



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

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

Report of a WHO meeting
26 November 2010
Olomouc, Czech Republic





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the framework of the Health
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The views expressed herein can in no
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opinion of the European Union.



ABSTRACT

The 6th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic on 26 November 2010. It was attended by 99 participants from 24 Member States and from Australia, Canada and the United States of America as well as a representative of the European Commission. The event included parallel sessions of four HEPA Europe working groups. At the annual meeting, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2009/2010, the work programme 2010/2011 and amendments to the Terms of Reference for HEPA Europe. In addition, 14 new membership applications were confirmed and the Steering Committee was elected. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed, including new activities on physical activity promotion and injury prevention and on workplace-related physical activity.

The 2nd HEPA Europe conference took place back-to-back with the annual meeting on 24-25 November 2010. It was organized by Palacký University and focused on "Health-enhancing Physical Activity in the 21st century: Environmental and social influences and approaches", featuring 8 key note lectures, 16 oral and 80 poster presentations.

This meeting was supported by the European Union in the framework of the Health Programme 2008-2013 (Grant Agreement 2009 52 02).

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1 Introduction and overview

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

The 6th annual meeting of HEPA Europe took place on 26 November 2010. It was kindly hosted by the Palacký University in Olomouc, Czech Republic, and supported by Palacký University, the City of Olomouc, the Region of Olomouc, the General Health Insurance Company of the Czech Republic (VZP) and the EU Structural Funds (project on “Development and implementation of an educational system to support physical activity in the Czech academic field¹”). Support was also provided by the EU Health Programme 2008-2013 through the joint WHO-DG SANCO project on “Promoting networking and action on healthy and equitable environments for physical activity (PHAN).

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

- parallel sessions of 4 HEPA Europe working groups and other topics;
- plenary presentation of the activity report, new applications for membership (see Annex 3 for the list of members) and discussion of the proposed amendments to the Terms of Reference of the network;
- the presentation of the new work programme; and
- election of the Steering Committee and endorsement of the new work programme.

The event was attended by 99 participants from the following 24 European countries: Austria, Bosnia and Herzegovina, Croatia, Czech Republic, Denmark, Finland, France, Georgia, Germany, Greece, Hungary, Ireland, Israel, Italy, Lithuania, Netherlands, Norway, Poland, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom. In addition, participants from Australia, Canada and United States of America and a representative from the European Commission (EC - Directorate for General Education and Culture) participated (see Annex 6 for list of participants). The plenary part of the meeting was chaired by Mr Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, and chairman of HEPA Europe.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with one of the specific objectives of a WHO-DG SANCO project on “Promoting networking and action on healthy and equitable environments for physical activity (PHAN);
2. review and discuss progress made in HEPA Europe’s fifth year of activity, in particular in implementing the work programme as well with regard to contributions and funding (see also Annex 1 with list of working papers and background documents);

¹ Vytvoření a implementace edukačního systému podpory pohybové aktivity na českém akademickém poli (CZ.1.07/2.2.00/07.0119)

3. discuss and adopt key documents for next year's work, including:
 - Activity report 2009/2010 (see Annex 4)
 - Work programme 2010/2011 (see Annex 5)
 - Amended Terms of Reference of HEPA Europe².

2 2nd HEPA Europe conference

Back to back with the annual meeting, Palacky University organized the 2nd HEPA Europe conference on 24-25 November 2011. The conference was co-sponsored by WHO Regional Office for Europe and the International Society for Physical Activity and Health (ISPAH). The event focused on "Health-enhancing Physical Activity in the 21st century: Environmental and social influences and approaches". It was attended by over 170 delegates from about 30 European countries as well as from Australia, Brazil, Canada and the United States of America, the World Health Organization and the European Commission. It featured the following 8 key note lectures:

- Built Environments and Physical Activity: International Results, by James F. Sallis, San Diego State University, San Diego, United States of America
- Physical activity and preferences within Czech population: Eastern European specificities, by Josef Mitas, Center for Kinanthropology Research, Olomouc, Czech Republic
- Strategies and approaches on international, national and regional level, by Brian Martin, Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Are we focusing too much on the 'new technology' as the solution to surveillance?, by Adrian Bauman, School of Public Health, University of Sydney, Australia
- Movement, cycling and Danish inspiration, by Jaroslav Martinek, Transport Research Center, Olomouc, Czech Republic
- Physical activity interventions – evaluation, examples of good practice, by Fiona Bull, The University of Western Australia, Australia
- Physical activity and its economic impact on public health, by Michael Pratt, Centers for Disease Control and Prevention, Atlanta, United States of America
- Playing for Real: Video games for children's diet and physical activity change, by Tom Baranowski, Baylor College of Medicine, Houston, United States of America

In addition, 16 oral presentations were held, and 80 posters were presented in the following 4 topical sessions:

- Built environment and physical activity for transport;
- Physical activity preferences and existing physical activity intervention;
- Strategies, approaches and impacts of physical activity promotion; and
- Technology in physical activity and health.

² Available at: www.euro.who.int/hepa.

3 Parallel sessions and work meetings of HEPA Europe working groups and other side events

As part of the annual meeting, four of HEPA Europe's working groups (see also work programme, Annex 5) met to discuss progress and next steps. In addition, several working groups held preparatory work meetings either before or during the main event.

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

The parallel session was co-chaired by Mr Peter Barendse, Netherlands Institute on Sport and Physical Activity (NISB), who was succeeding Mr Christoph Nützi, Swiss Federal Office of Sport (BASPO) and Mr Johan Tranquist – National Center for Child Health Promotion (NCFE), Sweden, in leading the working group.

The meeting started with the presentation of activities of work package 4 of the PHAN project (see page 4) on “Youth involvement for physical activity in supportive urban environments”, into which a number of working group members are involved. This work package aims at developing a blueprint for what constitutes a youth-friendly physical activity promotion project, including the views of youth themselves. A need for more youth participation, ownership by young people and learning from each other were discussed as interesting topics for this working group. Cooperation with the European Youth Forum was also suggested for consideration. As a basis for future activities, it was also suggested to map active networks and projects on youth-related activities in Europe.

Based on the previous collection of national approaches to sport and physical activity promotion on youth and in-depth analysis of 6 selected national programmes, the possibility of a follow-up project was also discussed to identify good interventions, analyse the effective elements and disseminate information and knowledge on specific interventions.

The working group decided to reconvene in a phone conference in early 2011 to start the mapping of relevant networks and projects and to define the next steps.

3.2 Physical activity monitoring and surveillance

This parallel session was chaired by Mr Brian Martin, University of Zurich, Switzerland. Mr Martin introduced final draft recommendations for the use of questionnaires and objective measurement tools at the population level in adults.

Earlier drafts had been discussed with the Steering Committee, and exchange with other ongoing activities had also taken place (EU Project on Assessing Levels of Physical Activity and fitness at population level ALPHA; Council on Physical Activity Assessment and Surveillance of the International Society on Physical Activity and Health ISPAH, recent publications). The proposed recommendations are meant as a scientific contribution to the field by providing methodological guidance on conducting future data collection in monitoring and surveillance of physical activity at the population level.

The proposed recommendations introduce the importance of monitoring and surveillance of physical activity at the population level in view of the growing recognition of the importance of physical activity for health. They then present existing monitoring instruments and discuss their advantages and disadvantages. Synergies with the joint WHO/DG Sanco project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union” were also presented. This project is gathering data on physical activity levels from all 53 European WHO Member States and also carried out a workshop on integration of data on physical activity patterns.

The session participants welcomed the final draft recommendations. As possible next activities, the participants discussed on the one hand further contributions to the joint WHO/DG Sanco project, including for example in-depth analysis of country-level data. On the other hand, the development of draft recommendations for monitoring and surveillance of physical activity in children was identified as a priority.

3.3 HEPA promotion in health care settings

Mrs Minna Aittasalo, UKK Institute for Health Promotion Research, Finland, and Mr Matti Leijon, Lund University and Region Skåne, Sweden, co-chaired this parallel session. They succeeded Mr Brian Martin in chairing this working group.

The session started with the introduction of the new co-chairs. In addition, a change of the name of the working group from “HEPA promotion in primary care settings” to “HEPA promotion in health care settings” was proposed and supported by the participants to include also other than primary health care services.

As an input to the discussion, an overview of existing approaches in PA prescriptions in the Nordic countries was presented by Ms. Lena Kallings, Swedish National Institute of Public Health, and the WHO network of Health Promotion Hospitals was introduced by Mr. Jeff Svane, WHO Collaborating Centre for Evidence-Based Health Promotion in Hospitals & Health Services, Bispebjerg University Hospital, Denmark.

WHO’s Health Promoting Hospital Network as well as the American College of Sports Medicine’s “Exercise is Medicine” initiative were identified as important possible partners for the working group.

Participants then discussed the work steps for 2010/2011. It was decided to initiate exchange with the above partners and to identify other possibilities for exchange and collaboration. Before the annual meeting, an initial information collection on existing approaches to HEPA promotion in health care settings had been carried out in Switzerland, the Netherlands and Sweden. It was decided to design a broader and more comprehensive country survey on the contexts, policies and current practices in relation to HEPA promotion in health care settings in Europe. The next meeting of the working group will take place on 10-11 March 2011, kindly hosted by the National Institute of Public Health in Ljubljana, Slovenia.

3.4 Sport Clubs for Health

This working group is led by Mr. Jorma Savola from the Finnish Sport for All Association. Recent work, which is carried out in collaboration with the International Association for Sport for All (TAFISA), was introduced by Jorma Savola.

In 2010, activities of this working group were supported by a DG EAC co-sponsored project as part of the Preparatory Actions in the Field of Sport. The consortium included institutions from Italy, Poland, Estonia, Spain, Croatia and was lead by the Finnish Sport for All Association. Associate experts came from the UKK-Institute (Finland), the University of Jyväskylä (Finland), the Haaga-Helia, University of Applied Sciences (Finland), the Vierumäki, Sports Institute of Finland (Finland), the German Gymnastic Federation (Germany) and ISCA, the University of Oxford (United Kingdom) and FISAF education committee. In addition, TAFISA, the European Non-Governmental Sports Organisation (ENGSO) and the European Federation for Company Sports (EFCS) have strongly supported the networking of the project, which is aiming at a European Sport Clubs for Health- network.

The project has the following topical work packages:

- WP 2 Further development of the first SCforH guidelines and networking
- WP 3 Model certificate system for the assessment of SCforH
- WP 4 Health profile of different sports
- WP 5 Leadership and management of sports clubs as civic organizations when organizing the health-related PA
- WP 6 Funding system for the health-related PA promotion programs in the sports clubs

In 2010, 2 project meeting took place; the final project conference was scheduled tentatively for 6 to 8 February 2011, where also the final version of the guidelines for the Sport Clubs for Health programme would be launched.

As next steps, participants discussed the dissemination of a call for partners to implement these new guidelines and to carry out promotional events by this network.

3.5 Work meetings

In addition to the parallel sessions during the main event, a number of preparatory work meetings took place before and during the annual meeting. In particular, participants in the project on “National HEPA policies: case studies from Europe” met to discuss progress with the pilot testing of the policy assessment template, which is carried out in 7 countries as part of the activities of the working group on national approaches to physical activity promotion.

This working group and other interested participants met in a lunch meeting. Results of the case study project were presented and participants discussed possible future activities. Several participants expressed an interest to learn more on conclusions of the case study analysis, and to look in more detail into specific aspects, such as examples of successful and less successful implementation, how to move from policy papers to action, how to strengthen collaboration with other sectors such as education and the link to evidence-based community action, amongst others. Participants were also informed that Sonja Kahlmeier, University of Zurich, Switzerland, will succeed Ms Anita Vlasveld and Mr Peter Barendse NISB, the Netherlands, as working group leader.

Members of the core group of the working group on physical activity and sport promotion in children and youth also met before the annual meeting to discuss the proposed work steps and

to prepare the parallel session, as did members of the working group on HEPA promotion in health care settings.

Furthermore, members and other interested participants of the newly launched working group on HEPA promotion in socially disadvantaged groups met to exchange on first steps taken and to define next year's work programme.

Finally, members of the HEPA Europe Steering Committee held a brief informal work meeting on 23 November 2010.

3.6 Side events and EU project meetings

In addition to the HEPA Europe-related events, the annual meeting also provided a platform for exchange and networking for other related projects. In particular, two other side events took place.

The 1st meeting of the HEPA Europe-EU Contact Group took place on 24 November 2010 (17:30-19:00). The establishment of this Contact Group is based on the second activity in Action area 1 of the Pierre de Coubertin Action Plan of the White Paper on Sport, namely to support an EU Health-Enhancing Physical Activity network. The Contact Group was prepared as part of a project on "Promoting networking, exchange and greater synergy between sport and health-enhancing physical activity sectors (NET-SPORT-HEALTH)" within the framework of the Preparatory Actions in the Field of Sport.

