



INHERIT

Health | Equity | Environment

Changing lifestyles and behaviours for healthier and more sustainable societies

European Public Health pre-conference,
Stockholm, November 1, 2017

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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



INHERIT

Health | Equity | Environment

- **INter-sectoral Health and Environment Research for InnovaTion**
- **4-year (2016-2019) Horizon 2020 research project**
- **Consortium of 18 partners around Europe, coordinated by EuroHealthNet**



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#InheritYourFuture





What can we do today to ensure a sustainable future?

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

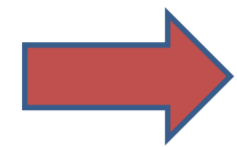
INHERIT Objectives

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

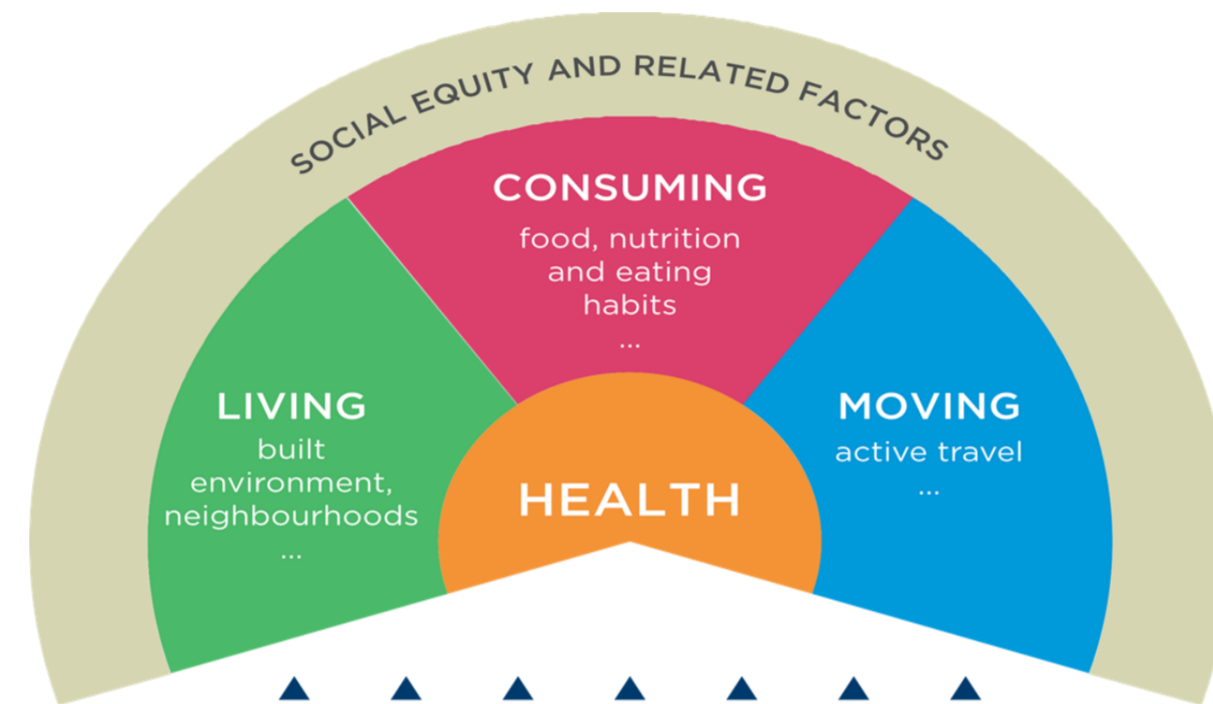
Specific focus on:

-  Encouraging lifestyle and behavior change across Europe
-  Promoting more holistic approaches (interdisciplinary work and inter-sectoral collaboration)
-  Equality in 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

