

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
Bulgaria
Croatia
Cyprus
Czech Republic
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
Russian Federation
San Marino
Serbia
Slovakia
Slovenia
Spain
Sweden
Switzerland
Tajikistan
The former Yugoslav Republic of Macedonia
Turkey
Turkmenistan
Ukraine
United Kingdom
Uzbekistan

5068070
WHOLIS number
Original: English

The 3rd annual meeting of HEPA Europe, the European network for the promotion of health-enhancing physical activity was kindly hosted by the University of Graz and supported by the Austrian Health Promotion Foundation, the region Styria (Departments of Public Health and of Sports), the National Chancellery Austria (Sports), and the City of Graz (Department of Sports). It was attended by 80 participants from 19 countries and 2 representatives from the European Commission (EC).

The meeting was held to review and discuss recent international developments and experiences as well as national, regional and community approaches with regard to promotion of health-enhancing physical activity (HEPA). 4 key note speeches, 25 posters presentations and 7 plenary presentations were delivered to this end. The meeting also reviewed progress made in implementing the work programme as well as with regard to contributions and funding. Key documents for next year's work were discussed and adopted, particularly the Activity report 2006/2007, the Work programme 2007/2008 and updated Terms of References. In addition, 15 new membership applications were evaluated and the Steering Committee was re-elected. HEPA Europe now counts 52 members, covering 23 European countries, and one observer from a country outside Europe.

The 4th annual meeting will take place on 8-10 September 2008 in Glasgow, Scotland, United Kingdom, kindly hosted by the Scottish Physical Activity Research Collaboration (SPARColl) in association with the Strathclyde University.

**World Health Organization
Regional Office for Europe**

Scherfigsvej 8, DK-2100 Copenhagen Ø, Denmark
Tel.: +45 39 17 17 17. Fax: +45 39 17 18 18. E-mail: postmaster@euro.who.int
Web site: www.euro.who.int/E90806.pdf



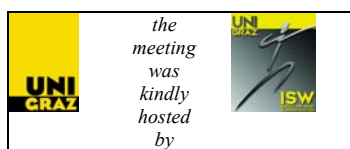
**3rd annual meeting
of HEPA Europe
European network for the
promotion of health-
enhancing physical activity**

**Report of a WHO meeting
16-18 May 2007
Graz, Austria**



3rd annual meeting of HEPA Europe

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



ABSTRACT

Keywords

HEALTH PROMOTION
HEALTH PLANNING
PHYSICAL FITNESS
EXERCISE
EUROPE

Address requests about publications of the WHO Regional Office for Europe to:

Publications
WHO Regional Office for Europe
Scherfigsvej 8
DK-2100 Copenhagen Ø, Denmark

Alternatively, complete an online request form for documentation, health information, or for permission to quote or translate, on the WHO/Europe web site at <http://www.euro.who.int/pubrequest>.

© World Health Organization 2007

All rights reserved. The Regional Office for Europe of the World Health Organization welcomes requests for permission to reproduce or translate its publications, in part or in full.

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Where the designation “country or area” appears in the headings of tables, it covers countries, territories, cities, or areas. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers’ products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

The World Health Organization does not warrant that the information contained in this publication is complete and correct and shall not be liable for any damages incurred as a result of its use. The views expressed by authors or editors do not necessarily represent the decisions or the stated policy of the World Health Organization.

CONTENTS

	Page
1	Introduction and overview 2
2	Minutes of the meeting..... 3
2.1	Welcoming of participants and opening session..... 3
2.2	Key note lectures 3
2.3	The Austrian experiences on intersectoral promotion of health-enhancing physical activity 4
2.4	Poster sessions 5
2.5	Plenary presentations on recent developments in international activities and projects 6
2.6	HEPA Europe network topics 10
2.7	Closing roundtable: The role of natural and built environment on physical activity behaviour: challenges in assessing the evidence and valuing the benefits 15
2.8	4 th annual meeting of HEPA Europe (2008) 16
2.9	Closing of the meeting..... 17
3	Evaluation 18
	Annex 1: List of working and background papers 19
	Annex 2: Detailed programme of the meeting..... 20
	Annex 3: HEPA Europe activity report 2005 / 2006..... 24
	Annex 4: Work programme 2006 / 2007..... 41
	Annex 5: List of members of HEPA Europe 59
	Annex 6: List of participants 61

1 Introduction and overview

The 3rd annual meeting of HEPA Europe, the European network for the promotion of health-enhancing physical activity was kindly hosted by the University of Graz and supported by the Austrian Health Promotion Foundation, the region Styria (Departments of Public Health and of Sport), the National Chancellery Austria (Sports), and the City of Graz (Department of Sports).

It was attended by 77 participants from the following 19 countries: Austria, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Iceland, Italy, Lithuania, Netherlands, Norway, Portugal, Russian Federation, Spain, Sweden, Switzerland and United Kingdom. In addition, 2 representatives from the European Commission (EC) (Directorate for Health and Consumer Protection DG SANCO and for General Education and Culture) participated (see Annex 6 for detailed list of participants). The main chair of the meeting was Brian Martin, Swiss Federal Office of Sports and chairman of HEPA Europe. The meeting was assisted by the WHO European Centre for Environment and Health, Rome office, and University of Graz, Austria.

The main aims of the meeting were:

1. review and discuss recent international developments and experiences and national, regional and community approaches with regard to promotion of health-enhancing physical activity (HEPA);
2. review progress made in HEPA Europe's second year of existence, in particular in implementing the work programme as well as with regard to contributions and funding (see also Annex 1 of list of working papers and background documents);
3. discuss and adopt key documents for next year's work. In this regard, the following documents were discussed and adopted:
 - Activity report 2006/2007 (see Annex 3)
 - Work programme 2007/2008 (see Annex 4)
 - Terms of References (proposed changes).

In addition, 15 new membership applications were evaluated and the Steering Committee was re-elected.

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

- The opening in the evening of 16 May 2007 with welcome addresses by the hosts, followed by 4 key note lectures and a session dedicated to the Austrian experiences on 17 May morning;
- In the afternoon of 17 May, 2 times 2 parallel poster sessions were scheduled;
- The last morning on 18 May was opened by presentations on related international activities, followed by the network's business meeting. A round-table discussion concluded the meeting by noon.

The different parts of the meeting are summarized below.

2 Minutes of the meeting

2.1 Welcoming of participants and opening session

The meeting was opened by Brian Martin, the chairman of HEPA Europe, Sylvia Titze of the University of Graz on behalf of the local organizers and Alfred Gutschelhofer, principal of the University of Graz.

Representing city councilman Detlef Eisel-Eiselsberg, Heinz Hammer welcomed the participants on behalf of the City of Graz. He underlined the importance of the integration of physical activity into daily life in view of the magnitude of the problem caused by insufficient exercise, and wished HEPA Europe success in its work.

Subsequently, Karl Sudi, Director of the Institute of Sports Science, gave an overview of the research activities which range from preventive biomechanics and modelling to body weight regulatory activities and physical training to physical activity and health and cycling in the city.

Participants were then invited to an evening reception of the Governor of Styria Franz Voves, who was represented by Gerhard Rupp.

2.2 Key note lectures

The following 4 key note lectures on the topic “counteracting obesity” were held (abstracts and slides are available from the meeting website http://www.euro.who.int/hepa/meetings/20060712_1):

- **Diet and physical activity: interactions in the fight against obesity**

Jean-Michel Oppert, Paris VI University, Hôtel Dieu, France, gave an outline of the role of physical activity in maintaining body weight, in weight control after weight loss and – particularly together with nutrition - in weight loss. He stressed the importance of maintaining regular physical activity regardless of the weight status but also underlined on the contribution of a healthy diet as well as supportive environments.

- **The WHO Charter on Counteracting Obesity - process and future: views from a Member State**

Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands, spoke about the challenges that national ministries face in translating international frameworks such as the European Charter on Counteracting Obesity into reality. Given the competing policy agendas, the lack of streamlined organigrams and the focus often still stronger on nutrition rather than on physical activity, he argued that the full implementation of the Charter would imply an almost revolutionary shift of paradigm in many countries, requiring comprehensive action. He suggested that the most promising strategy is not to convince other sectors to do what is good for health but rather to try to share the agendas of other sectors with the health agendas and to engage the support of other stakeholders as well.

- **DG Sanco's activities on counteracting obesity**

Åse Fulke spoke about the main DG Sanco activities, including the European Platform on Diet, Physical Activity and Health¹. The Platform now has 32 member organisations, which have submitted more than 200 commitments. The monitoring report for the commitments was released in March 2007. She also presented the new White Paper on Nutrition, Overweight and Obesity Related Health Issues². It was developed based on consultation of an earlier published Green Paper on healthy diets and physical activity. The White Paper embraces a broad understanding of physical activity from organized sports to active commuting or outdoor activities. It underlines also that individual attempts for a healthy lifestyle must be supported by the development of conducive physical and social environments.

- **DG Education and culture's activities on counteracting obesity**

The activities of this DG were presented by Jacob Kornbeck, including a short introduction to the field of sport within the EC, explaining the specific framework for cooperation in an area without an explicit Treaty competence. He presented a variety of past, present and future activities, most notably the setting up of a Working Group "Sport & Health" with currently nine Member States participating and the new White Paper on Sport³. The work is currently focussing on the exchange of good national practice, cross-sectoral collaboration, local multi-actor projects, international cooperation and the preparation of non-binding physical activity guidelines. He also encouraged sport organisations to take on new, health-enhancing roles and to develop HEPA activities, alongside their traditional activities of elite sport and recreational or mass sport.

2.3 The Austrian experiences on intersectoral promotion of health-enhancing physical activity

This session included 3 speeches on Austrian programmes and activities.

Robert Thaler, Ministry of Agriculture, Forestry, Environment and Water Management Austria, presented the Austrian approaches to and experiences in promoting sustainable transport solutions including the new Cycling Masterplan⁴, which aims at doubling cycling modal share to reach up to 10% until 2015.

Eva Rohrer provided an overview of the activities of the Austrian Health Promotion Foundation⁵. The Foundation is the national centre of competence in health promotion and in prevention, and has awarded in the last 10 years about €30 million to more than 610 projects, with physical activity being one of three priority topics. The Foundation is also engaged in other activities such as an education and training network, a nutrition hotline and the organization of conferences.

Christian Halbwachs described "Fit für Oesterreich – Fit for Austria: a club-based HEPA-initiative", a joint initiative of the Federal Chancellery and the Austrian Sports Federation⁶. It aims at promoting HEPA through offers in sports-clubs to raise awareness for and competence in health promotion in sports clubs, using different materials and a quality seal.

¹ http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/platform_en.htm

² http://ec.europa.eu/health/ph_determinants/life_style/nutrition/documents/nutrition_wp_en.pdf?language=

³ http://ec.europa.eu/sport/whitepaper/wp_on_sport_en.pdf

⁴ Austrian Masterplan Cycling (in German): <http://umwelt.lebensministerium.at/filemanager/download/18340/>

⁵ http://www.fgoe.org/welcome-to-fond-gesundesoesterreich?set_language=en&cl=en

⁶ Fit für Oesterreich website (in German): <http://www.fitfueroesterreich.at/main.asp?VID=1&kat1=72&kat2=365&kat3=>

2.4 Poster sessions

The next section of the meeting consisted of four parallel walking poster sessions in which each presenter gave a short oral presentation on the key points of the poster, followed by a group discussion. The abstracts and posters as distributed at the meeting are available from the meeting website (http://www.euro.who.int/hepa/meetings/20060712_1). The following 25 posters were presented (presenters in brackets):

National projects and approaches

- Development of physical activity promotion strategy in Lithuania (Rasa Jankauskiene, Lithuania)
- All in good shape in Moselle (Brigitte Honoré, France)
- Developing the physical activity workforce, Scotland (Monica Smith, United Kingdom)
- Sports organisations and health-enhancing physical activity (HEPA): “liikuttajatutkinto” - sports organisations’ adults HEPA education in Finland (Aleksi Valta, Finland)

Monitoring and interventions research

- Obesity and physical activity evaluation of Russian population (Rimma Potemkina, Russian Federation)
- A survey of health-enhancing physical activity in Iceland – preliminary results (Svandis Sigurdardottir, Iceland)
- Recruiting sedentary individuals to physical activity trials: intentions and reality (Rebecca Shaw, United Kingdom)
- A qualitative approach to the development of physical activity promotion in primary care (Raphaël Bize, Switzerland)
- Sports medical evaluation of a German youth obesity therapy approach (Christian Thiel, Germany)
- Development of the socio-sanitary program “Exercise Looks After You”: phase I for elderly - (Narcis Gusi, Spain)
- Results of a literature review on health-related physical activity (Zhulleeta Videnova, Bulgaria)

Regional and community approaches

- The HEPA-practices from the city of Turku, Finland (Riita Asanti, Finland)
- Fit for life program: Physical activity and environment (Jyrki Komulainen, Finland)
- Bicycling as a means of transportation - prevalence and context specific correlates among adults in the city of Graz (Sylvia Titze, Austria)
- Fit on the way – combining transport matters with health issues (Robert Pressl, Austria)
- Developing a framework for appraising cycling and walking schemes (Andy Cope, United Kingdom)

- Cycling Demonstration Towns: will they improve public health? (Nick Cavill, United Kingdom)
- Cycling and Health Referral projects: are they effective? Should they be encouraged? (Nick Cavill, United Kingdom)

HEPA promotion in specific target groups

- Objectives and design of the intervention trial “obeldicks light” for overweight young people (Jens Bucksch, Germany)
- Young Professionals – a regional health-enhancing program for apprentices, Austria (Markus Tilp, Austria)
- Heart rate monitoring in school curricula (Gerald Payer, Austria)
- Strength in old age – a health exercise programme for older adults (Elina Karvinen, Finland)
- Physical activity intervention in DE-Plan (Silvia Marchl, Austria)
- Promoting physical activity in people living with HIV-infection (Gilles J. Thöni, France)
- Making the case for physical activity at the workplace – best practices from Europe (Wolf Kirsten, Germany)

2.5 Plenary presentations on recent developments in international activities and projects

The poster presentations were followed by seven plenary presentations on currently ongoing international initiatives, including related to the WHO Regional Office for Europe, EC as well as other projects. The following activities were presented (presenter in brackets):

Activities of the WHO Regional Office for Europe

- **WHO European Charter on Counteracting Obesity (Frederiek Mantingh, WHO Europe)**

Frederiek Mantingh summarized the physical activity components of the WHO European Conference on Counteracting Obesity⁷ (15-17 November 2006, Istanbul, Turkey) including “Steps to health: a European framework to promote physical activity for health”⁸, the two advocacy booklets on “Physical activity and health: evidence for action”⁹ and “Promoting physical activity and active living in urban environments: the role of local governments. The solid facts”¹⁰ as well as the Charter on Counteracting Obesity¹¹ as main political outcome of the conference.

