

HEALTH PLUS

Improving Knowledge and Decision Support for Healthy Lifestyles

The **HEALTH PLUS** project intends to design, develop and validate a **HEALTH PLUS** system to become a leading web-based weight control, lifestyle assistant and certified information provider positioned on the European market of ICT-based e-Health systems and services.

Objectives of the project

Overweight and obesity are increasing at an alarming rate in Europe and become a major public health problem:

- In EU nearly 200 million citizens are affected.
- Obesity involves an important economic cost estimated to 2 % to 8 % of the healthcare expenses.
- All EU countries face a growing need for effective therapeutic management of weight control and healthy lifestyle.

The **HEALTH PLUS** project is aiming at filling this gap through the active support to healthcare and nutritional professionals involved in weight control and lifestyle management and in prevention initiatives by providing:

- Assessment of nutritional habits of target citizens' / patients' groups
- Providing certified and localized scientific information on food composition and lifestyle management
- Support to examine the patient's clinical profile, and matching clinical data with nutritional and lifestyle habits.
- Providing support to healthcare and nutritional professionals producing tailored nutritional plans, providing specialized counselling for efficient weight control and lifestyle management.

Project Description

The platform will provide the target users with a tool to assist a complete process of changing their lifestyle, laying the emphasis on personalized approach and credibility of provided information by:

- A large number of trustworthy and personalized information coming from certified medical sources and scientifically approved food databases and linking thus the latest scientific knowledge with the best practices in medical and nutritional fields;
- Fostering a proactive approach of European citizens to their health – as a response to the demand of the “new consumer” of the 21st century, who will take up their own role in the management of their own health.

The **HEALTH PLUS** platform will include:

- **A trustworthy context for information** connecting nutrition, health, lifestyle;
- **A knowledge management system** for clinical and scientific information sharing among health professionals and researchers;
- **Nutritional plan builder** for healthcare and nutritional professionals to support the user in defining and implementing a personal nutrition plan;

Scenario

The HEALTH PLUS helps the researchers in collecting and analyzing nutritional information from a targeted population. The HEALTH PLUS application lets the healthcare and nutritional professionals create food frequency questionnaires and food registration diaries. Then the application collects the data from the patients and gives the professionals easy tools to analyze them. The HEALTH PLUS helps also the involved professionals to provide to a single person a personalized plan for changing his/her nutritional and lifestyle habits. The application records the patient's diet and lifestyle habits and gives the professional a tool to create a nutrition plan suited for the patient's needs and a tool to follow the patient's improvements.

- **Feedback to healthcare and nutritional professionals and other users** about the effectiveness of undertaken actions
- **Tools for non-healthcare stakeholders** involved in industries, education and lifestyle change support.

There are three pilots in **HEALTH PLUS** project to validate the final system platform:

- Charles University in Prague, performing research of CVD diseases accompanying overweight and obesity for all age groups, plans to validate the **HEALTH PLUS** platform on a population of obese and overweight patients in cooperation with the MediSpo centre serving to patients in the prevention and treatment of metabolic diseases.
- Agricultural University of Krakow, performing research in the area of human nutrition, will focus on Polish young people aged from 10 to 18 aiming at evaluation of nutritional status, theoretical nutritional knowledge, actual food intake, nutritional habits and lifestyles, average energy and nutrient intake of the subjects. They will analyze relationships between dietary patterns & lifestyles and overweight / obesity incidence and contribute to integrated national prevention strategies in Poland.
- University of Parma, active in human nutrition research, will validate the **HEALTH PLUS** concept and platform among children aged from 6 to 12 by assessing children eating and lifestyle habits, implementing corrective measures targeting all children in a given environment in general and overweight children in particular and assessing the results of the corrective measures implemented.

Expected Results & Impacts

The **HEALTH PLUS** project potential impact lies in contributing to the fight against overweight and obesity through the establishment of a knowledge and decision support environment especially targeted for patient-focused weight prevention information and counselling.

“Creating a new strategy for equal healthcare treatment and promoting the centrality of patient”

In this way the system aims to offer a solution to one of the main societal and economic problems of the EU, to improve the competitiveness of health care delivery systems by the provision of advanced services and to boost the research in the field of human nutrition and lifestyle management. This cannot but translate into better, safer, higher prevention and quality care for all.

The project will especially refer to the chance of creating a new strategy for equal healthcare treatment and to promote the centrality of patient in medical care in Europe; it will also grant best practices for regional and local authorities in dealing and modernising the healthcare system.

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- Information Communications EPIS Ltd. (GR)
- University of Parma (IT)
- World Match Ltd. (MT)
- R&S Info s.r.l. (IT)
- ISH Ltd. (HU)
- Quality & Reliability S.A. (GR)
- Professional Clinical Software GmbH (AT)

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