

**Deliverable 4.3. Web-based platform with a repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents (inserted in the website).**

*This deliverable accomplishes the following task and sub-tasks:*

*T4.4. Review good and best practices regarding high BP prevention strategies employing e-Health and m-Health services for the developmental age.*

*ST1: Conduct a search for web resources and apps aimed at physicians that contain the best evidence in the field of hypertension prevention in children and adolescents.*

*ST2: Conduct a search for web resources and family-oriented apps containing the best evidence in the field of hypertension prevention in children and adolescents.*

The Internet is the main source of information for both healthcare personnel and families. On the other hand, more and more mobile applications or web apps are appearing, which can favor the acquisition of healthy habits and can help clinicians and families in this task. However, the information that can be found is enormous, and not always reliable.

To facilitate the search for quality information in the field of hypertension prevention through health promotion, WG4 has carried out an extensive review of web resources in this area.

The selected websites and APPs have been divided into 6 topics: Nutrition, Physical Activity, Sedentary lifestyle/screen use, Sleep, Mental health, Hypertension, and a final group of miscellanea. The resources in turn have been grouped into those that are more directed for use by clinicians and those that are more directed at families.

This information has been organized in tables that include the title of the page, the organization or institution that represents it, a brief summary of what the resource contains, and a link to the content.

This repository is a living tool and will be reviewed every three months by the members of the group. This content will appear on the HyperchildNet website.

The identified resources are listed below in the following tables.

## CLINICIANS

Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents (for clinicians in alphabetical order).

NUTRITION					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
BigO project	Consortium of univesitates	<p>In the BigO project, children and teenagers (students) become citizen scientists. They collect information about their lifestyle, health behaviors, and the environment they live in. They do this by using a specially developed app called 'myBigO' (available for Android and iOS). Citizen scientists collect data about their behavior and local living environment by answering questions, taking pictures of the food they consume, and food advertisements they encounter in their living environment (see video). This data is anonymized, and students' exact locations and identities are never known or stored. This information is used by researchers to find out what places in Europe, and what behaviors, need more attention to counteract the levels of obesity in children, for example by making more effective public health policies. The information gathered by citizen scientists is used by researchers to create models of how the various environmental and behavioral factors influence the prevalence of obesity. Because of the amount of information available in the data that is collected, scientists will be able to create complex models to predict how specific policies will affect obesity levels in different communities.</p> <p>In this way, the BigO project can be used to help public health authorities design strategies that are more effective in promoting health and lowering obesity rates in children.</p>	C+F	Web page	<a href="https://bigoprogram.eu">https://bigoprogram.eu</a>
BigO clinic platform	Consortium of univesitates	The BigO for Clinicians platform aims to support health experts - doctors, pediatricians and dietitians - by providing detailed information on everyday behavior, including children's eating behavior and diet. This may be useful for evaluating treatment plans and optimizing treatments for overweight or obese children.	C	Clinic portal	<a href="https://bigoprogram.eu/portals/">https://bigoprogram.eu/portals/</a>
BigO public health portal	Consortium of univesitates	The public health portal aims to make data on indicators accessible (real-time) for public health advisors in order to assess effects of public health interventions and explore local behaviour and environments.	C (Public health advisors)	Web page	<a href="http://bigo.med.auth.gr:3838">http://bigo.med.auth.gr:3838</a>

Harvard Healthy Eating Plate	Harvard T.H. Chan School of Public Health	The Healthy Eating Plate, created by nutrition experts at the Harvard T.H. Chan School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices. The Healthy Eating Plate is based exclusively on the best available science and was not subjected to political or commercial pressures from food industry lobbyists.	C+F	Web page	<a href="https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/">https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/</a>
Healthy diet:WHO Guideline	WHO	Recommendations on healthy eating for the prevention of lifestyle diseases, including hypertension. Recommendations for dietary intake of sodium, potassium, simple sugars and processed foods.	C	Web page	<a href="https://iris.who.int/bitstream/handle/10665/325828/EMROPUB_2019_en_23536.pdf">https://iris.who.int/bitstream/handle/10665/325828/EMROPUB_2019_en_23536.pdf</a>
Hydration for health	Danone Nutricia Research	<p>Healthy hydration is one of the factors preventing the development of excess weight, but it is also an important element of the treatment of BP. Hydration for Health works on global public health issues related to water consumption and unhealthy drinking habits. By supporting the future of hydration science and creating tools and materials to spread awareness, we advocate for healthier and sustainable hydration behaviors.</p> <p>Tool: The calculator will work out your hydration level based on the information you give about yourself and your daily drinking habits (over 18 y).</p>	(C+F)	Web page	Hydration Calculator - Hydration for Health
			F	Web page	00017-BB-DANONE-UCC-KIDS+2021.pdf (hydration-for-health-website.s3.eu-west-3.amazonaws.com)
			F	PDF	Splash!   Splash Me! (hydrationforhealth.com)

