

Sección de: Impacto

Destination y Expected Outcomes

Estructura propuesta: Sección impacto

2. Impact

- **2.1 Project's pathways towards impact**
 - **2.1.1 Expected outcomes and impacts**
 - **2.1.2 Scale and significance**
 - 2.1.3 Requirements and potential barriers
- 2.2 Measures to maximise impact - Dissemination, exploitation and communication
- 2.3 Summary

Contexto político



Horizonte Europe: €95.5 mil millones

El ambicioso programa marco de investigación e innovación de la Unión Europea (2021-2027)



Reforzar la base
científica y tecnológica
de la UE

**Ciencia y
Tecnología**



Abordar las prioridades
políticas, **green and digital**, y
contribuir a los Objetivos de
Desarrollo Sostenible de la
ONU

Sociedad



Acelerar la capacidad de
innovación europea, su
competitividad y la
creación de **empleo**

Economía

EL PLAN ESTRATÉGICO 2021-2024

UN PLAN AMBICIOSO PARA UN PROGRAMA AMBICIOSO



Contribución Clúster Salud: A & D

4 Orientaciones Estratégicas Clave (KSOs) para un mayor impacto



6 impactos esperados - 6 destinos (áreas de trabajo)



1. Mantenerse sano en una sociedad que cambia rápidamente



2. Vivir y trabajar en un ambiente que promueva la salud



3. Hacer frente a las enfermedades y reducir la carga de la enfermedad



4. Garantizar el acceso a una atención sanitaria innovadora, sostenible y de alta calidad

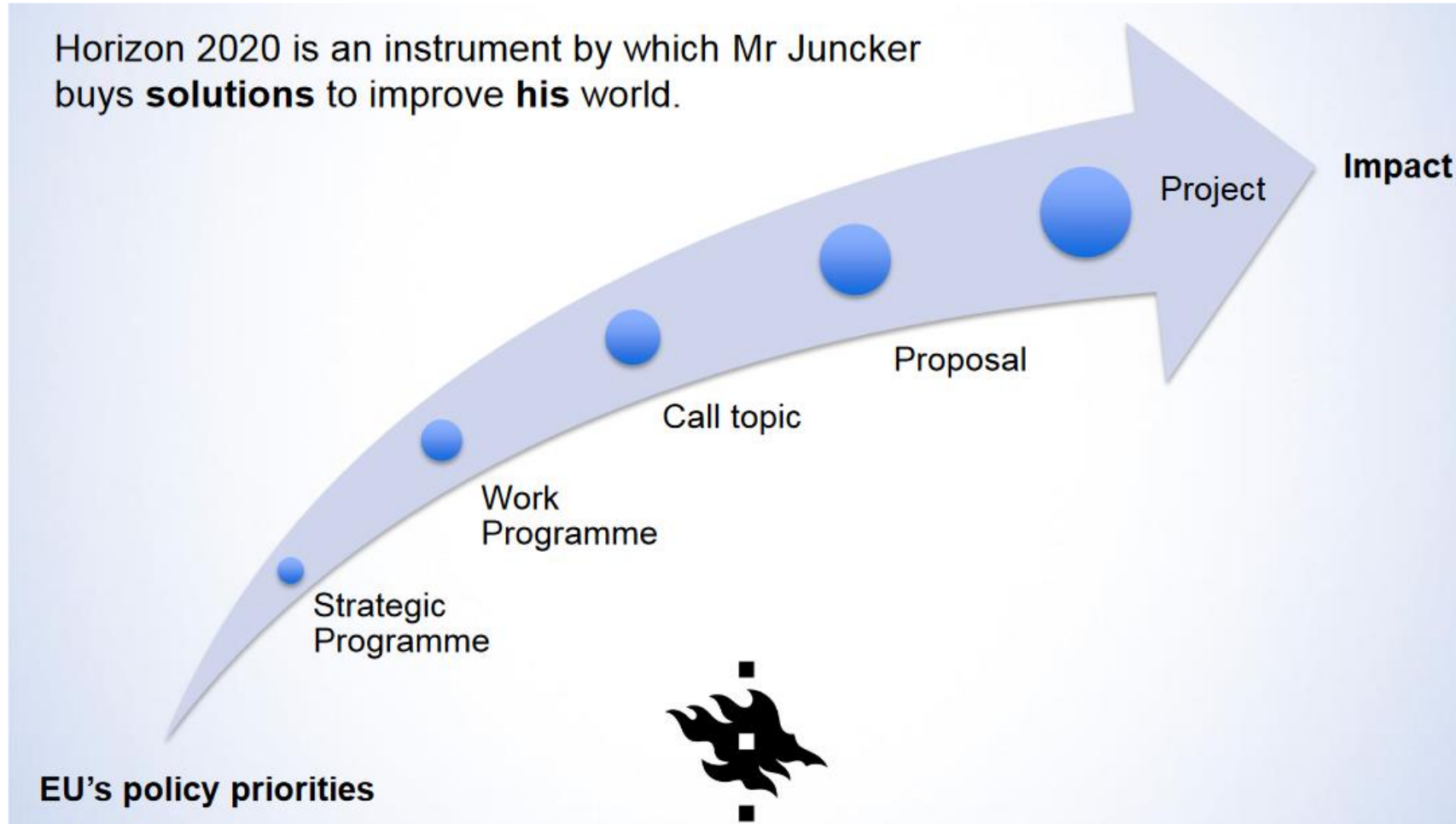


5. Desplegando todo el potencial de las nuevas herramientas, tecnologías y soluciones digitales para una sociedad sana



6. Mantener una industria de la salud innovadora, sostenible y competitiva a nivel mundial

El impacto en los programas de la EC



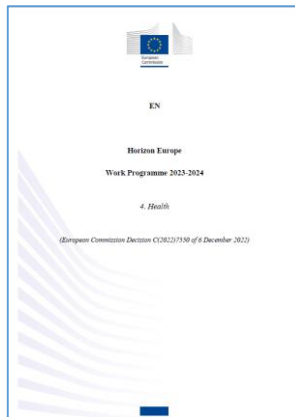
Relación impactos esperados - KSOs

<p>KEY STRATEGIC ORIENTATIONS FOR R&I</p>	<p>KSO A: Promoting an open strategic autonomy by leading the development of key digital, enabling and emerging technologies, sectors and value chains</p>	<p>KSO D: Creating a more resilient, inclusive and democratic European society</p>
<p>IMPACT AREAS</p>	<p>Competitive and secure data-economy High quality digital services for all</p>	<p>A resilient EU prepared for emerging threats Good health and high-quality accessible healthcare</p>
<p>EXPECTED IMPACTS</p>	<p>5. Unlocking the full potential of new tools, technologies and digital solutions for a healthy society</p> <p>6. Maintaining an innovative, sustainable and globally competitive health-related industry</p>	<p>1. Staying healthy in a rapidly changing society</p> <p>2. Living and working in a health-promoting environment</p> <p>3. Tackling diseases and reducing their burden</p> <p>4. Ensuring access to innovative, sustainable & high-quality health care</p>

Las oportunidades de financiación están en los WPs

Topic en el Work Programme (2023 – 2024)

Expected Outcome: describe los elementos clave de que es lo que se espera que se alcance en este topic



Work Programme 2023-2024

• **Scope:** perfila el problema, especifica el enfoque y los límites de la acción potencial pero sin entrar a describir abordamientos particulares

Titulo del topic

HORIZON-HLTH-2023-STAYHLTH-01-01: The Silver Deal - Person-centred health and care in European regions	
Specific conditions	
Expected EU contribution per project	The Commission estimates that an EU contribution of between EUR 15.00 and 20.00 million would allow these outcomes to be addressed appropriately. Nonetheless, this does not preclude submission and selection of a proposal requesting different amounts.
