

HEALTHYWEIGHTHUB.FI

- a newly established digital program for the management of obesity

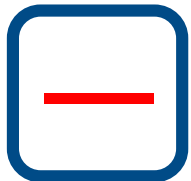


**Kirsi Pietiläinen, MD, PhD, Professor in Clinical Metabolism
Obesity Center, Helsinki University Hospital and
Obesity Research Unit, University of Helsinki
kirsi.pietilainen@helsinki.fi
tel. +358 50 5992295**

WEB-BASED HEALTH BEHAVIOR MODIFICATION SYSTEMS



- proven efficacy for weight loss, especially in combination with face-to-face treatment
- efficacy further improved, if it includes:
 - feedback
 - interaction between the patients and the health-care professionals
 - tools for goal-setting and self-monitoring



- only few programs include all the important elements; diet, physical activity, psychology, coping for stress and sleep
- short intervention or follow-up period
- no real-time support for patients
- programs used in research are rarely integrated to real-life treatment

HEALTH VILLAGE ONLINE PORTAL

launched in 2016

- Finland has excellent public health care, but the population is ageing and costs are increasing
- the aim with the Virtual Hospital (Health Village) project is to elevate the patient to the center and improve the quality and availability of health care, while keeping the costs and working time in control

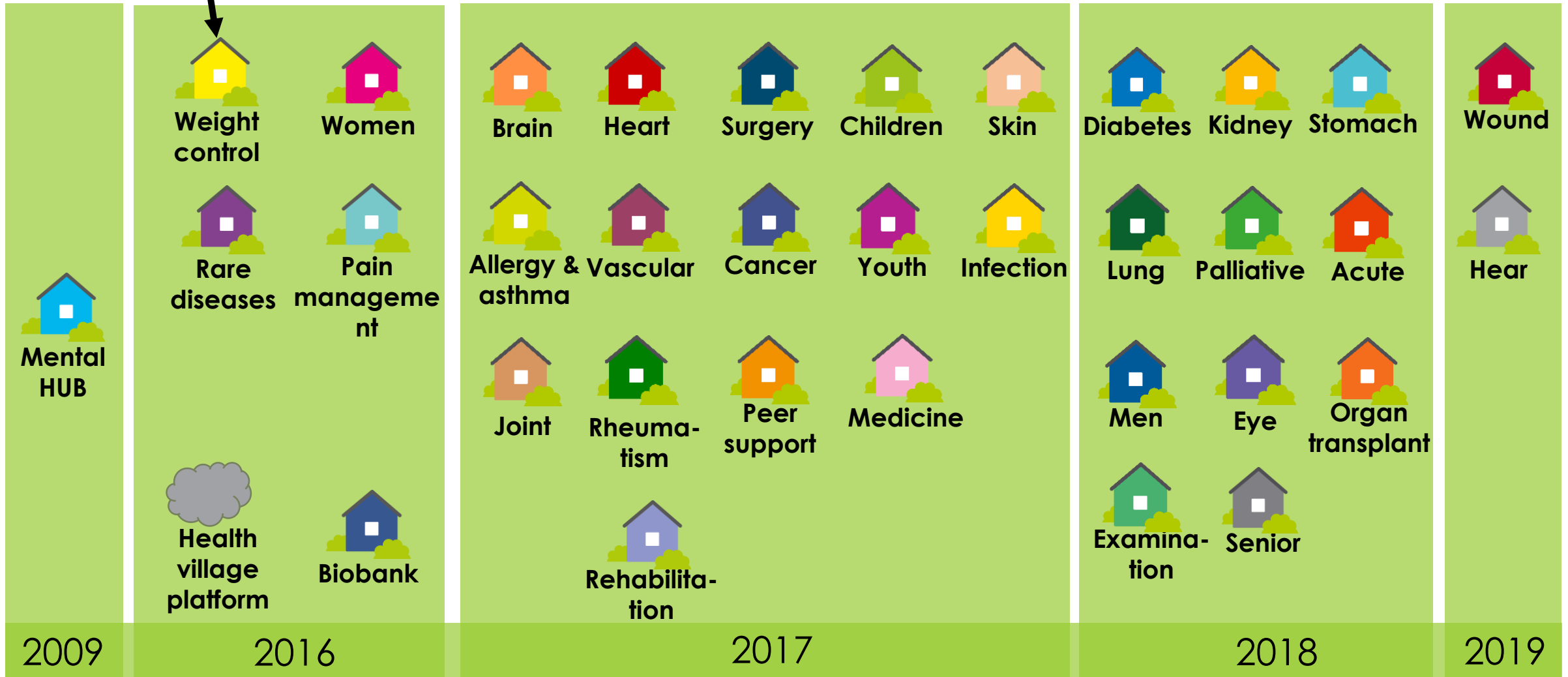


HealthyWeightHub

HEALTHVILLAGE.FI

32 Hubs (Houses)

115 Digital treatment paths





SERVICES AVAILABLE FOR CITIZENS

Information and advice
Symptom navigators (n=140)
Self-care services
Service guidance
Digital / remote treatment
Coaching by professionals
Peer support



