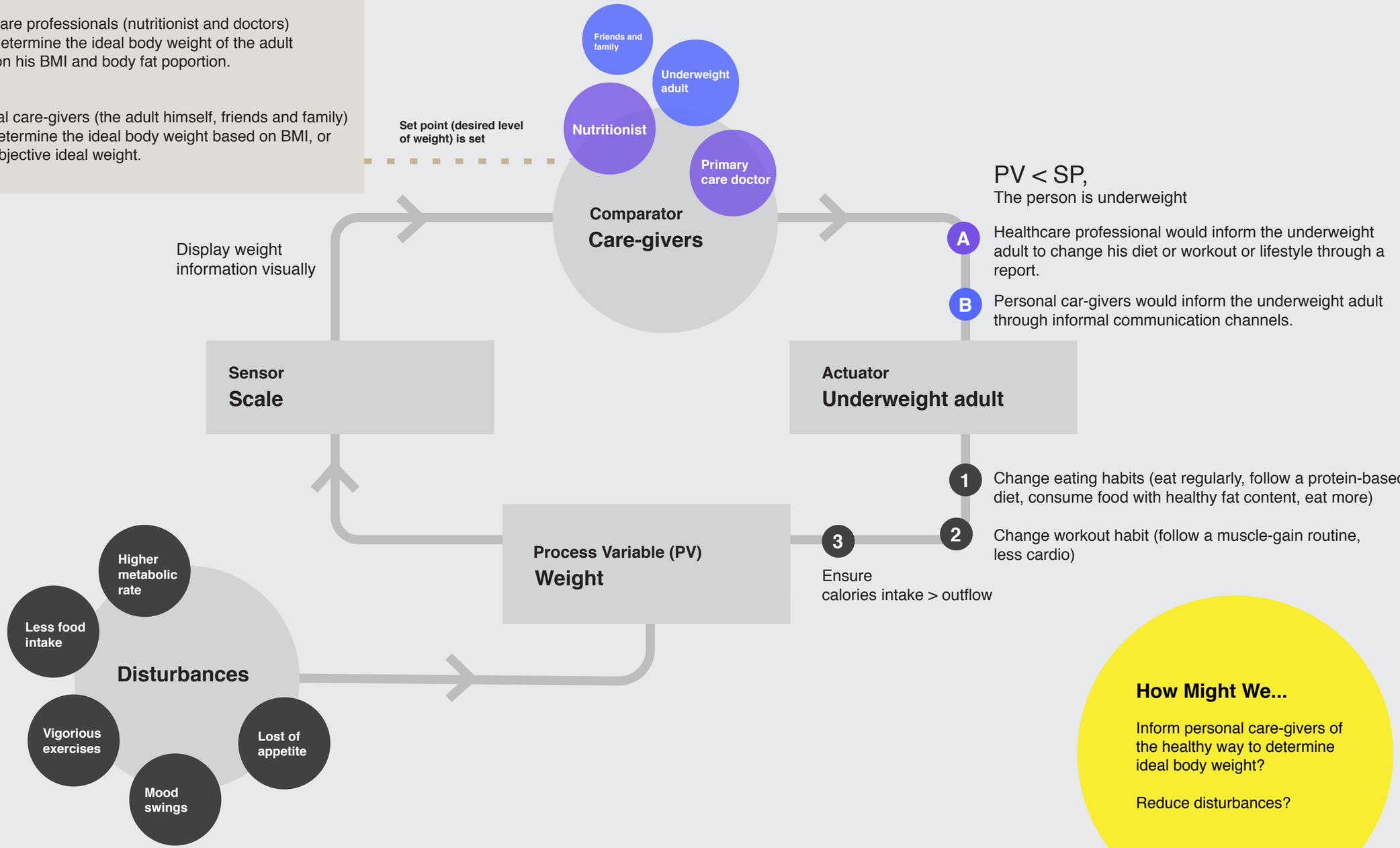
A model of nutrition care for the underweight

How do underweight adults manages their condition?

Before the system begins

A Healthcare professionals (nutritionist and doctors) would determine the ideal body weight of the adult based on his BMI and body fat poportion.

B Personal care-givers (the adult himself, friends and family) could determine the ideal body weight based on BMI, or their subjective ideal weight.



PV < SP,
The person is underweight

A Healthcare professional would inform the underweight adult to change his diet or workout or lifestyle through a report.

B Personal car-givers would inform the underweight adult through informal communication channels.

1 Change eating habits (eat regularly, follow a protein-based diet, consume food with healthy fat content, eat more)

2 Change workout habit (follow a muscle-gain routine, less cardio)

3 Ensure calories intake > outflow

How Might We...

Inform personal care-givers of the healthy way to determine ideal body weight?

Reduce disturbances?