Indicative budget	The total indicative budget for the topic is EUR 40.00 million.
Type of Action	Research and Innovation Actions
Eligibility conditions	The conditions are described in General Annex B. The following exceptions apply: In recognition of the opening of the US National Institutes of Health's programmes to European researchers, any legal entity established in the United States of America is eligible to receive Union funding. If projects use satellite-based earth observation, positioning, navigation and/or related timing data and services, beneficiaries must make use of Copernicus and/or Galileo/EGNOS (other data and services may additionally be used).
Award criteria	The criteria are described in General Annex D. The following exceptions apply: The thresholds for each criterion will be 4 (Excellence), 4 (Impact) and 3 (Implementation). The cumulative threshold will be 12.

Expected Outcome This topic aims at supporting activities that are enabling or contributing to one or several impacts of destination 1 "Staying healthy in a rapidly changing society". To that end, proposals under this topic should aim for delivering results that are directed at, tailored towards and contributing to all of the following expected outcomes:

*Horizon Europe - Work Programme 2023-2024
Health*

- Citizens and patients will get effective, preventive, integrated, coordinated, evidence-based and people-centred high-quality health and care services to identify and tackle or prevent multi-morbidities, frailty, biologically or mentally reduced capacities, (sensory) impairments, dementia and/or neurodegeneration, fostering mental and physical health, wellbeing and quality of life. These could include, but are not limited to, assistive technologies, nutrition and physical activity, adaptation of work and workplace, health-promoting age-friendly working, home and community environments, better equality of access to health and care services through community-based and integrated care models, also digitally enabled.
- Primary and community-based health and care services will be better equipped to early identify people at risk of developing non-communicable diseases (NCDs) and multi-morbidities. They will have integrated and cost-effective intervention tools to help prevent, monitor and manage progression of age-related diseases, conditions and disabilities, while promoting healthy lifestyles, ageing in place²¹, as well as physical and mental wellbeing among the elderly.
- Older people, including those receiving long-term care, will be empowered to take an active role in the management of their own physical and mental health, as well as increase their social interactions and wellbeing through better health literacy, educational programmes, trainings and platforms, including with the help of innovative and digitally enabled solutions.
- Citizens, all relevant stakeholders, public authorities, cities and rural environments, as well as health care providers will be engaged to ensure the introduction to and the integration of age-friendly, mental and physical health promoting innovative care pathways and digitally enabled solutions into the daily life and wellbeing of the ageing population, with the aim of leaving no-one behind.

