



**INHERIT**

# KEY OUTCOMES

Achieving the triple-win:  
improving health, equity  
and the environment



All INHERIT outcomes and publications  
are available on our website:  
[www.inherit.eu](http://www.inherit.eu)



The INHERIT project ([www.inherit.eu](http://www.inherit.eu)), coordinated by EuroHealthNet, has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 667364.

# INTRODUCTION

**INHERIT** is a four-year (2016-2019) Horizon 2020 research initiative funded by the European Commission, bringing together 18 partners from across Europe. It aims to stimulate effective policies, practices and innovations that simultaneously restore the **environment**, whilst promoting **health** and health **equity** – in other words, that enable a ‘triple-win’.

INHERIT focuses on the areas of **living** (green space and energy efficient housing), **moving** (active transport) and **consuming** (food consumption and production), encouraging us to modify our current lifestyles, characterised by a ‘take, make, consume, dispose’ model of growth. INHERIT has formulated scenarios for a more sustainable future and has designed, implemented and tested intersectoral initiatives to achieve the triple-win.

This booklet brings together the results of the four-year initiative, which are relevant to professionals across different sectors (health, environment, food, education, energy, transport, etc.), to policymakers at EU, national, regional and local level, and to individuals across generations who can be inspired to take action.



# INHERIT

Health | Equity | Environment



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# FOUNDATIONS OF INHERIT

## 1. Baseline Review [↗](#)



### EXPLORING TRIPLE-WIN SOLUTIONS FOR LIVING, MOVING AND CONSUMING THAT ENCOURAGE BEHAVIOURAL CHANGE, PROTECT THE ENVIRONMENT, PROMOTE HEALTH AND HEALTH EQUITY

This report describes the current status and trends of today's health and sustainability challenges, and explores the opportunities for change across Europe which can facilitate progress towards triple-win scenarios, improving the environment, health and equity. It investigates the links between behaviour, environmental sustainability, health and health equity in the areas of living (green space, housing), moving (active transport) and consuming (food) using both scientific and grey literature. It also provides information on the INHERIT Model, which underpins the initiative as a whole.

An executive summary of the report is also available, which includes at-a-glance tables summarising the key results and highlighting the triple-win potential of investing in: **more quality green space in urban areas, healthy energy efficient housing, sustainable production and consumption of food, and active transport.**



