

e-PROSCeSS

HPSC – Health Promoting Sports Clubs evaluation tool

User guide for measuring perceptions of health promotion within sports clubs



PROSCeSS

PROmotion de la Santé dans les Clubs Sportifs





The e-PROSCeSS tool consists of several documents :

1. The e-PROSCeSS evaluation users guide
2. The evaluation tools (for management, coaches and sports participants)
3. An excel spreadsheet which allows clubs to analyse results

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FOREWARD

You have, in your hands, the first tool to measure the promotion of health within sports clubs. This tool was developed through a collaboration between Santé publique France, The Université Côte d'Azur and the Université of Lorraine. It is founded in the theoretical model of the Health Promoting Sports Club and by the scientific working group Sport Clubs for Health (SCforH) of the HEPA Europe network.

This new approach thinks of the sports club as a health-promoting environment and uses the vision of health promotion to develop the sports club's daily goals and actions. Initiated about twenty years ago in Australia and further developed in Finland in the early 2000's, France is now joining this innovative movement.

One of the key factors to develop a complete project is knowledge. Nevertheless, this knowledge must be relevant, produced and used at the local level to have value for the target audience. This tool was developed to enable amateur clubs to gain knowledge about their organizations, which allows them to evolve. Using the PROSCeSS tool will provide a snapshot of your club's health promotion activities and offers ideas to managers, coaches and sports participants to take action.

The user's guide allows managers, researchers, coaches, sports educators and sports participants to be guided in the evaluation of health promotion within their sports club with the aid of the e-PROSCeSS measurement tool. This tool and the accompanying guide are designed for actors within the sports club but, also, for external partners who wish to support an initiative of one or more sports clubs.

Becoming a health promoting sports club requires a collective, participative and dynamic long-term investment. It is a process, which does not end and can always be improved, but where every little bit of progress counts, making it possible to be an even more health-promoting club every day.

Susanna Geidne, PhD, Senior Lecturer, Örebro University, Sweden

Co-head of the working group SCforH of the Health Enhancing Physical Activity Europe network

FOREWARD

The first four axes of the French national health strategy 2018-2022 are to put in place a health promotion policy (including prevention) in all environments for living. Santé publique France, the national health agency, is part of this strategy to address the major issues when implementing these objectives. Knowledge, actions and evaluation must be included when considering the impact of environments on health.

Complementing schools, the sports world is of major interest in reaching the population, especially youth. There are more than one hundred sports federations in France, representing more than 150,000 clubs. They bring together around 16 million people (6 million females and 10.1 million males), half of whom are younger than 20 years old.

It is for this reason that Santé publique France has engaged in a research project aimed to develop and support sports clubs to become health-promoting environments.

The PROSCeSS project – Health Promotion in Sports Clubs – is the outcome of a partnership with the Université Côte d’Azur and the Université of Lorraine, which is very exciting. It is based on knowledge gained from scientific literature and the World Health Organization’s ‘Health Promoting Schools’ conceptual framework, adapted to sports clubs.

The objective is to reach multiple populations to protect and improve their health and to work with all partners in the field to do so:

This self-assessment questionnaire for health promotion in your organization is the first step in a project that aims to produce a tool to accompany sports clubs in the development of health promotion, a questionnaire co-constructed with you, on the basis of a validated theoretical model.

Geneviève Chêne

MD, PhD, Chief Executive of Santé publique France

INTRODUCTION

Health promotion is the process of empowering people to increase control over and improve their own health⁶. It integrates actions which aim to act on environments and to develop social and individual resources, as well as each person's capacities.

Sports clubs are settings in which these actions can find a place. Additionally, sports clubs complement the school and family environment offering children and youth the potential for supplementary development. In this space, youth can acquire new skills, develop autonomy, experience new forms of socialization and interactions with peers and adults.

A health promoting sports club (see Annex 1) involves not only the educational team (coaches, trainers), but also management, volunteers, participants⁶ and their parents.

Management ensures that the environment within and around the club is well organized which includes providing essential resources to the staff and volunteers who welcome sports participants and their families.

In order to implement health promotion actions⁶, it is necessary to act on several elements offered to different actors¹ :

- Educational strategies,
- Training and working conditions of the team,
- Arrangement of equipment and premises in a way that is safe and suitable for the population being served,
- Reception, communication and hospitality,
- Implementation of specific actions that are aimed at acquiring and developing health knowledge and psychosocial competence⁶ (problem solving, stress management, decision making, effective communication, creative and critical thinking, skillful interpersonal relations, self-awareness and empathy)

Thus, sports clubs can become 'health promoting'², that is to say, not only addressing health issues related to sports performance, but also offering an eco-responsible, welcoming and healthy environment.

⁶ Definition found in the Glossary at the end of the guide

¹ Management, coaches, participants and their family

² Note : The health promoting sports club is distinct from the healthy-sports club, by the fact that they promote physical, mental and social health, beyond the offer of adapted physical activity for sedentary persons or specific populations (disabilities, chronic illness, obesity). The distinction can be more subtle → actions with the public and also the environment ; the club engages in healthy-sport but also promotes health, some healthy-sport clubs or clubs with healthy-sport activities also work on mental health and the environment as determinants of adapted physical activity.

