Policy Brief #3

SHIFTING TO MORE INTEGRATED GOVERNANCE

For greater health, equity and sustainability

WHY 'INTEGRATED GOVERNANCE'?

The current ecological and climate crises result from complex, interrelated factors that shape the way we live, move and consume. They also contribute to ill-health and increasing levels of economic, social and health inequalities.

"Although we have an enduring political debate about healthcare cracking under the weight of demographic trends, reducing budgets and heightened patient expectations, the greatest single threat to health, well-being and existence is the ecological transition.[1]"

– *Prof. George Morris, University of Exeter (INHERIT partner)*

The urgent need to transition to more sustainable societies presents an opportunity to pursue **joint solutions that simultaneously benefit health, the environment and equity ('triple-wins').** Investing in quality green space, more sustainable food chains, energy efficient housing and better walking or cycling lanes can all lead to 'triple-wins'. Policies that harness synergies and achieve multiple benefits use resources efficiently but require more integrated approaches and effective intersectoral collaboration as well as balanced decisions on potential trade-offs.

WHAT CAN YOU DO?

> **SET STRATEGIC 'TRIPLE-WIN' GOALS AND IMPROVE INTERSECTORAL COLLABORATION TO ACHIEVE THEM.**

BUT HOW?

The following recommendations emerged from INHERIT's work. They should not be considered a comprehensive guide on integrated governance, but provide indications of what can be done.

INHERIT

INHERIT is a Horizon 2020 research project (2016-2019), based on the premise that environmental and societal challenges are interlinked and relate to unsustainable 'take, make, consume, dispose' economies. Addressing these challenges through integrated solutions is an opportunity to simultaneously improve the environment, health and health equity (the INHERIT 'triple-win').

ENSURE DIFFERENT DIMENSIONS OF SUSTAINABILITY ARE CONSIDERED FROM THE OUTSET AND EMBED IMPACT ASSESSMENTS

WHY?

○ All too often 'sectoral' approaches fail to take into account impacts across dimensions (e.g. health or health equity.)

HOW?

○ Apply the INHERIT Model – more information on the following page.

CO-CREATE SOLUTIONS

WHY?

○ Policies and interventions are more likely to address needs and be supported and sustained over time if they involve a wide range of people and sectors in their design, implementation, and evaluation.

HOW?

○ Learn from the Welsh Wellbeing for Future Generations Act, which took a 'whole of society' approach to establishing the government's strategic goals.

APPLY SUPPORTIVE EU LEVEL POLICIES AND TOOLS

WHY?

○ There are many influential mechanisms in place at EU level that can support intersectoral processes at national and sub-national levels.

HOW?

○ Support and contribute to the EU's plans to integrate the SDGs into the European Semester process and the European Pillar of Social Rights.

○ Support efforts to implement the European Green Deal, ensuring health is integrated.

○ Further pursue the EU Finnish Presidency 'Economy of Wellbeing' theme.

COLLABORATE HORIZONTALLY AND VERTICALLY; BUILD ON LOCAL EXPERIENCES AND ACTIONS

WHY?

○ It is important to ensure that policies across sectors support and do not undermine each other.

HOW?

○ Identify and address discrepancies in policies at different policy levels (e.g. supra national, national, local).

○ Compare programmes of environmental, health, social and educational departments to identify common goals and support cross-sector objectives.

○ Draw on the experience of fast-moving cities (such as members of: C40 cities, Covenant of Mayors for Climate and Energy, Milan Urban Food Policy Pact).

CREATE INSTITUTIONAL CULTURES THAT VALUE AND FOSTER COLLABORATION

WHY?

○ Currently, many institutional cultures value and reward individual achievements over shared responsibility and success.

HOW?

○ Allocate time and resources to cross-sectoral fora and meetings to build trust and foster a common language.

○ Appoint and train neutral process managers to facilitate cross-sectoral discussions.

