

# HEPA EUROPE

EUROPEAN NETWORK FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY

## 1<sup>ST</sup> MEETING HEPA EUROPE STEERING COMMITTEE

MAGGLINGEN, SWITZERLAND – 20-21 SEPTEMBER 2005

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### SUMMARY REPORT

#### Executive Summary

The meeting of the Steering Committee was convened to:

- review progress made since the first network meeting;
- finalize the work programme 2005/2006;
- discuss next steps to be taken in implementing the work programme; and
- decide on the next steps to be taken with regard to network funding.

The meeting was attended by six participants from European organizations and institutions located in Finland, France, Italy, the Netherlands, and Switzerland as well as three invited guests (see list of participants in Annex). It was chaired by Brian Martin, from the Swiss Federal Office of Sports, and assisted by the WHO European Centre for Environment and Health, Rome Office.

#### 1. HEPA Europe website and membership

The new HEPA Europe website went live in September 2005, including the documents to be filled in by applicants to join the network<sup>1</sup>. The launch was communicated through different channels, including a letter to the Ministries of Health of the European WHO region. Prof. Ilkka Vuori, Tampere, Finland and Docent Pekka Oja, Tampere, Finland accepted the invitation as individual members of HEPA Europe.

#### 2. HEPA Europe work programme 2005/2006: state of affairs and next steps

- The new HEPA Europe leaflet was finalized.
- A number of presentations on HEPA were already given at different meetings and conferences and the Secretariat will collect these presentations as well as develop a set of standard slides.
- Different possible sources of funding were presented and discussed, including a scheme for a voluntary membership fee. Regarding the next steps, it was decided:
  - to finalize and promote the voluntary membership fee;
  - to follow up the letter sent to the Ministries of Health;
  - to start the fund raising focussing on possible donors with a low risk of conflict of interest (e.g. ministries, health insurances, telecom sector) while contacts with donors with a high risk of conflict of interest (e.g. food industry) will not be explored proactively;
  - to explore funding opportunities through the European Commission further;
  - to develop the detailed financing concept for discussion at the next meeting.

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<sup>1</sup> [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

The Steering Committee also took note of additional expressions of interests for contributions.

- A framework for physical activity promotion policy will be developed for discussion at the next meeting.
- A guided brainstorming session will also be held at the next meeting to define an impact model for HEPA Europe and the related practical steps to be carried out in order to reach the stated aims and objectives of the network.
- A draft questionnaire for the inventory of existing approaches, policy documents and targets related to physical activity promotion will be developed in collaboration with a related project carried out under the auspices of WHO headquarters.
- The draft outline of the advocacy booklet was discussed and the contents will be developed further incorporating the input.
- A scientific network conference is envisaged for 2007.
- The progress made in the working groups and projects were discussed:
  - Case study collection on collaboration between the physical activity promotion and the transport sector: The first round of collection yielded 38 possible candidates and a number of studies to be explored further. A reminder email for a second round of collection will be sent out in October.
  - Overview of activities and networks relevant to HEPA Europe: a draft work plan for the work group was discussed and the next steps of work were defined. The detailed timing of the launch will be developed in coordination with the Secretariat.
  - Review of national networks and inter-ministerial / - sectoral collaboration: a draft work plan for the work group was discussed. A candidate to chair the work group was identified who will be invited to define the next steps in coordination with the Secretariat.
- It was decided that three additional activities shall be added to the work programme:
  - The development of “Guidelines for the development of HEPA promotion programs”
  - The development of a discussion paper on currently used recommendations for physical activity
  - A project on a review of methodological issues in economic valuations of walking and cycling carried out in close collaboration with the UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP)
- The finalized version of the work programme 2005/2006 will be distributed for final comments and endorsement by email.

### **3. 2<sup>nd</sup> network meeting in Tampere, 14-16 June 2006**

Various organizational questions were clarified and a number of topics were proposed for the meeting.

### **4. Update on recent activities of the European Commission**

The content and outcomes of the 2nd Scientific Workshop of the Working Party 'Lifestyle and Other Health Determinants' within the Public Health Programme of the European Commission were presented.

A document called “Green Paper” is currently under preparation on “Promoting healthy diets and physical activity: Towards the European strategy for the prevention of obesity and chronic diseases”. HEPA Europe is invited to provide contributions to this document.

### **5. Next meeting of the Steering Committee**

The next meeting will be a full-day event taking place on Friday 24 February 2006 at the WHO office in Rome.

# ANNEX

## LIST OF PARTICIPANTS

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- Brian MARTIN, Swiss Federal Office of Sports (BASPO), Switzerland
- Mari MIETTINEN, Ministry of Social Affairs and Health, Finland
- Pekka OJA, Retired - UKK Institute for Health Promotion Research, Finland
- Jean-Michel OPPERT, University Paris VI, France
- Francesca RACIOPPI, WHO European Centre for Environment and Health, Italy
- Mireille VAN POPPEL, VU University Medical Center, The Netherlands

WHO European Centre for Environment and Health, Italy:

- Sonja KAHLMEIER
- Manuela GALLITTO

### Guests

- Ilkka VUORI, Finland
- Neville OWEN, International physical activity and the environment (IPEN) network - University of Queensland, Australia
- Thomas SCHMID, Centers of Disease Control and Prevention, United States