

**Health and Well-being of International Masters
2018 World Cup Field Hockey Athletes**

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Introduction

The Health and Well-being Survey of 2018 Masters World Cup Field Hockey Players was conducted to examine health status, lifestyle behaviors, and well-being in Masters field hockey athlete who participated in the 2018 Masters and Grand Masters Field Hockey World Cup in Terrassa and Barcelona, Spain in the summer of 2018. This report covers the international participant data of this survey. U.S. data were previously analyzed with a paper published in The Sport Journal:

<http://thesportjournal.org/article/health-and-lifestyle-behaviors-of-u-s-masters-world-cup-field-hockey-players/> .

Participants were recruited via the U.S. Masters World Cup and International World Cup Facebook page and email, and in-person at the World Cup. Masters age group divisions (in years) were as follows: 35 and over, 40 and over, 45 and over, 50 and over, 55 and over, 60 and over. The number of participants completing all sections of the survey was 488.

Data were collected via Survey Monkey through the internet and in-person. Data collected included the following:

- 1) Demographics: age, sex, education, occupation, household income, 2018 World Cup team membership
- 2) Health status
 - a) current illnesses, medications, injuries, body mass index (calculated from self-reported height and weight)
 - b) perceived health & perceived stress
- 3) Lifestyle behaviors
 - a) physical activity: frequency, duration, type, daily steps, sports participation, training aids
 - b) nutrition: fruit, vegetable, breakfast, sugar-sweetened beverage, water, alcohol, supplement consumption; diet plan
 - c) sleep (quantity & quality), sitting time

- 4) Field hockey participation: practices & games (frequency, duration), competitive level, participation history, reasons for participating
- 5) Well-being

Results

Demographics

Variable	Demographics (%) (n = 488)
Sex	
Women	301 (61.7%)
Men	186 (38.1%)
Other	1 (0.2%)
Age: mean (range)	51.4+7.9 (35 to 76)
35 to 39 years	33 (6.8%)
40 to 44 years	73 (15.1%)
45 to 49 years	97 (20.0%)
50 to 54 years	109 (22.5%)
55 to 59 years	83 (17.1%)
60+ years	90 (18.6%)
Education (highest level)	
High/Secondary School	45 (9.2%)
Some College/Trade	65 (13.3%)
Bachelor's Degree	130 (26.6%)
Some Postgraduate Work	38 (8.0%)
Master's Degree	128 (26.2%)
Professional/Doctoral Degree	81 (16.6%)
Employment Status	
Full-Time	310 (63.5%)
Part-Time	57 (11.7%)
Self-Employed	67 (13.7%)
Not Currently Employed	15 (3.1%)
Student	1 (0.2%)
Retired	38 (7.8%)
Type of Employment	
Education	122 (25.0%)
Management	84 (17.2%)
Business/Finance	155 (31.8%)
Health Care	41 (8.4%)
Sales/Service	27 (5.5%)
Computing/IT	24 (4.9%)
Other	118 (24.0%)

Household Income	
<\$40,000	84 (17.2%)
\$40,000 to \$59,999	61 (12.5%)
\$60,000 to \$79,999	63 (12.9%)
\$80,000 to \$99,999	75 (15.4%)
\$100,000 or more	205 (42.0%)

Country of Residence

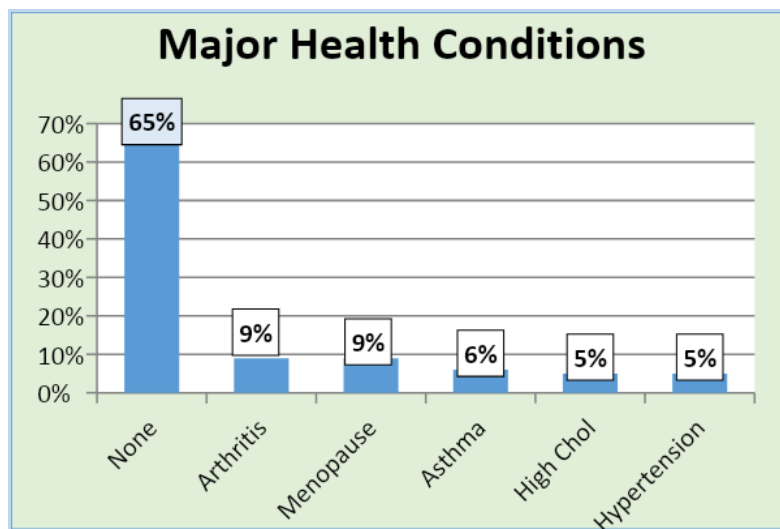
Country	N (%)
Argentina	4 (1.0)
Australia	44 (9.0)
Austria	3 (0.6)
Canada	16 (3.3)
Chile	1 (0.2)
Denmark	2 (0.4)
England	65
France	17 (3.5)
Germany	13 (2.7)
Hong Kong	1 (0.2)
Ireland	13 (2.7)
Italy	21 (4.3)
Netherlands	11 (2.3)
New Zealand	3 (0.6)
Northern Ireland	2 (0.4)
Oman	2 (0.4)
Pakistan	1 (0.2)
Scotland	78 (16.0)
South Africa	12 (2.5)
Spain	38 (7.8)
Sri Lanka	3 (0.6)
Switzerland	3 (0.6)