The meeting was held to establish the Contact Group and to agree on its activities and way of working. It was chaired by Mr Michal Krejza, Head of the Sport Unit of DG EAC, and Francesca Racioppi, WHO Regional Office for Europe. It was attended by 101 participants, including 11 members of the Contact Group from 11 countries, as well as 1 observer from 1 non-EU country. In particular, the Contact Group members:

- discussed and adopted Terms of Reference for the Contact Group;
- elected Professor Willem van Mechelen, Free University (VU) Medical Center, Amsterdam, the Netherlands, as chair person;
- discussed ideas for activities for a work programme of the Contact Group; and
- discussed next steps and ways of working.

In addition, on 23 November 2010 a workshop of the PHAN project (see above) on physical activity planning tools took place to promote networking on instruments for physical activity planning and economic assessment. Technical experts, including from the HEPA Europe network, informed four project cities on the strengths and weaknesses of the following tools the cities could consider for practical application:

- A healthy city is an active city: physical activity planning guide
- Health economic assessment tool (HEAT) for cycling
- HEAT for walking
- Guidance for economic valuation of transport-related health effects

The cities presented their current situation regarding physical activity promotion and discussed first ideas for the application of the various presented tools.

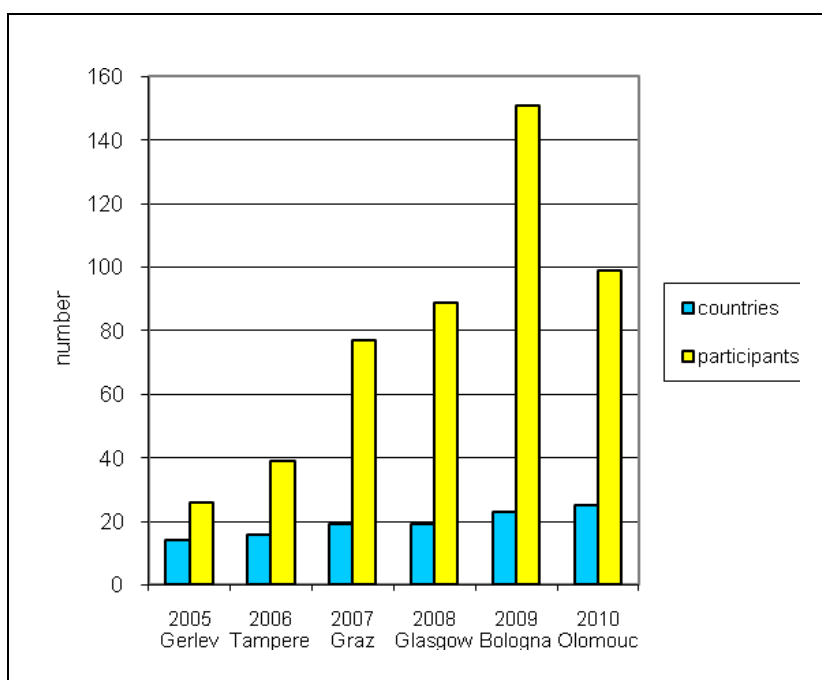
4 Minutes of the 6th annual meeting

4.1 Introduction

The annual meeting was opened by Willem van Mechelen, the chairman of HEPA Europe. This year's meeting was attended by 99 participants from 24 countries of the European Region and from Australia, Canada and the United States of America (see Annex 6 for list of participants). As shown in Fig. 1, the number of participants has been increasing over the last 6 years, with particularly strong increases in 2009. In comparison with the most similar event, i.e. the 1st conference and 4th annual meeting of HEPA Europe in 2008, the participants of the annual meeting increased by 15% in 2010.

The number of represented countries increased more slowly over the years but has seen increasing participation from Central and Eastern Europe.

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



4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications³ from 14 institutions and organizations received from October 2009 to September 2010. These temporary members were proposed to the network for confirmation. The attending members agreed to carry out an open group voting procedure.

³ 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

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

- Center for Primary Health Care Research (CPF), Lund University, Sweden;
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece;
- Department of Physiotherapy, Children's University Hospital, Ireland;
- Department of Prevention and Health promotion, University of Bielefeld, Germany;
- Faculty of Sports Studies, Masaryk University, Czech Republic;
- Geneva Youth Health Service, Switzerland;
- Health Promotion Department, County Meath, Ireland;
- Institute of Social and Preventive Medicine at the Swiss Tropical Institute, Basel, Switzerland;
- Italian Union of Sports for All (UISP), Abruzzo Regional Committee;
- Ministry of Health, Slovenia;
- Mobility Research FGM-AMOR, Austria;
- Professional Associations for Physical Activity, Karolinska Institute, Sweden;
- Research Institute of Nutrition, Ukraine;
- Yoga Union, Slovenia

From the Ukraine, for the first time an institution became member. The network now 112 member institutions and 2 honorary members from 30 European countries, as well as 3 observers from non-European countries (Canada, Mexico) (see Table 1, as well as Annex 3 for full list).

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

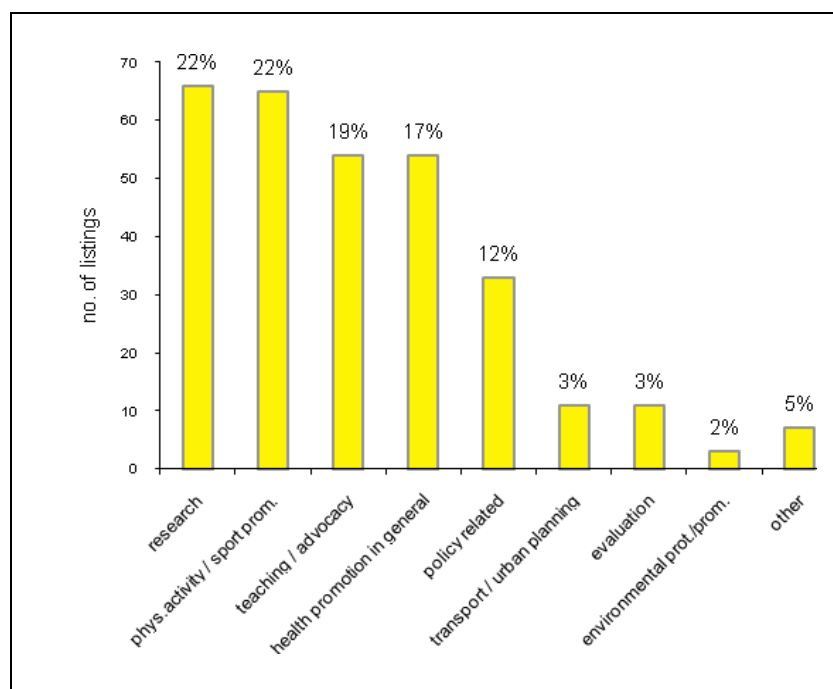
	Country	No.		Country	No.
1	Austria	4	16	Israel	1
2	Belgium	1	17	Italy	6
3	Bosnia and Herzegovina	1	18	Lithuania	2
4	Bulgaria	1	19	Norway	1
5	Croatia	1	20	Portugal	2
6	Czech Republic	2	21	Russian Federation	1
7	Denmark	3	22	Slovenia	3
8	Finland	11	23	Spain	6
9	France	3	24	Sweden	5
10	Georgia	1	25	Switzerland	5
11	Germany	8	26	The former Yugoslav Republic of Macedonia	1
12	Greece	2	27	The Netherlands	5
13	Hungary	1	28	Turkey	1
14	Iceland	2	29	Ukraine*	1
15	Ireland	5	30	United Kingdom	24

*newly represented country.

Plus observers: 2 from Canada, 1 from Mexico

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

Fig. 2: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=304), number and percent of listings



4.3 Activity report 2009/2010: overview

The activity report of the fifth year of activity of HEPA Europe from November 2009 to November 2010 was presented and discussed (see also Annex 4)⁴.

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

Table 2: Overview of the state of affairs of activities 2009/2010

Networking and cooperation	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing
Information dissemination	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented as planned, ongoing
Holding of the 6 th annual network meeting (26 November 2010) and 2 nd HEPA Europe conference (24-25 November); Olomouc, Czech Republic	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implementation ongoing, delayed

⁴ A summary of the activity report is also available at www.euro.who.int/hepa.

Projects, reports and products	State of affairs
Working group on national approaches for physical activity promotion	Implemented as planned, ongoing
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned, ongoing
Working group on exchange of experiences in physical activity and sports promotion in children	Implementation ongoing, delayed
Working group on HEPA promotion in primary care settings	Implementation ongoing, delayed
Working group on Sport Clubs for Health programme	Implemented as planned, ongoing
Working group on HEPA promotion in socially disadvantaged groups	Implemented as planned, ongoing
Working group on occupational HEPA promotion	Implementation postponed
Working group on monitoring and surveillance of physical activity	Implemented as planned, ongoing
Publication of a general framework for physical activity promotion policy	Implementation postponed
Teaching and education	State of affairs
Summer school/teaching course on physical activity and public health	Implementation postponed
Activities aimed at optimizing the network	State of affairs
Implement partner management strategy and finalize member management strategy	Implementation ongoing, delayed
Possible activities to be launched later	State of affairs
HEPA Europe exchange programme for students and professionals	Not yet started
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started
Quantification of co-benefits of other sectoral policies for physical activity and health	Not yet started
Publications	State of affairs
11 Publications (1 scientific publication, 4 conference abstracts, 4 reports, 2 HEPA Europe electronic news alerts produced)	Continuous activity

It was concluded that good progress was made in most objectives on an again substantial number of activities. Overall, the number of implemented activities remained stable, while again, not all of the ambitious aims could be accomplished and delays in implementation had increased slightly, pointing to the need for a more realistic planning of work steps. It was also noted that more of the projects functioned more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities. The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations. The additional support provided over the last year by the University of Zurich, Physical Activity and Health Unit, Switzerland, was also warmly thanked for.

Planned activities that could not yet be started were the launch of a working group on workplace-related physical activity and of an exchange programme for students between different member institutions. One publication was pending for re-submission and no further activities had taken place in two possible future activities that had been indentified in 2009.

4.4 Amendments to the Terms of Reference of HEPA Europe

Mr. Van Mechelen introduced the suggested changes to the Terms of Reference of the network.

On the one hand, it was proposed to add the possibility that members of other global or regional physical activity promotion networks recognized by HEPA Europe can apply for observer status in HEPA Europe.

On the other hand, it had become necessary to propose adding the option to temporarily suspend membership in HEPA Europe for members for whom no current contact person could be identified within one year until a contact person would be communicated to the Secretariat.

Both proposed amendments were adopted by the present members.

4.5 Elections

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

Firstly, Mr Van Mechelen expressed the great gratitude of the network to Mr Brian Martin, University of Zurich, Switzerland (formerly BASPO) and former chairman and outgoing member of the Steering Committee for his many years of service and great dedication and support. Mr Martin will continue his service in several working groups.

Mr Van Mechelen also introduced the candidacy of Ms Sonja Kahlmeier, University of Zurich, Switzerland, as Executive Member of the Steering Committee. The exact separation of duties between Executive Member and the Secretariat which is hosted by WHO Regional Office for Europe but which is currently vacant will be defined in detail once the position is filled.

The candidacy of Ms Kahlmeier was supported by all standing members of the Committee.

The following standing members were proposed for confirmation:

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

- Mr Radim Šlachta, Palacky University, Czech Republic
- Mr Tommi Vasankari, UKK Institute, Tampere, Finland

All standing and the new member were elected through an open group voting procedure. Mr Van Mechelen had been elected in 2009 for a two-year term and will stand for re-election in 2011.

The Chairman also informed on an additional expression of interest for membership in the Steering Committee from Mr Narcis Gusi, University of Extremadura, Spain. Unfortunately, the expression of interest had been received after the two-week deadline before the last meeting of the Steering Committee that is defined in the Terms of Reference of the Steering Committee⁵. Therefore, it would be considered at the next annual meeting, upon confirmation.

Ms Fiona Bull, Global Advocacy for Physical Activity (GAPA) – Advocacy Council of the International Society of Physical Activity and Health (ISPAH) and Mr. Eddy Engelsman, WHO Headquarters, will continue to serve as observers. Mr. Engelsman informed, however, that he will retire in summer 2011.

4.6 Work programme 2010/2011

As next item, the planning of the activities for the next year was discussed. The activities were introduced by Willem van Mechelen and working group leaders, based on the draft work programme for the period of November 2010 to October 2011. The draft had been developed by the Steering Committee and the working group leaders and distributed to participants beforehand. Amendments through outcomes of the 4 working group meetings on the previous day were also taken into account. Proposed work steps as well as possible partners for each activity were discussed. Activities which were deemed to be important but for which currently no responsible was identified were listed under “possible future activities”.

