

Who can become a member?

Membership is open to organizations and institutions active at the regional, national or sub-national level willing to contribute to the goals and objectives of the network.

These include:

- 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 from the Steering Committee).

Join HEPA Europe online and become part of a network of more than 130 member institutions from more than 30 European countries!

www.euro.who.int/hepaeurope

For more information, please contact

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

HEPA Europe is...

- the frontrunner in knowledge in physical activity
- a key advocate and broker for physical activity in Europe
- your key source for best-available evidence

More physical activity can save 1.370 deaths globally every day.

Did you know that...:

- physical inactivity is the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths per year?
- health impacts from physical inactivity have been found to be as important as those from smoking or obesity?
- if inactivity was decreased by 10%, more than 500.000 deaths could be averted globally every year?
- that it takes a small effort to gain a lot? Walking, cycling, or doing sports 75 to 150 minutes per week can significantly reduce the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer and depression, keep your bones strong and help you to control your weight.

Increasing physical activity is a societal, not just an individual responsibility. Promoting physical activity demands a population-based, multi-sectoral, multi-disciplinary and culturally relevant approach.

Why become a member?

50% of respondents in a survey said that HEPA Europe activities or products helped them to do a better job in developing and implementing physical activity policies and programs.

Benefit from expertise and experience

- *Ever got stuck with an important challenge in your daily HEPA promotion work?*
Exchange with other HEPA Europe members and learn from their experiences on what works.
- *Do you want to find out how collaborating with other sectors can create win-win-opportunities for your work?*
HEPA Europe's membership spans science, administration and practice from health, sport, education, transport, environment and land-use planning.
- *Are you looking for project or research partners?*
HEPA Europe gives you access to the leading scientists from the European Region and beyond.
- *Do you need input for your work on HEPA promotion on national level, in youth, older people, disadvantaged groups, at the workplace, in health care settings or sport clubs, or on injury prevention or monitoring?*
HEPA Europe working groups are there to help.

Take advantage of the available tools

- *What do you know about your country's engagement on physical activity?*
HEPA Europe's policy audit tool helps you to get a comprehensive overview on HEPA promotion activities in your country.
- *How should you design programs to promote HEPA in youth?*
HEPA Europe offers you a blueprint for good practice.
- *Did you know that it is possible to quantify the health benefits from cycling and walking?*
Use the Health Economic Assessment Tools (HEAT) for Cycling and Walking which HEPA Europe helped to develop.

Last but not least

- Profit from reduced fees for HEPA Europe conferences and symposia.
- Hold your project meeting at the annual meeting.
- Shape HEPA Europe's agenda and work programme.