

Importance of good nutrition

- ❑ Maintain a healthy body weight
- ❑ Reduce the risk of several chronic diseases such as obesity, type 2 diabetes, heart disease, some types of cancer and many more
- ❑ Improve lipid blood levels and reduce high blood pressure
- ❑ Improve the immune system
- ❑ Improve well-being
- ❑ Reduce the risk for mortality

The problem

- It is common knowledge that maintaining a healthy body weight and following a prudent diet is necessary for our physical and mental health.
- Specialists, books, technology have been increasingly used to help people maintain a healthy body weight and improve their nutritional habits.
- However, the rates of obesity are still very high in the USA and the disease-related burden is huge. Furthermore, poor nutrition habits are well documented in a great percentage of the population.
- So far no effective strategy has been established for improving nutrition habits and helping people maintain a healthy body weight over the long-term.
- Technological applications are getting more and more popular towards this direction but still smarter ways to attract and engage people are needed.

Assignment

Using your knowledge and imagination design an innovating interactive tool that will promote healthy nutrition in a unique and personalized way.

Optionally, you can expand to other lifestyle changes such as increased physical activity, adequate sleep, stress reduction, etc.

Tips

- ❖ Think out of the box, be creative and innovative!
- ❖ Brain is a major player; controls attention, self-inhibition, reward that affect our eating behavior.
- ❖ Consider also the potential reduction in the economic burden associated with obesity related chronic diseases.

Useful sites

Nutrition Guidelines: <http://health.gov/dietaryguidelines/>

Example of a platform to track someone's diet and physical activity:
<https://www.supertracker.usda.gov/>

Targets for inducing lasting lifestyle changes:

<http://www.health.harvard.edu/healthbeat/the-trick-to-real-and-lasting-lifestyle-changes>