

Mauritius Sports Council Active Mauritius

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> • Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> • Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> • Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> • Conflict prevention/peace building
	<ul style="list-style-type: none"> • Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> • Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> • Reinforce the 2030 Agenda and eradicate poverty in times of multiple crises, leading to the effective delivery of sustainable, resilient, and innovative solutions 	<ul style="list-style-type: none"> • Safeguarding sport from corruption and crime
	<ul style="list-style-type: none"> • Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> • Other: Promote physical activity to reduce non-communicable diseases To reduce the high prevalence of diabetes and cardiovascular diseases associated with physical inactivity in Mauritius.
Situation	<p>The National Sport and Physical Activity policy aims to address inequity and strives to “create a sport landscape which equally represents and fosters participation of people from all gender, race, disability, age and faith”¹. This policy context provided an avenue for transforming the Mauritius Sports Council (MSC) towards becoming a national reference in the field of sports for all.</p> <p>To achieve this ambitious goal, the MSC launched the Active Mauritius strategy, which seeks to operationalise the national policy into tangible sport programmes. The purpose of Active Mauritius is to increase Mauritian’s participation in physical activity and sport from 23% in 2015 to 35% in 2028.</p>	
Implementation mechanisms:	<p>Active Mauritius is a national strategy developed and implemented by the MSC. The strategy has twofold objectives: to raise awareness of the benefits of an active and healthy life among Mauritians and to offer physical activity programmes for all in public sports infrastructures.</p>	

¹ Ministry of Youth & Sports (2018). National Sport and Physical Activity Policy. Available online: <https://www.active-mauritius.com/wp-content/uploads/2019/07/National-Sport-and-Physical-866-Activity-Policy.pdf>

	<p>To reach all the population, the MSC has developed the Local Active Mauritius Partnerships (LAMPs), which serve as central hubs for recreational sport and physical activity in all constituencies of Mauritius. In each of these LAMPs, a variety of physical activity programmes are delivered, including afterschool activities for children, exercise and physical conditioning for adults, walking groups, a programme for youth-at risk, etc. For more information about the programmes, please see Annex 1.</p> <p>Active Mauritius was launched in July 2019 and, since then, the strategy has increased the number of programmes offered and, consequently, the number of Mauritians being physically active.</p>
<p>Target Audience(s):</p>	<p>From childhood to old age, physical activity is the foundation of healthy living for the whole community. For this reason, the Active Mauritius strategy is based on five strands of work based on the age of the targeted population:</p> <ol style="list-style-type: none"> 1. Move it (7 to 13): after-school programmes to harness the proven benefits of physical activity 2. Youth on the Move (14-24): Outdoor-education programmes and sport-education programmes for youth-at risk. 3. Ageing Well (25 to 64): Exercise to Music, Exercise at Workplace. Walking Club and Exercise Referral Programme 4. Elderly Fitness (65 and above): Physical activity programmes at elderly homes and community centres. 5. All Ages: Learn to swim programmes, walking clubs and intergenerational events. <p>Also, Active Mauritius has other indirect beneficiaries, such as staff, communities and Ministries, Parastatal bodies and commissions.</p>
<p>Partners/Funding:</p>	<p>Who are the main organizations/entities involved in the initiative and what are their roles?</p> <p>The MSC is leading the development and implementation of Sport for All programmes in a collaborative manner. The LAMPs provide a collaborative mechanism to work with multiple agents in the delivery of each Sports for All programme. Some of the partners include:</p> <ul style="list-style-type: none"> - Multilateral agencies: Commonwealth Secretariat, UNESCO, United Nations Office on Drugs and Crime - International organisations: TAFISA, International sport federations - Government: Ministry of Youth Empowerment, Sports and Recreation, Ministry of Tertiary Education, Science, Research & Technology, Ministry of Social Integration, Social Security And National Solidarity, Ministry of Gender Equality and Welfare, Ministry of health and Wellness, - National Parastatal Bodies: Special Education Needs, National Social Inclusion Foundation(NSIF), National Empowerment Foundation(NEF), Mauritius Institute of Training and Development (MITD), National Drug Secretariat(NDS), Beach Authority - NGO's: Aile, SAPHYRE, SOS village, JAM, - Academia: University Technology Mauritius, Polytechnique Mauritius, Mauritius Institute of Education(MIE), Munster Technological University - Private companies <p>The MSC receives annual funding from the Government, allocated as part of the Government Grant & National lottery. Additionally, it secures funding from private organizations and generates a portion of its revenue from the rental of sports facilities.</p>
<p>SDG Alignment:</p>	<p>The SDGs are interconnected and were purposefully integrated in the design of the Active Mauritius programmes to address complex social and environmental challenges. Due to its wide-ranging impact on individuals, communities, and the environment, the Active Mauritius programmes contribute to advance the following SDGs:</p>

