



World Health
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REGIONAL OFFICE FOR Europe

FIFTEENTH ANNUAL MEETING OF HEPA EUROPE

**European network for the promotion of health-
enhancing physical activity**

(HEPA Europe)

Report of a WHO meeting 30 August 2019

Odense, Denmark



Fifteenth Annual Meeting of HEPA Europe. European network for the promotion of health-enhancing physical activity (HEPA Europe). Report of a WHO meeting 30 August 2019, Odense, Denmark.

Abstract

The 15th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) has taken place within the framework of the 10th Conference of HEPA Europe in Odense Denmark, kindly hosted by University of Southern Denmark. On the 28th of August parallel sessions of HEPA Europe working groups were held. 33 participants took part in the annual meeting on the 30th of August, with 16 European countries represented, as well as representatives from the World Health Organization, Regional Office for Europe. Seven new membership applications were confirmed, and three new Steering Committee members were elected to replace three open Steering Committee member positions. Progress made in HEPA Europe's working groups were presented along with further discussions on WHO collaboration and upcoming steps.

Keywords

Health Promotion
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1 Introduction and overview

The European Network for Promotion of Health-Enhancing Physical Activity (HEPA Europe) was first launched at the 1st Annual Meeting in May 2005 in Gerlev, Denmark, based on policy statements such as the WHO Global Strategy for Diet, Physical Activity and Health and corresponding statements from the European Commission. Since 2005, a total of 15 annual meetings have taken place across Europe. The meetings took place June 2006 in Tampere, Finland, in May 2007 in Graz, Austria, in September 2008 in Glasgow, United Kingdom, in November 2009 in Bologna, Italy, in November 2010 in Olomouc, Czech Republic, in October 2011 in Amsterdam, the Netherlands, in October 2012 in Cardiff, United Kingdom, in October 2013 in Helsinki, Finland, in August 2014 in Zurich, Switzerland, in October 2015 in Istanbul, Turkey, in October 2016 in Belfast, United Kingdom, in November 2018 in Zagreb, Croatia, and in October 2018 in London, United Kingdom.

The 15th Annual Meeting of HEPA Europe took place within the framework of the 10th Conference of HEPA Europe in Odense Denmark, kindly hosted by the University of Southern Denmark. The meeting was structured in two parts, with parallel sessions for the working groups held on the 28th of August and the Annual Meeting on 30th of August.

- Parallel sessions of 8 HEPA Europe working groups (held on August 28)
- Review of new applications for membership
- Input from the parallel sessions of the working groups
- Update on recent development and changes regarding WHO involvement in the HEPA Europe network, and next steps

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, Action Plan for the Prevention and Control of Noncommunicable Diseases in the WHO European Region 2016–2025, and the EU Council Recommendation on promoting health-enhancing physical activity across sectors;
2. Review and discuss progress made in HEPA Europe's 15th year of activity, in particular in implementing the work programmes from 2018/2019 by the working groups.
3. Discuss changes made within the HEPA Europe Steering Committee and WHO involvement highlighting the future steps of the HEPA Europe network.

The HEPA Europe annual meeting was attended by 33 participants, with HEPA Europe members from Austria, Czech Republic, Denmark, France, Germany, Ireland, Italy, Luxembourg, Norway, Portugal, Romania, Slovenia, Spain, Switzerland, Netherlands, and the United Kingdom, together with representatives from the WHO, Regional Office for Europe. The meeting was chaired by Chairwoman, Ms Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), The Netherlands.

1.1 Acknowledgements

The 15th annual meeting of HEPA Europe took place within the framework of the 10th Conference of HEPA Europe in Odense Denmark, kindly hosted by University of Southern Denmark in Odense, Denmark.

2 Parallel sessions of HEPA Europe working group

On 28 August 2019, 8 of HEPA Europe's working groups held parallel sessions.

Session 1: National approaches to physical activity promotion
Session 2: Exchange of experience in physical activity and sports promotion in children and adolescents
Session 3: Active ageing: physical activity promotion in elderly
Session 4: Promotion in health care settings
Session 5: Sport clubs for health
Session 6: Workplace HEPA promotion
Session 7: Environmental approaches to HEPA promotion
Session 8: Monitoring and surveillance of physical activity

3 Report of the 15th Annual Meeting

3.1 Introduction

The meeting was opened by HEPA Europe's Chairwoman, Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), The Netherlands. For this year's meeting, 33 participants took part from 16 countries, as well as representatives from the WHO Regional Office for Europe (see Annex 4 for list of participants).

Ms Wanda Wendel-Vos warmly welcomed Mr Kremlin Wickramasinghe who represented the WHO Regional Office for Europe. Mr Wickramasinghe took the opportunity to kindly thank all members and their continuous support along with mentioning the pleasant opportunity it has been to meet many members during this week's conference. He also extended warm regards on behalf of Ms Bente Mikkelsen, Director of the Division of Noncommunicable Diseases and Promoting Health through the life-course, as well as Dr Joao Breda, Head of the WHO European Office for the Prevention and Control of Noncommunicable Disease, Moscow.

3.2 Membership applications and overview of membership

3.2.1 Overview of membership

Ms Wendel-Vos handed over the floor to Ms Anja Frei, Executive Committee member of the Steering Committee, from Epidemiology, Biostatistics and Prevention Institute (EBPI), University of Zurich, Switzerland, who presented the current HEPA Europe members.

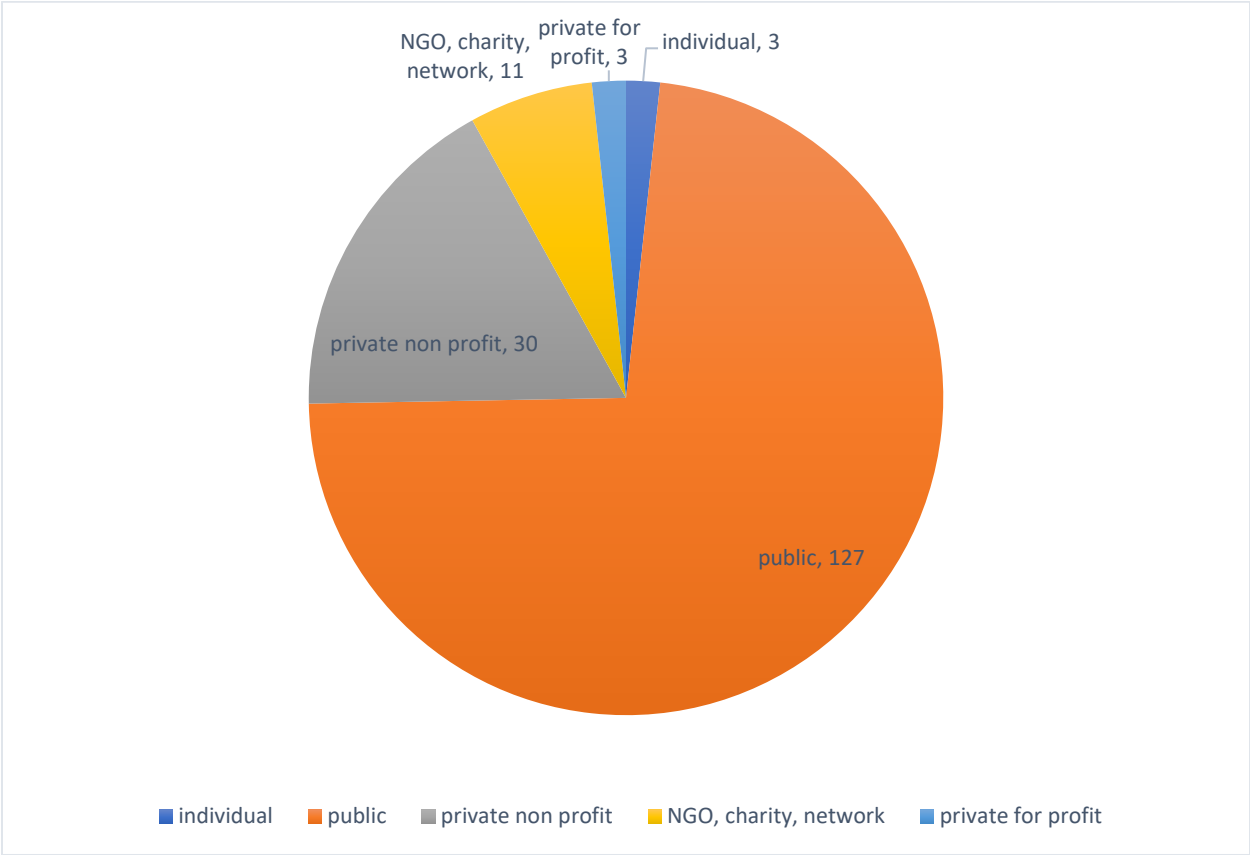
Current HEPA Europe members total 174 member institutions and 3 individual members from 38 countries (plus 8 observers) Table 1.

