



INHERIT

Health | Equity | Environment

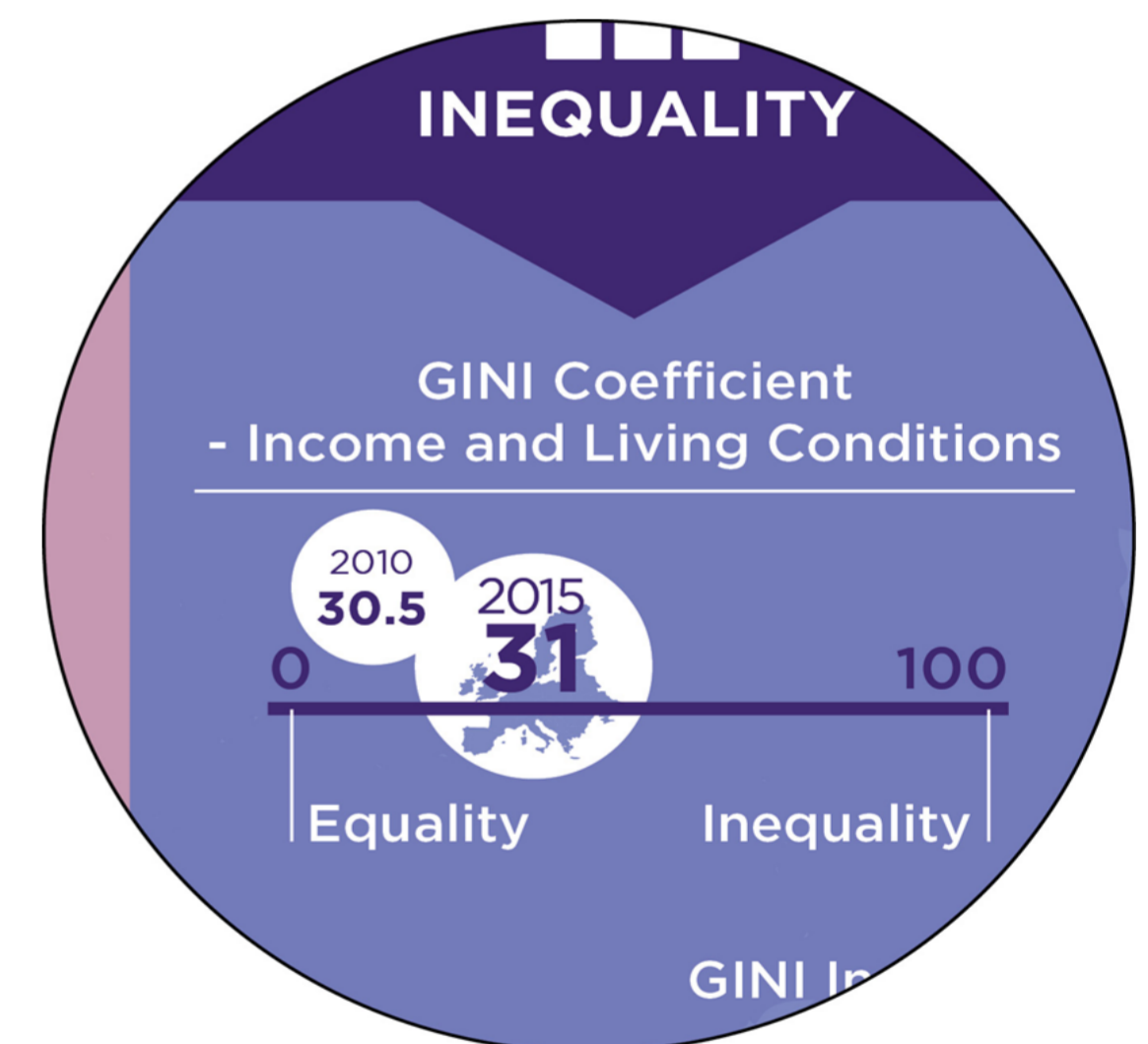
