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# Promoting digital health literacy on cancer prevention through the European Code Against Cancer

Best practices from the BUMPER project



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# LIST OF ACRONYMS

**BUMPER** – Boosting Utilisation of the Mobile App for Cancer Prevention through Enhanced Dissemination and Health Literacy Training

**ECL** – Association of European Cancer Leagues

**WP** – Work Package

**ECAC** – European Code Against Cancer

**EWAC** – European Week Against Cancer

**HL** – Health Literacy

**DHL** – Digital Health Literacy

**UCL** – Université Catholique de Louvain

**IARC** – International Agency for Research on Cancer

**EU** – European Union

**EU4Health** – EU4Health Programme (European Union Health Programme)

**SUS** – System Usability Scale

**eHEALS** – eHealth Literacy Scale

**FGD** – Focus Group Discussion

**SEO** – Search Engine Optimisation

**MEP** – Member of the European Parliament

**EPH** – European Public Health (Conference)

**HaDEA** – European Health and Digital Executive Agency

**CORDIS** – Community Research and Development Information Service

# 1. EXECUTIVE SUMMARY

Health literacy is a key determinant of health, empowering citizens to make informed decisions about their personal health. It goes beyond accessing websites or following medical instructions – it requires critical thinking and the ability to navigate health information effectively. Yet, even in economically advanced countries in Europe, many children, adolescents and adults have limited health literacy skills.

The **BUMPER project**, funded under the EU4Health Programme, represents a significant step toward enhancing cancer prevention efforts across the European Union by harnessing the potential of digital health tools. Central to this initiative is the EU Mobile App for Cancer Prevention, a mobile application designed to disseminate the recommendations of the European Code Against Cancer (ECAC) set out to empower individuals, especially those in marginalised populations, to make informed health decisions and reduce their cancer risk.

The project's dissemination activities have been instrumental in ensuring its objectives are widely communicated and achieved. These efforts have included the creation of comprehensive communication materials, pilot testing of the app with diverse user groups, and robust engagement with stakeholders through webinars, conferences, and collaborative networks. This report details the strategies, tools, and activities that have made the dissemination efforts impactful and outlines best practices and the challenges of improving digital health literacy across Europe.

## 2. ABOUT THE BUMPER PROJECT

### 2.1. Project Background

Cancer is one of the leading causes of mortality in the European Union, with more than 1.3 million lives lost annually. However, around 40% of cancer cases are preventable by addressing modifiable risk factors. The European Code Against Cancer (ECAC) is an initiative of the European Commission, developed by the World Health Organization's International Agency for Research on Cancer (IARC). The ECAC offers 12 evidence-based recommendations designed to help citizens lower their risk of developing or dying from cancer. These guidelines primarily encourage the avoidance or reduction of exposure to cancer-causing agents and the adoption of healthy lifestyle habits. The Code highlights the value of proven medical strategies

for cancer prevention and early detection, such as taking part in vaccination programmes and organised screening efforts.

Despite its importance, the ECAC's reach has been limited by low levels of public awareness and challenges in accessing health information among populations with varying levels of digital literacy.

The BUMPER project, which ran from October 2022 to April 2025, addressed these gaps by supporting the development of the EU Mobile App for Cancer Prevention, in particular to ensure its scientific validation. This app serves as a user-friendly, accessible platform that bridges the gap between evidence-based cancer prevention guidelines and the public, particularly focusing on vulnerable populations. By integrating health literacy and equity considerations, the app aspires to inspire positive behavioural change and foster a culture of preventive health across the EU.

The project consortium was composed of 11 partners from across Europe who have long experience as promoters of the European Code against Cancer (ECAC), including national cancer leagues who act as the main providers of information on cancer prevention to the public at the national level. The technical work packages were led by highly experienced researchers in health promotion and the implementation of digital solutions, supported by a range of scientific experts including IARC/WHO who had a critical role in linking to the forthcoming update of the ECAC. BUMPER was also closely connected with another significant EU-funded initiative, the "Service Contract to Design, Develop, Pilot and Deliver the 'EU Mobile App for Cancer Prevention'", led by Netcompany Intrasoft, which was responsible for the app's technical development.

## 2.2. Objectives

At its core, the BUMPER project was driven by five overarching objectives:

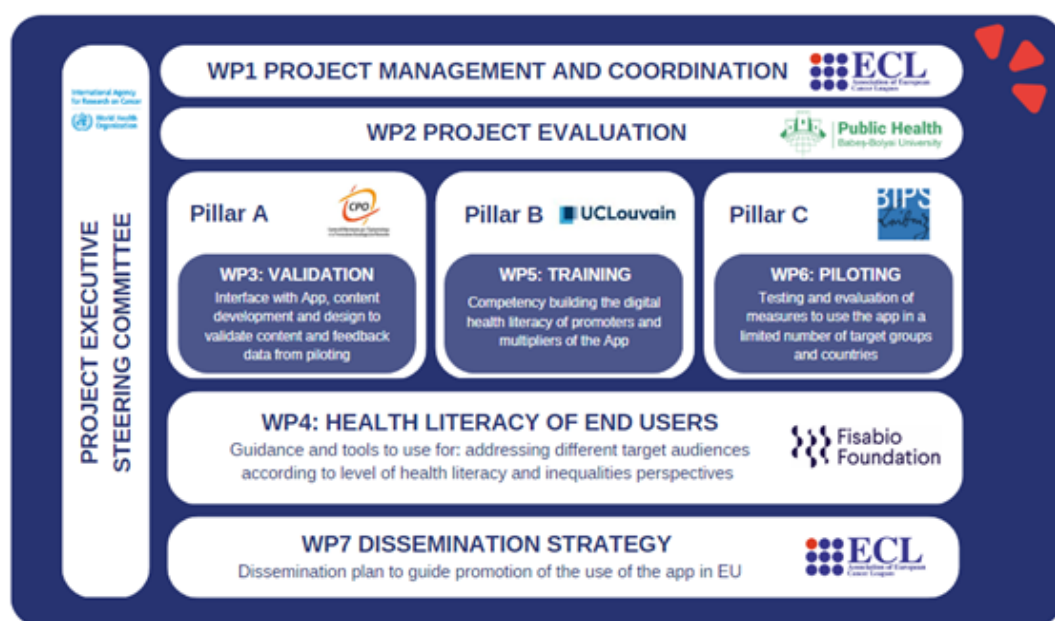
- Collaborate with the project that designed and built the EU Mobile App;
- Engage with future end-users to gain insights on uptake and maintenance of the EU Mobile App;
- Train health promoters in digital health literacy to use and disseminate the EU Mobile App;
- Pilot measures to promote the EU Mobile App to specific target groups in several countries;
- Develop a comprehensive dissemination plan for the promotion of the EU Mobile App.

## 2.4. Project Consortium

The BUMPER project featured a consortium of partners with extensive experience in promoting the European Code Against Cancer (ECAC), including national cancer leagues that serve as key providers of cancer prevention information at the national level. The technical work packages were led by highly experienced researchers specialising in health promotion and the implementation of digital solutions, supported by a diverse team of scientific experts, including the WHO International Agency for Research on Cancer (IARC), which played a crucial role in linking the project to the forthcoming ECAC update.

BUMPER was led and coordinated by the Association of European Cancer Leagues (ECL), a non-profit European umbrella organisation of 34 national and regional cancer societies. ECL provides an exclusive platform for members to collaborate with their international peers in the areas of cancer prevention, access to medicines and patient support, and creates opportunities to advocate for these issues at the EU and national level.

The project also benefited from the expertise and support of an external [Advisory Board](#), which provided independent oversight and strategic guidance. The Board played a key role in advising on project outcomes and deliverables, offering support in addressing challenges, and identifying emerging opportunities. Its members included representatives from leading health professional organizations, national institutions and agencies, patient coalitions, and the research community.



Visual diagram illustrating the project structure, outlining the different Work Packages (WPs) and the partner organisations leading each one.



European map highlighting the locations of all consortium organisations involved in the project.

### 3. SETTING UP FOR SUCCESS: THE BUMPER COMMUNICATIONS PLAN

To ensure the project's success following its launch in October 2022, BUMPER communications partners developed a comprehensive Communications and Dissemination Plan. This plan outlined the project's strategic approach to communication and dissemination, providing clear guidance on messaging, stakeholder engagement, and outreach efforts to ensure impactful outreach to all stakeholders.

Specifically, the plan aimed to:

- Promote awareness about the BUMPER project and its alignment with the European Code Against Cancer (ECAC).
- Cultivate stakeholder support to drive the app's adoption and continued use.
- Improve digital health literacy, enabling individuals to engage with cancer prevention information meaningfully.



- Provide health and digital health literacy training to promoters of the app, including European cancer leagues.
- Develop mechanisms to sustain the app's impact well beyond the project's conclusion.

## 3.2. Target Audiences

The dissemination strategy identified and prioritised six key audience groups, categorised into two main segments: end-users of the app and potential promoters, facilitators, and adopters.

### End-users of the EU Mobile App for Cancer Prevention:

- **General public:** Including those in cancer screening age groups and marginalised communities, with an emphasis on addressing disparities in access to digital health resources.
- **National and regional societies working with cancer:** These organisations bring together healthcare professionals, researchers, and policymakers to advance cancer prevention, diagnosis, treatment, and care. They play a crucial role in promoting research, setting clinical guidelines, providing professional education, and advocating for policies that improve cancer outcomes at national and regional levels.
- **Cancer leagues:** These organisations serve as the primary source of public information on cancer prevention and treatment. In addition to conducting research, many are actively involved in advocacy, patient support, and palliative care, providing essential resources for cancer patients and their caregivers.
- **Health professionals:** Individuals and organisations, such as European cancer leagues, at the forefront of health education and cancer prevention advocacy.
- **Research community:** Academics and experts in health promotion, digital health, and behavioural sciences, who can contribute to ongoing improvements and dissemination.
- **Media:** Including digital platforms and EU and national press.

In addition, internal stakeholders including consortium members, the app contractors, and EU Commission services were identified.

These stakeholders differ from the future EU Mobile App's target groups, which will have a special focus on marginalised and vulnerable populations. Core stakeholder groups to target as part of dissemination efforts following the launch of the app are outlined in Chapter 6 of this report.



### 3.3. Key Messages

The BUMPER communications plan crafted a set of key messages to maximise the project's visibility, tailored to each of the six external stakeholder groups identified. These messages formed the basis for all public-facing communication and outreach efforts throughout the project's duration.

TARGET GROUP	KEY MESSAGES
General population	<ul style="list-style-type: none"> <li>• BUMPER: cancer prevention tips at the click of a button.</li> <li>• The European Code Against Cancer (ECAC) is an initiative of the European Commission, aimed at informing people about actions they can take for themselves or their families to reduce their risk of cancer.</li> <li>• BUMPER's EU Mobile App for Cancer Prevention is the most relevant tool to learn about ECAC and avoid cancer risk factors and how to implement preventive measures to reduce cancer risk.</li> <li>• Cancer risk can be reduced by taking into account the ECAC and other health related measures.</li> </ul>
National and regional societies working with cancer	<ul style="list-style-type: none"> <li>• BUMPER is preparing an app to further disseminate the ECAC.</li> </ul>

	<ul style="list-style-type: none"> <li>• The EU Mobile App for Cancer Prevention is the most relevant tool to learn about the ECAC and avoid cancer risk factors and how to implement preventive measures to reduce cancer risk.</li> <li>• There is a need to translate the ECAC into shorter and easier to consume content and the EU Mobile App for Cancer Prevention is a good effort to do so.</li> </ul>
Cancer leagues	<ul style="list-style-type: none"> <li>• The EU Mobile App for Cancer Prevention is the most relevant tool to learn about the ECAC and avoid cancer risk factors and how to implement preventive measures to reduce cancer risk.</li> <li>• The EU Mobile App for Cancer Prevention can help citizens improve their health literacy and promote a more equal access to health.</li> <li>• Cancer risk can be reduced by taking into account the ECAC and other health related measures.</li> <li>• There is a need to translate the ECAC into shorter and easier to consume content and the EU Mobile App for Cancer Prevention is a good effort to do so.</li> <li>• The EU Mobile App will improve marginalised population's health literacy and will help them take better decisions related to their health.</li> <li>• The EU Mobile app is key to citizens' empowerment.</li> </ul>
Health professionals	<ul style="list-style-type: none"> <li>• BUMPER is preparing an app to further disseminate ECAC within your patients and rest of society.</li> <li>• BUMPER's EU Mobile App for Cancer Prevention can help citizens improve their health literacy and promote a more equal access to health.</li> <li>• The EU Mobile App for Cancer Prevention is the most relevant tool to learn about ECAC and avoid cancer risk factors and how to</li> </ul>

	<p>implement preventive measures to reduce cancer risk.</p> <ul style="list-style-type: none"> <li>• There is a need to translate the ECAC into shorter and easier to consume content and the EU Mobile App for Cancer Prevention is a good effort to do so.</li> </ul>
Research community	<ul style="list-style-type: none"> <li>• The EU Mobile App for Cancer Prevention is the most relevant tool to learn about ECAC and avoid cancer risk factors and how to implement preventive measures to reduce cancer risk.</li> <li>• There is a need to translate the ECAC into shorter and easier to consume content and the EU Mobile App for Cancer Prevention is a good effort to do so.</li> </ul>
Media	<ul style="list-style-type: none"> <li>• BUMPER: cancer prevention tips at the click of a button</li> <li>• The European Code Against Cancer (ECAC) is an initiative of the European Commission, aimed at informing people about actions they can take for themselves or their families to reduce their risk of cancer.</li> </ul>

### 3.4. Channels and Tools

The BUMPER project used a dynamic range of tools to facilitate meaningful engagement with its target audiences.

