



THIRTEENTH ANNUAL MEETING OF HEPA EUROPE

European network for the promotion of health-enhancing physical activity



15-17 NOVEMBER 2017
ZAGREB, CROATIA





**World Health
Organization**

REGIONAL OFFICE FOR **Europe**

Thirteenth 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**



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ABSTRACT

The 13th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Faculty of Kinesiology University of Zagreb, Croatia. 187 participants from member and non-member institutions and organizations located in 27 European countries registered, as well as representatives from Australia, Brazil, Canada and the United States and from the World Health Organization, Regional Office for Europe. The meeting included parallel sessions of 7 HEPA Europe working groups on 15 November 2017. At the annual meeting on 17 November, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2016/2017 and the work programme 2017/2018. They also took note of the update on options for funding. In addition, they discussed and adopted an updated mission statement and goals for HEPA Europe. Finally, 15 new memberships were confirmed as well as one additional observer.

The 8th HEPA Europe conference took place back-to-back with the annual meeting on 15-17 November 2017, organized by the Faculty of Kinesiology University of Zagreb and co-sponsored by WHO Regional Office for Europe. The conference was attended by 348 participants from 31 countries of the WHO European region as well as from Australia, Brazil, Canada, Japan, Oman and the United States of America as well as from the World Health Organization and the European Commission. It included 4 keynote lectures, 9 symposia, 17 parallel oral sessions, 2 poster sessions and two Early Career Research Award presentations.

Keywords

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1 Introduction and overview

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

The 13th annual meeting of HEPA Europe took place on 15 and 17 November 2017. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of 7 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 2016/2017 and of the new work programme 2017/2018;
- 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 thirteenth 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 2016/2017 and the work programme 2017/2018 (see Annex 4) as well as an updated vision and objectives for the network (see Annex 5).

The annual meeting was attended by 187 participants from member and non-member institutions and organizations located in the following 28 European countries: Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Iceland, Ireland, Italy, Lithuania, Malta, Montenegro, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom (see Annex 5 for list of participants) as well as representatives from Australia, Brazil, Canada and the United States as well as from the World Health Organization, Regional Office for Europe. The first part of the meeting was chaired by outgoing HEPA Europe chairman Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, followed by the newly elected chairwomen, Ms Wanda Wendel-Vos, National Institute for Health and the Environment (RIVM), the Netherlands.

On 15-17 November, additionally the 8th HEPA Europe conference took place (see chapter 2 below).

1.1 Acknowledgements

The 13th annual meeting of HEPA Europe was kindly hosted by the Faculty of Kinesiology University of Zagreb, Croatia. The meeting was financially supported by the European Commission Erasmus+ programme¹.

The 8th HEPA Europe conference was organized by the Faculty of Kinesiology University of Zagreb, and held under the patronage of the President of the Republic of Croatia, Mrs Kolinda Grabar Kitarović. It was supported by the Ministry of Science and Education, the Zagreb Tourist Board and co-sponsored by the WHO Regional Office for Europe.

2 8th HEPA Europe conference

Back to back to the 13th annual meeting, the 8th HEPA Europe conference took place on 15-17 November 2017², featuring as main topic “Modern approaches to physical activity promotion and measurement”. The event was attended by 348 participants from 31 countries of the WHO European region as well as from Australia, Brazil, Canada, Japan, Oman and the United States of America as well as from the World Health Organization and the European Commission.

The conference was opened by Tomislav Krističević, Dean of the University of Zagreb Faculty of Kinesiology, followed by Danijel Jurakić, president of the conference Organising Committee. Then Tommi Vasankari, Chairman of the HEPA Europe Steering Committee, welcomed the participants, as well as Zvonimir Šostar, Head of “Andrija Štampar” Teaching Institute of Public Health, Zagreb. Also Damir Knjaz, representative of the President of the Republic of Croatia, Mrs. Kolinda Grabar Kitarović, who had patronage of the event, warmly welcomed the delegates. Joao Breda, Head WHO European Office for Prevention and Control of Noncommunicable Diseases, extended a warm welcome to the delegates on behalf of the WHO Regional Office for Europe and thanked the host for hosting the network and arranging this important event. Jelena Pavičić Vukičević, City of Zagreb Deputy Major, also expressed her gratitude to the hosts for arranging this significant conference in Zagreb. Finally, Damir Boras, Rector of the University of Zagreb, declared the conference opened.

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

- Current practices and issues in physical activity promotion: From small-scale interventions to changes in national policy (Fiona Bull, World Health Organization);
- Issues and challenges in physical activity surveillance (Zeljko Pedisic, Victoria University, Australia);
- The use of wearable technologies in measurement and promotion of physical activity (Gregory J. Welk, Iowa State University, USA); and

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

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

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

- Applying behavioural science to developing and evaluating digital interventions: implications for physical activity (Susan Michie, University College London, United Kingdom).

The meeting further included the following 9 symposia:

- Implementation of Physical Activity Guidelines – national, European and global perspectives
- National physical activity policies: progress, pitfalls and lessons learned
- Recent viewpoints about physical activity in clinical cardiology
- How to create an Urban Active Environment: Lessons learnt and case study examples from the SPaCE (Supporting Policy and Action for Active Environments) EU project
- “Keep Youngsters Involved”: Insight into an Erasmus+Sport project designed to prevent dropout from youth sport for 12-19 year old
- Global surveillance of physical activity policy: experiences from HEPA Europe and the Global Observatory for Physical Activity – GoPA!
- Improving Adherence to Physical Activity Interventions Across the Cancer Trajectory: predictors, determinants and type of intervention
- Sports Clubs and Coaches Health and Physical Activity Promotion – Sports Club for Health (SCforH) the Comprehensive Approach
- Child Obesity: Super Dynamic Food Dudes to the Rescue!

In addition, 17 parallel sessions took place and 70 posters were presented. A specific session was dedicated to two Early Career Research Award presentations, including:

- Bojana Klepač-Pogrmilović, Victoria University, Australia: A systematic scoping review of studies analysing national-level physical activity and sedentary behaviour policies; and
- Liam Kelly, Institute of Technology Carlow, Ireland: ‘Men on the Move’: A community-based physical activity programme for adult men in Ireland.

The organizers offered excellent hosting to the participants including a reception, a guided city tour and a conference dinner.

3 Parallel sessions of HEPA Europe working groups and related events

On 15 November 2017, seven of HEPA Europe’s working groups (see also work programme, Annex 4) held parallel sessions to discuss progress and next steps in advance of the plenary annual meeting on 17 November. Brief summaries are provided below.

3.1 National approaches to HEPA promotion

The session was co-led by Sonja Kahlmeier, University of Zurich, and Karen Milton, University of Eastern Anglia. 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
- evaluation of the PAT and dissemination template use.

Karen Milton also presented initial results of a cross-country analysis of the new PATs from 6 of the 7 completing countries.

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, Sonja Kahlmeier presented initial ideas for possible work steps from the working group for the coming year. Discussion with participants included suggestions to expand the PAT suite with a PAT for the sub-national level, with tools to measure implementation on the ground and to improve leadership and implementation, beyond auditing.

3.2 Active ageing: physical activity promotion in elderly

This session was co-chaired by Mrs Liesbeth Preller, Mrs Päivi Topo and Mr Filip Boen. They all gave a brief presentation on supporting factors for implementation and sustainable increase in physical activity in older adults. Mrs Topo presented on the role of intersectoral collaboration in the promotion of health-enhancing physical activity and on key factors for intersectoral collaboration within municipalities. Mr Boen presented on the Social Identity Approach and the importance to focus on autonomous form of motivation that are linked to PA maintenance in the long run. Mrs Preller presented identified successful implementation strategies for interventions, based on blended methods and the RE-AIM model. Identified factors for reach of participants like networking with motivated partners, a well defined target group and tailored methods were well recognized by participants.

The remaining time was spent on discussing and deciding on future activities and the responsibilities of working group members. The suggested collection of good practices according to a set format was well received, including the suggestion to enlarge the activity within the LinkedIn group. All members present indicated whether they wanted to be actively involved in selected activities, or to be observer only.

3.3 HEPA promotion in health care settings

This working group session started with an overview of the activities of the working group in 2016-2017: the WHO Expert meeting on cross-cutting approaches in prevention and health promotion in health care across Europe (June 2017, Zurich, Switzerland); a submitted paper on Physical Activity Promotion in Health Care Settings and a Virtual information hub. Next there three presentations were held, followed by discussion:

- Results from the WHO Expert Meeting on Cross-Cutting Approaches to Health Promotion in Health Care in Zurich, June 2017, by Eva Martin, University of Zurich Switzerland.
- Physical Activity on referral in Flanders and Brussels, by Luc Lipkens, Flemish Institute for Health, Leuven, Belgium.
- The role and impact of Care Sport Connectors in connecting the care and physical activity sector, by Annemarie Wagemakers, Wageningen University, the Netherlands.

