



Communities of Practice for Healthy Lifestyle (COP4HL)



Photo: © COP4HL



" I gained new insights that to stimulate Healthy Lifestyle on a population level, the traditional translation from knowledge to practice is not enough. Establishing communities of practice in which education, companies, municipalities and end users work together are really necessary to make a difference.

MARCO CLEMENTE

Promoting Healthy Lifestyle, is one of the biggest societal and economical challenges the European Union is facing. Since traditional approaches have proven to be inefficient, a paradigm shift from cure to prevention is essential. A multisectoral, community-based way of working is necessary. Communities of Practice (COP) consisting of education, companies, public partners and end users, combine their knowledge, expertise and skills to develop products and services to change this for the better.

COP4HL brings together 15 partners and 2 associated partners from seven EU countries to develop five local COPs aiming at stimulating a Healthy Lifestyle of citizens. All the (associated) partners are active or related to the health, sport/recreation, wellness or well-being sector. A European COP support lab will be developed to coordinate the development, piloting, publishing and promotion of open access resources for the creation, maintenance and enlargement of local COP. Through this innovative, multisectoral community-based process at multiple levels (local, regional,

European) between five universities, six companies and four public partners, educational materials, entrepreneurial games and contests, workshops, and a new impact methodology will be developed.

COP4HL will develop local COPs for Healthy Lifestyle in the following five European cities: Groningen (NL), Odense (DEN), Kaunas (LIT), Lisbon (POR) and Malaga (ESP). Guiding principles, how to set up and run a successful COP, will be identified and described. Along with this, a systematic method to measure the impact of local COP for Healthy Lifestyle. A European support lab will be developed to: a) support the practical management of a COP; b) disseminate open access learning material for COP management; c) promote and stimulate entrepreneurship in the field of Healthy Lifestyle. An online community knowledge hub will be designed to enable the use of the open access material developed.

More information

The Erasmus+ Project Results Platform

<https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/7210f8b6-d982-413c-ba45-041f23ca77f8>

Erasmus+

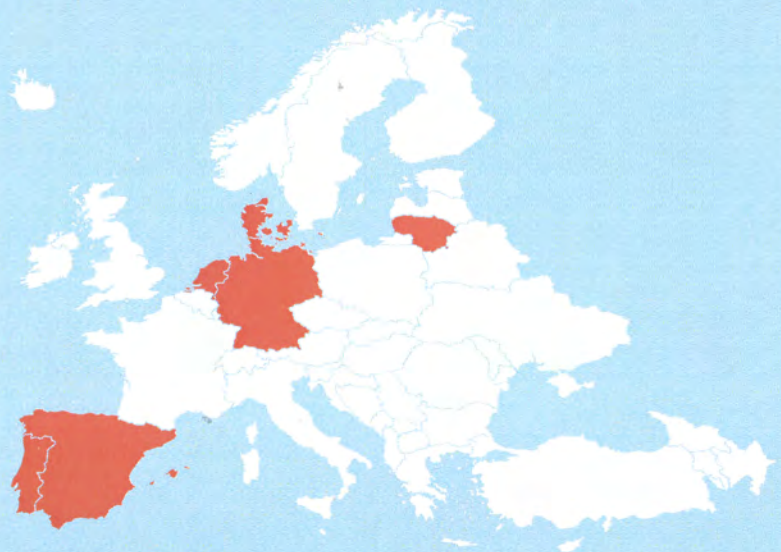
Field: Higher Education

Action: Knowledge Alliances

Key facts and figures

 Partners:	15	 Countries:	6
 EU grant:	€ 990,372	 Project duration:	2017 - 2020

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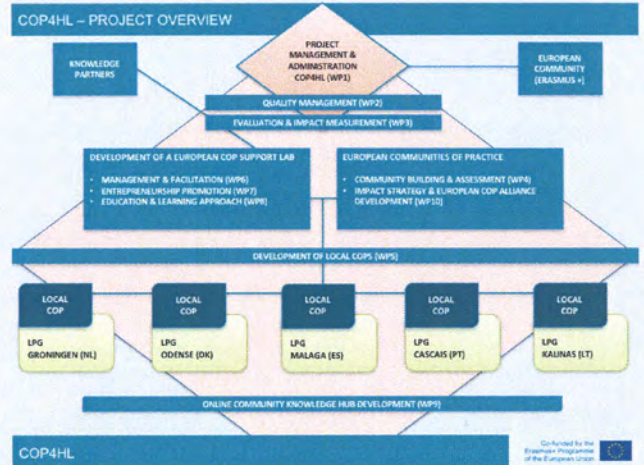
Lead organisation

HANZEHOGESCHOOL GRONINGEN STICHTING

Location: Netherlands

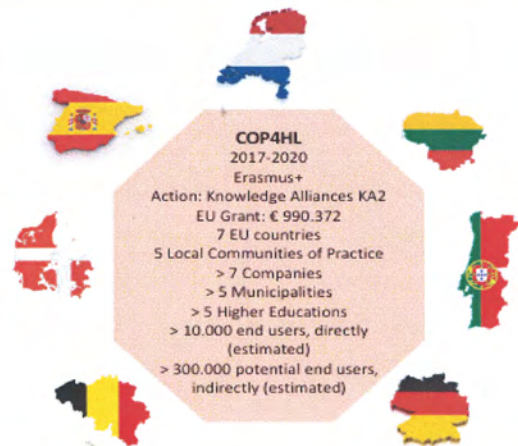
Project countries

Denmark, Germany, Lithuania, Netherlands, Portugal & Spain



Sustainability

The development and implementation of local COPs and the European support lab will provide its own sustainability and ongoing momentum for the stimulation of Healthy Lifestyle in the long term. Moreover, the established open access European online community knowledge hub will disseminate developed materials and will enable new COPs to be developed throughout Europe. This process takes place during the running project of COP4HL and thereafter. Further steps towards impact and sustainability will be described in the Knowledge Alliance COP4HL impact strategy plan.



Social Media

The links of social media platforms will be available soon!



Dissemination

The Knowledge Alliance COP4HL dissemination plan will describe the process of providing information on the quality, relevance and effectiveness of the results developed to all key actors involved. Valorisation material such as project flyers, newsletters, COP brochures, press releases, grey literature, scientific articles and policy documents will be produced. In 2020, the final Knowledge Alliance COP4HL conference together with the European Alliance kick-off will be held.