- **Website:** A dedicated [project website](#) was created as a central repository for resources, updates, and publications. Engaging blog posts, tailored to the needs of different stakeholders, were published at different stages of the project. To ensure its continued operation and sustainability beyond the project's duration, the website has been integrated into the main website hub of the Association of European Cancer Leagues (ECL).
- **Social media:** The project's main outcomes and developments were disseminated by ECL's social media accounts as the project coordinator (LinkedIn, X and Facebook, with Bluesky added as an additional platform in 2025) and supported by consortium partners' profiles. Social media content shared with the partners on a regular basis, in

addition to a social media calendar. To track the project's social media outputs, partners were encouraged to use the project hashtag: #BUMPER.

Throughout the project's duration, social media was used to raise awareness and create an online community of supporters. Content was drafted to engage and drive traffic back to the project website, which was used as centre of the project's communication.

- **Promotional materials:** Factsheets, infographics, and videos were designed and disseminated to convey key messages in accessible formats.
- **Press releases, updates, and blog posts:** Press releases, tailored for EU, national and local media, were released at the start and end of the project. Blog posts detailing project results and findings were added to the website monthly and disseminated to a wide range of stakeholders, using various channels. For example, regular updates about the project were shared through ECL's internal newsletter, which is disseminated to 34 national and regional cancer leagues across Europe.
- **Organisation of events (online, on-site, or hybrid):** Throughout the project, a total of three consortium meetings were organised, in addition to two online webinars which were open to all stakeholder groups and three webinars targeting specific groups. The outcomes and results of the project were shared during the final BUMPER event, which took place in April 2025 and saw the participation of representatives from all targeted stakeholder groups.
- **Participation in national and international congresses and workshops:** BUMPER was represented in different congresses and workshops to showcase the project developments and results and network with the scientific and cancer care community. Examples include the ECL Annual Conferences, the European Public Health Conference, and the European Cancer Summit.

## 4. DISSEMINATION IN ACTION: INSIGHTS, OBSTACLES AND SUCCESS STORIES

Throughout its 2022-2025 duration, the BUMPER project implemented a series of well-coordinated dissemination activities to ensure that its objectives were met effectively. This chapter explores the project's dissemination activities and provides valuable insights into what was successful, the challenges that were faced, and how these experiences can inform future communication and dissemination efforts for launching the EU Mobile App for Cancer Prevention.

### 4.1. Using visual materials to promote the BUMPER project and the European Code Against Cancer

Videos, factsheets and other visual media are highly effective tools for reaching and engaging target audiences. BUMPER released a total of three videos, five factsheets and infographics, and three guidebooks aimed at raising awareness about the project, the future app, and the challenges posed by poor health literacy amongst populations. These materials were produced by or with the support of consortium partners. These include:

- A **promotional video** was produced by the European Commission, with support from ECL in its role as the BUMPER coordinator and in collaboration with the Portuguese League Against Cancer. Created in the early stages of the project, the video was shared with the public as a flagship initiative under Europe's Beating Cancer Plan.
- Five **health literacy factsheets and infographics** were developed to illustrate complex cancer prevention recommendations into clear, accessible formats aimed at the general public. These materials focused on the least known ECAC recommendations, identified through a survey conducted by project partner the Fisabio Foundation among the general European population. By prioritising visual appeal and clarity, the factsheets effectively conveyed key messages to individuals from diverse demographic backgrounds. The factsheets, which were made available in the 24 EU official languages, were disseminated through the BUMPER website and social media.

## WHY DOES BREASTFEEDING REDUCE MY RISK OF GETTING BREAST CANCER?



Considering that most breast cancers are hormone-dependent, the beneficial effects of breastfeeding may be explained by modifications of the structure of the breast and lower lifetime exposure to hormones in the mother.

### What can I do?



It is recommended that babies be breastfed, without any other foods or drinks, until they are about 6 months old. Thereafter, breastfeeding is recommended alongside appropriate types and amounts of other foods.



The longer you breastfeed, the more the risk is reduced.



Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.

### Tips to take action

1

Learn about breastfeeding and its benefits during pregnancy and post-partum.

2

Be aware of your breastfeeding rights.

3

Breastfeed and seek support if you have difficulties.

4

Breastfeeding can be challenging. Focus on the benefits of breastfeeding for yourself and your baby to keep you going.

5

Some mothers can't breastfeed for a variety of reasons. Be kind to yourself if this is your case. There are other ways to reduce your cancer risk.

This is one out of the 12 evidence-based recommendations in the European Code Against Cancer. For more information please visit: [cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways](https://cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways)



This factsheet has been developed by the Consortium for the Promotion of Healthy and Medical Research of the European Community (COPHER) within the Bumper project. For more information about the project, please visit [bumper-cancer.eu](https://bumper-cancer.eu).

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GENERALITAT VALENCIANA

Fundació Fisabio

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Image: Factsheet on breast cancer prevention recommendations, developed by the Fisabio Foundation as part of Work Package 4.

- Three **guidebooks** to train BUMPER partners, app developers and future promoters of the EU app were developed at different stages of the project. A health literacy and equity guide for digital health promotion, released internally at the early stages of the project, was produced by the Fisabio Foundation. Additionally, consortium partner the Université Catholique de Louvain (UCL) released two guidebooks for national and regional cancer leagues across Europe with practical information on digital health tools, such as the EU App for Cancer Prevention, to support cancer prevention efforts.

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## HEALTH LITERACY IN CANCER PREVENTION

A guide for European Cancer Leagues

This guide has been developed within the BUMPER project by Work Package 5 members Silvana Romero Saletti, PhD and Professor Stephan Van den Broucke with the input and aid of the BUMPER consortium.

For more information about the project, visit [bumper-cancer.eu](https://bumper-cancer.eu)



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*Image: Guidebooks to train BUMPER partners, app developers and future promoters of the EU app*

- Two **videos** were released to accompany the guidebooks on health literacy and digital health literacy, which were strategically disseminated across digital platforms to amplify their impact.

LESSONS LEARNT:	
+	-
Videos effectively convey complex cancer prevention messages and information about a project through engaging storytelling.	Videos can be costly and time-consuming to produce and may require additional budget to spread on dissemination channels like social media.
Videos can help humanise a scientific project for audiences, by connecting a human face or voice to an otherwise distant consortium.	Explainer videos about projects do not always reach intended target audiences, especially without translations or dissemination support from local partners.
Factsheets and infographics simplify information into clear and visually appealing formats, making key messages easy to understand and remember for the general population.	Materials offer limited space for detailed information, risk oversimplification, and may not capture attention if not visually appealing.
By translating materials, they can be disseminated by a more diverse group of health professionals and supporters.	

## 4.2. Building meaningful connections with stakeholders through social media & the project website

Throughout the project, BUMPER consortium partners made active use of **social media** as a core tool to disseminate key messages, new outputs, and general information about the future EU app. Over 140 pieces of content were shared on Facebook, X/Twitter, LinkedIn, Instagram, and more recently, Bluesky.

The project's strategy to capitalise on the reach and impact of consortium partners' existing social media pages, rather than creating new ones for the project itself, proved successful. By



providing sharing sample posts, partners could translate and tailor content to suit their audiences, ultimately expanding the project's reach.



*Image: The Cyprus Association of Cancer Patients and Friends, a BUMPER partner, sharing news about the future EU app tailored for their audiences on Instagram*

Posts targeting policymakers, the research community, health professionals, cancer leagues, and civil society groups performed particularly well on LinkedIn and X/Twitter. ECL's outreach alone engaged at least 20.000 stakeholders on both platforms. However, engagement on X/Twitter has declined in the recent months, prompting BUMPER partners like ECL to explore alternative platforms such as Bluesky to maintain and strengthen meaningful connections with these stakeholder groups.

Instagram and Facebook were used to engage both the general population as well as national and regional cancer societies and leagues. Leveraging existing connections with national and regional partners proved essential, as they serve as trusted and recognisable sources of information for non-specialist audiences. Additionally, their closer connection to the public enabled them to tailor content more effectively.

Other platforms particularly popular among younger demographics, such as TikTok, were not explored within the scope of the BUMPER project. However, they should be considered in future dissemination and communication efforts to ensure broader engagement.

The BUMPER **project website** served as a central hub for disseminating key information, updates, and resources related to the project activities and the development of the EU Mobile

App for Cancer Prevention. Throughout the project, the website provided stakeholders with easy access to reports, materials, information on events, and other relevant information, ensuring transparency and engagement with a wide audience.

A key strength of the website was its role in complementing social media outreach, offering a more detailed and structured space for stakeholders to explore project outcomes in depth. Also, updates on pilot studies, publication of materials, and information from webinars and events were featured in the project's newsroom, helping to highlight BUMPER's progress and impact.

However, engagement with the website was largely dependent on external referrals, particularly from social media, partner organisations, and events. Direct traffic remained limited, indicating that while the website was a valuable resource, proactive dissemination strategies were necessary to drive visitors to its content. Future projects could benefit from stronger search engine optimisation (SEO) strategies and more interactive website features to enhance engagement and user retention.

Lessons learnt:	
+	-
Leveraging existing social media pages, rather than creating new ones, is an effective strategy for maximising reach and engagement.	Shifts in platform dynamics, algorithms and perceptions require continuous monitoring and a readiness to integrate new platforms into existing social media strategies.
Localised and tailored content increases impact. Providing sample posts for translation and adaptation helps partners to more easily adapt messaging for their specific audiences, enhancing engagement.	While organic outreach is valuable, its impact is limited. To further expand reach and engagement, investing in paid social media advertising and exploring collaborations with influencers could be valuable strategies for future outreach efforts.
LinkedIn and X/Twitter are effective for reaching policymakers, researchers, and health professionals, while Instagram and Facebook work well for engaging the general public and national/regional cancer leagues and societies.	Audience fragmentation across platforms can make it challenging to maintain consistent messaging and engagement, requiring tailored content strategies for different stakeholder groups.
National and regional cancer leagues and partners play a vital role in disseminating information, as their credibility and close ties to their communities makes content more impactful.	Smaller cancer leagues often have limited capacity, which can make it challenging for them to actively participate in dissemination efforts. This may result in uneven outreach and require additional support to ensure widespread engagement.

### 4.3. Organising webinars to raise awareness about (digital) health literacy and ECAC as cancer prevention tools

The BUMPER project organised or participated in four webinars, allowing participation from a wider audience without geographic limitations while enabling real-time exchanges between BUMPER experts and specific target audiences.

- **Webinar series cracking the future of the European Code Against Cancer (ECAC):** As part of a broader series about the ECAC, ECL co-hosted [a webinar](#) with the WHO International Agency for Research on Cancer (IARC) and the European Commission's Directorate-General for Health and Food Safety for cancer leagues and ECL Youth Ambassadors in November 2022. The session covered the EU's efforts to integrate cancer prevention, an overview of past and current ECAC editions, progress on developing the 5th edition in line with Europe's Beating Cancer Plan, and introductions to the EU Mobile App for Cancer Prevention and the EU4Health BUMPER project.

The graphic is a promotional poster for a webinar. At the top right, there is a small video feed of a man speaking, with the ECL logo and name above it. The main title 'Webinar' is on the left. In the center, there is a large '12' with 'European Code Against Cancer' and 'WAYS TO REDUCE YOUR CANCER RISK' below it. To the right of the '12' is a grid of 12 circular icons, each with a number and a symbol representing a different way to reduce cancer risk. Below this grid, the text 'Cracking the future of the European Code Against Cancer (ECAC)' is written in red, followed by 'Europe's Beating Cancer Plan & the EU Mobile app for Cancer Prevention'. At the bottom left, there is a logo for 'EUROPE'S BEATING CANCER PLAN' with the tagline 'LET'S STRIVE FOR MORE'. At the bottom right, there is a red box with the date and time '24 November 14:15-15:30 CET'. The bottom of the graphic features the ECL logo, the IARC logo, and the WHO logo, followed by the text 'ECL WEBINAR SERIES ON THE EUROPEAN CODE AGAINST CANCER'.

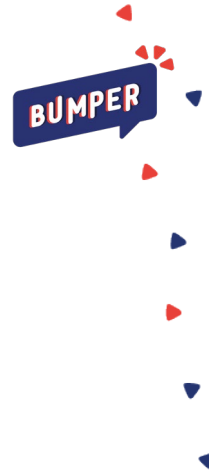


- **BUMPER webinar on health and digital health literacy in Europe:** In October 2024, the Université Catholique de Louvain (UCL) and BUMPER hosted a webinar for health professionals on enhancing (digital) health literacy and integrating the future EU app into broader health promotion strategies. To inform the session, UCL conducted a needs assessment survey to gather insights from cancer organisations, including ECL members, on the challenges and strategies in promoting the European Code Against Cancer (ECAC).

