

# Better ageing with personalized lifestyle support from a health coach using a digital app – a population-based intervention study in Germany

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<b>Registration date</b> 12/06/2025	<b>Overall study status</b> Ongoing	
<b>Last Edited</b> 21/01/2026	<b>Condition category</b> Other	

## Plain English summary of protocol

### Background and study aims

Ageing is commonly associated with a decline in clinical and functional status and perceived well-being. This decline is associated with multi-morbidity, defined by the coexistence of two or more chronic disease conditions. Living with multi-morbidity impairs an individual's quality of life, health span and lifespan.

The study aims are to assess the effect of a personalised, digitally delivered lifestyle intervention on clinical status (waist circumference), functional status (hand grip strength) and perceived well-being (WHO 5 well-being index) after 1 year. The study will also evaluate the effect of the lifestyle intervention on the onset and severity of multimorbidity and death after 3 years.

The KORA Digital-Fit study is part of the STAGE project. STAGE is a European Research and Innovation project studying healthy ageing and multi-morbidity using a life-course approach (<https://stage-healthyageing.eu>).

### Who can participate?

Men and women aged 50-79 years from the population-based KORA cohort (Cooperative Health Research in the Region of Augsburg) who are part of the baseline surveys will be invited to participate.

### What does the study involve?

Participants will be assigned to the intervention or standard of care group according to personal preference and eligibility. The digital intervention will provide personalised digital health coaching aimed at managing and preventing chronic conditions like obesity, type 2 diabetes, and cardiovascular diseases. Both the intervention group and matched participants of the standard of care group will undergo an end-of-study assessment after 1 year, as well as a telephone interview after 3 years.

**What are the possible benefits and risks of participating?**

The intervention group will be informed about individual lifelong health. The findings are beneficial as they will be used to develop qualitative prevention concepts for the ageing population.

**Where is the study run from?**

KORA Study Center (Germany)

**When is the study starting and how long is it expected to run for?**

January 2024 to December 2029

**Who is funding the study?**

The KORA study was initiated and financed by the Helmholtz Zentrum München – German Research Center for Environmental Health, which is funded by the German Federal Ministry of Education and Research (BMBF) and by the State of Bavaria. Data collection in the KORA study is done in cooperation with the University Hospital of Augsburg. The KORA Digital-Fit study is part of the STAGE project. STAGE has received funding from the European Union's Horizon Europe Research and Innovation Programme under grant agreement n° 101137146. UK participants in Horizon Europe Project STAGE are supported by UKRI grant numbers 10112787 (Beta Technology), 10099041 (University of Bristol) and 10109957 (Imperial College London).

**Who is the main contact?**

Prof. Dr Annette Peters, [annette.peters@helmholtz-munich.de](mailto:annette.peters@helmholtz-munich.de)

## Contact information

**Type(s)**

Public, Scientific

**Contact name**

Dr Birgit Linkohr

**ORCID ID**

<https://orcid.org/0000-0002-3387-5685>

**Contact details**

Helmholtz Zentrum München – Deutsches Forschungszentrum für Gesundheit und Umwelt (GmbH)

Ingolstädter Landstraße 1

Neuherberg

Germany

85764

+49 (0)89 3187 3859

[birgit.linkohr@helmholtz-munich.de](mailto:birgit.linkohr@helmholtz-munich.de)

**Type(s)**

Principal investigator

**Contact name**

Prof Annette Peters

**ORCID ID**

<https://orcid.org/0000-0001-6645-0985>

**Contact details**

Helmholtz Zentrum München – Deutsches Forschungszentrum für Gesundheit und Umwelt (GmbH)  
Ingolstädter Landstraße 1  
Neuherberg  
Germany  
85764  
+49 (0)89 3187 4566  
annette.peters@helmholtz-munich.de

## Additional identifiers

**Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

24110

## Study information

**Scientific Title**

Life-course informed, digitally supported, person-centred intervention study for the prevention of ageing with multi-morbidity in the population-based KORA study, Germany

**Acronym**

KORA Digital-Fit Study

**Study objectives**

The primary objective is to assess whether a personalized, digital delivered lifestyle intervention changes clinical status, functional status and perceived well-being after 1 year.

**Ethics approval required**

Ethics approval required

**Ethics approval(s)**

approved 09/03/2025, Ethics Committee of the Bavarian State Medical Association (Mühlbaurstraße 16, München, 81677, Germany; +49 (0)894147335; ethikkommission@blaek.de), ref: 24110

**Study design**

Single-center open-label two-armed parallel-group controlled study

**Primary study design**

Interventional

## **Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

Stay healthy through ageing and prevention of multimorbidity

## **Interventions**

A digitally delivered lifestyle intervention based on coaching regarding a healthy lifestyle with the overarching aim of ameliorating waist circumference, increasing muscle strength and perceived well-being over 1 year compared to standard of care.

Participants will be assigned to the intervention or standard of care group according to personal preference and eligibility. The digital intervention will provide personalised digital health coaching aimed at managing and preventing chronic conditions like obesity, type 2 diabetes and cardiovascular diseases. Both the intervention group and matched participants of the standard of care group will undergo an end-of-study assessment after 1 year, as well as a telephone interview after 3 years.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Waist circumference is measured using measuring tape at baseline and 1 year
2. Hand grip strength is measured using a hand dynamometer at baseline and 1 year
3. Well-being measured using the WHO-5 well-being index (self-report questionnaire) at baseline and 1 year

## **Key secondary outcome(s)**

1. Multi-morbidity is measured by self-report at 3 years
2. Mortality is measured from record data at 3 years

## **Completion date**

31/12/2029

## **Eligibility**

### **Key inclusion criteria**

1. Men and women aged 50-79 years from the KORA study
2. Informed consent for the planned study procedures

For the intervention arm:

1. Informed consent for the intervention study
2. Digital literacy and compatible personal device

## **Participant type(s)**

Population

## **Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

50 years

**Upper age limit**

79 years

**Sex**

All

**Total final enrolment**

0

**Key exclusion criteria**

Participants who report a pre-existing severe comorbidity and/or a medical condition associated with a life expectancy of less than 1 year

**Date of first enrolment**

05/01/2026

**Date of final enrolment**

31/12/2026

## Locations

**Countries of recruitment**

Germany

**Study participating centre**

**Kora Study Center**

Beim Glaspalast 1

Augsburg

Germany

86153

## Sponsor information

**Organisation**

Helmholtz Zentrum München

**ROR**

<https://ror.org/00cfam450>

# Funder(s)

## Funder type

Not defined

## Funder Name

Deutsches Forschungszentrum für Gesundheit und Umwelt, Helmholtz Zentrum München

## Alternative Name(s)

German Research Center for Environmental Health, Helmholtz Zentrum München

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Research institutes and centers

## Location

Germany

## Funder Name

European Union Horizon Europe Research and Innovation Programme under grant agreement n° 101137146

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the current study will be shared within the STAGE project. It will be available upon request from Helmholtz Munich in 2030.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes