



EUROPE



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

**Report of a WHO meeting
11-12 November 2009
Bologna, Italy**



Fifth annual meeting of HEPA Europe

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



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA



ABSTRACT

The 5th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted by the Public Health Service, Emilia-Romagna Region, Italy. It was attended by 151 participants from 22 European countries and from Canada and a representative of the European Commission. The event was opened with a symposium on "Perceptions of the urban environment and physical activity", followed by meetings of four HEPA Europe working groups. At the annual meeting, progress made in HEPA Europe's work programme for the previous year was discussed. Participants discussed and adopted the activity report 2008 / 2009, the work programme 2009/2010 and amended Terms of Reference for HEPA Europe and its Steering Committee.

In addition, 14 new membership applications and 2 applications for observer status were confirmed and the Steering Committee was elected, as well as a new chairman. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed including new activities on socially disadvantaged groups and on occupational physical activity.

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 on corresponding statements from the European Commission. The WHO European Centre for Environment and Health, Rome office, accepted the invitation to closely collaborate with the network. In June 2006, the 2nd annual meeting took place in Tampere, Finland, and the 3rd annual meeting was held May 2007 in Graz, Austria. The 4th annual meeting was convened to back with the 1st HEPA Europe conference in September 2008 in Glasgow, United Kingdom.

The 5th annual meeting of HEPA Europe took place on 11-12 November 2009. It was kindly hosted and supported by the Public Health Service, Emilia Romagna Region, Italy.

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

- the opening with welcome addresses by the hosts, the mayor of Bologna, WHO Regional Office for Europe and the chairman of HEPA Europe;
- a symposium on “Perceptions of the urban environment and physical activity”;
- an introduction of selected HEPA Europe topics and parallel working groups of 4 selected projects;
- plenary presentation of the activity report, new applications for membership (see Annex 3 for the list of members) and discussion of the proposed amendments to the Terms of Reference of the Network and its Steering Committee;
- the presentation of the new work programme; and
- election of the Steering Committee and a new chairman and endorsement of the new work programme.

The event was attended by 151 participants from the following 23 countries: Austria, Belgium, Canada, Croatia, Czech Republic, Denmark, Finland, France, Georgia, Germany, Hungary, Iceland, Ireland, Israel, Italy, Norway, Russian Federation, Slovenia, Spain, Sweden, Switzerland, the Netherlands and the United Kingdom. In addition, a representative from the European Commission (EC) (Directorate for General Education and Culture) participated (see Annex 6 for list of participants). The first part of the meeting was chaired by Brian Martin, University of Zurich, Switzerland, the outgoing chairman of HEPA Europe. Willem van Mechelen, VU University Medical Centre, Amsterdam, the Netherlands, chaired the second part as incoming chairman of HEPA Europe.

The main aims of the meeting were to:

1. review and discuss progress made in HEPA Europe’s fourth year of activity, in particular in implementing the work programme as well with regard to contributions and funding (see also Annex 1 with list of working papers and background documents);

2. discuss and adopt key documents for next year's work, including:
 - Activity report 2008/2009 (see Annex 4)
 - Work programme 2009/2010 (see Annex 5)
 - Amended Terms of Reference of HEPA Europe and its Steering Committee.

2 Opening and symposium on "Perceptions of the urban environment and physical activity"

The meeting was opened by Flavio Delbono, Mayor of Bologna, who warmly welcomed the participants to the city of Bologna and wished the event success. Francesca Racioppi extended a welcome to the participants on behalf of WHO Regional Office for Europe and thanked the hosts for the great hospitality. She also underlined the importance of HEPA Europe for the delivery of a variety of activities on physical activity promotion and for the preparations of the 5th Ministerial Conference on Environment and Health which will take place in Parma, Italy, in March 2010. Environmental and transport approaches to physical activity will be one of the key topics of the conference and preparations will draw on input and contributions from HEPA Europe. Alba Carola Finarelli welcomed the participants on behalf of the Public Health Service of the Emilia-Romagna Region, emphasizing the pleasure and honor to host such an event and looking forward to the exchange as well as input to the Italian Ministry of Health – Emilia Romagna project "Active for life" on physical activity promotion which is coordinated by the Public Health Service. Lastly, Brian Marin opened the meeting by thanking the hosts for the excellent preparations and great support and looking forward to fruitful discussions. He also thanked the participants for their availability and interest. He then introduced Heidi Tomten, Physical Activity Department, Norwegian Directorate of Health, serving as moderator of the international symposium.

Heidi Tomten introduced the speakers and outlined topics of the symposium and lead through the programme and the discussions. Key note speakers included:

- Charlie Foster, University of Oxford, United Kingdom, on: "What we see and what we measure - the developing field of environmental determinants and physical activity". He outlined why the environment has become so important in policy, practice and research and how to define the relationship between the environment and physical activity. He also presented theoretical models and concepts that underpin this relationship and offered directions for future research questions, methods and measures.
- Mirilia Bonnes, University of Rome "La Sapienza", Department of Developmental and Social Psychology, Italy, on: "Perceptions of urban environment and physical activity". Ms Bonnes focussed on the environmental psychology perspective on the relationship among urban spaces, environmental perceptions and people's physical activity, introduced the concept of environmental affordances of urban and green spaces for physical activity and summarized some research results on inhabitants' urban environmental perceptions and green areas.
- Ilse De Bourdeaudhuij, University of Gent, Belgium, on: "Measures of the urban environment and physical activity". She presented the development of a European questionnaire on environmental correlates of physical activity in the framework of the European project ALPHA (Assessment of Levels of Physical Activity) and results of

the environment – walkability survey of the Belgian Environmental Physical Activity Study (BEPAS).

- Luca Zevi, architect, Rome, Italy, on: “Transforming cities from a new physical and social perspective”. Mr Zevi presented a practical example of renegotiating power relations between drivers and pedestrians by transforming traffic lanes into equipped city avenues in the framework of the “Children’s Boulevard” project in Rome.

The symposium was closed with a presentation on the “National programme Gaining Health: activities on physical activity promotion” by Daniela Galeone, Ministry of Labour, Health and Social Policy, Rome, Italy. All slides are available on the meeting website¹.

3 Discussion of selected HEPA Europe topics

3.1 Activities of the European Commission in the field of physical activity and health

This meeting session started with a presentation on the EU and HEPA promotion after the ratification of the Lisbon Treaty by Michal Krejza, Head of Unit, DG Education and Culture (EAC). Mr Krejza outlined the implications of the entering into force of the Treaty of Lisbon, on 1 December 2009, for HEPA promotion in the EU, including a new legal and institutional framework (particularly through article 165 of the Treaty), a stronger political impetus for the implementation of the EU Physical Activity Guidelines and for the first time financial support through Preparatory Actions and a future EU Sport Programme. New structures will also be established through formal meetings of the EU Sport Ministers and a new Working Party “Sport” in the European Council. Mr Krejza also presented the 9 projects on the priority “Promoting health-enhancing physical activity” which have been selected for funding under the first call for preparatory actions on sport, out of 134 submissions on this area. The 9 selected projects include one lead the by the WHO Regional Office for Europe, Centre for Environment and Health, which includes the establishment of a HEPA Europe – EU contact group, to support delivering on the establishment of an EU HEPA network foreseen in the White Paper on Sport. The second supported HEPA Europe related activity was the Sport Clubs for Health Programme, lead by Finnish Sport for All Association.

3.2 Four selected HEPA Europe activities

The next section of the meeting consisted of an in depth discussion of four selected activities. Each project was briefly introduced in plenary, followed by parallel sessions.

National approaches to physical activity promotion

The project was introduced in plenary by Peter Barendse, Netherlands Institute for Sport and Physical Activity (NISB). He introduced the activities undertaken in the last year, including an international workshop on national strategies in November 2008, organized by NISB and HEPA Europe and attended by over 40 participants from 14 countries. The main topics of the meeting were experiences with national strategies and how to reach low socio-economic groups. Back-to-back with the workshop, a meeting of the HEPA Europe working group took

¹ <http://www.saluter.it/wcm/hepa2009/>

place to discuss the next steps. Based on the conclusions of the meeting, a project has been started on the development of case studies on national strategies to physical activity promotion in European countries, lead by the British Heart Foundation National Centre on Physical Activity and Health, Loughborough University, in collaboration with WHO Regional Office for Europe and NISB.

In the parallel session on this topic, attended by 40 participants, the outcomes of the international workshop were presented in more detail, including the idea to launch an international “learning centre” to facilitate exchanging knowledge and experiences, for example through workshops, summer schools, training, internet consultation, e-learning or work visits. Unfortunately, a proposal to the DG EAC call had not been successful but the idea will be discussed further.

Karen Milton, Loughborough University, presented the project on the development of case studies on national strategies to physical activity promotion. The project aims at learning more about the ‘story’ or process behind the development and implementation of a national policy, what were keys attributes to success and what presented barriers or challenges to overcome. Based on previous analysis of national approaches, the following initial list of 15 attributes of successful approaches were presented and discussed by participants, in light of their national experiences:

1. National physical activity recommendations
2. Targets and goals
3. Surveillance and monitoring
4. Timeframe
5. Multiple strategies
6. Evaluation
7. Communication strategy
8. Branding
9. Leadership and coordination
10. Partnerships
11. Networks
12. Consultation
13. Integration
14. Political commitment
15. Funding

In general, participants agreed with these attributes and several comments will serve to finalize the list. A template will be developed to gather and assess information on all attributes which will be tested in 3-5 pilot countries before finalization and larger application, foreseen for summer 2010. Meetings of the working group are foreseen in March/April 2010 and June 2010.

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

The activities of this working group were introduced by Christoph Nützi, Swiss Federal Office of Sport (BASPO). Based on the previous collection of national approaches to sport and physical activity promotion on youth, an in depth analysis of 6 national programmes from 6 countries a carried out by the British Heart Foundation Health Promotion Research Group, University of Oxford, United Kingdom. A meeting of the working group took place in Örebro, Sweden, in March 2009, hosted and organized by National Centre for Child Health Promotion (NCFF). It was attended by 11 members of the working group from 6 countries.

Research questions had included:

- What are the main strengths and weaknesses of the different programmes?
- How successful are the different programmes at reaching different sub-groups?
- How good is the structural integration of the programme and to what extent can it be considered to have sustainable impact after the completion of the programme?
- What is the ability of the different programmes to contribute to physical activity promotion?
- What is the ability of the different programmes to prevent the drop in physical activity often observed in adolescents?
- What lessons have been learned from these programmes?
- How do these lessons apply to future and existing programmes?

A final draft report has been made available at the meeting. In the parallel session, which was attended by 18 participants, the results of the in-depth analysis was presented by Paul Kelly, University of Oxford, followed by discussions in smaller groups and feedback in plenary. Discussion points included feedback on the usefulness of the knowledge and conclusions of the report, whether this was a sufficient basis to derive recommendations, guidelines or possibly a handbook for interventions, how to best implement and disseminate the key findings and the identification of other projects to be analyzed, and sources of funding.

A next workshop of the working group is foreseen in summer 2010, Workshop in Caceres, Spain, to explore possibilities for a cross-country study on knowledge and attitudes of decision makers and stakeholders towards physical activity and sports promotion in European countries.

Teaching course on physical activity and health

The foreseen activities of this new work group were introduced by Eszter Füzéki and Winfried Banzer, Department of Sports Medicine, Goethe University Frankfurt. Such a course should present the current state of knowledge on physical activity and health, current trends in physical activity related health promotion and an overview of current development in the promotion of health-enhancing physical activity on the national and international level, based on available examples such as from the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education.

A core group of interested institutions, including the Goethe University Frankfurt and the Universities of Oxford and Zurich, had started in summer 2009 through phone conferences and one meeting to further develop the idea of launching a European teaching course. The

plans presented for further discussion included an initial one-week summer school to be held in summer 2010 in Frankfurt. The target audience would be of post-graduate level and could include public health professionals, scientists working in the field of physical activity and health, health promotion practitioners and medical professionals. The summer school would be held yearly in Frankfurt, possibly also in Zurich, Oxford and other places, and in parallel an international master course of advanced studies led by Goethe University Frankfurt could be initiated, with modules organized by Frankfurt, Zurich, Oxford and other possible partner institutions.

These plans were discussed further in the parallel session, attended by 13 participants, including also ideas on possible funding sources to support participants.

Sport Clubs for Health Programme

This working group is led by the Finnish Sport for All Association and the activities of the last year, which are carried out in collaboration with the Trim and Fitness Association (TAFISA), were introduced by Jorma Savola.

A report of the first project workshop in February 2008 was published and draft guidelines for the Sport Clubs for Health programme were presented. The guidelines cover preparation, development, design, implementation and evaluation of a Sport Clubs for Health programme.

A second project meeting, now as HEPA Europe working group took place in August 2009, organized by the Finnish Sport for All Association. It was attended by 19 participants from 5 countries, including representatives of the European Non-Governmental Sports Organisations (ENGSO) and of International Sport and Culture Association (ISCA). The meeting concluded that the draft guidelines shall be developed further into more detailed guidelines.

Supported by a grant from DG EAC (see section 3.1), the further development of the concept is foreseen to take place in 2010. Items include a model certificate system for the assessment of sport clubs for health, health profiles of different types of sports, instructor training for the Sport Clubs for Health programme purposes, leadership and management of sports clubs as civic organization when organizing health related physical activity, and a funding system. The plans were discussed in more detail in the parallel session, attended by 16 participants.

The final guidelines are foreseen to be presented at the 6th annual meeting of HEPA Europe in November 2010 (see also Annex 5, section 4.2).

3.3 Poster sessions

The meeting also included 5 poster sessions, where 33 posters were presented on the following topics (see also Annex 2 for full list of posters):

- national projects and approaches;
- regional and community approaches to HEPA promotion;
- monitoring and intervention research;
- health effects of physical activity; and
- HEPA promotion in specific target groups.

The poster sessions were very well attended and assessed favorably by the participants (see also section 5, evaluation of the meeting).

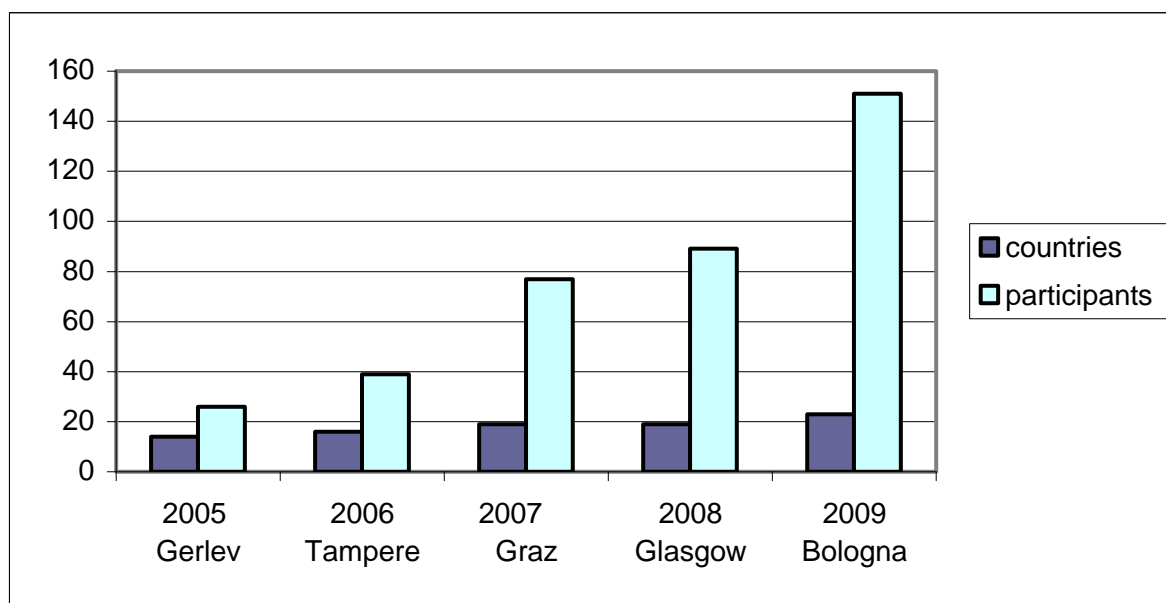
4 Minutes of the 5th annual meeting

4.1 Introduction and development of attendance

The annual meeting was opened by Brian Martin, the chairman of HEPA Europe. He introduced and welcomed Giuseppe Paruolo, Municipal Councilman and President of the Italian Healthy Cities network. Mr Paruolo warmly welcomed the participants to Bologna. He outlined the activities of Healthy Cities and closed with a short movie on Bologna.

This years meeting was attended by 151 participants from 22 countries of the European Region and Canada (see Annex 6 for list of participants). As shown in Fig. 1, the number of participants has been steadily increasing over the 5 years, with particularly strong increases in 2007 and 2009. The number of represented countries increased more slowly.

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



4.2 Membership applications and overview of membership

Overview and confirmation of new members

The Steering Committee had discussed and preliminarily accepted applications² from 14 institutions and organizations received from mid-August 2008 to September 2009. These

² 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

temporary members were proposed to the network for confirmation, as well as the applications for observership from two non-European institutions. The attending members agreed to carry out an open group voting procedure.

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

- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom;
- Centre for Health Information Research and EvALuation (CHIRAL), School of Medicine Swansea University, United Kingdom;
- Department of Sport and Exercise Science, University of Stuttgart, Germany;
- Health Promotion Foundation, Austria;
- Hellenic Bipolar Organisation, Greece;
- High Council on Sports, Directorate General on Sport and Health, Spain;
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland;
- National Center for Disease Control and Public Health, Georgia;
- Public Health Service, Emilia Romagna Region, Italy;
- RedBranch, Ireland;
- Secretary General for Sport, Esplugues de Llobregat, Spain;
- State Research Centre for Preventive Medicine, Ministry of Health of the Russian Federation;
- Tel-Aviv University, Israel; and
- The Finnish Sport for All Association.

Observers:

- Canadian Partnership Against Cancer; and
- Québec en Forme, Canada.

The South East Public Health Observatory (SEPHO), Oxford, United Kingdom, did not continue its membership as its representative in the network has left.

From Georgia, Greece, Israel and the Russian Federation, for the first time institutions became member. The network counts now 95 member institutions and 2 individual honorary members from 29 European countries, and three observers from outside Europe (Canada, Mexico) (see Table 1 and Annex 3 for full list).

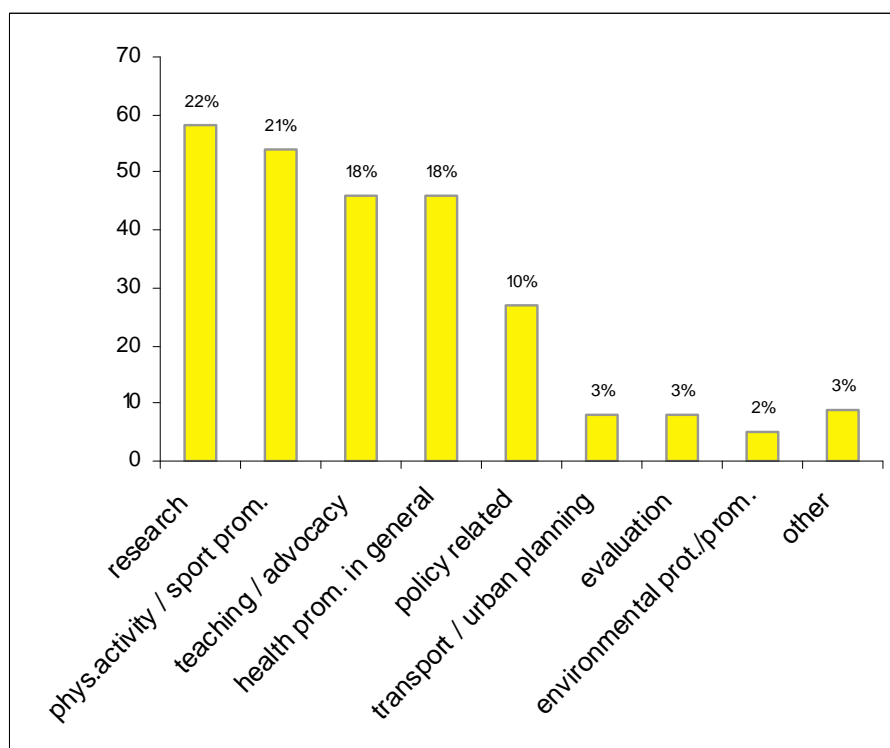
Table 1: Overview of HEPA Europe member institutions by country

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

*newly represented country.
Plus observers: 2 from Canada, 1 from Mexico

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

Fig. 2: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=261)



4.3 Activity report 2008/2009: overview

The activity report of the fourth year of activities of HEPA Europe from October 2008 to October 2009 was presented and discussed (see Annex 4)³. It was concluded that good progress was made in most objectives on an again larger number of activities while as also in the previous years, not all of the ambitious aims could be accomplished. It was also noted that more of the projects started to function more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities. The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations.

Planned activities that could not yet be started were the establishment of contacts with the European Network for Workplace Health Promotion and the launch of an exchange programme for students between different member institutions. On the other hand, one of the possible future activities, namely the development of a European teaching course on physical activity and health, has been started.

There continues to be a need for sustainable resources as well as sustained active involvement of members for the implementation of the ambitious new work programme 2009/2010 (see also Annex 5). In this regard, Brian Martin updated on recent developments at the University of Zurich, where a new Centre on Physical Activity and Health is being established under his lead. The Centre will apply for designation as WHO Collaborating Centre on Physical Activity and Health in collaboration with the Swiss Federal Institute of Technology ETH Zurich, the Federal Offices for Sport and for Public Health as well as other national institutions. As part of its terms of reference and work plan, the Centre will also take up a supportive role for HEPA Europe, in close coordination and cooperation with the WHO Regional Office for Europe. Francesca Racioppi welcomed the outlined development. She underlined the strong commitment of WHO Regional Office for Europe to a continued investment on physical activity and to a continued close coordination with HEPA Europe as one of the key assets of the WHO on this field.

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

³ A summary of the activity report is also available at www.euro.who.int/hepa.

Table 2: Overview of the state of affairs of activities 2008/2009

Networking and cooperation	State of affairs
Support and contributions to other conferences and events	Implemented as planned, ongoing
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing
Information dissemination	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing
Holding of the 5 th annual network meeting (11-12 November 2009, Bologna, Italy)	Implemented as planned, concluded
Dissemination of the advocacy booklets on physical activity	Implemented as planned, ongoing; development of communication strategy started
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing; development of communication strategy started
Projects, reports and products	State of affairs
Work group on national approaches for physical activity promotion	Implementation as planned, ongoing
Development of methods for quantification of health benefits from walking and cycling	Implemented as planned; follow-up project on Health Economic Assessment Tool (HEAT) for walking started
Development of methods for economic valuation of transport-related negative health effects (including on walking and cycling), with a particular focus on children	Implementation as planned, first phase concluded. Continuation depending on further developments in the Transport, Health and Environment Pan-European Programme (THE PEP)
Work group on exchange of experiences in physical activity and sports promotion in children	Implementation as planned, ongoing
Work group on HEPA promotion through primary care practice	Implementation ongoing, delayed
Work group on Sport Clubs for Health programme	Implementation as planned, ongoing
Publication of a framework for physical activity promotion policy	Implementation delayed
Publication on currently used recommendations for health-enhancing physical activity	Implementation as planned, ongoing
Teaching and education	State of affairs
Development of a HEPA Europe exchange programme	Implementation postponed
Activities aimed at optimizing the network	State of affairs
Finalization of the impact model for HEPA Europe of how the stated aims shall be achieved	Implementation as planned, concluded
Development of a concept for management and interaction with members of the network as well as key partner institutions and organizations	Partly implemented, ongoing
Possible activities to be launched later	State of affairs
Development of a European Region teaching course on physical activity and public health	Implementation started, ongoing
Development of information material for migrant populations	Not yet started
Occupational physical activity promotion, including active commuting	Not yet started
Possible activities to be launched later	State of affairs
Publications (6 reports, booklets and information material, 2 scientific publications, 1 HEPA Europe newsletter and 2 electronic news alerts produced)	Continuous activity

4.4 Amendments to the Terms of Reference of HEPA Europe and its Steering Committee

Brian Martin introduced the suggested changes to the Terms of Reference. He underlined that the proposed changes were only content changes and that editorial changes and streamlining would be done in a later revision.

One section was proposed to be added to the Terms of References of the Network, that in order to support collaboration with other international organizations and institutions, the Steering Committee may establish new structures and organizational bodies to promote linkages, communication and regular exchange. In addition, the section on the objectives of the Network was updated according to reflect the new objectives as adopted at the last annual meeting.

In the Terms of Reference for the Steering Committee, it was proposed to describe the selection and voting procedures more in detail, and that past members of the Steering Committee and past Chairpersons shall become Fellows of HEPA Europe, serving as senior advisors to the Network.

All proposed amendments were adopted by the present members.

4.5 Elections

Brian Martin introduced the standing, outgoing and new members of the Steering Committee.

Firstly, the chairman expressed the gratitude of the network to the following two outgoing members of the Steering Committee for their great support and continuous input:

- Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands; and
- Jozica Maucec Zakotnik, Countrywide Integrated Noncommunicable Diseases Intervention Programme (CINDI), Slovenia.

Both will remain members of the network and Eddy Engelsman, in his new capacity as Technical Officer at WHO Headquarters, will serve as observer to the Steering Committee. Fiona Bull (Loughborough University, United Kingdom) will also continue to participate in the meetings of the Steering Committee as an observer, representing GAPA.

Andrea Backović Juričan, CINDI, Slovenia; Charlie Foster, British Heart Foundation Health Promotion Research Group, University of Oxford, United Kingdom; and Maarten Koornneef, Ministry of Health, Welfare and Sport, the Netherlands, introduced themselves and announced their candidacy as new member of the Steering Committee.

As declared at the 4th annual meeting in September 2008, Brian Martin explained that he is stepping down as chairman of HEPA Europe. The Steering Committee, secretariat and members expressed their great gratitude for his outstanding services in the establishment of HEPA Europe and for his commitment and leadership for its successful development into a strong voice for HEPA promotion in Europe and beyond. With Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, a candidate for chairman was identified. He introduced himself to the participants and announced his availability to serve as

chairman. The candidacies of new members as well as for chairman were supported by all standing members of the Committee.

The following standing members were proposed for confirmation:

- Brian Martin, University of Zurich, Switzerland;
- Winfried Banzer, Olympics Sports Confederation, Germany;
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark;
- Jean-Michel Oppert, Paris VI University, Hotel Dieu, France;
- Francesca Racioppi, WHO Regional Office for Europe;
- Harry Rutter, National Obesity Observatory England, United Kingdom;
- Michael Sjöström, Karolinska Institute, Sweden;
- Radim Šlachta, Palacky University, Czech Republic;
- Mireille van Poppel, Vrije Universiteit (VU) Medical Center, the Netherlands; and
- Tommi Vasankari, Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland.

There were no other applications for membership in the Steering Committee or for chairperson.

For the formal election of the Steering Committee and its chairperson, Eddy Engelsman, Netherlands, served as acting chair. All standing and new members and the new chairman were elected by an open group voting procedure.

4.6 Work programme 2009/2010

As next item, the planning of the activities for the next year was discussed. The activities were introduced by Willem van Mechelen and working group leaders, based on the draft work programme for the period of November 2009 to November 2010, which had been developed by the Steering Committee and distributed to participants beforehand, and outcomes of the 4 working group meetings on the previous day. Proposed work steps as well as possible partners for each activity were discussed. Activities which were deemed to be important but for which currently no responsible was identified were listed under “possible future activities”.

