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## **STUDY ON SPORTS, NOURISHMENT AND LIFESTYLE IN FOUR EUROPEAN COUNTRIES**

A PROJECT IMPLEMENTED BY



IN PARTNERSHIP WITH





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Erasmus+ Programme  
of the European Union

#### Authors' contribution:

Alina Zaharia (Se Poate - Romania) elaborated the initial drafts of the two surveys, analysed the data and wrote the study, Spartaco Grieco (Asd Margherita Sport e Vita Basket - Italy), Rasa Kreivyte and Kestutis Matulaitis (Lithuanian Sports University, Lithuania), Daniel Enachescu and Georgiana Marcu (Se Poate - Romania), and Simon Wltavsky (Trend-Prima - Slovenia) revised the initial drafts of the two surveys, collected the data and revised this study.

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## 1. BONDS PROJECT

The project “Building Opportunities for Nourishments by Doing Sports” is implemented by the non-governmental associations Se Poate (Romania), A.S.D. Margherita Sport e Vita (Italy), Lietuvos Sporto Universitetas (Lithuania) and Trend-Prima (Slovenia) through the Erasmus+ Sport program.

The general objective of BONDS project is to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all. In this sense, the project aims to foster active citizenship together with social inclusion and equality through sport and physical activities for creating a healthy lifestyle in according to European strategic documents.

Increasing participation in sport by any means is a main target of this project, since 41% of Europeans exercise or play sport at least once a week, while an important proportion of EU citizens (59%) never or seldom do so-, according to the Eurobarometer Survey<sup>1</sup>.

Also, the proportion of EU people who do not exercise or play sport at all has increased in 2014 compared to 2009 from 39% to 42% while 60% of the Romanian people never exercise, being the fourth country at EU level which register the worst situation. Also, 60% of the Italian people and 46% of Lithuanian people never exercise, registering a bad situation as Romania by being positioned over the EU average. Meanwhile, Slovenia registered a positive situation as their indicator regarding the percentage of people who never exercise as this is below the EU average of 42%, 22% for Slovenia, being a good example of best practice and better experience in sport activities.

Other sport activities such as cycling, dancing or gardening are also not done by Romanians in a proportion of 31- 50% of respondents. Also in Romania we have one of the lowest proportions of people engaging in sports in a natural setting. Also, in the Eurobarometer study on Sport, women are walking less than men, so, by our project’s activities, we will encourage the woman to walk more. A lack of suitable or accessible sport infrastructure is not seen as a problem in the vast majority of the EU, although a larger proportion of respondents in Romania (10%), Lithuania (9%), Croatia (8%) and Slovakia (8%) mention this as an obstacle for them, according to the Euro barometer in sports.

A series of international sport and physical activities have been organized in order to raise awareness regarding the capacity of practicing sports in all sort of environments.

The BONDS project can be easily replicated, enlarged and multiplied, in that it can become a model in building a multicultural partnership suitable for building European conditions that promote physical activities among people of all age bands.

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<sup>1</sup> Special Eurobarometer 412: Sport and physical activity, accessed at [https://data.europa.eu/euodp/data/dataset/S1116\\_80\\_2\\_412](https://data.europa.eu/euodp/data/dataset/S1116_80_2_412)

## 2. THE METHODOLOGY FRAMEWORK

This study presents the results of the two surveys conducted during the BONDS project implementation in 2018. Each partner of the four countries was responsible of collecting the data online between April and June 2018, depending on the planning of each event in each county.

The first survey, conducted before the development of the BONDS events in each country, aims to identify the rate participating in leisure-time physical activity, patterns in the daily physical activity of the respondents, and nourishment information, in order to improve the knowledge of stakeholders on health, culture, and active citizenship.

The second survey aims to present the feedback of the participants in the BONDS events per each country and, as well as the first one, to identify the rate participating in leisure-time physical activity, patterns in the daily physical activity of the respondents, and nourishment information, in order to improve their knowledge on health, culture, and active citizenship. This survey is conducted after the implementation of the sport and physical activities developed through the BONDS project. The main targeted respondents are the persons who have attended to the project activities.

Several studies on sport and health have been of inspiration when drafting the two questionnaires used for these surveys: the Sport & Physical Activity Student Questionnaire of Thanet College<sup>2</sup>; the Weight and Lifestyle Management Questionnaire of Toronto Health and Wellness Centre from Canada<sup>3</sup>; Nutrition Questionnaire - NCMC Adult Weight Management<sup>4</sup>; Sports Participation Questionnaire<sup>5</sup>.

In order to better substantiate the results, the body mass index (BMI) was used in analyzing the surveys' results in order to determine the health status in terms of weight for the respondents. "The BMI is calculated by dividing body weight (kilograms) by height (meters) squared. The following subdivisions are used to evaluate the BMI: < 18.5: underweight; >= 18.5 and < 25: normal weight; >= 25: overweight; >= 30: obese." <sup>6</sup>

Being online surveys, the results have no statistically significance and present only the opinions of the respondents. This study aims to attract different decision and policy makers from the field of sport and health in order to understand better some challenges in these fields.

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<sup>2</sup> <https://www.surveymonkey.com/r/Y3Z8SCV>

<sup>3</sup> <https://my.clevelandclinic.org/ccf/media/files/Canada/Weight%20and%20Lifestyle%20Management%20Questionnaire.pdf>

<sup>4</sup> Barr J, Schumacher G. *J Amer Diet Assoc.* 2003; 103:844-851, <http://www.ncmc-weightloss.com/pdf/nutrition-questionnaire.pdf>

<sup>5</sup> <https://www.surveymonkey.com/r/HRVP6Z6>

<sup>6</sup> [https://ec.europa.eu/eurostat/statistics-explained/index.php/Glossary:Body\\_mass\\_index\\_\(BMI\)](https://ec.europa.eu/eurostat/statistics-explained/index.php/Glossary:Body_mass_index_(BMI))

### 3. RESULTS AND DISCUSSION

#### 3.1 THE SURVEY CONDUCTED BEFORE THE BONDS ACTIVITIES

The number of the respondents for the survey conducted before the BONDS activities is presented further: 40 in Italy, 263 in Lithuania, 130 in Romania and 36 in Slovenia. The main results of the survey conducted online before the BONDS activities are described below. The Italian respondents are from Margherita di Savoia (22.5%) and other regions from Italy (77.5%). The Lithuanian respondents are from Kauno (63.1%) and other regions (36.9%). The Romanian respondents are from Bucharest (57.7%) and other regions (42.3%). The Slovenian respondents are from Maribor (80.6%) and other regions (19.4%).

The first two questions of the study investigated the frequency of doing sports per month and per one activity. Figure 1 and figure 2 illustrate these aspects.

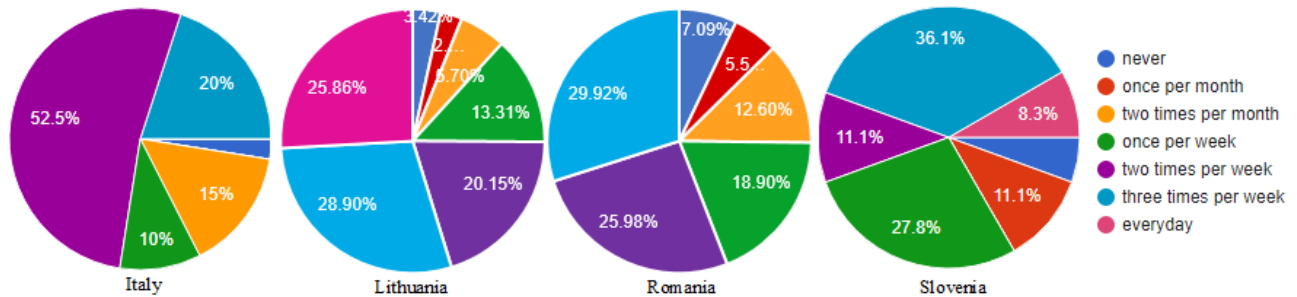


Figure 1. Frequency of doing sport and physical activities by country, per month

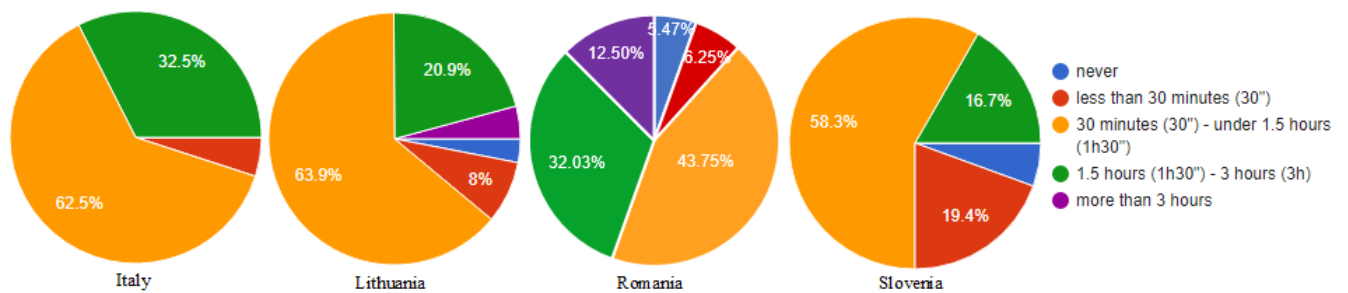


Figure 2. Frequency of doing sport and physical activities by country, per activity

In terms of frequency, it can be concluded that, generally, the respondents are doing physical activities once, twice or three times per week on a session of 30 minutes until one hour and a half. Among the Italian, Lithuanian, Romanian and Slovenian participants, there are participants who do not practice to much sports, because they do physical activities two times per month, once per month or even never.

