

# Workplace HEPA Programmes: Evidence and Practice

**Date: Monday, 23d of February, 2026 Time: 13.00 – 14.30**

**Location: Rosasalen, Nord University, Levanger.**

## ABOUT THE LECTURE:

This lecture will explore the integration of health enhancing physical activity (HEPA) and health promotion within workplace settings, addressing the evidence for their impact. Drawing upon four European Projects over a 5-year period (with a focus upon the project entitled 'Move @ Work'), I will outline evidence of impact, programme formats, and current debates concerning workplace HEPA programmes. I will highlight the importance of multi-level approaches that promote individual and group behaviour change alongside organizational culture and environmental factors. I will also synthesize evidence from both natural and social sciences to outline the consistent characteristics of more effective programmes, including having targeted, theoretically grounded goals, systematic implementation procedures, and ongoing evaluation. Recommendations emphasize the necessity of integrating HEPA into company policies, fostering employee engagement, and collaborating with external partners. I will finish by looking forward to two further projects that will commence this year.

## ABOUT ADAM B. EVANS:

I am currently Associate Professor in Sociology of Sport and Sport Development at the Department of Nutrition, Exercise and Sport (NEXS), the University of Copenhagen, and current Director Studies for the Masters degree in Sport Studies at the same institution. For now, I am also Editor in Chief of the European Journal for Sport and Society. I am a sociologist with research interests focusing upon 1) health in sport, particularly amongst older adults and groups with non-communicable diseases, and 2) Sports development, Leadership and Governance. I also have experience of evaluation in the fields of sports development and sports programmes, including many projects at the European level.



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