



LEEDS
BECKETT
UNIVERSITY

Citation:

Parnell, D and Pringle, A and McKenna, J and Zwolinsky, S (2014) Comments on Bruun, D.M. et al. Community-based recreational football: a novel approach to promote physical activity and quality of life in prostate cancer survivors. *Int. J. Environ. Res. Public Health* 2014, 11, 5557-5585-time to raise our game. *International journal of environmental research and public health*, 11 (7). 6842 - 6843. ISSN 1661-7827 DOI: <https://doi.org/10.3390/ijerph110706842>

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/153/>

Document Version:

Article (Published Version)

Creative Commons: Attribution 3.0

© 2014 by the authors; licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution license (<http://creativecommons.org/licenses/by/3.0/>)

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.

Comment

Comments on Bruun, D.M. *et al.* Community-Based Recreational Football: A Novel Approach to Promote Physical Activity and Quality of Life in Prostate Cancer Survivors. *Int. J. Environ. Res. Public Health* 2014, 11, 5557–5585—Time to Raise Our Game

Daniel Parnell *, **Andy Pringle**[†], **Jim McKenna**[†] and **Stephen Zwolinsky**[†]

Centre for Active Lifestyles, Leeds Metropolitan University, Leeds LS1 3HE, UK;
E-Mails: a.pringle@leedsmet.ac.uk (A.P.); j.mckenna@leedsmet.ac.uk (J.McK.);
s.zwolinsky@leedsmet.ac.uk (S.Z.)

[†] These authors contributed equally to this work.

* Author to whom correspondence should be addressed; E-Mail: d.parnell@leedsmet.ac.uk;
Tel.: +44-(0)-11381-24032.

Received: 20 June 2014 / Accepted: 27 June 2014 / Published: 2 July 2014

Bruun and colleagues [1] provide a timely and thorough insight into the potential health opportunities on offer via the structural organisation of football associations, football clubs and the global grip of the beautiful game. Their extensive evaluation framework represents an important clarion call for those concerned with football-led health improvement. At the same time, it is wise to consider how this can be made realistic and relevant to those who may regard the football-led ‘concept’ as too alternative or even inappropriate, in the contemporary socio-political and economic context.

To meet current concerns, football-led health improvement interventions must be both effective and efficient, not least because budgetary restraints inevitably stimulate comparisons between different programmes and approaches. Importantly, advocates can now point to compelling research and evaluation evidence indicating that football-based interventions (a) reach and engage older men with complex health needs [2], (b) reduces participants’ alcohol consumption [3], (c) increases physical activity [3] and (d) produce significant reductions in weight [4]. Football clubs deliver these effects every day through established community outreach-programmes.

Yet, as a relatively novel approach, football-based interventions need to continue showing their worth, making evaluation imperative for securing even on-going funding [1,4]. Evaluation is also essential for demonstrating cost-effectiveness and comparative cost-effectiveness. These themes need to become targets for subsequent evaluations because they will increasingly be the concerns of those responsible for Public Health spending. It is no longer wise, nor acceptable, to overlook the integration of evaluation into project planning and delivery.

As Public Health agencies feel the drawn out sting of financial austerity, it is vital to draw on the work of Bruun and colleagues [1] and on the growing evidence base to rally policy makers, commissioners, researchers and applied practitioners, to generate better evidence and to respond to what exists so they raise their game.

Author Contributions

All authors initiated the correspondence. All authors revised the correspondence.

Conflicts of Interest

The authors declare no conflict of interest.

References

1. Bruun, D.M.; Bjerre, E.; Krstrup, P.; Brasso, K.; Johansen, C.; Rørth, M.; Midtgaard, J. Community-based recreational football: A novel approach to promote physical activity and quality of life in prostate cancer survivors. *Int. J. Environ. Res. Public Health* **2014**, *11*, 5567–5585.
2. Bingham, D.D.; Parnell, D.; Curran, K.; Jones, R.; Richardson, D. Fit fans: Perspectives of a practitioner and understanding participant health needs within a health promotion programme for older men delivered within an English Premier League Football Club. *Soccer Soc.* **2014**, doi:10.1080/14660970.2014.920624.
3. Pringle, A.; Zwolinsky, S.; McKenna, J.; Roberston, S.; Daly-Smith, A.; White, A. Health improvement for men and hard-to-engage-men delivered in English Premier League football clubs. *Health Educ. Res.* **2014**, *29*, 503–520.
4. Hunt, K.; Wyke, S.; Gray, C.M.; Anderson, A.S.; Brady, A.; Bunn, C.; Donnan, P.T.; Fenwick, E.; Grieve, E.; Leishman, J.; *et al.* A gender-sensitised weight loss and healthy living programme for overweight and obese men delivered by Scottish Premier League football clubs (FFIT): A pragmatic randomised controlled trial. *The Lancet* **2014**, doi: 10.1016/S0140-6736(13)62420-4.