



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

Eleventh annual
meeting of HEPA
Europe

European network for the
promotion of health-
enhancing physical activity

Report of a WHO meeting
08-09 October 2015
Istanbul, Turkey





**World Health
Organization**

REGIONAL OFFICE FOR **Europe**

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

**Report of a WHO meeting
8-9 October 2015
Istanbul, Turkey**



ABSTRACT

The 11th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies, Hacettepe University Faculty of Sport Sciences. It was attended by 63 participants from 22 European Member States as well as from other regions and from the World Health Organization. The event included parallel sessions of 7 HEPA Europe working groups on 8 October 2015. At the annual meeting on 9 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2014/2015 and the work programme 2015/2016. They also took note of the update on future options for funding. In addition, 6 new memberships were confirmed and the results of the elections the candidates for the Steering Committee and chairman were communicated.

The 6th HEPA Europe conference took place back-to-back with the annual meeting on 7-8 October 2015, organized by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies, Hacettepe University Faculty of Sport Sciences and Acibadem University, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 131 participants from 25 countries of the WHO European Region and from Iran, South Africa and the United States of America; the European Commission contributed through phone connection. It included 4 keynote lectures, 2 symposia, 6 parallel oral sessions, 6 walking poster sessions and 2 workshops.

Keywords

HEALTH PROMOTION
HEALTH PLANNING
PHYSICAL FITNESS
EXERCISE
CONGRESSES
EUROPE

Address requests about publications of the WHO Regional Office for Europe to:

Publications
WHO Regional Office for Europe
Scherfigsvej 8
DK-2100 Copenhagen Ø, Denmark

Alternatively, complete an online request form for documentation, health information, or for permission to quote or translate, on the WHO/Europe web site at <http://www.euro.who.int/pubrequest>.

© World Health Organization 2016

All rights reserved. The Regional Office for Europe of the World Health Organization welcomes requests for permission to reproduce or translate its publications, in part or in full.

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either express or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. The views expressed by authors, editors, or expert groups do not necessarily represent the decisions or the stated policy of the World Health Organization.

CONTENTS

1	Introduction and overview	4
1.1	Acknowledgements	5
2	6th HEPA Europe conference	5
3	Parallel sessions of HEPA Europe working groups and related events... 6	6
3.1	Workplace HEPA promotion	6
3.2	Sport Clubs for Health	7
3.3	Joint session on physical activity and sport promotion in children and youth / HEPA promotion in socially disadvantaged groups	7
3.4	Joint session on HEPA promotion in health care settings, active ageing and HEPA promotion and the environment	7
3.5	Early career network meeting and poster award	8
3.6	HEPA-Europe EU updates session	8
4	Report of the 11th annual meeting	9
4.1	Introduction	9
4.2	Membership applications and overview of membership.....	9
4.3	Results of the Steering Committee elections	11
4.4	HEPA Europe survey 2015	13
4.5	Activity report 2014/2015: overview.....	14
4.6	Work programme 2015/2016.....	15
4.7	Next annual meetings of HEPA Europe	17
4.8	Closing of the meeting	17
5	Evaluation of the meeting	17
	Annex 1: List of working and background papers	19
	Annex 2: Detailed programme of the meeting.....	20
	Annex 3: List of members of HEPA Europe	21
	Annex 4: HEPA Europe activity report 2014/2015 and Work Programme 2015/2016 ...	25
	Annex 5: List of participants.....	58

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, Helsinki, Finland (back to back with the 4th HEPA Europe conference) in 2013 and Zurich (back to back with the 5th HEPA Europe conference) in 2014.

The 11th annual meeting of HEPA Europe took place on 7-8 October 2015. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of 7 HEPA Europe working groups (of which two were held as joint sessions of several 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 and chairperson;
- endorsement of updated Terms of Reference of 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 Physical activity strategy for the WHO European Region 2016–2025, the Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, and the EU Council Recommendation on HEPA;
2. review and discuss progress made in HEPA Europe's tenth 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 2014/2015 and work programme 2015/2016 (see Annex 4)

The annual meeting was attended by 63 participants from member and non-member institutions and organizations located in the following 22 European countries: Austria, Belgium, Croatia, Czech Republic, Denmark, Finland, France, Germany, Ireland, Italy, Luxembourg, Montenegro, Netherlands, Norway, Poland, Portugal, Romania, Slovenia, Spain, Switzerland, Turkey and the United Kingdom (see Annex 6 for list of participants) as well as representatives from Iran 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 7-8 October 2015, the 6th HEPA Europe conference took place (see chapter 2 below).

1.1 Acknowledgements

The 11th annual meeting of HEPA Europe was kindly hosted by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies and Hacettepe University Faculty of Sport Sciences, Turkey.

The 6th HEPA Europe Conference was organized by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies, Hacettepe University Faculty of Sport Sciences and Acibadem University, and co-sponsored by the WHO Regional Office for Europe and the International Society for Physical Activity and Health (ISPAH). It was financially supported by the Acibadem Health Insurance.

2 6th HEPA Europe conference

Back to back with the 11th annual meeting, the 6th HEPA Europe conference took place on 7-8 October 2015¹, featuring as main topic “Promoting Active Living: The Collaborative Perspective”. The event was attended by 131 participants from 25 countries of the WHO European region as well as from Iran (Islamic Republic of), South Africa and the United States of America and from the World Health Organization and the European Commission (through remote connection).

The conference was opened by Haydar Demirel (chair scientific committee, University of Ankara) and Tommi Vasankari (Chairman of HEPA Europe). The Director of Acibadem University, Haluk Özsari, also warmly welcomed HEPA Europe to Istanbul. The opening session concluded with a presentation of the recently adopted Physical Activity Strategy for WHO European Region 2016-2025 by Francesca Racioppi, Environment and Health Policy and Governance, WHO Regional Office for Europe.

The programme included four keynote lectures on state of the art scientific topics², namely:

- Exercise is a good medicine, by Scott Powers, College of Health and Human Performance, University of Florida, United States of America
- Workplace physical activity interventions in a cost-effectiveness perspective, by Willem van Mechelen, Department of Public and Occupational Health and EMGO Institute for Health and Care Research, VU University Medical Center, Amsterdam, the Netherlands
- Total physical activity is associated with positive health outcomes and occupational physical activity is not: how come?”, by Allard van der Beek, Free University Medical Centre, Amsterdam, the Netherlands
- Can photos and maps help us to understand and change physical activity? by Charlie Foster, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom

¹ <http://www.ebpi.uzh.ch/hepaeurope2014>

² Podcasts available at <http://www.hepa2015.org/videos/>

The meeting further included 6 parallel oral sessions and 6 walking poster sessions on the following topics:

- Sedentary behavior
- Exercise in health and chronic diseases
- Policies, interventions and promotion of physical activity
- Psycho-social aspects of physical activity and epidemiology
- Economic dimensions, technological innovations, monitoring of physical activity
- Environmental approaches to active living, active design, urban planning
- Physical activity and body composition in youth and children
- Interventions and promotion of physical activity in youth and children
- Psychosocial aspects of physical activity in youth and children

The organizers offered excellent hosting to the participants including the traditional conference dinner.

3 Parallel sessions of HEPA Europe working groups and related events

On 8 October 2015, seven of HEPA Europe's working groups (see also work programme, Annex 4) held parallel sessions (two of which as joint sessions by several working groups) to discuss progress and next steps in advance of the plenary annual meeting on the next day. Brief summaries are provided below.

3.1 Workplace HEPA promotion

This working group session was lead by Ms Ingrid Hendriksen, Netherlands Organization for Applied Scientific Research (TNO) and Ms Karen Hitters National Institute for Sport and Physical Activity (NISB). The session started with group discussions on ideas and current on practices to sedentary behavior in the workplace setting. Each group briefly presented the results of the group discussions. Subsequently, Ms Hendriksen gave a presentation on existing technical devices and tools that can support interventions to reduce sedentary behavior at the workplace.

Participants also discussed the work steps for the following year, including the finalization of a review of the working group on activities undertaken to reduce sedentary behavior at the workplace in different countries in Europe. It was also decided: to continue the annual update the survey on scientific research and policy on sedentary behavior at the workplace in European countries, and to develop an overview on tools, instruments and approaches that are used in practice in the participating countries. Participants also discussed possibilities for funding of joint initiatives or projects of the working group and decided to further explore cooperation with the HEPA Europe working groups on children and on active ageing with regard to sedentary behavior.

3.2 Sport Clubs for Health

This session was chaired and opened by adjunct professor Sami Kokko, University of Jyväskylä, Finland. First, Ms Matleena Livson, Finnish Sports Confederation, gave an overview of the Erasmus+ project “Promoting national implementation for Sports Club for Health (SCforH) programmes in EU member states”³. Sami Kokko presented the general framework and scope for SCforH as “Health-Enhancing Sports Activity (HESPA)” and its relation to physical activity, HEPA, exercise, and sport club activities. A number of points were discussed with participants, including the focus and the role of competitive sport in this framework (next to the health-promoting focus), the importance of training of coaches and health profiles of different sport types. Pekka Oja, formerly UKK Institute for Health Promotion Research, Finland, presented work steps of one work package in more detail, aiming to reviewing the current status of the SCforH implementation in the EU countries. Finally, Sami Kokko gave an overview of the project plans for strengthening the scientific evidence base for the SCforH programmes.

3.3 Joint session on physical activity and sport promotion in children and youth / HEPA promotion in socially disadvantaged groups

This session was chaired by Ms Catherine Woods, Dublin City University, Ireland and Ms Niamh Murphy, Waterford Institute, Ireland. The session began with a summary of work completed by the working group on children and youth over the last year. Ms Woods also thanked the group at the end of her term as the position of chair and introduced the new working group chair Mr Paolo Adami, Italian Aerobics and Fitness Association (FIAF). Ms Murphy provided an update on the working group for socially disadvantaged groups and a discussion was held as to the possible merit of merging the two working groups. While opportunities to collaborate on certain issues were underlined, it was agreed to maintain two separate working groups.

The meeting concluded with Mr Adami providing an outline of the plans for the working group on children and youth for the next term and agreeing upon the next working group meeting date.

3.4 Joint session on HEPA promotion in health care settings, active ageing and HEPA promotion and the environment

This joint session was chaired by Mr Charlie Foster, Oxford University, United Kingdom (past chair working group on HEPA promotion and the environment). To start the discussions, Mr Malcolm Ward from Public Health Wales, United Kingdom (co-chair working group on HEPA promotion in health care settings) summarised evidence and examples of practice related to physical activity and health in the natural environment. Ms Liesbeth Preller (secretary of HEPA Europe Active Ageing working group) provided an overview of evidence and practice on barriers and facilitators for older people regarding cycling and walking. A general discussion amongst participants followed, sharing information regarding relevant practices and associated issues on the different topics in their respective countries. Participants also expressed support for a proposal to aim at organizing a workshop on examples of practice of methods and interventions by healthcare professionals from around

³ See www.scforh.info

Europe to address cross-cutting lifestyle issues, including physical activity, with patients. Mr Ward also updated on the work his group had undertaken mapping physical activity promotion interventions in health care settings and thanked members for their contributions, while information that there was still opportunity for others to submit case studies.