Participants and working group members contributed their updated as well, including a book for health care about “is physical activity recommended?” and “in what dose?” for professionals working in health care in Finland.

The possibility to hold another expert meeting in 2019 in collaboration with the WHO Collaborating Centre on Physical Activity and Health (in Zurich or in a different location), was also discussed. A topic could be HEPA curricula in education and training programmes in different health professions.

At the end of the session a preliminary work plan for 2017/2018 was presented and work steps were agreed with the members.

3.4 Environmental approaches to HEPA promotion

Working group leader Josef Mitáš started the meeting with a presentation of the working group’s objectives, vision and field of research and practice, and by pointing out that clarification of the concept environment was needed in the effort to focus the work in the group. The members made a short presentation of their field of work and interests in being part of the working group with addition from their expertise.

Different approaches to defining the next work steps were discussed. Affordance as a concept could possibly guide the group’s work. Participants decided to focus on a model based on based on knowledge sharing, exchanging ideas, drawing inspirations from each other on the annual meetings and other types of cooperation between members. The working group lead committed to forward all relevant information to the participants on the list and to create a manual for sharing documents.

3.5 Workplace HEPA promotion

A brief description of the previous working group activities was provided for orientation focusing on the summary of a “TenQ” survey conducted last year (containing 10 questions on current approaches to workplace HEPA promotion in each country). The preliminary plans for future activities were also outlined. One weakness of the survey was the poor generalizability and reliability of the findings due to the selective group of respondents. For improvement the leaders introduced an option to conduct a survey that would be completed in each country by major stakeholders of workplace HEPA promotion.

To discuss the option the leaders had opened a Padlet board to get the working group participants to indicate whether they felt that 1) this kind of information was necessary, 2) what was best way to do it and 3) how to proceed. As only few people had entered to Padlet before the working group meeting the participants were encouraged to do so during and after the meeting.

The subsequent discussion focused on the need for this kind of information and the amount of work needed for getting the information. Some participants thought that getting the information would be essential and some were unable to take a stand. Some participants brought up that presenting case studies, best practices and ready-made exercise programs in the WG meetings would be beneficial and an alternative for producing a survey. Based on the discussion it was concluded that at this stage the possibility to conduct a more comprehensive survey was limited and further options need to be detected. Until then, the practices will be shared through webinars and LinkedIn.

The action plan was formulated to a very general format leaving options for leaders to choose from a wide variety of actions. In the end of the meeting some participants brought up their calls for sharing ideas and cooperation concerning their current interests.

3.6 Sport Clubs for Health

This session was chaired by Dr Sami Kokko from the University of Jyväskylä, Finland. To begin, Sami Kokko gave an introductory presentation of Sports Club for Health (SCforH), focusing on describing the activities of the past Erasmus+ funded SCforH project. Thereafter, two of the four main areas were presented in the working group meeting. First, professor Pasi Koski presented the updated SCforH guidelines for the local level sports clubs. The updated guidelines highlight that SCforH can be seen as approach and different clubs can tailor SCforH guidelines to their current situation in HEPA promotion and consider development steps on their starting point. And second, professor Herbert Hartmann focused on the tools for the upper level sports federations created in the past Erasmus+ project. The aim of these tools is to assist sports federations to recognize their potential in HEPA promotion as well as the ways how they can support their local level sports clubs in HEPA promotion. All materials, including a pdf booklet of the updated guidelines for local level clubs and electronic tool for federations, can be found at the SCforH web-page: www.scforh.info. At the end of the working group session the attendees were encouraged in a discussion with especial focus on the dissemination of these materials. Also, the future work around the topic was discussed.

3.7 Working group on monitoring

This working group session began with a joint presentation of working group chair Jaana Suni and HEPA Europe chair Tommi Vasankari, both from UKK Institute for Health Promotion Research, Finland. First, the activities undertaken towards objective monitoring of physical activity, sedentary behaviour and fitness during the year were introduced. Second, the current status of methods used for objective population monitoring of physical activity and sedentary behaviour was presented with emphasis of recent developments and current problems. Third, results of Finnish population studies on objectively measured physical activity and sedentary behaviour as well as their relationships with selected health outcomes were introduced. Next, the ongoing FINFIT 2017 populations study including objective measurements of physical activity, sedentary behaviour and fitness was introduced. Finally, the possible role of the UKK Institute in helping other countries with data analysis of objective accelerometer data as well as the possibility of using the same research accelerometers as UKK Institute were discussed.

Lastly, the working group agreed the work steps for the next year.

3.8 EU updates session

This session started with an overview of current activities and perspectives of the WHO Regional Office for Europe, presented by Joao Breda, Head WHO European Office for Prevention and Control of NCDs. This was followed by two presentations of current activities related to the promotion of health-enhancing physical activity from Hungary (Mr. Zoltán Boronyai, Hungarian School Sport Federation, Budapest) and Portugal (Romeu Mendes, Portuguese Directorate-General of Health, Lisbon).

Updates from the European Commission's DG Education, Youth, Sport and Culture, Sport Unit, were presented by Mr Olivier Fontaine, Policy Officer – Sport. Finally, Ms Eduarda Pinto presented the EC's own HEPA promotion programme.

4 Report of the 13th annual meeting

4.1 Introduction

The meeting was opened by Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland, outgoing chairman of HEPA Europe. For this year's meeting, 187 participants from member and non-member institutions and organizations located in 27 European countries registered, as well as representatives from Australia, Brazil, Canada and the United States and from the World Health Organization, Regional Office for Europe (see Annex 5 for list of participants).

4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁴ for membership from 16 institutions from September 2016 to mid-October 2017. These temporary members were proposed to the network for confirmation.

All applications were confirmed and the 15 following institutions and organizations were welcomed to HEPA Europe as members (in alphabetic order):

- Active Cheshire, United Kingdom
- Bradford Institute for Health Research, Born in Bradford birth cohort, United Kingdom
- Center for Health, Exercise and Sport Sciences, Belgrade, Serbia
- Department of Physical Education and Sport Sciences, Faculty of Education and Health Sciences, University of Limerick, Ireland
- Edinburgh Napier University, United Kingdom
- Faculty of Sport and Physical Education, University of Sarajevo, Bosnia and Herzegovina
- Federal Office of Public Health, Bern, Switzerland
- Hanze University of Applied Sciences Groningen, Groningen, the Netherlands
- Leicester Diabetes Centre, United Kingdom
- Norwich Medical School, University of East Anglia, United Kingdom
- Research Center on Child Motor Development, Verona, Italy
- Steno Diabetes Center Copenhagen, Denmark
- School of Health Sciences, Örebro University, Sweden
- University of Foggia, Italy
- University Ramon Llull, Barcelona, Spain

Progress Health Partnerships, Wigan Lancs, United Kingdom, was accepted as observer.

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

The network now counts 172 members, including 169 member institutions and 3 individual members from 38 countries, as well as 8 observers (see Table 1 and Annex 3 for full list).

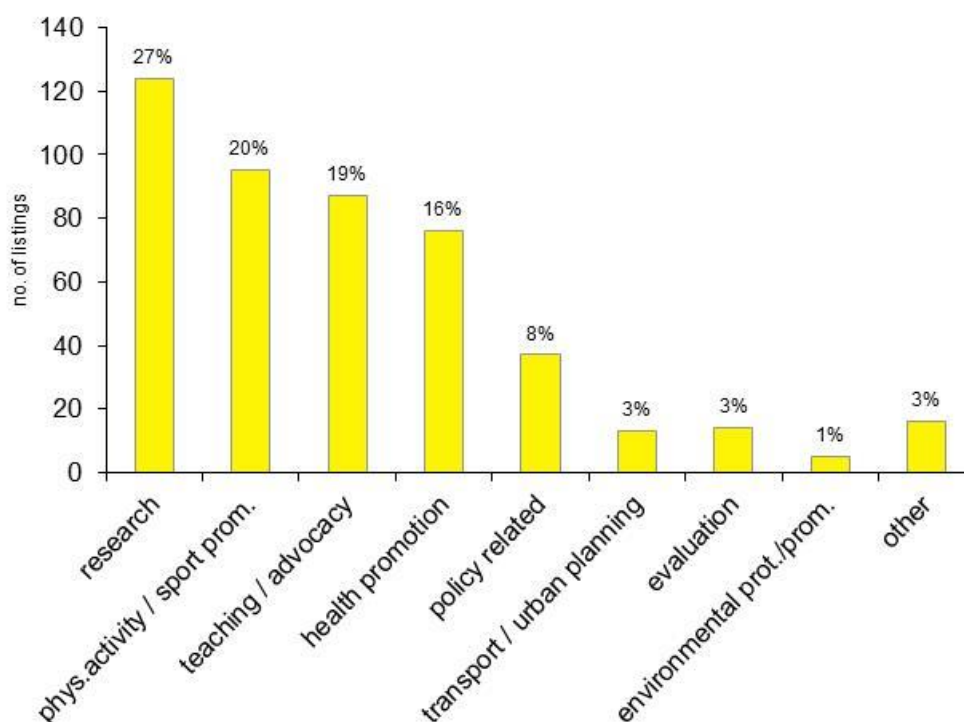
Table 1: Overview of number of HEPA Europe member institutions by country