The proposals should provide appropriate indicators to measure performance and progress towards the relevant expected outcomes.

Scope: This topic aims to implement strategies and actions in line with the Green Paper on Ageing²², the EU Long-term care report²³, the "Healthier Together" – EU Non-Communicable Diseases Initiative²⁴, the new EU Care Strategy²⁵, which strive to address demographic change and enable better health and care for Europe's growing ageing societies, as well as to harness the potential of the Silver Economy²⁶. NCD prevention is highly relevant to reduce

²¹ "The ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level".
²² https://ec.europa.eu/info/sites/default/files/1_en_act_part1_v8_0.pdf
²³ <https://ec.europa.eu/social/main.jsp?catId=738&langId=en&pubId=8386>
²⁴ https://ec.europa.eu/health/non-communicable-diseases/overview_en
²⁵ <https://www.europarl.europa.eu/legislative-train/theme/promoting-our-european-way-of-life/file/european-care-strategy>
²⁶ A new multi-policy approach is recommended by the "Silver Economy Study": the ageing population promises more economic growth and jobs. [Silver Economy Study, How to stimulate the economy by hundreds of millions of Euros per year | Shaping Europe's digital future \(europa.eu\)](https://www.europarl.europa.eu/legislative-train/theme/promoting-our-european-way-of-life/file/european-care-strategy)

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Type of Action: Define el esquema de financiación

No olvidar leer bien el "Destination"!!!

al que pertenece el topic para detectar mas impactos esperados y tenerlos en cuenta en la propuestas...

Horizon Europe - Work Programme 2023-2024
Health

Destination 1 – Staying healthy in a rapidly changing society

Calls for proposals under this destination are directed towards the Key Strategic Orientation KSO-D 'Creating a more resilient, inclusive and democratic European society' of Horizon Europe's Strategic Plan 2021-2024. Research and innovation supported under this destination should contribute to the impact area 'Good health and high-quality accessible health care' and in particular to the following expected impact, set out in the Strategic Plan for the health cluster: 'citizens of all ages stay healthy and independent in a rapidly changing society thanks to healthier lifestyles and behaviours, healthier diets, healthier environments, improved evidence-based health policies, and more effective solutions for health promotion and disease prevention'. In addition, research and innovation supported under this destination could also contribute to the following impact areas: 'High quality digital services for all', 'Sustainable food systems from farm to fork on land and sea', and 'Climate change mitigation and adaptation'.

People's health care needs are different, depending on their age, stage of life and socio-economic background. Their physical and mental health and well-being can be influenced by their individual situation as well as the broader societal context they are living in. Furthermore, health education and behaviour are important factors. Currently, more than 790 000 deaths per year in Europe are due to risk factors such as smoking, drinking, physical inactivity, and obesity. Upbringing, income, education levels, social and gender aspects also have an impact on health risks and how diseases can be prevented. Moreover, people's health can be impacted by a rapidly changing society, making it challenging to keep pace and find its way through new technological tools and societal changes, which both are increasing demands on the individual's resilience. In order to leave no one behind, to reduce health inequalities and to support healthy and active lives for all, it is crucial to provide suitable and tailor-made solutions, including for people with specific needs. Preventing diseases from developing in the first place is at the core of successful public health programmes in the future.

As set out in the Strategic Plan 2021-2024, destination 1 focuses on major societal challenges that are part of the European Commission's political priorities. This is why destination 1 in the work programme 2021-2022 covered immediate urgencies, notably a better understanding and prevention of mental illness, prevention of obesity, digital empowerment in health literacy, understanding the transition from health to disease and making use of AI tools to predict the risk for onset and progression of chronic diseases. The work programme 2023-2024 will complete the ambitions of the Strategic Plan by focussing on holistic and integrated approaches to disease prevention and health promotion, notably healthy ageing, on a life course approach to physical and mental health starting in early childhood and on personalised approaches to prevention of diseases.

More specifically, research and innovation supported under this destination will provide new tools, digitally enabled solutions and evidence-based health and care services to prevent and delay progression of age-related diseases. Research and innovation will also provide tailor

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Health

made strategies and solutions to support children and adolescents adopting and maintaining person-centred healthy lifestyles. Specific measures will be developed to educate and empower citizens of all ages and throughout their life to play an active role in the self-management of their own health and self-care, to the benefit of an active and healthy ageing. This destination will also call for proposals specifically aiming to develop integrated and holistic personalised disease prevention strategies, making use of multiple data sources, including real-world health data. This initiative will build on the impressive advances made in the area of personalised medicine to treat diseases, but here the focus will be on personalised approaches to prevent rather than treat diseases.

Dialogue and coordination between stakeholders and policymakers as well as integration across different settings will be needed to develop more effective cross-sectoral solutions for holistic approaches to health promotion and disease prevention and deliver improved evidence-based health for all.

In view of increasing the impact of EU investments under Horizon Europe, the European Commission welcomes and supports cooperation between EU-funded projects to enable cross-fertilisation and other synergies. This could range from networking to joint activities such as the participation in joint workshops, the exchange of knowledge, the development and adoption of best practices, or joint communication activities. Opportunities for potential synergies exist between projects funded under the same topic, but also between other projects funded under another topic, cluster or pillar of Horizon Europe. In particular, this could involve projects related to European health research infrastructures (under pillar I of Horizon Europe), the EIC strategic challenges on health and EIT-KIC Health (under pillar III of Horizon Europe), or in areas cutting across the health and other clusters (under pillar II of Horizon Europe). For instance, with cluster 2 "Culture, Creativity and Inclusive Society" such as on health inequalities, on other inequalities affecting health, or on citizens' behaviour and engagement; with cluster 4 "Digital, Industry and Space" such as on digital tools, telemedicine or smart homes; with cluster 5 "Climate, Energy and Mobility" such as on urban health or on mitigating the impact of road traffic accidents and related injuries; with cluster 6 "Food, Bioeconomy, Natural Resources, Agriculture and Environment" such as on the role of nutrition for health (incl. human microbiome, mal- and over-nutrition, safe food), personalised diets (incl. food habits in general and childhood obesity in particular) and the impact of food-related environmental stressors on human health (incl. marketing and consumer habits).¹⁷

Expected impacts:

Proposals for topics under this destination should set out a credible pathway to contributing to staying healthy in a rapidly changing society, and more specifically to one or several of the following impacts:

- Citizens adopt healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden, including at old ages or in other vulnerable stages of life.

¹⁷ Strategic Plan 2021-2024 of Horizon Europe, Annex I, Table 2.

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Health

- Citizens are able and empowered to manage better their own physical and mental health and well-being, monitor their health, and interact with their doctors and health care providers.
- Children and adolescents are empowered to better monitor and manage their physical, social and mental health with a view to lifelong healthy lifestyles.
- Society benefits from reduced economic and health burden from avoidable sickness, disease and premature death. Efficiency is increased by targeting scarce resources in appropriate, cost-effective ways, to areas of high social return, contributing to an improvement and optimisation of health and well-being of citizens and reduction of health inequalities.
- Citizens' trust in knowledge-based health interventions and in guidance from health authorities is strengthened, including through improved health literacy, resulting in increased engagement in and adherence to effective strategies for health promotion, disease prevention and treatment, while digital literacy inequalities are minimised.
- Health policies and actions for health promotion and disease prevention are knowledge-based, people-centred, personalised and thus targeted and tailored to citizens' needs, and designed to reduce health inequalities.

The following call(s) in this work programme contribute to this destination:

Call	Budgets (EUR million)		Deadline(s)
	2023	2024	
HORIZON-HLTH-2023-STAYHLTH-01	40.00		13 Apr 2023
HORIZON-HLTH-2024-STAYHLTH-01-two-stage		80.00	19 Sep 2023 (First Stage) 11 Apr 2024 (Second Stage)
Overall indicative budget	40.00	80.00	

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Entendiendo un topic.....

Topic: HORIZON-HLTH-202X-DESTINATION-#conv-#topic: Título topic

Specific conditions	
<i>Expected EU contribution per project</i>	
<i>Indicative budget</i>	
<i>Type of Action</i>	
<i>Procedure</i>	
<i>Legal and financial set-up of the Grant Agreements</i>	

- Expected Outcome:

To that end, proposals under this topic should aim for delivering results that are directed, tailored towards and contributing to [**All / some / one or several**] of the following expected outcomes.

- Scope:

Proposals are expected to address [**all / some / some or all**] of the following:

Recordad las definiciones

DEFINITIONS	
Pathway to impact	Logical steps towards the achievement of the expected impacts of the project over time, in particular beyond the duration of a project. A pathway begins with the projects' results, to their dissemination, exploitation and communication, contributing to the expected outcomes in the work programme topic, and ultimately to the wider scientific, economic and societal impacts of the work programme destination.
Impacts	Wider long term effects on society (including the environment), the economy and science, enabled by the outcomes of R&I investments (long term). It refers to the specific contribution of the project to the work programme expected impacts described in the destination. <u>Impacts generally occur some time after the end of the project.</u> Example: <i>The deployment of the advanced forecasting system enables each airport to increase maximum passenger capacity by 15% and passenger average throughput by 10%, leading to a 28% reduction in infrastructure expansion costs.</i>
Outcomes	The expected effects, over the medium term, of projects supported under a given topic. The results of a project should contribute to these outcomes, fostered in particular by the dissemination and exploitation measures. This may include the uptake, diffusion, deployment, and/or use of the project's results by direct target groups. <u>Outcomes generally occur during or shortly after the end of the project.</u> Example: <i>9 European airports adopt the advanced forecasting system demonstrated during the project.</i>
Results	<u>What is generated during the project implementation.</u> This may include, for example, know-how, innovative solutions, algorithms, proof of feasibility, new business models, policy recommendations, guidelines, prototypes, demonstrators, databases and datasets, trained researchers, new infrastructures, networks, etc. Most project results (inventions, scientific works, etc.) are 'Intellectual Property', which may, if appropriate, be protected by formal 'Intellectual Property Rights'. Example: <i>Successful large-scale demonstrator: trial with 3 airports of an advanced forecasting system for proactive airport passenger flow management.</i>
Objectives	<u>The goals of the work performed within the project, in terms of its research and innovation content. This will be translated into the project's results.</u> These may range from tackling specific research questions, demonstrating the feasibility of an innovation, sharing knowledge among stakeholders on specific issues. The nature of the objectives will depend on the type of action, and the scope of the topic.

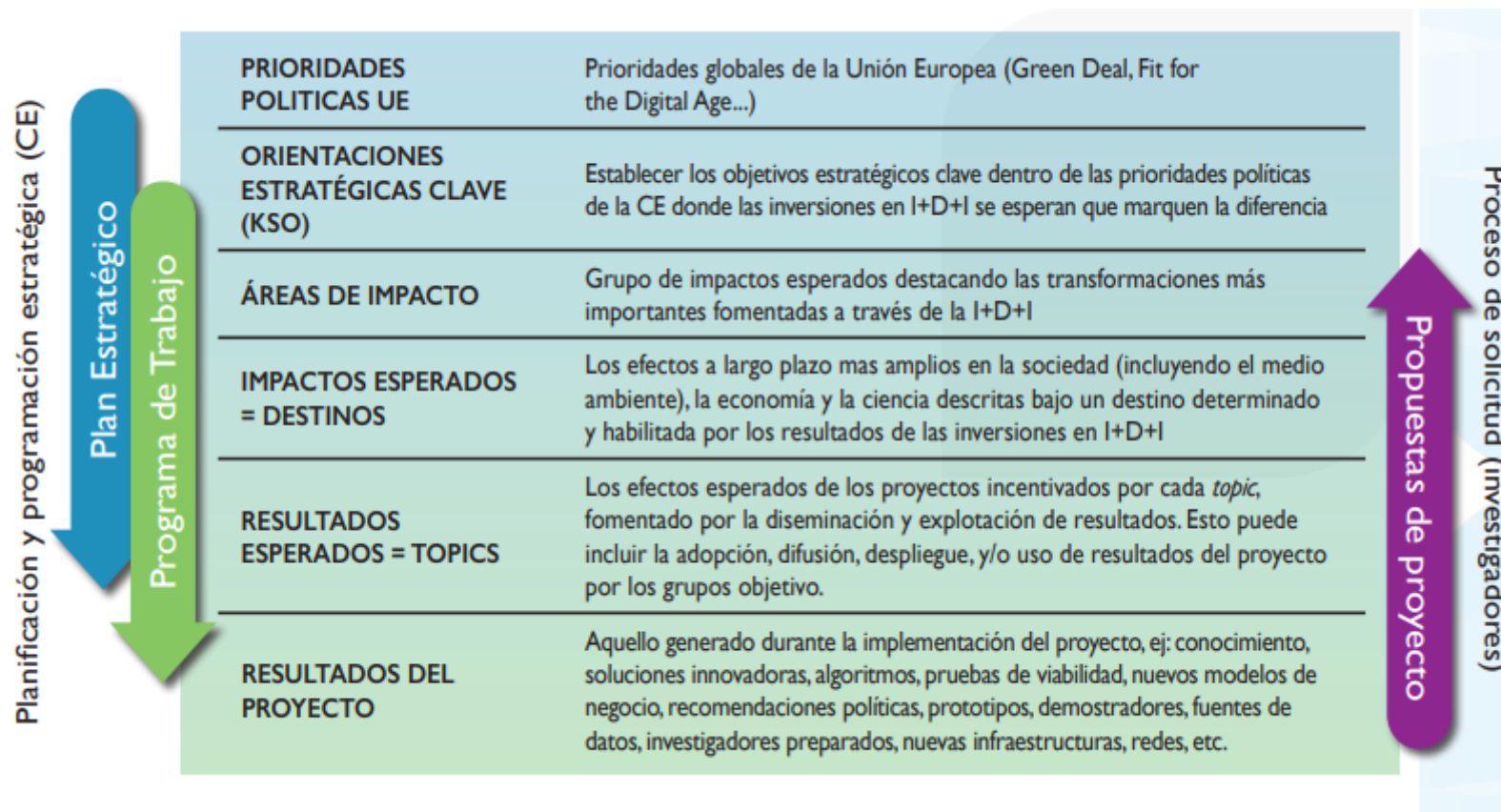
Long-term

Medium-term

Short-term

Dirección y sentido del WP vs Project

Work Programme



Project

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

To that end, proposals under this topic should aim for delivering results that are directed at, tailored towards and contributing to **all** of the following expected outcomes:

- Children, adolescents and their parents/carers are educated and empowered in prevention strategies involving personalised approaches and solutions (also through the use of digital tools) to manage, maintain and improve children's and adolescents' own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.
- Children and adolescents, including those from vulnerable contexts, monitor their health risks, adopt healthy lifestyles at home, at school and in the community and interact with their doctors and carers (receiving and providing feedback), also through the means of digitally enabled solutions, better health literacy, training and critical thinking.
- Thanks to better co-creation, training, digital and health literacy, children, adolescents, parents and carers across Europe access and use person-centred, widely available solutions for children and adolescents' health, care and wellbeing, appropriate to a rapidly changing and increasingly digitalised society, also considering the risk of digital addiction.

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

To that end, proposals under this topic should aim for delivering results that are directed at, tailored towards and contributing to **all** of the following expected outcomes:

The Project X will contribute to all the Expected Outcomes of the topic

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- **EO1: Children, adolescents and their parents/carers** are educated and empowered in **prevention strategies** involving **personalised approaches and solutions** (also through the use of digital tools) to manage, maintain and **improve children's and adolescents' own health, physical activity, nutrition habits, leisure needs, mental and social well-being**, in full respect of the privacy of individuals.

The Project X will contribute to the identification of the risk variables due to sedentarism. The creation and execution of targeted, individualized, integrated, coordinated, evidence-based multimodal interventions will be made possible by the SO1. Interventions will be tailored to the cultural context, the needs and preferences of the individual, as well as their motivational status, and will be co-designed and coordinated by the clinicians, psychologists, nutritionists and parents associations at each site. They will be based on the current local practice. The effectiveness of the therapies will be evaluated in an RCT with 300 children and 300 adolescents across 4 sites (D3.1).

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- EO1: **Children, adolescents and their parents/carers** are educated and empowered in **prevention strategies** involving **personalised approaches and solutions** (also through the use of digital tools) to manage, maintain and **improve children's and adolescents'** own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.

*The Project X will contribute to the **identification of the risk variables** due to sedentarism. The creation and execution of targeted, individualized, integrated, coordinated, **evidence-based multimodal interventions** will be made possible by the SO1. Interventions will be tailored to **the cultural context, the needs and preferences of the individual, as well as their motivational status**, and will be co-designed and coordinated by the **clinicians, psychologists, nutritionists** and **parents associations** at each site. They will be based on the current local practice. **The effectiveness of the therapies** will be evaluated in an **RCT** with **300 children and 300 adolescents** across 4 sites (D3.1).*

Medium-term

Outcomes generally occur during or shortly after the end of the project.

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- EO1: **Children, adolescents and their parents/carers** are educated and empowered in **prevention strategies** involving **personalised approaches and solutions** (also through the use of digital tools) to manage, maintain and **improve children's and adolescents'** own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.

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Scale

- RCT: 300 children and 300 adolescents

- Focus groups: 2 pediatrics, 1 psychologist, 1 nutritionist and 4 parents

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- EO1: **Children, adolescents and their parents/carers** are educated and empowered in **prevention strategies** involving **personalised approaches and solutions** (also through the use of digital tools) to manage, maintain and **improve children's and adolescents'** own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.

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Significance

The Project X will use AI/ML techniques to investigate how social, local, and individual factors interact with the likelihood of experiencing sedentarism (WP2). The RCT will implement evidence-based multimodal and personalized interventions (WP3) that will improve quality of life of at least 80% of the sample.

Expected Outcomes

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- EO1: **Children, adolescents and their parents/carers** are educated and empowered in **prevention strategies** involving **personalised approaches and solutions** (also through the use of digital tools) to manage, maintain and **improve children's and adolescents'** own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.

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Significance

This will advance the state of the art in the field of employing predictive algorithms for population assessment and enable the early identification of children and adolescent at risk. The Project X will allow as well to implement best personalized practices through 6 pan-European countries.

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

Expected impacts:

Proposals for topics under this destination should set out a credible pathway to contributing to staying healthy in a rapidly changing society, and more specifically to **one or several** of the following impacts:

- Citizens adopt healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden, including at old ages or in other vulnerable stages of life.
- Citizens are able and empowered to manage better their own physical and mental health and well-being, monitor their health, and interact with their doctors and health care providers.
- Children and adolescents are empowered to better monitor and manage their physical, social and mental health with a view to lifelong healthy lifestyles.
- Society benefits from reduced economic and health burden from avoidable sickness, disease and premature death. Efficiency is increased by targeting scarce resources in appropriate, cost-effective ways, to areas of high social return, contributing to an improvement and optimization of health and well-being of citizens and reduction of health inequalities.