MOVING



LIVING



CONSUMING

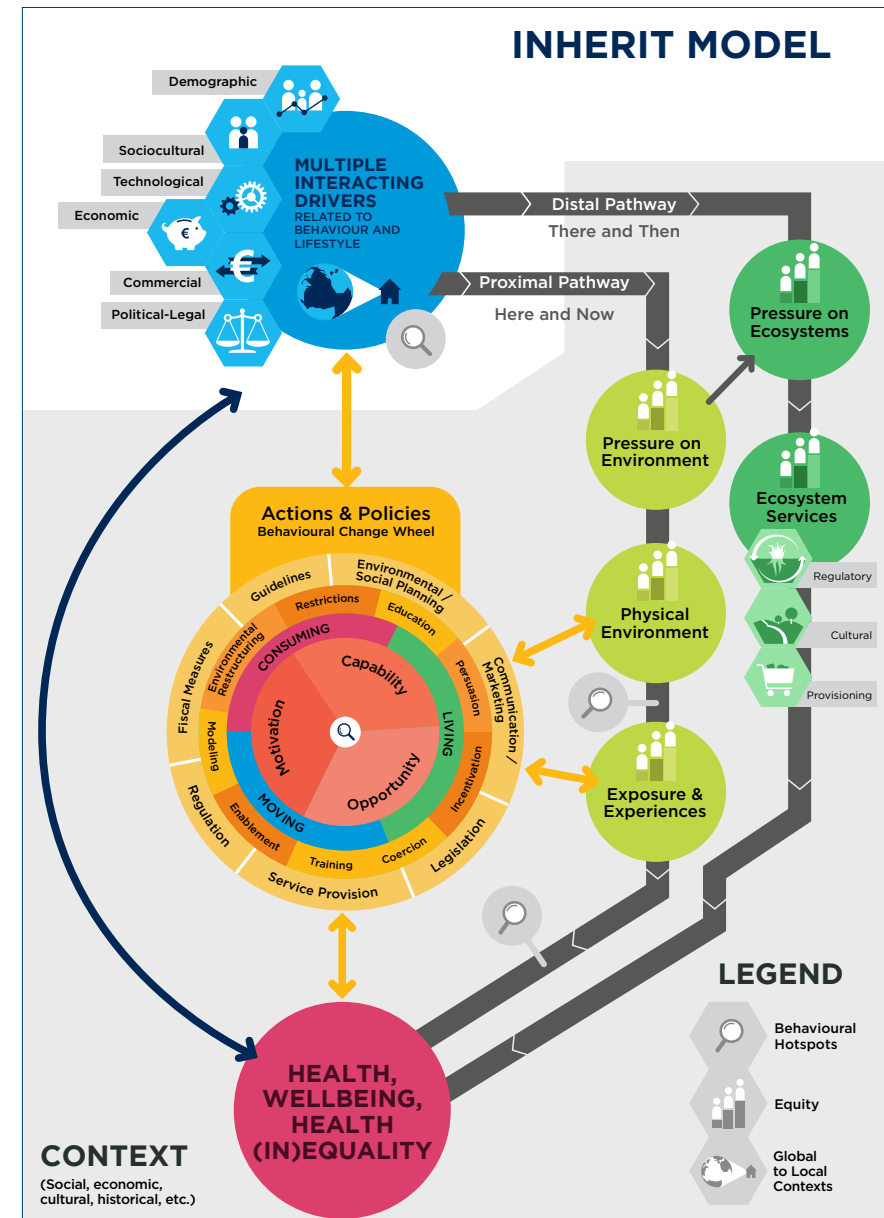
## 2. INHERIT Model

The INHERIT model provides the building blocks for all research strands throughout the INHERIT project. It is a tool to help systemic thinking for integrated governance. It helps understand how multiple drivers impact on the environment, both **“here-and-now”** in the places in which we live, and **“there-and-then”**, in the broader ecosystem and on future generations. The model highlights that this environmental impact ultimately affects our **health and well-being**, and **levels of inequality**. The **Behaviour Change Wheel** – at the heart of the model – emphasises the role of human behaviour in relation to these concepts.

The model serves to foster dialogue across sectors on how interventions can meet multiple societal goals, in line with the UN Sustainable Development Goals (SDGs). It can guide intersectoral action by helping to screen for unintended consequences on health and health inequalities and fostering opportunities to improve environmental sustainability, health and health equity.

More information on the model can be found in:

- A [short video](#) providing a broken-down explanation as well as concrete examples (available online on the INHERIT Model webpage).
- A report dedicated to the model ([“Common analytical framework: tools to think with”](#), available online).
- The Baseline Review ([see p.9](#))
- Van der Vliet N., et al. (2018) [The INHERIT model: A tool to jointly improve health, environmental sustainability and health equity through behaviour and lifestyle change](#). Int. J. Environ. Res. Public Health.



# FUTURE SCENARIOS

## 1. Four Future Scenarios

Where do we want to be in 20 years' time, and what do we have to do to get there?

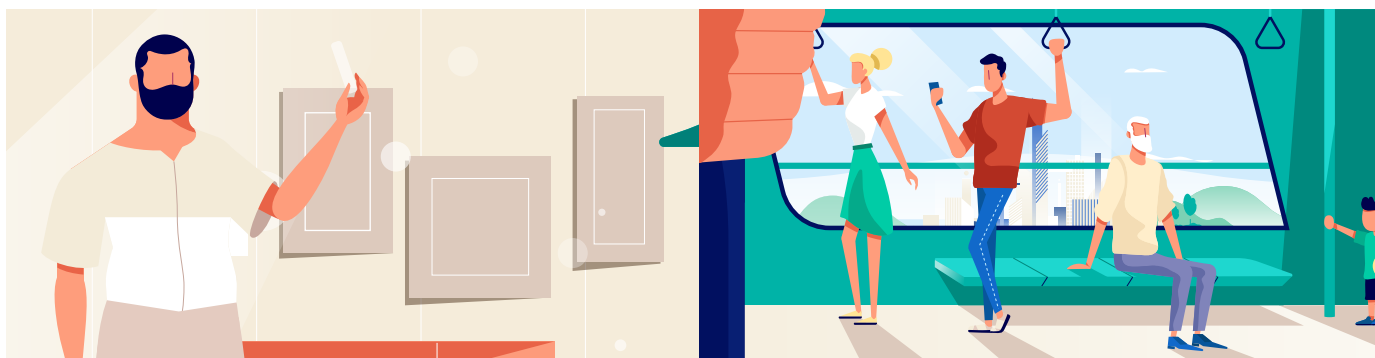
Visualising a more positive future and identifying what actions are needed to get there can be an effective tool for positive change. Based on research about demographics, health, social inequalities and the environment, INHERIT developed four positive scenarios of what Europe could look like in 2040.