**Agenda**

1. Helena Ros (ECL)  
Introduction to the BUMPER project
2. Stephan Van den Broucke  
Overview of healthy literacy and digital health literacy skills, and their role in Cancer Prevention
3. Q&A Session

- **Expert panel on cancer prevention: identifying challenges, successes, and training needs for ECAC dissemination:** An expert panel was convened with cancer prevention specialists to identify successful experiences, challenges in disseminating the ECAC, and the training needs of participants. This online panel was organised by UCL, with support from ECL as coordinators on May 9, 2023.
- **Participation in external webinars and workshops:** Consortium partners furthermore represented the BUMPER project during online webinars on two separate occasions:



- o Presentation at a webinar during the *Slovenian Week Against Cancer*, targeting 100 students (July 2023).
- o Presentation at the *4P-CAN Workshop*, targeting the scientific community (November 2023).

Lessons learnt:	
+	-
Webinars allow participation from a global audience without geographical limitations. They are cost effective as online sessions eliminate travel and venue costs compared to in-person events.	Time zone differences and scheduling challenges can make it difficult to accommodate all participants, particularly for a global audience. Also, technical issues such as connectivity problems, platform limitations, or user access difficulties may disrupt sessions and reduce engagement.
Webinars enable real-time engagement with core stakeholder group and provide a platform for project partners to directly interact with audiences.	Limited audience interaction compared to in-person events, as online formats may reduce spontaneous discussions and networking opportunities.
Sessions can be recorded for later viewing, extending their impact.	Recorded sessions may reduce live participation, as some stakeholders may choose to watch later instead of engaging in real-time discussions.

## 4.4. Cross-border pilot testing of the EU mobile app for cancer prevention

Pilot testing of the EU mobile app for cancer prevention was organised by the BUMPER project across seven European countries, engaging participants from diverse demographic groups to assess usability and collect feedback led by Leibniz Institute for Prevention Research and Epidemiology - BIPS. This testing phase not only refined the app’s features but also provided valuable insights into the preferences and needs of different user groups. In parallel, targeted dissemination efforts, led by the Cyprus Association of Cancer Patients and Friends (PASAKAF), were carried out to recruit participants and ensure broad engagement.

### Pilot A: Usability testing with wireframes

Pilot A followed a mixed-methods approach, integrating quantitative usability testing with qualitative focus group discussions (FGDs) to assess the preliminary design and functionality of the EU Mobile App for Cancer Prevention. The study was conducted across seven European countries—Cyprus, Finland, Germany, Hungary, Portugal, Slovenia, and Spain—and involved

a total of 76 participants aged between 19 and 84 years. Participants were recruited through purposive quota sampling with the support of local cancer leagues, stratified by age (18–40, 41–60, ≥61 years), gender, and education level to ensure diversity in sociodemographic backgrounds and digital health literacy.

The usability testing focused on ten predefined tasks, which participants completed using mock wireframes accessed via QR codes. These tasks simulated core functionalities such as setting up a user profile, tracking health goals, managing reminders, and accessing educational content. Task completion was measured based on success rates, time taken, and self-reported confidence and difficulty levels using a five-point Likert scale. Digital health literacy was assessed using the eHealth Literacy Scale (eHEALS) questionnaire.

In addition to quantitative usability testing, qualitative data was collected through FGDs, where participants discussed their experiences, barriers, and potential improvements for the app. Moderators followed a semi-structured interview guide to ensure consistency across different locations. AI-assisted transcription and translation tools supported the thematic analysis, which was conducted using ATLAS.ti software to identify common patterns and key insights.

For the quantitative analysis, statistical tests such as ANOVA (with validated assumptions of normality, homogeneity of variance, and outlier detection) were used to determine how factors like age, education level, and digital health literacy influenced usability outcomes. Ethics approval for the study was obtained from the University of Bremen Ethics Commission, and all participants provided informed consent before taking part.

### **Pilot B: Real-world usability and functionality testing**

Pilot B built upon the findings of Pilot A by evaluating the app in a real-world setting, focusing on its usability and functionality. A total of 328 participants completed the pre-usage survey, with 77 proceeding to the post-usage phase from six European countries—Cyprus, Germany, Hungary, Portugal, Slovenia, and Spain—who tested the beta version of the app over a seven-day period. Participants were required to be adults, residents of the selected countries, owners of an internet-enabled smartphone (Android or iOS), and fluent in English or their local language.

Data collection was structured around a pre-usage survey, an app usage phase, and a post-usage survey. In the pre-usage survey, participants provided demographic information, health characteristics, baseline digital health literacy (DHL) via the eHEALS tool, and initial cancer awareness knowledge using an 18-item quiz. During the usage phase, they interacted with the app after installing it via direct download links (APK for Android, TestFlight for iOS), engaging



with features for goal setting, tracking, notifications, and accessing ECAC-aligned educational content. The post-usage survey assessed their experiences, usability perceptions via the System Usability Scale (SUS), changes in cancer awareness, and encountered challenges.

The usability evaluation yielded a mean SUS score of 62.56 (SD=16.87), indicating moderate usability. Participants also provided qualitative feedback on technical barriers. Functionality testing revealed issues with app setup (e.g., APK/TestFlight installation hurdles), language settings, and content accessibility across devices.

Data analysis involved Python-based statistical testing (t-tests, ANOVAs) to assess usability differences across demographics and effect sizes (Cohen's *d*) for cancer awareness improvements. The findings highlighted the app's potential in improving cancer awareness (mean score increase from 50.45 to 53.31,  $p < 0.001$ ) but underscored the need for refinements in navigation, setup processes, and interactive features to enhance usability and equity.



*Image: Marina Pinto and Ana Molina (Fisabio) conducting the first pilot sessions in Valencia, Spain*



*Image: Facilitator from BIPS conducting the first pilot sessions in Bremen, Germany*

The pilot testing phase received highly constructive feedback to inform the app development in different stages, informing the app developers of useful features included in the app but also limitations and constraints. By including end users from vulnerable and low health literacy populations in the pilot sessions, the study ensured that insights from hard-to-reach groups were integrated, enhancing the app's inclusivity and accessibility.

Building on this approach, both Pilot A and Pilot B provided valuable insights into the app's design, functionality, and user engagement. While Pilot A focused on early usability testing using wireframes, Pilot B assessed real-world user interaction with the fully developed app. Together, these studies played a crucial role in shaping recommendations for refining the app, ensuring that it meets the needs of diverse users and effectively supports cancer prevention efforts across different populations.

Lessons learnt:	
+	-
The pilot studies provided valuable and relevant input for the app during early stages of development, allowing developers to refine key features and address potential issues before full implementation.	Coordination with app developers was challenging due to differing timelines and development plans, making it difficult in early stages to align usability testing with app progress.
The inclusion of low health literacy populations ensured the app was designed to be accessible and understandable for diverse target groups, considering differences in age, gender, and education levels.	Recruiting low health literacy participants for the first pilot testing was difficult, as wireframes were only available in English, limiting accessibility and engagement.
Conducting a multi-country pilot enhanced the app's reliability by incorporating feedback from different cultural and linguistic backgrounds, improving its adaptability for a broader audience.	Organising pilot sessions across seven countries within the same timeframe posed logistical and coordination challenges, requiring significant effort to maintain consistency in testing procedures.



The final pilot of the app prototype before release proved essential in identifying and resolving critical functionality and content issues, ensuring a more refined and user-friendly product.

The second pilot was not initially included in the app developers' plan, leading to additional challenges in securing their cooperation for user testing of the final prototype.

## 4.5. Participation in international conferences and events

Throughout the duration of the project, consortium partners represented BUMPER in international conferences and events organised by the European Commission, the European Parliament, cancer leagues, and other EU-funded projects to create synergies and raise awareness about the development of the EU app.

- **Participation in international conferences and events**
  - Presentation at seminar titled *The Code and promotion of health literacy in cancer prevention*, organised by the Association of Slovenian Cancer Societies addressed to 80 students from the Ljubljana Secondary School of Health. Presented by Katja Jarm (ASCS) in Ljubljana, Slovenia on December 8, 2022.
  - Presentation at the inaugural online *EU4Health Project Showcase Event* during the European Week Against Cancer (EWAC) 2023, organised by the European Commission. Presented by Dr. Wendy Yared (Association of European Cancer Leagues – ECL) on May 25, 2023.
  - Presentation at the *Lifechamps Final Event*, organised by the former European Cancer Patient Coalition (ECPC) in the European Parliament to target the scientific community and MEPs. Presented by Dr. Wendy Yared (ECL) on May 30, 2023.
  - Presentation at the *AS-PRIM Conference of primary healthcare professionals*, organised by the Brasov Society of General Practice and the Transylvania University, targeting the scientific community. Delivered by Larisa Pinteaa (BBU) at Transylvania University of Brasov on December 8, 2023.
  - Presentation at the *VII Health Education Gala*, organised by the Portuguese League Against Cancer, targeting the general public. Presented by Cristiana Fonseca (Portuguese League Against Cancer) at Portucalense University on April 2, 2024.
  - Presentation at the *Youth Health Promoters Forum*, organised by the Portuguese League Against Cancer, targeting the education community.

Delivered by Cristiana Fonseca and Patrícia Pinto (Portuguese League Against Cancer) on June 28, 2024.

- Presentation at the *European Public Health Conference (EPH) – ‘Sailing the Waves of European Public Health: Exploring a Sea of Innovation’*, organised by the European Public Health Association (EUPHA), targeting the scientific community. Delivered by Helena Ros (ECL) at the Lisbon Congress Center (CCL) on December 11, 2024.
- Presentation at *World Cancer Day 2025: HaDEA Project Showcase – Panel 1: Prevention, Early Detection & Screening*, targeting the scientific community, European Commission, and NGOs/patient organisations. Delivered by Dr. Wendy Yared (ECL) at the Thon Hotel in Brussels on February 4, 2025.



Image: Helena Ros (ECL) presenting BUMPER at the European Public Health Conference in Lisbon, November 2024.



Image: Dr. Wendy Yared (ECL) presenting BUMPER at HaDEA's Project Showcase Event for World Cancer Day in February 2025.

- **Participation in international meetings:**

- Presentation at online “ECAC5 Scoping Meeting”, organised by IARC, targeting the scientific community. Presented by Helena Ros (ECL) on December 8, 2022.
- Presentation at the *SUNRISE EU-project Kick-off Meeting*, targeting the scientific community. Delivered by Paula Romeo Cervera (Fisabio Foundation) at the Centre for Research and Technology Hellas, Thessaloniki, Greece, on January 18, 2024.
- Participation in *IARC's Online Consultation: Unlocking Success – Improving the Dissemination of the European Code Against Cancer*, targeting the scientific community. Delivered online by Helena Ros (ECL) on July 2, 2024.
- Participation in the *ECAC5 Executive Meeting*, organised by IARC, targeting the scientific community. Delivered online by Helena Ros (ECL) on October 24, 2024.

Lessons learnt:	
+	-
Representing projects like BUMPER at high-profile events helps raise awareness about	Attending international events requires significant time, financial investment, and

the project among key stakeholders, including policymakers, researchers, and health professionals.	logistical coordination, particularly for in-person events.
Engaging with international experts, EU-funded projects, and policymakers facilitates the exchange of knowledge and potential synergies with other public health initiatives.	While conferences are effective for reaching professionals and policymakers, they may not directly engage the broader public or app users as effectively as other outreach methods.
Presentations tailored to different stakeholder groups, including the scientific community, policymakers, educators, and the general public, help ensure broad dissemination of project objectives.	Presenting BUMPER along with multiple projects and initiatives at large conferences made it challenging to ensure that BUMPER's key messages stood out.
Presenting at scientific conferences and other high-level events helps position EU-funded projects like BUMPER as a relevant and credible initiative in the field of cancer prevention and public health.	Coordinating presentations across multiple international events requires careful planning to align with project timelines and partners availability.
Presentations at European Parliament and EU Commission events provide a direct channel to influence policy discussions related to digital health and cancer prevention.	While online events improve accessibility, some key conferences require physical attendance, limiting participation for some project partners due to travel constraints.
Participation in events such as World Cancer Day and the European Public Health Conference ensure that a project's impact is extended beyond the project's duration, contributing to sustained engagement.	While participation helps raise awareness, tracking the direct influence of these events on future app adoption and policy integration is difficult.

## 4.5. Academic publications

Academic publications and scoping review reports were another critical aspect of the dissemination strategy. A total of three papers were shared through peer-reviewed journals, ensuring that the lessons learned, and methodologies developed could inform future initiatives in the field. Participation in international conferences further amplified the project's visibility, fostering collaborations and knowledge exchange.

