

MINISTRY OF YOUTH AND SPORTS

PARTICIPATION IN SPORT

REPORT 2015

June 2017

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Introduction

A module to collect data on sports activities being carried out by people in the Republic of Mauritius was included in the CONTINUOUS MULTI PURPOSE HOUSEHOLD SURVEY (CMPHS) conducted by Statistics Mauritius (SM), following request from the Ministry of Youth and Sports.

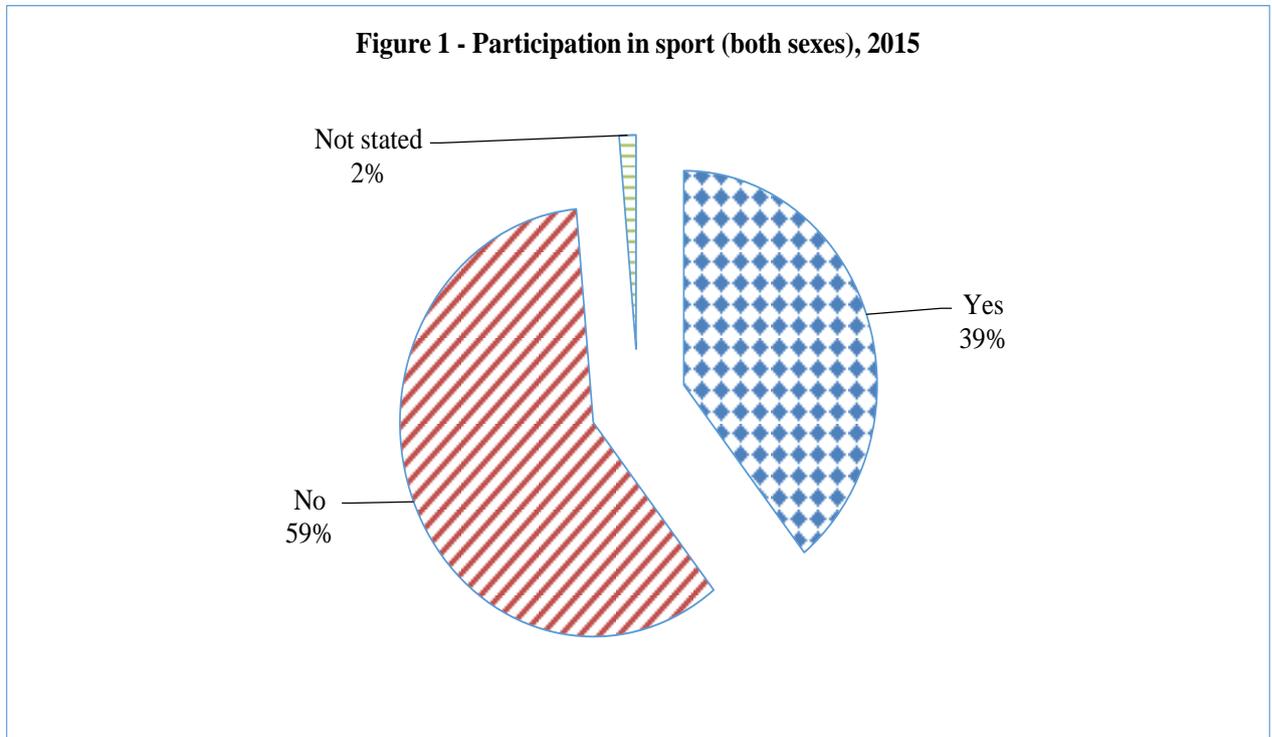
This report presents results of the CMPHS conducted in 2015 across the Republic of Mauritius.

The survey collected, inter alia, information on the frequency of participation in sport, duration of participation in sport, reason for practicing sport and type of sporting activities amongst persons aged 7 years and over during the 12 months of the reference year. Sporting activities carried out during school hours did not fall under the scope of this survey.

