



**World Health  
Organization**

REGIONAL OFFICE FOR **Europe**

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

**Report of a WHO meeting  
26-27 September 2012  
Cardiff, United Kingdom**





**World Health  
Organization**

REGIONAL OFFICE FOR **Europe**

# **Eighth annual meeting of HEPA Europe**

European network for the  
promotion of health-enhancing  
physical activity

**Report of a WHO meeting  
26-27 September 2012  
Cardiff, United Kingdom**



Supported by the European Union in the framework of the Health Programme 2008-2013  
The views expressed herein can in no way be taken to reflect the official opinion of the European Union

## ABSTRACT

The 8<sup>th</sup> annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales, in Cardiff, United Kingdom and supported by the European Union in the framework of the Health Programme 2008-2013. It was attended by 49 participants from 18 European Member States. The event included parallel sessions of five HEPA Europe working groups on 26 September. At the annual meeting on 27 September, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2011/2012, the work programme 2012/2013 and amendments to the Terms of Reference of the Steering Committee of HEPA Europe. In addition, 12 new membership applications were confirmed and the outcome of the online elections of the Steering Committee was announced, namely the election of all candidates as well as the chairperson. The draft of the communication strategy of the network was also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed.

The 2<sup>nd</sup> HEPA Europe symposium took place back-to-back with the annual meeting on 26 September 2012. Organized by the Physical Activity & Nutrition Network Wales and co-sponsored by WHO Regional Office for Europe, the symposium was attended by 174 participants. It focused on the theme "Getting to the grassroots: Using the 'green' environment to promote physical activity", featuring a key note lecture, 43 oral presentations across 2 sets of 7 parallel sessions and more than 40 posters.

### Keywords

HEALTH PROMOTION  
HEALTH PLANNING  
PHYSICAL FITNESS  
EXERCISE  
CONGRESSES  
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 2013

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. 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.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either express or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. The views expressed by authors, editors, or expert groups do not necessarily represent the decisions or the stated policy of the World Health Organization.

## CONTENTS

<b>1</b>	<b>Introduction and overview .....</b>	<b>4</b>
1.1	Acknowledgements.....	4
<b>2</b>	<b>2<sup>nd</sup> HEPA Europe symposium .....</b>	<b>5</b>
<b>3</b>	<b>Parallel sessions of HEPA Europe working groups and side events.....</b>	<b>6</b>
3.1	Exchange of experiences in physical activity and sports promotion in children and adolescents.....	6
3.2	HEPA promotion in socially disadvantaged groups.....	7
3.3	Active ageing .....	7
3.4	HEPA promotion in health care settings.....	8
3.5	Surveillance and monitoring .....	8
3.6	Side event: 3 <sup>rd</sup> meeting of the HEPA Europe - EU Contact Group .....	9
<b>4</b>	<b>Report of the 8th annual meeting .....</b>	<b>10</b>
4.1	Introduction .....	10
4.2	Membership applications and overview of membership .....	11
4.3	Results of the Steering Committee elections.....	12
4.4	Communication strategy for HEPA Europe .....	14
4.5	Activity report 2011/2012: overview .....	14
4.6	Work programme 2012/2013.....	16
4.7	Next annual meetings of HEPA Europe.....	18
4.8	Closing of the meeting .....	18
<b>5</b>	<b>Evaluation of the meeting .....</b>	<b>18</b>
	Annex 1: List of working and background papers.....	20
	Annex 2: Detailed programme of the meeting .....	21
	Annex 3: List of members of HEPA Europe.....	22
	Annex 4: HEPA Europe activity report 2011/2012.....	26
	Annex 5: HEPA Europe work programme 2012/2013.....	64
	Annex 6: List of participants.....	88

# 1 Introduction and overview

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched at the 1<sup>st</sup> annual meeting in May 2005 in Gerlev, Denmark. Subsequent annual meetings took place in Tampere, Finland, (2006), Graz, Austria (2007), Glasgow, United Kingdom (back to back with the 1<sup>st</sup> HEPA Europe conference in 2008), Bologna, Italy (including the 1<sup>st</sup> HEPA Europe Symposium in 2009), Olomouc, Czech Republic (back to back with the 2<sup>nd</sup> HEPA Europe conference in 2010) and Amsterdam, the Netherlands (back to back with the 3<sup>rd</sup> HEPA Europe conference) 2011.

The 8<sup>th</sup> annual meeting of HEPA Europe took place on 26-27 September 2012. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of five HEPA Europe working groups;
- plenary presentation of the activity report and of the new work programme; and
- new applications for membership (see Annex 3 for the list of members) and results of the election of the Steering Committee
- endorsement of the new work programme.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with one of the specific objectives of the PHAN project;
2. review and discuss progress made in HEPA Europe's seventh year of activity, in particular in implementing the work programme as well with regard to contributions and funding (see Annex 1 with list of working papers and background documents);
3. discuss and adopt key documents for next year's work, including:
  - Activity report 2011/2012 (see Annex 4)
  - Work programme 2012/2013 (see Annex 5)

The annual meeting was attended by 49 participants from the following 18 European countries: Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Netherlands, Portugal, Russian Federation, Slovenia, Spain, Switzerland, and the United Kingdom. (see Annex 6 for list of participants). The meeting was chaired by Mr Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, and chairman of HEPA Europe. On 26 September 2012, the 2<sup>nd</sup> HEPA Europe symposium took place.

## 1.1 Acknowledgements

The annual meeting of HEPA Europe was kindly hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales, in Cardiff, United Kingdom, and supported by the Directorate General for Health and Consumers of the European Commission (DG SANCO) in the framework of the Health Programme 2008-2013 through the project on "Promoting networking and action on healthy and equitable environments for physical activity (PHAN)". The 2<sup>nd</sup> HEPA Europe symposium was organized by the Physical Activity & Nutrition Network Wales, Public Health Wales and co-sponsored by the WHO Regional Office for Europe.

## 2 2<sup>nd</sup> HEPA Europe symposium

Back to back with the annual meeting, Public Health Wales organized the 2<sup>nd</sup> HEPA Europe symposium<sup>1</sup> on 26 September 2012. The event focused on the theme “Getting to the grassroots: Using the ‘green’ environment to promote physical activity”. It was attended by 174 participants from 20 countries of the European region as well as from Australia, the World Health Organization and the European Commission.

The event was opened with the following key note lecture:

- Physical activity: the way to life, by William Bird (United Kingdom)

In addition, 43 abstracts were selected for oral presentations across two sets of seven parallel sessions, namely on:

- National projects and approaches to HEPA promotion
- Regional and community approaches to HEPA promotion
- Monitoring and intervention research
- Health effects of physical activity
- HEPA promotion in specific target groups
- Informing HEPA practice
- Healthy Cities Approach (facilitated by WHO Healthy Cities Network)

Finally, more than 40 posters were presented during the conference, grouped into the seven main themes of the conference, as described above.

The organizers offered a warm welcome to the delegates with a reception in The Galleries of the National Museum and the traditional conference dinner in Cardiff Castle. Many participants took advantage of the opportunity offered by the organizers to integrate physical activity in the context of the event and to experience more of the urban planning projects that have increased Cardiff’s support for physically active life-styles by joining the tour of the Millennium Stadium, the escorted cycle tour or a nordic walking tour in Bute Park.

---

<sup>1</sup> [www.physicalactivityandnutritionwales.org.uk/page.cfm?orgid=740&pid=60541](http://www.physicalactivityandnutritionwales.org.uk/page.cfm?orgid=740&pid=60541)

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

On 26 September, five of HEPA Europe's working groups (see also work programme, Annex 5) met to discuss progress and next steps in advance of the plenary annual meeting on the next day. In addition, some working groups held preparatory work meetings either before or during the main event.

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

The parallel session was chaired by Mr Peter Barendse, Netherlands Institute on Sport and Physical Activity (NISB). In the workshop about 40-45 people participated.

- 1) The group worked on further networking and getting to know each other. To effectively work as a network and to benefit from exchanging knowledge and experience, it is crucial that members know each other personally. In an interactive way, the group discussed different issues (successes in the last year, challenges in their work etc.). The method was highly appreciated and created a lively atmosphere in the session.
- 2) The group went through the activities of last year, concluding that the working group children and youth has been rather active. Several meetings took place (Belgium, United Kingdom) and a series of telephone conferences were organized. A first inventory of successful interventions in seven countries was initiated, which will form the basis for a larger cooperation project currently in preparation.
- 3) A core group of the working group is working on an FP7 application on interventions, addressing a problem-based socially innovative approach to the challenge of understanding implementation processes. This project includes 13 partners. In December 2012, the European Commission will inform whether the project goes to the next step. Project leader is Ms Catherine Woods, Dublin City University.
- 4) Afterwards, the group worked in smaller groups on questions that were also addressed in the FP7 application. (i.e. who are the most important stakeholders when talking about in/around school interventions, good examples in countries, etc.). Ideas and research questions were discussed with the attendees, which gave valuable inputs for the project and at the same time made participants aware of the research question in the project.
- 5) Information was shared on: the expected publication of the blueprint for making physical activity attractive to youth<sup>2</sup> (PHAN project) as well as on the European Youth Health Study congress in Madeira in October 2012, where the HEPA working group will be present and cooperate in a symposium on youth and HEPA.

---

<sup>2</sup> [www.euro.who.int/en/what-we-publish/abstracts/young-and-physically-active-a-blueprint-for-making-physical-activity-appealing-to-youth](http://www.euro.who.int/en/what-we-publish/abstracts/young-and-physically-active-a-blueprint-for-making-physical-activity-appealing-to-youth)

## 3.2 HEPA promotion in socially disadvantaged groups

This session was facilitated by the working group leader, Ms Niamh Murphy, Waterford Institute of Technology, Ireland, and attended by 33 participants. The meeting commenced with a focus on what can had been learned from previous work focusing on physical activity in disadvantaged groups. Mr Mark Tully presented his recently published systematic review of the effectiveness of physical activity interventions in socio-economically disadvantaged communities, followed by Mr Graham Brennan who presented reflections on recruiting individuals to physical activity interventions. Mr Matthias Braubach from the WHO Regional Office for Europe sent his apologies and Ms Niamh Murphy presented on his behalf an overview presentation on progress on the joint WHO/DG SANCO PHAN project, and specifically work package 4, “Networking on inequalities in physical activity: guidance on physical activity promotion in socially disadvantaged groups, with a focus on healthy environments”.

The majority of time at the meeting was allocated to discussions on how to grow and sustain the working group, and where future areas of work might focus. An update on the projects on social disadvantage and sport funded under the EU Preparatory Action for Sport programme was given by Ms Murphy, and all links to documents were placed in a project Dropbox. There was interest within the group in trying to prioritise areas of interest by 2014 to allow for a focused attempt to secure funding. For future work, suggestions included focusing on social, cultural and geographical environments. A project from Belfast, which focuses on a natural experiment, was discussed and there is expertise in the group to build on this work. There was also an interest in understanding the mechanisms behind inequalities as well as in relation to target groups (women, families, mass events etc) and in play as a tool to reach socially disadvantaged groups.

It was decided that the Dropbox should be continued as a means of sharing information at this stage, and new “Play” and “Mechanisms” folder will be created. Mr Graeme Brennan will explore the use of Basecamp, a project management tool, to manage working group activities.

## 3.3 Active ageing

This session was chaired by Mr Eddy Engelsman and assisted by Mr Ger Kroes (Secretariat), both from the Netherlands Institute for Sport and Physical Activity, Netherlands (NISB), and attended by about 30 participants. The agenda started with an overview of what had been done between October 2011 and September 2012. Firstly, a starting document was prepared based on an inventory of participants’ priorities of age groups, themes and expertise. Secondly, a working document was developed and the participants were asked to give a description of the two most successful projects in their countries. From this initial inventory, four topics were presented at the working group session in Cardiff:

- a) Peer group leader training (Ms Elina Karvinen, Finland)
- b) Building capacities, alliances (Mr Narcis Gusi, Spain)
- c) The use of "evidence" (Mr Bob Laventure, England)
- d) The intentions of EUNAAPA (Mr Nico van Meeteren, Netherlands) as a baseline for the future of active ageing

In a next step, the work plan 2012-2013 and the future of the working group Active Ageing were discussed. The relation with other European organisations interested in physical activity and sports for seniors and older people was a substantial part of the lively discussion.



Participants shared the opinion that not just more and better research was needed but better translation from “the lessons learned” into the local practice. International knowledge has to be collected and disseminated in networks like EUNAAPA, EGREPA, PROFANE etc. and overlaps should be avoided. Furthermore, the EU Physical Activity Guidelines and the “Principles on the contribution of Physical Activity to active Aging”<sup>3</sup> (September 2012), that had recently been presented to the European Ministers of Sport, will be at the focus of the work plan of the Working Group Active Ageing.

It was therefore concluded that it was important to translate these “Principles” into the work of the group. Future EU financing will also be based on the implementation and application of this document in the rating of future proposals. From this perspective coalitions (consortia) with other European partners are also useful if not inevitable. Based on the key points raised above the work plan 2012-2013 was defined.

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

The meeting was chaired by Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Tampere, Finland, and attended by about 15 participants. Mr Matti Leijon from the Swedish Center for Primary Health Care Research, who had previously co-lead the working group, had resigned for professional reasons earlier during the program year. In this meeting in Cardiff it was agreed that Mr Malcolm Ward from Public Health Wales or the National Exercise Referral Coordinator Ms Jeannie Wyatt-Williams from the Welsh Local Government Association will share the leadership of the working group with Ms Aittasalo.

It was agreed that the main task of the working group would be to continue introducing HEPA promotion practices in health care settings in various countries. Mr Simon Murphy introduced the evidence related to the Welsh Exercise Referral Scheme and Ms Wyatt-Williams outlined how the National Exercise Referral worked in the field.

The working group thought that sharing examples on the integration of HEPA into medical training was another important task to enhance the uptake and dissemination of HEPA promotion in health care. This task will be prioritized at the next working group meeting in Helsinki. Lastly, the group wished a continuing collaboration with Exercise Is Medicine and the Health Promoting Hospitals Network. This collaboration will be strengthened by active communication between the working group and both networks.

### **3.5 Surveillance and monitoring**

The meeting was chaired by Ms Sanne de Vries, TNO, The Netherlands, and attended by about 20 participants. Unfortunately, none of the working group members were able to join the work meeting or parallel session. One new member was welcomed (Anne Reimers, University of Konstanz, Germany).

After a short introduction of Ms de Vries on the objectives of the working group, Ms Anne-Marie Scholten, TNO, The Netherlands, presented the results of a systematic review of methodological considerations when using accelerometers to measure physical activity in youth. Next, the results of a Dutch study were presented. In this study, accelerometers and GPS devices were used to obtain a better insight into the urban locations where children are physically active. In the last part of the session, the objectives of the working group and the

---

<sup>3</sup> <http://ec.europa.eu/sport/library/documents/b24/xg-shp-hepa-dlvrble3-final.pdf>

activities were further discussed. There were divergent opinions on the objectives of the working group. The aim of the working group could be to 1. inform each other on on-going projects; 2. apply for grants to carry out joint project; 3. advise the WHO and other parties in projects in monitoring and surveillance of physical activity at the European level; 4. write a position paper. These options will be further discussed. With respect to the activities it was agreed among the participants that tackling some of the practical and methodological issues when assessing free-living physical activity remains priority in 2013, with a focus on children and objective assessment methods. In particular, a decision matrix to choose an appropriate assessment method would be very helpful in daily practice.

### **3.6 Side event: 3<sup>rd</sup> meeting of the HEPA Europe - EU Contact Group**

The annual meeting also provided a platform for exchange and networking for other related activities. In particular, the following side event took place:

#### ***3<sup>rd</sup> meeting of the HEPA Europe-EU Contact Group***

This meeting took place on the day prior to the main event (25 September, 16:00-17:30). The establishment of this Contact Group is based on the Action area 1 of the Pierre de Coubertin Action Plan of the White Paper on Sport, namely to support an EU Health-Enhancing Physical Activity network. The Contact Group was established as part of a project on “Promoting networking, exchange and greater synergy between sport and health-enhancing physical activity sectors (NET-SPORT-HEALTH)” within the framework of the Preparatory Actions in the Field of Sport. This project ended in May 2011. The Contact Group is open for membership to those member institutions of the HEPA Europe Network that have their seat in Member States of the EU.

At the first meeting of the Contact Group held in November 2010, the Terms of Reference of the Contact Group were endorsed, a chairperson was elected and a Steering Committee was established. The main aims of the Contact Group are, amongst others:

- providing an interface between the HEPA Europe network and the European Commission;
- providing a common platform for the exchange of knowledge, information, practices;
- acting as a potential stakeholder in case of EC consultations related to the European Commission's work related to sport and HEPA.

The 3<sup>rd</sup> meeting was held to update on relevant developments in the last year. It was chaired by Mr Willem van Mechelen, VU Medical Center, Amsterdam, the Netherlands, and chair of the Contact Group. It was attended by about 40 participants.

In particular, participants:

- took note of and discussed the results of a study assisting the Commission in preparing a future EU Council Recommendation to promote health-enhancing physical activity (HEPA), following its commitment in the 2011 Communication on Sport and as a contribution to implementing the EU Work Plan for Sport;
- were informed on the state of affairs regarding the preparation of a proposal for a Council Recommendation in the field of HEPA;
- discussed next steps under a work programme of the Contact Group and ways of working.

