

# **WOMEN'S HURDLES**

## **AN EUROPEAN COLLABORATIVE PARTNERSHIP TO INCREASE WOMEN PARTICIPATION TO PHYSICAL ACTIVITY PROGRAMS**



**INTELLECTUAL OUTPUT 3**  
**Identification of the good**  
**practices/Report**





THIS OUTPUT HAS BEEN REALISED WITH THE  
CONTRIBUTION OF ALL THE PROJECT PARTNERS:



**BSDA**  
Bulgarian Sports  
Development Association



NEPRIKLAUSOMU  
KŪRĒJU GILDIJA



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

## Authors/Researchers

<b>BULGARIA</b>	Yoanna Dochevska Ivaylo Zdravkov Kalinka Gudarovska
<b>GREECE</b>	Goumas Spyridon Vlahopoulou Maria Benetos Georgios Goumas George Richter Dimitrios Vlachopoulos Charalampos Toutouzas Kostas
<b>ITALY</b>	Gianluca Sotis Roberto Volpe Michele Sciarra Stefania Urbinati Dario Arceri Paola Rodinò Maura Ilardi Dolores Forgione
<b>LITHUANIA</b>	Daiva Grikšien J rat Sobutien Aušra Vaitkevi ien Vilma Verygien
<b>ROMANIA</b>	Gabriela Mut- Vitcu Bogdan Mut- Vitcu

# TABLE OF CONTENTS

<b>1. INTRODUCTION</b>	<b>5</b>
1.1 Project background	5
1.2 Identification of good practices	5
<b>2. METHODOLOGY</b>	<b>6</b>
2.1 Comprehensive literature review carried out by BSDA (BG)	6
2.2 Assessment of the international interventions	6
2.3 Partners' countries interventions	7
<b>3. RESULTS OF THE LITERATURE REVIEW ANALYSIS</b>	<b>8</b>
<b>4. ANALYSIS BY INDICATORS</b>	<b>11</b>
4.1 Relevance	11
4.2 Quality	15
4.3 Sustainability	19
4.4 Effectiveness	23
4.5 Vertical evaluation	27
<b>5. CONCLUSIONS</b>	<b>30</b>
<b>6. ANNEXES</b>	<b>31</b>
Appendix 1 – Intervention recording form	31
Appendix 2 – International interventions	32
Appendix 3 – National interventions	46
Appendix 4 – Intervention's rating questionnaire	60

## 1.1 Project background

WOMEN'S HURDLES project has the aim to develop, implement and transfer innovative practices related to physical activity in a high-risk and usually hard to reach population: women, especially those with family and working loads.

The project involves various organisations and actors in and outside sport (research and preventive institution, sports association, scientific associations, social association) from 5 European countries Bulgaria, Greece, Italy, Lithuania and Romania.

The project objectives will be achieved by implementing:

- ) Comprehensive analysis of the literature and the ideation and implementation of a survey to identify the barriers to physical activity, and therefore to imagine possible solutions.
- ) Web research to understand what women search online about “physical activity” to contribute in an innovative way to the understanding of the barriers
- ) Evaluation and identification of the good practices on physical activity for women in the different countries.
- ) Definition of Golden rules to increase women’s participation to physical activity programs and creation of a “Manifesto for physical activity in European women” document.
- ) Organization of a “train the trainers” course in Rome (IT) for professionals (physicians, physical trainers and physical activity managers) and national replications of the course.

To know more about the project please visit [www.womenhurdles.eu](http://www.womenhurdles.eu)

## 1.2 Identification of good practices

Despite the well-known benefits of physical activity, it remains underutilized, especially among women. Physical activity programs in the community, however, attract a large female population, suggesting that they can overcome barriers to physical activity encountered by women. However, the adherence to physical activity programs with women in the peak of their active life (work, household chores, care of family), is very difficult to be obtained and maintained.

Considering this, therefore, the project wants to increase the awareness about the risks of sedentary life in women and the well-known positive effects of physical activity, but also a creative effort of optimization of time and opportunities to engage women and motivate them to perform it, breaking down barriers, maintaining a good adherence and therefore to increased levels of participation in sport and physical activity.

An important step towards the achievement of these objectives has been the “Identification of good practices – WP4” carried out by all the project partners.

By scouting the literature, partners collected information to understand what are the successful actions that can support women in overcoming possible barriers to their involvement in regular sport and physical activity, what sources of inspiration, based on real actions, can be highlighted and analysed.

The report is based on the identification and analysis of good practices. Good practices have been collected through literature review of international publication databases and directly from partner countries through their own research.

The identification and analysis of good practices has been performed in 2 phases: PHASE 1 - Literature review (first step) and assessment of the international interventions by the project partners (second step).

PHASE 2 – Partners' countries interventions identifications and assessment.

Each partner has explored a different methodologies / practice to promote physical activity among women through an analysis of successful and unsuccessful local experiences.

Subsequently, we are going to describe the methodology we have used in relation to the three steps mentioned above.

## **2.1 Comprehensive literature review carried out by BSDA (BG)**

At the beginning of the research phase as many available interventions as possible have been searched.

BSDA has surveyed interventions through a detailed literature review in international scientific and medical literature databases in the web. Interventions taken into consideration: *physical activity programs with women in the peak of their active life (work, household chores, care of family)*.

Once completed the comprehensive search, BSDA has selected the 8 practices that best suited for the analysis purposes.

The final 8 practices have been selected because they:

- ) contained any new idea or element that has given a positive result in the field of physical activity among women;
- ) included a comprehensive evaluation system, preferably based on quantifiable results;
- ) preferably, provided at least some basic information about the following: intervention design, people involved, identified barriers, sustainability and transferability;
- ) preferably were designed in a prospective way, with outcome data and comparison group.

## **2.2 Assessment of the international interventions**

BSDA has presented to the project partners each intervention by completing a table (1 per intervention). A questionnaire has been prepared to evaluate the above interventions along 4 indicators: relevance, quality, sustainability, effectiveness. All project's partners have filled out a questionnaire for each intervention.

Other than the completed questionnaires, a set of features has been also collected from each intervention (if available):

- ) Date of intervention
- ) Country of intervention
- ) Intervention/control group size
- ) Intervention length
- ) Assessment periods
- ) Outcome measures
- ) Limitations

### **2.3 Partners' countries interventions**

One of the main goals of the project consortium was to identify interventions that could be effective once introduced in real life, first of all in the partner countries.

Each partner researched and analyzed at least 2 published studies/practices/interventions breaking down hurdles for women in practicing physical activity.

Partners completed a questionnaire (1 per identified practice) to reveal what initiatives could be useful in the country to increase physical activity for women. The intention was to include different kind of programs that constitute good practices related to physical activity/exercise/sports among women.

BSDA has then collected the national practices questionnaires prepared by the partners to create an EU map of the good practices in breaking the hurdles to encourage women in doing physical activity.

This manual presents the results of all the 3 steps of the "Identification of good practices" at country level and in a comparative way.

After the research action, 21 practices (8 international and 13 national ones) have been collected. Following an internal consultation, 14 of the practices have been analysed as corresponding to the criteria set for the present research from which 8 national and 6 international interventions, aiming to break barriers of women's participation in sport and physical activity.

The selected practices have highlighted a good variety of activities with different time frames, and practical tools.

The practices were implemented in the recent years (majority of them in the period 2013-2021, with few exceptions in early 2000), that are a source of inspiration and further replication in more environments. Eight of the interventions are implemented in the last 5 years that ensures their actual state and their applicability to the society nowadays.

The geographical coverage of analyzed methods to overcome the hurdles of women to join sport activities and to be active is resulting in 11 different countries and 3 continents (Australia, Europe, and North America), with a total of 9 EU and 5 non-EU practices. Project researchers are widely satisfied that in the present research the European Union is at the forefront in the processes of women equality in all policies, practices and initiatives, with emphasis on recent activation of concrete actions that should definitely be continued and supported to achieve real positive society change.

The following table contains the titles and the origin countries of the selected practices.

Name of the practices	Country
#walk15 Mobile application for walking / Healthiness & Sustainability steps app	Lithuania
Dancing with health	Bulgaria
The association Elan sportif: promoting boxing for girls	France
Mamanet	Italy
Mamy walking	Italy
The Scott Pioli & Family Fund for Women Football Coaches and Scouts	USA
Profiling sport role models to enhance initiatives for adolescent girls in PE and sport	Australia
Inspiring Women to be Active During Midlife and Menopause	UK
The Effects of Group and Home-Based Exercise Programs in Elderly with Sarcopenia	Greece
Physical activity classes / exercises in the workplace	Lithuania
Midnight Sport and Open Sunday	Switzerland
Sports Changemakers Program	Romania
The National Project for Women and Sport (NPWS)	Israel
Young Health Program Romania	Romania



In the following pages, the most important information, collected and summarized for the purpose of the WOMEN'S HURDLESS project is revealed and analysed (for more detailed information of the collected practices, see Appendix 2).

For analysis purposes, a scoring system was used, based on the objective facts provided in the descriptions. While directly comparing different kinds of practices poses difficulties, chosen criteria can be universally applied regardless of the practice type. The aim was not the rigorous analysis of all practice's aspects, but rather the creation of a tool able to identify good examples present in the descriptions.

The first part of the assessment questionnaire requested partners to answer the following questions, for each identified practice, on a scale of 1 to 5:

- ) How would you rate the overall quality of the practice?
- ) Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity;
- ) How valuable is the practice for the women involved?
- ) How much effort is required from the participating women?
- ) Overall, how would you rate the seriousness of these limitations - those identified by you plus those identified by the study?
- ) How do you evaluate the replicability of the practice?

For the purpose of this study and for a more accurate and clearer image of the results concerning the Relevance, Quality, Sustainability, and Effectiveness of the studied practices, the second part of the assessment questionnaire used scales in the range from 1 to 100.

The following questions were rated on a scale of 1 to 100:

- ) Relevance of the practice - An intervention is considered relevant when it is able to satisfy the identified needs of the stakeholders and is also valuable to the target groups. Relevance can also be interpreted across time and place: the closer it is to the present and the location of the study (Europe or outside Europe), the higher the relevance;
- ) Quality of the practices - Quality is the ongoing process of building and sustaining relationships by assessing, anticipating, and fulfilling stated and implied needs. The quality of the intervention can be evaluated objectively (by the size of the intervention and the control group, the number of assessment periods and the total length of the intervention), as well as subjectively (by the described experiences and observations from the participants);
- ) Sustainability of the practice - An important factor to be considered is whether the positive effects of the intervention outlast the project, providing future benefits even without further investment;
- ) Effectiveness of the practice - Effectiveness is the capability of producing a desired result. An intervention is considered effective when it has been evaluated and the final results show to have reached its target for specific indicators with a determined agreed tolerance.

One important indicator of effectiveness is the number and seriousness of the limitations characterizing the studies. Another factor related to effectiveness is the complexity of outcome measures (deliberate application of well-defined outcome measures increases the effectiveness score of the interventions).

Interventions have been analysed along the four dimensions above described. This chapter observes these dimensions one by one, both from quantitative and qualitative level. The structure of the subchapters follows the same pattern:

1. In the introduction part, we provide the definition for the specific category and describe the source of the data that formed the basis of the analysis (Scoring analysis);
2. Scoring analysis presents conclusions from quantitative results, highlighting common trends and uncovering relations – deduced from statistical calculation;
3. Descriptive analysis: the most important observations are deduced from the questionnaires and the source documents. Although it is more qualitative in nature, we aspired to collect characteristics relevant in several settings, thus maximizing the cumulative effects of the interventions. Whenever it was relevant, we also paid separate attention to the different types of interventions and practices. In the last sections, we collected some of the best individual ideas found in the interventions. These can be inserted into future interventions under appropriate circumstances.

## **4.1 Relevance**

A practice is considered relevant when it is able to satisfy the identified needs of the stakeholders and is also valuable to the said groups. Relevance can also be interpreted across time and place; the closer an intervention is to the present and the location of the study, the higher the relevance. The relevance of the practices was evaluated by questions inquiring about the potential of the practices to serve the needs of different target groups and their consequent success in this respect. The place and time of the practices were also taken into consideration during the calculation of the results.

### **4.1.1 Relevance scoring analysis**

For the purpose of our study, we analysed the frequency and percentage distribution based on the relevance of the studied practices. The results of the study are shown in Figure 1.

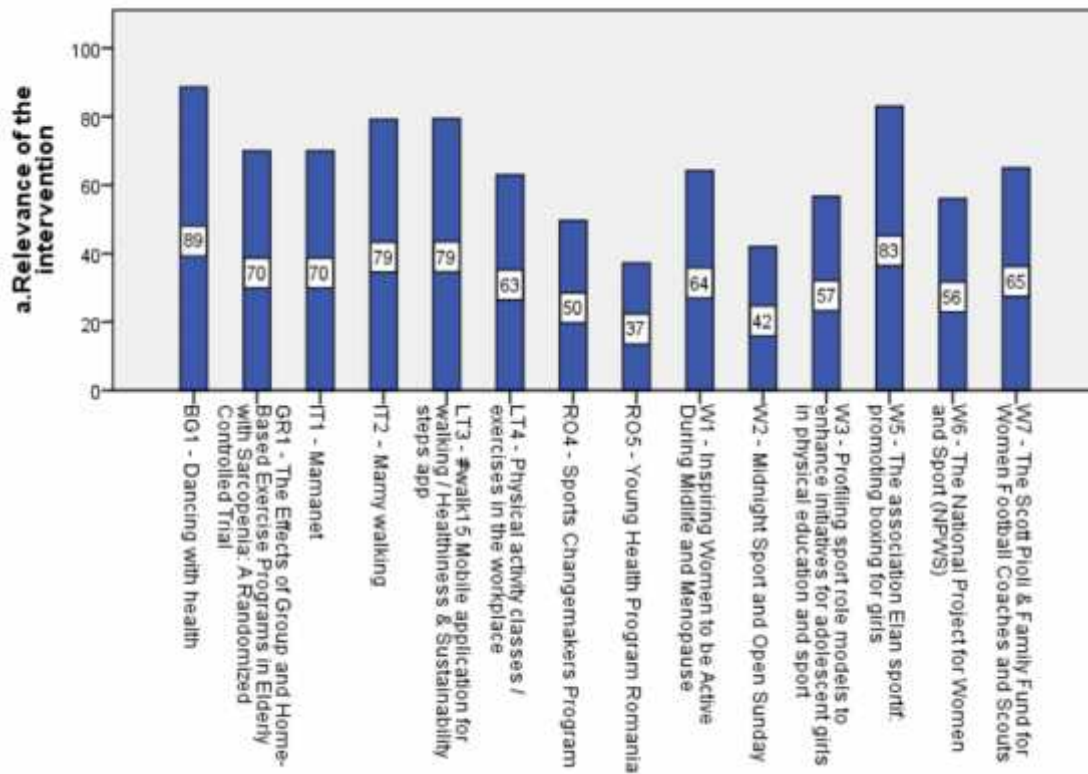


Figure 1

Overall, the analysed practices have scored very good on the relevance scale. The lowest average score is 37, the highest is 89. It is noteworthy that the average score for all practices is high – 65 with 4 practices scoring over 75 and none below 25. The results are shown in Figure 2.

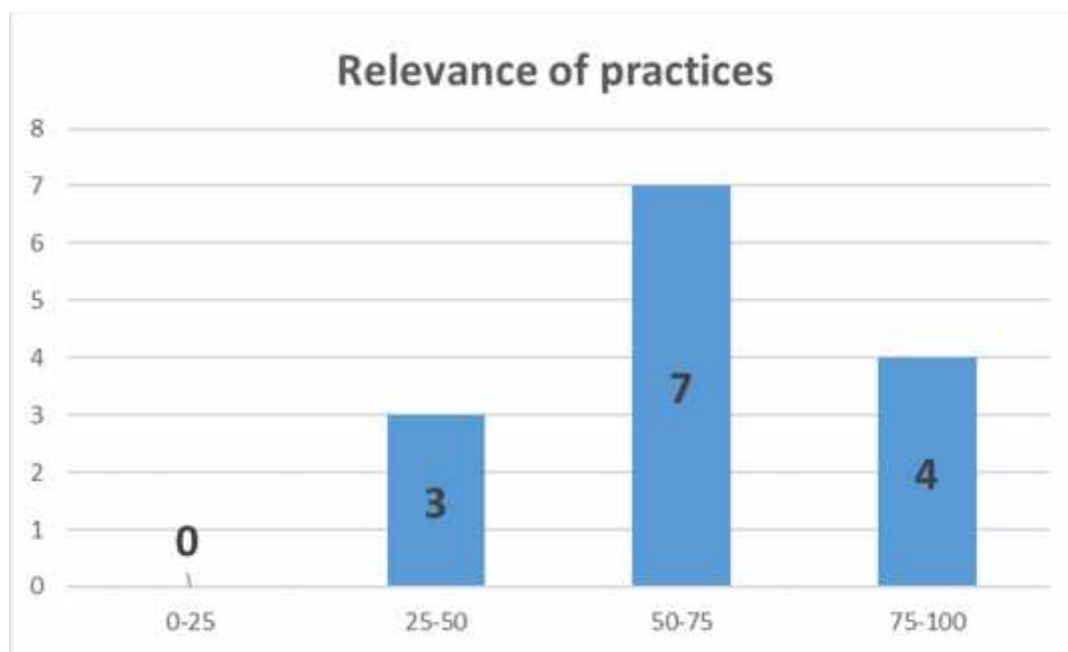


Figure 2

The high assessment of the relevance of the selected practices is probably due to their correct selection, their ability to satisfy the identified needs of the stakeholders and their validity to the target groups.

