



## Community characteristics & orientation

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Community (UN SD goal): #3: Ensure healthy lives and promote well-being for all at all ages

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### Instructions

Research the community you are most interested in exploring using links from the UN Sustainable Goals website (<https://www.un.org/sustainabledevelopment/>) and others. In your exhaustive research, answer the following.

Community characteristics		
Community life-cycle (current state)		
Where is your community in its life-cycle?	What you need to focus on:	Special needs
<input type="checkbox"/> <b>Just forming</b> Need basic tools to connect, but not sure from there	Research and/or discuss the potential of some basic tools with members, explore what ideas it might give them, and see what they might bring in with them.	
<input checked="" type="checkbox"/> <b>Self-designing</b> Information stage, but with a strong sense of what it wants to accomplish	Contribute ideas to the design. Analyze systematically the implications of their community design for technology, infrastructure, and technology skills.	<ul style="list-style-type: none"> <li>- The recent evolvement of Covid-19 has showed us that the health care system in the world is not capable of handling such a vicious change that takes place in the environment. A lack of data is a potential issue as there can be various problems that can be approached in different ways if we could gather enough of the experimental data.</li> <li>- Our community wants to achieve the health and well being of all individuals present within, but the knowledge of science cannot be captured it is always self-designing meaning that we are always looking for better use of technology, infrastructure and skills which could simplify our operations.</li> </ul>
<input type="checkbox"/> <b>Growing &amp; restless</b> Ready to add new functionality to its tool configuration	Try to make this a community reflection and self-design event. Does their restlessness suggest a major change, such as a transition to a new platform?	
<input type="checkbox"/> <b>Stable and adapting</b> Just needing some new tools	How much disruption will the community tolerate? How will the new tools be	



	integrated into or affect existing practices?	
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## Constitution

### Diversity: How diverse is the community?

Topic	Your notes
What are the different types of members and what are their levels of participation?	Eating habits are one of the growing concerns in the world. Members participating in healthy eating are about 38%. In Canada about 25% the people over 15 years old are overweight and obese. Participation of people to maintain healthy living standards has been falling with coming years.
How spread apart is it in terms of location and time zones?	The people with overweight are mostly found in USA being the top country with most people. Canada being part of the North American area is also one of the top countries joining USA. All the countries in the world participate in this. Making this a very vast area in terms of location covering different time zones.
What language(s) do members speak?	Most of the Americans and Canadians speak English followed by French.
What other cultural or other diversity aspects may affect your technology choices?	There might be food restrictions (Vegetarian, Vegan, Non-vegetarian) in place for an individual that may be hard to keep a track of the different requirements as this is a vast community. This could be potentially covered by web scrapping being implemented in the App

### Openness: How connected to the outside world is your community?

Topic	Your notes
How much do you want to control the boundaries of your community? Does your community need <div> <input type="checkbox"/> To be private/secure  <input checked="" type="checkbox"/> Open boundaries  <input type="checkbox"/> Both private &amp; public spaces         </div>	There are no restrictions on joining the program as this can be done by everyone. And as keeping a goal of healthy living and promoting this it only makes sense to give people opportunity to participate and make their lives better.
How does your community need to interact with other communities? Do you need common tools for sharing and learning with them?	The application which is being made can collaborate with health professionals and provide a better understanding and a way of guidance. Also using the internet will provide as the current medium of source. The community will need to interact in the future to maintain the standards. Internet providing a common tool of interaction and a place where learning can take place.

## Technology aspirations

### Technology savvy, tolerance, & constraints: What are your community's technology interests and skills and patience thereof? What are the constraints imposed by technology factors?

Topic	Your notes
How interested is your community in technology?	Being in a modern era with the presence of smart phones, tablets, computers the community is very interested in the use of technology.
What is their capacity for learning new tools?	Moderate as people must adapt to the application. Youngsters might find it easier to adapt to it as they grow up using smart devices.



What is the range of skills? If their interests and/or skills are diverse, could it cause conflict or distraction?	Range of skills being moderate. The interest in keeping themselves healthy might face away as it can be hard to follow the regulations placed on their diet. This application targeting the audience of all ages will have to be easy to understand keeping in mind You are not the user.
How tolerant are members of the adoption of a wide variety of tools?	The members can adapt fairly easily to applications with the use of smart phones being so prominent.
How many technological boundaries are they willing to cross, e.g. sign in to more than one web-based tool, learn to use new tools, or give up old favorites? This helps you understand what level of integration you need.	This application being a personal health application to keep track of their progress the individuals might have to go through a process where in they must make accounts. Keeping the application informative through legitimate sources will help encourage to keep learning. Keeping it simple.
What are your members' technology constraints (e.g., bandwidth, operating systems, etc.)?	This application is based on smartphones. The constraints will be making an application for both android and IOS users. The application might have to be made a web-based application where in this constraint can be eliminated and also expand the use to further devices.
How much time are members able to be online and from where (office, home, field)? Some people have limited online time, or are able to be online only in specific locations. Others are always on. Very diverse situations can affect participation	This application will be online only application as it will be using web scrapping and pulling the information from the internet. Being an application it will be helpful for them to access it form home, office or field (provided the internet connection/network).

