

sportscotland
Population and Participation Profiles:
Key Equity Figures for 2006

Research Update
Research Unit
JPB/EMN
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Introduction

1 The following are overview profiles of demographics and sports participation for equity groups. Population data are derived from the 2001 Scottish Census or 2006 mid-year estimates as available. Sports participation data are provided from **sportscotland**'s questions in the TNS Scottish Omnibus Survey during 2003-06 (except for minority ethnic groups which cover 2003-05 – see para 26); detailed explanations are provided in separate papers for adults and children¹. The participation data in this Research Update use an all-embracing definition of 'sport' that excludes the physical recreations of dance, snooker/billiards/pool and walking 2+ miles, and specifies participation *at least once a month* as the basis. Analyses are also available separately for wider definitions of sports participation (for example the inclusion of snooker/billiards/pool and/or dance and walking 2+ miles).

Gender

2 Women are 52.4% of the adult and girls 48.8% of the child population (2006²).

Age group	Total No.	Male		Female	
		No.	%	No.	%
Total	5,116,900	2,469,410	48.3	2,647,490	51.7
0-15	921,830	471,730	51.2	450,100	48.8
8-15	490,500	250,850	51.1	239,650	48.9
16+	4,195,070	1,997,680	47.6	2,197,390	52.4

3 The following are the proportions of respondents who had taken part in sport once or more often in the four weeks prior to survey (sports less walking 2+ miles, dance and snooker/billiards/pool, all year, excluding school PE classes, 2004-06 data). Estimates are given for the number in the Scottish population that this represents.

Age group	Total		Male		Female	
	%	No. (000s)	%	No. (000s)	%	No. (000s)
8-15	92	455	96	241	86	206
16+	47	1,972	56	1,119	38	835

¹ 'Participation in sport in Scotland, 2005. Adults' overview: grouped/individual sports.' 'Participation in sport in Scotland, 2005. Children overview: grouped/individual sports.' Both are **sportscotland** Research Updates prepared Aug 2006 and available from the Research Unit; updates due Nov 2007.

² Source: Registrar General for Scotland's *Mid-2006 Population Estimates for Scotland*.
<http://www.gro-scotland.gov.uk/files1/stats/06mype-cahb-t1.xls>

Age

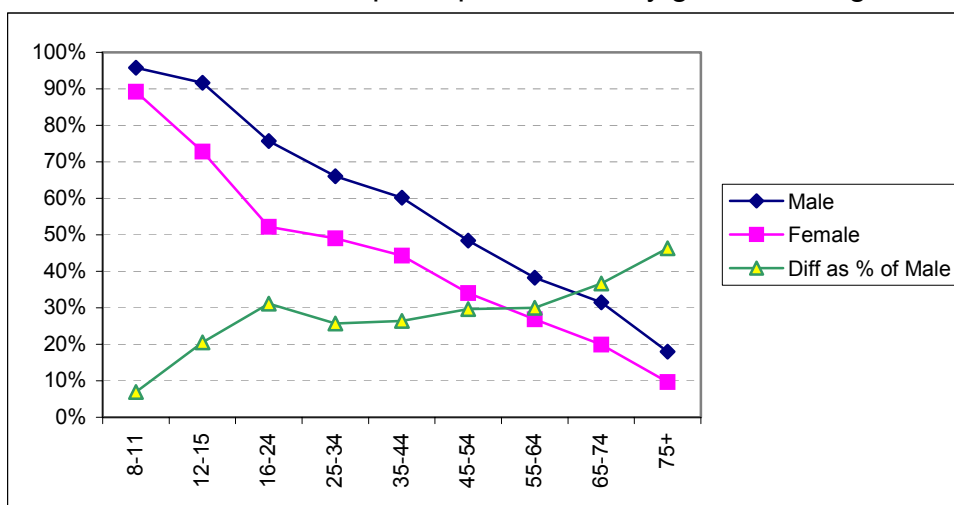
- 4 The Census update figures are from the Registrar General for Scotland's *Mid-2006 Population Estimates for Scotland* (Table 1)².

