



HEPA Europe – Implementation 2009/2010 of a global agenda to promote physical activity

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*HEPA Europe, the European Network for the Promotion
of Health-Enhancing Physical Activity*
Agita Mundo Meeting, São Paulo, 07.10.2010



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- *Observer: Eddy Engelsman, WHO Headquarters*
- *Technical support: Sonja Kahlmeier, University of Zurich, Switzerland*

HEPA Europe – Secretariat at WHO Europe

Until end of 2009
Sonja Kahlmeier, PhD
Technical officer
Rome

Access to other WHO
programmes and
activities

Cooperation with
Lideke Middelbeek
Technical officer
WHO Copenhagen



Francesca Racioppi
Acting director
WHO Rome office
Member of HEPA
Europe Steering
Committee

Helena Shkarubo
Cristina Fumo
Manuela Gallitto
Administrative support

Nicoletta Di Tanno
Information outreach

HEPA Europe – Secretariat at WHO Europe

To be recruited
Technical officer
Rome

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Europe Steering
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Cristina Fumo
Manuela Gallitto
Administrative support

**Since 2010 technical and
secretarial support from
University of Zurich**

Nicoletta Di Tanno
Information outreach



5th annual meeting
of HEPA Europe
European network for the
promotion of health-
enhancing physical activity

Report of a WHO meeting
11-12 November 2009
Bologna, Italy



HEPA Europe
European network for the promotion
of health-enhancing physical activity

**Activity reports and
work programmes in
the reports of the
annual meetings**
www.euro.who.int/hepa

Oja, et al. BMC Public Health 2010, 10:10
<http://www.biomedcentral.com/1471-2458/10/10>



DEBATE

Open Access

**Physical activity recommendations for health:
what should Europe do?**


Pekka Oja^{1*}, Fiona C Bull², Mikael Fogelholm³, Brian W Martin⁴

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
 Maintenance, regular updating and further development of the HEPA Europe website (www.euro.who.int/hepa)
 Holding of the 6th annual meeting HEPA Europe (26 November 2009), back-to-back with the 2nd 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)



DEVELOPMENT OF GUIDANCE AND A PRACTICAL TOOL FOR ECONOMIC ASSESSMENT OF HEALTH EFFECTS FROM WALKING
CONSENSUS WORKSHOP
 1-2 JULY 2010, OXFORD, UNITED KINGDOM

Co-operative activities with CDC




HEPA Europe Work Programme 2009/2010 2/3

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 |
| 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 |

HEPA Promotion in Primary Care Settings




4TH ANNUAL MEETING OF HEPA EUROPE
 GLASGOW, UNITED KINGDOM, 10 SEPTEMBER 2008


HEPA promotion through primary care

The situation in Switzerland and possible steps for the European working group

Raphaël Bizze
 Department of Ambulatory Care and Community Medicine
 Lausanne University, Switzerland



www.euro.who.int/hepa



"Calling on physicians to assess and review every patient's physical activity program at every visit"

ACSM'S 57TH ANNUAL MEETING AND WORLD CONGRESS ON EXERCISE IS MEDICINE™
 JUNE 1-5, 2010 • BALTIMORE, MARYLAND

HEPA Europe recommendations
 for the use of questionnaires and objective measurement tools in monitoring and surveillance of PA in the adult population

- Local and national use ← standardised questionnaire instruments with demonstrated reliability and validity
 Specific purpose of the survey ← QAPAQ checklist.
- International comparison and integration ← internationally standardised questionnaire instruments with demonstrated reliability and validity (currently IPAQ short, GPAQ, and IPAQ long)
- Improved intercultural and international comparison ← combination of questionnaires with objective measurements (examples Surveys ABC in Sweden and NHANES in US)

HEPA Europe Work Programme 2009/2010 3/3

Teaching and education

| Title and aim of the activity |
|---|
| Development of a summer school/teaching course on physical activity and public health |

Activities to optimize the Network

| Title and aim of the activity |
|--|
| Implement partner management strategy and finalize member management strategy including a member survey, and develop communication concept |

**Annual Conference & Meeting of HEPA Europe
Palacky University
Olomouc
Czech Republic
24.-26.11.10**

Suggested change in
Terms of Reference HEPA Europe:

- Possibility of observer status for members of other Physical Activity Promotion Networks

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www.euro.who.int/hepa



**Annual Conference & Meeting of HEPA Europe
National Institute for Sport and Physical Activity NISB
Ede, the Netherlands
11.-13.10.11**



Suggested to be held jointly with



Network Meeting

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