

Do programs offered through sporting organisations promote healthy behaviours and improve health?

What did we find?

Sporting organisation programs:



Probably increase physical activity



May increase fruit & vegetable consumption



May not reduce sedentary behaviour



Uncertain impact on sugary drink & alcohol consumption, or tobacco use

What was included?

20

trials with 8,179 participants



Most targeted adult members, or supporters, & were conducted in football clubs.



All in high-income countries

What are the implications?



For Policy & Practice

- Sporting organisations represent a promising opportunity to address unhealthy behaviours in sports settings.
- They can help engage groups that are otherwise hard to reach.

For Research

Future studies should:

- Test interventions for a wider range of health outcomes.
- Include diverse populations, including non-members.
- Assess long-term effects (e.g., 6+ months post-program).
- Evaluate unintended impacts and cost-effectiveness.
- Focus on those with lower socioeconomic status or higher risk behaviours.

