

# FOURTEENTH ANNUAL MEETING OF HEPA EUROPE

European network for the promotion of health-enhancing  
physical activity





**World Health  
Organization**

REGIONAL OFFICE FOR **Europe**

# Fourteenth annual meeting of HEPA Europe

European network for the  
promotion of health-enhancing  
physical activity

**Report of a WHO meeting  
15 – 17 October 2018  
London, United Kingdom**

## ABSTRACT

The 14<sup>th</sup> annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) has taken place in the framework of the 7<sup>th</sup> International Society for Physical Activity and Health (ISPAH) congress in London, United Kingdom, kindly hosted by ISPAH, Public Health England and Sport England. The meeting included parallel sessions of 8 HEPA Europe working groups on 15 and 16 October 2018. At the annual meeting on 17 October, 47 participants took part from 19 European countries, as well as representatives from the United States, Japan and from the World Health Organization, Regional Office for Europe. Progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2017/2018 and the work programme 2018/2019. They also took note of the results and next steps of the "Early career survey". In addition, they discussed and adopted the introduction of a chair-elect for the HEPA Europe Steering Committee. . Finally, 4 new membership applications were confirmed.

### Keywords

HEALTH PROMOTION  
HEALTH PLANNING  
PHYSICAL FITNESS  
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## CONTENTS

<b>1</b>	<b>Introduction and overview .....</b>	<b>5</b>
1.1	Acknowledgements.....	6
<b>2</b>	<b>HEPA Europe contributions to the ISPAH Congress.....</b>	<b>6</b>
<b>3</b>	<b>Parallel sessions of HEPA Europe working groups and related events... </b>	<b>6</b>
3.1	Policy approaches to HEPA promotion .....	6
3.2	Exchange of experiences in physical activity and sports promotion in children and adolescents.....	7
3.3	Active ageing: physical activity promotion in elderly.....	7
3.4	HEPA promotion in socially disadvantaged groups.....	8
3.5	HEPA promotion in health care settings.....	8
3.6	Environmental approaches to HEPA promotion .....	8
3.7	Workplace HEPA promotion.....	9
3.8	Sport Clubs for Health.....	9
3.9	Evaluation of the working group sessions.....	9
<b>4</b>	<b>Report of the 14<sup>th</sup> annual meeting .....</b>	<b>10</b>
4.1	Introduction .....	10
4.2	Membership applications and overview of membership .....	10
4.3	Activity report 2017/2018: overview .....	12
4.4	Work programme 2018/2019.....	13
4.5	Early career survey: results and next steps .....	14
4.6	Other items.....	15
4.7	Next annual meetings of HEPA Europe.....	15
4.8	Closing of the meeting .....	15
<b>5</b>	<b>Annexes .....</b>	<b>16</b>
	Annex 1: List of working and background papers	
	Annex 2: Detailed programme of the meeting	
	Annex 3: List of members of HEPA Europe	
	Annex 4: HEPA Europe activity report 2017/2018 and Work Programme 2018/2019	
	Annex 5: List of participants	

# 1 Introduction and overview

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched at the 1<sup>st</sup> annual meeting in May 2005 in Gerlev, Denmark, based on policy statements such as the WHO Global Strategy for Diet, Physical Activity and Health and corresponding statements from the European Commission. Further annual meetings took place in June 2006 in Tampere, Finland, in May 2007 in Graz, Austria, in September 2008 in Glasgow, United Kingdom, in November 2009 in Bologna, Italy, in November 2010 in Olomouc, Czech Republic, in October 2011 in Amsterdam, the Netherlands, in October 2012 in Cardiff, United Kingdom, in October 2013 in Helsinki, Finland, in August 2014 in Zurich, Switzerland, in October 2015 in Istanbul, Turkey, in October 2016 in Belfast, United Kingdom, and in November 2018 in Zagreb, Croatia.

The 14<sup>th</sup> annual meeting of HEPA Europe was co-hosted by Public Health England and Sport England, in partnership with HEPA Europe in the framework of the 7<sup>th</sup> Congress of the International Society on Physical Activity and Health (ISPAH) in London, United Kingdom. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of 8 HEPA Europe working groups;
- review of new applications for membership (see Annex 3 for the list of members);
- presentation and discussion of the activity report 2017/2018 and of the new work programme 2018/2019 (see Annex 4) ;
- outcomes of an early-career researchers survey; and
- endorsement of the new work programme 2017/2018.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with WHO's Physical activity strategy for the WHO European Region 2016–2025, Action Plan for the Prevention and Control of Noncommunicable Diseases in the WHO European Region 2016–2025, and the EU Council Recommendation on promoting health-enhancing physical activity across sectors;
2. review and discuss progress made in HEPA Europe's fourteenth year of activity, in particular in implementing the work programme as well with regard to contributions and funding;
3. discuss and adopt key documents for next year's work, including in particular the activity report 2017/2018 and the work programme 2018/2019 as well as a proposed change of the Terms of Reference HEPA Europe Steering Committee.

The HEPA Europe annual meeting was attended by 47 participants from Austria, Belgium, Croatia, Czech Republic, Denmark, Finland, France, Ireland, Italy, Luxembourg, Montenegro, the Netherlands, Norway, Portugal, Romania, the Russian Federation, Sweden, Switzerland and the United Kingdom (see Annex 5 for list of participants) as well as representatives from the United States and Japan as well as from the WHO, Regional Office for Europe. The meeting was chaired by the chairwomen, Ms Wanda Wendel-Vos, National Institute for Health and the Environment (RIVM), the Netherlands.

## **1.1 Acknowledgements**

The 14<sup>th</sup> annual meeting of HEPA Europe was kindly co-hosted by Public Health England and Sport England, in partnership with HEPA Europe the framework of the ISPAH congress and took place from 15 - 17 October 2018 in the Queen Elizabeth II Conference Centre in London. Therefore, no separate HEPA Europe conference was coincidentally organised in 2018.

## **2 HEPA Europe contributions to the ISPAH Congress**

HEPA Europe members also contributed to the general programme of the ISPAH congress. Among the few symposia that were accepted two were originated from HEPA Europe working groups. The first one “physical activity promotion on health care settings: Recent developments in Europe” presented innovative approaches from Finland, the Netherlands, Scotland, England and Switzerland. The second symposium “Integrating health effects into transport planning: Achievements, pitfalls and lessons learnt from 10 years of the WHO Health Economic Assessment Tool (HEAT) for walking and cycling” gave an introduction to its background and methodological approaches as well as its use by different institutions and countries.

With Ms Sonja Kahlmeier, University of Zurich, Switzerland and Ms Nanette Mutrie, University of Edinburgh, United Kingdom on the podium, two current or former members of the HEPA Europe Steering Committee, respectively, contributed to a lively debate on physical activity guidelines

In addition, numerous HEPA Europe members contributed to programme with oral or poster presentations, or chaired a range of oral and poster sessions and contributed to early-career events organized by ISPAH.

## **3 Parallel sessions of HEPA Europe working groups and related events**

On 15 and 16 October 2018, eight of HEPA Europe’s working groups held parallel sessions to discuss progress and next steps in advance of the plenary annual meeting on 17 November (see also work programme, Annex 2). Brief summaries are provided below.

### **3.1 Policy approaches to HEPA promotion**

The session was co-led by Ms Sonja Kahlmeier, University of Zurich, Switzerland, Ms Karen Milton, University of Eastern Anglia, United Kingdom and Mr Petru Sandu, Babes-Bolyai University, Romania. The session started with an overview of activities carried out in the past year. These focused on the one hand on the implementation of the Erasmus+ project EPHEPA and included the development of a dissemination template for the HEPA Policy Audit Tool (PAT); the implementation of the PAT version 2 in European countries; and the exchange with Joint Funding Action “Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN).

On the other hand, the new sub-group on the role of local governments in HEPA promotion had carried out a scoping review of approaches available in the scientific literature, presented by Antoine Racine, University Côte d'Azur, Nice, France.

Finally, Ms Sonja Kahlmeier presented initial ideas for possible work steps for the working group for the coming year.

### **3.2 Exchange of experiences in physical activity and sports promotion in children and adolescents**

The working group session was co-led by Ms Elaine Murtagh, Mary Immaculate College, University of Limerick, Ireland, and Ms Anna Chalkley, Loughborough University, United Kingdom. The session started with an overview of activities carried out in the previous year. These included:

- the identification of a new co-chair (Ms Elaine Murtagh)
- a member survey to; update the working group contact list and identify the group's areas of expertise and interest
- an update and discussion on the Keep Youngsters Involved Erasmus+ Sport funded project

Given the hiatus in working group activities over the previous period, Ms Elaine Murtagh and Ms Anna Chalkley emphasised the intent to reinvigorate the group and led a discussion on initial ideas for possible work steps for the working group for the following year. Discussion with participants included suggestions to:

- identify next steps for Erasmus + Project: Keep Youngsters Involved;
- contribute to and use the data from an open access national database on children's physical fitness performance data;
- collate a database of funding sources and foundations for child and youth health research;
- explore physical activity promotion in pre-adolescents using an asset based/participatory approach;
- Investigate the potential of using physical literacy to link schools and their local community via sports clubs; and
- Produce a manuscript synthesizing data from the European physical activity report cards for children;

A follow up meeting was planned for 19 November to discuss the suggestions further and propose a plan for taking them forward.

### **3.3 Active ageing: physical activity promotion in elderly**

This session was co-chaired by Ms Liesbeth Preller, Knowledge Centre for Sport Netherlands, Ms Päivi Topo, Age Institute, Finland, and Mr Filip Boen, KU Leuven, Belgium. All three gave a presentation based on aspects of the RE-AIM framework (Reach-Effectiveness-Adoption-Implementation-Maintenance) and its application to the target group of older adults. It was concluded that interventions should be implemented according to this model, in order to be able to reach public health impact. After the presentations participants were actively involved in the discussion on the application of the model and asked to give their views and experiences. There was a strong consensus that generally implementation factors receive too little attention, which hampers achieving impact. This conclusion led to the proposition to

have a full symposium next year with dual presentation on the same topic: efficacy and implementation.

### **3.4 HEPA promotion in socially disadvantaged groups**

The meeting commenced with an introduction by Ms Annemarie Wagemakers, Wageningen University, Netherlands and Ms Niamh Murphy, Waterford Institute of Technology, Ireland, followed by a brief introduction of each member and an overview of their work. Ms Niamh Murphy gave a history of the working group and previous projects as well as an overview of the work of HEPA Europe. In addition, Ms Niamh Murphy, Ms Annmarie Wagemakers and Ms Elina Karvinen showcased current work of some members.

Following Elina's presentation there was an interesting discussion on how to connect with socially disadvantaged groups in the community. Some examples of good practice were presented. The group also discussed the importance of sports, physical activity, and community practitioners learning to work together. It takes time!

No particular areas for future work were agreed. All those present were happy to be included in future communication. It was decided to continue to keep avenues open with other WGs.

### **3.5 HEPA promotion in health care settings**

This working group session started with the introductions of those present, chaired by Ms Eszter Füzéki, Goethe University Frankfurt, Germany. Next, three presentations were held, followed by a discussion on:

- a joint EU proposal for the transfer of the Swedish Physical Activity Promotion model in other member states, by Ms Eszter Füzéki;
- evaluation of an innovative model of orthopaedic care with focus on physical activity and life style in Germany, by Ms Eszter Füzéki; and
- fact sheets on physical activity and specific health outcomes, by Mr Alexis Lion, Federation of Associations on Sports and Health, Luxembourg.

