

Presentation speech – Design Concept & previous attempts

Design concept:

Target user: Obesity / Obesity tendency people in the age group of

Problem space: consistently to manage weight

Core idea: design a community-based platform

Why is it valuable? Keep up people's motivation through uniting people and socially engagement

Design Domain: Community and peer-supported weight management through organised activities

Design Opportunity: improve users commitment through online and community support

Design Concept:

A peer/community-support web platform that connects anonymous who wants to manage their weights, allowing users to join an online group and post their daily logs, and others can comment/check on their daily results, encourage each other to continue the process.

Users also pick their locations when they come into the platform, the system will recommend the local activities/events and show on a timetable so that users can have a clear view of the event schedules.

Previous attempts:

Users tried to achieve their goals for losing weight. But they failed because they can't keep it up in the long term. If the goal for losing weight requires more than a month, many of them would gradually lose motivation over time.

They established community-based interventions, through education and behavioral support, they have achieved a better result in over 6 months.

The community health nurse played a vital role in preventing and treating obesity through community participation. Their jobs improve people's awareness regarding healthy lifestyle, including food and physical activities.

The previous attempt shows that consistently manage weight is a matter for the current society, although there exist some management programs, but analysis shows they usually requires longer runs, which mean the current solutions are not as effective as expected.

Therefore, having an engageable, sustainable and effective solution for weight management is where need to conduct.