Why undertake the development of health promotion ?

Several studies^{3,4} have highlighted **the benefits of implementing a health promotion policy for sports clubs (see Figure 1):**

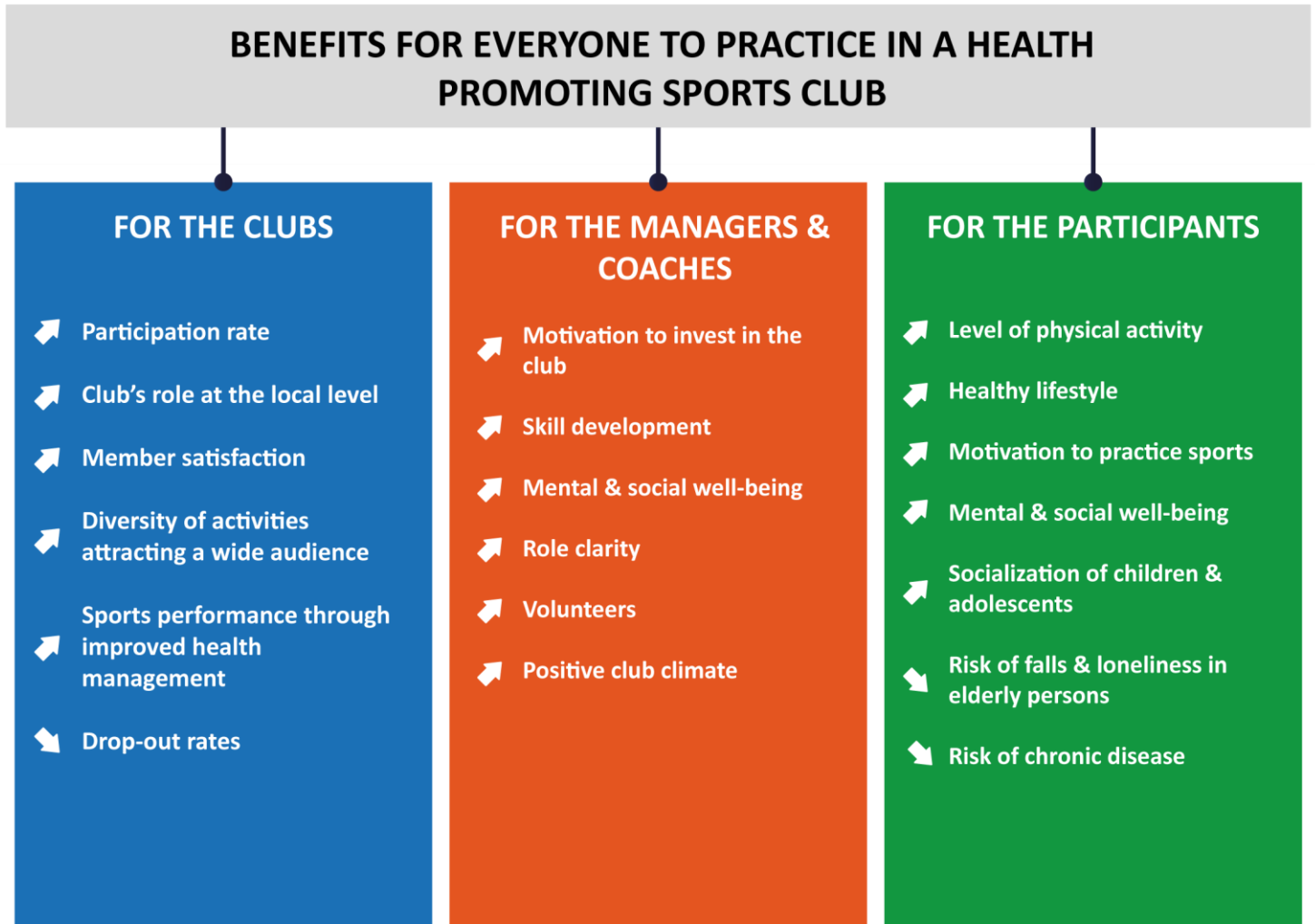


Figure 1 : Diagram of the benefits of the health promoting sports club approach adapted from the SCforH guide

³ Casey et al. The influence of a Healthy Welcoming Environment on participation in club sport by adolescent girls: a longitudinal study. BMC Sports Science, Medicine and Rehabilitation (2017) 9:12

⁴ Koski, P., Matarma, T., Pedišić, Z., Kokko, S., Lane, A., Hartmann, H., Geidne, S., Hämmäläinen, T., Nykänen, U., Rakovac, M., Livson, M. & Savola, J. (2017). Sports Club for Health (SCforH) – Mise à jour des recommandations concernant les activités sportives bénéfiques pour la santé et pratiquées en club. Helsinki, FI: Comité olympique finlandais.