The activities of the next year comprise the following (see Annex 5 for more details)⁶:

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

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

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

Information dissemination

Title and aim of the activity
Maintenance, regular updating and further development of the HEPA Europe website (www.euro.who.int/hepa)
Holding of the 6 th annual meeting HEPA Europe (25-26 November 2009), back-to-back with the 2 nd HEPA Europe conference (24-25 November 2010) (Olomouc, Czech Republic)
Dissemination of products and publications of HEPA Europe, including translations
Continue updating and expanding an inventory of existing approaches, policy documents and targets related to physical activity promotion in different countries to facilitate information access for Member States, and contribute to its integration into a new WHO database on nutrition, obesity and physical activity (NOPA)

Projects, reports and products

Title and aim of the activity
Collection and analysis of examples and development of case studies of national approaches to physical activity promotion, including challenges to overcome and lessons learned with a focus on inter-ministerial and inter-sectoral approaches
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking and Health Economic Assessment Tool (HEAT) for cycling; development of HEAT for walking
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents, based on in-depth analysis of selected national approaches
Promote information sharing and the coordination on the promotion of HEPA in primary care settings
Finalize framework on and implement the Sport Clubs for Health Programme
Launch working group on HEPA promotion in socially disadvantaged groups
Launch working group on occupational HEPA promotion
Launch working group on monitoring and surveillance of physical activity
Finalization and publication of a general framework for physical activity promotion policy

Teaching and education

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

Activities to optimize the Network

Title and aim of the activity
Implement partner management strategy and finalize member management strategy including a member survey, and develop communication concept

Possible future activities

Title and aim of the activity
Launch HEPA Europe exchange programme to increase collaboration as well as exchange of methods and experiences
Pilot applications and further development of methodological guidance and practical approaches on economic valuation of transport-related health effects
Quantification of co-benefits of other sectoral policies (e.g. climate change) for physical activity and health

4.7 Next annual meetings of HEPA Europe

The 7th annual meeting will take place in October 2011 in Amsterdam, the Netherlands. It will be hosted by the Netherlands Institute for Sport and Physical Activity, on 12-13 October 2011. The meeting will again include meetings of HEPA Europe working groups.

On 11-12 October 2011, NISB will organize the 3rd HEPA Europe conference, focusing on bridging the gap between science and practice”.

4.8 Closing of the meeting

Willem van Mechelen on behalf of HEPA Europe and Francesca Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. They particularly thanked the representatives of the University of Olomouc for the warm welcome and the organization and hosting of the meeting.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2009/2010 and the new work programme 2010/2011, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2010/2011.

5 Evaluation of the meeting

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

Forty-three participants returned completed questionnaires (response rate 42%). Despite several reminders to participants to fill in the form made throughout the meeting it seems that a higher response rate is difficult to achieve as it is similar to two of the three previously evaluated meetings, and significantly higher than in 2009.

The overall rating of the meeting was excellent with an average rating of 5.0 as was the assessment of the possibility to network and exchange with other participants (5.0). The key note lectures were also rated very favourably, both in terms of quality (5.3) and usefulness (4.7); while the poster sessions received slightly lower but still sufficient ratings (4.1 and 3.9, respectively). The lower scores might be linked to a slightly secluded positioning of the poster room and a dense programme which did not leave much time to visit the poster sessions.

The parallel working group meetings were also perceived both as useful and of good quality with ratings between 4 and 5, but it has to be noted that the number of respondents on this evaluation item was very low.

A large majority rated the length of the overall event as “just right” (84%), only a small minority found it either too long (9%) or too short (3%; 4% did not answer this question). The preparations of the annual meeting part on the second day of the event were appreciated by the majority of participants (4.4), as well as its length (09.00-12.30), which this year almost all participants rated as “just right” (95%). The vast majority of those responding to this question felt they could participate enough in the discussions and decision making (82%) but about one third of respondents left this answer blank. Only a small minority of participants responded to a question comparing the last 3 annual meetings (n=12) with regard to time dedicated to discussing specific HEPA Europe activities, which does not allow to draw conclusions.

The organizational and administrative part of the meeting also received very high marks, with large majorities having been very satisfied with the venue (5.5), registration (4.5), notifications on the meeting (4.6) and standard of the catering (5.0).

The general assessment of the last 4 annual meetings of HEPA Europe has been consistently high (average score around 5), as is the appreciation of the opportunities they offer for exchange and networking and – among those who answer this question – for participating in the discussions and decision making of HEPA Europe. A number of additional comments were made which will be useful in the preparation of the following events.

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. Provisional list of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (October 2009-September 2010):
no. 101-115
6. Activity report 2009-2010 (final draft)
7. Work programme 2010-2011 (final draft)
8. Terms of reference of the network: proposed changes

Background papers

9. List of Steering Committee members proposed for elections and observers
10. Overview of European institutions and bodies active in physical activity promotion – final draft
11. Report of the 5th annual meeting of HEPA Europe, 11-12 November 2009, Bologna Italy

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Thursday, 25 November 2010

HEPA Europe working groups and additional topics (parallel meetings)

- 16:00–18:00
- Physical activity and sport promotion in children and young people
 - Sport Clubs for Health programme
 - Monitoring and surveillance recommendations
 - HEPA promotion in health care settings
 - Projects co-sponsored by DG EAC on „Promoting health-enhancing physical activity“

Friday, 26 November 2010

6th annual meeting of HEPA Europe

- 09.00 - 09.15 **Opening and welcome**
Willem van Mechelen, Chairman HEPA Europe
Francesca Racioppi, WHO Regional Office for Europe
Radim Slachta, Representative of the University of Olomouc, Czech Republic
- 09.15 - 09.30 **New applications for membership**
- 09.30 – 10.15 **Activity report 2009-2010: overview and selected activities**
Sonja Kahlmeier, University of Zurich, and working group leaders
- 10.15 - 10.45 *Coffee break*
- 10.45 – 11.00 **Elections**
- 11.00 – 12.00 **Work programme 2010-2011 and possible future activities - introduction and discussion**
Willem van Mechelen, Chairman HEPA Europe, and working group leaders
- 12.00 – 12.15 **Formal approval of the work programme 2010-2011**
- 12.15 – 12.30 **Other business**
- 12.30 – 12.50 **Closure**

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Age Institute, Finland
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Children's University Hospital, Department of Physiotherapy, Ireland
- Countrywide Integrated Noncommunicable Diseases Intervention (CINDI) programme, Institute of Public Health, Ljubljana, Slovenia
- Countryside Council for Wales, United Kingdom
- Croatian Sport Medicine Society, Zagreb, Croatia
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of 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
- Emilia-Romagna Region, Directorate General for Public Health, Bologna, Italy
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Finnish Centre for Health Promotion, Helsinki, Finland
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- Geneva Youth Health Service, Switzerland

- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Health Service Executive, Health Promotion Department, Ireland
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- London Regional Public Health Group, Government Office for London, United Kingdom
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Rome, Italy
- Ministry of Health, Slovenia
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Obesity Observatory, Oxford, United Kingdom
- Natural England, Peterborough, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa, United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Policlinique Médicale Universitaire, Lausanne, Switzerland
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden

- Public Health Institute, Reykjavík, Iceland
 - Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
 - Red Branch, Co. Clare, Ireland
 - Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
 - School of Health and Human Performance, Dublin City University, Ireland
 - School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
 - Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
 - Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
 - Sports Academy, University of Ulster, United Kingdom
 - Sports Department of the Styrian Government, Graz, Austria
 - Sports Institute of Portugal, Lisbon, Portugal
 - State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
 - Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
 - Sustrans, Bristol, United Kingdom
 - Swiss Federal Office of Sports, Magglingen, Switzerland
 - Teenactive Research Group, Heriot Watt University, Edinburgh, United Kingdom
 - Tel-Aviv University, Ramat Aviv, Israel
 - The Finnish Sport for All Association, Helsinki, Finland
 - The National Public Health Institute (KTL), Helsinki, Finland
 - The Netherlands Institute for Sport and Physical Activity (NISB), Wageningen
 - The Swedish National Centre for Child Health promotion (NCFF), Örebro
 - The Swedish National Institute of Public Health, Östersund
 - Ukrainian Research Institute of Nutrition, Ukraine
 - Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
 - University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
 - University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
 - University of Extremadura, Rectorate of Caceres, Spain
 - University of Graz, Institute of Sports Science, Austria
 - University of Iceland, Department of Physiotherapy, Reykjavík
 - University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
 - Walkers' Coach, London, United Kingdom
 - Waterford Institute of Technology, School of Health Sciences, Ireland
 - West Lothian Council Active Schools, Bathgate, United Kingdom
 - Yoga Union, Slovenia
 - Young Finland Association, Helsinki
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- Action for well-being and health, Mexico City, Mexico (observer)
 - Canadian Partnership Against Cancer, Ontario, Canada (observer)
 - Québec en Forme, Québec, Canada (observer)

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2009/2010

1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 5th annual meeting of HEPA Europe in Bologna, Italy (11-12 November 2009), a number of activities were outlined to be carried out by the network in 2009/2010¹. A short version of this document is also available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in this work programme is summarized in this document. Implementation was assessed at the 6th annual meeting of HEPA Europe, 26 November 2010 in Olomouc, Czech Republic, hosted by Palacký University.

2 Foreword by the chairman

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

Of these new initiatives the wish of the Directorate for Education and Culture (DG-EAC) of the European Commission to strengthen ties with HEPA Europe should be mentioned. These ties will be shaped in the form of an HEPA Europe-EU Contact Group, which will be established back-to-back with the 6th International Conference Movement and Health and 2nd Conference and 6th Annual Meeting of HEPA Europe in November 2010. This Contact Group is one of the two activities of the EC-funded NET-SPORT-HEALTH-project which aims to strengthen networking and exchange between the main health and sport actors actively engaged in physical activity promotion. Furthermore, the project will identify elements in sports and public health policies, which promote synergy and coherence in the attainment of health-enhancing physical activity. The NET-SPORT-HEALTH-project is carried out under the auspices of WHO Europe and I am confident that this development will lead to an even stronger case for health-enhancing physical activity throughout Europe.

I would also like to take the opportunity to upfront thank our Czech colleagues at the Faculty of Physical Culture at Palacký University in Olomouc for the organization of the above mentioned meeting. Without such volunteer dedication it would not be possible to have an effective HEPA Europe network. Thank you! And also thanks to all our members for their continuous in-kind contributions and support.

Willem van Mechelen, Chairman of the Steering Committee, October 2010

¹ For more details see: 5th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 11-12 November 2009, Bologna, Italy. Annex 5: Work programme 2008 / 2009: p. 27-53 (www.euro.who.int/eprise/main/WHO/Progs/HEPAN/meetings/20090217_1).

3 Activity report 2009/ 2010 overview

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

3.1 Networking and cooperation

Activity	State of affairs	Page nr.
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing	29
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing	32

3.2 Information dissemination

Activity	State of affairs	Page nr.
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented as planned, ongoing	34
Holding of the 6 th annual network meeting (26 November 2010) and 2 nd HEPA Europe conference (24-25 November); Olomouc, Czech Republic	Implemented as planned, concluded	34
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing	36
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implementation ongoing, delayed	37

3.3 Projects, reports and products

Activity	State of affairs	Page nr.
Working group on national approaches for physical activity promotion	Implemented as planned, ongoing	41
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned, ongoing	42
Working group on exchange of experiences in physical activity and sports promotion in children	Implementation ongoing, delayed	43
Working group on HEPA promotion in primary care settings	Implementation ongoing, delayed	45
Working group on Sport Clubs for Health programme	Implemented as planned, ongoing	46
Working group on HEPA promotion in socially disadvantaged groups	Implemented as planned, ongoing	47
Working group on occupational HEPA promotion	Implementation postponed	49
Working group on monitoring and surveillance of physical activity	Implemented as planned, ongoing	50
Publication of a general framework for physical activity promotion policy	Implementation postponed	51

Teaching and education

Activity	State of affairs	Page nr.
Summer school/teaching course on physical activity and public health	Implementation postponed	52

3.4 Activities aimed at optimizing the network

Activity	State of affairs	Page nr.
Implement partner management strategy and finalize member management strategy	Implementation ongoing, delayed	54

3.5 Possible activities to be launched later

Activity	State of affairs	Page nr.
HEPA Europe exchange programme for students and professionals	Not yet started	56
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started	57
Quantification of co-benefits of other sectoral policies for physical activity and health	Not yet started	58

3.6 Publications

Activity	State of affairs	Page nr.
11 Publications (1 scientific publication, 4 conference abstracts, 4 reports, 2 HEPA Europe electronic news alerts produced)	Continuous activity	59

4 Funding and support received

From November 2009 to November 2010, the following contributions and support have been received (in chronological order):

a) Financial contributions:

- Ministry of Health, Welfare and Sport, the Netherlands: 35'000€ (March 2010)
- Federal Office of Public Health (BAG), Switzerland: 24.000€ (February 2010)
- Norwegian Directorate of Health: 12.000€ (December 2009)
- European Commission, Directorate General Health and Consumer Protection (DG SANCO): 8.700€ for support to delivery of 2010 HEPA Europe annual meeting and 8.900€ for travel expenses of Steering Committee to attend the annual meeting, as part of the joint WHO/DG Sanco project to “Promote networking and action on healthy and equitable environments for physical activity” (PHAN) (February 2010)
- For the development and dissemination of a Health Economic Assessment Tool (HEAT) for walking, incl. an international consensus workshop:
 - Swiss Federal Office of Public Health: 25.000€ (February 2009²)
 - Donor consortium from the United Kingdom, lead by Natural England: 88.000€ (January 2010)

b) In-kind contributions:

- contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
- contributions of the chairs and members of the working groups in terms of time and expertise;
- organization and hosting of the 6th annual meeting and 2nd conference of HEPA Europe, 24-26 November 2010, by the University of Olomouc, Czech Republic (including 2 fellowships to participants from economies in transition, travel expenses of key note speakers, meals and social events for all participants, waiver of conference fee for HEPA Europe Steering committee members and WHO and EC staff);
- hosting and support of a meeting of the Steering Committee by the Free University (VU) Medical School, Amsterdam (July 2010) and by the University of Zurich (September 2010);
- hosting of a meeting of a HEPA Europe working group by the Netherlands Institute of Sport and Physical Activity NISB (Wageningen, Mai 2010)
- contributions by several individual and institutional members for the production of publications; and
- representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network.

c) Synergies

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

This also is the case for the joint WHO/DG Sanco project PHAN, which next to direct support to the annual meetings in 2010, 2011 and 2012 (see “financial contributions” above) also contains

² Not reported in previous activity report as officially, the project started only in late 2009.

work packages with synergies with a number of other HEPA Europe activities, namely on inequalities in physical activity (WP4), youth involvement for physical activity (WP5) and on tools for physical activity planning and economic assessment (WP6 and WP7). In addition, synergies can be used through the joint WHO/European Commission, Directorate General for Sports and Culture (DG EAC) project NET-SPORT-HEALTH, particularly with regard to the development of the HEPA Europe-EU Contact Group.

