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**5068065**

**ISBN**

**WHOLIS: E89227**

**Original: ENGLISH**

The 2<sup>nd</sup> annual meeting of HEPA Europe, the European network for the promotion of health-enhancing activity, was kindly hosted by the Urho Kekkonen (UKK) Institute for Health Promotion Research in Tampere, Finland, and co-sponsored by the Finnish Ministry of Health and Social Affairs. It was attended by 39 participants from 16 countries. On the one hand, the meeting was convened to review and discuss recent, relevant international developments and experiences and national approaches with regard to physical activity promotion as well as aspects of monitoring and epidemiology. In this regard, 4 key note speeches, 15 poster presentations on national activities and approaches and 7 plenary presentations on international activities and projects were delivered. On the other hand, progress made in the first year of the existence of HEPA Europe was discussed, in particular in implementing the work programme 2005 / 2006 as well with regard to contributions and funding. In addition, 35 applications of institutions for membership were evaluated and confirmed, together with two invitations to individual members. Finally, decisions were made on activities to be continued and future projects to be undertaken by HEPA Europe.

The participants discussed and adopted the following documents: the activity report 2005 / 2006, the work programme 2006 / 2007, the financing concept 2005 – 2007, and updated Terms of Reference of HEPA Europe.

The 3<sup>rd</sup> annual meeting will take place on 16-18 May 2007 in Graz, Austria, kindly hosted the by the University of Graz.

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**2nd annual meeting  
of HEPA Europe  
European network for the  
promotion of health-  
enhancing physical activity**

**Report of a WHO meeting  
14-16 June 2006  
Tampere, Finland**



# 2nd annual meeting of HEPA Europe

**European network for the promotion of health-  
enhancing physical activity**

## ABSTRACT

The 2<sup>nd</sup> annual meeting of HEPA Europe, the European network for the promotion of health-enhancing activity, was kindly hosted by the Urho Kekkonen (UKK) Institute for Health Promotion Research in Tampere, Finland, and co-sponsored by the Finnish Ministry of Health and Social Affairs. It was attended by 39 participants from 16 countries. On the one hand, the meeting was convened to review and discuss recent, relevant international developments and experiences and national approaches with regard to physical activity promotion as well as aspects of monitoring and epidemiology. In this regard, 4 key note speeches, 15 poster presentations on national activities and approaches and 7 plenary presentations on international activities and projects were delivered. On the other hand, progress made in the first year of the existence of HEPA Europe was discussed, in particular in implementing the work programme 2005 / 2006 as well with regard to contributions and funding. In addition, 35 applications of institutions for membership were evaluated and confirmed, together with two invitations to individual members. Finally, decisions were made on activities to be continued and future projects to be undertaken by HEPA Europe. The participants discussed and adopted the following documents: the activity report 2005 / 2006, the work programme 2006 / 2007, the financing concept 2005 – 2007, and updated Terms of Reference of HEPA Europe.

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### Keywords

HEALTH PROMOTION  
HEALTH PLANNING  
PHYSICAL FITNESS  
EXERCISE  
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# 1 Introduction and overview

Based on policy statements such as the WHO Global Strategy for Diet, Physical Activity and Health and on corresponding statements from the European Commission, a preparatory Physical Activity Expert Meeting took place in Magglingen, Switzerland, in June 2004, at the initiative of the Swiss Federal Offices of Sports and Public Health. At that meeting, participants - among them the WHO Regional Office for Europe - agreed on the creation of the “European network for the promotion of health-enhancing physical activity (HEPA Europe)”<sup>1</sup>. Based on this agreement, the network was launched at its 1<sup>st</sup> annual meeting in May 2005 in Gerlev, Denmark<sup>2</sup>. The WHO European Centre for Environment and Health, Rome office, accepted the invitation to closely collaborate with the network.

The 2<sup>nd</sup> annual meeting of HEPA Europe, the European network for the promotion of health-enhancing physical activity was kindly hosted by the Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland, and co-sponsored by the Finnish Ministry of Health and Social Affairs. It was attended by 39 participants from the following 16 countries: Austria, Belgium, Czech Republic, Denmark, Finland, Germany, Iceland, Lithuania, Netherlands, Slovenia, Spain, Sweden, Switzerland, United Kingdom, and the former Yugoslav Republic of Macedonia. Two participants from WHO Regional Office of Europe attended as well (see Annex 4 for detailed list of participants). The main chair of the meeting was Brian Martin from the Swiss Federal Office of Sports, supported by different chairs for subsections of the meeting. It was assisted by the WHO European Centre for Environment and Health, Rome office, and the UKK Institute for Health Promotion Research.

The meeting was convened on the one hand to review and discuss recent, relevant international developments and experiences and national approaches with regard to physical activity promotion as well as aspects of monitoring and epidemiology. On the other hand, progress made in the first year of the existence of HEPA Europe was discussed, in particular in implementing the work programme 2005 / 2006 as well with regard to contributions and funding (see also Annex 1 of list of working papers and background documents). Participants discussed and adopted the following documents:

- Activity report 2005 / 2006 (see Annex 2),
- Work programme 2006 / 2007 (see Annex 3),
- Financing concept 2005 - 2007
- Terms of Reference of HEPA Europe (proposed changes).

In addition, the meeting was held to evaluate 35 applications for membership, 2 individual memberships and to formally elect the Steering Committee.

Finally, activities to be continued and future projects to be undertaken by HEPA Europe were presented for discussion and as well similar networks, projects and activities with which coordination and collaboration shall be thought.

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<sup>1</sup> Meeting report available at [www.euro.who.int/document/HEPAN/exp%20mtg%20magglingen%202004.pdf](http://www.euro.who.int/document/HEPAN/exp%20mtg%20magglingen%202004.pdf)

<sup>2</sup> Meeting report available at [www.euro.who.int/Document/HEPAN/HEPA\\_1st\\_Mtg.pdf](http://www.euro.who.int/Document/HEPAN/HEPA_1st_Mtg.pdf)

## 2 Minutes of the meeting

### 2.1 Welcoming of participants and opening session

The meeting was opened by the host, Michael Fogelholm, director of the UKK Institute for Health Promotion Research. Brian Martin, Swiss Federal Office of Sports and chair of HEPA Europe, thanked him for the warm welcome, the excellent organisation and the beautiful setting. The opening remarks were followed by three presentations providing an overview on currently ongoing activities and projects of the UKK Institute for Health Promotion Research.

### 2.2 Key note lectures

Four key note lectures were held during the meeting which are briefly summarized below.

- **Physical activity and counteracting obesity**

This lecture held by Michal Fogelholm, UKK Institute of Health Promotion Research, Finland, highlighted the role of physical activity and nutrition as well as their interrelation in the prevention and counteraction of obesity.

- **How can physical activity promotion be integrated into the political process?**

In 2002, the Finnish government adopted a resolution on policies to develop health-enhancing physical activity. Tuija Brax from the Finnish Green League and member of the Finnish parliament described the Finnish experience made and strategies developed leading to this integration of physical activity promotion into the political process.

- **Does Europe need own recommendations for physical activity?**

Pekka Oja from the UKK Institute for Health Promotion presented an overview on currently used recommendations for physical activity and highlighted the open questions that need to be discussed further to determine whether European recommendations are needed and what the role of HEPA Europe in this process could be.

- **Development of physical activity promotion: from the North-Karelia project to WHO's Global Strategy on Diet, Physical Activity and Health**

Pekka Puska from the Finnish National Institute of Public Health described the developments in the field of physical activity promotion over the last three decades based on two examples. One of the first comprehensive projects for physical activity and healthy nutrition promotion started in the Finnish province of North-Karelia in 1972. The results and experiences made with this project which was extended to the national scale in 1977 where presented. In addition, the development of the WHO's Global Strategy on Diet, Physical Activity and Health was described and lessons learned were presented.

## 2.3 Poster sessions on national activities and approaches

The next section of the meeting consisted of three consecutive walking poster sessions in which each presenter gave a short oral presentation on the key points of the poster, followed by a group discussion. The abstracts of the poster presentations as distributed at the meeting are available at the WHO European Centre for Environment and Health, Rome office ([hepa@ecr.euro.who.int](mailto:hepa@ecr.euro.who.int)). The following posters were presented (presenters in brackets):

### ***National experiences with targeted approaches to promotion of health-enhancing physical***

- Fit For Life program (Jyrki Komulainen)
- Physical activity counselling in maternity and child health care - a controlled trial” (Minna Aittasalo)
- Sport Pro Gesundheit [Sport for Health] (Winfried Banzer)
- HEPA Promotion and the use of UKK Walk Test for cardiorespiratory fitness assessment at population level in Slovenia (Andrea Backovic Jurican)
- Walking clubs Finland (Hannele Hiilloskorpi)

### ***Aspects of monitoring and epidemiology of physical activity***

- Prevalence of physical activity in Lithuania (Alvydas Kalvenas)
- Cardiovascular fitness in Swedish and Spanish adolescents: influence of sexual maturation status (Francisco Ortega)
- Influence of amount and intensity level of physical activity on cardiovascular fitness and fatness in children (Francisco Ortega)
- Specific Approach to the Monitoring of Physical Activity and the Lifestyle of the Czech Republic Population (Josef Mitas)
- Relationships between environmental and psychosocial variables with cycling for transportation (Sylvia Titze)
- Are over weight adults less physically active than normal weight adults? (Maria Hagströmer)

### ***Networking and inventories for health-enhancing physical activity***

- Networking physical activity and health in Scotland (Flora Jackson)
- The promotion of HEPA – main aspects of sport/recreation medicine and public health: future research and practice in the former Yugoslav Republic of Macedonia, Serbia and Montenegro (Vera Simovska)
- National health enhancing physical activity programme 2006-2011 in Slovenia – interventions at political level to control obesity (Andrea Backovic Jurican)
- The Scottish physical activity research collaboration (SPARColl): mapping the promotion of walking in Scotland (Claire Fitzsimmons)

## 2.4 Plenary presentations on international activities and projects

The poster presentations were followed by seven plenary presentations on currently ongoing international initiatives, including by the WHO Regional Office for Europe, the European Commission (EC) as well as other projects. The following activities were presented (presenter in brackets):

### ***Activities of the WHO Regional Office for Europe***

- **WHO Ministerial conference on counteracting obesity (Roar Blom)**

The ongoing process for the preparation of this conference<sup>3</sup> which will take place on 15-17 November in Istanbul, Turkey, was presented. The conference and the process leading up to it endeavour to place obesity high on the public health and the political agendas, promoting a favourable climate and international collaboration to address the issue. In particular the preparatory events related to physical activity were highlighted. A European Charter on Counteracting Obesity will be discussed and submitted for adoption to Member States that will provide political guidance to strengthen action in the Region. In addition, a document on "Promoting physical activity for health - a framework for action in the WHO European Region" will be presented, to which a number of HEPA Europe members contributed.

