



TECHNOLOGY FOR *healthy living*

The world we live in has “engineered” health behaviors necessary for living long, productive lives out of our daily routines. How can increasingly common mobile devices be effectively used to make healthy habits the easy choice for all?

These technologies could be strategically harnessed to overcome the physical, psychosocial, and environmental barriers driving unhealthy habits. However, there is insufficient scientific evidence supporting their effectiveness. Dr. Abby King and colleagues apply scientifically validated behavioral principles and strategies to create and test programs for helping people move more, sit less, and eat and live in healthier ways.

A Strong Commitment and Unique Advantage

For more than three decades, Dr. King has had a strong commitment to supporting the health and quality of life for midlife and older adults, low-income residents, ethnic minority groups, and people living in developing nations who could benefit most from effective health promotion programs. Stanford University’s strong ties to Silicon Valley provide a unique advantage in creating technology-based, cost-efficient solutions to increase our chances of living long, productive, and healthy lives, regardless of income, education, language, or country of origin.

Current Research Projects Include:

- Automated bilingual “virtual advisors” that provide interactive, personalized health behavior counseling via a touch-screen computer.
- Smartphone applications that tap the different human motivations behind daily behavioral health decisions.
- Human-advisor and automated tele-health solutions that deliver interactive, personalized advice and support to promote long-term healthy habits.
- GPS-enabled electronic tablets that allow residents to easily capture, through photos and audio narratives, local impediments to healthy living.

This information can be “crowd-sourced” to provide a timely source of information for local decision-makers. “Citizen scientists” of all ages are currently using these tools & strategies to promote healthy neighborhood changes in the US and internationally.

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OF ALL U.S. DEATHS ARE DUE TO
NONCOMMUNICABLE DISEASES

50%

OF GLOBAL MORTALITY IS LINKED
TO BEHAVIORAL RISK FACTORS
(TOBACCO USE, PHYSICAL
INACTIVITY, UNHEALTHY DIET)

>91

COUNTRIES HAVE MORE CELL
PHONES THAN PEOPLE

5×

MORE PEOPLE USE MOBILE PHONES
THAN LAND LINES