

# UNDERSTANDING THE INTERDISCIPLINARY NATURE OF TECHNOLOGY IN A HEALTH CONTEXT.

## DESIGNING A HEALTH APP THAT RESPONDS TO A CURRENT HEALTH ISSUE IN OUR COMMUNITY.

### ESSENTIAL QUESTION:

## IS THE SECRET TO IMPROVING THE HEALTH OF MY COMMUNITY IN MY POCKET?

### WHAT ARE WE LEARNING?

- Understanding that technological outcomes impact on people's views of themselves and their futures.
- Making informal inferences about populations from sample data.
- Responding to a local community health issue through the use of health data.

### TRY THIS WITH

- Year 9-10
- Students who have an interest in app design.
- Students who are passionate about their community.

## find

## apply

## produce

Who  
Identify  
Recognise

Select  
Give examples  
Interpret

Challenge students to a 10 minute Scavenger Hunt for the types of health data held on their phones.

Create a master list of free apps designed to help us live healthier lives.

Start with the apps that students use themselves.

Cocurate a pinterest board of health material aimed at young people.

Ask students to review for effectiveness, discuss what (if anything) works.

Introduce the term "health burden".

Use 'Worldometers' to and National Health Targets to identify relevant health burdens.

Ask: What might the "youth health burden" be?

Talk to your local GP and ask them to identify health issues in your immediate community.

Encourage students to test an app from the list over the next 5 days.

Connect the functionality of the app with some of the core techniques outlined in the Healthy and Appy Fact Sheet.

Write an honest review in the app store.

Classify  
Estimate  
Investigate

Survey  
Take part in  
Order

Understand the background behind the now defunct Eatery App.

Discuss whether or not it would be possible to identify healthy food solely from colour.

Identify the core functions of the Eatery App (photographs, rating by colour, voting)

Plan to model the Eatery App's core functions in hard copy as a class.

Create a colour rating system that you can use for your two week modelling period.

Test your hard copy model using existing Instagram images #lunchbox and #lunch

Run your modelling of the Eatery App over a 2 week period.

Have every student photograph each of their meals and email/text/snapchat it to a central point.

Print out and arrange photos in a grid on the wall on a daily basis.

Use sticky stars to model the voting and rating by colour systems.

Look for changes in eating patterns over the two week period.

Reflect on whether this approach made the class change their eating habits?

Opinion  
Measure  
Importance

Review  
Value  
Persuade

Challenge students to design (and perhaps even build) an app that uses smartphone health data to address a local community health issue.

Use information gained from earlier discussions with health professionals to inform your decision.

Propose an intended goal or solution that you wish to aim for in your app development.

Make decisions on target audience and which strategies you will utilise in your app

Match information to sections in an app design wireframe template.

Be inspired by Behance Network search for Health App Designs.

Draw thumbnail sketches of the wireframes.

Identify the health data that needs to be collected.

Determine how your app will sync with iOS Health or Google Fit.

Use AppMaker to create your app and link social feeds.

Meet with local community health services for feedback.

Review, refresh and promote.



## success criteria

### Students can check they have successfully completed the task by:

- Analysing an existing app for its effectiveness and faults in addressing a health burden.
- Contributing to the replication in hard copy of the Eatery App and analysing its functionality.
- Designing an app that provides a solution to a local community health problem.