The respondents are involved in different types of sport and physical activities, as it can be observed in figure 3.

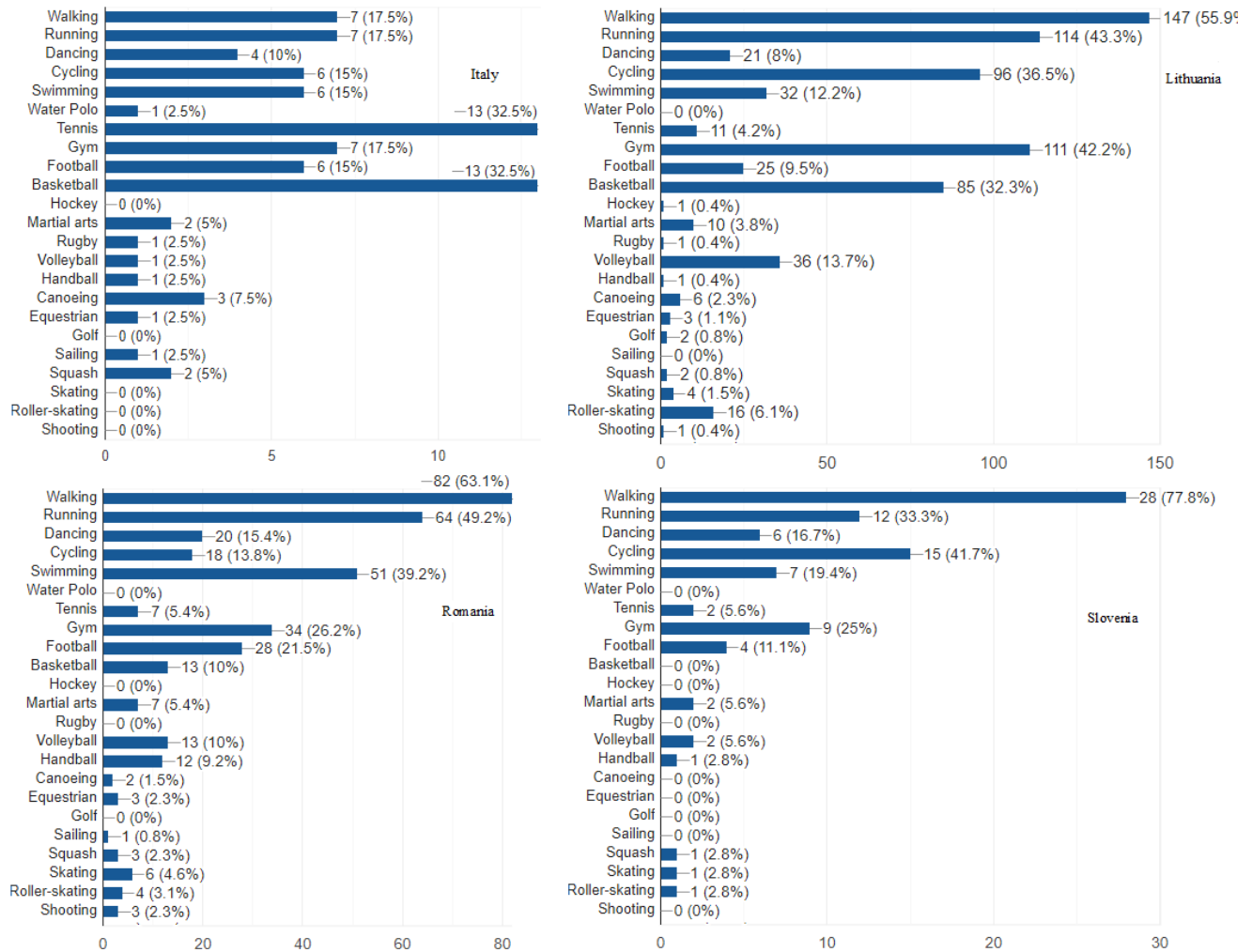


Figure 3. Types of physical activities practiced by the respondents before BONDS events, by country

The main types of sports and physical activities practiced by the respondents are: basketball, tennis, gym, walking and running in Italy; walking, running, gym, cycling and basketball in Lithuania; walking, running, swimming, gym and football in Romania; walking, cycling, running, gym and swimming in Slovenia.

In what concerns the participation of the respondents in past sport events, it seems like 80% of Italian respondents, 65.02% of the Lithuanian ones, 70% of Romanian respondents and 58.33% of Slovenian ones out of total per each country did participate in sport events in the past. Also, 95% of Italian respondents, 94.30% of the Lithuanian ones, 93.08% of Romanian respondents and 66.67% of Slovenian ones out of total per each country express their will in participating in future physical activities in the future. At the same time, 80% of Italian respondents, 79.85% of the Lithuanian ones, 86.15% of Romanian respondents and 61.11% of Slovenian ones out of total per each country are willing to participate in training courses about nourishment and healthy lifestyle. In addition, 70% of Italian respondents, 17.11% of the Lithuanian ones, 21.53% of Romanian respondents and 22.22% of Slovenian ones out of total per each country said that they are on a diet at the moment. Moreover, 92.50% of Italian respondents, 96.20% of the Lithuanian ones, 98.46% of Romanian respondents and 83.33% of Slovenian ones

out of total per each country did participate in sport events in the past. These aspects are illustrated in figure 4.

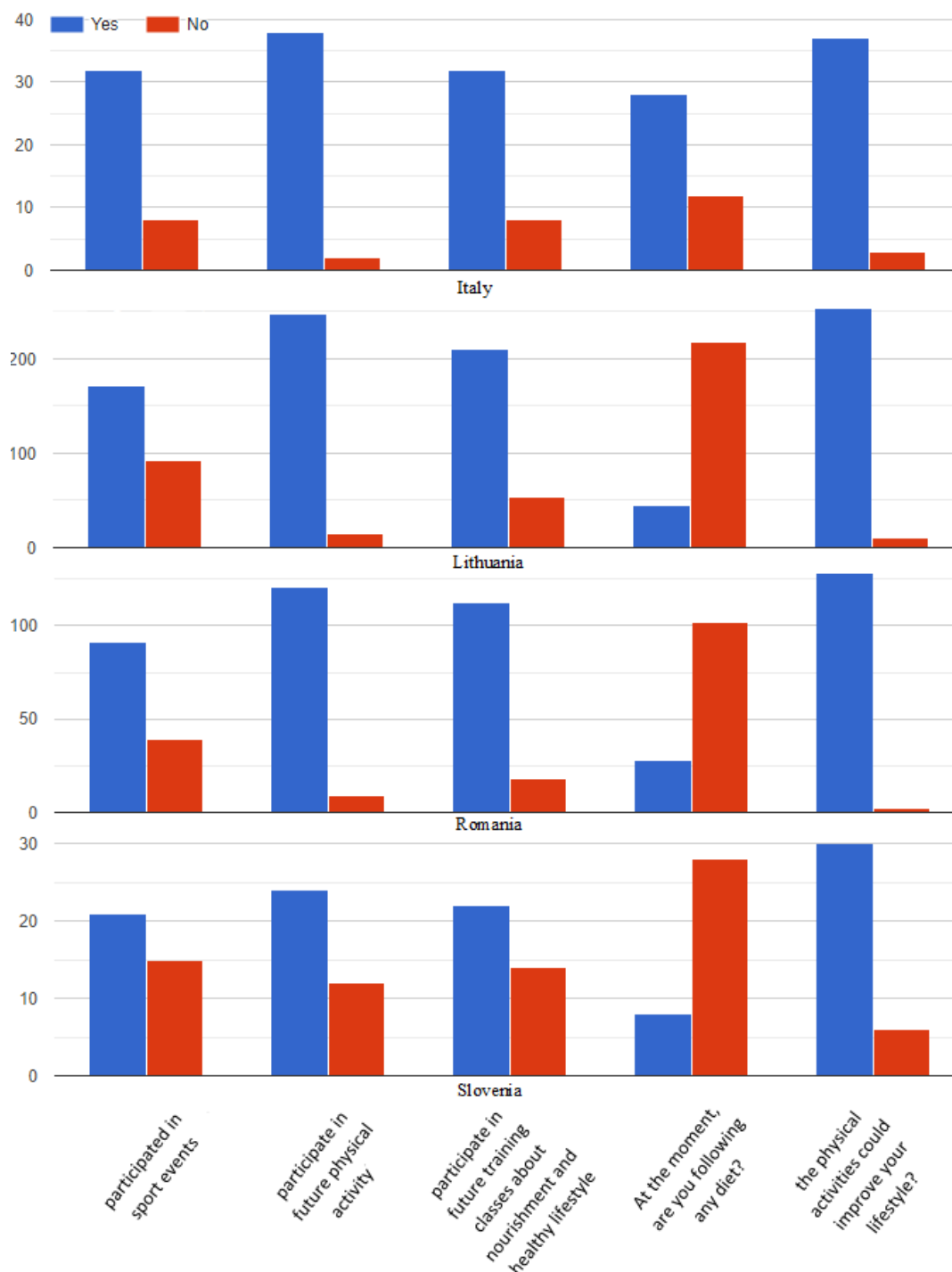


Figure 4. Interests of respondents in participating in sport and nourishment events, by country

As it can be observed in figure 5, the majority of the respondents perceive their weight as being normal.



