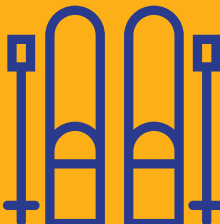


# Sports Club for Health (SCforH) Movement in the European Union

Edited by Željko Pedišić





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# Introduction: Sports Club for Health movement

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Sports clubs have been deeply embedded in culture and social life of the European Union. According to the latest Eurobarometer survey, more than 53 million European Union citizens are members of sports clubs (1). Despite a large number of sports clubs and the important role of sport in the society, the population prevalence of insufficient physical activity is still high, ranging from 11.2% to 80.4% across the European Union member states (2). These high prevalence rates suggest the need for further public health efforts to promote physical activity in the European Union.

Since the establishment of the Sports Club for Health (SCforH) movement in 2008, three international projects funded by the European Commission were carried out with the aim to tackle the high prevalence of insufficient physical activity, primarily by supporting European sports clubs and organisations to focus more on the promotion of health-enhancing sports activities. Sports clubs have been chosen as the target setting for physical activity promotion, because: [i] they are among the organisational settings with the highest population reach; [ii] many of them seem to be exclusively focused on elite and sub-elite competitive sports; and [iii] they already have access to personnel, facilities, and equipment needed to implement additional health-enhancing programs in their given sport. Better availability and quality of health-enhancing sports activities in sports clubs would facilitate increased sport participation, especially among people who are not interested to engage in high performance-focused, elite-level sport. To assist sports clubs and associations in this endeavour, in 2009, the SCforH consortium published the SCforH guidelines (3).

Collaborative work of more than ten organizations involved in the first SCforH project titled “Sports Club for Health” resulted in an updated version of SCforH guidelines (4). The project also established cross-institutional network and framework for the dissemination of the SCforH guidelines across the European Union member states. The activities of the project also included organisation of workshops, presentations at conferences, advocacy among European and national-level sports organisations and sport-related governmental bodies, and promotion of SCforH guidelines among sports clubs through European and national sports associations.

The second SCforH project titled “Promoting National Implementation for Sports Club for Health Programmes in EU Member States” aimed to: [i] evaluate the outcomes of previous dissemination of SCforH concepts and guidelines in the European Union member states; [ii] identify best practices in disseminating and using SCforH guidelines; [iii] expand the body of evidence related to the promotion of health-enhancing physical activity in sports clubs; and [iv] update the SCforH guidelines to include considerations for all age groups—children, adolescents, young adults, middle-aged adults, and seniors. The key published output of the project was the current version of SCforH guidelines (5).

The third SCforH project titled “Creating mechanisms for continuous implementation of the Sports Club for Health guidelines in the European Union” built upon the previous two projects by creating the SCforH online course (6) and distributing it across Europe to nearly 4,000 stakeholders in the sports sector from 36 countries. Activities to disseminate SCforH guidelines also included organisation of a conference and several workshops, seminars, and symposia attended by more than 1,300 participants. As part of the project we also published the SCforH textbook (7), SCforH country cards (8), four scientific articles (9-12), and six conference abstracts (13-18).

One of the main outputs of the latest SCforH project is also this edited book. The book starts with a chapter including definitions of specialised terms used in the context of the SCforH work (19), to facilitate their understanding in the remaining chapters. The following two chapters provide answers to the question “Why is the SCforH movement needed in Europe?”.

One describes the evolution and current state of physical activity guidelines (20) and the other summarises findings of studies on the prevalence of physical activity in the European Union (21). Next two chapters describe the context in which the SCforH movement has developed, including the structure of the European sports system (22) and the history of HEPA Europe—European network for the promotion of health-enhancing physical activity (23). We then describe key activities of the SCforH movement. This part of the book includes chapters on the history of SCforH movement (24), actions to promote health-enhancing physical activity and SCforH approach undertaken by four European and international umbrella sports organisations (25), awareness and use of SCforH guidelines in 36 European countries (26), and 76 examples of SCforH initiatives from 33 European countries (27). The book concludes with a summary of findings from all the chapters (28). I hope the book will be an interesting reading for the stakeholders in the sports sectors, and that it will contribute to the further advancement of the SCforH movement.

As the editor of the book, I wish to thank all the authors for their excellent contributions. Your efforts made this book possible. I also express my gratitude to participants in the empirical studies published in this book and hundreds of individuals and organisations who have contributed to the development of the SCforH movement. Last but not least, on behalf of all authors of the book chapters and other members of the SCforH consortium, I thank the European Commission for their continuous support of our work.



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# Sports Club for Health movement: terminology and definitions

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# Abstract

The Sports Club for Health (SCforH) movement has been growing and advancing since its establishment in 2008. In parallel with the constantly growing team and scope of SCforH activities, there has also been an increase in the number of specialised terms used in our verbal communication, written correspondence, and publications. To help standardise the use of such specialised terms, as part of the SCforH 2015-17 project, through a range of discussions within the project team and consultations with project partners, we reached a consensus on the classification and definitions of physical activities. However, some of the specialised terms used in SCforH-related are also related to the structure, activities, outputs, and partners of the SCforH movement, as well as to the structure of the European and national sports systems. Therefore, as part of the SCforH 2020-22 project, we developed this comprehensive glossary of SCforH-related terms with the aim to facilitate their conceptual understanding and standardised use. The terms were identified by searching through the published documents and web content identified in a systematic scoping review of SCforH-related publications. The draft list of terms and their definitions were reviewed by 10 SCforH experts. A revised list was then reviewed and approved by 32 SCforH experts. Overall, we listed and defined 46 specialised SCforH-related terms. The glossary may help new members of the SCforH consortium to gain understanding of the common SCforH terminology and provide clarity to the readers of our publications. It may also facilitate a standardised use of the terms in the SCforH context. Where suitable, the members of the SCforH consortium should be encouraged to use these definitions, to improve the clarity of future SCforH communications.

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## 1. Introduction

The Sports Club for Health (SCforH) movement has been growing and advancing since its establishment in 2008 (1-4). The development of the SCforH movement has been facilitated by numerous activities that were largely carried out within three international projects funded by the European Union (5). The initial activities included a small expert group from Finland, but the team has quickly expanded. Overall, there have been more than 50 contributors to the SCforH projects, from a total of 18 countries (1).

In parallel with the constantly growing team and scope of SCforH activities, there has also been an increase in the number of specialised terms used in our verbal communication, written correspondence, and publications. The specialised terms are related to the structure, activities, outputs, and partners of the SCforH movement. Some terms are also related to the European and national sports systems and classification of physical activities. To help standardise the use of such specialised terms, as part of the SCforH 2015-17 project, through a range of discussions within the project team and consultations with project partners, we reached a consensus on the classification and definitions of physical activities. The definitions are available in the SCforH guidelines (3).

However, within the SCforH 2015-17 project, we did not attempt to define terms related to the sports system, as well as the terms related to the structure, activities, outputs, and partners of the SCforH consortium. In addition, the list of specialised terms that we use has kept on expanding. This means there is now a need to update the list of terms provided in the SCforH guidelines by identifying and defining the specialised terms that are currently used in the

context of SCforH activities. This glossary was, therefore, developed to facilitate conceptual understanding and standardised use of key specialised terms related to SCforH.

## 2. Methods

The initial list of terms was created by reviewing the terms defined in the SCforH guidelines (3) and by searching through the published documents and web content identified in a systematic scoping review of SCforH-related publications (6). Details on the search process are provided elsewhere (6). This was performed by three authors (Hrvoje Podnar, Željko Pedišić, and Ivan Radman). One author (Željko Pedišić) then developed the initial definitions of the terms, and 9 SCforH experts (Pavel Háp, Stjepan Heimer, Danijel Jurakić, Matleena Livson, Pekka Oja, Hrvoje Podnar, Ivan Radman, Marija Rakovac, Jorma Savola) were invited to provide their feedback via email. The list was updated in December 2022, to capture the most recent relevant SCforH-related terms. Finally, a draft book chapter including the list of terms and their definitions was sent to 31 authors for their revision and approval.

## 3. Glossary

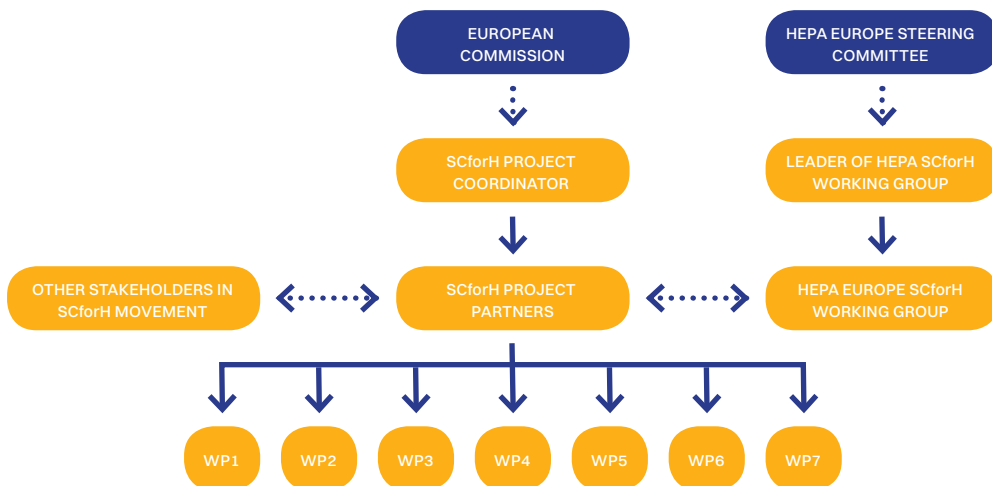
### 3.1. Structure

While it is important to acknowledge that there is no formal organisational structure of the SCforH movement, here we define the terms related to the structure of the SCforH movement (Figure 1) that have been frequently used in the SCforH-related communications:

- '*SCforH movement*' encompasses all formal and informal initiatives, activities and actions taken by organisations or individuals to provide a direct basis for, promote, or facilitate the implementation of SCforH initiatives and programmes in sports clubs.
- '*SCforH project*' is a funded collaborative enterprise that is planned and executed with the ultimate aim to provide a direct basis for, promote, or facilitate the implementation of SCforH initiatives and programmes in sports clubs.
- '*SCforH consortium*' is a team of experts who have been involved in planning and realisation of international SCforH projects funded by the European Union. The consortium does not have formal leadership, membership, and organisational structure.
- '*SCforH project partners*' are partner institutions involved in a funded SCforH project. Please note that the list of SCforH project partners often changes between the funded SCforH projects.
- '*SCforH project coordinator*' is an institution that leads a funded SCforH project. Please note that the SCforH project coordinator may change between the funded SCforH projects.
- '*Leader of the SCforH project*' is a person that manages a funded SCforH project on behalf of the SCforH project coordinator. Although leaders of the SCforH projects often provide guidance to the SCforH consortium during the funded international SCforH projects, they do not have a formal leadership role in the SCforH consortium.
- '*Work package (WP)*' is an operational unit within a SCforH project that is in charge of specific tasks and activities. It usually includes several SCforH project partners.
- '*Work package leader*' is a SCforH project partner that is in charge of managing a work package.

- 'HEPA Europe SCforH working group' is a working group that operates as part of the HEPA Europe network and contributes to the SCforH movement. It has been established by the Steering Committee of the HEPA Europe network, and it is a part of the organisational structure of the network.
- 'Leader of the HEPA Europe SCforH working group' is a person in charge of coordinating the HEPA Europe SCforH working group. The leader is elected by the members of the working group.

**FIGURE 1. BASIC STRUCTURE OF THE SPORTS CLUB FOR HEALTH (SCFORH) MOVEMENT**



Note: blue boxes = supporters of the SCforH movement; orange boxes = direct contributors to the SCforH-related activities; WP = work package; The number of work packages may vary

### 3.2. Activities

Numerous activities have been undertaken as part of the SCforH movement. Here we define several SCforH-related activities that have been commonly mentioned in the literature:

- 'SCforH 2009-11 project' is the SCforH project titled "Sports Club for Health" that was carried out from 01/12/2009 to 31/03/2011 and funded by the European Commission (ref: EAC/21/2009/100).
- 'SCforH 2015-17 project' is the SCforH project titled "Promoting National Implementation for Sport Club for Health (SCforH) Programmes in EU Member States" that was carried out from 01/01/2015 to 30/06/2017 and funded by the European Commission (ref: 556953-EPP-1-2014-1-FI-SPO-SCP).
- 'SCforH 2020-22 project' is the SCforH project titled "Creating Mechanisms for Continuous Implementation of the Sports Club for Health Guidelines in the European Union" that was carried out from 01/01/2020 to 31/12/2022 and funded by the European Commission (ref: 613434-EPP-1-2019-1-HR-SPO-SCP).

- ‘SCforH initiative’ is a set of planned actions, usually taken by sports clubs and associations, to improve the availability and/or quality of health-enhancing sports activities according to the SCforH guidelines.
- ‘SCforH programme’ is a set of planned and structured sports activities, usually offered by a sports club, that have been designed and implemented according to the SCforH guidelines. SCforH programmes are a specific type of SCforH initiatives.

### 3.3. Outputs

Over the years, the SCforH consortium has produced a number of publications and other outputs. Here we define some of the key outputs of the SCforH consortium:

- ‘Database of SCforH and other related initiatives’ is a comprehensive list and description of more than 70 SCforH and similar initiatives that can be found on the SCforH website
- ‘SCforH country cards’ (7) is a report published in 2022 that includes data relevant to the awareness and use of SCforH guidelines in 36 European countries.
- ‘SCforH Electronic Toolkit’ is a practical and interactive guide for sports clubs and associations on the implementation of SCforH initiatives that is available on the SCforH website ([www.scforh.info/how-to/sports-associations/introduction/](http://www.scforh.info/how-to/sports-associations/introduction/)).
- ‘SCforH guidelines’ is a book of guidelines for the implementation of SCforH programmes in sports clubs, first published in 2009 (4) and then updated in 2011 (2) and 2017 (3).
- ‘SCforH principles’ are seven guiding principles of the SCforH approach defined in the SCforH guidelines.
- ‘SCforH application model’ is a recommended four-stage model for the implementation of SCforH described in the SCforH guidelines.
- ‘SCforH textbook’ (8) is a book containing an overview of SCforH guidelines that was written in lay language, intended for a wide audience, and published in 2022.
- ‘SCforH website’ is the official website of the SCforH consortium that is available at [www.scforh.info](http://www.scforh.info).

### 3.4. Partners

The SCforH movement has been supported by numerous organisations and institutions. Here we provide a list of large international organisations that either took part in the SCforH projects or supported the work of SCforH consortium:

- ‘European Education and Culture Executive Agency (EACEA)’ is an executive agency of the European Commission in charge of funding programmes for audiovisual media, citizenship, culture, education, sport, and volunteering.
- ‘European Federation for Company Sport (EFCS)’ is an umbrella association of national federations for company sport and ‘sport for all’, established to promote sport activity in the occupational setting.
- ‘European Non-Governmental Sports Organisation (ENGSO)’ is an umbrella association of Olympic Committees and national umbrella sports organisations from 33 countries, established to lead the advocacy for voluntary-based sports in Europe.

- *'European Union Physical Activity Focal Points Network'* is a network of public health researchers and practitioners established by the European Commission and WHO to provide and validate national data needed to assess the progress against 23 indicators proposed by the Council of the European Union to monitor physical activity levels and policies.
- *'HEPA Europe'* is a European network for the promotion of health-enhancing physical activity, established as a forum for the improvement of physical activity research, policy, and practice and supported by the World Health Organization.
- *'International Sport and Culture Association (ISCA)'* is an umbrella association including more than 130 member organisations from 65 countries, established to help its members to build capacity for the promotion of physical activity and recreational sports.
- *'The Association For International Sport for All (TAFISA)'* is an umbrella sport-for-all association including more than 380 members from 170 countries, established to promote 'sport for all' and physical activity.

### 3.5. Sports system

Here we provide definitions of key organisational units of the European and national sports systems:

- *'Sports club'* (e.g. Ethio-Fin Sport Club, Bayern Munich) is a basic organisational unit of the sports system that provides opportunities for its members to actively participate in one or more organised sporting activities, commonly through the provision of services from coaches and exercise professionals, facilities, equipment, and/or programmes.
- *'National sport association'*<sup>1</sup> (e.g. Croatian Tennis Association) is a nationwide association of regional/local sport associations and/or sports clubs in a given sport.
- *'National sport-for-all organisation'* (e.g. Romanian Federation Sport for All) is a nationwide association of regional/local sport associations and/or sports clubs focused on recreational sports or 'sport for all'.
- *'National umbrella sports organisation'* (e.g. Lithuanian Union of Sports Federations) is a nationwide umbrella organisation whose membership usually includes national sports associations and national sport-for-all organisations but can also include regional/local sport associations and individual sports clubs.
- *'National Olympic committee'* is a national constituent unit of the Olympic movement whose membership usually includes national sport associations.
- *'European sport federation'* (e.g. European Gymnastics union) is a Europe-wide sport association whose membership includes national sport associations in a given sport.
- *'European umbrella sports organisation'* (e.g. European Non-Governmental Sports Organisation) is a Europe-wide sports federation whose membership usually includes national sport associations and/or national Olympic committees but it may also include other relevant institutions in the sports sector, such as ministries of sport.
- *'International sports organisation'* (e.g. International Sport and Culture Association) is a sports federation with international membership that may not necessarily be limited to European countries and that usually includes national sport organisations and/or national Olympic committees but may also include other relevant institutions in the sports sector, such as ministries of sport.

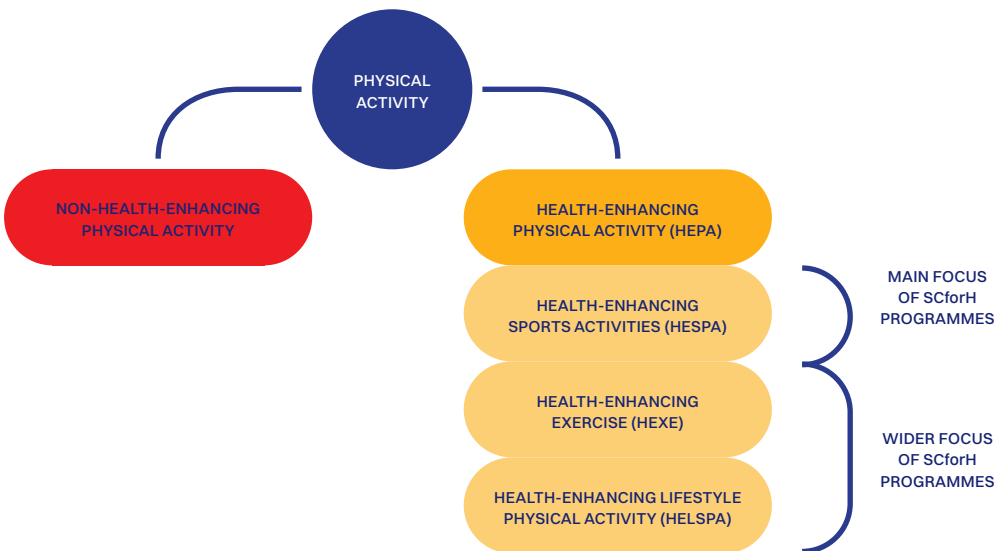
<sup>1</sup> In the sports context, the terms "association" and "federation" are often used interchangeably.



### 3.6. Classification of physical activity

According to its impact on health, physical activity can be classified as *'health-enhancing physical activity (HEPA)'* and *'non-health enhancing physical activity'* (Figure 1). Research shows that physical activity is generally beneficial to health (9, 10), but there may be some specific types, intensities, durations and volumes of physical activity that are detrimental to health or produce no health benefits (11-14). It is important to note that the evidence base on non-health-enhancing physical activities is still much smaller than the well-established evidence-base on health-enhancing physical activity. Furthermore, physical activity can be categorized by type into: *'sports activity'*; *'exercise'*; and *'lifestyle physical activity'*. Physical activity is also commonly categorised by intensity into: *'light-intensity physical activity'*; *'moderate-intensity physical activity'*; and *'vigorous-intensity physical activity'*. As shown in Figure 1, the main focus of SCforH programmes is on utilizing the potential of sports clubs to promote *'health-enhancing sports activity'*, whilst its wider scope also includes the promotion of *'health-enhancing exercise'* and *'health-enhancing lifestyle physical activity'* through sports clubs. These activities can be performed at any intensity, but greater health benefits are generally associated with physical activities of higher intensity (15).

FIGURE 2. CLASSIFICATION OF PHYSICAL ACTIVITY BY TYPE AND IMPACT ON HEALTH



Note: SCforH = Sports Club for Health

Here we provide definitions of physical activity categories that may be relevant in the SCforH context and that are in accordance with the definitions provided in the SCforH guidelines (3):

- *'Physical activity'* is “any bodily movement produced by skeletal muscles that results in energy expenditure” (16).
- *'Health-enhancing physical activity (HEPA)'* encompasses all forms of physical activity that are beneficial to health.
- *'Non-health-enhancing physical activity'* encompasses all forms of physical activity that are detrimental to health or produce no health benefits.
- *'Sport'* includes “all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels” (17), commonly performed according to specific rules. Common examples include basketball, beach volleyball, football, gymnastics, karate, skateboarding, surfing, tennis, etc.
- *'Exercise'* is “physical activity that is planned, structured, repetitive, and purposive in the sense that improvement or maintenance of one or more components of physical fitness is an objective” (16). Common examples include aerobics, gym workout, Nordic walking, etc.
- *'Lifestyle physical activity'* denotes physical activities other than sports and exercise that may be performed in work, transport, domestic or leisure-time domains. Common examples include walking at work, bicycling for transport, gardening, stair climbing, dancing in a club, etc.
- *'Light-intensity physical activity (LPA or LIPA)'*, often referred to as *'light physical activity'*, encompasses all forms of physical activity that require energy expenditure of more than 1.5 and less than 3 metabolic equivalents (METs) (18, 19).
- *'Moderate-intensity physical activity (MPA)'*, often referred to as *'moderate physical activity'*, encompasses all forms of physical activity that require energy expenditure of at least 3 but less than 6 METs (19).
- *'Vigorous-intensity physical activity (VPA)'*, often referred to as *'vigorous physical activity'*, encompasses all forms of physical activity that require energy expenditure of at least 6 METs (19).
- *'Moderate- to vigorous-intensity physical activity (MVPA)'*, often referred to as *'moderate-to-vigorous physical activity'*, encompasses all forms of physical activity that require energy expenditure of at least 3 METs.

## 4. Conclusion

In this chapter, we listed and defined 46 specialised terms that are commonly used in SCforH publications and other communications. The list may help new members of the SCforH consortium to gain understanding of the common SCforH terminology and provide clarity to the readers of our publications. Importantly, this may also facilitate a standardised use of the terms in the SCforH context.

These definitions have been conceived to suit the needs of the SCforH movement. However, it should be noted that some classifications, definitions, and explanations presented here may not necessarily be applicable to other contexts. In addition, despite the general nature of the definitions, it may be that some of them do not fit the specific context of each European country. Importantly, some of the definitions provided in this book chapter may not be fully aligned with previously proposed definitions of the same concepts. Despite these limitations, where suitable, the members of the SCforH consortium should be encouraged to use these definitions, to improve the clarity of future SCforH communications.

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# Physical activity guidelines for health: evolution, current status, policy context, and future outlook

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# Abstract

In this book chapter, first the evolution (pre-1980s to 2022) of physical activity guidelines in terms of target groups, types, and specific characteristics of physical activity is presented. We compare the 2010 and 2020 WHO guidelines, describe the evolution of recommendations for children and adolescents and the content of the 24-movement guidelines, and provide a table of physical activity recommendations for different target groups in the European Union countries.

Physical activity guidelines are part of the global and national physical activity policies. Most European countries have integrated the promotion of physical activity into their national health and other policies. As the different socioeconomic and cultural subgroups of the populations in the European countries have different levels of physical activity and participation in sports, subgroup-specific activities should be promoted in addition to policies for the majority of the population.

Based on the European Health Interview Survey (Wave 2, 2013-2014) the prevalence of adults meeting the physical activity guidelines is still low. Therefore, increasing efforts have been placed into research to communicate and disseminate physical activity guidelines using quantitative and qualitative methods in recent years.

In summary, physical activity guidelines and recommendations have evolved from earlier fitness- and individual-oriented exercise guidelines to public health recommendations. Physical activity guidelines are an important means of communicating scientific evidence-based information to end-users, including policy makers, health professionals and other professions, and the public. To improve the uptake of guidelines, end-users, stakeholders, and researchers must work together.

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## 1. Introduction

Physical activity guidelines<sup>1</sup> have evolved from earlier fitness- and individual-oriented exercise prescriptions to public health-oriented recommendations. The early physical activity guidelines focused on continuous vigorous-intensity aerobic exercise, mainly for performance improvement or cardiac rehabilitation. With the increasing evidence on the health benefits of moderate-intensity physical activity, such as walking, guidelines have evolved to become more public health-oriented, and the focus has shifted from exercise to physical activity which can be part of daily living.

The first health-related recommendations, which were issued by the US Centers for Disease Control and Prevention and the American College of Sports Medicine in 1995 (2), considered all physical activity, whether at work, at home, during leisure, or in transport, to be potentially health enhancing. These recommendations emphasised daily or almost daily moderate-intensity activity, such as walking, cycling, and gardening, and targeted primarily adult populations.

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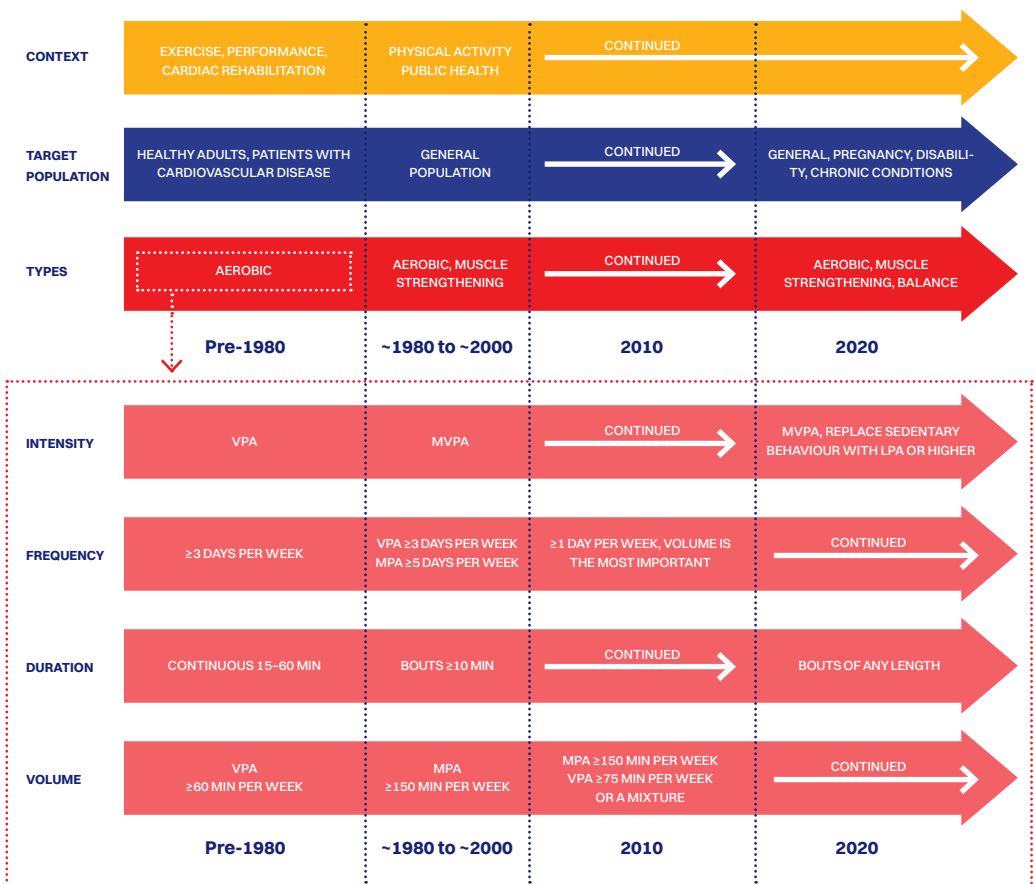
<sup>1</sup> "Written standards and guidelines are written policies that guide choices, that is, they only recommend certain behaviours, practices, or processes but do not create an obligation for stakeholder adherence" (1).

More recent recommendations have emphasised the total weekly activity and included a wider spectrum of activities with regard to the type and intensity. Thus, vigorous-intensity activities and activities for muscle and bone strength and balance are also recommended. The more recent recommendations also consider the benefits of light-intensity physical activity as a replacement for sedentary behaviour, and more target groups, in order to provide guidance to the whole population.

## 2. Global evolution

An excellent overview of the evolution of physical activity guidelines has been provided by Ding and colleagues (3) (Figure 1).

**FIGURE 1. THE EVOLUTION OF PHYSICAL ACTIVITY GUIDELINES**



Note: VPA=vigorous-intensity physical activity. MVPA=moderate-to-vigorous intensity physical activity. MPA=moderate-intensity physical activity. LPA=light-intensity physical activity. \*Primarily among older adults. Reprinted from The Lancet, 396, Ding, D., Mutrie, N., Bauman, A., Pratt, M., Hallal, P. R. C., & Powell, K. E., Physical activity guidelines 2020: comprehensive and inclusive recommendations to activate populations, 1780-1782, Copyright (2022), with permission from Elsevier

As shown in Figure 1, during the early development (before the 1980s), the context of the guidelines was exercise, performance, and cardiac rehabilitation. The target groups were healthy adults and patients with cardiovascular disease. The type of recommended activity was primarily aerobic. Before the change of the century, exercise broadened to physical activity and the context to public health. The target of physical activity recommendations extended to the whole population, and aerobic activity was supplemented by activities for muscle strengthening. By 2020, the overall context continued to be physical activity and public health. Target groups became more specific, including children and adolescents, elderly people, people with disability and chronic conditions, and pregnant women. In addition, balance became an important component of the recommended type of physical activity in older adults, adults with chronic conditions, and adults with disability.

Aerobic physical activity has remained the core component of health-enhancing physical activity throughout the past 50 or so years. It has been specified in terms of intensity, frequency, bout duration, and volume. The intensity has evolved from vigorous-intensity to moderate- to vigorous-intensity and to light-intensity activity. Recommended frequency has changed from  $\geq 3$  times per week to  $\geq 1$  bout per week, with the total volume as the key characteristic. The single bout duration has been changed from 15–60 minutes of continuous aerobic activity to bouts of any length. The total volume of weekly activity was first at least 60 minutes of vigorous physical activity, and has since become more specific, as  $\geq 150$  minutes for moderate-intensity and  $\geq 75$  minutes for vigorous-intensity physical activity. Based on the new scientific evidence on the effects of sedentariness on health, the avoidance of spending long amounts of time being sedentary has lately become an indispensable element of physical activity recommendations.

### 3. Recent global and international guidelines

#### 3.1. The 2020 WHO guidelines

The 2020 World Health Organization (WHO) guidelines update the previous WHO recommendations from 2010 (4). The new guidelines (5) address children and adolescents, adults, and older adults, and include new specific recommendations for pregnant and postpartum women and people living with chronic conditions or disability. The guidelines recommend that all adults should undertake 150–300 minutes of moderate-intensity physical activity or 75–150 minutes of vigorous-intensity physical activity, or some equivalent combination of moderate-intensity and vigorous-intensity aerobic physical activity, per week. Amongst children and adolescents, an average of 60 minutes/day of moderate- to vigorous-intensity aerobic physical activity is recommended. The guidelines also recommend regular muscle-strengthening activity for all age groups. Reducing sedentary behaviour is also recommended for all age groups and abilities. These guidelines highlight the importance of regularly undertaking both aerobic and muscle-strengthening activities, and for the first time, there are specific recommendations for special populations, including pregnant and postpartum women and people living with chronic conditions or disability. The new guidelines reaffirm earlier messages that some physical activity is better than none, and that more physical activity is better for optimal health outcomes. The main differences between the WHO guidelines from 2010 and 2020 are shown in Table 1.



**TABLE 1. DEVELOPMENT OF THE WHO PHYSICAL ACTIVITY RECOMMENDATIONS BETWEEN 2010 AND 2020**

In the 2020 guidelines, the concept of “sedentary behaviour” has been introduced. Avoidance of sedentary behaviour is advised for all target groups. However, no sedentary behaviour threshold is given, because of insufficient evidence.

Recommendations for new population groups have been provided in 2020: In addition to “children and adolescents” (5–17 years), “adults” (18–64 years) and “older adults” (65 years and above) in 2010, the new target groups in the 2020 guidelines are:  
pregnant and postpartum women  
adults and older adults (aged 18 years and older) living with chronic diseases  
children and adolescents (aged 5–17 years) living with disability  
adults (aged 18 years and older) living with disability

The “at least 10-minute bout recommendation” has been omitted in the 2020 guidelines

Differences for “children and adolescents”

2010: “Children and youth aged 5–17 should **accumulate** at least 60 minutes of MVPA daily.”

2020: “Children and adolescents should do at least **an average** of 60 minutes per day of MVPA, mostly aerobic, physical activity, across the week.”

For adults, older adults, adults/older adults with chronic diseases and adults with disability, a **range of minutes** (e.g.: 150 to 300 min) is recommended in 2020.

2010: “...at least 150 minutes of MPA or at least 75 minutes of VPA or an equivalent combination of MVPA throughout the week”

2020: “... at least 150–300 minutes of MPA; or at least 75–150 minutes of VPA; or an equivalent combination of MVPA throughout the week”

Note: MPA = moderate-intensity physical activity, VPA = vigorous-intensity physical activity, MVPA = moderate- to vigorous-intensity physical activity

### **3.2. Guidelines for children and adolescents**

Parrish and colleagues (6) published a systematic review on physical activity guidelines for children and adolescents. The review included 50 national and international guidelines. Twenty-five countries had national guidelines, and there were three international guidelines (European Union, Nordic countries, World Health Organization). Nineteen countries and the European Union adopted the WHO 2020 guidelines (7). Guidelines varied in relation to date of release, targeted age group and guideline wording regarding the type, amount, bout duration, intensity, frequency, and total amount of physical activity. Twenty-two countries included sedentary behaviour within the guidelines and three included sleep. This review revealed considerable variability between the quality of national/international physical activity

guidelines, and also the development and recommendations, highlighting the need for rigorous and transparent guideline development methodologies to ensure appropriate guidance for population-based approaches. Where countries do not have the resources to ensure this level of quality, the adoption of the WHO guidelines or guidelines of similar quality was recommended (6).

What was recommended?

- All but one country (Germany) indicated that children should participate in 60 minutes of physical activity daily (“60 minutes on every day activities, e.g.: at least 12,000 steps”); however, there was variability in the wording of the recommendations. Germany recommended 90 minutes or more.
- The majority of countries (19) recommended that children’s daily physical activity should consist of moderate- to vigorous-intensity physical activity. Twenty guidelines referred to vigorous-intensity physical activity.
- Twenty-six guidelines had recommendations for muscle- and bone-strengthening activities. Eight guidelines recommended that children and adolescents should engage in muscle- and bone-strengthening activity at least three times per week.
- Seven guidelines referred to “bouts” of physical activity. Two guidelines mentioned several sessions throughout the day (e.g., two bouts of 30 minutes); two suggested several bouts of aerobic activity/brisk exercise of at least 10 minutes duration.
- Seventeen countries mentioned the need to reduce sedentary time. The wording of the recommendations for sedentary time varied. Ten countries advised limiting sitting/ being sedentary for extended or long periods of time.

### **3.3. 24-hour movement guidelines**

Recently, a somewhat different approach to guidelines was taken by integrating recommendations on physical activity, sedentary behaviour, and sleep (8–15). These guidelines underline the importance of movement behaviour across the whole 24-hour day.

For example, the Canadian 24-movement guidelines focus on three core recommendations for adults:

1. Move more: Add movement throughout your day, including a variety of types and intensities. Aim to accumulate at least 150 minutes per week of moderate- to vigorous-intensity aerobic physical activity, muscle-strengthening activities at least two times a week, and several hours of light physical activities, including standing. Those 65+ years of age should also include physical activities that improve balance.
2. Reduce sedentary time: Limit sedentary time to 8 hours or less per day including no more than 3 hours of recreational screen time and breaking up long periods of sitting where possible.
3. Sleep well: For those aged 18–64 years, set yourself up for 7 to 9 hours of good quality sleep on a regular basis, and 7 to 8 hours for those aged 65+ years.

The 24-hour movement guidelines have now been issued in a few countries. The Australian Government has adopted the Canadian 24-hour approach in the updated Australian 24-hour movement guidelines for children (5–12 years) and young people (13–17 years) (16). New Zealand has also adopted the 24-hour movement concept in their physical activity recommendations for children and young people (17). South Africa has issued 24-hour movement

guidelines for early years (0–5 years) (15). Recommendations for all age groups have been included in 24-hour movement guidelines in Canada, Croatia, Finland, and Thailand (8, 11, 13, 10, 9). The new approach has also been adopted by WHO, and they issued 24-hour movement behaviour guidelines for children under 5 years of age (12).

## 4. Recent physical activity guidelines in the European countries

Currently, most of the 27 European Union member countries have published physical activity recommendations, while four countries (Cyprus, Greece, Latvia, Malta, and Romania) have no recommendations. All the EU member states are listed in Table 2.

The recommendations are specific to nine target groups. The most common target groups are 5–17 years old children and adolescents (22 countries), 18–64 years old adults (21 countries) and more than 64 years old adults (20 countries). Sixteen countries have recommendations for pregnant and lactating women, and 15 countries have recommendations for children younger than 5 years. Twelve countries have recommendations for chronically ill people, and nine countries have recommendations for people with disabilities. Five countries have recommendations for frail and very old people (>84 years of age), and France also has a recommendation for postmenopausal women.

## 5. Policy context

According to Klepac Pogrmilovic et al. *“Physical activity policy is indicated by the totality of formal written policies, unwritten formal statements, written standards and guidelines, formal procedures, and informal policies (or lack thereof) that may directly or indirectly affect community- or population-level physical activity”* (1).

The WHO and WHO Europe have published guidelines to assist the member states and other stakeholders in the development and implementation of national physical activity plans and to provide guidance on policy options for effective promotion of physical activity at national and sub-national levels.

The WHO (7) states that national guidelines on physical activity and sedentary behaviour, in isolation, are unlikely to lead to increases in population levels of physical activity, and should therefore be seen as one element of a policy and planning framework. National guidelines need to be disseminated to key audiences and supported by a sustained national communication strategy that will lead to increased awareness and knowledge about the multiple benefits of regular physical activity and reducing sedentary behaviour. In order to achieve sustained behaviour change, these actions must be supported by policies that create supportive environments that enable and encourage people to be active, along with increased local opportunities for people to participate in physical activity. Policies and programmes must be adapted to the local context, in terms of both the health system and the multisector institutions that have an interest in, or opportunity to support, physical activity promotion.

Most European countries have integrated the promotion of physical activity into their national health and other policies (21, 22). National policies and action plans guide the promotion of physical activity in various sectors. As the different socioeconomic and cultural subgroups of populations in European countries differ widely in levels of physical activity and

**TABLE 2. PHYSICAL ACTIVITY RECOMMENDATIONS FOR DIFFERENT TARGET GROUPS BY EUROPEAN UNION COUNTRY**

COUNTRY	CHILDREN (<5 YRS)	CHILDREN & ADOLESCENTS (5-17 YRS)	ADULTS (18-64 YRS)	OLDERADULTS (>=65 YRS)	FRAIL & VERY ELDERLY ADULTS (>=85 YRS)	PREGNANT & LACTATING WOMEN	PEOPLE WITH DISABILITIES	PEOPLE WITH CHRONIC DISEASES	MENOPAUSAL WOMEN	ALL	REDUCING SITTING/ INACTIVITY*
AUSTRIA	+	+	+	+	-	+	+	+	-	7	+
BELGIUM	+	+	+	+	+	+	+	+	-	8	+
BULGARIA	-	+	+	+	-	+	-	+	-	5	-
CROATIA	-	+	+	+	-	+	+	+	-	6	-
CYPRUS	-	-	-	-	-	-	-	-	-	0	-
CZECHIA	-	+	+	+	-	-	-	-	-	3	-
DENMARK	+	+	+	+	-	+	-	+	-	6	+
ESTONIA	-	+	+	+	-	+	-	-	-	4	+
FINLAND	+	+	+	+	-	+	+	+	-	7	+
FRANCE	+	+	+	+	-	+	+	+	+	8	+
GERMANY	+	+	+	+	-	-	-	+	-	5	+
GREECE	-	-	-	-	-	-	-	-	-	0	+
HUNGARY	+	+	-	-	-	-	-	-	-	2	-
IRELAND	-	+	+	+	-	-	+	-	-	4	+
ITALY	-	+	+	+	+	+	+	+	-	7	+
LATVIA	-	-	-	-	-	-	-	-	-	0	+
LITHUANIA	+	+	+	+	-	+	-	-	-	5	+
LUXEMBOURG	+	+	+	+	-	+	-	-	-	5	-
MALTA	-	-	-	-	-	-	-	-	-	0	-
NETHERLANDS	+	+	+	+	-	-	-	-	-	4	+
POLAND	+	+	+	+	-	+	-	+	-	6	-
PORTUGAL	+	+	+	+	-	+	-	-	-	5	-
ROMANIA	-	-	-	-	-	-	-	-	-	0	-
SLOVAKIA	-	+	+	-	-	-	-	-	-	2	-
SLOVENIA	+	+	+	+	+	+	+	+	-	8	-
SPAIN	+	+	+	+	+	+	-	-	-	6	+
SWEDEN	+	+	+	+	+	+	+	+	-	8	-
<b>ALL</b>	<b>15</b>	<b>22</b>	<b>21</b>	<b>20</b>	<b>5</b>	<b>16</b>	<b>9</b>	<b>12</b>	<b>1</b>	<b>121</b>	<b>14</b>

Note: yrs = years, \* If sitting/inactivity recommendations are in place for at least one of the target groups (18)

Based on: 2021 Physical Activity Factsheets for the European Union Member States in the WHO European Region from the World Health Organization Regional Office for Europe, 2021 (19) and Global Observatory for Physical Activity (GoPAI): 2nd Physical Activity Almanac from Ramirez Varela, A., et al., on behalf of the Global Observatory for Physical Activity (GoPAI) working group, 2021 (20).

participation in sports, subgroup-specific activities should be promoted, in addition to those for the majority of the population. Evaluation is necessary for accountability and for adapting programmes to address weaknesses and make them more effective.

A recent cross-sectional study analysed availability, comprehensiveness, implementation, and effectiveness of physical activity and sedentary behaviour policies internationally (23). Seventy-six countries (out of 173 included in the survey) provided data. Formal national written policies for physical activity and sedentary behaviour were found in 92% and 62% of the countries, respectively. Sixty-two percent of the countries had national physical activity guidelines, while 40% had sedentary behaviour guidelines. Fifty-two percent and 11% of the countries had quantifiable national targets for increased physical activity and reduced sedentary behaviour, respectively. The most represented ministries/departments involved in these policies were the sport (reported by 99% of the countries), health (97%), education (94%), and recreation and leisure (85%) sectors. Physical activity and sedentary behaviour policies were generally best developed in high-income countries and countries of the European and Western Pacific regions. Overall, most of the included countries had physical activity policies, but their comprehensiveness, implementation, and effectiveness were generally low to moderate. Sedentary behaviour policies were less available, comprehensive, implemented, and effective than physical activity policies.

## 6. Future considerations

### 6.1. People's adherence to guidelines

The knowledge about how people adhere to the existing recommendations should influence the implementation of physical activity guidelines. An article by Bennie and Wiesner (24) provided descriptive epidemiology of combined moderate- to vigorous-intensity physical activity and muscle-strengthening exercise guideline adherence in Europe. Data were drawn from the European Health Interview Survey (Wave 2, 2013–2014), comprising samples from 28 European countries ( $n = 280,605$ ). Self-reported aerobic physical and muscle-strengthening activity were assessed using the validated European Health Interview Survey Physical Activity Questionnaire. The authors calculated the weighted percentages of people meeting the health-enhancing physical activity guidelines (aerobic physical activity  $\geq 150$  minutes/week and muscle-strengthening activity  $\geq 2$  sessions/week), and the prevalence ratios for meeting the combined guidelines across sociodemographic factors and by country. A total of 15.0% of participants met the health-enhancing physical activity guidelines. The lowest prevalence was from respondents from Southern and Central European countries. Poorer self-rated health, older age, lower income, being female and being obese had a lower likelihood of meeting the combined guidelines. In summary, most European adults do not meet the health-enhancing PA guidelines, which include both aerobic moderate- to vigorous-intensity physical activity and muscle-strengthening activity. These observations emphasise the need for and the importance of population-wide implementation of evidence-based physical activity recommendations for improved adoption by the different populations.

## 6.2. Physical activity messaging

In order to enhance awareness and uptake of guidelines, they should be perceived clearly by the targeted users. Based on 31 articles (25) the end-users and stakeholders across all age groups expressed the need for simplified language with more definitions, relatable examples and imagery, and clear instructions on how to achieve varying levels of activity. There was concern for the early years and child physical activity guidelines leading to guilt amongst parents, and the sedentary behaviour guidelines, particularly the recommendations to limit screen time, being unrealistic. General age-group-specific physical activity guidelines were not perceived as usable by subpopulations with differing abilities, clinical conditions, and socioeconomic status. Guidelines that targeted clinical populations, such as persons with multiple sclerosis and spinal cord injury, were well received. The authors concluded that there is a clear need to balance the evidence base with the pragmatic needs of translation and uptake, so that the guidelines are not ignored or act as a barrier to actual engagement.

Nobles and colleagues (26) studied the preferences of under-served community groups about how the benefits of physical activity and associated guidelines can be better communicated to the public. Participatory workshops, co-developed by researchers, a local charity, and a community artist, were used to gather data from four groups in Bristol: UK: young people ( $n = 17$ ); adults ( $n = 11$ ); older adults ( $n = 5$ ); and Somali women ( $n = 15$ ). The community artist and/or the local charity delivered the workshops, with researchers gathering data via observation, photos, and audio recordings. All four groups noted that the benefits of physical activity should be included within any communications efforts, albeit not restricted to health-related benefits. Language used should be simple and jargon-free. Terms such as “sedentary”, “vigorous”, and “intensity” were deemed inaccessible. However, all groups liked the message “some is good, more is better”. Views about preferred mechanisms, and the messenger, for delivering physical activity messages varied both between and within groups.

Williamson and colleagues (27) presented a new framework for physical activity messaging that has consensus from an international expert panel. The framework consists of specifications for: (1) who, when, what, how, and why to design a message; (2) the content of the message; and (3) the format and delivery of the message. The presented framework encourages the design of physical activity messages based on theory, existing evidence, and formative evaluation with the target audience. If used consistently, the framework is expected to improve existing practice by encouraging evidence-based and target audience-focused messages, as well as enhancing the research base of physical activity messaging by harmonising key terminologies and improving the quality of the reporting. A checklist to support the use of the framework is currently being developed.

## 7. Conclusion

Physical activity guidelines and recommendations have evolved from earlier fitness- and individual-oriented exercise prescriptions to public health-oriented recommendations. Based on the newest evidence, more recent recommendations emphasise the total weekly activity and include a wider spectrum of activities. The newer recommendations also consider the benefits of light-intensity physical activity as a replacement for sedentary time, and more target groups. The most recent WHO guidelines address children, adolescents, adults, and older adults, and include new specific recommendations for pregnant and postpartum women and people living with chronic conditions or disability.

Physical activity guidelines are an important way to bring scientific research knowledge to end-users, including policymakers, health and non-health professionals and the public. Currently, most European countries have published physical activity recommendations. These recommendations are specific to nine target groups: children, adolescents, adults, older adults, very old adults, pregnant and lactating women, people with disability, people with chronic diseases, and menopausal women.

In Europe, only 15% of the adult population adhere to the health-enhancing physical activity guidelines, which include recommendations for both aerobic moderate- to vigorous-intensity physical activity and muscle-strengthening activity. To improve the uptake of guidelines, end-users and stakeholders have expressed a need for simplified language with more definitions, relatable examples and imagery, and quantification of physical activity volume. These observations suggest there is a need to further develop the existing recommendations. In fact, a framework to encourage evidence-based and target audience-focused development of physical activity messaging has recently been presented (27).

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# Physical activity and sport participation in the European Union

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# Abstract

Although health benefits of physical activity are well established in the literature, nearly 30% of the global population is insufficiently active. Sports Club for Health (SCforH) initiatives that are aimed to promote health-enhancing physical activity require a deep understanding of the prevalence, time trends, and socio-demographic correlates of physical activity and sport participation in different countries. This chapter summarises recent evidence on the prevalence and time trends of physical activity, with a focus on the European Union. To inform Sports Club for Health initiatives, we also explored the contribution of sport to overall leisure time physical activity among different population age groups, as well as the prevalence and time trends of sports participation in the European Union.

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## 1. Introduction

Although health benefits of physical activity are manifold and well known, global estimates indicate a large proportion of insufficiently active people, calling for increased efforts in promotion of active lifestyle (1). Promoting health-enhancing physical activity in the sports club setting has been the core mission of the Sports Club for Health (SCforH) movement since its inception in 2008 (2). To provide grounds for sports clubs and associations to implement SCforH initiatives, up-to-date information on global and European time trends and socio-demographic context of physical activity and sport participation is needed. This chapter thus explores the prevalence and time trends of physical activity, with a focus on the European Union. A special consideration is given to the contribution of sport to overall leisure time physical activity among different population age groups, as well as to prevalence and time trends of sports participation in the European Union.

## 2. Global prevalence of physical activity

In 2020, the World Health Organization (WHO) published the Guidelines on physical activity and sedentary behaviour (1). In summary, it is recommended that adults (18-64 years) do at least 150-300 minutes of moderate-intensity or at least 75-150 minutes of vigorous-intensity aerobic physical activity (or an equivalent combination of the two) weekly, with addition of strengthening activities for major muscle groups on at least 2 days a week. Older adults should follow the same recommendations with addition of physical activities aimed at improvement of functional balance and strength on at least three days a week. Children and youth (5-17 years old) should perform at least 60 minutes of moderate-to-vigorous physical activity each day, while bone and muscle strengthening activities should be performed at least three times per week (1).

Global status report on physical activity published in 2022 (3) reports that estimated 1.4 billion adults (27.5% of adults globally) do not meet the above stated recommended levels of physical activity. In addition to this large proportion of insufficiently active people, there are concerning differences in physical activity levels among different world regions/countries, sexes and age groups. Levels of physical activity are significantly higher in high-income (36.8%) than in low-income (16.2%) countries, and worldwide women tend to be less

physically active than men; the prevalence of insufficiently active women and men in 2016 was 31.7% and 23.4%, respectively (3, 4). People tend to become less physically active as they get older. In a report from 2017, the prevalence of insufficiently active persons aged 55 years and older in 16 European countries was 12.5%, with a higher percentage in southern countries (e.g. 29% in Portugal) than in northern European countries (e.g., 4.9% in Sweden) (5).

Reports on low physical activity level of the youngest population groups are particularly concerning. The report of the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey conducted in European countries and Canada indicates that in 2018 only 21% of 11-year-old girls and 27% of boys of the same age engaged in at least 60 minutes of moderate-to-vigorous physical activity per day (6). In the 13-year-olds, in the same year, the proportions were 15% and 23%, respectively, and for the 15-year-olds the results were even worse – only 11% of girls and 19% of boys achieved the recommended level of daily physical activity (6).

These findings are comparable with previous reports. In 2012, Hallal et al. (7) presented physical activity prevalence for 122 countries, representing two-thirds of the WHO Member States or 88.9% of the global population. Globally, 31.1% of people aged 15 years or more were insufficiently physically active (7). The proportion of inactive adults differed between WHO world regions: Southeast Asia was the region with the lowest percentage of inactive adults (17.0%), followed by Africa, where 27.5% of adults were inactive, Western Pacific (33.7%), Europe (34.8%), the Eastern Mediterranean (43.2%), while the Americas had the highest prevalence of insufficient physical activity (43.3%) (7). Overall, women tended to be less physically active than men (33.9% vs 27.9%, respectively). Also, the prevalence of insufficient physical activity tended to increase with age, and it was higher in high-income countries.

The 2013/2014 Health Behaviour in School-aged Children (HBSC) survey, comprising a sample of almost 220,000 children and adolescents from 42 countries in Europe and North America, showed that 25% of 11-year-olds were sufficiently physically active (8). Boys tended to be more physically active than girls (30% vs 21%, respectively). The proportion of sufficiently active young people declined with age, with 20% of sufficiently active 13-year-olds, and only 16% of sufficiently active 15-year-olds. In both age groups the percentage of physically active boys remained higher than the percentage of physically active girls (25% vs 15% in 13-year-olds, and 21% vs 11% in 15-year-olds) (8).

### 3. Time trends in physical activity

In 2012, Ng & Popkin described time trends in physical activity in the United States, the United Kingdom, Brazil, China, and India, showing a worldwide downward trend in four physical activity domains—occupational, domestic, transport-related, and leisure (9).

In 1965, the average physical activity level of adults in the United States was 235 MET hours/week, with a major contribution of occupational physical activity. There was a slight increase in total physical activity between 1987 and 1995, again with the highest contribution of occupational physical activity. In 2009, total physical activity was 160 MET hours/week. The predicted total physical activity levels for 2020 and 2030 were around 142 and 126 MET hours/week, respectively. It was expected that, by 2030, the levels of occupational, domestic, and transport physical activity will decline, leisure-time physical activity will somewhat increase, while sedentary behaviours will continually increase to around 42 hours/week in the United States (9).

In 1961, the average physical activity level of adults in the United Kingdom was 216 MET hours/week, where the majority was done in the occupational domain. By 2005, total physical activity decreased by 20%, that is, to 173 MET hours/week. It was predicted that total physical activity in 2020 and 2030 will be 153 and 140 MET hours/week, respectively, with slight increases in transport and leisure-time physical activity, and continuous declines in occupational and domestic physical activity. Sedentary leisure time was predicted to increase to >51 hours/week by 2030 (9).

Average physical activity level in Brazil was 229 MET hours/week in 2002, and 214 MET hours/week in 2008. The predicted values for 2020 and 2030 were 180 and 151 MET hours/week, respectively, with the largest absolute decline in the occupational domain, the largest relative decline in the domestic domain, and an expected rise in leisure-time physical activity. The expected rise in sedentary time was from 24 hours/week to 29 (in 2020) and 33 hours/week (in 2030) (9).

In 1991, the average physical activity level in China was 399 MET hours/week, where most of it was done in the occupational domain. In 2009, total physical activity was 213 MET hours/week, mainly due to decrease in occupational, domestic, and transport physical activity. The predicted total physical activity level in 2020 and 2030 was 200 and 188 MET hours/week, respectively. Decrease in occupational and domestic physical activity was expected, with a rather stable transport physical activity and a slight increase in leisure-time physical activity. Sedentary behaviour was expected to increase from 20 hours/week (in 2009) to 23 and 25 hours/week (in 2020 and 2030, respectively) (9).

In India, a decrease, particularly in occupational physical activity, was expected by 2030. Sedentary time was projected to increase from 18.6 to 20 hours/week (in 2000 and 2030, respectively) (9).

In 2018, a pooled analysis of 358 population-based studies with a total sample of 1.9 million participants from 168 countries reported 2001-2016 worldwide trends in insufficient physical activity (4). In 2016, there were 27.5% of insufficiently active adults, which was an insignificant decrease from the prevalence reported in 2001 (28.5%). Throughout the 2001-2016 period, the prevalence of insufficient physical activity was higher among women, compared with men (31.5% vs 25.5% in 2001; 31.7% vs 23.4% in 2016). The prevalence of physical inactivity increased in high-income (western) countries between 2001 and 2016 (30.9% in 2001 vs 36.8% in 2016), as well as in Latin America and Caribbean (33.4% in 2001 vs 39.1% in 2016), while east and southeast Asia reported a decrease in inactivity in the same period (25.7% in 2001 vs 17.3% in 2016) (4).

## 4. Prevalence and time trends of physical activity in the European Union

The data on prevalence and time trends of physical activity in the European Union are presented based on results of the Eurobarometer surveys conducted in 2002, 2005, 2009, 2013, 2017, and 2022.

In 2002 (10), 57.4% of adult respondents (15 years and older) did not engage in vigorous physical activity in the previous 7 days, 15.4% reported engaging in moderate physical activity on a daily basis, while 11.3% reported engaging in moderate physical activity on 2 days in the previous week. According to age groups, most people aged 65 years and older performed no vigorous activity, while this percentage was rather high also in the youngest surveyed group – 43.1% of the 15-25-year-olds performed no vigorous physical activity. For the moderate physical activity, 55.9% of the 65+-year-olds performed none, while among the 15-25-year-olds there was one third of inactive participants (33.1% not performing moderate-intensity physical activity in the previous week). Women tended to be less active than men (65.0% of women vs 49.1% of men reported performing no vigorous physical activity in the previous week, while 43.2% of women vs 38.1% of men reported no engagement in moderate physical activity) (10).

In comparison to 2002, in 2005 the number of participants who reported no vigorous physical activity has significantly decreased (11). Men tended to spend more time in vigorous physical activity than women (on average 124.4 vs 61.1 minutes, respectively). The average number of days in which European Union citizens engaged in moderate physical activity in 2005 was 2.4, with no significant differences compared to 2002. The average weekly duration of moderate physical activity was 94.5 minutes, again men (106.2 minutes) tended to be more physically active than women (83.6 minutes) (11).

