Is there a healthy way to Practice Sport?

Dr Richard Budgett – IOC Medical and Scientific Director
Neuchatel, 31 October 2013
• Are the Olympics good for health?
• Is there a healthier way to Practice Sport?
• Risks and Benefits?
• Sports for All = Sports Injuries for All
IOC Medical Commission

• Prevention of injuries and illnesses
• Protection of Athletes’ Health
• Protection of health of everyone
• IOC Medical Code/Guidelines
Preparation and Delivery of the Olympic Games

- Medical
- Research
- Anti-Doping
- Public Health
- Legacy
Raising standards of Medical Care

- Education
- Research
- Consensus meetings and follow-ups

Promotion of Health and Exercise for Everyone
IOC Activities

- IOC Research Centres
- IOC Journal Injury Prevention and Health Protection
- IOC Injury Prevention Conference
- IOC Advanced Team Physician Courses
- IOC Sports Med Publications
- IOC Consensus conference
- IOC IF meeting
- IOC Periodic Health Exam (PHE)
- IOC Sports Med Courses (Olympic Solidarity)
- IOC Vancouver and London injury and disease surveillance and prevention study
- IOC SHA and Body composition group
- IOC Advanced Sports Medicine Diploma
- IOC Clinical Centres
Prevention of Illness and Injury

• Periodic Health Evaluation (PHE) – 2009
• Epidemiological Surveillance
  – Longitudinal data
  – Audit cycle
  – Change rules, equipment and medical care
London 2012 data on Injury and Illness

- 10,748 participants (44% females)
- 205 NOCs
- 26 sports

- 1,361 injuries – incidence: 12.7 per 100 athletes
- 758 illnesses – incidence: 7.1 per 100 athletes
### “High-risk” sports – injuries (per 100)

<table>
<thead>
<tr>
<th>Olympic Sport</th>
<th>Injuries per 100 athletes (%)</th>
<th>Severe injuries (n, %)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>39</td>
<td>7 (14)</td>
</tr>
<tr>
<td>Football</td>
<td>36</td>
<td>11 (6)</td>
</tr>
<tr>
<td>BMX</td>
<td>31</td>
<td>2 (13)</td>
</tr>
<tr>
<td>Handball</td>
<td>23</td>
<td>17 (22)</td>
</tr>
<tr>
<td>MTB</td>
<td>20</td>
<td>2 (13)</td>
</tr>
<tr>
<td>Hockey</td>
<td>17</td>
<td>10 (15)</td>
</tr>
<tr>
<td>Weightlifting</td>
<td>17</td>
<td>11 (25)</td>
</tr>
<tr>
<td>Athletics</td>
<td>17</td>
<td>59 (16)</td>
</tr>
<tr>
<td>Badminton</td>
<td>15</td>
<td>4 (15)</td>
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</tbody>
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<tr>
<td>Triathlon</td>
<td>15</td>
<td>3 (19)</td>
</tr>
<tr>
<td>Sailing</td>
<td>15</td>
<td>1 (2)</td>
</tr>
<tr>
<td>Synchronized Swim</td>
<td>14</td>
<td>0 (0)</td>
</tr>
<tr>
<td>Water Polo</td>
<td>13</td>
<td>0 (0)</td>
</tr>
<tr>
<td>Beach Volleyball</td>
<td>13</td>
<td>0 (0)</td>
</tr>
<tr>
<td>Basketball</td>
<td>11</td>
<td>7 (22)</td>
</tr>
<tr>
<td>Tennis</td>
<td>11</td>
<td>4 (19)</td>
</tr>
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Results from Beijing and Vancouver
Athlete Education

- SHA
- Body Composition
- Injury Prevention
- Oral health
Entourage Education

- BJSM
- Advanced Team Physician Course (ATPC)
- IOC World Conference on Prevention of Injury and Illness
- Games time Programme
- Online diplomas in Nutrition and Sports Medicine
- IOC Medical Code/Guidelines
Games Legacy

- More sport?
- More exercise?
- Less inactivity

- Use sport network
- Leverage of Chronic Disease prevention programmes
Games Legacy

- Inspired by 2012, the legacy from London 2012 Olympic and Paralympic games – a joint UK government and mayor of London report:

- "The Health Legacy of the 2008 Beijing Olympic Games; Successes and Recommendations":
Safe Sport

- Good records
- Audit cycle
- Prevention Programmes
- Ethical SEM
- Health before performance
Conclusion

Is there a healthy way to Practice Sport?

• Safe Sport is Clean Sport
• Sport and Exercise Medicine
• IOC Medical Code/Guidelines
Thank you