Participants agreed that fact sheets are practical materials for different groups of end-users, such as physicians and patients. Participants also discussed the pros and cons of each country developing their own fact sheets vs. developing common ones jointly. At the end of the session a preliminary work plan for 2018/2019 was presented and work steps were agreed with the members.

### **3.6 Environmental approaches to HEPA promotion**

Working group leader Josef Mitáš, Palacký University Olomouc, Czech Republic started the meeting with a presentation of the working group's status, objectives, vision and field of research and practice. The members made a short presentation of their field of work and interests in being part of the working group with regard to their expertise, and pointed out that clarification of the concept and aim of the working group within the field of physical activity and environment was needed in order to move the work in the group forward.

A working model for the group was agreed, based on knowledge sharing, exchanging ideas, drawing inspirations from each other aiming to get booklets or materials to share and offer as promotion for the working group to apply for possible funding, in addition to bringing more



ideas to the annual meetings, including other types of cooperation between members. The discussion gave rise to comments from the members about where to start. It was agreed to share good and bad practice from the sectors involved in the working group. This should serve as a starting point to seek funding from the Erasmus+ programme, to ask for money for networking and a certain program support, which might help to convince people to participate broadly.

### **3.7 Workplace HEPA promotion**

The session was co-led by Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Finland and Ms Matleena Livson, Finnish Olympic Committee, Finland. They opened the meeting by presenting the purpose and previous activities of the working group. Thirteen participants indicated interest in participating in the working group and agreed being named as participating in the group.

Then, the key findings from “Physical Activity at the Workplace: Literature review and best practice case studies” (EU Commission, December 2017) were presented by the leaders to inform the group about the publication.

Participants were asked to introduce themselves and to use post-it notes to write down their main interests in workplace HEPA promotion. The notes were then discussed and grouped under similar topics to connect participants and encourage them to share their knowledge and experiences until the next meeting.

The leaders announced stepping down from leading the working group. The four successors are Ms Ine De Clerck, Artevelde University College, Belgium, Anna Puig-Ribera, University of Vic, Spain, Mr Ilkka Väänänen, Lahti University, Finland and Mr Sebastià Mas Alòs, National Institute of physical education of Catalonia, Spain. They will agree on sharing responsibilities after London.

### **3.8 Sport Clubs for Health**

This session was chaired by Dr Sami Kokko from the University of Jyväskylä, Finland. The main topic of the session was a discussion on different options how to proceed with the Sports Club for Health (SCforH). The discussion was fruitful, but no actual solutions were made. The dialogue and the network activities will be further continued, and a working group meeting will be held at the next HEPA conference.

### **3.9 Evaluation of the working group sessions**

In the frame of the evaluation of the ISPAH conference, the participants could also rate the HEPA Europe working group sessions. From the 321 responders in total, 66 persons evaluated the working group meetings. Thereof, 20% (n=13) rated the meetings as “very good”, 36% (n=24) as “good”, 36% (n=24) as “neutral”, 8% (n=5) as “poor”.

## 4 Report of the 14<sup>th</sup> annual meeting

### 4.1 Introduction

The meeting was opened by HEPA Europe's chairwomen, Ms Wanda Wendel-Vos, National Institute for Health and the Environment (RIVM), the Netherlands. For this year's meeting, 47 participants took part from 19 European countries, as well as representatives from the United States, Japan and from the WHO Regional Office for Europe (see Annex 5 for list of participants).

Ms Wanda Wendel-Vos warmly welcomed Mr Kremlin Wickramasinghe who represented the WHO Regional Office for Europe, in lieu of the HEPA Europe Steering Committee member Ms Francesca Racioppi who could not participate. Mr Wickramasinghe extended warm regards from Ms Bente Mikkelsen, Director of the Division of Noncommunicable Diseases and Promoting Health through the life-course, as well as Mr Joao Breda, Head of the WHO European Office for the Prevention and Control of Noncommunicable Diseases, Moscow. He informed that new physical activity factsheets for the EU countries have just been released, and that these are also being expanded to the non-EU countries of the WHO European Region.

### 4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications<sup>1</sup> for membership from four institutions from mid-October 2017 to September 2018. These temporary members were proposed to the network for confirmation.

All applications were confirmed and the four following institutions and organizations were welcomed to HEPA Europe as members:

- University of Castilla-La Mancha, Toledo, Spain
- Faculty of Kinesiology, University of Split, Croatia
- Institute of Public Health (ISPUP), Porto, Portugal
- National School, University and Leisure Sport Federation, Budapest, Hungary

The network now counts 174 members, including 171 member institutions and 3 individual members, from 38 countries, as well as 8 observers (see Table 1 and Annex 3 for full list).

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

Country	No.	Country	No.
Austria	3	Luxemburg	1
Belgium	3	Malta	1
Bosnia & Herzegovina	1	Montenegro	2
Bulgaria	1	Norway	2
Croatia	5	Poland	2
Cyprus	1	Portugal	3

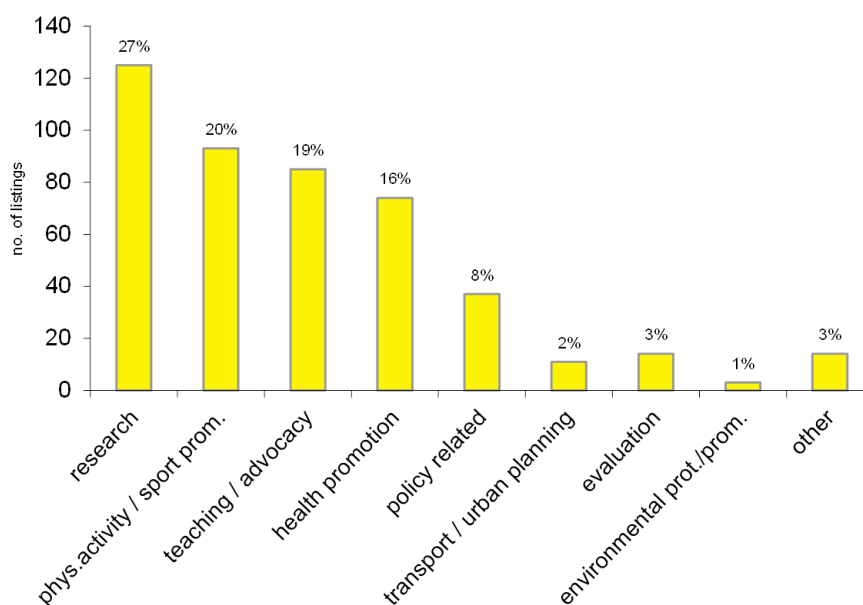
<sup>1</sup> More information on the application procedure can be found at [www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membership-and-meetings/join-the-network](http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membership-and-meetings/join-the-network)

Czech Republic	3	Romania	1
Denmark	5	Russian Federation	1
Finland	10	Serbia	1
France	5	Slovenia	5
Georgia	1	Spain	8
Germany	12	Sweden	5
Greece	4	Switzerland	7
Hungary	3	The former YR of Macedonia	1
Iceland	2	The Netherlands	9
Ireland	9	Turkey	3
Israel	2	Ukraine	2
Italy	12	United Kingdom	35
Lithuania	1	International bodies	2

Including 3 individual honorary members; plus 8 observers

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

**Fig. 1: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=456), number and percent of listings**



### 4.3 Activity report 2017/2018: overview

The activity report of the fourteenth year of activity of HEPA Europe from November 2017 to mid-October 2018 was presented and discussed by Ms Sonja Kahlmeier, University of Zurich, Switzerland, and the working group leaders (see also Annex 4)<sup>2</sup>. In table 2 below, an overview of the state of affairs of the different activities is provided.

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

Further topics discussed where information dissemination where Ms Kahlmeier reported that HEPA Europe is gaining relevance on Twitter (2'198 follower by 17 December 2018) compared to the website and the European Health Gateway.

Ms Wendel-Vos then presented an update on the funding options for the network which still remain a key priority. She underlined the continuous need to secure funding for the central functions of the network, such as organisation of the annual meetings and conferences, as well as ideally also travel support for steering committee members and working group leaders. Proposed funding opportunities were the Erasmus+ programme (Keep youngsters involved 2017-2019: approved / HEPA Policy Academy (PAC) submission: not approved / 2018 / 2019 calls for proposals in fall 2019); further EU calls (Horizon 2020, Health, COST etc.); voluntary donations of ministries and others; foundations, charities and private sector donors (according to the WHO rules in the Framework of Engagement with Non-State Actors (FENSA)<sup>3</sup>); collaboration with other networks and partner organizations; costing activities of HEPA Europe (e.g. courses). Views and inputs regarding the option of a membership fee will be sought through a HEPA Europe survey taking place after the annual meeting.

**Table 2: Overview of the state of affairs of activities 2017/2018**

Activity area	State of affairs
<b>Networking and cooperation</b>	
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned
<b>Information dissemination</b>	
Dissemination of products and publications of HEPA Europe and website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )	Implemented as planned
Holding of the 14 <sup>th</sup> annual network meeting, in partnership with the ISPAH congress (15-17 October 2018, London, United Kingdom)	Implemented as planned
Support to the European Health Information Gateway	Implemented as planned
<b>Projects, reports and products</b>	
Working group on national approaches to physical activity promotion	Mostly implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Partly implemented
Working group on active aging: Physical activity promotion in the elderly	Partly implemented

<sup>2</sup> A summary of the activity report is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope).

<sup>3</sup> <https://www.who.int/about/collaborations/non-state-actors/en/>

Working group on HEPA promotion in socially disadvantaged groups	Mostly implemented as planned
Working group on HEPA promotion in health care settings	Partly implemented
Working group on Sports Club for Health programme	Partly implemented
Working group on workplace HEPA promotion	Mostly implemented as planned
Working group on HEPA promotion and the environment	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Mostly implemented as planned
Working group on monitoring and surveillance of physical activity	Working group session cancelled
<b>Activities aimed at optimizing the network</b>	
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned
Teaching course	Implemented as planned
<b>Publications</b>	
4 papers, 1 report, 4 news updates, no news-alert	Mostly implemented as planned
<b>Possible activities to be launched later</b>	
HEPA promotion and injury prevention	Not launched

#### 4.4 Work programme 2018/2019

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of November 2018 to end of August 2019.

The draft had been developed by the working group leaders and the Steering Committee and distributed to participants beforehand. Amendments through outcomes of the working group meetings on 15 and 16 October were also taken into account (see chapter 3). Proposed work steps as well as possible partners for each activity were discussed.

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

##### ***Networking and cooperation***

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

##### ***Information dissemination***

<b>Title and aim of the activity</b>
Dissemination of products and publications of HEPA Europe and HEPA Europe website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> ) and Twitter
Holding of the 15th HEPA Europe annual meeting and conference 28-30 August 2019, Odense, Denmark
To support the WHO Regional Office for Europe in identification, integration and analysis of further documents in the European Health Information Gateway

<sup>4</sup> A summary of the work programme is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope) .

