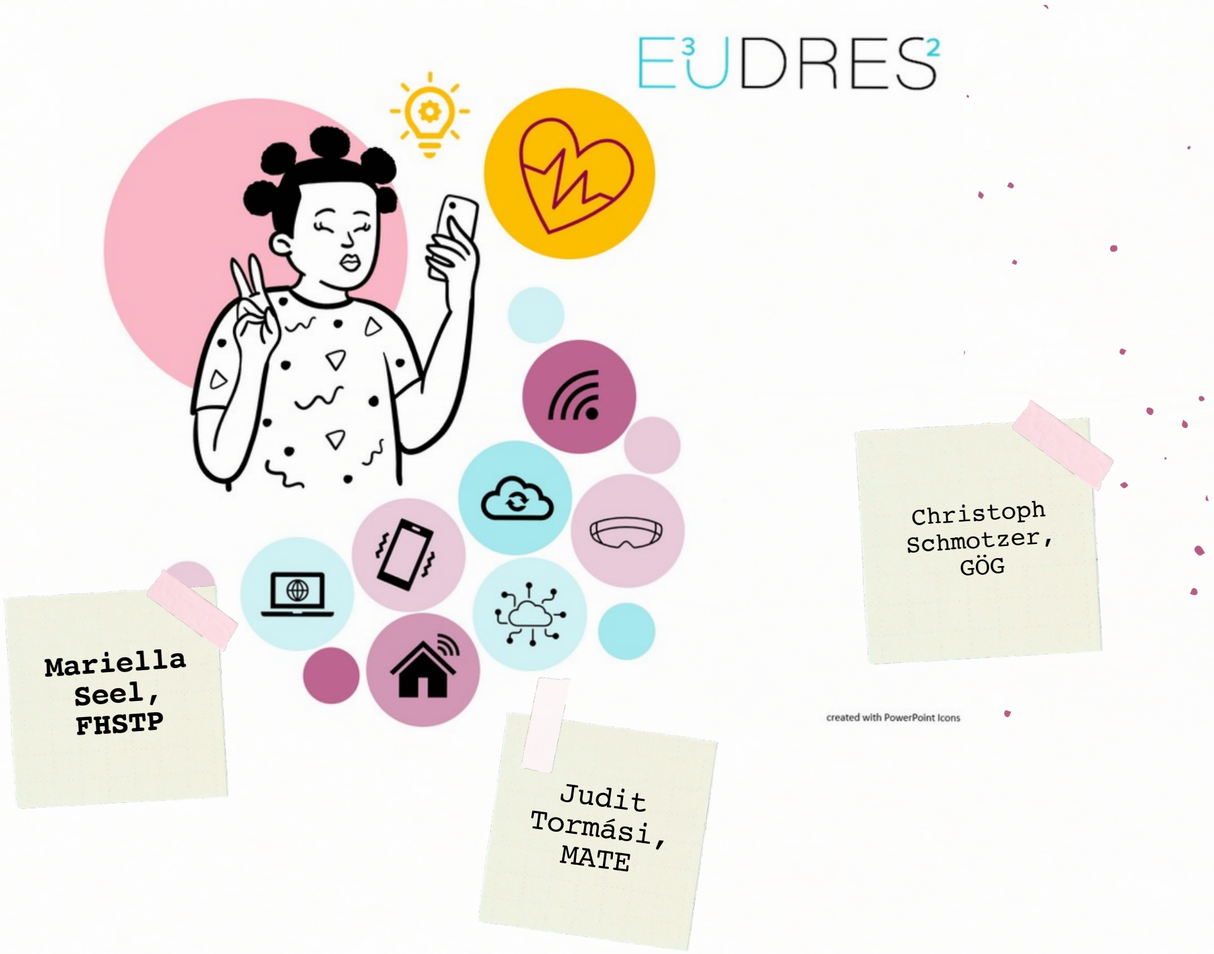
I Living Lab 14

"How might we use digital technologies to improve health literacy for the prevention of cardiovascular diseases?"

Highlights from an interdisciplinary, interprofessional and international Design Thinking Lab in the E3UDRES2 project



On the agenda:

1. E3UDRES2 and the ILLs
2. Design Thinking for innovation
3. Rapid run through ILL 14
4. Learnings from the ILL

E3UDRES2

Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions

E3UDRES2

Engaged and Entrepreneurial European University as Driver for European Smart and Sustainable Regions

1. initiative launched by the European Commission
2. European University Alliance (9 institutions)
3. "co-innovate, co-ideate, co-create"
4. *Hackathons, Bootcamps,* ***I Living Labs*** *(ILLs)*

I Living Labs

1. *Learners:* students from different universities, fields etc.
2. *Educational Entrepreneurs (EE):* university staff for coaching
3. *Challenge Owner:* stakeholder with a certain "problem"
4. *5 phases of Design Thinking:* weekly input, but self-managed by learners!

