



UC Leuven
Limburg
MOVING MINDS

QUADRI
RESEARCH AND
INNOVATION

CENTRE OF EXPERTISE

HEALTHY LIVING

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The centre of expertise Healthy Living aims at promoting a healthy lifestyle by developing methodologies with supportive IT tools and by monitoring data. The central goal of our projects is to enhance the health status and the quality of life of people. We give special attention to the promotion of integrated care and communication.

The centre of expertise has four different research lines:

- The research line **Care** focuses on research about self-management and empowerment of people with a chronic disease, their informal networks and health care givers. The group deals with the development of innovative assessment tools that stimulate self-management support.
- The research line **Mother and Child** focuses on research and support to promote a healthy lifestyle for women who want to become pregnant, who are pregnant or recent mothers. Specific areas of research expertise are: vulnerable groups, mothers with a postnatal depression, obesity, nursing, telemonitoring and -coaching during pregnancy.
- The research line **Food** does research on food and nutrition in both preventive (healthy lifestyle) and clinical settings. It focuses on the development and validation of evidence based dietary guidelines (eg. chronic kidney disease, low-fibre diet); screening, prevention and treatment of malnutrition; consumer behavior; reduction of food waste; and the promotion of health by exergames.
- The research line **Ethos** facilitates caregivers, care facilities and organisations in the development of ethical care related societal themes. Specific areas are: ethical health care policy, ethical leadership, ethical commission, beginning and end of life.

Services

By offering our services to society, we try to return our expertise to organisations, companies and individual professionals. We organise state-of-the art symposia, seminars and courses. We also provide tailored advice. On demand and in close collaboration with organisations our researchers, teachers and students develop instant solutions for contemporary challenges. Examples are:

- Simulation and skills trainings.
- ZuMa: a house in Hasselt that is open to everyone and that offers support to future and young families with regard to a healthy lifestyle, baby slings, breast feeding etc.
- Set-up and follow-up for ethics commissions.
- Development of evidence-based practice dietary guidelines.

www.ucll.be/healthyliving

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