Outline

1. Introduction
2. PA inactivity
3. Pros and cons of Sport & PA
4. Running
5. Facts & figures
6. Assignment
Designed to move
PA inactivity kills

PA is deadlier than smoking
Attributable fractions (%) for all-cause deaths in 40,842 (3,333 deaths) men and 12,943 (491 deaths) women in the Aerobics Center Longitudinal Study.

Research shows....

Inactivity causes 6-10% non-communicable diseases (coronary heart disease, diabetes mellitus type 2, breast and colon cancer)

- Inactivity 4th place premature mortality

- Globally on average 0.68 (0.41-0.95) year older when PA was banned

• From public health perspective Sport & PA play an important role in battle lifestyle related health problems
So move....

- Because it is healthy
- And because it is fun!
Modes of (leisure-time) PA

- Sport: organized, intentionally, competition/mostly intensive ➔ effect on fitness

- PA: cycling, walking etc. ➔ effect on health

- Combination is most interesting (transfer)

- Package of three:
  - Don’t sit
  - Be active all day
  - Do sport
Running hype

- 2.5 million in NL
- Everywhere/time/place
- Few equipment
- Good for fitness/health
- Technology

RunKeeper
Track, Measure, and Improve Your Fitness.
Running facts

Olympic Marathon Athens 1896 2:58:50!

Oldest Boston marathon (1897)

Biggest marathon New York over 50.000 participants

Beginning only male elite athletes (3hours), now 40% female

Change elite → mass sport (3.00 → 4:45h)

Nowadays 12.5% NL population (2 million runners) runs
Running facts

- More popular than ever in NL
- Company
- Charity
- Trail runs
- Ultra runs
- Cross
Negative aspects running

Blessures bij ervaren en beginnende hardlopers

- 2012: 4.6
- 2013: 8.7
- 2014: 11.3

ervaren hardloper
beginnende hardloper

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Injury facts & figures

- 20% of 2.5 million injuries

- Optimum seems (2-3 times/week; 1-3 hour/week)

- 4-5x body weight; 30 minutes running → 500.000kg impact lower extremities

- High risk for novice runners, especially no-leg impact sports (swimming, cycling): RR 2.0

- Too much too soon
Injury facts & figures

- Scientific research shows **NO** effect of:
  - Warming-up
  - Stretching
  - Asymmetric running posture
  - Running shoe!
Risks during mass running events

- 1.5 on 100,000
- Genetic
- Lifestyle related > 35 yr. men
- Overheating
Assignment: prevention plan

• Make a prevention/action plan for a mass running event to combat injuries/sudden death

• Before-during-after the event

• English /Arial 11 pnt / minimum 2-4 pages

• Time: 1 hour

• Upload into system before 16:30
Thank you for your attention!