



NMD 200: Final Project

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Design For Bodies: Phones



The Negatives

Many of us have cell phones and use them everyday for a significant portion of the day. Since our phones consume so much of our daily lives, it is important to know about the negative health effects our phones may have on our bodies. Here are some examples.

01

Physical Inactivity

Increased use of phones and technology distracts us from getting up and moving as much as we normally should or would. Studies have shown connections between increased technology use and decrease of physical activity, or even increased rates of obesity.

02

Sleep

The blue light that's emitted from our phone screens can impact our sleep. An article from Northwest Primary Care states that, "The National Sleep Foundation and Swedish researchers discovered a link between heavy cell phone use and increased sleep disorders in both men and women."

03

Eyestrain

Staring at a screen for too long, and too closely, can lead to eyestrain. Eyestrain not only affects your eyes, but can also cause headaches and even neck and shoulder pain.



| Main symptoms | Numbers (Percentages) (n=441) |
|-----------------------|-------------------------------|
| Headache | 227(51.5) |
| Irritability | 224 (50.8) |
| Lack of concentration | 209 (47.4) |
| Anxiety | 170 (38.5) |
| Eye strain | 161 (36.5) |
| Lack of sleep | 156 (35.4) |
| Exhaustion | 144 (32.7) |
| Body ache | 142 (32.2) |

Table 2: Some of the principal adverse health effects of cell phone usage, in descending order of occurrence.

What Can We Do?

Our cell phones aren't going away anytime soon, so what can we do to counteract the negative effects our phones are having on our health? Our phones already have some built-in beneficial tools, we just need to teach ourselves to use them. We can also teach ourselves some tricks to lessen our phone's negative effects

1 Fitness Apps

There are a multitude of fitness apps out there that can encourage you to get up and get active.

2

Night Mode

Most cell phones have a built-in "night mode" setting that you can switch to when it's time to wind down. Night mode changes your screen to warmer colors which can affect your sleeping patterns less.

3

20/20/20

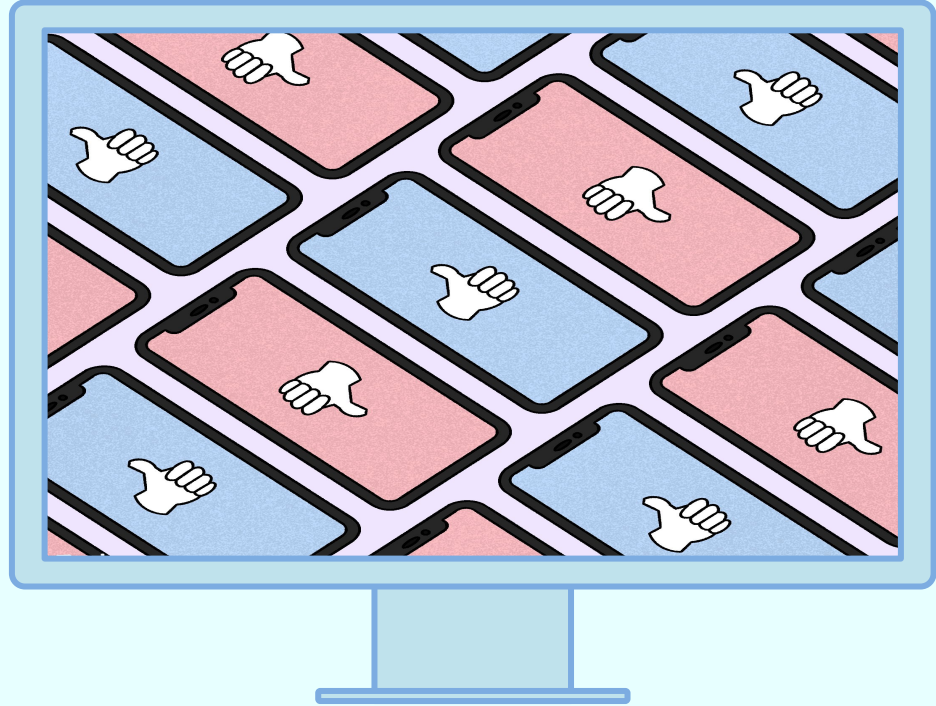
To reduce eyestrain, you can implement the 20/20/20 rule when you're scrolling. All you have to do is every 20 minutes take 20 seconds to look at something that is 20 feet away.



