



Sports and sports injury risk

Results of the Austrian Exposure Study

Robert Bauer | 5.10.19 | EUROSAFETY 2019 | Luxembourg



Objective

Identification of risk sports

- Quantification of the extent of sports practice in the Austrian resident population
- Linking the number of practitioners with injury figures (IDB Austria of the KFV)
- Assessment of risk perception and injury experience
- Definition of athlete types by intensity of exercise

Method

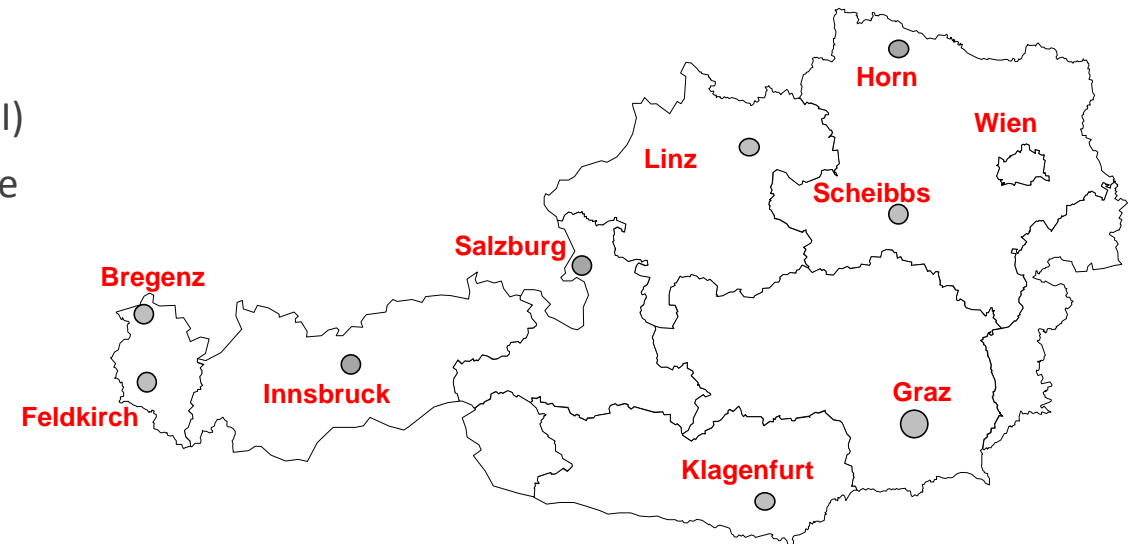
Survey of sports practice & sports accidents

Survey of sports practice

- Sample: Wave 1: 1,016 households (2,286 persons)
- Population: Austrian resident population aged 16+
- Method: Telephone Survey (CATI) & Online Survey (CAWI)
- Design: Random selection, Austria-representative sample
- Survey period: February, June 2018

