



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

Seventh annual meeting
of HEPA Europe
European network for the
promotion of health-
enhancing physical activity

**Report of a WHO meeting
12-13 October 2011
Amsterdam, Netherlands**





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ABSTRACT

The 7th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted by the Netherlands Institute of Sport and Physical Activity (NISB) and supported by NISB, the City of Amsterdam and DG SANCO. It was attended by 75 participants from 24 European Member States and a delegate from South Africa. The event included parallel sessions of seven HEPA Europe working groups on 12 October. At the annual meeting on 13 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2010/2011, the work programme 2011/2012 and amendments to the Terms of Reference of the Steering Committee of HEPA Europe. In addition, 8 new membership applications were confirmed and the outcome of the pilot testing of the online elections of the Steering Committee was announced, namely the election of all candidates as well as the chairperson. The results of the HEPA Europe survey were also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed, including a new activity on active ageing.

The 3rd HEPA Europe conference took place back-to-back with the annual meeting on 11-12 November 2011. It was organized by NISB and co-sponsored by WHO Regional Office for Europe and the International Society for Physical Activity and Health and attended by 218 participants. It focused on "Bridging the gap between science and practice", featuring 5 key note lectures, 26 oral presentations across 6 parallel sessions and almost 100 posters.

Keywords

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1 Introduction and overview

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched at the 1st annual meeting in May 2005 in Gerlev, Denmark. The WHO European Centre for Environment and Health, Rome office, accepted the invitation to closely collaborate with the network. Subsequent annual meetings took place in Tampere, Finland, (2006), Graz, Austria (2007), Glasgow, United Kingdom, back to back with the 1st HEPA Europe conference (2008), Bologna, Italy (2009) and Olomouc, Czech Republic, back to back with the 2nd HEPA Europe conference (2010).

The 7th annual meeting of HEPA Europe took place on 12-13 October 2011. It was kindly hosted by the Netherlands Institute of Sport and Physical Activity (NISB) in Amsterdam, the Netherlands, and supported by NISB, the City of Amsterdam and the Directorate General for Health and Consumers of the European Commission (DG SANCO) in the framework of the Health Programme 2008-2013 through the joint WHO/DG SANCO project on “Promoting networking and action on healthy and equitable environments for physical activity (PHAN).”

The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of seven HEPA Europe working groups;
- plenary presentation of the activity report and of the new work programme; and
- new applications for membership (see Annex 3 for the list of members), results of the election of the Steering Committee and discussion of the proposed amendments to the Terms of Reference of the Steering Committee;
- summary of the results of the HEPA Europe survey; and
- endorsement of the new work programme.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with one of the specific objectives of the joint WHO/DG SANCO PHAN project;
2. review and discuss progress made in HEPA Europe’s sixth year of activity, in particular in implementing the work programme as well with regard to contributions and funding (see Annex 1 with list of working papers and background documents);
3. discuss and adopt key documents for next year’s work, including:
 - Activity report 2010/2011 (see Annex 4)
 - Work programme 2011/2012 (see Annex 5)
4. Amended Terms of Reference of the Steering Committee of HEPA Europe¹.

The event was attended by 75 participants from the following 24 European countries: Austria, Belgium, Croatia, Cyprus, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy, Lithuania, Netherlands, Poland, Portugal, Slovenia, Spain, Sweden, Switzerland, and the United Kingdom. In addition, a delegate from South Africa participated (see Annex 6 for list of participants). The meeting was chaired by Mr Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, and chairman of HEPA Europe.

⁴ www.euro.who.int/hepa

2 3rd HEPA Europe conference

Back to back with the annual meeting, NISB organized the 3rd HEPA Europe conference on 11-12 October 2011 (www.hepaeuropeconference2011.nl). The conference was co-sponsored by WHO Regional Office for Europe and the International Society for Physical Activity and Health (ISPAH). The event focused on “Bridging the gap between science and practice”. It was attended by about 200 delegates from about 30 European countries as well as from Aruba, Brazil, Japan, South Africa, United Arab Emirates and the United States of America, the World Health Organization and the European Commission. The event was opened with the following 5 key note lectures:

- Bridging the gap between science and practice, by Maarten van Bottenburg (the Netherlands)
- Evidence-based policy making: Bridging the gap between research and policy in physical activity promotion, by Alfred Rütten (Germany)
- How sickening is sitting?, by Mai Chin A Paw (the Netherlands)
- The sitting easy blues: Can we reduce sedentary behaviour?, by Stuart Biddle (United Kingdom)
- An African Footprint: From evidence to advocacy, by Tracy Kolbe-Alexander (South Africa)

In addition, 26 abstracts were selected for oral presentations across 7 parallel sessions, namely on:

- Societal dimension (sessions on walking programs in communities and on disadvantaged communities)
- Sedentary behaviour (sessions on a position statement and on energy expenditure)
- Physical activity promotion policy (sessions on active transport, on barriers to physical activity and on life-style intervention in local settings)

Furthermore, 5 parallel workshops were offered to participants, which presented results of ongoing international projects in a more interactive way.

Finally, almost 100 posters were presented during the conference, grouped into the three main themes of the conference (the societal dimension of HEPA promotion, sedentary behavior and physical activity promotion policy).

In accordance with the conference aim to contribute to bridging the gap between science and practice, the organizers in collaboration with the City of Amsterdam also offered visits of a range of community HEPA promotion projects which found lively interest. Many participants used the offered rental bikes to visit these projects or for a guided city tour.

3 Parallel sessions of HEPA Europe working groups and side events

On 12 October, seven of HEPA Europe's working groups (see also work programme, Annex 5) met to discuss progress and next steps in advance of the plenary annual meeting on the next day. In addition, several working groups held preparatory work meetings either before or during the main event.

3.1 HEPA promotion in socially disadvantaged groups

This session was attended by about 20 participants and was carried out in collaboration with and financial support of the WHO/DG SANCO PHAN project. It was opened by the working group leader, Ms. Niamh Murphy, Ireland, with a warm welcome and a brief outline on the background of this HEPA working group.

Mr. Matthias Braubach from the WHO Regional Office for Europe provided an overview of the joint WHO/DG SANCO PHAN project's work package 4 on "Networking on inequalities in physical activity: guidance on physical activity promotion in socially disadvantaged groups, with a focus on healthy environments". Subsequently, Ms. Niamh Murphy and Ms. Maureen Kidd, United Kingdom, presented the findings of a review of the scientific literature on the impact of social disadvantage on physical activity levels in Europe and of selected case studies of physical activity promotion in socially disadvantaged groups.

Challenges with deriving final conclusions from the analysis of the literature and the case studies included the diversity of target groups, outcomes, settings and approaches. The working group was invited to contribute to the next stage in the process by providing information on the respective regulations, policy and activities from their country.

Further discussion points included frequent formulation of unrealistic goals, improving outcome evaluation (in addition to process evaluations) in view of limited resources and cultural and language barriers and the challenge of donors requesting a level of evaluation which is often at odds with the possibilities of small-scale local projects, community involvement in developing evaluation frameworks.

Afterwards, Anita Vlasveld presented an update on a new Preparatory Action in the Field of Sport called "JoinIn-Social inclusion of migrant youth through sport and the creation of a transnational network". Expected results include: descriptions of good practices, key issues and best principles to achieve the social inclusion of migrant youth through sports, action plans developed by the participating partners and an online social network to communicate, share information.

Finally, participants discussed the work programme of the working group for 2011/2012. It was decided to focus on evaluation approaches for projects in socially disadvantaged groups and to consider building smaller sub-working groups on other topics of interest.

3.2 Sport Clubs for Health

This working group is lead by Mr. Jorma Savola and Ms. Eerika Laalo-Häikiö from the Finnish Sport for All Association. Recent work was introduced by Eerika Laalo-Häikiö, in

particular the outcomes of the Preparatory Action in the Field of Sport supported by DG EAC from February 2010 to May 2011. The consortium included institutions from Italy, Poland, Estonia, Spain and Croatia and was lead by the Finnish Sport for All Association. Associate experts came from the UKK-Institute (Finland), the University of Jyväskylä (Finland), the German Gymnastics Federation (Germany) and ISCA, the University of Oxford (United Kingdom), The University of Zagreb (Croatia) and FISAF education committee. In addition, The Association for International Sport for All (TAFISA), the European Non-Governmental Sports Organisation (ENGSO) and the European Federation for Company Sports (EFCS) have strongly supported the networking of the project.

The EC project aimed to develop Sports Club for Health guidelines² and to foster networking in the area of HEPA with special focus on sports clubs. The project also developed quality management materials. The final project conference took place on 6 to 8 February 2011. The final version of the guidelines was published in September 2011.

Subsequently, TAFISA, ENGSO, ISCA, EFCS and HEPA Europe presented their current and future activities and identified a range of upcoming events where the guidelines would be presented and disseminated.

Participants discussed the guidelines and how the working group could contribute to disseminating and implementing them. Possible future activities could include translation of the guidelines into national languages, the collection of case studies and examples of how the guidelines are being implemented, inclusion of further aspects such as social capital or mental health and the possibility to develop a quality label for the programme. The work steps for 2011/2012 were also developed.

3.3 National approaches to HEPA promotion

This parallel session was co-chaired by Sonja Kahlmeier, University of Zurich, Switzerland, and Ms. Karen Milton, Loughborough University, United Kingdom. Ms. Kahlmeier opened the session and welcomed the about 20 participants. She then gave an overview of the activities of the working group in the past year which had been focused mainly on the project on “National HEPA policies: case studies from Europe”. As part of this project, a HEPA Policy Audit Tool (PAT) was developed³. The development process and the content of the HEPA PAT were presented. The HEPA PAT is structured around 17 criteria for successful national approaches to HEPA promotion. It is designed to provide a systematic and comprehensive overview of the policies and key actions in place to support HEPA as well as barriers that potentially hinder progress in promoting and supporting healthy active lifestyles.

The HEPA PAT has been pilot-tested by 7 countries (Finland, Italy, the Netherlands, Norway, Portugal, Slovenia, Switzerland). Ms. Milton presented first results from the cross-country analysis on aspects such as available policies across different sectors, target groups and settings covered by and goals and targets contained in those policies, monitoring and surveillance or leadership and collaboration.

The discussion with participants focused on the one hand on practical aspects around the completion of the HEPA PAT, e.g. regarding most suitable lead agency, approaches taken and

² <http://www.kunto.fi/en/sports-club-for-health/>

³ <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/national-approaches-to-physical-activity-promotion>

resources needed. On the other hand, participants made suggestions on possible supplementary products, such as a “frequently-asked-questions” section and the provision of translated versions of the HEPA PAT.

Finally, the participants agreed the work steps of the working group for the next year, including the expression of interest in holding a workshop in spring 2012.

3.4 Exchange of experiences in physical activity and sports promotion in children and adolescents

The parallel session was chaired by Mr Peter Barendse, Netherlands Institute on Sport and Physical Activity (NISB) and was carried out in collaboration with and financial support of the WHO/DG SANCO PHAN project. The session was structured into three main elements:

- 1) An update of the activities of work package 4 of the WHO/DG SANCO PHAN project on "Youth involvement for physical activity in supportive urban environments", where a number of working group members are involved. This work package aims at developing a blueprint for what constitutes a youth-friendly physical activity promotion project, including the views of youth themselves. The presentation was given by Mr. Paul Kelly, Oxford University, United Kingdom, and Mr. Christian Schweizer, WHO Regional office for Europe.
- 2) The working group also defined priorities for the 2011/2012 scope of its work, including as first step to identify successful and evidence-based whole school interventions in various European countries. Mrs. Sylvia de Ruiter, the Netherlands Institute for Health Promotion, and Mr. Jan Faber (MBO-raad) presented the network of Schools for Health in Europe (SHE), followed by a discussion on how to involve the educational sector in health promotion. It was decided to further explore possibilities for co-operation between the SHE network (also collaborating closely with WHO) and the HEPA Europe working group on children and youth.
- 3) A discussion on the prepared work plan and concrete next steps for the working group, including formation of a "core team" of 12 members, willing to be involved in the actual implementation of the work plan. Amongst others, a telephone conference in December 2011 and a workshop in March 2012 were planned.

3.5 HEPA promotion in health care settings

Mrs Minna Aittasalo, UKK Institute for Health Promotion Research, Finland, and Mr Matti Leijon, Lund University and Region Skåne, Sweden, co-chaired this parallel session. They started the session with a brief overview of the past activities of the working group and introduced the main purpose of the current meeting, namely to initiate collaboration with WHO's Health Promoting Hospitals network (HPH) and ACSM's Exercise is Medicine network (EIM) in Europe. Ms Hanne Tønnesen, head of the WHO collaborating centre for evidence-based health promotion in hospitals (situated at the Bispebjerg hospital in Copenhagen, Denmark), introduced HPH to the participants together with her colleague Mr Jeff Kirk Svane.

An official proposal for collaboration between the HEPA Europe working group and HPH was made by Ms Minna Aittasalo in the HPH General Assembly Meeting on 1 June in Turku, Finland, which was accepted after the meeting. Mr Mats Börjesson (Sweden) introduced the advantages of this collaboration and the current stage of initiatives made under his lead. The proposal for the joint HEPA Europe/HPH Task Force including a more detailed action plan and time schedule will be introduced in the next HPH Conference in April 2012 in Taipei, Taiwan.

Subsequently, Mr Jürgen Steinecker (Germany) introduced the current status concerning the European EIM Task Force which he is coordinating. Mr Leijon had participated in the first European EIM meeting in Portugal in April 2011.

Participants then discussed the collaboration with HPH and EIM and the work programme of the working group for the forthcoming year.

3.6 HEPA promotion and injury prevention

This session was co-chaired by Mrs Eva Martin-Diener and Mr Brian Martin, Institute of Social and Preventive Medicine, University of Zurich, Switzerland. .

This working group had been launched in November 2010. In a first block, Eva Martin-Diener introduced the purpose and aims of the working group and the work plan for 2010/2011. Furthermore, a report on physical activity promotion and injury prevention was presented which had been prepared for the Swiss Council for Accident Prevention (BFU) in 2010 (BFU-report no. 64, www.bfu.ch/pdflib/1460_74.pdf). This overview of the literature summarized the evidence of the relationship between physical activity promotion and injury prevention for different age groups of the general population. Ms Francesca Racioppi (WHO Europe, Rome, Italy) gave an overview of the strategies and activities of WHO in the prevention of violence and injuries. Mr Evert Verhagen, Department of Public and Occupational Health, VU University Medical Center, Amsterdam, the Netherlands, presented new insights into the complex relationship between HEPA promotion and injury prevention from recent or ongoing studies.

The group then discussed future directions for the working group. It became clear that linking up with different institutions or programs will be necessary to raise awareness and bring injury prevention on the agenda in the context of HEPA promotion. Suggestions were WHO's four-year-plan for NCD prevention, the IOC, the EU year of the elderly in 2012 (DG SANCO) or specific research programs.

It had been foreseen that the work program 2011/2012 would be coordinated with a project submitted by EuroSafe to DG EAC's programme for Preparatory Action in the Field of Sport. However, the coordinators were just informed on the day of the parallel session that the project will not be funded, therefore the work program will have to be adapted accordingly.

3.7 Active ageing

This session was chaired by Mr Eddy Engelsman and supported by Mr Ger Kroes, NISB, The Netherlands. The session was held to assess the willingness to set up a HEPA working group on "Active Ageing".

The meeting started with an introduction by Mr. Christophe Delecluse, University of Leuven, Belgium, and member of the steering group of the European Network for Action on Ageing and Physical Activity (EUNAAPA). He presented an inventory of successful projects and capacity building activities carried out by EUNAAPA. Mr Kroes gave an overview of the substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of most populations in Europe, physical activity and sport participation is of particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also have positive effects on health. However, a Eurobarometer survey in 2009 showed that two third of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise. The participants discussed the state of affairs and the lessons to be learned from the outcome of existing interventions as well as the possible role of a HEPA working group in bridging the gap between research, policy and practice. Participants supported launching such a working group. Mr Engelsman and Mr Kroes will prepare an initial outline on the content and way of working. The main approach would be to base activities on and provide support to existing initiatives in this area, such as EUNAAPA/PASEO, and to work closely together with already existing initiatives. This will imply to analyze existing activities and to identify gaps and barriers to best define the possible tasks for the working group. The emphasis will be on good practices for policy development and implementation.

3.8 Side events

The annual meeting also provided a platform for exchange and networking for other related activities. In particular, two other side events took place.