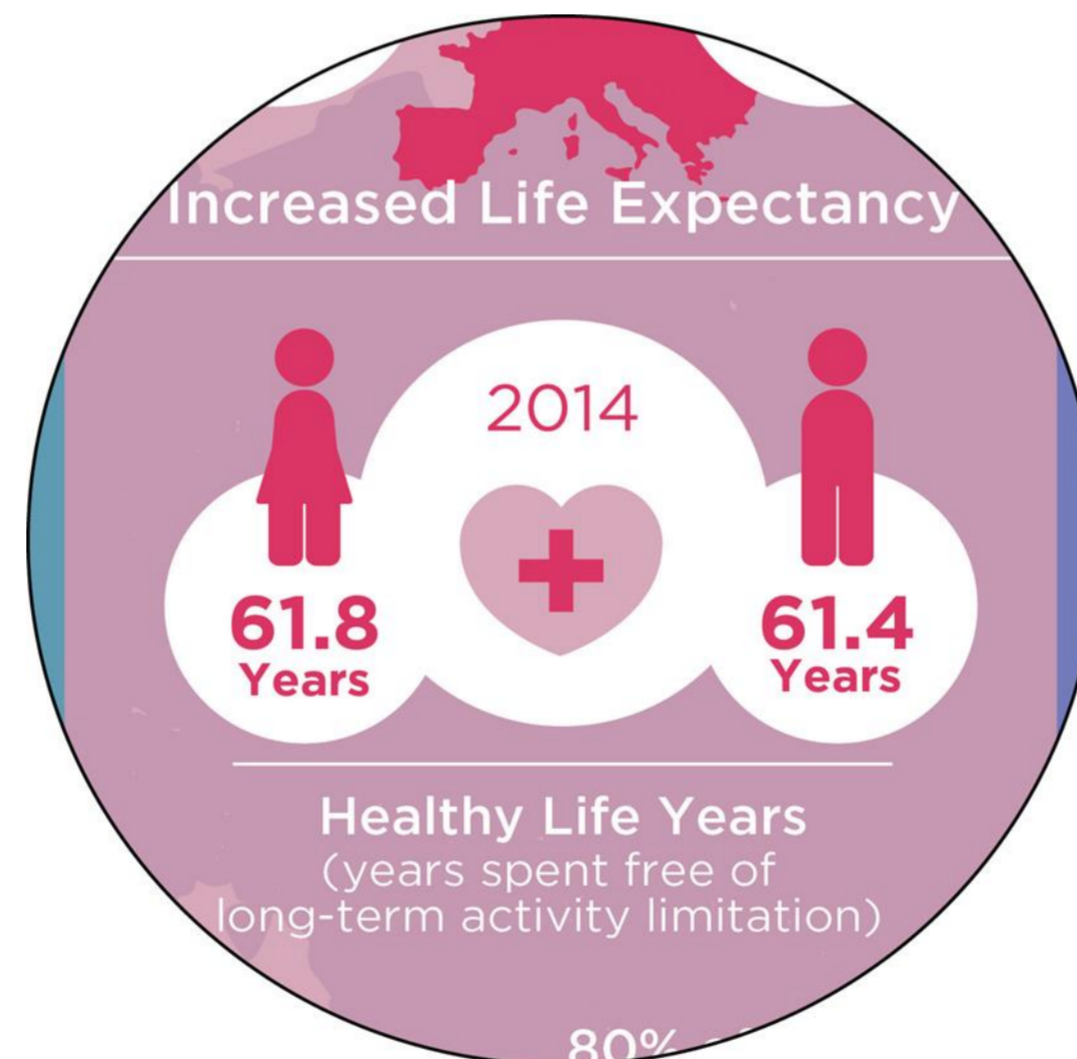
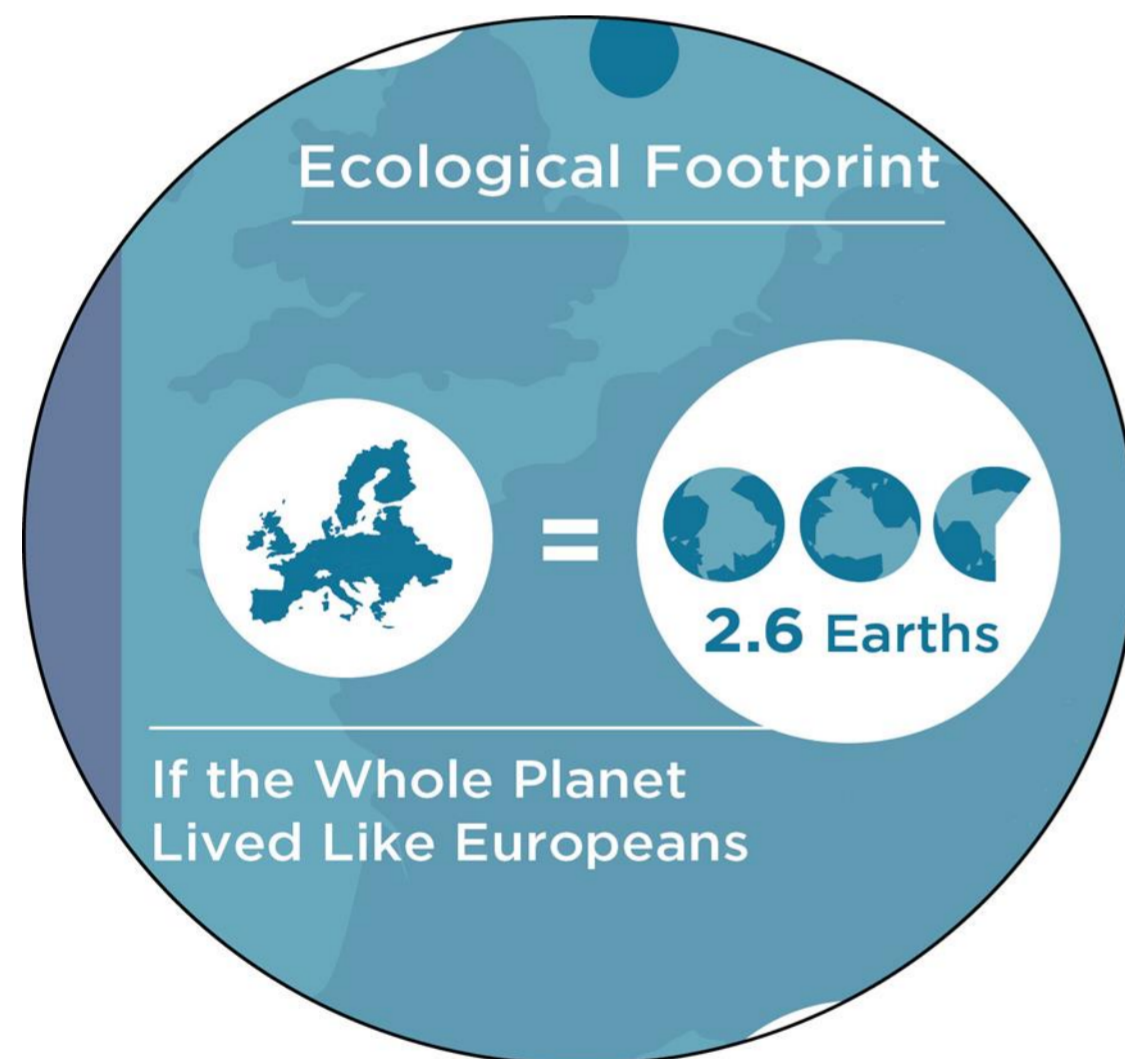
INHERIT Workshop:
Tell us: how can we achieve
healthier and more sustainable
lifestyles in Europe in 2040?