For the purpose of our study and to better understand the correlation between the studied variables regarding the relevance of the studied practices, we made a correlation analysis. The results show a significant linear positive dependence between the variables “How would you rate the overall quality of the practice?”, "How valuable is the practice for women involved", “Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity”, and "The quality of selected practices". The correlation coefficient between these variables related to the relevance of selected practices is respectively -  $r=0.624$ ,  $r=0.694$  and  $r=0.691$ . The results of the correlation analysis again show us a significant linear positive dependence of the studied variables. The results are shown in Figure 3.

**Correlations**

		Relevance of the selected practices	How valuable is the practice for the women involved?	How would you rate the overall quality of the practice?	Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.
Relevance of the selected practices	Pearson Correlation	1	,694**	,624**	,691**
	Sig. (2-tailed)		,000	,000	,000
	N	70	70	70	70
How valuable is the practice for the women involved?	Pearson Correlation	,694**	1	,823**	,773**
	Sig. (2-tailed)	,000		,000	,000
	N	70	70	70	70
How would you rate the overall quality of the practice?	Pearson Correlation	,624**	,823**	1	,817**
	Sig. (2-tailed)	,000	,000		,000
	N	70	70	70	70
Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.	Pearson Correlation	,691**	,773**	,817**	1
	Sig. (2-tailed)	,000	,000	,000	
	N	70	70	70	70

\*\* Pearson correlation between the two variables is \*\*significant (Sig.) at the 0.01 level (2-tailed).

Figure 3

One of the most important aspects of the relevance-analysis is measuring the value provided to the target groups. The answers to the following questions: "How would you rate the overall quality of the practice?", "How valuable is the practice for women involved", "Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity", and "The relevance of selected practices" have produced some valuable insights. The table below shows the difference in Means and Standard Deviation in the answers provided for these questions regarding selected practices (Figure 4).

	Mean	Std. Deviation	N
Relevance of the selected practices	64,56	28,067	70
How valuable is the practice for the women involved?	3,74	1,212	70
How would you rate the overall quality of the practice?	3,79	1,048	70
Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.	3,54	1,188	70

Figure 4

The data from the research show rather positive characteristics (mean value over "3" and "Mean" for the relevance value over "50"), the marks given for the researched practices are above the average and as a whole the practices are evaluated positively.

#### **4.1.2 Relevance descriptive analysis**

In this study, 14 practices were analysed. The survey involved respondents from 5 countries - Bulgaria, Greece, Italy, Lithuania, and Romania. Practices with the highest relevance score regarding relevance of selected practices:

- ) Dancing with health with an average value 89 points;
- ) The association Elan sportif: promoting boxing for girls – with an average value 83 points;
- ) Mobile application for walking / Healthiness & Sustainability steps app – with an average value 79 points;
- ) Mamy walking – with an average value 79 points.

#### **Common characteristics with regards to relevance:**

Women of all ages benefit from a moderate amount of physical activity, preferably daily. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities.

Relevant in the following practices: 1. Dancing with health; 2. The association Elan sportif: promoting boxing for girls; 3. Mamy walking.

Promotion of participation in sports and physical activities has important implications for the physical and psychological well-being of women. Although researchers and educators have previously focused mainly on the promotion of vigorous activity, exercise experts have focused

recently on recommendations promoting moderate activity that may have important ramifications for women. Women are less likely than men to reach recommended levels of physical activity and have unequal access to active leisure time, that is why it is extremely important to find appropriate programs and tools to engage women in regular physical activities.

Relevant in the following practices: 1. Mobile application for walking / Healthiness & Sustainability steps app; 2. Inspiring Women to be Active During Midlife and Menopause; 3. Sports Changemakers Program.

### **Special examples relevant in practice:**

Sport has been one of the most important socio-cultural learning experiences for men for many years. Those same benefits should be experienced by our mothers, grandmothers, daughters etc. Experiences developed in the US have shown that women who are actively engaged with sports or physical activity have higher levels of confidence and self-esteem and lower levels of depression, they have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports. Finally, high school girls who play sports are less likely to be involved in an unintended pregnancy; more likely to get better grades in school and more likely to graduate than girls who do not play sports (<https://www.womenssportsfoundation.org/advocacy/benefits-sports-participation-girls-women/>).

## **4.2 Quality**

Quality is the ongoing process of building and sustaining relationships by assessing, anticipating, and fulfilling stated and implied needs. Quality is not a feature of an intervention, but an experience of the user. The quality of the intervention can be evaluated objectively (by the size of the intervention and the control group, the gender mix, the number of assessment periods and the total length of the intervention), as well as subjectively (by the described experiences and observations from the participants). Perceived quality was measured by a direct question in the evaluation questionnaire and, more importantly, the described experiences and observations from participants in the interventions.

### 4.2.1 Quality scoring analysis

For the purpose of our study, we analysed the frequency and percentage distribution based on the overall quality of the studied practices. The results of the study are shown in Figure 5.

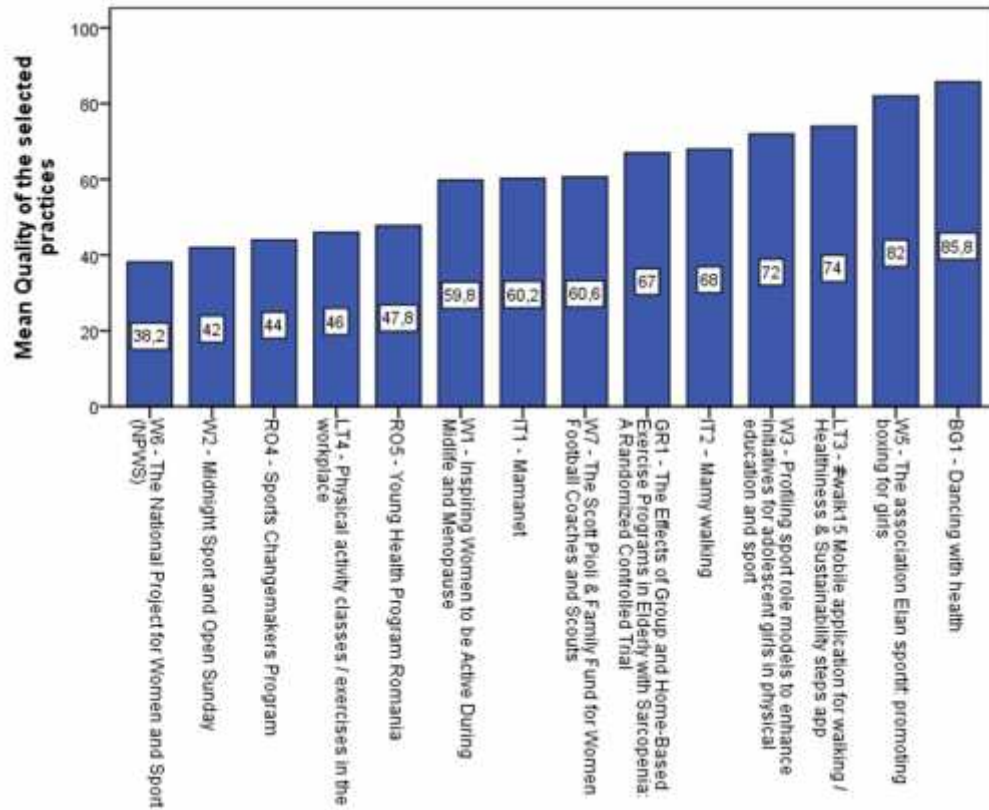


Figure 5

Overall, the analysed practices have scored very good on the Quality scale. The lowest average score for quality of practices is 38,2, the highest average score for quality of practices is 85,8, it is noteworthy that the average score for all practices is high – 60,53 with standard deviation 26,74 (Figure 6).

Report								
Quality of the selected practices								
Mean	N	Std. Deviation	Minimum	Maximum	Range	% of Total N	Skewness	Kurtosis
60,53	70	26,738	10	100	90	100,0%	-,165	-1,182

Figure 6



Overall quality of the analysed practices has scored very well on the quality scale, 2 of the examined practices has reached over 75 points and there are no practices below 25 points. Nine of the practices were rated above the average score (more than 50), which makes up 64.29% of all practices studied. The results are shown in Figure 7.

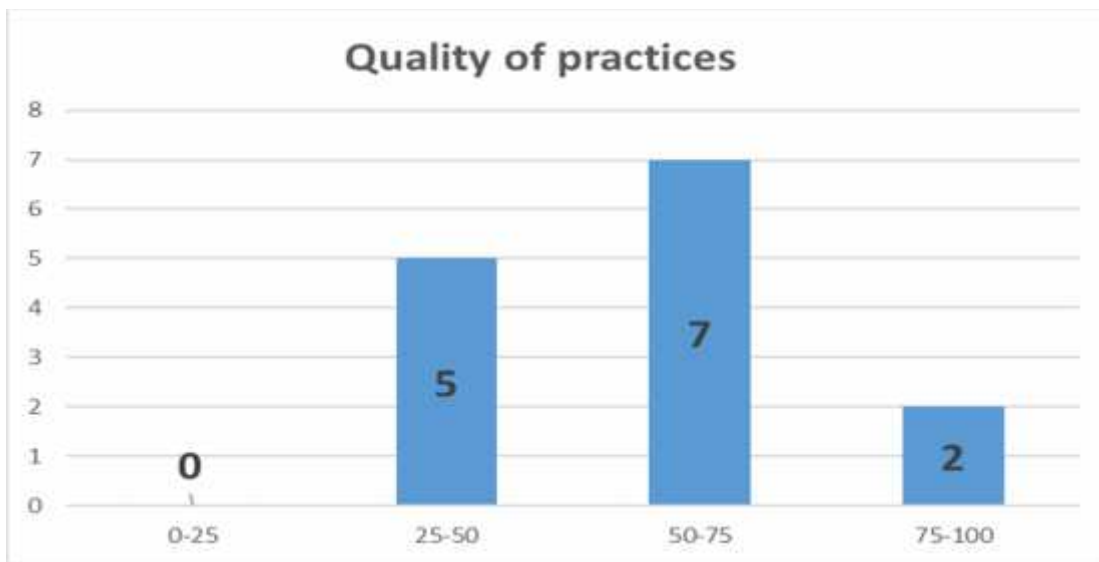


Figure 7

For the purpose of our study and to better understand the correlation between the studied variables regarding the quality of the studied practices, we made a correlation analysis. The results show us a significant linear positive dependence between the variables “How would you rate the overall quality of the practice?”, “How valuable is the practice for women involved”, “Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity”, and “The quality of selected practices”. The correlation coefficient between these variables related to the quality of selected practices is respectively -  $r=0.567$ ,  $r=0.574$ , and  $r=0.573$ . The results of the correlation analysis again show us a significant linear positive dependence of the studied variables. The results are shown in Figure 8.

**Correlations**

		How valuable is the practice for the women involved?	How would you rate the overall quality of the practice?	Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.	Quality of the selected practices
How valuable is the practice for the women involved?	Pearson Correlation	1	,823**	,773**	,574**
	Sig. (2-tailed)		,000	,000	,000
	N	70	70	70	70
How would you rate the overall quality of the practice?	Pearson Correlation	,823**	1	,817**	,567**
	Sig. (2-tailed)	,000		,000	,000
	N	70	70	70	70
Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.	Pearson Correlation	,773**	,817**	1	,573**
	Sig. (2-tailed)	,000	,000		,000
	N	70	70	70	70
Quality of the selected practices	Pearson Correlation	,574**	,567**	,573**	1
	Sig. (2-tailed)	,000	,000	,000	
	N	70	70	70	70

\* \* Pearson correlation between the two variables is \*\*significant (Sig.) at the 0.01 level (2-tailed).

Figure 8

One of the most important aspects of the quality analysis is measuring the value provided to the target groups. The answers to the following questions: “How would you rate the overall quality of the practice?”, “How valuable is the practice for women involved”, “Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity” have produced some valuable insights (Figure 9).

**Report**

	How valuable is the practice for the women involved?	How would you rate the overall quality of the practice?	Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity.
Mean	3,74	3,79	3,54
Std. Deviation	1,212	1,048	1,188
% of Total Sum	100,0%	100,0%	100,0%
% of Total N	100,0%	100,0%	100,0%

Figure 9

The data from the research show rather positive characteristics – the all means value are over “3” with a minimum possible value of 1 and a maximum possible value of 5. The lowest mean is 3,54 (rate the effectiveness of the selected practices) and the highest mean is 3,79 (the valuable of the selected practices) the marks given for the researched practices are above the average and as a whole the practices are evaluated positively.

### 4.2.2 Quality descriptive analysis

Interventions with the highest quality score:

- ) Dancing with health with average value 85,8 points;
- ) The association Elan sportif: promoting boxing for girls - with average value 82 points;
- ) Mobile application for walking / Healthiness & Sustainability steps app – with average value 74 points.

One of the main problems in assessing quality of practices is the choice of methodology. Qualitative research focusing on social world provides the tools and methodology to study different social and biological phenomena from the perspective of those experiencing them. One of the main issues discussed is the nature of qualitative research, its characteristic, challenges, and how to overcome them. Qualitative research methods contain systematic collection, shaping, organizing, and interpretation of material in textual form derived from talk or observations. They are very useful to explore the meanings of social phenomena as experienced by individuals or groups in their natural context. The community still looks at qualitative research with skepticism and accuses it for the subjective nature and absence of facts. Scientific standards, criteria and checklists do exist and the adequacy of guidelines has been vigorously debated within this cross-disciplinary field.

### 4.3 Sustainability

Sustainability refers to the ability of something to maintain or "sustain" itself over time. In business and policy contexts, limits to sustainability are determined by physical and natural resources, environmental degradation, and social resources. Accordingly, sustainable policies place some emphasis on the future effect of any given policy or business practice on humans, the economy, and ecology. The concept often corresponds to the belief that without major changes to the way the planet is run, it will suffer irreparable degradation.

### 4.3.1 Sustainability scoring analysis

For the purpose of our project, we analysed all selected practices based on the variable “sustainability”. The results are shown in Figure 10.

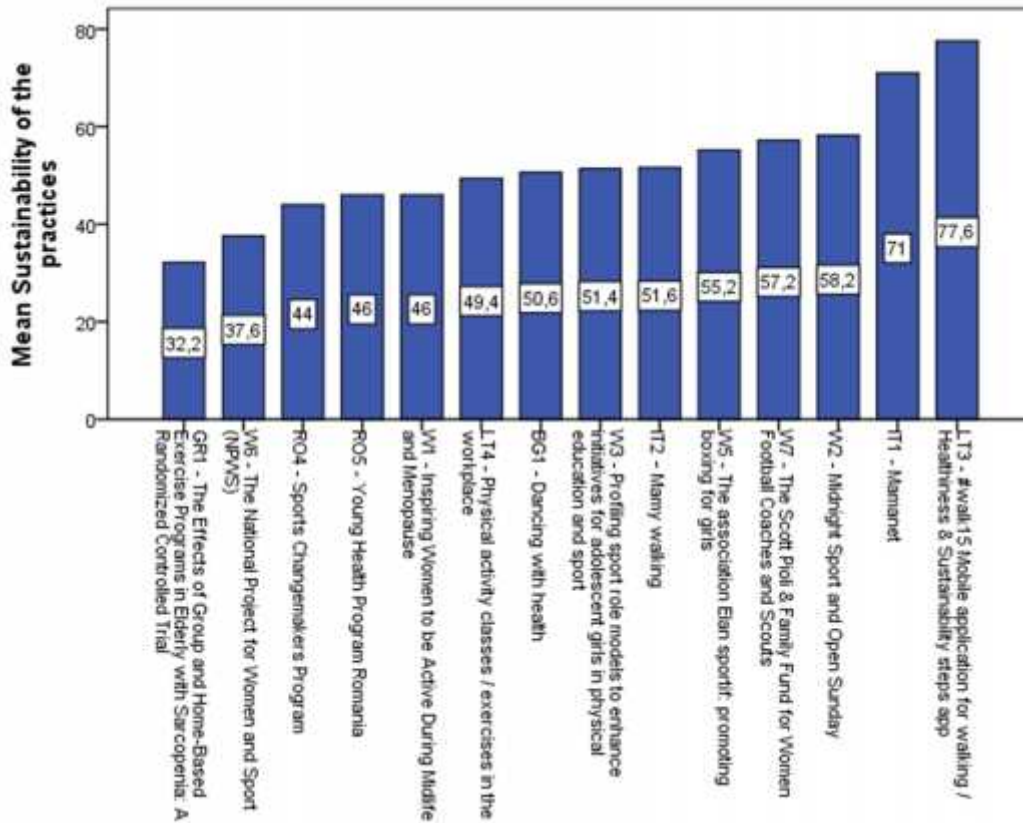


Figure 10

Overall, the analysed practices have scored very good on the sustainability scale. The lowest average score for sustainability is 32,2, the highest is 77,6, and the mean for all practices is above – 52,00 with standard deviation 28,34. It can be seen that the respondents are not aligned on this indicator and give very different assessments of the sustainability of the selected practices (Figure 11).