Agita Mundo meeting

This year's annual meeting was carried out in collaboration with Agita Mundo, the global network for the promotion of health-enhancing physical activity. Agita Mundo held its annual meeting just ahead of the HEPA Europe events on 10 October, also kindly hosted by NISB. The meeting also featured updates of the regional HEPA promotion networks, including by HEPA Europe.

2nd meeting of the HEPA Europe-EU Contact Group

The 2nd meeting of the HEPA Europe-EU Contact Group took place on 12 October morning (9:00-11:00). The establishment of this Contact Group is based on the second activity in Action area 1 of the Pierre de Coubertin Action Plan of the White Paper on Sport, namely to support an EU Health-Enhancing Physical Activity network. The Contact Group was prepared as part of a project on "Promoting networking, exchange and greater synergy between sport and health-enhancing physical activity sectors (NET-SPORT-HEALTH)" within the framework of the Preparatory Actions in the Field of Sport. This project ended in May 2011. The Contact Group is open for membership to those member institutions of the HEPA Europe Network that have their seat in Member States of the EU.

At the first meeting of the Contact Group held in November 2010, the Terms of Reference of the Contact Group were endorsed, a chairperson was elected and a Steering Committee was established. The main aims of the Contact Group are, amongst others:

- providing an interface between the HEPA Europe network and the European Commission;
- providing a common platform for the exchange of knowledge, information, practices;
- acting as a potential stakeholder in case of EC consultations related to the European Commission's work related to sport and HEPA.

The 2nd meeting was held to update on the final outcomes of the NET-SPORT-HEALTH project and on relevant developments in the last year. It was chaired Mr Willem van Mechelen, VU Medical Center, Amsterdam, the Netherlands, and chair of the Contact Group. It was attended by about 100 participants.

In particular, participants:

- took note of the results of a content analysis of EU Sport Policies and key points for policy-makers;
- discussed its possible practical implications, particularly with respect to opportunities of strengthening the collaboration between the health and sport sector for the promotion of physical activity;
- were informed about the establishment of a WHO data base collecting policies on Nutrition, Obesity and Physical Activity (NOPA), which allows access to ca. 100 policy documents on sport promotion;
- were informed on the state of affairs regarding the preparation of a proposal for a Council Recommendation in the field of HEPA, including a monitoring mechanism for Member States to report on progress made in implementing the EU Physical Activity Guidelines;
- discussed next steps under a work programme of the Contact Group and ways of working.

The usefulness of the Contact Group was reconfirmed at the meeting, in particular in view of the ongoing preparations for a proposal for a Council Recommendation in the field of HEPA. It was acknowledged that the current lack of dedicated funding for the Contact Group limited its scope of work but the European Commission confirmed its commitment to support the future function of the Contact Group as outlined in the Pierre de Coubertin Action Plan, the EU Physical Activity Guidelines and the Terms of Reference.

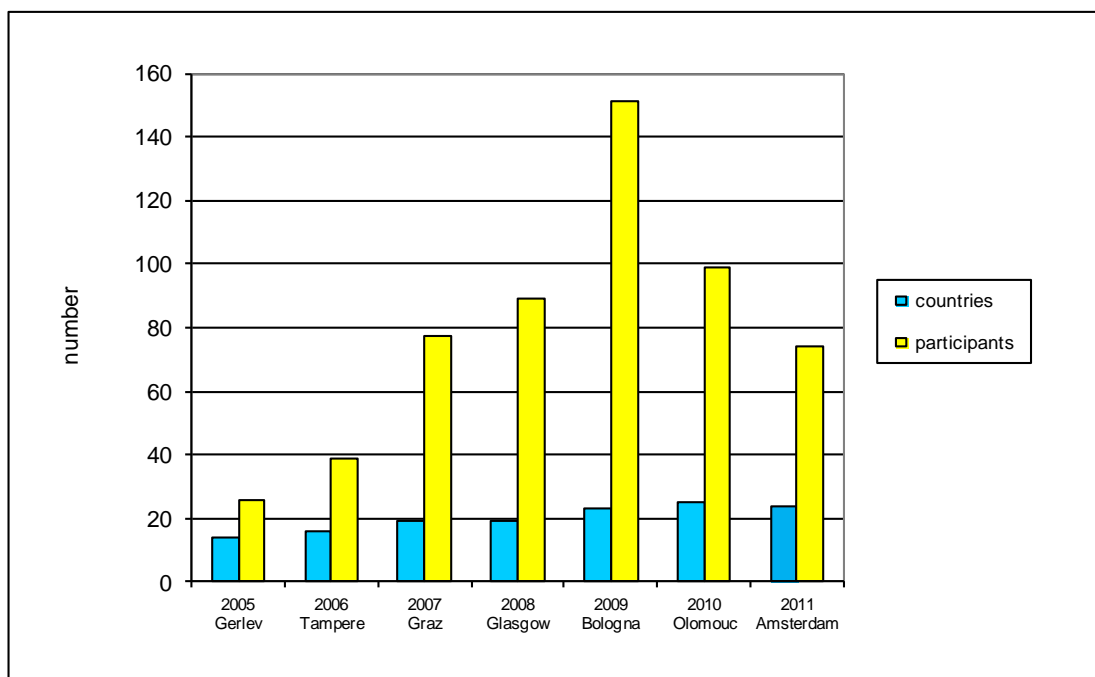
4 Report of the 6th annual meeting

4.1 Introduction

The annual meeting was opened by Willem van Mechelen, the chairman of HEPA Europe. For this year's meeting, 75 participants from 24 countries of the European Region and a participant from South Africa (see Annex 6 for list of participants) were registered. As shown in Fig. 1, the number of participants has been increasing each year until 2010 with a particularly strong increase in 2009, while this year, a slight decrease in registered participants was recorded. However, this might be more due to an incomplete registration of participants than to an actual lower participation. Participants had to re-register on each day of the event

(see also Annex 3 for meeting programme) and the organizers confirmed that it is likely that the registration coverage was lower for the last day of due to this administrative set-up. The procedures will be amended accordingly to avoid such an effect in future meetings. The number of represented countries was similar to previous years.

Fig. 1: Development of attendance of annual HEPA Europe meetings



4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁴ from 8 institutions and organizations received from October 2010 to 15 August 2011. These temporary members were proposed to the network for confirmation.

All applications were confirmed and the following member institutions and organizations were welcomed to HEPA Europe (in alphabetic order):

- Cyprus Sport Organisation;
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia;
- Faculty of Kinesiology, University of Zagreb, Croatia;
- Israel Center of Sport Clubs (OTZMA);
- Laboratory of Exercise & Sport Psychology and Coaching, Department of Human Kinesiology, Katholieke Universiteit Leuven, Belgium;
- Ministry of Sport and Tourism of The Republic of Poland;
- National Institute of Physical Education of Catalonia (INEFC), Spain;
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece.

⁴ More information on the application procedure can be found at www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membership-and-meetings/join-the-network

In addition, participants were informed on two changes in membership status:

- Sports Institute of Portugal, Lisbon, Portugal
Membership will be temporarily suspended according to article 7.4 of the Terms of Reference, as no current contact person was communicated within one year.
- Eddy Engelsman, the Hague, the Netherlands (formerly WHO Headquarters)
The Steering Committee invited Eddy Engelsman as honorary individual member to the network, in recognition of his longstanding support and services to HEPA Europe.

From Cyprus and Poland, for the first time an institution became member. The network now counts 116 member institutions and 3 honorary members from 32 European countries, as well as 3 observers (see Table 1, as well as Annex 3 for full list).

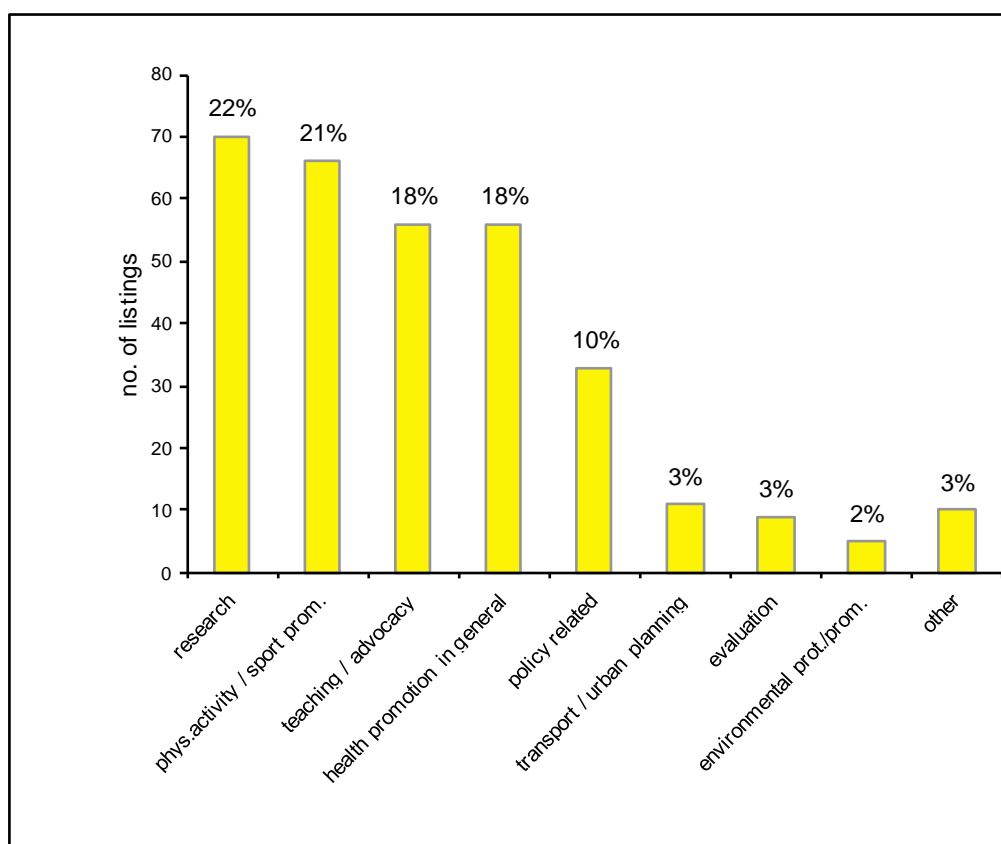
Table 1: Overview of number of HEPA Europe member institutions by country

	Country	No.		Country	No.
1	Austria	4	17	Israel	2
2	Belgium	2	18	Italy	6
3	Bosnia and Herzegovina	1	19	Lithuania	2
4	Bulgaria	1	20	Norway	1
5	Croatia	2	21	Poland	1
6	Cyprus	1	22	Portugal	1
7	Czech Republic	2	23	Russian Federation	1
8	Denmark	3	24	Slovenia	4
9	Finland	12	24	Spain	6
10	France	3	26	Sweden	5
11	Georgia	1	27	Switzerland	6
12	Germany	8	28	The former Yugoslav Republic of Macedonia	1
13	Greece	3	29	The Netherlands	6
14	Hungary	1	30	Turkey	1
15	Iceland	2	31	Ukraine	1
16	Ireland	5	32	United Kingdom	24

Plus 3 observers

As shown in Figure 2, the main type of activity most often reported by members was research and physical activity or sport promotion, followed by teaching or advocacy, general health promotion and with a bit of distance policy related activities. Still less frequent were transport or urban planning activities, evaluation and environmental protection or promotion. The spread of main activities among the members has remained virtually the same over the last years.

Fig. 2: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=316), number and percent of listings



4.3 Results of the Steering Committee elections

The chairman of HEPA Europe also introduced the outgoing, standing, and new members of the Steering Committee.

Firstly, Mr Van Mechelen expressed the great gratitude of the network to Michael Sjöström, Karolinska Institute, Sweden and Radim Šlachta, Palacky University, Czech Republic, both outgoing members of the Steering Committee for their many years of service and great dedication and support. They will continue their involvement as members of the network.

Mr Van Mechelen also introduced the candidacy 4 new persons:

- Alberto Arlotti, Public Health Office, Emilia-Romagna Region, Italy
- Eddy Engelsman, Senior Consultant on Physical Activity for Health at NISB, the Netherlands
- Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain
- Niamh Murphy, Waterford Institute of Technology, Ireland

These candidacies were supported by all standing members of the Committee.

The following standing members were proposed for confirmation:

- Ms Andrea Backović Juričan, CINDI Slovenia
- Mr Winfried Banzer, Olympics Sports Confederation, Germany
- Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Mr Charlie Foster, BHF Health Promotion Research Group, Oxford, United Kingdom
- Mr Marteen Koornneef, Ministry of Health, Welfare and Sport, Netherlands
- Sonja Kahlmeier, University of Zurich, Switzerland
- Mr Jean-Michel Oppert, University Pierre et Marie Curie-Paris6, Pitié-Salpêtrière Hospital, France
- Ms Francesca Racioppi, WHO Regional Office for Europe
- Mr Harry Rutter, National Obesity Observatory England, United Kingdom
- Mr Tommi Vasankari, UKK Institute, Tampere, Finland

In the HEPA Europe survey (see also section 4.5 below), just half of the members (53.6%) had expressed satisfaction with the current election process of steering committee members and chairperson by those member institutions present at the annual meeting. 30.9% would prefer a voting procedure by all members through ballot or online procedures, 15.5% did not have a preference. The Steering Committee felt that this result did not provide support by a sufficiently large majority of members and decided to carry out a trial online voting in 2011.

An online election was set up and those 111 member institutions were current contact information was available received an email with instructions and an individual participation link. Participation was anonymous and each institution would only vote once. Members had 10 days to cast their vote and they received two reminders.

Fifty-two institutions participated which is a 47% participation rate. In 2010, about 25% of member institutions participated in the in-person elections at the annual meeting while in 2009, it was about 50% as well. Participants could choose between a group election of all candidates or voting individually for each candidate. 24% chose the group voting, 25% the individual voting and 3% abstained. All candidates for the Steering Committee were elected with a clear majority of votes cast (between 76% and 90% of votes). Mr Van Mechelen was the only candidate for chairperson of HEPA Europe. He was elected for a second 2-year term also with a clear majority of about 90% of the votes.

Ms Fiona Bull, Global Advocacy for Physical Activity (GAPA) – Advocacy Council of the International Society of Physical Activity and Health (ISPAH) will continue to serve as observers.

The Chairman also reminded the members to inform the Steering Committee on expressions of interest to stand for elections at least two weeks before the last meeting of the Steering committee before the annual meeting, according to the Terms of Reference of the Steering Committee⁵. For 2012, this would be end of May, as the last meeting of the Committee will take place on 15 June 2012.

⁵ These Terms of Reference can be found at www.euro.who.int/hepa.

4.4 Amendments to the Terms of Reference of HEPA Europe

In view of the good experiences made with the online voting procedures, the Steering Committee proposed to the attending members to continue with this practice. The proposal was adopted by the present members. Corresponding changes to the Terms of Reference of the Steering Committee were also adopted by the participating members.

4.5 HEPA Europe survey: key results and discussion

An online survey on HEPA Europe was carried out from November 2010 to January 2011. The survey aimed at learning more about members' and other stakeholders' opinions concerning the network and at providing input for a communication strategy for HEPA Europe. Ms. Sonja Kahlmeier presented the key results.

The survey contained a general part for all respondents, questions for respondents who did not know HEPA Europe but were not members and questions for members only. The survey was launched in November 2010 at the 6th annual meeting of HEPA Europe and disseminated by email to various mailing lists. In total, 570 people visited the survey, 482 people answered at least one question, and complete responses were available from 300 respondents. Participants stemmed from over 30 countries and included members and non-members of HEPA Europe as well as participants and non-participants of working groups or the Steering Committee in almost equal shares; the type of participating institutions and the reported main areas of activities corresponded by and large to that of the member institutions of HEPA Europe.

The by far most frequent way of learning about the network was through colleagues (43.1%), followed by the HEPA Europe website (17.3%) and announcement of an annual meeting (11.3%). Almost all products and activities of HEPA Europe were seen as useful or partly useful by nearly two thirds of the respondents. The most well-known products were the website, the Physical activity and health: evidence for action booklet and the Physical activity planning guide booklet, respectively. A key result is that for 49.2% of respondents, HEPA Europe activities or products have had an influence on physical activity promotion in their work, institution or on national level.

The most appreciated activity of HEPA Europe seemed to be specific products and working groups, so the increasing activities of the network in this area seems to be worth the investment of coordination and support. Overall, satisfaction of HEPA Europe members was high and in a vast majority, expectations have been met. However, the partial dissatisfaction of almost one quarter of members also points to potential for improvements and might warrant more detailed follow-up with the membership. Members actively involved (e.g. working group, Steering Committee) were more satisfied than passive members. The perceived level of information in members was also very high. Nevertheless, also in this area there would be room for improvement with about one sixth of members perceiving their level of information concerning the network as dissatisfying. The perceptions on the nature of HEPA Europe correspond quite closely with its current strategy but some of the replies to this question gave useful hints for improvements and further development.