- **Academic publications:**
  - The Leibniz Institute for Prevention Research and Epidemiology (BIPS) published an article presenting the results of the pilots undertaken within BUMPER to understand the factors influencing the use of a cancer prevention app among users with different digital health literacy levels and to evaluate the app's usability. (Ahmed, M Carbó, P Pinto, H Comesana, K Jarm, H Kuusela, B Rozványi, M Krini, H Zeeb, T Brand, Usability Insights from the BUMPER Cancer Prevention App Pilot Study: A Mixed-Methods Approach, *European*

*Journal of Public Health*, Volume 34, Issue Supplement\_3, November 2024, ckae144.1043, <https://doi.org/10.1093/eurpub/ckae144.1043>)

- BIPS also published an article presenting a scoping review identifying strategies to enhance digital health literacy in patients and the general population (F Ahmed, B Bernal, P Cervera, H Brenner, S Saletti, M Krini, C Fonseca, W Yared, H Zeeb, T Brand, Digital Health Literacy Enhancement Strategies Across Diverse Groups: A Scoping Review, *European Journal of Public Health*, Volume 34, Issue Supplement\_3, November 2024, ckae144.1495, <https://doi.org/10.1093/eurpub/ckae144.1495>)
- The Fisabio Foundation published an article in the *European Journal of Public Health* presenting the results of a cross-sectional study conducted to assess cancer prevention literacy among the European population. Fisabio also showcased the findings through a poster at the European Public Health Conference (EPH) in Lisbon in November 2024 (P Romeo-Cervera, M Pinto-Carbó, A Blanco-Cabañes, M A Torres-Mariner, J Fons-Martínez, M Vanaclocha-Espí, S Castán-Cameo, T de Pablo-Pardo, A Molina-Barceló, BUMPER Consortium, Assessing cancer prevention literacy among European population: a cross-sectional study, *European Journal of Public Health*, Volume 34, Issue Supplement\_3, November 2024, ckae144.1692, <https://doi.org/10.1093/eurpub/ckae144.1692>)



Image: Dr. Ana Molina and Paula Romeo (Fisabio) at the EPH Conference, Lisbon, November 2024.



Lessons learnt:	
+	-
Publishing in peer-reviewed journals ensures that the research findings undergo rigorous evaluation, enhancing the credibility of the project's methodologies and results.	The peer-review and revision process can be lengthy, delaying the dissemination of findings to relevant stakeholders.
Academic publications serve as a permanent knowledge resource, informing future research and initiatives in digital health literacy and cancer prevention.	Some journals require paid access, restricting the reach of findings to institutions and individuals without subscriptions.
Research papers reach a broad international audience, including researchers, policymakers, and public health professionals, extending the project's influence beyond its immediate scope.	Academic articles are often written for a specialised audience, making them less accessible to the general public and non-academic stakeholders.
Publications increase the project's visibility among academic and funding institutions, fostering new research collaborations and potential funding opportunities.	Writing, submitting, and revising research papers require significant time and expertise, diverting resources from other dissemination activities.
Findings from publications can be incorporated into public health courses and influence evidence-based policymaking at the national and EU level.	While publications contribute to academic discourse, their translation into actionable health interventions or policy changes may take time.

## 5. TRAINING HEALTH ADVOCATES TO PROMOTE THE ECAC AND HEALTH LITERACY

Within the framework of the BUMPER project, training health advocates emerged as a strategic priority to support the dissemination of the European Code Against Cancer (ECAC) and the promotion of health literacy (HL) and digital health literacy (DHL). Health advocates serve as vital intermediaries between public health institutions and communities. To enable them to fulfil this role effectively, a targeted training programme was developed, drawing on evidence from a baseline needs assessment.

This chapter presents the rationale behind the training activities led by BUMPER's work package 5 (led by UCLouvain) and provides an overview of the materials developed and used. It also offers a critical reflection on the strengths and limitations of this approach.

## From Needs Assessment to Tailored Training

The foundation for the training programme was laid through a comprehensive needs assessment conducted with representatives from the affiliated member leagues of ECL. The assessment explored the strengths, barriers, and opportunities encountered by cancer league members in their efforts to disseminate the ECAC and promote the use of digital tools, such as the future EU Mobile App for Cancer Prevention.

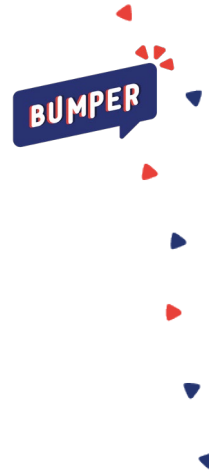
Findings from the assessment highlighted several key issues. While there was widespread recognition of the ECAC's value, awareness of its content among the general public remained low. Respondents also identified gaps in their own digital confidence and familiarity with eHealth tools. Variations in digital literacy, computer self-efficacy, and levels of comfort using mobile applications were particularly evident. Importantly, participants expressed a strong interest in receiving training that could build their understanding of HL and DHL and enable them to act as multipliers of the app and its messages. These insights shaped the development of a comprehensive training package designed to meet the expressed needs of this community.

## Training Programme Components

The training programme developed as a result of the needs assessment comprised four key components: a webinar, two training guides (on HL and DHL), and two short educational videos.

The **webinar** served as an introductory platform, bringing together representatives from cancer leagues to discuss the relevance of HL and DHL in cancer prevention. It provided a shared space to present the objectives of the training, stimulate reflection, and encourage peer learning and exchange.

The **two training guides**, *Health Literacy in Cancer Prevention* and *Digital Health Literacy in Cancer Prevention*, were developed to provide foundational and practical knowledge. The HL guide explains the concept of health literacy in its multidimensional form, covering competencies such as accessing, understanding, appraising, and applying health information. It situates HL within the context of cancer prevention, showing how improved literacy contributes to risk factor awareness, informed decision-making, and engagement with screening and prevention services. The DHL guide extends this understanding into the digital sphere, introducing the specific literacies required to navigate online health environments. It addresses the challenges posed by the digital divide, illustrates how mobile health tools can support prevention, and outlines strategies for advocates to help users engage with the EU Mobile App for Cancer Prevention.



In parallel to the guides, **two short videos** were produced and made publicly available:

- [Video 1](#) introduces the concepts of HL and DHL and highlights their significance in cancer prevention.
- [Video 2](#) shows practical strategies for improving DHL, particularly in relation to using mobile health technologies and interpreting digital content.

These videos offer visual and accessible summaries of the key concepts covered in the written guides. They are designed to complement the guides and webinar by supporting different learning styles and extending the reach of the training materials.

### Supporting Materials Developed in Parallel

Although not part of the core training package, the *Health Literacy and Equity Guide for Digital Health Promotion* was developed as part of a parallel process under the work package 4 of the BUMPER project, led by the Fisabio Foundation. This guide provides a broader strategic framework for embedding HL and equity considerations into the design and implementation of digital health interventions. It includes specific recommendations to ensure that health promotion tools are inclusive, representative, and accessible, particularly to vulnerable or marginalised groups. While not developed directly as a training resource for health advocates, this guide reinforces the values and principles that underpin the HL and DHL training programme.

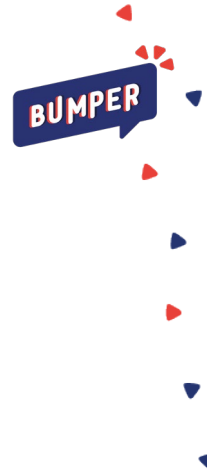
### Advantages and Limitations of the Training Approach

The training programme developed within the BUMPER project represents a thoughtful and evidence-informed approach to equipping health advocates with the knowledge and confidence to promote the ECAC and foster improved health literacy across European communities. Grounded in the insights of those who will implement it, and supported by accessible and professionally developed materials, the programme laid the groundwork for more inclusive and effective cancer prevention efforts.

To maximise its impact, future steps could include the development of interactive digital training modules, translation into additional languages, and the provision of formal recognition for participants who complete the training.

Lessons learnt:	
+	-
Holistic and well-structured approach to digital and health literacy training.	Some materials may require prior understanding of public health terminology.





Responds directly to the identified needs of ECL members representing national and regional cancer leagues.	Potential digital barriers for advocates with lower technological confidence.
Combines written, visual, and interactive formats to support different learning styles.	Lack of interactive e-learning platform or formal certification pathway.
Reinforces the link between digital health literacy and health literacy and the usability of the future EU Mobile App for Cancer Prevention.	May require adaptation or translation to address country-specific contexts.
Aligns with wider EU public health strategies and equity goals.	Time constraints may limit full engagement, particularly among volunteer advocates.

## 6. RECOMMENDATIONS FOR SUSTAINABILITY AND MAINTENANCE OF THE APP

The sustainability of the BUMPER project's outcomes is crucial to ensuring its long-term impact on cancer prevention efforts across the EU. This section presents nine key recommendations for the EU Commission to support the sustainability, dissemination and adoption of the future EU mobile app for cancer prevention among civil society organisations across Europe, based on the project's communication and dissemination outreach experiences outlined in the previous chapters.

### 1. Update contents of the app with ECAC5

The content of the app, developed with support from BUMPER, is based on the 4th edition of the European Code Against Cancer (ECAC). The update to the 5th edition (ECAC5) has been carried out in parallel with BUMPER. However, due to misaligned timelines, we were unable to incorporate the updates from the 5th edition into the app, as it will only become publicly available in Europe after BUMPER concludes.

Incorporating ECAC5 will increase the credibility and relevance of the app and will be critical to its continued use by trained health advocates. Therefore, we strongly recommend that the

future tender responsible for updating and maintaining the app ensures its content aligns with ECAC5.

## 2. Validate translations of all languages

Findings from the second pilot testing highlighted the need for better localisation. While the app is available in multiple EU languages, some translations were inconsistent or unclear, creating usability barriers, especially for individuals with low digital literacy.

To address this, a formal process for validating and improving translations should be established, ideally in collaboration with national cancer leagues and civil society groups familiar with local contexts. Also, adapting content to reflect regional cancer prevention needs and communication preferences will support broader app adoption and ensure that messages resonate with different user groups.

## 3. Establish interactive and modular training pathways

Feedback from the health advocates' training pointed to a need for more interactive and flexible formats. While the combination of webinars, guides, and videos was well-received, the lack of an interactive e-learning platform or certification limited deeper engagement.

To address this, a future maintenance plan could include the development of modular online training linked to the app, with badges or certificates of completion. This could support the long-term capacity-building of health promoters and offer an incentive for engagement. Including real-world application exercises and updated content tied to ECAC5 would further enhance training impact.

## 4. Develop a recognition system for trained health advocates

Health advocates participating in the training programme expressed interest in being recognised for their knowledge and role. A simple accreditation or endorsement system could motivate continued involvement and signal trustworthiness to the communities they serve.

Such a system could be tied to an online dashboard or interactive toolkit within the future app's web ecosystem, enabling advocates to track their own activities or access updated training content as ECAC guidance evolves.

## 5. Continue to meaningfully engage with stakeholders

A key aspect of the sustainability plan is fostering strong, long-term partnerships with stakeholders. Regular updates, workshops, and collaborative initiatives will help ensure that policymakers, researchers, and health professionals continue to advocate for and integrate the app into their work once it becomes publicly available.

BUMPER project partners like the Association of European Cancer Leagues (ECL) are committed to promoting the app among civil society organisations once it is finalised and maintained with the updates from the 5th Edition of the European Code Against Cancer (ECAC). To support this effort, we have developed a stakeholder map as part of WP1 (see annex 8.1).

To ensure the successful promotion and adoption of the forthcoming EU mobile app for cancer prevention, key stakeholders have been classified into the following categories:

- **European health and cancer organisations** – These include EU-level public health bodies, NGOs, and advocacy groups focused on cancer prevention and health promotion. Their role will be essential in supporting dissemination efforts, endorsing the app, and integrating it into broader cancer prevention strategies.
- **Scientific community** – Researchers, academics, and healthcare professionals working in cancer prevention, digital health, and public health fields. Their engagement will help validate the app's credibility, encourage research collaborations, and facilitate integration into health education and professional training programs.
- **European cancer leagues** – National and regional cancer societies across Europe that serve as trusted sources of information and support for patients and the public. They will play a crucial role in promoting the app within their networks and integrating it into existing cancer prevention initiatives.
- **ECL's Prevention and Early Detection Working Group (ECL P&ED WG)** – A specialised group of experts coordinated by the Association of European Cancer Leagues (ECL) dedicated to cancer prevention and early detection. Their involvement will provide technical guidance, strategic insights, and facilitate targeted outreach within the cancer control community.

- **General population** – The app’s primary users, including individuals across all age groups and demographics. Awareness campaigns targeting the general public will be conducted primarily through national and regional cancer leagues, leveraging their existing networks and outreach capabilities to ensure widespread adoption.
- **Members of European Parliament (MEPs) and Permanent Representatives** – Policymakers who influence health policies and funding at the EU level. Engaging MEPs and Permanent Representatives will be critical for securing institutional support, aligning the app with EU health policies, and ensuring its sustainability within European public health initiatives.

## 6. Provide ongoing support for advocates and small organisations

Many national and regional cancer leagues—particularly smaller organisations—expressed that limited staff time and resources hindered their ability to engage fully with dissemination activities. To sustain the app’s use, ongoing support should be provided, such as:

- Ready-to-use communication materials and visual assets in multiple languages;
- Sample social media posts tailored by audience and country;
- Microgrants or project support to incentivise continued local dissemination.

Empowering these stakeholders is key to ensuring widespread reach, particularly among marginalised and hard-to-reach communities.

## 7. Monitor for long-term impact

Sustaining the app’s relevance requires robust mechanisms for monitoring usage, feedback, and outcomes. This includes tracking not only download and usage statistics, but also app engagement across different sociodemographic groups, especially those at higher risk or with low digital health literacy.

Insights should inform ongoing updates, and results could be disseminated regularly to trained health advocates, cancer leagues, and EU stakeholders. This would also contribute to transparency, shared learning, and continued motivation for community-level promoters.

