43.6	41.4
Other means	0.6	0.7	0.5
Missing	2.3	2.2	1.4
<i>n</i>	1613	6088	4499

Table 19: On a typical day is the MAIN part of your journey TO school made by...? By social class (%)

	SC1-2	SC3-4	SC5-6
Walking	19.9	23.2	27.0
Bicycle	1.8	2.5	3.2
Bus, train, tram (Luas) or boat	28.8	26.5	27.3
Car, motorcycle or moped	47.5	45.5	40.4
Other means	0.6	0.5	0.7
Missing	1.5	1.8	1.4
<i>n</i>	4537	4363	1520

Table 20: On a typical day is the MAIN part of your journey TO school made by...? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
Walking	25.1	26.9	24.0	23.4	23.0	22.2
Bicycle	5.5	2.5	4.2	0.7	2.5	0.4
Bus, train, tram (Luas) or boat	15.1	11.9	26.7	27.9	31.1	34.0
Car, motorcycle or moped	51.9	55.3	41.3	46.3	41.9	41.1
Other means	0.4	0.9	1.0	0.3	0.7	0.2
Missing	2.0	2.6	2.7	1.4	0.8	2.0
<i>n</i>	797	814	3132	2932	2366	2118

Table 21: On a typical day is the MAIN part of your journey TO school made by...? By gender and social class (%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
Walking	21.2	18.5	23.7	22.6	25.4	28.4
Bicycle	2.9	0.7	3.8	1.0	5.7	0.7
Bus, train, tram (Luas) or boat	27.9	29.6	26.6	26.4	25.9	28.8
Car, motorcycle or moped	46.1	49.0	43.4	47.9	40.1	40.7
Other means	0.8	0.4	0.5	0.4	1.2	0.3
Missing	1.1	1.8	1.9	1.7	1.7	1.1
<i>n</i>	2262	2260	2245	2097	760	756

Table 22: On a typical day is the MAIN part of your journey TO school made by...? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	21.2	26.5	26.9	20.0	23.4	26.7	18.8	22.1	26.9
Bicycle	3.2	4.7	5.0	1.8	2.5	4.1	1.3	1.8	1.3
Bus, train, tram (Luas) or boat	14.6	12.2	14.9	29.0	26.9	26.1	33.4	32.1	34.1
Car, motorcycle or moped	58.2	54.9	51.2	47.8	44.3	40.6	44.2	42.7	36.3
Other means	0.8	0.3	0.5	0.4	0.5	1.4	0.7	0.4	-
Missing	2.1	1.3	1.5	1.1	2.4	1.1	1.5	0.9	1.4
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 23: On a typical day is the MAIN part of your journey TO school made by...? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	21.7	25.4	21.4	22.3	24.6	24.1	19.1	22.4	27.6
Bicycle	3.8	6.7	8.2	2.9	4.0	7.9	2.5	2.7	1.8
Bus, train, tram (Luas) or boat	15.6	14.8	18.4	28.1	26.9	23.3	31.4	31.0	32.5
Car, motorcycle or moped	57.0	51.6	48.0	44.6	40.8	40.8	45.3	43.2	36.7
Other means	0.4	-	1.0	0.7	0.6	2.2	1.0	0.5	-
Missing	1.5	1.4	3.1	1.3	3.1	1.6	0.8	0.1	1.4
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 24: On a typical day is the MAIN part of your journey TO school made by...? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	20.7	27.4	32.0	17.7	22.0	29.1	18.7	21.7	26.2
Bicycle	2.6	2.9	1.9	0.6	0.9	0.3	0.2	0.6	0.7
Bus, train, tram (Luas) or boat	13.7	9.9	11.7	29.7	26.9	29.1	35.3	33.1	35.8
Car, motorcycle or moped	59.3	58.0	54.4	51.0	48.2	40.5	43.2	42.5	35.8
Other means	1.1	0.6	-	0.2	0.4	0.6	0.3	0.3	-
Missing	2.6	1.3	-	0.9	1.6	0.6	2.3	1.8	1.5
<i>n</i>	270	314	103	1053	1053	358	879	682	271

