

Key Notes for the Department of Social Welfare for Persons with Disabilities

#2. Inclusion in sports for persons with disabilities

Physical inactivity has an enormous impact on health and causes an estimated 3.2 million deaths globally per yearⁱ, leading to very high economic costs. Therefore, sports and physical activity should be an integrated part of everyone's life, including that of persons with disabilities.

Persons with disabilities face multiple barriers in participating in sport activities. However, these barriers can be removed relatively easy by changing the environment of the activity or adapting the activity in a way that meets the needs and background of all persons. Hence everyone can participate in sports in a way that challenges them and celebrates their abilities in a social contextⁱⁱ.

Inclusion in sports is essential from an economic perspective as physical inactivity is of huge economic loss to nations. In the US, for example, physical inactivity accounts for 8.7% of the entire health care budgetⁱⁱⁱ. Worldwide, physical inactivity cost USD67.5 billion, including costs for health care and loss of productivity.

Why should the government invest in sports for persons with disabilities?

1. A healthy population reduces health care costs^{iv}:

- Conservatively estimated, physical inactivity cost health-care systems USD53.8 billion worldwide in 2013^v.

2. Participating in sports improves the physical health of persons with disabilities, because it^{vi}:

- Contributes to increased body strength and muscle control;
- Promotes understanding of how the body works;
- Shows the physical achievements persons with disabilities are capable of.

3. Participating in sports improves the psychosocial health of persons with disabilities, because it^{i vii}:

- Improves self-esteem and self-confidence;
- Generates a sense of belonging;
- Improves the ability to interact with others and encourages teamwork;
- Helps to build new skills, such as communication with peers;
- Is fun!

4. Investment in sport promotes trust and understanding within communities - supporting sports for persons with disabilities^{viii ix}:

- Establishes trust and social bond, and promotes understanding between different groups;
- Helps communities overcome trauma and generate solidarity;
- Reduces violence and crime;
- Brings together persons with and without disabilities;
- Creates feelings of pride and sense of unity;
- Reduces prejudice against persons with disabilities.

5. Participation in sport generates national pride and international prestige, it^x:

- Fosters positive citizenship and creates social cohesion;
- Generates a sense of national pride;
- Stimulates a positive reputation for Cambodia internationally, such as with their participation in the summer Paralympics as well as major regional competitions such as the ParaVolley Asia Oceania Sitting Volleyball Championship and the Asia Oceania Wheelchair Basketball Championships.

National and International Legislative and Frameworks / Provisions

National Disability Strategic Plan (2019-2023)

Goal 5.3 of the strategic plan states “Ensure participation in social activities including cultural, art, religious, sport, leisure, and other activities”.

Law on the Protection and the Promotion of the Right for Persons with Disabilities

Based on the recommendations from the working group, the new amendment will include a sports section for persons with disabilities.

Sub-degree (532. OrNoKro.Borkor): Cash Prize for Coach and Athlete who join and win the international matching

Chapter 3 highlights the provision of cash support and cash prize to athletes with disabilities who join international matching.

Sub-Degree (14. OrNoKro.BorKor): Cash Prize to Athlete with Disabilities (winner) on Special Olympic matching

Article 1 promotes the right of persons with disabilities and encourages them participate in the special Olympic matching at national and international level.

The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)

Article 30 of the CRPD states that persons with disabilities have the right to participate in cultural life, recreation, leisure and sport on equal basis with others. It obliges states to take all appropriate measures to enable and actively promote participation of persons with disabilities.

Sustainable Development Goals (SDG)

Sport is recognized by the UN as an important and cost-effective tool to contribute to various SDG, including SDGs 3, 5, 11, 16 and 17^{xi}. With the Government's aspiration of leaving no one behind, sport can be regarded as a powerful enabler of the SDGs.



With support from:



ⁱ World Health Organisation. (2018). *Tackling physical inactivity by demonstrating its costs to the economy.*

ⁱⁱ IFRC, ICSSPE, JUUL, Light for the World. (2015). *Different. Just like you: A psychosocial approach promoting the inclusion of persons with disabilities.*

ⁱⁱⁱ American Council on Exercise. (2017). *The High Cost of Inactivity.*

^{iv} World Health Organisation. (2013). *Health and Development Through Physical Activity and Sport.*

^v Ding Ding, et al. (2016). *The economic burden of physical inactivity: a global analysis of major non-communicable diseases. Lancet.* 388, p.1311-24.

^{vi} Light for the World. (n.d.). *Sport for all!*

^{viii} Light for the World. (n.d.). *Paralympics: Sports as a tool for empowerment.*

^{ix} IFRC. (2009). *No ordinary match - healing emotional wounds through sport.*

^x Evens, Tom & Iosifidis, Petros & Smith, Paul. (2013). *The Social and Cultural Value of Sport.*

^{xi} UN Chronicle. (2016). *The Role of Sport in Achieving the Sustainable Development Goals.*