## 8. Develop engaging digital content and work with influencers to raise awareness about the app

Experiences from the BUMPER project show that videos, infographics and other digital content are an effective tool to effectively convey complex cancer prevention messages online. Yet building meaningful connections with key stakeholders and the general public through website and social media outreach has proven challenging.

Following the launch of the EU app, efforts should continue to be made towards further establishing collaborations with health advocates (including national and regional cancer leagues and the ECL Youth Ambassadors) and health influencers to promote the app and messages of ECAC on channels like Instagram and TikTok. Providing tailored messaging, similar to the guidebooks developed by BUMPER, and an online toolbox with adaptable communication tools may also prove useful towards this end.

## 9. Craft tailored messages for every stakeholder group

Effective dissemination of the future EU Mobile App for Cancer Prevention depends not only on the quality of the content but also on how well messages resonate with the diverse audiences the future app aims to reach. Lessons from the BUMPER training programme and dissemination efforts consistently underscored the importance of customising messaging strategies to reflect the specific interests, capacities, and roles of each stakeholder group.

Different audiences—ranging from health professionals and cancer leagues to policymakers, educators, young people, and members of the general public—engage with cancer prevention information in different ways. Tailored messages help ensure that each group sees the relevance of the app to their own context, enhancing both initial uptake and long-term commitment to using and promoting the tool.

To support this, it is recommended that future communication efforts include:

- **Audience-specific key messages and language:** Adapt tone, terminology, and calls to action depending on the stakeholder. For instance, for policymakers, messages should highlight alignment with EU health strategies and cost-effectiveness, while messages

for youth health ambassadors should be framed around empowerment, simplicity, and digital convenience.

- **Sector-specific visuals and examples:** When designing infographics or promotional videos, include relevant imagery and references—for example, featuring educators in materials targeting schools, or community health workers in content for civil society groups.
- **Feedback loops for refinement:** Regularly collect input from stakeholder representatives—especially those from underrepresented or vulnerable communities—to ensure messaging remains relevant, culturally appropriate, and responsive to shifting needs.

In addition to audience-specific language, careful attention should also be given to the emotional tone of the message. Input from health communication experts within BUMPER suggests that positively framed messages—which emphasise the benefits of healthy behaviours (e.g. “You can reduce your cancer risk by following these steps”)—are generally more effective in promoting preventive action than negative or fear-based messages, which focus on risks and consequences (e.g. “Not exercising increases your cancer risk”).

## 7. CONCLUSION

The BUMPER project has made significant advances in cancer prevention efforts across Europe by bridging the gap between public health recommendations and digital innovation. At the heart of this initiative lies the future EU Mobile App for Cancer Prevention—an accessible, user-friendly tool designed to bring the messages of the European Code Against Cancer (ECAC) directly to individuals, with a particular emphasis on reaching underserved and marginalised populations.

Through a multifaceted dissemination strategy, BUMPER has ensured that awareness of the forthcoming app and its supporting materials reached a wide range of stakeholders, including national cancer leagues, health professionals, researchers, policymakers, educators, and the general public. This success was made possible through a combination of traditional communication channels and digital outreach, underpinned by a commitment to inclusivity, co-creation, and evidence-based practice.

A cornerstone of the project has been the development of a training programme for health advocates, rooted in the findings of a comprehensive needs assessment. This training equipped cancer leagues and other stakeholders with the knowledge and confidence to

support communities in developing health and digital health literacy. The training materials—comprising practical guides, a webinar, and two videos—were designed to be adaptable, accessible, and applicable across diverse national and local contexts.

The lessons learnt from the training activities, pilot testing, and dissemination efforts have directly informed the recommendations outlined in this report. These recommendations emphasise the importance of updating the app in line with the forthcoming European Code Against Cancer (ECAC5), improving multilingual accessibility, supporting local champions through recognition and training, and tailoring communication for different stakeholder groups. The inclusion of these strategies will not only support the sustained use of the forthcoming app but also help foster a broader culture of health literacy and prevention across Europe.

The BUMPER project has also demonstrated the value of collaboration—between cancer leagues, research institutions, app developers, and civil society—in co-producing public health tools that are scientifically sound, digitally inclusive, and socially responsive. By integrating health equity principles throughout the project lifecycle, BUMPER has contributed to reducing disparities in cancer prevention and laid the groundwork for long-term systemic impact.

As the project concludes, the momentum it has generated must be sustained. The continued maintenance and promotion of the EU Mobile App for Cancer Prevention, aligned with the updated ECAC and responsive to evolving user needs, is essential. The tools, networks, and insights developed through BUMPER offer a solid foundation for further engagement, innovation, and action at both the EU and national levels.

In a digital age where misinformation and health inequalities persist, the work initiated by BUMPER represents a vital step forward. By empowering individuals with knowledge and tools to reduce their cancer risk, and by supporting organisations in delivering accessible, accurate, and equitable prevention messaging, the project exemplifies the power of targeted dissemination in achieving real-world health outcomes. The legacy of BUMPER lies not only in the forthcoming app, but in the collective capacity it has built to advance cancer prevention for all.

# ANNEXES

## 8.1. Stakeholder map

### Organisations

Organisation	Acronym	Country	Scope	Website
Centre for Global Health Inequalities Research	CHAIN	NO	Global	<a href="https://www.ntnu.edu/chain">https://www.ntnu.edu/chain</a>
DG Health & Food Safety	DG SANTE	LU	European	<a href="https://commission.europa.eu/about/departments-and-executive-agencies/health-and-food-safety_en">https://commission.europa.eu/about/departments-and-executive-agencies/health-and-food-safety_en</a>
Euro Health Group	EHG	DK	Global	<a href="http://www.ehg.dk/">http://www.ehg.dk/</a>
European Alcohol Policy Alliance	Eurocare	BE	European	<a href="https://eurocare.org/">https://eurocare.org/</a>
European Association of Urology	EAU	NL	European	<a href="https://uroweb.org/">https://uroweb.org/</a>
European Cancer Organisation	ECO	BE	European	<a href="https://www.europeancancer.org/">https://www.europeancancer.org/</a>
European Cancer Prevention Organization	ECP	BE	European	<a href="http://ecpo.org/">http://ecpo.org/</a>
European Commission: Directorate-General for Research & Innovation	DG RTD	BE	European	<a href="http://ec.europa.eu/research">http://ec.europa.eu/research</a>
European Commission: Joint Research Centre (Health Unit)	JRC	IT	European	<a href="https://ec.europa.eu/jrc/">https://ec.europa.eu/jrc/</a>
European Institute of Oncology	EIO	IT	European	<a href="https://www.ieo.it/en/about_us/">https://www.ieo.it/en/about_us/</a>
European Network for Smoking and Tobacco Prevention	ENSP	BE	European	<a href="https://ensp.network/">https://ensp.network/</a>
European Oncology Nursing Society	EONS	BE	European	<a href="http://www.cancernurse.eu/">http://www.cancernurse.eu/</a>



European Partnership for improving Health Equality Wellbeing	EuroHealthNet	BE	European	<a href="https://eurohealthnet.eu/">https://eurohealthnet.eu/</a>
European Patients' Forum	EPF	BE	European	<a href="http://www.eu-patient.eu/">http://www.eu-patient.eu/</a>
European Public Health Alliance	EPHA	BE	European	<a href="http://www.epha.org/">http://www.epha.org/</a>
European Public Health Association	EUPHA	NL	European	<a href="http://www.eupha.org/">http://www.eupha.org/</a>
European Regional and Local Health Authorities	EUREGHA	BE	European	<a href="http://www.euregha.net">www.euregha.net</a>
European School of Oncology	ESO	IT	European	<a href="https://www.eso.net">https://www.eso.net</a>
European Society for Medical Oncology	ESMO	CH	European	<a href="http://www.esmo.org/">http://www.esmo.org/</a>
European Trade Union Institute	ETUI	BE	European	<a href="https://www.etui.org/">https://www.etui.org/</a>
Female Cancer Foundation	-	NL	Global	<a href="https://www.femalecancerfoundation.org/en/">https://www.femalecancerfoundation.org/en/</a>
Institutul Oncologic	IOCN	RO	National	<a href="https://iob.ro/">https://iob.ro/</a>
International Alliance of Patients' Organizations	IAPO	UK	Global	<a href="https://www.iaipo.org.uk/">https://www.iaipo.org.uk/</a>
International Council on Social Welfare Europe	ICSW	ES	Global	<a href="http://www.icsw.org/">http://www.icsw.org/</a>
IOGT-NTO	-	SE	Global	<a href="https://www.iogt.se/om-iogt-nto/">https://www.iogt.se/om-iogt-nto/</a>
Sciensano	-	BE	National	<a href="https://www.sciensano.be/en">https://www.sciensano.be/en</a>
Smoke Free Partnership	SFP	BE	European	<a href="https://www.smokefreepartnership.eu/">https://www.smokefreepartnership.eu/</a>
Union for International Cancer Control	UICC	CH	Global	<a href="https://www.uicc.org/">https://www.uicc.org/</a>
World Cancer Research Fund International	WCRF	UK	Global	<a href="http://www.wcrf.org/">http://www.wcrf.org/</a>
World Health Organization Regional Office for Europe	WHO Europe	DK	Global	<a href="http://www.euro.who.int/en/home">http://www.euro.who.int/en/home</a>

## 8.2. Social media outputs

Social media outputs arising from the project, including X, Facebook and LinkedIn.

Originator	Social Media Platform	Title of output	Date	Link (URL)
ECL	Twitter	#EU4Health project #BUMPER is a go!	11/23/2022	<a href="https://twitter.com/CancerLeagues/status/1595338049046695939?s=20&amp;t=7nCvKHouP687CkiM-jV4ow">https://twitter.com/CancerLeagues/status/1595338049046695939?s=20&amp;t=7nCvKHouP687CkiM-jV4ow</a>
IARC	LinkedIn	IARC to support the launch of the flagship EU Mobile App for Cancer Prevention	1/2/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7015700194629410816?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/feed/update/urn:li:activity:7015700194629410816?utm_source=share&amp;utm_medium=member_desktop</a>
IARC	Twitter	IARC to support the launch of the flagship EU Mobile App for Cancer Prevention	1/2/2023	<a href="https://twitter.com/IARCWHO/status/1609934313344180224?s=20&amp;t=7nCvKHouP687CkiM-jV4ow">https://twitter.com/IARCWHO/status/1609934313344180224?s=20&amp;t=7nCvKHouP687CkiM-jV4ow</a>
LPCC	Facebook	Pilot A	2/11/2023	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid027DU9N3gCCsduPHowDbtGYFM5NAc4P5ZbwvjA1wVyETTWviT3G1STrk13TRhkafCI?_cft__[0]=AZWKNQ101f-F-VeOFGiHi2sVo4zzYvdVC7iAGM01KBFNEw2SDg7xYRzW55lInqPjyueOV0UzK_dCsCCenFD25-Nh4y_RR6Eo1WLjd7iyj47qymX3DNra98OMpELHnt_ghUYM93g_7iJOzMgwcVsApHxrhekS24uM66oY00tOS6kLm2czQ">https://www.facebook.com/LPCCNorte/posts/pfbid027DU9N3gCCsduPHowDbtGYFM5NAc4P5ZbwvjA1wVyETTWviT3G1STrk13TRhkafCI?_cft__[0]=AZWKNQ101f-F-VeOFGiHi2sVo4zzYvdVC7iAGM01KBFNEw2SDg7xYRzW55lInqPjyueOV0UzK_dCsCCenFD25-Nh4y_RR6Eo1WLjd7iyj47qymX3DNra98OMpELHnt_ghUYM93g_7iJOzMgwcVsApHxrhekS24uM66oY00tOS6kLm2czQ</a>

				<a href="#">kbcZ1WP43MF-siojU&amp; tn =%2CO%2CP-R</a>
LPCC	LinkedIn	Pilot A	2/11/2023	
				<a href="https://www.instagram.com/p/CzKHDf3sFKy/?utm_source=ig_web_copy_link&amp;igsh=MjM0N2Q2NDBjYg==">https://www.instagram.com/p/CzKHDf3sFKy/?utm_source=ig_web_copy_link&amp;igsh=MjM0N2Q2NDBjYg==</a>
LPCC	Instagram	Pilot A	2/11/2023	<a href="#">2NDBjYg==</a>
Fisabio	Twitter	Què t'agradaria trobar en una #app mòbil de prevenció del #càncer?	2/17/2023	<a href="https://twitter.com/GV Afisabio/status/1626538926235168774">https://twitter.com/GV Afisabio/status/1626538926235168774</a>
Fisabio	Instagram	Què t'agradaria trobar en una #app mòbil de prevenció del #càncer?	2/17/2023	<a href="https://www.instagram.com/p/CowxDBEt6xQ/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CowxDBEt6xQ/?utm_source=ig_web_copy_link</a>
				<a href="https://www.linkedin.com/posts/fisabio_app-caeqnccer-bumper-activity-7032306717509992448">https://www.linkedin.com/posts/fisabio_app-caeqnccer-bumper-activity-7032306717509992448</a>
Fisabio	LinkedIn	Què t'agradaria trobar en una #app mòbil de prevenció del #càncer?	2/17/2023	<a href="#">ffxw?utm_source=share&amp;utm_medium=member_desktop</a>
Fisabio	Facebook	Què t'agradaria trobar en una #app mòbil de prevenció del #càncer?	2/17/2023	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid02sSMMoU9HKNpXbnMrV5ngZAbYMNLIvXziPKpPhZR33meUYwjFveoEHHz18safVPozl">https://www.facebook.com/fundacionfisabio/posts/pfbid02sSMMoU9HKNpXbnMrV5ngZAbYMNLIvXziPKpPhZR33meUYwjFveoEHHz18safVPozl</a>
LPCC	Facebook		2/24/2023	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid02tJYkzbC9Sr6YQCAPjp8FxFEK2RuLWnRaxmrjTRikcqfVfCkiXauUUqgtkSSFgbTI">https://www.facebook.com/LPCCNorte/posts/pfbid02tJYkzbC9Sr6YQCAPjp8FxFEK2RuLWnRaxmrjTRikcqfVfCkiXauUUqgtkSSFgbTI</a>

