



LUDWIG
BOLTZMANN
INSTITUTE
Digital Health and Prevention

YOU CAN!

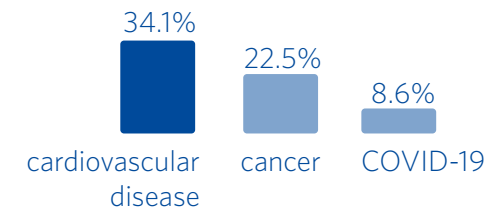
ACTIVELY CONTRIBUTE TO A HEALTHY LIFESTYLE



DID YOU KNOW THAT

CARDIOVASCULAR DISEASES

are the #1 cause of death in Austria [1]



can have serious consequences



affect one in three people [2]



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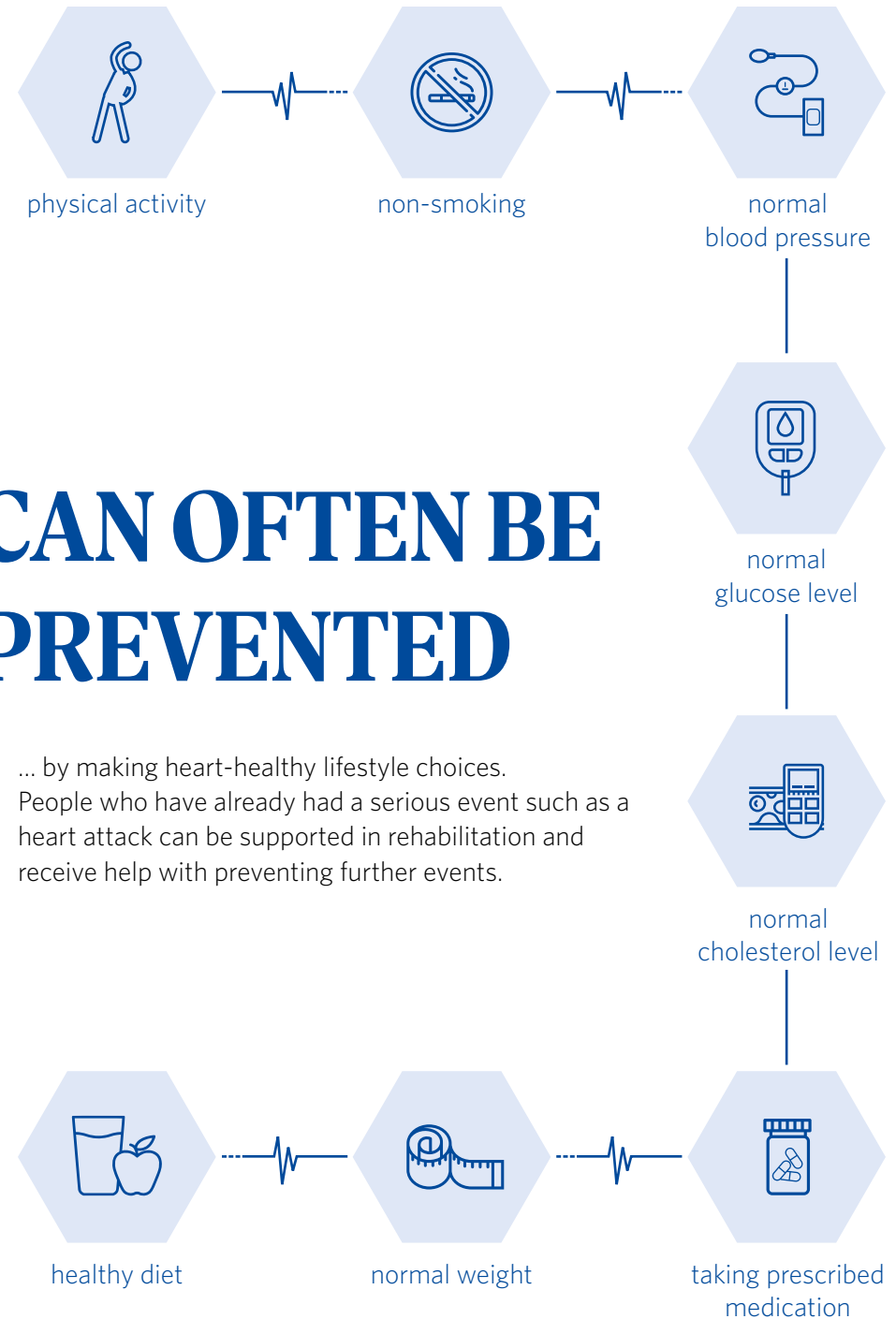
[1] Statistics Austria, 2021

[2] Austria Country Health Profile, 2017

CARDIOVASCULAR DISEASES

CAN OFTEN BE PREVENTED

... by making heart-healthy lifestyle choices. People who have already had a serious event such as a heart attack can be supported in rehabilitation and receive help with preventing further events.



