Sixteenth Annual Meeting of HEPA Europe
European Network for the Promotion of Health-Enhancing Physical Activity

Meeting Report

4 September 2020

Virtual
Abstract

The 16th annual meeting of HEPA Europe, the European network for the promotion of Health-Enhancing Physical Activity (HEPA) took place virtually in 2020 given the unprecedent times caused by the pandemic. The virtual meeting was attended by 49 participants from a variety of 19 WHO European Region countries, as well as representatives from the World Health Organization, Regional Office for Europe. Seven new membership applications were confirmed. Progress made in HEPA Europe’s working groups were presented along with discussions on the newly revised Terms of Reference, the postponed 2020 conference rescheduled for 2021 in Nice, and WHO collaboration.

Keywords
Health Promotion
Health Planning
Physical Fitness
Exercise
Congresses
Europe

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1. Introduction and overview

The European Network for Promotion of Health-Enhancing Physical Activity (HEPA Europe) was first launched at the 1st Annual Meeting in May 2005 in Gerlev, Denmark, based on policy statements such as the WHO Global Strategy for Diet, Physical Activity and Health and corresponding statements from the European Commission. Since 2005, a total of 15 annual meetings have taken place across Europe. The meetings took place June 2006 in Tampere, Finland, in May 2007 in Graz, Austria, in September 2008 in Glasgow, United Kingdom, in November 2009 in Bologna, Italy, in November 2010 in Olomouc, Czech Republic, in October 2011 in Amsterdam, the Netherlands, in October 2012 in Cardiff, United Kingdom, in October 2013 in Helsinki, Finland, in August 2014 in Zurich, Switzerland, in October 2015 in Istanbul, Turkey, in October 2016 in Belfast, United Kingdom, in November 2018 in Zagreb, Croatia, in October 2018 in London, United Kingdom, and in August 2019 in Odense, Denmark.

The 16th Annual Meeting of HEPA Europe took place virtually, kindly hosted by the WHO European Regional Office using a virtual platform. The meeting was structured in seven parts.

- Opening and welcome remarks by the Chair of HEPA Europe
- Welcome and update from WHO
- New applications for membership
- Short input from Working Groups
- Discussion and agreement on adapted Terms of References
- Information on next conference in Nice 2021
- Closing remarks by the Chair of HEPA Europe and WHO/EURO

The main aims of the meeting were to:

2. Review and discuss progress made in HEPA Europe’s 16th year of activity, in particular in the newly adapted Terms of Reference and the implementation of the work programmes from 2019/2020 by working groups.
3. Discuss future opportunities for collaboration with WHO, highlighting the future steps of the HEPA Europe network and the rescheduled conference set for 2021.

For this year’s meeting, 49 participants took part from 19 countries, as well as representatives from the WHO Regional Office for Europe (see Annex for list of participants).

The HEPA Europe annual meeting was attended by 49 participants, with HEPA Europe members from Belgium, Croatia, Denmark, France, Georgia, Hungary, Iceland, Ireland, Kazakhstan, Luxembourg, North Macedonia, Netherlands, Spain, Slovenia, Switzerland, Portugal, Poland, Romania, and United Kingdom together with representatives from the WHO Regional Office for Europe and WHO Country office of Kazakhstan. The meeting was chaired by Chairwoman, Ms Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), The Netherlands and supported by Ms Anja Frei, Executive Committee member of the Steering
Committee, from Epidemiology, Biostatistics and Prevention Institute (EBPI), University of Zurich, Switzerland.

Acknowledgements

The 16th annual meeting of HEPA Europe took place virtually, kindly hosted by WHO European Office for the Prevention & Control for NCDs.

2. Report of the 16th Annual Meeting

2.1 Introduction

The meeting opened by HEPA Europe’s Chairwoman, Wanda Wendel-Vos, National Institute for Public Health and the Environment (RIVM), The Netherlands.

Ms Wanda Wendel-Vos warmly welcomed everyone to the 16th annual virtual meeting, remarking on the fact that this year’s meeting being held differently than the past years given the circumstance of the pandemic and reflecting on last year’s 15th annual meeting in Odense where everyone was able to meet face to face. She further highlighted that despite the consequences this has had for the network and conference, carrying on with the annual meeting is an example of how the HEPA Europe Network is able to thrive even during difficult times. She further sends her regards to all and their families, hoping everyone has been well during these times and kindly thanks everyone for attending today’s meeting.

Ms Wendel-Vos goes over the meeting agenda before handing the floor over to Mr Kremlin Wickramasinghe (see annex for meeting agenda details).

2.2 Welcome and update from WHO

Mr Kremlin Wickramasinghe who represented the WHO Regional Office for Europe (WHO/Euro) took the floor to kindly thank everyone on behalf of WHO/Euro, the WHO/Euro colleagues who have attended this meeting, the Nutrition Physical Activity and Obesity programme, and on behalf of Dr Joao Breda, Head of the WHO European Office for the Prevention and Control of Noncommunicable Disease, Moscow who could not attend the meeting. Mr Wickramasinghe took the opportunity to update on the current work being conducted by WHO with the EU Commission, and other work conducted within the WHO European Region. The following were highlighted:

- Regional workshops for school health to increase PA among children
- Support workplaces of all sizes to promote physical activity
- ‘Healthy Meeting guide’
- Brief interventions in primary health care settings
- Promotion of PA to older adults
- National PA Guidelines
He further mentions that if working groups may be interested in potential collaboration with any of the work being conducted to reach out.

