

【Practice Article】

Introduction of the Health-enhancing Physical Activity Policy Audit Tool (HEPA PAT)

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Abstract

In order to best promote physical activity, it is essential that the people involved with developing policy and action plans share information and experiences. The Working Group on National Approaches to Physical Activity Promotion in Europe developed a policy audit tool for health-enhancing physical activity (HEPA PAT). The objective of this tool is to take a general look at the policy on each section relevant to physical activity. It is structured around 17 criteria identified as successful elements for policy approaches to physical activity. The process of completing HEPA PAT can foster collaboration among different government departments and other organizations interested in promoting HEPA. This paper summarizes the development process and content of HEPA PAT, in addition to providing a Japanese translation.

Key words: physical activity, policy audit tool, national policy, action plan, implementation

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