In 2009, 27% of respondents reported they engaged in physical activity at least 5 times per week, while 65% engaged in activities at least once a week (12). Fourteen percent of participants reported they were inactive, while 20% were seldom active. Men again tended to be more active than women. Physical activity tended to decrease with age, although this was not the case for the people who exercised regularly (12).

In 2013, 28.6% were inactive (13), while as many as 59.1% of the respondents were highly active. The mean physical activity level was 2151 MET-min/week. Vigorous exercise contributed to this with 891 MET-min/week, moderate exercise (without walking) with 559 MET-min/week (95%CI: 540–578), while walking contributed with 690 MET-min/week. Males again tended to be more physically active than women, and the level of physical activity tended to decline with age (14).

In 2017, 58% of participants reported not doing any vigorous physical activity, which is an increase of 4 percentage points compared to 2013. Forty-seven did not perform any moderate physical activity, which represents a 3 percentage points increase since 2013 (15). Sixty-three percent of respondents spent an hour or less in moderate physical activity, while 34% of respondents spent more than an hour engaged in such activities weekly. When inquired about physical activities other than sport or exercise, 13% of women and 15% of men responded they engaged in such activities regularly, while 40% of women and 31% of men never engaged in such activities. The age decline in engagement in activities other than sport and exercise was also found; 25% of 15-24-year-olds reported never engaging in such activities in comparison to 45% of 55 years old and older participants (15).

The most recent Eurobarometer data, from 2022, (16) indicate that 36% of Europeans engage with some regularity in physical activity for recreational/non-sport purposes, 14%

are active regularly, while 31% still never participate in such physical activity. Country-wise, the highest percentages of respondents who did physical activity with some regularity were found in Finland (54%), Austria (48%), Estonia, and Sweden (both 47%). The countries with the highest proportion of respondents who never engaged in physical activity were the southern European countries, among which Portugal (72%), Greece (53%), Romania (52%), Italy (46%), and Spain (45%) had the highest prevalence. The countries with the highest proportion of respondents who are regular physically active were the Netherlands (43%), Denmark (32%), and Sweden (31%). Women again tended to be less physically active than men (35% vs 28% reported they never engage in any physical activity). In regard to age, in the youngest population group (15-24-year-olds), 44% engaged in physical activity with some regularity. In the 25-39-year-olds the prevalence was 38%, in 40-54-year-olds it was 36%, and among people aged 55 years and older it was 31% (16).

Also, the European Union Physical Activity Focal Points Network, established in 2014 by WHO and the European Commission, conducted two surveys on physical activity in the European Union member states, performed in 2015 and 2018 (17). Data on physical activity prevalence in adults varied across countries (11.2%-80.4%). However, this wide prevalence range should be considered with caution, because data for different countries were obtained by different instruments and calculated using different thresholds (17).

## 5. Contribution of sport to overall leisure time physical activity

In a study performed in 2012 and 2013 in Germany, physical activity of 396 children and adolescents aged 6-17 years was measured using accelerometry during school weeks (18). On average, the proportion of moderate-to-vigorous physical activity during organised youth sport was below 30%. However, the likelihood to attain the recommended 60 minutes of moderate-to-vigorous physical activity daily was significantly higher among children and youth who engaged in organised sport at least 2 days per week, or at least 120 minutes per week (18).

An accelerometer-based study conducted among 7-12-year-old children ( $n = 492$ ) (19) found that 52.5% of the participants engaged in organised sport at least once weekly and that they spent on average 23.3 minutes in moderate-to-vigorous physical activity during their sports training. Boys tended to be more physically active than girls. On the days in which children participated in sports, they engaged in 24.9 minutes more of moderate-to-vigorous physical activity compared to days when they did no organised sports. This indicates that organised sport significantly contributes to overall physical activity levels and increases the odds of attaining the recommended level of physical activity (19).

The data from the International Children's Accelerometry Database (ICAD) project collected among 3871 participants aged  $11.3 \pm 1.2$  years (mean  $\pm$  standard deviation) showed that organised sport, together with other physical activity in active transport and physical education was positively associated with time spent in moderate-to-vigorous physical activity and that organised sport and active transport contributed to time spent in moderate-to-vigorous physical activity more than physical education (20).

In a study conducted among 358 adolescents (mean age: 15.3 years) from Melbourne, Australia, 50% of participants participated in sports on average 3.4 times per week, which resulted in additional 7 min/day of moderate-to-vigorous physical activity, in comparison

with the adolescents who did not participate in sports (21). Also, if adolescents participated in more than one sport, each additional one contributed to an average increase of around 5 minutes per day of moderate-to-vigorous physical activity. These results indicate a modest impact of sports on daily physical activity of adolescents (21).

The 2010 Exercise, Recreation and Sport Survey (ERASS) conducted in a national sample of 21,602 15+ year old Australians, explored the contribution of sport to overall health-enhancing physical activity performed in leisure time (22). Results showed that engaging in club sports contributed significantly to leisure-time physical activity. Eighty-two percent of interviewees reported engaging in leisure-time physical activity in a one-year period prior to the survey. The majority (71%) of these activities were non-organised, and out of the remaining organised activities, 18% were based in sports clubs. Fifty-two percent of reported sport activities were classified as health-enhancing activities, of which 33% were sport-club based (22).

## 6. Prevalence and time trends of sports participation in the European Union

The detailed prevalence and time trends of sports participation in European Union are presented based on results of the Eurobarometer surveys.

In 2004, 38% of European Union citizens reported engaging in sport at least once a week. This represented an increase of three percentage points compared to 2003.

In 2004, the most active in sports were the citizens of Scandinavian countries, with 75% of citizens of Finland and 72% of citizens of Sweden reporting playing sport at least once a week. The percentage of people regularly participating in sport was above the European Union average in Malta (42%), Cyprus (43%), and Slovenia (43%). Below average number of people participating in sports was found in Southern Europe (22% in Portugal) and some of the new member states (20% in Hungary and 24% in Slovakia) (23).

The analysis by socio-demographic characteristics showed that in 2004:

- men tended to be more active than women (41% and 35% reported playing sport at least once a week, respectively);
- sports participation (at least once weekly) tended to decline with age, as 60% of the 15-24 year-olds, 41% of the 25-39 year-olds, 34% of the 40-54 year-olds, and 28% ≥55 year-olds participated in sports this frequently;
- there was a positive relationship between regular weekly participation in sports and the level of education, with 20% of participants who finished their formal education at ≤15 years of age, 32% of participants who finished their education at 16-19 years of age, and 50% of participants who finished their education at the age of ≥20 years participating in sports (23).

In the same year, when asked about the place where they most often participate in sport, the interviewees reported the following: 6% at school/university (the same as in 2003); 11% in a sports centre (-3 percentage points compared to 2003); 15% in a fitness centre (-3 percentage points compared to 2003); 16% in a club (-4 percentage points compared to 2003); 51% elsewhere/spontaneous (+9 percentage points compared to 2003) (23). Spontaneous non-organised sports activity was most prevalent in the new member states, such as Malta (69%), Poland (62%), and Slovenia (63%). A slight preference for fitness centres was observed in the southern European Union countries (Greece [34%], Italy [28%], and Portugal [27%]),



while clubs were preferred in the northern parts of European Union (the Netherlands [34%], Denmark [28%], and Germany [25%]) (23).

The 2005 survey included 29 countries—25 European Union member states, two acceding countries (Bulgaria and Romania), two candidate countries (Croatia and Türkiye)—and the Turkish Cypriot Community (11). In European Union member states 36% of interviewees reported engaging in no physical activity, while only 15% of participants spent a lot of time in physical activity in terms of recreation, sport, and leisure in the last 7 days.

A higher percentage of citizens in the northern countries reported engaging in a lot of physical activity for sport, recreation, and leisure (Luxembourg [26%], Finland [24%], Germany [24%]), as opposed to the ones in the Southern countries (Bulgaria [3%], Italy [4%], Greece [5%]). The highest percentage of people not engaging in any physical activity was recorded in Croatia (59%), Portugal, and Türkiye (both 54%) (11).

In 2009, the Eurobarometer survey was conducted in 27 European Union member states (12). A majority of interviewed citizens (60%) reported either never or rarely playing sport. Forty percent took part in sports more than once a week, out of which 9% participated in sports 5 or more times per week.

The highest participation in sports once a week or more was found in the northern European Union countries (Sweden [72%], Finland [72%], and Denmark [64%]), while the lowest number of citizens regularly engaging in sports activities was found in Bulgaria (3%), Greece (3%), and Italy (3%). The highest percentage of citizens who reported never participating in sport or doing so less than once a month was recorded in Bulgaria (82%), Greece (79%), Hungary (71%), Romania (69%), Italy (67%), Poland (66%), and Latvia (65%).

The analysis by socio-demographic characteristics showed that in 2010:

- men tended to be more active than women (43% vs 37% reported playing sport at least once a week, while 49% vs 57% reported never playing sport or doing so less than once per month);
- sports participation (at least once per week) declined with age, with 61% of the 15-24 year-olds, 44% of the 25-39 year-olds, 40% of the 40-54 year-olds, 33% of the 55-69 year-olds, 22% for the 70+ year-olds participating in sports this frequently;
- the percentage of people who never participate in sports declined with the higher level of education, with 64% of survey participants who finished their formal education at ≤15 years of age, 39% of participants who finished their education at 16-19 years of age, and 24% of participants who finished their education at the age of ≥20 years never participating in sports (12).

In terms of the place where they most often participate in sports activities, 48% of participants engaged in sports in informal settings, such as parks, or other outdoor settings, or in daily transport (31%). Other reported places in which people played sports included fitness centres (11%), clubs (11%), sports centres (8%), work (8%), and school or university (4%). Park or outdoor settings were most popular in Slovenia (83% of respondents), Finland (76%), and Estonia (67%), while they were least popular in Greece (27%), Malta (28%), and Romania (29%). Fitness centres were most popular in Sweden (31% of respondents), Cyprus (22%), and Denmark (20%), and least popular in France (2%) and Hungary (2%). Sports clubs were most popular in the Netherlands (25%) and Germany (19%), and least popular in Greece (2%), Bulgaria (3%), Hungary (3%), Italy (3%), Romania (3%), and Spain (3%). Sports centres were most popular in Italy (15%), Finland (13%) and Sweden (12%), while they were least popular in Bulgaria (3%) and Romania (3%).

In terms of socio-demographic analysis, men reported higher preference for sports clubs participation than women (13% and 8%, respectively). Young people (15-24 years old) preferred fitness centres (17%), clubs (18%), and sports centres (13%), while parks and other outdoor spaces were preferred settings for sports activities in older age groups.

Sixty-seven percent of European Union citizens were not members of any sports or fitness clubs. Nine percent were members of health or fitness clubs, while 12% were members of sports clubs. The countries with the highest percentage of members of sports or fitness clubs were Germany (61%), Austria (57%), the Netherlands and Sweden (49% for both), and Denmark (47%). The countries with the lowest percentage of sports club members were Hungary (8%), Greece and Lithuania (12%), Poland (13%), and Estonia (15%) (12).

The 2013 Eurobarometer survey was conducted among adults from 28 European Union member states (13). The majority of interviewees (59%) reported they never or seldom exercise or do sports. Out of 41% of those who exercised or played sport at least once a week, 8% did so five or more times a week. The percentage of citizens who exercised or engaged in sport at least once a week was highest in Sweden (70%), Denmark (68%), and Finland (66%). The proportion of citizens who never exercise or engage in sport was highest in Bulgaria (78%), Malta (75%), Portugal (64%), Romania (60%), and Italy (60%).

Similarly as in the previous surveys, the analysis by socio-demographic characteristics showed that:

- men tended to be more active than women (45% vs 37% reported exercising or playing sport at least once a week, while 37% vs 47% reported never exercising or playing sport);
- exercise or sports participation (at least once a week) declined with age, with 64% of the 15-24 year-olds, 46% of the 25-39 year-olds, 39% of the 40-54 year-olds, 30% of the 55+ year-olds participating in sports or exercise this frequently;
- the percentage of people who never participate in exercise or sports declined with the higher level of education, where 68% of survey participants who finished their formal education at ≤15 years of age, 45% of participants who finished their education at 16-19 years of age, 27% of participants who finished their education at the age of ≥20 years participated in sports or exercise (13).

Most interviewees engaged in sports, exercise, and other physical activity in informal settings, such as parks and other outdoor places (40%), at home (36%), or in transport (25%). Other reported settings were health or fitness centres (15%), sports clubs (13%), sports centres (8%), at work (13%), and at school or university (5%). Country-wise, the highest percentages of citizens active in outdoor settings was found in Finland (72%), Slovenia (60%), Sweden (55%), Austria (54%), Spain (51%), and Denmark (50%), while the lowest percentages were found in Hungary (16%) and Romania (19%).

The countries in which citizens were most active in health or fitness centres were Sweden (40%), Finland (27%), Denmark (26%), Cyprus (22%), and the United Kingdom (21%). The citizens most active in sports clubs were found in Denmark (22%), the Netherlands (23%), and Germany (21%), while sport centres were popular in Italy (19%). The lowest percentages of activity in health or fitness centres were found in Lithuania (2%), France (5%), Latvia, Hungary, Slovenia, and Romania (6% each). Sport centres were least popular in Romania (2%), Hungary, Lithuania, and Portugal (3% each). Sports clubs were least popular in Romania (3%), Bulgaria, Hungary, Poland, and Cyprus (5% each). In terms of socio-demographic analysis, men tended to report higher preference for sports clubs than women (16% vs 10%). Young people preferred health and fitness centres (22% of 15-24 year-olds vs 9% of 55+ year-olds). A

high percentage (28%) of 15-24 year-old men preferred sports clubs. Parks and other outdoor spaces were preferred in older age groups. Seventy-four percent of European Union citizens were not members of any clubs. Eleven percent were members of health or fitness centres, while 12% were members of sports clubs. The countries with the highest percentage of members of sports clubs were the Netherlands (27%), Denmark (25%), and Germany (24%). The highest percentage of members of health or fitness centres was found in Sweden (33%) and Denmark (25%). The countries with the lowest number of sports club members were Romania (1%), Bulgaria (2%) and Poland (3%), while Lithuania, Bulgaria, and Latvia had the lowest percentage of members of health or fitness centres (1%, 2% and 3%, respectively) (13).

Special Eurobarometer 472 survey (15) was conducted among adults from 28 European Union member states ( $n = 28,031$ ) in 2017 (15). Again, a high percentage of Europeans (46%) reported they never play sport or exercise, 14% did it seldom, while 40% engaged in sports or exercise with some regularity. Only 7% of Europeans engaged in sports or exercise regularly. These results indicate a long-term decrease in sports and exercise participation, since the percentage of Europeans who did not engage in sports or exercise increased from 39% in 2009 to 46% in 2017. In 11 European countries, more than 50% of survey participants did not play sports or engage in physical activity, including Bulgaria, Greece, and Portugal (all 68%), Romania (63%), Italy (62%), Latvia, Malta, Poland, and Croatia (all 56%), Hungary (53%), and Lithuania (51%). The percentage of respondents who never engaged in sports or exercise was the lowest in Finland (13%), Sweden (15%), Denmark (20%), and Slovenia (24%). A large increase in the proportion of people not taking part in sports and exercise has been recorded since 2013 in the following countries: Croatia (+27 percentage points), Latvia (+17 percentage points), Austria (+13 percentage points), and Estonia (+12 percentage points). Six countries recorded a decrease in the number of respondents who never engage in sports or exercise, including Malta (-19 percentage points), Bulgaria (-10 percentage points), Cyprus (-8 percentage points), Finland, Luxembourg, and Belgium (all -2 percentage points).

The analysis by socio-demographic groups showed that in 2017:

- men tended to be more active than women (44% vs 36% reported exercising or playing sport with at least some regularity, while 40% vs 52% reported never exercising or playing sport);
- sports and exercise participation tended to decrease with age, with 62% of the 15-24 year-olds, 46% of the 25-39 year-olds, 39% of the 40-54 year-olds, and 30% of the 55+ year-olds playing sports or exercising with at least some regularity;
- the percentage of people who never participated in exercise or sports was higher in people with a lower formal level of education, where 73% of survey participants who finished their formal education at  $\leq 15$  years of age, 52% of participants who finished their education at 16-19 years of age, and 31% of participants who finished their education at the age of  $\geq 20$  years (15) never participated in sports and exercise.

The settings in which most interviewees engaged in sports or other physical activity included: parks and other outdoor places (40%), home (32%), transport (23%), health or fitness centres (15%), sports clubs (13%), workplace (13%), sport centres (12%), and school or university (5%). Park or outdoors was the most popular setting to engage in sport or exercise in 17 countries (67% of respondents in Finland, 54% in Austria, 53% in Spain, 35% in Italy, and 34% in the United Kingdom). Engaging in sport or physical activity in a health or fitness centre was the most common in Sweden (44%), while sports clubs were the most popular setting in the Netherlands (24%) and Germany (21%). Sport centres were most popular in Italy (27%). The lowest

percentages of activity in health or fitness centres were reported in Lithuania (3%), France (5%), Latvia, and Slovenia (6% both). Sport centres were again least popular in Romania (3%), Bulgaria (4%), Greece, Lithuania, and Portugal (5% each). Sports clubs were least popular in Romania (4%), Bulgaria, Greece, Croatia, Slovakia, Hungary, and Cyprus (5% each).

In terms of socio-demographic characteristics, men were more likely to engage in sports or physical activity in sports clubs, compared with women (15% vs 11%). Women were more likely to engage in these activities at home (35% vs 29%) and in transport (25% vs 20%). Young people preferred health and fitness centres (22% of 15-24 year-olds vs 10% of 55+ year-olds). A high percentage of 15-24 year-old men preferred sports clubs (26%) and sport centres (22%). Parks and other outdoor spaces were preferred in older age groups (30% among 15-24-year-olds vs 38-43% in older age groups). Thirty percent of respondents were members of a club in which they play sport or are physically active, with 12% being members of a sports club and 11% being members of a health or fitness centre. The countries with the highest percentage of members of sports clubs were the Netherlands (27%), Denmark (23%), and Luxembourg (18%). The highest proportion of members of health or fitness centres was reported in Sweden (41%) and Denmark (24%). The countries with the lowest percentage of sports club members were Latvia (5%), Lithuania (7%), and Malta (9%), while the lowest number of members of health or fitness centres was found in Romania (5%), Bulgaria (5%), and Croatia (6%) (15).

The latest Eurobarometer survey (16) that was conducted in 2022 revealed that 45% of respondents never played sports or exercised, while 17% did it seldom. Six percent of Europeans played sports or exercised regularly, while 32% engaged in such activities with some regularity. An analysis by countries confirmed previous finding of higher sport and exercise participation in northern European countries. The countries in which respondents were most likely to engage in sports and exercise were Finland (71%), Luxembourg (63%), the Netherlands (60%), Denmark, and Sweden (both 59%). The highest percentages of respondents who never play sports or exercise were found in Portugal (73%), Greece (68%), and Poland (65%). The highest percentages of participants who take part in sports or exercise regularly were found in Finland (18%), Ireland, and Luxembourg (both 13%).

Men tended to engage in sports or exercise with some regularity more than women (35% vs 30%). Forty percent of men and 49% of women reported that they never engage in sports or exercise. In the youngest age group (15-24 years), 54% of participants played sports or engaged in exercise. This percentage was lower in older age groups; 42% in 25-39-year-olds, 32% in 40-54-year-olds, and 21% in people aged 55 years and older.

In 2022, nearly half of respondents (47%; +7 percentage points since 2017) engaged in physical activity or sports in outdoor settings. Thirty-seven percent exercised at home and 24% were active in transport. Thirteen percent (-2 percentage points) played sports or engaged in other physical activity at a health or fitness centre, 12% (-1 percentage points) did so at a sports club, and 11% (-2 percentage points) at work. Eight percent (-4 percentage points) were active at a sports centre, while 4% (-1 percentage points) were active at school or university.

The proportion of respondents who play sports or engage in exercise has increased in 20 European Union countries. The percentage of people engaging in sports or exercise in a health or fitness centre has decreased in 14 countries (the largest decrease was recorded in Sweden, 3 percentage points). Also, playing sports or exercising in a sports club has become less popular in 15 countries; for example, in Malta (8%, which is a decrease of -9 percentage points). A higher percentage of women than men chose to exercise at home (40% vs 35%), while men were more active in sports clubs than women (14% vs 9%). Young people

(15-24-year-olds) tended to exercise or play sports more than those aged 55 years and older in the following settings: at a health or fitness centre (20% vs 8%), at a sports club (19% vs 9%), and at a sports centre (13% vs 5%). The 55+-year-olds were more likely than the youngest respondent group to play sports or be physically active in outdoor settings, such as parks (50% vs 41%) and at home (43% vs 28%) (16). It should be noted that the results of the 2022 survey have most likely been affected by the COVID-19 pandemic.

## 7. Conclusion

Successful implementation of the SCforH guidelines must be based on a sound understanding of the prevalence and time trends of physical activity and sports participation. It is estimated that nearly 30% of adults globally do not meet the physical activity recommendations. Residents of high-income countries, men, and younger people tend to be more physically active than residents of low-income countries, women, and older people. A global decrease in physical activity level in children and adolescents is particularly concerning. High prevalence of insufficient physical activity has also been documented in the European Union in a series of Eurobarometer surveys, including the most recent data collected in 2022. Studies generally show that participation in sports activities increases the odds of attaining the recommended level of physical activity, especially among children and youth. Recently, there was an increase in the percentage of people who play sports or engage in exercise in 20 European Union countries, which is an encouraging finding. Finally, of special importance for the SCforH initiatives is a decrease in exercising or playing sports in the sports club setting that was found in 15 European Union countries, and an increase of engagement in such activities in outdoor settings, which was likely a consequence of the COVID-19 pandemic.

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# The structure of the European sports system as a framework for the implementation of health-enhancing sports activities

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# Abstract

The implementation of SCforH principles in sports clubs and associations demands a look at the internal structures of the sports system and at their role in the overall context of state and society as a precondition for developing and supporting modalities.

This book chapter gives at first a brief overview of the structure of national sport systems and the European sport system, including non-governmental and governmental institutions. Furthermore, the growing but still unsatisfactory role of sport and, in particular, of health-enhancing sport initiatives in the European and national political contexts is explained. Looking into the internal structural conditions of organised sport at the national level, an advanced commitment to recreational sport and also an increasing readiness to implement health-enhancing sport initiatives can be observed but is still underdeveloped.

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## 1. Introduction

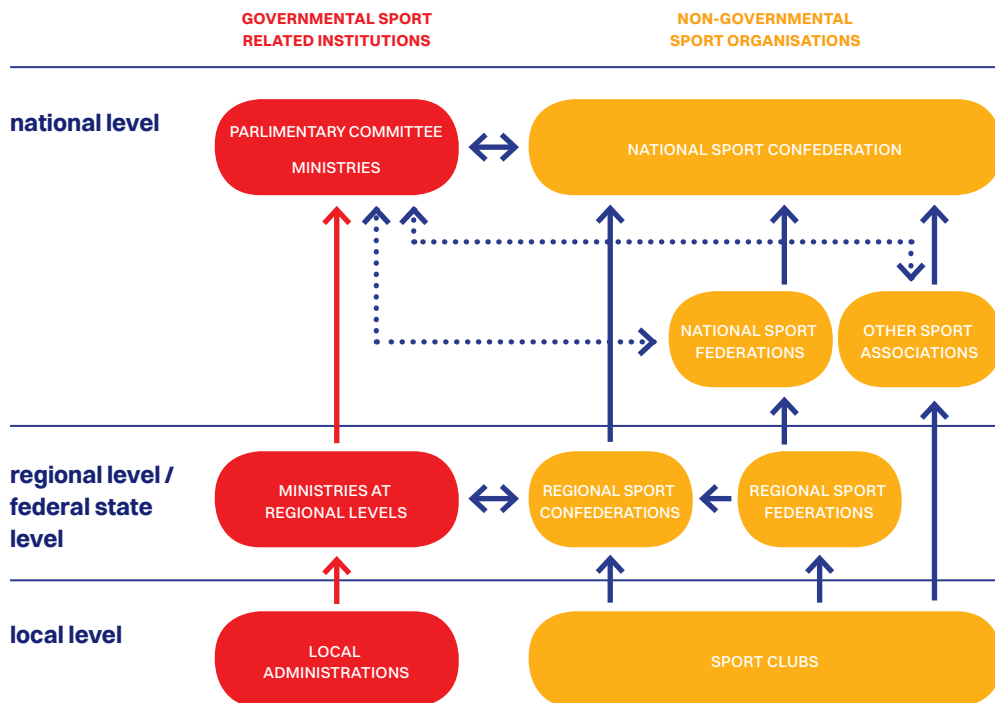
The overarching aim of the Sports Club for Health (SCforH) project is to increase participation in sport and physical activity in the European Union by encouraging sports clubs and associations to implement SCforH principles in their activities.

Realisation of this goal is influenced to a large extent by the structural framework conditions of the sports institutions. If one wants to investigate the possibilities of implementing SCforH principles and health-enhancing sports activities in sports organizations, then it is necessary to take a look at the internal structures of the sports system itself and at their role in the overall context of state and society as well as at their supporting and funding modalities.

## 2. Sport structures in Europe

In the first part of this chapter we will give a brief general overview of the structures of sport at the European level and at the national level.

FIGURE 1. NATIONAL SPORT STRUCTURES



At the national level, sports federations take a dominant position. Within this structure “one-place principle” applies, that is, only one federation is allowed to represent a given sport. The federations are united under the umbrella of the national sports confederation and the National Olympic Committee (NOC). In some countries, NOCs and confederations form a joint organisation. This umbrella organisation represents the interests of sport externally, in its international federations and committees. However, this does not mean that the sports federations cannot independently represent their own interests externally as well.

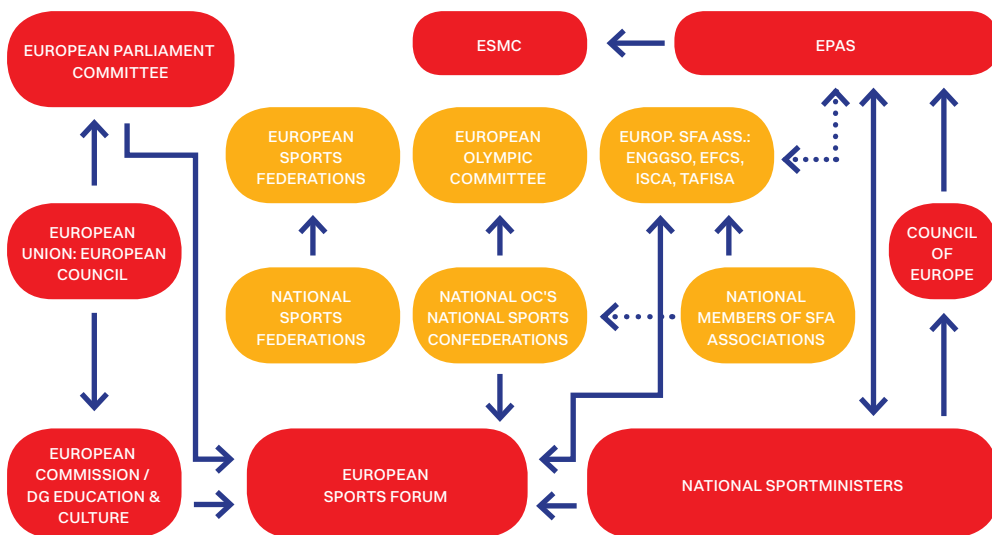
In addition to the national sports federations, most European countries have other national and regional sports organisations with different priorities (e.g. sport participation/sport for all, sports for people with disability; company sports), which are either affiliated with the umbrella confederation or act independently.

The responsibility for sport at the governmental level is located in very different ministries. In some countries there is a special ministry for sport (e.g. France), in other countries sport is integrated into ministries that cover several areas, such as Ministry for Culture and Sport in Finland and Estonia, or Ministry for Education and Sport in Croatia or Czech Republic (1). In addition, other governmental and semi-governmental institutions also deal with sports issues when it comes to overarching topics. This applies in particular to projects and programs that

aim to promote physical activity and health. Here, ministries for health, nutrition, and special target groups (e.g. families, the elderly and youth) are involved.

From a vertical point of view, there are subdivisions in a number of countries at the regional level, both with regard to the responsibility of governmental institutions and with regard to organisation for sports. The basis of all sports organisations are then the sports clubs. Their main task is the implementation of practical sports actions.

**FIGURE 2. THE EUROPEAN SPORTS SYSTEM, ADAPTED FROM TOKARSKI ET AL. (2)**



Note: ● Governmental organisation EPAS = Enlarged Partial Agreement on Sport ESCM = European Sport Minister Conference

At the European level, the organisational structure of sport is in principle the same as at the national level (Figure 2). The national sports federations also are the mainstay. They are organised for each sport under the umbrella of European sports federations (56 in total). In addition, the interests of Olympic sport issues are represented under the umbrella of the European Olympic Committee (EOC), to which the National Olympic Committees (possibly integrated with the national Sport Confederations) belong. Sport-for-all associations (e.g. the International Sport and Culture Association – ISCA, The Association For International Sport for All – TAFISA, European Federation for Company Sport – EFCS, European Non-Governmental Sports Organisation – ENGSO) represent the third pillar.

On the governmental level, sport issues are represented on one hand by the European Union with its Parliament/European Council and the European Commission/DG Education & Culture. Furthermore, the Council of Europe with the Conference of Sport Ministers and the Enlarged Partial Agreement on Sport (EPAS), represent sport issues. A platform for the discussion of important sporting topics is the “European Sport Forum”, which brings together representatives of the sport sector of the European Union.

### 3. The role of sport in the European Union with special consideration of health-enhancing physical activity

At the beginning sport hardly played a significant role in politics of the European Union. Sport was only perceived as a significant economic factor and a suitable tool for public relations work(2). Only with the “Declaration on Sport” (Government Conference Amsterdam, 1997) did sport and its social values gain recognition and importance. *“The Conference emphasis the social significance of sport, in particular its role in forging identity and bringing people together. The Conference therefore calls on the bodies of the European Union to listen to sports associations when important questions affecting sport are at issue.”* (3). Later on, in the Treaty of Nice published in 2000 (4) sport is included in Article III-16 in the legal framework as an “area for supporting, coordinating or complementary action” together with education, vocational training and youth. This article also mentions the protection and improvement of human health. Even if sport only has a secondary role, this is the first time that the sport movement is officially given space in the European political framework for support and promotion, particularly in the context of its social and cultural potential. This has become an essential basis for the later funding opportunities for sport development through the programs of the European Commission.

On the background of a change in social values in the 70s and 80s, which among other things developed a new awareness of leisure and health(5), a popular and recreational sports scene emerged in Europe with its central goal of greater participation in sports. In addition to the function of sport as a meaningful way to spend free time, the preventive function of sport and exercise is increasingly coming into focus. This development was supported by numerous scientific studies which, on one hand, identify lack of exercise as a cause of non-communicable diseases and, on the other hand, underline the need to promote sport and exercise for health. The European Sport for All Charter, passed by the Council of Europe in 1976, is a striking indicator of this development. At both national and international levels, initiatives and organisations are formed that are specifically dedicated to “Sport for all” (e.g. Trim Campaign in Norway and Germany and the foundation of the international grassroots sport organisations TAFISA and ISCA).

With the “White Paper on Sport” published in 2007 (6), the European Commission set an important political signal for the promotion of health-enhancing physical activity and also highlighted the high potential of sports organisations in this regard.

*„Sport organisations are encouraged to take into account their potential for health-enhancing physical activity and to undertake activities for this purpose. The Commission will facilitate the exchange of information and good practice, in particular in relation to young people, with a focus on the grassroots level. .... The Commission will support an EU Health-Enhancing Physical Activity (HEPA) network and, if appropriate, smaller and more focused networks dealing with specific aspects of the topic. ...The Commission will make health-enhancing physical activity a cornerstone of its sport- related activities and will seek to take this priority better into account in relevant financial instruments”* (p. 4)

Another important document with a special focus on the health perspective of sport and exercise is the brochure “Steps to health. A European framework to promote physical activity for health” published in 2007 (7). Here the sport organisations are assigned also a central function in the fight against a lack of exercise.

*“Sports organisations should be challenged to clarify their future role and their willingness and potential to expand their activities to attract new groups. Broader collaboration is needed*

to develop new, less competitive activities, new forms of membership and new types of organisations“ (p.29)

Following this overall development, “Sport for all” in general and later health-enhancing physical activity and sport in particular gain importance on the political agenda in Europe. In 2008, the EU Conference of Sports Ministers approved the “EU Physical Activity Guidelines” (8) *“as a source of inspiration for Member States, regional and local authorities, sport organisations, civil society organisations and other relevant actors to define and implement policies which would make it easier for Europeans to be physically active as part of their daily lives”*. The organised sport sector has been assigned a special task in Chapter 3.1.3 of the Guidelines: *“A major future challenge for organised sport should be to offer high-quality health-related exercise program nationwide”*. As a result of these Guidelines, a number of other important documents have been created at European level, all of which intend to implement health-enhancing physical activities, such as the “EU Work Plan for Sport 2014 – 2017” (9), edited by the Expert Group on Health-Enhancing Physical Activity or “Physical activity strategy for the WHO European Region 2016-2025” published by the WHO Regional Office for Europe in 2016 (10).

The efforts to promote health-enhancing physical activity are also reflected in the formation of new associations or networks and campaigns, such as the “HEPA Europe - European network for the promotion of health-enhancing physical activity”, which was founded in 2005, and under which also a working group Sports Club for Health (SCforH) is operating. The network of “Physical Activity Focal Points”, who are representatives from EU countries has existed since 2013 with the aim of *“implementing the Council Recommendation on Promoting Health-Enhancing Physical Activity in the EU and to promote physical activity across Europe”*. In 2015 “The European Week of Sport” was launched by the European Commission under the headline “Be active” in order to counteract the lack of physical activity among Europeans.

The “Council recommendation on promoting health-enhancing physical activity across sectors” (11) from 2013 has been actually underpinned with “Conclusions of the Council and of representatives of the Government of the Member States meeting within the Council on lifelong physical activity” (12) by emphasizing the importance health-enhancing physical activity and sport. They invite explicitly member states, the Commission itself, and the sport movement to increase efforts to promote health-enhancing physical activity.

The European Commission has been making an important contribution to more active participation in sport and exercise for more than 10 years through its funding programs for projects and special initiatives. The program “Preparatory actions in the Field of Sport” (since 2009) and subsequently (since 2015) the ERASMUS+ program have in the meanwhile financially supported numerous projects that promote sport participation in general and health-enhancing initiatives in sport in particular. In this context, the SCforH project has been funded since 2009 and has recently completed its 3<sup>rd</sup> edition.

The role of sport with its educational, social, and health values and objectives has grown step by step on the European level in political documents, in organisational structures and practical initiatives for implementation. Nevertheless, the question remains to what extent the sport system at the European level was and is ready to accept the challenges. As far as we can see, the European umbrella federations for the sports and also the European Olympic Committee do not seem to have sufficiently taken advantage of the challenges and opportunities. Only a few have so far developed concepts and structures for the promotion of grassroots sport and health-enhancing sport initiatives. Exceptions are, for example, the European Gymnastics Union (UEG) and the European Swimming Federation, initiated by national federation. Proof of this are, among other things, relatively low participation of the representatives of sports associations in the SCforH online course and the survey on initiatives in this area (13,

14). The sport-for-all oriented associations (e.g. ISCA, TAFISA, EFCS, ENGSO) are really the driving force of this development. But, the deficit also shows that there is still a great challenge and definitely opportunities to get even more European sports organisations on this path. At the European political and governmental level, the course seems to go in the right direction but need also more activity to support action.

## 4. The role of sport at the national level with special consideration of health-enhancing physical activity

While the sport system is still somewhat transparent at the European level, it is much more diverse and confusing at the national level. Almost every country has developed a different system. Nevertheless, we want to find a classification with regard to external and internal framework conditions in order to pursue the question, where the challenges and opportunities for the role of sport in the national environment lie with regard to favorable framework conditions for health-promoting initiatives.

First of all, we ask to what extent sport is actually considered in the constitutions and legislative statutes of the European countries, because this is an important basis for its eligibility for funding. In most European countries, sport has found its way into the national constitution and/or legislation. Only in Germany, the Netherlands and the United Kingdom is sport neither anchored in the constitution nor through a specific sport law.

*“Most of sport regulations currently effective are rather interventionist models authorizing the government to intervene in the non-governmental sport sector, with Spain as the most obvious example where the Sport Council (Consejo Superior des Desportes) affiliated to the Department of Education, Culture and Sports, is entitled to dismiss the president and other members of the sport federations”* (p. 119/120) (2). But on the other hand, we can find many European countries with non-interventionist sports legislation models as well, such as Austria, Czech Republic, Finland, and Switzerland, which means that sports organisations can organise their concerns more independently without having to go through a law amendment procedure (1).

As the responsibility for sport at the government level in the individual countries of Europe is located in very different ministries, different ways of contact must be aware (1).

With regard to the influence of state institutions on the sport sector, the responsibility for sport due to the different political structures of individual countries must be considered as well. There are countries that are managed centrally, such as France, Hungary, and Slovenia, in which responsibility for sport is controlled centrally from the national level. On the other hand, there are federally managed countries such as Germany, Austria, and Switzerland, in which the individual federal states are responsible for sport, especially when it comes to the educational, participatory and health-related aspects of sport development.

In addition to the anchoring of sport in constitutions and statutory provisions in most European countries, there are also other decrees, regulations, strategies, and action plans that address the development of sport; many of them addressing promotion of sport and health-enhancing physical activities (15). In recent years, the promotion of physical activity has come to the fore. Many countries have issued their own national recommendations against the background of the WHO recommendations for physical activity, for example, Austria, Switzerland, the United Kingdom, and Germany. Organised sport is always included as an important stakeholder in this field of action.

In all European countries, the sports associations receive financial support from state institutions as important social pillars. Here, too, the spectrum ranges from direct government funding (e.g. in France) to subsidiary support (e.g. in Germany); and from central government funding to more regional funding in federally managed countries. In many countries there is also strong funding from state lottery revenues. The use of the funds is mostly earmarked; they often have to be used for infrastructure measures of the sports organisations (e.g. establishment and maintenance of sports facilities, personnel development, and qualification of personnel). For the development of exercise programs, for special campaigns and projects, the sports associations are mostly dependent on the generation of funds from special governmental, public, and private funding opportunities. In this regard, sources for projects have increasingly emerged in recent years that aim to increase participation in sport and, in particular, in health-promoting sport programs.

Influence, responsibility and funding modalities of state initiatives in relation to the sport sector in European countries show a broad spectrum, ranging from considerable influence to complete autonomy, from direct allocation of funds to subsidiary support. However, in no European country does the state take sole responsibility for sport; it always cooperates with and supports non-governmental sport organisations.

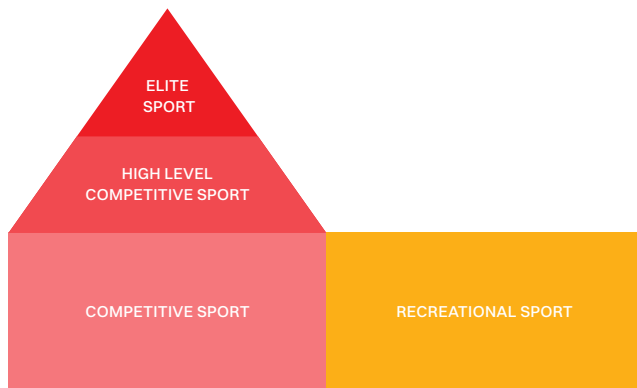
The consideration of state influence on organised sport provides information about the external framework conditions under which initiatives for sport participation and physical activity promotion in general and for health-enhancing sport activities and SCforH actions in particular can be taken. Since the framework conditions and development processes are different in every European country, they have to be analysed on a country-by-country basis. In many countries, the state and its institutions have created a relatively good basis for implementing sports participation and health-enhancing sports activities. The sports organisations themselves must sound out the opportunities to develop concepts and strategies for health-promoting sports activities. However, they can refer on relevant policy documents and generally on the willingness of governmental institutions to cooperate.

## **5. The internal structural framework conditions of organised sport at the national level and the relation to health-enhancing sport initiatives**

As already described above, the internal structures of organised sport in European countries are very divers at the national level. Roughly seen a pyramid-shaped structure can be identified in common for the single discipline sport federations and its confederations, where sport clubs are the basis for sports activities; sports clubs are gathered under the umbrella of sport-specific federations; and the sports federations are united under the umbrella of a national sports confederation or the National Olympic Committee. The national sports federations are essentially focused on their competition operations and the resources required for this. There are, however, exceptions, such as the national federations for gymnastics and swimming in Germany and Finland or the Gaelic Athletic Association in Ireland, which endeavor to take an expanded approach in the sense of “sport for all”.

Many sport associations and clubs have an orientation towards the recreational perspective of sport, such as participation, wellbeing, and health promotion. We can illustrate that by using the “Church model”, that illustrates the diversity and better the proportion of clubs and club members orientation (Figure 3).

**FIGURE 3. THE CHURCH MODEL OF SPORT, TAKEN FROM SHEERDER ET AL. (16)**



Many national sport confederations and Olympic committees are still rather focused on competitive and performance sports issues. Therefore, special structures for “sport for all” and health-enhancing sport promotion seem to be underdeveloped in many European countries. Nevertheless, there also seems to be some awareness to pay more attention to the development of sports from a health perspective. In a survey of the project “Promoting National Implementation for Sports Club for Health (SCforH) Programs in EU Member States” (2017) at least 20% of the national sport associations answered that they are aware of the SCforH Guidelines, while 50% of national sport-for-all organisations were aware of these guidelines (17).

In many European countries there are special sports organisations that focus on sport-for-all activities, such as in Spain and Portugal (Sport Promotion Associations), in Poland (Multi-Sport Association), in Denmark (DGI), and in Hungary (Leisure Sports Confederation) who plan their activities relatively independently. The sport-for-all associations are, in terms of their objectives, the driving force behind the sport development, which strives for a greater participation of broad sections of the population in sport in general and in health-enhancing sport activities in particular and support their member clubs accordingly. These associations therefore take a central position when it comes to implementing SCforH initiatives at the national level (18).

Since sports clubs are the basis of practical sports operations, they are of central importance in the implementation of initiatives. The structural framework conditions of the clubs play an important role in this. There are clubs with a large number of members and those that have only a few members. There are clubs that only practice one sport and those that offer several sports (i.e. multi-sport clubs). There are clubs that have their own sports facilities and those that are dependent on municipal sports facilities and have to share them with other organisations. There are clubs that are managed by contractually employed people and have professionally trained instructors and trainers, and there are those that are solely dependent on voluntary leaders and trainers. The possibility of developing innovative activities depends to a large extent on such framework conditions. In practice, it has been shown that, above all, larger clubs with several sports, well-equipped sports facilities, and qualified staff are generally more willing and able to implement innovative programs such as health-enhancing sports activities.

As sports clubs are the basis of practical sports operations, they are of high importance for the practical implementation of health-related sport initiatives. But, the willingness to do



so is still very limited, although it has developed quite positively in some countries. In the above-mentioned survey of the SCforH project, the representatives of national sports associations estimate that less than 10% of their clubs have implemented SCforH initiatives (13). In Germany the situation looks much more positive; 38% of the sports clubs here already offer health-enhancing sport activities, in the member clubs of the German Gymnastic Federation the figure is as high as 72%.

## **6. Conclusion**

The overarching aim of the SCforH project is to increase participation in sport and physical activity in the European Union by encouraging sports clubs and associations to implement SCforH principles in their activities. While pursuing this aim, it is recommended to gain knowledge of both the internal structures of the sports system and how they operate. It is also necessary to have knowledge about the structures, regulations, and guidelines of state institutions. This will make it easier to find suitable cooperation partners and to work with them effectively for the implementation of SCforH principles and initiatives into strategies and programs of sport organisations.

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# The history of HEPA Europe: Growing from an EU-funded project towards a WHO-Europe network

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# Abstract

The organised movement to promote health-enhancing physical activity (HEPA) in Europe began as a EU project conducted in 1996-2001. The project was composed of three elements: national HEPA strategy and policy development, walking promotion, and creation of an information network. This was the foundation phase for the organisation known as “HEPA Europe”, the European Network for the Promotion of Health-Enhancing Physical Activity, which has functioned since 2005. In the early years, the network’s activities to support the development and implementation of national HEPA policies, strategies, programs, approaches and good practices has helped to establish physical activity as an important element in the public health agenda across European countries.

The new HEPA Europe, the European Network for the Promotion of Health-Enhancing Physical Activity, was established in 2005. The network has had a strong link with the World Health Organization (WHO) Regional Office for Europe from the very beginning and this link has become stronger during recent years. HEPA Europe’s work has been guided by three principles: (a) population-focused approaches based on scientific evidence; (b) exchange of experience and knowledge between science, policy, and practice; and (c) partnership and collaboration with other actors and networks in the field of physical activity promotion. The key operational areas have been the provision of an arena for topical working groups, publications, and annual conferences.

In August 2022, HEPA Europe had 207 member organisations from 40 countries. Approximately 60% of the members were researchers, 30% were policy makers, and 10% were practice oriented.

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## 1. Introduction

This chapter describes the history of the European Network for the Promotion of Health-Enhancing Physical Activity (HEPA Europe) starting with the EU-funded project in 1996 until the WHO-Europe network it is today. The history of the network can best be described in terms of three consecutive periods in time: the first period (1996-2004) in which the network started as an EU funded project; the second period (2005-2017) in which the network matured and progressively gained new members from across Europe; and the current period (2018 and onwards) in which governance and administrative aspects of the network were further embedded in World Health Organization (WHO) structures.

## 2. 1996-2004: Developing from a project to a network

The scientific evidence base for the promotion of physical activity for public health became broadly acknowledged in the early 1990s. The evidence was documented in two landmark consensus publications: “Exercise, Fitness, and Health” (1) and “Physical Activity, Fitness, and Health” (2). This evidence formed the basis for subsequent policy development of physical activity for health, first in North America and soon after in Europe.

The first HEPA Europe Network was one of seven EU Health Promotion Networks and was established as part of an EU funded project conducted from 1996 to 2001. It consisted of three stand-alone partners: UKK Institute for Health Promotion Research (UKK-I), which served as the project coordinator, Netherlands Olympic Committee\* Netherlands Sports Confederation (NOC\*NSF), and the Finnish Rheumatism Association (FRA). The respective aims were to: [i] foster national health-enhancing physical activity (HEPA) policy and strategy development through advocacy, consultation, and exchange of information; [ii] provide a forum for informal networking and information exchange through electronic and printed media; and [iii] promote walking as a safe and easily accessible form of HEPA.

The network was launched in a meeting “Promotion of health-enhancing physical activity; Development of a European strategy, network and action program” held in Tampere, Finland on April 12-14, 1996 and hosted by the UKK Institute for Health Promotion Research. The meeting was attended by 26 national delegates from 14 EU countries and six other European delegates. One of the key topics during this meeting was the importance of HEPA for public health. Other topics were the properties of HEPA, and recommendations for the promotion of HEPA (3). The meeting concluded: *“the experts representing fourteen member states of the European Union agreed unanimously that physical activity has a great potential to influence positively the physical, mental and social health and well-being and functional capacity of European populations... Physical activity should be regarded as a priority area in the promotion of the health and well-being of these populations... Such action calls for the development of a comprehensive strategy that can be adopted and applied in the EU member countries”*. The HEPA Europe project functioned primarily as a network of researchers interested in and committed to the advancement of HEPA.

Several impactful documents for HEPA promotion were produced by participants in the network. The “Guidelines for Health-Enhancing Physical Activity Promotion Programmes” (4) was an in-depth analysis of four national HEPA promotion programs. The guidelines identified good practices for program preparation, development, design, implementation and evaluation. Two other documents (5, 6) paved in part the way for active transport to be an important element in new transport policy development. These publications were published in the WHO Europe’s book Transport, Environment and Health (7).

Among the main achievements of the HEPA Europe project were the following:

- recommendations for the development of European strategies for HEPA promotion
- increased commitment to HEPA promotion among policy and decision makers in Europe
- national HEPA policy development or preparatory work launched in 17 European countries
- increased appreciation of walking and a growing number of walking programs in Europe
- database report describing the HEPA promotion activities of the information network members and the development of national HEPA policies in Europe (8).

As the HEPA Europe project focused primarily on HEPA policy and program development, it is interesting to reflect its work on the status of the national HEPA policies in Europe towards the end of the 20<sup>th</sup> century. Nick Cavill analyzed the national HEPA development in some countries of the European Region according to the “Stages of Change” behavioral theory (*personal communication*). According to his analysis European countries rated as follows:

- pre-contemplation: Austria, Germany, Greece, Italy, Portugal
- contemplation: France, Iceland, Ireland
- preparation: Spain
- action: Belgium, Denmark, England, Northern Ireland, Norway, Slovenia, Sweden
- maintenance: Finland, Netherlands

About half of the evaluated countries were in action or maintenance stage. Given that the scientific evidence on the health benefits of physical activity for public health was only becoming consistent at the beginning of the 1990s, the European HEPA landscape was quite advanced.

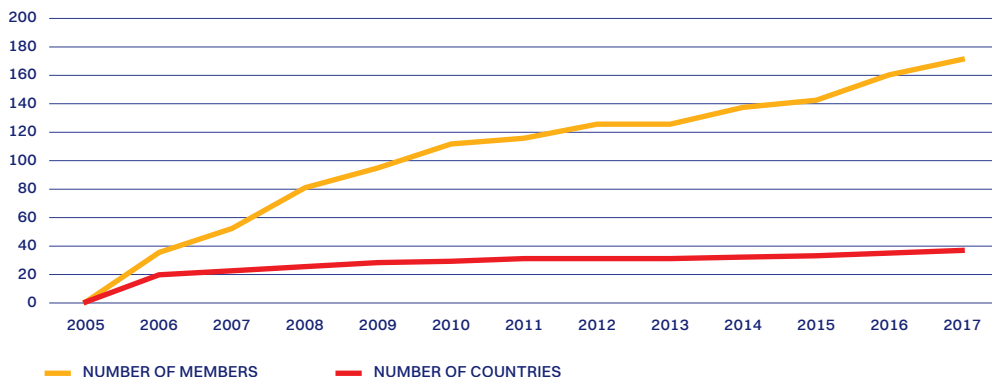
The network worked in close collaboration with the WHO’s global initiative ‘Active Living’. As concrete forms of this collaboration two expert meetings were held, one in the WHO headquarters in Geneva, Switzerland (9) and the other in Hämeenlinna, Finland (10). The main purpose of the first meeting was to build a network of partners to promote policies and implement actions on physical activity for health world-wide. The second meeting was a first step in implementing the recommendations made in the previous meeting. This collaboration contributed in part to placing physical activity on the forthcoming WHO agenda (11).

HEPA Europe as a formal EU project ended in 2000. However, the established network continued informally between individuals, research groups, and institutions. The need to re-formalize the network grew and the idea for a new HEPA network was developed during an international expert meeting held in Magglingen, Switzerland in June 2004 (12).

### 3. A maturing network: 2005-2017

During this second period, the network matured and grew to a network with 172 members across 38 countries in 2017 (Figure 1).

**FIGURE 1. NUMBER OF MEMBERS AND COUNTRIES REPRESENTED IN THE HEPA EUROPE NETWORK IN THE PERIOD 2005-2017**



The new HEPA Europe network was founded in May 2005 in a meeting held in the Gerlev Sports Academy in Denmark and hosted by the rector Finn Berggren (12). The meeting was attended by 26 interested individuals. The meeting nominated the following individuals in the first Steering Committee of HEPA Europe: Brian Martin (Switzerland); Finn Berggren (Denmark); Mari Miettinen (Finland); Jean-Michel Oppert (France); Francesca Racioppi (Italy); Harry Rutter (UK); Radim Šlachta (Czech Republic); Mireille van Poppel (Netherlands); Belinda Yeung (Netherlands); Jožica Zakotnik (Slovenia); Michael Sjöström (Sweden); and Pekka Oja (Finland). Brian Martin was elected as the first chairman of the Network. Figure 2 gives an overview of the Steering Committee over the period 2005-2022.

The goal of the network was to strengthen and support efforts and actions that increase physical activity levels and improve the favourable conditions for physical activity in the European countries. The network aimed to contribute to the development of the evidence base on both the health effects of physical activity and on the effectiveness of approaches to physical activity promotion. Evidence was to be made easily available and expertise was provided to other partners in order to contribute to the development and implementation of national HEPA policies, strategies, programs, approaches, and other examples of good practice.

During its first ten years of existence HEPA Europe has had strong involvement in a number of major HEPA policy and strategy developments promoted by WHO, EU, and Agita Mundo. As a result physical activity has moved up on the public health agenda in Europe and beyond. Four factors that made this possible have been identified (13):

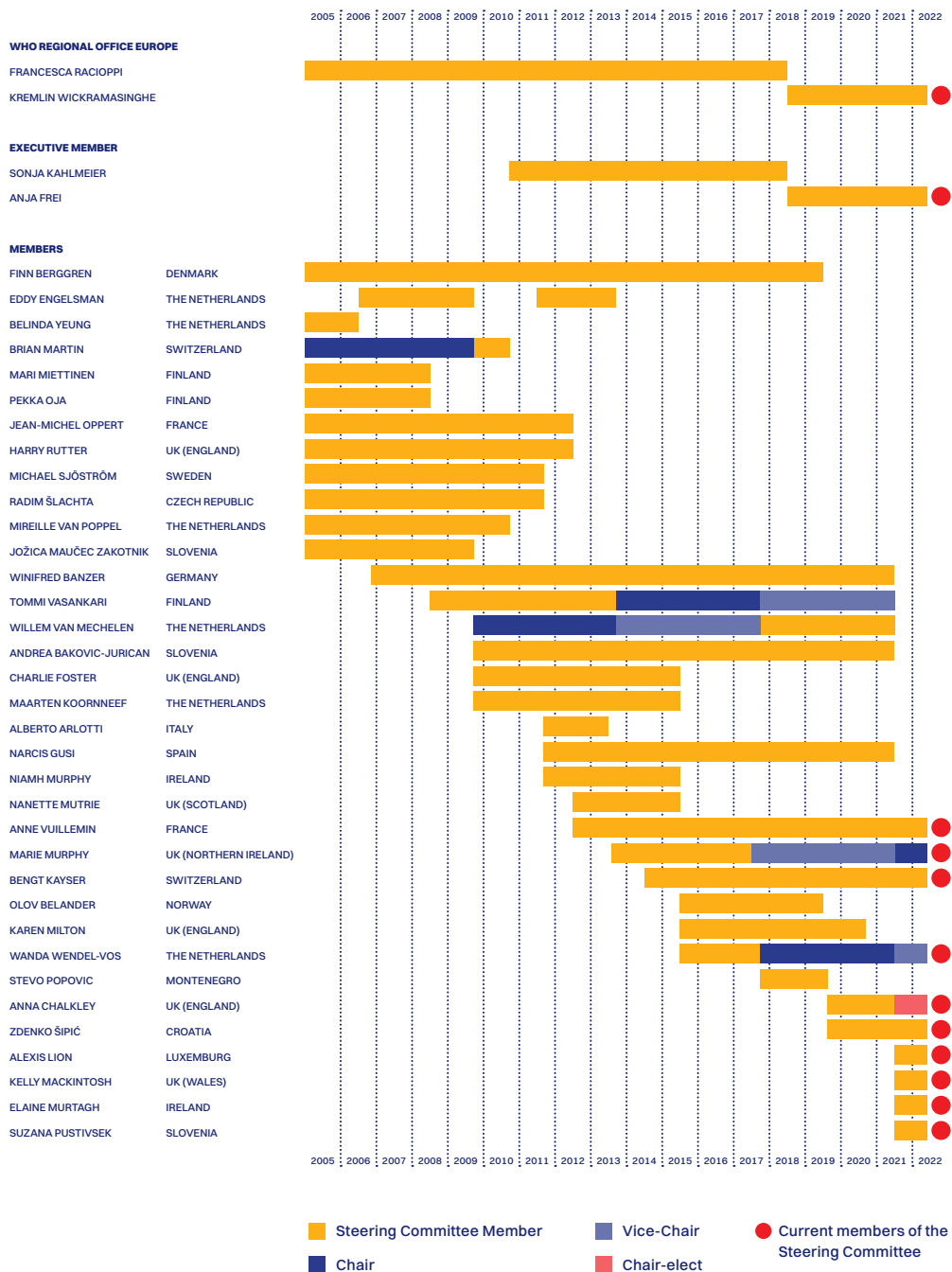
- the time was right: favourable secular developments, products of previous work and the momentum of an international pioneering phase met with windows of opportunities in key institutions
- the combination of commitment and conceptual clarity: clearly defined objectives, structures, and approaches provided opportunities for individual commitment to blossom
- institutional support: structural attachment to WHO Europe and a steady support from a sequence of key institutions was provided
- the deliverance of high visibility products: HEPA Europe's events, its working groups, as well as its tools. For instance, in a survey carried out between November 2010 and January 2011 among network members and stakeholders from more than 30 countries, 49% reported that HEPA Europe's activities or products had had an influence on physical activity promotion in their work.

