



Life & Health

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lifeandhealth-project.eu



The project

“Life&Health” is a project focusing on health promotion and lifestyle coaching towards adults. The objective is to raise awareness of noncommunicable diseases (NCDs) their risk factors related to lifestyle, increase health literacy and empower people to take action to improve their health and communities to create environment supporting health.

Objectives



To foster health promotion and lifestyle coaching in adult education



To increase knowledge and awareness of non-communicable diseases (NCDs)



To improve health literacy and empower people to take action to improve their health and communities to create environments supporting health.

Results

01

Competency Gap Analysis

Defining available structures, best practices, funding and organizations involved in health promotion and/or primary prevention.

02

OER and transfer of Best Practices

Implementation of free health check, parallel to “Your Life & Health day” in selected communities using HAL-100™ survey tool adapted and translated to partners languages.

03

On-line learning platform

“Life and health” on-line learning platform in partner languages, disseminating and transferring project results.

04

Pilot lifestyle training

Pilot lifestyle training by trained lifestyle coaches in participating regions/countries.

Activities

- ▶ Lifestyle coaches’ training
- ▶ Training of “Selected Communities” about healthy lifestyles
- ▶ Implementing free health checks for community members
- ▶ Creating “National Reference Group” to help ensure the quality, outreach and sustainability of project’s results
- ▶ Organising Life&Health final Conference

