Evidence-based ICT tools for weight loss maintenance

Fact Sheet

Project Information

NoHoW
Grant agreement ID: 643309
Project website
Status
Closed project
Start date
1 March 2015
End date
29 February 2020

Funded under
H2020-EU.3.1.4.
Overall budget
€ 4 949 337,01
EU contribution
€ 4 949 337

Coordinated by
REGION HOVEDSTADEN
Denmark

Objective

Most adults who try to lose weight fail to maintain it. Obesity is a key economic and healthcare challenge for Europe. Effective interventions and commercial programmes for weight loss are widely available, but most people re-gain their lost weight. Currently few comprehensive solutions exist to help Europeans manage weight loss maintenance (WLM).

Current research suggests the most promising evidence-based behaviour change techniques for WLM are self-monitoring, goal setting, action control, building self-efficacy and intrinsic motivation. Recent research also suggests that stress management and emotion regulation skills are key enablers of relapse prevention and weight-regain.

Information technology offers attractive tools for teaching and supporting these techniques, some of which are currently delivered through resource-intensive face-to-face therapies. ICT-delivery includes networked-wireless tracking technologies, weighing-scales and activity sensors, online tools and smart-phone apps, multi-
media resources and internet-based support. A broad choice of tools is most likely to be acceptable to users, who can pick and choose their own preferred technologies. The NoHoW project tests whether ICT-based delivery of the most promising evidence-based behavior change techniques is effective for WLM. We will carry out a large-scale international 3-centre trial of information technology tools that implement the most up-to-date behavioural science research. This trial will establish the effectiveness of these ICT tools in supporting WLM, linked to studies of European consumer needs and behaviour.

Impact: The project will directly feed results into development of new products and services from the UK’s largest commercial weight-loss provider, Slimming World providing immediate benefit to 500,000+ consumers. Commercialisation of project results will provide much needed WLM services that promote health education and long-term weight management programmes.

Field of science
/social sciences/sociology/governance/public services

Programme(s)

Topic(s)

Call for proposal
H2020-PHC-2014-single-stage

Funding Scheme
RIA - Research and Innovation action

Coordinator

REGION HOVEDSTADEN

Address
Kongens Vænge 2
3400 Hillerød
Denmark

Activity type
Public bodies (excluding Research Organisations and Secondary or Higher Education Establishments)

EU contribution
€ 1 327 251,82

Website

Contact the organisation
<table>
<thead>
<tr>
<th>Participants (13)</th>
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<tbody>
<tr>
<td><strong>THE JAMES HUTTON INSTITUTE</strong></td>
</tr>
<tr>
<td>United Kingdom</td>
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<tr>
<td>EU contribution</td>
</tr>
<tr>
<td>€ 345 481,25</td>
</tr>
<tr>
<td>Address</td>
</tr>
<tr>
<td>Errol Road Invergowrie</td>
</tr>
<tr>
<td>DD2 5DA Dundee</td>
</tr>
<tr>
<td>Website</td>
</tr>
</tbody>
</table>

| **European Association for the Study of Obesity**  |
| United Kingdom  |
| EU contribution |
| € 183 750  |
| Address | Activity type |
| High Street 113-119 | Other |
| TW12 1NJ Hampton Hill |   |
| Website | Contact the organisation |

| **UNIVERSIDADE DE LISBOA**  |
| Portugal  |
| EU contribution |
| € 88 770,21  |
| Address | Activity type |
| Alameda Da Universidade | Higher or Secondary |
| 1649 004 Lisboa | Education Establishments |
| Website | Contact the organisation |

| **MILES-BRAMWELL EXECUTIVE SERVICES LIMITED**  |
| United Kingdom  |
| EU contribution |
| € 0  |
| Address | Activity type |
| Clover Nook Road Clover | Private for-profit entities |
| Nook Industrial Estate | (excluding Higher or |
| DE55 4RF Alfreton Derbyshire | Secondary Education |
| |
| |
| Establishments) |
UNIVERSITY OF NEWCASTLE UPON TYNE
United Kingdom
EU contribution
€ 371 499,50
Address
Kings Gate
NE1 7RU Newcastle Upon Tyne
Activity type
Higher or Secondary Education Establishments
Website [Contact the organisation]

Teknologian tutkimuskeskus VTT Oy
Finland
EU contribution
€ 426 762,50
Address
Vuorimiehentie 3
02150 Espoo
Activity type
Research Organisations
Website [Contact the organisation]

AARHUS UNIVERSITET
Denmark
EU contribution
€ 212 162,50
Address
Nordre Ringgade 1
8000 Aarhus C
Activity type
Higher or Secondary Education Establishments
Website [Contact the organisation]

UNIVERSIDADE DE COIMBRA
Portugal
EU contribution
€ 38 750
Address
Paco Das Escolas
3001 451 Coimbra
Activity type
Higher or Secondary Education Establishments
Website [Contact the organisation]
AXIVITY LIMITED
United Kingdom
EU contribution
€ 4 693,43
Address
4 Southlands Road
YO23 1NP York
Activity type
Private for-profit entities (excluding Higher or Secondary Education Establishments)
Contact the organisation

UNIVERSITY OF DERBY
United Kingdom
EU contribution
€ 95 709,75
Address
Kedleston Road
DE22 1GB Derby
Activity type
Higher or Secondary Education Establishments
Website
Contact the organisation

PINTAIL LTD
Ireland
EU contribution
€ 160 000
Address
Springhill Avenue 77
A94 K542 Blackrock
Activity type
Private for-profit entities (excluding Higher or Secondary Education Establishments)
Website
Contact the organisation

FACULDADE DE MOTRICIDADE HUMANA
Portugal
EU contribution
€ 534 241,45
Address
Estrada Da Costa
1495-688 Cruz Quebrada
Lisboa
Activity type
Higher or Secondary Education Establishments
Website
Contact the organisation
UNIVERSITY OF LEEDS

United Kingdom

EU contribution
€ 1 160 264,59

Address
Woodhouse Lane
LS2 9JT Leeds

Activity type
Higher or Secondary Education Establishments

Website
Contact the organisation

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