The activities of the next year comprise the following (see Annex 5 for more details)⁴:

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

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

Information dissemination

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

Projects, reports and products

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

Teaching and education

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

Activities to optimize the Network

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

Possible future activities

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

4.7 Next annual meetings of HEPA Europe

The 6th annual meeting will take place in 2010 in Olomouc, Czech Republic. It will be hosted by Palacký University, Faculty of Physical Culture, on 26 November 2010. The meeting is again foreseen to feature meetings of HEPA Europe working groups as well as the first session of the HEPA Europe-EU contact group (see also section 3.1).

On 24-25 November 2010, Palacký University will organize the 2nd HEPA Europe conference, in conjunction with the 6th International Conference on Movement and Health, on the theme: “Health-enhancing physical activity in the 21st century: environmental and social influences and approaches”⁵.

4.8 Closing of the meeting

Brian Martin and Willem van Mechelen on behalf of HEPA Europe and Francesca Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. He especially thanked the representatives of the Public Health Service of the Emilia Romagna Region for the warm welcome and the excellent organization and hosting of the meeting, and for supporting the meeting financially.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2008/2009 and the new work programme 2009/2010, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2009/2010.

5 Evaluation of the meeting

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

Fifty-nine participants returned completed questionnaires (response rate 39%); the results have therefore to be seen as an indicative. Two questionnaires were excluded as the result pattern strongly suggested that the scoring had been misinterpreted for most sections. The following is based on a total of 57 responses.

The overall rating of the meeting was excellent with an average rating of 5.3. The international symposium with 4 key note lectures was also rated very favourably, both in terms of quality (5.0) and usefulness (4.7); likewise the poster sessions (4.9 and 4.7, respectively) and the possibility to network and exchange with other participants (5.3).

⁵ For more information see: <http://mandh2010.upol.cz/www/index.php>

Most of the parallel working group meetings were also perceived both as useful and of good quality. Detailed feedback was provided to the working group leaders to be taken into account in the further development of the activities.

A large majority rated the length of the overall event as “just right” (88%), only a small minority found it either too long (5%) or too short (5%). The preparations of the annual meeting part on the second day of the event were appreciated by the majority of participants (5.4), as well as its length (5.3). The possibilities to participate in the discussions and decision making were appreciated (5.4) and 96% of those who responded to this question felt they could participate enough in the discussions and decision making. 86% of respondents felt that the length of this part of the meeting was “just right”, while again the same small minority (7%) felt it was too short, or too long, respectively. However, two of the few written comments received referred to the annual meeting part, and in particular the elections and explanations of changes in the Terms of References had been perceived as too long and less useful for participants. Only a minority of participants responded on a question comparing the last 3 annual meetings (n=29) with regard to time dedicated to discussing specific HEPA Europe activities. Of those responding, 49% preferred the arrangement at the current annual meeting (with separate half-day in-depth-discussion of selected projects), 17% preferred the set-up as at the 2008 annual meeting in Glasgow (with 2-hour discussion of selected projects), 3% preferred the more compact arrangements of the 2007 meeting in Graz, with no in-depth-discussion of selected projects, while 31% did not specify a preference.

The organizational and administrative part of the meeting also received very high marks, with large majorities having been very satisfied with the venue (5.4), registration (5.6), notifications on the meeting (5.4) and standard of the catering (5.3).

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. Provisional list of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership
(mid-August 2008 – September 2009: no. 85-100)
6. Activity report 2008-2009 (draft)
7. Work programme 2009-2010 (draft)
8. Terms of Reference of the Network: proposed changes
9. Terms of Reference of the Steering Committee: proposed changes

Background papers

10. Book of abstracts, HEPA Europe 5th annual meeting, 11-12 November 2008
11. List of Steering Committee members proposed for elections and observers
12. A healthy city is an active city: a physical activity planning guide
13. 4th annual meeting of HEPA Europe, 10 September 2008, Glasgow, United Kingdom

ANNEX 2: DETAILED PROGRAMME OF THE MEETING AND POSTER SESSIONS

Wednesday, 11 November 2009

Symposium on “Perceptions of the urban environment and physical activity”

09:00–09:30	Opening <i>Flavio Delbono, Mayor of Bologna</i> <i>Francesca Racioppi, WHO Regional Office for Europe</i> <i>Brian Martin, chairman HEPA Europe, Switzerland</i> <i>Alba Carola Finarelli, Medical Director, Public Health Service, Emilia-Romagna Region</i>
09:30–10:30	Key note presentations <i>Moderator: Heidi Tomten, Physical Activity Department, Norwegian Directorate of Health</i> <ul style="list-style-type: none">- What we see and what we measure - the developing field of environmental determinants and physical activity (<i>Charlie Foster, University of Oxford, United Kingdom</i>)- Perceptions of urban environment and physical activity (<i>Mirilia Bonnes, University of Rome “La Sapienza”, Department of Developmental and Social Psychology, Italy</i>)
10:30-11:00	COFFEE BREAK
11:00-12:00	Key note presentations - continued <ul style="list-style-type: none">- Measures of the urban environment and physical activity (<i>Ilse De Bourdeaudhuij, University of Gent, Belgium</i>)- Transforming cities from a new physical and social perspective (<i>Luca Zevi, architect, Rome</i>)
12:00-12:45	National programme “Gaining Health”: activities on physical activity promotion <i>Daniela Galeone, Ministry of Labour, Health and Social Policy, Rome, Italy</i>
12:45-13:45	LUNCH
13:45-14:30	Poster sessions (<i>see page 3</i>)
HEPA Europe - discussion of selected topics <i>Chair: Brian Martin, chairman HEPA Europe, Switzerland</i>	
14:30-14:50	EU Physical Activity Guidelines and other activities of the European Commission in the field of physical activity and health <i>Michal Krejza, Head of Unit, DG Education and Culture (EAC)</i>
14:50-15:30	HEPA Europe working group meetings: introduction
15:30-18:15	HEPA Europe working groups: parallel meetings (English only) <ul style="list-style-type: none">- National approaches and networks for physical activity promotion- Exchange of experiences in physical activity and sports promotion in children- Teaching course on physical activity and health- Sport Clubs for Health programme
19:00-20:30	Guided walking tour of Bologna
20:30	GALA DINNER

Thursday, 12 November 2009
HEPA Europe 5th annual meeting

09:00–09:10	Welcome <i>Brian Martin, chairman HEPA Europe, Switzerland; Giuseppe Paruolo, Municipal Councilman and President of the Italian Healthy Cities network</i>
09:10–09:20	Membership applications <i>Sonja Kahlmeier, WHO Regional Office for Europe</i>
09:20–10:15	Activity report 2008-2009: overview and selected activities <i>Sonja Kahlmeier, WHO Regional Office for Europe, and working group leaders</i>
10:15–10:45	<i>COFFEE BREAK</i>
10:45–11:15	Activity report 2008-2009: overview and selected activities - continued <i>Sonja Kahlmeier, WHO Regional Office for Europe, and working group leaders</i>
11:15–11:30	Suggested changes to the Terms of Reference <i>Brian Martin, chairman HEPA Europe</i>
11:30–12:15	Elections
12:15–13:15	<i>LUNCH</i>
13:15–14:00	Poster sessions
14:00–15:15	Work programme 2009-2010 and possible future activities – introduction and discussion <i>Chairperson HEPA Europe</i>
15:15–15:30	Formal approval of the work programme <i>Chairperson HEPA Europe</i>
15:30–16:00	Other business
16:00	Closure

Poster sessions

Session 1: National projects and approaches

- 5 The Physical Activity Network for Wales – a fully evaluated National Initiative
- 7 The Physical Activity Network for Wales – Promoting ‘Good Practice’
- 21 National strategies and campaigns to HEPA promotion in the Netherlands
- 25 National Training Programme For Professional Staff In The Field Of Water Aerobics
- 33 Top-down Pilot HEPA Projects in Hungary
- 36 Physical activity and Health Promotion Action Plan for Georgia
- 37 The Strategy for prevention and Control of Noncommunicable Diseases and Injuries in the Russian Federation as a Background for Physical Activity Policy Development

Session 2: Regional and community approaches to HEPA promotion

- 11 Perceived neighborhood environment and its association with physical activity behavior and self-rated health in an Austrian City
- 15 LIFE CYCLE project - Chance for HEPA promotion in all age groups
- 17 Establishment of health sport oriented bicycle routes in the counties and cities of North Rhine-Westphalia in connection with target group specific health training recommendations
- 26 Exercise adherence based on primary care prescription: a supervised exercise intervention in Catalonia
- 27 Development of Regional Guidelines for HEPA and healthy eating
- 29 Walk and run from 6 to 8
- 34 Quebec en Forme: public and private alliance to support communities’ mobilization on active living and healthy eating environments

Session 3: Monitoring and intervention research

- 1 Physical Activity and Other Lifestyle Behaviors in a Portuguese Sample of Azorean Adults.
- 6 The Evaluation of the Physical Activity Network for Wales – The Future of Networking in Wales
- 8 Changes of daily physical activity patterns within the intervention „additional 3000 steps per day”
- 18 Bicycle use in Germany, Netherlands and Denmark – Comparison of individual motives and settings of utilization
- 23 Pilot-Testing of a European environmental questionnaire (ALPHA-project) in Germany
- 30 Sports Planning and Health
- 35 Cost-utility of an exercise referral of children with obesity from paediatric primary care to local sport professional: Move with us - Exercise Looks After You program

Session 4: Health effects of physical activity

- 44 “Cesenatico Cammina gli itinerari del benessere”- Cesenatico in walking: the journeys of well-being
- 13 Physical activity and physical function are related to well being in Spanish elderly
- 22 Physical activity in the prevention and treatment of disease
- 24 Relationship between physical activity in different domains and health-related quality

Session 5: HEPA promotion in specific target groups

- 2 Physical activity levels during structured PA sessions in Flemish preschools
- 9 Dancing like John Sergeant? Physical activity in adults aged 60-69 in England
- 12 Mobility Management for Kindergartens: “There is nothing like starting young”
- 14 Utilization of fitwalking inside a Health Unit for the promotion of physical activities and exercise-therapy
- 16 Modifying long term exercise adherence and dietary behaviour within a referral scheme intervention in older adults
- 19 Are children’s cycling skills related to competence in real traffic?
- 28 Soft memory training Gym
- 31 Studies to improve the campaign for more active and healthy lifestyle of sedentary middle-aged men in Finland

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Age Institue, Finland
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Countrywide Integrated Noncommunicable Diseases Intervention (CINDI) programme, Institute of Public Health, Ljubljana, Slovenia
- Countryside Council for Wales, United Kingdom
- Croatian Sport Medicine Society, Zagreb, Croatia
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Emilia-Romagna Region, Directorate General for Public Health, Bologna, Italy
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Finnish Centre for Health Promotion, Helsinki, Finland
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France

- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- London Regional Public Health Group, Government Office for London, United Kingdom
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Rome, Italy
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Obesity Observatory, Oxford, United Kingdom
- Natural England, Peterborough, United Kingdom
- NHS Health Scotland , Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa , United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Polyclinique Médicale Universitaire, Lausanne, Switzerland
- Public Health Institute, Reykjavík, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
- School of Health and Human Performance, Dublin City University, Ireland
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Sports Academy, University of Ulster, United Kingdom
- Sports Department of the Styrian Government, Graz, Austria

- Sports Institute of Portugal, Lisbon, Portugal
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- Superior Sports Council, Subdirectorato General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Teenactive Research Group, Heriot Watt University, Edinburgh, United Kingdom
- Tel-Aviv University, Ramat Aviv, Israel
- The Finnish Sport for All Association, Helsinki, Finland
- The National Public Health Institute (KTL), Helsinki, Finland
- The Netherlands Institute for Sport and Physical Activity (NISB), Wageningen
- The Swedish National Centre for Child Health promotion (NCFF), Örebro
- The Swedish National Institute of Public Health, Östersund
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Caceres, Spain
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavík
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- Walkers' Coach, London, United Kingdom
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom
- Young Finland Association, Helsinki

- Action for well-being and health, Mexico City, Mexico (observer)
- Canadian Partnership Against Cancer, Ontario, Canada (observer)
- Québec en Forme, Québec, Canada (observer)

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2008/2009

1. Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 4th annual meeting in Glasgow, United Kingdom (10 September 2008), a number of activities were outlined to be carried out by the network in 2008/2009. A short version of this document is also available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in this work programme is summarized in this document. Implementation was assessed at the 5th annual meeting of HEPA Europe, 11-12 November 2009 in Bologna, Italy, hosted by the Public Health Service, Emilia Romagna Region.

2. Foreword by the chairman

In June 2004, a Physical Activity Expert Meeting was organized in Magglingen, Switzerland. In the foreword of the meeting report, it was stated that "since the end of the (first) HEPA Europe Network there is no more regular exchange and development platform for national physical promotion strategies on the European level". The experts decided to change this situation and - with the help of WHO's Regional Office for Europe - to re-launch HEPA Europe, the European network for the promotion of health-enhancing physical activity. HEPA Europe's first annual meeting took place in May 2005 in Gerlev in Denmark, others followed in Tampere, Graz, and - together with the 1st HEPA Europe Conference - in Glasgow.

Now we are looking forward to the network meeting in Bologna. An impact model has been developed for HEPA Europe, and its objectives have been adapted accordingly. The number of projects and working groups is constantly growing and the network will soon be welcoming its 100th member. All this has been possible through the initiative and the efforts of our members, through the support and close collaboration with WHO, particularly its Rome office, and through the in-kind and financial contributions that our network has received.

It has been a privilege to be the chairman of HEPA Europe, and I am stepping down from this post full of optimism for the future of our network. The public health relevance of physical activity is only beginning to be recognized, HEPA Europe has a strong body of members and a dedicated Steering Committee, and first steps are being made to strengthen our collaboration with the European Commission and other important bodies. I think that today Europe has a platform that can promote a better understanding of health-enhancing physical activity and give a stronger voice to physical activity promotion.

