

Sustainable overweight prevention through low carb and healthy life style

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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)



Project idea

- 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?
 - Extend the existing approach with Do's and wearables;
 - Wide-scale testing and upscaling!

GezondDorp

Looking for

- 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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