

TRACING HIGH-RISK GROUPS

HEALTHY MOVEMENT FOR HEALTHY WEIGHT

Purpose:

- The project focuses on developing an algorithm using data sensors to promote physical activity and prevent diseases like type 2 diabetes. It targets personalized health interventions through motion tracking, tracking of food intake and artificial intelligence. Sensors were tested on a broad target group, including people at risk of or already diagnosed with type 2 diabetes.

Intervention:

- A motion sensor (SENS motion®) monitors physical activity patterns to motivate increased movement, especially for individuals at risk of lifestyle-related conditions.

Outcomes:

- Enhanced activity Levels: Real-time feedback from sensors led to higher physical activity.
- Increased movement.
- Positive user experience: Participants found the sensor motivating and easy to use.

Next steps:

- Scaling the project to integrate more advanced data analytics and expanding to larger populations.
- Received additional funding to continue the project. Test the effect of the app and its ability to improve health.

PARTNERS INVOLVED

- Steno Diabetes Center
- Center for Clinical Research and Prevention
- SENS Innovation
- Etal.Aps
- Brevetti AI
- The Metabolism Center, University of Copenhagen