Country	No.	Country	No.
Austria	3	Luxemburg	1
Belgium	3	Malta	1
Bosnia & Herzegovina	1	Montenegro	2
Bulgaria	1	Norway	2
Croatia	4	Poland	2
Cyprus	1	Portugal	3
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	2	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 7 observers

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

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



4.3 Updated mission and goals for HEPA Europe

Karen Milton, member of the Steering Committee, updated the members on work done by the Steering Committee to update the mission statement and the goals of HEPA Europe. At the annual meeting of 2016, members had already adopted a new vision for Europe:

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

After a lively discussion, the present members adopted the following updated mission statement and goals for HEPA Europe:

- **Mission:**
To provide a forum for the advancement of health enhancing physical activity research, policy and practice across the WHO European region
- **Objectives:**
 - Foster interdisciplinary communication and knowledge exchange between researchers, practitioners and policymakers;
 - Facilitate sharing of experiences and best practice in HEPA promotion;
 - Contribute to the development of multi-sectoral and inter-sectoral policies and strategies for HEPA;

- Strengthen collaboration within and between sectors to advance HEPA research, practice and policy;
- Provide capacity building opportunities to researchers, practitioners and policymakers to strengthen the skillset of the HEPA workforce;
- Deliver and support advocacy actions for the creation and maintenance of supportive social, physical, and policy environments for HEPA; and
- Provide a strong voice for the HEPA agenda.

4.4 HEPA Europe member website analysis

Sonja Kahlmeier, University of Zurich, presented the results of an analysis of the HEPA Europe member websites. The goal of the analysis was to gain an overview of the current practice of member institutions of mentioning their membership in HEPA Europe on their websites, which is possible, according to its Terms of Reference.

Almost three quarters of the member's institutions did not mention their membership in HEPA Europe on their website or in their annual report. 20% did mention it, and an additional 7% mentioned it but not according to the rules stipulated in the Terms of Reference. Examples of good as well as of problematic practice were shown, the latter for example including the publication of press releases, mentioning the membership acceptance in a promotional manner, use of the HEPA Europe design element on the homepage of an institution, or misunderstanding the membership as being a personal one, instead of correctly stating it as an institutional membership.

Participants were encouraged to consider ways of referring to the HEPA Europe membership as a way to „spread the word“ and further increase visibility.

4.5 Activity report 2016/2017: overview

The activity report of the thirteenth year of activity of HEPA Europe from October 2015 to September 2016 was presented and discussed by Ms Sonja Kahlmeier and the working group leaders (see also Annex 4)⁵. In table 2 below, an overview of the state of affairs of the different activities is provided.

It was concluded that more working groups than in the previous year had produced tangible outputs in the form of reports, and that several had used their members to gauge information through surveys. Two working groups had made positive experiences with a new form of outreach through Webinars.

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.

⁵ A summary of the activity report is also available at www.euro.who.int/hepaeurope.

Ms Racioppi also presented an update on the funding options for the network. She underlined the continuous need to secure funding for the central functions of the network, in particular as the two HEPA Europe-related Erasmus+ projects were coming to an end in December 2017. The Steering Committee will continue to monitor funding options such as foundations, the Health2020 research programme, the COST programme and others.

Mr Racioppi also reminded members that voluntary donations of public administrations, even if of smaller sizes, were a much needed basis for the continued functioning of the network. The network also continues to depend on a strong sense of ownership by the members, e.g. possibilities to include HEPA Europe-related activities into submitted funding proposals and to support the network with innovative ideas for fund raising and the establishment of co-operations. Only in this way, less favored funding options, such as a membership fee, could be avoided also in the future.

Table 2: Overview of the state of affairs of activities 2016/2017

Activity area	State of affairs
Networking and cooperation	
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned
Information dissemination	
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 11th annual network meeting and 6th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Implemented as planned
Projects, reports and products	
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Partly implemented
Working group on active aging: Physical activity promotion in the elderly	Partly implemented
Working group on HEPA promotion in socially disadvantaged groups	Implemented mostly as planned
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sports Club for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Implemented mostly as planned
Working group on HEPA promotion and the environment	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented mostly as planned
Working group on monitoring and surveillance of physical activity	Implemented mostly as planned
Activities aimed at optimizing the network	
Implement partner management strategy and member management strategy	Implemented as planned
Publications	
3 papers, 4 reports, 1 news alert and several news updates	Mostly implemented as planned
Possible activities to be launched later	
Teaching course	Deferred to 2018 or later
HEPA promotion and injury prevention	Not started

4.6 Work programme 2017/2018

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 2017 to September 2018.

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 November 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)⁶:

Networking and cooperation

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

Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe and HEPA Europe website (www.euro.who.int/hepaeurope) and Twitter
Holding of the 14th annual meeting and conference of ISPAH, in partnership with HEPA Europe (15-17 October 2018, London, United Kingdom)
To support the WHO Regional Office for Europe in identification, integration and analysis of further documents in the European Health Information Gateway

Projects, reports and products

Title and aim of the activity
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

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

Activities to optimize the Network

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

Possible future activities

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

4.7 Other items

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

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

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

Main changes to previous practice include the establishment of a “Register of non-State actors”, a prototype of which is already available on-line⁷. Currently, policies and operational procedures for the each of the four groups of non-State actors are being developed to define 5 types of interactions (participation, resources, evidence and advocacy and technical collaboration). The procedures will include a due-diligence process and a risk assessment. To which extent this will also apply to the member institutions of HEPA Europe, in addition to the application process which is already in place, remains to be seen, and member institutions will be further informed in due time.

4.8 Next annual meetings of HEPA Europe

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

⁷ <http://apps.who.int/register-nonstate-actors/home.aspx>

4.9 Closing of the meeting

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

Next steps include:

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

5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. In addition, participants received an invitation to fill in the evaluation electronically after the meeting, if they had not done so at the meeting. The questionnaire consisted in both cases of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, organizational aspects such as the length of the meeting and its preparation were assessed and respondents could provide additional feedback. Hundred and forty-eight delegates provided feedback, corresponding to an overall response rate of 42.5%, which is comparable to previous years (23% to 52%).

The overall rating of the event was very high again with an average of 5.0 out of a possible maximum of 6.0. The total length of the event was again found suitable by a large majority of 84.2% of respondents rating it as "just right", which was again almost similar to the previous year (89.4%). The quality of the keynote lectures was also valued very highly with average ratings of over 4 to 5 for quality perceived usefulness. The quality and usefulness ratings of the symposia overall were 5.2 and 5.1, respectively, and that of the oral sessions were almost similarly high (4.8 and 4.6, respectively). The poster sessions were rated slightly lower (4.2) and suggestions were made to improve the location and spacing of poster sessions in future meetings. Regarding the possibilities for interaction between participants, 84% of delegates expressed their satisfaction, which is even 12% higher than in the previous year. Advance notifications, meeting venue, registration, conference website, hospitality and catering all received excellent ratings (between 5.0 and 5.5).

Eighty-seven delegates also provided feedback on the annual meeting (27.3%). Preparations were rated as well as in the previous year (5.0) and a large majority of 75.3% of participants felt they could participate enough in the decision making. This year, the annual meeting was once again combined with a conference key note session and thus briefer as in some of the previous years. 71.3% of respondents supported this arrangement, and 91.6% of respondents felt that the new length of about 2 hours was just right.

