

HEPA EUROPE

EUROPEAN NETWORK FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY

WORK PROGRAMME 2005 / 2006: SUMMARY

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched in May 2005 as a new international, collaborative initiative assisted by WHO/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.

At the first annual meeting of the Network in Gerlev, Denmark, in May 2005, a number of activities were outlined to be carried out by the Network in the following year. Additional activities were launched at the following Steering Committee meeting. This work programme covers the period of October 2005 to June 2006. At the next annual network meeting in 2006, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

1. Core activities of the network

Title and aim of the activity	In charge
Maintenance and regular updating of the HEPA Europe website	Secretariat
2 nd annual HEPA Europe network meeting 2006 (14-16 June 2006)	UKK Institute for Health Promotion, Finland, Secretariat and Steering Committee
Development of ideas for and organization of a scientific network conference (ideally in 2007)	Secretariat and Steering Committee
Exploration of possibilities for coordination and collaboration with other networks and activities	Secretariat and Steering Committee

2. Projects and products

Title and aim of the activity	In charge
Development of an advocacy booklet on the key facts and figures for policy makers	Ilkka Vuori, Finland
Inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries to develop a framework for process evaluation of physical activity promotion	Secretariat and Steering Committee
Collection of case studies of collaboration between the physical activity promotion and the transport or other sectors to develop an overview of European experiences on cooperation between these sectors	Oliver Thommen, University of Basel, Switzerland, Secretariat



2. Projects and products: continued

Title and aim of the activity	In charge
Development of a general framework for physical activity promotion policy	Secretariat
Development of guidelines for policy makers for the development of national HEPA promotion programmes	Ilkka Vuori, Finland
Development of a discussion paper on currently used recommendations for health-enhancing physical activity to serve as a basis to assess the scope and desirability to propose common European recommendations	Pekka Oja, Finland
Review on cost-benefit analyses methodology with regard to walking and cycling	Michael Sjöström, Sweden
Development of an overview of ongoing international and European activities and networks relevant to HEPA Europe, including a visual representation of the activities and the interconnections between them.	Members of the working group
Review of examples of national physical activity promotion networks, including challenges to overcome; inter-ministerial and -sectoral approaches; and the exploration of the need and possibility to create a "network of national networks".	Members of the working group

3. Optimizing the network

Title and aim of the activity	In charge
Impact model for HEPA Europe of how the stated aims of HEPA Europe shall be achieved, and based on this model, development of the work programme 2006 / 2007	Secretariat and Steering Committee
Development of a detailed financing concept to identify and secure the future funding	Steering Committee and Secretariat
Development of a communication strategy and a recruitment strategy for HEPA Europe	Secretariat and Steering Committee)
Development of a logo for HEPA Europe	Secretariat and Steering Committee