- **Transport, Environment and Health Pan-European Programme (THE PEP) (Sonja Kahlmeier)**

The recent developments in the UNECE/WHO programme<sup>4</sup> which was launched in 2002 were presented with a particular focus on its activities related to the promotion of active transport through cycling and walking. A close collaboration between THE PEP and HEPA Europe projects has been established, in particular regarding the following activities:

- Case studies on collaboration between the physical activity promotion and the transport sector;
- Inventory of documents and approaches on physical activity promotion;
- Review on cost-benefit analyses methodology with regard to walking and cycling.

The toolbox for advocacy, decisions and assessments in transport, health and environment is another project allowing synergies with HEPA Europe activities. It will consist of advocacy tools, key-messages, policy briefings (including physical activity), guidance for different types of assessments, case-studies (including physical activity) as well as access to information and networks.

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<sup>3</sup> [www.euro.who.int/obesity](http://www.euro.who.int/obesity)

<sup>4</sup> [www.thepep.org](http://www.thepep.org)

- **The Children's Environment and Health Action Plan for Europe (CEHAPE) and the European Environment and Health Committee (EEHC) (Sonja Kahlmeier)**

The strategies and recent activities related to the CEHAPE's<sup>5</sup> Regional Priority Goal 2 on physical activity promotion in children were presented. In addition, it was reported on the last meeting of the EEHC<sup>6</sup>, the leading body of the CEHAPE. The last meeting was dedicated to the Regional Priority Goal 2 and it included a key note speech on "linking environment, injuries and physical activity". In addition, a background paper prepared for this EEHC meeting was distributed (see list of background papers in Annex 1).

- **European Network for Public Health Nutrition; Networking, Monitoring, Intervention and Training (EU NUTNET): ongoing activities (Pekka Oja)**

The currently ongoing activities in this project of the European Commission (EC) were summarized, especially those of the two task forces on physical activity promotion and on monitoring. It was also explained that the funding of the EC will end in fall 2006 and that the physical activity task force is currently exploring new funding sources to continue the activities.

- **The Global Physical Activity and Health Alliance (GAPA) (Fiona Bull)**

This initiative was launched in 2006 as a joint project of the International Union for Health Promotion and Education (IUHPE) and the Centres for Disease Control and Prevention (CDC). It is being coordinated by the Loughborough University, United Kingdom. The main objectives are:

- to promote the development, implementation and evaluation of national policy and action plans and programmes on physical activity;
- to promote the case for (national) population-based approaches to promotion and of physical activity;
- to undertake global advocacy for physical activity; and
- to provide coordination for partnerships and engagement with the promotion of physical activity.

GAPA aims for a close coordination with the activities of HEPA Europe.

- **International Nordic Walking Association (INWA) (Raija Laukkanen)**

Nordic walking has been launched internationally as form of physical activity in 1997. Since then, it has seen a great success in Finland and beyond. The International Nordic Walking Association (INWA)<sup>7</sup> was established in 2000 in Finland. It is involved with education and capacity building as well as research activities. The association includes 16 member countries and carries out activities in about 40 countries.

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<sup>5</sup> [www.euro.who.int/childhealthenv](http://www.euro.who.int/childhealthenv)

<sup>6</sup> [www.euro.who.int/eehc](http://www.euro.who.int/eehc)

<sup>7</sup> [www.inwa.nordicwalking.com](http://www.inwa.nordicwalking.com)

- **International Sports and Culture Association (ISCA)-programme “health care and health promotion” – by means of physical exercise and sport (Herbert Hartmann)**

The International Sports and Culture Association (ISCA)<sup>8</sup> was founded 1995 in as an association to create an alternative to the international federations, focussing on elite sport. It now includes about 140 member organisations (26 from Europe) primarily from the nongovernmental area. One of its activities, the “Health Care and Health Promotion Programme” was presented more in detail. It aims not only at promoting the awareness of the importance of physical activity for health but also at providing enough, differentiated, many folded, easily accessible and structured exercise program through its participating institutions.

## 2.5 HEPA Europe network topics

The last part of the 2<sup>nd</sup> annual meeting was dedicated to the discussion of network related topics as summarized below.

### *Overview and confirmation of members*

The Steering Committee had discussed and preliminarily accepted applications<sup>9</sup> from 35 institutions and organizations during its last two meetings (24 February 2006 – Rome, Italy and 14 June – Tampere, Finland<sup>10</sup>). These temporary members were proposed to the network for confirmation. The attending applicants for membership agreed to carry out an open group voting procedure.

All applications were confirmed and the following 35 member institutions and organizations were welcomed to HEPA Europe (in alphabetic order):

- Accion para el bienestar y la Salud, Mexico City, Mexico (observer<sup>11</sup>)
- British Heart Foundation’s National Centre (BHFNC) for Physical Activity & Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Community Health Centre Ljubljana, Countrywide Integrated Noncommunicable Diseases Intervention (CINDI) programme, Ljubljana, Slovenia
- Department of Health, Government Office for the South East, Guildford, United Kingdom
- Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
- Federazione Italiana Aerobica & Fitness (FIAeF), Rome, Italy
- Finnish Centre for Health Promotion, Helsinki, Finland
- Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland

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<sup>8</sup> <http://www.isca-web.org/>

<sup>9</sup> More information on the application procedure can be found at [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

<sup>10</sup> Summaries of the meeting reports of the Steering Committee are available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

<sup>11</sup> For more information on types of membership see [www.euro.who.int/Document/HEPAN/HEPA\\_TOR.pdf](http://www.euro.who.int/Document/HEPAN/HEPA_TOR.pdf)

- Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, The Netherlands
- Gerlev Physical Education and Sports Academy, Slagelse, Denmark
- HEPA Macedonia, National Organization for the Promotion of Health-Enhancing Physical Activity, Skopje, the former Yugoslav Republic of Macedonia
- International Health Consulting, Berlin, Germany
- International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium
- Karolinska Institutet, Unit for preventive nutrition, Department of biosciences and nutrition, Huddinge, Sweden
- 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, Welfare and Sport, The Hague, The Netherlands
- Ministry of Social Affairs and Health, Helsinki, Finland
- NHS Health Scotland , Edinburgh, United Kingdom
- Norwegian Directorate for Health and Social Affairs (SHDIR), Department of Physical Activity, Oslo, Norway
- Omron Healthcare Europe B.V., Hoofddorp, The Netherlands
- Université Pierre et Marie Curie Paris6 (UPMC), Hotel-Dieu Hospital, Department of Nutrition, Paris, France
- Palacky University, Faculty of Physical Culture, Olomouc, Czech Republic
- Scottish Physical Activity Research Collaboration (SPARColl), Department of Sport, Culture and the Arts University of Strathclyde, Glasgow, United Kingdom
- South East Public Health Observatory (SEPHO), Oxford, United Kingdom
- Sports Institute of Portugal, Lisbon, Portugal
- Sustrans, National Cycle Network Centre, Bristol, United Kingdom
- Swiss Federal Office of Sports (BASPO), Physical Activity and Health Branch, Swiss Federal Institute of Sports, Magglingen, Switzerland
- UKK Institute for Health Promotion Research, Tampere, Finland
- 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 Graz, Institute of Sports Science, Graz, Austria

In addition, the following two individual members<sup>12</sup> had been invited by the Steering Committee to join HEPA Europe and accepted the invitation:

- Pekka Oja, Tampere, Finland; and
- Ilkka Vuori, Tampere, Finland.

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<sup>12</sup> See footnote 11

The members are coming from 19 countries across the European Region and one country outside the Region. Slightly more than half of them are public institutions, about one fifth represents nongovernmental organizations or charities, and around one sixth are private for profit organizations. The remaining are either private non for profit institutions or individuals. About one fifth of them are working mainly on physical activity promotion while around half named “research” as their main activity and about one quarter “health promotion in general”.

### ***Election of the Steering Committee***

For this part of the meeting Pekka Oja served as acting chair. Firstly, the following standing members were proposed for confirmation:

- Brian Martin, Federal Office of Sports, Switzerland (Chairman)
- Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark
- Eddy Engelsman, Ministry of Health, Welfare and Sport, The Netherlands
- Mari Miettinen, Ministry of Social Affairs and Health, Finland
- Jean-Michel Oppert, Université Paris6, France
- Francesca Racioppi, WHO Regional Office for Europe, European Centre for Environment and Health, Rome, Italy
- Harry Rutter, South East Public Health Group, United Kingdom
- Radim Šlachta, Palacky University, Czech Republic
- Mireille van Poppel, Free University Medical Center, The Netherlands
- Jožica Maučec Zakotnik, Countrywide Integrated Noncommunicable Diseases Intervention Programme (CINDI), Slovenia
- As observers: representative(s) of European Commission task forces on physical activity and public health nutrition (currently Michael Sjöström, Karolinska Institute, Sweden, and Pekka Oja, UKK Institute for Health Promotion Research, Finland)

All standing members were confirmed by an open group voting procedure. Subsequently, Winfried Banzer from the German Sports Federation, Frankfurt am Main, Germany was proposed and accepted as new member of the Steering Committee<sup>13</sup>. There were no other applications for membership in the Steering Committee. Fiona Bull accepted the invitation to participate as an additional observer as a representative of GAPA.

In addition, the updated version of the Terms of Reference of HEPA Europe proposed by the Steering Committee was endorsed by the network.

