



Université Saint-Joseph de Beyrouth
Faculté de pharmacie
Département de nutrition

Promoting the practice of sports and physical activities among precarious and sedentary populations

feedback from the PRECAPSS intervention research and its transferability to Lebanon

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**2^e JOURNÉES DE NUTRITION
& TECHNOLOGIE ALIMENTAIRE**

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Outline of the presentation

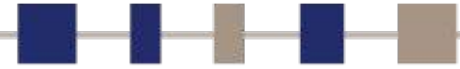
- 1. Precariousness, health, sports and physical activity**
- 2. PRECAPSS project**
 1. Objectives
 2. Implementation and progress
- 3. Conclusion on PRECAPSS and its transferability to Lebanon**



1. Precariousness, health, sports and physical activity

- Precariousness...

- Refers to a situation of uncertainty, instability and fragility (Cingolani P, 2006).
- According to the Economic and Social Council, it is the **absence of one or more securities** depriving individuals and families from enjoying their fundamental rights. This insecurity most often leads to extreme poverty (Wresinski M, 1987).
- According to sociologists, it is an **abstract** and **vague** set of **social problems** (Poulain JP et Tibère L, 2008; Bresson M, 2015).



1. Precariousness, health, sports and physical activity

- Precariousness and health...
 - Close relationship between morbidity and mortality and the socio-economic status (WHO, 2017).
 - Explained by :

Social suffering
(Forichon E, 2005).

**Life and work
conditions**
(Praznoczy C, Larras B. 2017)

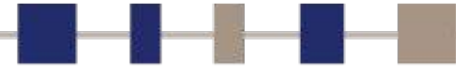
**Problematic
behaviours**
(Lyons A et Chamberlain K, 2006)

**Lifestyle : eating habits and physical
activity practice (PA)** (Poulain JP et Tibère L, 2008)



1. Precariousness, health, sports and physical activity

- Precariousness, eating habits and PA...
 - High prevalence of obesity in the lower social classes (Poulain JP et Tibère Le, 2008 ; Praznocy C et Larras B, 2017).
 - People who are less sensitive to the speeches that encourage the consumption of fruit, vegetables and fish and the practice of PA (Michaud C, 2015).
 - Strong and evident influence of the financial resources on the dietary habits .



1. Precariousness, health, sports and physical activity

According to a survey carried by the French National Observatory of Physical Activity and inactivity (ONAPS) (Praznocy C et Larras B, 2017)

- People in the lower social classes:
 - **Intense PA** at work ;
Little or no leisure PA.
- Barriers to the practice of a PA: **cost, transport, poor condition of sports equipment** in priority neighborhood.
- Influence of social inequalities on PA **since childhood** and more visible in girls than in boys.



2. PRECAPSS project: Precariousness, Sports and Physical Activity, Health



2. PRECAPSS project

- Interventional research project in health promotion.
- Carried by:



Laboratoire VIPS²
l'Université Rennes 2



Instance Régionale
d'Éducation et de
Promotion de la Santé

- Period 2017-2020



2.a. Objectives

- General objective : to set up PA workshops for inactive precarious people.
 - Improve the knowledge on the implementation of such a program.
 - Identify the individual and collective barriers and levers to PA practice.
 - Involve the concerned people in the development of the project.

2.a. Objectives

- Concerned territories

Quartier Marville – Gare –
Provinces de Saint Malo

Communauté de Communes de
la Bretagne Romantique (CCBR)





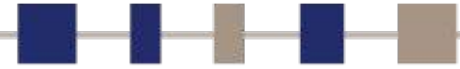
2.a. Objectives

- Financers:
 - Research financed by the INCA (Institut National du Cancer)



- The intervention involves several financers :





2.b. Implementation and progress

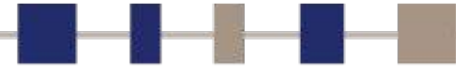
Working groups
bringing together
partners



2.b. Implementation and progress

Working groups bringing together partners

- First six months devoted to the **realization of a diagnosis** and the **mobilization of partners** : representatives, social and sports associations, charity associations, etc.
- Levers for :
 - Evolve practices and representations.
 - Promote the dialogue between local actors who are not used working together.



