



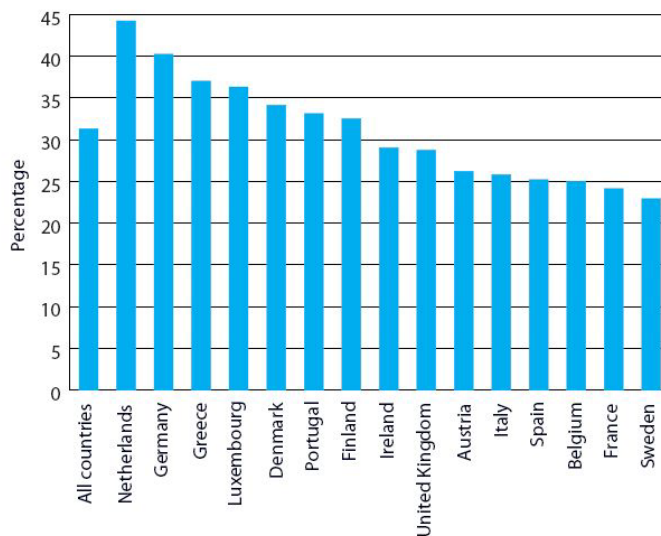
HEPA Europe
European network for the promotion
of health-enhancing physical activity

Physical Activity and Health – a Population-based Approach to an Issue of Growing Importance for Europe

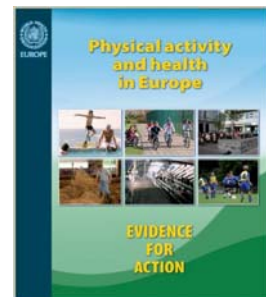
Brian Martin, MD MPH
HEPA Europe
Chairman of the Steering Committee
Swiss Federal Institute of Sport Magglingen
Physical Activity and Health Branch

*DG SANCO Away Day, Friday, 21 September 2007 - Le Domaine Provincial d'Hélécine
"Promoting awareness and understanding of Health issues"*

**Fig. 1. Proportion of adults (aged 15 years or over)
in the EU classified as sufficiently active, 2002**



Source: Sjöström et al. (8).

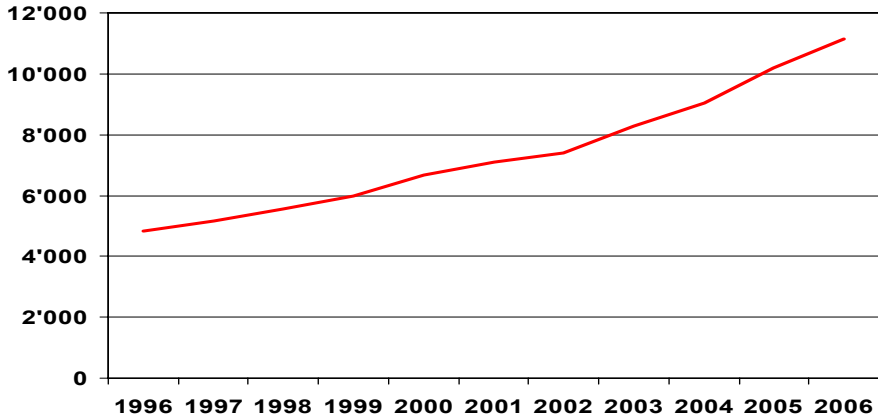


Cavill N, Racioppi F, Kahlmeier S. Physical Activity and Health in Europe. Evidence for Action. Copenhagen: WHO, 2006.

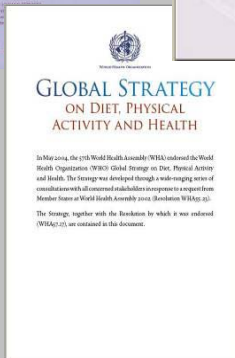
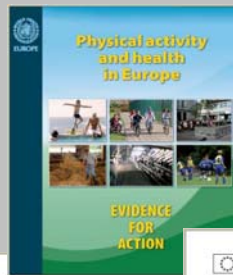
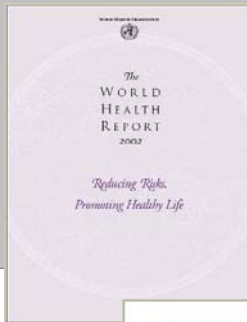
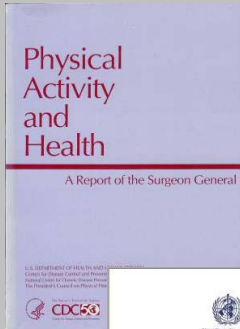
Cited source: Sjöström M et al. Health-enhancing physical activity across European Union countries: the Eurobarometer study. Journal of Public Health, 2006, 14(1):1–10.