○ Make it easier to share relevant data across departments and organisations and remove unnecessary legislative, financial or administrative barriers to collaboration.

○ Clearly label and reward collaborative efforts.

ENCOURAGE INTEGRATED PROGRAMMING AND JOINT FINANCING

WHY?

○ Integrated programming is essential to deliver multiple benefits across sectors, whilst 'siloed' approaches to financing is one of the main obstacles to effective joint action.

HOW?

○ Apply guidance provided by the United Nations Development Programme in *Financing across sectors for sustainable development.*

DEVELOP AND COMMUNICATE POSITIVE FUTURE SCENARIOS

WHY?

○ Messages of hope, that shift the focus from 'fear' to 'opportunity' are more likely to inspire action and change.
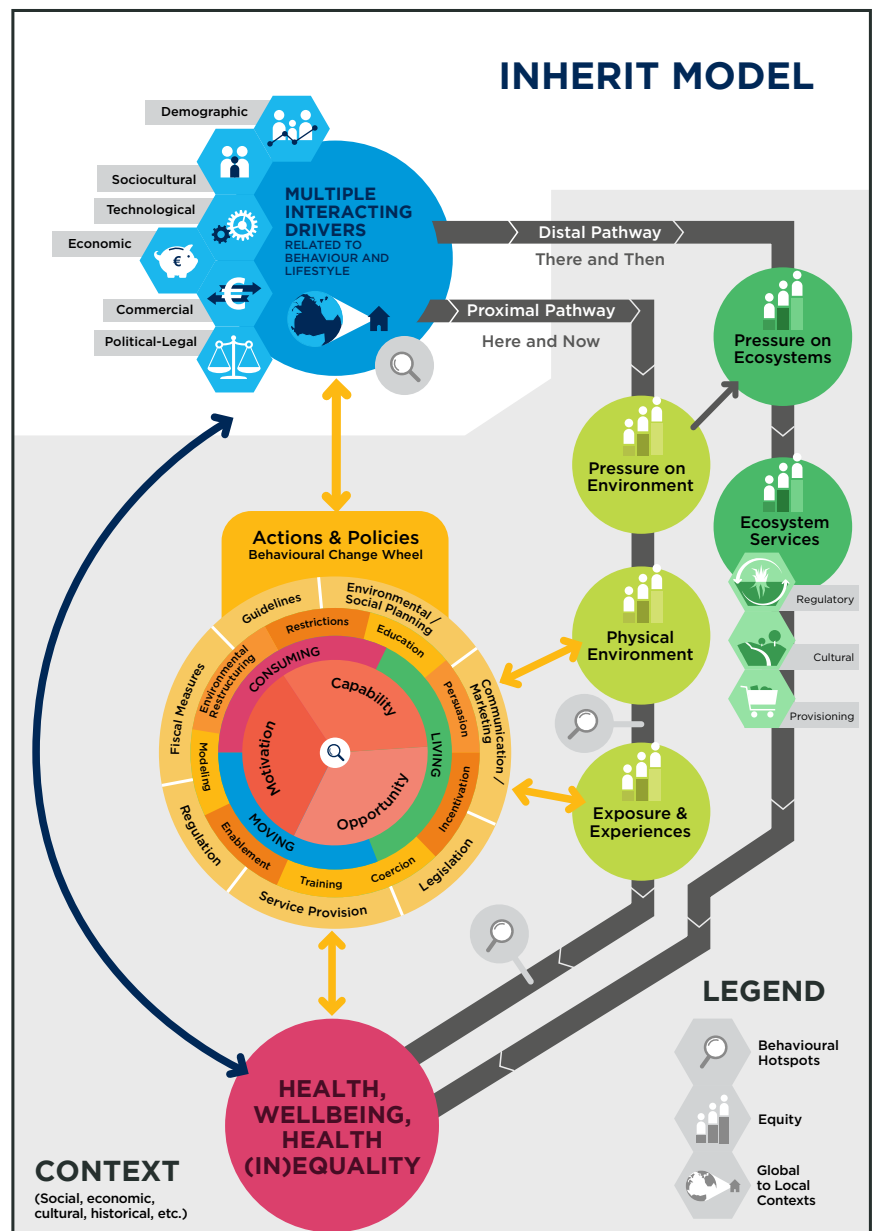
HOW?