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

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. List of background documents
2. Provisional programme
3. Provisional list of participants
4. Summary list of applications for membership (September 2016 to August 2017)
5. Activity report 2016-2017 and Work programme 2017-2018 (final draft)
6. Updated version of HEPA Europe mission and goals (final draft)

Background papers

7. Report of the 12th annual meeting of HEPA Europe, Belfast, United Kingdom

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Wednesday, 15 November 2017

17:15 – 18:15 **Parallel sessions of HEPA Europe working groups**

Working group leaders, members and participants

Friday, 30 September 2016

11.00 - 11.15 **Opening and welcome**

Tommi Vasankari, Chairman HEPA Europe

Francesca Racioppi, WHO Regional Office for Europe

University of Zagreb (host)

11.15 – 11.30 **Results of the Steering Committee and chair elections**

Sonja Kahlmeier, University of Zurich, Switzerland

11.30 – 11.45 **New applications for membership**

Chair HEPA Europe

11.45 – 12.15 **Activity report 2015 - 2016 and Work programme 2016 - 2017:
introduction and discussion**

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

12.15 – 12.20 **Formal approval of the work programme 2016-2017**

12.20 – 12.35 **Updated mission and goals for HEPA Europe**

- *Proposed new version*
- *Discussion and adoption of final version*

Karen Milton, University of East Anglia, United Kingdom

Chair HEPA Europe

12.35 – 12.45 **HEPA Europe member website analysis**

Sonja Kahlmeier, University of Zurich

12.45 – 12.55 **Update on WHO/Europe Framework of engagement with non-state actors
(FENSA)**

Francesca Racioppi, WHO Regional Office for Europe

12.55 – 13.00 **Other business**

13.00 **Closure**

ANNEX 3: 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, Östersund
- Transport Studies, Oxford University, United Kingdom
- University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
- University Medical Policlinic, Lausanne, Switzerland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Cáceres, 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

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2016/2017 AND WORK PROGRAMME 2017/2018

1 Foreword

Dear members of the HEPA Europe network,

Europe has faced several changes during the last years, but nevertheless the importance of HEPA promotion has become more and more evident. Many cities are planning cycling tracks and walking streets without cars. Similarly, several countries and international institutions have written their physical activity strategies and action plans. Of course, the development could be even faster than it is, but we can clearly see the progress.

The WHO HEPA Europe network is a recognized network in the field of HEPA promotion. Our network is collaborating with several other international NGOs. Also, the membership is still increasing, which is a sign that the network is needed and that the collaboration between members is fruitful.

The WHO HEPA Europe network operates through several working groups and many of them are very viable. They create plans to enhance HEPA promotion in special target groups, and they create tools for that. They organize seminars, meetings and webinars. Some working groups have also made successful applications for both research and promotion purposes. However, the main challenge for the whole network and for the working groups is the lack of secured funding, which needs special attention in future.

In the middle of November it is time to meet the new and old members of the network and to look at the new ideas and innovations what you have done in HEPA promotion. From 15 to 17 November we will have our Annual meeting and Conference, which will this time be in Zagreb. Once again several key note lectures, posters and short presentations will demonstrate the progress of HEPA promotion.

Hope to see many of you at Zagreb!
Tommi

2 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 12th annual meeting, held on 30 September 2016 in Belfast, United Kingdom, the activities to be carried out by the network in 2015/2016 were endorsed⁸. A short version of this document is also available at www.euro.who.int/hepaeurope.

The state of progress of these activities is summarized in chapter 3.1, more detailed information can be found in chapters 3.3 to 3.5.11; a short version is also available at www.euro.who.int/hepaeurope.

A summary of support and funding received is found in chapter 3.2. In chapter 4, the planned activities and projects for the period November 2017 to September 2018 are described.

⁸ See also: Annex 4 - HEPA Europe activity report 2015/2016 and Work Programme 2016/2017. In: 11th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. Report of a WHO meeting 28 & 30 September 2016 Belfast, United Kingdom, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

Chapter 4.5 contains a possible future activity for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 14th annual meeting of HEPA Europe to be held on 15-17 October 2018, in partnership with the International Congress on Physical Activity and Health, London, United Kingdom.

3 Activity report 2016 / 2017

3.1 Overview

Below, the state of progress on the activities of the work programme 2016/2017 is summarized.

Networking and cooperation

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

Information dissemination

Activity	State of affairs
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 12 th annual network meeting and 7 th conference of HEPA Europe (28-30 September 2016, Belfast, United Kingdom)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	Implemented as planned

Projects, reports and products

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

Activities aimed at optimizing the network

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Implemented as planned
Teaching course	Not implemented

Publications

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

Possible activities to be launched later

Activity	State of affairs
HEPA promotion and injury prevention	Not launched

3.2 Funding and support received

From October 2016 to October 2017, the following contributions and support have been received (in chronological order):

- a) Financial contributions:
 - No specific financial contributions for HEPA Europe were received in the reporting period.
 - Preparations of the HEPA Europe annual meeting and activities on national approaches to HEPA promotion and the HEPA Policy Audit Tool (PAT) have been supported through the Erasmus+ project on a “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”
 - Work on the Health Economic Assessment Tools (HEAT) for walking and cycling has been partly supported through the Seventh Framework Programme Research Project “Physical Activity Through Sustainable Transport Approaches” (PASTA)
 - Activities of the working group on Sports Club for Health have been supported through an Erasmus+ project for 2015-2017 (see chapter 3.5.6).
 - Activities of the working group on Children and young people have been supported through an Erasmus+ project for 2017-2019 (see also chapter 3.5.2).
- 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 UKK Institute for Health Promotion Research, Helsinki, Finland (February 2017);
 - hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (June 2017);
 - organization and hosting of the 13th annual HEPA Europe network meeting and 8th conference (15-17 November 2017); hosted by the Faculty of Kinesiology, University of Zagreb (including conference proceedings and

- waiver of conference fee for HEPA Europe Steering committee members, WHO and EC staff);
 - contributions by several individual and institutional members for the 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 (EPHEPA).

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 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.

As most of the above mentioned supportive EU projects conclude by the end of 2017, securing additional funding for the HEPA Europe network and its working groups remains an ever more crucial key priority and a challenge for current and future activities, for 2017 and beyond. The Steering Committee continuously assesses funding sources and mechanisms but again underlines the need for a strong sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

3.3 Networking and cooperation

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

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2015/2016 has taken place as planned, in particular with the WHO/Europe-DG EAC projects on Health-Enhancing Physical Activity Promotion in the EU (EPHEPA) and with THE PEP. An informal exchange has been established with the new lead of the Healthy Cities and Urban Governance Programme at WHO/Europe. The research projects PASTA and SPaCE have progressed as planned; the EURO-FIT project has concluded (all with involvement of HEPA Europe members).

Exchange was also sought with the European Network for Workplace, with EUNAAPA and with ISCA. Exchange with other European bodies has been limited due to reduced capacities to engage more actively in the development of collaboration. The EU updates session (formerly HEPA Europe - EU Contact Group meeting) customarily take place within the HEPA Europe annual meeting and conference.

HEPA Europe closely collaborates with ISPAH, including GAPA and Agita Mundo; in this year exchange took place particularly at the International Congress on Physical Activity and Public Health (November 2016, Bangkok, Thailand), where an agreement was reached to collaborate for the 2018 conference taking place in London, United Kingdom (see also chapter 3.4.2 *Annual meetings and conferences*). No further exchange took place with other bodies.

3.3.2 Support and contributions to conferences and events

1) Supported events

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

2) Participation in other events

Members of working groups presented HEPA Europe-related activities or products at the following 11 national and international events:

Events
<p>Presentations mentioning the HEPA Europe network</p> <ul style="list-style-type: none"> • 16-19 November 2016: <i>An update on physical activity promotion in the European Region – new developments and old challenges</i>; International Congress on Physical Activity and Public Health (ISPAH congress), Bangkok, Thailand (Sonja Kahlmeier on behalf of the HEPA Europe Steering Committee) • 30 November – 2 December 2016: <i>The PHAN project (Promoting networking and action on healthy and equitable environments for physical activity)</i> (including a work package on HEPA Europe); EU meeting "Nutrition and physical activity – How European Union contributes to public health priorities, including obesity", Budapest, Hungary (by Joao Breda on behalf of Francesca Racioppi, WHO/Europe) • 30 March - 2 April 2017: <i>Building a health enhancing physical activity service</i> (by Narcis Gusi); 14th International Scientific Conference and 13th annual Congress of the Montenegrin Sports Academy, Budva, Montenegro • 18 October 2017: <i>HEPA Europe, the European network for the promotion of health-enhancing physical activity</i> (by Andrea Backovic); MOVE TRANSFER project meeting (Erasmus+ project); Ljubljana, Slovenia. <p>Presentations mentioning HEPA Europe working groups or products</p> <ul style="list-style-type: none"> • 6-8 April 2017: Health and physical activity promotion in specific populations. HEPA Europe strategies and activities. EUROPREVENT 2017, European Association of Preventive Cardiology Conference, Malagà, Spain (Paolo Emilio Adami on behalf of the youth working group) • 8-10 June 2017: A European-wide approach to improve the health of our younger generation through sport and physical activity. ENGSO and ENGSO Youth General Assembly. Paris, France (Paolo Emilio Adami on behalf of the youth working group) • 14-17 June 2017: Session on "<i>Bikenomics: Valuing Health & Cycling for Policymakers</i>" (including an update on the Health Economic Assessment Tools (HEAT) by Sonja Kahlmeier and on the recent lessons and further plans for further dissemination by Nick Cavill); Velocity conference, Nijmegen, the Netherlands • 12-13 September 2017: <i>The WHO Policy audit Tool (PAT) as instrument to monitor policy development within and across countries</i> (by Karen Milton); Annual Conference of Public Health England, Warwick University, England, United Kingdom • 19-21 September 2017: International Cycling Conference 2017, German Environment Agency, Mannheim, Germany <ul style="list-style-type: none"> ○ <i>The new HEAT (Health Economic Assessment Tool): New modules on air pollution, crashes and carbon emissions</i> (by Francesca Racioppi and Sonja Kahlmeier) ○ <i>The new HEAT-Health Economic Assessment Tool (WHO): interactive demonstration with the audience</i> (by Nick Cavill and Thomas Götschi)

