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## IN LOVE WITH THE SHAPE OF YOU

**Start date** 01-11-2023

**End date** 31-10-2023

**Project Reference:** 2021-1-IT02-KA210-ADU-000034912

**EU Grant:** 60.000,00 €

**Programme:** Erasmus+ Key Action: Partnerships for cooperation and exchanges of practices

**Action Type:** Small-scale partnerships in adult education

**Countries covered:** 4

**Topics:** The project is focusing on work-based learning and its implementation in the specific sector; social assistance and welfare; disabilities.

**WEBSITE:** <https://www.piattaformaprogetti.eu/innamorato-della-tua-forma/>



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**OBJECTIVES:** The general objective of the project is to launch a common strategy in an effort to combat the obesity and disordered eating of EU citizens working from home and a common approach and in promoting best practices

Specific objectives: to examine the association between obesity and social exclusion in psychological terms, to promote healthy eating habits, to offer a training for volunteers of the direct target for physical exercises, psychological and healthy matters, to promote and disseminate results, good practices.

**ACTIVITIES:** 1) To create web pages where promote surveys, researches, best practices and skills in the fight against the problem of obesity or excess weight in work from home situations

2) To produce a learning platform where training on sustainable healthy diets, physical activities and psychological aspects linked to the obesity for the voluntary target

3) To organize 4 events to develop the project and achieve the goals indicated

4) To disseminate the results of the training and the best practices

**IMPACT:** To obtain a guide with the best practices and create a model of training "ad hoc" to follow in order to combat the problem of obesity, poor diet and lack of physical activity among teleworkers, in order to avoid the risk of physical and psychological suffering and social exclusion and disseminate these results, best practices and tools to the partners involved on the project, to the targets of the project, the other stakeholders, institutions, individuals and all those who are interested in them.



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## **Initial report.**

Obesity represents one of the most urgent and complex public health challenges worldwide. world. In addition to carrying with it a considerable risk to physical health, obesity can have a significant impact on people's psychological well-being and can contribute to increased emotional distress and social exclusion. This report focuses on analysing the psychological aspect of the problem of obesity and its link to emotional distress and social exclusion. Furthermore, we explore the role that the increasingly widespread phenomenon of smart working and how it could play in the context of obesity and its psychological and emotional implications.

The primary objective of this research is to provide a comprehensive overview of the dynamics involved, in order to identify possible tools and strategies to address this critical issue effectively.

To produce an in-depth assessment of the psychological aspect of the problem of obesity and the emotional distress and social exclusion in relation to smart working, we collected and analysed data from a sample of 29 participants from four countries involved in the project: France, Italy, Croatia and Greece. Our sample represents a wide age range, with participants ranging in age from 18 to 59, in order to capture a comprehensive view of obesity and smart working experiences at different stages of adult life. This age diversity allows us to explore how psychological dynamics may vary at different life stages and how they may be influenced by cultural and socioeconomic factors specific to the participating countries.

In the course of this report, we will analyse the data collected from these participants and attempt to identify patterns, challenges and opportunities related to obesity, emotional distress and social exclusion in relation to work, with a focus on smart working. Furthermore, we will examine the differences and similarities between participants from different countries, in order to understand how cultural contexts may influence the experience of obesity and emotional distress.

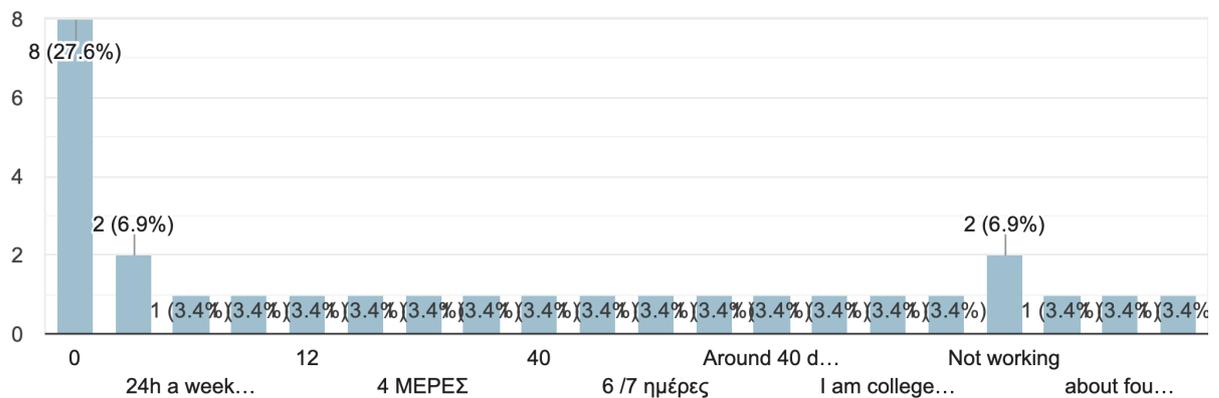


### Analysis of the questionnaire responses:

A significant proportion of our sample of participants provided important information regarding the hours spent on smart working. The data shows that only a small number of participants, 3 out of a total of 29, declared that they work from home every day. This group represents a minority in the sample and could offer interesting insights for further analysis.