				Web page	
The European Childhood Obesity Group (ECOG) Free Obesity eBook	ECOG	<p>In 2014 ECOG launches a new unique world initiative: a free eBook on child and adolescent obesity intended for all those who as doctors, psychologists, physical activity specialists, nutritionists, health workers, policy makers need a clear updated set of information.</p> <p>The whole book or separate chapters can be downloaded from the ECOG website for free.</p> <p>Chapters are independent. A research by keywords allows finding relevant information.</p>	C	Web page PDF	<a href="https://ebook.ecog-obesity.eu">https://ebook.ecog-obesity.eu</a>
Sodium intake for adults and children: WHO Guideline	WHO	WHO recommendations about health interventions, whether they be clinical, public health or policy interventions. A recommendation provides information about what policy-makers, health-care providers or patients should do.	C	Web page	<a href="https://iris.who.int/bitstream/handle/10665/77985/9789241504836_eng.pdf">https://iris.who.int/bitstream/handle/10665/77985/9789241504836_eng.pdf</a>
Sugars Intake for Adults and Children: WHO Guideline	WHO	The objective of this guideline is to provide recommendations on the consumption of free sugars to reduce the risk of NCDs in adults and children particularly focusing on the prevention and control of unhealthy weight gain	C	Web page	<a href="https://scholar.google.com/scholar?hl=en&amp;q=+WHO.+2015.+Sugars+intake+for+adults+and+children.+Geneva%3A+World+Health+Organization.">https://scholar.google.com/scholar?hl=en&amp;q=+WHO.+2015.+Sugars+intake+for+adults+and+children.+Geneva%3A+World+Health+Organization.</a>

Use of non-sugar sweeteners: WHO guideline	WHO	This guideline provides evidence-informed guidance on the use of non-sugar sweeteners to reduce the risk of unhealthy weight gain and diet-related noncommunicable diseases in adults and children.	C	Web page	<a href="https://www.who.int/publications/i/item/9789240073616">https://www.who.int/publications/i/item/9789240073616</a>
--	-----	---	---	----------	---

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

### Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

PHYSICAL ACTIVITY					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
Global status report on physical activity 2022	WHO	This Global status report on physical activity is WHO's first dedicated global assessment of global progress on country implementation of policy recommendations of the Global Action Plan on Physical Activity (GAPPA) 2018-2030. It also presents an estimate of the cost to health systems of not taking action to improve physical activity levels and reinforces the urgency to position physical activity as a shared, whole-of-government priority, and to strengthen coordination and partnerships to promote physical activity.	C	Web page	<a href="https://www.who.int/teams/health-promotion/physical-activity/global-status-report-on-physical-activity-2022">https://www.who.int/teams/health-promotion/physical-activity/global-status-report-on-physical-activity-2022</a>
The European Childhood Obesity Group (ECOG) Free Obesity eBook	ECOG	In 2014 ECOG launches a new unique world initiative: a free eBook on child and adolescent obesity intended for all those who as doctors, psychologists, physical activity specialists, nutritionists, health workers, policy makers need a clear updated set of information.  The whole book or separate chapters can be downloaded from the ECOG website for free.  Chapters are independent. A research by keywords allows finding relevant information.	C	Web page  PDF	<a href="https://ebook.ecog-obesity.eu">https://ebook.ecog-obesity.eu</a>
reINVENT and reBUILD webinar series	WHO	WHO supports countries to increase physical activity through the implementation of the recommended policy actions outlined in the WHO Global action plan on physical activity 2018–2030: more active people for a healthier world. WHO provides practical implementation guidance through global resources such as ACTIVE, a package of effective interventions on physical activity.	C/F	On-line webinars	<a href="https://www.who.int/teams/health-promotion/physical-activity">https://www.who.int/teams/health-promotion/physical-activity</a>

