

# Sport Participation and Ageing - influence and impact

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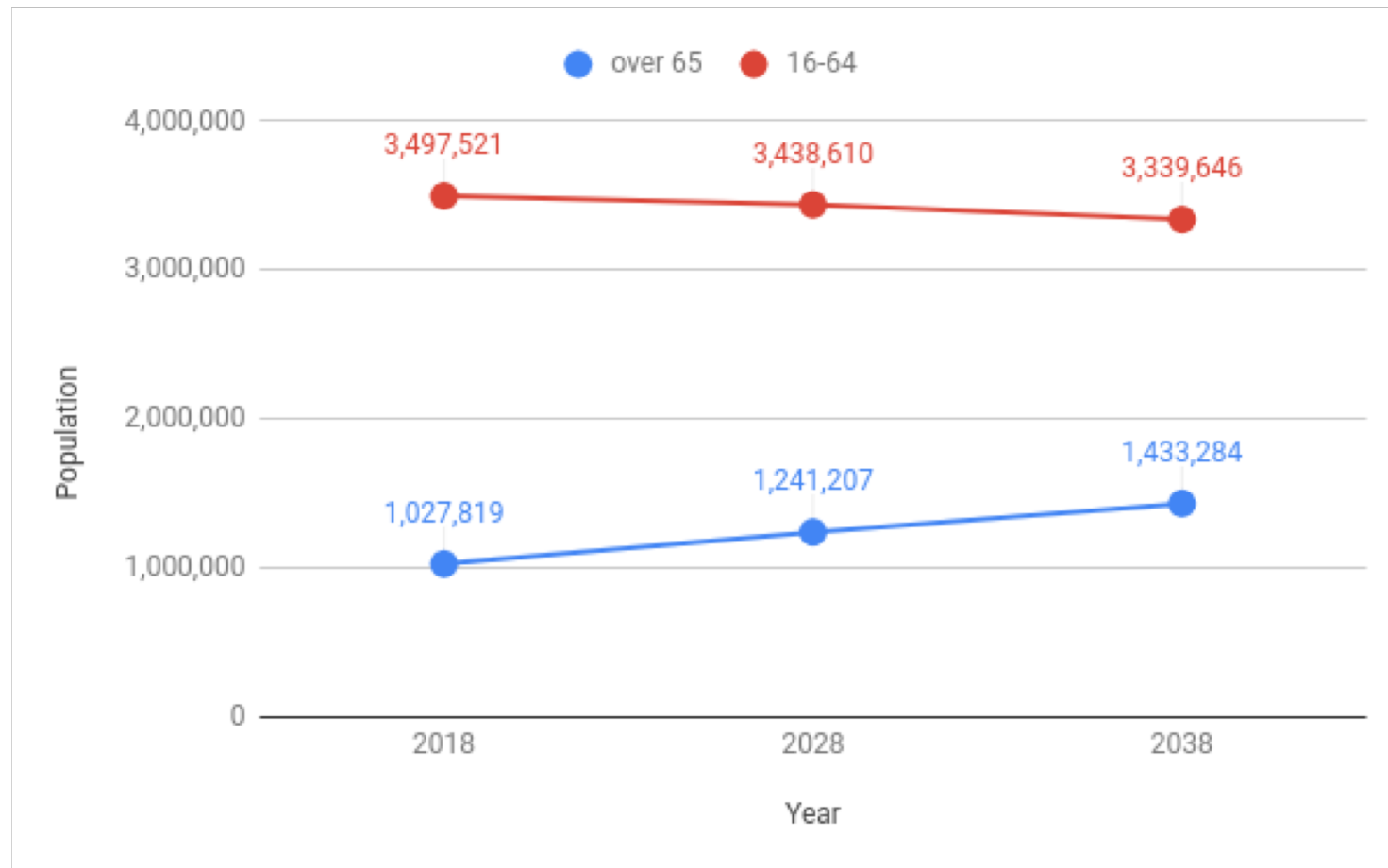
# Active participation

- [www.slido.com](https://www.slido.com)
- #8466
- Open questions/feedback
- Polls

# Overview

- Population trends
- Sports Participation in the older age groups
- Trends in sports participation in the older age groups
- Growing old competitively
- Benefits of sport participation
- Why do older adults not participate in sport?
- Policies for older adult sport participation

# Population trends





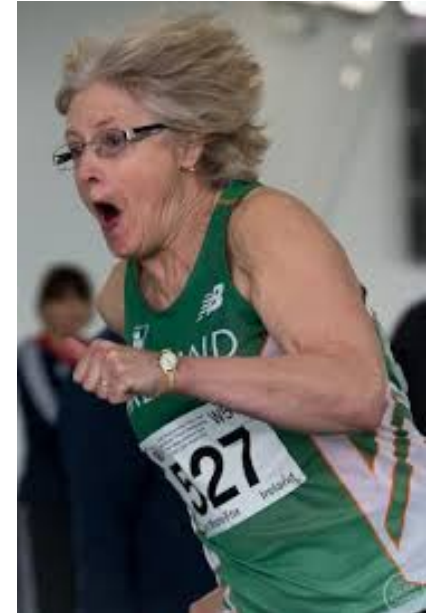
# Population trends

- Life expectancy

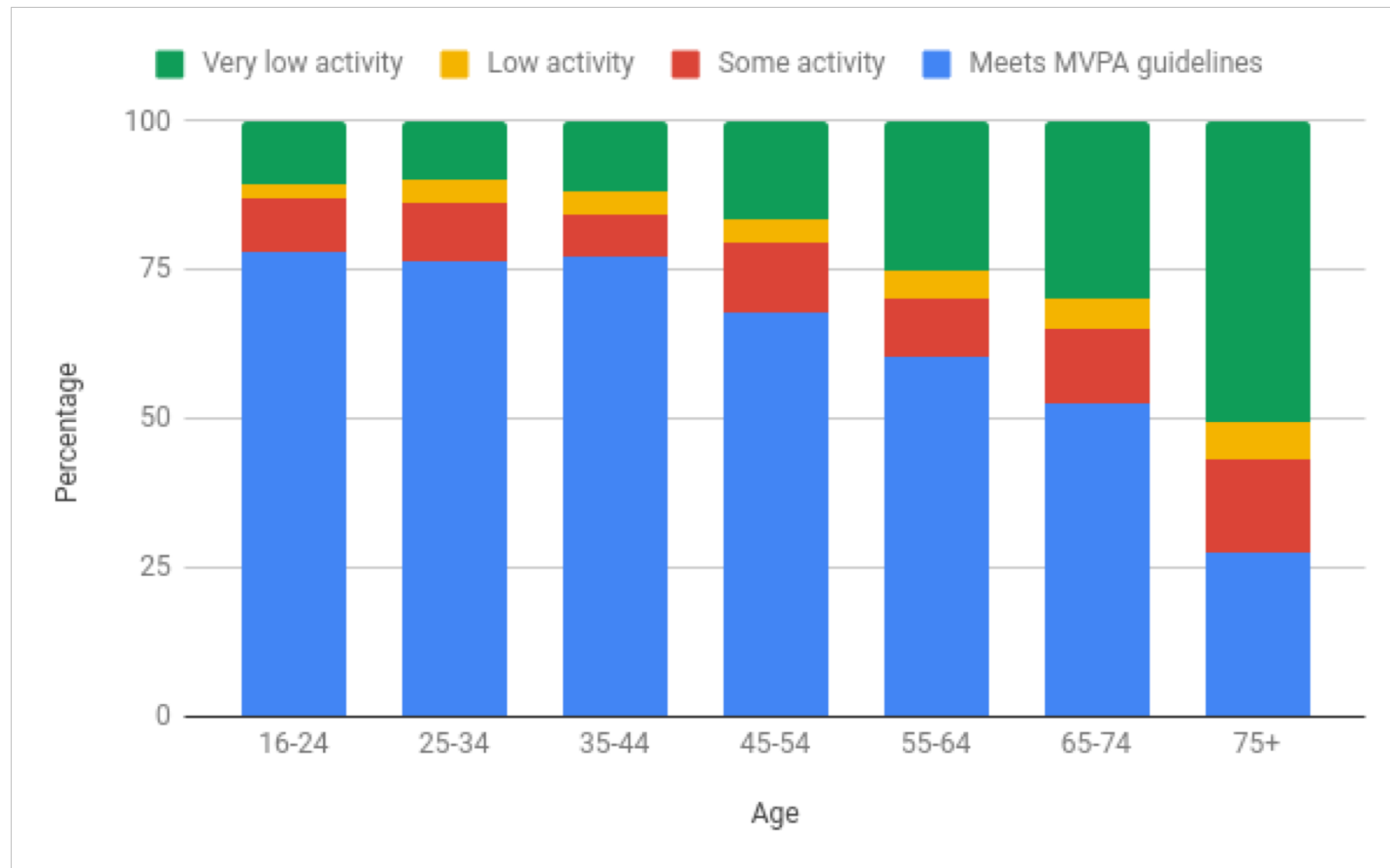
From birth – 77.1 years (lowest in the UK)

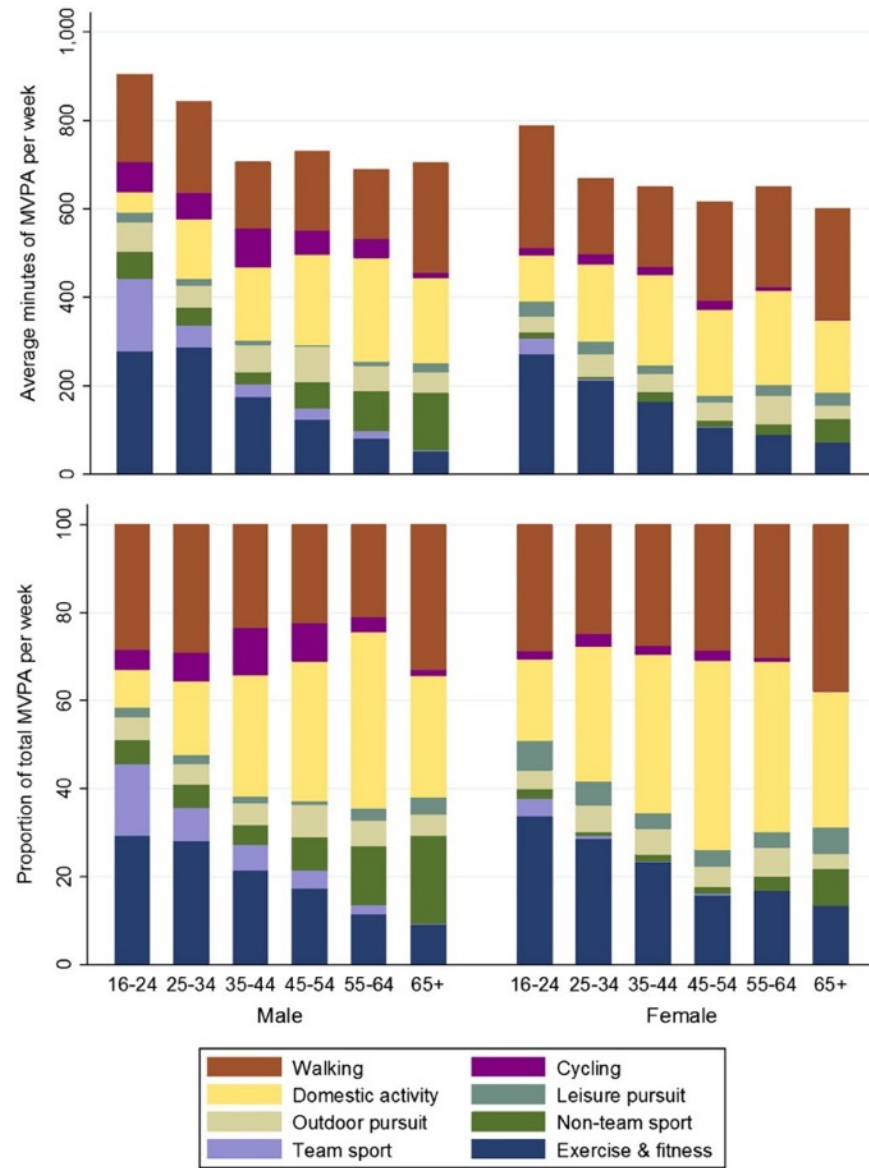
- Disease free life expectancy

From age 65 – 8.6 years (2<sup>nd</sup> lowest in the UK)



# Physical Activity with age





(Strain et al. 2016)

## Physical activity benefits for adults and older adults

- + BENEFITS HEALTH
- z<sub>z</sub> IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dementia	-30%
	Joint and Back Pain	-25%
	Cancers (Colon and Breast)	-20%

