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International Golf & Health Congress highlights wide-reaching benefits of golf.

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Research presented at the congress shows physical and mental benefits of the sport for people of all ages.

According to recent research, golfers enjoy a reduction in more than 40 major chronic diseases, as well as better well-being and increased life expectancy. Experts shared insights on the wide-reaching benefits of golf at the 3rd International Congress on Golf and Health from March 31 to April 1, hosted by the Royal College of Surgeons of Edinburgh. The world leading scientific event welcomed experts from The R&A, Ladies' European Tour, DP World Tour, G4D Tour, the Confederation of Professional Golf (CPG) and delegates from more than 20 countries. Andrew Murray, Chief Medical and Scientific Officer for the DP World Tour and a Health Consultant with The R&A, was at the forefront of organizing the event.

Source: Golf congressResearch presented at the congress from Finland, Sweden and Scotland shows that golf offers health benefits for all ages.

Research presented at the congress from Finland, Sweden and Scotland shows that:

Golf offers health benefits for all ages.

Regular practice of golf can help prevent and treat more than 40 major chronic diseases, including type 2 diabetes, heart attacks, strokes, breast cancer, anxiety, depression and dementia.

Golf offers additional benefits compared to walking.

Golf also supports mental well-being, social interactions and a connection with nature.

Delegates delved into a wide range of topics, such as injury prevention and management, adaptations for disabled golfers, strength and conditioning, and nutrition.

[golf congress](#)

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