

Preface

The aim of this book is to provide guidance in finding the hidden power of interactions and creativity of participation through technologies, in order to construct healthier lives by and for people. This work discusses the importance of healthcare and disease prevention. It offers tools to guide personalized health services to promote healthier lives, and to optimize health management through awareness, motivation, and engagement. The initial part of the book proposes mobile technology solutions, discusses some case studies in health care, and explores various collaborative applications in mobile health to aid in prevention. Furthermore, the conceptual framework was demonstrated with a sample project that had been developed and evaluated through an onsite deployment using participatory tools and strategies proposed in obesity prevention. As a conclusion, the work proposes future directions in participation of everyday health through mobile technologies, starting from personal health prevention and continuing to a systematic approach of a collaborative platform with various stakeholders to cover all influence levels of individual healthier lifestyles.

Healthcare today is in transition toward well-being in the daily lives of individuals. The concept of a healthier lifestyle requires a long-term relation with your everyday health and moves toward a participative approach for chronic disease prevention. Mobile technologies offer new interventions for a more user-centered, socially connected, and economically sustainable healthcare system. With the improvement of social media technologies, they can help to promote social health connections enabling systems that can monitor, track, and respond to changing health status. A major focus of the book aims to provide this conceptual framework with collected case studies and a sample project to understand and contribute participatory processes and tools through effective use of mobile technologies in promoting healthier lifestyles.

The work provides initial background information on mobile health interventions and research strategies to enhance participatory approach in everyday health management and new media applications as social platforms. The book explains the conceptual framework with a sample project, Locast Health Diary, which aims to

provide a helpful set of tools for teens at risk for obesity to record their sociopsychological environment and everyday health routines. In more detail, the study discusses the utility of geo-located video diaries and social networks, where social interactions on the Web and user-recorded video diaries create awareness and help subjects to self-reflect on their activities, aiming to think about positive behavior change. The study furthermore evaluates the use of health diary tools for confronting the obesity problem as part of overall prevention for chronic diseases and, as a conclusion, provides a methodological layout for future research directions while discussing participatory tools to be used in other application areas of mobile health.

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Arslan, P.

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