

# HealthyW8\_60+ Pilot

NCT06816147

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Luxembourg Institute of Health
<b>Enrollment</b>	30 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Individuals aged 60 or older:
- both males/females, general free-living population,
- residing in Luxembourg,
- having normal weight or being overweight, i.e., with a BMI between 18.5 ; 30 kg/m<sup>2</sup>, which is considered a risk factor for developing obesity,
- owning a smartphone.

### Exclusion (4)

- With known manifest chronic diseases that prohibits participation in the study (e.g., cancer, Parkinson's),
- Persons with cognitive diseases (Alzheimer's) or those who are not able to lead an independent life,
- Persons following a strict diet (on their own or advised by their physician),
- Particular population groups, such as prisoners, the mentally disabled, or groups whose ability to give voluntary informed consent may be in question.

## Locations (1 total)

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Clinical and Epidemiological Investigation Center CIEC- LCTR, Luxembourg, Luxembourg