Table 1. Current HEPA Europe members 2019

Country	No.	Country	No.
Austria	3	Luxemburg	1
Belgium	3	Malta	1
Bosnia & Herzegovina	1	Montenegro	2
Bulgaria	1	Norway	2
Croatia	6	Poland	2
Cyprus	1	Portugal	4
Czech Republic	3	Romania	1
Denmark	5	Russian Federation	1
Finland	10	Serbia	1
France	5	Slovenia	5
Georgia	1	Spain	9
Germany	12	Sweden	5
Greece	4	Switzerland	7
Hungary	4	The former YR of Macedonia	1
Iceland	2	The Netherlands	9
Ireland	9	Turkey	3
Israel	2	Ukraine	2
Italy	12	United Kingdom	35
Lithuania	1	International bodies	2

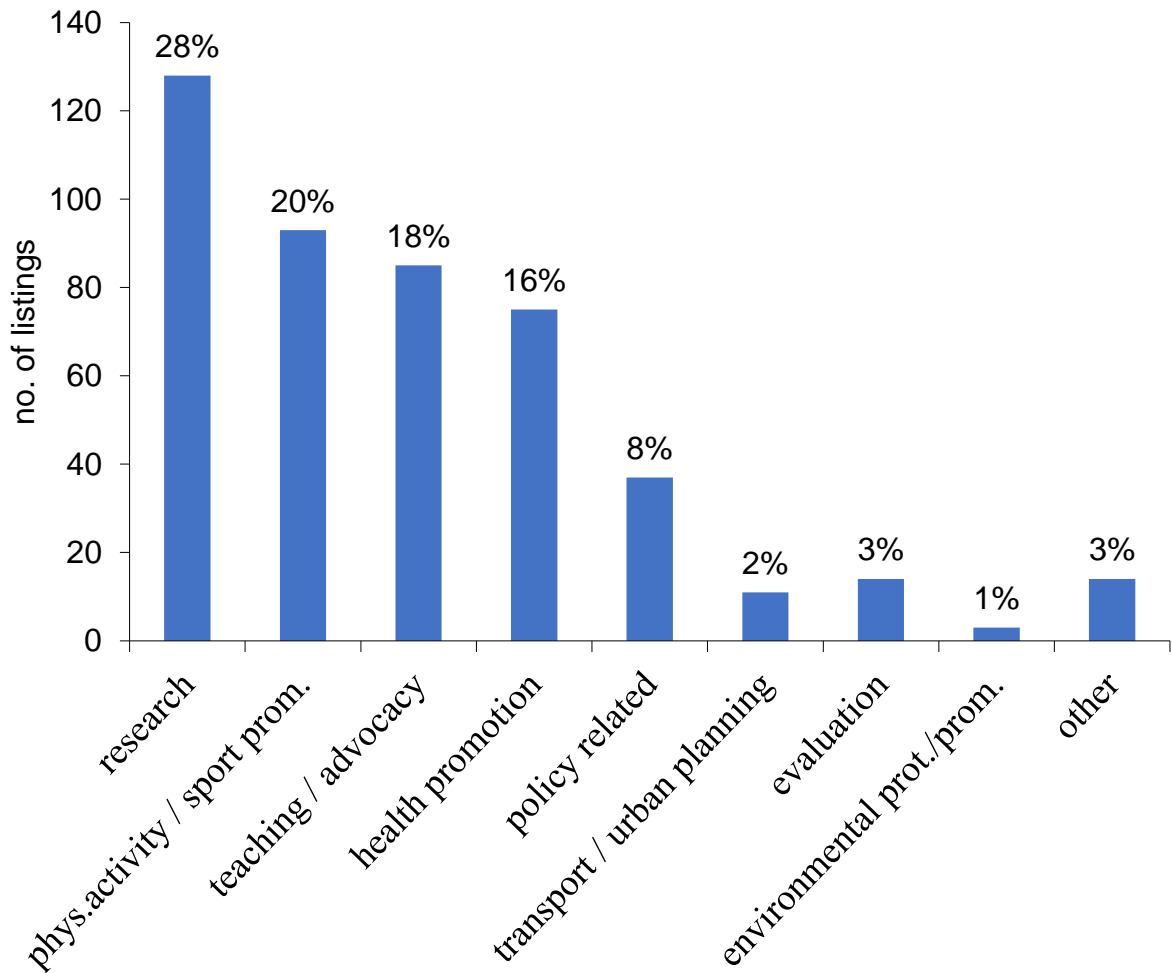
The type of institution/organisation represented within the members are shown in Figure 1. A majority of members come from public institutions/organisations (n=127), followed by private non-profit institutions/organisations (n=30). Individual and private for-profit types were the smallest represented with three members for each group.

Figure 1. Type of institution/organisation



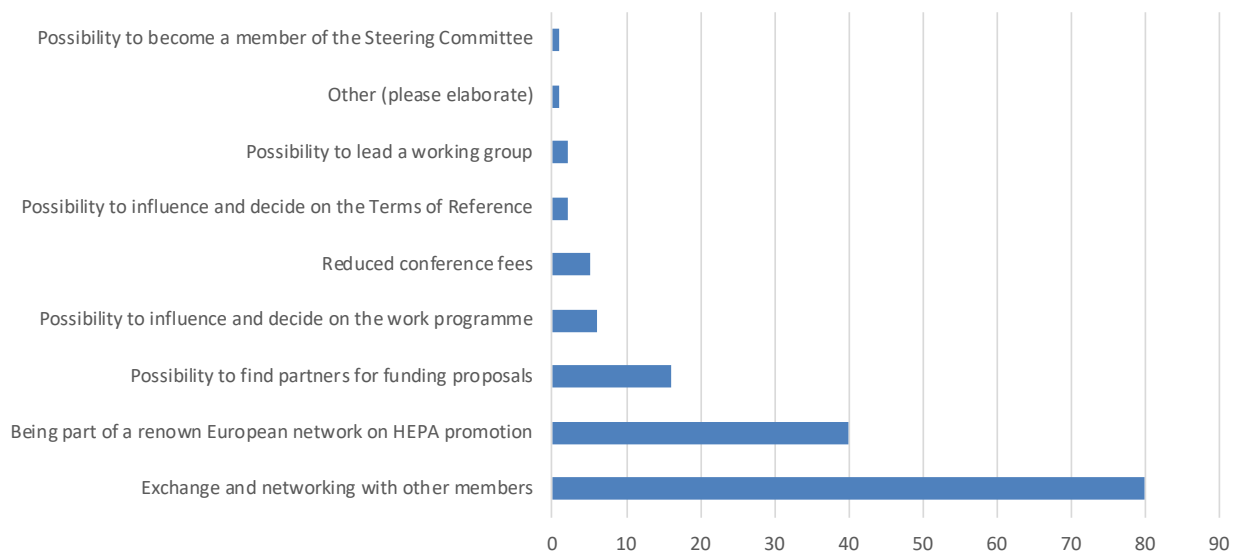
Main activities of members were then presented by Ms Frei. As shown in Figure 2, the leading activities by members were; research (28%) followed by physical activity/sports promotion (20%), teaching/advocacy (18%), and health promotion (16%). The least activities conducted by members were; environmental promotion (1%), transport/urban planning (2%), and evaluation (3%) (see Figure 2).