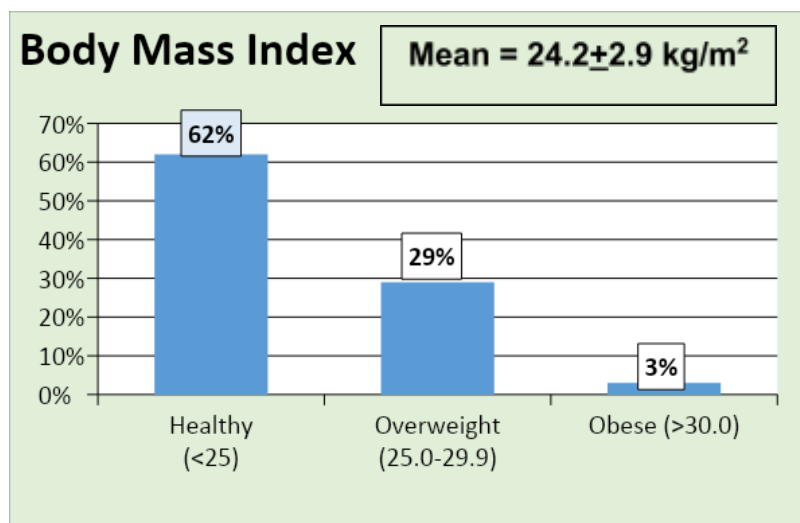
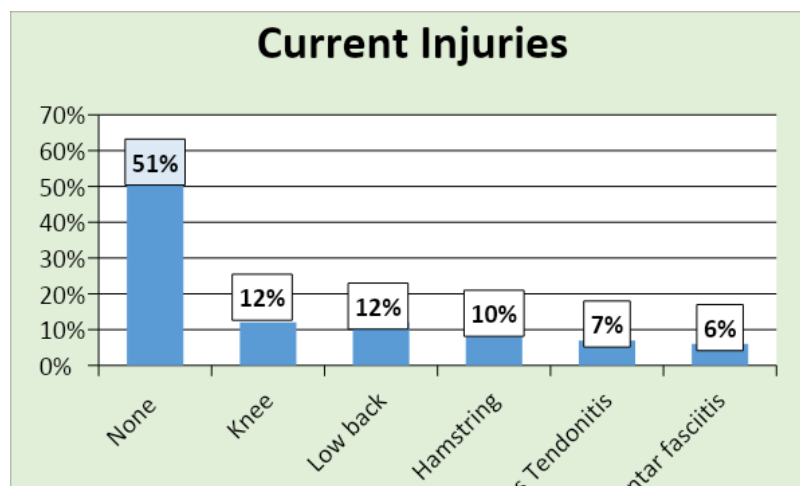
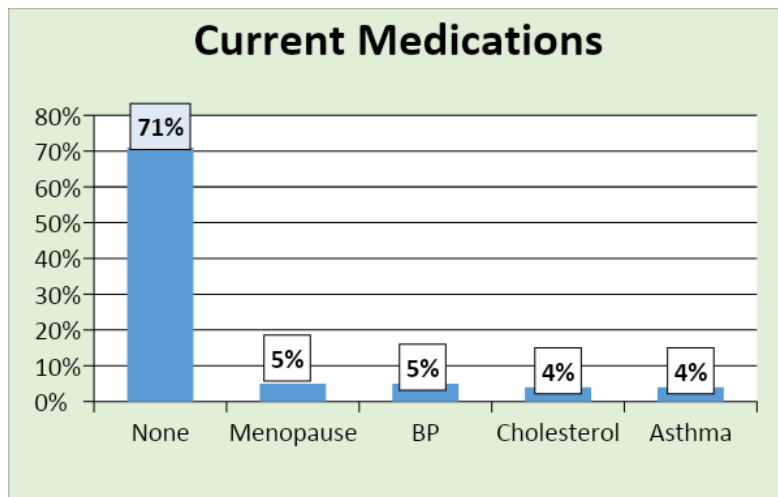
United States	122 (25.0)
Wales	8 (1.6)
Zimbabwe	2 (0.4)