2.b. Implementation and progress

Working groups
bringing together
partners

Co-construction of the
PS workshops



2.b. Implementation and progress

Co-construction of the PS workshops

- Discussions and final agreement on :
 - Nature and content of the workshops;
 - Cost of participation;
 - Profile of the sports trainer;
 - Location, day and time of the workshops;
 - Mobilization of participants.
- Main disagreement : "sport health" and "sport insertion and well-being" approaches.
- Association of people potentially concerned by the project.



2.b. Implementation and progress

Working groups
bringing together
partners

Co-construction of the
PS workshops

Recrutement of the
sports trainer



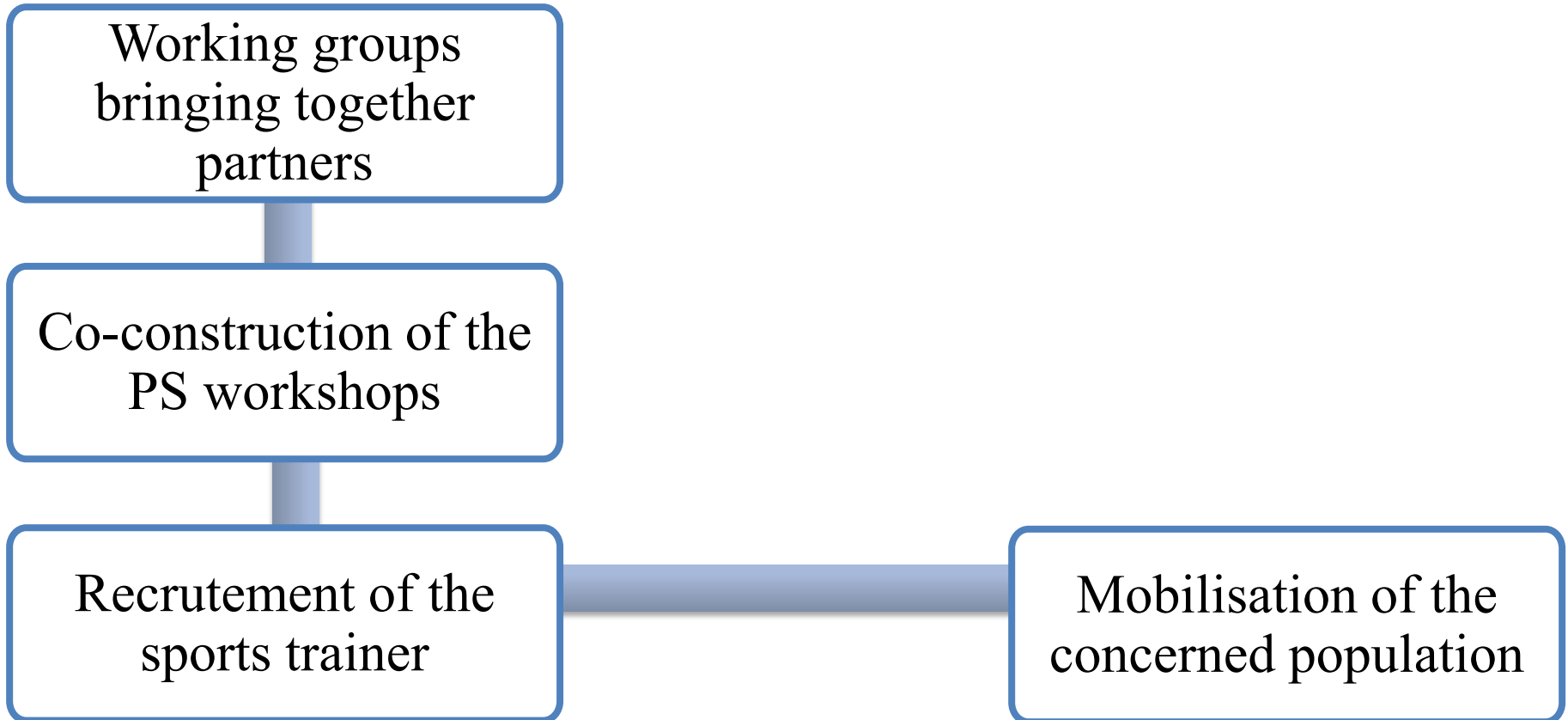
2.b. Implementation and progress

Recrutement of the sports trainer

- Job offer broadcasted by different channels :
 - Offices of sports of Saint Malo and CCBR;
 - Other sports structures;
 - Social networks and articles.
- Requested criteria:
 - Working in a local association;
 - Human skills.
- At the end, recrutement of :
 - A sports trainer from the Cercle Jules Ferry in Saint Malo;
 - A sports trainer from the Office des sports à la CCBR.



