

A short horizontal line with a teal segment on the left and an orange segment on the right.

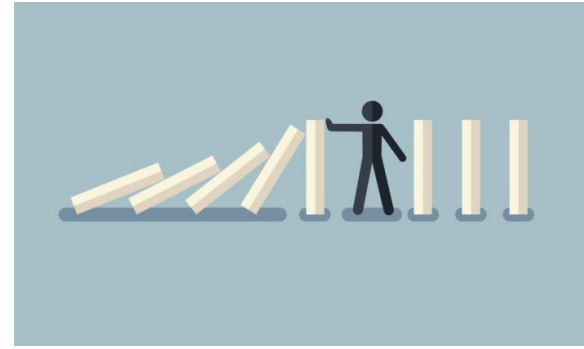
Developing physical resistance and resilience against disease

Network Organisations
Working group A



Problem divided in sectors

“How can we make citizens physiologically more resistant and resilient?”



Multiple sectors = multiple views on the problem!

- Subgroup A1: municipal sector
- Subgroup A2: medical sector
- Subgroup A3: educational sector
- Subgroup A4: vital occupations sector

Solution needs all sectors!

Combination of bottom-up and top-down



Municipal sector

Sven van Mansom, Friso Harlaar, Simon Kreulen, Zubin Pengel, Luuk Bruins,
Richard van den Aardweg and Milou de Sevaux



Problems

Resistance (short term)

- Inconsistent rules and communication.

Resilience (long term)

- Inactivity/obesity leads to lowered immunity.

Health in Amsterdam neighborhoods

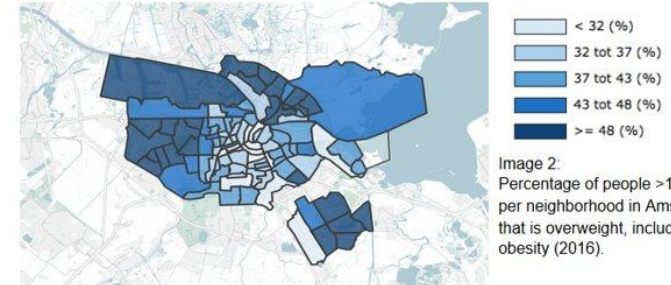


Image 2:
Percentage of people >19 years per neighborhood in Amsterdam that is overweight, including obesity (2016).

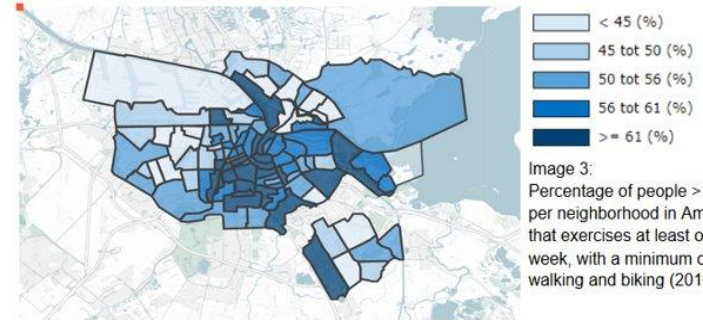


Image 3:
Percentage of people >19 years per neighborhood in Amsterdam that exercises at least once a week, with a minimum of walking and biking (2016).



Solutions

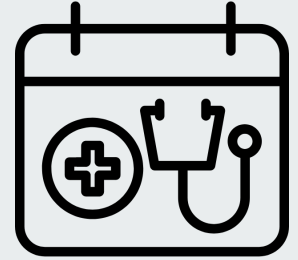
Resistance (short term)

- Better communication with citizens.
- Include mayor in decision-making process.

Resilience (long term)

- Sport app.
 - Focused on neighbourhoods in Amsterdam
 - Rewards for improving health
- Plan B – Sugar tax.





Medical sector

Daan van Baarsen, Mick van den Boer, Sam Bijhouwer, Una Garcia, Justine de Jong
and Tijn Schickendantz



The problems

- Insufficient physical activity causes reduced physical resilience
- Identifying risk cases
- Introducing risk cases to local health initiatives





Our solution

- Identifying risk cases with a voluntary population screening
 - Age, BMI (height, weight), eating habits, exercise habits
- Creating an online overview of local health based initiatives
 - Offering a choice of initiatives
 - Keeping track of weight progress
- Multidisciplinary approach
 - Municipalities, education, insurance companies