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

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

New funds will have to be identified and secured for current and future activities, and for 2011 additional funds and support will be necessary. Due to available resources being sufficient only to secure the basic support functions, not all activities could be implemented as planned, as described in the following chapters.

5 Networking and cooperation

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

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

Aim of the activity

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Members of HEPA Europe

Possible partners

As listed below

Summary of the state of affairs

Steps	Work progr. 09/10	State of affairs
Implementation of partner management, based on HEPA Europe impact model ³	Continuously 2009/2010	Implemented as planned
Continue existing coordination and cooperation, including: UN-activities and programmes		
<ul style="list-style-type: none"> •WHO/Europe Noncommunicable Disease and Environment Unit: Support to implementation of the European Charter on Counteracting Obesity <ul style="list-style-type: none"> - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on “Monitoring progress on improving nutrition and physical activity and preventing obesity” - Move for Health Day 2010 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme 	Continuously Spring 2010 Continuously	Implemented as planned Implemented as planned Implemented as planned
<ul style="list-style-type: none"> •UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> - Continue close working collaborations in activities on walking and cycling to ensure coordination and to identify possibilities for collaboration through two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment 	Continuously Continuously	Implemented as planned No further activities took place in the reporting period
Research projects	Continuously	Implemented as planned
<ul style="list-style-type: none"> • IMPALA project⁴ (Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena), DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • LIFE CYCLE project⁵ (cycling as the natural means of transport into daily life) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • PASEO project (Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • TAPAS project (Transportation, air pollution and physical activities - an integrated health risk assessment programme of climate change and urban politics) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate 		

³ 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>).

⁴ <http://www.impala-eu.org/>

⁵ <http://www.lifecycle.cc/>

Steps - continued	Work progr. 09/10	State of affairs
<p>European Commission</p> <ul style="list-style-type: none"> • EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Information exchange through members of the Steering Committee - European Physical Activity Promotion Forum: close coordination and contributions as appropriate • DG Education and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> - Establishment of HEPA Europe - EU Contact Group <p>Other European bodies</p> <ul style="list-style-type: none"> • Bodies and NGOs on sports (for all) promotion <ul style="list-style-type: none"> - Identification of all relevant groups and institutions - Explore possibilities for further collaboration, e.g. regarding the chairmanship for Agita Mundo, observers in steering committees etc. - Definition of further steps: depending on outcome • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Network for Workplace Health Promotion⁶: <ul style="list-style-type: none"> - Explore possibilities for further collaboration • The alliance / EOSE (European Observatoire of Sports and Employment⁷) Working Conference <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously</p>	<p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p> <p>Not yet implemented (see also chapter 0)</p> <p>Not yet implemented</p>
<p>Global bodies</p> <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p>	<p>Implemented as planned</p>
<ul style="list-style-type: none"> • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ contribute to activities, particularly the development of Toronto Charter on physical activity promotion ▪ depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion ○ regarding co-sponsorship of the 2nd HEPA Europe conference (24-25 November 2010, Olomouc, Czech Republic) 	<p>Continuously</p> <p>Depending on time schedule</p> <p>Winter 2009/2010</p>	<p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p>

⁶ www.enwhp.org

⁷ <http://easoobesity.org/>

Steps - continued	Work progr. 09/10	State of affairs
<ul style="list-style-type: none"> • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) - Explore possibilities for further collaboration 	Continuously	Implemented as planned
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously	Not implemented

5.2 Support and contributions to conferences and events

Aim of the activity

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

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

In charge / participants

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

Work steps

1) Supported events

The following events were under discussion for official support by HEPA Europe⁸:

Steps	Work progr. 09/10	State of affairs
<ul style="list-style-type: none"> • Fall 2010: Workshop on challenges and solutions for intersectoral collaboration, Croatia (tentative) 		Workshop replaced by conference on national health and physical activity
Decision about the support of these and possible further events by the Steering Committee	Continuously	No other co-sponsorships sought

⁸ See "Requirements for HEPA Europe- supported events"

2) Participation in other events

In the following 10 events, members of the Steering Committee were participating and 13 presentations on behalf of and/or mentioning HEPA Europe were held and one HEPA Europe symposium was organized in 2009 / 2010:

Events
<ul style="list-style-type: none"> • 19-23 March 2010: 11th Asiana Sport For All Association (ASFAA) Congress⁹, Tel Aviv, Israel Presentation on “A multi-sectoral approach to fighting obesity” (Finn Berggren) • 22-23 April 2010. 12. Österreichische Präventionstagung. Leben in Bewegung. Bewegungsspezifische Strategien der Gesundheitsförderung, Vienna, Austria. HEPA Europe – das europäische Netzwerk für gesundheitswirksame Bewegung (Brian Martin) • 5-8 May 2010: 3rd International Congress on Physical Activity and Public Health¹⁰ (ICPAPH), Toronto, Canada: <ul style="list-style-type: none"> - Symposium “National approaches to physical activity promotion in the European Region: examples and experiences” (organizer: Sonja Kahlmeier, WHO/Europe) Introduction on HEPA Europe working group activities (Sonja Kahlmeier) - Symposium “Regional progress on developing national policy for physical activity” (organizer: Fiona Bull, GAPA) Presentation on progress in European Region, including HEPA Europe (Sonja Kahlmeier, WHO/Europe) • 1-5 June, 2010: 57th ACSM Annual Meeting and World Congress on Exercise is Medicine, Baltimore, United States of America Presentation on HEPA promotion in primary care settings working group activities (Brian Martin et al.) • 10-11 June 2010: V European Greenways Conference, Madrid Presentation on Cycling, walking and health: the WHO perspective (Francesca Racioppi) • 14-17 June 2010: 13th World Sport for All Congress, Jyväskylä, Finland¹¹ <ul style="list-style-type: none"> - HEPA Europe symposium (organizers: Tommi Vasankari, Willem van Mechelen) Presentation on HEPA Europe (Willem van Mechelen) Presentation on activities of HEPA Europe working group on national approaches and Swiss case study (Sonja Kahlmeier) • 1 October 2010. Conference “Active Cities – Active Children”, Stuttgart, Germany. Presentation on “Prospects for promoting physical activity among children” (Brian Martin) • 1-3 October 2010: 8th Slovenian Congress of Sport Recreation, Rogla, Slovenia Presentation on HEPA Europe (Andrea Backovic) • 7-8 October 2010: Agita Mundo Network Meeting, São Paulo, Brazil Presentation on HEPA Europe –Implementation 2009/2010 of a global agenda to promote physical activity (Brian Martin) • 20-24 October 2010: Move 2010 - Sport for All and Health: a strategic partnership Presentation on HEPA Europe (Winfried Banzer) Presentation on “Strategies in physical activity promotion – developments in public health and thoughts about the role of sport for all”, mentioning HEPA Europe (Brian Martin) • 17 November 2010: Walk21, the Hague, the Netherlands Presentation on ‘Walking: a cost-effective investment in public health’ (Francesca Racioppi)

⁹ <http://www.asfaa.org/news.asp>

¹⁰ <http://www.cflri.ca/icpaph/>

¹¹ <https://www.jyu.fi/en/congress/sportforall2010/>

6 Information dissemination

6.1 HEPA Europe website

Aim of the activity

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Information Outreach Department, WHO/Europe, Rome office; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

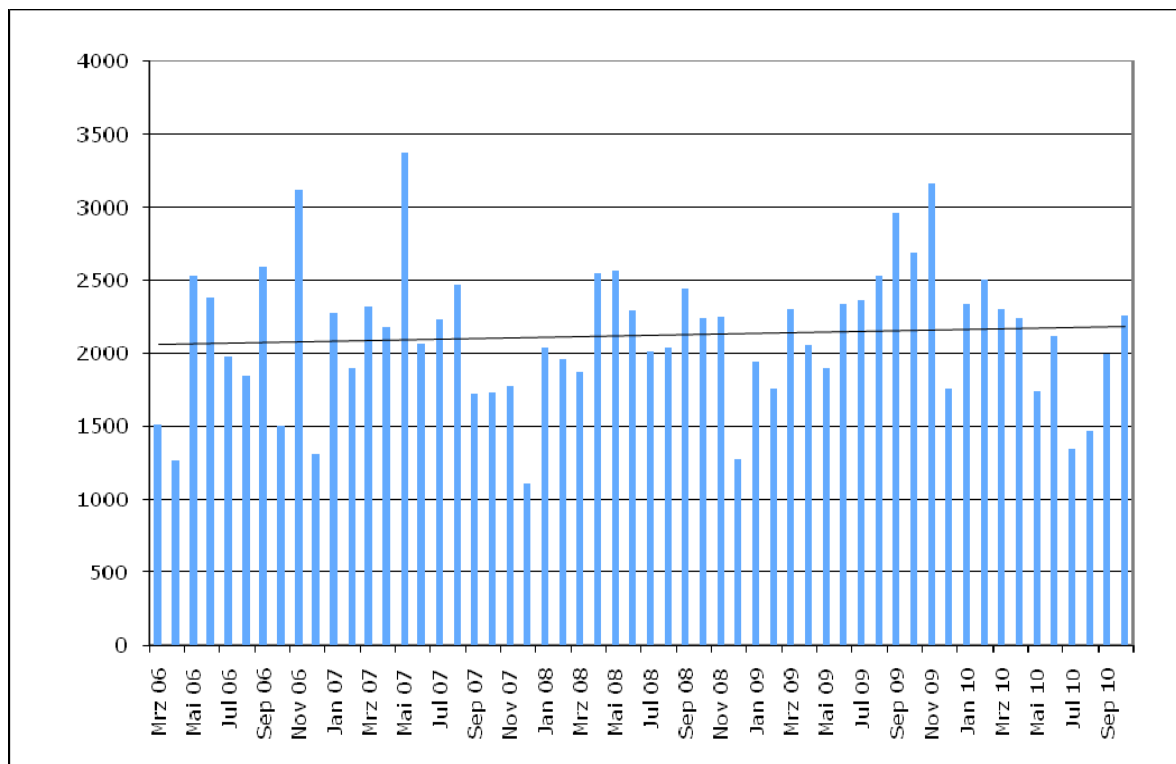
Work steps

Steps	Work progr. 09/10	State of affairs
Make available products of HEPA Europe within the website, especially dissemination products (see chapter 6.3) and updates of the international inventory on physical activity promotion (see chapter 6.4)	Continuously	Implemented as planned
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously	Implemented as planned
Depending on available resources: develop a materials page for the physical activity related websites, in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House (see chapter 5.1), other regional HEPA networks web sites', IPEN etc.	Continuously	Not implemented

User statistics are available as of March 2005 (see Figure 1 below). They showed a fluctuating but overall slightly increasing number of page views, also confirmed by the development of average page views per day until mid-2010: in 2006 on average the page attracted 65 page views per day, in 2007 69, in 2008 70 and in 2009 76 and 73 from January to May 2010. In June 2010, the WHO Regional Office for Europe launched a new version of its web site which included the complete integration of the HEPA Europe-related pages into a more comprehensive physical activity web site but the direct shortcut (www.euro.who.int/hepa) was maintained except for a short time span. Part of the user statistics had to be estimated as of then¹², as HEPA Europe was no recorded as a separate programme anymore. Based on this new statistic, from June to October 2010, the average number of page views for HEPA Europe pages decreased to 60 per day. While part of the decrease might be related to a conservative assumption (see footnote), it seems that further investment is necessary to highlight HEPA Europe within the new structure of the web site. However, with rank 16 across all WHO Europe pages, the ranking of the new physical activity web site across a 7-month period since its launch is quite good.