Other updates specifically made regarding surveillance and physical activity

- The 5th round of COSI has been conducted, which has a strong component on physical activity data that could provide potential knowledge to build on in the HEPA field.
- STEPS survey conducted in 12 countries and now on a second round in some countries which also contains data that could be used to expand knowledge in the area of HEPA.

Mr Wickramasinghe proceeds to update on the HEPA Europe Network newsletter implemented this year and encourages all to share the newsletter with colleagues and encourage those who may be interested to subscribe. He further explains the wish to strengthen collaboration with working groups and align these activities with WHO activities.

He kindly thanked all members and their continuous support and the opportunity to see so many members in today’s meeting.

2.3 Membership applications and overview of membership

2.3.1 Overview of membership
Ms Wendel-Vos takes the floor and provides an overview of the current HEPA Europe members. She countries where a majority of members are from, namely UK, Finland, and Germany but also mentions the spread of members to represent the European Region.

Current HEPA Europe members total 181 member institutions and 3 individual members from 40 countries (plus 8 observers).
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Austria</td>
<td>3</td>
<td>Luxemburg</td>
<td>2</td>
</tr>
<tr>
<td>Belgium</td>
<td>4</td>
<td>Malta</td>
<td>1</td>
</tr>
<tr>
<td>Bosnia &amp; Herzegovina</td>
<td>1</td>
<td>Montenegro</td>
<td>2</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>1</td>
<td>Norway</td>
<td>2</td>
</tr>
<tr>
<td>Croatia</td>
<td>6</td>
<td>North Macedonia</td>
<td>1</td>
</tr>
<tr>
<td>Cyprus</td>
<td>1</td>
<td>Poland</td>
<td>2</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>3</td>
<td>Portugal</td>
<td>4</td>
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<tr>
<td>Denmark</td>
<td>5</td>
<td>Romania</td>
<td>1</td>
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<tr>
<td>Estonia</td>
<td>1</td>
<td>Russian Federation</td>
<td>1</td>
</tr>
<tr>
<td>Finland</td>
<td>10</td>
<td>Serbia</td>
<td>1</td>
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<tr>
<td>France</td>
<td>5</td>
<td>Slovenia</td>
<td>5</td>
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<tr>
<td>Georgia</td>
<td>1</td>
<td>Spain</td>
<td>9</td>
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<tr>
<td>Germany</td>
<td>12</td>
<td>Sweden</td>
<td>5</td>
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<tr>
<td>Greece</td>
<td>4</td>
<td>Switzerland</td>
<td>8</td>
</tr>
<tr>
<td>Hungary</td>
<td>5</td>
<td>The former YR of Macedonia</td>
<td>1</td>
</tr>
<tr>
<td>Iceland</td>
<td>2</td>
<td>The Netherlands</td>
<td>9</td>
</tr>
<tr>
<td>Ireland</td>
<td>9</td>
<td>Turkey</td>
<td>3</td>
</tr>
<tr>
<td>Israel</td>
<td>2</td>
<td>Ukraine</td>
<td>2</td>
</tr>
<tr>
<td>Italy</td>
<td>12</td>
<td>United Kingdom</td>
<td>35</td>
</tr>
<tr>
<td>Lithuania</td>
<td>1</td>
<td>International bodies</td>
<td>2</td>
</tr>
</tbody>
</table>

Ms Wendel-Vos then proceeded to describe The type of institution/organisation represented within the members, shown in Figure 1, a majority of members come from public institutions/organisations (n=132), followed by private non-profit institutions/organisations (n=32), and NGO charity networks (n=11). Individual and private for-profit types were the smallest represented with three members for each group.
2.2.2 Voting of new applicants

As the procedure has been in the past, The Steering Committee has discussed and preliminarily accepted applications for membership from six institutions prior to the annual meeting. However, given the format of this annual meeting, the voting procedure had to be adapted. Ms Wendel-Vos went over the adapted procedure and conducted the voting of the seven new applicants for membership with the HEPA Europe members. All applications were confirmed, and the six following institutions and organisations were welcomed to HEPA Europe as members:

1. European Physical Education, Glarus, Switzerland
2. Department of Health Psychology and Methodology Research, Kosice, Slovakia
3. National Center of Public Health, Kazakhstan
4. College of Engineering, Swansea University, UK
5. University College Dublin, School of Public Health, Physiotherapy and Sport Science, Ireland
6. University of Primorska, Faculty of Health Sciences, Slovenia
7. Romanian Association for HEPA Promotion - HEPA Romania
2.3 HEPA Europe working groups overview

Virtual individual HEPA Europe Network working group (WG) meetings to replace the working group meetings were suggested to replace the original meetings scheduled for the HEPA conference period in September in Nice 2020 (rescheduled for 2021). Time and date of meeting were determined by WG leads and WG members whom were asked to report a summary of updates to present at the 16th annual meeting.

A quick overview of all HEPA Europe Working groups was presented by Ms. Wendel-Vos. An update highlighting a revitalized WG, the HEPA Injury prevention, whom in the past was stagnant but now with intentions to be active again and will present in today’s meeting.