Figure 2. Main activities by members



Benefits of being a member/observer of HEPA Europe from the 2019 survey discovered a majority of survey respondents considered “*Exchange and networking with other members*” was most benefiting (80%), followed by “*Being part of a renown European network on HEPA promotion*” (40%). The least benefiting of being a member was “*The possibility to become a member of the Steering Committee*”, or “*Possibility to lead a working group*”. See Figure 3 for more details below.

Figure 3. Results from 2019 HEPA Europe Members and Observer Survey on the question of benefits of being a member/observer of HEPA Europe



3.2.2 Voting of new applicants

The Steering Committee had discussed and preliminarily accepted applications for membership from seven institutions prior to the annual meeting. These temporary members were proposed to the network for confirmation.

Ms Wendel-Vos took over the floor to conduct the voting of the seven new applicants for membership with the HEPA Europe members. First, she went over the voting procedures and instructions, followed by the actual voting by members. All applications were confirmed, and the seven following institutions and organisations were welcomed to HEPA Europe as members:

- Ministry of Health, North Macedonia, Ms Sanja Sazdovska
- University of Tartu, Institute of Sport Science and Physiotherapy, Estonia, Ms Kerli Mooses
- Cardiff Metropolitan University, Great Britain, Ms Diane Crone
- Fédération Luxembourgeoise des Associations de Sport de Santé (FLASS), Luxembourg, Mr Alexis Lion
- FederSwiss Organisation Sport for all, Switzerland, Mr Marco Tomasini
- Artevelde University College, Ghent, Belgium, Ms Ine De Clerck
- National Koranyi Institute of Pulmonology, Hungary, Ms Zsuzsa Rakosv

3.3 Steering committee elections

3.3.1 Overview of previous years committee members and changes

Ms Wendel-Vos handed over the floor to Ms Eva Martin-Diener, University of Zurich to provide detailed information of the steering committee elections results. The Steering Committee members elected in 2017 were first presented in order to explain the changes that have been made in the past three years.

The 2017 Elected Steering Committee consisted of the follow members:

<p>Wanda Wendel-Vos, Chair, National Institute for Public Health and the Environment, Netherlands</p>
<ul style="list-style-type: none">• Marie Murphy, Vice Chair, University Ulster, UK• Tommi Vasankari, Vice Chair, UKK Institute, Finland• Sonja Kahlmeier, Executive Member, University Zurich, Switzerland• Andrea Backović Juričan, National Institute of Public Health, Slovenia• Winfried Banzer, Olympics Sports Confederation, Germany• Olov Belander, Norwegian Directorate of Health• Finn Berggren, Gerlev PE & Sports Academy, Denmark• Narcis Gusi, University Extremadura, Spain• Bengt Kayser, University of Lausanne, Switzerland• Karen Milton, Uni East Anglia, UK• Niamh Murphy, Waterford Inst. Technology, Ireland• Stevo Popovic, University Montenegro• Francesca Racioppi, WHO Regional Office for Europe• Anne Vuillemin, University Nice, France• Willem van Mechelen – past chair, Amsterdam Public Health, Netherlands

In 2018, two members of the Steering Committee stepped down, Sonja Kahlmeier, Executive Member, University of Zurich, Switzerland and Francesca Racioppi, WHO Regional Office for Europe. Ms Anja Frei, Ms Margot Mütsch and Ms Eva Martin-Diener, University of Zurich, Switzerland, took over Sonja Kahlmeier’s tasks for the HEPA Europe Network, and Anja Frei took temporarily over Sonja Kahlmeier’s role as executive member of the HEPA Europe Steering Committee. Mr Kremlin Wickramasinghe of WHO Regional Office for Europe took over Francesca Racioppi’s role as WHO Regional Office for Europe representative. All other Steering Committee members remained.

In 2019, three members of the Steering Committee stepped down, Olov Belander, Norwegian Directorate of Health, Finn Berggren, Gerlev PE & Sports Academy, Denmark, and Stevo Popovic, University Montenegro. Chairwoman Ms Wendel-Vos took the time to thank Mr Belander, Mr Berggren, and Mr Popovic for their time and efforts participating in the Steering Committee, bidding a nice farewell.

This thus set the stage for new candidates to join the 2019 Steering Committee. Three new candidates were included in the 2019 elections, **Anna Chalkley**, Loughborough University, UK, **Anja Frei**, University of Zurich, Switzerland, temporary executive member, and **Zdenko Šipić**, Croatian Federation for Sports Recreation “Sport for All”.

Elections were held prior to the Annual Meeting using the same voting procedure as previous years. Members were invited to participate on the 13th of August via an email campaign through survey tool “survey gizmo”. The elections closed on 28th of August, at 6pm CET; in between, two reminders were sent to members that had not yet participated.

2019 Steering Committee Candidates consisted of the following members;

<p>Candidate for chair: Wanda Wendel-Vos, Institute for Public Health & Environment (RIVM), NL; second term</p>
<ul style="list-style-type: none"> • Andrea Backović Juričan, National Institute of Public Health, Slovenia • Winfried Banzer, Olympics Sports Confederation, Germany • Anna Chalkley, Loughborough University, UK • Anja Frei, University of Zurich, Switzerland, temporary executive member • Karen Milton, Norwich Medical School, University of East Anglia, UK • Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain • Bengt Kayser, Institute of sport sciences, University of Lausanne, Switzerland • Niamh Murphy, Waterford Institute of Technology, Ireland • Marie H Murphy, Chair of Exercise & Health, University of Ulster, UK • Zdenko Šipić, Croatian Federation for Sports Recreation “Sport for All” • Tommi Vasankari, UKK Institute, Tampere, Finland • Anne Vuillemin, University Côte d’Azur, Nice, France • Willem van Mechelen, VU Medical School, Amsterdam, NL • Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), NL
<p>Not for election:</p> <ul style="list-style-type: none"> • Kremlin Wickramasinghe, WHO Regional Office for Europe

3.3.2 Election method and results 2019

The election method and outcomes were then presented by Ms Eva Martin-Diener. All 174 active 2019 members were contacted (171 member institutions and 3 honorary members). Individual links were sent by email to each member (1 anonymous vote per institution). Members were given 15 days to participate with 2 reminder emails were sent.

Out of the 174 active members contacted, 55 voted (32%), excluding 10 partial votes. Voter turnout in previous years varied and shared for comparison.

- 2017 55% of members voted
- 2015 35% of members voted
- 2014 41% of members voted
- 2013 59% of members voted
- 2012 61% of members voted

Out of the 61 members who participated in the 2019 elections;

Chose to abstain from voting	2 (3%)	(2017: 6%)
Chose group voting	33 (54%)	(2017: 60%)
Chose individual voting	26 (43%)	(2017: 34%)

Election results were then presented by Ms Eva Martin-Diener, with the following members elected with clear majority and now the 2019 Steering Committee.