## ***Projects, reports and products***

<b>Title and aim of the activity</b>
Further disseminate the HEPA Policy Audit Tool (PAT) and dissemination template and further develop the PAT toolbox, depending on funding sources; define next steps and consider funding options regarding the role of local governments in HEPA promotion
Foster exchange on physical activity and sports promotion in children and adolescents and translate the UK Chief Medical Officer's physical activity infographics for young people into different languages
Gathering of good practices of evidence and experience on active ageing approaches and exchange with other international bodies on active ageing
Continue to promote integration of the topic of HEPA promotion in socially disadvantaged groups into other HEPA Europe working groups and organize a joint symposium
Publication on approaches to physical activity promotion in health care settings across Europe and organization of a workshop on cross-cutting approaches in prevention in primary care
Strengthen the SCforH network with researchers and practitioners and disseminate SCforH Erasmus+ funded project outcomes
Define new approach to collecting generalizable information on country-specific workplace HEPA promotion and hold 2 webinars on the practices and tools of workplace HEPA promotion in Europe
Initiate database of examples of good practice on environmental approaches to HEPA promotion
Further dissemination of updated version of the Health Economic Assessment Tools (HEAT) for cycling and for walking, development of scientific publications
Workshop on objective measurement of physical activity and sedentary behavior of all age-groups in Europe
Exploration of opportunities for further joint teaching courses on "Pragmatic Evaluation in Physical Activity

## ***Activities to optimize the Network***

<b>Title and aim of the activity</b>
Implement partner and member management strategy and further develop communication strategy

## ***Possible future activities***

<b>Title and aim of the activity</b>
Develop synergies between HEPA promotion and injury prevention

The work programme 2018-2019 was formally approved by the participants of the annual meeting (no vote against, no abstaining).

## **4.5 Early career survey: results and next steps**

Dr Karen Milton, University of East Anglia, United Kingdom and Steering Committee member HEPA Europe updated on the early career survey.

To set the context, Karen reminded the group of a meeting with Early Career members at the annual meeting in Istanbul in 2015 to discuss how the network could better meet their needs. The suggested actions from the early career members all related to feeling more involved and welcome at the annual conference. It was felt that a new survey with members should be conducted to determine whether the conference needs of early career members have now been met and to explore further needs and suggestions.

The 2018 survey was created by Dr Karen Milton and Ms Anna Chalkley and was completed by 50 respondents, most of which (82%) were academics/researchers. Many suggestions were made of things that HEPA Europe could do to support its early career members including running training opportunities, webinars and a mentoring scheme. Around 20 respondents volunteered to form part of a steering committee to take these activities forward. Karen and

## 4.6 Other items

Ms Wanda Wendel-Vos presented again the HEPA Europe Steering Committee members and their roles. She proposed a change in Terms of References HEPA Europe Steering Committee in order to increase stability of the Steering Committee and the network: namely, the Steering Committee may also propose a chair-elect to be nominated for election for a 2-year term. All present members agreed to this change.

Finally, Ms Wendel-Vos warmly bid farewell to Ms Sonja Kahlmeier who resigned her position as executive member of the Steering Committee since she will leave the University of Zurich for a new position. Ms Wendel-Vos highlighted Ms Sonja Kahlmeier's crucial role for the HEPA Europe network and she thanked her for all her work. She also informed that the Steering Committee had decided that her successor in the HEPA Europe network and executive member of the Steering Committee ad interim is Ms Anja Frei, Epidemiology, Biostatistics and Prevention Institute, University of Zurich.

## 4.7 Next annual meetings of HEPA Europe

The 15<sup>th</sup> annual meeting and 10<sup>th</sup> conference of HEPA Europe will take place on 28-30 August in Odense, Denmark, kindly hosted by the Southern University of Denmark. The HEPA Europe annual meeting and conference in 2020 will take place in Nice, France, hosted by Nice University.

## 4.8 Closing of the meeting

Ms Wendel-Vos on behalf of HEPA Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. She additionally thanked the Steering Committee, the administration and secretariat at WHO Regional Office for Europe (Ms Marina Hansen and Ms Penelope Diamantopolous), the working groups and project leaders, the project and work group participants, the hosts of the annual meeting and Steering Committee meetings, the authors and co-authors, the members and the EBPI, University of Zurich (executive member)

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2017/2018 and the new work programme 2018/2019, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2018/2019.

## **5 Annexes**

### **ANNEX 6: LIST OF WORKING AND BACKGROUND PAPERS**

#### **LIST OF BACKGROUND DOCUMENTS**

##### **Working documents**

- 1 List of background documents
- 2 Provisional programme
- 3 Summary list of applications for membership (mid-October 2017 to September 2018)
- 4 Activity report 2017-2018 and Work programme 2018-2019 (final draft)
- 5 Terms of Reference HEPA Europe Steering Committee – proposed change

##### **Background documents**

- 6 Report of the 13<sup>th</sup> annual meeting of HEPA Europe, Zagreb, Croatia



## ANNEX 7: DETAILED PROGRAMME OF THE MEETING

### **Monday & Tuesday, 15 & 16 October 2018**

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

*Working group leaders, members and participants*

### **Wednesday, 17 October 2018**

15:45 - 15.50 **Opening and welcome**

*Wanda Wendel-Vos, Chair HEPA Europe  
Representative, WHO Regional Office for Europe*

15.50 – 16.00 **New applications for membership**

*Wanda Wendel-Vos, Chair HEPA Europe*

16.00 – 16.40 **Activity report 2017 - 2018 and Work programme 2018 - 2019:  
introduction and discussion**

*Working group leaders, Chair HEPA Europe, Sonja Kahlmeier, University of  
Zurich*

16.40 – 16.45 **Formal approval of the work programme 2018-2019**

16.45 – 17.00 **Early career survey: results and next steps**

*Karen Milton, University of East Anglia, United Kingdom and Chair HEPA  
Europe*

17.00 – 17.10 **Other business**

17.10 **Closure**

## ANNEX 8: LIST OF MEMBERS OF HEPA EUROPE

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

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

- Physical Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
- Physical activity and Sports Medicine, Division of Physiotherapy, Karolinska Institute, Huddinge, Sweden
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
- Public Health Institute, Reykjavík, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research & Innovation, University of Copenhagen, Denmark
- Research Center on Child Motor Development, Verona, Italy
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- Research Unit Physical Activity, Ghent University, Belgium
- School of Health and Human Performance, Dublin City University, Ireland
- School of Health and Science, Dundalk Institute of Technology, Ireland
- School of Health Sciences, Örebro University, Sweden
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- School of Sport Sciences and Technology, Hacettepe University, Ankara, Turkey
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
- Sports Academy, University of Ulster, United Kingdom
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- State Secretariat for Sport, Ministry of Human Resources, Budapest, Hungary
- Steno Diabetes Center Copenhagen, Denmark
- Superior Sports Council, Subdirectorate General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Team Healthy Nutrition and Physical Activity, Flemish Institute of Health Promotion and Disease Prevention, Brussels, Belgium
- Tel-Aviv University, Ramat Aviv, Israel
- The Swedish National Institute of Public Health, Ostersund
- Transport Studies, Oxford University, United Kingdom
- University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
- University Medical Policlinic, Lausanne, Switzerland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Caceres, Spain
- University of Foggia, Italy
- University of Gloucestershire, Faculty of Applied Sciences, United Kingdom
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavík
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- University Ramon Llull, Barcelona, Spain
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom
- Willibald Gebhardt Institute, Essen, Germany
- Yoga Union, Slovenia

#### International member organizations:

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

#### Observers:

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

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# ANNEX 9: HEPA EUROPE ACTIVITY REPORT 2017/2018 AND WORK PROGRAMME 2018/2019

## 1 Foreword

*Dear members of the HEPA Europe network*

*These are memorable times in the field of HEPA promotion, having the Global Action Plan on Physical Activity in place as a landmark publication. It invites us all to set direction; not only on the European and on an international level, but also and maybe even especially at the national and subnational level. Another memorable publication is the second set of Physical Activity Country Fact Sheets based on the monitoring framework that was set up among EU member states as a result of the EU Council recommendation on promoting health-enhancing physical activity across sectors.*

*As a recognised network in this field, HEPA Europe aims to support those working in research, policy and practice to achieve better health and wellbeing for all people through more physical activity. The network encompasses over 180 member institutions from 28 countries across the WHO European region. It delivers a range of activities and products on national approaches, youth, active ageing, socially disadvantaged groups, health care settings, sport clubs, workplace, environmental and health economic approaches and surveillance and monitoring.*

*This year, our annual meeting will take place in London. We are delighted and proud to be a partner organization to the International Society for Physical Activity and Health (ISPAH) Congress. Undoubtedly, with all the expertise present from around the world, the 2018 London conference will bring us interaction, strengthening of networks and inspiring knowledge. I hope to see many of you there.*

*Dr. Wanda Wendel-Vos  
Chair of HEPA Europe*

## 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 13<sup>th</sup> annual meeting, held on 17 November 2017 in Zagreb, Croatia, the activities to be carried out by the network in 2017/2018 were endorsed<sup>5</sup>. A short version of this document is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope).

The state of progress of these activities is summarized in chapter 2.1, more detailed information can be found in chapters 2.3 to 2.5.11; a short version is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope). A summary of support and funding received is found in chapter 2.2.

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<sup>5</sup> See also: Annex 4 - HEPA Europe activity report 2016/2017 and Work Programme 2017/2018. In: 13th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 15 & 17 November 2017 Zagreb, Croatia, WHO Regional Office for Europe ([www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope)).

In chapter 3, the planned activities and projects for the period mid-October 2018 to August 2019 are described. Chapter 3.5 contains a possible future activity for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 15<sup>th</sup> annual meeting of HEPA Europe to be held on 28-30 August 2019, in Odense, Denmark.

## 2 Activity report 2017 / 2018

### 2.1 Overview

Below, the state of progress on the activities of the work programme 2017/2018 is summarized.

#### ***Networking and cooperation***

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

#### ***Information dissemination***

Activity	State of affairs
Dissemination of products and publications of HEPA Europe and website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )	Implemented as planned
Holding of the 14 <sup>th</sup> annual network meeting, in partnership with the ISPAH congress (15-17 October 2018, London, United Kingdom)	Implemented as planned
Support to the European Health Information Gateway	Implemented as planned

#### ***Projects, reports and products***

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

#### ***Activities aimed at optimizing the network***

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

#### ***Publications***

Activity	State of affairs
4 papers, 1 report, 4 news updates, no news-alert	Mostly implemented as planned

**Possible activities to be launched later**

Activity	State of affairs
HEPA promotion and injury prevention	Not launched

**2.2 Funding and support received**

From November 2017 to September 2018, the following contributions and support have been received (in chronological order):

- a) Financial contributions:
  - No specific financial contributions for HEPA Europe were received in the reporting period.
  - Work on the Health Economic Assessment Tools (HEAT) for walking and cycling has been partly supported through a grant from Sustrans, financed by the Scottish Transport Authority, United Kingdom, and a grant from the Pan-European Programme on Transport, Environment and Health (THE PEP), WHO/Europe and UNECE;
  - Activities of the working group on Children and young people have been supported through an Erasmus+ project for 2017-2019 (see also chapter 2.5.2).
  
