

What kind of world do we want in 2040?

How to get there? What works?



Collective

Private



Individualistic



Public





INHERIT

Health | Equity | Environment

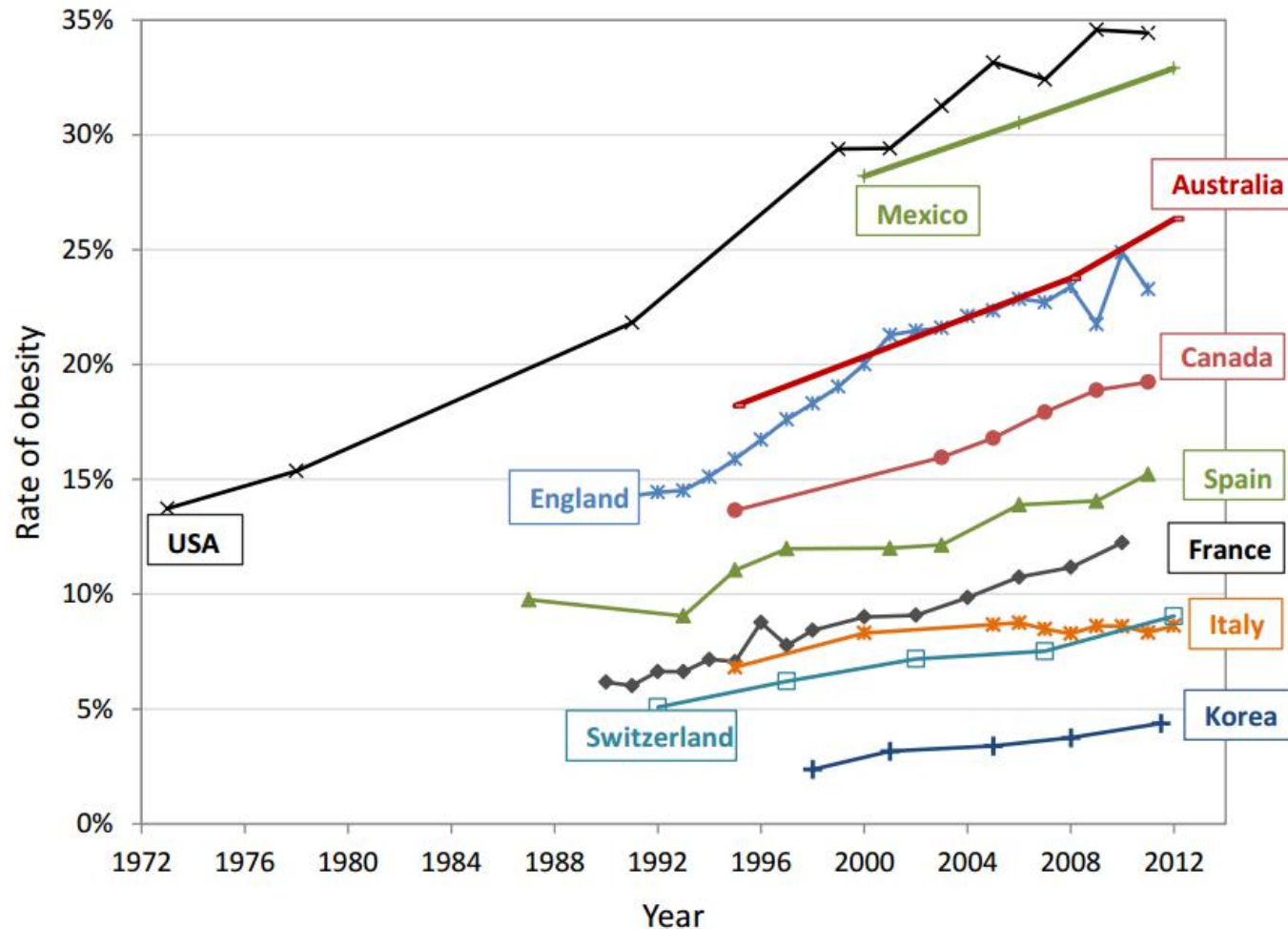
- 4-year (2016-2019)
Horizon 2020 initiative
- Consortium of 18 partners
around Europe, coordinated
by EuroHealthNet