¹² Particularly, the page views for the "publications" section, for which half of the page views were assigned to HEPA Europe, which is likely to be a conservative estimate. The Publications section receives about 5% of total page views for the Physical Activity site.

Figure 1: Total number of page views of the HEPA Europe web site (hits by WHO personnel excluded), March 2006 to October 2010, and trend line



A materials page for the physical activity related websites was not implemented due to limited resources. In addition, the new web layout and categorization of content does not allow for the establishment of a separate materials part within the standardized new physical activity-related websites. Therefore, this activity will not be continued.

6.2 6th annual meeting of the HEPA Europe network and 2nd HEPA Europe conference

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members 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 work groups as necessary. The 6th annual meeting will take place on 26 November 2010, hosted by Palacký University, Olomouc, Czech Republic.

Back-to-back with the 6th annual meeting, the 2nd HEPA Europe conference will take place on 24-25 November 2010, focusing on "Health-enhancing physical activity in the 21st century: Environmental and social influences and approaches".

In charge / participants

In charge: Palacký University, Olomouc, Czech Republic; WHO European Centre for Environment and Health, Rome office, and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Work steps

Steps	Work progr. 09/10	State of affairs
Discuss ideas for programme structure and key note speakers	ongoing	All steps implemented as planned
Add a page announcing the meeting to the website	End of 2009	
Send out programme outline and first call for contributions	End of 2009	
Invite key note speakers	Early 2010	
Develop the information circular with the organizers and open registration	Spring 2010	
Organize handling of incoming registrations and contributions with organizers	Summer 2010	
Develop the background documents and support hosts in preparing and carrying out the meeting	Fall 2010	
Carrying out the meeting and conference	24-26 November 2010	

The meeting website was opened in early 2010. A first announcement was published in December 2009 and the call for abstracts was published in May 2010. Until the deadline on 31 July, over 90 abstracts had been submitted. Authors were notified by 31 August 2010 on the result of the abstract review; 16 abstracts were selected for oral presentation, 83 were presented in 4 poster sessions.

The 2nd HEPA Europe conference was attended by about 160 delegates from 30 European countries as well as from Canada, the United States and Australia, the World Health Organization and the European Commission (EC). Key note presentations were held by the following leading national and international experts:

- Tom Baranowski - Baylor College of Medicine, Houston, United States of America: Playing for Real: Video games for children's diet and physical activity change
- Adrian Bauman - School of Public Health, University of Sydney, Australia: Are we focusing too much on the "new technology" as the solution to surveillance?
- Fiona Bull - The University of Western Australia, Australia: Physical activity interventions – evaluation, examples of good practice
- Brian Martin - Institute of Social and Preventive Medicine, University of Zurich, Switzerland: Strategies and approaches on international, national and regional level
- Jaroslav Martinek - Transport Research Center, Olomouc, Czech Republic: Movement, cycling and Danish inspiration
- Josef Mitas - Center for Kinanthropology Research, Olomouc, Czech Republic: Physical activity and preferences within Czech population: Eastern European specificities
- Michael Pratt - Centers for Disease Control and Prevention, Atlanta, USA
- James F. Sallis - San Diego State University, San Diego, USA: Built environments and physical activity: international results: Physical activity and its economic impact on public health

The annual meeting was attended by about 100 participants from 25 countries. 2 participants from economies in transition could be financially supported by the hosts to attend the events.

6.3 Dissemination of products and publications of HEPA Europe

Aim of the activity

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

In charge / participants

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

Participants: related work group leaders and members, other members of HEPA Europe and contacts from mailing list, WHO/Europe Healthy Cities and urban governance programme

Possible partners

Other interested parties in Member States

Work steps

Steps	Work progr. 09/10	State of affairs
Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity: Physical activity promotion in urban environments: the role of local governments</i>) <ul style="list-style-type: none"> • Follow-up of contracts and declarations of interest to translate and produce the booklet (pending: German, Swedish, Turkish) 	Continuously	German and Turkish implemented
<ul style="list-style-type: none"> • Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 9.1) 	Summer 2009	Continuous distribution (see also chapter 9.1)
Case studies of collaboration between the physical activity promotion and the transport sector <ul style="list-style-type: none"> • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources 	Continuously Continuously	Implemented as planned Not implemented
Further dissemination of Health Economic Assessment Tool (HEAT) for cycling products and support for applications of HEAT for cycling tool	Continuously	Implemented as planned
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 5.2)	Continuously	Implementation delayed, ongoing
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, at suitable events and to suitable target groups	Continuously	Implemented as planned

The advocacy booklets continue to be very successful advocacy products. The following 11 language versions are now available¹³ for *Physical activity and health: evidence for action*:

- Danish
- English

¹³ See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

- French
- German (new in 2009)
- Italian
- Japanese
- Portuguese
- Slovenian
- Spanish
- Russian
- Turkish (new in 2009)

The companion booklet on the urban environment is also available in Hebrew. Six further inquiries on the requirements to produce another language version had been received that did not materialize due to lack of funds of the interested party to cover the translation and production costs. Nevertheless, these two publications are the most sought-after titles for translation of the WHO Regional Office for Europe in recent years.

Until October 2010, almost 6.000 copies of *Physical activity and health: evidence for action* have been downloaded from the website in English, and 785 in Russian. Since the launch of the booklets in November 2006, every month on average 125 English copies were downloaded. Unfortunately, due to a flooding in the WHO European head office which also affected the document storage, it was not possible to accurately assess the dissemination of printed copies in the reporting period, but until September 2009, over 3000 printed copies of the English version and about 600 copies of the Russian version were disseminated.

The HEAT cycling summary booklet and the main parts of the tool have been translated into Russian in summer 2010, supported by the Federal Ministry of Environment, Nature Conservation and Nuclear Safety. They were presented at a workshop of the THE PEP on safe and healthy walking and cycling in urban areas in Batumi, Georgia (30 September-1 October 2010). The First Lady of Georgia also attended the workshop, as well as several deputy ministers.

In addition, HEAT cycling has been presented at two conferences: Thomas Götschi and Sonja Kahlmeier, University of Zurich, presented HEAT cycling and walking at the Swiss Public Health Conference (9-10 September 2010); the abstract was awarded this year's Swiss Public Health Award for „best scientific abstract“. Francesca Racioppi presented the current project on HEAT walking in a plenary presentation at the Walk21 conference (19 November, the Hague). Furthermore, Candace Rutt and Tom Schmid, CDC, got an abstract on the HEAT cycling application for the US accepted at the Active Living Research conference (San Diego, 22-24 February 2011).

The production of the meeting report of the 5th annual meeting of HEPA Europe was delayed due to administrative reasons and limited staff resources.

6.4 International inventory of documents on physical activity promotion

Aim of the activity

To facilitate access of the Member States to available information and to develop a framework for process evaluation of physical activity promotion at the national level. Relevant information has so far been collected from about 35 countries.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office, WHO/Europe Noncommunicable Disease and Environment Unit (Copenhagen office)

Participants: Steering Committee, Interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity"

Possible partners

WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong, Regina Guthold), DG Sanco project advisory group

Work steps

Steps	Work progr. 09/10	State of affairs
Update inventory with available information, particularly on national case studies on physical activity promotion approaches (see chapter 7) and "sport clubs for health" programme applications (see chapter 0)	6 th annual meeting, November 2010	Implemented as planned, case studies not yet available
Integration of further documents into the online inventory as notified by joint WHO/DG Sanco Monitoring project and HEPA Europe mailing list	Continuously	Mostly implemented
Integration of inventory into a WHO/Europe database on nutrition, physical activity and obesity	Spring 2010	Implementation ongoing, delayed
Report on state of affairs of Member States reaching the commitments taken in the WHO European Charter on Counteracting Obesity, the 2 nd Food and Nutrition Action Plan and White Paper on Obesity	September 2010, WHO/ European Regional Committee meeting	Foreseen at the High-level Conference on Monitoring and evaluation of EU and Member State strategies on nutrition, overweight and obesity related health issues in Brussels, 8-9 December 2010

In fall 2009, the inventory was updated and cleaned, assessing all entries for availability and relevance. Currently, it contains information on 378 documents from 28 European countries.

The following documents from European Region countries can be found in the inventory from public health, sport, transport or environment sectors:

- 115 national¹⁴ policy documents from 28 countries
- 11 legislative documents from 11 countries
- 29 recommendations or guidelines from 13 countries
- 129 knowledge and information documents from 14 countries
- 50 activities and programmes from 14 countries
- 44 case studies from 10 countries

In addition, 7 countries reported that they have not yet developed a national policy document on physical activity promotion. Most of the new information in the last year has been collected through the joint WHO/EC project on Monitoring progress on nutrition, physical activity and obesity (see also chapter 4c). As part of this project, information templates have been disseminated to the 27 EU countries for completion in 2009. Through these templates, now information is available from 37 countries of which 28 developed at least one national policy document. In total, 161 national European policy documents have been reported thus far.

The integration of the physical activity inventory into a new WHO/Europe database on nutrition, physical activity and obesity (NOPA) within the framework of the joint WHO/EC project on monitoring is currently underway; therefore not all newly reported documents are available online yet. As the further development of the database will be fully within the responsibility of the WHO, it was decided by the Steering Committee to amend the aims of this activity accordingly.

¹⁴ including 27 sub-national policies from 3 countries, due to their federal structure

7 Projects, reports and products

7.1 National approaches to physical activity promotion

Aim of the activity

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

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

In charge / participants

In charge: Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands (co-chairs)

Members of the working group:

- Confirmed members: Mr Alberto Arlotti, Emilia Romagna Region, Italy, Mrs. Fiona Bull - Global Alliance on Physical Activity (GAPA), Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland, Ms Flora Jackson – NHS Health Scotland, United Kingdom, Ms Sonja Kahlmeier and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland, Ms Rute Santos, Faculty of Sport, University of Porto Portugal,), Mr Radim Šlachta – Palacký University, Czech Republic, Mr Oliver Studer – HEPA Switzerland/BASPO, Ms Heidi Tomten – Directorate for Health and Social Affairs, Norway, Ms Birgit Wallmann, Centre of Health, German Sports University Cologne, MsJozica Maučec-Zakotnik and Ms Andrea Backovic, CINDI programme, Slovenia
- Observers: Ms Elena Subirats, Accion para el bienestar y la Salud, Mexico, Ms Wendy Creelman, in motion, Canada)

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

Possible partners

WHO/Europe Noncommunicable Disease and Environment Unit (Copenhagen office), WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Mr Tim Armstrong)

Work steps

Steps	Work progr. 09/10	State of affairs
Development of the first 3 case studies, based on the concept and draft matrix/checklist for templates on country's approaches and experiences on physical activity promotion, taking into account comments from the work group meeting at the 5 th annual meeting (November, Bologna)	Early 2010	Implemented as planned; draft checklist filled in by 7 pilot countries

Steps - continued	By when	
Work meeting of the project participants and other interested work group members at NISB in Wageningen, the Netherlands, to discuss the draft examples, experiences made with template and checklist	April 2010	Implemented as planned (28-29 April)
Possibly ad-hoc meeting at the 3 rd International Congress on Physical Activity and Public Health (ICPAPH, Toronto)	May 2010	Informal meetings of project team
Work group meeting in Jyväskylä, Finland to present and discuss the first 3 examples and lessons learned and the final draft template and checklist, identify of up to 5 further case study countries and responsible institutions	June 2010	Postponed
Finalization of template and checklist, start the 5 further case studies	Summer 2010	Implemented as planned
Preparation of a summary booklet, including the case studies with introduction and summary sections	Winter 2010	Implementation ongoing
Symposium/presentation of case studies at the 2 nd HEPA Europe conference	24-25 November 2010	Oral presentation of country case study (Slovenia) and poster on project
Meeting of the work group at the 6 th annual meeting	26 November 2010	Implemented as planned

The current activity of the working group, the project on “National Health-Enhancing Physical Activity Policies Project: Case Studies from Europe” is led by Fiona Bull and Karen Milton at Loughborough University and Sonja Kahlmeier, University of Zurich, with support from WHO Europe. The interest in testing the case study template was bigger than expected. Therefore it was decided to expand the development and pilot testing phase to 7 countries (Finland, Italy, Portugal, the Netherlands, Norway, Slovenia, Switzerland) instead of carrying out a second case study phase in summer.

6 of the pilot countries met in April 2010 to discuss the experiences made with the draft template, kindly hosted and supported by the NISB in Wageningen, the Netherlands. Several phone conferences took place to discuss progress and next steps; it was decided to postpone a second meeting kindly offered to be hosted by the Sport for All Association of Finland to a later stage.

The second phase of the project is focusing on analysis and publication of the results. A technical report and an outline of the summary booklet were developed and discussed with the project group on 23 November in Olomouc. The full working group also got together informally in Olomouc to define the next activities.

