

## **HEPA Europe – The European Network for the Promotion of Health-Enhancing Physical Activity**

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### **European Situation in 2004**

- **Scientific exchange on physical activity and health ↑ ↑**
- **Development of methods (e.g. IPAQ) ↑ ↑**
- **No more regular exchange and development platform for national physical activity promotion strategies**
- **Encouragement from Agita Mundo to get things going...**

## International Networks

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- **WHO consultative group on active living (†)**
- **European Network for the Promotion HEPA I (†)**
- **WHO Move for Health**
- **THE PEP**
- **Agita Mundo**
- **WHO Global Strategy on Diet, Physical Activity and Health**
- **Global Alliance on Physical Activity GAPA**  
*CDC/IUHPE, formerly Global Physical Activity Task Force*

### **HEPA Europe - European Network for the Promotion of Health-Enhancing Physical Activity**

- **Founded at the first Network Meeting in Slagelse, Denmark, Gerlev Sports Academy, 26 and 27 May 2005**



## HEPA Europe – Cornerstones

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### Objectives

- to contribute to the development and implementation of policies and strategies for HEPA in Europe;
- to develop, support, and disseminate effective strategies, programs, approaches, and other examples of good practice to promote HEPA; and
- to support and facilitate the development of multi-sectoral approaches to the promotion of HEPA.



### HEPA Europe

European Network for the Promotion of  
Health-Enhancing Physical Activity



[www.euro.who.int/hepa](http://www.euro.who.int/hepa)

- **Goals, objectives and guiding principles defined**
- **Steering committee with 12 members from 9 countries and WHO Europe**
- **About 28 member organisations and 2 individual members**

## **HEPA Europe – Possibilities and challenges**

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- **Secretariat at WHO**

- Experts´ club vs. public health organisation

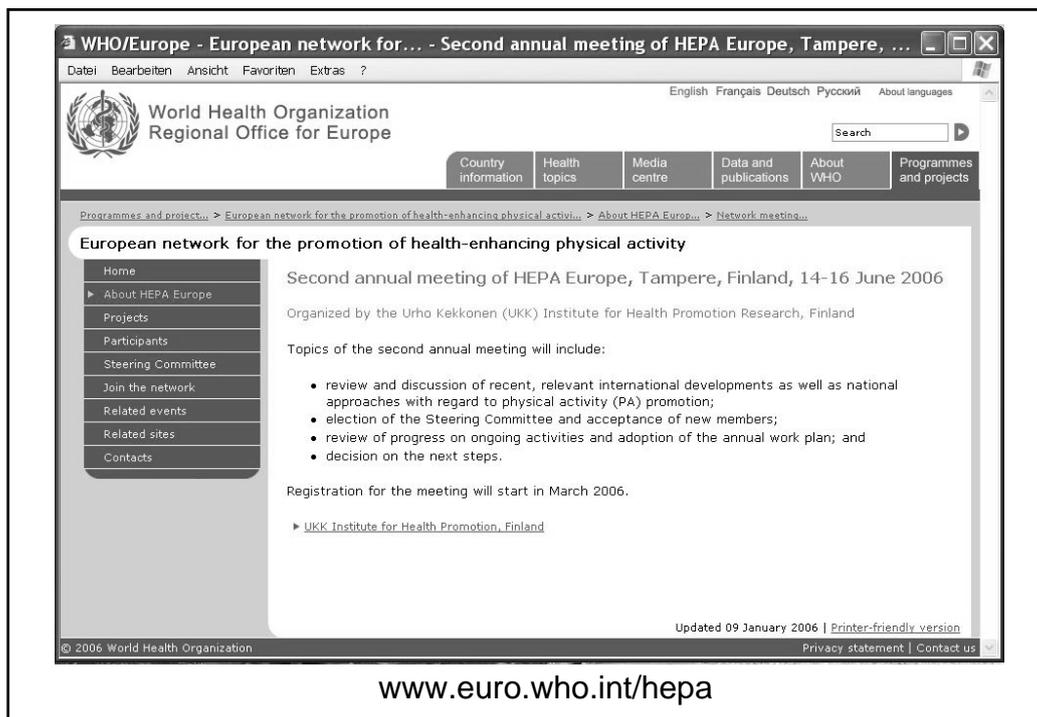
## **HEPA Europe – Possibilities and challenges**