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

Our unsustainable lives are unhealthy

Obesity trends



Bad air quality
kills 400.000
Europeans per
year

Meat
consumption
impacts
environment
and health

Antibiotics and
pesticides
reduce **water**
quality

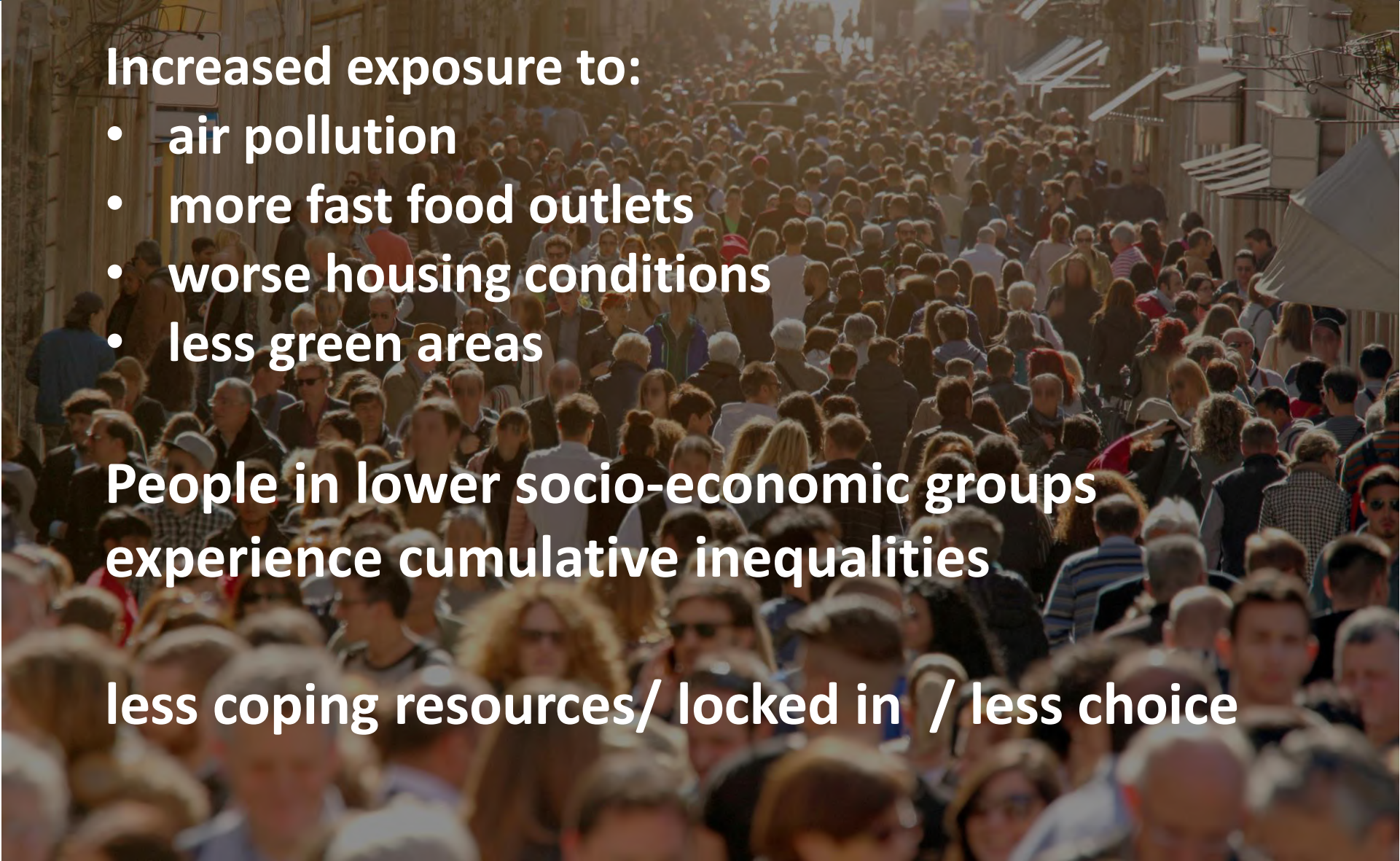
... and is leading to health inequalities