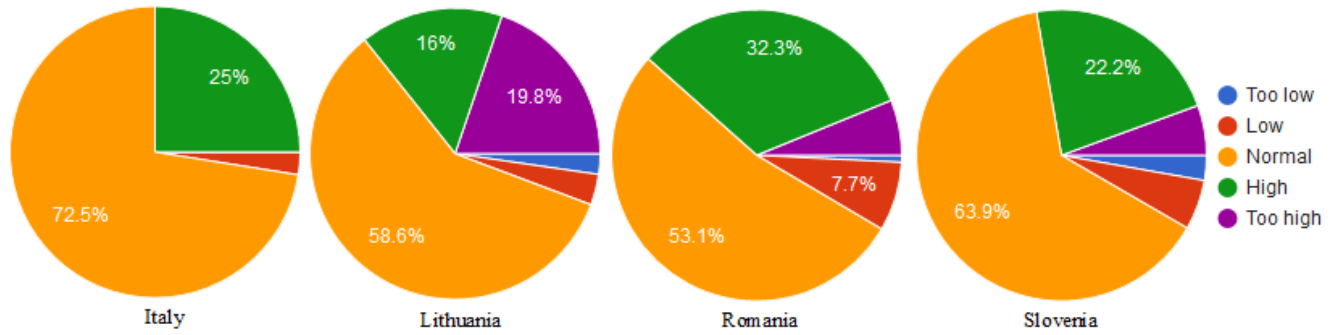


Figure 5. Weight opinions of the respondents before BONDS events, by country

In addition, the weight is perceived high by 25% of the Italian respondents, 16% of the Lithuanians, 32.3% of the Romanians and 22.2% of the Slovenians. In the same time, 2.5% of the Italian respondents, 5.7% of the Lithuanians, 8.5% of the Romanians and 8.4% of the Slovenian respondents consider their weight low and too low.

The survey also revealed that the respondents believe that the physical and sport activities improve your lifestyle by:

- increasing the inclusion and the interpersonal relationships, according to the Italian respondents;
- boosting the physical and mental health, adding more energy, firming the heart, strengthening the muscles, reducing weight, improving quality of sleep, preventing diseases and increasing the immunity, boosting the work productivity, diversifying the leisure activities, improving self-confidence and the mood, becoming happier, and reliving the emotions gathered throughout a day, according to the Lithuanian respondents;
- losing weight and toning the muscles, becoming more physically resilient, improving the immunity, diminishing stress, having better sleep, better functioning of the heart and of the brain, having more energy, boosting the physical and mental health, increasing motivation and confidence, improving focus, developing the social relationships, according to the Romanian respondents;
- improving health and well-being, becoming more calm, less stressful and more relaxed, improving digestion, having better posture, more energy, and greater concentration, improving the social life, and boosting the health, according to the Slovenian respondents.

The social and demographic characteristics of the respondents are discussed below. The majority of the respondents are females in all four analyzed countries. In terms of age, the respondents are under 70 years old, the majority of them being between 21 and 50 years old, as presented in figure 6.

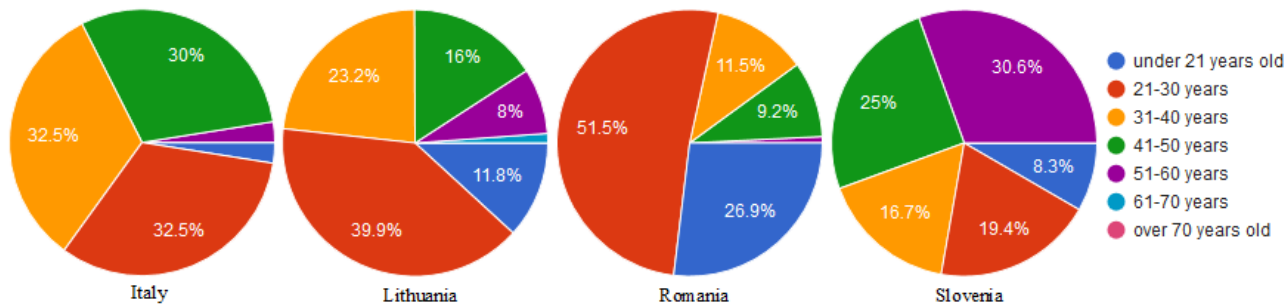


Figure 6. The age intervals of the respondents, by country

The last level of education and the occupation of the respondents are different distributed in the four countries analyzed.

The majority of the Italian respondents finished secondary schools (65%), while the rest of them have a bachelor degree (35%). The majority of them are employees (57.5%), while 25% are self-employed and 17.5% are students. In terms of occupation, they activate in the fields of health and sport (20%), education and science (17.5%), environmental sector (15%), tourism (12.5%), business administration (10%), construction (10%) and others (15%).

The majority of the Lithuanian respondents (70%) have at least a bachelor degree, while the rest of them have finished primary level (3%), secondary school (24%) and PhD (3%). The majority of them are employees (38%), while 28.5% are students, 20.2% are self-employed and the rest have different other status (13.3%). In terms of occupation, they activate in the fields of health and sport (22.8%), not applicable (21.3%), education and science (16.7%), business administration (14.8%) and others (24.4%).

The majority of the Romanian respondents (54.6%) finished the secondary level, while the rest of them have bachelor degrees (24.6%), master degrees (19.2%) and PhD (1.6%). The majority of them are students (51.5%), while 27.7% are employees, 11.5% are self-employed and the rest have different other status (9.3%). In terms of occupation, they activate in the fields of health and sport (29.2%), education and science (15.4%), not applicable (13.8%), business administration (13.1%), agriculture (4.6%) and others (23.9%).

The majority of the Slovenian respondents (69.4%) have at least a bachelor degree, while the rest of them have finished secondary school (25%) and PhD (5.6%). The majority of them are employees (61.2%), while 30.6% are self-employed, 8.2% are students. In terms of occupation, they activate in the fields of health and sport (30.6%), not applicable (22.2%), arts (8.3%), construction (8.3%), business administration (8.3%), environmental field (5.6%), energy (5.6%) and others (11.1%).

The economic status of the respondents' households is illustrated below in figure 7.

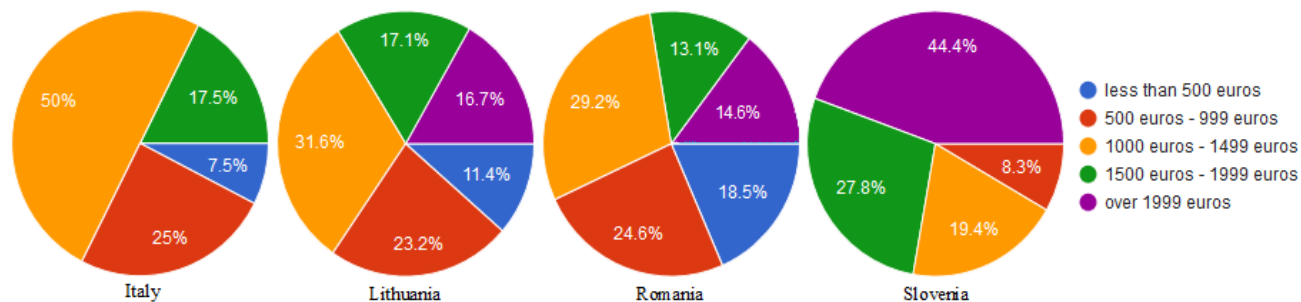


Figure 7. The household monthly income of the respondents, by country

The highest percentages of the Italian respondents (50%) and of the Lithuanian respondents (31.6%) earn between 1000 and 1499 euros, while the lowest percentages of the Italians (7.5%) and of the Lithuanians (11.4%) earn less than 500 euros. The highest percent of the Romanian respondents (29.2%) earn also between 1000 and 1499 euros, but the lowest percent of them (13.1%) earn between 1500 and 1999 euros. The highest percent of the Slovenian respondents (44.4%) earn over 1999 euros, while the lowest percent of them (8.3%) earn between 500 and 999 euros.

The size of the households is presented below in figure 8.