SERVICES FOR PROFESSIONALS

Diagnostic tools
Treatment instructions
Tool boxes
Applications/sensors
Remote appointments
eConsultations



SERVICES FOR RESEARCHERS

Datalake
Electronic health
records
Lab results
Questionnaires
Log files
Biopank

HealthyWeightHub.fi

Digital treatment of obesity

HUS⁺

HEALTHVILLAGE.FI



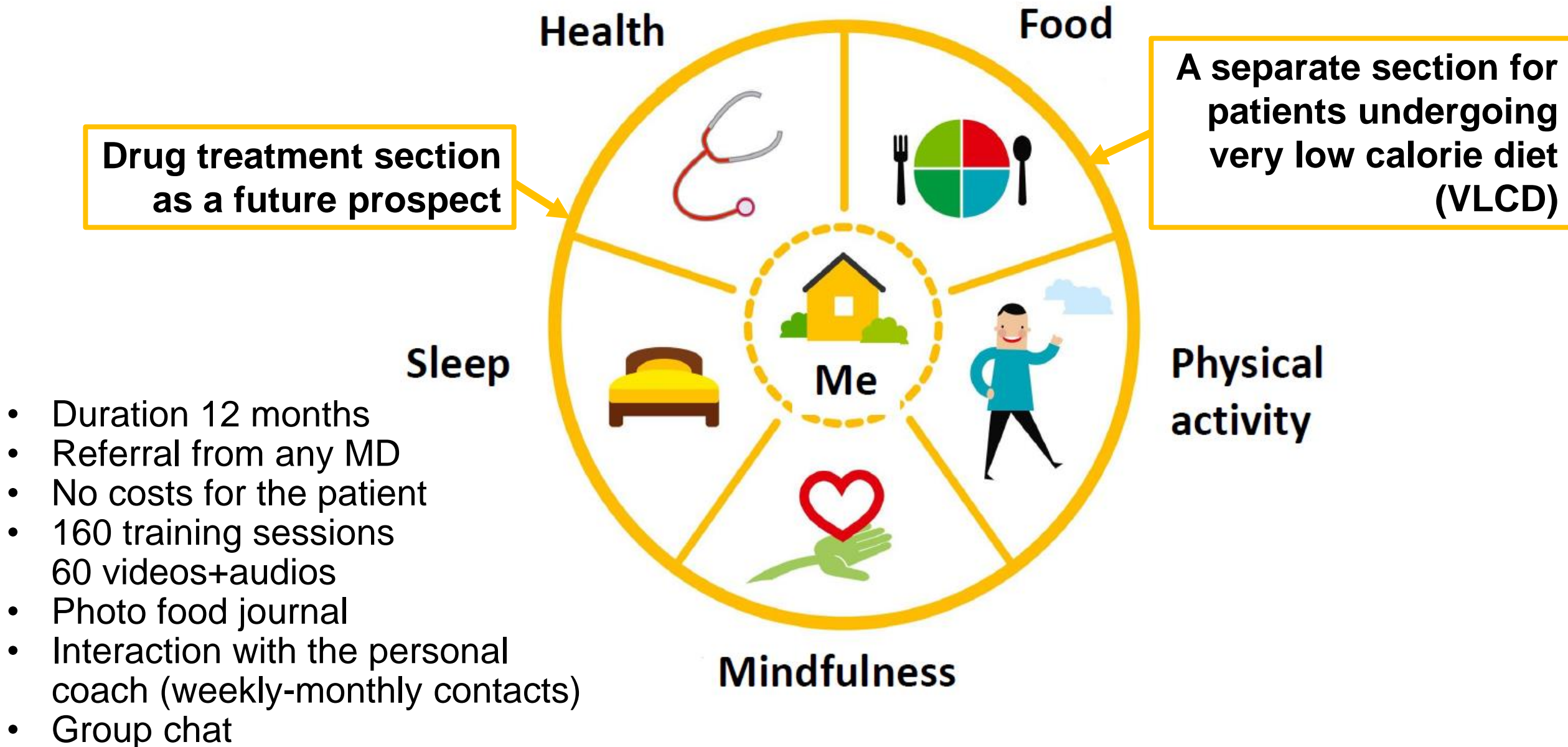
HealthyWeightHub.fi structure

Painonhallintatalo.fi in Finnish



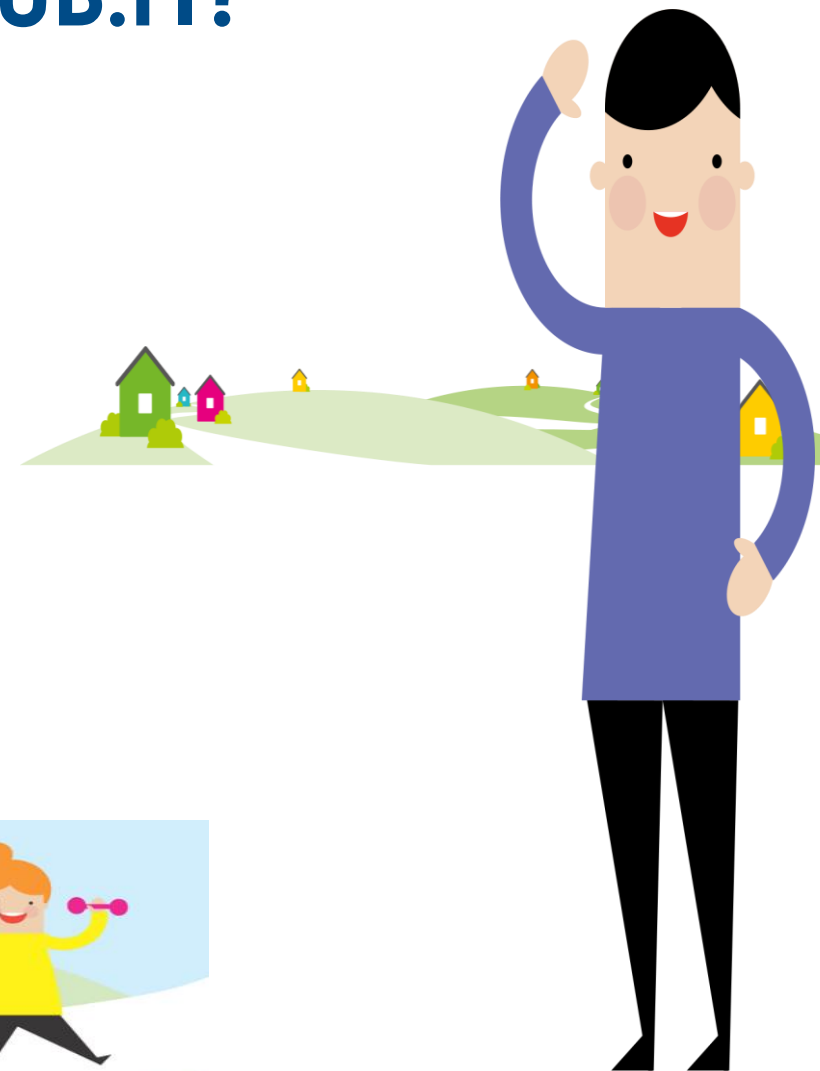
Open pages		Log-in based on referral	
Public pages <ul style="list-style-type: none">• ABC on obesity and weight loss• News• Tests• Videos• Social media	Free trial <i>6 weeks</i> <ul style="list-style-type: none">• 30 training sessions i.e. physical activity, diet, mindfulness	Weight management program <i>12 months</i> Virtual coach for every patient <ul style="list-style-type: none">• 160 training sessions• 60 Videos & Audio• Photo food journal• Group chat• Research questionnaires	Bariatric surgery program <i>2 months before surgery + 12 months after surgery</i> Virtual coach for every patient <ul style="list-style-type: none">• Training sessions• Photo food journal• Group chat• Research questionnaires

HealthyWeightHub.fi treatment portal



WHO CAN BE REFERRED TO A TRAINING PROGRAM IN HEALTHYWEIGHTHUB.FI?

- one of the treatment options for obesity in our area
- overweight (BMI > 25) , age > 18
- the patient has access to internet