Main findings

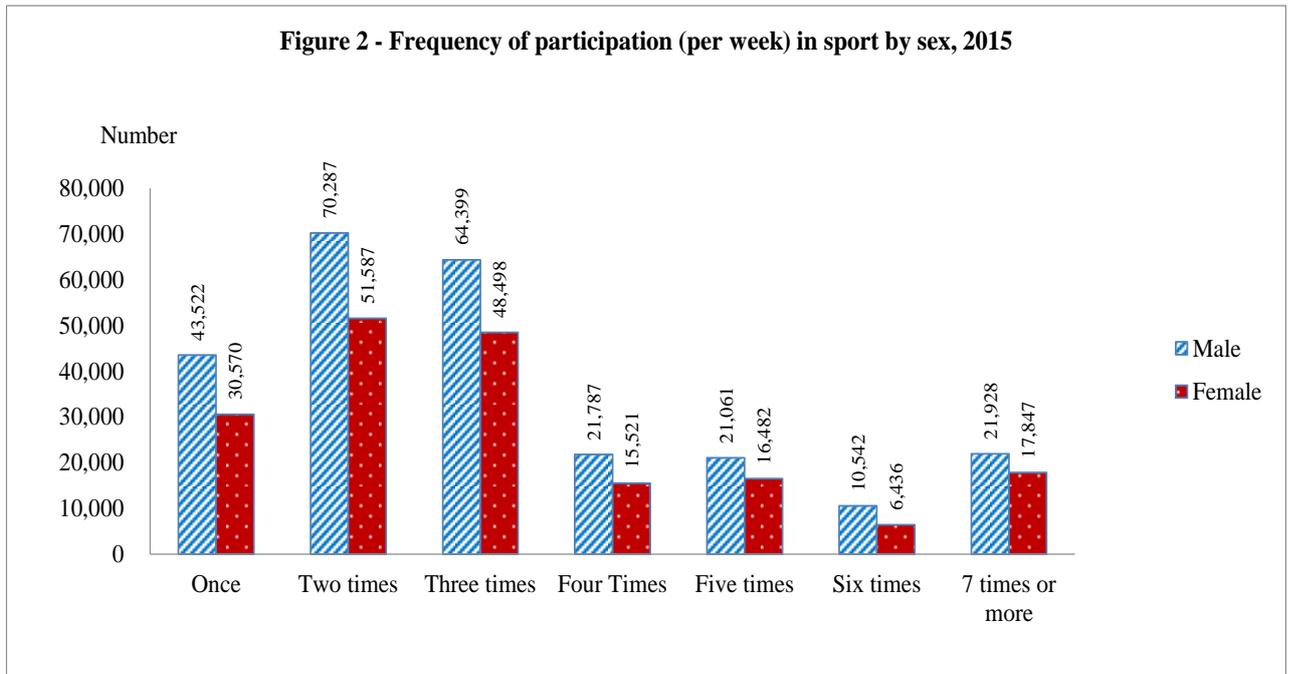
Overall participation in sport

During the year 2015, around 441,100 Mauritians aged 7 years and over participated in at least one physical activity per week, a participation rate of nearly 39%. (Figure 1 & Table 1)



Weekly frequency of participation in sport by sex

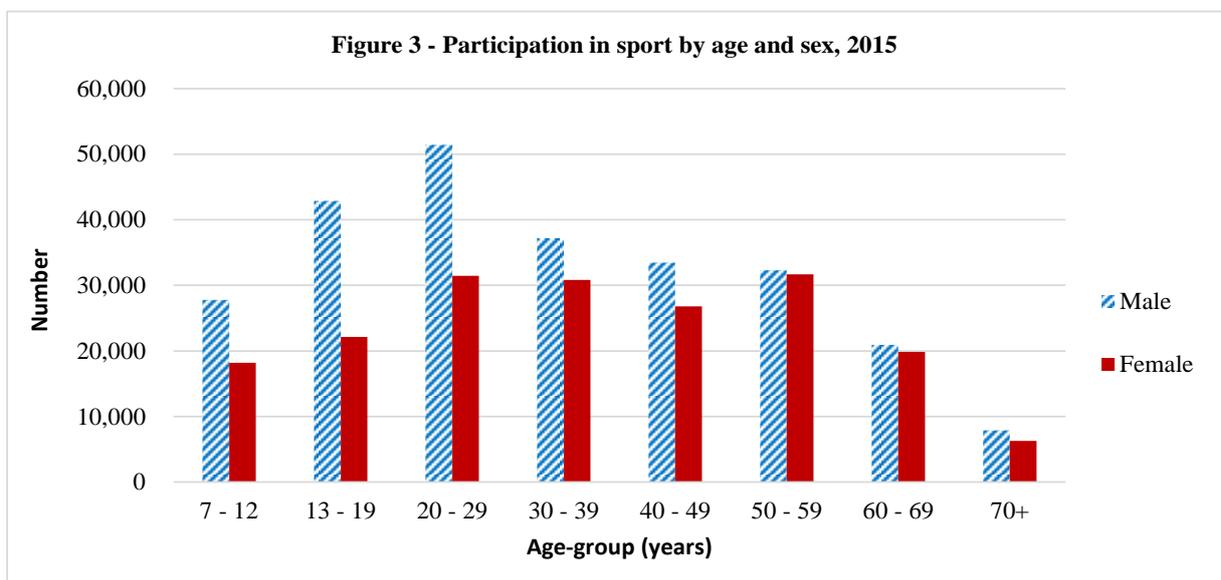
Among persons aged 7 years and over who participated in sports activities in 2015, an estimated 366,377 (83%) Mauritians (210,005 males and 156,371 females) exercised for two or more times per week while some 74,092 persons (43,522 males and 30,570 females) (17%) exercised only once a week (Figure 2 & Table 2).



Participation in sport by age and sex

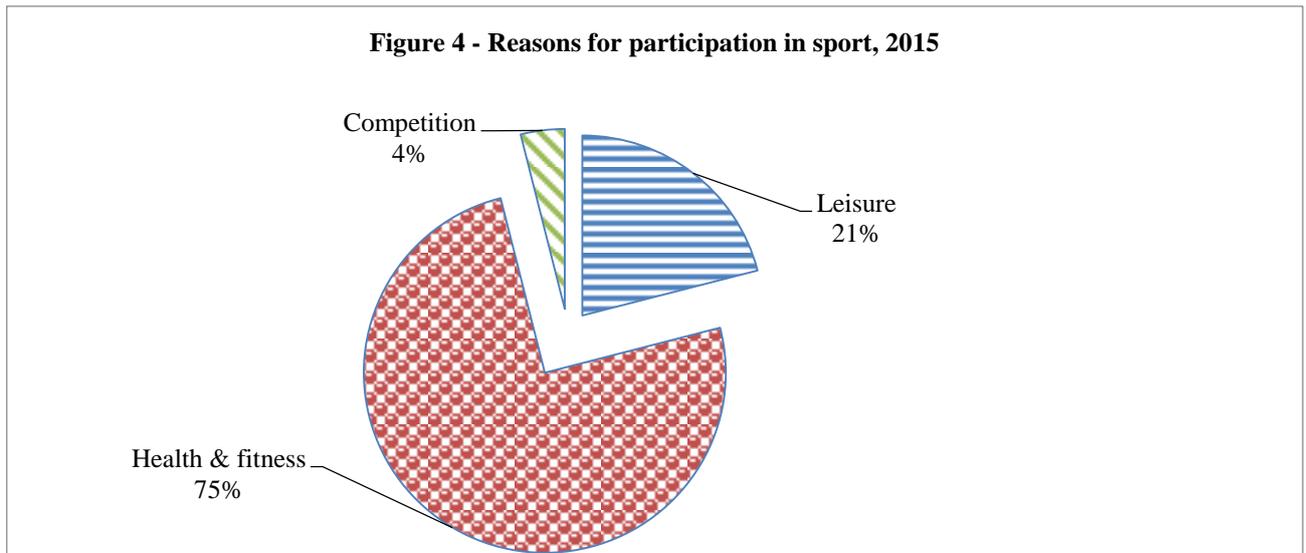
Men are more likely than women to do physical activities. In 2015, among persons participating in at least one physical activity, 42% were women.

Participation by age group and sex is shown in (Figure 3, Table 3a, Table 3b and Table 3c).



Reasons for participation in sport, 2015

In 2015, around 75 % of the population aged 7 years and over who participated in sports activities felt that participation in sport was beneficial for health and fitness while 21% did it for leisure and the remaining 4% practiced with a view to preparing themselves for competitions (Figure 4 & Table 4).

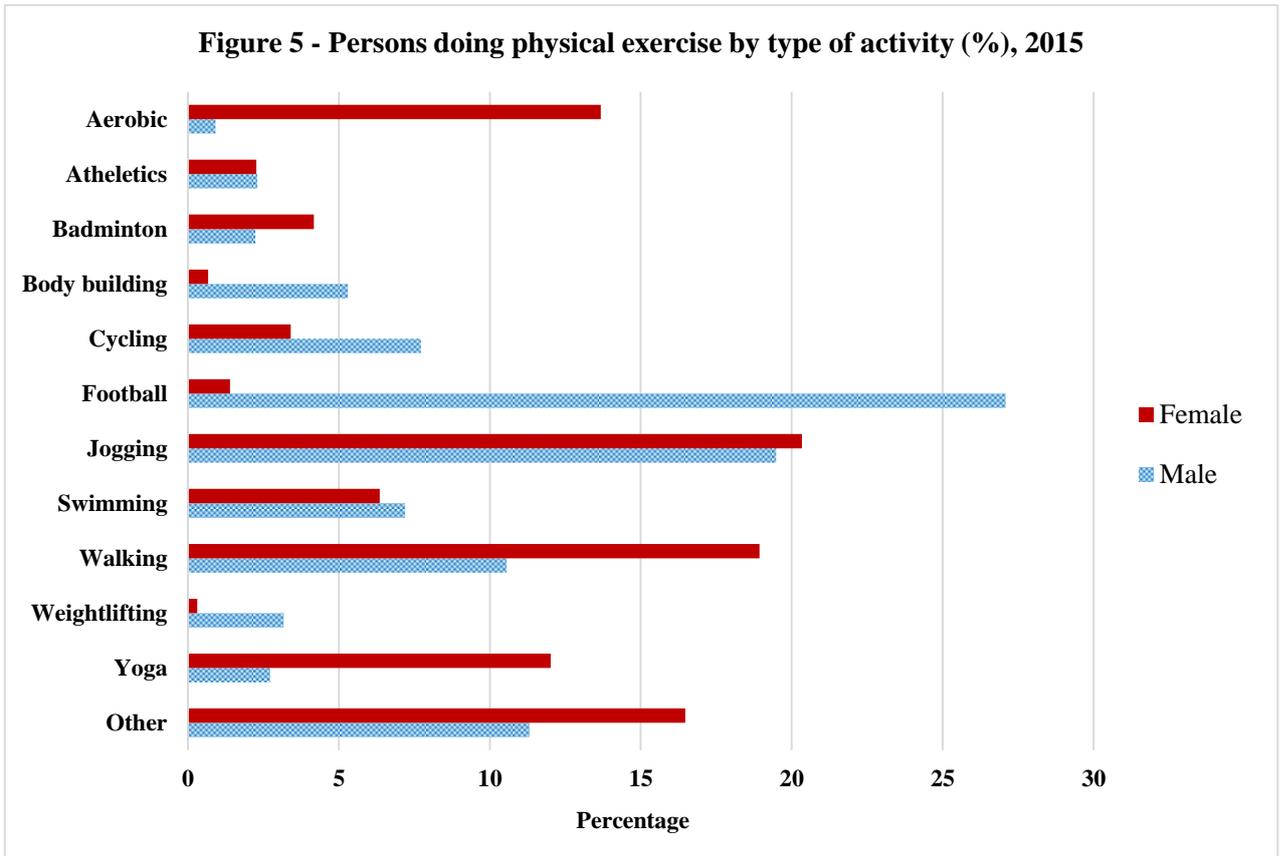


Participation by type of sporting activities

The activity with the highest participation rate was jogging (20%). Other sports with high participation rates were football (17%) and walking (14%) – (Figure 5 & Table 3a).