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

Aim of the activity

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹⁵.

¹⁵ http://www.euro.who.int/eprise/main/WHO/Progs/TRT/policy/20070503_1

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁶ and specifically its activities on walking and cycling.

In charge / participants

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

Participants:

1) *Project core group*: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Charlie Foster, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom

2) Participants: advisory group of international experts; interested members of the Steering Committee, THE PEP Task Force on Cycling and Walking,

Possible partners

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

Work steps

Steps	Work progr. 09/10	State of affairs
Start development of HEAT for walking / 2 nd project phase: depending on final decision of funding consortium	End of 2009	Implemented as planned
Update review on existing approaches to the inclusion of health effects related to walking in cost-benefit and cost-effectiveness analyses; identify study to derive dose-response curve as basis for the HEAT for walking tool, develop draft methodology	Month 4 after start	Implemented as planned
International expert workshop	Month 7/8	Implemented as planned
Finalization of the HEAT for walking tool based on the feedback from the workshop, development of a user guide and updating of the guidance document	Month 11	Implementation ongoing
Launch and dissemination	Month 11 to 14	Implementation ongoing

The first meeting of the project core group took place on 19 May 2010 in London to prepare the international consensus workshop. The background documents included an updated review of economic approaches to the valuation of transport-related cycling and walking and of the epidemiological literature on walking. Based on the reviews, a discussion paper with the main issues to address at the workshop by the advisory group was also developed. An international advisory group of economists, epidemiologists and transport experts was set up to address the wide range of methodological issues. The workshop on 1-2 July in Oxford reached consensus on all main methodological questions. The core group met on 19 October in Rome to discuss the draft tool and draft project reports, pilot testing and dissemination.

¹⁶ www.thepep.org

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

Aim of the activity

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

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

In charge / participants

In charge: Christoph Nützi, BASPO, Switzerland

Participants:

1) Core group

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

2) Working group

Participants of the meeting in Magglingen, Switzerland¹⁷ (November 2006), other interested parties

Possible partners

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 (ENERGY¹⁸), Mr Johannes Brug, VU University Medical Centre, the Netherlands

¹⁷ http://www.euro.who.int/hepa/projects/20060918_1

¹⁸ www.projectenergy.eu

Work steps

Steps	Work progr. 09/10	State of affairs
Organization of the core-group	Winter 2009/2010	Implemented as planned
Workshop in Caceres, Spain	Spring 2010	Not implemented
Develop "key-points from previous experience for building capacities / resource of knowledge" based on the report (in-depth analysis of 6 national programs and approaches)	Summer 2010	Implementation ongoing, delayed
Exploration of possibilities for a cross-country study on knowledge and attitudes of decision makers and stakeholders towards physical activity and sports promotion in European countries: to be discussed in core group		Implementation ongoing, delayed
Presentation of the final guidance	6 th annual meeting, 24-26 November 2010	Implementation ongoing, delayed

Members of the working group have been involved in work package 5 of the new joint WHO/DG SANCO project to "Promote networking and action on healthy and equitable environments for physical activity" (PHAN). The objective is to use the perspectives and feedback of youth delegates to create a blueprint for what makes a physical activity project 'youth friendly', i.e. appealing and enjoyable. At the 5th Ministerial Conference on Environment and Health in March 2010 in Parma, a morning session took place with the youth delegates with activities designed to stimulate discussion in and around youth physical activity. As next stage, the information collected at the workshop was analyzed and a Blueprint was developed. There was a series of feedback rounds with the work group and the youth delegates to ensure their views are correctly represented. Also, a number of case studies from around Europe to illustrate the points from the Blueprint was identified and investigated.

A phone conference of the HEPA Europe working group took place on 11 June to collect input from members on currently ongoing activities and interests with regard to defining the next steps, also taking into account these ongoing activities. Due to organizational reasons, the meeting planned in early September could not take place. A second telephone conference took place in November. The updated aims and activities of the work group were discussed at a meeting of the working group at the 6th annual meeting in Olomouc.

7.4 HEPA promotion in primary care settings**Aim of the activity**

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

In charge / participants

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

Participants: Mrs. Mina Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Matti Leijon, Center for Primary Health Care Research, Sweden; Mr Raphaël Bize, Department of Community Medicine and Public Health, University Outpatient Clinic, Switzerland; Paolo Emilio Adami. SIAF-FIAF,

Italy; Mr Narcis Gusi, University of Extremadura, Spain; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Jean-Michel Oppert; Paris VI University, France

Possible partners

The American College of Sports Medicine's "Exercise is Medicine" programme, WHO's Health Promoting Hospital Network, other partners to be defined by the working group

Work steps

Steps	Work progr. 09/10	State of affairs
First draft for overview of existing approaches in PA promotion in primary care	Spring 2010	Partly implemented
First draft for overview of implementation efforts and strategies at the local and national level	Spring 2010	Not implemented
First draft for overview of International cooperation projects	Spring 2010	Not implemented
Presentation at ACSM's Exercise is Medicine Conference, Baltimore	1-3 June 2010	Implemented as planned
Explore possibilities for establishing collaboration with expert centers for implementation efforts and strategies in other fields (e.g. health promoting hospitals)	Summer 2010	Implemented as planned
Explore feasibility of collection of tools for PA promotion in primary care	Summer 2010	Considered not feasible due to limited resources
Explore feasibility of an overview concerning health-care related health promotion interventions, using multidimensional approaches including HEPA	Summer 2010	Considered not feasible due to limited resources
Presentation of results and next work steps at 6 th annual meeting of HEPA Europe	26 November 2010	Implemented as planned

Brian Martin participated in a symposium on "Exercise is Medicine" at the ACSM conference in Baltimore in June 2010, updating on European activities including of the working group. In advance of the meeting, a short questionnaire was disseminated to selected members of the working group as a first step of an information collection; results were integrated from Switzerland, the Netherlands and Sweden. Based on these first experiences, a revised version of the country questionnaire was developed, but not yet sent out to any other countries. The work group has also initiated contacts with the Health Promoting Hospitals (HPH) initiative, and the related WHO Collaborating Centre, Bispebjerg Hospital in Denmark, which is leading the lifestyle related activities in the HPH network. A follow-up meeting is planned during November 2011. The working group also held a meeting at the 6th annual meeting in Olomouc.

In addition, it was decided to slight amendment to the title of the work group to "HEPA promotion in health care settings", to also include for example health-promoting hospitals, rather than only primary care settings. As of the 6th annual meeting, the working group will be lead jointly by Mrs. Mina Aittasalo and Mr. Matti Leijon; Brian Martin will continue to serve as member.

7.5 Sport clubs for health

Aim of the activity

The project aims at the establishment of a dedicated working group, to continue the development of the Sports Club for Health programme (SCfHP) of European Sport for All Network (ESFAN)/Trim and Fitness International Sport for All Association (TAFISA).

In charge / participants

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

Participants:

1) Core group:

Pekka Oja, Finland – former HEPA Europe network; Federazione Italiana Aerobica e Fitness (FIAF), Italy; Cultural and Scientific Association of Tourism, Leisure and Sport Studies (AccETTD), Spain; Ministry of Sport and Tourism, Poland; Estonian Sport for All Association; -: Faculty of Kinesiology. University of Zagreb, Croatia

2) Working group:

Mr Finn Berggren – Gerlev Physical Education and Sports Academy, Denmark; other interested members and participants of the 5th annual meeting working group session

Possible partners

European Sport for All Network (ESFAN), International Sport and Culture Association (ISCA), European Nongovernmental Sport Organizations (ENGSO), European Confederation Sport and Health (CESS), DG Education and culture EAC - Sport unit, International Olympic Committee (IOC)

Work steps

Steps	Work progr. 09/10	State of affairs
Set up the HEPA Europe's SCforH working group	5 th annual meeting 2009	Implemented as planned
Development of draft detailed guidelines for SCforH	Spring 2010	Implemented as planned
DG EAC project related meetings of work packages	Spring-summer 2010	Implemented as planned
Present the draft of final guidelines in an SCforH satellite seminar organized in the connection of the 13 th IOC World Sports For All Congress in Jyväskylä, Finland	13-14 June 2010	Implemented mostly as planned (guidelines in development)
DG EAC project related meetings of work packages	Late summer 2010	Implemented as planned
Finalization of the guidelines	Fall 2010	Implementation ongoing
Presentation of the final guidelines at the 6 th annual meeting	26 November 2010	Mostly implemented as planned

In 2010, activities of this working group were supported by a DG EAC co-sponsored project as part of the Preparatory Actions in the Field of Sport. The consortium includes institutions from Italy, Poland, Estonia, Spain, Croatia and is lead by Finland (Jorma Savola, Finnish Sport for All Association). Associate experts came from the UKK-Institute (FI), the University of Jyväskylä (FI), the Haaga-Helia, University of Applied Sciences (FI), the Vierumäki, Sports Institute of Finland (FI), the German Gymnastic Federation (GER) and ISCA, the University of Oxford (UK) and FISAF education committee.

The project has the following work packages:

- WP 1 Project management, coordination and economy
- WP 2 Further development of the first SCforH guidelines and networking
- WP 3 Model certificate system for the assessment of SCforH
- WP 4 Health profile of different sports
- WP 5 Leadership and management of sports clubs as civic organizations when organizing the health-related PA
- WP 6 Funding system for the health-related PA promotion programs in the sports clubs
- WP 7 Evaluation of the project

Project meetings took place in June 2010 (Jyväskylä, Finland; on work packages “Health Profile” and “Funding system”) and in October 2010 (Warsaw, Poland and Eindhoven, the Netherlands, on work packages “Certification system” and “Leadership and management - instructor education”). The working group also held a parallel working group meeting in Olomouc at the 6th annual meeting.

The final project conference has been scheduled tentatively for 6 to 8 February 2011.

7.6 HEPA promotion in socially disadvantaged groups

Aim of the activity

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

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

In charge / participants

In charge: Niamh Murphy – School of Health Sciences, Ireland

Participants: Ms Carina Edling – Swedish National Institute of Public Health; Ms Anita Vlasveld – NISB, the Netherlands; other interested members of HEPA Europe; WHO/Europe Noncommunicable Diseases and Environment Unit

Possible partners

To be defined

Work steps

Steps	By when	
Constitution of the working group out of interested members of HEPA Europe and other interested parties, if necessary definition of a core group	Winter 2009/2010	Implemented as planned
Phone conference of the working group to define work steps, division of tasks and identify possible partners	Spring 2010	Implemented as planned
Implementation of work steps, as defined		Implemented as planned
Presentation of progress and first products at the 6 th annual meeting	26 November 2010	Implemented as planned

This new working group was launched in late 2009. Members include:

- Niamh Murphy, Department of Health Sport and Exercise Science, Waterford Institute of Technology, Ireland (chair)
- Anita Vlasveld, NISB, the Netherlands
- Carina Edling, Swedish National Institute of Public Health
- Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain
- Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan
- Judit Farkas, Semmelweis University, Hungary
- Paul Jarvis, Department of Health – South East, England, United Kingdom
- Marie H Murphy, University of Ulster, Northern Ireland, United Kingdom
- Marta Carranza and Gaspar Maza Gutierrez, Universitat Rovira i Virgili- Tarragona, Spain
- Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland.

The working group held two phone conferences (June, November 2010) to define activities and discuss first results. It was decided that initially, the working group will mainly provide input into a literature review on determinants on physical activity in socially disadvantaged groups, and a collection of case studies carried out by NHS Scotland; both as part of the new joint WHO/DG SANCO PHAN project (see also chapter 7.3). The working group also held an informal work meeting in Olomouc within the framework of the 6th annual meeting.

7.7 Occupational HEPA promotion**Aim of the activity**

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

In charge / participants

In charge: Ms Karin Proper, VU University Medical Center, The Netherlands

Participants: Mr Finn Berggren – Gerlev Physical Education and Sports Academy, Denmark; Ms Nuria Garatachea – University of León, Spain; Ms Ingrid Henriksen, Netherlands Organisation for Applied Scientific Research TNO, the Netherlands (to be confirmed); other interested members of HEPA Europe

Possible partners

To be defined

Work steps

Steps	Work progr. 09/10	State of affairs
Finalize definition of work group members and identify possible partners	Winter 2009/2010	Not implemented
Phone conference with all members to discuss and finalize work steps and divide activities Possible work steps include: <ul style="list-style-type: none"> • Draft overview of existing activities in several European countries, including national programmes and networks (based on ongoing PhD-thesis, VU University Medical School) • Dissemination of draft to work group members for feedback and input • Phone conference or meeting to discuss final draft overview 	Spring 2010	
Report on activities and first results at the 6 th annual meeting	26 November 2010	

Due to change of institution of the working group leader, this activity was not launched. New working group leaders were identified in fall 2010 and the work group was proposed for launch at the 6th annual meeting.