## **4. Strengthening collaboration with the WHO Regional Office for Europe 2018-2022**

HEPA Europe has always had a strong link with WHO Europe. In recent years this link has been further strengthened. In the early years of the network, membership administration were the responsibility of the executive member (mentioned in Figure 2). If a priori it was not clear whether activities or goals of organisations requesting membership were contradictory to the goals and standards of WHO a decision was asked from the WHO due diligence department before granting membership. Nowadays WHO Europe has taken up this administrative task as a whole. Furthermore, a specific effort is being made to align the activities of the HEPA Europe Working Groups with WHO Europe activities providing a win-win situation in which HEPA Europe experts are enabled to exchange knowledge between policy, science,



**FIGURE 2. CHAIRS AND MEMBERS OF THE HEPA EUROPE STEERING COMMITTEE**



and practice and WHO Europe is able to translate this knowledge into tools and other types of products to further support countries in HEPA promotion. Also, all activities of HEPA Europe are based on WHO policy statements, such as the Global Action Plan on Physical Activity (14), the Physical activity strategy for the WHO European region (15), the Global Strategy on Diet, Physical Activity and Health (11), Global Action Plan for the Prevention and Control of NCDs (16), and corresponding documents from the European Commission.

During the 2020 annual meeting that was held online, a new version of the terms of reference was adopted by the network. The guiding principles, mission, and objectives of the new terms of reference are presented in Box 1. In general, HEPA Europe is stated to be a WHO Europe's network which works for better health and wellbeing in the WHO European Region through more physical activity for all people.

**BOX 1. GUIDING PRINCIPLES, MISSION AND OBJECTIVES OF HEPA EUROPE AS ADOPTED DURING THE 2020 ANNUAL MEETING.**

## **HEPA Europe**

### **Guiding principles**

- Focus on population-based approaches for the promotion of HEPA using the best available scientific evidence;
- Encouragement of exchange, dissemination, and sharing of experience and knowledge;
- Support of cooperation, partnerships, and collaboration with other related sectors, networks, and approaches.

### **Mission**

To provide a forum for the advancement of health-enhancing physical activity (HEPA) research, policy, and practice across the WHO European region.

### **Objectives**

- Foster inter-disciplinary communication and knowledge exchange between researchers, practitioners, and policymakers;
- Facilitate sharing of experiences and best practice in HEPA promotion;
- Contribute to the development of multi-sectoral and inter-sectoral policies and strategies for HEPA;
- Strengthen collaboration within and between sectors to advance HEPA research, practice, and policy;
- Provide capacity building opportunities to researchers, practitioners, and policymakers to strengthen the skillset of the HEPA workforce;
- Deliver and support advocacy actions for the creation and maintenance of supportive social, physical, and policy environments for HEPA;
- Provide a strong voice for the HEPA agenda.

## 4.1. Organisation

HEPA Europe consists of a Steering Committee, a secretariat, member organisations, and working groups. The Steering Committee constitutes the principal executive body for the network and is responsible for providing guidance and strategic directions to the activities of the network. The secretariat provides the overall coordination of the development and maintenance of the network and participates in the activities of the network in close consultation with the Steering Committee. Member organisations are expected to contribute to the objectives of the network by participating in its activities. They are provided the opportunity to operate within one or more thematic working groups of HEPA Europe.

## 4.2. Working groups

Working groups are formed by interested individuals coming together to collaborate on specific areas of the HEPA agenda. Working groups can be time limited based on specific deliverables or open ended, and their progress depend on the interests, enthusiasm, and capacity of HEPA members to lead and coordinate a program of work. In cases where there is a match between the activities and/or deliverables of the working group and the way these will support member states in HEPA promotion, there may be possibilities for financial support from WHO Europe.

In August 2022, the following HEPA Europe working groups were in place:

- Active ageing – Physical activity promotion in elderly
- Developments of methods for quantification of health benefits from walking and cycling
- Environmental approaches to HEPA promotion
- Exchange of experiences in children and adolescents
- HEPA injury prevention
- HEPA promotion in health-care settings
- HEPA promotion in socially disadvantaged groups
- Monitoring and surveillance of physical activity
- Policy approaches to physical activity promotion
- Sports club for health
- Workplace HEPA promotion

More information about the specific activities of the working groups can be found at the WHO HEPA Europe webpage: [www.who.int/europe/groups/hepa-europe-\(european-network-for-the-promotion-of-health-enhancing-physical-activity\)/about](http://www.who.int/europe/groups/hepa-europe-(european-network-for-the-promotion-of-health-enhancing-physical-activity)/about)

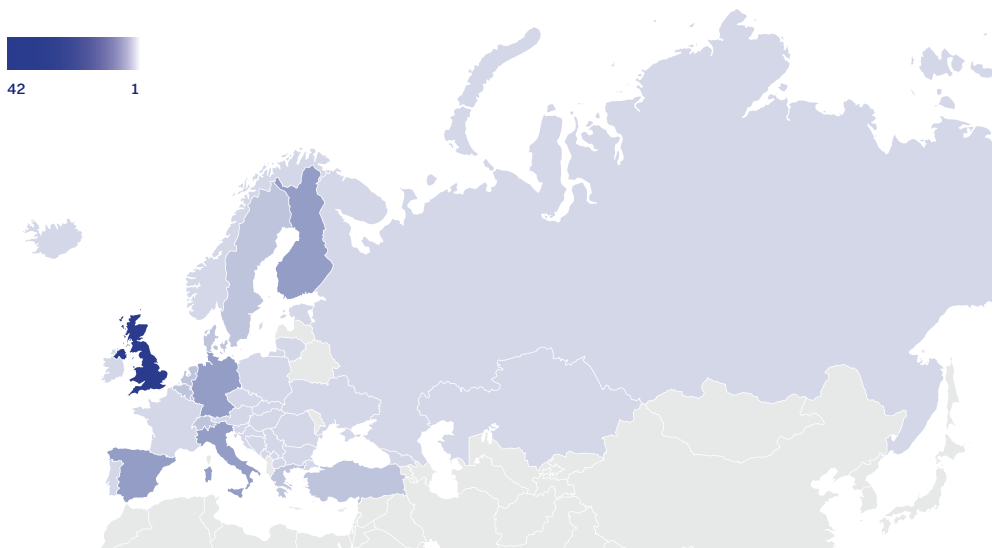
## 4.3. Membership

Membership in HEPA Europe is open to organisations and institutions within the WHO European region that are of regional, national, or international importance and willing to contribute to the goals and objectives of the network. Organisations and institutions whose activities or goals are contradictory to the goals and standards of HEPA Europe and WHO are not eligible for membership in HEPA Europe. This is the case if an organisation or institution has a direct or

indirect relationship with organisations or industries that counteract WHO's health aims, recommendations, or ethical standards (e.g. tobacco industry). Private, for-profit organisations are not considered for membership. Interested organisations and institutions can enter the membership procedure through the WHO HEPA Europe webpage.

In August 2022, HEPA Europe had 207 members from 40 European countries (Figure 3). They included organisations and institutions active at local, regional, national, and international levels of HEPA promotion. Over half of the member organisations were from the United Kingdom, Italy, Spain, Ireland, Finland, Switzerland, and the Netherlands. Together, these countries are represented by 109 member organisations. In other countries, the total number of member organisations per country is below ten and in some cases only one or two.

**FIGURE 3: MEMBERSHIP COVERAGE OF THE WHO HEPA EUROPE NETWORK AS OF AUGUST 2022**



Note: Color saturation is proportional to the number of member organisations from the given country

#### **4.4. Annual conferences**

Every year, a HEPA Europe conference provides the opportunity for member organisations and others to meet and exchange knowledge and experiences. Usually during the conference, HEPA Europe organises its annual meeting to update member organisations on relevant developments. Table 1 provides an overview of the conferences and annual meetings since the year 2005.

**TABLE 1. OVERVIEW OF CONFERENCES AND ANNUAL MEETINGS OF HEPA EUROPE**

Year	Location		Year	Location	
2005	Gerlev	Denmark*	2014	Zurich	Switzerland
2006	Tampere	Finland*	2015	Istanbul	Türkiye
2007	Graz	Austria*	2016	Belfast	United Kingdom
2008	Glasgow	Scotland (UK)	2017	Zagreb	Croatia
2009	Bologna	Italy*	2018	London	United Kingdom**
2010	Olomouc	Czech Republic	2019	Odense	Denmark
2011	Amsterdam	Netherlands	2020	<i>postponed</i>	
2012	Cardiff	Wales (UK)*	2021	<i>postponed</i>	
2013	Helsinki	Finland	2022	Nice	France

\* Annual meeting only, no conference

\*\* Held as part of the International Society for Physical Activity and Health (ISPAH) biennial conference

On a regular basis, HEPA Europe provides a newsletter to member organisations and others that have subscribed.

#### 4.5. Publications and tools

The efforts of the network have resulted in a number of useful tools for HEPA Policy and Practice.

For example, several of the network's experts have contributed to the Health economic assessment tool (HEAT) for walking and for cycling(17). The HEAT tool is available through the following link: [www.heatwalkingcycling.org](http://www.heatwalkingcycling.org). Another example is the health enhancing physical activity policy audit tool, also known as the HEPA PAT (18). Completing the tool provides a comprehensive overview of current policies related to HEPA in a country. It also potentially identifies synergies and discrepancies between policy documents, as well as possible gaps.

Another important tool is the 'Keep Youngsters Involved' toolkit. This toolkit resulted from an Erasmus+ Sport project in which experts from the 'Exchange of experiences in children and adolescents' working group participated. The project identified 14 factors to prevent youngsters from dropping out from their sport clubs<sup>1</sup>. Another audit tool that experts of the network contributed to is the health-promoting sports clubs national audit tool (19). This tool provides a protocol and method for collating the available national policies and strategies for supporting health promotion in sport clubs.

1 [www.kenniscentrumsportenbewegen.nl/kennisbank/publicaties/?toolkit-keep-youngsters-involved&kb\\_id=24528](http://www.kenniscentrumsportenbewegen.nl/kennisbank/publicaties/?toolkit-keep-youngsters-involved&kb_id=24528)

The ongoing Sports Club for Health consortium has recently developed an online course and published a textbook on how to promote HEPA through participation in sports (20). The primary aim of applying the Sports Club for Health approach is to improve the availability and quality of health-enhancing sports activities. More information on the Sport Club for Health movement can be found in [www.scforh.info](http://www.scforh.info).

Examples of publications written by members of the network are:

- Physical activity and health in Europe: evidence for action (21)
- Promotion of physical activity in the European region: content analysis of 27 national policy documents (22)
- “Health in all policies” in practice: guidance and tools to quantify the health effects of cycling and walking (23)
- Turning the tide: British national policy approaches to increasing physical activity in seven European countries (24)
- Health-enhancing physical activity (HEPA) policy audit tool (PAT) – version 2 (18)
- Physical activity promotion in primary care: a Utopian quest? (25)
- Guidelines for health-oriented sports activities in a club setting (26)
- Sports Club for Health (ScforH) Textbook (20).

Historical accounts of HEPA Europe have been published by Martin et al. (12) and Martin-Diener et al. (13).

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We thank Sonja Kahlmeier for her highly expert comments on the early draft text. Sonja Kahlmeier from University of Zurich, Switzerland served as the executive secretary from the beginning of the HEPA Europe network up to 2017. She became the central hub for the “wheel” of HEPA Europe. Through her leadership and hard work she has been an all-important catalyst for the network’s growth and success.

It is appreciated that several members of the current Steering Committee members have read and commented on the draft manuscript.

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# The history of the Sports Club for Health movement in Europe

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## Abstract

The Sports Club for Health (SCforH) movement is the largest and one of the most comprehensive initiatives for the promotion of health-enhancing physical activity in European sports clubs. In this book chapter we systematically reviewed and catalogued the key activities, published outputs, and recognitions of the SCforH movement in the past 15 years. As a source of information, we used the SCforH-related publications identified in a systematic scoping review. The draft historical overview was then reviewed and approved by nine SCforH experts. Numerous activities have been carried out as part of the SCforH movement. Key contributions to the development of the SCforH movement have been made by 38 organisations from 18 countries that were partners in the three international SCforH projects funded by the European Union. The key milestones in terms of activities were the establishment of the HEPA Europe SCforH working group and successful realisation of three international, funded SCforH projects worth more than 1 million Euro. The SCforH guidelines and invitation to the SCforH online course were distributed to a total of 1,880 and 3,809 stakeholders in the sports sector from 36 European countries. A total of 47 SCforH events with more than 2,000 attendees, including 25 international meetings, 3 seminars, 11 workshops, 7 symposia, and 1 conference have been organised. Key published outputs of the SCforH movement are the three versions of SCforH guidelines, Electronic Toolkit for sports clubs and associations, SCforH online course, SCforH textbook, SCforH country cards, and the database of SCforH and other related initiatives. The Council of the European Union has recognised the importance of the SCforH movement and listed the implementation of SCforH guidelines as one of the 23 recommended indicators for evaluation of health-enhancing physical activity levels and policies in the European Union member states. The indicator has later been used by the European Union Physical Activity Focal Points Network, established by the European Commission and World Health Organization. The European Commission has recognised the SCforH 2015-17 project as a “success story” and example of good practice. The rich history of the SCforH movement described in this book chapter should encourage the stakeholders in the European sports sector to keep on supporting and promoting the use of SCforH guidelines among sports clubs and associations.

# 1. Introduction

The Sports Club for Health (SCforH) movement encompasses all activities undertaken with the aim to facilitate the use of SCforH guidelines in sports clubs (1-4). It is the largest and one of the most comprehensive initiatives for the promotion of health-enhancing physical activity in European sports clubs (5), with a strong representation in academic publications and online media (6). The number of organisations involved in the SCforH movement has been continuously increasing since its establishment in 2008 (3, 4). This has been followed by a simultaneous increase in the awareness of SCforH guidelines among sports clubs and associations (7, 8), which resulted in a large number of initiatives implemented in accordance with the SCforH principles (9). This progress has been facilitated primarily by three large international projects that were funded by the European Union and carried out by more than 50 experts in sport and health promotion from Europe and Australia (10).

It is likely that the number of contributors to the SCforH movement will keep on growing, and new contributors to the SCforH movement may not be familiar with the full scope of SCforH-related activities that have already been carried out. While some activities of the SCforH movement have been described in previous publications (2, 4, 5), a detailed description of the history of the SCforH movement is not available. Hence, in this book chapter we systematically reviewed and catalogued the key activities, published outputs, and recognitions of the SCforH movement in the past 15 years.

## 2. Methods

As a source of information for drafting the list of key activities, published outputs, and recognitions of the SCforH movement, we used the SCforH-related publications identified in a systematic scoping review (6), reports from the HEPA Europe annual meetings (11-27), and authors' personal archives. These documents were reviewed by one author (Željko Pedišić) in December 2022. In the next step, nine SCforH experts (Herbert Hartmann, Stjepan Heimer, Danijel Jurakić, Sami Kokko, Pasi Koski, Matleena Livson, Ulla Nykänen, Pekka Oja, and Jorma Savola) reviewed the list and provided suggestions for additional items. The final list of key activities, published outputs, and recognitions of the SCforH movement was verified and approved by all authors of this book chapter. We listed the items in chronological order, and presented a summary of the historical development of SCforH movement in a timeline chart. We also created a list of organisations that were involved in the realisation of international SCforH projects funded by the European Union.

### 3. Chronological overview of the SCforH movement

The selected milestone events in the development of the SCforH movement are presented in Figure 1. A full list and descriptions of key activities, published outputs, and recognitions of the SCforH movement is presented thereafter by year.

**FIGURE 1. SELECTED MILESTONE EVENTS IN THE DEVELOPMENT OF THE SPORTS CLUB FOR HEALTH (SCFORH) MOVEMENT**



Note: TAFISA = The Association For International Sport for All; HEPA = health-enhancing physical activity

## 2008

- Following preliminary conceptualisation of the SCforH idea in Finland, the SCforH concept was for the first time publicly presented to international audience in Helsinki, Finland, at the 2<sup>nd</sup> workshop of The Association For International Sport for All (TAFISA) and European Sport for All Network (ESFAN) organised by the Finnish Sport for All Association and entitled “Sports Club for Health”. The workshop was organised as part of a project led by the Finnish Sport for All Association and supported by the the Finnish Ministry of Education. Representatives of the International Sport and Culture Association (ISCA) and the European Non-Governmental Sports Organisation (ENGSO) participated in the workshop, alongside other attendees. Outcomes of the workshop provided a basis for the future development of the SCforH approach.
- A symposium entitled “Sport for health: it is time for the sport community to become a real player for HEPA” was held at the 1<sup>st</sup> HEPA Europe conference in Glasgow, United Kingdom.
- The HEPA Europe SCforH working group has been established, with the aim to support the development of SCforH concepts and activities.
- Jorma Savola from the Finnish Sport for All Association was elected as the leader of the HEPA Europe SCforH working group.

## 2009

- The original SCforH guidelines were published by The Association For International Sport for All (TAFISA), HEPA Europe, and Finnish Sport for All Association (2).
- The SCforH guidelines were presented at the SCforH workshop held in Helsinki, Finland, to 19 participants from Estonia, Finland, Germany, Mexico, and Sweden, including representatives of the International Sport and Culture Association (ISCA) and the European Non-Governmental Sports Organisation (ENGSO).
- The SCforH guidelines were also presented at the HEPA Europe SCforH working group meeting that was held as part of the HEPA Europe annual meeting in Bologna, Italy. The session was attended by 16 participants.
- The SCforH movement was recognised by the European Commission, Directorate General for Education and Culture, and supported with a project grant of 72,704 Euro from December 2009 to March 2011, as part of the “Preparatory Actions in the Field of Sport.” The project titled “Sports Club for Health” (hereafter abbreviated as “SCforH 2009-11 project”) was coordinated by the Finnish Sport for All Association (Finland), and included the following partner, associate and supporting institutions: Cultural and Scientific Association of Tourism, Leisure and Sport (Spain); Estonian Sport for All Association (Estonia); European Non-Governmental Sports Organisation - ENGSO (Sweden); European Federation for Company Sport - EFCS (France); Federation of International Sports, Aerobics and Fitness - FISAF (Czech Republic); German Gymnastic Federation (Germany); Haaga-Helia University of Applied Sciences (Finland); International Sport and Culture Association - ISCA (Denmark); The Association For International Sport for All - TAFISA (Germany); Italian Aerobic and Fitness Federation (Italy); Ministry of Sport and Tourism (Poland); UKK Institute for Health Promotion Research (Finland); University of Jyväskylä (Finland); Vierumäki Sport Institute of Finland (Finland); University of Oxford (United Kingdom); University of Turku (Finland); and University of Zagreb (Croatia). The project was led by Jorma Savola.

## 2010

- The SCforH 2009-11 project consortium organised thematic workshops in Jyväskylä (Finland), Warsaw (Poland) and Eindhoven (Netherlands). In total, 51 participants attended the workshops.
- A HEPA Europe SCforH working group meeting was held at the 2<sup>nd</sup> HEPA Europe conference in Olomouc, Czech Republic and attended by 16 participants.

## 2011

- The second version of SCforH guidelines was published by the Finnish Sport for All Association (3). The guidelines were later translated from English to Croatian, Finnish, Hebrew, and Polish.
- The final symposium organised as part of the SCforH 2009-11 project was held in Vantaa, Finland, and attended by 41 participants from 15 countries, including representatives of European umbrella sports organisations and a representative of the European Commission.
- SCforH concepts and guidelines were presented at the European Non-Governmental Sports Organisation (ENGSO) forum in Brussels, Belgium, and at The Association For International Sport for All (TAFISA) World Congress in Antalya, Türkiye.
- A HEPA Europe SCforH working group meeting was held at the 3<sup>rd</sup> HEPA Europe conference in Amsterdam, Netherlands.
- Eerika Laalo-Häikiö from the Finnish Sport for All Association joined Jorma Savola from the Finnish Sport for All Association in co-leading the HEPA Europe SCforH working group as a deputy leader.
- Dissemination of the SCforH guidelines has commenced through HEPA Europe SCforH working group members, digital media and European umbrella sports organisations.

## 2012

- A SCforH workshop was held in Siauliai, Lithuania.
- A SCforH workshop organised by The Association For International Sport for All (TAFISA) and the Iran Sport for All Federation was held in Tehran, Iran.
- The SCforH guidelines were distributed to member organisations of The Association For International Sport for All (TAFISA) and the International Sport and Culture Association (ISCA).
- A SCforH workshop for the European Federation for Company Sport (EFCS) members was held in Jurmala, Latvia.
- A HEPA Europe SCforH working group meeting was held at the HEPA Europe annual meeting in Cardiff, United Kingdom.

## 2013

- The Council of the European Union proposed the implementation of SCforH guidelines as one of the 23 indicators for evaluation of health-enhancing physical activity levels and policies in the European Union.
- The Finnish Sport for All Association organised a national SCforH seminar in Finland.
- A HEPA Europe SCforH working group meeting was held at the 4<sup>th</sup> HEPA Europe conference in Helsinki, Finland.

## 2014

- A HEPA Europe SCforH working group meeting was held at the 5<sup>th</sup> HEPA Europe conference in Zurich, Switzerland.
- Sami Kokko from the University of Jyväskylä (Finland) was elected as the leader and Aoife Lane from the Waterford Institute of Technology (Ireland) as the deputy leader of the HEPA Europe SCforH working group.
- The dissemination of the SCforH guidelines continued through HEPA Europe SCforH working group members, digital media, and European umbrella sports organisations.

## 2015

- The SCforH consortium received an Erasmus+ Collaborative Partnerships grant of 455,015 Euro for the project entitled “Promoting National Implementation for Sports Club for Health (SCforH) Programmes in EU Member States” (hereafter abbreviated as “SCforH 2015-17 project”). The project was led by Valo, Finnish Sports Confederation (Finland), and included the following partner and supporting institutions: European Non-Governmental Sports Organisation – ENGSO (Sweden); Equestrian Federation of Finland (Finland); Finnish Boxing Association (Finland); Finnish Gymnastics Federation (Finland); Finnish Sports Federation – Ostrobothnia region (Finland); Finnish Swimming Association (Finland); Gaelic Athletic Association (Ireland); German Gymnastic Federation (Germany); Gymnastics Federation of Flanders (Belgium), International Sport and Culture Association – ISCA (Denmark), Örebro University (Sweden); Palacký University (Czech Republic); Southern Finland Sports Federation (Finland); Swedish Sport Confederation (Sweden); University of Jyväskylä (Finland); University of Leuven (Belgium); University of Turku (Finland); University of Zagreb (Croatia); and Waterford Institute of Technology (Ireland). The project managers at different stages of the project were Pekka Nikulainen (proposal phase), Matleena Livson (first phase of the project), and Ulla Nykänen (second phase of the project). The project was coordinated by Timo Hämäläinen.
- SCforH project team meetings were held in Helsinki (Finland) and Leuven (Belgium).
- The World Health Organization Regional Office for Europe included SCforH-related questions in the survey that is part of the monitoring framework for the implementation of the Council Recommendation on promoting HEPA across sectors in the European Union.
- A HEPA Europe SCforH working group meeting was held at the 6<sup>th</sup> HEPA Europe conference in Istanbul, Türkiye.

## 2016

- The SCforH guidelines were distributed via email to a total of 1,880 stakeholders in the sports sector from 36 European countries, including 137 members of the HEPA Europe network and 1,743 representatives of sports associations.
- SCforH project team meetings were held in Helsinki (Finland), Prague (Czech Republic), and Stockholm (Sweden).
- The first SCforH survey was conducted among nearly 600 stakeholders in the European sports sector, including representatives of European sports organisations, national sports associations, and HEPA Europe member organisations.
- A SCforH symposium titled “Sports Club for Health (SCforH) movement in the European Union: Are we moving in the right direction?” was held at the 7<sup>th</sup> HEPA Europe conference in Belfast, United Kingdom and attended by more than 50 participants.
- A HEPA Europe SCforH working group meeting was held at the 7<sup>th</sup> HEPA Europe conference in Belfast, United Kingdom.

## 2017

- The third version of SCforH guidelines was published by the Finnish Olympic Committee (4).
- The SCforH guidelines (4) were translated to Finnish, French, German, and Swedish.
- The SCforH Electronic Toolkit was developed as an interactive guide for the implementation of SCforH initiatives in sports clubs and associations.
- SCforH project team meetings were held in Helsinki (Finland) and Leuven (Belgium).
- A SCforH seminar for policymakers was held at the European Parliament in Brussels, Belgium. More than 50 participants attended the seminar in person and more than 300 people participated via teleconference. The seminar included an expert panel discussion, including the representatives of European Commission, European Olympic Committee, and European Athletics.
- A SCforH symposium was held at the 8<sup>th</sup> HEPA Europe conference in Zagreb, Croatia and attended by more than 20 participants.
- A HEPA Europe SCforH working group meeting was held at the 8<sup>th</sup> HEPA Europe conference in Zagreb, Croatia.
- The SCforH approach was presented to the International Olympic Committee.
- The official SCforH website was created
- The official SCforH social media profiles were created on Facebook, Twitter, and YouTube.

## 2018

- The European Commission has recognised the SCforH 2015-17 project as one of the 54 examples of good practice and one of the 34 “success stories” from a total of 541 projects funded by the Erasmus+ Sport programme in the period from 2014 to 2018.
- A HEPA Europe SCforH working group meeting was held at the HEPA Europe annual meeting in London, United Kingdom.
- The dissemination of the SCforH guidelines continued through HEPA Europe SCforH working group members, digital media, and European umbrella sports organisations.



## 2019

- A HEPA Europe SCforH working group meeting was held at the 10<sup>th</sup> HEPA Europe conference in Odense, Denmark.
- Aurélie Van Hoyer from the University of Lorraine (France) and Susanna Geidne from the Örebro University (Sweden) were elected as co-leaders of the HEPA Europe SCforH working group.

## 2020

- The SCforH consortium received an Erasmus+ Collaborative Partnerships grant of 398,845 Euro for the project entitled “Creating Mechanisms for Continuous Implementation of the Sports Club for Health Guidelines in the European Union” (hereafter abbreviated as “SCforH 2020-22 project”). The project was led by the Faculty of Kinesiology, University of Zagreb (Croatia) and included the following partner institutions: European Federation for Company Sport – EFCS (France); European Non-Governmental Sports Organisation – ENGSO (Sweden); Gaelic Athletic Association (Ireland); German Gymnastic Federation (Germany); International Sport and Culture Association – ISCA (Denmark); KU Leuven (Belgium); Örebro University (Sweden); Palacký University Olomouc (Czech Republic); Technological University of the Shannon (Ireland); National School, University and Leisure Sport Federation (Hungary); University of Belgrade (Serbia); University of Graz (Austria); University of Jyväskylä (Finland); University of Lorraine (France); University of Turku (Finland); and Victoria University (Australia). The project was co-led by Danijel Jurakić and Željko Pedišić.
- Two SCforH project team meetings were held; one in Zagreb (Croatia) and the other via teleconference. They were attended by 21 and 16 participants, respectively.
- The official SCforH website was redesigned and its content was updated and significantly expanded.

## 2021

- The SCforH online course was developed and launched. It included 7 units with educational videos, interactive infographics, and quizzes, and it was made available in 25 languages (all official languages of the European Union and Serbian).
- Invitations to participate in the SCforH online course were distributed via email to a total of 3,809 stakeholders in the sports sector from 36 European countries, including 327 policy-makers, 2,646 representatives of sports associations, 323 public health researchers and promoters, and 513 higher education teachers.
- Two SCforH project team meetings were held via teleconference and attended by 35 participants.
- A SCforH international symposium for sports clubs and associations was held via teleconference and attended by 116 participants.
- A SCforH workshop for the European Union Physical Activity Focal Points Network was held via teleconference and attended by 30 participants.
- Two SCforH workshops for physical education teachers in Croatia were held via teleconference and attended by 810 participants.

- The second SCforH survey was conducted among more than 700 stakeholders in the European sports sector, including policymakers, representatives of sports clubs and associations, public health researchers and promoters, and higher education teachers in the areas of health promotion, physical education, and sports science.
- The official SCforH profile was created on Instagram.

## 2022

- The SCforH textbook (5) was published.
- The SCforH country cards (28) were published.
- The database of SCforH and other related initiatives was created (9).
- SCforH project team meetings were held in Zagreb (Croatia; 2 meetings) and Leuven (Belgium) and attended by 19, 16, and 17 participants, respectively.
- A SCforH international symposium for current and future stakeholders in the sports sector was held via teleconference and attended by 76 participants.
- An international SCforH conference for sports clubs and associations titled “Improving health through sport” was held in Zagreb (Croatia) and attended by 130 participants.
- A SCforH symposium titled “Sports Club for Health (SCforH) approach: evidence on importance and examples of implementation activities” was held at the 11<sup>th</sup> HEPA Europe conference in Nice, France and attended by more than 40 participants.
- A HEPA Europe SCforH working group meeting was held at the 11<sup>th</sup> HEPA Europe conference in Nice, France.
- A SCforH seminar was held in Brussels (Belgium) and attended by 69 participants, including a representative of the European Commission.

## 4. Contributing organisations

Key contributions to the development of the SCforH movement have been made by the organisations that were partners in the three international SCforH projects funded by the European Union. These projects included a total of 38 partner organisations from 18 countries (Table 1). Of these organisations, twenty-six (70.3%) were included in only one of the SCforH projects, five (13.5%) were included in two SCforH projects, and six (16.2%) were included in all three SCforH projects. The six organisations whose representatives participated in all three projects are the European Non-Governmental Sports Organisation (ENGSO), German Gymnastic Federation (Germany), International Sport and Culture Association – ISCA (Denmark), University of Jyväskylä (Finland), University of Turku (Finland), and University of Zagreb (Croatia). Most of the partners in the international SCforH projects funded by the European Union were sports organisations (54.1%), followed by tertiary education and research institutions (43.2%), and governmental bodies (2.7%). Two of the funded SCforH projects were led by sports organisations from Finland and one by an academic institution from Croatia.

**TABLE 1. PARTNERS IN THE INTERNATIONAL SPORTS CLUB FOR HEALTH (SCFORH) PROJECTS FUNDED BY THE EUROPEAN UNION**

<b>Partner organisation</b>	<b>Country</b>	<b>SCforH project</b>
Athlone Institute of Technology / Technological University of the Shannon	Ireland	2020-22
Cultural and Scientific Association of Tourism, Leisure and Sport	Spain	2009-11
Equestrian Federation of Finland	Finland	2015-17
Estonian Sport for All Association	Estonia	2009-11
Etelä-Suomen Liikunta ja Urheilu ry	Finland	2015-17
European Federation for Company Sport (EFCS)	France	2009-11; 2020-22
European Non-Governmental Sports Organisation (ENGSO)	Sweden	2009-11; 2015-17; 2020-22
Federation of International Sports, Aerobics and Fitness (FISAF)	Czech Republic	2009-11
Finnish Gymnastics Federation	Finland	2015-17
Valo, Finnish Sports Confederation / Finnish Olympic Committee	Finland	2015-17
Finnish Sport for All Association	Finland	2009-11
Finnish Swimming Association	Finland	2015-17
Gaelic Athletic Association	Ireland	2015-17; 2020-22
German Gymnastic Federation	Germany	2009-11; 2015-17; 2020-22
Gymnastics Federation of Flanders	Belgium	2015-17
Haaga-Helia University of Applied Sciences	Finland	2009-11
International Sport and Culture Association (ISCA)	Denmark	2009-11; 2015-17; 2020-22
Italian Aerobic and Fitness Federation	Italy	2009-11
KU Leuven	Belgium	2015-17; 2020-22
Ministry of Sport and Tourism	Poland	2009-11
National School, University and Leisure Sport Federation	Hungary	2020-22

Örebro University	Sweden	2015-17; 2020-22
Palacky University Olomouc	Czech Republic	2015-17; 2020-22
Pohjanmaan Liikunta ja Urheilury	Finland	2015-17
Swedish Sports Confederation	Sweden	2015-17
The Association For International Sport for All (TAFISA)	Germany	2009-11
UKK Institute for Health Promotion Research	Finland	2009-11
University of Belgrade	Serbia	2020-22
University of Graz	Austria	2020-22
University of Jyväskylä	Finland	2009-11; 2015-17; 2020-22
University of Lorraine	France	2020-22
University of Oxford	United Kingdom	2009-11
University of Turku	Finland	2009-11; 2015-17; 2020-22
University of Zagreb	Croatia	2009-11; 2015-17; 2020-22
Victoria University	Australia	2020-22
Vierumäki Sport Institute of Finland	Finland	2009-11
Waterford Institute of Technology	Ireland	2015-17

## 5. Discussion and conclusion

As it can be seen from the chronological overview, numerous activities have been carried out as part of the SCforH movement. Arguably, the key milestones in terms of activities were the establishment of the HEPA Europe SCforH working group and successful realisation of three international SCforH projects funded by the European Union grants of 926,564 Euro and with a total value of more than 1 million Euro. As part of the funded projects, the SCforH guidelines and invitation to the SCforH online course were distributed to a total of 1,880 and 3,809 stakeholders in the sports sector from 36 European countries, respectively. Organising events was also an important part of SCforH activities. In the chronological overview, we listed a total of 47 SCforH events with more than 2,000 attendees, including 25 international meetings, 3 seminars, 11 workshops, 7 symposia, and 1 conference, but there were also many more smaller, local-level events that we did not count in. Key published outputs of the SCforH movement are the three versions of SCforH guidelines, Electronic Toolkit for sports clubs and associations, SCforH online course, SCforH textbook, SCforH country cards, and the database of SCforH

and other related initiatives. All the activities and published outputs have collectively led to a significant increase in the awareness and use of SCforH guidelines in Europe (7).

The importance of SCforH movement from a public health perspective has been recognised at the highest political level in Europe. This is best demonstrated by the fact that the Council of the European Union has listed the implementation of SCforH guidelines as one of the 23 recommended indicators for evaluation of health-enhancing physical activity levels and policies in the European Union member states. Importantly, the European Union Physical Activity Focal Points Network, established by the European Commission and World Health Organization, has since used this indicator to assess the national progress in physical activity promotion. The success of the SCforH movement is demonstrated by the fact that the European Commission has recognised the SCforH 2015-17 project as a “success story” and example of good practice.

It is clear that the most productive periods in the history of the SCforH movement were during the three funded SCforH projects. For the future progress of the SCforH movement, it is therefore of utmost importance to secure additional funding for large collaborative projects. The authors hope that the rich history of the SCforH movement described in this book chapter will encourage the stakeholders in the European sports sector to keep on supporting and promoting the use of SCforH guidelines among sports clubs and associations.

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# Sports Club for Health movement in published media: a systematic scoping review

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## Abstract

From its very beginning, members of the Sports Club for Health (SCforH) consortium have recognised the importance of disseminating the SCforH ideas through published media. SCforH guidelines and other publications written by the members of SCforH consortium have significantly contributed to the development and wide recognition of the SCforH movement in Europe. Numerous academic and non-academic SCforH-related publications have been released. However, no previous studies have systematically recorded them and analysed their scope. As part of this book chapter, we therefore conducted a systematic scoping review of SCforH-related publications. The search encompassed academic and non-academic publications that refer to SCforH concepts, activities, and outputs. For academic publications released in the period from 2008 to 2015, we conducted searches in 8 bibliographic databases and proceedings of 28 conferences. Search of non-academic publications was conducted in Bing, Google, Google Scholar, and Yahoo. We searched for mentions of the abbreviation “SCforH” and the phrase “Sports Clubs for Health” (alongside its three common misspellings). An updated search was conducted in December 2022, to capture the recent SCforH-related academic publications. Here, we focused exclusively on the publications from the two international SCforH projects funded by the European Commission that were carried out since 2015. We found a total of 176 ‘SCforH-citing’ academic and non-academic publications from the 2008 - 2015 period and 20 publications written as part of the SCforH 2015-17 and SCforH 2020-22 projects. This included several types of publications, from articles published in scientific journals that are primarily intended for the academic audience to a textbook that is primarily intended for sport practitioners, as well as from short communications such as conference abstracts to comprehensive texts such as an edited book. There is generally increasing trend in the number of SCforH-related publications, but their number significantly drops during the periods between funded SCforH projects. Future SCforH dissemination strategies should aim to increase media presence in the periods between funded projects, while maintaining the high number and diversity of publications.

# 1. Introduction

Since its foundation in 2008, the Sports Club for Health (SCforH) movement has played an important role in the European sports sector, particularly in the promotion of health-enhancing sports activities through sports clubs and associations (1, 2). From its very beginning, members of the SCforH consortium have recognised the importance of disseminating the SCforH ideas through published media. Moreover, the SCforH movement, especially in its early stages, was centred around the development of SCforH guidelines (3-5)—the document that has later become the basis for many other published SCforH outputs.

Publications written by members of the SCforH consortium have significantly contributed to the development and wide recognition of the SCforH movement in Europe. These publications include academic items, such as articles in scientific journals and conference abstracts, and non-academic items, such as newsletters and posts on social media. Numerous such publications have been prepared and released within and outside the three international SCforH projects funded by the European Commission. However, no previous studies have systematically recorded them and analysed their scope. As part of this book chapter, we therefore conducted a systematic scoping review of SCforH-related publications.

## 2. Methods

The original systematic search of academic and non-academic publications was conducted as part of the second funded, international SCforH project (SCforH 2015-17). The search encompassed academic and non-academic publications dating from 2008 to 2015 that refer to SCforH concepts, activities, or outputs. We used the following keywords: ‘Sports Club for Health’; ‘Sport Clubs for Health’; ‘Sport Club for Health’; ‘Sports Clubs for Health’; and ‘SCforH’. When referring to such publications, in the text that follows we used the term ‘SCforH-citing’ publications. Note that this term encompassed all documents that: [i] are dedicated to a SCforH-related topic; [ii] describe or mention SCforH activities, outputs, or concepts; and/or [iii] cite a SCforH document.

Academic literature was searched through the following bibliographic databases: Academic Search Complete; CINAHL; Google Scholar; Health Source: Nursing/Academic edition; MasterFILE Premier; PubMed/MEDLINE, Scopus, and Web of Science (Science Citation Index Expanded, Social Sciences Citation Index, and Arts & Humanities Citation Index). The keywords were searched across “All fields” (PubMed/MEDLINE and Scopus), “Topic” (Web of Science), “Anywhere in the article” (Google Scholar) and “TX All Text” (Academic Search Complete, CINAHL, Health Source: Nursing/Academic edition, and MasterFILE Premier). Additionally, 28 proceedings of key European and international conferences on physical activity were manually screened. These included: [i] 8 proceedings of “Annual Congresses of the European College of Sport Science”; [ii] 8 proceedings of “Annual meetings of the International Society of Behavioral Nutrition and Physical Activity – ISBNPA”; [iii] 8 proceedings of “Annual meetings/conferences of HEPA Europe”; and [iv] 4 proceedings of “International Congress on Physical Activity and Public Health – ICPAPH”. Furthermore, search of non-academic publications was conducted using the following web search engines: Bing, Google, Google Scholar, and Yahoo. Mentions of SCforH concepts, activities, and outputs were also specifically searched on two social media websites – Facebook and Twitter.

The search was conducted independently by two authors of this report (HP and IR), from September 4 to October 7, 2015. All identified publications were further selected according to

the context in which SCforH keywords were mentioned. For this purpose, the documents written in a language other than English were translated into English using the Google Translate tool. Only publications that specifically address the SCforH project, concepts, or guidelines were selected for the review. Inconsistencies in findings of independent searches were discussed between HP and IR until a consensus was reached. In the final stage of the selection process, ŽP checked all selected documents, to verify that they met the inclusion criteria. Data from the selected papers were extracted by HP and IR, and assessed for accuracy and consistency by ŽP.

An updated search was conducted in December 2022, to capture the SCforH-related publications that have been released since October 2015. As the number of 'SCforH-citing' publications has significantly increased in the recent years, in the updated search we focused exclusively on the publications from the two international SCforH projects funded by the European Commission that were carried out since 2015. We identified the publications: [i] in the final report from the SCforH 2015-17 project submitted to the European Commission; [ii] in the final report from the SCforH 2020-22 project that was, at the time of the search, in preparation for submission to the European Commission; [iii] on the official SCforH website; and [iv] on the official social media profiles of the SCforH consortium on Facebook, Instagram, Twitter, and YouTube.

### 3. Findings for the period from 2008 to 2015

#### 3.1. Search results

In the original systematic search, we found a total of 176 'SCforH-citing' publications (3, 4, 6-179). The search of academic literature through bibliographic databases and conference proceedings yielded 53 hits (Table 1). Most of them were found in Google Scholar ( $n = 41$ ), whilst some were identified in Scopus ( $n = 4$ ) and by manually searching through the conference proceedings ( $n = 8$ ). No documents were found in the other bibliographic databases. All documents were thoroughly reviewed and 25 unique publications met the inclusion criteria. Additional 8 documents were included from the authors' personal databases, resulting in the total number of 33 unique 'SCforH-citing' academic publications. A complete list of 'SCforH-citing' academic documents and their descriptions can be found in Supplementary table 1.

In the search of non-academic publications, 141 items were found using Bing, Google, Google Scholar, and Yahoo Internet search engines (46, 59, 5, and 31 items, respectively; Table 1). Additional 52 items were found on Facebook and Twitter (19 and 33 items, respectively). After removing duplicate search results across databases, 138 unique items were left. Additional 5 documents were included from the authors' personal databases, resulting in the total number of 143 unique non-academic items. A complete list of 'SCforH-citing' non-academic items and their descriptions can be found in Supplementary table 2.

**TABLE 1. SEARCH RESULTS: 'SCFORH-CITING' ACADEMIC PUBLICATIONS AND NON-ACADEMIC ITEMS**

<b>Academic literature</b>		<b>Non-academic publications</b>	
<b>Database</b>	<b>Number of documents</b>	<b>Search engine</b>	<b>Number of documents</b>
Academic Search Complete	0	Bing	46
CINAHL	0	Google	59
Google Scholar	41	Google Scholar	5
Health Source: Nursing*	0	Yahoo	31
MasterFILE Premier	0	Facebook	19
PubMed/MEDLINE	0	Twitter	33
Scopus	4	Personal database	5
Web of Science	0		
Conference proceedings**	8		
Personal databases	8		
<b>Overall</b>	<b>61</b>		<b>198</b>
Duplicates	28		55
<b>Unique documents</b>	<b>33</b>		<b>143</b>

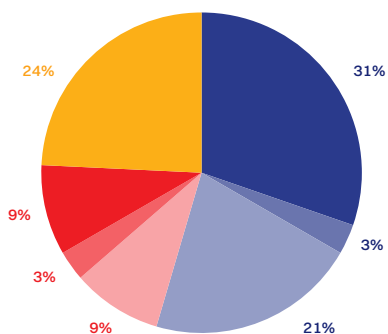
\*Academic edition

\*\*Manual search through the proceedings of the "Annual Congresses of the European College of Sport Science – ECSS", "Annual meetings of the International Society of Behavioral Nutrition and Physical Activity – ISBNPA", "Annual meetings/conferences of HEPA Europe", and "International Congress on Physical Activity and Public Health – ICPAPH"

### 3.2. Document types

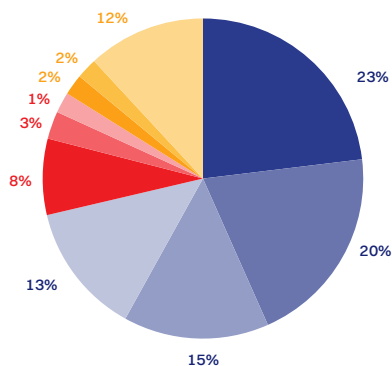
The SCforH-related academic publications included 10 journal articles, 8 conference abstracts, 7 master's theses, 3 conference papers, 3 books, 1 doctoral thesis, and 1 book chapter (Figure 1, Table 2), whilst the non-academic items encompassed 33 Tweets, 29 news articles / press releases, 21 reports, 19 Facebook posts, 11 presentations (e.g. PowerPoint presentation), 4 policy documents, 3 project proposals or descriptions, 3 YouTube videos clips, 3 workshop/conference/seminar programmes, and 17 other documents (Figure 2, Table 2). Efforts should be made to maintain the diversity of 'SCforH-citing' documents, and to further increase the presence in globally popular media such as YouTube, Twitter, and Facebook.

**FIGURE 1. DISTRIBUTION OF 'SCFORH-CITING' ACADEMIC LITERATURE BY DOCUMENT TYPE**



- JOURNAL ARTICLE
- DOCTORAL THESIS
- MASTER'S THESIS
- BOOK
- BOOK CHAPTER
- CONFERENCE PAPER
- CONFERENCE ABSTRACT

**FIGURE 2. DISTRIBUTION OF 'SCFORH-CITING' NON-ACADEMIC ITEMS BY DOCUMENT TYPE**



- TWEET
- NEWS ARTICLE / PRESS RELEASE
- REPORT
- FACEBOOK POST
- PRESENTATION
- POLICY DOCUMENT
- PROJECT PROPOSAL
- YOUTUBE VIDEO CLIP
- WORKSHOP PROGRAMME\*
- OTHER

\* Includes conference, seminar and workshop programmes

**TABLE 2. 'SCFORH-CITING' PUBLICATIONS BY YEAR OF PUBLICATION AND DOCUMENT TYPE**

Document type	2008	2009	2010	2011	2012	2013	2014	2015	n/a	Total
Book	-	-	1	-	-	2	-	-	-	3
Book chapter	-	-	-	-	-	-	1	-	-	1
Conference abstract	1	-	1	3	-	1	1	1	-	8
Conference paper	-	-	-	1	-	-	2	-	-	3
Doctoral thesis	-	-	-	-	1	-	-	-	-	1
Journal article	-	-	1	-	1	3	5	-	-	10
Master's thesis	-	-	-	1	3	1	1	1	-	7
<b>Total academic literature</b>	<b>1</b>	<b>-</b>	<b>3</b>	<b>5</b>	<b>5</b>	<b>7</b>	<b>10</b>	<b>2</b>	<b>-</b>	<b>33</b>

	Document type	2008	2009	2010	2011	2012	2013	2014	2015	n/a	Total
Non-academic items	Blog post	-	-	-	-	-	-	-	1	-	1
	Brochure	-	-	-	1	-	-	-	-	-	1
	Conference programme	-	-	-	-	-	-	-	1	-	1
	Document	-	-	-	-	1	-	-	-	-	1
	Institutional profile	-	-	-	-	-	-	1	-	-	1
	News article / press release	-	-	3	9	2	2	2	11	-	29
	Official 'SCforH 2015-17' project website	-	-	-	-	-	-	-	1	-	1
	Official 'SCforH 2009-11' project website	-	-	-	1	-	-	-	-	-	1
	Policy document	-	-	-	-	-	3	-	1	-	4
	Presentation	-	3	1	1	2	2	-	2	-	11
	Project information	-	-	-	-	1	-	-	4	-	5
	Project proposal	-	-	2	-	-	-	1	-	-	3
	Publication list	-	-	-	1	1	-	1	-	-	3
	Quotation	-	-	-	1	-	-	-	-	-	1
	Report	-	2	5	4	5	1	2	2	-	21
	Seminar programme	-	-	-	-	-	-	-	1	-	1
	Working plan	-	-	1	-	-	-	-	-	-	1
	Workshop programme	-	-	1	-	-	-	-	-	-	1
	YouTube video clip	-	-	3	-	-	-	-	-	-	3
	Facebook post	-	-	1	1	1	-	-	16	-	19
Tweet	-	-	2	1	1	1	2	26	-	33	
Unknown	-	-	-	-	-	-	-	-	-	1	1
<b>Total non-academic items</b>		<b>0</b>	<b>5</b>	<b>19</b>	<b>20</b>	<b>14</b>	<b>9</b>	<b>9</b>	<b>66</b>	<b>1</b>	<b>143</b>

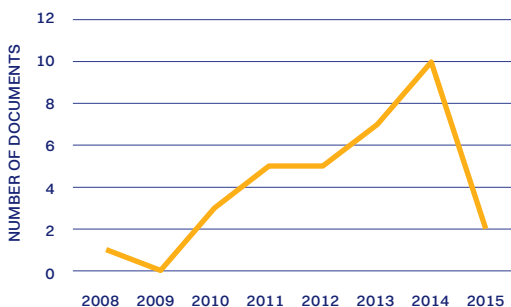
Note: n/a = year not available

### 3.3. Time trends

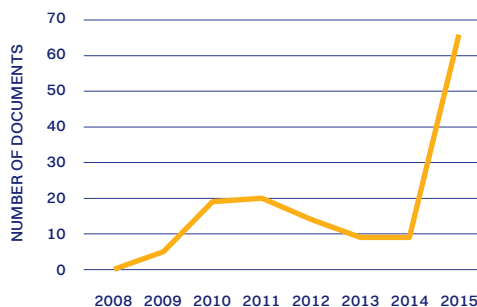
The number of 'SCforH-citing' academic documents gradually increased from 1 document published in 2008 to 10 documents published in 2014 (Table 2, Figure 3). The low number of academic documents found for the year 2015 is unlikely to be a valid estimate, because the literature search took place three months before the end of the year. The estimate may have also been influenced by the time lag between publishing documents in academic media and indexing them in bibliographic databases. Nevertheless, a relatively large and constant increase in the number of 'SCforH-citing' academic publications over the preceding years may be considered as evidence of growing recognition of SCforH-related concepts, activities, and outputs among academics. Effort should be made by academics involved in HEPA Europe SCforH working group and future SCforH projects to maintain this positive trend in the forthcoming years.

The highest number of 'SCforH-citing' non-academic items was observed for the 2010/11 biennium (39 items) and year 2015 (66 items) (Table 2, Figure 4), which corresponds with the most active period of 'SCforH 2009-11' project and the first year of 'SCforH 2015-17' project. This shows that the dissemination through published media clearly benefited from the European Union funded projects. Effort should be made to keep on increasing the number of non-academic publications. It would also be important to maintain a strong media presence during the periods between funded projects, in which the HEPA Europe SCforH working group should play a key role.

**FIGURE 3. DISTRIBUTION OF 'SCFORH-CITING' ACADEMIC LITERATURE BY YEAR OF PUBLICATION**



**FIGURE 4. DISTRIBUTION OF 'SCFORH-CITING' NON-ACADEMIC ITEMS BY YEAR OF PUBLICATION**



### 3.4. Visibility

The dissemination potential of published media is directly dependent on the size of their readership. No exact data are available on the number of readers of 'SCforH-citing' documents. Nevertheless, the SCforH dissemination potential may be assessed indirectly by reviewing in which media were 'SCforH-citing' documents published. Specifically, for academic publications we identified the scholarly databases in which they are indexed, and whether or not the general public is granted open access to them (Table 3). For the websites that published 'SCforH-citing' non-academic items, we presented the distribution across different types of providers (Figure 5), and, using services at SimilarWeb.com, estimated the number of their monthly visits (averaged over the last 6 months) (Figure 6). Additionally, using two



independent sources – SimilarWeb.com and Alexa.com, we determined global popularity ranks for the websites that published ‘SCforH-citing’ non-academic items (Figures 7 and 8).

**TABLE 3. SOURCES AND INDEXING OF ‘SCFORH-CITING’ ACADEMIC LITERATURE**

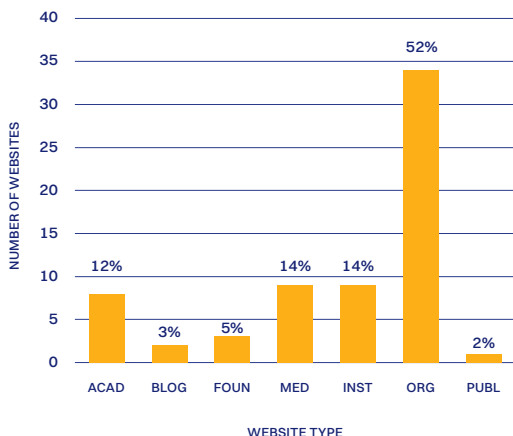
	<b>Publication</b>	<b>Source</b>	<b>Access</b>	<b>Indexed in</b>
<b>Journal articles</b>	Bauman et al. 2014	Profilakticheskaya Meditsina	Open	Google Scholar, Russian Science Citation Index
	Kokko 2014	Health Promotion Practice	Restricted	CAB Abstracts, CABI, CINAHL, Google Scholar, Index Medicus, MEDLINE, ProQuest, PsycINFO, Scopus, Thomson Reuters: ESCI
	Cingiene and Laskiene 2014b	Health policy and management	Open	EBSCOhost, Google Scholar, ProQuest
	Martin-Diener et al. 2014	Swiss Journal for Sports Medicine and Traumatology	Open	Scopus, University of Zurich – Zurich Open Repository and Archive
	Vuillemin et al. 2014	Profilakticheskaya Meditsina	Open	Google Scholar, Russian Science Citation Index
	Titze et al. 2013	Journal of Science and Medicine in Sport	Restricted	Google Scholar, Index Medicus, MEDLINE, Science Direct, Scopus, Thomson Reuters: SCIE
	Koski 2012	International Journal of Sport Policy and Politics	Restricted	CABI, EBSCOhost, Google Scholar, ProQuest, Scopus
	Al-Kuwari and Ibrahim 2013	Aspetar Sports Medicine Journal	Open	Google Scholar
	Romeo-Velilla et al. 2013	Journal of Sport for Development	Open	ULRICH web, Google Scholar
	Chatziigianni 2010	Sport&EU Review	Open	EBSCOhost, Google Scholar, International Platform of Sports Law Journals
<b>Doctoral theses</b>	Geidne 2012	Örebro University	Open	DiVA - Örebro University Library, Google Scholar

<b>Master's theses</b>	Vara 2015	Laurea University of Applied Sciences	Open	Google Scholar, Theseus - Open Repository of the Finnish Universities of Applied Sciences
	Kettunen 2014	University of Jyväskylä	Open	Google Scholar, JYKDOK-catalogue, Jyväskylä University Digital Archive
	Marsalo 2013	University of Jyväskylä	Open	Google Scholar, JYKDOK-catalogue, Jyväskylä University Digital Archive
	Huhtanen 2012	Haaga-Helia University of Applied Sciences	Open	Google Scholar, Theseus - Open Repository of the Finnish Universities of Applied Sciences
	Hyttinen 2012	University of Jyväskylä	Open	Google Scholar, JYKDOK-catalogue, Jyväskylä University Digital Archive
	Pluim 2011	University of Liverpool	Open	Google Scholar
	Viitanen 2012	University of Jyväskylä	Open	Google Scholar, JYKDOK-catalogue, Jyväskylä University Digital Archive
<b>Books</b>	Kornbeck 2013	Books on Demand	Open	Google Scholar
	Talbot et al 2013	International Council of Sport Science and Physical Education	Open	Google Scholar, NISB Kennisbank Catalogue
	Savola et al. 2010	Issuu.com	Open	Google Scholar
<b>Book chapters</b>	Itkonen and Kokko 2014	Karelia ENPI CBC	Open	Google Scholar
<b>Conference papers</b>	Heimer 2014	7th International Scientific Conference on Kinesiology	Open	CROSBI, Google Scholar, National and University Library Zagreb
	Laskiene and Cingiene 2014a	10th International Scientific Conference on Valeology	Open	eKhNUIR, Google Scholar, KhNMU Repository, Odessa National Library, Vernadsky National Library of Ukraine
	Heimer 2011	6th International Scientific Conference on Kinesiology	Open	CROSBI, Google Scholar, National and University Library Zagreb

<b>Conference abstracts</b>	Kokko et al. 2015	6th Conference of HEPA Europe	Open	-
	Pedisic et al. 2014	5th Conference of HEPA Europe	Open	Google Scholar, NISB Kennisbank Catalogue, University of Zurich - Zurich Open Respository and Archive
	Lane and Murphy 2013	4th Conference of HEPA Europe	Open	NISB Kennisbank Catalogue
	Gottin 2011	3rd Conference of HEPA Europe	Open	-
	Kokko et al. 2011a	3rd Conference of HEPA Europe	Open	-
	Kokko et al. 2011b	3rd Conference of HEPA Europe	Open	-
	Wanner et al. 2010	2nd Conference of HEPA Europe	Open	NISB Kennisbank Catalogue
	Savola 2008	1st Conference of HEPA Europe	Open	-

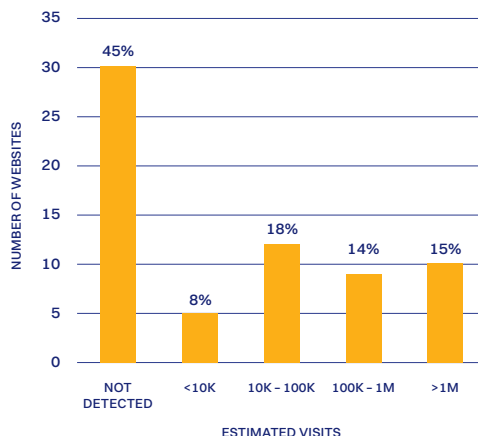
Among the relatively large number of ‘SCforH-citing’ academic journal articles, only few belong to ‘high-impact’ journals indexed in bibliographic databases such as MEDLINE, Scopus, and Thomson Reuters: SCIE. Greater effort should, therefore, be made to publish articles about SCforH in ‘high-impact’ journals, and spread the word about SCforH concepts, activities, and outputs among researchers in relevant fields. Furthermore, six out of eight ‘SCforH-citing’ doctoral and master’s theses were written by students at Finnish universities. To improve this mode of SCforH dissemination, academic staff from other universities should also be encouraged to include SCforH related topics in their curricula, particularly in sports science and public health courses. Furthermore, ‘SCforH-citing’ conference papers and abstracts were presented at HEPA Europe conferences (72.7%), International Scientific Conference on Kinesiology (18.2%) and International Scientific Conference on Valeology (9.1%). Future SCforH dissemination would benefit from presentations at other international research conferences in the field of public health and sports science, such as “Annual Congresses of the European College of Sport Science - ECSS”, “Annual meetings of the International Society of Behavioral Nutrition and Physical Activity - ISBNPA”, and “International Congress on Physical Activity and Public Health - ICPAPH”. Additionally, to reach even wider audience, presence should also be increased at local conferences and at symposia of public health promoters and sport practitioners.