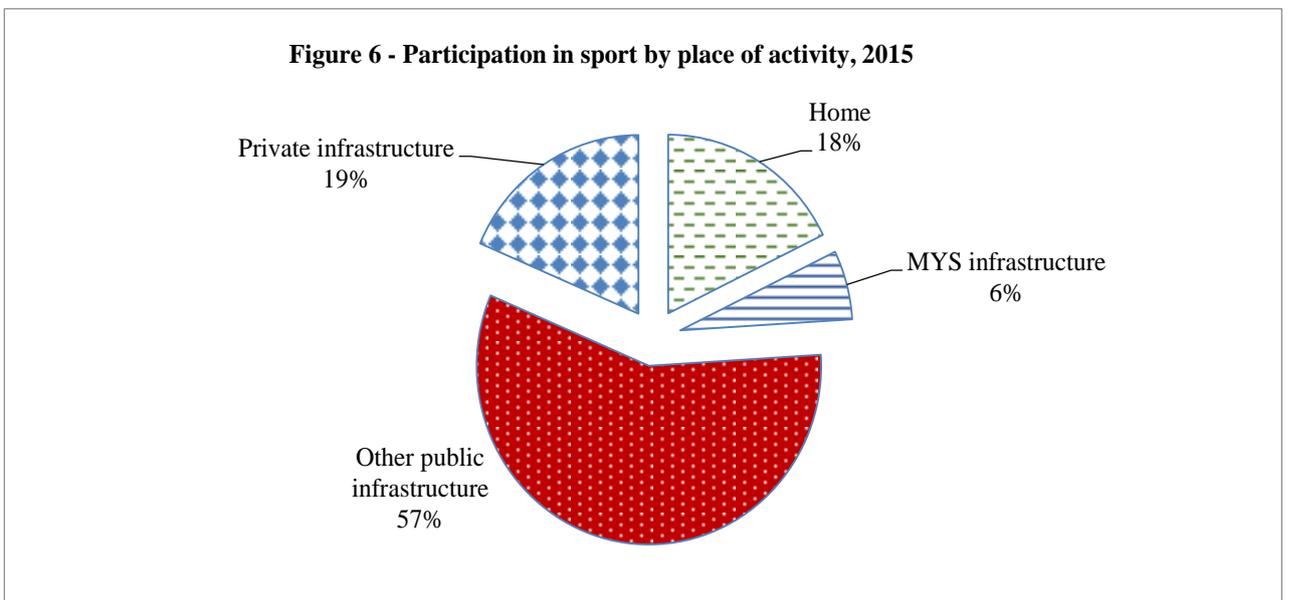
For male, activities with the highest participation rate were football (27%), jogging (19%) followed by walking (11%) – (Figure 5 & Table 3b).

For female, activities with the highest participation rate were jogging (20%), walking (19%), aerobic (14%) and yoga (12%) – (Figure 5 & Table 3c).



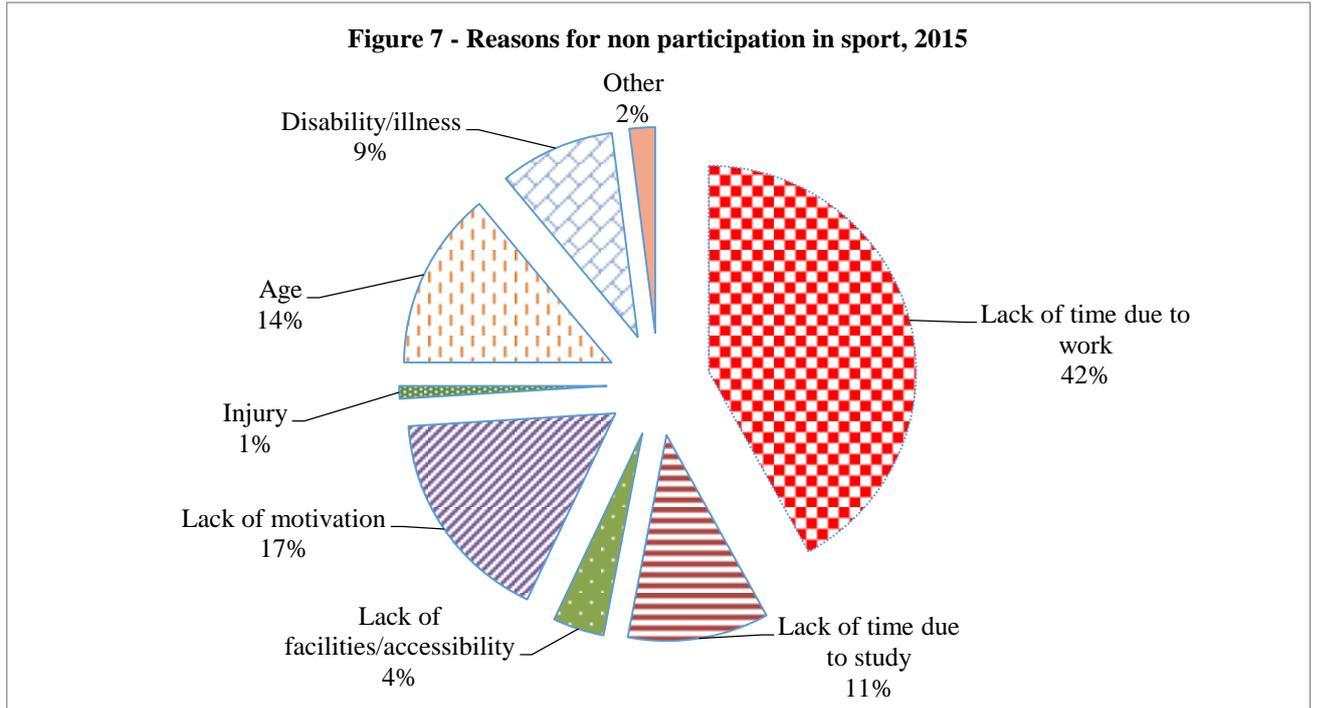
Participation in sport by place of activity