Presentations mentioning HEPA Europe working groups or products - continued

- 4-6 October 2017: *Physical activity in all policies: comparison of national actors between France and Belgium* (using the WHO Policy audit Tool (PAT)) (by Aurelie Van Hoye, Anne Vuillemin and colleagues); Congress of the French Society of Public Health, Amiens, France
- 6-8 November 2017, 15th session of the Steering Committee of the Transport, Health and Environment Pan-European Programme, Geneva, Switzerland: The new HEAT-Health Economic Assessment Tool (WHO): interactive demonstration with the audience (by Sonja Kahmeier and Francesca Racioppi)

3.4 Information dissemination

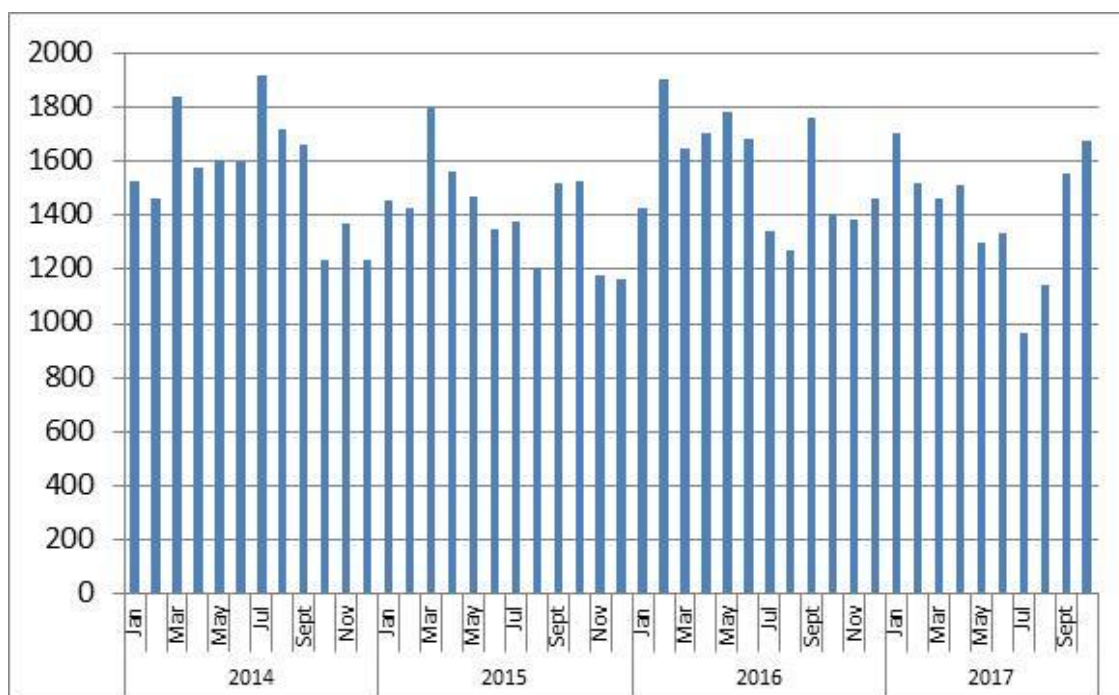
3.4.1 Dissemination of products and publications of HEPA Europe

HEPA Europe website and Twitter

In 2014⁹, HEPA Europe related pages were viewed on average 51 times per day (see Figure 2); in 2015, an almost similar figure of 47 page views per day was found as well as for 2016 with an average of 51 as well as for January to October 2017 with 47. However, over the whole period of 2014 to 2017, there seems to be a slightly decreasing trend of page views.

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 2015 annual meeting in September/October 2015, the launch of the 2016-meeting website in March 2016 or a news update in February 2016.

Figure 2: Total number of page views of the HEPA Europe web site* - January 2014 to October 2017



* hits by WHO personnel excluded

⁹ 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.

HEPA Europe is on Twitter since May 2013. The 1000th follower was recorded in October 2016, and the 1500th on 12 November 2017. #HEPAEurope2017 has been trending throughout the conference and there was, as already during the 2016 conference, a very active Twitter feed. Also during the year, Twitter is being used more and more to share updates and knowledge. 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

An electronic news update was disseminated in January 2017. Several emails with information on events or requests for input were distributed throughout the year.

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 versions¹⁰. According to the new web statistics tool, in 2014, 37 copies per month were downloaded. Interestingly, and despite the booklet being published in 2006, downloads increased to 62 per month in 2015 and to 72 in 2016. The downloads remained stable at an average of 62 in 2017 (until October).

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 3.3.2 and HEAT working group, section 3.5.9), 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 forthcoming new version which has been announced but not been published. It has now been launched at the end of October 2017.

The meeting report of the 12th annual meeting was finalized in summer 2017; due to limited funding, no printed copies were disseminated.

3.4.2 8th conference and 13th annual meeting of HEPA Europe, Zagreb, Croatia

The meeting website and first call for abstracts and symposia was launched in March 2017. Registration opened in April 2017 and a 2nd call for abstracts and symposia was disseminated in June. Over 220 abstracts were received. In addition, 2 pre-conference workshops and an early-career researchers award were announced in September.

There were 4 key note lectures on scaling up physical activity promotion (Fiona Bull, WHO Headquarters), behavioural science approaches (Susan Michie, University College London, United Kingdom), physical activity surveillance (Zeljko Pedisic, Victoria University, Australia) and on wearable technologies (Gregory J. Welk, Iowa State University, USA). The

¹⁰ Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish. See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

conference also featured 9 symposia as well as 17 parallel sessions, 70 poster presentations and 7 parallel HEPA Europe working group sessions (see also chapter 3.5).

The event was attended by 355 participants from 32 countries of the WHO European Region and from Australia, Brazil, Oman, Japan and the United States; the European Commission contributed to the EU updates session.

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

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

3.5 Working groups, projects, reports and products

Progress made in the different working groups is summarized below.

3.5.1 Working group on national approaches to physical activity promotion

Under the Erasmus+ project “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”, the development of a new dissemination tool and a next round of country PAT completions took place. Seven countries completed the PAT and the new dissemination template (Belgium, Croatia, France, Netherlands, Portugal, Spain, Switzerland). A booklet on the lessons learned will be finalized by December 2017.

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

A sub-group on the role of sub-national governments was also launched under the lead of Petru Sandu, Cluj School of Public Health, Babes-Bolyai University, Romania. This sub-group carried out a scoping review on local governments’ involvement in Health-Enhancing-Physical Activity promotion policies.

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

The Working Group’s formal activities were limited to the 2016 Conference in Belfast. Despite that the update on membership kept going throughout the year. Information, publication, events and activities on the WG related topics were regularly shared via email and social media.

Contacts with relevant stakeholders and scientific societies was performed in formal conference, in particular with the European Association of Preventive Cardiology, from which a formal invitation to the working group and the HEPA Europe Steering Committee is foreseen to attend the 2018 EUROPREVENT Conference. Contacts with other stakeholders that were previously identified were limited due to other priorities. Working group activities were promoted at all identified events through printed materials, presentations and digital materials.

The symposium planned for the 2017 Conference will be highlighting the Erasmus+ Collaborative Partnership project on “Keeping Youth Engaged”, in order to foster cooperation among WG members and provide with an opportunity for best practices sharing and networking on practical projects.

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

Exchange took place over the last year on steps to advance the working group activities and to extend the membership. A working group session will be held at the HEPA Europe conference in November, where future plans for the working group will also be outlined.