26 September, 2017



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

Societal Challenges



Economics

ILO warns of rise in social unrest and migration as inequality widens

UN agency records rising discontent in all regions and calls on policymakers to tackle unemployment and inequality urgently

This article is 8 months old

427

Katie Allen

Thursday 12 January 2017 21:00 GMT



Public servants protest against austerity in Rio de Janeiro state, Brazil Photograph: Yasuyoshi Chiba/AFP/Getty Images

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Life expectancy

Rise in life expectancy has stalled since 2010, research shows

Sir Michael Marmot, a former government adviser, highlights 'miserly' levels of spending on health and social care

This article is 2 months old


2,387

Denis Campbell Health policy editor

Tuesday 18 July 2017 00:01 BST



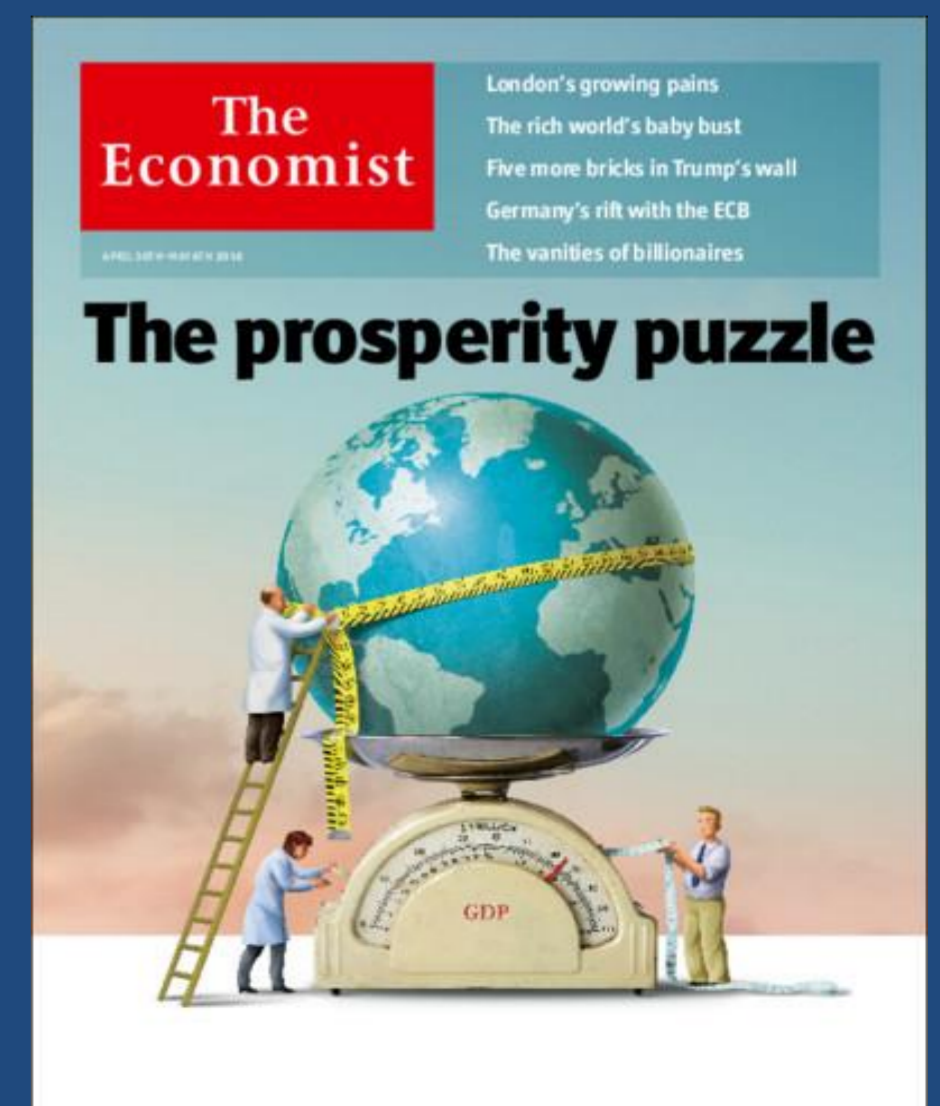
CNN Health • Diet • Fitness • Living Well • Parenting • Family • Vital Signs International Edition



Yes, climate change made Harvey and Irma worse

By Wayne Darrh, CNN

Updated 13:59 GMT (21:59 HKT) September 19, 2017



#InheritYourFuture





What can we do?

What will motivate and enable us to live and behave in ways that are better for us, the environment and society at large?