### ***HEPA Europe activity report 2005/2006***

The activity report of the first year of activities of HEPA Europe was presented and discussed (see Annex 2). It was concluded that the list of activities is impressive, and the fact that so many of the steps planned in the work programme 2005/2006 have been implemented is due to the extraordinary

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<sup>13</sup> Pending acceptance of the completed application forms at the next meetings of the Steering Committee and of HEPA Europe which for practical reasons could not be submitted beforehand.

effort of the members of HEPA Europe, to the excellent support of WHO/Europe (European Centre for Environment and Health, Rome office) and to the productive co-operation that has been established with many partner organizations. At the same time, the need for resources has also become apparent to support the implementation of the ambitious work programme. In this regard, the financing concept developed for the period June 2005-March 2007 was discussed and endorsed. Below, an overview of the current state of affairs after the first year is given:

**Table 1: Overview of the state of affairs of activities 2005/2006**

<b>Core activities</b>	<b>State of affairs</b>
Maintenance and regular updating of HEPA Europe website, development of a "materials" section	Mostly implemented, ongoing
2 <sup>nd</sup> annual HEPA Europe network meeting 2006	Implemented as planned, concluded
Development of ideas for and organization of a Network Conference	Implementation delayed, ongoing
Exploration of possibilities for coordination and collaboration with other networks and activities	Implementation as planned, ongoing
<b>Projects and products</b>	
Development of an advocacy booklet for policy makers	Implementation delayed, ongoing
Development of an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries	Implementation as planned, ongoing
Collection of case studies of collaboration between the physical activity promotion and the transport sector	Implementation delayed, ongoing
Development of a framework for physical activity promotion policy	Implementation as planned, ongoing
Development of "guidelines for the development of national HEPA promotion programs"	Implementation as planned, concluded for the time being
Development of a discussion paper on currently used recommendations for physical activity	Implementation as planned, ongoing
Review on cost-benefit analyses methodology with regard to walking and cycling	Implementation delayed, ongoing
Overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, ongoing
Review of examples of national physical activity promotion networks	Implementation delayed, ongoing
<b>Activities aimed at optimizing the network</b>	
Development of an impact model for HEPA Europe and of the work programme 2006 / 2007	Implementation delayed, ongoing
Development of a detailed financing concept	Implementation as planned, ongoing
Development of a communication strategy and a recruitment strategy	Not yet started
Development a design element for HEPA Europe	Implementation as planned, concluded
<b>Publications and presentations</b>	
Publications (5 reports/advocacy material, 3 external publications produced)	Continuous activity
Presentations (9 presentations on HEPA Europe or mentioning it given in 2005, 9 given until June 2006)	Continuous activity
<b>Possible activities to be launched later</b>	
Review of examples of collaboration and developments with the food industry	Not yet started, discontinued for the time being
Education and training tool on physical activity and the built	Not yet started, concluded for the

environment	time being
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### ***Next steps: work programme 2006/2007***

As next item, the planning of the activities over the next year was discussed based on a draft work programme developed by the Steering Committee. All proposed activities were welcomed and one additional activity was added based on the discussion. The main responsible for each activity was determined and participants as well as possible partners were identified. The activities of the next year comprise the following (see Annex 3 for more details)<sup>14</sup>:

#### **Core activities**

- Maintenance and updating of the HEPA Europe website
- 3rd annual meeting of the HEPA Europe network 2007
- Develop ideas for a scientific network conference  
Regarding this activity, it was explained that two preliminary expressions of interests were received: one from the VU University Medical Center, Amsterdam, the Netherlands, and one from the Strathclyde University, Glasgow, United Kingdom. The Steering Committee will follow them up and clarify the process for formal biddings. A decision will be taken based on a list of criteria which was endorsed at the last Steering Committee meeting.
- Support and contributions to other conferences and events  
For the time being, it was decided that the following 5 events will be supported:
  - 1st World Congress on Public Health Nutrition , organized by the Spanish Society of Community Nutrition and the International Union of Nutritional Sciences, 28-30 September 2006, Barcelona, Spain
  - Satellite Symposium to the International meeting on health enhancing physical activity interventions and programs in different settings for children and youth (“Kinderkongress”) on children’s transport related physical activity and health, organized by the Universities of Konstanz and of Karlsruhe, 28 February – 2 March, 2007, Constance, Germany;
  - 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Slovenia, late spring or early autumn of 2007;
  - Satellite symposium to the 2007 annual meeting of the International Society for Behavioural Nutrition and Physical Activity (ISBNPA) on the projects HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) and IDEFICS (Identification and prevention of dietary and lifestyle-induced health effects in children and infants), organized by the Karolinska Institute, June 2007, Norway (possibly Oslo); and
  - 5th International Conference on Movement and Health, hosted by the Faculty of Physical Culture, Palacký University, Olomouc, Czech Republic, second half 2007
- Cooperation and collaboration with other activities, projects, and networks  
With regard to this topic, it was decided to continue or establish coordination and collaboration with the following most relevant, international activities and projects:

<sup>14</sup> A summary of the work programme is available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa). The full version is available upon request at [hepa@euro.who.int](mailto:hepa@euro.who.int).

- Within WHO Regional Office for Europe: UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP); WHO/Europe Department Nutrition and Food Security (NCL-NFS): contributions to the WHO Ministerial Conference on Counteracting Obesity, November 2006, Istanbul; WHO/Europe Healthy cities and urban governance programme.
- Activities of the European Commission: EU Platform on Diet, Physical Activity and Health; Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition", Working Party "Lifestyles and other health determinants".
- Other activities: Global alliance for physical activity (GAPA); Agita Mundo; Platform on sports participation.

### **Projects and products**

- Finalization of an advocacy booklet on physical activity and health with the key facts and figures for policy makers
- Continue collating an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries to facilitate information access for Member States and to develop a framework for process evaluation of physical activity promotion at the national level
- Review of examples of national approaches and networks for physical activity promotion, including challenges to overcome; inter-ministerial and -sectoral approaches; and the exploration of the need and possibility to create a "network of national networks".
- Finalization of the collection of case studies of collaboration between the physical activity promotion and the transport or other sectors to develop an overview of European experiences
- Development of a general framework for physical activity promotion policy
- Development of a discussion paper on currently used recommendations for health-enhancing physical activity to serve as a basis to assess the scope and desirability to propose common European recommendations
- Review on cost-benefit analyses methodology with regard to walking and cycling and organization of an international workshop
- Finalization of an overview of ongoing international and European activities and networks relevant to HEPA Europe, including a visual representation of the activities and the interconnections between them
- Launch of an exchange of experiences in physical activity and sports promotion in children
- Development of a European Region course on physical activity and public health

### **Activities to optimize the Network**

- Development of an impact model for HEPA Europe of how the stated aims shall be achieved, and based on this model, development of the future work programmes
- Implementation and updating of the financing concept to identify funding sources and secure the future funding
- Development of a communication strategy and a recruitment strategy for HEPA Europe

### **Possible future activities**

- Development of methods for economic valuation of transport-related health effects in children

## **2.6 3<sup>rd</sup> annual meeting of HEPA Europe in 2007**

It was announced that next year's meeting will take place on 16-18 May 2006 in Graz, Austria. The meeting will be kindly hosted by the University of Graz. All participants were invited to consider participating as well as spreading the information within their own networks.

## **2.7 Closing of the meeting**

Brian Martin thanked all participants for their active participation and the constructive discussions. He especially thanked the representatives of the UKK Institute for Health Promotion for the excellent organization and hosting of the meeting.

The next steps include:

- Production and distribution of the report of this meeting;
- Finalization of the documents endorsed at the meeting, especially the activity report 2005/2006 and the new work programme 2006/2007;
- Sending out of confirmations of membership;
- Organisation of the implementation of the work programme 2006/2007;
- Updating of the HEPA Europe leaflet.

## **Annex**

### **ANNEX 1: LIST OF WORKING AND BACKGROUND PAPERS**

#### **Working papers**

- Provisional list of documents
- Scope and purpose
- Provisional programme
- List of participants
- Terms of reference of HEPA Europe – changes proposed by the Steering Committee
- Activity report 2005 / 2006
- Work programme 2006 / 2007
- Summary list of applications for membership

#### **Background papers**

- Abstracts
- Handouts of posters and presentations
- WHO related activities: Safety and physical activity: explaining the links. Executive summary for the 21st meeting of the WHO European Environment and Health Committee, 15 May 2006
- Overview of inventory of documents on physical activity promotion in the European Region – Abbreviated versions without detailed country results. June 2006
- Project on “Collaboration between physical activity promotion and the transport sector: examples from European Countries”, Intermediate report, April 2006
- Financing concept June 2005 – March 2007
- Backgrounder on contributions to HEPA Europe activities
- Towards an integrated framework for evidence-based HEPA promotion – a discussion paper

## ANNEX 2: HEPA EUROPE ACTIVITY REPORT 2005 / 2006

### **1. Background**

At the 1<sup>st</sup> annual meeting of HEPA Europe in Gerlev, Denmark, in May 2005, a number of activities were outlined to be carried out in the following year<sup>15</sup>. Subsequently, a work programme covering the period October 2005 - June 2006 was developed<sup>16</sup>. The current state of affairs of these activities is summarized in this document. A short version is available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

### **2. Foreword by the chairman**

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

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

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

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

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

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<sup>15</sup> For more details see: *1<sup>st</sup> meeting of the Network, Gerlev, Denmark, 26 – 27 May 2005. Meeting Report*. HEPA Europe – The European network for the promotion of health-enhancing physical activity.

<sup>16</sup> *Work programme 2005/ 2006*. HEPA Europe – The European network for the promotion of health-enhancing physical activity. WHO Regional Office for Europe, 14 November 2005.

### **3. Overview of activities**

#### **3.1 Core activities of the network**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr</b>
Maintenance and regular updating of HEPA Europe website, development of a "materials" section	Mostly implemented, ongoing	18
2 <sup>nd</sup> annual HEPA Europe network meeting 2006	Implemented as planned, concluded	18
Development of ideas for and organization of a Network Conference (ideally in 2007)	Implementation delayed, ongoing	19
Exploration of possibilities for coordination and collaboration with other networks and activities	Implementation as planned, ongoing	19

#### **3.2 Projects and products**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr</b>
Development of an advocacy booklet for policy makers	Implementation delayed, ongoing	21
Development of an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries	Implementation as planned, ongoing	22
Collection of case studies of collaboration between the physical activity promotion and the transport sector	Implementation delayed, ongoing	22
Development of a framework for physical activity promotion policy	Implementation as planned, ongoing	22
Development of "guidelines for the development of national HEPA promotion programs"	Implementation as planned, concluded for the time being	23
Development of a discussion paper on currently used recommendations for physical activity	Implementation as planned, ongoing	23
Review on cost-benefit analyses methodology with regard to walking and cycling	Implementation delayed, ongoing	23
Overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, ongoing	24
Review of examples of national physical activity promotion networks	Implementation delayed, ongoing	24

#### **3.3 Activities aimed at optimizing the network**

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr</b>
Development of an impact model for HEPA Europe and of the work programme 2006 / 2007	Implementation delayed, ongoing	25
Development of a detailed financing concept	Implementation as planned, ongoing	25
Development of a communication strategy and a recruitment strategy	Not yet started	26
Development a design element for HEPA Europe	as planned, concluded	26

### 3.4 Possible activities to be launched later

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr</b>
Review of examples of collaboration and developments with the food industry	Not yet started, discontinued for the time being	26
Education and training tool on physical activity and the built environment	Not yet started, concluded for the time being	27

### 3.5 Publications and presentations

<b>Activity</b>	<b>State of affairs</b>	<b>Page nr</b>
Publications (5 reports/advocacy material, 3 external publications produced)	Continuous activity	27
Presentations (9 presentations on HEPA Europe or mentioning it given in 2005, 9 given until June 2006)	Continuous activity	28

## 4. Current state of affairs

### 4.1 Core activities of the network

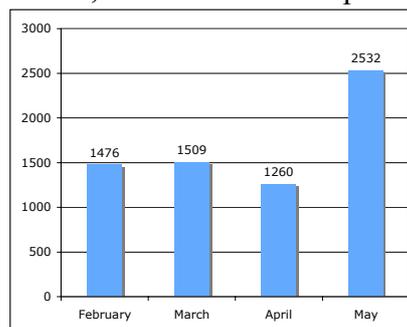
#### 4.1.1 Maintenance and regular updating of the HEPA Europe website

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Develop a materials page for the website in close collaboration with THE PEP Clearing House	Second half of 2005
Perform regular updates of the website	Continuously

##### State of affairs

The HEPA Europe website has been launched on 8 September 2005. Since then, the website has been updated regularly. User statistics are available as of February 2005 which show a varying, but overall increasing number of viewers<sup>17</sup>. However, the available time period is too short to show a clear trend:



Due to limited resources, a dedicated “materials” section in the website could not be implemented so far but preparations are underway (see also sections 0 and 0). The work will be carried forward into the new work programme 2006 / 2007.