The so called Rome statement: ‘Enhancing Physical Activity as Life Style Behavior in Older Persons; has been published. (Freiberger et al.¹¹). This statement has been developed with input from the working group.

3.5.4 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.

In Zagreb, working group members will attend other working group sessions to explore synergies and further discussions on embedding such a focus.

3.5.5 Working group on HEPA promotion in health care settings

On 12-13 June 2017, a WHO expert meeting was held at the University of Zurich on “Cross-cutting approaches in prevention and health promotion in health care”, in collaboration with the working group. The meeting was held to provide an overview of ongoing developments in cross-cutting approaches, identify lessons learned and discuss remaining challenges. It was attended by 37 participants from institutions in 11 European Member States with one of them also representing an international association. Additionally, a representative of the WHO Regional Office for Europe and an observer from WHO Headquarters participated at the meeting.

A paper on ‘Physical activity promotion in primary care: a Utopian quest?’ authored by members of the working group was submitted for publication to the Health Promotion International Journal in July and is presently under consideration. The paper was informed by the earlier survey on physical activity in the medical curriculum conducted through the group and the subsequent case studies garnered by the group of physical activity approaches in health care settings.

A working group session will be held at the HEPA Europe conference in November to discuss progress and to define the next work steps.

¹¹ <http://journals.humankinetics.com/doi/abs/10.1123/japa.2017-0001>

3.5.6 Working group on Sports Club for Health

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

The Sports Club for Health Working Group continues to implement the related Erasmus+-funded project, a collaboration between many of the members of the Working Group. The Closing seminar of the project took place on 25 April 2017 at the European Parliament, Brussels, Belgium. The results were discussed with MEP's and sport stakeholders.

The project developed, amongst other things, updated guidelines for health-enhancing sports activities in a club setting and a tool for sports federations to develop a SCforH approach as part of their activities. According to research carried out under the project, in 2016, 42% of the European national umbrella sport organizations and national Olympic committees, 54% of national sport-for-all organisations, and 20% of national sport organizations indicated that they were aware of the SCforH approach .

Findings from nine European countries have indicated that 37% of the sports clubs offer health-enhancing physical activity programmes, whilst 75% feel that their sport disciplines are suitable as health-enhancing physical activities. Overall, this shows that a great potential exists for the future implementation of the SCforH approach in sports clubs across Europe.

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

3.5.7 Working group on workplace HEPA promotion

The leaders of the working group were Minna Aittasalo (UKK Institute) and Matleena Livson (Finnish Olympic Committee). In October 2016, after the Belfast meeting, a LinkedIn group was activated and the data collection of TenQ survey was continued. In February 2017, a summary report "Ten questions (TenQ) on workplace HEPA promotion – results from a survey to HEPA Europe members" was published (<http://www.ukkinstituutti.fi/en/workplacehepa>).

In May 2017, a free webinar on workplace HEPA promotion with about 70 participants was hosted by the working group leaders and delivered via UKK Institute. The topic was "Workplace Physical Activity – Findings from Piloting an Exemplar Physical Activity Employer (EPAE) Model", presented by Tornow M, Rocks D and Howie J; NHS Health Scotland.

Collaboration with Nordic Institute for Advanced Training in Occupational Health (NIVA) was continued by sharing and disseminating information about upcoming events and training, and with European Network for Workplace Health Promotion (ENWHP) by publishing a blog <https://enwhpfoundation.wordpress.com/2017/09/19/collaboration-needed-in-workplace-physical-activity-promotion/> about the working group and the findings of TenQ-survey.

To generate ideas about how to proceed in 2018 a pre-task through Padlet was established to the working group participants for the Zagreb meeting.

3.5.8 Working group on environmental approaches to HEPA promotion

Exchange was initiated with the new programme lead of the WHO/Europe Healthy Cities network. The cooperation will be further established and future plans will be discussed at the working group session to be held at the HEPA Europe conference in November.

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

A consensus meeting on the Health Economic Assessment Tools (HEAT) took place on 28-29 March 2017. Participants agreed to develop new HEAT modules on crashes and on carbon. In addition, the air pollution module and new user guide booklet will be published in November 2017. Meetings of the HEAT core group also took place within the framework of the consensus meeting, agreeing to move the HEAT tools on a new technical platform. Ways to gain further insights into user needs and expectations and options for a module on morbidity for adoption into HEAT will also be further explored.

The 10th anniversary of the HEAT was also be celebrated in the framework of the 2017 Velocity conference on 15 June, where also an update on the HEAT was given in a conference session (by Sonja Kahlmeier & Nick Cavill, see chapter 3.3.2). A preview of the new HEAT modules have been shown at a side event at the International Transport Forum (ITF) in Leipzig from on 18 May 2016 and at the International Cycling Conference in September 2017.

The paper on HEAT dissemination and policy perspective has been drafted but not yet submitted.

3.5.10 Working group on monitoring and surveillance of physical activity

A webinar on objective monitoring of PA with almost 100 participants was held on 5 April by working group co-leader Harri Sievänen, UKK Institute for Health Promotion Research, Finland. A workshop on promoting objective measurement of physical activity and sedentary behavior of all age-groups in Europe also took place on 7-8 June 2017 June at the UKK Institute. It included discussions on possible European actions to conduct actual measurements in several European countries.

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

After a joint edition of the course in 2015, exchange with the course organizers continued on possible future editions in the European Region and possible alignment with the HEPA Europe conferences, possibly in 2018 or 2019.

3.6 Activities to optimize the Network

3.6.1 Management and interaction with members and partners

The partner management strategy is being applied continuously through the chair, executive and the other members of the Steering Committee. Funding options have been discussed at each meeting of the Steering Committee and a brainstorming session on funding options was held in June 2017.

Translations of the HEPA Europe leaflet into French and German are available on the website. An Italian translation and an Italian has been finalized.

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 Actors¹² (FENSA), as further outreach activities should be streamlined with the future approach of the WHO.

3.7 Publications

The following publications were published from October 2016 to October 2017:

Scientific publications

- *van der Ploeg HP, Hillsdon M*
Is sedentary behaviour just physical inactivity by another name? International Journal of Behavioral Nutrition and Physical Activity 2017;14:142
<https://doi.org/10.1186/s12966-017-0601-0> (paper on conference debate session at HEPA Europe conference 2016)
- *Freiberger E, Rydwik E, Chorus A, Tak E, Delecluse C, Schena F, Waaler N, Laventure B, van Meeteren N*
Enhancing Physical Activity as Life Style Behavior in Older Persons; The Rome Statement. Journal of Aging and Physical Activity, ahead of print
(<https://doi.org/10.1123/japa.2017-0001>).
- *Vuillemin A et al.*
[Overview of French public policies promoting health-enhancing physical activity]. Panorama des politiques publiques françaises de promotion de l'activité physique bénéfique pour la santé. Sante Publique. 2016 Jun 8;28 Suppl 1:S25-31. French
- *Ward M, et al. :*
Physical activity promotion in primary care: a Utopian quest? Health Promotion International Journal, under review.
- *Van Hoye A, Vuillemin A et al.*
Physical activity in all policies? Comparison of national public actors between France and Belgium. Submitted.

¹² <http://www.who.int/about/collaborations/non-state-actors/en/>

Reports

- *Aittasalo M, Livson M*
Ten questions (TenQ) on workplace HEPA promotion – results from a survey to HEPA Europe members. HEPA Europe working group “Workplace HEPA promotion”. Helsinki, 2017.
- *Koski P, Matarma T, Pedisic Z, Kokko S, Lane A, Hartmann H, Geidne S, Himäläinen T, Nykänen U, Rakovac M, Livson M, Savola J*
Sports Club for Health (SCforH) – updated guidelines for health-enhancing sports activities in a club setting. Finnish Olympic Committee, Helsinki, 2017 (https://www.scforh.info/content/uploads/2017/03/scfh2017_verkko.pdf).
- *Kahlmeier S, Milton K, Cavill N, Bull F*
Physical activity: key facts and policies. HEPA PAT dissemination template and user guide. Co-funded by the Erasmus+ programme of the European Union through the EPHEPA project, 2016-2017. Zurich, 2017 (<http://ephepa.medsci.ox.ac.uk/>).
- *Kahlmeier S, Milton K, Cavill N, Giné Garriga M, Krtalic S, Martin-Diener E, Mota J, Valente A, Van Hoye A, Vuillemin, 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/>).
- In addition, 7 full HEPA PATs (Belgium, Croatia, France, Netherlands, Portugal, Spain, Switzerland) and 5 dissemination templates were completed under the Erasmus+ EPHEPA project.

HEPA Europe e-mail alerts

- News alert – January 2017
(as well as several news updates).

