

## **Sports related obesity**

### **Poison Paper**

The consideration is for 8.5 hours in an average week 13 million sports fans opted out physically activates thus, the sedentary non physically engagements that are exacerbate in health outcomes, via three mane routes; inactivity, gluttonous consumption and flow on throughout sport fan activity's such as, post-event (Pre) social engagement and or a tailgate party (S); that again adds, on as a background considerations for sedentary time-capitation that reconfigures the 8.5 hour weekly average out to a problematic 12.5\*\* weekly average for sedentary non physically engagements.

Then given the daily average awake time (ATP) 15 hours and 30 mints. With the assumptions and or premise that the on air sporting activities that are robustly air form Fridays through to Sundays, thus, you could consider a loss of physically engagement time off 4.12 hours per day over the week end consisting of two days and three nights, is not an unreasonable assumption.

As, viewing on air TV sporting events can be consider as an house hold event, this time loss is related too and consider as a multiple personal or person act of sedentary non physically engagements. With long term outcomes, that is impression on and or, then impressed on the younger members of the house hold, as part of there life story, that is where the systemic flow on, life values are composed and reinforced by parental sedentary non physically engagement behaviours and adverse diary habit are again reinforced.

Sports related obesity, is a theory as yet unexplored, that warrant's exploration. If the premise, that siting around in sedentary manor can in fact have a correlating causality linkage's to obesity,that i would consider as self-evident and that if found in human behaviour trades, such as "social adverse outcomes" arising form sporting fan behaviours.

The exploration path for theory validly testing, could be inclusive off, but not limited too; data mining the ABS, stutistic's for the "sporting fan" behaviour's and the causality linkages to obesity or to fraise it, in a simplify manor- the given % of obese men and women who just enact the aforementioned siting view TV

### Mitigation Possibilities

A tax consideration for people who can tender from a Dr and or GP, a document that a person is within the BMI rating for age, high and sex; Then as part of normal tax return, a tax credit can be consider as an deduction for an applied amount. Possible, consideration should be considered, such as the implantation of tax credit scale for the obese who are under a weight loss program (s) that is in a controlled environment, that documentation can be generated from and or tended as evidence for weight loss, to redeem the tax credit.

To address the "Sports related obesity" only the consideration for mitigation, just to work shop an idea; imagine a commercial "an obese person siting (the same as the old Norm TV add) but with a few new twists, have a human obese man in his undies trying to pick the TV remote of the floor and not quite getting it, with wording running on screen "Man up, get up, get out, have a life" My brother-in-law is obese beyond words, and this is a truth for him as I have seen him

trying to just this sitting in his undies trying to pick the TV remote of the floor and not quite getting it: it was not a good look

Citation from ACPSS

Australians were quoted as watching over 8.5 hours on average per week on a range of media devices.

One of the most interesting statistics that came out of The Global Sports Media Consumption Report 2013, was that of the 13 million sports fans in Australia, 47% of these are women. The report went on to say that most people generally follow four to five sports, with cricket remaining the most popular, followed by tennis, rugby league and soccer. Not only has the amount of time spent watching sport increased from 6.3% in 2012, but the range of devices used to consume sport has increased.

- 63% of fans have changed the way they consume sport
- 47% now watch sport on HD TV, with TV being the most commonly used means of watching sport
- 58% watch sport online
- 36% of sports fans have paid to watch sport in the last 12 months
- 13% of fans now follow sport via an internet-connected TV
- 26% of fans watch sport on line
- 29% of fans follow sport via social networking platforms
- 58% of fans follow sports online while 1 in 3 watch sports video highlights online

A second report quoted in the article stated that, “Sports fans can now get more of what they want in more ways, more of the time,

### **Australians Participating in Sport**

It is was interesting to find out how much Australians participate in sport. Here are some interesting statistics from the ABS 2011 figures.

Type of participation

- 27 % the population reported participating in organised sport and physical recreation
- 53% took part in non-organised activity, eg social tennis, cycling, gym, etc
- 58 % of persons aged 15–17 years participated in organised sport and physical recreation  
28% of males and 27% of females participated in organised activities
- 54% of males and 51% of females participated in non-organised activities over the age of 18

## Frequency of participation

Of the 11.7 million people who participated in sport and physical recreation in the 12 months prior to interview, more than half (52%) participated 105 times or more (i.e. on average at least two times each week). This included the number of times spent training and practising for an activity. A larger percentage of female than male participants took part 105 times or more (55% compared with 49% respectively)

Comparing the top 25 most frequently participated in sports and physical activities, persons walking for exercise were more likely to participate 105 times or more (58%). This was followed by fitness and gym activities, where 40% of participants participated 105 times or more. (close citation - ACPSS)

## Understanding a tailgate party

Citation (W) A tailgate party is a social event held on and around the open tailgate of a vehicle. Tailgating, which originated in the United States, often involves consuming alcoholic beverages and grilling food. Tailgate parties occur in the parking lots at stadiums and arenas, before and occasionally after games and concerts. People attending such a party are said to be 'tailgating'. Many people participate even if their vehicles do not have tailgates. Tailgate parties also involve people bringing their own alcoholic beverages, barbecues, food etc. which is sampled and shared among fans attending the tailgate. Tailgates are intended to be non-commercial events, so selling items to the fans is frowned upon. Tailgate parties have spread to the pre-game festivities at sporting events besides football, such as basketball, hockey, soccer, and baseball, but not limited to

## Awake time per day in the United Kingdom (UK) in 2014, by age and gender (in minutes per day)

Citation ATP- This statistic displays information on the amount of time individuals spent awake per day in the United Kingdom (UK) in 2014, broken down by age group and gender. That year, the average awake time for UK adults aged 16 years and older was 939 minutes or 15 hours and 39 minutes. A recent study on media and communications usage in the UK shows that the average awake time of adults remained largely unchanged two years later in 2016, at 940 minutes. In 2014, the average UK male spent 11 minutes longer being awake than the average female, at 945 minutes and 934 minutes respectively. A 2016 survey found that UK adults aged 16 years and older spent roughly 525 minutes, or nearly 56 percent, of their daily awake time on media and communications activities

Citation's and acronyms used

ACPSS Australians Consuming and Participating in Sports – Statistics

W Wikipedia

ATP The Statistics Portal - Awake time per day in the United Kingdom (UK) in 2014, by age and gender (in minutes per day)

\*\* time estimate for weekly average Pre and or Post time expenditure spent around a sporting

event