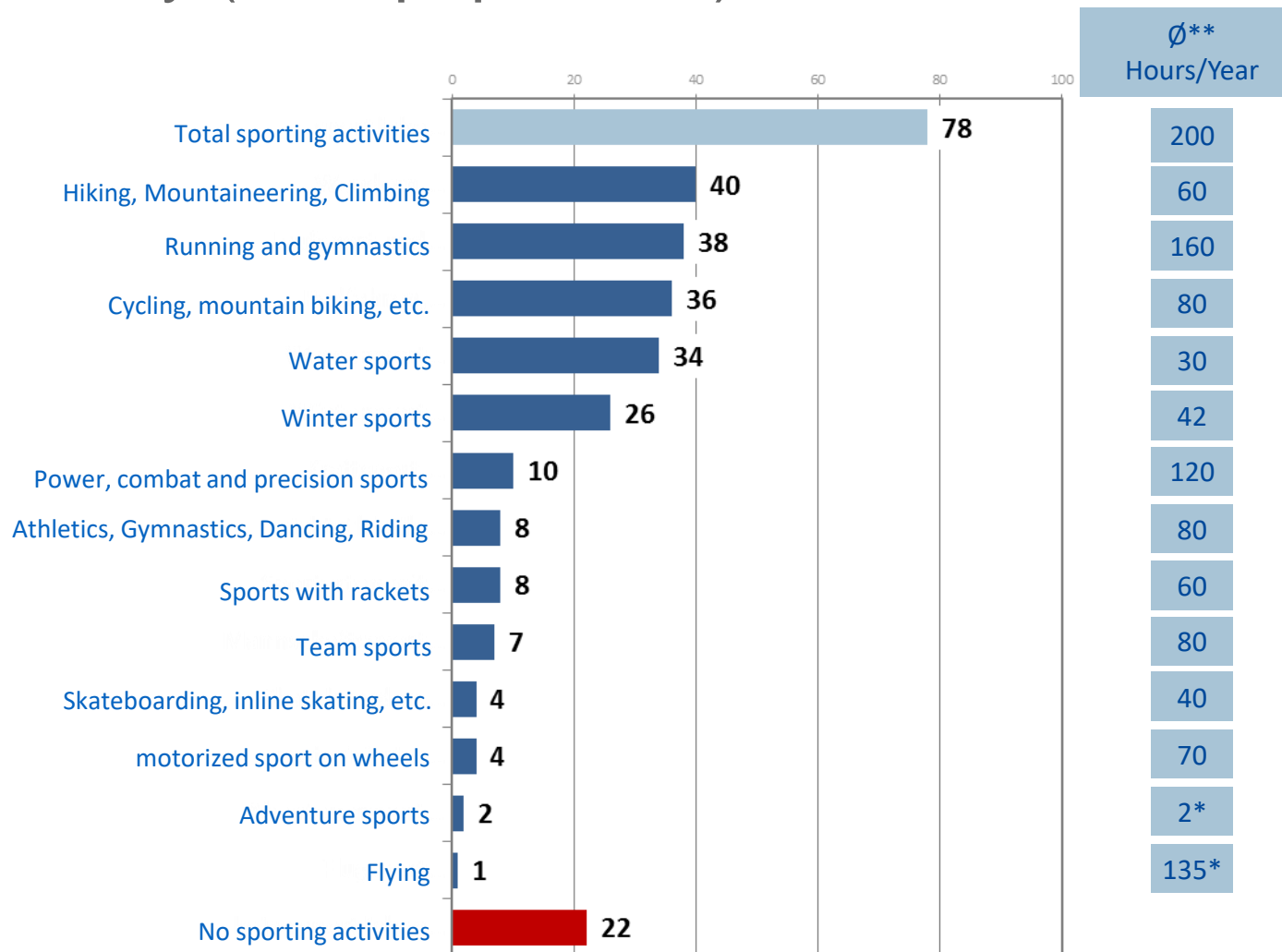
Survey of sports accidents (IDB Austria)

- Sample: 15,000 interviews per year
- Population: Austrian resident population
- Method: face-to-face interviews in ED



