



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

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

**Report of a WHO meeting
28-30 September 2016
Belfast, United Kingdom**





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The Centre of Excellence for
Public Health
Northern Ireland



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ABSTRACT

The 12th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by Queen`s University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom. 127 participants from 24 European Member States registered for the annual meeting, as well as from Australia and from the World Health Organization. The meeting also included parallel sessions of 8 HEPA Europe working groups on 28 September. At the annual meeting on 30 September, **progress made in HEPA Europe`s work** programme for the previous year was presented. Participants discussed and adopted the activity report 2015/2016 and the work programme 2016/2017. They also took note of the update on future options for funding. In addition, 17 new memberships were confirmed as well as one additional observer.

The 7th HEPA Europe conference took place back-to-back with the annual meeting on 28-29 September 2016, organized by Queen`s University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 289 participants from 25 countries of the WHO European region as well as from Australia, Brazil and the United States of America and from the World Health Organization and the European Commission. It included 4 keynote lectures, a conference debate, 9 symposia, 15 parallel oral sessions and 2 poster sessions.

Keywords

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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, based on policy statements such as the WHO Global Strategy for Diet, Physical Activity and Health and corresponding statements from the European Commission. Further annual meetings took place in June 2006 in Tampere, Finland, in May 2007 in Graz, Austria, in September 2008 in Glasgow, United Kingdom, in November 2009 in Bologna, Italy, in November 2010 in Olomouc, Czech Republic, in October 2011 in Amsterdam, the Netherlands, in October 2012 in Cardiff, United Kingdom, in October 2013 in Helsinki, Finland, in August 2014 in Zurich, Switzerland, and in October 2015 in Istanbul, Turkey.

The 12th annual meeting of HEPA Europe took place on 28 and 30 September 2016. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of 8 HEPA Europe working groups (of which one was held as joint sessions of several working groups);
- review of new applications for membership (see Annex 3 for the list of members);
- presentation and discussion of the activity report 2015/2016 and of the new work programme 2016/2017;
- endorsement of the new work programme 2016/2017.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with WHO's Physical activity strategy for the WHO European Region 2016–2025, the Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, and the EU Council Recommendation on HEPA;
2. review and discuss progress made in HEPA Europe's twelfth year of activity, in particular in implementing the work programme as well with regard to contributions and funding;
3. discuss and adopt key documents for next year's work, including in particular the activity report 2015/2016 and the work programme 2016/2017 (see Annex 4)

The annual meeting was attended by 127 participants from member and non-member institutions and organizations located in the following 24 European countries: Austria, Belgium, Croatia, Czech Republic, Denmark, Finland, Germany, Greece, Hungary, Iceland, Ireland, Italy, Luxembourg, Montenegro, Netherlands, Norway, Poland, Portugal, Romania, Slovenia, Spain, Switzerland, Sweden and the United Kingdom (see Annex 5 for list of participants) as well as a representative from Australia and from the World Health Organization, Regional Office for Europe. The meeting was chaired by Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, chairman of HEPA Europe.

On 28-29 September 2016, the 7th HEPA Europe conference took place (see chapter 2 below).

1.1 Acknowledgements

The 12th annual meeting of HEPA Europe was kindly hosted by Queen's University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom. The meeting was financially supported by the European Commission Erasmus+ programme¹.

The 7th HEPA Europe Conference was also organized by Queen's University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom, supported by the Active Belfast, Belfast City Council, Belfast Healthy Cities, Healthy Ireland, Northern Ireland Chest Heart and Stroke, Public Health Agency and Sport Northern Ireland, and co-sponsored by the WHO Regional Office for Europe.

2 7th HEPA Europe conference

Back to back to the 12th annual meeting, the 7th HEPA Europe conference took place on 28-29 September 2016², featuring as main topic "Walking the Walk: what should the public health policy response be to the evidence for physical activity". The event was attended by 289 participants from 25 countries of the WHO European region as well as from Australia, Brazil and the United States of America and from the World Health Organization and the European Commission.

The conference was opened by Marie Murphy, (chair scientific committee, University of Ulster), Mark Tully (chair organizing committee, Queen's University Belfast) and Tommi Vasankari (Chairman of HEPA Europe). Mary Black, Assistant Director of Public Health, Public Health Agency, also warmly welcomed HEPA Europe to Belfast, as well as Joao Breda, Programme Manager, Nutrition, Physical Activity, Division of Noncommunicable Diseases and Life-course, WHO Regional Office for Europe.

The programme included four keynote lectures on state of the art scientific topics³, namely:

- Research translation and scaling up – is this the "holy grail" of physical activity policy?, by Adrian Bauman, University of Sydney, Australia
- Getting the numbers right: step counting indices for practice and policy, by Catrine Tudor-Locke, UMass Amherst, United States of America
- Campaigning to get women active: what does the evidence say?, by Jennie Price, Sport England, United Kingdom
- Conference debate: The emperor's new clothes: Is sedentary behavior just physical inactivity by another name?, by Hidde van der Ploeg, EMGO Institute for Health and Care Research of the VU University Medical Centre in Amsterdam, the Netherlands, and Melvyn Hillsdon, University of Exeter, United Kingdom.

¹ This publication reflects the views of the authors only, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

² <http://www.ebpi.uzh.ch/hepaeurope2014>

³ Podcasts available at <http://www.hepa2015.org/videos/>

The meeting further included the following 9 symposia:

- Research and policy implications of urban green space for physical activity
- Golf, physical activity and health
- Children and young people's health
- Sports Club for Health movement in the European Union: Are we moving in the right direction?
- Active commuting to improve health
- Where do people get their activity? - Domain-specific physical activity across the United Kingdom
- How sport can be used to effectively motivate inactive people to increase their activity levels and improve health and wellbeing
- Physical Activity Surveillance-System – why, how, what outcome? Experiences from Scotland, Finland and Austria
- Reducing sedentary behaviour among older adults – The SITLESS project.

In addition, 15 parallel oral sessions took place on the following topics:

- Active Ageing
- Physical activity determinants in children
- Social disadvantage
- Sport
- Non-communicable diseases
- Workplace
- Children and young people (community approaches, measurement & determinants, determinants & mediators, fundamental movement skills)
- School based interventions
- Built and natural environment
- Physical activity campaigns
- Settings

Furthermore, 2 poster sessions with 74 posters were offered.

The organizers offered excellent hosting to the participants including a civic reception and the traditional conference dinner in the impressive Belfast City Hall, including physical activity through traditional Ceili dances. -

3 Parallel sessions of HEPA Europe working groups and related events

On 28 September 2016, seven of HEPA Europe's working groups (see also work programme, Annex 4) held parallel sessions (one of which as joint session by several working groups) to discuss progress and next steps in advance of the plenary annual meeting on the next day. Brief summaries are provided below.

3.1 National approaches to HEPA promotion

The session was led by Sonja Kahlmeier, University of Zurich, and Karen Milton, University of Oxford. The session started with an overview of activities carried out in the past year (slides attached). These focused mainly on the implementation of the Erasmus+ project EPHEPA and included:

- launch of an updated version 2 of the HEPA Policy Audit Tool (PAT);
- a workshop with 5 of the 7 PAT country leads of phase 1 and other selected experts, held end of May 2016 in Zurich;
- a survey on PAT past use and possible future impact amongst workshop participants: while the survey did not show a lot of use of PAT results or outputs to date, it confirmed the potential impact and thus the need to strengthen dissemination formats, which is a key goal of the EPHEPA project;
- a review of existing ‘good practice’ dissemination tools;

The next steps will include the completion of PAT version 2 by so far 12 countries and the development of a PAT dissemination tool, based on the outcomes of the workshop.

Discussion with participants included ideas for further dissemination of the PAT and to which extent the PAT could also support development of new policies instead of auditing existing policies.

The final draft work programme of the working group was also discussed. As additional activity of the working group, the organization of a conference symposium on national approaches was proposed to raise the profile of this topic within the conference programme.

3.2 Physical activity and sport promotion in children and youth

This session was led by Mr Paolo Emillio Adami (Federazione Italiana Aerobica e Fitness) and Ms Anna Chalkley, Loughborough University, United Kingdom. The session started with an overview of activities carried out in the last year, including:

- completion of a membership survey for the working group to update records, gauge capacity and identify opportunities for potential collaboration/partnership;
- organisation of a symposium at the HEPA Europe 2016 conference “Promoting Physical Activity in Children and Young People, determinants and interventions”;
- providing support to members engaged in the Report Cards on physical activity in children and youth and the collation of the Global Matrix 2.0;
- submission of an Erasmus+ Sport bid ‘ Keeping youngsters Involved’ involving a consortium of partners including a number of working group members.

Discussion with participants focused on the sharing of experiences and learning from those countries that had previously been involved in the Global Matrix 1.0 as well as those that have repeated the process for Global Matrix 2.0 and/or or were new to the process.

Ms Dorien Dijk (Knowledge Centre for Sport Netherlands) provided further details of the successful Erasmus+ Sport bid for the ‘Keeping youngsters Involved’ project, which aims to share knowledge and experience by collating effective and practice-based strategies on how to keep youngsters connected with and involved in sport and physical activity at grass-root level. Opportunities for members to participate and contribute to the project were highlighted.

Finally, opportunities to participate in working group activities for the forthcoming term and the draft work programme were also shared. This included the Keeping Youngsters involved project, as well as facilitating the translation of the UK Chief Medical Officer's physical activity infographics for early years (birth – 5 years) and children and young people (5 – 18 years). Support for both was received and the process for doing so discussed.

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

This joint session was co-chaired by Mr Malcolm Ward, Public Health Wales, United Kingdom and Mr Josef Mitáš, Palacky University, Czech Republic. Malcolm Ward (co-chair working group on HEPA promotion in health care settings) presented the findings of the case studies from around Europe that had involved HEPA promotion in primary care settings, focusing on the environmental and ageing aspects of these. Mr Mitáš (chair of HEPA Europe promotion and the environment working group) provided an overview of evidence and practice on barriers and facilitators for older people regarding cycling and walking. Mr Bob Laventure (chair of HEPA Europe active ageing working group) provided a quick review on needs for the research and practice, especially when connecting elderly population and environment settings.

Discussion then followed concerning awareness and knowledge of the current picture across HEPA and countries in physical activity promotion through outdoor settings that would be required for shared learning with a range of models. The Healthy Cities model was used as an example to demonstrate how key concepts can be joined together at a city/country level. Amongst issues raised by the groups were: Sustainable Development Goals with actors from different sectors; Developments in General Practitioners (GPs) and undergraduate education in UK through the Royal College of GPs and resources available through complementary public/patient website; Work has continued at the British Heart Foundation (BHF) National Centre for Physical Activity and Health (UK) on the use of the Canadian Screening tool and the training of exercise professionals; Non Communicable Disease Strategies towards health promotion in general, population approaches and worksite interventions. In addition to the natural and built environments, settings approaches to physical activity (WHO), including the social and organizational environments can also be used as enablers to reduced barriers to participation.

Participants then split into the different working groups to discuss the aims, directions and strategies for next period.

3.4 Workplace HEPA promotion

This working group session initiated with the introduction of the new co-leaders, Ms Matleena Livson (Finnish Sports Confederation VALO) and Ms Minna Aittasalo (UKK Institute for Health Promotion Research, Finland). The session started with an overview and discussion of a brief survey on workplace HEPA promotion that the members of the working group had been invited to contribute to ahead of the annual meeting. Responses from members from 20 countries were received and the results were discussed in small groups. Suggestions for improving the survey were made and will be taken account in the next survey. It was decided that a summary report on the results of the survey would be produced. The survey will be repeated in fall 2017.

