

Supplemental Appendix 2

Classification of facilitators and barriers from original statements (A) via condensed meaning units to a reformulated statement (B)

1A) Determine the current state of will to practice health promotion in your club

Alcohol consumption, sun protection is considered as a personal decision, where club has no role to play; take care into personal endorsement (Darker et al., 2013; Parrott et al., 1999)

Pre-existing community of practice and long term participation in sport clubs can enhance HP, this influences the sense of belonging to the clubs, as well as their HP activities (Tighe & McKay, 2012)

Question the organizational readiness to change (Casey et al., 2009)

Enhance the rationale as to why HP is important for sport clubs (Lane et al., 2017)

1B) Determine sport clubs previous experience in HP, organizational readiness, rationale and club sense of endorsement on engaging in HP in your club

2A) Determine the health promotion aims, turn these into a written form and convert the aims into the “language of sports”

The program should not only be adapted to the language of sport, but also to the culture of the community (Stamm et al., 2001)

Using enhancing athletes performance as a form of media through promoting better image and health (McConkey et al., 2013)

The program should integrate an aspect on social inequalities and be sensible to participants that have less sense of ownership within the club (McConkey et al., 2013)?

Consider the way health promotion is understood in sport clubs. For some sport clubs, alcohol policies correspond to alcohol banning. (Darker et al., 2013)

Use positive health promotion language instead of risk prevention language (positive body image vs disordered eating prevention). (Buchholz et al., 2008)

2B) Turn health promotion aims into a written form, with positive messages, adapted to sport language, culture and HP representation of club, taking social inequalities into account.

3A) Prioritize the most relevant health promotion aims

Top down policies exacerbate the differences between sports clubs and create tension for sport clubs in deprived areas (O’Gorman et al., 2015)

Clubs needs to employ socio-environmental strategies, not to focus on one determinant only. (O’farell et al., 2017)

The sense of belonging to the club is a powerful tool, by giving pride to sport club identity (Morgan et al., 2017; Rowland et al., 2012a)

3B) Consider strategies based on the socio-ecological model and enhance sports clubs sense of belonging to define the most relevant HP aims

4A) Consider both financial and human resources that can be invested in the health development work

More financial resources are needed for sport, especially for long term change (not true in all projects) (Marlier et al., 2014; Casey et al., 2009; Parrott et al., 1999)

Unhealthy sponsorship could be of short term financial support, but also discredit the image of sport clubs (Giles-Corti et al., 2001)

Staff turnover has to be taken into account while planning (Casey et al., 2009)

Include target groups into implementation of the HP program (Poulos & Donaldson, 2015)

Volunteers in sport clubs need to have extra time for HP (Casey et al., 2009)

Club development and structuring could improve HP (Casey et al., 2012)

4B) Consider financial (subsidiary, sponsorship), human (volunteer time, staff turnover) and capacity building resources to invest in the HP development work

5A) Designate a certain person to lead the development process

Role models are a powerful tool to support a program (Tighe & McKay, 2012; Eagles et al., 2016; Rosso & McGrath, 2016)

Someone that is not too far from the everyday activities, but not the same person which does everything else (Geidne et al., 2013a)

Experts could also support sports club HP projects (Geidne et al., 2013a)

Using retired experts to deliver the program (Eagles et al., 2016)

5B) Designate a certain person with time (ex. role model and experts) to lead the HP development process

6A) Engage all the participating club officials

Bottom up approach should be adopted rather than a top-down approach (Darker et al., 2013)

Interventions applied at the three levels (micro, meso, macro) are more likely to be effective (Rowland et al., 2012; Rowland et al., 2012)

Trust and shared interest are needed (Casey et al., 2009a)

Recognition and reward systems improve HP (Casey et al., 2012)

Club officials have to be committed towards health promotion (Marlier et al., 2014; Casey et al., 2009)

6B) Use a bottom-up approach in HP interventions, applied at the three layers (micro, meso, macro), based on recognition and a reward system, as well as trust and shared interest between all participants

7A) Collaborate with other clubs

Partnership building is necessary, but takes time and shared experiences (Marlier et al., 2014; Casey et al., 2009; Misener & Misener, 2016; Rosso & McGrath, 2016)

External partners need to recognize sport clubs as HP settings (Hermens et al., 2017)

Build common culture and a process for collaboration (get to meet and to know partners) (Hermens et al., 2017)

Clear roles and responsibilities in partnerships (Hermens et al., 2017)