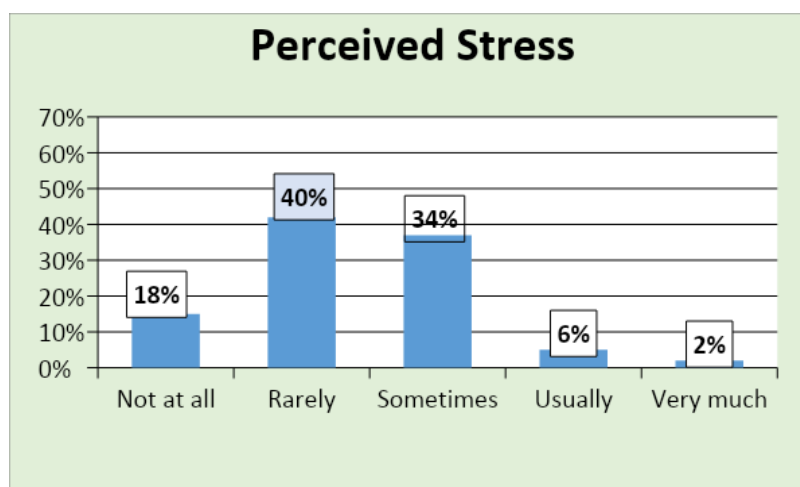
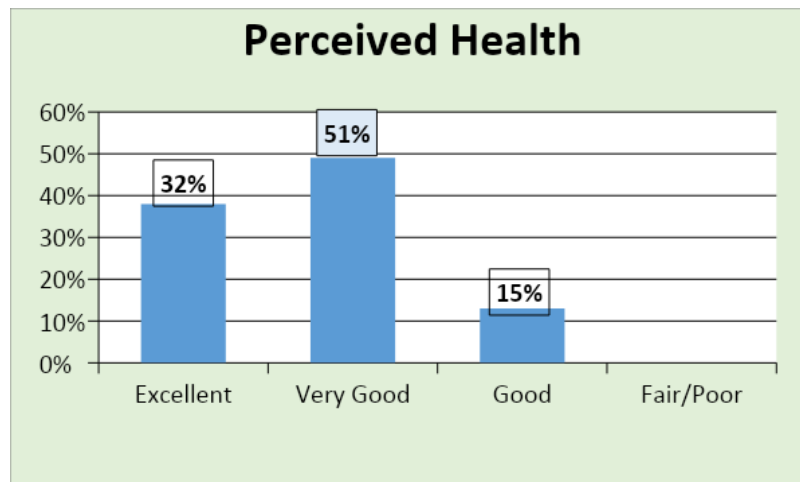
Team Membership

Age Group	Total	Women	Men
O35	44	36	8
O40	80	48	31
O45	88	53	35
O50	108	53	55
O55	93	56	36
O60	75	53	20
Total	488	299	185

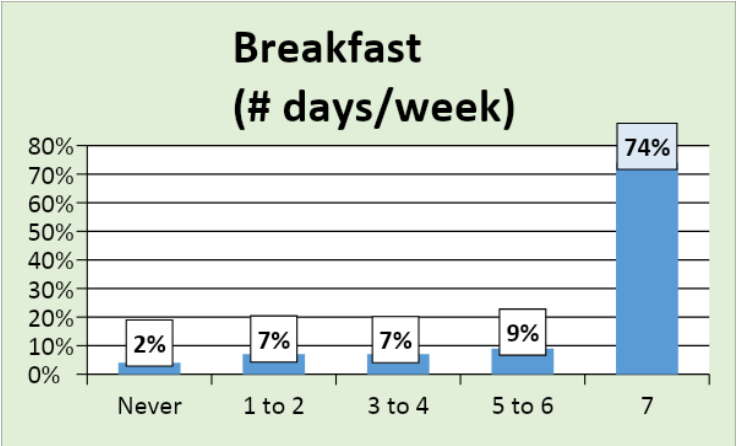
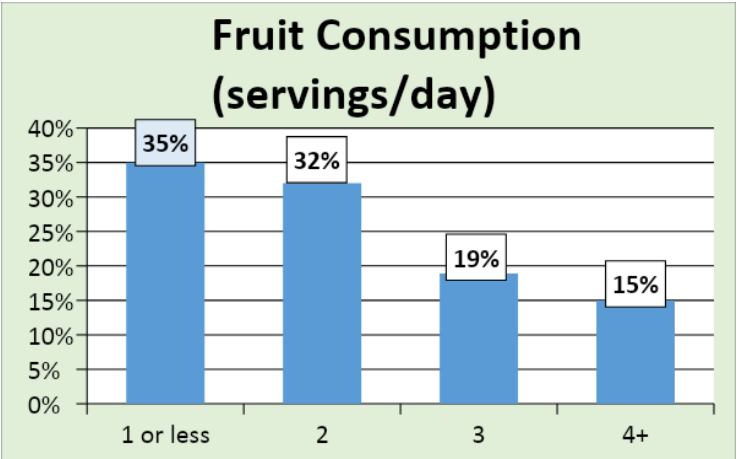
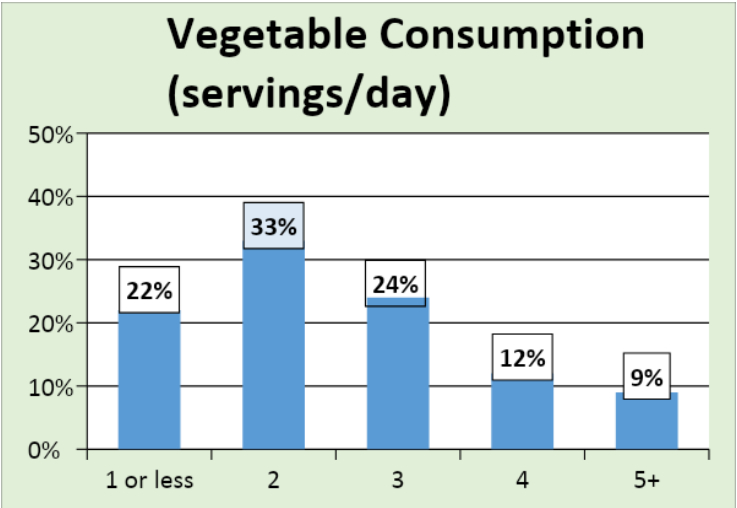
Health Status

