



EUROPE

WORK PROGRAMME 2006 / 2007: 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.



At the 2nd annual meeting in Tampere, Finland, the following work programme was endorsed for the period July 2006 to June 2007. At the next annual meeting in May 2007, 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 and regular updating of the HEPA Europe website (www.euro.who.int/hepa)
Holding of the 3 rd annual HEPA Europe network meeting (16-18 May 2007, Graz, Austria)
Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)
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
Finalization of an 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".
Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors to develop an overview of European experiences
Development of a general framework for physical activity promotion policy
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



2. Projects and products: continued

Title and aim of the activity
Review on cost-benefit analyses methodology with regard to walking and cycling and organization of an international workshop
Finalization 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
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

3. Optimizing the network

Title and aim of the activity
Development 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