

## Sport & Nutrition program by the *Sport dans la Ville* (Sport in Cities) non-profit organization



### Founded

1998

### Main mission

To facilitate the professional and social insertion of young people from priority neighborhoods

[Non-profit organization website](#)

### Scope of action

France

### Objectives

- Strive for equal opportunities in the neighborhoods and ensure the personal development of each young person
- Raise awareness and mobilize young people and their families concerning their nutrition and their physical activity

## Sport et Nutrition program

### WHAT?

The Sport dans la Ville association sets up sports centers in priority neighborhoods. Over one hundred educators train 6,500 youngsters from 6 to 24 years old in 40 sports centers (football or basketball) created by the association and located throughout France.

With the Sport & Nutrition program, the association aims to raise awareness amongst the young and their families regarding their nutrition and physical activity to ensure better health.

### HOW?

- By educating young persons to change their behavior regarding nutrition
- By starting with an inventory to find out the eating habits of the young people and the overweight and obesity prevalence rate, in partnership with the Vivons en Forme program that is already supported by the Roquette Foundation for Health.
- By encouraging young people to take a critical look at the relationship between their environment, diet and physical activity.
- By training sports educators to have the appropriate nutritional reflexes for young people
- By creating and running fun workshops for young people during tournaments.

### WHY?

Regular physical activity and proper nutrition are essential for good health. The educators at each site noticed that after basketball, football or dance training, young people tended to consume snacks that were inappropriate after physical effort. The aim of the Sport and Nutrition program is to raise young people's awareness of better, healthier and more suitable food for sports, and thereby to encourage them to change their behavior.

### Duration of support

For 3 years

