

**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](http://www.euro.who.int/hepaeurope).



At the 11<sup>th</sup> annual meeting in Istanbul (October 2015), the following work programme was endorsed for the period October 2015 to September 2016. At the next annual meeting on 30 September 2016 in Belfast, United Kingdom, 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 ( <a href="http://www.euro.who.int/hepaeurope">www.euro.who.int/hepaeurope</a> )
Holding of the 12 <sup>th</sup> annual meeting and 7 <sup>th</sup> conference of HEPA Europe (7-9 October 2015, Istanbul, Turkey)
To support WHO Regional Office for Europe in identification, integration and analysis of further documents in European database on nutrition, obesity and physical activity (NOPA)

### 3. Projects, reports and products

<b>Title and aim of the activity</b>
Further disseminate and apply version 2 of the HEPA Policy Audit Tool (PAT) to audit national approaches to physical activity promotion and start developing a dissemination tool
Foster exchange on physical activity and sports promotion in children and adolescents and further support Physical Activity Report Card production & Global Matrix on Physical Activity
Exchange and collaboration with other international bodies on active ageing
Analysis and publication of good practice collections and evaluation approaches on HEPA promotion in socially disadvantaged groups
Publication of country examples of exercise on prescription schemes as an approach to HEPA in primary care settings and finalize survey on physical activity in medical curriculums in Europe
Continue partner cooperation and communication on the Sport Clubs for Health Programme and implement Erasmus+–funded project
Finalize overview of tools, instruments and approaches to reduce sedentary behavior at the workplace
Establish scope and tasks for working group on environmental approaches to HEPA promotion
Continue dissemination of the Health Economic Assessment Tools (HEAT) for cycling and for walking and further refinement of methodology, develop scientific publications
Provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level
Joint teaching course on “Pragmatic Evaluation in Physical Activity”

### 4. Optimizing the network

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

### 5. Possible future activities

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