



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

**Ninth annual meeting
of HEPA Europe
European network
for the promotion
of health-enhancing
physical activity**

**Report of a WHO meeting
23–24 October 2013
Helsinki, Finland**



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 **UKK Institute**



KKI

ABSTRACT

The 9th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Fit for Life Program (KKI) and the UKK Institute for Health Promotion Research in Helsinki, Finland. It was attended by 72 participants from 22 European Member States as well as representatives from Canada and from the World Health Organization. The event included parallel sessions of seven HEPA Europe working groups on 23 October 2013. At the annual meeting on 24 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2012/2013 and the work programme 2013/2014 as well as future options for funding. In addition, 12 new membership applications were confirmed and the outcome of the online elections of the Steering Committee was announced, namely the election of all candidates as well as Mr Tommi Vasankari, UKK Institute for Health Promotion Research as new chairperson. A new conceptual draft leaflet as first output of the communication strategy of the network was also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed.

The 4th HEPA Europe conference took place back-to-back with the annual meeting on 22-23 October 2013. Organized by the Fit for Life Program (KKI) and the UKK Institute for Health Promotion Research and co-sponsored by WHO Regional Office for Europe, the conference was attended by 228 participants. It included 74 poster presentations and 11 parallel sessions as well as 6 key note lectures.

Keywords

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1 Introduction and overview

The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched at the 1st annual meeting in May 2005 in Gerlev, Denmark. Subsequent annual meetings took place in Tampere, Finland, (2006), Graz, Austria (2007), Glasgow, United Kingdom (back to back with the 1st HEPA Europe conference in 2008), Bologna, Italy (including the 1st HEPA Europe Symposium in 2009), Olomouc, Czech Republic (back to back with the 2nd HEPA Europe conference in 2010), Amsterdam, the Netherlands (back to back with the 3rd HEPA Europe conference in 2011) and Cardiff, United Kingdom (including the 2nd HEPA Europe Symposium in 2012).

The 9th annual meeting of HEPA Europe took place on 23-24 October 2013. The meeting was structured into different sections (see Annex 2 for the detailed programme):

- parallel sessions of seven HEPA Europe working groups;
- plenary presentation of the activity report and of the new work programme;
- new applications for membership (see Annex 3 for the list of members) and results of the election of the Steering Committee;
- endorsement of the new work programme.

The main aims of the meeting were to:

1. strengthen networking and exchange on physical activity promotion, in line with WHO's Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, the EU Pierre de Coubertin Action Plan of the White Paper on Sport and the proposal for a Council Recommendation on HEPA;
2. review and discuss progress made in HEPA Europe's eight year of activity, in particular in implementing the work programme as well with regard to contributions and funding;
3. discuss and adopt key documents for next year's work, including:
 - Activity report 2012/2013 (see Annex 4);
 - Work programme 2013/2014 (see Annex 5).

The annual meeting was attended by 72 participants from member and non-member institutions and organizations located in the following 22 European countries: Austria, Belgium, Croatia, Czech Republic, Denmark, Finland, France, Georgia, Germany, Hungary, Ireland, Italy, Netherlands, Norway, Poland, Portugal, Russian Federation, Slovenia, Spain, Switzerland, Turkey and the United Kingdom (see Annex 6 for list of participants) as well as a representative from Canada and from the World Health Organization. The meeting was chaired by Mr Willem van Mechelen, Free University Medical Centre, Amsterdam, the Netherlands, outgoing chairman of HEPA Europe, and Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland, incoming chairman of HEPA Europe. On 22-23 October 2013, the 4th HEPA Europe conference took place.

1.1 Acknowledgements

The 9th annual meeting of HEPA Europe was kindly hosted by the LIKES Foundation for Sport and Health Sciences and the UKK Institute for Health Promotion Research in Helsinki, Finland. The 4th HEPA Europe Conference was organized by Finland's Fit for Life Program (KKI) and the UKK Institute for Health Promotion Research, co-sponsored by the WHO Regional Office for Europe and financially supported by the Ministry of Education and Culture, the Ministry of Social Affairs and Health Finland's Slot Machine Association (RAY) and the Federation of Finnish Learned Societies.

2 4th HEPA Europe conference

Back to back with the 9th annual meeting, the 4th HEPA Europe conference took place on 22-23 October 2013¹. The meeting featured keynote lectures on state of the art scientific developments and also included an overview of the most recent policy developments in the area of physical activity promotion at the national and European level. The list of keynote presentations included the following:

- The promise of objective assessment of physical activity in populations by Richard Troiano, Public Health Services, National Cancer Institute, United States of America;
- Finland's "On the move – national strategy for physical activity promoting health and wellbeing 2020" by Riitta Kaivosoja, Director General of the Ministry of Education and Culture, Finland;
- WHO activities on physical activity promotion and noncommunicable diseases (NCDs) prevention, by João Breda, Programme Manager, Nutrition, Physical Activity and Obesity, WHO Regional Office for Europe;
- Health risks associated with sedentary behavior by Peter Katzmarzyk (Pennington Biomedical Research Center, Louisiana, United States of America);
- How to combine physical activity promotion and sports injury prevention? by Toomas Timpka, University of Linköping, Sweden;
- European Commission activities on HEPA promotion, by Yves Le Lostecque, Head of Sport Unit, DG Education and Culture of the European Commission.

The event was attended by 228 participants from 27 countries of the European region as well as from Canada, Nigeria, the United States of America and from the World Health Organization and the European Commission.

The meeting also included 74 poster presentations and 11 parallel sessions on the following topics:

- Physical activity and sedentary time in youth
- HEPA promotion in older adults
- Promoting walking and cycling
- Effective experiences in HEPA promotion in youth
- Physically active environment
- Measuring different models of physical activity and sedentary time

¹ <http://www.hepaeurope2013.fi/>

- HEPA promotion in pregnancy and early childhood
- Life-course approach to HEPA promotion
- Counteracting sedentary time – is it possible?
- Safety in sport and HEPA promotion
- Sports Clubs for Health

The organizers offered excellent hosting to the delegates with a City Reception at City Hall, where they were greeted by Deputy Mayor Ritva Viljanen, and the traditional conference dinner at the Fortress Suomenlinna. Many participants took advantage of the opportunity offered by the organizers to integrate physical activity in the context of the event by participating in a range of outdoor demonstration activities organized and supported by volunteers.

3 Parallel sessions of HEPA Europe working groups and side events

On 23 October, seven of HEPA Europe's working groups (see also work programme, Annex 5) held parallel sessions to discuss progress and next steps in advance of the plenary annual meeting on the next day. One working group met on 21 October. Brief summaries are provided below. In addition, three working groups held preparatory work meetings either before or during the main event.

3.1 National approaches to HEPA promotion

The parallel session on national approaches to HEPA promotion was chaired by Ms Sonja Kahlmeier, University of Zurich, Switzerland. The session started with an introduction of the work done over the last year on the project on "National HEPA policies: case studies from Europe". A policy audit tool (PAT) had been developed and completed for 7 countries (Italy, Finland, the Netherlands, Norway, Portugal, Slovenia, Switzerland). Experiences with applying HEPA PAT and recommendations to future users were presented by two of the involved country leads, namely Mr Jorge Mota, University of Porto, Faculty of Sport, Portugal and Mr. Olov Belander, Norwegian Directorate of Health.

Last year's activities focused on finalizing the cross-country analysis and the technical report on the project. Ms Kahlmeier summarized the key results from the analysis. Furthermore, a scientific publication on the development of the PAT had been accepted for publication, and a publication on the cross-country analysis has been submitted.

Finally, proposed steps for next year's work programme were discussed. These included the finalization of the scientific publication, updating the PAT based on the experiences from the cross-country analysis, and assessment of the feasibility of additional outputs of the project.

3.2 Physical activity and sports promotion in children and adolescents

This session was chaired by Ms Catherine Woods, Dublin City University, Ireland. The session began with a summary of work completed over the 2012-2013 period and a synopsis

of results of the online group survey carried out in July 2013 on interests and needs of members. The most frequent request was for sharing examples of evidence-based interventions to promote physical activity in youth. Subsequently, five short presentations on country specific interventions were given on Finland, Belgium, Ireland, the Netherlands and the United Kingdom. The main working group tasks for 2013-2014 were then discussed and agreed. These include an update of the member database of members, to improve communication between group members by a quarterly bulletin and a bi-annual teleconference, compiling an overview of expertise is available within the group and possibly a working group meeting on specific areas of interest. Continuing exchange with other networks was also discussed, in particular the RICHE network² (Research Inventory for Child Health in Europe,) and the Schools for Health in Europe network³.

3.3 HEPA promotion in socially disadvantaged groups

This session was facilitated by the working group leader, Ms Niamh Murphy, Waterford Institute of Technology, Ireland. First, the outputs from the joint WHO/DG Sanco project on “Promoting networking and action on healthy and equitable environments for physical activity (PHAN)” and other EU projects relating to principles for promoting PA in socially disadvantaged groups were discussed, and the identified gaps were summarised.

The meeting was focused on how to best utilize the expertise within the group to address the next steps identified in the various EU reports. It was agreed that for the forthcoming period, the working group would have a focus on evaluation. The group also discussed the need to develop specific products, such as an evaluation toolkit to provide support to programme providers. Another topic of discussion was how to involve those who are socially disadvantaged in the design of interventions and to develop self-management skills in these participants. Upcoming funding opportunities were also discussed.

It was agreed an updated membership list will be disseminated and all members will be invited to continue their active involvement. Finally, the possibility to define a new title for the working group was discussed, based on more positive terms such as “inclusion”.

3.4 Active ageing

This session was facilitated by the working group lead Mr Bob Laventure British Heart Foundation National Centre, Loughborough University, United Kingdom, and assisted by Ms Liesbeth Preller, National Institute for Sport and Physical Activity (NISB), the Netherlands. It included the following 3 presentations:

- Physical activity in nursing homes and underlying national developments, by Ms Liesbeth Preller, NISB, the Netherlands;
- European sports projects – case studies, by Ms Rekka Veress, Ministry for Sport, Hungary;
- WHO perspectives on Active Ageing by Ms. Francesca Racioppi, WHO Regional Office for Europe.

² www.childhealthresearch.eu

³ www.schoolsforhealth.eu

The agenda continued with an overview of what had been done over the last year, followed by a presentation of the planned work programme for 2013 – 2014. In a next step, the work plan 2012-2013 and the future of the working group Active Ageing were discussed. The relationship with other European organizations interested in physical activity and sports for seniors and older people was a substantial part of the lively discussion.

Participants shared the opinion that not just more and better research was needed but better translation from “the lessons learned” into local practice. International knowledge has to be collected and disseminated through networks like EUNAAPA, EGREPA, PROFANE and others, and in particular overlaps should be avoided. Furthermore, the EU Physical Activity Guidelines and the “Principles on the contribution of Physical Activity to Active Aging” published in September 2012 will be at the focus of the work plan of the Working Group Active Ageing.

3.5 Workplace HEPA promotion

This working group session was lead by Ms Ingrid Hendriksen Netherlands Organisation for Applied Scientific Research (TNO) and Mr Hans Arends (NISB). The purpose of the session was to discuss the ideas on cooperation on the identified focus theme of the working group, namely “sedentary behaviour in the workplace. A questionnaire had been sent to the working group to collection information on current activities regarding sedentary behaviour in each country. Responses received from several working group members representing 4 European countries were presented (Denmark, Finland, Netherlands and United Kingdom). Ideas for possible next steps for the working group were also discussed.

Sedentary behaviour in the workplace seems to be an important topic in the future. All attendees expressed the wish to be involved in further initiatives and to make a contribution. Items for next year’s work programme including the installation of a LinkedIn group, updating the overview of developments on sedentary behaviour and the collection of tools, instruments and approaches.

3.6 HEPA promotion in health care settings

The meeting was chaired by Mr Malcolm Ward from Public Health Wales, taking over from Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Tampere, Finland. Ms Eszter Füzéki, Goethe University Frankfurt, Germany, will share the leadership of the working group with Mr Malcolm Ward.

The meeting started with a presentation by Mr. Jürgen Steinacker, Exercise is Medicine, who presented the initiative and its main goals. Mr Ward explained that as agreed in last year’s meeting in Cardiff, the working group has prepared and was conducting a survey on physical activity in medical curricula in Europe. He presented available data and called on participants to further disseminate the survey in their countries using their networks. Participants also discussed the issue whether a similar survey with health professionals other than physicians should be conducted. Participants agreed that because of the large heterogeneity of these professions and their roles in the respective national health care systems, for the time being such a survey should not be carried out. The participants also agreed that the working group will aim at collecting country examples of exercise on prescription schemes using a template to be developed.

3.7 Sport Clubs for Health

This session was chaired by Mr Jorma Savola, Finnish Central Sport Federation. The main interests of the meeting were in the health benefits of different sport disciplines. While physical activity and sports provide clear health and wellbeing benefits these are not well recognized by people practicing sport and physical activity in general, and in the sports clubs in particular. The settings approach as the basic context of the sports clubs were studied in the general and from the sports discipline point of view, which was illustrated with the example of swimming.

The following four topics were presented at the working group session:

- Health benefits of sport disciplines: a systematic review of observational and intervention studies by Mr. Pekka Oja, Finland;
- Settings approach and health profile as instruments in promoting Sport Clubs for Health (SCforH) proceedings and ideology by Mr Sami Kokko, Research Center for Health Promotion, University of Jyväskylä, Finland;
- Health profile of the Aquatics by Ms Eerika Laalo-Häikiö, Finnish Swimming Association;
- Health Enhancing Sport Exercise (HESE) network of International Sport and Culture Association (ISCA) by Mr Herbert Hartmann, ISCA.

In addition, the next step for the work programme plan 2013-2014 and the future of the working group were discussed.

3.8 HEPA promotion and injury prevention

The meeting was chaired by Ms Eva Martin-Diener, Institute of Social and Preventive Medicine, University of Zurich, Switzerland. After a short introduction of all participants, Ms Martin-Diener briefly presented the aims of the working group, the tasks taken at hand and the work programme of the past year. In this year's conference program a session on the working group's topic had been included for the first time in a HEPA Europe meeting. The fact of having a plenary session and a parallel session was much appreciated by the participants of the working group meeting, and also by the representatives of the European Commission.

It would clearly be appreciated to have one or two parallel sessions again at the next HEPA Europe Conference in Zurich 2014. The group suggested to include, for example, injury prevention in different domains (sport clubs, leisure time and physical education), overuse injuries as a topic that has not sufficiently covered so far, or the use of intervention mapping in the design of programmes. Particularly in fall prevention, the role of active versus passive injury prevention methods could be discussed. The group then discussed potential speakers to be invited as well as potential funding partners.

With respect to the work program 2013/14, the group decided to focus on setting up one or two parallel sessions at the HEPA Europe conference in Zurich and to support two ongoing COST proposals.

4 Report of the 9th annual meeting

4.1 Introduction

The meeting was opened by Mr van Mechelen, the outgoing chairman of HEPA Europe. For this year's meeting, 72 participants from member as well as non-member institutions from 22 European countries were registered as well as a representative from Canada and from the World Health Organization (see Annex 6 for list of participants). Comparing with previous meetings, the number of participants has been increasing until 2010 with a particularly strong increase in 2009, since then a certain stabilization around the levels of 2007 and 2008 can be observed. Fluctuations could be explained by the duration of the more scientific part of the meeting with conferences tending to attract more participants than shorter symposia, as well as differences in administrative arrangements and registration of participants.

4.2 Membership applications and overview of membership

The Steering Committee had discussed and preliminarily accepted applications⁴ from 14 institutions and organizations received from October 2012 to September 2013. These temporary members and observers were proposed to the network for confirmation.

All applications were confirmed and the twelve following institutions and organizations were welcomed to HEPA Europe as members (in alphabetic order):

- Active Living Association, Istanbul, Turkey
- Association for children and youth sport, Ljubljana, Slovenia
- Association for "Sport For All", Zagreb, Croatia
- Centre of Sport Activities, Brno University of Technology, Czech Republic
- Centre for Outdoor Activity and Leisure research (COAL), Cardiff, Wales
- Cork Institute of Technology, Dublin
- Department of Health Sciences, University of Huddersfield, , United Kingdom
- Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
- Faculty of Physical Education, University of Rzeszow, Poland
- Institute of Sports and Sports Science, Karlsruhe Institute of Technology (KIT), Germany
- National University of Physical Education and Sport, Kiev, Ukraine
- Physical Activity for Health Research Centre, University of Edinburgh, United Kingdom

The following two institutions were welcomed as observers:

- The European Health & Fitness Association (EHFA), Brussels, Belgium
- European Cyclist Federation (ECF), Brussels, Belgium

⁴ More information on the application procedure can be found at www.euro.who.int/en/what-we-do/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-membership-and-meetings/join-the-network

In addition, over the last year the HEPA Europe secretariat updated the member database and in particular followed up a number of member institutions without a contact person. The following institutions resigned their membership:

- Finnish Centre for Health Promotion
- Finnish Sport for All Association
- London Regional Public Health Group, United Kingdom
- National Obesity Observatory England, United Kingdom
- Sports Department of the Styrian Government, Austria
- Teenactive Research Group, Heriot Watt University, United Kingdom
- Young Finland Association
- Walkers' Coach, London, United Kingdom

The network now counts 126 national and 2 international member institutions and 3 honorary members from 32 European countries, as well as 4 observers (see Table 1 and Annex 3 for full list).

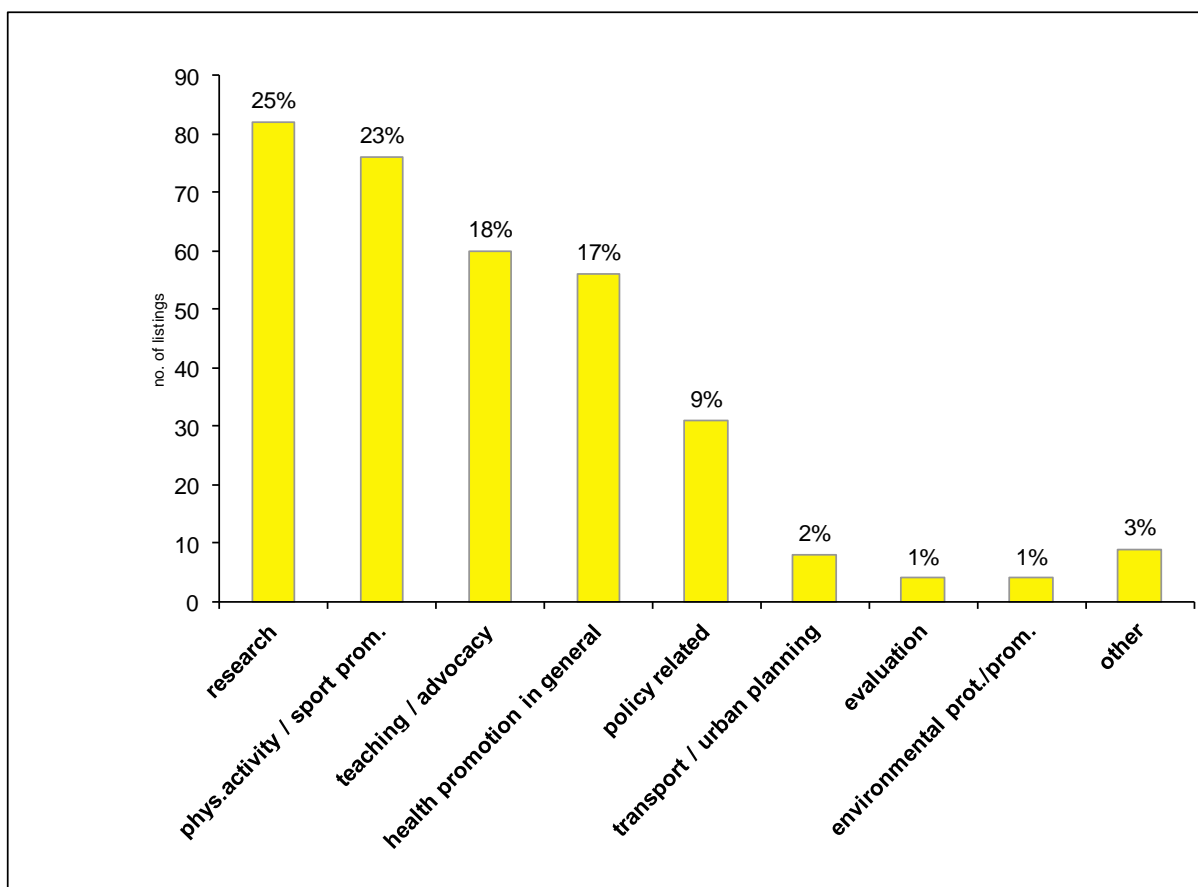
Table 1: Overview of number of HEPA Europe member institutions by country

Country	No.	Country	No.
Austria	3	Israel	2
Belgium	1	Italy	9
Bosnia and Herzegovina	1	Lithuania	2
Bulgaria	1	Norway	2
Croatia	3	Poland	2
Cyprus	1	Portugal	1
Czech Republic	3	Russian Federation	1
Denmark	3	Slovenia	5
Finland	6	Spain	7
France	3	Sweden	5
Georgia	1	Switzerland	6
Germany	10	The former Yugoslav Republic of Macedonia	1
Greece	3	The Netherlands	6
Hungary	2	Turkey	2
Iceland	2	Ukraine	2
Ireland	6	United Kingdom	24
		International institutions	2

Plus 3 individual honorary members and 4 observers

As shown in Figure 1, the main type of activity most often reported by members was research and physical activity or sport promotion, followed by teaching or advocacy, general health promotion and, with some distance, policy related activities. Also present but less frequently quoted were transport or urban planning activities, evaluation and environmental protection or promotion. The spread of main activities among the members has remained fairly stable over the last years.

Fig. 1: Main type of activity reported by member institutions and organizations (up to 5 activities per member, N=330), number and percent of listings



4.3 Results of the Steering Committee elections

The outgoing chairman of HEPA Europe also introduced the outgoing, standing, and new members of the Steering Committee. Firstly, Mr Van Mechelen expressed the great gratitude of the network to Mr Eddy Engelsman, NISB, the Netherlands, and Mr Alberto Arlotti, Public Health Service Emilia Romagna Region, Italy, both outgoing members of the Steering Committee, for their many years of service and great dedication and support. They will continue their involvement as honorary member (Mr. Engelsman, now retired) and member of the network (Mr. Arlotti), respectively.

Mr Van Mechelen also introduced the following two new candidacies for the Steering Committee, namely Ms Marie H Murphy, Chair of Exercise & Health, University of Ulster, United Kingdom. Her candidacy was supported by the standing members of the Steering Committee.

The following standing members were proposed for re-election:

- Andrea Backović Juričan, National Institute of Public Health, Slovenia
- Winfried Banzer, Olympics Sports Confederation, Germany
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Charlie Foster, BHF Health Promotion Research Group, Oxford, United Kingdom
- Narcis Gusi, Faculty of Sport Sciences, University of Extremadura, Spain
- Sonja Kahlmeier, University of Zurich, Switzerland
- Marteen Koornneef, Ministry of Health, Welfare and Sport, Netherlands
- Nanette Mutrie, University of Edinburgh, United Kingdom
- Niamh Murphy, Waterford Institute of Technology, Ireland
- Francesca Racioppi, WHO Regional Office for Europe
- Anne Vuillemin, Faculty of Sport, Lorraine University, France

Finally, Mr Van Mechelen introduced Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Tampere, Finland; standing member of the committee and candidate for chair. Mr Van Mechelen would step down from his position after two consecutive 2-year periods as chair as foreseen in the Terms of Reference.

Elections were again held through an online voting open to all members. Those 117 member institutions where current contact information was available received an email with instructions and an individual participation. Participation was anonymous and each institution would only vote once. Members had 7 days to cast their vote and they received two reminders. Sixty-nine institutions participated in the voting to elect members of the Steering Committee, which is a 59% participation rate and thus very similar to participation in the previous two years with online voting.

Participants could choose between a group election of all candidates or voting individually for each candidate. 70% chose the group voting, 26% the individual voting and 4% abstained from voting on members. All candidates for the Steering Committee were elected with a clear majority of votes cast (between 84% and 91% of votes). Mr Vasankari was elected as chair with 94% of votes. Members and the Steering Committee then proceeded to express their sincere gratitude to Mr Van Mechelen for his dedicated service and leadership for the network. Fiona Bull, Global Advocacy for Physical Activity (GAPA) – Advocacy Council of the International Society of Physical Activity and Health (ISPAH) will continue to serve as observer on the Committee.

The chairman also reminded the members to inform the Steering Committee on expressions of interest to stand for elections at least two weeks before the last meeting of the Steering committee before the annual meeting, according to the Terms of Reference of the Steering Committee⁵. For 2013, this would be end of April, as the last meeting of the Committee will take place on 15 May 2014.

Owing to time constraints, the meeting could not discuss proposed amendments to the terms of reference of the Steering Committee, and decided to discuss this item at its 10th Annual Meeting in 2014.

⁵ These Terms of Reference can be found at www.euro.who.int/hepa.

4.4 Communication strategy for HEPA Europe

Ms Francesca Racioppi presented the current state of affairs on the development of the communication strategy for HEPA Europe. She explained that the objective of the strategy is to align communication activities with the implementation strategy based on the impact model for HEPA Europe⁶; to clarify target audiences and to increase communication effectiveness through a clearer understanding of the contextual environment in which HEPA Europe operates. This year's activities focused on the definition of the key communication messages and strategies. As main result, a conceptual draft for an updated HEPA Europe leaflet was presented, including a new proposed slogan, an updated key facts section, a clearer positioning of the network and specifically defined advantages to become a member. In addition, the updated website and a new twitter-account were also highlighted as key communication tools.

The continued systematic work on the development of the strategy was appreciated by the members. The draft leaflet was welcome and further inputs were made for its finalization, such as to also mention the annual meetings and to add the new twitter hash tag #hepaeurope. Several offers to translate the leaflet into other languages were thankfully noted.

Finally, Ms Racioppi highlighted the next steps for 2012-2013 with regard to the definition of strategies, tactics, timing and spokespersons.

4.5 Activity report 2011/2012: overview

The activity report of the ninth year of activity of HEPA Europe from October 2012 to September 2013 was presented and discussed by Mr Vasankari and the working group leaders (see also Annex 4)⁷. In table 2 below, an overview of the state of affairs of the different activities is provided.

It was concluded that despite a slight decrease in the number of implemented activities, many activities were implemented as planned but not all of the ambitious aims could be accomplished.

It was also noted that many projects continued to function more independently of the secretariat and Steering Committee; a most welcome development in view of their limited capacities. At the same time, present working group leaders confirmed the importance of a maintaining a regular exchange between the working groups and the Steering Committee. It was proposed to introduce 1-2 phone conferences among working group leaders throughout the year to facilitate exchange and cross-fertilization. Mr Vasankari also introduced an overview of funding options for the network, which had been prepared by the Steering Committee over the last year. Options included voluntary donations of ministries and others as the main source of funding to date, membership fees, European Commission grants, foundations and the private industry. It was concluded that the disadvantages of a membership fee would most likely outweigh the advantages and thus would not be pursued for the time being. All other options will be continued or further explored, also in line with the rules and regulations of the WHO. Mr Vasankari also reminded member institutions that the network

⁶ Impact model of HEPA Europe. In: 4th annual meeting of HEPA Europe. Report of a WHO meeting, 10 September 2008. Glasgow, United Kingdom, page 54-74
(http://www.euro.who.int/data/assets/pdf_file/0007/102202/E92530.pdf).

⁷ A summary of the activity report is also available at www.euro.who.int/hepa.

depended on a strong sense of ownership and he invited the members to make use of possibilities to include HEPA Europe-related activities into submitted funding proposals, as successfully done by some working groups in the previous year, and to support the network with innovative ideas for fund raising and the establishment of co-operations.

The achievements have been made due to excellent support both by the members of HEPA Europe and of WHO Regional for Office for Europe and to the productive cooperation that has been established with many partner organizations. The continuous additional support provided also over the last year by the University of Zurich, Physical Activity and Health Unit, Switzerland, was also thankfully acknowledged.

Table 2: Overview of the state of affairs of activities 2012/2013

Networking and cooperation	State of affairs
Coordination and cooperation with other activities, projects, and networks	Partly implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing
Information dissemination	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 9 th annual network meeting (24 October) and 4 th conference (22-23 October) of HEPA Europe; Helsinki, Finland	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Partly implemented as planned
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented as planned
Projects, reports and products	State of affairs
Working group on national approaches to physical activity promotion	Mostly implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Partly implemented
Working group on active aging: Physical activity promotion in the elderly	Mostly implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Partly implemented
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sport Clubs for Health programme	Partly implemented
Working group on workplace HEPA promotion	Mostly implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented as planned
Working group on monitoring and surveillance of physical activity	Mostly implemented as planned
Activities aimed at optimizing the network	State of affairs
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned
Possible activities to be launched later	State of affairs
Development of a teaching course on physical activity and public health	Not implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented
Publications	State of affairs
3 publications (1 reports, 1 paper, 1 HEPA Europe electronic news alert) produced	Continuous activity

4.6 Work programme 2013/2014

As next item, the planning of the activities for the next year was discussed. The activities were introduced by working group leaders, based on the draft work programme for the period of October 2012 to August 2013.

The draft had been developed by the working group leaders and the Steering Committee and distributed to participants beforehand. Amendments through outcomes of the working group meetings on the previous day were also taken into account (see chapter 3). Proposed work steps as well as possible partners for each activity were discussed. Mr Charlie Foster, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom, proposed to launch an additional working group on HEPA promotion and the environment.

Activities which were deemed to be important but for which currently no responsible was identified were listed once again under “possible future activities”.

The activities of the next year comprise the following (see Annex 5 for more details)⁸:

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

Information dissemination

Title and aim of the activity
Dissemination of products and publications of HEPA Europe
Holding of the 10 th annual meeting and 5 th conference of HEPA Europe (27-29 August 2014, Zurich, Switzerland)
To support WHO Regional Office for Europe in maintaining an online database on Nutrition, Obesity and Physical Activity (NOPA),

Projects, reports and products

Title and aim of the activity
Update and further disseminate the HEPA Policy Audit Tool (PAT) and finalized publications
Increase communication and exchange on physical activity and sports promotion in children and adolescents
Mapping and continued exchange on approaches to promote active ageing
Continue exchange on HEPA promotion in socially disadvantaged groups with a focus on evaluation approaches and exchange of good practice
Finalized overview of physical activity in medical curricula and of case studies of HEPA promotion in primary health care settings
Continue development of health profile for different sports disciplines and implementation of the Sport Clubs for Health Programme
Update overview on activities addressing sedentary behavior at the workplace in participating European countries as well as an overview of tools, instruments and approaches for practice
Finalize conceptual article and continue developing synergies between HEPA promotion and injury prevention

⁸ A summary of the work programme is also available at www.euro.who.int/hepaeurope .

Projects, reports and products - continued

Title and aim of the activity
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking through the Health Economic Assessment Tools (HEAT) and further refinement of methodology
Continue exchange on monitoring and surveillance of physical activity

Activities to optimize the Network

Title and aim of the activity
Implement partner management strategy, finalize member management strategy and communication strategy

Possible future activities

Title and aim of the activity
Development of a summer school/teaching course on physical activity and public health
Pilot applications and further development of methodological guidance and practical approaches on economic valuation of transport-related health effects

4.7 Next annual meetings of HEPA Europe

The 10th annual meeting of HEPA Europe, which will also mark the 10th anniversary of the network, will take place on 29 August 2014 in Zurich, Switzerland. It will be hosted by the University of Zurich, Switzerland. On 27-28 August, the 5th HEPA Europe conference will take place, focusing on the theme “Physical activity promotion in health care settings”. The meeting will again include parallel sessions of HEPA Europe working groups. A call for hosts of the 2015 annual meeting was launched as well.

