

Taking More Interest in Adult's Physical and Psychological Health

The COVID-19 pandemic triggers a massive 25% increase in the prevalence of anxiety and depression worldwide, according to data from WHO 2022. Undeniably, the development of adults' health conditions is alarming. Furthermore, it has to be pointed out that the easy access to health education is dispersed unevenly across Europe. Our online health education platform, including neuro- and biofeedback training, is therefore built to benefit people with health concerns, especially those who are particularly at risk due to their social situation.

In cooperation with three partners from Germany, Denmark, and Estonia, we have developed *Remote-Health.eu* whose primary objective is offering free, diverse and multilingual online health courses and materials. Our ultimate goal is to create a digital and exemplary platform for health promotion and prevention in combination with bio- & neurofeedback training in Europe. Are you experiencing stress or concentration issues, looking for a coach? Would you like to gain more knowledge about physical exercise or mental relaxation? You have come to the right place.

What have we accomplished so far?

- The preliminary prototype of our *Remote-Health.eu* homepage has been installed, with technical support from team Estonia. (See at <https://www.remote-health.eu/>)
- There are currently 24 online health classes available in the three main categories of movement, relaxation, and nutrition including a professional cooking course. An unlimited number of interested persons is able to use our online health courses, as long, as they don't require personal coaching. In addition, we offer bio- and neurofeedback home training, nutrition advice, lifestyle training, etc. to round about 100 Persons a month. All content and the personal coaching is available in German, English and Danish.
- In addition to this open source remote platform for the public, we have also offered health education exclusively for professionals. We have certified professionals as remote health trainers, and set up activities including webinars, live events like "Maustag" and hybrid education classes to spread neurofeedback health knowledge to more than 50 individuals or families.
- Our Danish project partner StrongerBrains has carried out a scientific analysis of the data on Neurofeedback increasing concentration which will be published soon

What are our future plans?

Our pilot project lasts from March 2022 to October 2022, but our efforts will never stop there. Although we have encountered tough obstacles and challenges, we are resolved to continue this valuable endeavour. We lost one cherished leading partner from team Denmark suddenly and unexpectedly due to cancer. Also the back-end development has confronted us with unexpectedly high costs, which go far beyond our original budget.

It is due to the great commitment of all our partners that this project has come to a successful conclusion despite all difficulties. In memory of our partner Conni Krarup Andersen and keeping her wish in mind, we will keep enhancing awareness of and access to neurofeedback throughout Europe. Public access to all of our online offers are permanently free of charge. The newly acquired learning materials can be borrowed for free as well, to use for home training. At present, online coaching and the necessary trainer support going along with it can cover the necessary insurance and personnel costs for the NGOs. To ensure that people who cannot afford the small additional payment are not excluded from the neurofeedback treatment, regular funding applications will be made for disadvantaged groups.

These are the next steps we're planning to take:

- Perfecting the remote health platform. Our IT team will make it more digital, barrier-free, and user-friendly, etc.
- As part of the ongoing process, we are developing learning modules on crucial risk factor prevention subjects as well as addressing relevant refugee concerns.
- Efforts are being made to purchase further learning materials in order to reach even more people with bio- and neurofeedback.
- A broader range of topics will be covered during our train-the-trainer sessions. For our coach team, we will implement holistic educational concepts, prepare client-oriented courses, adopt precise biofeedback and neurofeedback methods, etc.
- Enhancing our platform's visibility. There should be greater accessibility to free health education for more individuals. Fortunately, Google Ad Grants have provided us a monthly budget of 10,000 euros for disseminating our project results.

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StrongerBrains, Denmark, <https://stronger-brains.com/>

Citations

<https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>