



Health Care for the Future. Get involved!

Wikimedics (WKM) is a non-profit foundation with headquarter in Stockholm, Sweden.

We believe (and after being active in this direction for many years - we know!) that best Health Care is produced in cooperation between patients, their relatives and friends, clinicians, scientists, health care administrators – all stakeholders are important, everyone matters, everybody has something good to bring to the table. Then we all get in reality the best possible Health Care for us all!

Wikimedics is rather contemporary term describing health care in the age of Wikipedia, Linux, Youtube, etc. – all those models which prove that best results are achieved when producers (health care professionals) and consumers (patients) unite in development and production of collaborative health care. As in case with above mentioned Wikipedia, Youtube, etc. – results of such health care models are often superior to traditional settings. Simply put – Health Care for the future!

WKM is based on principles sometimes named Participatory Health Care, Patient–centric Care, etc. – there are many different words used to describe this model. So many that one could actually be confused - what all this is about?

Therefore we rather present what we do (and what we did) in reality and what are our results for real people in real life - that's the only thing that matters! So here comes description of our projects:

Inner Leadership Development (ILD) is an unusual therapy model where patients (after short course in basic psychology and leadership) conduct ILD style therapy on their peers.

According to the so called Nobel study at the Karolinska Institute, the ILD model demonstrated significantly higher positive effects on for example anxiety, depression, compulsivity, emotional instability, level of stress etc. than Cognitive Behavioural therapy or so called antidepressant drugs.

Leaderkids is a variant of ILD adapted to children in pre-pubertal age (8-11 years old)

The aim is to prevent onset of high level of anxiety, depression, stress which usually starts in this age and can establish lifelong handicap (20% – 25% of all children on Earth experience this pressure).

This program can also be used for prevention and management of bullying, personal development and personal leadership for kids.

Angel Hour – is mobile/web app based on evidence based medical research on preventive medicine with capacity to prevent approximately 50% of risk to get cancer, cardiovascular diseases as cardiac infarction or stroke, dementia, diabetes, etc. It also has evidence based capacity to prolong (healthy) live with approximately 5- 8 years beyond so called “personal life expectancy”

Angel hour has attractive appearance which contributes to higher motivation to follow this program.

Fair Chance project is about supporting children growing under challenging conditions which may hinder them from reaching their full potential and achieving their goals.

Such conditions maybe growing up with parents who are absent or disabled, for example due to drug or alcohol abuse, severe medical conditions (physical or mental), or social depravation like for ex. unemployment. Those children are at significant risk to drop off school, start abusing drugs, etc.



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Such conditions maybe growing up with parents who are absent or disabled, for example due to drug or alcohol abuse, severe medical conditions (physical or mental), or social depravation like unemployment, immigration, etc. There is clear scientific evidence that these children are at significant risk to drop off school, start abusing drugs, come into criminality.

But there is also strong evidence that programs like Fair Chance can prevent this. There are components known to support children growing in alienation like promoting mental, social, physical development, supporting children natural curiosity and thirst for knowledge and desire to invent and create. This is why Fair Chance program include those 6 strategic components as follows:

Leaderkids Promoting mental health and development of personal leadership.

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Learning

Educational concept based on children´s native curiosity and their inherent thirst for knowledge.

We are inspired by Sugata Mitra “Hole in the wall” project, by Digital Room school and other projects recognizing need to reform education and adjust it to contemporary demands and conditions and also proving that non-traditional models of education, driven by kids themselves produce astonishing results compare to “old school” methods.

Also possibility of professional guidance in specific knowledge domain is addressed by establishing of ThinkTank – experts in different areas donating some hour of their time helping kids to understand some specific knowledge.

Good Food

Good Food is a cookery competition, broadcasted by the contestants themselves by live streaming their presentations via mobile real-time streaming app (for example Periscope). Those presentations are also published on dedicated Good Food website.

Contestants (who are nine- to twelve-year-olds) are recruited by dedicated campaign via children and youth oriented social media platforms.

Good Food let kids discover tasty, healthy food and let them make this food by themselves, together with peers.

Fair Chance Cup (FCC)

It is well known that bad physical condition is one of major negative factors contributing to limiting social performance and consequently leading to social degradation

FCC is a program aimed to support children´s physical development in form of web streamed street basket tournament.

Children encouraged to participate in regular physical training like for example playing basket and conduct relevant physical training according to web based training program at least 3 time a week.

Winners of local tournaments compete for Fair Chance Cup Award once a year

Wikimara

Wikimara is an inventor marathon where children from the whole world lead professional development teams towards completion of innovative health care solutions for kids in need .

Amazingly, it is possible to achieve such extraordinary results in 24 hours which is proved by many so called “Hackatons”.

Wikimara is such an event which will be arranged Dec 2-3 2016 in Stockholm Sweden.

It is usual that developers use technology “borrowed” from computer games and virtual reality and kids “just love it”

© But the main thing that those inventions are useful in everyday life of children in need.

