



## Chiara Reck

### *Position:*

Research Associate

### *Department:*

Maritime Medicine

### *University:*

Institute for Occupational and Maritime Medicine, Germany

### *Short Bio:*

A research associate in the Department of Maritime Medicine of the Institute for Occupational and Maritime Medicine since 2021. She is a qualified health manager and sports scientist. In her position, she mainly works on projects to improve health management and health promotion on board cargo ships. To increase the accessibility of the target group, the projects focus especially on the development and evaluation of digital solutions. With her work, she wants to help seafarers to improve their health status. Behavior change techniques and health literacy development are particularly interesting research topics for her.

### *Expertise:*

health management, health promotion, prevention, physical activity