



# Review of the Pacific Sporting Partnerships Program - Sports for Health

## Review Report

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Ingrid van Aalst

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# Acronyms and Abbreviations

ADD	Activity Design Document
BMI	Body Mass Index
CISNOC	The Cook Islands Sports and National Olympic Committee
DFAT	Australia Department of Foreign Affairs and Trade
FRU	Fiji Rugby Union
GFA	Grant Funding Arrangement
MFAT	New Zealand Ministry of Foreign Affairs and Trade
NCDs	Non-Communicable Diseases
NGO	Non-Government Organisations
NSO	National Sporting Organisations
NNZ	Netball New Zealand
NNZ PSP	Netball New Zealand Pacific Sporting Partnership
NZR	New Zealand Rugby
PSPP	Pacific Sporting Partnerships - Sports for Health
SRU	Samoa Rugby Union
The Activity	Pacific Sporting Partnerships - Sports for Health
RWC	Rugby World Cup
ToR	Terms of Reference
WHO	World Health Organisation

# Executive Summary

## Background

### The context

Non-communicable diseases (NCDs) are progressive, chronic diseases and those affected by it require long-term medical care. NCDs manifest in several ways, including strokes, diabetes-related blindness and amputations, kidney disease, lack of mobility, etc., which impose a heavy burden of care on families and health care systems. To prevent NCDs, it is important to address its main risk factors, i.e., tobacco use, unhealthy diets, physical inactivity, and the harmful use of alcohol.

NCDs are a major health and development challenge in the Pacific. According to the World Health Organisation (WHO), NCDs account for over 80% of all deaths in Fiji, Samoa, and Tonga, and for over two thirds of all deaths in the Federated States of Micronesia (FSM), the Solomon Islands and Vanuatu.

Childhood obesity is also one of the most serious global public health challenges of the 21<sup>st</sup> century according to the WHO, and Pacific Island countries are amongst those experiencing the most rapid increases in childhood obesity worldwide. Average obesity rates among children under 5 years of age vary from just over 2% in the Solomon Islands to around 5% in Fiji and Vanuatu, and around 17% in Tonga.

### The Pacific Sports Partnership Program - Sports for Health

The Pacific Sporting Partnerships Programme (PSPP) - Sports for Health (or the Activity) is a five-year (2017-2022) partnership between the New Zealand Ministry of Foreign Affairs and Trade (MFAT), New Zealand Rugby (NZR) and Netball New Zealand (NNZ). This Activity aims to contribute towards the prevention and reduction of NCDs in the Pacific by encouraging children's and young people's participation in well-coached sports and stimulating physical activity and encouraging active and healthy lifestyles from an early age. and raising the awareness of healthy lifestyles through physical activity and nutrition. International evidence shows that this lays a stronger foundation for more active and healthy lifestyles into adulthood. This helps manage and reduce the impact of NCDs and helps fight childhood obesity.

This partnership branches out to Oceania Rugby and Netball, National Sporting Organisations (NSOs), and other stakeholders such as in-country government agencies and Non-Government Organisations (NGOs) focused on promoting healthy lifestyles. Fiji, Samoa, Tonga, and the Cooks Islands have been long-standing participating countries in the rugby and netball component, which has since 2020 also included a netball component in Vanuatu.

So far, the PPSP - Sports for Health has focused on building the capacity of coaches, officials, teachers, and volunteers; providing sports equipment and facilities to schools, communities, clubs, and sporting associations; and to delivering sports participation programmes in the participating countries. Information and knowledge-building on nutrition and general healthy lifestyles cut across these interventions.

## The review

MFAT, NZR and NNZ commissioned an independent mid-term review to:

- ascertain how well (or not) the PSPP - Sports for Health is progressing towards achieving its short-term outcomes
- identify how it can strengthen its performance during Phase One (2017 - 2022)
- provide insights for Phase Two after 2022.

The review<sup>1</sup> focused on the design and implementation of the rugby and netball components of the PSPP - Sports for Health in the Cook Islands, Fiji, Samoa, and Tonga during the period 2017 to July 2020; and that of the netball component in Vanuatu for the period since it started in 2020.

Data was collected from regional, national, and local stakeholders, including MFAT (both Auckland and Wellington and the Fiji, Samoa, Vanuatu, Tonga, and the Cook Islands High Commissions), NZR and NNZ, as well as representatives involved in the Activity's implementation, relevant government ministries, national sports organisations, and non-government agencies.

Other stakeholders included representatives from the Australia Department of Foreign Affairs and Trade (DFAT) and Netball Australia. A total of 66 interviews were completed by the evaluation team, which included members located in New Zealand, Fiji, Tonga, the Cook Islands, Samoa, and Vanuatu. Evidence was also sourced from relevant documents, including key documents associated with the PSPP - Sports for Health.

## Key findings

### Making notable progress and delivering results

The PSPP - Sports for Health is making solid progress since its launch in 2017. At the start, it faced several challenges around establishing, implementing, and managing the delivery of a new Activity across five Pacific countries. Both RNZ and NNZ, however, responded well, identified, and applied valuable lessons, and the PSPP - Sports for Health is now well embedded and delivering results.

There has been improved access to sporting opportunities for children and young people, including in remote areas and outer islands. Evidence shows there has been an increase in the number of children and young people playing rugby and netball. There are clear signs that a change in more healthy lifestyles (healthy action/healthy eating) is occurring as numerous stakeholders observed that already fizzy drinks are no longer served/allowed at games, children and young people are drinking more water, and healthier food in some cases (but not all) was being served. There is also evidence that local netball and rugby associations are supporting this by actively promoting healthy lifestyles.

There is also concrete evidence that shows local providers have increased capacity and capability to deliver the PSPP - Sports for Health, including healthy lifestyle messaging. Clear evidence of this was that the PSPP - Sports for Health was delivered fully and/or in some way during 2020 by local implementing partners with the support from RNZ and NNZ.

The PSPP - Sports for Health is being managed and delivered in a timely and efficient manner. Evidence shows that the Activity focuses on supporting gender equality and empowering both girls and young women by building their confidence and teaching them important life skills.

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<sup>1</sup> More details on the review design, methods, tools, and information on the PSPP - Sports for Health can be found in the PSPP - Sports for Health Inception Report (December 2020).

A strong focus on building the sustainability of the Activity from the start has meant there is now a solid foundation to move forward from. However, to ensure that sustainability is strengthened in country stakeholders considered more could be done in strengthening partnerships, investing in capacity building of local partners to deliver the Activity, and better communication, collaboration and coordination between different stakeholder and partners implementing sports development programs in schools and in the communities.

It is important to be realistic about what the PSPP - Sports for Health can achieve as a stand-alone Activity towards achieving its medium- and long-term outcomes. The achievement of the medium- and long-term outcomes (such as reduced impact of NCDs) will happen over a much longer period - 20 years+. And progress made will be the result of the collective impact of several different initiatives (incorporating health, education, economic development, infrastructure development, and sports development) being delivered by multiple players and not solely because of the PSPP - Sports for Health.

The PSPP - Sports for Health also contributes to several other key result areas. Evidence shows that it contributes to managing the response and impacts of epidemics, pandemics, and natural disasters by strengthening health, social, community and individual resilience. It was shown to be important for managing stress and anxiety, and bolstering psycho-social wellbeing, by offering a sense of normalcy where nothing else is normal.

Evidence gathered from in country has shown that the PSPP - Sports for Health has played an important role in helping children and young people return to normal life, that has been dramatically disrupted by COVID 19. Its focus on healthy lifestyles through sport has helped Tongans manage the mental health impacts of the pandemic. And in Fiji, the PSPP - Sports for Health was used as a gateway to deliver key messages to combat on-going social challenges caused by the pandemic. Similarly, it was used to communicate disaster recovery and preparedness messages when TC Yasa hit Fiji earlier this year.

It also offers potential pathways for MFAT to help achieve its diplomacy outcomes. Evidence provided by stakeholders, spoke of the positive relationships that have been established between in-country implementing partners and RNZ and NNZ. It has also resulted in deepening relationships between sporting code associations and unions within and across the Pacific and with New Zealand sporting code associations and unions. Mutual learning is occurring between the PSPP - Sports for Health in the Pacific and the delivery of like programmes with Pasifika communities in New Zealand. However, MFAT, RNZ and NNZ stakeholders believe this potential has not fully been realised, opportunities have been missed, and will be missed going forward if left unattended.

Both RNZ and NNZ are committed to the Pacific, to the PSPP - Sports for Health, and to supporting the development of Pacific rugby and netball. NZR and NNZ identified several opportunities that their sport (and other sports) can add value to and support, which closely mirrors the goals, objectives and the four priority areas identified in New Zealand's Pacific Sports Diplomacy Framework.

There are also important links to be made to broadening the economic benefits of the PSPP - Sports for Health. Stakeholders pointed out that it can help create pathways to economic well-being, not only in elite sport and professional representation, but to other sport work-related opportunities, such as sports development officers, coaches, umpires, sports administrators, and managers. COVID 19 is having a huge impact of reshaping world rugby, and there are also several opportunities currently being explored by RNZ that has the potential to have a transformational economic impact in the Pacific and over the longer term strengthen the Pacific's economic resilience and sustainability.

Evidence from stakeholders also spoke about other results that the PSPP - Sports for Health has contributed to including: building connections (social cohesion) in and between individuals, families, and communities; adding value to community development outcomes; strengthening Pacific mana; broadening the knowledge base on healthy lifestyles; learning important life skills such as decision-

making, leadership, and critical thinking skills, and working together as a team through losses/wins - all which can equally be applied to life outside of sport, as well as in adverse situations, such as during and in the aftermath of natural disasters, epidemics, and pandemics.

## Key conclusions

The review has gathered evidence to show that it has been effective in making progress towards its short-term outcomes. It has also shown that the PSPP - Sports for Health contributes to other key result areas. It has established a valuable foundation to build from by establishing partnerships and networks and strengthening local providers capacity and capabilities to roll out community-focused participation and awareness-raising initiatives, including in the outer islands and remote areas.

NCDs, and childhood obesity are still a major challenge for the Pacific. These remain an important health and development issue for Pacific countries to respond to and manage. Stakeholders believed that the PSPP - Sports for Health still has a critical role to play in the Pacific's fight to address NCDs and childhood obesity. This, and the Activity's potential to actively contribute to the Pacific's response and recovery to epidemics, pandemics, and natural disasters, and to contribute to several other key result areas (including helping New Zealand deliver on its diplomacy outcomes) provides MFAT, RNZ and NNZ, working in close partnership with local partners and other key stakeholders, an opportunity to make the PSPP - Sports for Health even more effective and to strengthen its role in the fight against NCDs and childhood obesity in the Pacific.

## Where to from here?

Stakeholders see huge value of the PSPP - Sports for Health continuing in some form or another. They want to see the PSPP - Sports for Health build on its core strengths:

- delivering healthy lifestyles through sport in communities and schools
- the valued partnerships with local government agencies, NGOS, NSOs, and other key local stakeholders
- building local capacity and capabilities of local implementing partners as well as teachers, coaches, and umpires and/or referees and volunteers to support the delivery of the PSPP - Sports for Health and embed sustainability gains
- appointment of in-country sport co-ordinators to drive delivery, connect the networks, identify potential opportunities, and nurture relationships
- its ability to adapt to the context and culture it operates in and to introduce new activities to respond to challenges and/or needs that are designed to enhance the achievement of the PSPP - Sports for Health's objectives.

They also believe it is time for the PSPP - Sports for Health, to take a step back, focus on consolidating to build off its achievements and the progress made to date, and take the opportunity to identify new opportunities and examine potential new directions, including:

- developing a more integrated and holistic program that engages, supports, and invests in several integrated yet separate set of activities
- exploring how to maximise the connections with the New Zealand Pacific Sports Diplomacy Framework, its goal, objectives and four priority areas
- investigating how to maximise the value add of the Activity's contribution to other key results areas, including social cohesion, gender equality, empowerment of girls and young women, economic well-being

- examining how the PSPP - Sports can be put to better use as a vehicle to deliver key social messaging in such areas as mental and sexual health, gender-based violence, natural disasters, epidemics, and pandemics
- expanding the PSPP - Sports for Health by doing more in Fiji, Tonga, Vanuatu, the Cook Islands and Samoa and/or include a greater number of sports and/or countries into the mix, including smaller sporting codes and/or sporting codes that are already active in country at national/local/village level /and/or expanding the age brackets
- adopting/adapting some of the new delivery methods/approaches that were delivered in 2020 in response to COVID 19
- rolling out the Fundamental Movement Skills program, piloted by NNZ, to other country contexts where required
- bringing other partners in, such as Sports NZ, which could add value in strengthening community sports structures and governance.

Key considerations in the next iteration of the PSPP - Sports for Health include:

- better coordination between different stakeholders and partners on the ground implementing sports for development programs in schools and in the communities, especially with those other sports programmes funded by MFAT
- more investment in the enabling environment to create more opportunities for children and young people to participate
- more regular and robust monitoring and evaluation
- an enhanced communication/media strategy that focuses on the PSPP - Sports for Health's key healthy messages, progress being, and achievements made.

Stakeholders wanted to see more effort into developing and strengthening local partnerships, building the capacity and capabilities of local providers to deliver. They also wanted to see more investment in training and in equipment and infrastructure to help sustain and grow opportunities for children and young people to participate in sport. More regular and robust monitoring and evaluation, along with an enhanced communication/media strategy that focuses on the PSPP - Sports for Health's progress being, and achievements made.

However, any change to the PSPP - Sports for Health must be considered in the context of COVID 19 and its on-going impacts. It must also ensure there is good alignment and coherence with other programs operating in the Pacific such as the Australia's Department of Foreign Affairs and Trade's Team Up and PacificAuS Sports (managed by Office of the Pacific).

## How do we get there?

There was a strong sense from stakeholders that there was a need to explore how to create an even more meaningful engagement with the Pacific, stronger partnerships, and what this might look like for the PSPP - Sports for Health to help generate locally owned sustainable outcomes of a healthier and more resilient Pacific.

To achieve this, a co-design process, with local partners and key local stakeholders around the table to develop a more inclusive and sustainable partnership to deliver the PSPP - Sports for Health, is recommended. This co-design process would:

- achieve better clarity and unity of purpose by all, which will mean clearer roles and responsibilities

- better buy-in, commitment and ownership of the Activity by all the stakeholders
- ensure it is designed that takes into consideration and reflects Pacific culture and context
- establish a more appropriate governance and management structure
- better program alignment and policy coherence with other sports for development type programs being delivered in the Pacific.

## Next steps

MFAT, RNZ, and NNZ during its no-cost extension period (until 2022) should:

- focus on consolidating and leveraging off the achievements and the progress already made
- continue to increase efforts on strengthening partnerships, better co-ordination, communication, and collaboration with the on-ground implementing partners, and building the sustainability of the PSPP - Sports for Health
- undertake the design plan for Phase Two the PSPP - Sports for Health, which would involve a co-design process with local in country partners and other key stakeholders, considering the context of the COVID 19 pandemic and its on-going impacts.

These next steps will provide the opportunity for the PSPP - Sports for Health to pivot in new directions, create fresh opportunities and establish new partnerships, while at the same time strengthening existing partnerships, cementing the Activity's foundation, and consolidating on the progress already made.

# Section One

## Background

### The context

Since first committing to the *Healthy Islands vision* in 1995, Pacific Island governments have been working hard to address the growing burden of non-communicable diseases (NCDs) and tackle childhood obesity, which according to the World Health Organisation (WHO), is one of the most serious global public health challenges of the 21<sup>st</sup> century.

NCDs are progressive, chronic diseases and those affected by it require long-term medical care. NCDs manifest in several ways, including strokes, diabetes-related blindness and amputations, kidney disease, lack of mobility, etc., which impose a heavy burden of care on families and health care systems. To prevent NCDs, it is important to address its main risk factors, i.e., tobacco use, unhealthy diets, physical inactivity, and the harmful use of alcohol.<sup>2</sup>

NCDs are a major health and development challenge in the Pacific. According to the WHO, NCDs account for over 80% of all deaths in Fiji, Samoa, and Tonga, and for over two thirds of all deaths in the Federated States of Micronesia (FSM), the Solomon Islands and Vanuatu. The four main NCDs (cardiovascular disease, diabetes, cancers, and chronic respiratory diseases) also contribute substantially to premature deaths (deaths between 30 and 70 years of age) in Pacific Island countries.<sup>3</sup>

Pacific Island counties are also amongst those experiencing the most rapid increases in childhood obesity worldwide. Average obesity rates among children under 5 years of age vary from just over 2% in the Solomon Islands to around 5% in Fiji and Vanuatu, and around 17% in Tonga. These figures substantiate public health concerns over childhood obesity in the Pacific.<sup>4</sup> Importantly, trends are pointing in the wrong direction. Existing risks factors suggest that, in the absence of effective interventions, NCDs and childhood obesity will become even greater challenges for the Pacific in coming years.<sup>5</sup>

### The Pacific Sports Partnership Programme - Sports for Health

The Pacific Sporting Partnerships Programme (PSPP) - Sports for Health (or the Activity) is a five-year (2017-2022), NZD 8 million Activity, funded by New Zealand's Ministry of Foreign Affairs and Trade (MFAT). It aims to contribute towards the prevention and reduction of NCDs in the Pacific by encouraging children's and young people's participation in well-coached sports and stimulating physical activity and encouraging active and healthy lifestyles from an early age. This is fundamental in establishing a stronger foundation for more active and healthy lifestyles into adulthood, which helps reduce the impacts of NCDs and childhood obesity.

The PSPP - Sports for Health is a partnership between MFAT, New Zealand Rugby (NZR) and Netball New Zealand (NNZ), branching out to Oceania Rugby and Netball, National Sporting Organisations, and other stakeholders such as in-country government agencies and Non-Government Organisations focused on promoting healthy lifestyles. Fiji, Samoa, Tonga, and the Cooks Islands have been long-

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<sup>2</sup> <https://www.who.int/westernpacific/activities/addressing-ncds-in-the-pacific>

<sup>3</sup> <https://devpolicy.org/ncd-prevention-and-control-special-challenges-in-the-pacific-20180418/>

<sup>4</sup> Source: *Overweight and obesity in the Western Pacific Region*. Manila, Philippines. World Health Organization Regional Office for the Western Pacific; 2017.

<sup>5</sup> Refer to Section 2.1 of the Activity Design Document (ADD): *Pacific Sporting Partnerships – Sports for Health for further background to this discussion*.