## Community orientation

**Relevance to community:** Use the range from 0 (no relevance) to 5 (high relevance) to determine what matters most to the community. Look at these from the perspectives of the different types of members (under "constitution"). Also discuss the "value-added" to each member group

0	1	2	3	4	5	Orientations	Variants	Key activities/your notes
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Meetings</b> Many communities place a great emphasis on regular meetings where members engage in shared activities for a specific time. Meetings, and the visible participation of members, assert the community's existence	<input type="checkbox"/> Face-to-face/blended <input checked="" type="checkbox"/> Online synchronous <input type="checkbox"/> Online asynchronous	Being personalized diet ideas presented to the user. Having meetings might discourage them to continue their plan. Some people can get online and discuss their progress.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Open-ended conversation</b> Some communities maintain ongoing conversations as their primary vehicles for learning.	<input checked="" type="checkbox"/> Single-stream discussions	Some sessions by professional health care works can be organized to provide



						Open-ended conversations are common when a community is co-located and people keep the conversation going as they “bump” into each other.	<input type="checkbox"/> Multi-topic conversations <input type="checkbox"/> Distributed conversations	information on general questions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Projects</b> In some communities’ members want to focus on particular topics, go deep, and collaborate on projects to solve problems or produce useful artifacts. Learning is not just a matter of sharing knowledge or discussing issues. Members need to do things together in order to develop their practice. Projects usually involve a subgroup within the community	<input checked="" type="checkbox"/> Practice groups <input type="checkbox"/> Project teams <input type="checkbox"/> Instruction	Groups can be made who can exercise together on given days. Activities like walkathon can be organized to promote healthy living.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Content</b> Some communities are primarily interested in creating, sharing, and providing access to documents, tools, and other content. Valuable and well-organized content is a useful resource for members	<input checked="" type="checkbox"/> Library <input type="checkbox"/> Structured self-publish <input type="checkbox"/> Open self-publish <input checked="" type="checkbox"/> Content integration	The content can be based on online sources and will be integrated in suggestions of the diet plans of the individual. Exercise videos and instructions can also be given through YouTube and documents.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Access to expertise</b> Some communities create value by providing focused and timely access to expertise in the community’s domain, whether internally or externally. Communities with this orientation focus on answering questions, fulfilling requests for advice, or engaging in collaborative, just-in-time problem solving	<input checked="" type="checkbox"/> Questions & requests <input checked="" type="checkbox"/> Access to experts <input type="checkbox"/> Shared problem solving <input type="checkbox"/> Knowledge validation <input checked="" type="checkbox"/> Apprenticeship & mentoring	Having meetings with health professionals will help solve some queries the user may have. Also online help can be received through chatting.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Relationships</b> Some communities focus on relationship building among members as the basis for both ongoing learning and being available to each other. This orientation emphasizes the interpersonal aspect of learning together. Communities with this orientation place a high value on knowing each other personally, emphasizing networking, trust building, and mutual discovery	<input checked="" type="checkbox"/> Connecting <input checked="" type="checkbox"/> Knowing about people <input type="checkbox"/> Interacting informally	Connecting with people upon meeting for exercise sessions etc will help develop relationships and will also help motivate to continue the process to people who feel low or about to quit.



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>Individual participation</b> Learning together happens in the context of a group, but it is realized in the experience of individuals. People bring different backgrounds, communication styles, and aspirations to their participation in a community. People have different levels of commitment, they take on different roles, and they use tools differently	<input type="checkbox"/> Levels of participation <input type="checkbox"/> Personalization <input checked="" type="checkbox"/> Individual development <input type="checkbox"/> Multi-membership	This is the most important part after all this is what the community members are going to work for. The change they might be willing to see will not happen overnight so dedication will be important.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Community cultivation</b> Some communities are happy with loose self-organization and unplanned evolution, while others thrive on attention to community cultivation. They have a need to reflect on the effectiveness and health of the community to make things better, joined with a willingness to work on it	<input type="checkbox"/> Democratic governance <input type="checkbox"/> Strong core group <input checked="" type="checkbox"/> Internal coordination <input type="checkbox"/> External facilitation	This might be something that can develop over time if people are comfortable meeting and sharing their ideas and having their coordination as this will not be the applications focus as in scheduling meetings. This might be something that can be given a thought after reviewing the response that people have.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Service context</b> In some cases, serving a specific context becomes central to the community's identity and the ways it operates. They may live inside an organization, whose charter their practice needs to serve. They may have a mission to provide learning resources to the world or to recruit members widely. Or they may seek interactions with other communities whose domain complements their own	<input type="checkbox"/> Organization as context <input type="checkbox"/> Cross-organizational <input checked="" type="checkbox"/> Other related communities <input checked="" type="checkbox"/> Public mission	This idea can collaborate with other communities and develop something that can be found as a general interest between communities. This can be seen as attracting members to join the program and make their lives better. With collaboration this can also turn into a public mission after which the app was based on healthy living.

Scratchpad (other interesting insights, questions/answers, etc.)