#### 4.1.2 2nd annual HEPA Europe network meeting 2006 (14-16 June 2006)

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Develop a draft programme	By the end of 2005
Add a corresponding page to the website	Early 2006
Send out invitations for registration	Early 2006
Organize handling of incoming registrations with organizers	Spring 2006
Develop the background documents and support organizers	Summer 2006

##### State of affairs

The activity has been implemented as planned and is concluded.

<sup>17</sup> hits by WHO personnel excluded

### 4.1.3 Development of ideas for and organization of a scientific network conference

#### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Develop ideas for a main topic and possible additional topics for such a conference (ideally in 2007)	Early 2006
Identify possible partners	Early 2006
Explore identified possibilities for collaboration and develop a first draft programme	Summer 2006

#### State of affairs

The idea to organize a network conference in 2007 was discussed by the Steering Committee at its 2<sup>nd</sup> meeting on 24 February 2006. In view of the currently limited resources of the Network, the Steering Committee decided that 2007 was too early to organize a network conference. Instead, HEPA Europe will support the following five scientific events in 2006 and 2007:

- 1st World Congress on Public Health Nutrition, 28-29 September 2006, Barcelona, Spain;
- Satellite Symposium on children's transport related physical activity and health, 28 February - 2 March, 2007, Constance, Germany;
- 2nd International Conference on Promoting Health through Healthy Nutrition and Physical Activity, 2007, Slovenia;
- Satellite symposium to the 2007 annual meeting of the International Society for Behavioural Nutrition and Physical Activity (ISBNPA), June 2007, Norway;
- 5th International Conference on Movement and Health, Olomouc, Czech Republic, 2007.

Exploring the possibility to hold a network conference (possibly in 2008) will be carried forward as an activity into the new work programme 2006 / 2007.

### 4.1.4 Exploration of possibilities for coordination and collaboration with other networks and activities

#### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition": <ul style="list-style-type: none"> <li>- ensure that HEPA Europe is mentioned in the work plan</li> <li>- identify possibilities for joint activities</li> <li>- collaboration through observers in the Steering Committee</li> </ul>	Summer 2005 Continuously Continuously
UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> <li>- Ensure close working collaborations between the HEPA Europe and THE PEP Task Force on Walking and Cycling</li> <li>- Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity through the development of a "materials" part of the HEPA Europe website</li> </ul>	Continuously Second half of 2005

	<b>By when</b>
<p>WHO Nutrition and Food Security (NFS): contributions to the WHO Ministerial Conference on counteracting obesity, November 2006, Istanbul</p> <ul style="list-style-type: none"> <li>- Participate in and contribute to technical pre-conference consultations</li> <li>- Organize side-meeting on economics of transport-related physical activity at the Walk21 Symposium in Magglingen, Switzerland</li> <li>- Promotion of multi-sectoral participation in the ministerial conference</li> <li>- Development of background papers/publications for the conference (e.g. advocacy booklet, document on case studies, inventory of national physical activity promotion approaches, overview of ongoing international and European activities and networks etc.)</li> <li>- Dissemination of information about the ministerial conference through the HEPA Europe</li> </ul>	<p>Continuously</p> <p>Summer 2005</p> <p>Early 2006</p> <p>Summer 2006</p> <p>Summer 2006</p>
<p>Working Party "Lifestyles and other health determinants"</p> <ul style="list-style-type: none"> <li>- Contribute to their 2<sup>nd</sup> scientific workshop and publish a paper presenting HEPA Europe and possibly also a framework for an inventory on physical activity promotion approaches, targets and data in the Journal Public Health which could serve as basis for the inventory survey</li> <li>- Identify possibilities for joint activities</li> </ul>	<p>Summer 2005</p> <p>Continuously</p>
<p>WHO Healthy Cities programme</p> <ul style="list-style-type: none"> <li>- Participate in and contribute to their annual meeting 2005 in Bursa, Turkey</li> <li>- Contribute to the planned Healthy Cities paper on urban design and physical activity through naming experts</li> <li>- Explore possibilities for further collaboration, e.g. the implementation of a best-practice case study for the promotion of physical activity through transport interventions in a number of Healthy Cities</li> </ul>	<p>Summer 2005</p> <p>Summer 2005</p> <p>By the end of 2005</p>
<p>Agita Mundo</p> <ul style="list-style-type: none"> <li>- Join the Agita Mundo Network</li> <li>- Express support for their idea to give the WHO Director General an award for his contribution to the promotion of health-enhancing physical activity (e.g. at the CDC's 2006 conference)</li> <li>- Identify possibilities for joint activities</li> </ul>	<p>Summer 2005</p> <p>Second half of 2005</p> <p>Continuously</p>

State of affairs

- Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition":  
Implemented as planned, ongoing. UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP):  
implemented as planned, ongoing (see also section 3.1.1 regarding the materials part of the website).
- WHO Nutrition and Food Security (NFS): contributions to the WHO Ministerial Conference on counteracting obesity, November 2006, Istanbul:  
implemented as planned, ongoing.
- Working Party "Lifestyles and other health determinants":  
implemented as planned, development of a framework for physical activity promotion is ongoing and will be carried forward into the new work programme 2006 /2007;

- WHO Healthy Cities programme:  
implemented as planned, new activities ongoing with regard to the advocacy booklet;
- Agita Mundo:  
implemented as planned, ongoing, in addition participation in CDC international conference on physical activity and public health and RAFA-PANA meeting April 2006.

In addition, contacts with the following activities and networks took place:

- An invitation to join the European Union's platform on nutrition, physical activity and health has been received in early 2006 which will be followed up as part of the new work programme 2006 / 2007.
- HEPA Europe was contacted by the "sports participation platform" currently being established. Possibilities for collaboration will be explored as part of the new work programme 2006 / 2007.

## 4.2 Projects and products

### ***4.2.1 Development of an advocacy booklet on the key facts and figures for policy makers***

#### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Development of an outline, based on other examples (The Solid Facts, Briefing on Alcohol and Violence etc.)	Summer 2005
Finalization of the text	End of 2005
Possibly production of a short version / policy summary, layout and printing	Spring 2006
Presentation at a suitable event (e.g. European Environment and Health Commission (EEHC) meeting in April 2006 which includes the topic of physical activity)	During first half of 2006
Distribution according to the communication strategy	During first half of 2006

#### State of affairs

The activity has been implemented with delay and is ongoing: the HEPA Europe booklet on physical activity was selected by the WHO Regional Director for Europe to be one of the "high corporate priority products" of the office for 2006/2007. Therefore, the production process needed to be coordinated with the WHO Europe publication department. The text is currently being prepared by a main editor (Nick Cavill, UK), supported by an international editorial group<sup>18</sup>. The final text will be ready by mid June 2006. During summer and fall 2006, it will be edited, layouted and printed.

In addition, a second booklet is developed on "Promoting Physical Activity and Active Living in Urban Environments: The Role of Local Governments" by the WHO Healthy Cities and Urban Governance Programme. A coordinated approach for the production of the two booklets has been taken. Both booklets will be launched in November 2006 on the occasion of the WHO Ministerial Conference on Counteracting Obesity.

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<sup>18</sup> Members are: Francesca Racioppi, Agis Tsouros, Sonja Kahlmeier, Finn Berggren, Eva Martin, Pekka Oja, Jean-Michel Oppert, Mireille van Poppel, and Ilkka Vuori.

**4.2.2 Inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries to develop a framework for process evaluation of physical activity promotion**

Planned steps in the work programme 2005 /2006

	<b>By when</b>
Outline of framework and questionnaire	Autumn 2005
Descriptive information available from selected countries	Winter 2005
First version of inventory completed	Summer 2006

State of affairs

The activity has been implemented as planned and is ongoing. A report on a first version of the inventory focussing on policy documents has been distributed in May 2006. It is foreseen to complete this first version in a stepwise process while in parallel, a first online-version of the inventory focussing on national policy documents should also be made available in summer 2006.

**4.2.3 Collection of case studies of collaboration between the physical activity promotion and the transport or other sectors to develop an overview of European experiences on cooperation between these sectors**

Planned steps in the work programme 2005 /2006

	<b>By when</b>
Collection of case studies	Summer 2005
Analysis and report	By the end of 2005
Presentation of the report at a suitable event according to the communication strategy (e.g. European Congress of Sport Science (07.2006) or European Public Health Association, WHO conference on counteracting obesity)	Summer 2006

State of affairs

The activity has been implemented with delay and is ongoing. The collection of case studies has been completed in early 2006 and a draft report has been ready by June. The final report will be available in later this summer, as well as an online version of the collected case studies.

**4.2.4 Development of a general framework for physical activity promotion policy**

Planned steps in the work programme 2005 /2006

	<b>By when</b>
Collection of available examples and input for the development of a draft framework	Winter 2005/2006
Development of a draft version for discussion at the 2 <sup>nd</sup> Steering Committee meeting	February 2006
Finalization of a proposed framework	Early Summer 2006
Discussion of the proposed framework at the 2 <sup>nd</sup> HEPA network meeting	Early Summer 2006
Definition of the next steps according to the outcomes of the discussion	Summer 2006

### State of affairs

The activity has been implemented as planned and is ongoing.

#### **4.2.5 Development of guidelines for policy makers for the development of national HEPA promotion programmes**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Assessment of usability of the document <sup>19</sup> developed by the former HEPA Europe network (1998-2001) as a basis for revision and update	End of 2005
Definition of the further work steps: depending on the outcome of the assessment	Early 2006

### State of affairs

The activity has been implemented as planned and is concluded for the time being. The existing document was judged as being too outdated to serve as a good basis for a new guideline document. Before further steps for the development of new guidelines can be envisaged, the inventory of available policy documents on physical activity promotion (see chapter 0) should be in a more advanced state to allow in depth- analysis of approaches in place and experiences made, on which new guidelines should be based.