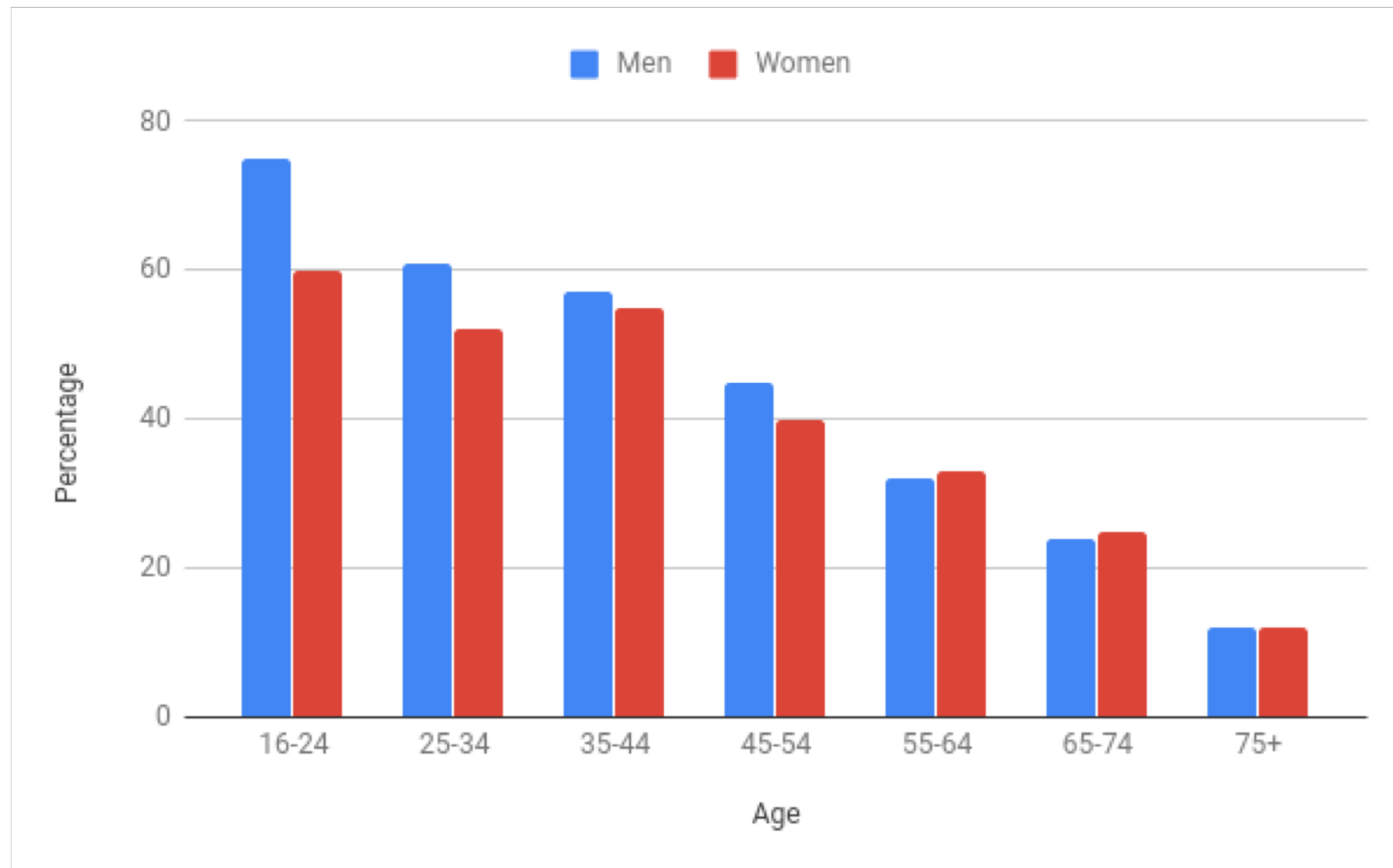
### What should you do?



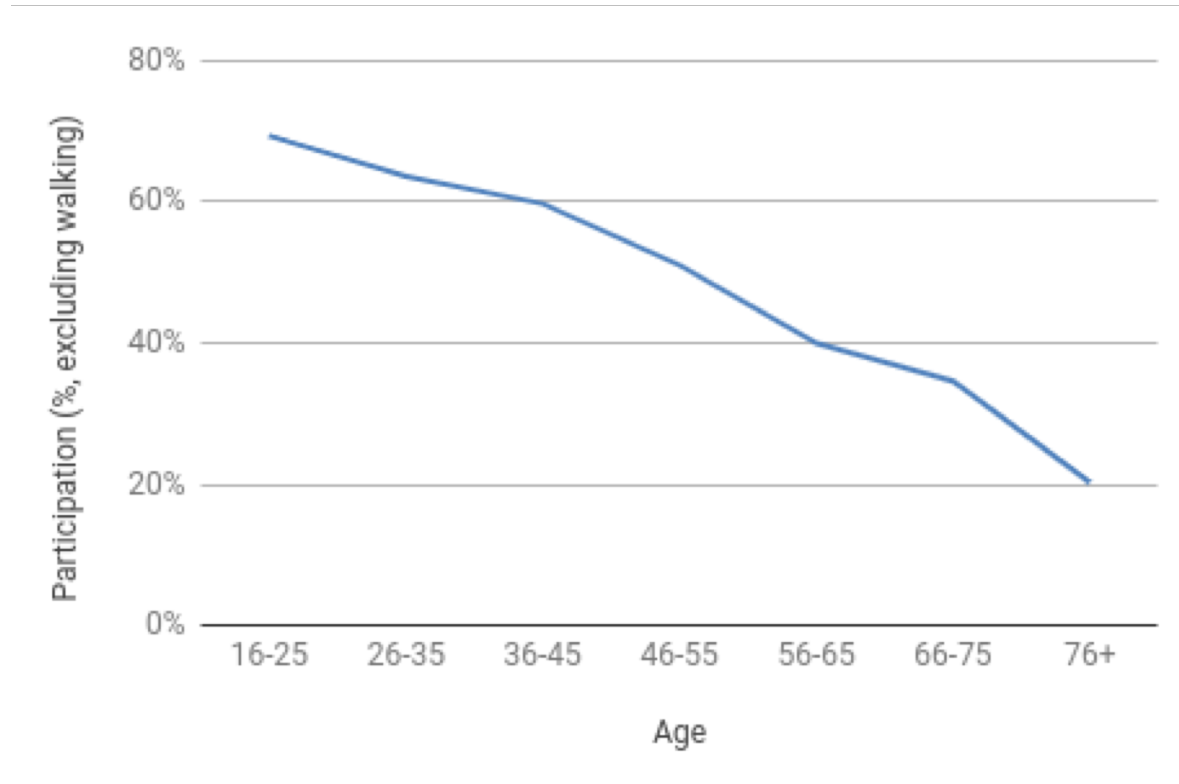
Particularly for older adults

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** <http://bit.ly/startactive>