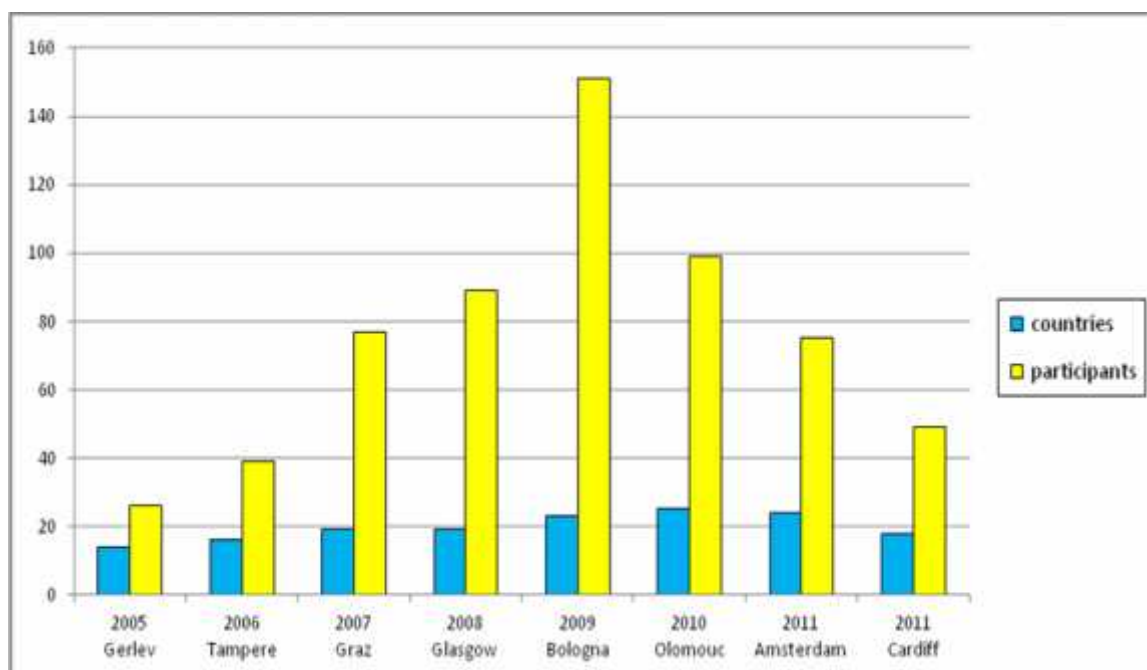
The usefulness of the Contact Group was reconfirmed at the meeting, in particular in view of the ongoing preparations for a proposal for a Council Recommendation in the field of HEPA. However, it was again acknowledged that the current lack of dedicated funding for the Contact Group limited its scope of work, but the European Commission confirmed its commitment to support the future function of the Contact Group as outlined in the Pierre de Coubertin Action Plan, the EU Physical Activity Guidelines and the Terms of Reference.

## 4 Report of the 8th annual meeting

### 4.1 Introduction

The meeting was opened by Mr van Mechelen, the chairman of HEPA Europe. For this year's meeting, 54 participants from 18 countries of the European Region (see Annex 6 for list of participants) were registered. As shown in Fig. 1, the number of participants has been increasing until 2010 with a particularly strong increase in 2009, since then a decrease in registered participants as well as number of represented countries was recorded. Both observations might partly be due to an incomplete registration of participants, in particular for the year 2011, where participants had to re-register on each day of the event and registration coverage might have been lower for the last day due to this administrative set-up. Furthermore, at this year's meeting the scientific conference lasted only one day. Therefore and in view of the economic crisis, some members might have decided not to travel to Wales. Finally, the organizers succeeded in attracting many participants not involved in HEPA Europe from the United Kingdom. However, it seems that those delegates attended the conference on the first day but not the formal network meeting in the morning of the second day.

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



## 4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications<sup>4</sup> from 12 institutions and organizations received from October 2010 to September 2012. These temporary members and observers were proposed to the network for confirmation.

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

- Centre of research and evaluation (CEVAS), Rome, Italy
- Centro Universitario di Ricerca Interdepartamentale di Attività Motoria CURIAMO, Perugia, Italy
- Department of Biomolecular and Sports Sciences, Coventry University, United Kingdom
- European Non-Governmental Sports Organisation (ENGSO), Paris, France
- Faculty of motor sciences, University of L'Aquila, Italy
- Gezondheid en Maatschappij, Health and Society Academic Unit, University of Wageningen, the Netherlands
- Play Wales, Cardiff, United Kingdom
- State Secretariat for Sport (Ministry of Human Resources), Budapest, Hungary
- Transport Studies, Oxford University, United Kingdom
- Willibald Gebhardt Institut, Essen, Germany

The following two institutions were welcomed as observers:

- INWA International Nordic Walking Federation, Helsinki, Finland
- StreetGames, Manchester, United Kingdom

The network now counts 126 member institutions and 3 honorary members from 32 European countries, as well as 5 observers (see Table 1 and Annex 3 for full list).

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

Country	No.	Country	No.
Austria	4	Israel	2
Belgium	2	Italy	9
Bosnia and Herzegovina	1	Lithuania	2
Bulgaria	1	Norway	1
Croatia	2	Poland	1
Cyprus	1	Portugal	1
Czech Republic	2	Russian Federation	1

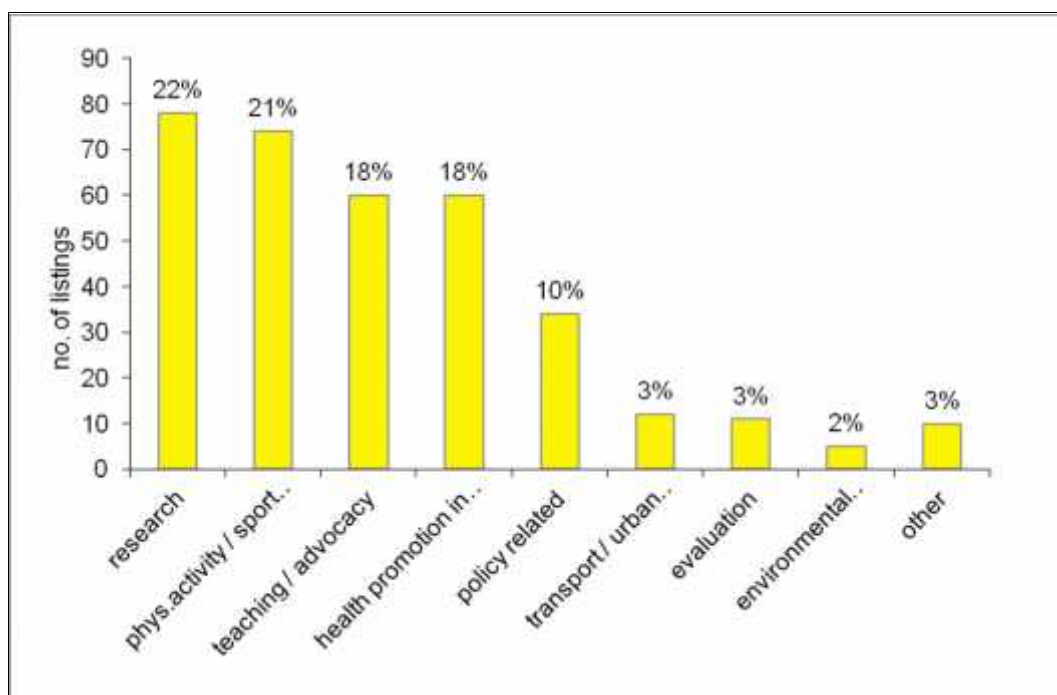
<sup>4</sup> More information on the application procedure can be found at [www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membership-and-meetings/join-the-network](http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membe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

Denmark	3	Slovenia	4
Finland	9	Spain	7
France	4	Sweden	5
Georgia	1	Switzerland	6
Germany	9	The former Yugoslav Republic of Macedonia	1
Greece	3	The Netherlands	6
Hungary	2	Turkey	1
Iceland	2	Ukraine	1
Ireland	5	United Kingdom	27

Plus 3 individual honorary members and 5 observers

As shown in Figure 2, the main type of activity most often reported by members was research and physical activity or sport promotion, followed by teaching or advocacy, general health promotion and, with some distance, policy related activities. Still less frequent were transport or urban planning activities, evaluation and environmental protection or promotion. The spread of main activities among the members has remained virtually the same over the last years.

**Fig. 2: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=343), number and percent of listings**



### 4.3 Results of the Steering Committee elections

The chairman of HEPA Europe also introduced the outgoing, standing, and new members of the Steering Committee. Firstly, Mr Van Mechelen expressed the great gratitude of the

network to Mr Jean-Michel Oppert, (Université Pierre et Marie Curie – Paris 6, Pitié-Salpêtrière Hospital, Paris, France) and Mr Harry Rutter (National Obesity Observatory England, United Kingdom), both outgoing members of the Steering Committee, for their many years of service and great dedication and support. They will continue their involvement as members of the network.

Mr Van Mechelen also introduced the following two new candidacies for the Steering Committee:

- Nanette Mutrie, Chair of Physical Activity and Health, University of Edinburgh, United Kingdom
- Anne Vuillemin, Faculty of Sport, Lorraine University, France

These candidacies were supported by all standing members of the Committee.

The following standing members were proposed for re-election:

- Alberto Arlotti, Public Health Office, Emilia-Romagna Region, Italy
- Andrea Backović Juričan, National Institute of Public Health, Slovenia
- Winfried Banzer, Olympics Sports Confederation, Germany
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Eddy Engelsman, Senior Consultant on Physical Activity for Health at NISB, the Netherlands
- Charlie Foster, BHF Health Promotion Research Group, Oxford, United Kingdom
- Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain
- Marteen Koornneef, Ministry of Health, Welfare and Sport, Netherlands
- Niamh Murphy, Waterford Institute of Technology, Ireland
- Sonja Kahlmeier, University of Zurich, Switzerland
- Francesca Racioppi, WHO Regional Office for Europe
- Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland

While until 2010, the Steering Committee had been elected by the member institutions present at the annual meeting, in 2011 a trial online voting open to all members was carried out ahead of the annual meeting, based on feedback of members in the HEPA Europe survey of 2010. Based on the positive experience with the trial, it had been decided at the 2011 annual meeting to continue with the online election procedure.

Those 118 member institutions where current contact information was available received an email with instructions and an individual participation. 7 of these contacts were not valid. Participation was anonymous and each institution would only vote once. Members had 10 days to cast their vote and they received two reminders. Sixty-eight institutions participated in the voting to elect members of the Steering Committee, which is a 61% participation rate. Participants could choose between a group election of all candidates or voting individually for each candidate. 59% chose the group voting, 41% the individual voting and no one abstained. All candidates for the Steering Committee were elected with a clear majority of votes cast (between 88% and 97% of votes).

The chairman Mr Van Mechelen did not have to run for re-election this year as he had been elected for a second 2-year term in 2011. Fiona Bull, Global Advocacy for Physical Activity

(GAPA) – Advocacy Council of the International Society of Physical Activity and Health (ISPAH) will continue to serve as observer on the Committee.

The chairman also reminded the members to inform the Steering Committee on expressions of interest to stand for elections at least two weeks before the last meeting of the Steering committee before the annual meeting, according to the Terms of Reference of the Steering Committee<sup>5</sup>. For 2013, this would be end of May, as the last meeting of the Committee will take place on 19 June 2013.

#### **4.4 Communication strategy for HEPA Europe**

Ms Francesca Racioppi presented the current state of affairs on the development of the communication strategy for HEPA Europe. She explained that the objective of the strategy is to align communication activities with the implementation strategy based on the impact model for HEPA Europe<sup>6</sup>; to clarify target audiences and to increase communication effectiveness through a clearer understanding of the contextual environment in which HEPA Europe operates. In particular, she emphasized the different pathways to reach direct and indirect stakeholders, the functions performed by HEPA Europe and services offered to members and non-members, in relation to those provided by other organizations, networks and institutions. She reminded participants of the results of the 2010 survey that had gathered information from members and non-members on their perceptions of HEPA Europe as an institution, and how these findings would reflect on the further refinement of the communication strategy and its stakeholder analysis. Finally, she highlighted the next steps for 2012-2013 with regard to the definition of strategies, tactics, timing and spokespersons.

The systematic approach in the development of the strategy was appreciated by the members and the presentation induced a lively discussion in particular on the use of communication tools such as an attractive website or Dropbox. Furthermore, it was suggested to not exclusively focus on external communication but to also include a section on internal communication, e.g. between the working groups and the Steering Committee. To support such an exchange, for the first time a meeting of the working group leaders had taken place in the framework of this annual meeting, and the Steering Committee had been informed on its outcomes. For the future, it was decided to hold joint meetings of the working group coordinators with the Steering Committee on the occasion of the annual meetings.

#### **4.5 Activity report 2011/2012: overview**

The activity report of the eighth year of activity of HEPA Europe from October 2011 to September 2012 was presented and discussed by the working group leaders (see also Annex 4)<sup>7</sup>. In table 2 below, an overview of the state of affairs of the different activities is provided.

It was concluded that good progress was made on most objectives within an again substantial number of activities. Overall, the number of implemented activities remained stable, while again, not all of the ambitious aims could be accomplished and delays in implementation had

---

<sup>5</sup> These Terms of Reference can be found at [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

<sup>6</sup> Impact model of HEPA Europe. In: 4<sup>th</sup> annual meeting of HEPA Europe. Report of a WHO meeting, 10 September 2008. Glasgow, United Kingdom, page 54-74  
([http://www.euro.who.int/\\_data/assets/pdf\\_file/0007/102202/E92530.pdf](http://www.euro.who.int/_data/assets/pdf_file/0007/102202/E92530.pdf)).

<sup>7</sup> A summary of the activity report is also available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

increased slightly, underlining the need for a more realistic planning of work steps, a conclusion already taken in the previous year.

It was also noted that more projects continued to function more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities. At the same time, present working group leaders confirmed the importance of a maintaining a regular exchange between the working groups and the Steering Committee.

The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe and to the productive cooperation that has been established with many partner organizations. The continuous additional support provided also over the last year by the University of Zurich, Physical Activity and Health Unit, Switzerland, was also warmly thanked for.

In addition, the Steering Committee invited the members to make use of possibilities to include HEPA Europe-related activities into submitted funding proposals, as successfully done by some working groups in the previous year, and to support the network with innovative ideas for fund raising and the establishment of co-operations.



**Table 2: Overview of the state of affairs of activities 2011/2012**

<b>Networking and cooperation</b>	<b>State of affairs</b>
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing
<b>Information dissemination</b>	<b>State of affairs</b>
Maintenance and regular updating of the HEPA Europe website ( <a href="http://www.euro.who.int/hepaeeurope">www.euro.who.int/hepaeeurope</a> )	Implemented as planned, ongoing
Holding of the 8 <sup>th</sup> annual network meeting (27 September) and symposium (26 September) of HEPA Europe; Cardiff, United Kingdom	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented as planned, ongoing
<b>Projects, reports and products</b>	<b>State of affairs</b>
Working group on national approaches for physical activity promotion	Mostly implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned
Working group on active aging: Physical activity promotion in the elderly	Implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed
Working group on HEPA promotion in health care settings	Mostly implemented as planned
Working group on Sport Clubs for Health programme	Implemented as planned
Working group on occupational HEPA promotion	Implementation delayed, ongoing
Working group on HEPA promotion and injury prevention	Partly implemented, ongoing
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned
Working group on monitoring and surveillance of physical activity	Partly implemented
<b>Activities aimed at optimizing the network</b>	<b>State of affairs</b>
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned, ongoing
<b>Possible activities to be launched later</b>	<b>State of affairs</b>
Development of a teaching course on physical activity and public health	Not implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented
<b>Publications</b>	<b>State of affairs</b>
4 publications (3 reports and other products, 1 HEPA Europe electronic news alerts) produced	Continuous activity

## 4.6 Work programme 2012/2013

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of October 2011 to October 2012.

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

deemed to be important but for which currently no responsible was identified were listed under “possible future activities”.

The activities of the next year comprise the following (see Annex 5 for more details)<sup>8</sup>:

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

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

### ***Information dissemination***

<b>Title and aim of the activity</b>
Maintenance, regular updating and further development of the HEPA Europe website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )
Holding of the 9 <sup>th</sup> annual meeting and 4 <sup>th</sup> conference of HEPA Europe (22-24 October 2013, Helsinki, Finland)
Dissemination of products and publications of HEPA Europe, including translations
To support WHO Regional Office for Europe in the identification, integration and analysis of further documents on physical activity in the database on nutrition, obesity and physical activity (NOPA)

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

<b>Title and aim of the activity</b>
Submission of a scientific publication on cross-country analysis of 7 case studies of national approaches to physical activity promotion; Finalisation of technical report
Elaborate FP7 research application and increase communication and information on physical activity and sports promotion in children and adolescents
Prepare joint cooperation projects for research, evidence and practice on active ageing
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on systematic reviews, evaluation approaches and collection of good practice
Promote information sharing and define one common action on the promotion of HEPA in primary care settings
Establish partner cooperation and communication for the implementation of the Sport Clubs for Health Programme
Prepare background documentation to decide about strategy when taking up the reduction of sedentary behavior at the workplace as a new subject
Prepare conceptual article and continue developing synergies between HEPA promotion and injury prevention
Continue dissemination guidance on economic valuation of health benefits from cycling and walking through the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology
Initiate the development of recommendations on monitoring and surveillance of physical activity for young people

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

<b>Title and aim of the activity</b>
Implement partner management strategy, finalize member management strategy and communication concept

### ***Possible future activities***

<b>Title and aim of the activity</b>
--------------------------------------

<sup>8</sup> A summary of the work programme is also available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

Development of a summer school/teaching course on physical activity and public health
Pilot applications and further development of methodological guidance and practical approaches on economic valuation of transport-related health effects

## 4.7 Next annual meetings of HEPA Europe

The 9<sup>th</sup> annual meeting will take place on 24 October 2013 in Helsinki, Finland. It will be hosted by the Fit for Life Program and the UKK Institute for Health Promotion Research. On 22-23 October, the 5<sup>th</sup> HEPA Europe conference will take place, focusing on the following themes:

- Measuring physical activity
- Counteracting sedentary lifestyles
- Physical activity in childhood and adolescents
- Developing new ways in HEPA promotion
- Promoting cycling – promoting walking

The meeting will again include parallel sessions of HEPA Europe working groups.