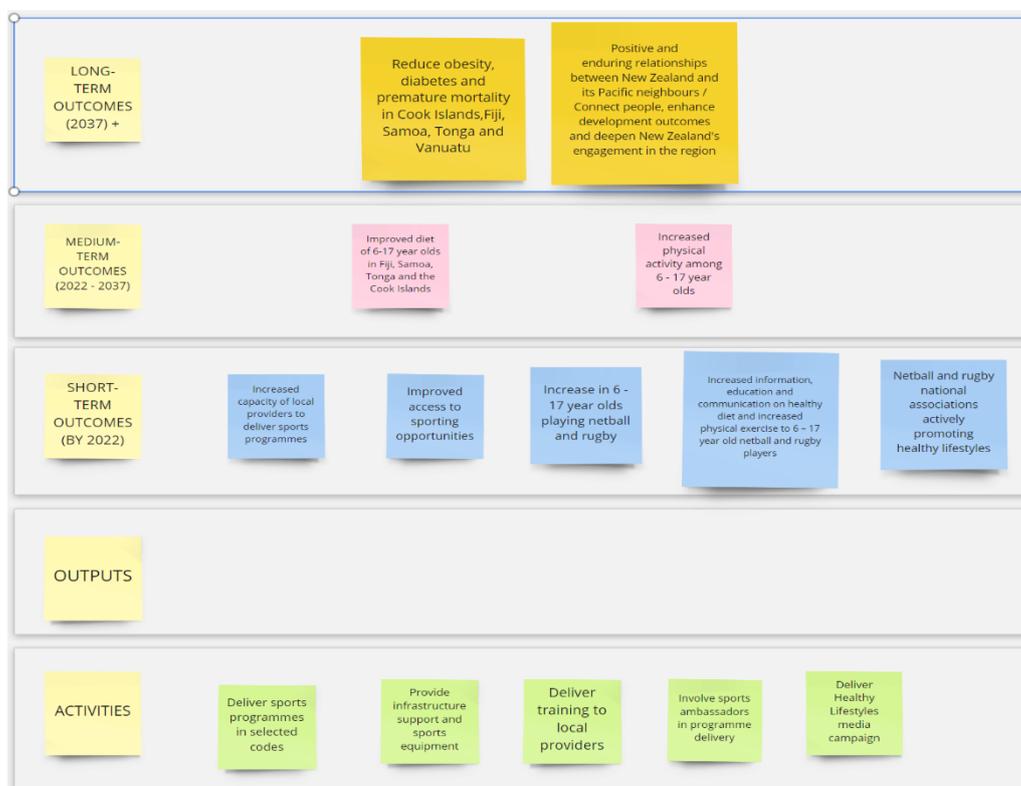
standing participating countries in the netball component, which has since 2020 also involved Vanuatu (initially through remote implementation). The rugby component is well-established in the Cook Islands, Fiji, Samoa, and Tonga.

So far, the PSPP - Sports for Health has focused on building the capacity of coaches, officials, teachers, and volunteers; providing sports equipment and facilities to schools, communities, clubs, and sporting associations; and to delivering sports participation programmes in the participating countries. Information and knowledge-building on nutrition and general healthy lifestyles cut across these interventions. Support is also being provided to strengthen the governance of netball in the Cook Islands and Fiji, where the governance arrangements and constitutions were revised with programme support.

In addition, the PSPP - Sports for Health also serves a sports diplomacy purpose for MFAT. While this is not explicitly articulated in the original Activity Design Document (ADD) or Results Diagram (see Annex 4), it is understood to be “about a secure, stable and healthier Pacific and Pacific Island Countries”, and “using sport as a mechanism to establish positive and enduring relationships between New Zealand and its Pacific neighbours”. Ultimately, however, it is “about influence”. It has since been articulated more explicitly in the New Zealand Pacific Sports Diplomacy Framework 2020-2025 as the “potential for sports diplomacy to connect people, enhance development outcomes and deepen our engagement in the region”.

Over time, the Results Diagram has been amended to reflect the implementing realities of the programme more accurately. Based on the latest NNZ and NZR progress reports, the current Results Framework, which includes diplomacy outcomes (noting this outcome was not identified in the original Results Framework) is illustrated in the following diagram:

*Revised Results Diagram reflecting implementing realities of the PSPP – Sports for Health*



A more detailed Results Diagram, which reflects differences between the rugby and netball components of the PSPP - Sports for Health, is in Annex 2.

The PSPP - Sports for Health netball and rugby components are managed and implemented in distinct ways in different countries. This is mainly because national governance arrangements for netball and rugby vary between countries. National rugby boards are generally better established and resourced compared to netball boards, while Oceania Rugby also provides governance and other support to national rugby boards. The focus of Oceania Netball has been on coordinating the internal events calendar, including qualifying events. More recently, Oceania Netball has started to develop a strategy that will see it taking on a more significant role.

Through a separate programme (also partially funded by MFAT), NZR has a Pacific Legacy Programme, focusing on Pacific Women Rugby Leadership, which aligns with gender and diplomacy. At the Rugby World Cup (RWC) 2022, an under 18 girls' rugby team from each of the participating Pacific Island countries will attend a game, and at the same time participate in their own tournament in Auckland with a view to developing future leaders of the women's game.

The New Zealand Aid Programme has also supported the Oceania Football Confederation (OFC) sport for development programme called 'Just Play'<sup>6</sup> from 2015-2018, focusing on the Cook Islands, Fiji, Samoa, the Solomon Islands and Tonga. This partnership was again extended for a further four-year term (2019 - 2023).

A Youth in Sport Leadership Programme is a core component in Fiji and Vanuatu since September 2020, based on a similar programme that was developed in Northland for Māori participants by NNZ. Programme resources have been used for Papua New Guinea and Tuvalu. It has a strong focus on women's empowerment.<sup>7</sup>

## Purpose, objectives, and scope of the review

### Purpose

The Activity Design Document (ADD) (2016:36) recommended that an independent mid-term evaluation of the PSPP - Sports for Health be conducted after 2.5-3 years "to assess relevance of the activity compared to the needs assessment, and to assess effectiveness and how the intervention is progressing towards the short-term outcomes".

While this suggests a predominantly summative purpose, the Terms of Reference (ToR) and inception discussions identified a predominantly formative purpose for the review.

### Objectives

The ToR (Annex 3) broadly reflects the review's purpose, with MFAT and the two main implementing partners (NNZ and NZR), wishing to ascertain how well (or not) the PSPP - Sports for Health is being implemented and how well it is progressing towards achieving its short-term outcomes. Inception consultations confirmed a second, forward looking purpose. The objectives of the review are to:

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<sup>6</sup> 'Just Play' is designed for primary-aged children (aged 6-12) and is based around structured activity programmes as well as the distribution of equipment packs containing balls, cones, bibs, activity manuals and other resources that enable children to play football at any time and in any situation. It promotes physical activity for children while encouraging community involvement and healthy living. Volunteers and teachers, who are trained by OFC in cooperation with its member associations, provide tuition for students on how to develop games skills and lead healthier lives.

<sup>7</sup> Although outside the scope of the PSPP - Sports for Health, NNZ also used programme resources when Netball Ambassador Irene van Dyk visited Trinidad and Tobago, Barbados, and Jamaica for two weeks in 2018 to deliver a community coaching programme for teachers and school students. The visit was funded by New Zealand High Commissions in Barbados.

1. account for the delivery of results to date. This will mainly be based on an assessment of the Activity's effectiveness, i.e., the extent to which its outputs and outcomes are being achieved, or likely to be achieved
2. strengthen the programme's performance for the remainder of its current timeframe and provide recommendations for its continuation after 2022.

## Scope

The review focused on the design and implementation of the rugby and netball components of the PSPP - Sports for Health in the Cook Islands, Fiji, Samoa, and Tonga during the period 2017 to July 2020; and that of the netball component in Vanuatu for the period since implementation there started in 2020.

During inception, MFAT emphasised that the review should give attention to the PSPP Sports for Health's contribution to sustainable health outcomes (reducing the incidence of NCDs, in particular) and the factors that influence this, as well as the "added value" of diplomacy, partnerships and New Zealand-Pacific connections.

In terms of evaluation criteria, relevance, coherence, effectiveness, and sustainability constitute the focus of the review. Attention was given to efficiency, but to a lesser extent. The PSPP - Sports for Health's impact was not assessed.

Data collection focused on the PSPP - Sports for Health stakeholders at MFAT regional and national levels, MFAT (located in Auckland and Wellington, as well as at the High Commissions in the five PSPP - Sports for Health participating countries); the NZR and NNZ CEOs and the programme and project managers, respectively, as well as relevant officials involved in programme implementation; relevant government ministries and NGOs in the participating countries; regional and national sports federations; coaches, teachers, officials, club managers, etc. who have received training through the PSPP - Sports for Health; and other development partners, including DFAT, which have interventions and interests in the result areas supported by the PSPP - Sports for Health. A total of 66 interviews were conducted. The review did not involve children as end beneficiaries of the programme, or their parents, given the nature and focus of the review's key objectives. They should be included as key stakeholder groups in any future outcome/impact evaluation undertaken of the PSPP - Sports for Health.

More detailed information about the review, its questions, the data collection methods, analysis and interpretation, ethical standards and safeguards can be found in the PSPP - Sports for Health Inception Report (December 2020).

## The report

The review's primary focus is on the PSPP - Sports Health. Key findings for each country based on in-country interviews have also been presented in separate resource country reports for Fiji, Samoa, Vanuatu, Tonga, and the Cook Islands. Detailed information about RNZ and NNZ can be found in their annual reports.

The report has six sections. The:

- first section assesses how effective the PSPP - Sports for Health has been in making progress towards its short-term outcomes and includes how it is contributing to other key result areas such as social cohesion, socio-economic and health resiliency. It also briefly looks at whether the Activity has been delivered in an economic and timely manner
- second section examines the continued relevancy of the PSPP - Sports for Health in addressing NCDs and childhood obesity in the Pacific

- third section focuses on the Activity's progress of building its sustainability
- fourth section includes several suggested improvements to strengthen the PSPP - Sports for Health
- fifth section presents some potentially useful insights for MFAT, NZR and NNZ to consider for Phase Two of the Activity
- sixth section presents the review's key conclusions and suggests the next key steps for MFAT, NZR and NNZ to consider taking.

The PSPP - Sports for Health Inception Report (December 2020) contains more detailed information about the:

- review purpose and objectives
- review matrix
- data collection tools
- data analysis framework
- ethical standards.

## Section Two

### The PSPP - Sports for Health is making solid progress and delivering results

The PSPP - Sports for Health's primary focus of its first year (2017) was on establishing relationships and partnerships with key in-country agencies (such as ministries of health and education, regional sporting agencies, such as Oceania Rugby, and country rugby unions and netball associations) and with other key stakeholders (such as health promotion agencies, national and Olympic sporting agencies). It also focused on setting up the governance and operational arrangements (including recruiting the PSPP - Sports for Health Country Coordinators) to deliver the PSPP - Sports for Health in Fiji, Tonga, Samoa, and the Cook Islands.

As to be expected, the first year unearthed some of the realities of establishing, managing, and delivering an Activity in the Pacific. As a result, RNZ, NNZ and MFAT had to manage several operational, political and governance challenges. This resulted in several changes to the original design of the delivery model to better reflect the country context. This included a new delivery model co-designed with the Samoa Rugby Union (SRU), which saw the delivery of the Sports for Health - Rugby exclusively through primary and secondary schools under the supervision of SRU.

The second and third years (2018 and 2019) focused on the delivery of the PSPP – Sports for Health on both the main and outer islands. It also included the piloting of a new basic movement and skills program (Fundamental Movement Skills program) in Fiji by NNZ.<sup>8</sup> Both years saw NZR and NNZ continue to navigate numerous political, governance and operational challenges - these have been captured in their respective annual reports<sup>9</sup> and interviews - and include:

- the sports systems in each country varying, as did the quality, maturity, and resourcing of them
- limited and/no equipment/facilities available
- limited capacity and governance issues in (some) national sports bodies and other key stakeholder agencies (such as NGOs)
- at the start of rolling out the Activity, there was a lack of clarity/mis communication/mis perceptions and mistrust of New Zealand by some Pacific stakeholders believing that the primary purpose of the PSPP - Sports for Health was “to exploit and extract” talented Pacific Island children and young people to play rugby at elite or professional levels for New Zealand
- a strong focus on sport as a career/elite participation/professional contracts by some Pacific stakeholders was to the detriment of the value of physical activity and participation per se; this led to difficulty in gaining traction in some countries from the start
- initial lack of engagement by government health ministries around healthy lifestyle messaging due to internal resource and capacity issues and limited and/or no health messaging resources to draw upon

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<sup>8</sup> This was introduced to address the poor fundamental movement skills and low-quality early experience of organised physical activity of primary school students - a result of schools lacking the necessary resources, and the need to strengthen teacher's training, skills, interest, and confidence to teach quality physical education. The primary aim of this program is to increase student's confidence and skills to enable them to participate in organised sports.

<sup>9</sup> See respective NNZ and NZ Rugby Annual Reports from 2017 onwards for further details.

- little collaboration between sports codes and sports for health initiatives
- Ministries of Education attaching variable value and showing variable commitment to physical activity/sports participation as part of the curriculum
- low levels of volunteerism (especially in Samoa and Tonga)
- due to traditional and cultural gender norms in Tonga contact sports were initially not offered to girls and young women
- the monitoring and evaluation arrangements (designed by external consultants) was found to be not fit-for-purpose; surveys and diaries were difficult to implement, which has impacted on the robustness of some the data collected and/or no data being collected - primarily around the healthy lifestyle messaging results by NZR.

In 2019, the PSPP - Sports for Health delivery was also impacted by the measles epidemic in Samoa and Tonga. In Samoa, it meant national sporting organisations access to schools was suspended in the first term of 2020 to make up for loss of academic time in 2019.

However, despite these ongoing challenges, by the end of the third year (2019), evidence presented in RNZ and NNZ's annual reports was showing that good progress was being made, operational, governance and relationships challenges were being tackled, and areas that needed strengthening and development were being focused on. NZR and NNZ were well positioned to meet their respective objectives and targets in 2020. In summary:

#### Rugby New Zealand<sup>10</sup>

- SRU had embraced the new implementation model established in 2018 (albeit not exactly as it was originally proposed) and currently is exceeding targets set for the number of participants involved in the PSPP - Sports for Health (rugby)
- The Fiji Primary Schools and the Secondary School Rugby Union were planning to incorporate the rugby program in schools including the PSPP - Sports for Health in 2020; the partnerships with the Fiji Rugby Union and Oceania Rugby are the basis of the strengthening relationships reported
- The Activity is now well established in Tonga being jointly delivered in partnerships with the local rugby unions in Tongatapu and the outer islands of Eua, Vava'u and Ha'apai.
- With the change of the Minister and CEO at the Ministry of Education and Training in Tonga, there has been a shift in approach towards girl's involvement in contact sports and a willingness to see the coordinated delivery of the activity in schools
- Progress in the Cook Islands was hampered by the PSPP - Sports for Health (Rugby) staffing issues (resignations/recruitment issues to find suitable replacement) in 2019 but agreement was reached with the Ministry of Education for delivery of the PSPP - Sports for Health (Rugby) in schools going forward.

#### Netball New Zealand<sup>11</sup>

- It was reported that Samoa delivered ahead of expectations and is showing the strongest opportunities to increase participation moving forward. This is a result of strong local leadership and working within the existing netball structure - competitions, clubs, and schools

<sup>10</sup> Information sourced from Annual Report: Pacific Sporting Partnerships – Sports for Health (Rugby) 15 February - 14 February 2020.

<sup>11</sup> Information sourced from Annual Report: Pacific Sporting Partnerships – Sports for Health (Netball) 1 February - 31 January 2020.

- Fiji is strengthening its self-sustaining approach by building a volunteer network of coach developers. This will be critical to extend the reach of the Fundamental Movement program. Partnering with the Fiji Sports Commission (FSC) has also directly resulted in increasing participation in netball activities in the outer islands
- Tonga has delivered against its plan and its ongoing delivery is guided by the local capacity of the Tonga Netball Association
- The delivery of NNZ PSP in the Cook Islands has not been fully effective and it has under delivered against its plan, despite the partnership with the Cook Islands Netball Association. This is primarily because the Activity was without a dedicated resource lead. A dedicated coordinator has now been appointed under Netball Cook Islands.
- Vanuatu was confirmed for inclusion in the PSPP - Sports for Health in November 2019, with activity commencing in March 2020. The focus is on developing netball participation through expansion of the existing Association structure, by partnering with secondary schools and local communities, and developing sports leadership and empowerment programs.

## 2020 COVID 19

COVID 19 has impacted on the delivery of the PSPP - Sports for Health across all five countries in one degree or another. However, what has been encouraging, was the fact that both NZR and NNZ have been able to adapt their approach and continue to deliver in some way or another all or parts of their programs with their respective local implementing partners. Examples include:

- the PSPP - Sports for Health (Rugby) delivered via the SRU club network (as result of school closures and suspension of national sports organisations to schools) with boys and girls U10, U14 and U16 teams coached by club volunteers
- the Fiji Rugby Union (FRU) proposed a community-based approach they termed “Hood of Origin”, which used the PSPP - Sports for Health (Rugby) Quick Rip, as an educational tool to develop rugby skills, health and well-being, confidence, safe spaces, and pathways to training and jobs for young people - feedback has been positive with the level of uptake resulting in a tripling of the numbers targeted for the PSPP - Sports for Health (Rugby) in 2020
- the PSPP - Sport for Health (Rugby) continued to be delivered at community-level in Tongatapu and in the outer islands in the first quarter and second six months of 2020; and discussions happened with the Ministry of Education and the Tonga Rugby Union to allow rugby back into schools for both boys and girls - in 2020, Tonga has now lifted its ban on girls playing contact sport
- agreement reached with the Cook Islands National and Olympic Committee (CISNOC) to provide a part-time Quick Rip Coordinator to drive the delivery was assisted by the Cook Island Rugby Union. Quick Rip was delivered through the Rising Stars School program, which is a nine-week program, that involved seven primary schools and three colleges, culminating in a Rising Stars Tournament in July 2020, which attracted close to 1,000 participants. There was also an Under 13s Rarotonga Schools Quick Rip 7s Championship (boys and girls) in December 2020. Eighteen teams took part.
- the PSPP - Sport for Health (Rugby) was delivered for the first time in the outer island of Aitutaki of the Cook Islands
- the NNZ PSP was able to complete all induction and training of the new in country coordinators in Vanuatu and Samoa, and deliver training and provide remote support to all countries with the release of the new Netball Leaders and Umpire Development programs

- Tonga was able to deliver against the PSP Netball plan commitments, albeit delayed and slightly truncated
- remote induction of the new NNZ PSP netball coordinator in Samoa went well with the technical training, but their ability to support the coordinator in delivery of the program has been challenging.

