The Significance of the project

The Northern Netherlands area is characterized by an extensive perspective, a beautiful diversity of green areas, wetlands and dispersed residential areas. So, all elements for a healthy living environment are present in these areas. However, the rural areas of the three northern provinces of Groningen, Fryslân and Drenthe are out-migrating and aging faster than other regions in the Netherlands.

As a result, some villages are shrinking and facilities are concentrated in the larger communities. The remaining residents in these smaller communities are more likely to be older, vulnerable and have predominantly less education and low income.

However, there is not enough knowledge to tackle this complicated issue.

A healthy living environment is defined a living environment that is perceived by residents as pleasant, that supports and encourages healthy behavior and where the pressure on health is as low as possible.

GO Method

To get a good picture of the health of residents, the GO! method is inspired by the broad definition of health of Machteld Huber: the ability to adapt and direct control, based on the physical, emotional and social challenges of life, with the addition that vulnerable groups may need extra attentions.

The GO! method will provide local citizens and professionals with the necessary tools and knowledge to work jointly and effectively to realize a healthier living environment.