What is the 'health promoting sports club' approach ?

The health promoting sports club is designed for all sports clubs regardless of location, size or sports level and can be used as a philosophy integrated into the daily club activities.

It is based on a socio-ecological approach⁶ to health, which explains that individual behaviors are **influenced by and interact with their environment**.

An example of good practice : when renovating a gym, washing machines could be installed in order to clean youth jerseys. This helps save working parents time and avoids the marginalization of some children who might otherwise come to practice or games with dirty uniforms.

Factors which influence physical activity practice, according to Booth⁶

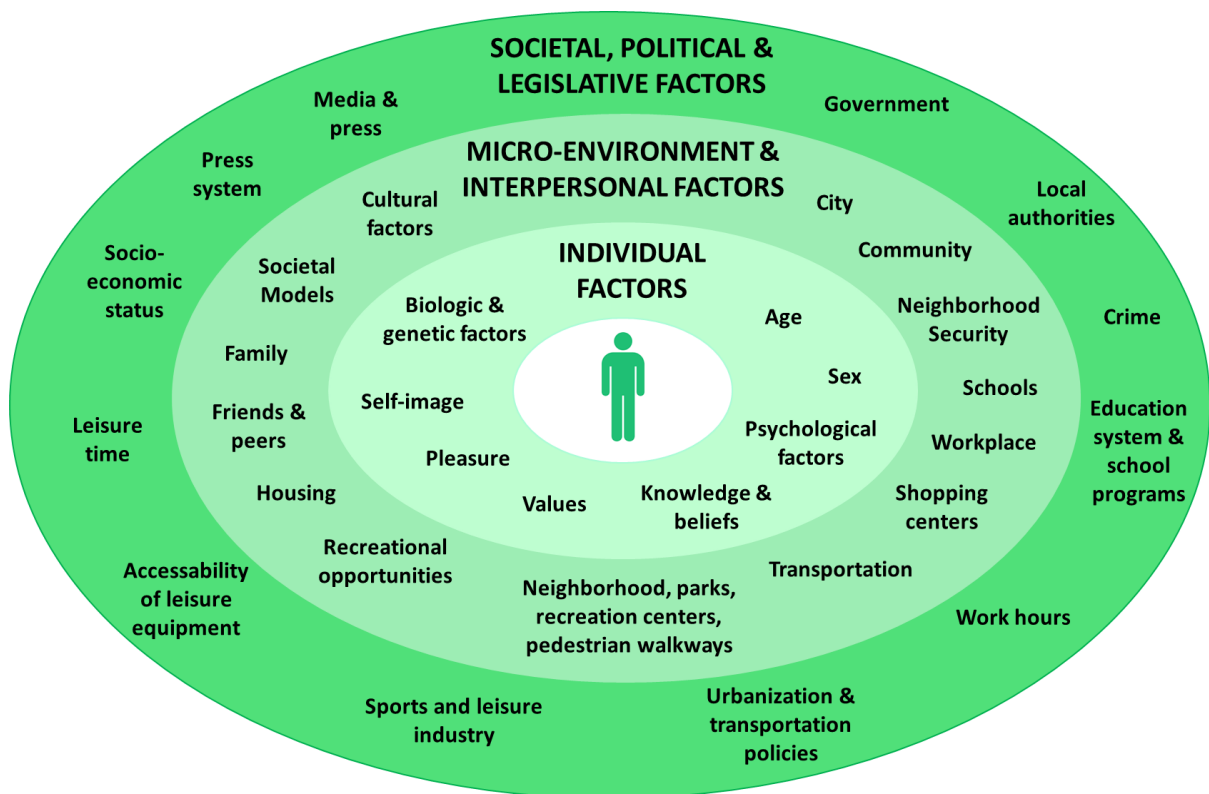


Figure 2 : Presentation of the socio-ecological approach to physical activity⁵

⁵ Oppert J.-M., Simon C., Rivière D., Guezennec C.-Y. Activité physique et santé. Arguments scientifiques, pistes pratiques. Ministère de la Santé, coll. " Les synthèses du PNNS ", 2006 : 58 p.

⁶ Booth, Sallis, Ritenbaugh et al. (2001). Environmental and societal factors affect food choice and physical activity: rationale, influences, and leverage point. Nutrition review, 59(3).

What is the 'health promoting sports club' approach ?

Becoming a health promoting sports club requires a long-term collective and participative commitment. It also requires coordinated policies from each sector of the sports club and from every age group to place the health of the participants, coaches⁶ and managers⁶ within the center of the club's values and objectives.

A health promoting sports club:

- promotes the health and physical, social and mental well-being of its participants;
- addresses issues relating to the health and well-being of everyone involved in the sports club (employees, volunteers, participants);
- integrates health into the daily activities;
- supports the concepts of social inclusion and equality;
- provides a welcoming and safe environment;
- involves the participants;
- involves parents, the neighborhood and the local community;
- sets realistic objectives in accordance with the aims of the club;
- seeks to improve its actions through continuous evaluation.