The ability to continue to deliver the PSPP - Sports for Health by local implementing partners in some way or another during 2020 has been a result of the:

- partnerships already established with key government agencies and local implementing partners (such as regional sports agencies, country rugby unions and netball associations, health promotion agencies)
- working relationships that have been nurtured and strengthened
- focus on building capacity of local providers, including coaches, umpires, and volunteers as a key component of the delivery model
- appointment of locally based Sports for Health co-ordinators to lead and coordinate the delivery of the program in country:

*Nevertheless, the uncertainties caused by COVID 19, saw the resilience of the program coordinators in both netGO and QuickRip, continue to deliver their programs in the community (Fiji Country Report)*

*The ability to harness resilience in the face of adversity.... The difficulty of managing any operation was heightened because of COVID 19 pandemic. Many organisations described this past year as trying to stay afloat, while netGO Vanuatu has strongly demonstrated that growth, progress, and resilience is possible during a pandemic (Vanuatu Country Report).*

## Good progress is being made towards achieving the short-term outcomes

A key objective of this review was to assess the PSPP - Sports for Health as a stand-alone Activity and identify what progress (if any) it is making towards achieving its short-term outcomes it was designed for. The short-term outcomes for the PSPP - Sports for Health are:

- increased capacity of local providers to deliver sports programs
- improved access to sporting opportunities
- increase in 6 - 17-year-olds playing netball and rugby
- increased information, education, and communication on healthy diets
- increased capacity of national and local sports agencies promoting healthy lifestyles.

Please note that the following figures are based on the most up to date figures, provided by RNZ and NNZ. In the case of NNZ, these are 2017 - 2019 figures. NNZ PSP was delivered in 2020 but due to COVID 19 general participation was significantly down or extremely hard to gather. Other data limitations included significant challenges to gather any data during 2020 and other limitations has been noted where appropriate.

## Local providers capacity to deliver sports programmes is increasing

A core focus of both NZR and NNZ PSPP - Sports for Health has been on building capacity of local providers to deliver sports programs. This work has involved training teachers and coaches as well as supplying resource kit bags to clubs/schools/villages across the PSPP - Sports for Health countries. It has also involved working with regional, national, and local providers to build their capacity through the implementation of the PSPP - Sports for Health.

Key cumulative figures from RNZ and NNZ's 2020 annual reports showed that:

- 1,082 coaches were trained in NNZ PSP Oceania Foundation Coach programme compared to the planned target of 284 by the end of 2022; coaches included student teachers in Samoa and academy netball players in the Cook Islands; 148 or 14% of the total were male (the target was set at 15%)
- 155 teachers were trained in the Fundamental Movement Skills programme in Fiji and Samoa<sup>12</sup>
- 2,173 coaches were trained/upskilled in rugby compared to the target of 712 by 2020; of those 615 were female; more than double the target of 230 females coached/upskilled by 2020
- 1,153 Quick Rip rugby kitbags were delivered against the target of 712<sup>13</sup>
- 562 netball kitbags against a planned target of 796 were distributed across Samoa, Fiji, Tonga, and the Cooks Islands - noting 2020 delivery was delayed due to COVID 19
- 32 Fijian schools received new Fundamental Movement Skills Kit Bags
- three netball courts were upgraded in the Cook Islands
- 21 sports ambassadors were involved in the delivery of NNZ PSP, and 17 visits by sports ambassadors in support of the delivery of the PSPP - Sport for Health (Rugby) between 2017-2019.

Other examples cited of strengthening local providers' capacity included:

- RNZ building capacity of clubs to run tournaments
  - moving to Saturday morning club-based activities Samoa, which is an opportunity to empower clubs to run tournaments
  - upskilling coaches and officials
  - providing resources such as child safety policies, health and safety policies, access to on-line coaching and injury prevention resources.
- Efforts by NNZ to strengthen local providers capacity included:
  - supporting Oceania Netball as an entity to strengthen its capacity to become a uniting body for netball in the Pacific
  - governance re-structure of Netball Cook Islands and constitution changes for Netball Fiji
  - creating a volunteer Coach Developer Network in Fiji
  - training students in teachers' colleges in Fiji and Samoa

<sup>12</sup> In Tonga, the FMS training and kit bags are not included in the numbers as they were delivered by the Peace Corps, which are not formally accredited providers.

<sup>13</sup> Annual report: PSP - Sports for Health (Rugby) 1 January 2020 - 31 December 2020.

- reviewing the Fiji Ministry of Education Physical Education policy and curriculum.

## Improved access to sporting opportunities

Good progress in delivering sports programmes and increasing opportunities and access to sports participation has been made since the launch of the PSPP - Sports for Health in 2017. Both RNZ and NNZ achieved good coverage across Fiji, Samoa, the Cook Islands and Tonga on both the main and outer islands:

- 1,686 new rugby teams for 6 - 17-year-olds; 974 more than the target set of 712 by 2020<sup>14</sup>
- 319 new netball teams for 6 - 17-year-olds;<sup>15</sup> 45% of the target set at 714 by 2020
- 68 schools participating in Fundamental Movement Skills programme
- Tongan in-country stakeholders reported that Quick Rip has now extended to one of the outer islands (Ha'apai; and it is also in Vava'u and Eua) and NNZ PSP has reached the Niua Islands, the northern most island group in Tonga; RNZ has delivered equipment to the Niuas through the Ministry of Internal Affairs
- in partnership with the Fiji Sports Commission, the NNZ PSP coordinator delivered the NNZ PSP program to several outer islands and rural communities:
  - . ...Through the Fiji National Sports Commission, the program has been able to reach rural communities, and demographics of the population that traditionally would not have had the opportunity to participate in this program
- in Tonga, NNZ PSP was the only sport-focused program delivered in the primary schools at the year 1 - 4 age group
- in Vanuatu, delivery of NNZ PSP to communities outside the main centers (Port Vila and Luganville) was on Efate and Espiritu Santo.

## Increasing number of 6 -17-year-olds are playing netball and rugby

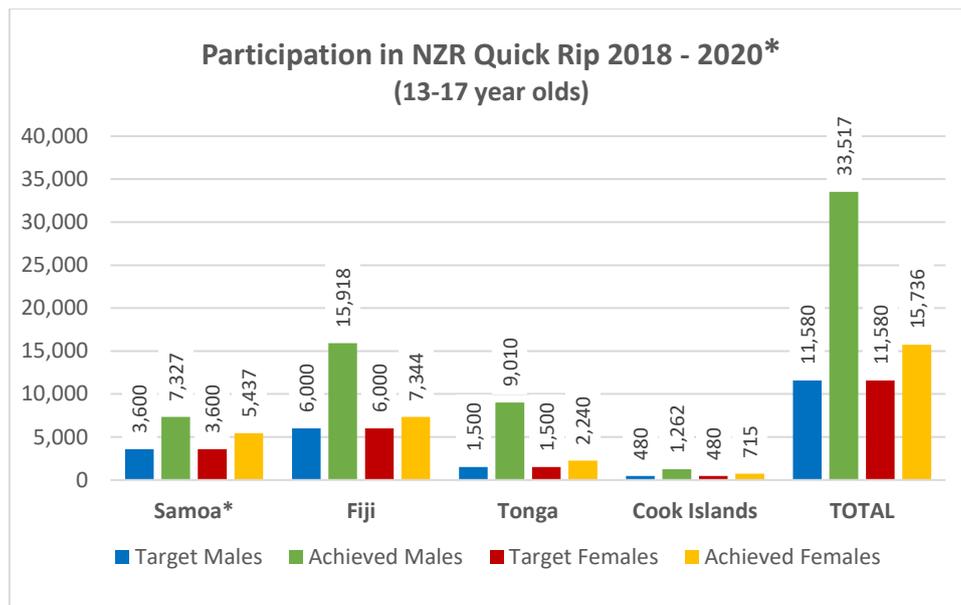
Overall, figures show that RNZ has reached and surpassed its targets set for children and young people participating in Quick Rip. NNZ is making solid progress based on three years data (2017-2019) showing they have achieved 69% of 6–12-year-olds and 61% of 13–17-year-olds of their targets. No and/or little participation occurred in NNZ PSP in 2020 due to COVID 19.

### New Zealand Rugby

- 49,253 13 - 17 -year-olds participated in the PSPP - Sports for Health (Rugby) in Quick Rip over three years (four years for Samoa, as it was piloted in 2017); the target was set at 23,160
- Of these 33,517 (68%) were male, compared with a target 11,580, and 15,736 (32%) were female (target 11,580).

<sup>14</sup> Annual report: PSP - Sports for Health (Rugby) 1 January 2020 - 31 December 2020.

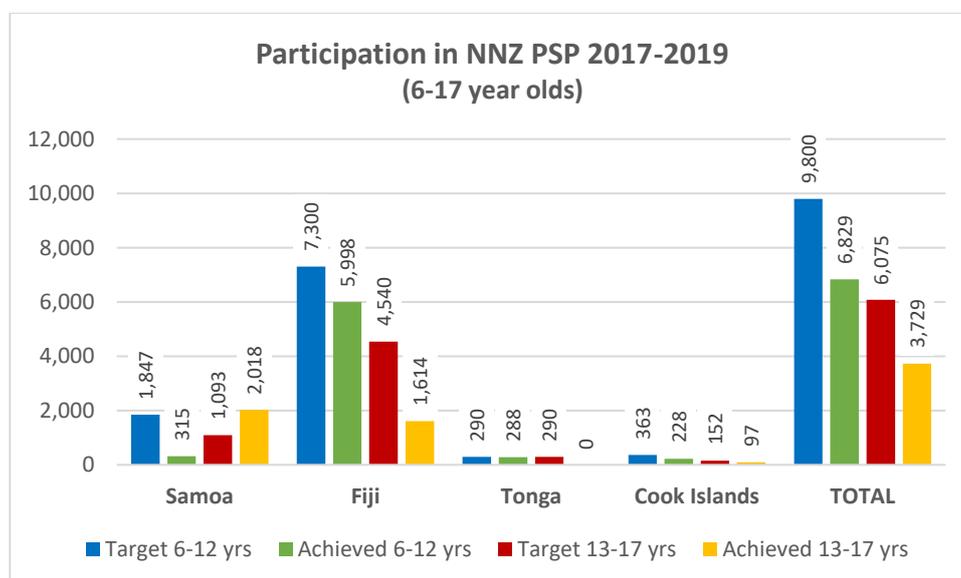
<sup>15</sup> There are several limitations to the data presented. This includes incomplete data from Fiji for 2018; it excludes new team in the outer islands of the Cooks; no 2020 participation figures for NNZ were available because of COVID 19.



\* The Samoa data is for four years (2017 - 2020) as Quick Rip was piloted in Samoa in 2017.

### Netball New Zealand<sup>16</sup>

- 6,829 6 - 12-year-olds over 2017 - 2019 participated in NNZ PSP - compared with 69% of the planned target of 6,075 by 2020
- 3,729 13 - 17-year-olds over 2017 - 2019 participated in NNZ PSP - compared with 61% of the planned target of 6,075 by 2020
- 68 schools participated in the Fundamental Movement Skills program.



The Phoenix Netball Club Samoa shared how they are:

<sup>16</sup> These figures are for 2017 - 2019. No activity occurred in 2020 due to COVID 19.

*... seeing a lot more in the U12, U16, U18 grades. The tournaments and programs have seen males also join in, former basketball players, and the pool of participants continues to grow. Within these spaces, there is a lot more dialogue...about eating right and healthy. (Club Secretary)*

The Vanuatu NNZ PSP is only starting to deliver activities and has yet to complete its first full year of operation, only officially starting in May 2020. Country stakeholders report that there are early indications of an increase in participation of children and young people.

## Healthy lifestyle messages are starting to make a difference

A key component of the PSPP - Sports for Health was to boost awareness and improve knowledge of the value of healthy lifestyles through sport. Both NZR and NNZ worked with the respective in-country ministries of health and education, and other key health stakeholders (such as health promotion agencies, the WHO, and social enterprise agencies such as The Food Revolution) to incorporate healthy lifestyle awareness messages into their netball and rugby components aimed at players, coaches, umpires, and teachers.

All rugby coaches, participating in the PSPP - Sports for Health (Rugby), are trained in the nine Healthy Lifestyle modules. Significant healthy lifestyle components were also integrated in NNZ Oceania Foundation Coach Programme and the Fundamental Movement Skills program in the Class/Year 1 and @ PE Resources that is aimed at primary school teachers to support them to deliver an effective fundamental movement skills/big ball skill in the physical education curriculum.

Results from NNZ PSP are encouraging and include:

- all coaches training programmes have included a healthy lifestyle module and all coaches training and player netball programmes' have integrated a physical activity, diet, and hydration module/s<sup>17</sup>
- 65 healthy lifestyle modules have been delivered through NNZ by the end of 2019; the planned target was 44
- NNZ reported that there was a total of 103 NNZ PSP related media mentions/clippings/recordings that included references to increased participation in netball, healthy lifestyles, coaching and games.

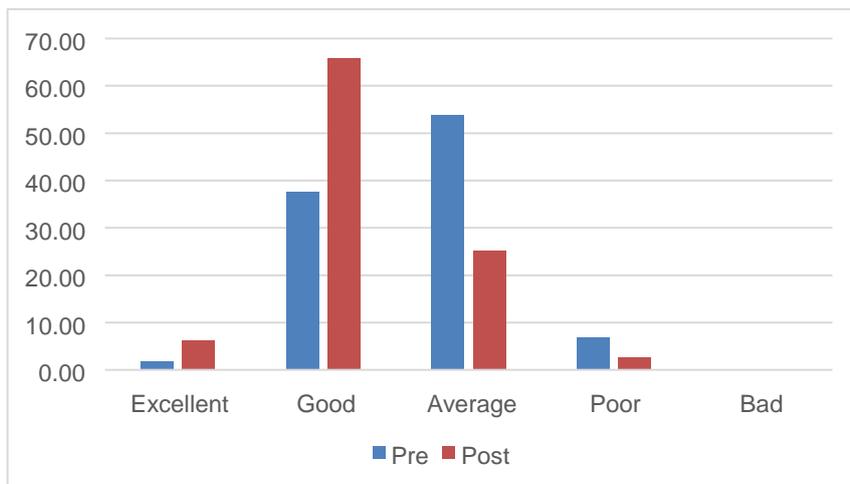
The 2019 NNZ pre and post survey in Fiji, Samoa, and Tonga<sup>18</sup> shows there has been an increasing awareness of healthy lifestyles. It is also starting to have some impact on healthy lifestyle behaviour of coaches. Comparing pre-season and post-season data there is an overall increase in awareness of healthy lifestyles amongst coaches, with Fiji coaches showing the most positive change.

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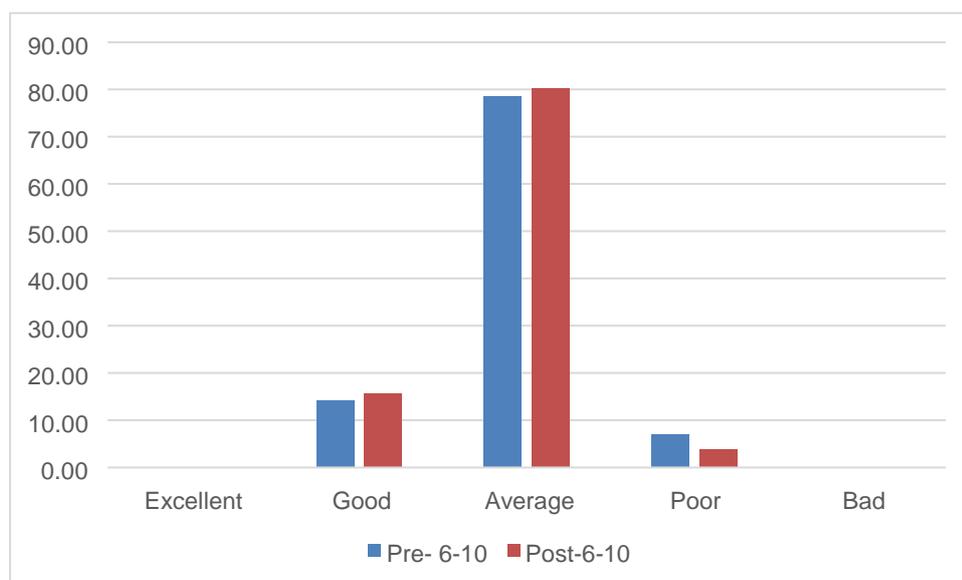
<sup>17</sup> NNZ-PSP 2020 Activity Progress Report.

<sup>18</sup> Pre-season and post-season questionnaires collected between June 2018 and December 2020 from coaches and players in the NNZ PSP.

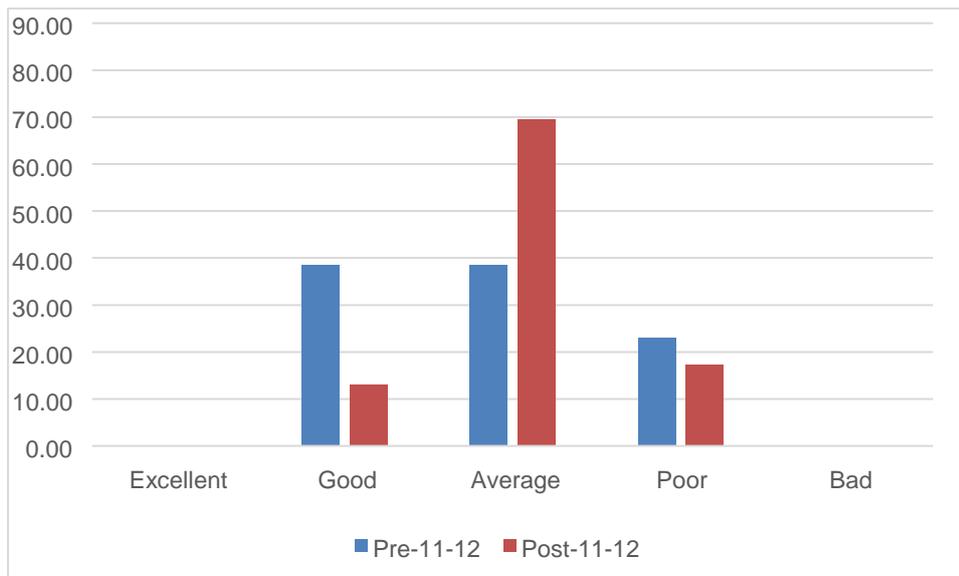
*Healthy Lifestyle Awareness ratings for coaches. Percentage comparison of pre- and post-respondents*



However, player respondents aged between 6 - 10 years of age did not have a significant difference between pre-and-post-questionnaires and those in the 11 - 12-year age group indicated a mixed result on Healthy Lifestyle awareness - see the following two figures:



*Healthy Lifestyle Awareness ratings of 6 - 10 year old players percentage comparison between pre and post questionnaires*



*Healthy Lifestyle Awareness ratings of 11 – 12 year old players percentage comparison between pre and post questionnaires*

Reasons for this mixed result included:<sup>19</sup>

- Many families could not afford the cost of fresh healthy food (including fruit)
- Junk food was cheaper to purchase and/or easier and more convenient to prepare than fresh healthy food
- Healthy lifestyle messaging also needs to be targeted at parents including examples of what they can do within their means.

