

# Health and Wellbeing Service Innovations Focus Area

## LAB International Week 2024

Susanna Tella - Chief Specialist – Health and Wellbeing Service-Innovations

# Agenda

- 1 – Research themes
- 2 – People
- 3 - Projects

# 1 – Research themes

# Our themes include:

- Well-being from physical activity and living environment
  - We promote physical activity, develop nature-based well-being and tourism services and foster integration of well-being and culture. In addition, we enhance accessibility and ecological sustainability in built environment for improved well-being.
- Social inclusion and safety in everyday life
  - We promote social inclusion, equality and diversity in society, foster access to labour market and well-being at work, as well as develop solutions for independent living and safety in everyday life and for combating poverty and social exclusion.
- Data and Human-Driven Technology for well-being
  - We promote the deployment of data and human-driven technological solutions in different contexts and act as co-creators in developing efficient well-being service chains, including care logistics



# 2 – People



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# 3 – Projects

# **I3-INSHAPE Project: Interregional innovation support towards a healthier and more active Europe**



The increasingly sedentary lifestyle among the population is a significant contributor to less fitness & well-being and a variety of diseases.

While technology has made our lives less active, it can now assist us in becoming more active and fit.

To accelerate the introduction of the necessary technological innovations to the market, interregional collaboration is required.

Duration of the project: 2023 – 2026

Contact: Ilkka Väänänen PhD, [ilkka.vaananen@lab.fi](mailto:ilkka.vaananen@lab.fi)



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osarahoittama



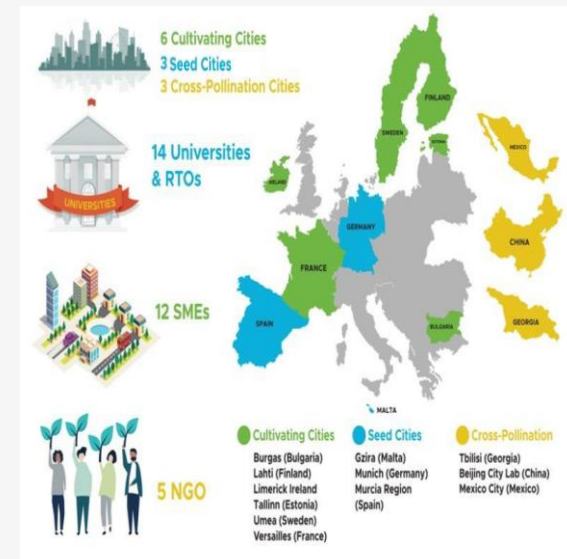
## Resilient Optimal Urban natural, Technological and Environmental Solutions

**GGR project** answers to the question of how nature-based solutions can contribute to health? Its transdisciplinary consortium will pioneer a unique approach to nature-based solutions by creating green corridors and cultivating a positive human-nature relationship.

The project's goal is to position European citizens as world ambassadors of urban sustainability. Advancing mental health and well-being, the project's components (work packages) will focus on nature-based enterprise (GROW), sustainable physical activity (MOVE), digital and cultural (FEEL), and knowledge innovation (KNOW). A knowledge ecosystem with urban communities will raise awareness about links between human and environmental health.



**DURATION** 9/2020 – 8/2024 (4 years)  
**IMPLEMENTERS** Coordinated by University of Limerick  
12 cities (e.g. Lahti), 14 universities & RTOs,  
12 SMEs, 5 NGOs  
**FUNDING** Horizon2020-EU.3.5.2. Innovation action  
**BUDGET** 11,1 milj. € (LAB & City of Lahti 605 000 €)



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# BioProt - Development of bio-based and antimicrobial nonwoven materials and use as protective equipment



Vision, mission, values

- Develop high-quality, safe and sustainable facemasks to international markets.
- Towards bio-based materials.
- Sustainability, safety and self-sufficiency.

Aims

- Wellbeing and safety through development and design of better mask materials, mask users feel more comfortable and work/act more safely.

Duration: 2022-2024

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# Supporting Emerging Care Economy, Empowering Caregivers to Provide Safe Care at Home

**+37**  
Countries

The main aim and objective of the Action is to improve prevention of caregivers' errors at home to implement efforts to increase recipients' safety, introducing an open dialogue about consequences of caregiver errors based on a collaboration integrating citizens, end-users, disciplines, approaches.

Duration 2023-2027

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# AIR4Safety

## Augmented Intelligence and Reality for safety and employee support

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- LAB University of Applied Sciences leads the work on a radical augmented intelligence and reality (AIR) research idea to build high-quality international research for solving a significant global health and welfare problem

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FINLAND**



**Thank you!**