



NISB Netherlands Institute for
Sport & Physical Activity



3rd conference and 7th annual meeting of HEPA Europe
10–13 October 2011 in Amsterdam

In conjunction with the annual meeting of Agita Mundo, the Global Physical Activity Promotion Network

PROGRAMME

MONDAY 10 OCTOBER

12:30 – 14:00	<i>Marmeren Hal</i>	Lunch (only for members of Agita Mundo)
13:00 – 14:00	<i>Registration desk</i>	Registration for Agita Mundo meeting
14:00 – 17:00	<i>Mauritszaal</i>	Agita Mundo annual meeting (open to all participants)
15:00 – 17:00		Preparatory work meetings of HEPA Europe working groups (for working group members only)
17:30 – 19:00		Informal meeting of the HEPA Europe Steering Committee (for committee members only)
18:00 – 21:00	<i>Indonesië</i>	Registration and welcome for conference participants
18:00 – 21:00	<i>NH Tropen Hotel</i>	Distribution bicycles (see information circular)

TUESDAY 11 OCTOBER

7:30 – 8:00		Physical activity
8:00 – 9:00	<i>Registration desk</i>	Registration
9:00 – 10:15	<i>Grote zaal</i>	OPENING <ul style="list-style-type: none">- Erik de Winter, COO of NISB is the chairman of the day and leads you through the program.- Clémence Ross, CEO of the Netherlands Institute for Sport and Physical Activity (NISB), opens the conference and welcomes the participants.- Remco Boer, Manager Program Office (NISB) will inform you about NISB as a knowledge institute with practical experience.- Henk Stokhof, director of Department of Sport and the Olympic Ambition of the city of Amsterdam and Fatima Elatik, District Mayor of Amsterdam Oost at city of Amsterdam represent their city. They will show the situation of sport and physical activity in Amsterdam city.- Willem van Mechelen, VU Medical Centre Amsterdam will welcome you as Chairman of HEPA Europe and Brian Martin, University of Zurich as Chairman of Agita Mundo.- Francesca Racioppi of the WHO Europe will introduce Joao Breda, Programme Manager Nutrition, Physical Activity and Obesity Programme, WHO Regional Office for Europe. He will present 'Recent developments on physical activity promotion and NCD prevention in WHO'.
10:15 – 10:35	<i>Grote zaal</i>	KEYNOTE LECTURE 1 Bridging the gap – a Dutch perspective Prof. Dr. M. van Bottenburg (University Utrecht, the Netherlands)
10:40 – 11:05	<i>Grote zaal</i>	KEYNOTE LECTURE 2 Evidence-based policy making: Bridging the gap between research and policy in physical activity promotion Prof. Dr. A. Rütten (Institute of Sport Science and Sport, University of Erlangen-Nürnberg, Germany)
11:05 – 11:35	<i>Marmere Hal</i>	Coffee and tea break
11:35 – 11:55	<i>Grote zaal</i>	KEYNOTE LECTURE 3 How sickening is sitting? Dr. M. Chin a Paw (EMGO Institute for Health and Care Research and VU University Medical Center, the Netherlands)
12:05 – 12:25	<i>Grote zaal</i>	KEYNOTE LECTURE 4 The sitting easy blues: can we reduce sedentary behaviour? Prof. S. Biddle (School of Sport, Exercise & Health Sciences, Loughborough University, United Kingdom)

