Golf & Health - key actions for policy 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, as well as economic benefits of golf.


INTERNATIONAL CONSENSUS ON GOLF & HEALTH BJSM 2018

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