4.8 Closing of the meeting

Mr Vasankari on behalf of HEPA Europe and Ms Racioppi on behalf of WHO Regional Office for Europe thanked all participants for their active participation, the fruitful discussions and availability for the different activities. They particularly thanked the representatives of Fit for Life Program and the UKK Institute for Health Promotion Research for the warm welcome and the excellent organization and hosting of the meeting at the wonderfully located Hilton Hotel.

Next steps include:

- finalization of the documents endorsed at the meeting, especially the activity report 2012/2013 and the new work programme 2013/2014, with input from the working group leaders;
- sending out of confirmations of membership; and
- organization of the implementation of the work programme 2013/2014.

5 Evaluation of the meeting

An evaluation form was distributed to all participants as part of their meeting documents. In addition, online evaluation was introduced this year by email invitation to all meeting participants after the meeting, inviting those to give their feedback this way, if they had not done so at the meeting. The questionnaire consisted in both cases of a set of closed questions on the overall assessment of the meeting as well as the quality and the usefulness of the different parts of the meeting on a scale from 1 (insufficient) to 6 (excellent). In addition, organizational aspects such as the length of the meeting and its preparation were assessed and respondents could provide additional feedback. Forty-nine delegates (22%) had provided feedback using the paper form while 51 participants used the online form (23%) about the overall event, corresponding to an overall response rate of 44%.

The overall rating of the event was again high with an average of 5.1 out of a possible maximum of 6.0. Meeting venue, registration, hospitality and catering received even higher ratings of between 5.4 and 5.8, while the conference website (4.8) and advance notifications (5.0) were rated slightly lower. The social events were much appreciated, including the outdoor activities (4.8), the reception (5.3) and in particular the conference banquet at the very impressive setting of the Fortress Suomenlinna (5.7).

The total length of the event was met with most participants' satisfaction: 93% rated it as "just right". The quality of the key note lectures was again valued highly with average ratings between 4.3 and 5.5 while the perceived usefulness varied more widely between 3.8 and 5.3. The quality and usefulness ratings of the parallel sessions ranged between 4.4 and 5.2. The two poster sessions received marks between 4.6 and 4.8. Quality and usefulness of the HEPA Europe working group sessions were also appreciated with scores between 4.8 and 5.4. Regarding the possibilities for interaction between participants, 94% of delegates expressed their satisfaction.

Sixty-four delegates also provided feedback on the annual meeting (29%). Preparations were rated as adequate (5.2) and a majority of 84% of participants felt they could participate enough in the decision making. The half-day length of the meeting was confirmed to be appropriate with a 93% approval rate.

Annexes

ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS

Working papers

1. List of background documents
2. Scope and purpose
3. Provisional programme
4. Provisional list of participants
5. Summary list of applications for membership (September 2012-August 2013)
6. Activity report 2012-2013 (final draft)
7. Work programme 2013-2014 (draft)
8. Terms of reference of the Steering Committee: proposed changes
9. HEPA Europe leaflet text - updated version 2013 (final draft)

Background papers

10. List of Steering Committee members proposed for elections
11. Report of the 8th annual meeting of HEPA Europe, 27 September 2012, Cardiff, Wales, United Kingdom

ANNEX 2: DETAILED PROGRAMME OF THE MEETING

Wednesday, 23 October 2013

HEPA Europe working groups (parallel sessions)

- 14.30 – 16.30
- HEPA promotion in socially disadvantaged groups
 - Active ageing
 - Physical activity and sport promotion in youth
 - HEPA promotion in health care settings
 - Monitoring and surveillance

Thursday, 24 October 2013

9th annual meeting of HEPA Europe

- 09.00 - 09.15 **Opening and welcome**
Willem van Mechelen, Chairman HEPA Europe
Francesca Racioppi, WHO Regional Office for Europe
Representative of the hosting institutions
- 09.15 – 09.30 **New applications for membership**
Sonja Kahlmeier, University of Zurich, Switzerland
- 09.30 – 09.50 **Results of the Steering Committee elections and proposed changes to Terms of Reference**
Willem van Mechelen, Chairman HEPA Europe
- 09.50 – 10.15 **Communication strategy: new HEPA Europe leaflet**
Francesca Racioppi, WHO Regional Office for Europe
- 10.15- 10.45 *Coffee break*
- 10.45 – 11.45 **Activity report 2012-2013: overview and selected activities; Work programme 2013-2014 and possible future activities - introduction and discussion**
Chairman HEPA Europe, Sonja Kahlmeier, University of Zurich, and working group leaders
- 11.45 – 11.50 **Formal approval of the work programme 2013-2014**
- 11.50 – 12.00 **Other business**
- 12.00 **Closure**
- 12.00 – 13.00 *Lunch*

ANNEX 3: LIST OF MEMBERS OF HEPA EUROPE

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Active Living Association, Istanbul, Turkey
- Association for children and youth sport, Ljubljana, Slovenia
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Baltic Region Healthy Cities Association, Finland
- British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Brno University of Technology, Centre of Sport Activities, Brno, Czech Republic
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre for Health Information Research and Evaluation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Centre for Health of the Sport University of Cologne, Germany
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Centre of research and evaluation (CEVAS), Rome, Italy
- Children's University Hospital, Department of Physiotherapy, Ireland
- Cork Institute of Technology, Ireland
- Natural Resources Wales, Cardiff Bay, United Kingdom
- Coventry University, Department of Biomolecular and Sports Sciences, United Kingdom
- Croatian Association "Sport for All", Zagreb, Croatia
- Croatian Sport Medicine Society, Zagreb, Croatia
- Cyprus Sport Organization, Nicosia
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Epidemiology and Public Health, University College London, United Kingdom
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Department of Health Sciences, University of Huddersfield, , United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
- Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
- Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
- Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
- Department of Sport and Exercise Science, University of Stuttgart, Germany
- Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
- Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway

- Directorate General for Public Health, Emilia-Romagna Region, Bologna, Italy
- Eddy Engelsman, the Hague, the Netherlands
- Faculty of Kinesiology, University of Zagreb, Croatia
- Faculty of Motor Sciences, University of L'Aquila, Italy
- Faculty of Physical Education, University of Rzeszow, Poland
- Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
- Faculty of Sport, Nancy-University, France
- Faculty of Sports Studies, Masaryk University, Czech Republic
- Finnish Age Institute, Finland
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
- Geneva Youth Health Service, Switzerland
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- Gezondheid en Maatschappij, Health and Society Academic Unit, University of Wageningen, the Netherlands
- Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
- Health Service Executive, Health Promotion Department, Ireland
- HealthQWest, School of Health and Social Care, Glasgow Caledonian University, United Kingdom
- Hellenic Bipolar Organisation, Athens, Greece
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- Ilkka Vuori, Tampere, Finland (individual member)
- Institute of Biomedicine, University of Leon, Spain
- Institute of Engineering in Health of Lille, France
- Institute of Public Health and Nursing Research, University of Bremen, Germany
- Institute of Science, Movement and Sport, Faculty of Medicine, University of Geneva, Switzerland
- Institute of Social and Preventive Medicine, University of Zurich, Switzerland
- Institute of Sport Sciences and Clinical Biomechanics, University of Southern Denmark, Odense
- Institute of Sports and Sports Science, Karlsruhe Institute of Technology (KIT), Germany
- International Health Consulting, Berlin, Germany
- Israel Center of Sport Clubs, Ramat Gan
- Italian Federation for Aerobics and Fitness (FIAeF), Rome, Italy
- Karolinska Institute, Unit for preventive nutrition, Department of Biosciences and Nutrition, Huddinge, Sweden
- Laboratory of Exercise & Sport Psychology and Coaching, Department of Human Kinesiology, Catholic University Leuven, Belgium
- Lithuanian Academy of Physical Education, Kaunas, Lithuania
- Ministry of Health, Directorate Public Health, Sofia, Bulgaria
- Ministry of Health, National Nutrition Center, Vilnius, Lithuania
- Ministry of Health, Rome, Italy
- Ministry of Health, Slovenia
- Ministry of Health, Welfare and Sport, The Hague, the Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- Ministry of Sport and Tourism, Warsaw, Poland
- National Board of Health, Copenhagen, Denmark

- National Center for Disease Control and Public Health, Tbilisi, Georgia
- National Institute of Physical Education of Catalonia (INEFC), Lleida, Spain
- National Institute of Public Health, Ljubljana, Slovenia
- National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
- Natural England, Peterborough, United Kingdom
- NHS Health Scotland, Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Olympics Sports Confederation, Frankfurt, Germany
- Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
- Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
- Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
- Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
- Paths to Health, Alloa, United Kingdom
- Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
- Physical Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
- Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
- Play Wales, Cardiff, United Kingdom
- Policlinique Médicale Universitaire, Lausanne, Switzerland
- Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
- Public Health Institute, Reykjavík, Iceland
- Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
- Red Branch, Co. Clare, Ireland
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- School of Health and Human Performance, Dublin City University, Ireland
- School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
- Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
- Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
- Sports Academy, University of Ulster, United Kingdom
- State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
- State Secretariat for Sport (Ministry of Human Resources), Budapest, Hungary
- Superior Sports Council, Subdirector General for Sports and Health, Madrid, Spain
- Sustrans, Bristol, United Kingdom
- Swiss Federal Office of Sports, Magglingen, Switzerland
- Tel-Aviv University, Ramat Aviv, Israel
- National Institute for Health and Welfare (THL), Helsinki, Finland
- The Netherlands Institute for Sport and Physical Activity (NISB), Wageningen
- The Swedish National Centre for Child Health promotion (NCFF), Örebro
- The Swedish National Institute of Public Health, Östersund
- Transport Studies, Oxford University, United Kingdom
- Ukrainian Research Institute of Nutrition, Ukraine
- Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
- University Center for interdepartmental research of physical activity CURIAMO, Perugia, Italy

- University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
- University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
- University of Extremadura, Rectorate of Caceres, Spain
- University of Graz, Institute of Sports Science, Austria
- University of Iceland, Department of Physiotherapy, Reykjavík
- University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
- Waterford Institute of Technology, School of Health Sciences, Ireland
- West Lothian Council Active Schools, Bathgate, United Kingdom
- Willibald Gebhardt Institut, Essen, Germany
- Yoga Union, Slovenia

International member organizations:

- European Non-Governmental Sports Organisation (ENGSO), Paris, France
 - International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
-
- Canadian Partnership Against Cancer, Ontario, Canada (observer)
 - European Cyclists' Federation (ECF), Brussels, Belgium (observer)
 - INWA International Nordic Walking Federation, Helsinki, Finland (observer)
 - Québec en Forme, Québec, Canada (observer)
 - StreetGames, Manchester, United Kingdom (observer)

ANNEX 4: HEPA EUROPE ACTIVITY REPORT 2012/2013

1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 8th annual meeting in Cardiff, United Kingdom (27 September 2012), a number of activities were outlined to be carried out by the network in 2012/2013¹. A short version of this document is also available at www.euro.who.int/hepaeurope.

The current state of affairs of foreseen activities is summarized in this document. Implementation was assessed at the 9th annual meeting of HEPA Europe held on 24 October 2013 in Helsinki, Finland, hosted by the Fit for Life Programme and the UKK Institute for Health Promotion Research.

2 Foreword by the chairman

It has now been my fourth and last year as a chairman of the Steering Committee of the HEPA Europe network. It has again been an exciting year for me for a number of reasons.

First, the evidence-base concerning the importance of Physical Activity for Public Health is still rapidly increasing, with now the add-on of sitting as a risk factor for ill-health and mortality independent of physical activity. The latter is currently leading to a whole host of new research in this exciting new sub-field. Second, the European Commission has released a proposal for a Council Recommendation on promoting health-enhancing physical activity across sectors to the European Parliament. Acceptance of this recommendation will be an important milestone, since a Council Recommendation is the highest non-binding recommendation the EC can make to its member states. This will mean that Member States should respond by putting the proposed recommendations regarding HEPA into concrete actions. Third, the EC will launch new programmes in their 2014-2020 funding cycle which will provide opportunities for our network, as will the Horizon 2020 programme regarding research. . In addition, the Erasmus+ program aims to increase the mobility between higher education institutions regarding education, training, youth and sport.

At the end of my term as chairman I would like to thank you for the opportunity to meet with all of you in an enthusiastic, inspiring, loyal and friendly way, trying to advance the important agenda of HEPA. I wish you all well and I am looking forward to working with you in HEPA Europe in different capacities.

Willem van Mechelen, Chairman of HEPA Europe, October 2013

¹ See also: Annex 5: Work programme 2012/2013. In: 8th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26-27 September 2012, Cardiff. Copenhagen, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

3 Activity report 2012 / 2013 overview

Below, the state of affairs of the activities of the work programme 2012 / 2013 is summarized².

3.1 Networking and cooperation

Activity	State of affairs	Page nr.
Coordination and cooperation with other activities, projects, and networks	Partly implemented as planned, ongoing	29
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing	32

3.2 Information dissemination

Activity	State of affairs	Page nr.
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepaeurope)	Mostly implemented as planned	33
Holding of the 9 th annual network meeting (24 October) and 4 th conference (22-23 October) of HEPA Europe; Helsinki, Finland	Implemented as planned, concluded	34
Dissemination of products and publications of HEPA Europe	Partly implemented as planned	35
International inventory of documents on physical activity promotion / European database on Nutrition, Obesity and Physical Activity (NOPA)	Partly implemented as planned	36

3.3 Projects, reports and products

Activity	State of affairs	Page nr.
Working group on national approaches to physical activity promotion	Mostly implemented as planned	38
Working group on exchange of experiences in physical activity and sports promotion in youth	Partly implemented	39
Working group on active aging: Physical activity promotion in the elderly	Mostly implemented as planned	41
Working group on HEPA promotion in socially disadvantaged groups	Partly implemented	43
Working group on HEPA promotion in health care settings	Implemented as planned	45
Working group on Sport Clubs for Health programme	Partly implemented	47
Working group on workplace HEPA promotion	Mostly implemented as planned	48
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Partly implemented	49

² 2, Cardiff. Copenhagen, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

² See also: Annex 4: Activity report 2012/2013. In: 9th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting, 23-24 October 2013, Helsinki. Copenhagen, WHO Regional Office for Europe. In press (www.euro.who.int/hepaeurope).

Activity - continued	State of affairs	Page nr.
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented as planned	51
Working group on monitoring and surveillance of physical activity	Implementation delayed	52

3.4 Activities aimed at optimizing the network

Activity	State of affairs	Page nr.
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned, ongoing	55

3.5 Possible activities to be launched later

Activity	State of affairs	Page nr.
Development of a teaching course on physical activity and public health	Not implemented	56
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented	57

3.6 Publications

Activity	State of affairs	Page nr.
4 publications (2 reports, 1 paper, 1 HEPA Europe electronic news alert) produced	Continuous activity	58

4 Funding and support received

From October 2012 to October 2013, the following contributions and support have been received (in chronological order):

- a) Financial contributions:
 - No financial contributions received in the reporting period.

- b) In-kind contributions:
 - contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
 - contributions of the chairs and members of the working groups in terms of time and expertise;
 - organization and hosting of the 9th annual HEPA Europe network meeting and 4th conference (22-24 October); Helsinki, Finland, by the Fit for Life Programme (KKI) and the UKK Institute for Health Promotion Research³ (including 3 fellowships to participants from economies in transition, travel expenses of key note speakers, meals and social events for all participants, waiver of conference fee for HEPA Europe Steering committee members and WHO and EC staff);
 - hosting and support of a meeting of the Steering Committee by the Institute of Social and Preventive Medicine, University of Zurich, Switzerland (April 2013) and by the WHO Regional Office for Europe, Copenhagen (June 2013);
 - hosting and support of meetings of the HEPA Europe working groups, namely:
 - Joint symposium of the European Youth Heart Study (EYHS) and the working group on youth, by the EYHS, Madeira, Portugal (October 2012)
 - Core Group meeting of the Working Group on Workplace HEPA Promotion, by Gerlev Physical Education & Sports Academy, Gerlev, Denmark (November 2012).
 - Expert meeting on the Health Economic Assessment Tools (HEAT) for cycling and for walking, by WHO/Europe, Copenhagen, Denmark (December 2012)
 - contributions by several individual and institutional members for the production of publications; and
 - representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee and of the network.

