



The R&A
International Golf
Conference 2023

GOLF AND HEALTH

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HEADLINE



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“Overall, physical activity/ golf is associated with improved wellness, physical health, and living longer”

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Murray et al, 2016, BJSM

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Risk Reduction Associated With Regular Physical Activity.

Chronic Condition	Risk Reduction
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction







SOURCE:
NHS Health Scotland

How golf measures up against World Health Organisation/ most governments guidelines.

Can provide moderate to vigorous aerobic PA (MVPA)

Can provide non-sedentary time (NS time)

Evidence for muscle strengthening (MS) and balance enhancements (BE) in older adults

	Moderate- vigorous PA	Non- sedentary time	Muscle Strengthening	Balance enhancing
Adults			?	?
Older adults				

Luscombe et al 2017,
Dubois, Salem et al 2021, Stokes, Wilson et al
2018



Multisystem Benefits.

BRAIN

Improves mood through promotion of social interaction and self-esteem

METABOLISM

A season of golf improves weight and body composition

PRODUCTIVITY

Physical activity improves function and productivity

LIVE LONGER

Golfers live 5 years longer than non-golfers



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Why golf matters to me.



PLAYING GOLF CAN MAKE YOU HEALTHIER & HAPPIER

TOP TIPS TO MAXIMISE THESE BENEFITS

PLAY REGULARLY
Aim to play golf or other physical activities at least 150 minutes per week, helping you meet global exercise guidelines.

WALK THE COURSE
Walk the course, as opposed to riding a golf cart, if able.

WARM UP
Do some aerobic exercise, stretching / mobility exercises, then practice swings to maximise performance and minimise injury risk.

HELP OTHERS
To feel welcome, and encourage others to play golf or take part in other physical activities.

PROTECT YOUR SKIN
Using sunscreen and appropriate clothing (collared shirt, hat, etc). Avoid excessive exposure to direct sunlight

FIT FOR GOLF
Appropriate strength and conditioning exercises can decrease injury and illness risk, and improve performance.

BE SAFE
Follow appropriate safety, golf cart safety, and lightning safety guidelines.

R&A **BJSM APPROVED** **WORLD GOLF FOUNDATION** **INTERNATIONAL CONSENSUS ON GOLF & HEALTH BJSM 2018** **Golf & Health**

Infographic by: Dr Danny Glover & Dr Andrew Murray 2018

Golf Saved My Life / The remarkable story of Stewart Harris



WHAT CAN THE GOLF INDUSTRY/FACILITIES DO TO MAXIMISE THE HEALTH BENEFITS OF GOLF?

SPREAD THE WORD

Golf facilities and the golf industry can share key health benefits and messages with golfers and potential golfers.



PROMOTE INCLUSIVITY

Encourage increased participation by developing environments and price structures that are welcoming to all, including beginners.



MULTI-FUNCTIONALITY

Facilities in addition to golf could include for example, a gym, walking routes, child care.

WOMEN & GIRLS

Inspire and recruit more women and girls to play golf, and retain their participation in the game.

PROVIDE

Warm up facilities, and stock sunscreen, water and healthy food.



PROMOTE SAFETY & SUSTAINABILITY

Maintain policies, facilities and golf carts. Restrict water, energy and chemical use.

AVOID

Mandatory golf cart use, and encourage players to walk the course.

GOLF IS A SPORT WITH WIDE RANGING HEALTH BENEFITS. BY TAKING THESE ACTIONS, THE GOLF INDUSTRY AND FACILITIES CAN MAKE A BIG CONTRIBUTION TO MAXIMISING THESE BENEFITS.