The results provide a most useful basis for the further discussion of private for-profit membership and public-private partnerships (PPPs) for HEPA Europe: only a small minority of members opposed PPPs for HEPA Europe in general. A majority would be in favour of PPPs with indirectly or directly physical activity-related industry but the views of the often

more controversial collaboration with any partners including the food industry were also divided in HEPA Europe members.

Overall, it has proven feasible for a structure such as HEPA Europe to gather wide input and feedback both from members and non-members on a range of questions through an online survey. The results provide invaluable input for the further development of HEPA Europe and its communication strategy.

4.6 Activity report 2010/2011: overview

The activity report of the sixth year of activity of HEPA Europe from December 2010 to September 2011 was presented and discussed by the working group leaders (see also Annex 4)⁶.

In table 2 below, an overview of the state of affairs of the last year of activities is provided.

It was concluded that good progress was made in most objectives on an again substantial number of activities. Overall, the number of implemented activities remained stable, while again, not all of the ambitious aims could be accomplished and delays in implementation had increased slightly, underlining to the need for a more realistic planning of work steps, a conclusion already taken in the previous year. A planned activity that could not yet be started was the further development of methodological guidance and practical approaches on economic valuation of transport-related health effects.

It was also noted that more projects continued to function more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities. Present working group leaders invited the Steering Committee to establish a process for a regular exchange between the working groups and the Steering Committee, a suggestion which will be followed-up by the executive member and the chairman.

The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations. The additional support provided over the last year by the University of Zurich, Physical Activity and Health Unit, Switzerland, was also warmly thanked for.

In addition, the Steering Committee invited the members to make use of possibilities to include HEPA Europe-related activities into submitted funding proposals, as successfully done by some working groups in the previous year, and to support the network with innovative ideas for fund raising and the establishment of co-operations.

⁶ A summary of the activity report is also available at www.euro.who.int/hepa.

Table 2: Overview of the state of affairs of activities 2010/2011

Networking and cooperation	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing
Information dissemination	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Implemented as planned, ongoing
Holding of the 7 th annual network meeting (13 October) and 3 rd HEPA Europe conference (11-12 October); Amsterdam, The Netherlands	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing
Projects, reports and products	State of affairs
Working group on national approaches for physical activity promotion	Implemented as planned, ongoing
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned, ongoing
Working group on exchange of experiences in physical activity and sports promotion in children	Implementation ongoing, delayed
Working group on HEPA promotion in health care settings	Mostly implemented as planned, ongoing
Working group on Sport Clubs for Health programme	Mostly implemented as planned, ongoing
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed
Working group on monitoring and surveillance of physical activity	Implementation postponed
Working group on occupational HEPA promotion	Implementation ongoing, delayed
Working group on HEPA promotion and injury prevention	Implemented as planned, ongoing
Teaching and education	State of affairs
Teaching course on physical activity and public health	Implementation postponed
Activities aimed at optimizing the network	State of affairs
Implement partner management strategy and finalize member management strategy	Implementation ongoing, delayed
Possible activities to be launched later	State of affairs
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started
Quantification of co-benefits of other sectoral policies for physical activity and health	Implemented by external partners
Physical activity promotion in elderly	Launched at 7 th annual meeting
Publications	State of affairs
9 publications (1 scientific publication, 5 reports, 2 HEPA Europe electronic news alerts produced)	Continuous activity

4.7 Work programme 2011/2012

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of October 2011 to September 2012

. The draft had been developed by the Steering Committee and the working group leaders and distributed to participants beforehand. Amendments through outcomes of the working group meetings on the previous day were also taken into account (see chapter 3). Proposed work steps as well as possible partners for each activity were discussed. Activities which were deemed to be important but for which currently no responsible was identified were listed under “possible future activities”.

The activities of the next year comprise the following (see Annex 5 for more details)⁷:

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

Information dissemination

Title and aim of the activity
Maintenance, regular updating and further development of the HEPA Europe website (www.euro.who.int/hepa)
Holding of the 8 th annual meeting and symposium of HEPA Europe (26-27 September 2012) (Cardiff, United Kingdom)
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 database on nutrition, obesity and physical activity (NOPA)

Projects, reports and products

Title and aim of the activity
Finalization of analysis and publication of 7 case studies of national approaches to physical activity promotion and sharing of experiences among Member States
Continue dissemination guidance on economic valuation of health benefits from cycling and walking through the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents
Promote information sharing and the coordination on the promotion of HEPA in primary care settings
Establish partner cooperation for the implementation of the Sport Clubs for Health Programme
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on evaluation approaches
Collection of examples of approaches to HEPA promotion at the work place

⁷ A summary of the work programme is also available at www.euro.who.int/hepa.

Initiate the development of recommendations on monitoring and surveillance of physical activity for young people
Continue studying and development of synergies between HEPA promotion and injury prevention
Identify needs and develop cooperation for research, evidence and practice on active ageing

Activities to optimize the Network

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

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

4.8 Next annual meetings of HEPA Europe

The 8th annual meeting will take place on 26-27 September 2012 in Cardiff, United Kingdom. It will be hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales and will feature a symposium on “Getting to the grassroots: Using the green environment to promote physical activity”. The meeting will again include meetings of HEPA Europe working groups.

A call for hosts of the 2013 annual meeting was launched as well. Proposals have to be received by 15 February 2012 and should address experience of the local organizing committee in organizing international events, support offered, accessibility of the venue for international travelers and accommodation, amongst other items.

4.9 Closing of the meeting

Willem van Mechelen on behalf of HEPA Europe and Francesca Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. They particularly thanked the representatives of NISB for the warm welcome and the excellent organization and hosting of the meeting at the impressive premises of the Royal Tropical Institute.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2010/2011 and the new work programme 2011/2012, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2011/2012.

5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. The questionnaire consisted of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, organizational aspects such as the length of the meeting and its preparation were assessed and respondents could provide additional feedback.

The response rate this year was 77% (N=58) and thus considerably higher than in previous years (around 40%). While this higher rate might be partly explained by a possibly somewhat incomplete registration of the participants (see also chapter 4.1) it is nevertheless a positive development.

Satisfaction with the event was in general high to very high. Almost three quarters (72.4%) of respondents found the overall length of 3 days (including work- and pre-meetings) “just right”. The highest ratings of this item had been received in 2009 with a total duration of 2 days. The half-day length of the annual meeting was supported by all respondents (100%). Quality and usefulness of the key note lectures as well as posters were rated with an average score of 4.5 to 5.0 out of a possible total score of 6. Participants were also satisfied with the preparations of the annual meeting (average score 5.2). A large majority of those who replied to this question were also satisfied with the possibility to participate in the discussions and decision making (88.2%) but as in previous years, a high share of respondents did not provide their views on this particular question (41.4% of all respondents). Participants also gave high ratings for the possibilities for exchange and networking (average score 5.2).

The general positive assessment is also reflected in the overall evaluation of the event with an average score of 5.2, which has remained more or less stable over the last years. Twenty-four participants provided additional comments with useful hints for further possible improvements of the event, in particular regarding the density of the meeting programme and the location and time allocated to poster sessions.

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. Provisional list of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (October 2010-August 2011)
6. Activity report 2010-2011 (final draft)
7. Work programme 2011-2012 (final draft)
8. Terms of reference of the Steering Committee: proposed changes

Background papers

9. List of Steering Committee members proposed for elections and observers
10. Report of the 6th annual meeting of HEPA Europe, 26 November 2010, Olomouc, Czech Republic

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Wednesday, 12 October 2011

HEPA Europe working groups (parallel meetings)

- 11.30 – 12.30
- HEPA promotion in socially disadvantaged groups
 - Sport Clubs for Health
 - National approaches to HEPA promotion
 - Physical activity and sport promotion in youth
 - HEPA promotion in health care settings
 - HEPA promotion and injury prevention
 - Active ageing
- 12.30 – 13.30 *Lunch*
- 13.30 – 14.00 *Poster session*
- 14.00 – 15.30
- HEPA promotion in socially disadvantaged groups
 - Sport Clubs for Health
 - National approaches to HEPA promotion
 - Physical activity and sport promotion in youth
 - HEPA promotion in health care settings
 - HEPA promotion and injury prevention
 - Active ageing

Thursday, 13 October 2010

7th annual meeting of HEPA Europe

- 09.00 - 09.30 Registration
- 09.30 - 09.45 Opening and welcome
Willem van Mechelen, Chairman HEPA Europe
Francesca Racioppi, WHO Regional Office for Europe
- 09.45 – 10.00 New applications for membership
Sonja Kahlmeier, University of Zurich, Switzerland
- 10.00 – 10.15 Results of the Steering Committee elections
Willem van Mechelen, Chairman HEPA Europe
- 10.15 – 10.45 HEPA Europe survey: key results and discussion
Sonja Kahlmeier, University of Zurich, Switzerland
- 10.45 - 11.15 *Coffee break*
- 11.15 – 12.15 Activity report 2009-2010: overview and selected activities and Work programme 2010-2011 and possible future activities - introduction and discussion
Willem van Mechelen, Chairman HEPA Europe, Sonja Kahlmeier, University of Zurich, and working group leaders
- 12.15 – 12.20 Formal approval of the work programme 2011-2012
- 12.20 – 12.30 Other business
- 12.30 Closure

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Age Institute, Finland
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Children's University Hospital, Department of Physiotherapy, Ireland
- Countryside Council for Wales, United Kingdom
- Croatian Sport Medicine Society, Zagreb, Croatia
- Cyprus Sport Organization, Nicosia
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
- Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Eddy Engelsman, the Hague, the Netherlands
- Emilia-Romagna Region, Directorate General for Public Health, Bologna, Italy
- Faculty of Kinesiology, University of Zagreb, Croatia
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Finnish Centre for Health Promotion, Helsinki, Finland

- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Health Service Executive, Health Promotion Department, Ireland
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Israel Center of Sport Clubs, Ramat Gan
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Laboratory of Exercise & Sport Psychology and Coaching, Department of Human Kinesiology, Catholic University Leuven, Belgium
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- London Regional Public Health Group, Government Office for London, United Kingdom
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Rome, Italy
- Ministry of Health, Slovenia
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- Ministry of Sport and Tourism, Warsaw, Poland
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Institute of Physical Education of Catalonia (INEFC), Lleida, Spain
- National Institute of Public Health, Ljubljana, Slovenia
- National Obesity Observatory, Oxford, United Kingdom
- Natural England, Peterborough, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany

- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa, United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Policlinique Médicale Universitaire, Lausanne, Switzerland
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
- Public Health Institute, Reykjavík, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- School of Health and Human Performance, Dublin City University, Ireland
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
- Sports Academy, University of Ulster, United Kingdom
- Sports Department of the Styrian Government, Graz, Austria
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- Superior Sports Council, Subdirectorate General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Teenactive Research Group, Heriot Watt University, Edinburgh, United Kingdom
- Tel-Aviv University, Ramat Aviv, Israel
- The Finnish Sport for All Association, Helsinki, Finland
- National Institute for Health and Welfare (THL), Helsinki, Finland
- The Netherlands Institute for Sport and Physical Activity (NISB), Wageningen
- The Swedish National Centre for Child Health promotion (NCF), Örebro
- The Swedish National Institute of Public Health, Östersund
- Ukrainian Research Institute of Nutrition, Ukraine
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Caceres, Spain
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavík
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- Walkers' Coach, London, United Kingdom
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom

- Yoga Union, Slovenia
- Young Finland Association, Helsinki

- Canadian Partnership Against Cancer, Ontario, Canada (observer)
- European Cyclists' Federation (ECF), Brussels, Belgium (observer)
- Québec en Forme, Québec, Canada (observer)

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2010/2011

1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 6th annual meeting of HEPA Europe in Olomouc, Czech Republic (26 November 2010), a number of activities were endorsed to be carried out by the network in 2010/2011¹. A short version of this document is also available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in this work programme is summarized in this document. Implementation was assessed at the 7th annual meeting of HEPA Europe, 13 October 2011 in Amsterdam, the Netherlands, hosted by the Netherlands Institute of Sport and Physical Activity NISB.

2 Foreword by the chairman

It has now been my second full year as a chairman of the Steering Committee of the HEPA Europe network. It has been an exciting year for me for many reasons. I have had again the opportunity to strengthen existing relationships in the wider HEPA community and, like last year, to meet new friends and learn more about exiting new initiatives in our field.

One of these new initiatives is our involvement in an impact assessment carried out for the Directorate General Education and Culture which should ultimately support a European Council recommendation in the field of HEPA in Europe. Another important development has been the 2011 UN General Assembly resolution on the prevention and control of noncommunicable diseases. The resolution contains a number of "hooks" to move the physical activity agenda forward globally, with paragraphs on physical activity and the built environment as well as on the need for international collaboration and investment in research.

I would also like to take the opportunity to thank our Dutch colleagues of Netherlands Institute for Sport and Physical Activity (NISB) for the organization of our annual meeting in Amsterdam. Without such dedication it would not be possible to have an effective HEPA Europe network. Thank you! And also thanks to all our members for their continuous in-kind contributions and support.

Willem van Mechelen, Chairman of the Steering Committee, October 2011

¹ For more details see: Annex 5: Work programme 2010/2011. In: 6th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26 November 2010, Olomouc, Czech Republic. 2011, Copenhagen, WHO/Europe (www.euro.who.int/hepa): p. 60-84 (www.euro.who.int/hepa).

3 Activity report 2010/ 2011 overview

Below, the state of affairs of the activities of the work programme 2009 / 2010 is summarized.

3.1 Networking and cooperation

Activity	State of affairs	Page nr.
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing	33
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing	35

3.2 Information dissemination

Activity	State of affairs	Page nr.
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Implemented as planned, ongoing	38
Holding of the 7 th annual network meeting (13 October) and 3 rd HEPA Europe conference (11-12 October); Amsterdam, . The Netherlands	Implemented as planned, concluded	38
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing	40
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing	42

Projects, reports and products

Activity	State of affairs	Page nr.
Working group on national approaches for physical activity promotion	Implemented as planned, ongoing	44
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned, ongoing	46
Working group on exchange of experiences in physical activity and sports promotion in children	Implementation ongoing, delayed	47
Working group on HEPA promotion in health care settings	Mostly implemented as planned, ongoing	49
Working group on Sport Clubs for Health programme	Mostly implemented as planned, ongoing	50
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed	51
Working group on monitoring and surveillance of physical activity	Implementation postponed	54
Working group on occupational HEPA promotion	Implementation ongoing, delayed	55
Working group on HEPA promotion and injury prevention	Implemented as planned, ongoing	57

3.3 Teaching and education

Activity	State of affairs	Page nr.
Teaching course on physical activity and public health	Implementation postponed	59

3.4 Activities aimed at optimizing the network

Activity	State of affairs	Page nr.
Implement partner management strategy and finalize member management strategy	Implementation ongoing, delayed	60

3.5 Possible activities to be launched later

Activity	State of affairs	Page nr.
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started	62
Quantification of co-benefits of other sectoral policies for physical activity and health	Implemented by external partners	63
Physical activity promotion in elderly	Implementation discussed at 7 th annual meeting	64

Publications

Activity	State of affairs	Page nr.
11 publications (2 scientific publication, 7 reports and other products, 2 HEPA Europe electronic news alerts produced)	Continuous activity	65

4 Funding and support received

From November 2010 to September 2011, the following contributions and support have been received (in chronological order):

a) Financial contributions:

- Ministry of Health, Welfare and Sport, the Netherlands: 35'000€ (September 2011)
- European Commission, Directorate General Health and Consumer Protection (DG SANCO): 10.200€ for support to delivery of 2011 HEPA Europe annual meeting and 12.500€ for travel expenses of Steering Committee to attend the annual meeting, as part of the joint WHO/DG Sanco project to “Promote networking and action on healthy and equitable environments for physical activity” (PHAN) (September 2011)

b) In-kind contributions:

- contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
- contributions of the chairs and members of the working groups in terms of time and expertise;
- organization and hosting of the 7th annual network meeting (13 October) and 3rd HEPA Europe conference (11-12 October); Amsterdam, the Netherlands by the Netherlands Institute of Sport and Physical Activity NISB (including 2 fellowships to participants from economies in transition, travel expenses of key note speakers, meals and social events for all participants, waiver of conference fee for HEPA Europe Steering committee members and WHO and EC staff);
- hosting and support of a meeting of the Steering Committee by the National Institute of Public Health and the Ministry of Health of Slovenia (March 2011) and by the Gerlev Physical Education & Sports Academy, Denmark (September 2011);
- hosting and support of a meeting of a HEPA Europe working group by the National Institute of Public Health and the Ministry of Health of Slovenia (Ljubljana, March 2011)
- contributions by several individual and institutional members for the production of publications; and
- representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network.

c) Synergies

In addition, WHO Regional Office for Europe has received a donation from the Region Emilia Romagna to support a national project on the promotion of physical activity from 2008 to mid-2011, which also relates to activities of HEPA Europe, e.g. to policy analysis and identifying case studies and good practice. This donation also contributes to the matching funds for a joint DG Sanco/WHO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity” that WHO Regional Office for Europe has been awarded with by DG Sanco for 2008-2010. This project also created synergies with the activities of HEPA Europe in the same areas.