During the year 2015, nearly 57% of persons practiced sport in public infrastructure owned by schools, municipalities, village councils, etc, 19% in private infrastructures, 18% at home and 6% in infrastructures owned by the Ministry of Youth and Sports (Figure 6 & Table 7a).



Non participation in sports activities

A total of 666,600 persons (59% of the target population) did not participate in sporting activities for the following main reasons: Lack of time due to work (42%), Lack of motivation (17%), Old age (14%), Lack of time due to study (11%), Disability/Illness (9%) and Lack of facilities (4%) - (Figure 7 & Table 8).



Note: Total may not tally due to rounding off of figures

Table 1 - Participation in sport , 2015

Sex	Whether participated in Sports (Number)			
	Yes	No	Not Stated	Population aged 7 years and over
Male	253,868	289,304	8,634	551,805
Female	187,238	377,296	7,035	571,569
Total	441,106	666,599	15,669	1,123,374
% (overall population)	39.3	59.3	1.4	100.0

Table 2: Frequency of participation (per week) in sport by sex, 2015

Weekly frequency	Male	Female	Both Sexes
Once	43,522	30,570	74,092
Two times	70,287	51,587	121,875
Three times	64,399	48,498	112,898
Four times	21,787	15,521	37,308
Five times	21,061	16,482	37,543
Six times	10,542	6,436	16,978
Seven times	20,152	16,965	37,117
>Seven times	1,776	882	2,658
Not Stated	341	297	637
Total	253,868	187,238	441,106

Table 3a: Number of persons¹ (both sexes) doing physical exercise by type of activity and age group, 2015

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20- 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	1,070	4,085	8,157	9,193	5,460	3,951	1,082	219	33,216
Atheletics	2,961	4,484	2,001	920	827	1,011	100	-	12,303
Badminton	2,946	3,646	4,471	2,169	1,690	1,332	75	-	16,328
Basketball	224	1,939	1,267	514	85	114	-	-	4,143
Body building	444	4,043	7,878	3,140	2,007	627	145	-	18,283
Cycling	6,739	4,199	4,439	4,289	4,967	4,044	2,408	923	32,009
Football	15,949	26,046	26,084	11,893	6,096	2,226	642	72	89,009
Jogging	8,291	10,122	19,855	19,494	18,978	19,021	9,206	1,932	106,897
Swimming	6,165	4,565	7,952	6,551	4,846	3,575	2,576	663	36,893
Table tennis	402	423	532	435	182	218	80	39	2,311
Taichi	516	257	166	308	53	358	253	116	2,027
Tennis	275	600	99	123	105	23	-	-	1,226
Volley ball	584	2,872	1,322	972	517	462	40	-	6,769
Walking	2,976	4,365	7,268	10,509	13,677	18,225	13,449	4,967	75,436
Weightlifting	107	1,678	4,889	2,174	1,123	527	192	31	10,721
Yoga	1,189	1,419	3,024	3,923	6,613	10,129	6,448	2,514	35,259
Other	5,434	6,259	7,132	7,079	6,087	10,257	9,356	4,304	55,909
Total	56,272	81,001	106,535	83,684	73,315	76,099	46,054	15,779	538,740

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¹ A person may participate in more than one activity

Table 3b: Number of persons¹ (male) doing physical exercise by type of activity and age group, 2015

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	265	233	745	797	376	280	134	73	2,905
Atheletics	1,267	2,738	1,396	598	583	603	100	-	7,285
Badminton	943	1,266	2,043	848	1,060	849	75	-	7,084
Basketball	148	1,566	1,100	423	43	-	-	-	3,279
Body building	403	3,693	7,388	2,722	1,822	627	145	-	16,799
Cycling	4,237	3,508	3,244	2,760	4,040	3,570	2,275	841	24,475
Football	14,978	25,225	25,200	11,703	5,887	2,211	642	72	85,919
Jogging	3,961	4,878	10,428	11,376	12,350	11,428	5,953	1,444	61,817
Swimming	3,131	2,771	4,858	4,282	3,591	2,215	1,619	353	22,820
Table tennis	402	170	474	435	182	139	80	39	1,920
Taichi	301	257	107	185	53	97	-	-	1,001
Tennis	63	540	99	123	59	23	-	-	906
Volley ball	81	915	725	778	517	301	40	-	3,357
Walking	1,404	1,359	1,969	3,772	6,436	8,575	7,326	2,634	33,475
Weightlifting	107	1,495	4,722	2,107	935	462	192	31	10,052
Yoga	330	359	174	829	1,286	2,369	2,071	1,216	8,635
Other	2,440	3,299	2,764	3,264	2,064	5,126	3,995	2,465	25,416
Total	34,461	54,269	67,438	47,004	41,284	38,875	24,647	9,169	317,147