She also outlined the planned follow-up activities of the conference and Charter, including technical support to Member States in the implementation of physical activity promotion, a continuation of the European Move for Health days, and the continuation of the technical work through the environment and health programme and the Healthy Cities programmes of WHO Europe as well as other related

⁷ www.euro.who.int/obesity

⁸ <http://www.euro.who.int/Document/E90191.pdf>

⁹ http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2

¹⁰ http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

¹¹ http://www.euro.who.int/eprise/main/WHO/MediaCentre/PR/2006/20061116_1?language=

programmes and frameworks such as on non-communicable diseases, transport, environment and health or Children's Health and Environment (the later two presented in more detail below).

- **The Children's Environment and Health Action Plan for Europe (CEHAPE) (Sonja Kahlmeier, WHO Europe)**

An update on recent activities related to the CEHAPE's¹² Regional Priority Goal 2 on physical activity promotion in children was given. CEHAPE is developing an "action pack" for Member States, consisting of a "Table of child-specific actions" and a catalogue of country case studies.

The Table of Actions is providing Member States with a menu of actions they can take to protect children from environmental risk factors, based on an assessment of "what works" by means of what is scientifically validated through published literature. Regarding physical activity, the project will look at approaches related to transport and mobility as well as community and school settings. Regarding case studies collection, the 2nd edition is currently being prepared, including a number of practical examples on physical activity promotion. On both activities, there is a close coordination and collaboration between HEPA Europe and CEHAPE to maximise synergies.

- **Transport, Environment and Health Pan-European Programme (THE PEP) (Francesca Racioppi, WHO Europe)**

The recent developments in the UNECE/WHO programme¹³ which was launched in 2002 were presented with a particular focus on its activities related to the promotion of active transport through cycling and walking. A close collaboration between THE PEP and HEPA Europe projects has been established, in particular regarding the following activities:

- Case studies on collaboration between the physical activity promotion and the transport sector, on which the final report has been published recently¹⁴;
- Inventory of documents and approaches on physical activity promotion which has been launched in late 2006¹⁵ and which is being expanded continuously;
- Review on cost-benefit analyses methodology with regard to walking and cycling, on which an international consensus meeting took place back-to-back with the annual meeting in Graz¹⁶.

The toolbox for advocacy, decisions and assessments in transport, health and environment¹⁷ is another project with synergies with HEPA Europe activities. It will consist of advocacy tools, key-messages, policy briefings (including physical activity), guidance for different types of assessments, case-studies (including physical activity) as well as access to information and networks.

Activities related to the European Commission

- **Health Promotion through Obesity Prevention across Europe: : integrated analysis to support European health policy (HOPE project) – Jean-Michel Oppert, Paris VI University, France)**

¹² www.euro.who.int/childhealthenv

¹³ www.thepep.org

¹⁴ http://www.euro.who.int/hepa/projects/20050615_2

¹⁵ http://www.euro.who.int/hepa/projects/20060222_1

¹⁶ http://www.euro.who.int/transport/policy/20070503_1

¹⁷ http://www.euro.who.int/transport/policy/20030319_1

This project is financed through the 6th Framework Programme of DG Research and has started recently¹⁸. This project aims to improve the understanding of determinants and interventions for obesity prevention in key age groups across Europe in order to inform obesity prevention policy. In particular, it focuses on the key lifestyle factors nutrition and physical activity, which are the major proximal determinants of overweight and obesity. It aims at identifying:

- socio-economic and environmental determinants of these behaviours;
- effective intervention settings and approaches to address these determinants aiming at obesity prevention and reductions in inequalities in obesity-related health risks.

The project will last for 3 years and is co-led by professors Johannes Brug, EMGO Institute, VU University Medical Centre, Amsterdam, the Netherlands and Phil James, London School of Hygiene and Tropical Medicine, United Kingdom. The work package on “Physical activity interventions and policies” is led by Jean-Michel Oppert. Close coordination with the HEPA Europe inventory of documents on physical activity promotion¹⁹ will be sought.

- **Assessment of Levels of Physical Activity (ALPHA) project – Fiona Bull, Loughborough University, United Kingdom**

This project, which is currently under negotiation with DG Sanco, focuses on developing assessment methodology for physical activity levels at the population level. It also looks at a number of key factors relating the achievement and enabling of sustained moderate physical activity, such as the urban environment, transport-related physical activity, the work place and health-related fitness. The 24-month project is led by Michael Sjöström, Karolinska Institute, Sweden. It also involves 4 other HEPA Europe Steering Committee members, including Pekka Oja and Jean-Michel Oppert (work package on urban environment and transport-related physical activity), Harry Rutter (active transportation module) and Fiona Bull (assessment of physical activity in children module). With this project as well, close coordination with HEPA Europe will be sought.

Other international activities

- **The Global Physical Activity and Health Alliance (GAPA) (Fiona Bull, Loughborough University, United Kingdom)**

GAPA has defined the following areas of work:

- *Advocacy* - using evidence to ‘make the case’, communications to decision makers, tools for influencing public policy;
- *Communication and dissemination* – facilitate flow of information and resources;
- *Networks and Partnerships* – sharing experience and tools for developing inter-sector commitment and engagement;
- *Policy development and implementation* – guidance and evidence on national policy development and implementation;
- *Programme implementation and evaluation* – summary evidence on programmes and interventions, development of case studies;
- *Surveillance* – communication on the monitoring of physical activity, the value and use of such data, assistance with tools and approaches;

¹⁸ <http://www.hopeproject.eu/>

¹⁹ <http://data.euro.who.int/PhysicalActivity/>

- *Capacity building* – development of leadership and training, including technical assistance and capacity building;
- *Fundraising* – seek funding support for above actions, resources and communication strategies

Main recent and current activities presented include:

- a workshop on global advocacy for national physical activity plans (San Diego, California, December 2006)
- Establish links and working partnership with international, regional and national level agencies working in related sectors, such as cardiovascular diseases, diabetes, cancer, bone health, obesity, mental health, sports, health promotion in general etc.
- Support communication and coordination between the regional networks (meeting of networks held Rome, March 2007)

The work plan for 2007 includes:

- Continuous updates of the GAPA website²⁰
- Organisation of 5 symposia on Global Physical Activity Action at the 19th World Conference on Health Promotion and Health Education of the International Union of Health Promotion and Evaluation (IUHPE)²¹
- Publication of a GAPA newsletter²²
- Support International Courses in physical activity and public health (South Africa: March, 2007, South-East Asia: August 2007).

- **VIA NOVA – Healthy Mobility and Intelligent Intermodality in Alpine Areas (Claus Köllinger, Austrian Mobility Research)**

This project aims at reducing car trips and improving health through more physical activity in daily life²³. It works on three different approaches in parallel:

- 1) Improvement of the objective situation regarding physical activity
- 2) Improvement of the perception of public spaces for cycling and walking.
- 3) Motivation of people for the use of sustainable transportation

It includes activities on walking, cycling to work and mobility for senior citizens.

- **EUNAAPA – European network of action on aging and physical activity (Michael Kolb, University of Vienna, Austria)**

EUNAAPA is an informal network of 21 health orientated organisations from 15 European countries, which aims at improving health, wellbeing and independence of older people throughout Europe by the promotion of evidence-based physical activity²⁴. The specific objectives are:

1. To identify, disseminate and promote evidence-based practice in physical activity for all older people in Europe.

²⁰ www.globalpa.org.uk

²¹ <http://www.iuhpeconference.org/en/index.htm>

²² Issue no. 1: <http://www.globalpa.org.uk/downloads/GAPA-Newsletter-june07.pdf>

²³ <http://www.eu-vianova.net/>

²⁴ www.eunaapa.org

2. To select or develop evidence-based guidelines for practice in the area of ageing and physical activity.
3. To provide information and expert advice to policy makers, providers and professionals in the fields of ageing, physical activity and health.
4. To develop synergies among researchers, providers and professionals in the fields of ageing, physical activity, and health.
5. To support policy makers in intersectoral approaches to the promotion of physical activity among all older people in Europe.
6. To cooperate with other organisations relevant to the promotion of physical activity among all older people.
7. To involve older people in the development and implementation of network activities.

The project is coordinated by the University of Erlangen, Germany. The final project conference will take place on 16 to 18 June 2008.

2.6 HEPA Europe network topics

The last part of the 3rd annual meeting was dedicated to the discussion of administrative and planning matters related to the HEPA Europe network as summarized below.

Overview and confirmation of new members

The Steering Committee had discussed and preliminarily accepted applications²⁵ from 15 institutions and organizations received from July 2006 to April 2007. These temporary members were proposed to the network for confirmation. The attending applicants for membership agreed to carry out an open group voting procedure.

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

- Age Institute, Finland
- Baltic Region Healthy Cities Association, Finland
- Centre of Health of the Sport University of Cologne, Germany
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine University of Geneva, Switzerland
- Ministry of Health, Italy
- National Board of Health, Denmark
- Olympics Sports Confederation, Germany
- Policlinique Médicale Universitaire, Switzerland
- Public Health Institute, Iceland

²⁵ More information on the application procedure can be found at http://www.euro.who.int/hepa/join/20050708_1

- Sports Department of the Styrian Government, Austria
- University of Extremadura, Rectorado de Caceres, Spain
- University of Iceland, Department of Physiotherapy,

With 52 members, the network covers now 23 European countries, and includes one observer from a country outside Europe (Mexico) (see Annex 5 for full list).

Election of the Steering Committee

For this part of the meeting Fiona Bull served as acting chair. Firstly, the following standing members were proposed for confirmation:

- Brian Martin, Federal Office of Sports, Switzerland (Chair)
- Winfried Banzer, Olympics Sports Confederation, Germany
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands
- Mari Miettinen, Ministry of Social Affairs and Health, Finland
- Pekka Oja, representing the former European network for the promotion of health-enhancing physical activity (1996-2001)
- Jean-Michel Oppert, Paris VI University, Hotel Dieu, France
- Francesca Racioppi, WHO Regional Office for Europe
- Harry Rutter, South East Public Health Observatory, United Kingdom
- Michael Sjöström, Karolinska Institute, Sweden
- Radim Šlachta, Palacky University, Czech Republic
- Mireille van Poppel, Vrije Universiteit Medical Center, the Netherlands
- Jozica Maucec Zakotnik, Countrywide Integrated Noncommunicable Diseases Intervention Programme (CINDI), Slovenia

All standing members were confirmed by an open group voting procedure. There were no other applications for membership in the Steering Committee. Fiona Bull (Loughborough University, United Kingdom) will continue to participate in the meetings of the Steering Committee as an observer, representing GAPA.

In addition, the updated version of the Terms of Reference of HEPA Europe proposed by the Steering Committee was endorsed by the network.

HEPA Europe activity report 2005/2006

The activity report of the second year of activities of HEPA Europe in 2006/2007 was presented and discussed (see Annex 3). It was concluded that good progress could be made in many areas on an increased number of activities while not all of the ambitious aims set could be accomplished. The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO/Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations.

Members supported the Steering Committee's proposal that financing concept developed for the period June 2005-March 2007 was still valid and that there was no immediate need to update it. However, there continues to be a need for sustainable resources for the implementation of the ambitious new work programme 2007 / 2008.

Below, an overview of the current state of affairs after the second year is given:

Table 1: Overview of the state of affairs of activities 2005/2006

Core activities	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing
Holding of the 3 rd annual HEPA Europe network meeting (16-18 May 2007, Graz, Austria)	Implemented as planned, concluded
Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)	Implemented as planned, concluded
Support and contributions to other conferences and events	Implemented as planned, ongoing
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing
Projects and products	
Finalization of an advocacy booklet on physical activity and health with the key facts and figures for policy makers	Implemented as planned, product concluded but follow-up activities ongoing
Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented, ongoing
Review of examples of national approaches and networks for physical activity promotion and the exploration of the need and possibility to create a "network of national networks"	Implementation delayed, ongoing
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing
Development of a general framework for physical activity promotion policy	Implemented delayed, ongoing
Development of a discussion paper on currently used recommendations for health-enhancing physical activity	Implementation delayed, ongoing
Review on cost-benefit analyses methodology with regard to walking and cycling and organization of an international workshop	Implementation delayed, ongoing
Development of an overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, will not be continued
Launch of work group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned, ongoing
Development of a European Region course on physical activity and public health	Implementation delayed, ongoing
Activities aimed at optimizing the network	
Development of an impact model for HEPA Europe of how the stated aims shall be achieved	Implementation delayed, ongoing
Implementation and updating of the financing concept to identify funding sources and secure the future funding	Implementation delayed, ongoing
Development of a communication strategy and a recruitment strategy for HEPA Europe	Not yet started

Publications and presentations	
Publications (9 reports, booklets and information material, 2 newsletters and 1 journal publications produced)	Continuous activity
Presentations (15 presentations on HEPA Europe or mentioning it given)	Continuous activity

Possible activities to be launched later	
Development of methods for economic valuation of transport-related health effects in children	Implementation ongoing

Next steps: work programme 2007/2008

As next item, the planning of the activities over the next year was discussed based on a draft work programme developed by the Steering Committee which had been distributed to participants beforehand. The main responsible for each activity was determined and participants as well as possible partners were discussed.

The activities of the next year comprise the following (see Annex 4 for more details)²⁶:

Core activities

- Maintenance and updating of the HEPA Europe website
- 4th annual meeting of the HEPA Europe network 2008 (see also chapter 2.7 below)
- Support and contributions to other conferences and events
For the time being, the following events are under discussion for official support by HEPA Europe:
 - 5th International Conference on Movement and Health, hosted by the Faculty of Physical Culture, Palacký University, Olomouc, Czech Republic, 14-16 November 2007.
 - 2nd International conference on physical activity and public health, Free University Medical Centre, the Netherlands, 13-16 April 2008
 - Satellite symposium on measurement of physical activity, BASPO, Switzerland 10-11 April 2008 – tentative
 - 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Slovenia, spring 2008 – tentative

In the following events, members of the Steering Committee are participating and a presentation on behalf of HEPA Europe will be held in 2007 / 2008:

- European College of Sports Science (ECSS) conference: symposium on “Health-enhancing physical activity: environment, physical activity and public health”, Jyväskylä, Finland, 11-14 July 2007 (submitted including 5 presentations)
- WHO Move for Health Day 2008, 10 May 2008
- 16th European Congress on Obesity (ECO): session on physical activity, Geneva, Switzerland, 14-17 May 2008 – tentative
- European College of Sports Sciences 2008 congress, Lisbon, Portugal - depending on interest

²⁶ A summary of the work programme is also available at www.euro.who.int/hepa.

Possible further events will be considered upon request.