2.b. Implementation and progress

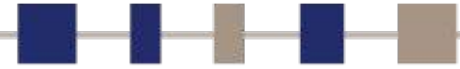




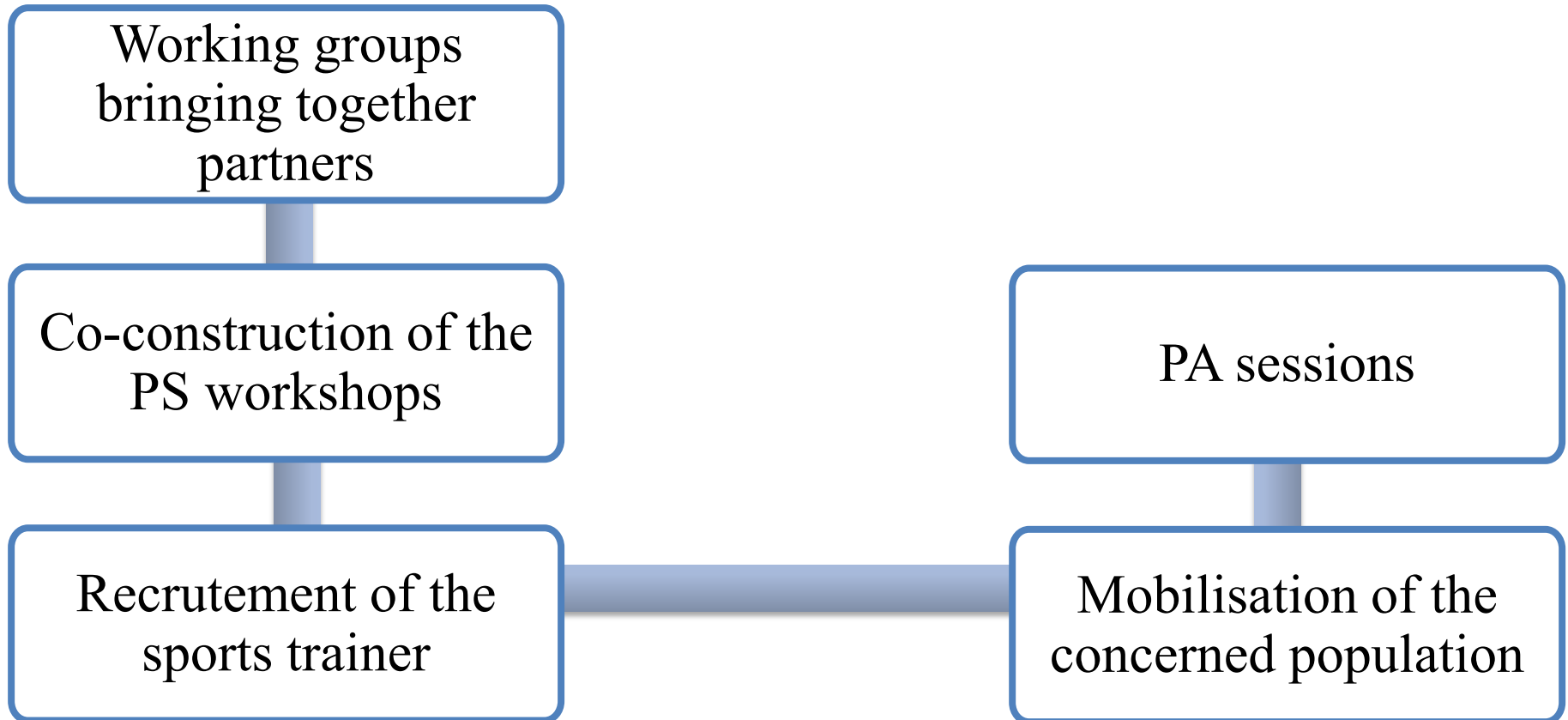
2.b. Implementation and progress

Mobilisation of the concerned population

- Key phase of the project, more complex than expected.
- People in charge of the mobilization :
 - Social workers;
 - Professionals working in the sports and sanitary sectors;
 - Professional integration structures.
- Most redundant mobilization criteria: **social isolation, ability to exercise, health and availability.**



2.b. Implementation and progress





2.b. Implementation and progress

PA sessions– Saint Malo

- Started on the 12th of March 2018
- Day : Monday 13h45 to 15h15
Then Friday 13h45 to 15h15