- b) In-kind contributions:
  - contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
  - contributions of the chairs and members of the working groups in terms of time and expertise;
  - hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (June 2018);
  - hosting of the 14<sup>th</sup> annual HEPA Europe network meeting (17 October 2018); by the International Society of Physical Activity and Health Congress, co-hosted by Public Health England and Sport England;
  - contributions by several individual and institutional members for the leading of working groups and the production of reports and publications; and
  - representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee, the working groups and the network.
  
- c) Synergies
 

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

The current secured sources of funding and using the mentioned synergies will secure a minimum support of the WHO Regional Office for Europe for the next period; additional funding is being sought but not yet secured. While the secretariat continues to be hosted by WHO/Europe, since 2011 additional support has been provided by the WHO Collaborating Centre on Physical Activity and Health, Physical Activity and Health Unit of the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. Due to available resources being sufficient only to secure basic support functions, once again some activities could not be implemented as planned, as described in the following chapters.



Securing additional funding for the HEPA Europe network and its working groups continue to be an ever more crucial key priority and a challenge for current and future activities, for 2018 and beyond. The Steering Committee continuously assesses funding sources and mechanisms but again underlines the need for a strong sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

## **2.3 Networking and cooperation**

### ***2.3.1 Coordination and cooperation with other activities, projects, and networks***

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2017/2018 has taken place as planned, in particular with the WHO/Europe Division of Noncommunicable Diseases and Health Promotion and with THE PEP. No further exchange could be established with the Healthy Cities and Urban Governance Programme at WHO/Europe. The Erasmus+ Project „Keep youngsters involved” has progressed as planned (with involvement of HEPA Europe members and the working group on children and young people, see chapter 3.3.2).

Exchange with other European bodies has been limited due to reduced capacities to engage more actively in the development of collaboration. In November 2017, the EU updates took place as part of the HEPA Europe conference, organized in collaboration with DG Education, Youth, Sport and Culture (DG EAC), Sport Unit, and WHO/Europe.

On the global level, HEPA Europe closely collaborated with ISPAH; in this year exchange took place particularly regarding the planning of the 7<sup>th</sup> International Congress on Physical Activity and Public Health (October 2018, London, United Kingdom) which was organized in partnership with HEPA Europe (see also chapter 2.4.2 *Annual meetings and conferences*). No exchange took place with other global bodies.

### ***2.3.2 Support and contributions to conferences and events***

#### *1) Supported events*

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

## 2) Participation in other events

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

Events
<p><b>Presentations mentioning the HEPA Europe network</b></p> <ul style="list-style-type: none"> <li>• No presentations on HEPA Europe during the reporting period</li> <li>• 06 March 2018: Lecture titled “Physical Activity Promotion” within the course “HEPA promotion and exercise prescription” at the BSc Degree on Physical Activity and Sport Sciences, Lleida, Catalonia (by Sebastià Mas-Alòs). Introducing the HEPA Europe network. 110 attendants</li> </ul> <p><b>Presentations mentioning HEPA Europe working groups or products</b></p> <ul style="list-style-type: none"> <li>• 14-15 June 2018: The new WHO Health Economic Assessment Tool for Walking and Cycling. Conference Transport Economics and policy, Berlin, Germany (by Alberto Castro-Fernandez)</li> <li>• 02 December 2017: Lecture titled “HEPA Programmes evaluation” at the MSc Degree on Physical Activity and Health, Barcelona, Catalonia (by Sebastià Mas-Alòs). Mention of the “Sport Clubs for Health Guidelines”.</li> <li>• 24 February 2018: Lecture titled “Case Study in Exercise Prescription: the “CAMINEM” Programme” at the MSc Degree on Physical Activity and Health, Barcelona, Catalonia (by Sebastià Mas-Alòs). Mention of the WG in HEPA promotion in health care settings</li> <li>• 10 March 2018: Lecture titled “Case Study in workplace health prescription: the “Mètode 3ES” at the MSc Degree on Physical Activity and Health, Barcelona, Catalonia (by David Carreras-Vilanova). Mention of the WG on workplace HEPA promotion.</li> </ul>

## 2.4 Information dissemination

### 2.4.1 Dissemination of products and publications of HEPA Europe

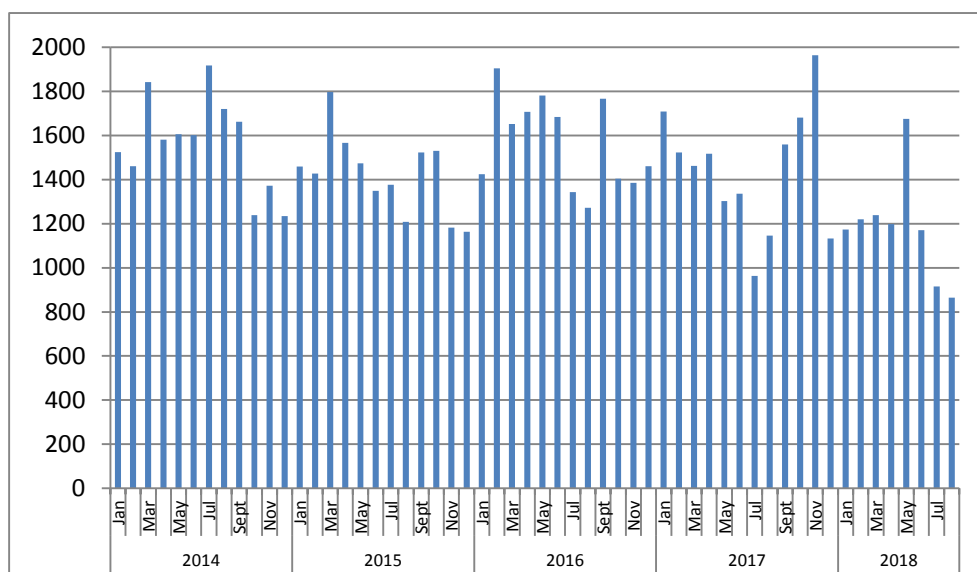
#### **HEPA Europe website and Twitter**

When looking at the overall average number of page views of HEPA Europe related websites per day (see Figure 1), the figure has remained largely stable (2014<sup>6</sup>: 51 times per day; 2015: 47, 201: 51; January to August 2018: with 41). However, over the whole period of 2014 to 2018, a decreasing trend of page views is apparent.

Many of the peaks visible in Figure 1 below can be linked at least in part to communication and outreach activities, including for example the 2017 annual meeting in November 2017 and possibly the early-bird registration reminder for the ISPAH/HEPA Europe conference in May 2018.

<sup>6</sup> Note that following the integration of the HEPA Europe web pages into the Physical Activity Programme pages in June 2010 and the migration to a new web statistics system in summer 2013, it is no longer to produce a time-series of comparable web statistics for all previous years.

**Figure 2: Total number of page views of the HEPA Europe web site\* - January 2014 to August 2018**



\* hits by WHO personnel excluded)

HEPA Europe is on Twitter since May 2013. The 1000<sup>th</sup> follower was recorded in October 2016, the 1500<sup>th</sup> in November 2017 and the 2000<sup>th</sup> in October 2018. #HEPAEuro2018

Thus, the slightly decreasing use of the website might also reflect the overall changing trends in media consumption towards social media, rather than classic websites. Nevertheless, the HEPA Europe website remains an important platform and repository for the network.

### **News updates**

Several emails with information on events were distributed throughout the year. No HEPA Europe news-alert sent in this period due to limited resources.

### **Booklets and key products**

The advocacy booklets *Physical activity and health: evidence for action (as well as the Healthy Cities companion booklet on the urban environments)* continue to be successful advocacy products, available in 11 language versions<sup>7</sup>. Interestingly, and despite the booklet being published in 2006, downloads increased to and to 72 in 2016, compared to 62 per month in 2015. In 2017, downloads decreased slightly to 59 copies per month, and again up to August 2018 (51 per month).

Since the first launch of HEAT in May 2011, the website was visited by over 51.000 users yielding over 900.000 page views, which translates into a weekly average number of visitors of 155, comparable to the 153 visitors until September 2016. While the website is well visited and the HEAT project is continuously promoted (see also presentations, section 2.3.2 and HEAT working group, section 2.5.9), the methodology and user guide downloads have continued to decrease since the launch of a new version from 257 monthly average downloads in 2014 to 146 in 2015, 104 in 2016 and 80 in 2017 (January to October). Possibly, this might relate to a new version which has been announced to be launched at the end of October 2017. Unfortunately, due to moving the HEAT to a new server at

<sup>7</sup> Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish. See [http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115\\_2](http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2) and [http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115\\_1](http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1)

that point, the web statistics has not been continued in a comparable manner. New numbers will become available a year from now.

The meeting report of the 13<sup>th</sup> annual meeting was finalized in December 2017 and disseminated electronically as well as through the WHO HEPA Europe website.

#### ***2.4.2 15<sup>th</sup> annual meeting of HEPA Europe, hosted by the 7<sup>th</sup> International Society of Physical Activity and Health Congress, London, United Kingdom***

The 7<sup>th</sup> International Society of Physical Activity and Health Congress, London, United Kingdom, was organized in partnership with HEPA Europe and hosted by Public Health England and Sport England. For the conference, over 1000 abstracts were received. In addition, several pre-conference workshops and an early-career researchers events took place.

Back to back to the conference, the HEPA Europe annual meeting took place on 15 October, preceded by 8 parallel HEPA Europe working group sessions (see also chapter 2.5).

The event was attended by 47 participants from 19 European countries, as well as representatives from the United States, Japan and from the World Health Organization, Regional Office for Europe.

#### ***2.4.3 European Health Information Gateway***

No requests from WHO/Europe have been made for support from HEPA Europe related to the Health Gateway in this period.

## **2.5 Working groups, projects, reports and products**

Progress made in the different working groups is summarized below.

### ***2.5.1 Working group on national approaches to physical activity promotion***

By the end of 2017, a booklet on “Auditing national physical activity policies: applications, dissemination and lessons learned” was launched. It is summarizing the results from the Erasmus+ project “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”, which ended in December 2017. It contained the results from developing and applying a new dissemination tool in seven countries (Belgium, Croatia, France, Netherlands, Portugal, Spain, Switzerland). The new dissemination tool is now also available through the HEPA Europe working group website<sup>8</sup>.

Ideas for the submission of a follow-up Erasmus+ project on the development of a PAT mini version and dissemination of the available PAT results have been deferred to the 2018/2019 call for projects. Initial exchange has taken place with the Joint Funding Action “Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN)” regarding using and analyzing the PAT in selected countries but the project will not start until 2019.

A sub-group on the role of sub-national governments, led by Petru Sandu, Cluj School of Public Health, Babes-Bolyai University, Romania, submitted a scoping review on local governments’ involvement in Health-Enhancing-Physical Activity promotion policies for submission. Under the

<sup>8</sup> [www.euro.who.int/hepapat](http://www.euro.who.int/hepapat)

lead of Nice University, a pilot project has been carried out to adapt the HEPA PAT tool for the local level. The results will be presented at the working group session at the ISPAH 2018 Congress. Funding options were explored and the submission of a proposal to Erasmus+ will be considered for the next call for proposals in 2018/2019.

Due to increasing activities related the sub-national level, the working group leaders will propose at the working group session to change the name of the working group to “Policy-approaches to physical activity promotion”.

### ***2.5.2 Working group on exchange of experiences in physical activity and sports promotion in children and adolescents***

In early 2018, Dr Elaine Murtagh, University of Limerick, Ireland has taken over co-lead of the working group.