The country reports provided good evidence of the positive impact the PSPP - Sports for Health was having on children and young people and their families:

*There were a couple of girls from our women's team. They are overweight for their ages. They never gave up attending trainings and games every week. They said that their involvement in this sport was not for the intention of losing weight but just playing against women and having fun. Surprisingly, weight dropped, and it has given them the motivation to keep pushing forward. (Official/Trainer, Tonga Quick Rip)*

*Through the training that we provide and give, the kids return home and share what they have learnt with their parents and we see that it helps most of the families. (Haápai (Outer Island) Official/Trainer, Tonga Quick Rip)*

*Most of the communities are now aware of NCDs and the need for balanced diets. (SRU)*

The Quick Rip Coordinator in Tonga (and others) noted that children were much more receptive to healthy eating messages when they understood how closely it related to them developing their talent. The netball Development Officer also stressed how the routines related to sport can also instill good habits that lead to healthier lifestyles. For example, they encouraged every kid to bring a bottle of water not just to activities, but to school every day. They have noticed that this was becoming more common. They had also noticed changes to eating habits immediately prior to training:

<sup>19</sup> NNZ Fiji and Samoa Research Trip Summarized Findings 2019.

*Children while waiting for training will either be eating candies or packs of noodles. It took a few trainings for them to understand the importance of not eating junk and drinking a lot of water, not only because they were training in the sun but also, they need to have a healthy lifestyle. (Development Officer, Tonga Netball)*

*Kids that turn up in training are drinking water before, during and after training, instead of soft drinks. (NNZ PSP Vanuatu)*

*More children are observed bringing their own water bottle to schools, showing evidence of their learning around hydration. (Samoa Country Report)*

Stakeholders in country noted that it was important to have strong media presence to support healthy lifestyle messaging. This helps reinforces the key messages being delivered through the PSPP - Sports for Health. Suggestions for more regular and more consistent messaging through mainstream media was suggested as was increasing the effort in social media, as this is where children and young people receive most of their information from and/or use it to communicate.

Key in country stakeholders in Samoa considered that the health messaging in the PSPP - Sports for Health has not been as effective as it could have been. Suggestions to strengthen this includes the need to enhance the communication/media messaging around the PSPP - Sports for Health - its objectives, progress, and achievements, which includes capacity building re: communication/media for implementing partners. More active partnerships with the Ministry of Health to deliver consistent healthy lifestyle messaging was another key consideration:

*We are dependent on the Ministry of Health to be active partners as we need an effective partnership with the Ministry of Health to find out what their messaging is and push the same message through our programs. (CE Netball Samoa)*

Having both the Ministries of Health and Education involved also validates the PSPP - Sports for Health, which will influence the buy in from school principals, which has been and can be a challenge with sports for development programs being delivered in schools.<sup>20</sup>

## Netball and rugby national associations are actively promoting healthy lifestyles

Again, evidence is being collected that shows that both netball and rugby national associations are actively promoting healthy lifestyles:

- Samoa, Fiji, the Cook Islands and Vanuatu Netball Associations have all prepared and implemented healthy lifestyle guidelines and a code of conduct
- the Cook Islands, Fiji and Vanuatu Netball Associations actively monitor and report on the implementation of their Healthy Lifestyle Guidelines
- the Cook Islands and Samoa netball clubs and their affiliated schools have a Healthy Lifestyle Code of Practice or Guideline in place.

Several examples were cited of this put into practice. Examples include:

- the Pacific Island Food Revolution was commissioned by NNZ to deliver healthy meal preparation workshops; this partnership has now been formalised

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<sup>20</sup> Samoa Country Report.

- the Junior Netball Competition in the Cooks Islands promoted as Fizz Free, supporting the policy of nu and water only at netball events
- the Cook Islands Games in 2020 supported the Fizz Free policy; Netball Cook Islands (NCI) secured a water sponsor to support this; the sport's governing body in the Cook Islands with the Cook Islands Sports and National Olympic Committee (CISNOC) are now promoting Fizz Free events across all sport events.

The PSPP - Sports for Health (Rugby) steering group<sup>21</sup> did not think they could or was it was practical to compel all the rugby clubs to adopt healthy lifestyle codes of conduct. Their preference has been to proactively support the healthy lifestyle messaging with posters and ground hoardings and ensuring that all coaches, participating in the PSPP - Sports for Health (Rugby), are trained in the nine Healthy Lifestyle modules.

## The PSPP - Sports for Health is contributing to several other key result areas

Stakeholders all spoke of the health benefits that the PSPP - Sports for Health is having. There has been an increase in participation of children and young people playing rugby and netball along with an increase in awareness and understanding of the benefits of healthy eating and healthy action. Numerous stakeholders observed that already fizzy drinks are no longer served/allowed at games and healthier food in some cases (but not all) was being served. These are all signs that a change in more healthy lifestyles (healthy action/healthy eating) is starting to occur.

Many stakeholders spoke of other benefits/outcomes, other than health, that the PSPP - Sports for Health is contributing to. These include:

### Helps manage response and impacts of epidemics, pandemics, and natural disasters

Overall, stakeholders believed that the outcomes from activities such as the PSPP - Sports for Health not only play a key role in helping the Pacific achieve its health goals in relation to NCDs and childhood obesity, but that a healthier Pacific improves the Pacific's overall health resilience to outbreaks of infectious diseases.

Stakeholders also noted that it can play an important role in strengthening the Pacific's social resilience during and in the recovery from epidemics (such as the measles outbreak in Samoa and Tonga), pandemics (such as COVID-19) and natural disasters.

Stakeholders pointed out that, activities such as the PSPP - Sports for Health, are important for psychosocial well-being during and in the aftermath of natural disasters, offering a sense of normalcy when nothing else is normal:

*Particularly after the impacts of COVID 19 putting pressure on communities. The consistency of the Quick-Rip program has offered continuity for those involved, and through their participation have enabled them (and their circles) to continue. (SRU Coordinator)*

Others also noted that playing sport/being physically active, also helps manage stress and anxieties that many experience in the face of isolation from normal social life, and/or possible loss of family or friends due to a natural disaster and/or epidemic/pandemic. For example, observations were made of

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<sup>21</sup> See RNZ Annual Report 2020.

the power of the PSPP - Sports for Health in the context of COVID 19 in helping children and young people return to normal life:

*By playing a rugby or netball, it has helped them overcome their fears and anxieties of being “close to someone” and helped them return to “more normal social behavior” after school curfews ended.*

Stakeholders spoke about the life skills children, young people and adults learn by playing sport. These skills can be applied to all parts of their lives. They can be equally useful in adverse situations, such as in the aftermath of natural disasters or in the long-tail recovery from a pandemic.

In-country stakeholders also saw close links between a healthier population being able to better manage severe COVID 19 symptoms. Tonga country stakeholders identified the benefits of programs such as the PSPP - Sports for Health that focus on healthy lifestyles through sport helping Tongans manage the mental health impacts of the pandemic. In Fiji, country stakeholders identified that by the PSPP - Sports for Health working in schools, it enabled them to use it as a gateway to a target group in delivering key messages to combat on-going social challenges because of COVID 19.

Similarly, taking the PSPP - Sports for Health out to villages has resulted in grass-roots engagement over healthy eating, active lifestyles, resulting in more coordinated efforts by village volunteers as local sports ambassadors to promote healthy lifestyles. It has also provided important channels to communicate disaster recovery and preparedness messages such as in the recent TC Yasa.

In response to COVID 19 impacts, and the importance of relying on and supporting local businesses, the PSPP - Sports for Health in Samoa also advocated “eat what you grow” as part of the healthy lifestyle messaging.

## Offers pathways to help achieve diplomacy outcomes

In-country stakeholders spoke of the positive relationships that have been established between in-country implementing partners and RNZ and NNZ. Going forward, in country stakeholders believed that these can be strengthened through on-going dialogue and regular check-ins, along with better alignment, co-ordination, and collaboration between key implementing agencies on the ground.

It has also resulted in deepening relationships between sporting code associations and unions within and across the Pacific and with New Zealand sporting code associations and unions. They also spoke about mutual learning that is occurring and being applied in the PSPP - Sports for Health in the Pacific and the delivery of like programmes with Pasifika communities across New Zealand that also focus on promoting healthy lifestyles through participation in sport.

Both RNZ and NNZ spoke about the mutual value they have gained by strengthening and deepening relationships with their respective regional organisations, national and local unions, and associations. It has also allowed them to connect to the community at the grassroots level through working with coaches, teachers, referees, umpires, and volunteers.

Key stakeholders from MFAT, NZR and NNZ believe that sport can contribute to several economic-socio-cultural-health outcomes in the Pacific, including helping New Zealand achieve its diplomacy outcomes. Both the Pacific Islands and New Zealand have a strong sporting history and culture. Sports, they believe, has the powerful ability to connect – through sport New Zealand connects with the Pacific, and vice-versa. It also connects Pacific communities in New Zealand with Pacific people in the Pacific.

In the words of one interviewee, reflecting a consistent message articulated by several others, was that - *it builds connections* - which can be leveraged off to help achieve New Zealand’s diplomacy outcomes. It is also an opportunity to help promote New Zealand’s values and principles and an

opportunity for mutual learning. However, these stakeholders believe this potential is unrealised, opportunities have been, and will be missed going forward if left unattended.

NZR observed that MFAT underestimates the power of sport, particularly, the power that rugby has in the Pacific; hence their existing relationships and networks remain underutilised, and which could be put to better use to help New Zealand achieve its diplomacy objectives in the Pacific and elsewhere in the world. This was echoed by NNZ as well.

## Strong links to the New Zealand Pacific Sports Diplomacy Framework

MFAT, RNZ and NNZ all saw a clear alignment and strong links between the PSPP - Sports for Health and the New Zealand's Pacific Sports Diplomacy Framework 2020 - 2025. Both RNZ and NNZ CEOs made the connection with several of the New Zealand Pacific Diplomacy Framework opportunities and priorities.

As the CEO of NNZ, explained, its new strategic plan (Poipoia), with their goal of 'connecting and inspiring communities through netball' is at *"the very heart of the PSPP's approach, which focuses on the community, and strengthening and empowering them to achieve"*.

Both RNZ and NNZ identified several opportunities that their sport (and other sports) could add value to including:

- enhancing healthy lifestyles and well-being
- driving gender equity, and supporting women's empowerment
- developing leaders
- creating/providing economic opportunities (includes remittances and employment)
- improving community, national and regional sports eco-system (includes sport/s infrastructures)
- strengthening people to people connections across different backgrounds, cultures, sectors, and communities
- deepening relationships, opening 'doors' and creating opportunities.

These opportunities are closely mirrored in the New Zealand's Pacific Sports Diplomacy Framework (see below) and reflected in its goal, objectives and four key priority areas.

## New Zealand's Pacific Sports Diplomacy Framework 2020-2025

### New Zealand's Pacific Sports Diplomacy Framework 2020-2025

**GOAL /** New Zealand sports diplomacy in the Pacific is effective and valued. It supports Pacific countries' priorities and contributes to improved development outcomes.

	OPPORTUNITIES	CHALLENGES	
<p>There is unrealised potential for sports diplomacy to connect people, enhance development outcomes and deepen our engagement in the region.</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Enhance healthy lifestyles and well-being</p> </div> <div style="text-align: center;"> <p>Celebrate diversity and identity</p> </div> <div style="text-align: center;"> <p>Develop leaders</p> </div> <div style="text-align: center;"> <p>Women's empowerment</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>People-to-people connections</p> </div> <div style="text-align: center;"> <p>Economic development (employment and remittances)</p> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Infrastructure</p> </div> <div style="text-align: center;"> <p>Governance</p> </div> <div style="text-align: center;"> <p>Expertise and capacity</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>Access for women and girls, youth, elderly, people with disabilities and those living remotely</p> </div> <div style="text-align: center;"> <p>Resources</p> </div> <div style="text-align: center;"> <p>Coordination</p> </div> </div>	<p><b>5 Principles for Engagement</b></p>

**Priority 1**

**CHAMPION WOMEN IN SPORT**

Sport can be a powerful driver of gender equity. While the growth of women's sports globally has been significant, challenges around access and opportunity remain. New Zealand will support increased women and girls participation in sports, and empower them to be decision makers and leaders in the sector.

**ACTIONS:**

- ✗ Develop a Pacific Leveraging programme for major events including those hosted by New Zealand (i.e. Rugby World Cup (Women's) 2021; ICC Women's Cricket World Cup 2021; Annual Women and Girls Summit; and Women and Sport Conference 2022).
- ✗ Pursue partnerships that advocate, support and build Pacific women's leadership through attachments/ work placements, communities of practice and knowledge sharing, and other activities.
- ✗ Support initiatives that enable increased, quality participation of women and girls in sports and recreation.

**Priority 2**

**SPORTS FOR ALL**

Sport has the potential to unite and celebrate people from different backgrounds, cultures and communities. Together with partners, we will address barriers and create opportunities for increased, inclusive participation so that everyone can get involved in sports, and be active and healthy.

**ACTIONS:**

- ✗ Support partners' efforts to enhance access and participation in sports and recreation for all people in Pacific Islands Countries including young people, the elderly and people with disabilities.
- ✗ Contribute to small-scale facilities upgrades and community sports equipment.
- ✗ Explore ways to add value to and leverage existing sports for development activities (i.e. New Zealand's Pacific Sporting Partnerships – Sports for Health (2017-2022) and Just Play Sports (2018 - 2023)).

**Priority 3**

**GOVERNANCE**

Strong community sports structures can have a significant impact on the development and well-being of people and form the building blocks for countries' sporting goals. New Zealand will invest in activities that assist Pacific partners' system-wide and sustainable sports governance and operations, in line with their priorities.

**ACTIONS:**

- ✗ New Zealand Ministry of Foreign Affairs and Trade will work with Sport NZ and Pacific partners to identify and deliver Pacific sports institutional strengthening and capacity building, including opportunities for secondments/ work place experience.
- ✗ Provide access to technical assistance for policy development and delivery; management and administration; and infrastructure advice.
- ✗ Support improved collaboration and coordination between regional and national sporting organisations and partners working in the sector.

**Priority 4**

**NEW ZEALAND PACIFIC CONNECTIONS**

Challenges on the field and friends off it, the people-to-people connections formed through sports lead to deepened relationships and new opportunities. We will facilitate and profile connections that highlight New Zealand and Pacific sports engagement.

**ACTIONS:**

- ✗ Develop a living sports calendar and repository (2020 - 2021) that identifies relevant games/ events being held in the Pacific and New Zealand.
- ✗ Identify sports events that celebrate the diversity and contribute of sports people in the region and advocate key issues on health and inclusive participation.
- ✗ Work with partners to generate more awareness and recognition around New Zealand Pacific Sports engagement and initiatives.

Both NZR and NNZ CEOs wish to strengthen their partnership with MFAT. Both CEOs spoke about New Zealand being a Pacific nation and their commitment to being an active player in the Pacific. They expressed a strong on-going commitment to engage and invest in the Pacific Region, and that the Pacific is an integral and critical part of their future vision/plans moving forward.

### Contributes to economic well-being and economic recovery of the Pacific

Loss of productivity because of NCDs is a significant issue for the Pacific. Individuals with illnesses (including the effect of such illnesses, such as diabetes related amputations and blindness) reduces the capacity to perform income earning work. This places increased pressure on other family members, including children and young people. COVID 19 also is having a deep economic impact in the Pacific (alongside the social/wellbeing impacts) that has translated into job losses and reduced incomes for many.

Both NZR and NNZ pointed out that sport can help create pathways to economic well-being. Not only does it include those who go on to participate in elite sport and professional representation, but participation in such activities such as the PSPP - Sports for Health, also raises the awareness of children and young people to other sport work-related opportunities, such as sports development officers, coaches, umpires, sports administrators and managers, and other sport health related roles such as doctors, physiotherapists, dietitians. Tongan stakeholders saw that having paid staff delivering the PSPP - Sports for Health, was a positive role model, and it is having a positive effect in schools and in the community. NNZ noted that skills learnt can also be transferred to other professions such as teacher aid work/administration, and so forth.

In the case for NZR, COVID 19 is having influencing the shape of world rugby. It has created an opportunity for NZR to take a step back, refocus and sharpen their thinking and planning, and to

increase their commitment to strengthen the game of rugby in the Pacific. The CEO of NZR, identifies there are several opportunities currently being explored that has the potential to have a transformational economic impact in the Pacific.

These opportunities (including the opportunities of Pacific rugby teams being based in the Pacific and rugby teams [both men/women] being involved in a new super/rugby competitions) could bring increased investment and create several economic opportunities across the Pacific. This will contribute to the economic recovery from the deep economic impacts created by COVID 19 and over the longer term it will help strengthen the Pacific's economic resilience.

## Supports gender equality and empowerment of girls and young women

There are deeply rooted gender norms that create different barriers and opportunities for boys and girls and young women and men to participate in sport as part of their everyday lives. For example, playing contact sports can be considered as unfeminine behaviour; playing sport can also take away time from doing chores/and paid work; church elders and/or village community leaders that have a high degree of authority at the community level (as do teachers), can enable or hinder participation in sport.

MFAT, RNZ and NNZ and other stakeholders believe that the PSPP - Sports for Health plays a strong role in supporting gender equality as well as having an active role in empowering girls and young women:

*It is fundamentally important for our women in the Pacific Region to have an opportunity to develop into strong Pacific women through sport. It is vital for our region and our collective learning. (CEO NNZ)*

Initiatives taken to support gender equality and empowerment of girls and young women include:

- employing women country coordinators (their first paid roles in netball) including former captain, coaches and assistant coaches of national teams
- providing empowerment and leadership training to young women through the Netball Leaders program - currently running in Fiji and Vanuatu, and shortly expanding to Samoa; the sessions maybe (still under discussion) be offered to include girls/young women/women playing rugby
- equal gender balance is required on steering groups for the PSPP - Sports for Health (Rugby)
- all the netball ambassadors are women, including two former coaches of the Silver Ferns, three former or current coaches of Pacific Island national teams, three former captains of national teams, and two of whom have received Queens Honours medals
- five out of nine rugby sports ambassadors have been women
- General nutrition awareness empowers children, teachers, and coaches (most of whom are women) to make informed choices about their and their families health; NNZ is also partnering with Vanuatu Family Health Association to raise awareness and education of female sexual reproduction health
- delivering the Fundamental Movement Skills program helps improves the basic coordination skills of young children, empowering girls to participate in physical activity with confidence
- introducing alternative rules or options for Quick Rip were made available to enable each country to adopt a version that will appeal to the widest number of players, especially female players

- Quick Rip school team games played at key events such as World Rugby’s Women in Rugby Month in September 2020 and it will feature at the Women’s Rugby Development Week in March 2020
- training of Indo-Fijian teachers in netball coaching, including at Indo-Fijian focused schools, supporting Indo-Fijian girls and young women to participate in organised sport – historically an exceptionally low participating ethnic group both in Fiji and in New Zealand
- the Tonga Women’s Rugby Association been involved in all RNZ coaching sessions; facilitated working sessions on the delivery of the PSPP - Sports for Health (Rugby) with their counterpart Tonga Rugby Union
- facilitating Youth Voice Workshops provides a safe and open environment for young people to talk about their experiences in life and sport and allows them to shape how sport will be delivered.

