

# 10 Ways technology is being used to influence health behaviour

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1. Use of Web based programmes to influence health behaviour e.g. <https://puffell.com/> and [http://nikeplus.nike.com/plus/products/gps\\_app/](http://nikeplus.nike.com/plus/products/gps_app/)
2. Use of mobile technology to influence health behaviour such as SMS reminders or self-motivational apps e.g. <http://www.ncbi.nlm.nih.gov/pubmed/22517890> and <http://hnp.sagepub.com/content/9/4/338.short>
3. Use of social networks to influence behaviour e.g. <http://circ.ahajournals.org/content/127/21/2135.extract> and <http://content.healthaffairs.org/content/28/2/361.short>
4. Use of product design technologies to influence behaviour e.g. <http://www.designcouncil.org.uk/our-work/challenges/Security/Design-out-crime/Alcohol-related-crime/>
5. Use of environmental technology to influence health service delivery to influence behaviour, e.g.: <http://www.designandhealth.com/uploaded/documents/Publications/Papers/Roger-Ulrich-WCDH2000.pdf> and <http://www.designcouncil.org.uk/our-work/cabe/our-big-projects/health-/public-health/>
6. Use of health sector building technology and design to influence health e.g. <http://sensingarchitecture.com/573/5-ways-hospital-design-influences-patient-health/> and <http://www.designcouncil.org.uk/our-work/cabe/publications-resources/cabe-publications/future-health/>
7. Use of technology in self / remote health monitoring e.g.: [http://www.futurehealthit.com/remote\\_monitoring/](http://www.futurehealthit.com/remote_monitoring/)
8. Use of simple sustainable low level technology in developing countries e.g. <http://finalmile.in/behaviourarchitecture/wadala-experiment-featured-on-the-boston-globe>
9. Use of cutting new technologies in developing countries e.g.: <http://www.lightingafrica.org/> and <http://healthmarketinnovations.org/program/mobile-care-moca-remote-diagnosis-and-screening>
10. Use of technology re public health screening via clinician and patient controlled technology e.g. <http://www.ncbi.nlm.nih.gov/pubmed/20398047> and <http://www.brookings.edu/~media/research/files/papers/2012/5/22%20mobile%20health%20west/22%20mobile%20health%20west.pdf>