In September, a survey of research interests of current members was undertaken to establish potential future projects.

### ***2.5.3 Working group on active ageing: physical activity promotion in elderly***

The Active ageing working group has collected information about the interests regarding the working group and the ongoing activities of participants of the previous working group meetings but no specific activities have taken place yet to gather good practices of evidence and experience based practices. The aim and the agenda of the next working group session in London has also been discussed.

### ***2.5.4 Working group on HEPA promotion in socially disadvantaged groups***

The working group continued discussions with other working groups about embedding HEPA promotion with ‘hard to reach’ groups in their approach and to suggest practical steps for cooperation with other working groups at 13th annual meeting.

A joint HEPA Europe working group symposium proposal has been submitted for the ISPAH congress in London but due to technical and communication problems, the proposal was not considered. The proposal was then used as a basis for the working group session instead, showcasing some of the most innovative initiatives taking place around Europe, all of which are undertaking good evaluation. Members of the working group have also contributed to a grant call on Green-space related approaches to physical activity promotion, including in hard-to reach groups.

### ***2.5.5 Working group on HEPA promotion in health care settings***

A symposium on the outcomes of the 2016 WHO Expert work on cross-cutting approaches to physical activity promotion in health care settings has been accepted for ISPAH 2018 in London. A special issue of a journal on the workshop outcomes has been discussed with a suitable journal but implementation has not yet been taken up.

Co-authored by members of the working group (see also section 0

Publications), and article was just published on “Physical activity promotion in primary care: a Utopian quest?”<sup>9</sup>. It was informed by previous work of the working group and summarizes the evidence on approaches to promote PA to patients in healthcare settings and discusses success factors and barriers to upscaling these approaches using selected examples.

The potential for a virtual network of interest for Physical Activity & Health was explored by Email, which elicited a few replies so this activity has not been progressed.

### ***2.5.6 Working group on Sports Club for Health***

The working group will hold a session at the ISPAH 2018 Congress 2018 in London. The session will focus on ways in which organized sports club activity could contribute to physical activity and wider health promotion. The aim of the session is also to discuss how to develop and disseminate the Sports Club for Health approach further in 2018/2019. Future funding applications will also be discussed during the working group session in London.

### ***2.5.7 Working group on workplace HEPA promotion***

The working group organized two 1-hour webinars, to which in total 58 participants. The first webinar was held on the 23 May 2018 on “Monitoring the state of workplace HEPA promotion: An example from Finland”. Matleena Livson from the Finnish Olympic Committee presented findings of the biannual interview to employees and employers on HEPA promotion. The second webinar was held 27 September 2018 on “PEROSH and Wellbeing at Work”. The presenters were Edward Robinson, Vincent Grosjean and Noortje Wieger from the Partnership for European Research in Occupational Safety and Health (PEROSH). They gave an overview of PEROSH and its wellbeing programme. The recordings of the webinars are freely available<sup>10</sup>:

### ***2.5.8 Working group on environmental approaches to HEPA promotion***

By the end of 2017, a shared space on Google drive was created to share ideas, projects and interest in working group aims. It should concentrate best practice from research, policy and promotion in environmental influence of health enhancing PA.

The working group also met during the ISPAH 2018 Congress in London, carried out in partnership with HEPA Europe. The session focused on ways to develop the group and discussed how to disseminate the environmental approaches to HEPA promotion further in 2018/2019. Future funding applications will also be discussed for potential call in COST or Erasmus+ programs for proposals in 2018/2019 to support the WG.

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

A new version of HEAT (HEAT 4.0) including new modules to quantify next to physical activity benefits also effects from air pollution, road crashes and carbon emission has been presented at the meeting of the Steering Committee of the Pan-European Programme on Transport, Environment and Health (THE PEP) by Francesca Racioppi and Sonja Kahlmeier in November 2017. HEAT 4.0 was also presented in June 2018 at a German conference on Transport economics and policy in Berlin as part of a Workshop on "Transport and Health". In addition, the European Cyclist Federation (ECF)

<sup>9</sup> <https://academic.oup.com/heapro/advance-article/doi/10.1093/heapro/day038/5035043>

<sup>10</sup> <http://www.ukkinstituutti.fi/en/products-services/HEPAEuropewebinars>

has launched a new series of HEAT webinars. In summer 2018, HEAT has been further updated and improved, addressing user feedback from a survey launched in June 2018.

The latest version and results of HEAT will also be presented in a symposium during the ISPAH 2018 congress.

The HEAT 4.0 methods paper will be submitted by end of 2018. The policy paper is still work in progress.

### ***2.5.10 Working group on monitoring and surveillance of physical activity***

Members of the working group are collaborating in the Erasmus+ EUPASMOS project. This 3-year project has started in January 2018. It aims at comparing commonly used questionnaires for physical activity surveillance (e.g. GPAQ, IPAQ, European Health Interview Survey Physical Activity Questionnaire – EHIS-PAQ, Eurobarometer and national questionnaires) with each other and with objective accelerometer data in a validation study. A second EUPASMOS proposal got funded (EUPASMOSplus), securing funding for an additional number of Member States and broadening the scope of the project as a whole.

The working group will also organize a working group session in London during the ISPAH Congress 2018, held in partnership with HEPA Europe.

### ***2.5.11 Teaching course "Pragmatic Evaluation in Physical Activity and Public Health"***

HEPA Europe is officially partnering a new edition of the course taking place back-to-back with the ISPAH congress in London (11–13 October). Further opportunities for joint courses will be explored for 2019.

## **2.6 Activities to optimize the Network**

### ***2.6.1 Management and interaction with members and partners***

The partner management strategy is being applied continuously through the chair, executive and the other members of the Steering Committee. Funding options have been discussed at each meeting of the Steering Committee. 3 European funding proposals have been submitted that contain elements of HEPA Europe-related activities.

No further translations of the HEPA Europe leaflet have been done.

Further implementation of the communication strategy has been deferred until guidance has been received with regard to the implementation of the recently adopted WHO Framework of Engagement with Non-State Actors<sup>11</sup> (FENSA), as further outreach activities should be streamlined with the future approach of the WHO.

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<sup>11</sup> <http://www.who.int/about/collaborations/non-state-actors/en/>

## 2.7 Publications

The following publications were published from November 2017 to September 2018:

### **Scientific publications**

- *Lion A, Vuillemin A, Thornton J, Theisen D, Stranges S, Ward M.*
  - Physical activity promotion in primary care: a Utopian quest? Health Promotion International, 2018 Jun 8. doi: 10.1093/heapro/day038.
- *Van Hoya A, Vuillemin A et al.*
  - Physical activity in all policies? Comparison of national public actors between France and Belgium. Submitted.
- *Kokko S., Martin L., Villberg J., Geidne S., Van Hoya A., Kudlacek M., Badura P., Lane A., Meganck J., Scheerder J., Seghers J., Mononen K., Blomqvist M., and Koski P. (2018)*
  - Does sports club participation contribute to physical activity among children and adolescents? A comparison across six European countries. Scandinavian Journal of Public Health, 1–8. DOI: 10.1177/1403494818786110

### **Reports**

- *Kahlmeier S, Milton K, Cavill N, Giné Garriga M, Krtalic S, Martin-Diener E, Mota J, Valente A, Van Hoya A, Vuillemin A, Wendel-Vos W, Bull F*  
Auditing national physical activity policies - applications, dissemination and lessons learned from the HEPA Policy Audit Tool (PAT). Co-funded by the Erasmus+ programme of the European Union through the EPHEPA project, 2016-2017. Zurich, 2017 (<http://ephepa.medsci.ox.ac.uk/>).

### **HEPA Europe e-mail alerts**

- No HEPA Europe news-alert sent in this period due to limited resources
- 4 news updates on events, products or activities sent in November and December 2017 and April and September 2018

## 2.8 Possible future activity: HEPA promotion and injury prevention

This activity has not been taken up.

However, a Erasmus+ project on this topic with involvement of HEPA Europe has been approved in fall 2018, called “Move Healthy: Improving Health and Sustaining Participation of Youngsters in Sports around Europe”, led by Hanze University of Applied Sciences Groningen, the Netherlands. Implementation will start in 2019.



## 3 Work programme 2018/2019

### 3.1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from November 2018 until the next annual meeting in August 2019 are outlined in more detail.

#### **3.1.1 Coordination and cooperation with other activities, projects, and networks**

##### **Aim of the activity**

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

##### **In charge / participants**

In charge: WHO Regional Office for Europe, Copenhagen office and Steering Committee  
Participants: Members of HEPA Europe

##### **Possible partners**

As listed below

##### **Work steps**

	<b>By when</b>
Implementation of partner management, based on HEPA Europe impact model <sup>12</sup> and communication strategy (see chapter 3.4.1)	Continuously
Continue existing coordination and cooperation, including: <b>UN-activities and programmes</b>	
<ul style="list-style-type: none"> <li>•WHO/Europe Division of Noncommunicable Diseases and Health Promotion:               <ul style="list-style-type: none"> <li>- Support the implementation of a European Strategy on Physical Activity</li> <li>- Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme</li> </ul> </li> </ul>	Continuously
<ul style="list-style-type: none"> <li>•UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP)               <ul style="list-style-type: none"> <li>- Continue close working collaborations with THE PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration</li> </ul> </li> </ul>	Continuously
<b>Continued</b>	<b>By when</b>
<b>Research projects</b> <ul style="list-style-type: none"> <li>- Close coordination and contributions as appropriate               <ul style="list-style-type: none"> <li>o Erasmus+ Project „Keep youngsters involved”</li> <li>o European transnational joint funding action "Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN)</li> </ul> </li> </ul>	Continuously

<sup>12</sup> For more information see Annex 5, Report of the 4<sup>th</sup> annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

<p><b>European Commission</b></p> <ul style="list-style-type: none"> <li>• DG Education, Youth, Sport and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> <li>- Continuous exchange based on further development and perspectives, including EU-updates session at the annual conferences</li> </ul> </li> </ul>	Continuously
<p><b>Other European bodies</b></p> <ul style="list-style-type: none"> <li>• International Sport and Culture Association (ISCA) <ul style="list-style-type: none"> <li>- Explore possibilities for further exchange and collaboration</li> </ul> </li> <li>• European Network for Workplace Health Promotion<sup>13</sup>: <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• European Association for Injury Prevention and Safety Promotion (EuroSafe) <ul style="list-style-type: none"> <li>- Explore possibilities for further exchange and collaboration</li> </ul> </li> <li>• European College for Sports Science (ECSS) <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> </ul>	Continuously
<p><b>Global bodies</b></p> <ul style="list-style-type: none"> <li>• International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> <li>○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> <li>▪ Coordination through observer in the Steering Committee</li> <li>▪ Contribute to activities, particularly the dissemination of the Toronto Charter and Bangkok Declaration and other documents on physical activity promotion</li> <li>▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion</li> </ul> </li> <li>○ Agita Mundo council <ul style="list-style-type: none"> <li>▪ Further development of exchange and collaboration, also with other regional networks</li> </ul> </li> </ul> </li> </ul> </li> </ul> <p>Explore possibilities for further collaboration:</p> <ul style="list-style-type: none"> <li>• International Society for Behavioural Nutrition and Physical Activity (ISBNPA)</li> <li>• The Association for International Sport for All (TAFISA)</li> <li>• World Confederation for Physical Therapy (WCPT), Network for Health Promotion in Life and Work</li> <li>• American College of Sports Medicine (ACSM)</li> <li>• Other bodies (e.g. sustainability organizations) if possibilities arises</li> </ul>	<p>Continuously</p> <p>Depending on timing</p> <p>Continuously</p> <p>Continuously</p>

<sup>13</sup> [www.enwhp.org](http://www.enwhp.org)

### **3.1.2 Support and contributions to conferences and events**

#### ***Aim of the activity***

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

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met<sup>14</sup>. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

#### ***In charge / participants***

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

Participants: -

#### ***Work steps***

##### *1) Supported events*

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

	<b>By when</b>
Decision about the support of possible further events by the Steering Committee	Continuously

##### *2) Participation in other events*

Members of the Steering Committee or HEPA Europe will participate in other events and give presentations on behalf of and mentioning HEPA Europe in 2017 / 2018.

