

# INTERACTIVE SYSTEMS & FOSTERING HEALTHIER LIFESTYLES

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## Research Topic

Our topic was to research the design of health related mobile applications & the impact of interactive systems on users' daily behavior to foster a healthier lifestyle.

## Research Goals

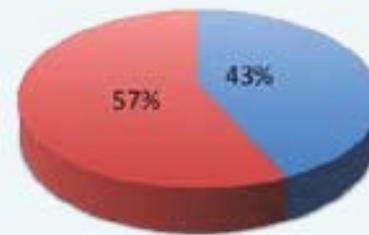
- How successful people are in using interactive systems to help foster a healthier lifestyle
- Study how many people actually use mobile applications
- See if it actually makes a difference in people's lives

## Research Methods

- Academic Research
- Self-experiences
- In-person Interviews
- Surveys
- Sample size: 44 people
- 6 In-person Interviews

## Research Results

Have you ever downloaded a mobile application on your phone to help with weight loss, exercise, or athletic training?

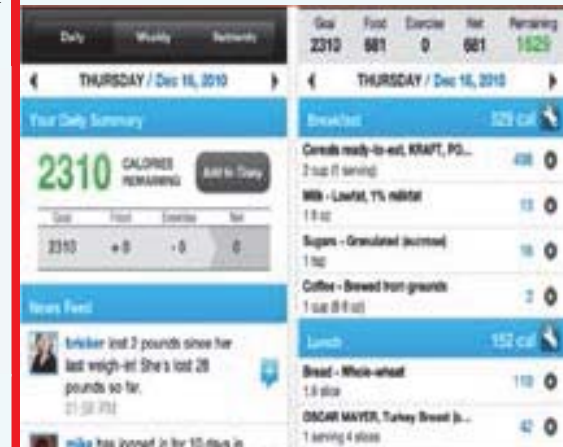


When we asked this question, 57% of people said no and 43% said yes.

How many times a week do you use mobile application on your phone to help with weight loss, exercise, or athletic training?



## Calorie Counter & Diet Tracker



## Conclusion

The apps would be and are beneficial, but majority of people don't use them because:

- Too complicated
- Too much work
- Lack of interest
- Lack of knowledge

The less work for the user, the more likely they are to use the app.