

# WHY SPORT MATTERS TO HEALTH.

Participating in sport/being active is the **“best buy in public health”** and helps people to live longer, healthier and happier lives.

Former Chief Medical Officer for Scotland, Harry Burns, stated that *the key indicator of life expectancy in Scotland is how physically active a person is – above any other indicator.*

- Physical inactivity is known to be the fourth leading cause of global mortality
- 2,500 people die in Scotland each year due to physical inactivity
- Participating in sport/being active can reduce the risk and incidence of up to 30 health conditions, including:

	Reduced Risk	Reduced Incidence
<b>Coronary Heart Disease</b>	<b>33%</b>	<b>10.5%</b>
<b>Diabetes (type 2)</b>	<b>30-40%</b>	<b>13%</b>
<b>Breast Cancer</b>	<b>20-40%</b>	<b>17.9%</b>
<b>Colon Cancer</b>	<b>20-30%</b>	<b>18.7%</b>
<b>Stroke</b>	<b>31%</b>	<b>12%</b>

- Taking part in sport/being active can reduce the recurrence of the conditions above by 30-50%
- For many health conditions, the more active you are the greater the benefit
- Being active can have a simultaneous positive effect on a variety of conditions/risk factors
- Sport/being active can reduce the risk of premature mortality by 30%
- On average, active adults have a 30% higher chance of enhanced wellbeing than inactive adults.



## PARTNERSHIPS

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P.E.

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PLACES

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PEOPLE

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## PERFORMANCE

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### SCOTTISH SPORTS ALLIANCE

c/o Scottish Sports Association  
 Caledonia House  
 Edinburgh  
 EH129DQ  
[www.thesa.org.uk](http://www.thesa.org.uk)



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#whysportmatters