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

<sup>14</sup> See "Requirements for HEPA Europe- supported events", August 2007.

## 3.2 Information dissemination

### 3.2.1 Dissemination of products and publications of HEPA Europe

#### ***Aim of the activity***

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

#### ***In charge / participants***

In charge: WHO Regional Office for Europe and Steering Committee

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

#### ***Work steps***

	<b>By when</b>
Make available products of HEPA Europe within the website, especially dissemination products (see below)	Continuously
Perform regular updates of the website	Continuously
Regular tweets from HEPA Europe account	Continuously
Distribute electronic news alerts 1-2 times per year, plus dissemination of information as needed	Continuously
Dissemination of available products, in particular advocacy booklets on physical activity, HEPA PAT	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Disseminate other related WHO products, for example Global Recommendations, Physical activity and country profiles, European Strategy on Physical Activity, etc.	Continuously

### 3.2.2 15<sup>th</sup> annual meeting of HEPA Europe

#### ***Aim of the activity***

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 15<sup>th</sup> annual meeting will take place during the 2019 HEPA Europe conference on 28-30 August 2019, hosted by the University of Southern Denmark.

#### ***In charge / participants***

In charge: Local hosts; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

**Possible partners**

European Commission, other networks and institutions interested in HEPA

**Work steps**

	By when
Discuss ideas for programme structure and key note speakers	Ongoing
Add a section announcing the meeting to the HEPA Europe website	Done
Develop the conference website with organizers	Winter 2018
Open registration, send out programme outline and first call for HEPA Europe contributions	Spring 2019
Contribute to development of practical information parts	Spring 2019
Finalize programme	Early summer 2019
Develop the background documents for the annual meeting and support hosts in preparing and carrying out the event	Early summer 2019
Carrying out the annual meeting and conference	28-30 August 2019

**3.2.3 European Health Information Gateway****Aim of the activity**

To support WHO Regional Office for Europe in maintaining a European Health Information Gateway. Including amongst other things information on physical activity to facilitate access of the Member States to available information, with a particular focus on physical activity. It is led by the Division of Information, Evidence, Research and Innovation at the WHO Regional Office for Europe, in exchange with the Programme on Nutrition, Physical Activity and Obesity.

**In charge / participants**

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

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

**Possible partners**

DG EAC

**Work steps**

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

**3.3 Projects, working groups, reports and products****3.3.1 Policy approaches to physical activity promotion****Aim of the activity**

Review of examples of national and sub-national physical activity approaches, including:

- challenges to overcome;

- inter-ministerial and -sectoral approaches; and
  - successful and less successful examples of implementation;
- and identification of key elements of national and sub-national approaches as well as development of tools and guidance for strategies to promote HEPA.

### ***In charge / participants***

**In charge:** Ms Karen Milton, University of East Anglia, United Kingdom; Petru Sandu, University Babes-Bolyai, Department of Public Health / HEPA Romania (sub-national approaches)

**Participants:** Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Winfried Banzer, Goethe University, Frankfurt; Mr Peter Barendse, Knowledge Centre for Sport Netherlands, the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Peter Gelius, University of Erlangen-Nürnberg, Germany; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland, Swiss Federal Office of Sport; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Kahar Abula, German Sport University Cologne, Germany; Mr István Kulisity, Hungarian School Sport Federation; Ms Eva Martin-Diener, EBPI, University of Zurich, Switzerland; Mr Jyrki Komulainen and Ms Miia Malvela, Fit for Life programme, Finland; Mr Jorge Mota, University of Porto, Portugal; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Tessa Strain, University of Cambridge, United Kingdom; Ms Birgit Sperlich, German Sport University Cologne; Ms Sylvia Titze, University of Graz, Austria; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Réka Veress, State Secretariat for Sport, Hungary; Ms Catherine Woods, University of Limerick, Ireland; Ms Aurélie Van Hoyer, Lorraine University, France; Ms Anne Vuillemin, Côte d'Azur University, France; Ms Maria Zadarko Domaradzka, University of Rzeszow, Poland.

### ***Partners***

WHO/Europe Division of Noncommunicable Diseases and Health Promotion, WHO Headquarters, Division on Noncommunicable Diseases

### **Work steps**

<b>Proposed work steps</b>	<b>By when</b>
Further dissemination of the HEPA PAT and dissemination template	Continuously
National approaches to HEPA promotion <ul style="list-style-type: none"> <li>• Advise Joint Funding Action “Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN)” on using and analysing the PAT in selected countries</li> <li>• Develop additional activities, depending on resources and support, including: <ul style="list-style-type: none"> <li>- Development of approaches to score and/or measure development and implementation of national strategies</li> <li>- Support to development and implementation of national strategies on the ground</li> <li>- Consider funding options, e.g. Erasmus+</li> </ul> </li> </ul>	As per project schedule  Depending on resources  Fall 2018
<ul style="list-style-type: none"> <li>• Sub-group on the role of local governments in HEPA promotion</li> <li>• Define next steps and consider funding options</li> <li>• Develop ideas for submission of Erasmus+ proposal(s)</li> <li>• Pilot-study on developing a PAT for the sub-national level (led by University of Nice, France)</li> </ul>	Spring 2019 Winter 2018
Possible new activities (depending on support and funding)	

<ul style="list-style-type: none"> <li>○ translations of PAT template</li> <li>○ short version of PAT, advocacy leaflet(s), communication products and activities</li> </ul>	
Presentation of progress at the 15th annual meeting	30 August 2019

### ***3.3.2 Exchange of experiences in physical activity and sports promotion in children and adolescents***

#### ***Aim of the activity***

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

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

#### ***In charge / participants***

**In charge:** Ms Elaine Murtagh, Mary Immaculate College, University of Limerick, Ireland; Ms Anna Chalkley, Loughborough University, United Kingdom.

**Participants:** Mr Kahar Abula, Technical University of Munich, Germany; Mr Paolo Emilio Adami, IAAF, Monaco; Ms Sarahjane Belton, Dublin City University, Ireland; Ms Bettina Bringolf-Isler, Swiss TPH, Switzerland; Ms Gwendolijn Boonekamp, HAN University of Applied Sciences, Netherlands; Mr Con Burns, Cork Institute of Technology, Ireland; Ms Tara Coppinger, Cork Institute of Technology, Ireland; Mr Karsten Froberg, University of Southern Denmark, Denmark; Mr Narcis Gusi, University of Extremadura, Spain; Ms Johanna Hänggi, University of Applied Sciences Northwestern Switzerland (FHNW), Switzerland; Ms Susi Kriemler, University of Zurich, Epidemiology, Biostatistics and Prevention Institute, Switzerland; Mr Michal Kudlacek, Palacký University Olomouc, Czech Republic; Ms Kiara Lewis, University of Huddersfield, United Kingdom; Ms Andrea Lukács, University of Miskolc, Hungary; Ms Suvi Määttä, Folkhälsan Research Centre, Finland; Mr Roland Naul, International Willibald-Gebhardt Institute, Germany; Ms Gisela Nyberg, Karolinska Institute, Sweden; Mr Wesley O'Brien, University College Cork, Ireland; Ms Kelly O'Hara, University Beira Interior, Portugal; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Rose-marie Repond, European Physical Education Association; Ms Maria Scatigna, University of L'Aquila, Italy; Mr Jan Seghers, KU Leuven, Belgium; Ms Tuija Tammelin, LIKES Research Centre for Physical Activity and Health, Finland

#### ***Possible partners***

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

#### ***Work steps***

<b>Proposed work steps</b>	<b>By when</b>
Support dissemination of outcomes and materials from Erasmus+ Project "Keep Youngsters Involved"	Spring 2019
Identification of next steps for Erasmus+ Project "Keep Youngsters Involved"	Fall 2019

Support submission of Surf WISEly proposal for Erasmus+ Sport funding	July 2019
Support submission of proposal for mobility funding to underpin work to harmonize Health Related Quality of Life and Fitness data across Europe	March 2019
Contribute to international database of physical fitness performance data	July 2019
Preparation of a manuscript synthesizing data from the European physical activity report cards for children	August 2019
Share best practice from variety of projects currently being undertaken by working group members	Continuously
External communication activities through regular updates via social media and newsletter	Continuously
Presentation of progress at the 15th annual meeting	August 2019

### ***3.3.3 Active ageing: physical activity promotion in elderly***

#### ***Aim of the activity***

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

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

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

#### ***In charge / participants***

**In charge:** Ms Päivi Topo, Age Institute, Finland, Filip Boen, KU Leuven and Liesbeth Preller (secretariat), Knowledge Centre for Sport Netherlands

**Participants:** Jorge Mota, University of Porto, Portugal; Tibor Hortobágy, Rijks Universiteit Groningen, Netherlands; Elina Karvinen, Age-institute, Finland; Christophe Delecluse, Katholieke Universiteit Leuven, Belgium; Claire Fitzsimons, University of Edingburgh, UK; Rosa Diketmueller, Universiteit Wenen, Zentrum für Sportwissenschaft, Austria; Roger Mackett, University College London, UK; Liesbeth Preller, Knowledge Centre for Sport Netherlands, Netherlands; Andrea Backovic, National Institute of Public Health, Slovenia; Judit Farkas, Semmelweis University Faculty of Physical Education and Sport Sciences, Hungary; Renata Grzywacz, Rzeszów University, Poland; Mimi Rodriguez Adami, Low Pressure Fitness Italia, Italy; Ian Findlay, Paths for All, UK; Kees Cornelis de Keyzer, PGF health promotion & public health, Switzerland; Mathieu Saubade, University Center Hospital Vaudois, Switzerland; Jana Pelclova, Palacký University Olomouc, Czech Republic; Damian Kuźmiński, Filip Boen, KU Leuven, Belgium; Tjasa Knific, nat. Inst. for Public Health, Slovenia; Jason Wilson, Queen's University Belfast, UK; Heli Starck, Age-institute, Finland; Mark Tully, Queen's University



Belfast, UK; Cliff Collins, EuropeActive, UK; Saila hanninen, Age-institute, Finland; Minna Säpyskä-Nordberg, Age-institute, Finland; Jannique van Uffelen, KU Leuven, Belgium; Anne Tiedemann, George Institute for Global Health and The University of Sydney, Australia; Päivi Topo, Age Institute, Finland; Joana Carvalho, University of Porto, Portugal; Sejdefa Basic Catic, Bosnia and Herzegovina; David Evans, Bangor University, UK; Kahar Abula, Sport University Cologne, Germany; Charles Eugster, Switzerland

### **Possible partners**

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)<sup>15</sup>, Prevention of Falls Network for Dissemination<sup>16</sup> (ProFouND), European Group for Research into Elderly and Physical Activity<sup>17</sup> (EGREPPA), European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls), ENO, EIPAH.