How they travel from school to home

Table 25: On a typical day is the MAIN part of your journey FROM school made by...? By gender (%)

	Boys	Girls
Walking	29.5	30.2
Bicycle	3.8	0.7
Bus, train, tram (Luas) or boat	28.8	29.2
Car, motorcycle or moped	34.8	37.5
Other means	0.7	0.4
Missing	2.4	2.1
<i>n</i>	6487	6069

Table 26: On a typical day is the MAIN part of your journey FROM school made by...? By age group (%)

	10-11	12-14	15-17
Walking	31.7	29.8	28.7
Bicycle	3.5	2.6	1.5
Bus, train, tram (Luas) or boat	14.8	29.5	34.1
Car, motorcycle or moped	46.8	35.3	33.7
Other means	0.6	0.5	0.4
Missing	2.6	2.2	1.6
<i>n</i>	1613	6088	4499

Table 27: On a typical day is the MAIN part of your journey FROM school made by...? By social class (%)

	SC1-2	SC3-4	SC5-6
Walking	25.3	30.6	32.8
Bicycle	2.0	2.4	3.0
Bus, train, tram (Luas) or boat	31.1	28.8	28.3
Car, motorcycle or moped	39.6	36.2	34.0
Other means	0.5	0.4	0.5
Missing	1.5	1.7	1.4
<i>n</i>	4537	4363	1520

Table 28: On a typical day is the MAIN part of your journey FROM school made by...? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
Walking	30.0	33.4	29.9	29.9	28.6	28.8
Bicycle	5.3	1.8	4.4	0.7	2.6	0.2
Bus, train, tram (Luas) or boat	16.2	13.4	28.8	30.3	33.4	34.8
Car, motorcycle or moped	45.5	48.0	33.4	37.5	33.6	33.9
Other means	0.4	0.7	0.7	0.3	0.6	0.2
Missing	2.6	2.6	2.9	1.3	1.1	2.1
<i>n</i>	797	814	3132	2932	2366	2118

Table 29: On a typical day is the MAIN part of your journey FROM school made by...? By gender and social class (%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
Walking	25.9	24.6	31.0	30.2	30.5	34.7
Bicycle	3.2	0.8	3.8	0.8	5.7	0.3
Bus, train, tram (Luas) or boat	31.7	30.6	28.6	29.1	26.6	30.2
Car, motorcycle or moped	37.4	42.0	34.5	37.9	34.7	33.5
Other means	0.8	0.3	0.4	0.3	0.7	0.4
Missing	1.2	1.7	1.7	1.6	1.8	1.1
<i>n</i>	2262	2260	2245	2097	760	756

Table 30: On a typical day is the MAIN part of your journey FROM school made by...? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	26.1	33.8	27.9	25.9	30.3	32.9	23.8	29.9	33.6
Bicycle	3.4	4.2	3.5	2.1	2.4	4.3	1.3	1.8	0.9
Bus, train, tram (Luas) or boat	15.9	13.7	17.4	32.0	29.3	26.8	35.1	34.6	34.8
Car, motorcycle or moped	52.0	46.4	49.3	38.4	35.4	34.1	37.7	32.5	28.9
Other means	0.6	0.3	0.5	0.3	0.5	0.8	0.7	0.2	0.2
Missing	2.1	1.5	1.5	1.2	2.1	1.1	1.4	1.0	1.6
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 31: On a typical day is the MAIN part of your journey FROM school made by...? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	25.9	33.2	20.4	27.1	31.6	31.0	23.9	29.8	33.2
Bicycle	4.2	6.4	7.1	3.4	3.9	7.9	2.6	2.8	1.8
Bus, train, tram (Luas) or boat	17.9	15.2	21.4	32.3	28.5	24.1	34.8	34.2	32.2
Car, motorcycle or moped	49.8	44.2	46.9	35.1	33.1	34.0	37.2	32.3	31.4
Other means	0.4	-	1.0	0.5	0.4	1.1	1.0	0.4	-
Missing	1.9	1.1	3.1	1.6	2.5	1.9	0.6	0.5	1.4
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 32: On a typical day is the MAIN part of your journey FROM school made by...? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Walking	26.3	34.4	35.0	24.7	29.1	34.6	23.9	29.9	33.9
Bicycle	2.6	2.2	-	0.9	0.7	0.6	0.1	0.4	-
Bus, train, tram (Luas) or boat	14.1	12.4	13.6	31.7	30.2	29.6	35.3	35.0	37.6
Car, motorcycle or moped	54.1	48.4	51.5	41.8	38.0	34.4	38.1	33.0	26.2
Other means	0.7	0.6	-	0.2	0.5	0.6	0.3	-	0.4
Missing	2.2	1.9	-	0.8	1.6	0.3	2.3	1.6	1.8
<i>n</i>	270	314	103	1053	1053	358	879	682	271

