

WP 5 Knowledge Implementation & Dissemination

Background & state-of-the art

- Lack of effective & sustainable implementation of healthy lifestyle interventions
- Need for adequate knowledge translation tools & implementation strategies linking biomarkers of ageing to lifestyle factors & biological age
- Need for ethical considerations & stakeholders' engagement for systemic transition in prevention.

Co-leads: ¹Femke van Nassau; ⁵Bart Visser; ⁷Astrid Doorduijn

Postdocs ¹Marilyne Menassa; ¹Rixt Smit; ²Aldo Houterman

Academic partners ³Aarnout Brombacher; ⁴Ellen Droog; ⁶Rick Hollen; ⁷Monique Berger; ⁸Gitte Kloek; ¹Joske Nauta; ¹Christiaan Vis

Knowledge, expertise, & skills Implementation science, systems dynamics, ethics & philosophy, citizen science, communication

Expected deliverables (years 1 – 7)

- List of needs, facilitators & barriers, and moral concepts for the proof-of-concept
- Proof of implementation by iterative testing
- Report on the feasibility study of the proof-of-concept on promoting a sustainable healthy lifestyle & slowing down of biological ageing & on the insights in facilitators and barriers for implementation
- Report on all dissemination activities with stakeholders

Collaboration with other WPs, enablers or stakeholders (years 1-7)

- Stakeholders are key to this work package!!
- Strong interaction with all other WPs (1-4)
- Stakeholders' collaborative ecosystem for effective communication & knowledge sharing
- Enablers via "Data science", "Sensors & wearables", & "Infrastructure"

Key stakeholders

Unions & organizations FNV, JOGG, Veiligheid NL, NL Actief, Beweegalliantie, Kenniscentrum Sport en Bewegen, AISS, POS, NOC*NSF, Nationaal Fonds voor de sport

Citizen science Universities of Applied Sciences

Secondary, vocational, & university educations VET, MBO

Research MOOI consortia

Business Close application

Policy Ministry of Health

Methods Implementation assessments, stakeholder analyses, moral consistency, knowledge translation: surveys, interviews, back casting, causal loop diagrams, co-design, cyclic testing, pre-post intervention, process evaluation, dissemination

Key challenges

- Dependence on WP (1-4) outputs for proof – of-implementation
- Stakeholder engagement/hesitancy
- Implementation readiness

¹AUMC; ²EUR; ³TUE; ⁴VUA; ⁵AUAS; ⁶UvA; ⁷THUAS; ⁸SUAS

