

WHY SPORT MATTERS TO EDUCATION, WORK FORCE & ECONOMY.

It is estimated that **increasing physical activity levels by 1% each year for five years would save 157 lives per year, with a positive economic impact of £85million to Scotland's economy** - evidence has shown that participation in sport/being active can:

In schools

- Produce up to 40% higher test scores for students
- Make it 14% more likely that students will continue onto college or university
- Increase educational attainment and improve concentration through improved cognitive function

In the workplace

- Result in 27% fewer sick days & reduce overall job stress
- Improve individual work performance by 4-5% & result in an overall 1% increase in workforce productivity
- Reduce staff turnover by 8-15%
- Have the potential to contribute to a 7-8% increase in earnings
- Improve people's skills in goal-setting, teamwork, problem solving, mental flexibility, time management, self-discipline and many more!

Contribute to Scotland's economy through:

- Being part of 'the best buy' in public health
- Reducing the 2.2 million working days that are lost in Scotland/year through ill health (costing £1.2 billion)
- Reducing physical inactivity (which costs Scotland's economy around £91 million annually)
- Events – e.g. the 2014 Ryder Cup is estimated to have generated £100 million for Scotland's economy; the Mountain Bike World Cup in Fort William generates around £2.4 million annually; the 2013 Scottish 6 Days Orienteering event in Moray generated around £1.35 million.



PARTNERSHIPS

P.E.

PLACES

PEOPLE

PERFORMANCE

SCOTTISH SPORTS ALLIANCE

c/o Scottish Sports Association
Caledonia House
Edinburgh
EH129DQ
www.thessa.org.uk



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