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- **Secretariat at WHO**

- **Facilitation of exchange**

- Website
- Newsletter
- Network meetings
- Recommended events  
(e.g. Magglingen Satellite Symposium)
- Eventually network congresses



## HEPA Europe – Possibilities and challenges

- **Secretariat at WHO**
- **Facilitation of exchange**
- **Network projects and working groups**
  - “Collaboration between Physical Activity Promotion and the Transport Sector – Examples from European Countries”
  - Inventory of existing approaches in HEPA promotion
  - Overview of related Networks and Structures
  - Development of a framework for HEPA promotion
  - ...

## **HEPA Europe – Possibilities and challenges**

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- **Secretariat at WHO**
- **Facilitation of exchange**
- **Network projects and working groups**
- **Funding**
  - No compulsory membership fee, but own costs covered by participants
  - Voluntary financial and in kind contributions
  - Sponsoring and grant applications

## **HEPA Europe – Possibilities and challenges**

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- **Secretariat at WHO**
- **Facilitation of exchange**
- **Network projects and working groups**
- **Funding**
- **Cooperation with other structures**
  - Agita Mundo, GAPA
  - WHO Ministerial Obesity Conference 2006
  - WHO Healthy Cities
  - European Commission

# HEPA Europe – Membership

Membership is open to organizations and institutions active at the international, national or sub-national level willing to contribute to the goals and objectives of the network.

These include for example government bodies, scientific institutions, NGOs.



**Evidence-based physical activity promotion – the approach of HEPA Europe, the European network for the promotion of health-enhancing physical activity**

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**Fig. 1. DALYs, by broad cause group and WHO Region, 2001** (Source: World Health Report 2002)



**In most regions of the world, non-communicable diseases are the largest contributors to ill health. Physical inactivity is a main risk factor for many of them.**

- WHO estimates that 17% (11-24% across the 14 sub-regions) of the adult global population are physically inactive and another 41% (31-51%) are only insufficiently active.
- In the three WHO European sub-regions, the proportion of inactive individuals ranges between 16 and 24%.
- Overall, physical inactivity is estimated to cause 1.9 million deaths and 19 million DALYs globally per year.

**Purpose and aims of HEPA Europe**

The network was founded in May 2005 as a platform for the development and implementation of evidence-based policies and strategies in Europe with a focus on population-based approaches. It is closely collaborating with WHO Europe.

**Vision**

- to achieve better health through physical activity among all people in Europe.

**Goal**

- to strengthen and support efforts and actions that increase participation and improve the conditions favorable to a healthy lifestyle, in particular to health-enhancing physical activity (HEPA)

**Objectives**

- to contribute to the development and implementation of policies and strategies for HEPA in Europe;
- to develop, support, and disseminate effective strategies, programs, approaches, and other examples of good practice to promote HEPA; and
- to support and facilitate the development of multi-sectoral approaches to the promotion of HEPA.

**Activities of HEPA Europe include:**

- core activities such as maintenance of the website and organization of network meetings;
- development of an inventory of existing approaches, policy documents, and targets related to physical activity promotion in Europe;
- collection of case-studies on collaboration between the physical activity promotion and transport sector;
- advocacy booklet on physical activity promotion and health.

All activities are based on the best available scientific evidence and relevant policy statements. As a young initiative, the network itself has not been evaluated yet but the importance of monitoring and evaluation of policies and projects is emphasized.

**Members of HEPA Europe**

Membership is open to institutions active at the international, national or sub-national level willing to contribute to the goals and objectives of HEPA Europe.

Until March 2006, HEPA Europe counted 30 members and applicants. They are divided by type of institutions and by main activity as follows (%):

Type of institution	Research	Health prom. in general	Physical activity prom.	Public health information
public	50	26	4	20
private non profit	21	26	4	49
private for profit	8	26	4	42
NGO, university, network	21	26	4	49



More information on what we are doing is available at: [www.euro.who.int/hepa](http://www.euro.who.int/hepa)

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