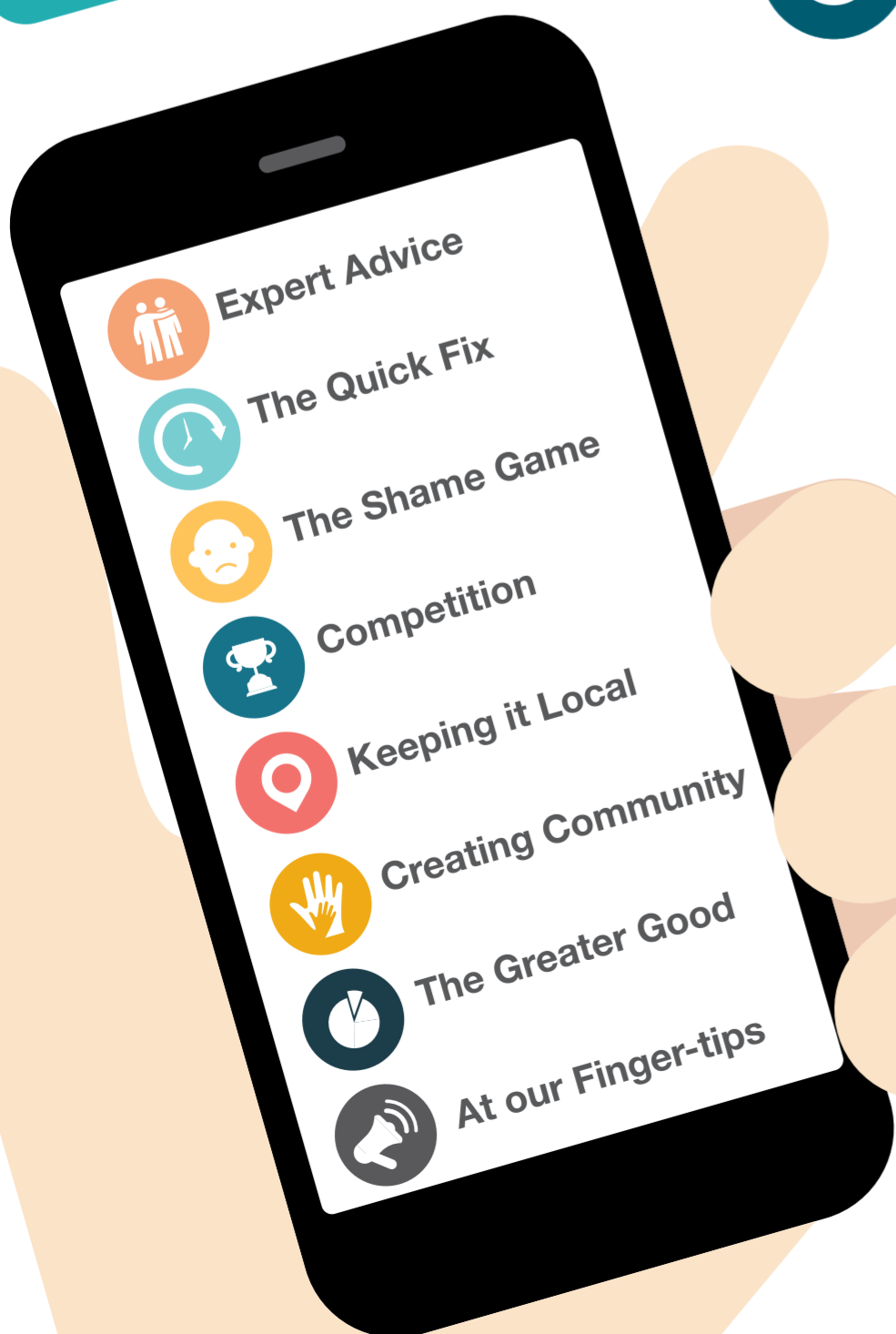
PRINCIPLES	VALUES	KEY COMPETENCIES	LEARNING AREAS	WORD BANK	KEY CONCEPTS
Future Focus Learning to Learn	Community and participation Innovation, inquiry and curiosity Respect	Thinking Managing Self Community and participation	Mathematics and statistics Technology	Target Audience Techniques Functionality Health Burden	Design Process Critical Review Local Health Issues Health Innovation

# HEALTHY AND APPY

What most people don't realise is that even right now, our phones and the apps we have downloaded onto them, are collecting lots of data about how far we've walked, how long we slept and how many flights of stairs we climbed.



STEPS • FLIGHTS CLIMBED  
• ACTIVE ENERGY • SKIN TYPE / UV INDEX • DIETARY SUGAR • SATURATED FAT • WATER INTAKE • SLEEP



We like getting our health advice from a famous coach.  
The best apps make the advice feel like it is 'just for me'.

- + Personal Relationship
- Automated messages

Achieving a health goal without significant change to lifestyle.  
Maximum results with minimum effort appeals to everyone.

- + High sign up rate
- Hard to sustain

Targeted at people with low self-esteem, these apps use body shaming to prompt people into doing something to change their health.

- + Initially motivating
- Effects mental health

These apps pitch your health data (steps etc) against another real person's.  
Outperforming your chosen competitor also improves your health.

- + Bragging rights
- Constant pressure

These apps take the best parts of delivery service apps and apply them to health. Home visits from your doctor? Prescriptions refilled? Yes please.

- + No waiting times
- Cost of service

'Hard to reach' participants sign up and contribute their data to research studies that may change our understanding of Diabetes or Parkinsons.

- + Reduced study costs
- High dropout rate

Apps that connect us with a community of strangers with similar goals makes us feel supported and increases our chance of success.

- + Sense of belonging
- Online bullying

Apps using the gps in your phone to recommend nearby exercise routes or healthy food options give local context to your health goals.

- + Personalised suggestions
- Not in all areas

In the very near future our doctor won't own the best record of our health - we will.. We'll be able to use the data our phones collect as we go about our daily lives to identify some of the things we could change to make ourselves healthier.



The most successful health apps use a range of clever techniques to make us fall in love with them and to use them consistently.