3.8 Possible future activity: HEPA promotion and injury prevention

This activity has not been taken up.

4 Work programme 2017/2018

4.1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from November 2017 until the next annual meeting in October 2018 are outlined in more detail.

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

Aim of the activity

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

In charge / participants

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

Possible partners

As listed below

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ¹³ and communication strategy (see chapter 4.4.1)	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: - Support the implementation of a European Strategy on Physical Activity - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme	Continuously
• UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) - Continue close working collaborations with THE PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration	Continuously
Research projects - Close coordination and contributions as appropriate o Erasmus+ Project „Keep youngsters involved“ o European transnational joint funding action "Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN)	Continuously

¹³ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

Continued	By when
European Commission <ul style="list-style-type: none"> • DG Education, Youth, Sport and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> - Continuous exchange based on further development and perspectives, including EU-updates session at the annual conferences 	Continuously
Other European bodies <ul style="list-style-type: none"> • International Sport and Culture Association (ISCA) <ul style="list-style-type: none"> - Explore possibilities for further exchange and collaboration • European Network for Workplace Health Promotion¹⁴: <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for Injury Prevention and Safety Promotion (EuroSafe) <ul style="list-style-type: none"> - Explore possibilities for further exchange and collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
Global bodies <ul style="list-style-type: none"> • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ Contribute to activities, particularly the dissemination of the Toronto Charter and Bangkok Declaration and other documents on physical activity promotion ▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion ○ Agita Mundo council <ul style="list-style-type: none"> ▪ Further development of exchange and collaboration, also with other regional networks <p>Explore possibilities for further collaboration:</p> <ul style="list-style-type: none"> • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) • The Association for International Sport for All (TAFISA) • World Confederation for Physical Therapy (WCPT), Network for Health Promotion in Life and Work • American College of Sports Medicine (ACSM) • Other bodies (e.g. sustainability organizations) if possibilities arises 	<p>Continuously</p> <p>Depending on timing</p> <p>Continuously</p> <p>Continuously</p>

¹⁴ www.enwhp.org

4.1.2 Support and contributions to conferences and events

Aim of the activity

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

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met¹⁵. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

In charge / participants

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

Participants: -

Work steps

1) Supported events

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

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

2) Participation in other events

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

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

¹⁵ See "Requirements for HEPA Europe- supported events", August 2007.

4.2 Information dissemination

4.2.1 Dissemination of products and publications of HEPA Europe

Aim of the activity

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

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

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

Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see below)	Continuously
Regular tweets from HEPA Europe account	Continuously
Perform regular updates of the website and 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 and HEPA PAT Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 4.4.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Disseminate other related WHO products, for example Global Recommendations, Physical activity and country profiles, European Strategy on Physical Activity, etc.	Continuously

4.2.2 14th 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 14th annual meeting will take place between 15 and 17 October 2018. The event will be carried out in partnership within the ISPAH congress in London, United Kingdom.

In charge / participants

In charge: ISPAH and 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	Winter 2017
Add a section announcing the meeting to the HEPA Europe website	Winter 2017
Develop the conference website with organizers	Winter 2017
Open registration, send out programme outline and first call for HEPA Europe contributions	Winter 2017
Contribute to development of practical information parts	Spring 2018
Finalize programme	Summer 2018
Develop the background documents for the annual meeting and support hosts in preparing and carrying out the event	Fall 2018
Carrying out the annual meeting and conference	15-17 October 2018

4.2.3 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

4.3 Projects, working groups, reports and products

4.3.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including:

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

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

In charge / participants

In charge: Sonja Kahlmeier, EBPI, University of Zurich, Switzerland and Ms Karen Milton, University of East Anglia, United Kingdom; Petru Sandu, Cluj School of Public Health, Romania (sub-national approaches)

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

Partners

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

Work steps

	By when
Further dissemination of the HEPA PAT and dissemination template	Continuously
National approaches to HEPA promotion <ul style="list-style-type: none"> • Advise Joint Funding Action “Effectiveness of existing policies for lifestyle interventions – Policy Evaluation Network (PEN)” on using and analysing the PAT in selected countries • Develop additional activities, depending on resources and support, including: <ul style="list-style-type: none"> - Development of approaches to score and/or measure development and implementation of national strategies - Support to development and implementation of national strategies on the ground - Consider funding options, e.g. Erasmus+ 	As per project schedule Depending on resources Spring 2018
Sub-group on the role of local governments in HEPA promotion <ul style="list-style-type: none"> • Define next steps and consider funding options, based on the scoping review • Develop ideas for submission of Erasmus+ proposal(s) • Pilot-study on developing a PAT for the sub-national level (led by University of Nice, France) 	Spring 2018 Winter 2017 Summer 2018
Possible new activities (depending on support and funding) <ul style="list-style-type: none"> ○ translations of PAT template ○ short version of PAT, advocacy leaflet(s), communication products and activities 	
Presentation of progress at the 13th annual meeting	17 November 2017

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

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

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

In charge / participants

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

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

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

Possible partners

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

Work steps

	By when
Collate individual member profiles for the working group (and share via Dropbox) to foster collaboration	Summer 2018
Carry out a survey with members to identify future work priorities (including how the working group can support the implementation of the Global Action Plan on Physical Activity)	Summer 2018
Translate the UK Chief Medical Officer's physical activity infographics for children and young people (5-18) and for the early years (birth to 5) into different European languages	Fall 2018 (dependant on the guidelines review process)
External communication activities through regular updates via social media and newsletter	Continuously
Support working group members (particularly 'new' countries) in engaging with the Global Matrix 3.0	Fall 2018
Facilitate member's engagement with the Erasmus+ Keeping Youngsters Involved project	Fall 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.3.3 Active ageing: physical activity promotion in elderly

Aim of the activity

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

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

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

In charge / participants

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

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

Possible partners

European Network for Action on Ageing and Physical Activity (EUNAAPA)¹⁶, Prevention of Falls Network for Dissemination¹⁷ (ProFouND), European Group for Research into Elderly and Physical Activity¹⁸ (EGREPPA), European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls), ENO, EIPAH.

¹⁶ <http://www.eunaapa.org>

¹⁷ <http://profound.eu.com/>

¹⁸ <http://www.egrepa.org/>

Work steps

	By when
Update interest of working group members (new and old ones)	Winter 2017
Gathering of good practices of evidence and experience based practices according to set format	As of early 2018
Forum for exchange of ideas and information (regular mails) involving all interested WG members	Continuously
Planning next HEPA Europe meeting	Summer 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.3.4 HEPA promotion in socially disadvantaged groups**Aim of the activity**

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹⁹ 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.

In charge / participants

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

Participants: Ms Anita Vlasveld, Knowledge Centre for Sport Netherlands; 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 Fessl, 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.

¹⁹ 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.

Possible partners

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

Work steps

	By when
Integrate equality focus across other WGs	Continuously
Submit HEPA Europ working group symposium with an 'equality lens' to ISPAH/HEPA Europe conference London 2018	December 2017
Preparation of shared WG symposium	Fall 2017
Presentation of progress at the 14th annual meeting	15-17 October 2018

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

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

In charge / participants

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

Participants: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Finland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Winfried Banzer, University of Frankfurt, Germany; Mr William Bird, Intelligent Health, United Kingdom; Ms Gillian Bingham, Belfast Health & Social Care Trust, N. Ireland, United Kingdom; Mr Olivier Blanson Henkemans, TNO, the Netherlands; Mr Raphael Bize, University Hospital of Lausanne, Switzerland; Ms Nika Berlic, Institute for Economic Research, Slovenia; Ms Ellen Blom, Norwegian Directorate of Health, Norway; Ms Brenda Berendsen, Maastricht University, the Netherlands; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Sarah Bolitho, Wales, United Kingdom; Ms Alenka Borovnicar, National Institute of Public Health, Slovenia; Ms Caroline Charlier, Ghent University, Belgium; Ms Mojca Cinc, National Institute of Public Health, Slovenia; Joe Cumiskey, University College Cork, Ireland; Mr Dushy Clarke, England, United Kingdom; Mr Pierpaolo de Feo, University of Perugia, Italy; Mr Christophe Delecluse, KU Leuven University, Belgium; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Aiden Doherty, Ireland; Ms Carina Edling, National Institute of Public Health, Sweden; Ms Mojca Divjak, National Institute of Public Health, Slovenia; Mr Jan Dygryn, Palacký University, Czech Republic; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Ulf Eriksson, Karolinska Institute, Sweden; Ms Rebecca Evans, Wales, United Kingdom; Mr Karsten Froberg, University of Southern Denmark, Denmark; Mr Christopher Gidlow, Staffordshire University, United Kingdom; Mr Narcis Gusi, University of Extremadura, Spain; Ms Maria Hagströmer, Karolinska Institute, Sweden; Mr Boris Gojanovic; University Hospital Center Vaudois, Switzerland; Mr Christopher Gourley, Scotland, United Kingdom; Ms Marike

