

# The development of a “programme national de prévention et de santé publique par les activités physiques” in France – How can HEPA Europe contribute to the process?

**Brian Martin, MD MPH**

*Swiss Federal Institute of Sport Magglingen, Switzerland  
Chairman of the Steering Committee of HEPA Europe*

*1<sup>st</sup> Meeting of the Commission Sport-Santé, Paris, 23.06.2008*

**An excellent starting point...**



... but where do you start if your are not Canada or Finland?

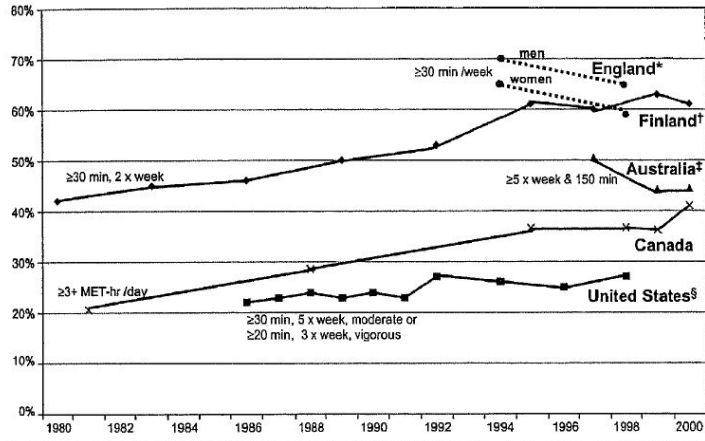


Figure 2. Physical activity trends, 1981-2000

- \* Source: Ref. 6
- † Source: Ref. 3
- ‡ Source: Ref. 5
- § Source: Ref. 4

Craig CL, Russel SJ, Cameron C, Bauman A. Twenty-year trends in physical activity among Canadian adults. *Canadian Journal of Public Health* 2004; 95: 59-63



**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 – Goal**

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- **Better health through physical activity for all people in the WHO European region by strengthening and supporting efforts to increase participation and improve the conditions for healthy lifestyles**

## **HEPA Europe – Objectives**

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- **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.**



**Slagelse, 26./27.05.2005**



**Tampere, (14.) 15.-16.06.2006**



**Graz,  
(16.)  
17.-18.05.  
2007**

 **SPARColl**  
Scottish Physical Activity Research Collaboration

is pleased to announce the

 **Annual Conference & Meeting of HEPA Europe**  
*European network for the promotion of health-enhancing physical activity*  
GLASGOW, SCOTLAND • 8 - 10 SEPTEMBER 2008

The 1<sup>st</sup> annual conference and 4<sup>th</sup> annual meeting of HEPA Europe will be hosted by SPARColl (Scottish Physical Activity Research Collaboration) in association with the University of Strathclyde and co-sponsored by WHO Regional Office for Europe and the Scottish Government.

The meeting will have a particular emphasis on walking with the following keynote speakers:

-  **Dr Pekka Oja**,  
UKK Institute, Finland & Karolinska Institute, Sweden
-  **Professor Billie Giles-Corti**,  
University of Western Australia
-  **Professor Sally Macintyre**,  
MRC Social and Public Health Sciences Unit, Scotland
-  **Professor Adrian Bauman**,  
University of Sydney, Australia
-  **Professor James Sallis**,  
San Diego State University, USA

Abstract and symposium submission will open on 1<sup>st</sup> April 2008 (deadline 15<sup>th</sup> May 2008)

For further details please contact:  
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www.sparcoll.org.uk  
+ 44 (0)141 950 2199

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scotland.gov.uk

 **WORLD HEALTH  
ORGANIZATION  
EUROPE**

## **Annual Conference & Meeting of HEPA Europe Glasgow, 08.-10.09.2008**

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

## HEPA Europe – Steering Committee

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- **Brian Martin**, Federal Office of Sport, Switzerland (Chair)
- **Winfried Banzer**, Olympics Sports Confederation, Germany
- **Finn Berggren**, Gerlev PE and Sports Academy, Denmark
- **Eddy Engelsman**, Ministry of Health, Welfare and Sport, NL
- **Mari Miettinen**, Ministry of Social Affairs and Health, Finland
- **Pekka Oja**, former network HEPA Europe
- **Jean-Michel Oppert**, Paris VI University, Hotel Dieu, France
- **Francesca Racioppi**, WHO Regional Office for Europe
- **Harry Rutter**, South East Public Health Observatory, UK
- **Michael Sjöström**, Karolinska Institute, Sweden
- **Radim Šlachta**, Palacky University, Czech Republic
- **Mireille van Poppel**, Vrije Universiteit Medical Center, NL
- **Jozica Maucec Zakotnik**, CINDI Slovenia
- **Observer: Fiona Bull**, GAPA

