



Golf and Health: A Briefing Document for National Federations/ the Golf Industry

Headlines- the best scientific evidence shows that:

- Golf can provide health-enhancing levels of physical activity, - with golfers living longer, and enjoying comprehensive physical and mental health benefits.
- These benefits are available to persons of all ages, backgrounds, and abilities.
- All the World Health Organisation/ national governments key criteria for health enhancing physical activity can be met through playing golf- an important thing to highlight to local and national policy makers.
- Regular exercise, including golf is one of the best things you can do for your immune system, and golf lends itself to physical distancing and can be played safely.

Suggested actions for golf industry and facility leaders

- Spread the word for this safe and healthy sport- share the health benefits with golfers, potential golfers, industry colleagues, and policy makers.
- Potential golfers/golfers tend to like to hear about immediate wins- feeling better, improved well-being, social connections
- Policy makers like to hear about quick wins, but also the economic, and longevity and benefits on reducing type 2 diabetes, cardiovascular disease, dementia etc.
- Promote inclusivity- encourage increased participation by developing environments and price structures that are welcoming to all, including beginners
- Women and girls- inspire and recruit more women and girls to play
- Maintain safety and sustainability-maintain policies and facilities that minimise risk from COVID-19 etc
- Multi-functionality- encourage facilities in addition to golf

Where can we find out more?

- Link to website: www.golfandhealth.org
- Link to golf and health report: <https://www.randa.org/en/key-projects/golf-and-health>
- Scientific papers: <https://bjsm.bmj.com/content/52/22/1426>
<https://bjsm.bmj.com/content/52/22/1421>
- Twitter handle: <https://twitter.com/GolfAndHealth>
- Contact details (science):
Dr Andrew Murray docandrewmurray@gmail.com
Contact details(comms):
Aston Ward (Golf and Health Project) aw@cpg.golf
Ed Hodge (R&A) ed_hodge@outlook.com

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