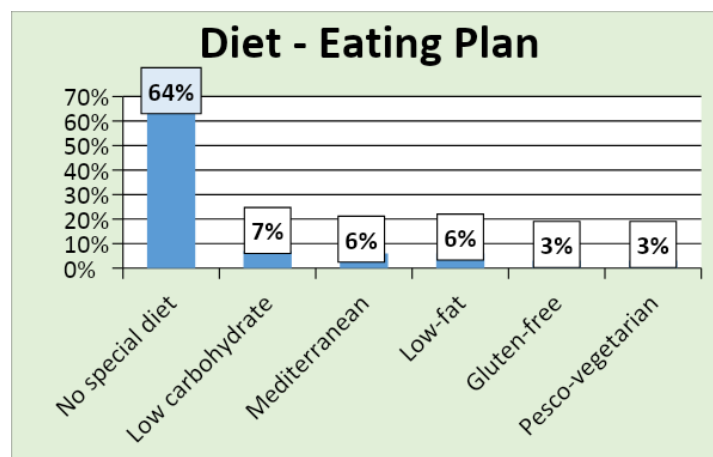
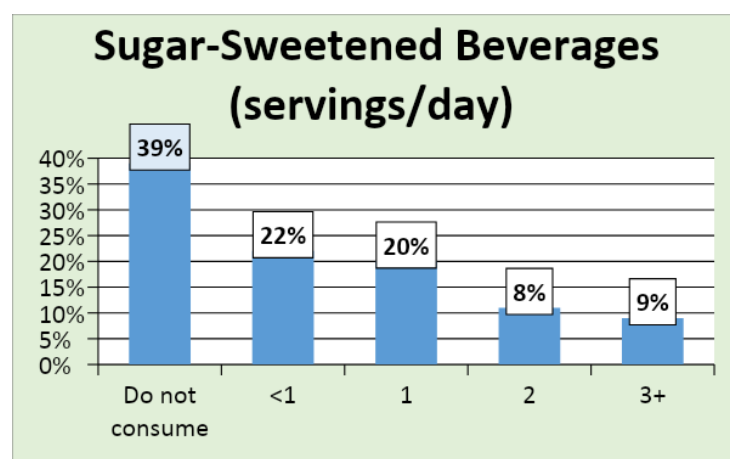
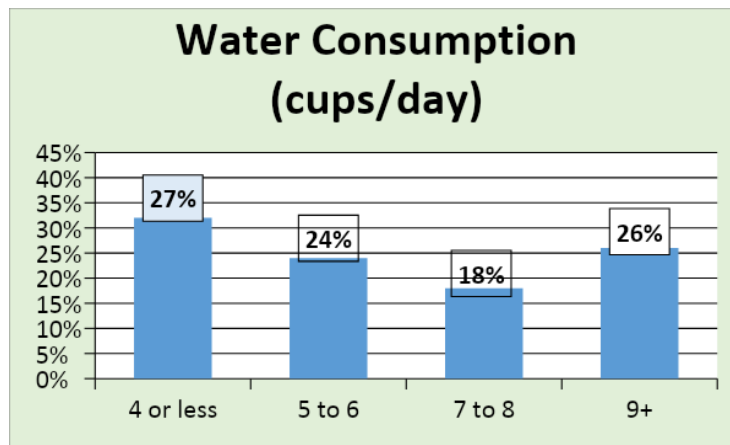