INHERIT Objectives

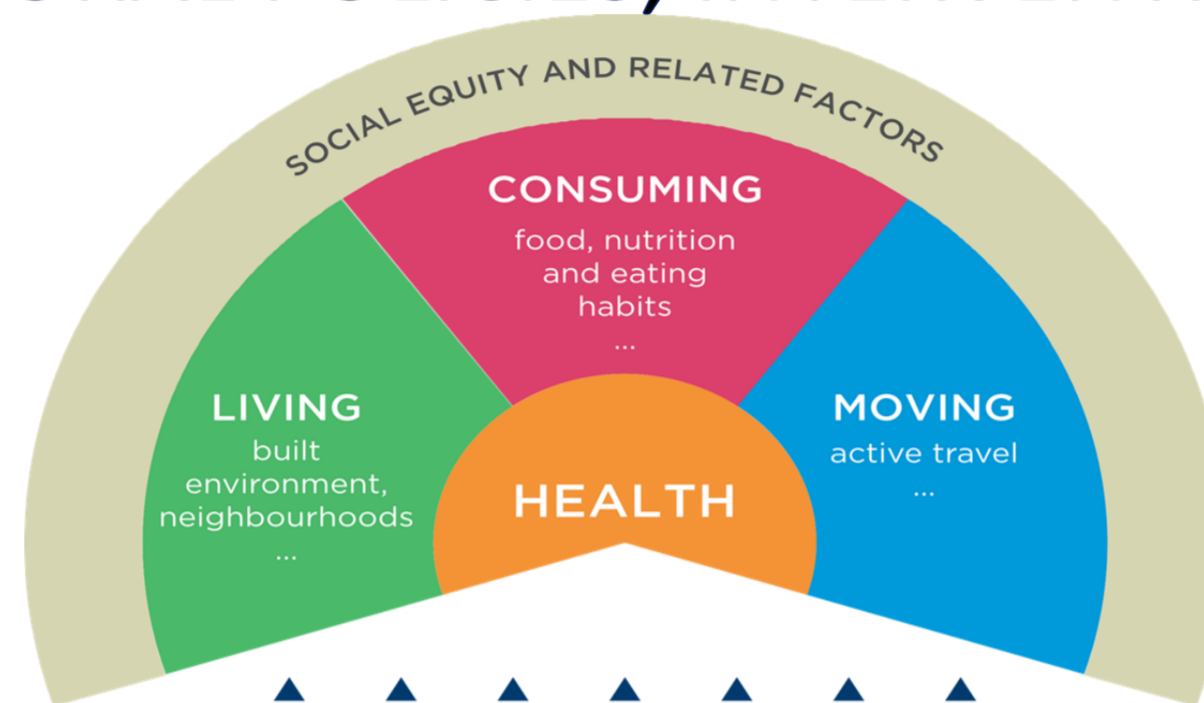
To define effective policies, interventions and innovations that promote environmental sustainability as well as the health and well-being of *all* European citizens, across the socio-economic gradient

Specific focus on:

-  Encouraging lifestyle and behavior change
-  Promoting more holistic approaches (interdisciplinary work and inter-sectoral collaboration)
-  Ensuring more equal access and exposure to conditions that enable good health
-  Contributing to the evidence of what is effective and could be transferred and scaled-up to have an impact

INHERIT Context

➔ INTERSECTORAL POLICIES, INTERVENTIONS & INNOVATIONS



➔ MODIFYING



Lifestyles



Behaviours



AIMING FOR A 'TRIPLE-WIN'