Outside of school hours – how often exercise in free time

Table 33: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By gender (%)

	Boys	Girls
Every day	29.7	18.2
4 to 6 times a week	24.0	19.0
2 to 3 times a week	21.7	27.6
Once a week	8.2	15.6
Once a month	1.4	2.9
Less than once a month	1.9	4.2
Never	2.4	4.4
Missing	10.8	8.2
<i>n</i>	6487	6069

Table 34: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By age group (%)

	10-11	12-14	15-17
Every day	33.7	25.5	19.1
4 to 6 times a week	24.0	23.0	19.0
2 to 3 times a week	21.6	24.2	26.5
Once a week	8.4	10.0	15.5
Once a month	.9	1.8	3.0
Less than once a month	1.9	2.3	4.2
Never	3.0	2.4	4.7
Missing	6.5	10.8	8.0
<i>n</i>	1613	6088	4499

Table 35: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By social class (%)

	SC1-2	SC3-4	SC5-6
Every day	23.6	24.9	24.9
4 to 6 times a week	24.8	22.7	20.6
2 to 3 times a week	26.6	26.2	23.9
Once a week	12.4	11.9	13.7
Once a month	2.0	1.9	2.4
Less than once a month	2.7	3.1	3.6
Never	2.1	3.6	4.2
Missing	5.8	5.6	6.6
<i>n</i>	4537	4363	1520

Table 36: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
Every day	36.5	30.8	31.9	18.6	24.5	13.1
4 to 6 times a week	24.2	23.8	24.8	21.0	23.2	14.4
2 to 3 times a week	19.9	23.2	21.2	27.6	23.5	29.7
Once a week	6.6	10.1	6.4	13.8	11.0	20.7
Once a month	0.9	1.0	1.2	2.5	1.7	4.3
Less than once a month	1.6	2.1	1.5	3.3	2.5	6.2
Never	2.6	3.4	1.6	3.2	3.2	6.4
Missing	7.5	5.5	11.4	10.0	10.3	5.2
<i>n</i>	797	814	3132	2932	2366	2118

Table 37: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By gender and social class (%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
Every day	30.6	16.5	30.6	18.7	30.5	19.3
4 to 6 times a week	27.1	22.4	25.7	19.4	24.3	16.8
2 to 3 times a week	23.1	30.1	23.7	29.1	22.1	25.7
Once a week	8.2	16.5	8.6	15.5	9.6	17.9
Once a month	1.1	3.0	1.2	2.8	1.6	3.3
Less than once a month	1.9	3.6	1.8	4.5	1.7	5.6
Never	1.6	2.6	2.4	5.0	2.5	6.0
Missing	6.3	5.3	6.1	4.9	7.6	5.6
<i>n</i>	2262	2260	2245	2097	760	756