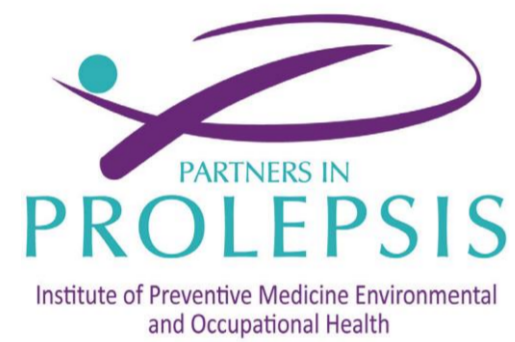
WHAT YOU EAT
MATTERS

Food production,
consumption and
waste

INHERIT Partners



REVOLVE



PHILIPS



INHERIT Process



**Baseline
review &
analysis**

Common
analytical
framework

50
promising
practices

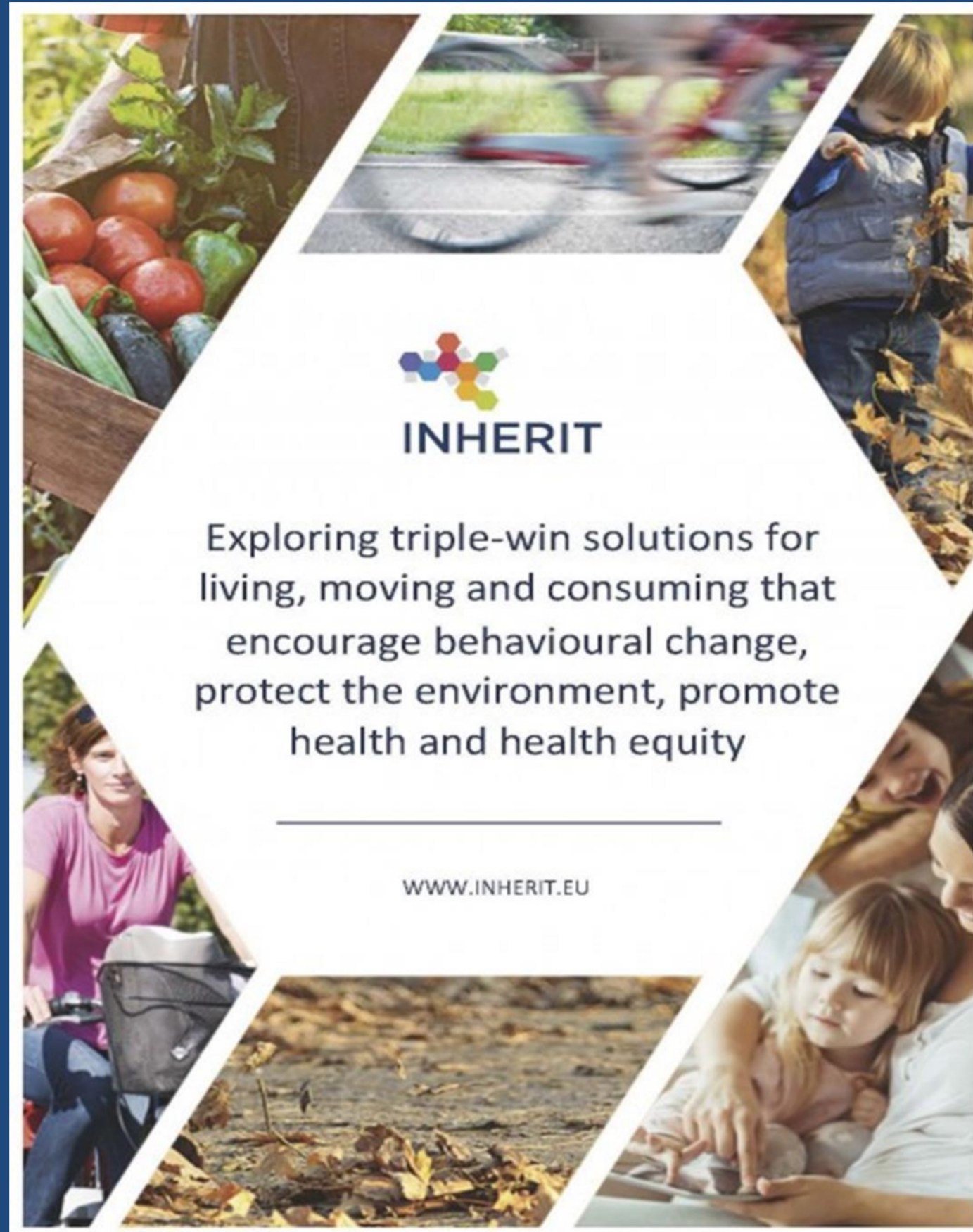
Visioning