Finally, with Mr Josef Mitáš, Palacký University Olomouc, Czech Republic, a new lead for the working group on environment was identified.

3.5 Early career network meeting and poster award

Under the lead of Anna Chalkley; Loughborough University, and Karen Milton, Oxford University, the first HEPA Europe meeting of early career researchers, i.e. researchers with up to 10 years of experience, was convened on 7 October. The main aim of the meeting was to discuss the needs of early career researchers and to explore how HEPA Europe could support meeting those. Topics discussed included facilitating stronger involvement of early career researchers into the HEPA Europe conferences, which was seen as the central event, rather than organizing separate events throughout the year. A range of ideas and suggestions were collated around awareness raising for HEPA Europe within this target group and on conference-related activities, including for example organizing a workshop for early career researchers focused on key themes of interest such as statistics and/or a “speak to the experts” or a networking session.

In addition, a competition for an early career poster award was launched, for which 4 poster presenters applied. Ms Tsaja Knific, National Institute of Public Health Slovenia, won this award for her poster on “Screening system for functional disability and physical activity workshops for elderly in Slovenia”.

3.6 HEPA-Europe EU updates session

The proceedings also included a session focusing on EU updates. Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, and Chairperson of HEPA Europe, chaired and opened the session, explaining its origins: until 2014, meetings of the HEPA Europe – EU Contact Group were held within the framework of the annual meeting of HEPA Europe. The establishment of this Contact Group in 2011 was 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. With the establishment of official EU HEPA Focal Points in 2014, it had been agreed to replace the previous HEPA Europe – EU Contact Group meetings with an EU updates session in the framework of the HEPA Europe conference. The main aims would remain largely the same, namely:

- to provide an interface between the HEPA Europe network and the European Commission; and
- to provide a common platform for the exchange of knowledge, information, practices.

Delegates were then informed on the main HEPA- and sport-related developments in the European Commission by Susanne Hollmann, from the Sport Unit of the Directorate General Education and Culture (DG EAC) (connected remotely). She presented highlights from the implementation of the EU Work Plan for Sport 2014-2017, in particular the first EU Week on Sport that took place in September 2015. She also summarized the results of the 2014 and 2015 calls for proposals Erasmus+ programme in the field of Sport and outlined priorities of the next call for 2016.

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, endorsed by Member States at the sixty-fifth session of the WHO Regional Committee in September 2015. In line with the recognized importance of intersectoral action, the strategy was developed along 5 priority areas structured along the life course. It proposes a number of specific objectives to Member States, including activities in the following areas:

- coordinating mechanisms
- promote alliances
- pregnancy, early childhood, preschools and schools
- reducing car traffic, promoting walking and cycling suitability
- counselling, prevention, treatment and rehabilitation
- access for vulnerable groups, advice to older people
- infrastructure and environment older people
- strengthen surveillance systems and evidence base.

Joao Breda closed warmly thanking HEPA Europe for the strong support throughout the development of the strategy and underlined the importance of the network for its implementation.

4 Report of the 11th 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, 63 participants from member as well as non-member institutions from 22 European countries were registered as well as representatives from the World Health Organization (see Annex 6 for list of participants) registered.

4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁴ for membership from 6 institutions from August 2014 to August 2015. These temporary members were proposed to the network for confirmation.

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

- European Centre of Studies and Initiatives (CESIE), Palermo, Italy
- Faculty for Sport and Physical Education, Niksic, Montenegro
- Medical Centre Division Sports and Rehabilitation, Ulm University, Germany
- Medical School Hamburg, Germany
- National Institute for Public Health and the Environment (RIVM), Bilthoven, the Netherlands

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

- School of Health and Science, Dundalk Institute of Technology, Ireland

The network now counts 143 national and 2 international member institutions and 3 honorary members from 34 countries, as well as 6 observers (see Table 1 and Annex 3 for full list).

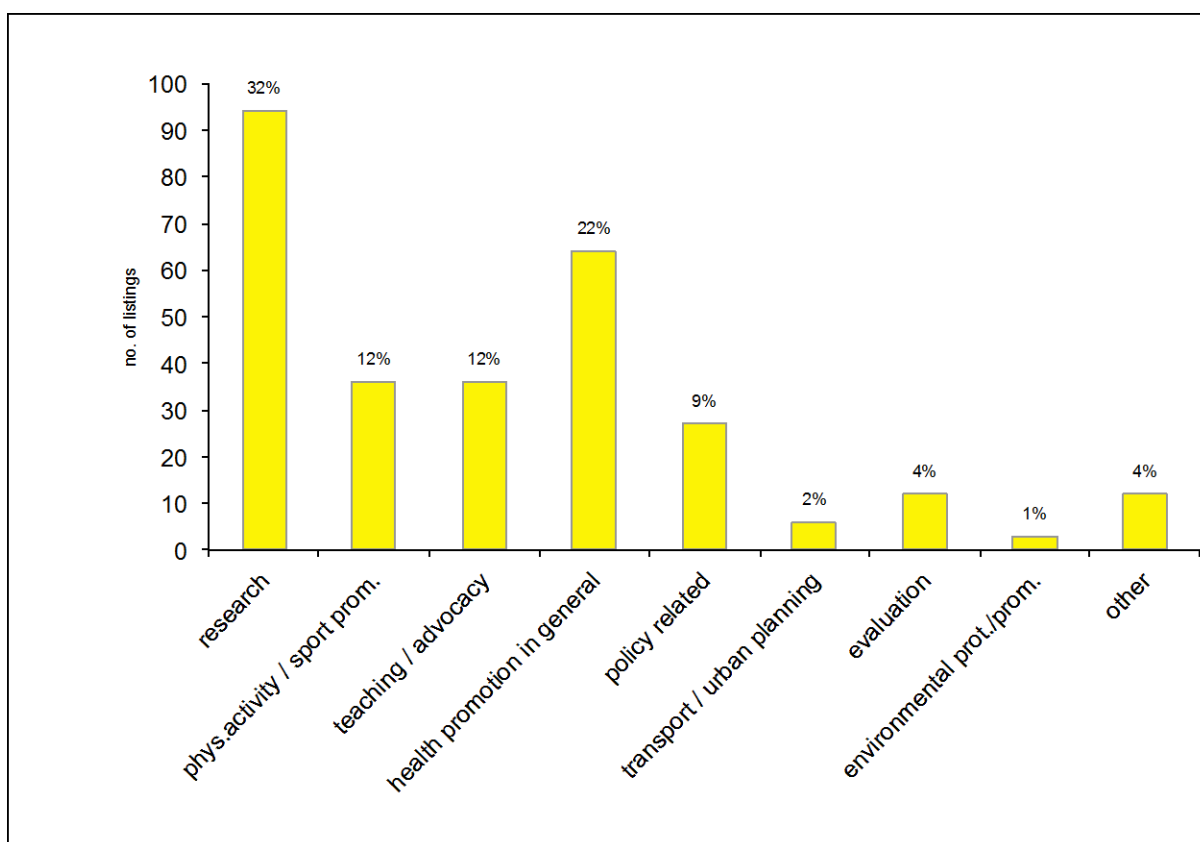
Table 1: Overview of number of HEPA Europe member institutions by country

Country	No.	Country	No.
Austria	3	Italy	10
Belgium	3	Lithuania	2
Bosnia & Herzegovina	1	Malta	1
Bulgaria	1	Montenegro	1
Croatia	3	Norway	2
Cyprus	1	Poland	2
Czech Republic	3	Portugal	2
Denmark	3	Russian Federation	1
Finland	10	Slovenia	5
France	4	Spain	7
Georgia	1	Sweden	5
Germany	11	Switzerland	6
Greece	3	The former YR of Macedonia	1
Hungary	2	The Netherlands	8
Iceland	2	Turkey	3
Ireland	8	Ukraine	2
Israel	2	United Kingdom	27
		International bodies	2

Including 3 individual honorary members; plus 6 observers

As shown in Figure 1 below, the main type of activity most often reported by members was research and general health promotion followed by physical activity or sport promotion, teaching or advocacy, and policy related activities. Also present but less frequently quoted were evaluation, transport or urban planning activities and environmental protection or promotion. The question phrasing asking for “main activities” might partly explain the low share of transport or environment-related activities of member institutions.

Fig. 1: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=290), number and percent of listings



4.3 Results of the Steering Committee elections

The executive member of the Steering Committee, Sonja Kahlmeier, introduced the outgoing, standing and new members of the Steering Committee. First, participants warmly thanked three outgoing members for their services on the committee, namely Charlie Foster, University of Oxford, United Kingdom, Maarten Koornneef, Ministry of Health, Welfare and Sport, the Netherlands, and Nanette Mutrie, University of Edinburgh, United Kingdom.

The following 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
- Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain
- Sonja Kahlmeier, University of Zurich, Switzerland
- Mr Bengt Kayser, Institute of Sports Medicine, University of Lausanne, Switzerland
- Marie H Murphy, Chair of Exercise & Health, University of Ulster, United Kingdom
- Niamh Murphy, Waterford Institute of Technology, Ireland
- Anne Vuillemin, Faculty of Sport, Lorraine University, France
- Willem van Mechelen, VU Medical Centre, Amsterdam, the Netherlands

Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, was running for a second term as chairman of the network.

Ms Kahlmeier also introduced three new candidates for the Steering Committee, namely:

- Olov Belander, Department of Environmental Health, Norwegian Directorate of Health
- Karen Milton, University of Oxford, United Kingdom
- Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), Bilthoven, the Netherlands

Their candidacy had been supported by the standing members of the Steering Committee.

Elections were held through an online voting process open to all member representatives. The 140 member institutions received an email with instructions and an individual participation link⁵. 51 institutions participated in the elections, which is a 36% participation rate and thus slightly lower than in the previous four years with online elections. 65% of participants chose the group voting of all candidates and 35% voting individually for each candidate. All candidates for the Steering Committee were elected with a clear majority of votes cast (between 92% and 98% of votes). Tommi Vasankari was re-elected as chairman of HEPA Europe with 92% of the votes.

In addition, Francesca Racioppi will continue to occupy the fix seat of the WHO Regional Office for Europe on the Steering Committee, and 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.

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.

The present members also adopted a proposed amendment to the terms of reference of the Steering Committee to clarify that seats of members resigning before the end of their 2-year term would remain open until the next elections, unless the number of members would fall below 10. In this case, an interim election could be held on the vacant seats after one year. The proposed changes were adopted by without opposing votes.

⁵ Participation was anonymous and each institution could only vote once. Members had 12 days to cast their vote and received one reminder.

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

4.4 HEPA Europe survey 2015

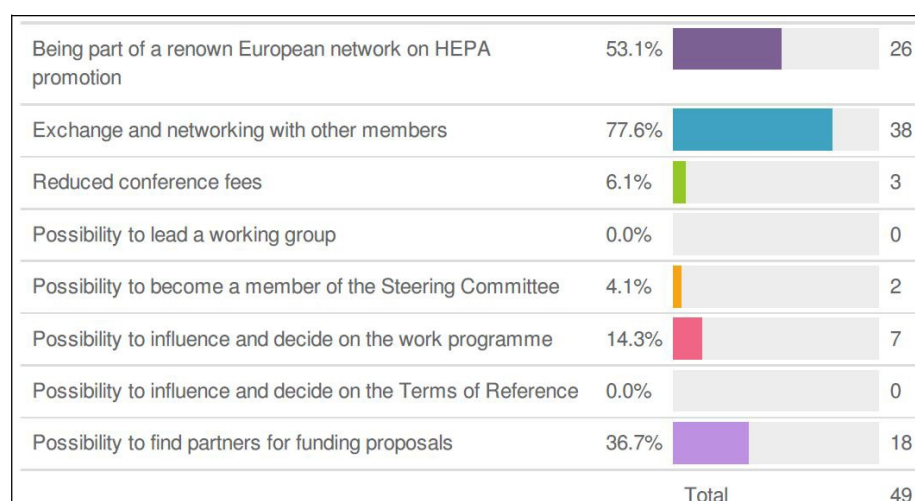
After the successful experience with a HEPA Europe survey in 2011, in summer 2015 another HEPA Europe survey was launched. This time the survey was for HEPA Europe members only, aiming to gain input regarding the future arrangements of the annual meeting and on the perceptions of members on their possibilities to participate in and contribute to the discussions and decision making within the network.

The 142 members with a current member contact were invited to participate in the online survey during a 10-week window from July to early September 2015. 35% of the member institutions (n=49) participated. A majority of 69% felt they could participate enough in the discussions and decision making, while 12% disagreed. The share of positive replies was comparable to the 63% found in the evaluation of the 2014 HEPA Europe annual meeting (aimed at meeting participants, including also non-members). With increasing duration of membership (from 1-3 up to 7-10 years), the confirmation rate increased from 58% to 82%, respectively.

Eighty-two percent reported having already participated in an annual meeting. Regarding the length of the annual meeting, over two thirds (69%) supported the current half-day length, while 21% found that too long and 2% too short. No clear differences were found with regard to length of membership or membership in a working group. Participants were also asked which arrangement they would prefer if they could choose freely. Almost two thirds (61%) preferred the current half-day arrangement, 24% would prefer a briefer, e.g. 1 hour session over lunch or at the end of a conference day. 14% did not express a preference. The subsequent discussion confirmed that while the current arrangement could make travel arrangements more difficult, shortening the meeting would decrease the possibilities for exchange and networking which were seen as crucial parts of the proceedings.

Finally, survey participants were invited to state which 2 main benefits they saw as a member. Results are shown in Fig. 1. Responses confirmed the importance of exchange and networking, which was the most frequently given answer (78%), followed by being part of renown European network on HEPA promotion (53%) and the possibility to find partners for funding proposals (37%).

Figure 2: The 2 most appreciated benefits of being a member institution of HEPA Europe (n = 49)



4.5 Activity report 2014/2015: overview

The activity report of the eleventh year of activity of HEPA Europe from September 2014 to September 2015 was presented and discussed by Mr Vasankari, Ms Sonja Kahlmeier, Executive Member 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 thanks to more realistic planning, slightly more of the foreseen activities that had been achieved. It was also noted that more interaction had taken place between different working groups, including the arrangement of joint sessions at this years' conference.

The achievements have been made due to excellent support by the members of HEPA Europe, its Steering Committee and the working group leaders and of the WHO Regional for Office for Europe as well as through 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. Two of the three successful HEPA Europe-related submissions to the 2014 call of the Erasmus+ programme had taken up their work while the third was being delayed due to administrative procedures. Two submissions related to HEPA Europe working groups were unfortunately unsuccessful. The Steering Committee will continue to monitor funding options such as foundations, the Health2020 research programme and the COST programme and others. Mr Vasankari also 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 2014/2015

Networking and cooperation	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented mostly 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)	Implemented as planned
Holding of the 11 th annual network meeting and 6 th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Mostly implemented as planned
Projects, reports and products	State of affairs
Working group on national approaches to physical activity promotion	Implemented mostly as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented mostly as planned
Working group on active aging: Physical activity promotion in the elderly	Implemented mostly as planned
Working group on HEPA promotion in socially disadvantaged groups	Implemented mostly as planned
Working group on HEPA promotion in health care settings	Implemented mostly as planned
Working group on Sport Clubs for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Mostly implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Moved to possible future activities
Working group on HEPA promotion and the environment	Implementation delayed
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	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, ongoing
Possible activities to be launched later	State of affairs
Development of a teaching course on physical activity and public health	Implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not started
Publications	State of affairs
2 publications and 3 news alerts / newsletters	Continuous activity

4.6 Work programme 2015/2016

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of October 2015 to September 2016.

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 since no new lead had been identified,

this will be moved to “possible future activities”, i.e. activities which were deemed to be important but for which currently no responsible was identified.

The activities of the next year comprise the following (see Annex 4 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 and HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 12 th annual meeting and 7 th conference of HEPA Europe (7-9 October 2015, Istanbul, Turkey)
To support WHO Regional Office for Europe in identification, integration and analysis of further documents in European database on nutrition, obesity and physical activity (NOPA)

Projects, reports and products

Title and aim of the activity
Further disseminate and apply version 2 of the HEPA Policy Audit Tool (PAT) to audit national approaches to physical activity promotion and start developing a dissemination tool
Foster exchange on physical activity and sports promotion in children and adolescents and further support Physical Activity Report Card production & Global Matrix on Physical Activity
Exchange and collaboration with other international bodies on active ageing
Analysis and publication of good practice collections and evaluation approaches on HEPA promotion in socially disadvantaged groups
Publication of country examples of exercise on prescription schemes as an approach to HEPA in primary care settings and finalize survey on physical activity in medical curriculums in Europe
Continue partner cooperation and communication on the Sport Clubs for Health Programme and implement Erasmus+–funded project
Finalize overview of tools, instruments and approaches to reduce sedentary behavior at the workplace
Establish scope and tasks for working group on environmental approaches to HEPA promotion
Continue dissemination of the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology, develop scientific publications
Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level
Joint teaching course on “Pragmatic Evaluation in Physical Activity”

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
Develop synergies between HEPA promotion and injury prevention

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

4.7 Next annual meetings of HEPA Europe

The 12th annual meeting of HEPA Europe will take place on 30 September 2016 in Belfast, hosted by Queen's University Belfast and Ulster University, UK Clinical Research Collaboration (UKCRC) Centre of Excellence for Public Health, Northern Ireland, United Kingdom. On 28-29 September, the 7th HEPA Europe conference will take place with the main conference theme "Walking the Walk: what should the public health policy response be to the evidence for physical activity". The meeting will again include parallel sessions of HEPA Europe working groups. This year no call for hosts of the 2017 annual meeting was launched as hosting might be linked to a HEPA Europe Erasmus+ project which is pending confirmation. The call for the 2018 events will be launched in 2016 to allow for a more in-advance planning.

4.8 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 Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies and Hacettepe University Faculty of Sport Sciences, Turkey, for the warm welcome and the excellent organization and hosting of the meeting at the excellent premises of Acibadem university.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2014/2015 and the new work programme 2015/2016, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2015/2016.

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. Sixty-eight delegates provided feedback, corresponding to an overall response rate of 52%, which is slightly higher than in previous years (23%-44%).

The overall rating of the event was again satisfactory with an average of 4.8 out of a possible maximum of 6.0. The total length of the event was met with most participants' satisfaction: 94% rated it as "just right". The quality of the keynote lectures was also valued highly with average ratings between 5.0 and 5.4 and the perceived usefulness was also rated well (4.8 to 5.0). The quality and usefulness ratings of the oral parallel sessions ranged between 4.7 and 5.2. The walking poster sessions were comparable (ratings of 4.7 to 4.9). Ratings of the

quality and usefulness of the HEPA Europe working group sessions were more consistent this year with a range from 5.0 to 5.3. Regarding the possibilities for interaction between participants, 74% of delegates expressed their satisfaction. Advance notifications, meeting venue, registration, conference website, hospitality and catering all received good to excellent ratings (between 4.5 and 5.5).

Fifty-two delegates also provided feedback on the annual meeting (40%). Preparations were rated as well as in the previous year (5.1) and a three-quarter majority of 75% of participants felt they could participate enough in the decision making. The half-day length of the meeting was confirmed to be appropriate by 77% of respondents.

Annexes

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 (August 2014 – mid-September 2015)
6. Activity report 2014-2015 and Work programme 2015-2016 (final draft)
7. Terms of reference of the Steering Committee: proposed changes

Background papers

8. List of Steering Committee members proposed for elections, and observer
9. Results of the HEPA Europe survey 2015 - summary
10. Report of the 10th annual meeting of HEPA Europe, August 2014, Zurich, Switzerland

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Thursday, 8 October 2015

13:15 – 14:30 **Parallel sessions of HEPA Europe working groups**

Working group leaders, members and participants

Friday, 9 October 2015

09.00 - 09.15 **Opening and welcome**

Tommi Vasankari, Chairman HEPA Europe

Francesca Racioppi, WHO Regional Office for Europe

Active Living Association (host)

09.15 – 09.30 **Results of the Steering Committee elections and proposed changes to Terms of Reference**

Sonja Kahlmeier, University of Zurich, Switzerland

09.30 – 09.45 **New applications for membership**

Tommi Vasankari, Chairman HEPA Europe

09.45 – 10.00 **HEPA Europe survey – summary of the results**

Sonja Kahlmeier, University of Zurich, Switzerland

10.00 – 10.30 **Activity report 2014 - 2015 and Work programme 2015 - 2016: 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 2014 - 2015 and Work programme 2015 - 2016 - continued**

Chairman HEPA Europe, Sonja Kahlmeier, University of Zurich, and working group leaders

11.45 – 11.50 **Formal approval of the work programme 2015-2016**

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
- European Centre of Studies and Initiatives (CESIE), Palermo, Italy
- 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 for Sport and Physical Education, Niksic, Montenegro
- 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
- 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 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
- Medical Centre Division Sports and Rehabilitation, Ulm University, Germany
- Medical School Hamburg, Germany
- 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 Institute for Public Health and the Environment (RIVM), Bilthoven, the Netherlands
- 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
- University Medical Policlinic, 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 Health and Science, Dundalk Institute of Technology, 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
- Knowledge Centre for Sport, Ede, The Netherlands

- The Swedish National Centre for Child Health promotion (NCFF), Örebro
- The Swedish National Institute of Public Health, Ostersund
- 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, Reykjavik
- 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 Institute, 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 2014/2015 AND WORK PROGRAMME 2015/2016

