



Active neighbourhoods and lifestyle interventions

Julie Vanderlinden (PhD)



Research group *Active neighbourhoods and lifestyle interventions*

#6 researchers





Children and
youngsters

CASSYD

Caring for stress and sleep in young informal caregivers

- Stress, sleep and mental wellbeing in young carers of people with YOD
- Belgium (PI), Finland, Greece, Italy, The Netherlands
- Erasmus EU+ project 2025
 - Resubmit for 2026
 - Another channel: Stress, sleep and mental wellbeing in young carers



Healthy lifestyle behaviour in schools

- Elementary and secondary schools
 - Physical activity and sedentary behaviour
 - Sleep
 - Nutrition and mouth health
 - Mental health and stress reduction
 - Social health
 - Sexual health
 - Digital Health (impact on stress and sleep)
 - Addiction
 - Green spaces/Green interventions
- Funding is pending (2026)
- EU collaborations





Care
professionals



HeartCore

Stress and sleep in health care professionals

- Scoping review
- Online assessment
- 6 week intervention (breathing exercises/biofeedback)
- Objective and subjective measurements

Outcome

- To develop training and materials to increase coping strategies for stress and sleep issues
- To sensitize health care professionals, employers and policy makers in health





Accessible primary care: GP

**Innovative methods
to decrease patient
stops in primary care**

**Stress and wellbeing
in GP**



(Young onset)
dementia



**Co-funded by
the European Union**



SACRED

Sharing And Caring for at-Risk Elderly with Dementia or Disabilities

- 6 pilot sites in EU (Rotterdam, Flanders, Treviso, Canary Islands, Valencia, Syros)
- Needs assessment
- Gap analysis
- Development of e-learning
- Valorisation



Connecting psychosocial care between home and (semi) residential care in YOD: *anxiety, stress and sleep*

What do health care professionals need to address anxiety, stress and sleep problems in YOD?

- *Needs assessment*
- *Development framework and training*
- *Increasing Network around YOD care and (inter)national collaboration*



YOUNG-D

Psychosocial impact Stress Reduction

- Mindfulness
- Breathing
- Emotion regulation

Sleep

- Sleep hygiene, psycho-education
- Relaxation techniques
- Beliefs and attitudes



Trainers' manual



A behavioural program for people with young onset dementia in order to cope with anxiety, stress and sleep problems

Odisee
UNIVERSITY OF APPLIED SCIENCES

 Co-funded by
the European Union



Active neighbourhoods and lifestyle interventions

Julie Vanderlinden (PhD)
Julie.Vanderlinden@odisee.be