#### How many hours/ days do you telework?

29 responses



On the other hand, 13 participants, constituting the majority of the sample, never do smartworking or are not currently working. This may suggest that the phenomenon of smart working is not yet widespread or that some participants are not currently employed.

The remainder of the sample does smart work to varying degrees, with some hours or days a week dedicated to this practice. This pattern of distribution of smart working hours suggests considerable heterogeneity in the participants' work experiences, with some people experiencing greater work flexibility than others.

In reference to the question on physical activity, 7 of the 29 participants stated that they engage in physical activity 2 to 3 days per week. This group represents a portion of the sample that is committed to having a regular exercise routine, although not every day.

The majority of participants, i.e. 16 out of 29, engage in physical activity more frequently, at least 5 days per week. This suggests a strong commitment to physical health on the part of this group. On the other hand, 6 out of 29 participants do not normally engage in any physical activity. This group represents a minority within the sample.



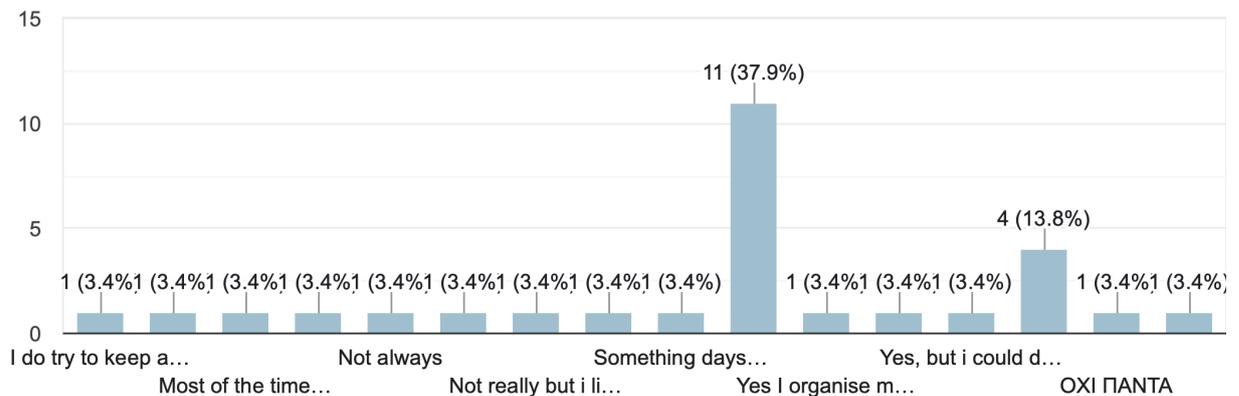


processed food can significantly influence calorie intake and diet quality. These data suggest that most participants are adopting eating habits that could be considered healthier than the option of consuming highly processed food.

Organising one's day is a key aspect of effective time management and daily activities, and can greatly influence people's psychological well-being. The data showed that the majority of the participants, i.e. 21 out of 29, stated that they organise their days. This indicates a commitment on the part of a significant proportion of the sample to plan and structure their daily activities.

### Do you feel like you organise your day?

29 responses



However, it is interesting to note that eight of the 29 participants do not feel completely satisfied with the organisation of their days and feel they could improve in this aspect. This perception of dissatisfaction may reflect the complexity of day-to-day management, especially in the context of smart working, and suggests that some people may need to develop more effective strategies for planning and managing their time.

The organisation of the day is an important element to consider when examining the relationship between obesity, psychological wellbeing and smart working, as it can affect the ability to devote time to physical activity, preparing healthy meals and maintaining a balanced lifestyle.

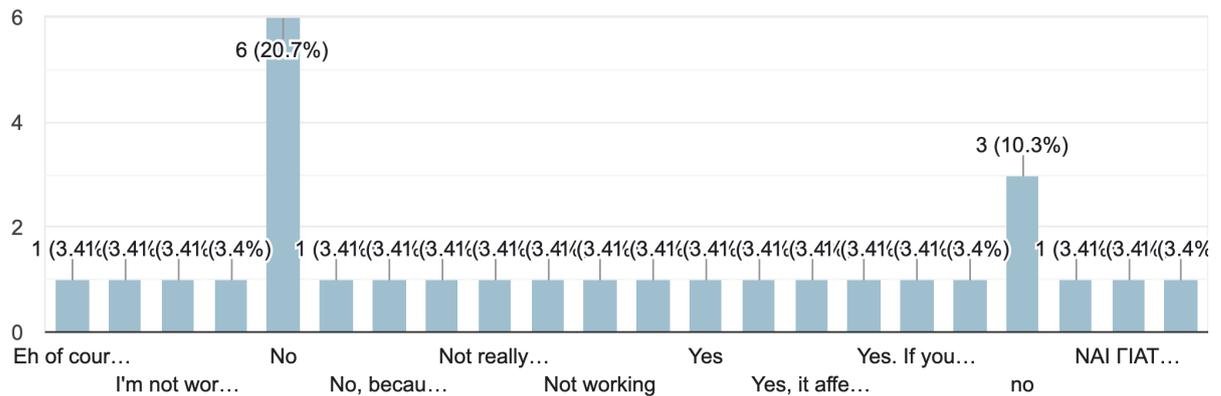
When asked if they think smart working affects their weight, 13 out of 29 believe that smart working has a negative impact on their body weight. Reasons given include reduced physical activity due to working from home, lack of time to exercise and the possibility of poor eating habits.