& future
scenarios

12 pilot
studies

Impact
assessment

Policy
kit





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

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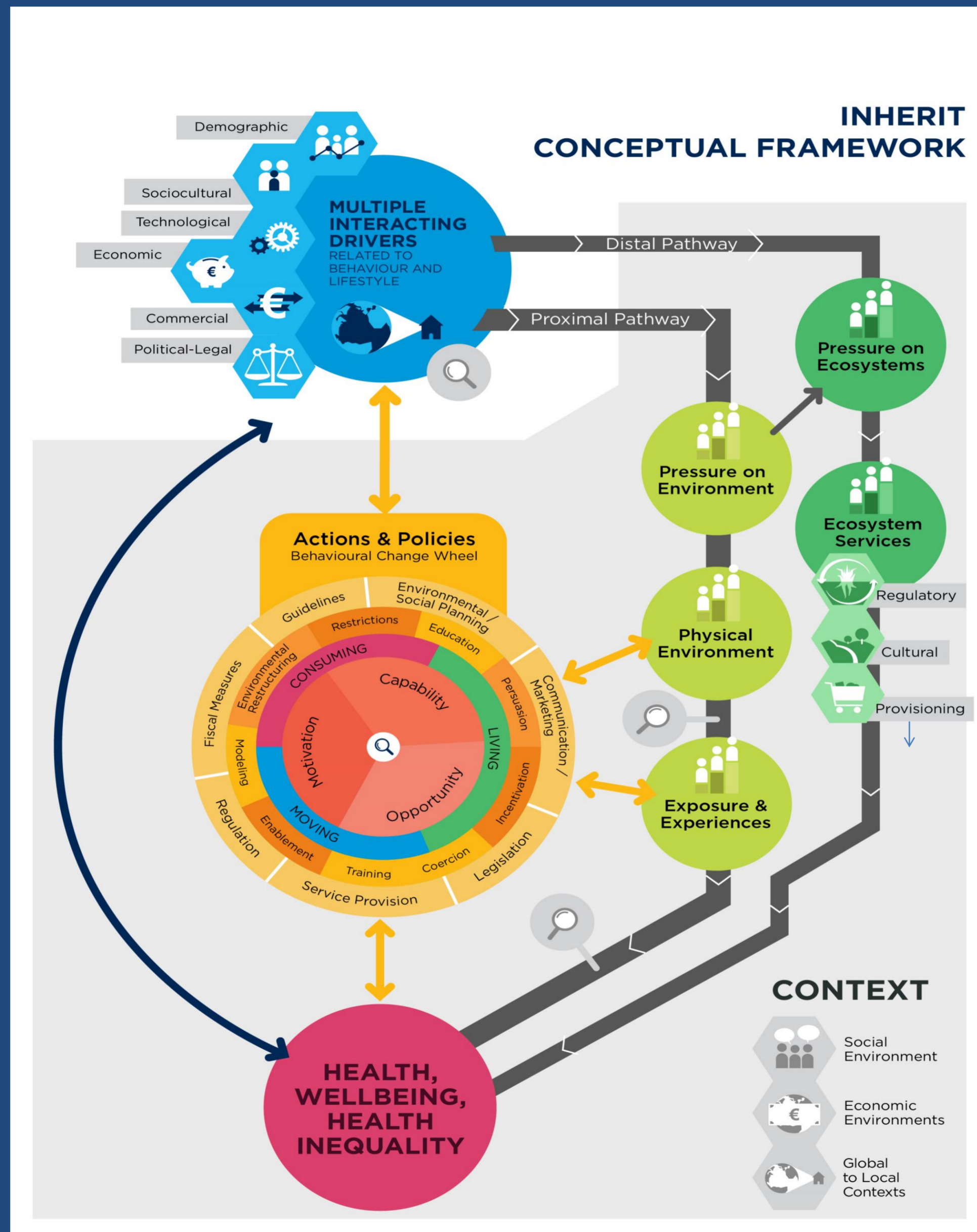
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The INHERIT Conceptual Model



