Infographics and digital resources

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Infographics and digital resources: an international consensus on golf and health

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INTRODUCTION
New knowledge from research findings rarely produces rapid efficient changes in practice.1 Barton and Merolli2 proposed a model which may help improve knowledge translation via the addition of two novel contemporary steps: multimedia creation and subsequent dissemination (see figure 1).

Following this model, we recently produced digital/multimedia resources to help communicate and disseminate the International Consensus on Golf and Health.3

RESEARCH COMPLETION AND PUBLICATION
A systematic literature review and modified Delphi process underpinned the International Consensus on Golf and Health and this was published in the British Journal of Sports Medicine in 2018.3 The

Figure 1  Visual representation of a process to improve knowledge translation based on Barton and Merolli’s model.2

![Infographics and digital resources: an international consensus on golf and health](image-url)
Consensus is intended to support (1) golfers and potential golfers; (2) golf facilities and the golf industry; and (3) policy makers to make evidence-informed decisions that can maximise the health benefits of golf and minimise the health risks associated with this sport.

MULTIMEDIA CREATION

Articles containing visual information are read three times more often than those without. Humans remember up to 6.5 times more through learning from visual imagery than by reading text alone. This makes sense. How many text-only adverts do you see? What is your reaction to a wordy PowerPoint presentation? We produced bite-sized resources (infographics, podcasts and video content) with the key messages stemming from the consensus statement.

Infographics have been made to support end-user groups: (1) golf players/potential players; (2) the golf industry/facilities; and (ii) policy makers external to golf. These visual resources highlight the specific actions that can lead to the biggest gains in health and well-being related to golf (see figures 2–4). They complement published infographics regarding golf and health and maximising golf performance.

Video content was designed to have broad interest. We featured leading players who had won multiple major championships as well as researchers, clinicians and public health ministers. These are available

![Infographic](image-url)

**Figure 2** Infographic. Tips to maximise health benefits of golf for golfers.
WHAT CAN THE GOLF INDUSTRY/FACILITIES DO TO MAXIMISE THE HEALTH BENEFITS OF GOLF?

SPREAD THE WORD
Golf facilities and the golf industry can share key health benefits and messages with golfers and potential golfers.

MULTI-FUNCTIONALITY
Facilities in addition to golf could include for example, a gym, walking routes, child care.

WOMEN & GIRLS
Inspire and recruit more women and girls to play golf, and retain their participation in the game.

PROMOTE SAFETY & SUSTAINABILITY
Maintain policies, facilities and golf carts. Restrict water, energy and chemical use.

PROMOTE INCLUSIVITY
Encourage increased participation by developing environments and price structures that are welcoming to all, including beginners.

PROVIDE
Warm up facilities, and stock sunscreen, water and healthy food.

AVOID
Mandatory golf cart use, and encourage players to walk the course.

GOLF IS A SPORT WITH WIDE RANGING HEALTH BENEFITS. BY TAKING THESE ACTIONS, THE GOLF INDUSTRY AND FACILITIES CAN MAKE A BIG CONTRIBUTION TO MAXIMISING THESE BENEFITS.

Infographic: What can the golf industry/golf facilities do to maximise the health benefits of golf?

DISSEMINATION AND COMMUNICATION
Infographics and other multimedia/digital resources facilitate the sharing of key messages and engagement with research. They are not a substitute for reading the detailed peer reviewed article. Strategies for sharing content can include:
► social media platforms (eg, via Twitter, Facebook, Instagram and blogs)
► email, plus or minus press release distribution
► direct communications including discussions, meetings and presentations targeting relevant stakeholders.

CONCLUSION
Barton and Merolli’s model offer researchers strategies to increase the visibility of their work. After conducting an International Consensus on Golf and Health and publishing it in the BJSM, we
shared bite-sized multimedia resources to assist the dissemination and communication of the consensus. The BJSM is well positioned to support researchers who wish to produce similar digital resources. Options include, but are not limited to, co-producing podcast and blog content, and sharing purpose-created digital resources via popular Twitter, Facebook, Instagram and YouTube platforms.

Figure 4  Infographic. Golf and Health: key actions for policy/decision makers.

1. The benefits of regular physical activity should be communicated and promoted regularly for persons of all ages, genders, and socio-economic backgrounds.
2. Golf can provide health enhancing physical activity to persons of all ages, and genders. Policy documents, frameworks and actions should support this.
3. Policy should support play by diverse geographical, and socio-economic participants, of all genders, ages and abilities.
4. Policy makers should where relevant, include golf as a moderate intensity physical activity in policy documents, guidance and recommendations.
5. Policies should promote multi-functionality (having facilities in addition to golf), diversity of facilities where possible, and sustainable practices.
6. Policy makers should work collaboratively with the golf industry and national associations to promote increased participation in physical activity/golf, particularly in groups with low levels of physical activity.
7. Policy documents, frameworks and actions can where relevant usefully acknowledge green space, health and well-being, nature connection, social and community, as well as economic benefits of golf.

Figure 4 Infographic. Golf and Health: key actions for policy/decision makers.

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