Brian Martin, Chairman of the Steering Committee, October 2009

3. Overview of activities

Below, the state of affairs of the activities of the work programme 2008/2009 is summarized.

3.1 Networking and cooperation

Activity	State of affairs	Page nr.
Support and contributions to other conferences and events	Implemented as planned, ongoing	29
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing	31

3.2 Information dissemination

Activity	State of affairs	Page nr.
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing	33
Holding of the 5 th annual network meeting (11-12 November 2009, Bologna, Italy)	Implemented as planned, concluded	34
Dissemination of the advocacy booklets on physical activity	Implemented as planned, ongoing; development of communication strategy started	35
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing	37
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing; development of communication strategy started	39

3.3 Projects, reports and products

Activity	State of affairs	Page nr.
Work group on national approaches for physical activity promotion	Implementation as planned, ongoing	39
Development of methods for quantification of health benefits from walking and cycling	Implemented as planned; follow-up project started	41
Development of methods for economic valuation of transport-related negative health effects (including on walking and cycling), with a particular focus on children	Implementation as planned, first phase concluded	43
Work group on exchange of experiences in physical activity and sports promotion in children	Implementation as planned, ongoing	44
Work group on HEPA promotion through primary care practice	Implementation ongoing, delayed	46
Work group on Sport Clubs for Health programme	Implementation as planned, ongoing	47
Publication of a framework for physical activity promotion policy	Implementation delayed	48
Publication on currently used recommendations for health-enhancing physical activity	Implementation as planned, ongoing	49

3.4 Teaching and education

Activity	State of affairs	Page nr.
Development of a HEPA Europe exchange programme	Implementation postponed	50

3.5 Activities aimed at optimizing the network

Activity	State of affairs	Page nr.
Finalization of the impact model for HEPA Europe of how the stated aims shall be achieved	Implementation as planned, concluded	51
Development of a concept for management and interaction with members of the network as well as key partner institutions and organizations	Partly implemented, ongoing	52

3.6 Possible activities to be launched later

Activity	State of affairs	Page nr.
Development of a European Region teaching course on physical activity and public health	Implementation started, ongoing	53
Development of information material for migrant populations	Not yet started	55
Occupational physical activity promotion, including active commuting	Not yet started	55

3.7 Publications

Activity	State of affairs	Page nr.
Publications (3 scientific publications, 5 reports, 3 information materials, 1 HEPA Europe newsletter and 2 electronic news alerts produced)	Continuous activity	56

4. Funding and support received

From October 2008 to October 2009, the following contributions and support have been received (in chronological order):

- a) Financial contributions:
 - o Ministry of Health, Welfare and Sport, the Netherlands: 30'000€ (June 2009)
 - o Federal Offices of Sports (BASPO) and of Public Health (BAG), Switzerland: 40'000€ (November 2008)
 - o For analysis of case studies on physical activity promotion in children (see chapter 0):
 - Deutsche Sportjugend djs (Sport youth), Germany: 2000€
 - Federal Office of Sport, Switzerland: 10.000€

- Fitness and Quality of Life Lab., Faculty of Sport Sciences, Caceres, University of Extremadura, Spain: 5000€
- National Center for Child Health Promotion NCFE and Örebro University, Sweden: 4000€
- Netherlands Institute for Sport and Physical Activity NISB: 5000€
- UKK Institute for Health Promotion Research, Finland: 5000€
- Young Finland Association: 5000€

b) In-kind contributions:

- contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
- contributions of the chairs and members of the working groups in terms of time and expertise;
- organization and hosting of the 5th annual meeting of HEPA Europe, 11-12 November 2008, by the Public Health Service, Emilia Romagna Region, Bologna, Italy (including 3 fellowships to participants from economies in transition, travel expenses of key note speakers and of the Steering Committee and meals of all participants);
- hosting of a meeting of the Steering Committee by the University of Frankfurt, (December 2008) and by the University of Zurich (September 2008);
- hosting of a meeting of a HEPA Europe working group by the Netherlands Institute of Sport and Physical Activity NISB (Wageningen, November 2008), by the National Center for Child Health Promotion NCFE, Sweden (Örebro, March 2009), and by the Finnish Sport For All Association (Helsinki, August 2009);
- contributions by several individual and institutional members for the production of publications;
- representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network; and
- internship of Ms Christine Popp, University of Basel, Switzerland, supporting the development of a communication strategy for HEPA Europe and updating the inventory on physical activity promotion.

c) Synergies

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

The current sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe, European Centre for Environment and Health, Rome office, until the end of 2009. New funds will have to be identified and secured for additional activities and for 2010, additional funds and support will be necessary. Due to available resources being sufficient only to secure the basic support functions of WHO/Europe, not all activities could be implemented as planned, as described in the following chapters.

5. Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting on 11-12 November 2009 in Bologna, Italy, will be outlined in more detail.

5.1 Support and contributions to conferences and events

Aim of the activity

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

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

In charge/participants

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

Participants: -

Summary of the state of affairs

1) Supported events

The following events were under discussion for official support by HEPA Europe⁶:

Steps	Work programme 2008/2009	State of affairs
<ul style="list-style-type: none"> • International workshop on national physical activity promotion strategies, Netherlands Institute for Sport and Physical Activity & Wageningen University • 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Autumn 2009 – tentative 	13-14 November 2008	Officially supported Conference postponed to spring 2010
Decision about the support of these and possible further events by the Steering Committee	Continuously	No further events were officially supported

⁶ See “Requirements for HEPA Europe- supported events”

2) Participation in other events

In the following events, members of the Steering Committee are participating and a presentation on behalf of HEPA Europe will be held in 2008/2009:

Steps	Work programme 2008/2009	State of affairs
Decision about participation in these and possible further events by the Steering Committee	Continuously	Implemented as planned

In the following 14 events, members of the Steering Committee participated and gave presentations on behalf of HEPA Europe or mentioning in 2008/2009, as listed below.

HEPA Europe Steering Committee members attended further events where HEPA Europe was not specifically mentioned; therefore, these are not listed below.

Events	Title of the presentation, presenter
2008	
17 September: Diet, Physical Activity and Health - A European Platform for Action, Brussels	HEPA Europe, the European Network for the Promotion of Health-Enhancing Physical Activity, Brian Martin
15-17 October: International Healthy Cities conference, Zagreb, Croatia	Physical activity and active living, Sonja Kahlmeier
7-9 November: 3° Girolamo Mercuriale course "Cardiovascular system and physical activity " Riccione, Italy	La promozione dell'attività fisica in Europa (Physical activity promotion in Europe), Sonja Kahlmeier
11-14 November: International Workshop on National Physical Activity Promotion Strategies in Europe, Wageningen, the Netherlands	Development of physical activity promotion policies in Europe: overview, Sonja Kahlmeier
2009	
12-13 March: Kunnossa kaiken ikää (KKI- Fit for Life) Juhlakatselmus, Helsinki	Finland as a model in actions of health-enhancing physical activity? Brian Martin
16 April: International Symposium & Course on Physical Activity and Public Health, Kuwait	Physical activity networks and partnerships, Brian Martin
20-21 May: Guadagnare salute con la promozione e la prescrizione dell'attività motoria (Gaining health with promotion and prescription of physical activity), Perugia, Italy	Cosa si fa in Europa (what is happening in Europe), Sonja Kahlmeier
26 May: Conference, Physical Activity and Active Living in Cities, Healthy Cities Network, Århus, Denmark	HEPA Europe and the background for writing "Physical Activity and active living in urban environments: the role of local governments. WHO – The Solid facts", Finn Berggren
1-2 July: National Plan Conference, Washington, United States of America	Keys to developing a national plan – the European perspective, Brian Martin
3-5 July: Workshop "Healthy city - active city", Opatja, Croatia	European network for the promotion of health-enhancing physical activity (HEPA Europe), Sonja Kahlmeier
16-18 July: ISSA World Congress of Sociology of Sport, Utrecht, the Netherlands	The role of sports in the promotion of health-enhancing physical activity, Brian Martin
26-28 July: Weight of the Nation, Washington, United States of America	Physical activity promotion and obesity prevention in the WHO European Region: policy framework and developments, with a focus on environmental approaches, Sonja Kahlmeier
28-29 July: Physical activity policy research network meeting, Washington, United States of America	Physical activity promotion in the WHO European Region: an intersectoral perspective, Sonja Kahlmeier
30 July: Seminar on transport-related health effects, Department of Transport, Washington, United States of America	Current work of WHO/Europe on integration of health into economic assessment of transport interventions, Sonja Kahlmeier
5 September: 21st Trim and Fitness Association (TAFISA) World Congress, Taipei, Taiwan	Physical Activity and Active Living in Denmark inspired by HEPA Europe, Finn Berggren
15-16 October: Agita Mundo Network Meeting, São Paulo	HEPA Europe – recent developments. Brian Martin

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

Aim of the activity

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

In charge/participants

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

Participants: Members of HEPA Europe.

Possible partners - as listed below

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Develop a partner management strategy, based on HEPA Europe impact model (see chapter 0)	Winter 2008 to spring 2009	Implemented as planned
Continue existing coordination and cooperation, including: UN-activities and programmes <ul style="list-style-type: none"> • UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> - Continue close working collaborations with THE PEP Task Force on Walking and Cycling through two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment • WHO/Europe Noncommunicable Disease and Environment Unit (Copenhagen office): Support to implementation of the European Charter on Counteracting Obesity <ul style="list-style-type: none"> - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" - Move for Health Day 2009 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme 	Continuously	Implemented as planned
	Continuously	Implemented as planned
	Continuously	Implemented as planned
	Spring 2009	Implemented as planned
	Continuously	Implemented as planned

Steps	Work programme 2008/2009	State of affairs
<p>Research projects</p> <ul style="list-style-type: none"> • ALPHA project (Assessment of Levels of Physical Activity), DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • HOPE project (Health Promotion through Obesity Prevention across Europe), DG Research <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • EURO-Prevob project (Consortium for the prevention of obesity through effective nutrition and physical activity actions), DG Research <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • IMPALA project (Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena), DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate 	<p>Continuously</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p>	<p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p> <p>Implemented as planned</p>
<p>European Commission</p> <ul style="list-style-type: none"> • EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Information exchange through members of the Steering Committee • DG Education and Culture (DG EAC), Sport Unit: working groups on sport <ul style="list-style-type: none"> - Continue exploration and definition of possibilities for further collaboration 	<p>Continuously</p> <p>Continuously</p>	<p>Implemented as planned</p> <p>Implemented as planned</p>
<p>Other European bodies</p> <ul style="list-style-type: none"> • Bodies and NGOs on sports (for all) promotion <ul style="list-style-type: none"> - Identification of all relevant groups and institutions - Explore possibilities for further collaboration, e.g. observers in steering committees etc. - Definition of further steps: depending on outcome • European Network for Workplace Health Promotion⁷: <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously</p>	<p>Partly implemented (contacts with ICESA, ESFAN-TAFISA have taken place)</p> <p>Not implemented</p>
<p>Global bodies</p> <ul style="list-style-type: none"> • Global alliance for physical activity (GAPA) <ul style="list-style-type: none"> - Coordination through observer in the HEPA Europe Steering Committee - Explore possibilities for further collaboration - Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion • Agita Mundo <ul style="list-style-type: none"> - Explore possibilities for further collaboration, regarding the chairmanship for Agita Mundo • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously Depending on time schedule</p> <p>Continuously</p> <p>Continuously</p>	<p>Implemented as planned</p> <p>Mr B. Kayser represented HEPA Europe at meeting of networks (26 May 2009, Seattle)</p> <p>Implemented as planned</p> <p>Implemented as planned</p>
<p>Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises</p>		<p>Not implemented</p>

⁷ www.enwhp.org

6. Information dissemination

6.1 HEPA Europe website

Aim of the activity

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

In charge/participants

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

Participants: Information Outreach Department, WHO/Europe, Rome office; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Make available products of HEPA Europe within the website, especially updates of the international inventory of documents on physical activity promotion and the case study collection, other products as they become available	Continuously	Implemented as planned
Perform regular updates of the website and distribute newsletter 2 to 3 times per year	Continuously	Implemented as planned
Depending on available resources: develop a materials page for the website in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House, other regional HEPA networks web sites', IPEN etc.		Not implemented

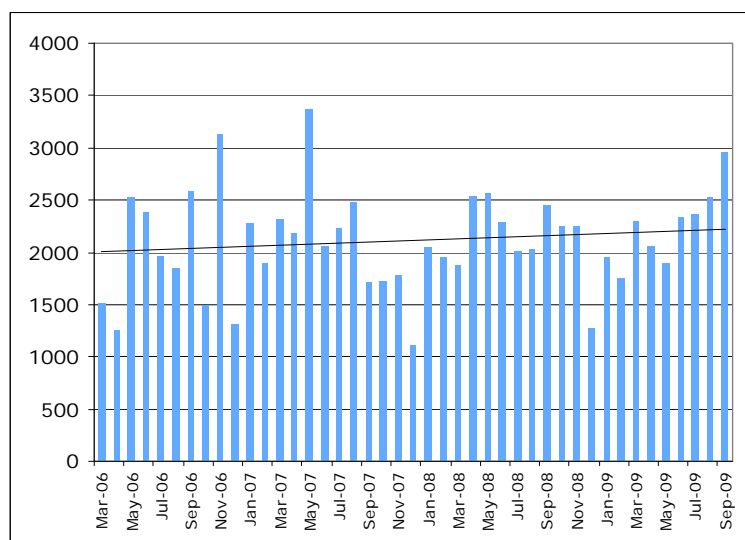
The website was updated regularly but again, due to limited resources a materials page could not yet be developed.

User statistics are available as of March 2005 (see Figure 1 below). They show a fluctuating but overall slightly increasing number of page views, also confirmed by the development of average page views per day: in 2006 on average the page attracted 65 page views per day, in 2007 69, in 2008 70 and in 2009 (until September) 74. Among the WHO Regional Office for Europe programme sites, it usually ranks around twenty-fifth.