**Report**

Sustainability of the practices

Mean	Std. Deviation	% of Total Sum	% of Total N	Kurtosis	Skewness
52,00	28,340	100,0%	100,0%	-1,210	,159

Figure 11

For the purpose of this study, we also analysed all selected practices based on the question “Would you recommend this practice” with a minimum score of 1 and maximum score of 5 available as in each of the indicator categories. The results of the study are shown in Figure 12

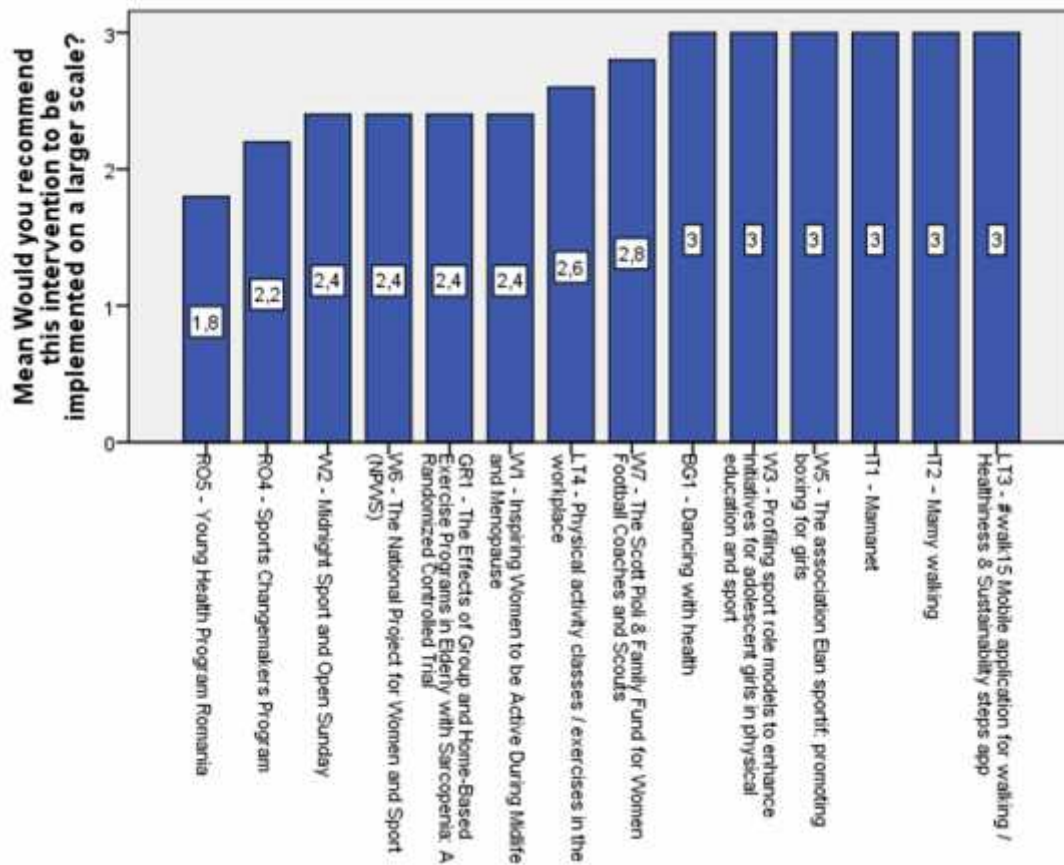


Figure 12

For the purpose of this study and to better understand the correlation between the studied variables regarding the sustainability of the practices we made a correlation analysis. The results show us a significant linear positive dependence between the variables "Would you recommend these practices" and value, overall quality, and effectiveness of the practices. The correlation coefficient between these variables related to the desire of recommendation of selected practices is respectively -  $r=0.573$ ,  $r=0.576$  and  $r=0.593$  (figure 13).

			Correlations						
			Sustainability of the practices	Would you recommend this intervention to be implemented on a larger scale?	How would you rate the overall quality of the practice?	How valuable is the practice for the women involved?	How much effort is required from the participating women?	Have you perceived any limitations other than the ones identified in the study?	Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity
Spearman's rho	Sustainability of the practices	Correlation Coefficient	1,000	,403**	,299*	,383**	,043	,271*	,317**
		Sig. (2-tailed)		,001	,012	,001	,728	,023	,008
		N	70	70	70	70	69	70	70
	Would you recommend this intervention to be implemented on a larger scale?	Correlation Coefficient	,403**	1,000	,573**	,576**	,238*	,191	,593**
		Sig. (2-tailed)	,001		,000	,000	,048	,113	,000
		N	70	70	70	70	69	70	70
	How would you rate the overall quality of the practice?	Correlation Coefficient	,299*	,573**	1,000	,834**	,147	,121	,822**
		Sig. (2-tailed)	,012	,000		,000	,227	,319	,000
N		70	70	70	70	69	70	70	
How valuable is the practice for the women involved?	Correlation Coefficient	,383**	,576**	,834**	1,000	,213	,012	,769**	
	Sig. (2-tailed)	,001	,000	,000		,080	,920	,000	
	N	70	70	70	70	69	70	70	
How much effort is required from the participating women?	Correlation Coefficient	,043	,238*	,147	,213	1,000	-,110	,008	
	Sig. (2-tailed)	,728	,048	,227	,080		,370	,960	
	N	69	69	69	69	69	69	69	
Have you perceived any limitations other than the ones identified in the study?	Correlation Coefficient	,271*	,191	,121	,012	-,110	1,000	,165	
	Sig. (2-tailed)	,023	,113	,319	,920	,370		,171	
	N	70	70	70	70	69	70	70	
Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity	Correlation Coefficient	,317**	,593**	,822**	,769**	,008	,165	1,000	
	Sig. (2-tailed)	,008	,000	,000	,000	,960	,171		
	N	70	70	70	70	69	70	70	

Spearman correlation between the two variables is \*significant (Sig.) at the 0.05 level (2-tailed), and \*\*significant at the 0.01 level (2-tailed).

Figure 13

### 4.3.2 Sustainability descriptive analysis

Practices with the highest sustainability score are:

- ) Mobile application for walking / Healthiness & Sustainability steps app- with an average value of 77,6 points;
- ) Mamanet - with an average value of 71 points;
- ) Midnight Sport and Open Sunday - with an average value of 58,2 points;
- ) The Scott Pioli & Family Fund for Women Football Coaches and Scouts - with an average value of 57,2 points.

Common characteristics with regards to sustainability:

There are significant differences between particular groups of selected practices regarding sustainability if we take into account the environment in which they take place - standard / conventional environment and digital / online based practices. Respondents state that quality and effective online-based programs and practices are more likely to be sustainable.

Relevant in the following practices: 1. Mobile application for walking / Healthiness & Sustainability steps app; 2. Inspiring Women to be Active During Midlife and Menopause; 3. Dancing with health.

#### 4.4 Effectiveness

In short, Effectiveness means the ability of producing a desired outcome. A practice is considered as effective when it has been evaluated and the final results show to have reached its target for specific indicators with a determined agreed tolerance. One important indicator of effectiveness is the rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity, limitations or the seriousness of these limitations - those identified by you, plus those identified by the study. While some of the analysed practices identified some limitations in the original study texts, we have asked our evaluators to look for other, usually not that obvious, limitations as well. Furthermore, we have not only counted these limitations, but their seriousness was also considered when calculating a score of effectiveness. Apart from limitations, we also placed a direct question about the effectiveness of the practice in the questionnaire.

##### 4.4.1 Effectiveness scoring analysis

The effectiveness of a practice is greatly affected by the rate of the overall quality of the practice, how much effort is required from the participating, and perceived limitations of the practice. For the purpose of our study, we analysed the means of the studied practices. The mean values, in terms of the effectiveness of the studied practices are shown in Figure 13.

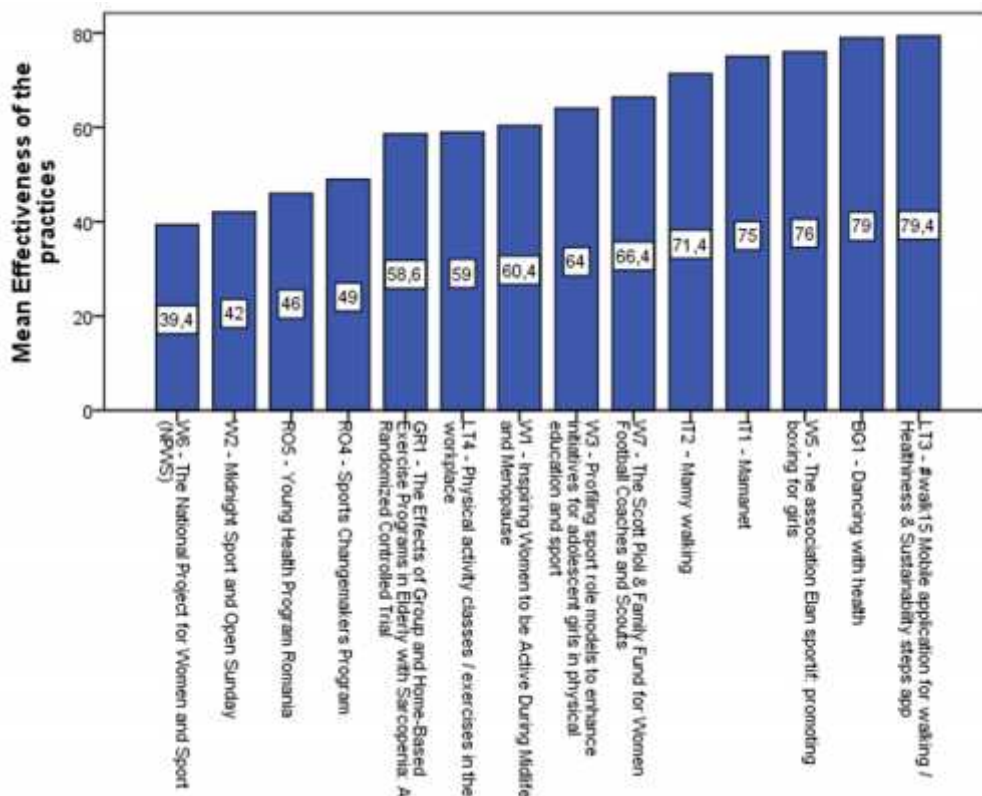


Figure 13

Overall, the analysed practices have scored very good on the effectiveness scale. The lowest score for effectiveness of practices is 39,4, the highest average score for effectiveness of practices is 79,4, and the (Mean) for all practices is above average – 62,30 with standard deviation 26,04. It can be seen, that the respondents interpretation is not consistent and give very different assessments of the sustainability of the selected practices (Figure 14).

**Descriptive Statistics**

	N	Range	Minimum	Maximum	Mean	Std. Deviation	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Effectiveness of the practices	67	90	10	100	62,30	26,040	-,415	,293	-,896	,578
Valid N (listwise)	67									

Figure 14

The results in terms of the effectiveness of the practices show that it is rather positive with an above average score. Probably the overall effectiveness of the selected practices would be greater if some of the practices had greater access, less limitation, which would lead to a greater overall assessment of their quality and relevance.

The Quality and Relevance of the selected practices have the strongest impact on the Effectiveness of the practices. There is a strong correlation between these indicators, which can be seen in Chart 1 and Chart 2.

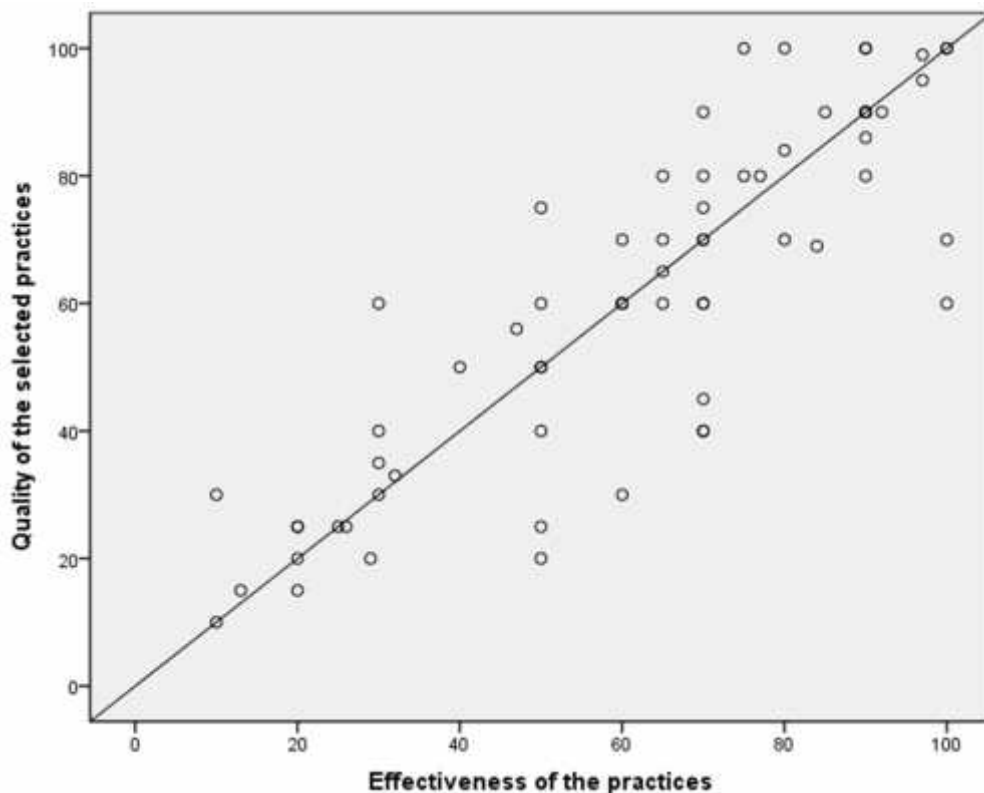


Chart 1



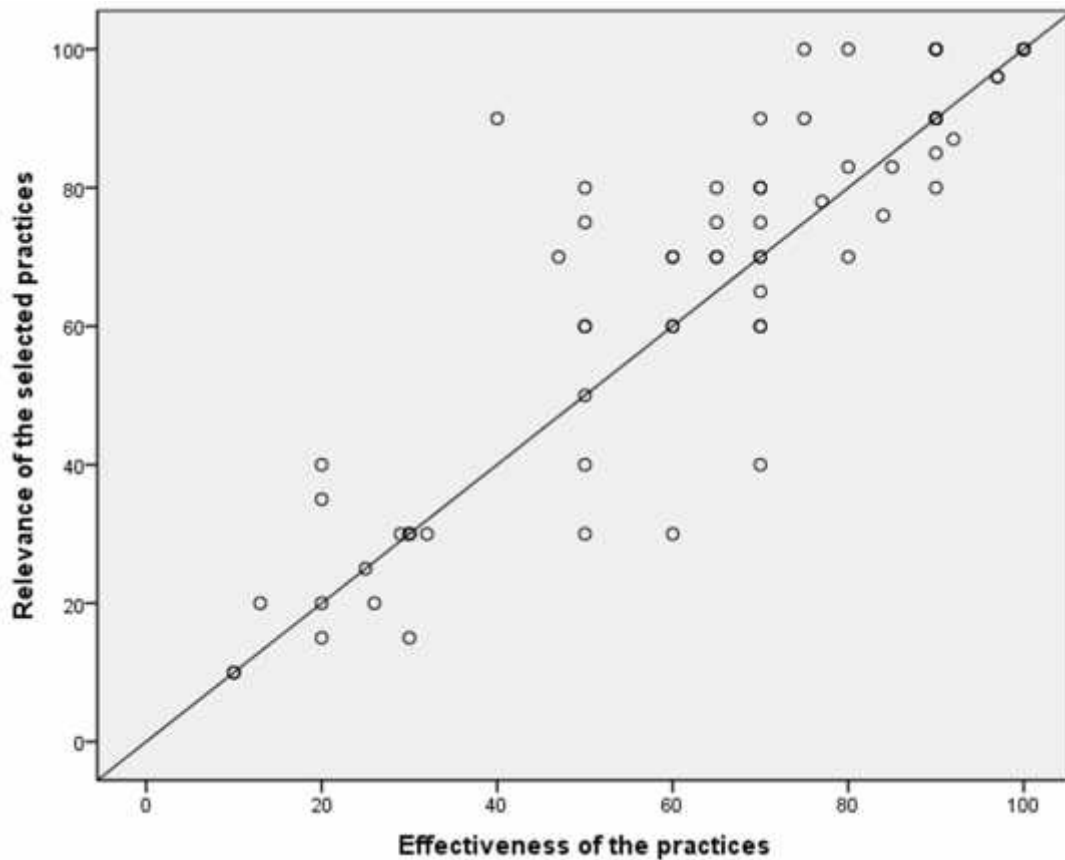


Chart 2

For the purpose of this study and to better understand the correlation between the studied variables regarding the effectiveness of the studied practices we made a correlation analysis. The results show us a significant linear positive dependence between the variables “Quality”, “Relevance”, and “Effectiveness” of these practices. The correlation coefficient between “Quality” and “Effectiveness” is  $r=0.862$ , between “Relevance” and “Effectiveness” is even bigger, respectively -  $r=0.890$ . The results of the correlation analysis again show us a significant linear positive dependence of the studied variables. The results are shown in Figure 15.

