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HEALTH PROMOTING SPORTS CLUBS-POLICY AUDIT TOOL: IRISH RESULTS

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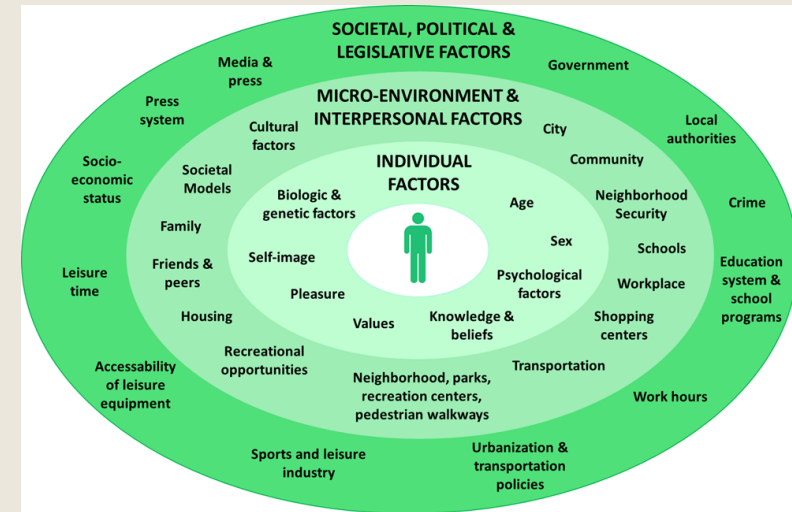
Rationale

- Organised sport can reach **a large audience in Europe** :
 - *13% of sports participants,*
 - *6% of volunteers (EU Sport Eurobarometer, 2018)*
- The **potential of sport** to promote social, mental, physical, spiritual and community health is **underexploited**:
 - *26% of EU countries have a « sports clubs for health » implementation (Breda et al., 2018)*
 - *GAPPA 2018-2030 and White Paper on sport (2007) already called for a larger involvement of sport clubs in the community*
- Sports clubs do not **have enough resources to develop health promotion themselves** and have called for support from policy makers (Johnson et al., 2020)

=> Need to create a whole system supporting sports clubs to invest in HP

What is health promoting sports clubs?

1. Concept emerged in the 2000's, from a Finnish team (Kokko et al., 2006, 2014)
2. Based on socio-ecological model (Golden & Earp, 2012) and settings-based approach (Dooris, 2006)
3. Considering that individual health is a collective responsibility, where people « play, work, love, learn, and shop » (Dooris, comment on the Ottawa Charter, 2018)
4. Settings-based approaches have been successfully implemented within schools, cities, prisons, universities (e.g., De Leeuw, 2009)



What are the minimal requirements to define a health-promoting sports club?

1. have a health-promoting view of the actions and go beyond the promotion of one health behavior,
2. Involve all level of the clubs (participants, parents, coaches, management, volunteers) in the actions and decision making-process,
3. Involve external partners and community in the actions and decision making-process,
4. be conscious that promoting health within sports clubs is a continuous iterative process,
5. base the actions on needs, policies and consider this is never a “one size-fit-all”.

The different stages of HPSC

Stage	HPSC application	Example of actions
Null	Sport offer	Traditional athletic training
Passive stage	Health enhancing physical activity offer	Sport clubs providing safe and secure training, aware of health benefits of sport
Active stage	Sport clubs for health	A sports clubs promoting the benefits of sport and taking care of training quality
Transmissive stage	Health Promotion in sports clubs	Sporadic events or activities at sports clubs (healthy eating day, inclusion day...)
Organic stage	Sport Clubs based health promotion	Dedicated program developed through sports clubs to enhance health: move for life, smoke free program
Comprehensive approach stage	Health Promoting Sports Clubs	Health in all policies, decision-making process and vision, beyond sport offer and dedicated program implementation

Study objectives

- To analyse Irish national to local HPSC policies:
 - *Content*
 - *Policy instrument*
 - *Coordination*
 - *Surveillance*
 - *Communication*
 - *Policy implementation mechanisms to support sports clubs to invest in HP*