**FIGURE 5. DISTRIBUTION OF 'SCFORH-CITING' WEBSITES ACROSS DIFFERENT TYPES OF PROVIDERS**



Note: ACAD = General academic; BLOG = Personal blog; FOUN = Foundation; MED = Media; INST = Institution; ORG = Organisation/Association; PUBL = Publisher

**FIGURE 6. ESTIMATED NUMBER OF VISITS TO 'SCFORH-CITING' WEBSITES PER MONTH**

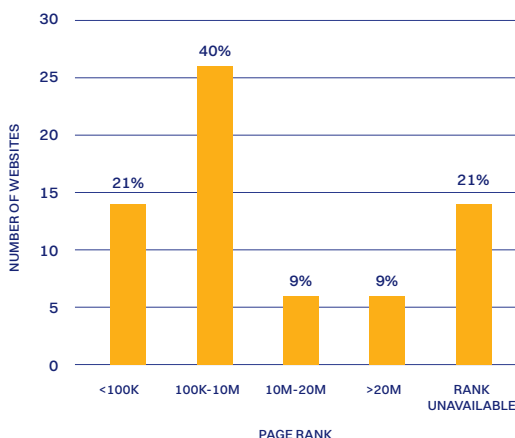


Note: Estimated using SimilarWeb.com; Averaged over the last 6 months

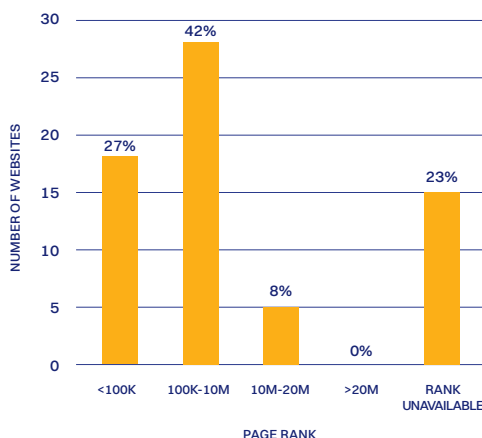
The 'SCforH-citing' non-academic items were published on 66 unique websites. Most of them were organisational websites (51.5%), followed by institutional (13.6%), mass media (13.6%), and academic websites (12.1%). To gain more publicity, actors in SCforH dissemination should seek to publish more on media websites, as they are likely to reach the widest audience.

For 30 websites, no estimates on the number of visits could be provided, as they were not yet included in the SimilarWeb.com database or their traffic was too low to provide credible estimates. Out of the remaining 36 websites, 13.9%, 33.3%, 25.0% and 27.8% counted less than 10 thousand, 10 to 100 thousand, 100 thousand to 1 million, and more than 1 million visits per month, respectively. It should be noted that these estimates are for the whole websites, and not exclusively for their sections where 'SCforH-citing' items were published. These figures show that a significant number of 'SCforH-citing' non-academic items were published on high traffic websites. Furthermore, the total number of websites in the world is around 1 billion. According to both SimilarWeb.com and Alexa.com, most websites that published 'SCforH-citing' items were ranked among the top 10 million, that is, top 1% of websites globally. The dissemination of SCforH concepts and outputs through popular websites with large readership and high traffic rates seems to be promising, and should be continued in the years to come.

**FIGURE 7. DISTRIBUTION OF 'SCFORH-CITING' WEBSITES BY GLOBAL POPULARITY (SIMILARWEB)**



**FIGURE 8. DISTRIBUTION OF 'SCFORH-CITING' WEBSITES BY GLOBAL POPULARITY (ALEXA)**



### 3.5. Geographical distribution

A total of 61 persons authored or co-authored 'SCforH-citing' academic documents (Table 4). Most of them were from the European Union (77.0%) or from the European continent (91.8%). Country-wise, the highest number of authors was found for Finland (31.1%), Switzerland (14.8%), United Kingdom (14.8%), Croatia (6.6%), and Australia (4.9%; Figure 9). In total, 13 out of 28 European Union member states were represented by the authorship of 'SCforH-citing' academic documents. Similar distributions were determined for the number of 'SCforH-citing' documents. Most of the academic documents were authored by one author or a group of authors from a single country (69.7%), and could, therefore, be credited to a given country. The remaining 30.3% publications involved authors from two or more countries and were, therefore, classified as "international" documents. The countries with most 'SCforH-citing' academic documents were Finland (30.3%), Croatia (6.1%), and Lithuania (6.1%; Figure 11).

The 'SCforH-citing' non-academic items were authored by a total of 84 persons or institutions (Table 4). Most of the authors/institutions were from the European Union (81.0%) or from the European continent (83.3%). The authors were from 14 European Union member states, Switzerland, and 6 non-European countries. The states with the greatest contribution to the authorship were Finland (33.3%), Italy (9.5%), Ireland (8.3%), Germany (4.0%), Netherlands (4.0%), and Sweden (4.0%; Figure 10). Furthermore, out of 143 published non-academic items, 81.8% can be attributed to the European Union. Two thirds of them were authored by Finnish (31.5%) and international organisations/groups of authors (33.6%), whilst the remaining third was split between Ireland (7.0%), Italy (5.6%), Belgium (3.5%), and other countries (18.8%; Figure 12).

**TABLE 4. DISTRIBUTION OF 'SCFORH-CITING' DOCUMENTS AND THEIR AUTHORS BY COUNTRY**

	Country	Academic literature				Non-academic items			
		Number of authors		Number of documents*		Number of authors**		Number of items*	
		N	%	N	%	N	%	N	%
EU member states	Austria	1	1.6	-	-	-	-	-	-
	Belgium	1	1.6	-	-	2	2.4	5	3.5
	Bulgaria	-	-	-	-	-	-	-	-
	Croatia	4	6.6	2	6.1	-	-	-	-
	Cyprus	-	-	-	-	-	-	-	-
	Czech Rep.	-	-	-	-	1	1.2	1	0.7
	Denmark	-	-	-	-	1	1.2	-	-
	Estonia	-	-	-	-	1	1.2	4	2.8
	Finland	19	31.1	10	30.3	28	33.3	45	31.5
	France	1	1.6	-	-	-	-	-	-
	Germany	2	3.3	1	3.0	3	3.6	1	0.7
	Greece	1	1.6	1	3.0	-	-	-	-
	Hungary	-	-	-	-	-	-	-	-
	Ireland	2	3.3	1	3.0	7	8.3	10	7.0
	Italy	2	3.3	1	3.0	8	9.5	8	5.6
	Latvia	-	-	-	-	-	-	-	-
	Lithuania	2	3.3	2	6.1	-	-	-	-
	Luxembourg	-	-	-	-	-	-	-	-
	Malta	-	-	-	-	-	-	-	-
	Netherlands	2	3.3	1	3.0	3	3.6	4	2.8
Poland	-	-	-	-	1	1.2	1	0.7	
Portugal	-	-	-	-	-	-	-	-	

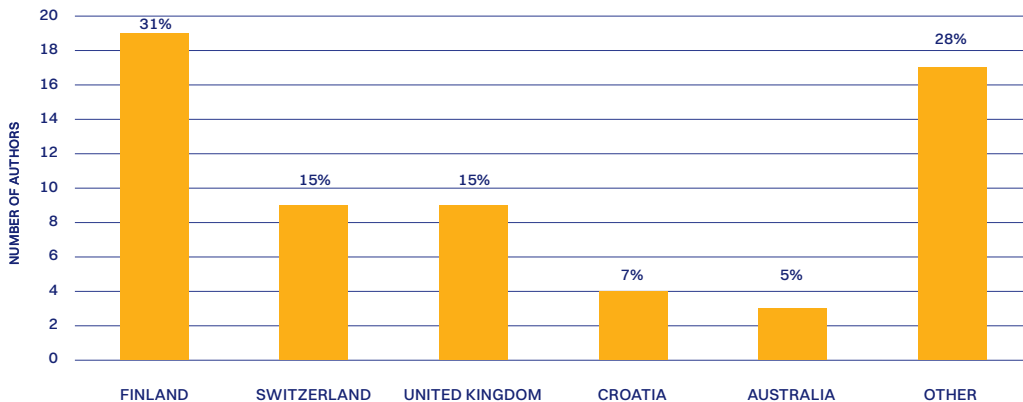
EU member states	Romania	-	-	-	-	1	1.2	1	0.7
	Slovakia	-	-	-	-	-	-	-	-
	Slovenia	-	-	-	-	-	-	-	-
	Spain	-	-	-	-	2	2.4	2	1.4
	Sweden	1	1.6	1	3.0	3	3.6	4	2.8
	United Kingdom	9	14.8	1	3.0	2	2.4	2	1.4
Non-EU member states	Australia	3	4.9	-	-	-	-	-	-
	Brazil	-	-	-	-	1	1.2	1	0.7
	Cambodia	-	-	-	-	1	1.2	1	0.7
	Iran	-	-	-	-	1	1.2	1	0.7
	Pakistan	-	-	-	-	1	1.2	1	0.7
	Qatar	2	3.3	1	3.0	-	-	-	-
	South Africa	-	-	-	-	1	1.2	1	0.7
	Switzerland	9	14.8	1	3.0	1	1.2	1	0.7
	USA	-	-	-	-	1	1.2	1	0.7
	International	-	-	10	30.3	14	16.7	48	33.6
<b>Overall</b>	<b>61</b>	<b>100.0</b>	<b>33</b>	<b>100.0</b>	<b>84</b>	<b>100.0</b>	<b>143</b>	<b>100.0</b>	

\* Number of documents with all authors from a given country

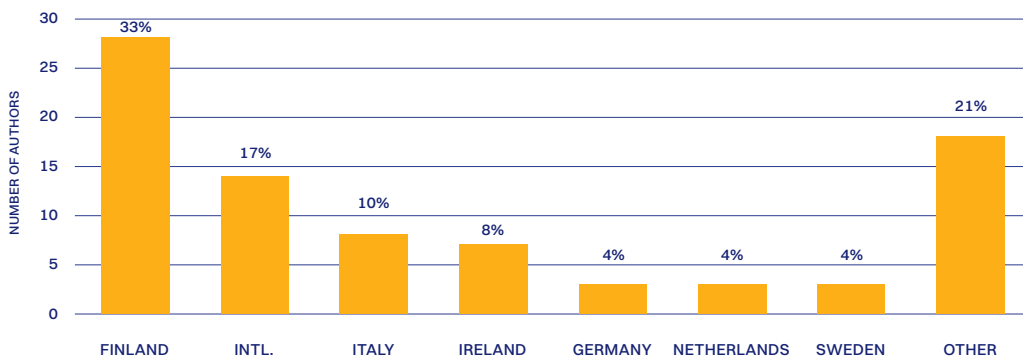
\*\* Includes persons or institutions as authors

All 12 countries involved in either 'SCforH 2009-11' or 'SCforH 2015-17' project contributed to 'SCforH-citing' publications. Out of the remaining 16 European Union member states, only 7 (43.8%) were involved in publishing academic and/or non-academic documents in this space. This indicates that the partnership of a given country in the SCforH projects was a significant predictor of its contribution to SCforH dissemination through published media. Finnish and international authors and organisations played by far the greatest role in this mode of dissemination. This is not surprising, because out of 32 partner or supporting organisations in the 'SCforH 2009-11' and 'SCforH 2015-17' projects, 13 (40.6%) were Finnish and 5 (15.6%) were international.

**FIGURE 9. NUMBER OF AUTHORS OF 'SCFORH-CITING' ACADEMIC LITERATURE BY COUNTRY**



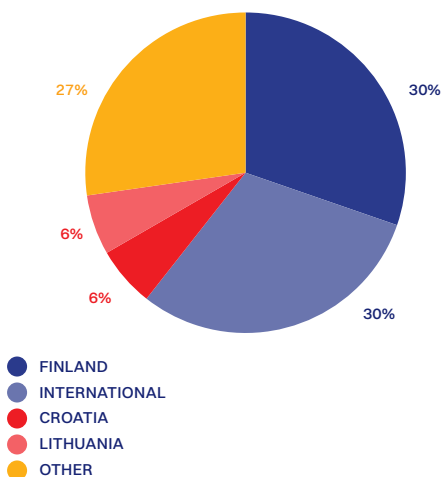
**FIGURE 10. NUMBER OF AUTHORS OF 'SCFORH-CITING' NON-ACADEMIC ITEMS BY COUNTRY**



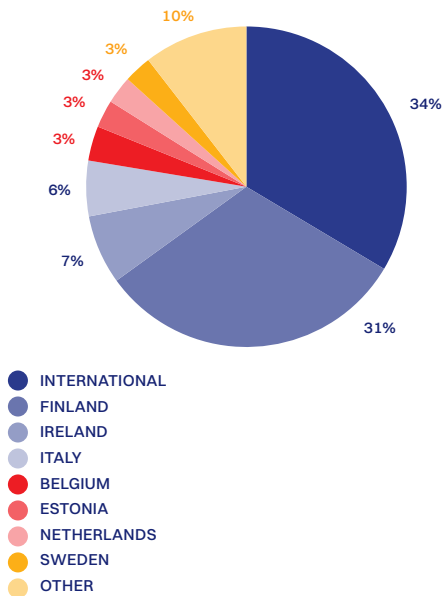
Note: Intl. = international



**FIGURE 11. DISTRIBUTION OF 'SCFORH-CITING' ACADEMIC DOCUMENTS BY COUNTRY**



**FIGURE 12. DISTRIBUTION OF 'SCFORH-CITING' NON-ACADEMIC ITEMS BY COUNTRY**



To achieve a more balanced SCforH dissemination across the European Union member states, it seems that future SCforH international collaborative projects should include more partner institutions from underrepresented countries. This recommendation particularly refers to Austria, Bulgaria, Cyprus, Denmark, France, Greece, Hungary, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Portugal, Romania, Slovakia, and Slovenia, as they have not yet been involved as partners in SCforH projects.

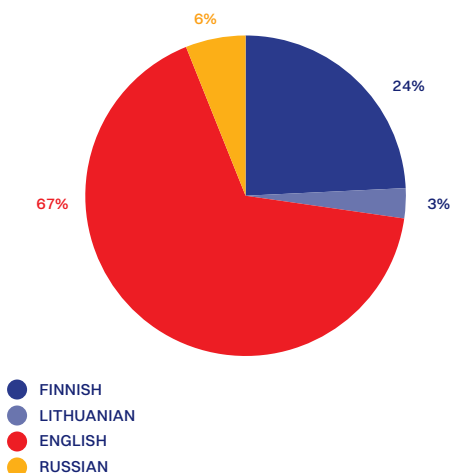
### 3.6. Languages

The distribution of 'SCforH-citing' documents by language seems to be even less balanced than the geographical distribution. The vast majority of academic and non-academic documents (90.9% and 84.6%, respectively) were in English and Finnish (Table 5). The remaining academic documents were published in Lithuanian (3.0%) and Russian (6.1%), whilst there was no representation of other languages. A larger number of languages was found among non-academic items. In addition to English and Finnish, they also included Czech (0.7%), Dutch (0.7%), Estonian (2.8%), Flemish (0.7%), German (0.7%), Italian (5.6%), Persian (0.7%), Polish (0.7%), Spanish (1.4%), and Swedish (1.4%). Taking into account that English is preferred in more and more spheres of scholarly communication, it would be unrealistic to expect much greater variability in language representation among 'SCforH-citing' academic documents. However, with far less language restrictions, non-academic items should have had more balanced distribution across European languages. According to TNS Opinion & Social (177), 13% of the European Union citizens are native English speakers, whilst 38% speak English as a foreign language. Efforts should be made to improve the representation of non-English languages in the 'SCforH-citing' publications, because it is obvious that the target audience may not necessarily always be English speakers.

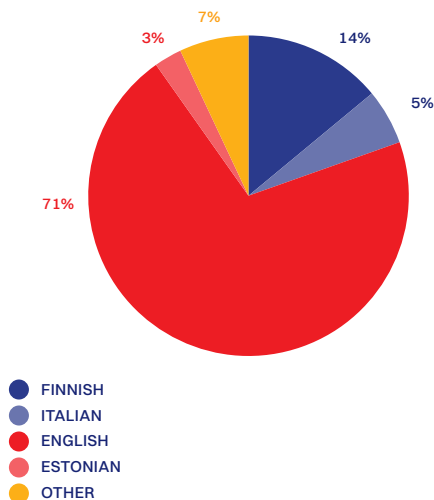
**TABLE 5. DISTRIBUTION OF 'SCFORH-CITING' DOCUMENTS BY LANGUAGE**

<b>Language</b>	<b>Academic literature</b>		<b>Non-academic items</b>	
	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
Czech	-	-	1	0.7
Dutch	-	-	1	0.7
English	22	66.7	101	70.6
Estonian	-	-	4	2.8
Finnish	8	24.2	20	14.0
Flemish	-	-	1	0.7
German	-	-	1	0.7
Italian	-	-	8	5.6
Lithuanian	1	3.0	-	-
Persian	-	-	1	0.7
Polish	-	-	1	0.7
Russian	2	6.1	-	-
Spanish	-	-	2	1.4
Swedish	-	-	2	1.4

**FIGURE 13. DISTRIBUTION OF 'SCFORH-CITING' ACADEMIC DOCUMENTS BY LANGUAGE**



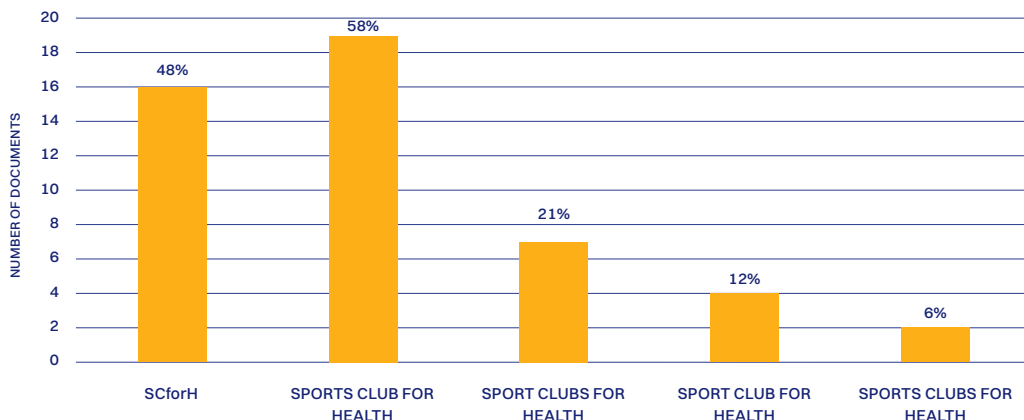
**FIGURE 14. DISTRIBUTION OF 'SCFORH-CITING' NON-ACADEMIC ITEMS BY LANGUAGE**



### 3.7. Keywords

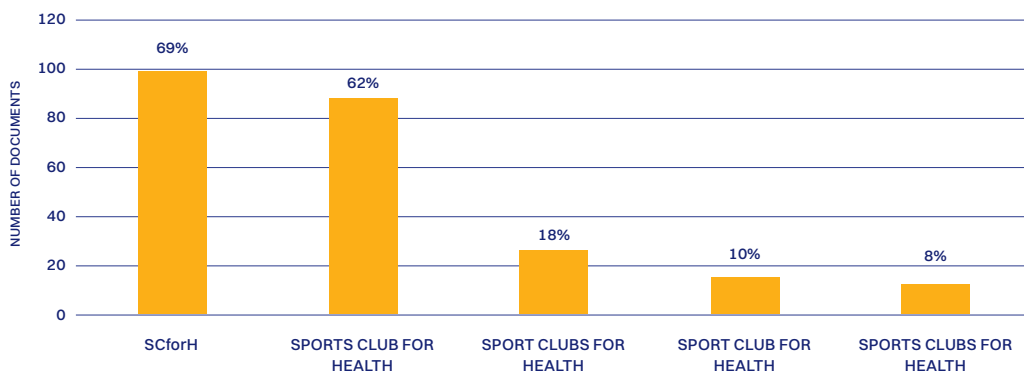
Most academic publications used the official SCforH title and/or abbreviation, that is, 'Sports club for health' (57.6%) and 'SCforH' (48.5%), respectively (Figure 15). However, a substantial number of publications used slightly altered SCforH-related keywords, such as "Sport clubs for health" (21.2%), "Sport club for health" (12.1%), and "Sports clubs for health" (6.1%). Likewise, a majority of non-academic items used the official keywords - 'Sports club for health' (61.5%) and 'SCforH' (69.2%) (Figure 16), but many also used "Sport clubs for health" (18.2%), "Sport club for health" (10.5%), and "Sports clubs for health" (8.4%). It is interesting that the inconsistent use of these keywords was found even among some official SCforH publications and documents authored by core members of the HEPA Europe SCforH working group. Efforts should be made to standardise the use of SCforH keywords in future publications. Standardised use of SCforH keywords would contribute to creating a distinctive brand identity, and simplify future academic literature searches on SCforH-related topics.

**FIGURE 15. THE USE OF SCFORH-RELATED KEYWORDS IN ACADEMIC LITERATURE**



Note: The percentages do not add up to 100%, because more than one keyword may have been used per document

**FIGURE 16. THE USE OF SCFORH-RELATED KEYWORDS IN NON-ACADEMIC ITEMS**



Note: The percentages do not add up to 100%, because more than one keyword may have been used per document

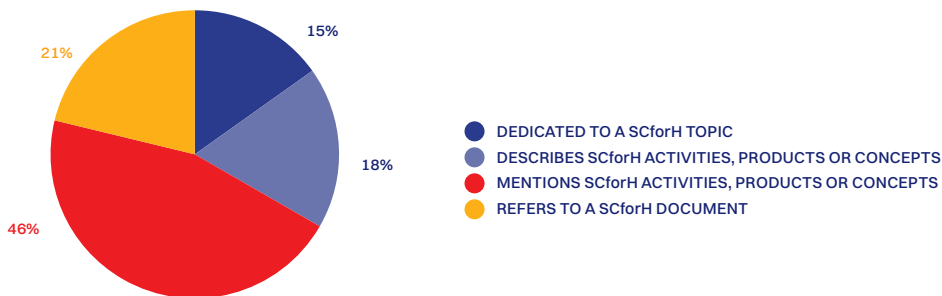
### 3.8. Content

To evaluate the SCforH dissemination efforts and their outcomes, it is also important to get insight into the content of the ‘SCforH-citing’ documents. The context in which each individual document mentioned or discussed SCforH-related topics is provided in Tables 6 and 7. Additionally, in the following text we analysed the general scope and coverage of SCforH-related topics in ‘SCforH-citing’ academic and non-academic documents.

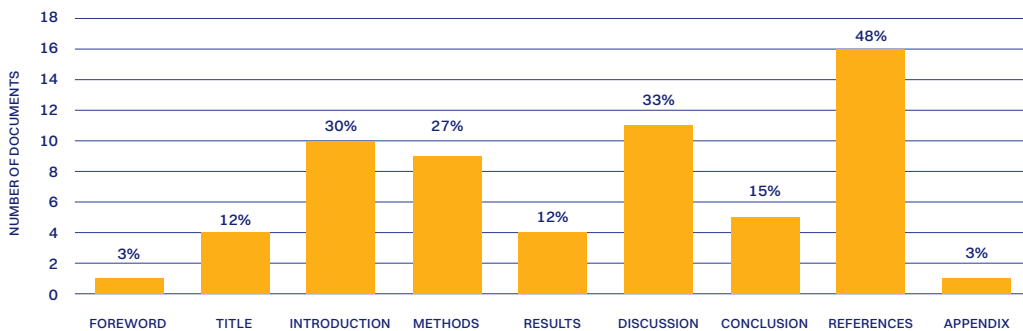
SCforH concepts, activities, and/or outputs were the main topic of 15.2% of ‘SCforH-citing’ academic documents (Figure 17). Typical examples of such publications include: Kokko et al. (72) paper with a description of ‘SCforH 2015-17’ project; Pedisic et al. (110) study that investigated the relative importance of 23 indicators of SCforH programmes implementation; and Kokko et al. (74) paper that presented the SCforH framework for establishing health profiles of sport disciplines. Slightly higher number of academic publications (18.2%) focused on

'non-SCforH' topics, but described SCforH concepts, activities, and/or outputs within their text. For example, Bauman et al. (13) wrote about the role of sport in increasing population physical activity levels, and briefly described the purpose of the SCforH guidelines. Kornbeck (77) wrote about sport policies in the European Union, and briefly described the 'SCforH 2009-11' project. Geidne (44) investigated the potential of non-governmental organisations as a setting for health promotion and briefly described SCforH concepts. Furthermore, the largest number of academic publications (45.5%) mentioned but did not describe SCforH concepts, activities, and/or outputs. For instance, Cingiene and Laskiene (19) listed the 'SCforH 2009-11' project among the projects funded by the European Commission to promote HEPA. Al-Kuwari and Ibrahim (7) mentioned the SCforH initiative as an example of the contribution of sports medicine sector to physical activity promotion. Lane and Murphy (89) mentioned the SCforH guidelines as a document that identified sports clubs as a new and important setting for health promotion. Furthermore, the remaining 21.2% of academic publications only referred to SCforH documents. For example, Kokko et al. (73) referred to SCforH guidelines as a source of examples of external funding schemes that may support sports clubs in implementing health promotion activities. Koski (80) cited the SCforH guidelines to support the statement that sports clubs as a civic organisations provide an important link between private and public sectors. Kettunen (71) used the SCforH guidelines to define terms and concepts, such as 'sports clubs', 'health promotion', and 'health-enhancing physical activity'.

**FIGURE 17. DISTRIBUTION OF 'SCFORH-CITING' ACADEMIC DOCUMENTS BY THEIR SCOPE**



**FIGURE 18. DISTRIBUTION OF ACADEMIC DOCUMENTS BY SECTIONS THAT MENTION SCFORH**

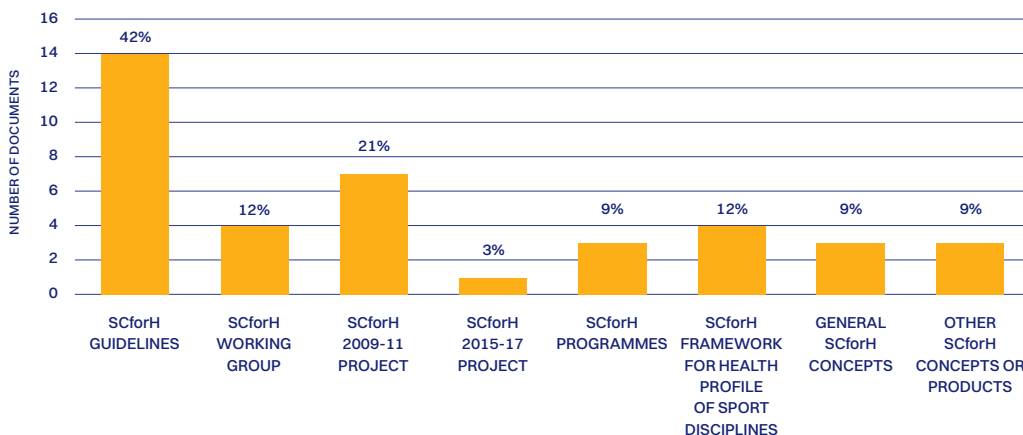


Note: The percentages do not add up to 100%, because SCforH keywords may have been used in more than one section of a single document

The generally standardised structure of academic publications also allowed us to analyse in which sections were SCforH concepts, activities, and outputs mentioned or discussed. As seen in Figure 18, academic documents most often referred to SCforH in their discussion (33.3%), introduction (30.3%), and methods (27.3%) sections, and/or listed SCforH publications among their references (48.5%). Mentions of SCforH were somewhat less frequent in the title (12.1%), results (12.1%), and conclusions (15.2%), whilst in hardly any documents they were found in foreword or appendix (3% for both).

The largest number of academic documents wrote about, mentioned, and/or referred to the SCforH guidelines (42.4%), whilst other SCforH-related topics were significantly less represented (Figure 19). Specifically, 'SCforH 2009-11' project was discussed, mentioned and/or cited in 21.2%, HEPA Europe SCforH working group and SCforH framework for health profiles of sport disciplines both in 12.1%, general SCforH concepts and SCforH programmes both in 9.1%, 'SCforH 2015-17' project in 3.0%, and other SCforH concepts and outputs in 9.1% of academic documents.

**FIGURE 19. DISTRIBUTION OF SCFORH TOPICS ACROSS 'SCFORH-CITING' ACADEMIC DOCUMENTS**



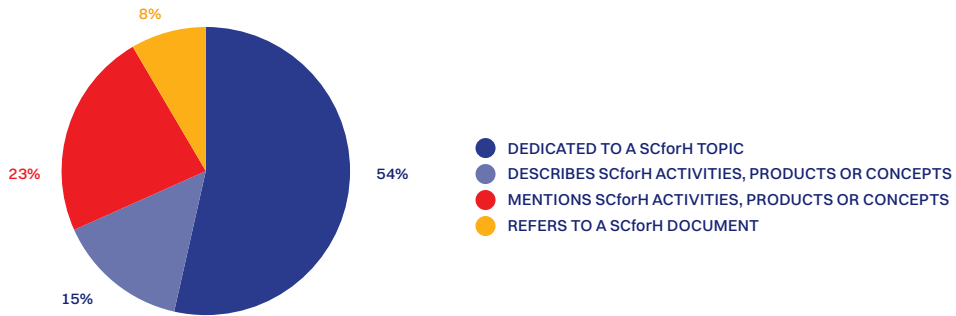
Note: The percentages do not add up to 100%, because more than one SCforH-related topic may have been mentioned or discussed in a single document

The popularity of SCforH guidelines in academic circles calls for their periodic updates, to keep up with changes in sport-related policies and practices and emerging public health challenges. HEPA Europe SCforH working group and future SCforH projects should also aim to publish more academic documents that are primarily focused on SCforH-related topics, as they may facilitate scholarly discussions, and, in that way, further contribute to SCforH dissemination.

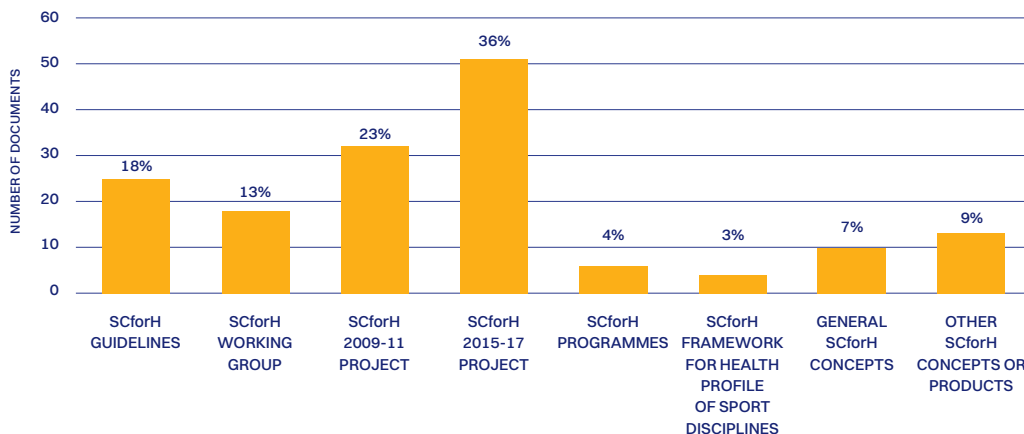
Furthermore, Figure 20 shows that somewhat more than half (53.5%) of 'SCforH-citing' non-academic items were focused on SCforH concepts, activities, and/or outputs as their main topics. Typical examples are: a news article about the participation of ENGSO in the 'SCforH 2015-17' project published on ENGSO's website (20); a brief overview of SCforH guidelines and HEPA Europe SCforH working group activities published on the Global Physical Activity Network website (45); and SCforH factsheet in Finnish published on the Equestrian Federation of Finland website (26). Non-academic publications focusing on 'non-SCforH' topics, but describing SCforH concepts, activities, and/or outputs within their text were much

less frequent (14.8%). For example, SCforH working group activities were summarised in the annual HEPA meeting report from Zurich, Switzerland (176); the European Commission provided a brief description of the ‘SCforH 2015-17’ project within the list of Erasmus+ Collaborative Partnerships projects approved for funding in 2014 (34); and the European Commission listed the implementation of SCforH guidelines as one of the indicators for evaluation of HEPA levels and policies in the European Union, and provided a detailed description of the indicator, including its definition and operationalisation (36). Almost a quarter of non-academic items (23.2%) mentioned SCforH concepts, activities, and/or outputs without providing their further descriptions. For example: an announcement by the Centre for International Mobility that listed “Promoting national implementation for SCforH programs in EU member states” as a topic of the seminar entitled “Erasmus+ Sport and Sports sector” (17); Belgian fact sheet on HEPA in which the European Commission and WHO Regional office for Europe provided information on the progress of Flemish community in implementing the SCforH guidelines (177); and a news article by Epode Umbria Region Obesity Intervention Study (EUROBIS) acknowledging the SCforH guidelines as the foundation for their “Sports federations for health” programme (25). The remaining 8.5% of non-academic items only cited SCforH documents. For example, the Public Health Department of Basque Government (114) cited the SCforH guidelines in their summary of good practice for promoting physical activity; the University of Turku (161) listed the SCforH guidelines among selected publications on general education themes; and U.O. 2 - Regione Piemonte (163) listed the SCforH guidelines among references of their project proposal entitled “From Words to Action.”

**FIGURE 20. DISTRIBUTION OF ‘SCFORH-CITING’ NON-ACADEMIC ITEMS BY THEIR SCOPE**



**FIGURE 21. DISTRIBUTION OF SCFORH TOPICS ACROSS 'SCFORH-CITING' NON-ACADEMIC ITEMS**



Note: The percentages do not add up to 100%, because more than one SCforH-related topic may have been mentioned or discussed in a single document

The most prevalent SCforH-related topics across non-academic items were the 'SCforH 2015-17' project (35.9%) and 'SCforH 2009-11' project (22.5%; Figure 21). A substantial number of non-academic items also wrote about, mentioned, and/or referred to the SCforH guidelines (17.6%) and HEPA Europe SCforH working group (12.7%). Least common topics were SCforH programmes (4.2%), SCforH framework for health profiles of sport disciplines (2.8%), general SCforH concepts (7.0%), and other SCforH concepts and outputs (9.2%).

The high proportion of non-academic items that are primarily focused on SCforH-related topics is probably favourable to successful SCforH dissemination. All parties involved in this process should, therefore, be encouraged to maintain such good practice in the coming years. By contrast, the distribution of SCforH-related topics across 'SCforH-citing' non-academic items requires further improvement. Advertising the SCforH guidelines and promoting general SCforH concepts should hereafter be prioritised, because their implementation in sports clubs is the ultimate goal of the SCforH movement.



## 4. Findings for the period from 2016 to 2022

In the updated search, we found a total of 20 publications written as part of the SCforH 2015-17 and SCforH 2020-22 projects (Supplementary table 3). In 2017, as part of the SCforH 2015-17 project, the most recent version of SCforH guidelines was published (5). The book includes definitions of SCforH concepts, guiding SCforH principles, overview of health benefits of sport and physical activity, recommended pathways and steps for implementation of SCforH programmes in sports clubs, and considerations for different age groups. Within the same project, an Electronic Toolkit for sports clubs and associations was also developed (181). The toolkit contains practical recommendations and examples of good practice for the implementation of SCforH approach. Other outputs of the SCforH 2015-17 were a scientific article on the contribution of sports participation to overall physical activity among children and adolescents with data from six European countries (182) and several conference abstracts, one of which, for example, presents findings of a multifaceted evaluation of dissemination efforts to promote SCforH guidelines (183).

The first published output of the SCforH 2020-22 was the SCforH textbook (184). In this publication, the SCforH guidelines are presented in simple terms, to make the text accessible to a wider audience. As part of the SCforH 2020-22 project, the SCforH consortium published 13 book chapters, 12 as part of this edited book (1, 2, 185-193) and 1 as part of the book called “Handbook of settings-based health promotion” (194). The book chapters cover a range of topics relevant to the SCforH movement and the European context in which it has developed. Another extensive publication from this project are SCforH country cards (195) which contain information on the promotion of health-enhancing physical activity and SCforH approach in 36 European countries. The remaining publications from the project include two academic reports on the awareness and use of SCforH guidelines in Europe (196, 197), four journal articles covering a range of topics relevant to SCforH (198-201), and six abstracts presented at conferences (202-207). A highlight of the scientific output of SCforH 2020-22 project is the systematic review of health benefits associated with different sports (198). The findings of the review were based on 136 papers from 65 intervention trials and 30 cohort studies.

There is a clear increasing trend in the number of academic publications produced as part of the SCforH projects. Part of the reason for this may be the constantly growing number of contributors to the SCforH consortium (1). Not just the number of SCforH-related publications is increasing but also their extensiveness. In the SCforH literature, there are now several different types of publications, from articles published in scientific journals that are primarily intended for the academic audience to a textbook that is primarily intended for sport practitioners, as well as from short communications such as conference abstracts to comprehensive texts such as an edited book.

In the period from 2016 to 2022, the SCforH consortium also published a large number of posts on social media, including Facebook, Instagram, Twitter, and YouTube. The SCforH Twitter profile was created in June 2017, and it currently includes a total of 145 tweets. By the number of posts, Twitter has been the most prolific of the four SCforH social media profiles. Other non-academic SCforH-related publications include a range of news on the official SCforH website and websites of partners in the SCforH projects.

## 5. Conclusion

Based on the findings of this literature review, it can be concluded that the future SCforH dissemination strategies should: [i] aim to maintain the diversity of SCforH publications; [ii] maintain a high proportion of non-academic publications that are primarily focused on SCforH-related topics and further increase the presence on some of the popular social media websites, such as YouTube; [iii] increase media presence in the periods between funded projects; [iv] motivate tertiary education teachers in sports science and public health to include SCforH-related topics in their curricula, to increase the number of doctoral and masters's theses that conduct studies in relation to SCforH and cite SCforH documents; [v] encourage presentations of SCforH-related topics in a wider range of international conferences in the fields of health promotion and sports science; [vi] encourage presentations of SCforH-related topics on local scientific conferences and symposia of public health promoters and sport practitioners; [vii] achieve a more balanced SCforH dissemination across the European Union member states, potentially by including partners from additional countries in the future SCforH projects; [viii] increase the representation of non-English languages in SCforH-related publications; [ix] standardise the use of SCforH keywords, especially within the SCforH consortium; [x] encourage researchers to publish more academic documents that are primarily focused on SCforH-related topics; and [xi] prioritise the promotion of SCforH guidelines and general SCforH concepts, because their implementation in sports clubs is the ultimate goal of the SCforH movement.

# Annex

**SUPPLEMENTARY TABLE 1. 'SCFORH-CITING' ACADEMIC PUBLICATIONS**

Authors	Year	Type	Manuscript sections	Context	Short link	Source	Keywords
Kokko, S. Koski, P., Oja, P. Savola, J. Hämäläinen T. Geidne, S. Lane, A. Hartmann, H. Seghers, J. Pedisic, Z. Livson, M. Nikulainen, P.	2015	Conference abstract	Title Introduction Methods Results Discussion Conclusion References	The abstract is an overview of 'SCforH 2015-17' project background, funding, partners, aims and expected outcomes.	<a href="https://tinyurl.com/544fjtyy">https://tinyurl.com/544fjtyy</a>	6th Conference of HEPA Europe	SCforH; sports club for health
Vara, S.	2015	Master's thesis	References (Citation in chapter "Finnish club activities and their role in children's well-being")	The thesis discusses factors influencing children's participation in football. "Social capital and sports clubs" chapter (author: Koski, P.) from Kokko et al. (2009) is mentioned in its section about the importance of Finnish sports clubs for children's well-being.	<a href="https://goo.gl/Lu4JRN">https://goo.gl/Lu4JRN</a>	Google Scholar	SCforH; sports club for health
Bauman, A. Titze, S. Oja, P.	2014	Journal article	Discussion References	The paper discusses the role of sport in increasing population physical activity levels. It describes the SCforH guidelines as an initiative motivated by the EU's "White Paper on Sport." It also briefly describes the purpose of the SCforH guidelines.	<a href="http://goo.gl/fSWqQY">http://goo.gl/fSWqQY</a>	Google Scholar	sports club for health
Heimer, S.	2014	Conference paper	Discussion	The paper is an introduction to a symposium that proposed a postgraduate course on 'health kinesiology'. The author mentioned SCforH programmes in the table entitled "Kinesiology and health system parallel operative cooperation levels."	<a href="http://goo.gl/XQS3kl">http://goo.gl/XQS3kl</a>	Google Scholar	sport clubs for health
Itkonen, H. Kokko, S.	2014	Book chapter	References (Citation in section "Organised sports and physical activity")	The book chapter entitled "Health promotion: a community challenge" discusses societal aspects of health promotion in Finland. "Social capital and sports clubs" chapter (author: Koski, P.) from Kokko et al. (2009) is mentioned in its section about organised sports and physical activity.	<a href="http://goo.gl/b6245F">http://goo.gl/b6245F</a>	Google Scholar	sport club for health

Kettunen, E.	2014	Master's thesis	References (Citations in sections "Definition of key concepts" and "Sport clubs as promoters of health and physical activity")	The thesis discusses health promotion activities in sports clubs. Definitions from SCforH guidelines were used to describe key terms and concepts such as 'sports clubs', 'health promotion', and 'health-enhancing physical activity'.	<a href="https://goo.gl/uX4e0P">https://goo.gl/uX4e0P</a>	Google Scholar	sports club for health
Kokko, S.	2014	Journal article	References (Citation in section "Guidelines for policy development")	The paper proposes guidelines for youth sports clubs to develop, implement, and assess health promotion within its activities. The author refers to SCforH guidelines as a source of examples of external funding schemes that may support sports clubs in implementing health promotion activities.	<a href="http://goo.gl/mCrtal">http://goo.gl/mCrtal</a>	SCOPUS; Google Scholar	sports club for health
Laskiene, S. Cingiene, V.	2014	Conference paper	Discussion	The paper discusses the importance of intersectoral collaboration for physical activity promotion. 'SCforH 2009-11' project was listed among European Union funded projects related to HEPA promotion in the sports area.	<a href="http://goo.gl/A2w4qT">http://goo.gl/A2w4qT</a>	Google Scholar	SCforH; sport clubs for health
Cingiene, V. Laskiene, S.	2014	Journal article	Results	The paper discusses about the Lithuanian promotion of public health through sports. 'SCforH 2009-11' project was listed among the projects funded by the European Commission to promote HEPA and meet objectives of its 'Action Plan'.	<a href="https://goo.gl/uEsR5C">https://goo.gl/uEsR5C</a>	Google Scholar	SCforH; sport clubs for health
Martin-Diener, E. Kahlmeier, S. Vuillemin, A. van Mechelen, W. Vasankari, T. Racioppi, F. Martin, B.W.	2014	Journal article	Discussion References	In the paper entitled "10 years of HEPA Europe: what made it possible and what is the way into the future?" the preliminary report on SCforH guidelines (Kokko et al. 2009) was mentioned as one of the key products of HEPA Europe. The authors also listed the HEPA Europe SCforH working group in a table showing activities that are part of the HEPA Europe work programme.	<a href="http://goo.gl/B7RqAS">http://goo.gl/B7RqAS</a>	SCOPUS; Google Scholar	SCforH; sports clubs for health; sports club for health
Pedusic, Z. Jurakic, D. Heimer, S. Foster, C. Rakovac, M. Oja, P.	2014	Conference abstract	Title Introduction Methods Discussion Conclusion	The SCforH guidelines provided 20 indicators for the evaluation of the quality of implementation of SCforH programmes in sports clubs. This abstract investigated the relative importance of these indicators, as assessed by 10 HEPA experts.	<a href="http://goo.gl/vq5qus">http://goo.gl/vq5qus</a>	Google Scholar; 5th Conference of HEPA Europe	SCforH; sports club for health

Vuillemin, A. Kahlmeier, S. van Mechelen, W. Racioppi, F. Vasankari, T.	2014	Journal article	Discussion References	The paper is an overview of HEPA Europe network. It provides a brief description of HEPA Europe SCforH working group aims and activities, and mentions the SCforH guidelines.	<a href="http://goo.gl/HedMxg">http://goo.gl/HedMxg</a>	Google Scholar	sports club for health
Al-Kuwari, M.G. Ibrahim, I.	2013	Journal article	Discussion	The paper discusses the role of sport sector in promoting health-enhancing physical activity. It mentions the SCforH initiative as an example of the contribution of sports medicine sector to the promotion of physical activity.	<a href="http://goo.gl/U3d7wv">http://goo.gl/U3d7wv</a>	Personal database	Sports club for health
Kornbeck, J.	2013	Book	Discussion	The book discusses sport policy matters in the European Union, particularly with regards to doping prevention and the promotion of health-enhancing physical activity. 'SCforH 2009-11' project was listed and briefly described among the projects funded by the European Commission.	<a href="https://goo.gl/cRWg0w">https://goo.gl/cRWg0w</a>	Personal database	SCforH; sport clubs for health;
Lane, A. Murphy, N.	2013	Conference abstract	References (Citation in the introduction section)	The abstract presented the Gaelic Athletic Association 'Healthy Club' initiative. It mentions SCforH guidelines as a document that identified sports clubs as a new and important setting for health promotion.	<a href="https://goo.gl/bTkcXx">https://goo.gl/bTkcXx</a>	Google Scholar; 4th Conference of HEPA Europe	sports clubs for health
Marsalo, T.	2013	Master's thesis	Methods	The thesis examined participation in golf and other physical activities among senior golf players in Finland. It mentions that the data was collected as part of a survey on health profile of Finnish golf players conducted within the SCforH programme organised by the Finnish Sports Federation.	<a href="https://goo.gl/24gSw5">https://goo.gl/24gSw5</a>	Google Scholar	sports club for health
Talbot, M. Haag, H. Keskinen, K.	2013	Book	Introduction (Biographies)	The book discusses a variety of topics in sports science. The 'SCforH 2009-11' project is mentioned within the biography of Dr Sami Kokko, who authored a chapter of the book.	<a href="http://goo.gl/b7lqzN">http://goo.gl/b7lqzN</a>	Google Scholar	sports club for health
Romeo-Velilla, M. Beynon, C. Murphy, R.C. McGee, C.E. Hilland, T.A. Parnell, D. Stratton, G. Foweather, L.	2013	Journal article	References (Citation in the introduction section)	The paper is an evaluation of a UK smoking prevention intervention implemented in five youth sports clubs in deprived communities. SCforH guidelines were cited to support the statement that sport and recreation clubs have previously been proposed as a setting to embed public health promotion into everyday activities.	<a href="http://goo.gl/WlJEzG">http://goo.gl/WlJEzG</a>	Personal database	Sports club for health

Titze, S. Merom, D. Rissel, C. Bauman, A.	2013	Journal article	Discussion References	The paper discusses the prevalence of cycling for exercise, recreation or sport among Australian adults. It mentions the SCforH guidelines and briefly describes the SCforH concept.	<a href="http://goo.gl/4EYRG1">http://goo.gl/4EYRG1</a>	SCOPUS; Google Scholar	sports club for health
Geidne, S.	2012	Doctoral thesis	Introduction References	This thesis examined the potential of non-governmental organisations as a setting for health promotion, particularly with regards to preventing alcohol misuse. The author mentions the 'SCforH 2009-11' project and briefly describes the SCforH concept.	<a href="http://goo.gl/vE3w8K">http://goo.gl/vE3w8K</a>	Google Scholar	SCforH; sports club for health; sports clubs for health
Huhtanen, E.	2012	Master's thesis	Foreword Introduction Appendix	This thesis aimed to develop a health profile of water sports in Finland. The author acknowledged that the thesis is part of the SCforH programme organised by the Finnish Sports Federation.	<a href="http://goo.gl/5SpVSJ">http://goo.gl/5SpVSJ</a>	Google Scholar	sport club for health; sports club for health
Hyttinen, A.	2012	Master's thesis	Introduction	This thesis aimed to develop a health profile of equestrian sports. The author acknowledged that the thesis is part of the SCforH programme organised by the Finnish Sport for All Association.	<a href="http://goo.gl/dM1v42">http://goo.gl/dM1v42</a>	Google Scholar	sports club for health
Koski, P.	2012	Journal article	References (Citation in the section "Introduction - an overview of Finnish sport policy")	The paper discusses how changes in Finnish sports clubs since 1985 informed sport policy. The SCforH guidelines were cited to support the statement that sport clubs as a civic organisations provide an important link between private and public sectors.	<a href="http://goo.gl/qTVraJ">http://goo.gl/qTVraJ</a>	SCOPUS; Google Scholar	SCforH; sports club for health;
Viitanen, E.	2012	Master's thesis	Introduction References	The thesis explored the prevalence of sport club membership and reasons for exercise among 13 and 15 year old boys and girls. The author mentioned the 'SCforH 2009-11' project, and briefly described the SCforH guidelines.	<a href="https://goo.gl/fMZCqe">https://goo.gl/fMZCqe</a>	Google Scholar	sports club for health
Gottin, M.	2011	Conference abstract	Methods	The abstract described a project aimed at promotion of Nordic walking. The author stated that the project was undertaken according to the SCforH concepts.	not available	3rd Conference of HEPA Europe	SCforH
Heimer, S.	2011	Conference paper	Conclusion	The paper discusses the partnership between HEPA and sport-recreation sectors. The author mentioned SCforH programmes in the table entitled "HEPA and SRM parallel operative cooperation levels."	<a href="http://goo.gl/B47oA7">http://goo.gl/B47oA7</a>	Google Scholar	sport clubs for health

Kokko, S. Oja, P. Koski, P. Laalo-Häikiö, E. Savola, J.	2011a	Conference abstract	Title Introduction Methods Results Conclusion	This abstract mentioned HEPA Europe SCforH working group and gave an overview of 'SCforH 2009-11' project and SCforH guidelines.	not available	3rd Conference of HEPA Europe	SCforH; sports club for health
Kokko, S. Laalo-Häikiö, E. Heinonen, A.	2011b	Conference abstract	Methods	This abstract presented the SCforH framework for establishing health profiles of sport disciplines.	not available	3rd Conference of HEPA Europe	SCforH; sports club for health
Pluim, B.M.	2011	Master thesis	Introduction References	The thesis is a qualitative study about barriers and enablers of the development of 'healthy tennis clubs' in the Netherlands. It mentions the SCforH guidelines as an example of health promotion initiatives in sports clubs.	<a href="http://goo.gl/OhyrMR">http://goo.gl/OhyrMR</a>	Personal database	SCforH; sports club for health; sports clubs for health
Chatzigianni, E.	2010	Journal article	Methods	The article discusses sport lobbying in the European Union. The TAFISA's SCforH workshop in Helsinki, Finland in 2008, was mentioned as an example of successful lobbying activities by grassroots sport associations.	<a href="http://goo.gl/eIDq2t">http://goo.gl/eIDq2t</a>	Personal database	sports club for health
Savola, J. Pönkkö, P. Heino, M.	2010	Book	References	The book discusses how to create active municipalities. Among the references, the authors listed Kokko et al. (2009) report on preliminary SCforH guidelines.	<a href="http://goo.gl/kDmozl">http://goo.gl/kDmozl</a>	Personal database	SCforH; sports club for health
Wanner, M. Kahlmeier, S. Zimmermann-Sloutskis, D. Stamm, H. Nützi, C. Mahler, N. Mäder, U. Martin, B.W.	2010	Conference abstract	Methods Results	The abstract is a review of the role of sport in physical activity promotion in Switzerland. Among other, the authors reviewed international activities of HEPA Europe SCforH working group, and mentioned the development of the SCforH guidelines.	not available	2nd Conference of HEPA Europe	sport clubs for health
Savola, J.	2008	Conference abstract	Title Introduction Methods Discussion Conclusion	The abstract gives an overview of preliminary SCforH guidelines.	not available	1st Conference of HEPA Europe	SCforH; sports club for health; sport club for health; sports clubs for health

Note: Some links may be broken. To work as intended, some URLs may need to be copied into the web browser address bar.

