



FINAL PRESENTATION

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INFO-608

Summer 2020



Proposal

For this study, the day to day life during a health pandemic, COVID-19 during 2020, will be evaluated. This study plans to find out how actors behave and live during this type of event. The goal is to discover the normal feelings and actions and correlate this to the changing world and fear that is introduced via a health pandemic. For collecting the data, I will be looking at myself and logging a daily journal.

Ways of collecting data

- Daily Journal (reflective view of the day before bed)
- Weather Data
- Exercise Data (From Nike and Apple)
- Biometrics from Apple Watch

Data Collected

- Date
- Day Scale
- Day Type
- Household Problems
- Saddening Internal news
- Saddening External news
- Work Problems
- Relationship Problems
- Consumed Alcohol
- Got out of the house
- Low Heartrate (bpm)
- High Heartrate (bpm)
- Avg Resting Heartrate (bpm)
- Exercised
- Exercise Type
- Exercise Time
- Active Energy (kcal)
- Resting Energy (kcal)
- Resting Energy (kcal)
- Total Energy (kcal)
- Steps
- Sound Max (dB)
- High Temp (F)
- Low Temp (F)
- Avg Temp (F)
- Wind (mph)
- Rain (in)

Environmental Scan

- Reviewed diaries found that recorded life during the Spanish Flue of 1918.
- Found that almost every aspect of people's reaction to COVID-19 Pandemic is very similar to that from 1918.

The ban was lifted to-day. No more masks. Everything open too. 'The Romance of Tarzan' is on at the Coliseum [movie theater] as it was about 6 weeks ago. I'd like to see it awfully. School opens this week—Thursday! Did you ever? As if they couldn't have waited till Monday! – Violet Harris.

A Seattle streetcar conductor refuses entry to a commuter who is not wearing a mask in December 1918. (Photo by PhotoQuest / Getty Images)



How to Make Mask for Prevention of Influenza



A public service ad from 1918, showing people how to make a rudimentary face mask to try to avoid the deadly influenza. (Contributed photo).

Environmental Scan

While closing public venues makes the most sense for avoiding the spreading of disease the city of Minneapolis announced ahead of time on when the venues would be shut down. This caused many individuals to run out and participate and mingle at the different venues to enjoy the venue before the shutdown, leading to the virus spreading rapidly right before the shutdown of venues.

Data Processing

- The data was added to an Angular Web application that allowed for viewing the data and simple type in box for logging codes.
- The app used ChartJS to render charts to visually view the data easily.
- The data and code is publicly available on GitHub at: <https://github.com/dabrad26/info-608-data>

INFO-608 Data Collection

[All entries](#)[Next](#)[View Code Breakdown](#)[View Charts](#)

Viewing entry: May 15, 2020

[View Metadata](#)

Diary

It is Friday and that is a half day while COVID-19 is going on at work. So I did not have too much to do. This week had been hectic with moving and I was exhausted and just spent the day relaxing on the couch watching TV. Got my normal exercise at home and spent the day watching Bob's Burgers and tried the new show The Great on Hulu. One slightly irritating thing with the new apartment is I cannot get the shower head off and that means I cannot use my high power showered, which is making me feel greasy in my hair. But that is a small thing and I will get over it. I slept great due to being so exhausted. So woke up ready for the day. I think this weekend I will plan to get the old apartment cleaned which will be the final thing I need to do for the apartment and can turn over the keys.