Table 38: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Every day	34.5	33.7	35.3	25.0	26.5	25.8	18.7	19.0	21.1
4 to 6 times a week	25.3	24.5	26.4	27.0	25.0	19.5	22.1	18.8	18.6
2 to 3 times a week	23.8	22.9	18.9	25.9	25.3	26.8	28.3	28.8	22.7
Once a week	8.6	9.4	7.5	9.5	10.8	13.3	17.0	14.7	16.8
Once a month	0.9	0.7	1.5	1.8	1.5	2.1	2.7	3.4	3.1
Less than once a month	1.5	2.2	0.5	2.3	2.2	3.3	3.5	4.9	4.9
Never	1.9	2.2	4.0	1.4	2.2	2.9	3.0	6.0	6.0
Missing	3.4	4.5	6.0	7.1	6.6	6.4	4.6	4.4	6.9
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 39: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Every day	36.9	37.5	34.7	33.9	32.9	33.2	24.7	24.8	26.9
4 to 6 times a week	24.7	25.8	27.6	27.9	27.7	21.6	27.0	23.3	25.4
2 to 3 times a week	24.0	19.1	20.4	22.3	21.6	24.9	24.2	27.9	19.8
Once a week	6.5	8.1	6.1	5.1	7.4	8.8	12.4	10.5	11.3
Once a month	1.5	0.4	3.1	0.9	1.1	1.4	1.2	1.7	1.8
Less than once a month	1.9	1.8	34.7	1.6	1.2	1.6	2.2	2.6	2.5
Never	.8	2.5	27.6	1.2	1.0	1.9	2.3	3.8	3.2
Missing	3.8	4.9	8.2	7.0	7.1	6.6	5.9	5.4	9.2
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 40: Outside school hours: How often do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
Every day	32.2	30.3	35.9	16.1	19.4	18.4	12.6	12.5	15.1
4 to 6 times a week	25.9	23.2	25.2	25.9	22.0	17.0	17.3	13.8	11.4
2 to 3 times a week	23.7	26.4	17.5	29.6	29.4	28.8	32.3	29.9	25.8
Once a week	10.7	10.5	8.7	14.0	14.4	17.9	21.7	19.6	22.5
Once a month	0.4	1.0	2.9	2.6	1.9	2.8	4.2	5.1	4.4
Less than once a month	1.1	2.5	1.0	3.0	3.2	5.0	4.9	7.5	7.4
Never	3.0	1.9	4.9	1.5	3.6	3.9	3.8	8.5	8.9
Missing	3.0	4.1	3.9	7.2	6.0	6.1	3.2	3.1	4.4
<i>n</i>	270	314	103	1053	1053	358	879	682	271

Outside school hours – hours per week exercise in free time

Table 41: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By gender (%)

	Boys	Girls
None	6.1	9.6
About half a hour a week	10.6	17.2
About 1 hour a week	21.7	25.3
About 2 to 3 hours a week	24.2	23.1
About 4 to 6 hours a week	12.8	9.6
About 7 hours or more a week	12.8	6.0
Missing	11.7	9.2
<i>n</i>	6487	6069

Table 42: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By age group (%)

	10-11	12-14	15-17
None	6.6	6.2	10.1
About half a hour a week	16.6	12.9	13.9
About 1 hour a week	25.4	23.6	22.9
About 2 to 3 hours a week	23.7	23.8	24.2
About 4 to 6 hours a week	9.8	11.9	11.3
About 7 hours or more a week	10.1	10.2	8.6
Missing	7.7	11.4	9.0
<i>n</i>	1613	6088	4499

Table 43: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By social class (%)

	SC1-2	SC3-4	SC5-6
None	6.0	7.6	9.1
About half a hour a week	12.6	14.8	15.5
About 1 hour a week	25.4	24.1	23.4
About 2 to 3 hours a week	25.9	25.3	24.4
About 4 to 6 hours a week	12.8	11.7	10.9
About 7 hours or more a week	11.0	9.9	8.8
Missing	6.4	6.7	7.9
<i>n</i>	4537	4363	1520

Table 44: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By gender and age group (%)

	10-11		12-14		15-17	
	Boys	Girls	Boys	Girls	Boys	Girls
None	6.6	6.6	4.9	7.6	7.3	13.2
About half a hour a week	13.8	19.3	10.0	16.0	10.0	18.2
About 1 hour a week	24.3	26.5	22.2	25.2	20.6	25.4
About 2 to 3 hours a week	22.2	25.2	24.5	23.0	25.2	23.2
About 4 to 6 hours a week	11.3	8.4	12.9	10.8	13.6	8.8
About 7 hours or more a week	12.4	7.7	13.4	6.8	12.3	4.5
Missing	9.3	6.3	12.1	10.4	11.0	6.6
<i>n</i>	797	814	3132	2932	2366	2118

