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*European network for the promotion
of health-enhancing physical activity*

**ACTIVITY REPORT
2015-2016
WORK PROGRAMME
2016-2017**



December 2016

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1 Foreword

Dear members of the WHO HEPA Europe network

The importance of HEPA promotion has become more and more evident. As a sign of that, several national and international institutions have written their physical activity strategies and action plans. The first Physical Activity Strategy for the WHO European Region is a good example of new actions. Interest towards us as WHO HEPA Europe network has also increased. More and more new members with different background apply membership, which makes our network stronger and gives us more possibilities in different kind of collaboration.

Our network has created several working groups in cooperating with other institutions to promote HEPA. However, new ways to promote will also challenge us. HEPA promotion has found new ways and methods during the last years. Health technology allows more and more personalized health coaching. People use different kind of accelerometers and other kind of devices that gives information about our physical activity and sedentary behavior. Some applications are also moving certain population groups very well, like for example Pokemon GO. Also in elderly we see several possibilities to enhance physical activity by using certain technologies. One could also predict that health technology gives more possibilities to different patient groups in order to increase physical activity and decrease sedentary behavior.

Shortly, it is time to meet again at our annual meeting and conference to look at the new ideas and innovations what you have done in HEPA promotion, this time in Belfast. Once again several interesting lectures, posters and short presentations will highlight the progress of HEPA promotion.

Hope to see many of you at Belfast!

*Tommi Vasankari
Chairman of WHO HEPA Europe*

2 Introduction

At each annual meeting, HEPA Europe, the European network for the promotion of health-enhancing physical activity, discusses and endorses its work programme for the next working period. At the 11th annual meeting of HEPA Europe, held on 9 October 2015 in Istanbul, Turkey, a number of activities were outlined to be carried out by the network in 2015/2016¹. A short version of this document is also available at www.euro.who.int/hepaeurope.

The state of affairs of these activities is summarized in chapter 3.1, more detailed information can be found in chapters 3.3 to 3.5.11; a short version is also available at www.euro.who.int/hepaeurope. A summary of support and funding received is found in chapter 0.

In chapter 4, the planned activities and projects for the period October 2016 to October 2017 are described. Chapter 0 contains a possible future activity for which interest was expressed by a number of participants but no lead and detailed work steps have been defined yet.

Implementation will be assessed at the 13th annual meeting of HEPA Europe to be held on 15-17 November 2017, hosted by the University of Zagreb, Croatia.

¹ See also: Annex 4 - HEPA Europe activity report 2014/2015 and Work Programme 2015/2016. In: 11th annual meeting of HEPA Europe, European network for the promotion of health-enhancing physical activity. Report of a WHO meeting. 8-9 October 2015, Istanbul, Turkey. Copenhagen, WHO Regional Office for Europe (www.euro.who.int/hepaeurope).

3 Activity report 2015 / 2016

3.1 Overview

Below, the state of affairs of the activities of the work programme 2015/2016 is summarized.

Networking and cooperation

Activity	State of affairs
Coordination and cooperation with other activities, projects, and networks	Mostly implemented as planned
Support and contributions to other conferences and events	Implemented as planned

Information dissemination

Activity	State of affairs
Dissemination of products and publications of HEPA Europe and website (www.euro.who.int/hepaeurope)	Implemented as planned
Holding of the 11 th annual network meeting and 6 th conference of HEPA Europe (7-9 October, Istanbul, Turkey)	Implemented as planned
Support to European database on Nutrition, Obesity and Physical Activity (NOPA)	

Projects, reports and products

Activity	State of affairs
Working group on national approaches to physical activity promotion	Implemented as planned
Working group on exchange of experiences in physical activity and sports promotion in youth	Implemented mostly as planned
Working group on active aging: Physical activity promotion in the elderly	Partly implemented
Working group on HEPA promotion in socially disadvantaged groups	Implemented mostly as planned
Working group on HEPA promotion in health care settings	Implemented as planned
Working group on Sports Club for Health programme	Implemented as planned
Working group on workplace HEPA promotion	Implemented mostly as planned
Working group on HEPA promotion and the environment	Partly implemented
Development and dissemination of methods for quantification of health benefits from walking and cycling	Implemented mostly as planned
Working group on monitoring and surveillance of physical activity	Implementation re-arranged

Activities aimed at optimizing the network

Activity	State of affairs
Implement partner management strategy and finalize member management strategy	Implemented as planned
Teaching course	Implemented as planned

Publications

Activity	State of affairs
4 reports, 1 news alert and several news updates	Mostly implemented as planned

Possible activities to be launched later

Activity	State of affairs
HEPA promotion and injury prevention	Not launched

3.2 Funding and support received

From September 2015 to September 2016, the following contributions and support have been received (in chronological order):

a) Financial contributions:

- No specific financial contributions for HEPA Europe were received in the reporting period.
- Preparations of the HEPA Europe annual meeting and activities on national approaches to HEPA promotion and the HEPA Policy Audit Tool (PAT) have been supported through the Erasmus+ project on a “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”
- Forthcoming work on the Health Economic Assessment Tools (HEAT) for walking and cycling will be partly supported through the Seventh Framework Programme Research Project “Physical Activity Through Sustainable Transport Approaches” (PASTA)
- Activities of the working group on Sports Club for Health have been supported through an Erasmus+ project for 2015-2017 (see chapter 3.5.6).

b) In-kind contributions:

- contributions of the chairman and the members of the Steering Committee, in terms of time, expertise and self-funding of trips;
- contributions of the chairs and members of the working groups in terms of time and expertise;
- hosting and support of a meeting of the Steering Committee by the Olympics Sports Confederation / Goethe-University Frankfurt, Germany (February 2016);
- hosting and support of a meeting of the Steering Committee by the WHO Regional Office for Europe, Copenhagen (July 2016);
- organization and hosting of the 12th annual HEPA Europe network meeting and 7th conference (28-30 September 2016); hosted jointly by Queen’s University Belfast and Ulster University, United Kingdom (including conference proceedings and waiver of conference fee for HEPA Europe Steering committee members, WHO and EC staff);
- contributions by several individual and institutional members for the production of reports and publications; and
- representation of the HEPA Europe network at expert meetings and conferences by members of the Steering Committee, the working groups and the network.

c) Synergies

Synergies continue with the Transport, Health and Environment Pan-European Programme (THE PEP). THE PEP also promotes physical activity through cycling and walking, in particular in relation to the development of the Health Economic Assessment Tools (HEAT)

for cycling and walking. Synergies exist as well with the WHO-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU.

The current secured sources of funding and using the mentioned synergies will secure the basic support of the WHO Regional Office for Europe until approximately mid 2017; additional funding is under negotiation but not yet secured. While the secretariat continues to be hosted by WHO/Europe, since 2011 additional support was provided by the Physical Activity and Health Unit of the Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland. Due to available resources being sufficient only to secure the basic support functions, once again some could not be implemented as planned, as described in the following chapters.

As in previous years, securing additional funding for the HEPA Europe network and its working groups remains a key priority and a challenge for current and future activities, and for 2017 and beyond. The Steering Committee continuously assesses funding sources and mechanisms but again underlines the need for a strong sense of “ownership” for the activities of HEPA Europe by its members, for example with regard to proposals for funding.

3.3 Networking and cooperation

3.3.1 Coordination and cooperation with other activities, projects, and networks

Exchange and cooperation with the UN-activities and programmes defined in the work programme 2014/2015 has taken place as planned, in particular with the WHO/Europe-DG EAC projects on Health-Enhancing Physical Activity Promotion in the EU and with THE PEP. The Programme Manager of the Nutrition, Physical Activity and Obesity Programme also participated in one Steering Committee meeting. The research projects PASTA, EURO-FIT, DEDIPAC and SPAcE are progressing as planned, SPOTLIGHT and MOVE projects have concluded (all with involvement of HEPA Europe members).

Exchange was also sought with ISCA and HEPA Europe was present at this year’s ECSS congress (see below). Exchange with other European bodies, including European Network for Workplace Health Promotion, has been limited due to reduced capacities to engage more actively in the development of collaboration. The EU updates session (formerly HEPA Europe - EU Contact Group meeting) customarily take place within the HEPA Europe annual meeting and conference.

HEPA Europe closely collaborates with GAPA and Agita Mundo but no specific activities took place this year.

3.3.2 Support and contributions to conferences and events

1) Supported events

No request to co-sponsor a meeting was received during the reporting period.

2) Participation in other events

Members of working groups presented HEPA Europe-related activities or products at the following 5 international events:

Events**Presentations mentioning the HEPA Europe network**

- 5 April 2016: What contribution can public health make to physical activity promotion? AEQUIPA project conference, Oldenburg, Germany (by S. Kahlmeier, remotely)
- 25-26 May 2016: Physical activity promotion in Europe: progress and challenges. Commemorative symposium of the 20 years of Department of Sport Sciences University Beira Interior, Portugal (by S. Kahlmeier)
- 6-7 June 2016: A cross-sectorial approach to the promotion of physical activity - the contribution of the health sector. National HEPA (policy) approaches in Europe and Slovenia. EU PASS project workshop, Ljubljana, Slovenia (by A. Backovic-Jurican).