#### **4.2.6 Development of a discussion paper on currently used recommendations for health-enhancing physical activity to serve as a basis to assess the scope and desirability to propose common European recommendations**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Collection of recommendations currently used	Winter 2005 / 2006
Development of a draft discussion paper for discussion at the at the 2 <sup>nd</sup> Steering Committee meeting	February 2006
Finalization of the draft discussion paper	Summer 2006
Discussion of the draft at the 2 <sup>nd</sup> HEPA network meeting	June 2006

### State of affairs

The activity has been implemented as planned and is ongoing.

#### **4.2.7 Review on cost-benefit analyses methodology with regard to walking and cycling**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Development of a critical review of existing approaches	Winter 2005 / 2006
International work shop	Spring 2006
Publication of a report on the meeting's outcome including operational guidance for practitioners	Summer 2006

<sup>19</sup> <http://www.ukkinstituutti.fi/upload/3dr9zkxo.pdf>

State of affairs

The activity has been implemented with delay and is ongoing. The updated planning foresees the following steps:

- Setting up a consultation group (underway – by end April 2006);
- Systematic review of approaches to the inclusion of health effects of cycling and walking in cost-benefit analysis and appraisals of interventions (by early July 2006)
- International consensus workshop (tentatively October 2006)
- Meeting report (tentatively December 2006).

**4.2.8 Development of an overview of ongoing international and European activities and networks relevant to HEPA Europe, including a visual representation of the activities and the interconnections between them**

Planned steps in the work programme 2005 /2006

	<b>By when</b>
Collection of recommendations currently used	Winter 2005 / 2006
Development of a draft discussion paper for discussion at the at the 2 <sup>nd</sup> Steering Committee meeting	February 2006
Finalization of the draft discussion paper	Summer 2006
Discussion of the draft at the 2 <sup>nd</sup> HEPA network meeting	June 2006

State of affairs

The activity has been implemented with delay and is ongoing. It will be carried forward to the next work programme 2006/2007.

**4.2.9 Review of examples of national physical activity promotion networks, including challenges to overcome; inter-ministerial and -sectoral approaches; and the exploration of the need and possibility to create a “network of national networks”**

Planned steps in the work programme 2005 /2006

	<b>By when</b>
Clarification of the task for the working group with regard to the inventory of existing physical activity promotion approaches, finalization of the work plan	Autumn 2005
Nomination of a chair of the working group, implementation of the work plan	Autumn 2005
Finalization of a report on the results	First half of 2006
Presentation of the report at a suitable event according to the communication strategy (e.g. WHO conference on counteracting obesity)	Summer 2006

State of affairs

The activity has been implemented with delay and is ongoing. The tasks of the work group have been clarified in early summer 2006 and the activity will be carried forward into the new work programme 2006 / 2007.

### 4.3 Activities aimed at optimizing the networks

#### **4.3.1 Impact model for HEPA Europe of how the stated aims of HEPA Europe shall be achieved, and based on this model, development of the work programme 2006 / 2007**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Preparation of a guided brainstorming session to develop the impact model	Early 2006
Development of the impact model at the 2 <sup>nd</sup> Steering Committee meeting	February 2006
Finalization of the impact model	Early Summer 2006
Development of an accordingly revised work programme 2006 / 2007, integrating the proposal for outcomes and deliverables formulated by the working group on an overview of other relevant networks and projects	Summer 2006

##### State of affairs

The activity has been implemented with delay and is ongoing. The guided brain storming session will be held during one of the next meetings of the Steering Committee. Therefore, the new work programme 2006 /2007 was developed without the outcomes of the brain storming session which will, however, be used for the implementation of this work programme as well as the development of the following ones.

#### **4.3.2 Development of a detailed financing concept to identify and secure the future funding**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Outline of possible funding sources and draft scheme of voluntary membership fee	Summer 2005
Draft financing concept	Autumn 2005
Finalization and start of implementation	Second half of 2005

##### State of affairs

The activity has been implemented as planned and is ongoing. The current sources of funding will secure the basic functions of the Secretariat until the first half of 2006. As of this time, new funds will have to be identified and secured for the continued secretariat support as well as for any additional functions of the Secretariat as described in its Terms of Reference. In addition to the Secretariat functions, additional funds are also needed to support the implementation of the activities as described in the work programme 2005/2006 of HEPA Europe.

The draft financing concept for the period June 2005 – March 2007 has been discussed and endorsed at the 2<sup>nd</sup> meeting of the Steering Committee on 24 February 2006 in Rome. The finalized version of

the concept will be presented at the 2<sup>nd</sup> annual meeting in June in Tampere; its implementation is ongoing.

#### **4.3.3 Development of a communication strategy and a recruitment strategy for HEPA Europe**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Development of a draft communication strategy: formulation of the aims for the communication of the network, identification of the target audience(s) for communication; specification the activities to be carried out	Early 2006
Development of a draft recruitment strategy: identification of the target audience(s) for recruitment; specification the activities to be carried out	Early 2006
Finalization of the strategies and implementation	Spring 2006

##### State of affairs

Due to limited resources, this activity has not been started yet and will be carried forward into the work programme 2006 / 2007.

#### **4.3.4 Development of a design element for HEPA Europe**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Develop a call for contributions, taking the necessary legal aspects into account (e.g. copyright etc.)	Second half of 2005
Launch the contest, collect contributions and select the winner	Second half of 2005
Launch the new design element/logo	By the end of 2005
Presentation of the logo at the 2006 network meeting	June 2006

##### State of affairs

The activity has been implemented with delay but is now concluded. The new logo and layout for HEPA Europe have been launched in April 2006.

### **4.4 Possible activities to be launched later**

#### **4.4.1 Review of examples of collaboration and developments with the food industry**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Carrying out first steps: - Finn Berggren: translation of ideas from the Danish Food Industry project - WHO Europe, ECEH, Rome office: contact European Heart Network	Autumn 2005
Definition of further steps based on available resources and interest of the network	Early 2006

### State of affairs

Due to limited resources, this activity has not been implemented yet. Depending on interest expressed at the 2<sup>nd</sup> annual meeting in June 2006 in Tampere, the activity will be carried forward into the work programme 2006 / 2007 or will be discontinued for the time being.

#### **4.4.2 Education and training tool on physical activity and the built environment**

##### Planned steps in the work programme 2005 /2006

	<b>By when</b>
Awaiting decision of University of Geneva to support the proposal	Second half of 2005
Further steps to be defined accordingly	Second half of 2005

### State of affairs

By June 2006, no further information has been received from the group in Geneva. For the time being, this activity will not be followed up.

## **4.5 Publications and presentations**

### **4.5.1 Publications**

The following publications were produced from October 2005 – June 2006 (in chronological order):

#### Reports and information material

- HEPA Europe information brochure (available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa))
- Project on "Collaboration between physical activity promotion and the transport sector: Examples from European countries":
  - o First intermediate report (October 2005)
  - o Second intermediate report (February 2006)
  - o Third intermediate report (April 2006)
- Overview of inventory of documents on physical activity promotion in the European Region and Call for contributions. April 2006.
- HEPA Europe newsletter, Issue no. 1 (April 2006) (available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa))

#### External publications

- Evidence-based Physical Activity Promotion – the Approach of HEPA Europe, the European Network for the Promotion of Health-Enhancing Physical Activity. Kahlmeier S, Martin BW, Racioppi F et al. In: International Congress on Physical Activity and Public Health: Proceedings. Abstract 241. Atlanta, Georgia, USA, 17-20 April 2006: page 172
- HEPA Europe - the European network for the promotion of health-enhancing physical activity. In: Best practice for physical activity promotion around the world. CELAFICS (Centro de Estudos do laboratório de aptidão física de São Paulo Caetano do Sul) and CDC (Centers for Disease Control and Prevention) – editors. 2006: page 229.

- Evidence-based physical activity promotion - HEPA Europe, the European network for the promotion of health-enhancing physical activity (Martin BW, Kahlmeier S, Racioppi F et al.). In: Journal of Public Health, 2006, volume 14, number 2, pages 53-57 (available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa))

#### 4.5.2 Presentations

From October 2005 – June 2006, 18 presentations on HEPA Europe or mentioning it were held by members of the Steering Committee. An overview of these presentations is given in the following table:

Events	Title of the presentation
<b>2005</b>	
Velo-City 2005 Dublin, Ireland, 30 May-3 June 2005 <a href="http://www.velo-city2005.com">www.velo-city2005.com</a>	The European Health Enhancing Physical Activity network: where health meets with transport and urban planning to deliver the full potential of cycling
	Delivering the vision. Cycling in the wider context: the health policy perspective
Technical consultation for the WHO conference on counteracting obesity Amsterdam, the Netherlands, 18 June, 2005 <a href="http://www.euro.who.int/obesity">www.euro.who.int/obesity</a>	HEPA Europe
2nd Scientific Workshop of the Working Party 'Lifestyle and Other Health Determinants' within the Public Health Programme of the European Commission Paphos, Cyprus, 11-13 September 2005 <a href="http://www.public-health.tu-dresden.de/dotnetnuke3/eu">www.public-health.tu-dresden.de/dotnetnuke3/eu</a>	HEPA Europe – The European Network for the Promotion of Health-Enhancing Physical Activity
Healthy Cities Network Meeting Bursa, Turkey, 22 September 2005 <a href="http://www.healthycitiesbursa2005.com">www.healthycitiesbursa2005.com</a>	Physical activity and health: A possible role for cities and local authorities
17th dvs University Meeting Leipzig, Germany, 22-24 September 2005	Health Enhancing Physical Activity – Trends and Perspectives
Technical consultation for the WHO conference on counteracting obesity, Workshop on Physical Activity Copenhagen, Denmark, 10-12 October 2005 <a href="http://www.euro.who.int/obesity">www.euro.who.int/obesity</a>	Physical activity in the European Region: Challenges and opportunities
46 <sup>th</sup> conference of the International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER·SD) Istanbul, Turkey, November 2005	ICHPER·SD and physical inactivity
European Conference on Chronic Disease Prevention (EURONCD), National Public Health Institute KTL Helsinki, Finland, 8-10 December 2005 <a href="http://www.ktl.fi/euroncd">www.ktl.fi/euroncd</a>	HEPA Europe, the European network for the promotion of health-enhancing physical activity: A new contribution to address physical inactivity and sedentary lifestyles.