Hendriks, Maastricht University, the Netherlands; Ms Josanne Huijg, Leiden University, the Netherlands; Mr Mirosljub 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, Palacký University, Czech Republic; Ms Hanne Tønnesen, Lunds University, Denmark; Ms Lene Palmberg Thorsen, Norwegian Directorate of Health; Mr Christopher Topping, Dumfries & Galloway Council, Scotland, United Kingdom; Ms Sonja van Dillen, Wageningen University, the Netherlands; Ms Ann-Sophie Van Hoecke, KU Leuven University, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Ms Karen Visser, Cardiff University, Wales, United Kingdom; Sanja 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

	By when
Work with the expert group and the WHO collaborating Centre for Physical Activity & Health (University of Zurich) to map and collate different approaches to lifestyle counseling in the health care sector in Europe.	Continuously
Explore the potential for a virtual network of interest for Physical Activity & Health.	Spring 2018
Work on joint editorial and papers, based on 2016 WHO Expert work on cross-cutting approaches to physical activity promotion in health care settings	Summer 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

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

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

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

In charge / participants

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

Participants:**1) Core group**

Dr Pekka Oja, Finland; Dr Pasi Koski, University of Turku, Finland; Mr Jorma Savola National Olympic Committee, Dr Susanna Geidne University of Örebro Sweden, Dr. Herbert Hartmann German Gymnastics Assoc. and ISCA, Dr. Zeljko Pedisic University of Zagreb Croatia, Jan Seghers University of Leuven Belgium, 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;

2) Interested persons

Stjepan Heimer, University of Zagreb, Croatia, Mr Charlie Foster, Oxford University, United Kingdom; Michal Kudlacek, University of Olomouc, Czech Republic; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF; Markus Nahas, Brazil; Jacob Schoufuborc, Denmark; Daniel Dick, Austria; Niamh Murphy, Waterford Institute of Technology, Ireland; Sally Wyke, Scotland, United Kingdom; Pierre Jallow, Finland; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland; 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 Include e.g. currently non-participating National Sports Federations, European Sports Federations (in different sports discipline) and the European Company Sports Federation (EFCS), TAFISA, International Olympic Committee (IOC) and other

Work steps

	By when
Communication between partner organizations (project web-page, resource database, articles, etc.)	Continuously
Strengthen the SCforH network with researchers and practitioners (e.g. HEPA Europe conference and TAFISA conference)	Continuously
Disseminate SCforH Erasmus+ funded programme outcomes	Continuously
Discuss next options for funding and networking	Summer 2018
Prepare a working group meeting in the framework of the annual HEPA Europe meeting	Summer 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.3.7 Workplace HEPA promotion

Aim of the activity

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

In charge / participants

In charge: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, M Matleena Livson, Finnish Olympic Committee, Finland

Participants: Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon and Ms Katrien DeCocker, Ghent University, Belgium; Ms Kathrin Favero, Federal Office of Public Health (FOPH), Switzerland; Ms Fabienne Frick, German Sport University Cologne/Germany; Mr Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Gisem Kendik, Aktif Yasam, Healthy active Living Association, Istanbul, Turkey; Paweł Król, Faculty of Physical Education, University of Rzeszow, Poland; Ms Maria Lopatina, Ministry of Health, Russian Federation; Ms Niina Valkama, Fit for Life Program, Finland; Mr Ragnar Van Acker and Femke De Meester, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Mr Hidde van der Ploeg, VU University Medical Center, the Netherlands, Mr Michael Tornow, NHS Health Scotland; 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, Fitness 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.

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

	By when
Summary of the Padlet-posts made before and at the Zagreb meeting: Agreement on new proceedings concerning more generalizable information on country-specific workplace HEPA promotion	Fall 2017
Preparations for the new proceedings	Spring 2018
Arranging 2 webinars on workplace HEPA promotion	Spring 2018
Collaborating with NIVA, ENWHP and PEROSH	Spring & Fall 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.3.8 Environmental approaches to HEPA promotion

Aim of the activity

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

- raise the profile of the impact of the environment on HEPA
- support the translation of relevant evidence to policy, practice and research,
- 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. Dinane 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 Iamkampaeng, 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

	By when
Further dissemination of the aims and strategy of the WG and promotion	Continuously
Start a database to share knowledge and ideas from policy, practice and research on environmental approaches to PA	End of 2017
Look for the establishment of partnerships (e.g. with WHO Healthy cities programme) and discuss joint activity (e.g. workshop)	Summer 2018
Cost proposal draft and identification of those willing to participate	Summer 2018
Possible new activities of WG (depending on support and funding, e.g. platform for sharing sources)	Continuously

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

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a first health economic assessment tool (HEAT) for cycling and its user guide were developed²⁰.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)²¹ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO Regional Office for Europe, and Sonja Kahlmeier, EBPI, University of Zurich, Switzerland

Participants:

1) Project core group: Mr 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

²⁰ <http://www.euro.who.int/HEAT>

²¹ www.thepep.org

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

	By when
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none"> • Presentations at meetings, workshops and conferences • Webinars 	Continuously
Preparation of next work steps, including on input data, injuries and possibly morbidity, depending on further funding	Summer 2018
Scientific publications <ul style="list-style-type: none"> • Paper on recent developments, process & policy perspective (Kahlmeier S et al.) • Paper on updated HEAT methodology including modules on physical activity, air pollution, road crashes and carbon effects (Götschi T et al.) 	Spring 2018 Summer 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.3.10 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

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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

	By when
Published scientific articles ²² related to the development MAD-APE method based on raw triaxial acceleration data from a single hip-worn accelerometer (for PA and SB) and a single wrist-worn accelerometer (for sleep)	Winter 2017
Develop study protocol of the FINFIT 2017 population study, including objective measurements of physical fitness, physical activity, sedentary behaviour and sleep	Spring 2018
Publish scientific articles by the UKK Institute investigating the associations, patterns and dose-response between the entire PA spectrum and outcomes of health and fitness.	Continuously
Knowledge based support for new projects in population monitoring and surveillance of PA, SB and sleep	Continuously
Seeking possibilities for joint grant money applications	Continuously
Presentation of progress at the 14th annual meeting	15-17 October 2018

²² The mentioned materials will be available from the web-site of the UKK Institute: <http://www.ukkinstituutti.fi/en/populationmonitoring>

4.3.11 Teaching course on "Pragmatic Evaluation in Physical Activity"

Aim of the activity

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

In charge / participants

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

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

Other course affiliates and partner

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

Work steps

	By when
Decision on next edition of the course to take place back-to-back with ISPAH/HEPA Europe conference (October 2018, London)	Winter 2017
If positive: preparation and delivery of the course, in collaboration with HEPA Europe	Summer to Fall 2018
Exploration of possible funding sources to support future editions of the course	Spring 2018
Definition of possible next locations and dates for European editions of the course	Summer 2018
Exploration of possible funding sources to support future editions of the course	Spring 2018
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.4 Activities to optimize the Network

4.4.1 Management and interaction with members and partners

Aim of the activity

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

The impact model²³ 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.

²³ See footnote 13, page 7

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

Possible partners

Representatives of key partner institutions and organizations

Work steps

	By when
Implementation the partner management strategy	Continuously
Regular updating and implementation of the funding strategy	Continuously
Development of a member and recruitment strategy Define steps and approaches depending on available resources, in close collaboration with WHO	Depending on implementation of WHO Framework of Engagement with Non-state Actors (FENSA) ²⁴
Development of a communication strategy: Definition of strategies and activities and finalization of the strategy	Depending on WHO FENSA implementation and resources
Presentation of progress at the 14th annual meeting	15-17 October 2018

4.5 Possible future activities***4.5.1 HEPA promotion and injury prevention******Aim of the activity***

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

In charge / participants

In charge: to be defined

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

²⁴ <http://www.who.int/about/collaborations/non-state-actors/en/>

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 5: LIST OF PARTICIPANTS

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The WHO Regional Office for Europe

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

Member States

Albania
Andorra
Armenia
Austria
Azerbaijan
Belarus
Belgium
Bosnia and Herzegovina
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Denmark
Estonia
Finland
France
Georgia
Germany
Greece
Hungary
Iceland
Ireland
Israel
Italy
Kazakhstan
Kyrgyzstan
Latvia
Lithuania
Luxembourg
Malta
Monaco
Montenegro
Netherlands
Norway
Poland
Portugal
Republic of Moldova
Romania
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San Marino
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