

## Behind the Liva App in Face-it

The **Face-it** project developed and evaluated a health-promoting intervention targeting women with recent gestational diabetes and their families. The intervention in the Face-it project comprises two health pedagogic tools: The Family Wheel and the Liva App.

Here you can read more about the development and use of the Liva App.

Liva App is a mobile application helping the participating families to maintain or improve their well-being and health behaviour. The app offers the participating families the opportunity for setting personal goals based on their needs, motivation, and resources; receive personal health coaching; follow their own improvement; and receive feedback. The direct communication with the health coaches gives the participating families personal guidance, which might increase the motivation and possibility of reaching their goals.

### The use of the Liva App in the Face-It project

The families in the Face-it project, who were randomised to the Face-it intervention, were offered access to the Liva App together with three additional home visits from a project health visitor. In the Liva App, the families were connected to a coach trained by the Face-It project. The families were offered three online video meetings together with ongoing coaching and feedback from their health coach until the child was approximately 1 year old.

Initially, the families and their health coach would have a dialogue about needs, expectations and resources. Based on this dialogue, the families had the opportunity to set goals to maintain or improve their well-being and health behaviour in the Liva App.

### Adaptation of the Liva App

In a close cooperation between [Liva Healthcare A/S](#) and the researchers behind the Face-It project, the original Liva App was adapted to accommodate the needs of families with a new-born. In this process, specific movement activities were added, such as, gardening and playing with the toddler were added as features, as were goals for sleep and breastfeeding. The researchers also developed a knowledge base with relevant information and advice to families with recent gestational diabetes. This knowledge base was used by the health coaches when providing advice and coaching to the families. In addition, a manual for the coaching was developed, as well as targeted material to the families about e.g., meals and physical activity.

Prior to implementation, the Liva App and the manual were tested and adjusted to the project in collaboration with the health professionals working as health coaches in the Face-it project.

### Training of health coaches in the Face-it project

In the Face-it project, all health coaches have a health professional background and/or experience with providing guidance on change of habits to families and/or individuals. The health coaches participated in two educational days focusing on aspects relevant to families with recent gestational

diabetes. The health coaches also participated in the general training sessions together with the Face-it health visitors (see figures 1 and 2). In addition, all health coaches participated in a training course on the Liva app facilitated by an experienced health coach employed by Liva Healthcare A/S.

During the project period, the health coaches were invited to participate in group meetings for sparring and supervision together with presentations about habits, mental health, the broad and positive health concept, relations between couples, and health among fathers.

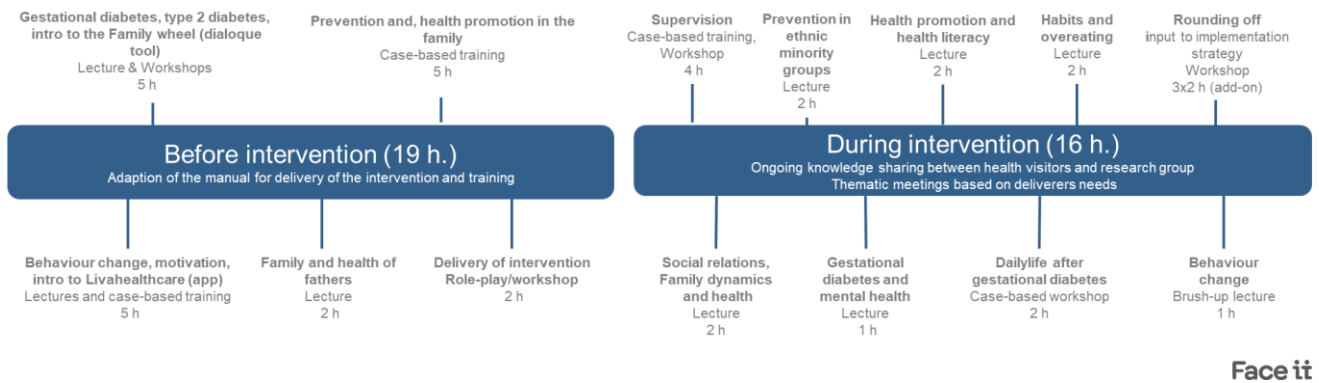


Figure 1 Training course for health visitors and health coaches in the Face-it project