Events	Title of the presentation
<b>2006</b>	
IASO/WHO Consultation with nongovernmental organizations and professional networks for the WHO European Ministerial Conference on Obesity, Brussels, Belgium, February 2006	Physical activity and its determinants
International conference on physical activity and public health, Centers for Disease Control and Prevention, Atlanta, USA, 17-20 April 2006	HEPA Europe – the European Network for the Promotion of Health-Enhancing Physical Activity
	Evidence-based physical activity promotion: the approach of HEPA Europe, the European network for the promotion of health-enhancing physical activity (poster)
Annual meeting of the Physical activity network of the Americas - Red de actividad fsica de las Americas (RAFA-PANA) Atlanta, USA, 21 April 2006 <a href="http://www.rafapana.org/">http://www.rafapana.org/</a>	HEPA Europe – the European Network for the Promotion of Health-Enhancing Physical Activity
WHO Member States intersectoral consultation on promoting physical activity for health for the preparation of the WHO Ministerial Conference on Counteracting Obesity <a href="http://www.euro.who.int/obesity">www.euro.who.int/obesity</a>	An intersectoral approach: The role of the transport sector
	The role of sport, culture and leisure time in the promotion of health-enhancing physical activity
Strategies to counteract obesity: meeting with the Regions, organized by the Ministry of Health Rome, Italy, 19 May 2006	La strategia dell'OMS per la promozione dell'attivita' fisica
Muoversi di piu per vivere meglio: politiche, strategie e interventi di promozione dell'attività fisica nella popolazione. Rimini Wellness. Rimini, Italy, 19 May 2006	Attivita' fisica e salute: problemi e strategie. Una prospettiva internazionale
Annual congress of the European College of Sports Science (ECSS) Lausanne, Switzerland, 5-8 July 2006 <a href="http://www.ecss2006.com">www.ecss2006.com</a>	Principles of physical activity promotion in public health: the idea of HEPA Europe

## ANNEX 3: WORK PROGRAMME 2006 / 2007

### **1. Introduction**

At the 1<sup>st</sup> annual meeting of the HEPA Europe, the European network for the promotion of health-enhancing physical activity in Gerlev, Denmark, in May 2005, a number of activities were outlined to be carried out by the network in the following year<sup>20</sup>. Subsequently, a work programme for the period 2005 / 2006 was developed<sup>21</sup>. Based on the activity report 2005 / 2006<sup>22</sup> and the experiences made during this first year of implementation of activities of HEPA Europe, the new work programme has been developed. This work programme covers the period of July 2006 to June 2007. It has been discussed and endorsed in June 2006 at the 2<sup>nd</sup> annual meeting of HEPA Europe in Tampere, Finland. A short version of this document is available at [www.euro.who.int/hepa](http://www.euro.who.int/hepa).

The current state of affairs of activities foreseen in the work programme 2005 / 2006 is summarized in chapter 2. More detailed information can be found in the activity report.

In chapters 3 to 6, the implementation of the planned activities and projects for the period July 2006 to June 2007 will be described in more detail. Chapter 7 contains an overview of the new work programme.

### **2. Activity report 2005 / 2006: overview**

Below, the state of affairs of the activities of the work programme 2005 / 2006 will be summarized.

#### **2.1 Core activities of the network**

<b>Activity</b>	<b>State of affairs</b>
Maintenance and regular updating of HEPA Europe website, development of a "materials" section	Mostly implemented, ongoing (see chapter 3.1)
2 <sup>nd</sup> annual HEPA Europe network meeting 2006	Implemented as planned, concluded
Development of ideas for and organization of a Network Conference	Implementation delayed, ongoing (see chapter 3.3)
Exploration of possibilities for coordination and collaboration with other networks and activities	Implementation as planned, ongoing (see chapter 3.4)

<sup>20</sup> For more details see: HEPA Europe – The European network for the promotion of health-enhancing physical activity: 1<sup>st</sup> meeting of the Network, Gerlev, Denmark, 26 – 27 May 2005. Meeting Report.

<sup>21</sup> HEPA Europe – The European network for the promotion of health-enhancing physical activity: Work programme 2005/ 2006. 14 November 2005 (summary available at [http://www.euro.who.int/Document/HEPAN/execsum\\_work\\_prog.pdf](http://www.euro.who.int/Document/HEPAN/execsum_work_prog.pdf))

<sup>22</sup> HEPA Europe – The European network for the promotion of health-enhancing physical activity: Activity report 2005 / 2006 (draft June 2006).

## 2.2 Projects and products

Activity	State of affairs
Development of an advocacy booklet for policy makers	Implementation delayed, ongoing (see chapter 4.1)
Development of an inventory of existing approaches, policy documents, and targets related to physical activity promotion in different countries	Implementation as planned, ongoing (see chapter 4.2)
Collection of case studies of collaboration between the physical activity promotion and the transport sector	Implementation delayed, ongoing (see chapter 4.4)
Development of a framework for physical activity promotion policy	Implementation as planned, ongoing (see chapter 4.5)
Development of "guidelines for the development of national HEPA promotion programs"	Implementation as planned, concluded for the time being
Development of a discussion paper on currently used recommendations for physical activity	Implementation as planned, ongoing (see chapter 4.6)
Review on cost-benefit analyses methodology with regard to walking and cycling	Implementation delayed, ongoing (see chapter 4.7)
Overview of ongoing international and European activities and networks relevant to HEPA Europe	Implementation delayed, ongoing (see chapter 4.8)
Review of examples of national physical activity promotion networks	Implementation delayed, ongoing (see chapter 4.3)

## 2.3 Activities aimed at optimizing the network

Activity	State of affairs
Development of an impact model for HEPA Europe and of the work programme 2006 / 2007	Implementation delayed, ongoing (see chapter 5.1)
Development of a detailed financing concept	Implementation as planned, ongoing (see chapter 5.2)
Development of a communication strategy and a recruitment strategy	Not yet started (see chapter 5.3)
Development a logo/design element for HEPA Europe	Implementation as planned, concluded

## 2.4 Possible activities to be launched later

Review of examples of collaboration and developments with the food industry	Not yet started, concluded for the time being
Education and training tool on physical activity and the built environment	Not yet started, concluded for the time being

### **3. Core activities of the network**

In the following sections the core activities of the Network to be carried out until June 2007 will be outlined in more detail.

#### **3.1 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 European Centre for Environment and Health, Rome office and Steering Committee  
Participants: Information Outreach Department, WHO/Europe, Rome Office; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

##### **Possible partners**

-

##### **Work steps**

	<b>By when</b>
Make available products of HEPA Europe within the website, especially the first version of the inventory of documents on physical activity promotion (see chapter 4.2 and the case study collection (see chapter 4.4), other products as they become available	As of summer 2006
Develop a materials page for the website in close collaboration with the Transport, Health and Environment Pan-European Programme's (THE PEP) Clearing House (see chapter 3.4)	Second half of 2006
Perform regular updates of the website and distribute newsletter regularly	Continuously

#### **3.2 3<sup>rd</sup> annual meeting of the HEPA Europe network 2007**

##### **Aim of the activity**

To review and discuss recent, relevant international developments as well as national approaches with regard to physical activity promotion, to re-elect the Steering Committee and accept new members; to review progress on ongoing activities, to decide upon changes in the Terms of References of the Network or its financing, to adopt the annual work programme and to establish new ad-hoc task forces and working groups as necessary.

##### **In charge / participants**

In charge: University of Graz, Austria, WHO European Centre for Environment and Health, Rome office and Steering Committee  
Participants: HEPA Europe members and other interested parties

##### **Possible partners**

-

## Work steps

	<b>By when</b>
Develop a draft meeting programme, invite key note speakers	By the end of 2006
Add a page announcing the meeting to the website, develop the information circular with the organizers	Early 2007
Send out draft programme and call for contributions and registration	Spring 2007 (2-3 months before the meeting)
Organize handling of incoming registrations and contributions with organizers	Spring 2007
Develop the background documents and support hosts in preparing and carrying out the meeting	Summer 2007

### 3.3 Scientific network conference

#### **Aim of the activity**

To develop ideas for a scientific network conference (possibly taking place in 2008), taking stock of the experiences of the former European HEPA network as well as the International conference on physical activity and public health (ICPAPH) organized by the Centers for Disease Control and Prevention in April 2006. The main aims of a HEPA Europe conference would be:

- to exchange and discuss state-of-the-art knowledge on physical activity promotion;
- to support networking;
- to raise the profile of HEPA Europe;
- to support membership recruitment; and
- to raise funds.

#### **In charge / participants**

In charge: Host organization, WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: HEPA Europe members and other interested parties,

#### **Possible partners**

Centers for Disease Control and Prevention, others to be defined according to the further developed ideas

## Work steps

	<b>By when</b>
Decision on whether a conference should be organized and if yes, on a foreseen date and possible venue	Summer 2006
Further steps to be developed depending on decisions taken	

### 3.4 Support and contributions to other conferences and events

#### Aim of the activity

In addition to organizing own annual meetings and possibly 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 name and design element will be permitted, if HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event. Should there be an interest for WHO co-sponsorship of events, the appropriate application has to be submitted.

#### In charge / participants

In charge: Host organizations, WHO European Centre for Environment and Health, Rome office and Steering Committee

Participants: -

#### Work steps

	<b>By when</b>
<p>The following 5 events will be supported in 2006 and 2007 (e.g. through presentations or the organization of side-events), but not co-organized by HEPA Europe.:</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> World Congress on Public Health Nutrition<sup>23</sup>, organized by the Spanish Society of Community Nutrition and the International Union of Nutritional Sciences, 28-30 September 2006, Barcelona, Spain</li> <li>• Satellite Symposium to the International meeting on health enhancing physical activity interventions and programs in different settings for children and youth<sup>24</sup> ("Kinderkongress") on children's transport related physical activity and health, organized by the Universities of Konstanz and of Karlsruhe, 28 February – 2 March, 2007, Constance, Germany;</li> <li>• 2<sup>nd</sup> International Conference on Promoting Health through Healthy Nutrition and Physical Activity, organized by CINDI Slovenia, Slovenia, late spring or early autumn of 2007;</li> <li>• Satellite symposium to the 2007 annual meeting of the International Society for Behavioural Nutrition and Physical Activity<sup>25</sup> (ISBNPA) on the projects HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) and IDEFICS (Identification and prevention of dietary and lifestyle-induced health effects in children and infants), organized by the Karolinska Institute, June 2007, Norway (possibly Oslo); and</li> <li>• 5<sup>th</sup> International Conference on Movement and Health, hosted by the Faculty of Physical Culture, Palacký University, Olomouc, Czech Republic, second half 2007.</li> </ul>	<p>The detailed work steps will be defined according to the timing of the events</p>
<p>Decision about the support of possible further events by the Steering Committee</p>	<p>Continuously</p>