Physical activity related publications in the Pubmed database

MeSH terms „physical activity“ OR „exercise“ OR „sport“ OR „sports“



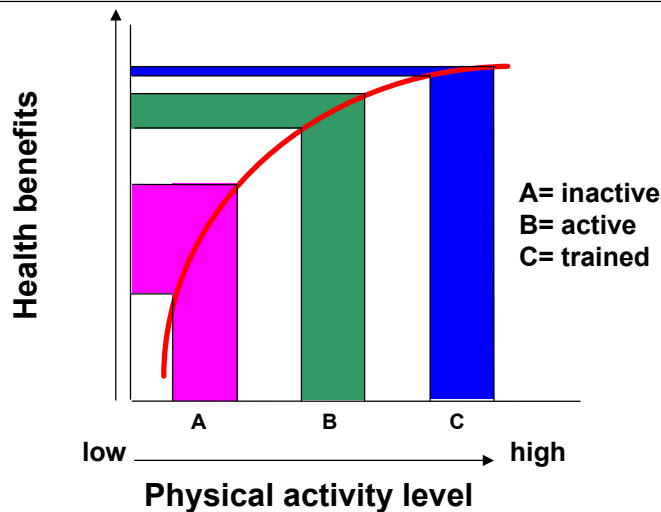
www.pubmed.org, 22.08.2007



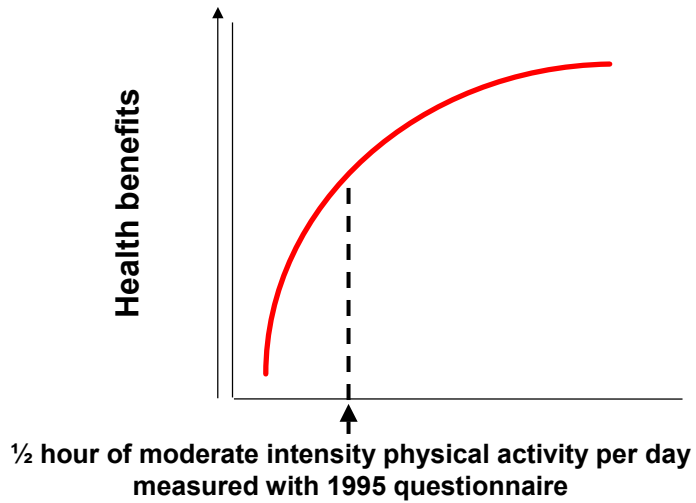
Physical activity and health - effects

- | | |
|---------------------------------|---|
| ↑ Life expectancy | ↓ Osteoporosis |
| ↓ Cardiovascular disease | ↑ Independence in old age |
| ↓ Diabetes type II | ↓ Depression |
| ↓ Overweight and obesity | ↑ Stress tolerance |
| ↓ Symptomatic gallstone disease | |
| ↓ Colon cancer | Current research topics: |
| ↓ (Breast cancer) | ? Cognitive functioning |
| ↓ (Prostate cancer) | ? Quantification of effects in children |
| ↓ (Pancreas cancer) | |