Generated Code Data

```
[]
```

Code Entry/Edit

work moving exhausted tv exercise irritated slept
plan weekend class fear money wakeup
relationship risk excited enjoy injury happy
drama mom basic eating hope outside depressed
news annoyed regret relax dog accomplished
school weird time bored rain waste normal
holiday miss curfew

All Codes with Frequency

- | | | | |
|-----------------|----------------|-------------------|--------------|
| ■ x15 work | ■ x7 hope | ■ x4 school | ■ x2 enjoy |
| ■ x14 basic | ■ x7 eating | ■ x4 moving | ■ x2 curfew |
| ■ x11 depressed | ■ x6 weekend | ■ x4 accomplished | ■ x1 waste |
| ■ x10 outside | ■ x6 class | ■ x3 relax | ■ x1 risk |
| ■ x10 exercise | ■ x5 time | ■ x3 exhausted | ■ x1 regret |
| ■ x10 annoyed | ■ x5 mom | ■ x3 excited | ■ x1 plan |
| ■ x9 money | ■ x5 irritated | ■ x2 slept | ■ x1 miss |
| ■ x9 fear | ■ x5 happy | ■ x2 relationship | ■ x1 holiday |
| ■ x8 dog | ■ x5 drama | ■ x2 rain | ■ x1 bored |
| ■ x7 wakeup | ■ x4 weird | ■ x2 normal | |
| ■ x7 injury | ■ x4 tv | ■ x2 news | |

Example Codes

Outside

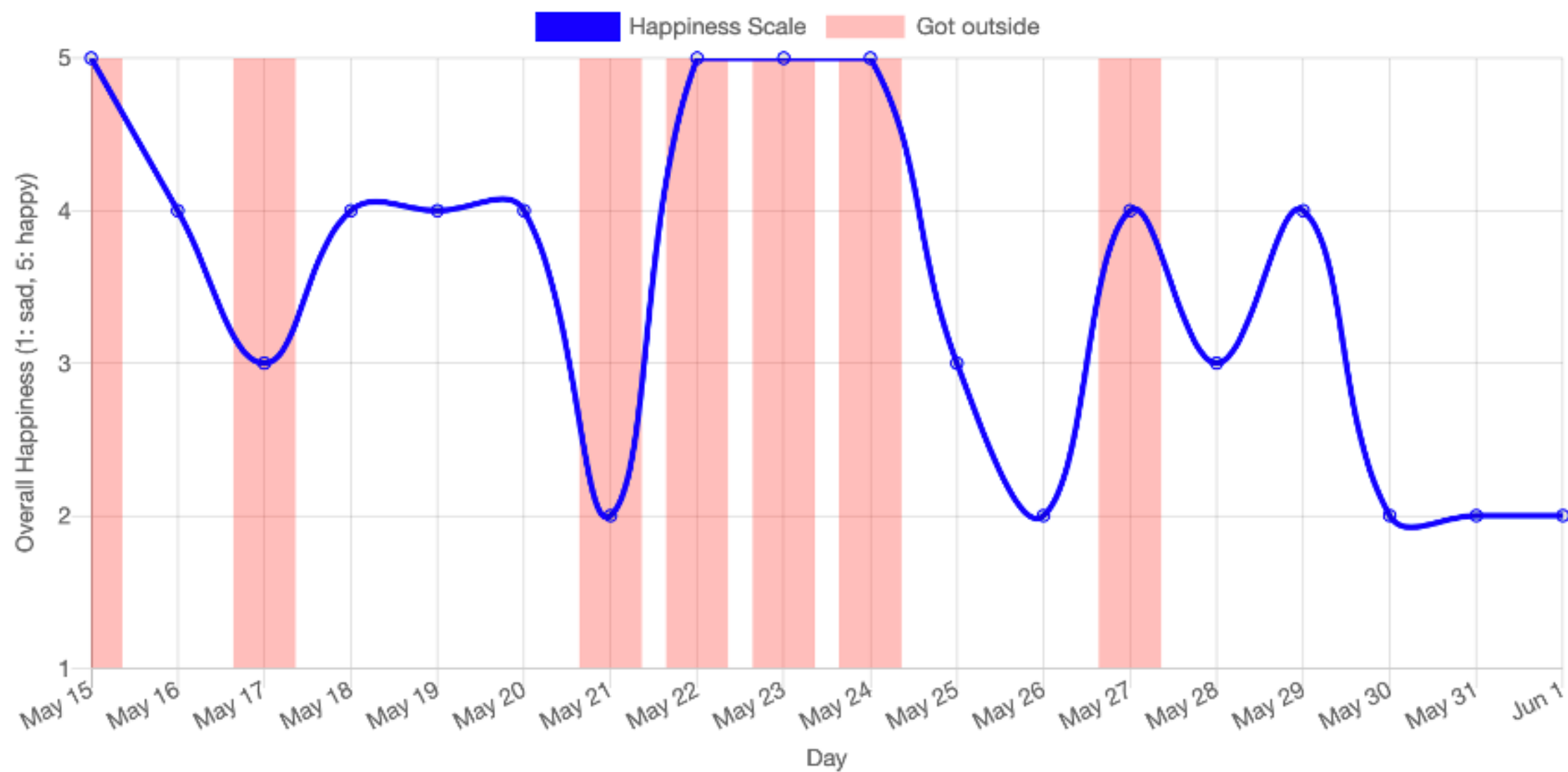
- took a nice walk outside ~May 17, 2020
- took dog on long walk outside down the Hudson ~May 21, 2020
- took a run outside did 5 miles. really nice ~May 22, 2020
- went for a nice long walk ~May 23, 2020
- took a long walk to the cheaper liquor store ~May 24, 2020
- me and Clancy took long walk which was nice ~May 27, 2020
- at night went down to river and just sat and watched the water ~May 27, 2020
- the looting and violence outside is really upsetting and fearful ~May 31, 2020
- I have not seen any issues on the west side where I am at but still concerned ~May 31, 2020
- did not seem that different outside but was way less cars out ~June 1, 2020