INTERNATIONAL CONSENSUS ON GOLF & HEALTH BJSM 2018

Infographic by: Dr Danny Glover & Dr Andrew Murray 2018

Golf & Health



WOMEN IN GOLF CHARTER

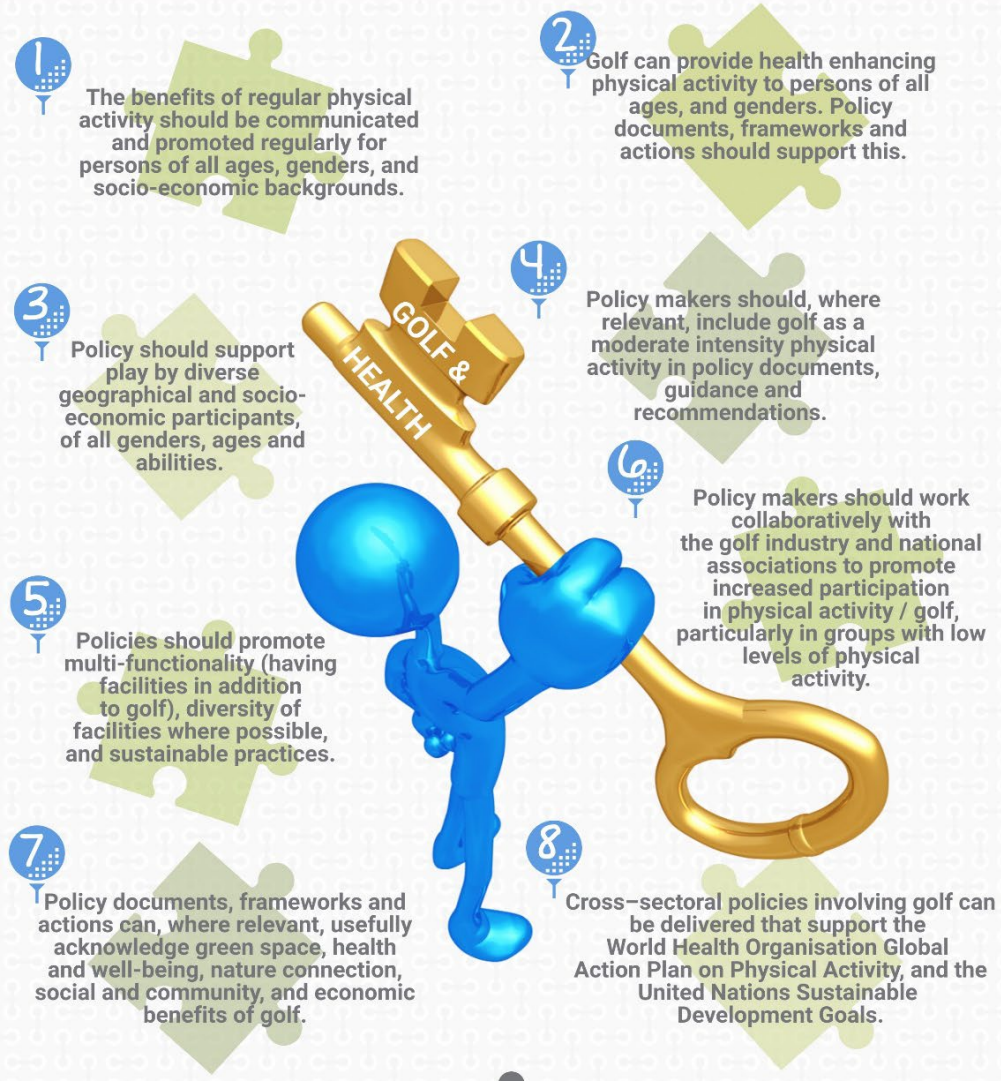
We want to encourage more women and girls into playing golf successful careers in the sport.

Charter Signatories



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Golf & Health- Key Actions For Policy/Decision Makers



“Golf is a popular sport for men and women and it is great to see golf’s global leadership recognising health priorities and identifying ways golf can be more accessible to more people.”

Prof Fiona Bull. Head of Physical Activity
World Health Organisation



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Key resources.

www.golfandhealth.org

Golf and Health report (The R&A)

Briefing, and key recommendation documents (available through the portal)

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Thank you.

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