Team Stars 💡 🚀

Team ID: (A key that uniquely identifies your team)

Members

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Summary

Health outcomes in the U.S. are heavily influenced by **socio-economic factors**, including **income**, **dietary habits**, and **access to health insurance**.

In 2022, the CDC reported approximately 3.2 million total deaths in the U.S., with disparities evident among **more in low, medium income and** socioeconomic groups.

Chronic diseases such as **cancer, heart disease, stroke, and diabetes** remain the leading causes of death. These conditions disproportionately affect **low (35%)** and **middle-income (40%)** populations.

Additionally, **mental health disorders** impact 40 million U.S. citizens, with **64% of** uninsured adults unable to afford necessary mental health care.

However, many of these diseases can be prevented through a **nutrient-rich diet, regular physical activity**, and improved access to healthcare.
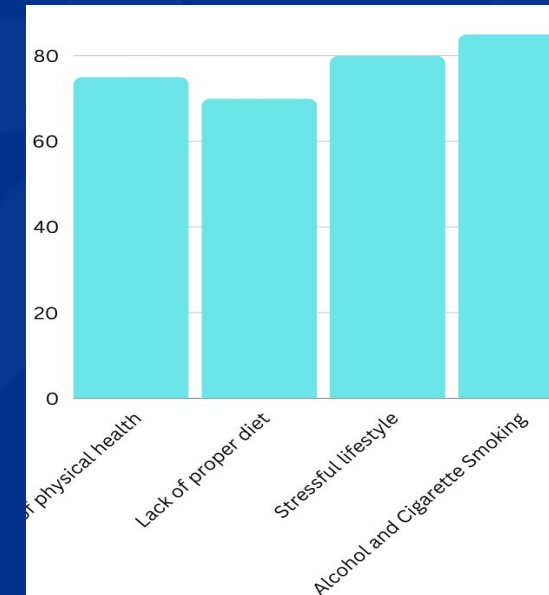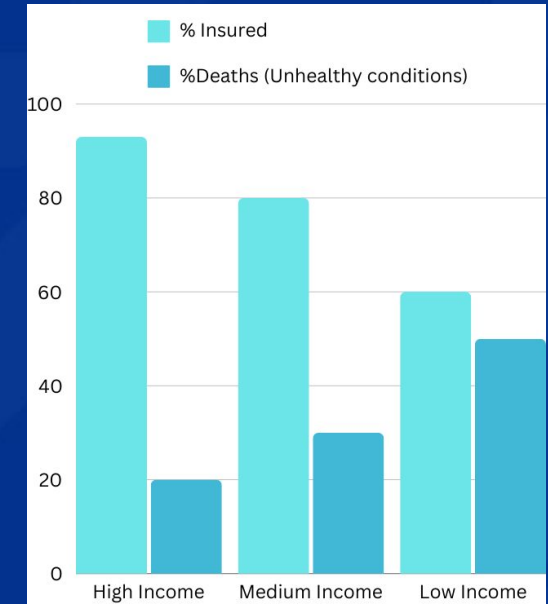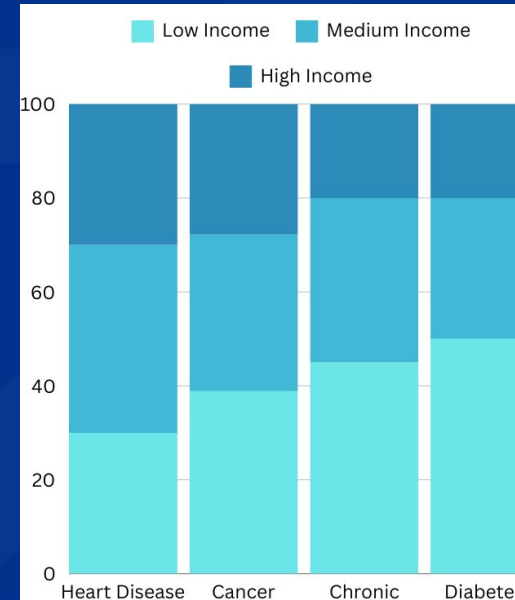
Proposed Solution (s)

💡 **Health Care App using AI and IOT**

The solution is an app which is integrated with AI, and IOT at low cost. gm

The app provides following features,

- **Personalized** physical activity suggestion using **smart watch** which is connected with app.
- **Personalized recommendation of prevention measures** for the **top 6 diseases** which are affecting US people using AI.
- Personalized **diet recommender** which are based on their **income, habits** using AI**.**
- Personalized **chatbots** which provides **Cognitive Behavioral Therapy** using AI.
- For prevention of **Cigarette and Alcohol Addiction**, **behavioral monitoring and feedbac**k using smart watch which measures stress and recommends healthy behaviors like deep breath exercises.
- AI powered **personalized messages, remainders** and encouraging statements to stay on track with users **prevention goals.**

IMPACT: Through our health app, any user will be able to **prevent diseases**, **regardless** of **socioeconomic status**.

"Prevention is better than Cure"

Top Disease prevention measures recommender

Physical activity tracker and notifier

Health Care

Healthy Diet Planner

AI Mental health care assistance

Health Care App

Providence

LEAP IDEATHON