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

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

In charge / participants

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

Participants:

Mr Jens Bucksch – University of Stuttgart, Germany; Mr Jean-Michel Oppert –Paris VI University, France; Mr Harry Rutter - Obesity Observatory, United Kingdom; Mr Michael Sjöström – Karolinska Institute, Sweden; Mr Willem van Mechelen – Free University Medical Center, the Netherlands; Mr Tommi Vasankari – UKK Institute for Health Promotion Research, Finland; other interested members of HEPA Europe

Possible partners

Joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up projects to ALPHA and EURO-PREVOB; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta

Work steps

Steps	Work progr. 09/10	State of affairs
Overview of international projects in the field	Spring 2010	Implemented as planned
Identification of possibilities for collaboration and support	Spring 2010	Implemented as planned
Definition of next steps accordingly	Summer 2010	Implemented as planned
Presentation of activities of working group at the 6 th annual meeting	26 November 2010	Implemented as planned

It was decided that as a first activity of the work group, recommendations for the use of questionnaires and objective measurement tools in monitoring and surveillance of physical activity at the population level in adults would be developed and if possible coordinated with other institutions such as WHO. The draft recommendations were discussed twice with the Steering Committee. Conclusions from the ALPHA project were taken into account and the work group also considered a series of recent publications by VU Medical Center on this topic. Exchange also took place with a new council of ISPAH on surveillance and measurement of physical activity.

The recommendations for adults were finalized with the Steering Committee and presented at the parallel working group session at the 6th annual meeting of HEPA Europe.

7.9 Publication on framework for physical activity promotion policy**Aim of the activity**

To develop an overall framework for physical activity promotion which is currently missing. This structure will also support defining the role of HEPA Europe within such a broader framework and it will thereby guide the future work (see also chapter 9.1).

In charge / participants

In charge: Mr Brian Martin, ISPM University of Zürich, Switzerland

Participants: Ms Eva Martin-Diener, Swiss Federal Institute of Sports, BASPO, Switzerland; Steering Committee, WHO European Centre for Environment and Health, Rome office

Possible partners

Experts who can provide examples of existing models and similar input (e.g. Mr Tom Schmid from the Centers for Disease Control and Prevention's Physical Activity and Health Branch, Mr Adrian Baumann, University of Sydney).

Work steps

Steps	Work progr. 09/10	State of affairs
Submit amended version based on reviewers' comments	Summer 2010	Not implemented
Finalize publication process	Depending on review	

Due to change of institution of the lead and co-author, the re-submission of the manuscript could not be implemented but is still considered for the future.

8 Teaching and education

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

Aim of the activity

Develop and conduct a European Region course on physical activity and public health, based on the experience from the course developed by the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education (IUHPE).

In charge / participants

In charge: Mr Winfried Banzer and Ms Eszter Füzéki, Goethe University Frankfurt, Germany

Participants:

1) Scientific board:

Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland

2) Participants:

Mr Finn Berggren – Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, University of Extremadura, Spain; Ms Flora Jackson – NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez – Federazione Italiana Aerobica e Fitnes, Italy; Mr Harry Rutter - Obesity Observatory, United Kingdom; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands; Mr Malcom Ward, NHS Wales, United Kingdom; WHO European Centre for Environment and Health, Rome office

Possible partners

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

Work steps

Perspectives include:

- 2010: one week summer school in Frankfurt
 - Summer school in Frankfurt, possibly also in Zurich, Oxford and other places
 - Summer school, in parallel beginning of international master of advanced studies lead by Goethe University Frankfurt with modules organised by Frankfurt, Zurich, Oxford and possibly other partner institutions
-

Steps	Work progr. 09/10	State of affairs
Contacting possible partners, collecting experience from other programs	Winter 2009	Implemented as planned
Incorporation of suggestions from 5 th annual meeting, Bologna	Winter 2009	Implemented as planned
Identification of funding sources and clarification organizational details (e.g. venue and facilities)	End of 2009	Implemented as planned
Teleconference with core group on final concept and next steps	Early 2010	Implemented as planned
Depending on identified funding: <ul style="list-style-type: none"> - Developing contents in cooperation with potential faculty - Official invitation of faculty to participate - Developing information material (poster, flyer, web page) - Defining the deadline for application - Assessment of applications - Launching of the first course 	Winter 2009 Winter 2009 Winter 2009 Winter 2009 March 2010 July 2010	Not implemented

A phone conference of the core group took place in December 2009 to discuss the feedback from Bologna and to decide on the next steps. Unfortunately, no initial funding could be identified for the teaching course; therefore it was not implemented in 2009. Brian Martin showed interest in trying to organize a summer school in 2011 in Zurich. The members of the project would be happy to contribute.

9 Activities to optimize the Network

9.1 Management and interaction with members and partners

Aim of the activity

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

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

Work steps

Steps	Work progr. 09/10	State of affairs
Implementation the partner management strategy	Continuously	Implemented as planned
Update of the financing concept ²⁰	Summer 2010	Not deemed necessary at this stage
Development of a communication strategy: <ul style="list-style-type: none"> • Situation analysis <ul style="list-style-type: none"> ○ overview of all relevant other institutions and bodies promoting physical activity in Europe ○ organizational background ○ external / public environment • Definition of communication objectives • Definition of target audiences • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	End of 2009 Spring 2010 Spring 2010 Summer 2010 Summer 2010 Fall 2010 Fall 2010 6th annual meeting, November 2010	Implementation ongoing, delayed

¹⁹ See footnote 3, page 25

²⁰ HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

Steps - continued	Work progr. 09/10	State of affairs
Development of a member and recruitment strategy: <ul style="list-style-type: none"> • Member survey to assess satisfaction, expectation and needs • Presentation of results and decision on next steps with regard to the future recruitment strategy 	Summer 2010 6th annual meeting, 24 November 2010	Implementation ongoing, delayed Implementation ongoing, delayed

An outline of the communication strategy was discussed with the Steering Committee in April 2010. It was warmly welcomed. However, the Committee concluded that currently, there were not enough resources available for a full implementation of the strategy in the foreseen time scale. In the meantime, it was decided to focus on the membership survey, which should also include a short section with a few questions for non-members to receive input and feedback from the target audience of HEPA Europe. The final draft questionnaire was discussed with the Committee in September 2009 and pilot tested in October. The survey was launched in November and results are foreseen to be available in spring 2011.

10 Possible future activities

In the period of the 2009/2010 work programme, none of the possible future activities has been taken up for implementation. Some of them will be re-considered for the next work programme.

10.1 HEPA Europe exchange programme

Aim of the activity

Increasing collaboration as well as exchange of methods and experiences through an exchange of students and collaborators between selected centers working on physical activity and health.

In charge / participants

In charge: to be defined

Participants: Mr Winfried Banzer and Mr Christian Thiel – University of Frankfurt, Germany Ms Janet Djomba, CINDI Slovenia; Mr Urs Mäder – BASPO, Switzerland; Mr Jean-Michel Oppert - Paris VI University, France; Mr Michael Sjöström, Karolinska Institute, Sweden; representative of VU University Medical Centre, the Netherlands

Possible partners

To be defined by the work group

Work steps

The preparatory work on this activity has been concluded and the exchange programme could start. Also, further institutions had expressed their interest to join the activity.

However, no funding could be identified so far and as the lead institution for this activity has decided to focus its activities for the time being on different activities, it has been decided to postpone the launch of an exchange programme. In the meantime, interested institutions and applicants are invited to refer to Mr Thiel (c.thiel@sport.uni-frankfurt.de) who will organize a preliminary platform for exchange on an individual basis.

Work steps could include:

	By when
<i>Define next steps</i>	
<i>Define selection process for applicants and host institutions</i>	
<i>Identify suitable funding source and apply for funding</i>	
<i>Launch exchange programme</i>	
<i>Evaluate exchange programme after 1st year of implementation</i>	

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

Aim of the activity

The first phase of this project included:

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

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

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

In charge / participants

In charge: to be defined

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

Possible partners

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

Work steps

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

	By when
Will be defined by participants if project is implemented	

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

²² www.thepep.org

²³ <http://www.proneteurope.eu/>

²⁴ <http://www.intarese.org/>

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

Aim of the activity

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

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

In charge / participants

In charge: to be defined

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

Possible partners

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

Work steps

	By when
Will be defined by participants if project is implemented	

11 Publications

The following 11 publications were produced from November 2009 to November 2010 (in chronological order):

11.1 Scientific publications

- Oja P, Bull F, Fogelholm M, Martin BW: Physical activity recommendations for health: what should Europe do? *BMC Public Health* 2010, 10:10 <http://www.biomedcentral.com/1471-2458/10/10>.*

11.2 Conference abstracts and symposia summary

- Bull F, Kahlmeier S, Lambert V, Ramadan J, Bauman A: Regional Progress on Developing National Policy for Physical Activity: Report of a symposium. 3rd International Congress on Physical Activity and Health, May 2010, Toronto, Canada. *Journal of Physical Activity and Health*, 2010, 7(Suppl 3):S343-345.
- Kahlmeier S, Middelbeek L, Jurakic D, Tomten H, Jackson F, Schuit J: National Approaches to Physical Activity Promotion in the European Region: Examples and Experiences. Report of a symposium. 3rd International Congress on Physical Activity and Health, May 2010, Toronto, Canada. *Journal of Physical Activity and Health*, 2010, 7(Suppl 3):S353-S355.
- Gotschi T, Kahlmeier S, Brian M, Cavill N, Rutter H, Pekka O, Racioppi F: Health Economic Assessment Tools for Active Transport: HEAT for Cycling and Walking. Swiss Public Health Conference, 9-10 September 2010, Nottwil, Switzerland
- Racioppi F et al.: Walking: a cost-effective investment in public health, abstract for Walk 21 conference, The Hague, 17-19 November 2010

11.3 Reports

- 5th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 11-12 November 2009, Bologna, Italy. Copenhagen: WHO Regional Office for Europe, 2010.*
- Kelly P, Cavill N, Foster C. An Analysis of National Approaches to Promoting Physical Activity and Sports in Children and Adolescents
 - Summary report
 - Full report*
 - A resource for HEPA projects and promoters

British Heart Foundation Health promotion Research Group, University of Oxford. Copenhagen, WHO Regional Office for Europe, 2009.

11.4 HEPA Europe e-mail alerts

- Issue 9, December 2009
- Issue 10, May/June 2010

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

ANNEX 5: HEPA EUROPE WORK PROGRAMME 2010/2011

1 Introduction

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

The current state of affairs of activities foreseen in the work programme 2009/2010 is summarized in chapter 2. More detailed information can be found in the activity report 2009/2010²; a short version of is also available at www.euro.who.int/hepa.

In chapters 3 to 7, the implementation of the planned activities and projects for the period December 2010 to October 2011 will be described in more detail. Chapter 8 contains possible future activities for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 7th annual meeting of HEPA Europe to be held from 11 to 13 October 2011 in Wageningen, the Netherlands, hosted by the Netherlands Institute for Sport and Physical Activity (NISB).

¹ See also: Annex 5: Work programme 2010/2011. In: 6th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26 November 2010, Olomouc, Czech Republic, in press (www.euro.who.int/hepa).

² For more information, see: Annex 4: Activity report 2009/2010. In: 6th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26 November 2010, Olomouc, Czech Republic, in press (www.euro.who.int/hepa).

2 Activity report 2009 / 2010 overview

Below, the state of affairs of the activities of the work programme 2009/2010 is summarized³.

2.1 Networking and cooperation

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

2.2 Information dissemination

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented as planned, ongoing
Holding of the 6 th annual network meeting (26 November 2010) and 2 nd HEPA Europe conference (24-25 November); Olomouc, Czech Republic	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe,	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implementation ongoing, delayed

2.3 Projects, reports and products

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

³ See footnote 2, page 60

2.4 Teaching and education

Activity	State of affairs
Summer school/teaching course on physical activity and public health	Implementation postponed

2.5 Activities aimed at optimizing the network

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

2.6 Possible activities to be launched later

Activity	State of affairs
HEPA Europe exchange programme for students and professionals	Not yet started
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not yet started
Quantification of co-benefits of other sectoral policies for physical activity and health	Not yet started

2.7 Publications

Activity	State of affairs
11 Publications (1 scientific publication, 4 conference abstracts, 4 reports, 2 HEPA Europe electronic news alerts produced)	Continuous activity

3 Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting in October 2011 in Wageningen, the Netherlands, will be outlined in more detail.

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

Aim of the activity

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome 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 ⁴	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: Support to implementation of the European Charter on Counteracting Obesity - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on “Monitoring progress on improving nutrition and physical activity and preventing obesity” and possible follow-up project - Move for Health Day 2011 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme	Continuously Spring 2011 Continuously

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

Continued	By when
<p>Other European bodies</p> <ul style="list-style-type: none"> • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Network for Workplace Health Promotion⁷: <ul style="list-style-type: none"> - Explore possibilities for further collaboration • The alliance / EOSE (European Observatoire of Sports and Employment⁸) Working Conference <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
<p>Global bodies</p> <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Further development of exchange and collaboration, also with other regional networks - Preparation of joint annual meeting 2011 • 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 on physical activity promotion ▪ depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion ○ regarding co-sponsorship of the 3rd HEPA Europe conference (11-13 October 2011, Wageningen, the Netherlands) • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously</p> <p>Depending on time schedule</p> <p>Spring 2011</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p>
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously

3.2 Support and contributions to conferences and events

Aim of the activity

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

⁷ www.enwhp.org

⁸ <http://easoobesity.org/>

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

In charge / participants

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

Participants: -

Work steps

1) Supported events

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe⁹.

