

## Minutes SSC

16-03-2021 with Daan Guldenmond

The sports centre is not really concerned with behavioural change. The goal of SSC is to improve vitality. They help with sleep problems. They also give a lifestyle course, including on planning and building mini habits (especially about nutrition and sports). Work together with parties that know more about this. Also have mindfulness on. The focus is mainly on sports and nutrition. Sleep, behavioural change and mental well being are used by experts in this field.

Who is involved in behavioural change?

- Student well-being page
- Study adviseurs
- Walk & talk
- MIND
- Lighthouse
- TINT
- Student psychologist

Do you help people come to the sports center more often?

Not exactly direct. SSC's focus light is not on marketing. They want to be a cheap service for the University. Not a commercial organization

Do the courses have a long-term effect?

Not measured. Do a customer satisfaction survey. But they don't do any further extensive research. The quality has to be good and if that is we will continue, without measuring progress.

Do you also want courses that focuse more in the long term?

The idea is interesting, but I don't know if it's our job to do that. Sleep is a good example of behavioral change that we find interesting. And we'd be interested in offering that.

Do you also use apps instead of courses?

Behavioral change is a difficult theme and is difficult to measure. We focus more on, for example, the exercise standard and, for example, nutrition. A behavioral change course is difficult but would still come for an app.

Working from a course makes more sense than coming up with an app. Cost neutral is important for a collaboration with SSC. An app could be a good tool in a bigger plan. They are open to well-developed plans where there is already evidence of the effect.

Habit tracking we do have in a course, something like that would be interesting. For example, in the form of an app (or product).

It would be interesting for SSC if you are a clear plan that will help. And why isn't an existing tool better? And if you have something, how are we going to implement this with students?

It is best to start with the question: What is the best way to achieve behavioral change and how are you going to achieve it next?

They are also open to testing because we find it very interesting. They like things that are proven to be effective and cost neutral!

On [loketgezondleven.nl](http://loketgezondleven.nl) there is already a step-by-step plan for a healthy approach.

You can always ask me (Daan) questions about literature and he also wants to talk after a literature study.