- Cooperation and collaboration with other activities, projects, and networks
With regard to this topic, it was decided to continue or newly establish coordination and collaboration with the following most relevant, international activities and projects:
 - Within WHO Regional Office for Europe:
UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP); WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO/Europe Healthy cities and urban governance programme.
 - Activities related to the European Commission:
EU Platform on Diet, Physical Activity and Health; DG Education and Culture (DG EAC), Sport Unit, HOPE and ALPHA research projects.
 - Other activities:
Global alliance for physical activity (GAPA); Agita Mundo; bodies and NGOs on sports promotion, European Network for Workplace Health Promotion.

Projects and products

- Dissemination of the advocacy booklets on physical activity and following-up the various contracts and expressions of interest to translate the booklets into national languages (see also Activity Report, chapter 5.2.1, Annex 3)
- Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries to facilitate information access for Member States and to develop a framework for process evaluation of physical activity promotion at the national level
- Continue implementation of the review of examples of national approaches and networks for physical activity promotion, including challenges to overcome; inter-ministerial and -sectoral approaches; and the exploration of the need and possibility to create a “network of national networks”
- Disseminate the collection of case studies of collaboration between the physical activity promotion and the transport sector, providing an overview of European experiences and implement searchable online inventory
- Finalization of a paper called “An evidence-based approach to the promotion of health enhancing physical activity - the HEPA Europe Framework” on a theoretical framework for physical activity promotion
- Publication of a discussion paper on currently used recommendations for health-enhancing physical activity and the need and desirability to propose common European recommendations
- Finalize the review on cost-benefit analyses (CBA) methodology with regard to walking and cycling and guidance towards a harmonized methodology as well as the illustrative practical tool for CBA
- Continue the exchange of experiences in physical activity and sports promotion in children and adolescents
- Development of a European Regional teaching course on physical activity and public health
- Development of a review and guidance on economic valuation of transport-related health effects, with a special focus on children
- Launch project on promotion of information sharing and the coordination on the promotion of HEPA through primary care practices

Activities to optimize the Network

- Finalization and publication of an impact model for HEPA Europe of how the stated aims shall be achieved, and based on this model, development of the future work programmes
- Implementation and updating of the financing concept to identify funding sources and secure the future funding
- Development of a communication strategy and a recruitment strategy for HEPA Europe

Possible future activities

- Develop information material targeted at migrant populations who are often most in need of tailored information products
- Launch a programme to increase collaboration as well as exchange of methods and experiences through an exchange of students and collaborators between selected centers working on physical activity and health

2.7 Closing roundtable: The role of natural and built environment on physical activity behaviour: challenges in assessing the evidence and valuing the benefits

Two introductory presentations were delivered to feed into the round table discussion: first, Fiona Bull, Loughborough University, United Kingdom, summarized and discussed the available evidence on the role of the natural and built environment on physical activity behaviour. Challenges in this regard include:

- Different outcome measures (total physical activity, vigorous-intensity activity, walking etc.)
- Different definitions of “neighbourhood”
- Difference between perceived versus objectively measured features of neighbourhoods
- Need for multidisciplinary approaches while most of the evidence is still mono-disciplinary, for which a new “language” and new variables would be needed to foster a common understanding

Further issues identified which can act as strengths or limitations depending on the point of view include that different population groups have been studied, that much of the evidence comes from North-America and Australia with unclear transferability to European contexts and limited evidence exists on the importance of the cultural environment in shaping physical activity behaviours. While a multitude of models on the link between environment, health and wellbeing exist, there is still limited evidence available on the effectiveness of environmental interventions to improve health and wellbeing. In spite of these information and knowledge gaps and uncertainties, policy and practice continue to take place.

Nick Cavill, Cavill Associates, United Kingdom, presented a current WHO/Europe project which is carried out within the framework of HEPA Europe on the valuation of the health benefits of walking and cycling. The project aims to:

- identify relevant publications through expert consultation and tailored searches of the literature
- review the approaches taken to the inclusion of health effects in economic analyses of transport interventions and projects

- develop guidance for the further development of a harmonized methodology, based on the approaches developed to date.

In a systematic review, 17 studies have been identified and analysed, the majority being cost-benefit analyses of cycling projects or programmes. They show a wide range of approaches. Based on the analysis, methodological guidance and a practical, illustrative calculation tool have been developed and discussed in an international consensus workshop in May 2007. Two exemplary applications of the tool (based on data from Graz, Austria, and Liverpool, United Kingdom) were presented. Nick Cavill concluded that while economic evaluations still are at an early stage, the positive results demonstrate the important economic dimension of the health effects produced by walking and cycling and these approaches are helpful to speak the language of transport planners.

The discussion was then launched on: a) whether there is sufficient evidence for health professionals to recommend investing into environmental changes that promote physical activity, and b) whether tools such as the one developed for cost-benefit analysis of cycling can help engaging other stakeholders. Eddy Engelsman, the Netherlands, Sune Krarup-Pedersen, Denmark and Rimma Potemkina, Russian Federation served as discussants, bringing in practical experience from the policy making domain.

The discussion highlighted that there are important differences in “weighting the evidence” by policy makers and professionals from different sectors. On the one hand, there is hesitance by the health sector to be very bold in their recommendations in the absence of the additional evidence that would be needed to satisfy the rigorous scientific criteria of sound epidemiology. On the other hand, the practice of urban development and transport management shows that many decisions are in fact taken based on much less rigorous “common wisdom”. On this ground, it was felt that the health sector should be more “forgoing” into advocating better environments for physical activity. In this context, the development of practical tools to carry out economic valuations of cycling and walking is a welcome development.

2.8 4th annual meeting of HEPA Europe (2008)

It was announced that next year’s meeting will take place on 8-10 September 2008 in Glasgow, Scotland, United Kingdom. The meeting will be kindly hosted by the Scottish Physical Activity Research Collaboration (SPARColl) in association with the Strathclyde University²⁷.

The meeting will have a particular emphasis on walking. The following keynote speakers have already been confirmed:

- Pekka Oja, Finland
- Billie Giles-Corti, Australia
- Sally Macintyre, Scotland, United Kingdom
- Adrian Bauman, Australia
- James Sallis, United States of America

The call for abstracts will be published in spring 2008. All participants were invited to consider participating as well as spreading the information within their own networks.

²⁷ <http://www.sparcoll.org.uk/>

2.9 Closing of the meeting

Brian Martin thanked all participants for their active participation and the constructive discussions. He especially thanked the representatives of the University of Graz for the warm welcome and the excellent organization and hosting of the meeting.

Next steps include:

- Finalization of the documents endorsed at the meeting, especially the activity report 2005/2006 and the new work programme 2006/2007;
- Sending out of confirmations of membership;
- Organisation of the implementation of the work programme 2006/2007.

3 Evaluation

An evaluation form was distributed to all participants as part of their meeting package. The questionnaire consisted of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, the achievement of the meeting’s objectives and the length of the meeting were assessed and respondents could provide additional feedback. A separate set of questions (applying the same scale from 1 to 6) was asked to participants of the HEPA Europe network topics session.

32 participants returned completed questionnaires (response rate 41.5%). The overall assessment of the meeting was very good (average of 5.4). Also the usefulness and the quality of the different parts of the meeting were rated with high scores, with only slightly lower marks for the poster sessions, as shown in the following table.

Topic	Quality	Usefulness
Key note lectures	5.1	4.9
Poster sessions	4.7	4.7
What is happening internationally?	5.1	5.1
TOTAL	5.1	5.0

Also the quality (5.3) and the usefulness (5.4) of possibilities offered for exchange and networking with other participants were highly appreciated.

The 30 respondents who answered this question were all of the opinion that the meeting did achieve its objectives.

Regarding the length of the meeting, the majority judged it as “just right” (68.8%) while equal proportions found it too long or too short, respectively (15.6% each).

29 respondents also filled in the questionnaire part on the HEPA Europe network topics session. The preparations of this session (including background documents) were judged as excellent (5.4). The majority (92.9%) judged that they could participate enough in the discussions and decision making. A majority was also satisfied with the length of this session (80.8%), 11.5% found it too long and 7.7% too short.

The favourable quantitative judgement of respondents is supported by excellent participation right until the end of the meeting.

Annex

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

- Provisional list of background papers
- Scope and purpose
- Provisional programme
- Provisional list of participants

Working documents for the session on network topics, Friday, 18 May 2007

- Preliminary agenda for the session on network topics
- Summary list of applications for membership (July 2006 – April 2007)
- Terms of reference of HEPA Europe – changes proposed by the Steering Committee
- Activity report 2006-2007 (draft)
- Work programme 2007-2008 (draft)
- Requirements for HEPA Europe-supported events

Background papers

- Book of abstracts
- Promotion of health-enhancing physical activity in the European region: content analysis of 26 national policy documents
- Physical activity and health: evidence for action
- Promoting physical activity and active living in urban environments: the role of local governments. The solid facts (new book announcement)
- Collaboration between the health and transport sectors in promoting physical activity: examples from European countries health and transport sectors in promoting physical activity: examples from European countries
- 1st workshop on the exchange of experience in physical activity and sports promotion in children and adolescents: Report of a HEPA Europe meeting held in Magglingen, Switzerland, 22-23 November 2006 in co-operation with FOSPO and FOPH.
- Move for health day 2007: active workplace
- WHO European Charter on Counteracting Obesity
- Steps to health: a European framework to promote physical activity for health

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Wednesday, 16 May 2007

As of 17:00 Registration

18:00-19:00 **Welcome to the University of Graz**

Host: Sylvia Titze, University of Graz

- **Welcome on behalf of the City of Graz**
Heinz Hammer, representing city councilman Detlef Eisel-Eiselsberg
- **Overview of the activities of the Institute of Sports Science, University of Graz**
Karl Sudi, Director of the Institute

19:00-22:00 *INFORMAL GET TOGETHER AND BUFFET DINNER*

Thursday, 17 May 2007

08:15-09:15 Registration

09:15-09:30 **Opening of the meeting**

Principal of the University Alfred Gutschelhofer and chairman of HEPA Europe Brian Martin

09:30-11:00 **Keynote lectures: Counteracting obesity**

Chair: Pekka Oja, Karolinska Institute, Sweden / UKK Institute for Health Promotion Research, Finland

- **Diet and physical activity interactions in the fight against obesity**
Jean-Michel Oppert, Paris VI University, Hotel Dieu, France
- **The WHO Charter on Counteracting Obesity - process and future: views from a Member State**
Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands
- **DG Sanco's activities on counteracting obesity**
Åse Fulke, European Commission, DG Sanco
- **DG Education and culture's activities on counteracting obesity**
Jacob Kornbeck, European Commission, DG Education and Culture

10:00-11:30 COFFEE BREAK

11:30-12:00 **The Austrian experiences on intersectoral promotion of health-enhancing physical activity**

Chair: Sylvia Titze, University of Graz

- **Austrian approaches to sustainable transport solutions**
Robert Thaler, Lebensministerium, Austria
- **Activities of the Austrian Health Promotion Foundation**
Eva Rohrer, Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH
- **Fit für Oesterreich – Fit for Austria: a club-based HEPA-initiative**
Christian Halbwachs, Oesterreichische Bundes-Sportorganisation

12:00-13:30 *LUNCH*

13:30-14:00 **Discussion paper on recommendations for health-enhancing physical activity**

Chairs: Mireille van Poppel, Free University Medical Centre, The Netherlands, Michael Sjöström, Karolinska Institute, Sweden

Presenter: Pekka Oja, Karolinska Institute, Sweden / UKK Institute for Health Promotion Research, Finland

14:00-15:00 **Parallel poster sessions**

Session 1: National projects and approaches

Chair: Mari Miettinen, Ministry of Social Affairs and Health, Finland

- 07 Development of physical activity promotion strategy in Lithuania - Rasa Jankauskiene, Lithuania
- 26 Development of the national strategy for Health Enhancing Physical Activity promotion and its community-wide implementation in Slovenia - Zlatko Fras, Slovenia
- 08 All in good shape in Moselle - Brigitte Honoré, France
- 18 Developing the physical activity workforce, Scotland - Monica Smith, United Kingdom
- 30 Sports organisations and health-enhancing physical activity (HEPA): "liikuttajatutkinto" - sports organisations' adults HEPA education in Finland - Alekski Valta, Finland

Session 2: Monitoring and interventions research

Chair: Radim Šlachta, Palacky University, Czech Republic

- 17 Obesity and physical activity evaluation of Russian population - Rimma Potemkina, Russian Federation
- 23 A survey of health-enhancing physical activity in Iceland – preliminary results - Svandis Sigurdardottir, Iceland
- 19 Recruiting sedentary individuals to physical activity trials: intentions and reality - Rebecca Shaw, United Kingdom
- 27 A qualitative approach to the development of physical activity promotion in primary care - Raphaël Bize, Switzerland
- 20 Sports medical evaluation of a German youth obesity therapy approach - Christian Thiel, Germany
- 32 Development of the socio-sanitary program "Exercise Looks After You": phase I for elderly - Narcis Gusi, Spain
- 15 Results of a literature review on health-related physical activity - Videnova Zhulleta, Bulgaria

15:00-15:30 *COFFEE BREAK*

15:30-16:30 **Parallel poster sessions**

Session 3: Regional and community approaches

Chair: Brian Martin, Swiss Federal Office of Sports

- 24 The HEPA-practices from the city of Turku, Finland – Riita Asanti, Finland
- 04 Fit for life program: Physical activity and environment - Jyrki Komulainen, Finland
- 06 Bicycling as a means of transportation - prevalence and context specific correlates among adults in the city of Graz - Sylvia Titze, Austria
- 25 Fit on the way – combining transport matters with health issues - Robert Pressl, Austria
- 31 Developing a framework for appraising cycling and walking schemes - Andy Cope, United Kingdom
- 14 Cycling Demonstration Towns: will they improve public health? - Nick Cavill, United Kingdom
- 13 Cycling and Health Referral projects: are they effective? Should they be encouraged? - Nick Cavill, United Kingdom

Session 4: HEPA promotion in specific target groups

Chair: Jožica Maučec Zakotnik, CINDI Programme, Slovenia

- 03 Objectives and design of the intervention trial "obeldicks light" for overweight young people - Jens Bucksch, Germany
- 05 Young Professionals – a regional health-enhancing program for apprentices, Austria - Markus Tilp, Austria
- 29 Heart rate monitoring in school curricula - Gerald Payer, Austria
- 02 Strength in old age – a health exercise programme for older adults - Elina Karvinen, Finland
- 10 Physical activity intervention in DE-Plan - Silvia Marchl, Austria
- 09 Promoting physical activity in people living with HIV-infection - Gilles J. Thöni, France
- 22 Making the case for physical activity at the workplace – best practices from Europe - Wolf Kirsten, Germany

16:30-17:45 **What is happening internationally? Developments and experiences on health-enhancing physical activity**

