

Prevention of Obesity, Sarcopenia and Sarcopenic Obesity in retirement: Development of persuasive technology to stimulate healthy lifestyle behavior

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Aim

To develop persuasive technology that stimulates healthy behavior in people around the time of retirement (the SO-NUTS application).

The SO-NUTS application should be personalized and promote sustainable lifestyle changes. It should stimulate healthy lifestyle behavior by:

- Increasing protein intake
- Increasing dietary quality
- Increasing muscle strength
- Increasing total daily physical activity

Methods

- Focus groups were held to better understand possible strategies and barriers to adopt changes in lifestyle and the use of health technologies.
- The theoretical foundation was based on the self regulation theory.
- In weekly sprint meetings the first prototype of the SO-NUTS application was developed

Results

The first prototype of the SO-NUTS application offers:

- Personalized goal setting (fig 1, 2, 3)
- Action planning (fig 4, 5)
- Performance tracking and feedback (fig 6)
- Home training session and healthy recipes (fig 7)
- Agenda function (fig 8)
- Additional information (fig 9)

