

Project definition

Objective of the system

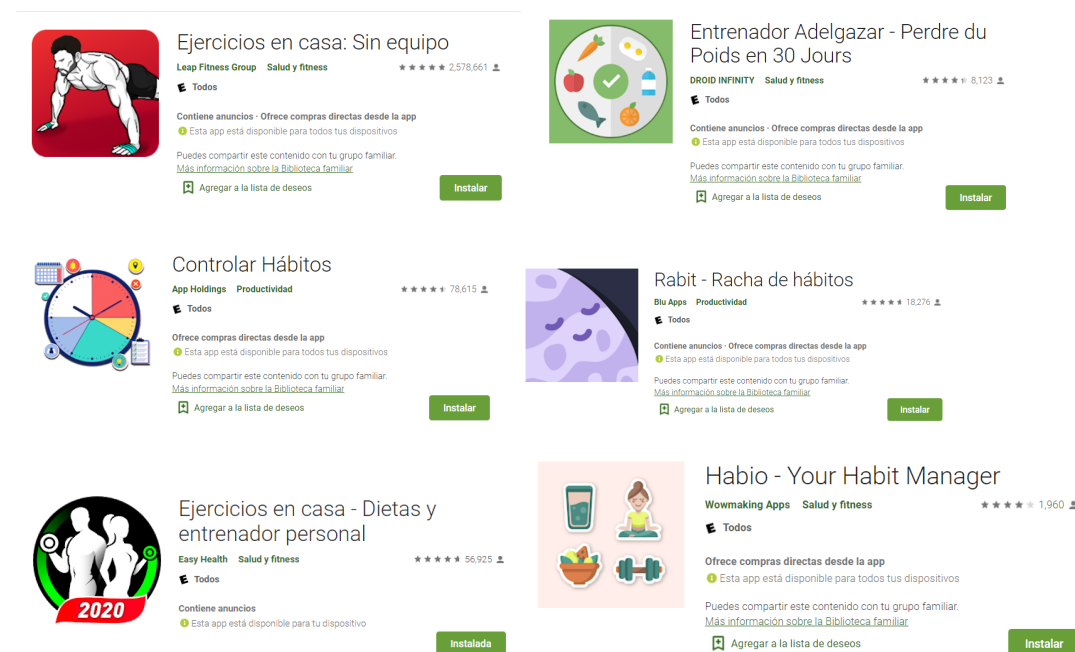
Create a system that helps Yucatecan adolescents to carry out a control of good health habits.

Identification of users

Yucatecan adolescents between the ages of 10 and 19.

Similar systems

There are several similar applications that focus on adults to exercise or generate habits in general, such as:



Innovation elements

- Creation of a system exclusively oriented to Yucatecan adolescents.
- Rely on truthful information on health issues.

Motivation

Currently the state of Yucatan is facing a great problem, there is approximately 20% of the adolescent population that is in a state of obesity according to ENSANUT studies. There are several factors embedded in the culture that make adolescents prone to falling into unhealthy habits. In addition, according to UNICEF, the main causes of obesity and overweight in girls and boys are the consumption of processed foods with high levels of sugar, trans fats and salt, as well as sugary drinks that are very easy to acquire due to their wide distribution, low cost and its promotion in mass media. Our main motivation is to be able to help generate healthy habits that adolescents carry out every day to reduce the problem.

Relevance

According to different official media, there is a great problem of obesity in adolescents. It is important to generate systems or applications that facilitate access to true and reliable information on health issues, in order to promote the generation of good habits whose objective is to improve the quality of life in Yucatecan adolescents.