Good Food



The Challenge

Obesity is one of the great health related challenges in the world and child obesity is no exception. Overexposure to industrially processed food with surplus of sugar, salt and bad fat is our time curse and it ruins children health. It is scientifically proved that surplus of sugar; fat and salt is as addictive as heroin. Currently 10%-15% of children worldwide are either overweight or obese – that is - more than 42 million overweight children around the world – truly a global challenge!



The contest

Good Food let kids discover tasty, healthy food and let them make this food by themselves, together with peers.

Those who want can participate in Web TV broadcasted Good Food contest. Winners of Good Food Contest got honor and responsibility to prepare meals for CNP Ceremonial Banquet; children also serve all food during this banquet.



Good Food Intro

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Participants

Those interested encouraged to build up a micro community (max 6 participants in the group) of kids interested in cooking and eventually interested in participating in cooking contest GF. Membership in the group is advised but individual participation in GF program is accepted.

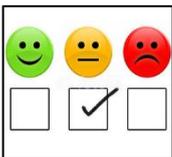
This format includes (but not exclude any children group whatsoever) children growing up in challenging condition, not least because it is well known that children in this social segment often do not have access to good healthy food 38



The Chef school

Participants get access to virtual GF School which consist of 9 lessons (18 min each) introducing basics of cooking. Every lesson is followed by “home assignment” where contestants practice learned skills and also “test results on their peers” 😊

During those dinners with peers everyone prepares one dish and then divide it into 6 equal pieces and also makes a broadcasted presentation of their dishes (max 3 min long) including presentation of 1. Ingredients, 2. What is done with these ingredients? 3. How it is healthy?.



The process

Every contestant estimate taste of every dish (including their own) with a digital slider in their mobile phone (range from horrible (1) to fantastic (100) 111

After these 9 sessions school real contest starts



The Contest

As usually contestants prepare their dish, divide it into 6 equal pieces and invite some “stranger” (for example on the street) to taste it and estimate “tastiness” of their dish. As their dish is divided into 6 piece final judgment is based on median value of 6 estimations coming from “Street Jury”

Even here contestants present their dishes as above – ingredients, what is done, how it is healthy. Presentation to Street Jury is of course broadcasted! The winner of this session is the winner of this mini contest and advance to next phase in Good Food competition 105



The Grand Finale

Of all contributions presented on Good Food webpage the public will vote/choose xx contesters and professional jury choose equally many for participation in preparation of dinner for ceremonial Banquet in Children Noble prize, Dec 3rd 2016 in world famous Blue Hall in Stockholm, Sweden. They will, together with other winners of local mini contests cook a dinner in teams guided by famous chefs with world's names.

There is no contest in this phase – it is a celebration of every contester personal victory, new phase in life filled with new experience, new friends, big self-esteem boost and new professional competence.

WikiMara

Games for Health is one of the fastest growing research and developmental fields in the world.



Today there are computer games that significantly improve treatment outcomes for children with cancer (remission), and games which have proved to have strong effects on anxiety and depression in children. The effects are comparable to traditional treatments such as psychotherapy and/or antidepressants. The games have positive, well-documented effects on ADHD, diabetes, Parkinson disease, etc.



The games have brought around a new intriguing and exciting phenomenon. There are several names for it, but we call our model "WikiMara". This means that people who wish to develop games, such as games for health, gather for an event, sort of an "inventor marathon" which usually lasts for 24 hours, for example, Saturday - Sunday.



For someone unfamiliar to this even it may sound very tough and perhaps it is, but anyone who has experienced such an event talk about the great sense of community, true creativity, and last but not least, an uplifting realization that you do something that can help others to have a better life, and why not a better life for yourself as well! It can thus be seen as something very positive despite all the stress and hard work!



During the event you, in cooperation with others, create or design a game for health, a smart application for a mobile phone, or some other "nice to have" gadget in 24 hours. You do not forget about your own health though. You are given time to eat, rest, sleep, and so on.



The event has become a major international movement which attracts large numbers of those who have the desire to work with others in this way, usually youths interested in computers. Of course it is good to have those who understand design, programming, graphics, etc., preferably those who are able to think outside the box. It usually leads to a lot of clever and useful results.



However, we believe that such events usually miss a key component. They have no patients in the creative process, which we think is a big mistake. We claim that each team first and foremost should include someone who knows from personal experience what it is that should exist but does not exist today. Someone who knows such things are the patients and/or their families.



Furthermore, the inventions are usually judged by a very renowned jury made up of professors, experts, researchers, and others. Wrong again, we say. It's the patients who should vote for the winners because they know better than anybody else which games or apps are the ones that can help them in real life. Then perhaps they can have professors and experts as advisers to help them judge the inventions.



The winners should of course be commended and celebrated! We thought that the award could be in the form of a festival. In our vision a well-known person, renowned for his/her commitment to social issues (like Princess Victoria) could award the prize for the best app. We also thought that we could host a dinner in the Blue Hall of the Stockholm City Hall. In other words it will be A People's Noble Prize, with fanfare, royalty, and all of the glamour.