- 8 to 12 participants
 - Parity between men and women
 - Oriented mainly by the same structure;
 - Live in the neighbourhood of the sports field.

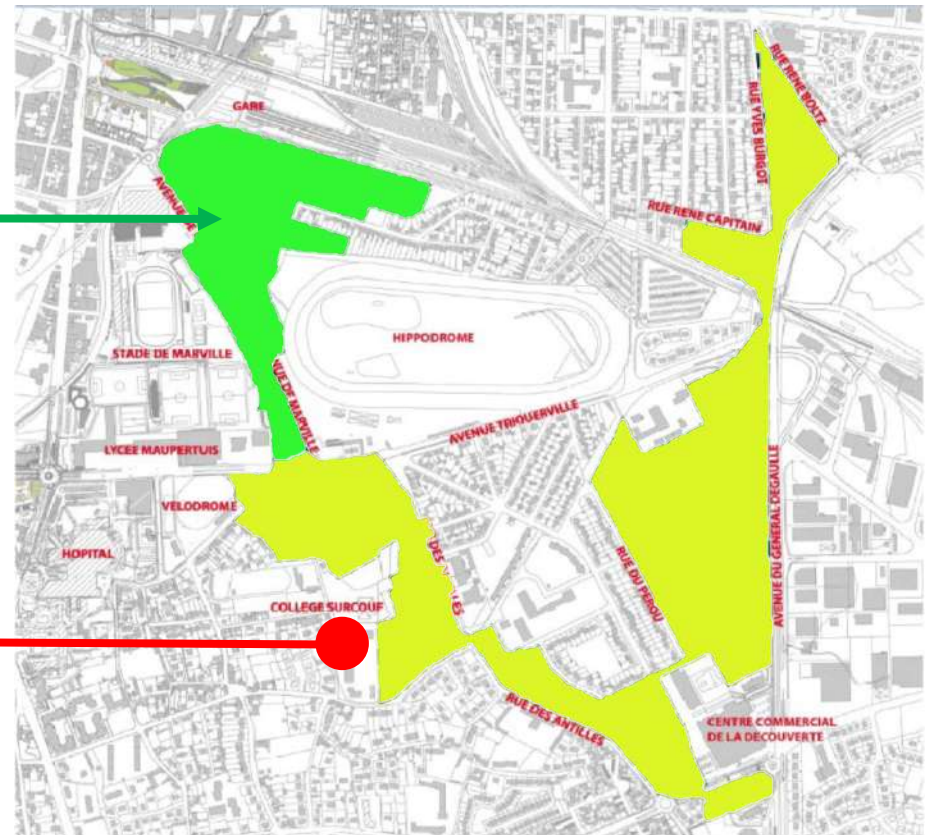


2.b. Implementation and progress

PA sessions– Saint Malo

Residence of the majority
of participants

Location of the PA
workshops





2.b. Implementation and progress

PA sessions– Saint Malo

- First 2 sessions: opportunity for the sports trainer to know better the participants.
 - Exercises: coordination and simple games with a ball.
- Request for more tonic activities and challenges.
- Adaptation of the sessions to requests.
 - Exercises : badminton, basketball, volleyball, kin-ball, archery, wood games, orientation games ...



