

PREVENTION

A HEALTHY START IN LIFE

eHOOD – A GAMECHANGER

Purpose:

- The eHOOD pilot project targets vulnerable youth (ages 13-18), aiming to enhance well-being, healthy weight, and life skills through a 20-week program centered around gaming and social activities.

Intervention:

- Weekly four-hour sessions focus on gaming, teamwork, physical activity, cooking, and lifestyle education. Initially drawn by gaming, participants stay for the sense of community.

Outcomes:

- Activity levels increased significantly, with some participants also reporting weight loss.
- Well-being and loneliness improved, especially among those with high initial loneliness.
- Improved communication and collaboration skills, and all participants made new friends, fostering stronger social connections.

Next steps:

- Future studies should focus on scaling the project and refining evaluation metrics to assess the long-term impacts on well-being and healthy lifestyle changes.
- Received additional funding to continue the project. The upcoming project is about scaling to more municipalities via the Healthy City network.

PARTNERS INVOLVED

- Høje Taastrup, Tårnby and Hvidovre Municipalities
 - Sincera
 - Impactly
- Center of Clinical Research and Prevention