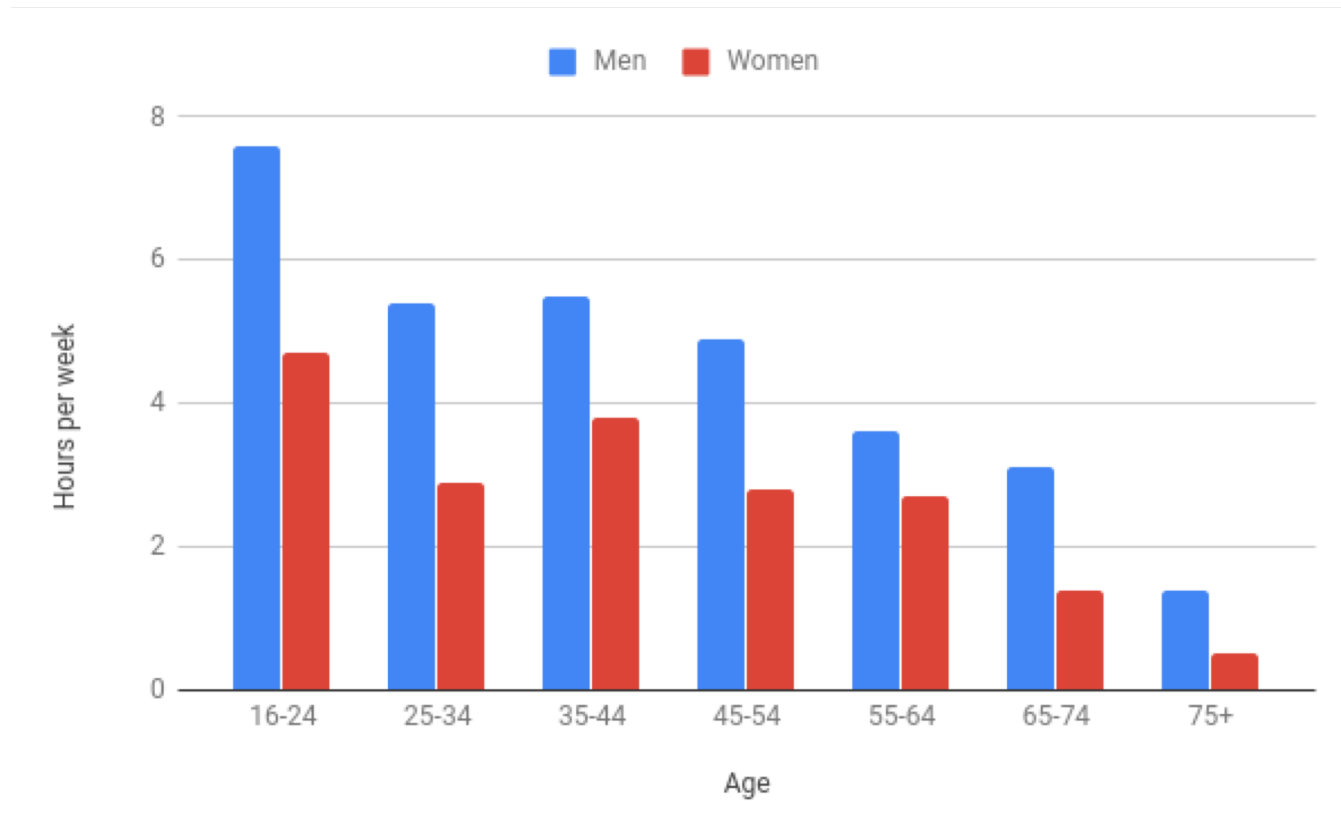
# Sports participation with age (SHeS)



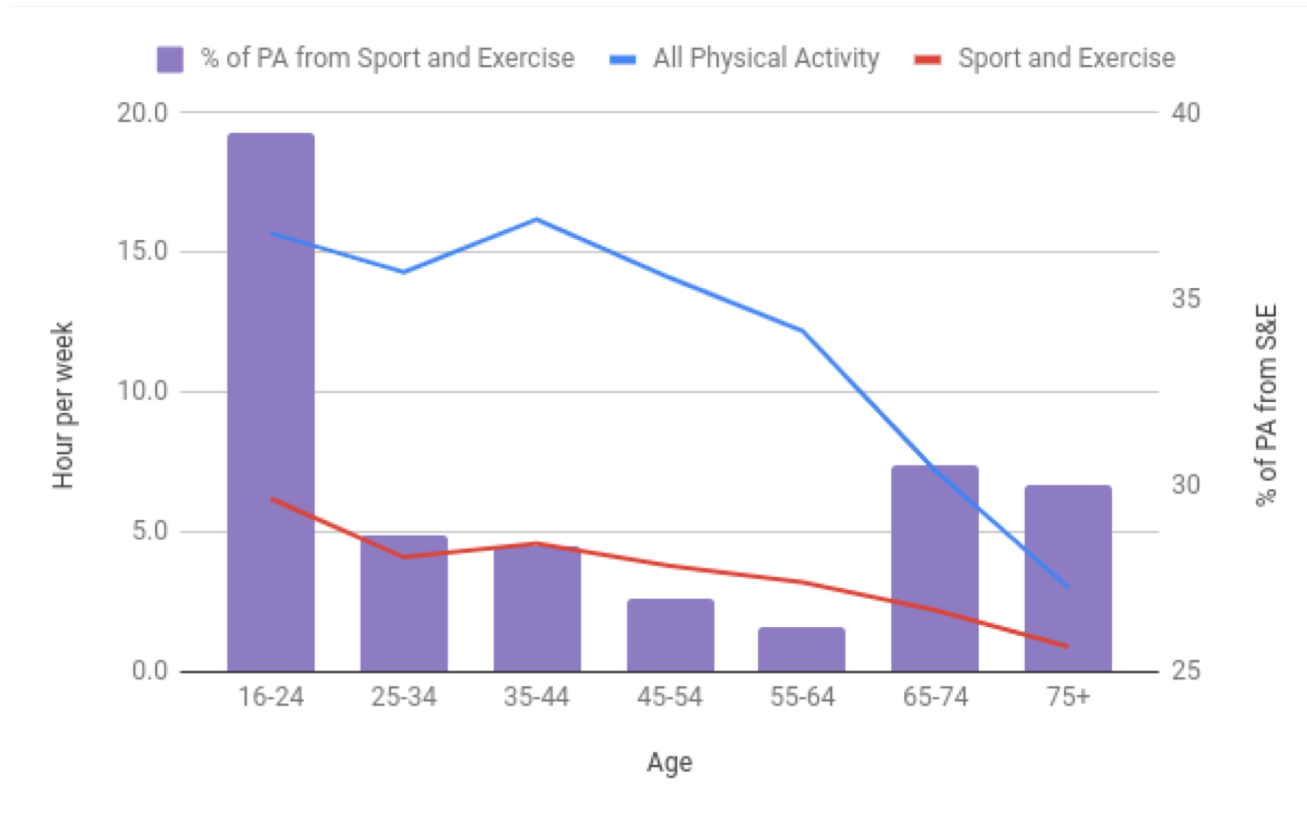
# Sports Participation with age (SHS)