<table>
<thead>
<tr>
<th>Working group</th>
<th>Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Policy approaches to physical activity promotion</td>
<td>Karen Milton, Petru Sandu</td>
</tr>
<tr>
<td>2 Exchange of experiences in physical activity and sport promotion in children and adolescents</td>
<td>Elaine Murtagh, Anna Chalkley</td>
</tr>
<tr>
<td>3 Active ageing: physical activity promotion in elderly</td>
<td>Liesbeth Preller, Katja Borodulin, Filip Boen</td>
</tr>
<tr>
<td>4 HEPA promotion in socially disadvantaged groups</td>
<td>Niamh Murphy, Annemarie Wagemakers</td>
</tr>
<tr>
<td>5 HEPA Promotion in health care settings</td>
<td>Eszter Füzéki, Jeannie Wyatt-Williams</td>
</tr>
<tr>
<td>6 Sports clubs for health</td>
<td>Aurelie Van Hoye, Susanna Geidne</td>
</tr>
<tr>
<td>7 Workplace HEPA promotion</td>
<td>Ine De Clerck, Anna Puig-Ribera, Sebastià Mas Alos, Ilkka Väänänen</td>
</tr>
<tr>
<td>8 Environmental approaches to HEPA promotion</td>
<td>Josef Mitàs</td>
</tr>
<tr>
<td>9 HEPA Injury prevention</td>
<td>Anne Benjaminse</td>
</tr>
<tr>
<td>10 Monitoring and surveillance of physical activity</td>
<td>Janna Suni, Harri Sievänén</td>
</tr>
</tbody>
</table>

The following WG’s attended the Annual Meeting and presented updates. Four of the ten working groups presented information during the Annual Meeting on the 30th of August.
Working groups who presented information for the 16th Annual HEPA Europe meeting:

- Active ageing: physical activity promotion in elderly
- Workplace HEPA promotion
- Environmental approaches to HEPA promotion
- HEPA injury prevention

Working groups who did not present information in the 16th Annual HEPA Europe meeting:

- Policy approaches to physical activity promotion
- Exchange of experiences in physical activity and sports promotion in children and adolescents
- HEPA promotion in socially disadvantaged groups
- HEPA promotion in health care settings
- Sports clubs for health
- Monitoring and surveillance of physical activity

The HEPA Europe working groups activities from 2019/2020 and future work plans were presented by those who were attended or sent information in advance of the meeting. Further interest in WHO collaboration with WG were expressed by WG leaders during this meeting’s section. Ms. Wendel-Vos recommended all those who express an interest to directly contact Mr. Whiting with their proposals.

2.3.1 Working group on active ageing: physical activity promotion in elderly

Ms Frei presented on behalf of the active ageing working group who provided a written update for the Annual Meeting.

Katja Borodulin Age Institute, Finland who was appointed the new chair of the working group in 2019, and Filip Boen, Catholic University Leuven, Belgium will continue to co-lead the group.

Activities carried out from the 2019/2020 work plan

<table>
<thead>
<tr>
<th>Activities 2019/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation of progress at the 16th annual meeting</td>
</tr>
<tr>
<td>One symposium submitted for the HEPA conference 2021, titled: “Active ageing from theory to practice: success stories from Belgium, Finland, Germany and the Netherlands”.</td>
</tr>
</tbody>
</table>

Working group on active ageing: physical activity promotion in elderly proposed work steps for 2019/2020

| Proposed work steps 2019/2020 |
Hold a WG meeting in Nice, where agenda will include the following points:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>a)</td>
<td>activities to support WHO healthy ageing decade and newly launched updated recommendations on physical activity &amp; sedentary behavior</td>
</tr>
<tr>
<td>b)</td>
<td>preparations for the 2022 HEPA in Belgium with healthy ageing as a potential important theme</td>
</tr>
<tr>
<td>c)</td>
<td>other relevant themes, including corona-related issues for the aging population</td>
</tr>
<tr>
<td></td>
<td>Suggested outcome of 2021 symposium: infographic on a chosen theme to promote active ageing</td>
</tr>
<tr>
<td></td>
<td>Filip Boen, KU Leuven head of planning the next HEPA Europe meeting/conference rescheduled for 2022 with intentions of a full symposium.</td>
</tr>
</tbody>
</table>

Mr Stephen Whiting, WHO Regional Office of Europe took the floor to provide information of potential collaboration opportunities within the area of healthy ageing and policy innovation with WHO remarking on a regional report that will include best practices from the region. He asks that if there are any success stories and/or best practices examples available to share, to kindly contact him for collaboration.

Ms Wendel-Vos ends with remaking on the idea of collaboration and possible synergies.

**2.3.2 Working group on workplace HEPA promotion**

Mr. Sebastià Mas-Alòs, National Institute of Physical Education of Catalonia, Spain presented the working groups updates. Firstly with a few words from last Annual meeting in Odense, where the WG intended to find an internal research activity and followed up with Mr. Whitting, WHO/Euro which was able to connect on a join collaboration for a PA Toolkit for SMEs (Small-to-medium size enterprises). He further mentions that this in itself was a milestone for this WG as it is a specific issue to address to from last year, requested by the WG participants in Odense.

Currently the working group is led by Ine De Clerck, Artevelde University College Ghent, Belgium, Anna Puig-Ribera, University of Central Catalonia, Spain, Sebastià Mas-Alòs, National Institute of Physical Education of Catalonia, Spain, and Ilkka Väänänen, Lahti University of Applied Sciences, Finland.
Activities carried out from the 2019/2020 work plan

### Activities 2019/2020

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advance on the PA toolkit with drafts and data collection with WG members and external experts for their contribution</td>
<td></td>
</tr>
</tbody>
</table>

Working group on workplace HEPA work steps for 2019/2020

### Proposed work steps

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan to set parallel actions from the PA Toolkit</td>
<td></td>
</tr>
<tr>
<td>Presentation of progress at the 17th annual meeting with aims to launch PA toolkit by conference 2021</td>
<td></td>
</tr>
</tbody>
</table>

#### 2.3.3 Working group on HEPA injury prevention

Willem van Mechelen, VU Medical School, Amsterdam, the Netherlands, initially took the floor due to technical difficulties with Ms Anne Benjaminse, Hanze University of Applied Sciences Groningen, Groningen, the Netherlands to briefly mention an EU project coming to an end that will lead to a report to be produced and disseminated in near future.

