

HEPA Europe
European network for the promotion of Health-Enhancing Physical Activity

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



At the 10th annual meeting in Zurich, Switzerland (August 2014), the following work programme was endorsed for the period September 2014 to September 2015. At the next annual meeting in October 2015 in Istanbul, Turkey, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Networking and cooperation

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

2. Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe and HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 11 th annual meeting and 6 th conference of HEPA Europe (7-9 October 2015, Istanbul, Turkey)
To support WHO Regional Office for Europe in merging relevant previously collected information into the European database on nutrition, obesity and physical activity (NOPA)

3. Projects, reports and products

Title and aim of the activity
Finalization of version 2 of the HEPA Policy Audit Tool (PAT) to audit national approaches to physical activity promotion and start developing a dissemination tool
Foster exchange on physical activity and sports promotion in children and adolescents
Analysis of practice from EU and Member State programmes on active ageing
Contribute to good practice collections and evaluation approaches on HEPA promotion in socially disadvantaged groups
Collection and analysis of country examples of exercise on prescription schemes as an approach to HEPA in primary care settings
Continue partner cooperation and communication on the Sport Clubs for Health Programme
Overview of tools, instruments and approaches to reduce sedentary behavior at the workplace
Establish scope and tasks for working group on environmental approaches to HEPA promotion
Continue developing synergies between HEPA promotion and injury prevention
Continue dissemination of the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology
Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level

4. Optimizing the network

Title and aim of the activity
Implement partner and member management strategy and further develop communication strategy

5. Possible future activities

Title and aim of the activity
Development of a summer school/teaching course on physical activity and public health