



UNIVERSITY OF  
NEWCASTLE

# DAUGHTERS AND DADS ACTIVE AND EMPOWERED

Transforming Family Health Through Father-Daughter Engagement

**‘Daughters and Dads Active and Empowered’ is an evidence-based program that engages fathers/father-figures & their primary school-aged daughters to promote physical activity, enhance sport skills, boost wellbeing, strengthen the father-daughter bond & advance gender equity. Over 6,800 participants have experienced the program’s profound multifaceted benefits through partnerships with sports, government, community and education sectors.**

## PARTNERSHIP CAPABILITIES

- **7 Program Adaptations:** Sport-specific variations developed for cricket, football, basketball, cycling and golf, delivered in partnership with peak sporting bodies (e.g. Cricket Australia, Football NSW, WestCycle)
- **Established Implementation Processes:** Self-paced online facilitator training and custom-build Learning Management System for partnerships at scale
- **Capacity Building:** Program delivery, facilitator training and awareness sessions promote gender equity across sectors

## PROVEN IMPACT

- Shown to improve physical activity levels, sport skills, social-emotional wellbeing, father-daughter relationships, parenting & screentime practices
- Benefits sustained up to 8 years post-program
- Winner of 20+ national and international awards for research excellence, community engagement and benefitting society
- Featured in WHO European Regional Obesity Report as a global best practice

## DAUGHTERS & DADS FOOTBALL

In partnership with the NSW Office of Sport, Football NSW and Northern NSW Football, the Daughters & Dads Football program has been delivered to over 1500 daughters and dads across the state. The program won the 2024 Parks & Leisure Community-Based Initiative of the Year and was visited by the Secretary General of FIFA in the lead up to the 2023 FIFA Women’s World Cup (pictured below). Program success has led to further nationwide delivery partnerships.



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