This collective and participative mobilization is based on an ecological approach also known as the settings-based approach and relies on the capacity of the club to implement strategies at different levels (the club as an entity, managers, coaches, participants) and on aspects related to the organization of the sports club (regulations, charters, rules, decision-making processes), economic aspects (financial, human and social resources), social (values, norms, support systems) and environmental (infrastructure, equipment).

The five key indicators of the investment of a sports club in health promotion (see Annex 1):

- Implement an approach which include all club actions contributing to health, not just those centered on one behavior or theme
- Involve all levels of the sports club (participants, parents, coaches, managers, volunteers) in the actions and decision making linked to health promotion
- Involve external partners and local actors in the actions and decision processes linked to health promotion
- Be conscious that promoting health is a continuous and cumulative process
- Base actions on the needs of the sports club and its actors, according to the context of the club and local actors.

The e-PROSCeSS tool

Who is the e-PROSCeSS designed for?

- Sports actors who wish to develop the promotion of health:
 - Sports federations, managers, technical directors and/or sports club employees, coaches, volunteers
- Health promotion actors who would like to support sports clubs in this approach
- All others who would like to encourage sports clubs to participate in the promotion of health.

What is the purpose of the e-PROSCeSS?

It can help sports clubs to integrate more health actions into their daily routines.

Using this tool allows a snapshot of the perception of the sports club's health promotion activities taken from three perspectives: managers, coaches and participants. It also allows the managers and coaches to self-evaluate their involvement in the promotion of health and identify areas and paths for improvement.

When to use the e-PROSCeSS and the results of the approach?

Anytime that seems appropriate for the club:

- At the beginning or end of a sporting season to make an evaluation or assessment
- When changing directors or management of the sports club
- When requesting financing
- When change is needed, wanted or required

The e-PROSCeSS tool

WHY USE THE E-PROCESS TOOL?

The tool can be used to:

1. Measure participants' perceptions of their club's commitment (management, coaches) to promote health.
2. Investigate stakeholders' perception of the sports club health promotion (diagnose or assess) to be able to set progressive objectives.
3. Measure coaches' perceptions of the commitment of the club and its managers to promote health.
4. Evaluate the contribution of the sports club to the health of each sports club stakeholder, in partner with other organizations (community, local health contracts, city health services).
5. Give visibility to the sports club's health promotion activities.

WHAT IS THE E-PROCESS TOOL AND ITS COMPONENTS?

This tool is composed of three questionnaires which measure the perception of health promotion at three levels (see Annex 2): the club as a whole (**club level**), management practices (**management level**) and coaches' practices (**coaching level**). It can be used in total (all 3 levels) or partially (1 level), according to the objectives of the sports club.

Table 1. Completion of the questionnaires by the different respondents

	Sports Participants	Coaches	Managers
Club Level	X	X	X
Management Level			X
Coaching Level	X	X	

Thus, sports participants fill-out two questionnaires: the club level and coaching level, coaches fill-out two questionnaires: the club level and coaching level and managers fill-out two questionnaires: the club level and management level.

The e-PROSCeSS tool

The e-PROSCeSS tool has four types of determinants of health⁶ (factors which influence health (see Annex 2)):

- **Organizational determinants**⁶ represent the positioning of health promotion in the sports club's guidelines. This includes rules and regulations, relationships with governmental and community entities and in the organization and direction of the club's actions.
- **Social determinants** include the vision, values and philosophy of the sports club in relation to those of society.
- **Environmental determinants** describe the built surroundings provided by the sports club including infrastructures, green spaces and playing fields.
- **Economic determinants** correspond to the allocation of financial, human and material resources for health promotion within the sports club.

Table 2. number of questions by level and determinant

	Organizational Determinants	Social Determinants	Environmental Determinants	Economic Determinants
Club Level	8 questions	6 questions	8 questions	4 questions
Management Level	8 questions	6 questions	-	3 questions
Coaching Level	5 questions	6 questions	-	4 questions

The e-PROSCeSS tool

HOW TO USE THE E-PROSCeSS TOOL?

Using the e-PROSCeSS is done in several steps which allows for the preparation, collection of data and analysis of the results:

Table 3. Stages of use for the e-PROSCeSS

BEFORE	DURING	AFTER
1 – DEFINE THE TARGET OBJECTIVE 2 – IDENTIFY THE CLUB RESOURCES TO MOBILIZE TO IMPLEMENT THE E-PROSCeSS TOOL	3 – IDENTIFY PEOPLE TO BE POLLED 4 – COLLECT THE INFORMATION 5 – ANALYZE THE INFORMATION	6 – COMMUNICATE THE RESULTS AND SHARE THE CONCLUSIONS 7 – ADJUST THE SPORTS CLUB’S ACTIVITIES