## Strengthens communities, teaches important life skills, and enhances Pacific mana

Both RNZ and NNZ identified that of the PSPP - Sports for Health has created stronger connections with the Pasifika communities/families and New Zealand Pasifika communities/families - *we are the facilitators; we can reignite connections with Pacific Islands people in New Zealand* (NNZ)

Several stakeholders noted that by participating in sport/physical activity builds social connections/cohesion and resilience in and between individuals, families, and communities. In Tonga, in country stakeholders spoke about increased social cohesion and the involvement of the wider community, with parents and teachers getting involved as volunteers:

*It is about bringing grandmothers, mothers, and daughters all playing netball together – it is about having fun, unity, mirth, strengthening the inter-generational bonds* (NNZ)

*...events locally were bringing people together to watch, support and cheer for their loved ones* (Ministry of Internal Affairs, Tonga)

*Yes, we have had good feedback from schools and parents. The kids have positive attitudes.* (SRU Coordinator)

Many stakeholders also identified that activities such as the PSPP - Sports for Health have other critical outcomes of deepening the knowledge and skill base of individuals in the community, such as coaches, umpires, referees, teachers, volunteers, and players, that as one person said, *this is what will make the real difference.*

Skills such as decision-making, leadership, and critical thinking skills, and the knowledge of working together as team through losses/wins, can equally be applied to life outside of sport. It is teaching children and young people life skills:

*Rugby is the perfect tool to educate kids on various life skills, which will place them in a better place to understand and deal with issues they go through every day.* (Fiji Rugby Women’s Development Manager)

*The key strength of the PSPP is its demonstrated capacity in connecting people, developing leadership skills, creating networks of growth, and creating potential opportunities for the unemployed sector.* (Country Coordinator, Vanuatu)

In a press-statement by Fiji Rugby, the Fiji Rugby Development Unit has shifted their focus to children living in vulnerable communities, across the country, looking at ways to get these children in some fun-filled activities, while also teaching and growing their knowledge of the core values of life since COVID-19.

The PSPP - Sports for Health was also seen by in-country stakeholders as great ways to connect people, and to connect people with their local sports clubs. This helps expand the reach of healthy and active lifestyle messages. To maximise time and resources and help encourage the broadest possible community engagement, there were suggestions that RNZ and NNZ could host these community events together.

Stakeholders identified that sporting activities, such as the PSPP - Sports for Health, can also positively contribute to community development outcomes. For example, 2019 saw the Quick Rip game introduced to the Fiji Police Force, across 35 police stations, to help them manage NCDs within the police force. A key part aspect of the delivery model was the requirement to involve youth teams, thus contributing to the PSPP - Sports for Health outcomes. It was also helping develop the relationship between the police and young people in the community.

Other results attributed to the PSPP - Sports for Health include:

- strengthening Pacific identity/ies and mana. As one stakeholder so aptly put it:

*The PSPP - Sports for Health helps build confidence at an individual, village and community level. Sport can also confirm our identity at a country, regional and global level as well. It embraces our values, celebrates our talents, and we can take pride in our sporting achievement whether it be a local level or on the global stage. (MFAT)*

- influencing positive attendance records at school in Samoa:

*Once these programs started running, attendance improved about 70%. Data comes from the sporting bodies. Some of the principals' report to us and they have talked about the change in their school's attendance. (Ministry of Education, Sports and Culture, ACEO Sports Division)*

- facilities being hired out for training purposes by different teams and schools have provided more regular and reliable income for facilities (Samoa Country Report)

- connects to performance and long-term athlete development:

*We recognize the need to address nutrition and dietary habits of the population in order to achieve the goals of our long-term athlete development approach. (Cook Islands National Sports, and National Olympic Committee, Secretary General)*

*The Activity encourages participation from younger age groups, with the non-contact option, also focusing on technique and basics, that are essential building blocks for quality output at the national-representation levels. (SRU)*

*Both the President for Netball Cook Islands and the Cook Islands Rugby Union acknowledged how the programs fit well into the "athlete development plan" but also in terms of their social responsibility in "preventing NCDs and sending these messages to children in schools. (The Cook Islands Country Report)*

## Being delivered in an economic and timely manner

Based on a review of the RNZ and NNZ annual reports and feedback gathered from key stakeholders' interviews, there is evidence that supports that the PSPP - Sports for Health has been delivered in an economic and timely manner. The evidence that supports this conclusion includes the:

- flexible country and context-specific delivery approach that RNZ and NNZ have developed enables them to make the necessary adjustments along the way to optimise investment, efficiency, and effectiveness
- both NNZ and RNZ can exploit their respective sponsorship deals to keep costs down. For example, Air New Zealand charges charity rates for freight; discount deals with equipment providers (such as Gilbert, Puma); and, local deals are struck, for example, in Fiji, Williams and Gosling provide free storage and local freight
- annual report shows prudent management of the budget/s, with any over runs off-set within existing budgets
- identification and management of risks with a focus on overcoming any challenges and barriers, which link to budget expenditure
- robust monitoring against key performance indicators; acknowledging that challenges to existing data collection and the limitations associated with the data collected
- 2020 annual report presents a revised budget that includes the extension of the PSPP - Sports for Health by one year to account for the underspend and disruption caused by COVID 19.

Overall, country stakeholders believe that the PSPP - Sports for Health is high quality, timely and delivered in an efficient manner:

*Yes, with the rugby programs they have an exceedingly small window at the schools, but they manage to get their programs running within that time frame and deliver exciting activities for the kid. (Ministry of Education, Sports and Culture, ACEO Sports Division Samoa)*

Suggestions for underutilized funding include:

- enhance coordination by building knowledge and information sharing, networking, and building a culture of collaboration between sport codes and with the public
- invest in playground infrastructure in schools and community parks
- training more youth facilitators to deliver health workshops
- linking these youths with key stakeholders to better reach rural villages and communities.

## Section Three

The PSPP - Sports for Health is making good progress towards achieving its short-term outcomes and there is clear evidence that it is delivering results, confirming that the Activity remains relevant in helping manage and reduce NCDs and childhood obesity in the Pacific. They remain major health and development challenges in the Pacific and are still a top priority to tackle for Pacific Island countries. It is also a child and young person's right to have access to a healthy lifestyle, including to a nutritious diet and access to physical activity opportunities.

### Remains highly relevant in the fight against NCDs and childhood obesity

#### The PSPP - Sports for Health is a significant actor in addressing NCDs

NCDs are still a major health and development challenge in the Pacific. According to the WHO, NCDs account for over 80% of all deaths in Fiji, Samoa, and Tonga, and for over two thirds of all deaths in the Federated States of Micronesia (FSM), the Solomon Islands and Vanuatu. The four main NCDs (cardiovascular disease, diabetes, cancers, and chronic respiratory diseases) also contribute substantially to premature deaths (deaths between 30 and 70 years of age) in Pacific Island countries.<sup>22</sup>

Studies commissioned by the Secretariat of the Pacific Community have shown the Pacific Island countries have the highest proportion of obese and overweight people in the world – the average level of overweight people is 51.2%. According to the WHO, the cost of NCDs will continue to rise. Other studies show that the cost to families, health systems and the national economy is unsustainable.<sup>23</sup>

Pacific countries focus on managing and reducing the impacts of NCDs is clearly articulated in countries' respective national strategic and policy plans. This supports in country stakeholders' observations that NCDs still remain a top priority focus for the Pacific:

The **Fiji Ministry of Health & Medical Services National Strategic Plan (2016 - 2020)** acknowledges that “the NCD problem in Fiji and the region has been termed a crisis”, and Priority Area 1 in the Strategic Plan is “the need for a whole-of-society approach to reduce NCD risk factors in the population based on the ‘Wellness’ approach”, in line with the Healthy Islands Framework

Indicator 7.1 in the **Cook Islands National Sustainable Development Plan 2016 - 2020** is to reduce the rate of premature deaths from NCDs, and this is carried through in the **National Health Strategic Plan 2017 – 2021**

**Samoa's National NCD policy 2018 – 2023** aim is to promote a commitment to and guide action to achieve the Government of Samoa's Goals to improve the health of the population through the prevention of NCDs; **strengthening NCD awareness and physical activity programs in communities** to promote the importance of a healthy lifestyle are amongst the intervention strategies outlined in the policy.

<sup>22</sup> <https://devpolicy.org/ncd-prevention-and-control-special-challenges-in-the-pacific-20180418/>

<sup>23</sup> Tuitama, L.T., Young-soo, S, Tukuitonga, C and Beaglehole, R (2014) Acting on the Pacific Crisis in Non-Communicable Diseases *Lancet* 384 (9957), 1823-4

**Vanuatu also has a dedicated NCD Policy & Strategic Plan (2016 - 2020).** The mission of the NCD policy is to deliver, through multisectoral collaboration, a holistic and integrated package of interventions to both prevent and control NCDs in Vanuatu

**The Tonga Health National strategic Plan 2015 - 2020** commits to providing “a dynamic health system that can diversify health care service delivery to always align with the health needs of the public”, and “to improve the health of the nation by providing quality care through promotion of good health, and reducing morbidity, disability and premature (death) mortality”.

In-country stakeholders across the five Pacific countries confirmed that the PSPP - Sports for Health’s medium and long-term outcomes align with their respective ministries (including health, youth, and sports, education and training, internal affairs) strategic plans, shared goals, and strategic priorities.<sup>24</sup> Alignment was also evident with the PSPP - Sports for Health’s preventative and population-based approach with key ministries approaches to reduce and manage NCDs and childhood obesity.

Country reports also verified that the national sports agencies (for example, national sports commissions and national associations of sports and national Olympic committees) also share common objectives and common goals with the PSPP - Sports for Health:

*The PSPP aligns to our international, regional, and national priorities for Netball. It fits into our Netball program that we are currently running in schools here in Rarotonga and Aitutaki. It fits in with our health, fitness, and nutritional programme. There are some crossovers with other netball development work, which reinforces our objectives. (Netball Cook Islands, President and Programme Coordinator)*

There was agreement that a collective approach towards the fight against NCDs and childhood obesity was required, based on collaborative relationships and genuine partnerships across common priority areas.

Stakeholders described the PSPP - Sports for Health as an agent or vehicle of/for change, providing opportunities for children and young people to be both active physically and to learn about healthy eating. Existing evidence (from New Zealand and elsewhere) shows learning good healthy eating/healthy action habits at a young age lays a good foundation leading to better well-being and healthier lifestyles in adults. A healthier population of Pacific people will help prevent, reduce, and manage the risks factors of NCDs. By creating a healthier population, this in turn, strengthens the Pacific population’s health resilience:

*Yes... (the PSP Program) does (align) ... to meeting our CIRU objectives. As an organisation we look at participation, enjoyment, and development. What I really like about this program is the health component and enforcing values at a younger age. It is a priority and nurturing good seeds for our future generations. (Cook Islands Rugby Union, Development Manager)*

## It is also relevant to help fight childhood obesity

Several stakeholders also saw the PSPP - Sports for Health as still having a critical role in fighting childhood obesity. They pointed out that starting physical activity young will help ensure that children and young people can develop a life-long habit of being involved and active, and prevent the onset of overweight and obesity, making them less susceptible to NCDs.

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<sup>24</sup> See in-country resource reports.

Childhood obesity<sup>25</sup> is still one of the most serious global public health challenges of the 21<sup>st</sup> century, and Pacific Island countries are amongst those experiencing the most rapid increases in childhood obesity worldwide, according to the WHO.

Average obesity rates among children under 5 years of age vary from just over 2% in the Solomon Islands to around 5% in Fiji and Vanuatu, and around 17% in Tonga. Obesity among school-attending young people aged between 13 and 15 years in selected Pacific Island countries is summarized in the following table.

These figures substantiate the continued public health concerns over childhood obesity in the Pacific. Importantly, trends are pointing in the wrong direction. Existing risks factors suggest that, in the absence of effective interventions, NCDs and childhood obesity will become even greater challenges for the Pacific in coming years.

***Prevalence of overweight or obesity among school-attending boys and girls 13-15 years in selected Pacific Island countries, based on self-reported height and weight\****

	Girls (%)	Boys (%)
Vanuatu	13.6	8.3
Fiji	20.4	17.9
Kiribati	46.4	31.9
Nauru	48.9	40
Samoa	59.1	43.4
Cook Islands	58.9	58.2
Tonga	58	61.2

*\* Body Mass Index [BMI]-by-age and sex >+1 standard deviation*

Source: Overweight and obesity in the Western Pacific Region. Manila, Philippines. World Health Organization Regional Office for the Western Pacific 2017

This will be exacerbated when high-speed internet, streaming and online gaming become a reality in Pacific Island countries. It will impact people’s lifestyle choices and increase the burden on already overstretched families, communities and government health budgets and systems. This was clearly captured in the Cook Islands Country report:

*Because traditional approaches to addressing these health-risks have been ineffective with modern day challenges including:*

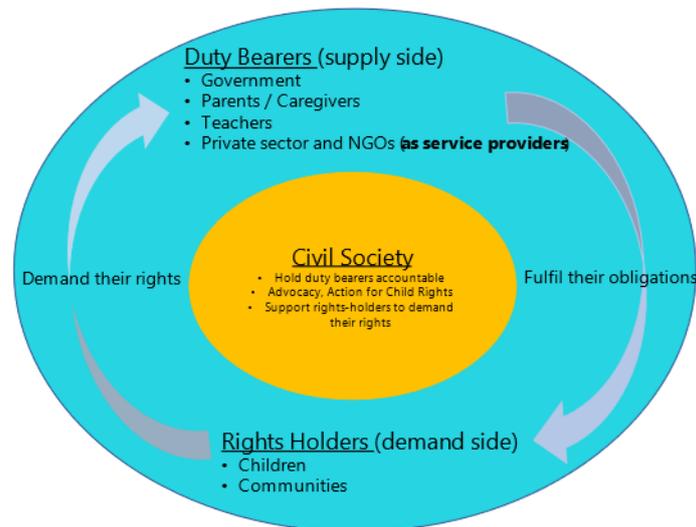
- *Widespread introduction and accessibility to fast-food chains and diets into the Pacific*
- *Affordability of healthy foods compared to processed foods*
- *Social media and smart-phone challenges seeing more occupied and sitting down for hours, rather than running around outside.<sup>26</sup>*

<sup>25</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6163880/>

<sup>26</sup> *The Cook Islands Country Report.*

## A healthy life remains a human right for Pacific children and young people

Children and young people in the Pacific have a right to healthy lives. Children as right holders are entitled to claim a right to healthy lifestyles, which includes freedom from physical and emotional abuse, health education, a nutritious diet, a non-smoking environment free of alcohol and drugs, and access to physical activity opportunities.



Both RNZ and NNZ and some in-country stakeholders see the PSPP - Sports for Health as a vehicle that can be used to deliver key messages associated with healthy lives, including child protection safety, sexual and mental health.<sup>27</sup> It has also been used as another channel to deliver key messages during times of natural disasters, epidemics, and pandemics.

The PSPP - Sports for Health remains a mechanism to support this basic right of children and young people in the Pacific. Leveraging off this rights-based approach may help MFAT, RNZ and NNZ gain more traction and commitment from Pacific agencies with similar goals, and perhaps could be leveraged off to help strengthen partnerships with country government agencies.

<sup>27</sup> Netball Samoa is currently exploring the opportunity to deliver mental health messages.

## Section Four

### Building sustainability is a key focus

The sustainability of the PSPP - Sports for Health has been a key focus. There is evidence that good progress is being made in building the sustainability of the Activity by:

- **Focusing the delivery of the PSPP - Sports for Health in the community** and/or in the **education system** (primary and/or secondary schools) - this is its core strength, and by taking this approach it helps embeds the Activity's on-going sustainability
- **Responding to the in-country context** - for example, in Samoa, it was evident early on that delivery of the PSPP - Sports for Health (Rugby) through the villages (as it was originally designed) was not the best nor the most effective approach; this led to the co-design with SRU of a new delivery model in Samoa, which better reflects and supports the culture and context that the PSPP - Sports for Health (Rugby) operates in - laying a more solid foundation to support the sustainability of the Activity moving forward
- **Appointment of in-country coordinators** to drive the delivery of the program, establish networks and nurture relationships on the ground - for example, the integration of the funded in-country coordinator role into the governance structure of Netball Fiji and the Fiji Netball Community Sport Development Officer becoming increasingly accountable to the Fiji Netball Board instead of NNZ PSP
- **Establishing partnerships** with a range of key implementing in-country partners - for example: NNZ has partnered with the WHO to deliver the Fundamental Movement Skills program in all PE Curriculum and with Hapai Te Hauora (Fizz Free) and the Pacific Island Food Revolution to help with the delivery of healthy eating/drinking messaging

RNZ has partnered with Oceania Rugby, leading to noticeable changes in RNZ relationships with in-country unions, which in turn has resulted in embedding the PSPP - Sport for Health (Rugby) into the rugby country systems

- **Working with regional, national, and local sport governance to strengthen their capacity and capabilities** - for example: RNZ has established in country steering groups that include a range of different stakeholders (for example, the Fiji steering group includes representatives from the ministries of Health and Medical Science, Youth and Sports, Education, Heritage and Arts; the New Zealand High Commission; the Fiji Rugby Union; Oceania Rugby and the Fiji National Sports Commission); this enables stronger governance, increases ownership and accountability in the Activity
- **Delivering through its coach development programs/training of umpires/volunteers** - for example: The Oceania Foundation Level UP Programme is part of NNZ sustainability effort for NNZ PSP as it connects the coaching programme with NNZ coaching pathways. The coach developer network continues to build with specific coach developer training and mentoring of their delivery, including individual development plans.; this activity is a key aspect of ensuring sustainable outcomes as coach delivery incorporates all aspects of the programme - physical activity and nutrition awareness and enables efficient support from NNZ in the future
- **Providing equipment and facilities** are two critical enablers of on-going participation that support national sporting agencies with limited capacity to deliver the Activity
- The focus on **'train the trainer'** approach - trainers undergoing the Train-the-Trainer program to become stewards of the program. For example - NNZ is developing new component for

developing umpire coaches – those who train umpires – as part of their Umpiring for netGO program; they have trained nine coach developers. Plans are place in for further training in 2021.

