

## 1 Background



At the 1<sup>st</sup> annual meeting of HEPA Europe in Gerlev, Denmark, in May 2005, a number of activities were outlined to be carried out in the following year<sup>1</sup>. Subsequently, a work programme covering the period October 2005 - June 2006 was developed<sup>2</sup>. The current state of affairs of these activities is summarized in this document.

## 2 Foreword by the chairman

*Only one year ago the new HEPA Europe, the European network for the promotion of health-enhancing physical activity, has been founded. This report gives an overview of all the activities carried out within the objectives of the Network:*

- *to contribute to the development and implementation of policies and strategies for health-enhancing physical activity,*
- *to develop, support, and disseminate effective strategies, programmes, approaches and other examples of good practice, and*
- *to support and facilitate multisectoral approaches.*

*The list of activities is impressive, and the fact that so many of the steps planned in the work programme 2005/2006 have been implemented is due to the extraordinary effort of the members of HEPA Europe, to the excellent support of WHO/Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations.*

*The interest in evidence-based physical activity promotion has grown considerably and is still on the rise. Meeting the demands for expert support in this field is more of a challenge than ever and HEPA Europe will continue to contribute to this task. We count on the support of our members for doing so.*

*Brian Martin, Chairman of the Steering Committee, June 2006*

<sup>1</sup> For more details see: *1<sup>st</sup> meeting of the Network, Gerlev, Denmark, 26 – 27 May 2005. Meeting Report.* HEPA Europe – The European network for the promotion of health-enhancing physical activity, available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

<sup>2</sup> *Work programme 2005/ 2006.* HEPA Europe – The European network for the promotion of health-enhancing physical activity. WHO Regional Office for Europe, 14 November 2005. Summary available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

### 3 Overview of activities

#### 3.1 Core activities of the network

Activity	State of affairs
Maintenance and regular updating of HEPA Europe website, development of a "materials" section	Mostly implemented, ongoing
2 <sup>nd</sup> annual HEPA Europe network meeting 2006	Implemented as planned, concluded
Development of ideas for and organization of a Network Conference (ideally in 2007)	Implementation delayed, ongoing
Exploration of possibilities for coordination and collaboration with other networks and activities	Implementation as planned, ongoing

#### 3.2 Projects and products

Activity	State of affairs
Development of an advocacy booklet for policy makers	Implementation delayed, ongoing
Development of an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries	Implementation as planned, ongoing
Collection of case studies of collaboration between the physical activity promotion and the transport sector	Implementation delayed, ongoing
Development of a framework for physical activity promotion policy	Implementation as planned, ongoing
Development of "guidelines for the development of national HEPA promotion programs"	Implementation as planned, concluded for the time being
Development of a discussion paper on currently used recommendations for physical activity	Implementation as planned, ongoing
Review on cost-benefit analyses methodology with regard to walking and cycling	Implementation delayed, ongoing
Overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, ongoing
Review of examples of national physical activity promotion networks	Implementation delayed, ongoing

#### 3.3 Activities aimed at optimizing the network

Activity	State of affairs
Development of an impact model for HEPA Europe and of the work programme 2006 / 2007	Implementation delayed, ongoing
Development of a detailed financing concept	Implementation as planned, ongoing
Development of a communication strategy and a recruitment strategy	Not yet started
Development a design element for HEPA Europe	Implementation as planned, concluded

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### 3.4 Possible activities to be launched later

<b>Activity</b>	<b>State of affairs</b>
Review of examples of collaboration and developments with the food industry	Not yet started, discontinued for the time being
Education and training tool on physical activity and the built environment	Not yet started, concluded for the time being

### 3.5 Publications and presentations

<b>Activity</b>	<b>State of affairs</b>
Publications (5 reports/advocacy material, 3 external publications produced)	Continuous activity
Presentations (9 presentations on HEPA Europe or mentioning it given in 2005, 9 given until June 2006)	Continuous activity