Contents

1	Foreword	27
2	Introduction	27
3	Activity report 2014 / 2015	28
3.1	Overview	28
3.2	Funding and support received	29
3.3	Networking and cooperation	30
	3.3.1 <i>Coordination and cooperation with other activities, projects, and networks</i>	30
	3.3.2 <i>Support and contributions to conferences and events</i>	31
3.4	Information dissemination.....	31
	3.4.1 <i>Dissemination of products and publications of HEPA Europe</i>	31
	3.4.2 <i>6th conference and 11th annual meeting of HEPA Europe</i>	32
	3.4.3 <i>European database on Nutrition, Obesity and Physical Activity (NOPA)</i>	33
3.5	Working groups, projects, reports and products.....	33
	3.5.1 <i>Working group on national approaches to physical activity promotion</i>	33
	3.5.2 <i>Working group on exchange of experiences in physical activity and sports promotion in children and adolescents</i>	33
	3.5.3 <i>Working group on active ageing: physical activity promotion in elderly</i>	34
	3.5.4 <i>Working group on HEPA promotion in socially disadvantaged groups</i>	34
	3.5.5 <i>Working group on HEPA promotion in health care settings</i>	35
	3.5.6 <i>Working group on Sport Clubs for Health</i>	35
	3.5.7 <i>Working group on workplace HEPA promotion</i>	35
	3.5.8 <i>Working group on environmental approaches to HEPA promotion</i>	35
	3.5.9 <i>HEPA Europe / EuroSafe working group on HEPA promotion and injury prevention</i>	36
	3.5.10 <i>Development of methods for quantification of health benefits from walking and cycling</i>	36
	3.5.11 <i>Working group on monitoring and surveillance of physical activity</i>	36
3.6	Activities to optimize the Network.....	36
	3.6.1 <i>Management and interaction with members and partners</i>	36
3.7	Possible future activity: Teaching course on physical activity and health	37
3.8	Publications	37
4	Work programme 2015/2016	38
4.1	Networking and cooperation	38
	4.1.1 <i>Coordination and cooperation with other activities, projects, and networks</i>	38
	4.1.2 <i>Support and contributions to conferences and events</i>	40
4.2	Information dissemination.....	41
	4.2.1 <i>Dissemination of products and publications of HEPA Europe</i>	41
	4.2.2 <i>12th annual meeting of HEPA Europe</i>	41
	4.2.3 <i>European database on Nutrition, Obesity and Physical Activity (NOPA)</i>	42

4.3	Projects, working groups, reports and products	43
	4.3.1 <i>National approaches to physical activity promotion</i>	43
	4.3.2 <i>Exchange of experiences in physical activity and sports promotion in children and adolescents</i>	44
	4.3.3 <i>Active ageing: physical activity promotion in elderly</i>	45
	4.3.4 <i>HEPA promotion in socially disadvantaged groups</i>	46
	4.3.5 <i>HEPA promotion in health care settings</i>	48
	4.3.6 <i>Sport clubs for health</i>	50
	4.3.7 <i>Workplace HEPA promotion</i>	51
	4.3.8 <i>Environmental approaches to HEPA promotion</i>	52
	4.3.9 <i>Development of methods for quantification of health benefits from walking and cycling</i>	53
	4.3.10 <i>Monitoring and surveillance of physical activity</i>	54
	4.3.11 <i>Joint teaching course on “Pragmatic Evaluation in Physical Activity”</i>	55
4.4	Activities to optimize the Network.....	56
	4.4.1 <i>Management and interaction with members and partners</i>	56
4.5	Possible future activities.....	57
	4.5.1 <i>HEPA promotion and injury prevention</i>	57

1 Foreword

Our network has today over 140 members. We cooperate with several institutions, NGOs and networks in our core substance, HEPA promotion. Although Europe has faced economically difficult years and although there are new challenges such as the refugee crisis, still HEPA promotion has become a more serious issue in many fields. WHO is preparing to launch the first Physical Activity Strategy and Action Plan for European countries just ahead of this years gathering, and the European Union has taken several serious actions in the field of HEPA promotion. Our network together with working groups is actively cooperating with several institutions to create strategies and plans to promote HEPA.

Our network is now eleven years old. This time period is long enough to evaluate what we have achieved and where we can improve. In order to do that, we need to ask the members of the network about their expectations. Therefore it is very important that many gave input through the survey we send to you earlier this year. We need to hear your voice to conclude what are the main concerns and best innovations in the HEPA promotion are. Because of the nature of the network, best practices could be launched by our members of the network in many European countries.

It is a pleasure to meet with many of you again to look at new ideas and innovations what you have done in HEPA promotion. Between 7th and 9th October we will have our annual meeting and Conference, which will this time be in Istanbul, Turkey. Once again several interesting lectures, posters and short presentations will present the progress of HEPA promotion.

I am looking forward to the progress we'll also make next year.

Tommi Vasankari
Chairman of WHO HEPA Europe

2 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 10th annual meeting of HEPA Europe, held on 29 August 2014 in Switzerland, a number of activities were outlined to be carried out by the network in 2014/2015¹. A short version of this document is also available at www.euro.who.int/hepaeurope.

The state of affairs of activities foreseen in the work programme 2014/2015 is summarized in chapter 3.1, more detailed information on the activities can be found in chapters 3.3 to 3.6; a short version of which is also available at www.euro.who.int/hepaeurope. A summary of support and funding received is found in chapter 3.2.

In chapter 4, the planned activities and projects for the period October 2015 to September 2016 are described. Chapter 4.5 contains a possible future activity for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 12th annual meeting of HEPA Europe to be held on 28-30 September 2016, hosted jointly by Queen's University Belfast and Ulster University.

¹ See also: Annex 5: Work programme 2014/2015. In: 10th 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. Copenhagen, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

3 Activity report 2014 / 2015

31 Overview

Below, the state of affairs of the activities of the work programme 2014/2015 is summarized.

Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented mostly 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)	Implemented as planned
Holding of the 11 th annual network meeting and 6 th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Mostly implemented as planned

Projects, reports and products

Activity	State of affairs
Working group on national approaches to physical activity promotion	Implemented mostly as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented mostly as planned
Working group on active aging: Physical activity promotion in the elderly	
Working group on HEPA promotion in socially disadvantaged groups	
Working group on HEPA promotion in health care settings	Implemented mostly as planned
Working group on Sport Clubs for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Mostly implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Moved to possible future activities
Working group on HEPA promotion and the environment	Implementation delayed
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	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	Implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not started

Publications

Activity	State of affairs
2 publications and 3 news alerts / newsletters	Continuous activity

32 Funding and support received

From September 2014 to August 2015, 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.
- Preparations of the HEPA Europe annual meeting have been supported through a grant of the WHO Regional Office of Europe.
- Activities of the working group on sport clubs for health will be supported through an Erasmus+ project for 2015-2017 (see chapter 3.5.6).
- 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, on 11 – 12 December 2014, with financial support from the German Federal Ministry for the Environment, Nature Conservation, Building and Nuclear Safety. In addition, a grant from the Swiss Federal Office for Health supported on-line training events on the application of the tool and improvements to the HEAT web site.

In addition, an Erasmus+ project on a “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)” has been selected for funding for 2015-2017. It includes financial support for the annual meetings of 2016 and 2017 as well as the activities on national approaches to HEPA promotion and the HEPA Policy Audit Tool (PAT). For administrative reasons, the project has not yet started.

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 French Society for Public Health, Paris (March 2015);
- hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (July 2015);

- organization and hosting of the 11th annual HEPA Europe network meeting and 6th conference (7-9 October 2015); Istanbul, Turkey, by Active Living Association, in collaboration with the Association For the Promotion of Healthy Life And Health Policies and Hacettepe University Faculty of Sport Sciences (including 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);
 - 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, the working groups and 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.

The current secured sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately mid 2016; additional funding is under negotiation but not yet secured. 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 Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support functions, once again some could not be implemented as planned, as described in the following chapters.

As in previous years, securing additional funding for the HEPA Europe network and its working groups remains a key priority and a challenge for current and future activities, and for 2016 and beyond. The Steering Committee continuously assesses funding sources and mechanisms but again underlines the need for a strong sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

33 Networking and cooperation

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

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2014/2015 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 Manager of the Nutrition, Physical Activity and Obesity Programme also participated in one Steering Committee meeting. The research projects PASTA, SPOTLIGHT, MOVE and EURO-FIT are progressing as planned with involvement of HEPA Europe members. The HEPA Europe - EU Contact Group meeting, customarily taking place within the HEPA Europe annual meeting, has been converted into an EU updates session. Exchange with other European bodies, including 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.

Several members of HEPA Europe were part of the WHO working group for the development of a European Physical Activity Strategy or contributed expertise on specific topics.

HEPA Europe closely collaborates with GAPA and a joint symposium on policy developments was organized at the ISBNPA-congress in June 2015. Exchange also took also place with TAFISA and ACSM.

3.3.2 *Support and contributions to conferences and events*

1) *Supported events*

No request to co-sponsor a meeting was received during the reporting period.

2) *Participation in other events*

Members of working groups presented HEPA Europe-related activities or products at 6 international events:

Events
<p>Presentations mentioning the HEPA Europe network</p> <ul style="list-style-type: none"> • 4 June 2015: Physical activity promotion in the European Region developments and lessons learned. International Society for Behavioral Nutrition and Physical Activity congress, Edinburgh (by S. Kahlmeier) • 18-19 September 2015: National policy on physical activity and health care related approaches (by A. Backovic-Jurican). 4th Congress of the European Initiative for Exercise in Medicine, Zagreb. <p>Presentations mentioning HEPA Europe working groups or products</p> <ul style="list-style-type: none"> • 13-14 April 2015: The Health Economic Assessment Tools (HEAT) for Walking and Cycling: Supporting the integration of active mobility in healthy and sustainable transport solutions (by S. Kahlmeier). Joint Transportation Research Board (TRB) / ACSM conference on “Moving Active Transportation to Higher Ground: Opportunities for Accelerating the Assessment of Health Impacts”, Washington. • 14 May 2015: WHO Europe perspective (mentioning the HEAT) (by F. Racioppi). DEDIPAC workshop: Physical activity & sedentary behaviour surveillance & assessment - maximizing Europe’s resources, Milan. • 4 June 2015: The Physical Activity Policy Audit Tool: What, where and how? (by K. Milton) International Society for Behavioral Nutrition and Physical Activity congress, Edinburgh • 9 June 2015: Why Are Active Cities Good for Business? (mentioning the HEAT) (by F. Racioppi). Active Cities Summit, Bristol • 10-11 September 2015: A presentation about HEAT at THE PEP Workshop “Looking for Synergy: Integrating Transport, Urban Planning and the Use of Traffic Management Methods to Ensure Sustainable Mobility and Healthy Urban Environment”, Irkutsk, Russian Federation (by C. Schweizer)