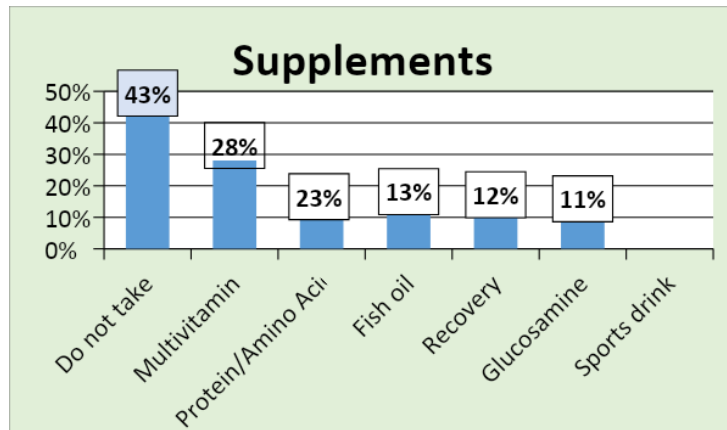




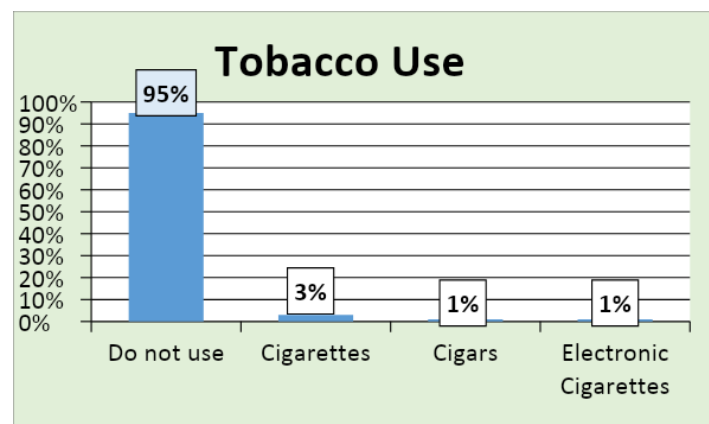
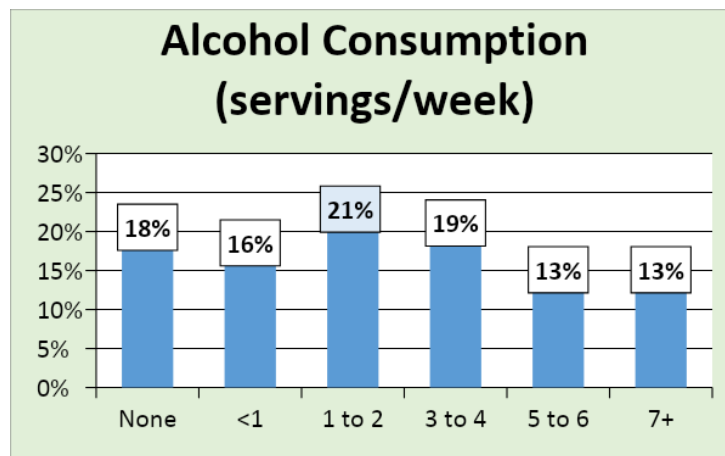
Lifestyle Behaviors - Nutrition



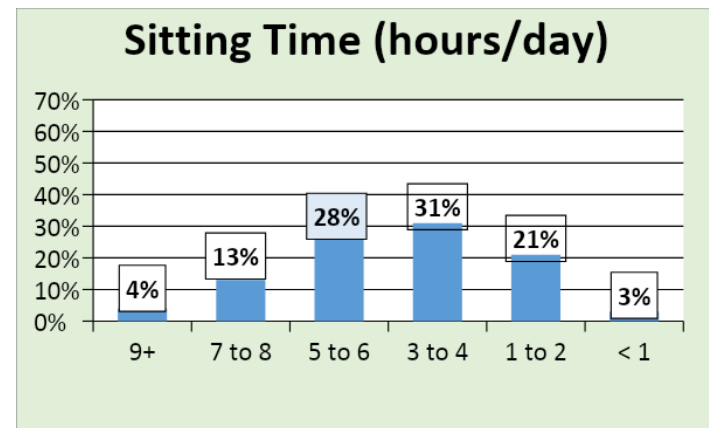
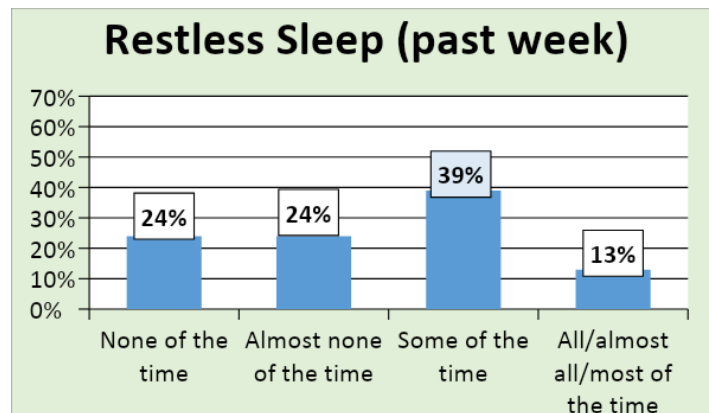
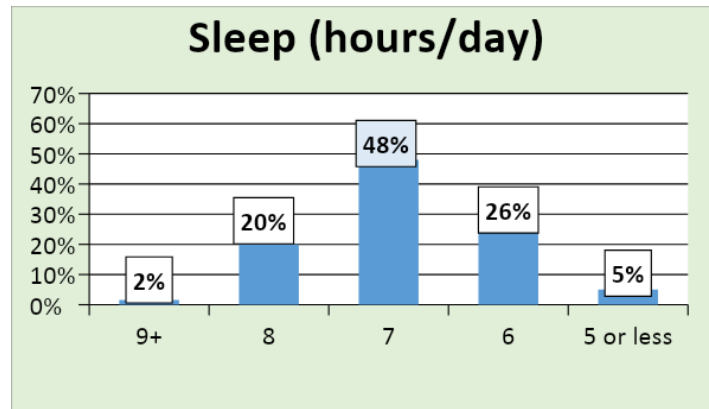