12:30 – 12:50	<i>Grote zaal</i>	<p>KEYNOTE LECTURE 5</p> <p>An African Footprint: from evidence to advocacy. Dr. T. Kolbe-Alexander (Department of Human Biology, University of Cape Town, South Africa)</p>
13:00 – 13:05	<i>Marmeren Hal</i>	Group picture
13:00 – 14:00	<i>Marmeren Hal Balustrade</i>	Lunch and poster sessions
		PARALLEL SESSIONS / WORKSHOPS 1
14:00 – 15:30	<i>Raadzaal</i>	<p><u>SESSION 1: SOCIETAL DIMENSION 1: WALKING PROGRAMS IN COMMUNITIES</u></p> <p>SODI.17 - Walking for Health: a qualitative study of the links between community engagement, social capital and health outcomes within volunteer-led health walks Jane South (Leeds Metropolitan University, United Kingdom)</p> <p>SODI.04 - Meeting for walking, talking, coffee and pie: Evaluation of a walking intervention in a social organization for older adults Johan Pelssers (Katholieke Universiteit Leuven, Belgium)</p> <p>SODI.02 - Applying the framework: Evaluating the feasibility of a novel and strategic recruitment framework for walking promotion in a practice setting Graham Brennan (University of Strathclyde, United Kingdom)</p> <p>SODI.20 - Walk – a unique program for intersocial walking in Israel Edna Buckshtein (OTZMA – Israel Centre of Sport Clubs, Israel)</p> <p>Panel discussion</p>
14:00 – 15:30	<i>Mauritszaal</i>	<p><u>SESSION 2: SEDENTARY BEHAVIOUR: POSITION STATEMENT</u></p> <p>SEBE.30 - Position statement on sedentary behaviour Ingrid Hendriksen (TNO, Expertcentre Life Style, the Netherlands)</p> <p>SEBE.18 - Sedentary behaviour of Irish females participating in a mass physical activity event Aoife Lane (Waterford Institute of Technology, Health, Sport and Exercise Science, United Kingdom)</p> <p>PHAC.64 - Long-term effectiveness and mediators of need-supportive coaching on physical activity and well-being among sedentary employees Ann-Sophie van Hoecke (Katholieke Universiteit Leuven, Belgium)</p> <p>SEBE.13 - The role of active gaming in physical activity in Dutch adolescents Monique Simons (TNO, Expertcentre Life Style, the Netherlands)</p>

		Panel discussion
14:00 – 15:30	<i>Mali</i>	<p><u>SESSION 3: PHYSICAL ACTIVITY PROMOTION POLICY 1: ACTIVE TRANSPORT</u></p> <p>PHAC.30 - Active travel, physical activity and body weight: a systematic review Miriam Wanner (University of Zurich , Switzerland)</p> <p>PHAC.44 - Replacing car trips up to 7.5 kilometres with bicycling trips; preliminary results from the AVENUE project Eline Scheepers (National Institute for Public Health and the Environment, the Netherlands)</p> <p>PHAC.17 - Health Economic Assessment Tools for Active Transport: HEAT for Cycling and Walking Nick Cavill (Cavill Associates, United Kingdom)</p> <p>Panel discussion</p>
14:00 – 15:30	<i>Indonesië</i>	<p><u>SESSION 4: PHYSICAL ACTIVITY PROMOTION POLICY 3: LIFE-STYLE INTERVENTION IN LOCAL SETTINGS</u></p> <p>PHAC.46 - Healthy lifestyle campaign for middle-aged men. Part I: Basic elements based on research and surveys Jyrki Komulainen (LIKES research Centre for Sport and Health Sciences, Finland)</p> <p>PHAC.18 - BeweegKuur: development of a combined lifestyle intervention and implementation in local settings Liesbeth Preller (Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands)</p> <p>SODI.08 - Economic evaluation of lifestyle interventions: the 'BeweegKuur' study MARIKE HENDRIKS (Maastricht University Medical Centre, the Netherlands)</p> <p>SODI.07 - Winning without conquering 'Evaluation of teachers' perspectives on a primary school health promotion initiative Nadine Zillmann (University of Vienna, Austria)</p> <p>Panel discussion</p>
14:00 – 15:30	<i>Emmazaal</i>	<u>SESSION 5: BUILDING POLICY CAPACITIES: EXPERIENCES FROM THE PASEO PROJECT (WORKSHOP)</u>
14:00 – 15:30	<i>Clauszaal</i>	<u>SESSION 6: HEALTHY CHILDREN IN SOUND COMMUNITIES (WORKSHOP)</u>
14:00 – 15:30	<i>Bestuurskamer</i>	<u>SESSION 7: IMPALA IMPROVING INFRASTRUCTURES FOR LEISURE-TIME PHYSICAL ACTIVITY IN THE LOCAL ARENA (WORKSHOP)</u>
15:30 – 16:00	<i>Marmere Hal</i>	Coffee and tea break incl. poster sessions

