



EXPOSOME ALLIANCE

Science for Prevention Policy for Health

Putting the exposome at the heart
of Europe's health strategy

www.europeanexposomeforum.eu

What is the Exposome ?

The exposome is everything in **our environment and daily lives that affects our health** – apart from our genes. The air we breathe, food we eat, chemicals, housing, noise, stress, and social factors like income or education all shape who we are and how healthy we become.

These exposures – including their combined “cocktail effects” – drive the **rise of non-communicable diseases (NCDs)**. Cancer, heart disease, diabetes, and respiratory conditions account for most healthcare costs in Europe. Research shows **up to 90% of disease risk** is linked to **environmental and lifestyle factors**, many of which are preventable.

Exposomics is the science studying these influences. Instead of focusing on one risk factor at a time, it takes a whole-life, whole-environment approach – shifting health policy from reacting to illness towards preventing it.

A coalition of



Scientists



Members of
the European
Parliament



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What is the Alliance ?

Launched at the European Parliament by Members of the European Parliament, leading researchers, and major European health organisations, the Exposome Alliance marks a coordinated effort to tackle the environmental and social drivers of Europe's growing chronic disease burden. Bringing together policymakers, civil society organisations, and scientists, the Alliance works to put prevention at the heart of Europe's health and research agenda – by focusing on the exposome: the combined impact of environmental, social, and lifestyle factors on health across a lifetime.



MEP Clergeau and Prof. Vermeulen during the launch event

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This initiative is supported by the European Exposome Forum.



The European Exposome Forum is a platform linking scientific excellence with EU policymaking to advance the exposome as a cornerstone of preventive and personalised health in Europe. At a pivotal moment for EU policy and funding decisions, the Forum strengthens community cohesion, supports evidence-based policymaking, and ensures the exposome is embedded in future EU strategies and investments.

The European Exposome Forum brings together leading scientists in exposome research from several European universities.

The Exposome Alliance is funded by the universities that constitute the European Exposome Forum.

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