

#6 HEALTH-ENHANCING PHYSICAL ACTIVITY CORE DOCUMENT FOR SWITZERLAND

THE SWISS HEALTH AND PHYSICAL ACTIVITY NETWORK, HEPA.CH

Handbook, 2013

Topic for advocacy HEPA - Physical Activity and Health and Local clubs

http://www.hepa.ch/de/dokumentation.detail.document.html/hepa-internet/de/documents/en/bewegungsempfehlungen/hepa_Gesundheitswirksame%20Bewegung_Grundlagendok_EN.pdf.html

Description of the good example

The handbook is the core document of Health-Enhancing Physical Activity in Switzerland developed by hepa.ch. It summarises the current knowledge about physical activity promotion, and refers to models explained in the recent academic studies. The document examines the different sections, stages and inter-relationships in the framework for physical activity promotion.

Target - Who can best use this example or document?

Policy makers, Department of Health, Federal Office of Sport, Federal Office of Public Health, local and national governments, grassroots sport organisations, not-for-profit organisations.

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The handbook has relevant resources and many good practices that can help in building capacity and knowledge-sharing between countries. It establishes cross-sector Physical Activity alliances on national levels.

Learning points - What can we learn from it?

The data of the costs of physical inactivity and factors influencing activity behaviour are good grounds for building further knowledge base for active advocacy, as well as describing promising strategies. The document can be a good source of comparison between different countries.

Further information

The Swiss Health and Physical Activity Network,
Hepa.ch
info@hepa.ch
<http://www.hepa.ch/>

**All information in this entry is sourced from the link above and contact mentioned in the document.*