

# Healthy Start Sprint Projects 2024

Do you have a concrete idea to foster societal impact or innovate education related to the six Healthy Start Ambitions? The Healthy Start-ers Fund can help you to kickstart your ideas.

We are very proud that we have been able to support the successful realization of 13 ambitious and inspiring [Sprint projects](#) in the first edition of the Healthy Start-ers Fund in 2023. With a new series of Healthy Start Sprint projects in 2024, Healthy Start continues its mission to build bridges between science and society. With short term and concrete activities, integrating medical, social and technical sciences, Healthy Start aims to strengthen new and existing collaborations to foster impact for a next generation.

## Call for Healthy Start Sprint Projects 2024

We invite researchers and their non-academic partners to submit plans for:

- A. Concrete activities for and with an external partner/stakeholder to co-develop or co-deliver knowledge, *and/or*
- B. Concrete activities to strengthen ongoing interdisciplinary Healthy Start research by engaging external stakeholders, *and/or*
- C. Concrete interdisciplinary activities to innovate existing education programs/courses, *and/or*
- D. New (extra-curricular) educational activities involving external (societal) partner(s).

Some examples of short-term activities that would fit are:

- Support in building consortia for larger subsidies.
- Creative products (e.g. films, podcasts).
- Proof of principles or prototypes.
- Policy briefs.
- Concrete facilities to support co-development and co-delivery of knowledge.
- (Educational) activities or facilities/tools to strengthen transdisciplinary mindset, skills and knowledge amongst the Healthy Start community including partners.
- Healthy Start research projects linked to existing education programs.
- Extracurricular activities for master, minor and graduate level students, such as student challenges, professional education, digital education (such as MOOCs), etc.
- Knowledge sharing activities engaging professionals and citizens, such as professional education (e.g. masterclasses, etc.), digital education (e.g. MOOCs), workshops, etc.).
- Concrete facilities to support transdisciplinary activities for existing courses such as (co-creation) labs.

*NB. External partners/stakeholders are for example public, welfare and private organizations, government bodies and city councils.*

## TERMS OF CONDITIONS

### Who can apply?

All academic staff members of the EUR, Erasmus MC and TU Delft (including lecturers, clinicians, 'tenure trackers', post-docs and PhD-students).

### Budget and funding principles

The maximum requested budget per project is € 20.000,-.

- Temporarily hiring a new person or extending an existing contract is possible if the purpose of this extension is clear and fits the aims of the seed funding project.
- We do not allow applicants to write their own hours on a Healthy Start-ers Fund project.
- Funding cannot be used for sub-contracting consultancies.
- We aim to grant 10 projects in total.

### Eligibility criteria

- Main applicant should be an academic staff member of EUR, Erasmus MC or TU Delft (including clinicians, 'tenure trackers', lecturers, post-docs and PhD students).
- The project should contribute to at least one of the six Healthy Start ambitions and provide a short and plain support letter from at least one of the Ambition's lead and/or co-lead. (See provided template for the 'Letter of Support by Ambition's leads')
- The project should be interdisciplinary, and therefore involve at least 2 researchers from at least 2 Convergence partners (TUD, EUR, EMC).
- Projects should involve at least one external partner in the project as co-applicant, with a concrete contribution to the project. A letter of commitment (including a description of the role, the (in-kind) contribution and details of the contact person) should be provided with the application. (See provided template for the 'Letter of Commitment')
- One can only apply for a Healthy Start-ers Fund once per call; either as main applicant or as co-applicant.
- Grantees (applicants and co-applicant) of Sprint projects 2023 are eligible to apply for 2024, but NOT for a follow-up of their current Sprint project 2023.
- The application form should be completed and submitted before the deadline of **Monday 11 December 2023, 11:00 CET**.
- Requested budget should not exceed € 20.000,- .

### Evaluation criteria

1. Expected impact of the proposed project.
2. Contribution to the Healthy Start mission and ambition(s).
3. A SMART activity plan with tangible results and an appropriate time frame.
4. Feasibility of proposed project.
5. Composition and strength of the interdisciplinary team; the evaluators highly value new teams, new/unusual external partners and new/unusual interdisciplinary collaborations.
6. Potential for long-term continuation and/or scale-up of the activity.

