

ECA - BWG 2



2.1

21st Century Lifestyle - Output



Context

Poor diets, a sedentary lifestyle watching TV and playing video games, inadequate exercise or sleep – these behaviours are problems of a 21st-century lifestyle, resulting in childhood and adult health issues.

Research shows 70% of risk factors for NCDs and mental health issues develop during early childhood.

These are significant, diverse and complex challenges that are facing early childhood development in the 21st century, not only in Abu Dhabi but in many different parts of the world.

To center ourselves, we firmly believe that the child has to be the focus of all decisions made.

Vision and Objectives

We need to respond to these challenges by reimagining an energetic 21st century lifestyle around early childhood development.

The vision of our team is to support the holistic development of healthy, active and happy children and our goal would be for all children to eat well, sleep well, play more and learn more.

Audience

These solutions are aimed at Abu Dhabi families and their children.

With multiple solutions proposed, the targeted audience for each solution varies. Target audiences for each of the solutions can be found in the full BWG 2 Report.

Solution

Early childhood in Abu Dhabi should support children at every step of their development.

The team believes intentions and proposed solutions should be child-centred and include developing mindful parenting.

The team has proposed seven recommendations for the short, middle, and long-term, with three immediate, easy to produce solutions, two impactful mid-term recommendations, and two innovative and futuristic long-term ideas:

Solutions A – Future-Child Accelerator events

Solutions B – Wearable smart solutions

Solutions C – Eat-Sleep-Play-Learn education explosion boxes

Solutions D – Care and Education buildings

Solutions E – Nature biospheres

Solutions F – Microbiome technology

Solutions G – Research and management unit

To learn more about these recommendations, please refer to the full BWG 2 Report.

ECA - BWG 1

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Thank you