Each of our four scenarios describes a positive future in which the 'triple-win' of improving the environment, health, and health equity has been reached differently. The scenarios differ in the way societies are organised (individualistically versus collectively) and in the sector playing a key role (public versus private). The scenarios are created to inspire EU and national policy-makers as well as stakeholders more generally to shape a more sustainable, healthier and more equitable future.

These scenarios come to life through a series of [four short films](#), as well as one [introductory film](#). More information on how INHERIT developed the four scenarios is available in a report on "[Reaching the triple-win](#)".

### 'MY LIFE BETWEEN REALITIES'

*Everything is digital, connected and personalised*



**'ONE FOR ALL, ALL FOR ONE'**  
*Focus on localism*



**'LESS IS MORE TO ME'**  
*Strong centralised system and less material ownership*

**'OUR CIRCULAR COMMUNITY'**  
*Closed-loop economy emphasising services over product ownership*





## 2. Citizen Insights and Five-Country Survey



### CITIZEN INSIGHTS FOR A HEALTHIER, MORE EQUITABLE AND SUSTAINABLE EUROPE IN 2040 [🔗](#)

This report is based on focus groups that took place in five different European countries: the Czech Republic, Germany, Macedonia, Spain and the United Kingdom. Three focus groups with six to eight participants each were conducted in each country. The report gathers the views of citizens across socio-economic groups on the future scenarios and the elements within them that they

found appealing and less appealing. The citizens also provided input on the INHERIT areas of living, moving and consuming.



### BARRIERS AND POTENTIAL FOR ADOPTING HEALTHIER, MORE EQUITABLE AND ENVIRONMENTALLY-FRIENDLY SOLUTIONS IDENTIFIED IN A FIVE-COUNTRY SURVEY [🔗](#)

This Five-Country Survey report examines the attitudes, preferences and behaviours of inhabitants from five European countries related to food consumption, physical activity and energy efficient housing, and including on the future scenarios. It is based on nationally-representative questionnaire surveys conducted in the Czech Republic, Latvia,

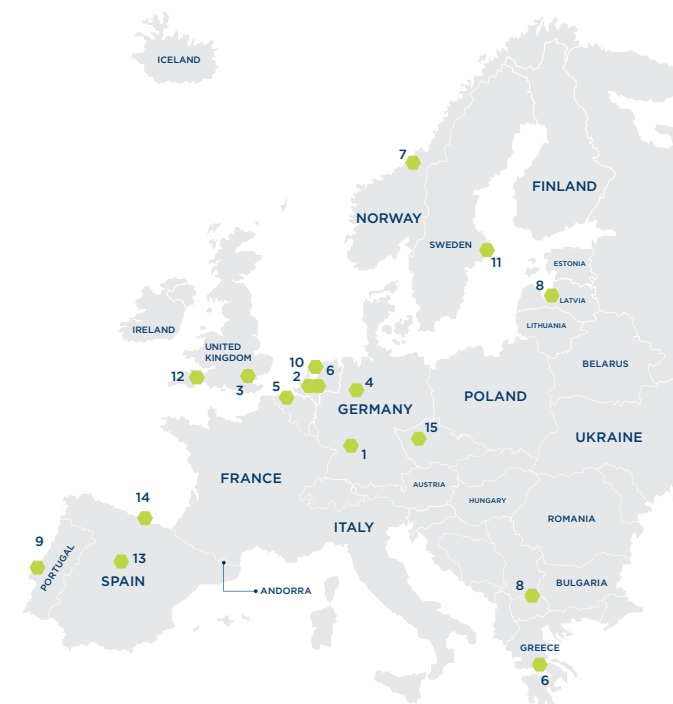
Portugal, Spain, and the United Kingdom in 2018, with a total of 10,288 respondents. The survey examines the effects that incentive structures and the provision of information have on the willingness of individuals to adopt healthier and more sustainable lifestyles.