	<ul style="list-style-type: none"> • SDG 3: Good Health and Well-being • SDG 4: Quality education • SDG 5: Gender Equality • SDG 8: Decent Work and Economic Growth • SDG 10: Reduced Inequality • SDG 11: Sustainable Cities and Communities • SDG 13: Climate change • SDG 17: Partnerships for the Goals <p>The Active Mauritius strategy is not only directly contributing to the SDGs but it also has a cross-cutting impact in multiple national policies, including the National Physical Activity and Sports policy and other public health related policies. In addition, it aligns with human rights instruments, such as the Convention on the Rights of the Child (CRC), the Convention of the Rights of Persons with Disabilities (CRPD), and the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW).</p>
<p>Alignment with global frameworks:</p>	<p>Mauritius is one of the pilot countries of Action 2 of the Kazan Action Plan, which aims to develop a measurement framework and model indicators to support countries to measure and evaluate the contribution of sport to prioritised SDGs and human rights. The Kazan Action Plan pivots around three policy areas: Access for all, contributions to SDG, and integrity. In alignment with the core principles of the SDGs of “starting with the most vulnerable” and “leaving no one behind”, inclusion features across the policy framework as a significant area to be addressed. The Active Mauritius strategy is grounded on these principles and is offering sports for all programmes targeted at those left behind, such as vulnerable youth, girls and women and individuals with disabilities.</p> <p>It also contributes to the WHO Global Action Plan on Physical Activity. Both the WHO Global Action Plan and Active Mauritius emphasize the promotion of physical activity as a means to improve public health and well-being. Furthermore, the WHO Global Action Plan emphasizes the importance of partnerships and collaboration between various sectors, including health, education, urban planning, and sports, to promote physical activity. Active Mauritius engages in partnerships at multiple levels, as outlined above.</p>
<p>Alignment with United Nations Action Plan on SDP:</p>	<p>Active Mauritius covers 2 thematic areas:</p> <p>3) Resource mobilisation, programming and implementation</p> <ul style="list-style-type: none"> a) enhance and secure sustainable funding mechanisms and investment and resource allocation to sport for development and peace, including multi-stakeholder arrangements and different sectors at all levels c) integrate relevant thematic areas and cross-cutting issues in sport for development and peace programmes, including the allocation of dedicated resources. <p>With the creation of LAMPs, Active Mauritius creates opportunities to secure funding from diverse sources, thereby ensuring financial stability for sport for all programmes. Also, based on evidence gathered, Active Mauritius advocates for increased investment in sport for development and peace programmes within the government budget and encourages resource allocation to support these initiatives at all levels of governance.</p> <p>4) Evidence of impact and follow-up.</p>