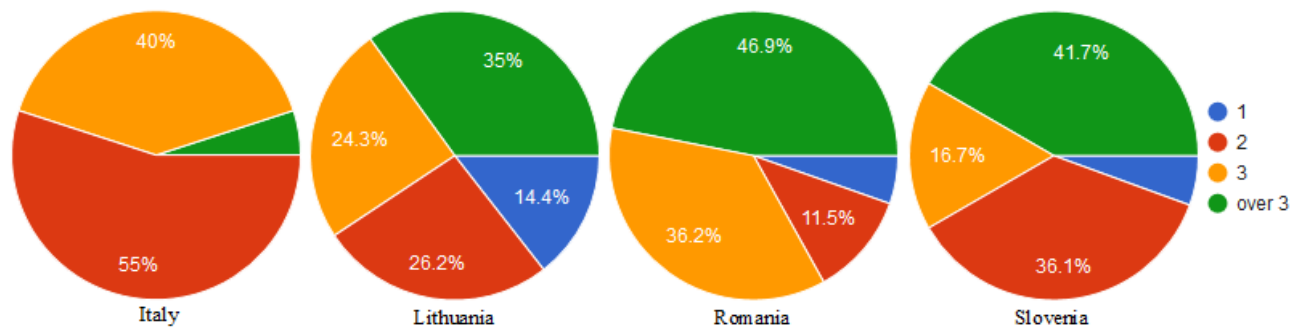


Figure 8. The household size of the BONDS participants, by country

It seems like the majority of the Italian respondents (55%) have the household form of 2 persons, while there is no Italian respondent with a household form of only one person. The highest percentages of the Lithuanian (35%), of the Romanian (46.9%) and of the Slovenian (41.7%) respondents have the household formed of over three persons, while the lowest percentages of Lithuanians (14.4%), of the Romanians (5.4%) and of the Slovenians (5.5%) have only one person in the household.

### 3.2 THE SURVEY CONDUCTED AFTER THE BONDS ACTIVITIES

The number of the respondents for the survey conducted after the BONDS activities is presented further: 20 in Italy, 20 in Lithuania, 85 in Romania and 31 in Slovenia. The main results are described below. The Italian participants who participate in BONDS activities are from Margherita di Savoia (40%) and other regions from Italy (60%). The Lithuanian participants who participate in BONDS activities are from Kaunas (90%) and other regions (10%). The Romanian participants who participate in BONDS activities are

from Bucharest (62%) and other regions (38%). The Slovenian participants who participate in BONDS activities are from Maribor (96%) and other regions (4%).

The first question of the study controlled the participation status of the respondents and revealed both different and common sport and physical activities taken in all four countries during the BONDS activities. The common ones are different types of walking, running, jumping, cycling, basketball, jumping rope, games with the balls, games for coordination, games in pairs, exercising in the park. The different physical activities are: Nordic walking and cycling for the Lithuanian participants; oina (Romanian traditional game), throwing and passing from one to the other different types of balls (medical ball, basketball, oina), running through cones, ankle play, circle playing, x and 0, ball to the captain, the ladder, hopscotch, relay, foot tennis and the donkey with the hand for the Romanian participants; cycling, ABS exercises, flexibility exercises, new exercises for the entire body, hand exercises, exercises for the abdomen and legs, group exercises for the elderly, exercises for couples for the Slovenian participants.

The second question of the after-project survey assessed the overall satisfaction degree on a five-scale evaluation, as illustrated in figure 9.

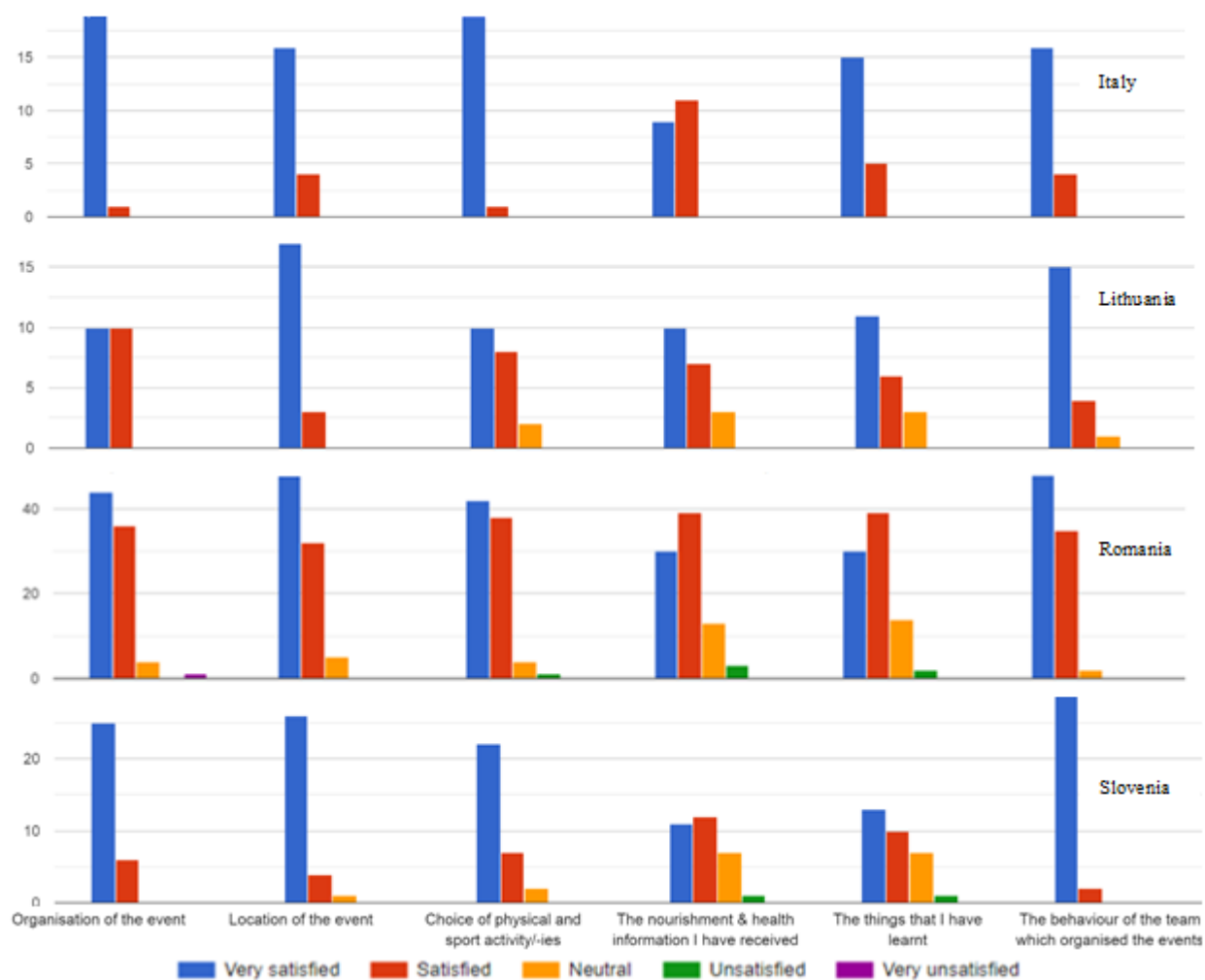


Figure 9. Overall satisfaction of the sport events by country

The results indicate high overall satisfaction of the sports and physical activities within BONDS project, in terms of events’ organization, location, choices of physical activities, the information on nourishment and health, new learnt things, as well as the teams.

In what concerns the interest of the BONDS participants in being involved in some other projects and activities, such as BONDS, it seems like there is a high interest in sports and physical activities where nourishment and health is also integrated into the events. Also, the majority of the BONDS participants consider that sports and physical activities could improve their lifestyles. Most importantly, the majority of the BONDS participants learnt new things when engaging in the project activities, as illustrated below in figure 10.