Table 45: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By gender and social class (%)

	SC1-2		SC3-4		SC5-6	
	Boys	Girls	Boys	Girls	Boys	Girls
None	5.2	6.8	5.7	9.6	6.3	12.0
About half a hour a week	9.1	16.1	11.6	18.2	12.0	19.0
About 1 hour a week	23.3	27.5	22.6	25.7	22.2	24.5
About 2 to 3 hours a week	26.4	25.3	26.2	24.4	25.5	23.4
About 4 to 6 hours a week	13.9	11.6	13.5	9.8	13.3	8.3
About 7 hours or more a week	15.3	6.5	12.8	6.8	12.9	4.8
Missing	6.7	6.1	7.5	5.7	7.8	7.9
<i>n</i>	2262	2260	2245	2097	760	756

Table 46: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
None	4.7	6.0	9.0	4.6	5.7	7.7	7.9	10.4	11.2
About half a hour a week	13.7	19.3	16.4	12.1	12.7	15.7	12.5	16.3	14.1
About 1 hour a week	29.6	25.3	25.4	24.4	24.9	24.9	25.4	22.7	21.3
About 2 to 3 hours a week	26.6	24.8	20.9	25.9	26.0	24.6	26.0	25.0	26.4
About 4 to 6 hours a week	10.7	9.2	8.5	13.4	12.7	10.6	12.9	11.2	12.3
About 7 hours or more a week	9.8	10.1	13.9	12.2	10.6	9.3	9.8	8.9	6.9
Missing	4.9	5.4	6.0	7.3	7.4	7.2	5.5	5.4	7.9
<i>n</i>	533	597	201	2113	2196	724	1779	1460	554

Table 47: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class for boys (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
None	4.6	6.4	8.2	4.5	4.2	5.5	6.1	7.0	7.1
About half a hour a week	11.0	17.3	14.3	8.8	10.0	11.5	8.6	12.0	9.9
About 1 hour a week	29.3	24.0	21.4	22.5	23.2	25.5	22.7	21.6	18.7
About 2 to 3 hours a week	24.3	22.6	23.5	26.9	27.0	25.2	26.9	26.8	27.2
About 4 to 6 hours a week	12.2	9.9	10.2	14.1	13.4	11.8	14.4	14.7	16.6
About 7 hours or more a week	13.7	12.7	15.3	16.0	14.0	13.4	14.8	11.3	11.7
Missing	4.9	7.1	7.1	7.1	8.2	7.1	6.5	6.6	8.8
<i>n</i>	263	283	98	1056	1136	365	897	773	283

Table 48: Outside school hours: How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? By age group and social class for girls (%)

	10-11			12-14			15-17		
	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6	SC1-2	SC3-4	SC5-6
None	4.8	5.7	9.7	4.7	7.4	10.1	9.8	14.4	15.5
About half a hour a week	16.3	21.0	18.4	15.5	15.5	20.1	16.4	21.1	18.5
About 1 hour a week	30.0	26.4	29.1	26.4	26.9	24.0	28.1	23.9	24.0
About 2 to 3 hours a week	28.9	26.8	18.4	24.9	24.9	24.0	25.0	23.0	25.5
About 4 to 6 hours a week	9.3	8.6	6.8	12.5	12.0	9.5	11.5	7.2	7.7
About 7 hours or more a week	5.9	7.6	12.6	8.5	6.9	5.0	4.8	6.3	1.8
Missing	4.8	3.8	4.9	7.5	6.5	7.3	4.4	4.1	7.0
<i>n</i>	270	314	103	1053	1053	358	879	682	271

Acknowledgements:

HBSC Ireland is funded by the Department of Health. This short report was prepared for the Department of Children and Youth Affairs. We would like to acknowledge the children and parents who consented and participated, the management authorities, principals and teachers who helped us to collect the data, the staff at the Health Promotion Research Centre, National University of Ireland Galway, the HBSC Advisory Committee and the International coordinator of HBSC, Professor Candace Currie of the University of St. Andrews.