University of
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Digital Health
and Care

USING MICRO:BITS TO SUPPORT CHILDREN'S UNDERSTANDING OF PERSONAL HEALTH DATA

What went right, what went wrong and what we would do differently next time.

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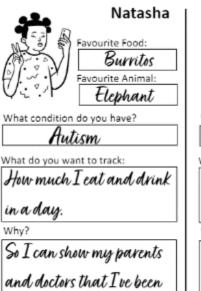sydney.charitos@bristol.ac.uk

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What did we do?

Aim: How do children aged 10-11 want to visualise personal health data on smartwatches?

How:
- 4 x 2.5hr co-design workshops
- micro:bit outreach
- teaching practitioners
- personas

Natasha

Favourite Food: Burritos
Favourite Animal: Elephant
What condition do you have? Autism
What do you want to track: How much I eat and drink in a day.
Why? So I can show my parents and doctors that I've been eating the right amount.

Noah

Favourite Food: Soy sauce
Favourite Animal: Chickens
What condition do you have? Ehlers Danlos Syndrome
What do you want to track: My step count and heart rate.
Why? I need to keep them below certain numbers so I don't feel sick.

Ali

Favourite Food: Marmite on toast
Favourite Animal: Dinosaurs
What condition do you have? Sickle Cell Disease
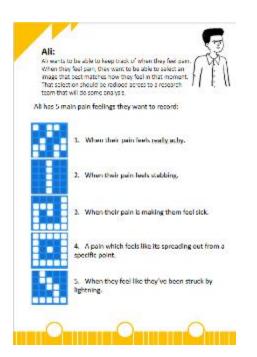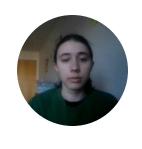What do you want to track: I want to track when I'm tired and when I feel pain.
Why? I'm going to be part of a study that will help predict my pain, and they want that information.

What did we do?

micro:bit activity

What did we find?

What went well

What didn't go well

Different next time