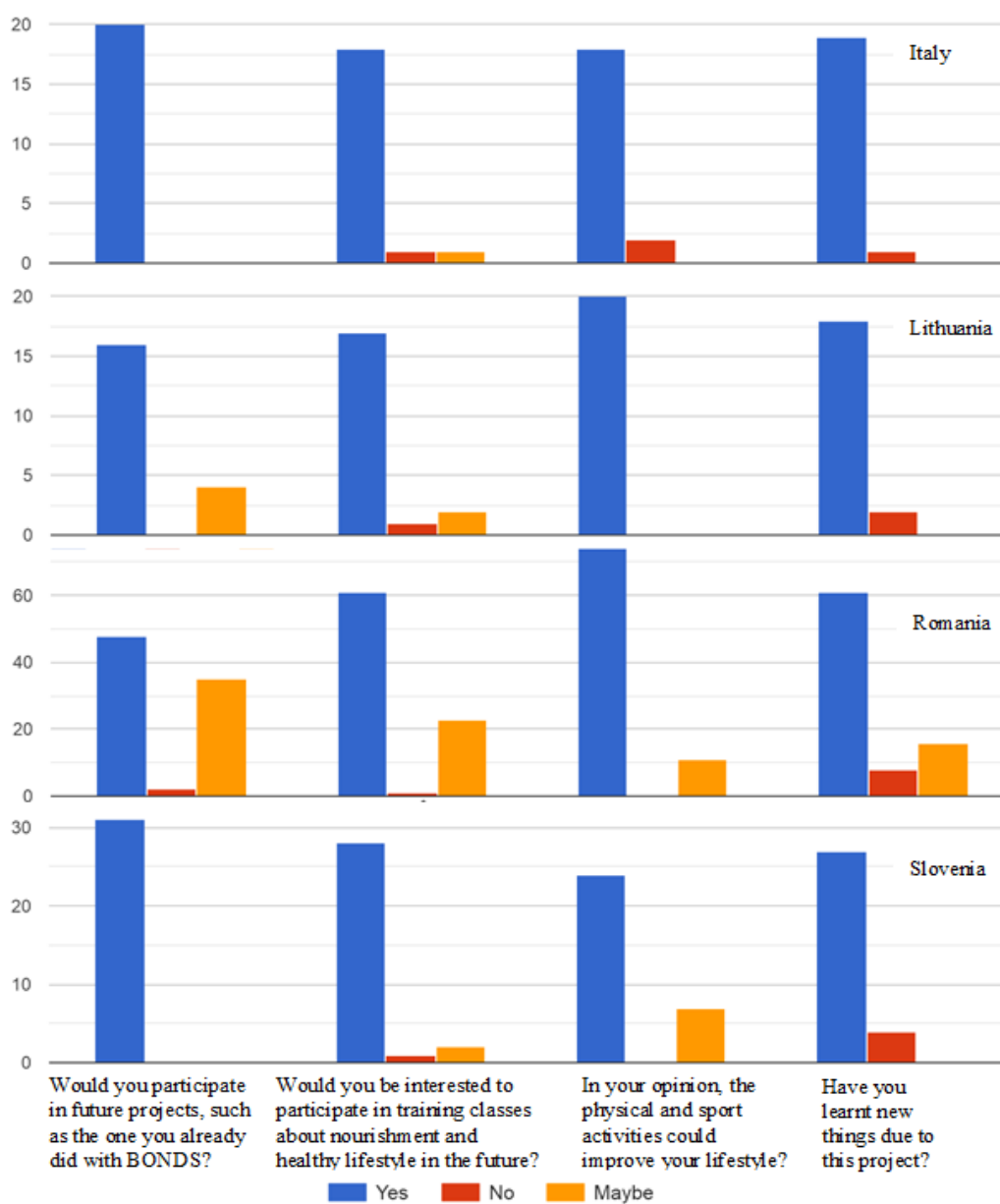


Figure 10. Opinions on physical activities, nourishment and lifestyle by country

The fourth question emphasizes the novelty brought to the participants by implementing the BONDS activities in each country. The Lithuanian respondents have learnt new things about various exercising methods in teams of different age, new types of exercising with the ball, benefits of sport and physical activities to health and social life, different training methods about nourishment and healthy lifestyle, new techniques of Nordic walking and its influence to health. The Romanian participants also have learnt new exercising methods with different tools and how to implement the activities in their training sessions for others, by emphasizing their social benefits, such as teamwork, communication and joy bringing to the people, as well as the healthy advantages. An interesting quote would be: “the sport can be fun”. The Slovenian respondents also found out about new types of exercises, new information about nutrition, exercises for elders, and new use of the city’s infrastructure and organization for doing physical activities and sports. The Italian participants have not responded to this question.

In what concerns the frequency of doing sports and physical activity, figure 11 and figure 12 indicate some differences by country.

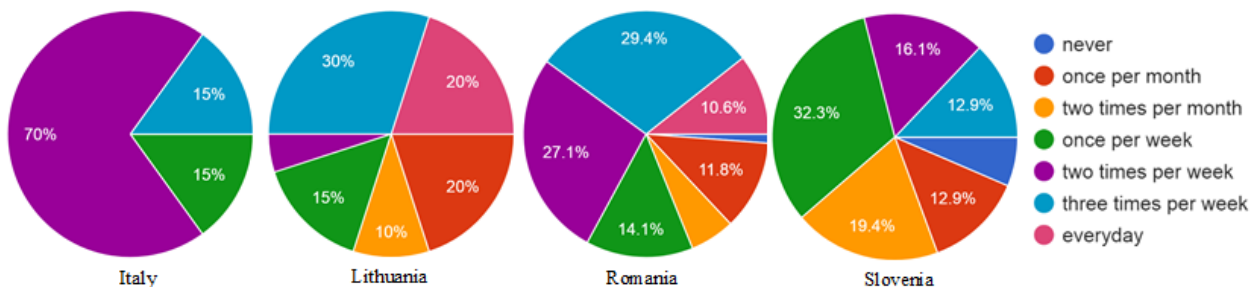


Figure 11. Frequency of doing sport and physical activities by country, per month

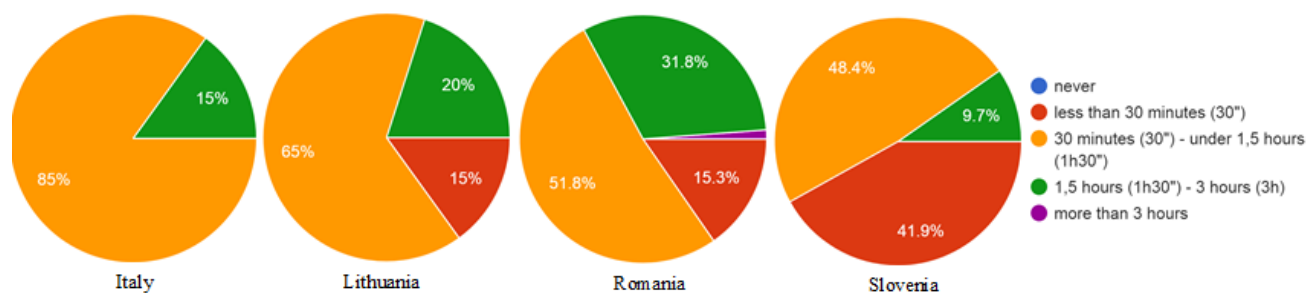


Figure 12. Frequency of doing sport and physical activities by country, per activity

In terms of frequency, it can be concluded that, generally, the BONDS participants are doing physical activities once, twice or three times per week on a session of 30 minutes until one hour and a half. The Italian participants are all active people, who do sport at least once per week for at least 30 minutes per activity, but none of them is doing sports every day. Among the Lithuanian, Romanian and Slovenian participants, there are participants who do not practice to much sports, as they do physical activities two times per month, once per month or even never.

The participants of BONDS activities are involved in different types of sport and physical activities, as it can be observed in figure 13.



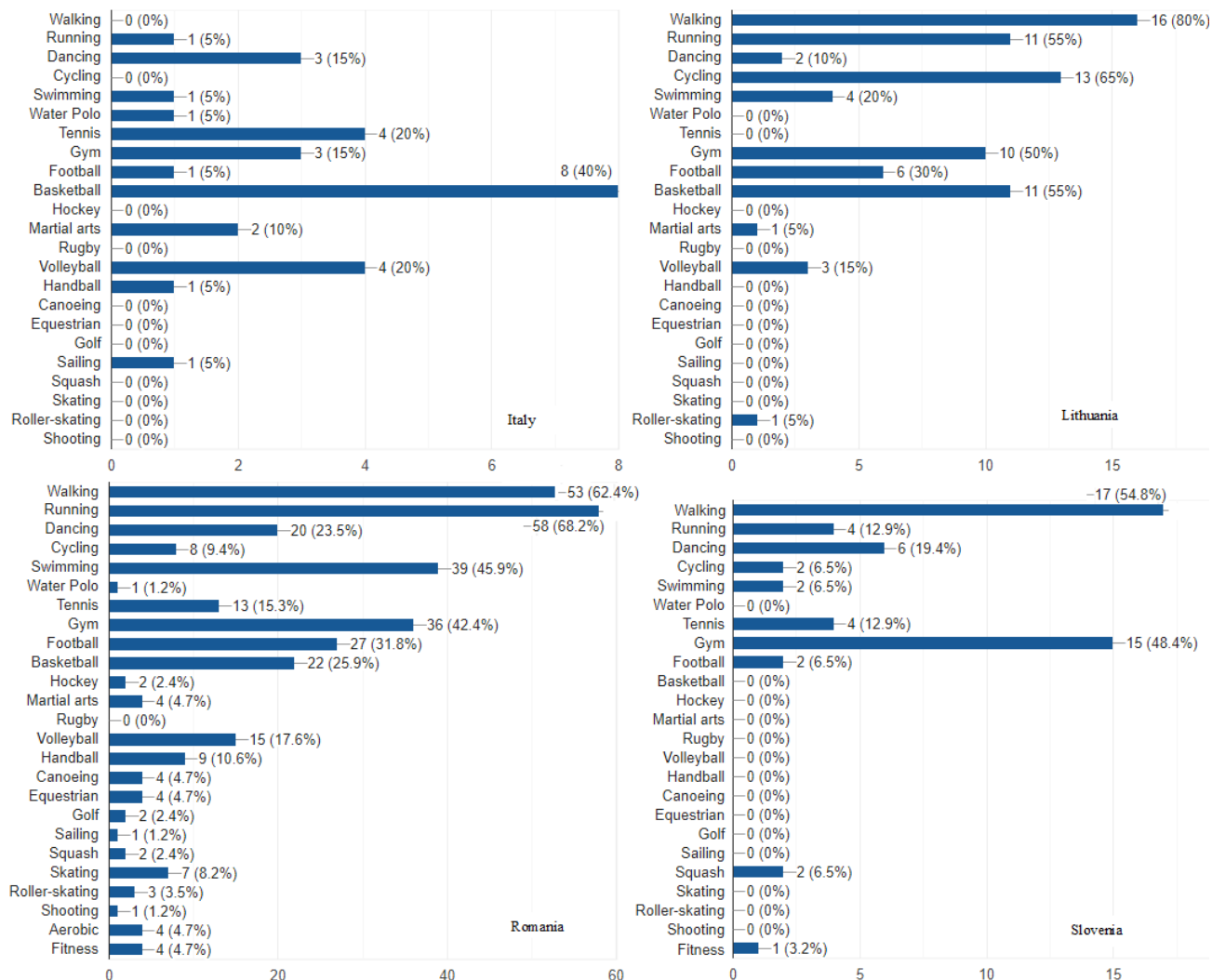


Figure 13. Types of physical activities practiced by the participants in BONDS project, by country

The main types of sports and physical activities practiced by the BONDS participants are: basketball, tennis, volleyball, gym and dancing in Italy; walking, cycling, running, basketball and gym in Lithuania; running, walking, swimming, gym and football in Romania; walking, gym, dancing, tennis and running in Slovenia.