A call for hosts of the 2014 annual meeting was launched as well. Proposals have to be received by 15 February 2013 and should address experience of the local organizing committee in organizing international events, support offered and accessibility of the venue for international travelers and accommodation, amongst other items.

## 4.8 Closing of the meeting

Mr van Mechelen on behalf of HEPA Europe and Ms Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. They particularly thanked the representatives of Public Health Wales for the warm welcome and the excellent organization and hosting of the meeting at the impressive premises of the Wales Millennium Centre.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2011/2012 and the new work programme 2012/2013, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2012/2013.

## 5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. The questionnaire consisted of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, organizational aspects such as the length of the meeting and its preparation were assessed and respondents could provide additional feedback. 45 delegates had provided feedback about the overall event, corresponding to a response rate of 23%.

Overall satisfaction with the event was in general high, with an average scoring of 4.9 out of a possible total of 6. About three quarters of the delegates thought that the overall length of the event (1 day symposium, ½ day annual meeting) was “just right” while for the remaining quarter it was perceived as being too short. The quality of the key note lecture was rated very high (5.7), while quality and usefulness of the parallel sessions and the poster session were rated with scores between 4 and 5. Different aspects of the organisation of the event were rated with scores between 4.5 and 5.3 with “hospitality of the staff” achieving the highest scores and “conference website” the lowest. Almost 90% thought that there was enough interaction between the participants. Eighteen participants provided additional comments with useful hints for further possible improvements of the event as a whole

Fourteen participants provided feedback on the annual meeting (29%). They were satisfied with the preparations of the annual meeting (score 5.2). Everyone who replied to this question was satisfied with the possibility to participate in the discussions and decision making. Three quarters thought that the length of the meeting was just right, one quarter thought that it was too short.

Compared to earlier years, the response rate to the evaluation survey were rather low. A reason for this could be that on both days at the closure of the meetings time was short and participants just did not have enough time to drop their feedback before leaving the venue. This aspect should be improved in future meetings.

## **Annexes**

### **ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS**

#### **Working papers**

1. Provisional list of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (October 2011-September 2012)
6. Activity report 2010-2011 (final draft)
7. Work programme 2011-2012 (final draft)

#### **Background papers**

8. List of Steering Committee members proposed for elections
9. Report of the 7<sup>th</sup> annual meeting of HEPA Europe, 13 October 2011, Amsterdam, the Netherlands

## ANNEX 2: DETAILED PROGRAMME OF THE MEETING

### Wednesday, 26 September 2012

#### HEPA Europe working groups (parallel meetings)

- 14.30 – 16.30
- HEPA promotion in socially disadvantaged groups
  - Active ageing
  - Physical activity and sport promotion in youth
  - HEPA promotion in health care settings
  - Monitoring and surveillance

### Thursday, 27 September 2012

#### 8<sup>th</sup> annual meeting of HEPA Europe

- 09.00 - 09.30 Registration
- 09.30 - 09.45 Opening and welcome  
*Willem van Mechelen, Chairman HEPA Europe*  
*Francesca Racioppi, WHO Regional Office for Europe*  
*Malcolm Ward, Physical Activity and Nutrition Network Wales*
- 09.45 – 10.00 New applications for membership  
*Francesca Racioppi, WHO Regional Office for Europe*
- 10.00 – 10.15 Results of the Steering Committee elections  
*Willem van Mechelen, Chairman HEPA Europe*
- 10.15 – 10.45 Communication strategy for HEPA Europe  
*Francesca Racioppi, WHO Regional Office for Europe*
- 10.45 - 11.15 *Coffee break*
- 11.15 – 12.15 Activity report 2011-2012: overview and selected activities and Work programme 2012-2013 and possible future activities - introduction and discussion  
*Willem van Mechelen, Chairman HEPA Europe, Eva Martin-Diener, University of Zurich, and working group leaders*
- 12.15 – 12.20 Formal approval of the work programme 2012-2013
- 12.20 – 12.30 Other business
- 12.30 Closure

### ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Age Institute, Finland
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Centre of research and evaluation (CEVAS), Rome, Italy
- Centro Universitario di Ricerca Interdepartamentale di Attività Motoria CURIAMO, Perugia, Italy
- Children's University Hospital, Department of Physiotherapy, Ireland
- Countryside Council for Wales, United Kingdom
- Croatian Sport Medicine Society, Zagreb, Croatia
- Cyprus Sport Organization, Nicosia
- Department of Biomolecular and Sports Sciences, Coventry University, United Kingdom
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
- Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Eddy Engelsman, the Hague, the Netherlands
- Emilia-Romagna Region, Directorate General for Public Health, Bologna, Italy
- European Non-Governmental Sports Organisation (ENGSO), Paris, France
- Faculty of Kinesiology, University of Zagreb, Croatia

- Faculty of motor sciences, University of L'Aquila, Italy
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- 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
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Gezondheid en Maatschappij, Health and Society Academic Unit, University of Wageningen, the Netherlands
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Health Service Executive, Health Promotion Department, Ireland
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Israel Center of Sport Clubs, Ramat Gan
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Laboratory of Exercise & Sport Psychology and Coaching, Department of Human Kinesiology, Catholic University Leuven, Belgium
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- London Regional Public Health Group, Government Office for London, United Kingdom
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Rome, Italy
- Ministry of Health, Slovenia
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- Ministry of Sport and Tourism, Warsaw, Poland
- National Board of Health, Copenhagen, Denmark
- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Institute of Physical Education of Catalonia (INEFC), Lleida, Spain



- National Institute of Public Health, Ljubljana, Slovenia
- National Obesity Observatory, Oxford, United Kingdom
- Natural England, Peterborough, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa, United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- Policlinique Médicale Universitaire, Lausanne, Switzerland
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
- Public Health Institute, Reykjavík, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- School of Health and Human Performance, Dublin City University, Ireland
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
- Sports Academy, University of Ulster, United Kingdom
- Sports Department of the Styrian Government, Graz, Austria
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- State Secretariat for Sport (Ministry of Human Resources), Budapest, Hungary
- Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Teenactive Research Group, Heriot Watt University, Edinburgh, United Kingdom
- Tel-Aviv University, Ramat Aviv, Israel
- The Finnish Sport for All Association, Helsinki, Finland
- National Institute for Health and Welfare (THL), Helsinki, Finland
- The Netherlands Institute for Sport and Physical Activity (NISB), Wageningen
- The Swedish National Centre for Child Health promotion (NCFF), Örebro
- The Swedish National Institute of Public Health, Östersund
- Transport Studies, Oxford University, United Kingdom
- Ukrainian Research Institute of Nutrition, Ukraine
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey

- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
  - University of Extremadura, Rectorate of Caceres, Spain
  - University of Graz, Institute of Sports Science, Austria
  - University of Iceland, Department of Physiotherapy, Reykjavík
  - University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
  - Walkers' Coach, London, United Kingdom
  - Waterford Institute of Technology, School of Health Sciences, Ireland
  - West Lothian Council Active Schools, Bathgate, United Kingdom
  - Willibald Gebhardt Institut, Essen, Germany
  - Yoga Union, Slovenia
  - Young Finland Association, Helsinki
- 
- Canadian Partnership Against Cancer, Ontario, Canada (observer)
  - European Cyclists' Federation (ECF), Brussels, Belgium (observer)
  - INWA International Nordic Walking Federation, Helsinki, Finland (observer)
  - Québec en Forme, Québec, Canada (observer)
  - StreetGames, Manchester, United Kingdom (observer)

## ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2011/2012

### 1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 7<sup>th</sup> annual meeting of HEPA Europe in Amsterdam, the Netherlands (13 October 2011), a number of activities were endorsed to be carried out by the network in 2011/2012<sup>1</sup>. A short version of this document is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope).

The current state of affairs of activities foreseen in this work programme is summarized in this document. Implementation was assessed at the 8<sup>th</sup> annual meeting of HEPA Europe, 27 September 2012 in Cardiff, United Kingdom, hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales.

### 2 Foreword by the chairman

*It has now been my third full year as a chairman of the Steering Committee of the HEPA Europe network. It has been an exciting year for me for a number of reasons. First there has been the landmark series of studies published in The Lancet, just prior to the London Olympic games, making the significance of Physical Activity for Public Health more clear than ever to the broader scientific and medical community. It was very rewarding to see that a number of HEPA Europe affiliates were among the authorship of these papers.*

*At the European Council (EC) level an important initiative should be noted. In the fall of 2012, a report was finalized on behalf of the Directorate General Education and Culture on the development of indicators for monitoring and evaluation of the implementation of the EU PA guidelines in the EU Member States. This initiative should ultimately support a EC recommendation in the field of HEPA promotion in Europe.*

*Then of course we had our 2012 annual meeting in October in Cardiff. This was an excellent event, both from a content perspective as well as from a social perspective. And above all, the meeting was organized in an outstanding way by our hosts, the Physical Activity and Nutrition Networks Wales, for which we thank them. Two other notable meetings of importance held in 2012 were the Pre-Olympic Conference (Glasgow) and the 4<sup>th</sup> meeting of ICPAH (Sydney) at which inspiring talks were given by members of our HEPA Europe network.*

*Finally, I would like to thank all donors and members of our network who continuously help to improve and facilitate the work of our network in a volunteer manner through their participation in our working groups. Without their enthusiastic input there would be no HEPA Europe.*

*Willem van Mechelen, Chairman of the Steering Committee, December 2012*

---

<sup>1</sup> For more details see: Annex 5: Work programme 2011/2012. In: 7<sup>th</sup> annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 13 October 2011, Amsterdam, the Netherlands. 2012, Copenhagen, WHO/Europe ([www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope)): p. 67-92.

### 3 Activity report 2011/ 2012 overview

Below, the state of affairs of the activities of the work programme 2011 / 2012 is summarized.

#### 3.1 Networking and cooperation

Activity	State of affairs	Page nr.
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing	6
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing	8

#### 3.2 Information dissemination

Activity	State of affairs	Page nr.
Maintenance and regular updating of the HEPA Europe website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )	Implemented as planned, ongoing	11
Holding of the 8 <sup>th</sup> annual network meeting (27 September) and symposium (26 September) of HEPA Europe; Cardiff, United Kingdom	Implemented as planned, concluded	12
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing	13
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented as planned, ongoing	15

#### 3.3 Projects, reports and products

Activity	State of affairs	Page nr.
Working group on national approaches for physical activity promotion	Mostly implemented as planned	17
Working group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned	18
Working group on active aging: Physical activity promotion in the elderly	Implemented as planned	20
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed	22
Working group on HEPA promotion in health care settings	Mostly implemented as planned	23
Working group on Sport Clubs for Health programme	Implemented as planned	24
Working group on occupational HEPA promotion	Implementation delayed, ongoing	26
Working group on HEPA promotion and injury prevention	Partly Implemented, ongoing	27
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned	28
Working group on monitoring and surveillance of physical activity	Partly implemented, ongoing	30

**3.4 Activities aimed at optimizing the network**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr.</b>
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned, ongoing	32

**3.5 Possible activities to be launched later**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr.</b>
Development of a teaching course on physical activity and public health	Not implemented	34
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented	35

**3.6 Publications**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr.</b>
4 publications (3 reports and other products, 1 HEPA Europe electronic news alerts) produced	Continuous activity	37

## 4 Funding and support received

From October 2011 to September 2012, the following contributions and support have been received (in chronological order):

a) Financial contributions:

- Ministry of Health, Welfare and Sport, the Netherlands: 35'000€ (October 2011)
- European Commission, Directorate General Health and Consumer Protection (DG SANCO): 10.200€ for support to delivery of the 2012 HEPA Europe annual meeting and 12.500€ for travel expenses of the Steering Committee to attend the annual meeting, as part of the joint WHO/DG Sanco project to “Promote networking and action on healthy and equitable environments for physical activity” (PHAN) (September 2012)

b) In-kind contributions:

- contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
- contributions of the chairs and members of the working groups in terms of time and expertise;
- organization and hosting of the 8<sup>th</sup> annual HEPA Europe network meeting and symposium (26-27 September); Cardiff, United Kingdom hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales (including 2 fellowships to participants from economies in transition, travel expenses of key note speakers, meals and social events for all participants, waiver of conference fee for HEPA Europe Steering committee members and WHO and EC staff);
- hosting and support of a meeting of the Steering Committee by the Institute of Social and Preventive Medicine, University of Zurich, Switzerland (March 2012) and by the Free University of Amsterdam, the Netherlands (June 2012);
- hosting and support of meetings of the HEPA Europe working groups, namely:
  - on “Exchange of experiences in physical activity and sports promotion in children” by KU Leuven, the Netherlands (Leuven, March 2012).
  - on “National Approaches to HEPA promotion”, and an international joint WHO workshop on “National approaches to HEPA promotion: experiences and lessons learned from national appraisals” by the Institute of Social and Preventive Medicine of the University of Zurich (ISPM) (Zurich, June 2012)
  - on HEPA promotion in health care settings, by the National Institute of Public Health and supported by the Ministry of Health (Ljubljana, Slovenia, March 2012)
  - on Sport Clubs for Health (SpCfH), organized by the Finnish Sport for All Association (Lithuania, July 2012).
- contributions by several individual and institutional members for the production of publications; and
- representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network.

c) Synergies

There are synergies with the activities of HEPA Europe in some work areas with the joint WHO/DG Sanco project PHAN, which next to direct support to the annual

meetings in 2010, 2011 and 2012 (see “financial contributions” above) also contains work packages with synergies with a number of other HEPA Europe activities, namely on inequalities in physical activity (WP4), youth involvement for physical activity (WP5) and on tools for physical activity planning and economic assessment (WP6 and WP7).

In addition, synergy is to be mentioned with respect to the Transport, Health and Environment Pan-European Programme (THE PEP), which also promotes physical activity through cycling and walking, in particular in relation to the development of the Health Economic Assessment Tools (HEAT) for cycling and walking.

The current sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately summer 2013. While the secretariat continues to be hosted by WHO/Europe, in 2011/2012 additional support was provided by the Physical Activity and Health Unit of the ISPM of the University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support functions, not all activities could be implemented as planned, as described in the following chapters. In addition, between the end of 2011 and the first half of 2012 additional delays in implementation of activities were experienced due to the closure of the WHO Environment and Health Centre, Rome Office (where the HEPA Europe secretariat was located) at the end of 2011 and the following re-organization and relocation of staff and activities to the Copenhagen European Regional Office (Environment and Health Policy and Governance programme in the Division of Communicable Diseases, Health Security and Environment) in the first half of 2012. In spite of these challenges, essential functions and services were maintained.

New funds will have to be identified and secured for current and future activities, and for 2013 and beyond additional funds and support will be necessary. This seems to be particularly challenging at a time of economic crisis and increasing competition for the more limited resources available. It requires also active exploration of different funding sources and mechanism, including a greater sense of “ownership” for the activities of HEPA Europe by its members.

## 5 Networking and cooperation

In the following sections the state of affairs on the activities of HEPA Europe related to networking and cooperation that were planned to be carried out until the annual meeting on 27 September 2012 in Cardiff, United Kingdom, will be reported in more detail.

### 5.1 Coordination and cooperation with other activities, projects, and networks

#### Aim of the activity

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

#### In charge / participants

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

#### Possible partners

As listed below

#### Summary of the state of affairs

Steps	Work progr. 11/12	State of affairs
Implementation of partner management, based on HEPA Europe impact model <sup>2</sup>	Continuously	Implemented as planned
Continue existing coordination and cooperation, including: <b>UN-activities and programmes</b>		
<ul style="list-style-type: none"> <li>• WHO/Europe Noncommunicable Disease and Health Promotion: Support to implementation of the European Charter on Counteracting Obesity               <ul style="list-style-type: none"> <li>- Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity"</li> <li>- Explore possibilities to contribute to the European Action Plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012-2016, as wished and depending on resources</li> <li>- Move for Health Day 2012 (dep. on corporate decision)</li> </ul> </li> <li>Explore possibilities for further collaboration with the Healthy cities and urban governance programme</li> </ul>	<ul style="list-style-type: none"> <li>Continuously</li> <li>Continuously</li> <li>Spring 2012</li> <li>Continuously</li> </ul>	<ul style="list-style-type: none"> <li>Implemented as planned</li> <li>Implemented as planned</li> <li>No WHO activities took place</li> <li>Not implemented</li> </ul>

<sup>2</sup> For more information see Annex 5, Report of the 4<sup>th</sup> annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).



