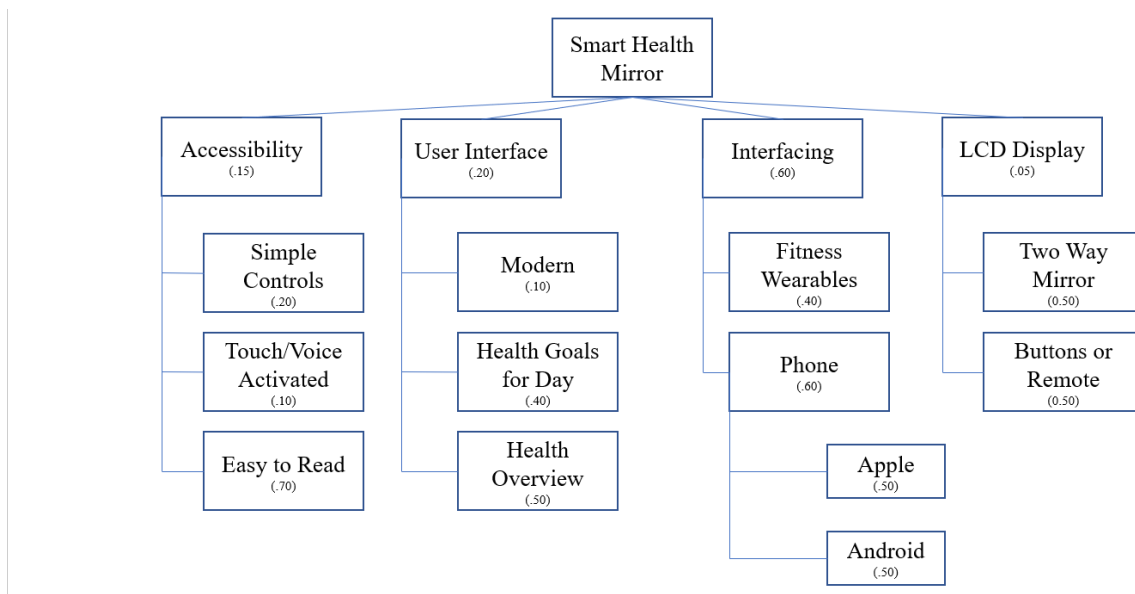# Deliverable #1

Project Statement

Need Statement:

According to the CDC the US obesity prevalence was 42.4% between 2017 and 2018. Many individuals with obesity will run into health conditions such as heart disease, stroke, type two diabetes, and certain types of cancer. Furthermore, their medical costs are $1,429 higher than those at a healthy weight. At least 2.8 million of these obese individuals will die as a result says The European Association for the Study of Obesity. An interface showing one's health statistics while giving them helpful recommendations can prove to be helpful. Often notifications on a phone or a watch can be silenced, but when you see it on a mirror in front of you when waking up every day it can be motivational.

Objective Tree:

Team Information

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Background & Interviewees

Background:

The principle behind our health mirror concept is to have a digital display set up behind a mirror which offers information regarding the state of one's health. Based off data collected from the individual we can assume a point of reference and make suggestions. Currently there are watches, phones, and home exercise equipment which obtain health data and provide individual recommendations based off the data. Limitations to the current designs include lack of convenience, and too much data. The similarity between our idea and existing technologies is the practice of displaying health metrics and providing insight to what it means. Our implementation is looking to consolidate the information so that it is all visible at once and easy to understand. The concept we are proposing will also serve as a decorative asset. There are existing technologies surrounding smart mirrors, but a lot of them include the use of a camera to adjust display of an individual, correct posture, or simulate possible clothing purchases. When looking

for health mirrors plenty of workout systems show up but are not equivalent to what we are striving to achieve.

Interviewees:

- Fitness Industry
- Homeowners
- Health Conscious Individuals