*Chairs: Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands,
Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark*

- 2nd International conference on physical activity and public health (ICPAPH), 13-16 April 2008: announcement
Mireille van Poppel, Free University Medical Centre, the Netherlands
- WHO related activities:
 - o WHO European Charter on Counteracting Obesity – Frederiek Mantingh, WHO Europe
 - o Children’s Environment and Health Action Plan for Europe (CEHAPE) – Sonja Kahlmeier, WHO Europe
 - o Transport, Health and Environment Pan-European Programme (THE PEP) – Francesca Racioppi
- EU related activities
 - o Health Promotion through Obesity Prevention across Europe (HOPE) project – Jean-Michel Oppert, Paris VI University, France
 - o Assessment of Levels of Physical Activity (ALPHA) project - Michael Sjöström, Karolinska Institute, Sweden
- Other activities
 - o Global Alliance on Physical Activity (GAPA) – Fiona Bull, Loughborough University, United Kingdom

18:30-20:00 *WALK TO DINNER VENUE*

20:00 *DINNER*

Friday, 18 May 2007

09:15-10:00 **What is happening internationally? (continued)**

Chairs: Eddy Engelsman, Ministry of Health, Welfare and Sport, the Netherlands

- Other activities
 - VIA NOVA – Healthy Mobility and Intelligent Intermodality in Alpine Areas - Claus Köllinger, Austrian Mobility Research
 - EUNAAPA – European network of action on aging and physical activity, Michael Kolb, University of Vienna, Austria
-

10:00-11:00 **HEPA Europe network topics**

Chair: Brian Martin, Swiss Federal Office of Sports

- **Confirmation of new members**
 - **Election of the Steering Committee**
 - **HEPA Europe activity report 2006/2007**
-

11:00-11:30 *COFFEE BREAK*

11:30-12:30 **HEPA Europe network topics (continued)**

Chair: Brian Martin, Swiss Federal Office of Sports

- **Next steps: work programme 2008/2009**
-

12:30-13:15 **Closing roundtable**

Chairs: Francesca Racioppi, WHO/Europe, Jean-Michel Oppert, Paris VI University, France

- **The role of natural and built environment on physical activity behaviour: challenges in assessing the evidence and valuing the benefits**

Presenters: Fiona Bull, Loughborough University, United Kingdom, Nick Cavill, Cavill Associates, United Kingdom

Discussants: Sune Krarup-Pedersen, Denmark, Mauro Palazzi, Italy (to be confirmed), Rimma Potemkina, Russian Federation, Robert Thaler, Lebensministerium, Austria (to be confirmed), Jožica Maučec Zakotnik, Slovenia

13:15 *CLOSING OF THE MEETING AND OPTIONAL LUNCH (or sandwiches to take away)*

ANNEX 3: HEPA EUROPE ACTIVITY REPORT 2005 / 2006

1. Background

At the 2nd annual meeting of HEPA Europe²⁸ in Tampere, Finland, in May 2006, the work programme for the period July 2006 - June 2007 was developed²⁹. The current state of affairs of these activities is summarized in this document. A short version is available at www.euro.who.int/hepa.

2. Foreword by the chairman

The Network Meeting in Graz concludes the second year of existence for HEPA Europe, the European network for the promotion of health-enhancing physical activity. Again, the Network Meeting is bigger than the one the year before, the number of member organisations has risen, and the number of activities in the report has increased. For all of us, HEPA Europe is only one of our responsibilities. Therefore not every goal we have set ourselves has been accomplished, but with the excellent support from the secretariat in Rome and in collaboration with WHO we have made progress in many areas. For me, the most important one was the way in which we have been able to contribute to WHO's Conference on Counteracting Obesity in Istanbul, an event that has highlighted the public health importance of physical activity for Europe.

We all know the promotion of health-enhancing physical is a long term endeavour. Through the work of its members, HEPA Europe can and will make a contribution to it.

Brian Martin, Chairman of the Steering Committee, April 2007

²⁸ 2nd annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting 14-16 June 2006 Tampere, Finland. WHO Regional Office for Europe, 2007 (available at www.euro.who.int/hepa).

²⁹ Work programme 2006/2007. HEPA Europe, European network for the promotion of health-enhancing physical activity. WHO Regional Office for Europe, July 2006.

3. Overview of activities

3.1 Core activities of the network

Activity	State of affairs	Page nr
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing	28
Holding of the 3 rd annual HEPA Europe network meeting (16-18 May 2007, Graz, Austria)	Implemented as planned, concluded	29
Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)	Implemented as planned, concluded	29
Support and contributions to other conferences and events	Implemented as planned, ongoing	30
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing	30

3.2 Projects and products

Activity	State of affairs	Page nr
Finalization of an advocacy booklet on physical activity and health with the key facts and figures for policy makers	Implemented as planned, product concluded but follow-up activities ongoing	33
Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented, ongoing	33
Review of examples of national approaches and networks for physical activity promotion and the exploration of the need and possibility to create a "network of national networks"	Implementation delayed, ongoing	34
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing	34
Development of a general framework for physical activity promotion policy	Implemented delayed, ongoing	35
Development of a discussion paper on currently used recommendations for health-enhancing physical activity	Implementation delayed, ongoing	35
Review on cost-benefit analyses methodology with regard to walking and cycling and organization of an international workshop	Implementation delayed, ongoing	35
Finalization of an overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, ongoing	36
Launch of work group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned, ongoing	36
Development of a European Region course on physical activity and public health	Implementation delayed, ongoing	36

3.3 Activities aimed at optimizing the network

Activity	State of affairs	Page nr
Development of an impact model for HEPA Europe of how the stated aims shall be achieved	Implementation delayed, ongoing	37
Implementation and updating of the financing concept to identify funding sources and secure the future funding	Implementation delayed, ongoing	37
Development of a communication strategy and a recruitment strategy for HEPA Europe	Not yet started	38

3.4 Possible activities to be launched later

Activity	State of affairs	Page nr
Development of methods for economic valuation of transport-related health effects in children	Implementation ongoing	38

3.5 Publications and presentations

Activity	State of affairs	Page nr
Publications (9 reports, booklets and information material, 2 newsletters and 1 journal publications produced)	Continuous activity	39
Presentations (15 presentations on HEPA Europe or mentioning it given)	Continuous activity	40

4. Status of funding and support received

From July 2006 to June 2007, the following contributions and support have been received (in chronological order):

- a) financial contributions:
 - o Ministry of Health, Welfare and Sport, the Netherlands: 20'000€ (November 2006)
 - o Federal Ministry of Agriculture, Forestry, Environment and Water Management, Austria: 73'000€ (December 2006), for the preparation, organization and holding of an international consensus workshop reviewing cost-benefit analyses methodology with regard to walking and cycling (see chapter 5.2.7), also contributing to the implementation of the Transport, Health and Environment Pan-European Programme (THE PEP)
 - o Federal Offices of Sports (BASPO) and of Public Health (BAG), Switzerland: 36'000€ (December 2006/January 2007)
 - o Ministry of Health, Italy: 100'000€ (February 2007)

- b) In-kind contributions:
 - o Internship of Ms. Signe Daugbjerg, University of Copenhagen, Denmark, supporting the further development of an inventory of documents on physical activity promotion and the carrying out a content analysis of national HEPA promotion documents;
 - o Internship of Ms. Jule Kunze, University of Frankfurt, supporting the collection of case studies on national approaches to the promotion of sports and physical activity in children and adolescents (supported by the University of Frankfurt and BASPO);
 - o contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
 - o contributions of the chairs and members of the working groups in terms of time and expertise;
 - o hosting of the 3rd annual meeting of HEPA Europe by the University of Graz, 2007 (including 2 fellowships to participants from economies in transition and partly supporting travel costs of the Steering Committee, WHO Europe and Ms. Jule Kunze);
 - o hosting of a meeting of the Steering Committee by BASPO (November 2006);
 - o contributions by several individual and institutional members for the production of publications and discussion papers and their translation;
 - o clearing house function for the collection and analysis of case studies on collaboration between the physical activity promotion and the transport sector by the University of Basel including development of a publication, funded by the Swiss Federal Offices of Sport and of Public Health; and
 - o representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network.

The current sources of funding will secure the basic support of the WHO Regional Office for Europe, European Centre for Environment and Health, Rome office, until mid 2007; funds lasting until the end of 2007 have been pledged. As of this time, new funds will have to be identified and secured for the continued support as well as for any additional activities.

Due to available funds being sufficient only to secure the basic support functions of WHO/Europe, not all activities could be implemented as planned, as described in the following chapters.

5. Current state of affairs

5.1 Core activities of the network

5.1.1 Maintenance and regular updating of the HEPA Europe website

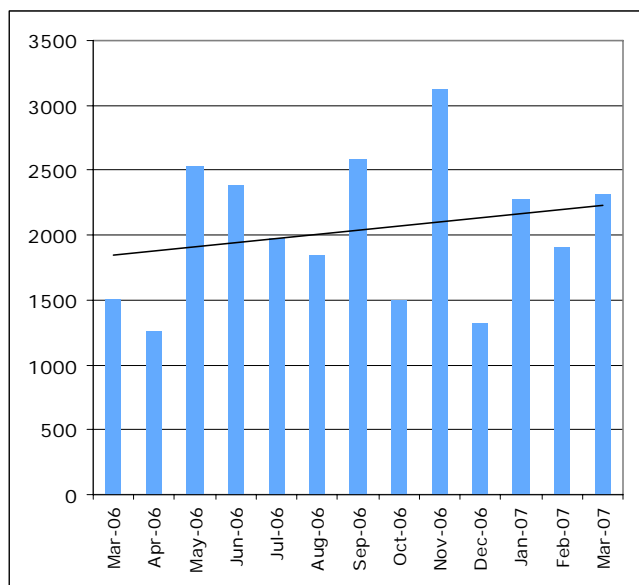
Planned steps in the last work programme 2006 /2007

	By when
Make available products of HEPA Europe within the website, especially the first version of the inventory of documents on physical activity promotion (see chapter 5.2.2) and the case study collection (see chapter 5.2.4), other products as they become available	As of summer 2006
Develop a materials page for the website in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House (see chapter 5.1.5)	Second half of 2006
Perform regular updates of the website and distribute newsletter regularly	Continuously

State of affairs

The HEPA Europe web site has been updated regularly. User statistics are available as of March 2007 which show a varying, but overall increasing number of viewers (see trend line in figure 1 below). The pattern of the monthly variations is very comparable to that of the WHO Regional Office for Europe web site's, except for a higher peak in November 2006 which is probably related to the launch of the advocacy booklet on physical activity and health and the inventory in this month (see also chapters 5.2.1).

Figure 1: Total number of page views of the HEPA Europe web site (hits by WHO personnel excluded), March 2006 – March 2007, and trend line



Page views have increased by around 50% in March 2007 compared to the same year before.

The most visited page was the homepage (about one third of page views over the last year), followed by the “about HEPA Europe” page (about 7%), the projects page (about 6%) and the “related links” page (about 5%).

The publication of the case studies collection has been delayed (see also chapter 5.2.4) but will take place in spring 2007. Due to limited resources, the online version could not yet be implemented. The work will be carried forward into the new work programme 2007 / 2008.

Due to limited resources, a dedicated “materials” section in the website also could again not be implemented so far and the work will also be carried forward into the new work programme 2007 / 2008. However, a new “publications” section has been added in late 2006, including HEPA Europe related publications (www.euro.who.int/hepa/publications/publications).

5.1.2 Holding of the 3rd annual HEPA Europe network meeting (16-18 May 2007, Graz, Austria)

Planned steps in the last work programme 2006 /2007

	By when
Develop a draft meeting programme, invite key note speakers	By the end of 2006
Add a page announcing the meeting to the website, develop the information circular with the organizers	Early 2007
Send out draft programme and call for contributions and registration	Spring 2007 (2-3 months before the meeting)
Organize handling of incoming registrations and contributions with organizers	Spring 2007
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2007

State of affairs

The activity has been implemented as planned and is concluded.

5.1.2 Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)

Planned steps in the last work programme 2006 /2007

	By when
Develop ideas for a main topic and possible additional topics for such a conference (ideally in 2007)	Early 2006
Identify possible partners	Early 2006
Explore identified possibilities for collaboration and develop a first draft programme	Summer 2006

State of affairs

The Free University Medical Center, the Netherlands, has decided to organize and host the 2nd international conference on physical activity and public health on 13-16 April 2008. The Steering Committee welcomed this development and will coordinate with Mireille van Poppel regarding possible collaboration with and / or contribution by HEPA Europe as part of the next work programme.

5.1.3 Support and contributions to other conferences and events

Planned steps in the last work programme 2006 /2007

	By when
<p>The following 5 events were foreseen to be supported in 2006 and 2007 (e.g. through presentations or the organization of side-events), but not co-organized by HEPA Europe:</p> <ul style="list-style-type: none"> • 1st World Congress on Public Health Nutrition, organized by the Spanish Society of Community Nutrition and the International Union of Nutritional Sciences, 28-30 September 2006, Barcelona, Spain • Satellite Symposium to the International meeting on health enhancing physical activity interventions and programs in different settings for children and youth ("Kinderkongress") on children's transport related physical activity and health, organized by the Universities of Konstanz and of Karlsruhe, 28 February – 2 March, 2007, Constance, Germany; • 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Slovenia, late spring or early autumn of 2007; • Satellite symposium to the 2007 annual meeting of the International Society for Behavioural Nutrition and Physical Activity (ISBNPA) on the projects HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) and IDEFICS (Identification and prevention of dietary and lifestyle-induced health effects in children and infants), organized by the Karolinska Institute, June 2007, Norway (Oslo); and • 5th International Conference on Movement and Health, hosted by the Faculty of Physical Culture, Palacký University, Olomouc, Czech Republic, second half 2007. 	<p>The detailed work steps will be defined according to the timing of the events</p>
<p>Decision about the support of possible further events by the Steering Committee</p>	<p>Continuously</p>

State of affairs

- *1st World Congress on Public Health Nutrition*³⁰
Three presentations on behalf of HEPA Europe were given, one of them in the framework of a symposium dedicated to "Promotion of health-enhancing physical activity in Europe".
- *Satellite Symposium to the International meeting on health enhancing physical activity interventions and programs in different settings for children and youth*³¹
It was decided to dedicate the Satellite Symposium to the more general topic of "Health Enhancing Physical Activity (HEPA) in children and adolescents". 3 members of the Steering Committee participated and 2 presentations were given on behalf of HEPA Europe.
- *5th International Conference on Movement and Health*³²
The event will be supported by HEPA Europe.

For more details on the presentations held see chapter 5.5.

