

Every Walk You Take

**Short name**

EWYT

Formal name

Every Walk You Take

Contact person

María Grau

Institution/Organisation

University of Barcelona

Website

<https://innovate-in-prevention.weebly.com/>

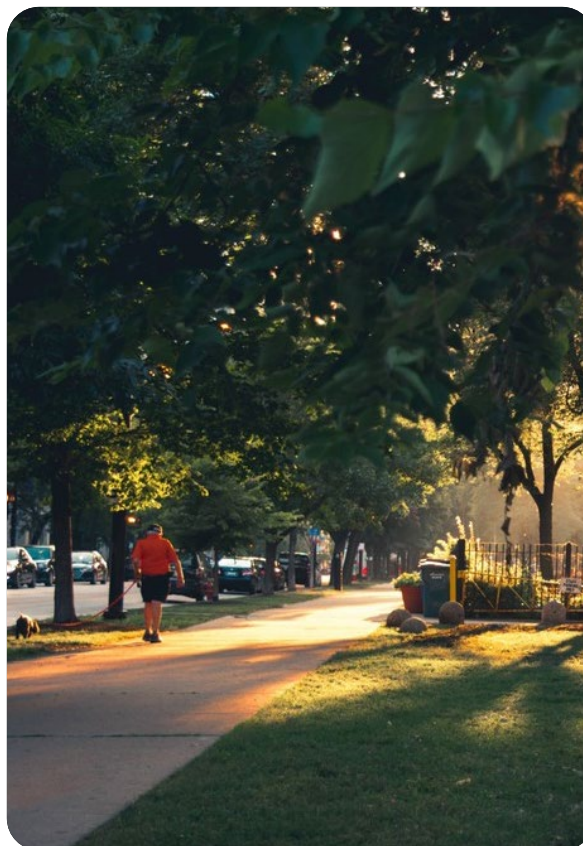
Twitter

<https://twitter.com/COMPASSStudy1>

<https://twitter.com/mariagraucom>



Using citizen science to make our cities healthier and more livable!

**Summary**

The aim of “Every Walk You Take” (EWYT) is to empower the local inhabitants of Barcelona to experience an active and healthy aging process. A uHealth platform with personalized healthy routes according to the user geo-localization, preferences and with real-time information on air quality and climate, will be co-created and tested in a pilot study in a project managed by a stakeholder community. In addition, the platform will integrate information collected by citizen scientists on barriers and facilitators for an active living. The proposed comprehensive approach is a step forward in social well-being. If health care is recognized as a universal right, EWYT offers an innovative way to give individuals scientifically proven tools that facilitate the healthy aging and the prevention of non-communicable diseases, the main causes of death in the European Union and worldwide.