3.4 **Information dissemination**

3.4.1 *Dissemination of products and publications of HEPA Europe*

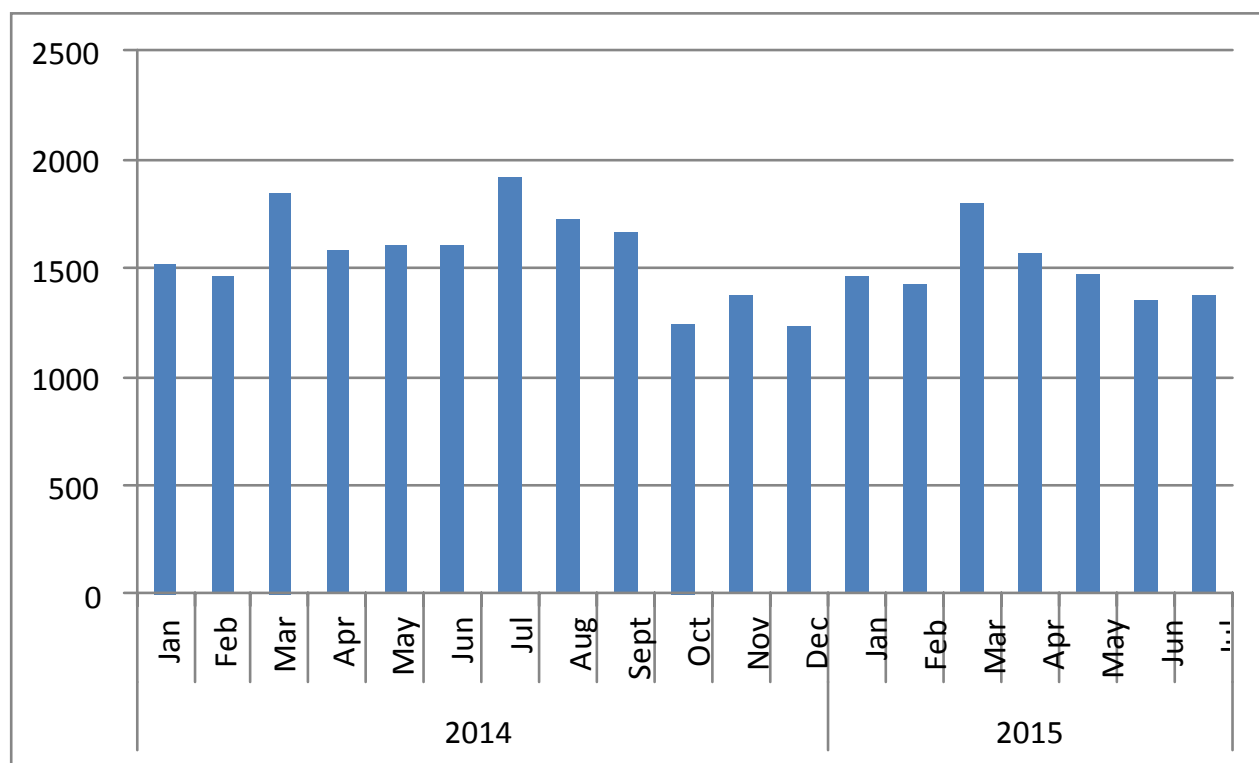
Following the integration of the HEPA Europe web pages into the Physical Activity Programme pages in June 2010 and the migration to a new web statistics system in summer 2013, it is no longer to produce a time-series of comparable web statistics for all previous years. For 2012 and 2013, total annual page view figures are available (which are based on an approximation based on representative data for 2012). As of 2014, monthly figures are available again, as follows:

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 in 2014 the pages were viewed on average 51 times per day (see Figure 1). For January to July 2015, the average number of daily page views was 49.

In the first half year of 2015, the homepage received an average of about 580 page views per month or 22 per day (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 8% and 5% of page views, respectively. Other more frequently visited pages included those on the 11th annual meeting and 6th conference and the list of member institutions.

Many of the peaks visible in Figure 1 below can be linked at least in part to communication activities, including for example the launch of the 2014-meeting website in March 2014 or the meeting itself in August 2014, others such as that of March 2015 seem unrelated to activities of HEPA Europe itself, or activities yielded less of a direct response in terms of page views (e.g. HEPA Europe newsletter in December 2014).

Figure 1: Total number of page views of the HEPA Europe web site January 2014 to August 2015 (hits by WHO personnel excluded)



An electronic newsletter was disseminated in December 2014, and 2 briefer news alerts in April and September 2015, 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 versions². According to the new web statistics tool, in 2014, 37 copies per month were downloaded; from January to August 2015, 45 downloads per month were recorded.

Since the first launch of HEAT in May 2011, the website was visited by over 32.000 users yielding over 560.000 page views, which translates into an increase of the weekly average number of visitors of 164, compared to 144 visitors until July 2014.

The meeting report of the 10th annual meeting was finalized in summer 2015 and disseminated at the 2015 meeting.

3.4.2 6th conference and 11th annual meeting of HEPA Europe

The meeting website and first call for abstracts was launched in May 2015. Registration opened in August 2015 along with the second call for abstracts. About 75 abstracts were received. There were 4 key note lectures on exercise as medicine, on domains of physical activity and health effects, on the use of photos and maps and on economic assessments in the area of physical activity, as well as 2 symposia, 6 parallel oral sessions, 2 poster sessions and 2 workshops. The event was attended by 131 participants from 25 countries of the WHO

² 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

European Region and from Iran, South Africa and the United States of America; the European Commission contributed through phone connection.

3.4.3 *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 published in BMC public health (see section 3.8).

35 Working groups, projects, reports and products

Feedback received following the HEPA Europe annual meeting 2014 prompted discussions within the Steering Committee to improve communication between HEPA Europe working groups. This led to two phone meetings between working group leaders, culminating in proposals for shared working group sessions at the 2015 annual meeting. A decision was also taken to try and enhance the degree of participation and discussion in the working group sessions in Istanbul.

Progress made in the different working groups is summarized below.

3.5.1 *Working group on national approaches to physical activity promotion*

The final draft version 2 of the HEPA Policy Audit Tool (PAT) was presented to the EU HEPA Focal Points in June 2015. Editing and layout was completed in summer and the final version will be published in fall 2015.

Due to a delay in starting the Erasmus+ project “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)” further work on the HEPA PAT has been prepared but not yet started. Foreseen activities include the development of a dissemination tool and a next round of country PAT completions. In addition, the development of a PAT mini-version and other advocacy tools or communication products is also being considered, depending on funding.

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

The five areas of work defined last year were pursued, 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

Phone conferences took place in December 2014 and March 2015. On each phone conference, progress and next steps in each of the above areas of work were discussed. In addition, exchange took place with the WHO Regional Office for Europe. The working group also discussed possibilities to contribute to the Active Healthy Kids Global Alliance³ and the global matrix foreseen in 2016.

³ <http://www.activehealthykids.org/>

A template to be used to collect interventions to be entered into a database was circulated to members for review. Following discussion during December and March it was then determined that additional work was needed to adapt and test the template further. In order to support this work, an application was submitted by WG members to ERASMUS+ with an objective of generating, sharing and spreading knowledge and experiences concerning the assessment of quality, effectiveness and evidence base of youth interventions- specifically disadvantaged youth, as well as requirements and conditions for the implementation and adoption of those interventions, trans-nationally and locally. Working group members were also involved in another Erasmus+ proposals submitted in summer 2015. The applications are being reviewed.

In addition, a Dropbox folder has been set up to collect publications on the role of parents in the promotion of physical activity or sport.

A symposium on “Promoting Physical Activity in Children and Young People: Assessment, Intervention Design and Evaluation” will be organized at the HEPA Europe conference in October 2015 in Istanbul. In addition, a joint working group session will be held at the HEPA Europe conference in October 2015 with the HEPA Europe working group on socially disadvantaged groups.

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

Based on 15 replies to a membership survey in 2014 designed to establish a mapping of national HEPA and active ageing programmes in EU countries, a report has been drafted. Several members supported specific pieces of work to implement this work programme. An electronic communication network has now been established for members to share research and practice in Active Ageing.

Collaboration and exchange with other EU Health and active ageing programmes and networks has continued, including the EU PROFOUND Falls Network as well as EuroSafe - (European Association for Injury Prevention and Safety Promotion. Under the lead of EuroSafe, a European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls) was formed, including representation from the HEPA Europe working group. The Alliance developed a declaration on active ageing through the prevention of falls and HEPA Europe has is a signatory to this declaration. The HEPA Europe Active Ageing Working Group has also contributed to the development of a consensus statement (the Rome Statement) on enhancing physical activity behaviour in older adults, lead by the European Network for Action on Ageing and Physical Activity (EUNAAPA).

A joint working group session will be held at the HEPA Europe conference in October with the HEPA Europe working groups on health care approaches and on environment.

3.5.4 Working group on HEPA promotion in socially disadvantaged groups

A phone conference of the working group took place where submission of a COST action or ERASMUS+ submission were discussed. While no submissions were made, exchange continued and it was decided to promote discussion on evaluation approaches for disadvantaged groups and to promote collaboration with other agencies outside of the sport or health sectors. Exchange with the International Sport and Culture Association (ISCA) also continued.

Discussions took place with the HEPA Europe working group on physical activity and sport in youth as they are currently focusing on disadvantaged youth. One area of shared interest is evaluation of interventions in this target group. A joint working group session will be held at the HEPA Europe conference in October with the HEPA Europe working group on physical activity and sport promotion in youth.

3.5.5 Working group on HEPA promotion in health care settings

Following an initial survey of the role of physical activity in the medical curriculums in 2014, the WHO Regional Office for Europe agreed to extend the survey. The amended survey was prepared and findings are being compiled with a view to aggregating them with those of the initial survey to inform a report on the topic..

A draft report on case studies on HEPA in primary health care settings has been developed. and circulated for comments. A final report will be produced following the conference in October.

In addition, several members of HEPA Europe have helped inform the development of the WHO European Physical Activity Strategy with advice on the role of health professionals.

A joint working group session will be held at the HEPA Europe conference in October with the HEPA Europe working groups on active ageing and on environment.

3.5.6 Working group on Sport Clubs for Health

The Sports Club for Health Group (SCforH) working group has secured funding through the Erasmus+ programme to assess the current status and levels of implementation of the sports club for health programme throughout Europe and to develop the SCforH concept further, lead by senior researcher, adjunct professor Sami Kokko, University of Jyväskylä, Finland.

The key aims of the project are to report on the current status of SCforH programmes across the EU, to expand current club-level guidelines to upper level sports organizations how best to use sport to promote health. The current work also aims to strengthen the scientific base for SCforH programmes and to encompass the SCforH concept to the whole life course. First meetings of project partners took place in Helsinki in February and April 2015. Various work packages (WPs) have continued the work independently.

As tangential paper the international status of research on health promoting sports clubs is also underway.

The working group will also hold a parallel working group session at the HEPA Europe conference in October.

3.5.7 Working group on workplace HEPA promotion

The work on an overview of policy, tools and good practices to prevent or mitigate sedentary behavior in every working group member country has continued and members of the group were asked to update the information and complete the overview. It was also decided to develop a document on good practices from the Netherlands and possibly other countries and an overview on existing devices and approaches to reduce sedentary behavior.

It was decided not to prepare a symposium but the working group will also hold a parallel working group session at the HEPA Europe conference in October. During the working group meeting, the overview of good practices and existing devices and approaches will be completed by the members of the working group.