Presentations mentioning HEPA Europe working groups or products

- 18 May 2016: The WHO health economic assessment tool (HEAT). Side event on “Creating the livable, inclusive and healthy city”, International Transport Forum (ITF) in Leipzig, Germany (by C. Schweizer).
- 6-9 July 2016: 21st annual Congress of the European College of Sport Science (ECSS), Vienna, Austria
 - The WHO health economic assessment tool (HEAT) – in what way can it support physical activity and sustainability? (plenary by F. Racioppi)
 - The Physical Activity Policy Audit Tool: What, where and how? (by S. Kahlmeier)

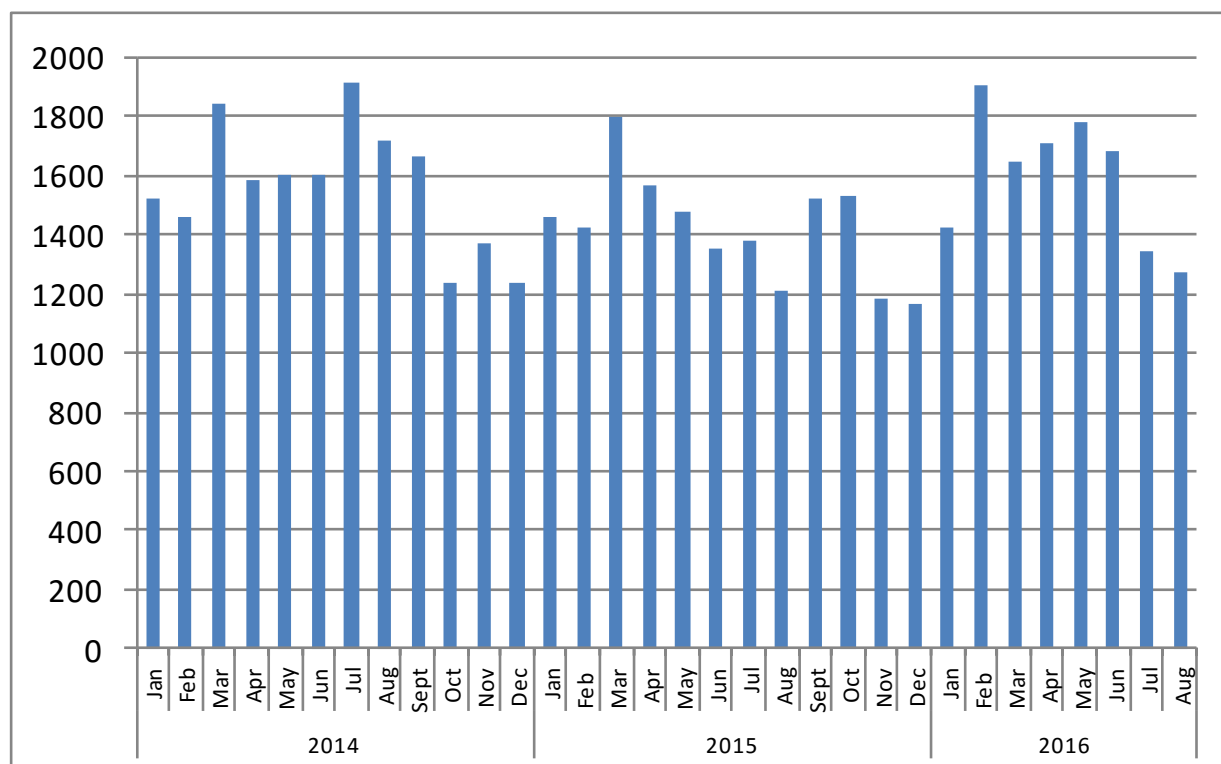
3.4 Information dissemination**3.4.1 Dissemination of products and publications of HEPA Europe**

Following the integration of the HEPA Europe web pages into the Physical Activity Programme pages in June 2010 and the migration to a new web statistics system in summer 2013, it is no longer to produce a time-series of comparable web statistics for all previous years.

As of 2014, monthly figures are available again, as follows: In 2014, HEPA Europe related pages were viewed on average 51 times per day (see Figure 1); in 2015, an almost similar figure of 47 page views per day was found. From January to August 2016, the average number of daily page views was up to 60; it remains to be seen if a higher overall annual average will result.

Many of the peaks visible in Figure 1 below can be linked at least in part to communication and outreach activities, including for example the 2015 annual meeting in September/October 2015, the launch of the 2016-meeting website in March 2016 or a news update in February 2016.

Figure 1: Total number of page views of the HEPA Europe web site January 2014 to August 2016 (hits by WHO personnel excluded)



An electronic news update was disseminated in February 2016. Several emails with information on events or requests for input were distributed throughout the year.

The advocacy booklets *Physical activity and health: evidence for action* and the Healthy Cities companion booklet on the urban environment continue to be successful advocacy products, available in 11 language versions². According to the new web statistics tool, in 2014, 37 copies per month were downloaded; in 2015, 62 downloads per month were recorded and from January to August 2016 the downloads rose to 72 per month.

Since the first launch of HEAT in May 2011, the website was visited by over 41.000 users yielding over 700.000 page views, which translates into a weekly average number of visitors of 153, comparable to the 164 visitors until August 2015. While the website is well visited and the HEAT project is continuously promoted (see also presentations, section 3.3.2 and HEAT working group, section 3.5.9), the methodology and user guide downloads have decreased since the launch of a new version from 257 monthly average downloads in 2014 to 146 downloads in 2015 and 103 in 2016 (January to August). Possibly, this might relate to a forthcoming new version which has been announced but not yet published.

The meeting report of the 11th annual meeting was finalized in summer 2016 and disseminated at the 2016 meeting.

² Danish, English, French, German, Italian, Japanese, Portuguese, Slovenian, Spanish, Russian, Turkish. See http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_2 and http://www.euro.who.int/InformationSources/Publications/Catalogue/20061115_1

3.4.2 7th conference and 12th annual meeting of HEPA Europe

The meeting website and first call for abstracts was launched in March 2016. Registration opened in June 2016 along with the second call for abstracts. Over 150 abstracts were received. In June and July it was possible to submit late breaking abstracts for posters.

There were 3 key note lectures on research translation and scaling up, on step counting indices for practice and policy and on campaigning to get women active and a debate on sitting, as well as 9 symposia, 15 parallel oral sessions and 2 poster sessions with 74 posters.

The event was attended by 289 participants from 25 countries of the WHO European Region and from Australia, Brazil and the United States; the European Commission contributed to the EU updates session.

3.4.3 European database on Nutrition, Obesity and Physical Activity (NOPA)

The previous inventory on physical activity documents is being phased out, following the ongoing consolidation of the relevant documents under the forthcoming new version of the WHO NOPA database.

3.5 Working groups, projects, reports and products

Progress made in the different working groups is summarized below.

3.5.1 Working group on national approaches to physical activity promotion

The 2nd edition of the HEPA policy audit tool (PAT) was launched on 24 June 2015 at a meeting of the EU HEPA Focal Points.

Under the Erasmus+ project “European Collaborative Partnership on Sport and Health Enhancing Physical Activity (EPHEPA)”, the development of a dissemination tool and a next round of country PAT completions have been started.

The development of a PAT mini version and dissemination of the available PAT results (through NOPA, or a wider NCD database which is under development) have been deferred.

3.5.2 Working group on exchange of experiences in physical activity and sports promotion in children and adolescents

A survey was sent to all working group members to evaluate their interest and possibility to contribute to the WG objectives. Results were discussed at a teleconference in March 2016 regarding how to proceed according to 2016 objectives. There was strong support for the production of a scientific document offering practical advice on meeting the physical activity recommendations for children and youth.

Opportunities to forge links with other HEPA Europe working groups were also further explored, e.g. surveillance and measurement, in particular around the symposium on “determinants of children’s physical activity” organized at the HEPA Europe conference 2016. Exchange took place with other related actors, including the European Youth Forum (YFJ) and the European Society of Cardiology. No further actions took place regarding the Physical Activity Report Card production & Global Matrix on Physical Activity.

In addition, a working group session will be held at the HEPA Europe conference to update on the most recent projects and developments in Europe and to define next year's work programme.

3.5.3 Working group on active ageing: physical activity promotion in elderly

On the International Day of Older People, 1 October 2015, EuroSafe launched together with 17 European organisations of professionals in health and social care (including HEPA Europe), a joint declaration³ to promote active ageing through falls prevention.

Exchange with other EU Health and active ageing programmes and networks has continued, in particular with the European Network for Action on Ageing and Physical Activity (EUNAAPA) and the development of the Rome Statement on Active Ageing. However, progress on closer working with other EU platforms has been limited.

Work continues to expand the membership of the Active Ageing Working Group and to maximize the use of the electronic information communication forum.

Information exchange took place with other Active Ageing platforms took place at the 9th World Congress on Active Ageing (Melbourne June 2016). A summary report will be presented at the joint working group session to be held at the HEPA Europe conference in September with the HEPA Europe working groups on health care approaches and on environment. Future plans for the Active Ageing Working Group will also be outlined.

