

Biography Dr Andy Pringle: Reader in Physical Activity and Public Health

Dr Andy Pringle is Reader in Physical Activity and Public Health in the Centre for Active Lifestyles at Leeds Beckett University. Andy is interested in translational research in physical activity and public health and performs teaching and research into the effectiveness of physical activity and health interventions with adults and older adults. He led the National Evaluation of the Local Exercise Action Pilots for the Department of Health. Other research projects have investigated the impact of health improvement interventions located in professional football settings. This includes the Premier League Men's project, an Evaluation of Men's Health interventions in 16 Premier League football clubs. He also led a team of colleagues auditing the impact of football-led health improvement schemes in football community trusts. Andy's edited book (*Football and Health Improvement: An Emergent Field*, London, Routledge <https://www.routledge.com/Football-and-Health-Improvement-an-Emergent-Field/Parnell-Pringle/p/book/9781138221468> ) will be published shortly. Andy is also a Topic Expert (Physical Activity) for the National Institute of health and Care Excellence and worked on the NICE Guidance (*Physical Activity: Exercise Referral*). Andy is a Fellow of the Royal Society of Public Health and actively publishes his research in international peer-review journals. Andy has numerous PhD students, including those investigating the effectiveness of interventions in primary care and community settings he also contributes to the M.Sc. in Physical Activity and Health at Leeds Beckett University.

Abstract:

Title: Delivering public health improvement through professional football club community schemes: Impact, Implementation and Implications

Professional sports clubs/franchises are important conduits for delivering on the Public Health agenda, especially in hard-to-reach (HTR) populations (Pringle et al., 2014). In the UK, Football Club Community Trusts deliver physical activity interventions with potentially far reaching potential to contribute to public health policy goals, as well as the health and well-being of local people. This presentation will share evidence of the impact of football-led health improvement programmes for a range of groups and using a range of evidence sources. It is not only important to identify the impact of football-led health improvement interventions, but also, how this impact is achieved. With those thoughts in mind and using key theory as an organising framework (REAIM, Glasgow et al 2016), the presentation will identify some of the key Implementation characteristics when Reaching and helping participants Adopt interventions and change their health and physical activity profiles. Finally, the presentation will examine some of the implications for research, evaluation and Public Health practice.