2019 Elected Steering Committee

Wanda Wendel-Vos , Chairperson, Institute for Public Health & Environment (RIVM), NL; second term
<ul style="list-style-type: none">• Marie H Murphy, Vice Chair, University of Ulster, UK• Tommi Vasankari, Vice Chair, UKK Institute, Tampere, Finland• Anja Frei, Executive Member, University of Zurich, Switzerland• Andrea Backović Juričan, National Institute of Public Health, Slovenia• Winfried Banzer, Olympics Sports Confederation, Germany• Anna Chalkley, Loughborough University, UK• Karen Milton, Norwich Medical School, University of East Anglia, UK• Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain• Bengt Kayser, Institute of sport sciences, University of Lausanne, Switzerland• Niamh Murphy, Waterford Institute of Technology, Ireland• Zdenko Šipić, Croatian Federation for Sports Recreation “Sport for All”• Anne Vuillemin, University Côte d’Azur, Nice, France• Willem van Mechelen, VU Medical School, Amsterdam, NL• Kremlin Wickramasinghe, WHO Regional Office for Europe

3.4 HEPA Europe working groups overview

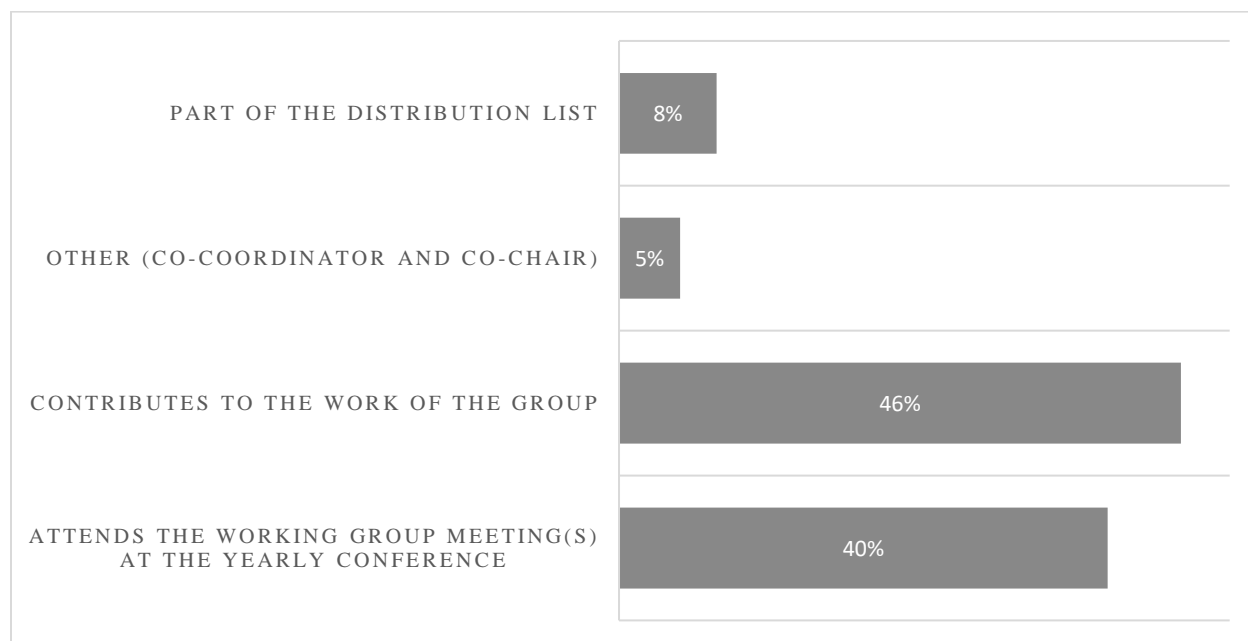
An overview of the HEPA Europe working groups was then presented, highlighting the eight working groups who held parallel sessions on 28th of August.

The following eight Working Groups that held parallel sessions on 28th of August during the HEPA Europe 10th Conference were the following:

	Working group	Leaders
1	Policy approaches to physical activity promotion	Karen Milton, Petru Sandu
2	Exchange of experiences in physical activity and sport promotion in children and adolescents	Elaine Murtagh, Anna Chalkley
3	Active ageing: physical activity promotion in elderly	Liesbeth Preller, Katja Borodulin, Filip Boen
5	HEPA Promotion in health care settings	Malcolm Ward, Eszter Füzéki, Jeannie Wyatt-Williams
6	Sports clubs for health	Sami Kokko, Aoife Lane
7	Workplace HEPA promotion	Ine De Clerck, Anna Puig-Ribera, Sebastià Mas Alos, Ilkka Väänänen
8	Environmental approaches to HEPA promotion	Josef Mitàs
10	Monitoring and surveillance of physical activity	Janna Suni

Results from the HEPA Europe 2019 survey were again presented highlighting the type of participants survey respondents were (n=37). The survey results revealed that 70% of survey respondents are members of a working group and 40% attend working group meetings at the yearly conference.

Table 3. Results of type of involvement from survey respondents (n=37) 2019



Progress made in the different working groups through the past year were summarized and presented in the meeting. Only six of the eight working groups presented information during the Annual Meeting on the 30th of August.

Working groups who presented information for the 15th Annual HEPA Europe meeting;

- Policy approaches to physical activity promotion
- Exchange of experiences in physical activity and sport promotion in children and adolescents
- Active ageing: physical activity promotion in elderly
- HEPA Promotion in health care settings
- Workplace HEPA promotion
- Environmental approaches to HEPA promotion

Working groups who did not present information in the 15th Annual HEPA Europe meeting;

- Sports clubs for health
- Monitoring and surveillance of physical activity

3.4.1 Working group on national approaches to physical activity promotion: Policy-approaches to physical activity promotion

Ms Karen Milton presented for the working group on national approaches to physical activity promotion, though slides were not provided for a presentation. Ms Milton orally updated the meeting participants.

Discussions were held on continuation of the HEPA-PAT tool with ideas to create opportunities to include new countries by offering an online registration as a way not only to include new countries but also to keep updated with the current situations in each context. A question arose within the working group on where HEPA-PAT can be hosted on the new WHO website, Ms Milton mentioned further discussions are needed with Mr Kremlin Wickramasinghe at the WHO/Europe around ways forward. Developing a case study on how the HEPA-PAT has informed policy and practice was also discussed.

Further development and work are underway with the children and adolescent working group to review the global matrix, comparing country grades and developing a set of recommendations for future iterations. Go-Pa country cards, Policy Evaluation Network (PEN) and continued collaboration with an Erasmus+ project which will be receiving results in October was also discussed.

The working group has proposed to set up a blog as a way to bridge communication between the group. The idea is to establish better communication, as there has been new interest from new people who have joined the group but have found barriers within communication in the group at the moment. The hope of a blog could link better ways for collaboration in the near future.

In terms of discussion related to the specific activities of the working group, no ideas were generated beyond the HEPA-PAT dissemination and case studies. Delegates provided some recommendations for the HEPA Europe network more broadly:

- It would be helpful to have more communications from HEPA Europe in-between the annual meetings. This should be for general communication for members of HEPA Europe, not just members of the working group(s). A moderated online blog may be one approach. A newsletter from HEPA Europe was also suggested, although we would not want to duplicate what is done by GlobalPANet. Further discussion with ISPAH the possibility of including an update from the regions in the GlobalPANet newsletter.
- Delegates suggested that at future conferences we refrain from holding all working groups in parallel, so that people have the opportunity to be part of more than one group.