A preliminary action plan prepared by the leaders was discussed and approved, including public webinars on the practices and/or tools of workplace HEPA promotion in European countries, for which themes were brainstormed on.

3.5 Sport Clubs for Health

This session was chaired by Mr Sami Kokko from the University of Jyväskylä, Finland, and Ms Aoife Lane from Waterford Institute of Technology, Ireland. To begin, Sami Kokko gave an overview of Sports Club for Health, highlighting particular developments in relation to the definition of sports club for health and the concept of a health promoting sports club. He also presented an overview of the evolution of work in this area, which is currently manifesting as an EU Erasmus+ Sports Club for Health project following an earlier Erasmus+project (initially led by Sami Kokko and colleagues in Finland). Ms Aoife Lane gave an overview of the layout of the workshop, which was oriented towards presenting practical examples of how health promotion is being delivered through sport in an Irish context. This was followed by a presentation from Ms Aoife O'Brien, from the Gaelic Athletic Association, who outlined the governance and operational structure of health promotion in the Gaelic Athletic Association. Mr David Callaghan subsequently gave an overview of the flagship initiative Gaelic Athletic Association Healthy Club Project, which is now in its second implementation phase. Finally, two clubs involved in this initiative presented on their experience of the project. To finish, attendees engaged in a discussion that reflected on the need for practical, real world delivery of health promotion through sport and also the requirement for investment and commitment from sport and health bodies to ensure this work continues to progress .

3.6 Working group on monitoring

The session was led by Ms Jaana Suni and Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland. Ms Suni gave an overview on the current status of objective assessment of physical activity (PA) and sedentary behavior (SB) at the population level in Europe. Next, key elements related to reliable and valid measurements of PA/SB at the population level were discussed, including for example random error (self-report, accelerometer) and domains, dimensions, correlates and determinants of PA and SB. Subsequently, results and experiences from the first population based study in Finland utilizing accelerometers were presented. A short overview of current problems with accelerometer measurements was then presented by Ms Sylvia Titze.

One of the main issues highlighted during the subsequent discussion were the high costs of objective monitoring and feasibility of large scale measurements. Mr Vasankari lead the discussion towards the possible goal of a large European data set to study dose-response issues related to PA, SB and health as well as regular monitoring at population levels.

3.7 Early career researchers' networking dinner

At this year's event, as an opportunity to facilitate exchange among young researchers, an informal gathering at an early career research networking dinner was offered. This was well attended and appreciated.

3.8 EU updates session

The proceedings also included a session focusing on EU-related updates. Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, and Chairperson of HEPA Europe, chaired and opened the session, explaining its origins: until 2014, meetings of the HEPA Europe – EU Contact Group were held within the framework of the annual meeting of HEPA Europe. The establishment of this Contact Group in 2011 was based on the Action area 1 of the Pierre de Coubertin Action Plan of the White Paper on Sport, namely to support an EU Health-Enhancing Physical Activity network. With the establishment of official EU HEPA Focal Points in 2014, it had been agreed to replace the previous HEPA Europe – EU Contact Group meetings with an EU updates session in the framework of the HEPA Europe conference. The main aims would remain largely the same, namely:

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

Delegates were then informed on the main HEPA- and sport-related developments in the European Commission by Olivier Fontaine, from the Sport Unit of the Directorate General Education and Culture (DG EAC). He presented highlights from the implementation of the EU Work Plan for Sport 2014-2017, including the 2nd EU Week on Sport that took place in September 2016. He announced a progress report on the implementation of the Council Recommendation on HEPA foreseen by end of 2016. He also outlined priorities of the next call of the Erasmus+ programme in the field of Sport, to be launched in October 2016.

Afterwards, Dr Joao Breda, Division of Noncommunicable Diseases and Life-course, WHO Regional Office for Europe, presented an update on first steps to implement the WHO European Physical Activity Strategy, endorsed by Member States at the sixty-fifth session of the WHO Regional Committee in September 2015. He also presented selected highlights on progress and challenges with implementing different priorities across Member States.

4 Report of the 12th annual meeting

4.1 Introduction

The meeting was opened by Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland, chairman of HEPA Europe. For this year's meeting, 127 participants from member and non-member institutions and organizations located in 24 European countries registered as well as a representative from Australia and from the World Health Organization, Regional Office for Europe (see Annex 5 for list of participants).

4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁴ for membership from 17 institutions from September 2015 to August 2016. These temporary members were proposed to the network for confirmation.

All applications were confirmed and the 17 following institutions and organizations were welcomed to HEPA Europe as members (in alphabetic order):

- Agaplesion Bethesda Hospital Ulm, Germany
- Babes-Bolyai University, Cluj School of Public Health, Romania
- Centre for Public Health, School of Medicine, Queen's University Belfast, United Kingdom
- Croatian Institute of Public Health, Zagreb
- Department of Hygiene and Epidemiology, University of Ioannina, Greece
- Faculty of Sport, University of Ljubljana, Slovenia
- Faculty of Sports Sciences, University of Nice Sophia Antipolis (UNS), France
- Institute of Technology Carlow, Ireland
- League of Fitness Dietitians and Nutritionists, Kiev, Ukraine
- Luxembourg Institute of Health
- Montenegrin Sports Academy
- Outdoor Recreation Northern Ireland, United Kingdom
- Physical Activity and Health Group, Faculty of Medicine, University of Lisbon, Portugal
- University of Copenhagen, Research & Innovation, Denmark
- School of Health Sciences, Örebro University, Sweden
- University of Foggia, Italy
- University Ramon Llull, Barcelona, Spain

The Faculty of Health Sciences, Camilo Jose Cela University, Madrid, Spain, was accepted as observer.

The network now counts 161 members, including 156 national member institutions, 2 international member institutions and 3 individual members from 36 countries, as well as 7 observers (see Table 1 and Annex 3 for full list).

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

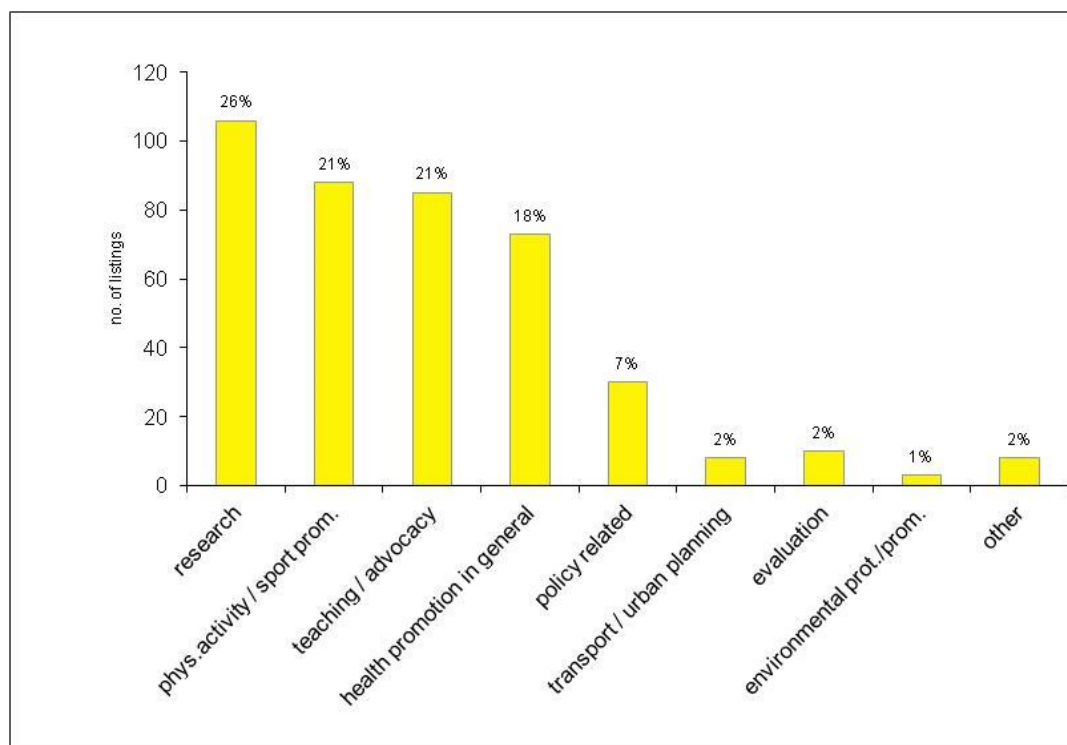
Table 1: Overview of number of HEPA Europe member institutions by country

Country	No.	Country	No.
Austria	3	Luxemburg	1
Belgium	3	Malta	1
Bosnia & Herzegovina	1	Montenegro	2
Bulgaria	1	Norway	2
Croatia	4	Poland	2
Cyprus	1	Portugal	3
Czech Republic	3	Romania	1
Denmark	4	Russian Federation	1
Finland	10	Slovenia	5
France	5	Spain	8
Georgia	1	Sweden	5
Germany	12	Switzerland	6
Greece	4	The former YR of Macedonia	1
Hungary	2	The Netherlands	8
Iceland	2	Turkey	3
Ireland	9	Ukraine	2
Israel	2	United Kingdom	29
Italy	11	International bodies	2
Lithuania	1		

Including 3 individual honorary members; plus 7 observers

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

Fig. 1: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=411), number and percent of listings



4.3 Strategic directions and revisiting HEPA Europe's mission statement

Sonja Kahlmeier, Executive member of the Steering Committee, updated the members on the continuous strategic work of the Steering Committee to improve networking activities. In this regard, in June 2016 a brainstorming session had been held to review the strategic directions of the network.

As part of this session, the mission statement and the objective and goals of the network have also been reviewed. The vision of HEPA Europe had been endorsed at the 1st annual meeting of the network in 2005, as follows:

“To achieve better health through physical activity among all people in Europe”.

The vision had been reviewed and confirmed as part of the development of an impact model for HEPA Europe in 2004⁵. At the brainstorming session, the following updates were proposed:

- Better health and wellbeing in Europe through more physical activity and active living for all people.

After a lively discussion, the majority of the present members adopted adding “and wellbeing” to the vision statement of the network, while adding the term “active living” did not find a majority as it was used by others already and thus adding it could possibly lead to misunderstandings.

⁵ Impact model see meeting report annual meeting, 2004, Annex 5
(http://www.euro.who.int/_data/assets/pdf_file/0007/102202/E92530.pdf?ua=1)

4.4 Activity report 2015/2016: overview

The activity report of the twelfth year of activity of HEPA Europe from October 2015 to September 2016 was presented and discussed by Ms Sonja Kahlmeier, Mr Vasankari and the working group leaders (see also Annex 4)⁶. In table 2 below, an overview of the state of affairs of the different activities is provided.

It was concluded that more working groups than in the previous year had produced tangible outputs in the form of reports, and that several had used their members to gauge information through surveys. One working group was proposing a new form of outreach through Webinars, which will be an interesting example for other working groups as well.

The achievements have been once again been made possible due to excellent support by the members of HEPA Europe, its Steering Committee and chairman and the working group leaders and through the productive cooperation that has been established with many partner organizations. The continuous additional support provided also over the last year by the University of Zurich, Epidemiology, Biostatistics, and Prevention Institute (EBPI), Physical Activity and Health Unit, Switzerland, was also thankfully acknowledged.

