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

**Report of a WHO meeting
28-29 August 2014
Zurich, Switzerland**





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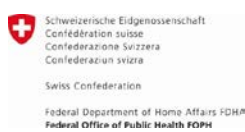
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Partners



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ABSTRACT

The 10th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. It was attended by 111 participants from 26 European Member States as well as from other regions and from the World Health Organization. The event included parallel sessions of six HEPA Europe working groups on 28 August 2014. At the annual meeting on 29 August, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2013/2014 and the work programme 2014/2015 as well as future options for funding. In addition, 14 new membership and 2 observer applications were confirmed and the election of all candidates for the Steering Committee through online elections was communicated. A new HEPA Europe leaflet was also presented.

The 5th HEPA Europe conference took place back-to-back with the annual meeting on 27-28 August 2014, organized by the EBPI, University of Zurich, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 199 participants from 23 countries of the WHO European Region and from Australia, Brazil, Canada, Japan and the United States of America. It included 5 key note lectures, 10 parallel oral sessions and 73 poster presentations in 10 walking poster sessions.

Keywords

HEALTH PROMOTION
HEALTH PLANNING
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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. Subsequent annual meetings took place in Tampere, Finland, (2006), Graz, Austria (2007), Glasgow, United Kingdom (back to back with the 1st HEPA Europe conference) in 2008, Bologna, Italy (including the 1st HEPA Europe Symposium) in 2009, Olomouc, Czech Republic (back to back with the 2nd HEPA Europe conference) in 2010, Amsterdam, the Netherlands (back to back with the 3rd HEPA Europe conference) in 2011, Cardiff, United Kingdom (including the 2nd HEPA Europe Symposium) in 2012, and Helsinki, Finland (back to back with the 4th HEPA Europe conference) in 2013.

The 10th annual meeting of HEPA Europe took place on 28-29 August 2014. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of six HEPA Europe working groups;
- plenary presentation of the activity report and of the new work programme;
- new applications for membership (see Annex 3 for the list of members) and results of the election of the Steering Committee;
- endorsement of the updated Terms of Reference of the network and the Steering Committee as well as new work programme.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with WHO's Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, the EU Pierre de Coubertin Action Plan of the White Paper on Sport and the EU Council Recommendation on HEPA;
2. review and discuss progress made in HEPA Europe's ninth year of activity, in particular in implementing the work programme as well with regard to contributions and funding;
 - discuss and adopt key documents for next year's work, including in particular the activity report 2013/2014 and work programme 2014/2015 (see Annex 4 and Annex 5)

The annual meeting was attended by 111 participants from member and non-member institutions and organizations located in the following 26 European countries, including: Austria, Belgium, Bosnia and Herzegovina, Croatia, Czech Republic, Denmark, Finland, France, Georgia, Germany, Hungary, Ireland, Iceland, Israel, Italy, Lithuania, Netherlands, Poland, Portugal, Russian Federation, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom (see Annex 6 for list of participants) as well as a representatives from Australia, Brazil, Canada, Japan, the United States of America and from the World Health Organization. The meeting was chaired by Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, chairman of HEPA Europe.

On 27-28 August 2014, the 5th HEPA Europe conference took place and on 27 August 2014, the HEPA Europe-EU Contact group held its 4th meeting (see below).

1.1 Acknowledgements

The 10th annual meeting of HEPA Europe was kindly hosted by the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. The 5th HEPA Europe Conference was organized by EBPI and co-sponsored by the WHO Regional Office for Europe. It was financially supported by the Swiss Federal Office of Public Health, Health Promotion Switzerland, BfU – Swiss Council for Accident Prevention, Curafutura and the Swiss Lung Lige as well as the Swiss Science Foundation and the City and Canton of Zurich. The conference took place under the patronage of the Swiss Society for Public Health, the Swiss Medical Association FMH, the Swiss College of Primary Care Medicine, the Swiss Society for Sports Medicine (SGSM), the International Society for Physical Activity and Health (ISPAH) and Agita Mundo, the Global Physical Activity Promotion Network.

The site visit were kindly offered by the Academic Sports Association Zurich ASVZ, the City of Zurich (City Police, Civil Engineering Office, School health services, Sports department, Traffic department), Cycleshark, Pro Senectute Canton Zurich and the University Clinic Balgrist, Balgrist move>med.

2 5th HEPA Europe conference

Back to back with the 10th annual meeting, the 5th HEPA Europe conference took place on 27-28 August 2014¹, featuring as main topic “Physical Activity Promotion in Health Care Settings”. The event was attended by 199 participants from 23 countries of the WHO European region as well as from Australia, Brazil, Canada, Japan and the United States of America and from the World Health Organization and the European Commission.

The conference was opened by Milo Puhan (Director EBPI, University of Zurich), Tommi Vasankari (Chairman HEPA Europe), Roy Salveter (Head National Prevention Programmes Division, Swiss Federal Office of Public Health), and Gauden Galea (Director Division Noncommunicable Diseases and Life-course, WHO Regional Office for Europe). The programme included five keynote lectures on state of the art scientific developments as well as well as an example of policy development in the area of physical activity promotion at the national level:

- Health promotion and prevention in health care settings, by Jacques Cornuz, niversity Hospital, Policlinique médicale universitaire, Lausanne, Switzerland
- The role of physical activity in treatment and rehabilitation of chronic disease, by Thierry Troosters, Department of Rehabilitation Sciences, Catholic University Leuven, Belgium
- Genes, physical activity and obesity – actions and interaction, by Ruth Loos, Icahn School of Medicine at Mount Sinai, New York, USA
- Global research in physical activity and health, by Pedro C. Hallal, Federal University of Pelotas, Brazil
- Let’s make Scotland more active – experiences after 10 years, by Nanette Mutrie, University of Edinburgh, United Kingdom

¹ <http://www.ebpi.uzh.ch/hepaeuropa2014>

The meeting also included 10 parallel oral sessions and 10 walking poster sessions with 73 poster presentations on the following topics:

- Physical activity behaviour
- Chronic disease
- Health effects and other dimensions
- Health care settings
- Sedentary behaviour at the worksite
- Children and adolescents
- Active ageing/injury prevention
- Interventions
- Sport and health
- Active transport
- Physical activity policy

Many participants took advantage of the opportunity offered by the organizers to visit one of nine local physical activity-related projects and initiatives, including:

- Academic Sports Association Zurich ASVZ
- Guided tour on cycling safety
- Bikepark Sihlcity
- Kindergarten project Purzelbaum
- Public swimming pools and public bathing beach Wollishofen
- Swiss Olympic Medical Centre balgrist move>med
- Everdance: stay active at 60+

The scientific programme was concluded by a panel discussion on “Promotion of Physical Activity and Sport – Constructing the Future”, chaired by Fiona Bull (International Society for Physical Activity and Health ISPAH). Discussants included João Breda (WHO Regional Office for Europe), Agata Dziarnowska (Sport Unit, DG Education and Culture, European Commission), Jacob Schouenborg (International Sport and Culture Association ISCA), Robert E. Sallis (Exercise is Medicine), Tommi Vasankari (HEPA Europe) and Keez de Keyzer (Public Health Switzerland).

The organizers offered excellent hosting to the participants with a Reception at the Guild House „Saffran“, where delegates enjoyed a brief intervention of Dr. Charles Eugster. The traditional conference dinner took place in the restaurant Uetliberg. Proceedings included a review of the first ten years of HEPA Europe development and history by its first chairman Brian Martin.

3 Parallel sessions of HEPA Europe working groups and side events

On 28 August, six of HEPA Europe’s working groups (see also work programme, Annex 5) held parallel sessions to discuss progress and next steps in advance of the plenary annual meeting on the next day. Brief summaries are provided below. The working groups on

physical activity in socially disadvantaged groups and on physical activity and the environment held lunch sessions.

3.1 National approaches to HEPA promotion

The parallel session on national approaches to HEPA promotion was chaired by Ms Sonja Kahlmeier, University of Zurich, Switzerland. The session started with a brief summary of main activities in the project on “National HEPA policies: case studies from Europe”. A policy audit tool (PAT) had been developed and completed for 7 countries (Italy, Finland, the Netherlands, Norway, Portugal, Slovenia, Switzerland). A summary of the cross-country analysis was presented. The methodology and results have also been published in two scientific publications².

The activities of last year were presented by Fiona Bull, University of Western Australia. Work focused on updating the PAT template, based on the results of the cross-country analysis. A draft of version 2 was tested for face-validity by three experts from Belgium, France and England. Based on their feedback, further amendments were made and PAT is currently being finalized. Ms Bull also presented a summary of activities that had taken place in preparation of the High-level regional forum on a life course approach to promoting physical activity³ (Dubai, United Arab Emirates, February 2014), application of PAT in 13 countries of the WHO Eastern Mediterranean Region to support a mapping of existing approaches and initiatives.

Session participants then split in groups to discuss three proposed topics:

- How can PAT support countries more in developing and improving national policies?
- How can we do better in disseminating PAT findings and the country examples?
- How can PAT be improved with regard to capturing the policy implementation reality rather than what policies say they (will) do?

The key outcomes of the group discussions were discussed in plenary, including:

- Better dissemination of good examples and strengthening of promotion and dissemination in collaboration with the WHO
- Possibility to develop a scoring system for PAT to support a clearer identification of good practice examples and comparison across countries
- Translations of the PAT template
- Development of a score-card or a 2-page summary template to complement the full PAT
- Development of a mini-PAT / short version
- Development of a PAT for the local level

Finally, proposed steps for next year’s work programme were discussed. These included inquiring on interest and feasibility to update previous PAT versions from pilot countries, once PAT version 2 is available, and possible activities under a new project submitted to the Erasmus+ programme (European Collaborative Partnership on Sport and Health Enhancing Physical Activity – EPHEPA) including a work package on the PAT project.

² Available through: www.euro.who.int/hepatat

³ <http://www.emro.who.int/health-education/physical-activity/high-level-regional-forum-on-a-life-course-approach-to-promoting-physical-activity.html>

3.2 Physical activity and sports promotion in children and adolescents

This session was chaired by Ms Catherine Woods, Dublin City University, Ireland, and Ms Anna Chalkley, Loughborough University, United Kingdom. The session began with a summary of work completed over the last year. Anita Vlasfeld, NISB, the Netherlands, presented on the development and use of 'Effectief Actief', the Dutch recognition system for physical activity and sport interventions. Experiences from Italy and Denmark in applying the Dutch template were also presented, along with other feedback from working group members. Next steps in developing and implementing a European validation system were discussed. It was agreed to seek close exchange with WHO to ensure such an exercise would supplement other initiatives and maximize usefulness, uptake and impact. Participants also agreed that funding would need to be secured for such an exercise, for example from the Erasmus+ programme or other sources.

The possibility of preparing a symposium for the next annual meeting and conference was also discussed. In addition, next steps and dates of next working group phone conferences were agreed.