## RESEARCH: CASE STUDIES

### 1. Overview: INHERIT case studies and promising practices [🔗](#)

The 15 INHERIT ‘triple-win’ case studies are real examples of initiatives bringing sustainable results to cities and communities around Europe, across the different areas of living, moving and consuming. They showcase inclusive approaches to improving health, increasing health equity and integrating the environment into planning and decision-making processes. More information on the case studies can be found under “[Site visits](#)” on the INHERIT website.

1. Eco Inclusion
2. Food Garden
3. Gardening with Green Gyms and Meat Free Monday
4. GemüseAckerdemie
5. Gent en Garde: STOEMP
6. Lifestyle e-coaching
7. Malvik Path
8. Place Standard
9. PROVE
10. Restructuring Green Space
11. Restructuring Residential Outdoor Areas
12. Retrospective Analysis on Energy Efficient Investments
13. Sustainable Food in Public Schools
14. Thinking Fadura
15. UrbanCyclers





## IMPLEMENTING TRIPLE-WIN CASE STUDIES FOR LIVING, MOVING AND CONSUMING THAT ENCOURAGE BEHAVIOURAL CHANGE, PROTECT THE ENVIRONMENT, AND PROMOTE HEALTH AND HEALTH EQUITY

This report provides systematic descriptions of the implementation of the selected 15 INHERIT case studies. It offers insight into context-specific issues that are crucial when implementing initiatives, and can help inform efforts to implement more of such initiatives, leading to more opportunities to encourage and enable people to live and behave in ways that sustain health, the environment and that promote health equity.

### DATABASE OF GOOD PRACTICES

More promising practices can be found in the INHERIT database, which includes over 100 promising practices in the areas of living, moving and consuming from across Europe.



## 2. Impact and process: Qualitative, quantitative and cost-benefit

INHERIT has carried out qualitative, quantitative and cost-benefit analyses of the INHERIT case studies. All three reports are available [online](#) as of March 2020.



### SUCCESS FACTORS, BARRIERS AND FUTURE OF INTERSECTORAL COOPERATION: A QUALITATIVE EVALUATION OF TWELVE INHERIT CASE STUDIES

This report studies intersectoral cooperation processes in 12 different case studies across 11 European countries. It fosters a more complete, detailed understanding of these processes by providing insights into the underlying factors (including behaviour), processes and experiences driving intersectoral cooperation. An [executive summary](#) is already available online.



### QUANTITATIVE AND QUALITATIVE EVALUATIONS OF IMPACTS AND BENEFITS OF NINE INHERIT CASE STUDIES

This report contains findings on the impacts and benefits of nine INHERIT case studies. Each stand-alone chapter focuses on one specific case study, providing details on the research questions, methodology, and results, as well as a discussion of outcomes and limitations, and learning points for future research and scale-up and transferability.



### COST-BENEFIT ANALYSIS OF FOUR INHERIT CASE STUDIES

This report presents a comprehensive economic analysis of four case studies across the areas of living (green spaces, energy efficiency) and consuming (sustainable food in schools). The cost-benefit analyses evaluate associated costs and benefits considering the perspectives of key stakeholders and taking into account environmental and social externalities.

### 3. Synthesis: Elements of good practice

#### CREATING TRIPLE-WINS FOR HEALTH, EQUITY AND ENVIRONMENTAL SUSTAINABILITY: ELEMENTS OF GOOD PRACTICE BASED ON LEARNING FROM THE INHERIT CASE STUDIES [🔗](#)

This report draws out dimensions of good practice for building the INHERIT triple-win, based on learnings from the 15 INHERIT case studies. It summarises key information for consideration by governmental and non-governmental policy-makers and practitioners planning to work across sectors to improve the environment, health and equity through behaviour change at every level. It aims to inspire others to develop and adapt initiatives to help create a movement for the triple-win. The diagram below provides a non-exhaustive summary of these key elements, which are relevant to the potential scaling-up, transferability, and development and implementation of new promising initiatives.



Source: Bell, R. et al. (2019) *Ten lessons for good practice for the INHERIT triple win: Health, Equity, and Environmental Sustainability*. *Int. J. Environ. Res. Public Health* 2019, 16(22), 4546

## POLICY OUTCOMES

### 1. Policy Toolkit [🔗](#)

The INHERIT Policy Toolkit is an online interactive tool building on INHERIT findings to assist policy-makers in their work. It is intended for policy-makers at all levels of government, and those who advise and support them, to encourage a 'triple-win' mindset in the design and implementation of policies and interventions, fostering an improved environment, better health and greater equity.

