

HEPA Europe

European network for the promotion of Health-Enhancing Physical Activity

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



At the 7th annual meeting in Amsterdam, the Netherlands (October 2011), the following work programme was endorsed for the period October 2011 to September 2012. At the next annual meeting in September 2012 in Cardiff, United Kingdom, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Networking and cooperation

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

2. Information dissemination

Title and aim of the activity
Input and support to regular updating and further development of the HEPA Europe website (www.euro.who.int/hepa)
Holding of the 8 th annual meeting and symposium of HEPA Europe (26-27 September 2012) (Cardiff, United Kingdom)
Dissemination of products and publications of HEPA Europe, including translations
Support WHO Regional Office for Europe in the identification, integration and analysis of further documents on physical activity in the database on nutrition, obesity and physical activity (NOPA)

3. Projects, reports and products

Title and aim of the activity
Finalization of analysis and publication of 7 case studies of national approaches to physical activity promotion and sharing of experiences among Member States
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents
Establish exchange platform on active ageing – physical activity promotion in elderly
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on evaluation approaches
Promote information sharing and coordination on the promotion of HEPA in health care settings
Establish partner cooperation for the implementation of the Sport Clubs for Health Programme
Collection and analysis of examples of approaches to HEPA promotion at the work place
Continue studying and development of synergies between HEPA promotion and injury prevention
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking through the Health Economic Assessment Tools (HEAT) for cycling and for walking as well as further refinements of the methodology
Initiate the development of recommendations on monitoring and surveillance of physical activity for young people

4. Optimizing the network

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