3.5.4 Working group on HEPA promotion in socially disadvantaged groups

Working group leaders continued exchange with the working group regarding topics of interest, such as programme evaluation. Submission of a COST action was considered but not pursued.

Following the joint session with the working group on HEPA promotion in children and young people in 2015 and informal discussions with other WG leaders, a more sustainable strategy to consider might be to embed a focus on "hard to reach" or "socially disadvantaged" populations within other working groups. It has been decided that no working group session will be held in Belfast and that group members will attend other sessions to explore synergies and further discussions on embedding such a focus.

3.5.5 Working group on HEPA promotion in health care settings

A short report on an initial survey on the role of physical activity in the medical curricula carried out in 2014 has been prepared and made available on the working group website⁴. It includes 52 responses from 23 countries.

A draft report on 12 case studies on HEPA in primary health care settings from 8 countries has been developed and circulated within the working group. The final report will be made available on the working group website.

A joint working group session will be held at the HEPA Europe conference in September with the HEPA Europe working groups on active ageing and on environment.

³ https://eupha.org/repository/sections/ipsp/Joint_Declaration_Sept_2015.pdf

⁴ <http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-projects-and-working-groups/hepa-promotion-in-health-care-settings>
http://panh.ch/hepa-europe/materials/Survey_PA_in_Medical_Curricula_Jan%202016.pdf

3.5.6 Working group on Sports Club for Health

The Sports Club for Health (SCforH) working group is continuing to implement the Erasmus+ project to assess the current status and levels of implementation of the SCforH programme/guidelines throughout Europe and to develop the SCforH concept further, lead by senior researcher, adjunct professor Sami Kokko, University of Jyväskylä, Finland.

The key aims of the project are to report on the current status of SCforH programmes across the EU, to expand current club-level guidelines to upper level sports on how to support sport clubs to implement the SCforH guidelines, publications to strengthen the evidence-base for SCforH and a resolution on how to promote SCforH programmes in EU countries. Project meetings took place in January and subsequent in several work-packages.

A short survey was sent to HEPA Europe members to inquire on SpCfH activities in their countries in April 2016. In addition, stakeholder interviews were carried out as well as extensive surveys with European and national sports organizations.

The working group will also hold a parallel working group session at the HEPA Europe conference in September 2016.

3.5.7 Working group on workplace HEPA promotion

An overview report was finalized about the policies, tools and good practices to prevent or mitigate sedentary behavior, based on updated information received from 9 countries in 2015 through working group members.

A brief electronic survey (TenQ) was prepared for the HEPA Europe members on the policies and approaches of workplace HEPA promotion in their countries.

The working group is continuing the work under new leadership, including a parallel working group session at the HEPA Europe conference in September. The plans to organize a symposium and to explore cooperation with the HEPA Europe working groups on children and active ageing with regard to sedentary behavior were not pursued due to the re-arrangements of the working group.

3.5.8 Working group on environmental approaches to HEPA promotion

Under the new leadership, an updated the scope, focus and aims were drafted and shared with the working group. The option for a workshop on environment-workshop for European HEPA country focal points at the HEPA Europe 2016 conference could be considered for the next work period.

Future plans will be discussed at a joint working group session to be held at the HEPA Europe conference in September with the HEPA Europe working groups on active ageing and health care approaches.

3.5.9 Development of methods for quantification of health benefits from walking and cycling

A preview of the new HEAT air pollution module has been shown at a side event at the International Transport Forum (ITF) in Leipzig from on 18 May 2016. The final version and a revised methodology and user guide booklet are foreseen to be launched in fall 2016.

Preparations have begun for a HEAT core group meeting in November 2016, to discuss possible adoption of elements from a health impact model developed for the PASTA research project into HEAT (including morbidity, traffic injuries and carbon).

A new overview of documented HEAT applications and lessons and recommendations to increase dissemination and uptake of the HEAT has been developed on behalf of the ECF, in collaboration with WHO/Europe (see chapter 3.7). The paper on development process and policy perspective has been started; the HEAT walking methodology paper is delayed.

3.5.10 Working group on monitoring and surveillance of physical activity

Activities of this working group were re-arranged under a new leadership. The working group will hold a parallel session at the HEPA Europe conference in September, focusing on the topic of analyzing raw accelerometer data and possible streamlining of approaches across Europe. Based on the discussions, next year's work programme will be defined.

3.5.11 Teaching course “Pragmatic Evaluation in Physical Activity and Public Health”

After a joint edition of the course in 2015, exchange with the course organizers continued on possible future editions in the European Region and possible alignment with the HEPA Europe conferences.

3.6 Activities to optimize the Network

3.6.1 Management and interaction with members and partners

The partner management strategy is being applied continuously through the chair, executive and the other members of the Steering Committee. Funding options have been discussed at each meeting of the Steering Committee and a brainstorming session on future strategic directions was held in July 2015.

Translations of the HEPA Europe leaflet into French, German and Italian have been finalized and are foreseen to be available on the website shortly.

Further implementation of the communication strategy has been deferred until guidance has been received with regard to the implementation of the recently adopted WHO Framework of Engagement with Non-State Actors⁵, as further outreach activities should be streamlined with the future approach of the WHO.

3.7 Publications

The following publications were published from September 2015 to September 2016:

Reports

- *Ward M, on behalf of the HEPA in Health Care Settings working group: A Survey of Physical Activity in Medical Curricula: A report of the HEPA in Health Care Settings Working Group. December 2015⁶.*

⁵ <http://www.who.int/about/collaborations/non-state-actors/en/>

⁶ http://panh.ch/hepaeurope/materials/Survey_PA_in_Medical_Curricula_Jan%202016.pdf

- *Cavill N, Kahlmeier S*
Turn up the HEAT - Recommendations to increase the use of the World Health Organization's Health Economic Assessment Tool (HEAT) for Cycling across Europe. European Cyclist Federation (ed.), Brussels, December 2015 / January 2016 (summary and full report)⁷.
- *Hendriksen I, Livson M, Aittasalo M, on behalf of the HEPA Europe working group on workplace HEPA promotion*
Overview of country activities to reduce sedentary behavior. Internal working group report. July 2016.
- *Ward M, on behalf of the HEPA in Health Care Settings working group:*
Health enhancing physical activity promotion in health care settings – policy, practice & evidence. September 2016.

HEPA Europe e-mail alerts

- News alert – February 2016
(as well as several news updates).

3.8 Possible future activity: HEPA promotion and injury prevention

This activity has not been taken up.

⁷ <https://ecf.com/heat-study>

4 Work programme 2016/2017

4.1 Networking and cooperation

In the following sections, the activities of HEPA Europe related to networking and cooperation to be carried out from October 2016 until the next annual meeting in November 2017 are outlined in more detail.

4.1.1 Coordination and cooperation with other activities, projects, and networks

Aim of the activity

To join forces with key partners, to benefit from synergies, and eventually, to produce better products; in addition to increase the visibility of the network.

In charge / participants

In charge: WHO Regional Office for Europe, Division of Communicable Diseases, Health Security and Environment, Copenhagen office and Steering Committee
Participants: Members of HEPA Europe

Possible partners

As listed below

Work steps

	By when
Implementation of partner management, based on HEPA Europe impact model ⁸ and communication strategy (see chapter 4.4.1)	Continuously
Continue existing coordination and cooperation, including: UN-activities and programmes •WHO/Europe Division of Noncommunicable Diseases and Health Promotion: - Collaboration and maximizing synergies with the next joint WHO/Europe-DG EAC project on Health-Enhancing Physical Activity Promotion in the EU - Support the implementation of a European Strategy on Physical Activity - Explore possibilities for further collaboration with the Healthy Cities and Urban Governance Programme	Continuously
•UNECE/WHO Transport, Health and Environment Pan-European Programme (THE PEP) - Continue close working collaborations with THE PEP activities on walking and cycling to ensure coordination and to identify possibilities for collaboration	Continuously

⁸ For more information see Annex 5, Report of the 4th annual meeting of HEPA Europe, 10 September 2009, WHO Regional Office for Europe, Copenhagen, 2009 (<http://www.euro.who.int/document/e92530.pdf>).

4.1.2 Support and contributions to conferences and events

Aim of the activity

In addition to organizing own annual meetings and occasionally a network conference, HEPA Europe will also, upon request of the organizers, support relevant other conferences and events. This will contribute to the networking functions and raise the profile of HEPA Europe.

The use of the HEPA Europe design element will be permitted if the HEPA Europe Steering Committee is involved in the organization or the scientific committee of the event and the other "Requirements for HEPA Europe - supported events" are met¹⁰. The Steering Committee strongly encourages organizers interested in using the HEPA Europe design element to apply for WHO co-sponsorship of the event at the same time. More detailed information is available at the WHO Regional Office for Europe.

In charge / participants

In charge: Host organizations, WHO Regional Office for Europe and Steering Committee

Participants: -

Work steps

1) Supported events

Upon the finalization of the work programme, no events were under discussion for official support by HEPA Europe.

	By when
Decision about the support of possible further events by the Steering Committee	Continuously

2) Participation in other events

Members of the Steering Committee or HEPA Europe will participate in other events and give presentations on behalf of and mentioning HEPA Europe in 2016 / 2017.