# Sport participation, Gender effect ?



# All physical activity vs Sport physical activity

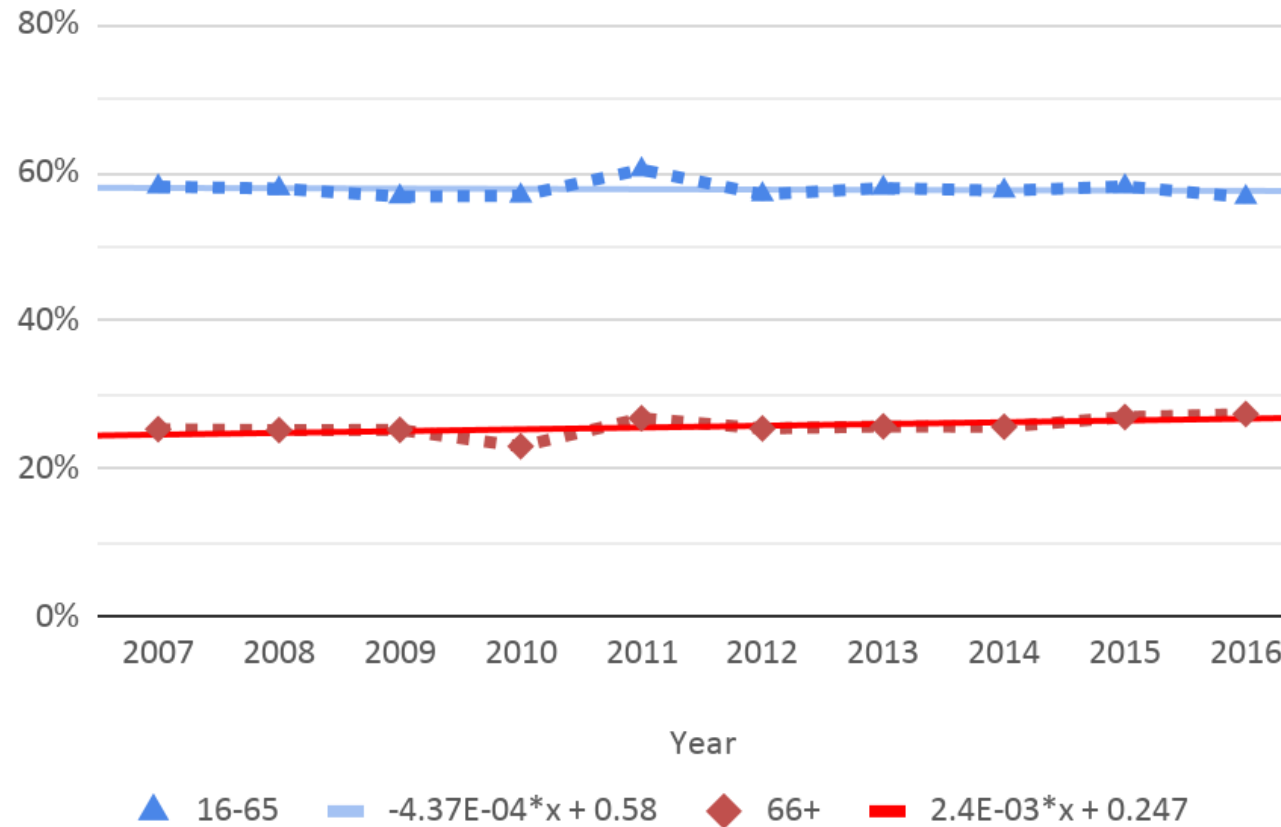




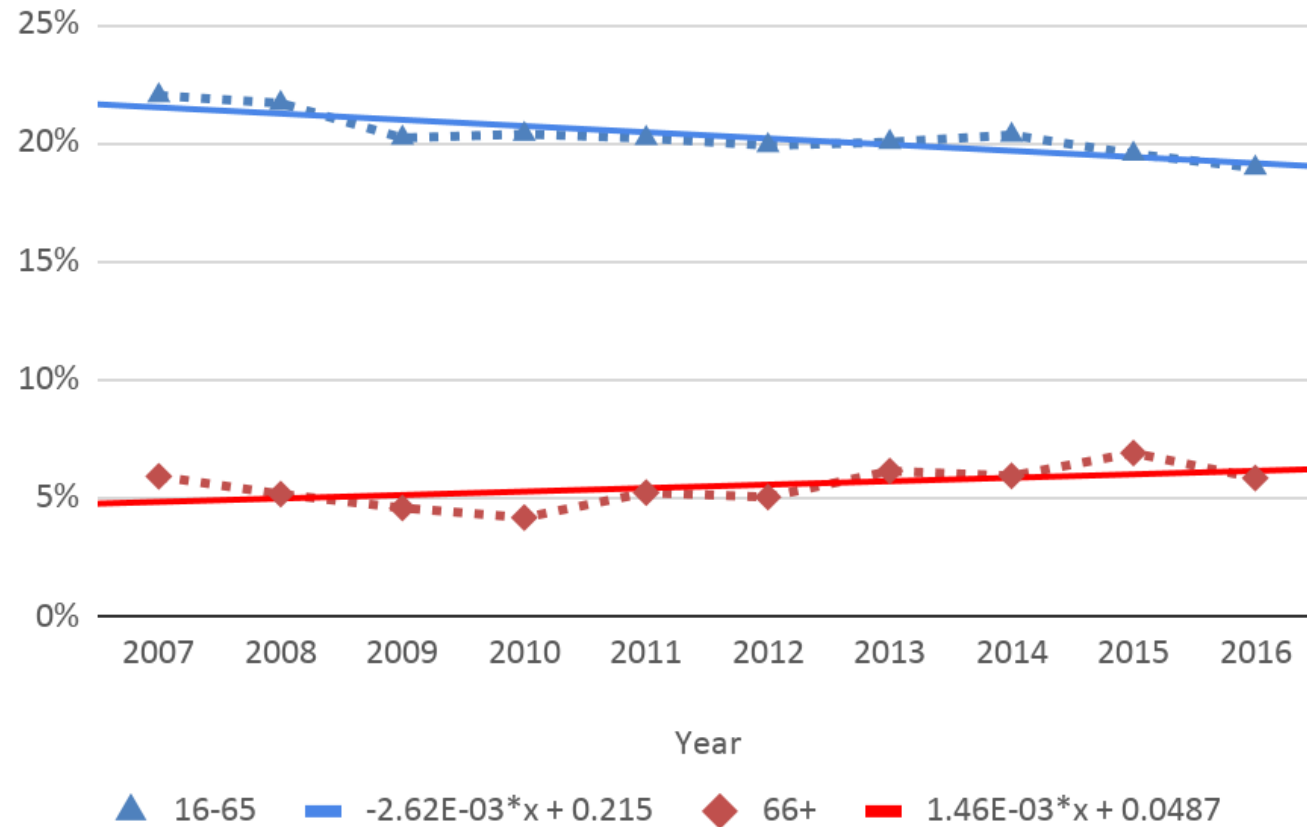
# International comparisons

Country	Sports participation (%)
Scotland SHS inc walking	65
Scotland SHS exc walking	30
Scotland SHeS	16
Canada	17
Australia	30
Denmark	64
Netherlands	40