Age Group	Census Update 2006		Sports Participation 2004-06	
	No.	% of total pop	% of ea age group	No. (000s)
0-8	431,320	8.4	n/a	n/a
8-11	234,780	4.6	92	216
12-15	255,730	5.0	83	212
16-24	602,020	11.8	64	385
25-34	627,500	12.3	55	345
35-44	789,900	15.4	49	387
45-54	713,310	13.9	39	278
55-64	624,370	12.2	31	194
65-74	455,740	8.9	25	114
75+	382,220	7.5	12	46
Total	5,116,900	100	n/a	n/a
16+	4,195,070	82.0	42	1,762
60+	1,117,540	21.8		

- 5 Those aged 60+ form over a fifth (21.8%) of the total population and over a quarter (26.6%) of the adult (16+) population.

- 6 Age is the key determinant of sports participation. Among adults, just over a one in eight (12%) of those aged 75 and over take part in some form of sport or physical recreation (excluding walking two+ miles, dance and snooker/billiards pool) at least once a month, compared with nearly two in three (64%) of those aged 16-24 and over nine in ten (92%) of 8-11 year olds.

- 7 The effect of age is graphed below and split by gender. The third line plots the percentage differential between male and female participation. With the exception of the 16-24 year old age group it can be seen the difference between male and female participation actually grows with age.



Disability

- 8 The Census 2001 question is: *Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do?* The figures relate to the population living in households as opposed to communal institutions. The figures give the population who had a limiting long-term illness or disability (LLTI) in 2001³.

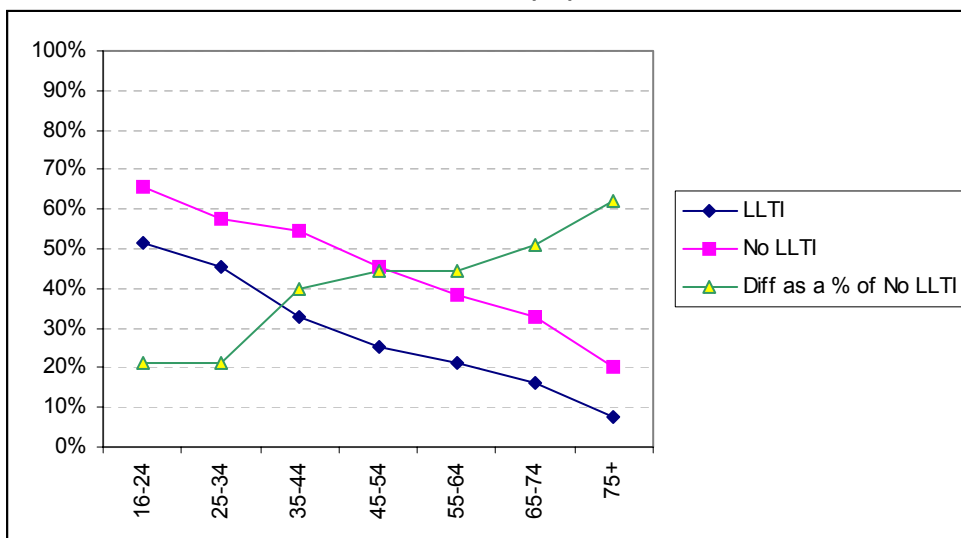
Total	16+	0-15	16-34	35-59	60-84	85+
Percentage/number in thousands of the population with an LLTI						
20	23	5	8	19	48	74
978	933	45	97	329	456	51

- 9 Nearly a quarter (23%) of the adult population have a limiting long-term illness or disability.
- 10 The sports participation survey did not ask children if they had an LLTI. Among adults, it found that 23% who reported having an LLTI took part in sport compared with 50% of those who did not. However, both sports participation and LLTI are strongly related to age (i.e., those with an LLTI are more likely to be older, and older people are less likely to take part in sport), so it would be more appropriate to compare sports participation by those with and without an LLTI in each age group:

Age Group

	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total 16+
Percentage of respondents participating in sport								
LLTI	51	45	33	25	21	16	8	23
No LLTI	65	58	54	46	38	33	20	50

- 11 The impact of an LLTI on sports participation becomes increasingly significant with age as the graph below shows. There is less effect at 25-34, possibly due this being the point where there is steepest fall off in participation by the non-LLTI population, compared with the steepest fall off in participation being between 25-34 and 35-44 in the LLTI population.



³ www.scrol.gov.uk/scrol/analyser/analyser?actionName=choose-topic-and-table

Deprivation

- 12 These figures are based on the Scottish Executive's Scottish Index of Multiple Deprivation (SIMD) 2006⁴ which uses 37 indicators of deprivation.