2.b. Implementation and progress

PA sessions– Bretagne Romantique

- Started on the 27th March 2018
- Day : On tuesdays 14h30 to 16h.
- Participants :
 - 2 à 4 participants on the first 3 months;
 - 8 à 9 participants from September 2018;
 - Oriented by sanitary and social structures.



2.b. Implementation and progress

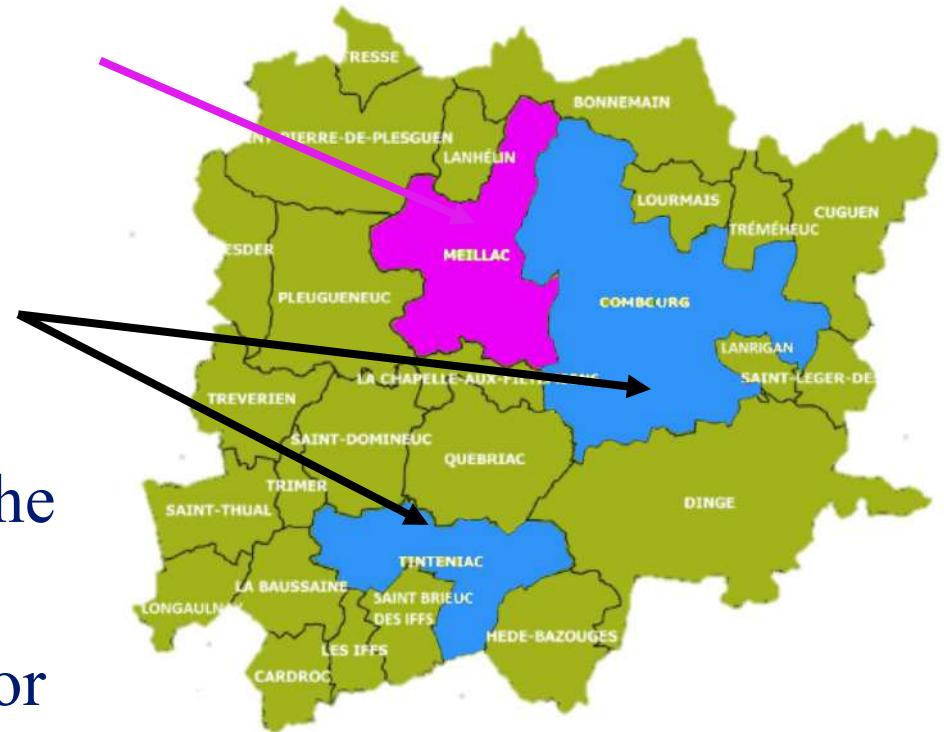
PA sessions– Bretagne Romantique

Location of the Pa sessions

Origin of the majority of participants

No public transport between the communes.

The participants come by car or on foot.





2.b. Implementation and progress

PA sessions– Bretagne Romantique

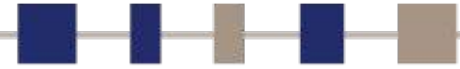
- Participants with health problems
 - Reduced exercise ability.
- Progress of the sessions :
 - Worm up;
 - Practice of the chosen activity (muscle building exercises, circuit training, ball games, badminton) ;
 - Stretching.