3.3 Active ageing

This session was facilitated by the working group lead Mr Bob Laventure British Heart Foundation National Centre, Loughborough University, United Kingdom, and assisted by Ms Liesbeth Preller, National Institute for Sport and Physical Activity (NISB), the Netherlands.

The meeting provided an introduction on the purpose of the Active Ageing Working Group for new attendees and an update on activities carried out in the last year, which focused on:

- a survey and audit of national active ageing programmes and an additional call for examples;
- meetings and collaboration with the European Network for Action on Ageing and Physical Activity (EUNAAPA);
- plans for collaboration with the Eurosafe Falls Prevention programme.

Participants discussed prior priorities for future action. In addition, the potential of a LinkedIn group to enhance communications amongst members was discussed. Interest was expressed by several participants to join the working group.

3.4 Workplace HEPA promotion

This working group session was lead by Ms Ingrid Hendriksen Netherlands Organisation for Applied Scientific Research (TNO) and Mr Hans Arends (NISB). The first agenda item of the meeting was to discuss the preliminary results of a review of the working group on activities undertaken to reduce sedentary behavior in different countries in Europe (in particular at the workplace). It was decided to update the review annually and to add new questions (e.g. on national recommendations on sedentary behavior), as needed. Once a sufficient amount of information was collected, a scientific publication would be developed.

The experiences of the communication within the group using the LinkedIn groups tool were discussed and it was decided to continue using this tool, complemented by Email-

communication. The activities of the working group for the next year were also discussed and decided on.

3.5 HEPA promotion in health care settings

The meeting was chaired by Mr Malcolm Ward from Public Health Wales, United Kingdom, and Ms Eszter Füzéki, Goethe University Frankfurt, Germany. The meeting started with a short presentation by Mr Ward recapping the findings from the survey on physical activity in medical curricula in Europe. Forty-four responses were received from 19 countries although many were only partially completed. Of these, only 10 responded to the question quantifying how much curriculum time was given to physical activity at entry level and most provided 3 hours or less in total. Of the 12 who responded to the specific questions all claimed to provide teaching on the general recommendations and most included references to physical activity in their modules on cardio-vascular disease, metabolic disorders and musculoskeletal conditions. Only half of the respondents referenced physical activity in their neurological conditions education.

A proposal to extend the survey with the assistance of WHO Europe was discussed. Other issues picked up by the group were that whilst the focus of the survey was on doctors there was a need to consider the role and education of other health professionals including nurses and physical therapists. As part of the discussion of the next steps, the development of a consensus statement was considered. Finally, working group members were reminded to provide further case studies to develop a 'good practice' guide on HEPA promotion in primary care settings using the prepared template.

3.6 Sport Clubs for Health

This session was chaired by Professor Pekka Oja, UKK Institute, Finland and co-chaired by Dr. Aoife Lane, Waterford Institute of Technology, Ireland. The meeting focused on three main aspects. First, an application to the Erasmus+ programme on "Promoting national implementation for sport club for health (SCforH) programmes in member states" was represented and discussed. Second, the status and content of systematic review of the health benefits of different sport disciplines was presented. The publication has been submitted and is currently under review. Third, recent developments of SCforH in European countries were presented. The session ended with a discussion on how the SCforH work would continue the foreseen work in case the funding application would not be successful. In addition, foreseen work steps of the for SCforH working group for the next year were agreed.

3.7 Side-event: 4th meeting of the HEPA Europe – EU Contact Group

The annual meeting also provided a platform for exchange and networking for other related activities. In particular, the 4th meeting of the HEPA Europe – EU Contact Group took place on the morning of 27 August, prior to the opening of the HEPA Europe conference. The establishment of this Contact Group is based on the 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 established in 2011 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. 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.

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 fourth meeting was held to update on relevant developments in the last year. The meeting was chaired by Tommi Vasankari, Chair of the Contact Group and Chairperson of HEPA Europe. The meeting was attended by almost 100 participants.

Delegates were first informed on the main HEPA- and sport-related developments in the European Commission by Agata Dziarnowska, from the Sport Unit of the Directorate General Education and Culture (DG EAC). In particular, the new EU Work Plan for Sport 2014-2017 was presented. She also summarized the main activities foreseen over the next year to implement the new Work Plan and the EU Council recommendation on promoting health-enhancing physical activity across sectors which had been endorsed in December 2013. These include the nomination of HEPA Focal Points from all EU countries, who will serve as main contact person in the Member States and will coordinate data collection on physical activity for the monitoring framework on the implementation of the recommendation. She also informed on the launch of a new EU Expert Group on HEPA which will meet for the first time in October 2014. Organizations can apply for an observer status, including for example HEPA Europe. Finally, she outlined the new Erasmus+ programme which includes specified funding to promote awareness of the importance of health-enhancing physical activity, through increased participation in and equal access to sport for all. She also informed on the planning of the EU Week on Sport, due to take place for the first time in the second week of September 2015.

Afterwards, Dr Joao Breda, Division of Noncommunicable Diseases and Life-course, WHO Regional Office for Europe, presented the process to develop the first WHO European Physical Activity Strategy. He recalled that the European Member States had endorsed the development of a specific Physical Activity Strategy as part of the Vienna Declaration on Nutrition and Noncommunicable Diseases in the Context of Health 2020⁴. The added value of such a strategy include in particular establishing physical activity as a policy field in its own right, alongside nutrition and obesity, taking previous WHO initiatives, reports, and research to the Regional policy level, and providing an important impulse to policy-making in Member States. In line with the recognized importance of intersectoral action, the strategy is proposed to be developed along 5 priority areas structured along the life course. It will propose a number of specific objectives to Member States and will focus on broad range of policy instruments, including legislation/regulation, financial measures, organization, information and education. He closed with outlining the foreseen timeline, including the start of the technical consultation with Member States in fall 2014, a technical consultation meeting in January 2015 (Zurich, Switzerland), presentation of the final draft to the WHO Standing Committee of the Regional Committee in May 2015 and endorsement of the final strategy by Member States at the sixtyfifth session of the WHO Regional Committee in September 2015.

⁴ <http://www.euro.who.int/en/media-centre/events/events/2013/07/vienna-conference-on-nutrition-and-noncommunicable-diseases/documentation/vienna-declaration-on-nutrition-and-noncommunicable-diseases-in-the-context-of-health-2020>

Participants welcomed the updates and discussed the presented information and outline of the strategy. It was concluded to continue holding meetings of the Contact Group, back-to-back with the HEPA Europe annual meetings.

4 Report of the 10th annual meeting

4.1 Introduction

The meeting was opened by Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland, the chairman of HEPA Europe. For this year's meeting, 111 participants from member as well as non-member institutions from 26 European countries were registered as well as representatives from Australia, Brazil, Canada, Japan and the United States of America and from the World Health Organization (see Annex 6 for list of participants). This represents an increase in comparison to the previous two years with 45 and 76 registered participants, respectively, and is comparable to participation in 2010 and 2011. Fluctuations could be explained by the duration of the more scientific part of the meeting with conferences tending to attract more participants than shorter symposia, as well as differences in administrative arrangements and registration of participants.

4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁵ for membership from 14 institutions and from 2 organizations for observer status received from October 2013 to July 2014. These temporary members and observers were proposed to the network for confirmation.

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

- Clinical Science Institute, National University of Ireland, Galway
- Department of Sports Sciences, University Beira Interior, Covilhã, Portugal
- Division of Health Research, Centre for Health Science, University of the Highlands& Islands, Inverness, United Kingdom
- Faculty of Sport and Exercise Medicine, Edinburgh, United Kingdom
- Finnish Sports Confederation Valo, Helsinki
- Flemisch Institute of Health Promotion and Disease Prevention, Brussels, Belgium
- French Society for Public Health, Laxou, France
- Institute of Sports Sciences, University of Lausanne, Switzerland
- Malta Council for Sports
- National Center for Disease Control and Public Health, Tblisi, Georgia
- Paavo Nurmi Centre, Turku, Finland
- Research Unit Physical Activity, Ghent University, Belgium

⁵ 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

- School of Sport Sciences and Technology, Hacettepe University, Ankara, Turkey
- University of Gloucestershire, Faculty of Applied Sciences, United Kingdom

The following two institutions were welcomed as observers:

- European College of Sports and Exercise Physicians, Thessaloniki, Greece
- Hungarian School Sport Federation, Budapest, Hungary

Participants were also informed that the following institutions resigned their membership:

- Finnish Centre for Health Promotion
- Finnish Sport for All Association
- Government Office for the South East, Department of Health, United Kingdom
- Institute of Movement Sciences and Sports Medicine (ISMMS), University of Geneva, Switzerland (continuing operations under the University of Lausanne and re-admitted under this affiliation, see above)
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Sports Institute of Portugal
- Sports Department of the Styrian Government, Austria
- Young Finland Association

The network now counts 138 national and 2 international member institutions and 3 honorary members from 33 European countries, as well as 6 observers (see Table 1 and Annex 3 for full list).

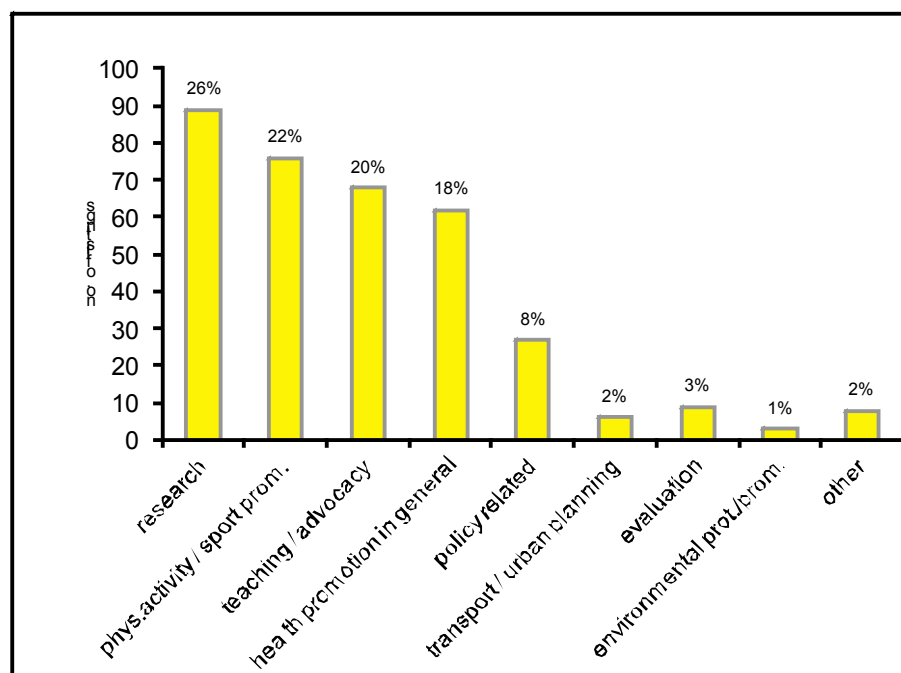
Table 1: Overview of number of HEPA Europe member institutions by country

Country	No.	Country	No.
Austria	3	Italy	9
Belgium	3	Lithuania	2
Bosnia and Herzegovina	1	Malta	1
Bulgaria	1	Netherlands	7
Croatia	3	Poland	2
Cyprus	1	Portugal	2
Czech Republic	3	Russian Federation	1
Denmark	3	Slovenia	5
Finland	10	Spain	7
France	4	Sweden	5
Georgia	2	Switzerland	6
Germany	9	The former Yugoslav Republic of Macedonia	1
Greece	3	Norway	2
Hungary	2	Turkey	3
Iceland	2	Ukraine	2
Ireland	7	United Kingdom	27
Israel	2	International bodies	2

As well as 3 individual honorary members and 6 observers

As shown in Figure 1 below, 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 some distance, policy related activities. Also present but less frequently quoted were transport or urban planning activities, evaluation and environmental protection or promotion. It was explained that the question phrasing asking for “main activities” might partly explain the low share of transport or environment-related activities of member institutions. The spread of main activities among the members has remained fairly stable over the last years.