In what concerns the perception of the BONDS participants on their weight, the majority of the BONDS participants perceive their weight normal. Also, it seems like 15% of the Lithuanian respondents and 1.2% of the Romanian ones think that their weight is too high, as well as 30% of the Lithuanians, 24.7% of the Romanians and 22.6% of the Slovenians think that they have a high weight. In the same time, 20% of the Italian respondents, 9.4% of the Romanian ones and 25.8% of the Slovenian ones consider their weight low. This information is presented below in figure 14.

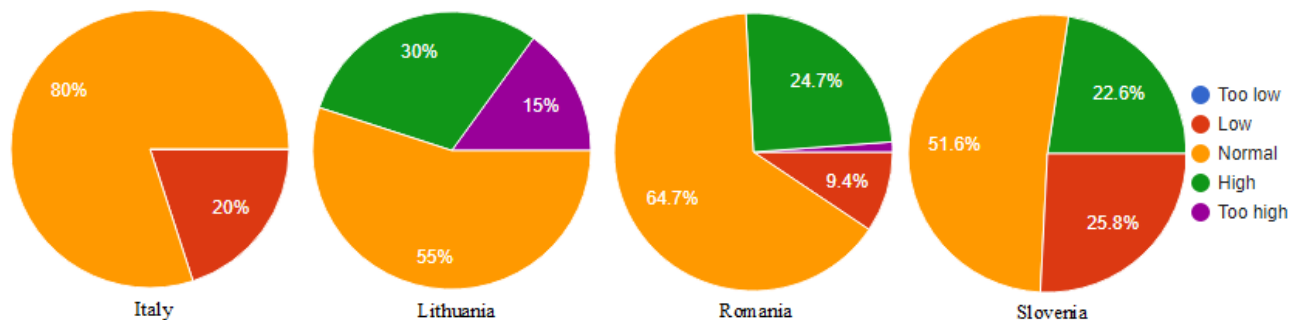


Figure 14. Weight opinions of the BONDS participants, by country

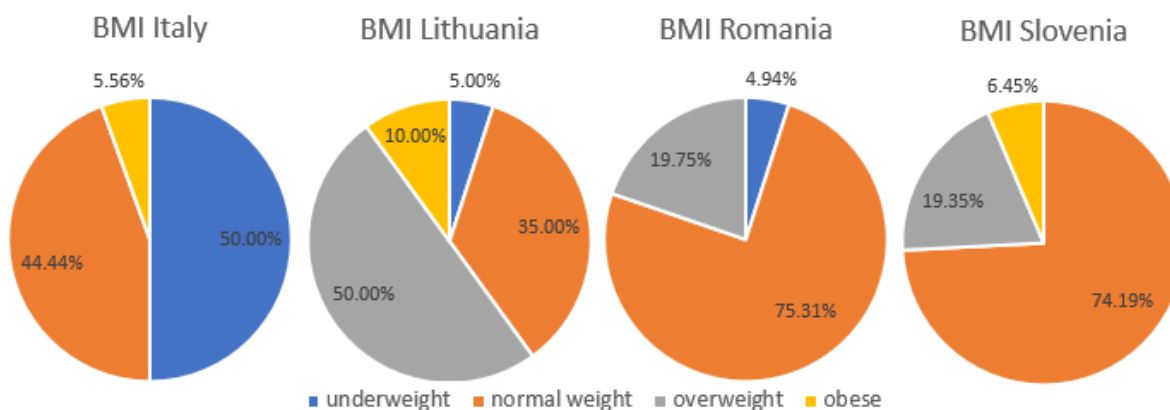


Figure 15. BMI of the BONDS participants, by country

The 9<sup>th</sup> and the 10<sup>th</sup> questions from the surveys conducted in all four countries after the BONDS activities were used to determine the BMI for the BONDS participants (figure 15) in order to compare it with their perception of their own weight. When comparing these two aspects, it can be observed that the perception is not always true. All the Italians who thought they have a low weight in fact they have a normal BMI and some of the ones who declared they have a normal weight, actually they are underweight. The perception of all the Lithuanian participants in BONDS who declared that they have a high or too high weight is related to what BMI indicated, but some of the ones who perceived themselves of having a normal weight, actually their BMI indicate an overweight or underweight status. The perception of all the Romanian participants in BONDS who declared that they have a low weight is related to what BMI indicated, except for 3.7% (three participants) who actually have a normal weight according to BMI. Also, some of the ones (3.7%) who perceived themselves of having a normal weight, their BMI indicate overweight. Likewise, 8.6% of the Romanian participants perceive their weight as being high or too high when actually their weight is normal according to the BMI calculations. The perception of all the Slovenian participants in BONDS who declared that they have a normal weight is related to what BMI indicated, except for one who actually have overweight according to BMI. Also, half of the ones who perceived themselves with a high weight are actually normal according to BMI, while all the ones who perceived themselves with a low weight they actually are normal (16.12% - 6 participants) or overweight (2 participants) according to BMI.



The social and demographic characteristics of the BONDS participants are discussed below. The majority of the respondents are females and less than 40 years old in all four countries, as presented in figure 16 and figure 17.

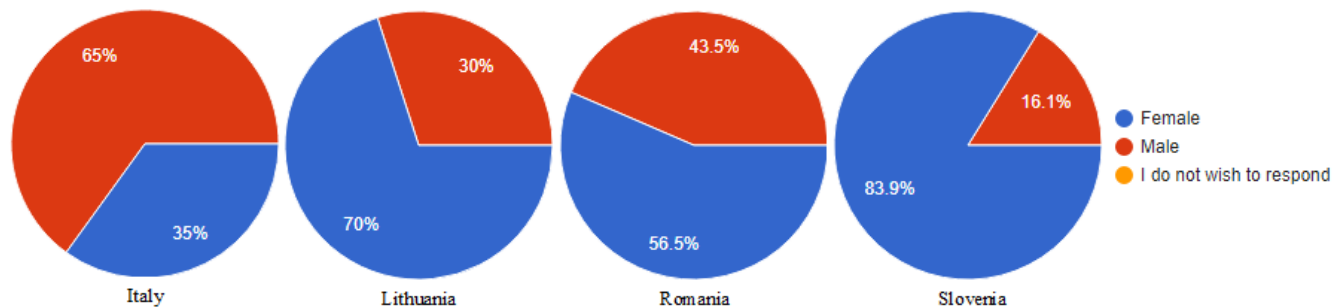


Figure 16. The gender of the BONDS participants, by country

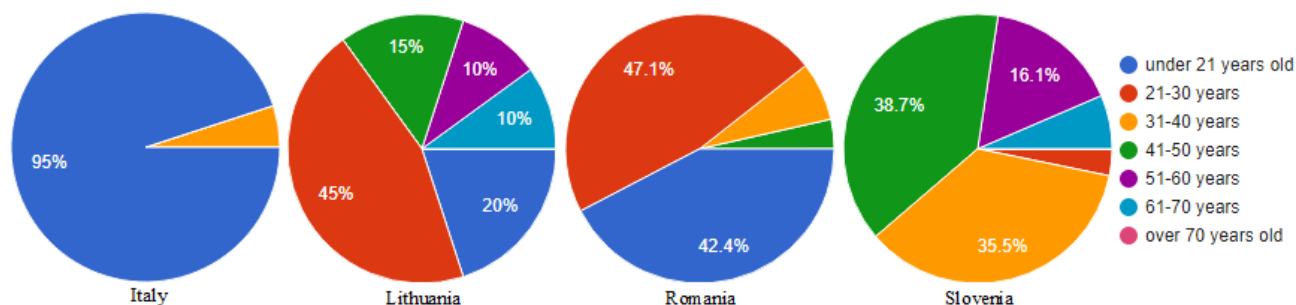


Figure 17. The age of the BONDS participants, by country

The last level of education is different distributed in the four countries analyzed. The Italian participants in BONDS activities are mainly young people who finished primary or secondary schools. The majority of the Lithuanians (70%) and the Slovenians (51.6%) have university degrees while 29.5% of the Romanian participants have it, the rest of 70.5% having finished the secondary level of education, as it can be observed in figure 18.

