



# Bsport+

## WHITE PAPER ON STAKEHOLDERS *SPAIN*

Co-funded by the  
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## **INTRODUCTION: SCOPE AND PURPOSE**

B-Sport+ is a project that tries to involve, activate and collaborate with People with Disabilities and help them to adopt healthy habits for their lives through a Sports system that covers their entire life, starting in an early age and continuing in their active and adult life.

It focuses on developing actionable and deployable mechanisms in order to enhance engagement and activation of healthy lifestyles in People with Disabilities, as well as the creation of new environments for cooperation and the support through key organizations and existing networks.

## **NATIONAL CONTEXT**

According to the Social Integration and Health Spanish Survey (EISS 2012), disability is a biopsychosocial affectation that entails different inhibiting or restricting difficulties when leaving the house, using transport, accessing and moving around buildings, accessing to training and educational activities, accessing a suitable job, using the internet, accessing to social support and leisure, facing difficulties to pay for essentials related to their own disability, as well as finding disadvantages due to discrimination.

The current state of people with disabilities is that, according as age increases, the limitations due to any health condition become more evident. It is noting worthy that exists a higher prevalence of disability in women than in men, being more significant after the age of 35. In these situations, more limitations related to leisure activities are experienced, as well as limitations to obtain a suitable job.

The legal framework that addresses disability in Spain are: Article 49 of the Spanish Constitutional Charter; articles 1 and 31 of the Convention on the Rights of Persons with Disabilities; Law on the Rights of People with Disabilities and their Social Inclusion (Royal Legislative Decree 1/2013); Law 10/1990, of October 15, on Sports; Law of Social Integration of the Disabled, of April 7, 1982, known as LISMI; Law on Equal Opportunities, Non-Discrimination and Universal Opportunity (LIONDAU, 2003); Law on the Rights of Persons with Disabilities (LGD), in 2013; the State Observatory on Disability (OED).

According to the survey on Disability, Personal Autonomy and Dependency Situations data (EDAD 2008), only 28.3% of the disabled population dedicates the free time to doing some type of physical exercise, 23% does not practice it due to their disability, and 36.09% of men with disabilities dedicate their free time to physical exercise and women only 23.17%. On the other hand, the statistics provided by the Higher Council of Sport in 2016, on the number of licenses

in sports federations, shows that licenses for disabled people in the Spanish federations are almost non-existent. In this regard, it can be noted that the sports practice rate is around 3% (compared to 46% of people without disabilities) and that the percentage of licenses out of the total of People with Disabilities is 0.32% compared to 7.7% of sports licenses for the general population. In total, 12,989 PwD have a sport license in Spain, 663 of them in regular federations and 12,326 in sports federations for PwD.

The HEPA initiatives that we can find are: the Comprehensive Plan for Physical Activity and Sport (PIAFD – 2020), the European Congress of Adapted Physical Activity (EUCAPA - 2020) and the 2nd National Congress of Adapted Sports in Valencia (February 2011).

### ***INCLUSIVE EDUCATION AND SPORT PARTICIPATION FOR PwDs***

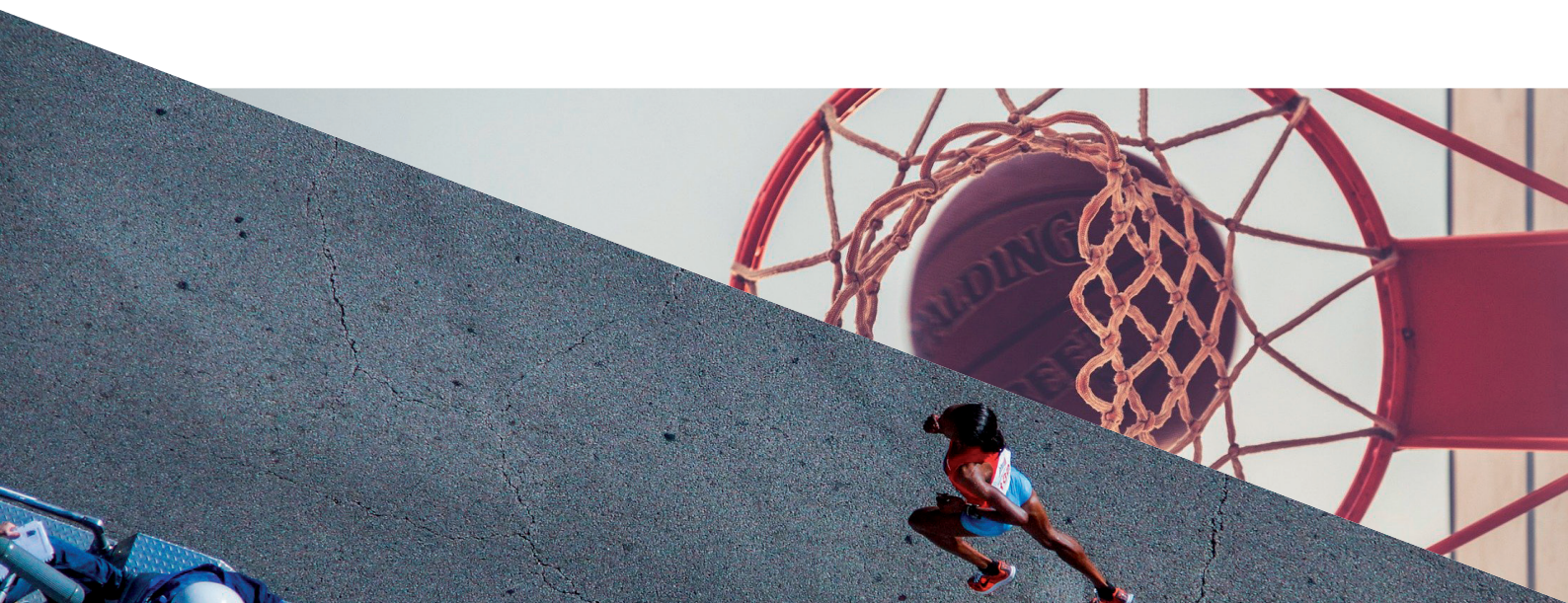
In Spain, there are programs that promote physical activity in disabled people: Spanish associations of PwD and families like CERMI, ONCE, COCEMFE and PREDIF; institutions like The Higher Sports Council; The Spanish Paralympic Committee or High Performance and Technification Centers; Confederations and federations such as ASPACE, FLAPAS, CNSE, COAMIFICOA, ASPAYM, “Plena Inclusión” and ECOM; Sports federations for PwD such as FEDC, FDDF, FEDDI, FEDPC and FEDS; and multiple foundations like INTRAS foundation.