³⁰ <http://www.nutrition2006.com/>

³¹ <http://www.expertmeeting-hepa.de/index.php?id=1>

³² <http://mandh2007.upol.cz/www/>

The 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity has been postponed and decision on the organization of a satellite symposium to the 2007 annual meeting of the International Society for Behavioural Nutrition and Physical Activity (ISBNPA) is pending.

5.1.4 **Coordination and collaboration with other activities, projects and networks**

Planned steps in the last work programme 2006 /2007

	By when
<p>UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP)</p> <ul style="list-style-type: none"> - Ensure close working collaborations between the HEPA Europe and THE PEP Task Force on Walking and Cycling - Continue two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity through the development of a "materials" part of the HEPA Europe website (see chapter 0). 	<p>Continuously</p> <p>Continuously</p> <p>Second half of 2006</p>
<p>WHO/Europe Department Nutrition and Food Security (NCL-NFS): contributions to the WHO Ministerial Conference on counteracting obesity, November 2006, Istanbul</p> <ul style="list-style-type: none"> - Contribute to technical pre-conference consultations - Promotion of multi-sectoral participation in the ministerial conference - Contribute to documents for the conference (framework on physical activity promotion, technical review document) - Development of background papers for the conference (e.g. advocacy booklet, document on case studies, inventory of national physical activity promotion approaches, overview of ongoing international and European activities and networks etc.) - Dissemination of information about the ministerial conference through the HEPA Europe 	<p>Summer 2006</p> <p>July-November 2006</p> <p>July-November 2006</p> <p>July-November 2006</p> <p>July-November 2006</p>
<p>WHO/Europe Healthy cities and urban governance programme</p> <ul style="list-style-type: none"> - Contribute to and possibly participate in their annual meetings - Continue collaboration regarding the development of the booklet on physical activity - Explore possibilities for further collaboration 	<p>Fall 2006</p> <p>Summer – Fall 2006</p> <p>Continuously</p>
<p>EU Platform on Diet, Physical Activity and Health</p> <ul style="list-style-type: none"> - Clarify membership status of HEPA Europe - Collaboration through observers in the Steering Committee or through direct participation 	<p>Summer 2006</p> <p>Continuously</p>
<p>Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition":</p> <ul style="list-style-type: none"> - Collaboration through observers in the HEPA Europe Steering Committee 	<p>Continuously</p>
<p>Global alliance for physical activity (GAPA)</p> <ul style="list-style-type: none"> - Consolidate initial steps of coordination through observer in the HEPA Europe Steering Committee - Explore possibilities for further collaboration 	<p>Continuously</p>
<p>Agita Mundo</p> <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p>

	By when
Working Party "Lifestyles and other health determinants" - Explore possibilities for further collaboration	Continuously
Platform on sports participation - Explore possibilities for further collaboration	Continuously

State of affairs

- UNECE/WHO THE PEP:
partly implemented: around 30 national policy documents on promotion of walking and cycling were published in the Clearing House so far, but a "materials" section was not yet implemented on the HEPA Europe web site. Ongoing.
- WHO Nutrition and Food Security (NFS): contributions to the WHO Ministerial Conference on counteracting obesity, November 2006, Istanbul:
implemented as planned (see also chapters 5.2.1 and 5.2.2), planned activities concluded. Follow-up activities will be carried forward into the new work programme.
- WHO/Europe Healthy cities and urban governance programme
The advocacy booklet was developed in close collaboration with the Healthy Cities programme. Coordination and collaboration will also take place in the future, as occasions arise.
- EU Platform on Diet, Physical Activity and Health
Due to limited resources, no direct membership was sought yet, but coordination takes place through membership of a number of Steering Committee members on behalf of others institutions. Ongoing.
- Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition":
Implemented as planned, project concluded in fall 2006. Follow-up project being negotiated with the Commission.
- Global alliance for physical activity (GAPA)
Implemented as planned, ongoing.
- Agita Mundo:
implemented as planned, ongoing.
- Working Party "Lifestyles and other health determinants"
no additional possibilities for collaboration have been identified, concluded.
- Platform on sports participation
instead of establishing a European platform, the project group decided to initiate a number of national activities first. Concluded for the time being, would be taken up again in the case of regional activities.

5.2 Projects and products

5.2.1 *Advocacy booklet on physical activity*

Planned steps in the last work programme 2006 /2007

	By when
Finalization of the text	Early July 2006
Editing, layout and printing	July – October 2006
Launch at the WHO Ministerial Conference on counteracting obesity, 14-16 November 2006, Istanbul, Turkey	November 2006
Further distribution at suitable events and to suitable target groups (according to the communication strategy)	First half of 2007

State of affairs

The booklet "Physical activity and health: evidence for action" was launched as a WHO/Europe "high corporate priority products" on 15 November 2006³³ on the occasion of the Ministerial Conference on Counteracting Obesity³⁴. A second booklet was developed on "Promoting Physical Activity and Active Living in Urban Environments: The Role of Local Governments" by the WHO Healthy Cities and Urban Governance Programme. The production of the two booklets was closely coordinated.

Until February 2007, more than 1500 printed copies were distributed of the booklet "Physical activity and health: evidence for action". It was the 6th most downloaded WHO/Europe document for November 2006 (359 downloads in 15 days) and since then, between 30 and 60 copies were downloaded each week, totaling more than 900 downloads until the end of February 2007. This response can be regarded as excellent, also in comparison to the booklet on urban environments (which has been downloaded in almost comparable numbers) in view of the Healthy Cities network being more established and considerably larger than HEPA Europe.

In addition, contracts to translate this booklet (and in most cases also the one on urban environments) are underway for Dutch, French, Italian, Portuguese, Slovenian, Swedish and Turkish. Expressions of interest which are currently being followed up were received for Czech, Icelandic, Japanese, Finnish and Spanish.

5.2.2 *Inventory of existing approaches, policy documents, targets and data related to physical activity promotion*

Planned steps in the last work programme 2006 /2007

	By when
Finalization of a report on first version of the inventory, including content analysis of the national policy documents published in English	July 2006
Publication of a first online version (including national policy documents)	July 2006
Integration of further documents as notified by HEPA Europe mailing list members, THE PEP Task Force on Cycling and Walking and others	Summer 2006
Second version of the inventory including national networks, community centered and school-based approaches, sports-based approaches and approaches in children	First half 2007
	By when

³³ http://www.euro.who.int/hepa/projects/20061113_1m and <http://www.euro.who.int/document/e89490.pdf>

³⁴ www.euro.who.int/obesity/conference

Further versions depending on available resources	
---	--

State of affairs

While the finalization of a content analysis of national policy documents (see chapter 5.5.1) and the publication of a first online version (<http://data.euro.who.int/PhysicalActivity>) have been implemented as planned, the integration of further documents and the second online version could not yet be implemented due to limited resources.

5.2.3 Review of examples of national physical activity promotion approaches and of national networks

Planned steps in the last work programme 2006 /2007

	By when
Next steps to be defined by the members of the working groups	Summer 2006
Presentation and discussion of first results at the next Steering Committee meetings	Winter 2006 and spring 2007

State of affairs

Implementation as planned: the work group was officially launched by its chair Radim Šlachta in fall 2006. An email survey was carried out amongst its members to define the tasks and next steps of the work group in more detail. Results were discussed by the Steering Committee on 21 November 2006 and 21 March 2007 and the work will be carried out accordingly. The first results will be presented at the 3rd annual meeting.

5.2.4 Collection of case studies of collaboration between the physical activity promotion and the transport sector

Planned steps in the last work programme 2006 /2007

	By when
Finalization of the analysis of case studies and final report	Summer 2006
Publication of an online version	Summer 2006
Presentation of the report and online version at a suitable event	Late summer – fall 2006

State of affairs

The activity has been implemented with delay and is ongoing: The report was published in spring 2007 with kind support of the Swiss Federal Office of Sports. It was presented at the 5th session of THE PEP Steering Committee in April 2007 and at the 3rd annual meeting of HEPA Europe in May 2007. The online version has been prepared but implementation is pending due to limited resources.

5.2.5 Framework for physical activity promotion policy

Planned steps in the last work programme 2006 /2007

	By when
Presentation of the framework at the 2 nd annual HEPA Europe network meeting	June 2006
Scientific publication	Spring 2007

State of affairs

Implementation mostly as planned: the preparation of scientific publication is ongoing.

5.2.6 Discussion paper on currently used recommendations for health-enhancing physical activity

Planned steps in the last work programme 2006 /2007

	By when
Discussion of a draft at the 2 nd annual HEPA Europe meeting	June 2006
Preparation of a manuscript for a published article	Fall 2006
Discussion of proposal for a procedure of possible European consensus recommendations at the 3 rd annual meeting HEPA Europe meeting	Summer 2007

State of affairs

Implementation mostly as planned: the manuscript is currently being prepared.

5.2.7 Review on cost-benefit analyses methodology with regard to walking and cycling

Planned steps in the last work programme 2006 /2007

	By when
Setting up a consultation group	Spring 2006
Review of approaches to the inclusion of health effects of cycling and walking in CBAs and appraisals of interventions	Summer 2006
International work shop	Fall 2006 - tentative
Publication of a report on the meeting's outcome including operational guidance for practitioners	Winter 2006 - tentative

State of affairs

The activity has been implemented with delay and is ongoing: The advisory group has been set up in fall 2006. A draft review of approaches to the inclusion of health effects of cycling and walking in cost-benefit analysis and appraisals of interventions was discussed at a preparatory meeting in March 2007 and the international consensus workshop took place in May 2007. Follow-up activities will be carried forward into the new work programme.

5.2.8 Overview of ongoing international and European activities and networks relevant to HEPA Europe

Planned steps in the last work programme 2006 /2007

	By when
Finalization of a draft working paper including a proposal for a visual representation / graph	Fall 2006
Discussion of the draft at the next Steering Committee meeting	Winter 2006
Further steps to be decided based on the discussions	Winter 2006

State of affairs

The activity has been implemented with delay and is ongoing.

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

Planned steps in the last work programme 2006 /2007

	By when
Workshop at BASPO, Magglingen, Switzerland	Autumn 2006
Further steps will be defined at the workshop	

State of affairs

The workshop took place on 22-23 November 2006³⁵. It was hosted and organized by BASPO and co-sponsored by WHO Regional Office for Europe. On this occasion, a work group on this topic was launched, led by BASPO. A second related workshop was held in Karlsruhe in February/March 2007 (see chapter 5.1.5).

The work group has held telephone conferences to define tasks and work steps in more detail and the work is ongoing.

5.2.10 Development of a teaching course on physical activity

Planned steps in the last work programme 2006 /2007

	By when
Teleconference to discuss broad concept and approach	Autumn 2006
Identify working group with 6 to 8 participants	Autumn 2006
Contact potential partners for engagement	Autumn 2006
Clarify organizational details (e.g. potential location, venue and facilities, potential delegates and participants groups, funding support, arrangements and/or costing and teaching staff)	By the end of 2006
Finalize course structure (timetable) and teaching staff	Spring 2007
Advertise and promote course	Spring to summer 2007
Potentially run course	Autumn 2007

³⁵ http://www.euro.who.int/hepa/projects/20060918_1

State of affairs

The implementation has been delayed and will be carried forward into the new work programme.

5.3 Activities aimed at optimizing the networks

5.3.1 Development of an impact model for HEPA Europe

Planned steps in the last work programme 2006 /2007

	By when
Preparation of a guided brainstorming session to develop the impact model	Early 2006
Development of the impact model at one of the next Steering Committee meeting	Winter 2006
Finalization of the impact model	Early 2007
Integration of the conclusions based on the impact model in the next work programmes	As of early 2007

State of affairs

The activity has been partly implemented and is ongoing: During a guided brain storming session on 21 November 2007, the Steering Committee went through the first steps of the development of an impact model for HEPA Europe. Based on the results, a proposed model was integrated into a draft publication on the framework for physical activity promotion (see chapter 0).

Since the finalization of the impact model was pending, the new work programme 2007 / 2008 was developed without the final version which will, however, be used for its implementation as well as the development of the following ones.

The finalization of the development of the impact model and an implementation strategy for HEPA Europe will be carried forward into the new work programme in relation to the development of the communication strategy.

5.3.2 Financing concept

Planned steps in the last work programme 2006 /2007

	By when
Implementation of the financing concept 2005-2007	Continuously
Drafting of the new financing concept 2007-2008	Before 5 th Steering Committee meeting
Discussion of the draft at the 5 th Steering Committee meeting	Spring 2007 – tentative
Finalization new concept and start of implementation	April 2007
Presentation of the financing concept 2007-2008 at the 3 rd annual meeting	Summer 2007

State of affairs

The financing concept for the period June 2005 – March 2007 has been endorsed at the 2nd annual meeting of HEPA Europe in May 2006; its implementation is ongoing.

It was decided by the Steering Committee to postpone updating the financing concept for the time being since it is still useful in its current form and an immediate re-adjustment of the financing strategy was not deemed necessary. However, due to misunderstandings created and the lack of additional funding raised, it was decided not to adhere to voluntary membership fees.

5.3.3 Development of a communication strategy and a recruitment strategy for HEPA Europe

Planned steps in the last work programme 2006 /2007

	By when
Development of a draft communication strategy: formulation of the aims for the communication of the network, identification of the target audience(s) for communication; specification the activities to be carried out	Second half of 2006
Development of a draft recruitment strategy: identification of the target audience(s) for recruitment; specification the activities to be carried out	Second half of 2006
Discussion of the drafts at the 5 th Steering Committee meeting	Winter 2006 – to be confirmed
Finalization of the strategies and start of implementation	Spring 2007

State of affairs

Due to limited resources as well as in view of the satisfactory rate of new applications, this activity has not been started yet and will be carried forward into the work programme 2007 / 2008.

5.4 Possible activities to be launched later

5.4.1 Development of methods for economic valuation of transport-related health effects in children

Planned steps in the last work programme 2006 /2007

	By when
To be defined	

State of affairs

The project was initiated in late 2006 and is ongoing. 2 consultants have been identified to carry out the work (ecoplan, Switzerland, and National Institute for Public Health and the Environment RIVM, the Netherlands).

The activity will be carried forward into the new work programme.

5.5 Publications and presentations

5.5.1 Publications

The following 9 publications were produced from July 2006 to June 2007 (in chronological order):

Reports

- *Promotion of health-enhancing physical activity in the European region: content analysis of 26 national policy documents.* Daugbjerg S, Kahlmeier S, Racioppi F, Martin-Diener E, Martin B, Oja P, Bull F, Rostami C, WHO Regional Office for Europe, October 2006
- *International inventory of documents on physical activity promotion. Report in progress – call for contributions.* WHO Regional Office for Europe, November 2006.