Steps - continued	Work progr. 11/12	State of affairs
<ul style="list-style-type: none"> <li>• UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> <li>- Continue close working collaborations with the PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration</li> <li>- Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment</li> </ul> </li> </ul>	<p>Continuously</p> <p>Continuously</p>	<p>Implemented as planned</p> <p>Not implemented</p>
<p><b>Research projects</b></p> <ul style="list-style-type: none"> <li>• PHAN project<sup>3</sup> (“Promote networking and action on healthy and equitable environments for physical activity”), WHO/DG Sanco Collaboration in the following work packages: <ul style="list-style-type: none"> <li>- Networking on inequalities in PA: guidance on PA promotion in socially disadvantaged groups, with a focus on healthy environments (WP4)</li> <li>- Youth involvement for physical activity in supportive urban environments (WP5)</li> <li>- Networking on tools for physical activity planning and economic assessment (WP6), including the establishment of a Healthy Cities – HEPA Europe sub-network</li> <li>- Refinement of tools for economic assessment of physical activity (WP7)</li> <li>- Strengthen networking and exchange on physical activity promotion (including HEPA Europe annual meetings) (WP8)</li> </ul> </li> <li>• SPOTLIGHT project (sustainable prevention of obesity through integrated strategies) <ul style="list-style-type: none"> <li>- Close coordination and contributions as appropriate</li> </ul> </li> <li>• TAPAS project (Transportation, air pollution and physical activities - an integrated health risk assessment programme of climate change and urban politics) <ul style="list-style-type: none"> <li>- Close coordination and contributions as appropriate</li> </ul> </li> </ul>	<p>Continuously</p>	<p>Implemented as planned</p>
<p><b>European Commission</b></p> <ul style="list-style-type: none"> <li>• EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> <li>- Information exchange through members of the Steering Committee</li> <li>- European Physical Activity Promotion Forum: close coordination and contributions as appropriate</li> </ul> </li> </ul>	<p>Continuously</p>	<p>Implemented as planned</p> <p>Not implemented</p>
<ul style="list-style-type: none"> <li>• DG Education and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> <li>- Exchange through the HEPA Europe - EU Contact Group, depending on further development and perspectives</li> </ul> </li> </ul>		<p>Implemented as planned</p>

<sup>3</sup> <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/promoting-networking-and-action-on-healthy-and-equitable-environments-for-physical-activity-phan>

Steps - continued	Work progr. 11/12	State of affairs
<ul style="list-style-type: none"> <li>• DG EAC, continued:               <ul style="list-style-type: none"> <li>- DG EAC “Study to support a Commission proposal in the field of health-enhancing physical activity”                   <ul style="list-style-type: none"> <li>○ Use of synergies, particularly through the development of indicators for monitoring and evaluation regarding the implementation of the EU PA GL in the Member States, as elements for a the commission proposal for a recommendation</li> </ul> </li> </ul> </li> </ul>		Implemented as planned
<p><b>Other European bodies</b></p> <ul style="list-style-type: none"> <li>• EuroSafe (European Association for Injury Prevention and Safety Promotion)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• European Association for the Study of Obesity (EASO)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• European College for Sports Science (ECSS)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• European Network for Workplace Health Promotion<sup>4</sup>:               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> </ul>	Continuously	Implemented as planned  Implemented as planned Implemented as planned Not yet implemented See also chapter 7.7)
<p><b>Global bodies</b></p> <ul style="list-style-type: none"> <li>• Agita Mundo               <ul style="list-style-type: none"> <li>- Further development of exchange and collaboration, also with other regional networks</li> </ul> </li> </ul>	Continuously	Implementation delayed
<ul style="list-style-type: none"> <li>• International Society for physical activity and Health (ISPAH):               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration, particularly:                   <ul style="list-style-type: none"> <li>○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH                       <ul style="list-style-type: none"> <li>▪ Coordination through observer in the Steering Committee</li> <li>▪ Contribute to activities, particularly the dissemination of the Toronto Charter and other documents on physical activity promotion</li> <li>▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion</li> </ul> </li> </ul> </li> </ul> </li> </ul>	Continuously  Continuously  Depending on time schedule	Implemented as planned Implemented as planned  No meeting took place
<ul style="list-style-type: none"> <li>• The Association for International Sport for All (TAFISA)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• International Society for Behavioural Nutrition and Physical Activity (ISBNPA)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• International Association for the Study of Obesity (IASO)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• American College of Sports Medicine (ACSM)               <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> </ul>	Continuously  Continuously  Continuously  Continuously	Implemented as planned
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously	Not implemented

<sup>4</sup> [www.enwhp.org](http://www.enwhp.org)

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

### **Aim of the activity**

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

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

### **In charge / participants**

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

Participants: -

### **Summary of the state of affairs**

#### *1) Supported events*

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe<sup>5</sup>.

<b>Steps</b>	<b>Work progr. 11/12</b>	<b>State of affairs</b>
Decision about the support of these and possible further events by the Steering Committee	Continuously	Implemented as planned (1 request for global event)

In the reporting period, one request for co-sponsorship was received but declined as it was for a global event (Global Forum of PE Pedagogy). No other co-sponsorships were sought.

On 10 September 2011, a satellite symposium was organized in Opatija, Croatia. It was not officially co-sponsored by HEPA Europe but several HEPA Europe members contributed.

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

In the following 5 events, members of the Steering Committee were participating and 5 presentations on behalf of and/or mentioning HEPA Europe were held in 2011 / 2012:

<sup>5</sup> See "Requirements for HEPA Europe- supported events"

<b>Events</b>
---------------

<p><b>1) Presentations on HEPA Europe</b></p>
---

- |   |
|---|
| <ul style="list-style-type: none"> <li>• 13-14 September 2011: EU Conference on the Development of Volunteering in Sport, Warsaw, Poland<br/>From Volunteering to Leadership in Sport (Finn Berggren)</li> <li>• 10 September 2011: HEPA symposium, Opatija, Croatia<br/>HEPA network – roots, aims, organization, actual state and perspectives (Pekka Oja, HEPA Europe fellow)</li> <li>• 12-14 December 2011: Sport Leadership Forum, Beijing, China<br/>Key Elements in Developing a National Sports Culture for All Ages and Abilities (Finn Berggren)</li> <li>• 29 May – 2 June 2012: American College of Sports Medicine (ACSM) 59<sup>th</sup> Annual Meeting, San Francisco, California, USA<br/>(Willem van Mechelen)</li> <li>• 17 July 2012: EU/TAFISA Sport for All World Games Conference<br/>Sport for All - Future and Challenges (Finn Berggren)</li> </ul> |
|---|

In addition, members of working groups presented activities or products at 3 international events:

<b>Events - continued</b>
---------------------------

<p><b>2) Presentations on HEPA Europe working groups or products</b></p>
--

- |  |
|--|
| <ul style="list-style-type: none"> <li>• 29 November 2011 - 30 November 2011: Annual Polis Conference, Brussels, Belgium<br/>Transport, environment and health: links and tools to support active mobility (including HEAT)<br/>(Francesca Racioppi)</li> <li>• 20 March 2012: SPORTVISION 2012 conference, Copenhagen, Denmark<br/>Showing the example of the Finish initiative "Sports Clubs for Health (Eerika Laalo-Haikio)</li> <li>• 8 June 2012: THE PEP Workshop Workshop on Sustainable Development of Urban Transport: Challenges and Opportunities, Moscow, Russian Federation: " Health benefits of walking and cycling" presentation and demonstration of the HEAT Tool (Francesca Racioppi – Christian Schweizer)</li> </ul> |
|--|

## 6 Information dissemination

### 6.1 HEPA Europe website

#### Aim of the activity

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

#### In charge / participants

In charge: WHO/Europe, Governance and Multisectoral partnerships, Environment and health, and Steering Committee

Participants: Corporate communication Department, WHO/Europe; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

#### Summary of the state of affairs

Steps	Planned for	State of affairs
Make available products of HEPA Europe within the physical activity area website, especially dissemination products (see chapter 6.3) and updates of the international inventory on physical activity promotion (see chapter 6.4)	Continuously	Mostly implemented as planned
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously	Mostly implemented as planned

User statistics are available as of March 2005. However, in June 2010, the WHO Regional Office for Europe launched a new version of its web site leading to the integration of the HEPA Europe-related pages into a more comprehensive physical activity web site (maintaining, however, the direct shortcut [www.euro.who.int/hepaeeurope](http://www.euro.who.int/hepaeeurope)). Since then, HEPA Europe was not tracked as separate programme anymore. Therefore, no continuous comparable user statistics are available for the whole period and part of the user statistics had to be estimated as of then<sup>6</sup>. Therefore, the web statistics are provided only for the new web site available as of June 2010.

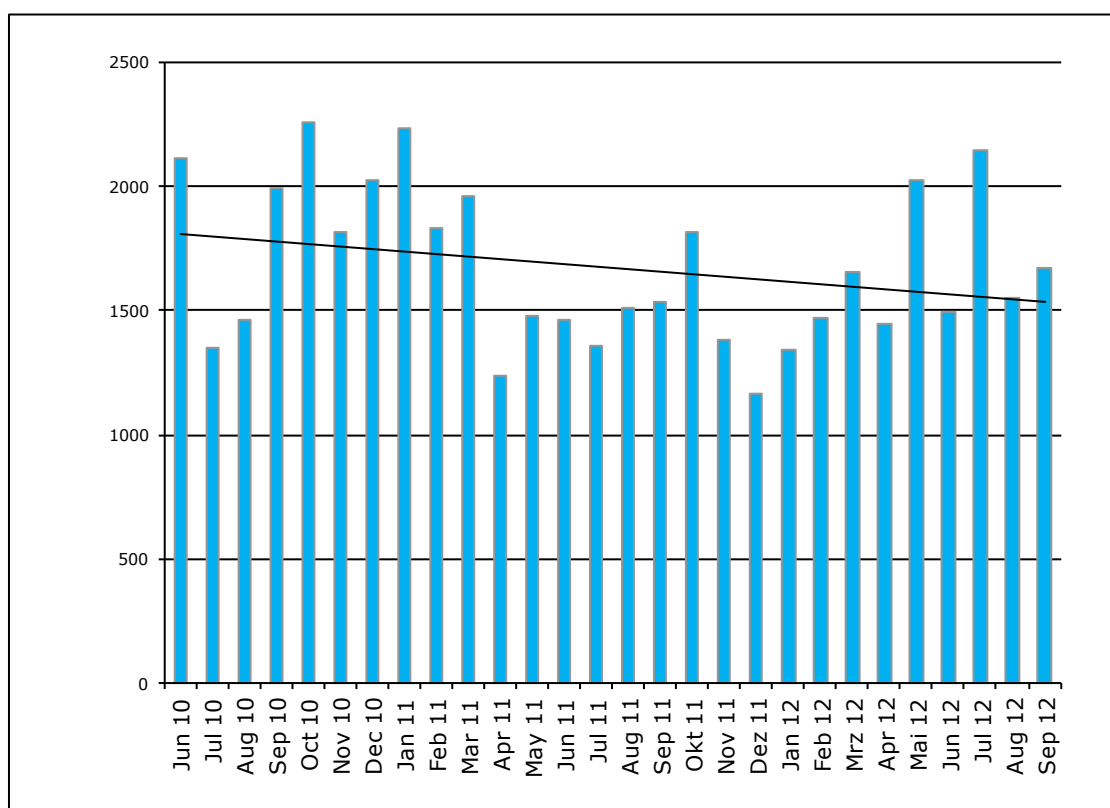
Based on this new statistic, the average number of page views per month for HEPA Europe pages for January to December 2011 was about 1550, and for 2012 (until September) about 1450 page views per month (see Figure 1 below). This results in an average of 52 page views per day in 2011 and 54 for the first 9 months of 2012. Thus, unfortunately the overall downward trend of page views is still continuing in comparison to 2010 (average of 61 page views from June to December), as shown in the trend line in Figure 1 but the number of page views per day seemed at least to stabilize in 2012. Nevertheless, the attractiveness of

<sup>6</sup> Page views for "activities" are all assigned to HEPA Europe as the vast majority of the activities relate to network projects. Half of the page views for the sections "publications", "news" are assigned to HEPA Europe. This is likely to be a conservative estimate. This section receives about 5% of total page views for the Physical Activity site.

the web site needs to be maintained as the HEPA Europe survey of 2011 had shown that it's the most important first point of contact of persons interested in HEPA Europe.

However, one of the most popular products with HEPA Europe involvement, namely the HEAT tool (see also chapter 7.9), is not fully included in this statistics as the HEPA Europe pages only contain one page linking to the actual project pages which are located under the WHO "Transport and Health" programme. It is estimated that those pages attracted some 20 additional page views per day.

**Figure 1: Total number of page views of the HEPA Europe web site (hits by WHO personnel excluded), June 2010 to September 2012\***



\* value for August 2011 not available, assumed to be the same as in 2012

An electronic newsletter was disseminated in May/June 2012, thus less frequently than foreseen due to more restricted resources in relation to the closure of the WHO European Region Rome office (see also chapter 4). In addition, network materials were disseminated to members only, such as the final work programme and activity report. Furthermore, several emails with information on events or requests for input were distributed throughout the year.

## **6.2 8<sup>th</sup> annual meeting and symposium of the HEPA Europe network**

### **Aim of the activity**

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to elect the Steering Committee and confirm new members or the network, to review progress on ongoing

activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 8<sup>th</sup> annual meeting took place on 27 September 2012, hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales, in Cardiff, United Kingdom back-to-back with the HEPA Europe symposium, organized by Public Health Wales and co-sponsored by WHO Regional Office for Europe.

### In charge / participants

In charge: Physical Activity & Nutrition Network Wales, Public Health Wales, United Kingdom; WHO/Europe Centre for Environment and Health, Rome office / Environment and Health Policy and Governance programme, Copenhagen office, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

### Possible partners

European Commission, other networks and institutions interested in HEPA

### Summary of the state of affairs

Steps	Planned for	State of affairs
Discuss ideas for programme structure and key note speakers	ongoing	All steps implemented as planned
Add a section announcing the meeting to the website	End of 2011	
Send out programme outline and first call for contributions	Early 2012	
Invite key note speakers	Early 2012	
Develop the conference website with organizers	Early 2012	
Open abstract submission	Spring 2012	
Develop the information circular with the organizers and open registration	Summer 2012	
Organize handling of incoming contributions and registrations with organizers	Summer 2012	
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2012	
Carrying out the meeting and conference	26-27 September 2012	

The meeting website of the conference focusing on the topic “Getting to the Grassroots: using the green environment to promote physical activity” was opened in April 2012. A first announcement was published in December 2011 and the call for abstracts in April 2012. Until the deadline in June 2012, 84 abstracts were submitted. Authors were notified by mid-July 2012 on the result of the abstract review. 37 abstracts were selected for oral presentation in parallel sessions on the topics: National projects and approaches to HEPA promotion, regional and community approaches to HEPA promotion, monitoring and intervention research, health effects of physical activity, HEPA promotion in specific target groups, informing HEPA practice, and Healthy Cities. 44 abstracts were selected for poster sessions on the topics listed above.

The HEPA Europe symposium was attended by 176 delegates from 22 European countries and from Australia as well as delegates of the European Commission and the World Health Organization. In his key note presentation Dr. William Bird (Intelligent Health / NHS, UK) introduced the main theme of the conference ‘Getting to the Grassroots’.

### 6.3 *Dissemination of products and publications of HEPA Europe*

#### Aim of the activity

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

#### In charge / participants

In charge: WHO/Europe Centre for Environment and Health, Rome office / Environment and Health Policy and Governance programme, Copenhagen office, and Steering Committee

Participants: related working group leaders and members, other members of HEPA Europe and contacts from mailing list, Division of Noncommunicable Diseases and Health Promotion, WHO/Europe Healthy Cities and urban governance programme

#### Possible partners

Other interested parties in Member States

#### Summary of the state of affairs

Steps	Planned for	State of affairs
Dissemination of available products: 1) Advocacy booklets on physical activity ( <i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments</i> ) • 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 8.1)	Continuously	Disseminated continuously, communication strategy delayed
2) Case studies of collaboration between the physical activity promotion and the transport sector • Dissemination of the report and online version at suitable events • Extension of online inventory with additional case studies: as received and depending on available resources	Continuously Continuously	Implemented as planned Not implemented
3) Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously	Implemented as planned
4) Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 5.2)	Continuously	Production of meeting report delayed
5) Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, Monitoring project booklets at suitable events and to suitable target groups	Continuously	Implemented as planned

The advocacy booklets *Physical activity and health: evidence for action* and the Healthy Cities companion booklet on the urban environment continue to be very successful advocacy



products, available in 11 language versions<sup>7</sup>. From October 2011 to July 2012, 285 copies of *Physical activity and health: evidence for action* have been downloaded from the website in English, and 53 in Russian. Since the launch of the booklets in November 2006, every month on average 98 English copies were downloaded; in the last activity report this figure was 110. Thus, the interest in this publication remains high.

The new HEAT cycling and walking website was launched in May 2011. Until July 2012, the website was visited over 7.800 times which translates into a weekly average number of 130 visitors. Translations of the web-based tools into German, French, Finnish and Spanish are foreseen. The new summary booklet, presenting the methodology and containing user guides for HEAT walking and HEAT cycling, was launched in spring 2012 (see also chapter 6.3). Until August 2012, the first print run of 1.000 copies was already almost completely disseminated, including 300 copies requested by DG Transport and Energy at the European Commission. A reprint is being considered. The PDF-version has been downloaded over 1.700 times, which equals an average of about 170 downloads per month. In addition, HEAT has been presented at a conference (see chapter 7.9).

