

Executive summary

The EUPASS project was designed to contribute to a European health monitoring system and its methodological foundations. It focussed on developing and testing a surveillance system * for physical activity as a major behavioural determinant of health by (1) providing a valid and cross-nationally applicable list of core indicators and optional indicators for health-enhancing physical activity, (2) testing selected physical activity indicators by employing different survey methodologies, and (3) investigating implementation structures of health monitoring in the EU.

In the period covered by this final report, the EUPASS-project has progressed towards its aims of contributing to the Community health monitoring system and providing concrete recommendations for physical activity surveillance by proceeding along the following lines.

a) Inventory of national physical activity surveillance systems to contribute to the establishment of a list of core indicators and optional indicators for health-enhancing physical activity and its determinants

To investigate which physical activity data sets and indicators are used in the Member States (MS), an inventory of indicators, surveys and policy environments for physical activity surveillance has been created in a first draft form (Annex A). For the 8 MS participating in EUPASS, this draft form assists in investigating the comparability of physical activity data sets and indicators between them. This analysis is being specified by an indicator test survey of selected indicators used in these MS (see *b*)).

b) Monitoring quality of selected indicators by indicator testing with panel vs. time series data collection and comparing telephone survey with mail survey

To investigate comparability of physical activity indicators existing in MS and at the same time improve indicator definitions to be used in a Community indicator set, indicator test surveys of existing and new indicators have been prepared and conducted in the countries participating in the project. A co-ordinated questionnaire has been developed (Annex B) which is compiled in a way to maximise comparability of physical activity indicators both between MS and the Community indicator set. It was used in a combined panel and time series design (Annex C)

* According to the current discussion on global health monitoring, the term surveillance particularly refers to „the creation of a data system for changing the public health“ (McQueen, 1999, in American Journal of Public Health, 89, 1313). Thus, surveillance can be described as a complex organised effort to (1) continuously collect data, e.g.

which includes a test of feasibility of indicators for employment in different surveillance methodologies, namely telephone and mail application (see also *c*)).

c) Analysis of indicator implementation in health monitoring and potentials for policy impact

Information both from the inventory (*a*) - particularly on policy environment and characteristics of surveys - and the indicator test (*b*) - particularly on panel vs. time series and interviewing vs. self-administered differences - informed proposals for indicator implementation. Availability of comparable data sets for the European "Health Information and Exchange System" (HIEMS) is being prepared byco-operation with responsible national surveillance institutes.

Details of work conducted and progress accomplished are further reported in the following (see, in particular, section on "Realisation of tasks").

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