Booklets

- *Physical activity and health in Europe: evidence for action.* WHO Regional Office for Europe, edited by Cavill N, Kahlmeier S and Racioppi F., November 2007 (<http://www.euro.who.int/document/e89490.pdf>, accessed 15 March 2007).
- *Promoting physical activity and active living in urban environments: the role of local governments. The solid facts.* WHO Regional Office for Europe, edited by Edwards P, Tsouros A. (<http://www.euro.who.int/document/e89498.pdf>, accessed 15 March 2007).
- *Collaboration between the health and transport sectors in promoting physical activity: examples from European countries.* Thommen Dombois O, Kahlmeier S, Martin-Diener E, Martin B, Racioppi F, Braun-Fahrländer C. WHO Regional Office for Europe, 2006.

Information material

- *International inventory of documents on physical activity promotion [web site].* WHO Regional Office for Europe, November 2006 (<http://data.euro.who.int/PhysicalActivity>, accessed 15 March 2007).

HEPA Europe newsletters (available at www.euro.who.int/hepa)

- Issue no. 2 (September 2006)
- Issue no. 3 (December 2006)

Journal publications

- HEPA Europe's contributions to healthy living and move for health in the European region. Kahlmeier S, Racioppi F, Martin B. *Bulletin of the International Council of Sport Science and Physical Education (ICSSPE)*, No.49 - January 2007:42-46 (www.icsspe.org, accessed 15 March 2007).

5.5.2 Presentations

From July 2006 to June 2007, 15 presentations on HEPA Europe or mentioning it were held by members of the Steering Committee or WHO Europe. An overview of these presentations is given in the following table:

Events	Title of the presentation
2006	
Annual congress of the European College of Sports Science (ECSS) Lausanne, Switzerland, 5-8 July 2006 www.ecss2006.com	Principles of physical activity promotion in public health: the idea of HEPA Europe
	Sport injuries and beyond – a population perspective on the risks and benefits of physical activity
	Public health approaches to physical activity promotion
Diet & Lifestyle: Helping Europeans find a healthy balance, European Voice, Brussels, Belgium 14 September 2006	How can transport and urban planning be part of the solution? European Network for the promotion of health-enhancing physical activity (HEPA Europe)
I World Congress on Public Health Nutrition, 18-20 September 2006, Barcelona, Spain www.nutrition2006.com	Physical activity promotion approaches in the European Region: an overview
	Bringing knowledge into practice: the role of the European Network for the promotion of health-enhancing physical activity (HEPA Europe)
Health in All Policies: High-level Expert Conference, 20-21 September 2006, Kuopio, Finland http://www.stm.fi/Resource.phx/eng/subjt/inter/eu2006/hiap/index.htm	Physical Activity and EU Policies
North West Health & Physical Activity Forum (NWHPA) 2006: the evolution of physical activity, 28 November 2006, Blackburn, United Kingdom http://www.nwhpaf.org.uk/	Physical activity policy and promotion in Europe
Launch event of advocacy booklet / side event of the WHO European Ministerial Conference on Counteracting Obesity, 16 November 2006 www.euro.who.int/obesity/conference	Physical activity to counteract obesity: creating supportive environments
2007	
French National Medical Research Council (INSERM) meeting on “physical activity and health”, Paris, France, 9 January 2007	Promoting physical activity in everyday life: opportunities from the transport sector
	Evidence-based physical activity promotion – from interventions to the development and implementation of strategies
3. Präventionskongress des Deutschen Forums Prävention und Gesundheitsförderung (DFPG): Bewegung im Alltag – wo Menschen leben und arbeiten, 23 January 2007, Berlin, Germany http://www.forumpraevention.de/cms/index.asp?inst=forum-praevention_1234&snr=5525	Bewegungsförderung in Europa: Erfahrungen und Strategien
3ème Séminaire du conseil national des activités physiques et sportives (CNAPS): L’exercice contre les maladies liées à la sédentarité. 8-10 February 2007, Brussels, Belgium http://picardie.franceolympique.com/art.php?id=7995	The European network for the promotion of health-enhancing physical activity - HEPA Europe
Expert meeting on Health Enhancing Physical Activity (HEPA) in children and adolescents, Karlsruhe, Germany, 28 Feb -1 March 2007 http://www.expertmeeting-hepa.de/?language=	HEPA programs and interventions from the perspective of WHO
	HEPA Europe working group for the exchange of experiences in physical activity and sport promotion in children and adolescents

ANNEX 4: WORK PROGRAMME 2006 / 2007

1. Introduction

This second work programme of HEPA Europe covers the period of July 2007 to September 2008 in accordance with the date of the 4th annual meeting which will take place in September 2008. The document has been discussed and endorsed in May 2007 at the 3rd annual meeting of HEPA Europe in Graz, Austria. A short version of this document is available at www.euro.who.int/hepa.

The current state of affairs of activities foreseen in the work programme 2006 / 2007 is summarized in chapter 2. More detailed information can be found in the activity report.

In chapters 3 to 6, the implementation of the planned activities and projects for the period July 2007 to June 2008 will be described in more detail. Chapter 7 contains an overview of the new work programme.

2. Activity report 2006 / 2007: overview

Below, the state of affairs of the activities of the work programme 2006 / 2007 is summarized.

2.1 Core activities of the network

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)	Mostly implemented, ongoing (see chapter 3.1)
Holding of the 3 rd annual HEPA Europe network meeting (16-18 May 2007, Graz, Austria)	Implemented as planned, concluded
Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)	Implemented as planned, concluded
Support and contributions to other conferences and events	Implemented as planned, ongoing (see chapter 3.3)
Cooperation and collaboration with other activities, projects, and networks	Implemented as planned, ongoing (see chapter 3.4)

2.2 Projects and products

Activity	State of affairs
Finalization of an advocacy booklet on physical activity and health with the key facts and figures for policy makers	Implemented as planned, product concluded, follow-up activities ongoing (see chapter 4.1)
Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented, ongoing (see chapter 4.2)
Review of examples of national approaches and networks for physical activity promotion and the exploration of the need and possibility to create a "network of national networks"	Implementation delayed, ongoing (see chapter 4.3)

Activity	State of affairs
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors	Mostly implemented, ongoing (see chapter 4.4)
Development of a general framework for physical activity promotion policy	Implemented delayed, ongoing (see chapter 4.5)
Development of a discussion paper on currently used recommendations for health-enhancing physical activity	Implementation delayed, ongoing (see chapter 4.6)
Review on cost-benefit analyses methodology with regard to walking and cycling and organization of an international workshop	Implementation delayed, ongoing (see chapter 4.7)
Development of an overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed
Launch of work group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned, ongoing (see chapter 4.8)
Development of a European Region course on physical activity and public health	Implementation delayed, ongoing (see chapter 4.9)

2.3 Activities aimed at optimizing the network

Activity	State of affairs
Development of an impact model for HEPA Europe of how the stated aims shall be achieved	Implementation delayed, ongoing (see chapter 5.1)
Implementation and updating of the financing concept to identify funding sources and secure the future funding	Implementation delayed, ongoing (see chapter 5.2)
Development of a communication strategy and a recruitment strategy for HEPA Europe	Not yet started (see chapter 5.3)

2.4 Possible activities to be launched later

Activity	State of affairs
Development of methods for economic valuation of transport-related health effects in children	Implementation ongoing (see chapter 4.10)

2.5 Publications and presentations

Activity	State of affairs
Publications (9 reports, booklets and information material, 3 newsletters and 2 journal publications produced)	Continuous activity
Presentations (15 presentations on HEPA Europe or mentioning it given)	Continuous activity

3. Core activities of the network

In the following sections the core activities of HEPA Europe to be carried out until September 2008 will be outlined in more detail.

3.1 HEPA Europe website

Aim of the activity

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

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Information Outreach Department, WHO/Europe, Rome office; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Possible partners

-

Work steps

	By when
Make available products of HEPA Europe within the website, especially updated versions of the international inventory of documents on physical activity promotion (see chapter 4.2) and the case study collection (see chapter 4.4), other products as they become available	Continuously
Develop a materials page for the website in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House (see chapter 3.3), other regional HEPA networks web sites', IPEN etc.	End of 2007
Perform regular updates of the website and distribute newsletter 3 to 4 times per year	Continuously

3.2 4th annual meeting of the HEPA Europe network 2008

Aim of the activity

The meeting is foreseen to take place on 8-10 September 2008. It will be held to review and discuss recent, relevant international developments as well as national approaches with regard to physical activity promotion, to re-elect the Steering Committee and accept new members or the network; to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new ad-hoc task forces and working groups as necessary.

In charge / participants

In charge: Scottish Physical Activity Research Collaboration (SPARColl), University of Strathclyde, Glasgow, Scotland, United Kingdom, WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

-

Work steps

	By when
Discuss ideas for programme structure and key note speakers at the 6 th Steering Committee meeting in Glasgow (September 2007)	Autumn 2007
Develop a draft meeting programme, invite key note speakers	Spring 2008
Add a page announcing the meeting to the website, develop the information circular with the organizers	March 2008
Send out draft programme and call for contributions and registration	Summer 2008 (2-3 months before meeting)
Organize handling of incoming registrations and contributions with organizers	Summer 2008
Develop the background documents and support hosts in preparing and carrying out the meeting	Autumn 2008 (1-2 months before meeting)

3.3 Support and contributions to conferences and events

Aim of the activity

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

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

In charge / participants

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

Participants: -

Work steps

1) Supported events

The following events are under discussion for official support by HEPA Europe³⁶:

	By when
<ul style="list-style-type: none"> • 5th International Conference on Movement and Health, hosted by the Faculty of Physical Culture, Palacký University, Olomouc, Czech Republic, 14-16 November 2007. • 2nd International conference on physical activity and public health, Free University Medical Centre, the Netherlands, 13-16 April 2008 • Satellite symposium on measurement of physical activity, BASPO, Switzerland 10-11 April 2008 – tentative 	The detailed work steps will be defined according to the timing of the events

³⁶ See “Requirements for HEPA Europe- supported events”

<ul style="list-style-type: none"> • 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Slovenia, spring 2008 – tentative 	
Decision about the support of these and possible further events by the Steering Committee	Continuously

2) Participation in other events

In the following events, members of the Steering Committee are participating and a presentation on behalf of HEPA Europe will be held in 2007 / 2008:

	By when
<ul style="list-style-type: none"> • European College of Sports Science (ECSS) conference: symposium on “Health-enhancing physical activity: environment, physical activity and public health”, Jyväskylä, Finland, 11-14 July 2007 (submitted including 5 presentations) • WHO Move for Health Day 2008, 10 May 2008 • 16th European Congress on Obesity (ECO): session on physical activity, Geneva, Switzerland, 14-17 May 2008 – tentative • European College of Sports Sciences 2008 congress, Lisbon, Portugal³⁷ - depending on interest 	The detailed work steps will be defined according to the timing of the events
Decision about participation in of these and possible further events by the Steering Committee	Continuously

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

Aim of the activity

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

In charge / participants

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

Possible partners

UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP); WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO/Europe Healthy cities and urban governance programme; Global alliance for physical activity (GAPA); Agita Mundo; EU Platform on Diet, Physical Activity and Health; DG Education and Culture (DG EAC), Sport Unit; bodies and NGOs on sports promotion

Work steps

	By when
UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP)	
<ul style="list-style-type: none"> - Continue close working collaborations between the HEPA Europe and THE PEP Task Force on Walking and Cycling through two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration 	Continuously
<ul style="list-style-type: none"> - Contribute to the further development of THE PEP Clearing House 	Continuously

³⁷ <http://www.ecss.de/HTML/Congresses.htm>

part on cycling and walking and health-enhancing physical activity	
	By when
WHO/Europe Department Nutrition and Food Security (NCL-NFS): follow up of the WHO Ministerial Conference on Counteracting Obesity (November 2006, Istanbul) <ul style="list-style-type: none"> - Follow up expressions of interest do translate advocacy booklets - Contribute to questionnaire survey on follow-up activities and documents in Member States (physical activity components) - Further coordinate international inventory on physical activity promotion with nutrition database and reporting on Global Strategy on Diet, Physical Activity and Health 	Summer 2007 / cont. Continuously Continuously
WHO/Europe Department Nutrition and Food Security (NCL-NFS): Move for Health Day 2008 <ul style="list-style-type: none"> - Contribute to preparations of the - Provide background documents and input as wished 	Early 2008 Spring – May 2008
WHO/Europe Healthy cities and urban governance programme <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
Global alliance for physical activity (GAPA) <ul style="list-style-type: none"> - Coordination through observer in the HEPA Europe Steering Committee - Explore possibilities for further collaboration - Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion 	Continuously Continuously Depending on time schedule
Agita Mundo <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
HOPE (Health Promotion through Obesity Prevention across Europe) project – DG Research <ul style="list-style-type: none"> - Close coordination and contributions as appropriate 	Continuously
ALPHA (Assessment of Levels of Physical Activity) project – DG Sanco <ul style="list-style-type: none"> - Close coordination and contributions as appropriate 	Continuously
EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Clarify membership status of HEPA Europe - Collaboration through members of the Steering Committee or through direct participation 	Winter 2007 Continuously
DG Education and Culture (DG EAC), Sport Unit: working groups on sport <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
Bodies and NGOs on sports promotion <ul style="list-style-type: none"> - Identification of groups and bodies - Explore possibilities for further collaboration, e.g. regarding the chairmanship for Agita Mundo - Definition of further steps: depending on outcome 	Autumn 2007 End of 2007
European Network for Workplace Health Promotion ³⁸ : <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously

³⁸ www.enwhp.org

4. Projects and products

4.1 Dissemination of the advocacy booklets on physical activity

Aim of the activity

Further dissemination to maximize the use and national or sub-national implementation of the booklets

In charge / participants

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

Participants: Editorial group (Francesca Racioppi and Agis Tsouros (co-chairs), Sonja Kahlmeier (all WHO/Europe); Finn Berggren – Gerlev Physical Education and Sports Academy, Denmark; Peggy Edwards - Chelsea Group, Canada; Eva Martin-Diener – Swiss Federal Office of Sports (BASPO); Pekka Oja - UKK Institute for Health Promotion Research, Finland; Jean-Michel Oppert - University Pierre et Marie Curie-Paris 6, France; Mireille van Poppel, Free University Medical Center, the Netherlands; Ilkka Vuori, formerly UKK Institute for Health Promotion Research, Finland); members of HEPA Europe and contacts from mailing list

Possible partners

WHO/Europe Healthy Cities and urban governance programme; WHO/Europe Department Nutrition and Food Security (NCL-NFS), and other interested parties in Member States

Work steps

	By when
Follow-up of contracts and declarations of interest to translate the booklet	Continuously
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 0)	Spring 2008

4.2 Inventory of existing approaches, policy documents, targets and data related to physical activity promotion

Aim of the activity

To facilitate access of the Member States to available information and to develop a framework for process evaluation of physical activity promotion at the national level. Relevant information has so far been collected from the countries already represented in HEPA Europe, other contact will be explored next.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Interested parties of HEPA Europe (mailing list) and other contact persons, HOPE project (see chapter 3.4)