- c) Synergies

While the joint WHO/DG Sanco project PHAN, which had provided support to the previous three annual meetings and synergies with a number of other HEPA Europe activities (namely on inequalities, youth involvement and on tools for economic assessment) concluded at the end of 2012, synergies continue with the Transport, Health and Environment Pan-European Programme (THE PEP). THE PEP also promotes physical activity through cycling and walking, in particular in relation to the development of the Health Economic Assessment Tools (HEAT) for cycling and walking. There is also synergy with the ongoing Italian national physical activity

³ Supported by the Ministry of Education and Culture, Ministry of Social Affairs and Health, Finland's Slot Machine Association (RAY), LIKES Foundation for Sport and Health Sciences and the UKK Institute

promotion project “Azioni: progetto di promozione dell’attività fisica” led by Emilia Romagna Region in terms of fostering scientific input and facilitation of liaising with relevant HEPA Europe projects and working groups.

The current sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately summer 2014. While the secretariat continues to be hosted by WHO/Europe, since 2011 additional support was provided by the Physical Activity and Health Unit of the ISPM of the University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support functions, once again not all activities could be implemented as planned, as described in the following chapters.

New funds will have to be identified and secured for current and future activities, and for 2014 and beyond additional funds and support will be necessary. This continues to be particularly challenging at a time where the economic crisis in the European Region persists, and there is increasing competition for the more limited resources available. The Steering Committee has identified a number of funding sources and mechanisms which are actively explored but also continues to count on a greater sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

5 Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting in October 2013 in Helsinki, Finland, will be outlined in more detail.

5.1 *Coordination and cooperation with other activities, projects, and networks*

Aim of the activity

To join forces with key partners, to benefit from synergies, and eventually, to produce better products; in addition to increase the visibility of the network.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee
Participants: Members of HEPA Europe

Possible partners

As listed below

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Implementation of partner management, based on HEPA Europe impact model ⁴ and communication strategy (see chapter 8.1)	Continuously	Implemented mostly as planned
Continue existing coordination and cooperation, including: UN-activities and programmes		
<ul style="list-style-type: none"> • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: Support to implementation of the European Charter on Counteracting Obesity <ul style="list-style-type: none"> - Further coordinate activities and maximize synergies with the joint WHO/Europe-DG Sanco projects on monitoring progress on improving nutrition and physical activity and preventing obesity - Explore possibilities to contribute to the European Action plan for implementation of the European Strategy for the Prevention and Control of Noncommunicable Diseases 2012–2016, as wished and depending on resources - Move for Health Day 2013 (depending on corporate decision) - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme 	Continuously	Implemented mostly as planned (as part of DG EAC project, see also below)
	Continuously	Input through Steering Committee members made
	Spring 2013	No activities took place
	Continuously	Not implemented
<ul style="list-style-type: none"> • UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> - Continue close working collaborations with THE PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration - Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity and to the Toolbox on Transport, Health and Environment 	Continuously	Partly implemented as planned (continuous exchange but no contributions to Clearing House or Toolbox)
Research projects		
<ul style="list-style-type: none"> • TAPAS project (Transportation, air pollution and physical activities - an integrated health risk assessment programme of climate change and urban politics) <ul style="list-style-type: none"> - Close coordination and contributions as appropriate • SPOTLIGHT project (Sustainable prevention of obesity through integrated strategies) • European Physical Activity Promotion Forum (MOVE project)⁵: close coordination and contributions as appropriate 	Continuously	Implemented as planned

⁴ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

⁵ <http://www.ehfa-programmes.eu/de/european-physical-activity-promotion-forum-move.html>

Continued	Planned in work programme 12/13	State of affairs
<p>European Commission</p> <ul style="list-style-type: none"> • EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> - Information exchange through members of the Steering Committee • DG Education and Culture (DG EAC), Sport Unit: <ul style="list-style-type: none"> - Exchange through the HEPA Europe - EU Contact Group, depending on further development and perspectives 	<p>Continuously</p> <p>Continuously</p>	<p>Not implemented</p> <p>Implemented through DG EAC study to support a Commission proposal in the field of health-enhancing physical activity</p>
<p>Other European bodies</p> <ul style="list-style-type: none"> • EuroSafe (European Association for Injury Prevention and Safety Promotion) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Association for the Study of Obesity (EASO) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European College for Sports Science (ECSS) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • European Network for Workplace Health Promotion⁶: <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	<p>Continuously</p>	<p>Implemented as planned</p> <p>Not implemented</p> <p>Not implemented</p> <p>Not implemented</p>
<p>Global bodies</p> <ul style="list-style-type: none"> • Agita Mundo <ul style="list-style-type: none"> - Further development of exchange and collaboration, also with other regional networks • International Society for physical activity and Health (ISPAH): <ul style="list-style-type: none"> - Explore possibilities for further collaboration, particularly: <ul style="list-style-type: none"> ○ Global advocacy for physical activity (GAPA) – advocacy council of ISPAH <ul style="list-style-type: none"> ▪ Coordination through observer in the Steering Committee ▪ Contribute to activities, particularly the dissemination of the Toronto Charter and other documents on physical activity promotion ▪ Depending on availability of a member of the Steering Committee: participation in future meetings of regional and global networks for physical activity promotion 	<p>Continuously</p> <p>Continuously</p> <p>Depending on time schedule</p>	<p>Implemented as planned</p> <p>Implemented as planned</p>

⁶ www.enwhp.org

Continued	Planned in work programme 12/13	State of affairs
<ul style="list-style-type: none"> • The Association for International Sport for All (TAFISA) - Explore possibilities for further collaboration • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) - Explore possibilities for further collaboration • International Association for the Study of Obesity (IASO) - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) - Explore possibilities for further collaboration 	Continuously	Implemented as planned
	Continuously	Implemented as planned
	Continuously	Not implemented
	Continuously	Implemented as planned
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously	Not implemented

5.2 Support and contributions to conferences and events

Aim of the activity

In addition to organizing own annual meetings and occasionally a network conference, HEPA Europe will also, upon request of the organizers, support relevant other conferences and events. This will contribute to the networking functions and raise the profile of HEPA Europe.

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met⁷. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

In charge / participants

In charge: Host organizations, WHO Regional Office for Europe and Steering Committee

Participants: -

Summary of the state of affairs

1) Supported events

Upon the finalization of the activity report, no events were under discussion for official support by HEPA Europe.

	Planned in work programme 12/13	State of affairs
Decision about the support of possible further events by the Steering Committee	Continuously	No requests received

⁷ See "Requirements for HEPA Europe- supported events", August 2007.

2) Participation in other events

In reporting period, no presentations on behalf of and/or mentioning HEPA Europe were held. Members of working groups presented activities or products at 5 international events:

Events
<p>Presentations on HEPA Europe working groups or products</p> <ul style="list-style-type: none"> • 22-26 October 2012: Annual symposium of the 7th European Youth Heart Study Scientific Symposium, Madeira, Portugal Held in collaboration with the HEPA Europe working group on youth, including a 1.5 hour update from the HEPA Europe working group (Peter Barendse). • 31 October – 3 November 2012: 4th International Congress on Physical Activity and Public Health (ICPAPH), Sydney, Australia <ul style="list-style-type: none"> ○ Social disadvantage and physical activity promotion: a European perspective (Niamh Murphy) ○ HEPA PAT activities: GAPA symposium on Global action on physical inactivity: progress and prospects (Fiona Bull) • 11-14 June 2013: Velo City conference, Vienna, Austria <ul style="list-style-type: none"> ○ Training session on HEAT for cycling and walking ○ HEAT presented in session on cycling and economics (Francesca Racioppi) • September 2013: Meeting to launch the final FP7 project report on “Promoting adolescent Physical activity” (PAPA⁸) project Presentation on youth working group activities (Catherine Woods) • 16-18 October 2013: MOVE congress, Barcelona, Spain Physical activity and social inclusion (Niamh Murphy)

6 Information dissemination

6.1 HEPA Europe website

Aim of the activity

To provide a comprehensive and attractive communication instrument where all relevant information on HEPA Europe is available.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Information Outreach Department, WHO Regional Office for Europe; Division of Noncommunicable Diseases and Health Promotion; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

⁸ www.papaproject.org

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Make available products of HEPA Europe within the website, especially dissemination products (see chapter 6.3)	Continuously	Implemented as planned
Perform regular updates of the website and distribute electronic news alerts 3 to 4 times per year	Continuously	Mostly implemented as planned

A comprehensive update of the HEPA Europe websites was carried out in summer 2013. There are a few parts of the website that remain to be updated, in particular the by now outdated inventory on physical activity documents (see also chapter 6.4); those items will be addressed as part of next year's work programme.

Unfortunately, there is no longer a comparable web statistics available as after a change in June 2010 to integrate the HEPA Europe pages into the Physical Activity Programme pages, in summer 2013 the WHO switched to a new web statics system. According to the available reports, the HEPA Europe homepage was the second most viewed among the Physical Activity Programme pages between October 2012 and September 2013, receiving an average of 541 page views per month. It will be aimed to make further comparable figures available for the next activity report.

An electronic newsletter was disseminated in April 2013, thus also this year less frequently than foreseen due to limited restricted resources. In addition, network materials were disseminated to members only, such as the final work programme and activity report. Furthermore, several emails with information on events or requests for input were distributed throughout the year.

6.2 4th conference and 9th annual meeting of HEPA Europe

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 9th annual meeting will take place on 24 October 2013 in Helsinki, Finland, preceded by meetings of the HEPA Europe working groups. The event will be kindly hosted by the Fit for Life Programme and the UKK Institute for Health Promotion Research. Back-to-back with the annual meeting, a 1.5 day conference will be organized by the hosts.

In charge / participants

In charge: Fit for Life Programme and the UKK Institute for Health Promotion Research; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee
Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Discuss ideas for programme structure and key note speakers	Fall 2012	All implemented as planned
Add a section announcing the meeting to the website	End of 2012	
Send out programme outline and first call for contributions	Early 2013	
Invite key note speakers	Early 2013	
Develop the conference website with organizers	Early 2013	
Open abstract submission	Spring 2013	
Develop the information circular with the organizers and open registration	Summer 2013	
Organize handling of incoming contributions and registrations with organizers	Summer 2013	
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2013	
Carrying out the meeting and conference	22-24 October 2013	

The meeting website was launched in spring 2013. The first call for abstracts was launched in May 2013 and the second in mid-June 2013, with an extended deadline of 31 July. Over 100 abstracts were received. There were 15 plenary presentations on a wide range of topics, 12 parallel sessions and over 70 poster presentations. The event was attended by 228 participants from about 25 countries.

6.3 Dissemination of products and publications of HEPA Europe**Aim of the activity**

Further dissemination to maximize the use and national or sub-national implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: related working group leaders and members, other members of HEPA Europe and contacts from mailing list, Division of Noncommunicable Diseases and Health Promotion, WHO/Europe Healthy Cities and urban governance programme

Possible partners

Other interested parties in Member States

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Dissemination of available products: Advocacy booklets on physical activity (<i>Physical activity and health: evidence for action</i> and <i>Physical activity promotion in urban environments: the role of local governments; Promoting sport and enhancing health in European Union countries: a policy content analysis to support action</i>) Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 8.1)	Continuously	Implemented as planned Not finalized yet
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously	Implemented as planned
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 5.2)	Continuously	Partly implemented
Disseminate other related WHO products, for example Steps to Health, Physical Activity planning guide, WHO/DG Sanco Monitoring project booklets at suitable events and to suitable target groups	Continuously	Implemented as planned

The advocacy booklets *Physical activity and health: evidence for action* and the Healthy Cities companion booklet on the urban environment continue to be very successful advocacy products, available in 11 language versions⁹. Unfortunately, due to a change in system for web statistics no comparable download figure were available for this report. For the previous reporting period, every month on average 98 English copies were downloaded since the launch of the booklets in November 2006.

The new HEAT cycling and walking website was launched in May 2011. Until September 2013, the website was visited over 19.500 times (of which almost 13.000 unique visitors) which translates into a weekly average number of 125 visitors. Translations of the web-based tools into German, French, Finnish and Spanish will be launched in 2014. The new summary booklet, presenting the methodology and containing user guides for HEAT walking and HEAT cycling, was launched in spring 2012 (see also chapter 7.9). Until September 2013, about 1500 copies were disseminated. A reprint is being considered. The PDF-version has been downloaded over 2000 times, which equals an average of about 120 downloads per month (last activity report: 170/month).

The production of the meeting report of the 8th annual meeting of HEPA Europe was delayed due to limited staff resources. Therefore, it has only been disseminated at one event (TAFISA congress) except for the annual meeting.

⁹ Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish.
See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

6.4 International inventory of documents on physical activity promotion / European database on Nutrition, Obesity and Physical Activity (NOPA)

Aim of the activity

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from 44 countries. This activity is carried out in close collaboration with the WHO European database on Nutrition, Obesity and Physical Activity (NOPA), managed by the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). For example, the policy documents on physical activity promotion previously included in this inventory have been moved to NOPA in 2011.

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO Regional Office for Europe

Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and its follow-up project.

Possible partners

DG Sanco project advisory group, if continued

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Finalization and publication of analysis of available information on National Physical Activity recommendations in Europe (University of Zurich, Switzerland) <ul style="list-style-type: none"> • Finalization of analysis • Submission of scientific publication • Addressing of reviewer comments or re-submission to different journal • Final publication 	Fall 2012 Winter 2012/2013 Spring 2013 Summer 2013	Delayed, ongoing
Support to identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously	Not implemented
Complete the full integration of the inventory into the NOPA database	Pending availability of resources	Not implemented

In summer 2010, the WHO/Europe database on nutrition, physical activity and obesity (NOPA) was launched as part of the joint WHO/EC project on progress on nutrition, physical activity and obesity. It contains information from 44 countries of which 26 developed at least one national policy document on physical activity promotion (as of 2011). In total, about 400 national European policy documents have been reported thus far in the

NOPA database. Full integration of the previous “Inventory of documents on physical activity promotion”¹⁰ into the NOPA database is still pending.

In fall 2011, the University of Zurich started to analyze the available information on national recommendations on physical activity and health on behalf of WHO/Europe, within the framework of updating the national Swiss recommendations. The work took longer than foreseen due to the need to collect substantial additional information and update existing information. Information received until summer 2012 from 37 countries was analyzed. Twenty-one countries reported national PA recommendations of which 19 referred to adults, 14 to young people and 6 to older adults. Information from 17 countries was available for analysis. A draft of the publication has been circulated among co-authors and the final version is currently being prepared.

7 Projects, reports and products

7.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- successful and less successful examples of implementation;

and identification of key elements of national approaches as well as development of tools and guidance for national strategies to promote HEPA.

In charge / participants

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Co-lead: Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Israel Centre of Sport Clubs; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Mr Ilan Fellmann, Federal Ministry for Defense and Sport, Austria; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott; Queens University Belfast, Ireland; Mr Radim Šlachta, Palacky University, Czech Republic; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Ms. Malgorzata Szukalska – Wrona, Ministry of Sport and Tourism, Poland; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK

¹⁰ <http://data.euro.who.int/PhysicalActivity/>

Institute for Health promotion research, Finland; Ms Anne Vuillemin, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO Regional Office for Europe; and Steering Committee

Observers: Ms Wendy Creelman, in motion, Canada

Possible partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office)

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Project on "National HEPA policies: case studies from Europe" <ul style="list-style-type: none"> • Finalization of the technical report containing: introduction, methods, completed templates from 7 country case studies and analysis across countries highlighting key findings • Scientific publication - submission of a paper on the cross-country analysis • Finalization of individual country reports / publications 	Spring 2013 Summer 2013 Continuously	Finalized fall 2013 Implemented as planned No new country reports
Possible new activities (depending on funding) <ul style="list-style-type: none"> • Updated version of the HEPA PAT (updated guidance on application, amendments to selected items) • Assessment of feasibility of development of additional outputs, for example short version of PAT, advocacy leaflet(s), communication products and activities • Wider collection and possibly analysis of additional national HEPA PATs 	To be decided	Planned Further considered Further considered
Presentation of progress at the 9 th annual meeting	24 October 2013	

After the workshop held in Zurich in June 2012, the project group continued to finalize the technical report, which was presented in Helsinki. The case studies were also made available online¹¹ to serve others interested to fill in the PAT as examples. The methods paper is now in press with the Journal on Physical Activity and Health¹².