Lifestyle – Alcohol & Tobacco

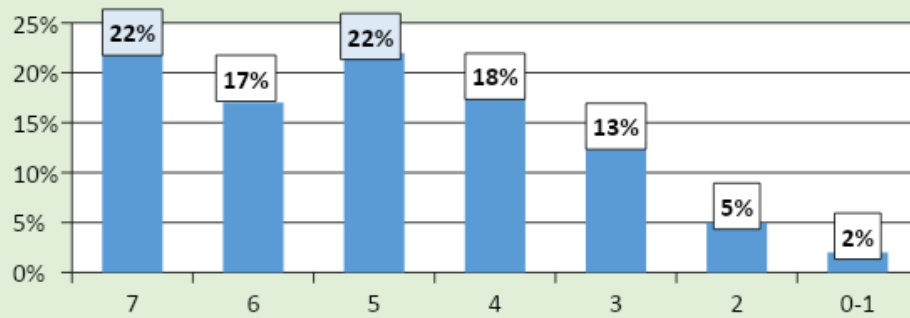


Lifestyle – Sleep & Sitting

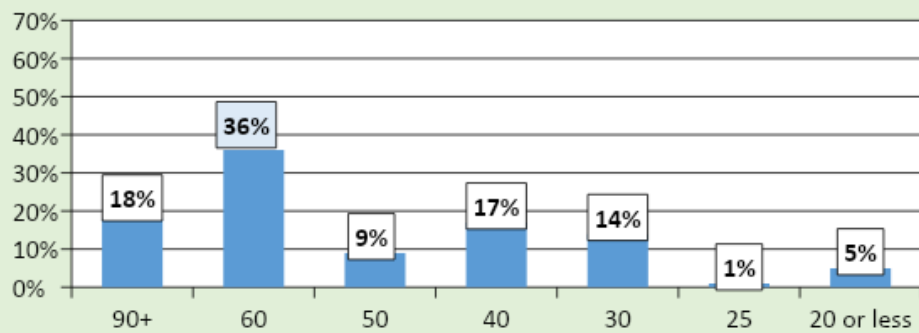


Lifestyle Behaviors – Moderate-Vigorous Physical Activity

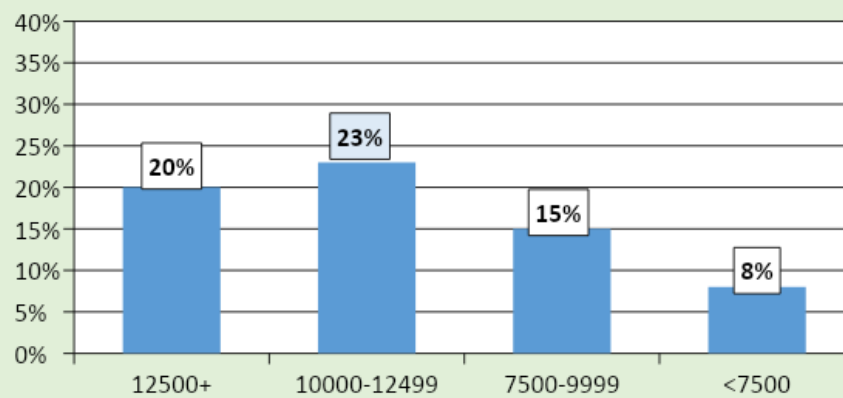
MVPA Frequency (days/week)