### Administration and obligations

The granted budget should be spent before 31 December 2024.

The following obligations apply if you receive funding:

- Upon request, applicants should make results and other project updates available to Healthy Start to be shared through our channels such as our website.
- After completion of the project (latest 31 December 2024) we ask you for a written and/or visual report of the project.

## When to apply

The deadline for applications is **Monday 11 December 2023, 11:00 CET**.

Applicants should fill out the Application Form, including the support letters, and send it as a **single PDF-file** to [j.p.kockx@tudelft.nl](mailto:j.p.kockx@tudelft.nl) before the deadline.

## Selection procedure

All proposals will be checked on eligibility. The selection committee will be comprised by the Healthy Start management team (Eveline Crone, Vincent Jaddoe, Maaïke Kleinsmann, Jennifer Kockx) and Puck van de Bovenkamp. In activities where a member of the committee has a conflict of interest, appropriate measures will be taken.

## Timeline

- Call opens: Monday 23 October 2023
- Application deadline: Monday 11 December 2023, 11:00 CET
- Final selection communicated to main applicants: latest on Friday 12 January 2024

## Contact

For questions you can contact Puck van de Bovenkamp ([p.a.vandebovenkamp@tudelft.nl](mailto:p.a.vandebovenkamp@tudelft.nl)) or Jennifer Kockx ([j.p.kockx@tudelft.nl](mailto:j.p.kockx@tudelft.nl))

## Healthy Start-ers Fund 2024 - Application form

Project proposals are strictly limited to the maximum number of words indicated per section and should be submitted as a single PDF file. Carefully read the guidelines to ensure your proposal is eligible.

Attachments with this application form (see provided templates):

- Letter(s) of commitment external partners
- Letter(s) of support from Healthy Start Ambition (co-)lead(s)

Application file requirements:

1. All support letters should be merged in a single PDF-file with the application form.
2. The file name should be: *Healthy Start-ers Fund 2024- Application form [name main applicant]*

### I. General information

Project title

Project summary (max. 80 words)

The project summary will be used in Healthy Start communication such as our website.

Main applicant

Main applicant should be an academic staff member of EUR, Erasmus MC or TU Delft (including medical doctors, 'tenure trackers', lecturers, post-docs and PhD-students).

Name	Email	Telephone	University and department
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Co-applicants

Please specify all co-applicants with name, affiliation, and contact details.

Note that the project should involve at least 2 researchers from at least 2 Convergence partners (TUD, EUR, Erasmus MC) and at least 1 external partner.

**Required attachment:** a letter of support (see provided template) from each external partner including their role, contribution and contact person.

Name	Email	University/organization
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## II. Fit with Healthy Start Ambition(s)

**Required attachment:** a support letter (see provided template) from at least one ambition (co-)lead.

Indicate in which of the six Healthy Start Ambition(s) your project fits:

Explain how your project contributes to the goals of this ambition (maximum of 100 words):

## III. Description of the project

Project description (maximum of 700 words)

A full explanation of the project including objectives, approach, proposed activities, timeline, planning and collaborations.

The team (maximum of 100 words)

Explain why this team is the right one to deliver this project.

Project impact (maximum of 200 words)

The expected impact (long-term changes in a society or target group) and the relevance of this project's outcomes.

Project goals (maximum of 200 words)

Make it as SMART as possible (make it specific, measurable, achievable, realistic and time bound).

Project deliverables (maximum of 100 words)

List the expected output (tangible products) of your project.

Follow-up (maximum of 100 words)

Describe the next steps of the Sprint project after completion (e.g. implementation, scaling, funding, etc.).

#### IV. Budget

Add a concise budget overview. Please note that:

- the maximum requested budget is € 20.000,-. Please motivate the budget briefly.
- temporarily hiring a new person or extending an existing contract is possible, as long as the purpose of this extension is clear and fits the aims of the seed funding project.
- we do not allow applicants to write their own hours on a Healthy Start-ers Fund project.
- funding cannot be used for sub-contracting consultancies.
- the budget must be spent before 31 December 2024.