Other examples include:

- partnering with the Fiji Sports Commission on the outreach program to develop sports associations on outer islands and train coaches and administrators
- fundamental Movement Skills delivered in Teachers Colleges in Samoa and Fiji; this embeds the program from the start of the teacher’s career
- building a coach developer network including both volunteers and the Fiji National Sports Commission
- RNZ is training students, for example, at Tereora College, to assist with Quick Rip delivery in primary schools
- the Fiji Rugby Development Unit development program has integrated aspects of the PSPP - Sports for Health into their long-term player development (LTPD) plan - promoting health and well-being, confidence safe spaces and pathways to training, life-skills, and gainful employment for young people around the area.

As a result of COVID 19, both RNZ and NNZ had to think of different approaches/ways to deliver different components of the Activity. This included remote training of facilitators and coaches by NNZ and the delivery of the health components by partners in-country. These changes need to be taken into consideration when planning for the next phase of the PSPP - Sports for Health.

A key threat to the sustainability of the PSPP - Sports for Health identified by in-country stakeholders is the lack of and/or poor coordination of on the ground partners delivering numerous sports for development type programmes in schools. This is leading to several challenges experienced by schools to accommodate everyone.

As an example, in Tonga, Netball NetGo, NRL Mai e Nima Ki He Mo’ui Lelei (Hi Five to Fit and Healthy Life), Soccer Just Play, and Table Tennis Tali’i Fakafoki (Bounce it Back), Quick Rip (NZR) are just a few of the programs that all were competing for time during lunch periods or after school hours, as this was the Ministry of Education and Training preference for when visits should take place.

Another key factor for ensuring sustainability of the PSPP - Sports for Health identified by country stakeholders is to help ensure that:

- all stakeholders are working together in partnership, communicating often, coordinating, sharing information, and collaborating together
- the monitoring and evaluation are strengthened to make better decisions that is informed by more robust evidence.

In the context of COVID 19, it is also important that both the PSPP - Sports for Health delivery and content (includes messaging) is relevant for the present day.<sup>28</sup> Other country stakeholders noted that national sport organisations also face uncertainty in the “new normal COVID 19 dominated environments” largely due to reduced corporate sponsorship. The PSPP - Sports for Health’s sustainability moving forward will become even more reliant on committed partnerships to help deliver the Activity. To combat this, the Fiji National Sports Commission suggested respective government ministries sharing common priority areas could work together on some cost sharing strategies.

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<sup>28</sup> Samoa Country Report.

Other suggestions by in-country stakeholders to improve the sustainability of the PSPP - Sports for Health include:

- the objectives of the PSPP - Sports for Health are clear so there is consistent messaging
- better links are made between healthy lifestyles (healthy eating/healthy action) with the Activity's goal of reducing the impacts of NCDs to strengthen and embed key messages about the core purpose of the Activity
- the delivery and/or resources are contextualized and caters for different cultures (for example language translations<sup>29</sup>), age and literacy levels of the children and young people and that the Activity is delivered in a fun and creative way to stay fresh to ensure key messages are reaching their audience
- ensure an effective recruitment training and training model is in place that makes sure all staff and volunteers are being onboarded are educated on the program and have clear roles and responsibilities
- extend the target age group to include other ages; this offers the opportunity to widen the network of stakeholders, including corporate sponsors and others to get involved.

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<sup>29</sup> NNZ has done language translation in Samoa. All RNZ resources are translated.

## Section Five

### Suggested improvements to strengthen the PSPP - Sports for Health

Stakeholders identified several improvements to help strengthen the PSPP - Sports for Health. The suggested improvements stemmed from when things did not “go as well as they could have”, to responding to new opportunities and/or addressing gaps, to things that “are working well and they need to do more of”, and reflections to identify lessons learned.

Most suggestions focused on the need to continue to strengthen relationships, partnerships, and networks with local in-country partners; to invest in strengthening local providers’ capacity and capabilities to enable them to deliver the Activity; and the need to make the delivery model fit for purpose to better reflect the operating context and culture of the Pacific.

Other suggestions also include: the need for on the ground partners to better communicate, collaborate and coordinate; a better governance/management Activity structure; an inclusiveness focus being at the forefront of the delivery model and approach; and a more fit for purpose monitoring and evaluation approach and tools.

Suggestions have been collated and presented as improvements to strengthen the PSPP - Sports for Health include:

#### Suggested changes to delivery model and approach

Many of the suggested stakeholder improvements focused on improving the PSPP - Sports for Health’s delivery model/approach:

- the ongoing design/approach needs to ensure it reflects the context and culture of each Pacific country that the PSPP - Sports for Health operates in
- the goals and objectives should be clear, and roles and responsibilities of key stakeholders need to be clarified to ensure a good understanding of the PSPP - Sports for Health’s core purpose; to help manage in-country partners expectations; and to identify how it aligns with other activities that have similar/same goals and/or can leverage of these, including sports for livelihood activities/programs
- RNZ/NNZ/MFAT governance/management structure that governs/manages the Activity as an integrated holistic program to help realise the full potential of the PSPP - Sports for Health
- more focus on and effort to ensure a wider group of children and young people, including those from the LGBTQ communities and those with physically disabilities and mental illnesses to ensure they can participate in physical activity opportunities
- continue to take lessons learned from other activities/programs with the same/similar purpose and apply them (where appropriate) to the PSPP - Sports for Health, such as Just Play and DFAT’s sports for development programs
- consider investing for the long haul, suggesting that five years investment is not long enough to yield end-of-program outcomes that requires lifestyle changes - shifts in mindsets and behaviours
- the Tongan Country Report noted that delivering sessions on healthy lifestyles (and running training activities) needed to ensure it did not come into conflict with the academic curriculum. This challenge was also cited by the Ministry of Education in the Cook Islands.

The Tongan Country Report cited that training and healthy lifestyle activities need to be better integrated/built into the curriculum and thereby given sufficient time within the school day.

## Strengthening local providers' capacity and capabilities

- The PSPP - Sports for Health focuses on strengthening the enabling environment to support children and young people to participate in sport. There was a strong call to continue with what they are already doing and to strengthen it, to do more of it, and to invest more so more could be done. This means investing in:
  - strengthening regional, national, and local sport agencies capacity and capability (including their governance structures) to deliver such sports for development programs
  - looking at ways to embed/better embed the PSPP - Sports for Health as part of existing in country netball/rugby infrastructure
  - appoint national sports coordinators to each country to facilitate collaborations/co-ordination across all sporting codes (not just netball and rugby)
  - sports infrastructure (such as rugby grounds/netball courts) and equipment to local communities
  - more training, including on logistic planning, and finances, and other administrative skills, which are needed by development officer positions
  - more support for the delivery of the PSPP - Sports for Health in rural areas and outer islands - such as increased financial and/or more resources - as many rural schools and villages do not have the necessary resources to commit; and additional resources (including a car and/or additional finance) to deliver the Activity in remote areas<sup>30</sup>
  - training/vocational training of local people - for example, sports administration and sports management – so we have the workforce on the ground to deliver and to support the delivery of sports programs
  - building opportunities for Pacific Island people to work in sports/physical activity sector
  - knowledge of country budget and/or increased involvement in decision-making re: in country budget.

## Stronger relationships and partnerships with government agencies

- More time/dedicated effort to establish and nurture stronger connections/relationships/partnerships with the right people/division in ministries of health and education that have a responsibility for delivering healthy lifestyles messaging, including nutrition education, and delivering physical activity in schools
- More effort on raising the awareness and understanding of the benefits of physical activity/healthy eating to increase the value placed on it by government agencies - to enhance their operational support - this was described as missing in action primarily due to capacity and capability challenges faced by Pacific government ministries/agencies and their on-going focus on responding to and managing COVID 19

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<sup>30</sup> RNZ funds on need and delivering to rural/remote areas and outer islands are taken account in the cost.

- Establishing MoUs with relevant government agencies to capture the delivery of all the PSPP - Sports for Health activities being delivered.

## Better coordination of local implementing partners and key stakeholders

- Better co-ordination, communication, and collaboration between implementing parties<sup>31</sup> that have common priorities “on the ground” to ensure the collective effort is maximised, and absorptive capacities of NSOs and schools are actively considered
- A more active role for MFAT to facilitate and coordinate across the sporting codes, and with government agencies, national unions and associations, and other key stakeholders such as Oceania Rugby. For example, a monthly meeting of all sporting codes in country facilitated by the New Zealand government (as it happened in Tonga) to identify potential partnerships and opportunities to collaborate and/or leverage off; to strengthen coherence and sharing of lessons
- RNZ and NNZ to engage together with government agencies as the PSPP - Sports for Health not as separate programs:

*To strengthen the program, we need both netball and rugby to meet with us and come together to do an evaluation and monitoring every 3 months, instead of at the end of the program. (Ministry of Education Sports and Culture Samoa)*

- More facilitated opportunities between implementing partners to share information/insights/lessons:

*There needs to be more zoom calls and connection with our colleagues in neighbouring Pacific Island countries. Helping each other by sharing advice on how they have been able to deal with the challenges. And the PSPP – Sport for Health should be facilitating this. (CEO Netball Samoa)*

## Stronger in-country partnerships to deliver Healthy Lifestyle messaging together

- Working more closely/strengthening existing partnerships with local stakeholders to deliver the PSPP - Sports for Health program; in particular, in delivering the healthy lifestyle (including healthy eating) messaging with Pacific agencies (both government and non-government) that focus this as their core business
- Undertake research to gain a deeper understanding of the trigger points for Pacific people to make the switch to healthier lifestyles to help with more effective messaging around healthy lifestyles.<sup>32</sup>

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<sup>31</sup> This includes DFAT and its contracted implementing partner, which is delivering PacificAus Sport and Team Up across the Pacific.

<sup>32</sup> It is important to draw on the existing evidence based that exists that identifies the determinants of a healthy lifestyle and how exercise and physical activity can impact health outcomes. This includes research undertaken the Faculty of Exercise Science and by Liggins Institute at Auckland University.

## Closer contact with New Zealand Posts and other key stakeholders

- RNZ and NNZ to increase communication about the PSPP - Sports for Health's progress and achievements to Post and with other key stakeholders
- Closer working relationships with Posts enabling them to offer NNZ and RNZ better support with country government agencies and key stakeholders (such as other development partners) to help "iron out any issues" with in-country partners.

## Enhance communication/media outreach

- Enhance the communication/media messaging around the PSPP - Sports for Health - its objectives, progress, and achievements, which includes capacity building re: communication/media for implementing partners.

## Strengthen monitoring and evaluation

- M&E could be strengthened in the following areas:
  - refresh the PSPP - Sports for Health Results Framework Diagram, which should identify pathways and metrics to achieve clearly defined diplomacy outcomes
  - develop a theory of change to support the refreshed Activity's Results Framework (logic model)
  - design a fit for purpose monitoring and evaluation approach, that can be practically implemented in the Pacific context by local implementing partners and RNZ and NNZ
  - strengthen monitoring of the PSPP - Sports for Health contribution to reducing the incidence and impact of NCDs
  - establish useful metrics to track behaviour change; recovery and resilience amidst Covid-19 and disasters; and its contribution to other key result areas
  - achieve a balance between appropriate quantitative and qualitative indicators and measures
  - develop measures that focus on the quality of the PSPP - Sports for Health
  - align results more explicitly with national priorities and strengthen joint accountability for monitoring and achievement of results (this should also strengthen external coherence)
  - strengthen internal coherence through joint monitoring (outcomes, especially), reflection and lesson learning between RNZ, NNZ and local in country implementing partners.

Strengthening the monitoring and evaluation of the PSPP - Sports for Health was also identified by in country stakeholders as a key area that needed to be addressed. They wanted to see more robust and more regular reporting on progress, and achievements made, as well as challenges faced by the PSPP - Sports for Health, to key stakeholders and partners. This included country government ministries and regional and national sporting agencies. Having regular and robust evidence being shared will not only help better decision-making it will also strengthen the awareness/understanding/ownership and credibility of the Activity amongst key stakeholders and partners.

## Section Six

### Where to next?

All the stakeholders identified they see the value of the PSPP - Sports for Health continuing in some form or another. They see value in consolidating the work achieved to date and leveraging it whilst at the same time pivoting off and exploring new directions and opportunities, including leveraging the New Zealand Pacific Sports Diplomacy Framework. However, any change to the PSPP - Sports for Health must be considered in the context of COVID 19 and its on-going impacts, as this will continue to dominate the public agenda going forward.

Stakeholders had several ideas and observations for MFAT, NNZ and NNZ to consider in their thinking and planning on next steps. These considerations include:

#### Continue to build on the PSPP - Sports for Health core strengths

- The core objective of delivering healthy lifestyles through sport: the PSPP - Sports for Health is not about increasing the number of children and/or young people participating in netball and/or rugby; or about preparing a team for a one-off competition and/or tournaments; nor is about a pathway to elite or professional livelihoods – it is about creating a long-term pathway to wellbeing and a healthy lifestyle
- The delivery focus on embedding it into Pacific communities and schools
- Adapting to the context and culture it operates in and to introduce new activities to respond to challenges and/or needs that are designed to enhance the achievement of the PSPP - Sports for Health's objectives
- The highly valued partnerships of NZR and NNZ with MFAT; both RNZ and NNZ focus on delivering results and approach their engagement in the Pacific in a very humbly and empowering way
- The established relationships, trusted partnerships, and networks with local government agencies, NGOS, NSOs, and other key local stakeholders - taking a collective effort to deliver the Activity
- Working with local NSOs to deliver the PSPP - Sports for Health has both validated and added credibility to the Activity
- Investing in building local capacity and capabilities of local implementing partners as well as teachers, coaches, and umpires and/or referees and volunteers to support the delivery of the PSPP - Sports for Health
- Appointment of in-country sport co-ordinators that have a demonstrated background and experience in sport (either at a national and/or international level) and the existing networks to drive delivery, connect the networks, identify potential opportunities, and nurture relationships
- Using sports ambassadors to deliver healthy lifestyle messages and promote New Zealand sporting relationships with Pacific counterparts - the matching of the sports ambassadors' culture, heritage and ethnicity was cited as a particular strength
- The passion of development officers/coaches/trainers that share this vision and "making it fun and enjoyable for children and young people to participate"

- Sport is already very much part of the Pacific culture and way of life. The PSPP - Sports for Health is already a natural fit to springboard off:

*It is already part of Island life. We are aware of it and understand it. We already play sport. It is very much part of our Pacific DNA and it taps into our natural competitiveness*

- Leveraging off the power of sport to be able to “act as a vehicle” to deliver key social messaging (on such things as mental health, gender-based violence, and messaging related to natural disasters, epidemics, and pandemics) to children and young people
- MFAT five-year funding investment has enabled:
  - both RNZ and NNZ to make a long-term commitment to working with the Pacific countries enabling them to make connections and deepen relationships
  - local implementing partners to plan, commit and deliver activities.
- The PSPP - Sports for Health:
  - is founded on international best practice
  - applies lessons learned from similar programs being delivered in New Zealand with the Pasifika communities
  - leverages off the in-depth hands-on experience of NZR and NNZ delivering similar types of programs in New Zealand.

## Consider new approaches and new opportunities

- Consider developing a more integrated and holistic program that engages, supports, and invests in several integrated yet separate set of activities ranging from community-based activities such as the PSPP - Sports for Health through to supporting professional and elite activities
- Look at how the PSPP - Sports for Health can maximise its links to the New Zealand Pacific Sports Diplomacy Framework’s goals, objectives and four priority areas
- Investigate how to maximise the value add of the Activity’s contribution to other key results areas, including social cohesion, gender equality, empowerment of girls and young women, economic well-being and so forth
- See how the Activity can be better used as a vehicle to deliver other key social messaging that focus on mental and sexual health, gender-based violence, and other common challenges as well as messaging before/during/after natural disasters, epidemics, and pandemics
- Reflect on expanding the PSPP - Sports for Health by doing more in Fiji, Tonga, Vanuatu, the Cook Islands and Samoa and/or include a greater number of sports and/or countries into the mix, including smaller sporting codes and/or sporting codes that are already active in country at national/local/village level (for example, table tennis in Tonga, basketball in Samoa)
- Establish a governance structure that has wider representation to provide strategic direction and governance for the PSPP - Sports for Health

- Consider adopting/adapting some of the new delivery methods/approaches that were delivered in 2020 in response to COVID 19
- Look at rolling out the Fundamental Movement Skills program, piloted by NNZ, to other country contexts where required
- Examine the linkages of expansion of the PSPP - Sports for Health and Livelihoods - including exploring opportunities to invest in vocational education to enhance sports administration and management knowledge and skills
- Explore bringing other partners in, such as Sport NZ, which could add value in strengthening community sports structures and governance
- Investigate the potential opportunities with local Pacific elite and professional sports people, such as using them as sports ambassadors and/or in the delivery of the PSPP - Sports for Health
- Check out how to connect to and leverage off opportunities with RNZ in relation to the proposed Moana Pasifika rugby teams, the initiatives around Women's RWC in 2022, and the untapped potential opportunities for women rugby in the Pacific.

### Invest more in the enabling environment to create more opportunities

- More effort into developing and strengthening local partnerships, building the capacity and capabilities of local providers to deliver, and invest more in equipment and infrastructure to help sustain and grow opportunities for children and young people to participate in sport
- More training, including training more youth in rural schools and communities
- Think about establishing a coaching foundation course; this can be offered to all coaches, irrespective of the sporting code as fundamentally coaches need to have the same set of skills (for example, be good communicators, be good teachers) to get the best out of people; then this is supported by bringing in specialist coaches for a particular sport code
- Consider creating sporting hubs in the community where everyone can come together to participate in a range of sporting opportunities as families and/or as individuals
- Investigate more on how to strengthen equality of access to participation for both girls and boys/young women and men, as well as how to increase opportunities to be more inclusive of the diverse communities of children and young people (including those who are challenged by physical disabilities, mental illnesses, and those from the LGBTQ communities)
- Take a dedicated look at how the PSPP - Sports for Health can involve parents and other community members more by taking a more inclusive approach to reach a wider audience
- Host regular meetings/get to togethers with local providers to monitor progress, to ensure there is a common understanding the Activity's long-term goal/outcomes and its objectives, and to exchange/share information/lessons
- Promote the value of the PSPP - Sports for Health by increasing stakeholders' awareness and understanding of the role and benefit such an Activity does and can have.