	<p>a) support the provision and dissemination of research, monitoring and evaluation, and measurement tools with regard to sport as a tool for development and peace;</p> <p>b) encourage platforms and networks for the delivery and sharing of evidence on sport for development and peace policies and programmes that encourage academic, empirical and practical research leading to enhanced action and sport’s contribution to development and peace</p> <p>Active Mauritius collaborates with academic institutions and relevant stakeholders to conduct studies and assessments that evaluate the impact of all sports for all programmes on various development outcomes. All the evidence generated serve to improve all programmes and is widely disseminated with relevant stakeholders and policymakers with a view to facilitating evidence-based decisions that contribute to the growth of sport for development.</p>
Outcomes:	<p>Active Mauritius aims to foster a transformative impact across various sectors by prioritising increased lifelong participation in physical activity and sport for all, as in line with the National Sport and Physical Activity policy. Through this strategy, there has been a noticeable direct increase in employability, as Active Mauritius has produced hundreds of job positions across the country. Also, we envisage that all our participants can also develop skills, competences, and values through their engagement, which will in turn enhance their employability and productivity.</p> <p>Furthermore, Active Mauritius seeks to elevate the quality of physical activity programmes, making them more accessible and inclusive, thereby promoting participation of those left behind and fostering accountable communities. As a result, there has been significant improvements in health and well-being among participants. We expect to reduce the prevalence of non-communicable diseases in the coming years. In Annex 1, the total numbers of participants divided by age group and programme from 2018 to 2023 is provided.</p> <p>Finally, a major engagement in sports for all should lead to increased household expenditure on recreation and culture, thus, activating the economy and enabling a holistic shift towards a more active, healthy, and engaged nation.</p>
Mechanism for monitoring and evaluating implementation:	<p>A theory of change model was created to outlines the steps and assumptions required to bring about the desired social change for Active Mauritius. To achieve the impact envisaged in the Theory of Change, a systematic monitoring and evaluation (M&E)framework was designed in 2023. This M&e targets the four groups of beneficiaries (participants and their families, active Mauritius staff, communities and ministries) and it provides a set of structural, process and outcomes indicators for each Active Mauritius programme. Annex 3 and 4 provide a snapshot of the M&E framework.</p> <p>A shared responsibility model for data collection for all Active Mauritius programmes was devised. It distributes various levels of responsibilities to all staff, creating clear processes for data collection. This collaborative model leverages the strengths and expertise of the staff, promotes efficiency, and fosters a collaborative and engaged team environment. The data collected through M&E processes serve as a basis for informed decision-making by Active Mauritius management.</p> <p>In addition, the M&E helps Active Mauritius staff to ensure accountability towards the beneficiaries ofthe programmes. Likewise, transparent reporting of results allows stakeholders to see how resources are being used and whether the intended impact is being achieved.</p>

Challenges/Lessons learned	<p>Due to the rapid growth of our programmes, securing qualified staff with the necessary expertise and experience poses a significant challenge for Active Mauritius during the recruitment process. In many cases, we had to carry out our own capacity building sessions to upskill staff. Additionally, collaboration with multiple partners requires time due to the complexities involved in aligning diverse interests, establishing trust, and fostering effective communication among stakeholders. This occasionally hampers the early-stage implementation of some programmes; however, once clarity is achieved, it furnishes a robust and sustainable mechanism for implementation.</p> <p>As we progress with the implementation of Active Mauritius, we have learned 4 key lessons for delivering policy outcomes: 1) the need to use evidence-based implementation strategies, emphasising how starting with pilot projects validate interventions and foster trust with stakeholders; 2) the importance of intermediaries and partnerships in facilitating communication and collaboration with stakeholders; 3) the integration of a human rights-based approach, aligning with legal requirements and principles of equality and empowerment is crucial to align policy agendas; and 4) the value of persistence and maintenance in sustaining policy impact.</p> <p>Moving forward, Active Mauritius plans to strengthen its partnerships, expand its programmatic reach, and enhance its monitoring and evaluation mechanisms.</p>
-----------------------------------	---

Annex 1. Number of participants by sex and types of programmes at Active Mauritius, Island of Mauritius, 2018 to 2023

