

Golf & Health- Key Actions For Policy/Decision Makers

1

The benefits of regular physical activity should be communicated and promoted regularly for persons of all ages, genders, and socio-economic backgrounds.

2

Golf can provide health enhancing physical activity to persons of all ages, and genders. Policy documents, frameworks and actions should support this.

3

Policy should support play by diverse geographical and socio-economic participants, of all genders, ages and abilities.

4

Policy makers should, where relevant, include golf as a moderate intensity physical activity in policy documents, guidance and recommendations.

5

Policies should promote multi-functionality (having facilities in addition to golf), diversity of facilities where possible, and sustainable practices.

6

Policy makers should work collaboratively with the golf industry and national associations to promote increased participation in physical activity / golf, particularly in groups with low levels of physical activity.

7

Policy documents, frameworks and actions can, where relevant, usefully acknowledge green space, health and well-being, nature connection, social and community, and economic benefits of golf.

8

Cross-sectoral policies involving golf can be delivered that support the World Health Organisation Global Action Plan on Physical Activity, and the United Nations Sustainable Development Goals.