PREVENTION

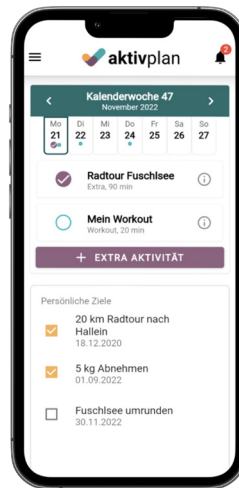
prototypes

aktivplan

Plan and document regular heart-healthy exercise for rehabilitation or prevention together with your health professional!

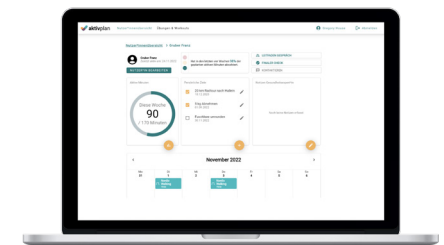
The aktivplan app is designed to support healthcare professionals and patients in planning activities. Aktivplan is used by health professionals together with their patients, allowing to jointly set up, monitor, and regularly review a personalized heart-healthy physical activity plan. Patients are involved and guided by expert health professionals in setting up a personalized heart-healthy physical activity plan.

Patients select exercises and activities they enjoy and define personally meaningful goals. Health professionals are supported in providing personalized physical activity prescription and ongoing review and optimization of their patients' performance.



Through the app interface, patients can conveniently access their plan on a calendar, log activities, change activities, review their performance, and access a library of resources such as exercise videos. At follow-up appointments with their health professional, patients can review their documented performance and discuss the plan going forward.

Through the web interface, health professionals can conveniently view patients' activity logs. Activity logs can be exported and printed for filling in medical records, to provide documentation to health insurances, and to be used for joint review and further planning with patients at follow-up appointments.



learn more
dhp.lbg.ac.at/aktivplan



PREVENTION

prototypes



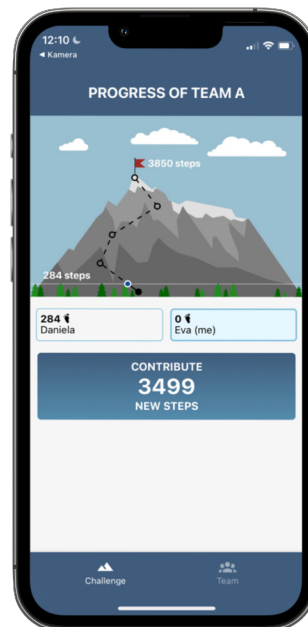
learn more

dhp.lbg.ac.at/digital-health-interventions

Shared Achievements

Form a team, collect your steps and scale mountains together!

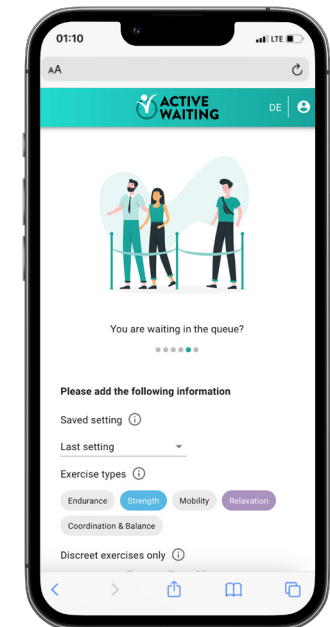
The Shared Achievements digital intervention encourages physical activity through a focus on social dynamics and relationships. It highlights the collective effort of a group in reaching physical activity goals by demonstrating the activity achievements to other team members. The concept explores the potential to bring teams together around activities that they perform throughout their individual lives. This approach can be of interest to health and wellbeing efforts at the workplace, or to working with existing groups in prevention and rehabilitation.



Active Waiting

Use waiting times for short exercises - every move counts!

This digital intervention concept provides a quick-and-easy tool that can be used to fill waiting or break times with spontaneous bouts of physical activity. Whether it means replacing a smoking break with a much healthier alternative, or making the perceived waiting time for a bus to arrive pass much more swiftly, this application concept allows for the exploration of relevant research questions around making such an intervention appealing and easy to use in a wide range of contexts.