**SUPPLEMENTARY TABLE 2. 'SCFORH-CITING' NON-ACADEMIC ITEMS**

Publisher	Year	Type	Context	Short link	Source	Keywords
Adams, G. via www.leargas.blogspot.hr	2015	Blog post	The article indicates that the 'Healthy Club' project was invited to participate in a European health promotion initiative within the SCforH framework.	<a href="http://goo.gl/MpmhoX">http://goo.gl/MpmhoX</a>	Bing	SCforH; sports club for health
Catholic University of Leuven www.kuleuven.be	2015	Project information	Brief 'SCforH 2015-17' project overview given as part of a staff profile	<a href="http://goo.gl/GW7gkf">http://goo.gl/GW7gkf</a>	Google; Yahoo; Bing	sports club for health
Centre for International Mobility www.cimo.fi	2015	Seminar programme	"Promoting national implementation for SCforH programs in EU member states" listed as one of the topics of the seminar named "Erasmus+ Sport and Sports sector"	<a href="http://goo.gl/iujYP2">http://goo.gl/iujYP2</a>	Google Bing	SCforH; sport club for health
Etelä -Suomen Liikunta ja Urheilu (Southern Finland Sports Federation) www.eslu.fi	2015	News article / press release	News about the participation of Southern Finland Sports Federation in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/w3ZzDb">http://goo.gl/w3ZzDb</a>	Google; Yahoo; Bing	SCforH; sports club for health
European Commission www.ec.europa.eu	2015	Report	Belgian fact sheet on health-enhancing physical activity provided information on the progress of Flemish community in implementing the SCforH guidelines	<a href="http://goo.gl/bIF5TQ">http://goo.gl/bIF5TQ</a>	Bing	SCforH; sports club for health; sports clubs for health
European Nongovernmental Sports Organisation www.engso.com	2015	News article / press release	News about the participation of ENGSO in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/2OYjWp">http://goo.gl/2OYjWp</a>	Yahoo; Bing	SCforH; sports club for health
European Nongovernmental Sports Organisation www.engso.com	2015	News article / press release	News about the Erasmus+ grant given to the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/Hx5RjF">http://goo.gl/Hx5RjF</a>	Google Yahoo Bing	SCforH; sports club for health
Suomen Voimisteluliitto Hämeentie (Finnish Gymnastics Federation) www.voimistelu.fi	2015	News article / press release	News about the participation of Finnish Gymnastics Federation in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/wMazvX">http://goo.gl/wMazvX</a>	Bing	SCforH; sports club for health
Forskning.se www.forskning.se	2015	News article / press release	Brief overview of the 'SCforH 2015-17' project	<a href="http://goo.gl/UxEcUa">http://goo.gl/UxEcUa</a>	Google Yahoo	sports club for health
Hamalainen, T. via www.sport.fi	2015	Presentation	Detailed description of the 'SCforH 2015-17' project given within the presentation entitled "Promoting National Implementation for Sport Club for Health Programmes in EU Member States"	<a href="http://goo.gl/kvFmof">http://goo.gl/kvFmof</a>	Bing	SCforH; sports club for health; sport club for health



HEPA Europe www.hepa2015.org	2015	Conference programme	HEPA Europe SCforH working group meeting listed as one of the sessions at the HEPA Europe conference in Istanbul, Türkiye, 2015	<a href="http://goo.gl/WBBL5j">http://goo.gl/WBBL5j</a>	Google Yahoo Bing	SCforH; sports club for health; sports clubs for health
Kokko, S. via European Healthy Stadia Network www.healthystadia.eu	2015	Presentation	SCforH guidelines listed among selected recommendations for health promotion in amateur sports clubs within the presentation entitled "Developing Amateur Clubs as Health Promoting Settings: Current Practice in Europe"	<a href="http://goo.gl/lpUerZ">http://goo.gl/lpUerZ</a>	Google	sports club for health
Life and Fitness Magazine www.lifeandfitnessmag.ie	2015	News article / press release	News about the 'SCforH 2015-17' project kick-off meeting and a brief overview of the project	<a href="http://goo.gl/WJfd1m">http://goo.gl/WJfd1m</a>	Google	SCforH; sports club for health
National Institute for Public Health and the Environment, Netherland (RIVM) www.rivm.nl	2015	Policy document	Implementation of SCforH programmes in sports clubs listed as one of the 23 indicators for evaluation of HEPA levels and policies in the European Union, proposed by the Council of the European Union	<a href="http://goo.gl/vgL4fQ">http://goo.gl/vgL4fQ</a>	Google Yahoo	sport clubs for health
Örebro University www.oru.se	2015	Project information	Brief overview of the 'SCforH 2015-17' project given as part of the institutional profile of Örebro University	<a href="http://goo.gl/D2Ur4C">http://goo.gl/D2Ur4C</a>	Google Bing	SCforH; sports club for health
Örebro University www.mynewsdesk.com	2015	News article / press release	Brief announcement of the 'SCforH 2015-17' project	<a href="http://goo.gl/dSYysM">http://goo.gl/dSYysM</a>	Google Bing	sports club for health
Palacký University Olomouc http://www.upol.cz	2015	News article / press release	News about the participation of Palacký University in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/WXr61c">http://goo.gl/WXr61c</a>	Google Bing	SCforH; sports club for health
Soumen Uimalitto (Finnish Swimming Association) www.uimalitto.fi	2015	News article / press release	News about the participation of the Finnish Swimming Association in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/smTjsW">http://goo.gl/smTjsW</a>	Google Yahoo Bing	SCforH; sports club for health
Soumen Uimalitto (Finnish Swimming Association) www.uimalitto.fi	2015	News article / press release	News about the participation of the Finnish Swimming Association in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/vhxeeC">http://goo.gl/vhxeeC</a>	Google Yahoo Bing	sports club for health
Sports Club for Health www.scforh.info	2015	Official 'SCforH 2015-17' project website	Brief description of the 'SCforH 2015-17' project, contact information, and a news section with updates about the project	<a href="http://goo.gl/uTvwjQ">http://goo.gl/uTvwjQ</a>	Google Yahoo Bing	SCforH; sports club for health

University of Turku www.utu.fi	2015	Project information	Brief 'SCforH 2015-17' project overview given as part of the institutional website	<a href="http://goo.gl/p6PSJy">http://goo.gl/p6PSJy</a>	Google	SCforH; sports clubs for health
Waterford Institute of Technology www.wit.ie	2015	News article / press release	News about the participation of the Waterford Institute of Technology in the 'SCforH 2015-17' project, and a brief overview of the project	<a href="http://goo.gl/27UAvR">http://goo.gl/27UAvR</a>	Bing	SCforH; sports club for health
World Health Organization www.euro.who.int	2015	Project information	Overview of the HEPA Europe SCforH working group activities	<a href="http://goo.gl/GJqeIY">http://goo.gl/GJqeIY</a>	Google Bing	SCforH; sports club for health; sport clubs for health
World Health Organization www.euro.who.int	2015	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Zurich, Switzerland	<a href="http://goo.gl/8pp7me">http://goo.gl/8pp7me</a>	Personal database	SCforH; sports club for health; sport club for health; sport clubs for health
Epode Umbria Region Obesity Intervention Study (EUROBIS) www.eurobis.it	2014	News article / press release	The article announced the first of two conferences organised by CONI and EUROBIS entitled "Sports federations for health." The SCforH guidelines were acknowledged as the foundation for the "Sports federations for health" programme.	<a href="http://goo.gl/K9rnrx">http://goo.gl/K9rnrx</a>	Google	sports club for health
European Commission www.sporidiinfo.ee	2014	Report	Brief description of the 'SCforH 2015-17' project given within the list of Erasmus+ Collaborative Partnerships projects approved for funding in 2014	<a href="http://goo.gl/7i3EbT">http://goo.gl/7i3EbT</a>	Google Yahoo	SCforH; sport club for health
Federazione Italiana Aerobica e Fitness (Italian Federation of Aerobic and Fitness) www.fiaf.it	2014	Institutional profile	'SCforH 2009-11' project listed as one of the EU funded projects participated in by the Italian Federation of Aerobic and Fitness - FIAF	<a href="http://goo.gl/yWJU7T">http://goo.gl/yWJU7T</a>	Google Yahoo Bing	SCforH; sport clubs for health
Netherlands Institute for Sport and Physical Activity www.international.nisb.nl	2014	News article / press release	'SCforH 2015-17' project mentioned as part of the HEPA Europe news about three successful applications for Erasmus+ Collaborative Partnerships projects	<a href="http://goo.gl/FkOk1G">http://goo.gl/FkOk1G</a>	Google Yahoo	sport club for health
Orava, M. via University of Eastern Finland www.uef.fi	2014	Project proposal	This project proposal about health promotion in children and youth football clubs mentions SCforH guidelines as a European-wide initiative to promote health in sports clubs. It also acknowledges Finland's involvement in SCforH programme.	<a href="http://goo.gl/jWs3Ts">http://goo.gl/jWs3Ts</a>	Google Yahoo	sport clubs for health

University of Jyväskylä www.jyu.fi	2014	Publication list	SCforH guidelines listed among publications of the Research Centre for Health Promotion dating from 2000 to 2014	<a href="https://goo.gl/C4m34U">https://goo.gl/C4m34U</a>	Google Yahoo Bing	SCforH; sports club for health
World Health Organization www.euro.who.int	2014	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Helsinki, Finland	<a href="http://goo.gl/rJXdQr">http://goo.gl/rJXdQr</a>	Personal database	SCforH; sports club for health; sports clubs for health; sport clubs for health
Council of the European Union www.ec.europa.eu	2013	Policy document	Implementation of SCforH guidelines listed as one of the indicators for evaluation of HEPA levels and policies in the European Union, proposed by the Council of the European Union	<a href="http://goo.gl/A9yCLf">http://goo.gl/A9yCLf</a>	Google Bing	sport clubs for health
EUR-Lex Europa eur-lex.europa.eu	2013	Policy document	Implementation of SCforH guidelines is listed as one of the indicators for evaluation of HEPA levels and policies in the European Union, proposed by the Council of the European Union. A detailed description of the indicator is provided, including its definition and operationalisation.	<a href="http://goo.gl/1SY0My">http://goo.gl/1SY0My</a>	Yahoo; Bing	SCforH, sports club for health; sport club for health; sport clubs for health
European Commission www.ipex.eu	2013	Policy document	Implementation of SCforH guidelines is listed as one of the indicators for evaluation of HEPA levels and policies in the European Union, proposed by the Council of the European Union. A detailed description of the indicator is provided, including its definition and operationalisation.	<a href="http://goo.gl/arGW0y">http://goo.gl/arGW0y</a>	Google Bing	SCforH; sports club for health; sport club for health; sport clubs for health
Global Physical Activity Network www.globalpanet.com	2013	News article / press release	Brief overview of SCforH guidelines and working group	<a href="http://goo.gl/ICLzeM">http://goo.gl/ICLzeM</a>	Google Bing	SCforH; sports clubs for health; sport clubs for health
Global Physical Activity Network www.globalpanet.com	2013	News article / press release	Brief overview of SCforH guidelines and working group	<a href="http://goo.gl/uTgoZ8">http://goo.gl/uTgoZ8</a>	Bing	SCforH; sports club for health; sport clubs for health
Murua, J. via www.es.slideshare.net	2013	Presentation	SCforH guidelines listed as one of the key physical activity policy documents	<a href="http://goo.gl/BUrK0o">http://goo.gl/BUrK0o</a>	Yahoo Bing	SCforH; sports club for health

Richardson, N. via Men's Health Foundation <a href="http://www.stiftung-maennergeseundheit.de">www.stiftung-maennergeseundheit.de</a>	2013	Presentation	Health promotion in sports clubs based on SCforH guidelines mentioned as a possible remedy for men's lifestyle and health risk factors. A brief overview of the SCforH guidelines is provided.	<a href="http://goo.gl/nOYWIL">http://goo.gl/nOYWIL</a>	Google	sports club for health
World Health Organization <a href="http://www.euro.who.int">www.euro.who.int</a>	2013	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Cardiff, United Kingdom	<a href="http://goo.gl/rJXdQr">http://goo.gl/rJXdQr</a>	Personal database	SCforH; sports club for health; sports clubs for health; sport clubs for health
Keski-Suomen Liikuntary (Central Finland Sports Federation) <a href="http://www.kesli.fi">www.kesli.fi</a>	2012	Project information	Brief overview of 'SCforH 2009-11' project and Finnish version of SCforH guidelines	<a href="http://goo.gl/Lf9QHU">http://goo.gl/Lf9QHU</a>	Google Yahoo Bing	SCforH; sport club for health
European Commission <a href="http://erasmusplus.org.pl">erasmusplus.org.pl</a>	2012	Report	Brief overview of the 'SCforH 2009-11' project, including its aims and main project outcomes, given as part of the European Commission's report on Preparatory Actions and Special Events in Sport 2009-2011	<a href="http://goo.gl/6wUeFy">http://goo.gl/6wUeFy</a>	Google Yahoo	SCforH; sports club for health
Suomen Golfliitto (Finnish Golf Union) <a href="http://www.golf.fi">www.golf.fi</a>	2012	Presentation	The presentation entitled "Health and Hobby Profile Research" acknowledged that the health profile of Finnish golf players was developed within the SCforH framework	<a href="http://goo.gl/MwF8LV">http://goo.gl/MwF8LV</a>	Google Yahoo	sports club for health
Hovi, M. and Malvela, M. via <a href="http://www.suomimies.fi">www.suomimies.fi</a>	2012	Report	'SCforH 2009-11' project and SCforH concepts mentioned in the introduction of report on KKI-programme ('Nation-wide fit for life' programme) activities 2006-2010	<a href="http://goo.gl/C6d43E">http://goo.gl/C6d43E</a>	Google Yahoo	sports club for health
Koskela, T. and Linnolahti, O. via <a href="http://www.sport.fi">www.sport.fi</a>	2012	Report	The report on health profile of amateur golf players in Finland acknowledged that it was developed within the SCforH framework	<a href="http://goo.gl/xgnE9L">http://goo.gl/xgnE9L</a>	Google Scholar	sports club for health
Equestrian Federation of Finland <a href="http://www.ratsastus.fi">www.ratsastus.fi</a>	2012	Document	SCforH factsheet in Finnish	<a href="http://goo.gl/MXrFbQ">http://goo.gl/MXrFbQ</a>	Google Bing	SCforH; sport club for health
Laalo-Häikiö, E. via Good Governance in Grassroots Sport <a href="http://www.goodgovsport.eu">www.goodgovsport.eu</a>	2012	Presentation	Overview of the 'SCforH 2009-11' project	<a href="http://goo.gl/xq5ZqM">http://goo.gl/xq5ZqM</a>	Bing	SCforH; sports club for health

Laine, S. via Helsinki Equestrian Association www.helsinginratsastajat.fi	2012	News article / press release	Helsinki Equestrian Association acknowledged that the health profile of horseback riders was developed within the SCforH framework	<a href="http://goo.gl/EIEJ3T">http://goo.gl/EIEJ3T</a>	Google	sports club for health
Ühendus Sport Kõigile (Estonian Sport for All Association) www.sportkoigile.ee	2012	Report	In their annual report for 2012, Estonian Sport for All Organisation acknowledged collaboration with the HEPA Europe SCforH working group	<a href="http://goo.gl/cKH5rb">http://goo.gl/cKH5rb</a>	Google	sports club for health
University of Turku www.utu.fi	2012	Publication list	SCforH guidelines listed among publications on general education themes dating from 2007 to 2012	<a href="http://goo.gl/Uedxve">http://goo.gl/Uedxve</a>	Yahoo	SCforH; sports club for health
World Health Organization www.archive.is	2012	News article / press release	Brief overview of HEPA Europe SCforH working group, 'SCforH 2009-11' project and SCforH guidelines	<a href="http://goo.gl/0KnZPT">http://goo.gl/0KnZPT</a>	Google Bing	SCforH; sports club for health; sport clubs for health
World Health Organization www.euro.who.int	2012	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Amsterdam, Netherlands	<a href="http://goo.gl/tbWmky">http://goo.gl/tbWmky</a>	Personal database	SCforH; sports club for health; sport clubs for health
Asiania Sport for All Association www.asfaa.org	2011	News article / press release	Announcement of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland, including a brief overview of the project	<a href="http://goo.gl/yimn6W">http://goo.gl/yimn6W</a>	Google	SCforH; sports club for health
Azienda Sanitaria Locale di Cirié (Cirié Healthcare Centre) www.asito4.piemonte.it	2011	News article / press release	This article about Nordic walking, mentioned the SCforH programme as an initiative for promoting health-enhancing physical activity in sports clubs	<a href="http://goo.gl/f5J6rt">http://goo.gl/f5J6rt</a>	Yahoo	sports club for health
Azioni per una vita in salute ('Actions for healthy life') www.azioniperunavitainsalute.it	2011	News article / press release	Overview of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland	<a href="http://goo.gl/lwJJRF">http://goo.gl/lwJJRF</a>	Bing	SCforH; sports club for health
European Nongovernmental Sports Organisation www.engso.eu	2011	Report	In the report on ENGSOEDU network, 'SCforH 2009-11' project listed as an example of good practice for HEPA promotion through sports organisations	<a href="http://goo.gl/Ho9Cls">http://goo.gl/Ho9Cls</a>	Yahoo	SCforH; sports club for health; sport clubs for health
Gottin, M. via www.smartport.it	2011	News article / press release	Overview of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland	<a href="http://goo.gl/OdO9qO">http://goo.gl/OdO9qO</a>	Google Yahoo	SCforH; sports club for health
International Sports and Culture Association www.isca-web.org	2011	News article / press release	Brief description of SCforH guidelines, 'SCforH 2009-11' project, and HEPA Europe SCforH working group activities	<a href="http://goo.gl/zVObbz">http://goo.gl/zVObbz</a>	Google Bing	SCforH; sports club for health

Kunto - Finnish Sport For All Association www.kunto-fi.directo.fi	2011	Official 'SCforH 2009-11' project website	Description of the 'SCforH 2009-11' project, SCforH guidelines in Croatian, English, Hebrew and Polish, SCforH factsheet, and contact information	<a href="http://goo.gl/sJuuzg">http://goo.gl/sJuuzg</a>	Google Bing	sports club for health
Laalo-Häikiö, E. via www.zoominfo.com	2011	Quotation	An Eerika Laalo-Häikiö's quotation about the SCforH guidelines	<a href="http://goo.gl/Zj1qd9">http://goo.gl/Zj1qd9</a>	Bing	SCforH; sports club for health
Laalo-Häikiö, E. via Sovelli-Lehti Magazine www.issuu.com	2011	News article / press release	An article in the Sovelli-Lehti magazine presenting SCforH guidelines and 'SCforH 2009-11' project	<a href="http://goo.gl/fvnsD3">http://goo.gl/fvnsD3</a>	Bing	SCforH; sports club for health
Ministry of sport and tourism of the Republic of Poland www.msport.gov.pl	2011	News article / press release	An overview of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland, including a brief description about the project	<a href="http://goo.gl/oZ5UXf">http://goo.gl/oZ5UXf</a>	Bing	SCforH; sport clubs for health
Moga, D. via www.sportanddev.org	2011	News article / press release	An article aimed at raising awareness about the importance of physical activity for Romanian children mentioned that Sport Club for Health 'Cluj-Napoca' encouraged over 200 members to engage in regular physical activity.	<a href="http://goo.gl/zVr8aM">http://goo.gl/zVr8aM</a>	Yahoo Bing	sports club for health
Netherlands Institute for Sport and Physical Activity www.international.nisb.nl	2011	News article / press release	Announcement of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland, including symposium programme and brief overview of the project	<a href="http://goo.gl/OrFTT8">http://goo.gl/OrFTT8</a>	Google	SCforH; sports club for health
Public Health Department of the Basque Government www.munideporte.com	2011	Report	In this summary of good practices for promoting physical activity, the SCforH guidelines were used as a reference for the section on comparative evaluation of physical activity plans and policies	<a href="http://goo.gl/rj9PbZ">http://goo.gl/rj9PbZ</a>	Google	SCforH; sports club for health
Savola, J. and Kokko, S. via www.ec.europa.eu	2011	Presentation	Description of the 'SCforH 2009-11' project	<a href="http://goo.gl/wPDrIN">http://goo.gl/wPDrIN</a>	Google Bing	SCforH; sports club for health; sports clubs for health
Scuola Nordic Walking Torino (School of Nordic Walking Torino) www.nordicwalkingtorino.it	2011	Brochure	This brochure mentioned the SCforH programme as an initiative for HEPA and 'sport for all' promotion in sports clubs	<a href="http://goo.gl/jPqF3s">http://goo.gl/jPqF3s</a>	Google	sports club for health

Ühendus Sport Kõigile (Estonian Sport for All Association) www.sportkoigile.ee	2011	Report	In their annual report for 2011, Estonian Sport for All Organisation acknowledged collaboration with the HEPA Europe SCforH working group	<a href="http://goo.gl/IPVgLT">http://goo.gl/IPVgLT</a>	Google	sports club for health
University of Turku www.utu.fi	2011	Publication list	SCforH guidelines listed among selected publications in English on general education themes dating from 2007 to 2011	<a href="http://goo.gl/PCy6Tw">http://goo.gl/PCy6Tw</a>	Bing	SCforH; sports club for health
World Health Organization www.euro.who.int	2011	Report	HEPA Europe SCforH working group and 'SCforH 2009-11' project activities summarised in the annual HEPA meeting report from Olomouc, Czech Republic	<a href="http://goo.gl/DPkeJk">http://goo.gl/DPkeJk</a>	Google Scholar	SCforH; sports club for health; sport clubs for health
Federation of International Sports, Aerobics and Fitness (FISAF) www.ial.ert.cz	2010	News article / press release	Announcement of the 'SCforH 2009-11' project seminar in Eindhoven, Finland, including its preliminary programme	<a href="http://goo.gl/aRYyky">http://goo.gl/aRYyky</a>	Google Bing	SCforH; sports club for health
Baldi, C. and Gottin, M. via www.retepromozionesalute.it	2010	Project proposal	The description of "Walking on Wellness Paths" project mentioned that the involvement of certified instructors of Nordic Walking and occupational therapists in their activities is in line with the SCforH concepts	<a href="http://goo.gl/eGzURO">http://goo.gl/eGzURO</a>	Google Yahoo	SCforH; sports club for health
Barendse, P. via www.w-o-s.nl	2010	Presentation	Brief overview of 'SCforH 2009-11' project given within the presentation entitled "Europe and grass-root sport: opportunities to participate." The SCforH project was mentioned as an exemplary initiative for health promotion in sport clubs.	<a href="http://goo.gl/Ak4Tnv">http://goo.gl/Ak4Tnv</a>	Google Bing	SCforH; sports clubs for health; sport clubs for health
Camargo, T. via www.cev.org.br	2010	News article / press release	Announcement of the 'SCforH 2009-11' project concluding symposium in Vantaa, Finland	<a href="http://goo.gl/a2AUtp">http://goo.gl/a2AUtp</a>	Google Bing	SCforH; sports club for health; sports clubs for health
Hölsömäki, H. via Applied Exercise Association www.sovelli.fi	2010	News article / press release	'SCforH 2009-11' project workshop mentioned in a brief overview of the "Sport for All Congress" in Helsinki, Finland	<a href="http://goo.gl/kl1qD6">http://goo.gl/kl1qD6</a>	Google	sports club for health
Jeck, T. and Langner, B. via Centre for European Policy www.cep.eu	2010	Report	'SCforH 2009-11' project listed as one of the "Preparatory Actions in the Field of Sport," in the report about European sport policy	<a href="http://goo.gl/l1gNhw">http://goo.gl/l1gNhw</a>	Google Scholar	SCforH; sport clubs for health

Koski, P. via www.nbtg.wikispaces.com	2010	Working plan	Working plan of the Work Package 6 (WP6) of 'SCforH 2009-11' project	<a href="http://goo.gl/9XOYiW">http://goo.gl/9XOYiW</a>	Google	sports club for health
Oikarinen, K. via www.sport.fi	2010	Report	It was acknowledged that the report on health profile of ice hockey was developed within the SCforH framework	<a href="http://goo.gl/ibbNHn">http://goo.gl/ibbNHn</a>	Google Scholar	sports club for health
Pauly, P. and Jespersen, A.K. via www.isca-web.org	2010	Report	Brief overview of the 'SCforH 2009-11' project provided in the report from ISCA Health Network 2009-2010	<a href="http://goo.gl/e5ByYV">http://goo.gl/e5ByYV</a>	Bing	SCforH; sports club for health
Physical Activity and Nutrition Networks Wales www.wales.nhs.uk	2010	Workshop programme	Programme of the 'SCforH 2009-11' project workshop held in Jyväskylä, Finland	<a href="http://goo.gl/bG0en0">http://goo.gl/bG0en0</a>	Google	SCforH; sports club for health
Savola, J. via FSFVBeograd's channel www.youtube.com	2010	YouTube video clip	Video presentation of the 'SCforH 2009-11' project published at FSFVBeograd YouTube channel	<a href="https://goo.gl/llKhr4">https://goo.gl/llKhr4</a>	Google	sports club for health; sport club for health
Savola, J. via FSFVBeograd's channel www.youtube.com	2010	YouTube video clip	Video presentation of the 'SCforH 2009-11' project published at FSFVBeograd YouTube channel	<a href="https://goo.gl/yKdzlF">https://goo.gl/yKdzlF</a>	Google	sports club for health; sport club for health
Savola, J. via FSFVBeograd's channel www.youtube.com	2010	YouTube video clip	Video presentation of the 'SCforH 2009-11' project published at FSFVBeograd YouTube channel	<a href="https://goo.gl/WwvCzF">https://goo.gl/WwvCzF</a>	Google	sports club for health; sport club for health
Ühendus Sport Kõigile (est. Sport for All Association) www.sportkoigile.ee	2010	Report	In their annual report for 2010, Estonian Sport for All Organisation acknowledged collaboration with the HEPA Europe SCforH working group	<a href="http://goo.gl/Dya39t">http://goo.gl/Dya39t</a>	Google	sports club for health
U.O. 2 - Regione Piemonte www.retepromozionesalute.it	2010	Project proposal	SCforH guidelines listed among references of the project proposal "From Words to Action"	<a href="http://goo.gl/CsQlcp">http://goo.gl/CsQlcp</a>	Bing Yahoo	SCforH; sports club for health
World Health Organization www.euro.who.int	2010	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Bologna, Italy	<a href="http://goo.gl/9DdsrP">http://goo.gl/9DdsrP</a>	Personal database	SCforH; sports club for health; sport clubs for health
Finnish Ministry of Education and Culture www.minedu.fi	2009	Presentation	Brief overview of 'SCforH 2009-11' project activities	<a href="http://goo.gl/EWQ007">http://goo.gl/EWQ007</a>	Google Bing	SCforH; sport clubs for health
Kahlmeier, S. via United Nations Economic Commission for Europe www.unece.org	2009	Presentation	In the presentation about HEPA Europe at the THE PEP workshop on safe cycling and walking, SCforH was listed as a platform for intersectoral exchange and collaboration within and beyond health sector	<a href="http://goo.gl/TnVakj">http://goo.gl/TnVakj</a>	Google Yahoo	sport clubs for health



Sevelius B. via www.slideshare.net	2009	Presentation	In the presentation entitled "Contribution of European Non-Governmental Sport Organisation (ENGSO) to health improvement through physical activity, 'SCforH 2009-11' project and SCforH guidelines are mentioned as an interesting approach for health promotion	<a href="http://goo.gl/Mps4PI">http://goo.gl/Mps4PI</a>	Google Yahoo	sports club for health
Ühendus Sport Kõigile (Estonian Sport for All Association) www.sportkoigile.ee	2009	Report	In their annual report for 2009, Estonian Sport for All Organisation acknowledged collaboration with the HEPA Europe SCforH working group	<a href="http://goo.gl/VWIGHT">http://goo.gl/VWIGHT</a>	Google	sports club for health
World Health Organization www.euro.who.int	2009	Report	HEPA Europe SCforH working group activities summarised in the annual HEPA meeting report from Glasgow, United Kingdom	<a href="http://goo.gl/Hqgu6H">http://goo.gl/Hqgu6H</a>	Google Scholar	sports club for health; sports clubs for health; sport clubs for health
ISFAF www.isfaf.com	n/a	Document	In Arabic - No translation available	<a href="http://goo.gl/NPykvC">http://goo.gl/NPykvC</a>	Yahoo Bing	SCforH
ENGSO www.facebook.com/ engso.eu	2015	Facebook post	"SCforH (Promoting National Implementation for Sports Club for Health Programmes in EU Member States) project, led by the Finnish Sports Confederation (Valo), had its kickoff meeting in Helsinki on 13-14 April 2015, <a href="http://www.engso.com/index.php?id=366">http://www.engso.com/index.php?id=366</a> "	<a href="https://goo.gl/4KGEpt">https://goo.gl/4KGEpt</a>	Facebook	SCforH; sports club for health
O'sullivan, J.E. www.facebook.com/ jeosullivan	2015	Facebook post	"... The Healthy Club project commenced in March 2013. 18 clubs initially took part in the two year pilot phase. It is intended to roll it out across the state. The success of the Healthy Club Project is evident in the decision to select it to participate in a European wide research venture aimed at promoting its implementation as part of the Sports Club for Health (SCforH) programme in EU members states."	<a href="https://goo.gl/YdvyiN">https://goo.gl/YdvyiN</a>	Facebook	SCforH; sports club for health

Life and Fitness Magazine Ireland www.facebook.com/LifeandFitnessMagazine	2015	Facebook post	"Waterford Institute of Technology was among an esteemed panel of academic and sporting partners at the first project meeting for the Sports Club for Health (SCforH) in EU member states Programme, which took place in Helsinki last month. Supported by the Erasmus+ Sports Programme, WIT was represented by Department of Health, Sport and Exercise Science researcher Dr. Aoife Lane. According to Dr. [ 283 more words. ] <a href="http://lifeandfitnessmag.ie/health-promotion-at-the-heart-">http://lifeandfitnessmag.ie/health-promotion-at-the-heart-</a> "	<a href="https://goo.gl/ZZwFWf">https://goo.gl/ZZwFWf</a>	Facebook	SCforH; sports club for health
Sports Club for Health www.facebook.com/SCforH	2015	Facebook post	"WP2 had it 's meeting in Zagreb on 1st July (as told before in FB). Check the discussed themes from here: <a href="https://scforh-info.directo.fi/?x118281=255202">https://scforh-info.directo.fi/?x118281=255202</a> "	<a href="https://goo.gl/HlqUf3">https://goo.gl/HlqUf3</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/SCforH	2015	Facebook post	"Sami Kokko ready for the Hepa Europe poster session, supported by the SCforH team members. <a href="http://www.hepa2015.org/">http://www.hepa2015.org/</a> "	<a href="https://goo.gl/2ZuzGO">https://goo.gl/2ZuzGO</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/SCforH	2015	Facebook post	"SCforH Project Team had it 's meeting in Leuven (Belgium) on the 7th of September (as told before in FB). Check the discussed themes from here: <a href="https://scforh-info.directo.fi/?x118281=255522">https://scforh-info.directo.fi/?x118281=255522</a> "	<a href="https://goo.gl/qcZm5O">https://goo.gl/qcZm5O</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/SCforH	2015	Facebook post	"Sports Club for Health #SCforH Project Work Package 2 is meeting in Zagreb today to discuss the data collection on the implementation of the SCforH guidelines, which were developed in the first SCforH Project."	<a href="https://goo.gl/9K16EE">https://goo.gl/9K16EE</a>	Facebook	SCforH; sports club for health
Sports Club for Health www.facebook.com/SCforH	2015	Facebook post	"Pekka Oja presenting work package 2 content in the SCforH working group meeting in Istanbul. We were glad to discuss the project content in the group of 14 participants."	<a href="https://goo.gl/ziwxeb">https://goo.gl/ziwxeb</a>	Facebook	SCforH

Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"It is always a good day for some administration! Or not! Well, we are happy to announce beforehand that SCforH - project has it's "poster" in HEPA Europe meeting in Istanbul in the end of this week by Dr. Sami Kokko. Look more about the meeting: <a href="http://www.hepa2015.org/">http://www.hepa2015.org/</a> (in picture doing some administration accountant Petri on the right and project coordinator Timo)"	<a href="https://goo.gl/DVY7LZ">https://goo.gl/DVY7LZ</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"Part of SCforH WP4 Team visited European Sport Village in Brussels on their return trip from their meeting. They had a chance to meet Deputy Head of Sport Unit, Susanne Hollmann and change ideas about promoting of HEPA in Europe. In picture Sami Kokko, Susanne Hollmann, Leena Martin and Susanna Geidne. #BeActive#ScforH"	<a href="https://goo.gl/x5iZfg">https://goo.gl/x5iZfg</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"Work package 4 team meeting of SCforH project at the Faculty of Kinesiology and Rehabilitation Sciences in Leuven, Belgium"	<a href="https://goo.gl/24HFYu">https://goo.gl/24HFYu</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"WP leaders presenting Work Packages: WP4: Strengthening the scientific evidence base for the SCforH programmes, Dr. Sami Kokko, University of Jyväskylä. WP5: Issuing a new version of the SCforH guidelines to encompass the whole lifecourse, Dr. Pasi Koski, University of Turku"	<a href="https://goo.gl/w4HBqe">https://goo.gl/w4HBqe</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"Active morning followed by WP leaders presenting Work Packages: WP2: Reviewing the current status of the SCforH implementation in EU countries, Dr. Zeljko Pedisic, University of Zagreb. WP3: Development and expansion of organisational support by sport associations for local level implementation of SCforH, Dr. Herbert Hartmann, German Gymnastic Federation"	<a href="https://goo.gl/UFIUPX">https://goo.gl/UFIUPX</a>	Facebook	SCforH

Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"Kickoff -meeting of SCforH -project is starting on Monday 13th of April. Click "like" in our FB -pages and we will keep you updated!"	<a href="https://goo.gl/v881Ek">https://goo.gl/v881Ek</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"WP1 had it 's meeting in Helsinki just before Mid-summer 2015, theme management, coordination and dissemination of project. Check: <a href="http://www.scforh.info/?x118281=255169">http://www.scforh.info/?x118281=255169</a> "	<a href="https://goo.gl/B6mU5S">https://goo.gl/B6mU5S</a>	Facebook	SCforH
Sports Club for Health www.facebook.com/ SCforH	2015	Facebook post	"Progress as planned! That was the general atmosphere in SCforH Project Team meeting in Leuven, Belgium on Monday 7th of September. Part of our group had time to take a photo - the rest suffered a little (the beginning of the meeting) technical problems because of cancelled flights etc. #BeActive"	<a href="https://goo.gl/o9lQWm">https://goo.gl/o9lQWm</a>	Facebook	SCforH
TAFISA Europe www.facebook.com/ TAFISA- Europe- 22298393774553	2012	Facebook post	"Sports Club for Health -workshop will be held in Siauliai, Lithuania, on Friday 6th July at 14.00-17.00. The workshop is targeted on TAFISA members and SCforH-network. Please remember to sign up according to the invitation!"	<a href="https://goo.gl/ObVq2e">https://goo.gl/ObVq2e</a>	Facebook	SCforH; sports club for health
TAFISA Europe www.facebook.com/ TAFISA-Europe- 22298393774553	2011	Facebook post	"Sports Club for Health -guidelines have been published as a booklet. The SCforH-programme helps the local level sports clubs to plan, implement and communicate a health-enhancing sports programme. All major players in the european field of Sport for All have been involved in creating the guidelines. The SCforH-guidelines are ready to be disseminated and implemented into action in different countries. Join the team! <a href="http://www.sport.fi/">http://www.sport.fi/</a> "	<a href="https://goo.gl/tqLtkl">https://goo.gl/tqLtkl</a>	Facebook	SCforH; sports club for health
Ulhaq, S. www.facebook.com/ shahid.ulhaq.110	2010	Facebook post	"Healthy is our major issue to develop through sport and fitness activities and Sports Club for Health is contributing its role to enhance this issue. Stay happy, Healthy and Smart!!!"	<a href="https://goo.gl/FsJFav">https://goo.gl/FsJFav</a>	Facebook	sports club for health

ENGSO @ENGSOsport	2015	Tweet	" #SCforH Project kick off continues today. @ENGSOsport is specifically assisting with dissemination and EU activities."	<a href="https://goo.gl/FyJfKN">https://goo.gl/FyJfKN</a>	Twitter	SCforH
ENGSO @ENGSOsport	2015	Tweet	".@h_pekkola of @ENG-SOsport ran a workshop on dissemination and communication in #SCforH project kick off @Valo_tweets"	<a href="https://goo.gl/V33pMA">https://goo.gl/V33pMA</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" 1st Project team meeting of SCforH -project is going on... Zeljko Pedisic from Zagreb;-)#Valo#Erasmus+Sport#Vantaa"	<a href="https://goo.gl/bMJqO1">https://goo.gl/bMJqO1</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" Communication and dissemination is an essential part of project work, good to remind it. Thanks Roxana and Natasha#SCforH@ErasmusPlusSport"	<a href="https://goo.gl/Y8qE2L">https://goo.gl/Y8qE2L</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" Erasmus+Sport project coordinators meeting, focus on good governance . Good place to build networks#SCforH"	<a href="https://goo.gl/huO15V">https://goo.gl/huO15V</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" Leeni Asola-Myllynen from Finnish Gymnastic Fed: how to develop promotion of health-related sports in clubs#SCforH"	<a href="https://goo.gl/1whLgR">https://goo.gl/1whLgR</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" Day 2; Work-packages work started with good spirit. Herbert Hartmann, WP3 leader, introducing pre-questioning#scforh"	<a href="https://goo.gl/RiuJuD">https://goo.gl/RiuJuD</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	" "Grey eminence" of HEPA, Pekka Oja joined our group! #SCforH@Valo_tweets"	<a href="https://goo.gl/fpGqSe">https://goo.gl/fpGqSe</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	"How to get normal people to move in the sports clubs, asked one representative of the Ministry of Sports and Culture.Think about it! #SCforH"	<a href="https://goo.gl/IDA15y">https://goo.gl/IDA15y</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	"Health is a motive for parents, when the children are in their childhood. Good to keep in mind! #SCforH @Valo_tweets @leeniaso1"	<a href="https://goo.gl/jCRLNu">https://goo.gl/jCRLNu</a>	Twitter	SCforH
Hämäläinen, T. @hamalainen_timo	2015	Tweet	"WP3-work: Herbert Hartmann, presented "GymWelt: Pluspunkt Gesundheit. DTB"- system. Inspiring!#SCforH@Valo_tweets"	<a href="https://goo.gl/GKE5om">https://goo.gl/GKE5om</a>	Twitter	SCforH

Hämäläinen, T. @hamalainen_timo	2015	Tweet	"SCforH ProjectTeam meeting is about to start#SCforH#BeActive#ErasmusPlus#Leuven"	<a href="https://goo.gl/Eqbery">https://goo.gl/Eqbery</a>	Twitter	SCforH
Thomson, K. @Kayinsport	2015	Tweet	"@karenmilton8 @JSPAHI loved hanging out with Pekka. So much experience. Sports clubs for health! #pragmaticevaluation"	<a href="https://goo.gl/fy1aFD">https://goo.gl/fy1aFD</a>	Twitter	sports clubs for health
Lane, A. @aoifelaneWIT	2015	Tweet	"Taking part in EU Sports Club for Health meeting with @Rego101 @official-gaa @DHSESWIT #GAA #health"	<a href="https://goo.gl/mBKY7X">https://goo.gl/mBKY7X</a>	Twitter	sports club for health
Life and Fitness Mag @ LifeFitnessMag	2015	Tweet	"Health promotion at the heart of Erasmus initiative - WIT partners with EU Sports Club for... <a href="http://goo.gl/fb/saf5BJ">http://goo.gl/fb/saf5BJ</a> "	<a href="https://goo.gl/IE14wC">https://goo.gl/IE14wC</a>	Twitter	sports club for health
Pekkola, H. @h_pekkola	2015	Tweet	"Sports Club for Health #SCforH Work Package2 on implementation of guidelines is meeting in Zagreb today. @Valo_tweets."	<a href="https://goo.gl/tqXa70">https://goo.gl/tqXa70</a>	Twitter	SCforH; sports club for health
Brady, P. @ergomorphis	2015	Tweet	"RT ACTIVEworking "RT JanSeghers: Activity break during #SCforH meeting #MoveMoreSitLess Valo_tweets"	<a href="https://goo.gl/pEhzyH">https://goo.gl/pEhzyH</a>	Twitter	SCforH
Regan, C. @Rego101	2015	Tweet	"Enjoyed this active break at Sports Club for Health meeting in Helsinki this am with @aoifelaneWIT #gaahealth #scforh"	<a href="https://goo.gl/jDQPMZ">https://goo.gl/jDQPMZ</a>	Twitter	SCforH; sports club for health
Regan, C. @Rego101	2015	Tweet	" Wishing I had pursued life of a gymnast having heard another health enhancing presentation from Finnish Gymnastics Fed in Helsinki #scforh "	<a href="https://goo.gl/hZYyTY">https://goo.gl/hZYyTY</a>	Twitter	SCforH
Kuosmanen, S. @Dilva80	2015	Tweet	"#SCforH Kick Off -seminaari maanantaina <a href="http://bit.ly/1IMLujL">http://bit.ly/1IMLujL</a> . @Valo_tweets"	<a href="https://goo.gl/wLYz4J">https://goo.gl/wLYz4J</a>	Twitter	SCforH
Say, S. @saysony	2015	Tweet	"Community sport club for health and relations. We are mixing from U16 to U60, joint us!"	<a href="https://goo.gl/bCY49a">https://goo.gl/bCY49a</a>	Twitter	sport club for health
Seghers, J. @JanSeghers	2015	Tweet	"SCforH team members presenting the Sports Club for Health #SCforH project at #hepaeurope2015 poster session"	<a href="https://goo.gl/6FY1IR">https://goo.gl/6FY1IR</a>	Twitter	SCforH; sports club for health

Seghers, J. @JanSeghers	2015	Tweet	"Inspiring Sports Club for Health kickoff in Helsinki. <a href="http://www.scforh.info/#SCforH#erasmus-plussport">@KU_Leuven</a> "	<a href="https://goo.gl/ZCK5tj">https://goo.gl/ZCK5tj</a>	Twitter	SCforH; sports club for health
Seghers, J. @JanSeghers	2015	Tweet	" Good #MoveMoreSitLess advice at start of #SCforH meeting @Valo_tweets"	<a href="https://goo.gl/dFUXyA">https://goo.gl/dFUXyA</a>	Twitter	SCforH
Seghers, J. @JanSeghers	2015	Tweet	" Activity break during #SCforH meeting #MoveMore-SitLess @Valo_tweets"	<a href="https://goo.gl/9nxc4F">https://goo.gl/9nxc4F</a>	Twitter	SCforH
Liintola, T. @liintola	2015	Tweet	" Have a great meeting! All the for your #SCforH @ EUErasmusPlus SPORT project @hamalainen_timo @Valo_tweets"	<a href="https://goo.gl/Q2e1ad">https://goo.gl/Q2e1ad</a>	Twitter	SCforH
Laalo-Häikiö E @HaikioEerika	2014	Tweet	" Sports Club for Health EU-hanke oli aikaansa edellä osana HEPA Euro-pen työtä. Olisiko nyt momentum? #liikuntafoorumi"	<a href="https://goo.gl/KWKEI6">https://goo.gl/KWKEI6</a>	Twitter	sports club for health
Tast, L. @LauraTast	2014	Tweet	" #erasmusplus tukea: Promoting National Implementation for Sport Club for Health Programmes in Eu Member States @ hamalainen_timo @ Valo_tweets"	<a href="https://goo.gl/WHeaKh">https://goo.gl/WHeaKh</a>	Twitter	sport club for health
RESPONSIBALL @Responsiball	2013	Tweet	"Using amateur sports clubs for health promotion. Interesting conclusions #healthystadia"	<a href="https://goo.gl/yR3X2d">https://goo.gl/yR3X2d</a>	Twitter	sports clubs for health
Engso Youth @EngsoYouth	2012	Tweet	"Sport Club for Health another good example on how to have more active people in clubs #sportvision2012"	<a href="https://goo.gl/N9T4vo">https://goo.gl/N9T4vo</a>	Twitter	sport club for health
Engso Youth @EngsoYouth	2011	Tweet	"Sport Clubs for Health presented by Eerika Laalo-Häikiö"	<a href="https://goo.gl/4Vix8A">https://goo.gl/4Vix8A</a>	Twitter	sport clubs for health
Erica @Ericajohn1	2010	Tweet	"WHO/Europe   HEPA Europe activities on sport clubs for health: A HEPA Europe working group was established to deve... <a href="http://bit.ly/9kmrss">http://bit.ly/9kmrss</a> "	<a href="https://goo.gl/ZC2Hge">https://goo.gl/ZC2Hge</a>	Twitter	sport clubs for health
ISPAH @ISPAH	2010	Tweet	"FREE symposium from the Sport Clubs for Health project 6-8 February 2011 in Helsinki, Finland; see <a href="http://www.ispah.org">www.ispah.org</a> for more info."	<a href="https://goo.gl/M9DjRm">https://goo.gl/M9DjRm</a>	Twitter	sport clubs for health

Note: Tweets and Facebook posts are presented in their original form. Some links may be broken. To work as intended, some URLs may need to be copied into the web browser address bar.

**SUPPLEMENTARY TABLE 3. ACADEMIC PUBLICATIONS FROM TWO FUNDED, INTERNATIONAL SCFORH PROJECTS CARRIED OUT IN 2015-17 AND 2020-22**

Authors	Year	Type	Description	Short link
Pedišić, Ž. Podnar, H. Radman, I. Rakovac, M. Hap, P. Savola, J. ... Oja, P.	2016	Conference abstract	Findings of a multifaceted evaluation of dissemination efforts to promote SCforH guidelines	not available
Koski, P. Matarma, T. Pedišić, Z. Kokko, S. Lane, A. Hartmann, H. ... Savola, J.	2017	Book	The third version of SCforH guidelines which includes definitions of SCforH concepts, guiding SCforH principles, overview of health benefits of sport and physical activity, recommended pathways and steps for implementation of SCforH programmes in sports clubs, and considerations for different age groups.	<a href="https://tinyurl.com/yu4a57ct">https://tinyurl.com/yu4a57ct</a>
Hartmann, H. Asola-Myllynen, L. Doens, I. Hämäläinen, T. Johansson, M. Kaipio, N. ... Savola, J.	2017	Online tool	Electronic Toolkit for sports clubs and associations with practical recommendations and examples of good practice for the implementation of SCforH approach in sports clubs and associations	<a href="https://tinyurl.com/26bpuupk">https://tinyurl.com/26bpuupk</a>
Kokko, S. Martin, L. Geidne, S. Van Hoye, A. Lane, A. Meganck, J. ... Kudlacek, M.	2019	Journal article	A scientific article on the contribution of sports participation to overall physical activity among children and adolescents with data from six European countries	<a href="https://tinyurl.com/4j72u2ca">https://tinyurl.com/4j72u2ca</a>
Pedišić, Ž. Matolić, T. Podnar, H. Radman, I. Rakovac, M. Hap, P. ... Oja, P.	2021	Conference abstract	Description of key outcomes of 12 years of the SCforH movement in Europe	not available
Pedišić, Ž. Koski, P. Kokko, S. Oja, P. Savola, J. Lane, A. ... Jurakić, D.	2022	Book	A textbook presenting SCforH guidelines in simple terms	<a href="https://www.scforh.info/scforh-textbook/">https://www.scforh.info/scforh-textbook/</a>



Pedišić, Ž. (Editor)			An edited book with the following book chapters: - Introduction: Sports Club for Health movement - Sports Club for Health movement: terminology and definitions - Physical activity guidelines for health: evolution, current status, policy context, and future outlook - Physical activity and sport participation in the European Union - The structure of the European sports system as a framework for the implementation of health-enhancing sports activities - The history of HEPA Europe: Growing from an EU-funded project towards a WHO-Europe network - The history of the Sports Club for Health movement in Europe - Sports Club for Health movement in published media: a systematic scoping review - Promotion of health-enhancing sports activities through European and international umbrella sports organisations: four examples of good practice - Dissemination of Sports Clubs for Health guidelines in Europe: a survey-based evaluation - Sports Club for Health and similar initiatives in Europe: examples of good practice - Conclusions and future directions	not available
Pedišić, Ž. Matolić, T. Benedičić Tomat, S. Hartmann, H. Strika, M. Titze, S. ... Jurakić, D.	2022	Book	A compilation of country cards presenting information on the promotion of health-enhancing physical activity and SCforH approach in 36 European countries	not available
Van Hoye, A. Geidne, S. Seghers, J. Lane, A. Donaldson, A. Philpott, M. Kokko, S.	2022	Book chapter	Detailed elaboration on health promotion in sports settings	<a href="https://tinyurl.com/ymkcp3xf">https://tinyurl.com/ymkcp3xf</a>
Lane, A. Koski, P. Háp, P. Matolić, T. Strika, M. Jurakić, D.	2022	Report	A survey-based evaluation of the use of SCforH guidelines in higher education courses for health promoters, physical educators, and sport and exercise practitioners in 36 European countries	not available
Titze, S. Veress, R. Matolić, T. Strika, M. Jurakić, D.	2022	Report	A survey-based assessment of the awareness and use of SCforH guidelines among European policymakers, researchers, and practitioners in sport and health promotion	not available
Oja, P. Titze, S. Pedišić, Ž. Jurakić, D.	2022	Conference abstract	Systematic review of health benefits of different sport disciplines	<a href="https://tinyurl.com/3yhcppdd6">https://tinyurl.com/3yhcppdd6</a>
Jurakić, D. Matolić, T. Pedišić, Ž.	2022	Conference abstract	Description of the development of SCforH online course	<a href="https://tinyurl.com/3cte6wrmu">https://tinyurl.com/3cte6wrmu</a>
Matolić, T. Jurakić, D. Podnar, H. Radman, I. Pedišić, Ž.	2022	Conference abstract	A cross-sectional study on the promotion of health-enhancing physical activity carried out by 536 European sports organisations	<a href="https://tinyurl.com/bd8tya7z">https://tinyurl.com/bd8tya7z</a>

Oja, P. Pedišić, Ž. Titze, S.	2022	Conference abstract	Systematic review of health benefits of different sport disciplines	not available
Oja, P. Titze, S. Memon, A.R. Jurakić, D. Chen, S.-T. Shrestha, N. ... Pedišić, Ž.	In press	Journal article	A systematic review and meta-analysis of health benefits of different sports for adults	not available
Matolić, T. Jurakić, D. Podnar, H. Radman, I. Pedišić, Ž.	In press	Journal article	A cross-sectional study on the promotion of health-enhancing physical activity carried out by 536 European sports organisations	not available
Matolić, T. Pedišić, Ž. Jurakić, D.	In press	Journal article	An empirical evaluation of the dissemination of SCforH online course in the sports, higher education, and health promotion sectors in 36 European countries	not available
Jukić, A.M. Žganeć Brajša, F. Jurakić, D.	In press	Journal article	A cross-sectional study on environmental and policy factors as correlates of sport and exercise participation in Croatia	not available
Matolić, T.	In press	Conference abstract	Description of the development of SCforH online course	not available

Note: Some links may be broken. To work as intended, some URLs may need to be copied into the web browser address bar.

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# Promotion of health-enhancing sports activities through European and international umbrella sports organisations: four examples of good practice

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## Abstract

The European Federation for Company Sport (EFCS), European Non-Governmental Sports Organisation (ENGSO), International Sport and Culture Association (ISCA), and The Association For International Sport for All (TAFISA) are international sports associations that play an important role in the European sports sector, particularly in the promotion of “sport for all”. In this book chapter we presented and analysed interviews conducted with representatives of EFCS, ENGSO, ISCA, and TAFISA about their commitment and activities to promote health-enhancing physical activity and the Sports Club for Health (SCforH) approach. We conducted interviews with the representatives of these organisations using a structured questionnaire including open-ended and multiple choice questions. We found that the commitment of all four organisations to the promotion of health-enhancing physical activity was substantially higher than their commitment to the promotion of elite sports. Some of the actions these organisations have taken to promote health-enhancing physical activity include: advocating for “sport for all” among policymakers; providing tools, expert knowledge, and other resources to their member organisations; and organising events for their members and wider public. Their main obstacles for the promotion of health-enhancing physical activity were limited funding, shortage of personnel, and lack of awareness of the importance of physical activity and healthy lifestyle among potential partners. All the organisations assisted in the dissemination of SCforH guidelines by sharing the news about them through their newsletters, distributing the printed book of guidelines among their members, and organising workshops and presentations about the guidelines. The representatives of the European and international umbrella organisations suggested that the guidelines could be improved by including more practical “how-to” examples, shortening the descriptions, using lay language, describing real-world experiences with their implementation, and including examples of good practice from sports clubs and associations. In the latest international SCforH project, we addressed these suggestions by publishing a textbook with SCforH guidelines presented in lay language and by creating a database of examples of good SCforH practice. The activities of EFCS, ENGSO, ISCA, and TAFISA described in this book chapter may inspire and help sports associations at all levels to focus more on the promotion of health-enhancing physical activity and adoption of the SCforH approach.

# 1. Introduction

European and international umbrella sports organisations, such as the European Federation for Company Sport (EFCS), European Non-Governmental Sports Organisation (ENGSO), European Olympic Committee (EOC), International Sport and Culture Association (ISCA), and The Association For International Sport for All (TAFISA) play an important role in the European sports sector (1). Some of these organisations are primarily focused on the promotion of “sport for all” and health-enhancing physical activity. They influence policies at the European Union level by advocating for sport and help their member organisations to build capacity to promote sport nationally. European and international umbrella sports organisations have been involved in a range of large international projects in which they contributed by sharing their knowledge about policies, expertise in sports promotion, and access to the wide network of their member organisations. With their activities, they have made invaluable contributions to the development of sport in general and “sport for all” specifically.

European and international umbrella sports organisations have also played a crucial role in the development of the Sports Club for Health (SCforH) movement since its foundation (2). The first public presentation of the SCforH concepts was held at a TAFISA's workshop in 2008 that was organised by the Finnish Sport for All Association (2). TAFISA contributed to the development of the SCforH approach as a partner institution in one international SCforH project funded by the European Union, EFCS contributed to two such projects, and ENGSO and ISCA contributed to all three such projects (2).

Actions taken by these organisation may set an example for the promotion of “sport for all” in Europe and inspire numerous sports clubs and associations within and outside their membership. Therefore, in this book chapter we presented and analysed interviews conducted with representatives of EFCS, ENGSO, ISCA, and TAFISA about their commitment and activities to promote health-enhancing physical activity and SCforH approach.

## 2. Methods

### 2.1. Participants

We conducted interviews with the representatives of EFCS, ENGSO, ISCA, and TAFISA who were nominated for this purpose by the Presidents of the organisations. The interviewees were Saška Benedičič Tomat from ISCA, Guy De Grauwe from EFCS, Heidi Pekkola from ENGSO, and Bae Schilling from TAFISA, who had leadership roles in these organisations at the time of the interviews. The interviews were conducted in November and December 2015, as part of the Work Package 2 of the European Union funded SCforH project “Promoting National Implementation for Sports Club for Health (SCforH) Programmes in EU Member States”; hence, all the responses refer to the period before 2016. All four interviews were conducted by Marija Rakovac, one of the authors of the book chapter. The interviewees voluntarily participated in the study. Before the interviews, they provided informed consent to participate in the study. Approval for the study was received from the Ethics Committee at the Faculty of Kinesiology, University of Zagreb.

## 2.2. Measures

A structured questionnaire including open-ended and multiple choice questions was used to guide the interviews. The questions asked about: [i] the number of member organisations; [ii] commitment to the promotion of different types of physical activity; [iii] initiatives and actions taken by the organisation to promote the implementation of health-enhancing sports, exercise, and lifestyle physical activities; [iv] specific age groups that the initiatives were tailored to; [v] main obstacles and facilitators for the promotion of health-enhancing physical activity; [vi] policy documents of the organisation that focus on the promotion of health-enhancing physical activity; [vii] policy documents of the organisation that focus on wider health promotion; [viii] awareness of the SCforH guidelines (3-5); [ix] initiatives and actions taken by the organisation to promote the use of SCforH guidelines; [x] obstacles and facilitators for promoting the SCforH guidelines; [xi] and suggestions to improve the SCforH guidelines and their dissemination.

## 2.3. Data processing and analysis

The interviews were audiotaped and transcribed verbatim. The original transcripts were copyedited by Željko Pedišić, an author of the book chapter, to enable their presentation in a written format and improve their readability. The edited transcripts were then checked and verified by the interviewees. The responses to open-ended questions were imported to NVivo software (Release 1, QSR International, Burlington, MA, USA) to create a word cloud figure based on a word frequency analysis.

# 3. Interviews

## 3.1. Saška Benedičić Tomat, International Sport and Culture Association (ISCA)

**(1) Interviewer:** I would like to ask you some questions about the initiatives and actions taken by ISCA to promote recreational sports and health-enhancing physical activity among its member organisations. How many organisations from the European Union countries are members of ISCA?

**Respondent:** We have 106 member organisations in Europe.

**(2) Interviewer:** The following question will ask you to estimate the level of ISCA's commitment to the promotion of different types of sports and physical activities. I will ask you about competitive sports (i.e. top level sports focused on competition), health-enhancing sports (i.e. recreational sports or 'sport for all'), health-enhancing exercise (i.e. planned, structured and repetitive exercise aimed to improve or maintain one or more components of physical fitness and health), and other health-enhancing physical activities (i.e. non-sporting and non-structured activities such as gardening, walking or cycling for transport, and stair climbing). On the scale from 0-10, where zero stands for "not committed at all" and ten for "most highly committed," how much is ISCA committed to the promotion of: competitive sports; health-enhancing sports (recreational sports or 'sport for all'); health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout); and other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing)?

**Respondent:** I would say “one” for the promotion of competitive sports and “ten” for the promotion of the remaining three types of physical activity.

**(3) Interviewer:** What do you think about the current level of commitment of ISCA to these types of sports, exercise, and physical activities? Is it fairly distributed? Should it be altered in the future?

**Respondent:** ISCA and its members are fully committed to the promotion of HEPA, and we have a good allocation of activities, as well as financial and human resources for this purpose. Of course, we would like to further advance our HEPA promotion activities, but what we are doing is the best we can do at the moment.

**(4) Interviewer:** If any, please describe the initiatives and actions that have been taken by ISCA to promote the implementation of health-enhancing sports (recreational sports or ‘sport for all’) among its member organisations (e.g. influencing policy change, organising workshops or training for the member organisations, providing guidelines and support, etc).

**Respondent:** The list of initiatives in this space would be very long, especially if we take into account all the activities of our members. We are committed to capacity building for our organisation and its members. This includes organising training, congresses, workshops, and meetings at the international and national levels, developing processes and improving their quality within ISCA and for our members, improving the transfer of knowledge and experience between our members, providing advocacy and guidance for HEPA promotion activities, and collecting examples of good practice. There are also many other projects and activities that we and our members carry out.

**(5) Interviewer:** If any, please describe the initiatives and actions that have been taken by ISCA to promote the implementation of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout) among its member organisations.

**Respondent:** The best example would be “Move Week”, that we have started in 2012 and that we organise annually. We help our national coordinators in all European countries to build capacity for the promotion of health-enhancing exercise, such as Nordic walking, aerobic and gym workout, and so on. We do not organise these activities, but we help our members to do it by teaching them and provide them necessary tools and guidelines. We also help our members by providing them financial and human resources, but, as I said earlier, ISCA members are the ones that actually implement the exercise programmes.

**(6) Interviewer:** If any, please describe the initiatives and actions that have been taken by ISCA to support its member organisations in the promotion of other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing).

**Respondent:** The answer would be the same as for the previous question; “Move Week” and all events connected to it, plus capacity building and providing guidance to our national coordinators.

**(7) Interviewer:** Were any of the initiatives and actions that have been taken by ISCA to support its member organisations in the promotion health-enhancing sports, health-enhancing



exercise or other health-enhancing physical activities tailored to a specific age group (e.g. children, adolescents, young adults, middle-aged adults, older adults)? If yes, please provide examples.

**Respondent:** Many of our activities and guidelines include different age groups: kids, teenagers, adults, and seniors. But, with some of our activities we also target specific population groups, such as women, people with disability, and refugees.

**(8) Interviewer:** What do you think were the main obstacles for ISCA in promoting health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** I think initially it was a relatively low awareness of the importance of physical activity and healthy lifestyle among some of our potential partners. Stakeholders in the sports sector cannot do everything on their own; partnerships are very often needed for successful HEPA promotion. Obstacles in our work were sometimes a lack of willingness for partnership from other sectors and a lack of ongoing funding.

**(9) Interviewer:** What do you think would facilitate increased commitment of ISCA to the promotion of health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** I covered some of this in my response to the previous question, but I think partnerships would come first, then understanding what is needed for successful HEPA promotion, understanding the risks associated with physical inactivity, and ongoing funding.

**(10) Interviewer:** If any, which policy documents of ISCA mention or focus on the promotion of health-enhancing sports, health-enhancing exercise, or other health-enhancing physical activities (e.g. mission statement, specific strategies, action plans)?

**Respondent:** These would include our mission, vision, and strategic action plan.

**(11) Interviewer:** If any, which policy documents of ISCA include a wider health promotion perspective (e.g. focusing on healthy lifestyle)?

**Respondent:** Physical activity and health promotion is our mission and vision, and it is mentioned in all our documents.

**(12) Interviewer:** Are any of these policies tailored to a specific age group? If yes, please provide examples.

**Respondent:** Yes, some of them are, especially to seniors, kids, and teenagers.

**(13) Interviewer:** Prior to this interview, as a representative of ISCA were you aware of the SCforH guidelines, recommended by the Council of the EU in 2013 for the implementation of health-enhancing physical activity programmes in sports clubs?

**Respondent:** Yes.

**(14) Interviewer:** When and how did you find out about the guidelines?

**Respondent:** We were actually involved in the first SCforH project from 2009 to 2011. As part of the project, we helped disseminate the guidelines among our members.

**(15) Interviewer:** How well are you informed about the SCforH guidelines?

**Respondent:** I took part in the development of the guidelines, read them, attended presentations about them, completed training about their implementation. Some of our member organisations have also used the guidelines.

**(16) Interviewer:** If any, please describe the initiatives and actions that have been taken by ISCA to promote the use or implementation of SCforH guidelines among its member organisations?

**Respondent:** As I mentioned earlier, we sent the SCforH guidelines to our member organisation. Our ex vice president, Herbert Hartmann, has been one of the key contributors to the SCforH projects. So, he was actually the key person in the dissemination of the guidelines in ISCA.

**(17) Interviewer:** What do you think were the main obstacles for ISCA in the promotion of SCforH guidelines?

**Respondent:** In the work we did to disseminate the guidelines, there were no particular obstacles.

**(18) Interviewer:** What do you think would facilitate increased commitment of ISCA to the promotion of SCforH guidelines?

**Respondent:** Maybe if we would receive more printed books of guidelines. Maybe the authors of the guidelines could consider providing recommendations for a more structured approach to their dissemination. It would be helpful to better understand who is doing what, when, and how. Getting feedback from the member organisation and sports clubs would also be helpful. The guidelines have been available for so many years now, so it would be good to know how much they mean to sports clubs, how are they used, and what benefits did sports clubs have from using them.

**(19) Interviewer:** Our project aims to update the SCforH guidelines. Would you have any suggestions that would help us improve the guidelines?