	By when
Decision about participation in these and possible further events by the Steering Committee	Continuously

¹⁰ See "Requirements for HEPA Europe- supported events", August 2007.

4.2 Information dissemination

4.2.1 Dissemination of products and publications of HEPA Europe

Aim of the activity

To provide a comprehensive and attractive website as communication instrument where all relevant information on HEPA Europe is available and further dissemination to maximize the use and implementation of the products and publications of HEPA Europe.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Working group leaders and members, Information Outreach Department, WHO Regional Office for Europe; Division of Noncommunicable Diseases and Health Promotion; interested parties of HEPA Europe (mailing list) for newsletter or news items as well as for relevant events and documents

Work steps

	By when
Make available products of HEPA Europe within the website, especially dissemination products (see below)	Continuously
Perform regular updates of the website and distribute electronic news alerts 2 to 3 times per year	Continuously
Dissemination of available products, in particular advocacy booklets on physical activity and HEPA PAT Discussion of ideas for further distribution at suitable events and to suitable target groups: as part of the development of the communication strategy (see chapter 4.4.1)	Continuously
Further dissemination of Health Economic Assessment Tool (HEAT) for walking and cycling products and support for applications of HEAT	Continuously
Dissemination of HEPA Europe annual meeting reports at suitable events (see also chapter 4.1.2)	Continuously
Disseminate other related WHO products, for example Global Recommendations, Physical activity and nutrition country profiles, European Strategy on Physical Activity, etc.	Continuously

4.2.2 13th annual meeting of HEPA Europe

Aim of the activity

The annual meetings are held to review and discuss recent, relevant international and national developments with regard to physical activity promotion, to inform on the Steering Committee elections and confirm new members or the network, to review progress on ongoing activities, to decide upon changes in the Terms of References of HEPA Europe or its financing, to adopt the annual work programme and to establish new working groups as necessary. The 13th annual meeting will take place on 17 November 2017. The event will be kindly hosted jointly by the University of Zagreb, who will also organize the 8th HEPA Europe conference back-to-back with the annual meeting (15-16 November).

In charge / participants

In charge: University of Zagreb; WHO Regional Office for Europe, HEPA Europe secretariat and Steering Committee

Participants: HEPA Europe members and other interested parties

Possible partners

European Commission, other networks and institutions interested in HEPA

Work steps

	By when
Discuss ideas for programme structure and key note speakers	Fall 2016
Add a section announcing the meeting to the website	Fall 2016
Develop the conference website with organizers	Early 2017
Send out programme outline and first call for contributions	Early 2017
Open abstract submission	Spring 2017
Develop practical information/travel parts of the website and open registration	Summer 2017
Organize handling of incoming contributions and registrations with organizers	Summer 2017
Develop the background documents and support hosts in preparing and carrying out the event	Fall 2017
Carrying out the meeting and conference	15-17 November 2017

4.2.3 *European database on Nutrition, Obesity and Physical Activity (NOPA)*

Aim of the activity

To support WHO Regional Office for Europe in maintaining the WHO European database on Nutrition, Obesity and Physical Activity (NOPA) to facilitate access of the Member States to available information, with a particular focus on physical activity. It is led by the Programme on Nutrition, Physical Activity and Obesity of the WHO Regional Office for Europe Division of Noncommunicable Diseases and Health Promotion.

In charge / participants

In charge: Programme on Nutrition, Physical Activity and Obesity of the WHO Regional Office for Europe Division of Noncommunicable Diseases and Health Promotion

Participants: Steering Committee, interested parties of HEPA Europe (mailing list) and other contact persons, National HEPA Focal Points of the European Commission (EU countries only)

Possible partners

DG EAC

Work steps

	By when
Support the identification, integration and analysis of further documents in the NOPA database, as wished and depending on resources	Continuously

4.3 Projects, working groups, reports and products

4.3.1 National approaches to physical activity promotion

Aim of the activity

Review of examples of national physical activity approaches, including:

- challenges to overcome;
- inter-ministerial and -sectoral approaches; and
- successful and less successful examples of implementation;

and identification of key elements of national approaches as well as development of tools and guidance for national strategies to promote HEPA.

In charge / participants

In charge: Sonja Kahlmeier, EBPI, University of Zurich, Switzerland and Ms Karen Milton, University of Oxford, United Kingdom

Participants: Ms Andrea Backović Juričan, National Institute of Public Health, Slovenia; Mr Peter Barendse, Knowledge Centre for Sport Netherlands, the Netherlands; Mr. Olov Belander, Norwegian Directorate of Health; Mr Nick Cavill, Cavill Associates, United Kingdom; **Ms Maria Zadarko Domaradzka, University of Rzeszow, Poland;** Ms Gígja Gunnarsdóttir, Public Health Institute of Iceland; Mr Stjepan Heimer, Faculty of Kinesiology, Zagreb, Croatia; Ms Miriam Hodel, HEPA Switzerland/BASPO; Ms Flora Jackson, NHS Health Scotland, United Kingdom; Mr István Kulicity, Hungarian School Sport Federation; Ms Eva Martin-Diener, EBPI, University of Zurich, Switzerland; Mr Jyrki Komulainen and Ms Miia Malvela, Fit for Life programme, Finland; Mr. Petru Sandu, Cluj School of Public Health, Romania; Ms Rute Santos, Faculty of Sport, University of Porto, Portugal; Mr Mikey Scheinowitz, Tel Aviv University, Ms Tessa Strain, University of Edinburgh, United Kingdom; Ms Birgit Sperlich, German Sport University Cologne,; Dr. Israel; Ms Sylvia Titze, University of Graz, Austria; Ms Lisa von Huth Smith, National Board of Health, Denmark; Mr Tommi Vasankari, UKK Institute for Health promotion research, Finland; Ms Réka Veress, State Secretariat for Sport, Hungary; Ms Aurélie Van Hoye, Lorraine University, France; Ms Anne Vuillemin, University of Nice, France.

Partners

WHO/Europe Division of Noncommunicable Diseases and Health Promotion (Copenhagen office), WHO Headquarters, Division on Noncommunicable Diseases

Work steps

	By when
Erasmus+ EPHEPA project work package 3 on “National strategies to promote sport and HEPA – good practice approaches”	
<ul style="list-style-type: none"> • Completion of PAT version 2 in 10-15 countries • Development of a draft PAT dissemination tool • Evaluation of PAT use 	Spring 2017 Summer 2017 Summer 2017
<ul style="list-style-type: none"> • Testing of PAT dissemination tool by country leads and finalization 	Fall 2017
Consider organization of a symposium on national approaches / PAT examples at the 7 th HEPA Europe conference, Zagreb	Spring 2017

Work steps (continued)	By when
Possible new activities (depending on support and funding) <ul style="list-style-type: none"> • Establishment of new sub-group on the role of local governments in HEPA promotion <ul style="list-style-type: none"> - confirm interest to launch the sub-group - define specific activities, including e.g. a systematic review, adapting the HEPA PAT for use on the local level, exploring interventions • Assessment of feasibility of development of additional outputs, for example: <ul style="list-style-type: none"> - translations of PAT template - short version of PAT, 2-page summary template, advocacy leaflet(s), communication products and activities 	Summer 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.2 *Exchange of experiences in physical activity and sports promotion in children and adolescents*

Aim of the activity

Contributing to improving approaches in physical activity and sports promotion in children and adolescents in Europe by providing:

- an overview of existing activities, particularly national programmes and national networks
- analyses of selected approaches.

In charge / participants

In charge: Mr Paolo Adami, Italian Federation Aerobics and Fitness (FIAeF); Ms Anna Chalkley, Loughborough University, United Kingdom.

Participants: Mr Lars Bo Andersen, Sogn og Fjordane University College, Norway; Ms Riita Asanti, Baltic Healthy Cities Region, Finland; Mr Peter Barendse, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, University of Frankfurt, Germany; Ms Mai Chin A Paw, VU University Medical Center, the Netherlands; Ms Tara Coppinger and Mr Con Burns, Cork Institute of Technology, Ireland; Ms Dorien Dijk, Knowledge Centre for Sport Netherlands;; Ms Rosa Diketmueller, University of Vienna, Austria; Ms Andreja Drev, National Public Health Institute, Slovenia; Ms Nathalie Farpour-Lambert, Hôpitaux Universitaires de Genève, Switzerland; Mr Charlie Foster, British Heart Foundation Health Promotion Research Group, Oxford University, United Kingdom; Mr Karsten Froberg, Denmark, Schools for Health Europe (SHE) network; Mr Anders Grøntved and Mr Niels Christian Møller, University of Southern Denmark; Ms Anne-Mari Jussila, UKK Institute, Finland; Mr Jukka Karvinen, Nuori Suomi, Finland; Ms Marie Murphy, University of Ulster, United Kingdom; Ms Elaine Murtagh, Mary Immaculate College, Ireland; Ms Kiara Lewis, University of Huddersfield, United Kingdom; Rebecca Kemmler Mueller, German Youth Sport, Germany; Ms Irina Kovacheva, Ministry of Health, Bulgaria; Ms Aoife Lane, Waterford Institute of Technology, Ireland; Mr Bronagh McGrane and Sarahjane Belton, Dublin City University; Ireland; Ms Karen Milton, Oxford University, United Kingdom; Roland Naul, Institute of Sport and Exercises / WGI, University of Muenster, Germany; Mr Brian Martin, University of Zürich, Switzerland; Christoph Nützi, BASPO, Switzerland; Ms Gisela Nyberg, Karolinska Institute, Sweden; Wesley O'Brien, University College Cork, Ireland; Mr Martin Schönwandt, German Sports Youth; Mr Jan Seghers, Catholic University Leuven, the Netherlands; Maria Scatigna, University of L'Aquila, Italy; Ms Jantine Slinger and Ms Eline Vlasblom, TNO, the Netherlands; Mr Matti Hakamäki, Mr Jouni Kallo, Ms Katariina Kamppi, Ms Tuija Tammelin, Ms Heidi Syvaga, Ms Henna Hapala and Ms Huidi Syvaga, all LIKES programme, Finland; Ms Joan Duda, Birmingham University; United Kingdom; Mr Tommi Vasankari, UKK Institute, Finland; Ms

Catherine Woods, University of Limerick; Ireland; WHO Regional Office for Europe, Child and Adolescent Health programme.