16:00 – 17:30

Raadzaal

PARALLEL SESSIONS / WORKSHOPS 2

SESSION 8: SOCIETAL DIMENSION 2: DISADVANTAGED COMMUNITIES

SODI.12 - Physical activity interventions in socio-economically disadvantaged communities: a qualitative study of experiences of social and societal influences

Claire Cleland (Queens University Belfast, United Kingdom)

SODI.18 - How to support physical activity among adults with disabilities - a review

Maria Hagstromer (Karolinska Institutet, Sweden)

SODI.13 - Join-in: Social integration of migrant youth

Willie Westerhof (Netherlands Institute for Sport and Physical Activity (NISB), the Netherlands)

SEBE.20 - Physical activity counselling for older unemployed persons in a jobcentre setting

Lars Gabrys (Goethe University Frankfurt, Germany)

Panel discussion

16:00 – 17:30

Mauritszaal

SESSION 9: SEDENTARY BEHAVIOUR 2: ENERGY EXPENDITURE

PHAC.19 - Validation of Nordic monitoring system of self-reported physical activity and sedentary behaviour for children and adolescents

Rosa Olafsdottir (University of Iceland, Iceland)

SEBE.10 - How much do we NEAT?

Hans Savelberg (Maastricht University Medical Centre, the Netherlands)

SEBE.24 - Increased muscle activation may mediate the increase in energy cost during office work in different postures

Tibor Hortobágyi (University Medical Centre Groningen, the Netherlands)

SEBE.04 - Sedentary behaviour as a risk factor for mortality independent of moderate to vigorous physical activity

Annemarie Koster (National Institute on Aging, the Netherlands)

Panel discussion

16:00 – 17:30

Bestuurskamer

SESSION 10: PHYSICAL ACTIVITY PROMOTION POLICY 2: NATIONAL STRATEGIES

PHAC.08 - Embedding HEPA Policy into the 2011 Modification of the 2007 Hungarian Sport Strategy

Judit Farkas (Semmelweis University, Hungary)

PHAC.62 - Conceptualization of physical activity promotion

Makoto Chogahara (Kobe University, Japan)

PHAC.33 - Mapping the HEPA sector through SANTE project: an European overview

Giovanni Capelli (University of Cassino, Italy)

Panel discussion

16:00 – 17:30

Indonesië

SESSION 11: PHYSICAL ACTIVITY PROMOTION POLICY 4: BARRIERS TO PHYSICAL ACTIVITY

SODI.15 - The barriers to participation in recreational physical activity of the disabled from rural areas of eastern Poland

Jaroslaw Zbikowski (Pope John Paul II State School of Higher Education In Biala Podlaska, Poland)

PHAC.71 - Sports Club for Health - Guidelines

MSc Eerika Laalo-Häikiö (Finnish Sport for All Association)

PHAC.21 - Synergies of Science and Practice: Elderly People in Outdoor Activity Parks

Rosa Diketmueller (University of Vienna, Austria)

PHAC.65 - Children's exercise behaviour in the Netherlands: Prevalence, heritability, and tracking over time

Charlotte Huppertz (VU University Amsterdam, the Netherlands)

Panel discussion

16:00 – 17:30

Clauszaal

SESSION 12: PHYSICAL ACTIVITY AND AGING: A CHALLENGING COUPLE (EUNAAPA WORKSHOP)

Marijke Hopman-Rock (TNO Quality of Life), Nina Waaler Loland (Oslo University College, Norway), Federico Schena (University of Verona, Italy), Christophe Delecluse (Katholieke Universiteit Leuven, Belgium)

16:00 – 17:30

Emmazaal

SESSION 13: NATIONAL HEPA POLICIES: 7 CASE STUDIES FROM EUROPE: EXPERIENCES AND LESSONS LEARNED (WORKSHOP)