This also is the case for the joint WHO/DG Sanco project PHAN, which next to direct support to the annual meetings in 2010, 2011 and 2012 (see “financial contributions” above) also contains work packages with synergies with a number of other HEPA Europe activities, namely on inequalities in physical activity (WP4), youth involvement

for physical activity (WP5) and on tools for physical activity planning and economic assessment (WP6 and WP7). In addition, synergies can be used through the joint WHO/European Commission, Directorate General for Sports and Culture (DG EAC) project NET-SPORT-HEALTH, particularly with regard to the development of the HEPA Europe-EU Contact Group.

In addition, synergy is to be mentioned with respect to the Transport, Health and Environment Pan-European Programme (THE PEP), which also promotes physical activity through cycling and walking, in particular in relation to the development of the Health Economic Assessment Tools (HEAT) for cycling and walking.

The current sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe, European Centre for Environment and Health, Rome office, until approximately summer 2012. While the secretariat continues to be hosted by WHO, in 2010/2011 additional support was provided by the Physical Activity and Health Unit of the Institute of Social and Preventive Medicine of the University of Zurich, Switzerland.

New funds will have to be identified and secured for current and future activities, and for 2012 additional funds and support will be necessary. Due to available resources being sufficient only to secure the basic support functions, not all activities could be implemented as planned, as described in the following chapters.

5 Networking and cooperation

In the following sections the state of affairs on the activities of HEPA Europe related to networking and cooperation that were planned to be carried out until the annual meeting on 26 November 2010 in Olomouc, Czech Republic, will be reported in more detail.

5.1 *Coordination and cooperation with other activities, projects, and networks*

Aim of the activity

To join forces with key partners, to benefit from synergies, and eventually, to produce better products; in addition to increase the visibility of the network.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: Members of HEPA Europe

Possible partners

As listed below

Summary of the state of affairs

Steps	Work progr. 10/11	State of affairs
Implementation of partner management, based on HEPA Europe impact model ²	Continuously 2009/2010	Implemented as planned
Continue existing coordination and cooperation, including: UN-activities and programmes • WHO/Europe Noncommunicable Disease and Environment Unit: Support to implementation of the European Charter on Counteracting Obesity - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" - Move for Health Day 2010 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme	Continuously Spring 2010 Continuously	Implemented as planned Implemented as planned Implemented as planned

² For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

Steps - continued	Work progr. 10/11	State of affairs
<ul style="list-style-type: none"> • UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> - Continue close working collaborations in activities on walking and cycling to ensure coordination and to identify possibilities for collaboration through two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment 	Continuously	Implemented as planned
	Continuously	No further activities took place in the reporting period
<p>Research projects</p> <ul style="list-style-type: none"> • IMPALA project³ (Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena), DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • LIFE CYCLE project⁴ (cycling as the natural means of transport into daily life) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • PASEO project (Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • TAPAS project (Transportation, air pollution and physical activities - an integrated health risk assessment programme of climate change and urban politics) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate 	Continuously	Implemented as planned
<p>European Commission</p> <ul style="list-style-type: none"> • EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Information exchange through members of the Steering Committee - European Physical Activity Promotion Forum: close coordination and contributions as appropriate • DG Education and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> - Establishment of HEPA Europe - EU Contact Group <p>Other European bodies</p> <ul style="list-style-type: none"> • Bodies and NGOs on sports (for all) promotion <ul style="list-style-type: none"> - Identification of all relevant groups and institutions - Explore possibilities for further collaboration, e.g. regarding the chairmanship for Agita Mundo, observers in steering committees etc. - Definition of further steps: depending on outcome • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously	Implemented as planned
	Continuously	<p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p>

³ <http://www.impala-eu.org/>

⁴ <http://www.lifecycle.cc/>

Steps - continued	Work progr. 10/11	State of affairs
Other European bodies - continued <ul style="list-style-type: none"> • European Network for Workplace Health Promotion⁵: <ul style="list-style-type: none"> - Explore possibilities for further collaboration • The alliance / EOSE (European Observatoire of Sports and Employment⁶) Working Conference <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously	Not yet implemented (see also chapter 7.8) Not implemented
Global bodies <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously	Implemented as planned
<ul style="list-style-type: none"> • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ contribute to activities, particularly the development of Toronto Charter on physical activity promotion ▪ depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion ○ regarding co-sponsorship of the 2nd HEPA Europe conference (24-25 November 2010, Olomouc, Czech Republic) 	Continuously Depending on time schedule Winter 2009/2010	Implemented as planned Implemented as planned Implemented as planned
<ul style="list-style-type: none"> • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously Continuously Continuously	Implemented as planned
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously	Not implemented

5.2 Support and contributions to conferences and events

Aim of the activity

In addition to organizing own annual meetings and occasionally a network conference, HEPA Europe will also, upon request of the organizers, support relevant other conferences and events. This will contribute to the networking functions and raise the profile of HEPA Europe.

⁵ www.enwhp.org

⁶ <http://easoobesity.org/>

The use of the HEPA Europe design element will be permitted, if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO European Centre for Environment and Health, Rome office.

In charge / participants

In charge: Host organizations, WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: -

Summary of the state of affairs

1) Supported events

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe⁷.

Steps	Work progr. 10/11	State of affairs
Decision about the support of these and possible further events by the Steering Committee	Continuously	No other co-sponsorships sought

On 10 September 2011, a satellite symposium was organized in Opatija, Croatia. It was not officially co-sponsored by HEPA Europe but several HEPA Europe members contributed.

2) Participation in other events

In the following 11 events, members of the Steering Committee were participating and 11 presentations on behalf of and/or mentioning HEPA Europe were held in 2010 / 2011:

Events
<ul style="list-style-type: none"> • 30 September-1 October 2010: "Active Cities - Active Children" European conference on promoting children's physical activity, Stuttgart, Germany Prospects for promoting physical activity among children (Brian Martin) • 7-9 October 2010: Agita Mundo Network Meeting as part of the CELAFISCS Symposiums on Sport Sciences, São Paulo, Brazil HEPA Europe –Implementation 2009/2010 of a global agenda to promote physical activity (Brian Martin) • 20-24 October 2010: Move 2010 – European Congress on Sport for All and Health, Frankfurt am Main, Germany HEPA Europe, the European network for the promotion of health-enhancing physical activity (Winfried Banzer) • 16-19 November 2010: Walk 21 conference, the Hague, the Netherlands Walking: a cost-effective investment in public health (including HEAT) (Francesca Racioppi) • 24-26 January 2011: IOC Consensus meeting on Fitness & Health of Children through Sport, Lausanne, Switzerland International HEPA promotion networks (Sonja Kahlmeier) • 02 February 2011: Workshop on research in recreational team sports as a novel health intervention,

⁷ See "Requirements for HEPA Europe- supported events"

Brussels, Belgium

Promoting recreational physical activities based on scientific evidence (including references to the HEPA Europe working groups) (Willem van Mechelen)

Events – continued

- 21-22 February: EU Sport Forum, Budapest, Hungary
NET-SPORT-HEALTH project (including HEPA Europe-EU Contact Group) (Francesca Racioppi)
- 25 May 2011: EASO Prevention and Public Health Task Force (PPHTF) session on collaborative European research in obesity and its prevention, Istanbul, Turkey
HEPA Europe, the European network for the promotion of health-enhancing physical activity (Harry Rutter)
- 30-31 May 2011: Conference of the Hungarian EU presidency: Action for Prevention. Expert level Conference on Member States' Activities on Nutrition, Physical Activity and Smoking related health issues
Have "PHAN!": Promoting networking and action on healthy and equitable environments for physical activity (including references to HEPA Europe) (Francesca Racioppi)
- 20-23 June 2011: World Physical Therapy Congress, Amsterdam, the Netherlands
Involvement of primary health care physiotherapist in health enhancing physical activity promotion and chronic diseases prevention interventions (Andrea Backovic-Jurican)
- 10 September 2011: HEPA symposium, Opatija, Croatia
Health-enhancing physical activity - roots, aims, organization, current state and perspectives (including references to HEPA Europe) (Pekka Oja)

6 Information dissemination

6.1 HEPA Europe website

Aim of the activity

To provide a comprehensive and attractive communication instrument where all relevant information on HEPA Europe is available.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: Information Outreach Department, WHO/Europe, Rome office; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Summary of the state of affairs

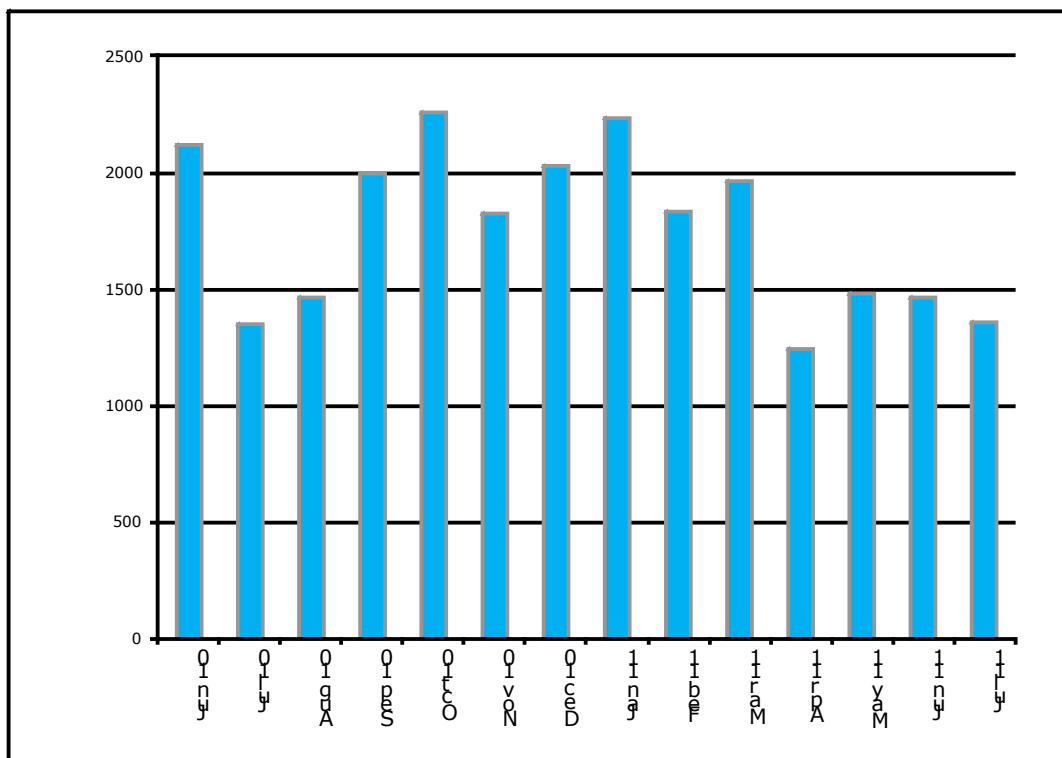
Steps	Planned for	State of affairs
Make available products of HEPA Europe within the website, especially dissemination products (see chapter 6.3) and updates of the international inventory on physical activity promotion (see chapter 0)	Continuously	Implemented as planned
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously	Mostly implemented as planned

User statistics are available as of March 2005. However, in June 2010, the WHO Regional Office for Europe launched a new version of its web site leading to the integration of the HEPA Europe-related pages into a more comprehensive physical activity web site (maintaining, however, the direct shortcut www.euro.who.int/hepa). Since then, HEPA Europe was not tracked as separate programme anymore. Thus no continuous user statistics are available for the whole period and part of the user statistics had to be estimated as of then⁸. Therefore, the web statistics will be provided only for the new web site installed as of June 2010. Based on this new statistic, the average number of page views per day for HEPA Europe pages for June to December 2010 was about 65, and for 2011 (until July) about 48 page views per day (see Figure 1 below), the latter not yet including a possible increase in page views in fall due to the annual meeting.

However, one of the most popular products with HEPA Europe involvement, namely the HEAT tools (see also chapter 7.2) is not fully included in this statistics as the HEPA Europe pages only contain one page linking to the actual project pages which are located under the WHO "Transport and Health" programme. For example, between November 2010 and August 2011, those pages attracted on average another 18 page views per day.

⁸ Page views for "activities" are all assigned to HEPA Europe as the vast majority of the activities relate to network projects. Half of the page views for the "publications" section are assigned to HEPA Europe. This is likely to be a conservative estimate. This section receives about 5% of total page views for the Physical Activity site.

Figure 1: Total number of page views of the HEPA Europe web site (hits by WHO personnel excluded), June 2010 to July 2011



Electronic newsletters were disseminated in January and August 2011, thus slightly less frequently than foreseen. In addition, a newsletter on upcoming events was distributed in July 2011. In addition, network materials were disseminated to members only, such as the final work programme, activity report and report of the HEPA Europe survey. Furthermore, several emails with information on events or requests for input were distributed throughout the year.

6.2 7th annual meeting of the HEPA Europe network and 3rd HEPA Europe conference

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members of the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 7th annual meeting will take place on 13 October 2011, hosted by the Netherlands Institute for Sport and Physical Activity (NISB), in Amsterdam, the Netherlands, back-to-back with the 3rd HEPA Europe conference, organized by NISB and co-sponsored by WHO Regional Office for Europe.

In charge / participants

In charge: NISB, Wageningen, the Netherlands; WHO European Centre for Environment and Health, Rome office, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA, Agita Mundo, the global network for physical activity promotion

Summary of the state of affairs

Steps	Planned for	State of affairs
Discuss ideas for programme structure and key note speakers	End of 2010	All steps implemented as planned
Add a section announcing the meeting to the website	End of 2010	
Send out programme outline and first call for contributions	Early 2011	
Invite key note speakers	Early 2011	
Develop the conference website with organizers	Early 2011	
Open abstract submission	Spring 2011	
Develop the information circular with the organizers and open registration	Summer 2011	
Organize handling of incoming contributions and registrations with organizers	Summer 2011	
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2011	
Carrying out the meeting and conference	11-13 October 2011	

The meeting website of the conference focusing on the topic “Bridging the gap between science and practice“ was opened in April 2011. A first announcement was published in December 2010 and the call for abstracts in April 2011. Until the deadline in June 2011, over 130 abstracts were submitted. Authors were notified by mid-July 2011 on the result of the abstract review; 19 abstracts were selected for oral presentation, 18 for oral presentation in workshops and 84 were selected for 4 poster sessions on the topics: physical activity promotion policy, sedentary behavior, societal dimension of HEPA promotion and other topics.

The 3rd HEPA Europe conference was attended by 218 delegates from 30 European countries as well as from Aruba, Brazil, Japan, the United Arab Emirates, South Africa, the United States of America as well as delegates of the European Commission and the World Health Organization. Key note presentations were held by the following leading national and international experts:

- Prof. Dr. Maarten van Bottenburg from the school of Governance of Utrecht University (the Netherlands), introduced the main theme of the conference ‘Bridging the gap between science and practice.’
- Prof. Dr. Alfred Rütten of the Institute of Sport Science and Sport, University of Erlangen (Germany) spoke about the effectiveness of different approaches and evidence-based policy-making.
- Dr. Mai Chin a Paw, VU University Medical Center, Amsterdam (the Netherlands) and Prof. Dr. Stuart Biddle, School of Sport, Exercise and Health Sciences,

Loughborough University (United Kingdom), addressed the theme “sedentary behavior”; and

- Dr. Tracy Kolbe-Alexander of the University of Cape Town (South Africa) spoke about the societal dimension of HEPA promotion.

The annual meeting was attended by 69 delegates from 23 European countries as well as from South Africa. 2 participants from economies in transition were financially supported by the hosts to attend the events.

6.3 Dissemination of products and publications of HEPA Europe

Aim of the activity

Further dissemination to maximize the use and national or sub-national implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: related working group leaders and members, other members of HEPA Europe and contacts from mailing list, Division of Noncommunicable Diseases and Health Promotion, WHO/Europe Healthy Cities and urban governance programme

Possible partners

Other interested parties in Member States

Summary of the state of affairs

Steps	Planned for	State of affairs
Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments</i>) <ul style="list-style-type: none"> • Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 9.1) 	Continuously	Disseminated continuously, comm.. strategy delayed
Case studies of collaboration between the physical activity promotion and the transport sector <ul style="list-style-type: none"> • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources 	Continuously Continuously	Implemented as planned Not implemented
Further dissemination of Health Economic Assessment Tool (HEAT) for cycling products and support for applications of HEAT for cycling tool	Continuously	Implemented as planned
Dissemination of Health Economic Assessment Tool	Continuously	Implemented as

(HEAT) for walking products and support for applications of HEAT for walking tool		planned
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 5.2)	Continuously	Development of meeting report delayed
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, at suitable events and to suitable target groups	Continuously	Implemented as planned

The advocacy booklets *Physical activity and health: evidence for action* and the Healthy Cities companion booklet on the urban environment continue to be very successful advocacy products, available in 11 language versions⁹. Until August 2011, almost 6.500 copies of *Physical activity and health: evidence for action* have been downloaded from the website in English, and 843 in Russian. Since the launch of the booklets in November 2006, every month on average 110 English copies were downloaded; for comparison: in the last activity report this figure was 125.

Until September 2009, over 3000 printed copies of the English version and about 600 copies of the Russian version had been disseminated. Unfortunately, due to a flooding in the WHO European head office which also affected the document storage, it was not possible to accurately assess the further dissemination of printed copies in the reporting period.

In addition, HEAT has been presented at several conferences (see chapter 7.2).

The production of the meeting report of the 6th annual meeting of HEPA Europe was delayed due to administrative reasons and limited staff resources.

International inventory of documents on physical activity promotion

Aim of the activity

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from about 40 countries.

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO European Centre for Environment and Health, Rome office
Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and possible follow-up project.

Possible partners

DG Sanco project advisory group, if continued

⁹ Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish.
See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

Summary of the state of affairs

Steps	Planned for	State of affairs
Support to identification, integration and analysis of further documents in the online "Nutrition, Obesity and Physical Activity (NOPA) database, as wished	Continuously	Implemented as planned

In summer 2010, the new WHO/Europe database on nutrition, physical activity and obesity (NOPA) was launched as part of the joint WHO/EC project on progress on nutrition, physical activity and obesity (see also chapter 4c). It contains also the more than 100 national policy documents previously collected in the physical activity inventory, as well as all policy documents collected through the information templates disseminated to all 53 WHO European Member States for completion in 2009 and 2010. Through these templates, now information is available from 44 countries of which 26 developed at least one national policy document. In total, almost 150 national European policy documents have been reported thus far. In addition, more than 100 national sport policies collected through the NET-SPORT-HEALTH project (see also chapter 4c) are now also in the NOPA database.

The remaining documents, including on knowledge and information, activities and programmes and case studies, are still available through the inventory, but no new information was added last year.

7 Projects, reports and products

7.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including networks, if possible including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- exploration of the need and possibility to create a “network of national networks”.

In charge / participants

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Israel Centre of Sport Clubs; Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Mr Radim Šlachta, Palacky University, Czech Republic; Mr Oliver Studer, HEPA Switzerland/BASPO; Ms Sylvia Titze, University of Graz, Austria; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO European Centre for Environment and Health, Rome office; WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office), and Steering Committee

Observers: Ms Wendy Creelman, in motion, Canada

Possible partners

WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Mr Tim Armstrong)

Summary of the state of affairs

Steps	Planned for	State of affairs
Project on “National HEPA policies: case studies from Europe” <ul style="list-style-type: none"> • Finalization of policy assessment template 	Winter 2010	Implemented mostly as planned

<ul style="list-style-type: none"> • Preparation of a final report containing: introduction, methods, completed templates from 7-8 country case studies and analysis across countries highlighting key findings 	Summer 2011	Implemented mostly as planned
<ul style="list-style-type: none"> • Scientific publication - submission of a summary paper on the project and key findings 	Fall 2011	Implemented mostly as planned
<ul style="list-style-type: none"> • Individual country reports / publications 	Spring to fall 2011	Implemented as planned
<p>New activities:</p> <ul style="list-style-type: none"> • Workshop of working group and interested participants: <ul style="list-style-type: none"> - share experiences of national policy appraisal project: lessons learned about the process to develop and implement a national policy - learn from findings within and between countries • Assessment of feasibility of development of additional outputs: <ul style="list-style-type: none"> - summary report for national advocacy (booklet) - "how to"-tool on national policy action 	<p>Summer 2011</p> <p>Summer-fall 2011</p>	<p>Not implemented</p> <p>Implemented as planned (not deemed feasible currently)</p>
Assess the possibility of a 2 nd round of case study collection and analysis, depending on interest of countries and available resources	Fall 2011	Implemented as planned
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Implemented as planned

The current activity of the working group, the project on "National HEPA policies: case studies from Europe" is led by Fiona Bull and Karen Milton at Loughborough University and Sonja Kahlmeier, University of Zurich, with support from WHO Europe.

The second phase of the project focused on analysis and publication of the results from the 7 pilot countries (Finland, Italy, Portugal, the Netherlands, Norway, Slovenia, Switzerland). The project focused on the finalization of the HEPA Policy Audit Tool (PAT) and the cross-country analysis, based on the results of the 7 pilot countries. Last questions were clarified with the individual countries, and the national templates were finalized. The HEPA PAT is now available online¹⁰. A full technical report was drafted and a scientific short report on the development of the template is finalized as well. The planned workshop did not materialize due to lack of host and limited resources for its organization, but several phone conferences were held throughout the year.

Further publications will be decided on once these products are ready. Depending on resources, a workshop of the full working group would be held in May 2012 to discuss selected results from the pilot testing, and the possibility to develop a scoring of the different elements of the HEPA PAT.

Work meetings took place on 10 October in Amsterdam with two of the pilot countries to discuss last questions on the country HEPA PATs. A parallel session of the full working group was also held on 12 October to discuss progress and next steps.

¹⁰ <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/publications/2011/health-enhancing-physical-activity-hepa-policy-audit-tool>

7.2 Development of methods for quantification of health benefits from walking and cycling

Aim of the activity

This project aims at developing practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹¹.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹² and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office, and Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants:

1) Project core group:

Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Thomas Götschi, ISPM, University of Zurich, Switzerland Mr Charlie Foster, Mr. Dushy Clarke and Mr Paul Kelly, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom; Dave Stone, Natural England, United Kingdom

2) Participants:

Advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP)

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, Centers for Disease Control and Prevention's Physical Activity and Health Branch

Summary of the state of affairs

Steps	Planned for	State of affairs
Finalization of the HEAT for walking tool based on the feedback from the international consensus workshop (July 2010)	Fall 2010	Implemented mostly as planned
Development of a summary booklet including user guide and possibly updating of the guidance document	Fall 2010	Implemented mostly as planned
Pilot testing in about 3 local communities	Winter 2010	Implemented mostly as planned

¹¹ <http://www.euro.who.int/HEAT>

¹² www.thepep.org

Development of a marketing concept	Fall to winter 2010	Implemented as planned
Launch and dissemination (see also chapter 6.3)	Spring 2011	Implemented as planned
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Implemented as planned

The HEAT tools were finalized based on the guidance and conclusions from the consensus workshop, which took slightly longer than foreseen. However, after pilot testing by several users, the final tools were launched in a well attended satellite session at the International Transport Forum in May 2011 in Leipzig. Until September 2011, the website was visited over 2500 times by users from over 60 countries. The tools are continuously improved and amended based on user feedback.

Another key product, the new summary booklet presenting the methodology and containing user guides for HEAT walking and HEAT cycling is being finalized, including peer review by 3 external experts.

A communication concept was developed by Arup, London, United Kingdom. It will be implemented continuously in close collaboration with WHO and the project partners. As part of the dissemination efforts, HEAT was presented at a range of events, including:

- 22 February 2011: Seminar on HEPA, South Finland EU-Office, Brussels, Belgium (Charlie Foster)
- 25 May 2011: EASO Prevention and Public Health Task Force (PPHTF) session on collaborative European research in obesity and its prevention, Istanbul, Turkey (Harry Rutter)
- 22 September 2011: CAMBIA MARCIA! Guadagni in salute e risparmi nei trasporti [Change gear! Gain health and save costs in transport], Modena, Italy (Sonja Kahlmeier – by videoconference)
- 5 October 2011: Walk 21, Session on “Feet, Health and More: Partnering with Health Agencies to Enhance Walkability”. Vancouver, Canada (Sonja Kahlmeier) – by videoconference
- 11 October 2011: 3rd HEPA Europe conference, Amsterdam, the Netherlands (Nick Cavill)

7.3 Exchange of experiences in physical activity and sports promotion in children and adolescents

Aim of the activity

Contributing to improving approaches in physical activity and sports promotion in children and adolescents in Europe by providing:

- an overview of existing activities, particularly national programmes and national networks; and
- analyses of selected approaches.

In charge / participants

In charge: Mr Peter Barendse, NISB, the Netherlands

Members: Mr Lars Bo Andersen, University of Southern Denmark, Denmark; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Marijke Chin A Paw, VU University Medical Center, the Netherlands; Ms Marian deHaar, NISB, the Netherlands; Andreja Drev, National Institute of Public Health, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Mr Martin Schönwandt, German Sports Youth; Mr Johan Tranquist, National Center for Child Health Promotion (NCFF), Sweden; Mr Tommi Vasankari, UKK Institute, Finland; WHO European Centre for Environment and Health, Rome office (Children's Health and Environment (CHE) programme)

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY¹³), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action

Summary of the state of affairs

Steps	Planned for	State of affairs
Develop "key-points from previous experience and develop recommendations for building capacities / resource of knowledge" based on the report (in-depth analysis of 6 national programs and approaches) – telephone conference	April 2011	Implementation ongoing, delayed
Identify areas of further activity: <ul style="list-style-type: none"> - inventory of existing international/ EU projects of working group members - define common interests, themes and needs (i.e. youth participation, empowerment, networking, etc.) - look into possibilities/ funding for co-operation project(s) 	Spring 2011	Implementation ongoing, delayed Implemented as planned Implementation ongoing, delayed
Under condition of availability of funding: meeting of working group	Summer 2011	Not implemented
Exploration of synergies and collaboration in the PHAN project work package on youth involvement for physical activity in supportive urban environments (WP5)	Continuously	Implemented as planned
Discuss progress, prepare presentation, discuss work programme 2012: telephone conference	Autumn	Implemented as planned
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Implemented as planned

¹³ www.projectenergy.eu

Members of the working group have been involved in work package 5 of the new joint WHO/DG SANCO project to “Promote networking and action on healthy and equitable environments for physical activity” (PHAN). The objective is to use the perspectives and feedback of youth delegates to create a blueprint for what makes a physical activity project 'youth friendly', i.e. appealing and enjoyable. This Blueprint was developed through a series of feedback rounds with the work group and the youth delegates to ensure their views are correctly represented as well as a number of case studies from around Europe.

A phone conference of the HEPA Europe working group took place in April 2011 to collect input from members on currently ongoing activities and interests with regard to defining the next steps, also taking into account these ongoing activities. The working group defined three main areas where they would like to enhance co-operation: participation, school bases interventions and effectiveness/ key elements of interventions. Due limited resources, the meeting potentially planned for summer 2011 could not take place. The working group is using an electronic exchange platform (sportin.nu) for its networking. In addition, contacts with Schools for Health (SHE) network¹⁴ took place and the working group leader also joined the advisory board of the European part of TAFISA where further co-operation on youth theme will also be explored.

The working group also held a work meeting on 10 October in Amsterdam, as well as a parallel session on 12 October to discuss progress and to plan next steps.

7.4 HEPA promotion in health care settings

Aim of the activity

Promote health-care related HEPA activities across the Region by sharing information on development and research, implementation and strategy, and by improving coordination in the field.

In charge / participants

In charge: Mrs Minna Aittasalo– UKK Institute for Health Promotion Research, Finland; Mr Matti Leijon, Center for Primary Health Care Research, Sweden

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Raphaël Bize, University Institute of Social and Preventive Medicine Lausanne Switzerland; Paolo Emilio Adami, SIAF-FIAF, Italy; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the ISPM, University of Zurich, Switzerland; Mr Jean-Michel Oppert; Paris VI University, France; Mr Malcolm Ward, NHS Wales, United Kingdom; Ms Ellen E. Blom, Norwegian Directorate of Health; WHO/Europe Health Promoting Hospital (HPH) Network: Mr Mika.Venojarvi, Finland, Mr Klaus Huellemann, Germany; Michael Lim, Brazil.

Possible partners

The American College of Sports Medicine’s “Exercise is Medicine” (EIM) programme

¹⁴ <http://www.schoolsforhealth.eu/>

Summary of the state of affairs

Steps	Planned for	State of affairs
Meeting of the working group, to: <ul style="list-style-type: none"> • define short- and long-term goals • identify partners (e.g. HPH & EIM) • design a country survey on the contexts, policies and current practices in relation to HEPA promotion 	9-10 March 2011	Implemented as planned Not implemented
Initiate collaboration with identified partners	Spring 2011	Impl. as planned
Implement country survey	Spring 2011	Not implemented
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Impl. as planned

Under the lead of Minna Aittasalo from Finland, the working group met on 10-11 March 2011 in Ljubljana, Slovenia, kindly hosted by the National Institute of Public Health and supported by the Ministry of Health. The agenda included an overview of current health care practices in HEPA promotion and the discussion of aims and planning actions for the WG. 15 participants from Finland, Norway, Denmark, Slovenia, Spain, Sweden and Switzerland attended. The main topic discussed was the collaboration of the working group with the WHO Health Promoting Hospitals (HPH) network and the ACSM's Exercise is Medicine (EIM) network. The collaboration would bring important synergic benefits for all three networks in targeting HEPA promotion in health care settings. Two representatives from the HPH (Prof. Hanne Tønnesen and technical officer Jeff Kirk Svane) also attended the meeting and presented the work of HPH. It was agreed that an official initiative for collaboration would be made. The proposal presented by Minna Aittasalo was accepted by the HPH General Assembly Meeting on 1 June in Turku, Finland.

In practice, the HPH has established a new working group for HEPA promotion lead by Mats Börjesson, Sweden, and including members from both HPH and the HEPA Europe working group.

In Ljubljana also, the importance of English translation of the report by PhD Lena Kallings (Sweden) on the Nordic prescription-based physical activity promotion was acknowledged. This English translation was completed¹⁵ with kind financial support from the Norwegian Directorate of Health. At this stage the report substitutes the country survey, which the working group had planned to initiate in 2011 but which was not deemed feasible due to limited resources.

In addition, Matti Leijon attended the first European EIM meeting in Portugal in April 2011. The European EIM centre has been established in Ulm, Germany. Contacts with EIM took place on different occasions and will be continued to discuss how to proceed with the implementation of EIM in Europe.

A work meeting took place on 10 October in Amsterdam and a parallel session of the working group was held on 12 October to discuss progress and next steps.

¹⁵ www.helsedirektoratet.no

7.5 Sport clubs for health

Aim of the activity

The project aims to further develop and update the Sport clubs for health (SCforH guidelines) of the European Sport for All Network (ESFAN)/ International Association for Sport for All (TAFISA), and to develop networking on HEPA with a special focus on sports clubs.

In charge / participants

In charge: Mr Jorma Savola, Finnish Sport for All Association

Participants:

1) Core group / DG EAC project group

Pekka Oja, Finland, former HEPA Europe network; Sami Kokko and Eerika Laalo-Häikiö, Finnish Sport For All Association; Ewa Suska, Ministry of Sport and Tourism, Poland; Stjepan Heimer, Faculty of Kinesiology, University of Zagreb, Croatia

2) Working group

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Charlie Foster, Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Federazione Italiana Aerobica e Fitness (FIAF), Italy; Estonian Sport for All Association

Possible partners

Exchange has taken place with European Sport for All Network (ESFAN), International Sport and Culture Association (ISCA) and European Nongovernmental Sport Organizations (ENGSO). Other possible partners are European Confederation Sport and Health (CESS), DG Education and culture EAC, Sport unit, International Olympic Committee (IOC), Federation for Company Sports.

