

Design of a Nutrition App for Bolivians in the Andes

Cris Carter Wright

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Morgan Heinz

Among the United Nation's Sustainable Development Goals is nutritional risks, which are very evident in Bolivia. The broad goal of this capstone project was improvement of nutrition in the diet of the populations at-risk for disease and death. A particular focus was populations in the Andes Mountains who suffered from anemia. The need addressed was how to distribute nutritional information through technology available to the target populations. Specifically, the goal was electronic provision of recommended diets for the nutritional health of Bolivians who had been found to suffer from malnutrition. A review of research literature on the use of apps for healthcare, especially nutrition, indicated the viability and usability of an app for positively affecting the nutritional needs of Bolivians. The qualitative and quantitative research reviewed in this capstone identified information to include in the app for that population, along with appeal and ease-of-usability factors. Health practitioners had positive feedback regarding these suggestions for immediate application by the designer of the app for the target population.