LPCC	Instagram		2/24/2023	<a href="#">LIGA CONTRA CANCRO NORTE no Instagram: "O que gostaria de ter numa app móvel sobre prevenção do cancro?"</a> <a href="#">💡 Em conjunto com os parceiros do projeto BUMPER, estamos a desenvolver..."</a>  <a href="https://www.facebook.com/LPCCNorte/posts/pfbid0txT6xCJQwLnQ4BA3bzFgofurn7QdUcWvfUgKc8nRn5xEGwhGGvAmiX8d4Xyoe6ol">https://www.facebook.com/LPCCNorte/posts/pfbid0txT6xCJQwLnQ4BA3bzFgofurn7QdUcWvfUgKc8nRn5xEGwhGGvAmiX8d4Xyoe6ol</a>
LPCC	Facebook	SURVEY PARTICIPATION APPEAL	3/24/2023	<a href="https://www.instagram.com/p/CqL5u6slkpY/?utm_source=ig_web_copy_link">https://www.instagram.com/p/CqL5u6slkpY/?utm_source=ig_web_copy_link</a>
LPCC	Instagram	SURVEY PARTICIPATION APPEAL	3/24/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7044282606015668224/">https://www.linkedin.com/feed/update/urn:li:activity:7044282606015668224/</a>
Fisabio	LinkedIn	Shared ECL publication. 📌 The BUMPER website is now live!	3/31/2023	<a href="https://twitter.com/GVAsanitat/status/1645357451305267200?s=20">https://twitter.com/GVAsanitat/status/1645357451305267200?s=20</a>
Fisabio	Twitter	Fisabio participa en la creación de la primera aplicación móvil europea de prevención del cáncer	4/10/2023	<a href="https://twitter.com/GVAsanitat/status/1645357451305267200?s=20">https://twitter.com/GVAsanitat/status/1645357451305267200?s=20</a>
Fisabio	Twitter	Fisabio participa en la creación de la primera aplicación móvil europea de prevención del cáncer	4/10/2023	<a href="https://twitter.com/GVAsanitat/status/1645357451305267200?s=20">https://twitter.com/GVAsanitat/status/1645357451305267200?s=20</a>
Fisabio	LinkedIn	Fisabio participa en la creación de la primera aplicación móvil europea de prevención del cáncer	4/10/2023	<a href="https://www.linkedin.com/posts/fisabio_fisabio-activity-7051459528768245760-7WkQ?utm_source=sha">https://www.linkedin.com/posts/fisabio_fisabio-activity-7051459528768245760-7WkQ?utm_source=sha</a>

				<a href="#">re&amp;utm_medium=member_desktop</a>
Fisabio	Facebook	Fisabio participa en la creación de la primera aplicación móvil europea de prevención del cáncer	4/11/2023	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid02u3BScyJpGaje63C7M52MtS3oJG2vakcWF1GAbWGFtgmy3Hmkb2fALtnw5WxZy2NI">https://www.facebook.com/fundacionfisabio/posts/pfbid02u3BScyJpGaje63C7M52MtS3oJG2vakcWF1GAbWGFtgmy3Hmkb2fALtnw5WxZy2NI</a>
ECL	Twitter	"Coinciding with EWAC, the @EU_Commission	5/25/2023	<a href="https://twitter.com/CancerLeagues/status/1661735459431792640?s=20">https://twitter.com/CancerLeagues/status/1661735459431792640?s=20</a>
ECL	LinkedIn	"Coinciding with EWAC, the @EU_Commission	5/25/2023	<a href="https://www.linkedin.com/posts/association-of-european-cancer-leagues_ewac2023-bumper-eucancerplan-activity-7067501380277555200-XGql?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/association-of-european-cancer-leagues_ewac2023-bumper-eucancerplan-activity-7067501380277555200-XGql?utm_source=share&amp;utm_medium=member_desktop</a>
ASCS	Instagram	#BUMPER	5/26/2023	<a href="https://www.instagram.com/p/CsslQu3NPfU/">https://www.instagram.com/p/CsslQu3NPfU/</a>
LPCC	LinkedIn	repost Site WHO	5/29/2023	<a href="https://www.linkedin.com/posts/lpccnorte_ewac2023-bumper-eucancerplan-activity-7068921200931930112-mNdb?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/lpccnorte_ewac2023-bumper-eucancerplan-activity-7068921200931930112-mNdb?utm_source=share&amp;utm_medium=member_desktop</a>
Fisabio	Twitter	Shared ECL publication. #EWAC #BUMPER	5/29/2023	<a href="https://twitter.com/GVAfisabio/status/1663172478359805953?s=20">https://twitter.com/GVAfisabio/status/1663172478359805953?s=20</a>

Fisabio	LinkedIn	Shared ECL publication. #EWAC #BUMPER	5/29/2023	<a href="https://www.linkedin.com/posts/fisabio_ewac-2023-bumper-eucancerplan-activity-7068939849394720769-_-JznN?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/fisabio_ewac-2023-bumper-eucancerplan-activity-7068939849394720769-_-JznN?utm_source=share&amp;utm_medium=member_desktop</a>
PASYKAF	LinkedIn	#BUMPER	5/29/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7068838866178207744">https://www.linkedin.com/feed/update/urn:li:activity:7068838866178207744</a>
Fisabio	Twitter	#EWAC #BUMPER	5/31/2023	<a href="https://twitter.com/GVAfisabio/status/1663796725075591168?s=20">https://twitter.com/GVAfisabio/status/1663796725075591168?s=20</a>
Fisabio	Facebook	#EWAC #BUMPER	5/31/2023	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbidOymjeThcPd93VCXZXogCrqN4Bf1yhYaxCbbA8LNuSqxmP1zf5yBx8LPAdemHajUM7l">https://www.facebook.com/fundacionfisabio/posts/pfbidOymjeThcPd93VCXZXogCrqN4Bf1yhYaxCbbA8LNuSqxmP1zf5yBx8LPAdemHajUM7l</a>
ASCS	ASCS website	#BUMPER, #EWAC, BUMPER webpage	5/31/2023	<a href="https://www.protiraku.si/Arhiv-novic/ArticleID/223/Projekt-BUMPER">https://www.protiraku.si/Arhiv-novic/ArticleID/223/Projekt-BUMPER</a>
Fisabio	Twitter	BUMPER Midterm meeting Turin	10/16/2023	<a href="https://x.com/GVAfisabio/status/1713820723649585546?s=20">https://x.com/GVAfisabio/status/1713820723649585546?s=20</a>
Fisabio	Facebook	BUMPER Midterm meeting Turin	10/16/2023	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid0SvdBAX4m9Q2kCqnPmUcrFLGow2AjinwY1QVRALyWszbwPtW88nT8HxBPw1qCUQizSl">https://www.facebook.com/fundacionfisabio/posts/pfbid0SvdBAX4m9Q2kCqnPmUcrFLGow2AjinwY1QVRALyWszbwPtW88nT8HxBPw1qCUQizSl</a>
Fisabio	LinkedIn	BUMPER Midterm meeting Turin	10/16/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7119584369396">https://www.linkedin.com/feed/update/urn:li:activity:7119584369396</a>

				<a href="https://www.linkedin.com/posts/pasykaf_bumper-eu4health-ecac-activity-7119713623953788928">https://www.linkedin.com/posts/pasykaf_bumper-eu4health-ecac-activity-7119713623953788928</a>
Fisabio	Twitter	BUMPER Midterm meeting Turin	10/16/2023	<a href="https://x.com/AIVFisabio/status/1713821889099923592?s=20">https://x.com/AIVFisabio/status/1713821889099923592?s=20</a>
				<a href="https://www.linkedin.com/posts/pasykaf_bumper-eu4health-ecac-activity-7119713623953788928">https://www.linkedin.com/posts/pasykaf_bumper-eu4health-ecac-activity-7119713623953788928</a>
PASYKAF	LinkedIn	Bumper App update & website	10/16/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7120344076830289920">https://www.linkedin.com/feed/update/urn:li:activity:7120344076830289920</a>
				<a href="https://m.facebook.com/story.php?story_fbid=pfbid02RuYcpUXjYMXnKwL616E7xnkLKgWgRe3ZTF7xTFDrvd2bxTsw3xz5WQk7hyQR1wl&amp;id=100064528756958">https://m.facebook.com/story.php?story_fbid=pfbid02RuYcpUXjYMXnKwL616E7xnkLKgWgRe3ZTF7xTFDrvd2bxTsw3xz5WQk7hyQR1wl&amp;id=100064528756958</a>
PASYKAF	Facebook	Bumper App update & website	10/16/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7120344076830289920">https://www.linkedin.com/feed/update/urn:li:activity:7120344076830289920</a>
BBU	LinkedIn	BUMPER Midterm meeting Turin	10/18/2023	<a href="https://www.linkedin.com/posts/pasykaf_activity-7122823401315930112">https://www.linkedin.com/posts/pasykaf_activity-7122823401315930112</a>
				<a href="https://www.linkedin.com/feed/update/urn:li:activity:7122823401315930112">https://www.linkedin.com/feed/update/urn:li:activity:7122823401315930112</a>
PASYKAF	LinkedIn	BUMPER Midterm meeting Turin-REPORT	10/18/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7122823401315930112">https://www.linkedin.com/feed/update/urn:li:activity:7122823401315930112</a>



Cancer Society of Finland	LinkedIn	BUMPER Midterm meeting Turin	10/18/2023	<a href="https://www.linkedin.com/posts/sy%C3%B6p%C3%A4j%C3%A4rjest%C3%B6t_bumper-eu-cancerprevention-activity-7120298910878695425-A6p0?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/sy%C3%B6p%C3%A4j%C3%A4rjest%C3%B6t_bumper-eu-cancerprevention-activity-7120298910878695425-A6p0?utm_source=share&amp;utm_medium=member_desktop</a>
BBU	Facebook	BUMPER Midterm meeting Turin	10/21/2023	<a href="https://m.facebook.com/story.php?story_fbid=pfbid02J57vMmEuZG5iHKnPUCGt1irKhTKHBCJAdDPVnLg4xwCsqrVqYxJ9ZB9tX1vEmKbl&amp;id=100064870412872">https://m.facebook.com/story.php?story_fbid=pfbid02J57vMmEuZG5iHKnPUCGt1irKhTKHBCJAdDPVnLg4xwCsqrVqYxJ9ZB9tX1vEmKbl&amp;id=100064870412872</a>
BBU	Facebook	BUMPER Midterm meeting Turin	10/25/2023	<a href="https://m.facebook.com/story.php?story_fbid=pfbid0s61kXyVz4WbBaLMS8EtZogV5G1zsuaJzE2QL25eLu3ZSTW55pMvUxFoBBDHTwbal&amp;id=100071536545462">https://m.facebook.com/story.php?story_fbid=pfbid0s61kXyVz4WbBaLMS8EtZogV5G1zsuaJzE2QL25eLu3ZSTW55pMvUxFoBBDHTwbal&amp;id=100071536545462</a>
PASYKAF	Facebook	Bumper App & Participation in Turin	11/6/2023	<a href="https://www.facebook.com/photo.php?fbid=718954490265503&amp;set=pb.100064528756958.-2207520000&amp;type=3">https://www.facebook.com/photo.php?fbid=718954490265503&amp;set=pb.100064528756958.-2207520000&amp;type=3</a>
PASYKAF	LinkedIn	Bumper App & Participation in Turin	11/6/2023	<a href="https://www.linkedin.com/posts/pasykaf_bumper-eucancerplan-activity-7130440311394217984-cCZ3?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/pasykaf_bumper-eucancerplan-activity-7130440311394217984-cCZ3?utm_source=share&amp;utm_medium=member_desktop</a>