Environment



Health



Equity



#InheritYourFuture



LIVING

WHERE YOU LIVE
MATTERS

- *Green Space*
- *Energy efficient housing*



MOVING

HOW YOU MOVE
MATTERS

- *Active travel*



CONSUMING

WHAT YOU EAT
MATTERS

- *Food production, consumption and waste*

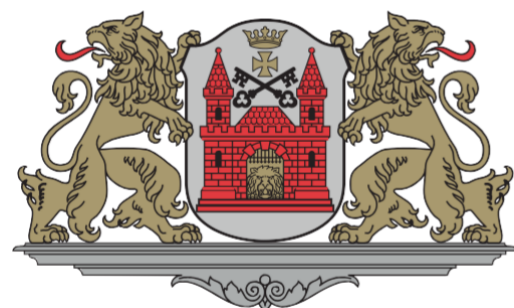
INHERIT Partners



REVOLVE



PHILIPS



INHERIT Process

**Baseline
review &
analysis**

Common
analytical
framework

50
promising
practices

Visioning
& future
scenarios

12 pilot
studies

Impact
assessment

Policy
kit



<http://www.inherit.eu/category/reports/>

INHERIT Process

Baseline
review &
analysis

**Common
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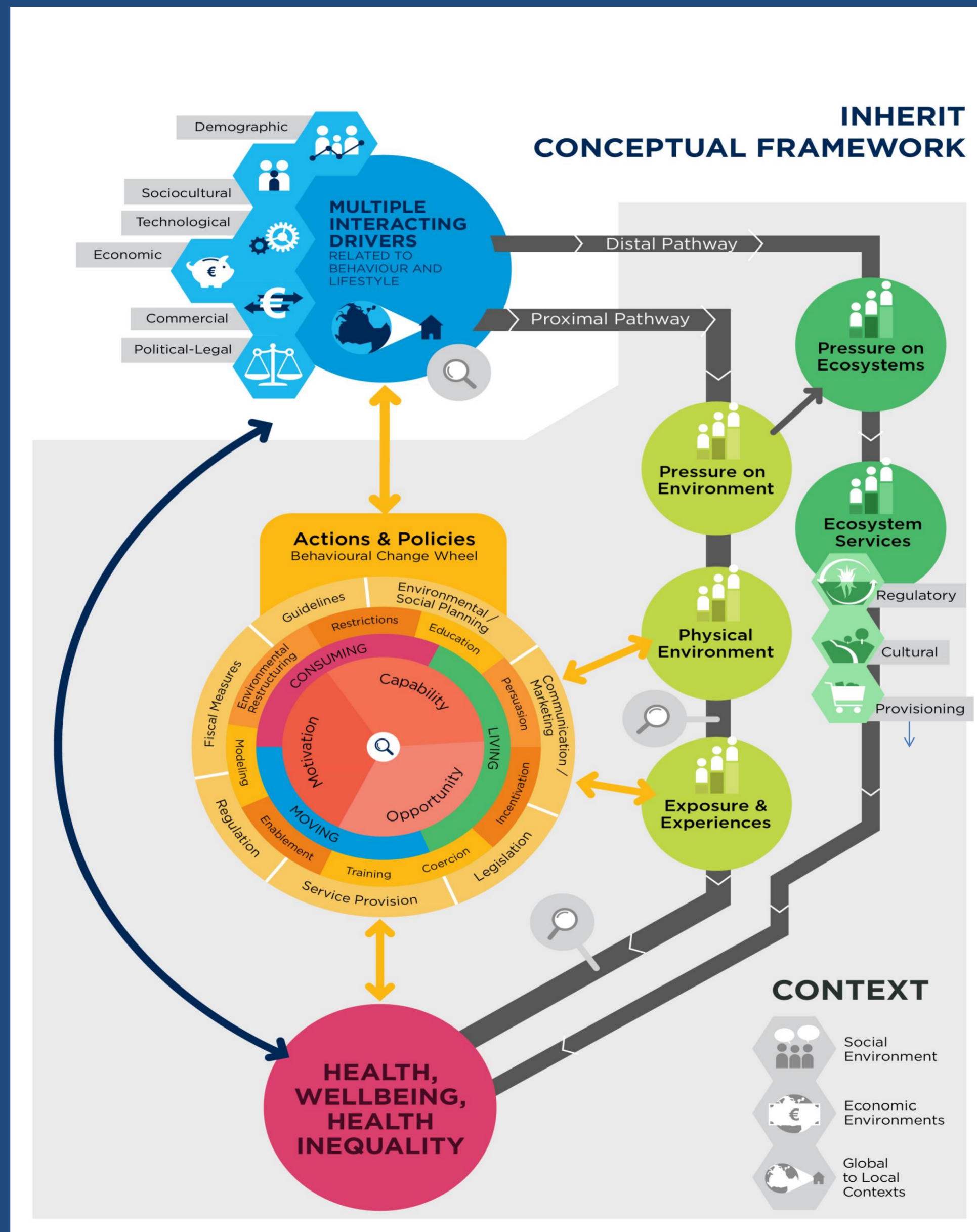
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The INHERIT Conceptual Model



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Promising Practice Database – 97 entries



Database

ABOUT

PROJECT

IDEAS

MEDIA

RESOURCES

ABOUT THIS DATABASE

SEARCH

Search ...

EUROPEAN COUNTRY/COUNTRIES

☐ Austria

☐ Belarus

☐ Belgium

☐ Bulgaria

☐ Croatia

FIELD

☐ Energy efficient housing

Other

☐ Living/Green space:

Urban food gardens

☐ Living/Green space:

TYPE

Found 97 Results

Green belt and green area program in Vitoria-Gasteiz

GOSASUN – promoting healthy lifestyles initiative

GOSASUN concrete initiative "Thinking Fadura"

Irún Sasoian – promoting physical activity

UrbanCyclers

Sapere Coop – educating consumers towards sustainable consumption

New Cycles

Walking School Bus in Nicosia

Ghent en garde – city of Ghent's food policy

Brief Description

Ghent was the first city in Flanders to have developed a food policy, called Ghent en Garde, with 5 strategic goals translated into 25 concrete operational goals.

Strategic goal no. 1: A shorter, more visible food chain

Strategic goal no. 2: More sustainable food production and consumption

Strategic goal no. 3: Create more social added value for food initiatives

Strategic goal no. 4: Reduce food waste

Strategic goal no. 5: Optimum reuse of food waste as raw materials.

The goals are used in the Ghent to create a concrete sustainable food system. The current food policy in Ghent is innovative, local and sustainable food strategies to reach the abovementioned goals. In the booklet in attach, a detailed description of the food policy is given. Some of the components of this food policy were already evaluated and created positive health behaviours.

Image

European Country(s)

Field

Type

Green Flag - EU-wide initiative to promote green schools and environmental awareness

Brief Description

Green Flag is a fundamental initiative which encourages young people to engage in their environment by allowing them the opportunity to actively protect it. It starts in the classroom where it expands to the school and eventually fosters change in the community at large. Through this programme, young people experience a sense of achievement at being able to have a say in the environmental management policies of their schools, ultimately steering them towards certification and the prestige which comes with being awarded a Green Flag.

Image

European Country(s)

Field

Type

Easy Bike – a bike sharing scheme

Brief Description

EasyBike is a bicycle sharing system. It was first implemented by the Greek company Ibranline in 2008. The aim of the practice was to promote sustainable mobility in cities, because the bicycle sharing system had not yet been well developed in Greece. This practice included the installation of bike stations in select parts of cities and the provision of bicycles. Citizens can use these bikes by paying a relatively small fee depending on the time they use the bike (the first 30 minutes are free of charge and the cost rises by 0.20 Euros for every thirty minutes afterwards, up to a maximum of 3 hours of use in a single session). There are suggested cycling routes on maps next to the bike stations, which incorporate sightseeing features and most convenient and safest roads to travel. The main goals of this practice are to promote more sustainable methods of active travel in cities, increase the physical activity and fitness levels of the local population and improve the microclimate of the urban environment by reducing car use and, by extension, the emission of pollutants.

Image

European Country(s)

Field

Type

PROVE – helping small agricultural producers

Brief Description

PROVE is a project that has responded to the difficulties of agricultural producers, especially those with small and very small productions. Building on producers' concerns and local entities' know-how about their territory and producers, the project has created a proximity trade, dispensing intermediaries. In addition, this practice involves building solutions through collaboration between local entities, producers and consumers, generating specific responses to each situation. This flexibility of work methodology, responding to very diverse situations in very different areas. This practice promoted more appropriate agricultural business, ensured the monitoring of agricultural production by technicians, diversified production, collaboration with other producers, provided computer tools for order management and accounting, and information technologies and communication, giving another business viability. In short, it enabled producers to generate a sense of ownership that was dreamed.

The work done by PROVE has resulted in a greater interest in this type of products, increasing the number of consumers and their geographical coverage. This has contributed to the flow of production, which results in higher incomes for producers and in healthier eating practices by consumers who eat local fresh products. Recognized as a good practice at the level of the European rural network, recently PROVE was the only one selected at national level to represent Portugal in Ireland at Cork 2010, the European Conference on Rural Development. To this aspect are added several prizes won over time.

Image

European Country/Countries

Questionmark - IT tools for consumers on the nutritional value and sustainability of products

Brief Description

Questionmark is a non-political organisation which has developed a research methodology to score products based on health, environment, human rights and animal welfare. They have developed a website and two free applications for consumers which can be used to easily find information on sustainability and healthiness of products. Initially, it can only be used with food in Dutch supermarkets. In the database, Dutch supermarket food products are collected and kept up to date. Through its methodology, all products are rated on health, traffic light and sustainability score 1-5. Users of their grocery list application Checkit can scan barcodes of products and make a healthy, sustainable grocery list. In addition, a ranking of products is published in terms of sustainability, stimulating competition between brand owners and allowing consumers to compare products. This allows consumers to become more aware of the choices they have when buying a product and also urges companies to become more transparent.

Image

Netherlands

Voedseltuin (The Food Garden)

Brief Description

De Voedseltuin (The Food Garden) is located at an industrial wasteland area in Rotterdam of about 7000 m² and produces biological fruit and vegetables for families that use the Rotterdam food bank and for homeless people. In addition, vulnerable populations are given the opportunity to volunteer in the garden to grow crops, empowering them for the job market and increase their social network. Once a month, using fresh vegetables from the Voedseltuin, they cook with and for visitors in homeless shelter. They also deliver vegetables to a restaurant for homeless people and inhabitants of low-income neighbourhood. Educational activities, such as workshops on permaculture, are organized, and local secondary schools can visit the garden in the context of an educational programme.

Image

European Country(s)

Field

Energiecoaches - free advice on energy savings

Brief Description

This project started in Amsterdam in October 2010 and it includes "energy coaches" that provide free advice in people's homes about energy savings. The goal is to visit as many households as possible to provide free advice in people's homes on how to save energy by interacting differently with lighting and heating. This advice and home visit is free, and the coaches are trained by the city of Amsterdam. In addition, a point of attention is safety: each coach brings contains radiation foil, a draught strip, letterbox and can offer tailored energy saving products from which they can choose more products against 50% of purchase price.

Image

European Country(s)

Field

UrbanCyclers

Brief Description

UrbanCyclers is an urban cycling app for Android and iOS. Its key features include cycling route planner (as of now for Prague, Bratislava and Berlin), turn-by-turn navigation that allows for combining biking with public transport, and route tracking that is linked to a system of rewards and community experience sharing. The routing engine is based on state-of-the-art artificial intelligence algorithms that allows for setting preferences for several criteria including safety, comfort and speed.

Image

European Country/Countries

Field

<http://www.inherit.eu/resources/about-database/>

4

INHERIT Process

Baseline
review &
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50
promising
practices

**Visioning
& future
scenarios**

12 pilot
studies

Impact
assessment

Policy
kit

Visioning/scenario-building/back-casting

- Four **positive scenarios for future societies** (2040) based on future trends and promising practices identified
 - **‘Back-casting’** to identify what must happen to make these scenarios happen & avoid risks
- + **Household survey** on attitudes towards changing lifestyles and behaviours

To: achieve a better understanding of concrete policies and actions that must be put in place to achieve more sustainable societies, that can be used to inform policy-related work.



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Impact
assessment

Policy
kit

12 pilot studies

Investigate, evaluate, modify and/or scale-up 12 of the promising practices

-12 qualitative assessments
-6 quantitative assessments
-3 cost-effectiveness studies



- Gemuse Ackerdemie
- Green Gyms
- PROVE
- Urban cyclers
- Ghent a Garde
- Compostara
- Sustainable food in public schools
- Lifestyle e-coaching
- Restructuring Green Space
- The Malvik Path
- Energy Fit Kitchens
- Gosasun/thinking fadura
- Voedseltuyn (FoodGarden)
- LaMA
- Dinner is ready in 1, 2, 3 Euros
- Meatless Mondays

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INHERIT expected impact



The evidence base



Identify intersectoral and innovative solutions



Influence policy and practice

INHERIT Challenge

*Encourage lifestyle and
behaviour change for a
more sustainable future!*



Thank you!



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www.inherit.eu

