Webbased audio-live seminar with the objective to improve food habits and exercise behaviour

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Background

➢ powerful increase of webbased interventions concerning the improvement of health literacy
➢ in large part webbased health interventions up to now conducted via email, chat, internet forum or webbased training
➢ audio-synchronous virtual classrooms such as liveonline up to now rarely found in impowering health interventions in Europe

Current and future liveonline projects

- interdisciplinary liveonline aftercare in patients with obesity after inpatient rehabilitation: 3 training courses including psychology, nutrition, motion; participants aged @ 53 years (in cooperation with University of Lübeck, 2009-2012)
- effectiveness of two webbased prevention programs for children and adolescents with overweight and obesity: liveonline versus webbased training (in cooperation with Jacobs University Bremen, 2013-)
- liveonline relapse prevention in patients with psychosomatic disorders, predominantly with regard to depression and anxiety disorders (2013-)
- liveonline-seminars in fields of primary prevention: coping stress, enhance physical activity, reducing weight, stop smoking: participants aged 18-69 years (on behalf of the AOK, 2007-now)

Webbased audio-live seminar

➢ virtual classroom with live-audio, chat and webcam
➢ integration of slides, clips and pictures
➢ implementation of polls and questionnaires
➢ application of interactive whiteboard for discussion

Results from IROHLA

➢ important insights concerning barriers and issues related to webbased health interventions in the ageing population
➢ findings on evidence and feasibility of a pilot and innovative audio-synchronous intervention focusing on a healthy life-style in elderly people
➢ impulses for further development and transfer of a national liveonline program

Figure 1: Intro-slide of an aftercare course

Figure 2: Whiteboard-scene during a stop-smoking seminar

Contributions to IROHLA

- development and implementation of a webbased audio-live seminar with the objective to improve health literacy in elderly people
- intervention focusing on healthy food habits and enhancement of physical activities including motivational as well as volitional elements
- multidisciplinary structured intervention: courses moderated by nutrition experts, physical education teachers and psychologists
- intervention coupled closely to a health insurance company to promote the embedding in routine care, if successful

References


Theissing J, Deck R (2009). Rehabilitation aftercare via Internet: acceptance and skills in patients in the cardio-diabetological rehabilitation. DRV-Schriften; 83: 44-46


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