

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](http://www.euro.who.int/hepa).



At the 6<sup>th</sup> annual meeting in Olomouc, Czech Republic (November 2010), the following work programme was endorsed for the period December 2010 to October 2011. At the next annual meeting in October 2011 in Amsterdam, the Netherlands, 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
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 7 <sup>th</sup> annual meeting HEPA Europe (13 October 2011), back-to-back with the 3 <sup>rd</sup> HEPA Europe conference (10-11 October 2011) (Amsterdam, the Netherlands)
Dissemination of products and publications of HEPA Europe, including realization of translations
Continue to support WHO Regional Office for Europe in maintaining the database on nutrition, obesity and physical activity (NOPA) of existing approaches, policy documents and surveillance data related to physical activity promotion in different countries to facilitate information access for Member States

### 3. Projects, reports and products

<b>Title and aim of the activity</b>
Collection and analysis of examples and development of case studies of national approaches to physical activity promotion, including challenges to overcome and lessons learned with a focus on inter-ministerial and inter-sectoral approaches
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking and Health Economic Assessment Tool (HEAT) for cycling; finalization and launch of HEAT for walking
Develop key-points from previous experience and 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 in primary care settings and design a country survey
Finalize framework and disseminate and implement the Sport Clubs for Health Programme
Literature review and case study analysis on HEPA promotion in socially disadvantaged groups and continue exchange
Finalization of recommendations on monitoring and surveillance of physical activity in adults and development of draft recommendations for young people
Continue exchange and develop overviews on occupational HEPA promotion in Europe
Start exchange on HEPA promotion and injury prevention

### 3. Teaching and education

<b>Title and aim of the activity</b>
Development of options for a school/teaching course on physical activity and public health

### 4. Optimizing the network

<b>Title and aim of the activity</b>
Implement partner management strategy and continuation of development of a communication concept, including an online survey for input and feedback from members and non-members