3.5.8 Working group on environmental approaches to HEPA promotion

The work of this working group focused on supporting the implementation of the Erasmus+ SPACe (Supporting Policy and Action for Active Environments) project. The project aims:

1. to share current good (evidenced based) practice of the implementation and promotion of an Urban Active Environment (UActive) to increase population level (community) physical activity levels;
2. to establish working groups in five EU member states to develop an UActive Action Plan with a focus on creating environments to support physical activity for the creation of a more physical active environment;
3. to support the members states to develop and embed the UActive Action Plan into policy/practice in each designated city/town;

4. to support Member states in developing competencies in the assessment of value of the UActiveE Action Plan through training in the use of the Health Economic Assessment Tool (HEAT).

No further activities of the working group took place over the reporting period. Future plans will be discussed at a joint working group session to be held at the HEPA Europe conference in October with the HEPA Europe working groups on active ageing and health care approaches.

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

As planned, the working group discussed future scenarios for this working group. As no new lead was identified, it was decided to keep the working group as a possible future activity of HEPA Europe, should new opportunities arise.

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

In December 2014, the WHO organized a consensus meeting in Bonn, Germany, to develop a new module of HEAT to quantify the effects of air pollution on cyclists and pedestrians' mortality. An initial version of the new module was presented at the 1st International Conference on Transport & Health (ICTH) in July 2015. The final version and a revised methodology and user guide booklet (see also section 3.4.1) will be launched by end of 2015.

A meta-analysis on cycling and walking and all-cause mortality and the different dose-response curves⁴ has been selected as best systematic review of 2014 of the International Journal of Behavioral Nutrition and Physical Activity (IJBNPA). It provides the current relative risk functions for the HEAT. Further scientific publications have been delayed (HEAT walking methodology paper, paper on development process and policy perspective).

In addition, HEAT webinars were carried out regularly in English (some of which in collaboration with the European Cyclist Federation) and in German.

3.5.11 Working group on monitoring and surveillance of physical activity

Activities of this working group continued to focus on exchange of information 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. Under DEDIPAC⁵ an article on good practice characteristics of diet and physical activity interventions and policies (Horoadyska et al. ⁶) was published and several other articles are underway.

36 Activities to optimize the Network

3.6.1 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. A HEPA Europe proposal has been approved by the Erasmus+ programme but the start has been delayed for administrative reasons.

⁴ <http://www.ijbnpa.org/content/11/1/132>

⁵ <http://www.ijbnpa.org/content/11/1/143/abstract>

⁶ <http://www.biomedcentral.com/1471-2458/15/19>

To gain more insight into the expectations of the members regarding the annual business meeting and possibilities to contribute in the decision making, a brief online survey was carried out in summer 2015. Results were presented and discussed at the annual meeting.

Translation of the HEPA Europe leaflet into French, German and Italian are underway. Further implementation of the communication strategy has been deferred until guidance has been received with regard to the ongoing development of the WHO Framework of Engagement with Non-State Actors⁷, as further outreach activities should be streamlined with the future approach of the WHO.

37 Possible future activity: Teaching course on physical activity and health

HEPA supported the course on “Pragmatic Evaluation in Physical Activity and Public Health”⁸ as course affiliate. The 2.5 day course was aimed at academics, practitioners and policy makers. From over 60 applicants, the maximum number of 30 participants from Europe, Australia, the Middle East, and North America were selected for the course. The curriculum is built on Bauman and Nutbeam’s book “Evaluation in a nutshell”. Several HEPA Europe members, including Nanette Mutrie and Paul Kelly, University of Edinburgh and Charlie Foster and Karen Milton, University of Oxford, were part of the faculty.

The next course is considered to be held back-to-back to the ISBNPA conference in Cape Town (June 2016); possible locations in Europe are being discussed. HEPA Europe would continue to support European iterations of the course as ‘affiliate’ and through the faculty.

38 Publications

Scientific publications

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

Peer-reviewed

- *Kahlmeier S, Wijnhoven TMA, Alpiger P, Schweizer C, Breda J, Martin BW*
National physical activity recommendations: systematic overview and analysis of the situation in European countries. *BMC Public Health* (2015) 15:133 DOI 10.1186/s12889-015-1412-3.
- *P Kelly, S Kahlmeier, T Götschi, N Orsini, J Richards, N Roberts, P Scarborough and C Foster*
Systematic review and meta-analysis of reduction in all-cause mortality from walking and cycling and shape of dose response relationship. *International Journal of Behavioral Nutrition and Physical Activity* 2014, 11:132.

HEPA Europe e-mail alerts / newsletters

- Issue 16, December 2014
- News alert – April 2015
- News alert – September 2015

⁷ <http://www.who.int/about/collaborations/non-state-actors/en/>

⁸ <http://www.ndph.ox.ac.uk/bhfcnp/upcoming-events/training-course-pragmatic-evaluation-in-physical-activity-public-health>

4 Work programme 2015/2016

4.1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from September 2015 until the next annual meeting in September 2016 are outlined in more detail.

4.1.1 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 Europe, Division of Communicable Diseases, Health Security and Environment, Copenhagen office 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 ⁹ 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 next 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

⁹ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

Continued	By when
Research projects <ul style="list-style-type: none">- Close coordination and contributions as appropriate• PASTA project Physical Activity through Sustainable Transport Approaches)• SPOTLIGHT project (Sustainable prevention of obesity through integrated strategies)• MOVE project (European Physical Activity Promotion Forum)¹⁰:• EURO-FIT (Social innovation to improve physical activity and sedentary behaviour through elite European football clubs: European Fans in Training) European Commission <ul style="list-style-type: none">• EU Platform on Diet, Physical Activity and Health<ul style="list-style-type: none">- Information exchange through members of the Steering Committee• DG Education and Culture (DG EAC), Sport Unit:<ul style="list-style-type: none">- Exchange to be continued based on further development and perspectives, including an EU-updates session at the annual meetings	Continuously Continuously
Other European bodies <ul style="list-style-type: none">• EuroSafe (European Association for Injury Prevention and Safety Promotion)<ul style="list-style-type: none">- Explore possibilities for further collaboration• European College for Sports Science (ECSS)<ul style="list-style-type: none">- Explore possibilities for further collaboration• European Network for Workplace Health Promotion¹¹:<ul style="list-style-type: none">- Explore possibilities for further collaboration	Continuously
Global bodies <ul style="list-style-type: none">• Agita Mundo<ul style="list-style-type: none">- Further development of exchange and collaboration, also with other regional networks• International Society for physical activity and Health (ISPAH):<ul style="list-style-type: none">- Explore possibilities for further collaboration, particularly:<ul style="list-style-type: none">○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH<ul style="list-style-type: none">▪ Coordination through observer in the Steering Committee▪ Contribute to activities, particularly the dissemination of the Toronto Charter and other documents on physical activity promotion▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion	Continuously Continuously Depending on time schedule
<ul style="list-style-type: none">• The Association for International Sport for All (TAFISA)<ul style="list-style-type: none">- Explore possibilities for further collaboration• International Society for Behavioural Nutrition and Physical Activity (ISBNPA)<ul style="list-style-type: none">- Explore possibilities for further collaboration• American College of Sports Medicine (ACSM)<ul style="list-style-type: none">- Explore possibilities for further collaboration	Continuously Continuously Continuously
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously

¹⁰ <http://www.ehfa-programmes.eu/de/european-physical-activity-promotion-forum-move.html>¹¹ www.enwhp.org

4.1.2 *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 met¹². 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 2015 / 2016.

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

¹² See "Requirements for HEPA Europe- supported events", August 2007.

4.2 Information dissemination

4.2.1 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: Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments; 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, European Strategy on Physical Activity, etc.	Continuously

4.2.2 12th 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 12th annual meeting will take place on 30 September 2016. The event will be kindly hosted jointly by Queen's University Belfast and Ulster University, who will also organize the 7th HEPA Europe conference back-to-back with the annual meeting (28-29 September).

In charge / participants

In charge: Queen's University Belfast and Ulster University, United Kingdom; 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 2015
Add a section announcing the meeting to the website	Fall 2015
Develop the conference website with organizers	Early 2016
Send out programme outline and first call for contributions	Early 2016
Open abstract submission	Spring 2016
Develop the information circular with the organizers and open registration	Summer 2016
Organize handling of incoming contributions and registrations with organizers	Summer 2016
Develop the background documents and support hosts in preparing and carrying out the event	Fall 2016
Carrying out the meeting and conference	28-30 September 2016

4.2.3 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. It is led by the Programme on Nutrition, Physical Activity and Obesity of the WHO Regional Office for Europe Division of Noncommunicable Diseases and Health Promotion.

In charge / participants

In charge: Programme on Nutrition, Physical Activity and Obesity of the WHO Regional Office for Europe Division of Noncommunicable Diseases and Health Promotion

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
Support the identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously

43 Projects, working groups, reports and products

4.3.1 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, EBPI, University of Zurich, Switzerland

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

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, EBPI, 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
Erasmus+ EPHEPA project work package on “National strategies to promote sport and HEPA – good practice approaches”	
• Prepare focus group meeting with PAT pilot country leads	Spring 2016
• Implementation and summary report	Summer 2016
• Organized collation of best practice dissemination tool examples	Summer 2016

• Recruitment of interested countries to fill in PAT	Fall of 2016
Possible new activities (depending on funding)	Summer 2016
<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 	
Presentation of progress at the 12th annual meeting	30 September 2016

4.3.2 *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: Mr Paulo Adami, Italian Federation Aerobics and Fitness (FIAeF); Anna Chalkley, Loughborough University, United Kingdom.

Participants: 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 Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Tara Coppinger and Mr Con Burns, Cork Institute of Technology, Ireland; 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; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms. Elaine Murtagh, Mary Immaculate College, Ireland; Ms Kiara Lewis, University of Huddersfield, United Kingdom; 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, Institute of Sport and Exercises / WGI, University of Muenster, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Wesley O'Brien, University College Cork, Ireland; 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 Joan Duda, Birmingham University; United Kingdom; Mr Tommi Vasankari, UKK Institute, Finland; Ms Catherine Woods, Dublin City University; Ireland; 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
Update membership & cross-reference with other working groups	End of 2015
Strengthen internal communication among WG members	Continuously
Start organizing a symposium on children and young people's health at the 2016 HEPA Europe Conference	Fall 2015
Develop a common annual schedule with relevant events related to the WG topic	End of 2015 and continuously
Further support Physical Activity Report Card production & Global Matrix on Physical Activity	Continuously
Promote the WHO Strategy on Physical Activity in other related sectors <ul style="list-style-type: none"> • Promote the WG activities and HEPA Network at the European Association for Cardiovascular Prevention and Rehabilitation (EACPR) 2016 Congress • Promote the WG activities and HEPA Network at the European Society of Cardiology (ESC) 2016 Congress • Promote the WG activities and HEPA Network at the 2016 European Week of Sport • Attend EU Sport and Health related events and promote the WG activities and HEPA Europe Network 	Fall 2016
External communication activities through regular updates via social media and newsletter	Continuously
Establish contacts with other relevant stakeholders in the field of youth health and build partnerships. Possible relevant partners are: <ul style="list-style-type: none"> • European Association for Cardiovascular Prevention and Rehabilitation (EACPR) • European Society of Cardiology (ESC) • European Youth Forum (YFJ) • European Paralympic Committee (EPC) 	
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.3 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 UKK Institute for health promotion, Finland; Ms Elina Karvinen, The Age-institute, Finland; Tjasa Knific, National Institute for Public Health, Slovenia; 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 Rodriguez, 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)¹³, Prevention of Falls Network for Dissemination¹⁴ (ProFouND), European Group for Research into Elderly and Physical Activity¹⁵ (EGREPPA), European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls), ENO, EIPAH.