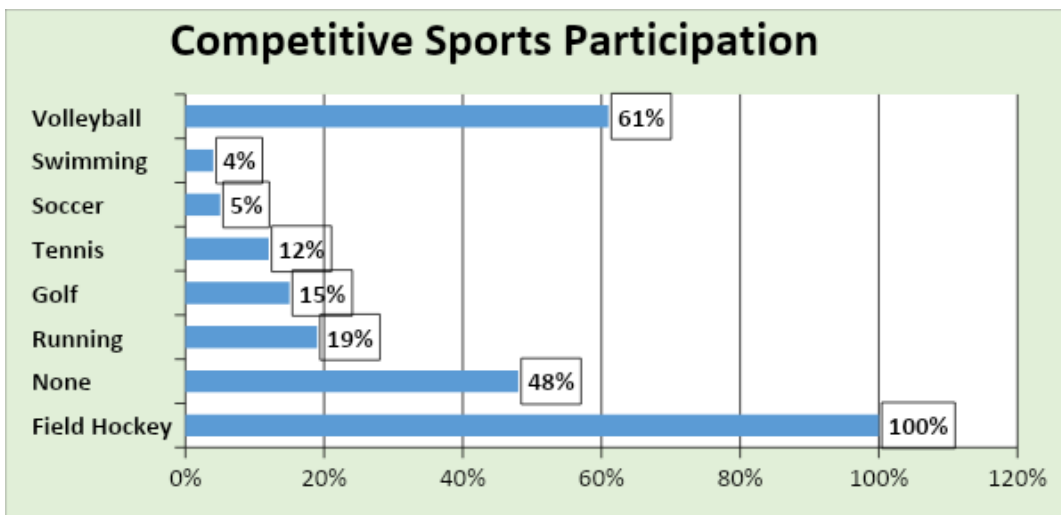
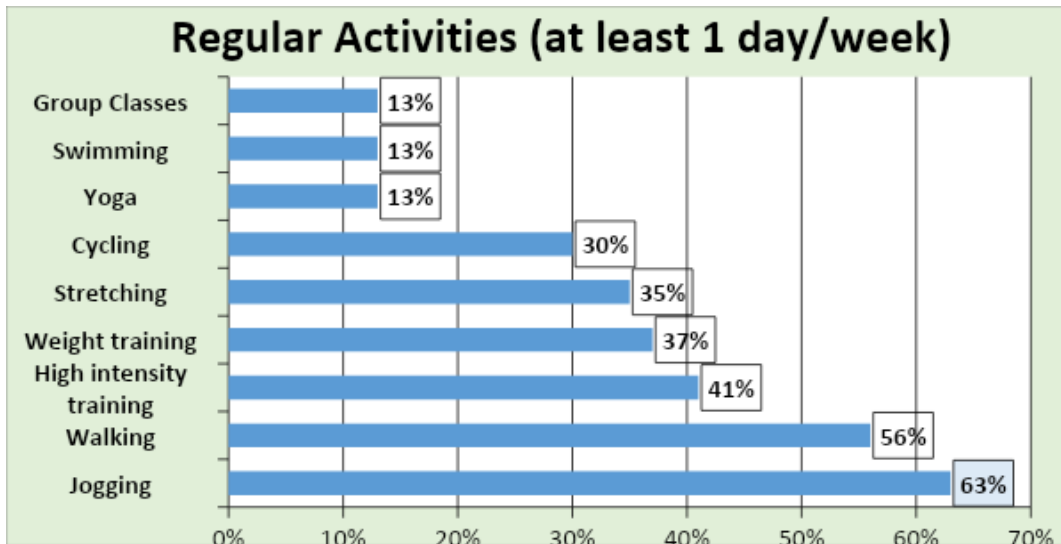


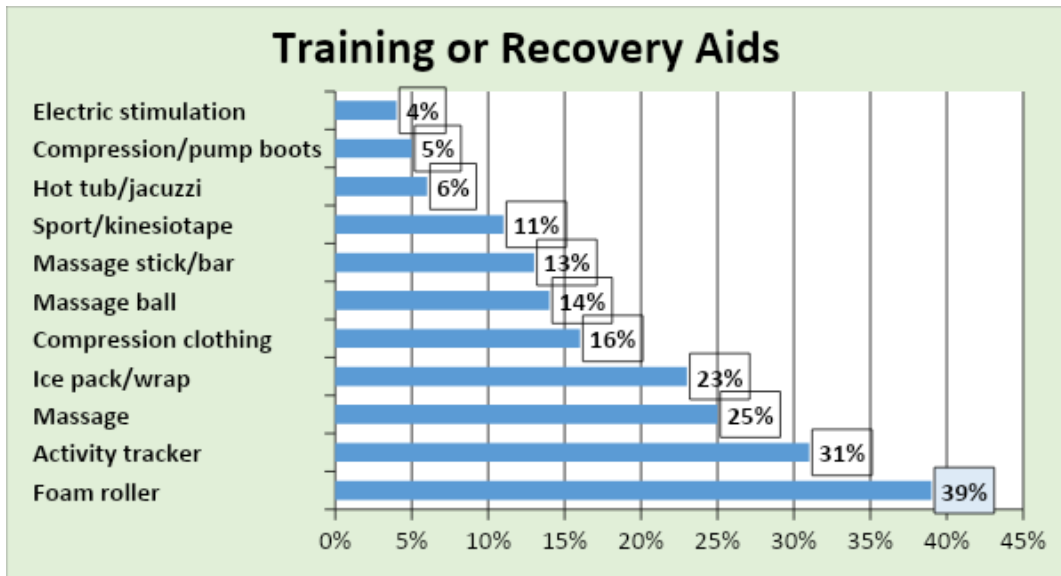
MVPA Duration (minutes/session)



