



## **Submission to Senate Enquiry into Women in Sport and Recreation in Australia from Sports Medicine Australia**

### **Health Benefits**

#### Background Information

Sports Medicine Australia (SMA) has produced a number of publications of relevance to the Enquiry on this topic. (See enclosed).

Enclosed please find copies of editions of SMA's scientific publication, the Journal of Science and Medicine in Sport (JSAMS) dealing specifically with the issues of:

- Pregnancy in Sport (Edition 5:1; March 2002)
- Physical Activity (Edition 7:1; April 2004)

SMA has also produced in cooperation with the Commonwealth a resource to encourage increased physical activity amongst older Australians: *"Choose Health: Be Active - A physical activity guide for older Australians"*. (Enclosed)

#### Recent Evidence Relating to Costs

Sports Medicine Australia would also like to draw the Enquiry's attention to a paper presented to the annual conference of the American College of Sports Medicine (June 2006) by SMA member Professor Wendy Brown, on *"Physical Activity, BMI and Health Care Costs in Mid-Age and Older Australia Women"*. The paper uses data from the federally funded longitudinal study of women's health to demonstrate the positive impact of increased physical activity on health care costs. (See abstract enclosed)

#### Services Available

Sports Medicine Australia would also like to highlight to the Senators the important work in encouraging and sustaining sport and physical activity in women of Australia's sports medicine and science practitioners, especially those who specialise in the practice of sports medicine and the allied health professions relating specifically to sport and physical activity. These include

Sports Physicians, Sports Doctors, Sports Physiotherapists, Sports Psychologists, Sports Dietitians, Sports Podiatrists and Sports Scientists. Australia is uniquely served by the professionalism and skill of these practitioners.

Additional copies of resources enclosed can be supplied if required.

Gary Moorhead  
Chief Executive Officer  
Sports Medicine Australia