The production of the meeting report of the 7<sup>th</sup> annual meeting of HEPA Europe was delayed due to administrative reasons and limited staff resources. Therefore, it has not been disseminated at events except for the annual meeting.

#### **6.4 *International inventory of documents on physical activity promotion***

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

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from 44 countries. This activity is carried out in close collaboration with the WHO European database on Nutrition, Obesity and Physical Activity (NOPA), managed by the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). For example, the policy documents on physical activity promotion previously included in this inventory have been moved to NOPA in 2011.

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

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), Centre for Environment and Health, Rome office / Environment and Health Policy and Governance programme, Copenhagen office  
Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and possible follow-up project.

##### **Possible partners**

DG Sanco project advisory group, if continued

---

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

### Summary of the state of affairs

Steps	Planned for	State of affairs
Analysis of available information on Physical Activity recommendations in Europe (University of Zurich, Switzerland)	End of 2011	Implementation ongoing, delayed
Support to identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously	Not implemented

In summer 2010, the new WHO/Europe database on nutrition, physical activity and obesity (NOPA) was launched as part of the joint WHO/EC project on progress on nutrition, physical activity and obesity. It contains information from 44 countries of which 26 developed at least one national policy document on physical activity promotion. In 2011, under the framework of the project "NET\_SPORT\_HEALTH" the NOPA database was further expanded to include 130 national documents on sports promotion policies. In total, almost 400 national European policy documents have been reported thus far in the NOPA database.

On behalf of WHO/Europe, the University of Zurich started to collect and analyse the available information on national recommendations on physical activity and health, within the framework of updating the national Swiss recommendations in fall 2011. As some of the information in NOPA was outdated, additional information needed to be requested from national counterparts, which proved more time consuming than planned. The analysis is currently being finalized and it is foreseen to be published in a scientific journal.

Documents on knowledge and information, activities and programmes and case studies, are still available through the inventory, but no new information was added in the last 2 reporting years.

It is planned to merge and integrate the information on the inventory within the NOPA data base, as well as to conduct an update of the database to reflect more recent developments in policies.

## 7 Projects, reports and products

### 7.1 *National approaches to physical activity promotion*

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

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

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

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

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Israel Centre of Sport Clubs; Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott; Queens University Belfast, Ireland; Mr Radim Šlachta, Palacky University, Czech Republic; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Mr Oliver Studer, HEPA Switzerland/BASPO; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Anne Vuillemin, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO/Europe Centre for Environment and Health, Rome office/ Environment and Health Policy and Governance programme, Copenhagen office; and Steering Committee

Observers: Ms Wendy Creelman, in motion, Canada

#### **Possible partners**

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office)

**Summary of the state of affairs**

Steps	Planned for	State of affairs
Project on “National HEPA policies: case studies from Europe” <ul style="list-style-type: none"> <li>• Scientific publication - submission of short report on audit tool development and methodology</li> <li>• Finalization of a technical report containing: introduction, methods, completed templates from 7-8 country case studies and analysis across countries highlighting key findings</li> <li>• Scientific publication - submission of a paper on the cross-country analysis</li> <li>• Finalization of individual country reports / publications</li> </ul>	End of 2011 Spring 2012 Summer 2012 Continuously	Implemented as planned Implementation ongoing, delayed Implementation delayed Implemented as planned
Possible new activities (depending on funding) <ul style="list-style-type: none"> <li>• Workshop of working group and interested participants:               <ul style="list-style-type: none"> <li>- share experiences of national policy appraisal project: lessons learned about the process to develop and implement a national policy</li> <li>- learn from findings within and between countries</li> <li>- assess the possibility to develop an assessment method (scoring of the audit elements)</li> </ul> </li> <li>• Assessment of feasibility of development of additional outputs:               <ul style="list-style-type: none"> <li>- summary report for national advocacy (booklet)</li> </ul> </li> </ul>	Spring 2012 (tentative) Summer to fall 2012	Implemented as planned Not deemed feasible
Presentation of progress at the 8 <sup>th</sup> annual meeting	26-27 September 2012	Implemented as planned

The current activity of the working group, the project on “National HEPA policies: case studies from Europe” is led by Fiona Bull and Karen Milton at Loughborough University and Sonja Kahlmeier, University of Zurich, with support from WHO Europe.

The second phase of the project focused on analysis and publication of the results from the 7 pilot countries (Finland, Italy, Portugal, the Netherlands, Norway, Slovenia, Switzerland). The project focused on the finalization of the HEPA Policy Audit Tool (PAT) and the cross-country analysis, based on the results of the 7 pilot countries. Last questions were clarified with the individual countries, and the national templates were finalized. The HEPA PAT is now available online<sup>8</sup>. A full technical report was drafted and is being finalized with input from the country case study leaders. A scientific short report on the development of the template has been accepted for publication in the Journal on Physical Activity and Health (see also chapter 10).

A WHO and HEPA Europe workshop was held on 20-21 June 2012 on “National approaches to HEPA promotion: experiences and lessons learned from national appraisals”, supported by the European Union and hosted by the University of Zurich, ISPM, Switzerland. It included presentations on the development of HEPA policy appraisal tool (HEPA PAT)<sup>9</sup>, on national examples and on the cross-country analysis as well as a briefing session for experts interested to apply the PAT in their country. In addition, several phone conferences were held throughout the year. The working group did not hold additional meetings in Cardiff.

<sup>8</sup> <http://www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/publications/2011/health-enhancing-physical-activity-hepa-policy-audit-tool>

<sup>9</sup> [www.euro.who.int/hepatool](http://www.euro.who.int/hepatool)

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

### **Aim of the activity**

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

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

### **In charge / participants**

In charge: Mr Peter Barendse, NISB, the Netherlands

Members: Mr Paulo Adami, FIAeF, Italy; Mr Lars Bo Andersen and Mr Karsten Froberg, University of Southern Denmark; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Marijke Chin A Paw, VU University Medical Center, the Netherlands; Andreja Drev, National Institute of Public Health, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Ms Tuija Tammelin, LIKES programme, Finland; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; Ms Catherine Woods, Dublin City University; Ireland; WHO European Centre for Environment and Health, Rome office (Children's Health and Environment (CHE) programme).

### **Possible partners**

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical activity (ENERGY<sup>10</sup>), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Hearth Study, Mr Karsten Froberg, Denmark; Schools for Health Europe (SHE), Mr Good Buijs, the Netherlands.

---

<sup>10</sup> [www.projectenergy.eu](http://www.projectenergy.eu)

## Summary of the state of affairs

Steps	Planned for	State of affairs
Finalize project proposal and define working steps 2011/2012: Launch collection of national interventions/ programmes for youth in/around school setting, establish core project group; establish further contacts with SHE network	End of 2011	implemented
Telephone conference with the working group: <ul style="list-style-type: none"> <li>- Compare first interventions</li> <li>- Assess whether inventory tool is useful</li> <li>- Prepare workshop spring 2012</li> </ul>	End of 2011	Implemented (December 2011)
Meeting of the working group to discuss first outcomes and challenges of inventory of school based interventions in Europe and to identify current funding possibilities	Spring 2012	Implemented (Leuven, BE, March 2012)
Telephone conference	Summer 2012	Implemented (May 2012 and August 2012)
Presentation of progress at the 8th annual meeting	26-27 September 2012	Implemented

Members of the working group have been involved in work package 5 of the joint WHO/DG SANCO project to “Promote networking and action on healthy and equitable environments for physical activity” (PHAN). The objective is to use the perspectives and feedback of youth delegates to create a blueprint for what makes a physical activity project 'youth friendly', i.e. appealing and enjoyable. This blueprint was developed through a series of feedback rounds with the work group and the youth delegates to ensure their views are correctly represented as well as a number of case studies from around Europe. It will be launched in October 2012 at a gathering of Youth representatives to be hosted by the Tuscany Region in Florence, and supported through the PHAN project.

The working group on children and youth focuses on successful and evidence-based interventions and approaches for HEPA in and around schools. In 2012 the working group started with the collection and comparison of national examples from 8 countries. This “work in progress” leads to ideas to intensify on this topic, and to look for additional funding. The working group established stronger contacts with the SHE network (Schools for Health Europe) where a further exchange of knowledge is foreseen.

The working group also held a work meeting on 25 September in Cardiff, as well as a parallel session on 26 September to discuss progress and to plan next steps.

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

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

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years

of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

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

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

### **In charge / participants**

In charge: Mr Eddy Engelsman (chair) and Ger Kroes (secretariat), NISB, the Netherlands  
 Participants: Mr Koen Breedveld, W.J.H. Mulier Instituut, the Netherlands; Ms Joanna Carvalho, University of Porto, Portugal; Ms Judit Farkas, Semmelweis University, Hungary; Mr Tibor Hortobágy, University of Groningen, the Netherlands; Ms Elina Karvinen, Age-institute, Finland; Ms Liisamaria Kinnunen, Fit for Life Program (LIKES), Finland; Mr Michael Kolb, University of Vienna, Austria; Mr Bob Laventure, British Heart Foundation, United Kingdom; Mr Nico van Meeteren, TNO Institute, Netherlands; Mr Jorge Mota, University of Porto, Portugal; Ms Ioanna Paraskevopoulou, Cyprus Sport Organisation; Mr Alfred Ruetten, University of Erlangen, Germany; Mr Herman Rutgers, European Health and Fitness Association (EHFA), Belgium; Ms Anne Vuillemin, Nancy-University, France; Ms Nina Waaler, Oslo University College, Norway;  
 Observer: Mr Edward McAuley, University of Illinois, United States of America

### **Possible partners**

European Network for Action on Ageing and Physical Activity (EUNAAPA)<sup>11</sup>, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project<sup>12</sup>.

### **Summary of state of the affairs**

	<b>Planned for</b>	<b>State of affairs</b>
Approved starting document on scope and purpose, activities, working methods and expected contributions from participants	Spring 2012	Implemented as planned
Network built with participants and partners; initial contacts made with institutions listed as "possible partners"	Summer 2012	Implemented as planned
Initiation of collection of good practices from different countries and identification of specific topic for further elaboration	Fall 2012	Implemented as planned
Presentation of progress at the 8th annual HEPA meeting in Cardiff	26-27 September 2012	Implemented as planned

<sup>11</sup> <http://www.eunaapa.org>

<sup>12</sup> <http://www.paseonet.org>

### *Approved starting document*

In order to draw up a starting document the members of the working group have been asked about their expertise and experiences with successful interventions and projects and how these could contribute to progress in this field and how to be introduced into the working group. The responses have been translated into work activities.

Action: A starting document on scope and purpose, activities, working methods and expected contributions from participants was finished in spring 2012 and approved by participants.

### *Network building*

Up to August 2012, 26 participants have been listed as an active member of the working group. Some of them are considering a status of just being informed about the activities.

Collective attempts were made to receive EU grants and interest was shown in other initiatives to make knowledge available and to exchange experiences:

- 9 European countries showed interest in participating in the EU (DG Sanco) call for 'innovative partnerships sport and physical activity in relation to (health) care systems'.
- In collaboration with EHFA (European Health & Fitness Association), preparations were made to apply for a grant in response to a EU (DG EAC/Sport) call for proposals in the field of sport with regard to 'the promotion of physical activity supporting active ageing'. Due to not being able to find co-financing from the private/commercial sector no submission was made.
- Several comments were received on the EU project called GOAL (Growing Older, stAying mobiLe) ([www.goal-project.eu](http://www.goal-project.eu)).

### *Initiation of collection of good practices*

As a supplement for the inventories of EUNAAPA (2008) the members were asked to draw up their successful projects: a top three in order of priority of their interests as well as a top four for the target group of their choice.

Action: A format was designed for the participants of the working group. Descriptions of successful project were received from 7 countries. These projects include successful programs and interventions for physical activity promotion for elderly people and partnerships through capacity building (coalition).

### *Presentation of progress: Workshop at the HEPA Europe meeting in Cardiff*

At the parallel workshop several members of the working group presented approaches from different countries or organisations. The work programme for 2012-2013 was discussed and then approved at the annual meeting.

As a reflection for the possible changes in membership, leadership or partners members were asked whether they remained interested in participating in the working group. Answers will be included in the evaluation for continuation.

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

### **Aim of the activity**

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



disadvantaged communities<sup>13</sup> in physical activity, and thus achieving significant public health benefits. In addition, it aims at better understanding the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

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

### In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

Participants: Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Graham Brennan, Strathclyde University, United Kingdom; Ms Claire Cleland, Queens University Belfast, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, United Kingdom; Ms Liesbeth Preller, NISB, the Netherlands; Ms Liselotte Schafer Elinder, Karolinska Institute, Sweden; Ms Jane South, Leeds Metropolitan University, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Annmarie Wagemakers, Wageningen University, the Netherlands; Ms Anita Vlasveld, NISB, the Netherlands; Sue Williams, Countryside Council for Wales, United Kingdom.

### Possible partners

WHO European Centre for Environment and Health, Bonn office

### Summary of the state of affairs

Steps	Planned for	State of affairs
Build smaller working groups within the larger WG on topics of interest, i.e. recruitment, retention, evaluation, targeting without segmenting (inclusion rather than exclusion), cultural competency	Continuously	Ongoing, but slow progress
Become active members of the sportin.nu digital network 'JoinIn' (led by NISB, the Netherlands)	January 2012	Poor reach of network, ceased.
Gather good examples of evaluation tools in different	February 2012	Ongoing

<sup>13</sup> In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

countries for discussion at phone conference		
Review of evaluation approaches for disadvantaged groups	Summer 2012	Ongoing
Presentation of progress at the 8th annual meeting	26-27 September 2012	Seminar and updates planned

Members of the working group took part in the WHO PHAN meeting held in Bonn in April 2011, and also in March 2012. The complexity of developing a set of best practice guidelines and understanding the policy landscape based upon the evidence became apparent at these meetings. A further meeting will take place in September 2012.

The working group also held a parallel session on 12 October 2011 in Amsterdam to discuss progress and to plan next steps. Several new members were also welcomed to the group during the year and joined the meeting in Amsterdam. Attempts were made to provide a sharing and discussion platform after the Amsterdam meeting.

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

### **Aim of the activity**

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

### **In charge / participants**

In charge: Ms Minna Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Matti Leijon, Center for Primary Health Care Research, Sweden

Participants: Ms Andrea Backovič Juričan, National Institute of Public Health, Slovenia; Mr Raphaël Bize, University Institute of Social and Preventive Medicine Lausanne Switzerland; Ms Ellen E. Blom, Public Health Division, Norwegian Directorate of Health; Mr Mats Börjesson, Sweden; Ms Janet Djomba, University of Ljubljana, Slovenia; Ms Eszter Füzéki, Wolfgang Goethe University, Frankfurt, Germany; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Lena Kallings, National Institute of Public Health, Sweden; Mr Sebastià Mas Alòs, National Institute of Physical Education of Catalonia (INEFC), Spain; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Ms Lene Palmberg Thorsen, National Board of Health, Norway; Mr Jean-Michel Oppert, Paris VI University, France; Mr Radim Šlachta, Olomouc University, Czech Republic; Mr Malcolm Ward, NHS Wales, United Kingdom, Mr Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Wolfgang Goethe University, Frankfurt, Germany; Mr Olivier Blanson Henkemans, the Netherlands; Mr Bernard Duvivier, the Netherlands; Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Brenda Berendsen, the Netherlands; Mr Christophe Delecluse, Belgium; Ms Maria Hagströmer, Karolinska Institute, Sweden; Boris Gojanovic; CHUV, Switzerland; Ms Marike Hendriks; the Netherlands; Ms Josanne Huijg, the Netherlands; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Ms Niamh Martin, United Kingdom; Ms Sofie Martien, Belgium; Ms Sofie Moresi, the Netherlands; Mr Pedro Olivares, Spain; Ms Sylvie Schiettekatte, Spain; Mr Jürgen Steinacker, Germany; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Ana Queralt, Spain; Ms Sonja van Dillen, the Netherlands; Ms Ann-Sophie Van Hoecke, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Mr Michal Krejza, European Commission, DG EAC.

## Collaboration

The American College of Sports Medicine's "Exercise Is Medicine (EIM) Europe", WHO/Europe Health Promoting Hospitals (HPH) Network

### Summary of the state of affairs

Steps	Planned for	State of affairs
Meeting of the working group in Amsterdam Define the structure for the country-wide presentation for Wales meeting <ul style="list-style-type: none"> <li>- Discuss the role of PA in the curricula for medical training</li> <li>- Define examples for collaboration goals</li> <li>- Identify more collaborating partners such as International Association for Worksite Health Promotion</li> </ul>	Summer 2012	Partly implemented
Define a common goal for the collaboration of HEPA Europe WG, HPH and EIM	Fall 2012	Partly implemented
Preparatory meeting of the working group in Cardiff, UK - Sharing examples of HEPA promotion in health care settings and medical education curricula of different countries	25 September 2012	Implemented as planned
Presentation of progress at the 8th annual meeting	26-27 September 2012	Implemented as planned

Dr Mats Börjesson, the leader of a new working group for HEPA promotion in HPH, participated in April in HPH General Assembly Meeting in Taiwan to facilitate the establishment of HEPA Task Force to HPH.

A parallel session of the working group was held in Cardiff on 26 September. Dr Simon Murphy from Cardiff University and Dr Jeannie Wyatt-Williams from Welsh Local Government Association presented evidence and practice related to Exercise Referral in Wales. At the end of the meeting also the progress and steps for the forthcoming year were discussed.

## 7.6 Sport clubs for health (ScforH)

### Aim of the activity

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

### In charge / participants

In charge: Ms Eerika Laalo-Häikiö Finnish Sport for All Association/Finnish Swimming Association and Mr. Jorma Savola Finnish Sport for All Association.