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

2) Participation in other events

In the following events, members of the Steering Committee or HEPA Europe are participating and a presentation on behalf of and mentioning HEPA Europe will be held in 2010 / 2011:

	By when
<ul style="list-style-type: none"> • 6-9 July 2011: 11th European College of Sports Sciences (ECSS) conference, Liverpool, United Kingdom - Presentation on HEPA Europe in session on “Education, Policy and Provider Networks for Physical Activity” (by Brian Martin) 	
Decision about participation in these and possible further events by the Steering Committee	Continuously

⁹ See “Requirements for HEPA Europe- supported events”

4 Information dissemination

4.1 HEPA Europe website

Aim of the activity

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

In charge / participants

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

Work steps

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

4.2 7th annual meeting of the HEPA Europe network

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 7th annual meeting will take place from 11-13 October 2011, hosted by the Netherlands Institute for Sport and Physical Activity (NISB), Wageningen, the Netherlands.

In charge / participants

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

Possible partners

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

Work steps

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

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

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

In charge / participants

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

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

Possible partners

Other interested parties in Member States

Work steps

	By when
Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments</i>) <ul style="list-style-type: none"> • Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 7.1) 	Continuously

Continued	By when
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Case studies of collaboration between the physical activity promotion and the transport sector <ul style="list-style-type: none"> • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources 	Continuously Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for cycling products and support for applications of HEAT for cycling tool	Continuously
Dissemination of Health Economic Assessment Tool (HEAT) for walking products and support for applications of HEAT for walking tool	Continuously
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 3.2)	Continuously
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, at suitable events and to suitable target groups	Continuously

4.4 International inventory of documents on physical activity promotion

Aim of the activity

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

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO European Centre for Environment and Health, Rome office

Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and possible follow-up project

Possible partners

DG Sanco project advisory group, if continued

Work steps

	By when
Support to identification, integration and analysis of further documents in the online "Nutrition, Obesity and Physical Activity (NOPA) database, as wished	Continuously

5 Projects, reports and products

5.1 National approaches to physical activity promotion

Aim of the activity

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

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

In charge / participants

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

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

Possible partners

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

Work steps

	By when
Project on “National HEPA policies: case studies from Europe” <ul style="list-style-type: none"> • Finalization of policy assessment template • Preparation of a final report containing: introduction, methods, completed templates from 7-8 country case studies and analysis across countries highlighting key findings • Scientific publication - submission of a summary paper on the project and key findings • Individual country reports / publications 	Winter 2010 Summer 2011 Fall 2011 Spring to fall 2011
New activities: <ul style="list-style-type: none"> • Workshop of working group and interested participants: <ul style="list-style-type: none"> - share experiences of national policy appraisal project: lessons learned about the process to develop and implement a national policy - learn from findings within and between countries • Assessment of feasibility of development of additional outputs: <ul style="list-style-type: none"> - summary report for national advocacy (booklet) - “how to”-tool on national policy action 	Summer 2011 Summer-fall 2011
Assess the possibility of a 2 nd round of case study collection and analysis, depending on interest of countries and available resources	Fall 2011
Presentation of progress at the 7 th annual meeting	11-13 October 2011

5.2 *Development of methods for quantification of health benefits from walking and cycling*

Aim of the activity

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹⁰.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹¹ and specifically its activities on walking and cycling.

In charge / participants

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

Participants:

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

¹⁰ <http://www.euro.who.int/HEAT>

¹¹ www.thepep.org

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

Possible partners

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

Work steps

	By when
Finalization of the HEAT for walking tool based on the feedback from the international consensus workshop (July 2010)	Fall 2010
Development of a summary booklet including user guide and possibly updating of the guidance document	Fall 2010
Pilot testing in about 3 local communities	Winter 2010
Development of a marketing concept	Fall to winter 2010
Launch and dissemination (see also chapter 4.3)	Spring 2011
Presentation of progress at the 7 th annual meeting	11-13 October 2011

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

Aim of the activity

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

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

In charge / participants

In charge: Mr Peter Barendse, NISB, the Netherlands

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

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY¹²), Mr

¹² www.projectenergy.eu

Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action

Work steps

Develop “key-points from previous experience and develop recommendations for building capacities / resource of knowledge” based on the report (in-depth analysis of 6 national programs and approaches) – telephone conference	April 2011
Identify areas of further activity: <ul style="list-style-type: none"> - inventory of existing international/ EU projects of working group members - define common interests, themes and needs (i.e. youth participation, empowerment, networking, etc.) - look into possibilities/ funding for co-operation project(s) 	Spring 2011
Under condition of availability of funding: meeting of working group	Summer 2011
Exploration of synergies and collaboration in the PHAN project work package on youth involvement for physical activity in supportive urban environments (WP5)	Continuously
Discuss progress, prepare presentation, discuss work programme 2012: telephone conference	Autumn
Presentation of progress at the 7 th annual meeting	11-13 October 2011

5.4 HEPA promotion in health care settings

Aim of the activity

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

In charge / participants

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

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Raphaël Bize, University Institute of Social and Preventive Medicine Lausanne Switzerland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the ISPM, University of Zurich, Switzerland; Mr Jean-Michel Oppert; Paris VI University, France; Mr Malcolm Ward, NHS Wales, United Kingdom

Possible partners

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

Work steps

	By when
Meeting of the working group, to: <ul style="list-style-type: none"> • define short- and long-term goals • identify partners (e.g. HPH & EIM) • design a country survey on the contexts, policies and current practices in relation to HEPA promotion 	9-10 March 2011
Initiate collaboration with identified partners	Spring 2011
Implement country survey	Spring 2011
Presentation of progress at the 7 th annual meeting	11-13 October 2011

5.5 Sport clubs for health**Aim of the activity**

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

In charge / participants

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

Participants:

1) *Core group / DG EAC project group*

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

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

Possible partners

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

Work steps

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

5.6 HEPA promotion in socially disadvantaged groups**Aim of the activity**

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹³ in physical activity, and thus achieving significant public health benefits. In addition, it aims at better understanding better the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

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

In charge / participants

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

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

¹³ 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.

Azerbaijan; Ms Anita Vlasveld, NISB, the Netherlands; WHO/Europe Division of Communicable Diseases, Health Security and Environment

Possible partners

To be defined

Work steps

	By when
Support the finalization of the literature review and case study collection on physical activity in socially disadvantaged groups within the PHAN project ¹⁴	Early 2011
Based on literature review and case study collection, further activities will include: <ul style="list-style-type: none"> • discussion of next steps at WHO PHAN meeting, followed by phone meeting with HEPA group • needs assessment with service providers • analysis of results of needs assessment 	April 2011 Summer 2011 Fall 2011
Phone conference to discuss next steps of the working group in 2012 Next steps may include: <ul style="list-style-type: none"> • workshop to discuss issues relating to recruitment, implementation and other key themes • development of resources for programme deliverers • development an evaluation guide for programme deliverers • other activities to be defined by programme deliverers 	Fall 2011
Support the preparatory action in the field of sport funded project on “Social inclusion of migrant youth in sport and physical activity” (lead by NISB, the Netherlands)	Continuously
Presentation of progress at the 7 th annual meeting	

5.7 Monitoring and surveillance of physical activity

Aim of the activity

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

In charge / participants

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

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

¹⁴ Promoting networking and action on healthy and equitable environments for physical activity, for more information see <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/promoting-networking-and-action-on-healthy-and-equitable-environments-for-physical-activity-phan>

Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, German Sport University Cologne

Possible partners

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

Work steps

	By when
Overview of results of the WHO/EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”	Spring 2011
Identification of further possibilities for contributions to the WHO/EC DG SANCO monitoring project (e.g. in depth analysis of country level data)	Summer 2011
Development of draft recommendations for monitoring and surveillance of overall physical activity in children	Spring 2011
Finalization of recommendations for monitoring and surveillance of overall physical activity in children	Summer 2011
Presentation of progress at the 7 th annual meeting	11-13 October 2011

5.8 Occupational HEPA promotion

Aim of the activity

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

In charge / participants

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

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

Possible partners

To be defined

Work steps

	By when
Finalize definition of working group members and identify possible partners	End of 2010
Phone conference with all members to discuss and finalize work steps and divide activities Possible work steps include: <ul style="list-style-type: none"> • Draft overview of existing activities in several European countries, including national programmes and networks • Dissemination of draft to working group members for feedback and input • Phone conference or meeting to discuss final draft overview 	Early 2011
Implementation of work steps as defined	Fall 2011
Report on activities and first results at 7 th annual meeting	11-13 October 2011

5.9 HEPA promotion and injury prevention**Aim of the activity**

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

In charge / participants

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

Participants:

Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Alenka Palian, Yoga Union of Slovenia; Ms Francesca Racioppi, WHO Regional Office for Europe; Mr. Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands.

Partners:

EuroSafe (Wim Rogmans, others)

Other possible partners

To be defined

Work steps

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

6 Teaching and education

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

Aim of the activity

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

In charge / participants

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

Participants:

1) *Scientific board:*

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

2) *Participants:*

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

Possible partners

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

Work steps

	By when
Development of options for content and teaching format	Early 2011
Exploration of interest in potential students and in partners	Spring 2011
Decision about next steps (content, format, timeline)	Summer 2011
Preparation of offers	Autumn 2011
Information on offer at the 7 th annual meeting of HEPA Europe	11-13 October 2011

7 Activities to optimize the Network

7.1 Management and interaction with members and partners

Aim of the activity

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

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

Work steps

	By when
Implementation the partner management strategy	Continuously
Update of the financing concept ¹⁶	
Development of a communication strategy: <ul style="list-style-type: none"> • Situation analysis <ul style="list-style-type: none"> ○ organizational background ○ external / public environment • Definition of communication objectives • Definition of target audiences • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	<ul style="list-style-type: none"> Spring 2011 Spring 2011 Summer 2011 Summer 2011 Fall 2011 Fall 2011 7th annual meeting, 2011
Development of a member and recruitment strategy: <ul style="list-style-type: none"> • Member survey to assess satisfaction, expectation and needs • Analysis of results • Presentation of results and discussion of next steps with regard to the future recruitment strategy at Steering Committee meeting • Presentation of results and decisions at 7th annual meeting 	<ul style="list-style-type: none"> Ongoing until early 2011 Spring 2011 Summer 2011 11-13 October 2011

¹⁵ See footnote 4, page 60

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

8 Possible future activities

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

Aim of the activity

The first phase of this project included:

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

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

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. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge / participants

In charge: to be defined

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

Possible partners

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

Work steps

At the 7th session of THE PEP Steering Committee, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the

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

¹⁸ www.thepep.org

¹⁹ <http://www.proneteurope.eu/>

²⁰ <http://www.intarese.org/>

different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

	By when
Will be defined by participants if project is implemented	

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

Aim of the activity

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

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

In charge / participants

In charge: to be defined

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

Possible partners

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

Work steps

	By when
Will be defined by participants if project is implemented	

8.3 *Physical activity promotion in elderly*

Aim of the activity

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

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

In charge / participants

In charge: to be defined

Participants: EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)²¹, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project²², interested members of HEPA Europe and other participants

Possible partners

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

Work steps

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

- Analysis of the project inventories of EUNAAPA, PASEO and other relevant projects to evaluate which knowledge already exists and where the main gaps in order to develop new strategies. These inventories include, amongst others, successful programs for physical activity promotion for elderly people and partnerships through capacity building.
- Identification of possible partners and establishment of alliances with relevant institutions and organizations, including with the HEPA Europe working group “National approaches to physical activity promotion” (see chapter 5.1).
- Development of products, monitoring and evaluation

	By when
Will be defined by participants if project is implemented	

²¹ <http://www.eunaapa.org>

²² <http://www.paseonet.org>

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The WHO Regional Office for Europe

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

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Uzbekistan

The 6th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic on 26 November 2010. It was attended by 99 participants from 24 Member States and from Australia, Canada and the United States of America as well as a representative of the European Commission. The event included parallel sessions of four HEPA Europe working groups. At the annual meeting, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2009/2010, the work programme 2010/2011 and amendments to the Terms of Reference for HEPA Europe. In addition, 14 new membership applications were confirmed and the Steering Committee was elected. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed, including new activities on physical activity promotion and injury prevention and on workplace-related physical activity.

The 2nd HEPA Europe conference took place back-to-back with the annual meeting on 24-25 November 2010. It was organized by Palacký University and focused on "Health-enhancing Physical Activity in the 21st century: Environmental and social influences and approaches", featuring 8 key note lectures, 16 oral and 80 poster presentations.

This meeting was supported by the European Union in the framework of the Health Programme 2008-2013 (Grant Agreement 2009 52 02).

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