### **Work steps**

<b>Proposed work steps</b>	<b>By when</b>
Collecting experiences/good practices of PA maintenance after interventions (RE-AIM model)	February 2019
Update interest of working group members (new and old ones)	December 2018 - January 2019
Planning next HEPA Europe meeting (intention full symposium)	Feb 2019
Presentation of progress at the 15th annual meeting	August 2019

### **3.3.4 HEPA promotion in socially disadvantaged groups**

#### **Aim of the activity**

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities<sup>18</sup> in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

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

<sup>15</sup> <http://www.eunaapa.org>

<sup>16</sup> <http://profound.eu.com/>

<sup>17</sup> <http://www.egrepa.org/>

<sup>18</sup> In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

***In charge / participants***

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

**Participants:** Ms. Liesbeth Preller, Knowledge Centre for Sport Netherlands; Ms Cindy Gray, University of Glasgow, United Kingdom; Ms Marie H Murphy, University of Ulster, Northern Ireland, United Kingdom; Kwok NG, University of Jyväskylä, Finland; Mr Narcis Gusi, Caceres, Spain; Ms Constanze Santarossa, Sports Medicine Institute, Germany; Mr Christian Fessler, Wiener Gesundheitsförderung- Wi, Austria; Ms Ruth Hunter, Queen's University Northern Ireland, United Kingdom;; Mr Johan van Ophem, Wageningen University, the Netherlands; Mr Kaarlo Laine and Ms Hanna-Mari Maijala, Research Center for Sport and Health Sciences LIKES, Finland.

***Possible partners***

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

***Work steps***

Proposed work steps	By when
Engage with WG members via email and highlight potential funding streams	Ongoing
Continue to explore cooperation with other HEPA WGs	
Presentation of progress at the 15th annual meeting	August 2019

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

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

***In charge / participants***

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

**Participants:** Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Finland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr William Bird, Intelligent Health, United Kingdom; Ms Gillian Bingham, Belfast Health & Social Care Trust, N. Ireland, United Kingdom; Mr Olivier Blanson Henkemans, TNO, the Netherlands; Mr Raphael Bize, University Hospital of Lausanne, Switzerland; Ms Nika Berlic, Institute for Economic Research, Slovenia; Ms Ellen Blom, Norwegian Directorate of Health, Norway; Ms Brenda Berendsen, Maastricht University, the Netherlands; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Sarah Bolitho, Wales, United Kingdom; Ms Alenka Borovnicar, National Institute of Public Health, Slovenia; Ms Caroline Charlier, Ghent University, Belgium; Ms Mojca Cinc, National Institute of Public Health, Slovenia; Joe Cummiskey, University College Cork, Ireland; Mr Dushy Clarke, England, United Kingdom; Mr Pierpaolo de Feo, University of Perugia, Italy; Mr Christophe Delecluse, KU Leuven University, Belgium; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Aiden

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

### **Partners**

European Exercise Is Medicine Initiative; DG EAC, European Commission, Health Promoting Hospitals network; WCPT Network on Health Promotion in Life and Work

**Work steps**

Proposed work steps	By when
Collecting existing fact sheets on PA and health	ongoing
Making fact sheets available	ongoing
Expert exchange on fact sheets	ongoing
Presentation of progress at the 15th annual meeting	August 2019

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

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

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

**In charge / participants**

**In charge:** Dr Sami Kokko (leader), University of Jyväskylä, Finland; Dr Aoife Lane, Athlone Institute of Technology (co-leader), Ireland

**Participants:****1) Core group**

Mr Pekka Oja, Finland; Mr Pasi Koski, University of Turku, Finland; Mr Jorma Savola, Ms Susanna Geidne, University of Örebro Sweden; Mr Jan Seghers, University of Leuven, Belgium; Ms Aurelie Van Hoye University of Lorraine France

**2) Interested persons**

Michal Kudlacek Palacky University Olomouc Czech Republic, Finland; Ms Eerika Laalo-Häikiö, Finnish Swimming Association; Leeni Asola Finnish Gymnastic Association; , Colin Regan Gaelic Athletic Association; Heidi Pekkola ENGSO, Jeroen Meganck University of Leuven, Belgium; Herbert Hartmann German Gymnastics Assoc. and ISCA, Dr. Zeljko Pedisic University of Zagreb Croatia, Dr Charlie Foster, Oxford University, United Kingdom; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF; Markus Nahas, Brazil; Jacob Schoufuborc, Denmark; Daniel Dick, Austria; Niamh Murphy, Waterford Institute of Technology, Ireland; Sally Wyke, Scotland, United Kingdom; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland; Pavel Hap Palacky University Olomouc Czech Republic; Helena Collin Finnish Gymnastic Association; Timo Hämäläinen; Merja Palkama and Aino-Maija Siren Regional Sports Federation, Finland; Margareta Johansson Swedish Sports Confederation; Jeroen Scheerder University of Leuven, Belgium; Marija Rakovac University of Zagreb Croatia; Matleena Livson and Ulla Nykänen National Olympic Committee, Finland

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

**Work steps**

Proposed work steps	By when
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Disseminate SCforH Erasmus+ funded programme outcomes	Continuously
Discuss next options for funding and networking	By the end of 2018
Presentation of progress at the 15th annual meeting	30 August 2019

### **3.3.7 Workplace HEPA promotion**

#### ***Aim of the activity***

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity (HEPA) and reduce excessive sedentary behavior among employees, to learn from experiences in different European countries and to promote the most effective approaches across the European Region.

#### ***In charge / participants***

**In charge:** Ms Ine De Clerck, Artevelde University College Ghent, Belgium; Ms Anna Puig-Ribera, University of Central Catalonia, Spain; Ms Sebastià Mas Alòs, University of Lleida, Spain; Ms Ilkka Väänänen, Lahti University of Applied Sciences, Finland

**Participants:** Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon and Ms Katrien DeCocker, Ghent University, Belgium; Ms Kathrin Favero, Federal Office of Public Health (FOPH), Switzerland; Ms Fabienne Frick, German Sport University Cologne/Germany; Mr Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Gisem Kendik, Aktif Yasam, Healthy active Living Association, Istanbul, Turkey; Paweł Król, Faculty of Physical Education, University of Rzeszow, Poland; Ms Matleena Livson, Finnish Olympic Committee, Finland; Ms Maria Lopatina, Ministry of Health, Russian Federation; Ms Niina Valkama, Fit for Life Program, Finland; Mr Ragnar Van Acker and Femke De Meester, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Mr Hidde van der Ploeg, VU University Medical Center, the Netherlands, Mr Michael Tornow, NHS Health Scotland; Ms Sarah Edmunds University of Chichester, United Kingdom; Ms Karin Proper, National Institute for Public Health and the Environment, Netherlands; Ms Katja Siefken, Medical School Hamburg, Germany; Ms Susan Greinig, International Olympic Committee (IOC); Ms Christiane Wilke and Ms Bianca Biallas, German Sport University Köln; Mr Jostein Steen-Johannessen, Norwegian School of Sport Sciences; Ms Eva Smit, Radboud University Medical Center, Netherlands, Mr Stuart Biddle, University of Southern Queensland, Australia; Ms Clare Smith, Leeds Beckett University, UK; Jennifer Hall, Brunel University London, UK; Mr Ilkka Väänänen, Lahti University of Applied Sciences, Finland; Herbert Hartmann, ISCA, Germany; Bengt Kayser, University of Lausanne, Switzerland; Mr Eduarda Pinto, European Commission, Belgium; Tue Kristensen, Danish Health Authority, Denmark; Niamh Spratt-O'Shea, IT Carlow, Ireland; Aoife Stephenson, Ulster University, UK; Gizem Deniz Guneri, METU, Turkey; Mr Matti Leijon, Region Östergötland/YFA, Sweden; Ms Lea Anna Lisa Dejonghe, German Sport University Cologne, Germany; Ms Ine De Clerck, Artevelde University College Ghent, Belgium; Aisling Gough, Queen's University Belfast, UK; Mr Martyn Standage, University of Bath, UK; Matija Dunaj, FITnes uciliste, Croatia; Ms Maarit Gockel, Elo, Finland; Ms Anna Puig Ribera, University of Vic, Spain; Mr Olov Belander, The Norwegian Directorate of Health, Norway; Mr Thomas Skovgaard, University of Southern Denmark, Denmark; Nont Iamkamphaeng, Active Cheshire, UK; Mr Sebastia Mas Alòs, INEFC, Spain; Ms Claire Mc Leron, Sustrans, UK; Ms Anna Señé Mir, University of Vic, Spain; Ms Birgit Sperlich, University of Würzburg, Germany;

Mr Benjamin Gray, NHS Wales, UK; Ms Jennifer Murray, Queen's University Belfast, UK; Ms Jacqueline Mair, Edinburgh Napier University, UK; Jianjun Tang, Queen's University Belfast, UK; Ms Joana Ungureanu, Institute of Biomedical and Epidemiological Research in Sport, France; Mr Joeri Vannyvel, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Katrien De Cocker, University of Southern Queensland – USQ, Australia; Moisés Henriques, Navy Medical Centre, Portugal; Pairoj Saonuan, Thai Health, Thailand; Andreas Holtermann, NRCWE, Denmark; Pieter Coenen, VU University Medical Center, Netherlands; Nicola Eccles, University of Huddersfield, UK; Mark Mc Call, Beat the Seat, UK; Leon Straker, Curtin University, Australia.

### **Partners**

European Network for Workplace Health Promotion (ENWHP), Nordic Institute for Advanced Training in Occupational Health (NIVA) and Partnership for European Research in Occupational Safety and Health (PEROSH)

### **Work steps**

<b>Proposed work steps</b>	<b>By when</b>
Making a summary of common interests of the participants of the London WG meeting to enhance knowledge and material sharing	October 2018
Preparations for new leaders to take over	November 2018
Planning and implementing next activities	Spring 2019
Presentation of progress at the 15th annual meeting	August 2019

### **3.3.8 Environmental approaches to HEPA promotion**

#### **Aim of the activity**

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

- raise the profile of the impact of the environment on HEPA
- support the translation of relevant evidence to policy, practice and research,
- develop shared research and capacity building projects, and
- develop and offer a platform for public health advocacy and policy at the national and international levels.