### Correlations

	Effectiveness of the practices	Quality of the selected practices	Relevance of the selected practices
Effectiveness of the practices	1	,862**	,890**
Pearson Correlation			
Sig. (2-tailed)		,000	,000
N	67	67	67

Quality of the selected practices	Pearson Correlation	<b>,862**</b>	1	<b>,791**</b>
	Sig. (2-tailed)	,000		,000
	N	67	70	70
Relevance of the selected practices	Pearson Correlation	<b>,890**</b>	<b>,791**</b>	1
	Sig. (2-tailed)	,000	,000	
	N	67	70	70

\*\* Correlation is significant at the 0.01 level (2-tailed).

Figure 15

An analysis of the average values of the variables and their percentage related to the total value of the selected practices has been implemented as well according to the answers of the respondents (Figure 16).



Figure 16

The weight of the studied factors in relation to the general assessment of the selected practices is almost equal, with a slight predominance of Relevance of and Quality of the practices.

#### 4.4.2 Effectiveness descriptive analysis

Practices with the highest effectiveness score are:

- ) Mobile application for walking / Healthiness & Sustainability steps – 79,4 points;
- ) Dancing with health – 79 points;
- ) The association Elan sportif: promoting boxing for girls – 76 points;
- ) Mamanet – 75 points.

#### Common aspects

Regular physical activity and practicing sports can improve women's health and help prevent many of the diseases and conditions that are major causes of death and disability for women around the world. Many women suffer from disease processes that are associated with inadequate participation in physical activity and sports. Physical inactivity is generally more prevalent among girls and women than boys and man. Many factors hinder the participation of women in physical activity and their access to sports. The income of women is often lower than that of men and therefore the costs of access to physical activity facilities may be a barrier. This is why it is likely that sports practices, programs and methods for motivating women to engage in physical activity and sports in the home environment / in nature excluding the financial factor will be preferred because of their efficiency and sustainability.

Relevant in the following practices: 1. Mobile application for walking / Healthiness & Sustainability steps; 2. Dancing with health; 3 The association Elan sportif: promoting boxing for girls; 4. Mamanet.

#### Special examples relevant in practice

Measuring physical activity and fitness levels can reveal lots of useful information about woman participants, and can help inform them for the improvement or deterioration of certain anatomical or anthropometric indicators/parameters. For example, it might be possible to find out if someone accumulates most of their physical activity during the week, or at the weekend, through occupational activities or active transport. Measurements of physical activity can also reveal what level of intensity of physical activity a woman/girl is engaging in, and whether they are meeting physical activity guidelines.

#### 4.5 Vertical evaluation

With a vertical evaluation, we try to form an objective ranking based on the scoring system. In the indicator analysis chapter, we highlighted the Relevance, Quality, Sustainability and Effectiveness of the selected practices. Hereby, we attempt to gather them and identify the "Golden Standard" that might be most feasible in an European context.

The overall score of the practices is calculated as the sum of the indicator Relevance, Quality, Sustainability and Effectiveness. Below, there is a list of all the practices with their summarized scores (Figure 17).

Selected practices	Total score
#walk15 Mobile application for walking / Healthiness & Sustainability steps app	310,4
Dancing with health	304
The association Elan sportif: promoting boxing for girls	296,2
Mamanet	276,2
Mamy walking	270,2
The Scott Pioli & Family Fund for Women Football Coaches and Scouts	249,2
Profiling sport role models to enhance initiatives for adolescent girls in PE and sport	244
Inspiring Women to be Active During Midlife and Menopause	230,4
The Effects of Group and Home-Based Exercise Programs in Elderly with Sarcopenia	227,8
Physical activity classes / exercises in the workplace	205,6
Midnight Sport and Open Sunday	184,2
Sports Changemakers Program	176,8
The National Project for Women and Sport (NPWS)	171,2
Young Health Program Romania	167,8

Figure 17

And the practices graphic of the sum of the indicator Relevance, Quality, Sustainability and Effectiveness (Figure 18)

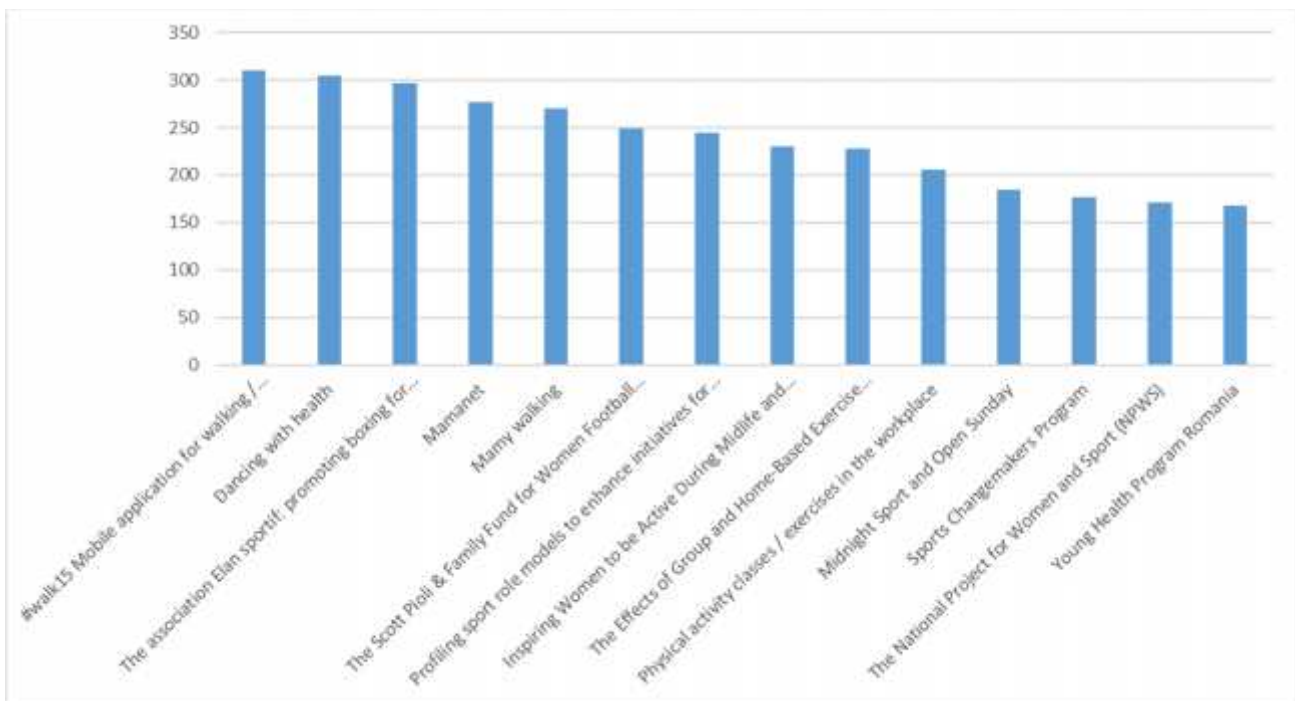


Figure 18

Project team has also prepared a box plot graph and descriptive analyses about the indicators - specific distribution of the practices (Figure 19).

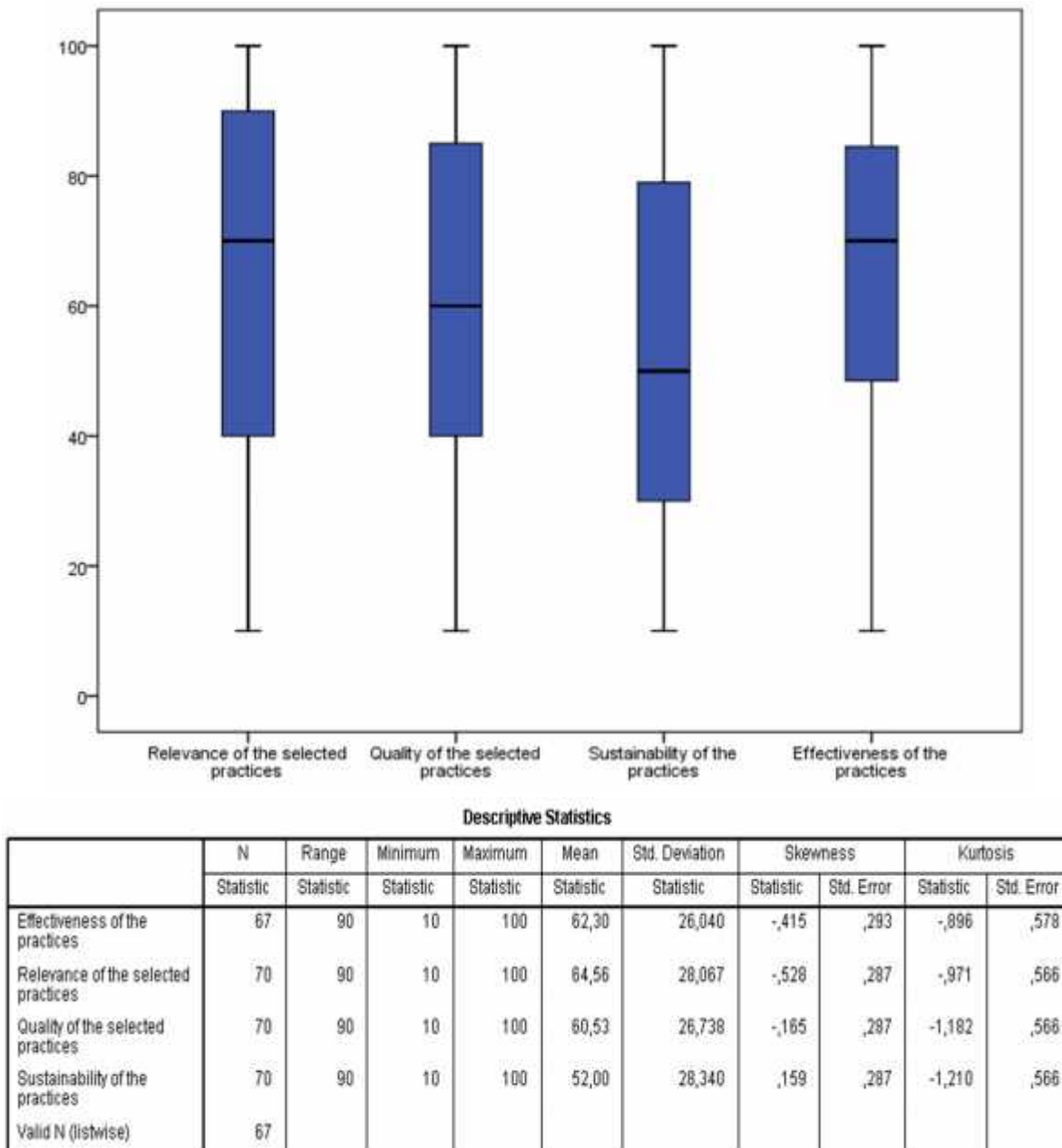


Figure 19

As data show, relevance and sustainability scores showed the largest dispersion of all indicator categories. Average sustainability scores were markedly lower compared to all other scores.

After the identification, evaluation, and analyses of the good practices on physical activity for women in the different countries, based on a wide literature review, taking in consideration the local situations, in order to implement activities feasible in local contexts characterized by different cultural, societal, and health system-related profiles. Based on the results of the survey conducted within this project (WP3) and the analysis of good practices, and in consideration of different cultural, societal and health system-related contexts, we could make some conclusions, as:

- ) The data obtained during the study reveal that the greatest weight / value in the analysed variables of Relevance, Quality, Sustainability, and Effectiveness of the practices are - Relevance of selected practices (Mean 64,56), Effectiveness of selected practices (Mean 62,30), and Quality of selected practices (Mean 60,53). The probable meaning of those data is that the respondents trust and seek Relevance, Effectiveness, and Quality in interventions that they might decide to join. We, as society, must consider such aspects when we offer and promote innovative practices related to physical activity to women, especially those with family and working loads;
- ) We need more effective and adapted sports and physical activity programs to motivate women to be more active;
- ) We need a promotion of social and sport activities women and girls on society level;
- ) We need sports and physical activity programs that use digital tools to promote healthy lifestyles among women and girls;
- ) We need to promote sports and physical activity programs in which women and girls feel safe and comfortable (wearing sporting uniforms or swimming costumes);
- ) Sports and physical activity programs should be adapted to the time constraints that women have in modern society (work and family commitments);
- ) Sports and physical activity programs to combat lack of confidence due to perceived as poor or slow learning of skills - sport should bring joy and pleasure;
- ) We need an alternative organised and supervised opportunities for social interaction through physical activity;
- ) We need to promote projects for affordable physical activity opportunities such as women sport club sessions, community-based events or dancing groups;
- ) We should increase knowledge of girls' and women's relationship to physical and sporting activities;
- ) We should work on sport role models who may inspire and motivate adolescent girls' participation in sport and physical activity;
- ) We should encourage active transport, such as cycling or walking.

## Appendix 1 – Intervention recording form

<b>Title</b>	<b>Name of the practice/intervention.</b>
<b>Country of implementation</b>	Where the practice has been implemented.
<b>Aim</b>	What was the main aim of the practice? Why it has been organized? Ex: to provide women with....
<b>Details of the practice</b>	Please describe all available information regarding the practice – who, when, why, how....
<b>Date of intervention</b>	When the practice happened/started. Please add beginning/end date of the practice
<b>Period of implementation</b>	For how long the practice was running.
<b>Study type</b>	Was the practice a research-based intervention or not, if yes – what kind of study was applied.
<b>Gender</b>	Was the practice focused only to women or it was delivered in a mix environment. If there was a mixture, please indicate what is the percentage of women involved in the practice.
<b>Group details</b>	Please add all relevant information about the group composition.
<b>Age group</b>	What was the mean age of the participants, involved in the practice?
<b>Intervention group size</b>	What was the group size?
<b>Control group size</b>	Was there a control group during the intervention or not, if yes – what was the control group size and aspects.
<b>Assessment / measurement</b>	Was any assessment implemented. If yes, was it on regular basis and on what intervals.
<b>Assessment results</b>	What were the assessment results?
<b>Outcomes and Results</b>	What was the outcomes and results from the practice? Were any significant change highlighted? Add any other outcomes and results available through the delivery of the mentioned practice.
<b>Innovation</b>	Is there any aspect of the practice that would really ensure breaking barriers in women participation in sport and physical activity? Please describe in details.
<b>Limitations</b>	Were any limitations of this practice observed?
<b>Conclusions &amp; recommendations</b>	Please add your conclusions & recommendations regarding the mentioned practice.
<b>Dissemination</b>	Are the results of the practice widely spread? Has the practice been presented publicly?
<b>Source to the practice information</b>	Please add link.

