Jose and his mother’s case study portrays the delicate health issues due to their nutrition and lifestyle decisions. Analysis of this case study shows three major concerns: poor nutrition impact, sedentary lifestyle due to excessive screen time, and economic limitations. All these factors result in serious health consequences such as obesity in Jose and high blood pressure in his mother, indicating the need for focused interventions. Proposed interventions including nutrition education, affordable meal preparations, and exercise requirements provide the guiding framework to target these issues. In the future, in a setup of continuing monitoring along with the support from available community resources, proposed interventions can help Jose and his mother to bring a change in their nutrition and lifestyle choices. In the long term, it can lead to enhanced health conditions as well as well-being.