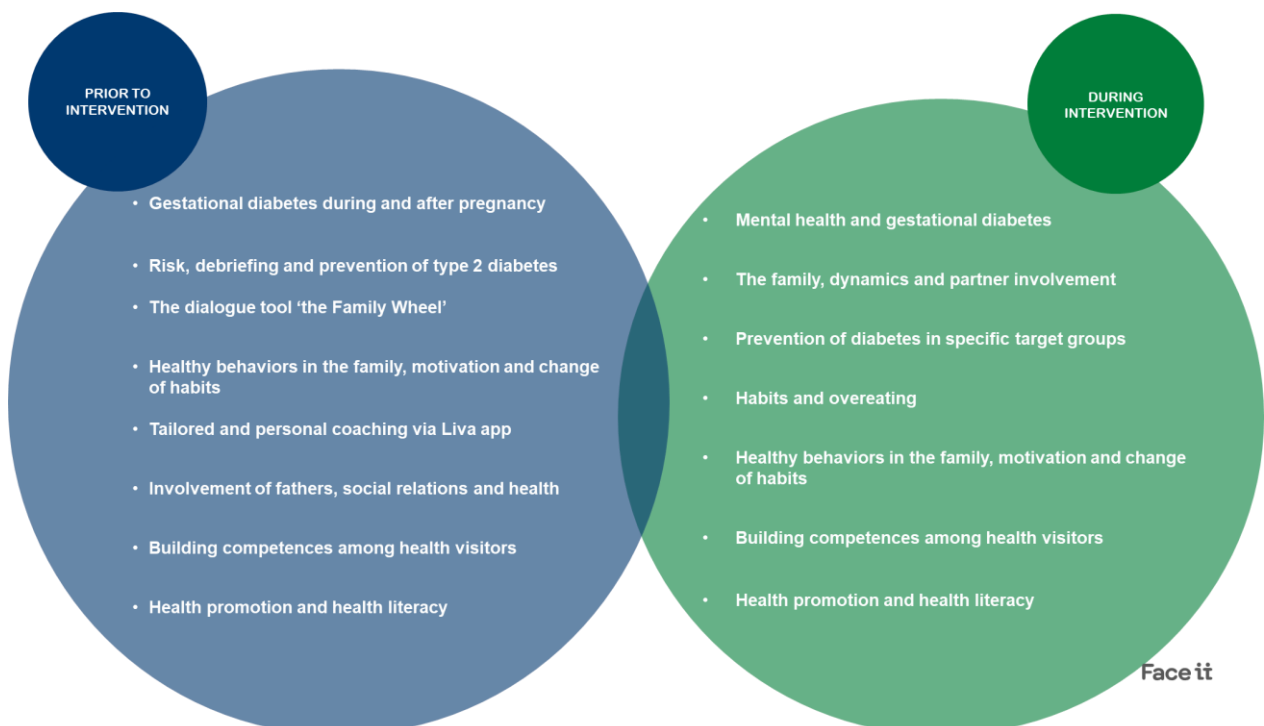


Figure 2 Themes during the training course for health visitors and health coaches in the Face-it project

Citation of document: Face-it Gruppen: Behind the Face-it Liva App, Steno Diabetes Center  
Copenhagen, September 2023

We do not hold copyright on any of our tools as they are freely available on our website and developed to be used by everyone without charge. However, we prefer that the logos on the tools are not replaced. Additionally, we request that Face-it be referenced when using the tools for research purposes and that we would be informed when the tools are used in practical practice.

## References

- The website of the Face-It project: <https://www.faceit-info.dk/>
- Paper about the development of the Face-It project:  
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-021-11655-2>
- About the Face-It-project in the Danish diabetes magazine – A health-promoting family-based intervention (p. 38-44): [https://diabetes.dk/media/aird1cng/diabetes-behandler-juni-2020\\_web.pdf](https://diabetes.dk/media/aird1cng/diabetes-behandler-juni-2020_web.pdf)