Peaks could usually be linked to activities such as news alerts or announcements of meetings and events. The annual meetings seem to attract an increasing number of viewers every year. Most popular pages in the last year were the home page (33% of page views), the "about HEPA Europe page" (9%) with information on objectives, meetings, members and work

programmes, and the publications page (7%). The member institutions page (5%) ranked this year fifth while it had been the third-most popular page the year before. This year, also the “projects and activities” page (5%) ranked slightly higher.

Figure 1: Total number of page views of the HEPA Europe web site (hits by WHO personnel excluded), March 2006 to September 2009, and trend line



6.2 Fifth annual meeting of the HEPA Europe network 2009

Aim of the activity

The meeting will be held to review and discuss recent, relevant international developments as well as national approaches with regard to physical activity promotion, to re-elect the Steering Committee and accept 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 ad-hoc task forces and working groups as necessary.

In charge/participants

In charge: Public Health Service, Emilia Romagna Region, Bologna, Italy; WHO European Centre for Environment and Health, Rome office and Steering Committee.

Participants: HEPA Europe members and other interested parties.

Summary of the state of affairs

Steps	Work programme 2008/09	State of affairs
Discuss ideas for programme structure and key note speakers	Winter 2008	Implemented as planned
Develop a draft meeting programme, invite key note speakers	Winter 2008	Implemented as planned
Add a page announcing the meeting to the website, develop the information circular with the organizers	Spring 2009	Implemented as planned
Send out draft programme and call for contributions and registration	Spring to summer 2009	Implemented as planned (1 st call published in June 2009)
Organize handling of incoming registrations and contributions with organizers	Summer 2009	Implemented as planned
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2009	Implemented as planned
Carrying out the meeting	11-12 November 2009	Implemented as planned

The 5th annual meeting was successfully organized on 11-12 November 2009, hosted and supported by the Public Health Service, Emilia Romagna Region in Bologna, Italy. On 11 June, abstract submission opened and until 31 July 2009, 37 abstracts for posters were submitted of which 36 were accepted and 33 were shown at the meeting. The abstracts were reviewed by Mr Brian Martin, Mr Jean-Michel Oppert and Ms Mireille van Poppel, in coordination with the secretariat of HEPA Europe.

Registration opened on 3 September. 151 participants from 23 countries participated at the meeting. In comparison to the 4th annual meeting, the number of participants increased by 70% and the number of countries by 21%.

6.3 Dissemination of the advocacy booklets on physical activity

Aim of the activity

Further dissemination to maximize the use and national or sub-national implementation of the booklets *Physical activity and health: evidence for action* and *Physical activity: Physical activity promotion in urban environments: the role of local governments*.

In charge/participants

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

Participants: members of HEPA Europe and contacts from mailing list, WHO/Europe Healthy Cities and urban governance programme.

Possible partners

Other interested parties in Member States.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Follow-up of contracts and declarations of interest to translate and produce the booklet (pending: French, Spanish, Swedish, Turkish)	Continuously	Implemented as planned (French, Turkish, Spanish published, Swedish pending)
Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy	Summer 2009	Continuous dissemination

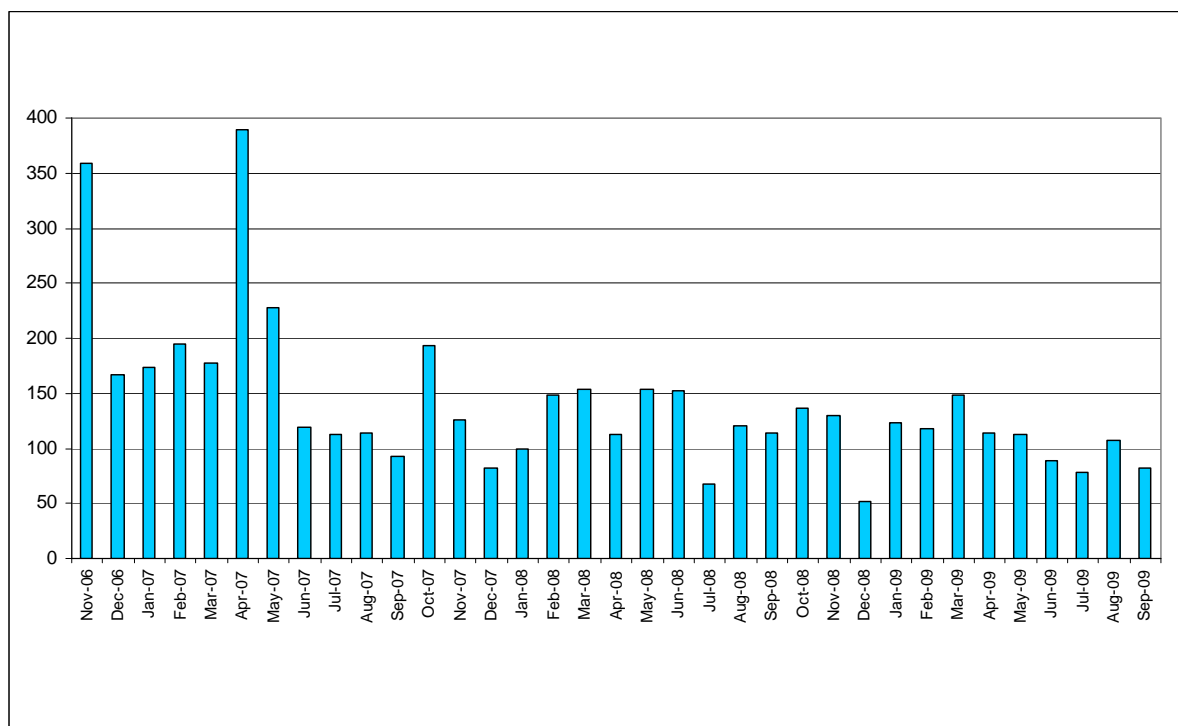
The advocacy booklets continue to be very successful advocacy products. The following 10 language versions are now available⁸ or underway for *Physical activity and health: evidence for action*: Danish, English, French, Italian, Japanese, Slovenian, Turkish, Spanish, Portuguese and Russian.

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

Until September 2009, over 3000 printed copies of the English language version of *Physical activity and health: evidence for action* and about 600 copies of the Russian version were disseminated. Almost 5.000 copies have been downloaded from the website in English and 670 in Russian. Since the launch of the booklets in November 2006, every week on average 33 English copies have been downloaded. Figure 2 shows the monthly number of downloads, which has remained largely stable since mid-2007 with about 100 downloads per month.

⁸ See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2, last accessed on March 2010 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1, last accessed on March 2010.

Figure 2: Monthly number of downloads of *Physical activity and health: evidence for action*, November 2006 to September 2009 (English version)



6.4 International inventory of documents on physical activity promotion

Aim of the activity

To facilitate access of the Member States to available information, to allow evaluation of achievement of key commitments taken by Member States and to develop a framework for process evaluation of physical activity promotion at the national level.

In charge/participants

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

Participants: Interested parties of HEPA Europe (mailing list) and other contact persons, HOPE project, WHO/Europe Noncommunicable Disease and Environment Unit (Copenhagen office), national focal points from EU-countries of the WHO/Europe-DG Sanco project on “Monitoring progress on improving nutrition and physical activity and preventing obesity”.

Possible partners

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

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Scientific publication on content analysis of 27 national policy documents: reply to reviewer's comments and finalize publication	Autumn to winter 2008	In press with the Journal of Physical Activity and Health
Update inventory with available information, particularly on approaches in children	Winter to spring 2009	Implemented with slight delay
Integration of further documents into the online inventory as notified by HEPA Europe mailing list members, THE PEP Task Force on Cycling and Walking, NCL-NFS focal points	Continuously	Implemented as planned
Integration of inventory into a WHO/Europe database on nutrition, physical activity and obesity	Winter 2008 to summer 2009	Implementation underway, delayed

In October 2009, the inventory contained information on 460 documents from 35 European and 3 non-European countries.

The following 322 documents from European Region countries can be found in the inventory from public health, sport, transport or environment sectors:

- 102 national⁹ policy documents from 28 countries;
- 12 legislative documents from 11 countries;
- 29 recommendations or guidelines from 13 countries;
- 129 knowledge and information documents from 14 countries;
- 50 activities and programmes from 14 countries; and
- 44 case studies from 10 countries.

In addition, seven countries reported that they have not yet developed a national policy document on physical activity promotion. Most of the new information in the last year has been collected through the joint WHO/EC project on Monitoring progress on nutrition, physical activity and obesity (see also chapter 4). As part of this project, information templates have been disseminated to the 27 EU countries for completion in early 2009, followed by a second template in fall 2009. The full template was sent to the non-EU countries in fall 2009 for completion until the end of 2009 and the additional information received will also be entered into the inventory.

The integration of inventory into a new WHO/Europe database on nutrition, physical activity and obesity has been slightly delayed but is underway and foreseen to take place in early 2010, also within the framework of the joint WHO/EC project on monitoring.

⁹ Including 27 sub-national policies from 3 countries, due to their federal structure.

6.5 Case studies of collaboration between the physical activity promotion and the transport sector

Aim of the activity

To develop and disseminate an overview of European experiences on cooperation between the physical activity promotion and other sectors, mainly transport.

In charge/participants

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

Possible partners

WHO/Europe Noncommunicable Disease and Environment Unit (Copenhagen office).

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Dissemination of the report and online version at suitable events	Continuously	Implemented as planned
Extension of online inventory with additional case studies: as received and depending on available resources	Continuously	Not implemented

The case study summary booklet was disseminated at different meetings and events. It has also been requested by various libraries.

7. Projects, reports and products

7.1 National approaches and networks for physical activity promotion

Aim of the activity

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

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

In charge/participants

In charge: Members of the working group:

- a) Confirmed members: Mr Radim Šlachta – Palacky University, Czech Republic (co-chair), Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands (co-chair), Mr Alberto Arlotti, Emilia Romagna Region, Italy, Mrs Fiona Bull - Global Alliance on Physical Activity (GAPA), Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland, Ms Flora Jackson – NHS Health Scotland, United Kingdom, Mr Jyrki Komulainen, Fit for Life programme, Finland, Ms Rute Santos, Faculty of Sport, University of Porto Portugal, Mr Oliver Studer – HEPA Switzerland/BASPO, Ms Heidi Tomten – Directorate for Health and Social Affairs, Norway, Ms Birgit Wallmann, Centre of Health, German Sports University Cologne, Ms Jozica Maučec-Zakotnik and Ms Janet Djomba, CINDI programme, Slovenia CINDI programme, Slovenia.
- b) Observers: Ms Elena Subirats, Accion para el bienestar y la Salud, Mexico, Ms Wendy Creelman, Canada.

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

Possible partners

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

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Finalization of working definition of national approaches in Europe and definition of next steps: at workshop on national approaches, November 2008, Wageningen, the Netherlands	Autumn 2008	Implementation as planned

Eleven members of the work group met on 13 November 2008 in Wageningen, back to back with the workshop on national approaches, to discuss the work steps. The other members of the working group were invited to share their expectations via email. It was decided that as first activity, case study stories on the different national approaches to physical activity promotion shall be developed. A consultant will be mandated with the development of a template and procedure under the lead of the co-chairs of the working group and in coordination with the secretariat. A first group of countries could then develop case studies to test the template and inspire interest of other countries to follow. As a second step, a comparative analysis of the different case studies could be carried out. GAPA has also indicated interest to collaborate on the development of country case studies as such a template could be applied internationally, in line with GAPA's work plan. As other possible activities, the challenges of and experiences with intersectoral collaboration or how to reach low socioeconomic groups of the population could be addressed.

It was also decided that NISB should continue to lead the overall process and the work group. GAPA, with support from the BHF National Centre on Physical Activity and Health, would lead the specific technical activity on country case studies. A work meeting on the country

case studies will be hosted by NISB in early 2010. A pledge to host another meeting of the working group has been received from Mr Jyrki Komulainen, Fit for Life Program, Finland, as a pre-congress workshop in June 2010, just before 13th World Sport for All Congress (14-17 June 2010¹⁰).

The work group also met on 11 November on the occasion of the 5th annual meeting of HEPA Europe to discuss progress and finalize the work plan for 2009/2010.

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

Aim of the activity

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a Health Economic Assessment Tool (HEAT) for cycling and its user guide were developed¹¹.

This project also supports the implementation of the UNECE/WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹² and specifically its activities on walking and cycling.

In charge/participants

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

Participants:

Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dinsdale, South-East Public Health Observatory, United Kingdom; Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Charlie Foster, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom, Members of the Steering Committee, THE PEP Task Force on Cycling and Walking, advisory group of international experts.

Possible partners

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

¹⁰ www.sportforall2010.org

¹¹ http://www.euro.who.int/eprise/main/WHO/Progs/TRT/policy/20070503_1, last accessed on March 2010.

¹² www.thepep.org

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Further dissemination of HEAT for cycling products	Continuously	Implementation as planned
Start development of HEAT for walking / 2 nd project phase: depending on final decision of donors	Possibly spring 2009	Delayed
Update review on existing approaches to the inclusion of health effects related to walking in cost-benefit and cost-effectiveness analyses; identify study to derive dose-response curve as basis for the HEAT for walking tool, develop draft methodology	Month 4 after start	Delayed
International expert workshop	Month 7	Delayed
Finalization of the HEAT for walking tool based on the feedback from the workshop, development of a user guide and updating of the guidance document	Month 11	Delayed
Launch and dissemination	Month 11 to 14	Delayed

Out of 147 submissions, the Health Economic Assessment Tool (HEAT) for cycling was one of 7 shortlisted projects for the British Chief Medical Officer's (CMO) Public Health Award 2009¹³. Mr Nick Cavill, Cavill Associates, and Mr Harry Rutter, National Obesity Observatory, England, United Kingdom had presented the project. Given that HEAT for cycling had only been adopted by the English Department of Transport in spring 2009 and that the tool is not a classic health promotion approach, the short listing for this prestigious award can in itself be seen as a clear recognition of this health-in-all policies approach.