WHO Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age	WHO	The WHO Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age provide recommendations on the amount of time in a 24-hour day that young children, under 5 years of age, should spend being physically active or sleeping for their health and wellbeing, and the maximum recommended time these children should spend on screen-based sedentary activities or time restrained.	C/F	Web page  PDF	<a href="https://www.who.int/publications/i/item/9789241550536">https://www.who.int/publications/i/item/9789241550536</a>
WHO guidelines on physical activity and sedentary behavior for children and adolescents	WHO	The WHO Guidelines on physical activity and sedentary behaviour provide evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks.	C/F	Web page  PDF	<a href="https://www.who.int/publications/i/item/9789240015128">https://www.who.int/publications/i/item/9789240015128</a>
WHO Global action plan on physical activity 2018–2030: more active people for a healthier world	WHO	Provides a framework of effective and feasible policy actions which can help support, retain and increase physical activity through cross-government and multisectoral partnerships across all settings, as a coordinated and comprehensive response.	C	Web page  PDF	<a href="https://iris.who.int/bitstream/handle/10665/272722/9789241514187-eng.pdf?isAllowed=y&amp;sequence=1">https://iris.who.int/bitstream/handle/10665/272722/9789241514187-eng.pdf?isAllowed=y&amp;sequence=1</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

### Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

SCREEN TIME/SEDENTARISM					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
AEP Digital Family Plan	Asociación Española de Pediatría (AEP)	web-based tool aimed at parents to teach healthy use of digital devices in the family environment.	C+F	Web page/Web APP	<a href="https://plandigitalfamiliar.aeped.es/">https://plandigitalfamiliar.aeped.es/</a>
Teens and sleep. An overview of why teens face unique sleep challenges and tips to help them sleep better	SleepFoundation.org	Summary of the actual recommendations regarding sleep and screen-time	C+F	Web page	<a href="https://www.sleepfoundation.org/teens-and-sleep">https://www.sleepfoundation.org/teens-and-sleep</a>

Repository of the questionnaires currently available for the measurement of sedentary behaviours	Sedentary Behaviour Research Network (SBRN)	The Sedentary Behaviour Research Network (SBRN) is the only organization for researchers and health professionals which focuses specifically on the health impact of sedentary behaviour.  Numerous questionnaires are currently available for the measurement of sedentary behaviours. The psychometric properties of questionnaires used in the pediatric populations have recently been reviewed by both Hidding et al., and Lubans et al. These reviews serve as excellent resources on the pediatric literature.	C	Web page	<a href="https://www.sedentarybehaviour.org/sedentary-behaviour-questionnaires/">https://www.sedentarybehaviour.org/sedentary-behaviour-questionnaires/</a>
The European Childhood Obesity Group (ECOG) Free Obesity eBook	ECOG	In 2014 ECOG launches a new unique world initiative: a free eBook on child and adolescent obesity intended for all those who as doctors, psychologists, physical activity specialists, nutritionists, health workers, policy makers need a clear updated set of information.  The whole book or separate chapters can be downloaded from the ECOG website for free.  Chapters are independent. A research by keywords allows finding relevant information.	C	Web page PDF	<a href="https://ebook.ecog-obesity.eu">https://ebook.ecog-obesity.eu</a>
Parental control tools for digital devices	Instituto de Ciber Seguridad (INCIBE)	Collection of tools to monitor and control the use and digital content according to devices, programs and platforms.	C+F	Web page/web APP	<a href="https://www.incibe.es/menores/familias/control-parental">https://www.incibe.es/menores/familias/control-parental</a>
Medical Guidelines and Consensus on the use of digital devices	Asociación Española de Pediatría (AEP)	Compilation made by the AEP Health Promotion Committee on medical guidelines and recommendations on the use of digital devices in pediatric age.	C	Web page	<a href="https://plandigitalfamiliar.aeped.es/index.php?m=6">https://plandigitalfamiliar.aeped.es/index.php?m=6</a>
The Sedentary Behaviour Research Network Webpage	Sedentary Behaviour Research Network (SBRN)	The Sedentary Behaviour Research Network (SBRN) is the only organization for researchers and health professionals which focuses specifically on the health impact of sedentary behavior. Tools for clinicians and researchers.	C	Web page	<a href="https://www.sedentarybehaviour.org/about/">https://www.sedentarybehaviour.org/about/</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

**Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.**

SLEEP					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
The WHO Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age	WHO	The WHO Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age provide recommendations on the amount of time in a 24-hour day that young children, under 5 years of age, should spend being physically active or sleeping for their health and wellbeing, and the maximum recommended time these children should spend on screen-based sedentary activities or time restrained. They were developed using the best available evidence, expert consensus and consideration of values and preferences, acceptability, feasibility, equity and resource implications.	C/F	Web page  PDF	<a href="https://www.who.int/publications/i/item/9789241550536">https://www.who.int/publications/i/item/9789241550536</a>
Teens and sleep. An overview of why teens face unique sleep challenges and tips to help them sleep better	SleepFoundation.org	Summary of the actual recommendations regarding sleep and screen-time	C+F	Web page	<a href="https://www.sleepfoundation.org/teens-and-sleep">https://www.sleepfoundation.org/teens-and-sleep</a>
American Academy of Sleep Medicine:practice guidelines	American Academy of Sleep Medicine (AASM)	This page lists active AASM clinical practice guidelines and clinical guidance statements, formerly called position papers, on the use of diagnostic and treatment options for patients with sleep disorders.	C	Web page	<a href="https://aasm.org/clinical-resources/practice-standards/practice-guidelines/">https://aasm.org/clinical-resources/practice-standards/practice-guidelines/</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)





**Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.**

<b>MENTAL HEALTH</b>					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
Guidelines on mental health promotive and preventive interventions for adolescents	WHO	<p>The <i>Guidelines on promotive and preventive mental health interventions for adolescents - Helping Adolescents thrive (HAT)</i>, provide evidence-informed recommendations on psychosocial interventions to promote mental health, prevent mental disorders, and reduce self-harm and other risk behaviours among adolescents.</p> <p>The HAT Guidelines aims to inform policy development, service planning and the strengthening of health and education systems, and facilitate mainstreaming of adolescent mental health promotion and prevention strategies across sectors and delivery platforms.</p>	C	Web page PDF	<a href="https://www.who.int/publication/i/item/9789240011854">https://www.who.int/publication/i/item/9789240011854</a>
Helping Adolescents Thrive Toolkit	WHO	This publication, produced by the World Health Organization and UNICEF, has been developed to support the implementation of the WHO Guidelines on mental health promotive and preventive interventions for adolescents, released in 2020. The Toolkit includes a core set of evidence-informed strategies to promote and protect adolescent mental health. These strategies focus on: the implementation and enforcement of laws and policies; environments to promote and protect adolescent mental health; the provision of support to parents and other caregivers; and psychosocial interventions for adolescents, including for groups exposed to vulnerabilities. Tools to guide implementation and examples of programmes already introduced in countries across regions are included.	C+F	Web page PDF	<a href="https://www.who.int/publication/i/item/9789240025554">https://www.who.int/publication/i/item/9789240025554</a>
Improving the mental and brain health of children and adolescents	WHO	Compendium of resources from WHO about mental health promotion	C	Web page	<a href="https://www.who.int/activities/improving-the-mental-and-brain-health-of-children-and-adolescents">https://www.who.int/activities/improving-the-mental-and-brain-health-of-children-and-adolescents</a>
UNICEF and WHO Joint Programme on Mental Health and Psychosocial Well-being and Development of Children and Adolescents	WHO	The UNICEF and WHO Joint Programme on Mental Health and Psychosocial Well-being and Development of Children and Adolescents (the "Joint Programme") has a bold vision: By 2030, children and adolescents living in countries targeted under the Joint Programme will experience reduced suffering and improved mental health and psychosocial well-being and development.	C	Web page	<a href="https://www.who.int/teams/mental-health-and-substance-use/promotion-prevention/unicf-and-who-joint-programme-on-mental-health-and-psychosocial-well-being-and-development-of-children-and-adolescents">https://www.who.int/teams/mental-health-and-substance-use/promotion-prevention/unicf-and-who-joint-programme-on-mental-health-and-psychosocial-well-being-and-development-of-children-and-adolescents</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

**Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.**

<b>HYPERTENSION</b>					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
European Hypertension Society Pediatric Guidelines	European Hypertension Society (EHS)	These guidelines represent a consensus among specialists involved in the detection and control of high blood pressure in children and adolescents.	C	Web page	<a href="https://www.eshonline.org/guidelines/pediatric-hypertension/further-information/">https://www.eshonline.org/guidelines/pediatric-hypertension/further-information/</a>
Guideline for Screening and Management of High Blood Pressure in Children and Adolescents	American academy of pediatrics (AAP)	The Dietary Approaches to Stop Hypertension (DASH) approach and specific elements of that diet have been the primary dietary strategy.	C	Web page	Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents   Pediatrics   American Academy of Pediatrics (aap.org)
Guide for parents. What do I have to know about my child's blood pressure?	HyperchildNet	The following guide is addressed to parents to provide guidance on blood pressure in children and adolescents	F+C	Web page/PDF document	<a href="https://hyperchildnet.eu/guide-for-parents-what-do-i-have-to-know-about-my-childs-blood-pressure/">https://hyperchildnet.eu/guide-for-parents-what-do-i-have-to-know-about-my-childs-blood-pressure/</a>

Joint statement for assessing and managing high blood pressure in children and adolescents: Chapter 1. How to correctly measure blood pressure in children and adolescents	HyperChildnet+European Academy of Pediatrics	The joint statement is a synergistic action between HyperChildNET and the European Academy of Pediatrics about the diagnosis and management of hypertension in youth, based on the European Society of Hypertension Guidelines published in 2016 with the aim to improve its implementation	C	Web page	<a href="https://www.frontiersin.org/articles/10.3389/fped.2023.1140357/full">https://www.frontiersin.org/articles/10.3389/fped.2023.1140357/full</a>
Joint statement for assessing and managing high blood pressure in children and adolescents: Chapter 2. How to manage high blood pressure in children and adolescents	HyperChildnet+European Academy of Pediatrics	The joint statement is a synergistic action between HyperChildNET and the European Academy of Pediatrics about the diagnosis and management of hypertension in youth, based on the European Society of Hypertension Guidelines published in 2016 with the aim to improve its implementation	C	Web page	<a href="https://www.frontiersin.org/articles/10.3389/fped.2023.1140617/full">https://www.frontiersin.org/articles/10.3389/fped.2023.1140617/full</a>
HyperChildNet on-line BP calculator	HyperChildNet	This tool has been developed by the COST Action HyperChildNET as a useful instrument for paediatricians and other clinical professionals working with children and young people in Europe and elsewhere. The calculator is based on the 2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents	C+F	Web APP/ Web page	<a href="https://hyperchildnet.eu/blood-pressure-calculator/">https://hyperchildnet.eu/blood-pressure-calculator/</a> <a href="https://hyperchildnet.eu/ambulatory-calculator/">https://hyperchildnet.eu/ambulatory-calculator/</a> <a href="https://hyperchildnet.eu/paediatric-home-bp-calculator/">https://hyperchildnet.eu/paediatric-home-bp-calculator/</a>
HyperchildNET Free online course	HyperChildnet/OMR OM	Online course, aimed at pediatricians, that provides an in-depth look at the diagnosis and management of hypertension in children and adolescents.	C	Web page (online course)	<a href="https://academy.omron-healthcare.com/access/login">https://academy.omron-healthcare.com/access/login</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

MISCELLANEA					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>



MetS Calc	Calc was developed for Dr. Matthew J. Gurka (University of Florida) and Dr. Mark DeBoer (University of Virginia) by the CTS-IT.	MetS Calc, the metabolic syndrome (MetS) severity calculator, is a browser-based form that calculates an individual's metabolic syndrome severity score using established and well-researched equations. MetS  MetS Calc does not send any information to a server and can be used entirely online. It is written in JavaScript and the source code can be downloaded and modified.	C	Web page	<a href="https://metscalc.org/">https://metscalc.org/</a>
SCOPE e-learning platform	The Strategic Centre for Obesity Professional Education (SCOPE)	The project to empower healthcare professionals around the globe to provide the best possible care for patients with obesity and its complications.  The misión of SCOPE is to make world-class training accessible to healthcare professionals everywhere.	C	Web page	<a href="https://www.scope-elearning.org">https://www.scope-elearning.org</a>
The European Childhood Obesity Group (ECOG) Free Obesity eBook	ECOG	In 2014 ECOG launches a new unique world initiative: a free eBook on child and adolescent obesity intended for all those who as doctors, psychologists, physical activity specialists, nutritionists, health workers, policy makers need a clear updated set of information. The whole book or separate chapters can be downloaded from the ECOG website for free. Chapters are independent. A research by keywords allows finding relevant information.	C	Web page  PDF	<a href="https://ebook.ecog-obesity.eu">https://ebook.ecog-obesity.eu</a>
WHO AnthroPlus software	WHO	WHO AnthroPlus is a software for the global application of the WHO Reference 2007 for 5-19 years to monitor the growth of school-age children and adolescents. To show the continuity with the WHO Child Growth Standards for 0-5 years these are included in AnthroPlus for the three indicators that apply. The software opens by default in English but can be changed to run in French, Spanish and Russian.	C	Software	<a href="https://www.who.int/tools/growth-reference-data-for-5to19-years/application-tools">https://www.who.int/tools/growth-reference-data-for-5to19-years/application-tools</a>