¹ A person may participate in more than one activity

Table 3c: Number of persons¹ (female) doing physical exercise by type of activity and age group, 2015

Activities	Age group (yrs)								Total
	7 - 12	13 - 19	20- 29	30 - 39	40 - 49	50 - 59	60 - 69	70+	
Aerobic	804	3,851	7,411	8,396	5,084	3,671	948	147	30,312
Atheletics	1,694	1,746	605	322	244	408	-	-	5,018
Badminton	2,003	2,380	2,428	1,320	630	483	-	-	9,244
Basketball	76	373	168	91	42	114	-	-	864
Body building	41	350	491	418	185	-	-	-	1,484
Cycling	2,502	692	1,195	1,529	927	474	133	82	7,533
Football	972	821	884	189	210	15	-	-	3,090
Jogging	4,330	5,244	9,427	8,118	6,628	7,593	3,253	487	45,079
Swimming	3,034	1,794	3,093	2,269	1,255	1,360	957	310	14,072
Table tennis	-	254	58	-	-	78	-	-	390
Taichi	215	-	58	123	-	261	253	116	1,027
Tennis	212	61	-	-	47	-	-	-	320
Volley ball	503	1,956	597	194	-	161	-	-	3,411
Walking	1,571	3,007	5,298	6,737	7,242	9,650	6,123	2,332	41,960
Weightlifting	-	183	167	67	188	65	-	-	669
Yoga	859	1,060	2,849	3,094	5,326	7,760	4,378	1,298	26,624
Other	2,994	2,961	4,368	3,815	4,023	5,132	5,362	1,838	30,493
Total	21,811	26,732	39,097	36,680	32,031	37,225	21,407	6,610	221,592

¹ A person may participate in more than one activity

Table 4: Number of persons doing physical exercise by reason and sex, 2015

Reason of practicing	Male	Female	Both Sexes
Leisure	66,968	25,250	92,218
Health & fitness	172,786	157,360	330,146
Competition	13,113	4,148	17,261
Other	661	183	844
Not Stated	341	297	637
Total	253,868	187,238	441,106

Table 5a: Number of persons¹ (both sexes) doing physical exercise by type of activity and duration, 2015

Activities	Duration - (minutes per week)								Total
	<30	30 - 59	60 - 119	120-179	180 - 239	240 - 299	300 - 359	>360	
Aerobic	387	839	8,080	8,588	6,437	3,870	1,263	3,753	33,216
Athletics	50	760	2,615	2,306	1,821	1,330	1,037	2,383	12,303
Badminton	191	1,112	3,965	4,608	1,924	1,414	1,040	2,074	16,328
Basketball	-	149	264	1,022	541	343	592	1,233	4,143
Body building	-	478	1,874	3,104	3,854	2,298	1,274	5,403	18,283
Cycling	17,449	1,411	4,310	3,358	2,579	954	473	1,474	32,009
Football	89	2,273	17,201	22,424	18,975	8,394	4,736	14,917	89,009
Jogging	1,062	9,245	27,349	22,663	19,499	7,024	6,108	13,947	106,897
Swimming	30	1,729	9,116	9,375	5,694	3,829	1,843	5,277	36,893
Table tennis	-	87	62	362	237	271	120	1,172	2,311
Taichi	-	80	359	472	547	256	117	197	2,027
Tennis	-	-	234	304	23	227	72	366	1,226
Volley ball	-	181	1,494	1,676	978	632	384	1,425	6,769
Walking	651	7,076	19,021	16,780	15,579	5,377	4,951	6,001	75,436
Weightlifting	-	148	1,711	1,808	1,803	1,326	1,037	2,888	10,721
Yoga	349	3,988	10,387	6,413	5,536	2,673	1,807	4,106	35,259
Other	523	3,989	13,534	10,774	11,508	4,335	2,676	8,572	55,909
Total	20,782	33,544	121,575	116,038	97,532	44,553	29,529	75,186	538,740

¹ A person may participate in more than one activity

Table 5b: Number of persons¹ (male) doing physical exercise by type of activity and duration, 2015