#### **In charge / participants**

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

**Participants:** Ms Caroline Borup Andersen, University of Copenhagen, Denmark; Ms Iris An Der Heiden, Fit4Trust Consulting, Germany; Ms Suzanne Audrey, University of Bristol, United Kingdom; Susana Aznar, University of Castilla-La Mancha, Spain; Ms Jessyka Barbbosa, Public Health Firocruz, Brazil; Filip Boen, KU Leuven, Belgium; Ms. Diane Crone, University of Gloucestershire, United Kingdom; Mr Giorgio Chiaranda, Public Health Service Emilia Romagna Region, Italy; Mr. Johan de Jong, University of Applied Sciences, Netherlands; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Ms. Kathrin Favero, Federal Office of Public Health, Switzerland; Ms Louise Foley, University of Cambridge, United Kingdom; Mr Charlie Foster, University of Bristol, United Kingdom; Ms Gigja Gunnarsdottir, Directorate of Health, Iceland; Marc Harris, Intelligent Health, United Kingdom; Kathrin Hofer, FH Joanneum University of Applied Sciences, Germany; Peter Holler, FH Joanneum Bad Gleichenberg, Germany; Deirde

Harrington, University of Leicester, United Kingdom; Lars B. Christiansen, University of Southern Denmark; Nonhavit Iamkamphaeng, Active Cheshire, United Kingdom; Abula Kahar; Sonja Kahlmeier, University of Zurich, Switzerland; Jukka H. Karvinen, Finnish NOC (former VALO), Finland; Fabienne Keller, Federal Office of Public Health, Switzerland; Mr Damian Kuzminski, City of Gdańsk, Poland; Bob Laventure, Loughborough University, United Kingdom; Herbert Löllgen, Ruhr-University, Germany; Ms Eva Martin-Diener, University of Zurich, Switzerland; Ms Kajsa K Mickelsson, The Public Health Agency of Sweden, Sweden; Ms. Hanne K. Munter, Special Advisor for University Sport, Finland; Niamh Murphy, Waterford Institute of Technology, Ireland; Mr. Robert J. Noonan, Special Advisor for University Sport, United Kingdom; Ms Tanja Onatsu, Fit for Life Program, Finland; Ms Christina Padez, University Coimbra, United Kingdom; Mr. Jonas S. Quist, University of Copenhagen, Denmark; Ms Francesca Racioppi, World Health Organization Regional Office for Europe; Ms Mimi Rodriguez Adami, FIAF, Italy; Diana Rus, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Romania; Ms Lucy Saunders, Transport for London, United Kingdom; Mr Roya Shokoohi, Hanze University of Applied Sciences, Netherlands; Bente Stallknecht, University of Copenhagen, Denmark; Gerrit Stassen, German Sport University Cologne, Germany; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Ms Patrizia Tortella, University of Verona, Italy; Mr Jens Troelsen, University of Southern Denmark; Ms Wanda Wendel-Vos, RIVM, the Netherlands; Jonas Winther, University of Copenhagen, Denmark.

### ***Possible partners***

Interested HEPA Europe members and other experts, Healthy Cities Network, Urban Land Institute Europe (ULI)

### ***Work steps***

<b>Proposed work steps</b>	<b>By when</b>
Further dissemination of the aims and strategy of the working group and promotion	Continuously
Strategy regarding the shared database on knowledge and ideas	Summer 2019
Look for the establishment of partnerships (e.g. Healthy cities)	Continuously
Consider proposal call in COST or Erasmus + programs	Summer 2019
Presentation of progress at the 15 <sup>th</sup> annual meeting	30 August 2019

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

#### ***Aim of the activity***

- This project aims at developing and disseminating practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.
- In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a first health economic assessment tool (HEAT) for cycling and its user guide were developed<sup>19</sup>.
- This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)<sup>20</sup> and specifically its activities on walking and cycling.

<sup>19</sup> <http://www.euro.who.int/HEAT>

<sup>20</sup> [www.thepep.org](http://www.thepep.org)

***In charge / participants***

- **In charge:** WHO Regional Office for Europe, and Sonja Kahlmeier, FFHS, Switzerland
- **Participants:**
  - 1) **Project core group:** Mr Christian Brand, University of Oxford, United Kingdom; Mr Nick Cavill, Cavill Associates, United Kingdom, Ms Vicki Copley, Public Health England, United Kingdom; Mr Thomas Götschi and Mr Alberto Castro, EBPI, University of Zurich, Switzerland; Mr Paul Kelly, University of Edinburgh, United Kingdom; Mr Christoph Lieb and Mr Heini Sommer, Ecoplan, Switzerland; Mr David Rojas, ISGlobal, Spain; Mr Harry Rutter, London School of Hygiene & Tropical Medicine, United Kingdom, James Woodcock, Cambridge University, United Kingdom.
  - 2) **Participants:** Advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

***Possible partners***

- Experts on economic valuations of the health-impact of transport in European as well as other countries, WHO Headquarter and other WHO regions, OECD
- 

***Work steps***

<b>Proposed work steps</b>	<b>By when</b>
Presentations at meetings, workshops, conferences and webinars	Continuously
Preparation of next work steps, including on input data, injuries and possibly morbidity, depending on further funding	Depending on further funding
Scientific publications <ul style="list-style-type: none"> <li>• Paper on updated HEAT methodology including modules on physical activity, air pollution, road crashes and carbon effects (Götschi T et al.)</li> <li>• Paper on recent developments, process &amp; policy perspective</li> </ul>	End of 2018 Summer 2019
Presentation of progress at the 15th annual meeting	August 2019
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none"> <li>• Presentations at meetings, workshops and conferences</li> <li>• Webinars</li> </ul>	Continuously
Preparation of next work steps, including on input data, injuries and possibly morbidity, depending on further funding	Summer 2019
Scientific publications <ul style="list-style-type: none"> <li>• Paper on updated HEAT methodology including modules on physical activity, air pollution, road crashes and carbon effects (Götschi T et al.)</li> <li>• Paper on recent developments, process &amp; policy perspective (Kahlmeier S et al.)</li> </ul>	End of 2018  Summer 2019
Presentation of progress at the 15th annual meeting	30 August 2019

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

Physical activity (PA), sedentary behaviour (SB) and sleeping time are main components of the circadian cycle (i.e. physical activity spectrum), of which research has shown to strongly impact



human health. There is increasing evidence that combination of decreasing sedentary behaviour (SB) and increasing moderate-to-vigorous physical activity (MVPA), resulting in positive change in cardiorespiratory fitness (CRF), is likely to be the most beneficial for improving health. Among physically inactive individuals/patient groups reducing daily SB with light physical activity (LIPA) has shown to improve metabolic markers. Accordingly it has been suggested that health-related time use pattern over 24 hours is more important for population health than traditionally accepted single health risks.

The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living PA assessment. However, widespread use of these devices in epidemiological studies has been hampered by their costs and several practical and methodological issues..

This working group aims to enhance the objective population monitoring of PA and fitness of European countries by providing latest knowledge and experience on measurement methods, supporting new projects in monitoring and surveillance in Europe and seeking possibilities for common grant money applications

### ***In charge / participants***

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

**Participants:** Mr Kahar Abula, German Sport Uni Cologne, German; Ms Caroline Andersen, Univeristy of Cph, Denmark; Mr Lukais Andrea, University of Miskolc, Hungary; Ms Ellen de Hollader, National Institute of Public Health and the Environment, Netherlands; Ms Signe de Place Knudsen, Univeristy of Cph, Denmark; Mr Andrew Decelis, Sport Malta & Uni of Malta, Malta; Ms Inga Gerulskiene, Dept. Of PE&Sports & Governement of Lithuania, Lithuania; Ms Jana Hodonska, Palacky University, Czech; Mr Peter Holler, FH-Joannerum, Sport Science; Mr Johannes Jaunig, Sport Science, AUT; Mr Gregor Jurak, Univeristy of Ljubljana, Slovenia; Ms Marija Jurina, Fitness Academy Cro, CRO; Mr Kimmo Koivisto, University of Turku Finland; Mr Pavel Korvas, Brno Univeristy on Technology, CZE; Mr Bruno Lazinica, Fitness Academy, CRO; Aurora, Government, Spain; Ms Marta Mandziuk, Pope John Paul II State school of higher education in Biata Podloska, Poland; Mr Tapio Paljarvi, Cardiff University, UK; Ms Rachel Riley, Sustrans, UK; Mr Paolo Rocha, Portugese Institute of Sport and Youth, Portugal; Mr Filip Sabol, Fitness Academy, CRO; Mr Maroje Soric, University of Zagreb, CRO; Ms Bente Stallknecht, Univeristy of Cph, Denmark; Ms Tuija Tammelin, Likes, Finland; Ms Joana Ungureanu, IRMES Paris, France; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Malgorzat Wasilewska, Pope John Paul II State school of higher education in Biata Podloska, Poland; Mr Greg Welk, Iowa State University, USA.

### ***Possible partners***

WHO Headquarters; Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children's Accelerometry Database (ICAD) project including representatives from University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

### ***Work steps***

To enhance objective measurement of physical activity with common methods in different European countries	Continuously
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Presentation of progress at the 15th annual meeting	30 August 2019
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### **3.3.11 Teaching course on "Pragmatic Evaluation in Physical Activity"**

#### ***Aim of the activity***

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

#### ***In charge / participants***

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

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

#### ***Other course affiliates and partner***

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

#### ***Work steps***

	<b>By when</b>
Support the 2019 Pragmatic Evaluation course in Prague, if accepted as a satellite meeting of ISBNPA	Summer 2019
Exploration of possible funding sources to support future editions of the course	Spring 2019
Definition of possible next locations and dates for European editions of the course	Summer 2019
Presentation of progress at the 15th annual meeting	30 August 2019

## **3.4 Activities to optimize the Network**

### **3.4.1 Management and interaction with members and partners**

#### ***Aim of the activity***

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

The impact model<sup>21</sup> contributed to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

#### ***In charge / participants***

**In charge:** WHO Regional Office for Europe and Steering Committee

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

<sup>21</sup> See footnote 12, page 18

**Possible partners**

Representatives of key partner institutions and organizations

**Work steps**

	<b>By when</b>
Update of the partner management strategy	Summer 2019
Regular updating and implementation of the funding strategy	Continuously
Presentation of progress at the 15th annual meeting	30 August 2019

**3.5 Possible future activities****3.5.1 HEPA promotion and injury prevention****Aim of the activity**

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

**In charge / participants**

**In charge:** to be defined

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

**Possible partners**

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

**Work steps**

Will be defined by participants if activity is implemented.

## ANNEX 10: LIST OF PARTICIPANTS

**Olov Belander**

The Norwegian Directorate of Health  
Norway

**Finn Berggren**

Gerlev Physical Education and Sports  
Academy  
Denmark

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University of Montenegro  
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**Gwendolijn Boonekamp**

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Netherlands

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Italy

**Kathrin Favero**

Federal Office of Public Health  
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**Claire Fitzsimons**

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**Anja Frei**

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**Christel Jaumouille**

French speaking community (Wallonia-  
Brussels Federation)  
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**Danijel Jurakic**

University of Zagreb  
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**Sonja Kahlmeier**

University of Zurich  
Switzerland

**Elina Karvinen**

The Age Institute  
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**Michal Kudlacek**

Palacký University Olomouc  
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Directorate-General of Health  
Portugal

**Kajsa Mickelsson**

The Public Health Agency of Sweden  
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**Karen Milton**

University of East Anglia  
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**Sarah Mullane**

Arizona State University  
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**Marie Murphy**  
Ulster University  
United Kingdom

**Elaine Murtagh**  
Mary Immaculate College, University of  
Limerick, Ireland

**Nanette Mutrie**  
University of Edinburgh  
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**Margot Mutsch**  
University of Zurich  
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**Kwok Ng**  
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**Yukio Oida**  
Chukyo University, Japan

**Stevo Popovic**  
University of Montenegro  
Montenegro

**Tanja Onatsu**  
Fit for Life Program  
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