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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 101017385

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WATCHING THE RISK FACTORS

WARIFA

ARTIFICIAL INTELLIGENCE AND THE PERSONALIZED PREVENTION AND MANAGEMENT OF CHRONIC CONDITIONS



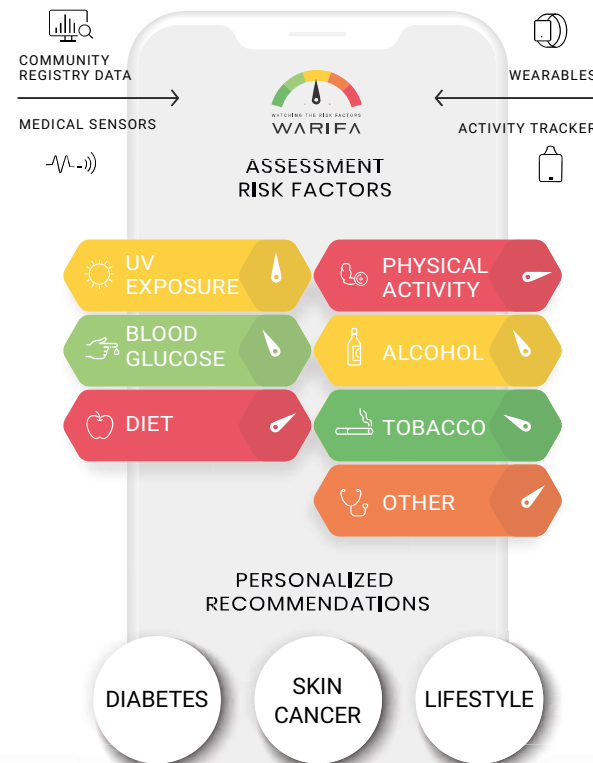
THE PROJECT

The WARIFA project will develop a prototype of a combined early risk assessment tool that will provide individual citizens with personalised recommendations for the management of chronic conditions - such as cancer, cardiovascular diseases, diabetes and chronic respiratory diseases - which represent the leading causes of death for the citizens of the European Union. WARIFA will be available to individual citizens via a user-friendly interface on their smartphone.

WARIFA uses artificial intelligence (AI) and the analysis of user-generated and big data to provide a personalized set of recommendations on lifestyle factors according to the risk score of each individual. Citizens are motivated to change unhealthy habits while supporting good lifestyle choices. WARIFA will inform citizens about the improvements on the management of a known chronic condition while, simultaneously, raising awareness on the risk of developing another condition. The individuals with a high-risk score will be advised to contact the health care system.

FOCUS AREA

WARIFA has its main focus on the prevention of melanoma skin cancer, complications of diabetes and lifestyle risk factors for chronic conditions. This is achieved by providing citizens with personalized recommendations that help to improve lifestyle risk factors such as excessive sun exposure, unhealthy diet, harmful alcohol and tobacco use, and physical inactivity. WARIFA will contribute to health promotion and disease prevention actions which will help relieve the burden on health care systems and economies.



IMPACT

AI-based combined early risk assessment can empower citizens to adopt healthier habits and a better lifestyle by providing personalised recommendations on how to change their risk behaviour. The benefits of early risk assessment, prevention and intervention will be evident at:

- **Individual level**

Citizens will be supported in improving by at least 20% each risk factor by increasing the level of physical activity; reducing sun exposure; or reducing the number of hypoglycaemic events.

- **Health care system level**

WARIFA will contribute to the early diagnosis of chronic conditions by promoting early identification of risks. WARIFA will provide clinicians with an overview of high-risk behaviours enabling a more rapid assessment and monitoring of the patient, thus, making counselling more personalized and efficient. WARIFA will improve efficiency and resource utilization by reducing the number of consultations for risk assessment.

WARIFA is AI-based which allows for scalability, making the system ready to be used with other chronic conditions to which changes in behaviour can contribute to better health.