***Additional file 2: Initial Program Theory – CATCH health promotion***

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| **CONTEXT** | **OFFER** | **MECHANISM** | **OUTCOME** | **IMPACT** |
| Support for accessible offer of leisure activities | FreeUnconditionalFlexibleOutreaching | Youth experience less barriers to leisure offer. | Starting to move | Physical health |
| Collaboration with sport clubs | Initiation courses | Youth learn about leisure offer. | Keep on moving |
| Time investment of the attendants | Guiding youth to sport clubs | Youth experience less barriers to sport clubs. |
| Coaching of sport clubs | Sport clubs become aware of barriers. |
| Social-pedagogical attendants | Group activities | Youth have fun in group. | Group feelings | Mental health |
| Focused training and exercises |
| Non-competitive setting | Youth experience a sense of belonging. |
| Collaboration with partners | Positive coaching | Youth have success experiences | Self-confidence |