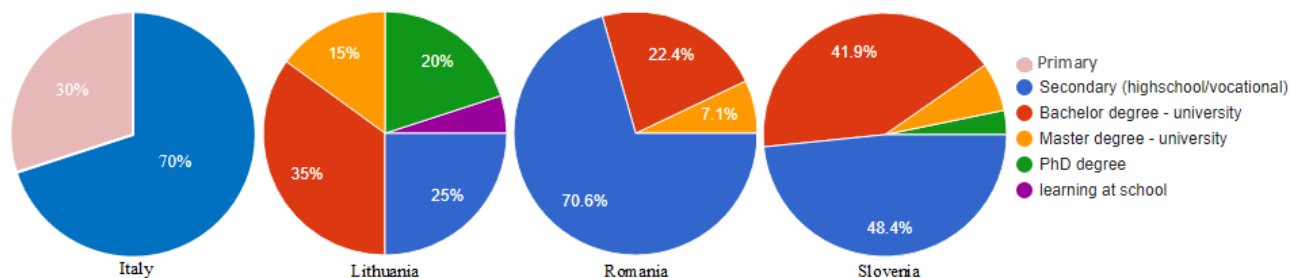


Figure 18. The last level of education of the BONDS participants, by country

In terms of occupation, the Italian BONDS participants are 90% students and 10% employees. Also, their main fields of occupation are health and sports, environmental field as well as business administration. The Lithuanian participants are 40% students, 40% employees, 10% pensioners and 10% lecturers, while their fields of occupation are health and sports, education and science, business administration, tourism. The Romanian participants are 75% students, 12% employees, 5% liberal activities, and

others, while the main fields of occupation are various, such as health and sports, education and science, business administration, tourism, arts, sales, construction, social media. The Slovenian participants are 58% employees, 13% pensioners and liberal activities, while their main fields of occupation are also various, such as health and sports, education and science, business administration, tourism, construction, energy, agriculture, environmental field.

The economic status of the participants' households is illustrated in figure 19 and the size of the households is presented in figure 20.

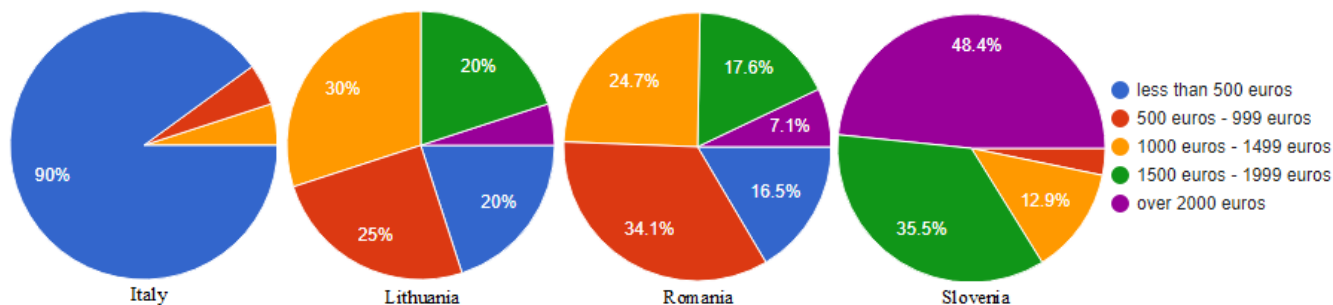


Figure 19. The household monthly income of the BONDS participants, by country

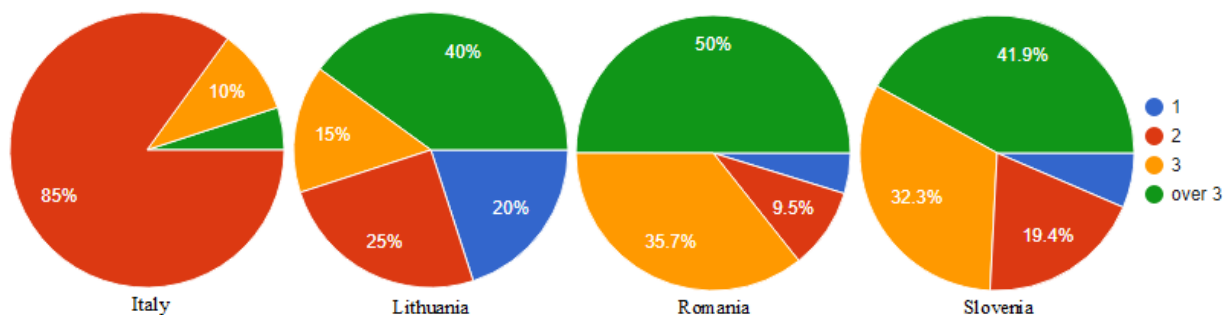


Figure 20. The household size of the BONDS participants, by country

It seems like 90% of the Italian participants in BONDS earn less than 500 euros per month and 85% of them have the household formed of two members. The highest percent (30%) of the Lithuanian participants earn between 1000 and 1499 euros, while the lowest percent (5%) earn over 2000 euros. Also, 40% of them have over three members in the household and 20% households of the Lithuanian participants are formed of only one member. The highest percent (34.1%) of the Romanian participants earn between 500 and 999 euros, while the lowest percent (7.1%) earn over 2000 euros. Also, 50% of them have over three members in the household and 4.8% households of the Romanian participants are formed of only one member. The highest percent (48.4%) of the Slovenian participants earn over 2000 euros, while the lowest percent (3.2%) earn between 500 and 999 euros. Also, 41.9% of them have over three members in the household and 6.4% households of the Slovenian participants are formed of only one member.

## 4. CONCLUSION

The surveys have been conducted in four European countries, partners in the BONDS project, preponderantly in the regions: Margherita di Savoia and other regions from Italy; Kauno and other regions from Lithuania; Bucharest and other regions from Romania; Maribor and other regions from Slovenia.

The first survey concluded that the main types of sports and physical activities practiced by the respondents are: basketball, tennis, gym, walking and running in Italy; walking, running, gym, cycling and basketball in Lithuania; walking, running, swimming, gym and football in Romania; walking, cycling, running, gym and swimming in Slovenia. Generally, the respondents are doing physical activities once, twice or three times per week on a session of 30 minutes until one hour and a half.

Indeed, the respondents believe that the physical and sport activities improve the lifestyle by: increasing the inclusion and the interpersonal relationships, boosting the physical and mental health, adding more energy, firming the heart, strengthening the muscles, reducing weight, improving quality of sleep, preventing diseases and increasing the immunity, boosting the work productivity, diversifying the leisure activities, improving self-confidence and the mood, becoming happier, and reliving the emotions gathered throughout a day, becoming more calm, less stressful and more relaxed, improving digestion, having better posture, becoming more physically resilient, increasing motivation and confidence, improving focus, developing the social relationships.

The second survey concluded that the main activities developed through BONDS project were: different types of walking, running, jumping, cycling, basketball, jumping rope, games with the balls, games for coordination, games in pairs, exercising in the park, Nordic walking and cycling, oina (Romanian traditional game), throwing and passing from one to the other different types of balls (medical ball, basketball, oina), running through cones, ankle play, circle playing, x and 0, ball to the captain, the ladder, hopscotch, relay, foot tennis and the donkey with the hand participants; ABS exercises, flexibility exercises, new exercises for the entire body, hand exercises, exercises for the abdomen and legs, group exercises for the elderly, exercises for couples. Also, in what concerns the interest of the BONDS participants in being involved in some other projects and activities, such as BONDS, it seems like there is a high interest in sports and physical activities where nourishment and health is also integrated into the events.

In what concerns the comparison between BMI and the respondents' perception on their own weight, it can be concluded that the perception is not always true, as some of the respondents underestimate or overestimate themselves.

## 5. BIBLIOGRAPHY

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- [https://ec.europa.eu/eurostat/statistics-explained/index.php/Glossary:Body\\_mass\\_index\\_\(BMI\)](https://ec.europa.eu/eurostat/statistics-explained/index.php/Glossary:Body_mass_index_(BMI))

## 6. ANNEX A. BEFORE-EVENT QUESTIONNAIRE

1. Sports, nourishment & lifestyle - B.O.N.D.S.

The BONDS project (Build Opportunities for Nourishment by Doing Sports) aims to foster active citizenship through encouragement of participation in collective sports, physical activity and volunteering activity among citizens of all ages in all sort of environments, in order to raise awareness about fair-play, respect for others, solidarity, active citizenship, and nourishment for health.

This questionnaire aims to identify rate participating in leisure-time physical activity, patterns in the daily physical activity of the respondents, and nourishment information, in order to improve their knowledge on health, culture, and active citizenship.

If you answer to this questionnaire, you agree with the following statement: "I am providing the responses in this questionnaire willingly and allow to the project team to analyze the data for project research means and publish the results of the survey."

The respondents are anonymous and the results will be used for conducting a study on sports.