BEFORE USING THE E-PROSCeSS

1. Define the objectives to be targeted with this tool

Depending on the characteristics of the sports club, take into account the resources needed to implement the e-PROSCeSS. Prior to beginning, it is important to understand the aim of the goals for this tool, for example:

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The e-PROSCeSS tool

- Compare the perceptions of health promotion development in your club between actors (managers, coaches, participants)
- Evaluate participant's perceptions of their club's commitment to health promotion
- Identify health promotion indicators at each level
- Identify strengths, weaknesses and areas for improvement related to one or all of the above objectives
- Raise awareness of health promotion to all of the club's actors and members
- Explain the collective vision of the health-promoting sports club
- Involve all the club's actors and members in assessing needs to develop a health promotion project

Before completing any scale, it is important to mention the objectives of the information collection, how will the responses be used (who has access and how; where the responses are stored) and ask for informed consent (consent forms are included). In order to obtain honest responses, it is important to guarantee anonymity and confidentiality of the collected data.

2. Identify resources to mobilize for e-PROSCeSS implementation

Resources to mobilize are both human (people for information collection, analysis, communication) and material (paper documents, computers, etc.).

To use the tool, it is important to mobilize different people to support of the undertaking and to relay the information within the sports club:

- a. Contact the sports club's management and office for support and resource allocation. In addition, involve them in the analysis and follow-up of the results.
- b. Identify key people (coaches or some 'prominent' sports participants) and key moments (general assembly, meetings for start or end of sporting seasons) to promote and distribute the questionnaires to participants, coaches and managers.
- c. If the questionnaires are filled-out online, a page of each respondent's score can be retrieved. In addition, the scores of each determinant within levels can be calculated. If the questionnaires are filled-out on paper, it will require entering the data into an excel file to calculate these scores.

The e-PROSCeSS tool

WHILE USING THE E-PROSCeSS

3. Identify people to fill-out the questionnaires : Who ? Why ? How many ?

The questionnaire was designed for all types of clubs (amateur volunteer clubs to high level professional). However, due to its complexity and number of questions, the e-PROSCeSS tool should be reserved for persons 15 years and older.

Several options are possible:

- 1) You would like to know the perceptions of participants regarding the activities of coaches to promote health: **at least 10 participants with the same coach should answer the 'Coaching Level' questionnaire.**
- 2) You would like to know the coaches' perceptions of their own engagement in health promotion: **at least 6 coaches should answer the 'Coaching Level' questionnaire.**
- 3) You would like to know management's perceptions of their engagement in health promotion: **at least 4 managers should answer the 'Management Level' questionnaire.**
- 4) To know the perception of health promotion within your club: **at least 10 people⁷ per level should respond to the 'Club Level' questionnaire.**
- 5) You wish to have a global vision of health promotion or compare the perceptions of management, coaches and participants: **administer the questionnaire to at least 10 people per level⁸.**

Le nombre de personnes est donné à titre indicatif, il est à adapter en fonction de la taille du club, du nombre d'entraîneurs et de dirigeants, ainsi que des licenciés. Si vous souhaitez avoir une vision reposant sur plusieurs points de vue et permettre une triangulation des perceptions de la promotion de la santé dans votre club, **une dizaine de réponses par niveau de répondant est nécessaire.**

⁷ Participants, coaches, managers

⁸ See Annex 2. Participants respond to 2 questionnaires : 'Club Level' and 'Coaching Level' ; coaches respond to 2 questionnaires : 'Club Level' and 'Coaching Level' ; managers respond to 2 questionnaires : 'Club Level' and 'Management Level'.

4. Calculate the scores

Several uses of this tool are possible according to the objective sought by the club.

Based on this, scores may be calculated by level or for all levels for each of the determinants.

In other words:

- Participant responses to the 'Coaching Level' indicate what they think their coach is doing in regards to health promotion (e.g. 'My coach addresses health behaviors').
- Coaches responses to the 'Coaching Level' explain what they think they are doing to promote health (e.g. 'I address health behaviors').
- Management responses to the 'Management Level' explain what they think about their contribution to promoting health (e.g. 'I ensure that coaches apply the club's health rules and policies').
- All three actors' responses to the 'Club Level' indicate what they think about the club's commitment to health promotion (e.g. 'My sports club has policies pertaining to health').

From the online responses, a score is automatically calculated or can be calculated using the provided excel file to assess the perceptions of health promotion at these three levels. The calculation is done by determinant type (organizational, social, environmental, economic) and by club level (Club, Management, Coaching). This score is calculated for each respondent and an average of the respondents' scores gives an overall perception of health promotion within the sports club (Annex 3).

5. Analyze the collected information

Once the scores have been calculated, either for respondents per level or for the club in general, you can identify the determinants you would like to work on.

The determinants which the club is already achieving can be identified by scores at or above 7 and those where it can improve include scores below 7. Strengths can be identified by the three questions with the highest scores and area needing improvement are shown through the questions with the three lowest scores.