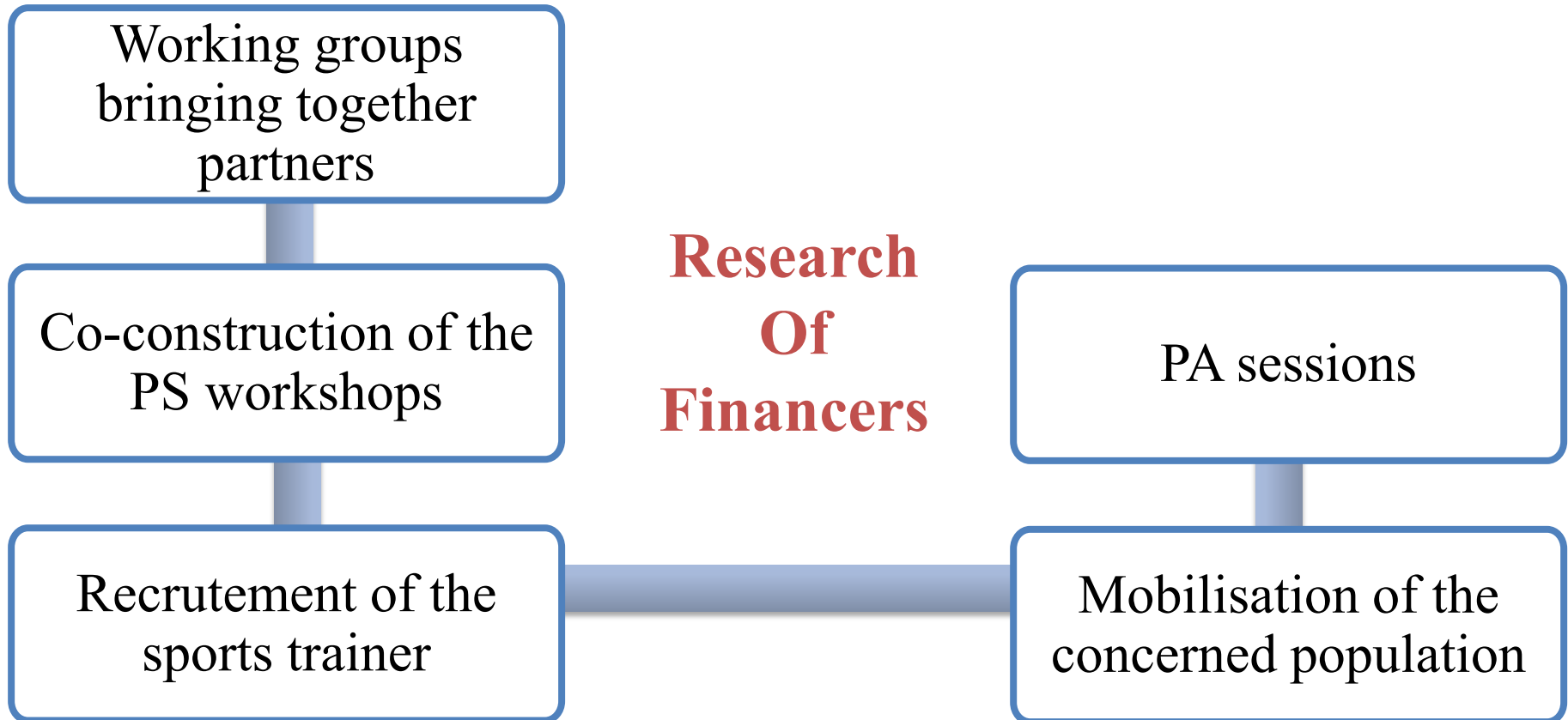
2.b. Implementation and progress

PA sessions– expressed benefits

- By the participants :
 - Restarting a PA;
 - Physical and mental well-being;
 - Conviviality.
- By the sports trainers :
 - Better knowing the public;
 - Diversification of the activities.



2.b. Implementation and progress





3. Conclusion and transferability to Lebanon



3. Conclusion and transferability to Lebanon

- The implementation of the PA sessions was more complex than planned.
- Some of the internal barriers are disagreements between the associated partners or the lack of funding, etc.
- The main barrier for the participation was transport, followed by the availability.
- The success of a such program requires time.



3. Conclusion and transferability to Lebanon

- In Lebanon, the main barriers to the realization of such a program could be :
 - The lack of funding;
 - Transport;
 - The little importance given to the PA;
- In Lebanon, the main lever could be :
 - Cooperation between the habitants of the same neighborhood to overcome transport problems.



Références

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