Fig. 1: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=348), 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. Mr Vasankari introduced one new candidate for the Steering Committee, namely Mr Bengt Kayser, Institute of Sports Medicine, University of Lausanne, Switzerland. His candidacy was supported by the standing members of the Steering Committee.

All standing members had been proposed for re-election, namely:

- Andrea Backović Juričan, National Institute of Public Health, Slovenia
- Winfried Banzer, Olympics Sports Confederation, Germany
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Charlie Foster, BHF Health Promotion Research Group, Oxford, United Kingdom
- Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain
- Sonja Kahlmeier, University of Zurich, Switzerland
- Marteen Koornneef, Ministry of Health, Welfare and Sport, Netherlands
- Nanette Mutrie, University of Edinburgh, United Kingdom
- Marie H Murphy, Chair of Exercise & Health, University of Ulster, United Kingdom
- Niamh Murphy, Waterford Institute of Technology, Ireland
- Francesca Racioppi, WHO Regional Office for Europe
- Anne Vuillemin, Faculty of Sport, Lorraine University, France
- Willem van Mechelen, VU Medical Centre, Amsterdam, the Netherlands

Elections were held through an online voting process open to all member representatives. Those 131 member institutions where 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-three institutions participated in the voting to elect members of the Steering Committee, which is a 41% participation rate and thus slightly lower than in the previous three years with online voting. The lower participation could be due to the voting taking place during the holiday season in August and also related to there being enough seats on the committee for all candidates.

Participants could choose between a group election of all candidates or voting individually for each candidate. 68% chose the group voting, 30% the individual voting and 2% abstained from voting on members. All candidates for the Steering Committee were elected with a clear majority of votes cast (between 90% and 94% of votes). 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 observer on the Committee.

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 Committee⁶. For 2015, this would be mid June, as the last meeting of the Committee before the annual meeting will take place on 2 July 2015.

Next, the proposed amendments to the terms of reference of the network and of the Steering Committee were presented. Next to streamlining and editorial changes, the following amendments were proposed:

- Terms of reference of the network
 - Types of membership explained in more detail
 - Possibility to have observers more explicitly stated
 - Clear process to terminate memberships after 6 months without an active contact person
- Terms of reference of the Steering Committee
 - Reserved seat for the WHO Regional Office for Europe on the Steering Committee
 - Stating of the possibility to appoint an Executive Member of the Steering Committee
 - Biannual term for members as for chairman
 - Outline of the main roles of the chairperson added
 - Stating of the possibility that most recent past Chairperson may serve as vice-chairperson for one 2-year term

The proposed changes were adopted by the present members without opposing votes.

4.4 Activity report 2013/2014: overview

The activity report of the tenth year of activity of HEPA Europe from October 2013 to August 2014 was presented and discussed by Mr Vasankari, Ms Sonja Kahlmeier, Executive Member

⁶ These Terms of Reference can be found at www.euro.who.int/hepaeurope.

of the Steering Committee, and the working group leaders (see also Annex 4)⁷. In table 2 below, an overview of the state of affairs of the different activities is provided.

It was concluded that overall the number activities that were implemented as planned remained stable but not all of the ambitious aims could be accomplished. It was also noted that many projects continued to function more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities.

The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe and to the productive cooperation that has been established with many partner organizations. The continuous additional support provided also over the last year by the University of Zurich, Physical Activity and Health Unit, Switzerland, was also thankfully acknowledged.

Mr Vasankari also introduced an overview of funding options for the network. Three HEPA Europe-related submissions had been made to the 2014 call of the Erasmus+ programme. Other options such as foundations are also continuously explored and the Health2020 research programme and the COST programme is also monitored regarding funding opportunities. Mr Vasankari reminded members that voluntary donations of ministries were a much needed basis for the continued functioning of the network and that the network depended on a strong sense of ownership by the members, e.g. possibilities to include HEPA Europe-related activities into submitted funding proposals and to support the network with innovative ideas for fund raising and the establishment of co-operations.

⁷ A summary of the activity report is also available at www.euro.who.int/hepaeurope.

Table 2: Overview of the state of affairs of activities 2013/2014

Networking and cooperation	State of affairs
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned
Information dissemination	State of affairs
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 10 th annual network meeting and 5 th conference of HEPA Europe (27-29 August 2014, Zurich)	Implemented as planned
Dissemination of products and publications of HEPA Europe	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Implemented as planned
Projects, reports and products	State of affairs
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented as planned
Working group on active aging: physical activity promotion in the elderly	Implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Partly implemented
Working group on HEPA promotion in health care settings	Partly implemented
Working group on Sport Clubs for Health programme	Partly implemented
Working group on workplace HEPA promotion	Implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Implementation delayed, ongoing
Development and dissemination of methods for quantification of health benefits from walking and cycling	Mostly implemented as planned
Working group on monitoring and surveillance of physical activity	Mostly implemented as planned
Activities aimed at optimizing the network	State of affairs
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned
Possible activities to be launched later	State of affairs
Development of a teaching course on physical activity and public health	Not yet started
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started
Publications	State of affairs
5 publications, 1 thematic journal issue, 2 reports and 1 news alert produced	Continuous activity

4.5 Work programme 2014/2015

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 September 2014 to September 2015.

The draft had been developed by the working group leaders and the Steering Committee 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. The working group on

HEPA promotion and injury prevention informed that a new lead will need to be identified and invited interested experts to consider this task.

Activities which were deemed to be important but for which currently no responsible was identified were listed once again under “possible future activities”. In this regard, participants were informed that the University of Edinburgh was leading an initiative to launch a training course back-to-back to the conference of the International Society on Behavioral Nutrition and Physical Activity (ISBNPA) in June 2015. Participants welcomed this development and concluded that an involvement of HEPA Europe would be considered in view of strengthening capacities among policy makers and civil servants at the national and sub-national government level.

The activities of the next year comprise the following (see Annex 5 for more details)⁸:

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
Dissemination of products and publications of HEPA Europe
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 maintaining an online database on Nutrition, Obesity and Physical Activity (NOPA)

Projects, reports and products

Title and aim of the activity
Update and further disseminate the HEPA Policy Audit Tool (PAT)
Increase communication and exchange on physical activity and sports promotion in children and adolescents
Mapping and continued exchange on approaches to promote active ageing
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on evaluation approaches and exchange of good practice
Finalized overview of physical activity in medical curricula and of case studies of HEPA promotion in primary health care settings
Continue development of health profile for different sports disciplines and implementation of the Sport Clubs for Health Programme
Update overview on activities addressing sedentary behavior at the workplace in participating European countries as well as an overview of tools, instruments and approaches for practice
Define next steps in developing synergies between HEPA promotion and injury prevention

Projects, reports and products - continued

Title and aim of the activity
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking through the Health Economic Assessment Tools (HEAT) and further refinement of methodology
Continue exchange on monitoring and surveillance of physical activity

⁸ A summary of the work programme is also available at www.euro.who.int/hepaeurope .

Activities to optimize the Network

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

Possible future activities

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

4.6 Next annual meetings of HEPA Europe

The 11th annual meeting of HEPA Europe will take place on 8-9 October 2015 in Istanbul, Turkey. It will be hosted by the Active Living Association. On 7-8 October 2015, the 6th HEPA Europe conference will take place. The meeting will again include parallel sessions of HEPA Europe working groups. This year no call for hosts of the 2016 annual meeting was launched as hosting might be linked to a HEPA Europe Erasmus+ project which is pending confirmation.

4.7 Closing of the meeting

Mr Vasankari on behalf of HEPA Europe and Ms 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 the University of Zurich for the warm welcome and the excellent organization and hosting of the meeting at the impressive university premises as well as the Swiss Federal Office of Public Health and other institutions for their support.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2013/2014 and the new work programme 2014/2015, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2014/2015.

5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. In addition, participants received an invitation to fill in the evaluation electronically after the meeting, if they had not done so at the meeting. The questionnaire consisted in both cases 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. Thirty-two delegates (16%) had provided feedback using the paper form while 49 participants used the online form (25%) about the overall event, corresponding to an overall response rate of 41%, comparable to previous years.

The overall rating of the event was again high with an average of 5.1 out of a possible maximum of 6.0. The total length of the event was met with most participants' satisfaction: 93% rated it as "just right". The quality of the key note lectures was again valued highly with average ratings between 4.7 and 5.3 and the perceived usefulness was also rated agreeably (4.1 to 4.8). The quality and usefulness ratings of the oral parallel sessions ranged between 4.3 and 5.5. The walking poster sessions received slightly lower ratings of 4.2 to 4.9. Quality and usefulness of the HEPA Europe working group sessions were also rated more widely with scores between 3.9 and 5.4. Regarding the possibilities for interaction between participants, 80% of delegates expressed their satisfaction.

Advance notifications, meeting venue, registration, hospitality and catering all received excellent ratings of between 5.0 and 5.6, while the conference website (4.8) was rated slightly lower. The social events were much appreciated, including the site visits (5.0), the reception (5.4) and in particular the conference dinner including impressive views over the lake and the city of Zurich from the Uetliberg (5.7).

Sixty-four delegates also provided feedback on the annual meeting (29%). Preparations were rated as well as in the previous year (5.2) and a three-quarter majority of 78% of participants felt they could participate enough in the decision making. The half-day length of the meeting was confirmed to be appropriate by 86% of respondents.