If you want to compare responses between what is perceived by the participants and implemented by the coaches, compare the scores of the participants at the 'Coaching Level' with the scores of the coaches at the 'Coaching Level'. This allows you to see whether or not the participants perceive what coaches believe they implement.

If you want to compare how health promotion is perceived at each level, you can compare the scores of sports participants, coaches and managers on the 'Club Level' questionnaire.

The 'I don't know' responses stress the inability of respondents to give opinions on questions. Analyzing the reasons why these questions have received this response (above 30%) is advantageous for the club to understand how to improve health promotion in these areas including communication.

The e-PROSCeSS tool

The online version offers the advantage of comparing your club's scores to other clubs of the same sport, clubs in the same region and/or clubs globally. It is not a ranking, but rather a way to compare your club with the health promotion development of other sports clubs.

AFTER USING THE E-PROCESS

6. Communicate the results and share the conclusions

It is important to take time to discuss and analyze the results in relation to the initial objectives. It is essential to offer feedback to those who responded to the questionnaires.

This communication can have several objectives:

1. Present the approach within the sports club
2. Complete and amend the information collected from the questionnaires
3. Initiate or reinforce a dynamic within the sports club to promote health

Comment: The presence of an external speaker during feedback, such as a health promotion professional, to conduct or take part in the meeting can be helpful. This person has no stake in the sports club and can easily bring out different opinions, synthesize or help clarify a point of view. They can also intervene to provide further analysis, recommendations and explanations to begin initiation of a short, medium or long-term action plan based on the e-PROSCeSS approach.

This communication can take place as a general meeting within the club without needing to be dedicated specifically to this project (technical meeting, general assembly, etc.).

It is important to provide results and share the conclusions both internally and externally to club partners and the community as well as elected directors, administrators and other sports associations. This could be an occasion to share the role that the sports club can play in participant's health, complimentary to offering sports. This can be done through the sports club's website, a flyer outlining the results of the club or any other well-known distribution channels.

7. Adjust the sports club's activities and discuss the barriers and facilitators

The results allow an exchange regarding the barriers, facilitators and resources to mobilize to adjust the activities of the club. This helps to implement and reinforce the health promoting sports club approach. The club can also call upon actors in the field of health promotion.

In addition, the PROSCeSS project team has developed a comprehensive guide to help sports clubs become health promoting.



ADDITIONAL INFORMATION

IF YOU WISH TO GO FURTHER

A guide to promote health within your club

This guide, developed in the context of the Erasmus+ project 'Sport Clubs for Health', provides information on the benefits of sport for participants' health, but also offers courses of action and project management focused on the promotion of health within sports clubs.

Link to the guide : https://www.scforh.info/content/uploads/2017/03/ranska_verkko.pdf

A guide to evaluate the quality of your actions to promote health

This guide, on how to improve the quality of health promotion projects, was made by and for organizations involved in health promotion. The objective is to provide step-by-step benchmarks to guide an organization in its appraisal in order to engage in a progressive approach of quality improvement. Therefore, it is usable at different actionable moments and invites the organization to go beyond the analysis phase.

Link to the guide : <http://inpes.santepubliquefrance.fr/guide-autoevaluation-qualite/pdf/Guide-qualite-version-integrale-Anglais.pdf>

A guide to the Health Promotion Strategic Framework Model

The health promotion strategic framework model (HPSF) is an Irish model which shows the main elements of health promotion for several settings including schools, hospitals and communities. It is rooted in the settings-based approach and recognizes social determinants of health and the impact that inequality can have on the health of populations.

Link to the guide : http://www.healthpromotion.ie/hp-files/docs/HPSF_HSE.pdf

TABLE OF ACRONYMS

ARS: Agence régionale de santé (Regional agency of health)

HPSC: Health Promoting Sports Club

IREPS: Instance Régionale d'Éducation et de Promotion de la Santé (Regional Authority of Education and Health Promotion)

SCforH: Sports Clubs for Health

WHO: World Health Organization

GLOSSARY

Coach: Anyone supervising the practice of sport activity within a sports club including volunteers

Determinants of health: These refer to factors that have significant influence on health. Four distinct determinants of health are found within the sports club context. Each of these determinants, organizational, social, environmental and economic, have the potential to impact health at the club, management and coaching levels. In turn, this influences participants and potentially to family members. Determinants interact with each other at all sports club levels including a top-down and bottom-up dynamic.

Health: “Health is perceived as a resource of daily life and not as the goal of life; it is a positive concept accenting social and personal resources and on physical capacities. The promotion of health is therefore not only a matter for the health sector: it does not merely advocate for the adoption of lifestyles that promote good health; its ambition is the complete well-being of the individual” (Ottawa Charter, 1986)⁹.

Health promotion: The process of enabling people to increase control over, and improve, their health⁹. This includes the process of improving the health of an individual, group or population by acting on factors which influence health. These may be policies (urban planning, employment, housing, leisure, etc.), environmental or living conditions. They also concern social relationships and community participation. Factors can be found in the healthcare system and its adaptation to the needs of individuals and populations. Health promotion also includes health education. By acting on these factors and empowering individuals and populations to act for themselves, health promotion seeks to reduce social inequalities of health.

