

HEPA Europe

European network for the promotion of
health-enhancing physical activity



HEPA Europe

- ✓ European network for the promotion of health-enhancing physical activity
- ✓ In close cooperation with WHO Europe
- ✓ All activities of HEPA Europe are based on WHO policy statements



HEPA 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)



HEPA Europe

Objectives

- ✓ to promote a better understanding of health-enhancing physical activity and to give a stronger voice to physical activity promotion in health policy and in other relevant sectors in Europe, including support for workforce development;
- ✓ to develop, support, and disseminate effective strategies and multi-sectoral approaches in the promotion of health-enhancing physical activity;
- ✓ to foster the preservation and creation of social and physical environments as well as values and lifestyles supportive of health-enhancing physical activity; and
- ✓ together with other relevant institutions and organizations, to improve coordination in physical activity promotion across sectors and administrative structures



Guiding principles

- ✓ Focus on population-based approaches for the promotion of health-enhancing physical activity using the best available scientific evidence
- ✓ Emphasis on the importance of monitoring and evaluation; encouragement of the development of standardized measurement methods and systematic research
- ✓ Encouragement of the ongoing exchange, dissemination and sharing of experience and knowledge
- ✓ Support of cooperation, partnerships and collaboration with other related sectors, networks, and approaches.



HEPA Europe in Europe

Pierre de Coubertin Action Plan of the White Paper on Sport

- ✓ second activity in Action area: “Support an EU Health-Enhancing Physical Activity network and, if appropriate, smaller and more focused networks dealing with specific aspects of the topic”
- ✓ Goal: Establishing a HEPA Europe - EU Contact Group



COMMISSION OF THE EUROPEAN COMMUNITIES

Brussels, 11.7.2007
SEC(2007) 934

COMMISSION STAFF WORKING DOCUMENT

ACTION PLAN “PIERRE DE COUBERTIN”

Accompanying document to the
WHITE PAPER ON SPORT

{COM(2007) 391 final}
{SEC(2007)932}
{SEC(2007)935}
{SEC(2007)936}

HEPA Europe - EU Contact Group

- ✓ platform for the promotion of exchanges of knowledge, information, practices and approaches
- ✓ networking with experts and policy makers from other sectors
- ✓ acting as a potential stakeholder in EC consultations and in the implementation of the 2012-2013 EU Sport Programme
- ✓ supporting the implementation of the EU Physical Activity Guidelines;
- ✓ providing a link and promoting the exchange of information between HEPA Europe and the Working Party "Sport" in the EU Council



The network

- ✓ pan-European platform of leading experts
- ✓ exchange and disseminate information and knowledge
- ✓ interface between science and policy making
- ✓ multi-sectoral approach (involving experts from the health, environment, education, transport, sports, land-use planning and other sectors)
- ✓ partners for collaborative projects
- ✓ participate in all areas of HEPA promotion
- ✓ shape the work programme and launch new activities



Current projects and working groups

- ✓ Inventory of policy documents, strategies and approaches to physical activity promotion in Europe
- ✓ Case studies on national approaches to physical activity promotion
- ✓ Recommendations on monitoring and surveillance of physical activity
- ✓ Examples of physical activity promotion in children and young people
- ✓ Guidance and good practice on promotion of physical activity in socially disadvantaged groups
- ✓ Guidance and tools for economic valuation of health benefits from cycling and walking
- ✓ HEPA promotion in sport clubs
- ✓ HEPA promotion in primary care settings



Joining HEPA Europe

- ✓ As of Nov. 2009: almost 100 member institutions from 29 countries in the European Region
- ✓ 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 HEPA Europe, including:
- ✓ government bodies such as ministries and agencies at the national and sub-national level involved with the promotion of HEPA (e.g. Ministries of Health, Sports, Education, Transport, agencies for health promotion, etc.);
- ✓ research and other scientific institutions;
- ✓ non-governmental organizations;
- ✓ other institutions or organizations active in a related field; and
- ✓ interested individuals (upon invitation of the Steering Committee)