PASYKAF	Instagram	Bumper App & Participation in Turin	11/6/2023	<a href="https://www.instagram.com/p/CydzNmXstMj/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA">https://www.instagram.com/p/CydzNmXstMj/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA</a>
PASYKAF	Facebook	Bumper App & Website	11/14/2023	<a href="https://www.facebook.com/photo.php?fbid=723427229818229&amp;set=pb.100064528756958.-2207520000&amp;type=3">https://www.facebook.com/photo.php?fbid=723427229818229&amp;set=pb.100064528756958.-2207520000&amp;type=3</a>
PASYKAF	LinkedIn	Bumper App & Website	11/14/2023	<a href="https://www.linkedin.com/posts/pasykaf_ewac2023-bumper-eucancerplan-activity-7068838866178207744-nCIS?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/pasykaf_ewac2023-bumper-eucancerplan-activity-7068838866178207744-nCIS?utm_source=share&amp;utm_medium=member_desktop</a>
PASYKAF	Instagram	Bumper App & Website	11/14/2023	<a href="https://www.instagram.com/p/CzoeNWcqky4/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA">https://www.instagram.com/p/CzoeNWcqky4/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA</a>
BBU	LinkedIn	BUMPER Midterm meeting Turin	12/15/2023	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7141389284003024896">https://www.linkedin.com/feed/update/urn:li:activity:7141389284003024896</a>
HLAC	Facebook	BUMPER Midterm meeting Turin	12/15/2023	<a href="https://www.facebook.com/rakliga/posts/pfbid02ZzQwMHTxHMmgMmBTNHzuQ6HgCCY1Tqb2foK9gtwof1RBkcHJ7ctkKhRHYF4juGgel">https://www.facebook.com/rakliga/posts/pfbid02ZzQwMHTxHMmgMmBTNHzuQ6HgCCY1Tqb2foK9gtwof1RBkcHJ7ctkKhRHYF4juGgel</a>
Fisabio	Facebook	BUMPER Midterm meeting Turin	12/15/2023	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid02gMpALSqrbBMXNZYtcr3jDe5hnXPF">https://www.facebook.com/fundacionfisabio/posts/pfbid02gMpALSqrbBMXNZYtcr3jDe5hnXPF</a>

				<a href="#">zfezxT3Bh3JTJkaXbnue7NXrmimajztuDiQl</a>
				<a href="https://www.linkedin.com/feed/update/urn:li:activity:7141431126350372864">https://www.linkedin.com/feed/update/urn:li:activity:7141431126350372864</a>
Fisabio	LinkedIn	BUMPER Midterm meeting Turin	12/15/2023	<a href="https://m.facebook.com/story.php?story_fbid=pfbid04LFCq3ts8C7cKG8kFu4UTWtd7SbJ53G42D84u2eLgKzraUgcRC3DZQLLt6RUovtsl&amp;id=100064887964127&amp;mibextid=WC7FNe">https://m.facebook.com/story.php?story_fbid=pfbid04LFCq3ts8C7cKG8kFu4UTWtd7SbJ53G42D84u2eLgKzraUgcRC3DZQLLt6RUovtsl&amp;id=100064887964127&amp;mibextid=WC7FNe</a>
BBU	Facebook	BUMPER Midterm meeting Turin	12/15/2023	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid0297LMuAaZywSv9JcMdkoAgzLiqdg37sNdH8sjH2YWugq6u8yo8uwX8WfdEwpi3CTql?_cf_t=[0]=AZVcxu_340p_LTMlznSJe5Y0Tg_QkE-73vZBlrJnCcmetaiYrEVQObLbwhBjm8IEVFcZXqWVTolOwQmF2POHZVRtqboXi1fzdDvQYBuagiab_obPEk9OgfNQaur7pb-0Zlwez8iX_ZbTFINkNJIQQDRnMWeNUaETWn-WDUiTD_IFyKxL_G8vGYjI3st4MPoGn4&amp;_tn=%2CO%2CP-R">https://www.facebook.com/LPCCNorte/posts/pfbid0297LMuAaZywSv9JcMdkoAgzLiqdg37sNdH8sjH2YWugq6u8yo8uwX8WfdEwpi3CTql?_cf_t=[0]=AZVcxu_340p_LTMlznSJe5Y0Tg_QkE-73vZBlrJnCcmetaiYrEVQObLbwhBjm8IEVFcZXqWVTolOwQmF2POHZVRtqboXi1fzdDvQYBuagiab_obPEk9OgfNQaur7pb-0Zlwez8iX_ZbTFINkNJIQQDRnMWeNUaETWn-WDUiTD_IFyKxL_G8vGYjI3st4MPoGn4&amp;_tn=%2CO%2CP-R</a>
LPCC	Facebook	BUMPER Midterm meeting Turin	12/18/2023	<a href="https://www.instagram.com/p/C1Ajl3AgYIk/?utm_source=ig_web_copy_link&amp;igsh=MjM0N2Q2NDBjYg==">https://www.instagram.com/p/C1Ajl3AgYIk/?utm_source=ig_web_copy_link&amp;igsh=MjM0N2Q2NDBjYg==</a>
LPCC	Instagram	BUMPER Midterm meeting Turin	12/18/2023	<a href="#">NDBjYg==</a>

LPCC	LinkedIn	BUMPER Midterm meeting Turin	12/18/2023	<a href="https://twitter.com/CancerLeagues/status/1749784443672211579/photo/1">https://twitter.com/CancerLeagues/status/1749784443672211579/photo/1</a>
ECL	X	Pilot A	1/23/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7155551100777996288">https://www.linkedin.com/feed/update/urn:li:activity:7155551100777996288</a>
ECL	LinkedIn	Pilot A	1/23/2024	<a href="https://twitter.com/GVAfisabio/status/1750152590090719653">https://twitter.com/GVAfisabio/status/1750152590090719653</a>
Fisabio	Twitter	Pilot A	1/24/2024	<a href="https://www.facebook.com/CancerLeagues/posts/pfbid02tzoXSUfNk3oyRgXUhBM3z1P3v1KB0QBRDTZ8f6vk24wgWUZPMjpgJsA5vmNthGAWI">https://www.facebook.com/CancerLeagues/posts/pfbid02tzoXSUfNk3oyRgXUhBM3z1P3v1KB0QBRDTZ8f6vk24wgWUZPMjpgJsA5vmNthGAWI</a>
Fisabio	Facebook	Pilot A	1/24/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7155921354439962624">https://www.linkedin.com/feed/update/urn:li:activity:7155921354439962624</a>
Fisabio	LinkedIn	Pilot A	1/24/2024	<a href="https://rakliga.hu/blog/2024/01/26/eu-rakmegelozesi-mobilalkalmazas-1-pilot/">https://rakliga.hu/blog/2024/01/26/eu-rakmegelozesi-mobilalkalmazas-1-pilot/</a>
HLAC	Webpage	Pilot A	1/26/2024	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid027PXamH2H85G7QLPpTawHmGU9TSKnoPVyr9aP5k7QpqHPGUY4sAQQrfb9XPY7La6nl">https://www.facebook.com/LPCCNorte/posts/pfbid027PXamH2H85G7QLPpTawHmGU9TSKnoPVyr9aP5k7QpqHPGUY4sAQQrfb9XPY7La6nl</a>
LPCC	Facebook	Pilot Test	1/28/2024	<a href="https://www.instagram.com/p/C2pKa6QMSmQ/?fbclid=IwAR1u2UYRfY">https://www.instagram.com/p/C2pKa6QMSmQ/?fbclid=IwAR1u2UYRfY</a>
LPCC	Instagram	Pilot Test	1/28/2024	

				<a href="https://www.facebook.com/rakliga/posts/pfbid02Wt2M4b2JzSbDBsH5X9WYhRnST7VBR2neHbufVw53kgvZhXNNChkXwbsbG6LJKyH7I">tgYUllYk6jtf1ceXRPLM9 f OPjVH23xoNUIGdV M2CUULbk4</a>
HLAC	Facebook	Pilot A	1/29/2024	<a href="https://www.facebook.com/rakliga/posts/pfbid02Wt2M4b2JzSbDBsH5X9WYhRnST7VBR2neHbufVw53kgvZhXNNChkXwbsbG6LJKyH7I">https://www.facebook. com/rakliga/posts/pfbid 02Wt2M4b2JzSbDBsH5 X9WYhRnST7VBR2neHb ufVw53kgvZhXNNChkX wbsbG6LJKyH7I</a>
HLAC	Instagram	Pilot A	1/29/2024	<a href="https://www.instagram.com/p/C2rrtHEIYgn/?igsh=N2F4cWw0bHF3OHLn&amp;fbclid=IwAR3AUQecrx9jCTj0e84s31lu4NXniU1O8s5Su-kbFOtk DPQCUA2e5fPv6Q">https://www.instagram. com/p/C2rrtHEIYgn/?ig sh=N2F4cWw0bHF3OHL n&amp;fbclid=IwAR3AUQecr x9jCTj0e84s31lu4NXniU 1O8s5Su- kbFOtk DPQCUA2e5fPv 6Q</a>
HLAC	TikTok	Pilot A	1/29/2024	<a href="https://www.tiktok.com/@magyar.rakellenes.liga/video/732948127111945504?_r=1&amp;_t=8jR6KfM3INU&amp;social_sharing=1">https://www.tiktok.com /@magyar.rakellenes.li ga/video/73294812711 1945504?_r=1&amp;_t=8jR 6KfM3INU&amp;social shari ng=1</a>
BBU	Facebook	Pilot A	1/29/2024	<a href="https://www.facebook.com/DepartamentulDeSanatatePublica/posts/pfbid034bn3njHgJZQYGChgWF85kF6afsdmtEhi5pvk4qWatmVmL4XrMS1GfMDCa2tJmcWhl?notif_id=1706527025495148&amp;notif_t=feedback_reaction_generic&amp;ref=notif">https://www.facebook. com/DepartamentulDe SanatatePublica/posts/ pfbid034bn3njHgJZQYG ChgWF85kF6afsdmtEhi 5pvk4qWatmVmL4XrM S1GfMDCa2tJmcWhl?n otif_id=1706527025495 148&amp;notif t=feedback reaction_generic&amp;ref=n otif</a>
BBU	LinkedIn	Pilot A	1/29/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7157693799215857664">https://www.linkedin.c om/feed/update/urn:li: activity:7157693799215 857664</a>

ASCS	Instagram	#BUMPER	1/29/2024	<a href="https://www.instagram.com/p/C2sB8kZIJX0/">https://www.instagram.com/p/C2sB8kZIJX0/</a>
Fisabio	LinkedIn	WP4 Survey Dissemination	1/30/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7158081447642247168">https://www.linkedin.com/feed/update/urn:li:activity:7158081447642247168</a>
Fisabio	Facebook	WP4 Survey Dissemination	1/30/2024	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid02Q2cLn26r1avK4HUs99tKKkoo3QrkVZniNbq1nBQC1DYjF6K2vor4JtckREGwa7Efl">https://www.facebook.com/fundacionfisabio/posts/pfbid02Q2cLn26r1avK4HUs99tKKkoo3QrkVZniNbq1nBQC1DYjF6K2vor4JtckREGwa7Efl</a>
Fisabio	Twitter	WP4 Survey Dissemination	1/30/2024	<a href="https://x.com/GVAFisabio/status/1752315734057750557?s=20">https://x.com/GVAFisabio/status/1752315734057750557?s=20</a>
Fisabio	Instagram	WP4 Survey Dissemination	1/30/2024	<a href="https://www.instagram.com/p/C2vOT_vloEp/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C2vOT_vloEp/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
ECL	X	EU Cancer Plan Event	2/6/2024	<a href="https://twitter.com/CancerLeagues/status/1754852178303316293">https://twitter.com/CancerLeagues/status/1754852178303316293</a>
ECL	LinkedIn	EU Cancer Plan Event	2/6/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7160619278889603072">https://www.linkedin.com/feed/update/urn:li:activity:7160619278889603072</a>
ECL	Facebook	EU Cancer Plan Event	2/6/2024	<a href="https://www.facebook.com/photo/?fbid=814566080716317&amp;set=pcb.814571094049149">https://www.facebook.com/photo/?fbid=814566080716317&amp;set=pcb.814571094049149</a>
PASYKAF	PASYKAF website	1st pilot	2/10/2024	<a href="https://pasykaf.org/en/bumper-1stpilot/">https://pasykaf.org/en/bumper-1stpilot/</a>

LPCC	Facebook	Bumper 2nd questionnaire	2/12/2024	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid0ubDbYbVZoCGBssvf1fjuPBHRBQcNxUmu4pNHZJ3t8LQUUwie3JDwezfwjnfY2ghbl">https://www.facebook.com/LPCCNorte/posts/pfbid0ubDbYbVZoCGBssvf1fjuPBHRBQcNxUmu4pNHZJ3t8LQUUwie3JDwezfwjnfY2ghbl</a>
LPCC	Instagram	Bumper 2nd questionnaire	2/12/2024	<a href="https://www.instagram.com/p/C3QN9IPOtCD/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/C3QN9IPOtCD/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
LPCC	LinkedIn	Bumper 2nd questionnaire	2/12/2024	<a href="https://www.linkedin.com/posts/lpccnorte_bumper-lpccnorte-europeancodeagainstcancer-activity-7162833730930106368-yWx6?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/lpccnorte_bumper-lpccnorte-europeancodeagainstcancer-activity-7162833730930106368-yWx6?utm_source=share&amp;utm_medium=member_desktop</a>
PASYKAF	X	1st pilot	2/15/2024	<a href="https://x.com/pasykaf/status/1758057416455860417">https://x.com/pasykaf/status/1758057416455860417</a>
PASYKAF	LinkedIn	1st pilot	2/15/2024	<a href="https://www.linkedin.com/posts/pasykaf_bumper-eu-cancerprevention-activity-7163820256191340545-7v6K?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/pasykaf_bumper-eu-cancerprevention-activity-7163820256191340545-7v6K?utm_source=share&amp;utm_medium=member_desktop</a>
PASYKAF	Facebook	1st pilot	2/15/2024	<a href="https://www.facebook.com/photo?fbid=805280074978251&amp;set=a.562367289269532">https://www.facebook.com/photo?fbid=805280074978251&amp;set=a.562367289269532</a>
ECL	Facebook	Pilot A	2/23/2024	<a href="https://www.facebook.com/photo?fbid=805280074978251&amp;set=a.562367289269532">https://www.facebook.com/photo?fbid=805280074978251&amp;set=a.562367289269532</a>