After the launch of an initial version in fall 2007 at a scientific conference, the official public launch of the current version of HEAT for cycling took place in the framework of the Third High-level Meeting on Transport, Environment and Health of THE PEP in January 2009¹⁴. Since fall 2007, the products have found a wide audience. The project website¹⁵ has been visited over 5700 times; the products have been downloaded over 600 times. In several countries within and outside the European Region, the tool has already been taken up by practitioners (Austria, Czech Republic, United Kingdom/Scotland, New Zealand) or found its way into the political decision making process through consideration or inclusion into the official toolbox for economic valuation of transport infrastructure (Sweden, United Kingdom/England)¹⁶.

In addition, a scientific publication on "Health in All Policies" in practice: guidance and tools to quantify the health effects of cycling and walking has been accepted for publication in a special issue of the Journal on Physical Activity and Health on "Policy approaches to increasing physical activity".

Contract negotiations for the second project phase to develop a HEAT for walking have been delayed and are still underway; the project is foreseen to start in late 2009.

¹³ <http://www.cmoawards.org.uk/finalists.aspx>

¹⁴ http://www.euro.who.int/transport/policy/20080820_2, last accessed on March 2010.

¹⁵ http://www.euro.who.int/transport/policy/20070503_1, last accessed on March 2010.

¹⁶ http://www.euro.who.int/transport/policy/20090119_2, last accessed on March 2010.

7.3 Economic valuation of transport-related health effects: review of methods and development of practical approaches, with a special focus on children

Aim of the activity

The project aims at the:

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

The activity follows up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004¹⁷. This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁸ and specifically its activities on walking and cycling.

In charge/participants

In charge: Consultants (Ecoplan, Switzerland and National Institute for Public Health and the Environment, RIVM) and WHO European Centre for Environment and Health, Rome office.
Participants: Task Force on Cycling and Walking of THE PEP, Steering Committee and advisory group of 14 international experts.

Possible partners

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

¹⁷ http://www.euro.who.int/transport/publications/20060112_1, last accessed on March 2010.

¹⁸ www.thepep.org

¹⁹ <http://www.proneteurope.eu/>

²⁰ <http://www.intarese.org/>

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Finalization of the report	Autumn 2008	Implemented as planned
Development of a summarizing brochure	Winter 2008	Implemented as planned
Launch at the Third High-level meeting on Transport, Environment and Health (22-23 January 2009, Amsterdam)	Winter 2008	Implemented as planned
Identify further opportunities for dissemination	Continuously	Implemented as planned

After a complex development process, the main report, as well as a summary brochure²¹, were launched at the Third High-level meeting on Transport, Environment and Health in January 2009.

The topics discussed in the reports include road noise, transport-related air pollution, road safety and insufficient physical activity related to transport that hinders commuter cycling and walking. In developing the proposed practical approach based on the best available evidence, attention was given to orient the reader to select the best approach taking into account the specific conditions and possible limitations (such as concerning the availability of some input data) in different countries or subnational study areas. The approach also highlights methodological limitations and uncertainty and acknowledges where gaps exist. The report also discusses how to bring different components together to estimate total health costs due to road transport considering several health effects.

Specific models and practical example were developed for traffic crashes, transport-related air pollution and noise. Current evidence did not yet allow proposing a complete model for transport-related insufficient physical activity, but two main issues – the apportionment and the calculation of morbidity costs – and ideas for calculating the costs of all-cause mortality are addressed. Interactions between exposures, specifically cycling, walking, air pollution and traffic safety were also discussed.

The print products have been disseminated at various events and meetings and have been downloaded about 350 times from the website.

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

Aim of the activity

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

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

²¹ http://www.euro.who.int/transport/policy/20090115_2, last accessed on March 2010.

In charge/participants

In charge: Christoph Nützi, BASPO, Switzerland.

Participants:

1) Core group:

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

2) Working group:

Participants of the meeting in Magglingen, Switzerland²² (November 2006), other interested parties.

Possible partners

British Heart Foundation Health Promotion Research Group.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
In depth analysis of 6-12 national programmes and approaches	Spring 2009	Implemented as planned
Follow-up meeting of the working group in Örebro, Sweden	Spring 2009	Implemented as planned
Exploration of possibilities for a cross-country study on knowledge and attitudes of decision makers and stakeholders towards physical activity and sports promotion in European countries	Autumn 2009	Delayed, ongoing (discussed at 5 th annual meeting Bologna)
Exploration of needs and possibilities for a European exchange platform	Autumn 2009	Delayed, ongoing (discussed at 5 th annual meeting Bologna)

With support from seven sponsors from six different countries the proposed project of the British Heart Foundation (BHF) Health Promotion Research Group to conduct a further in-depth analysis of a selection of national approaches started at the end of 2008. A workshop was held in Örebro, Sweden, on 19-20 March 2009²³, hosted by NCFP Swedish National Centre for Child Health Promotion. The main purpose of the workshop with 12 participants was to bring together programme leaders of the projects selected for in-depth analysis to reflect on their programmes and share experiences on strategies that worked or did not work and solutions that could be recommended. The project consultants from the British Heart

²² http://www.euro.who.int/hepa/projects/20060918_1, last accessed on March 2010.

²³ http://www.oru.se/templates/oruExtNormal___55447.aspx

Foundation Health Promotion Research Group compiled a report based on the in-depth information gathered about each national programme.

Results were presented in Bologna on 11 November 2009 in a meeting of the work group.

7.5 HEPA promotion through primary care practice

Aim of the activity

Promote information sharing and the coordination across the Region of research and developmental activities aimed at the promotion of HEPA through primary care practices.

In charge/participants

In charge: Raphaël Bize, Department of Community Medicine and Public Health, University Outpatient Clinic, Lausanne, Switzerland.

Participants: Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Mina Aittasalo – UKK Institute for Health Promotion Research, Tampere, Finland; Mr Jean-Michel Oppert – University Pierre et Marie Curie, Paris6, France; Paolo Emilio Adami. SIAF-FiAF, Italy; Mr Narcis Gusi, University of Extremadura, Spain; Mr Matti Leijon, Linköping University, Sweden; Ms Rebekka Surbeck – BASPO, Switzerland.

Possible partners

Members of the advisory group, other partners to be defined by the working group.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Synthesis of parallel workshop at the 4 th annual meeting and feedback of the participants	End of 2008	Implemented as planned
Proposal for the content of a report (finalize concept, scope and purpose and approach, based on conclusions of the workshop)	Spring 2009	Delayed
Identify working group members contributing sections to the report	Spring 2009	Delayed
Writing of the sections	Autumn 2009	Delayed
Presentation of the work	5 th annual meeting 2009	Postponed

There have been a number of contacts of between members of the working group, particularly concerning the utilisation of existing experiences and materials. However, soon after the Glasgow Network Meeting the work group leader has moved to a new institution and was no longer able to lead the working group. The chairman of HEPA Europe has been in contact with possible successors, but these negotiations have been delayed by changes in the chairman's institutional situation.

Before the Bologna meeting, a core group within the working group has developed suggestions for the next steps forward.

7.6 Sport clubs for health

Aim of the activity

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

In charge/participants

In charge: Mr Jorma Savola - Finnish Sport For All Association.

Participants: Pekka Oja, former HEPA Europe network; WHO European Centre for Environment and Health, Rome office; HEPA Europe Steering Committee.

Possible partners

European Sport for All Network (ESFAN) – Trim and Fitness Association (TAFISA), International Sport and Culture Association (ISCA), European Nongovernmental Sport Organizations (ENGSO), European Confederation Sport and Health (CESS), DG Education and culture EAC - Sport unit, interested members of HEPA Europe.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Invitation to interested parties to join the working group	Early 2009	Implemented as planned
Decision about necessity to create a core group, if confirmed creation of core group	Early 2009	Implemented as planned
Telephone conference of core group or entire working group: definition of next steps, decision about possible meeting of the working group	Spring 2009	Implemented as planned
Implementation of first work steps	Summer 2009	Implemented as planned
Presentation of state of work	5 th annual meeting 2009	Implemented as planned

In early 2009, the report on the first workshop on Sport Clubs for Health (SCforH) in February 2008 was published in cooperation between TAFISA and HEPA Europe, including an initial concept for the Sport Clubs for Health Programme.

On 23-24 August 2009, the first SCforH project meeting of the HEPA Europe working group took place in Helsinki, Finland, organized and hosted by the Finnish Sport For All Association. The workshop aimed at to further develop:

- the key elements of the SCforH concept as a framework for health related programs in sport clubs;
- the guidelines for the SCforH programs on the basis of experiences made; and
- a more advanced SCforH concept.

It was attended by 19 participants from Estonia, Finland, Germany, Sweden and Mexico. Representatives from ENGSO and ISCA also participated in the workshop. The meeting identified the following issues that need to be further developed for more detailed and advanced SCforH guidelines:

- model certificate system for the quality assessment of sport clubs for health programmes;
- health profile of different sports;
- the special needs for the leadership and management of sports clubs as civic organization when organizing the health related PA; and
- funding system for the health-related PA promotion programs in the sports clubs.

The workshop also concluded that the updating of the SCforH guidelines needs clear time line with specified stages of work.

The work group also met on 11 November on the occasion of the 5th annual meeting of HEPA Europe to discuss progress and finalize the work plan for 2009/2010.

7.7 Framework for physical activity promotion policy

Aim of the activity

To develop an overall framework for physical activity promotion which is currently missing. This structure will also support defining the role of HEPA Europe within such a broader framework and it will thereby guide the future work (see also chapter 0).

In charge/participants

In charge: Ms Eva Martin-Diener and Mr Urs Mäder, Swiss Federal Institute of Sports, BASPO, Switzerland.

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

Possible partners

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

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Submit amended version based on reviewers' comments	End of 2008	Delayed
Finalize publication process	Summer 2009	Not implemented

The main authors considered submitting a different version of the paper, based on the received reviewer feedback. Mr Brian Martin has taken over the responsibility for the project. However, due to limited resources the project had to be postponed.

7.8 Publication on currently used recommendations for health-enhancing physical activity

Aim of the activity

The aim is to publish a short expert opinion paper which includes an overview of the recently proposed recommendations for health-enhancing physical activity and a discussion of the consequences to and possible action by the European HEPA community. The paper shall serve as a basis to assess the desirability and scope of establishing common European recommendations. The annual meetings of HEPA Europe will serve to explore the need and possibilities to reach a consensus on European level.

In charge/participants

In charge: Pekka Oja, Finland.

Participants: Mrs Fiona Bull – GAPA; Mr Mikael Fogelholm - Academy of Finland; Mr Brian Martin – BASPO, Switzerland; participants at the annual meetings of the HEPA Europe.

Possible partners

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

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Development of an amended draft manuscript of paper, reviewing the recommendations and guidelines by WHO, EC and the United States Department of Health. The paper will possibly also discuss the specific role of HEPA Europe.	Autumn 2008	Implementation as planned
Submission	Winter 2008/2009	Ongoing

The updated version of the publication has been submitted for review at the BMC Public Health journal in May 2009 and is now in review.

8. Teaching and education

8.1 HEPA Europe exchange programme

Aim of the activity

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

In charge/participants

In charge: Mr Winfried Banzer and Mr Christian Thiel – University of Frankfurt, Germany.
Participants: Ms Janet Djomba, CINDI Slovenia; Mr Urs Mäder – BASPO, Switzerland; Mr Jean-Michel Oppert - University Pierre et Marie Curie-Paris 6, France; Mr Michael Sjöström, Karolinska Institute, Sweden; representative of VU Medical Centre, the Netherlands.

Possible partners

To be defined by the work group.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Define next steps	Spring 2009	Implemented as planned
Define selection process for applicants and host institutions		Implemented as planned
Identify suitable funding source and apply for funding		Not implemented
Launch exchange programme		Not implemented
Evaluate exchange programme after 1 st year of implementation		Not implemented

The preparatory work on this activity has been concluded and the exchange programme could start. Also, further institutions had expressed their interest to join the activity, as had students enrolled in Master degree programmes.

However, no funding could be identified so far and as the lead institution for this activity has decided to focus its activities for the time being on the development of a teaching course, it has been decided to postpone the launch of an exchange programme.

In the meantime, interested institutions and applicants are invited to refer to Mr Thiel (c.thiel@sport.uni-frankfurt.de) who will organize a preliminary platform for exchange on an individual basis.

9. Activities to optimize the Network

9.1 Finalization of the impact model for HEPA Europe

Aim of the activity

To develop a model of how the stated aims of HEPA Europe shall be achieved (impact model). This includes an assessment of the most effective way to reach the formulated aims of the network and of its activities with regard to their contribution to these aims.

The impact model serves as basis to review current activities, to identify future main fields of activity and key partners as well as areas for further development and thus, the development of the future work programmes. The proposed framework for physical activity promotion policy will also be taken into account as a basis for the discussion.

The impact model has been developed in a series of guided brain storming sessions with the Steering Committee.

In charge/participants

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

Participants: -

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Dissemination of the final version (e.g. web site, brochure, visualization, possibly scientific publication)	Spring 2008	Implemented as planned
Integration of the conclusions based on the impact model in the next work programmes, and partner and members management	Continuously	Implemented as planned

The final version of the impact model has been published in the report of the 4th annual meeting²⁴. It has since been the basis of the development of the new work programme and the discussion of the partner and member management strategy.

²⁴ Impact model of HEPA Europe. In: 4th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 10 September 2008, Glasgow, United Kingdom. Annex 5, p. 54-74 (<http://www.euro.who.int/document/e92530.pdf>).

