

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/hepa.



At the 4th annual meeting in Glasgow, United Kingdom, the following work programme was endorsed for the period September 2008 to September 2009. At the next annual meeting in October 2008 in Bologna, Italy, 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
Support and contributions to other conferences and events upon request
Cooperation and collaboration with other activities, projects, and networks to join forces with key partners and to benefit from synergies

2. Information dissemination

Title and aim of the activity
Maintenance, regular updating and further development of the HEPA Europe website (www.euro.who.int/hepa)
Holding of the 5 th annual HEPA Europe network meeting (2 October 2008, Bologna, Italy)
Dissemination of the advocacy booklet on physical activity and health with the key facts and figures for policy makers, develop further translations
Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries to facilitate information access for Member States and to develop a framework for process evaluation of physical activity promotion at the national level
Disseminate the collection of case studies of collaboration between the physical activity promotion and the transport sector, providing an overview of European experiences; include further examples

3. Projects, reports and products

Title and aim of the activity
Collection and analysis of examples of national approaches to physical activity promotion, including challenges to overcome and lessons learned with a focus on inter-ministerial and inter-sectoral approaches

3. Projects and products: continued

Title and aim of the activity
Launch and disseminate the report on "Economic valuation of transport-related health effects: review of methods and development of practical approaches, with a special focus on children"
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking and health economic assessment tool (HEAT) for cycling; start developing HEAT for walking
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents
Promote information sharing and the coordination on the promotion of HEPA through primary care practices
Establishment of working group on implementation of the Sport Clubs for Health framework
Finalization and publication of a general framework for physical activity promotion policy
Publication of a discussion paper on currently used recommendations for health-enhancing physical activity and the desirability to propose common European recommendations

3. Teaching and education

Title and aim of the activity
Further explore possibilities for the development of a European student exchange programme

4. Optimizing the network

Title and aim of the activity
Publication of an impact model for HEPA Europe of how the stated aims shall be achieved, and based on this model, development of the future work programmes
Development of a member and partner management strategy