Work steps

	By when
Consolidation of electronic communication forum (focus on research and implementation) and expansion of working group to develop interest areas/topics	Fall 2016
Decision on possible closer working relationship between HEPA Europe active ageing working group, EUNAAPA and other EU platforms	Early 2016
Evaluation of impact of electronic communication forum	Summer 2016
Continuation of exchange and collaboration with other international bodies on active ageing	Continuously
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.4 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 communities¹⁶ in physical

¹³ <http://www.eunaapa.org>

¹⁴ <http://profound.eu.com/>

¹⁵ <http://www.egrepa.org/>

¹⁶ 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.

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 and Ms Annemarie Wagemakers, Wageningen University, Netherlands

Participants: Ms Anita Vlasveld, NISB, The Netherlands; Ms Cindy Gray, University of Glasgow, United Kingdom; Ms Marie H Murphy, University of Ulster, Northern Ireland, United Kingdom; Kwok NG, University of Jyväskylä, Finland; Mr Narcis Gusi, Caceres, Spain; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health Sciences, Finland; Mr Tamás Dóczi, Semmelweis University, Hungary; Ms Maureen Kidd, University of Glasgow, Scotland, United Kingdom; Ms Constanze Santarossa, Sports Medicine Institute, Germany; Mr Christian Fessl, Wiener Gesundheitsförderung- Wi, Austria; Ms Ruth Hunter, Queen's University Northern Ireland, United Kingdom; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Mr Rustam Talishinskiy, Scientific Research Institute of Traumatology & Orthopaedics, Azerbaijan; Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Johan van Ophem, Wageningen University, the Netherlands; Mr Kaarlo Laine and Ms Hanna-Mari Maijala, Research Center for Sport and Health Sciences LIKES, Finland.

Possible partners

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

Work steps

	By when
Discussion on evaluation of interventions in disadvantaged youth with HEPA Europe working group on youth	End of 2015
Explore a joint (reviewed) paper on lessons learned from different programs and evaluations in different countries.	Spring 2016
Strengthening communication between working group members in relation to implementation and evaluation	Continuous
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.5 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

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 Pierpaolo de Feo, University of Perugia, Italy; Mr Christophe Delecluse, KU Leuven University, Belgium; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; 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 Christopher Gidlow, Staffordshire University, United Kingdom; 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 Lena Kallings, Swedish School of Sport and Health Sciences (GIH), Uppsala University Sweden; 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, Ministry of Health, Welfare and Sport, 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; Ms Elaine McNish, British Heart Foundation National Centre for Physical Activity & Health, 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, AHP, 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, Palacky 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 Rhodri Martin; Ms Diane Crone, University of Gloucestershire, United Kingdom; 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;

Partners

Mr Jürgen Steinacker, European Exercise Is Medicine; Susanne Hollmann, DG EAC, European Commission, Mats Börjesson, Health Promoting Hospitals network; Andrea Backovic Jurican, WCPT Network on Health Promotion in Life and Work

Work steps

	By when
Report with recommendations following surveys of physical activity in medical curriculums in Europe	Summer 2016
Publish report on "Country examples - Promoting Physical Activity in Primary Care settings	Summer 2016
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.6 *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), Ireland, Ms Matleena Livson, Finnish Sports Confederation, Mr Timo Hämäläinen Finnish Sports Confederation

Participants:

1) Core group

Dr Pekka Oja, Finland; Dr Pasi Koski, University of Turku, Finland; Mr Jorma Savola Finnish Sports Confederation, Dr Susanna Geidne University of Örebro Sweden, Dr. Herbert Hartmann German Gymnastics Assoc. and ISCA, Dr. Zeljko Pedisic University of Zagreb Croatia, Jan Seghers University of Leuven Belgium, Pavel Hap Palacky University Olomouc Czech Republic, Ms Leena Martin University of Jyväskylä, Finland; Ms Eerika Laalo-Häikiö, Finnish Swimming Association; Nina Kaipio Equestrian Federation of Finland; Fred Sundwall Equestrian Federation of Finland; Leeni Asola Finnish Gymnastic Association; Helena Collin Finnish Gymnastic Association; Tobias Karlsson Finnish Boxing Association; Päivi Ahlroos-Tanttu, Merja Palkama Etelä-Suomen, Aino-Maija Siren Pohjanmaan / all Regional Sports Federation of Southern Finland, Colin Regan Gaelic Athletic Association; Margareta Johansson Swedish Sports Confederation; Heidi Pekkola ENGSO, Jeroen Meganck University of Leuven, Belgium; Jeroen Scheerder University of Leuven, Belgium.

2) Interested persons

Stjepan Heimer, University of Zagreb, Croatia, Mr Charlie Foster, Oxford University, United Kingdom; Michal Kudlacek, University of Olomouc, Czech Republic; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia; 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, United Kingdom; Pierre Jallow, Finland; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland.

Partners

Partners of the current EU funded project are:

- University of Leuven (K.U.Leuven), Physical Activity, Sports & Health Research Group, Department of Kinesiology, Belgium
- Gymnastics Federation, Belgium
- University of Zagreb, Faculty of Kinesiology, Croatia
- Palacky University Olomouc, Czech Republic
- University of Jyväskylä, Faculty of Sport and Health Sciences, Finland
- University of Turku, Finland
- Finnish Sports Confederation (and it's Finnish federation partners: Finnish Gymnastics Federation, Finnish Swimming Association; Finnish Boxing Association; Equestrian Federation of Finland; Regional Sport Federations in Finland: Etelä-Suomen Liikunta ja Urheilu ry (ESLU); Pohjanmaan Liikunta ja Urheilu ry (PLU))

- German Gymnastic Federation
- Department of Health, Sport and Exercise Science, Waterford Institute of Technology, Ireland
- Gaelic Athletic Association, Ireland
- Örebro University, School of Health and Medical Sciences, Sweden
- Swedish Sport Confederation
- European Non-governmental Sport Organisation, ENGSO
- International Sport and Culture Organisation, ISCA

Other possible partners include e.g. currently non-participating National Sports Federations, European Sports Federations (in different sports discipline) and the European Company Sports Federation (EFCS), TAFISA, International Olympic Committee (IOC) and others.

Work steps

	By when
Communication between partner organizations (project web-page, resource database, articles, etc.)	Continuously
Strengthen the ScforH network with researchers and practitioners (e.g. HEPA Europe conference and ENGSO meeting in fall 2015)	Continuously
Activities under the Erasmus+-funded project “Promoting national implementation for Sports Club for Health (SCforH) programmes in Member States” for 2016: (see more information: www.scforh.info) <ul style="list-style-type: none"> • to identify SCforH actions executed in EU member states by multiple surveys (WP 2) • to enquire WP 3 partners about the implementation of the HEPA perspective in the respective associations (WP 3). • to further identify, collect and create appropriate tools supporting sport associations to enhance SCforH implementation at the local-level clubs (WP 3) • to conduct research on sports club participations contribution to PA levels of adolescents (WP 4). 	Fall 2016
Prepare a working group meeting in the framework of the annual HEPA Europe meeting	Summer 2016
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.7 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; co-chair (to be named)

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 Güler, 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 Ragnar Van Acker, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Mr Hidde van der Ploeg, VU University Medical Center, the Netherlands.

Possible partners

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

Work steps

	By when
Explore cooperation with other networks/organizations	Continuously
Continue and update survey on the development of scientific research and policy on sedentary behavior at the workplace in European countries	Spring 2016
Prepare symposium on sedentary behaviour during the HEPA Europe conference 2016	Summer 2016
Continue and update publication on good practices, instruments and interventions on sedentary behaviour at the workplace in European countries	Fall 2016
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 12 th annual meeting	30 September 2016

4.3.8 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: Josef Mitáš, Palacký University Olomouc, Czech Republic

Participants: Ms Iris An Der Heiden, Fit4Trust Consulting, Germany; Filip Boen, KU Leuven, Belgium; Mr Giorgio Chiaranda, Public Health Service Emilia Romagna Region, Italy; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Charlie Foster, Oxford University, United Kingdom; Ms Gigja Gunnarsdottir, Directorate of Health, Iceland; Sonja Kahlmeier, University of Zurich, Switzerland; Mr Damian Kuzminski, City of Gdańsk, Poland; Bob Laventure, Loughborough University, United Kingdom; Herbert Löllgen, Ruhr-University, Germany; Ms Eva Martin-Diener, University of Zurich, Switzerland; Niamh Murphy, Waterford Institute of Technology, Ireland; Ms Jana Pelclová, Palacký University Olomouc, Czech Republic; Ms Mimi Rodriguez Adami, FIAF, Italy; Diana Rus, College of Political, Administrative and Communication Sciences,

Babeş-Bolyai University, Romania; Ms Lucy Saunders, Transport for London, United Kingdom; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Ms Wanda Wendel-Vos, RIVM, the Netherlands; interested HEPA Europe members and other experts, to be further defined

Possible partners

To be defined

Work steps

	By when
Define aims, strategy and focus of the working group	Early 2016
Scope out options for an environment-workshop at the HEPA Europe 2016 conference for European HEPA country focal points	Summer 2016
Presentation of progress at the 12 th annual meeting	30 September 2016

4.3.9 *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 developed¹⁷.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁸ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO Regional Office for Europe, and Sonja Kahlmeier, EBPI, 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, EBPI, 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

¹⁷ <http://www.euro.who.int/HEAT>

¹⁸ www.thepep.org

Work steps

	By when
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none"> • Presentations at meetings, workshops and conferences • Webinars (English and German) 	Continuously
Finalization and publication of updated HEAT version	End of 2015
Preparation of next work steps, including on injuries and possibly morbidity, within the framework of the PASTA EU research project	Summer 2016
Scientific publications <ul style="list-style-type: none"> • HEAT walking methodology paper (Cavill N et al.) • Paper on development process / policy perspective (Kahlmeier S et al.) 	Spring 2016 Spring 2016
Presentation of progress at the 12 th annual meeting	Fall 2016

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

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

In charge / participants

In charge: Ms. 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, Epidemiology, Biostatistics, and Prevention Institute (EBPI), 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 (e.g. Eurobarometer, SILK)	Continuously
Presentation of progress at the 12 th annual meeting	Fall 2016

4.3.11 Joint teaching course on “Pragmatic Evaluation in Physical Activity”

Aim of the activity

Offer further editions of a teaching course on Pragmatic Evaluation in Physical Activity in the European Region, organized jointly by a group of course affiliates (including HEPA Europe) and other partners.