Summary of the state of affairs

Steps	Planned for	State of affairs
Concluding symposium with project partners, experts and future partner	6-8 of February, 2011, Helsinki, Finland	Implemented as planned
Final report of DG EAG- supported project, including the guidelines, activities of the different work packages and the plan for the future SCforH network	May 2011	Implemented as planned
Open call to potential partners to join the SCforH "network in action"	Fall 2011	Implemented as planned
SCforH promotional events by the network	Fall 2011	Implemented with TAFISA and EFCS
Progress presentation of networking concerning guidelines implementing and work package-based SCforH development at the 7 th annual meeting	11-13 October 2011	Implemented as planned

In 2010 until February 2011, activities of this working group were supported by a DG EAC co-sponsored project as part of the Preparatory Actions in the Field of Sport. The consortium included institutions from Italy, Poland, Estonia, Spain, Croatia and was lead by Finland (Jorma Savola, Finnish Sport for All Association). Associate experts came from the UKK-

Institute (FI), the University of Jyväskylä (FI), the German Gymnastic Federation (GER) and ISCA, the University of Oxford (UK) and FISAF education committee.

The final concluding symposium of the project took place on 6-8 February 2011 in Vantaa Finland. About 40 participants from 15 countries attended, including also ENGSO, TAFISA, the European Federation for Company Sport (EFCS), Federation of International Sport, Aerobic and Fitness (FISAF) and the Cultural and Scientific Association of Tourism, Leisure and Sport Studies (AccETTD), as well as a representative from DG EAC. At the symposium, the work packages (certification system/quality management, instructor education, health profile, funding system) were presented, the rationale and framework of the new SCforH – Guidelines' were endorsed and comments were received. In addition, a basic concept of the European Network for SCforH was developed.

The final "guidelines for health-oriented sports activities in a club setting" were published¹⁶ in August 2011; the stepwise dissemination process started with the launch at the 3rd Conference of HEPA Europe. The working group also held a parallel session on 12 October in Amsterdam to plan the implementation of the guidelines in European and to discuss next steps.

7.6 HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹⁷ in physical activity, and thus achieving significant public health benefits. In addition, it aims at better understanding better the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;
- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

¹⁶ <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/sport-clubs-for-health>

¹⁷ In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

Participants: Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, Northern Ireland, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Anita Vlasveld, NISB, the Netherlands; WHO/Europe Division of Communicable Diseases, Health Security and Environment

Possible partners

To be defined

Summary of the state of affairs

Steps	Planned for	State of affairs
Support the finalization of the literature review and case study collection on physical activity in socially disadvantaged groups within the PHAN project ¹⁸	Early 2011	Implemented as planned
Based on literature review and case study collection, further activities will include: <ul style="list-style-type: none"> • discussion of next steps at WHO PHAN meeting, followed by phone meeting with HEPA group • needs assessment with service providers • analysis of results of needs assessment 	April 2011 Summer 2011 Fall 2011	PHAN meeting implemented as planned Implementation delayed
Phone conference to discuss next steps of the working group in 2012 Next steps may include: <ul style="list-style-type: none"> • workshop to discuss issues relating to recruitment, implementation and other key themes • development of resources for programme deliverers • development an evaluation guide for programme deliverers • other activities to be defined by programme deliverers 	Fall 2011	Implementation ongoing, delayed
Support the preparatory action in the field of sport funded project on "Social inclusion of migrant youth in sport and physical activity" (lead by NISB, the Netherlands)	Continuously	Implemented as planned
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Implemented as planned

Members of the working group took part in the WHO PHAN meeting held in Bonn in April 2011. The complexity of developing a set of best practice guidelines based upon the evidence became apparent at this meeting, not least because of the heterogeneity of the various groups encompassed by the definition of 'social disadvantage' which was adopted. Further discussion of next steps was deemed necessary.

¹⁸ Promoting networking and action on healthy and equitable environments for physical activity, for more information see <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/promoting-networking-and-action-on-healthy-and-equitable-environments-for-physical-activity-phan>

The working group also held a parallel session on 12 October in Amsterdam to discuss progress and to plan next steps. Several new members were also welcomed to the group during the year and joined the meeting in Amsterdam.

7.7 Monitoring and surveillance of physical activity

Aim of the activity

Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level.

In charge / participants

In charge: Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland

Participants: Mr Daniel Arvidsson, Center for Primary Health Care Research, Lund University, Sweden; Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Wojciech Drygas, National Institute of Cardiology of Warsaw, Poland. Mr Jonas Finger, Robert Koch Institute Berlin, Germany; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, German Sport University Cologne

Possible partners

Joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union” and possible follow-up project; follow-up projects to ALPHA and EURO-PREVOB; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROS SAFE (Wim Rogmans)

Summary of the state of affairs

Steps	Planned for	State of affairs
Overview of results of the WHO/EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”	Spring 2011	Not implemented
Identification of further possibilities for contributions to the WHO/EC DG SANCO monitoring project (e.g. in depth analysis of country level data)	Summer 2011	Not implemented
Development of draft recommendations for monitoring and surveillance of overall physical activity in children	Spring 2011	Not implemented
Finalization of recommendations for monitoring and	Summer 2011	Not implemented

surveillance of overall physical activity in children		
Presentation of progress at the 7 th annual meeting	11-13 October 2011	Implemented as planned

The further steps defined after the Olomouc meeting could not be implemented, as funding of the activities at the Institute of Social and Preventive Medicine in Zurich for these activities was not sustained by the national partners, and currently, chances to secure funding for this activity are deemed limited.

It was decided to move this activity under “possible future activities” until a new lead organization would be identified.

7.8 Occupational HEPA promotion

Aim of the activity

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in different European countries and to promote the most effective approaches across the European Region, including active commuting (cycling and walking).

In charge / participants

In charge: Ms Ingrid Henriksen, Netherlands Organisation for Applied Scientific Research TNO, the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mrs Bianca Biallas and Ms Christiane Wilke, German Sport University Cologne; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mr Frank Eves, University of Birmingham, United Kingdom; Ms Nuria Garatachea, University of León, Spain; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr. Wolf Kirsten, International Health Consulting, Germany; Mr. Jorge Mota, Porto University, Portugal; Ms Alenka Palian, Yoga Union of Slovenia; Ms Christine Popp, ISPM University of Zurich, Switzerland; Ms Karin Proper, Institute for Health and the Environment (RIVM), The Netherlands; Mr Jorma Savola, Finnish Sport for All Association.

Possible partners

To be defined

Summary of the state of affairs

Steps	Planned for	State of affairs
Finalize definition of working group members and identify possible partners	End of 2010	Implemented as planned
Phone conference with all members to discuss and finalize work steps and divide activities Possible work steps include: <ul style="list-style-type: none"> • Draft overview of existing activities in several European countries, including national programmes and networks 	Early 2011	Implemented as planned

<ul style="list-style-type: none">• Dissemination of draft to working group members for feedback and input• Phone conference or meeting to discuss final draft overview		
Implementation of work steps as defined	Fall 2011	Ongoing, implementation delayed
Report on activities and first results at 7 th annual meeting	11-13 October 2011	Informal exchange with WG members

On a phone call in early 2011, the participants agreed on the following work steps for the working group:

- Finalize definition of working group members and identify possible partners (end of 2010)
- Inventory (by email) to agree on work steps and divide activities (early 2011)
- Possible work steps include:
- Draft overview of existing activities in several European countries, including national programmes and networks
- Dissemination of draft to working group members for feedback and input
- Phone conference or meeting to discuss final draft overview
- Implementation of work steps as defined (fall 2011)
- Report on activities and first results at 7th annual meeting 11-13 October 2011

With regard to an inventory on effective approaches to promote health-enhancing physical activity among workers on a national level, it was decided to address the following aspects:

- What is the current situation on applied approaches in companies throughout the country?
- What (evidence based) approaches are known?
- What types of interventions can be identified?
- What are successful factors of different approaches?
- What factors do not seem to work?
- What is the current situation regarding exercise behavior and lifestyle of workers?
- What role does the government play in health-enhancing physical activity among workers (including national programmes)?
- What private initiatives are present?
- Which collaborations are known?
- What is the disposition/opinion of business in the country?
- What potential partners for the working group can be identified?

A template has been developed to describe the different national approaches and was filled in by one country so far (the Netherlands).

7.9 HEPA promotion and injury prevention

Aim of the activity

The aim of this activity is to study the relationship and to develop synergies between physical activity promotion and injury prevention. For this purpose, a joint platform of HEPA Europe and EuroSafe will be established for the presentation of evidence, for the exchange of experiences and for the development of strategies and tools for joint action.

In charge / participants

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

Participants:

Ms Andrea Backović Juričan, Ms Mateja Rok Simon and Ms Nina Scanetti, National Institute of Public Health, Slovenia; Winfried Banzer and Markus Hübscher, Wolfgang Goethe

University, Frankfurt, Germany; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Alenka Palian, Yoga Union of Slovenia; Mr. Jari Parkkari, UKK Institute, Tampere, Finland; Ms Francesca Racioppi and Mr. Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr. David Schulz, ARAG, Düsseldorf, Germany; Mr. Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands.

Partners:

EuroSafe (Wim Rogmans), Swiss Council for Accident Prevention bfu (Othmar Brügger)

Other possible partners

To be defined

Summary of the state of affairs

Steps	Planned for	State of affairs
Preparation of detailed work plan and recruitment of additional partners and members of the working group	Early 2011	Implemented as planned
Working group meeting in Zurich <ul style="list-style-type: none"> • Presentation and discussion on options for next steps • Decision on products to be developed (i.e. European consensus document) • Decision on next steps and funding strategies 	Spring 2011	Implemented as planned
Report on activities and first results for annual meeting	Fall 2011	Implemented as planned
Presentation of progress at the 7 th annual meeting of HEPA Europe	October 2011	Implemented as planned

This working group was launched in November 2010. A subgroup of the working group met with Wim Rogmans (EuroSafe) in Zurich in March 2011 to draft a common work plan and to discuss possible roles of partners. In May 2011, the draft of the work plan was discussed with the entire work group in a telephone conference. At a meeting of the work group in Zurich (8-9 June, 2011) the work plan was adopted and it was decided to develop a background document for Europe as a first product. For its development, it was also decided to submit a funding application to the European Commission. In July, the funding proposal "Preparatory action in the field of sport: Action to strengthen the mutual benefits of physical activity promotion and injury prevention in Europe" was prepared and submitted to DG EAC, lead by EuroSafe with several HEPA Europe member institutions as partners. It was also decided to re-name the working group officially to "HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention". The working group held another telephone conference in September 2011 to discuss next steps.

The working group also held a work meeting on 10 October in Amsterdam, as well as a parallel session on 12 October to discuss progress and to plan next steps.

8 Teaching and education

8.1 *Development of a teaching course on physical activity and public health*

Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with the course developed by the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education (IUHPE).

In charge / participants

In charge: Brian Martin, ISPM University of Zurich, Switzerland

Participants:

1) *Scientific board:*

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

2) *Participants:*

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

Possible partners

European Master's Programme in Public Health Nutrition; Lifelong Learning Programme, European Commission/DG Education and Culture, WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office) and Division of Communicable Diseases, Health Security and Environment (Rome office); Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE).

Summary of the state of affairs

Steps	Planned for	State of affairs
Development of options for content and teaching format	Early 2011	Not implemented
Exploration of interest in potential students and in partners	Spring 2011	Not implemented
Decision about next steps (content, format, timeline)	Summer 2011	Not implemented
Preparation of offers	Autumn 2011	Not implemented
Information on offer at the 7 th annual meeting of HEPA Europe	11-13 October 2011	

The further steps defined after the Olomouc meeting could not be implemented, as funding of the activities at the Institute of Social and Preventive Medicine in Zurich for these activities was not sustained by the national partners, and currently, chances to secure funding for this activity are deemed limited.

There has been some discussion with academics in the United Kingdom and Australian to hold a United Kingdom version of the CDC Sea Pines Physical activity and Public Health course. However due to the economic uncertainties it was felt better to postpone this course to 2012.

It was decided to move this activity under "possible future activities" until a new lead organization would be identified.

9 Activities to optimize the Network

9.1 Management and interaction with members and partners

Aim of the activity

To implement a concept for coherent, effective and efficient management and interaction with members of the network as well as key partner institutions and organizations.

The impact model¹⁹ will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

¹⁹ See footnote 2, page 4

Summary of the state of affairs

Steps	Work progr. 10/11	State of affairs
Implementation the partner management strategy	Continuously	
Update of the financing concept ²⁰		
Development of a communication strategy: <ul style="list-style-type: none"> • Situation analysis <ul style="list-style-type: none"> ○ organizational background ○ external / public environment • Definition of communication objectives • Definition of target audiences • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	Spring 2011 Spring 2011 Summer 2011 Summer 2011 Fall 2011 Fall 2011 7 th annual meeting, 2011	Started, ongoing Implemented Not implemented Started, ongoing Not implemented Not implemented Partly implemented
Development of a member and recruitment strategy: <ul style="list-style-type: none"> • Member survey to assess satisfaction, expectation and needs • Analysis of results • Presentation of results and discussion of next steps with regard to the future recruitment strategy at Steering Committee meeting • Presentation of results and decisions at 7th annual meeting 	Ongoing until early 2011 Spring 2011 Summer 2011 11-13 October 2011	Implemented as planned

As part of the development of the communication strategy an online survey was launched in November 2011. Over 500 people took the survey; complete responses were available from about 300 respondents from over 30 countries, including members and non-members of HEPA Europe as well as participants and non-participants of working groups or the Steering Committee in almost equal shares. For about 50% of respondents HEPA Europe activities or products have had an influence on physical activity promotion in their work, institution or on national level. The most frequent way of learning about the network was by far through colleagues (43.1%), followed by the HEPA Europe website (17.3%) and announcement of annual meetings (11.3%). Almost all products and activities of HEPA Europe were seen as useful or partly useful by nearly two thirds of the respondents. The most well-known products were the website, the *Physical activity and health: evidence for action* booklet and the *Physical activity planning guide* booklet, respectively.

Overall, satisfaction of HEPA Europe members was high and for a vast majority expectations have been met. Actively involved members (e.g. working group, Steering Committee) were more satisfied than passive members. The survey provided invaluable input for further developments of HEPA Europe and its communication strategy. The full report was disseminated to the members in summer 2011.

In addition, the Steering Committee worked on a target audience matrix and started to discuss the organizational background (including questions such as the services HEPA Europe provides to the community, the people who benefit from our services, the function we are serving, etc.) but did not yet address the further elements of the communication strategy. The work will be continued.

²⁰ So far, an update has not been deemed necessary in view of the development of the funding situation. The Steering Committee will consider an update as soon as circumstances change. For more information see: HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

10 Possible future activities

At the annual meeting 2011, the interest in launching a working group on “Physical activity promotion in elderly” (chapter 10.3) will be discussed. The other possible future activities for the period of the 2010/2011 work programme have not been taken up for implementation. Some of them will be re-considered for the next work programme.

10.1 Methodological guidance and practical approaches on economic valuation of transport-related health effects

Aim of the activity

The first phase of this project included:

- a critical review of existing methodologies and on-going studies and initiatives to be taken into account when performing economic valuations of transport-related health effects in adults and children associated with air pollution, noise, road traffic crashes and lack of cycling and walking
- identification of relevant health end points to be included
- identification of the key criteria to be applied in making an economic valuation of these effects
- Development of practical approaches to economic valuation as guidance for practitioners, with a special focus on children

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004²¹.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)²² and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge / participants

In charge: to be defined

Participants: WHO European Centre for Environment and Health, Rome office, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET²³ and INTARESE²⁴ project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

²¹ http://www.euro.who.int/transport/publications/20060112_1

²² www.thepep.org

²³ <http://www.proneteurope.eu/>

²⁴ <http://www.intarese.org/>

Summary of the state of affairs

At the 7th session of THE PEP Steering Committee, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

Steps	Work progr. 10/11	State of affairs
Will be defined by participants if project is implemented		

10.2 Quantification of co-benefits of other sectoral policies for physical activity and health

Aim of the activity

Several policies to mitigate climate change by decreasing emissions of greenhouse gases can have health benefits on top and above to those related to reducing the health effects of climate change. For example, policies that promote shifts of short trips towards walking and cycling not only would benefit health through the reduction of emissions of greenhouse gases, but also through reduced emissions of air pollutants, increased physical activity and (if paying attention to road safety aspects) reduction on transport-related injuries. These co-benefits are not yet well understood and communicated, and there is a need to better document their extent, so that stronger arguments can be developed to support investments into cycling and walking also on grounds of the health co-benefits of climate mitigation policies. This project aims at:

- developing tools and templates for the quantification of such co-benefits in relation to physical activity and climate change mitigation policies;
- collecting examples of application of mitigation policies that are also provide health benefits through increased physical activity; and
- disseminating the findings and experiences.

