

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched in May 2005 as an international, collaborative initiative which closely collaborates with the WHO Regional office for Europe. "Health-enhancing physical activity" (HEPA) is any form of physical activity that benefits health and functional capacity without undue harm or risk. The overall vision of this initiative is to achieve better health through physical activity among all people in Europe. For more information see www.euro.who.int/hepaeurope.



At the 8th annual meeting in Cardiff, United Kingdom (September 2012), the following work programme was endorsed for the period October 2012 to October 2013. At the next annual meeting in October 2013 in Helsinki, Finland, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Networking and cooperation

Title and aim of the activity
Coordination and cooperation with other activities, projects, and networks to join forces with key partners and to benefit from synergies
Support and contributions to other conferences and events upon request

2. Information dissemination

Title and aim of the activity
Maintenance, regular updating and further development of the HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 9 th annual meeting and 4 th conference of HEPA Europe (22-24 October 2013, Helsinki, Finland)
Dissemination of products and publications of HEPA Europe, including translations
To support WHO Regional Office for Europe in the identification, integration and analysis of further documents on physical activity in the European database on nutrition, obesity and physical activity (NOPA)

3. Projects, reports and products

Title and aim of the activity
Publication and technical report on cross-country analysis of 7 case studies of national approaches to physical activity promotion
Develop FP7 research application and increase communication and information on physical activity and sports promotion in children and adolescents
Prepare joint cooperation projects for research, evidence and practice on active ageing
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on systematic reviews, evaluation approaches and collection of good practice
Promote information sharing and define a common activity on the promotion of HEPA in primary care settings
Establish partner cooperation and communication for the implementation of the Sport Clubs for Health Programme
Collection of views and definition of next steps focussing on sedentary behavior at the workplace as a new subject
Prepare conceptual article and continue developing synergies between HEPA promotion and injury prevention
Continue dissemination of the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology
Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children

4. Optimizing the network

Title and aim of the activity
Implement partner management strategy, finalize member management strategy and communication concept

5. Possible future activities

Title and aim of the activity
Development of a summer school/teaching course on physical activity and public health
Pilot applications and further development of methodological guidance and practical approaches on economic valuation of transport-related health effects