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. List of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (September 2012-August 2013)
6. Activity report 2012-2013 (final draft)
7. Work programme 2013-2014 (draft)
8. Terms of reference of the Steering Committee: proposed changes
9. HEPA Europe leaflet text - updated version 2013 (final draft)

Background papers

10. List of Steering Committee members proposed for elections
11. Report of the 8th annual meeting of HEPA Europe, 27 September 2012, Cardiff, Wales, United Kingdom

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Thursday, 28 August 2014

HEPA Europe working groups (parallel sessions)

- 14.00 – 15.00
- National approaches to HEPA promotion
 - Physical activity and sports promotion in children and adolescents
 - Active ageing
 - Workplace HEPA promotion
 - HEPA promotion in health care settings
 - Sport Clubs for Health

Friday, 29 August 2014

10th annual meeting of HEPA Europe

- 09.00 - 09.15 **Opening and welcome**
Tommi Vasankari, Chairman HEPA Europe
Francesca Racioppi, WHO Regional Office for Europe
Brian Martin, Institute of Social and Preventive Medicine, University of Zurich
- 09.15 – 09.30 **New applications for membership**
Sonja Kahlmeier, University of Zurich, Switzerland
- 09.30 – 10.00 **Results of the Steering Committee elections and proposed changes to Terms of Reference**
Tommi Vasankari, Chairman HEPA Europe
- 10.00 – 10.30 **Activity report 2013-2014 and Work programme 2014-2015: introduction and discussion**
Chairman HEPA Europe, Sonja Kahlmeier, University of Zurich, and working group leaders
- 10.30 – 11.00 *Coffee break*
- 11.00 – 11.45 **Activity report 2013-2014 and Work programme 2014-2015 - continued**
Chairman HEPA Europe, Sonja Kahlmeier, University of Zurich, and working group leaders
- 11.45 – 11.50 **Formal approval of the work programme 2013-2014**
- 11.50 – 12.00 **Other business**
- 12.00 **Closure**
- 12.00 – 13.00 *Lunch*

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Active Living Association, Istanbul, Turkey
- Association for children and youth sport, Ljubljana, Slovenia
- 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
- Brno University of Technology, Centre of Sport Activities, Brno, Czech Republic
- 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
- Centre of research and evaluation (CEVAS), Rome, Italy
- Children's University Hospital, Department of Physiotherapy, Ireland
- Clinical Science Institute, National University of Ireland, Galway
- Cork Institute of Technology, Ireland
- Natural Resources Wales, Cardiff Bay, United Kingdom
- Coventry University, Department of Biomolecular and Sports Sciences, United Kingdom
- Croatian Association "Sport for All", Zagreb, Croatia
- 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 Sciences, University of Huddersfield, , 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

- Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
- Department of Sports Sciences, University Beira Interior, Covilhã, Portugal
- Directorate General for Public Health, Emilia-Romagna Region, Bologna, Italy
- Division of Health Research, Centre for Health Science, University of the Highlands & Islands, Inverness, United Kingdom
- Eddy Engelsman, the Hague, the Netherlands
- Faculty of Kinesiology, University of Zagreb, Croatia
- Faculty of Motor Sciences, University of L'Aquila, Italy
- Faculty of Physical Education, University of Rzeszow, Poland
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Faculty of Sport and Exercise Medicine, Edinburgh, United Kingdom
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Finnish Age Institute, Finland
- Finnish Sports Confederation Valo, Helsinki
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Flemish Institute of Health Promotion and Disease Prevention, Brussels, Belgium
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- French Society for Public Health, Laxou, France
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Gezondheid en Maatschappij, Health and Society Academic Unit, University of Wageningen, the Netherlands
- 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 Epidemiology, Biostatistics and Prevention, University of Zurich, Switzerland
- 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 Sports Sciences, University of Lausanne, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- Institute of Sports and Sports Science, Karlsruhe Institute of Technology (KIT), Germany
- International Health Consulting, Berlin, Germany
- 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
- Malta Council for Sports
- 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 University of Physical Education and Sport of Ukraine, Kiev, Ukraine
- 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
- Paavo Nurmi Centre, Turku, Finland
- 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 Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- 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
- Research Unit Physical Activity, Ghent University, Belgium
- School of Health and Human Performance, Dublin City University, Ireland
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- School of Sport Sciences and Technology, Hacettepe University, Ankara, Turkey

- 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
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- State Secretariat for Sport (Ministry of Human Resources), Budapest, Hungary
- Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Tel-Aviv University, Ramat Aviv, Israel
- 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 (NCFH), Örebro
- The Swedish National Institute of Public Health, Östersund
- Transport Studies, Oxford University, United Kingdom
- Ukrainian Research Institute of Nutrition, Ukraine
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
- 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 Gloucestershire, Faculty of Applied Sciences, United Kingdom
- 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
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom
- Willibald Gebhardt Institut, Essen, Germany
- Yoga Union, Slovenia

International member organizations:

- European Non-Governmental Sports Organisation (ENGSO), Paris, France
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium

Observers:

- European Cyclists' Federation (ECF), Brussels, Belgium
- European Health and Fitness Association, Brussels, Belgium
- Fighting Inactivity Committee, European College of Sports and Exercise Physicians (ECOSEP), Thessaloniki, Greece
- International Nordic Walking Federation (INWA), Helsinki, Finland
- StreetGames, Manchester, United Kingdom
- Hungarian School Sport Federation, Budapest

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2013/2014

1 Overview

Below, the state of affairs of the activities of the work programme 2013/2014 is summarized.

Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned

Information dissemination

Activity	State of affairs
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 10 th annual network meeting and 5 th conference of HEPA Europe (27-29 August 2014, Zurich)	Implemented as planned
Dissemination of products and publications of HEPA Europe	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Implemented as planned

Projects, reports and products

Activity	State of affairs
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented as planned
Working group on active aging: Physical activity promotion in the elderly	Implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Partly implemented
Working group on HEPA promotion in health care settings	Partly implemented
Working group on Sport Clubs for Health programme	Partly implemented
Working group on workplace HEPA promotion	Implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Implementation delayed, ongoing
Development and dissemination of methods for quantification of health benefits from walking and cycling	Mostly implemented as planned
Working group on monitoring and surveillance of physical activity	Mostly implemented as planned

Activities aimed at optimizing the network

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned

Possible activities to be launched later

Activity	State of affairs
Development of a teaching course on physical activity and public health	Not yet started
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started

Publications

Activity	State of affairs
5 publications, 1 thematic journal issue, 2 reports and 1 news alert	Continuous activity

2 Funding and support received

From November 2013 to August 2014, the following contributions and support have been received (in chronological order):

a) Financial contributions:

- No specific financial contributions for HEPA Europe were received in the reporting period.
- Activities of the working group on national approaches to HEPA promotion were supported with a grant of the WHO Regional Office of Europe of EUR 15.500.- funded through the joint WHO-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU.
- Activities of the working group on the development of methods for quantification of health benefits from walking and cycling were supported through a scientific consensus building workshop organized in Bonn, Germany, in October 2013, with financial support from the German Federal Ministry for the Environment, Nature Conservation, Building and Nuclear Safety (EUR 30.000).
- Contributions to preparation, implementation and reporting of an expert meeting on physical activity promotion in health care settings in Europe (Zurich, 12-13 November 2013)
 - Swiss College of Primary Care Medicine, the Swiss Medical Association FMH, the Swiss Cancer League, the Careum Foundation, Health Promotion Switzerland and the Federal Offices of Public Health and Sport for the preparation, implementation and reporting of the expert meeting (EUR 20.000.-).
 - WHO Regional Office for Europe (EUR 7.000.-).

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;
- hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (February 2014);
- organization and hosting of the 10th annual HEPA Europe network meeting and 5th conference (27-29 August 2014); Zurich, Switzerland, by the Institute of Social and Preventive Medicine, University of Zurich⁹ (including 3 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, WHO and EC staff);
- organization, hosting and support of meetings of HEPA Europe working groups, namely:
 - Expert meeting on physical activity promotion in health care settings in Europe (Zurich, November 2013), including development of a thematic issue of the Swiss Journal of Sports Medicine and Sports Traumatology¹⁰, by Institute of Social and Preventive Medicine (ISPM), University of Zurich, and the HEPA Europe working group on health care approaches to HEPA promotion
- 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

Synergies continue with the Transport, Health and Environment Pan-European Programme (THE PEP). THE PEP 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. It was also possible to use synergies with the WHO-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU. Finally, there is also ongoing synergy with the ongoing Italian national physical activity promotion project “Azioni: progetto di promozione dell’attività fisica” led by Emilia Romagna Region in terms of fostering scientific input and facilitation of liaising with relevant HEPA Europe projects and working groups.

The current sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately mid 2015. While the secretariat continues to be hosted by WHO/Europe, since 2011 additional support was provided by the Physical Activity and Health Unit of the ISPM of the University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support

⁹ Supported by the WHO Regional Office for Europe, the Swiss Federal Office of Public Health, the Swiss National Science Foundation, Health Promotion Switzerland, bfu – Swiss Council for Accident Prevention, curafutura, Lung League Switzerland. Patronage from Swiss Society for Public Health, Swiss Medical Association FMH, Swiss College of Primary Care Medicine, Swiss Society for Sports Medicine, International Society for Physical Activity and Health ISPAH, and Agita Mundo, the Global Physical Activity Promotion Network.

¹⁰ <http://panh.ch/sportmed/desktop/default.htm>

functions, once again not all activities could be implemented as planned, as described in the following chapters.

New funds will have to be identified and secured for current and future activities, and for 2015 and beyond additional funds and support will be necessary. A funding proposal has been submitted to the Erasmus+ programme to secure the basic functions of the secretariat and some support to the preparation of the annual meetings for 2015-2017; notification is expected in October 2014. However, securing additional funding for the HEPA Europe network and its working groups remains a key priority. This continues to be particularly challenging at a time where the economic crisis in the European Region persists, and there is increasing competition for the more limited resources available. The Steering Committee has identified a number of funding sources and mechanisms which are actively explored but also underlines the need for a greater sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

3 Networking and cooperation

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

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2013/2014 has taken place as planned, in particular with the WHO/Europe-DG EAC projects on Health-Enhancing Physical Activity Promotion in the EU and with THE PEP. The programme leader of the Obesity, Nutrition and Physical Activity programme also participated in two Steering Committee meetings. The research projects PASTA, SPOTLIGHT, MOVE and EURO-FIT are progressing as planned with involvement of HEPA Europe members. A meeting of the HEPA Europe - EU Contact Group took place in August back-to-back with the 2014 annual meeting of HEPA Europe. Exchange with other European bodies, including EuroSafe, ECSS and the European Network for Workplace Health Promotion has been limited due to reduced capacities to engage more actively in the development of collaboration.

HEPA Europe was represented in the annual meeting of Agita Mundo and regular exchange takes place with GAPA. Exchange took also place with TAFISA, ISBNPA and ACSM.

3.2 Support and contributions to conferences and events

1) Supported events

One request to co-sponsor a meeting was received during the reporting period but could not be granted.