Design For Culture: Social Media



Social media has changed the fundamental way that we interact with society. Using social media, you can meet people and learn new things that you may never have got the chance to if it weren't for social media. However, there are positives and negatives to social media. As users of current social media platforms we need to be aware of how we can make social media a beneficial part of our lives and not let it lead to the detriment of our lives.



The Positives

- Social media makes it easier to make friends and find communities of like-minded people.
- Social media makes it easier to connect and keep up with your irl friends and family.
- Social media can be a distraction from everyday life.



As of 2021

79%

of Americans have a social media profile.



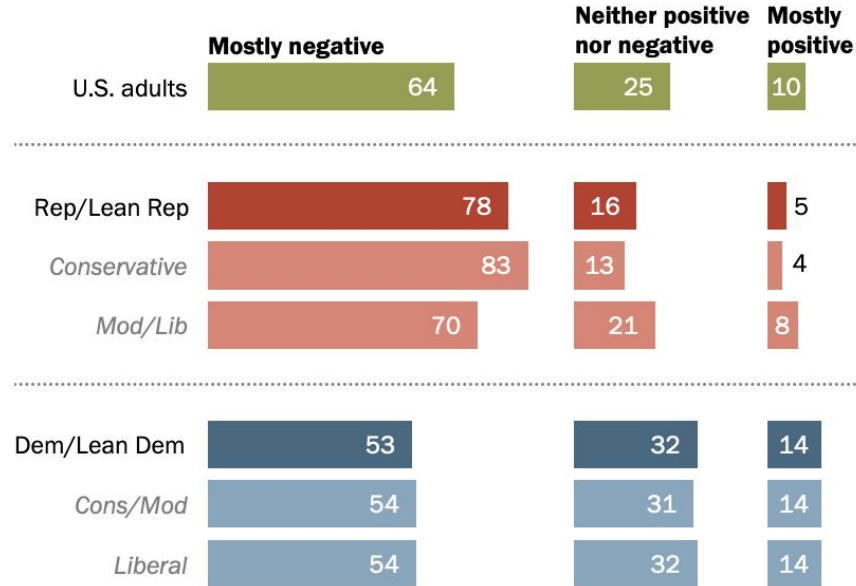
The Negatives

- Social media can promote cyber bullying through the use of anonymous accounts.
- In a paper published by the Proceedings of the National Academy of the Sciences of the United States of America there reads, “Social media may limit the exposure to diverse perspectives and favor the formation of groups of like-minded users framing and reinforcing a shared narrative, that is, echo chambers.
- Social media allows people to see the world in a warped way, leading to negative feelings of oneself.



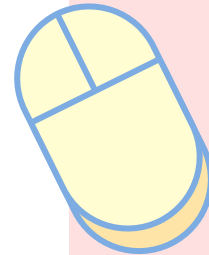
Majority of Americans say social media negatively affect the way things are going in the country today

% of U.S. adults who say social media have a ___ effect on the way things are going in this country today



Note: Those who did not give an answer are not shown.
Source: Survey of U.S. adults conducted July 13-19, 2020.



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What Can We Do?

One thing we can do to keep social media positive is to use social media apps that were designed to make a positive impact. One app that is trying to make a positive impact on society is called *Positive Impacts*. The app “is powered by patent-pending technology that allows users to bring awareness to the special causes that are dear to their hearts and enables others to rally behind them in support through fundraising, volunteering, petitioning, creating letters and more.” The app encourages users to actually act on causes that they care for instead of just “liking” them. When users act for these cause, for example donate, it is called a Positive Reaction. Users receive points for their Positive Reactions. Supporting and using apps like *Positive Reactions* is one way that we can help make social media be a positive space and have a positive impact on society and culture.

