



INHERIT
Health | Equity | Environment

Baseline Review Current challenges and opportunities

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Baseline review & Executive summary



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Aims Baseline Review

- Bring together knowledge on impacts of key environmental factors on health across the social gradient
- Main (drivers of) behaviours that impact environment and health, health equity and wellbeing ('triple win')
- Collect information on policies, interventions and innovations
- Focus on behaviours and lifestyles

Focus on

Living- green space & energy efficient housing

Moving - active transport

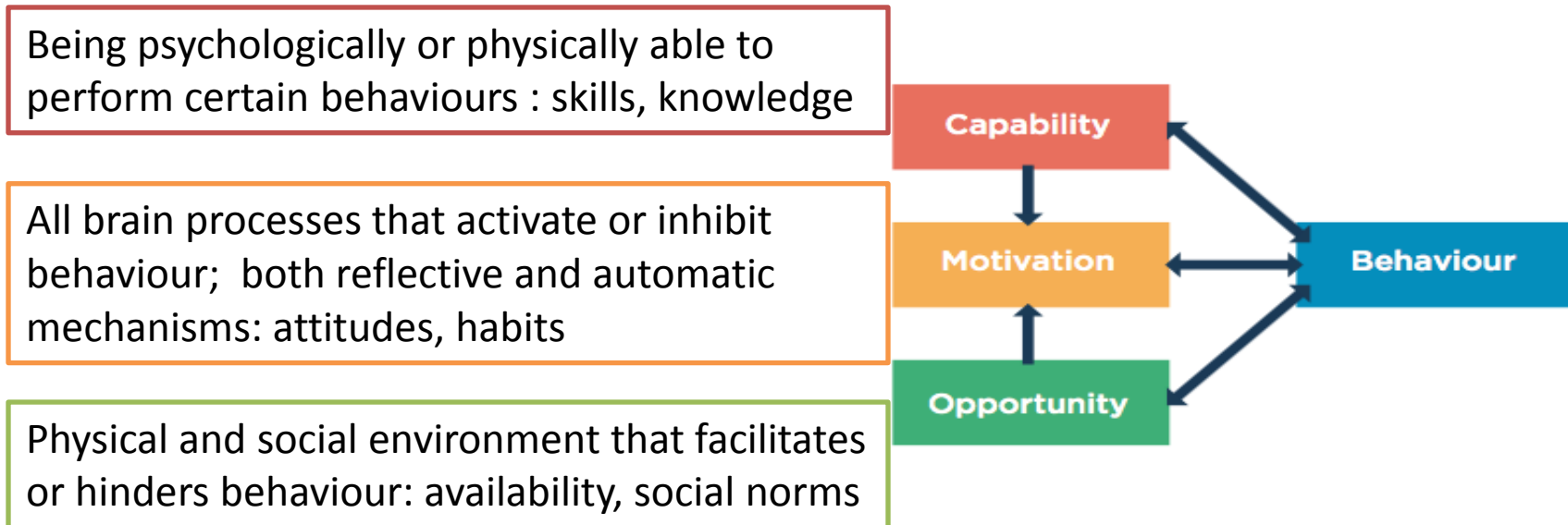
Consuming - food and food waste



COM-B

Behavioural System:

Entry-points to change behaviours and lifestyle





LIVING GREEN SPACE



Challenges

- Urbanisation, densification & value of land:
- Quality & quantity of green space in Europe under pressure
- Disconnectedness to nature



