

FICHA DE PROJETO

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| Acrónimo: | HLNE |
| Designação do projeto (PT/EN): | Healthy Lifestyle Network Europe |
| Código do projeto: | 101133533 |
| Objetivo principal: | The main aim of HLNE is to improve the healthy lifestyle of people with health problems throughout Europe. |
| Entidade financiadora/Programa de financiamento: | Erasmus+ (ERASMUS-SPORT-2023) |
| Região de intervenção: | - |
| Custo total elegível (IPSantarém): | 45.705,00 € |
| Apoio financeiro da União Europeia: | - |
| Apoio financeiro público nacional/regional: | - |
| Taxas de financiamento: | 100,00 % |
| Entidade beneficiária: | Instituto Politécnico de Santarém |
| Investigador Responsável: | Susana Carla Alves Franco |
| Parceiros: | STICHTING NIEUWE GEZONDHEID (Promotor); LITHUANIAN ASSOCIATION OF HEALTH AND FITNESS CLUBS (LT); BELGISCHE FITNESS ORGANISATIE (BE); UNIVERZITA KOMENSKÉHO V BRATISLAVE (SK); AEDESA - ASOCIACION EUROPEA DEPORTE EJERCICIO Y SALUD (ES); EFAA B.V. (NL); CENTER FOR HEALTH, EXERCISE AND SPORT SCIENCES (RS); EUROPEAN NETWORK OF SPORT EDUCATION (AT). |
| Equipa: | Carla Maria Chicau Costa Borrego |
| Data da aprovação: | - |
| Data de início: | 2023/11/01 |
| Data da conclusão: | 2026/10/31 |
| Domínio científico e subárea científica: | - |
| Resumo (objetivos, atividades e resultados esperados) - em PT e/ou EN: | The main aim of HLNE is to improve the healthy lifestyle of people with health problems throughout Europe. HLNE contributes to the quality of life and health of the European citizens, inclusion, the battle against overweight and obesity and inactivity. Our project has a positive impact on the continues rising expenses on public health care, resulting in an economic return. There is scientific evidence that the primary causes of diabetes, overweight and obesity are our eating and exercise habits. Almost 50% of the EU population lacks 'health literacy', health skills and knowledge to be able to take good care of their own health and make healthy choices, it is time to provide people with health inequalities with adequate knowledge and support! A broad and qualified network of Healthy lifestyle professionals is desired. As a result, we will be able to generate a huge impact. HLNE want to reach |

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| | <p>consumers and families all over Europe by training hundreds of Healthy Lifestyle Promoters and developing a new course 'Healthy Lifestyle Coach'. This creates new opportunities for a new group of volunteers and professionals. To promote a healthy lifestyle and to prevent obesity and other health risks, there is a great need to provide accessible and clear awareness information, if necessary personally supported by the Healthy Lifestyle Promoter. Each of the 1000 Healthy Lifestyle Promoters will have the complete Healthy Lifestyle data and E-tools at their disposal, to put this in their own social network and invite 50 people with health issues. In this way, at least 50,000 people are reached. Through national pilots in six partner countries HLNE educates a new group of Healthy Lifestyle Coaches. Part of the pilots is that every Healthy Lifestyle Coach accompanies at least 5 consumers in improving their lifestyle.</p> |
| Link para página do projeto (outros Links): | |
| Outras informações: | |