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



INHERIT Aim and Objectives

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**



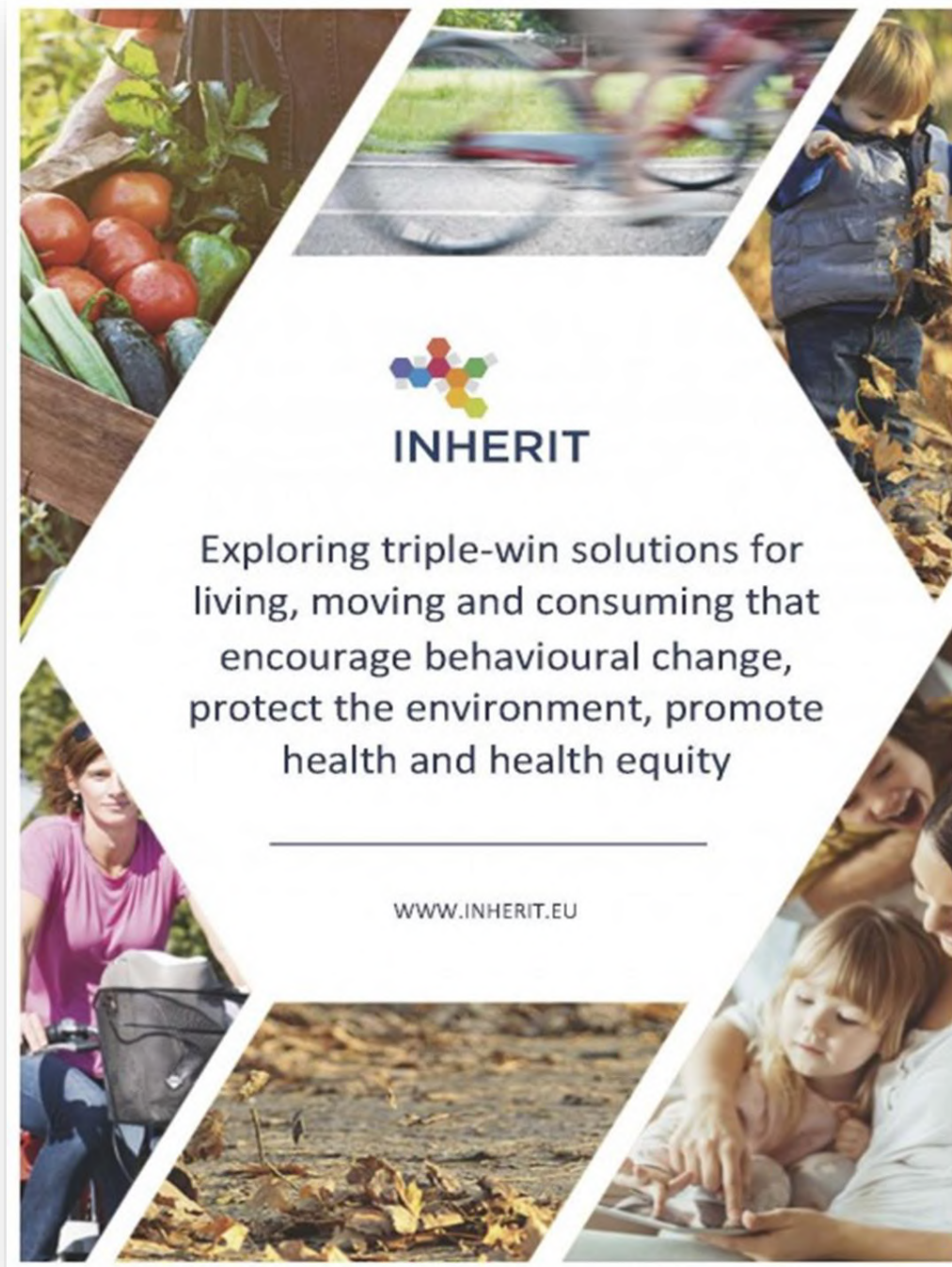
CONSUMING

**Food production,
consumption &
waste**

INHERIT Journey...



