



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

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

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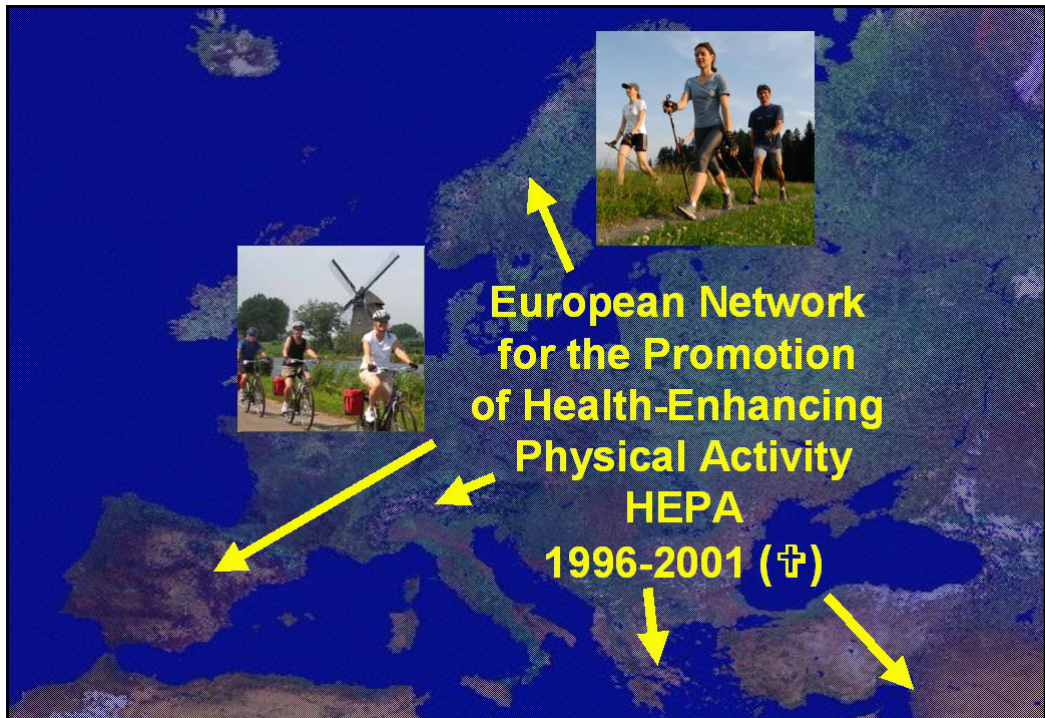
**Swiss Federal Institute of Sport Magglingen, Switzerland*

#WHO, European Centre for Environment and Health, Rome, Italy

^oMembers of the Steering Committee of HEPA Europe

⁺Observer in the Steering Committee of HEPA Europe

1st Annual Conference of HEPA Europe, Glasgow, 08.-09.09.2008



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**



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

HEPA Europe – 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 – 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.**



is pleased to announce the



Annual Conference & Meeting of HEPA Europe
Research, research, research to the promotion of health-enhancing physical activity
GLASGOW, SCOTLAND • 8.-10 SEPTEMBER 2008

The 1st annual conference and 4th 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 1st April 2008 (deadline 15th May 2008)

For further details please contact:
 Professor Nanette Mutrie or Dr Claire Fitzsimons
 claire.fitzsimons@strath.ac.uk
 www.sparcoll.org.uk
 + 44 (0)141 950 2199




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

www.sparcoll.org.uk
www.euro.who.int/hepa

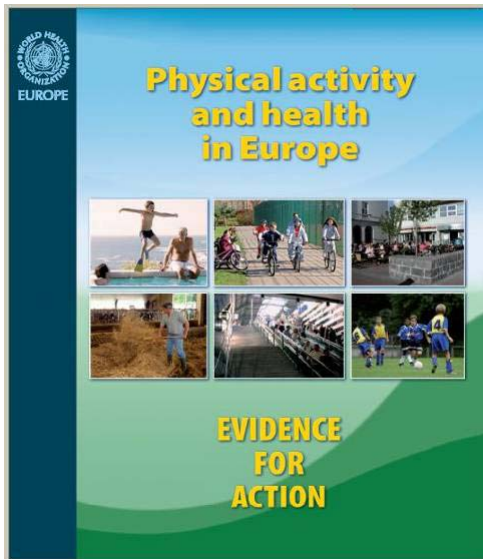
Future HEPA Europe Meetings supported by the Steering Committee

25.09.2009 **Bologna, Italy**
*Public Health Service,
 Emilia-Romagna Region*

Nov 2010 **Olomouc, Czech Republic**
Palacky University

2011 ...