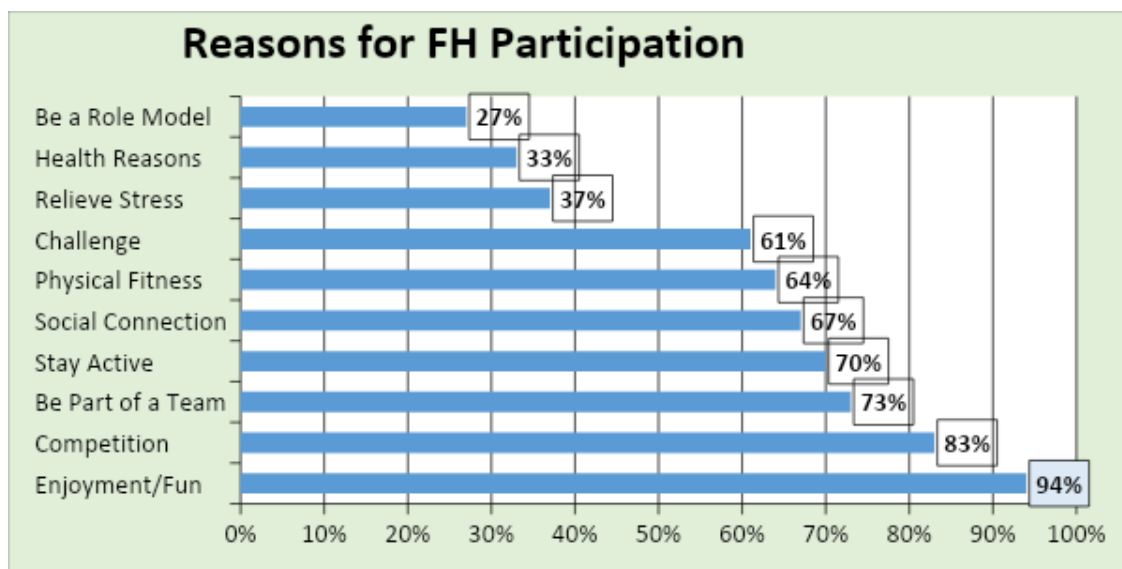
Steps (69% track)







Field Hockey (FH) Participation



Variable	FH Participation (%) (n=122)
Years of FH Participation	
Less than 20	21 (8.4%)
20 to 29	81 (41.5%)
30 to 39	167 (34.2%)
40 or more	189 (38.7%)
Years of Masters FH	
Less than 1	103 (21.1%)
1 to 3	120 (24.6%)
4 to 6	117 (24.0%)
7 to 9	43 (8.8%)
10 to 14	57 (11.7%)
15 or more	48 (9.9%)
Level of Participation	
College/university	234 (48.0%)
Adult club	398 (81.6%)
National open	110 (22.5%)
Olympic	17 (3.5%)
Practices/Pickup Games	
Once/month	18 (3.7%)
2 x/month	11 (2.3%)
3 x/month	14 (2.9%)
Once/week	144 (29.5%)
2 x/week	201 (41.2%)
3 or more x/week	81 (16.6%)
Games/Tournaments	
Once/year	17 (3.5%)
2 x/year	39 (8.0%)
Once/2 to 3 months	46 (9.4%)
Once/month	34 (7.0%)
2-3 x/month	56 (11.5%)
Once/week	212 (43.4%)
More than once/week	61 (12.5%)

Well-being

Component	Mean ± Standard Deviation
Purpose/meaning	6.03±1.028
Positive relationships	6.04±1.029
Engagement	6.13±0.905
Social contribution	6.00±0.952
Competence	6.28±0.849
Self-respect	6.19±0.901
Optimism	6.03±0.987
Social Relationships	5.98±0.916
Total	*48.70±6.25

Notes:

1. Responses range from 1 to 7 on a Likert scale (1=low, 7=high)
2. Total possible range is 8-56
3. A high score indicates an individual with a positive self-image with many psychological resources & strengths

Summary

- **Masters Field Hockey Athletes are highly educated, employed, work in professional positions, and have a high household income:**
 - 77% have a B.S., 43% hold a M.S., 17% possess a doctoral level degree
 - 64% work full-time, 13% are self-employed, 8% are retired
 - 25% work in education, 17% in management, 11% in business/finance
 - 42% have a household income of \$100,000/year or more, 15% earn \$80,000 to 99,999, 13% earn \$60,000-79,999, and 30% earn <\$60,000
- **Masters Field Hockey Athletes, while new to Masters field hockey, have high levels of participation in the sport of field hockey**
 - 93% have been playing for at least 20 years
 - 68% have played masters field hockey for 1-3 years or less, with 43% having played less than 1 year
 - 79% practice or play pick-up games at least once/week
 - 68% play games/tournaments at least once/quarter; 25% play twice/year
 - 70% have participated at university, 89% at club, & 32% at national levels
 - most play for enjoyment/fun, competition, to stay active, be part of a team
- **Masters Field Hockey Athletes are generally healthy & practice lifestyle behaviors conducive to health:**
 - healthy body mass index (BMI)
 - few chronic illnesses & medications
 - high perceived health
 - low perceived stress
 - healthy diet overall
 - high levels of physical activity
 - good sleep quality
 - high level of well-being
- **Masters Field Hockey Athletes have room for improvement in certain lifestyle practices, to a greater or lesser degree:**
 - injury prevention (lower extremities)
 - increase water consumption
 - reduce sugar-sweetened beverage consumption
 - increase fruit and vegetable consumption

- increase daily breakfast consumption
- increase sleep duration
- reduce sitting time