In addition, a scientific paper on the cross-country analysis was submitted for a special issue of British Journal of Sports Medicine and is currently under review.

Exchange is currently taking place with the WHO/Europe Nutrition, Physical Activity and Obesity Programme of the Division of Noncommunicable Diseases and Health Promotion with regard to collaboration on the HEPA PAT project. Possible items include updating the HEPA PAT based on feedback received at the workshop in June 2012 and through the cross-country analysis, and possibly developing a short version of the PAT as a first step for low and middle-income countries and activities for the further dissemination of HEPA PAT. The working group also held a parallel session in Helsinki.

¹¹ http://www.panh.ch/hepaeurope/materials/hepa_pat.htm

¹² National Policy on Physical Activity: The Development of a Policy Audit Tool (PAT)
<http://journals.humankinetics.com/jpah-in-press/jpah-in-press/national-policy-on-physical-activity-the-development-of-a-policy-audit-tool-pat>

7.2 Exchange of experiences in physical activity and sports promotion in children and adolescents

Aim of the activity

Contributing to improving approaches in physical activity and sports promotion in children and adolescents in Europe by providing:

- an overview of existing activities, particularly national programmes and national networks
- analyses of selected approaches.

In charge / participants

In charge: Mr Peter Barendse, NISB, the Netherlands, and Ms Catherine Woods, Dublin City University, Ireland (since June 2013)

Members: Mr Paulo Adami, FIAeF, Italy; Mr Lars Bo Andersen and Mr Karsten Froberg, University of Southern Denmark; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Ms Tuija Tammelin, LIKES programme, Finland; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; WHO Regional Office for Europe (Children's Health and Environment (CHE) programme).

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY¹³), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Hearth Study, Mr Karsten Froberg, Denmark; Schools for Health Europe (SHE), Mr Goof Buijs, the Netherlands.

¹³ www.projectenergy.eu

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
European Youth Heart Study (EYHS) - HEPA Europe symposium (Madeira)	October 2012	Implemented as planned
Elaboration of FP7 application: share and exchange knowledge		Implemented as planned
Core work group meeting	December 2012	Not implemented
Strengthening the network: Increase communication and information	Continuously	Partly implemented
Further cooperation with SHE network	Continuously	Ongoing
Presentation of progress at the 9 th annual meeting	24 October 2013	Implemented as planned

An update of the work of the HEPA Europe working group was presented at a joint symposium with the European Youth Heart Study (EYHS) in Madeira in October 2012; the presentation was well received. A core group of WG members was involved in submitting a proposal to the FP7-Health programme on novel and sustainable ways to communicate examples of evidence-based intervention programmes and to learn more about how successful implementation works. Unfortunately, this submission has not been supported but other funding routes will be explored. The development of the proposal served to form a more active sub-group.

An email to all members of the working group updating them on progress and requesting suggestions for future work was sent in July 2013. Responses to this request came from nine different countries and over 50% of the group. The most frequently requested area for future work was evidence-based interventions to promote physical activity with children and youth. Representatives from six countries gave an overview of examples of evidence-based interventions from their country at the parallel working group session in Helsinki.

There has also been ongoing discussions and collaboration with the SHE network, to be continued in 2014. In addition, a blueprint on promoting physical activity in youth, which was prepared with support from the working group, has been launched and is getting high demand. The involved youth representatives are also promoting it actively, thanks to strong ownership developed throughout the participatory process. The JoinIn! project¹⁴ on social inclusion of migrant youth through sports, in which members of the working group were involved, was concluded at the end of 2012. It developed key principles of 'social inclusion of migrant youth through sports', based on literature and scientific work of experts, and each partner drew up a national action plan.

7.3 Active ageing: physical activity promotion in elderly

Aim of the activity

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of particular importance in older adults to maintain functional capacity,

¹⁴ <http://international.nisb.nl/activities/2>

prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

This working group aims to identify the main barriers (social, physical, spatial, financial) to sport participation and physical activity of older adults into policy and implementation. It also aims to outline strategies for increasing sport participation and physical activity. The working group will identify specific needs in the area of research, evidence and practice with regard to the whole range of interventions, including for example home and community programs, spatial planning, workplace-settings, primary care systems, policy and advocacy.

The working group also aims at providing a platform for exchange of experiences of practice, effective interventions, training and education and of ways to disseminate scientific knowledge to policy makers and practitioners.

In charge / participants

In charge: Mr Eddy Engelsman (chair) and Ger Kroes (secretariat), NISB, the Netherlands
Participants: Mr Koen Breedveld, W.J.H. Mulier Instituut, the Netherlands; Ms Joanna Carvalho, University of Porto, Portugal; Ms Judit Farkas, Semmelweis University, Hungary; Mr Tibor Hortobágy, University of Groningen, the Netherlands; Ms Elina Karvinen, Age-institute, Finland; Ms Liisamaria Kinnunen, Fit for Life Program (LIKES), Finland; Ms Tjasa Knific National Institute of Public Health, Slovenia; Mr Michael Kolb, University of Vienna, Austria; Mr Bob Laventure, British Heart Foundation, United Kingdom; Mr Nico van Meeteren, TNO Institute, Netherlands; Mr Jorge Mota, University of Porto, Portugal; Ms Ioanna Paraskevopoulou, Cyprus Sport Organisation; Mr Alfred Ruetten, University of Erlangen, Germany; Mr Herman Rutgers, European Health and Fitness Association (EHFA), Belgium; Ms Anne Vuillemin, Nancy-University, France; Ms Nina Waaler, Oslo University College, Norway;
Observer: Mr Edward McAuley, University of Illinois, United States of America

Possible partners

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)¹⁵, Policy Capacities for Health Promotion through Physical Activity among SEdentary Older People (PASEO) project¹⁶.

¹⁵ <http://www.eunaapa.org>

¹⁶ <http://www.paseonet.org>

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Determination of goals of the working group, taking into account EU PA guidelines for action, indicators and principles on the contribution of PA to Active Ageing. Ascertain membership and definition of tasks Identification of ca. 5 institutions interested to form a core group, definition of tasks and roles Intensification of cooperation with EUNAAPA to initiate a consortium with a view to apply for EU and other grants	Early 2013	Implemented as planned
Preparation of joint projects including private enterprises regarding to co-financing	Spring 2013	Not implemented
Discussion of results with DG EAC and HEPA Europe	Summer 2013	Partly implemented, ongoing
Presentation of results at the 9 th annual meeting in Helsinki	24 October 2013	Implemented as planned

A core group of 6 members/institutes (+ chairman and secretary) who want to play a more active role was initiated. Since the last annual meeting, exchange took place with EUNAAPA (European Network for Action on Ageing and Physical Activity) on how co-operation could be intensified. The HEPA Europe working group also supported the EUNAAPA initiative in the preparation of an EU Operating Grant for building a stronger European network for active ageing. A possible activity discussed in the core group was also to prepare for shared projects leading to application of EU grants from 2014 onwards. The mapping and audit activities include the scoping of other organizations such as EGREPA, the EU College of Sports Sciences, WHO Healthy Ageing and others related to exercise, sport and older people. The WG leaders also developed a roadmap of activities over the summer month which was implemented, including a meeting with EUNAAPA in September in the Netherlands. Initial exchanges have also taken place with the PROFANE and PROFOUND programmes.

Bob Laventure (BHF National Centre for Physical Activity and health, Loughborough University, England) has agreed to act as new Chair of the HEPA Europe Active Ageing working group and Liesbeth Preller (NISB), the Netherlands has agreed to act as Secretary. The working group held a parallel session in Helsinki.

7.4 HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹⁷ in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

¹⁷ In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

Specific aims include:

- to promote discussion and sharing of resources and information amongst HEPA WG members
- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;
- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

Participants: Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Graham Brennan, Strathclyde University, United Kingdom; Ms Claire Cleland, Queens University Belfast, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, United Kingdom; Ms Liesbeth Preller, NISB, the Netherlands; Ms Liselotte Schafer Elinder, Karolinska Institute, Sweden; Ms Jane South, Leeds Metropolitan University, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Annmarie Wagemakers, Wageningen University, the Netherlands; Ms Mojca Verdnik, University Medical Center, Ljubljana, Slovenia; Ms Anita Vlasveld, NISB, the Netherlands; Sue Williams, Countryside Council for Wales, United Kingdom.

Possible partners

WHO European Centre for Environment and Health, Bonn office

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Focus on systematic review on targeting disadvantaged groups, and recruitment issues	HEPA Europe meeting, September 2012	Implemented as planned
Establish leaders for specific topical area sub-groups, and encourage communication and sharing	Leaders: fall 2012 Communication: continuously	Partly implemented
Contribute to good practice collections, European projects	Spring 2013	Ongoing
Share via Dropbox and discuss use of recently produced best practice documents	Spring 2013	Partly implemented
Promote discussion on evaluation approaches for disadvantaged groups	Summer 2013	Delayed, ongoing
Presentation of progress at the 9th annual meeting, and decision on strategic direction for WG	24 October 2013	Implemented as planned

At the working group session at last year's annual meeting in Cardiff, attended by 33 participants, the discussions focused on how to grow and sustain the WG, and where future areas of work might focus. It was decided that Dropbox should be continued as a means of sharing information at this stage, with subgroup leaders, but one attempt to generate a discussion did not lead to additional activity. On publication of the final work package report from the WHO PHAN project on "Guidance on good practice elements for physical activity promotion in socially disadvantaged groups and the role of healthy environments", a Skype conference was planned to discuss next steps. However, the publication of the report was delayed from its planned date so discussions on its outcomes have been deferred to the 2013 annual meeting in Helsinki. Several members of the working group are also contributing, or have previously contributed to good practice collections on European projects. During 2012, the outcomes of 5 relevant EU projects have been published and next steps on these will also be discussed at the 2013 working group meeting in Helsinki.

7.5 HEPA promotion in health care settings**Aim of the activity****In charge / participants**

In charge: Ms Minna Aittasalo – UKK Institute for Health Promotion Research, Finland; Mr Malcolm Ward, Public Health Wales or Ms Jeannie Wyatt-Williams, Welsh Local Government Association.

Core members: Mr Christopher Gidlow, Staffordshire University; Ms Elaine McNish, Macmillan Cancer Support; Ms Janet Klara Djomba, University of Ljubljana; Mr Rhodri Martin; Ms Diane Crone, University of Cloucestershire

Collaborators: Mr Jürgen Steinacker, European Exercise Is Medicine (EIM); Mats Börjesson, Health Promoting Hospitals (HPH) network; Andrea Backovic Jurican, World Confederation of Physiotherapy (WCPT) Network on Health Promotion in Life and Work

Participants: Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Wolfgang Goethe University, Frankfurt, Germany; Mr Olivier Blanson Henkemans, the Netherlands; Mr Bernard Duvivier, the Netherlands; Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Brenda Berendsen, the Netherlands; Mr Christophe Delecluse, Belgium; Ms Maria Hagströmer, Karolinska Institute, Sweden; Boris Gojanovic; CHUV, Switzerland; Ms Marike Hendriks; the Netherlands; Ms Josanne Huijg, the Netherlands; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Ms Niamh Martin, United Kingdom; Ms Sofie Martien, Belgium; Sofie Moresi, the Netherlands; Mr Pedro Olivares, Spain; Sylvie Schiettekatte, Spain; Mr Jürgen Steinacker, Germany; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Ana Queralt, Spain; Ms Sonja van Dillen, the Netherlands; Ann-Sophie Van Hoecke, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Mr Michal Krejza, European Commission, DG EAC.

Possible partners

See above

Work steps

	Planned in work programme 12/13	State of affairs
Finding a new co-leader for the working group	Fall 2012	Implemented as planned
Skype meeting of collaborators (HPH, EIM, WCPT Network on Health Promotion in life and work): defining one common concrete action for the region-wide HEPA promotion in health care settings	Spring 2013	Partly implemented
Meeting of the working group in Helsinki <ul style="list-style-type: none"> - Sharing examples of HEPA promotion in health care settings - Exchanging good practices in training health professionals about HEPA - Further discussion on the concrete actions with the collaborators 	Fall 2013	Implemented as planned
Presentation of progress at the 9 th annual meeting	24 October 2013	Implemented as planned

Mr Malcolm Ward, Public Health Wales, and Mrs Jeannie Wyatt-Williams, Welsh Local Government Association, have been identified as new co-leads for the working group supporting Minna Aittasalo. Email discussions have taken place and as a key issue to pursue, education of health professionals generally and doctors in particular on physical activity and its relation to health has been identified. In addition to a literature overview, an online survey was launched in August 2013 on physical activity content in medical school curricula. Results were presented in a parallel session of the working group in Helsinki.

The first meeting of Health Promoting Hospitals Network Task Force on HEPA was held in Gothenburg, Sweden on 21 May 2013. The collaboration between the HEPA Europe working group and HPH was initiated in 2010, and the working group made the proposal to create the HPH Task Force at their annual HPH meeting in Turku, Finland in summer 2011. The Gothenburg meeting was organized by Dr Mats Börjesson, chair of the Task Force, as a satellite meeting of the annual HPH Conference. None of the HEPA Europe working core members was able to participate but Mr Börjesson provided information about the proceedings. In particular, it was decided that the first focus of work would be to produce statements/standards for physical activity in HPH-setting including ethical considerations as

well as facilitators and barriers for implementation. Exchange with the working group will continue.

In addition, a joint expert meeting of the University of Zurich and WHO/Euro (Nutrition, Physical Activity and Obesity) will take place on physical activity promotion in primary care settings, scheduled for 12-13 November. The meeting will be organized by Brian Martin in close collaboration with the working group, involving also other relevant bodies such as Exercise is Medicine and others.

7.6 Sport clubs for health

Aim of the activity

The program aims to strengthen the European Sports Club for Health (SCforH) Network with the purpose of promoting HEPA in the sports club setting, to encourage the European sports organizations to implement the EU Physical Activity Guidelines and to further develop the SCforH Guidelines with a special focus on sports clubs and their role as the health promoting institution.

In the HEPA Europe framework the project is aiming especially connection to the scientific institutions, EU –sport unit and WHO Europe.

In charge / participants

In charge: Jorma Savola, Finnish Sport for All Association, Eerika Laalo-Häikiö, Finnish Swimming Association and Katja Arpalo, Finnish Sport for All Association

Participants:

1) Core group

Pekka Oja, Finland, former HEPA Europe network; Sami Kokko, Finnish Sport For All Association; Ewa Suska, Ministry of Sport and Tourism, Poland; Stjepan Heimer, Faculty of Kinesiology, University of Zagreb, Croatia, Charlie Foster –Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Guy De Geauwe, EFCS, Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia.

Possible partners

Possible partners are e.g. European Confederation Sport and Health (CESS), International Olympic Committee (IOC) and others.

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Communication between partner organizations (eLetters, articles, etc.)	Continuously	Partly implemented
Workshops and presentations back-to-back to relevant European events (e.g. ISCA, TAFISA Europe, ENGSO)	Continuously	Partly implemented
Update of SCforH -program web site	Continuously	Not implemented
SCforH proceedings, by country	2013	Partly implemented

SCforH -Working group meeting in the framework of the annual HEPA Europe meeting in Helsinki	21-24 October 2013	Implemented as planned
Presentation of progress at the 9 th annual meeting in Helsinki	24 October 2013	Implemented as planned

During the last year, the working group carried out different activities. The core group of SCforH programme (Eerika Laalo-Häikiö, Jorma Savola, Pekka Oja, Sami Kokko and Pasi Koski) held several meetings with the purpose of gathering information for practical solutions of SCforH as well as revisiting the most important evidence based content for the program. In particular, the health profile of different sports disciplines is the most crucial part of SCforH –concept. It acts as motivating instrument when presenting the SCforH approach to national sports governing bodies.