Results

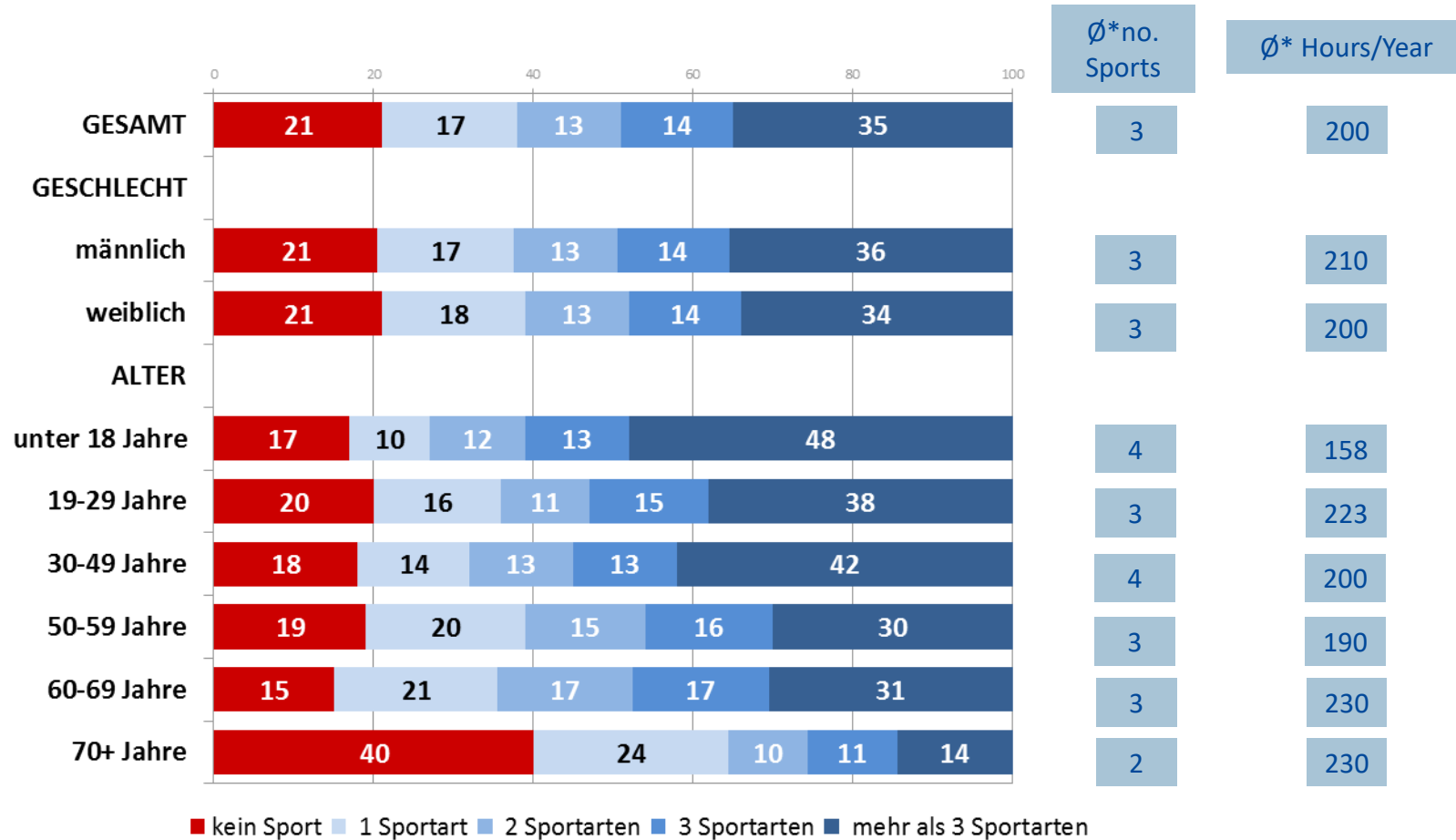
Sports activity (% of population)



Q12: When you think about the last 12 months: Were you specifically physically active? By this we mean active sports (e.g. running, hiking, skiing) as well as consciously walking or cycling shopping, occasionally going to the swimming pool or doing a tobogganing once in winter. Think about the different seasons, seasons, or even sports activities during your holiday. [MF; percentage]

