

Key Action: Cooperation for innovation and the exchange of good practices  
Action Type: Knowledge Alliances for higher education

Project Title

# Communities of Practice for Healthy Lifestyle



## Project Coordinator

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## Project Information

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## Project Summary

### Background

Promoting Healthy Ageing, and specifically an Active & Healthy Lifestyle, is one of the biggest societal and economical 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. An impact-driven multi-sector approach is necessary to develop innovative products and services to change this for the better.

### Objectives

The Knowledge Alliance for Communities of Practice for Healthy Lifestyle aimed at developing and sustaining communities of practice (COP) in order to stimulate innovation and socio-economic development in the area of Healthy Ageing.

### Implementation

The Consortium comes from 7 EU Member States and in 5 countries Local COP were developed. A European COP Support Lab and a European COP Alliance were developed that facilitate the set-up and sustainability of COP. An open access Community Knowledge Hub provides pilot-tested formal and informal blended learning material for managing COP and implementing interventions; whilst an entrepreneurship competition lead into an intensive program to develop entrepreneurial skills and stimulate innovation.

### Achievements

In total 6 local COP were fully established who all defined their shared interest, organized learning opportunities, meetings and effective local activities that contributed to a common agenda setting for Healthy Lifestyle. Furthermore, the Alliance between businesses and HEI was extended exponentially and over 30 businesses, 18 HEI and 73 public authorities were involved. All 6 COPs are still running beyond the project funding period and supported by an open online platform [www.yanuz.eu](http://www.yanuz.eu).

Link to project card: [Show project card](#)

\* Results are available for this project. You can click on the link above, and go to "Results" section to view them