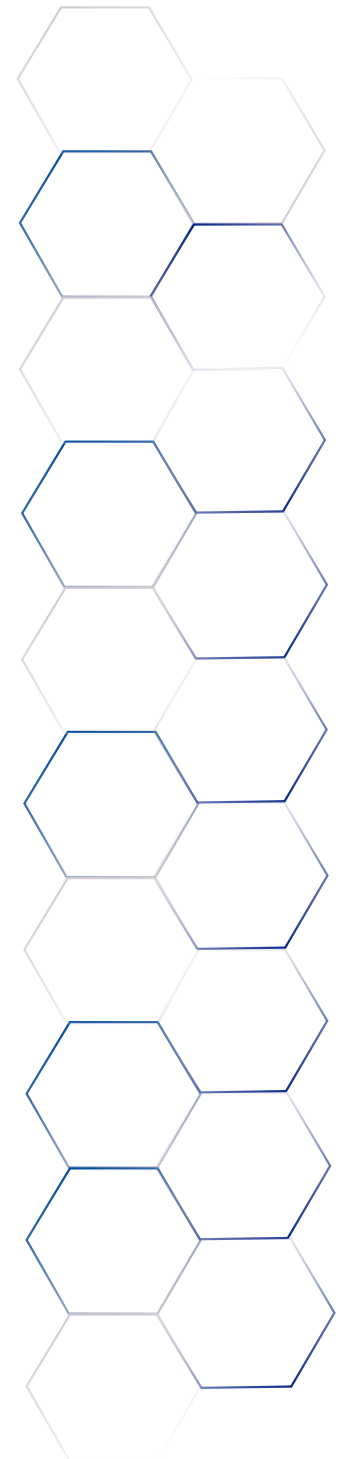


WHY YOUR HEALTH

DATA IS IMPORTANT

We aim to empower patients, which is vital in participatory health [3]. Being able to control one's health data is an important aspect of this and we therefore aim to integrate data from health and fitness apps' with the Austrian electronic health record (ELGA) [4]. We work to achieve what is called a „connected health model“ for cardiovascular disease rehabilitation and prevention. For this goal, safe, reliable and efficient means for data sharing are a prerequisite [5].

[3] World Health Organisation, 2022
[4] ELGA, <https://www.elga.gv.at/>
[5] Statistics Austria, 2021



MY HEALTH DATA ...

... is valuable

... will be used by whom?

... is secure?

... will be used for what?

With a human-centered approach, we can improve readiness for 4P medicine (personalised, preventive, precise, participative) [6]. This will require data sharing with high measures of data protection and security. We work together with patients in building trust and patient empowerment and engagement in managing one's own healthcare.



personalised

tailored to individual's needs



preventive

avoiding illness before it occurs



precise

based on accurate information



participative

involving patients



learn more

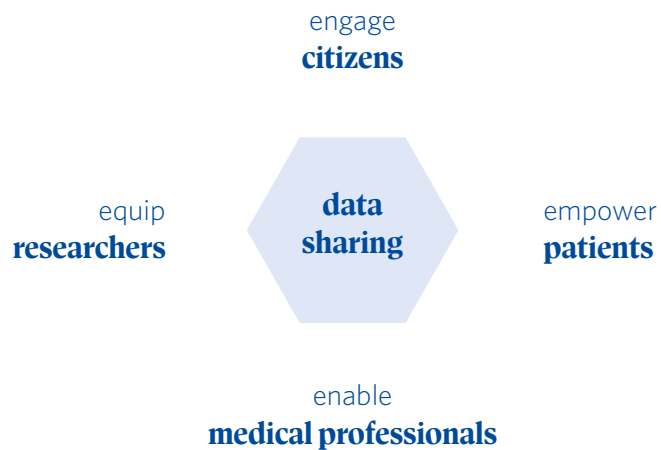
dhp.lbg.ac.at/digital-health-dh-convener

[6] European Society of Preventive Medicine, 2022

DATA SHARING

is beneficial for all

How is it beneficial? [7]



GET INVOLVED IN INNOVATION & SCIENCE

The interdisciplinary team of the Ludwig Boltzmann Institute for Digital Health and Prevention is committed to an open culture of innovation and actively promotes dialogue between patients, health practitioners, researchers, and the general public. Using a wide variety of research methods and stakeholder engagement, we foster our understanding of how digital technologies can support people with sustaining a lifelong healthy lifestyle and how the research results we obtain from the cardiovascular domain can be applied in other application areas.



OPEN INNOVATION

project examples

Supported by:



LUDWIG
BOLTZMANN
GESELLSCHAFT
Open Innovation in Science Center

Ganz Salzburg Bewegen

“All of Salzburg moving” explores how certain sub-groups (ages 30-44 years, retirees, and people with migration background, lower income, or lower education level) in Salzburg can best be supported to engage in regular heart-healthy physical activity and exercise.

The purpose of the project is to reach out and enter an in-depth involvement and knowledge-exchange process with citizens, to generate co-designed suggestions for supporting regular heart-healthy physical activity and exercise in their communities. Citizens can contribute by participating in ideas workshops, voting on suggested solutions and even joining the project team as co-researchers, taking the lead in certain project activities.

Contact: Dr. Stefan Tino Kulnik, tino.kulnik@dhp.lbg.ac.at

participate

dhp.lbg.ac.at/ganz-salzburg-bewegen



Ganz
Salzburg
Bewegen

HERO Information Tool

This project is developing a digital prototype that provides patients with relevant, individually adapted information on their pathway to cardiac rehabilitation.

In a series of participatory design-workshops, a digital prototype will be created in cooperation with patients with heart disease, their relatives, health experts from different areas of care, and a team of scientists, designers, and software developers.

Contact: Isabel Höppchen, isabel.hoepchen@dhp.lbg.ac.at

participate

dhp.lbg.ac.at/hero-das-herz-reha-informationstool



to inform is to empower.



LBI DHP

More info on our team and work
dhp.lbg.ac.at/team-profile



GET INVOLVED



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INTERESTED IN COLLABORATION?

WANT TO PARTICIPATE?

FURTHER QUESTIONS?

IDEAS FOR RESEARCH AND
DEVELOPMENT?

JUST GET IN TOUCH!



contact us

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How can
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