Results

Intensity of sporting activity



Results

Accident experience

Accident in the last 5 years



Top accident sports

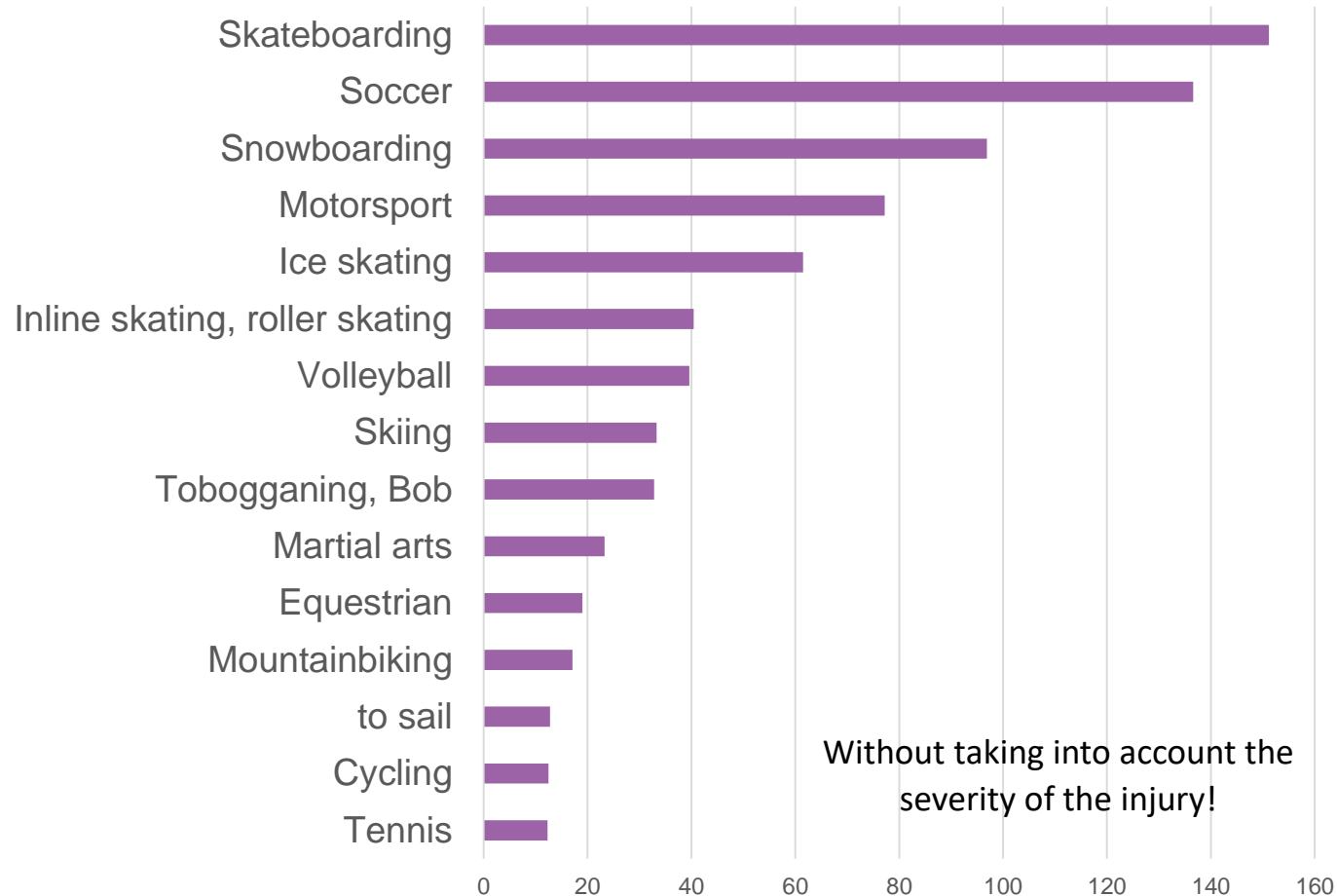
- Skiing (17%)
- Football (13%)
- Cycling / Everyday Life (10%)
- Hiking, climbing (6%)
- Cycling / Road (6%)
- Cycling / Leisure (5%)
- Jogging, Running (5%)
- Snowboarding (5%)

F50: Hatten Sie im Rahmen Ihrer Sportausübung/ Aktivitäten in den letzten 5 Jahren schon einmal einen Unfall, bei dem ärztliche Behandlung nötig war? F51: Und bei welchem Sport/ welchen Sportarten ist Ihnen das passiert? [in Prozent]

Basis: F50: Befragte / sportliche Aktivität genannt, n=881; F51: Befragte / sportliche Aktivität genannt / Unfall gehabt, n=141

Results IDB Austria

Injured per 100,000 hours (Top15)



Discussion

Further development of risk indicators

- Differentiation by severity (severely injured, slightly injured)
- Inclusion of deaths (mountain sports, swimming)
- Inclusion of permanent physical impairments



Thank you very much!

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