2) Participation in other events

Members of working groups presented HEPA Europe-related activities or products at 2 international events:

Events

Presentations on HEPA Europe working groups or products

- 28 October 2013: Bikenomics, Milan, Italy: presentation highlighting the HEAT (F. Racioppi)
- 8-11 April 2014: 5th International Congress on Physical Activity and Public Health (ICPAPH), Rio de Janeiro, Brazil
 - Policy tools for the global arena (Fiona Bull)
 - Turning the tide: national policy approaches to increasing physical activity in seven European countries (Fiona Bull)
 - National policies towards physical activity promotion (Sonja Kahlmeier/Willem van Mechelen)

4 Information dissemination

4.1 *Dissemination of products and publications of HEPA Europe*

Specific web pages for each of the HEPA Europe working group were updated or added in early 2014. Following the integration of the HEPA Europe web pages into the Physical Activity Programme pages in June 2010 and the migration to a new web statistics system in summer 2013, it is no longer to produce a time-series of comparable web statistics for all previous years. For 2012 and 2013, total annual page view figures are available (which is based on an approximation based on representative data for 2012). As of 2014, monthly figures are available again. HEPA Europe related pages were viewed on average 38 times per day in 2012. In 2013, the number (now based on actual page views) was 35, and 54 per views per day were found for January to July 2014. It remains to be seen how the rest of the year will influence the average. In 2014, the homepage received an average of about 750 page views per month (or about 45% of the total) while the second most viewed pages, the meetings page and the members page, followed with quite a distance of about 6% of page views. Other more frequently visited pages included those on projects and working groups and the 10th annual meeting. A more detailed breakdown will be collated for the next annual meeting, based on monthly figures.

An electronic newsletter was disseminated in July 2014, thus also this year less frequently than foreseen due to limited resources. Furthermore, several emails with information on events or requests for input were distributed throughout the year.

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 versions¹¹. According to the new web statistics tool, between January and July 2014, 28 copies per month were downloaded.

An updated version of the HEAT website and methodology and user guide were pre-launched in April 2014 on the occasion of the Fourth High-level Meeting on Transport, Health and Environment, and published in August 2014. Since the first launch of HEAT in May 2011, the

¹¹ 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

website was visited by almost 24.000 users yielding over 400.000 page views, which translates into a weekly average number of 144 visitors.

The meeting report of the 9th meeting was finalized in spring 2014 and disseminated to members of the Steering Committee, and at the HEPA Europe annual meeting 2014.

4.2 5th conference and 10th annual meeting of HEPA Europe

The meeting website was launched in February 2014. Registration opened in May 2014. The first call for abstracts was launched in April 2014 and the second in June. About 120 abstracts were received. There were 5 key note lectures on health care approaches, current topics in research and national policy, as well as 10 parallel oral sessions and 10 walking poster sessions. The event was attended by 199 participants from 23 countries of the WHO European Region and from Australia, Brazil, Canada, Japan and the United States of America.

4.3 European database on Nutrition, Obesity and Physical Activity (NOPA)

The previous inventory on physical activity documents is being phased out, following the ongoing consolidation of the relevant documents under the new WHO NOPA database.

A publication of the analysis of available information on national physical activity recommendations in Europe was resubmitted recently.

5 Working groups, projects, reports and products

5.1 Working group on national approaches to physical activity promotion

The working group project on national HEPA policies has progressed well over the last year. In summer 2014, the scientific publication on the cross-country analysis of the 7 PAT pilot countries was published in the British Journal of Sports Medicine. In February 2014, the PAT methods paper (accepted for publication in 2012) appeared in print in the Journal on Physical Activity and Health (see also chapter 3.8 Publications). No additional individual country reports or publications were prepared. The technical report was also finalized and published on the HEPA Europe working group website. The feasibility of developing additional outputs (e.g. short version of PAT, advocacy leaflet(s), communication products or other activities) was deemed limited and thus deferred to a next stage of the project.

Based on the conclusions from the cross-country analysis, an updated version of the PAT was developed by the PAT core team in collaboration with the WHO Regional Office for Europe. A draft version was tested for face validity by working group members England and France and an expert from Belgium, (Ms Aurélie Van Hoye, Mr Charlie Foster, Ms Anne Vuillemin). The PAT version 2 was finalized in summer 2014 and presented in a parallel session of the working group at the 2014 conference and annual meeting in Zurich. Finally, the core group contributed to the development of a HEPA Europe proposal to the Erasmus+ programme, which would contain a work package on HEPA PAT activities.

5.2 Working group on exchange of experiences in physical activity and sports promotion in children and adolescents

Five possible areas of work were defined at the last annual meeting, namely:

- Research into how we involve children and their views on physical activity and sport promotion in our research and practice
- Feasibility of developing a database on interventions to promote physical activity and sport currently available in Europe
- Research on the role of parents in the promotion of physical activity or sport, in particular the challenges of recruiting and engaging parents in complex interventions within the community setting
- Research into the implementation of evidence-based interventions
- Physical activity toolkits

The working group held two phone conferences to ascertain what particular expertise is available within the group, to discuss activities in the areas of work and to disseminate tasks. Deputy working group leaders were also defined. A meeting was not deemed necessary at this stage but the working group prepared a parallel session for the annual meeting in August 2014 in Zurich, presenting in particular a possible template to be used to collect interventions to be entered into a database. An initial collection of interventions from the working group members was also initiated.

Members of the working group were also actively involved in the Global Summit on the Physical Activity of Children, Toronto, Canada (May 2014).

5.3 Working group on active ageing: physical activity promotion in elderly

Since the last annual meeting, the working group has drawn up a survey questionnaire for the working group members to establish a mapping of national HEPA and active ageing programmes in countries. The questionnaire was sent out to the members in spring 2014 and will be ongoing until end of September 2014. Until August, 15 replies have been received. An analysis of the information according to good/best practice criteria began in summer 2014, including agreement on key target interventions from the mapping list and drafting of a report. The working group also prepared the presentation of results at a parallel working group session to be held at the HEPA Europe annual meeting in August 2014 in Zurich.

Collaboration with other EU Health and active ageing programmes and networks has included the EU PROFOUND Falls Network, (network event November 2013, Brussels; planned also for November 2014, Glasgow), EuroSafe - European Association for Injury Prevention and Safety Promotion, and a joint symposium with EUNAPPA at the European Union Geriatric Medicine Society (EUGMS) conference in Rotterdam (17-19 September 2014).

5.4 Working group on HEPA promotion in socially disadvantaged groups

Following the HEPA Europe meeting in Helsinki, several steps were agreed and undertaken, including:

- The membership list was updated. All listed members were contacted and asked if they would like to be actively involved.
- It was felt that a new name for the working group would be useful and the phrase "socially disadvantaged groups" should be reframed to reflect what is promoted,

which is HEPA for ALL people (including socially disadvantaged groups). Suggestions were invited, but no agreement was reached on a new name yet.

- Invitation to all members to Dropbox as a sharing tool, and to take joint responsibility for adding useful tools and discussion documents to Dropbox, along with an email to prompt people to engage with these.
- An outline for a proposal for a COST action, focusing on furthering the learnings from recent EU projects on promoting physical activity in socially disadvantaged groups, was drafted and circulated to all members. No member was in a position to lead on this but it will be discussed further at a work meeting at the annual meeting in Zurich in August 2014.

5.5 Working group on HEPA promotion in health care settings

Following an initial survey at the end of 2013 that elicited 42 responses from 19 countries by April 2014, the WHO Regional Office for Europe agreed to use their contacts and data base to extend the survey. Work on refining the survey commenced in May 2014. Response to the initial invitation for case study submissions has been slow with only 4 submissions by July 2014. It is anticipated that those submitting abstracts for the HEPA Europe 2014 conference may be approached where appropriate to see if they would like to submit case studies. In addition, a template has been developed to collect country examples of exercise on prescription schemes

In addition, a joint expert meeting of the University of Zurich and WHO/Euro (Nutrition, Physical Activity and Obesity) took place on 12-13 November on physical activity promotion in primary care settings¹². The meeting was organized by the University of Zurich in close collaboration with the working group, involving also other relevant bodies such as Exercise is Medicine. The main goals were to:

- provide an overview of the current state and ongoing developments;
- review implementation of programmes for physical activity promotion in health care settings;
- discuss the respective opportunities and challenges.

The meeting was attended by about 50 experts with a number also contributing articles for a special edition of the Swiss Journal for Sports Medicine and Sport Traumatology¹³. As a result of the meeting, drafting for a “Zurich Statement” on physical activity promotion in health care is ongoing, in order to set the priorities of the future actions in the WHO European Region on this subject.

5.6 Working group on Sport Clubs for Health

Based on the outcomes of the session of the working group at the 9th annual meeting in October 2013 in Helsinki, core members of the working group SCforH defined the main developmental goals for the working group:

- further develop the practical working connection and working forum with and to the national sports federations related to specific sport disciplines;

¹² <http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/news/news/2014/01/promoting-physical-activity-in-health-care-settings>

¹³ <http://panh.ch/sportmed/desktop/default.htm>

- strengthen on the national level the connection between researchers and practitioners with the purpose of providing clear working topics on SCforH, which are developed by the SCfoH working group; and
- ensure the continued improvement of the SCforH guidelines.

The discussion with the sports federations underlined the importance to define and describe the existing infrastructure of sport clubs. Afterwards, the challenge will be to tailor the SCforH guidelines management system to the existing sports clubs development systems and to combine the interrelated working processes of the SCforH guidelines and the existing management systems. The development of health profiles for different sports disciplines and other SCforH Guidelines based work packages is also ongoing. In addition, a SCforH application has been submitted to the Erasmus+ programme in June 2014. The work will be continued under a new group of leaders, including Mr Sami Kokko (leader), University of Jyväskylä, Finland, Ms Aoife Lane (co-leader), Waterford Institute of Technology, Ireland. In addition, Mr Pekka Oja, UKK institute, Finland, Mr Pasi Koski and Ms Matleena Livson, Finnish Sports Confederation will take part in the leading group.

5.7 Working group on workplace HEPA promotion

A LinkedIn group for the working group started in January 2014 and has now 16 members; 2 new ones joined recently. The overview on sedentary behaviour activities in participating European countries was updated and was presented at the conference and annual meeting in Zurich in August 2014. The working group also organized a parallel session during the HEPA Europe conference in Zurich that will focus on sedentary behaviour in the workplace.

5.8 Working group on environmental approaches to HEPA promotion

Progress in this working group has focused on establishing who might be the potential members of the working group. Email invitations produced a very small response but those who have shown an interest will have the opportunity to develop a full programme of work next year. Activity has focused on supporting an application to the Erasmus + programme to develop European case studies of good practice and build capacity in developing environmental interventions in 6 European countries. This proposal was led by Professor Diane Crone from the University of Gloucester, supported by Prof Charlie Foster and Dr Nick Cavill, Oxford University, United Kingdom.

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

At the working group meeting in Helsinki in October 2013, the group had decided that also at the 5th HEPA Europe conference a parallel session on HEPA promotion and injury prevention should be offered. The Zurich conference included this topic into the call for abstracts and a session on injury prevention jointly with physical activity promotion in the elderly will take place. In addition, a systematic review on injury rates in children in different activity domains has been developed.

