

# how to EAT HEALTHY & SAVE MONEY



By Team ChatGPT 3500

## DOMAIN

### Problem Space:

While more people are showing a growing concern for healthy lifestyles, especially healthy diets, healthy eating options for university students are not that broad because healthy food generally is **not that cheap**, and most of them only have a **limited budget**.

### Target Users:

**University Students** who want to eat healthy but have limited budgets for living expenses.

### Purpose:

Improve **accessibility** to **healthy eating** information and healthy food intake for university students within a **limited budget**.

## OPPORTUNITY

### Domain Research:

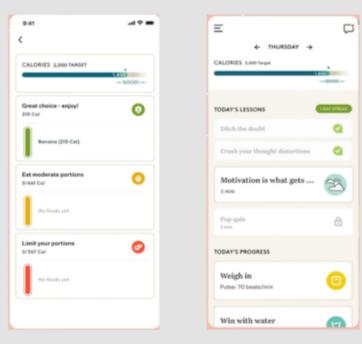
#### Literature Review

- Study showed that when students grow up from secondary schools to universities, their independency growth, with continuous **challenges on healthy food intake**. Many factors cause this situation, including 'appeal and price of food product' (Deliens et al., 2014).
- Research showed that university students usually need **\$140 ~ \$280 per week** for **groceries or dining out** (UNSW college, 2023).

#### Existing Products

##### Noom

- Passive user intervention diet plan
- Through short-term monitoring
- Giving recommendations or suggests
- Health slogans in public places



### User Research:

- Interview:** We recruited 5 university students to be interviewed, and asked them questions. E.g., How much money do you spend on food every week? What are your criteria for a healthy diet?
- Observation:** We observed students in university food courts on food they usually eat and the general food prices in the food court.

### Data Analysis:

#### Key findings:

- Most of the interviewees found that healthy food is **too expensive** to eat everyday.
- Many interviewees **prefer to eat at home** because they think eating outside is more expensive than cooking at home.
- Most interviewees believe that healthy eating enables them to get a **stronger body**.

### Design Implications & Opportunities:

#### Social

- Shopping** healthy food products (using **group order** to get cheaper prices)
- Chat** function allow users inviting group order/ recommend **healthy restaurants/recipes**

#### Mobile

- Recommend healthy restaurants (with discount event) and share detailed address on a **map**

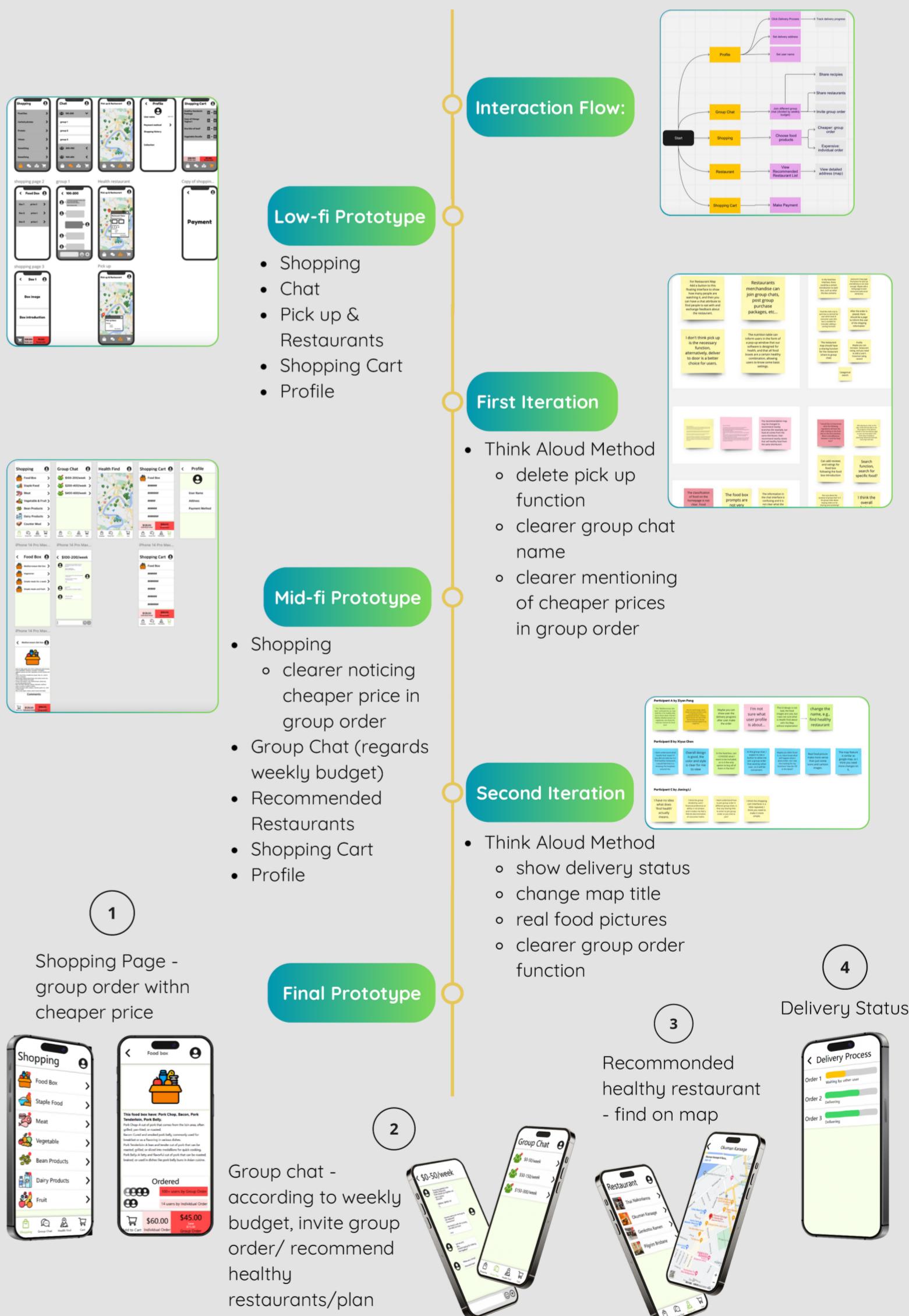
### Ethical Consideration:

- (User Research)** confidentiality problem - ensure personal information are de-identified
- (Prototype)** minimizing harm: ensure prototype design avoid bias and discrimination
- (User Evaluation)** authorship & ownership: ensure evaluation records are only stored for course database

### Challenges & Limitations:

- The researches were only conducted among university students, and most of them are international students. There is a gap between local students and international students for their living expenses due to culture/ religions/ dietary differences.
- There are limited resources for building a fully-functional website.

## SOLUTION MILESTONE



### References:

Our GitHub: <https://github.com/UQdeco3500/ChatGPT3500>

UNSW College. (2023). *Cost of Living*. UNSW College. <https://www.unswcollege.edu.au/experience/cost-of-living>

Deliens, T., Clarys, P., De Bourdeaudhuij, I., & Deforche, B. (2014). Determinants of eating behaviour in university students: A qualitative study using focus group discussions. *BMC Public Health*, 14(1), 53. <https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-14-53#Sec43>