

Invited Speaker Abstract

Official Language: English

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Title of Presentation

FoodSampler, towards a new generation of e-health prevention tools.

1. Abstract

The health and care sector is in transformation; technology based self-management methods are upcoming but lacking fundamental scientific evidence. There is a need for user-centred innovation in which design has a lot to offer. The FoodSampler consortium is a collaboration between researchers from design, health sector and e-health business. It aims to explore food informatics strategies to engage people in generating contextual knowledge of their food behaviour. The approach combines science and methodologies from both design and health with Mixed Method Research, Research through Design and Living Labs research.

This innovative collaboration involves end-users and experts in cycles of exploring, prototyping and testing mixed food informatics strategies. The project seeks for direct benefits to involve the targeted group as collaborators of the design process. This workshop will present best practices and share the values of collaborating with experts with a technology/design background for new methods of food intake measurements. Gain deeper insights on successful collaborations with different fields of interest. Learn in an interactive, creative way how designers and health industry can engage toward developing more engaging self-management tools.

2. key references

Romero Herrera, N., Davis-Owusu, K., van Oers, S., de van der Schueren, M., Alberts, J., & Vastenburg, M. (2018, May). FoodSampler: engaging people to contextualise food behaviour: Mixed methods for monitoring choices and triggers of eating habits. In *Proceedings of the 12th EAI International Conference on Pervasive Computing Technologies for Healthcare* (pp. 269-273). ACM

Website: <https://studiolab.ide.tudelft.nl/studiolab/foodsampler/>

3. key messages

- Design is not just what it looks like and feels like.
- Designers are not only creative people working on apple computers.
- Learning about context is key in developing more engaging methods.