Unfortunately, despite exploring various funding opportunities, it has not been possible to secure funding for other working group activities. Options and possible next steps for the future of the working group are explored until the annual meeting in August in Zurich.

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

After the consensus workshop held in October 2013, additional exchange took place with the HEAT expert group to define the final approach for the HEAT 3.0 version and to finalize the meeting report. The new HEAT online tool, including updating text sections and explanatory texts was prepared in spring 2014 and presented on the occasion of the Fourth High-level Meeting on Transport, Health and Environment, 14-16 April 2014, Paris¹⁴. After the integration of further feedback, the final version was launched in August 2014, including also an FAQ section and a new methodology and user guide booklet (see also section 3.4.1 and chapter 3.8 Publications). The new methodology was presented at the HEPA Europe conference in Zurich and progress was reported at the annual meeting.

The elements of the HEAT communication strategy have been partly implemented and in particular, the section on the examples and applications of HEAT is pending an update and the use of social media for further dissemination will be explored. The development of the foreseen scientific publications was also delayed.

5.11 Working group on monitoring and surveillance of physical activity

Activities of this working group are focused on exchange of information on on monitoring of physical activity in Europe with the Joint Programme Initiative (JPI) DEDIPAC - the Knowledge Hub on the DEterminants of DIet and Physical Activity. During this work period, no advisory activities for ongoing initiatives on monitoring and surveillance of physical activity at the European level took place.

6 Activities to optimize the Network

6.1 Management and interaction with members and partners

The partner management strategy is being applied continuously through the chair, executive and the other members of the Steering Committee. Funding options have been discussed at each meeting of the Steering Committee and in May 2014, a HEPA Europe proposal has been submitted to the Erasmus+ programme.

A new mission statement leaflet has been finalized. Further implementation of the communication strategy has been delayed due to limited resources. New applications for membership and membership recruitment are discussed in close collaboration with the WHO Regional Office for Europe, also with regard to the currently developed WHO Framework of Engagement with Non-State Actors¹⁵.

¹⁴ http://www.unece.org/thepep/en/hlm/hl4_info.html

¹⁵ http://apps.who.int/gb/ebwha/pdf_files/WHA67/A67_6-en.pdf

7 Possible future activities

The two possible future activities, namely a teaching course and approaches on economic valuation of transport-related health effects have not yet been launched.

8 Publications

Scientific publications

The following publications were published from October 2013 to August 2014 (not counting those in review):

Peer-reviewed

- *Bull F, Milton K, Kahlmeier S, Arlotti A, Backovic-Jurican Andrea, Belander O, Martin BW, Martin-Diener E, Marques A, Mota J, Vasankari T, Vlasveld A:*
Turning the tide: national policy approaches to increasing physical activity in seven European countries: *British Journal of Sports Medicine*, doi: 10.1136/bjsports-2013-093200 [Epub ahead of print]

Not peer-reviewed:

- *Martin BW, Kahlmeier S:*
Physical activity and health at the population level – the role of international networks, *Journal on Research in Exercise Epidemiology* 2014; 16(1): 1-8.

Theme issue of the *Swiss Journal for Sports Medicine and Sports Traumatology*¹⁶, including:

- *Kahlmeier S, Popp C, Martin BW, Backovic-Jurican A, Banzer W, Berggren F, Engelsman EL, Foster C, Koornneef M, Oppert JM, Racioppi F, Rutter H, Šlachta R, Vasankari T, van Mechelen W:*
A systematic overview of institutions and bodies active in physical activity promotion in Europe. *Swiss Journal for Sports Medicine and Sports Traumatology*, 2014, 62(2): 13-18.
- *Martin-Diener E, Kahlmeier S, Vuillemin A, van Mechelen W, Vasankari T, Racioppi F, Martin BW:*
10 years of HEPA Europe: what made it possible and what is the way into the future? *Swiss Journal of Sports Medicine and Sports Traumatology*. 2014, 62(2): 6-12.
- *Vuillemin A, Kahlmeier S, van Mechelen W, Racioppi F, Vasankari T and the HEPA Europe Steering Committee HEPA Europe*
The European network for the promotion of health-enhancing physical activity. *Russian Journal for Preventive Medicine*, 2014, 17(N1):31-36 [in Russian, English version forthcoming]

Under review:

- *Kahlmeier S, Wijnhoven TMA, Alpiger P, Schweizer C, Breda J, Martin BW:*

¹⁶ <http://panh.ch/sportmed/desktop/default.htm>

National physical activity recommendations: what are countries doing across Europe? Under review with BMJ open.

Reports and other products

- WHO Regional Office for Europe (2014) - Development of the health economic assessment tools (HEAT) for walking and cycling, Meeting report of the consensus workshop in Bonn, Germany, 1–2 October 2013. Copenhagen, WHO Regional Office for Europe¹⁷.
- Kahlmeier S, Kelly P, Foster C, Götschi T, Cavill N, et al. (2014). Health economic assessment tools (HEAT) for walking and for cycling. Methodology and user guide—updated reprint 2014¹⁸. Copenhagen, WHO Regional Office for Europe.

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¹⁷ <http://www.euro.who.int/en/health-topics/environment-and-health/Transport-and-health/publications/2014/development-of-the-health-economic-assessment-tools-heat-for-walking-and-cycling>

¹⁸ www.euro.who.int/HEAT

ANNEX 5: WORK PROGRAMME 2014/2015

1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from September 2014 until the next annual meeting on 7-9 October 2015 are outlined in more detail.

1.1 *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 Regional Office for Europe¹⁹ 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 ²⁰ and communication strategy (see chapter 4.4.1)	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes •WHO/Europe Division of Noncommunicable Diseases and Health Promotion: - Collaboration and maximizing synergies with the joint WHO/Europe-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU - Support the development of a European Strategy on Physical Activity - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme	Continuously
•UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) - Continue close working collaborations with THE PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration	Continuously

¹⁹ After 31 December 2011, the activities of the Rome office related to HEPA Europe continued from the Division of Communicable Diseases, Health Security and Environment, Copenhagen office.

²⁰ 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>).

1.2 *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 other "Requirements for HEPA Europe - supported events" are met²³. 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 Regional Office for Europe.

In charge / participants

In charge: Host organizations, WHO Regional Office for Europe 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 give presentations on behalf of and mentioning HEPA Europe in 2014 / 2015.

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

²³ See "Requirements for HEPA Europe- supported events", August 2007.

2 Information dissemination

2.1 *Dissemination of products and publications of HEPA Europe*

Aim of the activity

To provide a comprehensive and attractive website as communication instrument where all relevant information on HEPA Europe is available and further dissemination to maximize the use and implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Working group leaders and members, Information Outreach Department, WHO Regional Office for Europe; 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 below)	Continuously
Perform regular updates of the website and distribute electronic news alerts 2 to 3 times per year	Continuously
Dissemination of available products, in particular: <i>Advocacy booklets on physical activity (Physical activity and health: evidence for action and Physical activity promotion in urban environments: the role of local governments; Promoting sport and enhancing health in European Union countries: a policy content analysis to support action)</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 4.4.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 4.1.2)	Continuously
Disseminate other related WHO products, for example Global Recommendations, Physical activity and nutrition country profiles, etc.	Continuously

2.2 11th annual meeting of HEPA Europe

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 inform on the Steering Committee elections 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 11th annual meeting will take place on 9 October 2015. The event will be kindly hosted by the Active Living Association, Istanbul, Turkey.

In charge / participants

In charge: Host institution; WHO Regional Office for Europe, 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	Fall 2014
Add a section announcing the meeting to the website	Fall 2014
Develop the conference website with organizers	Early 2015
Send out programme outline and first call for contributions	Early 2015
Open abstract submission	Spring 2015
Develop the information circular with the organizers and open registration	Spring 2015
Organize handling of incoming contributions and registrations with organizers	Summer 2015
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2015
Carrying out the meeting and conference	7-9 October 2015

2.3 European database on Nutrition, Obesity and Physical Activity (NOPA)

Aim of the activity

To support WHO Regional Office for Europe in maintaining the WHO European database on Nutrition, Obesity and Physical Activity (NOPA) to facilitate access of the Member States to available information, with a particular focus on physical activity. Relevant information has so far been collected from 44 countries. This activity also aims at finalizing the merging of all relevant information from a previous “International inventory of national policies and documents for promotion of physical activity” into NOPA. It is carried out in close

collaboration with the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). It

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO Regional Office for Europe

Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National HEPA Focal Points of the European Commission (EU countries only)

Possible partners

DG EAC

Work steps

	By when
Finalization and publication of analysis of available information on National Physical Activity recommendations in Europe (University of Zurich, Switzerland) <ul style="list-style-type: none">• Submission of scientific publication• Addressing of reviewer comments or re-submission to different journal• Final publication	Fall 2014 According to review time-lines
Support to finalization of merging of all relevant information from the inventory into NOPA Identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously

3 Projects, working groups, reports and products

3.1 *National approaches to physical activity promotion*

Aim of the activity

Review of examples of national physical activity approaches, including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- successful and less successful examples of implementation;

and identification of key elements of national approaches as well as development of tools and guidance for national strategies to promote HEPA.

In charge / participants

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

Co-lead: Mrs. Fiona Bull and Ms Karen Milton, GAPA / University of Western Australia and University of Sydney, Australia

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; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Maria Zadarko Domaradzka, University of Rzeszow, Poland; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Mr Ilan Fellmann, Federal Ministry for Defense and Sport, Austria; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Sanjin Kapetanovic, Ministry of Health, Bosnia and Herzegovina; Mr Jyrki Komulainen and Ms Miia Malvela, Fit for Life programme, Finland; Mr Michal Kudlacek, University of Olomouc, Czech Republic; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott; Queens University Belfast, Ireland; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Ms. Malgorzata Szukalska – Wrona, Ministry of Sport and Tourism, Poland; 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 Réka Veress, State Secretariat for Sport, Hungary; Ms Anne Vuillemin and Ms Aurélie Van Hoye, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland.

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"> • Finalization and publication of PAT version 2 • Inquiry on interest and feasibility of updated PAT versions from pilot countries • Depending on interest, establishment of exchange between countries to update their PATs 	Fall 2014 Early 2015 Spring 2015
Erasmus+EPHEPA project work package on "National strategies to promote sport and HEPA – good practice approaches" (if funded) <ul style="list-style-type: none"> • Prepare focus group meeting with PAT pilot country leads • Implementation and summary report • Organized collation of best practice dissemination tool examples 	Spring 2015 Summer 2015 Fall 2015
<ul style="list-style-type: none"> • Recruitment of interested countries to fill in PAT 	Fall 2015
Possible new activities (depending on funding) <ul style="list-style-type: none"> • Assessment of feasibility of development of additional outputs, for example: <ul style="list-style-type: none"> ○ short version of PAT, 2-page summary template, advocacy leaflet(s), communication products and activities ○ translations of PAT template 	Summer 2015
Presentation of progress at the 11 th annual meeting	9 October 2015

3.2 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
- analyses of selected approaches.