<sup>23</sup> <http://www.nutrition2006.com/>

<sup>24</sup> <http://www.sport.uni-karlsruhe.de/kongress/>

<sup>25</sup> <http://www.isbnpa.org/>

### 3.5 Cooperation and collaboration 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 European Centre for Environment and Health, Rome office and Steering Committee  
Participants: Members of HEPA Europe

#### Possible partners

UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP); WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO/Europe Healthy cities and urban governance programme; EU Platform on Diet, Physical Activity and Health; Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition"; Global alliance for physical activity (GAPA); Agita Mundo; EU Working Party "Lifestyles and other health determinants"; and Platform on sports participation

#### Work steps

	By when
UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) <ul style="list-style-type: none"> <li>- Ensure close working collaborations between the HEPA Europe and THE PEP Task Force on Walking and Cycling</li> <li>- Continue two-way information about ongoing activities to ensure coordination and to identify possibilities for collaboration</li> <li>- Contribute to the further development of THE PEP Clearing House part on cycling and walking and health-enhancing physical activity through the development of a "materials" part of the HEPA Europe website (see chapter 3.1).</li> </ul>	Continuously  Continuously  Second half of 2006
WHO/Europe Department Nutrition and Food Security (NCL-NFS): contributions to the WHO Ministerial Conference on counteracting obesity, November 2006, Istanbul <ul style="list-style-type: none"> <li>- Participate in and contribute to technical pre-conference consultations</li> <li>- Promotion of multi-sectoral participation in the ministerial conference</li> <li>- Contribute to documents for the conference (framework on physical activity promotion, technical review document)</li> <li>- Development of background papers for the conference (e.g. advocacy booklet, document on case studies, inventory of national physical activity promotion approaches, overview of ongoing international and European activities and networks etc.)</li> <li>- Dissemination of information about the ministerial conference through the HEPA Europe</li> </ul>	Summer 2006  July-November 2006  July-November 2006  July-November 2006  July-November 2006

	<b>By when</b>
WHO/Europe Healthy cities and urban governance programme <ul style="list-style-type: none"> <li>- Contribute to and possibly participate in their annual meetings</li> <li>- Continue collaboration regarding the development of the booklet on physical activity</li> <li>- Explore possibilities for further collaboration</li> </ul>	Fall 2006 Summer – Fall 2006  Continuously
EU Platform on Diet, Physical Activity and Health <ul style="list-style-type: none"> <li>- Clarify membership status of HEPA Europe</li> <li>- Collaboration through observers in the Steering Committee or through direct participation</li> </ul>	Summer 2006 Continuously
Physical Activity Task Force in the European Commission project "European Network on Public Health Nutrition": <ul style="list-style-type: none"> <li>- Collaboration through observers in the HEPA Europe Steering Committee</li> </ul>	Continuously
Global alliance for physical activity (GAPA) <ul style="list-style-type: none"> <li>- Consolidate initial steps of coordination through observer in the HEPA Europe Steering Committee</li> <li>- Explore possibilities for further collaboration</li> </ul>	Continuously
Agita Mundo <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul>	Continuously
Working Party "Lifestyles and other health determinants" <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul>	Continuously
Platform on sports participation <ul style="list-style-type: none"> <li>- Explore possibilities for further collaboration</li> </ul>	Continuously

## ***4. Projects and products***

### **4.1 Advocacy booklet on physical activity**

#### **Aim of the activity**

Development of a booklet summarizing the main facts, figures and policy aspects on health-enhancing physical activity targeted at policy makers and administrations concerned with the topic.

#### **In charge / participants**

In charge: Nick Cavill, Cavill Associates, United Kingdom and editorial group (Francesca Racioppi and Agis Tsouros (co-chairs), Sonja Kahlmeier (all WHO/Europe); Finn Berggren – Gerlev Physical Education and Sports Academy, Denmark; Peggy Edwards - Chelsea Group, Canada; Eva Martin – Swiss Federal Office of Sports; Pekka Oja - UKK Institute for Health Promotion Research, Finland; Jean-Michel Oppert - University Pierre et Marie Curie-Paris 6, France; Mireille van Poppel, VU University Medical Center, the Netherlands; Ilkka Vuori, UKK Institute for Health Promotion Research, Finland

Participants: WHO European Centre for Environment and Health, Rome office and Steering Committee

**Possible partners**

WHO/Europe Healthy Cities and urban governance programme; WHO/Europe Department Nutrition and Food Security (NCL-NFS)

**Work steps**

	<b>By when</b>
Finalization of the text	Early July 2006
Editing, layout and printing	July – October 2006
Launch at the WHO Ministerial Conference on counteracting obesity, 14-16 November 2006, Istanbul, Turkey	November 2006
Further distribution at suitable events and to suitable target groups (according to the communication strategy, see chapter 0)	First half of 2007

## 4.2 Inventory of existing approaches, policy documents, targets and data related to physical activity promotion

**Aim of the activity**

To facilitate access of the Member States to available information and to develop the framework for process evaluation of physical activity promotion at the national level. Relevant descriptive information will be collected from the countries already represented in HEPA Europe and later from other countries in the European region. Through the inventory, contacts will be available for obtaining more detailed information on specific elements or approaches in different countries.

**In charge / participants**

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee  
Participants: Interested parties of HEPA Europe (mailing list) and other contact persons

**Possible partners**

WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong); Nick Cavill, Research Associate of the University of Oxford / Cavill Associates, United Kingdom; European Commission task forces on physical activity and public health nutrition.

**Work steps**

	<b>By when</b>
Finalization of a report on first version of the inventory, including content analysis of the national policy documents published in English	July 2006
Publication of a first online version (including national policy documents)	July 2006
Integration of further documents as notified by HEPA Europe mailing list members, THE PEP Task Force on Cycling and Walking and others	Summer 2006
Second version of the inventory including national networks, community centered and school-based approaches, sports-based approaches and approaches in children	First half 2007
Further versions depending on available resources	

### 4.3 Review of examples of national physical activity promotion approaches and of national networks

#### Aim of the activity

Review of examples of national physical activity networks, if possible including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- exploration of the need and possibility to create a “network of national networks”.

#### In charge / participants

In charge: Members of the working group:

- a) Confirmed at the 2<sup>nd</sup> annual meeting of HEPA Europe: Radim Šlachta – Palacky University, Czech Republic (chair), Kees de Keyzer – HEPA Switzerland, Sune Krarup-Pedersen – National Board of Health, Denmark, Flora Jackson – NHS Health Scotland, United Kingdom, Fiona Bull - Global Alliance on Physical Activity (GAPA)
- b) Other members: Anita Aadland – Directorate for Health and Social Affairs, Norway, Alfred Ruetten (or delegate) – University of Erlangen, Germany, Ikka Vuori (or delegate) – Finland, representative from the Netherlands
- c) Observers: Elena Subirats, Accion para el bienestar y la Salud, Mexico, Wendy Creelman, in motion, Canada)

Participants: WHO European Centre for Environment and Health, Rome office and Steering Committee

#### Possible partners

WHO/Europe Department Nutrition and Food Security (NCL-NFS), WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong)

#### Work steps

	By when
Next steps to be defined by the members of the working groups	Summer 2006
Presentation and discussion of first results at the next Steering Committee meetings	Winter 2006 and spring 2007

### 4.4 Collection of case studies of collaboration between the physical activity promotion and the transport sector

#### Aim of the activity

To develop an overview of European experiences on cooperation between the physical activity promotion and the transport sector. Particularly of interest are projects that:

- were carried out with the contribution from different sectors contributing to the promotion of health-enhancing physical activity, such as cycling and walking, and
- were accompanied by an evaluation, possibly including measures of health outcomes, modal shifts, changes in levels of physical activity in the target groups.

**In charge / participants**

In charge: Oliver Thommen, Institute of Social and Preventive Medicine of the University of Basel, Switzerland

Participants: WHO European Centre for Environment and Health, Rome office, Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons willing to contribute case studies

**Possible partners**

WHO/Europe Department Nutrition and Food Security (NCL-NFS)

**Work steps**

	<b>By when</b>
Finalization of the analysis of case studies and final report	Summer 2006
Publication of an online version	Summer 2006
Presentation of the report and online version at a suitable event	Late summer – fall 2006

**4.5 Framework for physical activity promotion policy****Aim of the activity**

To develop an overall framework for physical activity promotion which is currently missing. This structure will allow defining the role of HEPA Europe within such a broader framework and it will thereby guide the future work (see also chapter 0).

**In charge / participants**

In charge: Eva Martin and Urs Mäder, Swiss Federal Institute of Sports

Participants: Steering Committee, WHO European Centre for Environment and Health, Rome office

**Possible partners**

Experts who can provide examples of existing models and similar input (e.g. Tom Schmid from the Centers for Disease Control and Prevention's Physical Activity and Health Branch, Adrian Baumann, University of Sydney).

**Work steps**

	<b>By when</b>
Presentation of the framework at the 2 <sup>nd</sup> annual HEPA Europe network meeting	June 2006
Scientific publication	Spring 2007

#### **4.6 Discussion paper on currently used recommendations for health-enhancing physical activity**

##### **Aim of the activity**

The aim is to develop an overview on the currently used, different recommendations for health-enhancing physical activity (including also recommendations for different subgroups, e.g. children, elderly). The discussion paper shall serve as a basis to assess the scope and desirability to propose common European recommendations. The annual meetings of HEPA Europe will serve to explore the need and possibilities to reach a consensus on European level.

##### **In charge / participants**

In charge: Pekka Oja, Finland

Participants: Mikael Fogelholm - UKK Institute, Finland; Brian Martin - Swiss Federal Office of Public Health, Fiona Bull – Global Alliance on Physical Activity GAPA; WHO European Centre for Environment and Health, Rome office and Steering Committee, participants at the annual meetings of the HEPA Europe in 2006 and 2007

##### **Possible partners**

WHO/Europe Department Nutrition and Food Security (NCL-NFS); WHO Headquarters Geneva, Department of Chronic Diseases and Health Promotion (NMH/CHP/PCD) (Tim Armstrong); European Commission task forces on physical activity and public health nutrition; Centers for Disease Control's Physical Activity and Health Branch

##### **Work steps**

	<b>By when</b>
Discussion of a draft at the 2 <sup>nd</sup> annual HEPA Europe meeting	June 2006
Preparation of a manuscript for a published article	Fall 2006
Discussion of proposal for a procedure of possible European consensus recommendations at the 3 <sup>rd</sup> annual meeting HEPA Europe meeting	Summer 2007

#### **4.7 Review on cost-benefit analyses methodology with regard to walking and cycling**

##### **Aim of the activity**

This project aims at:

- developing a review of existing approaches to the inclusion of health effects related to physical activity in cost-benefit and cost-effectiveness analyses of investments in transport infrastructures and policies;
- providing a critical discussion of the identified indicators and health-endpoints, and the formulation of proposed recommendations; and

- the organization of an international workshop to achieve scientific consensus on the health effects that should be evaluated when conducting health impact assessments and economic valuations.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP) 26 and specifically its activities on walking and cycling.

