



FACT SHEET - Sport and Recreational Injury **youthsafe**

- Between the ages of 15 – 24 years, young people are more likely to be involved in sport and recreation than at any other time during adulthood.
- Participation in sport and recreation activities is higher among young men than among young women.

Participation rate (%) for selected sports and activities, 15-24 years, Australia, 2003.
Source: Standing Committee on Recreation and Sport, 2003

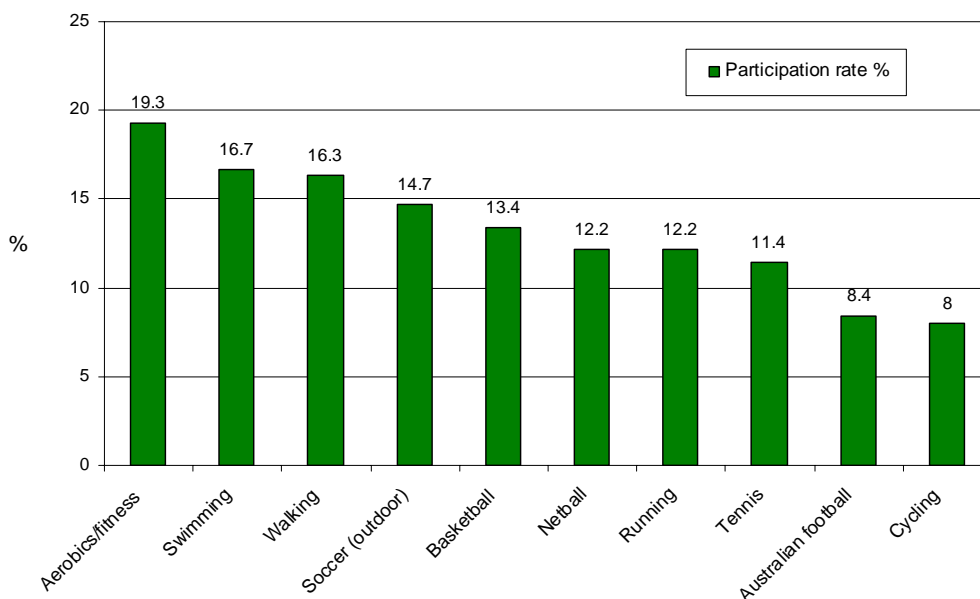


Chart One: Young people's participation in selected activities. Source: Standing Committee on Recreation and Sport (2003).

- Almost one-fifth of 15-24 year olds were involved in aerobics and/or fitness and this is the most popular activity among young people. Swimming and walking are also very popular. Soccer is the most popular ball sport, and has rapidly growing popularity among women players.
- Most young people are likely to be involved in two or three different sport and recreational activities over the course of the year. For many this involves a combination of both organised activities (participation arranged through a club or association) and non-organised activities (do not involve participation through a club).

Sport and Injury

- Sports injuries rarely result in death or serious disability. The majority are moderate or minor injuries.
- Contact sports players are more likely to get injured than those involved in non-contact sports, with AFL, hockey and basketball accounting for a high proportion of injuries. About half of all participants who take part in winter team sports, may be injured at least once during the season.
- Sports injuries happen about twice as frequently to men as to women and their injuries are more severe, resulting in much more frequent hospitalisation.

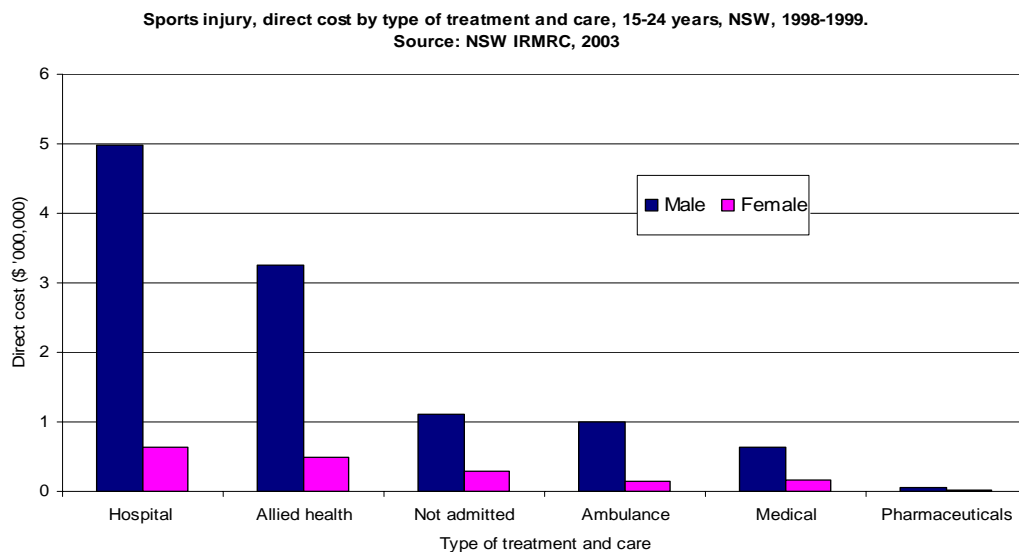


Chart Two: Type of treatment and cost of treatment and care among young people. Source: *Injury costs: a valuation of the burden of injury in New South Wales 1998-1999, NSW IRMRC.*

- The majority of the costs of treatment and health care for sports injuries among young people are hospital costs, with the majority of spending on men. However, the proportion of hospital costs for sports injury is lower than for other types of injury and the proportion of health costs from allied health treatment, such as sports clinics and physiotherapy is higher.

Sources:

Standing Committee on Recreation and Sport (2003). Participation in exercise recreation and sport. Annual Report 2003.



Potter-Forbes, M & Aisbett, C (2003). *Injury costs: a valuation of the burden of injury in New South Wales 1998-1999*, NSW IRMRC, Sydney.

Stevenson, M, Finch, C, Hamer, P & Elliott B (2003). The West Australian sports injury study. *British Journal of Sports Medicine* 37, 380-381.

Dale, T & Ford (2002). Participation in exercise recreation and sport. Report prepared for the Australian Sports Commission, Canberra.