

Communities of Practice for Healthy Lifestyle (COP4HL)

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Introduction

Promoting Healthy Ageing, and specifically an Active & Healthy Lifestyle, is one of the biggest societal and economic challenges the EU is facing. A paradigm shift from health care and cure to prevention is essential since the traditional ways have proven to be insufficient to solve this complex problem. Purpose of the COP4HL project is to develop and implement an impact-driven multi-sector approach that develops innovative products and services to promote Healthy Lifestyle in different EU settings. Design, methodology and main deliverables of this innovative Erasmus+/Knowledge Alliance project (2017-2020) will be presented.

Activities undertaken

During this 3-year project, a consortium consisting of 17 partners from 7 EU Member States has been formed. In 5 countries (NL, DEN, ESP, POR, LIT), a Knowledge Alliance is composed of higher education institutes and businesses, supported by public authorities, who are accepting the need of co-creating knowledge to stimulate innovation for an Active & Healthy Lifestyle. Together they develop communities of practice that are organized as learning partnerships.

Results.

The COP4HL project will deliver a European COP Support Lab and a European COP Alliance are developed that facilitate the set-up of COP and a sustainable flow of knowledge. An open access Community Knowledge Hub that provides pilot-tested formal and informal blended learning material for managing COP and implementing interventions. Furthermore, an intensive programme will be developed to stimulate entrepreneurial skills and innovation. Finally, a methodology will be designed to measure impact of local communities of practice in the field of Healthy Lifestyle.

Conclusion

By linking a strategic European point of view, with practice-based problem-solving through Local COP, the Knowledge Alliance applies a unique holistic approach. This allows shifting behaviors to an Active & Healthy Lifestyle, and leads to a more integrated set-up of the sectors behind.

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