Possible partners

HEPA Europe working group on Sports club for Health programme (SCforH), Energy balance Research to prevent excessive weight Gain among Youth: Theory and evidence-based development and validation of an intervention scheme to promote healthy nutrition and physical project (ENERGY), Mr Johannes Brug, VU University Medical Centre, the Netherlands, TAFISA, Healthy Children in Sound Communities (HCSC), European Youth in Action; European Youth Health Study.

Work steps

	By when
Update membership & cross-reference with other working groups	End of 2016
Strengthen internal communication among WG members	Continuously
External communication activities through regular updates via social media and newsletter	Continuously
Develop a common annual schedule with relevant events related to the WG topic	Continuously
Further support Physical Activity Report Card production & Global Matrix on Physical Activity	Continuously
Establish contacts with other relevant stakeholders in the field of youth health and build partnerships. Possible relevant partners are: <ul style="list-style-type: none"> • European Association of Preventive Cardiology (EAPC) • European Society of Cardiology (ESC) • European Youth Forum (YFJ) • European Paralympics Committee (EPC) 	Continuously
Organize a symposium on children and young people's health at the 2017 HEPA Europe Conference	Spring 2017
Promote the WHO Strategy on Physical Activity in other related sectors <ul style="list-style-type: none"> • Promote the WG activities and HEPA Network at the European Association of Preventive Cardiology (EAPC) 2017 Congress • Promote the WG activities and HEPA Network at the European Society of Cardiology (ESC) 2017 Congress • Promote the WG activities and HEPA Network at the 2017 European Week of Sport • Attend EU Sport and Health related events and promote the WG activities and HEPA Europe Network • Promote WG activities and objectives at the European Youth and Sport Forum in Malta (March 2017) 	Spring 2017 and continuously
Translate the UK Chief Medical Officer's physical activity infographics for children and young people (5-18) and for the early years (birth to 5) into different European languages	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.3 Active ageing: physical activity promotion in elderly

Aim of the activity

There is a substantial body of evidence on the health benefits of regular physical activity in general. In view of the increasing ageing of many populations, physical activity and sport participation is of

particular importance in older adults to maintain functional capacity, prevent falls and to maintain social networks which also may have positive effects on health. However, the Eurobarometer 2009 shows that two thirds of the seniors between 55-69 years of age and about three quarters of those over 70 only seldom or never participate in sport or exercise.

This working group aims to identify the main barriers (social, physical, spatial, financial) to sport participation and physical activity of older adults into policy and implementation. It also aims to outline strategies for increasing sport participation and physical activity. The working group will identify specific needs in the area of research, evidence and practice with regard to the whole range of interventions, including for example home and community programs, spatial planning, workplace-settings, primary care systems, policy and advocacy.

The working group also aims at providing a platform for exchange of experiences of practice, effective interventions, training and education and of ways to disseminate scientific knowledge to policy makers and practitioners.

In charge / participants

In charge: Mr Bob Laventure, Loughborough University, United Kingdom (chair) and Liesbeth Preller (secretariat), Knowledge Centre for Sport Netherlands

Participants: Ms Debbie Clayton, Cardiff Met University, United Kingdom; Ms Janet Djomba, National Institute for Public Health, Slovenia; Mr Narcis Gusi, Universidad de Extramedura, Spain; Mr Herbert Hartmann, ISCA; Germany; Anu Havas, The Age Institute, Finland; Saija Karinkanta, The UKK Institute for health promotion, Finland; Ms Elina Karvinen, The Age-institute, Finland; Tjasa Knific, National Institute for Public Health, Slovenia; Karolina Mackiewicz, Baltic Region Healthy Cities Association, Finland; Nico van Meeteren, Netherlands Organisation for Applied Scientific Research (TNO)/ EUNAAPA, the Netherlands; Mr Jorge Mota, University of Porto, Portugal; Mimi Rodriguez, FIAF, Italy; Ms Minna Säpyskä-Nordberg, The Age Institute, Finland; Heli Starck, The Age Institute, Finland; Réka Varess, State Secretariat for Sport and Youth, Ministry of Human Resource, Hungary; WHO Regional Office for Europe Environment and Health Policy and Governance

Possible partners

EUropean Network for Action on Ageing and Physical Activity (EUNAAPA)¹¹, Prevention of Falls Network for Dissemination¹² (ProFouND), European Group for Research into Elderly and Physical Activity¹³ (EGREPPA), European Stakeholders Alliance for Active Ageing through Falls Prevention (ESA on Falls), ENO, EIPAH.

Work steps

	By when
Work on WHO Euro Physical Activity Strategy Priority Area 4. (older adults): involve people in social activity <ul style="list-style-type: none"> • Collection of exemplar activities/programmes from group members, analysis and dissemination. 	Fall 2017
Collaboration with other HEPA WGs on Priority area 4: infrastructure and appropriate environments for physical activity among older people <ul style="list-style-type: none"> • Ensure the inclusion of older people within Environment WG work planning Collection/compilation of current research and policy guidance 	Fall 2017

¹¹ <http://www.eunaapa.org>

¹² <http://profound.eu.com/>

¹³ <http://www.egrepa.org/>

Work steps (continued)	By when
Invite members to lead other work areas on specific topics/interests e.g. cognition, dementia and interventions <ul style="list-style-type: none"> • Agree, create and support work plan in areas/topics of interest identified 	Fall 2017
membership (monthly basis and via LinkedIn Network) and update membership list	Update membership list WG
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.4 HEPA promotion in socially disadvantaged groups

Aim of the activity

There are notable differences in levels of sport and physical activity participation between different socioeconomic and cultural subgroups of populations in European countries. This working group aims at developing a greater understanding of ways to successfully engage disadvantaged communities¹⁴ in physical activity, thus achieving significant public health benefits. In addition, it aims at improving understanding of the wider social context and the role of social capital in health, as physical activity engagement cannot be done in isolation.

Specific aims include:

- to promote discussion and sharing of resources and information amongst HEPA WG members
- to gather evidence on initiatives and programmes which have demonstrated increased physical activity and sports participation;
- to develop best practice guidelines for monitoring the impact of physical activity programmes in disadvantaged communities;
- to explore approaches and share experiences of engaging disadvantaged individuals and groups in HEPA;
- to develop best practice guidance for promoting physical activity with disadvantaged communities; and
- to explore the links between physical activity engagement, social capital and resilience.

In charge / participants

In charge: Niamh Murphy, Waterford Institute of Technology (WIT), Ireland and Ms Annemarie Wagemakers, Wageningen University, Netherlands

Participants: Ms Anita Vlasveld, Knowledge Centre for Sport Netherlands; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Cindy Gray, University of Glasgow, United Kingdom; Ms Marie H Murphy, University of Ulster, Northern Ireland, United Kingdom; Kwok NG, University of Jyväskylä, Finland; Mr Narcis Gusi, Caceres, Spain; Mr Tamás Dóczi, Semmelweis University, Hungary; Ms Maureen Kidd, University of Glasgow, Scotland, United Kingdom; Ms Constanze Santarossa, Sports Medicine Institute, Germany; Mr Christian Fessler, Wiener Gesundheitsförderung- Wi, Austria; Ms Ruth Hunter, Queen's University Northern Ireland, United Kingdom; Mr Rustam Talishinskiy, Scientific Research Institute of Traumatology & Orthopaedics, Azerbaijan; Ms Arry Beresford-Webb, Countryside Council for Wales, United Kingdom; Mr Johan van Ophem, Wageningen University, the Netherlands; Mr Kaarlo Laine and Ms Hanna-Mari Maijala, Research Center for Sport and Health Sciences LIKES, Finland.

¹⁴ In this working group, social disadvantage relates to socio-economic aspects (income, socio-economic status, education and employment) and also includes age and social determinants such as gender, ethnicity, culture or religion.