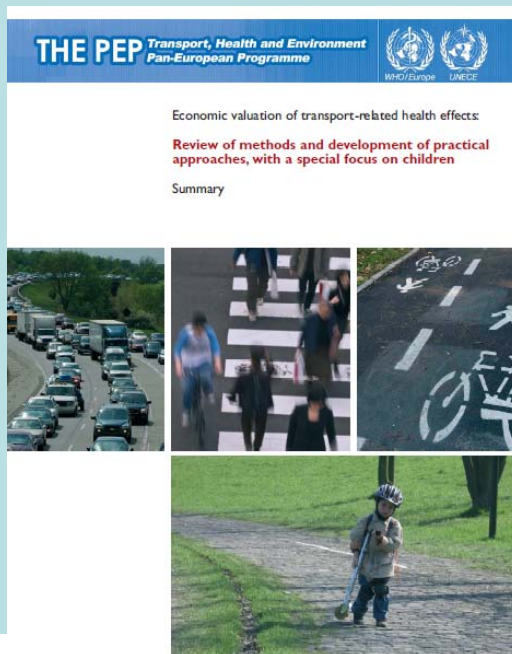




**COLLABORATION BETWEEN THE
HEALTH AND TRANSPORT SECTORS
IN PROMOTING PHYSICAL ACTIVITY:
EXAMPLES FROM EUROPEAN COUNTRIES**

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun Svizra
Helvetic Confederation
Federal Office of Public Health (FOPH)
Federal Office of Sport (FOS)

Publications



**METHODOLOGICAL
GUIDANCE ON THE
ECONOMIC APPRAISAL OF
HEALTH EFFECTS RELATED
TO WALKING AND CYCLING:
SUMMARY**



Economic assessment of transport
infrastructure and policies



Journal of Physical Activity and Health, 2010, 7(Suppl 1), S120-S125
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“Health in All Policies” in Practice: Guidance and Tools to Quantifying the Health Effects of Cycling and Walking

Sonja Kahlmeier, Francesca Racioppi, Nick Cavill, Harry Rutter, and Pekka Oja

Background: There is growing interest in “Health in All Policies” approaches, aiming at promoting health through policies which are under the control of nonhealth sectors. While economic appraisal is an established practice in transport planning, health effects are rarely taken into account. An international project was carried out to develop guidance and tools for practitioners for quantifying the health effects of cycling and walking, supporting their full appraisal. **Development process:** A systematic review of existing approaches was carried out. Then, the products were developed with an international expert panel through an extensive consensus finding process. **Products and applications:** Methodological guidance was developed which addresses the main challenges practitioners encounter in the quantification of health effects from cycling and walking. A “Health Economic Assessment Tool (HEAT) for cycling” was developed which is being used in several countries. **Conclusions:** There is a need for a more consistent approach to the quantification of health benefits from cycling and walking. This project is providing guidance and an illustrative tool for cycling for practical application. Results show that substantial savings can be expected. Such tools illustrate the importance of considering health in transport policy and infrastructure planning, putting “Health in All Policies” into practice.



The Steering Committee



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WORLD HEALTH ORGANIZATION
EUROPE

HEPA Europe

European Network for the Promotion of
Health-Enhancing Physical Activity



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Europäisches Netzwerk für
gesundheitsförderliche Bewegung



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Thank you for your interest!



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Nov 2009



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Physical activity


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) is a collaborative project which works for better health through physical activity among all people in the WHO European Region, by strengthening and supporting efforts to increase participation and improve the conditions for healthy lifestyles.

WHO/Europe closely collaborates with the network, consistently with the goals of its programme on transport and health that include the promotion of physical activity as a healthy means for sustainable transport.

Objectives

- Promote a better understanding of health-enhancing physical activity and give a stronger voice to physical activity promotion in health policy and in other relevant sectors in Europe, including support for workforce development
- Develop, support, and disseminate effective strategies and multi-sectoral approaches in the promotion of health-enhancing physical activity
- Foster the preservation and creation of social and physical environments as well as values and lifestyles supportive of health-enhancing physical activity
- Together with other relevant institutions and organizations, improve coordination in physical activity promotion across sectors and administrative structures.



See also

Brochure on health-enhancing physical activity (HEPA) Europe
WHO/Europe, 2009. In English

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Related health topics

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