

INTERNATIONAL OLYMPIC COMMITTEE

Is there a healthy way to Practice Sport ?

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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

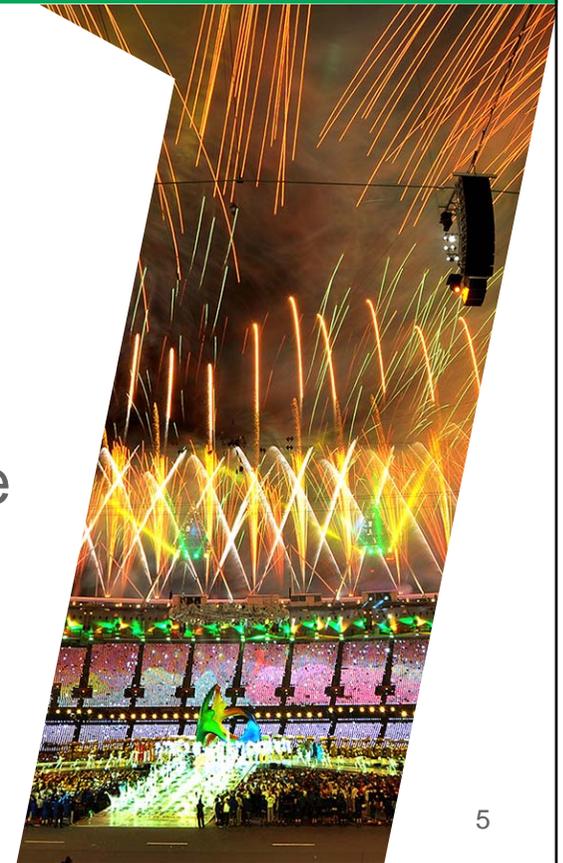




Raising standards of Medical Care

- 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

- 1361 injuries – incidence: 12.7 per 100 athletes
- 758 illnesses – incidence: 7.1 per 100 athletes

