

# FAST FACTS:

## Sport for people with disability

### Sport matters to Australians with disability

- Almost 20% of people in Australia live with a disability, but only one in four of these participate in sport.
- 75% of Australians with disability want to take part in sport but feel there are limited opportunities.
- 12.5% of people with severe/profound impairments participated at least once in sport in the previous 12 months. In the same period, 65-70% of the general population did.
- 96% of Australians say they are inspired by the performances and achievements of Paralympic athletes.
- 78% of disabled respondents said the Paralympics improved attitudes and 82% said the Games change negative perceptions to disability.
- 10% of Australians with a disability experience discrimination or unfair treatment. Sport breaks down barriers, biases and stereotypes that limit opportunity.
- Our Australian Paralympic Team was voted 3rd overall in Australia's most loved sports teams in 2017.



### Funding sport and physical activity has a positive economic return to the community

- It represents 2-3% GDP, with direct employment of >240,000 Australians and over 1.8m volunteers.
- Every \$1 invested in sport produces a \$7 return.
- Sport creates \$83b in value per annum – Economic \$50b, Health \$29b, Education benefits \$5b.
- It delivers both jobs and growth to the economy.
- Engaging people with disability in sport is a good way of reducing costly preventable health disadvantage.
- Increased physical activity delivers \$0.5-\$1.9b in health savings in non-communicable disease.



### Health benefits of sport for people with disability

- People with disability don't have access to the same sporting opportunities as their able-bodied peers, yet their need to engage in physical activity is far greater.
- Because people with impairments (especially those with severe/profound impairments) are so inactive, they are particularly prone to diseases of inactivity – diabetes, heart disease, mental illness, certain types of cancer.
- Adults with a disability are 9 times more likely to report both cardio vascular diseases and diabetes than those adults who are not living with disability.
- Participation in sport is an important rehabilitation pathway for people with disability joining or re-joining the community, increasing social connections and improving independence, self-esteem and health and well-being.
- Social interaction was cited by 25% of participants as being one of the two most important benefits of sport participation.
- Over two thirds of the medical and health professionals surveyed for a report said they would like to prescribe sport more often to their patients with a disability.