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

Expected impacts:

Proposals for topics under this destination should set out a credible pathway to contributing to staying healthy in a rapidly changing society, and more specifically to **one or several** of the following impacts:

- Citizens' trust in knowledge-based health interventions and in guidance from health authorities is strengthened, including through improved health literacy, resulting in increased engagement in and adherence to effective strategies for health promotion, disease prevention and treatment, while digital literacy inequalities are minimized.
- Health policies and actions for health promotion and disease prevention are knowledge-based, people-centred, personalised and thus targeted and tailored to citizens' needs, and designed to reduce health inequalities.

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

- EI1: Citizens adopt healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden, including at old ages or in other vulnerable stages of life.

“Proposals for topics under this destination should set out a credible pathway to contributing to staying healthy in a rapidly changing society, and more specifically to **one or several** of the following impacts: “

*The Project X will contribute to **all** the Expected Impacts of the topic*

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

- **EI1: Citizens adopt healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden, including at old ages or in other vulnerable stages of life.**

Diseases related to a sedentary lifestyle are one of the most common alterations in the early stages of life, and can have an impact on the following stages. Through a customized, integrated intervention plan that includes health education, physical activity, nutritional counseling, and psychologist management and is tailored to each individual's needs and preferences, the Project X will help children and adolescent people adopt healthier lifestyles and behaviors, make healthier decisions, and maintain a longer, healthier, and more active life with a lower disease burden. With Project X, people will have the ability to better manage their own physical and emotional health and well-being, keep track of their health, and communicate with the professionals who offer their medical and social care.

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

- **EI1: Citizens** adopt **healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden**, including at old ages or in **other vulnerable stages of life**.

*Diseases related to a sedentary lifestyle are one of the most common alterations in the **early stages of life**, and **can have an impact on the following stages**. Through a customized, integrated **intervention plan** that includes health education, physical activity, nutritional counseling, and psychologist management and is tailored to each individual's needs and preferences, the Project X will help **children and adolescent** people **adopt healthier lifestyles and behaviors, make healthier decisions, and maintain a longer, healthier, and more active life with a lower disease burden**. With Project X, people will have the ability to **better manage their own physical and emotional health and well-being, keep track of their health, and communicate with the professionals who offer their medical and social care**.*

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

- **EI1: Citizens** adopt **healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden**, including at old ages or in **other vulnerable stages of life**.

Diseases related to a sedentary lifestyle are one of the most common alterations in the early stages of life, and can have an impact on the following stages. Through a customized, integrated intervention plan that includes health education, physical activity, nutritional counseling, and psychologist management and is tailored to each individual's needs and preferences, the Project X will help children and adolescent people adopt healthier lifestyles and behaviors, make healthier decisions, and maintain a longer, healthier, and more active life with a lower disease burden. With Project X, people will have the ability to better manage their own physical and emotional health and well-being, keep track of their health, and communicate with the professionals who offer their medical and social care.

Scale

- Dissemination in 20 schools in 5 European countries

Expected Impacts

Destination 1 – Staying healthy in a rapidly changing society

- **EI1: Citizens** adopt **healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden**, including at old ages or in **other vulnerable stages of life**.

Diseases related to a sedentary lifestyle are one of the most common alterations in the early stages of life, and can have an impact on the following stages. Through a customized, integrated intervention plan that includes health education, physical activity, nutritional counseling, and psychologist management and is tailored to each individual's needs and preferences, the Project X will help children and adolescent people adopt healthier lifestyles and behaviors, make healthier decisions, and maintain a longer, healthier, and more active life with a lower disease burden. With Project X, people will have the ability to better manage their own physical and emotional health and well-being, keep track of their health, and communicate with the professionals who offer their medical and social care.

Significance

The Project X will implement dissemination activities in 20 school in 5 European countries (D7.3). This will allow a better understanding of the problem of sedentary lifestyles and encourage children and adolescents in the European Union to develop healthy lifestyles in 2000 children and adolescents.

Wider Impacts

Prioridades políticas

“Accordingly, and in line with the HealthyLifestyles4All Initiative³⁶, the ‘Healthier Together’ – EU Non-Communicable Diseases Initiative³⁷, and the Communication of the Commission on enabling the Digital Transformation of Health and Care^{38,39}, the main goal of the research and innovation should be to promote healthier societies by developing holistic solutions that foster healthy lifestyles from early age with long-term impact(s).”

Key Strategic Orientations
(KSOs)

Sustainable Development
Goals

Everyone has the right to timely access to affordable healthcare of good quality

(EU Pillar of Social Rights, UN SDGs).

Objetivo 3

Garantizar una vida sana y promover el bienestar de todos a todas las edades.

Objetivo 13

Adoptar medidas urgentes para combatir el cambio climático y sus efectos.

Objetivo 5

Lograr la igualdad de género y empoderar a todas las mujeres y las niñas.