## HEPA Europe – Secretariat at WHO Europe

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**Sonja Kahlmeier, PhD**  
Technical officer  
Rome

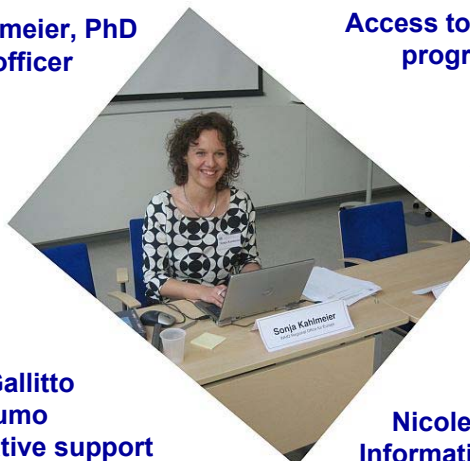
Access to other WHO  
programmes and  
activities

**Lideke  
Middelbeek**  
Technical  
officer  
Copenhagen

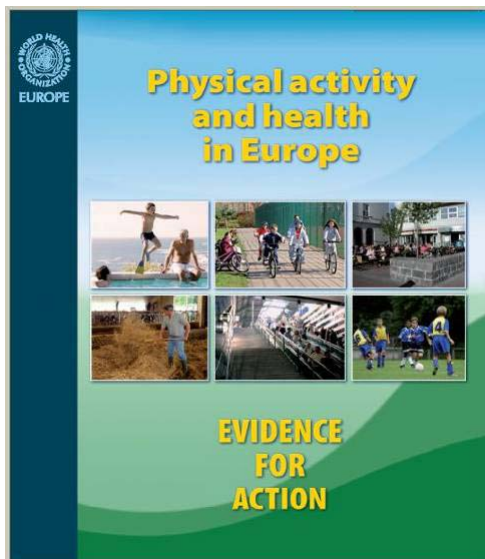
**Francesca Racioppi**  
Acting director  
WHO Rome office  
Member of HEPA  
Europe Steering  
Committee

**Manuela Gallitto  
Cristina Fumo**  
Administrative support

**Nicoletta Di Tanno**  
Information outreach

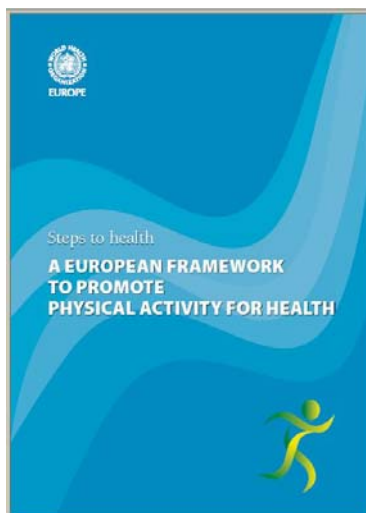


## Communication material with possibilities for translation or national adaptations

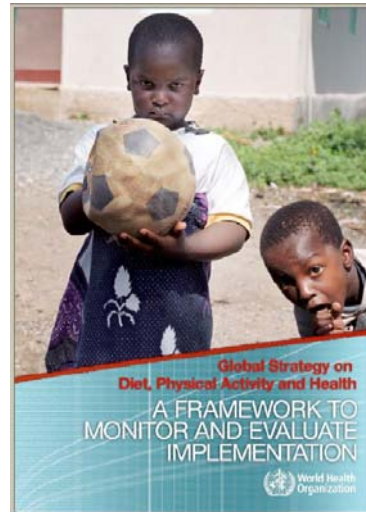


Cavill N, Racioppi F, Kahlmeier S. Physical Activity and Health in Europe. Evidence for Action. Copenhagen: WHO, 2006.

