

WP 1 Sustainable Behavioural Change

WP color

WP information
Scientific field now /
State of the art

Knowledge, Expertise and skills within the WP:
Health Psychology, Sociology, Public Health, Implementation, data science,

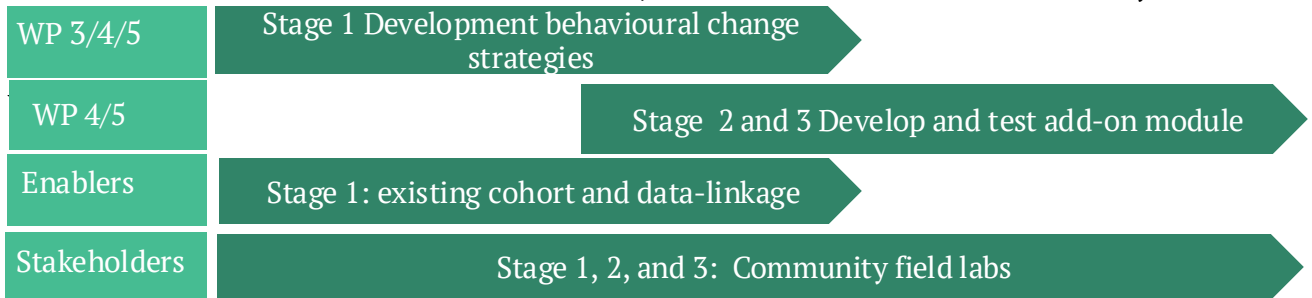
Limited research on the use of biological age as active ingredient for sustainable behavioural change

Tools
Add-on module for using biological age in existing interventions

Expected Output/Deliverables during year 1 – 7

1. **Description of different personas based on trajectories of behavioural change**
2. **Strategies combining personas, biological age with existing behavioural change techniques**
3. **Results of iterative testing of strategies, first module for behavioural change strategies**
4. **Results of small-scale studies of the effects**
5. **Add-on module combined as building block for field labs and implementation**

Collaboration or interaction with other WP's, enablers or stakeholders timeline year 1-7



Key Stakeholders

- **Target group**
- **FNV**
- **Employers**
- **Health professionals**
- **Intervention developers**
- **Lifestyle front office**

Key Challenges

- **Participation of target populations**
- **Linking different data-sets**
- **Feasibility of integration biological age**

Bonner C, et al Health Promot J Austr. 2023; Richardson, K.M., et al., J Med Internet Res, 2023