Key elements for Impact

Topic: HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society						
Sections	Key Issues/points	How my project will address the key issues	Section of the Proposal Template	Work Package Descriptor	Expertise required for activities in WP's	Documents/policies/other projects research
Specific Conditions	Two-stage Blind evaluation Lump sum					the HealthyLifestyles4All Initiative36
Expected EU contribution/p roject	8-10 million					the 'Healthier Together' – EU Non-Communicable Diseases Initiative37
Type of Action	RIA					the Communication of the Commission on enabling the Digital Transformation of Health and Care38,39
Elegibility Conditions						KSO D: Creating a more resilient, inclusive and democratic society
TRL						A resilient EU prepared for emerging threats
						Good health and high-quality accesible healthcare
						European Green Deal
						Promoting the European way of Life
						European fit for the digital age
						Sustainable Development Goals: 3, 13 and 15

Key elements for Impact

Topic: HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society					
Sections	SEVERAL	How my project will address the key issues	Section of the Proposal Template	Work Package Descriptor	Expertise required for activities in WP's
Scope	Develop and advance person-centred, evidence-based and coordinated disease prevention intervention solutions to support children and adolescents' health and care in an increasingly digital society. The effectiveness of the intervention solutions should be...				
	Develop and integrate innovative, privacy preserving tools and technologies, such as (but not limited to) activity trackers, sensors, serious games, platforms and robotics, Massive Open Online Courses (MOOCs) in coordinated and integrated care models, to help children and adolescents lead healthy, active and social lifestyles, prevent diseases, as well as to...				
	Stimulate the adoption of person-centred approaches and solutions for better health, care and well-being of children and adolescents, by including stakeholders from all the relevant sectors (including but not limited to education, leisure, social innovation, healthcare, ...				
	Develop and disseminate evidence-based guidance and tools for children and adolescents promoting healthy balance between a sedentary digitised lifestyle and a more active non-digitised lifestyle in support of their physical, mental and social health and well-being on short- and long-term basis.				
	Develop, implement (pilot and/or scale-up) and promote person-centred tools and interventions for better physical and mental wellbeing, addressing the risks of digital addiction and overconsumption, isolation and mental illness, by promoting physical, intellectual or artistic activities, social interaction and providing mental health support and treatment.				

Key elements for Impact

Topic: HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society					
Sections	ALL	How my project will address the key issues	Section of the Proposal Template	Work Package Descriptor	Expertise required for activities in WP's
Expected Outcomes	Children, adolescents and their parents/carers are educated and empowered in prevention strategies involving personalised approaches and solutions (also through the use of digital tools) to manage, maintain and improve children's and adolescents' own health, physical activity, nutrition habits, leisure needs, mental and social well-being, in full respect of the privacy of individuals.				
	Children and adolescents, including those from vulnerable contexts, monitor their health risks, adopt healthy lifestyles at home, at school and in the community and interact with their doctors and carers (receiving and providing feedback), also through the means of digitally enabled solutions, better health literacy, training and critical thinking.				
	Thanks to better co-creation, training, digital and health literacy, children, adolescents, parents and carers across Europe access and use person-centred, widely available solutions for children and adolescents' health, care and wellbeing, appropriate to a rapidly changing and increasingly digitalised society, also considering the risk of digital addiction.				

Key elements for Impact

Topic: HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society					
Sections	ONE OR SEVERAL	How my project will address the key issues	Section of the Proposal Template	Work Package Descriptor	Expertise required for activities in WP's
Expected Impacts	Citizens adopt healthier lifestyles and behaviours, make healthier choices and maintain longer a healthy, independent and active life with a reduced disease burden, including at old ages or in other vulnerable stages of life.				
	Citizens are able and empowered to manage better their own physical and mental health and well-being, monitor their health, and interact with their doctors and health care providers.				
	Children and adolescents are empowered to better monitor and manage their physical, social and mental health with a view to lifelong healthy lifestyles.				
	Society benefits from reduced economic and health burden from avoidable sickness, disease and premature death. Efficiency is increased by targeting scarce resources in appropriate, cost-effective ways, to areas of high social return, contributing to an improvement and optimisation of health and well-being of citizens and reduction of health inequalities.				
	Citizens' trust in knowledge-based health interventions and in guidance from health authorities is strengthened, including through improved health literacy, resulting in increased engagement in and adherence to effective strategies for health promotion, disease prevention and treatment, while digital literacy inequalities are minimised.				
	Health policies and actions for health promotion and disease prevention are knowledge-based, people-centred, personalised and thus targeted and tailored to citizens' needs, and designed to reduce health inequalities.				

Práctica

Destination 1 - Staying healthy in a rapidly changing society

HORIZON-HLTH-2024-STAYHLTH-01-02-two-stage: Towards a holistic support to children and adolescents' health and care provisions in an increasingly digital society

- 1 ejemplo de cómo abordar 1 Expected Outcome del topic con Scale and Significance
- 1 ejemplo de cómo abordar 1 Expected Impact con Scale and Significance