In addition, the Finnish Sport for All Association held a national SCforH seminar, where NGOs and sports district organizations presented summaries of applications of the produced health profiles within the different sports disciplines. Exchange took also place with the European Federation for Company Sport's (EFCS) Health Commission. They considered the SCforH–guidelines and applicability of these guidelines within the needs of the company sports clubs, where the importance of HEPA promotion is also increasingly recognized. The SCforH-website was not updated because of organizational changes in the Finnish sports organization.

TAFISA as the initiator of the SCforH program is considering the further implementation of the setting based concept of SCforH program in combination with the EU-financed SportCityNet –project. The working group also held a work meeting in Helsinki to discuss the state of affairs and next steps.

7.7 Workplace HEPA promotion

Aim of the activity

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in different European countries and to promote the most effective approaches across the European Region. Because sedentary behavior (of employees) is a relevant new research area with important health risks, it was decided to focus the attention on this subject.

In charge / participants

In charge: Ms Ingrid Hendriksen, Netherlands Organisation for Applied Scientific Research (TNO), the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)

Participants (temporary composition): Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms. Bianca Biallas and/or Ms. Christiane Wilke, Institute of Health Promotion and clinical movement science Health Centre, German Sport University Cologne, Germany; Mr. Narcis Gusi, Exercise, Quality of Life & Health Economics, Faculty of Sport Sciences Caceres, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark; Mr. Wolf Kirsten, International Health Consulting, Germany; Ms Eva Martin-Diener / Ms Sonja Kahlmeier, Institute of Social and Preventive Medicine, University of Zurich, Switzerland; Ms Karin Proper, Institute of Health and Environment (RIVM), The Netherlands; Mrs Niina Valkama, Fit for Life Program, Finland.

Possible partners

European Network for Workplace Health Promotion (ENWHP)
Sedentary Behaviour Research Network (SBRN)

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Preparatory meeting in Gerlev - Denmark	Winter 2012	Implemented as planned
Collection of state of the art information from all participating countries	Winter 2012	Implemented as planned
Brief report on results and planning meeting, if desired	Early 2013	Implemented as planned, no meeting
Workgroup meeting to discuss results and further actions	Spring 2013	Discussion via email
Further actions as agreed	Summer 2013	Not implemented
Presentation of progress at the 9th annual meeting	24 October 2013	Implemented as planned

On 26-27 November 2012, a core group including Finn Berggren, Just Justesen, Liisamaria Kinnunen, Ingrid Hendriksen and Hans Arends met and discussed possible topics that could be relevant for the working group. Because sedentary behaviour of employees is a relevant new research area with important health risks, it was decided to focus on this subject.

As next step, a brief questionnaire was sent to the working group members to gather information from several European countries on the state of the art concerning sedentary behaviour. A response to the questions on the current position of sedentary behaviour in each country has been received from several working group members representing 5 European countries (Denmark, Finland, Slovenia, The Netherlands and United Kingdom).

During the HEPA Europe Conference 2013, the working group held an informal meeting to discuss the responses, the recent scientific developments and developments in practice in policies. Work steps for the next year were also defined.

7.8 HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention

Aim of the activity

The aim of this activity is to study the relationship and to develop synergies between physical activity promotion and injury prevention. For this purpose, a joint platform of HEPA Europe and EuroSafe has been established for the presentation of evidence, for the exchange of experiences and for the development of strategies and tools for joint action.

In charge / participants

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

Participants:

Ms Khanom Ashrafunnesa, Swansea University, UK, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Per Bo Mahler, Youth Health Service Geneva, Switzerland; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Alenka Palian, Yoga Union of Slovenia; Mr Jari Parkkari, UKK Institute, Tampere, Finland; Ms Francesca Racioppi and Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

Partners:

EuroSafe (Wim Rogmans, others), bfu – Swiss Council for Accident Prevention (Othmar Brügger)

Other possible partners

To be defined

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Exploration of funding opportunities	Continuously	Ongoing
Finalization of conceptual journal article	Winter 2013	Partly implemented
Preparation of a parallel session for the 9 th annual meeting and conference	Spring 2013	Implemented as planned
Discussion of next steps (phone conference)	Summer 2013	Partly implemented
Parallel conference session as well as presentation of progress at the 9 th annual meeting	24 October 2013	Implemented as planned

Based on a fruitful exchange with the Helsinki program committee, the topic of “HEPA promotion and injury prevention” has now been integrated into the 4th HEPA Europe conference for the first time (one plenary presentation and two presentations in parallel sessions). In addition, the working group will also hold a parallel session to discuss the results of the conference presentation and the work program for the upcoming year.

With respect to the conceptual article it has been decided to focus on injuries in children. Under the lead of the working group members of VU University Medical Center and with contributions of the members of the University of Zurich, a first version of the review has been finalized.

Unfortunately, no funding opportunities have materialized so far. An application for contributions from COST to support a network for sports injury prevention has been submitted by Mr. E. Verhagen, VU University Medical Center. The decision whether the proposal will make it to the second round can be expected for November 2013. The working group also held a parallel session in Helsinki.

7.9 Development of methods for quantification of health benefits from walking and cycling

Aim of the activity

This project aims at developing and disseminating practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹⁸.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁹ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO Regional Office for Europe, and Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Thomas Götschi, ISPM, University of Zurich, Switzerland; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Harry Rutter, Obesity Observatory, United Kingdom.

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, Centers for Disease Control and Prevention's Physical Activity and Health Branch

¹⁸ <http://www.euro.who.int/HEAT>

¹⁹ www.thepep.org

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Finalization of contribution to PHAN work packages 6 and 7 (see also section 5.1), in particular with regard to: <ul style="list-style-type: none"> • experiences from pilot testing in 4 cities • refinements of HEAT tools based on the experiences and feedback 	End of 2012	Implemented as planned
Implementation of selected elements of the HEAT communication strategy, in particular (depending on funding): <ul style="list-style-type: none"> • Publication of an updated HEAT leaflet • Publication of further examples of applications for web and publications • Exploration of use of social media for further dissemination • Presentations at meetings, workshops and conferences 	Fall 2012 End of 2012 End of 2012 Continuously	Partly implemented
Expert workshop to discuss approaches and possibilities to further develop HEAT, e.g. integrating injuries and air pollution or morbidities, together with THE PEP, TAPAS and other partners (see also section 5.1)	Winter 2012	Implemented as planned
Preparations of a consensus workshop, based on conclusions of expert workshop	Spring 2013	Implemented as planned
Scientific publications <ul style="list-style-type: none"> • Finalization of HEAT cycling methods paper • Submission of HEAT walking methodology paper (Cavill N et al.) • Submission of policy perspective / application examples paper (Kahlmeier S et al.) 	End of 2012 End of 2012 Summer 2013	Implemented Delayed Delayed
Fund raising for consensus workshop and development of a HEAT 2.0 version	Summer 2013	Implemented as planned
Presentation of progress at the 9th annual meeting	24 October 2013	Implemented as planned

As part of the PHAN project, the HEAT tool was applied in 3 cities (Parnu (Estonia), Kuopio (Finland) and Brighton-and-Hove (United Kingdom)). Based on the results and feedback from the cities, items for improvement and refinement have been identified.

In December 2012, an expert meeting took place, kindly organized and hosted by WHO/Europe in Copenhagen. The meeting aimed to: a) analyze newly available data on cycling to re-assess the currently used relative risk in HEAT; and b) inclusion of injuries and possibly air pollution, as well as other topics; c) to consider feedback from the PHAN project. Based on the outcomes of the meeting, background work started in spring 2013 to prepare the third HEAT consensus meeting which took place on 1-2 October 2013. Work focused on new meta-analyses for the relative risk for reduced mortality from cycling and walking, inclusion of air pollution and an updated "value of statistical life". An updated version of the HEAT tools is foreseen to be presented at the 4th High-level Meeting on Transport, Environment and Health in April 2014.

The implementation of the communication strategy focused in particular on training sessions, which have taken place monthly since November 2012. So far, about 350 people have been trained to use HEAT. A collection of case studies on HEAT applications, a new leaflet text and a “frequently asked questions” section have been developed but not yet published.

The paper on the HEAT for cycling methodology by Harry Rutter and colleagues has been published in the American Journal of Public Health²⁰; two other foreseen publications have not yet been developed.

7.10 Monitoring and surveillance of physical activity

Aim of the activity

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose. The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children.

In charge / participants

In charge: Ms. Sanne Vries, TNO, the Netherlands and Ms Ingrid Hendriksen, TNO (new lead since May 2013)

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Ms Tjasa Knific, National Institute of Public Health, Slovenia; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, Sport University Cologne, Germany.

²⁰ <http://www.ncbi.nlm.nih.gov/pubmed/23253656>

Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from MRC Epidemiology Unit (Dr. Ulf Ekelund), University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); organizing committees of ICDAM (Rome, 14-17 May 2012), ICAMPAM, and ECSS (Bruges, 4-7 July 2012); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Phone conference	Winter 2012	Not implemented
Define common interests, themes and needs when objectively assessing PA among children	Winter 2012/13	Implemented as planned
Define work steps and main goals of the working group	Winter 2012/13	Delayed, ongoing
Implement work steps as defined	Spring 2013	Not yet started
Phone conference	Summer 2013	Not implemented
Presentation of progress at the 9 th annual meeting	24 October 2013	Implemented as planned

In February 2013, all member were invited by email to express their view regarding the future objectives of the working group (including as options: to inform each other on on-going projects; to apply for grants to perform joint project; to advise the WHO and other parties in projects in monitoring and surveillance of physical activity at the European level; to exchange students; to write a position paper or other joint publication; other). Eight of the 14 WG members responded. To develop a decision matrix to choose an appropriate assessment method when assessing free-living physical activity among children was also mentioned as a possible activity.

Due to change in the lead of the working group in summer 2013, no further actions were planned to reach consensus on these objectives. In addition, the possible overlap of the activities of this WG with new EU initiatives will be considered. The next steps were discussed with the working group in Helsinki.

8 Activities to optimize the Network

8.1 Management and interaction with members and partners

Aim of the activity

To implement a concept for coherent, effective and efficient management and interaction with members of the network as well as key partner institutions and organizations.

The impact model²¹ will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee
Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Implementation the partner management strategy	Continuously	Mostly implemented as planned
Update of the financing concept ²²		Implemented as planned
Development of a communication strategy: <ul style="list-style-type: none"> • Definition of communication objectives • Definition of strategies and activities • Development of a new mission statement leaflet draft • Presentation of the final draft strategy 	Spring 2013 Summer 2013 Fall 2013 9 th annual meeting, 2013	Implemented Not implemented Implemented Implemented
Development of a member and recruitment strategy <ul style="list-style-type: none"> • Define steps and approaches, in close collaboration with WHO 	Summer 2013	Implementation started

²¹ See footnote 4, page 7

²² The Steering Committee discussed and explored a number of different fund raising options and the strategy is currently being updated. See also: HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

Exchange with key partners as part of the partner management strategy is taking place continuously as foreseen. Further input regarding establishing new partnerships, including possibly also related to public-private partnerships are expected to arise from a new WHO "Framework of engagement with non-State actors" expected to be discussed by the WHO Executive Board will in January 2014.

The development of the communication strategy was continued, focusing on the definition of communication objectives and on the development of a new mission leaflet draft, which was presented to the members in Helsinki. The definition of specific strategies and activities was deferred to next year.

In view of the economic crisis impacting also funding for HEPA Europe (see also chapter 4), the Steering Committee discussed and explored a number of different fund raising options at its two 2013 meetings. Options were presented and discussed at the annual meeting in Helsinki.

9 Possible future activities

9.1 Development of a teaching course on physical activity and public health

Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with the course developed by the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education (IUHPE).

In charge / participants

In charge: To be defined

Participants in earlier attempts to establish a teaching course:

1) Previous scientific board:

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

2) Previous participants:

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitnes, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

Possible partners

European Master's Programme in Public Health Nutrition; Lifelong Learning Programme, European Commission/DG Education and Culture, WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office) and Division of Communicable Diseases, Health Security and Environment; Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE).

Summary of the state of affairs

	Planned in work programme 12/13	State of affairs
Will be defined by participants if project is implemented		Not implemented

9.2 *Methodological guidance and practical approaches on economic valuation of transport-related health effects*

Aim of the activity

The first phase of this project included:

- a critical review of existing methodologies and on-going studies and initiatives to be taken into account when performing economic valuations of transport-related health effects in adults and children associated with air pollution, noise, road traffic crashes and lack of cycling and walking
- identification of relevant health end points to be included
- identification of the key criteria to be applied in making an economic valuation of these effects
- Development of practical approaches to economic valuation as guidance for practitioners, with a special focus on children

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004²³.

This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)²⁴ and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge / participants

In charge: to be defined

Participants: WHO Regional Office for Europe, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

²³ http://www.euro.who.int/transport/publications/20060112_1

²⁴ www.thepep.org

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET²⁵ and INTARESE²⁶ project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

Summary of the state of affairs

At the 7th session of THE PEP Steering Committee in 2009, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on the final work programme of THE PEP for the period 2010-2014 and funds made available by Member States for the implementation of the different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

	Planned in work programme 12/13	State of affairs
Will be defined by participants if project is implemented		Not implemented

10 Publications

10.1 Scientific publications

The following 4 publications were produced from September 2012 to September 2013 (in chronological order not counting those in review):

- Rutter H, Cavill N, Racioppi F, Dinsdale H, Oja P, Kahlmeier S: Economic impact of reduced mortality due to increased cycling. *Am J Prev Med.* 2013 Jan;44(1):89-92. doi: 10.1016/j.amepre.2012.09.053.

Submitted / under review:

- Kahlmeier S, Popp C, Martin BW, Backovic-Jurican A, Banzer W, Berggren F, Engelsman EL, Foster C, Koornneef M, Oppert JM, Racioppi F, Rutter H, Šlachta R, Vasankari T, van Mechelen W: A systematic overview of institutions and bodies active in physical activity promotion in Europe. Submitted to *Swiss Journal for Sports Medicine and Sports Traumatology*.
- Bull F, Milton K, Kahlmeier S, Arlotti A, Backovic-Jurican Andrea, Belander O, Martin BW, Martin-Diener E, Marques A, Mota J, Vasankari T, Vlasveld A: Turning the tide: national policy approaches to increasing physical activity in seven European countries: *British Journal of Sports Medicine*: under review.

²⁵ <http://www.proneteurope.eu/>

²⁶ <http://www.intarese.org/>

10.2 Reports and other products

As part of the PHAN project in collaboration with HEPA Europe working groups:

- Physical activity promotion in socially disadvantaged groups: principles for action (full report and policy summary). Copenhagen; WHO Regional Office for Europe, 2013.

10.3 HEPA Europe e-mail alerts

- Issue 14, April / May 2013

ANNEX 5: HEPA EUROPE WORK PROGRAMME 2013/2014

1 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 9th annual meeting of HEPA Europe, held on 24 October 2013 in Helsinki, Finland, a number of activities were outlined to be carried out by the network in 2013/2014¹. A short version of this document is also available at www.euro.who.int/hepaeurope.

The current state of affairs of activities foreseen in the previous work programme 2012/2013 is summarized in chapter 2. More detailed information can be found in the activity report 2012/2013²; a short version of which is also available at www.euro.who.int/hepaeurope.

In chapters 3 to 6, the implementation of the planned activities and projects for the period November 2013 to September 2014 is described in more detail. Chapter 7 contains possible future activities for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 10th annual meeting of HEPA Europe to be held on 27-29 August 2014 in Zurich, Switzerland, hosted by the Institute of Social and Preventive Medicine of the University of Zurich.

