

healthyw8

EMPOWERING HEALTHY LIFESTYLE BEHAVIOUR

Personalised Interventions to Prevent and Control Obesity during Vulnerable Stages of Life

HealthyW8 aims to advance the efficacy of current and future efforts in obesity prevention across Europe by taking a multi-disciplinary approach that combines diet, physical activity, and psycho-emotional aspects.

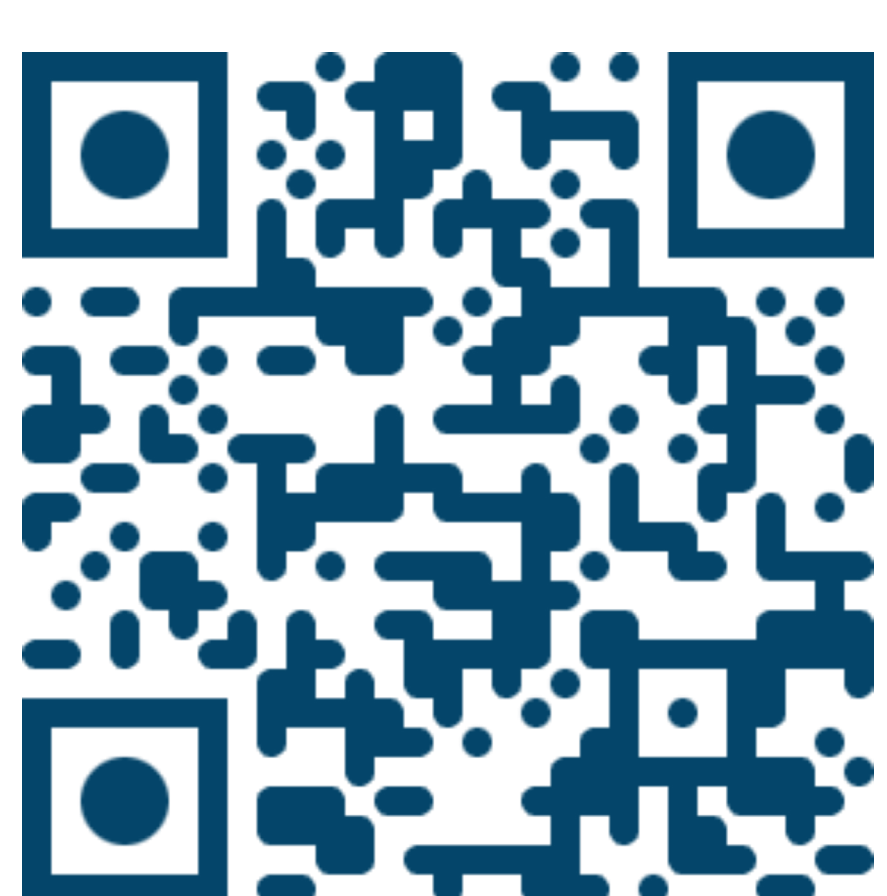


The project focuses on critical life stages, such as primary school children, young adults, and seniors over 65, where the risk of progressing to overweight and obesity is high.

Key features include innovative bio-marker assessments, comprehensive eHealth tools, integration of mood and psychological factors, and the use of nudging and gamification supported by the Human Learning and Recommendation System (HLRS) and Human Digital Twin (HDT).

Budget: 10.000.000€
Start/End: 1 May 2023 – 30 April 2028
Coordinator: Luxembourg Institute of Health
Funding Agency: HaDEA

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