WHO Anthro software	WHO	This page provides the option to access several tools that provide means to analyse anthropometric for children under 5 years of age. These tools reflect the recommended methodology for analysis survey data analysis. The user will be able to access the online version or download the offline version of the WHO Anthro Survey Analyser (Windows, Mac), download the software WHO Anthro for use on personal computers (Windows).	C	Software	<a href="https://www.who.int/tools/child-growth-standards/software">https://www.who.int/tools/child-growth-standards/software</a>
Child growth standards		This web site presents the WHO Child Growth Standards. These standards were developed using data collected in the WHO Multicentre Growth Reference Study. The site presents documentation on how the physical growth curves and motor milestone windows of achievement were developed as well as application tools to support implementation of the standards	C	Web page	<a href="https://www.who.int/tools/child-growth-standards/standards">https://www.who.int/tools/child-growth-standards/standards</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

**FAMILIES**

Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents (for families in alphabetical order).

<b>NUTRITION</b>					
<u>Tittle</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
Cooking and Healthy Living Recipes	Ekilu	App with a lot of healthy recipes to give some inspiration to the families. It is divided in different categories so it is easy to search.	F	App	<a href="https://ekilu.com/es">https://ekilu.com/es</a>
DASH diet to reduce arterial hypertension	Academia Española de Nutrición y Dietética	Blog post about the DASH diet which aims to reduce hypertension. It explains quantities, recommendations to follow this diet and it gives you an example for a diet.	F+C	Blog post	<a href="https://www.academianutricionydietetica.org/dietas/alimentos-bajo-sodio/">https://www.academianutricionydietetica.org/dietas/alimentos-bajo-sodio/</a>
Harvard Healthy Eating Plate (for Kids)	Harvard T.H. Chan School of Public Health	The Healthy Eating Plate, created by nutrition experts at the Harvard T.H. Chan School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices. The Healthy Eating Plate is based exclusively on the best available science and was not subjected to political or commercial pressures from food industry lobbyists.	C+F	Web page	<a href="https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/">https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/</a>



Hydration for health	Danone Nutricia Research	<p>Healthy hydration is one of the factors preventing the development of excess weight, but it is also an important element of the treatment of BP. Hydration for Health works on global public health issues related to water consumption and unhealthy drinking habits. By supporting the future of hydration science and creating tools and materials to spread awareness, we advocate for healthier and sustainable hydration behaviors.</p> <p>Tool: The calculator will work out your hydration level based on the information you give about yourself and your daily drinking habits (over 18 y).</p> <p>For children (urine color scale)</p> <p>App Splash- application for family</p>	(C+F)  F  F	Web page  Web page  Web APP/ Web Page	<p>Hydration Calculator - Hydration for Health</p> <p>00017-BB-DANONE-UCC-KIDS+2021.pdf (hydration-for-health-website.s3.eu-west-3.amazonaws.com)</p> <p>Splash!   Splash Me! (hydrationforhealth.com)</p>
HyperchildNET's Fact Sheet	HyperchildNET COST Action	Fact sheet with evidence-based information for parents about Healthy nutrition	F	Web page	<a href="https://hyperchildnet.eu/fact-sheet-how-nutrition-can-lower-cardiovascular-risk/">https://hyperchildnet.eu/fact-sheet-how-nutrition-can-lower-cardiovascular-risk/</a>
Nutrition and breastfeeding tools	Asociación Española de Pediatría (AEP)	It is a web page with different documents which talk about recommendations for a healthy diet. Also there are tables with reference values.	F	Web page	<a href="https://continuum.aeped.es/tool-areas/inicio2/0/19">https://continuum.aeped.es/tool-areas/inicio2/0/19</a>
Programa PAIDO	CHGUV	Site of the PAIDO intervention program, obesity prevention and treatment. Aimed at promoting healthy habits among families.	F	Web Page	<a href="https://programapaido.general-valencia.san.gva.es/">https://programapaido.general-valencia.san.gva.es/</a>
sinAzucar.org	sinAzucar.org	sinAzucar.org is a photographic project that aims to visualize the free sugar in many of the foods we consume regularly. The idea is simple: the product is photographed together with the amount of sugar it contains in lumps, using the same visual language used by the industry to sell us their products.	F	Web page	<a href="https://www.sinazucar.org/">https://www.sinazucar.org/</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)





Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

PHYSICAL ACTIVITY					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
Fitness APP	Apple	Get a comprehensive view of your fitness including Activity details and history, Trends, Awards, and Sharing with family and Friends. APP for IOS.	F	APP	<a href="https://apps.apple.com/us/app/fitness/id1208224953">https://apps.apple.com/us/app/fitness/id1208224953</a>
Google Fit APP	Google/WHO/American Heart Association	Achieve your fitness goals through customized coaching and actionable tips based on your health and activity history. Google Fit also makes it easy to monitor your progress and track your activity right from your phone or smartwatch. APP for Android/IOS	F	APP	<a href="https://www.google.com/intl/en_us/fit/">https://www.google.com/intl/en_us/fit/</a>
HyperchildNET's Fact Sheet Physical Activity	HyperchildNET COST Action	Fact sheet with evidence-based information for parents about the impact of Physical Activity on Blood pressure control	F	Web page	<a href="https://hyperchildnet.eu/fact-sheet/">https://hyperchildnet.eu/fact-sheet/</a>

HyperchildNET's Fact Sheet WHO Physical activity recommendations	HyperchildNET COST Action	Fact sheet with evidence-based information for parents about the WHO Physical Activity recommendations for children and adolescents	F	Web page	<a href="https://hyperchildnet.eu/fact-sheet-what-type-and-how-much-physical-activity/">https://hyperchildnet.eu/fact-sheet-what-type-and-how-much-physical-activity/</a>
Physical activity WHO Fact Sheets	WHO	Physical activity WHO Fact Sheets in different languages	F	Web page	<a href="https://www.who.int/es/news-room/fact-sheets/detail/physical-activity">https://www.who.int/es/news-room/fact-sheets/detail/physical-activity</a>
Physical activity tips for children and adolescents	Comité de Promoción de la Salud. Asociación Española de Pediatría (AEP)	Collection of web resources for children and teenagers aimed at families.	F	Web page	<a href="https://www.aeped.es/comite-promocion-salud/recomendaciones">https://www.aeped.es/comite-promocion-salud/recomendaciones</a>
WHO guidelines on physical activity and sedentary behaviour: at a glance	WHO	Summary of WHO recommendations on physical activity for children over 5 years of age, addressed to families, translated into different languages	F	Web page	<a href="https://www.who.int/europe/publications/i/item/9789240014886">https://www.who.int/europe/publications/i/item/9789240014886</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

### Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

SCREEN TIME/SEDENTARISM					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
AEP Digital Family Plan	Asociación Española de Pediatría (AEP)	Web-based tool aimed at parents to teach healthy use of digital devices in the family environment.	F+C	Web page	<a href="https://plandigitalfamiliar.aeped.es/">https://plandigitalfamiliar.aeped.es/</a>

Digital Wellness Lab	Boston Children's Hospital and Harvard Medical School	The Digital Wellness Guide is designed to provide parents and caregivers with information and guidance based on clinical evidence and scientific research. In it, we discuss both the benefits and risks of digital media use and provide strategies for parents and caregivers of children from birth through young adulthood.	F	Web page	<a href="https://digitalwellnesslab.org/parents/family-digital-wellness-guide/">https://digitalwellnesslab.org/parents/family-digital-wellness-guide/</a>
Guides from the Digital Wellness Lab	Boston Children's Hospital and Harvard Medical School	These guides cover a variety of topics with detailed advice based on the latest peer-reviewed scientific research. Here you'll find practical, real-world steps you can take to help you raise healthy, smart, and kind children in our increasingly digital age.	F	Web page	<a href="https://digitalwellnesslab.org/parents/guides/">https://digitalwellnesslab.org/parents/guides/</a>
HyperchildNET's Fact Sheet (Screentime)	HyperchildNET COST Action	Fact sheet with evidence-based information for parents about the healthy use of digital devices.	F	Web page	<a href="https://hyperchildnet.eu/fact-sheet-exposure-to-screens-and-cardiovascular-health-in-children/">https://hyperchildnet.eu/fact-sheet-exposure-to-screens-and-cardiovascular-health-in-children/</a>
Internet segura for KIDS (IS4K)	Instituto de Ciber Seguridad (INCIBE)	Collection of tools aimed at families to help them make safe use of the Internet.	F	Web page	<a href="https://www.incibe.es/menores/">https://www.incibe.es/menores/</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

### Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.