Possible partners

WHO European Centre for Environment and Health, Bonn office; ISCA

Work steps

	By when
Bi-monthly updates and good practice communicated to members	Continuously
Continue discussions with other WGs about embedding HEPA promotion with 'hard to reach' groups in their approach	Continuously
Suggest practical steps for cooperation with other WGs at 13th annual meeting	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.5 HEPA promotion in health care settings

Aim of the activity

Providing individuals with advice and access to offers through health care providers is one of the recommended approaches to physical activity promotion. This working group aims to promote health-care related HEPA activities across the Region. Main activities will include identifying common concerns, sharing information on development and research, promoting good practice, informing policy and strategy and advocating for evidence-based interventions.

In charge / participants

In charge: Mr Malcolm Ward, Public Health Wales; Ms Eszter Füzéki, Goethe University Frankfurt, Germany, Ms Jeannie Wyatt-Williams, Welsh Local Government Association, United Kingdom

Participants: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, Finland; Paolo Emilio Adami, SIAF-FiAF, Italy; Mr Hans Arends, Knowledge Centre for Sport Netherlands; Mr Winfried Banzer, Goethe University, Frankfurt, Germany; Mr Winfried Banzer, University of Frankfurt, Germany; Mr William Bird, Intelligent Health, United Kingdom; Ms Gillian Bingham, Belfast Health & Social Care Trust, N. Ireland, United Kingdom; Mr Olivier Blanson Henkemans, TNO, the Netherlands; Mr Raphael Bize, University Hospital of Lausanne, Switzerland; Ms Nika Berlic, Institute for Economic Research, Slovenia; Ms Ellen Blom, Norwegian Directorate of Health, Norway; Ms Brenda Berendsen, Maastricht University, the Netherlands; Mr Graham Brennan, Strathclyde University, Scotland, United Kingdom; Ms Sarah Bolitho, Wales, United Kingdom; Ms Alenka Borovnicar, National Institute of Public Health, Slovenia; Ms Caroline Charlier, Ghent University, Belgium; Ms Mojca Cinc, National Institute of Public Health, Slovenia; Joe Cumiskey, University College Cork, Ireland; Mr Dushy Clarke, England, United Kingdom; Mr Pierpaolo de Feo, University of Perugia, Italy; Mr Christophe Delecluse, KU Leuven University, Belgium; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Aiden Doherty, Ireland; Ms Carina Edling, National Institute of Public Health, Sweden; Ms Mojca Divjak, National Institute of Public Health, Slovenia; Mr Jan Dygryn, Palacký University, Czech Republic; Mr Stjepan Heimer, University of Zagreb, Croatia; Mr Ulf Eriksson, Karolinska Institute, Sweden; Ms Rebecca Evans, Wales, United Kingdom; Mr Karsten Froberg, University of Southern Denmark, Denmark; Mr Christopher Gidlow, Staffordshire University, United Kingdom; Mr Narcis Gusi, University of Extremadura, Spain; Ms Maria Hagströmer, Karolinska Institute, Sweden; Mr Boris Gojanovic; University Hospital Center Vaudois, Switzerland; Mr Christopher Gourley, Scotland, United Kingdom; Ms Marike Hendriks, Maastricht University, the Netherlands; Ms Josanne Huijg, Leiden University, the Netherlands; Mr Mirosljub Jakovljevic, University of Ljubljana, Slovenia; Mr Ales Jakubec, Palacký University, Czech Republic; Ms Dina

Jones, West Virginia University, USA; Ms Manana Juruli, Institute of Labour Medicine and Ecology, Georgia; Mr Alan Kacin, University of Ljubljana, Slovenia; Ms Lena Kallings, Swedish School of Sport and Health Sciences (GIH), Uppsala University Sweden; Ms Maureen Kidd, University of Glasgow, United Kingdom; Mr Jeff Kirk Svane, Lunds University, Denmark; Ms Iva Klimesova, Palacký University, Czech Republic; Mr Maarten Koornneef, Ministry of Health, Welfare and Sport, the Netherlands; Ms Andreja Kvas, University of Ljubljana, Slovenia; Ms Kaisa Laine and Ms Saira Hänninen, City of Helsinki's Sports Department, Finland; Mr Matti Leijon, Lunds University, Sweden; Stjepan Heimer, University of Zagreb, Croatia; Ms Miia Malvela and Mr Jyrki Komulainen, LIKES Research Centre, Finland; Ms Chloe McAdam, University of Edinburgh, Scotland, United Kingdom; Ms Elaine McNish, British Heart Foundation National Centre for Physical Activity & Health, United Kingdom; Sebastià Mas Alòs, INEF, Spain; Mr Brian Martin, University of Zurich, Switzerland; Ms Niamh Martin, NHS Health Scotland, United Kingdom; Ms Sofie Martien, KU Leuven University, Belgium; Mr Matic Meglic, National Institute of Public Health, Slovenia; Sofie Moresi, Fontys University, the Netherlands; Mr Simon Murphy, Cardiff University, Wales, United Kingdom; Ms Marie Murphy, University of Ulster, Ireland; Mr Pedro Olivares, Spain; Mr Jean-Michel Oppert, APHP, France; Ms Anne Phillips, Public Health Wales, Wales, United Kingdom; Vesna-Kerstin Petric, Ministry of Health, Slovenia; Ms Ana Queralt, University of Valencia, Spain; Nerys Rowlands, Conwy CBC, Wales, United Kingdom; Ms Maria Romeo-Velilla, Staffordshire University, England, United Kingdom; Ms Sylvie Schiettekatte, Athlon, Spain; Ms Marija Seljak, National Institute of Public Health, Slovenia; Mr Mickey Scheinowitz, Tel Aviv University, Israel; Ms Svandis Sigurdardottir, University of Iceland; Mr Michael Sjöström, Karolinska Institute, Sweden; Mr Radim Šlachta, Agel Sport Clinic, Czech Republic; Ms Miroslava Spurna, Palacký University, Czech Republic; Ms Hanne Tønnesen, Lunds University, Denmark; Ms Lene Palmberg Thorsen, Norwegian Directorate of Health; Mr Christopher Topping, Dumfries & Galloway Council, Scotland, United Kingdom; Ms Sonja van Dillen, Wageningen University, the Netherlands; Ms Ann-Sophie Van Hoecke, KU Leuven University, Belgium; Mr Willem van Mechelen, VU Medical School, the Netherlands; Ms Karen Visser, Cardiff University, Wales, United Kingdom; Sanja Vrbovsek, National Institute of Public Health, Slovenia; Ms Annemarie Wagemakers, Wageningen University, Netherlands; Mr Rhodri Martin; Ms Diane Crone, University of Gloucestershire, United Kingdom; Mr Richard Webb, Cardiff Metropolitan University, Wales, United Kingdom; Mr Simon Williams, University of South Wales, Wales, United Kingdom; Ms Jana Witt, Cardiff University, Wales, United Kingdom; Mr Hakan Yaman, Akdeniz University, Turkey; Ms Jozica Zakotnik, National Institute of Public Health, Slovenia; Mr Zlatka Fras, Ljubljana University Medical Centre, Slovenia.

Partners

Mr Jürgen Steinacker, European Exercise Is Medicine; Susanne Hollmann, DG EAC, European Commission, Mats Börjesson, Health Promoting Hospitals network; Andrea Backovic Jurican, WCPT Network on Health Promotion in Life and Work

Work steps

	By when
Organise an expert meeting to identify, assess and compare different approaches to lifestyle counselling presently in use across Europe	Fall 2017
Scientific publications Paper on Physical Activity Promotion in Health Care Settings (Ward M, Lions A et al.)	Fall 2017
Utilize the collective wisdom of the group by: <ul style="list-style-type: none"> Establishing a system that allows working group members to both submit and respond to questions, queries and problems regarding HEPA in Health Care Settings Providing a virtual hub for sharing information on new and emerging research in the field of HEPA in Health Care Settings. 	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.6 Sports Club for Health

Aim of the activity

The program aims to strengthen the European Sports Club for Health (SCforH) Network with the purpose of promoting HEPA in the sports club setting, to encourage the European sports organizations to implement the EU Physical Activity Guidelines and to further develop the SCforH Guidelines with a special focus on sports clubs and their role as the health promoting institution.

In the HEPA Europe framework the project is aiming especially at connecting with the scientific community, the EU and the WHO.

In charge / participants

In charge: Mr Sami Kokko (leader), University of Jyväskylä, Finland; Ms Aoife Lane, Waterford Institute of Technology (co-leader), Ireland, Ms Ulla Nykänen, Finnish Sports Confederation, Mr Timo Hämäläinen Finnish Sports Confederation

Participants:

1) Core group

Dr Pekka Oja, Finland; Dr Pasi Koski, University of Turku, Finland; Mr Jorma Savola Finnish Sports Confederation, Dr Susanna Geidne University of Örebro Sweden, Dr. Herbert Hartmann German Gymnastics Assoc. and ISCA, Dr. Zeljko Pedisic University of Zagreb Croatia, Jan Seghers University of Leuven Belgium, Pavel Hap Palacky University Olomouc Czech Republic, Ms Leena Martin University of Jyväskylä, Finland; Ms Eerika Laalo-Häikiö, Finnish Swimming Association; Nina Kaipio Equestrian Federation of Finland; Fred Sundwall Equestrian Federation of Finland; Leeni Asola Finnish Gymnastic Association; Helena Collin Finnish Gymnastic Association; Tobias Karlsson Finnish Boxing Association; Päivi Ahlroos-Tanttu, Merja Palkama Etelä-Suomen, Aino-Maija Siren Pohjanmaan / all Regional Sports Federation of Southern Finland, Colin Regan Gaelic Athletic Association; Margareta Johansson Swedish Sports Confederation; Heidi Pekkola ENGSO, Jeroen Meganck University of Leuven, Belgium; Jeroen Scheerder University of Leuven, Belgium.

