WATCHING THE RISK FACTORS

WARIFA

ARTIFICIAL INTELLIGENCE AND THE PERSONALIZED
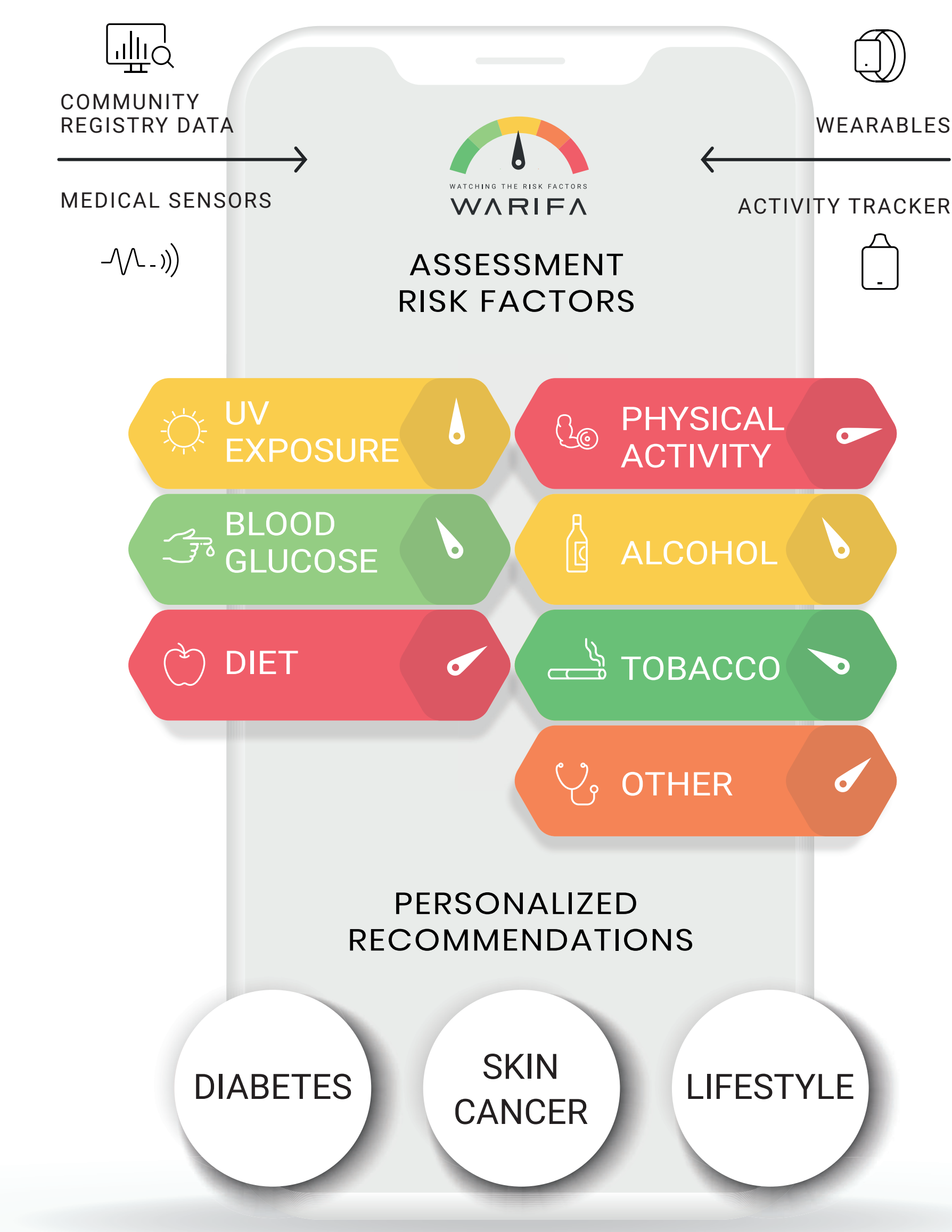PREVENTION AND MANAGEMENT OF CHRONIC CONDITIONS

THE PROJECT

The WARIFA project will develop a prototype of a combined risk assessment tool that will provide individuals with personalized recommendations for the prevention of chronic conditions - such as cardiovascular diseases (CVD), cancer, skin cancer (melanoma), chronic obstructive pulmonary disease (COPD), and diabetes. These diseases represent the leading causes of premature death in the European Union and Norway.

WARIFA will be available to individuals via a user-friendly app on their smartphone. WARIFA uses artificial intelligence (AI), analysis of user-generated and big data to provide a personalized set of recommendations on lifestyle factors according to the risk scores of each individual. Users are motivated to continue with healthy habits and change unhealthy lifestyle habits. In addition, for patients with type 1 diabetes, the WARIFA app will facilitate the management of the disease to prevent complications. All the individuals will get personal feedback.

COMMUNITY REGISTRY DATA

MEDICAL SENSORS

WEARABLES

ACTIVITY TRACKER

ASSESSMENT RISK FACTORS

UV EXPOSURE · PHYSICAL ACTIVITY · BLOOD GLUCOSE · ALCOHOL · DIET · TOBACCO · OTHER

PERSONALIZED RECOMMENDATIONS

DIABETES · SKIN CANCER · LIFESTYLE

PROGRESS

WARIFA has performed mapping of the risk factors for the project conditions cardiovascular diseases (CVD), cancer, skin cancer (melanoma), chronic obstructive pulmonary disease (COPD), and diabetes in Norway, Spain, and Romania. WARIFA has also defined the input and output variables for the smartphone app.

These will be utilized by the AI tool to create a user centered WARIFA app. Mapping of the needs and wishes of relevant end-users has started. Input from stakeholders (primary care providers, health professionals, patient associations) is in progress in the three pilot countries.

The collaboration with medical experts has led to a list of possible variables and data sources. The data to be used in the project will be collected through questionnaires, focus groups, sensors, medical systems, and public databases.

This will be in addition to data related to the individual using the WARIFA app. In parallel, a review of the literature on app use and usability has been performed. It summarized the evidence about the usability, adherence, and behavior change related to health apps. This was done in order to set the foundations for the development of the WARIFA solution.

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ULPGC Universidad de Las Palmas de Gran Canaria

UiO University of Oslo

MTU Ollscoil Teicneolaíochta na Mumhan Munster Technological University

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