



INTERNATIONAL
OLYMPIC
COMMITTEE

In 2015, in a historic moment for sport and the Olympic Movement, sport was officially recognised by the UN as an “important enabler” of sustainable development, and included in the [UN’s Agenda 2030](#). The IOC believes in the potential of sport to help achieve 11 of the 17 Sustainable Development Goals (SDGs) established by UN Agenda 2030:

- *Goal 3. Ensure healthy lives and promote well-being for all at all ages: Sport is the third pillar in preventing non-communicable diseases, which are all too often caused by physical inactivity and poor nutrition. Regular exercise is one of the best ways to prevent illness and disease – therefore sport can help to significantly reduce health-care costs, increase productivity and help prevent mental health problems. In light of the important link between sport and mobility, the sport sector can also be key in raising awareness about road safety to contribute globally in reducing the number of deaths and injuries caused by road traffic accidents.*
- *Goal 4. Ensure inclusive and quality education for all: Physical education and sport can contribute to school attendance and help to improve learning performance, and promote a broad spectrum of life skills and values that build on individual capacity and development in young people.*
- *Goal 5. Achieve gender equality and empower all women and girls: Sport is a powerful platform to foster gender equality and empower women and girls. It can help to enhance girls’ and women’s health and well-being, build self-esteem and facilitate social inclusion and integration; it challenges gender norms and provides opportunities for leadership and increased employability.*
- *Goal 8. Promote inclusive and sustainable economic growth, employment and decent work for all: Sport is becoming an increasingly important part of the economy and - from staff working for sports organisations to construction workers building sports infrastructures - an important source of employment. Through the implementation of responsible practices, sport can also be a standard bearer for decent working conditions.*
- *Goal 11. Make cities inclusive, safe, resilient and sustainable: Cities that invest in public sport, play areas, and related sport activities and programmes can reap numerous benefits in the field of health care and in fighting delinquency and violence, and promoting social cohesion and community identity. Sport events can also act as accelerators for the development of sustainable cities, including improved road networks and public transportation, thereby contributing to road safety.*
- *Goal 12. Ensure sustainable consumption and production patterns: Sports events provide ideal opportunities to raise public awareness with regard to the feasibility and benefits of responsible consumption and design practices, and to involve athletes of all levels and the wider public in concrete sustainability actions.*

- *Goal 13. Take urgent actions to combat climate change and its impacts: The sporting world can help spread global awareness of climate change and provide a platform for showcasing long-term solutions to climate change in terms of energy and water resource management, mobility, food production, carbon impact mitigation and adaptation strategies for sporting events.*
- *Goals 14 & 15. Conserve and sustainably use marine resources and protect and promote use of terrestrial ecosystems: The practice of sport in everyday life is highly dependent on the availability of natural resources as well as healthy ecosystems. Because of this strong dependency, the world of sport can contribute to raising awareness of the need to protect life on land and below water within the context of the Olympic Games.*
- *Goal 16. Promote just, peaceful and inclusive societies: Sport is a valuable tool for helping to prevent conflict. It can promote social inclusion, build trust and foster a culture of peace between groups in conflict.*
- *Goal 17. Implement global partnerships for sustainable development: The sports sector is a powerful and active member of civil society and can, as such, be a meaningful partner to reach out to in order to maximise the achievements of the SDGs.*