## Access to WHO communication material, expert groups and projects



## Access to WHO communication material, expert groups and projects



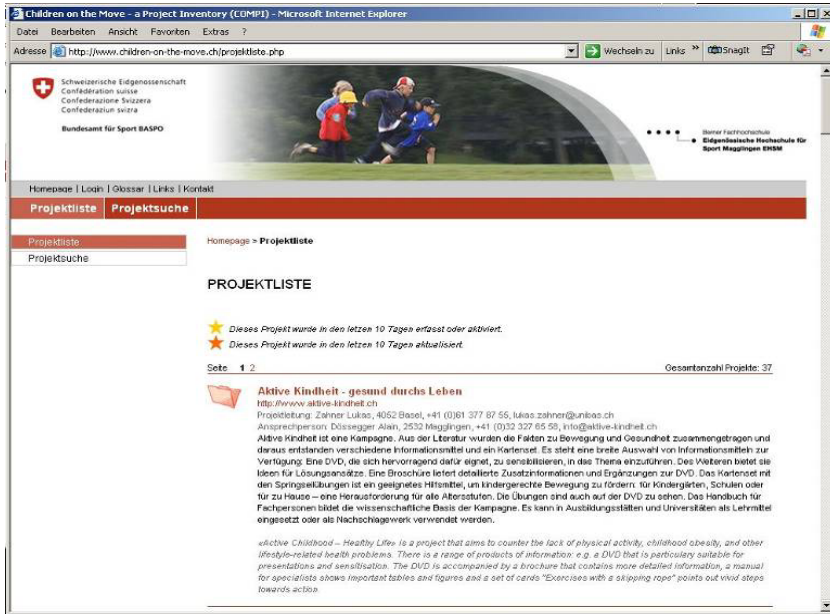
## Access to WHO communication material, expert groups and projects

WHO-DG SANCO Project on “Monitoring progress on improving nutrition and physical activity and preventing obesity”

The project aims at building an information platform on diet, nutrition, physical activity and obesity, including 4 main parts:

- data on nutritional status, diet and physical activity for children, adolescents and adults;
- national nutrition policies and physical activity promotion policies
- actions to implement the policies
- good practices, including project and initiatives in different settings.





COMPI: [www.children-on-the-move.ch](http://www.children-on-the-move.ch)

## Analyses of selected approaches



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

## Working groups on specific topics

BOOK OF ABSTRACTS  
Magglingen, Switzerland,  
November 22-23, 2006

1<sup>st</sup> WORKSHOP  
FOR THE EXCHANGE  
OF EXPERIENCES IN PHYSICAL  
ACTIVITY AND SPORTS PROMOTION  
IN CHILDREN AND ADOLESCENTS

HEPA Europe (details about the working group in activity report and work programme)

### HEPA promotion through primary care practice

- Promotion of physical activity in the primary care setting: What is the situation in Switzerland? (Translation of Bize R, Surbeck R, Padina O, Peduzzi F, Cornuz J, Martin B. Promotion de l'activité physique au cabinet médical. Ou en sommes-nous en Suisse? Revue médicale Suisse 2007; 3: 2731-6.)

14.04.08

www.physicalactivityandhealth.ch

Edgerner Computer

100%

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

## Supported events on specific topics

**ABOUT NISB**

The Netherlands Institute for Sport and Physical Activity (NISB) was founded in 1993 and is based in Breda in the Netherlands. NISB employs 70 people.

**Mission**  
The aim of NISB is to make the best possible use of the public sector's resources of sport and physical activity. NISB works for governments, sports organizations and other organizations that are active in the field of sport and physical activity.

**Key tasks**  
NISB performs a number of key tasks in the implementation and assessment of public policies and national development and in providing support for governments and sporting organizations. These are to encourage:

- more people being sport and physical activity
- improving physical activity behaviour
- improved quality of sport and physical activity
- improved to enhance personal activities, practices and sport policy on sport and physical activity

**Funding**  
NISB operates with a grant of annual funding, with the Ministry of Health, Welfare and Sport being the primary donor. The primary financial support for NISB is provided by the Dutch government. Additional financing is provided by other ministries and foundations and no payments.

**CEO**  
Cornelia Buis has been CEO of NISB since 2007. She was CEO of NISB from 2003 until April 2007. Cornelia Buis was Minister of Sport and Public Health of Europe and Member of the Executive Board of NISB. She is also a member of the Executive Board of the European Physical Activity Alliance and a member of the Executive Board of the European Physical Activity Alliance.

**New program for 2008**  
The NISB (National Institute for Sport and Physical Activity) is the national Action Plan on Sports and Physical Activity. It is the national Action Plan on Sports and Physical Activity. It is the national Action Plan on Sports and Physical Activity. It is the national Action Plan on Sports and Physical Activity.

**International Workshop on National Physical Activity Promotion Strategies in Europe**

13 - 14 NOVEMBER 2008 | WAGENINGEN, THE NETHERLANDS

NISB Nederlandse Instelling voor Sport & Beweging

P.O. Box 44, 4720 AB Breda, The Netherlands. T +31(0)165 48 58 58 F +31(0)165 48 58 51 W www.nisb.nl

The workshop is organized in cooperation with the WHO and Wageningen University.

ZonMw

NISB Nederlandse Instelling voor Sport & Beweging

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



EUROPE



3rd annual meeting  
of HEPA Europe  
European network for the  
promotion of health-  
enhancing physical activity

Report of a WHO meeting  
16-18 May 2007  
Graz, Austria



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

**Activity reports and  
work programmes in  
the report of the  
annual meeting**  
[www.euro.who.int/hepa](http://www.euro.who.int/hepa)