Baseline review & analysis



Common analytical framework



Article

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

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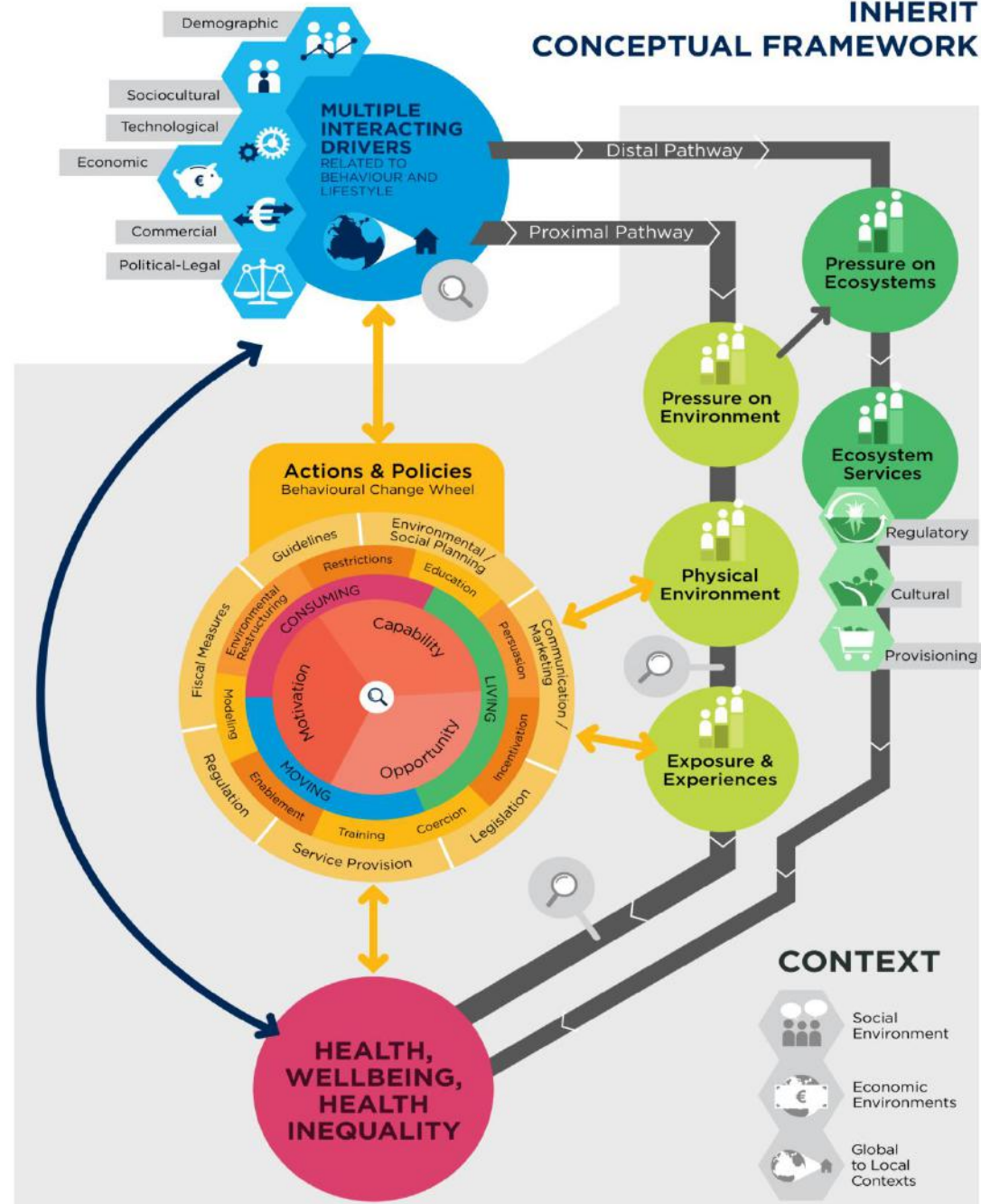
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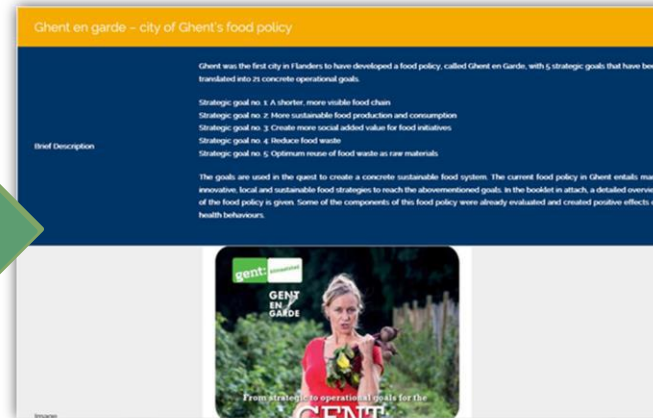
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INHERIT CONCEPTUAL FRAMEWORK



100 promising practices



← → ↻ https://www.inherit.eu/db-results/ ☆ M



INHERIT

ABOUT

PROJECT

PROMISING PRACTICES

FORUM 2018

MEDIA

RESOURCES

Database

'TRIPLE-WIN'



ABOUT THIS DATABASE

SEARCH

EUROPEAN COUNTRY/COUNTRIES

- ☐ Austria
- ☐ Belarus
- ☐ Belgium
- ☐ Bulgaria

Found 96 Results

[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 cyclers 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