In charge / participants

In charge: to be defined

Participants: WHO European Centre for Environment and Health, Rome office, interested participants of the 5th annual meeting and members of HEPA Europe

Possible partners

WHO headquarters (Environment and Health Unit), others to be defined

Summary of the state of affairs

Steps	Work progr. 10/11	State of affairs
Will be defined by participants if project is implemented		

10.3 Physical activity promotion in elderly

Aim of the activity

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

This working group aims to identify the main barriers (social, physical, spatial, financial) to sport and exercise participation in older adults and to outline strategies for increasing sport participation and physical activity. The working group will identify specific needs in the area of research, evidence and practice with regard to the whole range of interventions, including for example home and community programs, spatial planning, workplace-settings, primary care systems, policy and advocacy.

In charge / participants

In charge: to be defined

Participants: EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)²⁵, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project²⁶, interested members of HEPA Europe and other participants

Possible partners

Prevention of Falls Network Europe (PROFANE), Thematic Network Adapted Physical Activity (THENAAPA), other related networks and projects, WHO, EU and other authorities for this target group

²⁵ <http://www.eunaapa.org>

²⁶ <http://www.paseonet.org>

Summary of the state of affairs

It is suggested to carry out the work in phases, including the following main steps:

- Analysis of the project inventories of EUNAAPA, PASEO and other relevant projects to evaluate which knowledge already exists and where the main gaps in order to develop new strategies. These inventories include, amongst others, successful programs for physical activity promotion for elderly people and partnerships through capacity building.
- Identification of possible partners and establishment of alliances with relevant institutions and organizations, including with the HEPA Europe working group “National approaches to physical activity promotion” (see chapter 7.1).
- Development of products, monitoring and evaluation

Steps	Work progr. 10/11	State of affairs
Will be defined by participants if project is implemented		

On 12 October in Amsterdam, a parallel session will be held under the lead of Eddy Engelsman (chairman) and Ger Kroes (secretariat), NISB, the Netherlands. The aim of the meeting is to assess the willingness to set up a HEPA working group on 'Active Ageing' and for participants to be involved. The intention would be to follow up on existing initiatives in this area, such as EUNAAPA/PASEO, and work closely together with those already involved.

11 Publications

The following 11 publications were produced from November 2010 to September 2011 (in chronological order not counting those in review):

11.1 Scientific publications

- Montes F, Sarmiento OL, Zarama R, Pratt M, Wang G, Jacoby E, Schmid T, Ramos M, Ruiz O, Vargas O, Michel G, Zieff S, Valdivia A, Cavill N, Kahlmeier S:
Do health benefits outweigh the costs of mass recreational programs? An economic analysis of four Ciclovía programs. *Journal of Urban Health*, doi:10.1007/s11524-011-9628-8.

Submitted / in review:

- Rutter H, Cavill N, Racioppi F, Dinsdale H, Oja P, Kahlmeier S:
Developing a tool for estimating the economic impact of reduced mortality due to increased cycling: the Health Economic Assessment Tool (HEAT) for cycling. *American Journal of Public Health*, in review.

11.2 Reports and other products

- 6th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. Report of a WHO meeting. 26 November 2010, Olomouc, Czech Republic. Copenhagen: WHO Regional Office for Europe, 2011.*
- Report of the HEPA Europe survey. Copenhagen, WHO Regional Office for Europe, 2011.

- Sports Club for Health: Guidelines for health-oriented sports activities in a club setting. Editors: Kokko S, Oja P, Foster C, Koski P, Laalo-Häikiö E, Savola J, Nurmijärvi. Finnish Sport for All Association, 2011 (<http://www.kunto.fi/en/sports-club-for-health/materials/>).
- Kelly P, Matthews A, Foster C: The Blueprint: a plan for making physical activity appealing to a youth target group. Copenhagen, WHO Regional Office for Europe, 2011²⁷.
- Physical activity promotion in socially disadvantaged groups: A summary of European case studies. Working paper 1. WHO workshop on "Physical Activity Promotion in Socially Disadvantaged Groups – Evidence and Actions", 11–12 April 2011, Bonn, Germany²⁸.
- Impact of social disadvantage on physical activity levels in Europe: review of the evidence and recommendations for action. Working paper 2. WHO workshop on "Physical Activity Promotion in Socially Disadvantaged Groups – Evidence and Actions", 11–12 April 2011, Bonn, Germany.²⁸
- Bull FC, Milton K, Kahlmeier S. Health-enhancing physical activity (HEPA) policy audit tool. Copenhagen, WHO Regional Office for Europe, 2011 (www.euro.who.int/hepat/).*

* these publications are available at: <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/publications>

11.3 HEPA Europe e-mail alerts

- Issue 11, January 2011
- Issue 12, July/August 2010

²⁷ Developed in the framework of the PHAN project, with input from the working group on physical activity and health in children, see also chapter 7.3.

²⁸ Developed in the framework of the PHAN project, with input from the working group on socially disadvantaged groups, see also chapter 7.6.

ANNEX 5: HEPA EUROPE WORK PROGRAMME 2011/2012

1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 7th annual meeting in Amsterdam, the Netherlands (October 2011), a number of activities were outlined to be carried out by the network in 2011/2012¹. A short version of this document is also available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in the work programme 2010/2011 is summarized in chapter 2. More detailed information can be found in the activity report 2010/2011²; a short version of which is also available at www.euro.who.int/hepa.

In chapters 3 to 6, the implementation of the planned activities and projects for the period October 2011 to September 2012 will be described in more detail. Chapter 7 contains possible future activities for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 8th annual meeting of HEPA Europe to be held on 26-27 September 2012 in Cardiff, United Kingdom, hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales.

¹ See also: Annex 5: Work programme 2011/2012. In: 7th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 12-13 October 2011, Amsterdam, the Netherlands, in press (www.euro.who.int/hepa).

² For more information, see: Annex 4: Activity report 2010/2011. In: 7th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 12-13 October 2011, Amsterdam, the Netherlands, in press (www.euro.who.int/hepa).

2 Activity report 2010 / 2011 overview

Below, the state of affairs of the activities of the work programme 2010/2011 is summarized³.

2.1 Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing

2.2 Information dissemination

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Implemented as planned, ongoing
Holding of the 7 th annual network meeting (12-13 October) and 3 rd HEPA Europe conference (11-12 October); Amsterdam, the Netherlands	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing

2.3 Projects, reports and products

Activity	State of affairs
Working group on national approaches for physical activity promotion	Implemented as planned, ongoing
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned, ongoing
Working group on exchange of experiences in physical activity and sports promotion in children	Implementation ongoing, delayed
Working group on HEPA promotion in health care settings	Mostly implemented as planned, ongoing
Working group on Sport Clubs for Health programme	Mostly implemented as planned, ongoing
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed
Working group on monitoring and surveillance of physical activity	Implementation postponed
Working group on occupational HEPA promotion	Implementation ongoing, delayed
Working group on HEPA promotion and injury prevention	Implemented as planned, ongoing

³ See footnote 2, page 4

2.4 *Teaching and education*

Activity	State of affairs
Teaching course on physical activity and public health	Implementation postponed

2.5 *Activities aimed at optimizing the network*

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Implementation ongoing, delayed

2.6 *Possible activities to be launched later*

Activity	State of affairs
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started
Quantification of co-benefits of other sectoral policies for physical activity and health	Implemented by external partners
Physical activity promotion in elderly	Implementation discussed at 7 th annual meeting

2.7 *Publications*

Activity	State of affairs
11 publications (2 scientific publication, 7 reports and other products, 2 HEPA Europe electronic news alerts produced)	Continuous activity

3 Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting in September 2012 in Cardiff, United Kingdom, will be outlined in more detail.

3.1 *Coordination and cooperation with other activities, projects, and networks*

Aim of the activity

To join forces with key partners, to benefit from synergies, and eventually, to produce better products; in addition to increase the visibility of the network.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office⁴ and Steering Committee

Participants: Members of HEPA Europe

Possible partners

As listed below

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ⁵	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes <ul style="list-style-type: none"> • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: Support to implementation of the European Charter on Counteracting Obesity <ul style="list-style-type: none"> - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco projects on monitoring progress on improving nutrition and physical activity and preventing obesity - Explore possibilities to contribute to the European Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, as wished and depending on resources - Move for Health Day 2012 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme 	Continuously Spring 2011 Continuously

⁴ After 31 December 2011, the activities of the Rome office related to HEPA Europe will continue from the Division of Communicable Diseases, Health Security and Environment, Copenhagen office.

⁵ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

Continued	By when
<p>Other European bodies</p> <ul style="list-style-type: none"> • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Network for Workplace Health Promotion⁷: <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
<p>Global bodies</p> <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Further development of exchange and collaboration, also with other regional networks • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ Contribute to activities, particularly the dissemination of the Toronto Charter and other documents on physical activity promotion ▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion • The Association for International Sport for All (TAFISA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously</p> <p>Depending on time schedule</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p>
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously

3.2 Support and contributions to conferences and events

Aim of the activity

In addition to organizing own annual meetings and occasionally a network conference, HEPA Europe will also, upon request of the organizers, support relevant other conferences and events. This will contribute to the networking functions and raise the profile of HEPA Europe.

The use of the HEPA Europe design element will be permitted, if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the

⁷ www.enwhp.org

other “Requirements for HEPA Europe - supported events” are met⁸. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO European Centre for Environment and Health, Rome office.

In charge / participants

In charge: Host organizations, WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: -

Work steps

1) Supported events

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe.

	By when
Decision about the support of possible further events by the Steering Committee	Continuously

2) Participation in other events

Members of the Steering Committee or HEPA Europe will participate in other events and a presentation on behalf of and mentioning HEPA Europe in 2011 / 2012.

	By when
Decision about participation in these and possible further events by the Steering Committee	Continuously

⁸ See “Requirements for HEPA Europe- supported events”, August 2007.

4 Information dissemination

4.1 HEPA Europe website

Aim of the activity

To provide a comprehensive and attractive communication instrument where all relevant information on HEPA Europe is available.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: Information Outreach Department, WHO/Europe, Rome office; Division of Noncommunicable Diseases and Health Promotion; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see chapter 4.3) and updates of the international inventory on physical activity promotion (see chapter 4.4)	Continuously
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously

4.2 8th annual meeting of the HEPA Europe network and symposium

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 8th annual meeting will take place from 26-27 September 2012 in Cardiff, United Kingdom, hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales.

In charge / participants

In charge: Physical Activity & Nutrition Network Wales, Public Health Wales, United Kingdom; WHO European Centre for Environment and Health, Rome office, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Work steps

	By when
Discuss ideas for programme structure and key note speakers	ongoing
Add a section announcing the meeting to the website	End of 2011
Send out programme outline and first call for contributions	Early 2012
Invite key note speakers	Early 2012
Develop the conference website with organizers	Early 2012
Open abstract submission	Spring 2012
Develop the information circular with the organizers and open registration	Summer 2012
Organize handling of incoming contributions and registrations with organizers	Summer 2012
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2012
Carrying out the meeting and conference	26-27 September 2012

4.3 Dissemination of products and publications of HEPA Europe**Aim of the activity**

Further dissemination to maximize the use and national or sub-national implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: related working group leaders and members, other members of HEPA Europe and contacts from mailing list, Division of Noncommunicable Diseases and Health Promotion, WHO/Europe Healthy Cities and urban governance programme

Possible partners

Other interested parties in Member States

Work steps

	By when
Dissemination of available products: 1) Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments</i>) • Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 6.1)	Continuously
2) Case studies of collaboration between the physical activity promotion and the transport sector • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources	Continuously Continuously
3) Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
4) Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 3.2)	Continuously
5) Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, Monitoring project booklets at suitable events and to suitable target groups	Continuously

4.4 International inventory of documents on physical activity promotion

Aim of the activity

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from 44 countries. This activity is carried out in close collaboration with the WHO European database on Nutrition, Obesity and Physical Activity (NOPA), managed by the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). For example, the policy documents on physical activity promotion previously included in this inventory have been moved to NOPA in 2011.

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO European Centre for Environment and Health, Rome office
Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and possible follow-up project

Possible partners

DG Sanco project advisory group, if continued

Work steps

	By when
Analysis of available information on Physical Activity recommendations in Europe (University of Zurich, Switzerland)	End of 2011
Support to identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously

5 Projects, reports and products

5.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including networks, if possible including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches;
- successful and less successful examples of implementation; and
- exploration of the need and possibility to create a “network of national networks”.

In charge / participants

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Isreal Centre of Sport Clubs; Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott; Queens University Belfast, Ireland; Mr Radim Šlachta, Palacky University, Czech Republic; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Mr Oliver Studer, HEPA Switzerland/BASPO; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Anne Vuillemin, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO European Centre for Environment and Health, Rome office; and Steering Committee
Observers: Ms Wendy Creelman, in motion, Canada

Possible partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office),

Work steps

	By when
Project on "National HEPA policies: case studies from Europe" <ul style="list-style-type: none"> • Scientific publication - submission of short report on audit tool development and methodology • Finalization of a technical report containing: introduction, methods, completed templates from 7-8 country case studies and analysis across countries highlighting key findings • Scientific publication - submission of a paper on the cross-country analysis • Finalization of individual country reports / publications 	End of 2011 Spring 2012 Summer 2012 Continuously
Possible new activities (depending on funding) <ul style="list-style-type: none"> • Workshop of working group and interested participants: <ul style="list-style-type: none"> - share experiences of national policy appraisal project: lessons learned about the process to develop and implement a national policy - learn from findings within and between countries - assess the possibility to develop an assessment method (scoring of the audit elements) • Assessment of feasibility of development of additional outputs: <ul style="list-style-type: none"> - summary report for national advocacy (booklet) 	Spring 2012 (tentative) Summer to fall 2012
Presentation of progress at the 8 th annual meeting	26-27 September 2012

5.2 *Exchange of experiences in physical activity and sports promotion in children and adolescents*

Aim of the activity

Contributing to improving approaches in physical activity and sports promotion in children and adolescents in Europe by providing:

- an overview of existing activities, particularly national programmes and national networks; and
- analyses of selected approaches.

In charge / participants

In charge: Mr Peter Barendse, NISB, the Netherlands

Members: Mr Paulo Adami, FIAeF, Italy; Mr Lars Bo Andersen and Mr Karsten Froberg, University of Southern Denmark; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Marijke Chin A Paw, VU University Medical Center, the Netherlands; Andreja Drev, National Institute of Public Health, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Ms Tuija Tammelin, LIKES programme, Finland; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; Ms Catherine Woods, Dublin City University; Ireland; WHO European Centre for Environment and Health, Rome office (Children's Health and Environment (CHE) programme).

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY⁹), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Hearth Study, Mr Karsten Froberg, Denmark; Schools for Health Europe (SHE), Mr Good Buijs, the Netherlands.

Work steps

	By when
Finalize project proposal and define working steps 2011/2012: Launch collection of national interventions/ programmes for youth in/around school setting, establish core project group; establish further contacts with SHE network	End of 2011
Telephone conference with the working group: - Compare first interventions - Assess whether inventory tool is useful - Prepare workshop spring 2012	End of 2011
Meeting of the working group to discuss first outcomes and challenges of inventory of school based interventions in Europe and to identify current funding possibilities	Spring 2012
Telephone conference	Summer 2012
Presentation of progress at the 8th annual meeting	26-27 September 2012

⁹ www.projectenergy.eu

5.3 Active ageing: physical activity promotion in elderly

Aim of the activity

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

This working group aims to identify the main barriers (social, physical, spatial, financial) to sport participation and physical activity of older adults into policy and implementation. It also aims to outline strategies for increasing sport participation and physical activity. The working group will identify specific needs in the area of research, evidence and practice with regard to the whole range of interventions, including for example home and community programs, spatial planning, workplace-settings, primary care systems, policy and advocacy.

The working group also aims at providing a platform for exchange of experiences of practice, effective interventions, training and education and of ways to disseminate scientific knowledge to policy makers and practitioners.

