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EuroHealthNet supports sustainable lifestyles towards 2050!

Today and tomorrow, on 24th-25th May, EuroHealthNet – together with its partners - launches *SPREAD Sustainable Lifestyles 2050* project in Cologne. This is an EC funded European platform running from January 2011 to December 2012. Over 400 societal stakeholders – from business, research, policy and civil society – will participate in the development of a vision for sustainable lifestyles in 2050.

This process will result in a roadmap for strategic action for policy makers and will deliver innovative ideas for all stakeholders involved towards more sustainable lifestyles in Europe. It will address the challenges 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. Societal innovation and significant changes in behaviours and lifestyles are vital to achieve long-term economic prosperity for all within the bio-capacity of our planet. Knowledge on sustainable lifestyles is scattered and so are sustainable project initiatives.

EuroHealthNet's aim is to bridge health, well-being and equity with sustainable lifestyles in the area of living, consuming and moving. Ms Caroline Costongs, EuroHealthNet Deputy-Director, said *"We have to find integrated answers to achieve health equity. The link to sustainable development and efforts to protect the environment offer huge opportunities for increasing health and well-being for now and for future generations"*.

The aim is to identify existing knowledge, promising practices and experience in the area of healthy lifestyles and sustainable development. The findings and results from the analysis will be presented, discussed and validated by a wide range of stakeholders. For instance, initiatives like "eco quarters", "eSafety Challenge", "NetCycler", "sustainable healthcare", "[CityNetMobil](#)" already represent concrete examples of projects towards sustainable lifestyles. The knowledge and recommendations generated in



the project will be included in a comprehensive research agenda for the European Commission (DG RESEARCH).

For more information about SPREAD project, contact Ms [Cristina Chiotan](#).

Visit SPREAD Website and its projects at <http://www.sustainable-lifestyles.eu/>

Ms. Ariane Moret

EuroHealthNet

Communications Coordinator

E-mail: a.moret@eurohealthnet.eu

Tel.: + 32-2-235-03-28

Fax: + 32-2-235-03-39

EuroHealthNet is a not-for-profit network of regional and national agencies responsible and accountable for health promotion, public health and disease prevention in Europe. Its aim is to improve the health of European citizens by striving for a healthier Europe with greater health equity between and within countries. EuroHealthNet does that by supporting projects and policy development together with its members and the EU institutions; by exchanging information and by communication in and beyond its network.