## Appendix 2 – International interventions

<b>Title</b>	<b>Inspiring Women to be Active During Midlife and Menopause</b>
<b>Country of implementation</b>	UK
<b>Aim</b>	At present, far too many women in midlife are missing out on the social, psychological, and physical health benefits of being active. A third of women aged 41 to 60 are not meeting the Chief Medical Officer's guidelines of 150 minutes per week of exercise and a fifth are not achieving even 30 minutes per week.
<b>Details of the practice</b>	<p>Within this new research, every aspect of women's lives was examined over a five-month period to fully understand their experiences of menopause and physical activity and uncover the barriers that women experience to being active throughout midlife and menopause. There was specific focus on women in lower socioeconomic groups because they face additional barriers and are less likely to be active, and spoke exclusively to inactive women who had either lapsed from being active previously or had never enjoyed being active.</p> <p>The women in the analysis stated that they are under a lot of stress. They work part-time or full-time jobs while caring for their children and elderly relatives and dealing with their own health problems. These competing responsibilities and pressures have physical, psychological, and social consequences for women, which are aggravated by menopause symptoms. Many women are unprepared for how debilitating the symptoms are and how long they stay, and they are astonished.</p> <p>Midlife women typically put themselves at the bottom of the priority list when it comes to prioritizing time after a lifetime of indoctrination that a woman's responsibility is to put her family's welfare above her own. Women's joyful and painful experiences in daily life were frequently cantered on individuals around them, rather than on themselves. While women may see that they should be doing more for themselves and their health, their training causes them to believe that they do not have permission to do so; taking time for themselves appears selfish or indulgent to them.</p> <p>When it comes to self-care, most people think of indulgent delights that provide immediate gratification, such as a glass of wine, chocolate, takeout, or a night in watching Netflix. For many women, however, lockdown provided an opportunity to take some time for themselves and engage in better self-care activities such as walking alone or with family, friends, or pets.</p>
<b>Date of intervention</b>	2021
<b>Period of implementation</b>	Ongoing
<b>Study type</b>	The research used a mixed-method approach of a national survey



	(427 women) and focus groups (28 women) to explore active and inactive women's (aged 45-60) relationship with sport and physical activity during menopause.
<b>Gender</b>	Focused only on women
<b>Group details</b>	<p>They focused specifically on women in lower socioeconomic groups because they know they face additional barriers and are less likely to be active.</p> <ul style="list-style-type: none"> <li>✓ Women aged 45-55 who were experiencing a range of menopausal symptoms;</li> <li>✓ All women were inactive;</li> <li>✓ Mix of White British, Asian, and Black British, African and Caribbean backgrounds;</li> <li>✓ All women in lower socioeconomic groups (C2DE);</li> <li>✓ From Birmingham, Manchester, London and Middlesbrough</li> </ul>
<b>Age group</b>	45-60
<b>Intervention group size</b>	427 for the survey and 28 for the focus group
<b>Control group size</b>	The study and initiative were conducted by the charity Women in Sport which was founded in 1984, and has a track record of success in securing change based on its deep understanding of the needs and aspirations of women and girls at each life stage and its determination to break down stubborn gender inequalities through its work within the sports sector and beyond.
<b>Assessment measurement</b>	<p><b>A five staged model:</b></p> <ul style="list-style-type: none"> <li>) Ethnographic tracking app</li> <li>) 30 women reported pain and pleasure moments across 7 days;</li> <li>) Understanding attitudes to physical activity and menopause</li> <li>) 30 women completed online activities exploring their views and experiences of physical activity and menopause;</li> <li>) Attitude deep dive</li> <li>) Depth interviews with 12 participants to explore themes from Stages 1 and 2 completed additional depth interviews with South Asian women to ensure this group was adequately represented in the research;</li> <li>) Activity exploration</li> <li>) Four-week exercise trial with 8 participants and follow-up depth interviews;</li> <li>) Presentation of initial findings</li> </ul> <p>Group of experts from sport, healthcare and HR sectors reflected on findings and identified ways forward.</p>
<b>Assessment results</b>	The survey found that 82% of women experienced menopausal symptoms, often over a number of years, and 70% said their symptoms had a moderate to severe impact on their quality of life. The active women in the research felt empowered to take control of their life, managing their symptoms and health through being active. Physical activity gave them much needed me-time to do something positive for themselves, it helped them to de-stress and cope better

	<p>with menopause and life.</p> <p>33% of women in the ages of 41 to 60 do not get the recommended amount of exercise.</p> <p>20% of women in the ages of 41 to 60 are inactive (for less than 30 minutes per week)</p> <p>30% of women said that since beginning menopause, they have been less active.</p>
<b>Outcomes and Results</b>	<p>Five principles to inspire women to be active in midlife:</p> <ul style="list-style-type: none"> <li>) Endless Possibilities – Expand perceptions and opportunities for being active;</li> <li>) Judgement-Free Zone – Welcoming and supportive environment;</li> <li>) Support Network – Offer built-in social support;</li> <li>) Expand the Image of What Sporty Means – Inspiring, relatable role models;</li> <li>) Make It Relevant – Reference specific, relevant benefits.</li> </ul>
<b>Innovation</b>	<p>An innovative five stage, iterative approach over five months to fully understand midlife women’s experiences of menopause and physical activity. This enabled us to build high levels of trust with the women who took part in the research and explore what is really preventing them from being active.</p>
<b>Limitations</b>	<p>Not specified</p>
<b>Conclusions &amp; recommendations</b>	<ul style="list-style-type: none"> <li>) Reframe midlife exercise in an inspiring way: talk more about how great it feels, and less about it being a necessary evil;</li> <li>) Use Women in Sport’s five principles to improve existing offers and create new opportunities;</li> <li>) Engage new sectors and stakeholders, such as employers and health professionals, to help get women moving in midlife.</li> </ul>
<b>Dissemination</b>	<p>Women in midlife are also invisible in the marketing and delivery of sport and exercise, and alongside this unique piece of insight, Women in Sport has partnered with Getty Images to launch a curation of ground-breaking images and short films that challenge how women going through the menopause are portrayed in society. They showcase women who have experienced menopause, illustrating the joy of exercise and how it changed their lives through building community, friendship, adventure, fun and camaraderie. The curation of visuals will sit in Getty’s Disrupt Aging collection. The images and videos are available on Getty Images and their sister site iStock for editorial, commercial and stock usage.</p>
<b>Source to the practice information</b>	<p><a href="https://www.womeninsport.org/research-and-advice/our-publications/inspiring-women-to-be-active-during-midlife-and-menopause/">https://www.womeninsport.org/research-and-advice/our-publications/inspiring-women-to-be-active-during-midlife-and-menopause/</a></p>

<b>Title</b>	<b>Midnight Sport and Open Sunday</b>
<b>Country of implementation</b>	Switzerland
<b>Aim</b>	The main aim of Midnight Sports and Open Sunday is to encourage children and young people to take part in a physical activity or sport.
<b>Details of the practice</b>	The idea is simple. It is to provide young people with places to meet and, in those places, to organise physical activities and sporting events. Every weekend, various activities – such as table tennis, dancing, ball games and circus activities – are proposed in school sports halls. On Saturday evenings these are called “Midnight Sports” and on Sunday during the day they are called “Open Sunday”. The project is aimed more particularly at children and young people from disadvantaged social categories or those not covered by health promotion campaigns. The activities are open to everyone. There is no need to register in advance and participation is free of charge.
<b>Date of intervention</b>	1991
<b>Period of implementation</b>	Since 1991
<b>Study type</b>	Both qualitative and quantitative studies which aim at reviewing the access of girls and women to physical activities. Significantly fewer women than men include sport among their leisure pursuits. According to the Eurobarometer survey of 2010, 43% of men say that they engage in sport at least once a week compared to only 37% of women. These results are born out at national level although there are major variations from one country to another.
<b>Gender</b>	It is delivered in a mixed environment. In 2009, 1707 events were held in 94 venues and there were around 69 000 visits from over 22 000 children and young people. Most of the girls who take part in these schemes do not usually engage in any physical activity or sport and belong to families with a low socio-economic standing and/or immigrant background. Girls take part in practically all the activities on offer, but basketball, volleyball, table football and dancing are most popular.
<b>Group details</b>	As mentioned, the activities are open to everyone
<b>Age group</b>	Not specified
<b>Intervention group size</b>	Not specified
<b>Control group size</b>	Depending on the scale of the event, two or three adults are appointed as activity leaders. Several trainers are also present to organise activities and ensure that events proceed safely and in a positive atmosphere. They make up the teams for team sports and may also run practice sessions. Instead of placing anyone under any pressure to perform, “Midnight Sports” and “Open Sunday” put the emphasis on self-organised recreational activities and the opportunity to socialise.
<b>Assessment measurement</b> /	This practice is motivated by the efforts of the Council of Europe to improve equality and participation in sport. If the positive contribution of sport to society is universally accepted, the fact that women and girls

	are still less likely to participate in sport or physical activities is a serious concern. Phrased differently, society has yet to harvest the full potential of sport. It is time we do so, and improving the access of women and girls to practice sport is only one of many necessary steps.
<b>Assessment results</b>	When we talk specifically about girls, participation has been increasing significantly. In 2009, they accounted for 30.6% of those attending “Midnight Sports” and 37.8% of the participants in “Open Sunday”. Among the factors accounting for the increase is a new project entitled “Sport and movement require space” dedicated to creating spaces specially reserved for female participants.
<b>Outcomes and Results</b>	Not specified
<b>Innovation</b>	Increased knowledge of girls’ and women’s relationship to physical and sporting activities is a vital key to devising appropriate policies and promoting increased participation. Recommendations for policy changes for example to guarantee that the content of initial training for sports instructors and trainers is of a high quality and incorporates the gender dimension. Courses should focus among other things on knowledge of women’s participation in sport and the appropriate pedagogical approach to physical activities and sport.
<b>Limitations</b>	Not specified
<b>Conclusions &amp; recommendations</b>	The practice is of quality value because it is based on both quantitative and qualitative researches aimed at the reasons for less participation of girls and women in sport.
<b>Dissemination</b>	The institution is compelled by the CoE to: <ul style="list-style-type: none"> <li>) Highlight the successes of top-level sportswomen and hold up</li> <li>) women who have succeeded in and through sport as examples;</li> <li>) Improve the dissemination of information on and images of women’s sport;</li> </ul>
<b>Source to the practice information</b>	<a href="https://www.icsspe.org/system/files/CoE%20-%20Gender%20Equality%20in%20Sports%20-%20Handbook%20on%20Good%20Practices_0.pdf">https://www.icsspe.org/system/files/CoE%20-%20Gender%20Equality%20in%20Sports%20-%20Handbook%20on%20Good%20Practices_0.pdf</a>

<b>Title</b>	<b>Profiling sport role models to enhance initiatives for adolescent girls in physical education and sport</b>
<b>Country of implementation</b>	Australia
<b>Aim</b>	One of the major current challenges in physical education (PE) is to establish and maintain adolescent girls’ involvement in sport and physical activity. A common experience for PE teachers is to see an active, enthusiastic girl in her early teens who enjoys sport become reluctant to be physically active in late adolescence. At that stage she has decided that participating in sport and physical activity is no longer an option for her. Several Australian studies confirm the trend for girls to drop out of sport and physical activity during the teenage years. This study involved the investigation of sport role models for adolescent girls in Australia.

<b>Details of the practice</b>	<p>As participation in sport and physical activity can have strong positive impacts on health, psychological well-being and social development an important challenge is to encourage adolescent girls to become involved or continue their involvement in these activities. A better understanding of the profile of a sport role model could enhance initiatives and programs for adolescent girls in PE and sport.</p> <p>The term "role model" needs to be clarified because several definitions occur in the literature. For the sake of this study, a role model is someone that a person admires and wishes to emulate. It is a person who is regarded as admirable and deserving. This concept was adopted because it distinguishes clearly between role models and mentors. Despite the similarities, there are also key variances A mentor is a person who has a personal relationship with the mentee and serves as an adviser, coach, guide, or confidante. They take an active role in assisting the mentee when he or she is faced with difficult work or situations. A mentor can, but does not have to, be a role model for the mentee. A role model, on the other hand, takes a more passive role, changes through time, and does not always have direct personal interaction. In fact, they may be completely unaware that they are a role model for someone.</p>
<b>Date of intervention</b>	2005
<b>Period of implementation</b>	2005
<b>Study type</b>	Initially, a theoretical perspective is presented based on social learning and gender theory. Then, using quantitative and qualitative data obtained through two focus group interviews and a survey (n = 357) conducted at two Sydney high schools, the authors establish a profile of a sport role model for adolescent girls.
<b>Gender</b>	It was focused only on girls and women.
<b>Group details</b>	<p>The focus groups had 11 and 13 students respectively, with 3–4 girls from each age group. Each group included girls from diverse cultural and linguistic backgrounds and had a mix of 'sporty' and 'non-sporty' girls as identified by the PE teacher. 'Sporty' girls were girls who participated in organized sport either in a school or club environment. The researchers facilitated the discussion in the focus group using a semi-structured interview schedule.</p> <p>The questionnaire was piloted with 15 female students (aged 14–15) attending a Sydney high school. A different high school was selected for the pilot because the researchers wanted to avoid repeated sampling. After completing the questionnaire, the researchers discussed the questions with the students to refine the wording and avoid confusion. Ambiguous questions were deleted or rephrased. Subsequently, a total of 357 female students (aged 12–17) attending one of the high schools completed the questionnaires.</p>
<b>Age group</b>	Female students (aged 13–17) for the focus group and 357 female students (aged 12–17) for the survey.

<b>Intervention group size</b>	The respondents represented a range of culturally and linguistically diverse backgrounds
<b>Control group size</b>	For both the focus group part of the research and the survey, the relevant school authorities and parents had granted permission to conduct the research. The students were informed about the purpose of the study and told that all responses would be treated confidentially.
<b>Assessment measurement</b>	The current investigation explores sport role models who may inspire and motivate adolescent girls' participation in sport and physical activity. Initially, a theoretical perspective is presented based on social learning and gender theory. Then, using quantitative and qualitative data obtained through focus group interviews and a survey, the authors establish a profile of a sport role model for adolescent girls. A better understanding of the profile of a sport role model could enhance initiatives and programs for adolescent girls in PE and sport. The study consisted of two parts. Part A included two focus group sessions to explore the meaning of role models for adolescent girls and to identify key areas for research investigation. Part B consisted of a survey that collected both qualitative and quantitative data regarding teenage girls' choice of role models and role model characteristics.
<b>Assessment results</b>	Results showed that a relatively small percentage of girls (8.4 percent) perceived a sports person to be their role model, with a large percentage of girls nominating a role model from the family (mother), peer or entertainment domains. The majority of girls with a sport role model described the model as female, under 40 years of age with a similar sporting background to themselves who display essential masculine and feminine qualities.
<b>Outcomes and Results</b>	Using the profile of a sport role model, several suggestions are made which could enhance initiatives and programs for adolescent girls in physical education and sport. When adolescent girls were asked to nominate a role model, only a tiny fraction chose a role model from the sporting sphere, according to data from the current study acquired through focus groups and a survey. A higher percentage of girls choose a role model from the family, peer, or entertainment worlds. The sport role model's key characteristics include being largely female, under 40 years old, having a similar sporting background, and possessing a mix of fundamental feminine and masculine personal qualities. The ideas of model-observer similarity and relevance are highly supported from a theoretical standpoint, and the impact of gendered heroism has also been proven.
<b>Innovation</b>	Is there any aspect of the practice that would really ensure breaking barriers in women participation in sport and physical activity? Please describe in details.
<b>Limitations</b>	Not specified
<b>Conclusions &amp; recommendations</b>	Several recommendations can be made to enhance initiatives and programs for adolescent girls in physical education and sport. It is suggested that when sport role models are involved to inspire adolescent girls in sport and physical activity to include female athletes

	under 40 years of age as role models. This seems to be the preferred group from which adolescent girls draw their sport role models. In addition, the role models need to come from a large range of sports to give girls the opportunity to adopt a model with a similar sporting background.
<b>Dissemination</b>	Based on the research presented the authors suggest looking beyond the obvious famous male athlete as sport role models and consider exposing adolescent girls to a range of alternative role models with more appropriate attributes such as female athletes, relevant peers and mothers. Copies of the promotional materials were sent to schools and sport clubs to promote girls' participation.
<b>Source to the practice information</b>	<a href="http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.871.3447&amp;rep=rep1&amp;type=pdf">http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.871.3447&amp;rep=rep1&amp;type=pdf</a>