Mr Vasankari also introduced an update on the funding options for the network. Two successful HEPA Europe-related submissions to the 2014 call of the Erasmus+ programme where continuing their work until the end of 2017. One new submission related to the HEPA Europe working group on children and young people was successful and will take up work in 2017. It was also suggested to consider a workshop on sharing experiences on Erasmus+ applications as HEPA Europe has been quite successful here.

The Steering Committee will continue to monitor funding options such as foundations, the Health2020 research programme, the COST programme and others. Mr Vasankari also reminded members that voluntary donations of ministries where a much needed basis for the continued functioning of the network and that the network depended on a strong sense of ownership by the members, e.g. possibilities to include HEPA Europe-related activities into submitted funding proposals and to support the network with innovative ideas for fund raising and the establishment of co-operations.

⁶ A summary of the activity report is also available at www.euro.who.int/hepaeurope.

Table 2: Overview of the state of affairs of activities 2015/2016

Networking and cooperation	State of affairs
Activity	
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned
Information dissemination	
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Implemented as planned
Holding of the 11th annual network meeting and 6th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Implemented mostly as planned
Projects, reports and products	State of affairs
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented mostly as planned
Working group on active aging: Physical activity promotion in the elderly	Partly implemented
Working group on HEPA promotion in socially disadvantaged groups	Implemented mostly as planned
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sports Club for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Implemented mostly as planned
Working group on HEPA promotion and the environment	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented mostly as planned
Working group on monitoring and surveillance of physical activity	Implementation re-arranged
Teaching course	Implemented as planned
Activities aimed at optimizing the network	
Implement partner management strategy and member management strategy	Implemented as planned
Publications	
4 reports, 1 news alert and several news updates	Continuous activity
Possible activities to be launched later	
HEPA promotion and injury prevention	Not started

4.5 Work programme 2016/2017

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of October 2016 to October 2017.

The draft had been developed by the working group leaders and the Steering Committee and distributed to participants beforehand. Amendments through outcomes of the working group meetings on 28 September were also taken into account (see chapter 3). Proposed work steps as well as possible partners for each activity were discussed.

The activities of the next year, which were adopted by attending members of the network, comprise the following (see Annex 4 for more details)⁷:

Networking and cooperation

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

Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe and HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 13th annual meeting and 8th conference of HEPA Europe (15-17 November 2017, Zagreb, Croatia)
To support the WHO Regional Office for Europe in identification, integration and analysis of further documents in the European database on nutrition, obesity and physical activity (NOPA)

Projects, reports and products

Title and aim of the activity
Apply version 2 of the HEPA Policy Audit Tool (PAT) to audit national approaches to physical activity promotion and develop a dissemination tool
Foster exchange on physical activity and sports promotion in children and adolescents, translate the UK Chief Medical Officer's physical activity infographics for young people into different languages and further support the Physical Activity Report Card production & Global Matrix
Exchange and collaboration with other international bodies on active ageing
Foster integration of the topic of HEPA promotion in socially disadvantaged groups into other HEPA Europe working groups
Publication on approaches to physical activity promotion in health care settings across Europe and organization of a workshop on cross-cutting approaches in prevention in primary care
Strengthen the Sport Clubs for Health network with researchers and practitioners and implement Erasmus+-funded project
Webinars on the practices and tools of workplace HEPA promotion in European countries and updating of overview on policies and approaches across Europe
Initiate database of examples of good practice on environmental approaches to HEPA promotion
Further dissemination of updated version of the Health Economic Assessment Tools (HEAT) for cycling and for walking, development of scientific publications
Workshop on objective measurement of physical activity and sedentary behavior of all age-groups in Europe
Exploration of opportunities for further joint teaching courses on "Pragmatic Evaluation in Physical Activity"

Activities to optimize the Network

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

Possible future activities

Title and aim of the activity
Develop synergies between HEPA promotion and injury prevention

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

4.6 Other items

Ms Francesca Racioppi, WHO Regional Office for Europe, gave a brief update on the recently adopted “Framework of engagement with non-State actors” (FENSA). This framework, which was adopted in May 2016 by the WHO World Health Assembly, provides specific policies and operational procedures on engagement of the WHO with:

- nongovernmental organizations
- private sector entities
- philanthropic foundations
- academic institutions.

The main purpose is to strengthen WHO’s engagement with non-State actors in favour of public health objectives, while at the same time further reinforcing WHO’s protection from any undue influence in order to preserve its integrity, independence and reputation.

Main changes to previous practice include the establishment of a “Register of non-State actors”, a prototype of which is already available on-line⁸. Currently, policies and operational procedures for the each of the four groups of non-State actors are being developed to define 5 types of interactions (participation, resources, evidence and advocacy and technical collaboration). The procedures will include a due-diligence process and a risk assessment. To which extent this will also apply to the member institutions of HEPA Europe, in addition to the application process which is already in place, remains to be seen, and member institutions will be further informed in due time.

4.7 Next annual meetings of HEPA Europe

The 13th annual meeting of HEPA Europe will take place on 17 November 2017 in Zagreb, Croatia, kindly hosted by the University of Zagreb. On 15-16 November 2017, the 8th HEPA Europe conference will take place with the main conference theme “Modern approaches to physical activity promotion and measurement”. The meeting will include parallel sessions of HEPA Europe working groups. This year, no call for hosts of the 2018 annual meeting was made as hosting might be linked to the International Congress on Physical Activity and Health (ISPAH), foreseen to be held in London in fall 2018. Instead, a call for the 2019 events was launched to allow for a more in-advance planning.

4.8 Closing of the meeting

Mr Vasankari on behalf of HEPA Europe and Ms Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. They particularly thanked the representatives of the Queens’ University Belfast and the University of Belfast and the Centre of Excellence for Public Health (Northern Ireland) for the warm welcome and the outstanding organization and hosting of the meeting at the historic premises of Queens’ University Belfast.

⁸ <http://apps.who.int/register-nonstate-actors/home.aspx>

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2015/2016 and the new work programme 2016/2017, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2016/2017.

5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. In addition, participants received an invitation to fill in the evaluation electronically after the meeting, if they had not done so at the meeting. The questionnaire consisted in both cases of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, organizational aspects such as the length of the meeting and its preparation were assessed and respondents could provide additional feedback. Hundred and twenty-eight delegates provided feedback, corresponding to an overall response rate of 44%, which is comparable to previous years (23% to 52%).

The overall rating of the event was very high again with an average of 5.3 out of a possible maximum of 6.0. The total length of the event was again found suitable by a large majority of 89.4% of respondents rating it as “just right”. The quality of the keynote lectures was also valued very highly with average ratings between 5.2 and 5.7 and the perceived usefulness was also rated well (5.1 to 5.3). The quality and usefulness ratings of the symposia overall were 4.9 and 5.0, respectively, and that of the oral sessions were almost similarly high (4.9 and 4.8, respectively). The walking poster sessions were rated slightly lower (4.6 and 4.4, respectively) and suggestions were made to improve the location and announcement of poster sessions in future meetings. Regarding the possibilities for interaction between participants, 73% of delegates expressed their satisfaction. Advance notifications, meeting venue, registration, conference website, hospitality and catering all received excellent ratings (between 4.9 and 5.8).

Eighty-seven delegates also provided feedback on the annual meeting (30.1%). Preparations were rated as well as in the previous year (5.2) and a large majority of 82.4% of participants felt they could participate enough in the decision making. This year, the annual meeting was combined with a conference session and thus briefer as in previous years. 74.7% of respondents supported this arrangement, and the same percentage felt that the new length of about 3 hours was just right. However, 25.4% felt it was still too long, which is of interest with regard to the results of a member survey carried out in 2015, where 69% of member institutions had expressed a preference for a full half-day annual meeting.

The evaluation results provide most useful feedback for the arrangements of future events.

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. List of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (mid-September 2015 to August 2016)
6. Activity report 2015-2016 and Work programme 2016-2017 (final draft)

Background papers

7. Report of the 11th annual meeting of HEPA Europe, October 2015, Istanbul, Turkey

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Wednesday, 28 September 2016

17:00 – 18:30 **Parallel sessions of HEPA Europe working groups**

Working group leaders, members and participants

Friday, 30 September 2016

11:15 – 11:25 **Opening and welcome**

*Tommi Vasankari, Chairman HEPA Europe
Francesca Racioppi, WHO Regional Office for Europe
Queen's University Belfast and University of Ulster (host)*

11:25 – 11:40 **New applications for membership**

Tommi Vasankari, Chairman HEPA Europe

11:40 – 13:25 **Activity report 2015 - 2016 and Work programme 2016 - 2017:
introduction and discussion**

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

13:25 – 13:30 **Formal approval of the work programme 2016-2017**

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

13:30 – 13:45 **Update on WHO/Europe Framework of engagement with non-state actors
(FENSA)**

Francesca Racioppi, WHO Regional Office for Europe

13:45 – 13:55 **Other business**

14:00 **Closure**

14.00 – 14.45 *Standing lunch*

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Active Living Association, Istanbul, Turkey
- Agaplesion Bethesda Hospital Ulm, Germany
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Babes-Bolyai University, Cluj-Napoca, Romania
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Brno University of Technology, Centre of Sport Activities, Brno, Czech Republic
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Public Health, School of Medicine, Queen's University Belfast, United Kingdom
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Centre of research and evaluation (CEVAS), Rome, Italy
- Children's University Hospital, Department of Physiotherapy, Ireland
- Clinical Science Institute, National University of Ireland, Galway
- Cork Institute of Technology, Ireland
- Coventry University, Department of Biomolecular and Sports Sciences, United Kingdom
- Croatian Association "Sport for All", Zagreb, Croatia
- Croatian Institute of Public Health, Zagreb
- Croatian Sport Medicine Society, Zagreb, Croatia
- Cyprus Sport Organization, Nicosia
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health Sciences, University of Huddersfield, , United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Hygiene and Epidemiology, University of Ioannina, Greece
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Department of Sports Sciences, University Beira Interior, Covilhã, Portugal
- Directorate General for Public Health, Emilia-Romagna Region, Bologna, Italy
- Division of Health Research, Centre for Health Science, University of the Highlands & Islands, Inverness, United Kingdom
- Eddy Engelsman, the Hague, the Netherlands
- European Centre of Studies and Initiatives (CESIE), Palermo, Italy
- Faculty for Sport and Physical Education, Niksic, Montenegro
- Faculty of Kinesiology, University of Zagreb, Croatia
- Faculty of Motor Sciences, University of L'Aquila, Italy
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Physical Education, University of Rzeszow, Poland
- Faculty of Sport and Exercise Medicine, Edinburgh, United Kingdom
- Faculty of Sport, Nancy-University, France
- Faculty of Sport, University of Ljubljana, Slovenia
- Faculty of Sports Sciences, University of Nice Sophia Antipolis (UNS), France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Finnish Age Institute, Finland
- Finnish Sports Confederation Valo, Helsinki
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Flemish Institute of Health Promotion and Disease Prevention, Brussels, Belgium
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands

- French Society for Public Health, Laxou, France
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Health and Society Academic Unit, University of Wageningen, the Netherlands
- Health Service Executive, Health Promotion Department, Ireland
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France
- Institute of Epidemiology, Biostatistics and Prevention, University of Zurich, Switzerland
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- Institute of Sports and Sports Science, Karlsruhe Institute of Technology (KIT), Germany
- Institute of Sports Sciences, University of Lausanne, Switzerland
- Institute of Technology Carlow, Ireland
- International Health Consulting, Berlin, Germany
- Israel Center of Sport Clubs, Ramat Gan
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Knowledge Centre for Sport, Ede, The Netherlands
- Laboratory of Exercise & Sport Psychology and Coaching, Department of Human Kinesiology, Catholic University Leuven, Belgium
- League of Fitness Dietitians and Nutritionists, Kiev, Ukraine
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- Luxembourg Institute of Health
- Malta Council for Sports
- Medical Centre Division Sports and Rehabilitation, Ulm University, Germany
- Medical School Hamburg, Germany
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, Rome, Italy
- Ministry of Health, Slovenia
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- Ministry of Sport and Tourism, Warsaw, Poland
- Montenegrin Sports Academy
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Institute for Health and Welfare (THL), Helsinki, Finland
- National Institute for Public Health and the Environment (RIVM), Bilthoven, the Netherlands
- National Institute of Physical Education of Catalonia (INEFC), Lleida, Spain
- National Institute of Public Health, Ljubljana, Slovenia
- National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
- Natural England, Peterborough, United Kingdom
- Natural Resources Wales, Cardiff Bay, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Outdoor Recreation Northern Ireland, United Kingdom
- Paavo Nurmi Centre, Turku, Finland
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa, United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Activity and Health Group, Faculty of Medicine, University of Lisbon, Portugal
- Physical Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
- Public Health Institute, Reykjavik, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research & Innovation, University of Copenhagen, Denmark

- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- Research Unit Physical Activity, Ghent University, Belgium
- School of Health and Human Performance, Dublin City University, Ireland
- School of Health and Science, Dundalk Institute of Technology, Ireland
- School of Health Sciences, Örebro University, Sweden
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- School of Sport Sciences and Technology, Hacettepe University, Ankara, Turkey
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
- Sports Academy, University of Ulster, United Kingdom
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- State Secretariat for Sport, Ministry of Human Resources, Budapest, Hungary
- Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Tel-Aviv University, Ramat Aviv, Israel
- The Swedish National Institute of Public Health, Östersund
- Transport Studies, Oxford University, United Kingdom
- University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
- University Medical Policlinic, Lausanne, Switzerland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Caceres, Spain
- University of Foggia, Italy
- University of Gloucestershire, Faculty of Applied Sciences, United Kingdom
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavik
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- University Ramon Llull, Barcelona, Spain
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom
- Willibald Gebhardt Institute, Essen, Germany
- Yoga Union, Slovenia

International member organizations:

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

Observers:

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

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1 Foreword

Dear members of the WHO HEPA Europe network

The importance of HEPA promotion has become more and more evident. As a sign of that, several national and international institutions have written their physical activity strategies and action plans. The first Physical Activity Strategy for the WHO European Region is a good example of new actions. Interest towards us as WHO HEPA Europe network has also increased. More and more new members with different background apply membership, which makes our network stronger and gives us more possibilities in different kind of collaboration.

Our network has created several working groups in cooperating with other institutions to promote HEPA. However, new ways to promote will also challenge us. HEPA promotion has found new ways and methods during the last years. Health technology allows more and more personalized health coaching. People use different kind of accelerometers and other kind of devices that gives information about our physical activity and sedentary behavior. Some applications are also moving certain population groups very well, like for example Pokemon GO. Also in elderly we see several possibilities to enhance physical activity by using certain technologies. One could also predict that health technology gives more possibilities to different patient groups in order to increase physical activity and decrease sedentary behavior.

Shortly, it is time to meet again at our annual meeting and conference to look at the new ideas and innovations what you have done in HEPA promotion, this time in Belfast. Once again several interesting lectures, posters and short presentations will highlight the progress of HEPA promotion.

Hope to see many of you at Belfast!
Tommi Vasankari
Chairman of WHO HEPA Europe

2 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 11th annual meeting of HEPA Europe, held on 9 October 2015 in Istanbul, Turkey, a number of activities were outlined to be carried out by the network in 2015/2016¹. A short version of this document is also available at www.euro.who.int/hepaeurope.

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

In chapter 4, the planned activities and projects for the period October 2016 to October 2017 are described. Chapter 4.5 contains a possible future activity for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 13th annual meeting of HEPA Europe to be held on 15-17 November 2017, hosted by the University of Zagreb, Croatia.

¹ See also: Annex 4 - HEPA Europe activity report 2014/2015 and Work Programme 2015/2016. In: 11th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 8-9 October 2015, Istanbul, Turkey. Copenhagen, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

3 Activity report 2015 / 2016

3.1 Overview

Below, the state of affairs of the activities of the work programme 2015/2016 is summarized.

Networking and cooperation

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

Information dissemination

Activity	State of affairs
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Implemented as planned
Holding of the 11 th annual network meeting and 6 th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	

Projects, reports and products

Activity	State of affairs
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented mostly as planned
Working group on active aging: Physical activity promotion in the elderly	Partly implemented
Working group on HEPA promotion in socially disadvantaged groups	Implemented mostly as planned
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sports Club for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Implemented mostly as planned
Working group on HEPA promotion and the environment	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented mostly as planned
Working group on monitoring and surveillance of physical activity	Implementation re-arranged

Activities aimed at optimizing the network

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Implemented as planned
Teaching course	Implemented as planned

Publications

Activity	State of affairs
4 reports, 1 news alert and several news updates	Mostly implemented as planned

Possible activities to be launched later

Activity	State of affairs
HEPA promotion and injury prevention	Not launched

3.2 Funding and support received

From September 2015 to September 2016, the following contributions and support have been received (in chronological order):

- a) Financial contributions:
 - No specific financial contributions for HEPA Europe were received in the reporting period.
 - Preparations of the HEPA Europe annual meeting and activities on national approaches to HEPA promotion and the HEPA Policy Audit Tool (PAT) have been supported through the Erasmus+ project on a “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”
 - Forthcoming work on the Health Economic Assessment Tools (HEAT) for walking and cycling will be partly supported through the Seventh Framework Programme Research Project “Physical Activity Through Sustainable Transport Approaches” (PASTA)
 - Activities of the working group on Sports Club for Health have been supported through an Erasmus+ project for 2015-2017 (see chapter 3.5.6).

- b) In-kind contributions:
 - contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
 - contributions of the chairs and members of the working groups in terms of time and expertise;
 - hosting and support of a meeting of the Steering Committee by the Olympics Sports Confederation / Goethe-University Frankfurt, Germany (February 2016);
 - hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (July 2016);
 - organization and hosting of the 12th annual HEPA Europe network meeting and 7th conference (28-30 September 2016); hosted jointly by Queen’s University Belfast and Ulster University, United Kingdom (including conference proceedings and waiver of conference fee for HEPA Europe Steering committee members, WHO and EC staff);
 - contributions by several individual and institutional members for the production of reports and publications; and
 - representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee, the working groups and the network.

- c) Synergies

Synergies continue with the Transport, Health and Environment Pan-European Programme (THE PEP). THE PEP also promotes physical activity through cycling and walking, in particular in relation to the development of the Health Economic Assessment Tools (HEAT) for cycling and walking. Synergies exist as well with the WHO-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU.

The current secured sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately mid 2017; additional funding is under negotiation but not yet secured. While the secretariat continues to be hosted by WHO/Europe, since 2011 additional support was provided by the Physical Activity and Health Unit of the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support functions, once again some could not be implemented as planned, as described in the following chapters.

As in previous years, securing additional funding for the HEPA Europe network and its working groups remains a key priority and a challenge for current and future activities, and for 2017 and beyond. The Steering Committee continuously assesses funding sources and mechanisms but again underlines the need for a strong sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

3.3 Networking and cooperation

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

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2014/2015 has taken place as planned, in particular with the WHO/Europe-DG EAC projects on Health-Enhancing Physical Activity Promotion in the EU and with THE PEP. The Programme Manager of the Nutrition, Physical Activity and Obesity Programme also participated in one Steering Committee meeting. The research projects PASTA, EURO-FIT, DEDIPAC and SPAcE are progressing as planned, SPOTLIGHT and MOVE projects have concluded (all with involvement of HEPA Europe members).

Exchange was also sought with ISCA and HEPA Europe was present at this year’s ECSS congress (see below). Exchange with other European bodies, including European Network for Workplace Health Promotion, has been limited due to reduced capacities to engage more actively in the development of collaboration. The EU updates session (formerly HEPA Europe - EU Contact Group meeting) customarily take place within the HEPA Europe annual meeting and conference.

HEPA Europe closely collaborates with GAPA and Agita Mundo but no specific activities took place this year.

3.3.2 Support and contributions to conferences and events

1) Supported events

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

2) Participation in other events

Members of working groups presented HEPA Europe-related activities or products at the following 5 international events:

An electronic news update was disseminated in February 2016. Several emails with information on events or requests for input were distributed throughout the year.

The advocacy booklets *Physical activity and health: evidence for action* and the Healthy Cities companion booklet on the urban environment continue to be successful advocacy products, available in 11 language versions². According to the new web statistics tool, in 2014, 37 copies per month were downloaded; in 2015, 62 downloads per month were recorded and from January to August 2016 the downloads rose to 72 per month.

Since the first launch of HEAT in May 2011, the website was visited by over 41.000 users yielding over 700.000 page views, which translates into a weekly average number of visitors of 153, comparable to the 164 visitors until August 2015. While the website is well visited and the HEAT project is continuously promoted (see also presentations, section 3.3.2 and HEAT working group, section 3.5.9), the methodology and user guide downloads have decreased since the launch of a new version from 257 monthly average downloads in 2014 to 146 downloads in 2015 and 103 in 2016 (January to August). Possibly, this might relate to a forthcoming new version which has been announced but not yet published.

The meeting report of the 11th annual meeting was finalized in summer 2016 and disseminated at the 2016 meeting.

3.4.2 7th conference and 12th annual meeting of HEPA Europe

The meeting website and first call for abstracts was launched in March 2016. Registration opened in June 2016 along with the second call for abstracts. Over 150 abstracts were received. In June and July it was possible to submit late breaking abstracts for posters.

There were 3 key note lectures on research translation and scaling up, on step counting indices for practice and policy and on campaigning to get women active and a debate on sitting, as well as 9 symposia, 15 parallel oral sessions and 2 poster sessions with 74 posters.

The event was attended by 289 participants from 25 countries of the WHO European Region and from Australia, Brazil and the United States; the European Commission contributed to the EU updates session.

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

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

² Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish. See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

3.5 Working groups, projects, reports and products

Progress made in the different working groups is summarized below.

3.5.1 Working group on national approaches to physical activity promotion

The 2nd edition of the HEPA policy audit tool (PAT) was launched on 24 June 2015 at a meeting of the EU HEPA Focal Points.

Under the Erasmus+ project “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”, the development of a dissemination tool and a next round of country PAT completions have been started.

The development of a PAT mini version and dissemination of the available PAT results (through NOPA, or a wider NCD database which is under development) have been deferred.

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

A survey was sent to all working group members to evaluate their interest and possibility to contribute to the WG objectives. Results were discussed at a teleconference in March 2016 regarding how to proceed according to 2016 objectives. There was strong support for the production of a scientific document offering practical advice on meeting the physical activity recommendations for children and youth.

