

# Monitoring and Promoting Active and Healthy Lifestyles Among Students, Teachers and Staff on the ULHT Campus

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01/01/2021-30/12/2022



Principal Investigator

Project Date

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1. FEFD: Faculdade de Educação Física e Desporto
2. CICANT: Centro de Investigação em Comunicação Aplicada, Cultura e Novas Tecnologias
3. CIDEFES: Centro de Investigação em Desporto, Educação Física, Exercício e Saúde

4. CeIED: Centro de Estudos Interdisciplinares em Educação e Desenvolvimento
5. CICANT: Centro de Investigação em Comunicação Aplicada, Cultura e Novas Tecnologias
6. HEI-Lab: Laboratórios Digitais de Ambientes e Interações Humanas

*Abstract:*

This 2-year project (winner of the 2020 edition of ILIND “Fazer+”) was up and running from 01-01-2021 to 01-01-2023. All the deadlines, milestones and outcomes were 100% achieved in time.

The project had two arms, both targeting students, professors, and staff from Universidade Lusófona of Lisbon: i) One arm devoted to the development and implementation of a healthy lifestyles epidemiological vigilance monitoring system; 2) The other arm aiming at the co-development and implementation of tailored campaigns targeting more active lifestyles.

Concerning the first arm, 791 participants (563 Students, 144 Teachers, 84 Employees) fulfilled the monitoring system (after a pilot application in a smaller sample). [Detailed infographics](#) (per sample and total) were created, and results presented in a [main event](#). The second wave of this monitoring system is currently under analysis.

With regard to the second arm, for each target group 3 videos were developed (and several supporting posters and a graphic novel), comprising a total of 9 video campaigns, [available in the project website](#), for free download and further diffusion. Those campaigns were disseminated via several channels (e.g. University social media channels, email, Moodle and other platforms).

Several activating events occurred, with special emphasis for a flashmob, and the final [main event](#). The campaign development and implementation were presented at several scientific forum's, such as **IAMCR 2022** (International Association for Media and Communication Research; Beijing), *ECREA 2022 (9th European Communication Conference, AARHUS)*; *ELIA (Biennial conference, 2022 Helsinki)*.

Project development and implementation involved several students (undergraduate, master and PhD. students), supported via scholarships and awards (e.g. creation of the logo). More than 20 undergraduate students, and 5 master students already used the project database in their thesis (these numbers will grow in the upcoming years with the subsequent waves of the monitoring system – including the 2<sup>nd</sup> one – currently under analyses)

In what concerns scientific outputs, 6 international, peer-reviewed papers were already published (and more are still under development). See detailed list below\*.

#### References:

Júdice, P.B., Carraça, E.V., Santos, I. **Silva MN**. Different sedentary behavior domains present distinct associations with eating-related indicators. *BMC Public Health* **24**, 275 (2024). <https://doi.org/10.1186/s12889-024-17760-2>

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Santos Souza, M. F., Jerónimo, F., Franco, S., Veiga Carraça, E., & **Silva, MN**. (2022). Dimensiones de la Literacia Física en Estudiantes Universitarios y su Relación con la Actividad Física Presente y Pasada: Estudio Exploratorio, Observacional (Physical Literacy Dimensions in University Students and their Relations with Present and Past P. *Retos*, 45, 524-537. <https://doi.org/10.47197/retos.v45i0.92116>

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<https://lusofonativa.ulusofona.pt/>



# LusófonAtiva

**Monitorização e Promoção de Estilos de Vida Ativos e Saudáveis em alunos, docentes e funcionários do campus ULHT**

ILIND/F+/EI/02/2020


  

**LusófonAtiva** PROJETO ATIVIDADES QUESTIONÁRIO EQUIPA




**Estudantes**

"Calça os tréus Cindresela", "Abana o Capuchinho Vermelho" e "Acorda João Adormecido" – estes são os títulos das histórias escritas e realizadas por Possidónio Cachapa, com a participação de alunos de Cinema, Fotografia, Design e, ainda, Educação Física e Desporto.



**Docentes**

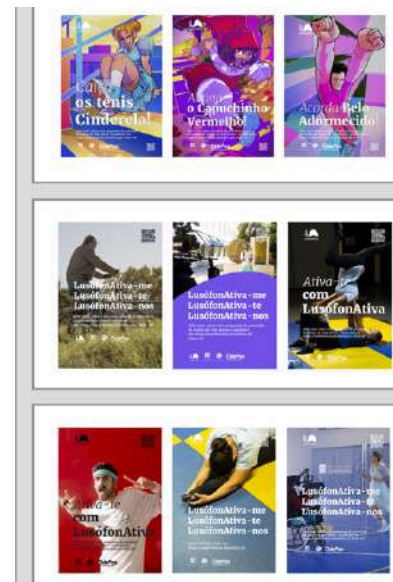
Ginástica aeróbica, ciclismo e equitação são as atividades físicas eleitas, pelos professores Alexandria Cruzinho, Francisco Carreiro da Costa e Manuel José Damásio, que partilham a sua experiência nestes vídeos escritos e realizados por Anastácia Palasymetche, com a colaboração de alunos de Cinema e Fotografia.



**Funcionários**

"Quantas voltas temos de dar à Universidade Lusófona de Lisboa para alcançar a recomendação de passos diários?" – estas e outras perguntas foram colocadas aos funcionários da Lusófona, nestes vídeos escritos e realizados por Lidia Godinho (Dulma) Purochir, com a participação de investigadores do CICANT, bem como alunos de Cinema e Fotografia.

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