

CitizenAct - Senior Citizens, Actors in Healthy Living with Digital Tools

Digital Inclusion · Good practice · Spain · Transnational

Quality score: 32/100

Evidence strength: Cautionary / limited

Summary

CitizenAct goal was to empower senior citizens with new knowledge and necessary skills about digital tools, such as wearable sensors measuring health data and solutions as mobile apps supporting healthy habits like nutrition, physical activities and sleep management that are used

Key dimensions

Dimension	Score
Innovation level	3/5
Sustainability (ongoing)	0/1
Evaluation evidence	0/1
Demonstrated reach	0/1
Documented learning	1/1

Evaluated by MEDICI consortium

Data sources

[MEDICI / Digital Inclusion Atlas](#) — accessed 2026-06-14

[Practice website](#) — accessed 2026-06-14

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