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

THE PEP workshop on safe cycling and walking, 24-25 September 2009, Pruhonice

Session 4: International initiatives and experiences: How can they help?

Sonja Kahlmeier, WHO Regional Office for Europe
Acknowledgments to Francesca Racioppi, Brian Martin
Outline

- Introduction
- Annual meetings
- Activities and publications
- Conclusions
HEPA Europe – European network for the promotion of health-enhancing physical activity

- Brings together different institutions and organizations from all over Europe
- Collaborates closely with WHO/Europe
- Facilitates multi-sectoral approaches
- Advocacy and exchange of information
- Promotes and disseminates innovative HEPA strategies, programmes, approaches and good practice
- Promotes and engages in research

www.euro.who.int/hepa
Steering Committee

- **Brian Martin**, Federal Office of Sport, Switzerland (Chair)
- **Winfried Banzer**, Olympics Sports Confederation, Germany
- **Finn Berggren**, Gerlev PE and Sports Academy, Denmark
- **Eddy Engelsman**, Ministry of Health, Welfare & Sport, NL
- **Jean-Michel Oppert**, Paris VI University, France
- **Francesca Racioppi**, WHO Regional Office for Europe
- **Harry Rutter**, South East Public Health Observatory, UK
- **Michael Sjöström**, Karolinska Institute, Sweden
- **Radim Šlachta**, Palacky University, Czech Republic
- **Mireille van Poppel**, Vrije Universiteit Medical Center, NL
- **Tommi Vasankari**, UKK Institute, Tampere, Finland
- **Jozica Maucec Zakotnik**, CINDI Slovenia

*Observer: Fiona Bull, GAPA*
HEPA Europe – Membership

- Membership is open to organizations and institutions active at the international, national or sub-national level willing to contribute to the goals and objectives of the network.
- Includes for example government bodies, scientific institutions, NGOs.
HEPA Europe members (September 2008)

<table>
<thead>
<tr>
<th>Country</th>
<th>No. of members</th>
<th>Country</th>
<th>No. of members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>2</td>
<td>Italy</td>
<td>2</td>
</tr>
<tr>
<td>Belgium</td>
<td>1</td>
<td>Lithuania</td>
<td>2</td>
</tr>
<tr>
<td>Bosnia and Herzegovina</td>
<td>1</td>
<td>The Netherlands</td>
<td>3</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>1</td>
<td>Norway</td>
<td>1</td>
</tr>
<tr>
<td>Croatia</td>
<td>1</td>
<td>Portugal</td>
<td>2</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>1</td>
<td>Slovenia</td>
<td>1</td>
</tr>
<tr>
<td>Denmark</td>
<td>3</td>
<td>Spain</td>
<td>4</td>
</tr>
<tr>
<td>Finland</td>
<td>10</td>
<td>Sweden</td>
<td>3</td>
</tr>
<tr>
<td>France</td>
<td>3</td>
<td>Switzerland</td>
<td>3</td>
</tr>
<tr>
<td>Germany</td>
<td>6</td>
<td>The fYRo Macedonia</td>
<td>1</td>
</tr>
<tr>
<td>Hungary</td>
<td>1</td>
<td>The Netherlands</td>
<td>5</td>
</tr>
<tr>
<td>Iceland</td>
<td>2</td>
<td>Turkey</td>
<td>1</td>
</tr>
<tr>
<td>Ireland</td>
<td>2</td>
<td>United Kingdom</td>
<td>22</td>
</tr>
</tbody>
</table>

Plus 1 observer from Mexico

Total: 82 member institutions and 2 individual members from 26 countries
Type of institutions

- Public: 72%
- NGO, charity, network: 8%
- Private non profit: 14%
- Private for profit: 4%
- Individual: 2%
Main activities of members

Up to 5 responses per member, N = 213
HEPA Europe – activities

• Annual meetings
Founded at the first Network Meeting in Slagelse, Denmark, Gerlev Sports Academy 26 - 27 May 2005
Annual Conference & Meeting of HEPA Europe
Glasgow, 08-10 Sept 2008
• Annual meetings – cont.
  – 5th annual meeting: 11-12 November 2009, Bologna
    Deadline for registration: 4 October 2009!
    www.euro.who.int/hepa

  – 6th annual meeting and 2nd conference: 24-26 November 2010, Olomouc, Czech Republic
Inventory on physical activity promotion

International inventory of documents on physical activity promotion

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

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

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

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

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

http://data.euro.who.int/physicalactivity
Advocacy

Physical activity and health in Europe: evidence for action

- ca. 2800 ENG, 500 RUS copies disseminated
- ca. 3400 ENG, 450 RUS copies downloaded
- ca. 48 copies (ENG) per week since launch

✔ Translations: 6 languages available
✔ production in progress: FRE, JAP, SPA, TUR
  - Not yet started: NET, SWE

Russian  Danish  Italian  Portuguese  Slovenian
Analyses of selected approaches

Economic analyses of transport infrastructure and policies including health effects related to cycling and walking: A systematic review

Nick Culli*, Sonja Kuhlmey*, Harry Butter*, Francesco Racopoulo*, Petka Oja*

* Public Health Agency of Norway

ABSTRACT

We conducted a systematic literature search to determine the evidence for an economic evaluation of transport infrastructure and policies related to cycling and walking, and specifically focused on health impacts. We included studies that provided an economic evaluation of transport infrastructure and policies related to cycling and walking, with a focus on health impacts. We found 26 studies, and the majority of these studies were conducted in the European region. The results of these studies suggest that cycling and walking are cost-effective strategies for improving public health outcomes, and that there is a need for more research in this area.