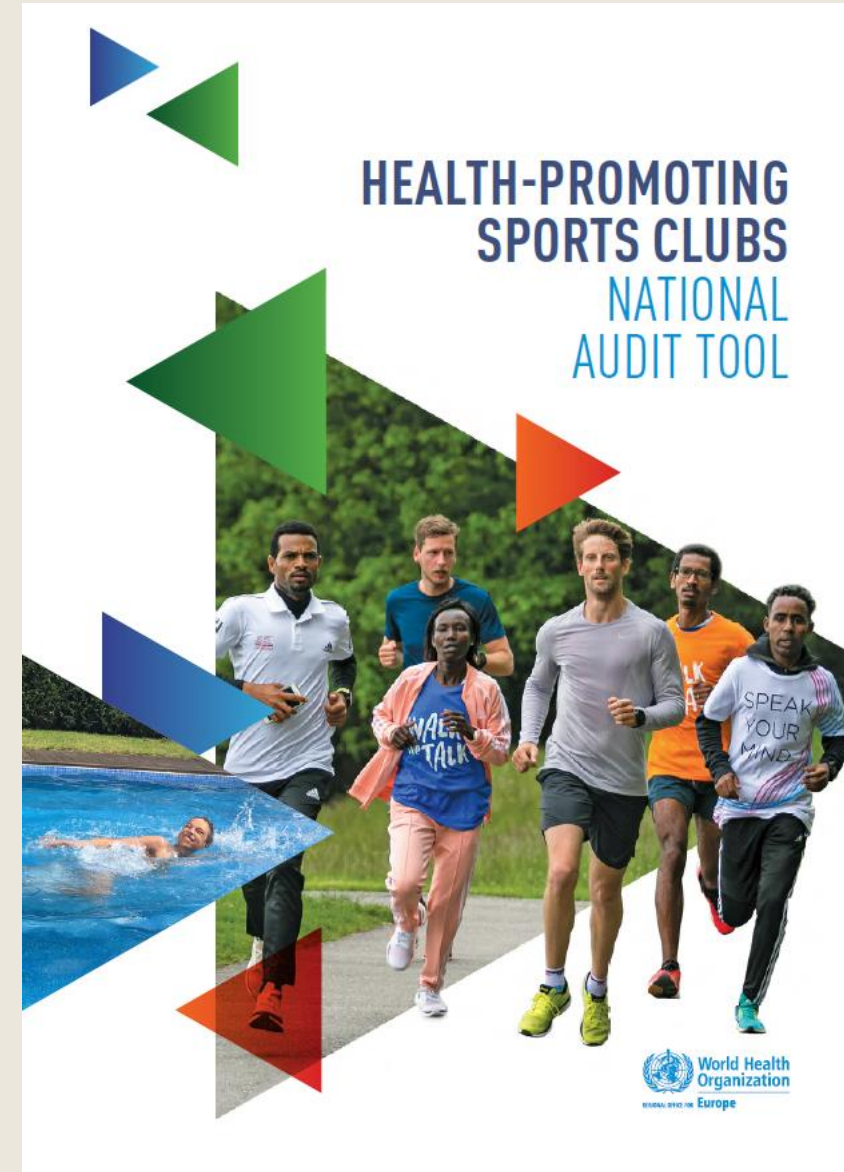
Method

Systematic search of policy document

- Gov.ie
- Keywords health and sport
- HEPA PAT

12 Interviews

- National and local agency employees
- Different sectors
- Experts



Results

17 policy documents

49 actions (45 at national level)

6 Departments

16 actions targeting sports clubs directly

26 actions using education and knowledge strategy

Results

Health
Promotion
(4)

Physical
Activity (13)

Women in
sport (8)

Disabled
participation
in sport (8)

Results

The ideal situation:

*“Having national policy just more supporting, I don't know if it should be a dedicated policy, but more **a policy that just support others** because it just bring together a lot of other policies or other action in policies.” (Expert 1)*