12 → qualitative
7 → quantitative
4 → cost-benefit



Four future
scenarios

INHERIT Policy Roadmap

Four future scenarios - videos



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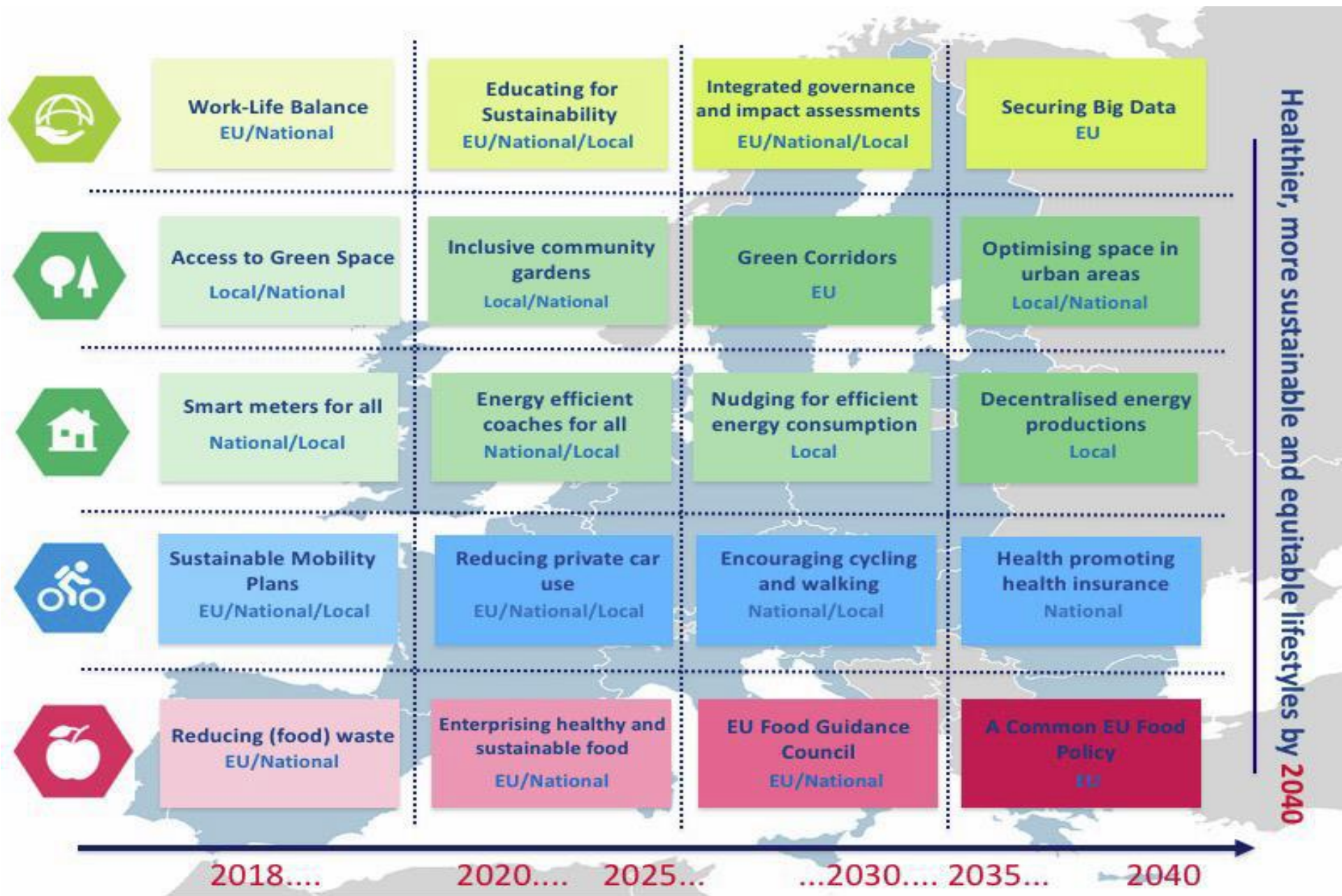
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AN INHERIT POLICY ROADMAP

Effective interventions towards healthier,
more equitable and environmentally
sustainable European societies

www.inherit.eu



Healthier, more sustainable and equitable lifestyles by 2040

Citizens
insights
& Household
Surveys

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



Health



Health Equity



Environment



Focus areas



Green space



Energy efficient
housing



Active mobility



Consuming

INHERIT in 2019 – join us!

