

# RECREATION & HEALTH FACT SHEET



## YOUTH SPORT

On the community scale:

### Benefits:

✓ Social Cohesion, Community Engagement

✓ Community Pride

✓ Community Safety & Reduced Delinquency

✓ Facilities & Infrastructure Improvement

✓ Healthier Population

✓ Education & Skill Development

✓ Economic Impact

✓ Cultural Diversity & Inclusion

✓ Community Volunteerism

### Participation...

**creates** a sense of community and brings people together; families, friends, and community members often gather to support and cheer for local teams, which fosters a sense of unity, provides opportunities for community members to come together, increases social interaction & engagement, strengthens the social fabric of the community

**instills** a sense of pride in the community; achievements by local teams or athletes contribute to a positive community image and can boost morale

**provides** constructive outlets for youth, reducing the likelihood of involvement in risky behaviors; structured environments and positive influences within sports programs can contribute to the development of responsible and disciplined individuals

**drives** investment in sports facilities and infrastructure; upgraded facilities benefit both the participants and the broader community, providing spaces for recreation and events

**encourages** participation in PA from other community members; this can lead to reduced healthcare costs and a population with improved well-being

**emphasizes** educational aspects such as teamwork, leadership, and discipline; allows for jobs or volunteer positions for other community members such as coaches or referees

**brings** economic benefits to a community; local businesses, such as restaurants, shops, and hotels, may see increased patronage during sports events, contributing to economic growth

**brings** together individuals from diverse backgrounds, fostering a sense of inclusivity and understanding among different ethnicities, cultures, and socioeconomic groups within the community

**relies** on volunteers, including coaches, organizers, and parents; this fosters a culture of community involvement and volunteerism, with individuals contributing their time and skills for the benefit of the community

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