Ms Benjaminse, took the floor to re-introduce the WG which was revitalized during the 15th Annual meeting with Eva Martin, Johan de Jong and Joske Nauta. She proceeded by presenting the HEPA injury prevention working group’s plan. Firstly, by presenting the aims of the WG, which is to contribute to a reduction of sport injuries, especially in those at risk, namely youth and adolescents, as they pose an important barrier to a lifelong healthy participation in sport. Highlighting that in the EU, more than 6 million are treated for sports related injuries, and out of these 30% are young adults, a public health concern needing attention for promotion of life long healthy participation in HEPA. Members of the WG are; Anne Benjaminse, Joske Nauta, Johan de Jong, Evert Verhagen & Willem van Mechelen, The Netherlands, and Danielle Johansen & Thomas Skovgaard, Denmark.

Activities carried out from the 2019/2020 work plan

### Activities 2019/2020

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PR work regarding revitalization of the group</td>
<td></td>
</tr>
<tr>
<td>Detailed work plan and recruitment of additional partners and members of the working group</td>
<td></td>
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</tbody>
</table>
Work steps for 2020/2021 aimed to be accomplished by Annual meeting 2021

<table>
<thead>
<tr>
<th>Proposed work steps 2020/2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decide upon our mission, vision and common purpose.</td>
</tr>
<tr>
<td>Welcome future members and create an atmosphere of sharing ideas and learning from each other.</td>
</tr>
<tr>
<td>Decision on next steps and funding strategies</td>
</tr>
</tbody>
</table>

2.3.4 Working group on environmental approaches to HEPA promotion

Mr. Whiting takes the floor to update on the WHO/Euro side of collaboration with the working group on environmental approaches to HEPA promotion, who was not present to present the updates.

<table>
<thead>
<tr>
<th>Activities 2019/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collaborated with WHO to develop concept notes 6-8 months conducting interviews in urban design (range of stakeholders in environmental interventions to promote PA)</td>
</tr>
</tbody>
</table>

Work steps for 2020/2021 aimed to be accomplished by Annual meeting 2021

<table>
<thead>
<tr>
<th>Proposed work steps 2020/2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potential develop of a report based on the 2020 WHO collaborated project</td>
</tr>
</tbody>
</table>

2.4 Discussion and agreement on adapted Terms of References

Chairwoman Ms Wanda Wendel-Vos presented the overview of the recent changes made in the Terms of References (ToR). Firstly, providing a brief background on the original ToR, which contained four separate documents; ToRs, HEPA Europe network, ToRs HEPA Europe steering committee, Guidance document Working groups, and ToRs HEPA Europe Secretariat.

Due to the new way of working and the collaboration with WHO, it was apparent to look at how to adapt and create a new ToR that reflects this. Therefore, the new ToR is one comprehensive document of 9 pages that contain:

1. Mission, objectives and guiding principles
2. General ways of working
3. Steering committee
4. Secretariat
5. Member organisations
6. Working groups
7. Programme of work and newsletter
8. Interactions and meetings

Ms Wendel-Vos proceeds by discussing each section, focusing on the points that have changed between the old documents and the new document and allowing for any feedback or questions to address along the way.

2.4.1 Mission, objectives and guiding principles

This section no changes were made and can be found on page 2 of the document.

2.4.2 General ways of working

This section small changes were made to better represent the current practice and can be found on page 2 of the document.

2.4.3 Steering committee

This section essential changes were made such as;

- Each steering committee member is required to take responsibility for a specific subject area
- New steering committee members need to be nominated
- Maximum of 5 terms
- Nominations for chair supported by at least a 2/3 majority

This section can be found on pages 2-4 of the document. Ms Wendel-Vos explains that these changes reflect the important responsibilities of the STC to take on and to ensure refreshment by the new nominating and term requirement components.

No comments or remarks were made on these updates by members.
2.4.4 Secretariat

This section, small changes were made to represent the current practice that reflect on separate tasks for the WHO secretariat team and the executive member of the steering committee. This section can be found on page 4 of the document.

No comments or remarks were made on the updates by members.

2.4.5 Member organisations

This section, changes were made to represent the current practice that reflect on clear description of eligibility and membership procedures by a simple flow chart that contains:

- Public: ‘Yes’
- Private not for profit: ‘Maybe’ (check by WHO membership dep)
- Private for profit: ‘No’

Other changes:
- Member organisations are informed about new members (no voting)
- Termination of membership if no contact information is available

Ms Wendel-Vos explains these changes, which were made to provide a clearer picture to how members can join and how they are eliminated. The voting procedure which will now eliminate the actual voting by members will be clear through the above changes to eligibility and membership procedures who can be included or not. Of course, the intentions will still be in inform current members of the new members and the possibility if they have any doubts, they are able to contact the STC. In regard to the termination, if contact is not provided within a year, termination on the network side will occur. Ms Wendel-Vos remarks that all changes are an improvement to the clarity of how can join and how members are terminated.

This section can be found on pages 4-6 of the document.

Comments on this section were made by members and described below:

<table>
<thead>
<tr>
<th>Question raised about existing members of private or profit.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Wendel-Vos mentions we will be re-evaluating these in the near future. This is not decided yet, but will come back for this, for now for new members this is the case, but old members we will get back</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question raised regarding NGOs that are non-profit but received only observer status so far, should they apply again, will they be double-checked?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Wendel-Vos mentions we will be re-evaluating these in the near future. We ground observer status for ones which were not clear, but we can re-evaluate if they could possibly be eligible.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question raised regarding updated contact lists for working groups by WG leaders. If this is reflected in the TOR to reflect possible GDPR issues.</th>
</tr>
</thead>
</table>

A member remarked that messages could contain an “opt out” to receive messages and/or be on list as a way to filter who wants to be contact from the old database of contacts.

Ms Wendel-Vos mentions the STC will discuss this in the next meeting and get back to WG leads on the best procedure.

2.4.6 Working groups

This section, changes were made to represent the current practice that reflect on working groups roles and activities such as;

- Connecting working groups to activities of the WHO Regional Office for Europe.
- Rules for formation and termination made more explicit
- Describing responsibilities of working group (leader) Small changes to better represent current practice.

This section can be found on pages 6-8 of the document. Ms Wendel-Vos remarks that these changes more clearly describe the connection and collaboration by explicitly providing information on the terms for WG and WG leaders. Further remarking that it is great to be able to incorporate the WG guiding document in this document as a way for WG to have a clearer picture of what to work with.

No comments or remarks were made on the updates by members.

2.4.7 Programme of work and newsletter

This section, changes were made to represent the current practice that reflect;

- Annual reporting through report of the annual meeting
- Newsletter connected to activities of the network and the WHO Regional Office for Europe
- Visibility early career activities

This section can be found on page 8 of the document. Ms Wendel-Vos remarks that the previous extensive documents on the programme and annual report and plans for next are now combined into one document instead of two. In addition, the newsletter will aim to connect activities with WHO, such as this year the Focal Point network, and providing more visibility for early-career activities.

No comments or remarks were made on the updates by members.
2.4.8 Interactions and meetings

This section, small changes were made to represent the current practice that reflect

- More details regarding organising the annual conference

This section can be found on page 8-9 of the document.

No comments or remarks were made on the updates by members.

2.4.9 Agreement with ToR changes

Ms Wendel-Vos ends the review of the TOR changes and kindly asks for a vote of approval from the network. First voting on agreement with these changes, and secondly by agreeing with the new TOR. She highlights that the doubts and comments made will be addressed, namely on the current members (private for profit and observer status), and the GDPR.

All agree with the TOR and the meeting proceeds.

2.5 Information on next conference in Nice 2021

Anne Vuillemin from University Côte d’Azur, Nice, France took the floor to discuss updates on the next year’s conference. The 17th annual meeting and 11th conference HEPA Europe, will be held on 1-3 September 2021, in Nice, France, with the theme of an ecosystem approach to health enhancing physical activity promotion kindly hosted by University of Core d’Azur, Ville de Nice. The Steering Committee will review applications from 2020 and confirm the 17th annual meeting at a later date.

Ms Vuillemin follows by presenting the rescheduled conference due dates and new website which contains further detailed information https://hepaeurope2021.sciencesconf.org

- Abstract submission for poster presentation opens: 1 October 2020
- Deadline for the submission of abstract for poster presentation: 1 March 2021
- Poster acceptance notification: 15 days after submission and no later than 15 March 2021
- Registration opens: 1 March 2021
- Registration for presenters closes: 1st May 2021
- Early bird registration deadline: until 31 May 2021

Ms Vuillemin closes by mentioning she is looking forward to welcome you all next year and if anyone has questions please feel free to ask. She further thanks the Belgium colleagues for their acceptance to postpone their conference. Ms Wendel-Vos remarks that she is sure everyone is looking forward to meeting in Nice, as it will be "nice to be in Nice" in 2021 and thanks Ms Vuillemin for the updates.
2.6 Any other business
Ms Wendel-Vos takes the floor to provide the network with news regarding Steering Committee member updates.

The 2019 Elected Steering Committee consisted of:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Institution</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wanda Wendel-Vos</td>
<td>Chairperson</td>
<td>Institute for Public Health &amp; Environment (RIVM)</td>
<td>NL</td>
</tr>
<tr>
<td>Marie H Murphy</td>
<td>Vice Chair</td>
<td>University of Ulster</td>
<td>UK</td>
</tr>
<tr>
<td>Tommi Vasankari</td>
<td>Vice Chair</td>
<td>UKK Institute, Tampere</td>
<td>Finland</td>
</tr>
<tr>
<td>Anja Frei</td>
<td>Executive Member</td>
<td>University of Zurich</td>
<td>Switzerland</td>
</tr>
<tr>
<td>Andrea Backović Juričan</td>
<td></td>
<td>National Institute of Public Health</td>
<td>Slovenia</td>
</tr>
<tr>
<td>Winfried Banzer</td>
<td></td>
<td>Olympics Sports Confederation</td>
<td>Germany</td>
</tr>
<tr>
<td>Anna Chalkley</td>
<td></td>
<td>Loughborough University</td>
<td>UK</td>
</tr>
<tr>
<td>Karen Milton</td>
<td></td>
<td>Norwich Medical School, University of East Anglia</td>
<td>UK</td>
</tr>
<tr>
<td>Narcis Gusi</td>
<td></td>
<td>Faculty of Sport Sciences, University of Extremadura</td>
<td>Spain</td>
</tr>
<tr>
<td>Bengt Kayser</td>
<td></td>
<td>Institute of sport sciences, University of Lausanne</td>
<td>Switzerland</td>
</tr>
<tr>
<td>Niamh Murphy</td>
<td></td>
<td>Waterford Institute of Technology</td>
<td>Ireland</td>
</tr>
<tr>
<td>Zdenko Šipić</td>
<td></td>
<td>Croatian Federation for Sports Recreation “Sport for All”</td>
<td></td>
</tr>
<tr>
<td>Anne Vuillemin</td>
<td></td>
<td>University Côte d’Azur</td>
<td>France</td>
</tr>
<tr>
<td>Willem van Mechelen</td>
<td></td>
<td>VU Medical School, Amsterdam</td>
<td>NL</td>
</tr>
<tr>
<td>Kremlin Wickramasinghe</td>
<td></td>
<td>WHO Regional Office for Europe</td>
<td></td>
</tr>
</tbody>
</table>

This annual meeting, Ms Wendel-Vos informs the members that Ms Karen Milton, Norwich Medical School, University of East Anglia, UK will be stepping down from her role as in the STC due to her new role as president-elect for the International Society for Physical Activity and Health (ISPAH). Ms Wendel-Vos remarks that is will be sad to see Ms Milton leave and praised her for her dedication and continuous contributions to the discussions held over the years. Despite Ms Milton stepping down from her role in the STC, she will continue as a network member.

