



EUROPE

# WORK PROGRAMME 2009 / 2010: SUMMARY

HEPA Europe

European network for the promotion of Health-Enhancing Physical Activity



The European network for the promotion of health-enhancing physical activity (HEPA Europe) was launched in May 2005 as an international, collaborative initiative which closely collaborates with the WHO Regional office for Europe. "Health-enhancing physical activity" (HEPA) is any form of physical activity that benefits health and functional capacity without undue harm or risk. The overall vision of this initiative is to achieve better health through physical activity among all people in Europe. For more information see [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

At the 5<sup>th</sup> annual meeting in Bologna, Italy, the following work programme was endorsed for the period November 2009 to November 2009. At the next annual meeting in November 2010 in Olomouc, Czech Republic, progress on ongoing activities will be reviewed and the next annual work programme will be defined.

## 1. Networking and cooperation

Title and aim of the activity
Coordination and cooperation with other activities, projects, and networks to join forces with key partners and to benefit from synergies
Support and contributions to other conferences and events upon request

## 2. Information dissemination

Title and aim of the activity
Maintenance, regular updating and further development of the HEPA Europe website ( <a href="http://www.euro.who.int/hepa">www.euro.who.int/hepa</a> )
Holding of the 6 <sup>th</sup> annual meeting HEPA Europe (26 November 2009), back-to-back with the 2 <sup>nd</sup> HEPA Europe conference (24-25 November 2010) (Olomouc, Czech Republic)
Dissemination of products and publications of HEPA Europe, including realizing translations
Continue updating and expanding an inventory of existing approaches, policy documents and targets related to physical activity promotion in different countries to facilitate information access for Member States, and contribute to its integration into a new WHO database on nutrition, obesity and physical activity (NOPA)

## 3. Projects, reports and products

Title and aim of the activity
Collection and analysis of examples and development of case studies of national approaches to physical activity promotion, including challenges to overcome and lessons learned with a focus on inter-ministerial and inter-sectoral approaches

### 3. Projects and products: continued

<b>Title and aim of the activity</b>
Continue dissemination of guidance on economic valuation of health benefits from cycling and walking and Health Economic Assessment Tool (HEAT) for cycling; development of HEAT for walking
Continue the exchange of experiences in physical activity and sports promotion in children and adolescents, based on in-depth analysis of selected national approaches
Promote information sharing and the coordination on the promotion of HEPA in primary care settings
Finalize framework on and implement the Sport Clubs for Health Programme
Launch working group on HEPA promotion in socially disadvantaged groups
Launch working group on occupational HEPA promotion
Launch working group on monitoring and surveillance of physical activity
Finalization and publication of a general framework for physical activity promotion policy

### 3. Teaching and education

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

### 4. Optimizing the network

<b>Title and aim of the activity</b>
Implement partner management strategy and finalize member management strategy including a member survey, and develop communication concept