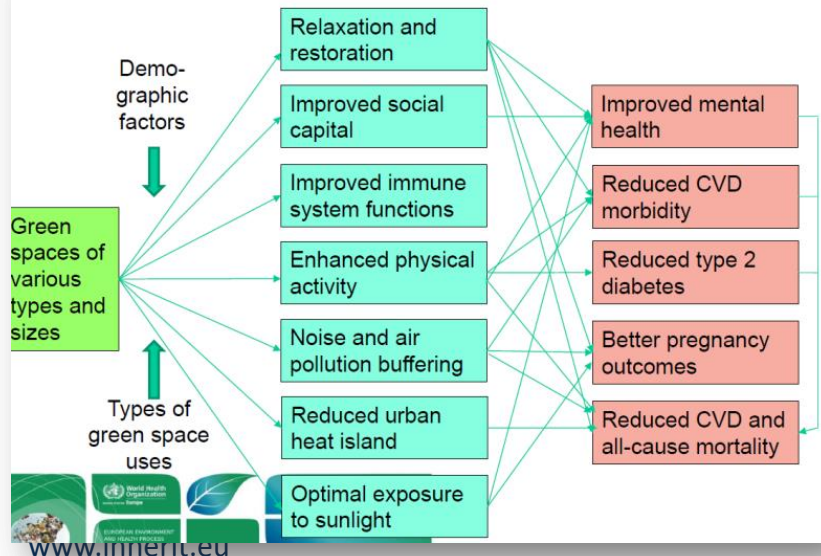
LIVING GREEN SPACE



Opportunities

- Nature-based solutions
- Potential for triple win: health, environmental sustainability and inequity
- Can influence health of vulnerable populations

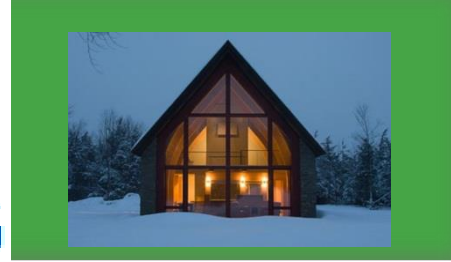
Pathways to health



Capability	Opportunity	Motivation
Educate & inform Activities in green space	Provide attractive, safe, easily accessible, within walking distance green space	Involve community Make it fun



LIVING ENERGY EFFICIENT HOUSING



Challenges

- Domestic heating accounts for 25% of Europe's total energy use
- Problems : fuel poverty, humidity/moulds
- Great differences between Member States

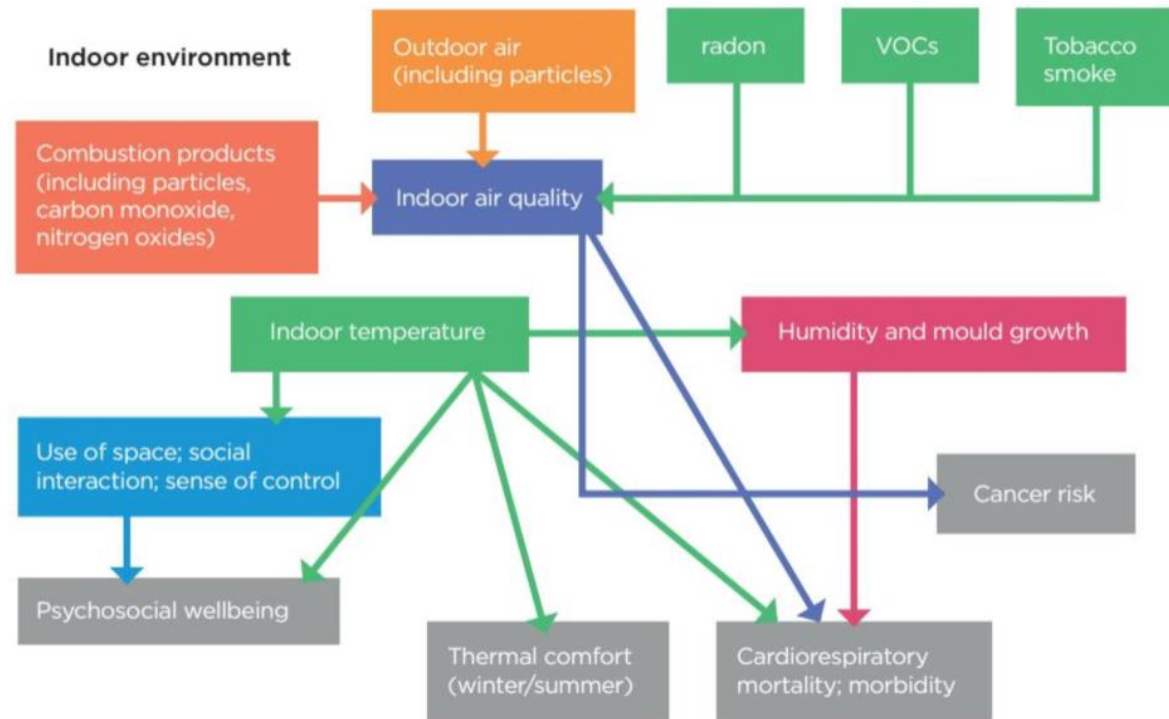




LIVING ENERGY EFFICIENT HOUSING

Triple-win energy-efficient housing:

- reduced greenhouse gas emissions
- improved respiratory and mental health
- health benefits greatest for low-income groups





LIVING ENERGY EFFICIENT HOUSING

Opportunities

To conserve energy in homes:

- ensure efficient heating/cooling regimes using renewable energy
- improve insulation levels

For a healthy home:

- Ensure sufficient ventilation to remove pollutants and lower humidity levels

One-stop approach: integrate health and energy efficiency programmes

Capability	Opportunity	Motivation
Advice households on adequate ventilation behaviours	Well-installed heating and ventilation systems in homes	Give feedback (smart meters)



CONSUMING FOOD & BEVERAGES



Challenges

- Globalisation and industrialisation
- Production & consumption responsible 20-30% EU GHG
- 50% land is farmed (majority for meat)
- 180 kg food waste per capita

- High convenience demand and strong cultural factor
- Food chain works in silos & wrong incentives
- Better linkage supply chain – consumption needed



Opportunities

- Technology: new sustainable protein sources
- Cultural: flexitarian lifestyles

Potential 'triple win' of healthy sustainable diet:

- ✓ Climate, biodiversity
- ✓ Reduction obesity, diabetes, cardiovascular disease
- ✓ Disadvantaged groups benefit more



Capability	Opportunity	Motivation
Integrate health & sustainability in guidelines and labels Train skills	Accessibility, affordability, availability	Lower price, more attractive, taste Decrease distance from food production



MOVING ACTIVE TRANSPORT



Challenges

- Motorised transport: 25% greenhouse gas emissions EU
- 50% daily journeys by cars < 5 km
- Congestion, air pollution, noise, sedentary behaviour
- People want convenience and speed
- Unattractive, unsafe walking & cycling infrastructure
- High household income: better active transport settings



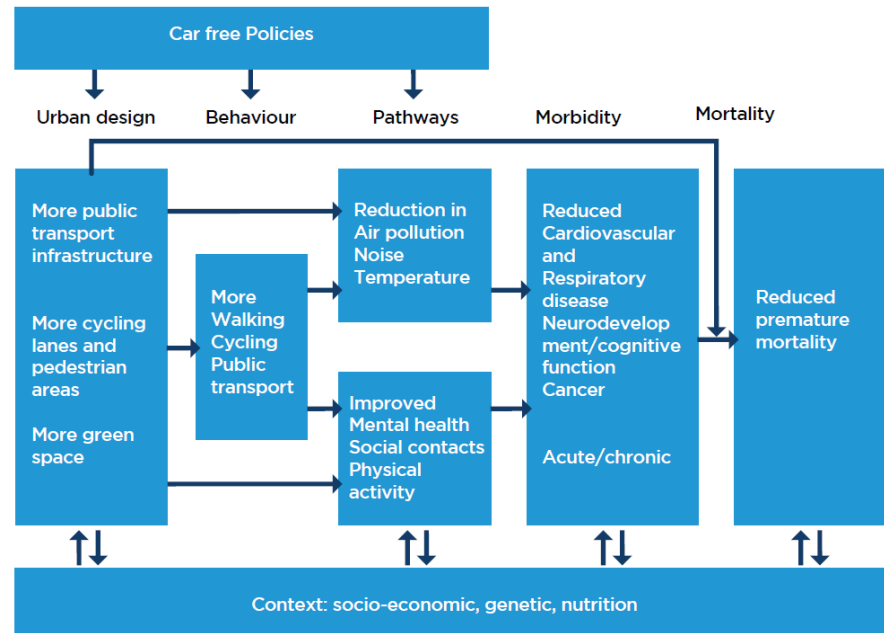
MOVING ACTIVE TRANSPORT



Opportunities

- Rethink urban design necessary
- EU: Sustainable urban mobility plans
- Potential triple win shift motorised – active transport
- Combine structural measures with behavioural measures

Capability	Opportunity	Motivation
Being able to (safely) cycle and walk	Safe, attractive walking and cycling infrastructure	Perceived accessibility/safety
Cycle training	Dense public transport network	Habits
		Incentives for active travel, fun /play aspects





Conclusions



- Need to understand & address trends driving the current systems
- Most effective: combine structural with behavioural measures
- Combine hardware and orgware
- Enough evidence to act now, coherent action needed from (intersectoral) policy makers, private sector & citizens
- Need for longitudinal studies/natural experiments to improve understanding (cost-)effectiveness

Make healthy sustainable solutions easier, cheaper, more fun, for all