

Workshop on healthy and sustainable lifestyles

Venue: EuroHealthNet, Rue de la Loi, 67

Brussels, the 5th of May

Draft agenda

Background information

Sustainable lifestyles are a relatively new idea in the sustainable consumption and production domain and comprehensive research and policy strategy for promoting it in the EU is missing. The **SPREAD Sustainable Lifestyles 2050** project aims to fill this gap and address the challenge of reducing current levels of energy, transport and resource use while at the same time improving health and quality of life of an ageing European society.

To achieve this, four working groups will be formed, bringing together a wide variety of societal stakeholders, representatives from business, civil society, policy makers and research. Three working groups will address sustainable lifestyles in the areas of living, consuming and moving. EuroHealthNet is leading the fourth working group, on “sustainable society”, with the aim to ensure that health and well-being, demographic changes and equity are addressed as cross-cutting issues within the areas of sustainable living, consuming and moving.

The aim of this meeting is:

- to update participants on SPREAD Sustainable Lifestyles 2050,
- to discuss existing knowledge, experiences and good practices linking health, well-being and sustainable lifestyles in the area of living, consuming and moving;
- to establish policy needs and recommendations and future EU research agenda for healthy and sustainable lifestyles.

We hope to reach a common understanding on sustainable and healthy lifestyles that could be promoted to stakeholders from other sectors than health, in business and economic environments, to policy makers, entrepreneurs and researchers working in sustainable development.

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Chair: Clive Needle, Director, EuroHealthNet

10:00 -10:30 *Arrival and coffee*

10:30 – 11:00 **Welcome and introduction round**

11:00 -11:20 Presentation SPREAD Sustainable Lifestyles 2050

Caroline Costongs, Deputy Director, EuroHealthNet

11:20 – 12:00 Discussion: How should a sustainable and equitable society look like in 2050? Which are the barriers and drivers for more sustainable lifestyles? What are the lifestyles and societal changes that need to be made?

12:00 – 12:20 Presentation on findings so far: linking health and well-being with sustainable living, moving and consuming

Cristina Chiotan, Senior Public Health Officer, EuroHealthNet

12:20 – 13:00 Discussion: What are the most important issues we should convey to other (non-health) stakeholders? Which are the best practices that could be scaled up?

13:00 - 13:30 Lunch

13:30 – 13:50 Short overview of EU policy developments in the field

Simon Wilson, EU public affairs Consultant, Coordinator Coalition for Energy Savings

13:50 - 14:30 Discussion: Which are the policy needs and recommendations? What future research needs to focus on? What actions need to be taken? What is the role of health promotion?

14:30 - 15:00 Next steps: stay in touch; input and participation in project's deliverables and results

For more information, contact [Cristina Chiotan](#).