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WATCHING THE RISK FACTORS

WARIFA

ARTIFICIAL INTELLIGENCE AND THE PERSONALIZED
PREVENTION AND MANAGEMENT OF CHRONIC CONDITIONS
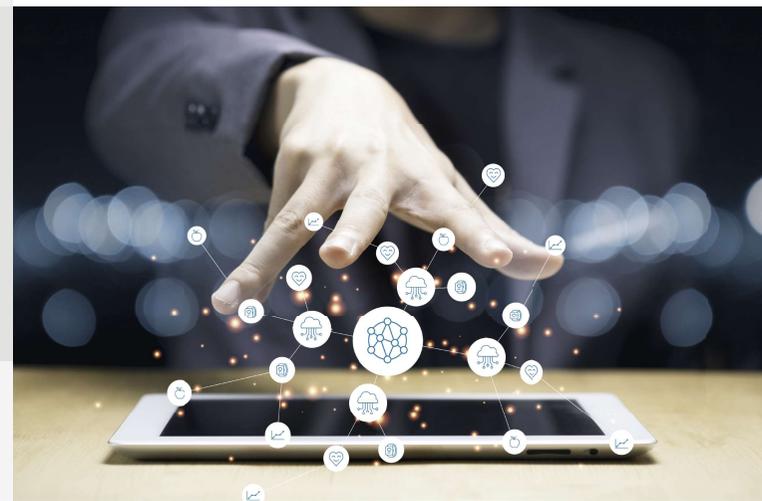
THE PROJECT

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.
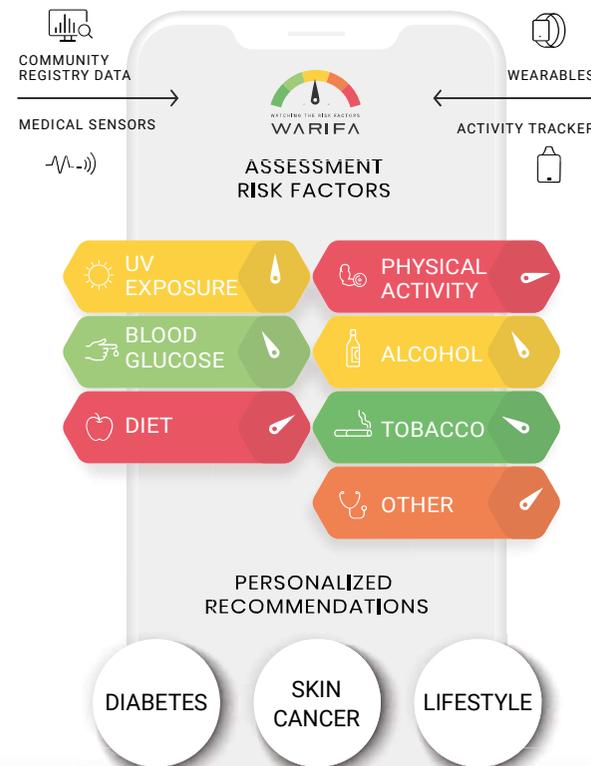
PROGRESSES

The Consortium have succeeded to achieve the mapping of the risk factors for the four main chronic conditions taken into consideration within the project (cardiovascular diseases, diabetes, skin cancer and chronic respiratory diseases), in the study-pilot European countries (Norway, Spain, Romania); defined the starting set of input and output variables for the WARIFA AI tool development, as well as the principles and main requirements for creating a user-centred WARIFA app.

The mapping of the roles and needs of end-users and stakeholders relevant (Primary Care Providers, healthcare professionals, associations of patients and health professionals) for the project is in progress in the three countries studied, supported by patients' associations, medical professional associations, and different stakeholder categories.

The collaboration with medical experts led to a list of possible data parameter and data sources to be used in the project, collected through questionnaires, sensors and sensor/medical systems and public databases, alongside context data related to the person that will be using the WARIFA app.

In parallel, a review of the literature on App use and usability has been performed aimed at summarizing the evidence about the usability, use and engagement, and behavior change related to health apps, in order to set the foundations for the development of the WARIFA solution.