Results

An HPSC program funded: GAA Healthy Club

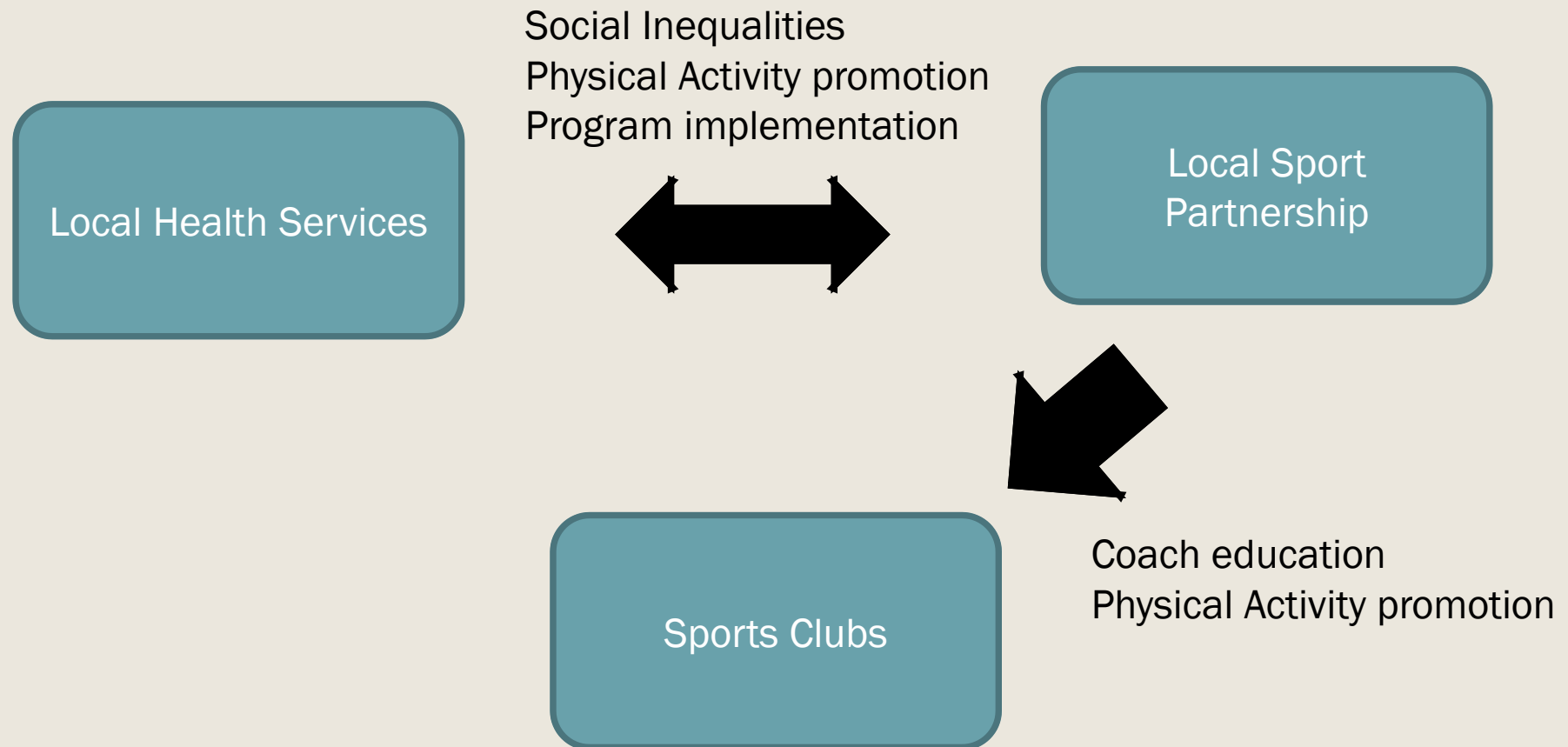
No national campaign or event

A PA coordination (I-PARC) but no HPSC coordination

Private company enrolled for policy design, limited consultation

No monitoring system

Policy remit



- Health Department has a Tobacco plan (smoke free stadia), where Sport Ireland has anti-doping strategies and regulations

Conclusion

- Sports clubs are **not recognised as a setting for health promotion by policy-makers**
- **A health topic approach (e.g. gender, doping, disabilities) is employed**, principally on physical activity participation, but less on making sports clubs environment and system healthier
- **No monitoring, coordination, campaign** support policy implementation
- **Policy remit creates gap at local level** to support sports clubs investment in HP
- **HPSC NAT** can help you review how health is promoted in sport in your country, as well as policy implementation mechanisms and policy remit

Thank you for your attention

- The research team:
 - *Aoife Lane (Technological University of the Shannon),*
 - *Benny Cullen (Sport Ireland),*
 - *Colin Regan (Gaelic Athletic Association)*
 - *Anne Vuillemin (Université Côte d'Azur)*

HPSC-NAT:

<https://apps.who.int/iris/bitstream/handle/10665/353076/WHO-EURO-2022-5216-44980-64040-eng.pdf?sequence=1&isAllowed=y>