In charge / participants

In charge: Paul Kelly, University of Edinburgh, United Kingdom; Karen Milton, Oxford University, United Kingdom; Justin Richards, University of Sydney, Australia

Participants: A faculty of European experts in physical activity evaluation, course participants

Other course affiliates and partner

The International Society for Physical Activity and Health (ISPAH), the International Society for Behavioural Nutrition and Physical Activity (ISBNPA), WHO Collaborating Centre for Physical Activity, Nutrition and Obesity, University of Sydney, Australia

Work steps

	By when
Discuss with the course organisers the proposed model for delivering the Pragmatic Evaluation course in association with future HEPA Europe conferences	December 2015
Definition of possible next locations and dates for European editions of the course	Spring 2016
Exploration of possible funding sources to support future editions of the course	Summer 2016
Presentation of progress at the 12 th annual meeting	30 September 2016

44 Activities to optimize the Network

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

In charge / participants

In charge: WHO 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
Development of a communication strategy: <ul style="list-style-type: none"> • Definition of strategies and activities and finalization of the strategy 	Depending on WHO partnership strategy and resources
Presentation of progress at the 12 th annual meeting	Fall 2016

¹⁹ See footnote 9, page 7

45 Possible future activities

4.5.1 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: to be defined

Former participants: Eva Martin-Diener, EBPI, University of Zürich, Switzerland; 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, EBPI 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

Possible partners

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

Work steps

	By when
Will be defined by participants if activity is implemented	

ANNEX 5: LIST OF PARTICIPANTS

Ms. Emma Adams

BHF National Centre for Physical Activity and Health
School of Sport, Exercise and Health Sciences
Loughborough University
Loughborough
United Kingdom

Dr. Minna Aittasalo

UKK Institute for Health Promotion Research
Tampere
Finland

Mr. Olov Belander

Norwegian Directorate of Health
Oslo
Norway

Dr. Manana Beruchashvili

Rehabilitation Center for Drug Addicts
Tbilisi
Georgia

Prof. Romana Caput-Jogunica

University of Zagreb
Zagreb
Croatia

Dr. Debbie Clayton

Cardiff Metropolitan University
Cardiff
United Kingdom

Prof. Pierpaolo De Feo

Healthy Lifestyle Institute CURIAMO
University of Perugia
Perugia
Italy

Prof. Ali Haydar Demirel

Active Living Association
İstanbul
Turkey

Ms. Janet Klara Djomba

National Institute of Public Health
of the Republic of Slovenia
Ljubljana
Slovenia

Ms. Elina Engberg

Department of Sports and Exercise Medicine
Helsinki
Finland

Mr. Eddy Engelsman

Netherlands Institute for Sport and Physical
Activity (NISB)
The Hague
Netherlands

Mr. Filippo Gravante

University College London
London
United Kingdom

Dr. Cindy Gray

University of Glasgow
Glasgow
United Kingdom

Ms. Gloria Guerrini

Healthy Lifestyle Institute CURIAMO
University of Perugia
Perugia
Italy

Prof. Narcís Gusi

Universidad de Extremadura
Cáceres
Spain

Dr. Arto Hautala

Verve Research
Oulu
Finland

Mr. Eino Havas

LIKES Research Center for Sport and Health
Sciences
University of Jyväskylä
Jyväskylä
Finland

Dr. Ingrid Hendriksen

Netherlands Organisation for Applied
Scientific Research (TNO)
Expert Centre Lifestyle
Leiden
Netherlands

Ms. Sini-Tuuli Hynynen

University of Helsinki
Helsinki
Finland

Dr. Sonja Kahlmeier

University of Zurich
Institute of Social and Preventive Medicine
Physical Activity and Health Unit
Zurich
Switzerland

Dr. Marko Kantomaa

LIKES - Research Center for Sport and Health
Sciences
Jyväskylä
Finland

Mrs. Elina Karvinen

Age Institute
Helsinki
Finland

Mr. Jukka Karvinen

Nuori Suomi - Valo
Helsinki
Finland

Ms. Liisamaria Kinnunen

Fit for Life Program
Helsinki
Finland

Mrs. Susanne Kobel

Ulm University
Ulm
Germany

Mr. Maarten Koornneef

Ministry of Health, Welfare and Sport
The Hague
Netherlands

Dr. Michal Kudlacek

Faculty of Physical Culture
University Palacký
Olomouc
Czech Republic

Mr. Keijo Kuusela

Southwest Finland Centre for Economic
Development
Turku
Finland

Dr. Raija Laukkanen

Polar Electro Oy
Kempele
Finland

Mr. Robert Laventure

BHF National Centre for Physical Activity and
Health
Loughborough University
Loughborough
United Kingdom

Mr. Alexander Karl Lehmann

Public Health Office
Copenhagen
Denmark

Dr. Liliana Leone

CEVAS and University of Rome Foro Italico
Rome
Italy

Mrs. Maria Lopatina

National Research Center for Preventive
Medicine
Moscow
Russia

Ms. Karolina Mackiewicz

Baltic Region Healthy Cities Association -
WHO Collaborating Centre for Healthy Cities
and Urban Health in the Baltic Region
Turku
Finland

Dr. Brian Martin

University of Zurich
Insitute of Social and Preventive Medicine
Physical Activity and Health Unit
Zurich
Switzerland

Mrs. Eva Martin-Diener

University of Zurich
Insitute of Social and Preventive Medicine
Physical Activity and Health Unit
Zurich
Switzerland

Dr. Nadine Mewes

Karlsruhe Institute of Technology
Speyer
Germany

Prof. Jorge Mota

University of Porto
Faculty of Sport
Porto
Portugal

Dr. Michelle Mottola

School of Kinesiology
London
Canada

Dr. Niamh Murphy

Waterford Institute of Technology
Department of Health Sport and Exercise
Science, Cork Road,
Waterford
Ireland

Prof. Marie Murphy

University of Ulster
Co. Antrim
United Kingdom

Prof. Nanette Mutrie

University of Edinburgh
Edinburgh
United Kingdom

Prof. Nanette Mutrie

University of Edinburgh
Edinburgh
United Kingdom

Dr. Pekka Oja

UKK Institute for Health Promotion Research
Tampere
Finland

Mr. Yacoubou Abdou Omorou

University of Lorraine
Nancy
France

Mrs. Tanja Onatsu

Fit for Life Program
Jyväskylä
Finland

Dr. Maarit Piirtola

UKK Institute for Health Promotion Research
Tampere
Finland

Dr. Rimma Potemkina

National Research Centre for Preventive
Medicine
Moscow
Russia

Dr. Liesbeth Preller

Netherlands Institute for Sport and Physical
Activity (NISB)
Ede
Netherlands

Mrs. Pirjo Rimpiläinen

Pohjois-Savon ELY-keskus
Kuopio
Finland

Dr. Mimi Rodriguez

FIAF
Rome
Italy

Dr. Randy Rzewnicki

European Cyclists' Federation ECF
Brussels
Belgium

Dr. Maria Scatigna

University of l'Aquila
Coppito - L'aquila
Italy

Dr. Emmanuel Stamatakis
University College London
London
United Kingdom

Prof. Jürgen M. Steinacker
University of Ulm
Ulm
Germany

Prof. Sylvia Titze
Institute of Sport Science
University of Graz
Graz
Austria

Mr. Jani Vaara
National Defence University
Helsinki
Finland

Dr. Hidde van der Ploeg
Free University Medical Center
Amsterdam
Netherlands

Prof. Willem van Mechelen
Free University Medical Center
Department of Public and Occupational Health
Amsterdam
Netherlands

Dr. Nico van Meeteren
Netherlands Organisation for Applied
Scientific Research (TNO)
Leiden
Netherlands

Dr. Johan van Ophem
Wageningen UR
Wageningen
Netherlands

Prof. Tommi Vasankari
UKK Institute for Health Promotion Research
Tampere
Finland

Mrs. Cindy Veenhof
Netherlands Institute for Health Services
Research (NIVEL)
Utrecht
Netherlands

Ms. Reka Veress
State Secretariat for Sport and Youth
Ministry of Human Resources
Budapest
Hungary

Mrs. Eline Vlasblom
Netherlands Organisation for Applied
Scientific Research (TNO)
Leiden
Netherlands

Prof. Anne Vuillemin
Faculty of Sport
University of Lorraine
Villers-les-Nancy
France

Prof. Ilkka Vuori
Private expert
Tampere
Finland

Dr. Annemarie Wagemakers
Department of Social Sciences
Chairgroup Health and Society
Wageningen
Netherlands

Mr. Malcolm Ward
Public Health Wales
Cardiff
United Kingdom

Ms. Katarzyna Wielgos
Faculty of Physical Education
University of Rzeszow
Rzeszow
Poland

Dr. Catherine Woods
Dublin City University
Faculty of Science and Health
Dublin
Ireland

Dr. Xiaolin Yang

LIKES Research Center for Sport and Health
Sciences
University of Jyväskylä
Jyväskylä
Finland

Dr. Verena Zeuschenr

Fonds Gesundes Österreich
Wien
Austria

World Health Organization
Regional Office for Europe

Ms. Francesca Racioppi

Senior Policy and Programme Adviser
Governance and Multisectoral partnerships
Environment and health
Copenhagen
Denmark

The WHO Regional Office for Europe

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

Member States

Albania
Andorra
Armenia
Austria
Azerbaijan
Belarus
Belgium
Bosnia and Herzegovina
Bulgaria
Croatia
Cyprus
Czech Republic
Denmark
Estonia
Finland
France
Georgia
Germany
Greece
Hungary
Iceland
Ireland
Israel
Italy
Kazakhstan
Kyrgyzstan
Latvia
Lithuania
Luxembourg
Malta
Monaco
Montenegro
Netherlands
Norway
Poland
Portugal
Republic of Moldova
Romania
Russian Federation
San Marino
Serbia
Slovakia
Slovenia
Spain
Sweden
Switzerland
Tajikistan
The former Yugoslav Republic of Macedonia
Turkey
Turkmenistan
Ukraine
United Kingdom
Uzbekistan

The 11th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies, Hacettepe University Faculty of Sport Sciences. It was attended by 63 participants from 22 European Member States as well as from other regions and from the World Health Organization. The event included parallel sessions of 7 HEPA Europe working groups on 8 October 2015. At the annual meeting on 9 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2014/2015 and the work programme 2015/2016. They also took note of the update on future options for funding. In addition, 6 new memberships were confirmed and the results of the elections the candidates for the Steering Committee and chairman were communicated.

The 6th HEPA Europe conference took place back-to-back with the annual meeting on 7-8 October 2015, organized by the Active Living Association, in collaboration with the Association for the Promotion of Healthy Life and Health Policies, Hacettepe University Faculty of Sport Sciences and Acibadem University, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 131 participants from 25 countries of the WHO European Region and from Iran, South Africa and the United States of America; the European Commission contributed through phone connection. It included 4 keynote lectures, 2 symposia, 6 parallel oral sessions, 6 walking poster sessions and 2 workshops.

World Health Organization Regional Office for Europe

Marmorvej 51, DK-2100 Copenhagen Ø, Denmark

Tel.: +45 45 33 7000. Fax: +45 45 33 7001. E-mail: contact@euro.who.int

Web site: www.euro.who.int

E

Original: English