¹ See also: Annex 5: Work programme 2013/2013. In: 9th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 23-24 October 2013, Helsinki. Copenhagen, WHO Regional Office for Europe. In press (www.euro.who.int/hepaeurope).

² For more information, see: Annex 4: Activity report 2011/2012. In: 8th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 26-27 September, Cardiff, United Kingdom (www.euro.who.int/hepaeurope).

2 Activity report 2013 / 2014 overview

Below, the state of affairs of the activities of the work programme 2011/2012 is summarized³.

2.1 Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Partly implemented as planned, ongoing
Support and contributions to other conferences and events	No request for co-sponsorship; ongoing

2.2 Information dissemination

Activity	State of affairs
Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepaeurope)	Mostly implemented as planned
Holding of the 8 th annual network meeting (27 September) and symposium (26 September) of HEPA Europe; Cardiff, United Kingdom	Implemented as planned, concluded
Dissemination of products and publications of HEPA Europe	Partly implemented as planned
Inventory of existing approaches, policy documents, and targets related to physical activity promotion	Partly implemented as planned

2.3 Projects, reports and products

Activity	State of affairs
Working group on national approaches to physical activity promotion	Mostly implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Partly implemented
Working group on active aging: Physical activity promotion in the elderly	Mostly implemented as planned
Working group on HEPA promotion in socially disadvantaged groups	Partly implemented
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sport Clubs for Health programme	Partly implemented
Working group on workplace HEPA promotion	Mostly implemented as planned
HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented as planned
Working group on monitoring and surveillance of physical activity	Implementation delayed

³ See footnote 2, page 4

2.4 Activities aimed at optimizing the network

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Mostly implemented as planned, ongoing

2.5 Possible activities to be launched later

Activity	State of affairs
Development of a teaching course on physical activity and public health	Not implemented
Methodological guidance and practical approaches on economic valuation of transport-related health effects	Not implemented

2.6 Publications

Activity	State of affairs
4 publications (2 reports, 1 paper, 1 HEPA Europe electronic news alert) produced	Continuous activity

3 Networking and cooperation

In the following sections the activities of HEPA Europe related to networking and cooperation to be carried out until the next annual meeting in October 2013 in Helsinki, Finland, are outlined in more detail.

3.1 *Coordination and cooperation with other activities, projects, and networks*

Aim of the activity

To join forces with key partners, to benefit from synergies, and eventually, to produce better products; in addition to increase the visibility of the network.

In charge / participants

In charge: WHO Regional Office for Europe⁴ and Steering Committee
Participants: Members of HEPA Europe

Possible partners

As listed below

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ⁵ and communication strategy (see chapter 6.1)	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes • WHO/Europe Division of Noncommunicable Diseases and Health Promotion: Support to implementation of the European NCD Action Plan 2012–2016 - Collaboration and maximizing synergies with the joint WHO/Europe-DG Sanco and DG EAC projects on monitoring progress on improving nutrition and physical activity and preventing obesity and on Health-Enhancing Physical Activity Promotion in the EU - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme	Continuously Continuously

⁴ After 31 December 2011, the activities of the Rome office related to HEPA Europe continued from the Division of Communicable Diseases, Health Security and Environment, Copenhagen office.

⁵ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

Continued	By when
<ul style="list-style-type: none"> • The Association for International Sport for All (TAFISA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • International Society for Behavioural Nutrition and Physical Activity (ISBNPA) <ul style="list-style-type: none"> - Explore possibilities for further collaboration • American College of Sports Medicine (ACSM) <ul style="list-style-type: none"> - Explore possibilities for further collaboration 	Continuously
	Continuously
	Continuously
	Continuously
Explore possibilities for collaboration with other bodies (e.g. sustainability organizations) if possibilities arises	Continuously

3.2 Support and contributions to conferences and events

Aim of the activity

In addition to organizing own annual meetings and occasionally a network conference, HEPA Europe will also, upon request of the organizers, support relevant other conferences and events. This will contribute to the networking functions and raise the profile of HEPA Europe.

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met⁸. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

In charge / participants

In charge: Host organizations, WHO Regional Office for Europe and Steering Committee

Participants: -

Work steps

1) Supported events

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe.

	By when
Decision about the support of possible further events by the Steering Committee	Continuously

⁸ See "Requirements for HEPA Europe- supported events", August 2007.

2) Participation in other events

Members of the Steering Committee or HEPA Europe will participate in other events and give presentations on behalf of and mentioning HEPA Europe in 2012 / 2013.

	By when
Decision about participation in these and possible further events by the Steering Committee	Continuously

4 Information dissemination

4.1 Dissemination of products and publications of HEPA Europe

Aim of the activity

To provide a comprehensive and attractive website as communication instrument where all relevant information on HEPA Europe is available and further dissemination to maximize the use and implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Working group leaders and members, Information Outreach Department, WHO Regional Office for Europe; Division of Noncommunicable Diseases and Health Promotion; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see below)	Continuously
Perform regular updates of the website and distribute electronic news alerts 2 to 3 times per year	Continuously
Dissemination of available products, in particular: <i>Advocacy booklets on physical activity (Physical activity and health: evidence for action and Physical activity promotion in urban environments: the role of local governments; Promoting sport and enhancing health in European Union countries: a policy content analysis to support action)</i> Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 6.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously

Continued	By when
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 3.2)	Continuously
Disseminate other related WHO products, for example Global Recommendations, PHAN and WHO/DG Sanco Monitoring project booklets at suitable events and to suitable target groups	Continuously

4.2 5th conference and 10th annual meeting of HEPA Europe

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 10th annual meeting will take place on 29 August 2014. The event will be kindly hosted by the University of Zurich, Switzerland. Back-to-back with the annual meeting, a 1.5 day conference will be organized by the hosts.

In charge / participants

In charge: University of Zurich, Switzerland; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Work steps

	By when
Discuss ideas for programme structure and key note speakers	Fall 2013
Add a section announcing the meeting to the website	Fall 2013
Develop the conference website with organizers	Early 2014
Send out programme outline and first call for contributions	Early 2014
Open abstract submission	Spring 2014
Develop the information circular with the organizers and open registration	Spring 2014
Organize handling of incoming contributions and registrations with organizers	Summer 2014
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2014
Carrying out the meeting and conference	27-29 August 2014

4.3 *International inventory of documents on physical activity promotion / European database on Nutrition, Obesity and Physical Activity (NOPA)*

Aim of the activity

To support WHO Regional Office for Europe in maintaining an online database on physical activity to facilitate access of the Member States to available information. Relevant information has so far been collected from 44 countries. This activity is carried out in close collaboration with the WHO European database on Nutrition, Obesity and Physical Activity (NOPA), managed by the WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office). For example, the policy documents on physical activity promotion previously included in this inventory have been moved to NOPA in 2011.

In charge / participants

In charge: WHO/Europe Division of Noncommunicable Diseases and Health Promotion; (Copenhagen office), WHO Regional Office for Europe

Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National Information Focal Points from EU-countries of the WHO/Europe-DG Sanco project on "Monitoring progress on improving nutrition and physical activity and preventing obesity" and its follow-up project.

Possible partners

DG Sanco project advisory group, if continued

Work steps

	By when
Finalization and publication of analysis of available information on National Physical Activity recommendations in Europe (University of Zurich, Switzerland) <ul style="list-style-type: none"> • Submission of scientific publication • Addressing of reviewer comments or re-submission to different journal • Final publication 	Early 2004 According to review timelines
Support to finalization of merging of all relevant information from the inventory into NOPA Identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously

5 Projects, reports and products

5.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- successful and less successful examples of implementation;

and identification of key elements of national approaches as well as development of tools and guidance for national strategies to promote HEPA.

In charge / participants

In charge: Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Co-lead: Mrs. Fiona Bull and Ms Karen Milton, GAPA / Loughborough University, United Kingdom

Participants: Mr Paolo Emilio Adami and Ms Mimi Adami, FIAF, Italy; Mr Alberto Arlotti and Ms Silvia Colitti, consultant, Emilia Romagna Region, Italy; Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse and Ms Anita Vlasveld, Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Ms Edna Buckshtein, Israel Centre of Sport Clubs; Mr Nick Cavill, Cavill Associates, United Kingdom; Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Mr Ilan Fellmann, Federal Ministry for Defense and Sport, Austria; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Ms Eva Martin-Diener and Mr Brian Martin, ISPM, University of Zurich, Switzerland; Mr Jyrki Komulainen and Ms Miia Malvela, Fit for Life programme, Finland; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Israel; Ms Wendy Scott, Queens University Belfast, Ireland; Mr Radim Šlachta, Palacky University, Czech Republic; Ms Wendy Scott, Queen's University Belfast, United Kingdom; Ms. Malgorzata Szukalska – Wrona, Ministry of Sport and Tourism, Poland; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Anne Vuillemin, Lorraine University, France; Ms Birgit Wallmann, Centre of Health, German Sports University Cologne; Ms Catherine Woods, Dublin City University, Ireland; WHO Regional Office for Europe; and Steering Committee

Observers: Ms Wendy Creelman, in motion, Canada

Possible partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office)

Work steps

	By when
Project on "National HEPA policies: case studies from Europe" <ul style="list-style-type: none"> • Scientific publication - finalization of paper on the cross-country analysis • Finalization of individual country reports / publications 	Early 2014 Continuously
Possible new activities (depending on funding) <ul style="list-style-type: none"> • Updated version of the HEPA PAT (updated guidance on application, amendments to selected items) • Assessment of feasibility of development of additional outputs, for example short version of PAT, advocacy leaflet(s), communication products and activities 	Spring 2014 Summer 2014
Presentation of progress at the 10 th annual meeting	29 August 2014

5.2 Exchange of experiences in physical activity and sports promotion in children and adolescents

Aim of the activity

Contributing to improving approaches in physical activity and sports promotion in children and adolescents in Europe by providing:

- an overview of existing activities, particularly national programmes and national networks
- analyses of selected approaches.

In charge / participants

In charge: Ms Catherine Woods, Dublin City University; Ireland;
Members: Mr Paulo Adami, FIAeF, Italy; Mr Lars Bo Andersen and Mr Karsten Froberg, University of Southern Denmark; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Peter Barendse, NISB, the Netherlands; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Anna Chalkley, Loughborough University; United Kingdom; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Dorien Dijk, NISB, the Netherlands; Ms Rosa Diketmueller, University of Vienna, Austria; Ms Andreja Drev, National Public Health Institute, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster and Mr Paul Kelly, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Anders Grøntved and Mr Niels Christian Møller, University of Southern Denmark; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Anne-Mari Jussila, UKK Institute, Finland; Ms Kiara Lewis, University of Huddersfield, United Kingdom; Mr Jukka Karvinen, Nuori Suomi, Finland; Rebecca Kemmler Mueller, German Youth Sport, Germany; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Ms Aoife Lane, Waterford Institute of Technology, Ireland; Mr Bronagh McGrane and Sarahjane Belton, DCU; Ireland; Ms Karen Milton, Loughborough University, United Kingdom; Roland Naul, University Essen Duisburg WGI, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Wesley O'Brien, University of Bolton, United Kingdom; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Maria Scatigna, University of L'Aquila, Italy;

Ms Jantine Slinger and Ms Eline Vlasblom, TNO, the Netherlands; Mr Matti Hakamäki, Mr Jouni Kallo, Ms Katariina Kamppi, Ms Tuija Tammelin, Ms Heidi Syvaga, Ms Henna Hapala and Ms Huidi Syvaga, all LIKES programme, Finland; Ms Eleanor Quested and Ms Joan Duda, Birmingham University; United Kingdom; Ms Camilla Ulvmyr and Ms Camilla Bergholm, the Swedish National Centre for Child Health Promotion; Mr Tommi Vasankari, UKK Institute, Finland; WHO Regional Office for Europe, Child and Adolescent Health programme.

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY⁹), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Health Study, Mr Karsten Froberg, Denmark; Schools for Health Europe (SHE), Mr Goof Buijs, the Netherlands.

Work steps

	By when
Improve communication between group members, by a quarterly bulletin and a bi-annual teleconference	Winter 2013 / spring / summer / fall 2014
Ascertain what particular expertise is available within the group	Spring 2014
Define possibilities and scope of a working group meeting	Spring 2014
Possible meeting	Summer 2014
Presentation of progress at the 10th annual meeting	29 August 2014

5.3 Active ageing: physical activity promotion in elderly

Aim of the activity

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

This working group aims to identify the main barriers (social, physical, spatial, financial) to sport participation and physical activity of older adults into policy and implementation. It also aims to outline strategies for increasing sport participation and physical activity. The working group will identify specific needs in the area of research, evidence and practice with regard to the whole range of interventions, including for example home and community programs, spatial planning, workplace-settings, primary care systems, policy and advocacy.

⁹ www.projectenergy.eu

The working group also aims at providing a platform for exchange of experiences of practice, effective interventions, training and education and of ways to disseminate scientific knowledge to policy makers and practitioners.

In charge / participants

In charge: Mr Bob Laventure, Loughborough University, United Kingdom (chair) and Liesbeth Preller (secretariat), NISB, the Netherlands

Participants: Ms Debbie Clayton, Cardiff Met University, United Kingdom; Ms Janet Djomba, National Institute for Public Health, Slovenia; Mr Narcis Gusi, Universidad de Extramedura, Spain; Mr Herbert Hartmann, ISCA; Germany; Anu Havas, The Age Institute, Finland; Saija Karinkanta, The UKK Institute for health promotion, Finland; Ms Elina Karvinen, The Age-institute, Finland; Tjasa Knific, National Intitute for Public Health, Slovenia; Mr Maarten Koorneef,; Ministry of Health and Sport, the Netherlands; Karolina Mackiewicz, Baltic Region Healthy Cities Association, Finland; Nico van Meeteren, Netherlands Organisation for Applied Scientific Research (TNO)/ EUNAAPA, the Netherlands; Mr Jorge Mota, University of Porto, Portugal; Mimi Rodriguez, FIAF, Italy; Ms Minna Säpyskä-Nordberg, The Age Intitute, Finland; Heli Starck, The Age Intitute, Finland; Réka Varess, State Secretariat for Sport and Youth, Ministry of Human Resource, Hungary; WHO Regional Office for Europe Environment and Health Policy and Governance

Possible partners

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)¹⁰, Prevention of Falls Network for Dissemination¹¹ (ProFouND), European Group for Research into Elderly and Physical Activity¹² (EGREPPA), ENO, EIPAH.

Work steps

	By when
Continued collaboration with other EU Health and active ageing programmes and networks (see list above)	Ongoing throughout 2013-14
Continued mapping of practice from EU and Member State programmes	Early 2014
Analysis according to good/best practice criteria	Summer 2014
Agreement on key target interventions from mapping list and compilation of report	Summer 2014
Drafting of medium term activity/plan for working group	Fall 2014
Presentation of progress at the 10 th annual meeting	29 August 2014

5.4

¹⁰ <http://www.eunaapa.org>

¹¹ <http://profound.eu.com/>

¹² <http://www.egrepa.org/>

HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹³ in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

- to promote discussion and sharing of resources and information amongst HEPA WG members
- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;
- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland

Participants: Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Graham Brennan, Strathclyde University, United Kingdom; Ms Claire Cleland, Queens University Belfast, United Kingdom; Ms Marta Carranza and Mr Gaspar Maza Gutierrez, Universitat Rovira i Virgili-Tarragona, Spain; Ms Carina Edling, Swedish National Institute of Public Health; Ms Judit Farkas, Semmelweis University, Hungary; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Ruth Hunter, The Queens University of Belfast, Northern Ireland, United Kingdom; Ms Mojca Janezic, National Institute for Public Health, Slovenia; Mr Paul Jarvis, Department of Health, South East, United Kingdom; Ms Maureen Kidd, NHS Scotland, United Kingdom; Ms Liisamaria Kinnunen, LIKES Research Center for Sport and Health, Finland; Ms Jessica Maertin, Palacky University, Czech Republic; Ms Annalouise Muldoon, WIT, Ireland; Ms Marie H Murphy, University of Ulster, United Kingdom; Ms Liesbeth Preller, NISB, the Netherlands; Ms Liselotte Schafer Elinder, Karolinska Institute, Sweden; Ms Jane South, Leeds Metropolitan University, United Kingdom; Mr Rustam Talishinskiy, Traumatology and Orthopaedics Institute, Baku, Azerbaijan; Ms Annmarie Wagemakers, Wageningen University, the Netherlands; Ms Mojca Verdnik, University Medical Center, Ljubljana, Slovenia; Ms Anita Vlasveld, NISB, the Netherlands; Sue Williams, Countryside Council for Wales, United Kingdom.