Dose-response relationship for physical activity and health

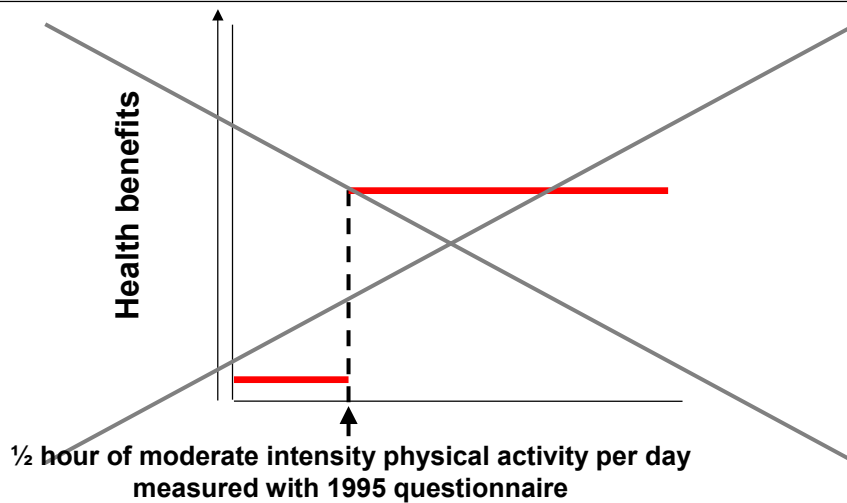


Dose-response relationship for physical activity and health

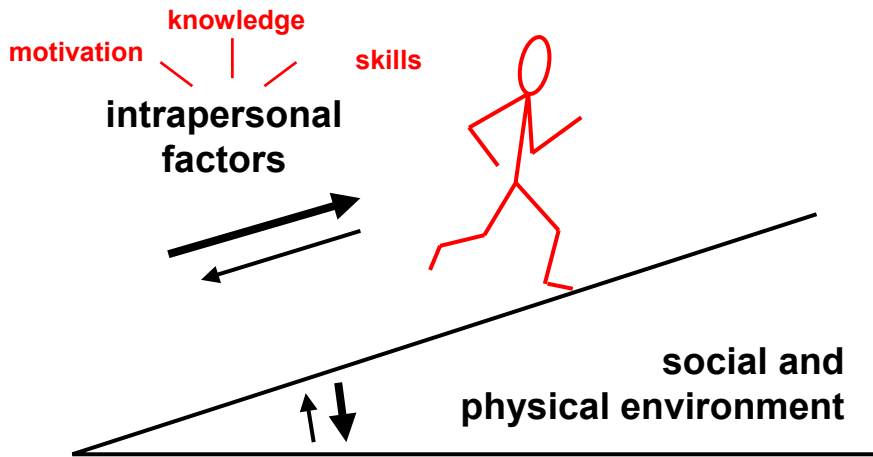


Source:selon Haskell, 1994

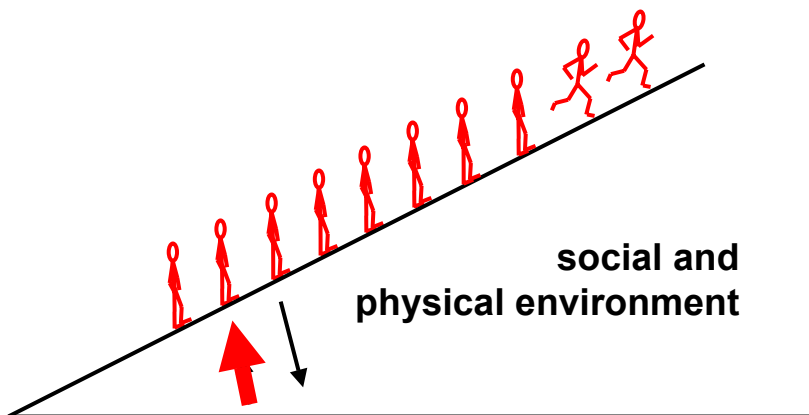
Dose-response relationship for physical activity and health



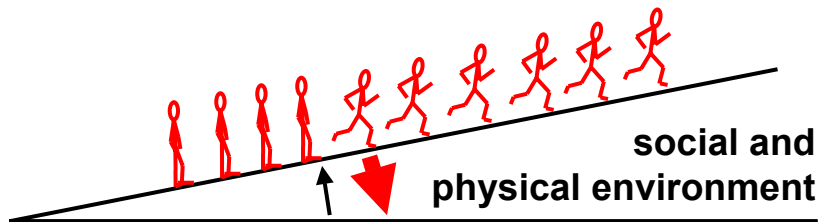
Determinants of (physical activity) behaviour



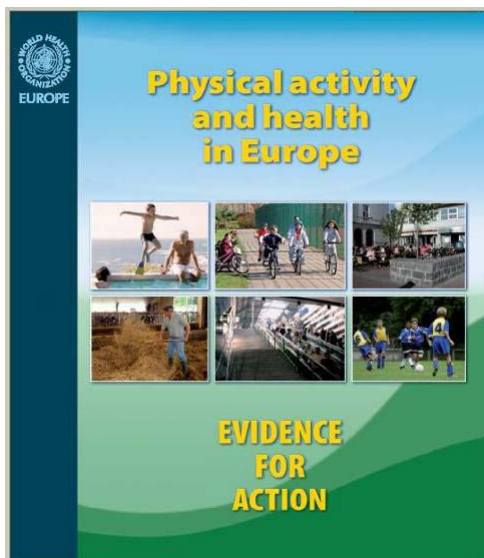
The role of physical activity determinants at the population level