In charge / participants

In charge: Ms Catherine Woods, Dublin City University; Ireland; Anna Chalkley, Loughborough University, United Kingdom.

Participants: 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 Peter Barendse, NISB, the Netherlands; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Anna Chalkley, Loughborough University; United Kingdom; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Dorien Dijk, NISB, the Netherlands; Ms Rosa Diketmueller, University of Vienna, Austria; Ms Andreja Drev, National Public Health Institute, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Karsten Froberg, Denmark, Schools for Health Europe (SHE) network; Mr Anders Grøntved and Mr Niels Christian Møller, University of Southern Denmark; Ms Anne-Mari Jussila, UKK Institute, Finland; Ms Kiara Lewis, University of Huddersfield, United Kingdom; Mr Jukka Karvinen, Nuori Suomi, Finland; Rebecca Kemmler Mueller, German Youth Sport, Germany; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Ms Aoife Lane, Waterford Institute of Technology, Ireland; Mr Bronagh McGrane and Sarahjane Belton, DCU; Ireland; Ms Karen Milton, Loughborough University, United Kingdom; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Wesley O'Brien, University of Bolton, United Kingdom; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Maria Scatigna, University of L'Aquila, Italy; Ms Jantine Slinger and Ms Eline Vlasblom, TNO, the Netherlands; Mr Matti Hakamäki, Mr Jouni Kallo, Ms Katariina Kamppi, Ms Tuija Tammelin, Ms Heidi Syvaga, Ms Henna Hapala and Ms Huidi Syvaga, all LIKES programme, Finland; Ms Eleanor Quedsted and Ms Joan Duda, Birmingham University; United Kingdom; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; WHO Regional Office for Europe, Child and Adolescent Health 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 (ENERGY₁₇), Mr Johannes Brug, VU University Medical Centre, the

Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Hearth Study.

Work steps

	By when
Develop a database on interventions to promote physical activity and sport currently available in Europe <ul style="list-style-type: none"> • Share information on existing Dutch NISB-database and compile feedback on template • Obtain working group consensus on template • Disseminate revised template to WG members and start completion • Discuss hosting options and dissemination within and outside the WG, and potential to obtain funding for this. • Organise symposia at relevant international conferences by members of the WG • Find out more on how to support the WG members to attend meetings to share their expertise with other members in the group, outside of the annual HEPA Europe conference 	<p>Fall 2014</p> <p>Spring 2015</p> <p>Spring 2015</p> <p>Summer 2015</p> <p>Fall 2015</p> <p>Ongoing</p>
Collection of publications on the role of parents in the promotion of physical activity or sport, and how best to recruit and engage parents in complex interventions within the community setting, for inclusion into the database (see above)	Summer 2015
Information on existing systematic reviews of interventions for children, for inclusion into the database (see above)	Summer 2015
Continued	By when
Physical Activity Report Card and the Global Matrix on Physical Activity <ul style="list-style-type: none"> • Disseminate information on the report card, and its global matrix to WG members • Encourage countries not yet in the global matrix to become involved 	<p>Spring 2015</p> <p>Summer 2015</p>
Presentation of progress at the 11th annual meeting	9 October 2015

3.3 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 Bob Laventure, Loughborough University, United Kingdom (chair) and Liesbeth Preller (secretariat), NISB, the Netherlands

Participants: Ms Debbie Clayton, Cardiff Met University, United Kingdom; Ms Janet Djomba, National Institute for Public Health, Slovenia; Mr Narcis Gusi, Universidad de Extramedura, Spain; Mr Herbert Hartmann, ISCA; Germany; Anu Havas, The Age Institute, Finland; Saija Karinkanta, The United Kingdom; Institute for health promotion, Finland; Ms Elina Karvinen, The Age-institute, Finland; Tjasa Knific, National Institute for Public Health, Slovenia; Mr Maarten Koornneef,; Ministry of Health and Sport, the Netherlands; Karolina Mackiewicz, Baltic Region Healthy Cities Association, Finland; Nico van Meeteren, Netherlands Organisation for Applied Scientific Research (TNO)/ EUNAAPA, the Netherlands; Mr Jorge Mota, University of Porto, Portugal; Mimi Rodriquez, FIAF, Italy; Ms Minna Säpyskä-Nordberg, The Age Institute, Finland; Heli Starck, The Age Institute, Finland; Réka Varess, State Secretariat for Sport and Youth, Ministry of Human Resource, Hungary; WHO Regional Office for Europe Environment and Health Policy and Governance

Possible partners

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)²⁴, Prevention of Falls Network for Dissemination²⁵ (ProFouND), European Group for Research into Elderly and Physical Activity²⁶ (EGREPPA), ENO, EIPAH.

Work steps

	By when
Increase in communications with HEPA membership	Continuously
Continue collection of national programmes for HEPA Active Ageing mapping activity	Fall 2014
Continue exchange with EUNAAPA programme (Rotterdam Sept 2014 meeting) and agree on further steps	Fall 2014
Work with PROFOUND network of collaboration on falls prevention	Winter 2014
Strengthening of working group membership in relation to research and implementation	Winter 2014
Analysis of mapping exercise results and compilation of report and recommendations on national programmes	Spring 2015
Presentation of progress at the 11th annual meeting	9 October 2015

²⁴ <http://www.eunaapa.org>

²⁵ <http://profound.eu.com/>

²⁶ <http://www.egrepa.org/>

3.4 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 communities²⁷ in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of 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 promote discussion and sharing of resources and information amongst HEPA WG members
- 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

Participants: Ms Anita Vlasveld, NISB, The Netherlands; Ms Carina Edling, Swedish National Institute of Public Health; Mr Narcis Gusi, Caceres, Spain; Ms Marie H Murphy, University of Ulster, Northern Ireland; Mr Rustam Talishinskiy, Azerbaijan; Ms Constanze Santarossa, Sportsmedicine Institute, Germany; Mr Christian Fessl, Wiener Gesundheitsförderung- Wi, Austria; Ms Ruth Hunter, Queen's University Northern Ireland; Ms Judit Farkas, Budapest, Hungary; Ms Maureen Kidd, NHS Scotland, United Kingdom; Mr Paul Jarvis, StreetGames, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Ms Annalouise Muldoon, Waterford Institute of Technology, Ireland; Ms Jessica Maertin, Palacky University, Czech Republic; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Mr Tamás Dóczi, Semmelweis University, Hungary; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili, Spain; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health Sciences, Finland; Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Ms Jane South, Centre for Health Promotion Research, Leeds Metropolitan University, United Kingdom; Ms Claire Cleland, QUB, Northern Ireland; Ms Annmarie Wagemakers, Wageningen University, Netherlands; Ms Cindy Gray, University of Glasgow, United Kingdom; Kwok NG, University of Jyväskylä, Finland.

²⁷ 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.

Possible partners

WHO European Centre for Environment and Health, Bonn office; ISCA

Work steps

	By when
Teleconference	Fall 2014
Work towards a COST action or ERASMUS+ submission from the WG	Continuously
Discuss collaboration with other agencies outside of the sport or health sectors, to promote physical activity in socially disadvantaged groups	Winter 2014
Presentation of progress at the 11 th annual meeting	9 October 2015

3.5 HEPA promotion in health care settings

Aim of the activity

Providing individuals with advice and access to offers through health care providers is one of the recommended approaches to physical activity promotion. This working group aims to promote health-care related HEPA activities across the Region. Main activities will include identifying common concerns, sharing information on development and research, promoting good practice, informing policy and strategy and advocating for evidence-based interventions.

In charge / participants

In charge: Mr Malcolm Ward, Public Health Wales; Ms Eszter Füzéki, Goethe University Frankfurt, Germany, Ms Jeannie Wyatt-Williams, Welsh Local Government Association, United Kingdom

Core members: Mr Christopher Gidlow, Staffordshire University, United Kingdom; Ms Elaine McNish, British Heart Foundation National Centre for Physical Activity & Health, United Kingdom; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Rhodri Martin; Ms Diane Crone, University of Gloucestershire, United Kingdom.

Collaborators: Mr Jürgen Steinacker, European Exercise Is Medicine; Mats Börjesson, Health Promoting Hospitals network; Andrea Backovic Jurican, WCPT Network on Health Promotion in Life and Work; Maarten Koornneef, NISB, the Netherlands; Susanne Hollmann, DG EAC, European Commission; Lena Kallings, Swedish School of Sport and Health Sciences (GIH), Uppsala University Sweden; Pierpaolo de Feo, University of Perugia, Italy.

Participants: Ms Minna Aittasalo – UKK Institute for Health Promotion Research, Finland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Winfried Banzer, University of Frankfurt, Germany; Mr William Bird, Intelligent Health, United Kingdom; Mr Olivier Blanson Henkemans, TNO, the Netherlands; Mr Raphael Bize, University Hospital of Lausanne, Switzerland; Ms Nika Berlic, Institute for Economic Research, Slovenia; Ms Ellen Blom, Norwegian Directorate of Health, Norway; Ms Brenda Berendsen, Maastricht University, the Netherlands; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Sarah Bolitho, Wales, United Kingdom; Ms Alenka Borovnicar, National Institute of Public Health, Slovenia; Ms Caroline Charlier, Ghent University, Belgium; Ms Mojca Cinc, National Institute of Public Health, Slovenia; Mr Dushy Clarke, England, United Kingdom; Mr Christophe Delecluse, KU Leuven University, Belgium; Mr Aiden Doherty,