## Better collaboration, communication, and coordination on the ground

- Reflect on how to facilitate better co-ordination and collaboration between on-the ground stakeholders and implementing partners, which in-country stakeholders identified as needing a lot more effort. Suggestions included:
  - establishing MoUs with relevant government agencies and more regular and robust reporting and sharing of results
  - a forum made up of country co-ordinators, related youth representatives and relevant health organisations
  - a facilitated meeting of all key sporting organisations and relevant ministries across all sporting codes facilitated by the country post (such as is happening in Tonga) to improve coordination and sharing of information.

## Ensure alignment and better coherency with others playing in the same space

- Be cognizant of the work that is underway by Sports NZ, MFAT, Tourism NZ (MBIE) and NZ Trade and Enterprise to appoint a Sports Diplomacy Officer. This is a two-year pilot that will focus on coordinating these four agencies strategic direction for sports diplomacy going forward
- Design of the next phase of the PSPP - Sports for Health, will also need to identify its connections to Team Up, recently launched by DFAT in March 2021, to ensure there is coherence, alignment, and harmonization between the two programs, which are remarkably similar in nature and are being delivered in the same countries as the PSPP – Sports for Health.

Team Up is the redesigned Australian Sports Partnership Program (ASPP). Team Up will be in Fiji, Nauru, Papua New Guinea, Samoa, Tonga, and Vanuatu. In total 13 sports (Australian rules football, basketball, badminton, cricket, football, gymnastics, hockey, netball, rugby league, rugby union, swimming, table tennis and volleyball) provide the basis for 30 programs. Team Up programs run activities in community, school, and sporting settings. They aim to use sport to bring people together, champion inclusion and create opportunities. Varying by country, they range from initiatives to address gender-based violence, modified activities for people with and without disabilities to participate together, and programs that create women leaders on and off the field.

- Have a better understanding of Oceania Football and its plans for Just Play; consider whether this program (which is also supported by MFAT) be integrated as part of the PSPP - Sports for Health moving forward.

## Co-design the next phase

- Explore how to create an even more meaningful engagement with the Pacific and what an inclusive and sustainable partnership might look like for the PSPP - Sports for Health and how this can generate locally owned sustainable outcomes of a healthier and more resilient Pacific
- Co-design the next phase of the PSPP - Sports for Health with local partners and key local stakeholders around the table to develop a more inclusive and sustainable partnership to deliver the PSPP - Sports for Health. This will help:

- achieve better clarity and unity of purpose by all, which will mean clearer roles and responsibilities
- a more appropriate governance and management structure and better investment of efforts and ownership by all stakeholders
- manage the risk of duplication and ensure better program alignment and policy coherence with other programs being delivered in the Pacific, such as DFAT's Team Up (Pacific Sports Partnerships)<sup>33</sup> and PacificAuS Sports<sup>34</sup> (managed by Office of the Pacific) and Just Play
- ensure respective considerations are recognised around traditional and cultural values. For example, there is an ongoing challenge for Tongan girls who want to play rugby; championing women in sport has a great ring to it but involving women in non-traditional roles can pose problems on traditional cultural relationships:
 

*Challenging traditional roles and introducing these concepts that go against cultural stereotypes and ideologies about what men and women can or cannot do, is going to be an ongoing challenge. (Samoa Country Report)*
- address barriers that make it harder for girls to participate in sport including views that netball is for girls and rugby for boys
- Look at how the PSPP - Sports for Health can continue to be contextually and culturally relevant - a key insight that the PSPP – Sports for Health's implementation across the five countries was different in each country contexts
- Set aside time to establish and nurture relationships from the start - this takes dedicated effort to invest in building these long-term relationships; this requires on-going commitment, regular communication, and support for the Activity over a long period of time.

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<sup>33</sup> <https://www.teamup.gov.au/about/team-up>

<sup>34</sup> <https://www.dfat.gov.au/geo/pacific/people-connections/pacificaus-sports>

## Section Seven

### Key conclusions

The PSPP - Sports for Health has made strong progress since its launch in 2017. At the start, it faced several challenges around establishing, implementing, and managing the delivery of a new Activity across five Pacific countries with two new implementing partners. Both RNZ and NNZ, however, responded well, learned a lot, and applied the lessons, and the PSPP - Sports for Health is now well embedded and being delivered in five Pacific countries, with Vanuatu joining in early 2020.

Country implementation plans have been developed, reviewed, and refreshed. New delivery models have been developed and/or tweaked with in country partners to better reflect the context and culture they operate in. New programs (for example, the Fundamental Movement Skills program by NNZ) have been piloted and implemented to address a lack of basic movement and ball skills - a barrier for children and young people to participate in sport and physical activity.

Solid progress against the PSPP - Sports for Health's short-term outcomes has been made. There has been improved access to sporting opportunities for children and young people, including remote areas and outer islands. Evidence shows there has been an increase in the number of children and young people playing rugby and netball. There are clear signs that a change in more healthy lifestyles (healthy action/healthy eating) is occurring as numerous stakeholders observed that already fizzy drinks are no longer served/allowed at games and healthier food in some cases (but not all) was being served.

There is also concrete evidence that shows local providers have increased capacity and capability to deliver the PSPP - Sports for Health, including healthy lifestyle messaging. Clear evidence of this was that the PSPP - Sports for Health was delivered fully and/or in some way during 2020 by local implementing partners and RNZ and NNZ.

Evidence also shows the PSPP - Sports for Health is being managed and delivered in a timely and efficient manner. A sustained focus from the start on building the sustainability of the Activity has meant there is now a solid foundation to move forward from.

Stakeholders indicated that the PSPP - Sports for Health also contributes to several other key result areas including:

- managing the response and impacts of epidemics, pandemics, and natural disasters by strengthening the health, social, community and individual resilience
- responding to COVID 19 by helping children and young people return to normal life, that has been dramatically disrupted by COVID 19; managing the mental health impacts of the pandemic in Tonga; and the Activity was used as a gateway to deliver key messages to combat on-going social challenges caused by the pandemic in Fiji
- deepening connections and strengthening relationships and partnerships with the Pacific and with Pacific communities both in the Pacific and in New Zealand
- supporting gender equality, and empowering both girls and young women by building their confidence, increasing their knowledge and skill base, and teaching them important life skills.

Both RNZ and NNZ are committed to the Pacific, to the PSPP - Sports for Health and supporting the development of Pacific rugby and netball. They see, as did key MFAT stakeholders, the strong links to the goals and objectives identified in the New Zealand Pacific Sports Diplomacy Framework, and its four priority areas.

The PSPP - Sports for Health can also continue to play a critical role in the Pacific's fight to address NCDs and childhood obesity going forward. Data shows the NCDs, and childhood obesity are still a major health and development challenge for the Pacific.

The review has gathered clear evidence to show that it has been effective in making progress towards its short-term outcomes and delivering results. It has established a valuable foundation to build from by establishing partnerships and networks and strengthening local providers capacity and capabilities to roll out community-focused participation and awareness-raising initiatives, including in outer islands:

*The program has demonstrated its resilience, evolving in the face of change, with the challenges posed by COVID 19. There is no doubt that this program can evolve. (Fiji Country Report)*

This alone, and its potential to actively contribute to the Pacific's response and recovery to epidemics, pandemics, and natural disasters, and to contribute to several other key result areas (including helping New Zealand deliver its diplomacy outcomes) provides MFAT, RNZ and NNZ, working in partnership with local partners and other key stakeholders, an opportunity to make the PSPP - Sports for Health even more effective and better able to help the Pacific manage and respond to its fight against NCDs and childhood obesity.

## Where to from here?

Stakeholders see huge value of the PSPP - Sports for Health continuing in some form or another. They want to see the PSPP - Sports for Health build on its core strengths:

- delivering healthy lifestyles through sport in communities and schools
- the valued partnerships with local government agencies, NGOS, NSOs, and other key local stakeholders
- building local capacity and capabilities of local implementing partners as well as teachers, coaches, and umpires and/or referees and volunteers to support the delivery of the PSPP - Sports for Health
- appointment of in-country sport co-ordinators to drive delivery, connect the networks, identify potential opportunities, and nurture relationships
- its ability to adapt to the context and culture it operates in and to introduce new activities to respond to challenges and/or needs that are designed to enhance the achievement of the PSPP - Sports for Health's objectives.

They also believe it was time for the PSPP - Sports for Health, to take a step back, focus on consolidating and building off the progress made to date, and take the opportunity to identify new opportunities and examine potential new directions, including:

- developing a more integrated and holistic program that engages, supports, and invests in several integrated yet separate set of activities
- explore, identify, and confirm how the PSPP - Sports for Health can support the goal, objectives and the four priority areas of the New Zealand Pacific Sports Diplomacy Framework
- investigate how to maximise the value add of the Activity's contribution to other key results areas, including social cohesion, gender equality, empowerment of girls and young women, economic well-being
- examine how to better use the PSPP - Sports for Health as a vehicle to deliver key social messaging in such areas as mental and sexual health, gender-based violence, natural disasters, epidemics, and pandemics

- expanding the PSPP - Sports for Health by doing more in Fiji, Tonga, Vanuatu, the Cook Islands and Samoa and/or include a greater number of sports and/or countries into the mix, including smaller sporting codes and/or sporting codes that are already active in country at national/local/village level
- adopting/adapting some of the new delivery methods/approaches that were delivered in 2020 in response to COVID 19
- rolling out the Fundamental Movement Skills program, piloted by NNZ, to other country contexts where required
- bringing other partners in, such as Sports NZ, which could add value in strengthening community sports structures and governance.

Key considerations in the next iteration of the PSPP - Sports for Health include:

- better coordination between key stakeholders and partners on the ground implementing sports for development programs in schools and in the communities
- more investment in the enabling environment to create more opportunities for children and young people to participate
- more regular and robust monitoring and evaluation
- an enhanced communication/media strategy that focuses on the PSPP - Sports for Health's progress being, and achievements made.

Stakeholders wanted to see more effort into developing and strengthening local partnerships, building the capacity and capabilities of local providers to deliver, and invest more in training and in equipment and infrastructure to help sustain and grow opportunities for children and young people to participate in sport.

However, any change to the PSPP - Sports for Health must be considered in the context of COVID 19 and its on-going impacts. It must also ensure there is good alignment and coherence with other programs operating in the Pacific such as the Australia's Department of Foreign Affairs and Trade Team Up and PacificAuS Sports (managed by Office of the Pacific).

## How do we get there?

There was a strong sense from stakeholders that there was a need to explore how to create an even more meaningful engagement with the Pacific, stronger partnerships, and what this might look like for the PSPP - Sports for Health to help generate locally owned sustainable outcomes of a healthier and more resilient Pacific.

To achieve this, a co-design process, with local partners and key local stakeholders around the table to develop a more inclusive and sustainable partnership to deliver the PSPP - Sports for Health, is recommended. This co-design process would:

- achieve better clarity and unity of purpose by all, which will mean clearer roles and responsibilities
- better buy-in, commitment and ownership of the Activity by all the stakeholders
- ensure it is designed that takes into consideration and reflects Pacific culture and context
- establish a more appropriate governance and management structure
- better ensure program alignment and policy coherence with other sports for development type programs being delivered in the Pacific.

## Suggested next steps

MFAT, RNZ, and NNZ during its no-cost extension period (until 2022) should:

- focus on consolidating and leveraging off the achievements and the progress already made
- continue and increase efforts on strengthening partnerships, better co-ordination with the on-ground implementing partners, and building the sustainability of the PSPP - Sports for Health
- undertake the design plan for Phase Two PSPP - Sport for Health, which would involve a co-design process with local in country partners and other key stakeholders, considering the context of the COVID 19 pandemic and its on-going impacts.

This process will provide the opportunity for the PSPP - Sports for Health to pivot in new directions, create fresh opportunities and establish new partnerships while at the same time strengthening existing partnerships, cementing the Activity's foundation, and consolidating on the progress already made.

# Review of the Pacific Sporting Partnerships - Sports for Health

Annexes

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The Annex contains more detailed information about the:

- Annex 1: Review purpose and objectives
- Annex 2: Results diagram
- Annex 3: Terms of reference.

# Annex 1

## Review purpose and objectives

### Purpose

The ADD (2016:36) recommended that an independent mid-term evaluation of the PSPP – Sports for Health be conducted after 2.5-3 years “to assess relevance of the activity compared to the needs assessment, and to assess effectiveness and how the intervention is progressing towards the short-term outcomes. Consistent with a human rights-based approach, the evaluation will also assess how the target group has participated in the implementation (this may be undertaken at the end of the 4th year of the first 5-year period)”.

While this suggests a predominantly summative purpose, the ToR and inception discussions identified a predominantly formative purpose for the review. MFAT is looking for guidance from the review on how sport can contribute to diplomacy and development across the larger Pacific region, and how grassroots community sports can be strengthened, as a sector, to contribute to these dual result areas.

### Objectives

The ToR broadly reflects the review’s dual purpose, with MFAT and the two main implementing partners (NNZ and NZR), wishing to ascertain how well (or not) the PSPP - Sports for Health is being implemented and how well it is progressing towards achieving its outputs, and short- and medium-term outcomes. Inception consultations confirmed a second, forward looking purpose, so that the dual objectives of the review are to:

1. account for the delivery of results to date. This will mainly be based on an assessment of the Activity’s effectiveness, i.e., the extent to which its outputs and outcomes are being achieved, or likely to be achieved.
2. strengthen the programme’s performance for the remainder of its current timeframe and provide recommendations for its continuation after 2022.

### Review Scope

The review will focus on the design and implementation of the rugby and netball components of the PSPP - Sports for Health in the Cook Islands, Fiji, Samoa, and Tonga during the period 2017 to July 2020; and that of the netball component in Vanuatu for the period since implementation there started in 2020.

During inception, MFAT emphasised that the review should give special attention to the PSPP -Sports for Health’s contribution to sustainable health outcomes (reducing the incidence of NCDs, in particular) and the factors that influence this, as well as the “added value” of diplomacy, partnerships and New Zealand-Pacific connections. Both these result areas (health / development outcomes and diplomacy) have been included in the scope of the review.

In terms of evaluation criteria, relevance, coherence, effectiveness, and sustainability constitute the focus of the review. Attention will be given to efficiency, but to a lesser extent. The PSPP - Sports for Health’s impact will not be assessed.

New Zealand’s Policy Statement on International Cooperation for Effective Sustainable Development (ICESD)<sup>35</sup> affirms a commitment to, amongst others, child and youth well-being, inclusiveness<sup>36</sup>, gender equity and women’s empowerment.<sup>37</sup> The review will adopt a human rights-based focus on gender equality and child / youth well-being. While not specifically focused on those with disabilities, this will be included from a “value add” perspective. This is reflected in the review questions, to ensure follow-through in data collection and analysis.

Data collection will focus on the PSPP - Sports for Health stakeholders at regional and national levels, including MFAT (Auckland and posts in the participating countries, as well as the Governance Group); the NZR and NNZ programme and project managers, respectively, as well as relevant officials involved in programme implementation; relevant government ministries and NGOs in the participating countries; regional and national sports federations; coaches, teachers, officials, club managers, etc. who have received training through the PSPP - Sports for Health; Regional organisations such as SPC’s Public Health Division and Fiji National University (College of Medicine, Nursing and Health Sciences); and other development partners, especially DFAT, WHO, UN Women and UNICEF, who have interventions and interests in the result areas supported by the PSPP. The review will not involve children as end beneficiaries of the programme, or their parents.

## Review matrix

### Criteria

As implied in the review questions, the PSPP - Sports for Health will be assessed against selected OECD-DAC criteria, namely **relevance**, **effectiveness**, and **efficiency**. While not stated explicitly in the ToR, and to bring the criteria in line with the Key Review Questions, the programme’s **sustainability** will also be assessed. To align the evaluation with the OECD-DAC revised evaluation criteria definitions and principles for use<sup>38</sup>, the Activity’s **coherence** will also be assessed i.e., compatibility of the intervention with other interventions in a country, sector, or institution. Due to the timing and predominantly formative focus of the evaluation, we will not assess the programme’s impact.

Alignment of the review criteria with the OECD-DAC revised evaluation criteria definitions<sup>39</sup> ensures coherence between the evaluation criteria and the 2030 Agenda, which will be beneficial when it comes to formulating forward-looking recommendations for MFAT’s support for sports diplomacy in the Pacific. Table 2 summarises the refined criteria.

The review will identify lessons and good practice from the Activity’s strengths and limitations against each of the criteria to address the evaluation’s formative purpose, namely, to provide recommendations for strengthening the Activity for the remainder of its timeframe, and for continuing into a second phase after 2022. The review’s summative purpose will be addressed through the assessment of its effectiveness.

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<sup>35</sup><https://www.mfat.govt.nz/assets/Aid-Prog-docs/Policy/Policy-Statement-New-Zealands-International-Cooperation-for-Effective-Sustainable-Development-ICESD.pdf>

<sup>36</sup> It commits to addressing exclusions and inequality created across all dimensions of social identity, while promoting human rights, and equitable participation in the benefits of development.

<sup>37</sup> Also refer to <https://www.mfat.govt.nz/en/aid-and-development/our-approach-to-aid/> (accessed 28 October 2020)

<sup>38</sup> <http://www.oecd.org/dac/evaluation/revised-evaluation-criteria-dec-2019.pdf>

<sup>39</sup> [Ibid.](#)

## Review Questions

The **over-arching review question** initially focused on the PSPP - Sports for Health's achievement of its outcomes and how this could be strengthened, as well as its future contribution to New Zealand's Sports Diplomacy Framework 2020-2025. During inception, the second component of this question shifted more explicitly towards the impact of the Covid-19 pandemic on Pacific Island countries. The over-arching review question was therefore revised to reflect this:

*As a stand-alone Activity, is the PSPP achieving the outcomes it was designed for, and how can this be strengthened? How can it be strengthened in the future to contribute to New Zealand's support for Pacific Island countries amidst the Covid-19 pandemic and its effects?*

This means that the PSPP - Sports for Health will be reviewed based on its original outcomes, which were focused on sports participation, healthy lifestyles, decreasing the incidence of NCDs, as well as deepening New Zealand engagement and enhancing development outcomes in the Pacific. The second component, namely its future strengthening, will have a predominant focus on recovery and resilience amidst the impact of the Covid-19 pandemic.