YU CARINA

A model of nutrition care-giving network

Who provides care for underweight adults?

How Might We...

Provide intimate and personal care consistently at a low cost?

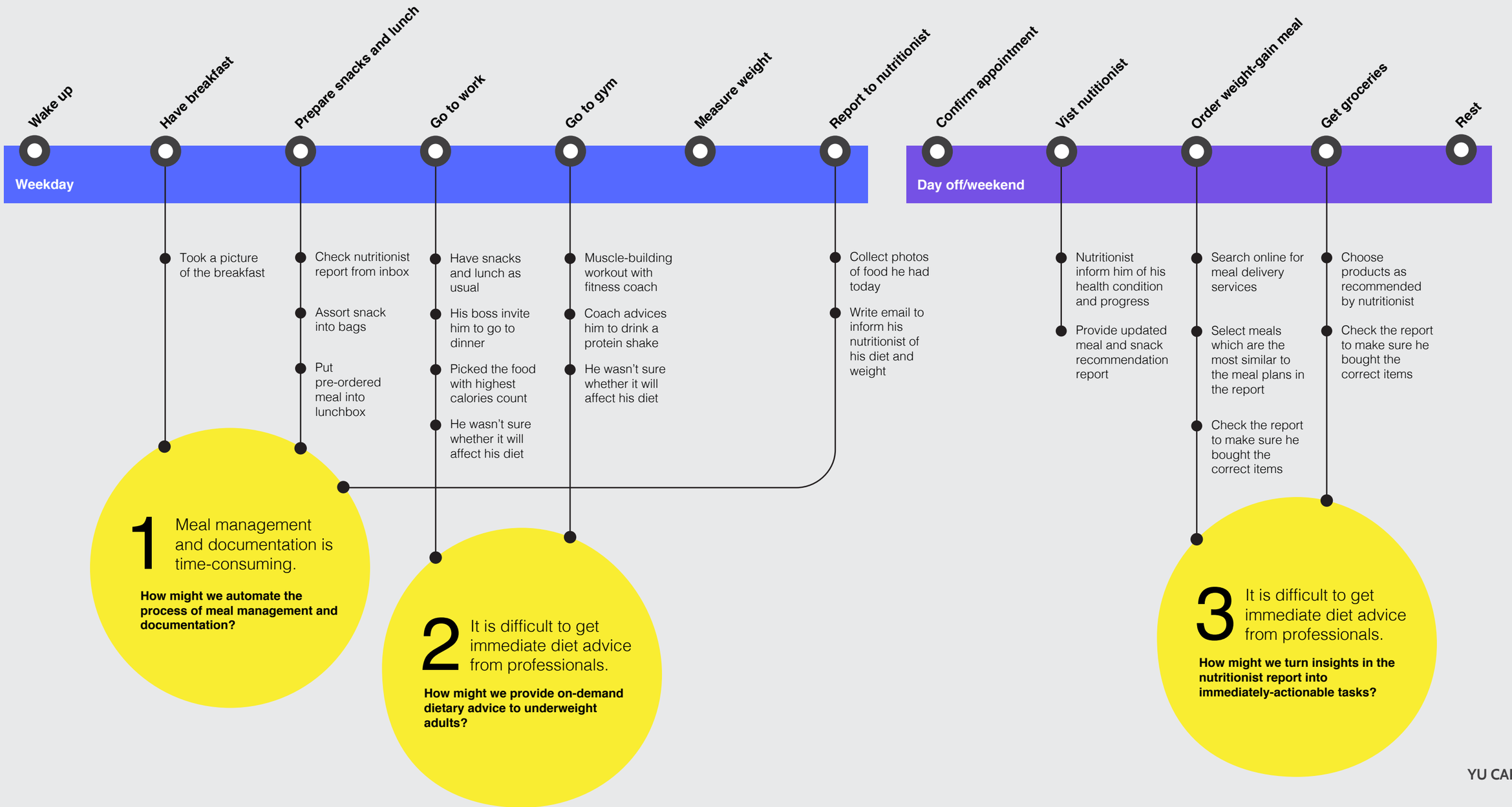
Assist an underweight adult in managing his care-giver network?

YU CARINA

Underweight adult journey map

Observed opportunities in the preventative care for underweight adult

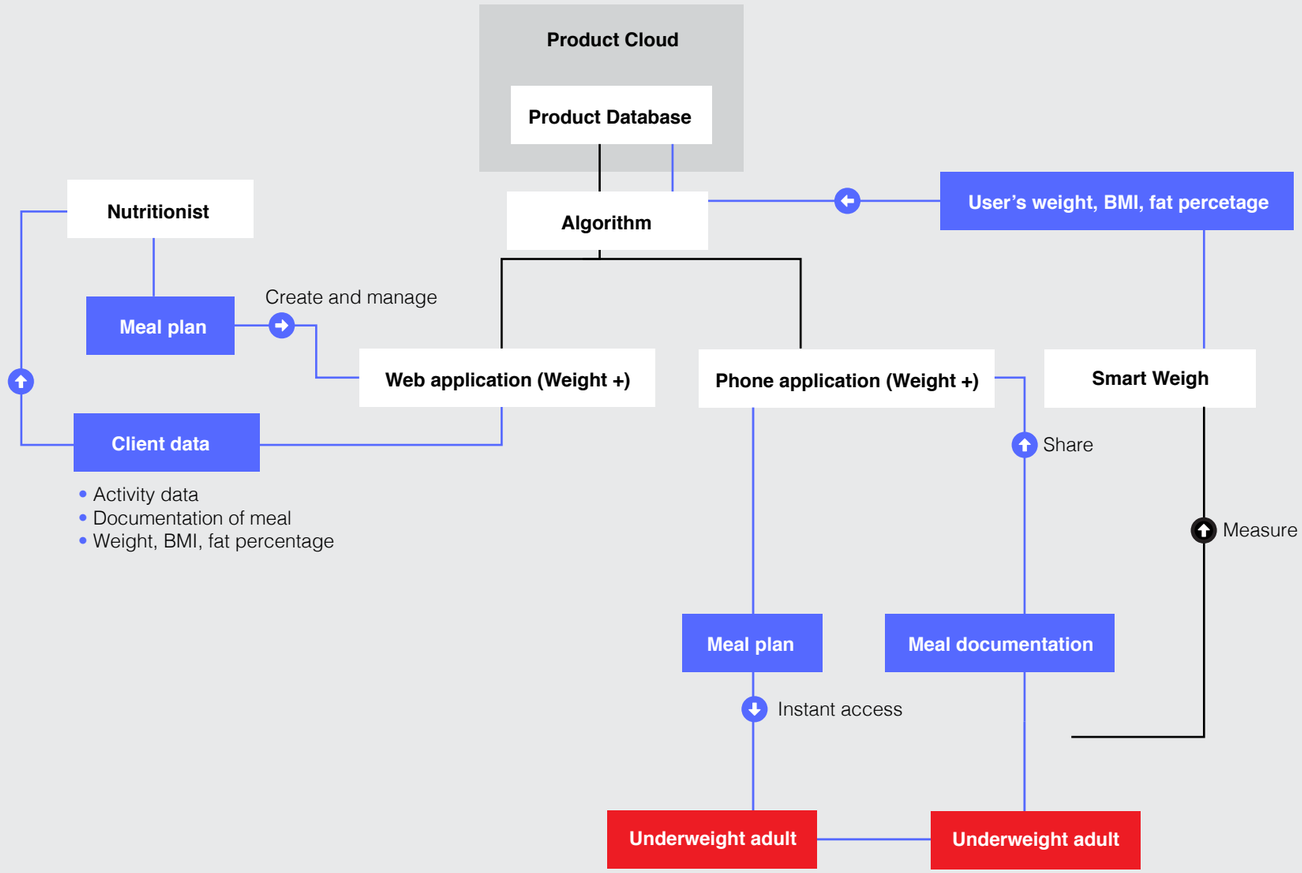
Jim - a 28 year-old copywriter in an advertisement agency - is naturally underweight. He is 125 pounds and 6 feet tall. Despite looking very weak and fragile, he does not have any immediate health risk. However, he does feel that his immune system is getting weaker. He caught a flu in the winter and it took him over 2 weeks to recover. To become healthier and feel stronger, he decided to consult a nutritionist and fitness coach to help him gain weight.



YU CARINA

Underweight preventative care system: Weight +

A proposal of weight management system and the user conceptual model



User conceptual model - underweight adult

USER TASK	OBJECT	ACTIONS	PROPERTIES
Check meal plan	Meal plan	View	Time, receipe, meal type (breakfast, lunch, snack, dinner)
Document meals	Meal plan, Food consumed outside meal plan	Check, upload photo	Time, meal type (breakfast, lunch, snack,dinner)
Check-in with nutritionist	Channels	Type, read, converse	Receipient name, time of message, unread messages, delivered, sent, not sent
Check what groceries is needed to prepare the meals	Groceries list	View, check	Food name, amount, photo

User conceptual model - nutritionist

USER TASK	OBJECT	ACTIONS	PROPERTIES
Create and manage meal plan	Meal plan management tool	Create, edit, view, make copy	Plan name, client name, client type
Chat with clients	Message	Type, read, converse	Client name, time of message, unread messages, delivered, sent, not sent
View clients' profile and progress	Client profile	View	Client name, type, basic health information, activity data, meal documentation
View business activity	Dashboard	View	Number of clients, time, demographics