

Definition of the required information

Attributes

- **Persona's biographic background**
 - **Geographic profile:**
 - City/metropolitan
 - **Demographic profile:**
 - Age
 - Family size
- **Specific goal/needs/attitudes**
 - Emotional goals
 - Motivations
 - Needs
 - Frustrations
- **Specific Knowledge/Proficiency**
 - Language Proficiency
- **Sensory/Immersive Characteristics of use**
 - Mood/Feeling
 - Memorable
 - Pleasurable
- **Accessibility issues**
 - Physical abilities/disabilities
 - Mental abilities/disabilities

Specific methods

The methods used for data collection were a questionnaire and an interview. These techniques provide us with data about user behavior as well as demographic data. Given the current context, due to covid issues, the questionnaire was carried out using Google forms, and the interviews were done both in person and by video call.

The survey was chosen in order to obtain quantitative information on the behavior/habits of adolescents. This research instrument allows us to know what the specific data of our users are.

Due to the structure of the questionnaire, the analysis process will be easy for us. This does not contain any open questions, so we can have a clean analysis.

The interview was chosen because it allows us to know specific attributes such as motivations and objectives. With the interview we obtained the personal position of each adolescent, both about her environment to develop, as well as the challenges to face their health problem.

Analysis type

The total number of respondents were adolescents with an age range between 10 and 19 years, although we were able to observe that the majority of adolescents answered question

9 in such a way that fats and sweets are consumed in lower priority, IMCs (weight/height^2) of adolescents revolve around “healthy” to “overweight.”

In the same way, we observed that 54.2% of the respondents mention doing between 1 to 3 hours of exercise a week and 29.2% of these say they do not do any exercise during the week. While getting 1-3 hours of exercise a week alone is enough to maintain your weight, small amounts of physical activity help. The most important thing is that you incorporate regular physical activity into your lifestyle

The analysis of the interviews is shown below:

¿Cuál es tu edad?

The interviewees range from 10 years to 19 years, which the average is around 17 years.

¿Cuál es tu peso?

The weight range covers from 20 kg to 90 kg. Which the average weight is 59.70 kg.

¿Cuál es tu altura?

The range in heights is around 1m to 1.75m. The average height is 1.55 meters.

¿Sufres alguna discapacidad?

The total of the participants do not have any disability.

¿De cuántos integrantes está conformada tu familia?

The range of members in a family is from 2 members to 10 members per family, and the average number of members per family is 5 members.

¿Qué idiomas hablas?

In the language 3 results appear: Spanish, English and Mayan.

Spanish is spoken by everyone, English by 3 teenagers and Mayan by one person.

¿Ciudad o municipio de origen?

The interviewees are from the Peninsula.

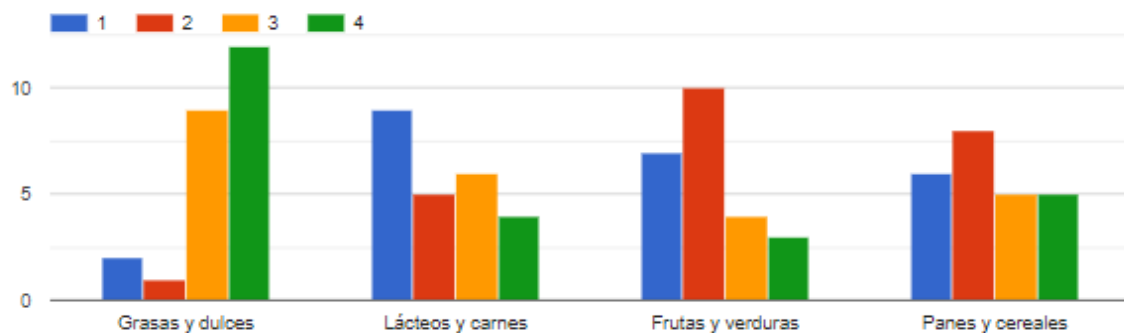
¿Cuántas veces comes al día?

The range of meals they eat per day goes from 2 to 4 meals per day. The majority (mode) of respondents eat 3 times a day.

De acuerdo a la siguiente imagen, ordena del 1 al 4 los grupos de alimentos que más consumes, siendo el 1 el grupo que más consumes y 4 el que menos consumes.

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It is observed that both "fats and sweets" and "dairy and meats" and "fruits and vegetables" have a partial consensus, and the respondents in general consider them with the same priority; fats and sweets being the lowest priority, dairy and meats the most consumed, and fruits and vegetables the second most consumed, but we see that breads and cereals vary according to the person.

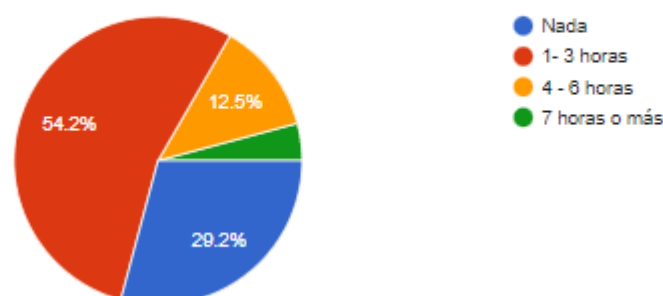
En tu tiempo libre, ¿Cuántas horas a la semana practicas deporte?

The range of hours dedicated to sports per week goes from nothing to more than 7 hours. Which 54.2% of respondents do 1-3 hours of exercise per week and 29.2% do not do anything during the whole week, 12.5% mentioned doing between 4 to 6 hours of exercise per week.

En tu tiempo libre, ¿Cuántas horas a la semana practicas deporte?

24 respuestas

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¿Cuántos vasos de agua consume al día?

The range of glasses of water consumed per day is 2 to 12 glasses per day.

¿Sabes el significado de los sellos en la comida?

Of the total number of participants (24) 13 people responded that they knew the meaning of the seals on the food, some of them mentioned that they did not know all the seals on the food.