SLEEP					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>

14 nights to better sleep	SleepFoundation.org	Participants receive daily email sleep tips and challenges, as well as information about healthy sleep habits  as our comprehensive Better Sleep Guidebook	F	On-line training programme	<a href="https://www.sleepfoundation.org/teens-and-sleep">https://www.sleepfoundation.org/teens-and-sleep</a>
American Academy of Sleep Medicine:patient information	American Academy of Sleep Medicine (AASM)	These patient information resources from the American Academy of Sleep Medicine will help you learn about the importance of healthy sleep. The AASM also provides accurate information to help you understand the treatment options for sleep disorders such as insomnia and obstructive sleep apnea.	F	Web page	<a href="https://aasm.org/clinical-resources/patient-info/">https://aasm.org/clinical-resources/patient-info/</a>
Sleep recommendations by age	National Sleep Foundation	Sleep recommendations by age	F	PDF	<a href="https://upload.wikimedia.org/wikipedia/commons/a/a6/National_Sleep_Foundation_Sleep_Duration_Recommendations.jpg">https://upload.wikimedia.org/wikipedia/commons/a/a6/National_Sleep_Foundation_Sleep_Duration_Recommendations.jpg</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)



**Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.**

<b>MENTAL HEALTH</b>					
<u>Title</u>	<u>Organization</u>	<u>Summary of content</u>	<u>Target</u>	<u>Source</u>	<u>Link</u>
Mental health of adolescents:Fact Sheet	WHO	Patient fact sheet on the importance of adolescent mental health (in several languages). Links to various web resources	F	Web page	<a href="https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health">https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health</a>
Facts For Families Guide	American Academy of Child and Adolescents Psychiatry (AACAP)	AACAP's Facts for Families provide concise and up-to-date information on issues that affect children, teenagers, and their families. AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use	F	Web page	<a href="https://www.aacap.org/AACAP/Families and Youth/Facts for Families/Layout/FFF_Guide-01.aspx">https://www.aacap.org/AACAP/Families and Youth/Facts for Families/Layout/FFF_Guide-01.aspx</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)



**Repository of best practices on e-Health, especially m-Health, for the prevention of high BP in children and adolescents.**

<b>HYPERTENSION</b>					
<b><u>Title</u></b>	<b><u>Organization</u></b>	<b><u>Summary of content</u></b>	<b><u>Target</u></b>	<b><u>Source</u></b>	<b><u>Link</u></b>
Guide for parents. What do I have to know about my child's blood pressure?	HyperchildNet COST Action	The following guide is addressed to parents to provide guidance on blood pressure in children and adolescents	F+C	Web page/PDF document	<a href="https://hyperchildnet.eu/guide-for-parents-what-do-i-have-to-know-about-my-childs-blood-pressure/">https://hyperchildnet.eu/guide-for-parents-what-do-i-have-to-know-about-my-childs-blood-pressure/</a>
HyperchildNET's Blood Pressure calculator	HyperchildNet COST Action	This tool has been developed by the COST Action HyperChildNET as a useful instrument for paediatricians and other clinical professionals working with children and young people in Europe and elsewhere. Includes Office, 24h and home BP calculators	F+C	Web page	<a href="https://hyperchildnet.eu/blood-pressure-calculator/">https://hyperchildnet.eu/blood-pressure-calculator/</a>
HyperchildNET's Fact Sheet (Hypertension)	HyperchildNET COST Action	Fact sheet with evidence-based information for parents about Hypertension in children and adolescents	F	Web page	<a href="https://hyperchildnet.eu/understanding-blood-pressure-and-hypertension-in-children-and-adolescents/">https://hyperchildnet.eu/understanding-blood-pressure-and-hypertension-in-children-and-adolescents/</a>

Source: Web page/ APP

Web site translation: <https://kinsta.com/blog/how-to-translate-a-website/>

Target: Clinicians (C) / Families (F) / Both (C+F)