The role of physical activity determinants at the population level

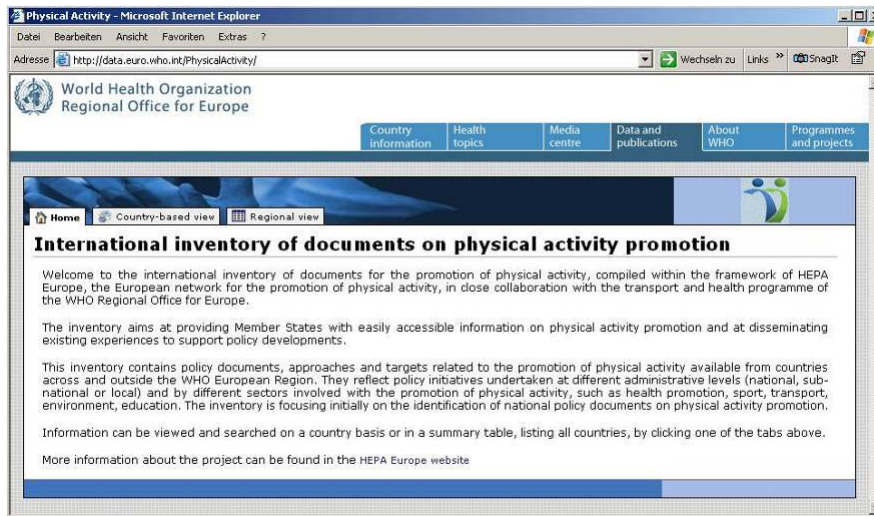


Overview and highlights of effective approaches



Cavill N, Racioppi F, Kahlmeier S. Physical Activity and Health in Europe. Evidence for Action. Copenhagen: WHO, 2006.

Inventory of approaches in physical activity promotion



www.euro.who.int/hepa

Analyses of selected approaches



www.euro.who.int/hepa

Working groups on specific topics

www.euro.who.int/hepa



WORK PROGRAMME 2006 / 2007: SUMMARY

HEPA Europe
European network for the promotion of Health-Enhancing Physical Activity

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

At the 2nd annual meeting in Tampere, Finland, the following work programme was endorsed for the period July 2006 to June 2007. At the next annual meeting in May 2007, progress on ongoing activities will be reviewed and the next annual work programme will be defined.



1. Core activities of the network

Title and aim of the activity

- Maintenance and regular updating of the HEPA Europe website (www.euro.who.int/hepa)
- Holding of the 3rd annual HEPA Europe network meeting (18-19 May 2007, Graz, Austria)
- Development of ideas for and possibly organization of a scientific network conference (possibly in 2008)
- Support and contributions to other conferences and events upon request
- Cooperation and collaboration with other activities, projects, and networks to join forces with key partners and to benefit from synergies.

2. Projects and products

Title and aim of the activity

- 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



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

Overview of activities in reports and work programmes at www.euro.who.int/hepa

The situation 2007

- The importance of physical activity and sports for health has been well established
- The challenge now is to achieve and to monitor progress in physical activity promotion
- When all partners join their forces...



... the challenge can be met!

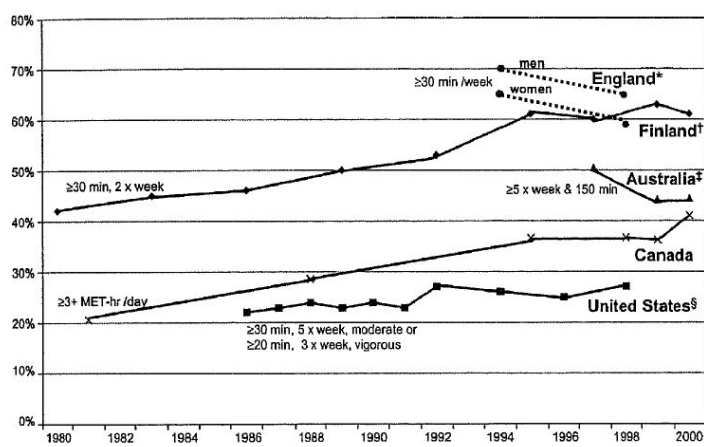


Figure 2. Physical activity trends, 1981-2000

* Source: Ref. 6

† Source: Ref. 3

‡ Source: Ref. 5

§ Source: Ref. 4