



**myPace**

a behaviour change platform  
for dietitians and their patients

# partners

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**Julie Barnett**

Professor of Health  
Psychology,  
University of Bath



**Dr Jo Wills**

Director General of the  
European Food  
Information Council



**Dave Fletcher**

Managing Director,  
White October



**Anne de Looy**

Professor of Dietetics  
Plymouth University

Honorary President of  
EFAD

**myPace is a:  
mobile & web platform**







myPace

SMART TIPS

Walk to work instead of taking the bus.

Eat cereal and a banana for breakfast.

No, I'll choose another small step

Next



**myPace works  
the way dietitians work**

self-monitoring  
accountability  
relationship



self-efficacy  
reflection  
**motivation**

**from research to trials**







**myPace within the NHS**





**myPace in  
one-to-many  
mode?**



Thank you