Health promotion actions: The actions of health promotion are intended to give populations and individuals “equal opportunities and resources to achieve their fullest health potential”⁹

Managers/directors: Volunteers or paid employees with managerial responsibilities in the sports club including those on the board of directors

Participant: Individuals practicing within a sports club

Psychosocial competence: These are ten essential skills, presented in pairs, which have been established by the WHO. They are defined as “the ability of an individual to respond effectively to the demands and challenges of daily life and to maintain a state of subjective well-being which enables him or her to behave appropriately and positively during interactions with others, culture and environment” (WHO, 1994)¹⁰. They are recognized as key determinants of health and well-being that can be effectively addressed.

Socio-ecological approach to health: This approach takes into account various influential factors of health (individual, social, environmental, political)

Questionnaire: Three different questionnaires to be directed towards specific respondents at various levels in the sports club (Club Level, Management Level, Coaching Level)

⁹ World Health Organization. (1986). WHO / The Ottawa Charter for Health Promotion. WHO. <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>

¹⁰ World Health Organization. Division of Mental Health. (1994). Life skills education for children and adolescents in schools. Pt. 1, Introduction to life skills for psychosocial competence. Pt. 2, Guidelines to facilitate the development and implementation of life skills programmes, 2nd rev. World Health Organization. <https://apps.who.int/iris/handle/10665/63552>

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ANNEX 1

MORE INFORMATION

What is a health promoting sports club ?

A health promoting sports club is founded on the principles of the 1986 Ottawa Charter for the promotion of health from the World Health Organization.

The health promoting sports club has five essential components:

- **Policies for sports clubs to promote health**

These have been clearly defined by the clubs or their stakeholders in documents (associated projects, educational projects) or by well-established and accepted practices to promote health and well-being. Many national and federal policies (policies to combat disrespect, violence and discrimination in sport) can help to promote health and well-being in sports clubs.

- **The physical environment of the club**

The notion of the physical environment refers to equipment, buildings, grounds and playing fields both in and around the sports club. The following are included: the design and location of equipment, facilities for safe practice, sanitary spaces (toilets, showers), lockers rooms, reception and shared spaces (club house, etc.), facilities conducive to sustainable development (bicycle parking to encourage active mobility, water source to clean equipment, etc.). The physical environment also refers to the maintenance of facilities and hygiene practices that prevent the transmission of diseases; safe drinking water and all environmental, biological or chemical contaminants that can harm health.

- **The social environment of the club**

The social environment of the club is a combination of the quality of relationships between the staff and management (employees and volunteers) as well as between staff and participants. It is influenced by the relationships with parents and the community at large (other sports clubs, schools, etc.).

- **Individual health skills and the ability to act**

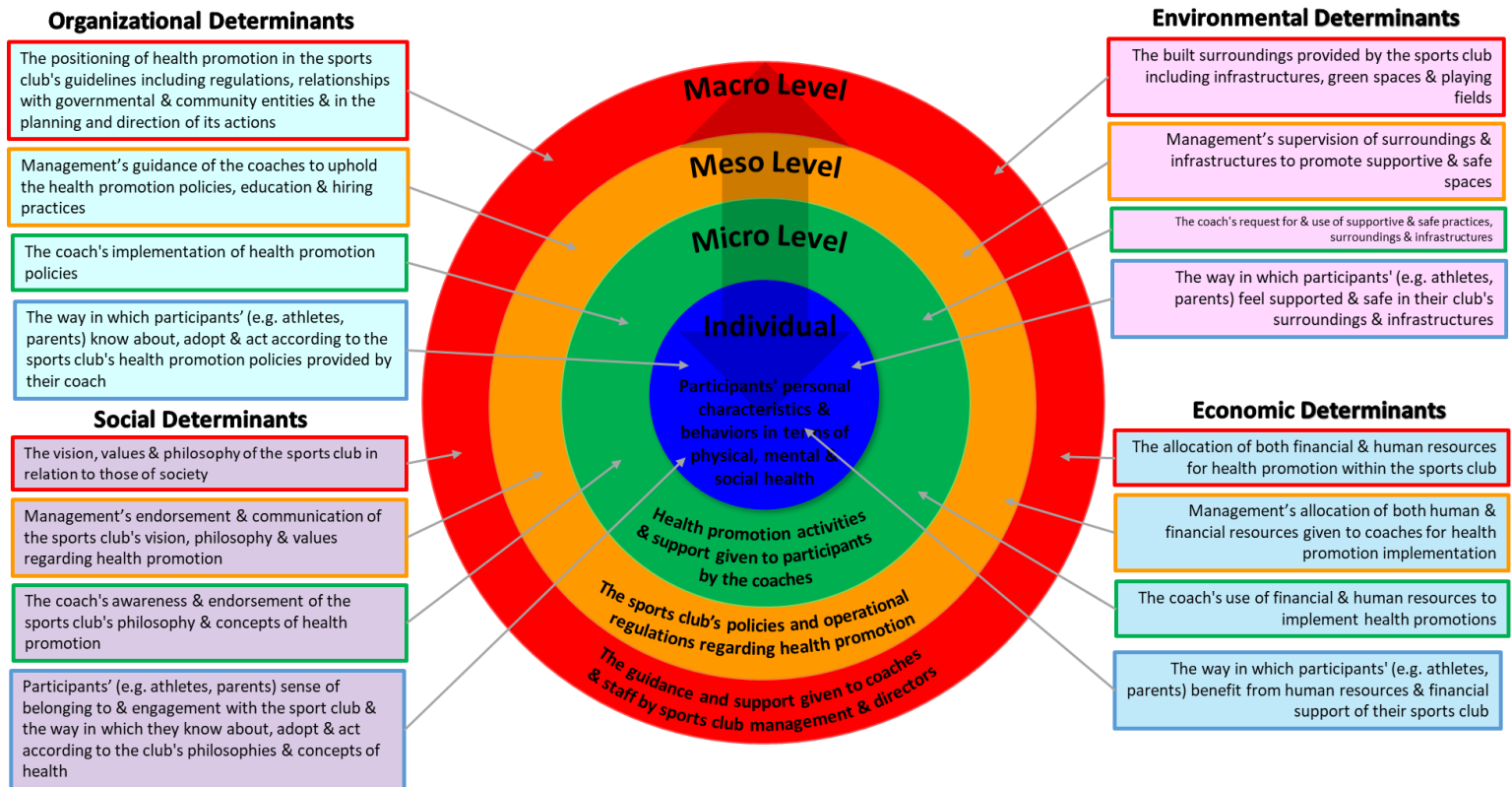
This refers to all the skills and health literacy knowledge participants acquire, according to their age, education and experience which allow them to develop know-how and undertake actions with the goal of improving their health and well-being. This can include actions for themselves and other members of their community. These actions are likely to improve their sporting practice as well.