Design Thinking

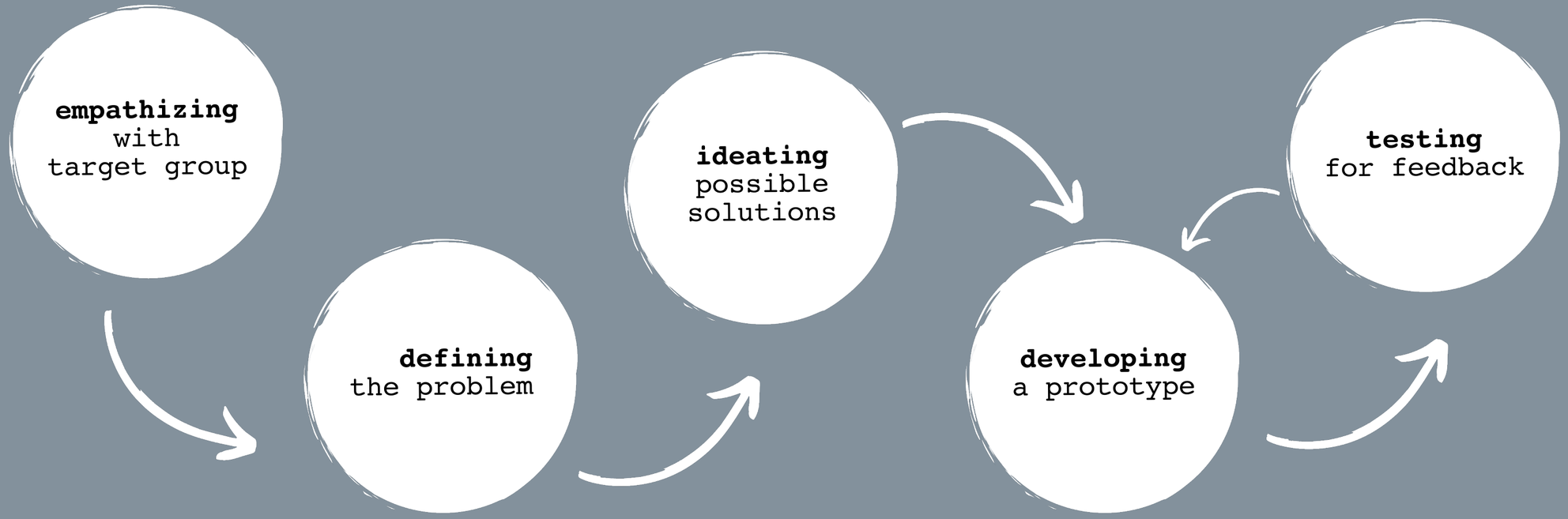
creative method for participatory design

focus on solutions

user-centered

iterative feedback and testing

5 phases:



ILL 14

"How might we use digital technologies to improve health literacy for the prevention of cardiovascular diseases?"

1. **Cardiovascular diseases** (CVD) are Nr. 1 cause of death *(WHO, 2021)*
2. The majority of CVD **can be prevented** by leading a healthy lifestyle
3. **Low health literacy** is a threat to healthy decision making
4. **Digital technologies** might contribute to improving health literacy for CVD prevention

Challenge Owner: österreichische plattform gesundheitskompetenz

Rapid Run through ILL 14

1. Brainstorming, Six Thinking Hats etc.
2. coached sessions and unsupervised teamwork

Empathizing with target group

= develop an understanding of the challenge

- Literature search
- Interviews with friends, family, colleagues etc.
- expert input

= gain basic knowledge on CVD
= explore the understanding of CVD in society

Defining the problem

= develop a problem statement

- lack of preventive knowledge/activity
- lack of reliable online information

= "How might we raise people's awareness concerning primary[1] prevention of CVD (risk factors, health checks, nutrition, exercise etc.) and empower them to make informed and healthy decisions?"

Ideating possible solutions

= creating ideas for possible solutions

- <u>education</u> to tackle low health literacy
- <u>gamification</u> to promote activity
- <u>services</u> to accompany the users

= brainstorm as many ideas as possible
= break it down to one idea

Developing a prototype

= turning ideas into solutions

= reflect your idea from different perspectives *(Six Thinking Hats)*
= develop a prototype

[1] In public health terms, primary prevention can be understood as measure to prevent the onset of disease or injuries before they even occur, e.g., through leading a healthy lifestyle (WHO)

