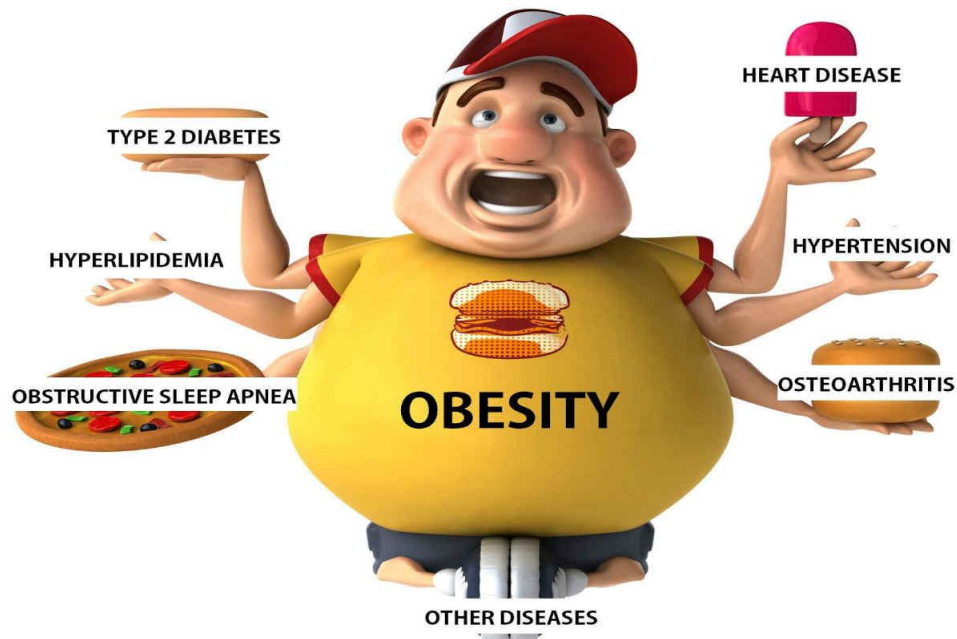


DESIGN THINKING(OBESITY IN THE WORLD)



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INTRODUCTION

Studies have demonstrated that design thinking, a human-centered approach to problem solving, may be successfully used to solve the obesity epidemic. The design thinking process' test phase is crucial for developing and perfecting interventions that are meant to control and prevent obesity. In this stage, proposed solutions are prototyped and tested in actual situations in order to assess their viability and efficacy. The key findings of the design thinking process's test phase on obesity will be covered in this article. I will also provide problem solving by my experience using 2 apps to help loose weight and how my life changed.

MAIN FINDING

TEST PHASE IN DESIGN THINKING PROCESS



The significance of user interaction and feedback was one important result in the obese test phase. Designers can learn a lot about what works and what doesn't by incorporating people who are affected by obesity, such as patients, healthcare workers, and community members in the testing process. The importance of user-centered design for developing obesity prevention interventions that are pertinent, approachable, and appealing to the target audience was highlighted in a study by Brown and Wyatt (2010).

Additionally, based on user feedback, iterative enhancements can be implemented throughout the test phase. Designers can produce solutions that more effectively satisfy the wants and preferences of the end users by iteratively modifying and changing interventions. This iterative method was illustrated in a study by Grimes and colleagues (2017) when they created a smartphone app for weight control. The software was improved to be more user-friendly and successful at encouraging behaviour change through testing and user feedback.

The test phase also offers a chance to assess the efficiency of various interventional components. For instance, a study by Gokee and colleagues (2019) that examined several behaviour modification tactics used in obesity interventions discovered that goal-setting, problem-solving, and self-monitoring were efficient methods for encouraging weight loss. This finding emphasises the significance of assessing each element of an intervention to determine which ones have the greatest impact.

Additionally, the test phase allows the detection of challenges and obstacles that can appear when putting obesity therapies into practise. Real-world testing allows designers to identify unforeseen problems that need to be fixed. In order to ensure that interventions are

successful in reducing obesity, a study by Powell and colleagues (2020) emphasised the significance of knowing the context and setting in which those interventions are applied.

The test phase also adds to the body of knowledge supporting obesity therapies, to sum up. Designers and researchers can provide significant information that guides future practise and policy by systematically testing and assessing solutions. Sacks and colleagues (2009) reviewed lifestyle therapies for obesity in a systematic manner and discovered that those based on behavioural principles were more successful in helping people lose weight.

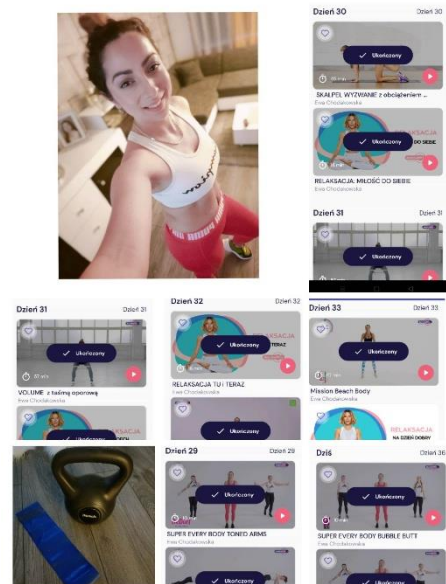
PROBLEM SOLVING OBESITY TESTING

As a team in this final phase of design thinking (Test), we did not have time to try the product and solution in our team and in real life, so I would like to show you my real experience and solution, how I lost weight with the apps by Ewa Chodakowska.

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And I tested them on myself 4 years ago. These apps helped me lose weight and adjust my mind so that I felt healthier and more vital. After 2 sessions, I quickly gained weight and didn't want to I left my comfortable life. But health problems arose. I found the Polish trainer Ewa Chodakowska on Instagram, she changed my life and helped me reduce my weight using her applications, I started exercising in the comfort of my home and she also helped me with the diet that she has been offering on the market for many years. I lost 15 kg in 1 year, I mean that applications that I tested on myself, I can confirm that I am attaching pictures of what I looked like before and after. It was a long and difficult journey, but it helped me lose weight and solve my poor health, I recommend changing my lifestyle and starting to move more, stop sugar, sweet water, fast food and drink 3 liters of clean water per day.



CONCLUSION

In conclusion I would like to say that obesity in the world is still a big problem but still there are many solutions in the digital and real life health care in the world. Physically and mentally we can change the problem like I did using digital apps by Polish trainer Ewa Chodakowska. Everyone is different and has different types of genes or health diseases, but if the people start doing just the first step in their life I think problems will be solved quickly. I hope everyone has the power to change obesity in the world start eating healthy and workout slowly day by day. My life is changed, because I start to doing something for my health and condition. I never feel better like now. Workout is my priority and healthy food as well. I realise that I have children they can see how I look and how I changed. I think is really good example for them on the future how they should eat and doing same steps like Me, I hope they will follow my steps.

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