**Participants:***Core group*

Pekka Oja, Finland, former HEPA Europe network; Sami Kokko and Eerika Laalo-Häikiö, Finnish Sport For All Association; Ewa Suska, Ministry of Sport and Tourism, Poland; Stjepan Heimer, Faculty of Kinesiology, University of Zagreb, Croatia, Charlie Foster – Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Guy De Geauwe, EFCS, Romana Caput-Jocunica.

*Working group*

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Charlie Foster –Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Federazione Italiana Aerobica e Fitness (FIAF), Italy; Estonian Sport for All Association

**Partners**

Exchange has taken place with the Association for International Sport for All (TAFISA), TAFISA Europe, the International Sport and Culture Association (ISCA), the European Nongovernmental Sport Organizations (ENGSO) and the European Federation for Company Sports (EFCS).

**Possible Partners**

E.g. European Confederation Sport and Health (CESS), International Olympic Committee (IOC) and others.

**Summary of the state of affairs**

<b>Steps</b>	<b>Planned for</b>	<b>State of affairs</b>
Communication between partner organizations (eLetters, articles, etc.)	Continuously	Implemented as planned
Update of project web site	Spring 2012	Implemented as planned
Dissemination of the Guidelines with and through the partners	Summer 2012	Implemented as planned
Workshops and presentations back-to-back to the European events (e.g. ISCA, TAFISA Europe, ENGSO)	Fall 2012	Implemented as planned
SCforH -Working group meeting in the context of the annual HEPA Europe meeting	September 2012	Not implemented
The SCforH annual report 2011-2012 in the HEPA Europe meeting 2012, Cardiff	September 2012	Implemented as planned

From 2011 until the September 2012 the SCforH–working group conducted the following activities:

- SCforH-presentation at the ENGSO-forum, 14 October 2011 in Brussels
- SCforH was selected as a new initiative of TAFISA in November 2011 and a SCforH-presentation was held at the TAFISA world congress in Antalya, Turkey
- The SCforH-website was updated in December 2011 and the converted from a project-website into a network-website; in addition, it was updated regularly and information on activities within the European network were included. [www.kunto.fi/en/sports-club-for-health](http://www.kunto.fi/en/sports-club-for-health)
- The new SCforH material is available in the website; the new link was sent to all stakeholders
- Communication: an article was sent to all partners in December 2011 and it was published in different eLetters

- The SCforH-booklet was translated among others into Croatian, Hebrew and Finnish
- Sports Club for Health was presented at SPORTVISION 2012 (Copenhagen, in March 2011): a SCforH presentation was given in the session “Sport for All and Health Promotion”
- SCforH was a partner at an ISCA workshop (18 March 2012) on the “Health-enhancing sport and exercise” programme
- Dissemination of the SCforH-booklet:
  - the booklet along with a fact sheet was sent to all European member of TAFISA
  - It was distributed to European members of ISCA at different meetings
- A workshop for European network of experts, stakeholders and TAFISA members was held in July 2012 in Siauliai, Lithuania, in connection with the TAFISA World Sport for All Games  
A workshop for EFCS members was held in Jurmala, Latvia, in the connection with the European Company Sport Federation’s Active Workplace Conference.

## **7.7 Occupational HEPA promotion**

### **Aim of the activity**

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

### **In charge / participants**

In charge: Ms Ingrid Hendriksen, Netherlands Organisation for Applied Scientific Research (TNO), the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)  
Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mr. Frank Eves, School of Sport & Exercise Sciences University of Birmingham Edgbaston; United Kingdom; Ms Nuria Garatachea, University of León, Spain; Mr. Narcis Gusi, Exercise, Quality of Life & Health Economics, Faculty of Sport Sciences Caceres, Spain; Mr. Wolf Kirsten, International Health Consulting, Germany; Ms. Karin Proper, Institute of Health and Environment (RIVM); The Netherlands; Ms. Bianca Biallas and Ms. Christiane Wilke, Institute of Health Promotion and clinical movement science Health Centre, German Sport University Cologne; Mr. Thomas Skovgaard, Institute of Sports Science and Clinical Biomechanics, Faculty of Health Sciences, University of Southern Denmark; Ms. Lisa Muller, Sustrans, United Kingdom.

### **Possible partners**

European Network for Workplace Health Promotion (ENWHP)

### Summary of the state of affairs

Steps	Planned for	State of affairs
Workshop to discuss working steps	March 2012	Not implemented
Collection of all finished inventory documents (if necessary using a simplified format)	Spring 2012	Not implemented
Collation of all documents and scheduling of a phone conference	Spring 2012	Not implemented
Implement further activities as decided at the workshop	Summer 2012	Not implemented
Presentation of progress at the 8th annual meeting	26-27 September 2012	Will be discussed

As it proved difficult to gain support from the working group members, none of the scheduled activities has taken place. In September, a meeting of a smaller core group took place to discuss actions to re-launch the working group in fall 2012.

### **7.8 HEPA Europe/Eurosafe working group on HEPA promotion and injury prevention**

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

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

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

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

#### **Participants:**

Ms Andrea Backović Juričan, Ms Mateja Rok Simon and Ms Nina Scanetti, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Mr Jari Parkkari, UKK Institute, Tampere, Finland; Ms Francesca Racioppi and Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

#### **Partners:**

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

## Other possible partners

To be defined

## Summary of the state of affairs

Steps	Planned for	State of affairs
Support of the EC (DG EAC) proposal according to the respective work plan	ongoing	Proposal rejected >> not implemented
Decision on meetings and telephone conferences of the working group, in accordance with the timeline of the EC (DG EAC) proposal	Fall/winter 2011	Partly implemented
Support to the development of further research proposals	Winter 2011/12	Partly implemented
Exploration of possibilities for international intervention project on HEPA promotion and injury prevention in the elderly	Winter 2011/12	Implemented as planned

This working group was launched in November 2010, jointly with EuroSafe.

At a first meeting of the working group in spring 2011 the work plan was adopted and it was decided to develop a background document for Europe as a first product. For its development, the funding application "Preparatory action in the field of sport: Action to strengthen the mutual benefits of physical activity promotion and injury prevention in Europe" was prepared and submitted to the European Commission (DG EAC) with EuroSafe in the lead and several HEPA Europe member institutions as partners.

The work programme 2011/2012 had been planned around this project. Unfortunately the proposal was rejected in November 2011. Other options for collaborations were therefore explored. As suggested at the meeting of the working group at the HEPA Europe conference in Amsterdam in October 2011 the option of involving a large sports federation in the topic was explored: An initial meeting of Evert Verhagen (VU Amsterdam), Brian Martin (University of Zurich), Othmar Brügger (bfu) and Eva Martin-Diener (University of Zurich) with a representative of F-MARC (FIFA Medical and Research Centre) was very promising but did not result in a clear perspective for a collaboration. Another project proposal to the European Commission (DG SANCO) that had been elaborated by other parties but again with involvement of EuroSafe was also rejected.

With these first experiences it became obvious that the concept of synergies between HEPA promotion and injury prevention was difficult to communicate both towards potential partners and funding agencies, as well as in both fields (HEPA promotion; injury prevention). Instead of working on a background document for a broader audience as planned in the work programme, it was therefore decided to write a paper to be published in a scientific journal as a first step. This activity is currently underway, with VU Amsterdam in the lead.

At a telephone conference in August 2012 the group discussed and decided about next steps. A working group session was planned for the annual meeting and symposium in Cardiff; however only a very small number of delegates registered for that session, therefore it was cancelled.

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

### **Aim of the activity**

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed<sup>14</sup>.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)<sup>15</sup> and specifically its activities on walking and cycling.

### **In charge / participants**

In charge: WHO/Europe Centre for Environment and Health, Rome office / Environment and Health Policy and Governance programme, Copenhagen office, and Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Richard Fordham, NHS Health Economics Support Programme (HESP); Mr Thomas Götschi, ISPM, University of Zurich, Switzerland Mr Charlie Foster, Mr. Dushy Clarke and Mr Paul Kelly, University of Oxford, United Kingdom; Mr Pekka Oja, UKK Institute for Health Promotion Research, Finland; Mr Harry Rutter, Obesity Observatory, United Kingdom; Dave Stone, Natural England, United Kingdom

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

### **Possible partners**

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

### **Summary of the state of affairs**

<b>Steps</b>	<b>Planned for</b>	<b>State of affairs</b>
Cooperation with the PHAN work packages 6 and 7 (see also section 5.1), in particular with regard to: <ul style="list-style-type: none"> <li>• pilot testing in ca. 4 cities</li> <li>• refinements of HEAT tools based on the experiences and feedback</li> <li>• development of guidance on how to measure cycling and walking</li> <li>• development of an Excel version for integration into more extensive assessment tools</li> </ul>	Summer 2012	Implemented as planned

<sup>14</sup> <http://www.euro.who.int/HEAT>

<sup>15</sup> [www.thepep.org](http://www.thepep.org)



<b>Steps - continued</b>	<b>Planned for</b>	<b>State of affairs</b>
Implementation of selected elements of the HEAT communication strategy, in particular (depending on funding): <ul style="list-style-type: none"> <li>• Development of target-group specific leaflets</li> <li>• Collation of further examples of applications for web and publications</li> <li>• Exploration of use of social media for further dissemination</li> <li>• Presentations at meetings, workshops and conferences</li> </ul>	Summer 2012 Summer 2012 Fall 2012 Continuously	Implementation ongoing, delayed
Explore possibilities to further develop HEAT, e.g. integrating morbidities or injuries and air pollution, together with THE PEP, TAPAS and other partners (see also section 5.1)	Continuously	Implemented as planned
Presentation of progress at the 8 <sup>th</sup> annual meeting	26-27 September 2012	Implemented as planned

After the launch of the new HEAT cycling and walking website in May 2011, user feedback and input was collected continuously. A comprehensive update of the HEAT website was carried out from December 2011 to February 2012. Translations of the web-based tools into German, French, Finnish and Spanish are foreseen. The new summary booklet, presenting the methodology and containing user guides for HEAT walking and HEAT cycling, was launched in spring 2012 (see also chapter 6.3).

The HEAT communication concept was implemented in close collaboration with WHO and the project partners with a bit of delay in summer and fall 2012. Key activities included the development of a “frequently asked questions” section, an updated leaflet, an updated collection of examples of applications and of a standard presentation to be used for example for webinars.

As part of the dissemination efforts, HEAT was also presented at the 2012 POLIS conference (see section 5.2).

## ***7.10 Monitoring and surveillance of physical activity***

### **Aim of the activity**

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose. The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children.

### **In charge / participants**

In charge: Ms. Sanne Vries, TNO, the Netherlands

Project core group: Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland;.

Participants: Ms Brigitte Wallmann, Sport University Cologne, Germany; Mr Daniel Arvidsson, Center for Primary Health Care Research, Lund University, Sweden; Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Wojciech Drygas, National Institute of Cardiology of Warsaw, Poland; Mr Jonas Finger, Robert Koch Institute Berlin, Germany; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Mr Jean-Michel Oppert, Paris VI University, France; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland.

### Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from MRC Epidemiology Unit (Dr. Ulf Ekelund), University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); organizing committees of ICDAM (Rome, 14-17 May 2012), ICAMPAM, and ECSS (Bruges, 4-7 July 2012); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

### Summary of the state of affairs

Steps	Planned for	State of affairs
Ascertain membership and invite new members	Early 2012	Partly implemented in June; new members have not been invited yet
Inventory among working group members of existing and planned international/EU projects with a focus on assessing PA among children	Spring 2012	Not implemented yet
Define common interests, themes and needs in the field of assessing PA among children (e.g. selecting appropriate assessment method, measurement protocol, data processing and analysis)	Spring 2012	Partly implemented
Phone conference to define work steps	Spring 2012	Planned in July but cancelled, delayed
Implement work steps as defined	Fall 2012	Not implemented yet
Presentation of progress at the 8th annual meeting	26-27 September 2012	Will be implemented as planned

In May 2012 Sanne de Vries has taken over from Brian Martin as chair of this working group. As first step, working group membership has been ascertained. It consists of a core group of five members and a working group of ten members that are still interested in the working group but do not have the opportunity to play an active role or do not have a special interest in measuring free-living physical activity among youth. One new member has been welcomed after the Cardiff meeting. Unfortunately, none of the other working group members were able to join this meeting. No other meetings have taken place.

The objectives of the working group and the activities have been discussed one on one with some working group members and have been presented at the Cardiff meeting. There are divergent opinions on the objectives of the working group which will be further discussed. At this moment, the objective of the WG is to inform each other on on-going projects.

With respect to the activities, a review has been conducted and presented in Cardiff of methodological considerations when using accelerometers to measure physical activity in youth. For 2013 it was agreed among the participants of the Cardiff meeting that tackling some of the practical and methodological issues when assessing free-living physical activity remains priority in 2013, with a focus on children and objective assessment methods.

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

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

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

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

The impact model<sup>16</sup> will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

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

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

#### **Possible partners**

Representatives of key partner institutions and organizations

---

<sup>16</sup> See footnote 2, page 6

## Summary of the state of affairs

Steps	Planned for	State of affairs
Implementation of the partner management strategy	Continuously	Implemented as planned
Update of the financing concept <sup>17</sup>		Implementation ongoing
Development of a communication strategy: <ul style="list-style-type: none"> <li>• Situation analysis               <ul style="list-style-type: none"> <li>○ Finalize organizational background</li> </ul> </li> <li>• Definition of communication objectives</li> <li>• Definition of strategies and activities</li> <li>• Development of a new mission statement leaflet draft</li> <li>• Presentation of the final draft strategy</li> </ul>	Spring 2012  Spring 2012 Summer 2012  Fall 2012 8 <sup>th</sup> annual meeting, 2012	Mostly implemented as planned

The main activity in the reporting period focused on the further development of the communication strategy for HEPA Europe. The situation analysis was finalized, including the situation analysis, the definition of communication objectives and of target audiences.

The input provided through the impact model<sup>18</sup> and the HEPA Europe survey<sup>19</sup> proved most useful for this work. It was decided to first present the work carried out so far to the network members and to invite their feedback and comments before developing a new HEPA Europe leaflet.

Exchange with key partners as part of the partner management strategy is taking place continuously as foreseen. The funding situation has been discussed at the Steering Committee meetings in April and June 2012 and it has been decided to continuously invest into the identification of new funding opportunities, both as part of the central coordination of the network as well as with regard to the working group activities.

<sup>17</sup> So far, an update has not been deemed necessary in view of the development of the funding situation. The Steering Committee will consider an update as soon as circumstances change. For more information see: HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

<sup>18</sup> See footnote 2, page 6.

<sup>19</sup> Report on the HEPA Europe survey. Copenhagen, WHO Regional Office for Europe, 2012.

## 9 Possible future activities

### 9.1 *Development of a teaching course on physical activity and public health*

#### Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with 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: To be defined

Participants in earlier attempts to establish a teaching course:

##### 1) *Previous scientific board:*

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

##### 2) *Previous participants:*

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

#### Possible partners

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

#### Summary of the state of affairs

Steps	Planned for	State of affairs
Will be defined by participants if project is implemented		Not implemented

No lead institution was identified to take up implementation.

## **9.2 Methodological guidance and practical approaches on economic valuation of transport-related health effects**

### **Aim of the activity**

The first phase of this project included:

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

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004<sup>20</sup>.

This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)<sup>21</sup> and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

### **In charge / participants**

In charge: to be defined

Participants: WHO/Europe Centre for Environment and Health, Rome office Environment and Health Policy and Governance programme, Copenhagen office, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

### **Possible partners**

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET<sup>22</sup> and INTARESE<sup>23</sup> project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

### **Work steps**

At the 7<sup>th</sup> session of THE PEP Steering Committee in 2009, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the different activities, activities under this project

---

<sup>20</sup> [http://www.euro.who.int/transport/publications/20060112\\_1](http://www.euro.who.int/transport/publications/20060112_1)

<sup>21</sup> [www.thepep.org](http://www.thepep.org)

<sup>22</sup> <http://www.proneteurope.eu/>

<sup>23</sup> <http://www.intarese.org/>

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

### Summary of the state of affairs

Steps	Planned for	State of affairs
Will be defined by participants if project is implemented		Not implemented

No lead institution was identified to take up implementation.

## 10 Publications

### 10.1 Scientific publications

The following 3 publications were produced from October 2011 to August 2012 (in chronological order not counting those in review):

- Bull F, Milton K, Kahlmeier S: National policy on physical activity: the development of a policy audit tool (PAT). *Journal of Physical Activity and Health*: in press<sup>24</sup>.
- Christiansen, NV, Kahlmeier, S., Racioppi, F Sport promotion policies in the European Union:
- results of a contents analysis. *Scandinavian Journal of Medicine and Science in Sports*: in press.

Submitted / in review:

- Rutter H, Cavill N, Racioppi F, Dinsdale H, Oja P, Kahlmeier S: Developing a tool for estimating the economic impact of reduced mortality due to increased cycling: the Health Economic Assessment Tool (HEAT) for Cycling. *American Journal of Public Health*, in review.
- Kahlmeier S, Popp C, Martin BW, Backovic-Jurican A, Banzer W, Berggren F, Engelsman EL, Foster C, Koornneef M, Oppert JM, Racioppi F, Rutter H, Šlachta R, Vasankari T, van Mechelen W: A systematic overview of institutions and bodies active in physical activity promotion in Europe. Submitted.