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

The image is a screenshot of a web browser displaying the WHO Europe website. The browser window title is "Physical Activity - Microsoft Internet Explorer". The address bar shows "http://data.euro.who.int/PhysicalActivity/". The website header includes the WHO logo and "World Health Organization Regional Office for Europe". A navigation menu has tabs for "Country information", "Health topics", "Media centre", "Data and publications", "About WHO", and "Programmes and projects". Below the menu, there are tabs for "Home", "Country-based view", and "Regional view". The main content area is titled "International inventory of documents on physical activity promotion" and contains the following text:

Welcome to the international inventory of documents for the promotion of physical activity, compiled within the framework of HEPA Europe, the European network for the promotion of physical activity, in close collaboration with the transport and health programme of the WHO Regional Office for Europe.

The inventory aims at providing Member States with easily accessible information on physical activity promotion and at disseminating existing experiences to support policy developments.

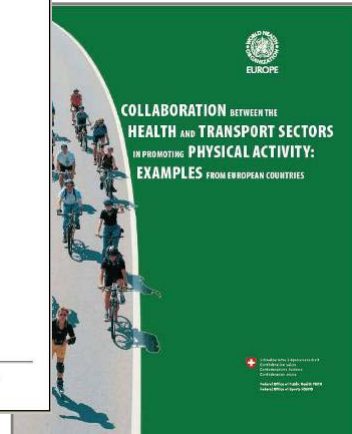
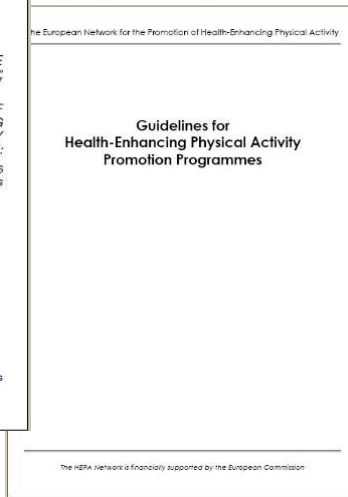
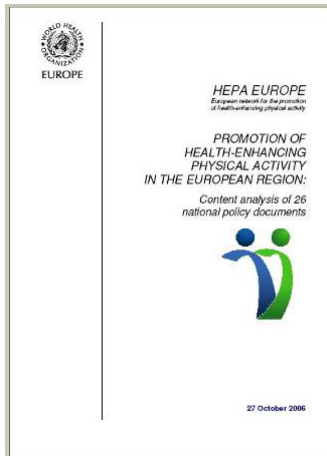
This inventory contains policy documents, approaches and targets related to the promotion of physical activity available from countries across and outside the WHO European Region. They reflect policy initiatives undertaken at different administrative levels (national, sub-national or local) and by different sectors involved with the promotion of physical activity, such as health promotion, sport, transport, environment, education. The inventory is focusing initially on the identification of national policy documents on physical activity promotion.

Information can be viewed and searched on a country basis or in a summary table, listing all countries, by clicking one of the tabs above.

More information about the project can be found in the HEPA Europe website

www.euro.who.int/hepa

Analyses of selected approaches



www.euro.who.int/hepa

Working groups on specific topics

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

1ST WORKSHOP
FOR THE EXCHANGE
OF EXPERIENCES IN PHYSICAL
ACTIVITY AND SPORTS PROMOTION
IN CHILDREN AND ADOLESCENTS

Swiss National Office of Public Health (SNOPH)
Health and Safety Unit
Health Promotion Division

www.physicalactivityandhealth.ch

Windows Internet Explorer

www.physicalactivityandhealth.ch/primarycare/

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, Padlina O, Peduzzi F, Cornuz J, Martin B. Promotion de l'activité physique au cabinet médical. Où en sommes-nous en Suisse? Revue médicale Suisse 2007; 3: 2731-6.)

14.04.08

Elgerner Computer 100%

www.euro.who.int/hepa



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**Activity reports and
work programmes in
the report of the
annual meeting**
www.euro.who.int/hepa

HEPA Europe – Secretariat at WHO Europe

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



HEPA Europe – Steering Committee

- **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



Harry Rutter



Pekka Oja



Eddy Engelsman



Michael Sjöström



Jean-Michel Oppert



Mari Miettinen



Mireille van Poppel



Radim Šlachta



Jozica Zakotnik



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Fiona Bull