

Good practices in HEPA

NAME OF THE ACTIVITY

Healthy Club Project (HCP)

LEADING ORGANISATION

The Gaelic Athletic Association (GAA)

COUNTRY

 Ireland

HEPA-RELATED TOPIC

HEPA for mental health and wellbeing,
HEPA for NCD prevention

TYPE OF ACTIVITY

An award/brand for sports clubs

TARGET GROUP

Sports clubs

OBJECTIVES

The Gaelic Athletic Association (GAA) is part of the cultural fabric of Irish society with a club in almost every community nationwide. The aim of this project was to carry out a pilot evaluation of the GAA Healthy Club Project (HCP), which is a unique effort by a national governing body to include health as part of the core business of the organisation at grassroots level. The Healthy Club project aims to transform clubs into hubs for health within their communities. GAA clubs already contribute to the health and wellbeing of their members by providing opportunities to develop their physical, social, emotional, and psychological health. The ultimate aim is to involve every GAA club in the country, thus enhancing the long-term health of every community in the 32 counties and ensuring a healthier future for everyone.

ACTIVITIES

Clubs were asked to submit an expression of interest form, which aimed to get an overview of what clubs are already doing in the space of health and wellbeing, what capacity the club has to do more work in this space and why the club wants to get involved in the Healthy Club project or clubs who haven't had the opportunity to get involved yet. A scoring system was used to identify clubs who are most suitable for the project considering the above points but also considering the demographics of the club and

the geographical location ensuring there is multiples in each county.

RESULTS / EVALUATION

A pre-post intervention group only design was used across 18 clubs recruited to a pilot phase of the project. Twelve Healthy Club Officers completed a self-evaluation survey of their club at two time points to indicate the health promotion orientation of their club and the extent of health promotion activity in the club. Data showed improvements in the health promotion orientation of clubs, from moderate to high health promoting overall and particular increases in policy and practice scores. This is likely due to the widespread appointment of Healthy Club Officers and the delivery of health-related initiatives in clubs.

TIPS & TRICKS

The GAA HCP is a novel way of carrying out health promotion, serving as a meeting point between the 'push of health' and 'pull of the sports club'. The HCP helps GAA clubs identify what they are already doing well, areas where they can or would like to improve, and empower them to ensure that everyone who engages with their club benefits from the experience in a health-enhancing way, be they players, officers, coaches, parents, supporters, or members of their local community.

WEBSITE

www.gaa.ie

CONTACT

community.health@gaa.ie