Karen Milton (Loughborough University, United Kingdom), Sonja Kahlmeier (University of Zurich, Switzerland), Alberto Arlotti (Emilia Romagna Region, Italy), Eva Martin (University of Zurich, Switzerland), Ana Valente (University of Porto, Portugal), Tommi Vasankari (UKK Institute for Health Promotion Research, Finland), Anita Vlasveld (Netherlands Institute for Sport and Physical Activity, the Netherlands)

17:30 – 19:30

Optional: Social program: excursions (see information circular)

A walk through a part of Amsterdam

A bicycle tour through Amsterdam

A canal cruise through Amsterdam

20:00 – 22:00

Optional: Dinner at Spargo's (see information circular)

WEDNESDAY 12 OCTOBER

7:30 – 8:00		Physical activity
8:00 – 9:00	<i>Registration desk</i>	Registration
9:00 – 11:00	<i>Grote zaal</i>	2 nd meeting of the HEPA Europe – EU Contact Group
11:00 – 11:30	<i>Marmere Hal</i>	Coffee and tea break
11:30 – 12:30	<i>Grote zaal</i>	HEPA Europe working groups
	<i>Mauritszaal</i>	HEPA promotion in socially disadvantaged groups
	<i>Clauszaal</i>	Sport clubs for health
	<i>Indonesië</i>	National approaches to HEPA promotion
	<i>Raadzaal</i>	Physical activity and sport promotion in youth
	<i>Besturskamer</i>	HEPA promotion in health care settings
	<i>Mali</i>	HEPA promotion and injury prevention
	<i>Suriname</i>	Active aging
12:30 – 14:00	<i>Marmere Hal</i>	Lunch and poster sessions
14:00 – 15:30		Continuation HEPA Europe working groups
	<i>Mauritszaal</i>	HEPA promotion in socially disadvantaged groups
	<i>Clauszaal</i>	Sport clubs for health
	<i>Indonesië</i>	National approaches to HEPA promotion
	<i>Raadzaal</i>	Physical activity and sport promotion in youth
	<i>Besturskamer</i>	HEPA promotion in health care settings
	<i>Mali</i>	HEPA promotion and injury prevention
	<i>Suriname</i>	Active aging
15:30 – 16:00		Getting ready for study visits
16:00 – 19:00	<i>Marmere Hal</i>	Study visits (see information circular)
		BeweegKuur: adults with obesity and overweight
		BigMove: adults with mental and physical illnesses
		The healthy neighbourhood: children, adults and the elderly

16:00 – 19:00	<i>Marmeren Hal</i>	Jump-in sports and fitness offerings: children aged between 4-12 years Topscore: secondary school students aged between 12-19 years
20:00 – 22:00	<i>Fifteen</i>	Conference dinner (see information circular)
22:00 – 24:00	<i>Fifteen</i>	Conference party (see information circular)

THURSDAY 13 OCTOBER – 7th ANNUAL MEETING OF HEPA EUROPE

9:00 – 9:30	<i>Registration desk</i>	Registration
9:30 – 9:45	<i>Grote zaal</i>	Opening and welcome
9:45 – 10:00	<i>Grote zaal</i>	New applications for membership
10:00 – 10:15	<i>Grote zaal</i>	Results of the Steering Committee elections Willem van Mechelen, chairman HEPA Europe
10:15 – 10:45	<i>Grote zaal</i>	HEPA Europe survey: key results and discussion Sonja Kahlmeier, University of Zurich
10:45 – 11:15	<i>Marmeren Hal</i>	Coffee and tea break
11:15 – 12:15	<i>Grote zaal</i>	Activity report 2009-2010: overview and selectec activities and Work programme 2010-2011 and possible future activities – introduction and discussion Willem van Mechelen, chairman HEPA Europe and working group leaders
12:15 – 12:20	<i>Grote zaal</i>	Formal approval of the work programme 2010-2011 Willem van Mechelen, chairman HEPA Europe
12:20 – 12:30	<i>Grote zaal</i>	Other business
12:30 – 13:30	<i>Marmeren Hal</i>	Lunch



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