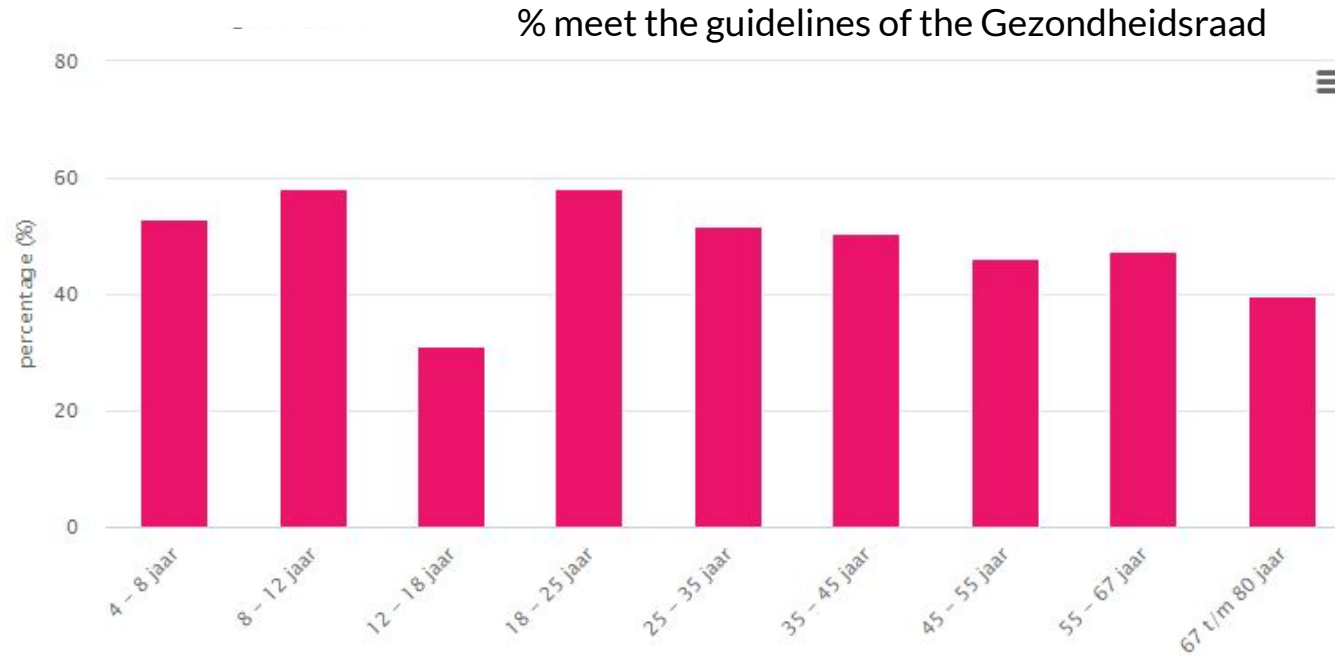
Educational sector

Roemer Wage, Dennis de Buck, Joran Verweij, Cesar Groot Kormelink, Enzo Delaney-Lamour, Steijn Wehman and Maik Larooij



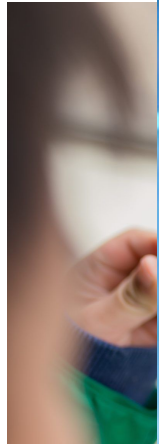
NICE (April 2020): 77% of Intensive Care patients suffer from overweight

The problem at hand

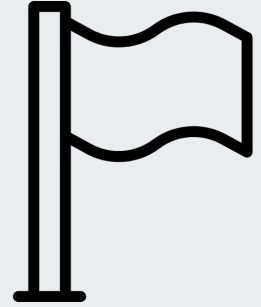




Advice



- Daily steps of users increased by 1.5 on average
- Same kind of app for educational use



Vital occupations

Robin van Beek, Sem Kjaer, Rogier Wesseling, Joana al Ali, Mike Evertsen and Berkay Yayla



Problem

How can we ease the temporary labor shortages in specific industries within the vital occupations sector?





Solution

- Compensating shortage of people in certain areas of the vital professions by taking people from other areas that have lack of work
- Provide classes for people so they can work in different areas within the vital professions





Conclusion

“How can we make citizens physiologically more resistant and resilient?”



- Municipal sector: Sports app, sugar tax
 - Medical sector: Local health initiatives
 - Educational sector: Gamifying education
 - Vital occupations: Shuffling underworked vital occupations
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- Combination of top-down and bottom-up measures for a larger reach
 - Solutions touch all the discussed sectors