Collaboration with agencies and health practitioners, not only clubs (Hermens et al., 2017)

Evaluation of results needs to be communicated to all stakeholders (Hermens et al., 2017; Rosso & McGrath, 2016 44 56)

Contract specification can help clubs to change (Crisp & Swerissen, 2003)

Take care about the balance of power within a partnership (Rosso & McGrath, 2016)

7B) Collaborate with other agencies (clubs, health agencies and practitioners), by building a common culture (trust, recognition, shared time) and a process for collaboration (clear roles, shared experiences, contract specification, evaluation of results, power balance between partners)

8A) Evaluate the feasibility of health promotion aims regularly

Take the cost of the intervention into account (Litvak-Hirsch et al., 2016)

Propose flexible times for participants (Pringle et al., 2013)

Need to bring fun and positive feedback (Turk et al., 2013; Casey et al., 2009a)

8B) Regularly evaluate the cost, the time accessibility and the enjoyment in regard to the feasibility of health promotion aims

9A) Create an action plan for implementing policy-determined aims

Routines for participation and organization of events are needed to help the implementation of health promotion (Lozano-Sufrategui et al., 2017); Abbott et al., 2008)

Planning for change, shared goals and objectives (Casey et al., 2009)

Clear implementation plans, including funding mechanisms (O'farell et al., 2017; Gianotti et al., 2010)

Establishing a core infrastructure, coordinator, key processes, routines (Abbott et al., 2008)

Need a sample guideline to follow to create policies and support from a health agency in the form of training or advice (Dobbinson et al., 2006)

Consider sustainability issues in the action plan (Rosso & McGrath, 2016)

9B) Create a clear implementation plan (for routine and event organization), including target population and funding mechanisms, establishing core objectives, infrastructure, coordinator, key processes, taking sustainability issues into account

10A) Invest in internal organizational communication (guidance activity)

A single clear message should be delivered, using simple guidelines (Darker et al., 2013; Crisp & Swerissen, 2003; Geidne et al., 2013a)

Visibility of sport clubs actions in other settings are needed to enhance partnerships (Misener & Misener, 2016)

Include social opportunities into HP programs, to disseminate and enhance the sense of ownership (Lozano-Sufrategui et al., 2017; Pringle et al., 2013)

Inclusive communication is needed (McConkey et al., 2013)

Take normative group behavior within sport into account (Rowland et al., 2012)

Explicit messages and internal policy dissemination are needed (Geidne et al., 2013a)

10B) Base internal communication on a single clear, explicit and inclusive message, visible to community and partner, enhancing sports clubs sense of ownership.

11A) Motivate the coaches regarding the importance of health promotion

Fostering inter-personal relationships through humor, support and encouragement (Lozano-Sufrategui et al., 2017)

Officials should take care on how coaches can handle situations (Hermens et al., 2017)

Autonomous supportive environments to help coaches to develop (Larsen et al., 2015)

Project needs to generate a sense of ownership from coaches and participants (Warner-Smith et al., 2000)

Integrate HP in coaches' career opportunities and development (Turk et al., 2013)

11B) Motivate coaches regarding HP implementation, by fostering interpersonal relationships (humor, support, encouragement), autonomy, sense of ownership, and by taking coaches' capacity to handle situations, career opportunities and development into account

12A) Educate coaches and other club officials

Coaches are not educated to train specific publics, needs knowledge other than sport-specific, based on the specific public they train (location, language, payment) (Lozano-Sufrategui et al., 2017; Hermens et al., 2017)

Participation approach are needed to educate coaches (Falcão et al., 2012)

Not too complicated coaching program (Larsen et al., 2015)

Vary the support and strategies used to educate coaches (Cleary et al., 2012; Eagles et al., 2016)

12B) Educate coaches by varying support and strategies, using a participatory approach and focusing on the specificity of the public they train

13A) Monitor health promotion activities in daily practice

Changes take time, monitoring and evaluating effects of health promotion should not be at short term (3 months), but over years (O'farell et al., 2015; Hilland et al., 2015)

Small win philosophy, with addition of small changes to provoke big changes (Corti et al., 1995)

13B) Monitor health promotion activities in daily practice using a small win philosophy and evaluating effects not only in the short-term

14A) Evaluate practice with relation to policies

Plans need to be written and reviewed (Abbott et al., 2008)

Think about implementation strategies (Crisp & Swerissen, 2003)

14B) Integrate practice evaluation into HP policies, to help refine future planning and policies