It contains ten recommendations providing detailed policy guidance for different levels of governance, as well as concrete examples drawn from INHERIT's work:

- 🔗 Four cover the key areas INHERIT has investigated linked to living, moving and consuming: green space, energy efficiency, active transport, and sustainable consumption and production of food.
- 🔗 Six focus on cross-cutting themes that are important to multiplying and scaling 'triple-win' actions: integrated action, inclusive community engagement, private sector guidance, support for bottom-up action, enabling behaviour change, education and training.



## 2. Policy Briefs

Three INHERIT policy briefs provide guidance on critical areas at the heart of sustainable change. They can be used in parallel with the Policy Toolkit.

The briefs respectively address:

- ENABLING POSITIVE BEHAVIOUR CHANGE
- PUTTING HEALTH EQUITY AT THE HEART OF SUSTAINABLE TRANSITIONS
- SHIFTING TO MORE INTEGRATED GOVERNANCE



Each brief draws on learnings from the INHERIT project, including top-line recommendations as well as concrete guidance on how to put these recommendations into practice. The briefs also include grassroots examples from around Europe, highlighting lessons learnt and possibilities for scaling-up.

## 3. Policy Roundtables

INHERIT's policy outcomes draw on discussions that took place at EU and national level in the second half of 2019, bringing together a wide range of stakeholders across sectors. Event reports capture the key points of these debates.

### EU GREEN WEEK POLICY ROUNDTABLE

**Topic:** How can latest research findings contribute to addressing interconnected societal challenges, and what can EU policy-makers do to adopt a more integrated approach, now and in the future?

**Participants:** EU policy-makers from across different sectors (finance, energy, environment, mobility, health, social affairs).

### EU SUSTAINABLE BUSINESS ROUNDTABLE

**Topic:** How can the private sector help to address interlinked environmental, health and social challenges and move to greener, more circular and inclusive economies in line with the 2030 Agenda?

**Participants:** Representatives of leading multi-national businesses across sectors (consumer goods, energy, finance, transport and retail) and senior European Commission officials from different departments (finance, environment, health, employment, research and industry).

### NATIONAL ROUNDTABLE: NORTH MACEDONIA

**Topic:** How healthy are our cities? How can we improve the environment and health status of urban policies, engaging meaningfully with communities to do so?

**Participants:** Policy-makers at central and local level, urban planners and architects, health professionals, university representatives, non-governmental and international organisations, representatives of disabled groups of citizens.

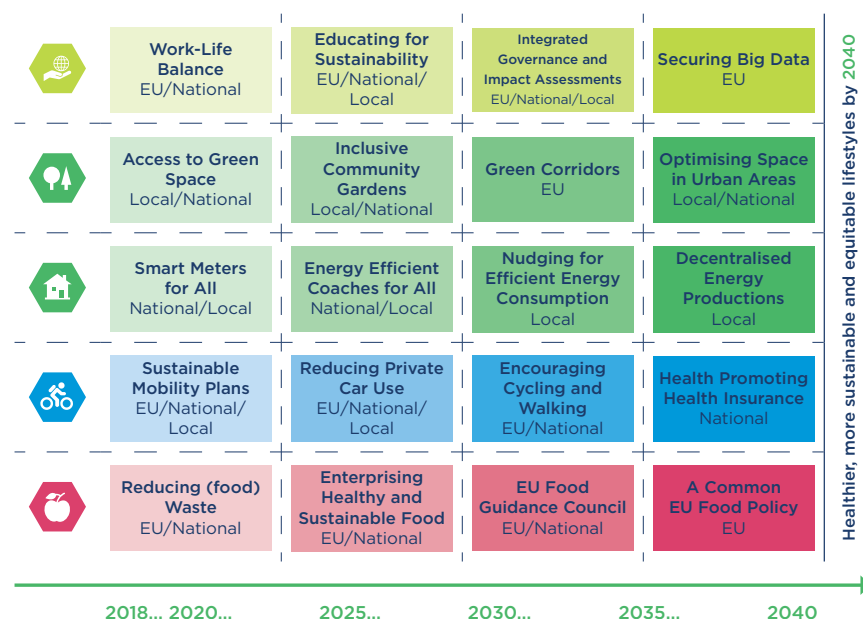
### NATIONAL ROUNDTABLE: UK

**Topic:** How can we enable activities and engage with disadvantaged communities to maximise the positive impacts of urban open spaces on environmental sustainability, health and equity?