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
HEPA-PAT
Global Matrix
Policy Evaluation Network (PEN)
Go-Pa country cards
A recent publication: Bojana Klepac Pogrmilovic , Grant O’Sullivan , Karen Milton , Stuart J. H. Biddle , Adrian Bauman , William Bellew , Nick Cavill, Sonja Kahlmeier, Michael P. Kelly, Nanette Mutrie, Michael Pratt, Harry Rutter, Andrea Ramirez Varela, Catherine Woods and Zeljko Pedisic. The development of the Comprehensive Analysis of Policy on Physical Activity (CAPPA) framework. <i>Int J Behav Nutr Phys Act.</i> 2019;16(1):60. doi:10.1186/s12966-019-0822-5

Working group on national approaches to physical activity promotion: Policy-approaches to physical activity promotion work steps for 2019/2020

Proposed work steps 2019/2020	By when
HEPA Blog	TBC
HEPA PAT tool dissemination and case studies	TBC

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

Ms Frei presented on behalf of the working group on exchanges in physical activity and sports promotion in children and adolescents. She discussed the updates from 2018/2019 activities and work plans for 2019/2020, also discussing the working groups new initiative for 2019, called The Best Abstract Reward, which was implemented during the 10th HEPA Europe Conference in Odense, Denmark.

Liesel Hurter, Liverpool, John Moores University, “Exploring a Novel Mixed Methods Approach to Measure Children’s Sedentary Behaviours” was awarded winner of Best Abstract Award 2019.

Overview of the initiative was then presented in the meeting. Ms Wendel-Vos described the initiative aims, which is to recognise some of the excellent work being conducted within specific areas related to the HEPA Europe network

- Open to all who submitted an abstract and self-selected their work as being linked to children and youth

- Abstracts were judged on:
 - Clarity
 - Quality and rigour
 - Addressing a research gap or need
 - Potential to progress the field of children and young people’s physical activity and health research.

Ms Wendel-Vos asked the meeting participants for feedback from other working groups on this initiative. The following feedback was provided during the meeting.

Feedback from meeting participants;

- Viewed as a good idea as a way to foster better communication between the working groups and scientific organizing communities and their possible role in more involvement.
- Viewed as a good idea, though was questioned how strategic this could possibly be, more along the aligns of making it something more to highlight what the network is good at, giving an award to collaboration (for example collaboration or inclusion) something that best reflects the HEPA Europe.
- Reminded in Belfast 2006, a similar type of initiative was conducted called the early research award where the 2 who were rewarded got to present at key note speakers at the conference, but was taken away, highlighting the need to assess the purpose of these awards if to further continue this initiative.
- Possible idea to create awards based on the theme of the conference as they are considered the most contemporary themes.

The working group activities and proposed work steps were presented by Ms Frei as followed;

Activities carried out from the 2018/2019 work plan.

Activities 2018/2019
Regular skype meetings with WG members to follow-up work plan and share project ideas
E-mail updates to WG members with news items, interesting papers, recommendations, etc.
Share updates and present results of the Erasmus + Project ‘Keep Youngsters Involved’ (www.Keepyoungstersinvolved.eu)
HEPA Europe Physical Activity Report Card Project based on results of Global Matrix 3.0
Working Group Best Abstract Award 2019

Working group on exchange of experiences in physical activity and sports promotion in children and adolescents work steps for 2019/2020.

Proposed work steps 2019/2020	By when
Finalize and submit HEPA Europe Physical Activity Report Card paper <ul style="list-style-type: none"> • Goal = provide suggestions on how future grading for the school and community/environment indicators could be improved 	Autumn 2019
Develop an overview and review advocacy tools to promote physical activity in children and youth	TBC
Critical review and share experiences how to implement the NEW WHO guidelines for children under 5 years	TBC
Share funding opportunities/sources to support WG activities	TBC
Share best practice from variety of projects currently being undertaken by working group members	TBC
External communication activities through regular updates via social media and newsletter	TBC
Presentation of progress at the 2020 annual meeting	TBC

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

Ms Frei presented on behalf of the active ageing working group who could not attend the Annual Meeting. An update was shared in the changes of chairs, Katja Borodulin Age Institute, Finland which has been appointed the new chair of the working group, will replace Päivi Tope, Age Institute, Finland. Liesbeth Preller, Knowledge Centre for Sport Netherlands, and Filip Boen, KU Leuven will continue to co-lead the group.

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
Presentation of progress at the 15 th annual meeting
7 new members added to working group
Filip Boen, KU Leuven head of planning the next HEPA Europe meeting with intentions of a full symposium.

Working group on active ageing: physical activity promotion in elderly proposed work steps for 2019/2020

Proposed work steps 2019/2020	By when
Start using twitter using #activeageing and #HEPA to disseminate on the topic	September 2019
At least one symposium during the HEPA conference 2020, with focus on relation between research and practice	Sept 2020
Suggested outcome of 2020 symposium: infographic on a chosen theme to promote active ageing	October 2020
Link activities in 2019/2020 to the UN decade of active ageing	May 2020

3.4.4 Working group on HEPA Promotion in Health Care Settings

Ms Eva Martin-Diener presented on behalf of the working group, providing updates on the 28th of August working group session which was documented as a lively discussion with experts from many countries and the WHO on different systems, roles of health professional and implementation issues. Ms Eszter Füzéki chaired the working group meeting and announced that Malcolm Ward has stepped down from co-chair as he has retired.

Working group on HEPA promotion in health care setting proposed work steps for 2019/2020

Proposed work steps 2019/2020	By when
Development of a draft proposal by core group for funding on physical activity / exercise professionals	TBC
Possibly expert meeting at University of Zurich	spring/summer 2020. <i>(dates not agreed upon at time of meeting)</i>

3.4.5 Working group on Sports Club for Health

Working group on Sports Club for Health had technological problems for sharing slides and unable to attend meeting therefore, Ms Eva Martin-Diener informed the changes that were documented in the working group. The working group has appointed 2 new chairs Aurélie Van Hoye, Faculty of Sport (U.F.R. STAPS) University of Lorraine, Villers-les-Nancy, France and Susanna Geidne, School of Health Sciences, Public Health Sciences, Örebro University. Taking over the previous role led by Dr Sami Kokko, University of Jyväskylä, Finland, and Dr Aoife Lane, Athlone Institute of Technology, Ireland.

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
Communication between partner organizations (project webpage, resource database, articles, etc.)
Strengthen the SCforH network with researchers and practitioners (e.g. HEPA Europe conference and other conferences)
Disseminate SCforH Erasmus+ funded programme outcomes
Discuss on next options for funding and networking
Prepare a working group meeting in the framework of the annual HEPA Europe meeting 2019
Two publications have been submitted by the ScforH group in 2018/2019: Geidne, S., Kokko, S., Lane, A., Ooms, L., Vuillemin, A., Seghers, J., ... & Van Hoye, A. (2019). Health Promotion Interventions in Sports Clubs: Can We Talk About a Setting-Based Approach? A Systematic Mapping Review. <i>Health Education & Behavior</i> , 46(4), 592-601. Kokko, S., Martin, L., Geidne, S., Van Hoye, A., Lane, A., Meganck, J., ... & Badura, P. (2018). Does sports club participation contribute to physical activity among children and adolescents? A comparison across six European countries. <i>Scandinavian journal of public health</i> , 1403494818786110.

Working group on Sports Club for Health work steps for 2019/2020

Proposed work steps 2019/2020	By when
Disseminate SCforH Erasmus+ funded programme outcomes	Continuously in different conferences (IUHPE, AIESEP, HEPA, WCEM...)
Application for a third Erasmus+ program has been submitted (led by the University of Zagreb), application to European Funding will be submitted 2020	By the end of 2018

3.4.6 Working group on workplace HEPA promotion

Sebastià Mas-Alòs, National Institute of Physical Education of Catalonia, Spain presented the working groups updates. New group of coordinators took over, currently the working group is lead by Ine De Clerck, Artevelde University College Ghent, Belgium, Anna Puig-Ribera, University of Central Catalonia, Spain, Sebastià Mas-Alòs, National Institute of Physical Education of Catalonia, Spain, and Ilkka Väänänen, Lahti University of Applied Sciences, Finland

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
Continuing collaboration ENWHP – Agreement to host WG-related outcomes and documents (TBD).
Dissemination of Workplace HEPA Promotion outcomes – workshops, lectures, professional meetings (occupational health, policy makers)
A new survey on HEPA workplace promotion carried out with members to identify future working priorities, with the intentions to update interest of new and old working group members
Prepare a working group meeting in the framework of the annual HEPA Europe meeting 2019 in Odense, 28 th of August

For this year’s working group session on 28 August, Mr Mas-Alòs stated that 50 plus working group members did not attend (only 8 out of 10 registered for the working group meeting only attended) thus highlighting the difficulty to meet with other working group members. There has been discussion of a possible take over from the working group on the UKK Institute website working documents due to changes in the UKK Institute website leading to the requirement for a new website host, but further discussion is needed. Discussions were also held on securing funding for specific projects (possible creation of subgroups within the working group) and exploring collaboration for research projects fostering participation of members outside academia (e.g., company representatives, policymakers, not-for-profit organisations, etc.) were considered by the WG to be interesting to bridge research and practice.

