

The impact of golf participation on health and wellbeing

a research study by ukactive, England Golf & Mytime Active

12 golf
courses

3,283
golfers



97%
male



31%
30-49



Physical Activity Levels:

CMO guidelines: adults should do at least 150 minutes moderate intensity activity per week



Active
150 mins+



Insufficiently Active
31-149 mins



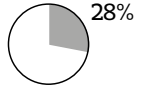
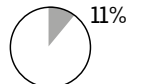
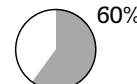
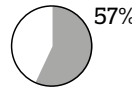
Inactive
<30 mins



Golfers survey



UK average



Mental Wellbeing

- >> Golfers scored the same as UK average (7.64 vs 7.65)
- >> Active golfers scored higher than inactive golfers (8.35 vs 7.12)



Social Trust

- >> Golfers scored above the UK average (6.56 vs 5.38)
- >> Active golfers scored higher than inactive golfers (6.75 vs 6.03)



Self Efficacy for Golf

- >> Average for golfers 7.74
- >> Active golfers scored higher than inactive golfers (8.36 vs 7.42)



Self Efficacy for Exercise

- >> Average for golfers 7.69
- >> Active golfers scored higher than inactive golfers (8.95 vs 5.73)



Economic Development

Using the **Sport England Economic Value of Sport-Local Model** tool to calculate local authority cost savings associated with participation in golf

Engaging inactive golfers would save local authorities

£380,000+

If active golfers stopping playing it would cost local authorities

£3,400,000+

These are costs associated with savings from the treatment of illness and disease, and savings from other health benefits