If you are interested in the results of our study, please access the following link:

\* Required

How often do you participate in sport and physical activities per month? \*

never

once per month

two times per month

once per week

two times per week

three times per week

four times per week

five times per week

everyday

twice or more per day

Other:

How much time do you spend usually on doing the sport / physical activity - the time you do one activity? \*

never

less than 30 minutes (30")

30 minutes (30") - under 1,5 hours (1h30")

1,5 hours (1h30") - 3 hours (3h)

more than 3 hours

The intensity of your physical activities are (according to the World Health Organisation moderate physical activity is 150 min per day): \*

low

moderate

high

In which type of physical activities are you participating? \*

Walking  
Running  
Dancing  
Cycling  
Swimming  
Water Polo  
Tennis  
Gym  
Football  
Basketball  
Hockey  
Martial arts  
Rugby  
Volleyball  
Handball  
Canoeing  
Equestrian  
Golf  
Sailing  
Squash  
Skating  
Roller-skating  
Shooting  
Other:

Please check for each question the appropriate answer: \*

Yes

No

I am currently

Have you participated (as full participant) in any sport events so far (such as marathon, races, basketball competitions, etc.)?

Would you be interested in participating in training classes (such as fitness, aikido, kick boxing, aerobic, etc.) for different physical activities with a sport expert for a small amount of money?

At the moment, are you following any diet?

Would you wish to diet in the near future?

Have you participated (as full participant) in any sport events so far (such as marathon, races, basketball competitions, etc.)?

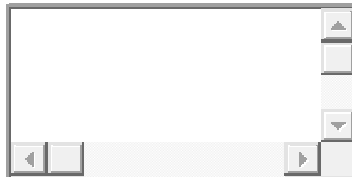
Would you be interested in participating in training classes (such as fitness, aikido, kick boxing, aerobic, etc.) for different physical activities with a sport expert for a small amount of money?

At the moment, are you following any diet?

Would you wish to diet in the near future?

Do you want to participate in any physical activity in the future? (If yes, which type of activity?)

\*



Would you be interested to participate in training classes about nourishment and healthy lifestyle? \*

Yes - free events

Yes - payable events (entrance taxes)

No

How do you rate your health in general? \*

poor

good

excellent

Please indicate your weight: \*

Please indicate your height: \*

In your opinion, your weight is: \*

Too low

Low

Normal

High

Too high

In your opinion, the physical activities could improve your lifestyle? In what way? Please describe. \*



What is your opinion about the following volunteering statements (please select the answers that apply for you):

I am currently volunteering in an organisation which implements projects about sports & physical activities

In the past, I was volunteering in an organisation which implements projects about sports & physical activities

In the future, I wish to volunteer in an organisation which implements projects about sports & physical activities

I am not interested

What is your gender? \*

Female

Male

Other/I do not wish to respond

Please choose your age interval: \*

under 21 years old

21-30 years

31-40 years

41-50 years

over 50 years old

What is your last level of education? \*

Secondary (highschool/vocational)

Bachelor degree - university

Master degree - university

PhD degree

Postdoctoral degree

Other:

What is your occupation? \*

student - unemployed

student - employed

employed - management position

employed - executive & administrative position

self-employed or liberal economic activities

pensioner

Other:

What is your main field of occupation? \*

not applicable

health & sports

education & science

arts



environmental field

business administration

energy

construction

tourism

agriculture

Other:

Please choose your individual monthly income interval: \*

parents financial support/scholarships (this option is for students of all educational levels)

less than 500 euros

500 euros - 999 euros

1000 euros - 1499 euros

1500 euros - 1999 euros

over 1999 euros

Please choose your household monthly income interval: \*

less than 500 euros

500 euros - 999 euros

1000 euros - 1499 euros

1500 euros - 1999 euros

over 2000 euros

How many members has your family?

1

2

3

over 3

How many children under 18 years old live in your home? \*

0

1

2

over 2

From which country-city are you? \*

Romania-Bucharest

Italy-Margherita di Savoia

Slovenia-Maribor

Lithuania-Kaunas

(per each country) other city

## 7. ANNEX B. AFTER-EVENT QUESTIONNAIRE

### 2.Sports, nourishment & lifestyle - B.O.N.D.S.

The BONDS project (Build Opportunities for Nourishment by Doing Sports) aims to foster active citizenship through encouragement of participation in collective sports, physical activity and volunteering activity among citizens of all ages in all sort of environments, in order to raise awareness about fair-play, respect for others, solidarity, active citizenship, and nourishment for health.

This questionnaire aims to identify rate participating in leisure-time physical activity, patterns in the daily physical activity of the respondents, and nourishment information, in order to improve their knowledge on health, culture, and active citizenship. This survey is conducted after the implementation of the sport and physical activities developed through the BONDS project. The main targeted respondents are the persons who have attended to the project activities.

If you answer to this questionnaire, you agree with the following statement: "I am providing the responses in this questionnaire willingly and allow to the project team to analyze the data for project research means and publish the results of the survey."

The respondents are anonymous and the results will be used for conducting a study on sports while receiving feedback on the development of project activities.

If you are interested in the results of our study, please access the following link:

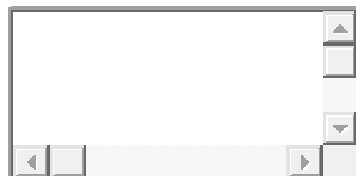
\* Required

Have you participated in the activities organized through the BONDS project: "Build Opportunities for Nourishments by Doing Sports"? (If NOT, please stop the survey) \*

Yes

No

If yes, which event/s have you attended in the BONDS project? Please describe shortly.



Please answer about your overall satisfaction:

Very satisfied

Satisfied

Neutral

Unsatisfied

Very unsatisfied

Organisation of the event

Location of the event

Choice of physical and sport activity/s

The nourishment & health information I have received

The things that I have learnt

The behaviour of the team which organised the events

Organisation of the event

Location of the event

Choice of physical and sport activity/s

The nourishment & health information I have received

The things that I have learnt

The behaviour of the team which organised the events

Please check for each question the appropriate answer:

Yes

No

Maybe

Would you participate in future projects, such as the one you already did with BONDS?

At the moment, are you following any diet?

Would you wish to diet in the near future?

In your opinion, the physical activities could improve your lifestyle?

Have you learnt new things due to this project?

Would you participate in future projects, such as the one you already did with BONDS?

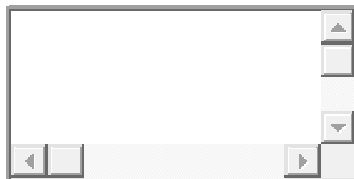
At the moment, are you following any diet?

Would you wish to diet in the near future?

In your opinion, the physical activities could improve your lifestyle?

Have you learnt new things due to this project?

If you have learnt new things due to the BONDS project, please describe some of them.



Would you be interested to participate in training classes about nourishment and healthy lifestyle? \*

Yes - free events

Yes - payable events (entrance taxes)

No

How often do you participate in sport and physical activities per month? \*

never

once per month

two times per month

once per week

two times per week

three times per week

four times per week

five times per week

everyday

twice or more per day

Other:

How much time do you spend usually on doing the sport / physical activity - the time you do one activity? \*

never

less than 30 minutes (30")

30 minutes (30") - under 1,5 hours (1h30")

1,5 hours (1h30") - 3 hours (3h)

more than 3 hours

The intensity of your physical activities are (according to the World Health Organisation moderate physical activity is 150 min (2 hour and 30 minutes) per day):

low

moderate

high

In which type of physical activities are you participating? \*

Walking

Running

Dancing

Cycling

Swimming

Water Polo

Tennis

Gym

Football

Basketball

Hockey

Martial arts

Rugby

Volleyball

Handball

Canoeing

Equestrian

Golf

Sailing

Squash

Skating

Roller-skating

Shooting

Other:

How do you rate your health in general? \*

poor

good

excellent

Please indicate your weight: \*

Please indicate your height: \*

In your opinion, your weight is: \*

Too low

Low

Normal

High

Too high

What is your opinion about the following volunteering statements (please select the answers that apply for you):

I am currently volunteering in an organisation which implements projects about sports & physical activities

In the past, I was volunteering in an organisation which implements projects about sports & physical activities

In the future, I wish to volunteer in an organisation which implements projects about sports & physical activities

I am not interested

What is your gender? \*

Female

Male

Other/I do not wish to respond

Please choose your age interval: \*

under 21 years old

21-30 years

31-40 years

41-50 years

over 50 years old

What is your last level of education? \*

Secondary (highschool/vocational)

Bachelor degree - university

Master degree - university

PhD degree

Postdoctoral degree

Other:

What is your occupation? \*

student - unemployed

student - employed

employed - management position

employed - executive & administrative position

self-employed or liberal economic activities

pensioner

Other:

What is your main field of occupation? \*

not applicable

health & sports

education & science

arts

environmental field

business administration

energy

construction

tourism

agriculture

Other:

Please choose your individual monthly income interval: \*

parents financial support/scholarships (this option is for students of all educational levels)

less than 500 euros

500 euros - 999 euros

1000 euros - 1499 euros

1500 euros - 1999 euros

over 1999 euros

Please choose your household monthly income interval: \*

less than 500 euros

500 euros - 999 euros

1000 euros - 1499 euros

1500 euros - 1999 euros

over 2000 euros

How many members has your family?

1

2

3

over 3

How many children under 18 years old live in your home? \*

0

1

2

over 2

From which country-city are you? \*

Romania-Bucharest

Italy-Margherita di Savoia

Slovenia-Maribor

Lithuania-Kaunas

(per each country) other city