Possible partners

WHO European Centre for Environment and Health, Bonn office

¹³ In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

Work steps

	By when
Assessment of interest areas of members-open networking session. Establish areas of enthusiasm and interest, and leaders for these subgroups. Agree a communication strategy for 2013-2014	End of 2013
Re-ignite sharing and communicating via Dropbox	End of 2013
Contribute to good practice collections, MOVE projects	Spring 2014
Promote discussion on evaluation approaches for disadvantaged groups	Spring 2014
Identify possible joint products or activities	Summer 2014
Presentation of progress at the 10th annual meeting	Fall 2014

5.5 HEPA promotion in health care settings**Aim of the activity**

Providing individuals with advice and access to offers through health care providers is one of the recommended approaches to physical activity promotion. This working group aims to promote health-care related HEPA activities across the Region. Main activities will include identifying common concerns, sharing information on development and research, promoting good practice, informing policy and strategy and advocating for evidence-based interventions.

In charge / participants

In charge: Mr Malcolm Ward, Public Health Wales, Ms Eszter Füzéki, Goethe University, Frankfurt, Germany

Core members: Mr Christopher Gidlow, Staffordshire University; Ms Elaine McNish, Macmillan Cancer Support; Ms Janet Klara Djomba, University of Ljubljana; Mr Rhodri Martin; Ms Diane Crone, University of Cloucestershire

Collaborators: Mr Jürgen Steinacker, European Exercise Is Medicine; Mats Börjesson, Health Promoting Hospitals network; Andrea Backovic Jurican, WCPT Network on Health Promotion in Life and Work

Participants: Ms Minna Aittasalo – UKK Institute for Health Promotion Research, Finland
Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, NISB, the Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Olivier Blanson Henkemans, the Netherlands; Mr Bernard Duvivier, the Netherlands; Mr Stjepan Heimer, University of Zagreb, Croatia; Ms Brenda Berendsen, the Netherlands; Mr Christophe Delecluse, Belgium; Ms Maria Hagströmer, Karolinska Institute, Sweden; Boris Gojanovic; CHUV, Switzerland; Ms Marike Hendriks; the Netherlands; Ms Josanne Huijg, the Netherlands; Ms Manana Juruli, Intitute of Labour Medicinand Ecology, Georgia; Ms Niamh Martin, United Kingdom; Ms Sofie Martien, Belgium; Sofie Moresi, the Netherlands; Mr Pedro Olivares, Spain; Sylvie Schiettekate, Spain; Mr Jürgen Steinacker, Germany; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Ana Queralt, Spain; Ms Sonja van Dillen, the Netherlands; Ann-Sophie Van Hoecke, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Mr Michal Krejza, European Commission, DG EAC.

Possible partners

Exercise is Medicine

Work steps

	By when
Survey „Physical activity in medical curriculum in Europe“	Spring 2014
Report “Country examples - exercise on prescription schemes”	Summer 2014
Presentation of progress at the 10 th annual meeting	29 August 2014

5.6 Sport clubs for health**Aim of the activity**

The program aims to strengthen the European Sports Club for Health (SCforH) Network with the purpose of promoting HEPA in the sports club setting, to encourage the European sports organizations to implement the EU Physical Activity Guidelines and to further develop the SCforH Guidelines with a special focus on sports clubs and their role as the health promoting institution.

In the HEPA Europe framework the project is aiming especially at connecting with the scientific community, the EU and the WHO.

In charge / participants

In charge: Jorma Savola, TAFISA/Finnish Sports Confederation, Sami Kokko, University of Jyväskylä, Eerika Laalo-Häikiö, Finnish Swimming Association and Katja Arpalo, Finnish Sports Confederation

Participants:

1) Core group

Pekka Oja, Finland, former HEPA Europe network; Stjepan Heimer, Faculty of Kinesiology, University of Zagreb, Croatia, Charlie Foster, Oxford University, United Kingdom; Herbert Hartmann, ISCA; Pasi Koski, University of Turku, Finland; Guy De Grauwe, EFCS; Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia, Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF.

2) Participants: SCfH network

Possible partners

Possible partners are e.g. the European Company Sports Federation (EFCS), European Confederation Sport and Health (CESS), International Olympic Committee (IOC) and others.

Work steps

	By when
Communication between partner organizations (eLetters, articles, etc.)	Continuously
Workshops and presentations back-to-back to relevant European organizations: e.g. EFCS, TAFISA/TAFISA Europe, ENGSO, ISCA	Continuously
Relaunch and update the SCforH -program web site	Continuously
Continuing development of the health profile for different sports disciplines and other SCforH Guidelines based work packages (e.g. SCforH in the Life span context, SCforH in the city/municipality setting, SCforH in the company sports clubs ...)	Summer 2014
Presentation of progress at the 10th annual meeting	29 August 2014

5.7 Workplace HEPA promotion**Aim of the activity**

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in different European countries and to promote the most effective approaches across the European Region. Because sedentary behavior (of employees) is a relevant new research area with important health risks, it was decided to focus the attention on this subject.

In charge / participants

In charge: Ms Ingrid Hendriksen, Netherlands Organisation for Applied Scientific Research (TNO), the Netherlands; Hans Arends, NISB, the Netherlands (co-chairs)

Participants: Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon, Belgium; Mr. Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Ms Maria Lopatina, Ministry of Health, Russian Federation; Mrs Niina Valkama, Fit for Life Program, Finland.; Mr Hidde van der Ploeg, VU Medical School, the Netherlands.

Possible partners

European Network for Workplace Health Promotion (ENWHP)
Sedentary Behaviour Research Network (SBRN)

Work steps

	By when
Network building and discussion using LinkedIn	Continuously
Update overview on sedentary behaviour activities in participating European countries	June 2014
Overview of tools, instruments and approaches for practice	August 2014
Symposium on sedentary behaviour during the HEPA conference 2014	August 2014
Presentation of progress at the 10 th annual meeting	29 August 2014

5.8 Environmental approaches to HEPA promotion

Aim of the activity

This working groups aims to:

- raise the profile of the impact of the environment on HEPA
- support the translation of relevant evidence to policy, practice and research, and
- develop a shared research and capacity building project.

In charge / participants

In charge: Dr Charlie Foster, BHF Health Promotion Research Group and WHO Collaboration Centre for Population Approaches to NCD Prevention, University of Oxford, United Kingdom

Participants: interested HEPA Europe members and other experts, to be further defined

Possible partners

To be defined

Work steps

	By when
Finalize members list and hold first phone conference	Early 2014
Agree aims and possible outputs	Spring 2014
Agree draft capacity building training and content	Summer 2014
Discuss a research protocol	Summer 2014
Presentation of progress at the 10th annual meeting	August 2014

5.9 HEPA Europe/EuroSafe working group on HEPA promotion and injury prevention

Aim of the activity

The aim of this activity is to study the relationship and to develop synergies between physical activity promotion and injury prevention. For this purpose, a joint platform of HEPA Europe and EuroSafe has been established for the presentation of evidence, for the exchange of experiences and for the development of strategies and tools for joint action.

In charge / participants

In charge: Eva Martin-Diener, ISPM University of Zürich, Switzerland

Participants: Ms Khanom Ashrafunnesa, Swansea University, UK, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Brian Martin, ISPM University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Kati Pasanen and Mr Jari Parkkari, UKK Institute, Tampere, Finland; Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, UK; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Toomas Timpka, Linköping University, Sweden; University of Graz, Austria; MS Joske Nauta, Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

Partners:

EuroSafe (Wim Rogmans, others), bfu – Swiss Council for Accident Prevention (Othmar Brügger)

Other possible partners

To be defined

Work steps

	By when
Exploration of funding opportunities	Continuously
Preparation parallel session for the 10th annual meeting and conference in Zurich	Spring 2014
Discussion of next steps	Summer 2014
Presentation of progress at the 10th annual meeting	August 2014

5.10 Development of methods for quantification of health benefits from walking and cycling

Aim of the activity

This project aims at developing and disseminating practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a health economic assessment tool (HEAT) for cycling and its user guide were developed¹⁴.

¹⁴ <http://www.euro.who.int/HEAT>

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁵ and specifically its activities on walking and cycling.

In charge / participants

In charge: WHO Regional Office for Europe, and Sonja Kahlmeier, ISPM, University of Zurich, Switzerland

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Mr Hywell Dynsdale, Cheshire, United Kingdom; Mr Thomas Götschi, ISPM, University of Zurich, Switzerland; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Harry Rutter, Obesity Observatory, United Kingdom.

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, Centers for Disease Control and Prevention's Physical Activity and Health Branch

Work steps

	By when
Implementation of selected elements of the HEAT communication strategy, in particular (depending on funding): <ul style="list-style-type: none"> • Publication of an updated HEAT leaflet • Publication of FAQ section • Publication of further examples of applications for web and publications • Exploration of use of social media for further dissemination • Presentations at meetings, workshops and conferences 	Continuously
Implementation of conclusions of consensus workshop	Winter 2013/2014
Launch of HEAT 3.0	April 2014
Scientific publications <ul style="list-style-type: none"> • Submission of HEAT walking methodology paper (Cavill N et al.) • Submission of policy perspective / application examples paper (Kahlmeier S et al.) 	Spring 2014 Summer 2014
Presentation of progress at the 10th annual meeting	29 August 2014

5.11 Monitoring and surveillance of physical activity

Aim of the activity

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose.

¹⁵ www.thepep.org

The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children.

In charge / participants

In charge: Ms. Ingrid Hendriksen, TNO, the Netherlands

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Ulf Ekelund, Norwegian School of Sport Science, Norway; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Institute of Social and Preventive Medicine (ISPM) of the University of Zurich, Switzerland; Ms Nadine Mewes, Karlsruhe Institute of Technology, Germany; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Brigitte Wallmann, Sport University Cologne, Germany; Ms Anne Vuillemin, University of Lorraine, France.

Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Work steps

	By when
Exchange information on monitoring of physical activity in Europe with JPI DEDIPAC (progress and data bases)	Continuously
Advising ongoing projects on monitoring and surveillance of physical activity at the European level (a.o. Eurobarometer, SILK)	Continuously
Presentation of progress at the 10 th annual meeting	29 August 2014

6 Activities to optimize the Network

6.1 *Management and interaction with members and partners*

Aim of the activity

To implement a concept for coherent, effective and efficient management and interaction with members of the network as well as key partner institutions and organizations.

The impact model¹⁶ will contribute to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee
Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

Work steps

	By when
Implementation the partner management strategy	Continuously
Further development and implementation of the financing concept	Continuously
Development of a communication strategy: <ul style="list-style-type: none"> • Finalization of the new mission statement leaflet • Definition of strategies and activities • Preparation of the final draft strategy • Presentation of the final strategy at the annual meeting 	Spring 2014 Summer 2014 Fall 2014 29 August 2014
Development of a member and recruitment strategy <ul style="list-style-type: none"> • Define steps and approaches, in close collaboration with WHO 	Summer 2014

¹⁶ See footnote 5, page 7

7 Possible future activities

7.1 *Development of a teaching course on physical activity and public health*

Aim of the activity

Develop and offer teaching on physical activity and public health in the European Region, based on existing needs and experiences for example with the course developed by the Centers for Disease Control and Prevention and the International Union for Health Promotion and Education (IUHPE).

In charge / participants

In charge: To be defined

Participants in earlier attempts to establish a teaching course:

1) Previous scientific board:

Mr Winfried Banzer, Goethe University Frankfurt, Germany; Mr Charlie Foster, University of Oxford, United Kingdom; Mr Brian Martin, ISPM University of Zürich, Switzerland; Mr Willem van Mechelen, VU University Medical Centre, the Netherlands

2) Previous participants:

Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Mrs. Fiona Bull, Loughborough University, United Kingdom / GAPA; Mr Raphaël Bize, Lignes de la santé, Switzerland; Mr Narcis Gusi, Faculty of Sport Sciences, Caceres, Spain; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Manos Stamatakis, University College London, United Kingdom; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness, Italy; Mr Harry Rutter, Obesity Observatory, United Kingdom; Mr Malcom Ward, NHS Wales, United Kingdom

Possible partners

European Master's Programme in Public Health Nutrition; Lifelong Learning Programme, European Commission/DG Education and Culture, WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office) and Division of Communicable Diseases, Health Security and Environment; Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE).

Work steps

	By when
Will be defined by participants if project is implemented	

7.2 Methodological guidance and practical approaches on economic valuation of transport-related health effects

Aim of the activity

The first phase of this project included:

- a critical review of existing methodologies and on-going studies and initiatives to be taken into account when performing economic valuations of transport-related health effects in adults and children associated with air pollution, noise, road traffic crashes and lack of cycling and walking
- identification of relevant health end points to be included
- identification of the key criteria to be applied in making an economic valuation of these effects
- Development of practical approaches to economic valuation as guidance for practitioners, with a special focus on children

The activity followed up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004¹⁷.

This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁸ and specifically its activities on walking and cycling. The publications were launched at the Third High-level Meeting on Transport, Environment and Health in January 2009 in Amsterdam.

In charge / participants

In charge: to be defined

Participants: WHO Regional Office for Europe, and UNECE, Environment and Transport divisions Task Force on Cycling and Walking of THE PEP, Steering Committee and consultants and advisory group of international experts

Possible partners

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); PRONET¹⁹ and INTARESE²⁰ project, Union International de Chemins de Fer (UIC), Organisation for Economic Co-operation and Development (OECD), interested Member States

Work steps

At the 7th session of THE PEP Steering Committee in 2009, the continuation of this line of work, in collaboration with HEPA Europe, was supported in general. Depending on funds made available by Member States for the implementation of the different activities, activities under this project will be carried out. Activities could include practical applications of the developed methodological guidance for transport-related air pollution and noise and road crashes in Member States or the further development of practical approach for economic assessment of transport systems' deterrent effect on cycling and walking.

¹⁷ http://www.euro.who.int/transport/publications/20060112_1

¹⁸ www.thepep.org

¹⁹ <http://www.proneteurope.eu/>

²⁰ <http://www.intarese.org/>

ANNEX 6: LIST OF PARTICIPANTS

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The World Health Organization (WHO) is a specialized agency of the United Nations created in 1948 with the primary responsibility for international health matters and public health. The WHO Regional Office for Europe is one of six regional offices throughout the world, each with its own programme geared to the particular health conditions of the countries it serves.

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Uzbekistan

The 9th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) was hosted by the Fit for Life Program (KKI) and the UKK Institute for Health Promotion Research in Helsinki, Finland. It was attended by 72 participants from 22 European Member States as well as representatives from Canada and from the World Health Organization. The event included parallel sessions of seven HEPA Europe working groups on 23 October 2013. At the annual meeting on 24 October, progress made in HEPA Europe's work programme for the previous year was presented. Participants discussed and adopted the activity report 2012/2013 and the work programme 2013/2014 as well as future options for funding. In addition, 12 new membership applications were confirmed and the outcome of the online elections of the Steering Committee was announced, namely the election of all candidates as well as Mr Tommi Vasankari, UKK Institute for Health Promotion Research as new chairperson. A new conceptual draft leaflet as first output of the communication strategy of the network was also presented. Finally, activities to be continued and future projects to be undertaken by HEPA Europe were discussed.

The 4th HEPA Europe conference took place back-to-back with the annual meeting on 22–23 October 2013. Organized by the Fit for Life Program (KKI) and the UKK Institute for Health Promotion Research and co-sponsored by WHO Regional Office for Europe, the conference was attended by 228 participants. It included 74 poster presentations and 11 parallel sessions as well as 6 key note lectures.

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