1. Introduction

Physical activity is a fundamental means of improving physical and mental health. For many people, however, it has been reduced from everyday life, with deleterious effects on health and well-being (Culli et al., 2008). Walking and cycling exercises practical opportunities for people to improve physical activity, reducing risks of non-communicable diseases and other chronic conditions. The promotion of cycling and walking has become an area of increasing interest and importance in the development of comprehensive health and environment policies. In many countries, cycling and walking are considered important means of reducing transport-related pollution, to decrease traffic congestion, and to improve public health. However, despite the benefits of active transport, support for policies promoting walking or cycling varies across countries and has been debated within a number of strategies for health and sustainable development (WHO Europe, 2003; WHO-UNES, 2006; European Commission, 2007).

In 2003, the WHO Regional Office for Europe undertook a project on economic evaluations of health effects from cycling and walking. This project built on previous initiatives including a workshop of the Nordic Council on "Cost-Benefit Analysis of Cycling" held in February 2002 in Helsinki, and discussions that were held in September 2003 on open questions related to economic evaluations of transport-related physical activity. Economic evaluations have been carried out by WHO and partners on cost-effectiveness, including the C5C5 project ("Cost-Benefit Analysis of Cycling and Walking"), and the C5C6 project ("Cost-Benefit Analysis of Environmental Health Interventions"). Our report pointed out that "there is a common lack of cost-effectiveness studies related to cycling and walking; this is despite the evidence that cycling and walking are cost-effective through improved health outcomes. Our results suggest that there is a need for more research in this area."

Content analysis of 26 national policy documents

PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY IN THE EUROPEAN REGION:

HEPA EUROPE

27 October 2005

www.euro.who.int/hepa
Meetings and working groups on specific topics

- PA and sport promotion in children and adolescents
- National approaches and networks for PA promotion
- Primary care approaches to PA promotion
Guidance and tool for economic assessment of cycling and walking

Download guidance, HEAT for cycling tool and user guide at

www.euro.who.int/transport/policy/20070503_1
Applications of HEAT for cycling

- **Czech Republic** - Charles University Environment Centre in Prague, Hana Foltýnová
  - HEAT for cycling used to calculate potential benefits from an increased level of cycling in the city of Pilsen:
    - if 2% of population took up regular cycling:
    - -> USD 1.2 million saved per year from reduced mortality due to regular physical activity
Other examples

- **Austria:** used HEAT for cycling to calculate current savings from cycling in Austria
  - **USD 570 million** per year
- **Swedish Government** adopted HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/England:** Department of Transport adopted HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/Scotland:** HEAT used to estimate benefit from reaching cycling targets
  - **USD 1.5-3 billion** per year if modal share goal of 13% reached
  - Recommended that Scottish Transport Appraisal Guidance should include health benefits from cycling and walking
- **New Zealand:** University of Auckland used HEAT to value adding cycling and pedestrian facilities to the Auckland Harbour Bridge
- Presentation at DoT of the **United States** in July 2009
Other examples

- **Austria**: used HEAT for cycling to calculate current savings from cycling in Austria
  - **USD 570 million** per year
- **Swedish Government** *adopted* HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/England**: Department of Transport *adopted* HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/Scotland**: HEAT used to estimate benefit from reaching cycling targets
  - **USD 1.5-3 billion** per year if modal share goal of 13% reached
  - Recommended that Scottish Transport Appraisal Guidance should include health benefits from cycling and walking
- **New Zealand**: University of Auckland used HEAT to value adding cycling and pedestrian facilities to the Auckland Harbour Bridge
- Presentation at DoT of the **United States** in July 2009
Other examples

- **Austria**: used HEAT for cycling to calculate current savings from cycling in Austria
  - **USD 570 million** per year
- **Swedish Government** adopted HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/England**: Department of Transport adopted HEAT for cycling as part of official toolbox for the economic assessment of cycling infrastructure
- **UK/Scotland**: HEAT used to estimate benefit from reaching cycling targets
  - **USD 1.5-3 billion** per year if modal share goal of 13% reached
  - Recommended that Scottish Transport Appraisal Guidance should include health benefits from cycling and walking
- **New Zealand**: University of Auckland used HEAT to value adding cycling and pedestrian facilities to the Auckland Harbour Bridge
- Presentation at DoT of the **United States** in July 2009
HEPA Europe – conclusions

• Platform for intersectoral exchange and collaboration:
  – within health sector and beyond:
    • Primary care approaches
    • Collaboration with transport
    • Sport Clubs for Health programme
  – between academia, administrations and NGOs
  – tools, analyses, guidance, policies, information
  – close collaboration with THE PEP and Healthy Cities

• The sky is the limit – pls get involved!

www.euro.who.int/hepa
Find more information at:

- **HEPA Europe (European network for promotion of health-enhancing physical activity)**
  www.euro.who.int/hepa

- **Obesity/nutrition**
  www.euro.who.int/obesity
  www.euro.who.int/nutrition

- **Move for Health day**
  www.euro.who.int/moveforhealth

- **WHO Headquarters**
  www.who.int/dietphysicalactivity/en/

**THANK YOU!**