Prototype

Cardio 365

Education

Gamification

Services

Mural, poster and video:
https://tinyurl.com/u5dn5wr5

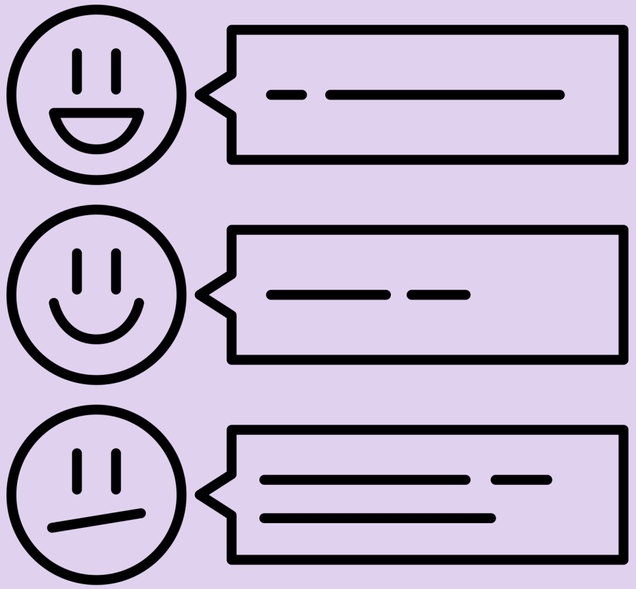
Prototype Testing

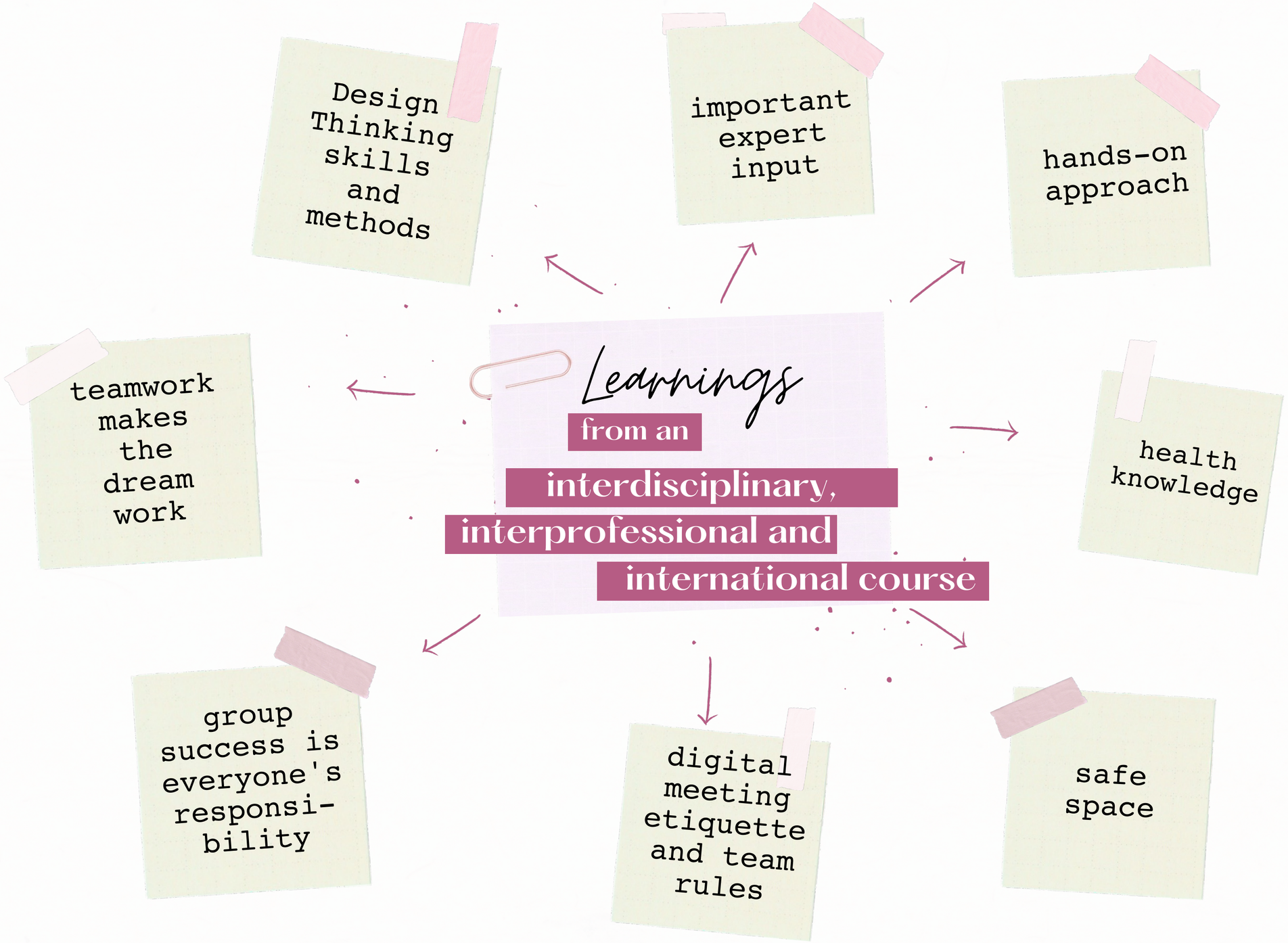
Feedback session

- challenge owner
- EEs
- group of ILL 15 (digital technologies for elderly)

= collect feedback from peers and stakeholders
= make final adjustments to the prototype

E3UDRES2 Showdown Event




Learnings
from an
interdisciplinary,
interprofessional and
international course
Design Thinking skills and methods
important expert input
hands-on approach
health knowledge
safe space
digital meeting etiquette and team rules
group success is everyone's responsi-bility
teamwork makes the dream work

Ready for your questions!

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