What kind of world do we want in 2040?
How to get there? What works?

Less material ownership and tendency towards sufficiency

How do we get there?

What works?

Everything is digital, connected and personalized

Everybody plays an important role in the local context

Co-creation, citizen sciences and the circular economy

Individualistic

Collective

Private

Public

www.inherit.eu
The INHERIT project (2016-2019), coordinated by EuroHealthNet, has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 667364

- 4-year (2016-2019) Horizon 2020 initiative
- Consortium of 18 partners around Europe, coordinated by EuroHealthNet
Our unsustainable lives are unhealthy

Bad air quality kills 400,000 Europeans per year

Meat consumption impacts environment and health

Antibiotics and pesticides reduce water quality

Obesity trends
... and is leading to health inequalities

Increased exposure to:
- air pollution
- more fast food outlets
- worse housing conditions
- less green areas

People in lower socio-economic groups experience cumulative inequalities

less coping resources/ locked in / less choice
To define effective policies, interventions and innovations that can lead people to live and behave in ways that simultaneously improve:
- environment
- health
- conditions for more socially-vulnerable people

AIMING FOR A ‘TRIPLE-WIN’
What matters daily across sectors

LIVING
Green space & Energy efficient housing

MOVING
Active travel & Active lives

CONSUMING
Food production, consumption & waste
INHERIT Journey...

Baseline review & analysis
Common analytical framework
100 promising practices
Future scenarios, household survey
15 pilot studies
Impact assessment
Policy kit
Baseline review & analysis

INHERIT

Exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity

WWW.INHERIT.EU
The INHERIT Model: A Tool to Jointly Improve Health, Environmental Sustainability and Health Equity through Behavior and Lifestyle Change


International Journal of Environmental Research and Public Health

ARTICLE Information

Article ID: 1640-8265
Publisher: MDPI AG
Published: 09 July 2020
DOI: 10.3390/ijerph17093914
Issue: 18
Volume: 17
Pages: 3914-3931

Abstract

The INHERIT Model is a conceptual framework that aims to improve health, environmental sustainability, and health equity through behavior and lifestyle change. It integrates multiple interacting drivers related to health, environment, and lifestyle, and provides a foundation for developing actions and policies to address these challenges. The model is based on a systematic review of the literature and involves interdisciplinary collaboration among experts in public health, environmental science, and social sciences.

Keywords: INHERIT; health; environmental sustainability; health equity; behavior; lifestyle; conceptual framework.
100 promising practices

Green belt and green area program in Vitoria-Gasteiz

GOSASUN – promoting healthy lifestyles initiative

GOSASUN concrete initiative “Thinking Fadura”
15 INHERIT Studies

Impact assessments

Living
Restructuring Green Space
The Malvik Path – creating quality green space
Thinking Fadura – making green space accessible
Place Standard tool – getting citizens’ views
Energy efficiency – training peer-trainers
Cost-benefit analysis of energy efficiency measures

Moving
Lifestyle e-coaching
Urban cyclists App

Consuming
The Vegetable Academy
Ghent a Garde – Shortening the food chain citywide
PROVE – connecting small producers and consumers
The Food Garden Rotterdam – food & social inclusion
Sustainable food in public schools
Restructuring Residential Outdoor Areas
Green Gyms + Meatless Mondays
INHERIT Policy Roadmap

Four future scenarios

Four future scenarios - videos

AN INHERIT POLICY ROADMAP
Effective interventions towards healthier, more equitable and environmentally sustainable European societies

www.inherit.eu
Focus groups with citizens in 5 European countries (ES, UK, CZ, DE, MK)

Focus areas
- Green space
- Energy efficient housing
- Active mobility
- Consuming

Citizens insights & Household Surveys

Focus areas
- Health
- Health Equity
- Environment
INHERIT in 2019 – join us!

- Common analytical framework
- Selection 100 intersectoral practices
- 15 INHERIT studies
- Models of governance
- ADVOCACY briefs for health professionals
- LEADERSHIP across sectors
- Baseline review & analysis
- Challenges, risks, trends, four future scenarios
- INHERIT Policy roadmap
- Citizens insights Household Surveys
- Policy dialogues
- INVESTMENT CASE for triple-win
- POLICY KIT