Ms. Milton took the floor briefly to mention her observation of the progress of the network and looking forward to the collaboration between HEPA Europe and ISPAH. She further thanks the network for her time as a STC member but will be looking forward to her continued collaboration as a member.

2.7 Closing remarks by the Chair of HEPA Europe and WHO/Euro

Ms Wendel-Vos on behalf of HEPA Europe thanked all participants for their active participation and availability to meet today given the circumstances. She additionally thanked the Steering Committee, the WHO Regional Office for Europe, the working groups and project leaders. She closed the meeting with a special recognition and warm farewell to Steering Committee member, Karen Milton.
3. Annexes

Annex 1: Detailed programme of the meeting

HEPA Europe Annual Meeting 2020
PROGRAMME

Friday, 4 September 2020

9:30 – 9:40  Opening and welcome
    Wanda Wendel-Vos, Chair HEPA Europe

9:40 – 9:55  Welcome and update from WHO
    Kremlin Wickramasinghe, WHO European Office for the Prevention & Control for NCDs

9:55 – 10:00 New applications for membership
    Wanda Wendel-Vos, Chair HEPA Europe

10:00 – 10:10 Short input from Working Groups
    Working group leaders

10:10 – 10:50 Discussion and agreement on adapted Terms of References
    Wanda Wendel-Vos, Chair HEPA Europe

10:50 – 10:55 Information on next conference in Nice 2021
    Anne Vuillemin, University Côte d’Azur, Nice, France

10:55 – 11:00 Closing remarks
    Wanda Wendel-Vos, Chair HEPA Europe,
    Kremlin Wickramasinghe, WHO European Office for the Prevention & Control for NCDs
Annex 2: List of member institutions of HEPA Europe