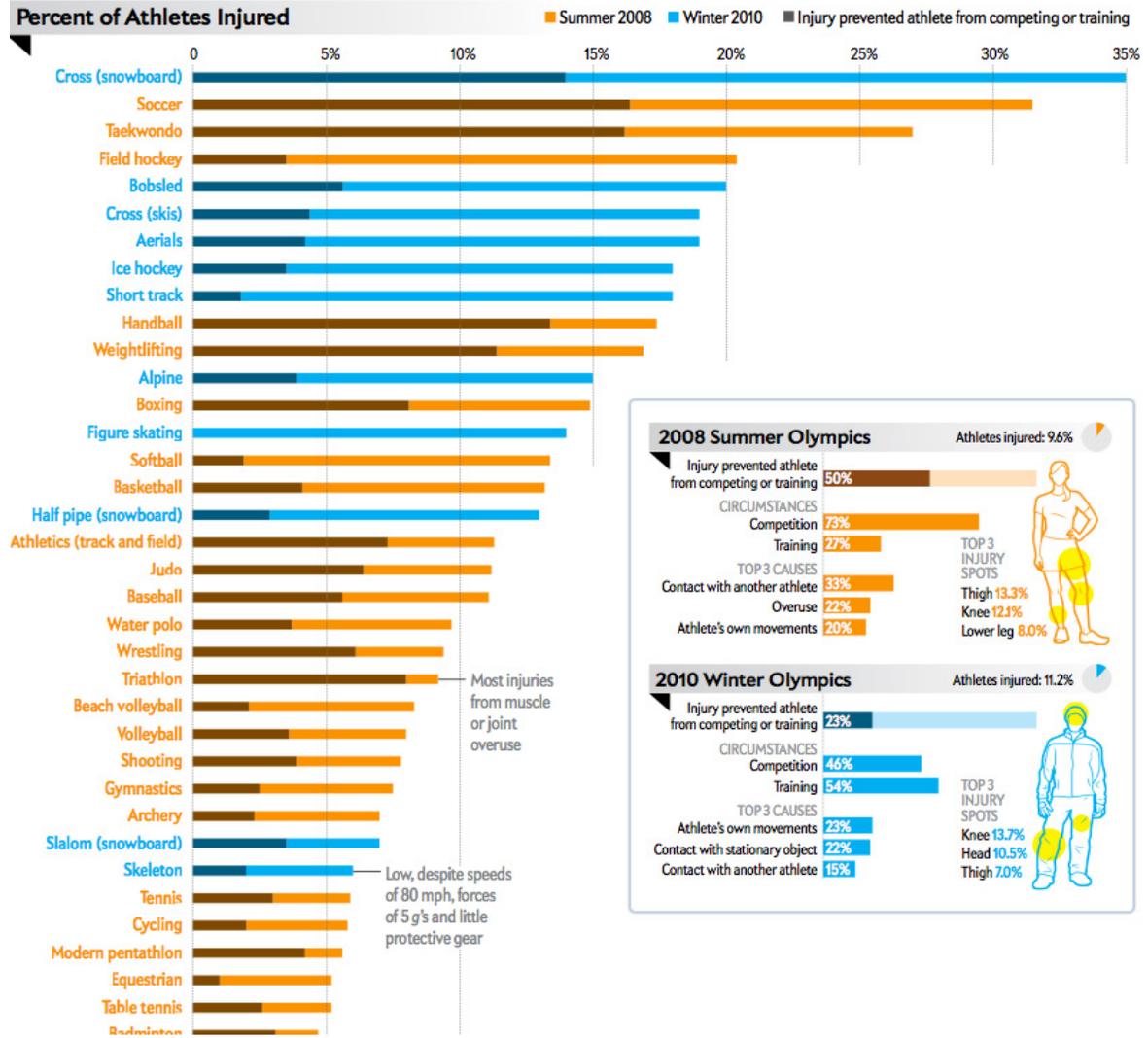


“High-risk” sports – injuries (per 100)

Olympic Sport	Injuries per 100 athletes (%)	Severe injuries (n, %)	Olympic Sport	Injuries per 100 athletes (%)	Severe injuries (n, %)
Taekwondo	39	7 (14)	Triathlon	15	3 (19)
Football	36	11 (6)	Sailing	15	1 (2)
BMX	31	2 (13)	Synchronized Swim	14	0 (0)
Handball	23	17 (22)	Water Polo	13	0 (0)
MTB	20	2 (13)	Beach Volleyball	13	0 (0)
Hockey	17	10 (15)	Basketball	11	7 (22)
Weightlifting	17	11 (25)	Tennis	11	4 (19)
Athletics	17	59 (16)			
Badminton	15	4 (15)			