Working group on workplace HEPA work steps for 2019/2020

Proposed work steps	By when
Making a summary of common interests of the participants of the Odense WG meeting to enhance knowledge and material sharing	September 2019
Set up the website host for WG past and future documents	December 2019
Planning and implementing next activities <ul style="list-style-type: none"> - Discussion on options for funding (ERASMUS+, H2020) - Symposium organization for HEPA Conference in Nice 2020 	Spring 2020
Presentation of progress at the 16th annual meeting	September 2020

3.4.7 Working group on environmental approaches to HEPA promotion

Josef Mitáš, Palacký University Olomouc, Czech Republic spoke on behalf of the working group. Mr Palacký expressed that the working group session this year struggled with the aims and approach of environment and physical activity. Discussions were held around collaboration and database contributions Global Action Plan on Physical Activity, which could create the opportunity to collaborate more on an international level.

It was noted that new members in the working group are promoting the directions of where the working group is headed, for example, by creating the drive and starting point of the work that this group can accomplish. Though it was noted that more established public partners are needed, such as Healthy Cities, which was not successfully implemented as intended this year.

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
Further dissemination of the aims and strategy of the working group and promotion in colleagues
Promoting the shared database on knowledge and ideas in google drive
Meetings regarding the establishment of strategical partnerships (e.g. Healthy cities)

Working group on environmental approaches for HEPA promotion work steps for 2019/2020

Proposed work steps	By when
Further dissemination of the aims and strategy of the working group and promotion	Continuously
Strategy regarding the shared knowledge and ideas - leaflet	December 2019
Look for the establishment of partnerships (e.g. Healthy cities, WHO)	Continuously
Consider proposal call in Erasmus+ or COST programs	Summer 2020
Presentation of progress at the 16th Annual Meeting	September 2020

3.4.8 Working group on monitoring and surveillance of physical activity

Ms Wendel-Vos spoke on behalf of the Working Group. Discussions within the working group session were on the continuation in the collaboration of the Erasmus+ EUPASMOS project. This 3-year project, which started in January 2018, aims at comparing commonly used questionnaires for physical activity surveillance (e.g. GPAQ, IPAQ, European Health Interview Survey Physical

Activity Questionnaire – EHIS-PAQ, Eurobarometer and national questionnaires with each other and with objective accelerometer data in a validation study.

Activities carried out from the 2018/2019 work plan

Activities 2018/2019
EUPASMOS project

Working group on for monitoring and surveillance of physical activity proposed work steps for 2019/2020

Proposed work steps 2019/2020	By when
Continuation of EUPASMOS	TBC

3.5 Update on recent development and changes regarding WHO involvement in the HEPA Europe Network, next steps.

Chairwoman Ms Wanda Wendel-Vos presented the overview of the recent changes made in 2018 starting with the World Health Organization. Mr Kremlin Wickramasinghe from the WHO European Office for the Prevention & Control for Non-Communicable Diseases, who was present in this meeting has taken over Ms Francesca Racioppi from the Environment and Health Policy and Governance program of the WHO Regional Office for Europe role in HEPA Europe.

Ms Wendel-Vo handed over the floor to Mr Wickramasinghe who discussed WHO country-based focus from the 13th programme of work 2019-2023 which aims on focusing on working closely together with partners, providing more context-specific strategic support and technical assistance.

Ms Wendel-Vos took over the floor again to continue further discussions of how these changes impact HEPA Europe affirming that with new divisions will add new possibilities coming from the different programs. A strategic meeting was held with the Chair, Vice chairs, Executive team Zurich, and new WHO/Europe team held on 6 and 7 of June in Copenhagen Denmark. This meeting executed the transferal of administrative tasks from executive team Zurich to administrative team WHO/Europe along with discussions on possible ways forward for the network.

These new changes thus allow for the opportunity for re-evaluation which Ms Wendel-Vos explained the 2019 HEPA Europe survey which contained specific questions for points of improvements were analysed to provide crucial feedback that can improve the network.

Ms Wendel-Vos follows this discussion by presenting the outcomes from the 2019 survey and the strategic meeting with regards on how the network will be moving forward, furthermore, including how the Steering Committee will be working towards listening to the results from the members of HEPA Europe Survey 2019.

HEPA Europe 2019 Survey

Results from 2019 HEPA Europe survey to members and observers were presented during the meeting, particularly on areas of which highlight ways forward for improvement. The survey was an updated version of a previous survey conducted in 2015 by members of the Steering Committee and support from WHO/Europe. It was sent on 24 April with two follow up reminders sent 8 May and 14 May. All members and observers received an email to complete the survey through SurveyGizmo within a 3-week period. A total of 53 responded out of the 168 members and 8 observers. 89% of the respondents were members, with 11% respondents being observers.

The points for improvement summary from the survey discovered that *Financial stability* was the most important point, Ms Wendel-Vos states that with the known financial issues with the network in the previous years, this would make sense to be most important and more attention therefore would be focused. *Institutional support* followed, which Ms Wendel-Vos claims we can already see we are being heard, as this meeting has been provided with 3 members of the WHO. Lastly, *Communication and visibility* was mentioned as the third important point for improvement.

Summary of points for improvement (Survey 2019) ranked from most important point to least.

1. Financial stability
2. Institutional support
3. Communication and visibility
4. Added value
5. Transparency and inclusion
6. Innovation
7. Connecting research and practice

Summary Strategic meeting

The summary of the strategic meeting held on the 6th and 7th of June in Copenhagen, Denmark was then presented by Ms Wendel-Vos, who first went over the increased administrative/technical support from WHO/Europe for HEPA Europe.

WHO/Europe will now handle membership applications within intentions to speed up application process. This will mean:

- EBPI and WHO/Europe will further develop the flowchart for membership applications; seriously considering the observer status for those applications that would be doubtful as a member.
- WHO/Europe will work out an online tool delivering the content of the membership application form directly into a database; also considering adding an obligatory question related to the relative amount of funding coming from the industry

It has also been agreed upon with the WHO/Europe to:

- support webinar for early career researchers by facilitating the WebEx session
- support social media attention for the annual conference
- facilitate a rapporteur for the annual meeting

Furthermore, Ms Wendel-Vos presented the aligning of activities from WHO/Europe and HEPA Europe.

Exploring how we can bring the two groups more closely together; discussions were held in how to align with the HEPA Europe Focal Point Network. Some ideas shared were:

- Actively inviting them to become a member of HEPA Europe
- Working towards free registration for the annual conference
- Holding the conference back to back with HEPA Europe focal point network

Another suggestion presented was the idea of working towards a combined newsletter for the physical activity field in which HEPA Europe is one of the ‘topics. The HEPA Europe mailing lists (members and interested parties) will be incorporated in a wider list of organisations/people.

Ms Wendel-Vos followed this discussion with presenting slides on the increasing visibility for the network as a WHO/Europe network.

WHO/Europe and the steering committee will re-evaluate the way HEPA Europe is presented at the WHO/Europe website under the following points:

- looking for a way to presented as what it is: a network. Rather than what is currently labelled “Activities”.
- The webpage will preferably show links to other WHO information / activities / publications related to physical activity; putting HEPA Europe ‘in context’ rather than ‘as stand-alone’.
- Website will be updated within an estimated 18 months.

It was also noted by Ms Wendel-Vos the importance to involve the national government in organising future annual conferences.

Mr. Wickramasinghe took the floor to explain the next steps with involvement by clarifying the intentions of linking HEPA Europe members with priorities areas of WHO, such as workplace health promotion and children and young people, by going to HEPA Europe working groups as a first point of contact when needing to fill in these priority areas.

Other possibilities mentioned are that an expert in the field will have the opportunity to help on mission trips. Mr. Wickramasinghe asks for leaders of working groups to write a one-page idea/proposals to WHO/Europe, then WHO/Europe can evaluate and see how to collaborate.

Positive reflections from participants in the meeting by some speaking out that this is a new step further with HEPA Europe, creating a great opportunity to collaborate with WHO/Europe promoting HEPA Europe. Highlighting the fact that working and collaborating with WHO/Europe is a real opportunity to create space.

- WHO/Europe will perform a mapping exercise to get an idea of the expertise within the working groups. Working groups are invited to share ideas with WHO/Europe. There will be funds available to run (small) projects.
- There will be possibilities for HEPA Europe internships (e.g. for PhD students in the policy area) at WHO/Europe office. Mr Wickramasinghe encouraged the meeting participants to send applications as soon as possible.

Way forward for the network

- Consequences for the Terms of Reference described will mainly with the administration of the following areas:
 - Network
 - Steering Committee
 - Secretariat
 - Consequences for the ways of working of the working groups
- Consequences for the ways of working of the steering committee

A new version will be ready for the 16th Annual meeting in 2020. Ms Wendel-Vos ends with reminding everyone that for this upcoming year, though with many new changes, it will be exciting as many new opportunities will follow.

Other business and closure

Before closure of the meeting. The floor was opened to any meeting participants who had other business or questions regarding the presented information.

- Concerns regarding Terms of Reference changes were brought up, with specific questions to what the purpose of is having membership, questioning the added value compared to just a website with e-newsletters. It was suggested that a simplified application, providing some financial gain to be a member, such as a reduction in conference price.
 - Chairwoman Ms Wendel-Vos confirmed that the committee is constantly evaluating membership and what that means, added-value of the collaboration and networking opportunities highlight HEPA Europe.
 - The WHO/Europe will bring more infrastructure allowing for a better functional website and webinars. Most of the Terms of Reference changes are from an administration point of view.

- Concerns regarding a need for a membership were then brought up, comparing to the HBSC network, which one member is also part of. Experiences from that network found that many people do not attend the focus group meetings leading to feelings of disconnect in the group and lack of motivation to attend future meetings. Questions regarding how something like an open network be created similar to membership allowing to connect to other networks as well.
 - Ms Wendel-Vos and Mr Wickramasinghe explained how HEPA Europe is an organizational network, future exploration on how to connect to other networks will be explored but noted that there are complexities of different management data ownerships at the moment making it difficult to collaborate across networks at this time.

Other reflections made by meeting participants were:

• Praise for HEPA Europe having small focused groups allowing to bring a uniqueness that other networks do not have.
• Challenges with costs of travel and expenses for meetings
• Challenges expressed with working groups not working properly, often disbanding of leaders of working groups and challenges to attendance and collaboration. <ul style="list-style-type: none"> ○ Possible solution to challenge suggested were to have the Steering Community follow up with working group leaders and group members throughout the year
• It was noted a communication strategy is needed due to the common challenge across working groups with barriers leading to lack of communication.

<ul style="list-style-type: none"> ○ Suggesting a teleconferencing system would help provide more opportunities to communicate in a hassle-free cost-effective way. ○ Mr. Wickramasinghe offered that the WHO/Europe can provide WebEx for the HEPA Europe working group leaders to use.
<ul style="list-style-type: none"> ● Policy working group brought up the challenge of getting more members interested in attending the working group sessions and conference. <ul style="list-style-type: none"> ○ A suggestion for next conference is to have more options for attending more than one working group. ○ Other suggestions were made regarding having specific criteria for working groups or allowing two sessions of working groups at a time so they can move across groups, thus allowing to attend 2 different meetings.

Next Annual Meeting of HEPA Europe

The 16th annual meeting and 11th conference HEPA Europe, will be held on 2-4 September 2020, in Nice, France, with the theme of an ecosystem approach to health enhancing physical activity promotion kindly hosted by University of Côte d'Azur, Ville de Nice. The Steering Committee will review applications from 2020 and confirm the 17th annual meeting at a later date.

Closing of the meeting

Ms Wendel-Vos on behalf of HEPA Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. She additionally thanked the Steering Committee, the WHO Regional Office for Europe, the working groups and project leaders, the project and work group participants, the hosts of the annual meeting and conference. She closed the meeting with a special recognition and warm farewell to the Steering Committee members who are leaving this year; Finn Berggren, Olov Belander, and Stevo Popovic for their work and dedication with HEPA Europe.

Furthermore, Mr. Finn Berggren took the floor to address an emotional farewell after 15 years on the Steering Committee. He gave a special thanks to the Steering Committee claiming they are the reason he has been with HEPA Europe for the past 15 years, he is leaving feeling there is a positive way forward due to the feedback and comments heard from working groups. A special thanks was made to Thomas Skovgaard Head of Organizing Committee, University of Southern Denmark and Jens Troelsen Head of Scientific Committee, University of Southern Denmark.

Annex

Annex 1: Detailed programme of the meeting

Wednesday 28 August 2019

15:45 – 17:15 **Parallel sessions of HEPA Europe working groups**
Working group leaders, members and participants

Friday, 30 August 2019

11:30 – 11:40 **Opening and welcome**

*Wanda Wendel-Vos, Chair HEPA Europe
Kremlin Wickramasinghe, WHO European Office for the Prevention & Control for
NCDs*

11:40 – 11:45 **New applications for membership**

Wanda Wendel-Vos, Chair HEPA Europe

11:45 – 11:55 **Elections for the Steering Committee**

Wanda Wendel-Vos, Chair HEPA Europe

11:55 – 12:15 **Input from Working Groups**

Working group leaders

12:15 – 12:55 **Update on recent development and changes regarding WHO involvement in
the HEPA Europe Network, next steps**

*Wanda Wendel-Vos, Chair HEPA Europe,
Kremlin Wickramasinghe, WHO European Office for the Prevention & Control for
NCDs*