**Participants:** Researchers, policy-makers, civil society.

## 4. Policy Roadmap

The Policy Roadmap resulted from INHERIT's work on envisioning positive future scenarios for 2040 and identifying key policies to achieve these (see pp. 12-13). It provides a selection of practical suggestions to contribute to the development of policy actions that have the potential to encourage people to change their lifestyles and behaviours. It is not intended to be a prescriptive 'how to' guide but has been developed as a supportive tool to highlight some key areas and actions that should be promoted by policy-makers, organisations and citizens alike in Europe to foster a more sustainable future.

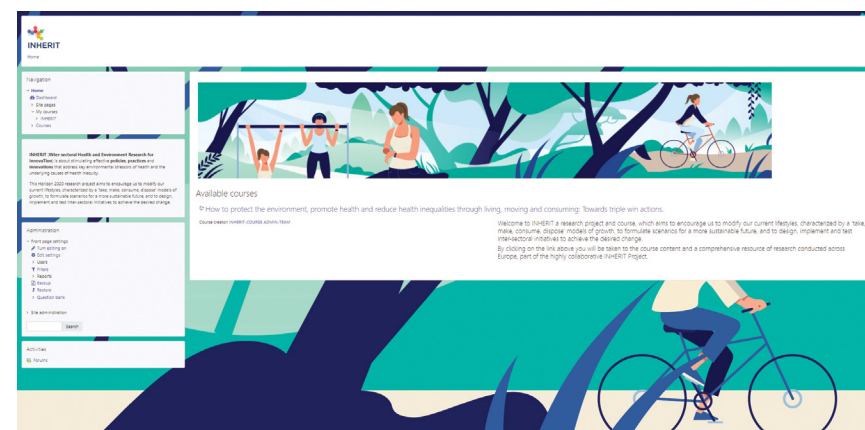


## LEARNING MORE

### 1. Online Learning Module

**How to protect the environment, promote health and reduce health inequalities through living, moving and consuming: towards triple-win actions**

This online learning module, freely available on **Moodle**, aims to further the INHERIT aim of fostering an improved environment, better health and greater equity. It is created for public health professionals, the public sector, civil society, the private sector, students and engaged citizens. It brings together the lessons learned from INHERIT through a mixture of videos, blogs, quizzes and activities.





## 2. INHERIT Special Issue

INHERIT partners are guest editing a Special Issue of the International Journal of Environmental Research and Public Health (IJERPH), entitled: [A More Sustainable and Healthier Future for All: What Works?](#)

The issue features peer-reviewed articles written by INHERIT partners, showcasing outcomes from different strands of INHERIT's work to advance knowledge in relation to: 1) the role of lifestyles and behaviours; 2) strengthening governance and intersectoral collaboration; and 3) ensuring that initiatives reach disadvantaged socioeconomic groups. External contributions on INHERIT themes, such as behaviour change, are also featured.

Articles written by INHERIT partners focus for instance on the case studies, the elements of good practice, and the INHERIT Model.

INHERIT partners have also published articles across other journals throughout the course of the project as well as in its aftermath.



## 3. INHERIT High-Level Events

Over the course of the four-year project, INHERIT has organised two high-level events, the first in Vienna, and a final closing event in Brussels.

### INHERIT YOUR FUTURE FORUM - VIENNA, 21 NOVEMBER 2018

The Vienna Forum aimed to connect and showcase inspiring initiatives from across the EU in three key areas for health promotion and equity: living (indoor/outdoor quality environments), moving (healthy lifestyles) and consuming (healthy diets). It focused on the issue of how to scale-up and mainstream practices from the local level to regional and national levels. It was organised as a pre-event to the Austrian EU Presidency conference: *People's Food - People's Health: Towards Healthy and Sustainable European Food Systems*.

An event report provides more information on the conference.

### A FUTURE FOR ALL TO INHERIT: TAKING ACTION NOW - BRUSSELS, 10 DECEMBER 2019

The final INHERIT conference was held in Brussels, bringing together top decision-makers and stakeholders at EU, national and local level. It focused on the outcomes of the initiative, but framed them within broader debates, such as the UN SDGs and the Economy of Wellbeing. It emphasised the need to take action, and on what we can all do, as individuals and as professionals, to ensure a future for all to inherit.

An event report will provide more information on the outcomes of the conference.

For more information on INHERIT,  
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