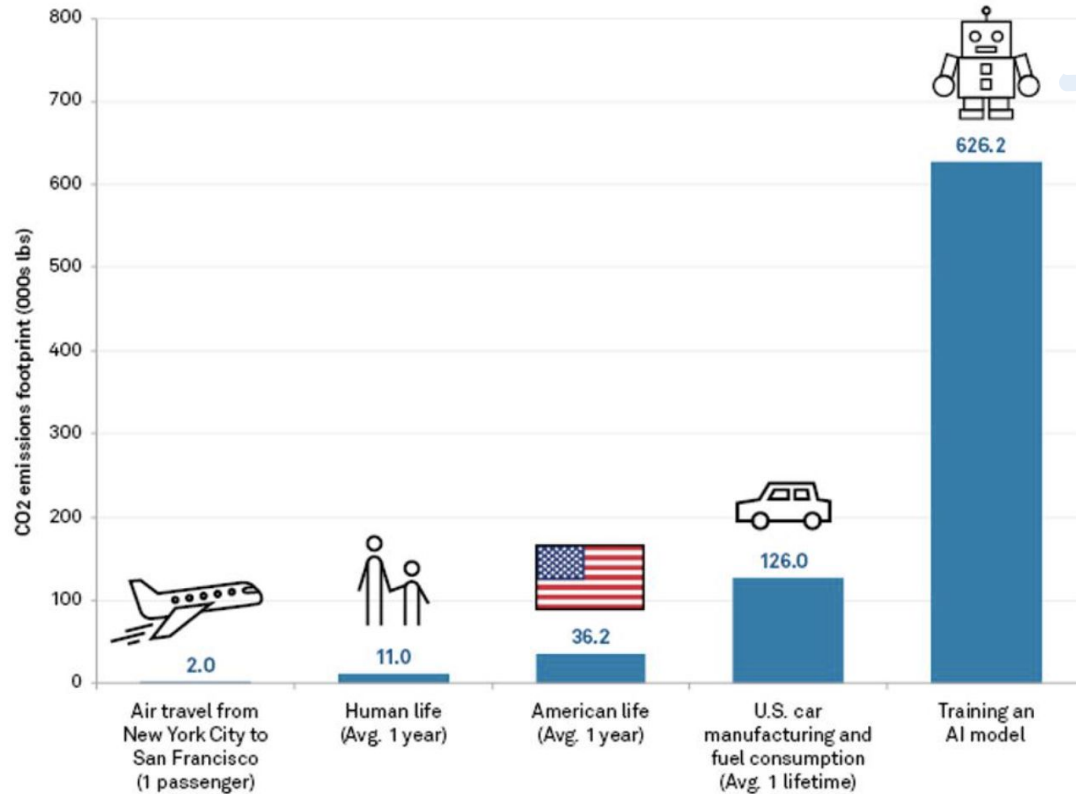




Design For Earth: AI



CO2 emission benchmarks



Data compiled Oct. 9, 2019.

An "American life" has a larger carbon footprint than a "Human life" because the U.S. is widely regarded as one of the top carbon dioxide emitters in the world.

Source: College of Information and Computer Sciences at University of Massachusetts Amherst

AI's Affect on the Environment

AI is a complicated subject when it comes to its effect on the environment. On one hand, AI can help the environment through helping farmers yield more crop to helping cars find the most efficient route to drive. On the other hand though, some AI's take a large amount of energy to work. An article titled "Artificial Intelligence's Environmental Costs and Promise" says that, "Training a single AI system can emit over 250,000 pounds of carbon dioxide." Some AI companies have said that they are going to start using more sustainable energy sources, but even the more sustainable energy sources still seem to have a negative impact on the earth.

AI and E-Waste

Some think that AI systems may help to make recycling e-waste more efficient and more effective. Here is how...

01

AI can be used to develop more efficient recycling processes through algorithms and systems that are able to sort through the e-waste more quickly reducing the time and labor that it usually takes to sort and recycle the e-waste.

02

AI could help predict future e-waste trends. These predictions could help waste management companies plan for the future. Not only that, but knowing future e-waste trends could help improve existing e-waste infrastructures.

03

AI would be able to help recognize valuable parts of e-waste, like rare earth minerals, so that the valuable materials can be sorted out and reused or sold.

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[7 Positive Effects Social Media Is Having on Society](#)

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[New Social Media Platform Empowers People to Have a Positive Impact Every Day](#)

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