

HEPA Europe
European network for the promotion of Health-Enhancing Physical Activity

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



At the 12th annual meeting in Belfast (October 2016), the following work programme was endorsed for the period October 2016 to October 2017. At the next annual meeting on 17 November in Zagreb, Croatia, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Networking and cooperation

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

2. Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe and HEPA Europe website (www.euro.who.int/hepaeurope)
Holding of the 13 th annual meeting and 8 th conference of HEPA Europe (15-17 November 2017, Zagreb, Croatia)
To support the WHO Regional Office for Europe in identification, integration and analysis of further documents in the European database on nutrition, obesity and physical activity (NOPA)

3. Projects, reports and products

Title and aim of the activity
Apply version 2 of the HEPA Policy Audit Tool (PAT) to audit national approaches to physical activity promotion and develop a dissemination tool
Foster exchange on physical activity and sports promotion in children and adolescents, translate the UK Chief Medical Officer's physical activity infographics for young people into different languages and further support the Physical Activity Report Card production & Global Matrix
Exchange and collaboration with other international bodies on active ageing
Foster integration of the topic of HEPA promotion in socially disadvantaged groups into other HEPA Europe working groups
Publication on approaches to physical activity promotion in health care settings across Europe and organization of a workshop on cross-cutting approaches in prevention in primary care
Strengthen the Sport Clubs for Health network with researchers and practitioners and implement Erasmus+-funded project
Webinars on the practices and tools of workplace HEPA promotion in European countries and updating of overview on policies and approaches across Europe
Initiate database of examples of good practice on environmental approaches to HEPA promotion
Further dissemination of updated version of the Health Economic Assessment Tools (HEAT) for cycling and for walking, development of scientific publications
Workshop on objective measurement of physical activity and sedentary behavior of all age-groups in Europe
Exploration of opportunities for further joint teaching courses on "Pragmatic Evaluation in Physical Activity"

4. Optimizing the network

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

5. Possible future activities

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