- Abruzzo Regional Committee of the Italian Union of Sports for All (UISP)
- Active Cheshire, United Kingdom
- Active Living Association, Istanbul, Turkey
- Agaplesion Bethesda Hospital Ulm, Germany
- Artevelde University College Ghent, Belgium
- Austrian Health Promotion Foundation, a division of the Gesundheit Österreich GmbH, Vienna, Austria
- Austrian Mobility Research FGM-AMOR, Austria
- Babes-Bolyai University, Cluj-Napoca, Romania
- Baltic Region Healthy Cities Association, Finland
- Bradford Institute for Health Research, Born in Bradford birth cohort, United Kingdom
- British Heart Foundation National Centre (BHFNC) for Physical Activity and Health, School of Sport and Exercise Science, Loughborough University, United Kingdom
- Brno University of Technology, Centre of Sport Activities, Brno, Czech Republic
- Cardiff Metropolitan University, United Kingdom
- Catholic University, Faculty of Medicine, Center for the Study and Therapy of Obesity, Rome, Italy
- Cavill Associates, Stockport Cheshire, United Kingdom
- Centre for Health, Sport University of Cologne, Germany
- Center for Health, Exercise and Sport Sciences, Belgrade, Serbia
- Centre for Health Information Research and Evalulation (CHIRAL), School of Medicine, Swansea University, United Kingdom
- Center for Primary Health Care Research (CPF), Lund University, Sweden
- Centre of Population Approaches for Noncommunicable Disease Prevention, University of Oxford, United Kingdom
- Centre for Public Health, School of Medicine, Queen’s University Belfast, United Kingdom
- Centre for Sport and Exercise Research, Staffordshire University, United Kingdom
- Centre for Transport Studies, University College London, United Kingdom
- Centre of research and evaluation (CEVAS), Rome, Italy
- Children's University Hospital, Department of Physiotherapy, Dublin, Ireland
- Clinical Science Institute, National University of Ireland, Galway
- College of Engineering, Swansea University, UK
- Cork Institute of Technology, Ireland
- Coventry University, Department of Biomolecular and Sports Sciences, United Kingdom
- Croatian Association "Sport for All", Zagreb, Croatia
- Croatian Institute of Public Health, Zagreb
- Croatian Sport Medicine Society, Zagreb, Croatia
- Cyprus Sport Organization, Nicosia
- Department of Epidemiology and Public Health, Swiss Tropical and Public Health Institute, Switzerland
- Department of Health, Federal Provincial Government of Catalonia, Barcelona, Spain
- Department of Health, Physical and Social Education, Lithuanian Sports University, Kaunas, Lithuania
- Department of Health Psychology and Methodology Research, Kosice, Slovakia
- Department of Health Sciences, University of Huddersfield, , United Kingdom
- Department of Human Movement and Sport Sciences (DISMUS), University of Rome Foro Italico, Italy
• Department of Hygiene and Epidemiology, University of Ioannina, Greece
• Department of Physical Education and Sport Sciences, Democritus University of Thrace, Greece
• Department of Physical Education and Sport Sciences, Faculty of Education and Health Sciences, University of Limerick, Ireland
• Department of Prevention and Health Promotion, University of Bielefeld, School of Public Health, Germany
• Department of Primary Care & Population Health, Physical Activity Research Group, University College London, United Kingdom
• Department of Public Health, Faculty of Medicine, University of Ljubljana, Slovenia
• Department of Sport and Exercise Science, University of Stuttgart, Germany
• Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
• Department of Sports Medicine, J.W.Goethe University, Frankfurt, Germany
• Department of Sports Sciences, University Beira Interior, Covilhã, Portugal
• Directorate General for Public Health, Emilia-Romagna Region, Bologna, Italy
• Directorate General for Public Health, Ministry of Health, Sofia, Bulgaria
• Division of Health Research, Centre for Health Science, University of the Highlands & Islands, Inverness, United Kingdom
• Eddy Engelsman, the Hague, the Netherlands
• Edinburgh Napier University, United Kingdom
• European Centre of Studies and Initiatives (CESIE), Palermo, Italy
• European Physical Education, Glarus, Switzerland
• Faculty for Sport and Physical Education, Niksic, Montenegro
• Faculty of Kinesiology, University of Zagreb, Croatia
• Faculty of Motor Sciences, University of L’Aquila, Italy
• Faculty of Physical Education and Sport Sciences, Semmelweis University, Hungary
• Faculty of Physical Education, University of Rzeszow, Poland
• Faculty of Sport, University of Lorraine, Nancy, France
• Faculty of Sport and Exercise Medicine, Edinburgh, United Kingdom
• Faculty of Sport and Physical Education, University of Sarajevo, Bosnia and Herzegovina
• Faculty of Sport, University of Ljubljana, Slovenia
• Faculty of Sports Sciences, University of Nice Sophia Antipolis (UNS), France
• Faculty of Sports Studies, Masaryk University, Czech Republic
• Federal Office of Public Health, Bern, Switzerland
• Fédération Luxembourgeoise des Associations de Sport de Santé (FLASS), Luxembourg
• FederSwiss Organisation Sport for all, Switzerland
• Finnish Age Institute, Finland
• Finnish Sports Confederation Valo, Helsinki
• Fit for Life Program / LIKES Research Center for Sport and Health Sciences, Jyväskylä, Finland
• Free University (VU) Medical Center, Department of Public and Occupational Health, Amsterdam, the Netherlands
• French Society for Public Health, Laxou, France
• Geneva Youth Health Service, Switzerland
• Gerlev Physical Education and Sports Academy, Slagelse, Denmark
• Greater Glasgow and Clyde NHS Board, Scotland, United Kingdom
Physical Activity, Oslo, Norway
• Norwich Medical School, University of East Anglia, United Kingdom
• Olympics Sports Confederation, Frankfurt, Germany
• Omron Healthcare Europe B.V., Hoofddorp, the Netherlands
• Organisation for Applied Scientific Research (TNO), Quality of Life, Department Physical Activity and Health, Leiden, the Netherlands
• Outdoor Recreation Northern Ireland, United Kingdom
• Paavo Nurmi Centre, Turku, Finland
• Palacký University, Faculty of Physical Culture, Olomouc, Czech Republic
• Partnership for Public Health, Sarajevo, Bosnia and Herzegovina
• Paths to Health, Alloa, United Kingdom
• Pekka Oja, Tampere, Finland (individual member, representing the former HEPA European network, 1996-2001)
• Physical Activity and Health Group, Faculty of Medicine, University of Lisbon, Portugal and Coaching,
• Physical Activity for Health Research Centre (PAHRC), University of Edinburgh, United Kingdom
• Physical activity and Sports Medicine, Division of Physiotherapy, Karolinska Institute, Huddinge, Sweden
• Physical Education Area, University of the Balearic Islands, Palma de Mallorca, Spain
• Play Wales, Cardiff, United Kingdom
• Professional Associations for Physical Activity (YFA), Karolinska Institute, Sweden
• Public Health Institute, Reykjavik, Iceland
• Public Health Wales, Physical Activity Network for Wales, Cardiff, United Kingdom
• Red Branch, Co. Clare, Ireland

• Research & Innovation, University of Copenhagen, Denmark
• Research Center on Child Motor Development, Verona, Italy
• Research Centre in Physical Activity Health and Leisure, Faculty of Sports Sciences, University of Porto, Portugal
• Research Unit Physical Activity, Ghent University, Belgium
• School of Health and Human Performance, Dublin City University, Ireland
• School of Health and Science, Dundalk Institute of Technology, Ireland
• School of Health Sciences, Örebro University, Sweden
• School of Sport and Exercise Sciences, University of Birmingham, United Kingdom
• School of Sport Sciences and Technology, Hacettepe University, Ankara, Turkey
• Secretary General for Sport, Department of the Vice-Presidency, Federal Provincial Government of Catalonia, Barcelona, Spain
• Special Secretariat for Sports-for-all and Nutrition, Athens, Greece
• Sports Academy, University of Ulster, United Kingdom
• State Research Centre for Preventive Medicine, Ministry of Health, Moscow, Russian Federation
• State Secretariat for Sport, Ministry of Human Resources, Budapest, Hungary
• Steno Diabetes Center Copenhagen, Denmark
• Superior Sports Council, Subdirectorate General for Sports and Health, Madrid, Spain
• Sustrans, Bristol, United Kingdom
• Swiss Federal Office of Sports, Magglingen, Switzerland
• Team Healthy Nutrition and Physical Activity, Flemish Institute of Health Promotion and Disease Prevention, Brussels, Belgium
• Tel-Aviv University, Ramat Aviv, Israel
• The Swedish National Institute of Public Health, Ostersund
• Transport Studies, Oxford University, United Kingdom
• University Center for Interdepartmental Research of Physical Activity CURIAMO, Perugia, Italy
• University Medical Policlinic, Lausanne, Switzerland
• University of Akdeniz, Faculty of Medicine, Department of Family Medicine, Antalya, Turkey
• University College Dublin, School of Public Health, Physiotherapy and Sport Science, Ireland
• University of Erlangen, Institute for Sport Science and Sport, Erlangen, Germany
• University of Extremadura, Rectorate of Cáceres, Spain
• University of Foggia, Italy
• University of Gloucestershire, Faculty of Applied Sciences, United Kingdom
• University of Graz, Institute of Sports Science, Austria
• University of Iceland, Department of Physiotherapy, Reykjavík
• University Pierre and Marie Curie Paris6 (UPMC), Hôtel-Dieu Hospital, Department of Nutrition, France
• University of Primorska, Faculty of Health Sciences, Slovenia
• University Ramon Llull, Barcelona, Spain
• University of Tartu, Institute of Sport Science and Physiotherapy, Estonia
• Urho Kekkonen (UKK) Institute for Health Promotion Research, Tampere, Finland
• Waterford Institute of Technology, School of Health Sciences, Ireland
• West Lothian Council Active Schools, Bathgate, United Kingdom
• Willibald Gebhardt Institute, Essen, Germany
• Yoga Union, Slovenia