Anja Frei, HEPA Europe executive member ad interim

12:55 – 13:00 **Other business and closure**

Annex 2: List of member institutions of HEPA Europe

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Active Cheshire, United Kingdom
- Active Living Association, Istanbul, Turkey
- Agaplesion Bethesda Hospital Ulm, Germany
- Artevelde University College Ghent, Belgium
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Babes-Bolyai University, Cluj-Napoca, Romania
- Baltic Region Healthy Cities Association, Finland
- Bradford Institute for Health Research, Born in Bradford birth cohort, 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
- Cardiff Metropolitan University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Centre for Health, Sport University of Cologne, Germany
- Center for Health, Exercise and Sport Sciences, Belgrade, Serbia
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre of Population Approaches for Noncommunicable Disease Prevention, University of Oxford, United Kingdom
- Centre for Public Health, School of Medicine, Queen's University Belfast, United Kingdom
- 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, Dublin, Ireland
- Clinical Science Institute, National University of Ireland, Galway
- Cork Institute of Technology, Ireland
- Coventry University, Department of Biomolecular and Sports Sciences, United Kingdom
- Croatian Association "Sport for All", Zagreb, Croatia
- Croatian Institute of Public Health, Zagreb
- 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 Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Physical and Social Education, Lithuanian Sports University, Kaunas, Lithuania
- 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 Hygiene and Epidemiology, University of Ioannina, Greece
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of Physical Education and Sport Sciences, Faculty of Education and Health Sciences, University of Limerick, Ireland
- Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
- Department of Primary Care & Population Health, Physical Activity Research Group, University College London, United Kingdom
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Department of Sports Sciences, University Beira Interior, Covilhã, Portugal
- Directorate General for Public Health, Emilia-Romagna Region, Bologna, Italy
- Directorate Public Health, Ministry of Health, Sofia, Bulgaria
- Division of Health Research, Centre for Health Science, University of the Highlands & Islands, Inverness, United Kingdom
- Eddy Engelsman, the Hague, the Netherlands
- Edinburgh Napier University, United Kingdom
- European Centre of Studies and Initiatives (CESIE), Palermo, Italy
- Faculty for Sport and Physical Education, Niksic, Montenegro
- Faculty of Kinesiology, University of Zagreb, Croatia
- Faculty of Motor Sciences, University of L'Aquila, Italy
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Physical Education, University of Rzeszow, Poland
- Faculty of Sport, University of Lorraine, Nancy, France
- Faculty of Sport and Exercise Medicine, Edinburgh, United Kingdom
- Faculty of Sport and Physical Education, University of Sarajevo, Bosnia and Herzegovina
- Faculty of Sport, University of Ljubljana, Slovenia
- Faculty of Sports Sciences, University of Nice Sophia Antipolis (UNS), France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Federal Office of Public Health, Bern, Switzerland
- Fédération Luxembourgeoise des Associations de Sport de Santé (FLASS), Luxembourg
- FederSwiss Organisation Sport for all, Switzerland
- Finnish Age Institute, Finland

- Finnish Sports Confederation Valo, Helsinki
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- French Society for Public Health, Laxou, France
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Hanze University of Applied Sciences Groningen, Groningen, the Netherlands
- Health and Society Academic Unit, University of Wageningen, the Netherlands
- 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 Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark
- Institute of Sports and Sports Science, Karlsruhe Institute of Technology (KIT), Germany
- Institute of Sports Sciences, University of Lausanne, Switzerland
- Institute of Technology Carlow, Ireland
- International Health Consulting, Berlin, Germany
- Israel Center of Sport Clubs, Ramat Gan
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Knowledge Centre for Sport, Ede, The Netherlands
- Laboratory of Exercise & Sport Psychology Department of Human Kinesiology, Catholic University Leuven, Belgium
- League of Fitness Dietitians and Nutritionists, Kiev, Ukraine
- Leicester Diabetes Centre, United Kingdom
- Luxembourg Institute of Health
- Malta Council for Sports
- Medical Centre Division Sports and Rehabilitation, Ulm University, Germany
- Medical School Hamburg, Germany
- Ministry of Health, North Macedonia
- 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

- Montenegrin Sports Academy
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Institute for Health and Welfare (THL), Helsinki, Finland
- National Institute for Public Health and the Environment (RIVM), Bilthoven, the Netherlands
- National Institute of Physical Education of Catalonia (INEFC), Lleida, Spain
- National Institute of Public Health, Ljubljana, Slovenia
- National Koranyi Institute of Pulmonology, Hungary
- National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
- Natural England, Peterborough, United Kingdom
- Natural Resources Wales, Cardiff Bay, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Norwich Medical School, University of East Anglia, United Kingdom
- 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
- Outdoor Recreation Northern Ireland, United Kingdom
- 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 and Health Group, Faculty of Medicine, University of Lisbon, Portugal and Coaching,
- Physical Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
- Physical activity and Sports Medicine, Division of Physiotherapy, Karolinska Institute, Huddinge, Sweden
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- 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 & Innovation, University of Copenhagen, Denmark
- Research Center on Child Motor Development, Verona, Italy
- 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 Health Sciences, Örebro University, Sweden
- 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
- Steno Diabetes Center Copenhagen, Denmark
- Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Team Healthy Nutrition and Physical Activity, Flemish Institute of Health Promotion and Disease Prevention, Brussels, Belgium
- Tel-Aviv University, Ramat Aviv, Israel
- The Swedish National Institute of Public Health, Östersund
- Transport Studies, Oxford University, United Kingdom
- University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
- University Medical Policlinic, Lausanne, Switzerland
- 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 Foggia, Italy
- University of Gloucestershire, Faculty of Applied Sciences, United Kingdom
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavík
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- University Ramon Llull, Barcelona, Spain
- University of Tartu, Institute of Sport Science and Physiotherapy, Estonia
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- 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
- Faculty of Health Sciences, Camilo Jose Cela University, Madrid, Spain
- Progress Health Partnerships, Wigan Lincs, United Kingdom

Annex 3: List of HEPA Europe member meeting participants

The following list includes the HEPA Europe members who have attended the 15th Annual HEPA Europe meeting on 30 August 2019.

Verena Zeuschner

Austrian Health Promotion Foundation,
business unit of Gesundheit Österreich
Wien, Austria

Alexis Lion

Luxembourg Institute of Health
Strassen, Luxembourg

Michal Kudláček

Palacky University, Faculty of Physical
Culture
Olomouc, Czech Republic

Olov Belander

Norwegian Directorate for Health, SHDIR
Oslo, Norway

Thomas Skovgaard

Institute of Sport Sciences and Clinical
Biomechanics, University of Southern
Denmark
Odense, Denmark

Kelly O'Hara

Department of Sports Sciences, University
Beira Interior Convento de Stº António
Covilhã, Portugal

Finn Berggren

Gerlev Physical Education and Sports
Academy
Slagelse, Denmark

Petru Sandu

Babes-Bolyai University
CLuj-Napoca, Cluj, Romania

Anne Vuillemin

Faculty of Sports Sciences (UFR STAPS)
University of Nice Sophia Antipolis (UNS)
Nice Cedex, France

Andrea Backovic Jurican

National Institute of Public Health
Ljubljana, Slovenia

Aurélie Van Hoye

Faculty of Sport (U.F.R. STAPS).
University of Lorraine
Villers-les-Nancy, France

Narcis Gusi

Exercise, Quality of Life and Health
Economics, University of Extremadura
Caceres, Spain

Alexander Woll

Institute of Sports and Sports Science.
Karlsruhe Institute of Technology (KIT)
Karlsruhe, Germany

Sebastià Mas Alòs

National Institute of Physical Education of
Catalonia (INEFC)
Lleida, Spain

Niamh Murphy

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

Susana Aznar

University of Castilla-La Mancha
Toledo, Spain

Catherine Woods

University of Limerick, Department of
Physical Education and Sport Sciences
Limerick, Ireland

Bengt Kayser

Institute of Sports Sciences, University of
Lausanne
Lausanne, Switzerland

Giorgio Chiaranda

Directorate General for Public Health
Emilia-Romagna Region
Bologna, Italy

Eva Martin

Epidemiology, Biostatistics and Prevention
Institute (EBPI), University of Zurich
Zurich, Switzerland

Wanda Wendel-Vos

National Institute for Public Health and the
Environment (RIVM)
Bilthoven, The Netherlands

Karen Milton

Norwich Medical School, University of East
Anglia
Norwich Norfolk, United Kingdom

Johan de Jong

School of Sport Studies, Hanze University
of Applied Sciences Groningen. The
Netherlands

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
Czechia
Denmark
Estonia
Finland
France
Georgia
Germany
Greece
Hungary
Iceland
Ireland
Israel
Italy
Kazakhstan
Kyrgyzstan
Latvia
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