

# Summer school on An Ecosystem Approach to Health Enhancing Physical Activity Promotion

September 1-3, 2021

The WHO Global Action Plan on Physical Activity recommends strengthening the systems necessary to implement effective and coordinated action to increase physical activity and reduce sedentary behaviour. In order to achieve this, WHO Regional Office for Europe aims to build capacity for national implementation and evaluation of health-enhancing physical activity (HEPA) policies by giving participants from the WHO European Region a relevant and contextual training, with the best available subject experts about the evidence base for a systems approach, as well as educate them about the necessary tools for implementation and evaluation, so that the participants can also become trainers themselves.

WHO/Europe would like to invite potential participants to apply to attend a workshop on health enhancing physical activity promotion utilising an ecosystem approach. The workshop will be held in visio-conference, France, in the lead up to the annual conference of the WHO European network for the promotion of health-enhancing physical activity (HEPA Europe). HEPA Europe is a WHO network which aims to provide a forum for the advancement of HEPA research, policy and practice across the WHO European Region.

In this summer school, PhD students and junior researchers (having obtained their PhD after January 1, 2019), from the WHO European Region Member States will meet to share knowledge and learn from experts on how to conduct health promoting physical activity programmes, as well as how to utilise a systems approach to strengthen multisectoral implementation of brief interventions and evaluate their impact. Systems thinking and complexity science (STCS) represent a vast multi-disciplinary field of established and emergent theories and methods that can be used to address the inherent challenges for tackling the epidemic of chronic disease at the global level, and this workshop will explore its intricacies and train participants in utilising STCS approaches. Current data and relevant case studies will also be used to support the development of evidence-based policies, and policy makers will receive training in prioritisation strategies.

## Aims of the summer school

- Inspire and inform evidence-based physical activity policy making
- Introduce systems thinking and complexity science theories and methods to support regional capacity building for promoting health enhancing physical activity
- Develop and enhance skills in applying systems approaches to evidence-based policy making, to strengthen multisectoral implementation and upskill participants in physical activity intervention implementation
- Develop and enhance skills in applying systems approaches to evaluation to improve policy learning and reduce unintended consequences
- Improve skills in developing and evaluation of policies which promote physical activity

## Organization

- Plenary keynote lectures
- Workshops and working groups

## Provisional contributors

**Dr Steven Allender**, Professor of Public Health and Founding Director of the Global Obesity Centre (GLOBE), Deakin University, Australia

**Dr João Breda**, Senior Adviser, Division of Country Health Policies and Systems, WHO Regional Office for Europe

**Dr Fabienne d'Arripe-Longueville**, Professor, Université Côte d'Azur, France

**Dr Tarra Penney**, Assistant Professor of Policy Evaluation, School of Global Health, York University, Canada

**Dr Ivo Rakovac**, Programme Manager for NCD Surveillance, WHO European Office for the Prevention and Control of NCDs (NCD Office), WHO Regional Office for Europe

**Dr Aurélie Van Hove**, Associate Professor, Université de Lorraine, France

**Dr Anne Vuillemin**, Professor, Université Côte d'Azur / Secretary of the French Society of Public Health, France

**Dr Kremlin Wickramasinghe**, a.i. Programme Manager Nutrition, Physical Activity and Obesity, WHO European Office for Prevention and Control of Noncommunicable Diseases (NCD Office), WHO Regional Office for Europe

**Dr Catherine Woods**, Chair of Physical Activity for Health, Department of Physical Education and Sport Sciences, University of Limerick, Ireland

**Dr Niamh Murphy**, Senior Lecturer, Waterford Institute of Technology, Ireland

**Dr Ruth Hunter**, Reader, Centre for Public Health, Queen's University Belfast, UK

## Admission and application conditions

The summer school is opened to all PhD students and junior researchers having obtained their PhD after January 1, 2019 (30 places open).

Application must be submitted by filling the application form and returned to the email address by June 30, 2021: [gdr-sport@cnrs.fr](mailto:gdr-sport@cnrs.fr)