



INHERIT

#InheritYourFuture Forum

21 November 2018, MuseumsQuartier, Vienna

Healthy and sustainable lifestyles for all?

Zoom in on good practices for sustainable lifestyles and health equity across Europe and **shape the future you want to inherit!**

After three years of investigating societal trends and inter-sectoral European practices, the **#InheritYourFuture Forum** will promote successful practices and introduce four achievable future scenarios for Europe in 2040.

We invite you to MuseumsQuartier in Vienna on 21 November 2018. Practice leaders will showcase inspiring examples that successfully benefit health, the environment and equity - achieving the INHERIT triple-win.

Join discussions on how to transfer and mainstream good practices in the areas of **green urban spaces, energy efficient housing, active travel, and food consumption**. This interactive event will include keynotes, pitches, breakout sessions and networking opportunities.

REGISTER

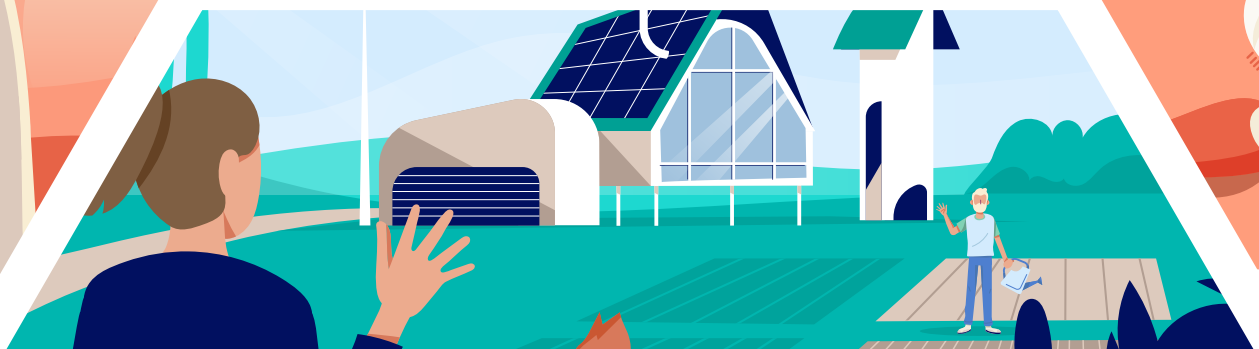
Pre-event to the Austrian EU Presidency Conference: "People's food - people's health: Towards healthy and sustainable European Food Systems" (22-23 November)

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Austrian
Presidency
of the
Council of the
European Union

Federal Ministry
Republic of Austria
Labour, Social Affairs, Health
and Consumer Protection

METROPOLE





#InheritYourFuture Forum Preliminary Programme

Adapting how we live, move and consume to protect the environment and promote health

Keynote speakers

Karl Falkenberg, Senior Advisor to the European Political Strategy Centre (EPSC) of the European Commission

Susan Michie, Professor of Health Psychology and Director of the Centre for Behaviour Change at University College London (UCL)

Harry Rutter, Professor of Global Public Health, University of Bath & Advisory Board member for the INHERIT project

Caroline Costongs, Director at EuroHealthNet, the leading European partnership for health promotion, health equity and wellbeing

George Morris, Honorary Professor at the University of Exeter European Centre for Environment & Human Health

Triple-win innovative practices

Craig Lister, Managing Director of the Green Gyms, practice lead for Green Gyms for Meatless Mondays (the United Kingdom)

Charlotte Linnebank, Founder & Executive Director of Questionmark Check it App (the Netherlands)

Doreen Burdack, practice lead for The Vegetable Academy (Germany)

Wim Verbesselt, Colruyt group, coordinator of Dinner is ready in 1,2,3 euros (the United Kingdom)

Sibila Marques, University Institute of Lisbon, INHERIT study lead for PROVE (Portugal)


Marjolijn Vos, Gezond Leven, INHERIT study lead for Ghent en Guard (Belgium)

Tim J. Taylor, EXETER University, INHERIT study lead for Energy efficiency (the United Kingdom)

Dragan Gjorgjev, INHERIT study lead for Place Standard (Republic of Macedonia)

Silvestre García de Jalón, INHERIT study lead for Thinking Fadura (Spain)

Wiebke Unbehaun, practice lead for SWITCH to cycling (Austria)



MORNING PROGRAMMING

8:30 – 9:00 Registration

9:00 – 10:20 Opening Session – SUSTAINABILITY AND HEALTH FOR ALL

- **Moderator welcome and introduction**, Harry Rutter, Prof. Global Public Health, University of Bath & Advisory Board member for INHERIT
- **Welcome remarks**, Karin Schindler, Federal Ministry of Labour, Social Affairs, Health and Consumer Protection
- **Sustainability Now!** Karl Falkenberg, Senior Advisor to the European Political Strategy Centre (EPSC) of the European Commission
- **Behaviour change in the context of sustainability; health and social inclusion**, Prof. Susan Michie, Professor of Health Psychology and Director of the Centre for Behaviour Change at University College London (UCL)
- **Q&A**

10:20 – 11:00 Session 1 – A GREENER, HEALTHIER AND MORE INCLUSIVE EUROPE

- **The triple-win solution**, Caroline Costongs, EuroHealthNet
- **Panel discussion and audience polling** with research leads (Brigit Staatsen, Pania Karnaki, Ruth Bell, Rosa Strube, Geir Arild Espnes)

11:00-11:30 Networking coffee

11:30 – 13:00 Session 2 – SUSTAINABILITY IN PRACTICE

How do they do it? Four promising practices will be pitched by practice leaders.

Feedback from three lead experts on how they address sustainability and behaviour change and equity.

13:00 – 14:00 Networking lunch (with sustainable catering)

AFTERNOON PROGRAMMING

14:00 – 15:30 Session 3 - SCALING UP FROM LOCAL PRACTICE TO INVESTMENT

Participants will select one of three simultaneous workshops and join promising practice leaders and experts to engage on how to upscale/ mainstream better living (green space, energy efficient housing), moving (active transport) and consuming (healthy diets) across policy action. **Roundtable discussions** will address inter-sectoral cooperation, governance, scalability and economic perspectives.

Areas

Living



Moving



Consuming



15:30 – 16:00 Networking coffee

16:00 – 17:00 Session 4 - LEADING FOR THE FUTURE WE WANT

Workshop rapporteurs present outcomes to inform leadership and policy.

A panel with practice and network leaders representing private, public and civil society sectors discuss where they meet on priorities moving forward to reach the triple win for health, environment and social inclusion.

17:10 – 17:15 End of conference - Closing remarks

19:00 **Joint-reception** together with the Austrian EU Presidency Conference “People’s food - people’s health: Towards healthy and sustainable European Food Systems” (22-23 November)

ABOUT INHERIT

'Inter-sectoral Health Environment Research for Innovations' (#INHERIT) project identifies, evaluates and promotes promising inter-sectoral policies enabling and fostering sustainable lifestyles across the social gradient. We aim at addressing the 'take, make, consume, dispose' model of growth by looking at key environmental factors and related inequities.



INHERIT's ambition is to advance current policy agendas and solutions. Our research formulates evidence-based models of good practices and policy scenarios in three focus areas: living (green spaces in cities and energy efficient housing), moving (active transport) and food consumption (sustainable diets).

The INHERIT project (www.inherit.eu), coordinated by EuroHealthNet - the leading Partnership for Health, Equity and Wellbeing in Europe, has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N° 667364. Our research is led by a consortium of 18 partners in 12 countries.

CONSORTIUM PARTNERS



REVOLVE



PHILIPS



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