Opportunities to forge links with other HEPA Europe working groups were also further explored, e.g. surveillance and measurement, in particular around the symposium on “determinants of children’s physical activity” organized at the HEPA Europe conference 2016. Exchange took place with other related actors, including the European Youth Forum (YFJ) and the European Society of Cardiology. No further actions took place regarding the Physical Activity Report Card production & Global Matrix on Physical Activity.

In addition, a working group session will be held at the HEPA Europe conference to update on the most recent projects and developments in Europe and to define next year’s work programme.

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

On the International Day of Older People, 1 October 2015, EuroSafe launched together with 17 European organisations of professionals in health and social care (including HEPA Europe), a joint declaration³ to promote active ageing through falls prevention.

Exchange with other EU Health and active ageing programmes and networks has continued, in particular with the European Network for Action on Ageing and Physical Activity (EUNAAPA) and the development of the Rome Statement on Active Ageing. However, progress on closer working with other EU platforms has been limited.

Work continues to expand the membership of the Active Ageing Working Group and to maximize the use of the electronic information communication forum.

³ https://eupha.org/repository/sections/ipsp/Joint_Declaration_Sept_2015.pdf

Information exchange took place with other Active Ageing platforms took place at the 9th World Congress on Active Ageing (Melbourne June 2016). A summary report will be presented at the joint working group session to be held at the HEPA Europe conference in September with the HEPA Europe working groups on health care approaches and on environment. Future plans for the Active Ageing Working Group will also be outlined.

3.5.4 Working group on HEPA promotion in socially disadvantaged groups

Working group leaders continued exchange with the working group regarding topics of interest, such as programme evaluation. Submission of a COST action was considered but not pursued.

Following the joint session with the working group on HEPA promotion in children and young people in 2015 and informal discussions with other WG leaders, a more sustainable strategy to consider might be to embed a focus on “hard to reach” or “socially disadvantaged” populations within other working groups. It has been decided that no working group session will be held in Belfast and that group members will attend other sessions to explore synergies and further discussions on embedding such a focus.

3.5.5 Working group on HEPA promotion in health care settings

A short report on an initial survey on the role of physical activity in the medical curricula carried out in 2014 has been prepared and made available on the working group website⁴. It includes 52 responses from 23 countries.

A draft report on 12 case studies on HEPA in primary health care settings from 8 countries has been developed and circulated within the working group. The final report will be made available on the working group website.

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

3.5.6 Working group on Sports Club for Health

The Sports Club for Health (SCforH) working group is continuing to implement the Erasmus+ project to assess the current status and levels of implementation of the SCforH programme/guidelines throughout Europe and to develop the SCforH concept further, lead by senior researcher, adjunct professor Sami Kokko, University of Jyväskylä, Finland.

The key aims of the project are to report on the current status of SCforH programmes across the EU, to expand current club-level guidelines to upper level sports on how to support sport clubs to implement the SCforH guidelines, publications to strengthen the evidence-base for SCforH and a resolution on how to promote SCforH programmes in EU countries. Project meetings took place in January and subsequent in several work-packages.

A short survey was sent to HEPA Europe members to inquire on SpCfH activities in their countries in April 2016. In addition, stakeholder interviews were carried out as well as extensive surveys with European and national sports organizations.

The working group will also hold a parallel working group session at the HEPA Europe conference in September 2016.

⁴ <http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-projects-and-working-groups/hepa-promotion-in-health-care-settings>
http://panh.ch/hepa-europe/materials/Survey_PA_in_Medical_Curricula_Jan%202016.pdf

3.5.7 Working group on workplace HEPA promotion

An overview report was finalized about the policies, tools and good practices to prevent or mitigate sedentary behavior, based on updated information received from 9 countries in 2015 through working group members.

A brief electronic survey (TenQ) was prepared for the HEPA Europe members on the policies and approaches of workplace HEPA promotion in their countries.

The working group is continuing the work under new leadership, including a parallel working group session at the HEPA Europe conference in September. The plans to organize a symposium and to explore cooperation with the HEPA Europe working groups on children and active ageing with regard to sedentary behavior were not pursued due to the re-arrangements of the working group.

3.5.8 Working group on environmental approaches to HEPA promotion

Under the new leadership, an updated the scope, focus and aims were drafted and shared with the working group. The option for a workshop on environment-workshop for European HEPA country focal points at the HEPA Europe 2016 conference could be considered for the next work period.

Future plans will be discussed at a joint working group session to be held at the HEPA Europe conference in September with the HEPA Europe working groups on active ageing and health care approaches.

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

A preview of the new HEAT air pollution module has been shown at a side event at the International Transport Forum (ITF) in Leipzig from on 18 May 2016. The final version and a revised methodology and user guide booklet are foreseen to be launched in fall 2016.

Preparations have begun for a HEAT core group meeting in November 2016, to discuss possible adoption of elements from a health impact model developed for the PASTA research project into HEAT (including morbidity, traffic injuries and carbon).

A new overview of documented HEAT applications and lessons and recommendations to increase dissemination and uptake of the HEAT has been developed on behalf of the ECF, in collaboration with WHO/Europe (see chapter 3.7). The paper on development process and policy perspective has been started; the HEAT walking methodology paper is delayed.

3.5.10 Working group on monitoring and surveillance of physical activity

Activities of this working group were re-arranged under a new leadership. The working group will hold a parallel session at the HEPA Europe conference in September, focusing on the topic of analyzing raw accelerometer data and possible streamlining of approaches across Europe. Based on the discussions, next year's work programme will be defined.

3.5.11 Teaching course "Pragmatic Evaluation in Physical Activity and Public Health"

After a joint edition of the course in 2015, exchange with the course organizers continued on possible future editions in the European Region and possible alignment with the HEPA Europe conferences.

3.6 Activities to optimize the Network

3.6.1 Management and interaction with members and partners

The partner management strategy is being applied continuously through the chair, executive and the other members of the Steering Committee. Funding options have been discussed at each meeting of the Steering Committee and a brainstorming session on future strategic directions was held in July 2015.

Translations of the HEPA Europe leaflet into French, German and Italian have been finalized and are foreseen to be available on the website shortly.

Further implementation of the communication strategy has been deferred until guidance has been received with regard to the implementation of the recently adopted WHO Framework of Engagement with Non-State Actors⁵, as further outreach activities should be streamlined with the future approach of the WHO.

3.7 Publications

The following publications were published from September 2015 to September 2016:

Reports

- *Ward M, on behalf of the HEPA in Health Care Settings working group:*
A Survey of Physical Activity in Medical Curricula: A report of the HEPA in Health Care Settings Working Group. December 2015⁶.
- *Cavill N, Kahlmeier S*
Turn up the HEAT - Recommendations to increase the use of the World Health Organization's Health Economic Assessment Tool (HEAT) for Cycling across Europe. European Cyclist Federation (ed.), Brussels, December 2015 / January 2016 (summary and full report)⁷.
- *Hendriksen I, Livson M, Aittasalo M, on behalf of the HEPA Europe working group on workplace HEPA promotion*
Overview of country activities to reduce sedentary behavior. Internal working group report. July 2016.
- *Ward M, on behalf of the HEPA in Health Care Settings working group:*
Health enhancing physical activity promotion in health care settings – policy, practice & evidence. September 2016.

HEPA Europe e-mail alerts

- News alert – February 2016
(as well as several news updates).

⁵ <http://www.who.int/about/collaborations/non-state-actors/en/>

⁶ http://panh.ch/hepaeurope/materials/Survey_PA_in_Medical_Curricula_Jan%202016.pdf

⁷ <https://ecf.com/heat-study>

3.8 Possible future activity: HEPA promotion and injury prevention

This activity has not been taken up.

4 Work programme 2016/2017

4.1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from October 2016 until the next annual meeting in November 2017 are outlined in more detail.

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

Aim of the activity

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

In charge / participants

In charge: WHO Regional Office for Europe, Division of Communicable Diseases, Health Security and Environment, Copenhagen office and Steering Committee
Participants: Members of HEPA Europe

Possible partners

As listed below

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ⁸ and communication strategy (see chapter 4.4.1)	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes <ul style="list-style-type: none"> • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: <ul style="list-style-type: none"> - Collaboration and maximizing synergies with the next joint WHO/Europe-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU - Support the implementation of a European Strategy on Physical Activity - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme 	Continuously

⁸ 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>).

4.1.2 *Support and contributions to conferences and events*

Aim of the activity

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

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other “Requirements for HEPA Europe - supported events” are met¹⁰. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

In charge / participants

In charge: Host organizations, WHO Regional Office for Europe and Steering Committee

Participants: -

Work steps

1) Supported events

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

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

2) Participation in other events

Members of the Steering Committee or HEPA Europe will participate in other events and give presentations on behalf of and mentioning HEPA Europe in 2016 / 2017.

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

¹⁰ See “Requirements for HEPA Europe- supported events”, August 2007.

4.2 Information dissemination

4.2.1 *Dissemination of products and publications of HEPA Europe*

Aim of the activity

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

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Working group leaders and members, Information Outreach Department, WHO Regional Office for Europe; Division of Noncommunicable Diseases and Health Promotion; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see below)	Continuously
Perform regular updates of the website and distribute electronic news alerts 2 to 3 times per year	Continuously
Dissemination of available products, in particular advocacy booklets on physical activity and HEPA PAT Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 4.4.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Continued	By when
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 4.1.2)	Continuously
Disseminate other related WHO products, for example Global Recommendations, Physical activity and nutrition country profiles, European Strategy on Physical Activity, etc.	Continuously

4.2.2 *13th annual meeting of HEPA Europe*

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 13th annual meeting will take

place on 17 November 2017. The event will be kindly hosted jointly by the University of Zagreb, who will also organize the 8th HEPA Europe conference back-to-back with the annual meeting (15-16 November).

In charge / participants

In charge: University of Zagreb; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Work steps

	By when
Discuss ideas for programme structure and key note speakers	Fall 2016
Add a section announcing the meeting to the website	Fall 2016
Develop the conference website with organizers	Early 2017
Send out programme outline and first call for contributions	Early 2017
Open abstract submission	Spring 2017
Develop practical information/travel parts of the website and open registration	Summer 2017
Organize handling of incoming contributions and registrations with organizers	Summer 2017
Develop the background documents and support hosts in preparing and carrying out the event	Fall 2017
Carrying out the meeting and conference	15-17 November 2017

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

Aim of the activity

To support WHO Regional Office for Europe in maintaining the WHO European database on Nutrition, Obesity and Physical Activity (NOPA) to facilitate access of the Member States to available information, with a particular focus on physical activity. It is led by the Programme on Nutrition, Physical Activity and Obesity of the WHO Regional Office for Europe Division of Noncommunicable Diseases and Health Promotion.

In charge / participants

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

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

Possible partners

DG EAC

Work steps

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

4.3 Projects, working groups, reports and products

4.3.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including:

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

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

In charge / participants

In charge: Sonja Kahlmeier, EBPI, University of Zurich, Switzerland and Ms Karen Milton, University of Oxford, United Kingdom

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse, Knowledge Centre for Sport Netherlands, the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Maria Zadarko Domaradzka, University of Rzeszow, Poland; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr István Kulisity, Hungarian School Sport Federation; Ms Eva Martin-Diener, EBPI, University of Zurich, Switzerland; Mr Jyrki Komulainen and Ms Miia Malvela, Fit for Life programme, Finland; Mr. Petru Sandu, Cluj School of Public Health, Romania; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Ms Tessa Strain, University of Edinburgh, United Kingdom; Ms Birgit Sperlich, German Sport University Cologne; Dr. Israel; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Réka Veress, State Secretariat for Sport, Hungary; Ms Aurélie Van Hoye, Lorraine University, France; Ms Anne Vuillemin, University of Nice, France.

Partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office), WHO Headquarters, Division on Noncommunicable Diseases

Work steps

	By when
Erasmus+ EPHEPA project work package 3 on “National strategies to promote sport and HEPA – good practice approaches” <ul style="list-style-type: none"> • Completion of PAT version 2 in 10-15 countries • Development of a draft PAT dissemination tool • Evaluation of PAT use 	Spring 2017 Summer 2017 Summer 2017
• Testing of PAT dissemination tool by country leads and finalization	Fall 2017
Consider organization of a symposium on national approaches / PAT examples at the 7 th HEPA Europe conference, Zagreb	Spring 2017
Possible new activities (depending on support and funding) <ul style="list-style-type: none"> • Establishment of new sub-group on the role of local governments in HEPA promotion <ul style="list-style-type: none"> – confirm interest to launch the sub-group – define specific activities, including e.g. a systematic review, adapting the HEPA PAT for use on the local level, exploring interventions 	Summer 2017
• Assessment of feasibility of development of additional outputs, for example: <ul style="list-style-type: none"> – translations of PAT template – short version of PAT, 2-page summary template, advocacy leaflet(s), communication products and activities 	Summer 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.2 Exchange of experiences in physical activity and sports promotion in children and adolescents**Aim of the activity**

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

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

In charge / participants

In charge: Mr Paolo Adami, Italian Federation Aerobics and Fitness (FIAeF); Ms Anna Chalkley, Loughborough University, United Kingdom.

Participants: Mr Lars Bo Andersen, Sogn og Fjordane University College, Norway; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Peter Barendse, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Tara Coppinger and Mr Con Burns, Cork Institute of Technology, Ireland; Ms Dorien Dijk, Knowledge Centre for Sport Netherlands; Ms Rosa Diketmueller, University of Vienna, Austria; Ms Andreja Drev, National Public Health Institute, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Karsten Froberg, Denmark, Schools for Health Europe (SHE) network; Mr Anders Grøntved and Mr

Niels Christian Møller, University of Southern Denmark; Ms Anne-Mari Jussila, UKK Institute, Finland; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Marie Murphy, University of Ulster, United Kingdom; Ms. Elaine Murtagh, Mary Immaculate College, Ireland; Ms Kiara Lewis, University of Huddersfield, United Kingdom; Rebecca Kemmler Mueller, German Youth Sport, Germany; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Ms Aoife Lane, Waterford Institute of Technology, Ireland; Mr Bronagh McGrane and Sarahjane Belton, Dublin City University; Ireland; Ms Karen Milton, Oxford University, United Kingdom; Roland Naul, Institute of Sport and Exercises / WGI, University of Muenster, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Wesley O'Brien, University College Cork, Ireland; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Maria Scatigna, University of L'Aquila, Italy; Ms Jantine Slinger and Ms Eline Vlasblom, TNO, the Netherlands; Mr Matti Hakamäki, Mr Jouni Kallo, Ms Katariina Kamppi, Ms Tuija Tammelin, Ms Heidi Syvaga, Ms Henna Hapala and Ms Huidi Syvaga, all LIKES programme, Finland; Ms Joan Duda, Birmingham University; United Kingdom; Mr Tommi Vasankari, UKK Institute, Finland; Ms Catherine Woods, University of Limerick; Ireland; WHO Regional Office for Europe, Child and Adolescent Health programme.

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Health Study.

Work steps

	By when
Update membership & cross-reference with other working groups	End of 2016
Strengthen internal communication among WG members	Continuously
External communication activities through regular updates via social media and newsletter	Continuously
Develop a common annual schedule with relevant events related to the WG topic	Continuously
Further support Physical Activity Report Card production & Global Matrix on Physical Activity	Continuously
Establish contacts with other relevant stakeholders in the field of youth health and build partnerships. Possible relevant partners are: <ul style="list-style-type: none"> • European Association of Preventive Cardiology (EAPC) • European Society of Cardiology (ESC) • European Youth Forum (YFJ) • European Paralympics Committee (EPC) 	Continuously
Organize a symposium on children and young people's health at the 2017 HEPA Europe Conference	Spring 2017
Promote the WHO Strategy on Physical Activity in other related sectors <ul style="list-style-type: none"> • Promote the WG activities and HEPA Network at: <ul style="list-style-type: none"> - the European Association of Preventive Cardiology (EAPC) 2017 Congress - the European Society of Cardiology (ESC) 2017 Congress - the 2017 European Week of Sport • Attend EU Sport and Health related events and promote the WG activities and HEPA Europe Network • Promote WG activities and objectives at the European Youth and Sport Forum in Malta (March 2017) 	Spring 2017 and continuously

Work steps (continued)	By when
Translate the UK Chief Medical Officer's physical activity infographics for children and young people (5-18) and for the early years (birth to 5) into different European languages	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.3 Active ageing: physical activity promotion in elderly

Aim of the activity

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

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

The working group also aims at providing a platform for exchange of experiences of practice, effective interventions, training and education and of ways to disseminate scientific knowledge to policy makers and practitioners.

In charge / participants

In charge: Mr Bob Laventure, Loughborough University, United Kingdom (chair) and Liesbeth Preller (secretariat), Knowledge Centre for Sport Netherlands

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

Possible partners

European Network for Action on Ageing and Physical Activity (EUNAAPA)¹¹, Prevention of Falls Network for Dissemination¹² (ProFouND), European Group for Research into Elderly and Physical

¹¹ <http://www.eunaapa.org>

¹² <http://profound.eu.com/>

Activity¹³ (EGREPPA), European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls), ENO, EIPAH.

Work steps

	By when
Work on WHO Euro Physical Activity Strategy Priority Area 4. (older adults): involve people in social activity <ul style="list-style-type: none"> • Collection of exemplar activities/programmes from group members, analysis and dissemination. 	Fall 2017
Collaboration with other HEPA WGs on Priority area 4: infrastructure and appropriate environments for physical activity among older people <ul style="list-style-type: none"> • Ensure the inclusion of older people within Environment WG work planning • Collection/compilation of current research and policy guidance 	Fall 2017
Invite members to lead other work areas on specific topics/interests e.g. cognition, dementia and interventions <ul style="list-style-type: none"> • Agree, create and support work plan in areas/topics of interest identified 	Fall 2017
membership (monthly basis and via LinkedIn Network) and update membership list	Update WG membership list
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.4 HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹⁴ in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

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

¹³ <http://www.egrepa.org/>

¹⁴ 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.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland and Ms Annemarie Wagemakers, Wageningen University, Netherlands

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

Possible partners

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

Work steps

	By when
Bi-monthly updates and good practice communicated to members	Continuously
Continue discussions with other WGs about embedding HEPA promotion with 'hard to reach' groups in their approach	Continuously
Suggest practical steps for cooperation with other WGs at 13th annual meeting	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.5 HEPA promotion in health care settings**Aim of the activity**

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

In charge / participants

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

Participants: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Finland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Winfried Banzer, University of Frankfurt, Germany; Mr William Bird, Intelligent Health, United Kingdom; Ms Gillian Bingham, Belfast Health & Social Care Trust, N. Ireland, United Kingdom; Mr Olivier Blanson Henkemans, TNO, the Netherlands; Mr Raphael Bize, University Hospital of Lausanne, Switzerland; Ms Nika Berlic, Institute for Economic Research, Slovenia; Ms Ellen Blom, Norwegian Directorate of Health, Norway; Ms Brenda Berendsen, Maastricht University, the Netherlands; Mr

Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Sarah Bolitho, Wales, United Kingdom; Ms Alenka Borovnicar, National Institute of Public Health, Slovenia; Ms Caroline Charlier, Ghent University, Belgium; Ms Mojca Cinc, National Institute of Public Health, Slovenia; Joe Cumiskey, University College Cork, Ireland; Mr Dushy Clarke, England, United Kingdom; Mr Pierpaolo de Feo, University of Perugia, Italy; Mr Christophe Delecluse, KU Leuven University, Belgium; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Aiden Doherty, Ireland; Ms Carina Edling, National Institute of Public Health, Sweden; Ms Mojca Divjak, National Institute of Public Health, Slovenia; Mr Jan Dygryn, Palacký University, Czech Republic; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Ulf Eriksson, Karolinska Institute, Sweden; Ms Rebecca Evans, Wales, United Kingdom; Mr Karsten Froberg, University of Southern Denmark, Denmark; Mr Christopher Gidlow, Staffordshire University, United Kingdom; Mr Narcis Gusi, University of Extremadura, Spain; Ms Maria Hagströmer, Karolinska Institute, Sweden; Mr Boris Gojanovic, University Hospital Center Vaudois, Switzerland; Mr Christopher Gourley, Scotland, United Kingdom; Ms Marike Hendriks, Maastricht University, the Netherlands; Ms Josanne Huijg, Leiden University, the Netherlands; Mr Miroljub Jakovljevic, University of Ljubljana, Slovenia; Mr Ales Jakubec, Palacký University, Czech Republic; Ms Dina Jones, West Virginia University, USA; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Mr Alan Kacin, University of Ljubljana, Slovenia; Ms Lena Kallings, Swedish School of Sport and Health Sciences (GIH), Uppsala University Sweden; Ms Maureen Kidd, University of Glasgow, United Kingdom; Mr Jeff Kirk Svane, Lunds University, Denmark; Ms Iva Klimesova, Palacký University, Czech Republic; Mr Maarten Koornneef, Ministry of Health, Welfare and Sport, the Netherlands; Ms Andreja Kvas, University of Ljubljana, Slovenia; Ms Kaisa Laine and Ms Saila Hänninen, City of Helsinki's Sports Department, Finland; Mr Matti Leijon, Lunds University, Sweden; Stjepan Heimer, University of Zagreb, Croatia; Ms Miia Malvela and Mr Jyrki Komulainen, LIKES Research Centre, Finland; Ms Chloe McAdam, University of Edinburgh, Scotland, United Kingdom; Ms Elaine McNish, British Heart Foundation National Centre for Physical Activity & Health, United Kingdom; Sebastià Mas Alòs, INEFC, Spain; Mr Brian Martin, University of Zurich, Switzerland; Ms Niamh Martin, NHS Health Scotland, United Kingdom; Ms Sofie Martien, KU Leuven University, Belgium; Mr Matic Meglic, National Institute of Public Health, Slovenia; Sofie Moresi, Fontys University, the Netherlands; Mr Simon Murphy, Cardiff University, Wales, United Kingdom; Ms Marie Murphy, University of Ulster, Ireland; Mr Pedro Olivares, Spain; Mr Jean-Michel Oppert, AHP, France; Ms Anne Phillips, Public Health Wales, Wales, United Kingdom; Vesna-Kerstin Petric, Ministry of Health, Slovenia; Ms Ana Queralt, University of Valencia, Spain; Nerys Rowlands, Conwy CBC, Wales, United Kingdom; Ms Maria Romeo-Velilla, Staffordshire University, England, United Kingdom; Ms Sylvie Schiettekatte, Athlon, Spain; Ms Marija Seljak, National Institute of Public Health, Slovenia; Mr Mickey Scheinowitz, Tel Aviv University, Israel; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Radim Šlachta, Agel Sport Clinic, Czech Republic; Ms Miroslava Spurna, Palacký University, Czech Republic; Ms Hanne Tønnesen, Lunds University, Denmark; Ms Lene Palmberg Thorsen, Norwegian Directorate of Health; Mr Christopher Topping, Dumfries & Galloway Council, Scotland, United Kingdom; Ms Sonja van Dillen, Wageningen University, the Netherlands; Ms Ann-Sophie Van Hoecke, KU Leuven University, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Ms Karen Visser, Cardiff University, Wales, United Kingdom; Sanja Vrbošek, National Institute of Public Health, Slovenia; Ms Annemarie Wagemakers, Wageningen University, Netherlands; Mr Rhodri Martin; Ms Diane Crone, University of Gloucestershire, United Kingdom; Mr Richard Webb, Cardiff Metropolitan University, Wales, United Kingdom; Mr Simon Williams, University of South Wales, Wales, United Kingdom; Ms Jana Witt, Cardiff University, Wales, United Kingdom; Mr Hakan Yaman, Akdeniz University, Turkey; Ms Jozica Zakotnik, National Institute of Public Health, Slovenia; Mr Zlatka Fras, Ljubljana University Medical Centre, Slovenia.