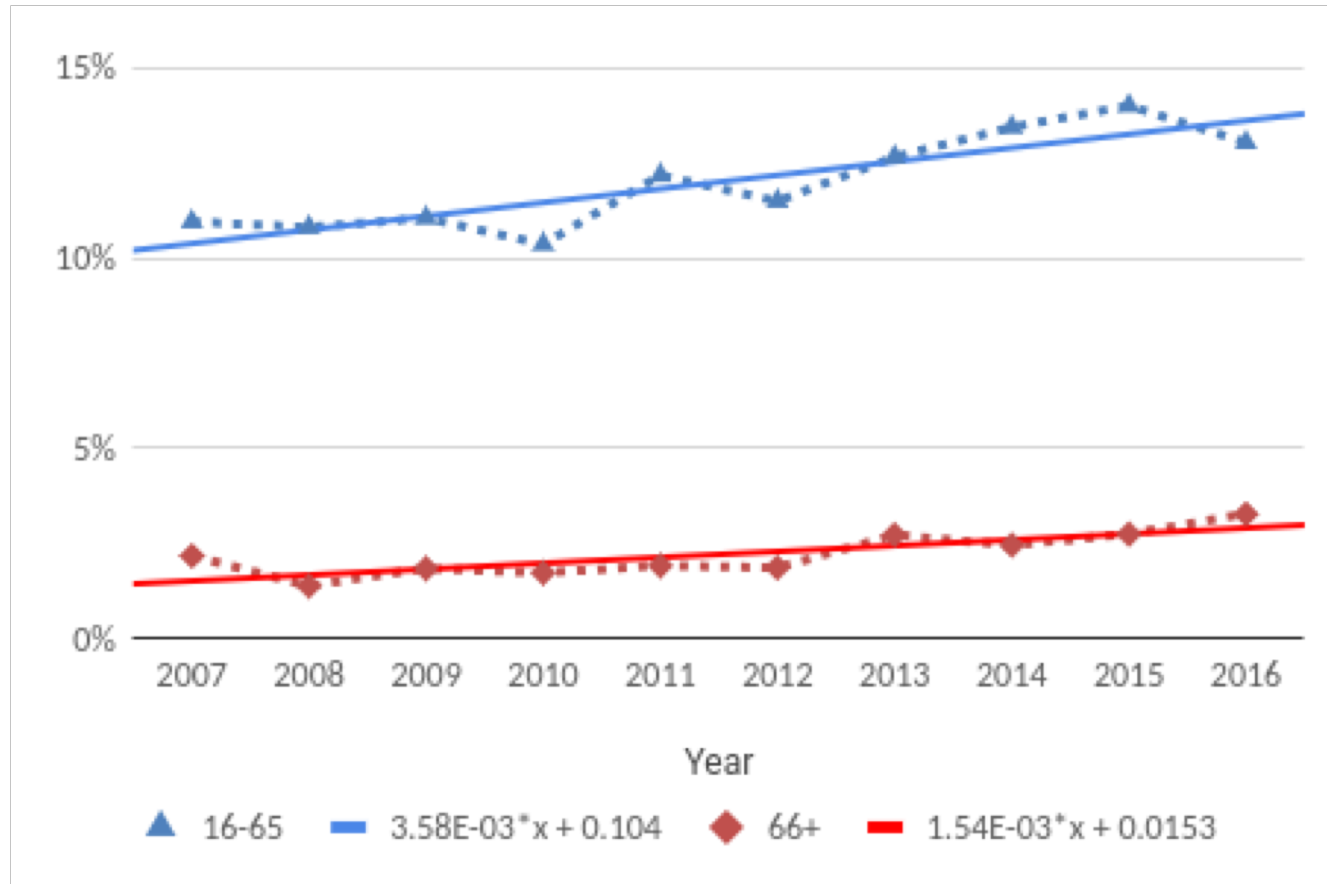
# Trends in sport participation



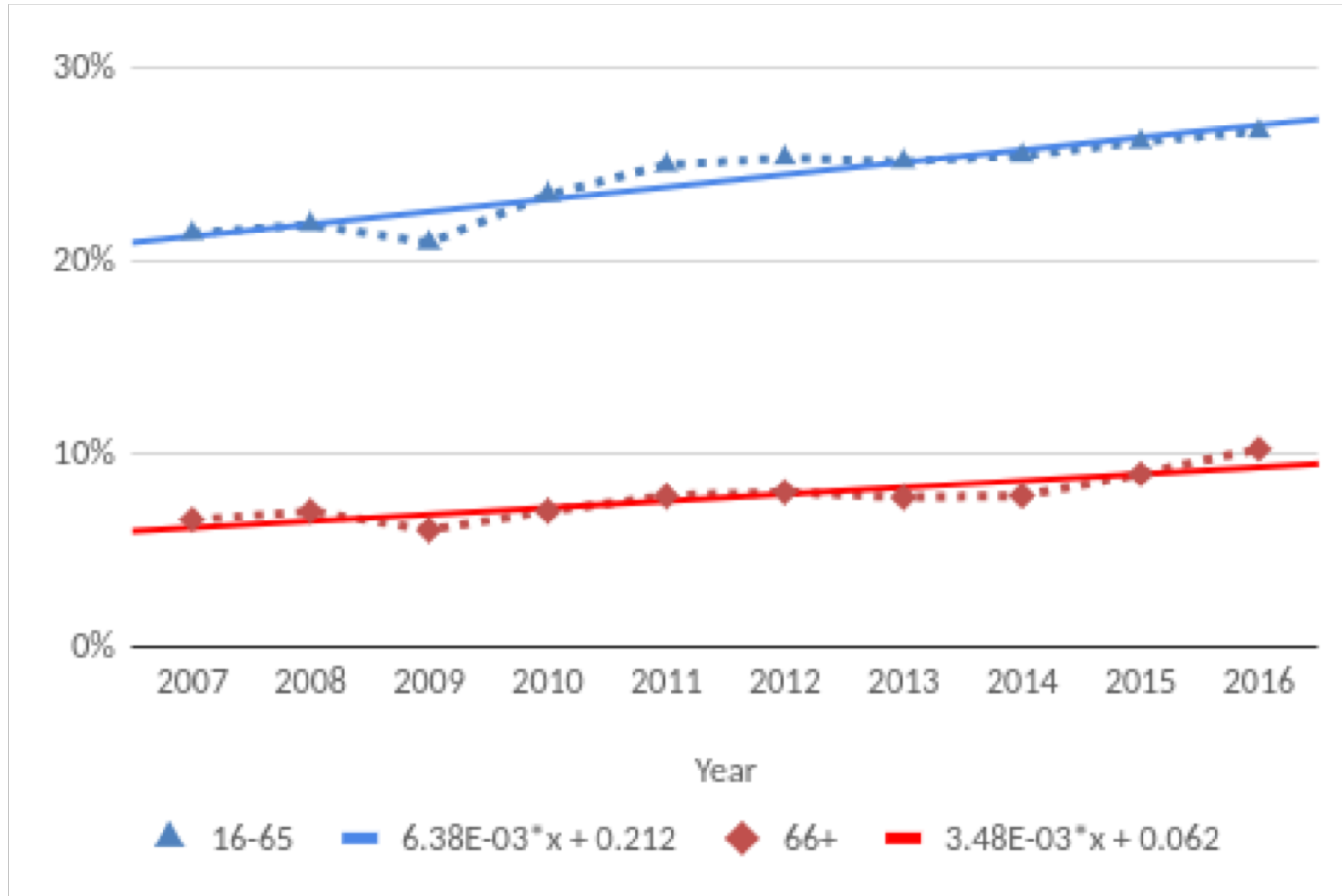
# Trends in Swimming