2) Interested persons

Stjepan Heimer, University of Zagreb, Croatia, Mr Charlie Foster, Oxford University, United Kingdom; Michal Kudlacek, University of Olomouc, Czech Republic; Mr Guy De Grauwe, EFCS; Ms Romana Caput-Jocunica; Ms Maja Pori, University of Ljubljana, Slovenia; Ms Mimi Rodriguez, Federazione Italiana Aerobica e Fitness FIAF; Markus Nahas, Brazil; Jacob Schoufuborc, Denmark; Daniel Dick, Austria; Niamh Murphy, Waterford Institute of Technology, Ireland; Sally Wyke, Scotland, United Kingdom; Pierre Jallow, Finland; Ionut Burlacu, Romania; Edna Buckshtein, Israel; Renata Grzywacz, Poland.

Partners

Partners of the current EU funded project are:

- University of Leuven (K.U.Leuven), Physical Activity, Sports & Health Research Group, Department of Kinesiology, Belgium
- Gymnastics Federation, Belgium
- University of Zagreb, Faculty of Kinesiology, Croatia
- Palacky University Olomouc, Czech Republic
- University of Jyväskylä, Faculty of Sport and Health Sciences, Finland
- University of Turku, Finland
- Finnish Sports Confederation (and it's Finnish federation partners: Finnish Gymnastics Federation, Finnish Swimming Association; Finnish Boxing Association; Equestrian Federation of Finland; Regional Sport Federations in Finland: Etelä-Suomen Liikunta ja Urheilu ry (ESLU); Pohjanmaan Liikunta ja Urheilu ry (PLU)

- German Gymnastic Federation
- Department of Health, Sport and Exercise Science, Waterford Institute of Technology, Ireland
- Gaelic Athletic Association, Ireland
- Örebro University, School of Health and Medical Sciences, Sweden
- Swedish Sport Confederation
- European Non-governmental Sport Organisation, ENGSO
- International Sport and Culture Organisation, ISCA

Other possible partners Include e.g. currently non-participating National Sports Federations, European Sports Federations (in different sports discipline) and the European Company Sports Federation (EFCS), TAFISA, International Olympic Committee (IOC) and others.

Work steps

	By when
Communication between partner organizations (project web-page, resource database, articles, etc.)	Continuously
Strengthen the ScforH network with researchers and practitioners (e.g. HEPA Europe conference and ENGSO meeting)	Continuously
Activities under the Erasmus+–funded project “ <i>Promoting national implementation for Sports Club for Health (SCforH) programmes in Member States</i> ” for 2016: (see more information: www.scforh.info)	
• to enquire WP 3 partners about the implementation of the HEPA perspective in the respective associations (WP 3)	Spring 2017
• to further identify, collect and create appropriate tools supporting sport associations to enhance SCforH implementation at the local-level clubs (WP 3)	Spring 2017
• to conduct research on sports club participations contribution to PA levels of adolescents (WP 4)	By the end of 2016
• prepare a concluding seminar in March 2017 in Leuven, Belgium	By the end of 2016
Prepare a working group meeting in the framework of the annual HEPA Europe meeting	Summer 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.7 Workplace HEPA promotion

Aim of the activity

The aim of this activity is to provide a platform for exchange on effective approaches to promote health-enhancing physical activity among workers, to learn from experiences in different European countries and to promote the most effective approaches across the European Region. Because sedentary behavior (of employees) is a relevant new research area with important health risks, it is included in the activities of the working group.

In charge / participants

In charge: Ms Minna Aittasalo, UKK Institute for Health Promotion Research, M Matleena Livson, Finnish Sports Confederation (VALO), Finland

Participants: Ms Emma Adams, BHF National Centre for Physical Activity and Health, Loughborough University, United Kingdom; Ms Andrea Backović Juričan and Ms Janet Djomba, National Institute of Public Health, Slovenia; Mr Finn Berggren, Gerlev Physical Education and Sports Academy, Denmark; Ms Greet Cardon and Ms Katrien DeCocker, Ghent University, Belgium; Ms Kathrin Favero, Federal Office of Public Health (FOPH), Switzerland; Ms Fabienne Frick, German

Sport University Cologne/Germany; Ms Pinar Güner, Active Living Association, Turkey; Mr Narcis Gusi, University of Extremadura, Spain; Mr Just Justesen, Institute for Sports Science and Clinical Biomechanics, University of Southern Denmark; Gisem Kendik, Aktif Yasam, Healthy active Living Association, Istanbul, Turkey; Paweł Król, Faculty of Physical Education, University of Rzeszow, Poland; Ms Maria Lopatina, Ministry of Health, Russian Federation; Ms Niina Valkama, Fit for Life Program, Finland; Mr Ragnar Van Acker and Femke De Meester, Flemish Institute for Health Promotion and Disease Prevention (VIGeZ), Belgium; Mr Hidde van der Ploeg, VU University Medical Center, the Netherlands, Mr Michael Tornow, NHS Health Scotland; Mr Peter-Jan Mol, Netherlands Institute for Sport and Physical Activity; Ms Sarah Edmundsm University of Chichester, United Kingdom; Ms Karin Proper, National Institute for Public Health and the Environment, Netherlands; Ms Katja Siefken, Medical School Hamburg, Germany; Ms Susan Greinig, International Olympic Committee (IOC); Ms Christiane Wilke and Ms Bianca Biallas, German Sport University Köln; Mr Jostein Steen-Johannessen, Norwegian School of Sport Sciences; Ms Eva Smit, Radboud University Medical Center, Netherlands.

Possible partners

European Network for Workplace Health Promotion (ENWHP), Sedentary Behaviour Research Network (SBRN)

Work steps

	By when
Summary report of the new TenQ Survey	Fall 2017
Activating the use of LinkedIn group	Fall 2017
1-2 webinars on the practices and/or tools of workplace HEPA promotion in European countries	Spring 2017
Studying opportunities for Erasmus+ funding with two other working groups	Winter 2016 / Spring 2017
Repeat the electronic TenQ Survey on the policies and approaches of workplace HEPA promotion in European countries	Summer 2017
Present the findings of TenQ Survey in the working group meeting	November 2017
Explore cooperation with Nordic Institute for Advanced Training in Occupational Health (NIVA)	Fall 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.8 Environmental approaches to HEPA promotion

Aim of the activity

This working group supports investigators from multiple disciplines to conduct research on physical activity and the environment and the use of results to advocate for evidence-based environmental and policy changes. It aims to:

- raise the profile of the impact of the environment on HEPA
- support the translation of relevant evidence to policy, practice and research, and
- develop shared research and capacity building projects.

In charge / participants

In charge: Josef Mitáš, Palacký University Olomouc, Czech Republic

Participants: Ms Iris An Der Heiden, Fit4Trust Consulting, Germany; Filip Boen, KU Leuven, Belgium; Mr Giorgio Chiaranda, Public Health Service Emilia Romagna Region, Italy; Ms Janet Klara Djomba, University of Ljubljana, Slovenia; Mr Charlie Foster, Oxford University, United Kingdom; Ms Gigja Gunnarsdottir, Directorate of Health, Iceland; Sonja Kahlmeier, University of Zurich, Switzerland; Mr Damian Kuzminski, City of Gdańsk, Poland; Bob Laventure, Loughborough University, United Kingdom; Herbert Löllgen, Ruhr-University, Germany; Ms Eva Martin-Diener, University of Zurich, Switzerland; Niamh Murphy, Waterford Institute of Technology, Ireland; Ms Jana Pelclová, Palacký University Olomouc, Czech Republic; Ms Mimi Rodriguez Adami, FIAF, Italy; Diana Rus, College of Political, Administrative and Communication Sciences, Babeş-Bolyai University, Romania; Ms Lucy Saunders, Transport for London, United Kingdom; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Jens Troelsen, University of Southern Denmark; Ms Wanda Wendel-Vos, RIVM, the Netherlands;

Possible partners

Interested HEPA Europe members and other experts, to be further defined

Work steps

	By when
Create the work plan schedule of activities need to be done for start the evolution of WG	End of 2016
Propose shared database of examples of good practice and research knowledge base	Spring 2017
Direction of WG – support and sustainable partner for practice (Starting with agreement with Healthy cities)	Spring 2017
List of proposal and programs that might bring finance and practical changes in healthy cities and other authorities in municipal level	Fall 2017 (Continuously)
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.9 Development of methods for quantification of health benefits from walking and cycling

Aim of the activity

This project aims at developing and disseminating practical guidance and tools to support practitioners in the integration of health effects from cycling and walking into cost-benefits analyses of transport infrastructure.

