

# MUNICIPAL SPORT HABITS SURVEYS AS A BASIC TOOL FOR THE IMPLEMENTATION OF LOCAL SPORT POLICIES

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## INTRODUCTION

The *Barcelona Provincial Council* is a local supramunicipal entity whose basic mission is the assistance and **co-operation with the municipalities** of the Province of Barcelona (311 town councils and more than 5 million inhabitants). The *Sports Area* looks for the improvement of the quality of life of the citizens of the Province of Barcelona through a sport and physical activity, and it is responsible for developing events and sports programmes of local interest, for setting up a network of local sports facilities and for training local sport agents.

For several years in different territories (Europe, Spain and Catalonia), and regularly, it have been implemented several sport habits surveys of the population.

From the Barcelona Provincial Council, it has been observed that, even that the results of these surveys are useful to determine the general sport trends, do not show the **local singularities** of the sport habits and therefore it is necessary to have deeper knowledge at local level for the subsequent implementation of the right sport policies.

The results of the sport habits surveys developed at local level, shows key information for the specific knowledge of the *Local Sport System*. The Sports Area of de Barcelona Provincial Council is leading a process implementing sport habits surveys to municipalities of more than 10.000 inhabitants, in order to get concrete and significant results for each municipality to analyze their *Local Sport System* (LSS) to take the necessary decisions, contributing to the local sport planning, including sport activities and local sport facilities.

## PROJECT OR PLAN

The Local Sport System includes an analysis of the organisations, the activities, the practitioners and the sport facilities.

With the collected data, it will be possible, for instants, to the elaboration of a municipal Sport Facilities Plan, in order to define the building and renovation of the sport facilities, according the necessary sport activities for the citizenship.

In this initiative, during 2006, a total of **17 municipalities** of more than 10.000 inhabitants, involving a population of **1.260.505 inhabitants**, were surveyed.

The surveys follow mostly the structure of the Catalan sport habits survey. This is because the municipalities have to follow the sport planning dictated by the Government of Catalonia that has the legal power for this issue. This survey has 4 question blocks, which are:

The sport and the physical activity,

The characteristics of the sport and the physical activity,

The most habitual sport-physical activities

The population that does not practise sport and physical activities.

All these blocks have the same questions for all municipalities.

However, specifically for each municipality, it is added a specific block that permits the municipality to ask their citizens about the aspects directly related with the sport and the physical activity of their municipality, like the opinion about a sport facility of the municipality, the value local sport programs, etc.

In each municipality it were done 600 surveys (unless 1 municipality where it were done 1200) by telephone to citizens of more than 15 years old with a margin of error of +/- 4%, being the sample proportional to the real population following quotes of sex, age and district of residence.

Therefore, nowadays, we have collected 10.800 surveys (0.19 % of the total population). It has to be considered that for the Spanish sport habits surveys of 2005 it were done 8.170 surveys. (0.019% of the population).

## **RESULTS OR EXPECTED RESULTS**

The results of the surveys collected affect 17 municipalities and at this moment we are in the process to extract significant results of the job done. However, some of the obtained results show two key elements at municipal level:

It's observed a coincidence of the obtained results of the big parameters with the results obtained in other sport habits surveys from other territories.

It's also observed the specificity of the results in each municipality analysed.

Generally, in the surveyed municipalities, the regular sport and physical activity range between the 47% and the 56% of the population of more than 15 years old.

Concerning the most practised sport activities, the first positions correspond to individual free activities, like walking, swimming and cycling.

During the presentation it will be exposed the observed trends according the nature of the municipality (sea/mountain, metropolitan area/outside the metropolitan area, tradition and sport entities, etc.)

## **DISCUSSION**

For 2007, it is foreseen to implement surveys to 13 municipalities of more than 10.000 inhabitants. Therefore, at the end of the year it will be a total of 30 surveyed municipalities, covering a population of 2.032,132 habitants. With all these data it will be possible to improve and get more precise information for the municipalities of the province of Barcelona.

It is necessary to know the demands of the population at local level, in order to define the sport policies that can satisfy the needs of the citizens.

At global level, it is confirmed the diversity of the sport habits studies that are implemented in several territories and that are not easily comparable each other, and therefore, it would be necessary to create a system of surveys allowing the comparison of data between the different territories.

We consider that we have to begin from the global planning to establish the most appropriate local planning, always considering the sport needs of the citizens at local level.

## **REFERENCES**

Survey about the sport-physical practice in Catalonia 2004.

Survey about the sport habits of the Spaniards 2005.

COMPASS (<http://w3.uniroma1.it/compass/whatis.htm>).