Participation



# Trends in Cycling Participation



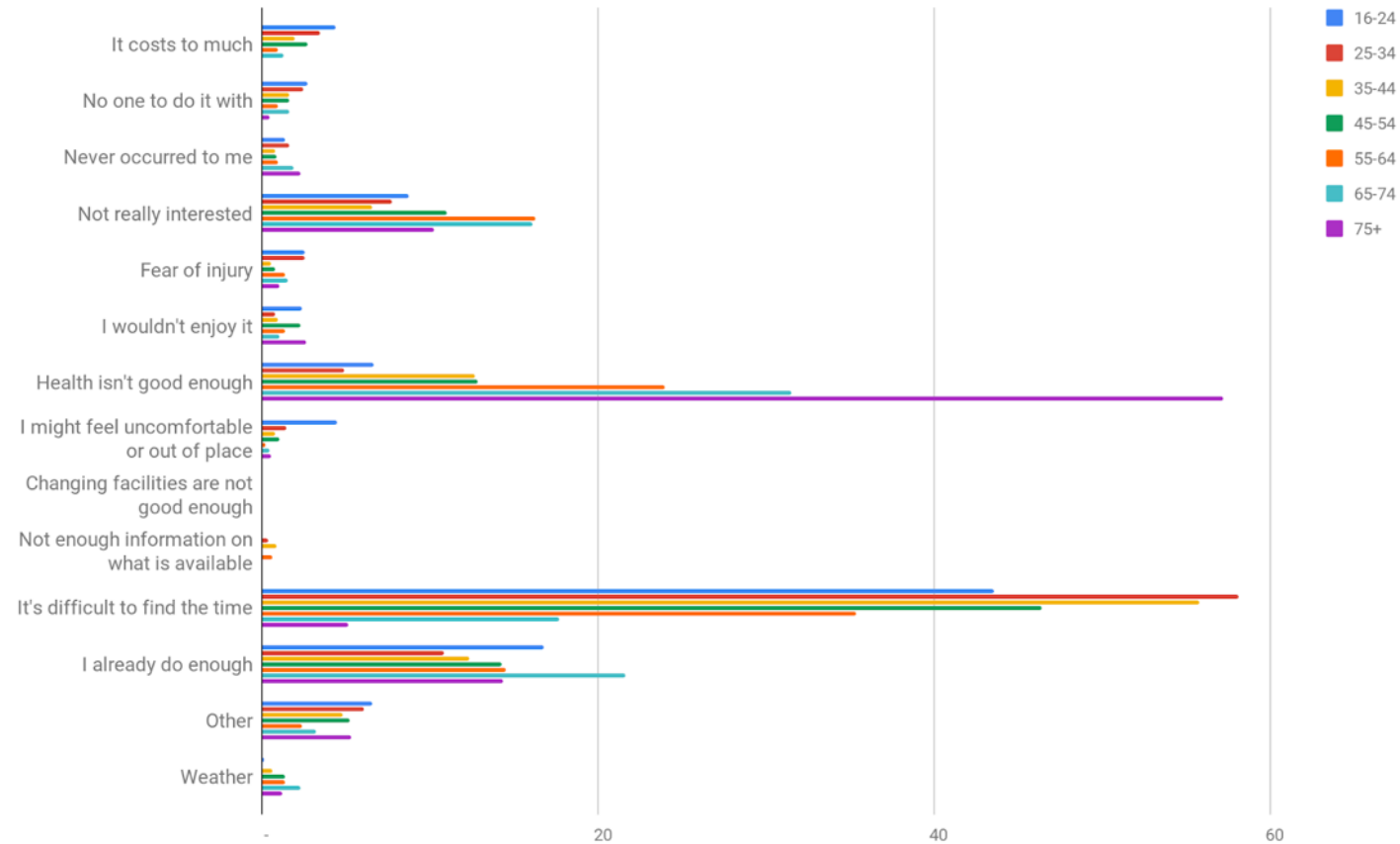
# Trends in Fitness Activity Participation