In the first project phase, methodological guidance on the quantification of health benefits from cycling and walking as well as a first health economic assessment tool (HEAT) for cycling and its user guide were developed¹⁵.

This project also supports the implementation of the UNECE / WHO Transport, Health, and Environment Pan-Europe Programme (THE PEP)¹⁶ and specifically its activities on walking and cycling.

¹⁵ <http://www.euro.who.int/HEAT>

¹⁶ www.thepep.org

In charge / participants

In charge: WHO Regional Office for Europe, and Sonja Kahlmeier, EBPI, University of Zurich, Switzerland

Participants:

1) Project core group: Mr Nick Cavill, Cavill Associates, United Kingdom, Ms Vicki Copley, Public Health England, United Kingdom; Mr Thomas Götschi, EBPI, University of Zurich, Switzerland; Mr Paul Kelly, University of Edinburgh, United Kingdom; Mr David Rojas, ISGlobal, Spain; Mr Harry Rutter, London School of Hygiene & Tropical Medicine, United Kingdom, Mr Heini Sommer and Mr Christoph Lieb, Ecoplan, Switzerland; James Woodcock, Cambridge University, United Kingdom.

2) Participants: advisory group of international experts; interested members of the Steering Committee, interested members of the Transport, Health and Environment Pan-European Programme (THE PEP), interested members of HEPA Europe and users of HEAT

Possible partners

Experts on economic valuations of the health-impact of transport in the Nordic as well as other countries, OECD, Centers for Disease Control and Prevention, United States of America

Work steps

	By when
Implementation of selected elements of the HEAT communication strategy, in particular: <ul style="list-style-type: none"> • Presentations at meetings, workshops and conferences • Webinars 	Continuously
Finalization and publication of updated HEAT version	Fall 2016
Preparation of next work steps, including on injuries and possibly morbidity, within the framework of the PASTA EU research project	Summer 2017
Scientific publications <ul style="list-style-type: none"> • Paper on recent developments, process & policy perspective (Kahlmeier S et al.) 	Spring 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.10 Monitoring and surveillance of physical activity

Aim of the activity

Due to the limitations that are inherent to subjective methods that measure physical activity, currently more and more objective assessment methods are being used for this purpose. The development of small sensor-based monitors such as accelerometers, heart rate monitors, and global positioning systems has improved the accuracy and reliability of free-living physical activity assessment. However, widespread use of these devices in e.g. epidemiological studies has been hampered by their costs and several practical and methodological issues. This working group aims to tackle some of these issues and provide coordination with and support to ongoing projects in monitoring and surveillance of physical activity at the European level, with a special focus on children.

In charge / participants

In charge: Ms Jaana Suni (chair), Harri Sievänen (vice-chair), UKK Institute for Health Promotion Research, Finland

Participants: Mr Olov Belander, Norwegian Directorate of Health, Norway; Ms Sarahjane Belton, Dublin City University, Ireland; Mr Jens Bucksch, University of Stuttgart, Germany; Mr Ulf Ekelund, Norwegian School of Sport Science, Norway; Ms. Ingrid Hendriksen, the Netherlands; Ms Susi Kriemler, Tropical and Public Health Institute, Switzerland; Mr Brian Martin, Epidemiology, Biostatistics, and Prevention Institute (EBPI), University of Zurich, Switzerland; Ms Nadine Mewes, Karlsruhe Institute of Technology, Germany; Ms Maria Michalopoulou, Democritus University of Thrace, Greece; Mr Jean-Michel Oppert, Paris VI University, France; Ms Anne Reimers, Sport Sciences University Konstanz, Germany; Mr Michael Sjöström, Karolinska Institute, Sweden; Ms Sylvia Titze, Institute of Sport Science Graz, Austria; Mr Willem van Mechelen, Free University (VU) Medical Center, the Netherlands; Mr Tommi Vasankari, UKK Institute for Health Promotion Research, Finland; Ms Anne Vuillemin, University of Nice, France; Ms Brigitte Wallmann, Sport University Cologne, Germany.

Possible partners

Possible follow-up project to the joint WHO/ EC DG SANCO project on “Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union”; follow-up activities to ALPHA and EURO-PREVOB projects; WHO Headquarters; Centers for Disease Control and Prevention, Atlanta, Physical Activity Monitoring and Surveillance PAMS Council of ISPAH (Cora Craig, Adrian Bauman), EUROSafe (Wim Rogmans); steering committee of the International Children’s Accelerometry Database (ICAD) project including representatives from University of Bath (Prof. Chris Riddoch and Prof. Ken Judge), University of Bristol (Dr. Ashley Cooper), and University of Saskatchewan (Dr. Lauren Sherar); Erasmus University, the Netherlands (Mr. Hans Bussmann); WHO/Europe activities on NDC surveillance.

Work steps

	By when
Organization of a workshop on promoting objective measurement of physical activity and sedentary behavior of all age-groups in Europe (7-8 June 2017).	Early 2017
Carrying out the workshop in Tampere, Finland, including discussion on possible European actions to conduct actual measurements in several European countries	7-8 June 2017
Possible Erasmus + application	Spring 2017
Presentation of progress at the 13th annual meeting	17 November 2017

4.3.11 Teaching course on “Pragmatic Evaluation in Physical Activity”

Aim of the activity

Offer further editions of a teaching course on Pragmatic Evaluation in Physical Activity in the European Region, organized jointly by a group of course affiliates (including HEPA Europe) and other partners.

In charge / participants

In charge: Paul Kelly, University of Edinburgh, United Kingdom; Karen Milton, Oxford University, United Kingdom; Justin Richards, University of Sydney, Australia

Participants: A faculty of European experts in physical activity evaluation, course participants

Other course affiliates and partner

The International Society for Physical Activity and Health (ISPAH), the International Society for Behavioural Nutrition and Physical Activity (ISBNPA), WHO Collaborating Centre for Physical Activity, Nutrition and Obesity, University of Sydney, Australia

Work steps

	By when
Discuss with the course organisers the proposed model for delivering the Pragmatic Evaluation course in association with future HEPA Europe conferences	Fall 2016
Definition of possible next locations and dates for European editions of the course	End of 2016
Exploration of possible funding sources to support future editions of the course	Continuously as needed
Presentation of progress at the 13th annual meeting	17 November 2017

4.4 Activities to optimize the Network

4.4.1 Management and interaction with members and partners

Aim of the activity

To implement a concept for coherent, effective and efficient management and interaction with members of the network as well as key partner institutions and organizations.

The impact model¹⁷ contributed to the development of the concept. This activity will also involve the development of a communication strategy as well as funding-related decisions and activities.

In charge / participants

In charge: WHO Regional Office for Europe and Steering Committee

Participants: Steering Committee, Information Outreach Department, WHO/Europe; communications departments/experts from other members of the Steering Committee

Possible partners

Representatives of key partner institutions and organizations

¹⁷ See footnote 8, page 7

Work steps

	By when
Implementation the partner management strategy	Continuously
Further development and implementation of the funding strategy	Continuously
Development of a member and recruitment strategy <ul style="list-style-type: none"> Define steps and approaches depending on available resources, in close collaboration with WHO 	Depending on implementation of WHO partnership strategy
Development of a communication strategy: <ul style="list-style-type: none"> Definition of strategies and activities and finalization of the strategy 	Depending on WHO partnership strategy and resources
Presentation of progress at the 13th annual meeting	17 November 2017

4.5 Possible future activities

4.5.1 HEPA promotion and injury prevention

Aim of the activity

The aim of this activity is to study the relationship and to develop synergies between physical activity promotion and injury prevention. For this purpose, a joint platform of HEPA Europe and EuroSafe has been established for the presentation of evidence, for the exchange of experiences and for the development of strategies and tools for joint action.

In charge / participants

In charge: to be defined

Former participants: Eva Martin-Diener, EBPI, University of Zürich, Switzerland; Ms Khanom Ashrafunnesa, Swansea University, United Kingdom, Ms Andrea Backović Juričan, Ms Mateja Rok Simon, Ms Nina Scanetti and Ms Tjasa Knific, National Institute of Public Health, Slovenia; Mr. Winfried Banzer and Mr. Markus Hübscher, Wolfgang Goethe University, Frankfurt, Germany; Mr Brian Martin, EBPI University of Zürich, Switzerland; Ms Michal Molcho, University of Galway, Ireland; Ms Kati Pasanen and Mr Jari Parkkari, UKK Institute, Tampere, Finland; Mr Dinesh Sethi, WHO Regional Office for Europe; Ms Sarah Rodgers, Swansea University, United Kingdom; Mr David Schulz, ARAG, Düsseldorf, Germany; Ms Sylvia Titze, University of Graz, Austria; Mr Toomas Timpka, Linköping University, Sweden; Ms Joske Nauta, Mr Willem van Mechelen and Mr Evert Verhagen, VU University Medical Centre, the Netherlands

Possible partners

EuroSafe (Wim Rogmans, others), bfu – Swiss Council for Accident Prevention (Othmar Brügger) and to be defined

Work steps

	By when
Will be defined by participants if activity is implemented	

