Infographic. Golf and health

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GOLF AND HEALTH

Golf and Physical Activity

1. Aerobic
   Moderate intensity for most people

2. Muscle strengthening
   More research required

3. Spectating
   Research required

Golf can provide moderate intensity physical activity using a golf cart or walking the course

- 3.5 METs
  - 6000 steps
  - 4 miles
  - 600 kcal/18 holes

- 4.8 METs
  - 11000-17000 steps
  - 4-8 miles
  - 1200 kcal/18 holes

Physical activity is associated with reduced risks of chronic conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hip fractures</td>
<td>~36 to 68%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>~20 to 40%</td>
</tr>
<tr>
<td>CVD, stroke</td>
<td>~20 to 35%</td>
</tr>
<tr>
<td>Colon cancer</td>
<td>~30%</td>
</tr>
<tr>
<td>Depression/Dementia</td>
<td>~20 to 30%</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>~20%</td>
</tr>
</tbody>
</table>

Golfers live longer

Golfers live longer compared to non-golfers

Golf and Physical Health

Cancer

- Regular PA
  - Risk colon/breast cancer

Cardiovascular

- Golf can improve known risk factors for CVD

- Consult a doctor before playing golf if unstable cardiac symptoms present

Musculoskeletal

- Incidence of injury moderate, injury rate per hour low. Back, elbow and wrist most common.

- Improved balance and strength in older adults

Respiratory

- Regular participation in golf
  - Improved and maintained lung function in older adults

Mental Health and Wellness

- Golf has wellness benefits

- Self esteem
  - Self worth
  - Self efficacy

- Golf and mental health needs more research.
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