



EUROPE

# WORK PROGRAMME 2007 / 2008: SUMMARY

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 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. For more information see [www.euro.who.int/hepa](http://www.euro.who.int/hepa).



At the 3rd annual meeting in Graz, Austria, the following work programme was endorsed for the period July 2006 to September 2008. At the next annual meeting in September 2008 in Glasgow, Scotland, United Kingdom, 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
Maintenance, regular updating and further development of the HEPA Europe website ( <a href="http://www.euro.who.int/hepa">www.euro.who.int/hepa</a> )
Holding of the 4 <sup>th</sup> annual HEPA Europe network meeting (8-10 September 2008 Glasgow, Scotland, United Kingdom)
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. Projects and products

Title and aim of the activity
Dissemination of the advocacy booklet on physical activity and health with the key facts and figures for policy makers
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
Review of examples of national approaches and networks for physical activity promotion, including challenges to overcome; inter-ministerial and -sectoral approaches; and the exploration of the need and possibility to create a "network of national networks".
Disseminate the collection of case studies of collaboration between the physical activity promotion and the transport sector, providing an overview of European experiences
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

## 2. Projects and products: continued

<b>Title and aim of the activity</b>
Finalize the review on cost-benefit analyses (CBA) methodology with regard to walking and cycling and guidance towards a harmonized methodology as well as the illustrative practical tool for CBA
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents
Launch of an exchange of experiences in physical activity and sports promotion in children
Development of a European Region course on physical activity and public health
Development of review and guidance on economic valuation of transport-related health effects, with a special focus on children
Promote information sharing and the coordination on the promotion of HEPA through primary care practices

## 3. Optimizing the network

<b>Title and aim of the activity</b>
Finalization and 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
Implementation and updating of the financing concept to identify funding sources and secure the future funding
Development of a communication strategy and a recruitment strategy for HEPA Europe