

## PROBLEM



**Overweight** in young teens has increased dramatically, leading to serious chronic diseases

**MOTIVATION AND INSPIRATION:** This is the time when learning new healthier habits can change the rest of their life. Health Intervention Programs in Schools promote healthier behaviors regarding **NUTRITION** and **PHYSICAL ACTIVITY**. One important factor of success is the student's social environment ('peer pressure'). The goal is to use **students social networks** and make them a **positive influence** on pursuing change to healthier behaviors.



Some health intervention studies had already used some type of social applications to encourage support among participants. They compared groups with and without social applications. When the group's social support took place, the results were significantly better than the group with no social application.

**HAPPYHEALTHY Mobile App** encourage and facilitate peers social support during a health intervention program

## Main Features:

- (1) **Posting** photos of meals about to eat, or physical activity. Posts are tagged by participants. **Tags** regarding **type of exercise or food**. Post are attached a **Location**.
- (2) Peers who posted in the same location before or have similar tags are **notified**, to encourage them to post a comment and interact.
- (3) Allow peers to post feedback **comments**.
- (4) **Search posts** from peers based on location and tags, to gather information like: places where they can order a delicious chicken salad, who shares same type of exercise interests, interesting places nearby to exercise, etc.