In charge / participants

In charge: Mr Eddy Engelsman (chair) and Ger Kroes (secretariat), NISB, the Netherlands
Participants: Mr Koen Breedveld, W.J.H. Mulier Instituut, the Netherlands; Ms Joanna Carvalho, University of Porto, Portugal; Ms Judit Farkas, Semmelweis University, Hungary; Mr Tibor Hortobágy, University of Groningen, the Netherlands; Ms Elina Karvinen, Age-institute, Finland; Ms Liisamaria Kinnunen, Fit for Life Program (LIKES), Finland; Mr Michael Kolb, University of Vienna, Austria; Mr Bob Laventure, British Heart Foundation, United Kingdom; Mr Nico van Meeteren, TNO Institute, Netherlands; Mr Jorge Mota, University of Porto, Portugal; Ms Ioanna Paraskevopoulou, Cyprus Sport Organisation; Mr Alfred Ruetten, University of Erlangen, Germany; Mr Herman Rutgers, European Health and Fitness Association (EHFA), Belgium; Ms Anne Vuillemin, Nancy-University, France; Ms Nina Waaler, Oslo University College, Norway;
Observer: Mr Edward McAuley, University of Illinois, United States of America

Possible partners

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)¹⁰, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project¹¹.

¹⁰ <http://www.eunaapa.org>

¹¹ <http://www.paseonet.org>

Work steps

	By when
Approved starting document on scope and purpose, activities, working methods and expected contributions from participants	Spring 2012
Network built with participants and partners; initial contacts made with institutions listed as “possible partners”	Summer 2012
Initiation of collection of good practices from different countries and identification of specific topic for further elaboration	Fall 2012
Presentation of progress at the 8th annual HEPA meeting in Cardiff	26-27 September 2012

5.4 HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹² in physical activity, and thus achieving significant public health benefits. In addition, it aims at better understanding better the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;
- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

¹² In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

Participants: Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Graham Brennan, Strathclyde University, United Kingdom; Ms Claire Cleland, Queens University Belfast, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, United Kingdom; Ms Liesbeth Preller, NISB, the Netherlands; Ms Liselotte Schafer Elinder, Karolinska Institute, Sweden; Ms Jane South, Leeds Metropolitan University, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Annmarie Wagemakers, Wageningen University, the Netherlands; Ms Anita Vlasveld, NISB, the Netherlands; Sue Williams, Countryside Council for Wales, United Kingdom.

Possible partners

WHO European Centre for Environment and Health, Bonn office

Work steps

	By when
Build smaller working groups within the larger WG on topics of interest, i.e. recruitment, retention, evaluation, targeting without segmenting (inclusion rather than exclusion), cultural competency	Continuously
Become active members of the sportin.nu digital network 'JoinIn' (led by NISB, the Netherlands)	January 2012
Gather good examples of evaluation tools in different countries for discussion at phone conference	February 2012
Review of evaluation approaches for disadvantaged groups	Summer 2012
Presentation of progress at the 8th annual meeting	26-27 September 2012

5.5 HEPA promotion in health care settings

Aim of the activity

Promote health-care related HEPA activities across the Region by sharing information on development and research, implementation and strategy, and by improving coordination in the field.

In charge / participants

In charge: Mrs Minna Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Matti Leijon, Center for Primary Health Care Research, Sweden

Core members: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Raphaël Bize, University Institute of Social and Preventive Medicine Lausanne Switzerland; Ellen E. Blom, Public Health Division, Norwegian Directorate of Health; Mr Mats Börjesson, Sweden; Janet Djomba, University of Ljubljana, Slovenia; Ms Eszter Füzéki, Wolfgang Goethe University, Frankfurt, Germany; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Lena Kallings, National Institute of Public Health, Sweden; Mr Sebastià Mas Alòs, National Institute of Physical Education of Catalonia (INEFC), Spain; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Lene Palmberg Thorsen, National Board of Health, Norway; Mr Jean-Michel Oppert; Paris VI University, France; Mr Radim Šlachta, Olomouc University, Czech Republic; Mr Malcolm Ward, NHS Wales, United Kingdom

Participants: Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Wolfgang Goethe University, Frankfurt, Germany; Mr Olivier Blanson Henkemans, the Netherlands; Mr Bernard Duvivier, the Netherlands; Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Brenda Berendsen, the Netherlands; Mr Christophe Delecluse, Belgium; Ms Maria Hagströmer, Karolinska Institute, Sweden; Boris Gojanovic; CHUV, Switzerland; Ms Marike Hendriks; the Netherlands; Ms Josanne Huijg, the Netherlands; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Ms Niamh Martin, United Kingdom; Ms Sofie Martien, Belgium; Sofie Moresi, the Netherlands; Mr Pedro Olivares, Spain; Sylvie Schiettekatte, Spain; Mr Jürgen Steinacker, Germany; Ms Svandis Sigurdardottir,

University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Ana Queralt, Spain; Ms Sonja van Dillen, the Netherlands; Ann-Sophie Van Hoecke, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Mr Michal Krejza, European Commission, DG EAC.

Possible partners

The American College of Sports Medicine's "Exercise is Medicine" (EIM) programme, WHO/Europe Health Promoting Hospital (HPH) Network

Work steps

	By when
Meeting of the working group in Amsterdam Define the structure for the country-wide presentation for Wales meeting <ul style="list-style-type: none"> - Discuss the role of PA in the curricula for medical training - Define examples for collaboration goals - Identify more collaborating partners such as International Association for Worksite Health Promotion 	Summer 2012
Define a common goal for the collaboration of HEPA Europe WG, HPH and EIM	Fall 2012
Preparatory meeting of the working group in Cardiff, UK <ul style="list-style-type: none"> - Sharing examples of HEPA promotion in health care settings and medical education curricula of different countries 	25 September 2012
Presentation of progress at the 8th annual meeting	26-27 September 2012

5.6 Sport clubs for health

Aim of the activity

The project aims to further develop and update the Sport clubs for health (SCforH guidelines) of the European Sport for All Network (ESFAN)/ International Association for Sport for All (TAFISA), and to develop networking on HEPA with a special focus on sports clubs.

In charge / participants

In charge: Mr Jorma Savola and Ms Eerika Laalo-Häikiö, Finnish Sport for All Association

Participants:

1) Core group

Pekka Oja, former HEPA Europe network, Finland; Sami Kokko, University of Jyväskylä, Finland; Jorma Savola and Eerika Laalo-Häikiö, Finnish Sport For All Association; Ewa Suska, Ministry of Sport and Tourism, Poland; Stjepan Heimer, University of Zagreb, Croatia; Pasi Koski, University of Turku, Finland.

2) Working group

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Charlie Foster –Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Federazione Italiana Aerobica e Fitness (FIAF), Italy; Estonian Sport for All Association

Possible partners

Exchange has taken place with the Association for International Sport for All (TAFISA), the International Sport and Culture Association (ISCA), the European Nongovernmental Sport Organizations (ENGSO) and the European Federation for Company Sports (EFCS). Other possible partners are the European Confederation Sport and Health (CESS), DG EAC's Sport Unit, and the International Olympic Committee (IOC).

Work steps

	By when
Communication between partner organizations (eLetters, articles, etc.)	Continuously
Update of project web site	Spring 2012
Dissemination of the Guidelines with and through the partners	Summer 2012
Workshop back-to-back to a European event (e.g. ISCA, TAFISA Europe, ENGSO)	Fall 2012
SCforH -Working group meeting in the framework of the annual HEPA Europe meeting	September 2012
Presentation of progress at the 8 th annual meeting	26-27 September 2012

5.7 Occupational HEPA promotion

Aim of the activity

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in

different European countries and to promote the most effective approaches across the European Region, including active commuting (cycling and walking).

In charge / participants

In charge: Ms Ingrid Henriksen, Netherlands Organisation for Applied Scientific Research (TNO), the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mr. Frank Eves, School of Sport & Exercise Sciences University of Birmingham Edgbaston; United Kingdom; Ms Nuria Garatachea, University of León, Spain; Mr. Narcis Gusi, Exercise, Quality of Life & Health Economics, Faculty of Sport Sciences Caceres, Spain; Mr. Wolf Kirsten, International Health Consulting, Germany; Ms. Karin Proper, Institute of Health and Environment (RIVM); The Netherlands; Ms. Bianca Biallas and Ms. Christiane Wilke, Institute of Health Promotion and clinical movement science Health Centre, German Sport University Cologne; Mr. Thomas Skovgaard, Institute of Sports Science and Clinical Biomechanics, Faculty of Health Sciences, University of Southern Denmark; Ms. Lisa Muller, Sustrans, United Kingdom.

Possible partners

European Network for Workplace Health Promotion (ENWHP)

Work steps

	By when
Workshop to discuss working steps	March 2012
Collection of all finished inventory documents (if necessary using a simplified format)	Spring 2012
Collation of all documents and scheduling of a phone conference	Spring 2012
Implement further activities as decided at the workshop	Summer 2012
Presentation of progress at the 8th annual meeting	26-27 September 2012

5.8 HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention

Aim of the activity

The aim of this activity is to study the relationship and to develop synergies between physical activity promotion and injury prevention. For this purpose, a joint platform of HEPA Europe and EuroSafe will be established for the presentation of evidence, for the exchange of experiences and for the development of strategies and tools for joint action.

In charge / participants

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

Participants:

Ms Andrea Backović Juričan, Ms Mateja Rok Simon and Ms Nina Scanetti, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe

University, Frankfurt, Germany; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Alenka Palian, Yoga Union of Slovenia; Mr Jari Parkkari, UKK Institute, Tampere, Finland; Ms Francesca Racioppi and Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

Partners:

EuroSafe (Wim Rogmans, others), bfu – Swiss Council for Accident Prevention (Othmar Brügger)

Other possible partners

To be defined

Work steps

	By when
Support of the EC (DG EAC) proposal according to the respective work plan	ongoing
Decision on meetings and telephone conferences of the working group, in accordance with the timeline of the EC (DG EAC) proposal	Fall/winter 2011
Support to the development of further research proposals	Winter 2011/12
Exploration of possibilities for international intervention project on HEPA promotion and injury prevention in the elderly	Winter 2011/12

5.9 Development of methods for quantification of health benefits from walking and cycling

Aim of the activity

This project aims at developing practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹³.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁴ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office, and Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

¹³ <http://www.euro.who.int/HEAT>

¹⁴ www.thepep.org

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Thomas Götschi, ISPM, University of Zurich, Switzerland Mr Charlie Foster, Mr. Dushy Clarke and Mr Paul Kelly, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom; Dave Stone, Natural England, United Kingdom

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, Centers for Disease Control and Prevention's Physical Activity and Health Branch

Work steps

	By when
Cooperation with the PHAN work packages 6 and 7 (see also section 3.1), in particular with regard to: <ul style="list-style-type: none"> • pilot testing in ca. 4 cities • refinements of HEAT tools based on the experiences and feedback • development of guidance on how to measure cycling and walking • development of an Excel version for integration into more extensive assessment tools 	Summer 2012
Implementation of selected elements of the HEAT communication strategy, in particular (depending on funding): <ul style="list-style-type: none"> • Development of target-group specific leaflets • Collation of further examples of applications for web and publications • Exploration of use of social media for further dissemination • Presentations at meetings, workshops and conferences 	Summer 2012 Summer 2012 Fall 2012 Continuously
Explore possibilities to further develop HEAT, e.g. integrating morbidities or injuries and air pollution, together with THE PEP, TAPAS and other partners (see also section 3.1)	Continuously
Presentation of progress at the 8th annual meeting	26-27 September 2012

5.10 Monitoring and surveillance of physical activity**Aim of the activity**

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose. The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and 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.

In charge / participants

In charge: Ms. Sanne Vries, TNO, the Netherlands

Participants: Mr Daniel Arvidsson, Center for Primary Health Care Research, Lund University, Sweden; Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Wojciech Drygas, National Institute of Cardiology of Warsaw, Poland; Mr Jonas Finger, Robert Koch Institute Berlin, Germany; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, Sport University Cologne, Germany.

Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from MRC Epidemiology Unit (Dr. Ulf Ekelund), University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); organizing committees of ICDAM (Rome, 14-17 May 2012), ICAMPAM, and ECSS (Bruges, 4-7 July 2012); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Work steps

	By when
Ascertain membership and invite new members	Early 2012
Inventory among working group members of existing and planned international/EU projects with a focus on assessing PA among children	Spring 2012
Define common interests, themes and needs in the field of assessing PA among children (e.g. selecting appropriate assessment method, measurement protocol, data processing and analysis)	Spring 2012
Phone conference to define work steps	Spring 2012
Implement work steps as defined	Fall 2012
Presentation of progress at the 8th annual meeting	26-27 September 2012

6 Activities to optimize the Network

6.1 *Management and interaction with members and partners*

Aim of the activity

To implement a concept for coherent, effective and efficient management and interaction with members of the network as well as key partner institutions and organizations.

The impact model¹⁵ will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

¹⁵ See footnote 5, page 4

Work steps

	By when
Implementation the partner management strategy	Continuously
Update of the financing concept ¹⁶	
Development of a communication strategy: <ul style="list-style-type: none"> • Situation analysis <ul style="list-style-type: none"> ○ Finalize organizational background • Definition of communication objectives • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	Spring 2012 Spring 2012 Summer 2012 Fall 2012 8 th annual meeting, 2012

7 Possible future activities

7.1 Development of a teaching course on physical activity and public health

Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with the course developed by the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education (IUHPE).

In charge / participants

In charge: To be defined

Participants in earlier attempts to establish a teaching course:

1) Previous scientific board:

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

2) Previous participants:

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

¹⁶ So far, an update has not been deemed necessary in view of the development of the funding situation. The Steering Committee will consider an update as soon as circumstances change. For more information see: HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

Possible partners

European Master's Programme in Public Health Nutrition; Lifelong Learning Programme, European Commission/DG Education and Culture, WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office) and Division of Communicable Diseases, Health Security and Environment (Rome office); Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE).

Work steps

	By when
Will be defined by participants if project is implemented	

7.2 *Methodological guidance and practical approaches on economic valuation of transport-related health effects*

Aim of the activity

The first phase of this project included:

- a critical review of existing methodologies and on-going studies and initiatives to be taken into account when performing economic valuations of transport-related health effects in adults and children associated with air pollution, noise, road traffic crashes and lack of cycling and walking
- identification of relevant health end points to be included
- identification of the key criteria to be applied in making an economic valuation of these effects
- Development of practical approaches to economic valuation as guidance for practitioners, with a special focus on children

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004¹⁷.

This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁸ and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge / participants

In charge: to be defined

Participants: WHO European Centre for Environment and Health, Rome office, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

¹⁷ http://www.euro.who.int/transport/publications/20060112_1

¹⁸ www.thepep.org

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET¹⁹ and INTARESE²⁰ project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

Work steps

At the 7th session of THE PEP Steering Committee in 2009, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

	By when
Will be defined by participants if project is implemented	

¹⁹ <http://www.proneteurope.eu/>

²⁰ <http://www.intarese.org/>

ANNEX 6: LIST OF PARTICIPANTS**Austria**

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The WHO Regional Office for Europe

The World Health Organization (WHO) is a specialized agency of the United Nations created in 1948 with the primary responsibility for international health matters and public health. The WHO Regional Office for Europe is one of six regional offices throughout the world, each with its own programme geared to the particular health conditions of the countries it serves.

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The 7th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted by the Netherlands Institute of Sport and Physical Activity (NISB) and supported by NISB, the City of Amsterdam and DG SANCO. It was attended by 75 participants from 24 European Member States and a delegate from South Africa. The event included parallel sessions of seven HEPA Europe working groups on 12 October. At the annual meeting on 13 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2010/2011, the work programme 2011/2012 and amendments to the Terms of Reference of the Steering Committee of HEPA Europe. In addition, 8 new membership applications were confirmed and the outcome of the pilot testing of the online elections of the Steering Committee was announced, namely the election of all candidates as well as the chairperson. The results of the HEPA Europe survey were also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed, including a new activity on active ageing.

The 3rd HEPA Europe conference took place back-to-back with the annual meeting on 11-12 November 2011. It was organized by NISB and co-sponsored by WHO Regional Office for Europe and the International Society for Physical Activity and Health and attended by 218 participants. It focused on "Bridging the gap between science and practice", featuring 5 key note lectures, 26 oral presentations across 6 parallel sessions and almost 100 posters.

The 7th annual meeting of HEPA Europe and the 3rd HEPA Europe conference were hosted by the Netherlands Institute of Sport and Physical Activity (NISB) in Amsterdam, the Netherlands, and supported by NISB, the City of Amsterdam and the Directorate General for Health and Consumers of the European Commission (DG SANCO) in the framework of the Health Programme 2008-2013 through the project "Promoting networking and action on healthy and equitable environments for physical activity (PHAN)".

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