<b>Title</b>	<b>The association Elan sportif: promoting boxing for girls</b>
<b>Country of implementation</b>	France
<b>Aim</b>	For two years running, the association Elan sportif has been supported by the national charitable institution Fondation de France in its call for projects entitled "Allez les filles!" ("Go on girls!") rewarding successful schemes for the integration of girls in problem neighbourhoods or isolated communities through physical activity or sport. It has distinguished itself through its activities aimed at girls using boxing as a medium.
<b>Details of the practice</b>	In 2010, sixty or so physically inactive girls, most of whom came from disadvantaged neighbourhoods in Mulhouse, took part regularly in boxing exercises. To meet the need for the girls to be among themselves, the association set up a "gender segregated" time slot for girls only and "mixed" sessions, during which boys and girls boxed side by side.
<b>Date of intervention</b>	2006
<b>Period of implementation</b>	2 years
<b>Study type</b>	Based on quantitative and qualitative studies which prove the existence of discrimination in sport on local level.
<b>Gender</b>	Female
<b>Group details</b>	Physically inactive girls and girls from disadvantaged neighbourhoods.
<b>Age group</b>	The association is shortly intending to extend its activities to women between the ages of 25 and 50
<b>Intervention group size</b>	No mention
<b>Control group size</b>	There is no mention of size but the control group consist of coaches and the members of the association. Furthermore, under an instructor's supervision, girls are invited to manage the sports activities at neighbourhood events or to take charge of warming up exercises during training.
<b>Assessment /</b>	Every year, there is an evaluation procedure involving the girls and their

<b>measurement</b>	parents. A questionnaire is sent out and group meetings are held. The goal is to find out more precisely how the sport is helping these young girls, to take stock of the year just ended and to make plans for the following one. Managing diversity and multiculturalism is a recurring issue in the life of the club. Keeping up regular contacts with parents and applying certain rules makes it possible to solve many of the problems that arise. In France, there are more girls aged between 12 and 17 than boys who have never done any sport outside their compulsory physical education classes at school (14% compared to 8%) and who have abandoned other sports activities without taking up another one (26% of girls, 15% of boys).
<b>Assessment results</b>	Participation rates are significantly different when it comes to physical exercise in the broader sense. After the implementation of the practice, the number of girls practicing and wanting to participate in the organization of sport events has significantly grown.
<b>Outcomes and Results</b>	Not specified
<b>Innovation</b>	The association tests out various arrangements to reduce constraints linked to domestic work (such as help with homework and physical activities for children while their mothers are training).
<b>Limitations</b>	If the practice is not marketed well, the number of people that know about it will not be as big. But the institution is compelled to disseminate its information and activities via social media and websites.
<b>Conclusions &amp; recommendations</b>	Improve communication at local level about the organised and self-organised activities on offer, the formalities involved and the financial support available for people on low incomes. Establish, for this purpose, a joint web platform bringing together all the information relating to a single location.
<b>Dissemination</b>	All media outlets are also asked to: <ul style="list-style-type: none"> <li>• highlight the successes of top-level sportswomen and hold up women who have succeeded in and through sport as examples;</li> <li>• improve the dissemination of information on and images of women's sport;</li> <li>• publicise "good practices" and report and condemn all instances of discrimination, sexism and racism affecting girls and women.</li> </ul>
<b>Source to the practice information</b>	<a href="https://www.icsspe.org">https://www.icsspe.org</a>

<b>Title</b>	<b>The National Project for Women and Sport (NPWS)</b>
<b>Country of implementation</b>	Israel
<b>Aim</b>	The aim of the study is to discuss the lack of women athletes and the almost complete absence of women in decision-making positions at any level of sport organisations in Israel. By using the Israeli social-historical setting, an attempt is made to focus on the conceptualisation of the National Project for Women and Sport (NPWS) as a gender equity policy



	<p>organisation in Israel since 2005, which was designed to challenge the existing situation in which women's sport and women in sport found themselves marginalised at all levels of management and competition.</p> <p>The basic laws that grant equal rights for women in Israel express the implicit gendering feature of civilian life: Mandatory Military Service (1949) and the Equal Rights Law for Women (1951). Despite the fact that these rules have been in place for more than 60 years, there are still significant differences in society in terms of race, class, and gender. Despite increasing legislation on women's rights, Israeli society remains far from achieving social and political equality for all of its residents. There is a formal discourse on equity in Israel today, but it is not yet practiced in ordinary life.</p> <p>The goal of this research is to look into an innovative policy initiative for gender equity in sport that resulted in the establishment of the National Project for Women and Sport (NPWS) in Israel. Its goal is to look at how discourses in Israel define and reflect the gendered nature of sport equity policies, as well as what happens within a women-led organization. In addition, the study looks into the obstacles that women face on their way to become decision-makers.</p>
<b>Details of the practice</b>	<p>The NPWS aimed to increase the infrastructure for young girls in sports, improve sport excellence among female athletes, and develop women's leadership in sport among coaches and decision-makers in sport organizations. The NPWS has attempted to bring about significant changes in women's sport in Israel, specifically improvements in women's perceptions, views, and participation in sports. In 2005, the Minister of Education, Culture, and Sport announced the formation of the National Project for Women and Sport.</p> <p>The NPWS's leading group proposed the following steps for developing women's leadership in Israeli sport organizations (Nir-Toor 2003): first, changing public opinion in Israeli society toward gender equity and marketing activities related to women in sport; second, establishing success criteria; and third, determining the NPWS's budget.</p>
<b>Date of intervention</b>	2005
<b>Period of implementation</b>	2005
<b>Study type</b>	<p>This study employed critical discourse analysis (CDA) methodology to investigate and understand how discourse supports gender inequity by maintaining power structures. CDA's main goals in terms of gendered discourse were to examine discourse practices that reflect or construct social problems, investigate women's perceptions of marginalization and barriers in Israeli sport organizations, and raise awareness of how to apply these goals to specific cases of injustice, prejudice, and power abuse. They employed a 'constructivist, kaleidoscopic, and adaptable' CDA perspective.</p> <p>Seven people were interviewed in open-ended interviews. Emerging and recurring themes were recognized and categories created inductively. In</p>

	addition, a list of deductively derived interview themes was created, containing codes like boundaries, perceptions, and gender ideology. The researchers used women's and men's explanations and narratives about the procedures that led to the founding of the NPWS, as well as documented materials that highlight or challenge the official stances taken inside certain organizations/institutions, such as the NPWS.
<b>Gender</b>	Men and women
<b>Group details</b>	A set of 10 interviews were undertaken with two male and five female responders, three of whom were interviewed twice. The interviewees were all involved in the process of the establishment of the NPWS and with the decision-making procedures in the Israel Ministry of Sport.
<b>Age group</b>	35 to 55 years
<b>Intervention group size</b>	Two male and five females. Two male and five female respondents were questioned in a series of ten interviews, with three of them being interviewed twice. All of the respondents were involved in the creation of the NPWS as well as the decision-making processes at the Israel Ministry of Sport. The females' family status was as follows: one married woman with three children, one divorced woman with one kid, one single mother with two children, and two single women. Interviewees #1 to #5 ranged in age from 35 to 55 years old. All had academic credentials and had competed at the world or national level as elite athletes. The two men chosen as interviews had quite different management styles. Both held a high-ranking position in a sporting organization. They were not outstanding athletes, but they had worked in a variety of sports roles throughout their careers. One was two years away from retiring when the interviews took place, and the other had just started his new job.
<b>Control group size</b>	Not specified
<b>Assessment / measurement</b>	As mentioned, the study used critical discourse analysis (CDA) methodology to explore and understand how discourse helps maintain power structures and thus supports gender inequities. The main objectives of CDA in relation to gendered discourse were: to analyse discourse practices that reflect or construct social problems, to investigate the perception of marginalisation and barriers of women in Israeli sport organisations, and to increase awareness of how to apply these objectives to specific cases of injustice, prejudice, and misuse of power. CDA was used perspective that is constructivist, kaleidoscopic, and flexible.  Interviews were also conducted with emerging and repeating themes were identified and inductively sorted into categories. In addition, lists of deductively - derived interview themes were drawn up, including codes such as barriers, perceptions, and gender ideology. The researchers used women's and men's explanations and narratives regarding processes that led to the establishment of the NPWS, as well as documentary sources that highlight or critique the official positions adopted within given organisations/institutions, in particular the NPWS.
<b>Assessment</b>	Four main themes and six sub-themes emerged from the ten in-depth

<b>results</b>	open interviews and the auto-ethnographic account that were undertaken. When reading and re-reading the scripts to identify what was said in relation to the deductively derived themes and to highlight and map out the themes, there were considered such macro-criteria as: <ul style="list-style-type: none"> <li>) Ideology;</li> <li>) Interests;</li> <li>) Differences.</li> </ul>
<b>Outcomes and Results</b>	Differences between the males and females appeared regarding their perceptions of the aims and vision of the NPWS. Most members of the founding group viewed the project as a tool for constructing a holistic gender equity policy change. The women interviewees were more focused on advancing women towards decision-making positions, promoting the fair allocation of resources, or displacing the masculine hegemony that had infused the sporting system and its organisations:
<b>Innovation</b>	Not specified
<b>Limitations</b>	The process of the establishment of the national project had created ‘a wall’ between the male leadership of Israeli sport and the women’s pioneering group. It was mainly felt at the Ministry of Culture and Sport, where the only executive female there who was working on the project was reported as being pushed aside by her male counterparts when they felt that the NPWS was about to become a reality. This was most evident when the solitary female appointed to lead the process was replaced, claiming that she led the NPWS project in the wrong direction, and another team, comprised only of males, was nominated.
<b>Conclusions &amp; recommendations</b>	Establishing a gender equity policy. The expectations of those promoting the NPWS was that a wider implementation of attitude change within the society is required toward women and sport at all levels.
<b>Dissemination</b>	Not specified
<b>Source to the practice information</b>	<a href="http://ojs.westeurope.cloudapp.azure.com/Notebooks/article/view/141/117">http://ojs.westeurope.cloudapp.azure.com/Notebooks/article/view/141/117</a>

<b>Title</b>	<b>The Scott Pioli &amp; Family Fund for Women Football Coaches and Scouts</b>
<b>Country of implementation</b>	USA
<b>Aim</b>	Established in 2018, the Scott Pioli & Family Fund for Women Football Coaches and Scouts supports the development, education and training of aspiring U.S. female football coaches and scouts who are pursuing careers in collegiate or professional football.
<b>Details of the practice</b>	In sport and life, girls need to see women in leadership roles. Unfortunately, there are fewer female coaches today than before. Through the generosity of Scott Pioli and his family, THE WSF is working to change that. The Scott Pioli & Family Fund was established in 2018, to fund dreams. To make it possible for more female football coaches and scouts to defy the gender gap, and go for their goals. The Fund provides direct financial

	assistance to female football coaches and scouts who have demonstrated potential. Supporting their development, education and training. Helping them take their careers to the next level in colleges, universities and the NFL.
<b>Date of intervention</b>	2018
<b>Period of implementation</b>	Yearly
<b>Study type</b>	Quantitative and qualitative data examining the adversity that female coaches are subjected to. As a matter of perspective, there once was a time when women dominated the coaching ranks for women's sports, at least at the college level. According to an ongoing 37-year longitudinal study of the state of collegiate coach and athletics administration, in 1972 more than 90% of coaches of women's teams were women. Despite female participation in college sport increasing by more than 584% in 42 years (1972-2014), women have lost considerable ground in the areas of program leadership and decision-making within college and university athletic programs.
<b>Gender</b>	U.S. female football coaches or scouts in college or professional football who may be part-time coaches or scouts, graduate assistant coaches or scouts or professional coaches or scouts with demonstrated financial need.
<b>Group details</b>	Applications will be evaluated and grants will be awarded according to the following criteria: <ul style="list-style-type: none"> <li>) Financial need;</li> <li>) Potential for advancement;</li> <li>) Lack of support from traditional sources;</li> <li>) Potential impact of grant on advancing women in college or professional football;</li> <li>) Contribution to greater visibility of female athletes.</li> </ul>
<b>Age group</b>	Not specified
<b>Intervention group size</b>	A three-time Super Bowl winner and five-time NFL executive of the year winner, Scott Pioli was named NFL Executive of the Decade by Sporting News and Sports Illustrated and named ESPN Personnel Executive of the Decade. Pioli is passionate about the importance of equality, education and the arts and focuses on those three cornerstones through several initiatives. Pioli most recently served as the assistant general manager for the Atlanta Falcons and currently serves on the Board of Directors for the Ross Initiative in Sports for Equality (RISE), The Women's Intersport Network for Kansas City (WIN for KC) and the Black College Football Hall of Fame. Pioli also serves on the board for College for Every Student, a national non-profit committed to underserved youth, most of whom will be first-generation college students. Pioli also founded the WIN for KC Pioli Scholarship, along with a number of academic scholarships geared toward first-generation college students.
<b>Control group size</b>	Scott Pioli and his association with the WSF
<b>Assessment</b> /	Women who wish to pursue careers in college sport encounter hiring

<b>measurement</b>	and promotion issues, pay equity concerns, and issues associated with fair treatment. For women of colour, they often experience double jeopardy, facing both race and gender discrimination. The study is divided into four sections - Pay Inequities for Collegiate Coaches and Athletics Administrators, Women's Representation in Collegiate Coaching & Administration, Pay Inequities for Collegiate Coaches and Athletics Administrators, Reasons for Less Representation of Women in Collegiate Coaching & Athletics Administration. The fund is based and established because of these findings.
<b>Assessment results</b>	By 2014 women represented 42.9% of head coaches of NCAA women's sports teams. For 30 years, the percentage of women coaching men's intercollegiate teams remained under 2%. Between 2004 and 2014, there was a slight up-tick with 2 to 3% of men's teams being coached by women. Of the 13,222 paid assistant coach positions available within NCAA schools in 2013-14, 56.8% were held by women; 43.2% were held by men.
<b>Outcomes and Results</b>	In 2010-11, while faculty salaries rose at a rate of 1.8%, their increases lagged behind the 3% increase in inflation. In contrast, coach salaries improved by 9.5%, with football coach salaries rising by 12%. To put this into tangible terms, an assistant coach of an NCAA Division I-A women's program made, on average, more than \$51,000,30 a salary that surpassed the median family income in the United States, which was just over \$50,000.3. The Scott Pioli & Family Fund the many efforts of the WSF contribute to the positive rise.
<b>Innovation</b>	Not specified
<b>Limitations</b>	Girls' participation in sport is shaped by access and opportunity. lack of positive role models, lack of media exposure and attendance, and insufficient funding as barriers to sport participation for girls and women.
<b>Conclusions &amp; recommendations</b>	Fund, support, and implement research to determine the causes of athletic attrition in different communities and populations. This should include evaluating multiple contributing factors, such as cost of sports involvement, injuries, lack of family or social support, lack of mentorship or opportunities, and sports becoming less fun or enjoyable as they become more competitive. Special attention should be paid to injury prevention.
<b>Dissemination</b>	Via the website and social media.
<b>Source to the practice information</b>	1. <a href="https://www.womenssportsfoundation.org/wsf_program_categories/coaches-leaders/">https://www.womenssportsfoundation.org/wsf_program_categories/coaches-leaders/</a> 2. <a href="https://www.womenssportsfoundation.org/wp-content/uploads/2016/11/her-life-depends-on-it-coaching-administration-brief-final.pdf">https://www.womenssportsfoundation.org/wp-content/uploads/2016/11/her-life-depends-on-it-coaching-administration-brief-final.pdf</a>

## Appendix 3 – National interventions

<b>Title</b>	<b>Dancing with health</b>
<b>Country of implementation</b>	Bulgaria and other partner countries
<b>Aim</b>	The promotion of the physical benefits that can be acquired through dancing. Dancing with Health is multi-site pilot study that aimed to evaluate a dance programme for women in recovery from breast cancer across five European countries.
<b>Details of the practice</b>	The initiative focused on the promotion of physical activity in the form of dance to breast cancer survivors and women who are concluded their treatment aged 30-65 by offering an innovative dance protocol to involve them in a moderate / vigorous physical activity and as a consequence; to make women accept and reconnect with their bodies, build new self-confidence, enhance self-expression, address feelings of isolation, depression, anger and fear and to strengthen personal resources and above all, to do a physical activity necessary for their well-being. It also aimed to train dance teachers and experts in physical education with specific skills in the participating countries in order to standardize the protocol and make it transferable and replicable also in other contexts and countries. The training was organized using the train the trainer's methodology in order to trigger a cascade effect and involve more operators in the sector.
<b>Date of intervention</b>	The project officially opened with its first transnational project meeting on 13.02.2018
<b>Period of implementation</b>	2018 - 2020
<b>Study type</b>	This pilot study evaluated a standardized dance programme delivered in five countries, namely UK, Italy, Lithuania, Bulgaria, and the Netherlands. It followed a quasi-experimental design with pre and post intervention quantitative measures. Additional quantitative measures relating to body image, anxiety and depression, qualitative and arts-based data were collected from the UK cohort but these findings are not presented here. The study was approved by the University Medical Centre Utrecht, Netherlands, and by the Research Ethics Committee of the Faculty of Health and Social Care at Edge Hill University, UK.
<b>Gender</b>	Only women
<b>Group details</b>	Participants were recruited through purposive sampling process using inclusion and exclusion criteria. Inclusion criteria involved: breast cancer diagnosis of fewer than 3 years, willingness and physical ability to take part in moderate physical activity, chemotherapy concluded at least 6 weeks before enrolling. Exclusion criteria involved: no indication of metastasis or scheduled surgery/chemotherapy/radiation treatment for the duration of the intervention.
<b>Age group</b>	30 - 65
<b>Intervention</b>	54 women participated in the study