STATISTICS OF PROGRAMMES UNDER ACTIVE MAURITIUS *updated 13.10.2023						
SN	PROGRAMME	YEAR				
		2018-2019	2019-2020	2020-2021	2021 - 2022	2022-2023
Move it (7 to 13)	MOVE IT:					
	ASSFP PRIMARY	15,981	20,816	20,816	16,154	29,679
	ASSFP SECONDARY	404	1,500	1,849	800	4,817
	WINTER HOLIDAY SPORTS CAMP	3,067	1,219	N/A		684
	SUMMER HOLIDAY SPORTS CAMP	2,364	841	N/A	1,211	32
	EASTER HOLIDAY SPORTS CAMP				704	0
	AFTER SCHOOL LEARN TO SWIM PROGRAMME				92	679
	NAGER C'EST VITAL	1,272	1,608	N/A	622	1294
	ANOUE NAZER	541	508	N/A		
	ANOUE ZOUE	4,879	N/A	N/A		
	COLONIES VACANCES	N/A	N/A	13,510		1800
	NATATION SCOLAIRE	3,251	4,133	9,113	9,122	18,476
	TOTAL	31,759	30,625	45,288	28,705	57,461
Youth (14-24)	YOUTH ON THE MOVE:					
	WINTER YOUTH CAMP	457	N/A	N/A		
	LEARN TO SWIM TERTIARY				182	
	LETAN LONTAN				4	
	VIDEO CHALLENGE				8	
	OUTDOOR EDUCATION PROGRAM				3768	1911
	CONNECTING YOUTH AROUND SPORTS AND SPORTS FOR DEVELOPMENT ON CAMPUS				23	
	HAMILTON COLLEGE SWIMMING PROGRAM	N/A	N/A	137		
	VULNERABLE YOUTH	29	98	60	1,634	9,049
	TOTAL	486	98	197	5619	10960
Ageing Well (25 to 64)	AGEING WELL:					
	AGEING WELL	740	N/A			
	EXERCISE TO MUSIC	N/A	996	1,325		
	EXERCISE AT WORK PLACE	N/A	26	21	178	550
	EXERCISE REFERRAL	N/A	N/A	252	468	1624
	EXERCISE FOR HEALTH				2618	2744
	OUTDOOR EDUCATION AGEING WELL					2582
	30 YRS CNSF					1900
	CNSF SWIMMING				1435	1991
	WALKING CLUB	308	951	1,063	887	570
	INTERNATIONAL WOMEN'S DAY	450	N/A	N/A		
TOTAL	1,498	1,973	2,661	5586	11961	
Elder	ELDERLY FITNESS:					
	ELDERLY FITNESS	453	780	1,303	2,587	2,395
All Ages	National events					
	YOP LAIT/CANDIA SPORTS MEDICINE	3,517	781	844	2738	1900
	YOP AWARD	425	140	70		0
	All Ages					2,218
	MILO AWARD	425	60	115		0
	ONE DAY SEMINAR (HEALTH & SAFETY)	240				
	12 HOURS RUN	2,370				1843
	A LA DECOUVERTE DE NOS ATHLETES	N/A	455	N/A	85	85
	ACTIVE MAURITIUS DEBARK KOT TWA	N/A	451	N/A		
	WORLD WALKING DAY	N/A	232	86,995	75,589	58,831
	LIGUE DE REGATE	N/A	N/A	175		
	TOTAL	6,977	2,119	88,199	80,999	67,272
	TOTAL	74,916	68,291	185,794	120,909	147,654

Annex 2. Active Mauritius Theory of Change

ASSUMPTIONS

- All active Mauritius staff are well-acquainted with MSC's vision of sports for all.
- Communities strongly support MSC programmes.
- There is sustained governmental support to ensure the implementation of programmes across Mauritius.
- All programmes can be effectively expanded to reach a wider audience

INPUTS

Internal resources

- Facilities and equipment
- Time, knowledge & skills of staff
- Own funds / revenue
- Existing relationships with partners
- Outreach & communication
- Monitoring & evaluation
- Internal capacity development

External resources

- Funding allocation
- Regular capacity development
- Partners contributions to programmes
- Government support & advocacy

ACTIVITIES

School-based settings

- Learn to Move After school (LeMAS)
- Learn to Swim
- Bright Up
- Outdoor Education

Community-based settings

- Learn to Swim
- HealthBeat
- Walking club
- Exercise referral
- Bright up
- Outdoor Education

Institution-based settings

- Bright up
- Elderly Fitness
- Exercise at Workplace

OUTPUTS

Attendance report

Staff report

Partnership engagement report

Programme evaluation report

Policy report

OUTCOMES

Programme engagement

- Increased participation in physical activities

Personal development

- Increased self-esteem and self-confidence
- Improved social skills

Knowledge & behaviour

- Improved knowledge
- Improved attitudes and service delivery

Community engagement

- Increased participation in physical activity programmes

Fun, learning and commitment

- Increased social connections
- Better attitudes towards physical activity participation
- Achievement of programme specific learning outcomes

Policy coherence

- Increased evidence on the cross-cutting contribution of physical activity programmes.

