



miGut-Health

Personalised blueprint of intestinal health

The miGut-Health project is committed to empowering people affected by **Inflammatory Bowel Disease (IBD)**. Its mission is to predict and prevent IBD, while also improving gut health amongst IBD patients, high-risk individuals, and citizens.



Duration

01/2023–12/2026



Funding

7.5 Mio €



Partners

12



Identify and validate gut health biomarkers



Assess personalised prevention measures



Develop citizen health engagement strategies and digital tools

Use extensive omics data to identify actionable biomarkers linked to the health-to-disease transition



Conduct proof-of-concept studies of a long-term nutrient-elimination diet to analyse the effects of diet-associated metabolites on intestinal inflammation and barrier function



Develop psycho-social and eHealth tools to improve citizen health engagement and empowerment in health decision-making and disease management



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