Depressed

- eating too much felt depressed ~May 17, 2020
- sad thinking about my coworkers and friends losing jobs ~May 21, 2020
- the layoff news ruined the day and caused sadness ~May 21, 2020
- Chinese place delivered some bad dumplings ~May 24, 2020
- not sure why but felt down today ~May 26, 2020
- today just had a lot of small irritants and the lack of food probably didn't help ~May 26, 2020
- protests causing me to feel depressed ~May 29, 2020
- lots of vandalism and looting and bad news in New York and back in Oakland ~May 30, 2020
- the news was very depressing ~May 30, 2020
- the looting and violence outside is really upsetting and fearful ~May 31, 2020
- living in such an expensive place and not benefiting is depressing ~June 1, 2020

Final Findings

- The study is now leaning toward the benefits of being able to get out of the house and into fresh air and allow a more exploratory feeling of being outside.
- However, mental health is also critical, and being confined to a small area with little access to fresh air and nature can cause havoc on a person's wellbeing.
- The next screen shows the graphed data of positive feelings with days where I was able to get outside.



Example Future Planning

- In order to remedy this the cities can implement safer ways for people to go outside.
- This can include providing more open spaces for the public by closing streets to pedestrian only allowing full use of the street and not just limiting people to the sidewalks.
- Using this data we can work to ensure that cities have contingency plans in place to not only deal with the next pandemic but ensure that mental well-being is taken care of by providing more ways for their citizens to get out of the house safely



Current Attempts to Remedy

- Open Streets expansion was done several months into the COVID-19 pandemic by the City of New York .
- New York City is opening 40 miles of streets to allow for greater social distancing during the COVID-19 crisis, with a plan to expand to a total of 100 miles.

Final Thoughts

- In the end this data showed the critical part that being able to get outside has on an actor's well-being.
- Getting outside can connect us with nature and provide multiple benefits from getting fresh air, exercise and provide an outing for our exploratory natures.
- While this may not be as much of an issue in more rural settings in a larger city with a denser population it is much tougher to safely get out and stay away from others.
- Because of the population issue in larger cities; future planners should ensure that safe public places accessible to all residents are available and can be activated quickly to ensure that throughout the next pandemic people are able to get out and stay in a happier mood that can help their overall well-being.

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THANK YOU!

QUESTIONS?