Ireland; Ms Carina Edling, National Institute of Public Health, Sweden; Ms Mojca Divjak, National Institute of Public Health, Slovenia; Mr Jan Dygryn, Palacký University, Czech Republic; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Ulf Eriksson, Karolinska Institute, Sweden; Ms Rebecca Evans, Wales, United Kingdom; Mr Karsten Froberg, University of Southern Denmark, Denmark; Mr Narcis Gusi, University of Extremadura, Spain; Ms Maria Hagströmer, Karolinska Institute, Sweden; Mr Boris Gojanovic; University Hospital Center Vaudois, Switzerland; Mr Christopher Gourley, Scotland, United Kingdom; Ms Marike Hendriks, Maastricht University, the Netherlands; Ms Josanne Huijg, Leiden University, the Netherlands; Mr Miroljub Jakovljevic, University of Ljubljana, Slovenia; Mr Ales Jakubec, Palacký University, Czech Republic; Ms Dina Jones, West Virginia University, USA; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Mr Alan Kacin, University of Ljubljana, Slovenia; Ms Maureen Kidd, University of Glasgow, United Kingdom; Mr Jeff Kirk Svane, Lunds University, Denmark; Ms Iva Klimesova, Palacký University, Czech Republic; Mr Maarten Koornneef, NISB, the Netherlands; Ms Andreja Kvas, University of Ljubljana, Slovenia; Ms Kaisa Laine and Ms Saila Hänninen, City of Helsinki's Sports Department, Finland; Mr Matti Leijon, Lunds University, Sweden; Ms Miia Malvela and Mr Jyrki Komulainen, LIKES Research Centre, Finland; Ms Chloe McAdam, University of Edinburgh, Scotland, United Kingdom; Sebastià Mas Alòs, INEFC, Spain; Mr Brian Martin, University of Zurich, Switzerland; Ms Niamh Martin, NHS Health Scotland, United Kingdom; Ms Sofie Martien, KU Leuven University, Belgium; Mr Matic Meglic, National Institute of Public Health, Slovenia; Sofie Moresi, Fontys University, the Netherlands; Mr Simon Murphy, Cardiff University, Wales, United Kingdom; Ms Marie Murphy, University of Ulster, Ireland; Mr Pedro Olivares, Spain; Mr Jean-Michel Oppert, APHP, France; Ms Anne Phillips, Public Health Wales, Wales, United Kingdom; Vesna-Kerstin Petric, Ministry of Health, Slovenia; Mr Michael Pratt, CDC, USA; Ms Ana Queralt, University of Valencia, Spain; Nerys Rowlands, Conwy CBC, Wales, United Kingdom; Ms Maria Romeo-Velilla, Staffordshire University, England, United Kingdom; Ms Sylvie Schiettekatte, Athlon, Spain; Ms Marija Seljak, National Institute of Public Health, Slovenia; Mr Mickey Scheinowitz, Tel Aviv University, Israel; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Radim Šlachta, Agel Sport Clinic, Czech Republic; Ms Miroslava Spurna, Palacký University, Czech Republic; Ms Hanne Tønnesen, Lunds University, Denmark; Ms Lene Palmberg Thorsen, Norwegian Directorate of Health; Ms Sonja van Dillen, Wageningen University, the Netherlands; Ms Ann-Sophie Van Hoecke, KU Leuven University, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Ms Karen Visser, Cardiff University, Wales, United Kingdom; Sanja Vrbovsek, National Institute of Public Health, Slovenia; Ms Annemarie Wagemakers, Wageningen University, Netherlands; Mr Richard Webb, Cardiff Metropolitan University, Wales, United Kingdom; Mr Simon Williams, University of South Wales, Wales, United Kingdom; Ms Jana Witt, Cardiff University, Wales, United Kingdom; Mr Hakan Yaman, Akdeniz University, Turkey; Ms Jozica Zakotnik, National Institute of Public Health, Slovenia; Mr Zlatka Fras, Ljubljana University Medical Centre, Slovenia;

Possible partners

Exercise is Medicine

Work steps

	By when
Extended survey on „Physical activity in medical curriculum in Europe“	Fall 2014
Develop report on “Country examples - exercise on prescription schemes”	Winter 2014
Presentation of progress at the 11 th annual meeting	9 October 2015

3.6 *Sport clubs for health*

Aim of the activity

The program aims to strengthen the European Sports Club for Health (SCforH) Network with the purpose of promoting HEPA in the sports club setting, to encourage the European sports organizations to implement the EU Physical Activity Guidelines and to further develop the SCforH Guidelines with a special focus on sports clubs and their role as the health promoting institution.

In the HEPA Europe framework the project is aiming especially at connecting with the scientific community, the EU and the WHO.

In charge / participants

In charge: Mr Sami Kokko (leader), University of Jyväskylä, Finland; Ms Aoife Lane, Waterford Institute of Technology (co-leader), Mr Pekka Oja, Finland; Mr Pasi Koski, University of Turku, Finland; Ms Matleena Livson, Finnish Sports Confederation

Participants:

1) Core group

Mr Herbert Hartmann, ISCA; Stjepan Heimer, University of Zagreb, Croatia, Mr Charlie Foster, Oxford University, United Kingdom; Michal Kudlacek, University of Olomouc, Czech Republic; Ms Eerika Laalo-Häikiö, Finnish Swimming Association; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Zeljko Pedisic, Croatia; Ms Maja Pori, University of Ljubljana, Slovenia; Mr Jorma Savola, Finnish Sports Confederation.

2) Interested persons

Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF; Markus Nahas, Brazil; Jacob Schoufuborc, Denmark; Daniel Dick, Austria; Niamh Murphy, Waterford Institute of Technology, Ireland; Sally Wyke, Scotland; Pierre Jallow, Finland; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland.

Possible partners

Possible partners are e.g. National Sports Federations, European Sports Federations (in different sports discipline) and the European Company Sports Federation (EFCS), ISCA, TAFISA, International Olympic Committee (IOC) and others.

Work steps

	By when
Communication between partner organizations (resource database, articles, etc.)	Continuously
Strengthen the ScforH network with researchers and practitioners	Continuously
Possible new activity as part of an Erasmus+—funded project “Promoting national implementation for Sports Club for Health (SCforH) programmes in Member States” (depending on funding)	Summer 2015
Prepare a working group meeting in the framework of the annual HEPA Europe meeting	Summer 2015
Presentation of progress at the 11 th annual meeting	9 October 2015

3.7 Workplace 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. Because sedentary behavior (of employees) is a relevant new research area with important health risks, it was decided to focus the attention on this subject.

In charge / participants

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

Participants: Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon, Belgium; Ms Fabienne Frick, German Sport University Cologne/Germany; Ms Pinar Gürer, Active Living Association, Turkey; Mr Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Paweł Król, Faculty of Physical Education, University of Rzeszow, Poland; Ms Matleena Livson, The Finnish Sports, Finland; Ms Maria Lopatina, Ministry of Health, Russian Federation; Ms Riita Luoto, UKK Institute, Finland; Ms Niina Valkama, Fit for Life Program, Finland; Mr Hidde van der Ploeg, VU Medical School, the Netherlands.

Possible partners

European Network for Workplace Health Promotion (ENWHP)
Sedentary Behaviour Research Network (SBRN)

Work steps

	By when
Continue survey on the development of scientific research and policy on sedentary behavior at the workplace in European countries	Fall 2014
Explore cooperation with other networks/organizations	Fall 2014
Develop first draft of publication on good practices, instruments and interventions on sedentary behaviour at the workplace in European countries	Spring 2015
Update survey on the development of scientific research and policy on sedentary behavior at the workplace in European countries	Fall 2015
Prepare symposium on sedentary behaviour during the HEPA Europe conference 2015	Summer 2015
Explore cooperation with the HEPA Europe working groups on children and active ageing with regard to sedentary behavior (research, funding)	Continuously
Presentation of progress at the 11 th annual meeting	9 October 2015

3.8 Environmental approaches to HEPA promotion

Aim of the activity

This working groups aims to:

- raise the profile of the impact of the environment on HEPA
- support the translation of relevant evidence to policy, practice and research, and
- develop a shared research and capacity building project.

In charge / participants

In charge: Dr Charlie Foster, BHF Health Promotion Research Group and WHO Collaboration Centre for Population Approaches to NCD Prevention, University of Oxford, United Kingdom

Participants: interested HEPA Europe members and other experts, to be further defined

Possible partners

To be defined

Work steps

	By when
Possible new activities as part of Erasmus+ project on Supporting Policy and Action for Active Environments (SPAcE)	
Presentation of progress at the 11th annual meeting	9 October 2015

3.9 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 has been 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 Khanom Ashrafunnesa, Swansea University, United Kingdom, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Kati Pasanen and Mr Jari Parkkari, UKK Institute, Tampere, Finland; Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, United Kingdom; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Toomas Timpka, Linköping University, Sweden; Ms Joske Nauta, 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
Discussion of future scenarios for working group	Fall 2014
Decision about future of working group and definition of next steps	End of 2014
Presentation of progress at the 11 th annual meeting	9 October 2015

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

Aim of the activity

This project aims at developing and disseminating 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 developed²⁸.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)²⁹ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO Regional Office for Europe, 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 Thomas Götschi, ISPM, University of Zurich, Switzerland; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Paul Kelly, University of Edinburgh, United Kingdom; Mr David Rojas, CREAL, Spain; Mr Harry Rutter, London School of Hygiene & Tropical Medicine, 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, OECD, Centers for Disease Control and Prevention, United States of America

Work steps

	By when
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none">• Exploration of use of social media for further dissemination• Presentations at meetings, workshops and conferences• Webinars (English and German)	Continuously
Preparation and implementation of the 4 th HEAT consensus workshop	Winter 2014
Implementation of conclusions of 4 th consensus workshop	Summer 2015
Scientific publications <ul style="list-style-type: none">• HEAT walking methodology paper (Cavill N et al.)	Spring 2015

²⁸ <http://www.euro.who.int/HEAT>

²⁹ www.thepep.org

• Paper on development process / policy perspective (Kahlmeier S et al.)	Summer 2015
Presentation of progress at the 11 th annual meeting	9 October 2015

3.11 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. Ingrid Hendriksen, TNO, the Netherlands

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Ulf Ekelund, Norwegian School of Sport Science, Norway; 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 Nadine Mewes, Karlsruhe Institute of Technology, Germany; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; 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; Ms Anne Vuillemin, University of Lorraine, France.

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 University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Work steps

	By when
Exchange information on monitoring of physical activity in Europe with JPI DEDIPAC (progress and data bases)	Continuously
Advise ongoing projects on monitoring and surveillance of physical activity at the European level (a.o. Eurobarometer, SILK)	Continuously
Presentation of progress at the 11 th annual meeting	9 October 2015

4 Activities to optimize the Network

4.1 *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 model³⁰ 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 Regional Office for Europe 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

Work steps

	By when
Implementation the partner management strategy	Continuously
Further development and implementation of the funding strategy	Continuously
Development of a member and recruitment strategy <ul style="list-style-type: none"> • Define steps and approaches depending on available resources, in close collaboration with WHO 	Depending on finalization of WHO partnership strategy
Presentation of progress at the 11 th annual meeting	9 October 2015

³⁰ See footnote 20, page 7

5 Possible future activities

5.1 *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

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; 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	

ANNEX 5: LIST OF PARTICIPANTS

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Dr. Michal Kudlacek

Faculty of Physical Culture
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Mr. Keijo Kuusela

Southwest Finland Centre for Economic
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Public Health Office
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Dr. Liliana Leone

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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 10th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. It was attended by 111 participants from 26 European Member States as well as from other regions and from the World Health Organization. The event included parallel sessions of six HEPA Europe working groups on 28 August 2014. At the annual meeting on 29 August, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2013/2014 and the work programme 2014/2015 as well as future options for funding. In addition, 14 new membership and 2 observer applications were confirmed and the election of all candidates for the Steering Committee through online elections was communicated. A new HEPA Europe leaflet was also presented.

The 5th HEPA Europe conference took place back-to-back with the annual meeting on 27-28 August 2014, organized by the EBPI, University of Zurich, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 199 participants from 23 countries of the WHO European Region and from Australia, Brazil, Canada, Japan and the United States of America. It included 5 key note lectures, 10 parallel oral sessions and 73 poster presentations in 10 walking poster sessions.

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