

Youth hEAlth from a Holistic perspective

## Presentation

Childhood and adolescence are crucial for lifelong health, yet significant challenges persist, particularly in mental health and obesity. Millions of EU children suffer from anxiety and depression, increasing their risk of severe disorders in adulthood. At the same time, childhood obesity has tripled over the past 40 years, leading to long-term health risks like cardiovascular diseases and diabetes. Socioeconomic disparities further amplify these issues, as disadvantaged children face higher risks of poor mental and physical health. Unhealthy behaviors, shaped by social and environmental factors, are key contributors to these problems.

To address these issues, the **YEAH!** project will develop an innovative, digital intervention that enhances social interactions and empowers children and adolescents to adopt healthier lifestyles. By fostering stronger connections with family, peers, and educators, the intervention aims to create a supportive environment for positive behavioral change. The ultimate goal is to offer a solution that is both personalized and scalable, ensuring widespread impact and measurable health improvements across the EU

**Key words:** Behavioral sciences, health behavior change, person-centered intervention, personalized approach

## Project Details

Type (coordinator ou partner): Partner

Type of projet: Horizon Europe - RIA

Project Lead: Benoît Bideau

Research Center: M2S

Project website: (under construction)

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Financing for Rennes 2: 515 592,50 €

Duration: 60 months 01/01/2025-31/12/2029

## Project Partners

1. UNIVERSITE GRENOBLE ALPES France Coordinator
2. UNIVERSITE SAVOIE MONT BLANC FR Partner
3. UNIVERSITATEA BABES BOLYAI RO Partner
4. SYDDANSK UNIVERSITET DK Partner
5. FUNDACION PRIVADA INSTITUTO DE SALUD GLOBAL BAR ES Partner
6. PANEPISTIMIO THESSALIAS EL Partner
7. THE GLASGOW CALEDONIAN UNIVERSITY UK Partner
8. CENTRE HOSPITALIER UNIVERSITAIRE DE CLERMONT-FERRER Partner
9. RUPRECHT-KARLS-UNIVERSITAET HEIDELBERG DE Partner
10. UNIVERSITE LIBRE DE BRUXELLES BE Partner
11. JYVASKYLAN YLIOPISTO FI Partner
12. ASS FLEURBAIX LAVENTIE VILLE SANTE FR Partner
13. ECOLE NORMALE SUPERIEURE DE RENNES FR Partner
14. STICHTING UNIVERSITAIRE EN ALGEMENE KINDER - EN JEUNL Partner
15. FUNDACIO INSTITUT D'INVESTIGACIO SANITARIA PERE VIRES Partner
16. UNIVERSITE RENNES II FR Partner

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