International member organisations:
• European Non-Governmental Sports Organisation (ENSGO), Paris, France
• International Physical Activity and the Environment network (IPEN), Ghent University, Ghent, Belgium

Observers:
• European Cyclists' Federation (ECF), Brussels, Belgium
• European Health and Fitness Association, Brussels, Belgium
• Fighting Inactivity Committee, European College of Sports and Exercise Physicians (ECOSEP), Thessaloniki, Greece
• International Nordic Walking Federation (INWA), Helsinki, Finland
• StreetGames, Manchester, United Kingdom
• Hungarian School Sport Federation, Budapest
• Faculty of Health Sciences, Camilo Jose Cela University, Madrid, Spain
• Progress Health Partnerships, Wigan Lancs, United Kingdom
Annex 3: List of HEPA Europe member meeting participants

The following list includes those who have attended the 16th Annual HEPA Europe meeting on 4 September 2020.

Active Cheshire, United Kingdom, Hayley Preece

Directorate of Health, Iceland, Gigja Gunnarsdottir

Epidemiology, Biostatistics and Prevention Institute (EBPI), University of Zurich, Zurich, Switzerland, Eva Martin

Faculty of Sport, University of Ljubljana, Slovenia, Nastja Podreka

Faculty of Sports Sciences (UFR STAPS) University of Nice Sophia Antipolis (UNS), Nice Cedex, France, Anne Vuillemin

HSSR Sport for all Croatia; Croatian Federation for Sports Recreation “Sport for All”, Zdenko Šipić

International Cooperation Unit, Office of the Minister, Ministry of Sport and Tourism of the Republic of Poland, Malgorzata Szukalska – Wrona

ISUP - Institute of Public Health of the University of Porto, Romeu Mendes

Laboratory of Exercise & Sport Psychology Department of Human Kinesiology, Catholic University Leuven, Belgium, Filip Boen

Laboratory of Exercise & Sport Psychology Department of Human Kinesiology, Catholic University Leuven, Belgium, Filip Boen

Loughborough University, UK. Anna Chalkley

Ministry of Health, North Macedonia, Sanja Sazdovska

Luxembourg Institute of Health Strassen, Luxembourg, Alexis Lion

Ministry of Human Capacities, Hungary, Reka Veress

National Center for Disease Control and Public Health, Tbilisi, Georgia, Lia Skhirtladze

National Center of Public Health, Kazakhstan, Shynar Abdrahmanova

National Center of Public Health, Kazakhstan, Arystan

National Center of Public Health, Kazakhstan, Dana Abeldinova
Participants unidentified due to missing log-in information on the digital platform
WHO Regional Office for Europe Attendees

Kremlin Wickramasinghe
Technical Officer
Nutrition, Physical Activity and Obesity
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse

Stephen Whiting
Technical Officer
Nutrition, Physical Activity and Obesity
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse

Liza Villas
Programme Assistant
Nutrition, Physical Activity and Obesity
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse

Aram Babayan
IT support
WHO European Office for Prevention and Control of Noncommunicable Diseases
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse

Laura Utemissova
Consultant
WHO Country Office of Kazakhstan

Sergei Bychkov
Consultant
WHO European Office for Prevention and Control of Noncommunicable Diseases
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse

Keeva Duffey
Consultant
Nutrition, Physical Activity and Obesity
Division of Noncommunicable Diseases and Promoting Health Through the Lifecourse
The WHO Regional Office for Europe

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

Member States

Albania
Andorra
Armenia
Austria
Azerbaijan
Belarus
Belgium
Bosnia and Herzegovina
Bulgaria
Croatia
Cyprus
Czechia
Denmark
Estonia
Finland
France
Georgia
Germany
Greece
Hungary
Iceland
Ireland
Israel
Italy
Kazakhstan
Kyrgyzstan
Latvia
Lithuania
Luxembourg
Malta
Monaco
Montenegro
Netherlands
North Macedonia
Norway
Poland
Portugal
Republic of Moldova
Romania
Russian Federation
San Marino
Serbia
Slovakia
Slovenia
Spain
Sweden
Switzerland
Tajikistan
Turkey
Turkmenistan
Ukraine
United Kingdom
Uzbekistan