Possible partners

WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong)

Work steps

	By when
Scientific publication on content analysis of 26 national policy documents	Autumn 2007
Second version of the inventory including national networks, community centered and school-based approaches, sports-based approaches and approaches in children	Summer 2008
Integration of further documents into the online inventory as notified by HEPA Europe mailing list members, THE PEP Task Force on Cycling and Walking, NCL-NFS focal points	Depending on available resources
Further versions depending on available resources	
Coordination of reporting on Global Strategy on Diet, Physical Activity and Health	continuously

4.3 Review of examples of national physical activity promotion approaches and of national networks

Aim of the activity

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

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

In charge / participants

In charge: Members of the working group:

- a) Confirmed members: Radim Šlachta – Palacky University, Czech Republic (chair), Fiona Bull - Global Alliance on Physical Activity (GAPA), Flora Jackson – NHS Health Scotland, United Kingdom, Brita Jorde – Directorate for Health and Social Affairs, Norway, Sune Krarup-Pedersen – National Board of Health, Denmark, Oliver Studer,– HEPA Switzerland/BASPO, Jozica Maučec Zakotnik and Andrea Backvic Jurican, CINDI programme, Slovenia,
- b) Other members: representative from the Netherlands
- c) Observers: Elena Subirats, Accion para el bienestar y la Salud, Mexico, Wendy Creelman, in motion, Canada)

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

Possible partners

WHO/Europe Department Nutrition and Food Security (NCL-NFS), WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong)

Work steps

	By when
Presentation and discussion of next steps and results Steering Committee meetings	Autumn and winter 2007, spring and summer 2008
Preparation of report/publication of results	Summer 2008

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

Aim of the activity

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

In charge / participants

In charge: Oliver Thommen, Institute of Social and Preventive Medicine of the University of Basel, Switzerland, WHO European Centre for Environment and Health, Rome office,
Participants: Steering Committee, interested parties of HEPA Europe

Possible partners

WHO/Europe Department Nutrition and Food Security (NCL-NFS)

Work steps

	By when
Dissemination of the report	As of summer 2007
Publication of an online version	Autumn 2007
Dissemination of the report and online version at suitable events	As of Autumn 2007
Extension of online inventory with additional case studies: as received and depending on available resources	Continuously

4.5 Framework for physical activity promotion policy

Aim of the activity

To develop an overall framework for physical activity promotion which is currently missing. This structure will also support defining the role of HEPA Europe within such a broader framework and it will thereby guide the future work (see also chapter 5.1).

In charge / participants

In charge: Eva Martin-Diener and Urs Mäder, Swiss Federal Institute of Sports, BASPO, Switzerland
Participants: Steering Committee, WHO European Centre for Environment and Health, Rome office

Possible partners

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

Work steps

	By when
Finalize scientific publication	End of 2007

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

Aim of the activity

The aim is to develop an overview on the currently used, different recommendations for health-enhancing physical activity (including also recommendations for different subgroups, e.g. children, elderly). The discussion paper shall serve as a basis to assess the scope and desirability to propose common European recommendations. The annual meetings of HEPA Europe will serve to explore the need and possibilities to reach a consensus on European level.

In charge / participants

In charge: Pekka Oja, Finland

Participants: Fiona Bull – GAPA; Mikael Fogelholm - UKK Institute, Finland; Brian Martin – BASPO, Switzerland; WHO European Centre for Environment and Health, Rome office and Steering Committee, participants at the annual meetings of the HEPA Europe in 2006 and 2007

Possible partners

WHO/Europe Department Nutrition and Food Security (NCL-NFS); European Commission/DG SANCO, European Commission/DG Education and Culture/Sport Unit, European College of Sport Sciences, European Heart Network WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong); Centers for Disease Control and Prevention's Physical Activity and Health Branch

Work steps

	By when
Preparation of a manuscript for a published article	Autumn 2007
Discussion and decision on further steps by Steering Committee	Autumn 2007
Further steps depending on decisions taken	

4.7 Review on cost-benefit analyses methodology with regard to walking and cycling

Aim of the activity

This project aims at:

- developing a review of existing approaches to the inclusion of health effects related to physical activity in cost-benefit and cost-effectiveness analyses of investments in transport infrastructures and policies (by May 2007);
- providing a critical discussion of the identified indicators and health-endpoints, and the formulation of proposed recommendations and
- the organization of an international workshop to achieve scientific consensus on the health effects that should be evaluated when conducting health impact assessments and economic valuations (May 2007).
- Providing a report on the results of the project.

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

In charge / participants

In charge: Michael Sjöström - Karolinska Institute, Sweden; Nick Cavill, Cavill Associates, United Kingdom

Participants: WHO European Centre for Environment and Health, Rome office, Members of the Steering Committee, THE PEP Task Force on Cycling and Walking, participants of the international workshop

Possible partners

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

Work steps

	By when
Publication of a report on the meeting's outcome including concrete guidance for practitioners	Autumn 2007
Dissemination of report and project results as appropriate	Continuously

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

Aim of the activity

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

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

In charge / participants

In charge: Christoph Nützi, BASPO, Switzerland

Participants:

1) Core group

Winfried Banzer - German Olympic Sports Confederation; Marijke Chin A Paw – VU University Medical Center, the Netherlands; Nathalie Farpour-Lambert – Hôpitaux Universitaires de Genève, Switzerland; Narcis Gusi – University of Extremadura, Spain; Urs Mäder – BASPO, Switzerland; Irina Kovacheva, Ministry of Health, Bulgaria; Johan Tranquist – National Center for Child Health Promotion (NCFH), Sweden; Martin Schönwand - German Sports Youth (to be nominated); WHO European Centre for Environment and Health, Rome office (HEPA Europe and Children's Health and Environment (CHE) programme)

2) Working group

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

³⁹ www.thepep.org

⁴⁰ http://www.euro.who.int/hepa/projects/20060918_1

Possible partners

To be defined by working group

Work steps

	By when
Finalized definition of work programme and next steps, possibly including specific activities of subgroups	Summer 2007
Support inventory of case studies on national programmes and approaches (masters thesis Jule Kunze)	Autumn 2007
Exploration of possibilities for a follow-up meeting of the working group in Sweden	Autumn 2007
Exploration of possibilities for a cross-country study on knowledge and attitudes of decision makers and stakeholders towards physical activity and sports promotion in European countries	Autumn 2007
Analysis of national programmes and approaches	Spring 2008
Exploration of needs and possibilities for a European exchange platform	Spring 2008
Exploration of possibilities for a meeting and contributions to the International Conference on Physical Activity and Public Health in Amsterdam (April 2007)	Spring 2008
Additional steps according to outcomes of explorations	

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

Aim of the activity

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

In charge / participants

In charge: Brian Martin – BASPO, Switzerland

Participants: Winfried Banzer – German Olympic Sports Confederation; Fiona Bull, Loughborough University, United Kingdom / GAPA, Flora Jackson – NHS Health Scotland, United Kingdom; Gerda Jimmy, BASPO, Switzerland; Michael Sjöström, Karolinska Institute, Sweden, Carla Ribeiro Maria, Sports Institute of Portugal; Mimi Rodriguez – Federazione Italiana Aerobica e Fitnes, Italy, Harry Rutter - South East Public Health Observatory; WHO European Centre for Environment and Health, Rome office

Possible partners

European Master's Programme in Public Health Nutrition; Lifelong Learning Programme, European Commission/DG Education and Culture, WHO/Europe Department Nutrition and Food Security (NCL-NFS); Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE)

Work steps

	By when
Development and discussion of concept in working group	Summer 2007
Contact potential partners	Autumn 2007
Decision about location and time for first course	Autumn 2007
Clarify organizational details (e.g. venue and facilities, potential delegates and participants, funding and teaching staff)	Winter 2007
Advertise and promote course	according to decision in autumn 2007
Running of the course	according to decision in autumn 2007

4.10 Development of methods for economic valuation of transport-related health effects, with a special focus on children

Aim of the activity

The project aims at the:

- development of a critical review of existing methodologies and on-going studies and initiatives to be taken into account when performing economic valuations of transport-related health effects in adults and children;
- identification of relevant health end points to be included
- identification of the key criteria to be applied in making an economic valuation of these effects.

The activity follows up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004⁴¹. This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP) ⁴² and specifically its activities on walking and cycling.

In charge / participants

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

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); Organisation for Economic Co-operation and Development (OECD); others to be defined as part of the consultancy work

⁴¹ http://www.euro.who.int/transport/publications/20060112_1

⁴² www.thepep.org

Work steps

	By when
Identification or relevant studies and reports	Summer 2007
Identification of relevant health endpoints	Summer 2007
Review of relevant studies and reports and development of methodological guidance to carry out economic valuations of transport-related health effects	Autumn 2007
Expert workshop to present and discuss the proposed methodological approach	End 2007

4.11 HEPA promotion through primary care practice

Aim of the activity

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

In charge / participants

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

Participants: Stjepan Heimer, University of Zagreb, Croatia; Katriina Kukkonen-Harjula – UKK
Institute for Health Promotion Research, Tampere, Finland Jean-Michel Oppert – University Pierre et
Marie Curie, Paris 6, France; Rebekka Surbeck – BASPO, Switzerland;

Possible partners

To be defined by the working group

Work steps

	By when
Identify working group with 6 to 8 participants	Summer 2007
Teleconference to discuss broad concept and approach, decision about possibilities for meetings and publications	Summer 2007
Inventory of national programmes and research approaches	According to decision in Summer 2007
Meetings and publications	According to decision in Summer 2007

5. Activities to optimize the Network

5.1 Finalization of the impact model for HEPA Europe

Aim of the activity

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

The impact model will serve as basis to review current activities, to identify future main fields of activity and key partners as well as areas for further development and thus, the development of the future work programmes. The proposed framework for physical activity promotion policy (see chapter 0) will also be taken into account as a basis for the discussion.

In charge / participants

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

Possible partners

-

Work steps

	By when
Finalization of the impact model	6 th and possibly 7 th meeting of the Steering Committee (Sept and Nov 2007)
Dissemination of the final version (e.g. web site, brochure, visualization)	Spring 2008
Integration of the conclusions based on the impact model in the next work programmes	continuously

5.2 Financing concept

Aim of the activity

The financing concept for HEPA Europe describes the current funding situation, outlines possible sources for future funding and the planned steps to secure these funds for the short term as well as the medium and long term. It also contains a scheme for a voluntary membership fee.

The first financing concept covers the period June 2005 to March 2007⁴³ and is currently being implemented. It was decided at the 3rd annual meeting to postpone updating the financing concept for the time being since it is still useful in its current form and an immediate re-adjustment of the financing strategy was not deemed necessary.

⁴³ HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

In charge / participants

In charge: Steering Committee and WHO European Centre for Environment and Health, Rome office
Participants: Possibly representatives of other similar networks and activities that could provide expertise with regard to funding strategies (e.g. European Heart Foundation).

Work steps

	By when
Implementation of the financing concept	Continuously
Consideration of the need to update the current version of the financing concept	Summer 2008 (before the 4 th annual meeting)
Next steps depending on decisions taken	

5.3 Communication strategy and recruitment strategy

Aim of the activity

To develop a concept for a coherent, effective and attractive communication of the network and a related recruitment strategy that will lead to the desired number and composition of members.

The impact model (chapter 5.1) will contribute to the development of the strategies.

In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee
Participants: Information Outreach Department, WHO/Europe, Rome Office; communications departments/experts from other members of the Steering Committee

Possible partners

If necessary representatives of other similar networks and activities that could provide expertise.

Work steps

	By when
Development of a draft communication strategy: formulation of the aims for the communication of the network, identification of the target audience(s) for communication; specification of the activities to be carried out	Spring 2008
Development of a draft recruitment strategy: identification of the target audience(s) for recruitment; specification the activities to be carried out	Spring 2008
Discussion of the drafts at a Steering Committee meeting	Summer 2008
Presentation and discussion of the strategies at the 4 th annual meeting	Autumn 2008 (September)

6. Possible future activities

6.1 Information material for migrant populations

Aim of the activity

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

In charge / participants

In charge: to be defined

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

Possible partners

Turkish Ministry of Health, others to be defined

Work steps

	By when
Will be defined by participants if project is implemented	

6.2 HEPA Europe exchange programme

Aim of the activity

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

In charge / participants

In charge: to be defined

Participants: Winfried Banzer– German Olympic Sports Confederation Urs Mäder – BASPO, Switzerland; Jean-Michel Oppert - University Pierre et Marie Curie-Paris 6, France; Michael Sjöström, Karoliska Institute, Sweden

Possible partners

To be defined by the work group

Work steps

	By when
Will be defined by participants if project is implemented	

7. Overview of the activities of HEPA Europe 2007 / 2008

ACTIVITIES	Summer 07			Autumn 07			Winter 07/08			Spring 08			Summer 08			Autumn 08		
Core activities of the network																		
3.1 HEPA Europe website	←	---	→															→
3.2 4th annual meeting of the HEPA Europe network 2008				←														→
3.3 Support and contributions to other conferences and events	←	---	→															→
3.4 Cooperation and collaboration with other networks and projects	←	---	→															→
Projects and products																		
4.1 Dissemination advocacy booklet on physical activity	←											→	←	---	→			→
4.2 Inventory of existing approaches, policy documents, targets and data related to physical activity promotion	←																	→
4.3 Review of examples of national physical activity promotion networks and of national approaches	←																	→
4.4 Dissemination of case studies of collaboration between the physical activity promotion and the transport sector	←								→	←	---	→						→
4.5 Framework for physical activity promotion policy	←																	→
4.6 Discussion paper on currently used recommendations	←							→	←	---	→							→
4.7 Review on cost-benefit analyses methodology with regard to walking and cycling	←																	→
4.8 Exchange of experiences in physical activity and sports promotion in children	←																	→
4.9 Developing of a teaching course on physical activity	←																	→
4.10 Transport-related health effects in children	←																	→
4.11 HEPA promotion through primary care practice	←																	→
Activities to optimize the network																		
5.1 Development of an impact model for HEPA Europe	←																	→
5.2 Financing concept	←	---	→															→
5.3 Communication strategy and recruitment strategy	←																	→

dashed arrows: continuous activity ← - - - →

double dashed arrows: possible future activities, depending on decisions taken ← ··· →

ANNEX 5: LIST OF MEMBERS OF HEPA EUROPE

- Age Institute, Finland
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation's National Centre (BHFNC) for Physical Activity & Health, School of Sport and Exercise Science, Loughborough University, UK
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Community Health Centre Ljubljana, Countrywide Integrated Noncommunicable Diseases Intervention (CINDI) programme, Ljubljana, Slovenia
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Federazione Italiana Aerobica & Fitness (FIAeF), Rome, Italy
- Finnish Centre for Health Promotion, Helsinki, Finland
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- 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 Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Karolinska Institutet, Unit for preventive nutrition, Department of biosciences and nutrition, Huddinge, Sweden
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, Italy
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- National Board of Health, Denmark
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Palacky University, Faculty of Physical Culture, Olomouc, Czech Republic
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)

