Sustainable overweight prevention through low carb and healthy lifestyle

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Who We Are

• Smart Homes: expert centre for Smart Living & e-Health in the Netherlands, since 1998
• Much AAL/European Project experience
  • As coordinator
  • Expertise: Co-creation with end-users, user requirements, validation, evaluation, technical integration; dissemination.
• Smartest Home of the Netherlands (Eindhoven)
• Following the very successful project Gezond Dorp (Healthy Village) in Leende (near Eindhoven):

• Idea:
  • Healthy eating habits → real low carb diet
  • Regular exercise, relaxation and social life
  • Habit changing intervention with wearables and prompts
    • Sleep, biorhythm, physical steps, probability of social contacts;
    • ToDo’s to change these habits and adopt sustainable lifestyle.

• What do we want to do?
  • Extent the existing approach with Do’s and wearables;
  • Wide-scale testing and upscaling!
- Organisations from two other eligible countries:
  - SME’s (Bakery, Local Supermarket, ICT company for co-development and implementation);
  - University (expertise in diet, food, lifestyle and large scale evaluations);
  - End-users
    - General practitioners
    - A whole village or city suburb (including 50 plus);

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