9.2 Management and interaction with members and partners

Aim of the activity

To develop and 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 model (chapter 0) will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge/participants

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

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

Possible partners

Representatives of key partner institutions and organizations.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Development of a member and partner management strategy, definition of next steps	Spring 2009	Implemented with a focus on the partner management strategy
Decision about update of the current version of the financing concept ²⁵	To be defined	Postponed
Development of a communication strategy	To be defined	Implementation delayed
Development of a recruitment strategy: identification of the target audience(s) for recruitment; specification the activities to be carried out	To be defined	Implementation delayed
Presentation and discussion of the strategies	At the 5 th annual meeting	Not implemented

At the 10th, 11th and 12th meeting of the Steering committee, half-day sessions were dedicated to the discussion and development of a partner management strategy. The main discussion topics were:

- vision, structure and long-term perspective for development of HEPA Europe;
- future structure and role distribution in HEPA Europe Steering Committee;
- future structure and institutional integration of secretariat;
- funding and in-kind contributions;

²⁵ HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

- need for structure to pool funds and projects; and
- collaboration with the European Commission.

The discussions also included the planned designation process for a WHO Collaborating Centre on Physical Activity and Health at the University of Zurich and the Swiss Federal Institute of Technology ETH, under the lead of Mr Brian Martin, and in collaboration with the Federal Offices for Sport and for Public Health as well as other national institutions. As part of its terms of reference and work-plan, the Centre could take up a supportive role for HEPA Europe, in close coordination and cooperation with the WHO Regional Office for Europe.

With Mr Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, a candidate for chairman was identified who will be proposed to the Network for election at the 5th annual meeting on 12 November 2009. New work arrangements for the Steering committee to provide stronger support to the chairman's work were also developed.

10. Possible future activities

10.1 Development of a teaching course on physical activity and public health

Aim of the activity

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

In charge/participants

In charge: Mr Winfried Banzer, Goethe University Frankfurt, Germany.

1) Scientific board:

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

2) Participants:

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

Possible partners

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

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Decision on definition of roles and time table	When chair nominated	Implementation started
Development and discussion of concept in working group		Ongoing
Contact potential partners		Ongoing
Decision about location and time for first course		Location: Frankfurt
Clarify organizational details (e.g. venue and facilities, potential delegates and participants, funding and teaching staff)		Ongoing
Advertise and promote course		Not yet started
Running of the course		Not yet started

The Goethe University Frankfurt, Germany, under the lead of Mr Winfried Banzer, has taken the initiative to start the preparations of a Summer School on Physical Activity and Health which could be developed further into a Teaching Course or possibly an international Masters Programme.

A phone conference took place in July 2009 with a core group of interested partners, consisting of the University of Frankfurt, the Institute of Social and Preventive Medicine of the University of Zurich, the Department of Public Health of the University of Oxford and the WHO Collaborating Centre for Physical Activity and Health at the CDC, Atlanta, USA. An informal meeting took place in September 2009 in Zürich with the University of Frankfurt, the Institute of Social and Preventive Medicine of the University of Zurich, the Swiss Institute for Technology, Zürich and the Free University Medical School, Amsterdam. First steps were discussed and existing courses were identified as possible partners. In a further phone conference in October 2009, further details regarding contents, organization and finances were discussed and future responsibilities defined.

The work group also met on 11 November on the occasion of the 5th annual meeting of HEPA Europe to discuss progress and finalize the work plan for 2009/2010.

10.2 Information material for migrant populations

Aim of the activity

To develop information material targeted at migrant populations who are often most in need of tailored information products.

In charge/participants

In charge: to be defined.

Participants: Mr Narcis Gusi – University of Extremadura, Spain; Mr Brian Martin, BASPO; Ms Mireille van Poppel, Free University Medical Center, the Netherlands.

Possible partners

Turkish Ministry of Health, others to be defined.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Will be defined by participants if project is implemented		Not started

This activity has not yet started as no lead institution came forward.

10.3 Occupational physical activity promotion

Aim of the activity

To promote physical activity in the workplace setting, including active commuting.

In charge/participants

In charge: to be defined.

Participants: Ms Ingrid Henriksen, Netherlands Organisation for Applied Scientific Research TNO, the Netherlands.

Possible partners

To be defined.

Summary of the state of affairs

Steps	Work programme 2008/2009	State of affairs
Will be defined by participants if project is implemented		Not started

This activity has not yet started as no lead institution came forward.

11. Publications

The following 14 publications were produced from October 2008 to October 2009 (in chronological order).

11.1 Scientific publications

- Cavill N, Kahlmeier S: Economic analyses of transport infrastructure and policies including health effects related to cycling and walking: A systematic review. *Transport Policy*, vol. 15(2008):291–304²⁶.
- Daugbjerg SB, Kahlmeier S, Racioppi F, Martin-Diener E, Martin B, Oja P, Bull F: Promotion of physical activity in the European region: content analysis of 27 national policy documents. *Journal of Physical Activity and Health*²⁷, 2009, 6:805-817.
- Kahlmeier S, Racioppi F, Cavill F, Rutter H, Oja P: “Health in all policies” in practice: guidance and tools to quantify the health effects of cycling and walking. *Journal of Physical Activity and Health*, “Policy approaches to increasing physical activity” supplement, in press.

11.2 Reports

- *4th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity*. Report of a WHO meeting. 10 September 2008, Glasgow, United Kingdom. Copenhagen: WHO Regional Office for Europe, 2009.
- Cavill N et al. *Methodological guidance on the economic appraisal of health effects related to walking and cycling: summary*. Economic assessment of transport infrastructure and policies. Copenhagen, WHO Regional Office for Europe, 2008 (<http://www.euro.who.int/document/e90944sum.pdf>, accessed 2 October 2009). Also available in German.
- Rutter H et al. *Health economic assessment tool for cycling (HEAT for cycling). Version 1.02*. Copenhagen, WHO Regional Office for Europe, 2008. (www.thepep.org/en/workplan/candw/documents/illustrative%20tool.zip, accessed 2 October 2009). Also available in German.
- Rutter H et al. *Health economic assessment tool for cycling (HEAT for cycling). User guide. Version 2*. Copenhagen, WHO Regional Office for Europe, 2008 (www.euro.who.int/Document/E90948.pdf, accessed 2 October 2009). Also available in German.
- Boesch HJ et al. *Economic valuation of transport-related health effects. Review of methods and development of practical approaches, with a special focus on children*. Transport, Health and Environment Pan-European Programme on Europe. Copenhagen/ Geneva, WHO Regional Office for Europe and United Nations Economic Council for Europe, 2009 (www.euro.who.int/Document/E92127.pdf, accessed 2 October 2009).

²⁶ <http://www.euro.who.int/Document/E92660.pdf>

²⁷ <http://hk.humankinetics.com/JPAH/journalAbout.cfm>

11.3 Information material

- *Economic valuation of transport-related health effects. Review of methods and development of practical approaches, with a special focus on children. Summary.* Transport, Health and Environment Pan-European Programme on Europe. Copenhagen/ Geneva, WHO Regional Office for Europe and United Nations Economic Council for Europe, 2009 (www.euro.who.int/Document/Trt/PEP_EconValSum.pdf, accessed 2 October 2009). Also available in Russian.
- Martin B: HEPA Europe and physical activity. *Newsletter of the Faculty of Public Health, United Kingdom*, June 2009:7.
- Kahlmeier S: WHO guidance and a practical tool for economic valuation of health effects from cycling and walking. *Newsletter of the Faculty of Public Health, United Kingdom*, June 2009:15.

11.4 HEPA Europe newsletters

- Issue 6, December 2008²⁸

Since January 2009, the newsletter has been replaced with e-mail alerts, of which so far two have been disseminated:

- Issue 7, April 2009
- Issue 8, May 2009

²⁸ Available from: www.euro.who.int/Document/HEPAN/HEPA_Eurnews_Dec08.pdf

ANNEX 5: HEPA EUROPE WORK PROGRAMME 2009/2010

1. Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 5th annual meeting in Bologna, Italy (November 2010), a number of activities were outlined to be carried out by the network in 2009/2010. A short version of this document is also available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in the work programme 2008/2009 is summarized in chapter 0. More detailed information can be found in the activity report 2008/2009.

In chapters 0 to 0, the implementation of the planned activities and projects for the period November 2009 to November 2010 will be described in more detail. Chapter 8 contains possible future activities for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 6th annual meeting of HEPA Europe to be held on 26 November 2010 in Olomouc, Czech Republic, hosted by Palacký University, Olomouc, back-to-back with the 2nd HEPA Europe conference on 24-25 November 2010.

2. Activity report 2008/2009 overview

Below, the state of affairs of the activities of the work programme 2008/2009 is summarized.

2.1 Networking and cooperation

Activity	State of affairs
Support and contributions to other conferences and events	Implemented as planned, ongoing
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing

2.2 Information dissemination

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing
Holding of the 5 th annual network meeting (11-12 November 2009, Bologna, Italy)	Implemented as planned, concluded
Dissemination of the advocacy booklets on physical activity	Implemented as planned, ongoing; development of communication strategy started
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Implemented as planned, ongoing
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing; development of communication strategy started

2.3 Projects, reports and products

Activity	State of affairs
Work group on national approaches for physical activity promotion	Implementation as planned, ongoing
Development of methods for quantification of health benefits from walking and cycling	Implemented as planned; follow-up project started
Development of methods for economic valuation of transport-related negative health effects (including on walking and cycling), with a particular focus on children	Implementation as planned, first phase concluded
Work group on exchange of experiences in physical activity and sports promotion in children	Implementation as planned, ongoing
Work group on HEPA promotion through primary care practice	Implementation ongoing, delayed
Work group on Sport Clubs for Health programme	Implementation as planned, ongoing
Publication of a framework for physical activity promotion policy	Implementation delayed
Publication on currently used recommendations for health-enhancing physical activity	Implementation as planned, ongoing

2.4 Teaching and education

Activity	State of affairs
Development of a HEPA Europe exchange programme	Implementation postponed

2.5 Activities aimed at optimizing the network

Activity	State of affairs
Finalization of the impact model for HEPA Europe of how the stated aims shall be achieved	Implementation as planned, concluded
Development of a concept for management and interaction with members of the network as well as key partner institutions and organizations	Partly implemented, ongoing

2.6 Possible activities to be launched later

Activity	State of affairs
Development of a European Region teaching course on physical activity and public health	Implementation started, ongoing
Development of information material for migrant populations	Not yet started
Occupational physical activity promotion, including active commuting	Not yet started

2.7 Publications

Activity	State of affairs
Publications (3 scientific publications, 5 reports, 3 information materials, 1 HEPA Europe newsletter and 2 electronic news alerts produced)	Continuous activity

3. Networking and cooperation

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

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

Aim of the activity

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

In charge/participants

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

Participants: Members of HEPA Europe.

Possible partners

As listed below.

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ²⁹	Continuously 2009/2010
<p>Continue existing coordination and cooperation, including:</p> <p>UN-activities and programmes</p> <ul style="list-style-type: none"> • WHO/Europe Noncommunicable Disease and Environment Unit: Support to implementation of the European Charter on Counteracting Obesity <ul style="list-style-type: none"> - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on “Monitoring progress on improving nutrition and physical activity and preventing obesity” - Move for Health Day 2010 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy cities and urban governance programme • UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> - Continue close working collaborations with THE PEP Task Force on Walking and Cycling through two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment <p>Research projects</p> <ul style="list-style-type: none"> • IMPALA project³⁰ (Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena), DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • LIFE CYCLE project³¹ (cycling as the natural means of transport into daily life) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • PASEO project (Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • TAPAS project (Transportation, air pollution and physical activities - an integrated health risk assessment programme of climate change and urban politics) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate <p>European Commission</p> <ul style="list-style-type: none"> • EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Information exchange through members of the Steering Committee - European Physical Activity Promotion Forum: close coordination and contributions as appropriate • DG Education and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> - Establishment of HEPA Europe - EU Contact Group 	<p>Continuously</p> <p>Spring 2010 Continuously</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p>
<p>Other European bodies</p> <ul style="list-style-type: none"> • Bodies and NGOs on sports (for all) promotion <ul style="list-style-type: none"> - Identification of all relevant groups and institutions 	Continuously

²⁹ 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>).

³⁰ <http://www.impala-eu.org/>

³¹ <http://www.lifecycle.cc/>

³² www.enwhp.org

³³ <http://easoobesity.org/>

<p>Other European bodies - continued</p> <ul style="list-style-type: none"> - Explore possibilities for further collaboration, e.g. regarding the chairmanship for Agita Mundo, observers in steering committees etc. - Definition of further steps: depending on outcome • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Network for Workplace Health Promotion³²: <ul style="list-style-type: none"> - Explore possibilities for further collaboration • The alliance / EOSE (European Observatoire of Sports and Employment³³) Working Conference <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	
<p>Global bodies</p> <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ contribute to activities, particularly the development of Toronto Charter on physical activity promotion ▪ depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion ○ regarding co-sponsorship of the 2nd HEPA Europe conference (24-25 November 2010, Olomouc, Czech Republic) • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p> <p>Continuously 3rd ICPAPH, May 2010</p> <p>Depending on time schedule</p> <p>Winter 2009/2010</p> <p>Continuously</p> <p>Continuously</p> <p>Continuously</p>
<p>Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises</p>	<p>Continuously</p>

3.2 Support and contributions to conferences and events

Aim of the activity

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

The use of the HEPA Europe design element will be permitted, if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other “Requirements for HEPA Europe - supported events” are met. The Steering Committee

strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO European Centre for Environment and Health, Rome office.

