Lifestyles and living environments are important determinants of health and vitality. Technology is an important enabler in the promotion and adoption of healthy lifestyles, with physical activity and healthy food and sleep patterns. TU/e can make a difference through technology with a human focus.

We approach vitality in a broad sense: physical, mental and social aspects of people’s lives. Our work aims to understand the choices people make and their underlying factors, and to provide targeted, individualised interventions to support people towards a healthier and vital life. This will be achieved through a combination of environmental measures and personal technologies.

The roadmap combines the strengths of TU/e in sensor technology, data science, and living laboratory research to study the ecological determinants of vitality. It integrates different fields of knowledge and perspectives, such as social sciences, health sciences, and engineering, to develop a comprehensive understanding of vitality and its determinants.

In 2020, we will focus on creating attractive, high-quality products and services in context, including hitting the market. Involving stakeholders is crucial in the design process — including public and private partners to enable larger-size experiments.

In 2030, we will focus on technology enabling technologies, such as creating self-sustaining sensor technologies — and accelerate iterative processes in the design approach, involving more stakeholders in the process — including public and private partners.

Our focus is on creating healthy and pleasant environments and designs that promote active and healthy lifestyles. We aim to understand the choices people make and their underlying factors, and to provide targeted, individualised interventions to support people towards a healthier and vital life.