# Białystok PLUS: A Catalyst for Responsible Research, Innovation, and Social Impact

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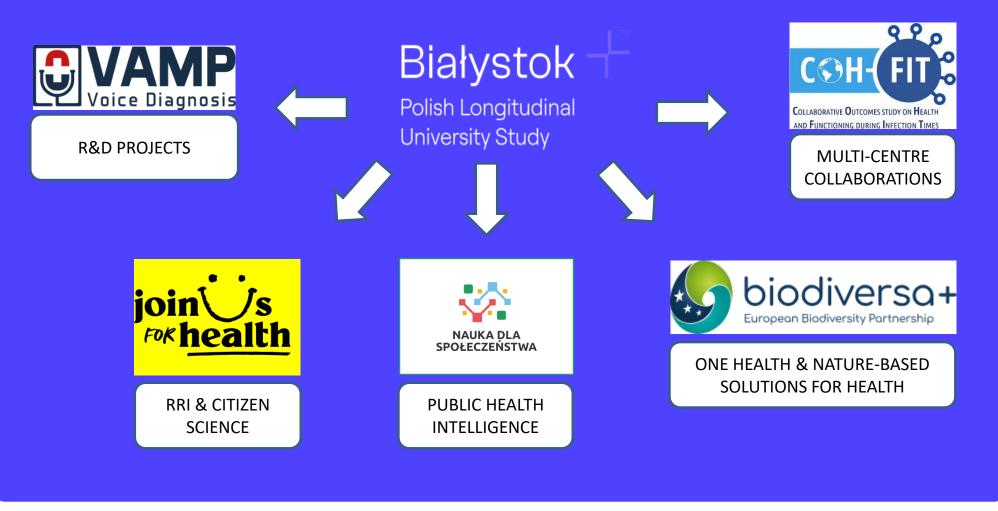


Polish Longitudinal University Study









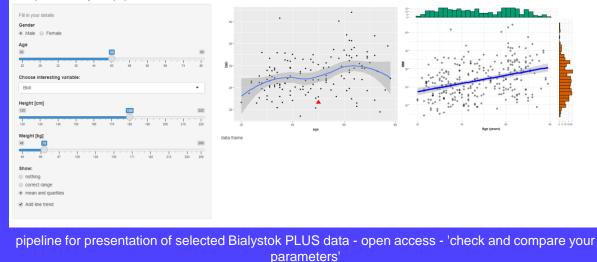
**RESPONSIBLE RESEARCH AND INNOVATION** 





#### Public Health Intelligence - on the road to optimal use of cohort study results

Your place in Bialystok population



The project is developing a dashboard system for three target groups:

- general public (compare your results with the population)
- scientists (use access to the data and create a scientific project with us)
- health policy makers (predictive models of public health interventions - estimate health effects)







#### PHorestAll: Planetary Health by Healing Forests as Nature Based Solutions

- **Objective:** Develop tools and guidelines to identify and evaluate forest areas with potential for health use (links between human well-being and biodiversity).
- **Research Focus:** Standardize protocols for analyzing biological indicators like soil microbiomes and BVOCs across diverse forest ecosystems.
- Methodology: Use the FTHub Method to test nature-based activities, assess their effects on well-being.
- **Community Engagement:** Incorporate Citizen Science to involve stakeholders, enhance environmental literacy, and support policy development.
- **Impact:** Support sustainable health initiatives by integrating nature into public and private preventive strategies.



LITHUANIAN UNIVERSITY OF HEALTH SCIENCES



GOZDARSKI INŠTITUT SLOVENIJE SLOVENIAN FORESTRY INSTITUTE





of Forest Therapy (ISFT)

biodiversa+

"Nature-based solutions for biodiversity, human well-being and transformative change (BiodivNBS)"



## COH-FIT: The Largest Global Survey on COVID-19 Impact

230 researchers and 120 institutions across six continents

Surveys adults, adolescents, and children (6+ years old) using a multi-wave, longitudinal approach

Combines representative sampling through polling agencies and non-representative sampling via snowball recruitment

Collected over 150,000 responses from 150+ countries between April 2020 and July 2021



1. COH-FIT Adult design paper (JAD) https://www.sciencedirect.com/science/article/pii/S0165032721007278?via%3Dihub

**2. COH-FIT Child and adolescent design paper (JAD)** https://www.sciencedirect.com/science/article/pii/S0165032721010491?via%3Dihub

3. COH-FIT Validation paper (JAD) https://www.sciencedirect.com/science/article/pii/S0165032722013829?via%3Dihub **4. COH-FIT Global risk factors in adults paper (Psychiatry Research)** https://www.sciencedirect.com/science/article/pii/S0165178124002579?via%3Dihub

5. COH-FIT Global multivariable model in adults paper (European Neuropsychopharmacology) https://www.sciencedirect.com/science/article/pii/S0924977X2400186X?via%3Dihub

6. COH-FIT Global risk factors in adolescents (JAACAP) https://www.jaacap.org/article/S0890-8567(24)02023-9/abstract



TECHMO Voice Technologies



#### VAMP: Voice Analysis for Medical Professionals

**Objective:** Develop an easy-to-use tool for early detection and monitoring of civilizational diseases (e.g., diabetes, atherosclerosis) using voice analysis.

Innovation: A breakthrough solution for identifying individuals at risk of serious diseases using advanced voice analysis technology.









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#### Thank you

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