

Healthy Living as a Service

Scientific Summary

Welfare diseases have a major impact on people's lives, and people with low SES (Social Economical Status) are affected by them more often and at an earlier stage in their lives, eventually leading to large differences in life expectancy and lived healthy years. People with a low SES more frequently experience an accumulation of health, lifestyle and living environment problems as well as issues in the area of housing, working, learning and living. Strategies that focus on supporting vulnerable citizens to achieve long-lasting healthier lifestyle changes should therefore address multiple domains related to health, ranging from personal factors to the living, working and social environment. Up to now, most health interventions do not have a lasting effect, because of a focus on a limited number of isolated problems, ignoring the complex interrelations between personal, social, and environmental factors. This project embraces ecological- and integrated community-based approaches that place the individual interacting with his/her environment at the center of all activities and combine these approaches with smart technological solutions. Through participation of different communities, we ensure that the approach fits a myriad of communities, rather than providing a one fit-all approach. The results will be Smart and Motivated citizens living in Smart Buildings and Social Communities. People have ownership over their health by:

- healthy living in Smart Buildings and a Social, and motivating Community;
- a monitoring sensor system with wearables and nearables;
- tailored motivating feedback and coaching at different levels of functioning, supported by an AI-based Decision Support System that selects the proper individual lifestyle and living environment interventions.