- referrals from primary health care, occupational health, other specialties, private customers



CONCLUSIONS AND FUTURE PROSPECTS

- HealthyWeightHub.fi has proven to be an effective, cost-saving obesity treatment portal
- Long, 12-month intervention time, wide access to patients around Finland
- Allows provision of weight control treatment for large populations
- Includes all important elements of obesity treatment (diet, VLCD, physical activity, psychology, bariatric surgery), but currently lacks a special treatment portal for subjects having obesity medications
- In the future:
 - Medications section
 - inclusion of smartphone apps, biosensors, food scanners, games
 - AI-based solutions to develop personalized care paths



HealthyWeightHub development team



Kirsi Pietiläinen



Sirpa Arvonon



Raimo Lappalainen



Päivi Lappalainen



Jenni Baringi



Laura Suojanen



Kaisa Pulkkinen



Anne-Mari Vepsäläinen



Nina Karjanlahti



Tommi Vasankari



Stefan Westerback



Merja Jyränoja



Jaana Ahoranta



Linda Westerberg



Milla Rosengard-Bärlund

HealthyWeightHub surgical team

Anne Juuti, Jenni Baringi, Raisa Harjula, Janna Issukka,
Henna Sammalkorpi, Anne Penttila, Tuure Saarinen

HealthyWeightHub coaches



Collaborators:

Professor Laura Elo and PhD Mikko Venäläinen, Medical Bioinformatics Center, University of Turku

Health economists Erkki Soini and Saku Väättäin, ESIOR, University of Eastern Finland