Partners

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

Work steps

	By when
Organise an expert meeting to identify, assess and compare different approaches to lifestyle counselling presently in use across Europe	Fall 2017
Scientific publications Paper on Physical Activity Promotion in Health Care Settings (Ward M, Lions A et al.)	Fall 2017
Utilize the collective wisdom of the group by: <ul style="list-style-type: none"> • Establishing a system that allows working group members to both submit and respond to questions, queries and problems regarding HEPA in Health Care Settings • Providing a virtual hub for sharing information on new and emerging research in the field of HEPA in Health Care Settings. 	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.6 Sports Club for Health**Aim of the activity**

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

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

In charge / participants

In charge: Mr Sami Kokko (leader), University of Jyväskylä, Finland; Ms Aoife Lane, Waterford Institute of Technology (co-leader), Ireland, Ms Ulla Nykänen, Finnish Sports Confederation, Mr Timo Hämäläinen Finnish Sports Confederation

Participants:**1) Core group**

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

2) Interested persons

Stjepan Heimer, University of Zagreb, Croatia, Mr Charlie Foster, Oxford University, United Kingdom; Michal Kudlacek, University of Olomouc, Czech Republic; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF; Markus Nahas, Brazil; Jacob Schoufuborc, Denmark; Daniel Dick, Austria; Niamh Murphy, Waterford Institute of Technology, Ireland; Sally Wyke,

Scotland, United Kingdom; Pierre Jallow, Finland; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland.

Partners

Partners of the current EU funded project are:

- University of Leuven (K.U.Leuven), Physical Activity, Sports & Health Research Group, Department of Kinesiology, Belgium
- Gymnastics Federation, Belgium
- University of Zagreb, Faculty of Kinesiology, Croatia
- Palacky University Olomouc, Czech Republic
- University of Jyväskylä, Faculty of Sport and Health Sciences, Finland
- University of Turku, Finland
- Finnish Sports Confederation (and it's Finnish federation partners: Finnish Gymnastics Federation, Finnish Swimming Association; Finnish Boxing Association; Equestrian Federation of Finland; Regional Sport Federations in Finland: Etelä-Suomen Liikunta ja Urheilu ry (ESLU); Pohjanmaan Liikunta ja Urheilu ry (PLU))
- German Gymnastic Federation
- Department of Health, Sport and Exercise Science, Waterford Institute of Technology, Ireland
- Gaelic Athletic Association, Ireland
- Örebro University, School of Health and Medical Sciences, Sweden
- Swedish Sport Confederation
- European Non-governmental Sport Organisation, ENGSO
- International Sport and Culture Organisation, ISCA

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

Work steps

	By when
Communication between partner organizations (project web-page, resource database, articles, etc.)	Continuously
Strengthen the ScforH network with researchers and practitioners (e.g. HEPA Europe conference and ENGSO meeting)	Continuously
Activities under the Erasmus+-funded project " <i>Promoting national implementation for Sports Club for Health (SCforH) programmes in Member States</i> " for 2016: (see more information: www.scforh.info) <ul style="list-style-type: none"> • to enquire WP 3 partners about the implementation of the HEPA perspective in the respective associations (WP 3) • to further identify, collect and create appropriate tools supporting sport associations to enhance SCforH implementation at the local-level clubs (WP 3) • to conduct research on sports club participations contribution to PA levels of adolescents (WP 4) • prepare a concluding seminar in March 2017 in Leuven, Belgium 	Spring 2017 Spring 2017 By the end of 2016 By the end of 2016
Prepare a working group meeting in the framework of the annual HEPA Europe meeting	Summer 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.7 Workplace HEPA promotion

Aim of the activity

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in different European countries and to promote the most effective approaches across the European Region. Because sedentary behavior (of employees) is a relevant new research area with important health risks, it is included in the activities of the working group.

In charge / participants

In charge: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, M Matleena Livson, Finnish Sports Confederation (VALO), Finland

Participants: Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon and Ms Katrien DeCocker, Ghent University, Belgium; Ms Kathrin Favero, Federal Office of Public Health (FOPH), Switzerland; Ms Fabienne Frick, German Sport University Cologne/Germany; Ms Pinar Gürer, Active Living Association, Turkey; Mr Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Gisem Kendik, Aktif Yasam, Healthy active Living Association, Istanbul, Turkey; Paweł Król, Faculty of Physical Education, University of Rzeszow, Poland; Ms Maria Lopatina, Ministry of Health, Russian Federation; Ms Niina Valkama, Fit for Life Program, Finland; Mr Ragnar Van Acker and Femke De Meester, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Mr Hidde van der Ploeg, VU University Medical Center, the Netherlands, Mr Michael Tornow, NHS Health Scotland; Mr Peter-Jan Mol, Netherlands Institute for Sport and Physical Activity; Ms Sarah Edmunds University of Chichester, United Kingdom; Ms Karin Proper, National Institute for Public Health and the Environment, Netherlands; Ms Katja Siefken, Medical School Hamburg, Germany; Ms Susan Greinig, International Olympic Committee (IOC); Ms Christiane Wilke and Ms Bianca Biallas, German Sport University Köln; Mr Jostein Steen-Johannessen, Norwegian School of Sport Sciences; Ms Eva Smit, Radboud University Medical Center, Netherlands.

Possible partners

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

Work steps

	By when
Summary report of the new TenQ Survey	Fall 2017
Activating the use of LinkedIn group	Fall 2017
1-2 webinars on the practices and/or tools of workplace HEPA promotion in European countries	Spring 2017
Studying opportunities for Erasmus+ funding with two other working groups	Winter 2016 / Spring 2017
Repeat the electronic TenQ Survey on the policies and approaches of workplace HEPA promotion in European countries	Summer 2017
Present the findings of TenQ Survey in the working group meeting	November 2017
Explore cooperation with Nordic Institute for Advanced Training in Occupational Health (NIVA)	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.8 *Environmental approaches to HEPA promotion*

Aim of the activity

This working group supports investigators from multiple disciplines to conduct research on physical activity and the environment and the use of results to advocate for evidence-based environmental and policy changes. It aims to:

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

In charge / participants

In charge: Josef Mitáš, Palacký University Olomouc, Czech Republic

Participants: Ms Iris An Der Heiden, Fit4Trust Consulting, Germany; Filip Boen, KU Leuven, Belgium; Mr Giorgio Chiaranda, Public Health Service Emilia Romagna Region, Italy; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Charlie Foster, Oxford University, United Kingdom; Ms Gigja Gunnarsdottir, Directorate of Health, Iceland; Sonja Kahlmeier, University of Zurich, Switzerland; Mr Damian Kuzminski, City of Gdańsk, Poland; Bob Laventure, Loughborough University, United Kingdom; Herbert Löllgen, Ruhr-University, Germany; Ms Eva Martin-Diener, University of Zurich, Switzerland; Niamh Murphy, Waterford Institute of Technology, Ireland; Ms Jana Pelclová, Palacký University Olomouc, Czech Republic; Ms Mimi Rodriguez Adami, FIAF, Italy; Diana Rus, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Romania; Ms Lucy Saunders, Transport for London, United Kingdom; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Jens Troelsen, University of Southern Denmark; Ms Wanda Wendel-Vos, RIVM, the Netherlands;

Possible partners

Interested HEPA Europe members and other experts, to be further defined

Work steps

	By when
Create the work plan schedule of activities need to be done for start the evolution of WG	End of 2016
Propose shared database of examples of good practice and research knowledge base	Spring 2017
Direction of WG – support and sustainable partner for practice (Starting with agreement with Healthy cities)	Spring 2017
List of proposal and programs that might bring finance and practical changes in healthy cities and other authorities in municipal level	Fall 2017 (Continuously)
Presentation of progress at the 13th annual meeting	17 November 2017

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

Aim of the activity

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

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

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 Regional Office for Europe, and Sonja Kahlmeier, EBPI, University of Zurich, Switzerland

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Ms Vicki Copley, Public Health England, United Kingdom; Mr Thomas Götschi, EBPI, University of Zurich, Switzerland; Mr Paul Kelly, University of Edinburgh, United Kingdom; Mr David Rojas, ISGlobal, Spain; Mr Harry Rutter, London School of Hygiene & Tropical Medicine, United Kingdom, Mr Heini Sommer and Mr Christoph Lieb, Ecoplan, Switzerland; James Woodcock, Cambridge University, United Kingdom.

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

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, OECD, Centers for Disease Control and Prevention, United States of America

Work steps

	By when
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none"> • Presentations at meetings, workshops and conferences • Webinars 	Continuously
Finalization and publication of updated HEAT version	Fall 2016
Preparation of next work steps, including on injuries and possibly morbidity, within the framework of the PASTA EU research project	Summer 2017
Scientific publications <ul style="list-style-type: none"> • Paper on recent developments, process & policy perspective (Kahlmeier S et al.) 	Spring 2017
Presentation of progress at the 13th annual meeting	17 November 2017

¹⁵ <http://www.euro.who.int/HEAT>

¹⁶ www.thepep.org

4.3.10 *Monitoring and surveillance of physical activity*

Aim of the activity

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

In charge / participants

In charge: Ms Jaana Suni (chair), Harri Sievänen (vice-chair), UKK Institute for Health Promotion Research, Finland

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Ulf Ekelund, Norwegian School of Sport Science, Norway; Ms. Ingrid Hendriksen, the Netherlands; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland; Ms Nadine Mewes, Karlsruhe Institute of Technology, Germany; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Anne Vuillemin, University of Nice, France; Ms Brigitte Wallmann, Sport University Cologne, Germany.

Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Work steps

	By when
Organization of a workshop on promoting objective measurement of physical activity and sedentary behavior of all age-groups in Europe (7-8 June 2017).	Early 2017
Carrying out the workshop in Tampere, Finland, including discussion on possible European actions to conduct actual measurements in several European countries	7-8 June 2017
Possible Erasmus + application	Spring 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.11 Teaching course on “Pragmatic Evaluation in Physical Activity”

Aim of the activity

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

In charge / participants

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

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

Other course affiliates and partner

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

Work steps

	By when
Discuss with the course organisers the proposed model for delivering the Pragmatic Evaluation course in association with future HEPA Europe conferences	Fall 2016
Definition of possible next locations and dates for European editions of the course	End of 2016
Work steps (continued)	By when
Exploration of possible funding sources to support future editions of the course	Continuously as needed
Presentation of progress at the 13th annual meeting	17 November 2017

4.4 Activities to optimize the Network

4.4.1 Management and interaction with members and partners

Aim of the activity

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

The impact model¹⁷ contributed to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

¹⁷ See footnote 8, page 7

Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

Work steps

	By when
Implementation the partner management strategy	Continuously
Further development and implementation of the funding strategy	Continuously
Development of a member and recruitment strategy <ul style="list-style-type: none"> • Define steps and approaches depending on available resources, in close collaboration with WHO 	Depending on implementation of WHO partnership strategy
Continued	By when
Development of a communication strategy: <ul style="list-style-type: none"> • Definition of strategies and activities and finalization of the strategy 	Depending on WHO partnership strategy and resources
Presentation of progress at the 13th annual meeting	17 November 2017

4.5 Possible future activities

4.5.1 HEPA promotion and injury prevention

Aim of the activity

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

In charge / participants

In charge: to be defined

Former participants: Eva Martin-Diener, EBPI, University of Zürich, Switzerland; Ms Khanom Ashrafunnesa, Swansea University, United Kingdom, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Brian Martin, EBPI University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Kati Pasanen and Mr Jari Parkkari, UKK Institute, Tampere, Finland; Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, United Kingdom; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Toomas Timpka, Linköping University, Sweden; Ms Joske Nauta, Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

Possible partners

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

Work steps

	By when
Will be defined by participants if activity is implemented	

ANNEX 5: LIST OF PARTICIPANTS

Adami, Paolo Emilio

Italian Federation of Aerobics and Fitness
(FIAF), Health & Fitness Promotion
Italy

Adams, Emma

Loughborough University
England, United Kingdom

Amadid, Hanan

Steno Diabetes Center
Denmark

Aznar, Susana

Association for Promotion of Healthy Life
and University of Castilla - La Mancha
Spain

Backović, Juričan Andrea

National Institute of Public Health
Slovenia

Baldursdottir, Birna

Reykjavik University
Iceland

Barral, Jerome

University of Lausanne
Switzerland

Belander, Olov

Norwegian Directorate of Health
Department of Environmental Health
Norway

Belton, Sarahjane

Dublin City University, Ireland

Bendall, Bronia

Gerlev Physical Education and Sports
Academy, Denmark

Berggren, Finn

Gerlev Sports Academy
Denmark

Bjelica, Dusko

University of Montenegro
Montenegro

Boronyai, Zoltan

Babes-Bolyai University
Romania

Bozdog, Elena

Hungarian School Sport Federation
Hungary

Cadenas Sanchez, Cristina

University of Granada
Spain

Callaghan, David

Waterford Institute of Technology
Ireland

Carlin, Angela

University of Limerick
Ireland

Caserotti, Paolo

Institute of Sport Science and Clinical
Biomechanics
Denmark

Chalkley, Anna

Loughborough University
United Kingdom

Chiaranda, Giorgio

Emilia-Romagna Region
Ausl di Piacenza
Italy

Christiansen, Lars B

University of Southern Denmark
Denmark

Coll, Laura

University of Barcelona
Spain

Cooney, Mairead
Dublin City University
Ireland

Corepal, Rekesh
Queen's University Belfast
Northern Ireland, United Kingdom

Curry, Whitney
Edge Hill University
England, United Kingdom

De Hollander, Ellen
National Institute for Public Health and the
Environment
Netherlands

De Jong, Johan
Hanze University of Applied Sciences
Groningen
Netherlands

De Rammelaere, Christophe
Federation Wallonie
Bruxelles, Belgium

Dijk, Dorien
Knowledge Centre for Sport
Netherlands

Donnelly, Paul
Sport Northern Ireland Northern Ireland,
United Kingdom

Duff, Orlaith
Dublin City University
Ireland

Duncan, Michael
Coventry University
England, United Kingdom

Dunwoody, Lynn
Ulster University
Northern Ireland, United Kingdom

Ekelund, Ulf
Norwegian School of Sport Sciences
Norway

Faerch, Kristine
Steno Diabetes Center
Denmark

Favero, Kathrin
Federal Office of Public Health
Switzerland

Foster, Charlie
University of Oxford
England, United Kingdom

Foster, Jo
Macmillan Cancer Support
England, United Kingdom

Friberg, Marita
Public Health Agency of Sweden
Sweden

Gracey, Jackie
Ulster University
Northern Ireland, United Kingdom

Gram, Anne Sofie
University of Copenhagen
Denmark

Gray, Benjamin
Public Health Wales
United Kingdom

Greinig, Susan
International Olympic Organisation
Switzerland

Grzywacz, Renata
Faculty of Physical Education, University of
Rzeszow
Poland

Gusi, Narcis
University of Extremadura
Spain

Hadzic, Vedran
University of Ljubljana
Slovenia

Hardie Murphy, Michelle
Dublin City University
Ireland

Havas, Eino
LIKES - Research Centre for Sport
and Health Sciences
Finland

Heimer, Stjepan
University of Zagreb
Croatia

Herbert, Jaroslaw
Faculty of Physical Education,
University of Rzeszow, Poland
Croatia

Heron, Neil
Queen's University Belfast
Northern Ireland, United Kingdom

Humphreys, Liam
Sheffield Hallam University
England, United Kingdom

Iturrioz, Jose Ignacio
Diputacion Foral de Gipuzkoa
Spain

Jane, Ben
University of St Mark & St John
England, United Kingdom

Johnson, Brian
Public Health Wales
United Kingdom Physical Activity and
Nutrition Networks
Wales, United Kingdom

Johnson, Aideen
Queen's University Belfast
Northern Ireland, United Kingdom

Juracic, Danijel
University of Zagreb
Croatia

Kahlmeier, Sonja
University of Zurich
Switzerland

Karvinen, Elina
The Age Institute
Finland

Karvinen, Jukka
Finnish Sport Federation Valo
Finland

Kelly, Liam
Institute of Technology Carlow
Ireland

Klinker, Charlotte Demant
Steno Diabetes Center
Denmark

Knjaz, Damir
University of Zagreb
Croatia

Kristensen, Tue
Danish Health Authority
Denmark

Lahart, Ian
University of Wolverhampton England,
United Kingdom

Laventure, Bob
Independent Consultant
England, United Kingdom

Lawlor, Emma
Queen's University Belfast
Northern Ireland, United Kingdom

Leijon, Matti
Region Östergötland
Sweden

Lewis, Kiara
University of Huddersfield
England, United Kingdom

Lion, Alexis
Luxembourg Institute of Health
Luxembourg

Livson, Matleena
Finnish Sports Federation Valo
Finland

Mackintosh, Kelly
Swansea University
Wales, United Kingdom

Manz, Kristin
Robert Koch Institute
Germany

Martin, Brian
University of Zurich
Switzerland

Martin-Diener, Eva
University of Zurich
Switzerland

Mascagni, Katia
International Olympic Committee
Switzerland

McDonough, Suzanne
Ulster University
Northern Ireland, United Kingdom

Miguel, Jairo Hidalgo
PROFITH Research Group
University of Granada, Spain

Milton, Karen
University of Oxford
England, United Kingdom

Mitas, Josef
Palacký University
Czech Republic

Mora Gonzalez, Jose R
PROFITH Research Group
University of Granada, Spain

Mullen, Seamus
Public Health Agency
Northern Ireland, United Kingdom

Murphy, Joseph
Dublin City University
Ireland

Murphy, Niamh
Waterford Institute of Technology
Ireland

Murphy, Maria
University of Newcastle
Australia

Murphy, Marie
Ulster University
Northern Ireland, United Kingdom

Murtagh, Elaine
University of Limerick
Ireland

Mutrie, Nanette
The University of Edinburgh
Scotland, United Kingdom

Norris, Emma
University College London
England, United Kingdom

Ntzani, Evangelia
University of Ioannina
Greece

O'Brien, Wesley
University College Cork
Ireland

O'Hara, Kelly
University Beira Interior
Spain

Oja, Pekka
UKK Institute for Health Promotion Research
Finland

O'Leary, Emer
Ireland

Pelclova, Jana
Palacký University
Czech Republic

Perry, Jessica
Northern Ireland Chest, Heart and Stroke
Northern Ireland, United Kingdom

Petric, Maja
National Institute of Public Health
Ljubljana, Slovenia

Popovic, Stevo

University of Montenegro
Montenegro

Preller, Liesbeth

Knowledge Centre for Sport
Netherlands

Puig-Ribera, Anna

University of Vic
Spain

Quist, Jonas Salling

Department of Biomedical Sciences
Faculty of Health and Medical Sciences
University of Copenhagen
Denmark

Reece, Lindsey

Sheffield Hallam University
England, United Kingdom

Rodriguez, Adami Mimi

Italian Federation of Aerobics and Fitness
Italy

Rutherford, Paul

Stranmillis University College
Northern Ireland, United Kingdom

Rzewnicki, Randall

European Cyclists' Federation
Belgium

Stallknecht, Bente

University of Copenhagen
Denmark

Steer, Rebecca

Loughborough University
England, United Kingdom

Stokes, Mary

University of Southampton
England, United Kingdom

Tang, Jianjun

Queen's University Belfast
Northern Ireland, United Kingdom

Teixeira, Pedro

University of Lisbon
Portugal

Tiedemann, Anne

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Titze, Sylvia

University of Graz
Austria

Tortella, Patrizia

University of Verona
Italy

Tully, Mark

Queen's University Belfast
Northern Ireland, United Kingdom

Vasankari, Tommi

UKK Institute for Health Promotion Research
Finland

Ward, Malcolm

Public Health Wales
Wales, United Kingdom

Wendel-Vos, Wanda

National Institute for Public Health
and the Environment
Netherlands

Will, Nadine

Karlsruher Institute of Technology
Germany

Wirth, Katharina

Agaplesion Bethesda Hospital
Germany

Woods, Catherine

University of Limerick
Ireland

World Health Organization**Racioppi, Francesca**

Regional Office for Europe
Governance and Multisectoral partnerships
Environment and health
Denmark

The WHO Regional Office for Europe

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

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The 12th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by Queen's University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom. 127 participants from 24 European Member States registered for the annual meeting, as well as from Australia and from the World Health Organization. The meeting also included parallel sessions of 8 HEPA Europe working groups on 28 September. At the annual meeting on 30 September, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2015/2016 and the work programme 2016/2017. They also took note of the update on future options for funding. In addition, 17 new memberships were confirmed as well as one additional observer.

The 7th HEPA Europe conference took place back-to-back with the annual meeting on 28-29 September 2016, organized by Queen's University Belfast, Ulster University and the Centre of Excellence for Public Health (Northern Ireland), United Kingdom, and co-sponsored by WHO Regional Office for Europe. The conference was attended by 289 participants from 25 countries of the WHO European region as well as from Australia, Brazil and the United States of America and from the World Health Organization and the European Commission. It included 4 keynote lectures, a conference debate, 9 symposia, 15 parallel oral sessions and 2 poster sessions.

World Health Organization Regional Office for Europe

Marmorvej 51, DK-2100 Copenhagen Ø, Denmark
Tel.: +45 45 33 7000. Fax: +45 45 33 7001. E-mail: contact@euro.who.int
Web site: www.euro.who.int

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