

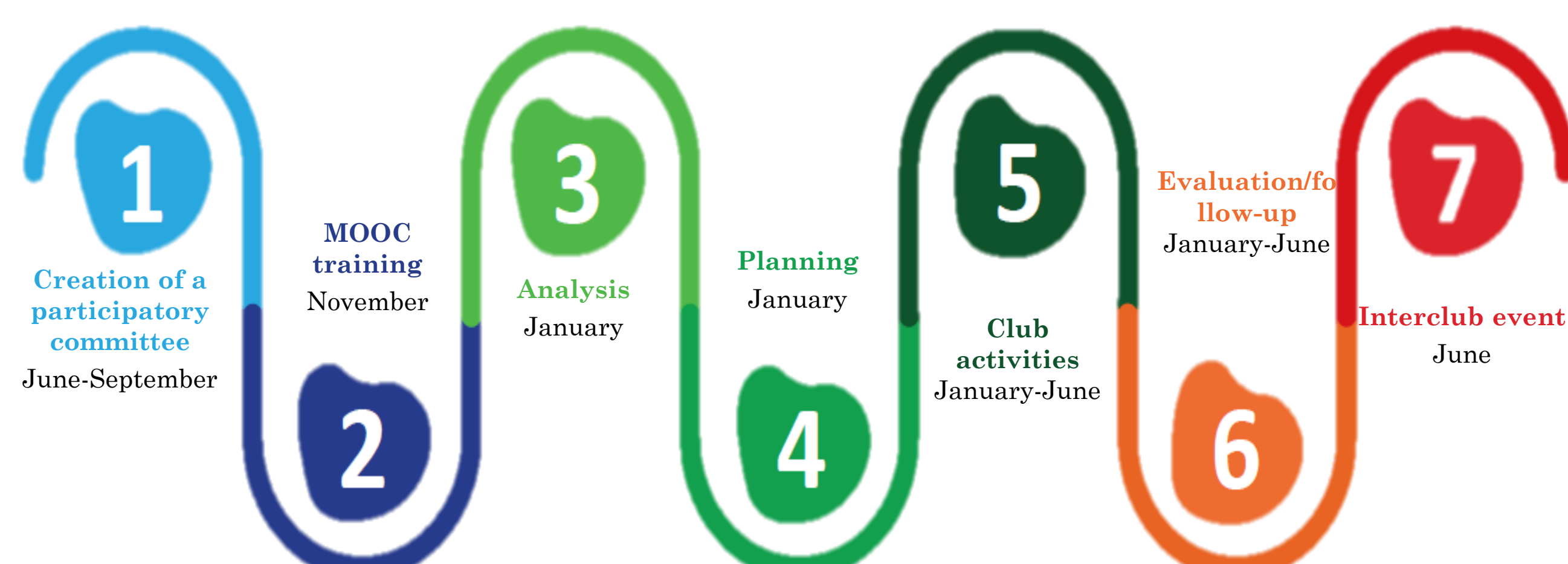
Pilot of a health promotion intervention in sports clubs

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Introduction

- Sports club (SC) is a privileged setting for promoting health but existing health promotion (HP) interventions in SCs lack a theoretical foundation and their evaluations provide little information on their deployment¹.
- To overcome these limitations, the PROSCeSS intervention was co-constructed based on the theoretical model of the health-promoting SC².
- 7 steps on a sports season to develop HP through 13 strategies²:



Objective

The objective of this pilot study was to evaluate the deployment of the PROSCeSS intervention and to identify the factors influencing its deployment in 14 SCs

Method

- 14 SCs were contacted
- A qualitative study including recordings, observations and interviews was conducted.
- **Implementation traces** : meetings, emails and calls were recorded to identify the characteristics, issues and objectives of each SC and to inform the deployment of HP strategies and standardized steps.
- **Semi-structured interviews**: A guide based on the PIET 3 model was used to conduct the interviews, recording the characteristics and needs of the SCs and the strategies used.



Results

- Only 4/14 SC have deployed all steps of the intervention, other SC have only implemented the first steps or none.
- Other SC were not interested : "I don't see what more we can put in place"; "we already have handisport sessions" (for 2 of them) or did not make a lasting commitment (and only taking the first steps) due to **lack of human resources or time**.
- The 4 SC that deployed the intervention implemented **between 9 and 13 strategies**.
- The HP actions developed by SC were **adapted sport sessions** for elderly, sedentary, disabled people or people in remission from cancer and **education actions** on health themes: first aid, nutrition, injury and sleep.

Conclusion

- The intervention seems to be complex to implement for SC as they lack resources.
- The development of national guidelines from sports federations and organisations could support adherence to HP by SC
- Having subsequently led to the reworking of the intervention steps and the development of an adapted evaluation design in a protocol published elsewhere⁴, this work highlights the essential role of pilot studies for the development and evaluation of interventions⁵.

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