Population living in the 15% most deprived areas of Scotland

	No.	% of total
Glasgow	269,539	35.9
North Lanarkshire	63,048	8.4
Edinburgh	51,504	6.9
South Lanarkshire	41,521	5.5
Dundee	40,941	5.5
Fife	35,607	4.7
Inverclyde	29,994	4.0
Renfrewshire	26,321	3.5
West Dunbartonshire	25,043	3.3
North Ayrshire	24,488	3.3
Eilean Siar/Moray/Orkney/Shetland	0	0.0
Other 18 local authority areas	143,124	19.1
Scotland Total	751,130	100

- 13 The ten local authority areas listed individually each has 3% or more of Scotland's population who live in the 15% most deprived areas in Scotland. Together they contain 81% of those who live in the 15% most deprived areas in Scotland, including Glasgow with 36% – some 270,000 people.
- 14 Of those who live in the 15% most deprived areas, 51% take part in sport compared with 66% of those who do not live in these areas.

Religion

- 15 A Scottish Executive National Statistics Publication⁵ gives the numbers and percentages of the Scottish population in response to the Census 2001 question: *What religion, religious denomination or body do you belong to?*

Current Religion	No.	% of pop
Church of Scotland	2,146,300	42.4
Roman Catholic	803,700	15.9
Other Christian	344,600	6.8
Muslim	42,600	0.8
Buddhist	6,800	0.1
Sikh	6,600	0.1
Jewish	6,400	0.1
Hindu	5,600	0.1
Another religion	27,000	0.5
All Religions	3,389,500	67.0
No religion	1,394,500	27.6
Not answered	278,100	5.5

⁴ Introduction at: <http://www.scotland.gov.uk/Topics/Statistics/SIMD/Overview>. Detailed statistics at: <http://www.scotland.gov.uk/Resource/Doc/47251/0027000.xls>. SIMD 2006 was published on the Scottish Executive website in October 2006. The statistics use 2004 mid-year population estimates.

⁵ *Analysis of religion in the 2001 Census*. www.scotland.gov.uk/Resource/Doc/36496/0029047.pdf Table 1.1.

- 16 Around two-thirds (67%) of the Scottish population stated that they belonged to a religion: 65% to a Christian religion and 2% to another.
- 17 No sports participation data are available by religion.

Ethnicity

- 18 There were 101,700 minority ethnic – as defined in the Census question *What is your ethnic group?* – residents in Scotland in 2001, forming 2% of the total population. These comprised⁶:



Ethnicity	No.	%
Pakistani	31,790	31
Chinese	16,310	16
Indian	15,040	15
Other South Asian	6,200	6
African	5,120	5
Bangladeshi	1,980	2
Caribbean	1,780	2
Black Scottish or other Black	1,130	1
Any Mixed background	12,760	13
Other ethnic group	9,570	9
Total	101,680	100

- 19 The following was the age profile in 2001 of the minority ethnic population compared with the white population of Scotland³:

Age group	Minority ethnic	White
	Percentage of the population	
16+	71	81
0-15	29	19
16-24	19	11
25-34	19	14
35-54	24	29
55+	9	27