**Respondent:** More emphasis could be put on evaluation. The guidelines could include recommendations on how the monitoring is done. This would improve our understanding of how the sports clubs use the guidelines and what were the improvements in their processes. Such feedback from sports clubs and associations could actually inform future refinement of the guidelines.

**(20) Interviewer:** One of our project aims is to disseminate the SCforH guidelines among umbrella and national sport organisations and sports clubs in the European Union. Would you have any suggestions that would help us broaden the reach of dissemination?

**Respondent:** It would be important to get good examples and feedback from sports clubs and associations. Having success stories and examples of good practice would be helpful. Knowing what has been done so far and what were the outcomes of using the guidelines would also help us in the future promotion of the guidelines. Just sending out the guidelines and saying “This is how the promotion of health-enhancing sports should be done” is definitely not enough. We would definitely benefit from real-world examples of their use in practice.

### **3.2. Guy De Grauwe, European Federation for Company Sport (EFCS)**

**(1) Interviewer:** I would like to ask you some questions about the initiatives and actions taken by EFCS to promote recreational sports and health-enhancing physical activity among its member organisations. How many organisations from the European Union countries are members of EFCS?

**Respondent:** At this moment, 40.

**(2) Interviewer:** The following question will ask you to estimate the level of commitment of EFCS to the promotion of different types of sports and physical activities. I will ask you about competitive sports (i.e. top level sports focused on competition), health-enhancing sports (i.e. recreational sports or ‘sport for all’), health-enhancing exercise (i.e. planned, structured and repetitive exercise aimed to improve or maintain one or more components of physical fitness and health), and other health-enhancing physical activities (i.e. non-sporting and non-structured activities such as gardening, walking or cycling for transport, and stair climbing). On the scale from 0-10, where zero stands for “not committed at all” and ten for “most highly committed,” how much is EFCS committed to the promotion of: competitive sports; health-enhancing sports (recreational sports or ‘sport for all’); health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout); and other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing)?

**Respondent:** I would say “zero” for the promotion of competitive sports, “ten” for the promotion of health-enhancing sports and health-enhancing exercise, and “seven” for the promotion of other health-enhancing physical activities.

**(3) Interviewer:** What do you think about the current level of commitment of EFCS to these types of sports, exercise, and physical activities? Is it fairly distributed? Should it be altered in the future?

**Respondent:** Our main focus is on recreational physical activity, and we do not aim to increase our commitment to top level sports. But, on all the other aspects, we want to maintain our high score. And, for the last category, we would like to increase the rate of our commitment to that.

**(4) Interviewer:** If any, please describe the initiatives and actions that have been taken by EFCS to promote the implementation of health-enhancing sports (recreational sports or ‘sport for all’) among its member organisations (e.g. influencing policy change, organising workshops or training for the member organisations, providing guidelines and support, etc).

**Respondent:** We have started in the 1977 with the organisation of the European company sport games. They take place every two years and gather around 5000 people. We organise around 20 sport disciplines during five days. So, that's one program, if I may say so, to make the workers more active, because our target group are workers and companies. Besides the Company sports games, for several years now we have also organised our health congress in which we present examples of good practice and relevant scientific topics related to company sports. Additionally, several national federations, and not the EFCS as a whole, organise training for their members. EFCS also actively participated in the European week of sport this year. We have also been awarded funding from the European Commission for our program called "Active Workplace, Healthy Workplace".

**(5) Interviewer:** If any, please describe the initiatives and actions that have been taken by EFCS to promote the implementation of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout) among its member organisations.

**Respondent:** For several years we have successfully organised the "10,000 Steps" campaign in several countries. We also organised Nordic walking this year during the European week of sports.

**(6) Interviewer:** If any, please describe the initiatives and actions that have been taken by EFCS to support its member organisations in the promotion of other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing).

**Respondent:** The only thing that we do in this regard at the moment is that during our meetings, such as general assembly and executive meetings of our commissions, we emphasise the physical activity aspect and we try to motivate the participants to be active, but no broader action is currently being taken.

**(7) Interviewer:** Were any of the initiatives and actions that have been taken by EFCS to support its member organisations in the promotion health-enhancing sports, health-enhancing exercise, or other health-enhancing physical activities tailored to a specific age group (e.g. children, adolescents, young adults, middle-aged adults, older adults)? If yes, please provide examples.

**Respondent:** Yes, absolutely. If they belong to a company, they are a part of our target group. Our member federations organise specific activities for this population group.

**(8) Interviewer:** What do you think were the main obstacles for EFCS in promoting health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** In EFCS, we have limited financial resources. That is one of the main obstacles. We therefore have to rely on the work done by volunteers, which can sometimes be challenging. And, sometimes we also lack coaches, animators, and trainers.

**(9) Interviewer:** What do you think would facilitate increased commitment of EFCS to the promotion of health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** I think more financial resources would help us a lot. Also, some of our member federations have good contact with the Olympic committees in their countries, but that is not the case everywhere. The federations that have a good connection with the Olympic committee may have better possibilities. A recognition by governmental bodies may help in this regard as well.

**(10) Interviewer:** If any, which policy documents of EFCS mention or focus on the promotion of health-enhancing sports, health-enhancing exercise, or other health-enhancing physical activities (e.g. mission statement, specific strategies, action plans)?

**Respondent:** We have our mission statement, of course. Our statute clearly says that we will promote recreational activity among workers, that we will try to promote the physical activity, and make people more active people. We are currently working on a new strategy. We emphasise quite strongly the fact that we need physical activity in companies, because it is beneficial for both the workers and the employers. We also have action plans and the partnership in the European week of sports. We will try to increase the number of member federations in EFCS. We are also part of the Healthy Work Place program from the European Commission. So, these are different kinds of platforms we use to emphasise the importance of physical activity in companies. Yesterday and the day before, I was at the meeting regarding the European observatory for sport and employment. That could be interesting for us also because, as I said before, we need more trainers and qualified people. So, maybe our partnerships with the European observatory will be helpful. And, a few years ago, we have created the Health Commission in the EFCS, where Jorma Savola is the head chairman. So, in that Commission we try to promote programs to make the people aware that physical activity is very much needed.

**(11) Interviewer:** If any, which policy documents of EFCS include a wider health promotion perspective (e.g. focusing on healthy lifestyle)?

**Respondent:** For now, we do not have such policy documents.

**(12) Interviewer:** Prior to this interview, as a representative of EFCS were you aware of the SCforH guidelines, recommended by the Council of the EU in 2013 for the implementation of health-enhancing physical activity programmes in sports clubs?

**Respondent:** Yes, I was aware of them.

**(13) Interviewer:** When and how did you find out about the guidelines?

**Respondent:** The first time I heard about them was when Jorma Savola talked about them at our Executive Committee meeting. I was later present at several meetings of ISCA and TAFISA where the guidelines were debated.

**(14) Interviewer:** How well are you informed about the SCforH guidelines?

**Respondent:** I listened to presentations about the guidelines, I read them, and I attended a workshop about the guidelines.

**(15) Interviewer:** If any, please describe the initiatives and actions that have been taken by EFCS to promote the use or implementation of SCforH guidelines among its member organisations?

**Respondent:** Jorma Savola presented the guidelines at the meetings of our Executive Committee meetings and Health Commission. So, people in our Commission and our Executive Committee are aware of the guidelines. We have also participated in a funded SCforH project.

**(16) Interviewer:** What do you think were the main obstacles for EFCS in the promotion of SCforH guidelines?

**Respondent:** A lack of financial resources to get involved and participate. Also, at the beginning, our management, our Executive Committee board, was not 100% convinced about the guidelines, because the guidelines seemed potentially too theoretical and because our focus is on companies. While there are sports clubs in companies, they are commonly different from standard sport clubs. For these reasons, in the beginning, we did not clearly see how EFCS would benefit from the guidelines.

**(17) Interviewer:** What do you think would facilitate increased commitment of EFCS to the promotion of SCforH guidelines?

**Respondent:** I think if someone could present us some practical examples, some examples of good practice. The guidelines would then be more accessible and comprehensible for our members, I think. We are dealing with sports and we want people to be active. You have to have theory at the basis but most of the people, they want to be practical, pragmatic. If we get good practical examples, that could help raise the awareness and understanding of the guidelines.

**(18) Interviewer:** Our project aims to update the SCforH guidelines. Would you have any suggestions that would help us improve the guidelines?

**Respondent:** As I mentioned in the response to the previous question, adding more practical examples would definitely be useful.

**(19) Interviewer:** One of our project aims is to disseminate the SCforH guidelines among umbrella and national sport organisations and sports clubs in the European Union. Would you have any suggestions that would help us broaden the reach of dissemination?

**Respondent:** Maybe by participating in the European week of sports. For example here in Brussels, this year there are quite a few, about 10 to 12 international federations that presented themselves. It could be interesting to have a promotion stand here. It could be also interesting to use our European Company Sport Games that are held every second year to inform people about it. Maybe having presentations during the general assembly of EFCS and then trying to go down to the clubs may also help.

**(20) Interviewer:** That was my last question. Would you like to add anything that we did not mention in this interview?

**Respondent:** Most of our member federations are company sport federations, but there are also Sport for all federations. So, each of them has specific needs and objectives. While all of us try to get people moving and be more active, every country has its own way of doing it. The federations are also differently structured. Some of them are NGOs, while others are private organisations. But, we all have same objective, that is for sure. In EFCS we have a range of programs, but then it is up to the national federations to implement them and adapt them to their own needs.

### 3.3. Heidi Pekkola, European Non-Governmental Sports Organisation (ENGSO)

**(1) Interviewer:** I would like to ask you some questions about the initiatives and actions taken by ENGSO to promote recreational sports and health-enhancing physical activity among its member organisations. How many organisations from the European Union countries are members of ENGSO?

**Respondent:** We currently have 26 members.

**(2) Interviewer:** The following question will ask you to estimate the level of ENGSO's commitment to the promotion of different types of sports and physical activities. I will ask you about competitive sports (i.e. top level sports focused on competition), health-enhancing sports (i.e. recreational sports or 'sport for all'), health-enhancing exercise (i.e. planned, structured and repetitive exercise aimed to improve or maintain one or more components of physical fitness and health), and other health-enhancing physical activities (i.e. non-sporting and non-structured activities such as gardening, walking or cycling for transport, and stair climbing). On the scale from 0-10, where zero stands for "not committed at all" and ten for "most highly committed," how much is ENGSO committed to the promotion of: competitive sports; health-enhancing sports (recreational sports or 'sport for all'); health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout); and other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing)?

**Respondent:** Before answering your question, it is important to highlight that we mainly focus on policy work and grassroots sport, so I would say our commitment to competitive sports would probably be "three" out of ten, our commitment to health-enhancing sports "nine" out of ten, and our commitment to health-enhancing exercise and lifestyle physical activities around "five" out of ten.

**(3) Interviewer:** What do you think about the current level of commitment of ENGSO to these types of sports, exercise, and physical activities? Is it fairly distributed? Should it be altered in the future?

**Respondent:** ENGSO is primarily advocating for grassroots sport, but some of our members are national Olympic committees, so we do some work in regard to competitive sports as well. Our aim is to make people more physically active, and sports clubs may certainly help in this endeavour by focusing more on health-related matters. The current levels of our commitment to the promotion of different types of physical activity are likely to remain more or less the same. Maybe we could consider placing more focus on health-enhancing exercise and lifestyle physical activities, but organised sport will definitely remain our priority.

**(4) Interviewer:** If any, please describe the initiatives and actions that have been taken by ENGSO to promote the implementation of health-enhancing sports (recreational sports or 'sport for all') among its member organisations (e.g. influencing policy change, organising workshops or training for the member organisations, providing guidelines and support, etc).

**Respondent:** As I mentioned earlier, we are quite policy focused. We closely follow and aim to influence the developments in the EU sports policy, with HEPA promotion as one of its main priorities. ENGSO actually contributes to an expert group on HEPA. As one of the partners in the European week of sport, we signed a partnership agreement with the European Commission and organised our annual forum during the week, where we discussed the future role of sports clubs in making people more active. The forum included presentations of research findings and examples of good practice, as well as excellent discussions with policymakers from the European Commission. As part of that event, we also organised sports activities at the European sport village in which the participants of ENGSO forum and other people could participate. It is also good to mention that we take a cross-sectoral approach. For example, we contribute to the platform for health, diet, and physical activity.

**(5) Interviewer:** If any, please describe the initiatives and actions that have been taken by ENGSO to promote the implementation of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout) among its member organisations.

**Respondent:** For example, in our ENGSO forum, we had active breaks during which representatives of ENGSO Youth organised stretching and other exercise. We generally try to include more physical activity in our seminars. Also, some of the activities that we organised at the European sports village could be classified as health-enhancing exercise as well.

**(6) Interviewer:** If any, please describe the initiatives and actions that have been taken by ENGSO to support its member organisations in the promotion of other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing).

**Respondent:** We still focus more on organised sport, but we discuss about such activities as well. Such topics are often included in our workshops and seminars.

**(7) Interviewer:** Were any of the initiatives and actions that have been taken by ENGSO to support its member organisations in the promotion health-enhancing sports, health-enhancing exercise or other health-enhancing physical activities tailored to a specific age group (e.g. children, adolescents, young adults, middle-aged adults, older adults)? If yes, please provide examples.

**Respondent:** We have ENGSO Youth, which is a part of ENGSO, with people under the age of 35 years. They, for example, contributed to the project called "Healthy Children in Sound Communities" which was financed by the European Commission, as part of the preparatory actions in the field of sport. Also, last year, the topic of ENGSO forum was related to school activities. At the forum, our member organisations from Denmark presented examples of good practice and an example of policy change where they had been successful in influencing the government to support promoting more physical activity in schools.



**(8) Interviewer:** What do you think were the main obstacles for ENGSO in promoting health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** The situation is very different in different countries. The examples of good practice that we present at our events are maybe sometimes out of the scope for some of our member organisations, as they are not necessarily relevant for the specific context in all countries. The second is in relation to the importance of a cross-sectoral approach. What we see at both EU and national levels is that policymakers in the area of sport agree on the importance of sport for health. But, I think that stakeholders in the sports sector still have to do a lot to really convince the decision makers in other sectors, for example in health, transportation, and infrastructure sectors, about the benefits of sport. Here at the EU level we have to try to encourage the European Commission to support more cross-sectoral actions, and I know that many of our member organisations face the same challenge at the national level.

**(9) Interviewer:** What do you think would facilitate increased commitment of ENGSO to the promotion of health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** I think we do as much as we can at the moment. For increased commitment, we would probably need to expand the organisation. We are already highly committed to the promotion of HEPA, so I would say it is more about the available resources.

**(10) Interviewer:** If any, which policy documents of ENGSO mention or focus on the promotion of health-enhancing sports, health-enhancing exercise, or other health-enhancing physical activities (e.g. mission statement, specific strategies, action plans)?

**Respondent:** We have a Position paper on participation in health-enhancing physical activity. We also have a Position paper on the Council work plan from two years ago when the Council started to discuss about HEPA participation as one of the main priorities. Last year, we also wrote a Position paper manifest of priorities for grassroots sport after the EU election, and distributed it to the new members of the European Parliament.

**(11) Interviewer:** If any, which policy documents of ENGSO include a wider health promotion perspective (e.g. focusing on healthy lifestyle)?

**Respondent:** The documents primarily focus on HEPA as an important element of a healthy lifestyle.

**(12) Interviewer:** Are any of these policies tailored to a specific age group? If yes, please provide examples.

**Respondent:** Yes. For example, in some of the documents, we mention HEPA promotion in schools; hence focusing on school-aged children. And, this does not only refer to physical education but more broadly to the whole school setting, because we know that school is the place where you can reach almost all children, regardless of their background.

**(13) Interviewer:** Prior to this interview, as a representative of ENGSO were you aware of the SCforH guidelines, recommended by the Council of the EU in 2013 for the implementation of health-enhancing physical activity programmes in sports clubs?

**Respondent:** Yes.

**(14) Interviewer:** When and how did you find out about the guidelines?

**Respondent:** ENGSO was a partner in the previous project, so that is how I learned about the guidelines.

**(15) Interviewer:** How well are you informed about the SCforH guidelines?

**Respondent:** ENGSO took part in the development of the guidelines, I listened to presentations about the guidelines, read them, attended a seminar or workshop about them, and also promoted them among our member organisations.

**(16) Interviewer:** If any, please describe the initiatives and actions that have been taken by ENGSO to promote the use or implementation of SCforH guidelines among its member organisations?

**Respondent:** It was Romana Caput-Jogunica who participated as a representative of ENGSO in the first SCforH project, so she would probably be the right person to ask this question. But, I think we presented the guidelines to our member organisations either at a forum or at a general assembly. We also spread the news about the guidelines through our newsletter and website.

**(17) Interviewer:** What do you think were the main obstacles for ENGSO in the promotion of SCforH guidelines?

**Respondent:** I could not think of any at the moment.

**(18) Interviewer:** What do you think would facilitate increased commitment of ENGSO to the promotion of SCforH guidelines?

**Respondent:** Including more practical examples would help, because our members are often practice oriented.

**(19) Interviewer:** Our project aims to update the SCforH guidelines. Would you have any suggestions that would help us improve the guidelines?

**Respondent:** I generally think the guidelines are very useful, but some parts are maybe a bit too scientific and theoretical. More practical examples would improve their usefulness.

**(20) Interviewer:** One of our project aims is to disseminate the SCforH guidelines among umbrella and national sport organisations and sports clubs in the European Union. Would you have any suggestions that would help us broaden the reach of dissemination?

**Respondent:** Making the guidelines more practical would help improve the dissemination outcomes, because the guidelines would more acceptable and relevant to many sports organisations.

### **3.4. Bae Schilling, The Association For International Sport for All (TAFISA)**

**(1) Interviewer:** I would like to ask you some questions about the initiatives and actions taken by TAFISA to promote recreational sports and health-enhancing physical activity among its member organisations. How many organisations from the European Union countries are members of TAFISA?

**Respondent:** We have 82 members from 24 countries.

**(2) Interviewer:** The following question will ask you to estimate the level of TAFISA's commitment to the promotion of different types of sports and physical activities. I will ask you about competitive sports (i.e. top level sports focused on competition), health-enhancing sports (i.e. recreational sports or 'sport for all'), health-enhancing exercise (i.e. planned, structured and repetitive exercise aimed to improve or maintain one or more components of physical fitness and health), and other health-enhancing physical activities (i.e. non-sporting and non-structured activities such as gardening, walking or cycling for transport, and stair climbing). On the scale from 0-10, where zero stands for "not committed at all" and ten for "most highly committed," how much is TAFISA committed to the promotion of: competitive sports; health-enhancing sports (recreational sports or 'sport for all'); health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout); and other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing)?

**Respondent:** To the promotion of competitive sports, not very; I would say maybe "two to three". To the promotion of health-enhancing sports, by your definition probably quite high; "seven to eight", I guess. We are very committed to the promotion of both health-enhancing exercise and health-enhancing physical activities; I would say "nine to ten". But, I would also like to note that TAFISA does not necessarily differentiate between all these categories. We are committed to the promotion of all of the categories, as we consider "sport for all" to encompass all of the categories, as opposed to separating them.

**(3) Interviewer:** What do you think about the current level of commitment of TAFISA to these types of sports, exercise, and physical activities? Is it fairly distributed? Should it be altered in the future?

**Respondent:** I think TAFISA's mission is fairly distributed, what we focus on is what we consider to be "sport for all", which can be physical activity of any kind, for all people. This means that we focus less on the competitive sports, because we feel they already receive a lot of attention from other organisations, such as international sport federations, national sports federations, and Olympic committees. So, our focus is very much on making sure that individuals who do not necessarily do competitive sport also gain access to physical activity and "sport for all", through improvements in public and active transport, through better planning and municipality-based activities, and through government influence on policy making regarding "sport for all". I think our focus area is quite right in place and in accordance with the

TAFISA's specific purpose and mission, so the proportions of time we spend on promoting different types of physical activity are appropriate. And, I do not think this would change.

**(4) Interviewer:** If any, please describe the initiatives and actions that have been taken by TAFISA to promote the implementation of health-enhancing sports (recreational sports or 'sport for all') among its member organisations (e.g. influencing policy change, organising workshops or training for the member organisations, providing guidelines and support, etc).

**Respondent:** I have to note again that what we do is not specifically what you define as recreational sport or "sport for all", but it does include it. So, we have adopted the global platform, physical activity platform, we publish many papers in this area, including traditional sporting games revolution, active city development strategy, code of ethic, the statement that "sport for all" participation has benefits for refugees, and a specific frame of reference to the current European climate. We also have other resolutions and papers, and we organise a congress, every couple of years which focuses on new developments in the "sport for all" sector. We also have lots of different programmes; for example, Certified Leadership Course and Reach Out Programme. We also develop the cooperation with many other leading international bodies in the field, which is called "Global Coalition in Sport for Physical Activity". We have developed the how-to, "designed to move" toolbox to make the global movement understandable and break it down to the practical level, for our members and for our international federations who wish to align to the global framework. We undertake many activities as part of the triple AC programme, which includes active cities, active community, and active citizens. This led to our Sport City Net which is also a project funded by the European Commission. Also, many different international workshops were organised along the way, depending on member need and interest.

**(5) Interviewer:** If any, please describe the initiatives and actions that have been taken by TAFISA to promote the implementation of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout) among its member organisations.

**Respondent:** We have some more broad, physical activity-based events, such as the Road Challenge and Walking Day which have been organised for some 20 years now. These events focus very much on, by your definition, health-enhancing exercise, particularly the road walking day. We encourage Nordic walking events, walking events of different kinds, Road Challenge Day which is actually Kids Challenge Day, and Be Active Challenge in 2015, and we continue in 2016 with Be Active challenge and Take Back Straight. These events encourage different kinds of physical activity that are not necessarily organised sports. World sport games in terms of traditional sports and physical activity, which includes Nordic walking and similar activities. So, we do definitely have some activities which are focused on what you define as health-enhancing exercise.

**(6) Interviewer:** If any, please describe the initiatives and actions that have been taken by TAFISA to support its member organisations in the promotion of other health-enhancing physical activities (e.g. gardening, walking or cycling for transport, stair climbing).

**Respondent:** Yes, absolutely, the World Challenge day, again is a good example of that, because it encourages people to be active, in any form whatsoever. But, also some of the regulations and policy work has been very much aiming at developing active cities in a holistic

sense, so, active cities development strategy and also our alignment with the Designed to Move Framework. It is all about how do we bring physical activity to people in a very holistic sense, outside of its traditional sports structure, and how do we engage urban transport and the urban design in making activities in our landscape much more appealing for people to be physically active. So, we certainly have a focus outside of just structured sport.

**(7) Interviewer:** Were any of the initiatives and actions that have been taken by TAFISA to support its member organisations in the promotion health-enhancing sports, health-enhancing exercise or other health-enhancing physical activities tailored to a specific age group (e.g. children, adolescents, young adults, middle-aged adults, older adults)? If yes, please provide examples.

**Respondent:** Yes, Kid's Challenge Day was focused on children. Some of the other, more educational programmes such as Certified Leadership Courses focused towards, typically, young adults as new professional volunteers in the area of sports. Reach Out Courses and municipality triple AC programme, City Net Programme are focused broadly on middle-age adults who are leaders in the field, municipality leaders, national sports leaders, and so on. And, we also have another project supported by the European Commission which targets teachers and children specifically. Otherwise, most of our work is rather broad in terms of target groups, as we encourage all people to be active.

**(8) Interviewer:** What do you think were the main obstacles for TAFISA in promoting health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** What we consider as “sport for all”, that is, the broader definition which encompasses all previously mentioned types of physical activity, is often deemed to be less important and attractive than elite sports. Also, more funding is likely to be allocated to elite sport or competitive sport than to “sport for all” and health-enhancing physical activity. These are certainly big challenges we deal with.

**(9) Interviewer:** What do you think would facilitate increased commitment of TAFISA to the promotion of health-enhancing sports, health-enhancing exercise, and other health-enhancing physical activities?

**Respondent:** It is easy; simply increase funding. The more money we have, more work we can do.

**(10) Interviewer:** If any, which policy documents of TAFISA mention or focus on the promotion of health-enhancing sports, health-enhancing exercise, or other health-enhancing physical activities (e.g. mission statement, specific strategies, action plans)?

**Respondent:** Our core document is TAFISA Statute, which is the backbone of the organisation and it focuses very much on physical activity and “sport for all”. All of our policy papers in fact mention and focus on the promotion of sport and physical activity, because that is what we do. For example, active city development strategy regulation on physical activity, “sport for all” and health from 2005, regulation on civil and public space for sport and physical activity again from 2005.

**(11) Interviewer:** If any, which policy documents of TAFISA include a wider health promotion perspective (e.g. focusing on healthy lifestyle)?

**Respondent:** All of our papers include a broader element of health promotion. We consider “sport for all” as a part of healthy lifestyle. So, we certainly encourage healthy lifestyle around “sport for all” and physical activity, but our focus is on the sport side of things. So that is certainly more emphasised throughout our policy papers.

**(12) Interviewer:** Are any of these policies tailored to a specific age group? If yes, please provide examples.

**Respondent:** Not really, we tend to paint with a broad brush.

**(13) Interviewer:** Prior to this interview, as a representative of TAFISA were you aware of the SCforH guidelines, recommended by the Council of the EU in 2013 for the implementation of health-enhancing physical activity programmes in sports clubs?

**Respondent:** Yes.

**(14) Interviewer:** When and how did you find out about the guidelines?

**Respondent:** TAFISA was involved in the development of SCforH project since 2008. TAFISA, as an organisation, has been aware of the guidelines since they were issued and myself, I have been aware of them since I have started working in TAFISA.

**(15) Interviewer:** How well are you informed about the SCforH guidelines?

**Respondent:** Me personally, I listened to a presentation about the guidelines, I read them, and I attended a workshop about them. And, TAFISA, as an organisation, took part in the development of the guidelines.

**(16) Interviewer:** If any, please describe the initiatives and actions that have been taken by TAFISA to promote the use or implementation of SCforH guidelines among its member organisations?

**Respondent:** We distributed the book of SCforH guidelines to all of our member organisations and also organised an introduction workshop in connection with different activities. We have taken measures to have some of the guidelines translated into other languages where appropriate. We developed adoptable consultation package for our member organisation based on their city setting and infrastructure.

**(17) Interviewer:** What do you think were the main obstacles for TAFISA in the promotion of SCforH guidelines?

**Respondent:** I guess drawing a parallel between sports clubs in different countries. The reason for this is that different countries have different frameworks for sports clubs. For example, sports clubs might not be the same in Finland and in Poland. Also, parts of the guidelines are quite wordy. Our members tend to like such materials to be very practical and concise. And

then, unfortunately, health and sport policy do not necessarily sit within the same Ministry or within the same segment of the public sector. So, it can be challenging to align the missions of both the sport sector and the health sector and bring them together.

**(18) Interviewer:** What do you think would facilitate increased commitment of TAFISA to the promotion of SCforH guidelines?

**Respondent:** I guess, a more holistic approach, as I mentioned several times earlier in the interview. We do not necessarily categorise different types of activities, but rather we focus very holistically on sport and physical activities. So, having a more holistic focus would certainly synergise our members' missions more closely, rather than segregating it to specific types of health-enhancing physical activity. The other thing would be to have the guidelines in a form that is easier to distribute to our members; for example, during our congresses or in a short more snappy form than extensive books and lecturing articles on the topic that can be a little overwhelming to our members.

**(19) Interviewer:** Our project aims to update the SCforH guidelines. Would you have any suggestions that would help us improve the guidelines?

**Respondent:** To make it shorter and more accessible, certainly at the initial level. And, if people want to delve further, of course, they can go into all the theory behind it. I would make it a more holistic approach. Obviously, with the focus on health-enhancing part but recognising that all "sport for all" physical activities do in fact improve health, obviously when practiced safely. So, having a more holistic approach rather than categorising it. And, then also understanding the framework in which we have to implement the Sports Clubs for Health guidelines. So, focusing on what the people who actually use them manage to achieve. For example city or municipality administration looking at how they might use the information within the SCforH framework.

**(20) Interviewer:** One of our project aims is to disseminate the SCforH guidelines among umbrella and national sport organisations and sports clubs in the European Union. Would you have any suggestions that would help us broaden the reach of dissemination?

**Respondent:** As I mentioned previously, just making them more accessible to our members by aligning them more with the aims and mission of our member network. Within the European Union as a whole, I guess trying to understand the EU policy framework and member states framework within that, and making sure that the information in the guidelines is related and applicable to that framework.

## 4. Results and discussion

The commitment of all four European and international umbrella sports organisations to the promotion of elite-level, competitive sports is substantially lower than their commitment to the promotion of “sport for all”, health-enhancing exercise, and health-enhancing lifestyle physical activities. From the estimates of the overall commitment for some of the organisations and the examples of actions taken to promote different types of physical activity, it seems that these organisations mainly focus on health-enhancing sports and health-enhancing exercise. The representative of TAFISA mentioned that they do not strictly differentiate between different types of health-enhancing physical activity as in the classification used by the SC-forH consortium (3, 6), but instead promote all the types of health-enhancing physical activity collectively.

A range of actions have been taken by the four European and international umbrella sports organisations to promote health-enhancing physical activity. Some examples of such actions include: advocating for the promotion of sport and physical activity at the political level; providing tools, expert knowledge, and other resources to their member organisations; and organising events for their members and wider public. From the responses of interviewees, it seems that the key obstacles for the actions taken by these organisation to promote health-enhancing physical activity were limited funding, shortage of personnel, and lack of awareness of the importance of physical activity and healthy lifestyle among potential partners.

In their responses related to activities and policies of their organisations that promote different types of health-enhancing physical activity, the respondents most frequently used the following terms: activity ( $n = 81$ ); sport ( $n = 64$ ); physical ( $n = 36$ ); organised ( $n = 31$ ); example ( $n = 26$ ); promotion ( $n = 24$ ); focus ( $n = 22$ ); national ( $n = 21$ ); commitment ( $n = 20$ ); exercise ( $n = 20$ ); and European Commission ( $n = 20$ ). The findings of the word frequency analysis are shown in Figure 1.

**FIGURE 1. THE 50 MOST COMMONLY MENTIONED TERMS IN THE DESCRIPTIONS OF HEPA\*-PROMOTING ACTIVITIES AND POLICIES OF FOUR EUROPEAN AND INTERNATIONAL UMBRELLA SPORTS ORGANISATIONS†**



\* Health-enhancing physical activity

† International Sport and Culture Association (ISCA), European Federation for Company Sport (EFCS), European Non-Governmental Sports Organisation (ENGSO), and The Association For International Sport for All (TAFISA)



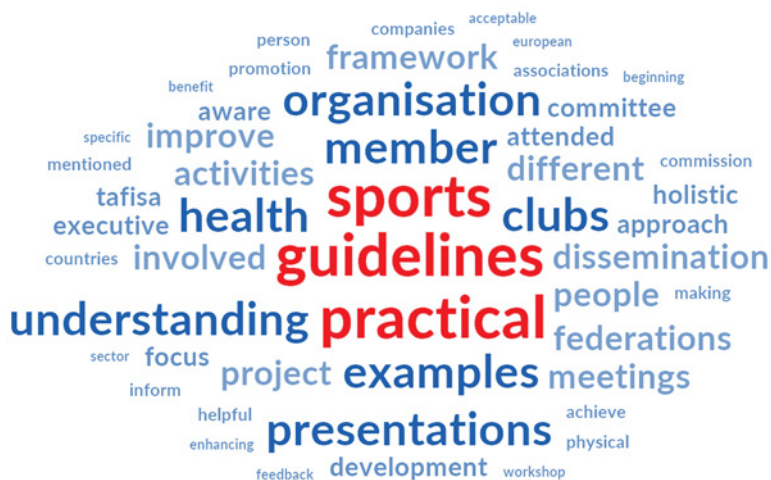
Furthermore, the representatives of all four European and international umbrella sports organisations were aware of the SCforH guidelines prior to the interviews. They gained knowledge about the guidelines by reading them, attending presentations about them, and/or actively participating in their development. All the organisations assisted in the dissemination of SCforH guidelines by sharing the news about them through their newsletters, distributing the printed book of guidelines among their members, and organising workshops and presentations about the guidelines. Their actions in this regard have significantly contributed to raising the awareness of the SCforH guidelines among the representatives of sports associations across Europe (7).

The representatives of the European and international umbrella organisations suggested that the guidelines could be improved by including more practical “how-to” examples, shortening the descriptions, using lay language, describing real-world experiences with their implementation, and including examples of good practice from sports clubs. In the latest international SCforH project titled “Creating Mechanisms for Continuous Implementation of the Sports Club for Health Guidelines in the European Union”, we addressed these suggestions by publishing a textbook (8) with SCforH guidelines presented in lay language and by creating a database of examples of good SCforH practice (9).

In the responses about their involvement in the SCforH movement, the respondents most frequently used the following words: guidelines ( $n = 40$ ); sports ( $n = 28$ ); practical ( $n = 23$ ); member ( $n = 17$ ); examples ( $n = 14$ ); clubs ( $n = 13$ ); health ( $n = 13$ ); organisation ( $n = 13$ ); presentations ( $n = 12$ ); activities ( $n = 11$ ); and involved ( $n = 11$ ). The findings of the word frequency analysis are shown in Figure 2.

When interpreting these findings, it is important to take into account that the interviews were conducted in late 2015. In the meantime, these organisations have taken a number of additional actions to promote health-enhancing physical activity that have not been captured in our analysis. It may be that responses to some of the questions related to their involvement in the SCforH movement would have also been different, if the interviews were conducted more recently.

**FIGURE 2. THE 50 MOST COMMONLY MENTIONED TERMS IN RELATION TO THE INVOLVEMENT OF FOUR EUROPEAN AND INTERNATIONAL UMBRELLA SPORTS ORGANISATIONS\* IN THE SPORTS CLUB FOR HEALTH MOVEMENT**



\* International Sport and Culture Association (ISCA), European Federation for Company Sport (EFCS), European Non-Governmental Sports Organisation (ENGSO), and The Association For International Sport for All (TAFISA)

## 5. Conclusion

The four European and international umbrella sports organisations whose representatives were interviewed for the purpose of this study (i.e. EFCS, ENGSO, ISCA, and TAFISA) are highly committed to the promotion of health-enhancing physical activity, generally with an emphasis on “sport for all”. They have taken a number of actions to build capacity for the promotion of health-enhancing physical activity in Europe. As part of their work, they have also significantly contributed to the development of SCforH guidelines and dissemination of the guidelines among sports clubs and associations. The activities of EFCS, ENGSO, ISCA, and TAFISA described in this book chapter may inspire and help sports associations at all levels to focus more on the promotion of health-enhancing physical activity and adoption of the SCforH approach.

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# Dissemination of Sports Club for Health guidelines in Europe: a survey-based evaluation

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# Abstract

In the past 15 years, a wide range of activities have been undertaken to disseminate the Sports Club for Health (SCforH) guidelines. To evaluate the outcomes of the dissemination efforts that had been made until 2016, a Europe-wide survey was conducted as part of the SCforH 2015-17 project. Given that the evaluation was done more than five years ago and that a range of SCforH dissemination activities have taken place since then, we conducted a new SCforH survey as part of the SCforH 2020-22 project. We sent direct email invitations to participate in the survey to a total of: [i] 2,646 representatives of sports associations; [ii] 323 public health researchers and promoters; [iii] 327 policymakers; and [iv] 513 higher education teachers in the areas of physical education, sports science, and health promotion from 27 European Union member states, candidate countries for European Union membership (Albania, Montenegro, North Macedonia, Serbia, and Türkiye), Iceland, Norway, Switzerland, and the United Kingdom. We also encouraged them to forward the invitation to their colleagues and member organisations. A total of 705 stakeholders in the European sports sector agreed to participate in the survey. We found that commitment of national governments in European countries to the promotion of health-enhancing physical activity is relatively low compared to their commitment to elite sports. For 87.1% of the European countries included in the analysis, stakeholders in the sports sector reported that some initiatives have been taken to promote the use or implementation of the SCforH guidelines. Fifty-three percent of representatives of the sports associations in our study sample were aware of the SCforH guidelines, which suggests an increase of 31 percentage points since the SCforH 2016/17 survey. For most European countries, we found that less than 10% of their sports clubs are aware and use SCforH guidelines. Future SCforH projects should aim to increase the awareness and knowledge of policymakers about the importance of promoting 'sport-for-all'. The awareness of SCforH guidelines among the representatives of sports associations is relatively high, but it should be further increased, as this may help increase the relatively low commitment of sports clubs to the promotion of health-enhancing physical activity. Our findings demonstrate a need for new SCforH projects aiming to promote the use of SCforH guidelines in Europe.

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## 1. Introduction

In the past 15 years, a wide range of activities have been undertaken to disseminate the Sports Club for Health (SCforH) guidelines (1-3), that is, a set of expert- and evidence-based recommendations for the implementation of SCforH initiatives and programmes in sports clubs (4). Most of the activities took place in Europe, as part of the three international SCforH projects funded by the European Union (5, 6). The dissemination activities primarily targeted the stakeholders in the sports sector, including policymakers in the area of sport and representatives of sports clubs and associations. Additional target groups included researchers and promoters of health-enhancing physical activity and tertiary level teachers and students in the areas of physical education, sport and health.

The main aim of dissemination was to raise the awareness of: [i] the importance of increasing the level of health-enhancing physical activity in the population; [ii] the vast potential of sports clubs to promote health-enhancing physical activity; [iii] the SCforH principles and recommended application model; and [iv] the benefits of adhering to the SCforH guidelines for

sports clubs and their members. Detailed information on these topics was presented in three versions of SCforH guidelines (1, 2, 7), an Electronic Toolkit for sports clubs and associations (8), SCforH textbook (3), and SCforH online course (9). The ultimate goal of raising the awareness of SCforH guidelines was to facilitate their use in sports clubs and associations, and consequently increase the availability and improve the quality of health-enhancing sports activities offered through sports clubs.

To achieve this goal, we sent a weblink to the book of SCforH guidelines to 1,743 representatives of sports associations and 137 members of the HEPA Europe network via email. A number of hardcopies of the book were also distributed. We also sent direct email invitations to participate in the SCforH online course to 3,809 stakeholders in the European sports sector. These dissemination activities have covered a total of 36 European countries, including all EU member states and candidate countries, Iceland, Norway, Switzerland, and the United Kingdom. We also organised a number of public events, including workshops, seminars, symposia, and conferences. For example, as part of the SCforH 2020–22 project, we organised 14 events, including 6 project team meetings, 3 symposia, 3 workshops, 1 seminar, and 1 conference, with a total of 1,333 attendees. We also published a number of news articles about the activities of SCforH projects on websites and on social media platforms (10).

To evaluate the outcomes of the dissemination efforts that had been made until 2016, as part of the SCforH 2015–17 project, we conducted a Europe-wide survey conducted among representatives of 549 sports associations and 42 representatives of the HEPA Europe member organisations (11). We found that representatives of 20% of national sport associations, 25% of national Olympic committees, 50% of national umbrella sports organisations, 54% of national sport-for-all organisations, 8% of European sport federations, and 41% of the HEPA Europe member organisations were aware of the SCforH guidelines (11). For most countries, the participants in the survey estimated that less than 10% of sports clubs have implemented the SCforH guidelines in their activities (11).

Given that the evaluation was conducted more than five years ago and that a range of SCforH dissemination activities have taken place since then, we conducted a new SCforH survey as part of the SCforH 2020–22 project. In this book chapter we present key findings of the SCforH survey conducted from 2021 to 2022.

## 2. Methods

### 2.1. Participants

Contact details (including the name of organisation, name of contact person, and email address) of potential participants were obtained by conducting online searches for: European umbrella sports organisations (e.g. European Non-Governmental Sports Organisation); European sports federations (e.g. European Gymnastics union); national sport-for-all organisations (e.g. Romanian Federation Sport for All); national Olympic committees; national umbrella sports organisations (e.g. Lithuanian Union of Sports Federations); national associations of specific sport (e.g. Croatian Tennis Association); tertiary education courses for sport and exercise practitioners health promoters, and physical educators; relevant departments in national ministries of health and sport; European physical activity focal points; and HEPA Europe member organisations. The searches were conducted for organisations in 27 European Union member states, candidate countries for European Union membership (Albania, Montenegro, North Macedonia, Serbia, and Türkiye), Iceland, Norway, Switzerland, and the United

Kingdom. In addition, all members of the SCforH 2020-22 project were asked to review the contact list created for their country and suggest any additional potential participants.

We sent direct email invitations to a total of: [i] 2,646 representatives of sports associations; [ii] 323 public health researchers and promoters; [iii] 327 policymakers; and [iv] 513 higher education teachers in the areas of physical education, sports science, and health promotion. We also encouraged them to forward the invitation to their colleagues and member organisations. For example, the representatives of sports associations were encouraged to forward the invitation to the sports clubs in their membership.

A total of 705 stakeholders in the European sports sector agreed to participate in the survey, including: [i] 326 representatives of sports clubs; [ii] 135 representatives of sports associations; [iii] 31 public health researchers and promoters; [iv] 44 policymakers; and [v] 169 higher education teachers in the areas of physical education, sports science, and health promotion. Given that we used snowball sampling, the response rate could not be calculated.

The participation in the survey was voluntary, and all participants provided informed consent to be involved in the study. The study protocol was approved by the Ethics Committee at the Faculty of Kinesiology, University of Zagreb (ref: 10/2021).

## 2.2. Measures

The surveys for all types of participants (i.e. representatives of sports clubs, representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers) included the following questions used in the current analysis:

- Please estimate the percentage of sports clubs in your country that are aware of the Sports Club for Health (SCforH) guidelines, with “none”, <10%, 11%-20%, 21%-30%, 31%-40%, 41%-50%, 51%-60%, 61%-70%, 71%-80%, 81%-90%, >90%, and “unable to respond” as response options;
- Please estimate the percentage of sports clubs in your country that implemented ‘Sports Club for Health’ programmes according to the Sports Club for Health (SCforH) guidelines, with “none”, <10%, 11%-20%, 21%-30%, 31%-40%, 41%-50%, 51%-60%, 61%-70%, 71%-80%, 81%-90%, >90%, and “unable to respond” as response options.

The surveys for all types of participants other than the representatives of sports clubs included the following questions used in the current analysis:

- Please estimate how much is the government of your country committed to the promotion of elite sports, with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is the government of your country committed to the promotion of health-enhancing sports, recreational sports or ‘sport for all’, with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is the government of your country committed to the promotion of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout), with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is the government of your country committed to the promotion of health-enhancing lifestyle physical activities (e.g. gardening, walking or cycling for transport, stair climbing), with a response scale from 0 (“not at all”) to 10 (“most highly”).

We created a summary variable called “the estimated commitment of the national government to the promotion of health-enhancing physical activity” as the arithmetic mean of responses to the questions about the commitment to the promotion of health-enhancing sports activity, health-enhancing exercise, and health-enhancing lifestyle physical activities. We then categorised the estimated commitment of the national government to specific types of physical activity as “low” (0 – 3.49), “moderate” (3.50 – 6.49), and “high” (6.50 – 10). The definitions of these types of physical activity can be found elsewhere (4).

Public health researchers and promoters, policymakers, and higher education teachers were additionally asked whether any of the following initiatives in their country were taken to promote the use or implementation of the SCforH guidelines among sports clubs (with “yes”, “no”, and “don’t know” as response options):

- initiatives at the governmental level (e.g., policy changes, governmental funding);
- initiatives by national sports organisations (e.g. dissemination of the guidelines among their member organizations, organizing workshops);
- initiatives by higher education institutions (e.g. changes in teaching curriculum);
- initiatives by public health institutes (e.g. organizing workshops);
- individual initiatives by SCforH project partners or HEPA Europe SCforH working group members;
- individual initiatives by other relevant stakeholders;
- other initiatives.

The responses to the last two items were merged into one.

The survey for the representatives of sports associations additionally included the following question used in the current analysis:

- Prior to this survey, were you aware of the Sports Club for Health (SCforH) guidelines? (with “yes”, “no”, and “don’t know” as response options).

The survey for the representatives of sports clubs also included the following questions used in the current analysis:

- Please estimate how much is your sports club committed to the promotion of elite sports, with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is your sports club committed to the promotion of health-enhancing sports, recreational sports or ‘sport for all’, with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is your sports club committed to the promotion of health-enhancing exercise (e.g. Nordic walking, aerobics, gym workout), with a response scale from 0 (“not at all”) to 10 (“most highly”);
- Please estimate how much is your sports club committed to the promotion of health-enhancing lifestyle physical activities (e.g., gardening, walking or cycling for transport, stair climbing), with a response scale from 0 (“not at all”) to 10 (“most highly”).

We created a summary variable called “the commitment of the sports club to the promotion of health-enhancing physical activity” as the arithmetic mean of responses to the questions about the commitment to the promotion of health-enhancing sports activity, health-enhancing



exercise, and health-enhancing lifestyle physical activities. We then categorised the estimated commitment of the sports clubs to specific types of physical activity as “low” (0 – 3.49), “moderate” (3.50 – 6.49), and “high” (6.50 – 10).

### 2.3. Data analysis

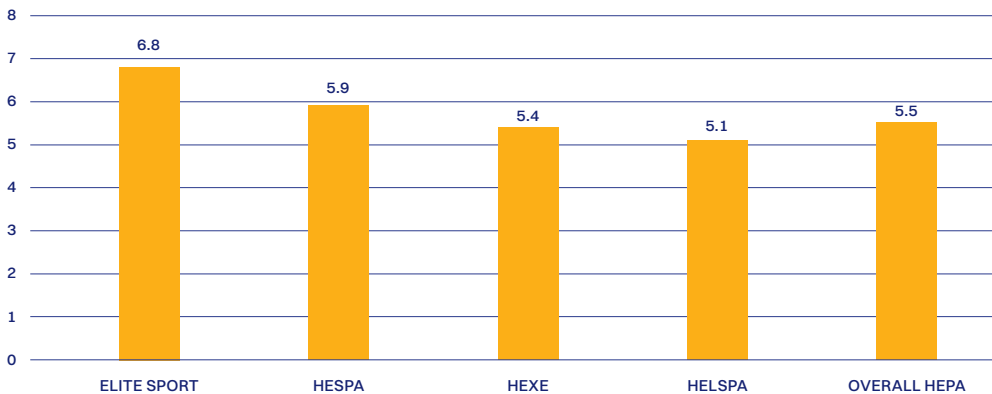
We calculated the arithmetic means and standard deviations of responses to the questions about the commitment of national governments and sports clubs to the promotion of different types of physical activity. For all categorical variables, we calculated absolute frequencies and percentages. The analyses were conducted for the overall sample, and where possible, stratified by country. Pie, column, and map charts were used to present the results.

## 3. Findings

### 3.1. The commitment of national governments to physical activity promotion

Commitment of national governments in Europe to the promotion of elite sports received an average ( $\pm$  standard deviation) score of  $6.8 \pm 2.3$  out of 10 (Figure 1). Commitment to the promotion of health-enhancing sports activity was found to be high in 60.0%, moderate in 37.1%, and low in 2.9% of the European countries (Figure 2). The average rating for commitment of the national governments in Europe to the promotion of health-enhancing sports activity, recreational sports, and ‘sport for all’ was somewhat lower (arithmetic mean  $\pm$  standard deviation =  $5.9 \pm 2.3$  out of 10). The commitment to the promotion of health-enhancing sports activity, recreational sports, and ‘sport for all’ was found to be high in 34.3%, moderate in 60.0%, and low in 5.7% of the European countries (Figure 3). The commitment of national governments in Europe to the promotion of health-enhancing exercise and health-enhancing lifestyle physical activities had the lowest rating (arithmetic mean  $\pm$  standard deviation =  $5.4 \pm 2.5$  and  $5.1 \pm 2.5$  out of 10, respectively). The commitment to the promotion of health-enhancing exercise was found to be high in 20.0%, moderate in 68.6%, and low in 11.4% of the European countries (Figure 4). The commitment to the promotion of health-enhancing lifestyle physical activities was found to be high in 14.3%, moderate in 77.1%, and low in 8.6% of the European countries (Figure 5). The mean ( $\pm$  standard deviation) commitment of national governments in Europe to the promotion of overall health-enhancing physical activity was  $5.5 \pm 2.3$  out of 10. The commitment to the promotion of overall health-enhancing physical activity was found to be high in 25.7%, moderate in 65.7%, and low in 8.6% of the European countries (Figure 6). These results suggest that national governments in Europe are still primarily focused on supporting the promotion of elite sports, while recreational sports and other physical activities receive less attention. Notwithstanding widely discussed complementarity between the development of elite and recreational sports (12), policymakers in European countries should consider investing more in the promotion of health-enhancing physical activity. Increased governmental support to the promotion of health-enhancing physical activity may facilitate the use of SCforH guidelines in sports clubs and associations. Future SCforH projects should aim to increase the awareness and knowledge of policymakers about the importance of promoting ‘sport-for-all’.

**FIGURE 1. THE COMMITMENT\* OF NATIONAL GOVERNMENTS IN EUROPE<sup>†</sup> TO THE PROMOTION OF ELITE SPORTS, HEALTH-ENHANCING SPORTS ACTIVITY (HESPA), HEALTH-ENHANCING EXERCISE (HEXE), HEALTH-ENHANCING LIFESTYLE PHYSICAL ACTIVITIES (HELSPA), AND OVERALL HEALTH-ENHANCING PHYSICAL ACTIVITY (HEPA) ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR<sup>‡</sup> (n = 379)**

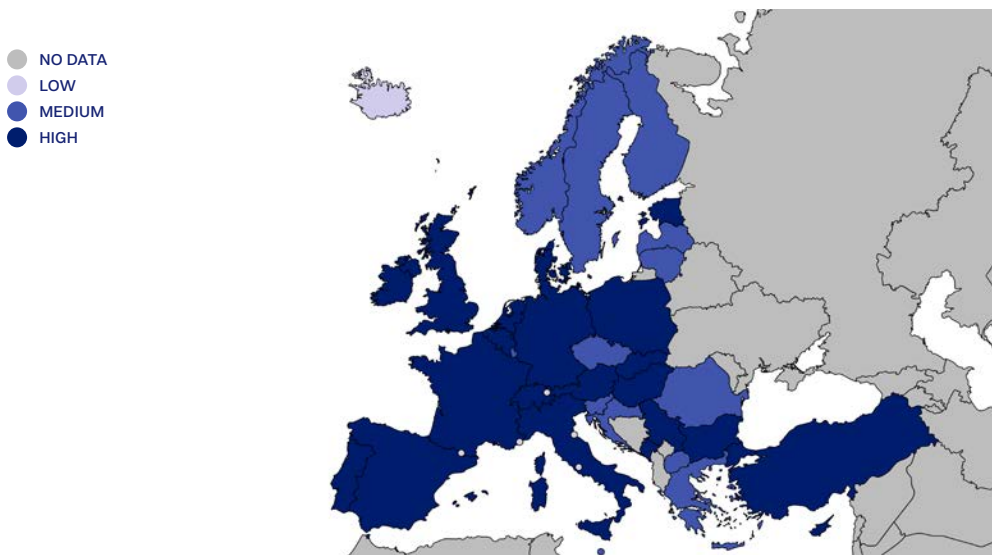


\* Arithmetic mean on the scale from 0 (“not at all committed”) to 10 (“most highly committed”)

† Including 27 European Union member states, candidate countries for European Union membership (Albania, Montenegro, North Macedonia, Serbia, and Türkiye), Iceland, Norway, Switzerland, and the United Kingdom, where data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey

‡ Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

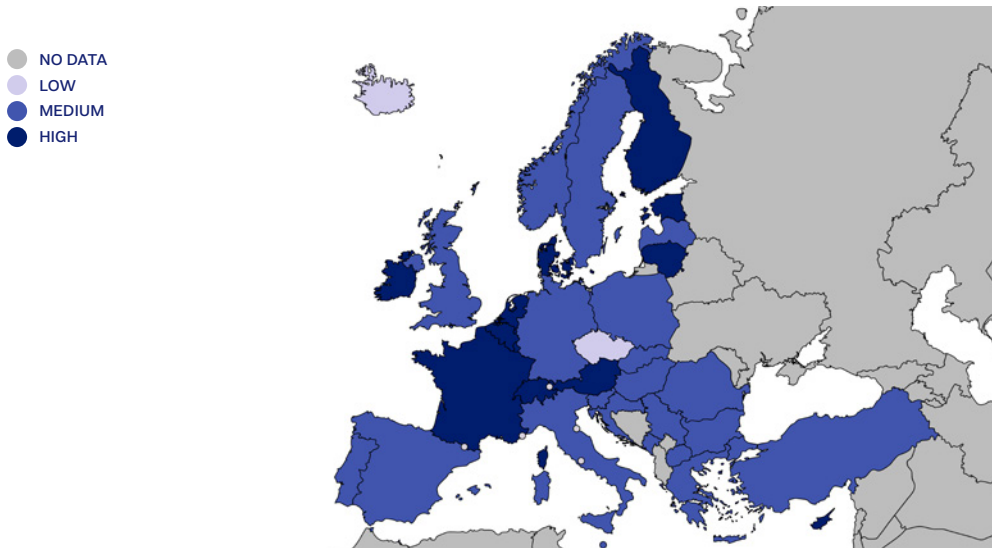
**FIGURE 2. THE COMMITMENT OF NATIONAL GOVERNMENTS IN EUROPE<sup>†</sup> TO THE PROMOTION ELITE SPORTS ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR<sup>‡</sup> (n = 379)**



\* Data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

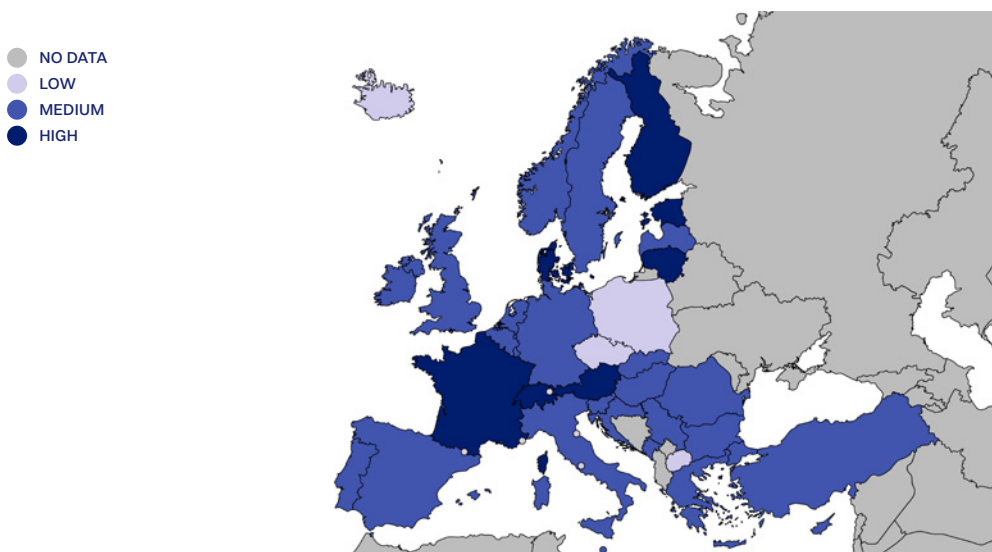
**FIGURE 3. THE COMMITMENT OF NATIONAL GOVERNMENTS IN EUROPE\* TO THE PROMOTION OF HEALTH-ENHANCING SPORTS ACTIVITY ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 379)**



\* Data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

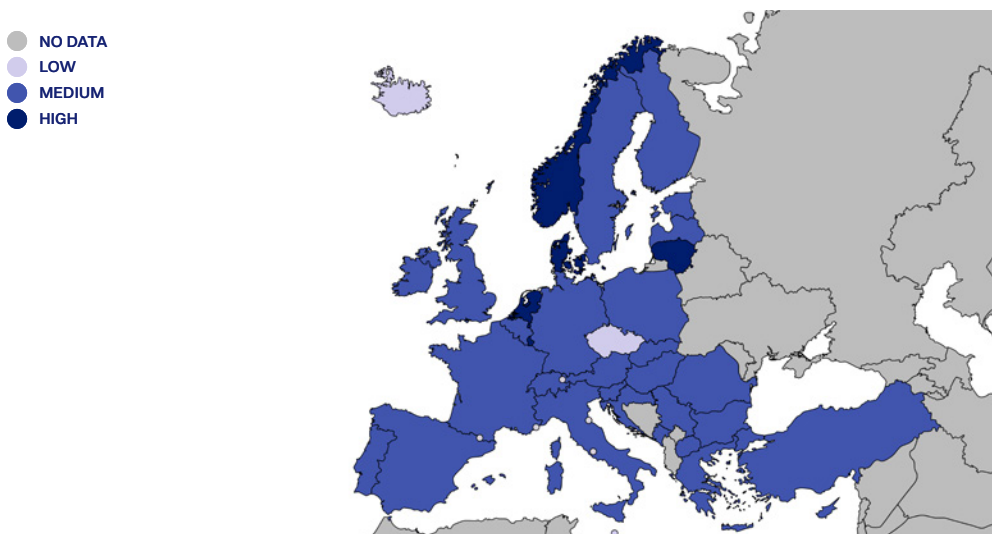
**FIGURE 4. THE COMMITMENT OF NATIONAL GOVERNMENTS IN EUROPE\* TO THE PROMOTION OF HEALTH-ENHANCING EXERCISE ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 379)**



\* Data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

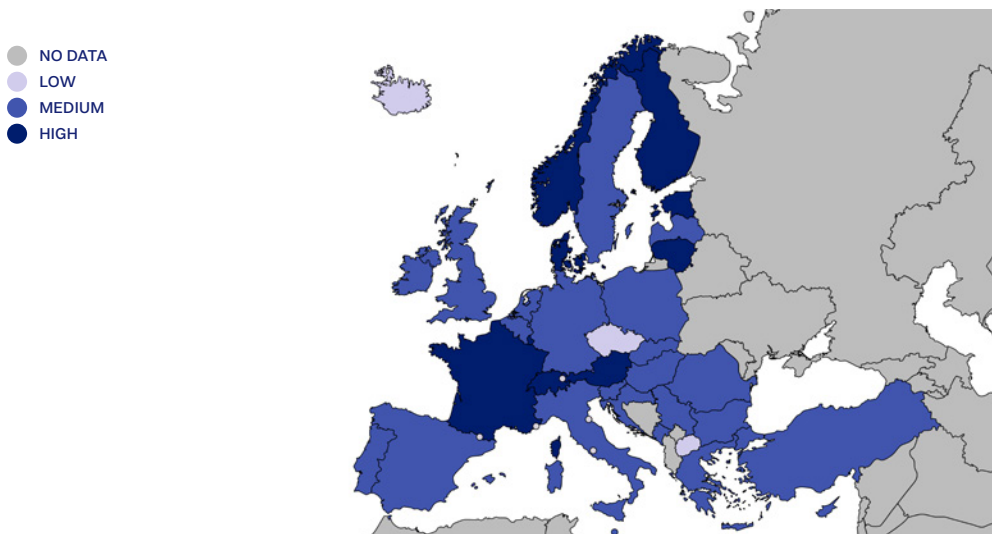
**FIGURE 5. THE COMMITMENT OF NATIONAL GOVERNMENTS IN EUROPE\* TO THE PROMOTION OF HEALTH-ENHANCING LIFE-STYLE PHYSICAL ACTIVITIES ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 379)**



\* Data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

**FIGURE 6. THE COMMITMENT OF NATIONAL GOVERNMENTS IN EUROPE\* TO THE PROMOTION OF OVERALL HEALTH-ENHANCING PHYSICAL ACTIVITY ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 379)**



\* Data for Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

### 3.2. Key stakeholders in the promotion of Sports Club for Health (SCforH) guidelines

For 87.1% of the European countries included in the analysis, stakeholders in the sports sector reported that some initiatives have been taken to promote the use or implementation of the SCforH guidelines (Table 1). Such initiatives were taken by SCforH project partners and/or HEPA Europe SCforH working group members in 66.7% of the countries. Such a high percentage was expected, because partner institutions from as many as 17 European countries were involved in the international SCforH projects funded by the European Union (3). In 65.5% of the countries, the initiatives to promote the use or implementation of the SCforH guidelines were taken by national sports associations. A total of 14 national sports organisations from 8 European countries and 6 international sports organisations participated as partners in the international SCforH projects funded by the European Union (5, 6), which may have contributed to raising the awareness of the SCforH movement among sports associations. Initiatives by public health institutes and higher education institutions were reported for 70.0% and 64.5% of the countries, respectively. It is likely that such initiatives have been facilitated by the long-standing partnership between the SCforH Consortium and HEPA Europe network, as many members of the HEPA Europe network are public health institutes and higher education institutions (5, 13). HEPA Europe SCforH working group also played an important role in raising the awareness of the SCforH movement among HEPA Europe members by organising SCforH meetings as part of HEPA Europe conferences (5). A total of 15 research institutes and universities from 10 European countries participated as partners in international SCforH projects funded by the European Union (5, 6), which may have also contributed to raising the awareness of the SCforH movement in the tertiary education sector. Future SCforH projects should continue involving sports associations, public health institutes, and higher education institutions, especially from the countries without any ongoing SCforH initiatives. The initiatives to promote the use or implementation of the SCforH guidelines taken by the government were the least common. They were reported for 56.7% of the countries. Although efforts were made within the funded SCforH projects to raise the awareness of the SCforH movement among policymakers, it may be that the dissemination among governmental institutions was least efficient. This might be explained by the fact that only one partner institution in the international SCforH projects funded by the European Union was a governmental institution (5, 13). Therefore, more governmental institutions should be included as partners in future SCforH projects. Interestingly, the highest prevalence (i.e. in 76.0% of the countries) was found for initiatives taken by other stakeholders. It is possible that this referred to initiatives in which sports clubs promoted the use of SCforH guidelines among other sports clubs.