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

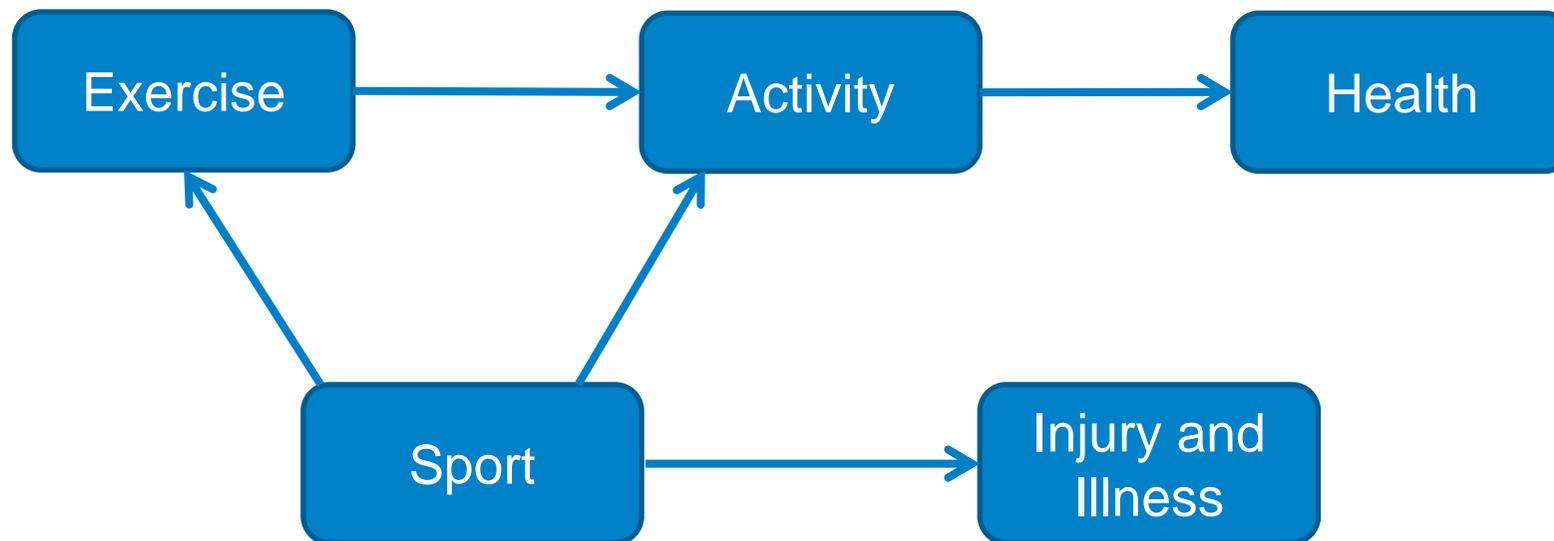




Games Legacy

- Inspired by 2012, the legacy from London 2012 Olympic and Paralympic games – a joint UK government and mayor of London report :
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/224148/2901179_OlympicLegacy_acc.pdf
- "The Health Legacy of the 2008 Beijing Olympic Games; Successes and Recommendations" :
http://www.olympic.org/Documents/Commissions_PDFfiles/Medical_commission/The_Health_Legacy_of_the_2008_Beijing_Olympic_Games.pdf

Sport, Exercise and health



Safe Sport



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



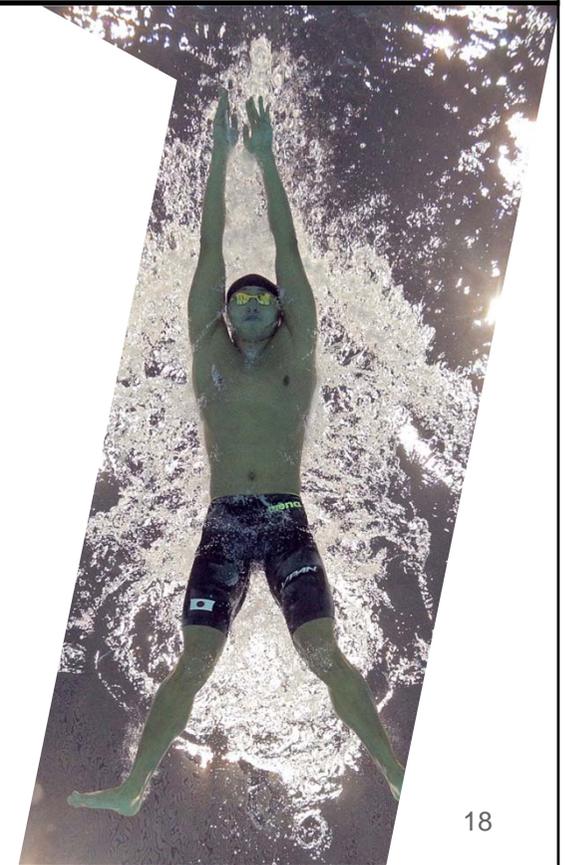


Conclusion



Is there a healthy way to Practice Sport?

- Safe Sport is Clean Sport
- Sport and Exercise Medicine
- IOC Medical Code/Guidelines



Thank you