PASYKAF	LinkedIn	Survey Dissemination	2/26/2024	
PASYKAF	Facebook	Survey Dissemination	2/26/2024	
ECL	X	Advisory Board	7/31/2024	<a href="https://x.com/CancerLeagues/status/1818613221902746099">https://x.com/CancerLeagues/status/1818613221902746099</a>
ECL	Facebook	Advisory Board	7/31/2024	<a href="https://www.facebook.com/CancerLeagues/posts/pfbid02Nd9Eh33YNFy4ZSNJy2dbUKcaeKc78nVDwms8hNt61oijsYcFVd3agXQL6U3GL448l">https://www.facebook.com/CancerLeagues/posts/pfbid02Nd9Eh33YNFy4ZSNJy2dbUKcaeKc78nVDwms8hNt61oijsYcFVd3agXQL6U3GL448l</a>
ECL	LinkedIn	Advisory Board	7/31/2024	<a href="https://www.linkedin.com/embed/feed/update/urn:li:share:7224401920113700865">https://www.linkedin.com/embed/feed/update/urn:li:share:7224401920113700865</a>
BBU	Instagram	Overview Project	8/16/2024	<a href="https://www.instagram.com/p/C-ugUHvtfxi/?igsh=MWM5ZTJsZ3RmN2l0">https://www.instagram.com/p/C-ugUHvtfxi/?igsh=MWM5ZTJsZ3RmN2l0</a>
BBU	Facebook	Overview Project	8/16/2024	<a href="https://www.facebook.com/share/p/pT6eqj1D1Tij46oW/">https://www.facebook.com/share/p/pT6eqj1D1Tij46oW/</a>
BBU	Facebook	Advisory Board	8/28/2024	<a href="https://www.facebook.com/photo?fbid=918638633641809&amp;set=a.564714995700843">https://www.facebook.com/photo?fbid=918638633641809&amp;set=a.564714995700843</a>
BBU	LinkedIn	Advisory Board	8/28/2024	<a href="https://www.linkedin.com/feed/update/urn:li:share:7234472398136213506/?actorCompanyId=1544071">https://www.linkedin.com/feed/update/urn:li:share:7234472398136213506/?actorCompanyId=1544071</a>
ASCS	Facebook	Advisory Board	8/28/2024	<a href="https://www.facebook.com/zvezaDBPR">https://www.facebook.com/zvezaDBPR</a>

LPCC	Facebook	Advisory Board	9/6/2024	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid022yDZyzqJMa9QFVWVM55SEwy3VQCAA8PFDdP9BCHpzSmr3S1FTHQbByM8GqnjnoSPI">https://www.facebook.com/LPCCNorte/posts/pfbid022yDZyzqJMa9QFVWVM55SEwy3VQCAA8PFDdP9BCHpzSmr3S1FTHQbByM8GqnjnoSPI</a>
LPCC	LinkedIn	Advisory Board	9/6/2024	<a href="https://www.linkedin.com/feed/update/urn:li:share:7237735421995061251/">https://www.linkedin.com/feed/update/urn:li:share:7237735421995061251/</a>
ECL	LinkedIn	Webinar HL and DGL	10/2/2024	<a href="https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-activity-7247196681627168770-9PRi?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-activity-7247196681627168770-9PRi?utm_source=share&amp;utm_medium=member_desktop</a>
ECL	Facebook	Webinar HL and DGL	10/2/2024	<a href="https://www.facebook.com/CancerLeagues/posts/pfbid02aUY1s2onNz8QhtHmFHigSjEGzMYMnH1sQw57MwgujLRXAeh62VuuLWyGLBWNNEDdl">https://www.facebook.com/CancerLeagues/posts/pfbid02aUY1s2onNz8QhtHmFHigSjEGzMYMnH1sQw57MwgujLRXAeh62VuuLWyGLBWNNEDdl</a>
ECL	X	Webinar HL and DGL	10/2/2024	<a href="https://x.com/CancerLeagues/status/1841426396020666681">https://x.com/CancerLeagues/status/1841426396020666681</a>
LPCC	LinkedIn	Webinar CancerAware	10/2/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7247217186786754561">https://www.linkedin.com/feed/update/urn:li:activity:7247217186786754561</a>
LPCC	Facebook	Webinar CancerAware	10/2/2024	<a href="https://www.facebook.com/LPCCNorte/posts/pfbid0Ata4Kdty4A17oUwWoSqNeTKWmtTib3g">https://www.facebook.com/LPCCNorte/posts/pfbid0Ata4Kdty4A17oUwWoSqNeTKWmtTib3g</a>

				<a href="https://www.instagram.com/p/DAnxGtTOAsF/">CnZPpeHhmUYnzsajMZ6e2T9LKV BWcj8RvI</a>
LPCC	Instagram	Webinar CancerAware	10/2/2024	<a href="https://www.instagram.com/p/DAnxGtTOAsF/">https://www.instagram.com/p/DAnxGtTOAsF/</a>
ASCS	Facebook	Webinar of the BUMPER Project	10/2/2024	<a href="https://www.protiraku.si/Arhiv-novic/ArticleID/301/%F0%9F%93%A2-Ne-zamudite-prihajajo%C4%8Dega-webinarja-projekta-BUMPER-%E2%80%9C">https://www.protiraku.si/Arhiv-novic/ArticleID/301/%F0%9F%93%A2-Ne-zamudite-prihajajo%C4%8Dega-webinarja-projekta-BUMPER-%E2%80%9C</a>
Fisabio	LinkedIn	Webinar HL and DGL	10/3/2024	<a href="https://www.linkedin.com/posts/fisabio_bumper-activity-7247543585313554432-ICNK?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/fisabio_bumper-activity-7247543585313554432-ICNK?utm_source=share&amp;utm_medium=member_desktop</a>
Fisabio	Facebook	Webinar HL and DGL	10/3/2024	<a href="https://www.facebook.com/CancerLeagues/posts/pfbid0WSwJPdCDi5UvjKM12cdht2eNsLqw2PnZE6MLR5Me2FvwccCimrgP6ft15CkY4tzgl">https://www.facebook.com/CancerLeagues/posts/pfbid0WSwJPdCDi5UvjKM12cdht2eNsLqw2PnZE6MLR5Me2FvwccCimrgP6ft15CkY4tzgl</a>
Fisabio	X	Webinar HL and DGL	10/3/2024	<a href="https://x.com/GVAFisabio/status/1841777627788365834">https://x.com/GVAFisabio/status/1841777627788365834</a>
Erica DSouza (IARC)	LinkedIn	Health Literacy and Digital Skills webinar	10/3/2024	<a href="https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-activity-7247196681627168770-9PRi?utm_source=share">https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-activity-7247196681627168770-9PRi?utm_source=share</a>

				<a href="#">&amp;utm_medium=member_desktop</a>
BBU	Facebook	Health Literacy and Digital Skills webinar	10/7/2024	<a href="https://www.facebook.com/share/p/mapKNgfYBHQiv5fs/">https://www.facebook.com/share/p/mapKNgfYBHQiv5fs/</a>
BBU	LinkedIn	Health Literacy and Digital Skills webinar	10/7/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7248953182033240064">https://www.linkedin.com/feed/update/urn:li:activity:7248953182033240064</a>
Fisabio	X	EPHC2024 Conference Lisbon	11/21/2024	<a href="https://x.com/GVAFisabio/status/1859531812357505145">https://x.com/GVAFisabio/status/1859531812357505145</a>
Fisabio	Facebook	EPHC2024 Conference Lisbon	11/21/2024	<a href="https://www.facebook.com/fundacionfisabio/posts/pfbid02WzyAKkWwVhdD7R6MVA7cjt7qdmRPqfdaWZih7dJKZgte dFZFfhqSLrLKVsvzGbdRLI">https://www.facebook.com/fundacionfisabio/posts/pfbid02WzyAKkWwVhdD7R6MVA7cjt7qdmRPqfdaWZih7dJKZgte dFZFfhqSLrLKVsvzGbdRLI</a>
Fisabio	Instagram	EPHC2024 Conference Lisbon	11/21/2024	<a href="https://www.instagram.com/p/DCoPZGyIxL1/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DCoPZGyIxL1/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>
Fisabio	LinkedIn	EPHC2024 Conference Lisbon	11/21/2024	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7265298042222727171">https://www.linkedin.com/feed/update/urn:li:activity:7265298042222727171</a>
ECL	X	EPHC2024 Conference Lisbon	11/29/2024	<a href="https://x.com/CancerLeagues/status/1862425394785214817">https://x.com/CancerLeagues/status/1862425394785214817</a>
ECL	LinkedIn	EPHC2024 Conference Lisbon	29/11/24	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7268187821641797632">https://www.linkedin.com/feed/update/urn:li:activity:7268187821641797632</a>

ECL	X	WP5 Webinar	10/12/24	<a href="https://x.com/CancerLeagues/status/1866419308970033303">https://x.com/CancerLeagues/status/1866419308970033303</a>
ECL	LinkedIn	WP5 Webinar	10/12/24	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7272185253392269313/">https://www.linkedin.com/feed/update/urn:li:activity:7272185253392269313/</a>
LPCC	LinkedIn	EPHC2024 Conference Lisbon	11/12/24	<a href="https://www.linkedin.com/posts/lpccnorte_bumper-activity-7272658510159466497-e49g?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/lpccnorte_bumper-activity-7272658510159466497-e49g?utm_source=share&amp;utm_medium=member_desktop</a>
Fisabio	X	WP5 Webinar	12/12/24	<a href="https://x.com/GVAfisabio/status/1867136568185495949">https://x.com/GVAfisabio/status/1867136568185495949</a>
Fisabio	LinkedIn	WP5 Webinar	12/12/24	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7272902486317768704">https://www.linkedin.com/feed/update/urn:li:activity:7272902486317768704</a>
ASCS	Facebook	Webinar on Digital Health Literacy	12/12/24	<a href="https://www.facebook.com/zvezaDBPR">https://www.facebook.com/zvezaDBPR</a>
ASCS	Instagram	Webinar on Digital Health Literacy	12/12/24	<a href="https://www.instagram.com/zvezadbpr/">https://www.instagram.com/zvezadbpr/</a>
LPCC	LinkedIn	Webinar on Digital Health Literacy	18/12/24	<a href="https://www.linkedin.com/posts/lpccnorte_bumper-healthliteracy-cancerprevention-activity-7275170439130198017-5Cxo?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/lpccnorte_bumper-healthliteracy-cancerprevention-activity-7275170439130198017-5Cxo?utm_source=share&amp;utm_medium=member_desktop</a>
ECL	LinkedIn	BUMPER	06/01/25	<a href="https://www.linkedin.com/feed/update/urn:li:">https://www.linkedin.com/feed/update/urn:li:</a>

				<a href="https://x.com/CancerLeagues/status/1876253196320170448">activity:7281972782530191361/</a>
ECL	X	BUMPER	06/01/25	<a href="https://x.com/CancerLeagues/status/1876253196320170448">https://x.com/CancerLeagues/status/1876253196320170448</a>
BBU	LinkedIn	EPHC2024 Conference Lisbon	13/01/25	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7284533195650306048">https://www.linkedin.com/feed/update/urn:li:activity:7284533195650306048</a>
BBU	LinkedIn	Webinar on Digital Health Literacy	13/01/25	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7284534731751235584">https://www.linkedin.com/feed/update/urn:li:activity:7284534731751235584</a>
BBU	LinkedIn	BUMPER	20/01/25	<a href="https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-cancerprevention-europeancodeagainstcancer-activity-7281972782530191361-5l5lh?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/association-of-european-cancer-leagues_bumper-cancerprevention-europeancodeagainstcancer-activity-7281972782530191361-5l5lh?utm_source=share&amp;utm_medium=member_desktop</a>
LPCC	LinkedIn	BUMPER	21/01/25	<a href="https://www.linkedin.com/posts/lpccnorte_bumper-cancerprevention-europeancodeagainstcancer-activity-7287493311198613506-ASkE?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/lpccnorte_bumper-cancerprevention-europeancodeagainstcancer-activity-7287493311198613506-ASkE?utm_source=share&amp;utm_medium=member_desktop</a>

Fisabio	X	BUMPER	22/01/25	<a href="https://x.com/GVAfisabio/status/1881990188764737938">https://x.com/GVAfisabio/status/1881990188764737938</a>
Fisabio	LinkedIn	BUMPER	22/01/25	<a href="https://www.linkedin.com/feed/update/urn:li:activity:7287755893830545408">https://www.linkedin.com/feed/update/urn:li:activity:7287755893830545408</a>