○ Use INHERIT's four Future Scenarios, which set out positive visions of what Europe could look like in 2040.

THE INHERIT MODEL

The INHERIT Model 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 wellbeing**, 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 INHERIT model can foster dialogue across sectors of how interventions can meet multiple societal goals, in line with the 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 – achieving a 'triple-win'. More information on the model can be found in an explanatory article[2] and short video[3].

INHERIT MODEL

THE EVIDENCE – INHERIT TRIPLE-WIN CASE STUDIES[4]

CONSUMING: GENT EN GARDE – THE STOEMP INITIATIVE (BELGIUM)

STOEMP is a network of over 20 organisations which aims to make **healthy and sustainable food available to everyone.** It began with Gent's Departments of Environment and of Welfare and Equal Opportunities working together to ensure the city's food policy also reaches the more deprived. Evaluations show that while collaboration may be challenging, it can be fostered by appointing a dedicated coordinator and process facilitator. Participating organisations are exploring how to embed actions in their core work to ensure it continues.

Recommendation: Invest in bringing together and building trust across a range of stakeholders to identify joint solutions to issues such as climate change and health inequalities. While this requires time and resources, it helps to secure commitment and to identify and implement more effective, sustainable solutions that address real needs.

"1+1=3 when you work together in a good and constructive way..."
– Participant in the STOEMP Network

LIVING: RESTRUCTURING RESIDENTIAL OUTDOOR AREAS (SWEDEN)

This initiative involved **restructuring a courtyard in one of Stockholm's most disadvantaged residential areas.** It was a joint collaboration between the National Board of Housing, Building and Planning and a private housing development company (50%-50% investment). To receive public match-funding the property owner had to comply with a regulation to include residents in the redevelopment process. Evaluation results show that the restructuring improved the quality of the area; however, more could have been done to win the trust and engagement of the residents involved and ensure that different sectors worked together in a truly integrated, rather than parallel fashion.

Recommendation: Use legislative measures to ensure intersectoral collaboration and involve target communities early on through a sustained and well-conceived process.

FIND OUT MORE!

Discover more policy-relevant insights from INHERIT in **two parallel policy briefs:** "Putting health equity at the heart of sustainable transitions" and "Enabling positive behaviour change".

All INHERIT outcomes, including the three Policy Briefs and a related Policy Toolkit, four Future Scenarios of what Europe could look like in 2040, a Policy Roadmap of how to get there, a database of over 100 good practices, qualitative, quantitative and cost-benefit analyses of INHERIT case studies and a report pulling results together to set out "Elements of good practice", can be found here: www.inherit.eu.

PUBLISHED: NOVEMBER 2019

REFERENCES

1   *Morris, G. (2019) 'INHERIT: Combining Health, Sustainable and Equity for a Triple-Win'. 15th International Conference on Environmental, Cultural, Economic & Social Sustainability. Vancouver, 17-19 January 2019.*

2   *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, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6068874/.*

3   *More information on the INHERIT model in: 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, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6068874/; and this video: https://inherit.eu/project/inherit-model/.*

4   *For evidence on all INHERIT case studies: 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, https://www.mdpi.com/1660-4601/16/22/4546; Bell, R. et al. (forthcoming) Creating triple-wins for health, equity and environmental sustainability: Elements of good practice based on learning from the INHERIT case studies, https://www.inherit.eu/resources/reports/; and Anthun K.S., et al. (2019) INHERIT: Implementing triple-win case studies for living, moving and consuming that encourage behavioural change, protect the environment, and promote health and health equity, https://inherit.eu/INHERIT-d4-1-implementation-report.pdf.*

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