<b>group size</b>	
<b>Control group size</b>	70 women aged 30–65 years were recruited in total across the five participating European countries, with between 10 and 18 women recruited from each country.
<b>Assessment measurement</b>	A standardized 32 h dance protocol introduced a range of Latin American dances presented within a sports and exercise framework with influences from dance movement therapy. Primary outcome data was collected for anthropometric and fitness measures next to cancer-related quality of life. T-tests and Wilcoxon signed ranked tests were used to establish differences pre and post intervention. Cohen's d was also calculated to determine the effect size of the intervention.
<b>Assessment results</b>	Statistically significant changes were found for: weight, right and left for arm circumference and hip; 6 min walking, right and left handgrip, sit-to-stand and sit-and-reach; the EORTC-QLQ C30 summary score as well as the subscales of emotional and social functioning and symptoms. In all cases the direction of change was positive, while Cohen's d calculated showed that the effect of the intervention for these parameters ranged from intermediate to large.
<b>Outcomes and Results</b>	Manual For Health and Sport Professionals and Dance Teachers/Therapists Manual About the Application of The Dance Protocol
<b>Innovation</b>	The whole project is rewarded by the European Commission as being an innovative initiative and during the various activities carried out in Bulgaria led to the launch of 3 new therapies at a national level, which are still ongoing, despite the pandemic, providing active opportunities for patients and those struggling with breast cancer.
<b>Limitations</b>	The possibility of not carrying out the activities due to the worldwide pandemic.
<b>Conclusions &amp; recommendations</b>	Results from this study showed that the Dancing with Health programme had both physical benefits on anthropometric measures and fitness levels, as well as psychosocial benefits for women with breast cancer. Positive changes on weight, hip and forearms were found as well as on changes on cardiorespiratory fitness, overall flexibility and strength. The quality-of-life measure also indicated positive changes after the intervention. Furthermore, the study highlights that joint effort across different countries can enable the development of an intervention which, with cultural variations, can be compared and treated as sufficiently homogeneous.
<b>Dissemination</b>	All social media channels, scientific journals, project website and the websites of the partner countries.
<b>Source to the practice information</b>	<a href="https://www.frontiersin.org/articles/10.3389/fpsyg.2021.635578/full">https://www.frontiersin.org/articles/10.3389/fpsyg.2021.635578/full</a>

<b>Title</b>	<b>The Effects of Group and Home-Based Exercise Programs in Elderly with Sarcopenia: A Randomized Controlled Trial</b>
<b>Country of implementation</b>	Greece
<b>Aim</b>	The objective of this study was to investigate the effects of a three-month group-based versus home-based exercise program on muscular, functional/physical performance and quality of life (QoL) across elderly with sarcopenia
<b>Details of the practice</b>	Participants were recruited from the region of Achaia, mainland in Western Greece using flyers, posters, and advertisements in newsletters. The assessment procedure was carried out at three sites; University Hospital of Patras, Technological Educational Institute (TEI) of Western Greece, and 2 <sup>nd</sup> Open Care Centre of Patras for the Elderly. Eligible were patients who were defined as having presarcopenia, sarcopenia, or severe sarcopenia. Additional criteria for inclusion were age 60 years or older and living independently in the community.
<b>Date of intervention</b>	Not Known. It was published in 2018.
<b>Period of implementation</b>	24 weeks
<b>Study type</b>	It was a research-based intervention – A Randomized Controlled Trial
<b>Gender</b>	87% were women and 13% were men
<b>Group details</b>	47 women, 7 men
<b>Age group</b>	They were aged 73+7 years
<b>Intervention group size</b>	54
<b>Control group size</b>	They were randomly assigned to one of three interventions: supervised group (n = 18), individualized home-based exercise (n = 18) and control group (n = 18)
<b>Assessment / measurement</b>	Body composition was determined by bioelectrical impedance analysis, calf measurement with inelastic tape and strength assessments (grip and knee muscle strength) via hand-held and isokinetic dynamometers. Functional assessments included four-meter (4 m), Timed-Up and Go (TUG) and chair stand (CS) tests. QoL was assessed with Greek Sarcopenia Quality of Life (SarQoL_GR) questionnaire. Outcomes were assessed at baseline, immediately post-intervention (week 12), and 3 months post-intervention (week 24).
<b>Assessment results</b>	
<b>Outcomes and Results</b>	Significant group x time interactions ( $p < 0.001$ ) were observed in QoL, calf circumference, TUG, CS, and 4mtests, grip and knee muscle strength. Group-based compared to home-based exercise yielded significant improvements ( $p < 0.05$ ) in muscle mass index, CS and 4 m tests, calf circumference, muscle strength at 12 weeks. Most improvements at 24 weeks were reported with grouped exercise. No changes were found across the control group.
<b>Innovation</b>	Results suggest group-based exercise was more effective than home-



	based for improving functional performance in women older than 60 and living independently in the community.
<b>Limitations</b>	Small number of participants
<b>Conclusions &amp; recommendations</b>	Women older than 60 and living independently in the community may expect no results when training alone in their homes. They should be encouraged to participate in group programs in gyms or connect with friends and family aiming at forming physical activity groups under trainers' guidance.
<b>Dissemination</b>	I do not think that the results of this practice are widely spread at least not in Greece. This trial has been published in Journal of Clinical Medicine.
<b>Source to the practice information</b>	<a href="https://www.mdpi.com/2077-0383/7/12/480">https://www.mdpi.com/2077-0383/7/12/480</a>

<b>Title</b>	<b>Mamanet</b>
<b>Country of implementation</b>	Italy
<b>Aim</b>	To give to the women an opportunity to practice sports and physical activity, to change the role of women in sport and society.
<b>Details of the practice</b>	Spreading the game of Cachibol, invented in Israel, which blends volleyball and relaunched ball, to Italian mothers and women over 30, at least two hours, two days a week. Unlike volleyball, the ball must be blocked and held for 1 second in the hands. Then you pass to a partner or you send it to the opponent's field. You can make a maximum of two passes: the third the ball must be sent to the opponent's court. However, there are crushes and also the classic net wall.
<b>Date of intervention</b>	2015/nowadays
<b>Period of implementation</b>	The project took place in 2015 nowadays
<b>Study type</b>	The practice is not based on a study but on an initiative of the AICS (Italian Culture Sport Association) that promotes Mamanet in Italy. They organize tournaments at provincial, regional and national level.
<b>Gender</b>	Women and mothers
<b>Group details</b>	Social organization created by mothers and aimed at mothers, many of whom are called to a sport for the first time
<b>Age group</b>	30 years old
<b>Intervention group size</b>	Each team play with 3 players (and can be composed of a minimum of 7 to a maximum of 14 players). Throughout Italy there are hundreds of teams, with a number of members which is second only to basketball.
<b>Control group size</b>	N/A
<b>Assessment / measurement</b>	Awareness on the gender gap by involving all citizens (women and their partners and children), as they could have a different image of the stereotypical vision of the women and sport; evaluation of the needs of women, so that sports practice is an always available possibility for them;

	involvement of persons closes to the real life of women (partner, children) and that could be allied in the management of critical issues that may arise with sports practice; organization of cultural and sports events aimed to underline the values of sport (i.e., health, educational, social).
<b>Assessment results</b>	The project indicates a new, modern organization of the family in which all contribute to the physical and mental health of partners and children. It is always possible to carry out sport and in the same time to continue to take care of the family.
<b>Outcomes and Results</b>	Sport non only to improve health and fight stress, but to stimulate a gender sisterhood, to transmit the right values of the sport to children and partners, to stimulate the partner solidarity/alliance, to be more positive even at home.
<b>Innovation</b>	Mamanet supports women's passion for sport and meeting their needs: during training sessions or matches there are also playful activities for children: spaces for doing homework, board games, ludotec. Personal space that also becomes the way to overturn roles, since it is the family, especially the partners, that helps women to carry out and support physical activity.
<b>Limitations</b>	No limitations were found.
<b>Conclusions &amp; recommendations</b>	Stay in a group with other women has stimulated and allowed a gender sisterhood, the birth of new relationships and a natural exchange of support and understanding that have helped to support the woman's life, and also the family's life: see the transmission of the right values of the sport to children, the benefit to be more positive even at home, the partners that helps women to carry out and support physical activity.
<b>Dissemination</b>	The public communication took place via the Internet on the website of Mamanet and AICS and on their social channels.
<b>Source to the practice information</b>	Website: <a href="http://www.mamanet.org">www.mamanet.org</a>

<b>Title</b>	<b>Mamy Walking</b>
<b>Country of implementation</b>	Padua, Italy.
<b>Aim</b>	The project was born from the union of Nordic Walking and the "Carrying in sling" ergonomic support that allows mothers to keep their child close to them, the aim is to encourage the practice of an outdoor activity with rhythms adapted to the new condition of mother, while maintaining a warm and welcoming, almost exclusive, bond with their baby.
<b>Details of the practice</b>	During pregnancy and childbirth, the abdominal muscles, posture and blood circulation are affected by the load and the change due to contain and carry the child in the womb. Nordic Walking is a low-impact sporting activity that allows mothers to start taking care of their body again and free their minds with a pleasant outdoor activity without having to leave their child and can be practiced from the first months after the birth of the baby. The baby in the sling stays in

		contact with the mother, feeling the heartbeat, breathing and feeling contained as it was in the previous months in their womb. Inside the sling, the child's posture is adequate for the spine and the correct opening of the hips. The sling is used with different ligatures depending on the age and needs of mother and child, leaving free hands and arms for the sport of Nordic Walking.
<b>Date of intervention</b>	of	March 2016.
<b>Period of implementation</b>	of	The project took place in March 2016 over five days.
<b>Study type</b>		The practice is not based on a study but on an initiative of the associations " <i>InformAzioneCrescita-Studi Abilità Umane e Nuovi Sentieri</i> ", sponsored and supported by the Municipality of Padua.
<b>Gender</b>		The meetings were open to all young women and pregnant mothers, to mothers and fathers with children aged 0 to 3 but also babysitters, educators, grandparents or anyone interested.
<b>Group details</b>		The group consisted mainly of pregnant women and new mothers.
<b>Age group</b>		About 30 - 35 years old.
<b>Intervention group size</b>		25 - 30 persons.
<b>Control group size</b>	group	N/A
<b>Assessment measurement</b>	/	<p>The Mamy Walking project included four (4) informative and practical in-depth meetings with qualified instructors at the end of which group walks were organized:</p> <p><b>1st meeting <i>Relationship skills: Understanding</i></b>  Parenting is a challenging life choice and requires multiple skills. Once started the path to become a parent it will continue for a long time (at least 20/25 years) and as the child grows, happiness and satisfaction will increase, but also commitments, agitations and choices to make for their future and the future of the family. It is the quality in family relationships that will allow the child to grow in love and harmony where the child builds their future, their self-esteem, their value.  The meeting aims to be a training space for parents, future parents and educators interested in the conscious growth of children.</p> <p><b>2nd meeting <i>Carrying in sling</i></b>  Informative meetings to discover the advantages and the multiple functions of "carrying in sling" to improve the growth and development of the child but also and above all the relationship between him and their parents.  In the meetings with the instructors, the slings are presented and how to use them in a safe, creative and fun way to carry the children correctly from birth, without the effort of the parent and with the great pleasure of the baby.</p> <p><b>3th meeting <i>The basics of Nordic Walking</i></b>  It consists of walking with specially designed sticks, during the meeting the basics of this fascinating discipline are explained.  Practicing Nordic walking on a regular basis induces effective protection</p>

	<p>systems and develops more and more resources and motor skills. There are many benefits that can be obtained from this sport:</p> <ul style="list-style-type: none"> <li>• improves coordination and posture;</li> <li>• helps to attenuate the stiffness of the body;</li> <li>• tones practically all the muscles of the body;</li> <li>• helps in the prevention and treatment of back problems;</li> <li>• it is indicated in the post-traumatic rehabilitation of the lower limbs;</li> <li>• it allows you to burn excess calories and thus maintain a healthy weight or lose weight, preventing obesity and overweight, obviously, combined with healthy nutrition;</li> <li>• improves aerobic resistance;</li> <li>• prevents osteoporosis;</li> <li>• stimulates arteriovenous circulation;</li> <li>• prevents the onset of diseases of the cardio-circulatory system;</li> <li>• brings psychological well-being by reducing anxiety, depression and the sense of loneliness.</li> </ul> <p><b>4th meeting <i>Technique of NW walking</i></b> The technique of walking with <b>sticks</b> is explained. The <i>sticks</i> for Nordic Walking, completely different from those for trekking, sky running and skiing, differ from these for almost all their components and for the materials and technologies used.</p> <p><b>5th</b> Weekly appointments have been organized for group walks.</p>
<b>Assessment results</b>	The project served to "train" the participants in the new role of parents that will accompany them for most of their lives. To learn about the sling tool, which is useful, if not essential, in the first years of a child's life. Last but not least, providing awareness that during pregnancy or from the first months after the birth of the baby it is always possible to carry out motor activities, indeed it allows new mothers to continue to take care of their body and to discharge the typical stress in the <i>post-partum</i> without feeling guilty about having to leave their baby.
<b>Outcomes and Results</b>	After 2016 edition two other editions were organized, in 2017 and 2018.
<b>Innovation</b>	Combining low-impact activities such as Nordic Walking and the use of the sling allowed young women to practice physical activity in a period of their life characterized by abandonment due to the great effort required to care for a child.
<b>Limitations</b>	No limitations were found.
<b>Conclusions &amp; recommendations</b>	<p>Mamy Walking, therefore, has also been recommended to pregnant women because practicing adequate physical activity favours a better approach to childbirth. In addition, walking in a group with other mothers has allowed the birth of new relationships and a natural exchange of support and understanding that have helped to support this sparkling, challenging and splendid moment in a woman's life. Of course, the project was also open to fathers who wanted to try this experience with their children.</p> <p>Some testimonies say: "it was nice to make new friends, rediscover the natural paths of our city and introduce them to our children".</p>

<b>Dissemination</b>	The public communication took place via the Internet on the website of <i>InformAzioneCrescita-Studi Abilità Umane</i> and <i>Nuovi Sentieri</i> and on their social channels.
<b>Source to the practice information</b>	Website: <a href="https://www.padovaoggi.it/eventi/presentazione-mamy-walking-attivita-fisica-neomamme-6-ottobre-2015.html">https://www.padovaoggi.it/eventi/presentazione-mamy-walking-attivita-fisica-neomamme-6-ottobre-2015.html</a> <a href="https://www.padovando.com/mondo-bimbo/mamy-walking/">https://www.padovando.com/mondo-bimbo/mamy-walking/</a> <a href="https://www.informazionecrescita.it">https://www.informazionecrescita.it</a> <a href="https://www.nuovisentieri.it">https://www.nuovisentieri.it</a> Facebook: <a href="https://it-it.facebook.com/informazionecrescita.pd/">https://it-it.facebook.com/informazionecrescita.pd/</a> <a href="https://www.facebook.com/www.nuovisentieri.it/">https://www.facebook.com/www.nuovisentieri.it/</a>

<b>Title</b>	#walk15 Mobile application for walking / Healthiness & Sustainability steps app
<b>Country of implementation</b>	Lithuania. The app in development is active globally. All the content is presented in 16 languages.
<b>Aim</b>	The aim of the developers of the mobile application #walk15 is to make the world a healthy place to live.
<b>Details of the practice</b>	<p>In the autumn of 2019, a professional Lithuanian athlete and sports enthusiast Vlada Musvydaite has introduced a start-up “#walk15”. The developed mobile app encourages users to walk more, step up, participate in step challenges and earn points for a good performance, which can later be exchanged to a real value – planting real trees or exchanging steps to discounts for healthy and sustainable goods.</p> <p>The World Health Organization states that an average adult needs to walk at least 10 000 steps a day. V. Musvydaite created the start-up with an even more ambitious goal and encourages everyone to walk at least 15 000 steps every day, hence the app name “#walk15”. After all, it’s not about just collecting steps in the app. The start-up offers user much more. The app has several goals: to encourage users to walk and exercise, to give users a chance to explore and get to know local cities through virtual tracks, to count steps and exchange them for discounts and merchandise, to offer various walking challenges in which people from all over the world can participate, and even to grow virtual trees. Each participant can join a different challenge competing with fellow walkers from their city, company, school, or university. Together with other community members, the participants gather points for their steps and seek their goals. With the single “#walk15” app, the user can track their step count, calories burned, status of the weekly step goal completion, create routes and use collected steps for shopping. It also promotes sustainable ideas by allowing users to grow their virtual trees, participate and create private step challenges, get involved in walking events and hikes.</p> <p>In October of 2021, #walk15, together with partner ERGO, planted first step forest in Lithuania. 10 000 people participated in the step challenge which steps turned into 5000 trees forest which was planted in Vilnius.</p>
<b>Date of</b>	The app started in July 2019 and is currently active.