### **In charge / participants**

In charge: Michael Sjöström - Karolinska Institute, Sweden

Participants: WHO European Centre for Environment and Health, Rome office, Members of the Steering Committee, THE PEP Task Force on Cycling and Walking, participants of the international workshop

### **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 Preventions's Physical Activity and Health Branch

### **Work steps**

	<b>By when</b>
Setting up a consultation group	Spring 2006
Systematic review of approaches to the inclusion of health effects of cycling and walking in CBAs and appraisals of interventions	Summer 2006
International work shop	Fall 2006 - tentative
Publication of a report on the meeting's outcome including operational guidance for practitioners	Winter 2006 - tentative

## **4.8 Overview of ongoing international and European activities and networks relevant to HEPA Europe**

### **Aim of the activity**

To develop an overview of ongoing international and European activities and networks relevant to HEPA Europe, including a visual representation of the activities and the interconnections between them. This overview would also provide the background for the identification and development of:

- an overview of relevant policy statements,
- areas where HEPA Europe can add either a distinctive added value, make a contribution or should confine to monitoring other ongoing activities, and
- specific outcomes and deliverables for HEPA Europe.

### **In charge / participants**

In charge: Members of the working group (Harry Rutter - South East Public Health Observatory, United Kingdom, and Finn Berggren - Gerlev Physical Education and Sports Academy, Denmark (chairs), Brian Martin – Swiss Federal Office of Sports, Fiona Bull – Global Alliance on Physical Activity GAPA)

<sup>26</sup> [www.thepep.org](http://www.thepep.org)

Participants: WHO European Centre for Environment and Health, Rome office and Steering Committee

### **Possible partners**

European Health and Fitness Association

### **Work steps**

	<b>By when</b>
Finalization of a draft working paper including a proposal for a visual representation / graph	Fall 2006
Discussion of the draft at the next Steering Committee meeting	Winter 2006
Further steps to be decided based on the discussions	Winter 2006

## **4.9 Exchange of experiences in physical activity and sports promotion in children**

### **Aim of the activity**

To improve exchange between national and international organizations active in the promotion of physical activity or sports in children

### **In charge / participants**

In charge: Brian Martin, Swiss Federal Office of Sports

Participants: Alexander Woll – University of Konstanz, Germany, Winfried Banzer (or representative) – German Olympic Sports Confederation, Sune Krarup-Pedersen – National Board of Health, Denmark, Francisco Ortega – Karoliska Institute, Sweden, WHO European Centre for Environment and Health, Rome office

### **Possible partners**

WHO/Europe Children's Health and Environment (CHE) programme; others to be defined by working group

### **Work steps**

	<b>By when</b>
Workshop at BASPO, Magglingen	Autumn 2006
Further steps will be defined at the workshop	

## **4.10 Development of a teaching course on physical activity**

### **Aim of the activity**

Develop and conduct a European Region course on physical activity and public health, based on the experience from 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: Fiona Bull, Loughborough University, United Kingdom

Participants: Brian Martin - Swiss Federal Office of Sports, Flora Jackson – NHS Health Scotland, United Kingdom; Winfried Banzer – German Olympic Sports Confederation, Mimi Rodriguez – Federazione Italiana Aerobica e Fitnes, Italy; WHO European Centre for Environment and Health, Rome office

**Possible partners**

WHO/Europe Department Nutrition and Food Security (NCL-NFS); Centers for Disease Control and Prevention, USA; International Union for Health Promotion and Education (IUHPE)

**Work steps**

	<b>By when</b>
Teleconference to discuss broad concept and approach	Autumn 2006
Identify working group with 6 to 8 participants	Autumn 2006
Contact potential partners for engagement	Autumn 2006
Clarify organizational details (e.g. potential location, venue and facilities, potential delegates and participants groups, funding support, arrangements and/or costing and teaching staff)	By the end of 2006
Finalize course structure (timetable) and teaching staff	Spring 2007
Advertise and promote course	Spring to summer 2007
Potentially run course	Autumn 2007

**5. Activities to optimize the Network****5.1 Development of an impact model for HEPA Europe****Aim of the activity**

To develop a model of how the stated aims of HEPA Europe shall be achieved (impact model). This includes an assessment of the ongoing activities with regard to matching the formulated aims of the network and of the most effective way to reach these aims<sup>27</sup>. The impact model will serve as basis to review current activities, to identify future main fields of activity and key partners as well as areas for further development and thus, the development of the further work programmes. The proposed framework for physical activity promotion policy (see chapter 0) will also serve as a basis for the discussion.

**In charge / participants**

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee  
Participants: -

<sup>27</sup> The model and key questions used for the development of policy evaluation concepts can serve as guidance for the development of such a model. Key questions to be answered are: Which are the causes of the problem that we want to solve? What effect will our planned activities have on these causes? Why will changing these causes solve the problem? (and thereby: are there other causes to be addressed by different activities?). Based on Rossi, Lipsey, Freeman (eds) (2004): Evaluation – a systematic approach. Thousand Oaks, CA : Sage.

## Possible partners

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## Work steps

	<b>By when</b>
Preparation of a guided brainstorming session to develop the impact model	Early 2006
Development of the impact model at one of the next Steering Committee meeting	Winter 2006
Finalization of the impact model	Early 2007
Integration of the conclusions based on the impact model in the next work programmes	As of early 2007

## 5.2 Financing concept

### Aim of the activity

The financing concept for HEPA Europe describes the current funding situation, outlines possible sources for future funding and the planned steps to secure these funds for the short term as well as the medium and long term. It also contains a scheme for a voluntary membership fee.

The first financing concept covers the period June 2005 to March 2007<sup>28</sup> and is currently being implemented.

### In charge / participants

In charge: Steering Committee and WHO European Centre for Environment and Health, Rome office  
Participants: Possibly representatives of other similar networks and activities that could provide expertise with regard to funding strategies (e.g. European Heart Foundation).

## Work steps

	<b>By when</b>
Implementation of the financing concept 2005-2007	Continuously
Drafting of the new financing concept 2007-2008	Before 5 <sup>th</sup> Steering Committee meeting
Discussion of the draft at the 5 <sup>th</sup> Steering Committee meeting	Spring 2007 – tentative
Finalization new concept and start of implementation	April 2007
Presentation of the financing concept 2007-2008 at the 3 <sup>rd</sup> annual meeting	Summer 2007

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<sup>28</sup> HEPA Europe – the European network for the promotion of health-enhancing physical activity: Financing concept for the period June 2005-March 2007. March 2006.

### 5.3 Communication strategy and recruitment strategy

#### Aim of the activity

To develop a concept for a coherent, effective and attractive communication of the network and a related recruitment strategy that will lead to the desired number and composition of members.

#### In charge / participants

In charge: WHO European Centre for Environment and Health, Rome office and Steering Committee  
Participants: Information Outreach Department, WHO/Europe, Rome Office; communications departments/experts from other members of the Steering Committee

#### Possible partners

If necessary representatives of other similar networks and activities that could provide expertise.

#### Work steps

	By when
Development of a draft communication strategy: formulation of the aims for the communication of the network, identification of the target audience(s) for communication; specification the activities to be carried out	Second half of 2006
Development of a draft recruitment strategy: identification of the target audience(s) for recruitment; specification the activities to be carried out	Second half of 2006
Discussion of the drafts at the 4 <sup>th</sup> Steering Committee meeting	Winter 2006 – to be confirmed
Finalization of the strategies and start of implementation	Spring 2007

## 6. Possible future activities

### 6.1 Development of methods for economic valuation of transport-related health effects in children

#### Aim of the activity

Depending on the availability of funds, the project aims at the:

- development of 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, particularly in children;
- identification of relevant health end points to be included and of the key criteria to be applied in making an economic valuation of these effects.

The activity would follow up the results and conclusions of an earlier project on "Transport-related health effects, with a particular focus on children" presented in 2004<sup>29</sup>. This project would also support the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP) <sup>30</sup> and specifically its activities on walking and cycling.

**In charge / participants**

In charge: Consultant and WHO European Centre for Environment and Health, Rome office  
Participants: Task Force on Cycling and Walking of THE PEP, Steering Committee and expert group (to be defined)

**Possible partners**

WHO/Europe Children's Health and Environment (CHE) programme; United States Environment Protection Agency (USEPA); Organisation for Economic Co-operation and Development (OECD); others to be defined as part of the consultancy work

**Work steps**

	<b>By when</b>
To be defined	

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<sup>29</sup> [http://www.euro.who.int/transport/publications/20060112\\_1](http://www.euro.who.int/transport/publications/20060112_1)

<sup>30</sup> [www.thepep.org](http://www.thepep.org)

## 7. Overview of the activities of HEPA Europe 2006 / 2007

ACTIVITIES	Summer 06	Autumn 06	Winter 06/07	Spring 07	Summer 07
<b>Core activities of the network</b>					
3.1 HEPA Europe website	← - - →				
3.2 3rd annual meeting of the HEPA Europe network 2007			←		
3.3 Network conference	← - - →	← - - →			
3.4 Support and contributions to other conferences and events		←			
3.5 Cooperation and collaboration with other networks and projects	← - - →				
<b>Projects and products</b>					
4.1 Advocacy booklet on physical activity	←			→	
4.2 Inventory of existing approaches, policy documents, targets and data related to physical activity promotion	←				→
4.3 Review of examples of national physical activity promotion networks and of national approaches	←			→	← - - - - - →
4.4 Collection of case studies of collaboration between the physical activity promotion and the transport sector	←		→		
4.5 Framework for physical activity promotion policy	←			→	
4.6 Discussion paper on currently used recommendations					
4.7 Review on cost-benefit analyses methodology with regard to walking and cycling	←		→		
4.8 Overview of ongoing international and European activities and networks relevant to HEPA Europe	←		→	← - - - - - →	
4.9 Exchange of experiences in physical activity and sports promotion in children	←		← - - - - - →		
4.10 Developing of a teaching course on physical activity		←			
<b>Activities to optimize the network</b>					
5.1 Development of an impact model for HEPA Europe			←	→	
5.2 Financing concept			←		→
5.3 Communication strategy and recruitment strategy	←			→	

dashed arrows: continuous activity      ← - - →

double dashed arrows: possible future activities, depending on decisions taken      ← - - - - - →



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