

WHY SPORT MATTERS TO COMMUNITIES & SOCIAL COHESION.

There are **13,000 sports clubs in Scotland**, that's **900,000 participants** and **195,000 volunteers** contributing their time to make our communities happy, healthy, fun and vibrant places to live.

Sport empowers communities, providing opportunities for all ages - from pre-school to older adults - to stay healthy and happy throughout their lives.

It has been found that:

- People who participate in sport through a club participate more often and for longer than non-club members, with further benefits including social cohesion
- Active older adults can be less likely to feel loneliness than their sedentary counterparts
- Sport and being active can increase social interaction and create a sense of belonging
- Individuals who volunteer have increased life satisfaction and enhanced well-being - volunteering can result in a 20% reduction in premature mortality
- Sport can inspire participation - following the Glasgow Commonwealth Games 84% of people have participated in sport since the Games and 94% of people plan to be more active in 2015
- Being active throughout childhood and developing key fundamental skills are vital to instilling positive habit forming behaviours – these skills include persistence, integrity/respect, confidence, friendship, sportsmanship, leadership, responsibility and many more
- Sport can be a positive diversionary activity and act as a measure to reduce crime and anti-social behaviour, particularly for our young people.



PARTNERSHIPS

P.E.

PLACES

PEOPLE

PERFORMANCE

SCOTTISH SPORTS ALLIANCE

c/o Scottish Sports Association
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#whysportmatters