These responses highlight some of the challenges people face when working remotely, such as the need to find effective ways to maintain a healthy and active lifestyle. Lack of routine, distance from a traditional work environment and potential distractions may contribute to increased time spent sitting and increased exposure to unhealthy food.

### Do you feel that remote work affects your weight? If so, how?

29 responses



On the other hand, the majority of participants do not believe that smart working significantly affects their body weight. This variation in responses suggests that the effect of smart working on obesity and psychological well-being may vary widely from person to person.

Participants' responses to questions about the daily habits they would like to improve provide an overview of the areas in which they would like to make positive changes in their lives. Expectations vary from person to person, but some clear trends emerge from the data collected:

- **Improved sleep:** Many participants express aspirations to improve the quality of their sleep or to have a more stable sleep routine. Sleep plays a crucial role in psychological and physical well-being, and the desire to improve this aspect is understandable.
- **Increased Exercise:** Physical activity is a priority for several participants. The importance of physical activity for health is widely recognised.
- **Improvement of Eating:** Improving eating habits is a common goal. This may include the desire to eat more vegetables, fruit, better quality food, or to avoid specific foods such as pork or sweets.
- **Structure and Organisation:** Some participants wish to have a clearer structure to their day, a clearer organisation of their daily routine, a better quality of life and a better understanding of their needs.
- **Leisure Time Management:** Some participants try to better balance their free time by reducing the use of social media or spending more time on activities outside the home.



- **Outdoor Activities:** Some wish to spend more time outdoors and have a running routine or outdoor activities in the morning.

Responses to the question on how ideal time organisation is reflect a variety of personal desires and goals regarding how people would like to structure their ideal days. The responses highlight individual preferences and aspirations for a better balance between work, rest and leisure. Some trends emerge from the responses:-

- **Balance between work and leisure:** Many participants desire a balance between work and leisure, for example, with eight hours of work, eight hours of sleep and eight hours of free time. This subdivision reflects the aspiration for a balanced and satisfying life.
- **Socialisation:** Some wish to dedicate time to socialising and meeting friends, recognising the importance of social relationships for emotional well-being.
- **Time for physical activity:** Some participants would like to integrate physical activity into their ideal routine, devoting time to exercise or walks in nature.
- **Planning:** Some prefer to plan their week in advance, dividing their time between study, sleep, meals and leisure time. This reflects a willingness to organise themselves effectively.
- **Time for art and creative activity:** Some participants wish to devote time to creative and artistic activities, demonstrating the importance of personal expression.- **Personal improvement:** Some wish to devote time to personal improvement, such as study or physical activity.
- **Structuring of the day:** Some prefer to have a clear structure to their day, dividing time specifically to accomplish particular tasks.

These responses reflect the variety of people's aspirations and priorities in how they would ideally organise their time. It is evident that there is a strong desire for balance, personal satisfaction and well-being in the management of daily time.

Analysis of the responses to the question on the effect of smart working on mental health reveals a range of individual perceptions and reactions. Here are some of the main observations:-

- **Positive Impact:** Some participants report a positive impact of smart working on their mental health. These benefits include reduced travel-related stress, more time for wellness activities and increased work efficiency. In some cases, smart-working offers the opportunity to have more control over time management.
- **Negative Impact:** Other participants report a negative impact on mental health due to smart working. The main concerns include feelings of isolation, difficulty separating work and private life, lack of social interaction and stress related to excessive exposure to a screen.
- **Mixed or Neutral:** Some responses reflect a mixed or neutral perception of the effect of smart-working on mental health. While there may be benefits in terms of saved time and flexibility, there are also challenges related to isolation and lack of social interaction.



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- **Individual Variability:** The responses clearly demonstrate that the impact of smart working on mental health varies widely from person to person. Many variables, including personal circumstances and work organisation, influence how people perceive the effect of smart working on their mental health.

These data reflect the importance of addressing the mental health aspect when implementing smart working and considering the individual needs of workers. Support for psychological wellbeing and strategies to mitigate the potential negative effects of smart working can be key to ensuring a healthy and productive work environment.

With this analysis we intend to make an important contribution to the understanding of obesity, emotional distress and social exclusion, offering key information for the development of targeted prevention and intervention strategies. At a time when mental health and wellbeing are at the centre of global concerns, exploring these issues is essential for promoting a healthier and more inclusive society.



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