Activities	Duration - (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
Aerobic	81	-	566	446	907	386	-	517	2,905
Atheletics	50	180	1,682	916	1,412	721	761	1,562	7,285
Badminton	-	132	1,135	2,070	1,312	766	632	1,037	7,084
Basketball	-	107	141	837	464	291	395	1,044	3,279
Body building	-	390	1,697	2,868	3,414	2,063	1,222	5,145	16,799
Cycling	13,526	907	3,117	2,659	2,145	644	415	1,061	24,475
Football	36	1,973	16,868	21,860	18,456	7,869	4,309	14,548	85,919
Jogging	521	4,762	14,863	13,555	11,110	4,096	3,942	8,967	61,817
Swimming	15	1,008	5,219	5,594	4,190	2,176	1,346	3,272	22,820
Table tennis	-	87	62	362	237	160	120	892	1,920
Taichi	-	-	93	178	327	191	117	96	1,001
Tennis	-	-	127	163	23	227	-	366	906
Volley ball	-	-	723	500	584	500	82	969	3,357
Walking	178	2,685	7,585	7,436	8,164	2,372	1,688	3,367	33,475
Weightlifting	-	118	1,480	1,808	1,709	1,326	861	2,751	10,052
Yoga	174	1,029	1,866	1,365	1,433	610	548	1,610	8,635
Other	126	1,588	5,450	4,277	5,281	2,206	1,674	4,814	25,416
Total	14,708	14,968	62,673	66,894	61,168	26,603	18,113	52,021	317,147

¹ A person may participate in more than one activity

Table 5c: Number of persons¹ (female) doing physical exercise by type of activity and duration, 2015

Activities	Duration - (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	360+	
Aerobic	306	839	7,515	8,142	5,529	3,484	1,263	3,236	30,312
Atheletics	-	580	933	1,391	408	609	277	821	5,018
Badminton	191	980	2,830	2,538	612	648	409	1,036	9,244
Basketball	-	41	124	184	76	52	198	189	864
Body building	-	88	177	235	440	235	51	257	1,484
Cycling	3,924	504	1,192	700	434	310	58	413	7,533
Football	53	299	333	564	519	526	426	369	3,090
Jogging	541	4,483	12,486	9,108	8,388	2,928	2,166	4,980	45,079
Swimming	16	721	3,897	3,781	1,503	1,653	496	2,005	14,072
Table tennis	-	-	-	-	0	111	-	280	390
Taichi	-	80	266	294	-	66	-	101	1,027
Tennis	-	-	107	141	-	-	72	-	320
Volley ball	-	181	771	1,176	394	132	302	456	3,411
Walking	472	4,392	11,436	9,344	7,414	3,006	3,262	2,634	41,960
Weightlifting	-	30	231	-	94	-	176	137	669
Yoga	175	2,959	8,520	5,049	4,103	2,063	1,259	2,496	26,624
Other	397	2,401	8,084	6,496	6,227	2,129	1,002	3,757	30,493
Total	6,074	18,576	58,902	49,144	36,363	17,950	11,416	23,166	221,592

¹ A person may participate in more than one activity

Table 6a: Number of persons (both sexes) doing physical exercise by age group and duration, 2015

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7 -12	4,245	2,899	10,137	7,574	2,540	5,033	1,781	11,776	45,986
13 19	2,391	10,774	16,001	10,773	5,120	3,524	2,392	14,052	65,027
20 29	2,619	11,737	20,659	15,942	6,054	3,428	3,954	18,485	82,878
30 -39	2,702	6,553	16,173	11,926	6,119	4,127	2,974	17,414	67,987
40 -49	3,445	4,948	12,865	11,213	4,857	4,530	2,756	15,644	60,258
50 -59	2,837	6,336	11,117	10,899	4,392	5,688	3,621	19,104	63,995
60 -69	2,416	4,662	8,580	7,712	1,864	3,760	1,973	9,840	40,807
70+	767	1,570	2,254	2,979	321	1,694	599	3,984	14,167
Total	21,422	49,480	97,786	79,018	31,267	31,785	20,050	110,299	441,106

Table 6b: Number of persons (male) doing physical exercise by age group and duration, 2015

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7-12	2,643	2,329	6,178	5,074	1,457	1,990	1,436	6,668	27,775
13 - 19	1,521	8,866	10,017	7,640	3,816	1,317	1,900	7,801	42,879
20 - 29	1,736	8,590	11,951	11,415	4,423	1,100	2,611	9,616	51,442
30 - 39	1,630	4,005	8,779	6,594	3,619	2,269	1,755	8,520	37,173
40 - 49	2,788	2,635	7,793	5,946	2,755	2,388	1,428	7,746	33,479
50 - 59	2,285	3,484	6,266	5,356	2,078	2,326	1,628	8,881	32,303
60 - 69	1,826	3,094	3,736	4,411	917	1,766	948	4,242	20,939
70+	549	969	1,218	1,612	34	837	345	2,313	7,878
Total	14,979	33,973	55,938	48,047	19,099	13,994	12,051	55,788	253,868

Table 6c: Number of persons (female) doing physical exercise by age group and duration, 2015

Age Group (yrs)	Duration (minutes per week)								Total
	<30	30 - 59	60 - 119	120 - 179	180 - 239	240 - 299	300 - 359	>360	
7-12	1,601	570	3,960	2,501	1,084	3,043	345	5,108	18,211
13 - 19	870	1,908	5,984	3,133	1,304	2,207	492	6,251	22,148
20 - 29	883	3,147	8,708	4,528	1,631	2,328	1,343	8,868	31,437
30 - 39	1,072	2,548	7,393	5,331	2,500	1,858	1,218	8,894	30,814
40 - 49	657	2,313	5,071	5,267	2,102	2,142	1,328	7,898	26,779
50 - 59	552	2,852	4,851	5,543	2,314	3,362	1,993	10,223	31,691
60 - 69	590	1,568	4,844	3,302	947	1,994	1,025	5,598	19,869
70+	218	600	1,036	1,366	287	857	254	1,671	6,289
Total	6,444	15,507	41,848	30,971	12,168	17,791	7,999	54,511	187,238