- Policlinique Médicale Universitaire, Switzerland
- Public Health Institute, Iceland
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
- South East Public Health Observatory (SEPHO), Oxford, United Kingdom
- Sports Department of the Styrian Government, Austria
- Sports Institute of Portugal, Lisbon, Portugal
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- Université Pierre et Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, Paris, France
- 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, Rectorado de Caceres, Spain
- University of Graz, Institute of Sports Science, Graz, Austria
- University of Iceland, Department of Physiotherapy
- Accion para el bienestar y la Salud, Mexico City, Mexico (observer)

ANNEX 6: LIST OF PARTICIPANTS

Austria

Ms Sylvia Franzl
Gesundheitsland Kärnten - NPO in the
field of Health Promotion
Hasnerstr 8
9020 Klagenfurt
Austria

Mrs Mag. Gerlinde Grasser
University Lecturer and Scientist
Health Management in Tourism
University of Applied Sciences
FH Joanneum
Kaizer-Franz-Josef-Strasse 418
8344 Bad Gleichenberg
Austria

Ms Karin Griebner
Project manager
Sports Department of the Styrian
Government
Jahngasse 1
8010 Graz
Austria

Mr Christian Halbwachs
Managing Director
Fit for Austria
Austrian Federal Sport Organization
Prinz Eugen Strasse 12
1040 Wien
Austria

Mr Robert Hofer
Master of Sport Science
Algersdoferstrasse, 63
8020 Graz
Austria

Prof Hans Peter Holzer
Associate Professor
Institute of Sports Science
Karl-Franzens-University
Mozartgasse, 14
8010 Graz
Austria

Ms Cornelia Kenda
Student
Institute of Sport Science
University of Graz
Kreuzgasse 18/1/10
8010 Graz
Austria

Prof Micheal Kolb
Head
Department of Sports Pedagogy
Center for Sport Science and University
Sport
Auf de Schmelz 6A
1150 Vienna
Austria

Mr Claus Köllinger
Mobility Management
Austrian Mobility Research FGM AMOR
Schönaugasse 8a
8010 Graz
Austria

Mrs Barbara Machreich
Project manager
Sport Union Salzburg
Josef-Preis-Allee 14
5020 Salzburg
Austria

Ms Silvia Marchl
Styria vitalis
Marburgekai 51/2
8010 Graz
Austria

Prof James Okee-Obong
Health Management in Tourism (GMT)
FH Joanneum
Kaiser Franz Josef Strasse 418
8344 Badgleichenberg
Austria

Ms Claudia Past
student
Health Management in Tourism
FH Joanneum
Neubachgasse 39
2440 Moosbrunn
Austria

Ms Hannelore Past
visitor
Neubachgasse 39
2440 Moosbrunn
Austria

Ms Michaela Pflieger
Phd student, Sociology
University of Graz
8010 Graz
Austria

Mr Robert Pressl
Project Manager
Austrian Mobility Research FGM-AMOR
Schönaugasse 8a
8010 Graz
Austria

Ms Eva Rohrer
Health Specialist
Austrian Health Promotion Foundation
'Fonds Gesundes Österreich'
Mariahilfer Straße 176
A-1150 Vienna
Austria

Ms Nele Schreiber
Student
Sport
Kasteöofeldgasse 37
8010 Graz
Austria

Ms Ines Spath-Dreyer
Scientific officer
Health Promotion and Prevention Centre
Haideggerweg 40a
8044 Graz
Austria
Austria

Mrs Christina Steininger
Research Assistant
Department of Sports Pedagogy
Center for Sport Science and University
Sport
Auf der Schmelz 6A
1150 Vienna
Austria

Ms Irina Tegischer
Marketing manager, Project manager
Marketing, Health Promotion
e-novation, biodanza school Austria
Gartengasse, 22
8010 Graz
Austria

Mr Robert Thaler
Head of Division
Division V/5 - Transport, Mobility,
Human Settlement and Noise
Federal Ministry of Agriculture,
Forestry, Environment & Water Management
Stubenbastei, 5
A-1010 Vienna
Austria

Dr Markus Tilp
Assistant professor
Karl-Franzens-University Graz
Institute of Sport Science
Mozartgasse 14
8010 Graz
Austria

Prof Sylvia Titze
Institute of Sport Science
University of Graz
Mozartgasse 14
A-8010 Graz
Austria

Ms Elisabeth Wieseneder
Junior Research Fellow
Health Management in Tourism
FH Joanneum, University of Applied
Sciences
Kaiser-Franz-Josef Strasse 418
8344 Bad Gleichenberg
Austria

Ms Doris Wiesmeier
Student
Sport Sciencef
Billrothgasse, 42/2/5
8047 Graz
Austria

Bulgaria

Ms Irina Mincheva Kovacheva
Senior Expert
Directorate Public Health
Ministry of Health
5, Sveta Nedelja Sq.
1000 - Sofia
Bulgaria

Mrs Zhulieta Videnova
Full time assistant
Department of Foreign Languages
Communications and Sports
Prof. Paraskev Stoyanov Medical
University of Varna
55 Marin Drinov Street
9002 Varna
Bulgaria

Croatia

Professor Stjepan Heimer
Head of department
Sports recreational medicine
Faculty of Kinesiology
University of Zagreb
Horvacanski Zavos 15
10000 Zagreb
Croatia

Dr Marija Rakovac
Research novice
Faculty of Kinesiology
University of Zagreb
Horvacanski Zavos 15
10000 Zagreb
Croatia

Czech Republic

Dr Radim Šlachta
Vice dean, Assistant
Faculty of Physical Culture
Palacky University
Tr. Miru 115
771 40 Olomouc
Czech Republic

Denmark

Mr Just Bech Justesen
Head of Section
National Board of Health
Islands Brygge 67
2300
Denmark

Prof Finn Berggren
Gerlev Physical Education and Sports
Academy
Skaelskor Landevej 28
DK 4200 Slagelse
Denmark

Mr Sune Krarup-Pedersen
Head of Section
Centre for Disease Prevention
National Board of Health
Islands Brygge 67
2300 Copenhagen S
Denmark

Finland

Mrs Riitta Asanti
Executive Director
WHO Collaborating Centre for Healthy
Cities and Urban Health in the
Baltic Region
Lemminkäisenkatu 14-18B
20520 Turku
Finland

Mrs Pirjo Kalmari
Programme planner
Health, physical activity and functional
capacity
Age Institute
Kalevankatu 12 A
00100
Finland

Mrs Elina Karvinen
Gerontological Research and Development
Health and Functional Capacity
Age Institute
Kalevankatu 12 A
00100 Helsinki
Finland

Mr Jyrki Komulainen
 Program Director
 Fit for Life Program/LIKES Research
 Center for Sport and Health Sciences
 Rautpohjankatu 8
 FIN-40700 Jyväskylä
 Finland

Prof Mari Miettinen
 Senior Officer
 Ministry of Social Affairs and Health
 PO Box 33
 FIN-00023 Government - Helsinki
 Finland

Dr Pekka Oja
 Individual member
 F.E. Sillanpään katu 4 A 16
 FIN-33230 Tampere
 Finland

Mrs Minna Säpyskä-Nordberg
 Programme planner
 Health, physical activity and functional
 capacity
 Age Institute
 Kalevankatu, 12 A
 00100
 Finland

Mr Alekski Valta
 Education Manager
 Finnish Sport for All Association
 Arabianranta 6
 FI-00560
 Finland

France

Dr Brigitte Honoré
 Adviser of the President
 Conseil Général de la Moselle
 1, rue du Pont Moreau - BP 11096
 57036 Metz Cedex 1
 France

Prof Jean-Michel Oppert
 Professor of Nutrition
 European Association for the Study of
 Obesity EASO
 Université Pierre et Marie Curie-Paris6
 (UPMC), Hotel-Dieu Hospital
 1, place du Parvis Notre-Dame
 F-75004 Paris
 France

Dr Gilles Thöni
 Project Manager
 Faculty of Sports Sciences
 Heart & Muscle Study Group
 700 Avenue du Pic St Loup
 34090 Montpellier
 France

Germany

Mr Oliver Bauman
 Product Marketing Manager
 OMRON Healthcare Europe B.V.
 Windeckstr. 81 A
 68163d
 Germany

Mr Jens Bucksch
 Research associate
 University of Bremen
 Institute of Public Health and Nursing Research
 Grazer Straße 2; PO Box 330 440
 28334 Bremen
 Germany

Dr Uta Engels
 Officer for Health and Fitness
 Policy of Preventions and Health
 Management
 German Olympica Confederation
 Otto-Fleck-Schneise 12
 60528 Frankfurt / Main
 Germany

Dr Wolf Kirsten
 International Health Consulting
 Friedbergstrasse 32
 D-14057 Berlin
 Germany

Ms Jule Kunze
 Sports medicine
 J. W. Goethe University of Frankfurt
 Frankfurt am Main
 Ginnheimer Landstrasse, 39
 60487 Frankfurt am Main
 Germany

Dr Christian Thiel
 Research associate
 Sports Medicine
 J.W. Goethe University of Frankfurt
 Ginnheimer Landstr. 39
 60487 Frankfurt
 Germany

Mrs Birgit Wallmann
Zentrum für Gesundheit
German Academy for Sport, Cologne
Carl- Diem-Weg 6
50933 Köln
Germany

Iceland

Ms Gigja Gunnarsdottir
Project Manager
Physical Activity
Public Health Institute of Iceland
Laugavegi 116
105 Reykjavik
Iceland

Dr Svandis Sigurdardottir
Dep. of Physiotherapy
Faculty of Medicine
University of Iceland
Skogarhlid 10
105 Reykjavik
Iceland

Italy

Dr Paolo A. Adami
President
FIAeF- Federation for Aerobics & Fitness
Casella Postale 6284
00195 Rome
Italy

Dr Paolo Emilio Adami
Researcher – Technical Committee
FIAeF - Federation for Aerobics & Fitness
Casella Postale 6284
00195 Rome
Italy

Mr Alberto Arlotti
Dirigente Medico
Assessorato Politiche per la Salute
Emilia-Romagna Region
Viale Aldo Moro, 21
40127 Bologna
Italy

Lithuania

Dr Alvydas Kalvenas
Dean
Faculty of Sport Biomedicine
Lithuanian Academy of Physical Education
Sporto 6
LT-44221 Kaunas
Lithuania

Mr Tomas Kukenys
Socratesierasmus Institutional Coord.
International Relations Office
Lithuanian Academy of Physical Education
Sporto 6
LT-44221 Kaunas
Lithuania

Netherlands

Mr Eddy L. Engelsman
Ambassador
Diet, Physical Activity and Health
Ministry of Health, Welfare and Sport
P.O. Box 20350
2500 EJ The Hague
Netherlands

Dr Mireille van Poppel
Senior Researcher
Department of Public and Occupational
Health
Free University (VU) Medical Center
Van der Boechorststraat 7
1081 BT Amsterdam
Netherlands

Norway

Ms Marit Espeland
Adviser
Department for physical activity
Directorate for health and social
affairs
PO Box 7000 St. Olavs Plass
0130
Norway

Portugal

Ms Carla Ribeiro Maria
Sports Institute of Portugal
Av. Infante Santo n° 76
1399-032 Lisbon
Portugal

Russian Federation

Dr Rimma Potemkina
Deputy Head, Senior Researcher
State Research Centre for Preventive
Medicine
Petroverigskij per. 10
101 953 Moscow
Russian Federation

Spain

Prof Narcis Gusi
University of Extremadura
Faculty of Sport Sciences
Avda Universidad S/N
10071 Caceres
Spain

Sweden

Dr Maria Hagströmer
Biosciences and Nutrition
Karolinska Institute
Novum, Halsov, 7
SE 141 57 Huddinge
Sweden

Switzerland

Dr Raphaël Bize
Senior Resident
Prevention
University Outpatient Clinic
Bugnon 44
CH-1011 Lausanne
Switzerland

Ms Nathalie Farpour-Lambert
Head
Obesity Program and Pediatric Sport
Medicine
University Hospital of Geneva
6, rue Willy Donze
1211 Geneva 14
Switzerland

Dr Brian Martin
Chair
The European Network for the Promotion
of Health - Enhancing Physical Activity
HEPA Europe
Federal Office of Sports
2532 Magglingen
Switzerland

United Kingdom of Great Britain and Northern Ireland

Dr Fiona Bull
Co Director
The British Heart Foundation's National
Centre for Physical Activity and Health
School of Sport and Exercise Science,
Loughborough University
Loughborough
Leicestershire LE11 3TU
United Kingdom of Great Britain and Northern Ireland

Mr Nick Cavill
Director
Cavill Associates
185A Moss Lane Bramhall
SK7 1BA Stockport Cheshire
United Kingdom of Great Britain and Northern Ireland

Dr Andy Cope
Research and Monitoring Director
Research and Monitoring Unit
Sustrans
37 Side, Quayside
Newcastle NE1 3JE
United Kingdom of Great Britain and Northern Ireland

Dr Claire Fitzsimons
SPARColl Project Coordinator
Scottish Physical Activity Research
Collaboration (SPARColl)
University of Strathclyde
Pesoe Building, 76 Southbrae Drive
G13 1PP Glasgow / Scotland
United Kingdom of Great Britain and Northern Ireland

Dr Rebecca Shaw
Research Assistant
Department of Sport, Culture and Arts
University of Strathclyde
76 Southbrae Drive
G13 1PP
United Kingdom of Great Britain and Northern Ireland

Ms Monica Smith
Learning and Development Adviser
Health Topics
NHS Health Scotland
Rosebery House, 9 Haymarket Terrace
EH12 5EZ
United Kingdom of Great Britain and Northern Ireland

Representative

European Commission

Ms Aase Fulke
National Expert
Directorate General Health and Consumer
Protection
European Commission
Rue Alcide de Gasperi
L-2920 Luxembourg
Luxembourg

Mr Jacob Kornbeck
Administrator
Sport Unit
European Commission
Directorate General Education & Culture
EAC.D.3 (Sport) MAD0 20/10
B-1049 Brussels
Belgium

WHO Regional Office for Europe

Ms Sonja Kahlmeier
Technical Officer, Transport and Health
European Centre for Environment and Health
Rome Office

Ms Frederiek Mantingh
Technical Officer, Global Strategy on Diet, Physical Activity and Health (Seconded)

Ms Francesca Racioppi
Scientist, Transport and Health
European Centre for Environment and Health
Rome Office