Energy change paper
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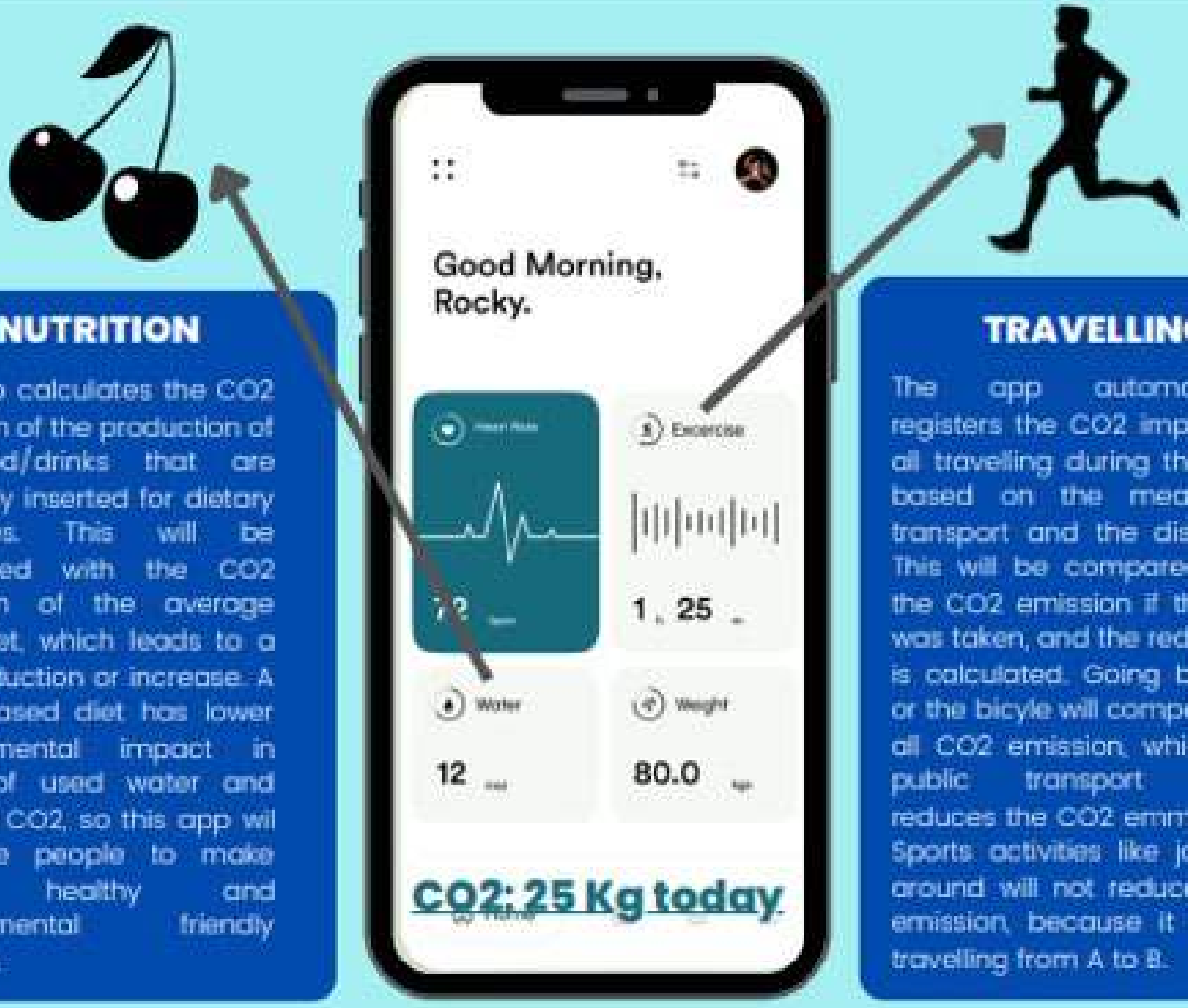
Combine physical and global health

Existing health apps like 'Google fit' and 'My fitness PAL', can be expanded with a function that calculates the CO2 impact of lifestyle. Nutrition and travelling are two major sources of CO2 emission in the current society. This data will be collected anyway in the health app, so there is no extra effort to calculate the CO2 impact.



NUTRITION

The app calculates the CO2 emission of the production of all food/drinks that are manually inserted for dietary purposes. This will be compared with the CO2 emission of the average daily diet, which leads to a CO2 reduction or increase. A plant based diet has lower environmental impact in terms of used water and emitted CO2, so this app wil motivate people to make more healthy and environmental friendly choices.

TRAVELLING

The app automatically registers the CO2 impact of all travelling during the day, based on the means of transport and the distance. This will be compared with the CO2 emission if the car was taken, and the reduction is calculated. Going by foot or the bicyle will compensate all CO2 emission, whilst the public transport partly reduces the CO2 emmission. Sports activities like jogging around will not reduce CO2 emission, because it is not travelling from A to B.

The environmental impact of daily life choices of consumers is enormous. Scientists are working hard on technical solutions for sustainability in different disciplines. However, all human beings on earth determine the direction of environmental development. We should act on the source, instead of compensating our behaviour that harms the earth.

Pscychological incentive

People can earn points for all kilograms that are reduced. This is a competitive element and can be shared on social media, which motivates behavioral change. Next to that personalized goal setting and feedback will be offered, and tips about the right choices are available.

Challenge

The CO2 emission can not be defined exactly. Even tough science and artificial intelligence are improving rapidly, the calculations of CO2 emissions will still be estimations. Next to that, the origin of production of food is important, but it is hard to incorporate this data in the app.