<b>intervention</b>	
<b>Period of implementation</b>	The mobile application is still running.
<b>Study type</b>	The biggest competitive advantage of the #walk15 app is the user experience. 3 years before the start-up, the team was organizing free walking events. During those experiences the developers learned what is the exact functionality users needed. Finally, a final product was introduced: step wallet, walking challenges and virtual tracks.
<b>Gender</b>	The users of the #walk15 app are a mixed community. When registering in the app. Users can choose: Man, woman, other. These are the numbers: Women 23%; Men 13%; Other 64%. The community which participates in the events organised by #walk15, is on average 60% women and 40% men.
<b>Group details</b>	According to the innovators of the #walk15 app, a trend can currently be seen, that the app is used similarly by both men and women. For example, there is a very active woman, her name is Birute. She walks daily 50 000 steps and is one of the most active users in our app. She has 20 grandkids and 47 million steps! Birute is 69 years old. How amazing is that?
<b>Age group</b>	The age gap is very wide. There are users from 12 to 83 years old.
<b>Intervention group size</b>	There are currently 276K app users. #walk users are the first ones to reach Mars by walking. The statistics of how many steps in total were walked can be checked on the website: <a href="http://www.walk15.app">www.walk15.app</a> The app also calculates how the user's steps affect air pollution since no vehicles are used for transportation. Hence, virtual trees are grown according to the steps taken.
<b>Control group size</b>	This project didn't have any control group.
<b>Assessment / measurement</b>	<ol style="list-style-type: none"> <li>1. #walk15 shows steps from the steps provider and can see user's steps walked.</li> <li>2. #walk15 can see the user's MBI and the steps daily goal set per user.</li> <li>3. In the step wallet of the app #walk15, the number of the exchanges is tracked, as well as the total steps exchanged.</li> <li>4. The most popular virtual track can be tracked (most clicks).</li> </ol>
<b>Assessment results</b>	<ol style="list-style-type: none"> <li>1. Since the app was developed, the average number of steps walked was 4000 steps. During the quarantine, the number has increased up to 4500 steps and in 2022 year, the number went up to 6172 steps.</li> <li>2. Statistically, an average woman's height is 167 cm, weight 68 kg. (BMI 24.4) Average steps in 2022 for a woman is 5752 steps and 7170 steps for a man. An average man's height is 178 cm weight is 81kg. (BMI 25.6). More than 56% users have set the daily goal to walk 10 000 steps.</li> <li>3. The idea to exchange the steps to healthy &amp; sustainable products has been awarded "PR Lap s" – Responsible Fox. The initiative was founded in 2021 with the goal to exchange 20 000 steps to 20% discount and the total number of steps exchanged is now</li> </ol>

	<p>more than 200 million steps!</p> <p>4. There are more than 300 virtual tracks in the app and each of them is unique: track can be with audio, photos, enriched with quality content. As result, thousands of people choose to walk using virtual tracks rather than use paper maps.</p>
<b>Outcomes and Results</b>	<ol style="list-style-type: none"> <li>1. Euro league project “One Team Walking Challenge”. The project engaged users from 16 countries, 38 basketball clubs. People were invited to join the challenge and choose the team they want to support and walk for. The challenge took 4 days and the participants walked almost twice around the world. In 11 days, 11 000 new users joined the #walk15 app.</li> <li>2. National Mobility Challenge. Initiated by The President of the Republic of Lithuania with a goal to create a greener Lithuania. Participated 91% of cities in Lithuania, 573 schools, 38 universities and colleges, 650 organizations, 125 communities, and 55 foreign Lithuanian communities.</li> <li>3. Lithuanian Walking Schools. One of the national achievements is the app-initiated project "Walking Schools". Launched in early September 2021, the project has attracted more than 678 schools, which together have already walked 144 times around the world (1 time around the world equals 50M steps).</li> </ol>
<b>Innovation</b>	#walk15 app is a simple tool to engage employees and their target audience to the healthiness & sustainability topics. User’s choice to walk instead of using the car for short distances can be shown in virtual trees functionality. This helps to understand personal CO2 footprint and raise awareness. Personal steps can be exchanged in both e-shops and physical stores for sustainable and healthy values.
<b>Limitations</b>	The mobile app has no restrictions on age, gender, or any other criteria.
<b>Conclusions &amp; recommendations</b>	It is an interesting and proven practice which is not restricted by country borders and can be used by people and organizations worldwide. The app allows to motivate and reach the targeted groups, involve people of different ages and education, allows to unite teams and pose competitive challenges for them. It is also important to note that this practice stems from private initiative, unlike other programs funded by the state or the Structural Funds.
<b>Dissemination</b>	A great attention is paid to the marketing of the app. It is widely presented to the public via means of press, interviews with famous people, online video content, etc. Efforts are made towards the dissemination on social networks with the aim to reaching the required segment.
<b>Source to the practice information</b>	<p>Link to the website: <a href="http://www.walk15.app">www.walk15.app</a></p> <p>Link to video: <a href="https://vimeo.com/652423391">https://vimeo.com/652423391</a></p>

<b>Title</b>	<b>Physical activity classes / exercises in the workplace</b>
<b>Country of implementation</b>	Companies and institutions of Siauliai, Lithuania
<b>Aim</b>	<p>The main goal of this activity is to promote physical activity of working age men and women, thus contributing to the maintenance, and strengthening of their health.</p> <p>Public health offices have been operating in Lithuania since 2006. The main goals of the offices are to strengthen local community health services (including disease prevention and the promotion of healthy lifestyles) and increase health literacy.</p> <p>Public health bureaus are structural units of municipal governments, but their activities are financed by the Ministry of Health for State-delegated functions and by the municipalities for local health improvement.</p> <p>Offices in local communities organize events on mental health, physical activity, nutrition, and obesity prevention. Each office decides for itself on how to organize those activities, but the general direction of all offices is the same. Workplace exercises were initiated by Siauliai City Public Health Bureau. This venture is discussed here.</p>
<b>Details of the practice</b>	<p>Siauliai City Municipality Public Health Bureau publishes information about its activities, including this one (physical activity at workplaces), inviting institutions/companies to register.</p> <p>When a company has formed a group of 10-15 people who want to exercise at the workplace together with the help of the Bureau's physical activity specialist, the company's representative schedules all activities with the Bureau.</p> <p>Physical activity sessions at a single company last for at least 3 months to develop appropriate exercise skills and to encourage people of working age to continue exercising at work. The specialist of the Bureau then consults the employees of the institution and draws up an independent exercise plan for them. Physical activity exercises are mainly intended for people that have sedentary jobs (those who do physical work do not have the opportunity to exercise during work), they are based on stretching exercises and back strengthening exercises.</p>
<b>Date of intervention</b>	The activity started in 2019 and is still ongoing.
<b>Period of implementation</b>	It has been going on for three years, with a minimum of 3 months per company.
<b>Study type</b>	The office specialist compiles the program based on the physical capacity of the individuals, which is determined at the first meeting using science-based physical fitness tests.
<b>Gender</b>	Activities are for mixed groups, but 90% of all participants in this activity are women.
<b>Group details</b>	Depends on the company's staff.
<b>Age group</b>	46 years.
<b>Intervention group size</b>	10-15 people in each participating company.
<b>Control group</b>	There were no control groups.



<b>size</b>	
<b>Assessment/ measurement</b>	Physical fitness tests are used at the first meeting in order to assess the person's physical capacity and to assess the progress after three months. The results of each person are discussed individually. No general analysis is performed.
<b>Assessment results</b>	Activities are still ongoing, final results have not been measured.
<b>Outcomes and Results</b>	There are no measured results.
<b>Innovation</b>	Activities that are organized during work.
<b>Limitations</b>	Individuals who have recommendations from their family doctors not to participate in group physical activities or have serious health problems do not participate in these activities. The activity is aimed at working people, as it is taking place in companies and institutions. People working sedentary and mental jobs were involved. Those who do physical work do not have as many opportunities to exercise during work.
<b>Conclusions &amp; recommendations</b>	The possibility to engage in physical activity during work (saves time). Physiotherapists teach special exercises, they provide counselling. The activity lasts for at least 3 months, during this time the habit of exercising develops. A tradition of playing sports together in teams is formed. Exercises often take place even after the activities of the Public Health Bureau end.
<b>Dissemination</b>	The recommendations of the Lithuanian Institute of Hygiene are followed in this practice. These activities take place in other cities as well.
<b>Source to the practice information</b>	<a href="https://www.facebook.com/siauliuvsb/posts/2404349969696829">https://www.facebook.com/siauliuvsb/posts/2404349969696829</a>

<b>Title</b>	<b>Sports Changemakers Program</b>
<b>Country of implementation</b>	Romania
<b>Aim</b>	Solving social problems through sports
<b>Details of the practice</b>	The first step was to map the people considered by their colleagues as creators of change in sports. Based on the perspectives discovered, they proceeded to the second step, which was to bring together 15 people in a 6-month program to build the local community of creators of change through sport.
<b>Date of intervention</b>	February- July 2021
<b>Period of implementation</b>	2022-2027
<b>Study type</b>	Not a study
<b>Gender</b>	Mix environment, 50% were women
<b>Group details</b>	None
<b>Age group</b>	35
<b>Intervention</b>	16

<b>group size</b>	
<b>Control group size</b>	Without a control group
<b>Assessment / measurement</b>	No
<b>Assessment results</b>	-
<b>Outcomes and Results</b>	The domain is male-dominated, predominantly urban, and composed of representatives with a long experience in the field. Women are more involved in locally-focused projects (45%), while men are more likely to be involved in national impact projects (56%). More than half of the mature projects (with over 20 years of activity) aim towards national impact. This proportion is significantly higher compared to “younger projects” (with 2-10 years of activity), for which local impact has a higher-than-average proportion. Education through sports (26%), general public sports (21%), professional sports (18%), and inclusion through sports (19%) are the most mentioned subdomains. More niche projects are accountable for more than half of the sample, with the sports for elderly people accounting for 7%. Financial issues are the most mentioned challenges (83%), for all subdomains. Infrastructure challenges (64%) are more common among areas related to inclusion through sport (70%) and sports for the elderly (73%). This is also true for human resource challenges (54% total, 60% inclusion, 67% elderly). Infrastructure challenges are more often mentioned among those with 11 - 20 years in the field (75% vs. 64% total), while those referring to human resources are more often mentioned by those with more than 20 years in the field (63% vs. 54% total). Mentality and cultural challenges are mentioned more often (52% vs. 35% total) by those with less experience in the field.
<b>Innovation</b>	Yes. The fact that there is a new community of persons able to help women get involved in sports in a proper, efficient manner.
<b>Limitations</b>	
<b>Conclusions &amp; recommendations</b>	This could become a good practice since it engages professionals in the field of sports and it ensures a safe, rather proficient style of sport involvement from the female population.
<b>Dissemination</b>	No.
<b>Source to the practice information</b>	<a href="https://www.ashoka.org/en-ro/sports-changemakers-program">https://www.ashoka.org/en-ro/sports-changemakers-program</a>

<b>Title</b>	<b>Young Health Program Romania</b>
<b>Country of implementation</b>	Romania
<b>Aim</b>	Educational program to implement a healthy lifestyle
<b>Details of the practice</b>	Health manuals for teachers and students were updated, and validated by the Ministry of Education, to help to improve education on cardiovascular health and risk factors. These formed the basis of a classroom course in

	which students analyzed factors or habits that can influence the health of the cardiovascular and respiratory systems and set goals for a healthy life, including physical activities and eating habits. Sports clubs (under the title 'I <heart> Sport') were established in schools 'by students, for students' creating a framework to enable students to do more physical activities and to promote sport events. A challenge 'Step-by-Step Winners' was organized by 'I <heart> Sport' clubs, and 1,500 teenagers were equipped with pedometers to count all the steps they took. The challenge promoted physical activities as part of a healthy and active lifestyle and the winners were awarded sports equipment and diplomas.
<b>Date of intervention</b>	2013-2017
<b>Period of implementation</b>	2017-2020
<b>Study type</b>	Not a study
<b>Gender</b>	Mix environment, 58% of which are women
<b>Group details</b>	None
<b>Age group</b>	14-18
<b>Intervention group size</b>	50000
<b>Control group size</b>	Without a control group
<b>Assessment / measurement</b>	The degree of physical activity in which the subjects enrolled after they were educated about the benefits it brings.
<b>Assessment results</b>	As the students became more aware about the benefits sport brings towards our general and especially, cardiac health, the degree of their involvement in physical activity increased.
<b>Outcomes and Results</b>	In a survey of students who took part in the program 87% correctly identified the most frequent cardiovascular diseases. The number of students who practiced sport for four to eight hours a week increased by 10%.
<b>Innovation</b>	The emphasis on cardiovascular health that can be done from a very young age.
<b>Limitations</b>	
<b>Conclusions &amp; recommendations</b>	This could become a good practice since it educates the population from the right age (as quickly as possible) to undergo in a physical form of activity that can increase their life expectancy and the quality of life.
<b>Dissemination</b>	No.
<b>Source to the practice information</b>	<a href="https://www.younghealthprogrammehp.com/programmes/romania.html">https://www.younghealthprogrammehp.com/programmes/romania.html</a>

## Appendix 4 – Intervention’s rating questionnaire

TITLE OF THE INTERVENTION:	1	2	3	4	5
How would you rate the overall quality of the practice? (1=very poor, 5=very good)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rate the effectiveness of the practice in breaking barriers of women participation in sport and physical activity. (1=ineffective, 5=very effective)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How valuable is the practice for the women involved? (1=not at all, 5=very much)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How much effort is required from the participating women? (1=very little, 5=very much)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Would you recommend this intervention to be implemented on a larger scale?

No

Not without conducting further experiences

Yes, I would even consider national dissemination after some further experiences

Other: \_\_\_\_\_

### Have you perceived any limitations other than the ones identified in the study?

Yes

If yes, what are these? \_\_\_\_\_

No

	1	2	3	4	5
Overall, how would you rate the seriousness of these limitations - those identified by you plus those identified by the study? (1=not at all serious, 5=very serious)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Do you have any ideas about modifying some conditions of the intervention for better results?

---



---



---

Please evaluate and grade the following variables (with a maximum score of 100 in each of the indicator categories):

**a. Relevance of the intervention:** \_\_\_\_\_

- An intervention is considered relevant when it is able to satisfy the identified needs of the stakeholders and is also valuable to the target groups. Relevance can also be interpreted across time and place; the closer it is to the present and the location of the study, the higher the relevance.

**b. Quality of the intervention:** \_\_\_\_\_

- Quality is the ongoing process of building and sustaining relationships by assessing, anticipating, and fulfilling stated and implied needs. The quality of the intervention can be evaluated objectively (by the size of the intervention and the control group, the number of assessment periods and the total length of the intervention), as well as subjectively (by the described experiences and observations from the participants).

**c. Sustainability of the intervention:** \_\_\_\_\_

- An important factor to be considered is whether the positive effects of the intervention outlast the project, providing future benefits even without further investment.

**d. Effectiveness of the intervention:** \_\_\_\_\_

- Effectiveness is the capability of producing a desired result. An intervention is considered effective when it has been evaluated and the final results show to have reached its target for specific indicators with a determined agreed tolerance. One important indicator of effectiveness is the number and seriousness of the limitations characterizing the studies. Another factor related to effectiveness is the complexity of outcome measures (deliberate application of well-defined outcome measures increases the effectiveness score of the interventions).

	1	2	3	4	5
How do you evaluate the replicability of the practice? (1=not at all possible, 5=easy to be replicated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>