Cost description	Costs in euros
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SUM	

#### V. Start date

Indicate the expected start date of the project (before June 2024).

## APPENDICES

### A. Healthy Start vision and ambitions

We believe every child and young adult should have the opportunity to reach their full developmental potential. Within Healthy Start we explore the early-life origins of disparities in health and wellbeing from a transdisciplinary perspective. In this way we can identify early-life opportunities and co-create innovative preventive strategies with our partners, leading to better health, wellbeing and participation for future generations.

We believe that the integration of medical, social and technical sciences, combined with knowledge from and application in practice, will lead to ground-breaking solutions for complex societal challenges for youth, from conception to young adulthood. Our goal is to realize scientific and societal impact – focused on prevention and intervention – to improve physical, mental and social health of children and adolescents.

Website: [convergence.nl/healthy-start/](https://convergence.nl/healthy-start/)

#### Ambition 1- The first 1000 days

Reducing inequality of opportunity through an optimal start for every child. The first 1000 days of a child are crucial for the entire life course. The environment in which mother and child find themselves can have an impact on the health and well-being of the child, also later in life. Examples of environmental factors are the physical place of residence, a small social network, an unhealthy lifestyle and severe stress. Negative consequences of these factors increase the chance of poorer health at birth and can even be passed on to subsequent generations. In this way, inequality of opportunity is maintained intergenerationally.

To tackle intergenerational inequality of opportunity, we enlist social and medical support. Fragmented supply hinders timely care. Our goal is to give every child an optimal start and break cycles. We use integrated care, co-creation, education, and research. We promote reproductive and parenting appreciation, better leave arrangements, and childcare, while monitoring social impact of the activities.

**Ambition Lead:** Romy Gaillard, [r.gaillard@erasmusmc.nl](mailto:r.gaillard@erasmusmc.nl)

#### Ambition 2 - Pediatric hospital of the future

Working together to develop innovative solutions for affordable pediatric care of higher quality, Health care for young patients and their caretakers can, and must, be improved. The urging shortages of medical supplies and staff, mainly nurses, in combination with the increasing demand for specialized care, call for improvement and redesign of current healthcare organizations and the hospital.

Which care can be provided close to home instead of in the hospital? How can health care be targeted and personalized? How can we reduce the duration of hospital admissions? How do we embed new technologies in healthcare systems? In what ways can we improve the hospital experience for young patients and their caretakers, but also for medical staff?

Healthy Start will focus on innovative solutions to guarantee the future of health care for young patients, through interdisciplinary collaboration between medical-, technical- and social scientists.

**Ambition Lead:** Rob Taal, [h.taal@erasmusmc.nl](mailto:h.taal@erasmusmc.nl)

#### Ambition 3 - Digital empowerment of (children's) physical activity

Improve quality of life and life expectancy of chronically ill children by improving active living and healthy lifestyle. In this ambition project, we will investigate how an intervention using smart

technology (e.g., wearables, apps) may offer new opportunities to monitor and stimulate daily physical activity of children with chronic diseases in a home-based context. Also, we explore and assess how we can successfully use technology to empower and assure not only the children with a chronic disease themselves, but also their families and wider environment. Ultimately, we aim to build a smart digital platform that will facilitate children with chronic disease and their parents to achieve an active lifestyle.

**Ambition Lead:** Arend van Deutekom, [a.vandeutekom@erasmusmc.nl](mailto:a.vandeutekom@erasmusmc.nl)

#### Ambition 4 - Mental well-being of youth

Improve mental health and resilience of children and adolescents. We aim to identify and create optimal conditions for a mentally resilient generation, to improve early detection of mental health using technology and to create early interventions and preventive solutions to improve resilience. For this project, we will foster close collaborations between science, youth (mental) healthcare, schools and policy makers.

