

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

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



At the 9th annual meeting in Helsinki, Finland (October 2013), the following work programme was endorsed for the period November 2013 to August 2014. At the next annual meeting in August 2014 in Zurich, Switzerland, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Networking and cooperation

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

2. Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe and HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 10th annual meeting and 5th conference of HEPA Europe (27–29 August 2014, Zurich, Switzerland)
To support WHO Regional Office for Europe in the further development and use of the physical activity in the European database on Nutrition, Obesity and Physical Activity (NOPA)

3. Projects, reports and products

Title and aim of the activity
Publication on cross-country analysis of 7 case studies of national approaches to physical activity promotion and update of the Policy Audit Tool (PAT)
Foster exchange on physical activity and sports promotion in children and adolescents
Mapping of practice from EU and Member State programmes on active ageing
Contribute to good practice collections and evaluation approaches on HEPA promotion in socially disadvantaged groups
Survey on physical activity in medical curriculum in Europe as an approach to HEPA in primary care settings
Continue partner cooperation and communication and the development of health profiles for different sports disciplines for the Sport Clubs for Health Programme
Overview of tools, instruments and approaches for practice on sedentary behavior at the workplace
Establish scope and tasks for working group on environmental approaches to HEPA promotion
Continue developing synergies between HEPA promotion and injury prevention
Continue dissemination of the Health Economic Assessment Tools (HEAT) for cycling and walking and further refinement of methodology
Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level

4. Optimizing the network

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

5. Possible future activities

Title and aim of the activity
Develop a summer school/teaching course on physical activity and public health
Pilot applications and further development of methodological guidance and practical approaches on economic valuation of transport-related health effects