



International Congress of Health and Well-being Intervention (ICHWBI 2019)

PREFACE

Dear participants,

RECI (Research in Education and Community Intervention) and the Jean Piaget Health School (ESS) - Viseu, promoted an International Congress under the "Intervention in Health and Well-being" at the University Campus of Viseu of the Piaget Institute, on May 31 and June 1, 2019.

The Congress intends to contribute to the discussion of current and emerging issues related to the health and well-being of the population and to count on the participation of researchers and professionals from different areas of practice and training.

This edition meets the work presented at this event in various spheres of knowledge in the areas of health and wellness.

This Congress has as its main objectives:

- Reflect on the challenges posed to the health and well-being of the population;
- Create a space for dialogue that will allow the exchange of experiences between professionals from various areas of intervention and from different regions;
- Sharing new technologies, techniques and processes among academics, professionals and other health stakeholders;
- Promote a multidisciplinary view on health intervention and the role to be played by the various sectors of society;
- Sharing new knowledge and allowing others to be updated;
- Disseminate research projects and results in health and well-being;
- Promote the debate on the health situation in the country and its dimensions related to the intervention of the different professions;
- Approach partners from different regions to reflect professional experiences and share research results.

The abstracts presented by the Researchers reflect the awareness of the need for innovation and originality in various areas of knowledge, and had as topics:

- Assessment and Intervention in Health and Well-being
- Education and Training in Health and Well-being
- Product innovation and development
- Health and Well-being Policies and Management
- Health and Well-being of an increasingly aging society
- Health and Well-being and Emerging Health Threats
- Challenges in Digital Health
- Unconventional therapies in health care and well-being

This is an edition made for publication of the works resulting from the event, where the reader will find a significant heterogeneity. Abstracts are ongoing or completed project-based research papers submitted by researchers from various academic degrees. This diversity is also found in the authors' scientific areas, reflecting on the variety of research themes presented at the Congress itself.

Thus, despite this heterogeneity, it is considered that the aggregating element lies in the seriousness, quality and enthusiasm of contributing to knowledge in the field of research in the various areas of knowledge.

Discussing the topic of education, Swiss biologist and epistemologist Jean Piaget points out:

“The main goal of education is to create men who can do new things, not simply repeat what other generations have done. Men who are creators, inventors, discoverers.

The second goal of education is to form minds that are in a position to criticize, verify and not accept all that is proposed to them.”

This research shows that the authors are aware and able to contribute in an integrated way to research in various areas of knowledge, which underlines the importance and absolute need to continue to promote health and well-being.

Gustavo Desouzart

President of the organizing committee of ICHWBI 2019