IMPACT

Increased lifelong participation in physical activity and sport



Improved employability



Improved offer of high-quality PA programmes



More inclusive & accountable communities



Increased social cohesion



Better health & well-being



Increased household expenditure on recreation and culture



Increased evidence on the cross-cutting contribution of PA programmes



RISKS

- Lack of qualified staff when recruiting
- Lack of collaboration of partners
- Temporal unavailability of sport facilities
- Administrative rules and regulations

Annex 3. Active Mauritius M&E Framework

M&E FRAMEWORK

Partners	n.	Indicators	Type	Responsibility	Data Sources	Disaggregation	Timing /Frequency	SDG Alignment	Human Rights Alignment
Participants & families	1	Number and percentage of attendance to the programme sessions	Process	Programme Coordinator	Attendance report	Gender, Disability, Age groups, Region	End of block	GOAL 3: Good Health and Well-being, GOAL 5: Gender Equality, GOAL 10: Reduced Inequality	Right to Health; Right to Education: Right to sport
	2	Number and percentage of participants successfully achieving the learning outcomes	Outcome	Programme Coordinator	Participants assessment	Gender, Disability, Age groups, Region	End of block	GOAL 3: Good Health and Well-being	Right to Health; Right to Education: Right to sport
	3	Level and percentage of participants' satisfaction about the programme	Outcome	Programme Coordinator	Participants and families questionnaire	Gender, Disability, Age groups, Region	End of block		Right to Health; Right to Education: Right to sport
	4	Percentage of participants reporting that participating in the programme has a positive impact on themselves, their family or community	Outcome	Programme Coordinator	Participants and families questionnaire	Gender, Disability, Age groups, Region	End of block		Right to Health; Right to Education: Right to sport
Coaches	5	Number and percentage of staff delivering the programme	Process	Programme coordinator, HR	Staff report	Gender, Disability, Age groups, Education levels, Region	End of block	GOAL 8: Decent Work and Economic Growth	Right to work including right to vocational training
	6	Level and percentage of participants' satisfaction about their coach	Outcome	M&E Lead	Participants and families questionnaire, Observational performance form	Gender, Disability, Age groups, Region	End of block		Right to work including right to vocational training
	7	Number and percentage of coaches participating in capacity building activities	Process	Programme Head, HR	Staff report	Gender, Disability, Age groups, Education levels, Region	Bianually	GOAL 4: Quality Education	Right to work including right to vocational training
	8	Percentage of coach self-confidence and satisfaction with the implementation of the programme	Outcome	Quality Assurance consultant	Coach questionnaire	Gender, Disability, Age groups, Education levels, Region	Quartly		Right to work including right to vocational training

1 REVIEW OF KEY INDICATORS

In this section the main general indicators for each of our target groups will be described.

01 Participants and their families



Indicator	Type	Data source	Description
Number and percentage of attendance to the sessions of the Active Mauritius programme	Process	Attendance report	<ul style="list-style-type: none"> This indicator measures the level of participation and engagement of individuals in the sessions offered as part of an Active Mauritius programme. The registration form for each Active Mauritius programme will be used to identify the total number of participants reached. Also, coaches will monitor the attendance of registered participants in each session.
Level and percentage of participants' satisfaction about the Active Mauritius programme	Outcome	Participants and families questionnaire	<ul style="list-style-type: none"> This indicator measures the degree of contentment or approval expressed by individuals who have taken part in Active Mauritius programmes This will be assessed through questionnaires
Level and percentage of participants reporting that participating in an Active Mauritius programme has a positive impact on themselves, their family or community	Outcome	Participants and families questionnaire	<ul style="list-style-type: none"> This indicator measures the extent to which individuals who have taken part in the programme perceive it as having a beneficial effect on various aspects of their lives. If participants are under 18, the form will be fulfilled by their parents/guardians.
Participants Assessment*	Outcome	Participants assessment *	<ul style="list-style-type: none"> Programme Heads should identify suitable indicators and data collection techniques to assess participants considering the scope and objectives of the programme