In addition, HEPA Europe featured prominently in an article<sup>25</sup> published as part of a series on physical activity in the *Lancet* in September 2012.

### 10.2 Reports and other products

- Kahlmeier S, Cavill N, Dinsdale H, Rutter H, Götschi T, Foster C, Kelly P, Clarke D, Oja P, Fordham R, Stone D, Racioppi F: Health economic assessment tools (HEAT) for walking and for cycling. Methodology and user guide. Copenhagen, WHO Regional Office for Europe, 2011.

<sup>24</sup> <http://journals.humankinetics.com/jpah-in-press>

<sup>25</sup> Kohl B et al.: The pandemic of physical inactivity: global action for public health. *The Lancet*, Volume 380, Issue 9838, Pages 294 - 305, 21 July 2012 doi:10.1016/S0140-6736(12)60898-8 (<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2812%2960898-8/fulltext>).

- Kokko S, Oja P, Foster C, Koski P, Laalo-Haikio E, Savola J: Sports Club for Health - Guidelines for health-oriented sports activities in a club setting<sup>26</sup>.

In collaboration with HEPA Europe working group on Physical activity and sport promotion in children and youth:

- Young and physically active: a blueprint for making physical activity appealing to youth, Copenhagen, WHO Regional Office for Europe, 2012.

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

- Issue 13, April / May 2012

---

<sup>26</sup> [http://kunto-fi-bin.directo.fi/@Bin/9e149b040b372446fa66a06b9c61b1fb/1324476441/application/pdf/463608/SCforH\\_Guidelines.pdf](http://kunto-fi-bin.directo.fi/@Bin/9e149b040b372446fa66a06b9c61b1fb/1324476441/application/pdf/463608/SCforH_Guidelines.pdf)



## ANNEX 5: HEPA EUROPE WORK PROGRAMME 2012/2013

### 1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 8<sup>th</sup> annual meeting in Cardiff, United Kingdom (27 September 2012), a number of activities were outlined to be carried out by the network in 2012/2013<sup>1</sup>. A short version of this document is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope).

The current state of affairs of activities foreseen in the work programme 2011/2012 is summarized in chapter 2. More detailed information can be found in the activity report 2011/2012<sup>2</sup>; a short version of which is also available at [www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope).

In chapters 3 to 6, the implementation of the planned activities and projects for the period October 2012 to October 2013 will be described in more detail. Chapter 7 contains possible future activities for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 9<sup>th</sup> annual meeting of HEPA Europe to be held on 24 October 2013 in Helsinki, Finland, hosted by the Fit for Life Programme and the UKK Institute for Health Promotion Research.

---

<sup>1</sup> See also: Annex 5: Work programme 2012/2013. In: 8th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26-27 September 2012, Cardiff, in press ([www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope)).

<sup>2</sup> For more information, see: Annex 4: Activity report 2011/2012. In: 8<sup>th</sup> annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26-27 September, Cardiff, United Kingdom, in press ([www.euro.who.int/hepaeurope](http://www.euro.who.int/hepaeurope)).

## 2 Activity report 2011 / 2012 overview

Below, the state of affairs of the activities of the work programme 2011/2012 is summarized<sup>3</sup>.

### 2.1 Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing

### 2.2 Information dissemination

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )	Implemented as planned, ongoing
Holding of the 8 <sup>th</sup> annual network meeting (27 September) and symposium (26 September) of HEPA Europe; Cardiff, United Kingdom	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Mostly implemented as planned, ongoing
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented as planned, ongoing

### 2.3 Projects, reports and products

Activity	State of affairs
Working group on national approaches for physical activity promotion	Mostly implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in children	Implemented as planned
Working group on active aging: Physical activity promotion in the elderly	Implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Implementation ongoing, delayed
Working group on HEPA promotion in health care settings	Mostly implemented as planned
Working group on Sport Clubs for Health programme	Implemented as planned
Working group on occupational HEPA promotion	Implementation delayed, ongoing
Working group on HEPA promotion and injury prevention	Partly implemented, ongoing
Development of methods for quantification of health benefits from walking and cycling and dissemination	Implemented as planned
Working group on monitoring and surveillance of physical activity	Partly implemented

<sup>3</sup> See footnote 2, page 64

**2.4 Activities aimed at optimizing the network**

<b>Activity</b>	<b>State of affairs</b>
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned, ongoing

**2.5 Possible activities to be launched later**

<b>Activity</b>	<b>State of affairs</b>
Development of a teaching course on physical activity and public health	Not implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented

**2.6 Publications**

<b>Activity</b>	<b>State of affairs</b>
4 publications (3 reports and other products, 1 HEPA Europe electronic news alerts) produced	Continuous activity

### 3 Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting in October 2013 in Helsinki, Finland, will be outlined in more detail.

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

##### Aim of the activity

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

##### In charge / participants

In charge: WHO Regional Office for Europe<sup>4</sup> and Steering Committee  
Participants: Members of HEPA Europe

##### Possible partners

As listed below

##### Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model <sup>5</sup> and communication strategy (see chapter 7.1)	Continuously
Continue existing coordination and cooperation, including: <b>UN-activities and programmes</b>	
<ul style="list-style-type: none"> <li>• WHO/Europe Division of Noncommunicable Diseases and Health Promotion: Support to implementation of the European Charter on Counteracting Obesity               <ul style="list-style-type: none"> <li>- Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco projects on monitoring progress on improving nutrition and physical activity and preventing obesity</li> <li>- Explore possibilities to contribute to the European Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, as wished and depending on resources</li> <li>- Move for Health Day 2013 (depending on corporate decision)</li> <li>- Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme</li> </ul> </li> </ul>	Continuously           Continuously           Spring 2013 Continuously

<sup>4</sup> After 31 December 2011, the activities of the Rome office related to HEPA Europe continued from the Division of Communicable Diseases, Health Security and Environment, Copenhagen office.

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



<b>Continued</b>	<b>By when</b>
<ul style="list-style-type: none"> <li>• The Association for International Sport for All (TAFISA) <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• International Association for the Study of Obesity (IASO) <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> <li>• American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul> </li> </ul>	Continuously
	Continuously
	Continuously
	Continuously
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously

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

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

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

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met<sup>8</sup>. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

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

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

#### **Work steps**

##### *1) Supported events*

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

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

<sup>8</sup> See "Requirements for HEPA Europe- supported events", August 2007.

## 2) Participation in other events

Members of the Steering Committee or HEPA Europe will participate in other events and at presentation on behalf of and mentioning HEPA Europe in 2012 / 2013.

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

## 4 Information dissemination

### 4.1 HEPA Europe website

#### Aim of the activity

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

#### In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

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

#### Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see chapter 4.3)	Continuously
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously

### 4.2 4<sup>th</sup> conference and 9<sup>th</sup> annual meeting of HEPA Europe

#### Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 9<sup>th</sup> annual meeting will take place on 24 October 2013 in Helsinki, Finland, preceded by meetings of the HEPA Europe working groups. The event will be kindly hosted

by the Fit for Life Programme and the UKK Institute for Health Promotion Research. Back-to-back with the annual meeting, a 1.5 day conference will be organized by the hosts.

### **In charge / participants**

In charge: Fit for Life Programme and the UKK Institute for Health Promotion Research; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee  
Participants: HEPA Europe members and other interested parties

### **Possible partners**

European Commission, other networks and institutions interested in HEPA

### **Work steps**

	<b>By when</b>
Discuss ideas for programme structure and key note speakers	Fall 2012
Add a section announcing the meeting to the website	End of 2012
Send out programme outline and first call for contributions	Early 2013
Invite key note speakers	Early 2013
Develop the conference website with organizers	Early 2013
Open abstract submission	Spring 2013
Develop the information circular with the organizers and open registration	Summer 2013
Organize handling of incoming contributions and registrations with organizers	Summer 2013
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2013
Carrying out the meeting and conference	24 October 2013

## **4.3 Dissemination of products and publications of HEPA Europe**

### **Aim of the activity**

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

### **In charge / participants**

In charge: WHO Regional Office for Europe and Steering Committee

Participants: related working group leaders and members, other members of HEPA Europe and contacts from mailing list, Division of Noncommunicable Diseases and Health Promotion, WHO/Europe Healthy Cities and urban governance programme

### **Possible partners**

Other interested parties in Member States



## Work steps

	By when
Dissemination of available products: Advocacy booklets on physical activity ( <i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments; Promoting sport and enhancing health in European Union countries: a policy content analysis to support action</i> ) 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 7.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 3.2)	Continuously
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, WHO/DG Sanco Monitoring project booklets at suitable events and to suitable target groups	Continuously

### **4.4 International inventory of documents on physical activity promotion / European database on Nutrition, Obesity and Physical Activity (NOPA)**

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

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from 44 countries. This activity is carried out in close collaboration with the WHO European database on Nutrition, Obesity and Physical Activity (NOPA), managed by the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). For example, the policy documents on physical activity promotion previously included in this inventory have been moved to NOPA in 2011.

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

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO Regional Office for Europe

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

#### **Possible partners**

DG Sanco project advisory group, if continued

## Work steps

	By when
Finalization and publication of analysis of available information on National Physical Activity recommendations in Europe (University of Zurich, Switzerland) <ul style="list-style-type: none"> <li>• Finalization of analysis</li> <li>• Submission of scientific publication</li> <li>• Addressing of reviewer comments or re-submission to different journal</li> <li>• Final publication</li> </ul>	Fall 2012 Winter 2012/2013 Spring 2013 Summer 2013
Support to identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously
Complete the full integration of the inventory into the NOPA database	Pending availability of resources

## 5 Projects, reports and products

### 5.1 National approaches to physical activity promotion

#### Aim of the activity

Review of examples of national physical activity approaches, including:

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

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

#### In charge / participants

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Co-lead: Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backovič Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Israel Centre of Sport Clubs; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Mr Ilan Fellmann, Federal Ministry for Defense and Sport, Austria; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott; Queens University Belfast, Ireland; Mr Radim Šlachta, Palacky University, Czech Republic; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Ms. Malgorzata Szukalska –

Wrona, Ministry of Sport and Tourism, Poland; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Anne Vuillemin, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO Regional Office for Europe; and Steering Committee

Observers: Ms Wendy Creelman, in motion, Canada

### Possible partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office)

### Work steps

	By when
Project on "National HEPA policies: case studies from Europe" <ul style="list-style-type: none"> <li>• Finalization of the technical report containing: introduction, methods, completed templates from 7 country case studies and analysis across countries highlighting key findings</li> <li>• Scientific publication - submission of a paper on the cross-country analysis</li> <li>• Finalization of individual country reports / publications</li> </ul>	Spring 2013  Summer 2013  Continuously
Possible new activities (depending on funding) <ul style="list-style-type: none"> <li>• Updated version of the HEPA PAT (updated guidance on application, amendments to selected items)</li> <li>• Assessment of feasibility of development of additional outputs, for example short version of PAT, advocacy leaflet(s), communication products and activities</li> <li>• Wider collection and possibly analysis of additional national HEPA PATs</li> </ul>	To be decided
Presentation of progress at the 9 <sup>th</sup> annual meeting	24 October 2013

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

### Aim of the activity

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

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

### In charge / participants

In charge: Mr Peter Barendse, NISB, the Netherlands

Members: Mr Paulo Adami, FIAeF, Italy; Mr Lars Bo Andersen and Mr Karsten Froberg, University of Southern Denmark; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Marijke Chin A Paw, VU University Medical Center, the Netherlands; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health

Promotion Research Group, Oxford University, United Kingdom; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Ms Tuija Tammelin, LIKES programme, Finland; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; Ms Catherine Woods, Dublin City University; Ireland; WHO Regional Office for Europe (Children's Health and Environment (CHE) programme).

### Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY<sup>9</sup>), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Heart Study, Mr Karsten Froberg, Denmark; Schools for Health Europe (SHE), Mr Good Buijs, the Netherlands.

### Work steps

	By when
European Youth Heart Study (EYHS) - HEPA Europe symposium (Madeira)	October 2012
Elaboration of FP7 application: share and exchange knowledge	
Core work group meeting	December 2012
Strengthening the network: Increase communication and information	Continuously
Further cooperation with SHE network	Continuously
Presentation of progress at the 9 <sup>th</sup> annual meeting	24 October 2013

## 5.3 Active ageing: physical activity promotion in elderly

### Aim of the activity

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

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

<sup>9</sup> [www.projectenergy.eu](http://www.projectenergy.eu)

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

### **In charge / participants**

In charge: Mr Eddy Engelsman (chair) and Ger Kroes (secretariat), NISB, the Netherlands  
 Participants: Mr Koen Breedveld, W.J.H. Mulier Instituut, the Netherlands; Ms Joanna Carvalho, University of Porto, Portugal; Ms Judit Farkas, Semmelweis University, Hungary; Mr Tibor Hortobágy, University of Groningen, the Netherlands; Ms Elina Karvinen, Age-institute, Finland; Ms Liisamaria Kinnunen, Fit for Life Program (LIKES), Finland; Ms Tjasa Knific National Institute of Public Health, Slovenia; Mr Michael Kolb, University of Vienna, Austria; Mr Bob Laventure, British Heart Foundation, United Kingdom; Mr Nico van Meeteren, TNO Institute, Netherlands; Mr Jorge Mota, University of Porto, Portugal; Ms Ioanna Paraskevopoulou, Cyprus Sport Organisation; Mr Alfred Ruetten, University of Erlangen, Germany; Mr Herman Rutgers, European Health and Fitness Association (EHFA), Belgium; Ms Anne Vuillemin, Nancy-University, France; Ms Nina Waaler, Oslo University College, Norway;  
 Observer: Mr Edward McAuley, University of Illinois, United States of America

### **Possible partners**

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)<sup>10</sup>, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project<sup>11</sup>.

### **Work steps**

	<b>By when</b>
Determination of goals of the working group, taking into account EU PA guidelines for action, indicators and principles on the contribution of PA to Active Ageing. Ascertain membership and definition of tasks Identification of ca. 5 institutions interested to form a core group, definition of tasks and roles Intensification of cooperation with EUNAAPA to initiate a consortium with a view to apply for EU and other grants	Early 2013
Preparation of joint projects including private enterprises regarding to co-financing	Spring 2013
Discussion of results with DG EAC and HEPA Europe	Summer 2013
Presentation of results at the 9 <sup>th</sup> annual meeting in Helsinki	24 October 2013

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

### **Aim of the activity**

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This

<sup>10</sup> <http://www.eunaapa.org>

<sup>11</sup> <http://www.paseonet.org>

working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities<sup>12</sup> in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

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

### **In charge / participants**

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

Participants: Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Graham Brennan, Strathclyde University, United Kingdom; Ms Claire Cleland, Queens University Belfast, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, United Kingdom; Ms Liesbeth Preller, NISB, the Netherlands; Ms Liselotte Schafer Elinder, Karolinska Institute, Sweden; Ms Jane South, Leeds Metropolitan University, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Annmarie Wagemakers, Wageningen University, the Netherlands; Ms Mojca Verdnik, University Medical Center, Ljubljana, Slovenia; Ms Anita Vlasveld, NISB, the Netherlands; Sue Williams, Countryside Council for Wales, United Kingdom.

### **Possible partners**

WHO European Centre for Environment and Health, Bonn office

---

<sup>12</sup> In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

**Work steps**

	<b>By when</b>
Focus on systematic review on targeting disadvantaged groups, and recruitment issues	HEPA Europe meeting, September 2012
Establish leaders for specific topical area sub-groups, and encourage communication and sharing	Leaders: fall 2012 Communication: continuously
Contribute to good practice collections, European projects	Spring 2013
Share via Dropbox and discuss use of recently produced best practice documents	Spring 2013
Promote discussion on evaluation approaches for disadvantaged groups	Summer 2013
Presentation of progress at the 9th annual meeting, and decision on strategic direction for WG	21-24 October 2013

**5.5 HEPA promotion in health care settings****Aim of the activity****In charge / participants**

In charge: Ms Minna Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Malcolm Ward, Public Health Wales or Ms Jeannie Wyatt-Williams, Welsh Local Government Association.

Core members: Mr Christopher Gidlow, Staffordshire University; Ms Elaine McNish, Macmillan Cancer Support; Ms Janet Klara Djomba, University of Ljubljana; Mr Rhodri Martin; Ms Diane Crone, University of Gloucestershire

Collaborators: Mr Jürgen Steinacker, European Exercise Is Medicine; Mats Börjesson, Health Promoting Hospitals network; Andrea Backovic Jurican, WCPT Network on Health Promotion in Life and Work

Participants: Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Wolfgang Goethe University, Frankfurt, Germany; Mr Olivier Blanson Henkemans, the Netherlands; Mr Bernard Duvivier, the Netherlands; Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Brenda Berendsen, the Netherlands; Mr Christophe Delecluse, Belgium; Ms Maria Hagströmer, Karolinska Institute, Sweden; Boris Gojanovic; CHUV, Switzerland; Ms Marike Hendriks; the Netherlands; Ms Josanne Huijg, the Netherlands; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Ms Niamh Martin, United Kingdom; Ms Sofie Martien, Belgium; Sofie Moresi, the Netherlands; Mr Pedro Olivares, Spain; Sylvie Schiettekatte, Spain; Mr Jürgen Steinacker, Germany; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Ana Queralt, Spain; Ms Sonja van Dillen, the Netherlands; Ann-Sophie Van Hoecke, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Mr Michal Krejza, European Commission, DG EAC.

