

SEFAC APP – TOOL TO SUPPORT BETTER HEALTH



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Background

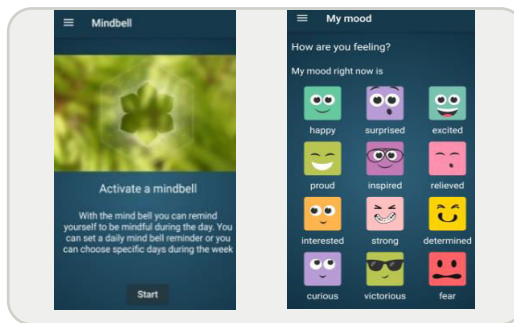
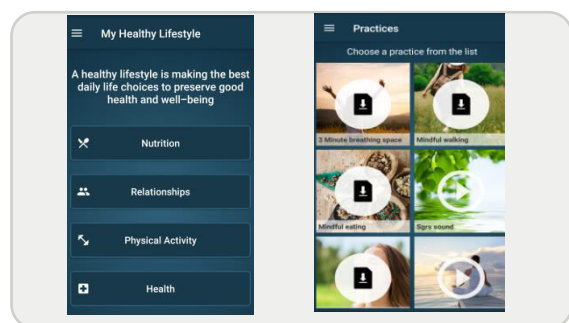
- Older persons can benefit by using new technologies and ICT solutions in many aspects (monitor of heart rate, activity time, calories, create and maintain social networks).
- The SEFAC project supports the population health with specifically developed ICT solution for the improvement of lifestyles in order to reduce the burden of major chronic diseases and to increase the sustainability of health systems.

Participants & Methods

- The SEFAC project is developed for the improvement of lifestyles of citizens (+50) that are involved in 7-week program based on the mindfulness approach.
- The participants were given the opportunity to use SEFAC App on their smartphones or tablets.
- The main goal of the SEFAC App was to enable participants to use SEFAC knowledge even after the face to face workshops ended.

Results

- The SEFAC app is available in English, Dutch, Italian and Croatian and it is a part of the implementation phase in four pilot sites of the SEFAC project (Cornwall, Rotterdam, Treviso and Rijeka).
- Objectives of the SEFAC App are to prevent, delay, slow down or even reverse the progress of a chronic disease(s), in line with participants personalized dietary and activity goals.
- SEFAC App offers variety of options: monitoring nutrition and physical exercise, managing dietary/physical activity goals, mindful bell, mindfulness practices, writing thoughts in the journal, reading healthy and interesting tips through inspire option, noting current mood.
- SEFAC App has tools for helping participants change a habit, set a smart goal or learn how to step out of comfort zone.



Conclusion

- The benefit that the SEFAC App offers is the possibility to empower users for proactive self-health management making it an excellent tool for supporting and encouraging participants in a service of a healthy aging with novel technologies.