

Results

Guidelines for national sports federations to promote health includes a definition of a health promoting sports federation, a description of the settings-based approach stages adapted to national sports federations, as well as practical applications of the health promoting sports club's intervention strategies. The analysis of existing tools demonstrated that most tools are centered on a single dimension of health (social, mental, physical, spiritual or community), and often on a specific health topic. Furthermore, they do not cover HP as a continuous process or support of sports clubs' members health, but are generally short-term programs. The HPSF clarifies theoretical concepts, their practical implementation via case studies and outlines intervention components and tools useful for sports federations in their implementation of HP.

Conclusions

The guidelines are meant to facilitate national sports federations to acknowledge, reinforce and foster their further investment in HP.

Funding source

This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 101028401. This work was funded by a grant from the World Health Organization in partnership with Santé publique France, Université de Lorraine and Université Côte d'Azur.

Abstract citation ID: ckd133.039

S8-2 Health Promoting Sports Federations: theoretical foundations and guidelines

*Aurélié Van Hove*¹, *Susanna Geidne*², *Anne Vuillemin*³, *Kieran Dowd*⁴, *Iva Glibo*⁵, *Sandra Heck*⁶, *Bjarne Ibsen*⁷, *Stacey Johnson*⁸, *Melanie Kingsland*⁹, *Sami Kokko*¹⁰, *Aoife Lane*⁴, *Linda Ooms*¹¹, *Marie Overbye*¹², *Catherine Woods*¹³, *Geraldine Zeimers*¹⁴, *Stephen Whiting*¹⁵, *Mathieu Winand*¹⁶

¹University of Limerick, Ireland

²Örebro University

³Université Côte d'Azur

⁴Technological University of the Shannon

⁵ENGSO Youth

⁶University of Luxembourg

⁷Southern Denmark University

⁸Institut de Cancérologie de l'Ouest

⁹University of Newcastle

¹⁰University of Jyväskylä

¹¹Mullier Instituut

¹²University of Stirling

¹³University of Limerick

¹⁴Université Catholique de Louvain

¹⁵World Health Organisation

¹⁶Lunex University

Purpose

The potential for organised sports to promote health has been underexploited so far, according to researchers and policy-makers. Sports clubs have limited capacity to promote health due to their voluntary nature and have called for support from their national sports federations. The present article provides guidelines based on health promoting sports clubs theoretical foundations, and an analysis of practical tools and proven strategies to support national sports federations' investment in health promotion (HP).

Methods

A qualitative iterative study was undertaken, based on five two-hour meetings of a group of 15 international researchers in health promotion in sports clubs. Notes and minutes from meetings, as well as shared outputs were analyzed based on the health promoting sports club framework.