

#13 GUIDELINES FOR HEALTH-ENHANCING PHYSICAL ACTIVITY PROMOTION PROGRAMMES

THE EUROPEAN NETWORK FOR THE PROMOTION OF HEALTH-ENHANCING PHYSICAL ACTIVITY (HEPA)

Guidelines, 2000

Topic for advocacy HEPA - Physical Activity and Health and Local Clubs / Education and Active Schools

<http://www.panh.ch/hepaeurope/materials/Guidelines%20HEPA%20Europe.pdf>

Description of the good example

The guidelines were designed by the HEPA Network to assist health-enhancing physical activity practitioners in creating a successful HEPA promotion programme. The result is based on a thorough analysis of four national programmes: The Netherlands on the Move! (The Netherlands), Allez Hop (Switzerland), Fit for Life (Finland) and ACTIVE for LIFE (England). The guidelines identify good practices for programme preparation, development, design, implementation and evaluation. They include examples of good practices and are reflecting strengths and weaknesses of the programmes. Brief overview of published literature and research on other HEPA promoting programmes is also featured.

Target - Who can best use this example or document?

Governmental bodies, non-for-profit organisations, national councils, local, regional and national promoters of health enhancing physical activity.

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

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The project is a good example of knowledge-sharing, advocacy intervention and building capacity on national level. Relevant tips are shared for how to engage in active, cross-sector advocacy. It is a good example to showcase the possibilities of changing and modelling the whole national approach to Physical Activity and Education.

Learning points - What can we learn from it?

How to promote health and wellbeing of European citizens through the preparation, development, design and implementation of National Health-Enhancing Physical Activity Policy.

Further information

The European Network for the Promotion of Health-Enhancing Physical Activity (HEPA)
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<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe>