



WATCHING THE RISK FACTORS

**WARIFA**

ARTIFICIAL INTELLIGENCE AND THE PERSONALIZED  
PREVENTION AND MANAGEMENT OF CHRONIC CONDITIONS



**Enjoy reading  
the WARIFA newsletter!**

# WHAT'S NEW WITH WARIFA?

## EXCITING PROGRESS IN THE WARIFA PROJECT: ENGAGING CITIZENS AND EXPERTS!

We are thrilled to announce that the WARIFA project is making significant strides! After 30 months of dedicated work, we are not only advancing on the technical front but also actively seeking valuable input from both the general public and experts. In the past week, we organized insightful focus groups to gather expectations and opinions on the innovative WARIFA app.

Various focus groups have been hosted in the past week, and our journey towards a prototype of a combined early risk assessment tool that will provide individual citizens with personalized recommendations for the management of chronic conditions is more concrete than ever!

As the WARIFA partners gear up for the upcoming General Assembly, scheduled for November 2023 in Germany, to discuss the latest achievements, we invite you to delve deeper into the exciting insights gained from our focus groups by exploring our informative newsletter!

Remember to [subscribe to the WARIFA newsletter](#) and follow the main updates visiting the [project website](#) and on [LinkedIn](#), [Twitter](#) and [Facebook](#)!

### **WARIFA focus group in Tromsø**

In March 2023 the project coordinator NSE held the first focus group workshop with seven residents from the general population of the Troms region. The main topics of discussion were the participants' feelings regarding their health and their expectations regarding a smartphone app (the "WARIFA App") for the prevention of chronic diseases using artificial intelligence. During this event, a large number of questions were clarified for all participants, such as – for example - the willingness to pay for such a solution, the processing of data and the associated output of the solution as well as the general perception of health-related applications. As an interactive element of this workshop, the participants were asked to create a prototype of their "optimal" solution and present it to the group. The results and feedback from this event are currently being evaluated as part of the project work. Based on this first event, more attempts will be launched in the future with an advanced demonstration of the WARIFA application.

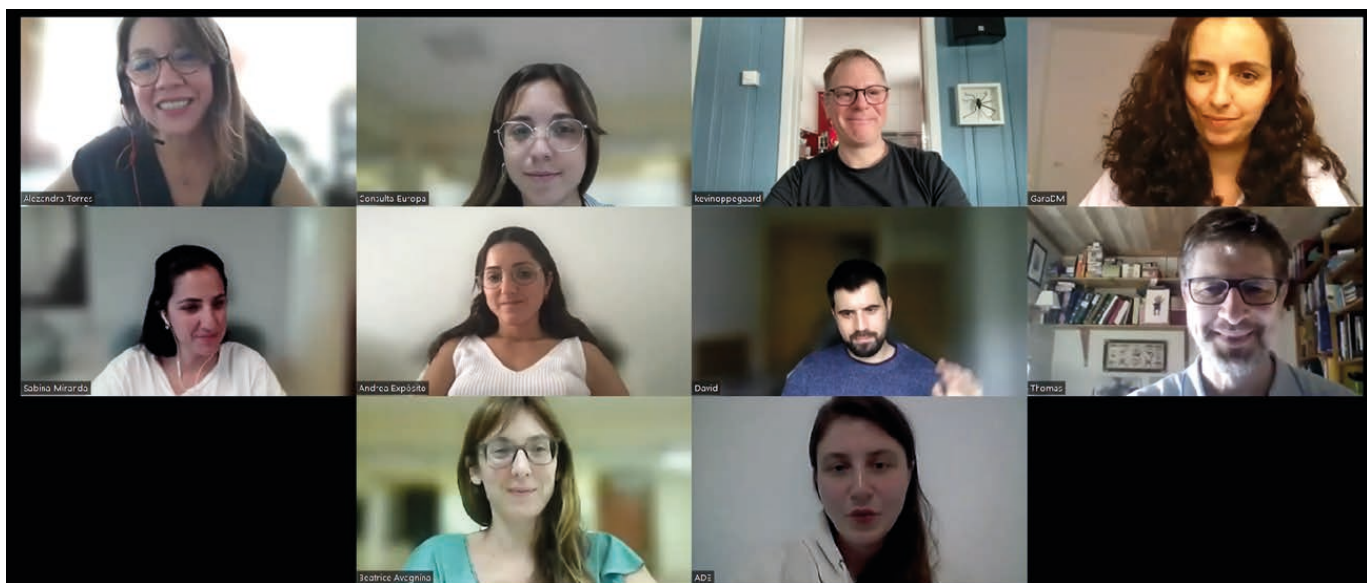
### **WARIFA Focus group for IT experts**

The second focus group was held on April 20th, 2023. The aim of this session was to exchange knowledge and expertise from the IT field in relation to an artificial intelligence-based system that can issue personalized recommendations on the prevention of risk factors associated with major chronic diseases. The participating group comprised a total of 6 participants: 3 from Spain, 2 from Norway and 1 from Romania.

Participants discussed the legal challenges, the possible effects that an intelligent system for chronic disease prevention may have on healthcare systems and society and what the application should include to gain users' trust in an intelligent system designed to prevent chronic diseases. Different dynamics as brainstorming tools - called Jamboard - was used to make the workshop more interactive.

## WARIFA Focus group for healthcare professionals

A second workshop was held on April 25th to collect additional feedback from healthcare professionals. This session provided the opportunity to lay down a consensus on how AI-based mHealth technology may improve the integration of healthcare services. The activity managed to ensure the participation of 8 multi-disciplinary healthcare experts with different backgrounds as dermatology, paediatrics, respiratory medicine, physiotherapy, which ensured a variety of opinions and contexts. Participants discussed their perceptions in terms of the system's benefits and challenges, the potential reactions of patients and what could be, in their opinion, the usefulness of the App for the general population.



## WARIFA Focus group for general citizens



The last focus group took place in person on May 18th, 2023, in Tenerife, Canary Islands. The participating group comprised a total of 13 participants. Participation in the focus group was open to all citizens. The unique inclusion criterion was being older than 18 years old. Participants' ages ranged from 25 to 80 years old and some of them belonged to patient organisations such as diabetes, Parkinson's disease and one patient with chronic obstructive pulmonary disease and other citizens without any health condition.

Participants discussed their perceptions of ai-based systems for healthcare issues, provided valuable insights and suggestions for AI-based application use and its integration in the healthcare system. Their participation brought diverse perspectives, experiences, and insights that can be considered in the development of the artificial intelligence-based app WARIFA.

## WARIFA project meeting in Gran Canaria



From March 6th to 8th, the WARIFA consortium met in Gran Canaria for the first project General Assembly since the beginning of the project.

Under the lead of The Norwegian Centre for E-health Research (NSE) – the project coordinator – each Work package leader presented the work carried out within its Work Package in the frame of the past months, focusing on the results obtained and progress achieved towards the project aim and scope, also providing insights on the next steps and planned actions for the upcoming months.

But that was not all! Three invited guests and T1D patients were available to the consortium for questions and interactive discussions to sharpen the focus on the essential points in the implementation of the application.

The Plenary Meeting showed that the consortium is on the right path to develop a general personalized early risk assessment tool that will be used to support preventive measures and lifestyle changes. This event was however not only a success from the point of view of the work in the project, but also on a social level. Getting to know the consortium partners personally undoubtedly led to closer and more productive work in the project.

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