**Ambition Lead:** Danielle Remmerswaal, [remmerswaal@essb.eur.nl](mailto:remmerswaal@essb.eur.nl)

**Ambition Co-Lead:** Ryan Muetzel, [r.muetzel@erasmusmc.nl](mailto:r.muetzel@erasmusmc.nl)

#### Ambition 5 - Tackling juvenile delinquency and addiction

Identifying individual factors that support and motivate youth to pursue their own (long-term) goals. Adolescents and young adults with antisocial behavior and addiction problems struggle to function in a variety of areas, including employment, education, income, social relationships and mental health. Prevention and intervention strategies have been developed to reduce addiction and antisocial behavior, but there are limitations in their effectiveness – for example, we know little about long-term effects and approaches focused on individual differences. Moreover, these strategies often focus only on juvenile delinquency or addiction, while research shows that some of these behaviors stem from the same mechanisms and influence each other. For example, youth use both drugs and delinquent behaviors to reduce negative feelings or increase positive feelings of control. Therefore, it is important to develop strategies that support young people and give them control, based on their motivation and long-term goals. In this project, we examine how effective these strategies are and how they can be optimized using existing knowledge and technologies such as smartphones.

**Ambition Lead:** Reshmi Marhe, [marhe@essb.eur.nl](mailto:marhe@essb.eur.nl)

**Ambition Co-Lead:** Willem-Paul Brinkman, [w.p.brinkman@tudelft.nl](mailto:w.p.brinkman@tudelft.nl)

#### Ambition 6 - Youth participation and involvement

Increase involvement and participation of unheard youth in society. Although more and more initiatives are being developed to shape the social and political participation of young people, it is becoming increasingly clear that large groups of young people still need to be reached. We aim to make the voice of -all- youth heard, in order to reduce inequality and optimize policy. To this end, we investigate what works best – and why – to actively involve underrepresented youth (i.e., youth from vocational tracks, youth from low socioeconomic status backgrounds and neighborhoods) in youth participation projects. We work transdisciplinary and are focused on changing the participation of unheard youth.

Through co-creation with youth and societal partners, we develop new participation instruments in which participation is accessible and attractive. These instruments can be directly translated into interventions to optimize young people's opportunities and improve societal participation.

**Ambition Lead:** Lysanne te Brinke, [tebrinke@essb.eur.nl](mailto:tebrinke@essb.eur.nl)

**Ambition Co-lead:** Milene Gonçalves, [M.GuerreiroGoncalves@tudelft.nl](mailto:M.GuerreiroGoncalves@tudelft.nl)

## B. Letter of Commitment by external partners - TEMPLATE

The letter of commitment provided by all external project partners should specify the following:

- The role of the partner in the project
- The contact person (and details) dedicated to this project
- The (in-kind) contribution provided by the partner
- *If applicable*: agreement on use and ownership of project results, output (foreground) and existing knowledge (background)

### Letter of Commitment Template

Dear Jennifer Kockx,/ members of the evaluation committee,

On behalf of *[name of external partner]*, we hereby express our commitment to *[name of main applicant]* in their application for *[name of project]*.

*[A two-sentence description of the organization who is offering the letter of commitment]*

*[A two-sentence description of why the organization is choosing to join this Sprint project]*

*[The agreed role of the partner during (and if applicable after) the project]*

*[The agreed in-kind contribution of the partner in the project (e.g. man hours, facilities, materials, etc.)]*

If you require more information about *[name of partner offering support]*, please contact us via *[email]*.

Sincerely,

*[Name of individual], [Position or title within organization], [Name of partner]*

## C. Letter of Support by Healthy Start Ambition's (Co-)Lead - TEMPLATE

The letter of support provided by the Ambition (Co-)Lead should explain the contribution of the project to the goals of the Healthy Start Ambition.

### Letter of Support Template

Dear Jennifer Kockx,/ members of the evaluation committee,

On behalf of *[specify Healthy Start Ambition]*, I hereby express our support to *[name of main applicant]* in their application for *[name of project]*.

*[A two-sentence description of the relevance and contribution of this project to the Healthy Start Ambition]*

Sincerely, *[Name of individual]*, (Co-)Lead of *[specify Healthy Start Ambition]*,