**TABLE 1. INITIATIVES TAKEN TO PROMOTE THE USE OR IMPLEMENTATION OF THE SPORTS CLUB FOR HEALTH (SCFORH) GUIDELINES AMONG SPORTS CLUBS BY THE GOVERNMENT (GOV), NATIONAL SPORTS ORGANISATIONS (NSO), HIGHER EDUCATION INSTITUTIONS (EDU), PUBLIC HEALTH INSTITUTES (PHI), SCFORH PROJECT PARTNERS OR HEPA EUROPE SCFORH WORKING GROUP MEMBERS (SCH), AND OTHER RELEVANT STAKEHOLDERS (OTHER) REPORTED BY STAKEHOLDERS IN THE SPORTS SECTOR<sup>1</sup> (n = 244)**

Country	GOV	NSO	EDU	PHI	SCH	Other	Any <sup>a</sup>
Albania	-	-	-	-	-	-	-
Austria	✓	✓	✓	✓	✓	✓	✓
Belgium	✓	✓	✓	✓	✓	✓	✓
Bulgaria	-	-	-	-	-	-	-
Croatia	✓	✓	✓	✓	✓	✓	✓
Cyprus	-	-	x	x	-	-	?
Czech Republic	✓	✓	✓	✓	✓	✓	✓
Denmark	-	-	x	x‡	-	-	?
Estonia	x	x	x	✓	✓	✓	✓
Finland	✓	✓	✓	✓	✓	x	✓
France	x	x	x	✓	✓	x	✓
Germany	x‡	✓	x‡	x‡	✓	x‡	✓
Greece	✓	✓	✓	✓	✓	✓	✓
Hungary	✓	✓	✓	x	x	✓	✓
Iceland	-	-	-	-	-	-	-
Ireland	✓	✓	x	✓	✓	✓	✓
Italy	✓‡	✓‡	✓‡	✓‡	✓‡	✓	✓
Latvia	x	x	✓	✓	x	✓	✓
Lithuania	x	✓	-	-	-	-	✓
Luxembourg	✓	✓	✓	-	-	-	✓
Malta	x	x	x	x	-	-	?
Montenegro	✓	✓	x‡	✓	x‡	✓	✓
Netherlands	x‡	x‡	x‡	x‡	x‡	-	-
Macedonia	x	x	✓	✓	✓	x‡	✓
Norway	x‡	x‡	x‡	x‡	x‡	x‡	x‡
Poland	✓	✓	✓	✓	✓‡	✓	✓
Portugal	✓	✓	✓	✓	✓	✓	✓
Romania	✓	✓	✓	✓	✓	✓	✓
Serbia	✓	✓	✓	✓	✓	✓	✓

Country	GOV	NSO	EDU	PHI	SCH	Other	Any*
Slovakia	-	-	-	-	-	-	-
Slovenia	x	✓	✓	✓	x	✓	✓
Spain	✓	✓	✓	✓	✓	✓	✓
Sweden	x	✓	✓	x	✓	x	✓
Switzerland	✓	-	✓	✓	-	-	✓
Türkiye	x‡	x‡	✓‡	x‡	x‡	✓‡	✓‡
United Kingdom	x	x	x	✓	✓	✓	✓
<b>Percent "Yes"</b>	56.7%	65.5%	64.5%	70.0%	66.7%	76.0%	87.1%

\* "✓": If the response to any of the questions was positive. "x": If the responses to all questions were negative and there were no missing data. "?": If there were some missing data and the only available responses were negative.

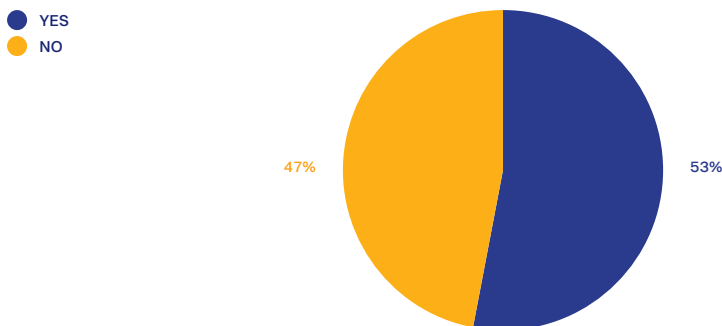
‡ Including public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

‡ Data in the marked field were taken from the SCforH 2016/17 survey

### 3.3. The awareness of Sports Club for Health (SCforH) guidelines among sports associations

Fifty-three percent of representatives of the sports associations in our study sample were aware of the SCforH guidelines (Figure 7). It seems that the awareness has increased by 31 percentage points since the SCforH 2016/17 survey (1, 11). This large, positive change is likely due to the dissemination efforts made within the SCforH 2015-17 and SCforH 2020-22 projects as well as the activities of the HEPA Europe SCforH working group. However, it should be noted that the sample of sports associations in the SCforH 2016/17 survey was larger and may have, therefore, included a greater variety of sports associations. It may be that the sports associations whose representatives are familiar with the SCforH guidelines were more likely to participate in the current survey. Therefore, the true awareness of SCforH guidelines among representatives of sports associations may actually be somewhat lower. Even if the percentage found in the current survey is correct, it is clear that there is still a larger number of sports associations in Europe (i.e. at least 47%) whose representatives are not aware of the SCforH guidelines. This should be addressed in future SCforH projects by further activities to disseminate the SCforH guidelines among representatives of sports associations.

**FIGURE 7. THE AWARENESS OF SPORTS CLUB FOR HEALTH (SCFORH) GUIDELINES AMONG THE REPRESENTATIVES OF SPORTS ASSOCIATIONS IN EUROPE (n = 135)**

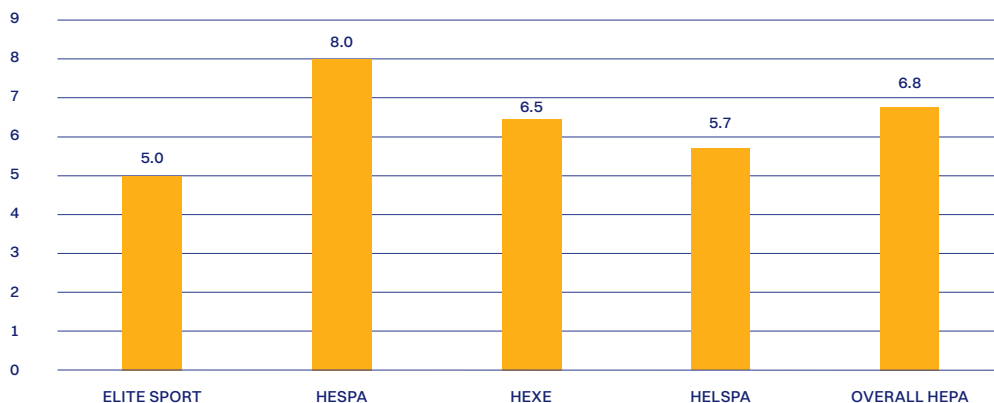


### **3.4. The commitment of sports clubs to physical activity promotion**

Figure 8 shows that sports clubs in our sample were generally somewhat more committed to the promotion of health-enhancing physical activity (arithmetic mean  $\pm$  standard deviation =  $6.8 \pm 2.2$  out of 10) than to elite sports (arithmetic mean  $\pm$  standard deviation =  $5.0 \pm 3.1$  out of 10). The highest level of commitment was found for health-enhancing sports (arithmetic mean  $\pm$  standard deviation =  $8.0 \pm 2.1$  out of 10). We had no control over the representativeness of the sample of sports clubs included in this study, as we did not send direct invitations to potential participants from sports clubs. It is possible that recreational sports clubs were more likely to receive and accept the invitation to participate in the survey, and that the finding on their high commitment to health-enhancing sports, relative to their commitment to elite sports, is in fact an artefact of the sampling procedure. However, even in such a sample, as many as 42% of the clubs were not highly committed to the promotion of health-enhancing physical activity. An analysis of SCforH 2016/17 survey data found a relatively low commitment to the promotion of health-enhancing physical activity also among sports associations (14). This may partially explain the finding for sports clubs in the current study, because the philosophy of sports associations may be reflected in the perspectives of their member clubs. There is obviously still a large number of sports clubs in which the promotion of health-enhancing physical activity could be facilitated through an increased use of SCforH guidelines. This should be addressed in future SCforH projects by further activities to disseminate the SCforH guidelines, either directly among representatives of sports clubs or indirectly through sports associations.



**FIGURE 8. THE COMMITMENT OF SPORTS CLUBS\* (n = 326) IN EUROPE TO THE PROMOTION OF ELITE SPORTS, HEALTH-ENHANCING SPORTS ACTIVITY (HESPA), HEALTH-ENHANCING EXERCISE (HEXE), HEALTH-ENHANCING LIFESTYLE PHYSICAL ACTIVITIES (HELSPA), AND OVERALL HEALTH-ENHANCING PHYSICAL ACTIVITY (HEPA)**

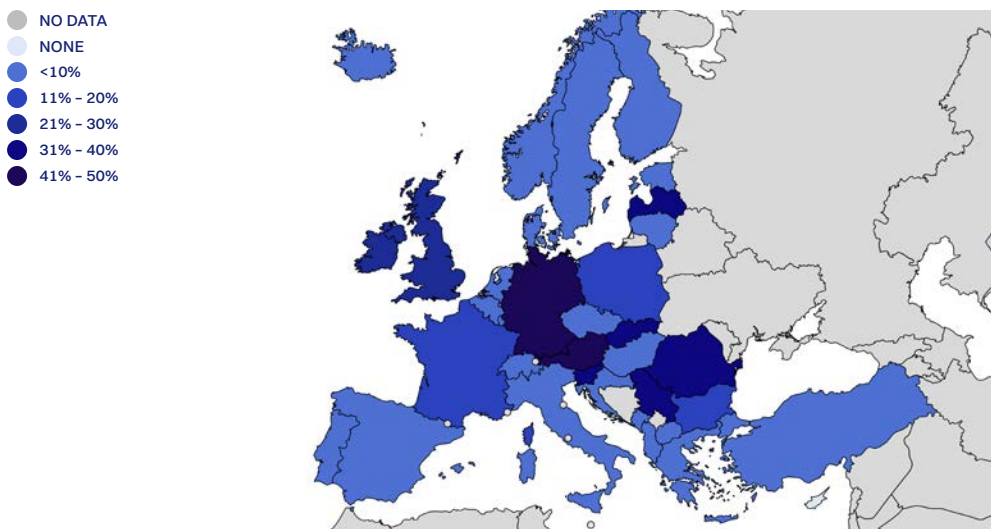


\* Arithmetic mean on the scale from 0 ("not at all committed") to 10 ("most highly committed")

### 3.5. The awareness and use of Sports Club for Health (SCforH) guidelines in sports clubs

The estimated percentage of sports clubs that are aware of the SCforH guidelines was 0 in 5.6% of the countries and lower than 10% in 61.1% of the countries (Figure 9). A higher awareness was reported only in Austria, Bulgaria, France, Germany, Ireland, Latvia, Poland, Romania, Serbia, Slovakia, Slovenia, and the United Kingdom. The estimated percentage of sports clubs that implemented the SCforH guidelines was 0 in 11.1% of the countries and lower than 10% in 66.7% of the countries (Figure 10). A higher use of the SCforH guidelines among sports clubs was reported only in Bulgaria, Ireland, Latvia, Poland, Romania, Slovakia, Slovenia, and the United Kingdom. It seems that the awareness and use of SCforH guidelines are more prevalent among sports clubs in the "Western Europe" and "Central and Eastern Europe", compared to countries in Europe's North and South. Interestingly, an analysis of SCforH 2016/17 survey data found that the commitment to the promotion of health-enhancing physical activity was relatively high among sports associations from "Central and Eastern Europe" (14). It may be that the sports clubs in this European region are positively influenced by the high commitment of their sports associations to the promotion of health-enhancing physical activity. While there were some improvements from the SCforH 2016/17 survey (11), the overall awareness and use of SCforH guidelines among sports clubs in Europe are still very low. These findings warrant new SCforH projects with the aim to further disseminate the SCforH guidelines among sports clubs in Europe.

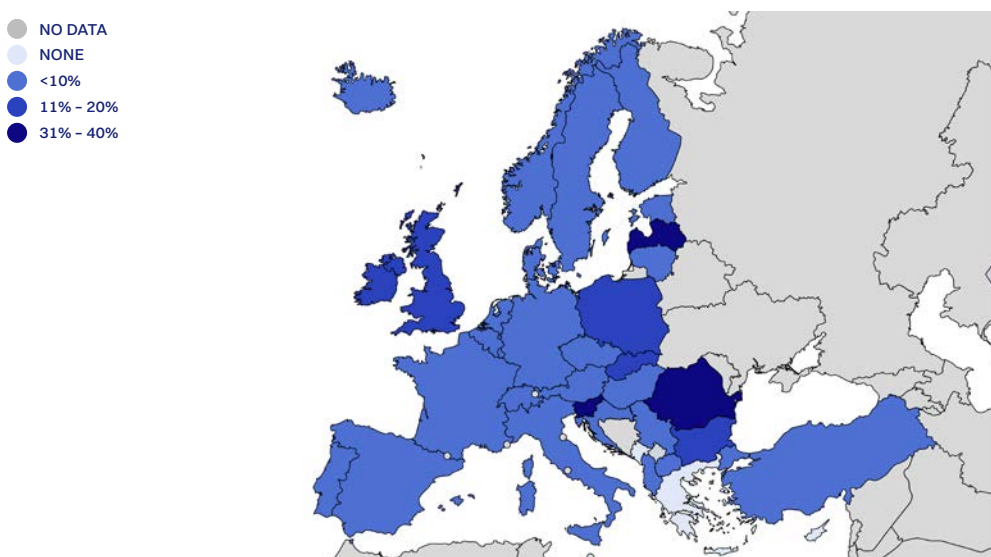
**FIGURE 9. THE PERCENTAGE OF SPORTS CLUBS IN EUROPE\* WHOSE REPRESENTATIVES ARE AWARE OF THE SPORTS CLUB FOR HEALTH (SCFORH) GUIDELINES ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 705)**



\* Data for Albania, Greece, Lithuania, Luxembourg, and Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports clubs and associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

**FIGURE 10. THE PERCENTAGE OF SPORTS CLUBS IN EUROPE\* THAT IMPLEMENTED THE SPORTS CLUB FOR HEALTH (SCFORH) GUIDELINES IN THEIR ACTIVITIES ESTIMATED BY STAKEHOLDERS IN THE SPORTS SECTOR† (n = 705)**



\* Data for Albania, Cyprus, Greece, Lithuania, Luxembourg, and Norway were taken from the Sports Club for Health (SCforH) 2016/17 survey. For the purpose of creating the map, we used the list of countries/economies/states/territories provided by the World Bank. Not all authors of the book chapter necessarily agree with all the definitions on the list.

† Including representatives of sports clubs and associations, public health researchers and promoters, policymakers, and higher education teachers in the areas of physical education, sports science, and health promotion

## 4. Conclusion

The commitment of national governments in European countries to the promotion of health-enhancing physical activity is relatively low compared to their commitment to elite sports. Future SCforH projects should, therefore, aim to increase the awareness and knowledge of policy-makers about the importance of promoting 'sport-for-all'. This could be achieved by including more governmental institutions as partners in future SCforH projects. The high involvement of sports associations, public health institutes, and higher education institutions as partners in SCforH projects should be continued, as this seems to have had a positive effect on the implementation of SCforH initiatives. The awareness of SCforH guidelines among the representatives of sports associations is relatively high, but it should be further increased, as this may help increase the relatively low commitment of sports clubs to the promotion of health-enhancing physical activity. A higher commitment of sports clubs to the promotion of health-enhancing physical activity could be also achieved by increasing their awareness and use of the SCforH guidelines. Our findings demonstrate a need for new SCforH projects aiming to promote the use of SCforH guidelines in Europe.

## Acknowledgments

The authors wish to express their gratitude to all participants in the SCforH survey. We could not have done this without your help.

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# Sports Club for Health and similar initiatives in Europe: examples of good practice

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# Abstract

The recommended ways to implement Sports Club for Health (SCforH) initiatives have been described in the SCforH guidelines. However, sport practitioners who plan to develop such initiatives in their sports clubs and associations may also benefit from having information on SCforH or other similar initiatives that have already been successfully implemented. Therefore, we collected data on ongoing SCforH and related initiatives in 36 European countries, including Iceland, Norway, Switzerland, all 27 European Union member states, and all five countries that are candidates for the membership in the European Union (i.e. Albania, Montenegro, North Macedonia, Serbia, and Türkiye). The data were obtained from representatives of sports associations, some of which were partners in the SCforH 2020–22 project. We also reviewed the examples of good practice included in a systematic scoping review of SCforH publications and in the Electronic Toolkit for sports clubs and associations. In the final step, we conducted a comprehensive Internet search. Four authors read the descriptions of the initiatives identified in the search and assessed their eligibility for inclusion. Data about 76 initiatives implemented in 33 European countries were obtained from a total of 31 contact persons. Thirty-six percent of the initiatives were designed for people of any age, while other initiatives targeted specific age groups, including children (20%), adolescents (30%), adults (29%), and seniors (28%). Most (53%) of the initiatives were related to developing specific SCforH or similar projects or activities. In 28% of the initiatives SCforH or related principles were incorporated in existing work. Sixteen percent of initiatives were designed with the aim to raise the awareness of SCforH or related principles. The least common type of initiative was development of specific SCforH or related strategies or plans. Importantly, most (62%) of the initiatives were carried out in accordance with all seven guiding principles of the SCforH approach. It can be concluded that SCforH and similar initiatives have been carried out in most European countries, and most of them followed the guiding principles of the SCforH approach. Future SCforH projects should continue disseminating the SCforH guidelines and encouraging sports clubs and associations to implement SCforH initiatives.

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## 1. Introduction

Since 2008, the team of stakeholders in the sports sector who carried out three international Sports Club for Health (SCforH) projects funded by the European Commission, also known as the SCforH consortium (1), has continuously worked on increasing the number and quality of sport-for-all initiatives in European sports clubs and associations (2). To achieve this, members of the consortium have developed a range of documents and educational tools, such as SCforH guidelines (3), SCforH textbook (4), SCforH country cards (5), Electronic Toolkit for sports clubs and associations (6), and SCforH online course (7). These materials have been widely promoted through organised events and online media (8), which has helped disseminate the SCforH ideas throughout Europe. This can be seen from the results of a Europe-wide survey conducted in 2021/22 showing that 53% of sports association representatives are aware of the SCforH guidelines (9).

While the wide awareness of SCforH guidelines among representatives of sports clubs and associations is important, it may not be sufficient on its own to improve the promotion of health-enhancing sports and exercise in Europe. What matters the most are initiatives

implemented based on the SCforH principles. The recommended ways to implement SCforH initiatives have been described in the SCforH guidelines (3). However, sport practitioners who plan to develop such initiatives in their sports clubs and associations may also benefit from having information on SCforH or other similar initiatives that have already been successfully implemented.

Therefore, as part of the SCforH project “Promoting National Implementation for Sport Club for Health (SCforH) Programmes in EU Member States” (SCforH 2015-17 project), the team in charge of developing the Electronic Toolkit for sports clubs and associations (6) has identified and described several examples of good SCforH practice in Europe. In the SCforH project “Creating Mechanisms for Continuous Implementation of the Sports Club for Health Guidelines in the European Union” (SCforH 2020-22), we built upon that work and collected additional data on ongoing SCforH and related initiatives in Europe. Key findings are presented in this book chapter.

## 2. Methods

### 2.1. Search

Several steps were taken to collect data on SCforH and other similar initiatives in 36 European countries, including Iceland, Norway, and Switzerland, all 27 European Union member states, and all five countries that are candidates for the membership in the European Union (i.e. Albania, Montenegro, North Macedonia, Serbia, and Türkiye). We first requested from the representatives of 14 partner institutions included in the SCforH 2020-22 project to provide data on the SCforH and related initiatives in their own and neighbouring countries. We also asked the representatives of umbrella sports organisations involved in the project to forward the request to their member organisations. We then supplemented the list of initiatives by reviewing the examples of good practice that have already been presented in the Electronic Toolkit (6) and in the systematic scoping review of SCforH movement in the published media (8). In the final step, a comprehensive Internet search was conducted using Google.

### 2.2. Data entry

Contact persons who agreed to provide information about the initiatives were asked to complete a predefined Excel spreadsheet, including the following fields: [i] Information provided by; [ii] Name of the initiative; [iii] Administering organisation(s); [iv] Developed in (country); [v] Additionally implemented in; [vi] Link; [vii] Target group(s); [viii] Short description of the initiative; [ix] Type of initiative; [x] Promotes health-enhancing sports activities; [xi] Follows well-established, evidence-based practices; [xii] Uses qualified and competent personnel; [xiii] Promotes the sports that are part of the club's standard programme; [xiv] Poses no or minimal health and safety risks; [xv] Takes place in a healthy environment; and [xvi] Commits to promoting an enjoyable social and motivational climate. The Excel spreadsheet also included two example initiatives. Detailed data entry instructions provided to contact persons are presented in Box 1.

## **Instructions**

In the Excel spreadsheet “Database of SCforH and other related initiatives\_data entry sheet with two examples”, please provide information about one or more initiatives for the promotion of health-enhancing sports through sports clubs and associations that have been carried out in your country and/or by your organisation. The Excel spreadsheet also includes two entries that may serve you as examples of how to enter the data about your initiative(s). Please provide information in the following columns of the spreadsheet:

- 1. Information provided by:** Please enter your full name.
- 2. Name of the initiative:** Please enter the name of the initiative. If the original name is in a language other than English, if possible in addition to the original name please also enter an English translation of the name.
- 3. Administering organisation(s):** Please enter the name of the organisation in charge of developing and/or running the initiative.
- 4. Country(ies):** Please list the countries where the initiative is/was implemented.
- 5. Target group(s):** Please specify for whom the initiative was developed; for example, general population, children and adolescents (5-17 years old), adults (18-64 years old), seniors (65+ years), females, males, people with disability.
- 6. Link:** Please provide a URL of the website with more information about the initiative, if available.
- 7. Short description of the initiative:** Please provide a brief description of the initiative (no more than 300 words). This may include, for example:
  - Reasons for starting the initiative;
  - Objective(s) of the initiative;
  - Key activities;
  - Key outcomes/results;
  - Link to an evaluation report.
- 8. Type of initiative:** Please choose one of the following options from the drop-down list:
  - Raising awareness of SCforH (or related) principles or initiatives;
  - Incorporating SCforH (or related) principles in existing work;
  - Developing specific SCforH (or related) strategies or plans;
  - Developing specific SCforH (or related) projects or activities.



**9. How does the initiative align with the SCforH principles?:** For each of the seven SCforH principles choose one of the following responses from the drop-down list:

- Yes;
- No;
- Don't know;
- Not applicable.

More information about the four types of initiatives and seven SCforH principles can be found in the [SCforH guidelines](#) and [SCforH textbook](#).

### **2.3. Assessment of eligibility and final editing**

Two authors (Saška Benedičič Tomat and Herbert Hartmann) read the descriptions of initiatives in the draft list and assessed their eligibility for inclusion. The list was then verified by two other authors (Tena Matolić and Melanija Strika). All disagreements about the inclusion/exclusion of initiatives were resolved through discussion. The final list was reviewed for any inconsistencies by two authors (Danijel Jurakić and Željko Pedišić) and the descriptions of initiatives were edited by an English language professional.

### **2.4. Data analysis**

In this book chapter, we presented detailed description of each initiative. To provide a summary description of initiatives, we also calculated absolute frequencies and percentages for different categories (e.g. country, administering body, target groups). The descriptions of all initiatives were imported to NVivo software (Release 1, QSR International, Burlington, MA, USA) to analyse word frequency and create a word cloud figure.

## **3. Findings**

### **3.1 Summary findings**

Data about 76 initiatives were obtained from a total of 31 contact persons. The initiatives were implemented by approximately 80 institutions and organisations, most of which were sports associations (~53%), followed by other not-for-profit organisations (~11%), higher education and research institutions (~11%), sports clubs (~10%), and governmental bodies (~4%). The remaining initiatives were implemented or supported by other types of organisations (e.g. health insurances and private businesses). The initiatives were implemented in a total of 33 countries. Most (89%) of the initiatives were implemented in a single country, while 11% of the initiatives were implemented internationally. Thirty-six percent of the initiatives were designed for people of any age, while other initiatives targeted specific age groups, including children (20%), adolescents (30%), adults (29%), and seniors (28%). Specific target groups for the initiatives also included the socially disadvantaged (11%), people with chronic health



Most (53%) of the initiatives were related to developing specific SCforH or similar projects or activities. In 28% of the initiatives SCforH or related principles were incorporated in existing work. Sixteen percent of initiatives were designed with the aim to raise the awareness of SCforH or related principles. The least common type of initiative was development of specific SCforH or related strategies or plans. Furthermore, all but one initiative promoted health-enhancing sports activities, 83% followed well-established, evidence-based practices, 93% percent used qualified and competent personnel, 80% promoted the sports that are part of the club's standard programme, 97% posed no or minimal health and safety risks, 92% took place in a healthy environment, and 99% were committed to promoting an enjoyable social and motivational climate. Importantly, most (62%) of the initiatives were carried out in accordance with all seven guiding principles of the SCforH approach.

### **3.2. Sports Club for Health and other related initiatives**

Full descriptions of all 76 SCforH initiatives from the Excel file are provided starting with the next page.

**Name of the initiative**

# ATP – Everyday Training Program

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**Information provided by**

Herbert Hartmann

**Developed in**

Germany

**Administering organisation(s)**

German Gymnastic Federation, Federal Centre for Health Education, German Sport University Cologne, German Olympic Sport Confederation, Regional Sport Association North Rhine-Westphalia

**Link**

[www.aelter-werden-in-balance.de/programme/ATP/video/](http://www.aelter-werden-in-balance.de/programme/ATP/video/)

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**Target group(s)**

Inactive elderly people

**Type of initiative**

Developing specific SCforH (or related) projects or activities








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**Short description of the initiative**

The ATP program encourages elderly people (60+ years of age) to include more health-enhancing physical activity in their everyday lives. The program directs the participants' attention toward improving physical abilities that they need to perform daily activities like strength, endurance, coordination and flexibility. Through the program, participants discover that physical activity can be fun. It also enables them to experience social and physical advantages of participating in these activities. Plus, participants receive information related to overall health through the program. ATP is offered in sports clubs as a 12-session course. Participants learn how to establish their daily routines in order to maintain or increase their mobility. They do not need any special equipment; instead, participants in ATP only need access to everyday objects that they can find at home like towels, newspapers, handkerchiefs, boxes and water bottles.

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**The alignment of the initiative with the SCforH principles**

- Promotes health-enhancing sports activities Yes 
- Follows well-established, evidence-based practices Yes 
- Uses qualified and competent personnel Yes 
- Promotes the sports that are part of the club's standard programme Yes 
- Poses no or minimal health and safety risks Yes 
- Takes place in a healthy environment Yes 
- Commits to promoting an enjoyable social and motivational climate Yes 

## Name of the initiative

# Healthy Club Quality Mark

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### Information provided by

Saška Benedičič Tomat

### Administering organisation(s)

Sports Union of Slovenia

### Developed in

Slovenia

### Link

<https://healthyclub.isca.org/>

### Additionally implemented in

Bulgaria, Italy, Malta, Romania

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### Target group(s)

All age agroups

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

The primary purpose of the Healthy Club (Quality Mark) is to ensure that organised, regular, professionally managed, properly structured, recreational sport activities are offered in sports organisations throughout the country. This initiative has been transferred and is also being applied in Bulgaria, Malta, Italy and Romania.







- In addition to encourage the public at the national level to perform more physical activity, the Healthy Club Quality Mark has the following main goals:
- Identifying sports organisations and organisations that offer organised, regular, properly structured, professionally managed, recreational sports activities and providing them with a Healthy Club Quality Mark.
- Supporting cross-sectoral cooperation to promote healthy exercise programmes and highlight the benefits of an active lifestyle.
- Increasing the number of people who participate in organised, regular sports activities as well as in sport and social events.
- Promoting the Healthy Clubs and their programmes.
- Educating trainers and sport leaders.
- Monitoring and improving offers of sport and physical activity on the basis of research findings.
- Helping the customers choose certified activities.
- Building, networking and developing the organisation's processes (e.g. management, achieving sustainability, communication, promotion, networking).
- Buffering the impact of healthy risk factors.
- Encouraging partnerships with other sectors on various levels.

Our organisation will carry out the following main activities during the Healthy Club Quality Mark process:

- training, seminars and networking activities;
- consultancy;
- publications and research;
- ABC training;
- support in purchasing sports equipment and accessories; and
- other kinds of promotional support.

---

### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Mamanet Latvia

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### Information provided by

Galina Gorbatenkova

### Administering organisation(s)

Latvian Sport for All Association

### Developed in

Latvia

### Link

[www.sportsvisiem.lv](http://www.sportsvisiem.lv)

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### Target group(s)

Women aged 30 and older, mothers

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

Latvian Sport for All Association is currently developing a Mamanet game for women and mothers in Latvia. The game, which was first initiated in Israel in 2005, is similar to volleyball. Currently, it is being played in countries all over the world, including Latvia. Mamanet supports women's empowerment, gender equality, and social inclusion, giving them an equal opportunity to be involved in physical activity. Trainings that introduce more women to the game are being offered in many Latvian municipalities. The target audience includes women that have not performed much physical activity or who have experienced a reduction in physical activity due to obligations to their families and children or have less available time for physical activity. LTSA organises Mamanet tournaments and seminars, and the promotion for these activities occurs via websites, social media, the radio, and other media channels.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# Nordic walking trainings

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**Information provided by**

Galina Gorbatenkova

**Administering organisation(s)**

Latvian Sport for All Association

**Developed in**

Latvia

**Link**

[www.sportsvisiem.lv](http://www.sportsvisiem.lv)

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**Target group(s)**

All age groups

**Type of initiative**

Incorporating SCforH (or related) principles in existing work

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**Short description of the initiative**

Together with municipalities of Latvia, the Latvian Sport for All Association is organising Nordic walking trainings for all participants interested in Nordic walking. Participants at these trainings can regularly learn important knowledge about accurate Nordic walking technique, so that they can practice Nordic walking both individually and correctly.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓



## Name of the initiative

# More than a club

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### Information provided by

Réka Veress

### Administering organisation(s)

National School, University and Leisure Sport Federation

### Developed in

Hungary

### Link

<https://mozogj.ndhsz.hu/>

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### Target group(s)

Senior citizens (60+ years of age), people with overweight (in particular age group 16-25 years), adult population at risk of spinal or joint problems, with special focus on parents of young children

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

*Aim of the project:* To test and prepare for the adaptation of SCforH approach for its application in other sport clubs (including university and regular sport clubs); to widen and develop the clubs' sport services; to highlight the health advantages of sports; and to use local and regional capacities effectively.

*Expected results:* Even more members of the population will have access to and benefit from the health-enhancing physical activities (HEPA); HEPA opportunities will be provided by the club under the supervision of professional sport staff

*Actions:* Providing and testing new HEPA activities for new target groups, including at least 100 persons and offering at least 3200 contact classes over a period of at least 12 months; implementing SCforH guidelines in the club.

*Further activities:* Monitoring and evaluation measures will be developed based on the outcomes of the HEPA activities carried out; research will be performed on the sport club organisational management and culture (DEAC); preparations will be made to adapt the pilot on a wider scale (raising awareness, conducting research and networking); health potentials of the different sports will be analysed; a methodological booklet will be created: <https://mozogj.ndhsz.hu/modszertanikiadvany/>; a study of international good practices will be carried out.

*Results:* Significant improvement: better perception of health among participants; better attitude toward a healthy lifestyle. Resting heart rate decreased by 10%, pulse during PA decreased by 15%; gradually improved flexibility; decreased barriers to a healthy lifestyle reported; improved attitude toward a healthy diet.

---

### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Bucurie în mișcare (Joy on the move)

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### Information provided by

Mihai Androhovici

### Administering organisation(s)

Association 11EVEN

### Developed in

Romania

### Link

<https://11even.ro/programe/bucurie-in-mis-care/>

### Additionally implemented in

Moldova

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### Target group(s)

All age agroups

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

Joy on the Move is a space that integrates game ideas and simple movement techniques. This space has been designed to inspire participants, encouraging them to choose how they move on a daily basis in an increasingly technology-dominated world. Joy on the Move aims to bring children and parents, as well as young people who share the same passions, together at a lively event. Activities are being organised in Romania and Moldova. "Joy on the Move" has resulted in the following:

- 7 editions that brought together 69 events
  - We have visited 2 countries and over 29 cities; 100,000 people explored our spaces; 100,000 people joined the contests and games during the events; 25,000 prizes were offered at the events
  - 3,000 volunteers were involved in the 7 editions of the programme Several important national partners joined us during these years: Kaufland Romania, E.ON Romania, Amway Romania, DPD, Telekom, Europa Fm, Kiss Fm, and many more.
- 

### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Yes 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Yes 

Commits to promoting an enjoyable social and motivational climate

Yes 

## Name of the initiative

# Rugby pentru toti (Rugby for all)

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### Information provided by

Mihai Androhovici

### Administering organisation(s)

Te Aud România

### Developed in

Romania

### Link

<https://www.teaudromania.com/ro/acasa/>

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### Target group(s)

Children and adolescents (5-17 years old)

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

Te Aud Romania uses sports and interactive learning to encourage discipline, integrity, teamwork and honesty. We believe that sport should be a part of every child's life from an early age. The project provides support for talented young people from disadvantaged backgrounds and helps them to develop their skills optimally, both on and off the rugby field. Rugby for All, a mentoring programme offered as a complex annual part of non-formal education, currently supports 40 young people from the Suceava Region, encouraging their social integration, opportunities and development.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Pluspunkt Gesundheit

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### Information provided by

Heidrun Krämer and Herbert Hartmann

### Administering organisation(s)

German Gymnastic Federation, German Olympic Sport Confederation

### Developed in

Germany

### Link

[www.dtb.de/pluspunkt-gesundheit](http://www.dtb.de/pluspunkt-gesundheit)  
[www.service-sportprogesundheit.de](http://www.service-sportprogesundheit.de)

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### Target group(s)

All people, who may benefit from preventive health-enhancing physical activities, particularly sedentary people

### Type of initiative

Developing specific SCforH (or related) strategies or plans


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### Short description of the initiative

“Pluspunkt Gesundheit” is a quality certificate granted for health-enhancing exercise programmes in gymnastic sports clubs that meet specifically defined quality criteria. These programmes target group-oriented clubs that feature specially educated instructors, standardised organisational structures, preventive health checks, appropriate quality management, cooperation and networking. “Pluspunkt Gesundheit” helps clubs to determine whether they offer quality-approved health-enhancing sport activities. All “Pluspunkt” courses are listed in a publicly accessible, online database, so that anyone can find a suitable health sport offer in their neighbourhood. Each “Pluspunkt” is valid for 3 years, and 4200 valid courses are currently offered. The quality certificate was developed by the German Gymnastic Federation (DTB) in 1995; today, it is also available to many sports clubs under the name “Sport pro Gesundheit”. Sport Pro Gesundheit is administered by the German Olympic Sports Confederation (DOSB) in coordination with the DTB. Health insurance companies fund certified courses by offering course fee reimbursement, if these courses are evaluated by the “Central Evaluation Institution Prevention” (ZPP) and meet specific quality criteria (e.g. standardised programmes).

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# AuF-Leben

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### Information provided by

Heidrun Krämer and Herbert Hartmann

### Developed in

Germany

### Administering organisation(s)

German Gymnastic Federation in cooperation with local sport-clubs and respective community administrations, funded by health insurance company “GKV-Bündnis für Gesundheit”

### Link

<https://www.dtb.de/auf-leben>

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### Target group(s)

Inactive elderly people (60+ years of age)

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives; Developing specific SCforH (or related) projects or activities





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### Short description of the initiative

“AuF-Leben” is a project that has been developed to motivate elderly people (60+) to include more health-enhancing physical activity in their daily lives. A special focus is placed on inactive people who have health risks and restricted movement. The activities have been designed to encourage a more active lifestyle and joy in performing physical activity. Sport clubs offer activities for free, such as community walks or public gymnastic lessons (e.g. in a church yard where everyone is welcome). In addition, the project has set an important goal to support communities by promoting and maintaining the activity level, health status and independence of their elderly citizens sustainably. For this reason, the community administration chooses places in the community that make it is easier for elderly people to include more physical activity into their daily life together with the participants. These can include measures like building a sidewalk that offers enough nearby seating or creating circular walking paths through green spaces and including distance (km) markers. The project was initiated in 2019 in 10 German communities and will end in 2022. The evaluation report is currently being written.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Bewegen statt schonen (Don't rest, but move)

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### Information provided by

Herbert Hartmann

### Administering organisation(s)

German Gymnastic Federation

### Developed in

Germany

### Link

<https://www.dtb.de/standardisierte-programme/programme/bewegen-statt-schonen>

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### Target group(s)

Adult sedentary people (beginners in sport)

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

“Bewegen statt schonen” is a health-enhancing exercise programme for body strengthening. The concept of this course emphasises the use of complex functional stretching, strengthening and stabilisation exercises, as well as exercises to promote natural and healthy posture and movement, treating the spine as part of a whole-body posture concept. The holistic aspects of back training are taken into account in playful and diverse ways through body perception exercises, senso-motoric elements, mobilisation, relaxation, short games and information about posture and the back. An overall focus is placed on increasing the amount of exercise, encouraging participants to enjoy exercise and develop active and healthy lifestyles. The course includes 12 practical lessons (90 minutes each). The programme meets the quality criteria set by the health insurance companies and has been recognised by the “Central Evaluation Institution Prevention” (ZPP), which evaluates course programmes offered by sport clubs that apply for course fee reimbursement. The instructors receive a comprehensive course leader manual with lesson plans, course leader teaching material, as well as documents for the participant and forms for organizing/carrying out the course and for cooperating with health insurance companies.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Jackpot.fit

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### Information provided by

Albert Strehn and Sylvia Titze

### Administering organisation(s)

Social Security Service for Entrepreneurs and organised sports

### Developed in

Austria

### Link

[www.jackpot.fit](http://www.jackpot.fit)

[www.mdpi.com/1660-4601/15/1/134](http://www.mdpi.com/1660-4601/15/1/134)

[www.mdpi.com/1660-4601/16/13/2362](http://www.mdpi.com/1660-4601/16/13/2362)

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### Target group(s)

Physically inactive adults (35-65 years old)

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

Physically inactive adults are frequently unable to increase their physical activity on their own. Therefore, a standardised physical activity programme has been developed and is offered in local sports clubs.

The participant recruitment process takes place in health resorts, through medical counselling, referrals from the social security agencies as part of disease management or prevention programmes, or local community announcements. During the first semester, participants can attend the Jackpot.fit programme for free. Each session includes endurance and strength training and offers information on how participants can successfully change their health behaviour. The trainers are often staff of the sports club and undergo a specific Jackpot.fit training.

We evaluate whether and insofar the participants have modified their health behaviour during the first semester, and consider how the Jackpot.fit programme should continue to achieve best results, assess the quality of delivery in the programme, and how the physical activity behaviour has changed.

In 2015, the Jackpot.fit programme was initiated in one Austrian state. Once the programme's effectiveness had been demonstrated, the programme was gradually offered in all nine Austrian states.

During the Jackpot.fit programme implementation process, we also raise awareness for the SCforH principles in the sports clubs.



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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Qualitätssiegel für gesunde Bewegung und Sport im Verein (Quality Badge for healthy movement and sports in clubs)

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## Information provided by

Werner Quasnicka

## Developed in

Austria

## Administering organisation(s)

“Fit Sport Austria” on behalf of the three sport-for-all federations ASKÖ, ASVÖ and SPORTUNION

## Link

[www.fitsportaustria.at](http://www.fitsportaustria.at)

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## Target group(s)

All age agroups

## Type of initiative

Incorporating SCforH (or related) principles in existing work

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## Short description of the initiative

Since 2006, a network of 30 HEPA coordinators in the three sport-for-all federations ASKÖ, ASVÖ and SPORTUNION have been responsible for offering HEPA activities in sports clubs, in addition to other responsibilities, and for strengthening this pillar of sport club activities. The Fit for Austria network (since 2014 FIT SPORT AUSTRIA) also cooperates with members of the health sector to improve health promotion in the sports sector. Since 2006, the network has helped clubs increase the quality and quantity of their health-oriented physical activity courses. A Quality Badge is awarded to courses that fulfil special administrative requirements (qualified and competent personnel) and have appropriate content and coach qualification. The 2008 EU Physical Activity Guidelines named the Quality Badge programme as an example of good practice. Currently, nearly 9,000 health-oriented physical activity courses that meet the Quality Badge criteria are being offered in Austria. One key aim of FIT SPORT AUSTRIA is to improve public health and reduce the burden on the health system by encouraging physical activity and exercise. Due to continuous efforts in this sector, the Quality Badge has become vital for several other HEPA developments, such as cooperation with health insurance companies (e.g. Jackpot.fit and Active in the Park) or media companies. The national legislation adopted in 2015 resulted in a specific FIT SPORT AUSTRIA objective: to include daily physical activity lessons in the school curriculum, with these lessons being provided by local sports clubs and their qualified coaches. For this reason, sports clubs have become active in local schools, and their staff are providing daily sports activities for children of kindergarten age up to adolescents in secondary schools.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

# Fun with a rope – bringing people together

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**Information provided by**

Ausra Nesteroviene

**Administering organisation(s)**

Lithuanian country sports and culture association NEMUNAS

**Developed in**

Lithuania

**Link**

<https://lkska.lt/>

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**Target group(s)**

All age agroups

**Type of initiative**

Developing specific SCforH (or related) projects or activities








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**Short description of the initiative**

FUN with a rope physical activities encourage both young and elderly people to include more health-enhancing physical activity in their everyday lives. These activities have also been developed to find other activities that bring people of different ages together, help them build trust, have fun and become more fit. The programme improves the participants' physical abilities such as their coordination and strength. Participants can discover the social advantages and the attraction of physical activity. Participants learn how to use simple equipment as rope to organize physical activities together, whether they are young or old, how to trust each other, and how to communicate more effectively.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Mendje e Qeshur (Smiley Mind)

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### Information provided by

Xheni Dimraj

### Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

### Developed in

Albania

### Link

[www.mendjeeqeshur.org/](http://www.mendjeeqeshur.org/)  
[www.mendje-e-qeshur-school.thinkific.com/](http://www.mendje-e-qeshur-school.thinkific.com/)  
[www.instagram.com/mendjeeqeshur/](https://www.instagram.com/mendjeeqeshur/)  
[www.facebook.com/mendjeeqeshur](https://www.facebook.com/mendjeeqeshur)

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### Target group(s)

Children and adolescents, teachers and parents

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

The overall goal of the project is to improve the health and well-being of children aged 3-18 on four levels. Specifically, two main project goals are to provide all schools with children that understand the Albanian language with an easily accessible, online guide package of exercises and to teach them how to cooperate effectively based on to the children's physical initiative directives listed in the PISA Programme Well-being\_Infographics\_OECD and 2014 Platform 'Physical Education Scientific Platform in the Pre-University Education System in Albania' for children aged 3-18. MQ's mission is to increase physical education and wellness in the pre-university education system and to encourage the healthy, metabolic, functional and structural formation of children. This serves as a practical guide for establishing the basic development of mindfulness, physical and sports education. In turn, this guarantees physical, psychological, intellectual, economic, and productive growth, as well as social progress, and ensures the healthy wellbeing of society. In addition, this mission can help with "Abolishing bullying" by creating a new, healthy mindset. The MQ website has had 1785 visitors, and the viewers have accessed the website 2579 times.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Të shëndetshëm me sport, të ushqyer me art (Healthy with sports, nourished with art)

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### Information provided by

Xheni Dimraj

### Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

### Developed in

Albania

### Link

<https://fshssh.al/en/events/healthy-with-sports-nourished-with-art/>

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### Target group(s)

Kindergarten (age 3-6 years)

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

Every year, we organize the event 'Healthy with sports, nourished with art'. Last year, this event took place on December 14, 2021, at the Stadium "Selman Stërmasi" in Tirana. This event was attended by:

- 600 kids aged 3-6 (games, biking, rope games, dancing, running, painting)
- 50 kindergarten teachers from Tirana
- 10 PE members from FSHSSH

The event was supported by local actors:

- Ministry of Education and Sports
- General Directorate of Nurseries and Kindergartens
- Directorate of Development and Care
- Kindergarten Administration Sector
- Tirana Football Club, the Municipality of Tirana

Each kindergarten selects a representative that can help the children gain better skills in visual arts, painting, cycling and running. By practicing PA, we teach kids to:

- take part in physical activities from an early age,
- have an improved body image
- learn how to eat more healthy food
- make new friends
- have fun and enjoy sports and the arts
- enjoy and take care of nature and the environment
- create a sense of well-being

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Shkolla si qendër komunitare Sabahudin Gabrani (Sabahudin Gabrani school, a community center)

### Information provided by

Xheni Dimraj

### Administering organisation(s)

Federata Shqiptare e Sportit Shkollor

### Developed in

Albania

### Link

<https://fshssh.al/en/events/shkol-la-si-qender-komunitare-sabahudin-gabrani/>

### Target group(s)

Children (age 5-11 years) and children with different abilities and social needs








### Type of initiative

Developing specific SCforH (or related) projects or activities

## Short description of the initiative

The Municipality of Tirana, Albanian School Sport Federation and Sabahudin Gabrani School are contributing to supporting the project 'School as a community center'. The overall objective of this project is to use gyms and other spaces as active spaces where elementary and high school students can perform physical activities after school and on holidays. This educates individuals about and increases the frequency of group sports in Tirana. This project follows the project "Sport for all", FSHSSH, which is led by Prof. Assoc. Dr. Rauf Dimraj and Gjergji Çikopano, President of the Association of Physical Education and School Sport Tirana. These actors will help integrate the scientific platform "Platform of Physical Education in the Pre-University Education System" and develop physical activity among the Albanian youth. Gjergji encourages and motivates children aged 5 - 11 to become actively involved in football and basketball.

## The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



## Name of the initiative

# Integrated projects

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti

### Developed in

Italy

### Link

<https://www.uisp.it/rovigo2/pagina/progetto-integrato-le-attivita>

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### Target group(s)

People aged 55+ years

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

The initiative is comprised of a series of integrated activities aimed at people with different level of abilities. This idea was conceptualised by the UISP committee of Rovigo (Veneto) and has been applied by a large group of committees and clubs all over the Italy. The main proposed activities are AFA (Adaptive Physical Activity, for people with different abilities) in the gym and swimming pools, gymnastics, walking groups, and fit and walk groups.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Yes 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Not applicable 

Commits to promoting an enjoyable social and motivational climate

Yes 

## Name of the initiative

# Summer Camps

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti

### Developed in

Italy

### Link

<https://www.uisp.it/nazionale/pagina/come-stanno-i-bambini-verso-i-centri-es-tivi-multisport-2022>

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### Target group(s)

Children and adolescents (age 3-14 years)

### Type of initiative

Developing specific SCforH (or related) strategies or plans







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### Short description of the initiative

Uisp defined its proposal for the summer camps (June - September) two years ago, developing this specifically to meet the health needs of young people. In fact, UISP Summer Camp activities include games that encourage physical activities and a healthy diet. The young participants are involved in activities that use games to communicate principles of correct movement and diet.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Pillole di Movimento

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti

### Developed in

Italy

### Link

<https://www.uisp.it/progetti/pagina/pillole-di-movimento-en>

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### Target group(s)

All age groups

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

**Goals:** To promote physical activity that encourages the movements “walking / running, swimming, cycling, dancing” on a monthly basis for free; offset risks due to inactivity; indicate that sporting activity can be a powerful tool that helps social inclusion and supports the removal of socio-economic, psychological and physical ability barriers; consolidate networks among city administrations, local health authorities, social services, Uisp, and affiliated sports associations.

**Project activities:** In order to promote physical activity as a natural medicine that can help to prevent and / or reduce the likelihood of developing pathologies associated with a sedentary lifestyle, UISP has created a box that encourages people to supplement current medications with a free month of physical activity. As well as the medication, the “movement pills” are prescribed by the pharmacist. The Movement Pills programme has already been in place for 10 years near Bologna and in the province. In this project, we want to extend the reach throughout the nation by distributing the “MOVEMENT PILLS” boxes in 32 municipalities and areas. The box contains a leaflet with a message from the Ministry of Health that describes the advantages of physical activity and explains how participants can experience a month of physical activity in the gym and swimming pool for free. The leaflet also provides a list of sports clubs that support the project, contact details so that participants can find out when the activities (and which ones) will take place, and the full list of activities (cardio fitness, sweet gymnastics, dances, water activities, etc.) that the companies offer. Finally, the leaflet provides hyperlinks and codes that enable participants to access interactive online lessons for alternative physical activities, if citizens do not immediately find offers of interest to them in their area, or are unable to visit an activity location (due to quarantine or of COVID-19 regulations). Finally, participants can install a WebApp and view the contents in the Movement Boxes (i.e. those of an informative nature and the online courses for physical activity), which makes it easier for them to search for the closest activity using the filter options.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Not applicable 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Programma di attività nelle scuole su sana alimentazione e attività motoria

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti

### Developed in

Italy

### Link

<https://www.uisp.it/settimocirie/files/principale/Progetto%20GNAM%202015.pdf>,  
<https://www.uisp.it/empoli/pagina/progetto-diamoci-una-mossa>

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### Target group(s)

Primary school children

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

Based on the project “Diamoci una mossa”, Uisp local committees are promoting an activity programme created for primary school children which helps them to learn about correct diets and physical activities. In this activity programme, the involvement of the schools and families of the children is vital. They are asked to complete a diary of their movements and the food they eat in order to help them to understand how the programme works. The activities are proposed to the children through games, drawings and related items.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	No 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Matti per il calcio

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti

### Developed in

Italy

### Link

<https://www.uisp.it/nazionale/pagina/matti-per-il-calcio-grandiniziative>

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### Target group(s)

People with mental discomfort

### Type of initiative

Developing specific SCforH (or related) strategies or plans

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### Short description of the initiative

During the year, the UISP local committees organises several football tournaments that involve people with mental disabilities as well as health care personnel. In autumn, (usually in September), the teams enter the final phase together. Regular football training is provided for the participants, who strive to overcome social marginalisation by playing football matches.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Piano Caldo Roma

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti (Roma)

### Developed in

Italy

### Link

<https://www.uisp.it/nazionale/pagina/piano-caldo-con-luisp-roma-anche-gli-anziani-in-movimento>

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### Target group(s)

People aged 60+ years

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

In summer 2021, in addition to summer camps, Uisp Rome organised a set of activities dedicated to elderly people. These activities helped them to escape the summer heat in town, and perform physical movement in public free spaces, including water gymnastics in the swimming pool and gymnastics to improve posture outdoors. The participants were divided into two groups (one for Monday and Wednesday and the other for Tuesday and Thursday) and engaged in PA two times a week in the mornings from 8 to 12. The PA included a non-intensive form of water gymnastics as well as posture-improving gymnastics outdoors. The courses lasted from three (minimum) to 8 weeks (maximum) and were offered in July, August and September.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Danceability

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### Information provided by

Paola Palombo

### Administering organisation(s)

Unione Italiana Sport Per tutti (Roma)

### Developed in

Italy

### Link

<https://www.uisp.it/nazionale/pagina/danceability-con-luisp-roma-scopriamo-larte-dello-stare-insieme>

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### Target group(s)

All age agroups

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

Uisp Rome usually organises a programme called DanceAbility, which is open to the public. DanceAbility allows everyone to dance. In a generic dance class, various techniques are taught, and those who learn dance can acquire an awareness of the body and soul. By gaining this sense of awareness, the participants learn that every body tells a story. DanceAbility is a dance that teases out the story that has remained contained within a body and brings out all of the emotions related to particular situations through sensitivity and contact. The overall goal, therefore, is to encourage the participants to 'tell' these stories with their bodies and encourage personal growth.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



Name of the initiative

# Cycling is a Democratic Human Right

**Information provided by**

Adnan Cangir

**Administering organisation(s)**

ENVERÇEVKO

**Developed in**

Türkiye

**Link**

<https://www.facebook.com/groups/280997773730637>

**Target group(s)**

All age agroups








**Type of initiative**

Developing specific SCforH (or related) projects or activities

**Short description of the initiative**

20 cities were invited to join this project, and it was carried out in 12 cities. The project emphasised cycling awareness and explained why we prefer bicycle transportation, as well as raised awareness about the importance of using bicycles to protect the environment and to improve health. For this purpose, 5 public sports were developed by related stakeholder cities and project stakeholder NGOs. Relevant institutions were encouraged to develop this project work and prepare a policy and action plan.