**Possible partners**

See above

## Work steps

	By when
Finding a new co-leader for the working group	Fall 2012
Skype meeting of collaborators (HPH, EIM, WCPT Network on Health Promotion in life and work): defining one common concrete action for the region-wide HEPA promotion in health care settings	Spring 2013
Meeting of the working group in Helsinki <ul style="list-style-type: none"> <li>- Sharing examples of HEPA promotion in health care settings</li> <li>- Exchanging good practices in training health professionals about HEPA</li> <li>- Further discussion on the concrete actions with the collaborators</li> </ul>	Fall 2013
Presentation of progress at the 9 <sup>th</sup> annual meeting	24 October 2013

## 5.6 Sport clubs for health

### Aim of the activity

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

In the HEPA Europe framework the project is aiming especially connection to the scientific institutions, EU –sport unit and WHO Europe.

### In charge / participants

In charge: Jorma Savola, Finnish Sport for All Association, Eerika Laalo-Häikiö, Finnish Swimming Association and Katja Arpalo, Finnish Sport for All Association

Participants:

#### 1) Core group

Pekka Oja, Finland, former HEPA Europe network; Sami Kokko, Finnish Sport For All Association; Ewa Suska, Ministry of Sport and Tourism, Poland; Stjepan Heimer, Faculty of Kinesiology, University of Zagreb, Croatia, Charlie Foster –Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Guy De Geauwe, EFCS, Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia.

### Possible partners

Possible partners are e.g. European Confederation Sport and Health (CESS), International Olympic Committee (IOC) and others.



**Work steps**

	<b>By when</b>
Communication between partner organizations (eLetters, articles, etc.)	Continuously
Workshops and presentations back-to-back to relevant European events (e.g. ISCA, TAFISA Europe, ENGSO)	Continuously
Update of SCforH -program web site	Continuously
SCforH proceedings, by country	2013
SCforH -Working group meeting in the framework of the annual HEPA Europe meeting in Helsinki	21-24 October 2013
Presentation of progress at the 9 <sup>th</sup> annual meeting in Helsinki	24 October 2013

**5.7 Workplace HEPA promotion****Aim of the activity**

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

**In charge / participants**

In charge: Ms Ingrid Hendriksen, Netherlands Organisation for Applied Scientific Research (TNO), the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)

Participants (temporary composition): Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms. Bianca Biallas and/or Ms. Christiane Wilke, Institute of Health Promotion and clinical movement science Health Centre, German Sport University Cologne, Germany; Mr. Narcis Gusi, Exercise, Quality of Life & Health Economics, Faculty of Sport Sciences Caceres, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark; Mr. Wolf Kirsten, International Health Consulting, Germany; Ms Eva Martin-Diener / Ms Sonja Kahlmeier, Institute of Social and Preventive Medicine, University of Zurich, Switzerland; Ms Karin Proper, Institute of Health and Environment (RIVM), The Netherlands; Mrs Niina Valkama, Fit for Life Program, Finland.

**Possible partners**

European Network for Workplace Health Promotion (ENWHP)  
Sedentary Behaviour Research Network (SBRN)

**Work steps**

	<b>By when</b>
Preparatory meeting in Gerlev - Denmark	Winter 2012
Collection of state of the art information from all participating countries	Winter 2012
Brief report on results and planning meeting, if desired	Early 2013
Workgroup meeting to discuss results and further actions	Spring 2013
Further actions as agreed	Summer 2013
Presentation of progress at the 9th annual meeting	24 October 2013

### **5.8 HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention**

**Aim of the activity**

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

**In charge / participants**

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

**Participants:**

Ms Khanom Ashrafunnesa, Swansea University, UK, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Alenka Palian, Yoga Union of Slovenia; Mr Jari Parkkari, UKK Institute, Tampere, Finland; Ms Francesca Racioppi and Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

**Partners:**

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

**Other possible partners**

To be defined

## Work steps

	By when
Exploration of funding opportunities	Continuously
Finalization of conceptual journal article	Winter 2013
Preparation of a parallel session for the 9 <sup>th</sup> annual meeting and conference	Spring 2013
Discussion of next steps (phone conference)	Summer 2013
Parallel conference session as well as presentation of progress at the 9 <sup>th</sup> annual meeting	24 October 2013

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

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

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

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed<sup>13</sup>.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)<sup>14</sup> and specifically its activities on walking and cycling.

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

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

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Thomas Götschi, ISPM, University of Zurich, Switzerland; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Harry Rutter, Obesity Observatory, United Kingdom.

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

#### **Possible partners**

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

<sup>13</sup> <http://www.euro.who.int/HEAT>

<sup>14</sup> [www.thepep.org](http://www.thepep.org)

## Work steps

	By when
Finalization of contribution to PHAN work packages 6 and 7 (see also section 3.1), in particular with regard to: <ul style="list-style-type: none"> <li>• experiences from pilot testing in 4 cities</li> <li>• refinements of HEAT tools based on the experiences and feedback</li> </ul>	End of 2012
Implementation of selected elements of the HEAT communication strategy, in particular (depending on funding): <ul style="list-style-type: none"> <li>• Publication of an updated HEAT leaflet</li> <li>• Publication of further examples of applications for web and publications</li> <li>• Exploration of use of social media for further dissemination</li> <li>• Presentations at meetings, workshops and conferences</li> </ul>	Fall 2012 End of 2012 End of 2012 Continuously
Expert workshop to discuss approaches and possibilities to further develop HEAT, e.g. integrating injuries and air pollution or morbidities, together with THE PEP, TAPAS and other partners (see also section 3.1)	Winter 2012
Preparations of a consensus workshop, based on conclusions of expert workshop	Spring 2013
Scientific publications <ul style="list-style-type: none"> <li>• Finalization of HEAT cycling methods paper</li> <li>• Submission of HEAT walking methodology paper (Cavill N et al.)</li> <li>• Submission of policy perspective / application examples paper (Kahlmeier S et al.)</li> </ul>	End of 2012 End of 2012 Summer 2013
Fund raising for consensus workshop and development of a HEAT 2.0 version	Summer 2013
Presentation of progress at the 9th annual meeting	24 October 2013

### ***5.10 Monitoring and surveillance of physical activity***

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

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose. The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children.

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

In charge: Ms. Sanne Vries, TNO, the Netherlands

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Ms Tjasa Knific, National Institute of Public Health, Slovenia; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University,

France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, Sport University Cologne, Germany.

### Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from MRC Epidemiology Unit (Dr. Ulf Ekelund), University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); organizing committees of ICDAM (Rome, 14-17 May 2012), ICAMPAM, and ECSS (Bruges, 4-7 July 2012); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

### Work steps

	<b>By when</b>
Phone conference	Winter 2012
Define common interests, themes and needs when objectively assessing PA among children	Winter 2012/13
Define work steps and main goals of the working group	Winter 2012/13
Implement work steps as defined	Spring 2013
Phone conference	Summer 2013
Presentation of progress at the 9 <sup>th</sup> annual meeting	24 October 2013

## 7 Activities to optimize the Network

### 7.1 Management and interaction with members and partners

#### Aim of the activity

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

The impact model<sup>15</sup> will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

#### In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee  
Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

#### Possible partners

Representatives of key partner institutions and organizations

#### Work steps

	By when
Implementation the partner management strategy	Continuously
Update of the financing concept <sup>16</sup>	
Development of a communication strategy: <ul style="list-style-type: none"> <li>• Definition of communication objectives</li> <li>• Definition of strategies and activities</li> <li>• Development of a new mission statement leaflet draft</li> <li>• Presentation of the final draft strategy</li> </ul>	Spring 2013 Summer 2013 Fall 2013 9 <sup>th</sup> annual meeting, 2013
Development of a member and recruitment strategy <ul style="list-style-type: none"> <li>• Define steps and approaches, in close collaboration with WHO</li> </ul>	Summer 2013

<sup>15</sup> See footnote 5, page 7

<sup>16</sup> So far, an update has not been deemed necessary in view of the development of the funding situation. The Steering Committee will consider an update as soon as circumstances change. For more information see: HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

## 8 Possible future activities

### 8.1 *Development of a teaching course on physical activity and public health*

#### Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with 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: To be defined

Participants in earlier attempts to establish a teaching course:

##### 1) *Previous scientific board:*

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

##### 2) *Previous participants:*

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

#### Possible partners

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

#### Work steps

	By when
Will be defined by participants if project is implemented	

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

### **Aim of the activity**

The first phase of this project included:

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

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004<sup>17</sup>.

This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)<sup>18</sup> and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

### **In charge / participants**

In charge: to be defined

Participants: WHO Regional Office for Europe, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

### **Possible partners**

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET<sup>19</sup> and INTARESE<sup>20</sup> project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

### **Work steps**

At the 7<sup>th</sup> session of THE PEP Steering Committee in 2009, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

	<b>By when</b>
Will be defined by participants if project is implemented	

<sup>17</sup> [http://www.euro.who.int/transport/publications/20060112\\_1](http://www.euro.who.int/transport/publications/20060112_1)

<sup>18</sup> [www.thepep.org](http://www.thepep.org)

<sup>19</sup> <http://www.proneteurope.eu/>

<sup>20</sup> <http://www.intarese.org/>



## ANNEX 6: LIST OF PARTICIPANTS

**Mr Paolo Adami**

FIAF  
President  
Rome  
Italy

**Ms Emma Adams**

British Heart Foundation Centre for Physical  
Activity and Health  
School of Sport, Exercise and Health  
Sciences  
Loughborough University  
Loughborough  
United Kingdom

**Dr Alberto Arlotti**

Emilia-Romagna Region  
Public Health Head Office  
Bologna  
Italy

**Ms Roseanne Autran**

Faculdade de Desporto da Universidade do  
Porto  
Research Centre in Physical Activity,  
Health and Leisure  
Porto  
Portugal

**Mrs Andrea Backovic Jurican**

National Institute of Public Health  
Department of Chronic Diseases  
Ljubljana  
Slovenia

**Mr Peter Barendse**

Netherlands Institute of Sport and Physical  
Activity (NISB)  
Ede  
The Netherlands

**Mr William Bird**

Intelligent Health/NHS  
Henley on Thames  
United Kingdom

**Mr Finn Berggren**

Gerlev P.E. & Sports Academy  
Physical Activity and Health  
Slagelse  
Denmark

**Dr Nick Cavill**

National Obesity Observatory England  
United Kingdom

**Mrs Janet Klara Djomba**

University of Ljubljana  
Faculty of Medicine  
Department of Public Health  
Ljubljana  
Slovenia

**Mr Eddy Engelsman**

Netherlands Institute of Sport and Physical  
Activity (NISB)  
Ede  
The Netherlands

**Dr Charlie Foster**

University of Oxford  
BHF Health Promotion Research Group  
Department of Public Health  
Oxford  
United Kingdom

**Dr Ilan Fellmann**

Federal Ministry for Defence and Sport  
Vienna  
Austria

**Dr Christopher Gidlow**

Staffordshire University  
Stoke on Trent  
United Kingdom

**Ms Gígja Gunnarsdóttir**

Directorate of Health  
Determinants of health  
Reykjavík  
Iceland

**Prof Narcis Gusi**

University of Extremadura  
Faculty of Sports Sciences  
Cáceres  
Spain

**Mrs Ivett Heim-Puskás**

Ministry of Human Resources  
Leisure and Schoolsport Department  
Budapest  
Hungary

**Ms Gemma Hurst**

Staffordshire University  
Stoke on Trent  
United Kingdom

**Ms Liisamaria Kinnunen**

Fit for Life Program  
LIKES Research Center for Sport and  
Health Sciences KKI  
Helsinki  
Finland

**Dr Jyrki Komulainen**

Fit for Life Program  
Jyväskylä  
Finland

**Mr Maarten Koornneef**

Ministry of Health Welfare and Sport  
Sports Division  
The Hague  
Netherlands

**Mr Ger Kroes**

Netherlands Institute of Sport and Physical  
Activity (NISB)  
Ede  
The Netherlands

**Dr Michal Kudlacek**

Palacký University  
Faculty of Physical Culture  
Institute of Active Lifestyle  
Olomouc  
Czech Republic

**Dr Liliana Leone**

University of Rome Foro Italico  
Human Movement and Sport Sciences  
Rome  
Italy

**Mrs Susan Mably**

Public Health Wales  
Cardiff  
United Kingdom

**Prof Roger Mackett**

University College London  
Centre for Transport Studies  
London  
United Kingdom

**Dr Alexandre Magalhães**

Institute of Biomedical Engineering INEB  
Geoeidemiology group  
Porto  
Portugal

**Ms Marianne Mannello**

Play Wales  
Cardiff  
United Kingdom

**Dr Brian Martin**

Institute of Social and Preventive Medicine  
University of Zurich  
Zürich  
Switzerland

**Mrs Eva Martin-Diener**

Institute of Social and Preventive Medicine  
University of Zurich  
Zurich  
Switzerland

**Prof Willem van Mechelen**  
VU University Medical Center  
Public and Occupational Health  
Amsterdam  
The Netherlands

**Dr Niamh Murphy**  
Waterford Institute of Technology  
Department of Health Sport and Exercise  
Science  
Waterford  
Ireland

**Prof Marie Murphy**  
Head of Ulster Sports Academy  
Sport & Exercise Sciences Research Institute  
(SESRI)  
University of Ulster  
United Kingdom

**Prof Nanette Mutrie**  
Chair in Physical Activity for Health  
Sport, Physical Education and Health  
Sciences (SPEHS)  
The University of Edinburgh  
Edinburgh  
United Kingdom

**Ashra Khanom**  
Swansea University  
College of Medicine  
United Kingdom

**Dr Pedro R Olivares**  
University of Extremadura  
Faculty of Sports Sciences  
Cáceres  
Spain

**Dr Rimma Potemkina**  
National Research Centre for Preventive  
Medicine  
Department of Integrated Preventive  
Programme  
Moscow  
Russia

**Mrs Anne Reimers**  
University of Konstanz  
Sports Science  
Konstanz  
Germany

**Ms Maria Romeo-Velilla**  
Liverpool John Moores University  
Research Institute for Sport and Exercise  
Sciences  
Liverpool  
United Kingdom

**Dr Randall Rzewnicki**  
European Cyclists' Federation (ECF)  
Brussels  
Belgium

**Dr Maria Scatigna**  
Univeristy of L'aquila  
Internal Medicine and Public Health  
L'Aquila  
Italy

**Ms Mimi Rodriguez Adami**  
FIAF  
Education  
Rome  
Italy

**Prof Tommi Vasankari**  
UKK Institute for Health Promotion  
Research  
Director  
UKK Institute for Health Promotion  
Research  
Tampere  
Finland

**Ms Réka Veress**  
State Secretariat for Sport within the  
Ministry of Human Resources  
Cabinet  
Budapest  
Hungary

**Prof Anne Vuillemin**

Université de Lorraine  
Campus Scientifique Grignard  
Vandoeuvre-les-Nancy  
France

**Dr Annemarie Wagemakers**

Wageningen University  
Department of Social Sciences  
Chairgroup Health and Society WUR  
Wageningen  
The Netherlands

**Mr Malcolm Ward**

Public Health Wales  
Cardiff  
United Kingdom

**Dr Verena Zeuschner**

Fonds Gesundes Österreich,  
ein Geschäftsbereich der Gesundheit  
Österreich GmbH  
Vienna  
Austria

## **Representatives of Intergovernmental Bodies and International Organizations**

### **European Commission (EC)**

**Mr Farkas Roland**

European Commission  
DG Education and Culture, Sport Unit  
Brussels  
Belgium

**Ms Susanne Hollmann**

European Commission  
DG Education and Culture, Sport Unit  
Brussels  
Belgium

### **World Health Organization Regional Office for Europe**

**Ms Francesca Racioppi**

Senior Policy and Programme Adviser  
Governance and Multisectoral  
partnerships, Environment and health  
WHO Regional Office for Europe  
Copenhagen  
Denmark

**Ms Julia Solovieva**

Project Officer  
Governance and Multisectoral  
partnerships, Environment and health  
WHO Regional Office for Europe  
Copenhagen  
Denmark

**Mr Christian Schweizer**

Technical officer  
Transport and Health  
WHO Regional Office for Europe  
Copenhagen  
Denmark

**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

The 8<sup>th</sup> annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Physical Activity & Nutrition Network Wales, Public Health Wales, in Cardiff, United Kingdom and supported by the European Union in the framework of the Health Programme 2008-2013. It was attended by 49 participants from 18 European Member States. The event included parallel sessions of five HEPA Europe working groups on 26 September. At the annual meeting on 27 September, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2011/2012, the work programme 2012/2013 and amendments to the Terms of Reference of the Steering Committee of HEPA Europe. In addition, 12 new membership applications were confirmed and the outcome of the online elections of the Steering Committee was announced, namely the election of all candidates as well as the chairperson. The draft of the communication strategy of the network was also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed.

The 2<sup>nd</sup> HEPA Europe symposium took place back-to-back with the annual meeting on 26 September 2012. Organized by the Physical Activity & Nutrition Network Wales and co-sponsored by WHO Regional Office for Europe, the symposium was attended by 174 participants. It focused on the theme "Getting to the grassroots: Using the 'green' environment to promote physical activity", featuring a key note lecture, 43 oral presentations across 2 sets of 7 parallel sessions and more than 40 posters.

## World Health Organization Regional Office for Europe

Marmorvej 51, DK-2100 Copenhagen Ø, Denmark

Tel.: +45 45 33 7000. Fax: +45 45 33 7001. E-mail: [contact@euro.who.int](mailto:contact@euro.who.int)

Web site: [www.euro.who.int](http://www.euro.who.int)

E

Original: English