Due to the importance of sports participation for the development of People with Disabilities, Inclusive Education aims to guarantee, following a series of requirements. Equality in the field of exercise and sport, as well as to facilitate the access to sports facilities and equipment, taking into account both internal and external barriers that People with Disabilities may face.

Regarding internal barriers, the selected people complained about the size of the sports equipment, the inadequate design of ramps, the design of fastening elements or elements to move and / or grab, the pavements, the toilets and the informative signage. On the other hand, in relation to external barriers, the data show that People with Disabilities still face considerable barriers to their social participation in leisure and cultural activities, leaving home, economic situation, access to adequate employment, use transportation, educational activities, internet use, social contact and social support.

Therefore, HEPA initiatives provide a greater participation in sports by People with Disabilities, at the same time that it favours inclusive education.





### **OVERVIEW AND KEY FINDINGS FROM THE COMMUNITY SURVEY**

In the online research carried out by BSPORT+ project, a total of 44 respondents from Spain completed the questionnaire, of which 18 are women and 24 are men, while 2 people did not want to show their gender. Most of the respondents are in the 41-50 age group, have a secondary education and do not work.

In addition to this, the results showed that the majority classifies their state of health as good. However, depression, anxiety and other mental health problems are the main health conditions. 75% of those surveyed agree that their health disorder have been experiencing it for more than a year, and also express that they are currently under the care of a doctor. More than half of those surveyed say that their health conditions prevent them from working. Finally, the most common respondents feeling is nervousness and anxiety.

In relation to sports participation and quality of life related to health, in general, they feel somewhat or very dissatisfied with their lifestyle. Stimulant drinks and soft drinks are the favourites of the respondent and almost half of them are non-smokers. More than a half sleep 6 to 8 hours a day and a certain level of stress is perceived in their lives. Half of those surveyed PwD perform physical activities every day such as walking, climbing stairs, carrying groceries and going to work, but, on the other hand, a similar percentage of respondents dedicates 1 hour a day, or even less, to sports or recreational activities. Also, most of the activities carried out by the respondents are light gardening and light housework.

The results of digital literacy and use of internet by disabled people show that they



use electronic devices only a couple of hours a week, they do not present many skills and knowledge of smart technology and the few people who use health or fitness applications, to perform a health tracking, use it rarely or a few times a month.

Regarding the perceived barriers and incentives for a healthy lifestyle, it is collected that most of the respondents feel highly motivated to participate in sports or recreational activities, more than half are willing to dedicate more than 1 hour a day to exercise. Their motivations come mainly from intrinsic aspects and personal beliefs; and the main obstacles are illness and injury. On the other hand, in general, the support of relatives and friends facilitates their participation in sports or recreational activities.

Finally, after experiencing the outbreak of the COVID-19 pandemic, it is collected that more than a half had a negative mood during the lockdown, as they wished to go for a walk or play sports. In this regard, they believe that some psychological or family support was necessary as well as to reduce the COVID news in the media.

### **RECOMMENDED POLICY ACTIONS**

After observing the general context of People with Disabilities in Spain and the results collected in the mentioned survey, focused on the needs of people with serious mental health problems such as depression and anxiety and patients with disorders of clinical stress, we have come up with the following key recommendations:

- 1)** Increasing intrinsic motivation and personal beliefs in the benefits of sports practice on health and physical and mental well-being, as well as to raise awareness to doctors and health professionals, in order to both increase the time dedicated to physical activity and activate People with Disabilities.
- 2)** Being active is considered a fundamental part of healthy lifestyle and people with mental illness (not just anxiety) who are physically active can experience mood swings motivated by the connection with other people and their environment. In the aforementioned survey, people with mental health problems are willing to play sports or recreational activities.
- 3)** Physical training programs must be individualized and supervised to avoid injuries and falls. Fitness apps can also help when getting into the routine.

## **CONCLUSIONS**

People with disabilities are willing to adopt a healthy lifestyle but face many internal and external barriers. In Spain, the data collected through the online survey focuses on people who suffer depression, anxiety and other mental health problems.

The majority of respondents in Spain are not satisfied with their lifestyle and admitted that their health limit their routine activities. However, most of them practice multiple sports activities or are motivated to exercise due to intrinsic motivation, personal beliefs or the influence of family and friends.

Medical advice in Spain is adequate and all respondents claim that they are under the care of a doctor. On the other hand, they do not have many ICT skills.

Some of the reasons why they participate less in sports activities are: lack of time, inadequate facilities, transportation problems, financial limitations, lack of interest, lack of confidence and illness.

Finally, People with Disabilities expressed the importance of a better infrastructure and conditions to increase their participation in sports activities. Technologically-based and affordable solutions appear to represent a promising perspective for improving the quality of life for PwD.

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## Who we are

FUNDACIÓN  
**Intras**