In charge/participants

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

Participants: -

Work steps

1) Supported events

The following events were under discussion for official support by HEPA Europe³⁴:

	By when
Autumn 2010: Workshop on challenges and solutions for intersectoral collaboration, Croatia (tentative)	
Decision about the support of these and possible further events by the Steering Committee	Continuously

2) Participation in other events

In the following events, members of the Steering Committee are participating and a presentation on behalf of and mentioning HEPA Europe will be held in 2009/2010:

	By when
<ul style="list-style-type: none"> • 19-23 March 2010: 11th Asia Pacific Sport For All Association (ASFAA) Congress³⁵, Tel Aviv, Israel - Presentation on "A multi-sectoral approach to fighting obesity" (Finn Berggren) • 5-8 May 2010: 3rd International Congress on Physical Activity and Public Health³⁶ (ICPAPH), Toronto, Canada: <ul style="list-style-type: none"> - National approaches to physical activity promotion in the European Region: examples and experiences (organizer: Sonja Kahlmeier, WHO/Europe) - Barriers to physical activity promotion in the public debate: how can we change preconceptions? (organizer: Sonja Kahlmeier, WHO/Europe) - Regional progress on developing national policy for physical activity (organizer: Fiona Bull, GAPA) • 1-5 June, 2010: 57th ACSM Annual Meeting and World Congress on Exercise is Medicine, Baltimore, United States of America <ul style="list-style-type: none"> - Presentation on HEPA promotion in primary care settings working group activities (Brian Martin et al.) • 14-17 June 2010: 13th World Sport for All Congress, Jyväskylä, Finland³⁷ <ul style="list-style-type: none"> - HEPA Europe symposium (organizers: Tomi Vasankari, Willem van Mechelen) 	
Decision about participation in these and possible further events by the Steering Committee	Continuously

³⁴ See "Requirements for HEPA Europe- supported events"

³⁵ <http://www.asfaa.org/news.asp>

³⁶ <http://www.cflri.ca/icpaph/>

³⁷ <https://www.jyu.fi/en/congress/sportforall2010/>

4. Information dissemination

4.1 HEPA Europe website

Aim of the activity

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

In charge/participants

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

Participants: Information Outreach Department, WHO/Europe, Rome office; 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 Annex 5, 4.3) and updates of the international inventory on physical activity promotion (see Annex 5, 4.4)	Continuously
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously
Depending on available resources: develop a materials page for the physical activity related websites, in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House, other regional HEPA networks web sites', IPEN etc.	Continuously

4.2 Sixth annual meeting of the HEPA Europe network and 2nd HEPA Europe conference

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new work groups as necessary. The 6th annual meeting will take place on 26 November 2010, hosted by Palacký University, Olomouc, Czech Republic.

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

In charge/participants

In charge: Palacký University, Olomouc, Czech Republic; WHO European Centre for Environment and Health, Rome office, and Steering Committee.
Participants: HEPA Europe members and other interested parties.

Possible partners

European Commission, other networks and institutions interested in HEPA.

Work steps

	By when
Discuss ideas for programme structure and key note speakers	ongoing
Add a page announcing the meeting to the website	End of 2009
Send out programme outline and first call for contributions	End of 2009
Invite key note speakers	Early 2010
Develop the information circular with the organizers and open registration	Spring 2010
Organize handling of incoming registrations and contributions with organizers	Summer 2010
Develop the background documents and support hosts in preparing and carrying out the meeting	Autumn 2010
Carrying out the meeting and conference	24-26 November 2010

4.3 Dissemination of products and publications of HEPA Europe

Aim of the activity

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

In charge/participants

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

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

Possible partners

Other interested parties in Member States.

Work steps

	By when
Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity: Physical activity promotion in urban environments: the role of local governments</i>) <ul style="list-style-type: none"> • Follow-up of contracts and declarations of interest to translate and produce the booklet (pending: German, Swedish, Turkish) 	Continuously
<ul style="list-style-type: none"> • Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see Annex 5, 0) 	Continuously
Case studies of collaboration between the physical activity promotion and the transport sector <ul style="list-style-type: none"> • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources 	Summer 2009 Continuously Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for cycling products and support for applications of HEAT for cycling tool	Continuously
Dissemination of HEPA Europe annual meeting reports at suitable events (see also Annex 5, 0)	Continuously
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, at suitable events and to suitable target groups	Continuously

4.4 International inventory of documents on physical activity promotion

Aim of the activity

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

In charge/participants

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

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

Possible partners

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

Work steps

	By when
Update inventory with available information, particularly on national case studies on physical activity promotion approaches (see Annex 5, 0) and “sport clubs for health” programme applications (see Annex 5, 0)	6 th annual meeting, November 2010
Integration of further documents into the online inventory as notified by joint WHO/DG Sanco Monitoring project and HEPA Europe mailing list	Continuously
Integration of inventory into a WHO/Europe database on nutrition, physical activity and obesity	Spring 2010
Report on state of affairs of Member States reaching the commitments taken in the WHO European Charter on Counteracting Obesity, the 2 nd Food and Nutrition Action Plan and White Paper on Obesity	September 2010, WHO/ European Regional Committee meeting

5. Projects, reports and products

5.1 National approaches to physical activity promotion

Aim of the activity

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

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

In charge/participants

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

Members of the working group:

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

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

Possible partners

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

Work steps

	By when
Development of the first 3 case studies, based on the concept and draft matrix/checklist for templates on country's approaches and experiences on physical activity promotion, taking into account comments from the work group meeting at the 5 th annual meeting (November, Bologna)	Early 2010
Work meeting of the project participants and other interested work group members at NISB in Wageningen, the Netherlands, to discuss the draft examples, experiences made with template and checklist	April 2010
Possibly ad-hoc meeting at the 3 rd International Congress on Physical Activity and Public Health (ICPAPH, Toronto)	May 2010
Work group meeting in Jyväskylä, Finland to present and discuss the first 3 examples and lessons learned and the final draft template and checklist, identify of up to 5 further case study countries and responsible institutions	June 2010
Finalization of template and checklist, start the 5 further case studies	Summer 2010
Preparation of a summary booklet, including the case studies with introduction and summary sections	Winter 2010
Symposium/presentation of case studies at the 2 nd HEPA Europe conference	24-25 November 2010
Meeting of the work group at the 6 th annual meeting	26 November 2010

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

Aim of the activity

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed³⁸.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)³⁹ and specifically its activities on walking and cycling.

³⁸ http://www.euro.who.int/eprise/main/WHO/Progs/TRT/policy/20070503_1, last accessed on March 2010.

³⁹ www.thepep.org

In charge/participants

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

Participants:

- 1) *Project core group*: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Charlie Foster, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom
- 2) *Participants*: advisory group of international experts; interested members of the Steering Committee, THE PEP Task Force on Cycling and Walking.

Possible partners

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

Work steps

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

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

Aim of the activity

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

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

In charge/participants

In charge: Christoph Nützi, BASPO, Switzerland.

Participants:

1) Core group

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

2) Working group

Participants of the meeting in Magglingen, Switzerland⁴⁰ (November 2006), other interested parties.

Possible partners

Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY⁴¹), Mr Johannes Brug, VU UNIVERSITY Medical Centre, the Netherlands.

Work steps

	By when
Organization of the core-group	Winter 2009/2010
Workshop in Caceres, Spain	Spring 2010
Develop “key-points from previous experience for building capacities / resource of knowledge” based on the report (in-depth analysis of 6 national programs and approaches)	Summer 2010
Exploration of possibilities for a cross-country study on knowledge and attitudes of decision makers and stakeholders towards physical activity and sports promotion in European countries: to be discussed in core group	
Presentation of the final guidance	6 th annual meeting, 24-26 November 2010

5.4 HEPA promotion in primary care settings

Aim of the activity

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

⁴⁰ http://www.euro.who.int/hepa/projects/20060918_1, last accessed on March 2010.

⁴¹ www.projectenergy.eu

In charge/participants

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

Participants: Mrs Mina Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Matti Leijon, Center for Primary Health Care Research, Sweden; Mr Raphaël Bize, Department of Community Medicine and Public Health, University Outpatient Clinic, Switzerland; Paolo Emilio Adami. SIAF-FiAF, Italy; Mr Narcis Gusi, University of Extremadura, Spain; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Jean-Michel Oppert; Paris VI University, France.

Possible partners

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

Work steps

	By when
First draft for overview of existing approaches in PA promotion in primary care	Spring 2010
First draft for overview of implementation efforts and strategies at the local and national level	Spring 2010
First draft for overview of International cooperation projects	Spring 2010
Presentation at ACSM’s Exercise is Medicine Conference, Baltimore	1-3 June 2010
Explore possibilities for establishing collaboration with expert centers for implementation efforts and strategies in other fields (e.g. health promoting hospitals)	Summer 2010
Explore feasibility of collection of tools for PA promotion in primary care	Summer 2010
Explore feasibility of an overview concerning health-care related health promotion interventions, using multidimensional approaches including HEPA	Summer 2010
Presentation of results and next work steps at 6th annual meeting of HEPA Europe	26 November 2010

5.5 Sport clubs for health

Aim of the activity

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

In charge/participants

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

Participants:

1) *Core group:*

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

2) *Working group:*

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

Possible partners

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

Work steps

	By when
Set up the HEPA Europe's SCforH working group	5 th annual meeting 2009
Development of draft detailed guidelines for SCforH	Spring 2010
DG EAC project related meetings of work packages	Spring-summer 2010
Present the draft of final guidelines in an SCforH satellite seminar organized in the connection of the 13 th IOC World Sports For All Congress in Jyväskylä, Finland	13-14 June 2010
DG EAC project related meetings of work packages	Late summer 2010
Finalization of the guidelines	Autumn 2010
Presentation of the final guidelines at the 6 th annual meeting	26 November 2010

5.6 HEPA promotion in socially disadvantaged groups

Aim of the activity

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

- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;

- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

In charge/participants

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

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

Possible partners

To be defined.

Work steps

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

5.7 Occupational HEPA promotion

Aim of the activity

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

In charge/participants

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

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

Possible partners

To be defined.

Work steps

	By when
Finalize definition of work group members and identify possible partners	Winter 2009/2010
Phone conference with all members to discuss and finalize work steps and divide activities Possible work steps include: <ul style="list-style-type: none"> • Draft overview of existing activities in several European countries, including national programmes and networks (based on ongoing PhD-thesis, VU University Medical School) • Dissemination of draft to work group members for feedback and input • Phone conference or meeting to discuss final draft overview 	Spring 2010
Report on activities and first results at the 6 th annual meeting	26 November 2010

5.8 Monitoring and surveillance of physical activity

Aim of the activity

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

In charge/participants

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

Participants:

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

Possible partners

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

Work steps

	By when
Overview of international projects in the field	Spring 2010
Identification of possibilities for collaboration and support	Spring 2010
Definition of next steps accordingly	Summer 2010
Presentation of activities of working group at the 6 th annual meeting	26 November 2010

5.9 Publication on framework for physical activity promotion policy

Aim of the activity

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

In charge/participants

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

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

Possible partners

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

Work steps

	By when
Submit amended version based on reviewers' comments	Summer 2010
Finalize publication process	Depending on review

6. Teaching and education

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

Aim of the activity

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

In charge/participants

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

Participants:

1) *Scientific board:*

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

2) Participants:

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

Possible partners

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

Work steps

Perspectives include:

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

	By when
Contacting possible partners, collecting experience from other programs	Winter 2009
Incorporation of suggestions from 5 th annual meeting, Bologna	Winter 2009
Identification of funding sources and clarification organizational details (e.g. venue and facilities)	End of 2009
Teleconference with core group on final concept and next steps	Early 2010
Depending on identified funding: <ul style="list-style-type: none"> - Developing contents in cooperation with potential faculty - Official invitation of faculty to participate - Developing information material (poster, flyer, web page) - Defining the deadline for application - Assessment of applications - Launching of the first course 	<p>Winter 2009</p> <p>Winter 2009</p> <p>Winter 2009</p> <p>Winter 2009</p> <p>March 2010</p> <p>July 2010</p>

7. Activities to optimize the Network

7.1 Management and interaction with members and partners

Aim of the activity

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

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

In charge/participants

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

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

Possible partners

Representatives of key partner institutions and organizations.

Work steps

	By when
Implementation the partner management strategy	Continuously
Update of the financing concept ⁴²	Summer 2010
Development of a communication strategy: <ul style="list-style-type: none"> • Situation analysis <ul style="list-style-type: none"> ○ overview of all relevant other institutions and bodies promoting physical activity in Europe ○ organizational background ○ external / public environment • Definition of communication objectives • Definition of target audiences • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	<p>End of 2009</p> <p>Spring 2010 Spring 2010</p> <p>Summer 2010</p> <p>Summer 2010</p> <p>Autumn 2010</p> <p>Autumn 2010</p> <p>6th annual meeting, November 2010</p>
Development of a member and recruitment strategy: <ul style="list-style-type: none"> • Member survey to assess satisfaction, expectation and needs • Presentation of results and decision on next steps with regard to the future recruitment strategy 	<p>Summer 2010</p> <p>6th annual meeting, 24 November 2010</p>

⁴² HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

8. Possible future activities

8.1 HEPA Europe exchange programme

Aim of the activity

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

In charge/participants

In charge: to be defined.

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

Possible partners

To be defined by the work group.

Work steps

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

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

Work steps could include:

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

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

Aim of the activity

The first phase of this project included:

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

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004⁴³.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)⁴⁴ and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge/participants

In charge: to be defined.

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

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET⁴⁵ and INTARESE⁴⁶ project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States.

Work steps

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

⁴³ http://www.euro.who.int/transport/publications/20060112_1, last accessed on March 2010.

⁴⁴ www.thepep.org

⁴⁵ <http://www.proneteurope.eu/>

⁴⁶ <http://www.intarese.org/>

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

	By when
Will be defined by participants if project is implemented	

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

Aim of the activity

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

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

In charge/participants

In charge: to be defined.

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

Possible partners

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

Work steps

	By when
Will be defined by participants if project is implemented	

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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 5th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was kindly hosted by the Public Health Service, Emilia-Romagna Region, Italy. It was attended by 151 participants from 22 European countries and from Canada and a representative of the European Commission. The event was opened with a symposium on "Perceptions of the urban environment and physical activity", followed by meetings of four HEPA Europe working groups. At the annual meeting, progress made in HEPA Europe's work programme for the previous year was discussed. Participants discussed and adopted the activity report 2008 / 2009, the work programme 2009/ 2010 and amended Terms of Reference for HEPA Europe and its Steering Committee.

In addition, 14 new membership applications and 2 applications for observer status were confirmed and the Steering Committee was elected, as well as a new chairman. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed including new activities on socially disadvantaged groups and on occupational physical activity.

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