In line with the review purpose and revised over-arching review question, **the key review questions** are:

- To what extent does the PSPP remain a priority for partner countries, MFAT, the delivery partners, and in-country partners (national sports federations)?
- What progress is being made towards achieving the PSPP's outputs, and short-term outcomes?
- Is the PSPP implemented in an economic and timely manner?
- What improvements could be made to further sustain and embed the outcomes sought from the Pacific Sporting Partnerships?
- What would be the value, scope, and nature of a second phase of support, with due consideration of the PSPP's alignment with the priorities of partner countries and those of MFAT, NNZ, NZR and in-country partners, especially in the context of the Covid-19 pandemic?

More detailed information on the review's matrix can be found in the PSPP - Sports for Health Technical Report and the PSPP - Sports for Health Inception Report December 2020.

To complete the review conceptual framework, indicators were identified for each of the sub-questions, and data collection methods and sources were identified to generate the evidence required to address the review questions and criteria.

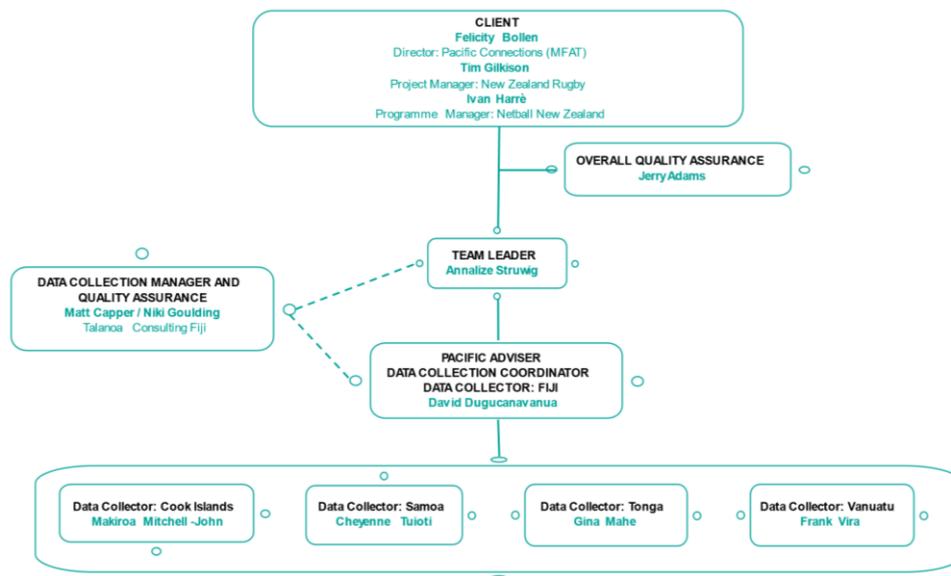
## Review methodology

The review is based on a practical theory-led approach, drawing on the refined Results Diagram/Logic from the Inception Phase. This allowed the generation of appropriate evidence to systematically assess to what extent interventions implemented through the PSPP - Sports for Health achieved their short- and medium-term outcomes in the selected countries, what the major factors were that influenced the implementation of interventions and achievement of outcomes, and how they can be harnessed or mitigated to strengthen the PSPP - Sports for Health now and in the future.

The review team was led by Ingrid van Aalst. Stringent international travel restrictions apply between New Zealand and the rest of the world, and the New Zealand Government's travel advice during the review was to avoid all international travel. The review methodology and implementation plan have been designed to accommodate these restrictions, mainly by partnering with Talanoa Consulting in

Fiji, and involving trained data collectors in-country to assist with face-to-face data collection. Institutional arrangements for the review are illustrated in Figure 3.

**Figure 3: Review institutional arrangements**



## Data collection

A **mixed method approach** was used to collect and enable triangulation of quantitative and qualitative data from primary and secondary data sources to establish the requisite evidence base for the review.

**Secondary data** (qualitative and quantitative) were obtained from reviewing open- and closed-source documents provided to the review team by MFAT, NZR, NNZ and other key partners, as well as other relevant open-source documentation.

The progress indicators for the PSPP - Sports for Health are predominantly **quantitative** and include, amongst others, equipment distributed, numbers of beneficiaries involved in various programme activities, as well as quantitative measures of behaviour change. Quantitative data also include programme financing.

**Primary data (mainly qualitative)** will be obtained through semi-structured Key Informant Interviews (KIIs) with key the PSPP - Sports for Health stakeholders in New Zealand and all five participating countries, as well as in relevant regional organisations. KIIs will focus on the discussion of key themes, as relevant for different categories of informants. They will take the form of discussions (talanoa), rather than Question-and-Answer sessions. KII schedules are in Annex 5.

Amidst the challenges posed by the Covid-19 pandemic, IOD PARC partnered with Talanoa Consulting, Fiji, to assist with face-to-face and on-site data collection in Fiji, the Cook Islands, Samoa, Tonga, and Vanuatu. A Pacific Adviser subcontracted by Talanoa Consulting (David Dugucanavanua) brought extensive expertise and experience of sport governance and sports programming in the region. In addition to assisting with face-to-face KIIs in Fiji, David also participated in key review processes to ensure accurate, context-sensitive data analysis, interpretation, and reporting.

Data collectors were trained by the Team Leader and Pacific Adviser. In addition, a detailed data collection manual was developed to ensure a standardised approach to data collection in the various countries. Talanoa Consulting managed, supervised and quality assured their work, while the Pacific Adviser provided on-going support to data collectors to identify and prioritise Key Informants,

familiarising them with the data collection tool(s) and protocols, refining their interviewing skills, and ensuring that they can comply with all ethical standards and safeguards around data collection.

The Team Leader remained involved in data collection, particularly KIIs with MFAT, national government authorities responsible for donor coordination, and other development partners supporting sports development in the region and in the PSPP - Sports for Health countries. These KIIs were conducted remotely by Zoom and Teams, mainly.

Data collectors manually recorded their notes from KIIs, and then transferred these notes to an electronic Data Extraction Framework, which is aligned with the Review Matrix. Secondary data were also captured in the Data Extraction Framework. Therefore, it served as a repository for all primary and secondary data, and enabled triangulating data from different sources against the Key Evaluation Questions.

## Sampling

Key informants were identified purposively based on their involvement in the management and/or implementation of the PSPP - Sports for Health; their participation and/or engagement in, or benefit from PSPP activities; their knowledge of, and/or interest in the PSPP - Sports for Health; their knowledge of and/or involvement in initiatives relevant to sports diplomacy, sports development, and healthy lifestyles as means to manage NCDs in Pacific Countries.

Through **snowball sampling**, the initially selected informants helped to identify other important informants to include in data collection. A total of 66 interviews were conducted: 13 interviews were completed in Fiji; 11 in Tonga; six in Vanuatu; eight in the Cook Islands, 10 in Samoa and 18 interviews were conducted with stakeholders such as MFAT (New Zealand and at post), NNZ, NZR, Sport NZ, other development partners that have sports development programs in the region and/or the PSPP countries.

## Ethical standards and safeguards

The NZR Programme Manager and NNZ Project Manager informed in-country PSPP - Sports for Health co-ordinators of review and planning for in-country data collection. The acting MFAT Activity Manager, through High Commissions in the Cook Islands, Fiji, Tonga, Samoa, and Vanuatu, obtained authorisation for interviewing key informants from relevant Ministries. Following her departure from MFAT, the Pacific Adviser and data collectors ensured that the necessary authorisation was obtained before data collection commenced.

KIIs were conducted in accordance with good practice ethical standards, including informed consent, the right to privacy and anonymity, voluntary participation, and the right to know how information will be managed and used, as well as impartiality on the part of the interviewer. Only those who voluntarily agree to participate were interviewed, and those who did not agree were not sanctioned or penalised in any way.

Voluntary participation was based on respondent's/participants' understanding of the purpose of the review, the reasons, and requirements for their involvement, what the evidence generating activity entails and the associated requirements or demands, how the evidence will be used and what the potential benefits and disadvantages of their participation might be.

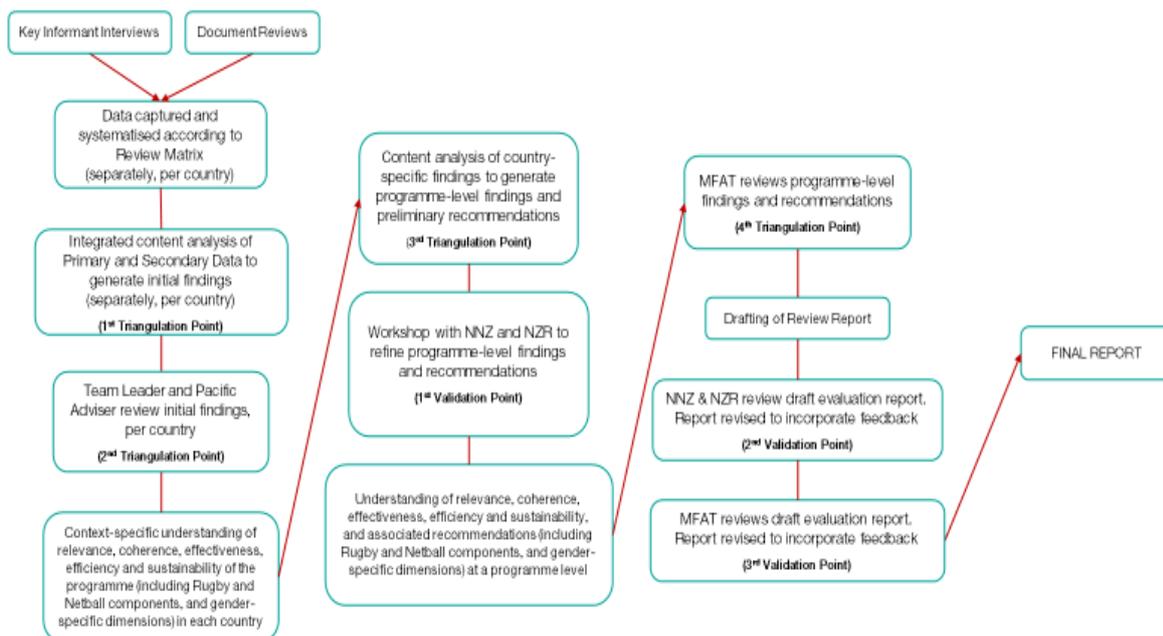
## Data analysis and interpretation

The evaluation draws on qualitative primary data, and on secondary data (qualitative and quantitative), so there was no special requirement to clean data before it is captured in the Review Matrix. The Review Matrix enabled integrated analysis of data from primary and secondary sources to inform consolidated answers to the evaluation questions. In this way, differing perspectives different stakeholder groups are reflected in the findings.

To address the evaluation questions, all recorded data and information relevant to each question were subject to content analysis to identify key findings against the evaluation questions and criteria, including findings pertaining to girls and boys, and women and men, respectively, per country. These initial findings were validated with in-country data collectors and refined to incorporate their feedback. Country-specific answers to evaluation questions were to identify common issues and themes that could inform answers to the questions at an integrated, programmatic level. These issues and themes were subject to further content analysis to identify those common across countries, including any issues/themes unique to boys and girls (and women and men), across countries, at a program level.

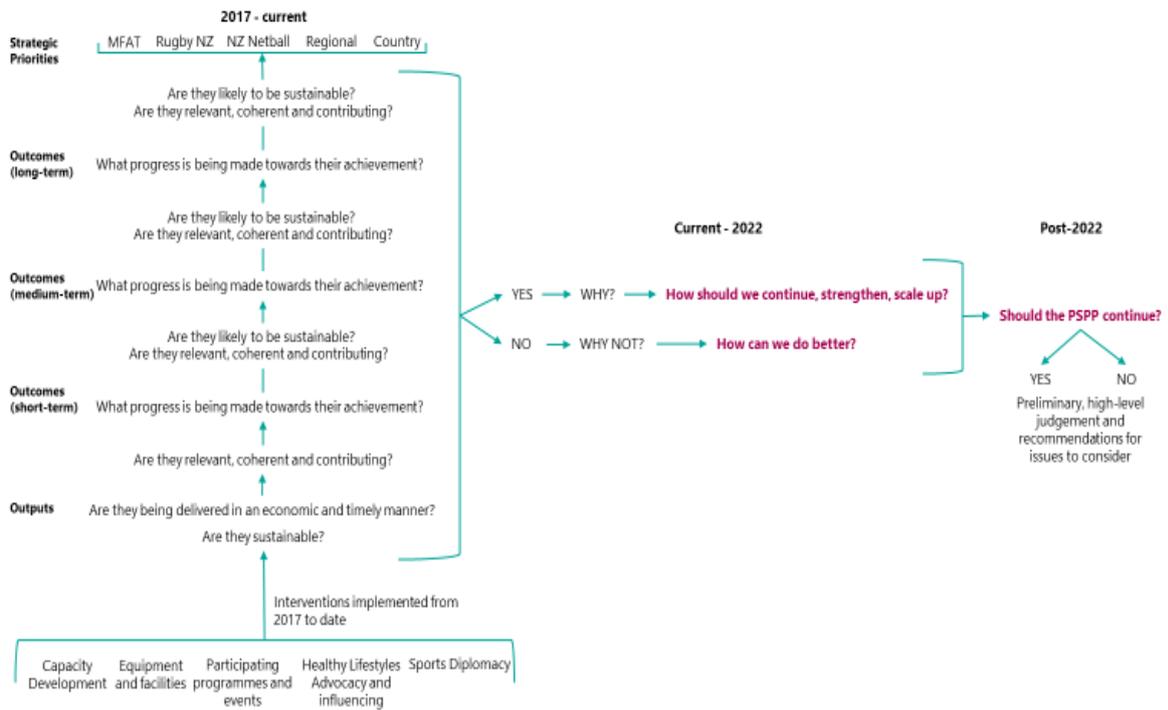
The data analysis and interpretation process are illustrated in the following diagram:

**Figure 4: Data analysis and interpretation process**



The conceptual framework to generate findings, which aligns with the RMT, is illustrated in the following diagram:

### Conceptual framework





# Annex 3: Terms of Reference

## Mid Term Activity Evaluation Report Pacific Sporting Partnerships – Sports for Health Terms of Reference

### Background:

Pacific Sporting Partnerships: Sports for Health is a five year (2017-2022), \$8m Activity funded by the New Zealand Ministry of Foreign Affairs and Trade Aid Programme, implemented by Netball New Zealand and New Zealand Rugby with participating Pacific National Sporting Organisations and partners. The activity seeks to reduce the prevalence of non-communicable diseases by increasing children and young people’s participation in sports and encouraging healthy and active lifestyles. Currently delivered in the Cook Islands, Fiji, Samoa and Tonga, some outputs will also be implemented in Vanuatu in 2020.

The Activity is informed by an Activity Design Document (ADD), Results Diagram, Input/Output table, Results Measurement Table (RMT) and a M & E workplan.

### Purpose:

The mid-term Activity evaluation report serves as a checkpoint to:

- assess relevance of the activity compared to the needs assessment and current country priorities
- assess the effectiveness and how the intervention is progressing towards the short-term outcomes and medium-term outcomes
- assess the efficiency of expenditure in achieving the Activity outcomes and outputs
- provide recommendations for improvements to the implementation of the Activity
- provide recommendations on future support for the Activity post the current phase.

### Key Questions:

- To what extent does the PSP remain a priority for the partner country; the New Zealand Aid Programme; the delivery partners; and the in-country partners (national sports federations) (Relevance)?
- To what extent are the short-term outcome and output measures relevant to the medium- and long-term outcomes?
- What progress is being made towards achieving the PSP’s outputs, and short- and medium-term outcomes (Effectiveness)?
- How cost effective is the approach employed to deliver results (Efficiency)?
- What improvements could be made to further sustain and embed the outcomes sought from the Pacific Sporting Partnerships?
- Future support – recommendations on the value and scope of a second phase of support. Consider alignment with the priorities of partner countries from a regional and national perspective; New Zealand including objectives of the NZ Aid Programme’s and

MFAT's Sports Diplomacy Intentions; current delivery partners, Netball NZ, and NZ Rugby; and in-country partners (relevant national sports federations).

#### Scope & approach:

Both Rugby and Netball are taking a collaborative approach to the Mid Term Evaluation due to the alignment of the outcomes, the commonality of stakeholders across all countries and to be cost-effective.

Whilst travel restrictions to the Pacific Islands remains in effect due to the COVID 19 pandemic, the methodology will be, by necessity, restricted to a desk-based approach with respect to the in-country reviews. It is envisaged that there will be wide ranging interviews with delivery partners, participating Pacific National Sporting Organisations and in-country partners including, but not restricted to:

#### Fiji

- Ministry of Health and Medical Services
- Ministry of Education, Heritage and Arts
- Ministry of Youth and Sport
- NZ High Commission
- Fiji National Sports Commission

#### Samoa

- Ministry of Health
- Ministry of Education, Sports and Culture
- SASANOC
- NZ High Commission

#### Tonga

- Ministry of Health
- Ministry of Employment, Youth and Sports
- Ministry of Internal Affairs
- TASANOC
- Tonga Sports Council
- NZ High Commission

#### Cook Islands

- Ministry of Health
- Ministry of Internal Affairs
- Ministry of Education
- CISNOC
- NZ High Commission

## Oceania

- Oceania Rugby
- Oceania Netball

## New Zealand

- MFAT Director, Pacific Connections and Activity Manager, Pacific Connections
- Unit Manager – Health and Education, Pacific and Development Group
- Sport New Zealand – contact TBC

## Roles & responsibilities:

### Consultant

- A desk-based review of key documentation (provided by Netball NZ and NZ Rugby)

This work will focus on the Outcome, rather than the Output level and on data sources and methodology for collection and reporting.

- Set up pre-assignment meeting with MFAT.
- Set up meetings, interviews in respective countries including counterpart agencies, Government departments, regional agencies, and NZ High Commissions.
- Complete and present Final Assignment Report.
- Arrange debrief meeting with MFAT, NZ Rugby and Netball NZ.

### Netball NZ & Rugby NZ

- Provide key documentation including, Implementation Plans, RMT, GFA and Activity Reports.
- Meet for pre-assignment briefing and discussion.
- Provide introductions and contact names and email addresses for counterpart agencies in each country.
- Organise and attend debrief and an assignment Completion Report presentation.

## Milestone, deliverables & timeline:

1. Meet with NZ Rugby and Netball NZ together to:
  - a. Provide and discuss draft inception report; and
  - b. Validate approach and outputs
2. Facilitate meeting between both agencies and MFAT to advise of assignment, approach, and outcomes.
3. Undertake desk-based review
4. Presentation to NZ Rugby and Netball NZ of Draft Report
5. Presentation to MFAT and delivery partners of final Mid-Term Evaluation Report

6. It is expected that the project will be completed over a 2-month period.

**Resources available:**

1. Activity Design Document
2. Grant Funding Arrangement
3. Implementation Plans
4. Budgets
5. Annual & Quarterly Activity Progress Reports
6. Programme specific resources