- **Community links**

The community links are relationships between the club and the families of youth participants, as well as those between the club and key groups and individuals at the local level. A real partnership with the various stakeholders provides participants and staff context and support for their health promotion actions.

ANNEX 2

DEFINITION OF THE DETERMINANTS AT EACH LEVEL



ANNEX 3

EXPLANATION OF THE AUTOMATIC CALCULATION OF THE QUESTIONNAIRE SCORING AND ALGORITHM

When a respondent completes a questionnaire in the excel file, formulas are used to calculate the score automatically out of 10. Therefore, the algorithm assigns a score according to the checked box: 1 for 'Strongly disagree', 2 for 'Disagree', 3 for 'Slightly disagree', 4 for 'Slightly agree', 5 for 'Agree' and 6 for 'Strongly agree'. When having answered, the scores are transformed to a 10 point scales (by dividing the answer by six and multiplying by 10). The response will not be counted in the calculation if the respondent did not answer a question, if they checked more than one box or if the 'I don't know' response was chosen. The algorithm can provide the percentage of 'I don't know' responses for each question. In addition, an automatic calculation puts respondents' scores on a scale of 0 – 10 for greater clarity.

Once the scores have been calculated for each respondent, the algorithm sums the scores divided by the number of people who have responded. This is done for each question and for all questions of each determinant at each level. In this way, the club can identify the types of determinants it is already employing (for which the scores are at least 7) and those which it can improve (scores below 7). Analysis can also look at the three questions with the highest scores to identify strengths and the three questions with the lowest scores to identify areas which require the largest need for improvement.



ACKNOWLEDGEMENTS

The e-PROSCeSS tool was developed by Santé publique France, the University Côte d'Azur and the University of Lorraine. It is based on an international Delphi study and the work of the research team. The project team is composed of Fabienne Lemonnier, Florence Rostan, Anne Vuillemin, Stacey Johnson and Aurélie Van Hoye.

The tool was reviewed and amended by the PROSCeSS project monitoring committee, composed of: The Agency for Education through Sport - Patricia Guibert, French National Olympic and Sports Committee - Benoit Chanal, Regional Direction of Youth, Sports and Social Cohesion, Auvergne Rhône-Alpes – Maud Ottavy, Ecole des Hautes Etudes en Santé Publique Laboratory ARENES (EHESP) - Marie-Renée Guevel, French Sports for All Federation - Frederic Lecren & Julien Grignon, National Federation of Education and Health (FNES) - Christine Ferron, Fondation du Football - Guillaume Naslin, Ministry of Sports, Direction of Sports - Gilles Einsargueix & Nadia Mimoun and The Ministry of Solidarity and Health, Direction General of Health - Simona Tausan.

We would like to thank the Sports Clubs for Health group from the HEPA Europe of the WHO network for sharing their experiences and Laurianne Crochet, intern with Santé publique France and Master's at STAPS working with the Project and Territory in Sport-Health at the University of Lorraine.



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