



WATCHING THE RISK FACTORS

WARIFA

ARTIFICIAL INTELLIGENCE AND THE PERSONALIZED
PREVENTION AND MANAGEMENT OF CHRONIC CONDITIONS



Advancing Digital Health: Usability Insights and Strategic Planning for the WARIFA Project

The WARIFA project continues to make strides in advancing digital health solutions by focusing on usability, personalization, and strategic planning. Through collaborative efforts, the project seeks to address key challenges in user experience, market sustainability, and policy.

This newsletter highlights two critical facets of the project's progress: insights from the 11th focus group, which provided valuable feedback to enhance the usability and personalization of the WARIFA app, and strategic initiatives to ensure the long-term impact and adoption of the project's outcomes. Together, these efforts underscore WARIFA's commitment to creating an accessible, effective, and sustainable health technology solution that resonates with both end-users and institutional decision-makers.

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

ENHANCING USABILITY AND PERSONALIZATION: KEY INSIGHTS FROM THE 11TH WARIFA FOCUS GROUP

On November 27, 2024, the 11th focus group of the WARIFA project took place at the Institute of Biomedical and Healthcare Research at the University of Las Palmas de Gran Canaria, Spain. Eight participants tested the WARIFA app, offering valuable feedback to improve its usability and effectiveness. The focus group emphasized the need for a user-friendly interface and personalized feedback to enhance engagement. These insights will shape the final development phase before the app undergoes testing in a randomized controlled trial.



SCREENSHOTS OF THE APP IN NOVEMBER 2024

UPCOMING WARIFA PILOT STUDY – STARTING IN FEBRUARY 2025!

The WARIFA project is entering a crucial testing phase. The pilot study, in the form of a clinical trial, will start on the 24th February and will provide insights into how users engage with the app in real-world settings and assess its impact on lifestyle changes and Type 1 Diabetes (T1D) management.

The pilot will evaluate the effect of the WARIFA app on:

- User-defined health goals, such as increasing fruit and vegetable intake, increasing physical activity, reducing alcohol consumption, or improving sun protection behaviors.
- Lifestyle and behavioral changes, particularly in relation to non-communicable disease (NCD) prevention and T1D management.
- User engagement and app usability, including adherence rates and time spent on the app.
- Biomedical outcomes, such as glucose management (for T1D participants), lipid profiles, and changes in body composition (in Spain only).

The pilot trial will be a randomized controlled study, carried out in Spain, Norway, and Romania. The results of this study will provide the final validation of the WARIFA app, informing further refinements and the next steps toward its broader application.

MAXIMIZING IMPACT: SUSTAINABILITY PLANNING AND POLICY RECOMMENDATIONS FOR THE WARIFA PROJECT

The exploitation of project results centers on developing a comprehensive sustainability plan for the project, built upon the validation insights gathered from WP8. This plan will explore the market potential of the proof-of-concept "WARIFA app" by evaluating the current context and market size, identifying competitive technologies, and analyzing target clients. Additionally, it will outline strategies for future market entry once the app reaches a TRL 7, assess risks, and define commercialization pathways. To ensure the effective adoption of project innovations, targeted end-users will be engaged through Dissemination and Communication actions.

Meanwhile, Task 8.4 shifts the focus to policy recommendations, ensuring that the project's results inform decision-making at higher institutional levels. This task involves preparing an evidence-based policy document that articulates how project outcomes can be adopted and scaled effectively while providing actionable recommendations tailored to European ministries, health organizations, and international bodies such as the World Health Organization (WHO). By targeting stakeholders with clear, professional recommendations, this task aims to maximize the project's impact.

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