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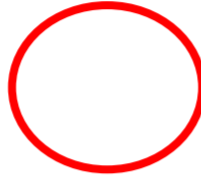
Promising Practices



Database- 97 entries



Database



ABOUT PROJECT IDEAS MEDIA RESOURCES

Found 97 Results

- [Green belt and green area program in Vitoria-Gasteiz](#)
- [GOSASUN – promoting healthy lifestyles initiative](#)
- [GOSASUN concrete initiative "Thinking Fadura"](#)
- [Irún Sasoiari – promoting physical activity](#)
- [UrbanCyclers](#)
- [Sapere Coop – educating consumers towards sustainable consumption](#)
- [New Cycles](#)
- [Walking School Bus in Nicosia](#)

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

Ghent on garde – city of Ghent's food policy

Brief Description

Ghent was the first city in Flanders to have developed a food policy, called Ghent on 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 above-mentioned goals. In the booklet in attach, a list 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/Id: Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Former Yugoslav Republic of Macedonia, Germany, Greece, Iceland, Ireland, Italy, Kazakhstan, Latvia, Lithuania, Malta, Netherlands, Norway, Poland, Romania, Russia, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, United Kingdom

Field: Living/Green spaces, Urban food gardens, Living/Green spaces: Improving availability, quality and use, Living/Green spaces: Other, Energy efficient housing, Energy saving behaviors, Consuming Healthy and Sustainable Consumption, Consuming Recovery and redistribution of excess food, Consuming Other, Moving, Cycling, Moving, Walking, Moving, Other

Type: Intervention, Product

Easy Bike – a bike sharing scheme

Brief Description

EasyBike is a bicycle sharing system. It was first implemented by the Greek company Itanbike in 2008. The aim of this 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 selected 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 0.50 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 emissions of pollutants.

Image:

European Country/Id: Greece

Field: Moving, Cycling

Type: Intervention

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. The flexibility of work methodology, responding to very diverse situations in very different areas. This practice provided 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 vitality. In short, it enabled producers to improve their business, generating a sense of ownership that was desired.

The work done 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 0, the European Conference on Rural Development. To this aspect are added several prizes won over time.

Image:

European Country/Countries: Portugal

Energiecoaches - free advice on energy savings

Brief Description

This project started in Amsterdam in October 2014 and consists of "energy coaches" that provide free advice in people's homes about energy savings. The goal is to visit all support points (SSB). Coaches are trained by interacting differently with lighting and heating. This advice and home visit is free, and the coaches bring water saving showerhead and LED light bulbs. In addition, a point of attention in safety: a coach brings contains radiation foil, a draught strip, letterbox and other tailored energy saving products from which inhabitants can choose something with a value.

Image:

European Country/Id: Netherlands

Field: Energy efficient housing, Energy efficiency of buildings, Energy efficient housing, Energy saving behaviors

UrbanCyclers

Brief Description

UrbanCyclers is an urban cycling app for Android and iOS. Its key features include cycling route planner (as of now for Pragun, 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: Czech Republic, Germany, Slovakia

Field: Moving, Cycling

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

Brief Description

Questionmark is a non-political organization 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 shelters. 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/Id: Netherlands

Link: Living/Green spaces, Urban food gardens, Consuming, Sustainable Production, Consuming Healthy and Sustainable Consumption,

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

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& future
scenarios**

12 pilot
studies

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assessment

Policy
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Visioning/scenario-building/back-casting work

- 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

Purpose: 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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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 Akerdemie**
- **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**
- **Voedseltuin (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!



INHERIT

YOUR FUTURE

www.inherit.eu



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