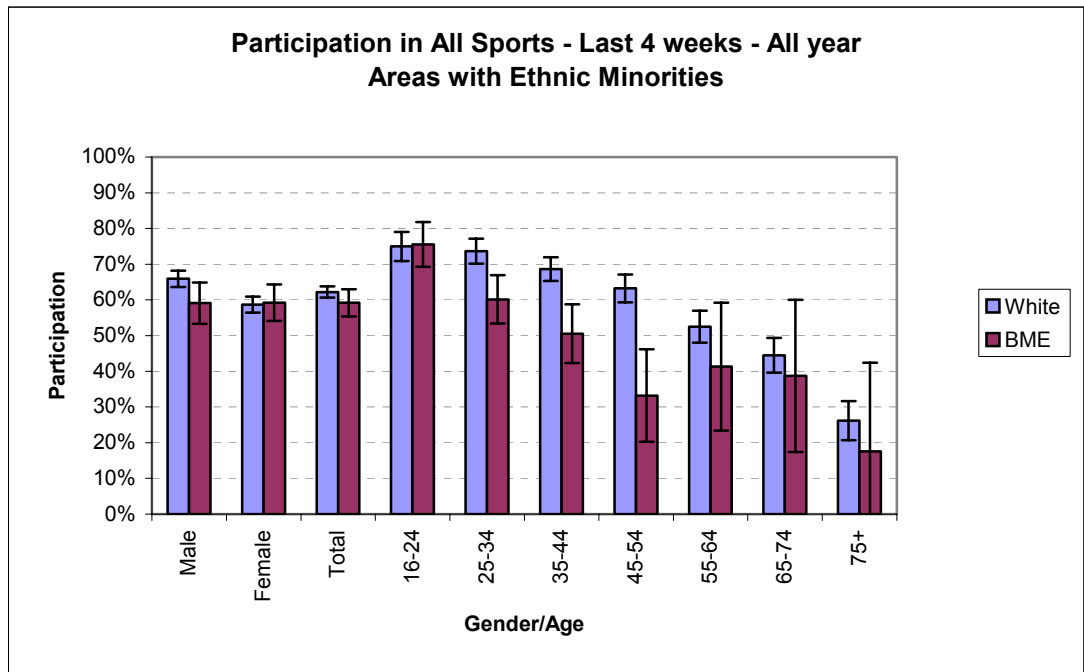
- 20 According to the 2001 Census:
- 20.1 Less than a tenth (9%) of the minority ethnic population were aged 55 and over compared with three times that proportion (27%) of the white population.
- 20.2 In the key adult sports participation age range of younger adults, three-quarters (75%) of the adult minority ethnic population were aged 16-44 compared with half (50%) of the adult white population.
- 20.3 In terms of geography, 31% of Scotland's minority ethnic population lived in Glasgow compared with 11% of the white population.

⁶ Taken from the General Register Office for Scotland's Census 2001 Table UV10 *Ethnic group Scotland* available from customer@gro-scotland.gsi.gov.uk.

- 21 There are two factors that complicate comparisons between sports participation levels of the minority ethnic and white populations.
- 21.1 The minority ethnic population has a much younger age profile – so that, if other things were equal, they would be expected to have a higher level of sports participation than the white population.
- 21.2 The minority ethnic population is not evenly distributed across Scotland – nearly a third live in Glasgow, for example. Analyses of the participation data show that sports participation rates are also unevenly distributed geographically: Glasgow has the lowest rate of the local authority areas, even when taking into account the socio-demographic factors that that might influence participation⁷.
- 22 To take account of these factors, the data have been analysed by age group and limited to those areas of Scotland where a significant (i.e., 2% or more) proportion of the population comprises ethnic minorities.
- 23 Although the participation survey in 2003/04 included a substantial boost to ensure a reasonable sample from ethnic minorities, there are still significant margins of errors when the sample is disaggregated by age, as shown by the  bars in the following chart. Where  bars overlap, the differences shown between rates for the minority ethnic and white populations may simply be due to margins of error resulting from low sample sizes.
- 24 Due to the substantial margin of error involved with analysing ethnic minority participation, the graph overleaf depicts a wider definition of participation which **includes walking 2+ miles, dance and snooker/billiards/pool**.
- 25 Although for a number of individual age groups the comparisons are within margins of error, there is a clear pattern for all but the youngest adult age group (16-24) of lower participation rates among those from ethnic minorities. For a substantial proportion of the adult population – those aged 25 to 54 – these differences seem to be real⁸. Thus:
- 25.1 in the 25-34 age range, 60% of those from ethnic minorities participate compared with 74% of the white population;
- 25.2 in the 35-44 age range, 51% of those from ethnic minorities participate compared with 69% of the white population; and
- 25.3 in the 45-54 age range, 33% of those from ethnic minorities participate compared with 63% of the white population.

⁷ Fred Coalter and Steve Dowers *An analysis of regional variations in sports participation in Scotland*. (Research Report no. 105) Edinburgh: **sportscotland**, 2006.

⁸ At a 95% confidence level. Note also that the sample has been maximised by using the full-year data for each year 2003-05, whereas the other figures in this paper use peak season data (see the papers cited on the first page for clarification) – another reason for not comparing the figures in the graph with figures elsewhere in this paper.



26 The sample sizes do not allow these analyses to be undertaken for children. Unlike the participation data in the previous sections, these figures have not been updated from 2003-05 to 2004-06 as there was a substantially boosted sample in 2003/04 which permitted analysis for ethnicity. That boost has not been repeated, so the sample size during 2004-06 was not large enough.

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