Table 7a: Number of persons¹ (both sexes) doing physical exercise by type of activity and place, 2015

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	2,246	6,715	8,960	10,583	13,673	24,256	33,216
Athletics	2,145	6,588	8,732	1,372	2,198	3,571	12,303
Badminton	2,583	5,217	7,799	6,175	2,354	8,529	16,328
Basketball	995	1,975	2,970	340	833	1,173	4,143
Body building	195	1,631	1,825	4,493	11,965	16,458	18,283
Cycling	138	16,010	16,148	11,415	4,445	15,861	32,009
Football	9,048	66,397	75,445	3,946	9,618	13,564	89,009
Jogging	2,517	81,168	83,684	11,046	12,166	23,212	106,897
Swimming	3,873	24,993	28,866	1,628	6,398	8,027	36,893
Table tennis	367	1,001	1,368	519	424	943	2,311
Taichi	102	334	435	248	1,344	1,592	2,027
Tennis	128	356	484	-	742	742	1,226
Volley ball	2,039	3,670	5,708	507	553	1,060	6,769
Walking	770	57,599	58,369	8,689	8,378	17,067	75,436
Weightlifting	211	1,740	1,950	3,116	5,654	8,770	10,721
Yoga	2,299	5,466	7,765	20,192	7,303	27,495	35,259
Other	4,042	28,514	32,556	11,406	11,947	23,353	55,909
Total	33,695	309,371	343,066	95,676	99,997	195,673	538,740

¹ A person may participate in more than one activity

Table 7b: Number of persons¹ (male) doing physical exercise by type of activity and place, 2015

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	177	654	831	1,015	1,058	2,073	2,905
Athletics	1,128	4,170	5,299	841	1,145	1,986	7,285
Badminton	1,584	2,618	4,202	1,535	1,347	2,882	7,084
Basketball	784	1,668	2,453	261	565	826	3,279
Body building	195	1,592	1,787	3,965	11,048	15,012	16,799
Cycling	138	14,070	14,208	7,245	3,022	10,267	24,475
Football	8,550	63,937	72,488	3,839	9,592	13,431	85,919
Jogging	1,670	48,357	50,027	5,000	6,791	11,791	61,817
Swimming	2,250	16,421	18,671	677	3,473	4,150	22,820
Table tennis	230	949	1,179	318	424	741	1,920
Taichi	49	203	252	97	652	749	1,001
Tennis	81	284	365	-	541	541	906
Volley ball	797	2,250	3,046	41	270	311	3,357
Walking	196	25,422	25,619	3,657	4,200	7,857	33,475
Weightlifting	211	1,640	1,851	2,934	5,267	8,201	10,052
Yoga	300	864	1,165	6,025	1,445	7,471	8,635
Other	2,286	12,491	14,777	4,745	5,894	10,639	25,416
Total	20,628	197,591	218,219	42,194	56,734	98,929	317,147

¹ A person may participate in more than one activity

Table 7c: Number of persons¹(female) doing physical exercise by type of activity and place, 2015

Activities	Public infrastructure			Private infrastructure			Grand Total
	Ministry of Youth & Sports	Other	Total	Home	Other	Total	
Aerobic	2,068	6,061	8,129	9,568	12,615	22,183	30,312
Athletics	1,016	2,417	3,433	531	1,053	1,585	5,018
Badminton	999	2,599	3,597	4,639	1,007	5,647	9,244
Basketball	211	307	518	78	268	347	864
Body building	-	39	39	528	917	1,445	1,484
Cycling	-	1,939	1,939	4,171	1,423	5,594	7,533
Football	498	2,460	2,957	107	26	133	3,090
Jogging	847	32,811	33,658	6,046	5,376	11,422	45,079
Swimming	1,623	8,572	10,195	952	2,926	3,877	14,072
Table tennis	136	52	189	202	-	202	390
Taichi	53	130	183	151	692	843	1,027
Tennis	47	72	119	-	201	201	320
Volley ball	1,242	1,420	2,662	466	283	749	3,411
Walking	573	32,177	32,750	5,032	4,178	9,210	41,960
Weightlifting	-	100	100	182	387	569	669
Yoga	1,998	4,602	6,600	14,166	5,858	20,024	26,624
Other	1,756	16,023	17,779	6,662	6,053	12,714	30,493
Total	13,067	111,780	124,847	53,481	43,263	96,745	221,592

¹ A person may participate in more than one activity

Table 8: Number of persons (both sexes) not doing physical exercise by reason , 2015

Reasons for not practicing sports	Male	Female	Both Sexes
Lack of time due to work	134,159	143,268	277,428
Lack of time due to study	27,779	47,735	75,514
Lack of facilities/accessibility	7,912	16,008	23,920
Lack of motivation	44,172	70,329	114,501
Injury	4,986	2,104	7,090
Age	33,958	58,199	92,157
Disability/illness	30,416	32,347	62,763
Other	5,920	7,306	13,226
Total	289,303	377,296	666,599