

PRESS RELEASE

Grenoble, February 14, 2025

YEAH! A Horizon Europe project coordinated by the Université Grenoble Alpes to improve youth health

The multidisciplinary research project YEAH! (Youth hEAlth from a Holistic perspective), coordinated by Université Grenoble Alpes (UGA), was officially launched on January 16, 2025, in Brussels. Funded under the Health Cluster of Pillar 2 of the highly competitive Horizon Europe program, the project has been awarded €10 million for a duration of five years. Its objective is to study the health and physical activity of young children and adolescents.

The YEAH! project aims to develop an innovative, personalized program to enhance the health of **children (8–10 years old) and adolescents (14–16 years old)** by targeting key behaviors such as **physical activity, screen time, diet, and sleep**. To achieve this, YEAH! will train their social environment (parents, teachers, etc.) to adopt interaction styles that **promote healthy behaviors** among children and adolescents, using **digital solutions**. The program is grounded in **scientific knowledge** and is co-developed with **end-users and stakeholders** to ensure it meets the needs of children and adolescents as effectively as possible.

The program will be implemented in **three phases**:

- **Phase 1 & 2 (Years 1 & 2)**: The development of the behavioral intervention, including the **technical creation of a mobile application** that will serve as a key tool for training both children/adolescents and their social environment.
- **Phase 3 (Year 3)**: Implementation of the intervention in **seven countries**, reaching **over 2,688 children and adolescents** (approximately **400 per country**) across **eight schools**, ensuring a socio-economically diverse target group.

"YEAH! is a fantastic opportunity to design and implement an intervention from start to finish and test it on a large scale. Our ultimate goal is a global rollout, engaging as many schools as possible to create a ripple effect," says **Aïna Chalabaev**, UGA Professor, project coordinator within the SENS laboratory in behavioral sciences, focusing on the promotion of **physical activity and healthy behaviors**.

A Highly Competitive Program Led by UGA, Bringing Together 16 European Partners

Out of 119 project proposals submitted under the Health Cluster of Horizon Europe's Pillar 2, only three projects were selected for funding.

Coordinated by Université Grenoble Alpes (UGA), the YEAH! project involves 16 European partners from France, Romania, Denmark, Spain, Greece, the United Kingdom, Germany, Belgium, Finland, and the Netherlands:

1. Université Grenoble Alpes (UGA) as Coordinator
2. Université Savoie Mont Blanc (USMB)
3. Universitatea Babes Bolyai (UBB)
4. Syddansk Universitet (SDU)
5. Fundacion Privada Instituto De Salud Global Barcelona (ISGLOBAL)
6. Panepistimio Thessalias (UTH)
7. The Glasgow Caledonian University (GCU)
8. Centre Hospitalier Universitaire de Clermont-Ferrand (CHU CF)
9. Ruprecht-Karls-Universitaet Heidelberg (UHEI)
10. Université Libre de Bruxelles (ULB)
11. Jyväskylän Yliopisto (JYU)
12. Association Fleurbaix Laventie Ville Santé (FLVS)
13. École Normale Supérieure de Rennes (ENS Rennes)
14. Stichting Universitaire en Algemene Kinder - en Jeugdpsychiatrie Noord-Nederland (ACCARE)
15. Fundacio Institut d'Investigacio Sanitaria Pere Virgili (IISPV)
16. Université Rennes II (RENNES 2)



**Funded by
the European Union**

This project has received funding from the European Union's Horizon Europe under grant agreement No 101155977

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Health and Digital Executive Agency. Neither the European Union nor the European Health and Digital Executive Agency can be held responsible for them.

ABOUT

Université Grenoble Alpes (UGA)

Ranked as the top European university for innovation in terms of patents filed over the past 20 years and among the top 150 universities worldwide in the Shanghai ranking, Université Grenoble Alpes (UGA) is a multidisciplinary institution firmly rooted in its region and open to the world. It is one of nine French universities awarded the "Initiative of Excellence" (IDEX) label.

Since 2020, UGA has incorporated three component institutions: Grenoble INP – Institute of Engineering and Management-UGA, Sciences Po Grenoble-UGA, and the Grenoble National School of Architecture (ENSAG-UGA), along with three academic components: the Faculty of Science-UGA, the University School of Technology-UGA, and the Faculty of Humanities, Health, Sport, and Societies-UGA.

With 57,000 students, including 10,000 international students and 3,000 doctoral candidates, and over 7,700 staff members, UGA operates across multiple campuses, primarily in Grenoble and Valence. National research organizations such as CEA, CNRS, INRAE, Inria, and Inserm collaborate closely with Université Grenoble Alpes to develop a joint research and innovation strategy at the international level. Strong partnerships are also maintained with IRD and Grenoble Alpes University Hospital (CHU Grenoble Alpes).

<https://www.univ-grenoble-alpes.fr/>

Horizon Europe: The EU's key funding programme for research and innovation

Following the completion of **Horizon 2020** at the end of 2020, **Horizon Europe** is the **European Union's new research and innovation program**, with a budget of approximately **€95.5 billion** for **2021–2027**—a **30% increase** compared to its predecessor. This makes it the **most ambitious research and innovation program in the world**.

This framework program reflects the European Union's ambition to stand out in a highly competitive international landscape, providing greater visibility for cutting-edge research and innovation, attracting top talent—particularly through the implementation of competitive funding—and addressing current global challenges.

<https://www.consilium.europa.eu/en/policies/horizon-europe/>

PRESS CONTACT

Muriel Jakobiak-Fontana

Deputy Director of Communication

Université Grenoble Alpes

muriel.jakobiak@univ-grenoble-alpes.fr

+33 6 71 06 92 26

PROJECT CONTACTS

Aïna Chalabaev

UGA Professor, SENS laboratory Director, Project Coordinator

aina.chalabaev@univ-grenoble-alpes.fr

+33 4 76 63 50 81

Laetitia Minniti

Project manager

laetitia.minniti@univ-grenoble-alpes.fr

+33 4 76 74 31 75