**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Cycling Culture

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### Information provided by

Feridun Ekmekci

### Administering organisation(s)

The Federation of all Cycling Associations (TUBİDEF)

### Developed in

Türkiye

### Link

<http://tubidef.org.tr/>

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### Target group(s)

All age agroups

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

In this project, a federation to support the cycling culture was established by associations in different cities. Initially, efforts were made to disseminate information about the cycling culture and tourism activities related to cycling in 7 different cities. This federation is a new, having been established in 2021. Project development, policy development, field and awareness studies for the cycling culture and cycling tourism will be carried out with experienced member associations.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Not applicable 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# United through Urban Movement

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### Information provided by

Cynthia Debono

### Developed in

Hungary

### Additionally implemented in

Malta, Portugal, Scotland

### Administering organisation(s)

Budapest Association for International Sports, Hungary (Project Coordinator), Magyar Parkour Sportegyesület (Hungary), LEAP Sports Scotland (UK), Malta Street Sport Association (Malta), Sport Evolution Alliance (Portugal)

### Link

<https://www.urbanmovement.info/?fbclid=IwAR1wfZr5JDS-gWFF8WXbMBUBE9-rh-dHJOoa2NuvETtpBVpsspsNCDngvXqKc>

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### Target group(s)

Young people

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

The project and its name illustrate and promote the idea of social inclusion and integration by including the word “united”. The aim of this project is to express the idea that physical activity unites everyone. “Urban movement” is related to urban sports, but the word “movement” is broader and more accessible. People living in urban environments move like this every day. “Movement” also represents the social movements of the participants, staff, volunteers, and individuals in broader society. The word “through” is used to demonstrate that, through sport, we can achieve mobility, increase inclusiveness, and convey the benefits of volunteerism. We believe that this idea resonates with the idea of “education through sport”. This activity was initiated in Hungary and is also being carried out in Malta, UK, and Portugal.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Not applicable 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Yes 

Commits to promoting an enjoyable social and motivational climate

Yes 

## Name of the initiative

# Stirnu Buks (Roebuck)

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### Information provided by

Feridun Ekmekci

### Administering organisation(s)

Biedriba "Engures Sportam"

### Developed in

Latvia

### Link

<https://www.stirnubuks.lv/?en>

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### Target group(s)

Children and adolescents (5-17 years old)  
and adults (18-64 years old)

### Type of initiative

Developing specific SCforH (or related)  
projects or activities




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### Short description of the initiative

The trail-running series "Roebuck" was founded in order to bring sports opportunities to nearly every Latvian village. Around 12 trail running events are organised annually throughout the country. The running paths take participants through highly picturesque places, gently passing through forests, cultural, historical and ancient ancestral sites and unique natural features, which many participants may not have never seen before.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Tennis på studs (Tennis on the bounce)

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### Information provided by

Aila Ibanez Mengüç

### Administering organisation(s)

Öviks Tennisklubb

### Developed in

Sweden

### Link

<https://youtu.be/mMiiSaf2V5o>

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### Target group(s)

Senior citizens aged 65+ years

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

The Öviks tennis club has created an initiative for senior citizens that offers activities geared toward engaging more people to help them become and remain physically active. Together with the pensioners' organisations, the tennis club invites new seniors to take part in the tennis club's activity: "Tennis on the bounce". The club offers adapted activities; the game has been optimised so that it is calmer and a stronger focus is placed on the social aspects of the game. Both women and men participate (50-50), and the activities have been greatly appreciated by the participants.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Örkelljunga After School

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### Information provided by

Kristin Ekblom

### Administering organisation(s)

Örkelljunga Volleybollklubb

### Developed in

Sweden

### Link

[https://youtu.be/QE\\_uKGuCSno](https://youtu.be/QE_uKGuCSno)

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### Target group(s)

Children and adolescents

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

The aim of the initiative After School Örkelljunga is to encourage more children to actively join and participate in sports associations. This will help to improve their physical and mental health and reach children and youth who do not yet actively take part in sports. The activities result from a collaboration between local sports clubs and schools. These are coordinated by the city's Culture and Leisure Coordinator. This collaboration enables sports clubs to offer after-school activities at schools in the region. Today, all primary schools in the city take part in these activities, meaning that local sports clubs can let students try out certain activities for a few weeks. Once a sports club has visited a school for several weeks, the associations rotate and visit a new school. During the autumn of 2021, for example, Örkelljunga tennis club gained 10 new members by participating in the initiative.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Project 'Health in the professional setting' – The Nudge Program

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### Information provided by

Guy De Grauwe

### Administering organisation(s)

TVH Parts Holding NV

### Developed in

Belgium

### Link

[www.tvh.com](http://www.tvh.com)

### Additionally implemented in

Australia, Brasil, Canada, France, Germany, Italy, Malaysia, Middle East, Mexico, New Zealand, Poland, Russia, Singapore, South Africa, Türkiye, UK, USA

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### Target group(s)

Company workers

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

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### Short description of the initiative

Promoting health in a professional setting encourages staff to make healthy choices each and every day. This ensures that such actions become a habit and creates a human corporate culture that directs both positivity and energy towards the collaborators inside and outside the company. This project was initiated in Belgium and has been introduced in Mexico, Brazil, USA, Canada, South Africa, Middle East, Australia, New Zealand, Singapore, Malaysia, Türkiye, Italy, France, Germany, Russia, Poland and the UK. Three themes are chosen from among various general themes, including nutrition, movement, sedentary behaviour, alcohol and drugs, mental wellbeing and smoking. Based on the three themes chosen, new themes emerge, including sleep, connection (i.e. during the COVID-19 pandemic) and happiness. Certain initiatives recur worldwide, such as the One Day Challenges and the Global Walking Challenge.






In the last couple months of 2021, the theme of 'happiness' was developed. A lecture on happiness was provided, and a happiness tracker was proposed. This enabled the provision of an evidence-based tip via an app, highlighted every week, that could help to promote personal happiness. A photobooth was provided in each company division, and staff were encouraged to take a picture of something small that made them happy. The resulting series of pictures was then displayed in the different divisions, and a small compilation video was created. The overall messages were to focus on the positive, that happiness is a choice, and a reminder for staff not to focus on the negative or what goes wrong.

The theme of 'wellbeing' was also highlighted. To do so, the company sent out wellbeing mails, proposed XXL yoga sessions, printed an informative brochure, and offered access to a specific TVH library containing books about resilience.

Last year in Belgium, 1010 colleagues participated in registered Nudge activities. If we include participation in the less easily measurable activities (e.g. the awareness campaigns, healthy lunches), the number of 1010 participants was even exceeded.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	No 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



## Name of the initiative

# Walking Football

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### Information provided by

Jan Seghers

### Administering organisation(s)

Voetbal Vlaanderen

### Developed in

Belgium

### Link

<https://www.voetbalvlaanderen.be/competitie/veldvoetbal/veldvoetbal-oldstars/oldstars-clubs>

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### Target group(s)

People aged 55+ years

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

Walking football is a form of football that encourages people over the age of 50 involved with football. This is especially helpful if they cannot play the traditional game due to a lack of mobility or for another reason. The sport can be played both indoors and outdoors.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Sports for All (Αθλητισμός Για Όλους) Mass Sports Programme

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### Information provided by

Tena Matolić

### Administering organisation(s)

Ministry of Education, Culture, Sport and Youth, Cyprus Sport Organisation

### Developed in

Cyprus

### Link

<https://ago.org.cy/>

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### Target group(s)

All age and social groups

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

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### Short description of the initiative

The main goal is to encourage citizens to practise healthy sports. The programme has different missions: sport, social, cultural, educational, and recreational missions. It is directed toward different social groups, regardless of their ethnicity, sex, age, social position, health status, educational or economic status.

The main programme objectives are:

- Encouraging life-long physical activity and exercise.
- Improving physical and mental health.
- Strengthening character and developing a personality that supports the spirit of fair play and sportsmanship.
- Offering sport education for people, and mainly children, that eliminates violence in sports.
- Encouraging a healthy pastime for young people and helping them to avoid forming bad habits or using drugs and reducing the crime rate and other social problems.
- Improving social cohesion, tolerance and understanding among citizens by offering physical activity programmes.

This programme includes general sports programmes, specialised programmes, male-female sports, programmes for the elderly, and programmes for people with disabilities. Many events are organised through the programme. A platform has also been created where people can practice various sports and exercise. <https://ago.org.cy/platforma>

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Don't know ?
Poses no or minimal health and safety risks	Don't know ?
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Leadership Development Programme

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### Information provided by

Tena Matolić

### Administering organisation(s)

Peace Players Cyprus

### Developed in

Cyprus

### Link

<https://peaceplayers.org/cyprus/>  
<https://peaceplayers.org/middle-east/>

### Additionally implemented in

Middle East (Israel, Palestine Self-Government), Northern Ireland, South Africa, USA

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### Target group(s)

Youth aged 15 years and above

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

The initiative PeacePlayers Cyprus (PP-CY) tackles the inter-ethnic conflict between Cypriots of Greek and Turkish origin through sports (basketball) reconciliation programmes. These programmes are led by the global network of PeacePlayers, who strive to reconcile the conflicting sides based on the idea that children can learn to live, learn and build peace together by playing sports with each other. The activity was initiated in Cyprus and is also offered in South Africa, Northern Ireland, the Middle East (Israel, Palestine Self-Government), and the United States. The sports activities are performed regularly throughout the entire school year.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Skills for You(th) through Sport (SK4YS)

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### Information provided by

Melanija Strika

### Developed in

Sweden

### Additionally implemented in

Cyprus, France, Hungary, Slovenia

### Administering organisation(s)

ENGSO Youth, Oltalom Sport Association, Budapest Association for International Sports, European Observatoire of Sport and Employment, Cyprus Youth Council, EUSA Institute

### Link

<https://www.youth-sport.net/sk4ys>

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### Target group(s)

Young people, with an emphasis on NEETs (not in employment, education or training)

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives








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### Short description of the initiative

A transnational initiative of European sport and youth organisations, as well as educational institutions, that raise awareness about the soft skills and competences that young people can build and gain through sport practice. The initiative also helps to build the capacity of sport and youth organisations and provide them with support as they build sport-based employment programmes. People are increasingly recognising that young people who are not in employment, education, or training (NEETs) programmes can develop and acquire transferable soft skills that through sport, which serves as an added value of this project. The activity was initiated in Sweden and is also being offered in Hungary, France, Cyprus, and Slovenia.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Sport 4 Life NEETs Programme

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### Information provided by

Melanija Strika

### Administering organisation(s)

Sport 4 Life UK

### Developed in

United Kingdom

### Link

<https://sport4life.org.uk/>

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### Target group(s)

Young people, NEETs (not in employment, education or training), of various ethnic backgrounds, from one of the poorest areas in Birmingham, UK

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

The initiative/programme has been created to address young people who are NEETs (i.e. not in education, employment, or training programmes), who live in one of the poorest areas of Birmingham, UK, and who mostly belong to ethnic and cultural minority groups. This programme provides them with a chance to access sustained education, training, or employment by improving their employability and key life skills through sports.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Don't know 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Street Layer

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### Information provided by

Melanija Strika

### Administering organisation(s)

Molde FC, Molde Municipality, and Football Foundation

### Developed in

Norway

### Link

<https://www.moldefk.no/samfunnsansvar/gatelaget>

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### Target group(s)

People with substance abuse and mental health challenges

### Type of initiative

Developing specific SCforH (or related) projects or activities

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## Short description of the initiative

MFK's street team is a joint project that also goes under the name Street Layer. This project is a collaboration between the Football Foundation, Molde Municipality and Molde Football Club. The street team primarily offers a daytime sport option for addicts in Molde who like to play football and enjoy being part of a team. The street team can also serve as a platform for work training and brings the participants one step closer to ordinary work. The club is striving to contribute to society by providing addicts with a way to take part in a physical activity with a team-game culture that supports the club's values. People dealing with substance abuse and facing mental health challenges need to take part in meaningful activities that help them to have something to look forward to and experience success. The beneficiaries train twice a week. The street team is not part of a series, but they take part in training matches and cups throughout the year by playing against the collaboration partners, friends and others. Twice a year, all the street teams in Norway affiliated with the Football Foundation come together for the championships and take part in the preliminary rounds, playoffs and banquets. The withdrawal occurs one week before departure, and players who have attended most frequently are given priority. The idea of developing street teams in top Norwegian football clubs was first launched in Fredrikstad in 2011, based on an English football model. Today, 14 teams exist: Asker, Stabæk, Start, Vålerenga, Brann, Haugesund, Strømsgodset, Sandefjord, Viking, Ham-Kam, Lillestrøm, Odd, Fredrikstad and Moss. The clubs cooperate with the city authorities.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



Name of the initiative

# “Children’s rights in sport” and “The provisions on children’s sport”

**Information provided by**

Melanija Strika

**Administering organisation(s)**

Norwegian Olympic and Paralympic Committee and Confederation of Sports

**Developed in**

Norway

**Link**

<https://www.idrettsforbundet.no/english/childrens-rights-in-sports/>  
[https://www.idrettsforbundet.no/contentassets/482e66e842fa4979902ec-c77f0c05263/36\\_17\\_barneidrettsbestem-melsene\\_eng.pdf](https://www.idrettsforbundet.no/contentassets/482e66e842fa4979902ec-c77f0c05263/36_17_barneidrettsbestem-melsene_eng.pdf)

**Target group(s)**

Children







**Type of initiative**

Developing specific SCforH (or related) strategies or plans

**Short description of the initiative**

The overarching, programmatic documents of the Norwegian Olympic and Paralympic Committee and Confederation of Sports affirm their commitment to putting the needs and participation of children at the heart of all their activities. They express values that form the basis for children’s sports in Norway. They also communicate eight rights and underline the importance of participation, safety and joy of sports for every child. These rights were first adopted by the General Assembly in 2007 and are based on the UN Convention on the Rights of the Child.

**The alignment of the initiative with the SCforH principles**

- Promotes health-enhancing sports activities Yes 
- Follows well-established, evidence-based practices Yes 
- Uses qualified and competent personnel Yes 
- Promotes the sports that are part of the club’s standard programme Yes 
- Poses no or minimal health and safety risks Yes 
- Takes place in a healthy environment Yes 
- Commits to promoting an enjoyable social and motivational climate Yes 

## Name of the initiative

# Doorstep Sport Clubs (DSCs)

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### Information provided by

Melanija Strika

### Administering organisation(s)

Street Games UK

### Developed in

United Kingdom

### Link

<https://www.streetgames.org/>

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### Target group(s)

Disadvantaged 14-25 years old youngsters who are not members of any other sports club, and are NEETs (not in employment, education or training)

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

The initiative enables disadvantaged youths to learn valuable skills, such as teamwork, communication, respect, patience and improved self-confidence. The organisation's successful volunteering programme develops these traits even more strongly, converting them into winning leadership skills. This, in turn, encourages young people to communicate with their peers, organise social activities, and speak confidently in large groups.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Yes 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Don't know 

Commits to promoting an enjoyable social and motivational climate

Yes 

**Name of the initiative**

# Football4 Good (F4G) Fair Play Football Roadshow + football3 mediator training

**Information provided by**

Paola Palombo

**Administering organisation(s)**

Oltalom Sport Association (OSA)

**Developed in**

Hungary

**Link**

<http://www.utcaifoci.hu/>

**Target group(s)**

Primary school children








**Type of initiative**

Incorporating SCforH (or related) principles in existing work

**Short description of the initiative**

The initiative was created to use sport as a tool in order to increase self-esteem and promote healthy lifestyle among people from disadvantaged backgrounds. OSA is an official partner of the Homeless World Cup and a member of the streetfootballworld network. Since 2012, OSA has run its own initiative called Fair Play Football Roadshow; this strives to reduce the existing social stereotypes and to support dialogues between opposed social groups. Games are played using a special method called Football3, which is especially useful for social groups that are experiencing conflict. The methodology supports the development of problem-solving skills, assertive communication, the ability to compromise, cooperate, exhibit patience, and the capacity for active listening.

**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Don't know 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Don't know 

## Name of the initiative

# ADPS / PLAY / BOOTCAMP

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### Information provided by

Melanija Strika

### Administering organisation(s)

Associação CAIS

### Developed in

Portugal

### Link

<https://www.cais.pt/play/>

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### Target group(s)

Marginalized people of the Portuguese society, from Lisbon and Porto, aged 18 and up (e.g. homeless people, people living in extreme poverty)

### Type of initiative

Incorporating SCforH (or related) principles in existing work







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### Short description of the initiative

The sport used by CAIS is street football. The beneficiaries engage in educational and personal/social development activities (ADPS) that strengthen their soft skills (management of emotions, improvement of verbal and non-verbal communication, punctuality, motivation, resilience, teamwork, cooperation). The second phase includes programmes such as “Both Play” and “Bootcamp”. These improve the hard skills and are offered 4 to 6 times a week, using non-formal education methods as a basis. Once the beneficiaries finish these phases, they engage in job-related training offered by the companies that support CAIS and they receive a placement. The process is supported by the CAIS team and volunteer mentors who help the beneficiaries from the time they enter the programme through the first 18 months on the job market.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Déclics Sportifs

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### Information provided by

Melanija Strika

### Administering organisation(s)

Agence pour l'Education par le Sport

### Developed in

France

### Link

<https://educationparlesport.com/>

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### Target group(s)

Young people from 18 to 35 years of age practicing a physical activity or sport and wishing to enter the job market

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

The programme has been created to raise the awareness of young people about soft skills that can be gained through sport and to help them enter the labour market. It also places a focus on several soft skills that can be gained through sport, such as motivation, persistence, conflict management, communication, competitiveness, teamwork and leadership. Theatre classes are also organised to hone skills such as self-esteem and confidence. In addition, young people can meet with company representatives to learn specific hard skills related to their jobs (e.g. in the banking industry, hospitals). The most popular sports are football, boxing, fencing, swimming, handball, basketball and dancing.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Sports Program

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### Information provided by

Melanija Strika

### Administering organisation(s)

Sport dans la Ville

### Developed in

France

### Link

<https://www.sportdanslaville.com/en/les-programmes/sport-et-pedagogie>

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### Target group(s)

Young people from 6 to 25 years of age

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

Throughout the year, the Sport dans la Ville offers young people free sports sessions on Wednesdays. These sessions are supervised by educated and qualified sports training professionals (coaches). The sports offered include basketball, soccer, sports dance and tennis, while other sports are also offered, such as street workout and cardio boxing, in some Sport dans la Ville centres.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# La Course de la Diversité (Run For Diversity)

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### Information provided by

Amandine Jarry and Cameron Humphrey

### Administering organisation(s)

Fédération Française du Sport d'Entreprise

### Developed in

France

### Link

<http://www.lacoursedeladiversite.com/>

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### Target group(s)

Adults in companies

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

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### Short description of the initiative

This programme promotes sport and physical activity within the workplace. The goals are to:

Show company leaders the importance and benefits of having an active and healthy workforce; show employees the advantages in- and outside of the workplace of having regular access to sports and physical activity; use sport to showcase and encourage diversity in the workplace whilst also discouraging discrimination; encourage participants to run/walk solo and support their diversity values alone or in pairs. The latter choose one of the following three diversity categories: mixed, handicap and intergenerational. This run/walk has not been organised to encourage elite performance, as it covers two circuits of 3 and 6 km. These circuits can be run or walked, since the level of physical activity needs to be adapted to the participants. The participants do not need to adapt to the level.

This programme also encourages inter-company exchange and networking on the same occasion (running/walking event), as a total of 444 companies to have taken part in the venue since 2014. Many cities in France have organised this event, and each race organisation chooses to allocate the money it has earned to an association, for example, which helps to promote diversity and the access of people to employment.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Don't know 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Not applicable 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Yes 

Commits to promoting an enjoyable social and motivational climate

Yes 

## Name of the initiative

# E-Course de la Diversité (E-Run for Diversity)

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### Information provided by

Amandine Jarry and Cameron Humphrey

### Administering organisation(s)

Fédération Française du Sport d'Entreprise

### Developed in

France

### Link

<http://www.lacoursedeladiversite.com/>

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### Target group(s)

Adults in companies

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

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### Short description of the initiative








The Run for Diversity has been effectively performed throughout France and with many companies. However, many companies based in different cities and countries simultaneously have found it either extremely expensive to have everyone attend the event or unfair to only have part of the company participate.

In order to accommodate these larger companies, the E-Run has been created as an event that is identical to the Run for Diversity in terms of its ideology and objectives. The former run, however, takes place over the period of an entire week. Each participant will have receive information about the distance they have walked during the week transferred directly to the E-Run application loaded on their phone. They also can do timed runs over a 3 km/6 km distances as often as they want, but they can only submit one timed lap (usually the best timed run).

This run should be more inclusive, allowing both larger companies to take part, as well as participants who might not otherwise be able in the Run for Diversity to join by enabling them to choose to do so when they have free time.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Don't know 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



## Name of the initiative

# Open School of Football (within the CFC Dinamo Football School)

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### Information provided by

Melanija Strika

### Administering organisation(s)

CFC Dinamo Zagreb

### Developed in

Croatia

### Link

<https://skola.gnkdinamo.hr/otvorena-skola/>  
(in Croatian), <https://skola.gnkdinamo.hr/en/open-school/>

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### Target group(s)

Pre-school and school children

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

The Open School of Football is part of the CFC Dinamo Football School. This Open School offers recreational football activities for children and provides training sessions four times a week. The number of attendees has increased each year. Every football season, the young Dinamo Open School of Football teams participate in various competitions and tournaments. The best players then have a chance to join the Dinamo Football School as regular team members.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Open School of Football (within the CFC Osijek Football School)

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### Information provided by

Melanija Strika

### Administering organisation(s)

FC Osijek

### Developed in

Croatia

### Link

<https://nk-osijek.hr/skola/otvorena-skola/>

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### Target group(s)

Pre-school and school children

### Type of initiative

Incorporating SCforH (or related) principles in existing work








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### Short description of the initiative

The Open School of Football is part of the FC Osijek Football School. This Open School offers recreational football activities for children. The best players then have a chance to join the Osijek Football School as regulars.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Zagreb Association of Sports Recreation “Sport for All”

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### Information provided by

Melanija Strika

### Administering organisation(s)

Zagreb Association of Sports Recreation

### Developed in

Croatia

### Link

<https://www.sportzasve-zagreb.hr/index.php>

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### Target group(s)

All age categories, working people, retirees and people with disability

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

The Zagreb Association of Sports Recreation consists of 20 societies of sports recreation in the City of Zagreb area. The Association is entrusted with creating and carrying out the City of Zagreb Programme of Public Needs in Sports. In part, this includes encouraging people to take part in sports recreation. The Programme “Sport for All” includes about 200 sports recreation programmes with activities offered in almost 100 locations in Zagreb, with approximately 8000 members and more than 30,000 beneficiaries. The movement “Sport for All” is a primary social category that helps individuals to explore a creative way and style of life, preserve their health and fulfil the basic human need for movement, physical activity, and play. The regular physical exercise programmes help to regenerate functional and working abilities, protect and improve the psycho-physical states of health, quality of life, socialisation and civil solidarity; improve the ability to work and be productive, reduce the use of medical leave of absence, decrease costs related to medical treatments and rehabilitation, and stabilise personal and interpersonal psycho-social determinants. Sports recreation is a vital need of contemporary individuals, especially in the urban environments. The ZASR “Sport for All” advocates networking healthcare systems, local city authorities, and sports for everyone, as well as physical exercise in the strict sense, in urban environments. The sports programmes include recreational swimming, REPLLeague (recreational swimming competition for the citizens of Zagreb who are members of the ZASR), Nordic walking, summer recreational sports programmes and online PA training.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

# Nordic Walking

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**Information provided by**

Tena Matolić

**Administering organisation(s)**

Nordic Walking Club “Kävellä”

**Developed in**

Croatia

**Link**

<https://knhkavella.com/>, <https://www.facebook.com/knh.kavella1/>

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**Target group(s)**

All age groups

**Type of initiative**

Raising awareness of SCforH (or related) principles or initiatives








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**Short description of the initiative**

The Nordic Walking Club “Kävellä” promotes Nordic walking for all age groups, offering physiological, psychological, and health benefits.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club’s standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Spirit of Sport - Olympic Day at School

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### Information provided by

Melanija Strika

### Administering organisation(s)

Swiss Olympic Association

### Developed in

Switzerland

### Link

<https://www.swissolympicteam.ch/de/spirit-of-sport/olympic-day>

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### Target group(s)

School children

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives








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### Short description of the initiative

Swiss Olympic offers schools access to ready-made sports and adventure modules that help them to prepare for and carry out school sports days and sports lessons. These can be applied individually or in combination and convey the values of the Spirit of Sport playfully: respect, friendship and performance. Together with sports associations and other partners, Swiss Olympic has developed sports and sport experience modules that help organisations prepare for and carry out school sports days and sports lessons. The offer is primarily aimed at cycles 1 to 3 and is continually being expanded. All modules playfully convey the Olympic values of friendship, respect and performance. These are also the students' learning objectives, which are essential not only in sport, but in all life situations. A focus is placed on the shared experience, the joy of movement and the joy associated with trying out new sports - in the spirit of move, learn, discover - the three pillars of Olympic Day. In order to classify the module within the overall school context, each module refers to Curriculum 21 (i.e. the project of the German-speaking Swiss Education Directors Conference (D-EDK)). The aim of this Curriculum is to harmonize the goals of primary schools in the 21 cantons of German-speaking Switzerland by forming a common curriculum or generally accepted curriculum.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Star Club programme

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### Information provided by

Matleena Livson

### Developed in

Finland

### Administering organisation(s)

Finnish Olympic Committee together with national sports federations and regional organisations

### Link

<https://www.olympiakomitea.fi/seuratoiminta/tahtiseura-ohjelma/tahtiseurat-quality-programme-for-sports-clubs/>

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### Target group(s)

Sport club members in all age groups

### Type of initiative

Incorporating SCforH (or related) principles in existing work







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### Short description of the initiative

Initiated in 2018, the Star Club programme is a national quality assurance programme for improving sports clubs in Finland. This national quality programme involves all sports clubs that work with children, youth and adults, as well as elite athletes. The SCforH guiding principles are integrated into the quality criteria for children, youth and adults. Official audits are conducted to verify whether the associated clubs are meeting the criteria through their activities. By the end of 2021, 582 sports clubs with more than 300,000 members, representing 45 sport disciplines, were involved. The Olympic Committee provides relevant information and tools for all sport clubs via its website, including the SCforH online course.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# Mind and Body (Ikiliike)

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**Information provided by**

Herbert Hartmann

**Administering organisation(s)**

Finnish Gymnastic Federation

**Developed in**

Finland

**Link**

<https://www.scforh.info/wp-content/uploads/2021/02/Ikiliike-60-Fin.-Gymn..pdf>

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**Target group(s)**

Seniors

**Type of initiative**

Developing specific SCforH (or related) projects or activities








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**Short description of the initiative**

The Ikiliike (Mind and Body) project is funded by the Finnish Ministry of Education and Culture. This project was launched in April 2013 by the Finnish Gymnastic Federation and the gymnastics clubs with the goal to promote gymnastics exercise among the elderly in the FGF. The project was created to help develop senior citizens' exercise behaviour, and its goal was to increase the number of seniors in Finland who exercised as well as to train more instructors who could teach the senior citizens.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



## Name of the initiative

# GAA Healthy Clubs programme

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### Information provided by

Colin Regan

### Administering organisation(s)

Gaelic Athletic Association

### Developed in

Ireland (Republic and Northern)

### Link

<https://www.gaa.ie/my-gaa/community-and-health/>

<https://www.scforh.info/wp-content/uploads/2021/02/GAA-Healthy-Club-Evaluation-1.pdf>

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### Target group(s)

All age groups

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

The GAA Healthy Club programme provides a framework based on the WHO's settings approach to health promotion. This programme involves GAA sports clubs and helps them to improve the health orientation of their club while increasing the number of health-enhancing initiatives they deliver. Simultaneously, it helps them to increase the proportion of the relevant population they reach.

The programme was created and is delivered in collaboration with the Department of Health and Health Service Executive. It receives corporate social responsibility funding from the corporate sector (Irish Life financial services). The programme was developed to turn GAA clubs into health hubs in their communities, extending their positive influence beyond their traditional delivery of Gaelic Games and culture.








The main thematic areas include:

1. Physical activity for non-playing members, including social Gaelic Games
2. Mental health and wellbeing
3. Healthy diet choices
4. Community development (including engaging younger and older members of the community)
5. Gambling, drug, and alcohol education, including helping campuses to become smoke-free
6. Diversity and inclusion
7. Sustainability (Green Clubs)

GAA Healthy Clubs interact with their members and members of the broader community to identify the thematic areas they should focus on in each 18-month cycle. Once they have met certain criteria, the clubs receive an accreditation as Healthy Clubs.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Ireland Lights Up

---

### Information provided by

Colin Regan

### Developed in

Ireland (Republic and Northern)

### Administering organisation(s)

Gaelic Athletic Association, Get Ireland Walking, Operation Transformation, Healthy Ireland

### Link

<https://www.gaa.ie/my-gaa/community-and-health/social-games-physical-activity/ireland-lights-up>

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### Target group(s)

All age groups

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

Ireland Lights Up (ILU) encourages GAA clubs in 32 counties in Ireland to turn on their floodlights and make their grounds and walking tracks accessible to their local communities. This involves inviting any interested person to come to these spaces to walk and talk in a safe environment during the long dark evenings of winter. It is important to note that most rural roads and footpaths in Ireland are not lighted. The initiative is promoted via a popular lifestyle TV programme Operation Transformation broadcast by the national broadcaster for 8 weeks every January and February. The broadcaster sends TV cameras to a participating club each week, and the footage is broadcast on the subsequent week's episode. Up to 200,000 people walk weekly as part of the initiative.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# GAA for Dads & Lads

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### Information provided by

Colin Regan

### Administering organisation(s)

Gaelic Athletic Association

### Developed in

Ireland (Republic and Northern)

### Link

<https://learning.gaa.ie/dadsandlads>

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### Target group(s)

Men aged 35+ years

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

'GAA for Dads & Lads' is a social Gaelic Games (hurling and football) programme for people aged 35 and over who would like to enjoy Gaelic Games outside the traditional competitive structures of the GAA. The GAA philosophy for Dads & Lads states that the participation and camaraderie that team sports can offer can be sustained by people even once they are older than the traditional age for participating in competitive, contact sports. The small-sided adapted games only allow incidental contact (to minimise any risk of injury), helping to prioritize skills development over physicality. The games are self-governed, i.e. there are no referees. Participants include retired or lapsed adult players and those who have newly discovered Gaelic Games and would like to try hurling or Gaelic football for the first time. Clubs can host their own teams if they have enough participants, while some social and hurling groups have participants who come from a variety of clubs to play together every week.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Not applicable 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Fit4Life

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### Information provided by

Aoife Lane

### Administering organisation(s)

Athletics Ireland

### Developed in

Ireland (Republic)

### Link

<https://www.athleticsireland.ie/clubs/fit4life/>

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### Target group(s)

All age groups

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

This is a programme to support beginner and/or regular runners, helping them to improve fitness in a fun, social environment. Fit4Life clubs are found in all counties. Participants are placed in groups based on their ability. They then progress from walking to jogging to running, as required. Clubs have qualified Fit4Life leaders who have been trained to provide appropriate training schedules for the participants.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

Name of the initiative

# Swim for a Mile

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**Information provided by**

Aoife Lane

**Administering organisation(s)**

Swim Ireland

**Developed in**

Ireland (Republic)

**Link**

<https://www.swimforamile.com/>

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**Target group(s)**

All age groups

**Type of initiative**

Developing specific SCforH (or related) projects or activities

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**Short description of the initiative**

This programme encourages participation in swimming and culminates in a national event organised to raise money for a charity. Participants have to be able to swim two lengths of a pool in order to be considered eligible to take part in a training plan for the programme. They can take part in indoor and outdoor challenges. Training programmes are provided by Swim Ireland coaches, and technique clinics are provided too.

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**The alignment of the initiative with the SCforH principles**

- |  |       |
|--|-------|
| Promotes health-enhancing sports activities                        | Yes ✓ |
| Follows well-established, evidence-based practices                 | Yes ✓ |
| Uses qualified and competent personnel                             | Yes ✓ |
| Promotes the sports that are part of the club's standard programme | Yes ✓ |
| Poses no or minimal health and safety risks                        | Yes ✓ |
| Takes place in a healthy environment                               | Yes ✓ |
| Commits to promoting an enjoyable social and motivational climate  | Yes ✓ |

## Name of the initiative

# Jump for Fun

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### Information provided by

Saška Benedičič Tomat

### Administering organisation(s)

DGI

### Developed in

Denmark

### Link

<https://www.dgi.dk/jump4fun>

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### Target group(s)

Children and young people with various challenges

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

Jump4fun is a training programme offered nationwide for children and young people who are facing various challenges. We work with city governments, local associations, children and parents, helping a specific target group experience the joy of movement. The concept has spread to clubs in 40 of the 90 cities in Denmark.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# The dementia-friendly club

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### Information provided by

Saška Benedičič Tomat

### Administering organisation(s)

DGI

### Developed in

Denmark

### Link

<http://www.e-pages.dk/dgi/1281/html5/>  
<https://www.dgi.dk/samarbejd/om-vores-foku-somraader/fokusomraader/sunde-seniorer/den-demensvenlige-idraetsforening>

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### Target group(s)

People with dementia

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative








The goal of the initiative is to make it easier for people with dementia to be physically and socially active in clubs and associations. The initiative provides the clubs with:

- New knowledge and an understanding of dementia
- A specific action plan that teaches how you as an association can work with dementia-friendly initiatives

And its instructors with:

- Knowledge of dementia and training based on a health professional and pedagogical approach
  - The initiative reduces the need to test the activities in practice before applying them.
- 

### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



## Name of the initiative

# Keep Your Brain Healthy

---

### Information provided by

Saška Benedičič Tomat

### Administering organisation(s)

DGI

### Developed in

Denmark

### Link

<http://www.e-pages.dk/dgi/1281/html5/>  
<https://www.dgi.dk/samarbejd/om-vores-fokusomraader/fokusomraader/sunde-seniorer/den-demensvenlige-idraetsforening> [https://slks.dk/fileadmin/user\\_upload/SLKS/Services/Publikationer/Evaluering\\_af\\_Hold\\_Hjernen\\_Frisk\\_1.pdf](https://slks.dk/fileadmin/user_upload/SLKS/Services/Publikationer/Evaluering_af_Hold_Hjernen_Frisk_1.pdf)

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### Target group(s)

Senior citizens aged 65+ years

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

Keep the Brain Healthy applies new knowledge and helps more seniors live an active life for a longer period of time. The initiative provides activities for the body and brain. The project involves four different types of activities that have physical, mental and social elements, such as SMART training and nature training for seniors.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Not applicable 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# Senior Clubs

---

**Information provided by**

Saška Benedičič Tomat

**Administering organisation(s)**

DGI and member clubs

**Developed in**

Denmark

**Link**

<https://aktivtorsdag.dk/>

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**Target group(s)**

Senior citizens aged 65+ years

**Type of initiative**

Developing specific SCforH (or related) projects or activities

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**Short description of the initiative**

The purpose of this initiative is to enhance and support the elderly citizens' physical and mental health. Several clubs have placed a special focus on seniors. Some clubs are specific senior sport clubs like the Greve Senior Sport, which offers a broad programme. Other organise open days where 75-100 seniors take part in multi-sport activities, such as "Active Thursdays". The (recreational) sports and PAs include bowling, frisbee-golf, Nordic walking, elastic gymnastics, volleyball, badminton, table tennis, tennis, (New Age-)curling etc.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# By Rackquets to Happiness and Health

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### Information provided by

Tena Matolić

### Administering organisation(s)

Tennis Club Dinamo Zagreb

### Developed in

Croatia

### Link

<https://tk-dinamo.eu/>

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### Target group(s)

Retirees and senior citizens  
(age 65+ years) in general

### Type of initiative

Developing specific SCforH (or related)  
projects or activities








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### Short description of the initiative

The main aim of the project is to improve the quality of life, address social exclusion and poor engagement in physical activities, as well as improve the currently low social relations among the retirees in the Zagreb area.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# Aerobics in a Swedish form of exercise for individuals with intellectual disabilities

---

**Information provided by**

Herbert Hartmann

**Administering organisation(s)**

Friskis&Svettis

**Developed in**

Sweden

**Link**

<https://www.scforh.info/wp-content/uploads/2021/02/Enkeljympa-Int.-Disabilities.pdf>

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**Target group(s)**

People with intellectual disabilities

**Type of initiative**

Developing specific SCforH (or related) projects or activities

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**Short description of the initiative**

Enkeljympa includes simple movements that improve the body's basic functions and contribute to body awareness, posture and balance. Each workout lasts about 55 minutes and is normally conducted once a week. In some sports clubs, it is offered twice a week. From 15 to 70 participants take part in the workout, with many dedicated participants attending year after year. Many participants have a personal assistant with them at the workouts to provide support and help.

In addition, assistants, relatives or other people who are interested are welcome to take part for free. The workout is offered as part of the spring and/or fall schedule, depending on the local sports club, and continues to be offered as long as a need and demand exists. In some sports clubs, the workout is performed in collaboration with the municipality or other organisations, such as The Swedish National Association for Persons with Intellectual Disability (FUB), day centre and special schools for people with learning disabilities. The framework of enkeljympa was developed mainly by the governing organisation, Friskis&Svettis Riks (National). They are observing how physical training is developing in other countries and identifying the training purpose, receiving input from sports clubs and instructors, and responding to the wishes and needs of the target group. The instructor leading the workout is especially dedicated to the target group and is able to create a feeling of security and joy. The instructors normally complete three different training courses offered by Friskis&Svettis to become a qualified instructor. The training courses are conducted over a period of approximately nine and a half days, whereby the last training course includes specific adaptations for the target group regarding, e.g. the exercise programme and content.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# The Gentle Way, Judo for 55+

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### Information provided by

Herbert Hartmann

### Administering organisation(s)

Vlaamse Judofederatie  
(Flemish Judo Federation)

### Developed in

Belgium

### Link

<https://www.scforh.info/wp-content/uploads/2021/02/Healthy-Judo-55.pdf>

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### Target group(s)

People aged 55+ years

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

This programme gives lifelong judoka and former judoka practitioners a way to continue practicing judo with all its benefits, but without facing the risks of judo as a combat sport. It enables them to begin practicing judo at an older age. It also empowers the participants, enabling them to live healthy and independent lives for as long as possible. The programme lends non-judokas more confidence in their daily lives through the fall initiation programme. The content includes all kinds of judo exercises and judo techniques (except the potentially dangerous ones) and uses mainly soft fall techniques without hard impact. Stimuli related to aspects that need special attention regarding older individuals (e.g. memory, eye-hand coordination, awareness of time and space) are incorporated into the exercises such that the participants are also practicing tasks that they will perform in daily life while doing judo. Method: Persons aged 55+ on the judo mat are highly heterogenic regarding the number of years they have practiced judo and their level of experience, physical abilities and personal ambitions. For this reason, a method must be used that allows these very different people to practice a contact sport together. To equalise the participants and to create an inclusive training environment, the principles of Universal Design for Learning are used. Some parts of the judo are practiced with support items such as gym balls or thick mats.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# IKILapsi gymnastics

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**Information provided by**

Herbert Hartmann

**Administering organisation(s)**

Finnish Gymnastic federation

**Developed in**

Finland

**Link**

<https://www.scforh.info/wp-content/uploads/2021/02/Ikiliike-Grandparents-and-children.pdf>

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**Target group(s)**

Grandparents and kids

**Type of initiative**

Developing specific SCforH (or related) projects or activities

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**Short description of the initiative**

IKILapsi outdoor gymnastics has been designed to place a special focus on movements that develop elderly people's balance and physical ability to function, but also to inspire children to move and play together with their grandparents.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Physical activity on Prescription

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### Information provided by

Herbert Hartmann

### Administering organisation(s)

Swedish National Institute of Public Health

### Developed in

Sweden

### Link

<https://www.scforh.info/wp-content/uploads/2021/02/PA-on-Prescription-Sw..pdf>

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### Target group(s)

All age groups

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

The results show that approximately 70% of the participants took part in multiple activities. Walking and aerobics were the most commonly measured physical activities. People who demonstrated a significant increase in their activity level between the baseline and the six-month follow-up were categorised into the “sedentary” or “light activity” groups. Among the participants, 68% were still carrying out the prescribed level of physical activity six months after initiating PaP, including the organised exercise. The “maintenance” stage increased significantly based on the participant’s willingness to change their physical activity level. The level of compliance to PaP, including organised exercise, was considered equivalent to that achieved by other treatments of chronic diseases. Positive factors that influenced this compliance included the experiences of positive effects (i.e. that it was fun and the person had made up their mind beforehand). Most participants who began and continued with the physical activity had considered that PaP, including organised exercise, was a good method. Results show that especially individuals who are unmotivated to exercise or cannot exercise very efficiently may initially benefit from organised exercise. Other participants cited benefits such as individualised counselling and personalised training and support. Most participants were satisfied with the support they initially received from health care and exercise organisers, but cited a need for more regular and longer support. However, more than 70% of participants were satisfied with the assistance they received from exercise organisers as compared to the more than 60% who received support from health care centre. The high level of satisfaction reported in the interaction with exercise organisers may be due to their positive attitude toward the PaP model and the individuals who receive a prescription for this model. However, participants also cited disadvantages associated with organised activities such as economic costs and reduced flexibility.



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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	Yes ✓
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# GAME Denmark Playmaker Programme

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### Information provided by

Melanija Strika

### Administering organisation(s)

GAME Denmark

### Developed in

Denmark

### Link

<https://game.ngo/>

### Additionally implemented in

Italy, Lithuania, Jordan, Lebanon, Somalia

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### Target group(s)

Hard-to-reach and disadvantaged young people from ethnically diverse backgrounds in Denmark (Copenhagen, Esbjerg, Viborg, Aalborg)

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

The programme was created to address the needs of disadvantaged young people from ethnically and culturally diverse communities in the poorest areas of Danish cities, but also in other countries, including Lithuania, Italy, Jordan, Lebanon and Somalia. The programme aim is to develop the social skills, gender equality awareness and conflict-solving capacities of these individuals by establishing innovative facilities, educating youth leaders as instructors and creating role models in street sports and areas of civil society.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities

Yes

Follows well-established, evidence-based practices

Don't know

Uses qualified and competent personnel

Don't know

Promotes the sports that are part of the club's standard programme

Not applicable

Poses no or minimal health and safety risks

Don't know

Takes place in a healthy environment

Don't know

Commits to promoting an enjoyable social and motivational climate

Yes

Name of the initiative

# Street Elite

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**Information provided by**

Melanija Strika

**Administering organisation(s)**

The Change Foundation

**Developed in**

United Kingdom

**Link**

<http://www.street-elite.org/>

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**Target group(s)**

Young people aged 18 to 25 from London and Birmingham, not involved in education, employment or training affected by serious youth crime

**Type of initiative**

Incorporating SCforH (or related) principles in existing work

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**Short description of the initiative**

The programme was founded in 2011 and uses sport and mentoring to help young men and women become more active in their communities. It also facilitates their transition into employment, education, or training programmes. The young people receive training through sport to improve skills that support their employability (teamwork, event organisation, leadership, interview, CV writing), emotional development and higher self-esteem. The young people also have a chance to give back to their community by delivering their own sports sessions at youth clubs and taking part in sports festivals at local schools.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities

Yes 

Follows well-established, evidence-based practices

Don't know 

Uses qualified and competent personnel

Yes 

Promotes the sports that are part of the club's standard programme

Yes 

Poses no or minimal health and safety risks

Yes 

Takes place in a healthy environment

Don't know 

Commits to promoting an enjoyable social and motivational climate

Yes 

## Name of the initiative

# Keep Youngsters Involved (Erasmus+ Sport Project)

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### Information provided by

Melanija Strika

### Developed in

The Netherlands

### Additionally implemented in

Finland, Germany, Ireland, Portugal, Romania

### Link

<https://tools.kenniscentrumsportenbewegen.nl/keep-youngsters-involved/tool/keep-youngsters-involved/>

### Administering organisation(s)

Knowledge Centre for Sport and Physical Activity Netherlands, University of Limerick Ireland, Instituto Portugues Do Desporto E Juventude Portugal, Research Center for Sport and Health Sciences Finland, National Institute for Sport Research Romania, University of Leuven Belgium, Royal Dutch Swimming Federation Netherlands, The Association For International Sport for All Germany

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### Target group(s)

Youth (12-19 years of age)

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives

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### Short description of the initiative

The project was co-funded by the European Union as an collaborative partnership project in the Erasmus+ Sport programme (2016-2019). This project addressed the high dropout rate from sports programmes among young people (age 12-19) and especially those from disadvantaged socio-economic backgrounds. In many European countries, young people quit sports due to a lack of motivation, problems with school, their job schedule, or different interests. Together, the partners selected and applied the best grassroot sport products in the various European countries involved. The research results revealed the most important 14 factors that can prevent youngsters from dropping out and enabled us to make them suitable for practical use. Sport professionals and volunteers (trainers, coaches) who work with young people can use these tools to keep them more involved in sports in their sport clubs. By involving young people more actively, for example, by asking them what they like to do, asking them to express their needs, or giving them responsibilities in sport programmes, they have a chance to develop personal skills. Simultaneously, the project contributes to the active citizenship of young people, an active lifestyle and meets the physical activity guidelines.

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### **The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Sport-Health

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### Information provided by

Melanija Strika

### Administering organisation(s)

Luxembourg Federation of Health Sports Associations and partner organisations

### Developed in

Luxembourg

### Link

<https://sports.public.lu/fr/sport-loisir/sport-sante.html>, <http://www.sport-sante.lu/>

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### Target group(s)

People with chronic diseases

### Type of initiative

Developing specific SCforH (or related) projects or activities








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### Short description of the initiative

The Sport-Santé project highlights the undeniable advantages conferred by therapeutic physical activity, showing how it can improve the health of people affected by various chronic diseases. Specific recommendations and sports recreation are advised and offered for each chronic disease, with these being provided by respective health and sports associations and clubs, which also offer expert mentorship and consultancy.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

Name of the initiative

# Multi-sport trainings

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**Information provided by**

Laura-Maria Tiidla

**Administering organisation(s)**

Byakko Sport Club

**Developed in**

Estonia

**Link**

<https://byakko.ee/>

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**Target group(s)**

3 years of age or higher

**Type of initiative**

Incorporating SCforH (or related) principles in existing work

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**Short description of the initiative**

The Byakko sport club offers multi-sport training for (mainly) children and youth, which enables them to develop and improve their physical, mental and social skills through physical exercise. The club provides fun training sessions for children aged 3+, and more advanced training is open to everyone of any age. An emphasis is placed on developing basic motor and physical literacy skills and avoiding early specialisation. Participants can choose the sports and how frequently they attend the sessions they take part in, while being encouraged to practice various sports every week. Many of the activities can be attended by the entire family; this enables them to be physically active together both during regular training sessions but also on community days in outdoor settings.

The club offers children access to exercise offers that promote a positive perspective and encourage development. These playful training sessions help them to create healthy habits for life. Their overall goal is to help these children grow up to be empathic, happy and healthy citizens.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Health School

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### Information provided by

Laura-Maria Tiidla

### Administering organisation(s)

Vireo Health Cub

### Developed in

Estonia

### Link

<https://vireo.ee/>

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### Target group(s)

All age groups

### Type of initiative

Incorporating SCforH (or related) principles in existing work

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### Short description of the initiative

VIREO is a social enterprise that emerged from training sessions that promoted health and now enables people to take a holistic approach toward health. The weekly training sessions with highly qualified health professionals offered place a focus on improving health, physiotherapy, nutrition and rehabilitation. All of these sessions are suitable for participants with existing health conditions, and these can be adapted suitably. The enterprise also organises health days for companies and organisations throughout Estonia.








One of their initiatives is the "Health School" (Laste Tervisekool), a programme for children who are not active and/or have not had a previous positive experience with sports. The weekly trainings and food workshops have been developed to raise interest in a healthy lifestyle, movement and sport in a non-competitive setting and to celebrate the joy associated with individual progress rather than with medals.

VIREO's main principles of work are:

- Positive experience - we celebrate and recognise small progress steps
- Motivating communication - we try to find the important lever for everyone
- Personal approach - each of our services, trainings and consultations is customised to meet the participant's needs.
- Everything is allowed - but in balanced moderation.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 



Name of the initiative

# Active Workplace

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**Information provided by**

Silvija Mitevska

**Administering organisation(s)**

Institute for Sports

**Developed in**

North Macedonia

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**Target group(s)**

16 years of age and higher

**Type of initiative**

Developing specific SCforH (or related) projects or activities

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**Short description of the initiative**

The institute for sports supported by the WHO National Office in Skopje will implement the project “Active Workplace”. This project has been developed to create guidelines for active workplaces in the governmental and private sectors. These guidelines will be adopted at a national level and promoted at a national conference with various stakeholders in attendance. Later, sport association representatives will be educated and empowered so that they will know how to create customised workplace sports activities for companies and institutions.

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**The alignment of the initiative with the SCforH principles**

Promotes health-enhancing sports activities	Yes ✓
Follows well-established, evidence-based practices	Yes ✓
Uses qualified and competent personnel	Yes ✓
Promotes the sports that are part of the club's standard programme	No ✗
Poses no or minimal health and safety risks	Yes ✓
Takes place in a healthy environment	Yes ✓
Commits to promoting an enjoyable social and motivational climate	Yes ✓

## Name of the initiative

# Sports Festival for All Vojvodina

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### Information provided by

Dušan Mitić

### Administering organisation(s)

Association Sport for All Vojvodina

### Developed in

Serbia

### Link

<https://sportzasve.org/2022/05/24/7-festival-sporta-za-sve-vojdovine/>

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### Target group(s)

General population, fans of sports and recreational activities

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives








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### Short description of the initiative

The Sports Festival for All Vojvodina, with support from the Provincial Secretariat for Sports and Youth, will feature sports and recreational programmes that should include all socio-age categories within the population as well as educational programmes developed for sports experts and representatives of sports organisations in the field of public sports. Since the system was established in 1971, 12 four-year cycles have been completed, while the 13th SORV cycle is ongoing and will extend through 2023.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Eco Camp

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### Information provided by

Dušan Mitić

### Administering organisation(s)

Association Sport for All Belgrade

### Developed in

Serbia

### Link

<http://www.sportzasvebeograd.rs/index.php/en/211-ekolosko-edukativni-i-rekreativni-kamp-2>

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### Target group(s)

General population, fans of sports and recreational activities

### Type of initiative

Raising awareness of SCforH (or related) principles or initiatives







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### Short description of the initiative

Ecological educational and recreational camp

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Ski Fest

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### Information provided by

Dušan Mitić

### Administering organisation(s)

Montenegrin Association of Sports  
Recreation

### Developed in

Montenegro

### Link

[https://sportzasve.me/  
ski-fest-durmitor-2022-zabljak/](https://sportzasve.me/ski-fest-durmitor-2022-zabljak/)

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### Target group(s)

General population, fans of winter  
sports and recreational activities

### Type of initiative

Raising awareness of SCforH (or related)  
principles or initiatives








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### Short description of the initiative

The traditional SKI FEST of 2022 was held at the beginning of March and lasted four days. The FEST involved 275 participants of different ages and genders. The programme included skiing and sports-recreational competitions in the slalom and giant slalom. The categories of children and recreational athletes in M/F categories ( $\leq 40$  and  $> 40$ ) were established in these competitions. The participants spent time and hiked in the snow, which are considered as unconditionally healthy conditions, and had the chance to take part in various sports and recreational games in the snow that were organised daily. These included sledding in one-seat and two-seat sleds, hitting appropriate targets with balls (all participants), snow volleyball, mini-football in the snow, and ski education. Various additional sports and recreational activities were also organised in the early evening hours, such as table tennis, darts and chess (everyone welcome). In general, the FEST and activities had a highly positive effect on the overall health of the participants.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## Name of the initiative

# Friendly Outdoor Gyms

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### Information provided by

Monika Piątkowska

### Developed in

Poland

### Administering organisation(s)

Europejskie Stowarzyszenie Promocji Aktywności Ruchowej 50+ (European +50 Physical Activity Promotion Association)

### Link

<https://www.espar-50.org>;  
<https://www.facebook.com/espar50/>;  
<https://www.espar-50.org/pl/projekty/przyjazne-silownie>

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### Target group(s)

Seniors (65+ years of age)

### Type of initiative

Developing specific SCforH (or related) projects or activities

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### Short description of the initiative

The Friendly Outdoor Gyms project was initiated in 2018 with the objective to teach people aged 60+ how to use outdoor gym equipment to strengthen their muscles effectively. The research carried out by ESPAR 50+ showed that a lack of skills and knowledge of how to use these gyms safely is a main barrier for the elderly. Local governments in Poland are building more and more outdoor gyms that are open to the public and accessible to all residents. These gyms include equipment that allow the user to activate and strengthen each part of various muscles and to improve their immunity and physical condition safely. Many gym apparatuses are available, enabling the user to modify the workouts to fit their needs and abilities.

As a part of the project, a series of meetings with the instructor was offered: ESPAR 50+ instructors meticulously refined how the exercises were performed and showed participants how to use each piece of equipment. They also offered an open day at the outdoor gym to celebrate the International Day of Elder People. Both before and after the project, participants performed fitness tests that confirmed the effectiveness of the project.

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### The alignment of the initiative with the SCforH principles

Promotes health-enhancing sports activities	Yes 
Follows well-established, evidence-based practices	Yes 
Uses qualified and competent personnel	Yes 
Promotes the sports that are part of the club's standard programme	Yes 
Poses no or minimal health and safety risks	Yes 
Takes place in a healthy environment	Yes 
Commits to promoting an enjoyable social and motivational climate	Yes 

## 4. Conclusion

Based on our findings, it can be concluded that SCforH and similar initiatives have been carried out in most European countries. However, it should be noted that we could not find SCforH initiatives in all 36 countries we covered in our search. Most initiatives that we found and described in this book chapter follow the guiding principles of the SCforH approach, which may partially be a result of the actions taken by the SCforH consortium to promote the awareness and use of SCforH guidelines in Europe. Nevertheless, there is space for improvement, particularly in terms of increasing the number of initiatives that follow well-established, evidence-based practices and that promote the sports that are part of the club's standard programme. Future SCforH projects should, therefore, continue disseminating the SCforH guidelines and encouraging sports clubs and associations to implement SCforH initiatives.

## Acknowledgments

The authors wish to express their gratitude to all contact persons who provided descriptions of SCforH and related initiatives. This work would not be possible without your help.

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# Conclusions and future directions

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The wide recognition of the importance of Sports Club for Health (SCforH) movement in Europe is a result of more than 15 years of continuous work of the SCforH consortium. This book was written to inform and facilitate the further development of SCforH movement. Herein, we present main conclusions from 10 chapters of this book and suggest future directions for the SCforH movement.

In the chapter “Sports Club for Health movement: terminology and definitions” we defined 48 terms that are commonly used in SCforH-related communications (1). The definitions may help standardise the use of these terms and improve the effectiveness of communication related to SCforH. Therefore, the members of SCforH consortium should endeavour to use the SCforH-related terms in accordance with the definitions presented in this chapter.

From the chapter “Physical activity guidelines for health: evolution, current status, policy context, and future outlook” (2), it can be concluded that physical activity guidelines are constantly evolving. However, all the recommendations, starting from the historical ones dating before 1980s to the current ones, can be met by participating in sports. The SCforH movement should, therefore, keep its focus on the promotion of health-enhancing sports.

The chapter “Physical activity and sport participation in the European Union” (3) shows that a large number of people in Europe do not adhere to physical activity guidelines. This means that more work on the promotion of physical activity has to be done by implementing SCforH and other initiatives.

As it can be seen from the chapter “The structure of the European sports system as a framework for the implementation of health-enhancing sports activities” (4), several components of the European sports system need to be improved to reach their full potential for the promotion of health-enhancing physical activity. This should be facilitated by implementing the SCforH approach in sports organisations at the European, national, and sub-national levels.

From the chapter “The history of HEPA Europe: Growing from an EU-funded project towards a WHO-Europe network” (5), it can be seen that HEPA Europe played a major role in the development of SCforH movement and many other initiatives to promote health-enhancing physical activity. HEPA Europe can serve as a role model for networking and effective capacity building in the sports and health sectors. The SCforH consortium should continue collaborating with and contributing to the HEPA Europe network.

From the chapter “The history of the Sports Club for Health movement in Europe” (6), it is clear that the SCforH movement has long tradition and extensive legacy. A major milestone in the history of SCforH movement was the acknowledgment of the SCforH guidelines on the list of indicators for the evaluation of health-enhancing physical activity promotion in the European Union countries that was made by the Council of the European Union. By continuing its high quality work, the SCforH consortium should aim to ensure progress on this indicator in all European Union member states.

In the chapter “Sports Club for Health movement in published media: a systematic scoping review” (7), we found 196 academic and non-academic publications about SCforH and an increasing trend in their numbers over time. To increase the awareness of SCforH guidelines among the stakeholders in the sports sector, the SCforH consortium should continue increasing the number of its publications.

The chapter “Promotion of health-enhancing sports activities through European and international umbrella sports organisations: four examples of good practice” (8) shows that the European Federation for Company Sport (EFCS), European Non-Governmental Sports Organisation (ENGSO), International Sport and Culture Association (ISCA), and The Association For International Sport for All (TAFISA) have been very active in promoting health-enhancing physical activity and the SCforH approach. The SCforH consortium should continue its successful

collaboration with these and other European and international umbrella sports organisations.

The results presented in the chapter “Dissemination of Sports Clubs for Health guidelines in Europe: a survey-based evaluation” (9) suggest that the national governments in European countries are substantially more committed to the promotion of elite sports than to the promotion of health-enhancing physical activity. The results also show that the awareness and use of SCforH guidelines in sports clubs and associations could be significantly increased. Therefore, the SCforH consortium should aim to raise the awareness of policymakers about the importance of health-enhancing sports activity and continue disseminating the SCforH guidelines among representatives of sports clubs and associations.

The 76 initiatives described in the chapter “Sports Club for Health and similar initiatives in Europe: examples of good practice” (10) can serve as a source of ideas for sports clubs and associations when implementing the SCforH approach. The SCforH consortium should, therefore, continue cataloguing and spreading the news about the examples of good SCforH practice.

We are confident that the findings presented in this book will help in the selection and shaping of future activities aimed to advance the SCforH movement.

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