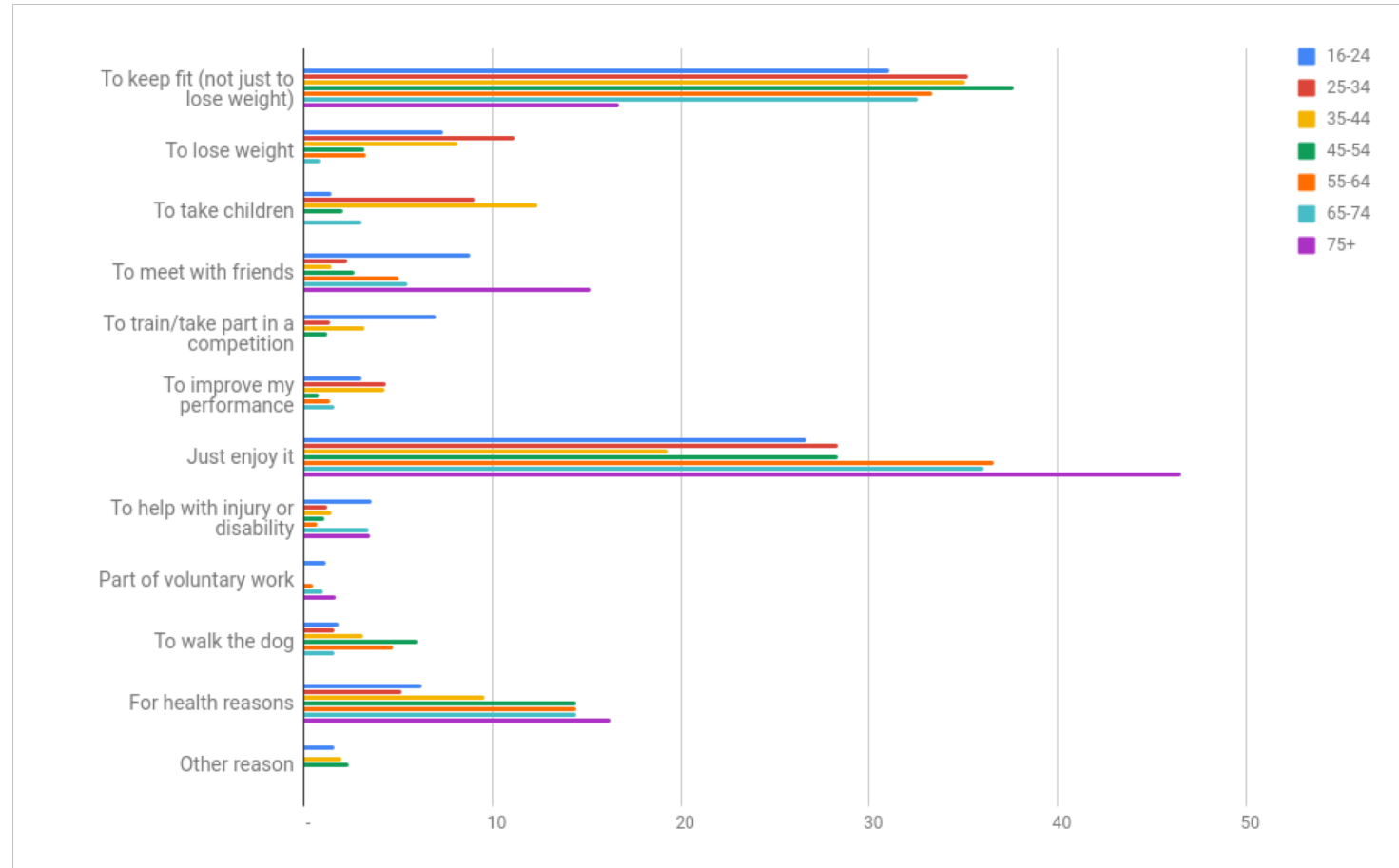
# Growing old competitively



# Reasons for not doing more sport and PA



# Motivations to take part in sport and PA





# Benefits of sport participation for older adults

- Physical
  - Cardiovascular health
  - Metabolic health
  - Strength
  - Balance
- Psychological
  - Mental health
    - Dementia
    - Cognitive function
- Social
  - Loneliness and social isolation



# What policies do we have?

- **sportscotland**
  - Raising the bar: Corporate Plan 2015-2020
- SGB
  - ??
- Scottish Government
  - Active Scotland Outcomes Framework



# What policies could/should we have?

- Scottish Government
  - Better data on sport participation
  - Greater recognition of the potential role of sport in increasing physical activity levels
  - Develop opportunities for older adults from lower socioeconomic backgrounds to take part in sport
- **sportscotland**
  - Specific mention and actions of older adults involvement in sport
  - Add older adult sport participation as a SGB outcome metric
- SGB
  - More opportunities for older adults
  - Develop/promote adapted forms of sport
  - Ensure coach education includes specific information on older adults

# Other providers?

- Leisure Trusts
  - More sport opportunities for older adults
- Third sector
  - More sport opportunities for older adults
  - Targeted funding need to support activity
- Private sector
  - Commercial opportunities



# Conclusions

- Adequate participation data is limited
- There is a decline in sport participation with age, more so for women
- Over time sport participation in the older age groups seems to be improving, slightly
- Older adults are more motivated by social and enjoyment factors
- Time is significantly less of a barrier, but health is a concern
- There is a complete lack of policies to grow sport participation in the older age groups





# Healthy ageing

Activity required for healthy ageing	Community sport
Aerobic training	★
HIIT	★
Resistance exercise	★
Balance and coordination	★
Social interaction	★
Cognitive stimulus	★

Thank you

Questions?